



Helder Bosch

13 OCTOBER 2018

OFFICIALS

ORGANISER:	HELDERBOSCH COMMITTEE
AANKONDIGER:	C. WHELPTON (RH)
TECHNICAL OFFICIAL:	A. LOUW (STR)
SKEIDSREGTER (BAAN):	P. VAN DER HOVEN (RH)
REFEREE (FIELD):	P. UYS (STE), M. JACOBS (BOL)
AFSITTER:	C. STEYN (STR)
ASSISTANT STARTER:	M. ALEXANDER (STR), E. VERSTER (STR)
TYDHOUERS:	W. MARE (STR) (HOOF), L. VERWEY (STR), J. MOSTERT (STE), L. NIENABER (STE), R. BLAKE (BOL), C. KRITZINGER (STE)
TRACK JUDGES:	J-M SENEKAL (RH) (HEAD), A. KLOPPERS (STE), T. RYKLIEF (RH), C. GOODWIN (RH), M. HEYNES (RH), A. FOURIE (STE), R. BOUWER-BOSCH (BOL)
ASSISTENT BAANBEOORDELAARS:	C. PIENAAR (STR), H. CORNELISSEN (RH)
LAP COUNTER:	J-M SENEKAL (RH)
REKORDKLERKE:	S. SMITH (RH), (HOOF), A. PRINSLOO (STE), L. CONCHAR (RH), L. CONCHAR (RH), S. HODGES (RH), G. KRUGER (RH)
HURDLES:	J-M. SENEKAL (RH), J. JOUBERT (RH) AND HELPERS
VERSPRING A /DRIESPRONG:	O. LATEGAN (STR) (HOOF), E. NIENABER (STR), A. ROGERS (RH)
LONG JUMP B:	S. VAN DER HOVEN (RH) (HEAD), U. VISSER (RH)
HOOGSPRING A:	I. DE KOCK (BOL) (HOOF), L. NYATELA (STE)
HIGH JUMP B:	M. OLIVIER (STR) (HEAD), A. VAN DER WALT (RH)
GEWIGSTOOT A:	J. PALM (BOL) (HOOF), S. PRETORIUS (RH), M. NIEMAND (STR)
SHOTPUT B:	J. MARTHINUS (STE) (HEAD), F. GELDENHUYS (BOL), C. VAN COLLER (BOL)
SPIESGOOI:	L. ZIEHL (STR) (HEAD), S. KELLY (RH), L. ANDRAG (RH),
HAMMER THROW:	M. NIEMAND (STR) (HEAD), C. VAN COLLER (BOL), F. GELDENHUYS (BOL), S. PRETORIUS (RH)
SKYFWERP:	J. MOOLMAN (BOL) (HOOF), I. SCHELL (STR), I. VD WESTHUIZEN (RH)
CORNER JUDGES:	CPUT, CPUT

NOODHULP:

**GORDON'S BAY SECURITY-GB MED RESCUE 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 5000m	G/Open	Z. vd Walt	STR	37:46,5	2017
2.		Stap 5000m	S/Ope	M. Fouche	STR	32:52,4	2017
3.	09:00	Shot Put A	G/14	C. Prins	STE	9,96m	2017
4.		Gewigstoot B	S/14	T. van Dyk	PRG	12,21m	2017
5.		Discus	B/17	R. Mackenzie	PRG	40,28m	2017
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.	09:15	100m	D/13			New event	
10.	09:18	100m	S/13			Nuwe item	
11.	09:21	100m	D/14			New event	
12.	09:24	100m	S/14			Nuwe item	
13.	09:27	100m	D/15			New event	
14.	09:30	100m	S/15			Nuwe item	
15.	09:33	100m	D/17			New event	
16.	09:36	100m	S/17			Nuwe item	
17.	09:45	3 000m	G/Open			New event	
18.	09:50	Gewigstoot A	D/15	K. Harding	RH	9,60m	2017
19.		Shot Put B	B/15	A. Maritz	PRG	14,44m	2017
20.		Skyfwerp	D/14	A. Cloete	STE	19,34m	2017
21.		Long Jump A	G/14	M. Mahoney	RH	4,48m	2017
22.		Verspring B	S/14	A. Sulleman	PRG	5,56m	2017
23.		Javelin	B/14	T. van Dyk	PRG	41,48m	2017
24.		Hoogspring A	D/17	J. Kuzamunu	RH	1,40m	2017
25.		High Jump B	B/17	B. Poole	PRG	2,00m	2017
26.	10:05	3 000m	S/Ope			New event	
27.	10:25	400m	D/14	T. Ludick	RH	63,0s	2017
28.	10:29	400m	S/14	H. Swart	PRG	59,3s	2017
29.	10:33	400m	D/15	A. Cornelissen	RH	63,9s	2017
30.	10:37	400m	S/15	C. Britz	STE	56,4s	2017
31.	10:40	Shot Put A	G/17	A. Cupido	RH	11,34m	2017
32.		Gewigstoot B	S/17	W. Wiese	PRG	14,02m	2017
33.		Discus	B/14	T. van Dyk	PRG	35,95m	2017
34.		Hoogspring A	D/15	N. Williams	STR	1,32m	2017
35.		High Jump B	B/15	M. louw	STR	1,68m	2017
36.		Spiesgooi	D/14	A. Cloete	STE	29,10m	2017
37.		Triple Jump A	G/Open	T. Hendricks	RH	11,12m	2017
38.	10:41	400m	D/17	D. Combrinck	RH	63,2s	2017
39.	10:45	400m	S/17	C. Hendricks	PRG	51,0s	2017
40.	11:00	800m	D/13	M. Mally	STR	3:36,7	2017
41.	11:06	800m	S/13	L. Dibela	STR	2:52,5	2017
42.	11:12	800m	D/14	M. vd Merwe	RH	2:48,6	2017
43.	11:18	800m	S/14	J. Slabbert	PRG	2:27,1	2017
44.	11:24	800m	D/15	K. Beeselaar	STR	3:16,3	2017
45.	11:30	800m	S/15	S. v. Huyssteen	PRG	2:19,6	2017

