



NEWS LETTER – 31 JULY 2017

TOP 10 RESULTS - BOLAND CROSS COUNTRY TRIAL 6 - SATURDAY 29 JULY 2017

700 Boland athletes were treated to a great festive atmosphere at Auldearn Farm in the Elgin Valley, Grabouw, on Saturday 29 July 2017 at Trial 6. These athletes were putting in another attempt to qualify for the Boland Schools and Boland Athletics Teams in preparation for the Boland Cross Country Championships and the Western Cape Schools Championships in August, and the ASA Cross Country Championships and the SASA National Schools Championships in September 2017.

This event was very well organized by Elgin Grabouw Athletics Club and Boland South Schools, with a very generous sponsorship of Coke from Peninsula Beverages. The owners and workers of Auldearn Farm really went beyond expectation to present us with a perfect setting to end off the Boland Cross Country Trial series of 2017.

The venue presented athletes with a very challenging route with breath-taking scenery and rolling hills that provided our athletes with a great test of character just before the Boland Cross Country Championships on Saturday 12 August 2017 at Dal Josaphat Stadium in Paarl.

Mental strength is not just about being fitter than the other runner; it's about sticking it out and learning to suffer and dig deeper when the going gets tough.

When you overcome these hardships, you develop the confidence, the drive, the resilience, and the aggression to really get the most out of all the physical training you've done leading up to the championships.

Boland Athletics Championships aren't just about qualifying for a Boland Athletics team.

Boland Athletics Championships provides our athletes the opportunity to challenge for higher honours: to empower athletes to set goals, to raise the bar, to use the Boland Athletics Championships as a stepping stone to compete for a medal at ASA Championships.

The results of the top 10 athletes in each age category of Trial 6 are attached, together with the Selection Criteria for the Boland Cross Country team.

Photos of the Trials events are available on the Boland Athletics website.



Girls 9 – 2km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|-----------|-----------|-------------|----------------|-------|
| 1 | Christie | Maans | 2008:10:12 | Morrisdale PS | 10.12 |
| 2 | Esmaré | Senoamali | 2009:03:08 | Morrisdale | 10.12 |
| 3 | Moneeba | De Bruyn | 2009:01:06 | De Tuinen | 10.16 |
| 4 | Katelin | Bresens | 2008:02:05 | Le Chass PS | 10.16 |
| 5 | Jo-Keisha | Greef | 2008:03:09 | Touwsrivier | 10.59 |
| 6 | Jamy-Lee | Lakay | 2008:04:29 | Riverview PS | 11.09 |
| 7 | Janine | Brink | 2008:06:390 | Saron PS | 11.12 |
| 8 | Rozelia | Gaika | 2009:08:29 | Riverlands PS | 11.13 |
| 9 | Devidene | Jantjies | 2008:04:07 | Rawsonville PS | 11.20 |
| 10 | Ciara | Franse | 2010:09:14 | Riverlands PS | 11.26 |

Boys 9 – 2km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|-------------|---------------|------------|---------------|-------|
| 1 | Jericho | Kroukamp | 2008:08:07 | Steenvliet PS | 09:11 |
| 2 | Preston | Natal | 2008:01:07 | Steenvliet PS | 09.17 |
| 3 | Lucando | Klaase | 2008:05:27 | Riverlands PS | 09.23 |
| 4 | Nowic | Swanepoel | 2008:09:02 | Rivierview PS | 09.30 |
| 5 | Aden | Felix | 2008:08:16 | Riverlands PS | 09.45 |
| 6 | Jayden | Jansen | 2008:11:25 | H. Venter | 09.50 |
| 7 | Denique | Pretorius | 2008:11:14 | Piet Hugo Ged | 09.53 |
| 8 | Christopher | VD Westhuizen | 2008:09:04 | Welvaart PS | 10.09 |
| 9 | Jayden | Booyesen | 2008:02:24 | Paarlzicht PS | 10.14 |
| 10 | Ashwill | Abrahams | 2008:06:23 | Paarlzicht PS | 10.15 |

