



BOLANDATHLETICS

NEWS LETTER – 14 AUGUST 2017

TOP 10 RESULTS - BOLAND CROSS COUNTRY CHAMPIONSHIPS - 12 AUGUST 2017

There was some fierce competition at the Boland Cross Country Championships at Daljosaphat Stadium on Saturday 12 August 2017 as athletes took up the last opportunity to qualify for selection to the Boland Athletics and Boland Schools Cross Country Teams for 2017.

The spectators were entertained with some exciting cross country running and tense moments as athletes jostled for podium positions and a much desired place in the Boland Cross Country teams.

Boland Schools will be announcing their team within the next 48 hours for the Western Cape Schools Cross Country Championships in George on Saturday 26 August 2017.

Boland Athletics will be announcing their team within the next 7 days for the ASA Cross Country Championships in Potchefstroom on Saturday 9 September 2017.

The SASA Cross Country Championships take place in Kimberley on 29 and 30 September 2017.

We wish all athletes and coaches well with their final preparations for the national competitions.

The results of the top 10 athletes in each age category of the Boland Championships are attached below. Photos of the Trials and Championships events are available on the Boland Athletics website.



Girls 9 – 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Esmaré	Senoamali	2009:03:08	Morrisdale	8.14
2	Christie	Maans	2008:10:12	Morrisdale PS	8.16
3	Zoe-Ree	buys	2008:10:07	Okkie Smuts	8.26
4	Veronique	Jacobs	2008:12:06	Riverlands PS	8.3
5	Moneeba	De Bruyn	2009:01:06	De Tuinen	8.34
6	Bianca	Raspe	2009:01:289	De Tuinen	8.42
7	Shermon	Kok	2008:09:29	Touwsrivier	8.44
8	Devidene	Jantjies	2008:04:07	Rawsonville PS	8.47
9	Rozelia	Gaika	2009:08:29	Riverlands PS	8.55
10	Beyonce	Grobbelaar	2008:05:28	H. Venter	8.57

Boys 9 – 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Preston	Natal	2008:01:07	Steenvliet PS	7.45
2	Lucando	Klaase	2008:05:27	Riverlands PS	7.51
3	L J	Plaatjies	2009:04:13	De Heide	7.55
4	Jericho	Kroukamp	2008:08:07	Steenvliet PS	7.57
5	Jayden	Booyesen	2008:02:24	Paarlzicht PS	8.00
6	Ciano	Paul	2008:06:12	FJ Conradie	8.05
7	Christopher	VD Westhuizen	2008:09:04	Welvaart PS	8.06
8	Junaid	Franse	2009:06:19	Riverlands PS	8.09
9	Aden	Felix	2008:08:16	Riverlands PS	8.13
10	Denique	Pretorius	2008:11:14	Piet Hugo Ged	8.17

Girls 10 – 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Mishca	Fredericks	2007:07:02	Welvaart PS	8.04
2	Desnay	Andrew	2007:06:13	Morridale PS	8.08
3	Micayla	Hamman	2007:12:17	Morridale PS	8.09
4	Gailleen	Rex	2007:03:24	Elandsrivier	8.21
5	Cassidy	Crousster	2007:04:22	Paarlzicht PS	8.25
6	Ventashia	Farao	2007:10:28	Orleansvale PS	8.28
7	Bianca	Baron	2007:06:06	Citrusdal PS	8.31
8	Ronel	September	2007:09:22	Citrusdal PS	8.32
9	Ivania	Kok	2007:07:18	Steenvliet PS	8.34
10	Leonie	Swarts	2007:10:09	Piet Hugo Gedenk	8.46

