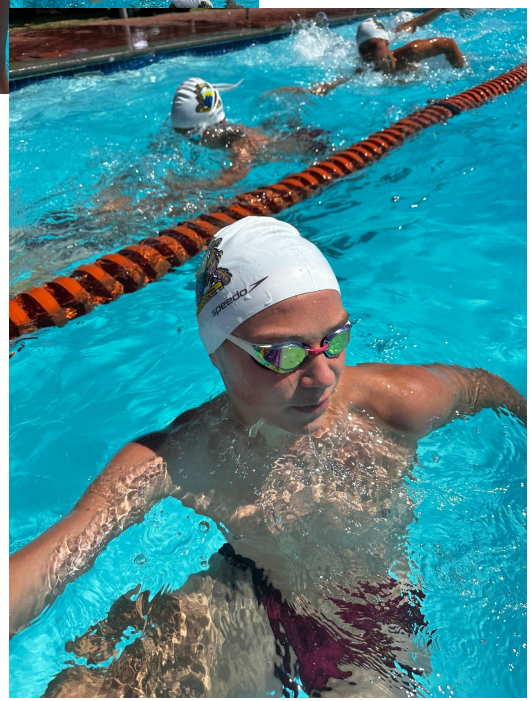
PAUL ROOS
GIMNASIUM – GYMNASIUM

SAALBYEENKOMS / ASSEMBLY

27 Januarie 2026 / 27 January 2026

SWEM / SWIMMING





Meer as 30 PRG-swemmers het op 22 Februarie aan die tweede Bolandliga-gala van die seisoen deelgeneem. Ons swemspan het 635 punte ingepalm en die byeenkoms gewen. Ons is veral trots op ons nuwe graad 8's wat uitstekend presteer het, en ons is opgewonde oor die seisoen wat voorlê.

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WATER POLO

Results vs WBHS:

14D won 7 - 5 vs WBHS

14C won 9 - 1 vs WBHS

14B lost 1 - 3 vs WBHS

14A won 8 - 1 vs WBHS

15D lost 0 - 4 vs WBHS

15C won 8 -3 vs WBHS

15B drew 6 - 6 vs WBHS

15A lost 5 - 9 vs WBHS

19D won 7 - 4 vs WBHS

19C drew 6 - 6 vs WBHS

19B won 5 - 4 vs WBHS

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ATLETIEK / ATHLETICS

INTERHUIS-ATLETIEK 2026

Beste junior atlete

Beste o. 14-baanatleet

Jordan Sydon - 1ste in 100 m H, 15,32 sekondes (722 ASA-punte)

Beste o. 14-veldatleet

Isak Swanepoel - 1ste in gewigstoot, 13,58 m (778 ASA-punte)

Beste o. 15-baanatleet

Vuyo Ngobeni - 1ste in 100 m, 10,93 sekondes (832 ASA-punte)

Beste o. 15-veldatleet

Ben De Waal - 1ste in gewigstoot, 13,10 m (787 ASA-punte)

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ATLETIEK / ATHLETICS

INTERHUIS-ATLETIEK 2026

Beste senior atlete

Beste o. 17-baanatleet

Liam Koekemoer - 1ste in 3000 m, 09:37,70 (784 ASA-punte)

Beste o. 17-veldatleet

Ethan Badenhuizen - 1ste in hamergooi, 50,50 m (847 ASA-punte)

Beste o. 19-baanatleet

Marcus Viljoen - 1st in 110 m H, 15,25 sekondes (790 ASA-punte)

Beste o. 19-veldatleet

Coenrad Bekker - 1ste in hamergooi, 37,00 m (770 ASA-punte)

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ATLETIEK / ATHLETICS

INTERHUIS-ATLETIEK 2026

Junior Victor Ludorum

Vuyo Ngobeni - Totaal van 1621 ASA-punte

100m - 1st, 832 ASA Points

200m - 1st, 789 ASA Points

Senior Victor Ludorum

Joey Calitz - Totaal van 1602 ASA-punte

Discus - 1st, 805 ASA Points

Shotput - 1st, 797 ASA Points

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ATLETIEK / ATHLETICS

INTERHUIS-ATLETIEK 2026

Geeswenners:

Murray!!

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ATLETIEK / ATHLETICS

INTERHUIS-ATLETIEK 2026

INTERHUIS-WENNERS!!!

NEETHLING!!!!

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ATLETIEK / ATHLETICS

STELLENBERG-ATLETIEKBYEENKOMS
UITSLAE:

Seuns o. 14:

Jordan Sydon 3de 100 m H, 15.92
Jordan Sydon 2de verspring, 6.01m
Jordan Sydon 1ste 100 m, 11.92
Bjorn Williams 3de 200 m, 25.30s
Phillip Du Toit 3de 400 m, 1:00.66
Martin Diab 3de 3000 m, 10:29.06
Juicy Requelme 1ste hoogspring, 1.70m
Hafeez Gabier 3de verspring, 5.58m
Hafeez Gabier 2de hoogspring, 1.65m
HJ Van Zyl 2de diskus, 42.87m
Isak Swanepoel 2de hamergooi, 28.60m
Owen Pietersen 2de spiesgooi, 39.42m

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ATLETIEK / ATHLETICS

STELLENBERG-ATLETIEKBYEENKOMS
UITSLAE:

Seuns o. 15:

Christiaan De Waard 3de 800 m, 2:11.41
Llewelyn Viljoen 3de 1500 m, 04:33.62
Llewelyn Viljoen 1ste 3000 m, 10:07.34
Deaconn Willemse 2de 300 m H, 42.89
Leighton Hendricks 2de verspring, 6.18m
Ben De Waal 3de gewigstoot, 12.94m
Ben De Waal 3de hamergooi, 32.82m