46.	11:30	Verspring A	D/17	K. du Toit	RH	5,34m	2017
47.		Long Jump B	B/17	C. Williams	PRG	6,83m	2017
48.		Spiesgooi	S/15	M. Louw	STR	39,63m	2017
49.		High Jump A	G/14	C. Swart	STR	1,50m	2017
50.		Hoogspring B	S/14	C. Williams	STE	1,50m	2017
51.		Discus	G/15	A. Rosant	RH	12,49m	2017
52.	11:36	800m	D/17	D. Combrink	RH	2:34,7	2017
53.	11:42	800m	S/17	S. Millard	PRG	2:05,2	2017
54.	11:50	90m Hekkies	D/14	A. Ramjee	STR	16,5s	2017
55.	12:05	90m Hekkies	D/15	E. de Wet	STR	17,2s	2017
56.	12:15	100m Hekkies	D/17	K. Jonker	STR	18,1s	2017
57.	12:20	Javelin	B/17	R. Coetzee	PRG	47,37m	2017
58.		Skyfwerp	D/17	C. Kleinschmidt	RH	23,78m	2017
59.		Hamergooi	S/Ope	JJ. Kotze	PRG	60,03m	2017
60.		Hammer Throw	G/Open	J. Dippenaar	STR	44,94m	2017
61.		Triple Jump A	B/Open	T. Whelpton	PRG	14,44m	2017
62.	12:25	100m Hekkies	S/14	R. Kloosman	STR	17,1s	2017
63.	12:35	100m Hekkies	S/15	F. Vermeulen	STR	17,1s	2017
64.	12:45	110m Hekkies	S/17	J. October	PRG	15,0s	2017
65.	12:50	1 500m	D/14	K. Botha	STR	6:09,0	2017
66.	12:57	1 500m	S/14	J. Slabbert	PRG	5:05,5	2017
67.	13:04	1 500m	D/15	M. Leppan	RH	7:20,7	2017
68.	13:10	Spiesgooi	D/15	E. de Wet	STR	26,65m	2017
69.		Discus	B/15	J. Erasmus	PRG	45,28m	2017
70.	13:11	1 500m	S/15	S. v Huyssteen	PRG	4:45,9	2017
71.	13:18	1 500m	D/17	M. van Aswegen	STE	5:51,5	2017
72.	13:25	1 500m	S/17	S. Millard	PRG	4:26,5	2017
73.	13:35	200m	D/13	S. Muller	RH	30,3s	2017
74.	13:38	200m	S/13				
75.	13:41	200m	D/14	T. Ludick	RH	28,3	2017
76.	13:44	200m	S/14	L. Wayde	PRG	25,3s	2017
77.	13:47	200m	D/15	C. Isaacs	STR	27,4s	2017
78.	13:50	200m	S/15	A. Maritz	PRG	26,0s	2017
79.	13:53	200m	D/17	G. Ludick	RH	27,5s	2017
80.	13:56	200m	S/17	B. Greyling	PRG	23,0s	2017
81.	14:10	4 x 100m aflos	GEMENG/13				
82.	14:14	4 x 100m relay	G/14		RH	57,8s	2017
83.	14:18	4 x 100m aflos	S/14		PRG	49,4s	2017
84.	14:22	4 x 100m aflos	D/15		RH	54,0s	2017
85.	14:26	4 x 100m relay	B/15		PRG	48,4s	2017
86.	14:30	4 x 100m relay	G/17		RH	53,8s	2017
87.	14:34	4 x 100m aflos	S/17		PRG	45,9s	2017
88.	14:45	Mass relay	Mixed				

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.