



## NEWS LETTER – 29 MAY 2017

### RESULTS - BOLAND ATHLETICS CROSS COUNTRY TRIAL 4 - SATURDAY 27 MAY 2017

The 4th Trial in a series of 6 Cross Country Trials of the 2017 Boland Athletics Cross Country Season took place at Voorberg Correctional Centre, Porterville, on Saturday 27 May 2017.

This event was very well organized by host Voorberg Correctional Centre, Swartland Athlecs Club, and West Coast Schools.

Trial 4 also doubled up as the Boland Cross Country Inter-Districts Challenge, with the 6 Boland Schools Regions, Boland Central, Boland North, Boland West, Boland North West, Boland South and Witzenberg competing for a floating shield.

Trial 4 proved to be the most competitive event thus far, with some stiff challenge from Western Province and SAPS Bishop Lavis athletes.

The 2017 Boland Cross Country Inter-District Challenge marks the halfway mark for athletes in preparation for the Boland Cross Country Champions, the ASA Cross Country Championships and the 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	Esmaré	Senoamali	2009:03:08	Morrisdale	8.1
2	Christie	Maans	2008:10:12	Morrisdale	8.28
3	Jo-Keisha	Greef	2008:03:09	Touwsrivier	8.29
4	Shermon	Kok	2008:09:29	Touwsrivier	8.36
5	Devidene	Jantjies	2008:04:07	Rawsonville PS	8.39
6	Veronique	Jacobs	2008:12:06	Riverlands PS	8.4
7	Moneeba	De Bruyn	2009:01:06	De Tuinen	8.54
8	Beyonce	Grobbelaar	2008:05:28	H. Venter	8.55
9	Rozelia	Gaika	2009:08:29	Riverlands PS	9.13
10	Sureshni	Willemse	2008:11:24	Piet Hugo Gedenk	9.15

**Boys 9 – 2km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Preston	Natal	2008:01:07	Steenvliet PS	7.37
2	Lucando	Klaase	2008:05:27	Riverlands PS	7.4
3	Jericho	Kroukamp	2008:08:07	Steenvliet PS	7.48
4	Junaid	Franse	2009:06:19	Riverlands PS	7.56
5	Gaymiel	Johnson	2008:08:14	WF Loots PS	7.58
6	Ciano	Paul	2008:06:12	FJ Conradie	8.02
7	Christopher	VD Westhuizen	2008:09:04	Welvaart PS	8.06
8	Aden	Felix	2008:08:16	Riverlands PS	8.12
9	Keagan	Willemse	2008:10:05	Piet Hugo Gedenk	8.13
10	Morgan	Pietersen	2008:07:21		8.16

**Girls 10 – 2km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Mishca	Fredericks	2007:07:02	Welvaart PS	7.53
2	Desnay	Andrew	2007:06:13	Morridale PS	8.13
3	Micayla	Hamman	2007:12:17	Morridale PS	8.14
4	Ivania	Kok	2007:07:18	Steenvliet PS	8.28
5	Ethany	Smith	2007:03:04	Touwsrivier PS	8.34
6	Fredolene	Makanda	2007:02:03	Steenvliet PS	8.36
7	Gailleen	Rex	2007:03:24	Elandsrivier	8.38
8	Bianca	Baron	2007:06:06	Citrusdal PS	8.41
9	Ronel	September	2007:09:22	Citrusdal PS	8.48
10	Christolieno	Olyn	2007:03:14		8.49

**Boys 10 – 2km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Gilermo	Fillies	2007:02:11	Steenvliet PS	7.24
2	Anvor	Gaika	2007:02:05	Riverlands PS	7.29
3	Dewan	Wildschut	2007:07:22	Steenvliet PS	7.31
4	Matt	Jordaan	2007:01:03	Paarlzicht PS	7.32
5	Sisonke	Ngxata	2007:07:10	William Lloyd PS	7.34
6	Ellgin	Snyders	2007:01:01	Steenvliet PS	7.37
7	Zonovko	Swanepoel	2007:03:07	Avianpark PS	7.39
8	Devan	Johnson	2007:02:03	Elandsrivier PS	7.4
9	O’Ryan	Scheepers	2007:06:27	Victoriapark	7.42
10	Deacon	Brown	2007:05:01	Riverlands PS	7.46

