



NEWS LETTER – 21 MAY 2017

RESULTS - BOLAND ATHLETICS CROSS COUNTRY TRIAL 3 - SATURDAY 20 MAY 2017

The beautiful Boland Town Ceres offered 1 250 athletes from around the Boland Regions the best motivation for a good performance at the Boland Athletics Cross Country Trial 3 event at Victoria Park Stadium on Saturday 20 May 2017.

The hosts for this well presented event were Ceres Athletics Club and the Witzenberg Schools Region.

The athletes are in preparation for the Boland Cross Country Inter-Districts Challenge on Saturday 27 May 2017 at Voorberg Correctional Centre, Porterville.

The 6 Boland Schools Regions that will compete for honours at the 2017 Boland Cross Country Inter-District Challenge on 27 May 2017 will be Boland Central, Boland North, Boland West, Boland North West, Boland South and Witzenberg.

The 2017 Boland Cross Country Inter-District Challenge will mark the halfway mark for athletes in preparation for the 2017 ASA Cross Country Championships and the 2017 SASA National Schools Championships in September 2017.

The results of the top 10 athletes in each category of Trial 3 are attached.



Girls 9 – 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Esmari	Senoamali	2009:03:08	Morrisdale	8.35
2	Shermon	Kok	2008:09:29	Touwsrivier	08.54
3	Jo-Keisha	Greef	2008:03:09	Touwsrivier	8.55
4	Devidene	Jantjies	2008:04:07	Rawsonville PS	9.04
5	Christie	Maans	2008:10:12	Morrisdale	9.06
6	Moneeba	De Bruyn	2009:01:06	De Tuinen	9.1
7	Katelin	Bresens	2008:02:05	La Chass PS	8.15
8	Veronique	jacobs	2008:12:06	Riverlands PS	8.18
9	Jamy-Lee	lakay	2008:04:29	Riverview PS	8.32
10	Beyonce	Grobbelaar	2008:05:28	H. Venter	8.34

Boys 9 – 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Preston	Natal	2008:01:07	Steenvliet PS	07.50
2	Lucando	Klaase	2008:05:27	Riverlands PS	07.55
3	Jericho	Kroukamp	2008:08:07	Steenvliet PS	07.56
4	Christopher	VD Westhuizen	2008:09:04	Welvaart PS	08.10
5	Junaid	Franse	2009:06:19	Riverlands PS	08.14
6	Zaid	Sekoe	2008:05:31	Touwsrivier PS	08.17
7	Raymeek	Vcedras	2008:04:21	Ceres PS	08.22
8	Ciano	Paul	2008:06:12	FJ Conradie	08.24
9	Aden	Felix	2008:08:16	Riverlands PS	08.24
10	Keagan	Willemse	2008:10:05	Pit Hugo Gedenk	08.31

Girls 10 – 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Bianca	Baron	2007:06:06	Citrusdal PS	08.23
2	Ivania	Kok	2007:07:18	Steenvliet PS	08.24
3	Mishca	Fredericks	2007:07:02	Welvaart PS	08.25
4	Micayla	hamman	2007:12:17	Morridale PS	08.26
5	Desnay	Andrew	2007:06:13	Morridale PS	08.39
6	Gailleen	Rex	2007:03:24	Elandsrivier	08.41
7	Fredolene	Makanda	2007:02:03	Steenvliet PS	08.47
8	Odelia	sauls	2007:04:28	Touwsrivier	08.51
9	Ventashia	Farao	2007:10:28	Orleansvale PS	08.53
10	Nicaya	Booyesen	2007:02:06	Touwsrivier	09.01

Boys 10 – 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Gilermo	Fillies	2007:02:11	Steenvliet PS	07.36
2	Anvor	Gaika	2007:02:05	Riverlands PS	07.37
3	Dewan	wildschut	2007:07:22	Steenvliet PS	07.48
4	Ellgin	Snyders	2007:01:01	Steenvliet PS	07.51
5	Wilhelm	Prins	2007:03:29	Bellavista PS	7.57
6	Corne	Williams	2007:04:02	St Albans PS	07.58
7	Eldorico	Farmer	2007:10:11	Dalweide PS	08.01
8	Endine	Esel	2007:03:12	Wysersdrift	08.06
9	Denzil	Cordom	2007:12:27	Riverlands PS	08.10
10	Xavier	Bam	2007:03:26	Bergrivier PS	08.11

