PAUL ROOS
GIMNASIUM – GYMNASIUM

SAALBYEENKOMS / ASSEMBLY

10 Maart 2026 / 10 March 2026

English Debating

The Maroon Mentals beat Hugenote Members:

Hendrik Heyl
Warwick Toop
Tristen Jooste

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GRAAD 8
VRL-LEDE 2026



Ethan Makone



Liam de Wet



Isak Swanepoel

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Tweekamp

Boland Tweekamp Kampioenskappe



Van links na regs:

Petrus Bosman o. 15 Goud
Hunter Krynauw o. 17 Brons
Jan Bosman o. 17 Silwer
Ruhann Slabber o. 17
Daniel Janse van Renburg o. 17

Baie geluk aan hierdie atlete wat almal die Bolandspan gehaal het en by SA's gaan deeelneem.

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Driekamp

SA Xterra



Charl Whitehead (o. 15) het op 1 Maart 2026 aan die SA Xterra Kampioenskap deelgeneem.

Charl eindig in die tweede plek vir die 250 m swem, 7 km bergfiets en 2 km hardloop.

Charl kwalifiseer ook om aan die 2026 Wêreld Xterra Kampioenskap deel te neem later die jaar in die VSA.

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E-SPORT

Telkom VS Gaming

Counter Strike

Paul Roos CS A	Won	Helpmekaar	13-2
Paul Roos CS A	Lost	HS Linden	10-13
Paul Roos CS A	Lost	Waterkloof	7-13

Rocket League

Paul Roos RL A	Won	Grey College D	3-0
Paul Roos RL A	Lost	St Andrews	2-3
Paul Roos RL A	Won	Helpmekaar	3-0

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African Cyber Gaming League

Rocket League

Paul Roos RL A	Won	Grey College D	2-0
Paul Roos RL A	Won	Curro Century City	2-0
Paul Roos RL A	Won	Waterkloof B	2-0

Rocket League

Paul Roos RL B	Won	Woodhill College	2-0
Paul Roos RL B	Won	Hudson Park	2-0
Paul Roos RL B	Won	Waterkloof C	2-0

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African Cyber Gaming League			
Rocket League			
Paul Roos RL C	Lost	Edgemead B	0-2
Paul Roos RL C	Lost	Edgemead C	0-2
Paul Roos RL C	Won	Curro Hazeldean	2-1
Rocket League			
Paul Roos RL D	Won	Assumption Convent	2-0
Paul Roos RL D	Lost	Glenwood B	0-2
Paul Roos RL D	Lost	Curro Durbanville B	0-2

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African Cyber Gaming League

Valorant

Paul Roos RL C	Won	Curro Waterfall	1-0
Paul Roos RL C	Lost	Curro Krugersdorp	0-1
Paul Roos RL C	Lost	Glenwood	0-1

EAFC26

Willem-Daniel van Zyl	3-0	Won group 6
Lishan Moodley	1-2	3rd in group 1
Christo Bezuidenhout	1-2	3rd in group 10

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African Cyber Gaming League		
Fortnite		
Paul Roos FN A	99 Points	39th
Paul Roos FN B	64 Points	51st
Paul Roos FN C	44 Points	57th
Clash Royale		
Gerhard van der Westhuizen	6-0	Won group 3
Eben Cronjé	4-0	2nd in group 5

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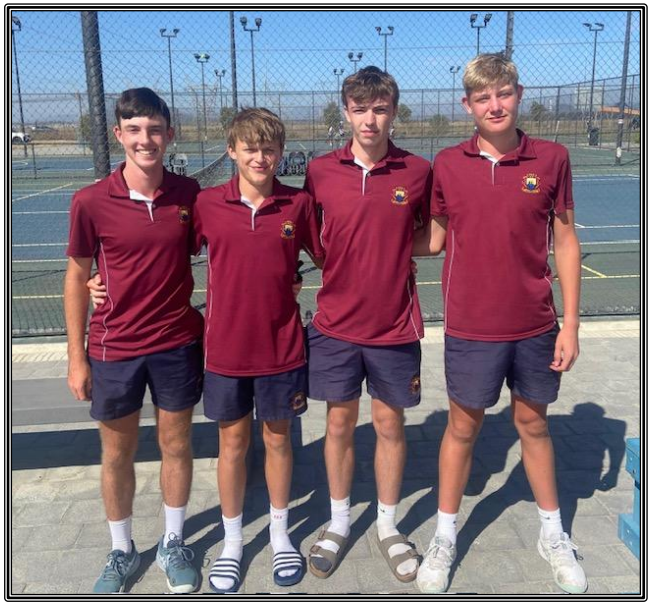
TENNIS

PRG o. 19 B-tennisspan wen die Curro Durbanville Tennistoernooi:

Die span het bestaan uit Dawid Fourie, Nicolas Lourens, Daneel Bester, Robbie Smith en Dawid-Wiese Viljoen.