Boys 10 – 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Gilermo	Fillies	2007:02:11	Steenvliet PS	7.25
2	O'Ryan	Scheepers	2007:06:27	Victoriapark	7.26
3	Devan	Johnson	2007:02:03	Elandsrivier PS	7.30
4	Eltino	Thompson	2007:11:27	De Heide	7.33
5	Dewan	Wildschut	2007:07:22	Steenvliet PS	7.40
6	Matt	Jordaan	2007:01:03	Paarlzicht PS	7.41
7	Deacon	Brown	2007:05:01	Riverlands PS	7.46
8	Ellgin	Snyders	2007:01:01	Steenvliet PS	7.50
9	Anvor	Gaika	2007:02:05	Riverlands PS	7.51
10	Eldorico	Farmer	2007:10:11	Dalweide PS	7.54

Girls 11 – 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Tashmia	Fortuin	2006:03:11	Saron PS	12.09
2	Willmary	Van Esland	2006:06:14	Touwsrivier PS	12.13
3	Marilyn	Abrahams	2006:01:16	Protea PS	12.25
4	Joshlin	Kiewiets	2006:10:14	Touwsrivier PS	12.30
5	Jenniba	Nuwegeld	2006:01:25	Soetendal PS	12.50
6	Runichia	Delpport	2006:10:22	FJ Conradie PS	12.58
7	Esihle	Valikho	2006:04:15	Okkie Smith	13.01
8	Danty	McThomas	2006:04:15	Touwsrivier PS	13.10
9	Grace	Zacharias	2006:09:21	Britsum PS	13.16
10	Jonica	Jonkers	2006:09:11	Avianpark PS	13.18

Boys 11 – 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Carlton	Matthews	2006:06:08	Morridale PS	11.16
2	Lee-Hanro	Arendse	2006:06:03	Ceres PS	11.19
3	Jeyeren	November	2006:03:17	Victoriapark PS	11.31
4	Jeremy	Cupido	2006:01:07	Morridale PS	11.37
5	Miquel	Swarts	2006:04:28	Overhex PS	11.40
6	Keanon	September	2006:04:03	Morridale PS	11.42
7	Denzil	Keffers	2006:01:01	Overhex PS	11.48
8	Rio	Maurice	2006:05:21	WF Loots PS	11.50
9	Henryhano	Booyesen	2006:07:16	Overhex PS	11.51
10	Ciano	De Wee	2006:02:21	Elandsrivier PS	11.53

Girls 12 – 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Gillian	Muller	2005:10:19	Britsum PS	12.01
2	Beulin	Van Rooyen	2005:09:10	Britsum PS	12.02
3	Warrenique	Adendorff	2005:03:19	Dagbreek PS	12.16
4	Chloe	Lottering	2005:01:16	Swartland PS	12.30
5	Ainsley	Filander	2005:08:15	De Heide	12.38
6	Sarah-Lee	Senoamali	2005:05:06	Morrisdale PS	12.39
7	Vasti	Pietersen	2005:09:13	Gansbaai	12.40
8	Tanya	Manuwel	2005:02:02	Riverlands PS	13.05
9	Christolique	McNeil	2005:10:02	Avianpark PS	13.23
10	Lechaine	Davids	2005:01:04	Soetendal PS	13.29

Boys 12 – 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Morne	Swarts	2005:05:05	Overhex PS	10.59
2	Luson	Kroukamp	2005:03:28	Steenvliet PS	11.11
3	Angelo	Swarts	2005:05:15	Kosie De Wet PS	11.17
4	Shane-Joshua	Adams	2005:04:25	Dalweide PS	11.19
5	Zimvo	Towuse	2005:06:26	Masakhane	11.21
6	Jack	Armando	2005:02:27	Gansbaai	11.23
7	Gavin	Flink	2005:01:05	Vlottenburg	11.31
8	Juandre	Rhode	2005:06:06	Morrisdale PS	11.34
9	Fernando	Geduld	2005:12:03	Ceres PS	11.37
10	Rowayne	Kouter	2005:01:12	Overhex PS	11.41

