



BOLANDATHLETICS

NEWS LETTER – 15 APRIL 2019 - CROSS COUNTRY TRIAL 1 TOP 10 RESULTS

The 2019 Boland Athletics Cross Country season kicked off earlier than usual this year due to public holidays and to avoid our programme interfering with school examination preparation for our schools athletes and teachers.

1250 athletes from the West Coast, Cape Winelands and Overberg Districts enjoyed the cool weather at the Voorberg Correctional Centre in Portville on Saturday 13 April 2019 to kick off the 2019 Boland Athletics Cross Country season.

Hopefield Athletics Club and Voorberg Correctional Services Athletics, together with West Coast Schools were the joint hosts for this well-organised event. The flat course of this route enabled the top athletes to get close to the qualifying times for selection to the Boland Athletics Cross Country team for the South African Cross Country Championships in Port Elizabeth on Saturday 7 September 2019.

The athletes are also in preparation for the Boland Cross Country Inter-Districts Challenge which takes place at Callie De Wet Stadium in Robertson on Saturday 27 July 2019.

The results of the top 10 athletes in each age category of Trial 1 are attached.



GIRLS 9 - 2km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Resherda	Swarts	2010-05-12	Welvaart	1	8,36
2	Ciara	Franse	2010-09-14	Riverlands	2	8,48
3	Elginique	Jaftha	2010-08-06	Steenfliet	3	8,51
4	Grethen	Fillies	2010-11-12	Steenfliet	4	8,53
5	Kateline	Linertz	2011-01-31	Stettyn	5	8,55
6	Micaylin	Evans	2010-01-24	VPP	6	9,00
7	Temecke	Smith	2011-06-12	Riverlands	7	9,01
8	Chelsey	Van Wyk	2010-07-22	H. Venter	8	9,12
9	Maronet	Sampson	2011-10-30	Welvaart	9	9,19
10	Amgore	Fredericks	2010-05-04	Welvaart	10	9,23

BOYS 9 - 2km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Joshua	Rasper	2010-02-06	VPP	1	7,39
2	Eathon	Maans	2010-06-08	Morrisdale	2	7,44
3	Deolon	Kok	2010-01-14	Tousrivier	3	7,46
4	Logan	Renier	2010-05-03	Tousrivier	4	7,46
5	Tyron	Conradie	***	Steenfliet	5	7,49
6	Devaugon-Lee	Van Wyk	2010-01-04	Steenfliet	6	7,53
7	David	September	2010-02-20	Steenfliet	7	7,54
8	Deandre	Ockhuys	2010-04-12	Morrisdale	8	8,00
9	Giovanne	Krotz	2010-08-30	Welvaart	9	8,02
10	Jeandre	Thompson	2010-12-30	Welvaart	10	8,04

GIRLS 10 - 2km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Anthea	Cupido	2009-03-13	Welvaart Prim	1	8,16
2	Joslin	April	2009-03-12	Soetendal Prim	2	8,28
3	Zelnay	Draai	2009-03-17	Britsum Prim	3	8,27
4	Leze	De Vlam	2009-02-27	FJ Conradie	4	8,30
5	Marentia	Visser	2009-08-10	ST Marks	5	8,34
6	Luzanne	Jacobs	2009-01-28	William Lloyd Prim	6	8,35
7	Violah	Natal	2009-01-10	Steenvliet Prim	7	8,46
8	Nicole	Ockhuis	2009-09-16	Steenvliet Prim	8	8,47
9	Maroche	Dourie	2009-06-19	Steenvliet Prim	9	8,54
10	Andrea	Cupido	2009-05-26	Idasvallei Prim	10	8,57