Die PRG-span se uitslae was soos volg:

PRG klop Bellville HS: 6 - 0
PRG klop Paarl Gimnasium: 5 - 1
PRG klop Paarl Boishaai B: 6 - 0
PRG klop Stellenberg HS: 4 - 0 (semifinaal)
PRG klop Paarl Gimnasium: 4 - 0 (finaal)



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zestfruit

TENNIS

Baie geluk aan die Paul Roos-tennisspelers wat die naweek die Boland-kavaliers by die Synergy Cup verteenwoordig het.

Die Paul Roosers in die o. 19 A-span was Dawid Fourie, Daneel Bester, Dawid-Wiese Viljoen en Xander du Plessis. Christian Oberhofer was in die 0. 19 B-span.

In die o. 15 A-span is Paul Roos deur Johan Nel, Daniel Koch en Andre Nel verteenwoordig . Christiaan-Brink Truter was in die o. 15 B-span.





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zestfruit

BERGFIETSRY / MOUNTAIN BIKING
SA Xcc Cup #1

Youth 16

Dylan van de Langenberg - 1st

Junior Men

Neil van der Vyver - 1st



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GRAYSWAN
WEALTH

RUWACON

Road Cycling / Padfietsry
Cape Town Cycle Tour

Name /Surname	Age Cat.	Time:
William Ruthven	0/17	3.06
Kaleb van Rheede van Oudtshoorn	0/17	3.11
Pieter de Waal	0/15	4.18
Aardt Bekker	0/15	4.48
Jan Vreken	0//19	2.47
Eric du Plessis	0/15	3.47
Hugo Wium	0/17	5.53
Misha's Alcaraz	0/15 (42km)	01:41 :26

	Age Cat.	Time:
Michiel Vreken	0/17	3.02
Daniel Luts	0/17	5.23
Philippe Ferreira	0/17	3.40
Matthew West	0/17	5.30
Eric Botha	0/15	5.22
Daniel Steyn	0/19	2.47
Benji Fourie	0/19	2.36

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GRAYSWAN
WEALTH

RUWACON

BERGFIETSRY / MOUNTAIN BIKING
SA DOWNHILL CUP- Jonkershoek

Gerhard Hoepfner in 1st and
William Nelson in 2nd place in the Youth Men category.



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GRAYSWAN
WEALTH

RUWACON

BERGFIETSRY / MOUNTAIN BIKING
SA XCO Cup #1





<u>Youth 16</u>

Dylan van de Langeberg - 7th
William Ruthven- 11th
Konrad Kotze 16th
Willem duRandt- 21st

<u>Junior Men</u>

Benji Fourie - 1st
Neil van der Vyver - 4th
Daniel Steyn - 11th
Remi Vermaak - 12th
Connor Kitching- 29 th
Pg Groenewald - 32 th

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GRAYSWAN
WEALTH

RUWACON

ATLETIEK / ATHLETICS

Boland Hoërskole Atletiekkampioenskappe

o. 14

Antoni Grobbelaar, Paalspring - 3de (3.20 m)

Owen Pieterse, Spiesgooi - 4de (46 m)

o. 15

Ben De Waal, Hamergooi - 1ste (48.08 m, 897 ASA)

o. 17

Ethan Badenhuizen, Hamergooi - 1ste (50.39 m, 844 ASA)

Euwhan Kruywagen, Hoogspring 6de (1.75 m)

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ATLETIEK / ATHLETICS

Boland ASA Kampioenskappe

o. 14

Jordan Sydon, 100 m - 1ste (11.36)
Bjorn Williams, 100 m - 2de (11.92)
Bjorn Williams, 200m - 2de (24.35)
Jordan Sydon, 100 mH - 2de (13.83)
Isak Swanepoel, Hamergooi - 2de (33.85 m)
Requelme Juicy, Hoogspring - 2de (1.80 m)
Martin Diab, 1500 m - 2de (04:52.75)
Antoni Grobbelaar, Paalspring - 3de (3.00 m)

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ATLETIEK / ATHLETICS

Boland ASA Kampioenskappe

o. 16

Vuyo Ngobeni, 100 m - 1ste (10.65, 966 ASA)
Vuyo Ngobeni, 200 m - 1ste (22.28)
Alwyn Esterhuizen, Paalspring - 1ste (3.70 m)
Johan Swart, Paalspring - 2de (3.40m)
Ben De Waal, Hamergooi - 1ste (48.45m)
Deaconn Willemse, 300 mH - 2de (39.58)
Deaconn Willemse, 100 mH - 2de (13.44)
Jacques Pienaar, 1500 m - 2de (04:41.99)
Ben De Waal, Gewigstoot - 3de (14.17 m)
Leighton Hendricks, Verspring - 3de (6.10 m)
Johan Swart, Hoogspring - 3de (1.75 m)