Girls 11 – 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Willmay	Van Esland	2006:06:14	Touwsrivier PS	12.15
2	Joshlin	Kiewiets	2006:10:14	Touwsrivier PS	12.17
3	Tashmia	Fortuin	2006:03:11	Saron PS	12.26
4	Micayla	Petersen	2006:11:21	Morrisdale PS	12.30
5	Jenniba	Nuwegeld	2006:01:25	Soetendal PS	12.34
6	Runichia	Delport	2006:10:22	FJ Conradie PS	12.50
7	Rosedeen	Louw	2006:03:08	Avianpark PS	12.51
8	Grace	Zacharias	2006:09:21	Britsum PS	12.54
9	Anthea	Solomons	2006:11:05	De Rust Futura	13.01
10	Danty	McThomas	2006:04:15	Touwsrivier PS	13.12

Boys 11 – 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Carlton	Matthews	2006:06:08	Morridale PS	11.15
2	Jayden	Efraim	2006:07:29	Paarlzicht PS	11.18
3	Lee-Hanro	Arendse	2006:06:03	Ceres PS	11.23
4	Keanon	September	2006:04:03	Morridale PS	11.26
5	Jeremy	Cupido	2006:01:07	Morridale PS	11.27
6	Rio	Maurice	2006:05:21	WF Loots PS	11.33
7	Jeyeren	november	2006:03:17	Victoriapark PS	11.35
8	Nuraan	September	2006:01:14	Riverlands PS	11.45
9	Tino	Baron	2006:05;26	Citrusdal PS	11.49
10	Lee-Tin	Syfers	2006:05:03	Victoriapark PS	11.56

Girls 12 – 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Gillian	Muller	2005:10:19	Britsum PS	11.50
2	Beylin	Van Rooyen	2005:09:10	Britsum PS	11.51
3	Sarah-Lee	senoamali	2005:05:06	Morrisdale PS	12.12
4	Michelle	Klaasen	2005:03:01	Paarlzicht PS	12.40
5	Sonay	Kleinveldt	2005:09:27	Touwsrivier PS	12.43
6	Warrenique	Adendorff	2005:03:19	Dagbreek PS	12.47
7	Avela	Shumi	2005:03:01	Riecona	12.50
8	Tanya	Manuwel	2005:02:02	Riverlands PS	12.52
9	Christolique	McNeil	2005:10:02	Avianpark PS	12.58
10	Billinda	Adams	2005:05:18	Bergrivier PS	13.09

Boys 12 – 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Morne	Swarts	2005:05:05	Overhex PS	10.57
2	Luson	Kroukamp	2005:03:28	Steenvliet PS	11.17
3	Angelo	Swarts	2005:05:15	Klasie De Wet PS	11.29
4	Rowayne	Kouter	2005:01:12	Overhex PS	11.32
5	Juandre	Rhode	2005:06:06	Morrisdale PS	11.34
6	Gavin	Flink	2005:01:05	Vlottenburg	11.36
7	Shane-Joshua	Adams	2005:04:25	Dalweide PS	11.37
8	Lucian	pietersen	2005:03:19	Touwsrivier	11.44
9	Markus	van Aswegen	2005:08:24	LS Stellenbosch	11.47
10	Jadé	Booyesen	2005:03:02	Pineview PS	11.48

Girls 13 – 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Rodene	Julius	2004:04:24	Witzenburg PS	12.01
2	Madelein	Adams	2004:02:08	WF Loots	12.10
3	Joybade	Jaftha	2004:06:23	Steenvliet PS	12.27
4	Megan	Kok	2004:10:21	Touwsrivier PS	12.47
5	Jodene	Damons	2004:04:02	Riverlands PS	12.52
6	Raffika	Jantjies	2004:11:20	St Mark's PS	12.55
7	Kay-Dee	Scheffers	2004:01:21	Touwsrivier PS	13.07
8	Demecia	Visser	2004:08:12	Le Chass PS	13.10
9	Christelene	Snyders	2004:01:01	St Mark's PS	13.14
10	Marsha	morris	2004:04:20	Bakerville PS	13.17

Boys 13 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Lee-Tham	Rooi	2004:06:01	Bella Vista HS	14.43
2	Lee-Quin	Danster	2004:05:16	H Venter PS	14.53
3	Lunadin	Renier	2004:12:21	Touwsrivier PS	14.58
4	Nashville	Hofmeester	2004:05:04	WF Loots	15.03
5	Ron-Lee	Ockhuis	2004:08:28	Witzenberg PS	15.09
6	Cado	george	2004:03:15	Witzenberg PS	15.14
7	Elton	Farmer	2004:04:03	Pit Hugo Gedenk	15.15
8	Jacques	Jacobs	2004:01:05	Riverlands PS	15.23
9	Nathan	Botha	2004:12:20	Kosie De wet PS	15.24
10	Ismael	VD Westhuizen	2004:03:23	Soetendal PS	15.33

