

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-14 Boys-14

34		S-14		Boys-14 : 100 m				SA Schools Qual: 00:00.00	ASA Qual: 00:00.00	Heats	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
1											
FIC050	379	W	Janco Mollentze	H/S Fichardtpark	1	00:11.46	779	1.2	E		
GRE002	531	B	Reatile Sedikane	Grey Kollege	2	00:11.72	734		E		
QAL001	1169	B	Xolane Mashinini	Qalabotja	3	00:11.98	693		E		
HTC003	674		Andizile Mentz	Hentie Cilliers	4	00:12.09	676		E		
KRH060	884		Kat Taje	Kroonstad Hoërskool	5	00:12.11	673		E		
XJC008	1700	B	Lebohang Dash	Jagersfontein Combined	6	00:12.51	617		E		
2											
STA001	1468	B	Limpho Brandon Mpopo	St Andrews Bloemfontein	1	00:11.66	744	0.2	E		
HTC005	676		Neo Matlala	Hentie Cilliers	2	00:12.11	673		E		
DRR037	298		Karabo Mulumi	Dr R Cingo	3	00:12.21	659		E		
RET045	1205	B	Lefa Distin	Retief Hoërskool	4	00:12.23	656		E		
XLJ013	1716	W	Janes Frederik Labuschagne	Landbouskool Jacobsdal	5	00:12.34	640		E		

104		S-14		Boys-14 : 100 m				SA Schools Qual: 00:00.00	ASA Qual: 00:00.00	Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
FIC050	379	W	Janco Mollentze	H/S Fichardtpark	1	00:11.54	765	-0.1	E		
STA001	1468	B	Limpho Brandon Mpopo	St Andrews Bloemfontein	2	00:11.61	753	-0.1	E		
GRE002	531	B	Reatile Sedikane	Grey Kollege	3	00:12.03	685	-0.1	E		
HTC005	676		Neo Matlala	Hentie Cilliers	4	00:12.09	676	-0.1	E		
QAL001	1169	B	Xolane Mashinini	Qalabotja	5	00:12.14	669	-0.1	E		
HTC003	674		Andizile Mentz	Hentie Cilliers	6	00:12.20	660	-0.1	E		
DRR037	298		Karabo Mulumi	Dr R Cingo	7	00:12.27	650	-0.1	E		
KRH060	884		Kat Taje	Kroonstad Hoërskool	8	00:12.37	636	-0.1	E		

128		S-14		Boys-14 : 200 m				SA Schools Qual: 00:00.00	ASA Qual: 00:00.00	Heats	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
1											
HTC005	676		Neo Matlala	Hentie Cilliers	1	00:24.57	678	-0.1	E		
KRH060	884		Kat Taje	Kroonstad Hoërskool	2	00:24.81	663		E		
SAS027	1290		Siyabonga Mabuya	Sasamala	3	00:25.07	647		E		
XZA001	1767	B	Mawethu Magidela	Zastron Combined	4	00:25.12	644		E		
XLJ013	1716	W	Janes Frederik Labuschagne	Landbouskool Jacobsdal	5	00:25.13	643		E		
RET045	1205	B	Lefa Distin	Retief Hoërskool	6	00:25.28	634		E		
DRR037	298		Karabo Mulumi	Dr R Cingo	7	00:25.32	632		E		
2											
STA001	1468	B	Limpho Brandon Mpopo	St Andrews Bloemfontein	1	00:23.78	733	0.0	E		
QAL001	1169	B	Xolane Mashinini	Qalabotja	2	00:24.90	657		E		
ONY019	1059		Boikanyo Lethetsa	Monyakeng	3	00:25.11	644		E		
KWA018	902		Ntando Lehodi	Kwakwatsi Secondary	4	00:25.12	644		E		
HTB005	642	B	Kutlo Seyoko	HTS Louis Botha	5	00:25.62	614		E		
IPO021	781		Mmusi Hlalele	Ipopeng	6	00:26.07	588		E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-14 Boys-14

168		S-14		Boys-14 : 200 m				SA Schools Qual: 00:00.00	ASA Qual: 00:00.00	Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
STA001	1468	B	Limpho Brandon Mpopo	St Andrews Bloemfontein	1	00:23.20	777	0.5	E	R	
HTC005	676		Neo Matlala	Hentie Cilliers	2	00:24.27	698	0.5	E		
KRH060	884		Kat Taje	Kroonstad Hoërskool	3	00:24.35	693	0.5	E		
QAL001	1169	B	Xolane Mashinini	Qalabotja	4	00:24.56	679	0.5	E		
XZA001	1767	B	Mawethu Magidela	Zastron Combined	5	00:24.76	666	0.5	E		
KWA018	902		Ntando Lehodi	Kwakwatsi Secondary	6	00:24.91	657	0.5	E		
SAS027	1290		Siyabonga Mabuya	Sasamala	7	00:25.44	624	0.5	E		
ONY019	1059		Boikanyo Lethetsa	Monyakeng	8	00:26.26	578	0.5	E		

85		S-14		Boys-14 : 400 m				SA Schools Qual: 00:00.00	ASA Qual: 00:00.00	Heats	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
1											
SEN028	1317	W	Jacques Pienaar	Sentraal	1	00:53.60	713		E		
SHS062	1414	W	Justin Pieterse	Sasolburg H/S	2	00:56.63	633		E		
XLJ013	1716	W	Janes Frederik Labuschagne	Landbouskool Jacobsdal	3	00:56.97	625		E		
SPC001	1467		Kamohelo Ntshenyeho	St Peter Claver	4	00:59.05	578		E		
NAU002	1030	W	Dewan Van Jaarsveld	Naudeville	5	00:59.58	566		E		
HUK001	759		Sandisiwe Maseko	Intuthuko-Katleho	6	00:61.07	536		E		
2											
STA001	1468	B	Limpho Brandon Mpopo	St Andrews Bloemfontein	1	00:53.61	713		E		
WEL006	1569	B	Katleho Maema	Welkom High	2	00:55.47	662		E		
HEI024	593		Josua Van Wyk	Heilbron H/S	3	00:56.57	635		E		
WIR005	1584	W	Wilhelm De Jager	Wilgerivier	4	00:57.95	602		E		
HTC004	675		Jaden Kruger	Hentie Cilliers	5	00:60.11	555		E		
XZA002	1768	B	Kamo Masiloane	Zastron Combined	6	00:61.06	536		E		
SEL003	1308	B	Morena Motena	Selelekela	7	00:61.11	535		E		

198		S-14		Boys-14 : 400 m				SA Schools Qual: 00:00.00	ASA Qual: 00:00.00	Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
STA001	1468	B	Limpho Brandon Mpopo	St Andrews Bloemfontein	1	00:52.65	741		E	R	
SEN028	1317	W	Jacques Pienaar	Sentraal	2	00:52.79	736		E	R	
WEL006	1569	B	Katleho Maema	Welkom High	3	00:55.29	667		E		
XLJ013	1716	W	Janes Frederik Labuschagne	Landbouskool Jacobsdal	4	00:55.92	651		E		
SHS062	1414	W	Justin Pieterse	Sasolburg H/S	5	00:56.00	649		E		
HEI024	593		Josua Van Wyk	Heilbron H/S	6	00:56.43	638		E		
WIR005	1584	W	Wilhelm De Jager	Wilgerivier	7	00:56.52	636		E		
SPC001	1467		Kamohelo Ntshenyeho	St Peter Claver	8	00:60.79	541		E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-14 Boys-14

214	S-14	Boys-14 : 800 m			SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
NAU001	1029	W	Marko Van Jaarsveld	Naudeville	1	02:07.07	644		E	
GRE006	533	W	Jean-Jacques Holtzhausen	Grey Kollege	2	02:07.68	633		E	
NAU002	1030	W	Dewan Van Jaarsveld	Naudeville	3	02:10.10	591		E	
WEL006	1569	B	Katleho Maema	Welkom High	4	02:13.34	539		E	
GRE005	532	W	Benedictus Claassen	Grey Kollege	5	02:14.06	528		E	
ATI002	81	B	Mduduzi Tshabalala	Reatile	6	02:17.40	480		E	
DEW028	292	B	Keamohetsoe Selai	H/S Christiaan de Wet	7	02:17.90	473		E	
ELA008	303		Maphoto Mokoena	Bodikela	8	02:18.68	462		E	
CED012	278		Simphiwe Motolo	Cedar High	9	02:18.76	461		E	
HEI024	593		Josua Van Wyk	Heilbron H/S	10	02:19.09	457		E	
RAN009	1179		Sibusiso Dail	Rainbow	11	02:19.86	446		E	
XTS005	1765	B	Moeketsi Saul	Tshwaragan	12	22:20.57	0		E	
MTR002	1020	B	Bangani Mgcina	Mfundo Thuto	13	02:22.84	408		E	
KAT011	850		Sandile Lata	Katleho	14	02:23.00	406		E	
CAL019	263	B	Reamogetse Ikaneng	Calculus	15	02:24.28	390		E	
LNT011	966		Thabo Rantsane	LE Notsi	16	02:39.80	224		E	

73	S-14	Boys-14 : 1500 m			SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
NAU001	1029	W	Marko Van Jaarsveld	Naudeville	1	04:20.11	803		E	
GRE006	533	W	Jean-Jacques Holtzhausen	Grey Kollege	2	04:26.83	761		E	
HTB001	640	B	Amogelang Lobelo	HTS Louis Botha	3	04:28.43	751		E	
MPS005	1018		Neo Mosia	Motshepuwa Public	4	04:36.96	704		E	
ONY019	1059		Boikanyo Lethetsa	Monyakeng	5	04:37.04	704		E	
CED012	278		Simphiwe Motolo	Cedar High	6	04:39.93	689		E	
KAT009	849		Ramokopu Reatilehile	Katleho	7	04:40.09	688		E	
RIE048	1246		Lehlohonolo Ramatsebe	Riebeeckstad	8	04:44.51	666		E	
MMO027	1013		Motsielwa Kananelo	Moemedi	9	04:44.55	666		E	
ISM001	783		Thabiso Ndweni	Isaac Mhlambi PS	10	04:44.69	665		E	
MTR002	1020	B	Bangani Mgcina	Mfundo Thuto	11	04:52.04	630		E	
KAH015	835		Leslie Mokoena	Kahobotjha-Sakubusha	12	04:55.95	613		E	
TMB001	1513	B	Agobakwe Thlakung	Moroka	13	04:56.15	612		E	
ATI002	81	B	Mduduzi Tshabalala	Reatile	14	04:59.94	595		E	
HOP020	619		Arrie Ferreira	Hoopstad HS	15	05:12.24	546		E	
XTS002	1764	B	Regomoditswe Mabina	Tshwaragan	16	05:24.35	501		E	

99	S-14	Boys-14 : 3000 m			SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
KAT009	849		Ramokopu Reatilehile	Katleho	1	09:42.83	800		E	
ISM001	783		Thabiso Ndweni	Isaac Mhlambi PS	2	09:43.51	799		E	
KAH015	835		Leslie Mokoena	Kahobotjha-Sakubusha	3	09:46.40	792		E	
RIE048	1246		Lehlohonolo Ramatsebe	Riebeeckstad	4	09:51.61	781		E	
RIE050	1248		Karabelo Mthombeni	Riebeeckstad	5	10:30.68	706		E	
HTB063	665		Neo Seate	HTS Louis Botha	6	10:32.48	703		E	
FIC052	380	W	Willie Volschenk	H/S Fichardtspark	7	10:41.15	688		E	
HTB002	641	B	Omphile Letshabo	HTS Louis Botha	8	10:41.36	687		E	
CED001	270		Xolani Maseko	Cedar High	9	11:24.59	619		E	
ELA003	302		Sanele Mbele	Bodikela	10	12:47.39	512		E	
AKO001	73	B	Tshenolo Ramosena	Akofang	11	12:50.29	509		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-14 Boys-14

64	S-14	Boys-14 : 100 m Hurdles		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Heats		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
1										
GIM013	409	B	Tshepo Radebe	Gimnasium	1	00:14.84	638	1.9	E	
GRE012	534	W	Jacobus Le Roux	Grey Kollege	2	00:14.91	633		E	
GRE014	535	W	Jakobus Van Der Wath	Grey Kollege	3	00:16.04	561		E	
GOU021	464		Wilbrie Van Zyl	Goudveld	4	00:16.43	538		E	
SHS068	1415	B	Vusani Mamphiswana	Sasolburg H/S	5	00:16.74	521		E	
PEH042	1143		Koketso Mnumzana	Paul Erasmus	6	00:16.81	517		E	

2										
PAR042	1126	W	Gert Broodryk	Parys Hoërskool	1	00:14.71	647	1.0	E	
XLJ012	1715	W	Wessel Van Niekerk	Landbouskool Jacobsdal	2	00:15.12	619		E	
HTC003	674		Andizile Mentz	Hentie Cilliers	3	00:16.27	547		E	
BVH090	210		Harry Kymdell	Bethlehem Voortrekker	4	00:16.35	543		E	
SHS137	1446	B	Mojalefa Thabaneng	Sasolburg H/S	5	00:18.25	445		E	

151	S-14	Boys-14 : 100 m Hurdles		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
GIM013	409	B	Tshepo Radebe	Gimnasium	1	00:14.49	663	0.4	E	
PAR042	1126	W	Gert Broodryk	Parys Hoërskool	2	00:14.74	645	0.4	E	
GRE012	534	W	Jacobus Le Roux	Grey Kollege	3	00:14.95	630	0.4	E	
XLJ012	1715	W	Wessel Van Niekerk	Landbouskool Jacobsdal	4	00:14.95	630	0.4	E	
GOU021	464		Wilbrie Van Zyl	Goudveld	5	00:15.93	567	0.4	E	
GRE014	535	W	Jakobus Van Der Wath	Grey Kollege	6	00:16.24	549	0.4	E	

186	S-14	Boys-14 : 300 m Hurdles		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
PAR042	1126	W	Gert Broodryk	Parys Hoërskool	1	00:43.20	626		E	
SHS062	1414	W	Justin Pieterse	Sasolburg H/S	2	00:44.89	563		E	
XLJ012	1715	W	Wessel Van Niekerk	Landbouskool Jacobsdal	3	00:45.04	558		E	
GRE012	534	W	Jacobus Le Roux	Grey Kollege	4	00:45.69	536		E	
PEH042	1143		Koketso Mnumzana	Paul Erasmus	5	00:46.25	518		E	
HTC004	675		Jaden Kruger	Hentie Cilliers	6	00:46.64	505		E	
GOU021	464		Wilbrie Van Zyl	Goudveld	7	00:46.83	499		E	
GRE146	574		Heinrich Vd Wath	Grey Kollege	8	00:46.86	499		E	
WIT095	1625		Wedrich Nieuwoudt	Witteberg	9	00:46.88	498		E	
AHK037	21		BJ Pelser	Afrikaanse Hoërskool	10	00:47.06	492		E	
GOU143	519		Brendon Van Rensburg	Goudveld	11	00:48.63	446		E	

