



Cross Country results

Old Boys' Race

Boys	Old Boys
1. T Malope	2. T Johnston
3. D Slabbert	8. A Cordes
4. G Currie	11. CJ Barnard
5. C Meyer	12. G Jelley

Social Race

Boys	Girls
1. T Malope	1. B Barnard
2. C Meyer	2. L Immelman
3. G Currie	3. H Van Den Berg

Inter-League Championship Race

Juniors (4 th)	Seniors (gold)
17. M Currie	2. T Malope
19. A Nangalembe	3. G Currie
21. L Ntambi	4. D Slabbert
24. G Konopi	9. C Meyer
27. G Von Berg	4. J Immelman
34. J Myburg	29. N Mills

Form I Race

1. M Currie	2. R Howland	3. M Haas	3. K Kinimi
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Form II Race

1. B Ward	2. M Theodorou
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Individual Jo'Burg Championship

Juniors	Seniors
20. M Currie	12. J Immelman
35. G Konopi	16. T Malope
19. C Meyer	30. T Rasebotsa

Second Pretoria League Race

Juniors (2 nd)	Seniors (3 rd)
1. B Ward	6. T Malope
11. D Van Heeden	19. G Currie
22. A Nangalembe	21. D Slabbert
37. M Theodorou	25. C Meyer

First Jo'burg League Race

Juniors (2 nd)	Seniors (1 st)
4. M Theodorou	2. T Malope
5. M Currie	5. G Currie
9. D Van Heerden	6. D Slabbert
10. K Kinimi	7. C Meyer

Fourth Jo'burg League Race

Juniors (3 rd)	Seniors (1 st)
8. M Currie	3. T Malope
10. D Van Heerden	5. D Slabbert
13. A Nangalembe	7. G Currie
24. L Ntambi	8. C Meyer

Fifth Jo'burg League Race

Juniors (2 nd)	Seniors (1 st)
8. M Currie	3. T Malope
10. D Van Heerden	8. G Currie
18. M Theodorou	10. D Slabbert
21. A Nangalembe	15. C Meyer

Sixth Jo'burg League Race

Juniors (3 rd)	Seniors (1 st)
9. M Theodorou	3. T Malope
12. M Currie	5. D Slabbert
14. A Nangalembe	8. G Currie
21. G Konopi	10. C Meyer

10 km Classic

Junior	Senior
1. M Theodorou	1. T Malope
2. D Van Heerden	2. G Currie
3. A Nangalembe	3. D Slabbert

PBHS vs Grey College

Juniors (won)	Seniors (won)
1. B Ward	1. T Malope
2. D Van Heerden	2. G Currie
3. M Taderera	3. C Meyer
4. A Nangalembe	7. J Immelman

Third Pretoria League Race

Juniors (8 th)	Seniors (3 rd)
3. B Ward	4. T Malope
51. G Konopi	17. G Currie
56. G Von Berg	22. C Meyer
72. S Whindus	28. J Immelman

Second Jo'burg League Race

Juniors (2 nd)	Seniors (1 st)
11. M Currie	3. T Malope
12. D Van Heerden	6. G Currie
13. A Nangalembe	7. C Meyer
16. K Kinimi	8. D Slabbert

Gauteng Championships

Under 14	Under 15
38. D Van Heerden	22. B Ward
Under 16	Under 17
32. T Rasebotsa	11. T Malope
Under 19	
30. C Meyer	32. J Immelman

Street Mile

Junior	Senior
1. B Ward	1. T Malope
2. D Van Heerden	2. D Slabbert
3. M Taderera	3. G Currie

Headmaster's Prestige

Junior	Senior
1. B Ward	1. T Malope
2. D Van Heerden	2. G Currie
3. G Von Berg	3. D Slabbert
4. M Theodorou	4. N Mills

King-of-the-Mountain Race

Junior	Senior
1. B Ward	1. T Malope
2. M Theodorou	2. D Slabbert
3. D Van Heerden	3. C Meyer

First Pretoria League Race

Juniors (5 th)	Seniors (3 rd)
2. B Ward	7. T Malope
16. D Van Heerden	19. G Currie
29. A Nangalembe	23. D Slabbert
45. G Konopi	26. C Meyer

Fourth Pretoria League Race

Juniors (4 th)	Seniors (5 th)
3. B Ward	9. T Malope
30. G Von Berg	26. G Currie
38. G Konopi	28. C Meyer
41. M Taderera	48. J Immelman

Third Jo'burg League Race

Juniors (3 rd)	Seniors (1 st)
9. A Nangalembe	4. T Malope
11. M Currie	6. G Currie
12. D Van Heerden	10. D Slabbert
19. K Kinimi	12. C Meyer