Girls 13 – 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Rodene	Julius	2004:04:24	Witzenburg PS	12.05
2	Chante	Roux	2004:07:01	Hermanus PS	12.06
3	Cathline	Olivier	2004:02:27	Protea PS	12.21
4	Joybade	Jaftha	2004:06:23	Steenvliet PS	12.37
5	Precious	Plaatjies	2004:12:25	De Heide	12.44
6	Madelein	Adams	2004:02:08	WF Loots	12.49
7	Jodene	Damons	2004:04:02	Riverlands PS	13.04
8	Berashida	Swarts	2004:01:29	Gansbaai	13.09
9	Kay-Dee	Scheffers	2004:01:21	Touwsrivier PS	13.10
10	Megan	Kok	2004:10:21	Touwsrivier PS	13.21

Boys 13 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Lee-Tham	Rooi	2004:06:01	Bella Vista HS	13.58
2	Lee-Quin	Danster	2004:05:16	H Venter PS	14.06
3	Nathan	Botha	2004:12:20	Kosie De wet PS	14.11
4	Nashville	Hofmeester	2004:05:04	WF Loots	14.17
5	Ron-Lee	Ockhuis	2004:08:28	Witzenberg PS	14.22
6	Jadeley	Booyesen	2004:01:19	HS Riviersonderend	14.26
7	Luwadin	Renier	2004:12:21	Touwsrivier PS	14.32
8	Ismael	VD Westhuizen	2004:03:23	Soetendal PS	14.41
9	Clement	De Bruin	2004:10:22	Steenvliet PS	14.45
10	Cado	George	2004:03:15	Witzenberg PS	14.46

Girls 14 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Virgell-Lee	Africa	2003:08:21	Avianpark PS	15.09
2	Chantay	Raman	2003:12:03	St Mark's	15.25
3	Jessica	Slinger	2003:01:16	De Kruine PS	15.34
4	Tseposito	Leboudna	2003:04:01	Breërivier PS	15.45
5	Willmien-Shay	Pietersen	2003:11:15	H Venter	16.02
6	Veronique	Visagie	2003:07:15	Breërivier PS	16.09
7	Ilse	Brugman	2003:02:23	Bloemhof	16.35
8	Marelle	Botha	2003:11:11	Bloemhof	16.39
9	Christi	Noades	2003:07:25	Rhenish	16.40
10	Karla	Brugman	2003:02:23	Bloemhof	17.17

Boys 14 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Donald	Scheepers	2003:07:04	Touwsrivier PS	13.27
2	Durizen	Esterhuizen	2003:07:25	Dalweide PS	13.56
3	Barend	Brinkhuis	2003:11:11	Swartberg	14.08
4	Wesley	Jacobs	2003:08:01	De Kruine	14.09
5	Alfonso	Prins	2003:11:26	Witzenberg PS	14.10
6	Jayden-Lee	Seryners	2003:07:22	Witzenberg PS	14.25
7	Loyiso	Jack	2003:11:22	Mbekweni PS	14.33
8	Keaton	Fredericks	2003:10:19	Soetendal PS	14.38
9	Jacques	Hendricks	2003:10:27	Riverlands PS	14.38
10	Rashid	Fransman	2003:01:04	Citrusdal PS	14.47

Boys 14 LSEN – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Shawn	Chikowore	2003:01:10	Edenskool	13.49
2	Elroy	Joseph	2003:03:16	Edenskool	15.52
3					

Girls 15 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Almé	Jordaan	2002:05:02	HS Stellenbosch	15.38
2	Cimòn	VD Westhuizen	2002:01:21	Bloemhof	15.57
3	Yunisha	Coetzee	2002:11:02	Salkor	16.17
4	Azrea	Sylvester	2002:06:05	Bloemhof	16.19
5	Mirna	Swarts	2002:12:10	HS Tulbagh	16.23
6	Kate-Lynn	Joseph	2002:12:20	Breërivier	16.34
7	Marilize	Solomons	2002:07:22	Wolseley SS	17.30
8	Nicci	La Meyer	2002:02:13	HS Swartland	17.32
9	Carli	Jacobs	2002:11:10	HMS Bloemhof	17.36
10	Farren	Wenn	2002:07:08	Cloetesville	17.58