178	S-14	Boys-14 : 1500 m Steeple Chase		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
HTB001	640	B	Amogelang Lobelo	HTS Louis Botha	1	04:49.86	857		E	R
MTR002	1020	B	Bangani Mgcina	Mfundo Thuto	2	04:57.09	826		E	
HOP020	619		Arrie Ferreira	Hoopstad HS	3	05:00.52	812		E	
CED002	271		Lebohang Mohapi	Cedar High	4	05:11.17	772		E	
RIE050	1248		Karabelo Mthombeni	Riebeeckstad	5	05:14.34	761		E	
HTB063	665		Neo Seate	HTS Louis Botha	6	05:19.85	742		E	
MTR017	1026	B	Gift Mokoena	Mfundo Thuto	7	05:20.57	740		E	
CED003	272		Sibusiso Mpinga	Cedar High	8	05:26.60	720		E	
BLN015	101	B	Katleho Morenamele	Lenyora La Thuto	9	05:50.06	652		E	
CED001	270		Xolani Maseko	Cedar High	10	06:02.06	621		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-14		Boys-14								
118	S-14	Boys-14 : 5000 m Walk		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record		
MAL004 989	Karabo Lenyane			Malebaleba	1	34:17.38	735	E		
KAH007 832	Samukelo Mofokeng			Kahobotjha-Sakubusha	2	35:52.51	711	E		
ELA014 304	Hlophe Twala			Bodikela	3	35:57.93	710	E		
224	S-14	Boys-14 : 4X100 m Relay		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record		
BSTA01 162	Setjha Se Maketse			Setjhaba Se Maketse	1	00:47.75	695	E		
FICA06 400	Fichardtpark			H/S Fichardtpark	2	00:48.65	666	E		
BVHA14 258	Bethlehem Voortrekker			Bethlehem Voortrekker	3	00:49.36	645	E		
KRHA03 899	Kroonstad H/s			Kroonstad Hoërskool	4	00:49.55	639	E		
WITA02 1665	Witteberg			Witteberg	5	00:50.46	613	E		
GOUA01 523	Goudveld			Goudveld	6	00:50.97	599	E		
LREA02 972	Reutlwahetse			Reutlwahetse	7	00:51.03	598	E		
RANA01 1181	Rainbow			Rainbow	8	00:51.17	594	E		
SHSA02 1451	Sasolburg Hoërskool			Sasolburg H/S	9	00:51.59	583	E		
IKEA01 778 B	Iketsetseng			Iketsetseng	10	00:55.41	491	E		
RETA02 1210	Retief Hoerskool			Retief Hoërskool	11	00:57.74	442	E		
20	S-14	Boys-14 : High Jump		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record		
FIC050 379 W	Janco Mollentze			H/S Fichardtpark	1	1.75	696	E		
HTC011 678	Teboho Didi			Hentie Cilliers	2	1.65	587	E		
WIR005 1584 W	Wilhelm De Jager			Wilgerivier	3	1.60	532	E		
BVH090 210	Harry Kymdell			Bethlehem Voortrekker	4	1.55	476	E		
KRH051 881	Tertius Brink			Kroonstad Hoërskool	5	1.55	476	E		
GOU021 464	Wilbrie Van Zyl			Goudveld	6	1.55	476	E		
SEN027 1316 B	Khumo Pitso			Sentraal	7	1.50	419	E		
KRH053 882	Louis Cronje			Kroonstad Hoërskool	7	1.50	419	E		
WIT234 1651	Alberto Argentino			Witteberg	7	1.50	419	E		
PAR043 1127 B	Reaboka Seisa			Parys Hoërskool	10	1.50	419	E		
GRE029 539 W	Cyron Potgieter			Grey Kollege	10	1.50	419	E		
GIM019 411 B	Masego Mapetla			Gimnasium	12	1.50	419	E		
KGU004 858	Itumeleng Motete			Kgutliso PS	13	1.45	362	E		
29	S-14	Boys-14 : Pole Vault		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record		
WIT253 1655	Ernst Mienie			Witteberg	1	2.80	42	E		
SHS061 1413 W	Wian Du Plessis			Sasolburg H/S	2	2.70	0	E		
HEI023 592	Wessel Steyn			Heilbron H/S	3	2.30	0	E		
BVH283 240	Alexander Maree			Bethlehem Voortrekker	4	2.20	0	E		
SEN041 1319	Niaan Human			Sentraal	5	2.20	0	E		
SEN047 1320 W	Lambrecht Scheepers			Sentraal	6	2.10	0	E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-14 Boys-14

8		S-14		Boys-14 : Long Jump		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
SND016	1465	Mosa Moshodi	Sandveld HS		1	6.00	671	0.2	E		
HTC010	677	Itumeleng Koqo	Hentie Cilliers		2	5.80	608		E		
GIM013	409	B Tshepo Radebe	Gimnasium		3	5.79	605		E		
XZA001	1767	B Mawethu Magidela	Zastron Combined		4	5.62	551		E		
GRE035	541	W Pieter Goosen	Grey Kollege		5	5.49	510		E		
LEZ001	954	B Bophelo Mosholi	Ezekiël		6	5.48	507		E		
VRE001	1558	W Nichaelin Patrick	Vrede		7	5.33	458		E		
PAR042	1126	W Gert Broodryk	Parys Hoërskool		8	5.23	426		E		
SHS068	1415	B Vusani Mamphiswana	Sasolburg H/S		9	5.22	422		E		
KRH054	883	Nahum Hagos	Kroonstad Hoërskool		10	5.20	416		E		
SEN027	1316	B Khumo Pitso	Sentraal		11	5.14	396		E		
SWS002	1484	C Mosa Moloi	St Andrews Welkom		12	5.06	370		E		
KET003	853	B Thato Molefe	Boiketlong		13	4.73	259		E		
AHK037	21	BJ Pelser	Afrikaanse Hoërskool		14	4.98	343		E		
XZA002	1768	B Kamo Masiloane	Zastron Combined		15	4.77	273		E		
ELA024	305	Sefeso Tshabalala	Bodikela		16	4.66	235		E		

181		S-14		Boys-14 : Triple Jump		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
GIM019	411	B Masego Mapetla	Gimnasium		1	12.12	522	1.2	E		R
GIM020	412	W FJ Muller	Gimnasium		2	10.67	305		E		
THE006	1497	Zander Wincento	Theunissen HS		3	10.00	201		E		
HRR010	625	B Tumelo Motschi	Reitz HS		4	9.81	171		E		
PEH042	1143	Koketso Mnumzana	Paul Erasmus		5	9.75	161		E		

58		S-14		Boys-14 : Shot Put		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
GRE027	538	W Willem Van Dyk	Grey Kollege		1	12.72	623		E		
GRE021	536	W Xander Human	Grey Kollege		2	12.45	603		E		
BOT025	130	W Wian De Wet	Bothaville HS		3	12.22	586		E		
GRE148	575	Jochanon Jonker	Grey Kollege		4	11.96	566		E		
WIT112	1627	Hein Smith	Witteberg		5	11.22	508		E		
AHK033	20	Jesse Jordaan	Afrikaanse Hoërskool		6	11.21	507		E		
SVS002	1481	Keanu Swanepoel	Sentrale Volksskool		7	10.98	489		E		
BOT027	132	W Pieter Reyneke	Bothaville HS		8	10.51	450		E		
XZA005	1769	W Christin Du Toit	Zastron Combined		9	10.46	446		E		
WIT113	1628	Wian Van Der Merwe	Witteberg		10	10.19	423		E		
SVS003	1482	Dandre Bloem	Sentrale Volksskool		11	9.82	391		E		
BVH087	209	Rudolph Coetzee	Bethlehem Voortrekker		12	9.62	373		E		
HTC014	679	AJ Ras	Hentie Cilliers		13	9.30	344		E		
XLJ026	1723	W Franz Stephanus Homsek	Landbouskool Jacobsdal		14	8.38	258		E		
PAR039	1124	W Benjamin Bester	Parys Hoërskool		15	8.15	235		E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-14 Boys-14

14	S-14	Boys-14 : Discus Throw			SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
GRE021	536	W	Xander Human			1	50.55	816		E
GRE022	537	W	Willem Van Dyk			2	37.83	565		E
FIC054	381	W	Jaco Grobbelaar			3	36.37	532		E
XLJ040	1731		Henzil Klopper			4	35.56	514		E
PAR039	1124	W	Benjamin Bester			5	35.19	505		E
SHS073	1416	W	Henre Van Aswegen			6	35.09	503		E
AHK033	20		Jesse Jordaan			7	34.85	498		E
BOT025	130	W	Wian De Wet			8	33.84	474		E
SEN026	1315	W	Hanco Smith			9	32.97	453		E
LAD005	907		Franco Van Heerden			10	31.69	422		E
WIT113	1628		Wian Van Der Merwe			11	31.23	411		E
GOU028	467		Jonathan Olivier			12	30.96	404		E
BOT026	131	W	Alex Du Pisani			13	30.17	384		E
PAR040	1125		Diaan Brink			14	29.04	354		E
XLJ027	1724	W	Andries Petrus Steenkamp			15	27.60	316		E
WIN020	1579		Brian Potgieter			16	22.36	161		E

191	S-14	Boys-14 : Javelin			SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
WIT112	1627		Hein Smith			1	49.97	441		E
GRE033	540	W	Martin Botha			2	45.47	329		E
GRE148	575		Jochanon Jonker			3	44.03	292		E
SEN031	1318	W	Eduard De Nysschen			4	42.67	257		E
VIL006	1545		Johan Jordaan			5	41.34	221		E
WMR001	1673	W	Franco Van Heerden			6	39.77	178		E
WIT095	1625		Wedrich Nieuwoudt			7	35.49	55		E
GIM020	412	W	FJ Muller			8	35.36	51		E
GOU127	517		Keagen Cilliers			9	33.81	4		E
AHK038	22		Justino Mateus			10	33.43	0		E
XLJ012	1715	W	Wessel Van Niekerk			11	32.46	0		E
XLJ026	1723	W	Franz Stephanus Homsek			12	31.86	0		E
KRH051	881		Tertius Brink			13	31.31	0		E
HEN019	606		Damien Fitzgerald			14	29.37	0		E
SVS003	1482		Dandre Bloem			15	28.57	0		E
WIT111	1626		Tertius Loubser			16	28.22	0		E

199	S-14	Boys-14 : Hammer Throw			SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
FIC057	382	W	Tiaan Pretorius			1	39.06	757		E
GRE027	538	W	Willem Van Dyk			2	30.92	621		E
FIC054	381	W	Jaco Grobbelaar			3	30.30	610		E
WIT114	1629		Kobus Hefer			4	28.61	578		E
WIT113	1628		Wian Van Der Merwe			5	28.45	575		E
GOU028	467		Jonathan Olivier			6	27.95	565		E
AHK033	20		Jesse Jordaan			7	26.80	542		E
BVH234	233		Hendrik Mathee			8	26.69	540		E
GOU026	466		Jaunricht Cloete			9	24.09	484		E

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-15 Boys-15

36		S-15		Boys-15 : 100 m			SA Schools Qual: 00:11.54	ASA Qual: 00:12.09	Heats			
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
1												
GRE037	542	W	Ethan Muller	Grey Kollege			1	00:11.45	762	-0.7	E	
GRE040	544	W	Janco Scheepers	Grey Kollege			2	00:11.63	731		E	
DRR006	294		Letsatsi Mokoena	Dr R Cingo			3	00:11.68	723		E	
BLN009	100	B	Keletso Tsolo	Lenyora La Thuto			4	00:11.70	720		E	
XLJ009	1713	W	Willem Lodewikus Wessel	Landbouskool Jacobsdal			5	00:11.70	720		E	
HTS025	723		Mofiki Zwane	HTS Sasolburg			6	00:11.76	710		E	
HTC018	682		Junior Nkoala	Hentie Cilliers			7	00:12.34	625		E	
HTW013	749	B	Karabu Marumo	HTS Welkom			8	00:12.45	610		E	
2												
FCK012	354	B	Junior Mabesele	Ficksburg			1	00:11.90	688	-0.2	E	
WIT119	1632		Bradley Saptou	Witteberg			2	00:11.96	679		E	
WIT117	1630		Nhlanhla Tshabalala	Witteberg			3	00:11.97	678		E	
RIE058	1250		Teboho Makgatla	Riebeeckstad			4	00:12.01	672		E	
XOK004	1740	C	Rameec Mnyamene	Oranjekrag			5	00:12.08	661		E	
SAN007	1288		Kagiso Radebe	Sandersville			6	00:12.19	645		E	
AHS042	42		Khuti Simba	Afrikaans H/S Sasolburg			7	00:12.40	616		E	

106		S-15		Boys-15 : 100 m			SA Schools Qual: 00:11.54	ASA Qual: 00:12.09	Final			
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
GRE037	542	W	Ethan Muller	Grey Kollege			1	00:11.38	775	-0.2	E	
XLJ009	1713	W	Willem Lodewikus Wessel	Landbouskool Jacobsdal			2	00:11.59	738	-0.2	E	
GRE040	544	W	Janco Scheepers	Grey Kollege			3	00:11.59	738	-0.2	E	
BLN009	100	B	Keletso Tsolo	Lenyora La Thuto			4	00:11.63	731	-0.2	E	
DRR006	294		Letsatsi Mokoena	Dr R Cingo			5	00:11.69	721	-0.2	E	
FCK012	354	B	Junior Mabesele	Ficksburg			6	00:12.02	670	-0.2	E	
WIT117	1630		Nhlanhla Tshabalala	Witteberg			7	00:12.38	619	-0.2	E	
WIT119	1632		Bradley Saptou	Witteberg			8	00:12.75	571	-0.2	E	

130		S-15		Boys-15 : 200 m			SA Schools Qual: 00:23.74	ASA Qual: 00:24.40	Heats			
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
1												
GRE040	544	W	Janco Scheepers	Grey Kollege			1	00:22.99	776	-0.1	E	
HTB011	645	B	Phumelela Bantu	HTS Louis Botha			2	00:23.25	756		E	
HTS025	723		Mofiki Zwane	HTS Sasolburg			3	00:23.57	732		E	
FCK012	354	B	Junior Mabesele	Ficksburg			4	00:24.19	688		E	
RIE058	1250		Teboho Makgatla	Riebeeckstad			5	00:24.56	664		E	
WIT120	1633		Curtley Smith	Witteberg			6	00:24.86	645		E	
ONY021	1060		Andilebale Bovu	Monyakeng			7	00:25.48	608		E	
2												
GRE037	542	W	Ethan Muller	Grey Kollege			1	00:23.11	767	0.0	E	
XLJ009	1713	W	Willem Lodewikus Wessel	Landbouskool Jacobsdal			2	00:23.78	716		E	
DRR006	294		Letsatsi Mokoena	Dr R Cingo			3	00:24.12	693		E	
LAC003	905		Letsema Letsoele	Ladybrand Academy			4	00:24.58	662		E	
XOK004	1740	C	Rameec Mnyamene	Oranjekrag			5	00:24.71	654		E	
SHS083	1417	W	Christoff Kok	Sasolburg H/S			6	00:24.74	652		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-15 Boys-15

170		S-15		Boys-15 : 200 m		SA Schools Qual: 00:23.74		ASA Qual: 00:24.40		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
GRE037	542	W	Ethan Muller	Grey Kollege	1	00:22.80	792	0.0	E		
HTB011	645	B	Phumelela Bantu	HTS Louis Botha	2	00:23.07	770	0.0	E		
GRE040	544	W	Janco Scheepers	Grey Kollege	3	00:23.13	765	0.0	E		
XLJ009	1713	W	Willem Lodewikus Wessel	Landbouskool Jacobsdal	4	00:23.60	729	0.0	E		
HTS025	723		Mofiki Zwane	HTS Sasolburg	5	00:23.87	710	0.0	E		
FCK012	354	B	Junior Mabesele	Ficksburg	6	00:24.16	690	0.0	E		
RIE058	1250		Teboho Makgatla	Riebeeckstad	7	00:24.79	649	0.0	E		

87		S-15		Boys-15 : 400 m		SA Schools Qual: 00:53.94		ASA Qual: 00:55.51		Heats	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
1											
BLN009	100	B	Keletso Tsolo	Lenyora La Thuto	1	00:53.06	713		E		
LEP023	927		Lehlohonolo Majoro	Lephola	2	00:54.20	682		E		
GRE150	577		Schoeman Lombaard	Grey Kollege	3	00:54.79	666		E		
SHS083	1417	W	Christoff Kok	Sasolburg H/S	4	00:55.45	649		E		
XLJ010	1714	W	Paul Kotze Van Zyl	Landbouskool Jacobsdal	5	00:55.47	649		E		
HTC016	680		Nceba Gxiya	Hentie Cilliers	6	00:59.85	548		E		
2											
XJC014	1702	B	James Mohlomi	Jagersfontein Combined	1	00:53.16	711		E		
KAN010	839		Lehlohonolo Sebego	Kananelo	2	00:54.39	677		E		
FCK012	354	B	Junior Mabesele	Ficksburg	3	00:54.73	668		E		
WIT118	1631		Roelof Stander	Witteberg	4	00:56.43	625		E		
NHC071	1033		Katleho Mofokeng	New Horizon College	5	00:58.37	580		E		
TAK001	1485		Boyboy Sethole	Thakameso	6	00:59.34	559		E		

202		S-15		Boys-15 : 400 m		SA Schools Qual: 00:53.94		ASA Qual: 00:55.51		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
XJC014	1702	B	James Mohlomi	Jagersfontein Combined	1	00:52.00	745		E		
BLN009	100	B	Keletso Tsolo	Lenyora La Thuto	2	00:52.52	729		E		
KAN010	839		Lehlohonolo Sebego	Kananelo	3	00:54.18	682		E		
LEP023	927		Lehlohonolo Majoro	Lephola	4	00:55.06	659		E		
GRE150	577		Schoeman Lombaard	Grey Kollege	5	00:55.58	646		E		
SHS083	1417	W	Christoff Kok	Sasolburg H/S	6	00:55.70	643		E		
XLJ010	1714	W	Paul Kotze Van Zyl	Landbouskool Jacobsdal	7	00:56.78	617		E		
FCK012	354	B	Junior Mabesele	Ficksburg	8	00:58.20	584		E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-15 Boys-15

