



BOLANDATHLETICS

NEWS LETTER 30 JULY 2018 - BOLAND ATHLETICS CROSS COUNTRY TRIAL 6 - TOP 10 RESULTS

Boland Athletes enjoyed the perfect setting for competitive cross country running at Riebeek Valley Special School sports grounds in the picturesque Riebeek West on Saturday 28 July 2018. Swartland Athletics Club and Boland Schools Cross Country were the joint hosts for this well-organised event.

This was the final opportunity of preparation leading up to the Boland Athletics Cross Country Championships on Saturday 11 August 2018, at Dal Josaphat Stadium.

Boland Athletics is the host for the The Western Cape Schools Cross Country Championships on Saturday 25 August 2018, also at Dal Josaphat Stadium.

These events all offer competition preparation opportunities for Boland Athletics and Western Cape Schools athletes to be selected to represent the province at the Athletics South Africa 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 6 are attached.



GIRLS 9 - 2km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Esmari	Senoamali	2009/03/08	Morrisdale	1	8,31
2	Muneeba	De Bruyn	2009/01/06	WPS	2	8,35
3	Anthea	Cupido	2009/03/13	Welvaart Prim	3	8,53
4	Luzanne	Jacobs	28/1/2009	William Lloyd Prim	4	8,54
5	Zelnay	Draai	2009/03/17	Britsum Prim	5	9,24
6	Rozelia	Gaika	2009/08/29	Riverlands Prim	6	9,37
7	Temecke	Smith	2011/06/12	Riverlands Prim	7	9,38
8	Janique	Toorn	9/9/2009	H. Venter Prim	8	10,02
9	Andrea	Cupido	2009/05/26	Idasvallei Prim	9	10,11
10	Terry	Van Wyngaardt	2009/08/07	Riverlands Prim	10	10,16

BOYS 9 - 2km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Herchelle	Manuel	7/3/2009	Steenvliet Prim	1	7,55
2	Emilio	Sauls	2009/11/24	Morrisdale	2	8,09
3	Ambrey	Shreuder	2009/08/04	Steenvliet Prim	3	8,14
4	Junaid	Franse	2009/06/19	Riverlands Prim	4	8,18
5	LJ	Plaatjies	13/4/2009	De Heide Prim	5	8,20
6	Gladwin	Jaars	2009/09/14	Steenvliet Prim	6	8,23
7	Lisanathi	Mlimizi	2009/15/17	Masakhane Prim	7	8,29
8	Eathan	Maans	2009/06/08	Morrisdale	8	8,32
9	Elzyvier	Mankopan	2009/04/03	St. Markus Prim	9	8,33
10	Morche	Andrew	2009/07/13	Riverlands Prim	10	8,37

GIRLS 10 - 2km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Christy	Maans	2008/10/12	Morrisdale	1	8,25
2	Jo-Keishia	Greeff	2008/03/09	LS Touwsrivier	2	8,27
3	Shermon	Kok	2008/09/29	LS Touwsrivier	3	8,34
4	Tammy -Lee	Constance	2008/06/30	Britsum	4	8,36
5	Carshay	Speelman	1/4/2008	F.J Conradie PS	5	8,47
6	Roshe	Hanekom	2008/08/31	LS Touwsrivier	6	8,56
7	Shannon	October	28/7/2008	Magnolia Prim	7	8,57
8	Alicia	Fortuin	15/6/2008	Soetendal	8	8,58
9	Ashjinica	Malan	20/2/2008	Mooi-Uitsig	9	9,00
10	Elri	Coetzee	15/6/2008	Riebeek Kasteel	10	9,03

BOYS 10 - 2km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Ciano	Paul	2008/12/06	F.J Conradie PS	1	7,33
2	Jeniquin	Snyers	2008/05/05	Morrisdale Prim	2	7,36
3	Lucando	Klaase	2008/05/27	Riverlands	3	7,37
4	Preston	Natal	2008/01/07	Steenvliet	4	7,45
5	Christopher	van der Westhuizen	2008/09/04	Welvaart	5	7,46
6	Marquin	Hector	14/12/2008	F.J Conradie PS	6	7,50
7	Marquin	Saayman	2008/09/21	Morrisdale Prim	7	7,53
8	Xavier	Micheals	2008/10/19	H. Venter Prim	8	8,12
9	Nicklyn	Erasmus	15/2/2008	F.J Conradie PS	9	8,22
10	Dylon	Williams	2008/06/27	Bergrivier Prim	10	8,25