BOYS 10 - 2km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Herchelle	Manuel	2009-03-07	Steenvliet Prim	1	7,09
2	Emilio	Sauls	2009-11-24	Morrisdale	2	7,21
3	Ambrey	Shreuder	2009-08-04	Steenvliet Prim	3	7,27
4	Marshall	Koopman	2009-03-16	Touwsrivier	4	7,31
5	Jadian	Kleinveld	2009-03-20	FJ Conradie	5	7,35
6	Pihatrick	Witbooi	2008-07-16	Bergrivier Prim	6	7,37
7	Junaid	Franse	2009-06-19	Riverlands Prim	7	7,38
8	Gladwin	Jaars	2009-09-14	Steenvliet Prim	8	7,40
9	Dylan	Williams	2008-06-27	Bergrivier Prim	9	7,49
10	Nashville	Davids	2009-01-04	Magnolia	10	7,51

GIRLS 11 - 3km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jo-Keishia	Greeff	2008-03-09	LS Touwsrivier	1	12,08
2	Carshay	Speelman	2008-04-01	F.J Conradie PS	2	12,17
3	Roshe	Hanekom	2008-08-31	LS Touwsrivier	3	12,29
4	Shannon	October	2008-07-28	Magnolia Prim	4	12,36
5	Shermon	Kok	2008-09-29	LS Touwsrivier	5	12,38
6	Tammy -Lee	Constance	2008-06-30	Britsum	6	12,59
7	Zainab	Roux	2008-02-24	Riverlands Prim	7	13,10
8	Cant make out	Cloete	2008-01-03	Cant make out	8	13,21
9	Jamie-Lee	Noble	2008-11-01	F.J Conradie PS	9	13,27
10	Ederese	Koopman	2008-09-21	Soetendal	10	13,30

BOYS 11 - 3km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Ciano	Paul	2008-12-06	F.J Conradie PS	1	11,09
2	Preston	Natal	2008-01-07	Steenvliet	2	11,13
3	Christopher	van der Westhuizen	2008-09-04	Welvaart	3	11,20
4	Marquin	Saayman	2008-09-21	Morrisdale Prim	4	11,25
5	Lucando	Klaase	2008-05-27	Riverlands	5	11,28
6	Marquin	Hector	2008-12-14	F.J Conradie PS	6	11,31
7	Jeniquin	Snyers	2008-05-05	Morrisdale Prim	7	11,34
8	Norwic	Swanepoel	2008-09-02	Riverview	8	11,38
9	Andre	Headien	2008-01-26	VPP	9	11,42
10	Anreagon	Sass	2007-08-09	Bergrivier Prim	10	11,43

GIRLS 12 - 3km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Shakira	Matthysen	2007-08-21	Victoriapark Prim	1	11,41
2	Mishca	Fredericks	2007-06-09	Welvaart Prim	2	13,03
3	Elzay	Niemand	2007-11-01	LAC	3	12,17
4	Talita	Du Bruyn	2007-05-04	LS Swartland	4	12,23
5	Saskia- Aan	Januarie	2007-11-14	Riverview Prim	5	12,33
6	Mikayla	Hammon	2007-12-07	Morrisdale Prim	6	12,37
7	Chante	Bergman	2007-02-04	LS Touwsrivier	7	12,40
8	Zukhaye	Mekuto	2007-06-21	Van Wyksvlei	8	12,45
9	Willmere	Damon	2007-08-02	Wanganella Prim	9	12,54
10	Lenicia	Maans	2007-11-10	Wanganella Prim	10	12,56

BOYS 12 - 3km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Zanovico	Swanepoel	2007-03-07	Avianpark Prim	1	10,56
2	Corrin	Adams	2007-05-11	Morrisdale Prim	2	11,01
3	Gilermo	Fillies	2007-02-11	Steenvliet Prim	3	11,10
4	Raldino	Koopman	2007-05-22	WF Loots	4	11,14
5	Valentio	Beukes	2007-11-12	LAC	5	11,15
6	Jason	Ocks	2007-05-22	LAC	6	11,18
7	O'Ryan	Geslin	***/2007	St Albans Prim	7	11,22
8	Corne	Wildschutte	2007-05-03	St Albans Prim	8	11,26
9	Jadon	Ocks	2007-05-22	LAC	9	11,26
10	O'Ryan	Scheepers	2007-06-27	Victoriapark Prim	10	11,27

