



## NEWS LETTER – 4 JUNE 2017

### RESULTS - BOLAND ATHLETICS CROSS COUNTRY TRIAL 5 - SATURDAY 3 JUNE 2017

About 1000 athletes used Trial 5 to put in another attempt to qualify for the Boland Schools and Boland Athletics Teams in preparation for the Boland Cross Country Championships in August, and the ASA Cross Country Championships and the SASA National Schools Championships in September 2017.

Trial 5 took place at Boland Park Stadium in Worcester on Saturday 27 May 2017 in very windy conditions. This event was very well organized by Worcester Athletics Club and Boland North Schools, with a very generous sponsorship of Coke and equipment from Peninsular Beverages for all 6 Trials and the Boland Championships for the Boland Athletics Cross Country season this year.

The Boland Athletics Cross Country season takes a break for the June exams and the June school holidays, and will resume on Saturday 29 July 2017 with Trial 6 at Auldren Estate in Elgin-Grabouw.

The results of the top 10 athletes in each category of Trial 5 are attached.





#### Girls 9 – 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Esmaré	Senoamali	2009:03:08	Morrisdale	8.26
2	Devidene	Jantjies	2008:04:07	Rawsonville PS	8.34
3	Shermon	Kok	2008:09:29	Touwsrivier	8.37
4	Christie	Maans	2008:10:12	Morrisdale PS	8.39
5	Veronique	Jacobs	2008:12:06	Riverlands PS	8.42
6	Shelicia	Baron	2008:01:17	Paarlzicht PS	8.52
7	Moneeba	De Bruyn	2009:01:06	De Tuinen	8.52
8	Jo-Keisha	Greef	2008:03:09	Touwsrivier	9.03
9	Rozelia	Gaika	2009:08:29	Riverlands PS	9.07
10	Beyonce	Grobbelaar	2008:05:28	H. Venter	9.14

#### Boys 9 – 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Preston	Natal	2008:01:07	Steenvliet PS	7.44
2	Ciano	Paul	2008:06:12	FJ Conradie	7.46
3	Jericho	Kroukamp	2008:08:07	Steenvliet PS	7.49
4	Junaid	Franse	2009:06:19	Riverlands PS	7.52
5	Jayden	Booyesen	2008:02:24	Paarlzicht PS	7.58
6	Nowic	Swanepoel	2008:09:02	Riverview PS	8.01
7	Aden	Felix	2008:08:16	Riverlands PS	8.1
8	Ashwill	Abrahams	2008:06:23	Paarlzicht PS	8.12
9	Denique	Pretorius	2008:11:14	Piet Hugo gedenk	8.16
10	Morgan	Pietersen	2008:07:21	Paardekop	8.2

**Girls 10 – 2km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Mishca	Fredericks	2007:07:02	Welvaart PS	8.18
2	Desnay	Andrew	2007:06:13	Morridale PS	8.26
3	Micayla	Hamman	2007:12:17	Morridale PS	8.28
4	Ivania	Kok	2007:07:18	Steenvliet PS	8.36
5	Gailleen	Rex	2007:03:24	Elandsrivier	8.42
6	Ethany	Smith	2007:03:04	Touwsrivier PS	8.47
7	Odelia	Sauls	2007:04:28	Touwsrivier	8.49
8	Demoray	Links	2007:09:25	Idasvallei	8.51
9	Ruwayda	Swartz	2007:07:02	Steenvliet PS	8.56
10	rebecca	Flack	2007:11:11	Curro Langebaan	8.57

**Boys 10 – 2km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Gilermo	Fillies	2007:02:11	Steenvliet PS	7.45
2	Anvor	Gaika	2007:02:05	Riverlands PS	7.46
3	Devan	Johnson	2007:02:03	Elandsrivier PS	7.47
4	Uran	De Wee	2007:05:18	Witzenberg PS	7.48
5	Ellgin	Snyders	2007:01:01	Steenvliet PS	7.50
6	Matt	Jordaan	2007:01:03	Paarlzicht PS	7.55
7	O'Ryan	Scheepers	2007:06:27	Victoriapark	7.57
8	Eldorico	Farmer	2007:10:11	Dalweide PS	8.03
9	Dewan	Wildschut	2007:07:22	Steenvliet PS	8.05
10	Deacon	Brown	2007:05:01	Riverlands PS	8.06

