



WC HIGH SCHOOLS & LSEN ATHLETICS 2026



NOTE: YOU MUST COMPLETE THIS FORM DO NOT PUT ANY RELAY IN NEXT TO A ATHLETE.

THE MAX ATHLETES A TEAM CAN HAVE IS 350

Name of Region											
Abreviation of Region											
Name of General Manager											
Email address of GM											
Cell number of GM											
Colours of Region											
Team Manager						Male					
Team Manager						Female					
Events											
100m											
200m											
400m											
800m											
1500m											
3000m											
5000m											
10000mW											
5000mW											
1500mSC											
2000mSC											
3000mSC											
Hammer											
Javelin											
Polevault											
High jump											
Discus											
Shotput											
Long jump											
Triple jump											
Age Groups for 2025											
13											
14											
15											
17											
19											
2013											
2012											
2011											
2010 & 2009											
2008 & 2007											
No	Name of Athlete	Surname of Athlete	Team	Age Group	Gender	Date of Birth	Event 1	Seasons Best	Event 2	Seasons Best	Event 3
1	AMBER	NEL	BOL	15	F		100m	12,6			
2	ANGELL	PHOLMAN	BOL	15	F		800m	02:13,2	1500m	04:36,3	
3	DANIEL	ZEEMAN	BOL	15	F		High jump	1,55			
4	ELBA	ROBBETSE	BOL	15	F		Polevault	2,6			
5	ELIZABETH	JOUBERT	BOL	15	F		High jump	1,6			
6	ELKE	VAN WYK	BOL	15	F		Javelin	39,3			
7	EMMA	LE ROUX	BOL	15	F		Polevault	2,9			
8	HEIKE	PRETORIUS	BOL	15	F		High jump	1,55			
9	IMKE	ROUX	BOL	15	F		300mH	46,01	90mH	13,39	
10	JADE	HERBST	BOL	15	F		Polevault	2,6			
11	JEANNE	THOMPSON	BOL	15	F		5000mW	29:59,8			
12	JORDAN	RICHTER	BOL	15	F		400m	01:00,0			
13	KARLIEN	OELOFSE	BOL	15	F		Shotput	13,4	Hammer	46,69	
14	KATIE	BRINK	BOL	15	F		1500mSC	05:28,2			
15	KAYLIN	SCHRODER	BOL	15	F		3000m	11:05,3			
16	KRISTEN	KLAASEN	BOL	15	F		Triple jump	10,73			
17	LAMICAH	ADAMSON	BOL	15	F		100m	12,18	200m	24,64	
18	LIENKA	BRAND	BOL	15	F		Discus	39,61			
19	LILIE	PAQUET	BOL	15	F		1500mSC	05:29,0			
20	LISA	BESTERFIELD	BOL	15	F		200m	25,37			
21	LORA	MULLER	BOL	15	F		Triple jump	10,87			
22	LUCIA	KEMPEN	BOL	15	F		800m	02:18,3			
23	MEGAN	VAN SCHALKWYK	BOL	15	F		Javelin	39,69			
24	MIA	JANSE VAN NOORDWYK	BOL	15	F		300mH	45,24	90mH	12,93	Long jump
25	MIA	KRIEK	BOL	15	F		800m	02:15,8	400m	59,91	
26	MIEKE	JANSE VAN RENSBURG	BOL	15	F		Hammer	47,92	Discus	37,38	
27	NIKEATE	ARRIES	BOL	15	F		90mH	13,37	Long jump	5,5	
28	ROSE	MURPHY	BOL	15	F		1500mSC	05:39,9			
29	SHASSA-LEE	OWIES	BOL	15	F		100m	12,28	200m	25,12	
30	ZANE	KOTZE	BOL	15	F		Triple jump	10,94	90mH	13,18	Long jump
31	ZHARA	BROWN	BOL	15	F		High jump	1,55			
32	LIENKA	BRAND	BOL	15	F		Hammer	45,91			
33	JESSICA	VAN ZYL	EDEN	15	F		Shotput	12,32			
34	LEANE	KOEN	EDEN	15	F		Javelin	43,02	Discus	39,47	
35	MARIA	WOLFAARDT	EDEN	15	F		Hammer	46,72	Shotput	12,24	
36	MEGAN	BOTHA	EDEN	15	F		100m	12,3	200m	25,37	
37	ANSHE	DE JAGER	EDEN	15	F		Discus	36,9			
38	ANNA ELIZABETH	KRIGE	WP	15	F		300mH	45,94	400m	01:00,2	
39	CASSIE	VAN HEERDEN	WP	15	F		3000m	10:55,9			
40	ERIN	MAYNE	WP	15	F		Shotput	13,5			
41	JANA	KOEN	WP	15	F		High jump	1,55			
42	KHAYA	MBIYOZO	WP	15	F		High jump	1,63			
43	RUBY	READ	WP	15	F		1500m	04:53,5	3000m	10:35,7	