GIRLS 11 - 3km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Shakira	Matthysen	2007/08/21	Victoriapark Prim	1	13,02
2	Mishca	Fredericks	2007/06/09	Welvaart Prim	2	13,10
3	Lenicia	Maans	2007/11/10	Wanganella Prim	3	13,18
4	Lucusio	Stuurman	2007/08/29	St Albans Prim	4	13,27
5	Charne	Danster	2007/10/07	H.Venter Prim	5	13,55
6	Bianca	Baron	2007/05/06	Cit Prim	6	14,08
7	Willmere	Damon	2007/08/02	Wanganella Prim	7	14,24
8	Ronel	September	22/9/2007	Cit Prim	8	14,36
9	Jadon-Leigh	De Villiers	2/10/2007	Wellington Prim	9	14,39
10	Patricia	Coetzee	2007/08/01	Wellington Prim	10	14,43

GIRLS 11 LSEN						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Regemy	May	2007/07/11	Ligstraal	1	19,59

BOYS 11 - 3km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Gilermo	Fillies	2007/02/11	Steenvliet Prim	1	11,35
2	Dewan	Wildschud	2007/07/22	Steenvliet Prim	2	11,36
3	Corrin	Adams	2007/05/11	Morrisdale Prim	3	11,38
4	O'Ryan	Scheepers	2007/06/27	Victoriapark Prim	4	11,48
5	Uran	De Wee	2007/05/18	Witzenberg Prim	5	11,51
6	Chatlin	Mouries	9/7/2007	H.Venter Prim	6	11,52
7	Corne	Wildschutte	2007/05/03	St Albans Prim	7	12,05
8	Kurtley	Swartz	2007/03/18	Pineview Prim	8	12,12
9	Logan	Williams	29/11/2007	De Heide Prim	9	12,13
10	Zanovico	Swanepoel	2007/03/07	Avianpark Prim	10	12,14

BOYS 11 LSEN - 3km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Valentino	Mundie	28/4/2007	Edenskool	1	13,17
2	Wesley	Lewis	2007/07/12	Ligstraal	2	15,44
3	Lorenzo	Bitterbos	2007/12/12	Ligstraal	3	15,48

GIRLS 12 - 3km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Wilmary	Van Esland	2006/06/14	LS Touwsrivier	1	12,11
2	Joshlyn	Kiewiets	14/41/2006	LS Touwsrivier	2	12,12
3	Jeniba	Nuwegeld	2006/01/24	Soetendal Prim	3	12,14
4	Ronichia	Delport	22/10/2006	F.J Conradie Prim	4	12,19
5	Clarissa	Snyders	2006/10/05	St Marks Prim	5	12,22
6	Tashmia	Fortuin	2006/06/11	Saron Prim	6	12,57
7	Alicia	Mutangiri	2006/09/24	Idasvallei Prim	7	12,59
8	Monice	Wessels	2006/08/04	St Marks Prim	8	13,08
9	Danty	McThomas	2006/04/15	LS Touwsrivier	9	13,12
10	Rosedeen	Louw	2006/03/08	Avianpark	10	13,24

BOYS 12 - 3km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Earlon	Matthews	2006/06/08	Morrisdale Prim	1	11,08
2	Leandro	Arendse	2006/07/16	Morrisdale Prim	2	11,14
3	Shanvin	Snyers	2006/06/24	Cit Prim	3	11,22
4	Jeyeren	November	2006/03/17	Victoriapark Prim	4	11,24
5	Zayden	Kennedy	2006/09/16	William Lloyd Prim	5	11,36
6	Graywin	Micheals	1/4/2006	H. Venter Prim	6	11,40
7	Nuraan	September	2006/01/14	Riverlands Prim	7	11,41
8	Lee Tin	Syfers	2006/05/03	Victoriapark Prim	8	11,49
9	Quinton	Williams	2006/09/10	Wanganella Prim	9	11,53
10	Curshall	Aploon	6/12/2006	Gaansbaai Prim	10	11,59