Girls 10 – 2km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|------------|------------|------------|------------------|-------|
| 1 | Gailleen | Rex | 2007:03:24 | Elandsrivier | 16.36 |
| 2 | Mishca | Fredericks | 2007:07:02 | Welvaart PS | 10.42 |
| 3 | Ventashia | Farao | 2007:10:28 | Orleansvale PS | 10.47 |
| 4 | Andrea | Rooi | 2007:09:07 | Overhex PS | 10.50 |
| 5 | Bianca | Baron | 2007:06:06 | Citrusdal PS | 10.59 |
| 6 | Fredolene | Makanda | 2007:02:03 | Steenvliet PS | 11.00 |
| 7 | Leonie | Swarts | 2007:10:09 | Piet Hugo Gedenk | 12.10 |
| 8 | Ronel | September | 2007:09:22 | Citrusdal PS | 12.13 |
| 9 | Annestacia | Louis | 2007:01:01 | Swartberg PS | 12.31 |
| 10 | Cassidy | Crousster | 2007:04:22 | Paarlzicht PS | 12.57 |

Boys 10 – 2km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|----------|-----------|------------|------------------|------|
| 1 | Gilermo | Fillies | 2007:02:11 | Steenvliet PS | 8.45 |
| 2 | Dewan | Wildschut | 2007:07:22 | Steenvliet PS | 8.46 |
| 3 | Anvor | Gaika | 2007:02:05 | Riverlands PS | 8.53 |
| 4 | Deacon | Brown | 2007:05:01 | Riverlands PS | 8.56 |
| 5 | Devan | Johnson | 2007:02:03 | Elandsrivier PS | 9.07 |
| 6 | Marco | Williams | 2007:01:16 | Wyersdrift PS | 9.09 |
| 7 | Eldorico | Farmer | 2007:10:11 | Dalweide PS | 9.11 |
| 8 | Ashwill | Fritz | 2007:09:02 | Britsum PS | 9.19 |
| 9 | Ellgin | Snyders | 2007:01:01 | Steenvliet PS | 9.27 |
| 10 | Elvino | Olivier | 2007:06:05 | Matjiesrivier PS | 9.35 |

Girls 11 – 3km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|----------|-----------|------------|----------------|-------|
| 1 | Tashmia | Fortuin | 2006:03:11 | Saron PS | 14.14 |
| 2 | Jenniba | Nuwegeld | 2006:01:25 | Soetendal PS | 14.39 |
| 3 | Caitlin | Van Rooy | 2006:01:18 | Saron PS | 15.31 |
| 4 | Grace | Zacharias | 2006:09:21 | Britsum PS | 15.41 |
| 5 | Micayla | Petersen | 2006:11:21 | Morrisdale PS | 15.50 |
| 6 | Joshlin | Kiewiets | 2006:10:14 | Touwsrivier PS | 15.54 |
| 7 | Cady | Fortuin | 2006:06:13 | Swartberg PS | 16.05 |
| 8 | Danty | McThomas | 2006:04:15 | Touwsrivier PS | 16.38 |
| 9 | Azasakhe | Mzizi | 2006:05:08 | De Rust PS | 16.45 |
| 10 | Nakeisha | Jacobs | 2006:03:07 | Le Chass PS | 16.47 |

Boys 11 – 3km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|-----------|-----------|------------|-----------------|-------|
| 1 | Carlton | Matthews | 2006:06:08 | Morridale PS | 13.09 |
| 2 | Ciano | De Wee | 2006:02:21 | Elandsrivier PS | 13.11 |
| 3 | Jeremy | Cupido | 2006:01:07 | Morridale PS | 13.28 |
| 4 | Nuraan | September | 2006:01:14 | Riverlands PS | 13.34 |
| 5 | Keanon | September | 2006:04:03 | Morridale PS | 13.41 |
| 6 | Lee-Tin | Syfers | 2006:05:03 | Victoriapark PS | 13.42 |
| 7 | Henryhano | Booyesen | 2006:07:16 | Overhex PS | 13.43 |
| 8 | Miquel | Swarts | 2006:04:28 | Overhex PS | 13.52 |
| 9 | Jeyeren | November | 2006:03:17 | Victoriapark PS | 13.59 |
| 10 | Rodriques | Farmer | 2006:02:18 | Riverlands PS | 14.01 |

