



Helder Bosch

12 OCTOBER 2019

OFFICIALS

ORGANISER:	HELDERBOSCH COMMITTEE
AANKONDIGER:	E. NEL (STR)
TECHNICAL OFFICIAL:	A. LOUW (STR)
SKEIDSREGTER (BAAN):	W. MARE (STR)
REFEREE (FIELD):	P. UYS (STE), M. JACOBS (BOL)
STAPSKEIDSREGTER:	R. BLAKE (BOL)
WATERTAFEL:	H. VAN DER MERWE EN HS STRAND HELPERS
AFSITTER:	C. STEYN (STR)
ASSISTANT STARTER:	P. VAN DER HOVEN (RH)
TYDHOUERS:	W. MARE (STR) (HOOF), L. VERWEY (STR), J. MOSTERT (STE), L. NIENABER (STE), M. LATEGAN (BOL), L. VAN RENSBURG (STE)
TRACK JUDGES:	J-M SENEKAL (RH) (HEAD), T. MARAIS (RH), R. VAN DYK (RH), E. HERMANN (RH), S. JACOBS (STE), C. SMITH (BOL)
ASSISTENT BAANBEOORDELAARS:	H VAN DER MERWE (STR), J. ERASMUS (RH)
LAP COUNTER:	J-M SENEKAL (RH)
REKORDKLERKE:	S. SMITH (RH), (HOOF), R. VICTOR (STE), M. RITTER (RH), (RH), H. CORNELISSEN (RH), A. MOUTON (RH), G. KRUGER (RH),
HURDLES:	J-M. SENEKAL (RH) AND HELPERS
VERSPRING A /DRIESPRONG:	O. LATEGAN (STR) (HOOF), D. STEVENS (BOL)
LONG JUMP B:	G. PIETERSEN (RH) (HEAD), S. HODGES (RH)
HOOGSPRING A:	VICTOR (BOL) (HOOF), S. VEGTER (STE)
HIGH JUMP B:	M. OLIVIER (STR) (HEAD), T GAGIANO (RH)
GEWIGSTOOT A:	J. LIEBENBERG (RH), (HOOF), A. JACOBS (BOL)
SHOTPUT B:	M. DU TOIT (STE) (HEAD), M. HUSSELMAN (BOL), L. SCOTT (RH)
SPIESGOOI:	L. ZIEHL (STR) (HEAD), N. CRONJE (BOL)
HAMMER THROW:	M. HUSSELMAN (BOL) (HEAD), L. SCOTT (RH)
SKYFWERP:	M. JORDAAN (BOL) (HOOF), I. SCHELL (STR), H. GREEN (RH)

CORNER JUDGES:

CPUT, CPUT

NOODHULP:

**GB MED, A KRUGER EN NOODHULPHELPERS VAN
HOËRSKOOL STRAND**

SECURITY:

SECURITE

REFRESHMENTS:

STRAND HIGH SCHOOL

PHOTOGRAPHER:

F. ARZUL

SPANBESTUURDERS:

**M. JACOBS (BOL)
P. VAN DER HOVEN (RH)
P. UYS (STE)
A. LOUW (STR)**

Helder Bosch

1.	08:30	Walk 3000m	G/Open	New event			
2.		Stap 3000m	S/Ope	Nuwe item			
3.	09:00	Shot Put A	G/14	E. Kelly	RH	10,37m	2018
4.		Gewigstoot B	S/14	F. Nolan	BOL	13,55m	2018
5.		Discus	B/17	J. Olivier	BOL	45,77m	2018
6.		Verspring A	D/15	A. Cornelissen	RH	5,60m	2017
7.		Long Jump B	B/15	A. Maritz	PRG	5,76m	2017
8.		Spiesgooi	D/17	B. v Deventer	STR	31,86m	2017
9.	09:30	100m	D/14	K. Kuzamunu	RH	13,06s	2018
10.	09:33	100m	S/14	M. Adonis	STE	11,50s	2018
11.	09:36	100m	D/15	C. Mukendi	RH	12,9s	2018
12.	09:39	100m	S/15	E. Geyser	BOL	11,1s	2018
13.	09:42	100m	D/17	C. Isaacs	STR	12,4s	2018
14.	09:45	100m	S/17	T. Pietersen	BOL	11,0s	2018
15.	09:50	3 000m	G/Open	M. van Aswegen	STE	12;06,00	2018
16.	09:50	Gewigstoot A	D/15	C. Prins	STE	9,87m	2018
17.		Shot Put B	B/15	S. van Schalkwyk	BOL	15,27m	2018
18.		Skyfwerp	D/14	F. Hibbert	STR	20,04m	2018
19.		Long Jump A	G/14	M. Mahoney	RH	4,48m	2017
20.		Verspring B	S/14	A. Sulleman	PRG	5,56m	2017
21.		Javelin	B/14	J. Nothnagel	BOL	49,68m	2018
22.		Hoogspring A	D/17	J. Kuzamunu	RH	1,40m	2017
23.		High Jump B	B/17	B. Poole	PRG	2,00m	2017
24.	10:10	3 000m	S/Ope	W. Katjiri	STE	10;16,00	2018
25.	10:28	400m	D/14	T. Ludick	RH	63,0s	2017
26.	10:32	400m	S/14	A. Smit	STR	57,7s	2018
27.	10:36	400m	D/15	A. Cornelissen	RH	63,9s	2017
28.	10:40	400m	S/15	E. Geyser	BOL	51,9s	2018
29.	10:40	Shot Put A	G/17	A. Cupido	RH	11,34m	2017
30.		Gewigstoot B	S/17	J. Olivier	BOL	15,05m	2018
31.		Discus	B/14	F. Nolan	BOL	36,82m	2018
32.		Hoogspring A	D/15	C. Moss	RH	1,50m	2018
33.		High Jump B	B/15	M. Iouw	STR	1,68m	2017
34.		Spiesgooi	D/14	T. Card	RH	31,66m	2018
35.		Triple Jump A	G/Open	T. Hendricks	RH	11,12m	2017
36.	10:44	400m	D/17	A. Cornelissen	RH	61,9s	2018
37.	10:49	400m	S/17	C. Hendricks	PRG	51,0s	2017
38.	10:54	800m	D/14	M. vd Merwe	RH	2:48,6	2017
39.	11:00	800m	S/14	A. Daniels	BOL	2:21,20	2018
40.	11:06	800m	D/15	C. Abrahams	RH	2:54,1	2018
41.	11:12	800m	S/15	S. v. Huyssteen	PRG	2:19,6	2017
42.	11:18	800m	D/17	D. Combrink	RH	2:34,7	2017
43.	11:24	800m	S/17	S. Millard	PRG	2:05,2	2017

