



*Stanford Lake College*

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# INTER-HOUSE ATHLETICS PROGRAM

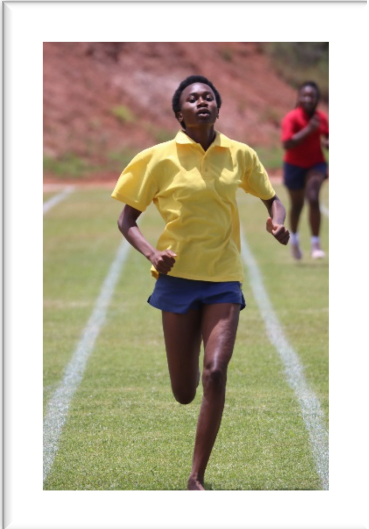
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\*FRIDAY 24 JANUARY 2025\*

\*SATURDAY 25 JANUARY 2025\*



*Stanford Lake College*



## OFFICIALS

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<b>Headmaster:</b>	Mr. A. Redfern
<b>Referees:</b>	Mr. L. Ludick/Mr S. Willson
<b>Catering:</b>	Feedem
<b>Starter:</b>	Mr. N. Haarhoff
<b>Starter's Marshal:</b>	Mr. S. Willson
<b>Announcer:</b>	Mrs. A. Taylor-Bennett
<b>Place Judges:</b>	Mrs. R. Johnson (Scribe) Miss K. Hlungwane (1) Mrs. L. Mnguni (2) Mrs. N. Nkosi (3) Mrs. J. Meintjies (4) Mrs. M. Tlomatsana (5 & 6)
<b>Time Keepers:</b>	Miss. A. Williams (Chief) (1) Mrs T. Nel (2) Mr. N. Mogodo (3) Miss. K. Forrest (4) Mrs. M. Els (5) Mrs. N. Arendse (6)
<b>Recorders:</b>	Mr. P. Rachidi
<b>Long Jump A:</b>	Mr. E. Terblanche Mr. T. Potgieter Mr. T. Mabayah
<b>Long Jump B:</b>	Miss. K. Harmer Innocent Chiwanika Mrs. K. Obojkovits
<b>High Jump:</b>	Mr. S. Friedrichs Mrs. G. van Staden Miss. C. Reddy
<b>Shot Put:</b>	Mr. J. Nel Mr. K. Ndoda Miss. C. Mathaba
<b>Javelin:</b>	Mr. S. Whittington Mr. X. Hageman
<b>Discus:</b>	Mr. T. Fullard Miss. E van Aarde Sports Committee



**Hurdles:** Mr. S. Willson  
Mr. N. Haarhoff  
Adventure Committee

**Relay Change Over:** Mr. S. Friedrichs / Mr. S. Whittington  
Mr. T. Mabayah / Miss K. Harmer  
Mr. T. Fullard / Mr. X. Hageman

**First Aid:** Evac911 & Miss. Z. Moagi

**Photography:** Mr. N. Paidas

**Tuck Shop:** Miss. K. Blandy

**Awards Presentation:** Mr. A. Redfern & Mr. S. Willson

**Guests of Honour:** Mrs E. Prinsloo

## EQUIPMENT SPECIFICATION

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SHOTPUT	
Age	Weight
Girls U/14, U/15, U/16 & U/17	3kg
Girls U/19	4kg
Boys U/14 & U/15	4kg
Boys U/16 & U/17	5kg
Boys U/19	6kg

JAVELIN	
Age	Weight
Girls U/14, U/15 & U/16 & U/17	500g
Girls U/19	600g
Boys U/14 , U/15	600g
Boys U/16 & U/17	700g
Boys U/19	800g

DISCUS	
Age	Weight
All Girls	1kg
Boys U/14 & U/15	1kg
Boys U/16 & U/17	1.5kg
Boys U/19	1.75kg



SHORT HURDLES			LONG HURDLES	
Age	Height	Distance	Height	Distance
Girls U/14	76.2cm	90m/h	76.2cm	300m/h
Girls U/15	76.2cm	90m/h	76.2cm	300m/h
Girls U/16	76.2cm	100m/h	76.2cm	400m/h
Girls U/17	76.2cm	100m/h	76.2cm	400m/h
Girls U/19	84cm	100m/h	76.2cm	400m/h
Boys U/14	84cm	100m/h	83.8cm	300m/h
Boys U/15	84cm	100m/h	83.8cm	300m/h
Boys U/16	91.4cm	110m/h	83.8cm	400m/h
Boys U/16	91.4cm	110m/h	83.8cm	400m/h
Boys U/19	99.5cm	110m/h	91.4cm	400m/h