Girls 14 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Virgell-Lee	Africa	2003:08:21	Avianpark PS	15.57
2	Cynthia	Raman	2003:03:31	St Mark's	16.40
3	Jessica	Slinger	2003:01:16	De Kruine PS	17.03
4	Veronique	Visagie	2003:07:15	Breërivier PS	17.09
5	Willmien-Shay	Pietersen	2003:11:15	H Venter	17.24
6	Michelle	Louw	2003:10:27	St Mark's	17.39
7	Mechaid	Botha	2003:07:03	Breërivier PS	17.54
8	Tsepiso	Leboudna	2003:04:01	Breërivier PS	18.21
9	Rochelle	Fredericks	2003:06:13	Touwsrivier PS	18.32
10	Christi	Noades	2003:07:25	Rhenish	18.34

Boys 14 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Donald	Scheepers	2003:07:04	Touwsrivier PS	14.06
2	Shahied	Maritz	2003:09:04	FJ Conradie PS	14.29
3	Rochton	April	2003:11:10	Touwsrivier PS	14.51
4	Durizen	Esterhuizen	2003:07:25	Dalweide PS	14.57
5	Alfonso	Prins	2003:11:26	Witzenberg PS	14.58
6	Jaydon	De Villiers	2003:07:21	Wellington PS	15.04
7	Creston	Pieterse	2003:01:26	Moslem PS	15.12
8	Keaton	Fredericks	2003:10:19	Soetendal PS	15.15
9	Jacques	Hendricks	2003:10:27	Riverlands PS	15.18
10	Rashid	Fransman	2003:01:04	Citrusdal PS	15.22

Girls 15 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Mirna	Swarts	2002:12:10	HS Tulbagh	16.48
2	Almé	Jordaan	2002:05:02	HS Stellenbosch	16.49
3	Cimòn	VD Westhuizen	2002:01:21	Bloemhof	16.56
4	Yunisha	Coetzee	2002:11:02		17.12
5	Marilize	Solomons	2002:07:22	Wolseley SS	18.12
6	Carli	Jacobs	2002:11:10	HMS Bloemhof	18.41
7	Katelyn	Joseph	2002:12:20	Breërivier	18.48
8	Nicci	La Meyer	2002:02:13	HS Swartland	19.16
9	Erica	Snyman	2002:03:05	Cloetesville SS	20.03
10	Madine	Hendricks	2002:09:19	Wolseley SS	21.04

Girls 15 LSEN – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	McKayla	Gampies	2002:03:16	Lindelani	20.10
2	Chanteline	Valentine	2002:05:22	Steinthal	20.11
3	Atisca	Esterhuizen	2002:12:17	Riebeeck Valley	20.12
4	Roseline	Delilie	2002:01:11	Riebeeck Valley	21.31
5	Nadine	Solomons	2002:08:30	Riebeeck Valley	27.05

Boys 15 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Siphosethu	Tasana	2002:07:17	William Lloyd PS	13.53
2	Gawian	Jantjies	2002:09:13	Paarl Gim	13.58
3	Roman	VD Horst	2002:04:11	De Kruine SS	14.00
4	Curtis	Fortuin	2002:11:23	Cederberg Akad	14.03
5	Vicky-Han	Julies	2002:04:10		14.05
6	Nolan	Diedericks	2002:04:25	Paarl Gim	14.07
7	Enslyn	Paulse	2002:03:10	Wolseley SS	14.21
8	Neven	Lubbe	2002:07:25	Somerset HS	14.41
9	Francko	Bantam	2002:08:20	Charleston Hill SS	14.47
10	Lee-Brian	Rooi	2002:07:24	Bella Vista	15.02

Boys 15 LSEN – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Jamiel	Opperman	2002:07:13	Lindelani	14.37
2	Ryan	Steer	2002:04:30	Lindelani	14.55
3	Godwin	Basson	2002:10:03	Steinthal	15.19
4	Gabriel	Charles	2002:04:24	Lindelani	15.55
5	Keatin	Daars	2002:09:21	Wellinton SOS	16.00
6	Jadrin	Van Wyk	2002:06:04	Riebeeck Valley	17.11
7	Josh	Jacobs	2002:10:17	Wellinton SOS	17.19
8	Abenico	Snell	2002:09:25	Wellinton SOS	18.55
9	Brandon	Olivier	2002:08:20	Steinthal	20.53
10	Brisano	Pietersen	2002:03:31	Steinthal	20.56