Cross Country

Inter-house

Under 14 1. D Van Heerden 2. M Currie 3. J Joubert	Under 15 1. B Ward 2. M Theodorou 3. K Kinimi	Under 16 1. K Mabotja 2. T Rasebotsa 3. N Mills 3. M Sykes	Under 17 1. T Malope 2. G Currie	Under 19 1. D Slabbert 2. C Meyer 3. H Kgothadi	Overall 1. T Malope 2. D Slabbert 3. G Currie
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Junior winners:
Rissik House

Senior winners:
School House

Dayboys vs Boarders
No race held

New records

Old Boys' Race (boy)

T Malope 15:30

Form II Race

B Ward 12:23

Street Mile

Junior B Ward 4:57.07	Senior T Malope 4:27.53
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Awards

Full Colour Re-award

T Malope
C Meyer
D Slabbert

New Full Colour Awards

G Currie

Half Colour Re-awards

H Kgothadi

New Half Colour Awards

N Mills
J Immelman
T Rasebotsa

Champion Runner Trophy

Junior B Ward	Senior T Malope
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Spirit Trophy

C Simon
Best Under14
D Van Heerden

Best Under 16

N Mills

Best Under 19

D Slabbert

Dedication Trophy

G Stephens

Progress Trophy

G Von Berg

Best Under15

B Ward

Best Under 17

T Malope

Crock Cup

Matthew Currie

G Konopi



PBHS vs Grey College on a chilly Saturday morning. Daan Van Heerden and Marimo Taderera take an early lead.



Colin Meyer, the captain, and Greg Currie (right) leaving the Grey College boys behind in the valley.

Each year I try to avoid an analysis of the year's results table. However, at the end of the season I decided it was time to plot on a graph all the results since I took over as the coach in 2001. I guess I was hoping for an upward curve. But there was nothing like that. What was noticeable was that the most successful junior A-team was the one of 2004, and the most successful senior A-team was the one of this year. Incidentally, those two teams have two names in common – Greg Currie and Tumi Malope.

The junior team had a more chequered season. They finished fourth in the Jo'burg League while our secret weapon, Brett Ward, was training in the mountains of his bush school. Then they finished fourth again in the Pretoria League because B despite Brett's unprecedented victories B Adrian Nangalembe had gone back to Malawi.

Other than the senior team enjoying their most successful season, there were two other records. The one record is that six of our boys represented

Gauteng North at the Gauteng Championships in Heidelberg, which improved upon the five boys who competed in 2005. The other record that was set this year was the number of records broken B four of them. There were also some near misses: Tumi missed the King-of-the-Mountain record by fifteen seconds and the 10km Classic record by only twelve seconds, and both Tumi and Brett missed the senior and junior Inter-House records by a heart-breaking two seconds.

A long season later the guest speaker at the Pretoria League prize-giving was Nick Bester. One of the things he said was that parents often ask him, 'Don't you want to coach my son; he's an excellent athlete?' And he said that he tells those parents that he does not want an athlete who can run; he wants an athlete who wants to run. I feel that I am blessed with many such athletes.

The most ambitious athletes tend to be the least talented. But the progress trophy was won by George Von Berg who simply trained harder than everyone else – as he put it to a friend on the way to Phobians one evening: 'How do you expect to beat me if you don't train?'

The spirit and camaraderie amongst the boys this year has been a joy. In addition to boys quitting rugby and extra maths so that they can run, I sometimes have Goitsone Konopi cornering me to give me his self-motivation speech: 'Sir, I'm training today and

then tomorrow morning and then every day twice a day; and next year I'm gonna beat Kinimi and then I'm gonna beat George, and then I'm gonna get half colours.' And then he nods and walks off. What more can I say?

Four matrics leave the cross-country team this year: Hlabi Kgothadi, Grant Stephens, Colin Meyer and Justus Immelman. Those who know these boys will know what a loss it will be to the cross-country team.

Our vice-captain, Hlabi Kgothadi, leaves holding the record as the cross-country runner with the biggest, most defined legs ever! It amuses me when people gather round and say, 'Hey Hlabi, show us your V.'

No one has won the dedication trophy more often than Grant Stephens. He leaves us with a technological brain drain. I think it is a credit to him that parts of cross-country will be missing when he leaves. He will have to be back at times to help us out until we have another computer fundi in the team.

Colin Meyer and Justus Immelman are the nice guys who do not win races (although they do come close). So we will miss them as good first team runners, and we will miss them just because they are nice guys B the epitome of what a Boys High cross-country runner is and should be. Justus leaves as the only Boys High boy to have beaten Tumi in a cross-country race this year.

I hope to see these boys at future Old Boys' races.

Senior cross country



Front Row L-R: L Mathekgana, V Braithwaite, L Kgothadi, Mr L Keeton (Master-in-Charge), C Meyer, J Immelman, G Stephens.

Back Row L-R: K Lund, L Lambrechts, D Slabbert, G Currie, C Simon, C Bester, R Janse van Rensburg, T Rasebotsa.



Tumi Malope breaks away from Deon Sabbert in the Street Mile on his way to breaking the record.



Awards at the cross-country dinner.