



South African College Junior School

PENTANGULAR ATHLETICS 2020

SACS Junior School hosts the
SACS/Bishops/Rondebosch/WP
Prep/Wynberg Pentangular Athletics

MONDAY 2 MARCH
15:15 - 17:45

Goeiemiddag! Assalaamualaikum. Namkilekile eSouth African College Schools. We are proud to host – in SACS’s 191 st birthday year – the 2020 chapter of the Annual Inter-Schools Pentangular Athletics Meeting.

To our visiting Headmasters, Staffs, Athletes and Parents – the Headmaster and Staff of SACS Junior greet you heartily in the spirit of Athletics. We look forward to our five schools meeting in the renowned and healthy contest of rivalry shared amongst one another. We cherish this relationship which, historically, serves all families and the broad communities of our schools. Certainly, the Pentangular celebrates today’s athlete in his dream to run faster, to jump higher and to go further. Let the long, proud history of Athletics not be lost in its mission to encourage physical well-being, to hone skills and performance, as well as to stimulate the setting of new goals. Amongst our boys’ schools, may this happen based on the values of true sporting and gentlemanly ethics which have become synonymous with our institutions.

Enkosi kakhulu! Baie dankie! Shukran! May you have a memorable day at SACS!

Francois MJ Nel
Headmaster – SACS Junior

We would like to appeal to all spectators to keep off the track at all times and for the participants to stay on the benches that are allocated to them.

Relay Lane Allocation:

			LANE				
			1	2	3	4	5
Event 26	U7	4 x 50m	R	S	W	B	WP
Event 27	U8	4 x 50m	R	S	W	B	WP
Event 37	U9	4 x 100m	R	W	S	WP	B
Event 38	U10	4 x 100m	W	S	WP	B	R
Event 39	U11	4 x 100m	S	WP	B	R	W
Event 40	U12	4 x 100m	WP	B	R	W	S
Event 41	U13	4 x 100m	B	R	S	WP	

OFFICIALS

ORGANISER and TRACK REFEREE	Mr A Kirsten / Mr J Viviers
HOST	Mr F Nel
STARTER	Mr J Edwards
CHECK STARTERS	Mr J Edwards (Chief) , Ms M Ferrandi, Miss S Day, Mrs S Keulder, Mrs S Salmon, Miss M Arendse, Miss H Tedder, Miss I Kloppers
RECORD KEEPERS	Mrs C Tarantaal & Mrs L Roscoe (manual), Ms A Diederichs (laptop)
TABLE USHERS	Miss J Wilson, Mrs S Lucas
PLACE JUDGES	Mr M Dudley (Chief) , Mrs E Scorgie, Ms S Stammers, Mrs M Hardiman, Miss G McKinlay, Miss K Hess, Mrs B Townsend, Mr G McKinney
TIME KEEPERS	Mr C Faure (Chief) , Mrs C Reaper, Mrs S James, Mr A Butcher, Miss N Matu, Mrs A Burmeister, Mr G de la Bat
HIGH JUMP A	Mr J Botham, Mrs C Hare
HIGH JUMP B	Mr N Rockhill, Miss A Dawson
LONG JUMP	Mr K Marshall, Mrs S Devine
SHOT PUT	Mr J Viviers, Mr R Woodman
TRACK & RELAY MARSHALLS	Mr K Marshall (start), Mr J Botham (1 st change), Mr C Simayi (2 nd change), Mr X Kasana (3 rd change)
ANNOUNCER	Mr R Jacobs
PHOTOGRAPHER	Mr G Evans
TEAM MANAGERS: Bishops: Rondebosch:	Laurelle Fry, Naadia Luzmore, Carron Merrick Erick Snyman, Riaan Pretorius, Chariesse Cann, Lwandile Sompontsha
SACS: WP Prep: Wynberg:	Xolile Kasana & Bev Bownes (SP), Sandy Hare (FP) Shuker Hartzenberg Grantley Rhode, R Isaacs