Girls 16 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Vernita	Africa	2001:08:27	Breërivier	16.03
2	Meagan	Swanepoel	2001:10:05	Breërivier	16.23
3	Sue-Lee	Seekoei	2001:06:04	Breërivier	16.45
4	Maja	Van Aswegen	2001:04:27	HS Stellenbosch	17.51
5	Tatum	Maher	2001:02:04	La Rochelle	18.30
6	Courtney	Eftha	2001:03:02	Breërivier	18.52
7	Lucesia	Williams	2001:04:16	Breërivier	19.02
8	Abigail	Botes	2001:11:28	Breërivier	19.34
9	Jamy-Ann	Breda	2001:11:14	Ceres SS	19.39
10	Andrea	Adams	2001:12:06	Cloetesville SS	20.21

Girls 16 LSEN – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Jacqueline	Swarts	2001:06:12	Steinthal	20.29
2	Wariah	Louw	2001:11:13	Steinthal	20.47

Boys 16 – 6km

1	Mark	Standfliet	2001:12:11	H Venter	21.05
2	Loyiso	Skiti	2001:10:18	Desmond Tutu	21.25
3	Duvan	Jansen	2001:12:09	Bredasdorp HS	21.34
4	Graham	Kalamina	2001:03:01	Charleston Hill SS	21.58
5	Conwill	Duiker	2001:11:07	Paarl Gim	22.20
6	Grahim	Kok	2001:12:03	de Kruine SS	22.38
7	Adrian	Muller	2001:07:03	Cederberg Akad	22.49
8	Tariq	Klink	2001:05:24	Breërivier	23.41
9	Wouter	VD Merwe	2001:02:09	HS Swartland	23.53
10	Chrinitzi	Johnson	2001:10:01	de Kruine SS	24.12

Boys 16 LSEN – 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Jody-lee	Prins	2001:03:22	Steinthal	24.45
2	A j	Meiring	2001:12:10	Steinthal	25.56
3	Damion	Titus	2001:08:26	Steinthal	26.00
4	Peter-John	Natal	2001:09:17	Steinthal	26.36
5	Johain	Basson	2001:08:04	Riebeeck Valley	26.45
6	Jeremy	Gidi	2001:01:24	Steinthal	27.38
7	Joshwin	Kleinsmth	2001:04:12	Steinthal	27.47
8	Marthinus	persens	2001:02:10	Riebeeck Valley	28.22
9	Keenan	Natal	2001:12:07	Steinthal	29.31
10	Massiano	Baadjes	2001:05:27	Riebeeck Valley	29.40

Girls 17 – 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Ronelda	Velem	2000:04:27	Breërivier	
2	Chanté	Dippenaar	2000:05:11	Paarl Gim	
3	Johanay	Visagie	2000:01:10	Wesbank SS	
4	Aseza	Zamliza	2000:06:02	Vusisizwe	
5	Lucrecia	Meiring	2000:11:14	De Kruine	
6	Anell	Rossouw	2000:07:29	Breërivier	
7	Gisela	Brits	2000:11:08	Robertson HS	
8	Felicia	Pieterse	2000:09:03	Langeberg SS	
9	Ambrosia	Mitchell	2000:01:24	Langeberg SS	
10	Melissa	Le Roux		Strand HS	

Boys 17 - 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Reagan	Rooi	2000:08:22	Bella Vista	20.22
2	Lance	Michals	2000:07:03	H Venter	20.53
3	Marlin	Riegardt	2000:04:30	Charleston Hill S	22.05
4	Gavin	Abrahams	2000:12:28	Cederberg Akad	22.22
5	Qiano	Vanderberg	2000:02:08	New Orleans SS	22.28
6	Yonga	Mkosi	2000:05:10	Vusisizwe	22.48
7	Lyle	September	2000:07:01	Charleston Hill SS	23.12
8	Freek	Biegenaar	2000:08:05	Breërivier	23.14
9	Jayden	Smith	2000:09:13	Parel Vallei	23.18
10	Marlin	Isaacs	2000:09:22	Bella Vista	23.25

Boys 17 LSEN – 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Lionel	Afrika	2000:03:20	Steinthal	25.35
2	Melvin	Storm	2000:07:23	Lindelani	26.3
3	Richard	Hartnick	2000:08:31	Lindelani	26.5
4	Dillion	Oerson	2000:11:10	Steinthal	27.04
5	Jonathan	Stewards	2000:04:16	Steinthal	27.1
6	Dalian	Brits	2000:09:18	Riebeeck Valley	27.40
7	Tiaan	Le Fleur	2000:02:24	Steinthal	

