

A-BOND ATLETIEK INTERHOËR
PROGRAM 2018

NR	TYD	ITEM	PUT	OUD	REKORDHOUER	SKOOL	REKORD	JAAR
1	08:30	1 500 meter		s19	KUSCHE George	AHS	3:53,85	2016
2	08:37	1 500 meter		d19	WEITSZ Simone	ZWK	4:35,46	2017
3	08:44	1 500 meter		s17	MALEBANA Dais	PRC	3:57,56	2016
4	08:51	1 500 meter		d17	VAN GRAAN Aynslee	AHM	4:39,28	2012
5	08:58	1 500 meter		s16	KUSCHE George	AHS	4:03,90	2014
6	09:00	Hoogspring	B	d17	JACOBS Marisha	ZWK	1,73	2001
7	09:00	Hoogspring	A	s17	KOTZE Hennie	CEN	2,00	2001
8	09:00	Verspring	B	d15	VAN DYK Lindie	OVK	5,48	2001
9	09:00	Verspring	A	s15	TITO, Jason	PRC	7,05	2017
10	09:00	Diskusgooi	B	d14	MEYER Melissa	ELD	36,10	2008
11	09:00	Diskusgooi	A	s14	PIENAAR Dewald	MEN	55.13	2014
12	09:00	Spiesgooi	B	d19	SWIEGERS Leandri	OMT	44,38	2011
13	09:00	Spiesgooi	A	s19	GROBLER Johan	ELD	68,59	2015
14	09:00	Gewigstoot	B	d16	BREYTENBACH	AHM	14,92	2012
15	09:00	Gewigstoot	A	s16	POTGIETER Lohan	MEN	17.22	2017
16	09:05	400 m Hekkies		s19	LE ROUX Wouter	OVK	50,82	2004
17	09:10	400 m Hekkies		s17	MARX Heinrich	AHS	53,02	2016
18	09:15	400 m Hekkies		s16	DU PLESSIS Gerdus	AHS	53.41	2017
19	09:20	300 m Hekkies		s15	GORA Lindokuhle	PRC	38,12	2016
20	09:25	400 m Hekkies		d19	COETZEE Carla	OVK	60,38	2002
21	09:30	400 m Hekkies		d17	VAN DER WALT Zeney	AHM	59.42	2017
22	09:35	400 m Hekkies		d16	VAN DRIEL Mariska	MEN	60,42	2004
23	09:40	300 m Hekkies		d15	VD MERWE Antoinette	ELD	43,17	2016
24	09:45	300 m Hekkies		s14	MOYANE Thabiso	PRC	39,53	2014
25	09:50	300 m Hekkies		d14	J V VUUREN Nicole	ZWK	44,82	2017
26	10:00	Verspring	B	d19	LOCHOFF Gaby	GAR	5,53	2016
27	10:00	Verspring	A	s19	PRETORIUS Frederich	AHS	7,18	2013
28	10:00	Diskusgooi	B	d15	BOTHA Suriette	ELD	39,50	2007
29	10:00	Diskusgooi	A	s15	POTGIETER Lohan	MEN	57,55	2016
30	10:00	Spiesgooi	B	d14	DE KLERK Nadine	WAT	37,80	2014
31	10:00	Spiesgooi	A	s14	MARITZ Johan	WAT	55,08	2015
32	10:00	Gewigstoot	B	d17	STANDER Yolandi	AHM	15,77	2015
33	10:00	Gewigstoot	A	s17	LAMBRECHTS Burger	GAR	19,94	2015
34	10:10	Hoogspring	B	d16	JANTZEN Bianca	OMT	1,66	2006
34	10:10	Hoogspring	B	d16	JACOBS Liani	ELD	1,66	2006