216		S-15		Boys-15 : 800 m		SA Schools Qual: 02:04.00		ASA Qual: 02:09.46		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
XJC014	1702	B	James Mohlomi	Jagersfontein Combined	1	01:58.98	784			E	
SED019	1302		Mojalefa Mazibuko	Sediba Thuto	2	02:05.25	653			E	
THA006	1495		Lebohang Motsei	Thabang	3	02:05.41	650			E	
REH026	1199		Kamoelo Motete	Rehotse	4	02:05.64	646			E	
IKE020	771	B	Bongani Dlomo	Iketsetseng	5	02:09.08	585			E	
HTB015	646	B	Bakwena Koroloso	HTS Louis Botha	6	02:10.36	564			E	
KOP001	862	B	Thapelo Motsamai	Kopanong	7	02:10.78	557			E	
ELA043	308		Paballo Mokoena	Bodikela	8	02:11.12	552			E	
DEW008	287	B	Mohau Matsoso	H/S Christiaan de Wet	9	02:11.18	551			E	
IKE018	770	B	Kwanele Goniwe	Iketsetseng	10	02:14.27	504			E	
MML006	1011	B	Malefetsane Mahlohla	Marematlou	11	02:15.94	480			E	
REE018	1191		Phumzile Sehloho	Relekile	12	02:18.57	444			E	
LTE019	980	B	Kabelo Nkwale	Letsete	13	02:25.08	362			E	
XLL007	1734	B	Amohelang Lekhula	Lere La Thuto	14	02:37.57	229			E	

75		S-15		Boys-15 : 1500 m		SA Schools Qual: 04:22.00		ASA Qual: 04:33.96		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
XJC014	1702	B	James Mohlomi	Jagersfontein Combined	1	04:18.55	795			E	
TUT029	1534		Phello Mabula	Tutuboloha	2	04:24.45	758			E	
BSE002	151	B	Lebohang Matube	Seemahale	3	04:26.47	746			E	
ELA043	308		Paballo Mokoena	Bodikela	4	04:30.11	725			E	
XSJ011	1761	B	Sello Ntebe	Samuel Johnson	5	04:31.08	720			E	
MCH005	996	B	Joshua Makhubo	Mmathabo	6	04:38.45	681			E	
HTB009	644	B	Tshepang Lemao	HTS Louis Botha	7	04:40.54	670			E	
RIE052	1249		Pabalo None	Riebeeckstad	8	04:41.84	664			E	
MML006	1011	B	Malefetsane Mahlohla	Marematlou	9	04:47.74	636			E	
RIE062	1251		Sello Obuseng	Riebeeckstad	10	04:49.70	627			E	
KAH022	836		Thabo Makhalemele	Kahobotjha-Sakubusha	11	04:50.83	622			E	
KOP014	864	B	Moses Daniels	Kopanong	12	04:54.71	604			E	
IKE025	775	B	Tshepo Madise	Iketsetseng	13	04:56.40	597			E	
SED019	1302		Mojalefa Mazibuko	Sediba Thuto	14	04:56.76	595			E	
IPO031	782		Tokelo Duiker	Ipopeng	15	04:56.99	594			E	

100		S-15		Boys-15 : 3000 m		SA Schools Qual: 09:35.00		ASA Qual: 10:10.83		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
BMP017	114	B	Nyakallo Heritage Matabane	Mpatleng	1	09:31.77	811			E	
XSJ011	1761	B	Sello Ntebe	Samuel Johnson	2	09:35.11	804			E	
RIE052	1249		Pabalo None	Riebeeckstad	3	09:43.96	784			E	
THA006	1495		Lebohang Motsei	Thabang	4	09:48.44	775			E	
BSE002	151	B	Lebohang Matube	Seemahale	5	09:54.08	763			E	
PRO009	1167		Nkate Motaung	Paul Roux	6	10:00.40	750			E	
XZZ004	1775	B	Anele Gabuza	Zama Public School	7	10:02.54	746			E	
RIE062	1251		Sello Obuseng	Riebeeckstad	8	10:13.52	725			E	
HTB009	644	B	Tshepang Lemao	HTS Louis Botha	9	10:26.64	701			E	
KAH022	836		Thabo Makhalemele	Kahobotjha-Sakubusha	10	10:28.33	698			E	
REE019	1192		Lehlohonolo Masekoa	Relekile	11	10:32.70	691			E	
ISM003	785		Thabang Makgalemele	Isaac Mhlambi PS	12	10:44.24	671			E	
IPO031	782		Tokelo Duiker	Ipopeng	13	10:47.45	666			E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-15 Boys-15

65	S-15	Boys-15 : 100 m Hurdles		SA Schools Qual: 00:13.94		ASA Qual: 00:14.55		Heats		
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
1										
GRE039	543	W	Alec Mc Intyre	Grey Kollege	1	00:13.75	849	1.0	E	
GRE051	547	W	Sarel Marais	Grey Kollege	2	00:14.45	782		E	
HTW018	750	B	Kamohelo Makotso	HTS Welkom	3	00:15.10	729		E	
HTC017	681		Shawn Peu	Hentie Cilliers	4	00:15.16	724		E	
BVH116	211		Sina Ndumo	Bethlehem Voortrekker	5	00:16.31	643		E	

2										
VRE015	1560	W	Tiaan Malan	Vrede	1	00:15.04	733	-0.3	E	
WIT127	1634		CF Barnard	Witteberg	2	00:15.22	719		E	
GIM031	417	B	Junior Mazuze	Gimnasium	3	00:15.36	709		E	
AHK039	23		Dandre Kruger	Afrikaanse Hoërskool	4	00:15.38	707		E	
AHK041	24		Michiel Heyns	Afrikaanse Hoërskool	5	00:15.68	686		E	

152	S-15	Boys-15 : 100 m Hurdles		SA Schools Qual: 00:13.94		ASA Qual: 00:14.55		Final		
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
GRE039	543	W	Alec Mc Intyre	Grey Kollege	1	00:13.67	857	0.7	E	
GRE051	547	W	Sarel Marais	Grey Kollege	2	00:14.30	796	0.7	E	
HTC017	681		Shawn Peu	Hentie Cilliers	3	00:14.69	762	0.7	E	
HTW018	750	B	Kamohelo Makotso	HTS Welkom	4	00:14.82	751	0.7	E	
WIT127	1634		CF Barnard	Witteberg	5	00:14.87	747	0.7	E	
GIM031	417	B	Junior Mazuze	Gimnasium	6	00:14.88	746	0.7	E	
VRE015	1560	W	Tiaan Malan	Vrede	7	00:15.17	723	0.7	E	
AHK039	23		Dandre Kruger	Afrikaanse Hoërskool	8	00:15.53	696	0.7	E	

187	S-15	Boys-15 : 300 m Hurdles		SA Schools Qual: 00:41.44		ASA Qual: 00:41.12		Final		
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
SHS087	1420	W	Ludwigh Stols	Sasolburg H/S	1	00:42.94	644		E	
GRE051	547	W	Sarel Marais	Grey Kollege	2	00:42.97	642		E	
AHK039	23		Dandre Kruger	Afrikaanse Hoërskool	3	00:43.44	624		E	
HRR003	623	W	Luke Ellis	Reitz HS	4	00:43.54	620		E	
GRE150	577		Schoeman Lombaard	Grey Kollege	5	00:43.86	608		E	
AHK041	24		Michiel Heyns	Afrikaanse Hoërskool	6	00:44.04	601		E	
HTC016	680		Nceba Gxiya	Hentie Cilliers	7	00:44.08	600		E	
WIT127	1634		CF Barnard	Witteberg	8	00:44.09	599		E	
BVH406	243		Dawie Maree	Bethlehem Voortrekker	9	00:45.55	548		E	
HTW018	750	B	Kamohelo Makotso	HTS Welkom	10	00:45.82	539		E	

179	S-15	Boys-15 : 1500 m Steeple Chase		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
XSJ011	1761	B	Sello Ntebe	Samuel Johnson	1	04:40.10	903		E	R
BMP017	114	B	Nyakallo Heritage Matabane	Mpatleng	2	04:49.12	860		E	
BSN017	160		Moeketsi Thoahlane	Senakangwedi	3	04:53.77	840		E	
BSN012	158		Tau Mohale	Senakangwedi	4	04:54.54	837		E	
RIE052	1249		Pabalo None	Riebeeckstad	5	04:58.07	822		E	
BLN016	102	B	Sello Ntipe	Lenyora La Thuto	6	05:06.79	788		E	
HEI026	594		Henrico De Jager	Heilbron H/S	7	05:11.54	771		E	
SHS090	1421	W	Rico Swanepoel	Sasolburg H/S	8	05:26.29	721		E	
TUR005	1532	B	Tshepo Dlamini	Tsebo Ulwazi	9	05:41.33	676		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-15 Boys-15

120 S-15 Boys-15 : 5000 m Walk				SA Schools Qual: 29:30.00		ASA Qual: 29:30.00		Final	
Athlete		Team	Heat	Place	Performance	Table point	Wind	H/E	Record
ELA039	307	Sibongiseni Madito	Bodikela	1	30:38.21	799		E	
NSK031	1050	Moshoeu Boipelo	Sekgweng	2	31:50.22	776		E	
ATI001	80 B	Nhlanhla Mthembu	Reatile	3	32:27.37	765		E	

226 S-15 Boys-15 : 4X100 m Relay				SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team	Heat	Place	Performance	Table point	Wind	H/E	Record
WITA04	1667	Witteberg	Witteberg	1	00:45.95	747		E	
GRE02	579	Grey Kollege	Grey Kollege	2	00:46.22	737		E	
SHSA04	1453	Sasolburg Hoërskool	Sasolburg H/S	3	00:47.10	707		E	
HTCA02	717	Hentie Cilliers	Hentie Cilliers	4	00:47.75	685		E	
HTWA01	757	Hts Welkom	HTS Welkom	5	00:48.06	675		E	
HTBA01	670 B	Hts Louis Botha	HTS Louis Botha	6	00:48.29	668		E	
HTS062	742	Hts Sasolburg 15	HTS Sasolburg	7	00:48.82	652		E	
AHKA05	38	Afrikaanse H/s Kroonstad	Afrikaanse Hoërskool	8	00:49.15	642		E	

59 S-15 Boys-15 : High Jump				SA Schools Qual: 1.72		ASA Qual: 1.68		Final	
Athlete		Team	Heat	Place	Performance	Table point	Wind	H/E	Record
BVH120	213	Simeon Jacobs	Bethlehem Voortrekker	1	1.80	692		E	
WIT127	1634	CF Barnard	Witteberg	2	1.70	586		E	
SHS087	1420 W	Ludwigh Stols	Sasolburg H/S	3	1.70	586		E	
GRE058	551 W	Gunter Van Rensburg	Grey Kollege	4	1.65	532		E	
HOP028	620	CJ Muller	Hoopstad HS	4	1.65	532		E	
GIM021	413 B	Ralekhoe Moletsane	Gimnasium	6	1.60	478		E	
XZA014	1772 W	Johan Smith	Zastron Combined	7	1.60	478		E	
TSH035	1525 B	Thabo Moeketsane	Tshepang	7	1.60	478		E	
SEN077	1330 W	Joubert Jacobs	Sentraal	9	1.60	478		E	
SHS091	1422 W	Anrich Jansen Van Vuuren	Sasolburg H/S	10	1.60	478		E	
XLJ039	1730	Vuyani Moore	Landbouskool Jacobsdal	11	1.50	368		E	
GIM031	417 B	Junior Mazuze	Gimnasium	12	1.50	368		E	

30 S-15 Boys-15 : Pole Vault				SA Schools Qual: 2.80		ASA Qual: 3.00		Final	
Athlete		Team	Heat	Place	Performance	Table point	Wind	H/E	Record
SHS126	1441 W	Reinier Nel	Sasolburg H/S	1	3.20	204		E	
SEN081	1331 W	Jan-Louis Fourie	Sentraal	2	3.10	154		E	
SEN076	1329	Willem Vd Berg	Sentraal	3	2.90	52		E	
BVH414	246	Izander Maree	Bethlehem Voortrekker	4	2.80	0		E	
BVH415	247	Dirk Bertram	Bethlehem Voortrekker	5	2.80	0		E	
SHS092	1423 W	Ruan Hopley	Sasolburg H/S	6	2.70	0		E	
WIT261	1658	Franco De Boer	Witteberg	7	2.30	0		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-15 Boys-15

124		S-15		Boys-15 : Long Jump			SA Schools Qual: 6.10		ASA Qual: 5.82		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record		
GRE041	545	C	Daniello May	Grey Kollege		1	6.22	684	0.2	E		
HTS023	722		Zhain Applegreen	HTS Sasolburg		2	6.17	669		E		
WIT133	1636		Samukele Willemse	Witteberg		3	5.94	598		E		
SHS085	1418	B	Nkosana Nkomo	Sasolburg H/S		4	5.75	540		E		
DEW006	286	B	Karabelo Mbeni	H/S Christiaan de Wet		5	5.73	534		E		
CVN012	284	B	Keamogetswe Banda	Chris van Niekerk		6	5.67	515		E		
GIM025	414	C	Esten Williams	Gimnasium		7	5.50	462		E		
RIS005	1282		Siyabonga Msibi	Harriston		8	5.49	459		E		
GRE042	546	W	Jaen-Pierre Fourie	Grey Kollege		9	5.40	430		E		
GOU041	473		Cobus Myburg	Goudveld		10	5.29	395		E		
HTS022	721		Teboho Motaung	HTS Sasolburg		11	5.26	386		E		
NHA003	1031		Karabo Sonopo	Hanover		12	5.00	302		E		
REE016	1190		Kagisho Fox	Relekile		13	4.89	266		E		
WIT117	1630		Nhlanhla Tshabalala	Witteberg		14	4.66	189		E		
XZA013	1771	W	Andre Jansen	Zastron Combined		15	4.50	134		E		

83		S-15		Boys-15 : Triple Jump			SA Schools Qual: 12.50		ASA Qual: 11.80		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record		
LER020	937	B	Mpho Sejane	Le Reng		1	12.51	578	0.6	E		
WIT133	1636		Samukele Willemse	Witteberg		2	12.38	559		E		
GIM025	414	C	Esten Williams	Gimnasium		3	12.35	555		E		
HTS023	722		Zhain Applegreen	HTS Sasolburg		4	12.03	508		E		
CVN011	283	B	Basi Kumalo	Chris van Niekerk		5	11.81	476		E		
SHS086	1419	B	Vusi Mpembe	Sasolburg H/S		6	11.81	476		E		
HTC016	680		Nceba Gxiya	Hentie Cilliers		7	11.22	388		E		
PAR046	1129	W	Ean Posthumus	Parys Hoërskool		8	11.19	384		E		
WIT128	1635		Tumi Khoete	Witteberg		9	10.93	345		E		
VRE015	1560	W	Tiaan Malan	Vrede		10	10.48	276		E		
HTC028	685		Eugene Jantjie	Hentie Cilliers		11	9.80	169		E		

60		S-15		Boys-15 : Shot Put			SA Schools Qual: 14.85		ASA Qual: 13.41		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record		
GRE054	548	W	Aron Alvarez Aranda	Grey Kollege		1	16.35	863		E		
SEN075	1328	W	SD Grobbelaar	Sentraal		2	14.46	739		E		
WIT136	1637		Haynroux Bannau	Witteberg		3	12.08	568		E		
HTC030	686		Zandre Jacobs	Hentie Cilliers		4	11.99	561		E		
WIT137	1638		Helgard Fouche	Witteberg		5	11.65	535		E		
XZA011	1770	W	Jacques Van Tonder	Zastron Combined		6	11.42	517		E		
GIM027	416	C	Reivilo Olivier	Gimnasium		7	11.29	506		E		
AHK043	25		Juan De Vries	Afrikaanse Hoërskool		8	11.29	506		E		
BUL028	167		CG Helm	Bultfontein HS		9	11.12	493		E		
PAR049	1130	W	Dillon Le Roux	Parys Hoërskool		10	10.78	465		E		
KRH062	885		Andre Fick	Kroonstad Hoërskool		11	10.39	433		E		
BOT030	133	W	Herman De Waal	Bothaville HS		12	9.89	390		E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-15 Boys-15