GIRLS 13 - 3km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Christolique	Mcniel	2005/10/02	Avianpark	1	12,01
2	Beulin	Van Rooyen	2005/06/10	Britsum Prim	2	12,24
3	Bernadine	Van Rooi	2005/12/31	St Marks Prim	3	12,32
4	Sarah-Lee	Senoamali	2005/05/06	Morrisdale	4	12,45
5	Shanell	Fortuin	2005/07/05	Soetendal Prim	5	13,00
6	Celestè	Oersen	2005/02/28	Morrisdale	6	13,02
7	Vasti	Petersen	13/4/2005	Gansbaai Prim	7	13,12
8	Elfrieda	Mouton	26/9/2005	St Marks Prim	8	13,26
9	Joanique	Hoorn	2005/12/16	Victoriapark Prim	9	13,37
10	Amber	Heyns	2005/02/01	Avianpark	10	13,42

GIRLS- 13 -LSEN						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Shadia	Plaatjies	2005/05/06	Lindelani	1	16,49
2	Shameeqah	Rooifontein	2005/04/09	Edenskool	2	20,08

BOYS 13 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Jack	Armando	27/2/2005	Gansbaai Prim	1	14,46
2	Zimvo	Tawuse	26/6/2005	Masakhane Prim	2	14,49
3	Cameron	Schreuder	13/8/2005	Steenvliet Prim	3	15,16
4	Luson	Kroukamp	28/3/2005	Steenvliet Prim	4	15,26
5	Abby	Arries	17/1/2005	Soetendal Prim	5	15,29
6	Percival	Paul	3/4/2005	F.J Conradie	6	15,38
7	Bradley	Matthys	29/12/2005	St Marks	7	15,51
8	Henrico	Engelbrecht	17/1/2005	Vlottenberg	8	15,54
9	Jacques	Rooi	20/4/2005	LS Touwsrivier	9	15,56
10	Thulani	Pietersen	7/5/2005	Avianpark	10	16,03

GIRLS 14 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Chenique	Sas	2004/08/19	Drostdy HS	1	15,59
2	Marietjie	Cilliers	2004/01/02	Parel Vallei HS	2	17,21
3	Raffika	Jantjies	2004/11/20	St Marks	3	17,56
4	Madeline	Adams	2004/02/08	Wolseley HS	4	18,40
5	Francina	Koen	2004/12/16	St Marks	5	20,38
6	Rachelle	Sass	12/10/2004	St Marks	6	21,46
7	Sherolicia	Swarts	2004/12/30	Saron Prim	7	22,04
8	Beverley	Koopman	2004/04/23	St Marks	8	22,08
9	Marla	Pienaar	7/12/2004	Le Chasseur	9	23,12
10	Luzannrey	Bosman	14/9/2004	Le Chasseur	10	23,29

GIRLS 14 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Aislynn	Muller	2004/10/18	Edenskool	1	19,06

BOYS 14 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Bhongo	Shwam	2004/10/30	Vusisiwe HS	1	14,32
2	Damian	Van Wyk	2004/09/28	Wolseley HS	2	14,34
3	Gavin	Pedro	21/3/2004	Cit Prim	3	14,40
4	Gideon	Louw	2004/02/15	Hugenote HS	4	14,45
5	Ron-Lee	Ockhuis	2004/08/28	Wolseley HS	5	14,50
6	Nashville	Hofmeester	2004/08/19	Wolseley HS	6	15,02
7	Cado	George	15/3/2004	Wolseley HS	7	15,04
8	Aviwe	Tshemese	24/9/2004	Vusisiwe HS	8	15,11
9	Elvino	September	7/7/2004	HS Bredasdorp	9	15,27
10	Gabriel	James	2004/03/09	HB	10	15,29