Girls 12 – 3km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|--------------|------------|------------|---------------|-------|
| 1 | Gillian | Muller | 2005:10:19 | Britsum PS | 14.14 |
| 2 | Beulin | Van Rooyen | 2005:09:10 | Britsum PS | 14.12 |
| 3 | Warrenique | Adendorff | 2005:03:19 | Dagbreek PS | 15.01 |
| 4 | Michelle | Klaasen | 2005:03:01 | Paarlzicht PS | 15.09 |
| 5 | Sarah-Lee | Senoamali | 2005:05:06 | Morrisdale PS | 15.26 |
| 6 | Christolique | McNeil | 2005:10:02 | Avianpark PS | 15.34 |
| 7 | Shanell | Fortuin | 2005:07:05 | Soetendal PS | 15.44 |
| 8 | Chloe | Lottering | 2005:01:16 | Swartland PS | 15.48 |
| 9 | Shane | Karelse | 2005:05:17 | Uitnood PS | 15.50 |
| 10 | Jagley | Plaatjies | 2005:01:27 | Steenvliet PS | 16.03 |

Boys 12 – 3km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|--------------|---------------|------------|------------------|-------|
| 1 | Morne | Swarts | 2005:05:05 | Overhex PS | 12.30 |
| 2 | Luson | Kroukamp | 2005:03:28 | Steenvliet PS | 12.48 |
| 3 | Rowayne | Kouter | 2005:01:12 | Overhex PS | 13.19 |
| 4 | Angelo | Swarts | 2005:05:15 | Kosie De Wet PS | 13.25 |
| 5 | Shane-Joshua | Adams | 2005:04:25 | Dalweide PS | 13.31 |
| 6 | Gavin | Flink | 2005:01:05 | Vlottenburg | 13.38 |
| 7 | Amaru | Samuel | 2005:12:09 | Salkor | 13.46 |
| 8 | David | VD Westhuizen | 2005:08:05 | | 13.49 |
| 9 | Maerick | Petersen | 2005:10:21 | Riverlands PS | 13.54 |
| 10 | Thomas | Malgas | 2005:07:11 | Matjiesrivier PS | 14.13 |

Girls 13 – 3km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|----------|-----------|------------|----------------|-------|
| 1 | Joybade | Jaftha | 2004:06:23 | Steenvliet PS | 14.58 |
| 2 | Chante | Roux | 2004:07:01 | Hermanus PS | 15.09 |
| 3 | Megan | Kok | 2004:10:21 | Touwsrivier PS | 15.26 |
| 4 | Rodene | Julius | 2004:04:24 | Witzenburg PS | 15.59 |
| 5 | Jodene | Damons | 2004:04:02 | Riverlands PS | 16.24 |
| 6 | Madelein | Adams | 2004:02:08 | WF Loots | 16.33 |
| 7 | Nacieta | Liwaai | 2004:01:21 | H. Venter PS | 17.00 |
| 8 | Kay-Dee | Scheffers | 2004:01:21 | Touwsrivier PS | 17.16 |
| 9 | Demecia | Visser | 2004:08:04 | Le Chass PS | 17.17 |
| 10 | Maryka | Roupa | 2004:08:04 | Le Chass PS | 17.31 |

Girls 13 LSEN – 3km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|---------|---------|------------|-------------|-------|
| 1 | Aislinn | Muller | 2004:10:18 | Edenskool | 19.02 |
| | | | | | |

Boys 13 – 4km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|-------------|---------------|------------|-----------------|-------|
| 1 | Lee-Tham | Rooi | 2004:06:01 | Bella Vista HS | 16.27 |
| 2 | Nathan | Botha | 2004:12:20 | Kosie De wet PS | 16.28 |
| 3 | Nashville | Hofmeester | 2004:05:04 | WF Loots | 17.26 |
| 4 | Gavin | Petro | 2004:05:21 | Citrusdal PS | 17.38 |
| 5 | Throne | Micheals | 2004:06:30 | Riverview PS | 17.45 |
| 6 | Eldrin | Lord | 2004:08:20 | Citrusdal PS | 17.48 |
| 7 | Ismael | VD Westhuizen | 2004:03:23 | Soetendal PS | 17.50 |
| 8 | Christopher | September | 2004:05:19 | De Tuinen | 17.59 |
| 9 | Hilton | Smit | 2004:05:13 | Swartberg PS | 18.08 |
| 10 | Jacques | Jacobs | 2004:01:05 | Riverlands PS | 18.13 |