GIRLS 13 - 3km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Wilmary	Van Esland	2006-06-14	LS Touwsrivier	1	11,15
2	Joshlyn	Kiewiets	2006-10-14	LS Touwsrivier	2	11,22
3	Tercia	Adams	2006-08-31	LS Swartland	3	11,35
4	Marodine	Arries	2006-09-15	Victoriapark Prim	4	11,47
5	Ronichia	Delport	2006-10-22	F.J Conradie Prim	5	11,54
6	Clarissa	Snyders	2006-10-05	St Marks Prim	6	11,59
7	Jeniba	Nuwegeld	2006-01-24	Soetendal Prim	7	12,03
8	Monice	Wessels	2006-08-04	St Marks Prim	8	12,07
9	Lara	Isaacs	2006-04-15	Ceres	9	12,17
10	Isabel	du Bruyn	2006-02-26	LS Swartland	10	12,29

BOYS 13 - 4km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lehandro	Arendse	2006-07-16	Morrisdale Prim	1	14,06
2	Lee Tin	Syfers	2006-05-03	Victoriapark Prim	2	14,22
3	Earlon	Matthews	2006-06-08	Morrisdale Prim	3	14,31
4	Christiano	Claasen	2006-12-12	Morrisdale Prim	4	14,34
5	Jeyeren	November	2006-03-17	Victoriapark Prim	5	14,47
6	Dalen	Japtha	2006-09-12	Pineview PS	6	14,48
7	Nuraan	September	2006-01-14	Riverlands Prim	7	15,04
8	Graywin	Micheals	2006-04-01	H. Venter Prim	8	15,05
9	Miguel	Van Neel	2006-02-09	Vlottenberg Prim	9	15,09
10	Moniwa	Sonwabiso	2006-05-12	Masakhane Prim	10	15,16

GIRLS 14 - 4km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Christolique	Mcniel	2005-10-02	Avianpark	1	15,06
2	Letesha	Coetzee	2005-12-17	LAC	2	15,11
3	Bernadine	Van Rooi	2005-12-31	St Marks Prim	3	16,38
4	Shanell	Fortuin	2005-07-05	Soetendal Prim	4	16,54
5	Cay-Leigh	Carolissen	2005-02-12	HS Stellenbosch	5	16,56
6	Alecia	Salvester	2005-05-15	St Marks Prim	6	17,00
7	Megan	Rooi	2005-11-02	St Marks Prim	7	17,00
8	Joanique	Horn	2005-12-16	Worc. Gim	8	17,18
9	Devedean	Coenraad	2005-05-31	Panorama	9	17,21
10	Elfrieda	Mouton	2005-09-26	St Marks Prim	10	17,38

BOYS 14 - 4km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jack	Armando	2005-02-27	Gansbaai Prim	1	14,03
2	Zimvo	Tawuse	2005-06-26	Masakhane Prim	2	14,30
3	Fernando	Geduld	2005-12-03	Wanganella	3	14,40
4	Percival	Paul	2005-04-03	Hexvallei	4	14,43
5	Valentino	Fredericks	2005-10-16	LAC	5	14,45
6	Luwellen	Swanepoel	2005-01-03	Nieuwe Drift	6	15,00
7	Chadlin	Daniels	2005-02-01	Masakhane Prim	7	15,06
8	Abby	Arries	2005-01-17	Soetendal Prim	8	15,09
9	Angeo	Maans	2005-08-28	Paarl Gim	9	15,11
10	Etan	Swarts	2005-05-13	Roodezandt	10	15,24