**Girls 11 – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Willmay	Van Esland	2006:06:14	Touwsrivier PS	12.02
2	Tashmia	Fortuin	2006:03:11	Saron PS	12.04
3	Joshlin	Kiewiets	2006:10:14	Touwsrivier PS	12.14
4	Runichia	Delpoort	2006:10:22	FJ Conradie PS	12.21
5	Micayla	Petersen	2006:11:21	Morrisdale PS	12.30
6	Jenniba	Nuwegeld	2006:01:25	Soetendal PS	12.34
7	Danty	McThomas	2006:04:15	Touwsrivier PS	12.39
8	Jaydeen	Patrick	2006:06:16	Bergrivier PS	12.40
9	Anthea	Solomons	2006:11:05	De Rust Futura	12.42
10	Ashante	Juries	2006:05:28	Paarlzicht PS	12.43

**Boys 11 – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Carlton	Matthews	2006:06:08	Morridale PS	11.07
2	Lee-Hanro	Arendse	2006:06:03	Ceres PS	11.08
3	Jeremy	Cupido	2006:01:07	Morridale PS	11.09
4	Keanon	September	2006:04:03	Morridale PS	11.10
5	Jayden	Efraim	2006:07:29	Paarlzicht PS	11.11
6	Jeyeren	November	2006:03:17	Victoriapark PS	11.15
7	Rio	Maurice	2006:05:21	WF Loots PS	11.20
8	Nuraan	September	2006:01:14	Riverlands PS	11.22
9	Lee-Tin	Syfers	2006:05:03	Victoriapark PS	11.26
10	Aiden	Austin	2006:09:19	Britsum PS	11.28

**Girls 12 – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Gillian	Muller	2005:10:19	Britsum PS	11.24
2	Beylin	Van Rooyen	2005:09:10	Britsum PS	11.27
3	Sarah-Lee	Senoamali	2005:05:06	Morrisdale PS	11.48
4	Chloe	Lottering	2005:01:16	Swartland PS	12.00
5	Michelle	Klaasen	2005:03:01	Paarlzicht PS	12.08
6	Warrenique	Adendorff	2005:03:19	Dagbreek PS	12.13
7	Christolique	McNeil	2005:10:02	Avianpark PS	12.22
8	Sonay	Kleinveldt	2005:09:27	Touwsrivier PS	12.26
9	Tanya	Manuwel	2005:02:02	Riverlands PS	12.42
10	Jagley	Plaatjies	2005:01:27	Steenvliet PS	12.47

**Boys 12 – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Luson	Kroukamp	2005:03:28	Steenvliet PS	10.51
2	Markus	van Aswegen	2005:08:24	LS Stellenbosch	10.54
3	Juandre	Rhode	2005:06:06	Morrisdale PS	11.03
4	Chad	April	2005:04:29	Paarlzicht PS	11.05
5	Jadé	Booyesen	2005:03:02	Pineview PS	11.08
6	Angelo	Swarts	2005:05:15	Kosie De Wet PS	11.11
7	Shane-Joshua	Adams	2005:04:25	Dalweide PS	11.12
8	Nathan	Solomons	2005:06:21	Touwsrivier PS	11.14
9	Gavin	Flink	2005:01:05	Vlottenburg	11.15
10	Angeo	Maans	2005:08:28	Paarlzicht PS	11.27