## POINTS ALLOCATION

Individual						
Position	1	2	3	4	5	6
Points	6	5	4	3	2	1

Team			
Position	1	2	3
Points	12	8	4
Continuous Relay	15	10	5

## TROPHIES AND AWARDS

Vavasour Cup for Boys U/19 1500m  
 McGaffin Trust Trophy for the Top Sprinter  
 McGaffin Trust Relay Trophy  
 Cheerio Trust Trophy – Best Senior Middle-Distance Runner  
 Kenney Trophy – Best Senior Boys Discus  
 Kenney Trophy – Best Senior Girls Discus  
 Revelas Trophy – Best Boys Hurdler  
 Revelas Trophy – Best Girls Hurdler  
 Loubser Trophy – Junior Victor Ludorum  
 Loubser Trophy – Junior Victrix Ludorum  
 Loubser Trophy – Senior Victor Ludorum  
 Loubser Trophy – Senior Victrix Ludorum  
 Stanford Lake College Spirit Trophy  
 The Zamparini Family Trophy – Winning House



## TIME SCHEDULE

### **FRIDAY 24 JANUARY 2025**

TIME	NO.	EVENT	AGE	SCHOOL RECORD
15:30	1	300m Hurdles	G U/15	N Kgopong (2021) – 55.34s
15:33	2	300m Hurdles	G U/14	N Kgopong (2020) – 57.36s
15:36	3	400m Hurdles	G U/19	L Revelas (2020) – 1:06.59min
15:39	4	400m Hurdles	G U/17	N Kgopong (2023) – 01:06.14
15:42	5	400m Hurdles	G U/16	I Drewett (2020) – 1:15.30min
15:45	6	300m Hurdles	B U/15	R Murulana (2023) – 47.13s
15:48	7	300m Hurdles	B U/14	T Shabangu (2021) – 50.46s
15:50	8	Triple Jump (Pit A)	B U/17	L Motumi (2021) – 12.08m
15:51	9	400m Hurdles	B U/17	T Tobejane (2024) – 1:01.78min
15:54	10	400m Hurdles	B U/16	D Coad (2020) – 1:02.98min
15:57	11	400m Hurdles	B U/19	F Straughan (2024) – 1:00.06min
16:00	12	High Jump	B U/19	S Hopkins (2005) / K Noné – 1.9m
	13	Triple Jump (Pit B)	G U/17	T Murasiranwa (2022) – 9.30m
16:05	14	3000m	G U/19	L Dando (2019) – 11:54.73min
16:25	15	3000m	B U/19	C Venter (2019) – 10:29.13min

### **SATURDAY 25 JANUARY 2024**

**06:30 – Officials Meeting**

**07:00 – Welcome and Prayer – Mr. A. Redfern**

TIME	NO.	EVENT	AGE	SCHOOL RECORD
07:30	16	1500m	G U/14	L Hyde (2008) – 5:51.9min
	17	Long Jump (Pit B)	G U/15	M Pilusa (2010) – 4.64m
	18	Discus	B U/15	D Ludick (2012) – 39.34m
	19	Javelin	B U/16	R Middleton (2019) – 43.10 m
	20	Shot Put	G U/16	A Maree (2019) – 11.76m
07:40	21	1500m	B U/14	S Mohlala (2006) – 5:26.0min
07:45	22	Triple Jump (Pit A)	B U/19	K Buliani (2022) – 12.45m
07:50	23	1500m	G U/15	E Melville (2016) – 05:37.62.
08:00	24	1500m	B U/15	E Jones (2018) – 4:55.54min
	25	High Jump	G U/15	A de Villiers (2013) – 1.45m
	26	Long Jump (Pit B)	B U/14	A Baloyi (2004) – 5.33m
	27	Discus	B U/16	J Pretorius (2010) – 36.25m
	28	Javelin	G U/19	J Mayes (2014) – 32.04m
	29	Shot Put	B U/19	T Makgabo (2014) – 12.22m
08:10	30	1500m	G U/16	C Desmet (2016)– 5:23.50min
08:15	31	Triple Jump (Pit A)	G U/19	L Motumi (2017) – 9.90m
08:20	32	1500m	B U/16	D Pullinger (2018)– 4:47.30min