5.85

5.53

44	ASHLEY	CORNELIUS	BOL	17	F		100m	12,44				
45	BEA	WIUM	BOL	17	F		Shotput	13,7				
46	CAITLYN	CAWOOD	BOL	17	F		2000mSC	07:43,9				
47	CARA-MIA	NEL	BOL	17	F		Long jump	5,68	Triple jump		11,66	
48	CHARNE	KAYSER	BOL	17	F		100m	12,39	200m		24,86	
49	CHLOE	STOFFELS	BOL	17	F		100mH	14,46				
50	CUBIN	MARTHINUSSEN	BOL	17	F		400mH	01:02,7	100mH		14,49	
51	ENYA	BINNEMAN	BOL	17	F		400m	57,14				
52	GIZE	STRYDOM	BOL	17	F		2000mSC	07:35,4				
53	HANNA	STEMMET	BOL	17	F		Discus	39,91				
54	HANNAH	PAYNE	BOL	17	F		800m	02:14,4	400m		58,39	
55	ILKE	STOCKIGT	BOL	17	F		100mH	14,79				
56	IZABELLA	SCHNETLER	BOL	17	F		Hammer	54,02				
57	JANCKE	DE NECKER	BOL	17	F		High jump	1,6				
58	KARMI	KARSTEN	BOL	17	F		High jump	1,7				
59	KATERIEN	FOURIE	BOL	17	F		3000m	10:00,9	1500m		04:43,4	
60	LIRA	BARNARD	BOL	17	F		Polevault	3,4				
61	LISA	STEENKAMP	BOL	17	F		800m	02:11,6				
62	LUME	JANSE VAN RENSBURG	BOL	17	F		400mH	01:05,5				
63	MIENKIE	KREMS	BOL	17	F		Polevault	3,1				
64	MILA	PARKER	BOL	17	F		Discus	39,31				
65	NICOLA	VAN DER MERWE	BOL	17	F		Javelin	50,41				
66	NINA	WATTS	BOL	17	F		200m	25,96				
67	SELMARIE	ERASMUS	BOL	17	F		3000m	10:12,4	2000mSC		07:12,3	
68	SIENNA	ELLIS	BOL	17	F		3000m	10:02,6	1500m		04:50,2	
69	SKYLER	VAN DYK	BOL	17	F		Long jump	5,63	Triple jump		12,19	
70	STEFNI	BOOYSEN	BOL	17	F		Javelin	44,63				
71	THIA	GELDEBLOM	BOL	17	F		Hammer	47,48				
72	ZELMA	HOFFMAN	BOL	17	F		5000mW	27:43,4				
73	EMMA	DU TOIT	BOL	17	F		Hammer	46,53				
74	ANKE	HINZE	BOL	17	F		Discus	37,44				
75	HARIEL	STUART	BOL	17	F		Shotput	13,35				
76	ANIKA	DU PLESSIS	EDEN	17	F		Hammer	49,58				
77	JADE	MARX	EDEN	17	F		5000mW	28:11,0				
78	MIIKE	SCHOLTZ	EDEN	17	F		Discus	38,55				
79	TATYANA	VILJOEN	EDEN	17	F		Polevault	3,3				
80	AMELIA	VAN DER MERWE	WP	17	F		Polevault	3	Long jump		5,28	Triple jump
81	DANELLE	VAN TONDER	WP	17	F		800m	02:11,4				
82	ERICA	MARAI	WP	17	F		Shotput	15,05				
83	HANNAH	OLUJOBI	WP	17	F		Shotput	14,23				
84	INGE	MULLER	WP	17	F		High jump	1,6				
85	JESSE	NEL	WP	17	F		800m	02:08,2	400m		55,73	
86	JESSE	BROOKS	WP	17	F		400m	57,12				
87	JUANE	MEIRING	WP	17	F		Javelin	41,45				
88	LOGAN	MITCHELL	WP	17	F		400mH	01:04,2				
89	ZANIQA	ADRIAANSE	WP	17	F		100m	12,28	200m		25,54	
90	ALICIA	FESTUS	BOL	19	F		Long jump	5,2				
91	ANJA	SMIT	BOL	19	F		High jump	1,6				
92	CHANLYNNE	BROWN	BOL	19	F		100m	12,4	200m		25,62	
93	DANIELA	VILJOEN	BOL	19	F		800m	02:15,7				
94	ELRI	COETZEE	BOL	19	F		10000mW	57:08,8				
95	ELU	NEL	BOL	19	F		800m	02:17,5				
96	HELEN	DU TOIT	BOL	19	F		400mH	01:06,1	400m			
97	KYLIE	BASSON	BOL	19	F		100mH	14,34	200m		25,05	
98	MARIANNE	MALAN	BOL	19	F		High jump	1,76				
99	MIKAYLA	STEENKAMP	BOL	19	F		Javelin	42,19				
100	MILA	UECKERMAN	BOL	19	F		Discus	52,21	Shotput		13,47	
101	ZIA	DU TOIT	BOL	19	F		400m	58,03	200m		25,55	
102	CALPUNIA	ALKASTER	BOL	19	F		5000m	19:35,2	3000mSC		12:00,9	
103	EMILIA	FORTUIN	BOL	19	F		3000mSC	11:57,2				
104	CHELSEA	SAAYMAN	EDEN	19	F		5000m	18:37,1				
105	AIMEE	JOHNSON	WP	19	F		Discus	38,13	Shotput		13,18	

