



**BOLAND**ATHLETICS

### **NEWS LETTER 4 JUNE 2018 - BOLAND ATHLETICS CROSS COUNTRY TRIAL 5 - TOP 10 RESULTS**

The wet, windy and cold weather in Worcester could not dampen the spirit of 850 athletes from the Cape Winelands, Overberg and West Coast Districts from taking up the challenge of Boland Athletics Cross Country Running at Drostdy Technical School on Saturday 2 June 2018.

Worcester Athletics Club and Boland Schools Cross Country were the joint hosts for this well-organised event.

A very encouraging feature of our cross country trials this year is the increase in numbers of Girls/Women participation. We just need to take this to a level where we will be able to select a team that will be competitive at the ASA Cross Country and SA Schools Cross Country Championships this year.

Boland Athletics Cross Country Running now takes a well-deserved break to allow our Learners and Teachers to focus on the June examinations and to enjoy the mid-year school holidays.

Our Cross Country programme will resume with Trial 6 at Riebeeek Valley School of Skills in Riebeeek West on Saturday 28 July 2018.

This will be the final opportunity of preparation leading up to the Boland Athletics Cross Country Championships on Saturday 12 August 2018, the Western Cape Schools Cross Country Championships on Saturday 26 August 2018, the ASA Cross Country Championships in Port Elizabeth on Saturday 8 September 2018, and the SA Schools Athletics National Schools Cross Country Championships in Bloemfontein on Friday 28 and Saturday 29 September 2018.

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	Esmari	Senoamali	2009/03/08	Morrisdale	1	8,24
2	Muneeba	De Bruyn	2009/01/06	WPS	2	8,29
3	Shanon	Swarts	2010/02/10	Overhex Prim	3	8,49
4	Stephano	Philander	21/3/2009	Overhex Prim	4	9,00
5	Zelnay	Draai	2009/03/17	Britsum Prim	5	9,06
6	Meuzaan	Jansen	28/2/2010	Overhex Prim	6	9,12
7	Wha-Leesha	Van Rooy	12/5/2010	Overhex Prim	7	9,45
8	Beatrix	Prentz	5/2/2009	Britsum Prim	8	9,53
9	Mickayla	Windum	2009/11/05	Touwsrivier	9	9,56
10	Elzane	Diedericks	2009/04/13	LS Touwsrivier	10	9,56

BOYS 9 - 2km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Herchelle	Manuel	7/3/2009	Steenvliet Prim	1	7,54
2	Emilio	Sauls	2009/11/24	Morrisdale	2	8,06
3	Eathan	Maans	2009/06/08	Morrisdale	3	8,10
4	AJ	Thysen	13/6/2009	Dal Josphat Prim	4	8,13
5	Ambrey	Shreuder	2009/08/04	Steenvliet Prim	5	8,21
6	Gladwin	Jaars	2009/09/14	Steenvliet Prim	6	8,24
7	Gabriel	September	2009/08/28	Steenvliet Prim	7	8,27
8	Leighton	Prins	2009/08/16	Morrisdale	8	8,27
9	Randall	Muller	2009/07/08	Britsum Prim	9	8,40
10	LJ	Plaatjies	13/4/2009	De Heide Prim	10	8,42

GIRLS 10 - 2km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Christy	Maans	2008/10/12	Morrisdale	1	8,13
2	Jo-Keishia	Greeff	2008/03/09	LS Touwsrivier	2	8,27
3	Shermon	Kok	2008/09/29	LS Touwsrivier	3	8,33
4	Roshe	Hanekom	2008/08/31	LS Touwsrivier	4	8,41
5	Fredelene	Skippers	2008/06/16	Britsum	5	8,42
6	Lecrusia	September	2008/11/18	Steenvliet Prim	6	8,48
7	Tammy -Lee	Constance	2008/06/30	Britsum	7	8,49
8	Carshay	Speelman	1/4/2008	F.J Conradie PS	8	8,57
9	Elri	Coetzee	15/6/2008	Riebeek Kasteel	9	9,01
10	Shannon	October	28/7/2008	Magnolia Prim	10	9,11