ORDER OF EVENTS – TRACK EVENTS

EVENT	TIME	AGE	EVENT	RECORD		SCHOOL	YEAR
6	15:15	U10	800M	J Pfister	2.32,82	SACS	2017
7	15:20	U11	800M	C. Verster	2.27,50	Rondebosch	1987
8	15:25	U12	800M	N. Sainsbury	2.23,50	Rondebosch	1992
9	15:30	U13	800M	J. Sparks	2.15,10	Bishops	1979
10	15:35	U7	50M	C. Igilige	7.62s	Wynberg	2019
11	15:38	U8	50M	R. Goodwin	7.72s	Bishops	2007
12	15:41	U9	75M	A. Tresfon	10.61s	WPPS	2014
13	15:44	U10	75M	C. Drummond-Hay	10.34s	SACS	2014
14	15:47	U11	75M	D Arendse	9.97s	Rondebosch	2019
15	15:50	U12	100M	G.Cawood	12.90s	Wynberg	1992
16	15:53	U13	100M	S. Kriger	11.97s	Rondebosch	2013
17	15:56	Open	100M	H. Jeppie	12.15s	SACS	2014
18	16:01	U7	75M	R. Goodwin	11.24s	Bishops	2006
19	16:04	U8	75M	J. Gonsalves	11.20s	Wynberg	2019
26	16:15	U7	4 x 50M Shuttle Relay		35.34s	Bishops	2019
27	16:19	U8	4 x 50M Shuttle Relay		33.06s	SACS	2017
28	16:30	U10	1200M	C. Winstain	4.11,80	Bishops	2012
29	16:35	U11	1200M	J. Buchanan	4.04,15	Bishops	2013
30	16:40	U12	1200M	O. Stewart	3.50,63	SACS	2013
31	16:45	U13	1500M	A. Munnick	4.34,00	Rondebosch	1982
32	16:55	U9	100M	S. Frieslaar	14.33s	Rondebosch	2014
33	16:58	U10	100M	C. Drummond-Hay	13.19s	SACS	2014
34	17:01	U11	100M	C. Verster	12.69s	Rondebosch	1987
35	17:05	U12	200M	G. Mentoe	29.08s	WPPS	2017
36	17:08	U13	200M	J. Park	23.21s	WPPS	2017
37	17:15	U9	4 x 100M Relay		61,15s	Rondebosch/ Wynberg	1990/ 1994
38	17:19	U10	4 x 100M Relay		58,60s	Wynberg	1982
39	17:23	U11	4 x 100M Relay		55,20s	Bishops	1974
40	17:27	U12	4 x 100M Relay		54,30s	Bishops	1974
41	17:31	U13	4 x 100M Relay		51,90s	Rondebosch	1988

ORDER OF EVENTS – FIELD EVENTS

EVENT	TIME	AGE	EVENT	RECORD		SCHOOL	YEAR
1	15:15	U10	High Jump (A)	D. Matthews	1.29M	Wynberg	1985
2	15:15	U11	High Jump (B)	N. Van Zyl	1.42M	Rondebosch	1992
3	15:15	U12	Long Jump	C. Rood	4.95M	Rondebosch	1994
4	15:45	U13	Long Jump	L. Eksteen	5.61M	Bishops	2007
5	15:15	U13	Shot Put	M. van Litzenborq	11.10M	Wynberg	2001
20	16:15	U10	Long Jump	C. Rood	4,24M	Rondebosch	1992
21	16:45	U11	Long Jump	M. Nel	4.56M	Bishops	2000
22	15:45	U12	High Jump (A)	M. Nel	1.55M	Bishops	2001
23	15:45	U13	High Jump (B)	M. Nel	1.57M	Bishops	2002
24	15:45	U11	Shot Put	C. Stehlik	10.57M	Bishops	2009
25	16:15	U12	Shot Put	C. Moolman	10.90m	SACS	2002