GIRLS 15 - 4km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Chenique	Sas	2004-08-19	Drostdy HS	1	14,47
2	Elandri	Smith	2004-11-16	Bloemhof	2	15,22
3	Zenade	October	2004-12-17	Parel Vallei HS	3	15,44
4	Chantel	Roux	2004-07-01	Hermanus HS	4	16,04
5	Aninka	Ferreira	2004-02-20	HMS Paarl	5	16,24
6	Rodeen	Julies	2004-04-24	Wolseley HS	6	17,13
7	Bonita	Janse	2004-04-30	Roodezandt	7	19,15
8	Leandre	Lackey	2004-09-27	Vlottenburg	8	19,35
9	Mhlawuli	Othandwayo	2004-09-29	DMT	9	21,14
10	Marla	Pienaar	2004-12-07	Le Chasseur	10	21,23

BOYS 15 - 4km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Damian	Van Wyk	2004-09-28	Wolseley HS	1	13,32
2	Nashville	Hofmeester	2004-08-19	Wolseley HS	2	13,35
3	Bongolwethu	Shwam	2004-10-30	Vusisiwe HS	3	13,50
4	Elvino	September	2004-07-07	HS Bredasdorp	4	14,14
5	Shailyn	Christians	2004-01-07	Wolseley HS	5	14,18
6	Gino	George	2004-08-06	Ceres HS	6	14,20
7	Gurshwin	Kalmeyer	2004-01-01	Ceres HS	7	14,23
8	Jenowen	Pietersen	2004-12-19	Le Chasseur	8	14,29
9	Lee-Quin	Danster	2004-05-16	Ashton HS	9	14,38
10	Ron-Lee	Ockhuis	2004-08-28	Wolseley HS	10	14,43

BOYS 15 LSEN - 4km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Buhlali	Maduna	2004-04-06	Wellington SOS	1	14,37
2	Jerome	Louw	2004-09-15	Wellington SOS	2	14,58
3	Michail	Sebonka	2004-01-14	Wellington SOS	3	15,34
4	Luciano	Appollis	2004-10-04	Wellington SOS	4	16,57
5	Ashwill	Appollis	2004-12-24	Wellington SOS	5	17,27
6	Angel	Wildschut	2004-09-01	Steinstal	6	17,28

GIRLS 16 - 4km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Vergell-Lee	Africa	2003-08-21	Drostdy	1	15,10
2	Anja	Van Heerden	2003-12-10	Paarl Girls HS	2	15,54
3	Marlie	Botha	2003-11-11	Bloemhof	3	17,03
4	Cameron	Mostert	2003-06-21	Drostdy	4	17,09
5	Wilmien-Shay	Pieterse	2003-11-15	Wakkerstroom-Wes	5	17,09
6	Meriska	Van Zyl	2003-09-05	Drostdy	6	18,07
7	Michaid	Botha	2003-07-23	HB	7	18,26
8	Karishne	Bester	2003-10-29	LAC	8	18,39
9	Eldrien	Bestbier	2003-11-17	La Rochelle	9	18,55
10	Angela	Jakobus	2003-11-12	Noorder Paarl	10	21,00

BOYS 16 - 6km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Alfonso	Prins	2003-11-26	Wolseley HS	1	20,40
2	Tiang	Makhetha	2003-05-08	Vusisizwe	2	21,00
3	Thapelo	Mnthakasane	2003-05-28	Vusisizwe	3	21,01
4	Bradley	Mintoor	2003-08-30	Paulus Joubert HS	4	22,00
5	Duncan	Gombera	2003-04-04	Vusisizwe	5	22,00
6	Jamian	Hamman	2003-11-03	Ceres HS	6	22,17
7	Keithan	Olifant	2003-03-04	Landbou HS	7	22,33
8	Jaden-Lee	Seryner	2003-07-22	Wolseley HS	8	22,37
9	Jayden	Blaauw	Cant make out	Wakkerstroom Wes	9	23,00
10	Allan	Isaacs	2003-04-26	Ceres HS	10	23,02