106	EMMA	UYS	WP	19	F	400mH	01:02,5			
107	JORDAN	SPOLANDER	WP	19	F	High jump	1,76			
108	KUNGAWO	DLONGWANA	WP	19	F	5000m	19:20,2			
109	MICHE	VAN STADEN	WP	19	F	100m	11,95	200m		24,56
110	MINKI	BRINK	WP	19	F	Shotput	11,84			
111	RAYEACSA	HAEL	WP	19	F	100mH	15,52			
112	REGAN	MARAIS	WP	19	F	400m	58,39			
113	STEPHANIE	MINNAAR	WP	19	F	800m	02:16,9			
114	TAMRYN	BOOYSEN	WP	19	F	100m	12,39			
115	TAMZIN	BARNARD	WP	19	F	Hammer	40,53			
116	WILMIEN	VERBREEK	WP	19	F	5000m	18:42,3	1500m		04:43,9
117	YONDA	JADA	WP	19	F	3000mSC	12:14,6			
118	ALWYN	ESTERHUIZEN	BOL	15	M	Polevault	3,6			
119	BEN	DE WAAL	BOL	15	M	Hammer	49,95			
120	BOTHA	PRINSLOO	BOL	15	M	Shotput	17,81	Discus		55,9
121	CALEB	WENTZEL	BOL	15	M	Long jump	6,6			
122	CALEB	PHILLIPUS	BOL	15	M	400m	50,86			
123	DEACONN	WILLEMSE	BOL	15	M	100mH	13,21	300mH		40,07
124	DUREN	BARON	BOL	15	M	100mH	12,93			
125	FRANCOIS	NEL	BOL	15	M	Polevault	3,4			
126	GAVIHANO	OKTOBER	BOL	15	M	Long jump	6,67			
127	GEON	FOUCHE	BOL	15	M	Javelin	56,87			
128	GERVINNIO	STUART	BOL	15	M	Triple jump	12,85			
129	JACE	FESTER	BOL	15	M	High jump	1,85			
130	JAMAUL	JACOBS	BOL	15	M	800m	02:00,7	1500m		04:14,0
131	JAMES	PITOUT	BOL	15	M	Polevault	3,6			
132	JAYDEN	SMALL	BOL	15	M	200m	22,36	400m		49,83
133	JENO	JACOBS	BOL	15	M	100m	10,77	300mH		37,11
134	JOHAN	SWART	BOL	15	M	Polevault	3,4			
135	JORDAN	SYDON	BOL	15	M	100mH	13,5			
136	JULIES	AQUILA	BOL	15	M	100m	11,15			
137	KAYDEN	SASS	BOL	15	M	3000m	09:24,7			
138	KELLAN	OLIPHANT	BOL	15	M	800m	01:59,1			
139	KHAZIMLA	DUTI	BOL	15	M	5000mW	28:58,7			
140	LANWERD	ALBERTS	BOL	15	M	High jump	1,85			
141	LEANDRE	TIETIES	BOL	15	M	3000m	09:24,0			
142	LEVINICO	GOOSEN	BOL	15	M	1500m	04:14,8			
143	LIKHUMA	BOLANI	BOL	15	M	Long jump	6,52			
144	LUBEN	HESSE	BOL	15	M	High jump	1,85			
145	MIGUEL	PRINS	BOL	15	M	High jump	1,8	100mH		13,49
146	OCKIE	VERMEULEN	BOL	15	M	1500mSC	04:42,9			
147	THEOLIN	EDWARDS	BOL	15	M	Javelin	54,46			
148	TROLLIP	HOSEA	BOL	15	M	800m	01:58,4	1500m		04:14,8
149	TYLER	JANSEN	BOL	15	M	5000mW	28.06.44			1500mSC
150	TYRON	ONCKE	BOL	15	M	Shotput	18,9	Discus		67,05
151	VUYO	NGOBENI	BOL	15	M	100m	10,74	200m		22,26
152	LUCIANO	JANUARIE	BOL	15	M	400m	50,58			
153	JAMES	BISHOP	BOL	15	M	Discus	54,83			
154	DANIEL	VAN DER WESTHUIZEN	EDEN	15	M	100m	11,19	Long jump		6,54
155	JASON	PAGE	EDEN	15	M	1500mSC	04:43,5			
156	JORDAN	WALTERS	EDEN	15	M	Hammer	49,08			
157	KOTZE	FOURIE	EDEN	15	M	Shotput	15,33			
158	LIHAN	LATEGAN	EDEN	15	M	Javelin	61,41			
159	MULLER	JUANN	EDEN	15	M	Hammer	51,17			
160	ALEXANDER	VAN DER WERF	WP	15	M	800m	01:57,9			
161	FABIANO	RAMSON	WP	15	M	3000m	09:00,9			
162	JAN-HARM	BURGER	WP	15	M	Discus	55,73			
163	JERALDO	LAMINIE	WP	15	M	5000mW	28:24,7			
164	JOSHUA	GONSALVES	WP	15	M	Triple jump	12,73			
165	LUKE	RUDOLPH	WP	15	M	1500m	04:14,1			
166	MUJAHID	VERMEULEN	WP	15	M	300mH	39,6	100mH		
167	PIERRE	VAN NIEKERK	WP	15	M	Triple jump	13,03			