Event

No. 1 – 15:15 Under 10 High Jump (A)**Record: 1,29m****Bishops**
J Edwards
D Brink**RBPS**
R Webber
T Werner**SACS**
S van Zyl
L Dunker**WPPS**
J Thomason
J Louw**WBJs**
A Roopen
R Johnson

1.	2.	3.	4.	Ht.
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No. 2 – 15:15 Under 11 High Jump (B)**Record: 1,42m****Bishops**
T Jenman
B Doel**RBPS**
J Pretorius
K Williams**SACS**
L West
L Ingram**WPPS**
N Mclagan
C Rogers**WBJs**
R Mohamed
C Lupke

1.	2.	3.	4.	Ht.
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No. 3 – 15:15 Under 12 Long Jump**Record: 4,95m****Bishops**
L Dicey
J Lanning**RBPS**
C van Wyk
M Pauw**SACS**
J Görgens
I Nkohla**WPPS**
R Robinson
L Nyawula**WBJs**
JL Fong
C Campbell

1.	2.	3.	4.	Dist.
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No. 4 – 15:45 Under 13 Long Jump**Record: 5,61m****Bishops**
N Edmunds
B Koenig**RBPS**
G Igesund
Z Botha**SACS**
A Nolutshungu
H Bell**WPPS**
L Jackson
J Robinson**WBJs**

1.	2.	3.	4.	Dist:
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No. 5 – 15:15 Under 13 Shot Put (4kg)**Record: 11.10m****Bishops**
C Fletcher
N Edmunds**RBPS**
M van der Merwe
S du Plessis**SACS**
T Begg
L Kraai**WPPS**
E Elsley
J Bassingthwaighte**WBJs**

1.	2.	3.	4.	Dist.
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No. 6 – 15:15 Under 10 800M**Record: 2:32,82****Bishops**
D Brink
T Webb
J Mafunda**RBPS**
O Robertson
S Mears
S Oberholzer**SACS**
S Bigara
L Nortje-Skillicorn
B Duk**WPPS**
M Ratcliffe
J Fleck**WBJs**
S Leary
S Sung
T Pathon

1.	2.	3.	4.	Time:
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No. 7 – 15:20 Under 11 800M**Record: 2:27,50****Bishops**
G Seymour
C Anderson
L Traut**RBPS**
Z Hillman
M Botha
J Rush**SACS**
J Dave
M Robinson
L Ingram**WPPS**
N Mclagan
J Dingley
F Davids**WBJs**
C Fourie
C van Niekerk

1.	2.	3.	4.	Time:
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No. 8 – 15:25 Under 12 800M**Record: 2:23,50****Bishops**
L Dicey
N Coleman
L Cobbledick**RBPS**
D Fyfer
B van der Hoek
F Watermeyer**SACS**
G Hannigan
Z Myers
J Armitage**WPPS**
C Mclagan
J Malan
R Robinson**WBJs**
Z Grainger
T Belcher

1.	2.	3.	4.	Time:
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No. 9 – 15:30 Under 13 800M **Record: 2:15,10**

Bishops	RBPS	SACS	WPPS	WBJS
C Day	H Soboil	J Pfister	C Gloyne	
C Fletcher	Z Botha	R Theunis	M Marr	
R Jenman	J Mohr	M Sonnenberg	J Robinson	

1.	2.	3.	4.	Time:
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No.10 – 15:35 Under 7 50M **Record: 7,62s**

Bishops	RBPS	SACS	WPPS	WBJS
O Naylor	A Chilwan	T Machemedze		D Kuhn
B Smolders	A Templeton	C McLeod		J Damon

1.	2.	3.	4.	Time:
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No.11 – 15:38 Under 8 50M **Record: 7,72s**

Bishops	RBPS	SACS	WPPS	WBJS
L Eedes	S McEvory	T Nkombisa		C Igilige
T Eskinazi	H Corlett	K Kooyman		E Mauye

1.	2.	3.	4.	Time:
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No.12 – 15:41 Under 9 75M **Record: 10,61s**