BOYS 14 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Fabian	Manus	2004/06/06	Lindelani	1	16,41
2	Vaughan	Johnson	2004/01/28	Lindelani	2	17,41

GIRLS 15 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Vergell-Lee	Africa	2003/08/21	Drostdy	1	15,49
2	Anja	Van Heerden	2003/12/10	Paarl Girls HS	2	16,00
3	Selma	du Preez	2003/03/21	HS Swartland	3	17,16
4	Tsepiso	Lebovana	2003/04/01	HS Breërivier	4	17,25
5	Wilmien-Shay	Pietersen	2003/11/15	Wakkerstroom-Wes	5	17,26
6	Lanah	Nel	2003/12/22	Parel Vallei	6	18,11
7	Dalene	Koegelenberg	2003/02/17	Hugenote HS	7	18,17
8	Anel	Tallie	19/07/2003	La Rochelle	8	18,47
9	Marlie	Botha	2003/11/11	Bloemhof	9	18,57
10	Lisa	Van Der Merwe	21/2/2003	Paarl Vallei	10	19,23

GIRLS 15 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Chante	Ramon	2003/03/31	Steinthal	1	18,20
2	Leaticia	Pedro	2003/11/02	Riebeeck Vallei	2	18,46
3	Tammy-Lee	Warries	0/10/2003	Riebeeck Vallei	3	21,48
4	Brandoline	Olivier	2003/07/16	Steinthal	4	24,56

BOYS 15 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Julian	Fortuin	2003/02/04	Ced Akademie	1	14,19
2	Tiang	Makhetha	2003/05/08	Vusisizwe	2	14,20
3	Thapelo	Mnthakasane	2003/05/28	Vusisizwe	3	14,22
4	Alfonso	Prins	2003/11/26	Wolseley HS	4	14,42
5	Bradley	Mentoor	30/8/2003	Paulus Joubert HS	5	14,56
6	Durizen	Esterhuisen	2003/07/27	Dalweide PS	6	15,10
7	Uzi	Valashiya	2003/08/15	Vusisizwe	7	15,11
8	Dikupo	Ramosala	18/7/2003	Vusisizwe	8	15,21
9	Jayden	Blaauw	2003/04/05	Wakkerstroom Wes	9	15,30
10	Jaden-Lee	Seryners	22/7/2003	Witzenberg Prim	10	15,33

BOYS 15 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Shawn	Chicowore	2003/01/05	Edenskool	1	14,43
2	Donald	Scheepers	2003/07/04	Steinthal	2	15,31
3	Ashley	De Wee	16/12/2003	Wellington Vaardigheid.	3	16,25
4	Shane	Ontong	2003/03/12	Lindelani	4	16,35
5	Geraldo	Cloete	26/3/2003	Lindelani	5	17,15
6	Marquin	Koopman	2003/06/01	Riebeeck Vallei	6	18,04
7	Jacquin	Plaatjies	2003/03/09	Steinthal	7	18,10
8	Fernando	Nel	27/2/2003	Steinthal	8	19,21
9	Brandon	Jacobs	2003/02/14	Steinthal	9	19,53

GIRLS 16 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Almè	Jordaan	2002/05/02	Homeschooling	1	16,10
2	Cimon	van der Westhuizen	2002/01/21	Bloemhof HS	2	16,47
3	Farren	Wenn	2002/07/08	CSSS	3	17,52
4	Kate-Lynn	Joseph	2002/12/20	HS Breërvier	4	18,29
5	Marelize	Solomons	2002/07/22	Wolseley HS	5	19,24
6	Daniella	Failè	29/12/2002	RGHS	6	19,25
7	Mirna	Swarts	2002/12/10	HS Tulbagh	7	20,11
8	Yunisha	Coetzee	2002/11/02	Weston	8	21,21
9	Roselynn	Swarts	17/2/2002	Wolseley HS	9	22,09
10	Esihle	Lindi	2002/01/11	DMT	10	22,23

