PAUL ROOS
GIMNASIUM – GYMNASIUM

SAALBYEENKOMS / ASSEMBLY

8 April 2026

TENNIS

Toernooiwenners:

Luke Verwey wen die dubbelstitel en haal die finaal van ITF-enkelstoernooi in Zimbabwe.

Tristan van der Merwe wen die dubbelstitel en haal die finaal van o. 16-enkelstoernooi by die Super 8 in Bloemfontein.

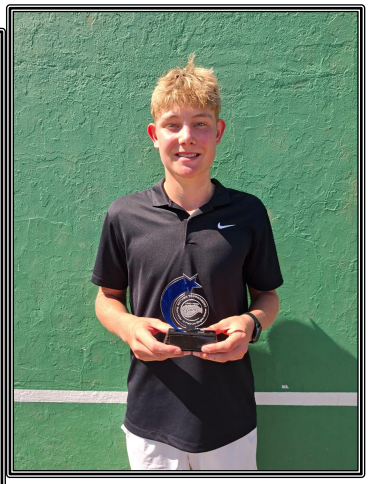
Alec Koch wen die enkels- en dubbelstitels o.14 by die Super 8 in Bloemfontein.

Daneel Bester wen die enkels- en dubbelstitels o. 16 by die Cape Town Mini Tournament.

Christian Oberhofer wen die dubbelstitel o. 16 by die Cape Town Mini Tournament.

Daniel Koch wen die enkelstitel o. 14 by die Cape Town Mini Tournament









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TENNIS

Alec Koch wen die nasionale o. 14-dubbelstitel en verloor in die finaal van seuns o. 14-enkeltitel.

Tien ander PRG-tennisspelers het ook aan die SA-Kampioenskap in Bloemfontein deelgeneem:

Seuns o. 18:
Hanno Bouwer

Seuns o. 16:
Tristan van der Merwe, Daneel Bester, Christian Oberhofer, Rocco Noades, Ruben Smit, Johan Maritz

Seuns o. 14:
Alec Koch, Nathan Sloan en De Villiers Wickens





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GHOLF / GOLF

We sent a developing team to represent us at the Affies Golf Festival.

The team ended 12th in the tournament.



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ATLETIEK / ATHLETICS

Maroon Pride Shines in Germiston: Paul Roosers Excel at ASA Age Group Championships

It was a weekend of high stakes and even higher leaps as ten Paul Roos Gymnasium athletes traded their maroon jerseys for Boland colours at the ASA Age Group Championships in Germiston. Competing against the finest young talent in South Africa, our boys showed incredible grit, returning home with a haul of five national medals.

The Sprints: Ngobeni Dominates

The track belonged to Vuyo Ngobeni (U16), who cemented his status as a rising star in South African sprinting. Vuyo pulled off a spectacular double-gold performance, claiming the title of National Champion in both the 100m (10.70s) and the 200m (21.31s).

Technical Excellence & Field Success

Our hurdlers and jumpers pushed their limits in highly competitive fields:

- Deaconn Willemse (U16) secured a hard-fought Bronze in the 300m Hurdles and placed 5th in the 100m Hurdles.
- Cronan Willis (U18) soared in the Triple Jump, earning a Silver medal with a distance of 14.18m.
- Alwyn Esterhuizen (U16) added to the medal tally with a Bronze in the Pole Vault, clearing 3.90m.

ATLETIEK / ATHLETICS

ASA RESULTS

Athlete	Event	Result	Placing
Vuyo Ngobeni (u16)	100m	10.70	Gold
	200m	21.31	Gold
Deaconn Willemse (u16)	300mH	38.75	Bronze
	100mH	13.01	5th
Alwyn Esterhuizen (u16)	Polevault	3.90m	Bronze
Johan Swart (u16)	Polevault	3.20m	5th
Antoni Grobbelaar (u16)	Polevault	3.10m	6th
Jordan Sydon (u16)	100mH	13.37	Heats – 3rd
Leighton Hendricks (u16)	Long Jump	5.91m	Round 1 – 13th
Cronan Willis (u18)	Triple Jump	14.18m	Silver
	Long Jump	6.50m	Round 1 – 13th
Zachary Ribeiro (u18)	Long Jump	6.44m	12th
Liam Koekemoer (u18)	3000m	09:20.95	22nd

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SOKKER / SOCCER

PRG U19A Reddam House Cup

- PRG 4 vs 0 Houtbay High
- PRG 1 vs 0 Rondebosch Boys
- PRG 4 vs 0 Westerford High

Semi Final

- PRG 1 vs 0 Bridgehouse

Final

- PRG 0 vs 0 Wynberg Boys
- PRG lost 4 goals to 3 on penalties



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RAATS
FAMILY VINEYARDS

HOKKIE / HOCKEY

Kwaggaweek 14B
Beat Jim Fouche 14A 4-1
Beat Outeniqua 14A 5-0
Beat Eldoraigne 14A 7-2
Beat York 14A 4-0



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HOKKIE / HOCKEY

Coastal Cup results

14A Coastal Cup results:

Vs DHS Won 3-2

Vs Michaelhouse won 1-0

Vs Westville won 4-1

Vs St Albans won 5-0

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HOKKIE / HOCKEY

Paarl Gimnasium Toernooi 16D

PRG wen vs HJS C 6-0
PRG wen vs Outeniqua B 6-0
PRG wen vs Stellenbosch B 7-1
PRG wen vs HS Punt B 4-0
PRG wen vs Paarl Gim C 4-0
PRG wen vs DF Akademie B 9-0

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HOKKIE / HOCKEY

PRG 16C Kwagga Week

PRG lost to against Outeniqua 16A 0-2
PRG beat Glenwoodhouse 16A 5-0
PRG beat Sentraal 16A 3-1
PRG beat Stellenberg 16A 6-0

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HOKKIE / HOCKEY

PRG 16B - Belgotex Sports Challenge

PRG beat Duineveld 19-0.
Reuben Brits man of the match. 7 goals

PRG beat DF Akademie 4-0. Man of the match Xander Louw.

PRG beat Langenhoven Gimnasium 9-0

PRG beat Reddam House Constantia 3-1

Final: PRG beat Fairmont 7-1

Cup Winners

Top scorer in tournament Reuben Brits 14 goals
Player of the Tournament Henri Marais

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HOKKIE / HOCKEY

Coastal Cup results

U16A

Lost 1 - 5 vs DHS

Drew 0 - 0 vs Westville

Drew 1 - 1 vs Michaelhouse

Won 5 - 0 vs St Albans

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HOKKIE / HOCKEY

Paarl Gimnasiumtoernooi 19D
Wen 4-0 teen DF Akademie 19B
Wen 6-0 teen Paarl Gimnasium 19C
Verloor 1-3 teen Outeniqua 19B
Wen 6-0 teen Worcester Gimnasium 19B
Verloor 3-5 teen Boishaai 19C
Wen 7-0 teen Hermanus 19B



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HOKKIE / HOCKEY

19C Paarl Gimnasiumtoernooi:

Klop Paarl Gim 10-0
Klop DF Akademie 3-0
Klop Worcester Gim 15-0
Klop Outeniqua 4-0
Klop Hermanus 11-0
Verloor teen HJS 2-3



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HOKKIE / HOCKEY

Eastern tournament 19B results:

- Beat Windhoek Gimnasium 19A 6-0
- Beat Langenhoven Gimnasium 19A 3-1
- Beat Brackenfell HS 19A 8-0
- Beat Woodridge 19A 6-1
- Beat SACS 19B 1-0
- Lose Fairmont 19A 1-2
- Beat HTS Drostdy 19A 4-1

Finish 3rd out of 64 teams.
Kyle Botma awarded goal scorer of the tournament with 13 goals.

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HOKKIE / HOCKEY

Coastal Cup results

u19A

Lost 1-2 vs DHS

Won 4-1vs Michaelhouse

Won 3-1 vs Westville

Won 3-1 vs St Albans

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RUGBY

Kwaggaweek 14A (George)

Hoërskool Rustenburg 31–10 Win

Hoërskool Secunda 86–0 Win

Hilton College 35–0 Win

Kwaggaweek 14B (George)

Die Hoërskool Menlopark 14B 59–0 Win

Hoërskool Outeniqua 14B 48-0 Win

York High School 14A 52-0 Win

Camp Discovery 14C/D

Hoërskool Marais Viljoen 14A 10-7

Hoërskool Ellisras 14A 51-0

Hoërskool Hans Moore 14A 50-17

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RUGBY

Frans Malherbe Week 15A (HJS, Paarl)

Hoërskool Middelburg 15A 21-12

Die Hoërskool Menlopark 15A 54–7

Hoërskool Rustenburg 15A 29–5

Paarl Gimnasium Invitational 15D

Hoërskool Labori 15A 15-5

Langenhoven Gimnasium 15A 10-5

Camp Discovery 15B/C

Hoërskool Pietersburg 15A 12-13

Hoërskool Die Anker 15A 49-8

Hoërskool Monument 15C 33-0

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RUGBY

Jean de Villiers Week 16A (Paarl Gimnasium)

Helpmekaar Kollege 16A 60-12

Hoërskool Outeniqua 16A 47-17

Die Hoërskool 16A 50-5

AJ Sportweek 16B/C (Mosselbaai)

Hoërskool Klerksdorp 16A 19–20

Hoërskool Stella 16A 46–0

Hoërskool Koster 18A 13-7

AJ Sportweek 16C/D (Mosselbaai)

Hoërskool Brackenfell 16A 0–10

DF Akademie 16A 15-0

Hoërskool Jan van Riebeeck 16A 12-15

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RUGBY

Noord-Suid 19A (Affies)

Hoërskool Monument 19A 21-17

Pretoria Boys High 19A 43-12

Noord-Suid 19B (Affies)

Hoërskool Monument 19B 20-12

Pretoria Boys High 19B 61-7

AJ Sportweek 19C/D (Mosselbaai)

Hoërskool Noord-Kaap 19A 32–10

Hoërskool Riebeeckrand 19A 40-14

Hoërskool Wolmaransstad 19A 36–5

AJ Sportweek 19D/E (Mosselbaai)

Parklands College 19A 63–0

Ceres Sekondêre Skool 19A 42-7

DF Akademie 19A 21-14

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