**Girls 13 – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Madelein	Adams	2004:02:08	WF Loots	11.28
2	Chante	Roux	2004:07:01	Hermanus PS	11.41
3	Joybade	Jaftha	2004:06:23	Steenvliet PS	12.07
4	Megan	Kok	2004:10:21	Touwsrivier PS	12.18
5	Jodene	Damons	2004:04:02	Riverlands PS	12.28
6	Cindy-Lee	Van Der Ross	2004:07:05	Touwsrivier PS	12.32
7	Christelene	Snyders	2004:01:01	St Mark's PS	12.34
8	Demecia	Visser	2004:08:12	Le Chass PS	12.42
9	Raffika	Jantjies	2004:11:20	St Mark's PS	12.46
10	Francina	Koen	2004:12:16	St Mark's PS	12.49

**Girls 13 LSEN – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Aislinn	Muller	2004:10:18	Edenskool	12.37
2	Zaina-Lee	April	2004:02:20	Lindelani	16.21

**Boys 13 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Lee-Tham	Rooi	2004:06:01	Bella Vista HS	14.14
2	Nashville	Hofmeester	2004:05:04	WF Loots	14.15
3	Nathan	Botha	2004:12:20	Kosie De wet PS	14.16
4	Ron-Lee	Ockhuis	2004:08:28	Witzenberg PS	14.20
5	Lee-Quin	Danster	2004:05:16	H Venter PS	14.27
6	Lunadin	Renier	2004:12:21	Touwsrivier PS	14.35
7	Cado	George	2004:03:15	Witzenberg PS	14.41
8	Throne	Micheals	2004:06:30	Riverview PS	14.44
9	Elton	Farmer	2004:04:03	Piet Hugo Gedenk	14.49
10	Jacques	Jacobs	2004:01:05	Riverlands PS	14.53

**Girls 14 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Virgell-Lee	Africa	2003:08:21	Avianpark PS	15.37
2	Lanah	Nel	2003:12:22	Parel Vallei HS	15.42
3	Chantay	Raman	2003:12:03	St Mark's	15.49
4	Willmien-Shay	Pietersen	2003:11:15	H Venter	15.54
5	Veronique	Visagie	2003:07:15	Breërivier PS	16.19
6	Tseviso	Leboudna	2003:04:01	Breërivier PS	16.20
7	Jessica	Slinger	2003:01:16	De Kruine PS	16.25
8	Terizia	Van der Plaats	2003:06:06	Paarl Gim	16.40
9	Ilse	Brugman	2003:02:23	Bloemhof	16.47
10	Michelle	Louw	2003:10:27	St Mark's	16.49

**Boys 14 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Donald	Scheepers	2003:07:04	Touwsrivier PS	13.36
2	Shahied	Maritz	2003:09:04	FJ Conradie PS	13.46
3	Wesley	Jacobs	2003:08:01	De Kruine	13.53
4	Durizen	Esterhuizen	2003:07:25	Dalweide PS	14.15
5	Jaydon	De Villiers	2003:07:21	Wellington PS	14.22
6	Elfranco	Sylvester	2003:03:04	Witzenberg PS	14.31
7	Rashid	Fransman	2003:01:04	Citrusdal PS	14.33
8	Bradley	Mentoor	2003:08:30	DJP	14.37
9	Jacques	Hendricks	2003:10:27	Riverlands PS	14.39
10	Jenico	Afrika	2003:10:21	Cederberg AK	14.44

**Boys 14 LSEN – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Pakiso	Skiti	2003:05:11	Ligstraal	16.01
2	Peter	Lottering	2003:03:24	Edenskool	16.14
3	Elroy	Joseph	2003:03:16	Edenskool	17.08

**Girls 15 LSEN – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Atisca	Esterhuizen	2002:12:17	Riebeeckvallei	18.05
2	Roseline	Delilie	2002:10:11	Riebeeckvallei	18.29
3	McKayla	Gampies	2002:03:16	lindelani	18.49