Junior Women – 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Sharlan	Boer	1998:05:04	Maties	26.29
2	Marina	Van Tonder	1999:02:14	Maties	26.44
3	Mable	Swart	1999:12:19	LB	28.02
4	J	Wessels	1999:06:03	Bonnievale	28.42
5	Chantel	January	1998:07:16	De Kruine	30.14
6	Heike	Thumser	1998:07:13	CPUT	31.17
7	Rymenia	Granfield	1998:11:29	De Rust Futura	
8	Willene	Fredericks	1999:11:21	Stellenbosch AC	
9	Vicky	Van Schalkwyk	1998:08:23	Bredasdorp HS	
10	Eldine	Neethling	1999:10:26	Langeberg SS	

Junior Women LSEN – 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Veronique	Kiewiets	1999:07:02	Steinthal	31.24
2	Tazneem	Marthinus	1999:04:18	Riebeeck Valley	
3	Camilla	Karelse	1999:05:31	Steinthal	

Junior Men – 8km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Kananelo	Thulo	1999:05:26	Wolseley SS	27.04
2	Wilton	Vlink	1999:08:03	Charleston Hill SS	27.32
3	Nizaam	Sauls	1999:06:20	Robertson	27.38
4	Allister	Blaauw	1999:09:28	Groendal SS	27.40
5	Klaas	Mouries	1998:09:13	Robertson Ashbury	28.16
6	Christopher	Booise	1999:01:02	CPUT	30.14
7	Clinton	Solomons	1999:10:23	De Rust Futura	30.27
8	Sixolisile	Mzangwe	1998:10:20	Vusisizwe	31.04
9	Simbongilo	Linganiso	1999:01:23	Vusisizwe	31.27
10	Domonique	Engelbrecht	1998:05:09		31.28

Junior Men LSEN – 8km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Brian	Klaase	1999:10:08	Riebeeck Valley SS	32.12
2	Shaun	Smith	1999:11:08	Steinthal	33.56
3	Osrin	Porter	1999:10:14	Lindelani	38.49
4	Shane	Kleinbooi	1999:11:03	Steinthal	42.39
5					
6					

Senior Men – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Corenzo	Pieters	1996:11:05	Citrusdal AC	12.56
2	William	Kaptein	1992:06:12	Maties	13.20
3	Nicholas	Quenet	1997:04:26	Maties	13.38
4	Cowin	Stoffels	1997:03:01	Maties	13.57
5	Fransco	Fritz	1997:01:09	Ceres	15.00
6	Anele	Ndabeni	1997:12:19	Waveren	15.01
7	Michael	Mouries	1990:02:12	Robertson	15.15
8	Khanya	Mbuqe	1997:11:09	Vusisizwe	16.49
9	Francois	Asongo		HS Bredasdorp	16.09
10	Henrico	Booyesen	1995:08:08	Stellenbosch AC	16.16

Senior Men – 10km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	William	Kaptein	1992:06:12	Maties	
2	Elgenen	Davids	1994:03:14	Robertson	
3	Shaun	Tobias	1997:02:06	Robertson	
4	Ricardo	Jaftha		Wild Runner	
5	Johannes	Jansen	1995:02:22	Robertson	
6	Jacques	Basson	1980:06:26	Namaqua	
7	Eugene	Smith	1988:11:26	Citrusdal	
8	Jermain	Tobias	1996:05:30	Robertson	
9	Gurswine	Booyse	1997:05:11	Citrusdal	

Master Men – 8km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Nathan	Beukes	1986:02:06	Citrusdal AC	28.19
2	Ivan	Reynicke	1968:02:04	Individual	32.57
3	Douglas	De Bruyn		Worcester AC	33.42
4	Thomas	Moses	1957:01:09	Worcester AC	34.14
5	Johannes	De Wee	1974:08:01	Robertson	34.55
6	Willem	Maré	1964:06:02	Strand AC	35.04
7	Morne	Hansen		Worcester AC	35.10
8	Moos	Hartnick	1966:12:21	Ceres AC	35.50
9	Angelo	Nel	1975:05:03	Correctional Ser.	40.28
10	Suliaman	Valley		Worcester AC	42.51

Grand Master Men – 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Thomas	Moses	1957:01:09	Worcester AC	25.54
2					

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