NR	TYD	ITEM	PUT	OUD	REKORDHOUER	SKOOL	REKORD	JAAR
35	10:10	Hoogspring	A	s16	VAN RENSBURG Michael	MEN	2,00	2012
36	10:30	1 500 meter		d16	SETHLAKGOE Tshegofatsoe	PRC	4:44,70	2014
37	10:37	1 500 meter		s15	MALEBANA Dais	PRC	4:09,3	2014
38	10:44	1 500 meter		d15	MENTZ Marné	CEN	4:41,65	2011
39	10:51	1 500 meter		s14	PHUNGULA Ayanda	PRC	4:25,77	2016
40	10:58	1 500 meter		d14	POTGIETER Nadia	GAR	4:41,12	2017
41	11:00	Verspring	B	d14	SCHLESINGER, Subrina	GAR	5,45	2012
42	11:00	Verspring	A	s14	MAREE Zander	WAT	6.35	2016
43	11:00	Diskusgooi	B	d17	BOTHA Suriette	ELD	45,47	2009
44	11:00	Diskusgooi	A	s17	LAMBRECHTS Burger	GAR	57,97	2015
45	11:00	Spiesgooi	B	d16	VENTER Mandi	MEN	49,10	2012
46	11:00	Spiesgooi	A	s16	KRUGER Stefan	MEN	63,99	2017
47	11:00	Gewigstoot	B	d15	FERREIRA Chanté	MEN	14,60	2015
48	11:00	Gewigstoot	A	s15	PIENAAR Dewald	MEN	17,39	2015
49	11:07	200 meter		d14	MALINGA Noshipo	PRC	24,91	2017
50	11:12	200 meter		s14	MOYANE Thabiso	PRC	22.76	2013
51	11:16	200 meter		d15	DE BRUYN Nicola	ELD	24,14	2014
52	11:20	200 meter		s15	ELS Ruben	AHS	21,73	2015
53	11:25	200 meter		d16	DE BRUYN Nicola	ELD	23,78	2015
54	11:30	Hoogspring	B	d19	JACOBS Marisha	ZWK	1,70	2002
54	11:30	Hoogspring	B	d19	PRETORIUS Mieke	GAR	1,70	2016
54	11:30	Hoogspring	B	d19	DOMBENI Mahlatsi	PRC	1,70	2017
55	11:30	Hoogspring	A	s19	MOLEYA Chris	PRC	2,19	2015
56	11:30	200 meter		s16	ELS Ruben	AHS	21,59	2016
57	11:35	200 meter		d17	EHLERS Madia	WAT	24,54	2015
58	11:40	200 meter		s17	MEIRING Ruben	AHS	21,57	2016
59	11:45	200 meter		d19	DU PLOOY Simonne	ZWK	24,27	2014
60	11:50	200 meter		s19	MONARENG Thembo	GAR	21,19	2017
61	11:55	90 m Hekkies		d14	TRUMPIE Tunet	MEN	13.47	2014
62	12:00	90 m Hekkies		d15	HANEKOM Hestia	MEN	13,14	2012
63	12:00	Verspring	B	d17	VAN DYK Lindie	OVK	5,85	2003
64	12:00	Verspring	A	s17	BOGNER Julian	WAT	7,24	2017
65	12:00	Diskusgooi	B	d16	STANDER Yolandi	AHM	43,41	2014
66	12:00	Diskusgooi	A	s16	LAMBRECHTS Burger	GAR	53,80	2014
67	12:00	Spiesgooi	B	d15	FERREIRA Chanté	MEN	49,11	2015
68	12:00	Spiesgooi	A	s15	ROETS Regardt	GAR	58,36	2015
69	12:00	Gewigstoot	B	d19	ELS Somarie	WAT	13,26	2013

