



PAUL ROOS GIMNASIUM | GYMNASIUM

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Neethling Triumphs at Interhouse Athletics 2026!

The 2026 athletics season kicked off on Wednesday, 21 January, with our annual Interhouse Athletics Day. The stands were a sea of color as students cheered for their respective houses, creating an electric atmosphere of "gees" and healthy competition.

House Standings & Spirit Award

While the competition on the track was fierce, the battle in the stands was just as intense.

- **Overall Winners:** Neethling
- **Spirit Trophy:** Murray

House Results

1. Neethling: 549.5 points
2. Hofmeyr: 531.5 points
3. Murray: 524 points
4. Braid: 497 points

Individual Honors

We are proud to announce our **Victor Ludorum** winners, representing the highest-scoring Junior and Senior athletes of the day:

- **Junior Victor Ludorum:** Vuyo Ngobeni (1621 ASA points for U15 100m & 200m)
- **Senior Victor Ludorum:** Joey Calitz (1602 ASA points for U17 Shotput & Discus)

Age Group Champions

Congratulations to the following athletes who were recognized for their exceptional performance in their respective categories:

- **Best U14 Track Athlete:** Jordan Sydon, 100mH - 722 ASA points
- **Best U14 Field Athlete:** Isak Swanepoel, Shotput - 778 ASA Points

- **Best U15 Track Athlete:** Vuyo Ngobeni, 100m - 832 ASA points
- **Best U15 Field Athlete:** Ben De Waal, Shotput - 787 ASA points
- **Best U17 Track Athlete:** Liam Koekemoer, 3000m - 784 ASA points
- **Best U17 Field Athlete:** Ethan Badenhuizen, Hammer Throw - 847 ASA points
- **Best U19 Track Athlete:** Marcus Viljoen, 110mH - 790 ASA points
- **Best U19 Field Athlete:** Conrad Bekker, Hammer Throw - 770 ASA points

Congratulations to every athlete who took to the track and field. Your hard work and sportsmanship made the day a resounding success!

Semper Splendidior

Ryno Niemand, *Head of Athletics*