**Girls 11 – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Tashmia	Fortuin	2006:03:11	Saron PS	11.18
2	Willmay	Van Esland	2006:06:14	Touwsrivier PS	11.20
3	Micayla	Petersen	2006:11:21	Morrisdale PS	11.21
4	Joshlin	Kiewiets	2006:10:14	Touwsrivier PS	11.22
5	Danty	McThomas	2006:04:15	Touwsrivier PS	11.29
6	Runichia	Delpport	2006:10:22	FJ Conradie PS	11.31
7	Grace	Zacharias	2006:09:21	Britsum PS	11.47
8	Jaydeen	Patrick	2006:06:16	Bergrivier PS	11.48
9	Ashante	Juries	2006:05:28	Paarlzicht PS	11.50
10	Lewena	Van Tura	2006:02:03	Le Chass PS	11.57

**Boys 11 – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Carlton	Matthews	2006:06:08	Morridale PS	11.14
2	Lee-Hanro	Arendse	2006:06:03	Ceres PS	11.14
3	Jayden	Efraim	2006:07:29	Paarlzicht PS	11.16
4	Keanon	September	2006:04:03	Morridale PS	11.20
5	Jeremy	Cupido	2006:01:07	Morridale PS	11.27
6	Rio	Maurice	2006:05:21	WF Loots PS	11.27
7					
8	Jeyeren	November	2006:03:17	Victoriapark PS	11.35
9	Ciano	De Wee	2006:02:21	Elandsrivier PS	11.37
10	Lee-Tin	Syfers	2006:05:03	Victoriapark PS	11.38

**Girls 12 – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Gillian	Muller	2005:10:19	Britsum PS	11.49
2	Beulin	Van Rooyen	2005:09:10	Britsum PS	11.54
3	Warrenique	Adendorff	2005:03:19	Dagbreek PS	12.20
4	Michelle	Klaasen	2005:03:01	Paarlzicht PS	12.33
5	Jagley	Plaatjies	2005:01:27	Steenvliet PS	12.43
6	Chloe	Lottering	2005:01:16	Swartland PS	12.54
7	Tanya	Manuwel	2005:02:02	Riverlands PS	13.11
8	Angelique	Vaaltyn	2005:01:27	St Markus PS	13.17
9	Me-Andrea	Reynerds	2005:04:12	Matjiesrivier	13.25
10	Billinda	Adams	2005:05:18	Bergrivier PS	13.31

**Boys 12 – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Morne	Swarts	2005:05:05	Overhex PS	10.51
2	Luson	Kroukamp	2005:03:28	Steenvliet PS	11.04
3	Rowayne	Kouter	2005:01:12	Overhex PS	11.20
4	Chad	April	2005:04:29	Paarlzicht PS	11.26
5	Gavin	Flink	2005:01:05	Vlottenburg	11.31
6	Percival	Paul	2005:03:04	F.J. Conradie PS	11.36
7	Jucery	Geduld	2005:07:14	Britsum PS	11.38
8	Angeo	Maans	2005:08:28	Paarlzicht PS	11.39
9	Jacques	Roos	2005:04:20	Touwsrivier PS	11.40
10	Shane-Joshua	Adams	2005:04:25	Dalweide PS	11.56

**Girls 13 – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Megan	Kok	2004:10:21	Touwsrivier PS	12.04
2	Rodene	Julius	2004:04:24	Witzenburg PS	12.15
3	Joybade	Jaftha	2004:06:23	Steenvliet PS	12.22
4	Jodene	Damons	2004:04:02	Riverlands PS	12.33
5	Chante	Roux	2004:07:01	Hermanus PS	12.36
6	Madelein	Adams	2004:02:08	WF Loots	12.49
7	Raffika	Jantjies	2004:11:20	St Mark's PS	12.54
8	Nacieta	Liwaai	2004:01:21	H. Venter PS	13.11
9	Patricia	Arterie	2004:12:01	Elandsrivier PS	13.16
10	Christelene	Snyders	2004:01:01	St Mark's PS	13.26