33		S-15		Boys-15 : Discus Throw			SA Schools Qual: 48.00		ASA Qual: 43.49		Final	
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
GRE054	548	W	Aron Alvarez Aranda	Grey Kollege		1		57.47	911		E	
FIC069	384	W	Jeandre Coetzee	H/S Fichardtpark		2		49.44	780		E	
WIT137	1638		Helgard Fouche	Witteberg		3		45.47	705		E	
XEB001	1684	W	Alexander Brumfield	Edenburg		4		39.94	595		E	
BVH125	214		Jona Brink	Bethlehem Voortrekker		5		36.73	525		E	
BOT032	134	W	David De Meyer	Bothaville HS		6		36.61	523		E	
WIT136	1637		Haynroux Bannau	Witteberg		7		34.82	482		E	
HTC025	684		Shaun Mccabe	Hentie Cilliers		8		34.69	479		E	
AHK043	25		Juan De Vries	Afrikaanse Hoërskool		9		31.44	402		E	
SHS094	1425	W	Chritiaan Lamprecht	Sasolburg H/S		10		30.43	376		E	
AHK074	34		Kaleb Kriek	Afrikaanse Hoërskool		11		29.42	351		E	
KRH065	886		Christiaan Kritzinger	Kroonstad Hoërskool		12		28.33	322		E	
THE008	1498		Janke-Lee Bothma	Theunissen HS		13		27.36	296		E	
BUL029	168		Divan Scheepers	Bultfontein HS		14		24.68	219		E	

131		S-15		Boys-15 : Javelin			SA Schools Qual: 50.00		ASA Qual: 46.57		Final	
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
XLJ010	1714	W	Paul Kotze Van Zyl	Landbouskool Jacobsdal		1		47.32	349		E	
GIM026	415	W	Diwahn Dannhauser	Gimnasium		2		42.68	231		E	
GOU147	521		Dian Hattingh	Goudveld		3		41.64	203		E	
AHK046	26		Sampie Joubert	Afrikaanse Hoërskool		4		40.68	178		E	
JIM079	817	W	Louwtjie Kruger	Jim Fouche		5		39.44	144		E	
JIM111	825		Ruard Verster	Jim Fouche		6		39.07	133		E	
HRR011	626	W	Luan Strauss	Reitz HS		7		38.26	111		E	
SHS091	1422	W	Anrich Jansen Van Vueren	Sasolburg H/S		8		37.94	102		E	
KRH071	887		Duan Smith	Kroonstad Hoërskool		9		36.36	56		E	
WIT140	1639		JC Myburgh	Witteberg		10		36.29	54		E	
BVH125	214		Jona Brink	Bethlehem Voortrekker		11		34.82	11		E	
GOU044	474		Justin Pretorius	Goudveld		12		34.41	0		E	
XLJ001	1708	W	Theunis Johannes Van Der	Landbouskool Jacobsdal		13		33.41	0		E	
SDP025	1294	W	Jeandre Du Toit	Sand du Plessis		14		31.42	0		E	
FIC068	383	W	Kian Van Der Merwe	H/S Fichardtpark		15		31.32	0		E	

200		S-15		Boys-15 : Hammer Throw			SA Schools Qual: 42.00		ASA Qual: 38.35		Final	
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
FIC069	384	W	Jeandre Coetzee	H/S Fichardtpark		1		45.28	827		E	
GRE054	548	W	Aron Alvarez Aranda	Grey Kollege		2		44.40	815		E	
BVH117	212		Sev Oosthuizen	Bethlehem Voortrekker		3		34.98	674		E	
THE008	1498		Janke-Lee Bothma	Theunissen HS		4		34.95	673		E	
HEN023	607		Janus Vd Merwe	Hennenman		5		32.64	634		E	
BVH279	238		Herman Miller	Bethlehem Voortrekker		6		31.51	614		E	
HTC025	684		Shaun Mccabe	Hentie Cilliers		7		30.12	589		E	
HTS027	725		Kenneth Engelbrecht	HTS Sasolburg		8		26.28	514		E	
SEN103	1333	W	JE De Wet	Sentraal		9		15.28	235		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-16 Boys-16

41		S-16		Boys-16 : 100 m			SA Schools Qual: 00:00.00	ASA Qual: 00:00.00	Heats		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
1											
HTB062	664	Tsholofelo Tsokodibane	HTS Louis Botha		1	00:11.46	742	-0.6	E		
PAR057	1131	B Lehakwe Phumo	Parys Hoërskool		2	00:11.57	723		E		
WIT142	1640	Bradley Jacobs	Witteberg		3	00:11.62	715		E		
WIT144	1641	Valiant Mofokeng	Witteberg		4	00:11.64	712		E		
IDI001	764	B Thapelo Mofokeng	Mookodi		5	00:11.95	664		E		
SHS097	1427	B Naledi Ngubane	Sasolburg H/S		6	00:11.97	661		E		
XSF030	1752	B Bulelani Rigala	Springfontein S/C		7	00:12.28	617		E		
2											
GRE065	552	B Lucky Moleyane	Grey Kollege		1	00:11.00	828	-0.8	E		
RIE070	1256	Itumeleng Molete	Riebeeckstad		2	00:11.32	766		E		
GIM055	427	B Onalenna Oliphant	Gimnasium		3	00:11.46	742		E		
GRE066	553	W Jan Meyer	Grey Kollege		4	00:11.52	732		E		
DRR026	297	Sthembiso Chalet	Dr R Cingo		5	00:11.63	713		E		
DEW010	288	B Mbongwa Moeti	H/S Christiaan de Wet		6	00:11.74	696		E		
HTW028	752	B Oaratwa Makhanyane	HTS Welkom		7	00:11.79	688		E		

108		S-16		Boys-16 : 100 m			SA Schools Qual: 00:00.00	ASA Qual: 00:00.00	Final		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
GRE065	552	B Lucky Moleyane	Grey Kollege		1	00:10.82	866	0.4	E		
RIE070	1256	Itumeleng Molete	Riebeeckstad		2	00:11.16	796	0.4	E		
GIM055	427	B Onalenna Oliphant	Gimnasium		3	00:11.36	759	0.4	E		
HTB062	664	Tsholofelo Tsokodibane	HTS Louis Botha		4	00:11.36	759	0.4	E		
PAR057	1131	B Lehakwe Phumo	Parys Hoërskool		5	00:11.46	742	0.4	E		
GRE066	553	W Jan Meyer	Grey Kollege		6	00:11.49	737	0.4	E		
DRR026	297	Sthembiso Chalet	Dr R Cingo		7	00:11.53	730	0.4	E		
WIT142	1640	Bradley Jacobs	Witteberg		8	00:11.59	720	0.4	E		

133		S-16		Boys-16 : 200 m			SA Schools Qual: 00:00.00	ASA Qual: 00:00.00	Heats		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
1											
GRE065	552	B Lucky Moleyane	Grey Kollege		1	00:22.31	815	0.2	E		
HTW028	752	B Oaratwa Makhanyane	HTS Welkom		2	00:23.20	743		E		
WIT144	1641	Valiant Mofokeng	Witteberg		3	00:23.53	719		E		
PAR057	1131	B Lehakwe Phumo	Parys Hoërskool		4	00:23.66	709		E		
FIC076	385	W Johan Olivier	H/S Fichardtpark		5	00:23.99	686		E		
2											
RIE070	1256	Itumeleng Molete	Riebeeckstad		1	00:22.92	765	-0.1	E		
HTB062	664	Tsholofelo Tsokodibane	HTS Louis Botha		2	00:23.31	735		E		
WIR001	1581	W H.w. Muller	Wilgerivier		3	00:23.47	723		E		
DRR026	297	Sthembiso Chalet	Dr R Cingo		4	00:23.88	694		E		
SHS097	1427	B Naledi Ngubane	Sasolburg H/S		5	00:24.50	653		E		
HTB075	666	Xongani Ngobeni	HTS Louis Botha		6	00:25.58	589		E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-16 Boys-16

172		S-16		Boys-16 : 200 m		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
GRE065	552	B	Lucky Moleyane	Grey Kollege	1	00:22.05	839	1.1	E		
RIE070	1256		Itumeleng Molete	Riebeeckstad	2	00:22.48	801	1.1	E		
HTB062	664		Tsholofelo Tsokodibane	HTS Louis Botha	3	00:23.01	758	1.1	E		
HTW028	752	B	Oaratwa Makhanyane	HTS Welkom	4	00:23.05	754	1.1	E		
PAR057	1131	B	Lehakwe Phumo	Parys Hoërskool	5	00:23.57	716	1.1	E		
WIT144	1641		Valiant Mofokeng	Witteberg	6	00:23.82	698	1.1	E		

91		S-16		Boys-16 : 400 m		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Heats	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
1											
YAK030	1785	B	Sello Leotlela	Yakhisizwe Secondary	1	00:53.01	701		E		
RIE072	1258		Mthi Mthimkulu	Riebeeckstad	1	00:50.42	781		E		
WIR001	1581	W	H.w. Muller	Wilgerivier	2	00:50.92	764		E		
TLL008	1508		Teboho Tau	Totlisonong	3	00:53.01	701		E		
SHS098	1428	B	Alvin Rundora	Sasolburg H/S	5	00:53.87	677		E		
SHS099	1429	B	Lerato Phali	Sasolburg H/S	6	00:54.48	661		E		
2											
HTB060	663		Katlego Gopane	HTS Louis Botha	1	00:51.20	755		E		
GRE068	554	B	Moagi Mohapi	Grey Kollege	2	00:52.58	713		E		
WIT142	1640		Bradley Jacobs	Witteberg	3	00:53.16	697		E		
GRE071	555	W	Abraham Smith	Grey Kollege	4	00:53.16	697		E		
GIM056	428	B	Prince Siteo	Gimnasium	5	00:54.59	658		E		
GIM049	423	W	Daniel Crouwkamp	Gimnasium	6	00:54.82	652		E		

204		S-16		Boys-16 : 400 m		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
RIE072	1258		Mthi Mthimkulu	Riebeeckstad	1	00:50.28	785		E		
HTB060	663		Katlego Gopane	HTS Louis Botha	2	00:50.63	774		E		
WIR001	1581	W	H.w. Muller	Wilgerivier	3	00:50.95	763		E		
YAK030	1785	B	Sello Leotlela	Yakhisizwe Secondary	4	00:52.36	720		E		
GRE068	554	B	Moagi Mohapi	Grey Kollege	5	00:52.53	715		E		
GRE071	555	W	Abraham Smith	Grey Kollege	6	00:52.99	702		E		
WIT142	1640		Bradley Jacobs	Witteberg	7	00:53.63	684		E		
TLL008	1508		Teboho Tau	Totlisonong	8	00:57.18	595		E		

218		S-16		Boys-16 : 800 m		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
HTB060	663		Katlego Gopane	HTS Louis Botha	1	02:01.80	695		E		
HTB020	648	B	Tshiamo Moagi	HTS Louis Botha	2	02:03.66	658		E		
FCK011	353	B	Mokwena Tlali	Ficksburg	3	02:05.99	615		E		
YAK028	1784	B	Lungelo Tsamba	Yakhisizwe Secondary	4	02:06.00	615		E		
BSE001	150	B	Thembinkosi Feitjje	Seemahale	5	02:08.60	571		E		
TIK015	1503		Kabelo Vergeet	Tikwana	6	02:10.84	535		E		
LEP055	931		Mpho Bifa	Lephola	7	02:13.17	499		E		
FAK004	342	B	Sibusiso Kumalo	Fakkelskool	8	02:13.81	490		E		
KAT004	846		Ntsokolo Nkosindine	Katleho	9	02:14.64	478		E		
LHS001	955	B	Katleho Mosia	Lindley HS	10	02:15.90	460		E		
XTS001	1763	C	Ettiene Jacobs	Tshwaragan	11	02:19.75	409		E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-16 Boys-16

26	S-16	Boys-16 : 1500 m		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team	Heat	Place	Performance	Table point	Wind	H/E	Record
RIE066	1253	Thapelo Ramakhoase	Riebeeckstad	1	04:04.13	879		E	
MLA028	1009 B	Tshediso Moloke	Mosala	2	04:13.99	807		E	
HTB027	649 B	Tshiamo Mokgakala	HTS Louis Botha	3	04:14.40	804		E	
RIE065	1252	Geelbooi Kondile	Riebeeckstad	4	04:16.76	789		E	
HTB018	647 B	Tshepiso Lemao	HTS Louis Botha	5	04:23.62	747		E	
KAT004	846	Ntsokolo Nkosindine	Katleho	6	04:23.85	745		E	
XSJ004	1758 B	Mpho Oliphant	Samuel Johnson	7	04:26.76	728		E	
HTB020	648 B	Tshiamo Moagi	HTS Louis Botha	8	04:27.85	722		E	
LSE004	973	Tokelo Thoabala	Sehlabeng	9	04:30.31	709		E	
TLL009	1509	Paballo Mokhele	Totlison	10	04:31.23	704		E	
NTS038	1057	Katleho Msimanga	Ntsu	11	04:34.94	684		E	
XSJ002	1757 B	Samkelo Samuel James	Samuel Johnson	12	04:36.04	678		E	
BOI005	120	Koketso Liome	Boitlamo Secondary	13	04:44.76	636		E	
PHE021	1154	Thabang Ntsutle	Phehelang Secondary	14	04:45.29	633		E	
TLL007	1507	B Sefate	Totlison	15	04:53.25	597		E	

158	S-16	Boys-16 : 3000 m		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team	Heat	Place	Performance	Table point	Wind	H/E	Record
MLA028	1009 B	Tshediso Moloke	Mosala	1	09:22.33	819		E	
TLL009	1509	Paballo Mokhele	Totlison	2	09:22.56	819		E	
RIE065	1252	Geelbooi Kondile	Riebeeckstad	3	09:36.99	786		E	
HTB018	647 B	Tshepiso Lemao	HTS Louis Botha	4	09:41.09	777		E	
BLR004	106 B	Vuyo Mkumbeni	Lereko	5	09:43.08	773		E	
KGA011	854	Xolami Gilimba	Kgabareng	6	10:00.50	738		E	
IKE016	768 B	Katleho Mphuthi	Iketsetseng	7	10:08.41	723		E	
MTR001	1019 B	Tumelo Dlamini	Mfundo Thuto	8	10:28.75	686		E	
BMP020	115 B	Kamohelo Monyatsi	Mpatleng	9	10:32.23	680		E	
HUK023	761	Sipho Moloji	Intuthuko-Katleho	10	10:56.21	641		E	
IKE024	774 B	Morena Nyama	Iketsetseng	11	11:20.51	604		E	
XOK013	1744 B	Phomolo Toko	Oranjekrag	12	12:08.58	540		E	

66	S-16	Boys-16 : 110 m Hurdles		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Heats	
Athlete		Team	Heat	Place	Performance	Table point	Wind	H/E	Record
1									
GRE076	556 W	Lian Van Der Merwe	Grey Kollege	1	00:15.22	719	0.0	E	
WIT150	1642	Ryan Clack	Witteberg	2	00:15.87	672		E	
PEH055	1144	Sizwe Maduna	Paul Erasmus	3	00:16.51	630		E	
WIR004	1583 W	Pieter Groenewald	Wilgerivier	4	00:17.30	583		E	
HTC034	688	Melvin Mogwera	Hentie Cilliers	5	00:18.36	527		E	
2									
BVH136	217	Dendrè Aucamp	Bethlehem Voortrekker	1	00:14.98	737	0.1	E	
GIM054	426 B	Tladi Phenyane	Gimnasium	2	00:15.20	720		E	
GRE077	557 W	JÉan-Marc Trichard	Grey Kollege	3	00:15.34	710		E	
AHS068	46	Thato Mongole	Afrikaans H/S Sasolburg	4	00:16.25	646		E	
AHS082	52	Richard Matsepe	Afrikaans H/S Sasolburg	5	00:17.36	580		E	
GOU075	487	Ryan Jacobs	Goudveld	6	00:18.63	514		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-16 Boys-16

153 S-16 Boys-16 : 110 m Hurdles				SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
BVH136	217	Dendré Aucamp	Bethlehem Voortrekker		1	00:14.34	791	0.9	E	
GRE076	556	W Lian Van Der Merwe	Grey Kollege		2	00:14.59	769	0.9	E	
GIM054	426	B Tladi Phenyane	Gimnasium		3	00:15.03	733	0.9	E	
GRE077	557	W JÉan-Marc Trichard	Grey Kollege		4	00:15.03	733	0.9	E	
WIT150	1642	Ryan Clack	Witteberg		5	00:15.73	681	0.9	E	
PEH055	1144	Sizwe Maduna	Paul Erasmus		6	00:16.05	660	0.9	E	
AHS068	46	Thato Mongole	Afrikaans H/S Sasolburg		7	00:16.40	637	0.9	E	