Bishops	RBPS	SACS	WPPS	WBJS
G Papa	L Nicolaidides	T Siso	N Murefu	J Gonsalves
R Lategan	A Keevy	Z Baderoen	J Burgess	I Meyers

1.	2.	3.	4.	Time:
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No.13 – 15:44 Under 10 75M **Record: 10,34s**

Bishops	RBPS	SACS	WPPS	WBJS
J Nelson	N Corlett	L Nortje-Skillicorn	R Kirsten	C Thomas
J Ridl	B Teubes	S van Velden	J Thomason	A Roopen

1.	2.	3.	4.	Time:
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No.14 – 15:47 Under 11 75M **Record: 9,97s**

Bishops	RBPS	SACS	WPPS	WBJS
R Waltman	M Botha	J Dave	C Rogers	L Reed
L Bestel	Z Hillman	J Sale	F Davids	R Ahmed

1.	2.	3.	4.	Time:
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No.15 – 15:50 Under 12 100M **Record: 12,90s**

Bishops	RBPS	SACS	WPPS	WBJS
T Thirion	D Arendse	I Nkohla	F Patel	JL Fong
N Dorrington	K Mbamalu	Y Banderker	A Fisher	A Behardien

1.	2.	3.	4.	Time:
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No.16 – 15:53 Under 13 100M **Record: 11,97s**

Bishops	RBPS	SACS	WPPS	WBJS
B Koenig	D Cooke	A Nolutshungu	C Gloyne	
M-Z Bhorey	G Igesund	J Muluh	Y Salaam	

1.	2.	3.	4.	Time:
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No.17 – 15:56 Open 100M **Record: 12,15s**

Bishops	RBPS	SACS	WPPS	WBJs
T Siko		J Zhang		
D Malan		S Skhosana		

1.	2.	3.	4.	Time:
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No.18 – 16:01 Under 7 75M **Record: 11,24s**

Bishops	RBPS	SACS	WPPS	WBJs
O Naylor	A Chilwan	T Machemedze		D Kuhn
B Smolders	A Magotsi	C McLeod		J Damon

1.	2.	3.	4.	Time:
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No.19 – 16:04 Under 8 75M **Record: 11,20s**

Bishops	RBPS	SACS	WPPS	WBJs
L Eedes	H Corlett	T Nkombisa		C Igilige
A Reeves	E Akhetuamen	K Kooyman		E Mauye

1.	2.	3.	4.	Time:
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No.20 – 16:15 Under 10 Long Jump **Record: 4,24m**

Bishops	RBPS	SACS	WPPS	WBJs
J Edwards	J Beamish	N Ogonji	J Fleck	C Thomas
T Webb	D Smith	L Nortje-Skillicorn	R Whitcomb	T Pathon

1.	2.	3.	4.	Dist:
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No.21 – 16:45 Under 11 Long Jump **Record: 4,56m**

Bishops	RBPS	SACS	WPPS	WBJs
A Mynhardt	T Woollman	R Amm	F Davids	R Mohamed
J Lesbirel	N Duxbury	E van der Walt	L Furter	R Ahmed

1.	2.	3.	4.	Dist:
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No.22 – 15:45 Under 12 High Jump (A) **Record: 1,55m**

Bishops	RBPS	SACS	WPPS	WBJs
O French	D Fyfer	J Görgens	L de Waal	C Campbell
T Forsyth	D Arendse	B Bigara	R Robinson	Z Brown

1.	2.	3.	4.	Ht:
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No.23 – 15:45 Under 13 High Jump (B) **Record: 1,57m**

Bishops	RBPS	SACS	WPPS	WBJs
J Bosch	M van der Merwe	H Bell	C Gloyne	
R Pirkowski	J Neill	J le Roux	J Fenn	

1.	2.	3.	4.	Ht:
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No.24 – 15:45 Under 11 Shot Put (2kg) **Record: 10,57m**