Girls 15 LSEN – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Atisca	Esterhuizen	2002:12:17	Riebeeckvallei	18.37
2	Chanteline	Valentine	2002:05:22	Steinthal	19.05
3	Lee-Anne	Williams	2002:07:04	Agulhas SOS	19.13
4	Nadine	Solomons	2002:08:30	Riebeeckvallei	22.11

Boys 15 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Curtis	Fortuin	2002:11:23	Cederberg Akad	13.23
2	Gawian	Jantjies	2002:09:13	Paarl Gim	13.29
3	Siphosethu	Tasana	2002:07:17	William Lloyd PS	13.29
4	Lee-Brian	Rooi	2002:07:24	Bella Vista	13.44
5	Vicky-Hano	Julies	2002:04:10	Salkor	13.57
6	Nolan	Diedericks	2002:04:25	Paarl Gim	14.12
7	Roman	VD Horst	2002:04:11	De Kruine SS	14.14
8	Granville	Farmer	2002:01:19	Kylemore SS	14.15
9	Elridge	Fransman	2002:01:26	Citrusdal PS	14.27
10	Francko	Bantam	2002:08:20	Charleston Hill SS	14.31

Boys 15 LSEN – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Ryan	Steer	2002:04:30	Lindelani	14.47
2	Jamiel	Opperman	2002:07:13	Lindelani	14.55
3	Aviwe	Tonisi	2002:08:19	Agulhas SOS	14.56
4	Keatin	Daars	2002:09:21	Wellinton SOS	15.09
5	Fabrizio	Smit	2002:03:15	Riebeeck Valley	15.18
6	Angelo	Markus	2002:01:04	Riebeeck Valley	15.23
7	Marshall	Tieman	2002:01:12	Agulhas SOS	15.38
8	Jadrin	Van Wyk	2002:06:04	Riebeeck Valley	15.45
9	Godwin	Basson	2002:10:03	Steinthal	15.51
10	Anthony	Waterboer	2002:06:05	Steinthal SS	15.57

Girls 16 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Meagan	Swanepoel	2001:10:05	Breërivier	15.08
2	Vernita	Africa	2001:08:27	Breërivier	15.48
3	Tatum	Maher	2001:02:04	La Rochelle	16.08
4	Courtney	Eftha	2001:03:02	Breërivier	17.34
5	Caitlin	Baadjes	2001:02:23	De Kruine	17.50
6	Abigail	Botes	2001:11:28	Breërivier	18.11
7	Zeanne	Kruger	2001:01:31	HS Bredasdorp	19.15
8	Leandri	Agenbach	2001:09:28	HS Swartland	19.18
9	Andrea	Adams	2001:12:06	Cloetesville SS	19.26
10	Sue-Lee	Seekoei	2001:06:04	Breerivier HS	21.06

Girls 16 LSEN – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Dehandre	Moos	2001:09:01	Agulhas SOS	18.56
2	Wariah	Louw	2001:11:13	Steinthal	21.19
3	Samantha	Jantjies	2001:07:12	Agulhas SOS	21.29
4	Jacqueline	Swarts	2001:06:12	Steinthal	22.41

Boys 16 – 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Mark	Standfliet	2001:12:11	H Venter	19.38
2	Loyiso	Skiti	2001:10:18	Desmond Tutu	19.42
3	Duvan	Jansen	2001:12:09	Bredasdorp HS	20.32
4	Conwill	Duiker	2001:11:07	Paarl Gim	20.54
5	Grahim	Kok	2001:12:03	De Kruine SS	21.12
6	Wouter	VD Merwe	2001:02:09	HS Swartland	21.15
7	Jenowin	September	2001:05:13	Noorder-Paarl	21.46
8	Graham	Kalamina	2001:03:01	Charleston Hill SS	21.50
9	Alec	Botha	2001:10:18	Paul Roos Gim	21.50
10	Chrinizti	Johnson	2001:10:01	De Kruine SS	22.11