**Girls 15 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Mirna	Swarts	2002:12:10	HS Tulbagh	15.56
2	Dunisha	Coetzee	2002:11:02	Salkorlane AC	16.10
3	Cimòn	VD Westhuizen	2002:01:21	Bloemhof	16.41
4	Marilize	Solomons	2002:07:22	Wolseley SS	16.44
5	Azrea	Sylvester	2002:06:05	Bloemhof	17.14
6	Dané	De Villiers	2002:09:13	Parel Vallei	17.30
7	Nicci	La Meyer	2002:02:13	HS Swartland	17.46
8	Erica	Snyman	2002:03:05	Cloeteville SS	18.00
9	Maydine	Hendricks	2002:09:19	Wolseley SS	19.01
10	Anika	Smit			19.12

**Boys 15 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Curtis	Fortuin	2002:11:23	Cederberg Akad	13.09
2	Gawian	Jantjies	2002:09:13	Paarl Gim	13.15
3	Siphosethu	Tasana	2002:07:17	William Lloyd PS	13.28
4	Roman	VD Horst	2002:04:11	De Kruine SS	13.33
5	Vicky-Hano	Julies	2002:04:10	Salkorlane AC	13.46
6	Granville	Farmer	2002:01:19	Kylemore SS	13.58
7	Francko	Bantam	2002:08:20	Charleston Hill SS	14.24
8	Anslyn	Pause	2002:03:10	Wolseley SS	14.56
9	Gilroy	Coetzee	2002:01:08	Wolseley SS	14.58
10	Leuwellyn	Plaatjies	2002:11:25	Le Chass PS	15.06

**Boys 15 LSEN – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Ryan	Steer	2002:04:30	Lindelani	14.34
2	Jamiel	Opperman	2002:07:13	Lindelani	14.49
3	Angelo	Markus	2002:01:04	Riebeeck Valley	15.16
4	Fabrizio	Smit	2002:03:15	Riebeeck Valley	15.17
5	Keatin	Daars	2002:09:21	Wellinton SOS	15.24
6	Malcolm	Olckers	2002:01:21	Steinthal SS	15.32
7	Gabriel	Charles	2002:04:24	Lindelani	15.51
8	Ayanda	meyers	2002:08:07	Wellinton SOS	18.40
9	Louis	Grobbelaar	2002:02:13	Ligstraal	19.56
10	Tyron	Volmink	2002:09:00	Ligstraal	20.40

**Girls 16 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Meagan	Swanepoel	2001:10:05	Breërivier	15.31
2	Vernita	Africa	2001:08:27	Breërivier	15.41
3	Tatum	Maher	2001:02:04	La Rochelle	16.35
4	Courtney	Eftha	2001:03:02	Breërivier	17.26
5	Abigail	Botes	2001:11:28	Breërivier	17.42
6	Lucrecia	Williams	2001:04:16	Breërivier	17.49
7	Catelin	Baadjies	2001:02:23	De Kruine	18.01
8	Andrea	Adams	2001:12:06	Cloeteville SS	18.09
9	Jamy-Ann	Breda	2001:11:14	Ceres SS	18.45
10	Gisela	Britz	2001:11:08	RHS	19.02

**Girls 16 LSEN – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Rochel	Engelbrecht	2001:11:12	Ligstraal	26.46
2					

**Boys 16 – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Mark	Standfliet	2001:12:11	H Venter	19.44
2	Graham	Kalamina	2001:03:01	Charleston Hill SS	20.18
3	Duvan	Jansen	2001:12:09	Bredasdorp HS	20.25
4	Conwill	Duiker	2001:11:07	Paarl Gim	20.45
5	Adrian	Muller	2001:07:03	Cederberg Akad	20.51
6	Grahim	Kok	2001:12:03	De Kruine SS	20.57
7	yalaha	Mankantshu	2001:01:22	Vusisizwe	22.03
8	Chrinitzi	Johnson	2001:10:01	De Kruine SS	22.18
9	Tariq	Klink	2001:05:24	Breërivier	22.22
10	Joshpedro	Swartz	2001:11:20	Ceres SS	23.32