**Girls 13 LSEN – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Aislinn	Muller	2004:10:18	Edenskool	13.02

**Boys 13 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Lee-Tham	Rooi	2004:06:01	Bella Vista HS	14.48
2	Nashville	Hofmeester	2004:05:04	WF Loots	14.53
3	Nathan	Botha	2004:12:20	Kosie De wet PS	14.58
4	Luwadin	Renier	2004:12:21	Touwsrivier PS	15.03
5	Lee-Quin	Danster	2004:05:16	H Venter PS	15.04
6	Elton	Farmer	2004:04:03	Pit Hugo Gedenk	15.08
7	Ron-Lee	Ockhuis	2004:08:28	Witzenberg PS	15.14
8	Eldrin	Lord	2004:08:20	Citrusdal PS	15.28
9	Christopher	September	2004:05:19	De Tuinen	15.36
10	Ismael	VD Westhuizen	2004:03:23	Soetendal PS	15.40

**Boys 13 LSEN – 3km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Auben	Diergaart	2004:10:08	Ligstraal	24.12

**Girls 14 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Virgell-Lee	Africa	2003:08:21	Avianpark PS	16.04
2	Chantay	Raman	2003:12:03	St Mark's	16.47
3	Tseviso	Leboudna	2003:04:01	Breërivier PS	17.11
4	Lanah	Nel	2003:12:22	Parel Vallei HS	17.16
5	Willmien-Shay	Pietersen	2003:11:15	H Venter	17.31
6	Jessica	Slinger	2003:01:16	De Kruine PS	17.35
7	Karla	Brugman	2003:02:23	Bloemhof	18.07
8	Marelise	Botha	2003:11:11	Bloemhof	18.23
9	Veronique	Visagie	2003:07:15	Breërivier PS	18.27
10	Ilse	Brugman	2003:02:23	Bloemhof	18.27

**Boys 14 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Donald	Scheepers	2003:07:04	Touwsrivier PS	14.27
2	Durizen	Esterhuizen	2003:07:25	Dalweide PS	14.39
3	Jaydon	De Villiers	2003:07:21	Wellington PS	15.04
4	Tiong	Mahchetha	2003:05:08	Vusisizwe	15.08
5	Alfonso	Prins	2003:11:26	Witzenberg PS	15.12
6	Wesley	Jacobs	2003:08:01	De Kruine	15.14
7	Uzi	Valashiya	2003:08:15	Siyafuneka PS	15.33
8	Shahied	Maritz	2003:09:04	FJ Conradie PS	15.34
9	Rashid	Fransman	2003:01:04	Citrusdal PS	15.36
10	Keaton	Fredericks	2003:10:19	Soetendal PS	15.37

**Boys 14 LSEN – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Shawn	Chikowore	2003:01:10	Edenskool	15.01
2	Pakiso	Skiti	2003:05:11	Ligstraal	17.04
3	Peter	Lottering	2003:03:24	Edenskool	17.07
4	Elroy	Joseph	2003:03:16	Edenskool	17.44

**Girls 15 LSEN – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Atisca	Esterhuizen	2002:12:17	Riebeeckvallei	19.16
2	Chanteline	Valentine	2002:05:22	Steinthal	20.44
3	Roseline	Delilie	2002:10:11	Riebeeckvallei	23.15
4	Nadine	Solomons	2002:08:30	Riebeeckvallei	23.49

**Girls 15 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Almé	Jordaan	2002:05:02	HS Stellenbosch	16.30
2	Mirna	Swarts	2002:12:10	HS Tulbagh	17.16
3	Azrea	Sylvester	2002:06:05	Bloemhof	17.37
4	Yunisha	Coetzee	2002:11:02	Salkor	18.03
5	Marilize	Solomons	2002:07:22	Wolseley SS	18.23
6	Nicci	La Meyer	2002:02:13	HS Swartland	18.58
7	Katelyn	Joseph	2002:12:20	Breërivier	19.39
8	Maydine	Hendricks	2002:09:19	Wolseley SS	21.40
9	Erica	Snyman	2002:03:05	Cloeteville SS	22.01
10	Jessie	Jacobs	2002:04:11	Mcgregor	22.37