08:30	33	1500m	G U/17	J Zhang (2023) – 06:04.22min
	34	High Jump	B U/16	D Coad (2020) – 1.80m
	35	Long Jump (Pit B)	G U/19	M Pilusa (2013) – 4.80m
	36	Discus	G U/16	A Maree (2019)– 26.47m
	37	Javelin	B U/19	B Vanner (2006) – 46.13m
	38	Shot Put	G U/14	A Maree (2017) – 9.65m
08:40	39	1500m	B U/17	M Day (2022) – 04:49.15min
08:50	40	1500m	G U/19	E Melville (2019) – 05:36.34min
09:00	41	1500m	B U/19	T Brett (2024) – 4:42.48min
	42	High Jump	G U/19	H Ntsanwisi (2008) – 1.52m
	43	Long Jump (Pit B)	B U/19	M Mamabolo (2024) – 6.78m
	44	Discus	G U/14	I Brett (2022)– 27.07m
	45	Javelin	G U/16	O Drewett (2021)– 28.68m
	46	Shot Put	B U/14	R Caroto (2016)– 11.46m
09:20	47	90m Hurdles	G U/14	L Revelas (2016) – 14.09s
09:25	48	90m Hurdles	G U/15	L Revelas (2017) – 14.60s
09:30	49	100m Hurdles	G U/16	L Revelas (2018) – 16.00s
	50	High Jump	B U/14	G Harty (2013) – 1.65m
	51	Long Jump (Pit B)	B U/16	T Shabangu (2023) – 6.07m
	52	Discus	B U/19	D Ludick (2015) – 35.92m
	53	Javelin	G U/15	F Pilusa (2018)– 28.46m
	54	Shot Put	B U/15	C de Jager (2013) – 12.80m
09:35	55	100m Hurdles	G U/17	T Murasiranwa (2022) – 18.80s
09:40	56	100m Hurdles	B U/14	A Baloyi (2004) – 15.3s
09:45	57	100m Hurdles	B U/15	R Nevhotalu (2017) – 14.53s
	58	Long Jump (Pit A)	G U/17	N Kgopong (2023) – 4.66m
09:50	59	100m Hurdles	G U/19	L Revelas (2020) – 14.94s
09:55	60	110m Hurdles	B U/16	R. Nevhotalu (2020)– 15.25s
10:00	61	110m Hurdles	B U/17	A Negogogo (2024) – 17.19s
	62	High Jump	G U/14	M Pilusa (2016) – 1.45m
	63	Long Jump (Pit B)	B U/15	M Gubitz (2009) – 5.63m
	64	Discus	G U/15	I Brett (2023) – 28.94m
	65	Javelin	B U/14	D Coad (2018) – 36.36m
	66	Shot Put	B U/16	Z Moosa (2022)– 12.55m
10:05	67	110m Hurdles	B U/19	S Lamminga (2012) – 15.90s
10:15	68	100m	G U/14	H York (2004) – 13.0s
10:17	69	100m	B U/14	A Baloyi (2004) / N. Shingwenyana (2019) – 12.25s
10:19	70	100m	G U/15	M McGaffin (2009) – 13.6s
10:21	71	100m	B U/15	D Ramalepe (2020) – 11.46s
10:23	72	100m	G U/16	L Els (2007) – 12.8s
10:25	73	100m	B U/16	D Ramalepe (2021) – 11.31s
10:27	74	100m	G U/17	N Kgopong (2023) – 13.63s
10:29	75	100m	B U/17	D Ramalepe (2022) – 11.06s