Boys 16 LSEN – 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Damion	Titus	2001:08:26	Steinthal	23.04
2	Johain	Basson	2001:08:04	Riebeeck Valley	23.27
3	Jacy-lee	Prins	2001:03:22	Steinthal	23.38
4	A j	Meiring	2001:12:10	Steinthal	24.06
5	Marthinus	Persens	2001:02:10	Riebeeck Valley	24.32
6	Donovan	Michaels	2001:01:15	Agulhas SOS	25.09
7	Jeremi	Gidi	2001:01:24	Steinthal	25.56
8	Henrico	Jansen	2001:09:21	Agulhas SOS	27.18
9	Joshwin	Kleinsmith	2001:04:12	Steinthal	27.20
10	Charlton	Donkerman	2001:11:03	Riebeeck Valley	27.24

Girls 17 – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Ronelda	Vellem	2000:04:27	Breërivier	15.45
2	Chanté	Dippenaar	2000:05:11	Paarl Gim	15.55
3	Jeanne	Roothman	2000:07:07	Bloemhof	17.00
4	Johanay	Visagie	2000:01:10	Wesbank SS	17.07
5	Aseza	Zamliza	2000:06:02	Vusisizwe	17.21
6	Ambrosia	Mitchell	2000:01:24	Langeberg SS	17.42
7	Catherine Mia	Doyle	2000:08:03	Parel Vallei HS	18.02
8	Gisela	Brits	2000:11:08	Robertson HS	18.29
9	Babalwa	Taweti	2000:10:10	Vusisizwe	19.01
10	Lucrecia	Meiring	2000:11:14	De Kruine	19.04

Boys 17 - 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Reagan	Rooi	2000:08:22	Bella Vista	19.23
2	Lance	Michals	2000:07:03	H Venter	19.31
3	Lee	Jansen	2000:04:22	De Kruine Sek	20.31
4	Gavin	Abrahams	2000:12:28	Cederberg Akad	20.47
5	Marlin	Riegardt	2000:04:30	Charleston Hill SS	21.12
6	Siyambongela	Mtshaza	2000:03:17	Vusisizwe	21.37
7	Lyle	September	2000:07:01	Charleston Hill SS	21.59
8	Qiano	Van der Berg	2000:02:08	New Orleans SS	22.01
9	Siphenkosi	Mbanda	2000:05:14	Vusisizwe	22.38
10	Yonga	Mkosi	2000:05:10	Vusisizwe	22.43

Boys 17 LSEN – 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Adriaan	Coetzee	2000:02:25	Riebeeck Valley	23.10
2	Jonathan	Steward	2000:04:16	Steinthal SS	26.25
3	Curtwill	Michaels	2000:07:01	Steinthal	26.45
4	Dillon	Oerson	2000:11:10	Steinthal SS	28.12

Junior Women – 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Lara	Rossouw	1999:03:16	Bloemhof	23.47
2	Sharlan	Boer	1998:05:04	Maties	26.17
3	Mable	Swart	1999:12:19	LB	26.37
4	Marina	Van Tonder	1999:02:14	Maties AC	26.53
5	Chantel	January	1998:07:16	De Kruine	27.52
6	Rymenia	Granfield	1998:11:29	De Rust Futura	28.05
7	Zahra	Ayyoub	1998:11:20	Maties AC	28.03
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	
2	Tazneem	Marthinus	1999:04:18	Riebeeck Valley	

Junior Men – 8km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Kananelo	Thulo	1999:05:26	Wolseley SS	26.42
2	Nizaam	Sauls	1999:06:20	Robertson	27.18
3	Allister	Blaauw	1999:09:28	Groendal SS	27.21
4	Wilton	Vlink	1999:08:03	Charleston Hill SS	28.05
5	Klaas	Mouries	1998:09:13	Robertson Ash	28.1
6	Gino	Kustoor	1997:12:14	De Kruine Sek	28.30
7	Gurswin	Oerson	1998:05:31	De Kruine SS	29.04
8	Sixolisile	Mzangwe	1998:10:20	Vusisizwe	30.2
9	Anthony	Rex	1999:03:25	Villiersdorp SS	30.22
10	Abongile	Nkamdi	1998:05:01	Vusisizwe	30.29