44.	11:30	Verspring A	D/17	K. du Toit	RH	5,34m	2017
45.		Long Jump B	B/17	C. Williams	PRG	6,83m	2017
46.		Spiesgooi	S/15	M. Louw	STR	39,63m	2017
47.		High Jump A	G/14	C. Swart	STR	1,50m	2017
48.		Hoogspring B	S/14	C. Williams	STE	1,50m	2017
				M. Wentzel	STE		2018
49.		Discus	G/15	C. Prins	STE	19,98m	2018
50.	11:40	90m Hekkies	D/14	A. Ramjee	STR	16,5s	2017
51.	11:55	90m Hekkies	D/15	E. de Wet	STR	17,2s	2017
52.	12:05	100m Hekkies	D/17	T. Maher	RH	16,1s	2018
53.	12:15	100m Hekkies	S/14	T. Dreyer	BOL	15,5s	2018
54.	12:20	Javelin	B/17	J. Mostert	BOL	52,35m	2018
55.		Skyfwerp	D/17	K. Joubert	STR	25,25m	2018
56.		Hamergooi	S/Ope	JJ. Kotze	PRG	60,03m	2017
57.		Hammer Throw	G/Open	M. Botha	STR	50,36m	2018
58.		Triple Jump A	B/Open	T. Whelpton	PRG	14,44m	2017
59.	12:25	100m Hekkies	S/15	R. Willemse	BOL	14,3s	2018
60.	12:35	110m Hekkies	S/17	J. October	PRG	15,0s	2017
61.	12:40	1 500m	D/14	Z. Braam	RH	6:08,9	2018
62.	12:47	1 500m	S/14	A. Daniels	BOL	5:00,5	2018
63.	12:54	1 500m	D/15	C. Abrahams	RH	5:58,00	2018
64.	13:01	1 500m	S/15	S. v Huyssteen	PRG	4:45,9	2017
65.	13:08	1 500m	D/17	M. van Aswegen	STE	5:38,6	2018
66.	13:10	Spiesgooi	D/15	A. Cloete	STE	27,99m	2018
67.		Discus	B/15	D. Mohr	BOL	47,77m	2018
68.	13:15	1 500m	S/17	S. Millard	PRG	4:26,5	2017
69.	13:25	200m	D/14	T. Ludick	RH	28,3	2017
70.	13:28	200m	S/14	L. Wayde	PRG	25,3s	2017
71.	13:31	200m	D/15	C. Isaacs	STR	27,4s	2017
72.	13:34	200m	S/15	E. Geysler	BOL	23,3s	2018
73.	13:37	200m	D/17	C. Isaacs	STR	26,5s	2018
74.	13:40	200m	S/17	B. Greyling	PRG	23,0s	2017
75.	14:00	4 x 100m relay	G/14		STE	57,3s	2018
76.	14:04	4 x 100m aflos	S/14		PRG	49,4s	2017
77.	14:08	4 x 100m aflos	D/15		RH	54,0s	2017
78.	14:12	4 x 100m relay	B/15		BOL	47,10s	2018
79.	14:16	4 x 100m relay	G/17		RH	51,9s	2018
80.	14:20	4 x 100m aflos	S/17		PRG	45,9s	2017
81.	14:35	Mass relay	Mixed				

14:45

Prysuitdeling

Awards:

Best /14 track performance according to APE points for ONE event.	Girls
Best /14 field performance according to APE points for ONE event.	Girls
Best /15 track performance according to APE points for ONE event.	Girls
Best /15 field performance according to APE points for ONE event.	Girls
Best /17 track performance according to APE points for ONE event.	Girls
Best /17 field performance according to APE points for ONE event.	Girls
Best /14 track performance according to APE points for ONE event.	Boys
Best /14 field performance according to APE points for ONE event.	Boys
Best /15 track performance according to APE points for ONE event.	Boys
Best /15 field performance according to APE points for ONE event.	Boys
Best /17 track performance according to APE points for ONE event.	Boys
Best /17 field performance according to APE points for ONE event.	Boys

Juniors - /14 and 15

Seniors - /17

Junior Victrix Ludorum - total of TWO events of an athlete (table points) (must be two first places)
Girls

Senior Victrix Ludorum - total of TWO events of an athlete (table points) (must be two first places)
Girls

Junior Victrix Ludorum - total of TWO events of an athlete (table points) (must be two first places)
Boys

Senior Victrix Ludorum - total of TWO events of an athlete (table points) (must be two first places)
Boys

Winning /14 school.

Winning /15 school.

Winning /17 school.

Winning school.