**Boys 15 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Siphosethu	Tasana	2002:07:17	William Lloyd PS	13.28
2	Curtis	Fortuin	2002:11:23	Cederberg Akad	14.04
3	Gawian	Jantjies	2002:09:13	Paarl Gim	14.17
4	Granville	Farmer	2002:01:19	Kylemore SS	14.24
5	Vicky-Hano	Julies	2002:04:10	Salkor	14.30
6	Nolan	Diedericks	2002:04:25	Paarl Gim	14.40
7	Roman	VD Horst	2002:04:11	De Kruine SS	14.42
8	Lee-Brian	Rooi	2002:07:24	Bella Vista	14.46
9	Jonathan	Pietersen	2002:01:22	Langeberg	15.11
10	Neven	Lubbe	2002:07:25	Somerset HS	15.19

**Boys 15 LSEN – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Malcolm	Olckers	2002:01:21	Steinthal SS	16.1
2	Keatin	Daars	2002:09:21	Wellinton SOS	16.51
3	Jadrin	Van Wyk	2002:06:04	Riebeeckvallei	17.26
4	Anthony	Waterboer	2002:06:05	Steinthal SS	17.31
5	Godwin	Basson	2002:10:03	Steinthal	17.31
6	Ayanda	Meyers	2002:08:07	Wellinton SOS	19.45
7	Tyron	Volmink	2002:09:00	Ligstraal	20.48
8	Emile	Koopman	2002:11:20	Steinthal	20.46
9	Tiano	Meiring	2002:12:25	Steinthal	21.52
10	Louis	Grobbelaar	2002:02:13	Ligstraal	23.08

**Girls 16 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Meagan	Swanepoel	2001:10:05	Breërivier	16.04
2	Sue-Lee	Seekoei	2001:06:04	Breerivier HS	16.12
3	Vernita	Africa	2001:08:27	Breërivier	16.35
4	Tatum	Maher	2001:02:04	La Rochelle	17.07
5	Courtney	Eftha	2001:03:02	Breërivier	18.34
6	Catelin	Baadjies	2001:02:23	De Kruine	19.12
7	Abigail	Botes	2001:11:28	Breërivier	19.40
8	Leandri	Agenbach	2001:09:28	HS Swartland	19.47
9	Jenayda	Philander	2001:07:25	Cederberg Ak	20.53
10	Jamy-Ann	Breda	2001:11:14	Ceres SS	21.07

**Girls 16 LSEN – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Jacqueline	Swarts	2001:06:12	Steinthal	21.17
2	Wariah	Louw	2001:11:13	Steinthal	21.5
3	Chrisandra	Fortuin	2001:08:09	Riebeeck Valley	22.56
4	Rochel	Engelbrecht	2001:11:12	Ligstraal	24.07

**Boys 16 – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Mark	Standfliet	2001:12:11	H Venter	20.55
2	Loyiso	Skiti	2001:10:18	Desmond Tutu	21.19
3	Graham	Kalamina	2001:03:01	Charleston Hill SS	22.05
4	Grahim	Kok	2001:12:03	De Kruine SS	22.18
5	Jenowin	September	2001:05:13	Noorder-Paarl	22.30
6	Conwill	Duiker	2001:11:07	Paarl Gim	22.47
7	Duvan	Jansen	2001:12:09	Bredasdorp HS	22.53
8	Chrinitzi	Johnson	2001:10:01	De Kruine SS	23.11
9	Wouter	VD Merwe	2001:02:09	HS Swartland	23.19
10	Adrian	Muller	2001:07:03	Cederberg Akad	23.58