GIRLS 16 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Atisca	Esterhuizen	2002/12/17	Riebeeck Vallei	1	19,56
2	Chantellene	Valentine	2002/05/22	Steinthal	2	21,37
3	Roseline	Delilie	2002/10/11	Riebeeck Vallei	3	25,10
4	Jofulen	Abrahams	2002/07/17	Steinthal	4	25,49
5	Beverley	Joubert	2002/11/28	Steinthal	5	26,07

BOYS 16 - 6km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Curtis	Fortuin	2002/11/23	Ced Akademie	1	21,17
2	Romano	Sauls	28/2/2002	Ced Akademie	2	21,32
3	Siphosethu	Tasana	2002/07/17	New Orleans HS	3	21,49
4	Sonwabo	Mntwendlela	17/7/2002	Vusisizwe	4	22,13
5	Gaiwin	Jantjies	2002/09/13	Paarl Gim	5	22,16
6	Nolan	Diedericks	2002/04/25	Paarl Gim	6	22,32
7	Anslin	Paulse	2002/02/10	Wolseley HS	7	22,45
8	Granville	Farmer	19/1/2002	Kylemore HS	8	22,46
9	Fernando	Wessels	12/1/2002	Charleston Hill HS	9	23,43
10	Lee-Brian	Rooi	2002/07/24	Bella Vista HS	10	24,04

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

GIRLS 17 - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Meagan	Swanepoel	2001/10/05	Drostdy	1	17,11
2	Vernita	Africa	2001/08/27	Drostdy	2	17,25
3	Mikayla	Martinengo	0/0/2001	HS Hermanus	3	17,29
4	Deidre	Wessels	2001/03/20	La Rochelle	4	18,58
5	Andrea	Adams	2001/06/12	CSSS	5	20,10
6	Lucrecia	Williams	2001/04/16	HS Breërivier	6	22,38
7	Joween	Abrahams	11/11/2000	Noorder Paarl	7	24,04
8	Leandri	Agenbag	28/09/2001	HS Swartland	8	25,04
9	Nadine	Zempie	24/7/2001	HS Breërivier	9	25,48
10	Zizile	Sakati	2001/11/01	Vusisizwe	10	26,08

GIRLS 17 LSEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Jacqueline	Swartz	2001/06/12	Steinthal	1	21,38
2	Wariah	Louw	2001/11/13	Steinthal	2	25,12
3	Chrissandry	Fortuin	2001/08/09	Riebeeck Vallei	3	25,37

BOYS 17 - 6km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Mark	Standfliet	2001/12/11	Ashton HS	1	20,19
2	Lojiso	Skiti	2001/10/13	DMT	2	21,37
3	Duvan	Jansen	2001/12/09	HS Bredasdorp	3	21,47
4	Conwill	Duiker	2001/11/07	Paarl Gim	4	22,31
5	Simthande	Zola	2001/08/14	Vusisizwe	5	24,51
6	Bulelani	Katshwa	2001/02/28	Vusisizwe	6	25,18
7	Percy	van der Watt	30/7/2001	Goudini	7	25,42
8	Frikkie	Van Heerden	2/11/2001	Drostdy	8	42,04
9	Stevan	Myburgh	18/8/2001	Drostdy	9	42,07

BOYS 17 LSEN - 6km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Kyle	Owies	2001/02/17	Riebeeck Vallei	1	24,30
2	AJ	Meiring	10/12/2001	Steinthal	2	25,22
3	Eric	Jones	2001/09/18	Steinthal	3	25,34
4	Julian	Brandt	2001/09/01	Steinthal	4	26,22
5	Brandon	Mtambo	2001/11/08	Steinthal	5	26,24
6	Ricardo	Claasen	2001/02/05	Riebeeck Vallei	6	26,51
7	Matthew	Moos	2001/02/06	Lindelani	7	27,02
8	Ronaldo	Van Wyk	2001/08/23	Steinthal	8	27,33
9	Machiano	Baadjies	2001/05/27	Riebeeck Vallei	9	27,36
10	Heinrich	Engelbrecht	2001/01/15	Riebeeck Vallei	10	27,46