192 S-16 Boys-16 : 400 m Hurdles				SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
GRE076	556	W Lian Van Der Merwe	Grey Kollege		1	00:56.58	715		E	
GRE077	557	W JÉan-Marc Trichard	Grey Kollege		2	00:58.02	669		E	
AHS073	48	Vuyo Sebini	Afrikaans H/S Sasolburg		3	00:58.16	664		E	
WIR004	1583	W Pieter Groenewald	Wilgerivier		4	00:58.67	649		E	
SHS098	1428	B Alvin Rundora	Sasolburg H/S		5	00:62.00	559		E	
GOU069	486	Jonathan Haywood	Goudveld		6	00:62.53	545		E	
PHF009	1157	B Katleho Moholeng	Phofung		7	00:63.43	524		E	
HTC032	687	Barend Spies	Hentie Cilliers		8	00:66.68	452		E	
KRH074	888	Christo Engelbrecht	Kroonstad Hoërskool		9	00:69.17	402		E	
KGU006	859	Sello Mahloane	Kgutliso PS		10	00:72.22	346		E	

113 S-16 Boys-16 : 2000 m Steeple Chase				SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
RIE066	1253	Thapelo Ramakhoase	Riebeeckstad		1	06:21.23	870		E	
KAT004	846	Ntsokolo Nkosindine	Katleho		2	06:25.62	855		E	
BMP020	115	B Kamohelo Monyatsi	Mpatleng		3	06:32.54	833		E	
HTB018	647	B Tshepiso Lemaó	HTS Louis Botha		4	06:34.66	827		E	
XSJ004	1758	B Mpho Oliphant	Samuel Johnson		5	06:35.85	823		E	
XSJ002	1757	B Samkelo Samuel James	Samuel Johnson		6	06:43.33	801		E	
HTB020	648	B Tshiamo Moagi	HTS Louis Botha		7	06:46.71	791		E	
MCH016	1000	B Siyabonga Mpondo	Mmathabo		8	06:57.16	763		E	
NKG008	1041	Thapelo Radebe	Nkgopoleng Secondary		9	07:55.16	632		E	
RIE067	1254	Tshepo Debes	Riebeeckstad		10	07:58.66	625		E	
KAR007	844	B Siyabonga Moloi	Karabelo		11	08:01.02	621		E	
REH033	1200	Lefu Sebusa	Rehotse		12	08:11.42	602		E	

78 S-16 Boys-16 : 10000 m Walk				SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
LSE004	973	Tokelo Thoabala	Sehlabeng		1	64:12.42	778		E	
LEP010	925	Teboho Makhatha	Lephola		2	78:46.76	669		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-16 Boys-16

228		S-16		Boys-16 : 4X100 m Relay			SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record		
GREA03	580	Grey Kollege	Grey Kollege		1	00:44.21	803		E			
RIEA05	1280	Riebeeckstad	Riebeeckstad		2	00:44.34	798		E			
WITA06	1669	Witteberg	Witteberg		3	00:45.21	764		E			
LUHA06	985	Unicom	Unicom		4	00:46.09	732		E			
HTWA02	758	Hts Welkom	HTS Welkom		5	00:46.29	725		E			
FICA08	402	Fichardtpark	H/S Fichardtpark		6	00:46.72	710		E			
SHSA06	1455	Sasolburg Hoërskool	Sasolburg H/S		7	00:46.73	710		E			
BVHA16	259	Bethlehem Voortrekker	Bethlehem Voortrekker		8	00:46.87	705		E			
KANA07	842	Kananelo	Kananelo		9	00:47.35	689		E			
DRRA06	299	Dr R Cingo	Dr R Cingo		10	00:47.43	687		E			

19		S-16		Boys-16 : High Jump			SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record		
XLJ019	1718	W Dawid Stefanus Hendrikz	Landbouskool Jacobsdal		1	1.85	688		E			
RIE071	1257	Lebuso Sefuthi	Riebeeckstad		2	1.80	636		E			
BVH151	220	Ramon Landman	Bethlehem Voortrekker		2	1.80	636		E			
SHS300	1449	Khahliso Malope	Sasolburg H/S		4	1.80	636		E			
HTS033	728	Thabiso Mokoena	HTS Sasolburg		5	1.75	585		E			
HTW032	754	B Mohato Ntsodi	HTS Welkom		6	1.75	585		E			
HTS035	730	Peter Kutoane	HTS Sasolburg		7	1.70	533		E			
DEW013	289	B Nkoai Mabula	H/S Christiaan de Wet		8	1.70	533		E			
SHS106	1431	B Lesego Molefe	Sasolburg H/S		9	1.70	533		E			
GIM049	423	W Daniel Crouwkamp	Gimnasium		10	1.70	533		E			
BVH211	231	Nicholis Mathews	Bethlehem Voortrekker		11	1.65	480		E			
JIM094	819	W Zander Van Der Berg	Jim Fouche		12	1.65	480		E			
QAL008	1171	B Katleho Matseke	Qalabotja		13	1.60	427		E			
LUH013	981	B Telekiso Phasiwe	Unicom		14	1.55	373		E			

12		S-16		Boys-16 : Pole Vault			SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record		
BVH284	241	Lovell Loubser	Bethlehem Voortrekker		1	3.60	354		E			
WIR008	1585	W Marcell Du Plooy	Wilgerivier		2	3.40	261		E			
SEN134	1342	W Franco Van Tonder	Sentraal		3	3.30	213		E			
HEI035	595	Waldo Steyn	Heilbron H/S		4	3.20	165		E			

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-16 Boys-16

47 S-16 Boys-16 : Long Jump				SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final			
Athlete				Team	Heat	Place	Performance	Table point	Wind	H/E	Record
HTW026	751	B	Katleho Tsie	HTS Welkom		1	6.60	748	-0.7	E	
GIM054	426	B	Tladi Phenyane	Gimnasium		2	6.59	745		E	
AHS069	47		Thabang Mathibela	Afrikaans H/S Sasolburg		3	6.42	695		E	
GIM055	427	B	Onalenna Oliphant	Gimnasium		4	6.34	672		E	
SHS300	1449		Khahliso Malope	Sasolburg H/S		5	6.07	591		E	
HTS033	728		Thabiso Mokoena	HTS Sasolburg		6	6.31	663		E	
SEN136	1344	B	Rayven Adams	Sentraal		7	5.99	567		E	
DEW010	288	B	Mbongwa Moeti	H/S Christiaan de Wet		8	5.93	549		E	
WIT150	1642		Ryan Clack	Witteberg		9	5.67	470		E	
CBC025	266	B	Mpho Settoboko	CBC Bloemfontein		10	5.62	455		E	
GIM048	422	B	Tshepiso Machogo	Gimnasium		11	5.58	443		E	
UXO002	1539	B	Mzwhaki Nhlapo	Kgotso Uxolo		12	5.50	418		E	
SAN008	1289		Ashrone Booysen	Sandersville		13	5.42	393		E	

159 S-16 Boys-16 : Triple Jump				SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final			
Athlete				Team	Heat	Place	Performance	Table point	Wind	H/E	Record
GIM055	427	B	Onalenna Oliphant	Gimnasium		1	14.43	809	1.4	E	R
WIT150	1642		Ryan Clack	Witteberg		2	13.01	612		E	
PEH055	1144		Sizwe Maduna	Paul Erasmus		3	12.75	575		E	
LER029	940	B	Moeketsi Khakhau	Le Reng		4	12.68	565		E	
HTS033	728		Thabiso Mokoena	HTS Sasolburg		5	12.65	561		E	
SEN135	1343	B	Speedy Kalibe	Sentraal		6	12.43	530		E	
HTC043	691		Nicholas Kojoana	Hentie Cilliers		7	12.43	530		E	
UXO002	1539	B	Mzwhaki Nhlapo	Kgotso Uxolo		8	12.27	507		E	

22 S-16 Boys-16 : Shot Put				SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final			
Athlete				Team	Heat	Place	Performance	Table point	Wind	H/E	Record
GRE085	560	W	David Liebenberg	Grey Kollege		1	15.55	775		E	
BOT036	135	W	Wian Smith	Bothaville HS		2	15.32	760		E	
GIM053	425	W	Wian Muller	Gimnasium		3	14.88	731		E	
WMR013	1675		Jan Du Toit	Wessel Maree		4	13.96	669		E	
FIC081	387	W	Nicholas Julies	H/S Fichardtpark		5	13.75	655		E	
BVH132	215		Eugene Uitenweerde	Bethlehem Voortrekker		6	12.90	595		E	
GOU061	484		Corne Uys	Goudveld		7	12.65	577		E	
WIT272	1661		Henco Coetzee	Witteberg		8	12.19	543		E	
VRE043	1562	W	Gideon Groenewald	Vrede		9	11.10	459		E	
SHS110	1432	W	Samuel Rencken	Sasolburg H/S		10	10.87	440		E	
NHC090	1034		Katleho Mokoena	New Horizon College		11	10.80	435		E	
PAR058	1132	W	Dillon Pretorius	Parys Hoërskool		12	10.41	403		E	
AHK053	27		Ashton Samson	Afrikaanse Hoërskool		13	10.20	385		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-16 Boys-16

46 S-16 Boys-16 : Discus Throw				SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record	
GRE079 558 W	David Liebenberg	Grey Kollege	1	48.31	797		E		
WMR013 1675	Jan Du Toit	Wessel Maree	2	44.27	719		E		
RIE069 1255	Jatienne White	Riebeeckstad	3	40.14	634		E		
GRE081 559 W	Pieter-Albert Fourie	Grey Kollege	4	39.00	610		E		
WIT272 1661	Henco Coetzee	Witteberg	5	36.83	562		E		
WIT160 1643	Luhan Bester	Witteberg	6	33.26	479		E		
BVH137 218	Erhard Van Wyk	Bethlehem Voortrekker	7	31.24	430		E		
AHS076 50	Nelius Cockeran	Afrikaans H/S Sasolburg	8	30.53	412		E		
PAR058 1132 W	Dillon Pretorius	Parys Hoërskool	9	27.23	324		E		
HEI036 596	Hanro Volschenk	Heilbron H/S	10	25.96	288		E		
HRR006 624 W	Henco Swanepoel	Reitz HS	11	25.49	274		E		

164 S-16 Boys-16 : Javelin				SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record	
WMR013 1675	Jan Du Toit	Wessel Maree	1	58.34	697		E		
GRE066 553 W	Jan Meyer	Grey Kollege	2	54.50	608		E		
SEN133 1341 W	Hanko Kruger	Sentraal	3	48.85	471		E		
HTS034 729	Bryan Swanepoel	HTS Sasolburg	4	46.04	399		E		
SHS095 1426 W	Lucio Mortagua	Sasolburg H/S	5	41.46	277		E		
WMR011 1674	Gustav Van Rooyen	Wessel Maree	6	39.88	233		E		
BVH135 216	AJ Stemmet	Bethlehem Voortrekker	7	39.15	213		E		
SHS130 1444 B	Hloni Marelets	Sasolburg H/S	8	35.33	100		E		
GOU060 483	Franco Nel	Goudveld	9	33.65	48		E		

134 S-16 Boys-16 : Hammer Throw				SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record	
FIC081 387 W	Nicholas Julies	H/S Fichardtpark	1	53.42	821		E		
JIM091 818 W	Renier Nel	Jim Fouche	2	39.15	638		E		
FIC084 388 W	Barry Richter	H/S Fichardtpark	3	38.32	626		E		
GOU061 484	Corne Uys	Goudveld	4	34.75	571		E		
BVH132 215	Eugene Uitenweerde	Bethlehem Voortrekker	5	34.28	564		E		
BVH452 251 W	Franco Van Rooyen	Bethlehem Voortrekker	6	33.50	551		E		
HTC042 690	Koos Nel	Hentie Cilliers	7	31.79	522		E		
WIR010 1586 W	Kobus Steyn	Wilgerivier	8	29.68	485		E		
GIM050 424 W	Armand Ferreira	Gimnasium	9	28.02	454		E		
AHS079 51	Kamohelo Hlalele	Afrikaans H/S Sasolburg	10	22.09	331		E		
HTS073 748	Mpho Sefafe	HTS Sasolburg	11	20.76	300		E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-17		Boys-17				SA Schools Qual: 00:11.14	ASA Qual: 00:11.06	Heats				
				Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
43				S-17 Boys-17 : 100 m								
1												
	JIM098	821	C	Keenan Cloete	Jim Fouche		1	00:11.03	803	-0.6	E	
	XSF005	1747	B	Dumisani Mqungquthu	Springfontein S/C		2	00:11.28	756		E	
	WEL035	1571	B	Kagisho Chwane	Welkom High		3	00:11.44	729		E	
	GOU086	494		Dewald Niemann	Goudveld		4	00:11.46	725		E	
	NTI040	1054		Mpho Masiu	Taiwe		5	00:11.54	712		E	
	TUT041	1536		Tshepang Maketekete	Tutuboloha		6	00:11.63	698		E	
	NHC120	1036		Bulelwa Mazibuko	New Horizon College		7	00:12.07	632		E	
2												
	HTB032	650	B	Andile Bengell	HTS Louis Botha		1	00:11.16	778	-0.7	E	
	GRE095	561	W	Dirk Engelbrecht	Grey Kollege		2	00:11.31	751		E	
	SET001	1380		Thapelo Pheleu	JSM Setiloane		3	00:11.60	702		E	
	BOD015	118		Thando Makhaba	Bodibeng		4	00:11.77	676		E	
	KRH092	889		Jason De Beer	Kroonstad Hoërskool		5	00:12.11	626		E	
110				S-17 Boys-17 : 100 m						Final		
Final												
	JIM098	821	C	Keenan Cloete	Jim Fouche		1	00:10.80	850	-0.1	E	
	HTB032	650	B	Andile Bengell	HTS Louis Botha		2	00:11.07	795	-0.1	E	
	XSF005	1747	B	Dumisani Mqungquthu	Springfontein S/C		3	00:11.21	769	-0.1	E	
	GRE095	561	W	Dirk Engelbrecht	Grey Kollege		4	00:11.24	764	-0.1	E	
	GOU086	494		Dewald Niemann	Goudveld		5	00:11.35	744	-0.1	E	
	WEL035	1571	B	Kagisho Chwane	Welkom High		6	00:11.44	729	-0.1	E	
	NTI040	1054		Mpho Masiu	Taiwe		7	00:11.52	715	-0.1	E	
	SET001	1380		Thapelo Pheleu	JSM Setiloane		8	00:11.66	693	-0.1	E	
137				S-17 Boys-17 : 200 m						Heats		
Heats												
1												
	GOU086	494		Dewald Niemann	Goudveld		1	00:22.51	782	0.0	E	
	STA004	1469	B	Takeem Melk	St Andrews Bloemfontein		2	00:23.08	737		E	
	WEL035	1571	B	Kagisho Chwane	Welkom High		3	00:23.37	716		E	
	HTC052	693		Boitumelo Lasaro	Hentie Cilliers		4	00:23.70	693		E	
	BEA003	88	B	Joseph Mabizela	Beacon		5	00:23.74	690		E	
	KRH092	889		Jason De Beer	Kroonstad Hoërskool		6	00:24.34	650		E	
	XOK001	1738	C	Jan Douw	Oranjekrag		7	00:25.21	597		E	
2												
	JIM098	821	C	Keenan Cloete	Jim Fouche		1	00:21.75	850	0.0	E	R
	FIC089	390	C	Shaheed Botha	H/S Fichardtpark		2	00:22.43	789		E	
	XSF005	1747	B	Dumisani Mqungquthu	Springfontein S/C		3	00:22.81	758		E	
	SET001	1380		Thapelo Pheleu	JSM Setiloane		4	00:23.45	710		E	
	NHC097	1035		Bulelewa Mazibuko	New Horizon College		5	00:23.46	709		E	
	HEP013	611		Mojalefa Mahlatsi	Phepetso		6	00:24.07	668		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-17 Boys-17

174 S-17 Boys-17 : 200 m			SA Schools Qual: 00:22.64		ASA Qual: 00:22.15		Final		
Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record	
JIM098 821 C	Keenan Cloete	Jim Fouche	1	00:21.21	904	1.2	E	R	
FIC089 390 C	Shaheed Botha	H/S Fichardtpark	2	00:22.17	811	1.2	E		
GOU086 494	Dewald Niemann	Goudveld	3	00:22.30	800	1.2	E		
XSF005 1747 B	Dumisani Mqungquthu	Springfontein S/C	4	00:22.70	767	1.2	E		
WEL035 1571 B	Kagisho Chwane	Welkom High	5	00:23.04	740	1.2	E		
STA004 1469 B	Takeem Melk	St Andrews Bloemfontein	6	00:23.11	735	1.2	E		
HTC052 693	Boitumelo Lasaro	Hentie Cilliers	7	00:23.39	714	1.2	E		
SET001 1380	Thapelo Pheleu	JSM Setiloane	8	00:23.51	706	1.2	E		