NR	TYD	ITEM	PUT	OUD	REKORDHOUER	SKOOL	REKORD	JAAR
70	12:00	Gewigstoot	A	s19	LAMBRECHTS Burger	GAR	17,95	2016
71	12:05	100 m Hekkies		d16	VAN DRIEL Mariska	MEN	14,06	2004
72	12:10	100 m Hekkies		d17	BIELDT Taylon	MON	13,58	2015
73	12:15	100 m Hekkies		s14	MEYER Gustav	GAR	13,32	2014
74	12:20	100 m Hekkies		d19	STEENKAMP Rikenette	MEN	14,12	2010
75	12:25	100 m Hekkies		s15	MOOLMAN Kobus	MEN	12,75	2005
76	12:32	110 m Hekkies		s16	BOGNER Julian	WAT	13,62	2016
77	12:37	110 m Hekkies		s17	BOGNER Julian	WAT	13,96	2018
78	12:42	110 m Hekkies		s19	ROBERTS Rivaldo	MEN	14,09	2004
79	12:47	800 meter		s19	KUSCHE George	AHS	1:49,75	2016
80	12:52	800 meter		d19	WEITSZ Simone	ZWK	2:11,36	2017
81	12:57	800 meter		s17	NDLOVU Siyabonga	PRC	1:52,80	2017
82	14:00	Driesprong	B	d17	LESO Elisette	PRC	11,07	2016
83	14:00	Driesprong	A	d19	V TONDER Renate	MEN	11,95	2016
84	14:00	800 meter		d17	WEITSZ Simone	ZWK	2:12,81	2016
85	14:05	800 meter		s16	MALEBANA Dais	PRC	1:56,07	2015
86	14:10	800 meter		d16	STRYDOM Lizé	MEN	2:13,59	2011
87	14:15	800 meter		s15	MALEBANA Dais	PRC	2:00,10	2014
87	14:15	800 meter*		s15	MAHLANGU Ntando*	AHS	1:56,07	2017
88	14:20	800 meter		d15	AUCAMP Johné	AHM	2:15,36	2017
89	14:25	800 meter		s14	OHLHOFF Chrisjan	MEN	2:06,21	2001
90	14:30	Hoogspring	B	d15	PRETORIUS Mieke	GAR	1,65	2013
90	14:30	Hoogspring	B	d15	MINNAAR Jeanne	AHM	1,65	2016
91	14:30	Hoogspring	A	s15	VAN DEN BERG Lee	ELD	1,91	2009
92	14:30	800 meter		d14	POTGIETER Nadia	GAR	2:17,20	2017
93	14:30	Diskusgooi	B	d19	STANDER Yolandi	AHM	46,32	2016
94	14:30	Diskusgooi	A	s19	DE BEER Gerhard	AHS	57,93	2012
95	14:30	Spiesgooi	A	s17	SKINNER Brendon	GAR	70,50	2016
96	14:30	Gewigstoot	B	d14	DREYER Carien	OVK	13,64	2006
97	14:30	Gewigstoot	A	s14	PIENAAR Dewald	MEN	17,35	2014
98	14:40	100 meter		d14	MALINGA Noshipo	PRC	12,13	2017
99	14:44	100 meter		s14	SNYERS Diego	OMT	11,38	2002
100	14:48	100 meter		d15	DE BRUYN Nicola	ELD	11,79	2014
101	14:50	Verspring	B	d16	XEYI Rose	PRC	5,67	2017
102	14:50	Verspring	A	s16	MIYA Sifiso	PRC	7,33	2017
103	14:52	100 meter		s15	ELS Ruben	AHS	10,96	2015
104	14:56	100 meter		d16	DE BRUIN Nicola	ELD	11,79	2015

NR	TYD	ITEM	PUT	OUD	REKORDHOUER	SKOOL	REKORD	JAAR
105	15:00	100 meter		s16	MIYA Sifiso	PRC	10,83	2017
106	15:00	Spiesgooi	B	d17	NIEUWENHUIZEN Carli	CEN	46,63	2015
107	15:04	100 meter		d17	EHLERS Madia	WAT	12,11	2015
108	15:08	100 meter		s17	MONARENG Thembo	GAR	10,57	2016
109	15:12	100 meter		d19	DU PLOOY Simonne	ZWK	11,94	2014
110	15:16	100 meter		s19	ROBERTS Rivaldo	MEN	10,59	2014
111	15:23	400 meter		d14	EHLERS Madia	WAT	59,01	2012
112	15:28	400 meter		s14	DE VILLIERS Neil	MON	53,24	2016
113	15:32	400 meter		d15	VAN DER WALT Zeney	AHM	57,54	2015
114	15:36	400 meter		s15	ELS Ruben	AHS	50,32	2015
114	15:36	400 meter*		s15	MAHLANGU Ntando*	AHS	49,40	2017
115	15:40	Hoogspring	B	d14	MINNAAR Jeanne	AHM	1,65	2015
116	15:40	Hoogspring	A	s14	VAN DEVENTER Conrad	OMT	1,81	2013
117	15:40	400 meter		d16	GRIESEL Jeanelle	MEN	55,19	2013
118	15:44	400 meter		s16	DELPORT Marius	ZWK	49,16	2001
119	15:48	400 meter		d17	SEELIGER, Janet	AHM	55,26	2012
120	15:50	Driesprong	B	s17	MIYA Sifiso	PRC	14,59	2017
121	15:50	Driesprong	A	s19	BOTHA Francois	GAR	14,43	2011
122	15:52	400 meter		s17	EHLERS Theuns	ELD	47,84	2015
123	15:56	400 meter		d19	VORSTER Tihanna	MEN	55,39	2003
124	16:00	400 meter		s19	EHLERS Theuns	ELD	47,08	2016
125	16:05	3000 meter		s19	MTHEMBU Kwanele	PRC	08:38,10	2016
126	16:20	3000 meter		d19	GROBBELAAR Nanet	MEN	10:07,86	2006
127	16:35	3000 meter		s17	MALEBANA Dais	PRC	8:33,14	2016
128	16:50	3000 meter		d17	WEITSZ Simone	ZWK	10:19,84	2016
129	17:05	3000 meter		s15	MALEBANA Dais	PRC	9:10,2	2014
130	17:20	3000 meter		d15	POTGIETER Nadia	GAR	9:57,28	2017
131	17:35	4 x 100m		d14	MENLOPARK	MEN	50,33	2017
132	17:39	4 x 100m		s14	PRESTIGE COLLEGE	PRC	45,30	2014
133	17:43	4 x 100m		d15	MENLOPARK	MEN	49,32	2017
134	17:47	4 x 100m		s15	AFRIKAANS HOËR SEUNS	AHS	43,14	2015
135	17:51	4 x 100m		d16	WATERKLOOF	WAT	49,31	2016
136	17:55	4 x 100m		s16	GARSFONTEIN	GAR	42,99	2015
137	17:59	4 x 100m		d17	AFRIKAANS HOËR MEISIES	AHM	48,95	2012
138	18:03	4 x 100m		s17	AFRIKAANS HOËR SEUNS	AHS	41,67	2016
139	18:07	4 x 100m		d19	WATERKLOOF	WAT	48,64	2016
140	18:10	4 x 100m		s19	AFRIKAANS HOËR SEUNS	AHS	40,86	2012