BOYS 10 - 2km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Preston	Natal	2008/01/07	Steenvliet	1	7,37
2	Jeniquin	Snyers	2008/05/05	Morrisdale Prim	2	7,40
3	Marquin	Saayman	2008/09/21	Morrisdale Prim	3	7,41
4	Jeano	Tentenie	2008/01/01	Sand Hills N.G.K	4	7,43
5	Xavier	Micheals	2008/10/19	H. Venter Prim	5	7,45
6	Christopher	van der Westhuizen	2008/09/04	Welvaart	6	7,48
7	Norwic	Swanepoel	2/9/2008	Riverview	7	7,55
8	Ciano	Paul	2008/12/06	F.J Conradie PS	8	7,56
9	Marquin	Hector	14/12/2008	F.J Conradie PS	9	8,03
10	Jamiel	Links	2008/03/28	Sandhills Prim	10	8,07

GIRLS 11 - 3km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Desne	Andrew	2007/06/07	Morrisdale Prim	1	12,19
2	Mikayla	Hammon	2007/12/07	Morrisdale Prim	2	12,29
3	Lenicia	Maans	2007/11/10	Wanganella Prim	3	12,39
4	Bianca	Baron	2007/05/06	Cit Prim	4	12,46
5	Shante	Bergman	4/2/2007	LS Touwsrivier	5	12,56
6	Lucusio	Stuurman	2007/08/29	St Albans Prim	6	13,07
7	Ronel	September	22/9/2007	Cit Prim	7	13,20
8	Shakira	Matthysen	2007/08/21	Victoriapark Prim	8	13,23
9	Charne	Danster	2007/10/07	H.Venter Prim	9	13,52
10	Mishca	Fredericks	2007/06/09	Welvaart Prim	10	13,54

BOYS 11 - 3km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Gilermo	Fillies	2007/02/11	Steenvliet Prim	1	11,46
2	Dewan	Wildschud	2007/07/22	Steenvliet Prim	2	11,44
3	Corrin	Adams	2007/05/11	Morrisdale Prim	3	11,44
4	Corne	Wildschutte	2007/05/03	St Albans Prim	4	12,04
5	O'Ryan	Scheepers	2007/06/27	Victoriapark Prim	5	12,09
6	Xavier	Bam	2007/03/26	Bergrivier Prim	6	12,12
7	Uran	De Wee	2007/05/18	Witzenberg Prim	7	12,12
8	Muscah	Osman	28/1/2007	Morrisdale Prim	8	12,13
9	Gurswin	Beukes	2007/11/23	Wanganella Prim	9	12,16
10	Marchen	Cupido	29/12/2007	St Albans Prim	10	12,18

GIRLS 12 - 3km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Wilmary	Van Esland	2006/06/14	LS Touwsrivier	1	11,52
2	Joshlyn	Kiewiets	14/41/2006	LS Touwsrivier	2	11,53
3	Danty	McThomas	2006/04/15	LS Touwsrivier	3	12,11
4	Clarissa	Snyders	2006/10/05	St Marks Prim	4	12,12
5	Ronichia	Delport	22/10/2006	F.J Conradie Prim	5	12,25
6	Rosedeen	Louw	2006/03/08	Avianpark	6	12,35
7	Marodine	Arries	2006/09/15	Victoriapark Prim	7	12,44

8	Sylvia	Fritz	2006/06/24	W.F. Loots Prim	8	12,50
9	Alicia	Mutangiri	2006/09/24	Idasvallei Prim	9	12,51
10	Cassidy	Smile	18/9/2006	Sandhills Prim	10	12,54

BOYS 12 - 3km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Earlon	Matthews	2006/06/08	Morrisdale Prim	1	11,00
2	Lehandro	Arendse	2006/07/16	Morrisdale Prim	2	11,01
3	Jeremy	Cupido	2006/01/06	Morrisdale Prim	3	11,02
4	Jeyeren	November	2006/03/17	Victoriapark Prim	4	11,04
5	Miguel	Swarts	2006/04/28	Overhex PS	5	11,08
6	Shanvin	Snyers	2006/06/24	Cit Prim	6	11,11
7	Lee Tin	Syfers	2006/05/03	Victoriapark Prim	7	11,19
8	Junico	Daniels	2006/01/21	Dal Josaphat	8	11,19
9	Rio	Maurice	2006/05/21	W.F.Loots	9	11,41
10	Keanin	Lendoor	19/5/2006	Witzenberg Prim	10	11,41