Bishops	RBPS	SACS	WPPS	WBJs
J Horton	N Reiback	D Fortuin	J Hendricks	J Igilige
A Pironi	B Gray	J Sale	L Diwilyi	I Lawrence

1.	2.	3.	4.	Dist:
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No.25 – 16:15 Under 12 Shot Put (3kg) Record: 10,90m

Bishops	RBPS	SACS	WPPS	WBJS
N Souter	H Oldham	U Röth	M Arends	A Barrett
T Thirion	J O'Brein	T Cruickshank	M Fenn	N Mohamed

1.	2.	3.	4.	Dist:
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No.26 – 16:15 Under 7 4 x 50M Shuttle Relay Record: 35,34s

Bishops (lane 4)	RBPS (lane 1)	SACS (lane 2)	WPPS (lane 5)	WBJS (lane 3)
B Smolders	A Chilwan	T Machemedze		D Kuhn
D Ebbs	A Templeton	C McLeod		C Nel
A Hofmeyr	J Werner	O Lange		J Damon
O Naylor	O Tait	B Kerr		Y Fakir

1.	2.	3.	4.	Time:
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No.27 – 16:19 Under 8 4 x 50M Shuttle Relay Record: 33,06s

Bishops (lane 4)	RBPS (lane 1)	SACS (lane 2)	WPPS (lane 5)	WBJS (lane 3)
T Eskinazi	S McEvory	T Nkombisa		A Adams
A Reeves	H Corlett	K Kooyman		C Igilige
M Arkoll	D Stahl	K Allie		E Mauye
L Eedes	B Samuels	E Dunn		N Taljaard

1.	2.	3.	4.	Time:
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No.28 – 16:30 Under 10 1200M Record: 4:11,80

Bishops	RBPS	SACS	WPPS	WBJS
T Webb	R Danks-Briers	S Bigara		
D Brink	S Mears	B Duk		
Z Tywabi	S Oberholzer	L Dunker		

1.	2.	3.	4.	Time:
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No.29 – 16:35 Under 11 1200M Record: 4:04,15

Bishops	RBPS	SACS	WPPS	WBJS
C Anderson	Z Hillman	M Robinson		J Delbridge
L Traut	M Botha	O Pegg		C Mcloed
K Chahwahwa	J Kershbaumer	R Amm		

1.	2.	3.	4.	Time:
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No.30 – 16:40 Under 12 1200M Record: 3:50,63

Bishops	RBPS	SACS	WPPS	WBJS
M Ramsay	N Power	G Hannigan		A van Kets
N Coleman	J Hansen	Z Myers		C Campbell
L Cobbledick	J Smith	J Görgens		

1.	2.	3.	4.	Time:
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No.31 – 16:45 Under 13 1500M Record: 4:34,00

Bishops	RBPS	SACS	WPPS	WBJS
C Day	H Soboil	J Pfister		
C Mushonga	K Murphy	R Theunis		
R Pirkowski	J Hundermark	M Sonnenberg		

1.	2.	3.	4.	Time:
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No.32 – 16:55 Under 9 100M **Record: 14.33s**

Bishops	RBPS	SACS	WPPS	WBJS
J Gibbon	L Nicolaides	T Siso	J Moffatt	J Gonsalves
H Cursi	A Keevy	Z Baderoen	L Murray	I Meyers

1.	2.	3.	4.	Time:
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No.33 – 16:58 Under 10 100M **Record: 13,19s**

Bishops	RBPS	SACS	WPPS	WBJS
J Edwards	B Teubes	S van Velden	R Kirsten	C Thomas
J Nelson	R Webber	J Low	M Ratcliffe	A Roopen

1.	2.	3.	4.	Time:
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No.34 – 17:01 Under 11 100M **Record: 12,69s**

Bishops	RBPS	SACS	WPPS	WBJS
J Lesbirel	Z Hillman	J Dave	C Rogers	L Reed
A Mynhardt	J Rush	J Sale	F Davids	R Ahmed