04:23.0

168	SLADE	SWARTZ	WP	15	M	400m	51,46				
169	ZION LEE	MICHAELS	WP	15	M	200m	22,65				
170	AJ	THYSSEN	BOL	17	M	800m	01:52,8				
171	ANDREW	VAN WYK	BOL	17	M	800m	01:52,2	1500m		04:03,7	
172	ANRE	DU PREEZ	BOL	17	M	Polevault	3,9				
173	ANTHONY	FORTUIN	BOL	17	M	Long jump	6,82				
174	APOLLIS	LIAM	BOL	17	M	400m	49,63				
175	BEN	REYNECKE	BOL	17	M	Polevault	3,8				
176	BREYTON	DE BRUIN	BOL	17	M	3000m	08:29,2	1500m		04:05,3	
177	BROOKLYN	WATERBOER	BOL	17	M	Triple jump	14,06				
178	CHARL	MARAIS	BOL	17	M	Hammer	60,07	Discus		48,16	
179	CRONAN	WILLIS	BOL	17	M	Triple jump	13,99				
180	ETHAN	BADENHUIZEN	BOL	17	M	Hammer	57,26				
181	JACOBUS	VAN DER MERWE	BOL	17	M	Javelin	67,3				
182	JASON	HENDRICKS	BOL	17	M	400mH	54,31				
183	JEAN	SERFONTEIN	BOL	17	M	High jump	2				
184	MARCO	JOUBERT	BOL	17	M	Hammer	55,56				
185	MARLON	KAYSTER	BOL	17	M	100m	10,37	200m		21,01	
186	MATEO	LE ROUX	BOL	17	M	High jump	2,13				
187	MICAH	AFRICA	BOL	17	M	200m	21,35				
188	NHLANGANIPHO	SEPTEMBER	BOL	17	M	10000mW	54:40,1				
189	QUADE	MATJAN	BOL	17	M	100m	10,48				
190	TAFADZWA	MASHIZHA	BOL	17	M	400mH	54,06				
191	ZACK	ROOS	BOL	17	M	Discus	48,81				
192	ZACK ANTONIE	BOTES	BOL	17	M	Polevault	3,8				
193	ZAUN	MARTINUS	BOL	17	M	Javelin	64,64				
194	HEIDEN	BLAAUW	BOL	17	M	110mH	14,27				
195	FC	VAN DEN BERG	BOL	17	M	Hammer	53,24				
196	SHANDLEY	BURROWS	BOL	17	M	High jump					
197	EMILIANO	ADAMSON	EDEN	17	M	Long jump	6,89				
198	EQUIN	JOSEPHS	EDEN	17	M	High jump	2				
199	GERHAN	PRETORIUS	EDEN	17	M	110mH	14,03				
200	JAYDEN	FOURIE	EDEN	17	M	100m	10,47	Long jump		7,37	200m
201	JD	VAN WYK	EDEN	17	M	Discus	49,41				
202	MARCO	LESCH	EDEN	17	M	400mH	53,09				
203	RAY-JORDAN	SCHOEMAN	EDEN	17	M	110mH	13,67				
204	ASHTON	VERMEULEN	WP	17	M	100m	10,49	200m		21,25	
205	DIAN	DIRKSE VAN SCHALKWYK	WP	17	M	Shotput	15,75	Discus		54,53	
206	FRANCOIS	AGENBAG	WP	17	M	High jump	2				
207	IKHO	QULUBA	WP	17	M	400m	49,41				
208	JORDAN	KIEWIETS	WP	17	M	2000mSC	06:17,2				