GIRLS 13 - 3km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Gillian	Muller	2005/10/19	Morrisdale	1	11,33
2	Christolique	Mcniel	2005/10/02	Avianpark	2	11,53
3	Sarah-Lee	Senoamali	2005/05/06	Morrisdale	3	12,09
4	Cay-Leigh	Carolissen	12/2/2005	Eikestad LS	4	12,10
5	Celestè	Oersen	2005/02/28	Morrisdale	5	12,33
6	Avela	Shumi	1/3/2005	Vusisizwe	6	12,43
7	Amber	Heyns	2005/02/01	Avianpark	7	12,52
8	Bernadine	Van Rooi	2005/12/31	St Marks Prim	8	12,54
9	Shanon	Lukas	20/1/2005	De Rust	9	13,07
10	Joanique	Hoorn	2005/12/16	Victoriapark Prim	10	13,11

GIRLS- 13 -LSEN						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Shadia	Plaatjies	2005/05/06	Lindelani	1	16,25
2	Zaynick	Squire	2005/02/16	Lindelani	2	16,56



BOYS 13 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Luson	Kroukamp	28/3/2005	Steenvliet Prim	1	14,44
2	Morne	Swarts	2005/05/06	Overhex PS	2	14,48
3	Cameron	Schreuder	13/8/2005	Steenvliet Prim	3	15,13
4	Jacques	Rooi	20/4/2005	LS Touwsrivier	4	15,18
5	Chadd	Fernandes	12/22/2005	Rietenbosch	5	15,29
6	Siyasanga	Matiyesi	30/12/2005	Morrisdale Prim	6	15,33
7	Luwellen	Swanepoel	3/1/2005	Nieuwe Drift	7	15,38
8	Percival	Paul	3/4/2005	F.J Conradie	8	15,45
9	Nathan	Solomons	21/7/2005	LS Touwsrivier	9	15,49
10	Renaldo	Abrahams	18/7/2005	W.F.Loots Prim	10	15,54

GIRLS 14 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Chenique	Sas	2004/08/19	Drostdy HS	1	16,39
2	Marietjie	Cilliers	2004/01/02	Parel Vallei HS	2	17,07
3	Madeline	Adams	2004/02/08	Wolseley HS	3	17,50
4	Mia	Van Der Walt	2004/02/15	Rhenish Girls High	4	18,45
5	Francina	Koen	2004/12/16	St Marks	5	19,02
6	Raffika	Jantjies	2004/11/20	St Marks	6	19,48
7	Megan	Kok	21/12/2004	LS Touwsrivier	7	20,50
8	Andiswa	Golela	11/3/2004	Vusiszwe	8	21,06
9	Nyembezi	Ntombqvuyo	26/6/2004	Vusiszwe	9	21,16
10	Marla	Pienaar	7/12/2004	Le Chasseur	10	21,51

GIRLS 14 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Zaina-Lee	April	2004/02/20	Lindelani	1	23,45

BOYS 14 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Lee-Tham	Rooi	2004/06/01	Bella Vista HS	1	14,24
2	Bhongo	Shwam	2004/10/30	Vusisiwe HS	2	14,33
3	Gavin	Pedro	21/3/2004	Cit Prim	3	14,36
4	Nashville	Hofmeester	2004/08/19	Wolseley HS	4	14,39
5	Ron-Lee	Ockhuis	2004/08/28	Wolseley HS	5	14,41
6	Meheino	Fortuin	2/1/2004	Wolseley HS	6	14,43
7	Damian	Van Wyk	2004/09/28	Wolseley HS	7	14,44
8	Cado	George	15/3/2004	Wolseley HS	8	15,01
9	Shailyn	Christians	7/1/2004	Wolseley HS	9	15,02
10	Christaan	Potgieter	17/6/2004	Charlie Hofmeyer	10	15,02

BOYS 14 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Fabian	Manus	2004/06/06	Lindelani	1	15,23
2	Vaughan	Johnson	2004/01/28	Lindelani	2	16,52

GIRLS 15 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Vergell-Lee	Africa	2003/08/21	Drostdy	1	16,32
2	Lanah	Nel	2003/12/22	Parel Vallei	2	17,30
3	Wilmien-Shay	Pietersen	2003/11/15	Wakkerstroom-Wes	3	17,46
4	Dalene	Koegelenberg	2003/02/17	Hugenote HS	4	17,53
5	Cameron	Mostert	2003/06/21	Drostdy	5	17,58
6	Jo-Lynn	Louw	2003/09/05	Louville HS	6	17,59
7	Lisa	Van Der Merwe	21/2/2003	Paarl Vallei	7	18,42
8	Amelie	Bruwer	6/8/2003	HS Robertsen	8	18,48
9	Itumeleng	Mbokwe	16/1/2003	Vusisizwe	9	19,14
10	Marlie	Botha	2003/11/11	Bloemhof	10	19,32