**Boys 16 LSEN – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Marthinus	Persens	2001:02:10	Riebeeck Valley	24.11
2	Johain	Basson	2001:08:04	Riebeeck Valley	24.14
3	Massiano	Baadjies	2001:05:27	Riebeeck Valley	26.21
4	Charlton	Donkerman	2001:11:03	Riebeeck Valley	26.49
5	Curtley	Dawson	2001:07:12	Riebeeck Valley	27.47

**Girls 17 – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Ronelda	Velem	2000:04:27	Breërivier	15.49
2	Johanay	Visagie	2000:01:10	Wesbank SS	16.49
3	Aseza	Zamliza	2000:06:02	Vusisizwe	17.03
4	Catherine Mia	Doyle	2000:08:03	Parel Vallei HS	18.04
5	Ambrosia	Mitchell	2000:01:24	Langeberg SS	18.55
6	Lucrecia	Meiring	2000:11:14	De Kruine	19.43
7	Felicia	Pieterse	2000:09:03	Langeberg SS	19.53
8	Jeneveve	Visser	2000:10:26	Noorder-Paarl	20.05
9	Joween	Abrahams	2000:11:11	Noorder-Paarl	20.08
10	Fatima	Mitchell	2000:11:04	Masakleke HS	20.36

**Girls 17 LSEN – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Jennifer	Gertse	2000:08:13	Ligstraal	26.47
2	Elmien	Greenfields	2000:02:11	Ligstraal	26.48

**Boys 17 - 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Reagan	Rooi	2000:08:22	Bella Vista	19.09
2	Lance	Michals	2000:07:03	H Venter	19.17
3	Lee	Jansen	2000:04:22	De Kruine Sek	20.17
4	Marlin	Riegardt	2000:04:30	Charleston Hill SS	20.36
5	Yonga	Mkosi	2000:05:10	Vusisizwe	20.47
6	Gavin	Abrahams	2000:12:28	Cederberg Akad	21.05
7	Thamsanga	Gayo	2000:03:09	Masakheki	21.08
8	Qiano	Van der Berg	2000:02:08	New Orleans SS	21.09
9	Lyle	September	2000:07:01	Charleston Hill SS	21.22
10	Marlin	Isaacs	2000:09:22	Bella Vista	21.36

**Boys 17 LSEN – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Adriaan	Coetzee	2000:02:25	Riebeeck Valley	22.00
2	Jenwill	Pietersen	2000:06:27	Ligstraal	22.14
3	Dylon	Steenkamp	2000:05:09	Riebeeck Valley	24.46
4	Melvin	Storm	2000:07:23	Lindelani	25.45
5	Richard	Hartnick	2000:08:31	Lindelani	26.05

**Junior Women – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Sharlan	Boer	1998:05:04	Maties	24.18
2	Mable	Swart	1999:12:19	LB	26.17
3	Chantel	January	1998:07:16	De Kruine	27.21
4	Alexandra	Hoffman	1999:06:21	Parel Vallei HS	27.26
5	Willene	Fredericks	1999:11:21	Stellenbosch AC	29.17
6	Eldine	Neethling	1999:10:26	Langeberg SS	33.14

**Junior Women LSEN – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Tazneem	Marthinus	1999:04:18	Riebeeck Valley	32.07

**Junior Men – 8km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Rowhaldo	Ratz	1998:03:20	UWC	25.26
2	Kananelo	Thulo	1999:05:26	Wolseley SS	25.45
3	Christopher	Booise	1999:01:02	CPUT	26.28
4	Allister	Blaauw	1999:09:28	Groendal SS	26.41
5	Klaas	Mouries	1998:09:13	Robertson Ash	26.47
6	Charlton	Sias	1999:05:18	Steynville SS	26.53
7	Nizaam	Sauls	1999:06:20	Robertson	27.00
8	Wilton	Vlink	1999:08:03	Charleston Hill SS	28.22
9	Domonique	Engelbrecht	1998:05:09	Langeberg	28.36
10	Sixolisile	Mzangwe	1998:10:20	Vusisizwe	29.39