209	JOSHUA	SCHOUW	WP	17	M	3000m	08:31,0				
210	KANETO	TAOLE	WP	17	M	2000mSC	05:51,9				
211	KIERAN	HARMSE	WP	17	M	Triple jump	13,75				
212	LIKHONA	NGQOLANA	WP	17	M	2000mSC	06:12,8				
213	LISAKHANYA	MBULAWA	WP	17	M	3000m	08:44,9				
214	LUNIKO	MEMZIWE	WP	17	M	400m	48,99				
215	REAGAN	FREEMAN	WP	17	M	1500m	03:59,3	800m		01:55,2	
216	RYNO	BASSON	WP	17	M	110mH	14,09				
217	ARMAND	DU TOIT	BOL	19	M	Discus	47,18				
218	CHARL	ENGELBRECHT	BOL	19	M	High jump	2				
219	DIAN	CUPIDO	BOL	19	M	High jump	2				
220	ELVIS	HWATA	BOL	19	M	Polevault	4,4				
221	FRANCOIS	PIETERSEN	BOL	19	M	Hammer	60,53				
222	JADE-LEE	DE WEE	BOL	19	M	3000mSC	09:49,6				
223	JANTJIES	AUSHWIN-LEE	BOL	19	M	400m	48,19				
224	JAYDEN	NOORDEMAN	BOL	19	M	Long jump	6,87				
225	JOHAN	KLUE	BOL	19	M	Polevault	3,8				
226	MARCUS	VILJOEN	BOL	19	M	110mH	14,32				
227	MATT	JORDAAN	BOL	19	M	800m	01:51,8				
228	NAIEL	GERTSE	BOL	19	M	110mH	14,69				
229	RAEDEN	SCHAMBOUA	BOL	19	M	400mH	54,33	110mH		14,25	

230	RUDOLPH	ARANGIE	BOL	19	M	Triple jump	14,17			
231	RYAN	FARAO	BOL	19	M	100m	10,68			
232	URLINN	HENEKE	BOL	19	M	200m	21,85	100m		10,69
233	DANIELS	WILLMARK	EDEN	19	M	5000m	15:47,1	1500m		
234	HENCO	SWANEOEL	EDEN	19	M	Hammer	50,09			
235	NATHAN	KEANAN	EDEN	19	M	100m	10,57	200m		21,66
236	OWEN	PIETERSEN	EDEN	19	M	Long jump	7,04			
237	WALTER	VAN RENSBURG	EDEN	19	M	Discus	49,49			
238	AIDEN	MCKENZIE	WP	19	M	Triple jump	13,99			
239	FERNANDO	HENKEMAN	WP	19	M	3000mSC	09:41,7			
240	JESSE	SIMPSON	WP	19	M	800m	01:52,5	400m		48,35
241	JOSUA	VAN WYK	WP	19	M	100m	10,83			
242	JUAN	LE ROUX	WP	19	M	Discus	44,72			
243	KIERAN	WHEELER	WP	19	M	Triple jump	14,28			
244	NAHUM	SWANEOEL	WP	19	M	800m	01:53,6	1500m		03:59,1
245	ODNIEL	PEERS	WP	19	M	Long jump	6,88			
246	PRESTON	FARAO	WP	19	M	10000mW	54:06,5			
247	SALIE	ANEEQ	WP	19	M	400m	47,98			
248	STEFANO	SCHMIDT	WP	19	M	3000mSC	09:49,3			
249	TIAAN	GALVIN	WP	19	M	Javelin	57,59			
250	NIZOLE	NKAMBENI	WP	19	M	400m	48,66			

Event added

Athlete added to the team