GIRLS 15 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Abigail	Fortuin	2003/09/11	Riebeeck Vallei	1	18,17
2	Chante	Ramon	2003/03/31	Steinthal	2	18,26
3	Leaticia	Pedro	2003/11/02	Riebeeck Vallei	3	20,52
4	Tammy-Lee	Warries	0/10/2003	Riebeeck Vallei	4	21,18
5	Tashuniqué	Muller	2003/11/18	Wellington Vaardigheid.	5	25,10
6	Brandoline	Olivier	2003/07/16	Steinthal	6	25,16
7	Karin	Bitterbos	2003/02/03	Wellington Vaardigheid.	***	16,18

BOYS 15 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Julian	Fortuin	2003/02/04	Ced Akademie	1	14,22
2	Tiang	Makhetha	2003/05/08	Vusisizwe	2	14,22
3	Thapelo	Nthakasane	2003/05/23	Vusisizwe	3	14,23
4	Alfonso	Prins	2003/11/26	Wolseley HS	4	14,29
5	Duncan	Gombera	2003/04/04	Vusisizwe	5	14,29
6	Uzi	Nalashiya	2003/08/15	Vusisizwe	6	14,49
7	Dikupo	Ramosala	18/7/2003	Vusisizwe	7	14,52
8	Jaden-Lee	Seryners	22/7/2003	Witzenberg Prim	8	15,20
9	Rashied	Fransman	4/1/2003	Cederberg Akademie	9	15,25
10	Bradley	Mentoor	30/8/2003	Paulus Joubert HS	10	15,29

BOYS 15 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Shawn	Chicowore	2003/01/05	Edenskool	1	14,23
2	Donald	Scheepers	2003/07/04	Steinthal	2	15,04
3	Shane	Ontong	2003/03/12	Lindelani	3	16,12
4	Angelo	Ontong	4/8/2003	Riebeeck Vallei	4	16,28
5	Ashley	De Wee	16/12/2003	Wellington Vaardigheid.	5	16,43
6	Shaun	Sass	24/4/2003	Steinthal	6	17,06
7	Geraldo	Cloete	26/3/2003	Lindelani	7	17,56
8	Fernando	Nel	27/2/2003	Steinthal	8	17,57
9	Jacquin	Plaatjies	2003/03/09	Steinthal	9	18,06

GIRLS 16 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Almè	Jordaan	2002/05/02	Homeschooling	1	16,01
2	Anneken	Viljoen	2002/03/20	Paarl Klub	2	16,09
3	Cimon	van der Westhuizen	2002/01/21	Bloemhof HS	3	16,15
4	Farren	Wenn	2002/07/08	CSSS	4	17,08
5	Carli	Jacobs	2002/11/10	Bloemhof HS	5	17,08
6	Roselynn	Swarts	17/2/2002	Wolseley HS	6	18,11
7	Christelle	April	18/3/2002	De Rust	7	18,37
8	Marelize	Solomons	2002/07/22	Wolseley HS	8	18,59
9	Yunisha	Coetzee	2002/11/02	Weston	9	19,03
10	Daniella	Failè	29/12/2002	RGHS	10	19,37

GIRLS 16 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Mckayla	Gampies	2002/03/16	Lindelani	1	18,47
2	Roseline	Delilie	2002/10/11	Riebeeck Vallei	2	18,58
3	Atisca	Esterhuizen	2002/12/17	Riebeeck Vallei	3	19,58
4	Beverley	Joubert	2002/11/28	Steinthal	4	23,13
5	Jofulen	Abrahams	2002/07/17	Steinthal	5	24,00

BOYS 16 - 6km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	German	Lewis	2002/03/11	Napier HS	1	20,23
2	Curtis	Fortuin	2002/11/23	Ced Akademie	2	21,36
3	Nolan	Diedericks	2002/04/25	Paarl Gim	3	21,37
4	Romano	Sauls	28/2/2002	Ced Akademie	4	21,52
5	Anslin	Paulse	2002/02/10	Wolseley HS	5	22,16
6	Gaiwin	Jantjies	2002/09/13	Paarl Gim	6	22,19
7	Sonwabo	Mntwendlela	17/7/2002	Vusisizwe	7	22,30
8	Siphosethu	Tasana	2002/07/17	New Orleans HS	8	22,46
9	Lee-Brian	Rooi	2002/07/24	Bella Vista HS	9	23,19
10	Yamkela	Bonase	24/12/2002	DMT	10	23,46