JUNIOR WOMEN - 6km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Yandiswa	Shange	2000/06/30	Stellenbosch	1	25,28
2	Marina	Van Tonder	1999/02/14	Maties	2	26,52
3	Ronelda	Vellem	2000/02/27	HB	3	28,35
4	Babalwa	Taweti	2000/10/10	Vusisizwe	4	29,53
5	Willene	Fredericks	1999/12/11	CSSS	5	36,04
6	Aseza	Zamliza	2000/06/02	Vusisizwe	6	36,05
7	Nell	Singleton	2000/12/01	Drostdy	7	42,03

JUNIOR MEN - 8km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Lance	Micheals	2000/07/03	Ashton HS	1	27,07
2	Allister	Blaauw	1999/09/28	Maties	2	27,08
3	Kananelo	Thulo	1999/05/26	Worc HS	3	27,49
4	Reagan	Rooi	2000/08/22	Bella Vista HS	4	28,37
5	Geo	Van Niekerk	25/5/1999	Wellington	5	29,18
6	Yonga	Mkosi	2000/05/10	Vusisizwe HS	6	30,30
7	Gavin	Abrahams	28/12/2000	Ced Akademie	7	30,36
8	Leehandre	Robertson	30/11/1999	Cloeteville	8	30,41
9	Freek	Biegenaar	1999/08/05	HB	9	30,53
10	Marlin	Isaacs	22/9/2000	Bella Vista HS	10	30,54

JUNIOR MEN LSEN - 8km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Ruben	Grootboom	1999/12/09	Steintal	1	31,03
2	Lionel	Afrika	20/3/2000	Steintal	2	34,42
3	Steven	Alexander	2000/07/04	Riebeeck Vallei	3	36,24
4	Lorenzo	Adams	2000/08/18	Riebeeck Vallei	4	36,43
5	Rivaldo	Visagie	6/5/2000	Weskus Skool	5	37,06
6	Bradley	Faroa	2000/01/12	Steintal	6	37,07

SENIOR WOMEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Mia	Steytler	1997/04/10	Maties	1	16,21
2	Veronique	Jakobs	1995/06/03	Maties	2	17,58
3	Allison	De Wet	1997/03/11		3	18,44
4	Sharlan	Boer	1998/05/04	Maties	4	20,11
5	Elnora	Monejai	28/12/1997	EGA	5	22,28
6	Deslin	Nortjie	02/17/2000	CSSS	6	23,36

SENIOR WOMEN 10 KM						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Anike	Mostert	2000/05/27	La Rochelle	1	62,49
2	Elouise	Lourens	26/10/2000	La Rochelle	2	65,04

SENIOR MEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Deon-Lee	Hendricks	1997/07/17	STB AC	1	12,57
2	Petrus	Zwane	10/08/1989	Swartland AC	2	13,06
3	Philani	Sengce	14/04/1993	Stellenbosch	3	13,18
4	Eugene	Davids	11/3/1990	Robertson	4	13,41
5	Ashwell	Clooco	5/25/1996	Worcester	5	13,56
6	Shaun	Tobias	1997/06/02	Worcester	6	14,32
7	Marks	Mpekula	1988/09/08	Langebaan AC	7	14,50
8	Gurswine	Booyse	1997/05/11	Citrusdal Club	8	14,59
9	William	Dommissie	1999/09/01	Maties	9	15,01
10	Mikhail	Fisher	2000/12/01	Parel Vallei	10	15,14

SENIOR MEN - 10km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Petrus	Zwane	10/08/1989	Swartland AC	1	33,46
2	Angelo	Booyesen	1991/10/01	DLS AC	2	34,11
3	Marks	Mpekula	1988/09/08	Langebaan	3	37,05
4	Rudolf	Rossouw	1997/02/13	MatiesAC	4	38,15
5	Gurswine	Booyse	11/5/1997	Citrusdal AC	5	41,20

MASTER WOMEN - 4km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Vondra	Singleton	1968/01/16	Worcester	1	20,14

MASTER MEN - 8km						
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		TIME
1	Hennie	Moses	3/9/1960	Ceres AK	1	38,03



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