Girls 14 – 4km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|---------------|-----------|------------|-----------------|-------|
| 1 | Virgell-Lee | Africa | 2003:08:21 | Avianpark PS | 18.26 |
| 2 | Chantay | Raman | 2003:12:03 | St Mark's | 19.04 |
| 3 | Lanah | Nel | 2003:12:22 | Parel Vallei HS | 19.06 |
| 4 | Ilse | Brugman | 2003:02:23 | Bloemhof | 19.44 |
| 5 | Tsepiso | Leboudna | 2003:04:01 | Breërivier PS | 20.13 |
| 6 | Michaid | Botha | 2003:07:03 | Breerivier HS | 20.15 |
| 7 | Willmien-Shay | Pietersen | 2003:11:15 | H Venter | 20.16 |
| 8 | Jessica | Slinger | 2003:01:16 | De Kruine PS | 20.40 |
| 9 | Veronique | Visagie | 2003:07:15 | Breërivier PS | 21.05 |
| 10 | Marelle | Botha | 2003:11:11 | Bloemhof | 21.33 |

Boys 14 LSEN – 4km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|-------|-----------|------------|-------------|-------|
| 1 | Shawn | Chikowore | 2003:01:10 | Edenskool | 16.07 |
| 2 | | | | | |

Boys 14 – 4km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|-----------|-------------|------------|-----------------|-------|
| 1 | Donald | Scheepers | 2003:07:04 | Touwsrivier PS | 16.27 |
| 2 | Jonathan | Peterse | 2003:07:07 | Langeberg | 16.28 |
| 3 | Durizen | Esterhuizen | 2003:07:25 | Dalweide PS | 16.46 |
| 4 | Barend | Brinkhuis | 2003:11:11 | Swartberg | 16.49 |
| 5 | Jacques | Hendricks | 2003:10:27 | Riverlands PS | 17.07 |
| 6 | Bradley | Mentoor | 2003:08:30 | Dal Josaphat PS | 17.31 |
| 7 | Keaton | Fredericks | 2003:10:19 | Soetendal PS | 17.42 |
| 8 | Loyiso | Jack | 2003:11:22 | Mbekweni PS | 17.50 |
| 9 | Chroshaan | Hector | 2003:05:17 | Kylemore | 18.05 |
| 10 | Wesley | Jacobs | 2003:08:01 | De Kruine | 18.08 |

Girls 15 – 4km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|---------|---------------|------------|-----------------|-------|
| 1 | Almé | Jordaan | 2002:05:02 | HS Stellenbosch | 19.28 |
| 2 | Cimòn | VD Westhuizen | 2002:01:21 | Bloemhof | 20.30 |
| 3 | Yunisha | Coetzee | 2002:11:02 | Salkor | 21.28 |
| 4 | Carli | Jacobs | 2002:11:10 | HMS Bloemhof | 21.31 |
| 5 | Katelyn | Joseph | 2002:12:20 | Breërivier | 22.08 |
| 6 | Azrea | Sylvester | 2002:06:05 | Bloemhof | 23.02 |
| 7 | Erica | Snyman | 2002:03:05 | Cloeteville SS | 23.31 |
| 8 | Mirna | Swarts | 2002:12:10 | HS Tulbagh | 23.46 |
| 9 | Miranda | | 2002:08:18 | Vusizizwe SS | 24.22 |
| 10 | Nicci | La Meyer | 2002:02:13 | HS Swartland | 24.26 |

Boys 15 – 4km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|------------|------------|------------|--------------------|-------|
| 1 | Curtis | Fortuin | 2002:11:23 | Cederberg Akad | 15.49 |
| 2 | Gawian | Jantjies | 2002:09:13 | Paarl Gim | 16.06 |
| 3 | Granville | Farmer | 2002:01:19 | Kylemore SS | 16.22 |
| 4 | Elridge | Fransman | 2002:01:26 | Citrusdal PS | 16.24 |
| 5 | Francko | Bantam | 2002:08:20 | Charleston Hill SS | 16.34 |
| 6 | Lee-Brian | Rooi | 2002:07:24 | Bella Vista | 16.39 |
| 7 | Nolan | Diedericks | 2002:04:25 | Paarl Gim | 17.11 |
| 8 | Leuwellyn | Plaatjies | 2002:11:25 | Le Chass PS | 17.12 |
| 9 | Siphosethu | Tasana | 2002:07:17 | William Lloyd PS | 19.08 |
| 10 | Gareth | Pieterse | 2002:05:05 | Vlottenburg PS | 19.32 |