BOYS 16 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Vicky	Julies	2002/04/10	Weskus Skool	1	21,40
2	Masoet	Abrahams	2002/05/31	Lindelani	2	22,49
3	Keaton	Daars	2002/09/21	Wellington Vaardigheid.	3	23,41
4	Godwin	Basson	3/10/2002	Steinthal	4	23,56
5	Ryan	Steer	2002/04/30	Lindelani	5	24,29
6	Lesley	Zealan	2002/05/14	Lindelani	6	24,49
7	Ayanda	Meyers	2002/08/07	Wellington Vaardigheid.	7	24,55
8	Malcolm	Olckers	2002/01/21	Steinthal	8	25,23
9	Abdullah	Roux	2002/11/30	Riebeeck Vallei	9	26,54
10	Christiaan	George	2002/09/30	Steinthal	10	27,46

GIRLS 17 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Meagan	Swanepoel	2001/10/05	Drostdy	1	16,56
2	Vernita	Africa	2001/08/27	Drostdy	2	16,59
3	Maja	Van Aswegen	2001/04/27	HS Stellenbosch	3	17,29
4	Andrea	Adams	2001/06/12	CSSS	4	18,03
5	Abigail	Botes	2001/11/28	HB	5	19,02
6	Deidre	Wessels	2001/03/20	La Rochelle	6	19,44
7	Miranda	Kewana	1/8/2001	Vusisizwe	7	24,54

GIRLS 17 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Wariah	Louw	2001/11/13	Steinthal	1	21,58
2	Chrissandry	Fortuin	2001/08/09	Riebeeck Vallei	2	24,27

BOYS 17 - 6km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Mark	Standfliet	2001/12/11	Ashton HS	1	20,03
2	Lojiso	Skiti	2001/10/13	DMT	2	20,30
3	Jenowin	September	13/5/2001	Noorder Paarl HS	3	21,12
4	Adrian	Muller	2001/07/03	Ced Akademie	4	21,17
5	Conwill	Duiker	2001/11/07	Paarl Gim	5	21,37
6	Alec	Botha	2001/10/10	Paul Roos Gim	6	22,07
7	Calvin	Ndengane	2001/12/22	Vusisizwe	7	23,15
8	Simthande	Zola	2001/08/14	Vusisizwe	8	23,54
9	Siyanda	Skeyi	2001/01/03	Vusisizwe	9	26,06
10	Marcwin	Fortuin	15/8/2001	De Rust	10	29,42



BOYS 17 LSEN - 6km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Damian	Titus	2001/08/26	Steinthal	1	23,07
2	AJ	Meiring	10/12/2001	Steinthal	2	24,47
3	Kyle	Owies	2001/02/17	Riebeek Vallei	3	25,14
4	Eric	Jones	2001/09/18	Steinthal	4	25,21
5	Matthew	Moos	2001/02/06	Lindelani	5	26,30
6	Ronaldo	Van Wyk	2001/08/23	Steinthal	6	26,04
7	Julian	Brandt	2001/09/01	Steinthal	7	26,08
8	Keenan	Natal	2001/12/07	Steinthal	8	26,27
9	Brandon	Mtambo	2001/11/08	Steinthal	9	26,29
10	Jeremy	Gidi	2001/01/24	Steinthal	10	26,48

JUNIOR WOMEN - 6km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Yandiswa	Shange	2000/06/30	Stellenbosch	1	25,02
2	Beatrice	Themane	2000/02/03	Stellenbosch	2	25,26
3	Jana	Le Roux	2000/05/19	Paarl Girls	3	25,51
4	Willene	Fredericks	1999/12/11	CSSS	4	26,13
5	Mia	Lyons	2000/06/12	LBN Athletics	5	26,19
6	Marina	Van Tonder	1999/02/14	Maties	6	26,42
7	Bea	Hayes	2000/06/02	Bloemhof	7	27,49
8	Ronelda	Vellem	2000/02/27	HB	8	30,06
9	Aseza	Zamliza	2000/06/02	Vusisizwe	9	30,28
10	Babalwa	Taweti	2000/10/10	Vusisizwe	10	30,49