93 S-17 Boys-17 : 400 m			SA Schools Qual: 00:50.14		ASA Qual: 00:49.86		Heats		
Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record	
1									
GRE098 562 W	Jarred Brown	Grey Kollege	1	00:51.54	732		E		
MAM022 990	Tsholo Marumo	Mamello	2	00:52.36	707		E		
SHS104 1430	Karabelo Pheko	Sasolburg H/S	3	00:53.10	686		E		
AHK060 28	Janus Coetzee	Afrikaanse Hoërskool	4	00:53.35	679		E		
AKA010 70	Boitumelo Thebe	Akademia	5	00:53.97	663		E		
KAN008 837	Nelson Khitsane	Kananelo	6	00:54.01	662		E		
PUK001 1168 B	Jabulani Maseko	Phukalla	7	00:54.50	649		E		
XSF036 1754 B	Lindulwazi Hanong	Springfontein S/C	8	00:56.26	606		E		
2									
FIC089 390 C	Shaheed Botha	H/S Fichardtpark	1	00:50.85	753		E		
IKE017 769 B	Mokhethi Mofokeng	Iketsetseng	2	00:51.69	727		E		
FIC088 389 C	Jay-Dee Stadhouer	H/S Fichardtpark	3	00:52.10	715		E		
NTI040 1054	Mpho Masiu	Taiwe	4	00:53.05	688		E		
UXO001 1538 B	Soaisa Mofokeng	Kgotso Uxolo	5	00:53.24	682		E		
XSF005 1747 B	Dumisani Mqungquthu	Springfontein S/C	6	00:53.62	672		E		
RSW001 1285 B	Tshepo Nhlapo	Retshedisitswe	7	00:54.52	648		E		

206 S-17 Boys-17 : 400 m			SA Schools Qual: 00:50.14		ASA Qual: 00:49.86		Final		
Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record	
FIC089 390 C	Shaheed Botha	H/S Fichardtpark	1	00:49.39	802		E		
GRE098 562 W	Jarred Brown	Grey Kollege	2	00:50.65	759		E		
FIC088 389 C	Jay-Dee Stadhouer	H/S Fichardtpark	3	00:51.40	736		E		
SHS104 1430	Karabelo Pheko	Sasolburg H/S	4	00:52.44	705		E		
MAM022 990	Tsholo Marumo	Mamello	5	00:52.48	704		E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-17		Boys-17				SA Schools Qual: 01:58.00		ASA Qual: 01:56.06		Final			
220		S-17		Boys-17 : 800 m									
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
IKE017	769	B	Mokhethi Mofokeng	Iketsetseng		1		01:55.80	802		E		
HTB036	653	B	Gift Mboxwana	HTS Louis Botha		2		01:55.91	799		E		
KAH012	833		Malefetsane Mofokeng	Kahobotjha-Sakubusha		3		01:58.80	732		E		
NOM010	1046	B	Kagiso Kuputsa	Nomsa		4		01:59.85	709		E		
DRV016	300	B	James Chingange	Dr Viljoen Gekombineerd		5		02:00.24	701		E		
JIM105	823	W	Henro Van Rooyen	Jim Fouche		6		02:00.71	691		E		
RIE083	1265		Mpho Khate	Riebeeckstad		7		02:02.30	660		E		
REK025	1202		Teisi Radebe	Rekgotsofetse		8		02:05.98	592		E		
PUK001	1168	B	Jabulani Maseko	Phukalla		9		02:07.13	573		E		
APO002	77	B	Mofana Mosikili	Molapo		10		02:08.61	548		E		
RIE088	1266		Bongani Mzili	Riebeeckstad		11		02:10.28	522		E		
RIE080	1263		Rethabile Toabala	Riebeeckstad		12		02:12.74	485		E		
AKA017	71		Simbini Khensani	Akademia		13		02:16.88	428		E		
FAK007	345	B	Ofentse Kolagobe	Fakkelskool		14		02:19.97	388		E		
XSF004	1746	B	Gorden Ackerman	Springfontein S/C		15		02:34.39	228		E		
XSF035	1753	C	Jacquan Speng	Springfontein S/C		16		02:34.61	226		E		
28		S-17		Boys-17 : 1500 m				SA Schools Qual: 04:10.00		ASA Qual: 04:05.62		Final	
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
KAH012	833		Malefetsane Mofokeng	Kahobotjha-Sakubusha		1		04:11.90	803		E		
TPH017	1516	B	Mopeli Mopeli	Phetogane		2		04:12.75	798	3	E		
HTB076	667		Luvuyo Mneno	HTS Louis Botha		3		04:14.50	786		E		
RIE079	1262		Bakoena Khama	Riebeeckstad		4		04:15.59	779		E		
XLL006	1733	B	Thembinkosi Dineka	Lere La Thuto		5		04:19.16	757		E		
BMP016	113	B	Sandile Khetsi	Mpatleng		6		04:19.76	753		E		
TUT039	1535		Lefu Tshanyane	Tutuboloha		7		04:20.07	752		E		
IDI004	765	B	Karabo Mphuthi	Mookodi		8		04:20.20	751		E		
PET002	1150		Nkosi Mini	Petunia		9		04:27.34	710		E		
RIE088	1266		Bongani Mzili	Riebeeckstad		10		04:27.76	707		E		
RIE083	1265		Mpho Khate	Riebeeckstad		11		04:33.38	677		E		
MOH061	1015		Teboho Moekoa	Mohlodi Thuto		12		04:34.59	671		E		
MAM023	991		Sabata` Khagane	Mamello		13		04:44.97	621		E		
XSJ012	1762	B	Motlatsi Nyamatana	Samuel Johnson		14		04:45.37	619		E		
SHS113	1433	W	Matthew Van Tonder	Sasolburg H/S		15		04:47.98	607		E		
PHE024	1155		Sinaba Siyabonga	Phehelang Secondary		16		05:06.75	529		E		
160		S-17		Boys-17 : 3000 m				SA Schools Qual: 08:55.00		ASA Qual: 09:02.09		Final	
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
RIE078	1261		Rethabile Makotho	Riebeeckstad		1		08:59.96	860		E		
NOM011	1047	B	Bongani Zimu	Nomsa		2		09:11.02	832		E		
IDI004	765	B	Karabo Mphuthi	Mookodi		3		09:16.55	819		E		
RIE077	1260		Moeketsi Lumphondo	Riebeeckstad		4		09:29.59	789		E		
HTB076	667		Luvuyo Mneno	HTS Louis Botha		5		09:36.69	774		E		
BSN010	156		Motlatsi Moshane	Senakangwedi		6		09:40.06	767		E		
KAH012	833		Malefetsane Mofokeng	Kahobotjha-Sakubusha		7		09:43.97	758		E		
CED006	275		Lerato Mokoena	Cedar High		8		09:48.68	749		E		
KOP005	863	B	Itumeleng John Shai	Kopanong		9		10:00.50	726		E		
MTR005	1022	B	Lerato Shabalala	Mfundo Thuto		10		10:15.66	698		E		
XOK008	1743	B	Siyabonga Lufele	Oranjekrag		11		12:46.59	486		E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-17 Boys-17

67		S-17		Boys-17 : 110 m Hurdles		SA Schools Qual: 00:14.94		ASA Qual: 00:14.52		Heats	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
1											
GOU096	501	Rynhardt Van Der Merwe	Goudveld		1	00:15.21	792	-0.1	E		
JIM097	820	W AJ Botha	Jim Fouche		2	00:15.22	792		E		
BVH407	244	Tiisetso Mofokeng	Bethlehem Voortrekker		3	00:16.48	696		E		
FCK009	352	AJ Botha	Ficksburg		4	00:16.97	664		E		
HTC048	692	Dylan Prinsloo	Hentie Cilliers		5	00:17.63	624		E		
2											
BOT041	137	B Bongani Nzunga	Bothaville HS		1	00:15.42	775	0.3	E		
VPA057	1553	B Paballo Lebenya	Vaalpark Articon		2	00:15.56	764		E		
HTS049	734	Tshepo Moekoena	HTS Sasolburg		3	00:15.58	762		E		
HSH035	638	Kabelo Mothlake	Harrismith HS		4	00:17.46	634		E		
HTW042	756	B Godfrey Narsciso	HTS Welkom		5	00:18.37	583		E		
LER036	945	B Retshedisitswe Meyra	Le Reng		6	00:18.82	560		E		

154		S-17		Boys-17 : 110 m Hurdles		SA Schools Qual: 00:14.94		ASA Qual: 00:14.52		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
JIM097	820	W AJ Botha	Jim Fouche		1	00:14.85	824	1.4	E		
GOU096	501	Rynhardt Van Der Merwe	Goudveld		2	00:15.15	798	1.4	E		
BOT041	137	B Bongani Nzunga	Bothaville HS		3	00:15.21	792	1.4	E		
HTS049	734	Tshepo Moekoena	HTS Sasolburg		4	00:15.40	777	1.4	E		
VPA057	1553	B Paballo Lebenya	Vaalpark Articon		5	00:15.71	752	1.4	E		
FCK009	352	AJ Botha	Ficksburg		6	00:16.25	712	1.4	E		
BVH407	244	Tiisetso Mofokeng	Bethlehem Voortrekker		7	00:16.27	711	1.4	E		
HSH035	638	Kabelo Mothlake	Harrismith HS		8	00:16.99	663	1.4	E		

193		S-17		Boys-17 : 400 m Hurdles		SA Schools Qual: 00:55.64		ASA Qual: 00:54.02		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
GOU096	501	Rynhardt Van Der Merwe	Goudveld		1	00:57.45	670		E		
VPA057	1553	B Paballo Lebenya	Vaalpark Articon		2	00:57.85	658		E		
JIM097	820	W AJ Botha	Jim Fouche		3	00:59.59	608		E		
UXO001	1538	B Soaisa Mofokeng	Kgotso Uxolo		4	00:61.20	565		E		
HTW039	755	B Oratile Maneng	HTS Welkom		5	00:62.04	544		E		
BVH407	244	Tiisetso Mofokeng	Bethlehem Voortrekker		6	00:64.08	496		E		
AHS095	58	Allen Dreyer	Afrikaans H/S Sasolburg		7	00:64.95	476		E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-17 Boys-17

114	S-17	Boys-17 : 2000 m Steeple Chase			SA Schools Qual: 06:25.00	ASA Qual: 06:12.27	Final			
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
RIE078	1261	Rethabile Makotho	Riebeeckstad		1	06:14.83	875		E	
RIE077	1260	Moeketsi Lumphondo	Riebeeckstad		2	06:19.10	860		E	
NOM011	1047	B Bongani Zimu	Nomsa	B	3	06:19.95	857		E	
NOM010	1046	B Kagiso Kuputsa	Nomsa	B	4	06:38.73	798		E	
XSJ012	1762	B Motlatsi Nyamatana	Samuel Johnson	B	5	06:38.94	798		E	
LNT003	965	Nkosinathi Nebulane	LE Notsi		6	06:51.03	764		E	
BMP016	113	B Sandile Khetsi	Mpatleng	B	7	06:51.77	762		E	
BSN010	156	Motlatsi Moshane	Senakangwedi		8	06:54.32	755		E	
MCH013	998	B Elias Mokoena	Mmathabo	B	9	07:04.61	729		E	
CED006	275	Lerato Mokoena	Cedar High		10	07:04.62	729		E	
MCH010	997	B Thabang Dlamini	Mmathabo	B	11	07:20.23	692		E	
POI003	1165	B Semahla Tshabalala	Mampoi	B	12	07:33.60	663		E	
LEN020	920	B Thapelo Sehloho	Lenakeng	B	13	08:03.15	604		E	
LEN021	921	B Vuyisile Pinga	Lenakeng	B	14	08:13.21	586		E	

1	S-17	Boys-17 : 10000 m Walk			SA Schools Qual: 57:00.00	ASA Qual: 55:42.30	Final			
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
APO005	78	B Lehohonolo Mloi	Molapo	B	1	61:20.00	789		E	
BLN002	96	Teboho Sehloho	Lenyora La Thuto		2	61:24.00	789		E	
LKN087	962	Lebohlang Mofokeng	L K Ntlabathi		3	61:52.00	784		E	
BLN003	97	B Kabelo Lethiba	Lenyora La Thuto	B	4	66:23.00	744		E	
BSN011	157	Tshepo Lenkoe	Senakangwedi		5	69:48.00	717		E	

230	S-17	Boys-17 : 4X100 m Relay			SA Schools Qual: 00:00.00	ASA Qual: 00:00.00	Final			
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
HTBA02	671	B Hts Louis Botha	HTS Louis Botha	B	1	00:43.58	819		E	
FICA09	403	Fichardtpark	H/S Fichardtpark		2	00:44.30	789		E	
JIMA03	827	Jim Fouche	Jim Fouche		3	00:44.46	783		E	
WITA08	1671	Witteberg	Witteberg		4	00:44.66	775		E	
HTCA03	718	Hentie Cilliers	Hentie Cilliers		5	00:45.46	745		E	
SHSA08	1457	Sasolburg Hoërskool	Sasolburg H/S		6	00:45.87	730		E	
KANA08	843	Kananelo	Kananelo		7	00:46.41	711		E	
RETA03	1211	Retief Hoërskool	Retief Hoërskool		8	00:46.93	694		E	

50	S-17	Boys-17 : High Jump			SA Schools Qual: 1.88	ASA Qual: 1.95	Final			
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
SEN190	1356	W Charles Klopper	Sentraal	W	1	1.85	643		E	
HTS048	733	Kelvin Mosikili	HTS Sasolburg		2	1.85	643		E	
BVH224	232	Divan Claassen	Bethlehem Voortrekker		3	1.80	592		E	
WIT178	1645	Gustav Eigenhuis	Witteberg		3	1.80	592		E	
JBM040	789	Shawn Willemse	H/S Bloemfontein		5	1.80	592		E	
GRE112	565	W Henry Du Toit	Grey Kollege	W	6	1.80	592		E	
QAL007	1170	B Buti Mosiya	Qalabotja	B	7	1.75	542		E	
TTM006	1528	Olerato Makwaba	TM Setiloane		8	1.70	491		E	
SHS114	1434	B Tebello Mokoro	Sasolburg H/S	B	9	1.65	439		E	
GOU093	499	Riaan Vlok	Goudveld		9	1.65	439		E	
NTI042	1055	Bokang Tjolo	Taiwe		9	1.65	439		E	
BOT040	136	W JW Terblanche	Bothaville HS	W	12	1.65	439		E	
VIL012	1546	Moletsi Phahla	HS Salmon Senekal		12	1.65	439		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-17 Boys-17

13		S-17		Boys-17 : Pole Vault			SA Schools Qual: 3.60	ASA Qual: 3.93	Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
SHS127	1442	W	Arend Pretorius	Sasolburg H/S		1	4.73	812	E	R
SEN185	1355	W	SJ Fourie	Sentraal		2	4.10	543	E	
SEN184	1354	W	Henrico Du Plessis	Sentraal		3	3.90	455	E	

183		S-17		Boys-17 : Long Jump			SA Schools Qual: 6.60	ASA Qual: 6.82	Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
LAD015	908		Tshediso Ranthako	Ladybrand High School		1	6.52	683	-0.76	E
GOU086	494		Dewald Niemann	Goudveld		2	6.37	639		E
GOU124	516		Chuwandru Esterhuizen	Goudveld		3	5.97	522		E
SHS140	1448		Nick Khumalo	Sasolburg H/S		4	5.97	522		E
FCK007	351	B	Khosi Matla	Ficksburg		5	5.92	507		E
AHS092	57		Brandon Gilchrist	Afrikaans H/S Sasolburg		6	5.85	486		E
DEW015	290	C	John Theunis	H/S Christiaan de Wet		7	5.77	462		E
XEB005	1685	C	Reagan Springkaan	Edenburg		8	5.75	456		E
AKA010	70		Boitumelo Thebe	Akademia		9	5.74	453		E
BVH408	245		Thsepang Morake	Bethlehem Voortrekker		10	5.74	453		E
LER037	946	B	Karabo Namane	Le Reng		11	5.55	396		E
HTS051	736		Tsebo Ramoji	HTS Sasolburg		12	5.48	374		E
KRH097	891		Jaco Van Den Heever	Kroonstad Hoërskool		13	5.47	371		E
BST004	161	B	Zandile Mrwarwaza	Setjhaba Se Maketse		14	5.32	325		E