**Junior Men LSEN – 8km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Brian	Klaase	1999:10:08	Riebeeck Valley	30.16
2	Justin	Maarman	1999:02:28	Riebeeck Valley	32.03
3	Osrin	Porter	1999:10:14	Lindelani	33.49
4	Jayson	Fortuin	1999:02:06	Riebeeck Valley	35.05



**Senior Women - 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Ileana	Dreyer	!995:11:11	Individual	15.53
2	Veronique	Jakobs	1995:03:06	Maties AC	16.45
3	Esther	VD Merwe	1997:08:11	Maties AC	17.07
4	Zahra	Ayyoub	!998:11:20	Maties AC	17.54
5	Nomava	Mlenze	1995:02:09	SAPS Bishop Lavis	18.35
6	Hazel	Boois	1996:07:14	Salkoriane AC	20.19
7	Bongiswa	Sotashe	1988:01:02	SAPS Bishop Lavis	20.24
8	Chanyisa	Mafika	1989:10:10	SAPS Bishop Lavis	20.32
9	Wendy	Teta	1988:09:20	SAPS Bishop Lavis	20.39
10					

**Senior Men – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	McMarshal	Hartzenberg	1997:06:10	UWC AC	12.00
2	Angelo	Booyesen	1991:10:01	Correctional Services	12.05
3	Jason	Koopman	1997:02:12	Individual	12.16
4	Andre	Afrika	1994:09:16	Eerste Rivier AC	12.23
5	Deon-Lee	Hendricks	1997:07:17	Stellenbosch AC	12.28
6	Lorenzo	Pieters	1996:11:05	Citrusdal AC	12.32
7	Cowin	Stoffels	1997:03:01	Maties AC	12.50
8	Nizaam	Sauls	1999:06:20	Robertson AC	12.54
9	Shaun	Tobias	1997:02:06	Robertson AC	13.05
10	Elgernon	Davids	1994:03:14	Robertson AC	13.33

**Master Women – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Moareza	Smit	1969:01:20	Swartland AC	24.09
2					

**Senior Men – 10km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Angelo	Booyesen	1991:10:01	Correctional Services	31.28
2	Dewayne	Mouries	1988:02:26	SAPS Bishop Lavis	34.05
3	Shaun	Tobias	1997:02:06	Robertson AC	34.07
4	Jan-Hendrik	Theron	1995:07:24	Maties AC	35.51
5	Ricardo	Jaftha		Wild Runner AC	36.23
6	M	MasiPula	1990:03:09	SAPS Bishop Lavis	37.44
7	Rudolf	Rossouw	1997:02:13	Maties AC	37.45
8	Jacques	Basson	1980:06:26	Namaqua AC	38.09
9	LS	Matshona	1995:06:08	SAPS Bishop Lavis	38.51
10	Shaun	Nosilela	1993:11:25	SAPS Bishop Lavis	41.42

**Master Men – 8km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Ivan	Reynicke	1968:02:04	Individual	30.31
2	Alexander	Evertson	1970:03:07	Worcester AC	30.42
3	Johannes	De Wee	1974:08:01	Robertson AC	33.28
4	Morne	Hansen	1977:03:08	Worcester AC	33.32
5	TM	Hansen	1968:04:00		35.07
6	Angelo	Nel	1975:05:03	Correctional Services	38.14
7	Frederick	Truter	1958:03:24	Swartland AC	38.45

**Grand Master Men – 6km**

<b>NR</b>	<b>NAME</b>	<b>SURNAME</b>	<b>D.O.B.</b>	<b>SCHOOL/CLUB</b>	<b>TIME</b>
1	Terence	Brown	1955:01:23	Swartland AC	27.03
2	Colin	Williams	1955:07:19	Wellington AC	27.48

From the Boland Athletics Office:  
Office: 021 868 0007  
E-Mail: [bolandathletics@sun.ac.za](mailto:bolandathletics@sun.ac.za)

For more information  
Website: [bolandathletics.com](http://bolandathletics.com)