JUNIOR MEN - 8km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Lance	Micheals	2000/07/03	Ashton HS	1	27,13
2	Reagan	Rooi	2000/08/22	Bella Vista HS	2	27,49
3	Kananelo	Thulo	1999/05/26	Worc HS	3	28,08
4	Freek	Biegenaar	1999/08/05	HB	4	28,35
5	Yonga	Mkosi	2000/05/10	Vusisizwe HS	5	28,46
6	Geo	Van Niekerk	25/5/1999	Wellington	6	28,48
7	Gavin	Abrahams	28/12/2000	Ced Akademie	7	29,02
8	Marlin	Isaacs	22/9/2000	Bella Vista HS	8	29,50
9	Lyle	September	1/7/2000	Charleston Hill HS	9	31,20
10	Julian	Naidoo	28/11/1999	De Rust	10	31,42

JUNIOR MEN LSEN - 8km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Ruben	Grootboom	1999/12/09	Steinthal	1	30,47
2	Lionel	Afrika	20/3/2000	Steinthal	2	30,49
3	Marshall	Ford	2000/05/22	Lindelani	3	31,45
4	Bradley	Faroa	2000/01/12	Steinthal	4	33,44
5	Lorenzo	Adams	2000/08/18	Riebeek Vallei	5	34,14
6	Rivaldo	Visagie	6/5/2000	Weskus Skool	6	34,48
7	Shaun	Smith	1999/11/08	Steinthal	7	34,51

8	Jonathan	Stewardt	2000/04/16	Steinthal	8	34,52
9	Winston	Groenewald	7/1/2000	Steinthal	9	37,27
10	Steven	Alexander	2000/07/04	Riebeeck Vallei	10	42,36

#### SENIOR WOMEN - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Veronique	Jakobs	1995/06/03	Maties	1	16,48
2	Inge	Engelbrecht	1998/06/26	Maties	2	17,44
3	Sharlan	Boer	1998/05/04	Maties	3	18,04
4	Rochelle	Davids	1996/10/14	LBN Athletics	4	17,47
5	Allison	De Wet	1997/03/11		5	20,06
6	Joween	Abrahams	11/11/2000	Noorder Paarl	6	21,43
7	Patricia	Julies	18/12/2000	Noorder Paarl	7	24,28

#### SENIOR WOMEN 10 KM

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Petra	Oerson	1989/07/10	Bredasdorp	1	51.49.9
2	Ankia	Burger	2002/03/12	La Rochelle	2	59.22.0
3	Elouise	Lourens	26/10/2000	La Rochelle	3	62.53.7

#### SENIOR MEN - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Ashwell	Clooco	5/25/1996	Worcester	1	13,18
2	Shaun	Tobias	1997/06/02	Worcester	2	13,28
3	Alvin	Dirkse	1998/04/16	Stellenbosch	3	13,28
4	Llewellyn	Groeneveld	7/2/1995	Maties	4	13,30
5	Kananelu	Thulo	26/5/1999	Wolseley HS	5	13,35
6	Sylvin	Dirkse	1998/04/16	Stellenbosch	6	14,16
7	Freek	Biegenaar	5/3/1999	***	7	14,30
8	Marks	Mpekula	1988/09/08	Langebaan AC	8	14,39
9	Melvin	Swarts	16/12/1998	Maties	9	15,17
10	Thato	Matona	***	Maties	10	15,36

#### SENIOR MEN - 10km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Ashwill	Clooco	25/5/1996	Worcester AC	1	36,02
2	Rudolf	Rossouw	1997/02/13	MatiesAC	2	36,19
3	Johan	Oerson	0/0/1990	Bredasdorp	3	28,27

#### MASTER WOMEN - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Liezel	Wessels	1968/07/11	Bonnievale	1	16,57
2	Liezl	Du Plooy	16/6/1975	Ceres	2	18,00
3	Athline	Rodgers	1973/03/19	LBN Athletics	3	18,45
4	Sandra	Bester	1977/12/04	LBN Athletics	4	21,07
5	Vondra	Singleton	1968/01/16	Worcester	5	21,23

MASTER MEN - 8km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Clive	Cupido	1965/11/05	LBN Athletics	1	33,42
2	Wilfred	Esau	1980/12/29	Langebaan	2	34,32
3	Hennie	Moses	3/9/1960	Ceres AK	3	35,48

GRAND MASTER MEN - 6km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Alexander	Evertsen	7/3/1970	Worc AK	1	25,20
2	Thomas	Moses	9/1/1957	Worc AK	2	26,09



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