140		S-17		Boys-17 : Triple Jump			SA Schools Qual: 13.50	ASA Qual: 14.02	Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
WIT163	1644		Tshepiso Mzizi	Witteberg		1	13.24	610		E
PEH068	1145		Mokoma Mthimkulu	Paul Erasmus		2	12.80	549		E
ENG015	311		Boitumelo Mokoena	Ipokelleng		3	12.78	546		E
HTS048	733		Kelvin Mosikili	HTS Sasolburg		4	12.56	515		E
HTS049	734		Tshepo Moekoena	HTS Sasolburg		5	12.54	513		E
HTB033	651	B	Itumeleng Theko	HTS Louis Botha		6	12.53	511		E
GIM071	437	B	Malefetsane Tshabalala	Gimnasium		7	12.42	496		E
HTB032	650	B	Andile Bengell	HTS Louis Botha		8	12.11	452		E
LER033	943	B	Rethabile Tigedi	Le Reng		9	11.98	433		E
THE017	1499		Ndlalefa Tshezi	Theunissen HS		10	11.90	422		E
HTS050	735		Siphiwe Molindi	HTS Sasolburg		11	11.79	406		E
JBM040	789		Shawn Willemse	H/S Bloemfontein		12	11.75	400		E

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-17 Boys-17

23	S-17	Boys-17 : Shot Put		SA Schools Qual: 15.80			ASA Qual: 16.29		Final	
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
BVH160	222	Wynand Swanepoel	Bethlehem Voortrekker		1	17.58	893		E	
WIR002	1582	W Christiaan Muller	Wilgerivier		2	14.88	724		E	
VRE048	1563	W Tiaan Stoffberg	Vrede		3	14.85	722		E	
GOU088	495	Niel Harmse	Goudveld		4	14.51	700		E	
GRE111	1788	David Fourie	Grey Kollege		5	14.23	681		E	
GRE110	564	W Jacques Bestbier	Grey Kollege		6	14.04	668		E	
PAR062	1134	W Zuan Van Heerden	Parys Hoërskool		7	13.84	654		E	
HTB034	652	B Oame Leeto	HTS Louis Botha		8	13.71	645		E	
AHK061	29	Hanu Visagie	Afrikaanse Hoërskool		9	12.17	535		E	
HTC058	694	Jardus Van Den Berg	Hentie Cilliers		10	12.16	534		E	
BUL035	169	Stephan Van Jaarsveld	Bultfontein HS		11	12.04	525		E	
AHK070	33	Henro Hattingh	Afrikaanse Hoërskool		12	11.84	510		E	
BUL037	170	Reghard Van Der Merwe	Bultfontein HS		13	11.80	507		E	
HOP036	621	Daniel Botha	Hoopstad HS		14	11.62	493		E	
VIL013	1547	Otto Jordaan	HS Salmon Senekal		15	11.49	483		E	

97	S-17	Boys-17 : Discus Throw		SA Schools Qual: 48.00			ASA Qual: 48.99		Final	
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
BVH160	222	Wynand Swanepoel	Bethlehem Voortrekker		1	58.81	938		E	R
SEN183	1353	W Diaan Marais	Sentraal		2	48.64	787		E	
WIR002	1582	W Christiaan Muller	Wilgerivier		3	45.45	727		E	
GOU084	493	Christiaan Goosen	Goudveld		4	45.41	726		E	
GOU088	495	Niel Harmse	Goudveld		5	44.24	703		E	
GIM068	434	W Christopher Goosen	Gimnasium		6	40.96	637		E	
WIT270	1659	Gerik Oosthuizen	Witteberg		7	39.20	600		E	
GRE110	564	W Jacques Bestbier	Grey Kollege		8	37.38	560		E	
PAR062	1134	W Zuan Van Heerden	Parys Hoërskool		9	37.35	559		E	
FIC097	394	W Jaco Terry	H/S Fichardtpark		10	36.52	541		E	
BUL037	170	Reghard Van Der Merwe	Bultfontein HS		11	35.26	512		E	
SEN193	1357	W Frans-Noe Erasmus	Sentraal		12	35.25	512		E	
KRH095	890	Cornel Saunders	Kroonstad Hoërskool		13	33.81	478		E	

89	S-17	Boys-17 : Javelin		SA Schools Qual: 58.00			ASA Qual: 61.88		Final	
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
BVH164	223	JW Van Der Merwe	Bethlehem Voortrekker		1	61.64	685		E	
GOU093	499	Riaan Vlok	Goudveld		2	57.35	591		E	
LAC008	906	Tobias Knot	Ladybrand Academy		3	54.88	535		E	
GOU094	500	Marco Wiedeman	Goudveld		4	51.15	449		E	
SHS115	1435	W Divan Erasmus	Sasolburg H/S		5	46.68	340		E	
SHS117	1436	W Elgan Fourie	Sasolburg H/S		6	45.60	313		E	
JBM040	789	Shawn Willemse	H/S Bloemfontein		7	44.85	294		E	
SHS093	1424	B Mpho Mareletse	Sasolburg H/S		8	44.64	288		E	
GOU098	503	Stiaan Prinsloo	Goudveld		9	43.19	251		E	
RET074	1206	W Timothy Balcorta	Retief Hoërskool		10	42.92	244		E	
AHK061	29	Hanu Visagie	Afrikaanse Hoërskool		11	42.04	221		E	
BOT042	138	W Nico Smith	Bothaville HS		12	37.07	83		E	



Result per Age

S-17 Boys-17

135	S-17	Boys-17 : Hammer Throw			SA Schools Qual: 50.00		ASA Qual: 49.46		Final	
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
GIM066	433	W Pieter-Juan Vorstman	Gimnasium		1	65.48	926		E	
AHK061	29	Hanu Visagie	Afrikaanse Hoërskool		2	52.00	801		E	
FIC095	393	W Jeff Porotta	H/S Fichardtspark		3	43.40	694		E	
GOU090	496	Dylan Pretorius	Goudveld		4	36.12	589		E	
VIL013	1547	Otto Jordaan	HS Salmon Senekal		5	35.64	582		E	
WIT182	1646	Chris Briel	Witteberg		6	34.90	570		E	
HTS046	732	Vincent Motaung	HTS Sasolburg		7	34.21	559		E	
FIC093	392	W Mannis Cloete	H/S Fichardtspark		8	33.40	546		E	
GOU091	497	Marchel Pretorius	Goudveld		9	27.85	448		E	
BRA010	149	W Andre Jordaan	Staatspresident Swart		10	25.99	412		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-19		Boys-19									
45	S-19	Boys-19 : 100 m		SA Schools Qual: 00:10.94		ASA Qual: 00:10.78		Heats			
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
1											
KRH106	892	Grattitude Mohoera		Kroonstad Hoërskool		1	00:10.60	860	-0.1	E	
WIT185	1647	Juan-Roscoe Ruiters		Witteberg		2	00:11.05	769		E	
GIM086	445	C	Marchant Jacobs		Gimnasium	3	00:11.14	753		E	
XJC025	1706	B	Elrico Sewelo		Jagersfontein Combined	4	00:12.08	607		E	
2											
RIE102	1273	Ntakuseni Vilankulu		Riebeeckstad		1	00:11.11	758	0.2	E	
BVH418	248	Nkosinathi Ndaba		Bethlehem Voortrekker		2	00:11.24	735		E	
RHA003	1212	Neo Pule		Reahola		3	00:11.33	720		E	
LNT017	968	Teboho Motloung		LE Notsi		4	00:11.58	679		E	
112	S-19	Boys-19 : 100 m		SA Schools Qual: 00:10.94		ASA Qual: 00:10.78		Final			
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
KRH106	892	Grattitude Mohoera		Kroonstad Hoërskool		1	00:10.67	845	0.0	E	
RIE102	1273	Ntakuseni Vilankulu		Riebeeckstad		2	00:10.74	830	0.0	E	
WIT185	1647	Juan-Roscoe Ruiters		Witteberg		3	00:11.02	775	0.0	E	
GIM086	445	C	Marchant Jacobs		Gimnasium	4	00:11.45	700	0.0	E	
RHA003	1212	Neo Pule		Reahola		5	00:11.61	675	0.0	E	
LNT017	968	Teboho Motloung		LE Notsi		6	00:11.66	667	0.0	E	
XJC025	1706	B	Elrico Sewelo		Jagersfontein Combined	7	00:12.27	581	0.0	E	
139	S-19	Boys-19 : 200 m		SA Schools Qual: 00:22.14		ASA Qual: 00:21.83		Heats			
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
1											
KRH106	892	Grattitude Mohoera		Kroonstad Hoërskool		1	00:21.90	817	-0.3	E	
WIT185	1647	Juan-Roscoe Ruiters		Witteberg		2	00:22.68	751		E	
HTB043	658	B	Thato Phasha		HTS Louis Botha	3	00:22.80	742		E	
FAK008	346	B	Regain Mtimkulu		Fakkelskool	4	00:23.25	709		E	
REE029	1194	Mohale Lekaota		Relekile		5	00:23.64	681		E	
2											
HTB039	654	B	Mosuwe Hlongwane		HTS Louis Botha	1	00:21.65	840	1.1	E	
RIE102	1273	Ntakuseni Vilankulu		Riebeeckstad		2	00:21.66	839		E	
LTE001	977	B	Toloman Finger		Letsete	3	00:23.55	687		E	
BAR014	85	B	Tshepang Molaetsa		Barnard Molokoane	4	00:23.73	675		E	
176	S-19	Boys-19 : 200 m		SA Schools Qual: 00:22.14		ASA Qual: 00:21.83		Final			
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
KRH106	892	Grattitude Mohoera		Kroonstad Hoërskool		1	00:21.39	865	0.8	E	
HTB039	654	B	Mosuwe Hlongwane		HTS Louis Botha	2	00:21.42	862	0.8	E	
RIE102	1273	Ntakuseni Vilankulu		Riebeeckstad		3	00:21.46	858	0.8	E	
HTB043	658	B	Thato Phasha		HTS Louis Botha	4	00:22.00	808	0.8	E	
WIT185	1647	Juan-Roscoe Ruiters		Witteberg		5	00:22.01	807	0.8	E	
REE029	1194	Mohale Lekaota		Relekile		6	00:22.85	738	0.8	E	
FAK008	346	B	Regain Mtimkulu		Fakkelskool	7	00:22.91	734	0.8	E	
LTE001	977	B	Toloman Finger		Letsete	8	00:23.79	671	0.8	E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-19 Boys-19

95		S-19		Boys-19 : 400 m		SA Schools Qual: 00:49.64		ASA Qual: 00:48.04		Heats	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
1											
HTB043	658	B	Thato Phasha	HTS Louis Botha	1	00:48.87	795		E		
AHS117	64		Thato Machona	Afrikaans H/S Sasolburg	2	00:50.49	742		E		
KRH113	896		Elmar Van Aardt	Kroonstad Hoërskool	3	00:51.04	725		E		
REE028	1193		Oscar Vinger	Relekile	4	00:51.82	702		E		
HUK040	762		Lenka Moloi	Intuthuko-Katleho	5	00:53.70	650		E		
XJC025	1706	B	Elrico Sewelo	Jagersfontein Combined	6	00:55.37	608		E		
2											
HTB039	654	B	Mosuwe Hlongwane	HTS Louis Botha	1	00:48.82	797		E		
GRE121	568	W	Ulrich Bosch	Grey Kollege	2	00:50.35	746		E		
HRR029	635	B	Professor Motholo	Reitz HS	3	00:51.17	721		E		
PEH070	1146		Ryno Ferreira	Paul Erasmus	4	00:51.91	699		E		
REE029	1194		Mohale Lekaota	Relekile	5	00:52.63	679		E		
CED010	277		Fusi Thulo	Cedar High	6	00:68.00	369		E		

209		S-19		Boys-19 : 400 m		SA Schools Qual: 00:49.64		ASA Qual: 00:48.04		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
HTB039	654	B	Mosuwe Hlongwane	HTS Louis Botha	1	00:48.94	793		E		
AHS117	64		Thato Machona	Afrikaans H/S Sasolburg	2	00:49.82	763		E		
HTB043	658	B	Thato Phasha	HTS Louis Botha	3	00:50.29	748		E		
GRE121	568	W	Ulrich Bosch	Grey Kollege	4	00:50.52	741		E		
KRH113	896		Elmar Van Aardt	Kroonstad Hoërskool	5	00:50.74	734		E		
REE028	1193		Oscar Vinger	Relekile	6	00:50.74	734		E		
HRR029	635	B	Professor Motholo	Reitz HS	7	00:52.00	696		E		
PEH070	1146		Ryno Ferreira	Paul Erasmus	8	00:52.80	674		E		

222		S-19		Boys-19 : 800 m		SA Schools Qual: 01:56.00		ASA Qual: 01:52.36		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
RIE105	1274		Teddy Derison	Riebeeckstad	1	01:54.76	742		E		
HTB046	661	B	Retshidisitswe Shai	HTS Louis Botha	2	01:55.72	721		E		
GRE125	569	W	Delpont Botha	Grey Kollege	3	01:56.59	702		E		
KAN009	838		Kamohelo Seselinyane	Kananelo	4	01:57.16	690		E		
WIN032	1580		Morena Tlali	Winburg HS	5	02:00.58	622		E		
MET032	1003	B	Medupe Sebatane	Metsimaphodi	6	02:00.61	621		E		
KAH001	830		Katleho Mohale	Kahobotjha-Sakubusha	7	02:02.69	584		E		
NHS060	1038		Lesego Molelekwa	New Horizon College	8	02:02.85	581		E		
KAN019	840		Thabang Moloi	Kananelo	9	02:04.09	559		E		
HTB041	656	B	Olwethu Madadasana	HTS Louis Botha	10	02:04.80	548		E		
VRE056	1565	W	ML Hatley	Vrede	11	02:05.92	529		E		
HUK040	762		Lenka Moloi	Intuthuko-Katleho	12	02:06.52	520		E		
MLA034	1010	B	Pule Setsosa	Mosala	13	02:14.56	403		E		
RIE094	1270		Kagiso Mosholi	Riebeeckstad	14	02:16.86	374		E		
XBO001	1681		Simphiwe Buqa	Boaramelo	15	02:19.67	339		E		
HTS068	745		Paul Mokoena	HTS Sasolburg	16	02:22.97	301		E		

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-19 Boys-19

77		S-19 Boys-19 : 1500 m		SA Schools Qual: 04:04.00		ASA Qual: 04:00.16		Final		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
RIE091	1269	Lebohang Mahloane	Riebeeckstad		1	04:03.55	826		E	
BMP023	116	Thabang Mathosa	Mpatleng		2	04:06.56	805		E	
KAB004	829 B	Diau Makepe	Makabelane		3	04:08.49	792		E	
WIN032	1580	Morena Tlali	Winburg HS		4	04:15.25	749		E	
KAT006	847	Moeketsi Ramokopu	Katleho		5	04:17.64	734		E	
BOD004	117	Thabo Mohokane	Bodibeng		6	04:20.22	719		E	
HTS068	745	Paul Mokoena	HTS Sasolburg		7	04:22.74	705		E	
HTB040	655 B	Tshepang Mathibe	HTS Louis Botha		8	04:26.24	686		E	
LKN093	963	Tshediso Mokoena	L K Ntlabathi		9	04:29.20	670		E	
MET032	1003 B	Medupe Sebatane	Metsimaphodi		10	04:32.23	655		E	
TPH038	1518	Motaung Choane.	Phetogane		11	04:35.39	639		E	
RIE095	1271	Seth Molelekoa	Riebeeckstad		12	04:53.66	557		E	

212		S-19 Boys-19 : 5000 m		SA Schools Qual: 15:35.00		ASA Qual: 15:14.38		Final		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
KWA033	903	Mpho Mokhethi	Kwakwatsi Secondary		1	15:57.22	789		E	
FZR013	405 B	Johannes Motaung	Falesizwe		2	15:57.97	788		E	
BOD004	117	Thabo Mohokane	Bodibeng		3	16:32.51	748		E	
LEN025	923 B	Modise Mkozola	Lenakeng		4	17:00.53	717		E	
TSH053	1526 B	Teboho Rakauoane	Tshepang		5	17:33.60	684		E	
BLR002	105 B	Mogotsi Nakedi	Lereko		6	17:41.53	677		E	
LER044	949 B	Rethabile John Malau	Le Reng		7	18:33.16	630		E	
XOK005	1741 C	Albirm Van Wyk	Oranjekrag		8	19:03.80	605		E	
MAT048	993	Lekgotla Tekenya	Matlwangtlwang		9	19:11.50	599		E	
BAR010	83 B	Tshepang Xakoshe	Barnard Molokoane		10	19:28.91	585		E	