Boys 15 LSEN – 4km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|---------|-----------|------------|---------------|-------|
| 1 | Keatin | Daars | 2002:09:21 | Wellinton SOS | 18.06 |
| 2 | Godwin | Basson | 2002:10:03 | Steinthal | 18.21 |
| 3 | Anthony | Waterboer | 2002:06:05 | Steinthal SS | 19.13 |
| 4 | Malcolm | Olckers | 2002:01:21 | Steinthal SS | 20.16 |
| 5 | Emile | Koopman | 2002:11:20 | Steinthal | 21.51 |
| 6 | Ayanda | Meyers | 2002:08:07 | Wellinton SOS | 26.19 |
| 7 | Tiano | Meiring | 2002:12:25 | Steinthal | 29.32 |

Girls 16 – 4km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|----------|-------------|------------|-----------------|-------|
| 1 | Vernita | Africa | 2001:08:27 | Breërivier | 18.50 |
| 2 | Meagan | Swanepoel | 2001:10:05 | Breërivier | 19.19 |
| 3 | Sue-Lee | Seekoei | 2001:06:04 | Breerivier HS | 21.38 |
| 4 | Courtney | Eftha | 2001:03:02 | Breërivier | 22.05 |
| 5 | Tatum | Maher | 2001:02:04 | La Rochelle | 22.36 |
| 6 | Maja | Van Aswegen | 2001:04:27 | HS Stellenbosch | 22.40 |
| 7 | Catelin | Baadjies | 2001:02:23 | De Kruine | 24.46 |
| 8 | Abigail | Botes | 2001:11:28 | Breërivier | 25.16 |
| 9 | Leandri | Agenbach | 2001:09:28 | HS Swartland | 25.30 |
| 10 | Zeanne | Kruger | 2001:01:31 | HS Bredasdorp | 25.54 |

Girls 16 LSEN – 4km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|------------|---------|------------|-------------|-------|
| 1 | Jacqueline | Swarts | 2001:06:12 | Steinthal | 30.23 |
| 2 | Wariah | Louw | 2001:11:13 | Steinthal | 31.14 |

Boys 16 – 6km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|----------|------------|------------|--------------------|-------|
| 1 | Mark | Standfliet | 2001:12:11 | H Venter | 22.20 |
| 2 | Loyiso | Skiti | 2001:10:18 | Desmond Tutu | 24.06 |
| 3 | Conwill | Duiker | 2001:11:07 | Paarl Gim | 25.05 |
| 4 | Alec | Botha | 2001:10:18 | Paul Roos Gim | 25.15 |
| 5 | Duvan | Jansen | 2001:12:09 | Bredasdorp HS | 25.40 |
| 6 | Graham | Kalamina | 2001:03:01 | Charleston Hill SS | 26.32 |
| 7 | Grahim | Kok | 2001:12:03 | De Kruine SS | 28.04 |
| 8 | Yalaha | Mankantshu | 2001:01:22 | Vusisizwe | 28.38 |
| 9 | Chrintzi | Johnson | 2001:10:01 | De Kruine SS | 29.28 |
| 10 | Denovan | Dramat | 2001:11:12 | Swartberg SS | 31.08 |

Boys 16 LSEN – 6km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|------------|------------|------------|-------------|-------|
| 1 | Damion | Titus | 2001:08:26 | Steinthal | 29.41 |
| 2 | A J | Meiring | 2001:12:10 | Steinthal | 31.58 |
| 3 | Jeremy | Gidi | 2001:01:24 | Steinthal | 32.3 |
| 4 | Joshwin | Kleinsmith | 2001:04:12 | Steinthal | 34.02 |
| 5 | Jacy-lee | Prins | 2001:03:22 | Steinthal | 37.00 |
| 6 | Peter-John | Natal | 2001:09:17 | Steinthal | 39.03 |
| 7 | | | | | |