10:30	76	Long Jump (Pit A)	B U/17	T Tobejane (2024) – 6.02m
	77	High Jump	G U/17	N Mabila (2024) – 1.35m
	78	Shot Put	B U/17	Z Moosa (2023) – 12.72m
10:30	79	Discus	G U/17	L de Bruyn (2022) – 19.72m
10:31	80	100m	G U/19	L Revelas (2020) – 13.00s
10:33	81	100m	B U/19	M Mamabolo (2024) – 10.72s
10:40	82	800m	G U/14	L Revelas (2016) – 02:38.8min
10:45	83	800m	B U/14	A Revelas (2010)– 2:22.00min
10:50	84	800m	G U/15	E Melville(2016) 2:34.85min
10:55	85	800m	B U/15	D McGaffin (2008) – 2:14.9min
11:00	86	800m	G U/16	L Revelas (2018) – 02:33.90min
11:05	87	800m	B U/16	D Pullinger (2018) – 2:08.05min
11:10	88	800m	G U/17	I Alcock (2023) – 02:49.81min
11:15	89	800m	B U/17	M Day (2022) – 02:12.17min
11:20	90	800m	G U/19	E Melville (2018) – 02:32.73min
11:25	91	800m	B U/19	D Pullinger (2019)02:05.37
11:25		<b>LUNCH</b>		
12:00	92	200m	G U/14	L Griessel (2005) – 28.4s
	93	High Jump	G U/16	M Mangena (2017) – 1.50m
	94	Long Jump (Pit B)	G U/14	H York (2004) – 4.32m
	95	Discus	B U/14	D Ludick (2011) – 31.62m
	96	Javelin	B U/15	D Coad (2019) – 40.48m
	97	Shot Put	G U/19	A Maree (2021) – 09.14m
12:03	98	200m	B U/14	A Baloyi (2004) – 24.7s
12:06	99	200m	G U/15	M Mangena (2016) – 28.16s
12:09	100	200m	B U/15	D Ramalepe (2020) – 23.17s
12:12	101	200m	G U/16	N Kgopong (2022) –28.75s
12:15	102	200m	B U/16	A Baloyi (2006) – 22.8s
	103	Discus	B U/17	Z Moosa (2023) 31.22m
	104	Javelin	G U/17	I Drewett (2021) – 32.10m
12:18	105	200m	G U/17	N Kgopong (2023) – 28.26s
12:21	106	200m	B U/17	D Ramalepe (2022) – 23.59s
12:24	107	200m	G U/19	M McGaffin (2012) – 27.2s
12:27	108	200m	B U/19	M Mamabolo (2018) – 21.85s
12:30	109	High Jump	B U/15	G Harty (2014)/D Coad (2019) – 1.72m
	110	Long Jump (Pit A)	G U/16	L Motumi (2016)– 4.80m
	111	Discus	G U/19	N Mnisi (2018) - 25.17m
	112	Javelin	G U/14	D. Altenroxel (2016)– 27.21m
	113	Shot Put	G U/15	I Brett (2023) – 10.81m
12:40	114	400m	G U/14	L Revelas (2016) – 1:08.37min
12:45	115	400m	B U/14	E Jones (2017) – 1:00.75min
12:50	116	400m	G U/15	L Kgopong (2016) – 1:05.8min
12:55	117	400m	B U/15	R Caroto (2017) – 56.28s
13:00	118	High Jump	B U/17	K None (2022) – 1.83m
	119	Shot Put	G U/17	L de Bruyn (2022) – 8.94m



	120	Javelin	B U/17	Z Moosa (2023) 46.96m
	121	400m	G U/16	L Revelas (2018) – 1:06.03min
13:05	122	400m	B U/16	T Johnson (2010) – 55.09s
13:10	123	400m	G U/17	E Mohlaba (2021) – 01:24.25min
13:15	124	400m	B U/17	M Day (2022) – 56.41s
13:20	125	400m	G U/19	M McGaffin(2012) – 1:03.87min
13:25	126	400m	B U/19	M Mamabolo (2024) – 51.57s
13:45	127	4 x 100m Relay	G U/14	Orvis – 58.5s
13:50	128	4 x 100m Relay	B U/14	Fenwick – 52.06s
13:55	129	4 x 100m Relay	G U/15	Orvis – 57.8s
14:00	130	4 x 100m Relay	B U/15	Loomis 51.50s
14:05	131	4 x 100m Relay	G U/16	Orvis – 57.38s
14:10	132	4 x 100m Relay	B U/16	Orvis – 49.04s
14:15	133	4 x 100m Relay	G U/17	Loomis (2023) – 01:01.92min
14:20	134	4 x 100m Relay	B U/17	Loomis (2022) – 49.03
14:25	135	4 x 100m Relay	G U/19	Loomis – 55.83s
14:30	136	4 x 100m Relay	B U/19	Fenwick – 46.78s