ITEMLYS: A-BOND INTERHOËR ATLETIEK

2018

	100	200	400	KH	LH	800	1500	3000	HS	DS	VS	DG	GS	SG	4x100
D14	14:40 98	11:07 49	15:23 111	11:55 61	09:50 25	14:30 92	10:58 40		15:40 115 B		11:00 41 B	09:00 10 B	14:30 96 B	10:00 30 B	17:35 131
S14	14:44 99	11:12 50	15:28 112	12:15 73	09:45 24	14:25 89	10:51 39		15:40 116 A		11:00 42 A	09:00 11 A	14:30 97 A	10:00 31 A	17:39 132
D15	14:48 100	11:16 51	15:32 113	12:00 62	09:40 23	14:20 88	10:44 38	17:20 130	14:30 90 B		09:00 8 B	10:00 28 B	11:00 47 B	12:00 67 B	17:43 133
S15	14:52 103	11:20 52	15:36 114	12:25 75	09:20 19	14:15 87	10:37 37	17:05 129	14:30 91 A		09:00 9 A	10:00 29 A	11:00 48 A	12:00 68 A	17:47 134
D16	14:56 104	11:25 53	15:40 117	12:05 71	09:35 22	14:10 86	10:30 36		10:10 34 B		14:50 101 B	12:00 65 B	09:00 14 B	11:00 45 B	17:51 135
S16	15:00 106	11:30 56	15:44 118	12:32 76	09:15 18	14:05 85	08:58 5		10:10 35 A		14:50 102 A	12:00 66 A	09:00 15 A	11:00 46 A	17:55 136
D17	15:04 107	11:35 57	15:48 119	12:10 72	09:30 21	14:00 84	08:51 4	16:50 128	09:00 6 B	14:00 82 B	12:00 63 B	11:00 43 B	10:00 32 B	15:00 106 B	17:59 137
S17	15:08 108	11:40 58	15:52 122	12:37 77	09:10 17	12:57 81	08:44 3	16:35 127	09:00 7 A	15:50 120 B	12:00 64 A	11:00 44 A	10:00 33 A	14:30 95 A	18:03 138
D19	15:12 109	11:45 59	15:56 123	12:20 74	09:25 20	12:52 80	08:37 2	16:20 126	11:30 54 B	14:00 83 A	10:00 26 B	14:30 93 B	12:00 69 B	09:00 12 B	18:07 139
S19	15:16 110	11:50 60	16:00 124	12:42 78	09:05 16	12:47 79	08:30 1	16:05 125	11:30 55 A	15:50 121 A	10:00 27 A	14:30 94 A	12:00 70 A	09:00 13 A	18:10 140