**Boys 16 LSEN – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Jacy-lee	Prins	2001:03:22	Steinthal	25.05
2	Damion	Titus	2001:08:26	Steinthal	25.06
3	Johain	Basson	2001:08:04	Riebeeck Valley	25.23
4	Peter-John	Natal	2001:09:17	Steinthal	25.46
5	Marthinus	Persens	2001:02:10	Riebeeck Valley	26.25
6	A j	Meiring	2001:12:10	Steinthal	27.49
7	Jeremy	Gidi	2001:01:24	Steinthal	27.57
8	Massiano	Baadjies	2001:05:27	Riebeeck Valley	28.34
9	Jayden	De Bruin	2001:12:21	Steinthal	30.13
10	Joshwin	Kleinsmith	2001:04:12	Steinthal	30.45

**Girls 17 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Chanté	Dippenaar	2000:05:11	Paarl Gim	16.55
2	Jeanne	Roothman	2000:07:07	Bloemhof	17.22
3	Ronelda	Velem	2000:04:27	Breërivier	17.31
4	Aseza	Zamliza	2000:06:02	Vusisizwe	17.57
5	Ambrosia	Mitchell	2000:01:24	Langeberg SS	18.16
6	Johanay	Visagie	2000:01:10	Wesbank SS	18.58
7	Lucrecia	Meiring	2000:11:14	De Kruine	20.07
8	Gisela	Brits	2000:11:08	Robertson HS	20.08
9	Felicia	Pieterse	2000:09:03	Langeberg SS	20.08
10	Catherine Mia	Doyle	2000:08:03	Parel Vallei HS	20.43

**Girls 17 LSEN – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Elmien	Greenfields	2000:02:11	Ligstraal	<b>22.57</b>
2	Jennifer	Gertse	2000:08:13	Ligstraal	25.04

**Boys 17 - 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Reagan	Rooi	2000:08:22	Bella Vista	23.36
2	Yonga	Mkosi	2000:05:10	Vusisizwe	21.53
3	Lee	Jansen	2000:04:22	De Kruine Sek	22
4	Qiano	Van der Berg	2000:02:08	New Orleans SS	22.58
5	Marlin	Isaacs	2000:09:22	Bella Vista	23.1
6	Thamsanga	Gayo	2000:03:09	Masakheki	23.34
7	Masibongi	Poni	2000:11:05	Vusisizwe	23.37
8	Lyle	September	2000:07:01	Charleston Hill SS	23.47
9	Phathisanani	Masiza	2000:12:06	Vusisizwe	23.57
10	Siphenkosi	Mbanda	2000:05:14	Vusisizwe	24.1

**Boys 17 LSEN – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Adriaan	Coetzee	2000:02:25	Riebeeck Valley	23.49
2	Curtwill	Michaels	2000:07:01	Steinthal	23.55
3	Jenwill	Pietersen	2000:06:26	Ligstraal LSEN	23.59
4	Dylon	Steenkamp	2000:05:09	Riebeeck Valley	26.24
5	Winston	Groenewald	2000:01:07	Steinthal SS	26.26
6	Jonathan	Steward	2000:04:16	Steinthal SS	27.49
7	Elrico	Oerson	2000:04:20	Steinthal SS	27.59
8	Dillon	Oerson	2000:11:10	Steinthal SS	29.43

**Junior Women – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Mable	Swart	1999:12:19	LB	29.17
2	Chantel	January	1998:07:16	De Kruine	30.39
3	Rymenia	Granfield	1998:11:29	De Rust Futura	31.11
4	Eldine	Neethling	1999:10:26	Langeberg SS	35.27
5	Vicky	Van Schalkwyk	1998:08:23	Bredasdorp HS	36.40

**Junior Women LSEN – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Veronique	Kiewiets	1999:07:02	Steinthal	34.04
2	Tazneem	Marthinus	1999:04:18	Riebeeck Valley	37.52
3	Camilla	Karelse	1999:05:31	Steinthal	38.28