Girls 17 – 4km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|---------------|-----------|------------|-----------------|-------|
| 1 | Chanté | Dippenaar | 2000:05:11 | Paarl Gim | 19.03 |
| 2 | Ronelda | Velem | 2000:04:27 | Breërivier | 19.43 |
| 3 | Jeanne | Roothman | 2000:07:07 | Bloemhof | 19.58 |
| 4 | Johanay | Visagie | 2000:01:10 | Wesbank SS | 22.21 |
| 5 | Aseza | Zamliza | 2000:06:02 | Vusisizwe | 23.01 |
| 6 | Gisela | Brits | 2000:11:08 | Robertson HS | 23.28 |
| 7 | Catherine Mia | Doyle | 2000:08:03 | Parel Vallei HS | 23.47 |
| 8 | Lucrecia | Meiring | 2000:11:14 | De Kruine | 24.10 |
| 9 | Ambrosia | Mitchell | 2000:01:24 | Langeberg SS | 24.22 |
| 10 | Felicia | Pieterse | 2000:09:03 | Langeberg SS | 24.59 |

Boys 17 - 6km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|--------------|--------------|------------|--------------------|-------|
| 1 | Reagan | Rooi | 2000:08:22 | Bella Vista | 23.16 |
| 2 | Lance | Michals | 2000:07:03 | H Venter | 24.43 |
| 3 | Gavin | Abrahams | 2000:12:28 | Cederberg Akad | 24.45 |
| 4 | Marlin | Riegardt | 2000:04:30 | Charleston Hill SS | 26.13 |
| 5 | Qiano | Van der Berg | 2000:02:08 | New Orleans SS | 26.4 |
| 6 | Siyambongela | Mtshaza | 2000:03:17 | Vusisizwe | 27.17 |
| 7 | Lyle | September | 2000:07:01 | Charleston Hill SS | 27.46 |
| 8 | Siphenkosi | Mbanda | 2000:05:14 | Vusisizwe | 28.12 |
| 9 | Yonga | Mkosi | 2000:05:10 | Vusisizwe | 28.15 |
| 10 | Masibongi | Poni | 2000:11:05 | Vusisizwe | 28.16 |

Boys 17 LSEN – 6km

| 1 | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|---|----------|----------|------------|-----------------|-------|
| 2 | Adriaan | Coetzee | 2000:02:25 | Riebeeck Valley | 27.11 |
| 3 | Curtwill | Michaels | 2000:07:01 | Steinthal | 28.57 |
| 4 | Jonathan | Steward | 2000:04:16 | Steinthal SS | 32.31 |
| 5 | Dillon | Oerson | 2000:11:10 | Steinthal SS | 32.35 |

Junior Women – 6km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|---------|---------------|------------|-----------------|-------|
| 1 | Chantel | January | 1998:07:16 | De Kruine | 33.23 |
| 2 | Willene | Fredericks | 1999:11:21 | Stellenbosch AC | 34.23 |
| 3 | Mable | Swart | 1999:12:19 | LB | 35.05 |
| 4 | Rymenia | Granfield | 1998:11:29 | De Rust Futura | 37.11 |
| 5 | Sharlan | Boer | 1998:05:04 | Maties | 37.23 |
| 6 | Eldine | Neethling | 1999:10:26 | Langeberg SS | 41.48 |
| 7 | Lineece | Ulrich | 1999:09:14 | Groenberg SS | |
| 8 | Vicky | Van Schalkwyk | 1998:08:23 | Bredasdorp HS | |

Junior Women LSEN – 6km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|-----------|----------|------------|-------------|-------|
| 1 | Veronique | Kiewiets | 1999:07:02 | Steinthal | 41.42 |
| 2 | Camilla | Karelse | 1999:05:31 | Steinthal | |

