

Prestige athletes

Fourways High School

Event	Name	Prestige time	Medal
800 m Snr girls	J Thiels	02:27	Bronze
	T Sithole	02:26	Silver
800 m boys u/16	H Manong	1:59:77	Gold
100 m girls u/14	B Mtimkulu	12:78	Gold
100 m girls u/17	V Cahi		
100 m boys u/14	D Rimmer		
100 m boys u/15	T Matemba	11:45	Silver
100 m boys u/16	K Sithole		
100 m boys u/17	I Maake		
100 m boys u/19	T Molife	10:84	Bronze
200 m girls u/14	B Mthimkulu	28:10	Bronze
200 m boys u/14	D Rimmer		
200 m boys u/15	T Matemba		
200 m boys u/16	K Sithole	23:27	Bronze
200 m boys u/19	T Molife		
1500 m Jnr girls	C Oldknow		
1500 m Snr girls	J Thiels		
	T Sithole	5:19	Silver
1500 m boys u/14	T Sibanda		
1500 m boys u/15	T Chambers		
	C Dlamini	4:33	Silver
1500 m boys u/16	H Manong	4:26	Gold
400 m Jnr girls	M Adamo	64:34	Silver
400 m boys u/14	D Rimmer	55:54	Gold
	S Dlamini	57:08	Bronze
400 m boys u/16	H Manong	52:37	Silver
400 m boys u/17	C Nebuloni		
	L Mtyapi		
Relays	Girls u/14	53:93	Gold
	Boys u/14		
	Boys u/15	46:90	Bronze
	Boys u/16	45:07	Gold
	Boys u/17		
	Boys u/19		

Gold - 7

Silver - 6

Bronze - 6

Hlogi Manong - Middle distance athlete of the day

Hlogi Manong - 4 gold and 1 silver