

Interhigh 2014



Mandisa Sigudla.



Obakeng Tselane.



Thembeke Ngwenya.

Top achievers boys

- Xumani Maakana - m/19, gold medal, 400m (50.33); silver, 200m (23.17)
- Nhlanhla Tshabalala - 14, gold, high jump (1.55)
- Muzi Maphophe - 17, gold, 400m hurdles, new interhigh record (56.66); silver, 400m (51.04)
- Lukhanyiso Makaula - 17, gold, triple jump (12.97)
- Robin Maile - 17, gold, 100m (11.20); silver, 200m (23.00)
- Gracious Lubisi - 19, silver, 100m (11.29)
- Doctor Nkuna - 14, bronze, 100m (12.57)
- Tebogo Lukhele - 19, silver, long jump (6.57) and triple jump (13.12)
- Thembaletu Mnisi - 15, silver, high jump (1.50)
- Frank Muwayi - 15, silver, long jump (5.70)
- Comfort Masuku - 19, bronze, high jump (1.75).

Girls

- Zanele Nkosi - 17, bronze, long jump (4.91)
- Joy Ndhlovu - 19, gold, long jump (5.14); bronze, triple jump (10.21); bronze 100m (13.25)
- Gugu Nkosi - 15, silver, long jump (4.65)
- Gugu Nkambule - 16, gold, long jump (4.99) and triple jump (10.37)
- Portia Nzima - 16, silver, long jump (4.62); bronze, 100m (13.88); gold, high jump (1.42)
- Mandisa Sigudla - 16, gold, shot put (10.77)
- Thembeke Ngwenya - 19, gold, 400m (1:03.46); silver, 800m (2:27.50)
- Promise Nkambule - 14, bronze, 200m (29.10).

Relays

- w/19 - silver
- b/17 - silver
- m/19 - silver
- g/16 - gold.

Pride and courage are justly rewarded

"I was very proud of Lowveld High School's athletes, cheerleaders, staff and supporters who demonstrated spirit, courage and enthusiasm at interhigh. Thanks to Ms Annemarie Kleynhans and the Bergvlam community for being such generous hosts," said a very proud Ms Jane Wandrag, principal of this prestigious school. Lowveld High athletes made their mark in this year's competition, taking home several medals and accolades.

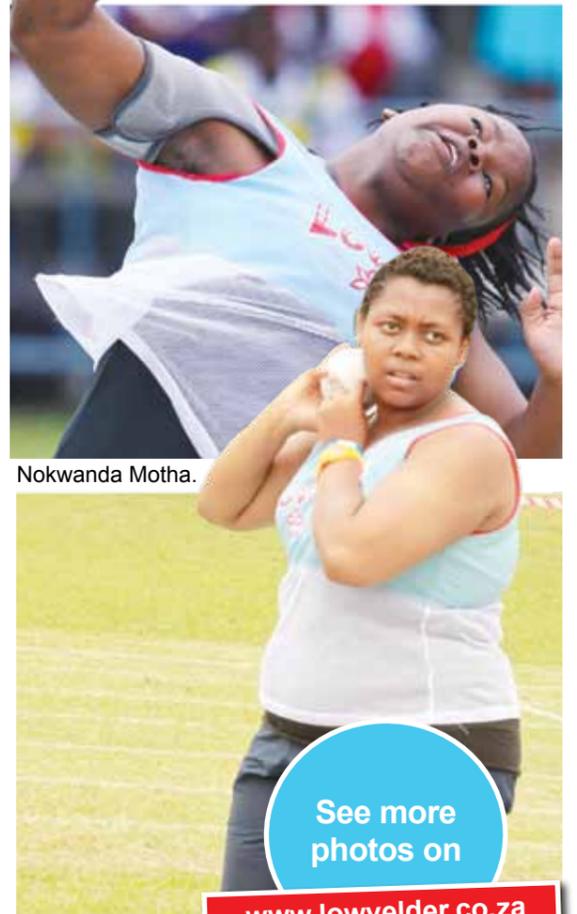


Siyabonga Ndlovu.



Njabulo Nkomo.

Gugu Nkosi carrying Natasha Brown.



Nokwanda Motha.

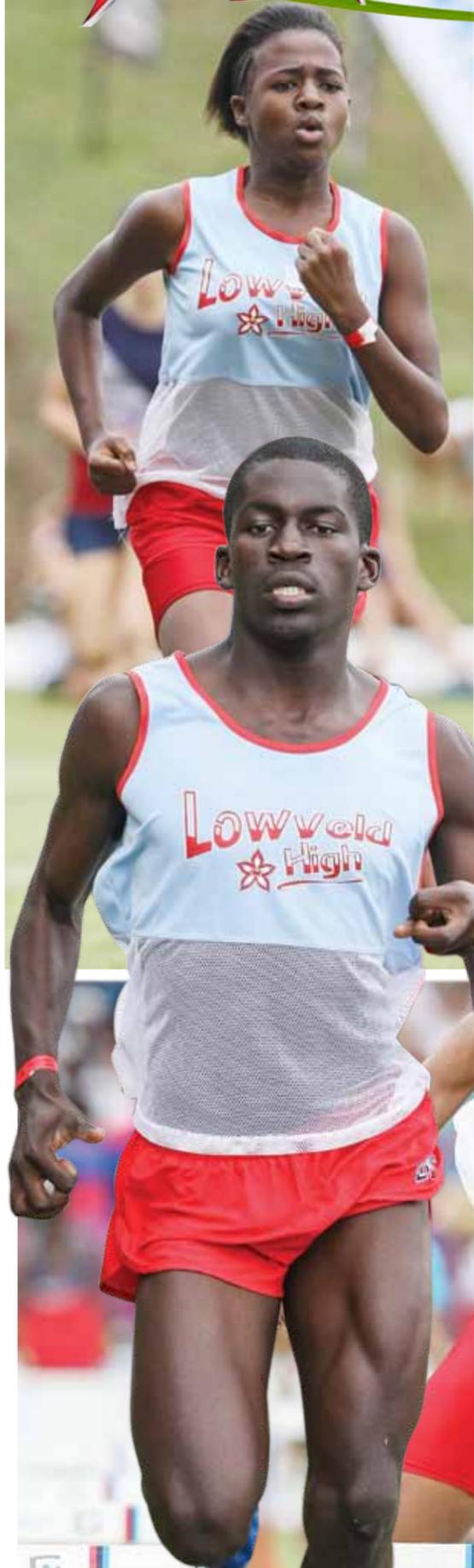
Basani Furumele.

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Top left: Promise Nkambule. Zamanene Nkosi and Joy Nkonde.

Butholenkosi Sibanda.

Menzi Mkhonza. **Photos: Hennie Homann and Landé Willemse**

Basani Furumele.

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