Junior Men – 8km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|------------|-----------------|------------|--------------------|-------|
| 1 | Tobie | Lewies | 1998:06:24 | UWC | 31.03 |
| 2 | Allister | Blaauw | 1999:09:28 | Groendal SS | 31.32 |
| 3 | Samuel | Mendonca Santos | 1998:01:12 | Worcester AC | 31.18 |
| 4 | Nizaam | Sauls | 1999:06:20 | Robertson | 33.08 |
| 5 | Wilton | Vlink | 1999:08:03 | Charleston Hill SS | 33.32 |
| 6 | Henri | Blignaut | 1998:09:21 | Maties AC | 35.33 |
| 7 | Ashley | Farao | 1998:12:28 | Esselenpark SS | 36.48 |
| 8 | Gurswin | Oerson | 1998:05:31 | De Kruine SS | 36.49 |
| 9 | Domonique | Engelbrecht | 1998:05:09 | Langeberg | 36.49 |
| 10 | Simbongilo | Linganiso | 1999:01:23 | Vusisizwe | 37.36 |

Junior Men LSEN – 8km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|--------|-----------|------------|-------------|-------|
| 1 | Peter | Thompson | 1999:09:20 | Steinthal | 34.45 |
| 2 | Keeno | Lobberts | 1999:08:14 | Steinthal | 39.45 |
| 3 | Justin | Claasen | 1999:11:16 | Steinthal | 39.46 |
| 4 | Shane | Kleinbooi | 1999:11:03 | Steinthal | 41.06 |

Senior Women - 4km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|-----------|---------|------------|-------------|-------|
| 1 | Alexandra | Quenet | 1995:05:13 | Individual | 18.32 |
| 2 | Ileana | Dreyer | 1996:11:11 | UWC | 21.07 |
| 3 | Elnora | Monejai | 1997:12:28 | EGA | 25.45 |

Senior Men – 4km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|----------------|-----------|------------|---------------|-------|
| 1 | Deon-Lee | Hendricks | 1997:07:17 | Stellenbosch | 14.21 |
| 2 | Jason | Koopman | 1997:02:12 | Wellington AC | 14.44 |
| 3 | Nicholas Anton | Quenet | 1997:04:20 | Maties AC | 14.50 |
| 4 | Tobie | Lewies | 1998:06:24 | UWC | 14.57 |
| 5 | Nizaam | Sauls | 1999:06:20 | Robertson AC | 15.06 |
| 6 | Ashwell | | 1996:05:25 | | 15.22 |
| 7 | Elgernon | Davids | 1994:03:14 | Robertson | 15.52 |
| 8 | Gurswine | Booyse | 1997:05:11 | Citrusdal | 15.59 |
| 9 | Bradley | November | 1997:04:25 | Wellington AC | 16.37 |
| 10 | Lehandre | Robertson | | Cloetesville | |

Senior Men – 10km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|----------|-----------|------------|-------------|----------|
| 1 | Akhona | Mdaka | 1993:03:04 | EGA | 37.44 |
| 2 | Pheletso | Moletsane | 1992:10:06 | EGA | 40.06 |
| 3 | Shaun | Tobias | 1997:02:06 | Robertson | 42.25 |
| 4 | Rudolf | Rossouw | 1997:02:13 | Maties | 46.25 |
| 5 | Andries | Corah | 1974:09:07 | | 01.03.17 |

Senior Women – 10km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|----------|----------|------------|-------------|-------|
| 1 | Magrieta | Willemse | 1983:11:18 | Ceres AC | 59.43 |

Master Men – 8km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|----------|----------|------------|---------------|-------|
| 1 | Owen | Smith | 1970:11:06 | Wellington AC | 38.14 |
| 2 | Morne | Hansen | 1977:03:08 | Worcester AC | 40.08 |
| 3 | Thomas | Moses | 1957:01:09 | Worcester AC | 41.15 |
| 4 | Johannes | De Wee | 1974:08:01 | Robertson | 41.34 |
| 5 | Colin | Williams | 1955:07:19 | Wellington AC | |
| 6 | Suliaman | Valley | 1949:07:24 | Worcester AC | |

Grand Master Men – 6km

| NR | NAME | SURNAME | D.O.B. | SCHOOL/CLUB | TIME |
|----|---------|----------|------------|-----------------|-------|
| 1 | Thomas | Moses | 1957:01:09 | Worcester AC | 33.33 |
| 2 | Douglas | Hector | 1960:01:05 | Salkorane AC | 38.11 |
| 3 | Colin | Williams | 1955:07:19 | Wellington AC | 38.38 |
| 4 | Carel | Muller | 1957:01:22 | Stellenbosch AC | 41.40 |