**Junior Men – 8km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Kananelo	Thulo	1999:05:26	Wolseley SS	27.37
2	Nizaam	Sauls	1999:06:20	Robertson	28.06
3	Wilton	Vlink	1999:08:03	Charleston Hill SS	28.38
4	Allister	Blaauw	1999:09:28	Groendal SS	30.25
5	Henri	Blignaut	1998:09:21	Maties AC	30.42
6	Curlin	Fielies	1999:01:29	Groenberg SS	31.13
7	Domonique	Engelbrecht	1998:05:09	Langeberg	31.13
8	Sixolisile	Mzangwe	1998:10:20	Vusisizwe	32.07
9	Irvine	Du Toit	1998:07:01	De Kruine Sek	32.23
10	Faritch	Abrahams	1999:11:06	Groenberg SS	33.37

**Junior Men LSEN – 8km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Justin	Claasen	1999:11:16	Steinthal	31.35
2	Brian	Klaase	1999:10:08	Riebeeck Vallei	32.54
3	Keeno	lobberts	1999:08:14	Steinthal	15.39
4	Peter	Thompson	1999:09:20	Steinthal	36.33
5	Justin	Maarman	1999:02:28	Riebeeck Vallei	36.36
6	Shane	Kleinbooi	1999:11:03	Steinthal	38.18
7	Jayson	Fortuin	1999:02:06	Riebeeck Vallei	39.20

**Senior Women - 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Alexandra	Quenet	1995:05:13	Individual	16.04
2	Veronique	Jakobs	1995:03:06	Maties AC	17.19
3	Esther	VD Merwe	1997:08:11	Maties AC	17.51
4	Azel	Boois	1996:07:14	Salkorlane AC	20.36
5	Elnora	Monejai	1997:12:28	Elgin-Grabouw AC	20.57
6	Juanine	Langeveldt	1995:09:18	Maties AC	21.19
7	Shaheeda	Davids	1996:05:20	Elgin-Grabouw AC	21.51

**Senior Men – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Deon-Lee	Hendricks	1997:07:17	Stellenbosch	13.03
2	Akhona	Mdaka		Elgin-Grabouw AC	13.06
3	Pheletso	Moletsane	1992:10:06	Elgin-Grabouw AC	13.14
4	Llewellyn	Groeneveld	1995:02:07	Maties AC	13.28
5	Nicholas Anton	Quenet	1997:04:20	Individual	13.31
6	Cowin	Stoffels	1997:03:01	Maties AC	13.49
7	Daniel	Van Niekerk	1997:11:18	Maties AC	13.52
8	Nizaam	Sauls	1999:06:20	Robertson AC	14.04
9	Jan-Hendrik	Theron	1995:07:24	Maties AC	14.08
10	Bradley	November	1997:04:25	Individual	15.10

**Master Women 45 – 4km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Liezel	Wessels	1968:07:11	Bonnievale	17.26
2					

**Senior Men – 10km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Christophai	Booise	1999:01:02	CPUT	36.2
2	Shaun	Tobias	1997:02:06	Robertson	36.44
3	Elgurnon	Davids	1994:03:14	Robertson AC	36.54
4	Gino	Kustoor	1998:12:14	De Kruine SS	39.22
5	Rudolf	Rossouw	1997:02:13	Maties	40.59
6	Ian	Flack	1959:01:18	Langebaan AC	01:00:20

**Senior Women – 10km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Magrieta	Willemse	1983:11:18	Ceres AC	52.06

**Master Men – 8km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Nathan	Beukes	1986:02:06	Citrusdal AC	29.01
2	Lenton	Kalase	1985:05:19	Wellington AC	31.43
3	Ivan	Reynicke	1968:02:04	Individual	31.57
4	Alexander	Evertson	1970:03:07	Worcester AC	32.08
5	Morne	Hansen	1977:03:08	Worcester AC	35.15
6	Andries	Vermeulen	1961:02:02	Worcester AC	35.36
7	Johannes	De Wee	1974:08:01	Robertson AC	37.25
8	Angelo	Nel	1975:05:03	Correctional Services	39.59

**Grand Master Men – 6km**

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Colin	Williams	1955:07:19	Wellington AC	32.05
2	Douglas	Hector	1960:01:05	Salkorlane AC	34.54

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