1.	2.	3.	4.	Time:
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No.35 – 17:05 Under 12 200M **Record: 29.08s**

Bishops (lane 2)	RBPS (lane 1)	SACS (lane 5)	WPPS (lane 3)	WBJS (lane 4)
T Thirion	D Arendse	Y Banderker	C Mclagan	JL Fong
N Dorrington	L Orrek	J Armitage	L de Waal	A Behardien

1.	2.	3.	4.	Time:
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No.36 – 17:08 Under 13 200M **Record: 23,21s**

Bishops (lane 3)	RBPS (lane 2)	SACS (lane 1)	WPPS (lane 4)	WBJS (lane 5)
B Koenig	D Cooke	N Potgieter	J Robinson	
M-Z Bhorey	G Igesund	L Kraai	T Duigan	

1.	2.	3.	4.	Time:
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No.37 – 17:15 Under 9 4 x 100M Relay **Record: 61,15s**

Bishops (lane 5)	RBPS (lane 1)	SACS (lane 3)	WPPS (lane 4)	WBJS (lane 2)
H Cursi	L Nicolaides	T Siso	J Burgess	G Shimba
R Lategan	A Keevy	Z Baderoen	L Murray	J Gonsalves
G Papa	S Ratcliffe	M Martyn	N Murefu	A Kuhn
J Gibbon	J Jeffrey	S Lowndes	J Moffatt	I Meyers

1.	2.	3.	4.	Time:
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No.38 – 17:19 Under 10 4 x 100M Relay **Record: 58,60s**

Bishops (lane 4)	RBPS (lane 5)	SACS (lane 2)	WPPS (lane 3)	WBJS (lane 1)
J Nelson	N Corlett	L Nortje-Skillicorn	M Ratcliffe	J Tulloch
Z Tywabi	B Teubes	S van Velden	J Thomason	A Roopen
J Ridl	D Smith	J Low	Y Patel	T Pathon
J Edwards	R Webber	S van Zyl	R Kirsten	C Thomas

1.	2.	3.	4.	Time:
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No.39 – 17:23 Under 11 4 x 100M Relay **Record: 55,20s**

Bishops (lane 3)	RBPS (lane 4)	SACS (lane 1)	WPPS (lane 2)	WBJS (lane 5)
A Mynhardt	Z Hillman	J Dave	C Rogers	R Mohamed
K Chahwahwa	J Rush	O Pegg	N Mclagan	L Reed
L Bestel	M Botha	J Sale	O Badenhorst	M S Amardien
J Lesbirel	B Gray	M Robinson	F Davids	R Ahmed

1.	2.	3.	4.	Time:
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No.40 – 17:27 Under 12 4 x 100M Relay **Record: 54,30s**

Bishops (lane 2)	RBPS (lane 3)	SACS (lane 5)	WPPS (lane 1)	WBJS (lane 4)
N Dorrington	D Arendse	I Nkohlá	C Mclagan	Z Grainger
L Dicey	K Mbamalu	Y Banderker	A Fisher	A Behardien
T Thirion	I Ebrahim-Goder	J Armitage	L de Waal	A van Kets
N Mol	C van Wyk	G Hannigan	F Patel	JL Fong

1.	2.	3.	4.	Time:
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No.41 – 17:31 Under 13 4 x 100M Relay **Record: 51,90s**

Bishops (lane 1)	RBPS (lane 2)	SACS (lane 3)	WPPS (lane 4)	WBJS (lane 5)
M-Z Bhorey	D Cooke	A Nolutshungu	F Barendse	
N Edmunds	G Igesund	J Muluh	Y Salaam	
C Fletcher	J Neill	N Potgieter	T Duigan	
B Koenig	Z Botha	L Kraai	C Gloyne	

1.	2.	3.	4.	Time:
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Congratulations & special thanks to:

- All Athletes
- Teaching Staff and Grounds Staff
- PTA
- Helpers
- Parents
- SACS High School
- SACS Old Boys' Union