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2017 SELECTION CRITERIA FOR BOLAND ATHLETICS CROSS COUNTRY TEAMS

SPECIFIC CRITERIA

1. Boland Athletics will be selecting a Cross Country team to represent Boland Athletics at the 2017 SA Cross Country Championships in the 15, 16, 17, 19, Seniors, and Masters Categories.
2. In selecting the Boland Athletics Cross Country team for the 2017 SA Cross Country Championships the BA Cross Country selectors will only consider athletes who have achieved Qualifying Times given in the table below. Only athletes who achieve the Qualifying Times in any of the 6 Trials and the Boland Cross Country Championships in the Boland Cross Country Season 2017 will be considered for team selection.
3. Athletes will qualify for selection, provided that they have competed in 4 out of 6 of the 2017 Boland Athletics Cross Country Trials plus the Boland Athletics Cross Country Championships.
4. Athletes who were sick or injured during the 2017 Boland Athletics Cross Country Trials and Championships, will be considered for the 2017 SA Cross Country Championships, provided a medical certificate was submitted to Boland Athletics before or during the 2017 Boland Athletics Championships. Consideration will be based on the performances of the athlete leading up to the Championships. Final selection in such cases will be subject to a proof.

QUALIFYING TIMES FOR SELECTION OF BA TEAM TO 2017 SA CROSS COUNTRY CHAMPIONSHIPS

| Men | Distance | Time |
|---------|----------|-------|
| B/15 | 4km | 13:28 |
| B/16 | 6km | 20:17 |
| B/17 | 6km | 19:01 |
| B/19 | 8km | 25:44 |
| M/21 | 4km | 12:42 |
| M/23 | 4km | 13:00 |
| Sen Men | 4km | 12:27 |
| Sen Men | 10km | 30:40 |

| Women | Distance | Time |
|-----------|----------|-------|
| G/15 | 4km | 15:25 |
| G/16 | 4km | 15:45 |
| G/17 | 4km | 15:37 |
| G/19 | 6km | 22:49 |
| W/21 | 4km | 16:38 |
| W/23 | 4km | 17:21 |
| Sen Women | 4km | 16:15 |
| Sen Women | 10km | 36:54 |

| Master Men | Distance | Time |
|------------|----------|-------|
| MM/30 | 8km | 25:09 |
| MM/35 | 8km | 26:16 |
| MM/40 | 8km | 26:53 |
| MM/45 | 8km | 28:09 |
| MM/50 | 8km | 29:51 |
| MM/55 | 8km | 32:33 |
| MM/60 | 6km | 25:44 |
| MM/65 | 6km | 28:25 |

| Master Women | Distance | Time |
|--------------|----------|-------|
| MW/30 | 4km | 16:34 |
| MW/35 | 4km | 16:43 |
| MW/40 | 4km | 16:40 |
| MW/45 | 4km | 16:51 |
| MW/50 | 4km | 19:08 |
| MW/55 | 4km | 19:43 |
| MW/60 | 4km | 23:28 |
| MW/65 | 4km | 24:20 |

GENERAL CRITERIA

1. The final selection of the team is subject to the final approval by the Boland Athletics Board.
2. The Boland Athletics Cross Country Selection Criteria is an annexure to the Boland Athletics Constitution that deals with the "Strategy for the Selection and Preparation of Boland Athletics Teams".
3. In selecting athletes for the SA Championships, priority will be given to the selection of athletes with the potential to qualify for IAAF World Championships Events and to win medals for Boland Athletics at the SA Championships.
4. Athletes who do not achieve BA Qualifying Times/Standards will be selected onto the Final Team at the discretion of the BA Executive Board. In doing this, the Board will take the following factors into consideration, in the specified priority order:
 - 4.1. Potential for a medal or potential to end in the top 10.
 - 4.2. Demographics of the team
 - 4.3. Development in general.

APPEAL

An athlete not in the team when it is announced has the right to appeal in writing for reconsideration to be included in the final team. The appeal must be made to the Boland Athletics office at office@bolandathletics.com within 48 hours after the announcement of the team. The appeal should include all information the athlete considers relevant to the selection panel's reconsideration of its decision.