Junior Men LSEN – 8km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Keeno	Lobberts	1999:08:14	Steinthal	31.11
2	Justin	Claasen	1999:11:16	Steinthal	31.12
3	Shaun	Smith	1999:11:08	Steinthal	31.3
4	Gideon	Ahrends	1999:11:21	Agulhas SOS	31.54
5	Peter	Thompson	1999:09:20	Steinthal	32.23
6	Justin	Maarman	1999:02:28	Riebeeck Vallei	32.47
7	Justin	Boa	1999:11:24	Agulhas SOS	36.07
8	Shane	Kleinbooi	1999:11:03	Steinthal	39.12
9	Jayson	Fortuin	1999:02:06	Riebeeck Vallei	39.24

Senior Women - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Zani	Kruger	1996:10:07	Maties AC	14.32
2	Sunel	Jacobs	1993:01:19	Stellenbosch AK	15.18
3	Ileana	Dreyer	1996:11:11	UWC	16.07
4	Esther	VD Merwe	1997:08:11	Maties	17.02
5	Veronique	Jakobs	1995:03:06	Maties	17.19
6	Inari	Basson	1994:01:11	Maties AK	18.01
7	Elnora	Monejai	1997:12:28	EGA	20.44

Senior Men – 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Angelo	Booyesen	1991:10:01	Correctional Serv	12.05
2	Deon-Lee	Hendricks	1997:07:17	Stellenbosch	12.11
3	Llewellyn	Groeneveld	1995:02:07	Maties AC	12.29
4	Akhona	Mdaka	1995:04:03	EGA	12.40
5	Jason	Koopman	1997:02:12	WAK	12.46
6	Petrus	Zwane	1989:08:10	Swartland AK	112.55
7	Lorenzo	Pieters	1996:11:05	Citrusdal AC	12.49
8	Daniel	Van Niekerk	1997:11:18	Maties AC	12.59
9	Thulo	Kananelo	1994:03:14	Wolseley AK	13.05
10	Elgernon	Davids	1994:03:14	Robertson	13.17

Senior Women – 10km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Magrieta	Willemse	1983:11:18	Ceres AC	47.33

Senior Men – 10km

1	Angelo	Booyesen	1991:10:01	Correctional Serv	32.24
2	Akhona	Mdaka	1993:03:04	EGA	32.35
3	Petrus	Zuane	1998:08:10	Swartland AK	32.52
4	Elgurnon	Davids	1994:03:14	Robertson AC	34.25
5	Lorenzo	Pieters	1996:11:09	Citrusdal AK	34.4
6	Johannes	Jansen	1995:02:22	Robertson	35
7	Rudolf	Rossouw	1997:02:13	Maties	35.54
8	William	Kaptein	1992:06:12	Maties	36.01
9	Shaun	Tobias	1997:02:06	Robertson	37.05
10	Bradley	November	1997:04:25	Wellington AC	37.05

Master Men – 8km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Dawid	Pieterse	1970:04:06	Franschhoek	29.46
2	Alexander	Evertson	1970:03:07	Worcester AC	29.51
3	Owen	Smith	1970:11:06	Wellington AC	30.34
4	Willem	Maré	1964:06:02	Strand AC	32.32
5	Thomas	Moses	1957:01:09	Worcester AC	32.45
6	Morne	Hansen	1977:03:08	Worcester AC	32.56
7	Johannes	De Wee	1974:08:01	Robertson	35.13
8	Daniel	Van Wyk	1960:03:31	Wellington AC	36.46
9	Douglas	Hector	1960:01:05	Salkor	40.40
10					

Grand Master Men – 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Thomas	Moses	1957:01:09	Worcester AC	24.47
2	Colin	Williams	1955:07:19	Wellington AC	27.16
3	Carel	Muller	1957:01:22	Stellenbosch AC	28.44
4	Suliaman	Valley		Worcester AC	



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