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ATLETIEK / ATHLETICS

STELLENBERG ATLETIEKBYEENKOMS - UITSLAE:

Seuns o. 17:

Jason Hendricks 3de 400 m, 0:53.34
Jason Hendricks 1ste 400 m H, 0:58.14
Ernst Engelbrecht 2de 800 m, 2:05.14
Ernst Engelbrecht 2de 1500 m, 04:21.59
Liam Koekemoer 2de 3000 m, 09:24.35
Euwhan Kruywagen 2de hoogspring, 1.80m
Matthew Baker, 3de hoogspring, 1.75m
Zachary Ribeiro 1ste verspring, 6.95m
Cronan Willis 3de verspring, 6.51m
Cronan Willis 1ste driesprong, 13.56m
Joey Calitz 2de diskus, 47.07m
Joey Calitz 1ste gewigstoot, 15.70m
Joey Calitz 1ste spiesgooi, 55.13m
Ethan Badenhuizen 1ste hamergooi, 48.66m
Tyler Ridout 3de hamergooi, 43.72m

GHOLF

Liga vs HJS

1ste span

Wen met 6 houe

2de span

Wen met 4 houe

3de span

Verloor met 8 houe

4de span

Verloor met 5 houe



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KRIEKET / CRICKET

TEAM	OPPONENT	RESULT
15A	BOLAND LANDBOU	PRG WON BY 195 RUNS
15B	BOLAND LANDBOU	PRG WON BY 10 WICKETS
15C	PAARL GIMNASIUM	PRG LOST BY 1 WICKET
15C	PAREL VALLEI 15B	PRG WON BY 60 RUNS
15D	PAARL GIMNASIUM	PRG LOST BY 1 WICKET
15E	STELLENBOSCH HUB	PRG WON BY 95 RUNS
15E	PAREL VALLEI 15C	PRG WON 78 RUNS

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EST. 1999
WWW.CAPEUMBRELLAS.COM

KRIEKET / CRICKET

TEAM	OPPONENT	RESULT
14A	BOLAND LANDBOU	PRG WON BY 51 RUNS
14B	BOLAND LANDBOU	PRG WON BY 45 RUNS
14C	BOLAND LANDBOU	PRG WON BY 7 WICKETS
14D	BOLAND LANDBOU	PRG WON BY 4 WICKETS
14E	HJS	PRG WON BY 5 WICKETS

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KRIEKET / CRICKET

TEAM	OPPONENT	RESULT
19A	BOLAND LANDBOU	PRG WON BY 6 WICKETS
19B	BOLAND LANDBOU	PRG WON BY 244 RUNS
19C	BOLAND LANDBOU	PRG WON BY 8 WICKETS
19D	BOLAND LANDBOU	PRG WON BY 106 RUNS
19E	BOLAND LANDBOU	PRG WON BY 88 RUNS
19F	HJS	PRG LOST BY 42 RUNS

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KRIEKET / CRICKET

Match 1:
PRG U14A vs Grey High U14A

First innings

PRG 108/10
Justin Karsten 62

Grey High 71/10
Leonard Willemse 3 for 9
James Glover 3 for 14

Second innings

PRG 30/5

Grey High 68/4

PRG U14A lost by 1 wicket

Match 2:
PRG U14A vs Grey High U14A

PRG 134/4

Andrew Hartley 48
Leonard Willemse 42

Grey High 128/9

Leonard Willemse 3 for 36

PRG U14A won by 6 runs

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KRIEKET / CRICKET



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KRIEKET / CRICKET

Match 1:

PRG 15A vs Grey High 15A

Grey High: 218/9
Johannes Vd Westhuizen 4 for 21

PRG: 219/9
Nathan Phillips 66
Jason Moodie 43

PRG won by 1 wicket

Match 2:

PRG 15A vs Grey High 15A

PRG: 179/2 in 20 overs
Nathan Phillips 103 not out
Jason Moodie 38

Grey High: 132/4 in 20 overs.

PRG won 47 runs

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KRIEKET / CRICKET



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KRIEKET / CRICKET

PRG 19C vs Punt HS 19A

PRG: 424/5 in 50 overs
Naude Stroebel 141
Jordan Rumble 144

Punt HS: 136/10 in 27 overs.
Jean Winkel 5/54 in 8.5 overs
HJ Kriek 2/24 in 4 overs

PRG won by 288 runs

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KRIEKET / CRICKET

Match 1:

PRG 19B vs Grey High 19B

PRG: 202/10 in 62.5 overs
Christiaan Fouche 73
Tian Van Niekerk 38
Etienne Serfontein 34

Grey High: 68/10 in 19.3 overs.
Keanu Williams 4-15

PRG won by 134 runs

Match 2:

PRG 19B vs Grey High 19B

PRG: 124/7 in 20 overs
Christiaan Fouche 32

Grey High: 124/8 in 20 overs.

Match tied

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KRIEKET / CRICKET

Wedstryd 1:
PRG 19A vs Grey High 19A

Grey PE: 195/10
James Holm 4/45 in 10 beurte

PRG 196/6
Enré van Zyl 101*

PRG wen met 4 paaltjies

Wedstryd 2:
PRG 19A vs Grey High 19A

PRG: 135/10
Janko Webb 36

Grey PE: 131/9 na20 beurte

PRG wen met 4 lopies

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KRIEKET / CRICKET



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