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ATLETIEK / ATHLETICS

Boland ASA Kampioenskappe

o. 18

Zachary Ribeiro, Verspring - 1ste (6.51 m)
Joey Calitz, Diskus - 1ste (46.67 m)
Cronan Willis, Verspring - 2de (6.29 m)
Cronan Willis, Driepsprong - 2de (13.60 m)
Ethan Badenhuizen, Hamergooi - 2de(49.82 m)
Jason Hendricks, 400 mH - 2de (55.18)
Liam Koekemoer, 3000 m - 2de (08:54.13)
Martin Slabbert, 110 mH - 2de (14.76)
Joey Calitz, Gewigstoot - 2de (15.51 m)
Jean Volschenk, 400 mH - 3de (56.56)
Joey Calitz, Spiesgooi - 3de (53.37 m)
Luc Botha, 400 m - 3de (49.73)

o. 20

Marcus Viljoen, 110 mH - 1ste (14.73)
Lian Jansen, 400 mH - 1ste

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GHOLF / GOLF

Liga vs. Boland Landbou

Span 1 wen met 13 houe

- Tynan Vermeulen (Skoolranglys nr.5): 33
- Daniel Harber (nr. 13): 37

Span 2 wen met 3 houe.

- Thomas Geldenhuys (nr. 16): 40
- Cameron van der Merwe (nr. 20): 42
- Xavier Lacock (nr. 26) 42



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GHOLF / GOLF

Liga vs. PV

1ste span: wen met 15 houe

- Tynan Vermeulen 32

2de span: wen met 17 houe

- Daniel van den Berg 34

3de span: wen met 34 houe

- Tristan van der Merwe 38



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SWIMMING / SWEM

For the second consecutive year, we are the boys' champions of the Speedo Super Schools Gala!

The team achieved the most points in all three age groups:
Hein VerLoren van Themaat – Top scorer (U13)
James Wing – Top scorer (U16)
André Loots – Top scorer (U18)

André Loots and Matthew van Graan also won the exciting Dash for Cash event.

Congratulations to the team on another undefeated season — we are incredibly proud!



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KRIEKET / CRICKET

PRG 14E vs Wynberg 14E

Wynberg 68/10

Nicolas van deventer 3-8
Tristan Schefermann 2-5

PRG 69/5
Gideon Akhurst 20
Johan Nel 15*

PRG win by 5 wickets

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FAIRTREE

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KRIEKET / CRICKET

PRG 14C vs Bishops 14C

PRG 68/10
Charl Swart 18

Bishops 70/3
Ethan Schefferman 1/10

Lost by 7 wickets

Paul Roos u14D vs Bishops U14D

PRG 143/2
Corey Blignaut 85 not out

Bishops 38/10
Corey Blignaut 2/2
Pierre Serdyn 2/10

PRG won by 105 runs

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KRIEKET / CRICKET

PRG 14A vs Bishops 14A

Match Abandoned

PRG 14B vs Bishops 14B

PRG: 184/11
Karl Pienaar 41
Ben Parsons 37

Bishops 156/10
Jean Visser 6 for13

PRG win by 28 runs

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KRIEKET / CRICKET

PRG 15C vs Bishsops 15C

PRG 240/4in 20 overs
Salman Khan 83 not out
Aidan Botha 53 not out

Bishops 49/10 in 13 overs
Hudson Buchanan 3-0 in 1 over

PRG wen met 191 lopies.

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KRIEKET / CRICKET

PRG 15A vs Bishops 15A

Bishops: 119/10
Noah Cupido 6 for 42

PRG: 121/5
Jason Moodie 41
Nathan Philips 31 not out

PRG won by 5 wickets

PRG 15B vs Bishops 15B

PRG: 178/8
Eben Venter 78

Bishops: 68/10
Louis vd Berg 3 for 4

PRG won by 110 runs

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KRIEKET / CRICKET

PRG 19E vs Bishops 19E

PRG: 132/7
Bruce Jonker 34

Bishops: 69/10
Johan Du Plessis 5 for 14

PRG won by 63 runs

PRG 19F vs Bishops 19F

Bishops 76/10

Paul du Plessis 4 for 6

PRG 77/5
Ayden Sylvester 22*

PRG win by 5 wickets

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KRIEKET / CRICKET

PRG 19C vs Bishops 19C

Bishops: 74/10
Joshua Rhode 3 for 10

PRG: 80/4
Juan Fourie 24

PRG won by 6 wickets

PRG 19D vs Bishops 19D

PRG 151/10
Reuben Brits 55

Bishops 132/10

PRG wen met 19 lopies

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KRIEKET / CRICKET

PRG 19A vs Bishops 19A

PRG 160/10
Janko Webb 95

Bishops: 163/9
Morne Pauw 5 for 34

PRG lost by 1 wicket

PRG 19B vs Bishops 19B

Match Abandoned

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Golden Slide

Prestige Heroes
Thank you to VRL and Societas members keeping the stands clean at Prestige!

SOCIETAS
Bartlo Volschenk

Xander Yntema

VRL
Andrew Murray

Francois du Plessis

Piet van Zyl

Nathan Barnard

James Holm

Jeandre van Zyl

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