68		S-19 Boys-19 : 110 m Hurdles		SA Schools Qual: 00:15.24		ASA Qual: 00:00.00		Heats		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
1										
BOT048	141 W	Lorenzo Griessel	Bothaville HS		1	00:15.67	768	-0.9	E	
SHS118	1437 B	Jozua Ncheka	Sasolburg H/S		2	00:16.32	719		E	
PEH073	1147	Tokollo Lemako	Paul Erasmus		3	00:18.49	587		E	
BAR011	84 B	Lloyd Mokwena	Barnard Molokoane		4	00:20.26	502		E	
2										
HTB078	668	Relebohilee Molete	HTS Louis Botha		1	00:14.89	835	-0.9	E	
HTC063	695	Eddison Bango	Hentie Cilliers		2	00:15.16	811		E	
FCK001	349	Janu Botha	Ficksburg		3	00:16.13	733		E	
GOU108	510	Jonathan Bauer	Goudveld		4	00:17.61	636		E	
SED036	1305	Elias Mokoena	Sediba Thuto		5	00:20.25	502		E	

155		S-19 Boys-19 : 110 m Hurdles		SA Schools Qual: 00:15.24		ASA Qual: 00:00.00		Final		
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
HTB078	668	Relebohilee Molete	HTS Louis Botha		1	00:14.70	853	1.0	E	
BOT048	141 W	Lorenzo Griessel	Bothaville HS		2	00:14.87	837	1.0	E	
HTC063	695	Eddison Bango	Hentie Cilliers		3	00:15.41	789	1.0	E	
SHS118	1437 B	Jozua Ncheka	Sasolburg H/S		4	00:15.99	743	1.0	E	
FCK001	349	Janu Botha	Ficksburg		5	00:16.16	731	1.0	E	
GOU108	510	Jonathan Bauer	Goudveld		6	00:17.52	641	1.0	E	
SED036	1305	Elias Mokoena	Sediba Thuto		7	00:18.36	594	1.0	E	
PEH073	1147	Tokollo Lemako	Paul Erasmus		8	00:18.70	576	1.0	E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-19 Boys-19

194		S-19		Boys-19 : 400 m Hurdles		SA Schools Qual: 00:55.34		ASA Qual: 00:54.44		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
HTB044	659	B	Mighty Nyalung	HTS Louis Botha	1	00:57.16	675	E			
HRR029	635	B	Professor Motholo	Reitz HS	2	00:57.25	673	E			
PEH070	1146		Ryno Ferreira	Paul Erasmus	3	00:58.43	637	E			
HRR030	636	W	Armant Van Deventer	Reitz HS	4	00:59.53	606	E			
SHS118	1437	B	Jozua Ncheka	Sasolburg H/S	5	00:59.60	604	E			
GOU108	510		Jonathan Bauer	Goudveld	6	00:59.62	603	E			
LEN024	922	B	Moeti Mofokeng	Lenakeng	7	00:60.62	576	E			
GOU116	514		Maruis Hecter	Goudveld	8	00:63.78	499	E			
AHS116	63		Gideon Van De Linde	Afrikaans H/S Sasolburg	9	00:63.86	497	E			

141		S-19		Boys-19 : 3000 m Steeple Chase		SA Schools Qual: 10:30.00		ASA Qual: 09:46.81		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
RIE091	1269		Lebohang Mahloane	Riebeeckstad	1	09:34.26	927	E			
XOH001	1735	B	Dimitreo Mohlomi	Olien High School	2	09:34.81	926	E			
KAB004	829	B	Diau Makepe	Makabelane	3	09:55.69	904	E			
KWA033	903		Mpho Mokhethi	Kwakwatsi Secondary	4	10:09.59	889	E			
TLL001	1505		Filipi Mohlokoane	Tlotlisoeng	5	10:11.11	888	E			
BMP023	116		Thabang Mathosa	Mpatleng	6	10:21.76	877	E			
PEH080	1148		Retselisitsoe Mosala	Paul Erasmus	7	10:35.32	864	E			
HTB079	669		Reatile Thabankwe	HTS Louis Botha	8	10:48.66	852	E			
RIE096	1272		Neo Motleleng	Riebeeckstad	9	10:52.48	849	E			
KAT006	847		Moeketsi Ramokopu	Katleho	10	11:14.40	830	E			
LER044	949	B	Rethabile John Malau	Le Reng	11	11:29.57	818	E			
BAR010	83	B	Tshepang Xakoshe	Barnard Molokoane	12	11:46.42	805	E			
XSJ007	1760	B	Mosehle Bodibe	Samuel Johnson	13	11:47.80	804	E			
LNT016	967		Victor Bakiso	LE Notsi	14	12:31.05	773	E			

2		S-19		Boys-19 : 10000 m Walk		SA Schools Qual: 55:00.00		ASA Qual: 52:17.60		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
BLN001	95		Themba Khoza	Lenyora La Thuto	1	56:33.10	805	E			
UXO006	1540	B	Samson Mokoena	Kgotso Uxolo	2	59:04.84	779	E			

232		S-19		Boys-19 : 4X100 m Relay		SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final	
Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record	
HTBA03	672	B	Hts Louis Botha	HTS Louis Botha	1	00:42.16	860	E			
HTCA04	719		Hentie Cilliers	Hentie Cilliers	2	00:43.77	790	E			
WITA10	1672		Witteberg	Witteberg	3	00:44.00	781	E			
RIEA06	1281		Riebeeckstad	Riebeeckstad	4	00:44.01	780	E			
GREAO5	581		Grey Kollege	Grey Kollege	5	00:44.50	761	E			
KRHA07	900		Kroonstad H/s	Kroonstad Hoërskool	6	00:44.95	744	E			
AHSA02	66		Ahs Sasol Relay	Afrikaans H/S Sasolburg	7	00:44.96	744	E			
SHSA10	1459		Sasolburg Hoërskool	Sasolburg H/S	8	00:45.23	734	E			
RHAA01	1218		Reahola	Reahola	9	00:45.53	723	E			
FICA10	404		Fichardtpark	H/S Fichardtpark	10	00:46.19	700	E			

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-19		Boys-19				SA Schools Qual: 00:00.00		ASA Qual: 00:00.00		Final		
		Boys-19 : 1000m Medley										
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
HTBA04	673	Hts Louis Botha		HTS Louis Botha			1	01:56.99	866		E	
AHSA03	67	Ahs Sssol		Afrikaans H/S Sasolburg			2	02:01.92	775		E	
HRRA01	637	Reitz Hs		Reitz HS			3	02:03.74	745		E	
FAKA01	348	Fakkelskool		Fakkelskool			4	02:07.35	690		E	
SENA06	1375	Sentraal		Sentraal			5	02:09.32	663		E	

163		S-19		Boys-19 : High Jump		SA Schools Qual: 1.94		ASA Qual: 1.98		Final		
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
SHS123	1439	B	Thabelo Makumele	Sasolburg H/S			1	1.98	692		E	
HTS072	747		Tiyani Roets	HTS Sasolburg			2	1.85	566		E	
XLJ006	1712	W	Nico Ernst Hendrikz	Landbouskool Jacobsdal			3	1.85	566		E	
AHS109	61		Marcus Paeschel	Afrikaans H/S Sasolburg			4	1.80	518		E	
MHS068	1005	B	Moeketsi Kgoangoana	Marquard High School			5	1.80	518		E	
BOT046	140	W	Mike Jacobs	Bothaville HS			6	1.80	518		E	
QAL021	1174	B	Calvin Tsotetsi	Qalabotja			7	1.75	468		E	
LUH050	983	B	Romeo Chomane	Unicom			8	1.75	468		E	
GOU110	511		Heinrich Cloete	Goudveld			9	1.75	468		E	
SEN241	1370	W	Hanro Visser	Sentraal			10	1.70	418		E	
QAL024	1175	B	Phaladi Moloji	Qalabotja			10	1.70	418		E	
AHS112	62		Anton Gouws	Afrikaans H/S Sasolburg			10	1.70	418		E	
RET091	1207	B	Itumeleng Motaung	Retief Hoërskool			13	1.70	418		E	
HTS053	737		Sabelo Sebini	HTS Sasolburg			14	1.65	368		E	

157		S-19		Boys-19 : Pole Vault		SA Schools Qual: 3.80		ASA Qual: 3.90		Final		
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
HEI042	599		Sarel Mouton	Heilbron H/S			1	4.20	526		E	
SHS119	1438	W	Jacques Stoltz	Sasolburg H/S			2	4.10	483		E	
HEI041	598		De Jager Jooste	Heilbron H/S			3	4.00	441		E	
SEN234	1367	W	Christiaan Duvenhage	Sentraal			4	3.50	220		E	
SEN240	1369	W	Neil Nortier	Sentraal			5	2.70	0		E	

125		S-19		Boys-19 : Long Jump		SA Schools Qual: 6.80		ASA Qual: 6.87		Final		
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
AHK069	32		Lucian Bekker	Afrikaanse Hoërskool			1	7.19	804	0.6	E	R
AHK067	31		Iwan Maree	Afrikaanse Hoërskool			2	7.15	793		E	R
HTB042	657	B	Thato Malematsha	HTS Louis Botha			3	6.93	732		E	
GIM087	446	C	Marno April	Gimnasium			4	6.92	729		E	
IPH029	780		Lebohang Mtambo	Iphondle			5	6.90	724		E	
JIM107	824	W	Jardel Franca	Jim Fouche			6	6.62	645		E	
KRH107	893		Keitumetse Mokhele	Kroonstad Hoërskool			7	6.35	569		E	
HTC064	696		Reletile Gaobape	Hentie Cilliers			8	6.09	495		E	
HAR018	586	B	France Gubai	Harmonie			9	6.08	492		E	
BUL039	171		Jandre Janse Van Rensburg	Bultfontein HS			10	6.00	469		E	
DEW018	291	B	Orefile Motlhoia	H/S Christiaan de Wet			11	5.96	457		E	
XOK006	1742	C	Bulelani Zietsman	Oranjekrag			12	5.57	343		E	
RET096	1208	B	Katleho Morake	Retief Hoërskool			13	5.26	250		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-19		Boys-19						Final		
7	S-19	Boys-19 : Triple Jump		SA Schools Qual: 13.85		ASA Qual: 14.18				
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
LER045	950 B	Rethabile Hector Sewehla	Le Reng		1	13.91	646		E	
VPA068	1557 B	Sizwe Nkomo	Vaalpark Articon		2	13.10	537		E	
WIT276	1663	Mpho Nsutle	Witteberg		3	12.98	520		E	
HTC063	695	Eddison Bango	Hentie Cilliers		4	12.74	488		E	
THE018	1500	Nhlonipho Mbandlwa	Theunissen HS		5	12.52	457		E	
VPA063	1556 B	Ntando Ngobe	Vaalpark Articon		6	12.52	457		E	
LER047	951 B	Thabo Sonopo	Le Reng		7	12.49	453		E	
HSH036	639	Sedikane Moerane	Harrismith HS		8	12.41	442		E	
GIM101	448	Jonathan Solomon	Gimnasium		9	12.29	425		E	
HTC064	696	Reletile Gaobape	Hentie Cilliers		10	12.24	418		E	
FIC106	396 W	Ruan Osborne	H/S Fichardtpark		11	12.18	410		E	
WIR048	1597 W	Johnny Muller	Wilgerivier		12	12.15	406		E	
MHS070	1007	Chopo Masiza	Marquard High School		13	12.15	406		E	
PAR074	1135 B	Tshepang Matshai	Parys Hoërskool		14	11.94	377		E	
THS032	1501	Tshepiso Ramatlapeng	Tlokola High School		15	11.87	367		E	
146	S-19	Boys-19 : Shot Put		SA Schools Qual: 14.20		ASA Qual: 14.87		Final		
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
BVH174	225	Hannes Kruger	Bethlehem Voortrekker		1	17.16	866		E	R
GOU111	512	Rian Olivier	Goudveld		2	14.12	672		E	
GRE130	572 W	Melt Meyer	Grey Kollege		3	14.06	668		E	
SDP039	1296 W	Kobus Dorfling	Sand du Plessis		4	13.97	662		E	
SEN234	1367 W	Christiaan Duvenhage	Sentraal		5	13.47	627		E	
GRE129	571 W	Nicolaas Van Nieuwenhuizen	Grey Kollege		6	13.28	614		E	
GIM084	444 W	Rupert Wolmarans	Gimnasium		7	11.24	462		E	
KRH112	895	Johan Steyn	Kroonstad Hoërskool		8	11.01	444		E	
HOP044	622	Ruhan Marx	Hoopstad HS		9	10.91	436		E	
HTC075	697	Tshepo Nohabeng	Hentie Cilliers		10	10.76	424		E	
WIR047	1596 W	M.t. Steyn	Wilgerivier		11	10.60	411		E	
WIR045	1595 W	Wilhelm Burger	Wilgerivier		12	10.56	408		E	
HTS058	740	Querijn Gierke	HTS Sasolburg		13	10.47	400		E	
HEI037	597	Volter Bennink	Heilbron H/S		14	10.43	397		E	
KRH111	894	Andre Scott	Kroonstad Hoërskool		15	10.28	384		E	
21	S-19	Boys-19 : Discus Throw		SA Schools Qual: 42.00		ASA Qual: 47.30		Final		
		Athlete	Team	Heat	Place	Performance	Table point	Wind	H/E	Record
BVH174	225	Hannes Kruger	Bethlehem Voortrekker		1	48.86	801		E	
WIR045	1595 W	Wilhelm Burger	Wilgerivier		2	43.69	702		E	
BOT045	139 W	Michael Wehrmeyer	Bothaville HS		3	42.65	681		E	
BVH198	228	Erik Van Wyk	Bethlehem Voortrekker		4	40.92	645		E	
GRE129	571 W	Nicolaas Van Nieuwenhuizen	Grey Kollege		5	40.82	643		E	
SHS124	1440 W	Arno Meintjes	Sasolburg H/S		6	39.17	608		E	
GOU111	512	Rian Olivier	Goudveld		7	37.68	576		E	
WIR047	1596 W	M.t. Steyn	Wilgerivier		8	36.93	559		E	
GIM089	447 W	Gilbert Van Rensburg	Gimnasium		9	33.92	490		E	
KRH112	895	Johan Steyn	Kroonstad Hoërskool		10	32.05	445		E	
HEI037	597	Volter Bennink	Heilbron H/S		11	30.46	405		E	
SEN235	1368 W	Johan Grobbelaar	Sentraal		12	30.12	396		E	

Free State Secondary Schools Athletic Championships 2019/03/01



Result per Age

S-19 Boys-19

80		S-19		Boys-19 : Javelin		SA Schools Qual: 53.00		ASA Qual: 59.73		Final		
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
SEN234	1367	W	Christiaan Duvenhage	Sentraal			1	59.49	640		E	
FCK005	350	W	Matthew Turner	Ficksburg			2	51.70	463		E	
AHK075	35		Zane Booyens	Afrikaanse Hoërskool			3	48.81	393		E	
BVH183	226		Stephan Marais	Bethlehem Voortrekker			4	47.68	366		E	
GOU112	513		Dylan Smith	Goudveld			5	45.75	318		E	
GOU107	509		Gerhard Swart	Goudveld			6	44.69	291		E	
HEI037	597		Wolter Bennink	Heilbron H/S			7	44.41	283		E	
PEH070	1146		Ryno Ferreira	Paul Erasmus			8	44.05	274		E	
HEN031	610		Marius Fitzgerald	Hennenman			9	42.46	233		E	
VIL014	1548		Braam Greyling	HS Salmon Senekal			10	42.00	220		E	
VPA063	1556	B	Ntando Ngobe	Vaalpark Articon			11	40.52	181		E	
GOU138	518		Jaco Weideman	Goudveld			12	39.61	156		E	
GRE130	572	W	Melt Meyer	Grey Kollege			13	38.95	137		E	
BMP009	112	B	Sambolo Brian Bangiwe	Mpatleng			14	37.75	104		E	

156		S-19		Boys-19 : Hammer Throw		SA Schools Qual: 44.00		ASA Qual: 44.30		Final		
		Athlete		Team		Heat	Place	Performance	Table point	Wind	H/E	Record
FIC105	395	W	JT Van Der Walt	H/S Fichardtspark			1	51.84	800		E	
GRE129	571	W	Nicolaas Van Nieuwenhuizen	Grey Kollege			2	47.13	743		E	
GIM089	447	W	Gilbert Van Rensburg	Gimnasium			3	46.93	740		E	
WIT246	1652		Franco Van Der Merwe	Witteberg			4	37.78	615		E	
WIR047	1596	W	M.t. Steyn	Wilgerivier			5	33.99	556		E	
SHS124	1440	W	Arno Meintjes	Sasolburg H/S			6	32.54	532		E	
HTS054	738		Kabelo Moji	HTS Sasolburg			7	32.50	531		E	
HTS058	740		Querijn Gierke	HTS Sasolburg			8	26.18	416		E	
HTS057	739		Reynhard Botha	HTS Sasolburg			9	23.07	351		E	