BOYS 16 LSEN - 4km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Colin	Philander	2003-07-07	Wellington SOS	1	22,11
2	Ridowhaan	Small	2003-03-10	Wellington SOS	2	23,36
3	Ashley	De Wee	2003-12-16	Wellington SOS	3	23,55
4	Theorique	Louw	2003-01-17	Wellington SOS	4	24,54
5	Marquin	May	2003-01-13	Wellington SOS	DNF	DNF

GIRLS 17 - 4km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Almè	Jordaan	2002-05-02	Homeschooling	1	14,38
2	Farren	Wenn	2002-07-08	CSSS	2	15,37
3	Carli	Jacobs	2002-11-10	Bloemhof HS	3	17,12
4	Marelize	Solomons	2002-07-22	Wolseley HS	4	17,52
5	Kate-Lynn	Joseph	2002-12-20	HS Breërivier	5	18,00
6	Azrea	Sylvester	2002-06-05	Bloemhof HS	6	18,28
7	Jeslin	Simpson	2002-10-09	HS Bredasdorp	7	20,57
8	Theodelene	Adams	2002-11-28	Wakkerstroom-Wes	8	23,07
9	Jane-Lee	Damons	2002-09-18	Hexvallei	9	24,41
10	Nobomvu	Sukani	2002-11-25	Vusiszwe	10	24,49

BOYS 17 - 6km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lorenzo	Zimiry	2002-04-25	CSSS	1	20,31
2	Byron	Julies	2002-07-07	LAC	2	20,59
3	Jannes	Marais	2002-08-08	***	3	21,21
4	Marchelle	Steynberg	2002-04-15	CSSS	4	21,35
5	Denzil	Waterboer	2002-03-18	Wolseley HS	5	22,41
6	Atang	Seetsi	2002-02-17	Vusisizwe	6	23,07
7	Zachary	Boer	2002-08-01	Cant make out	7	23,27
8	Yamkela	Bonase	2001-12-24	DMT	8	23,29
9	Goden	Hoffman	2002-10-11	De Rust	9	24,29
10	Micyle	Waldeck	2002-05-14	Roodezandt	10	24,56

BOYS 17 LSEN - 6km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	German	Lewis	2002-03-11	Napier HS	1	19,59
2	Keatin	Daars	2002-09-21	Wellington SOS	2	22,25
3	Ayanda	Meyers	2002-08-07	Wellington SOS	3	23,02

JUNIOR WOMEN - 6km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Meagan	Swanepoel	2001-10-05	HTS Drostdy	1	23,59
2	Abigail	Botes	2001-08-21	HS Breerivier	2	25,54
3	Tarien	Swanepoel	2001-03-08	HTS Drostdy	3	26,20
4	Maja	van Aswegen	2001-04-27	HS Stellenbosch	4	26,50
5	Renelda	Velem	2000-04-27	HS Breerivier	5	29,15
6	Aseza	Zamliza	2000-06-02	Vusisizwe	6	30,33
7	Babalwe	Taweti	2000-10-10	Vusisizwe	7	31,35
8	Nell	Singleton	2000-12-01	HTS Drostdy	8	31,51

JUNIOR MEN - 8km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lance	Micheals	2000-02-03	Ashton	1	26,05
2	Mark	Standfliet	2001-12-11	Ashton	2	26,51
3	Loyiso	Skiti	2001-10-13	Vuvusizwe	3	27,07
4	Gavin	Oerson	2000-08-03	Albert Myburgh	4	27,53
5	Donovon	Willemse	2001-06-22	Groenberg	5	28,23
6	Jason	Esplin	2000-09-25	CSSS	6	28,25
7	Conwill	Duiker	2001-11-07	Paarl Gim	7	28,44
8	Jenowin	September	2001-05-13	CH	8	28,49
9	Myron	Carolus	2000-07-12	Roodezandt	9	29,29
10	Simthandile	Zola	2001-08-14	Vuvusizwe	10	29,38

SENIOR WOMEN - 4km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Sharlan	Boer	1998-05-04	Maties	1	16,31
2	Willene	Fredericks	1999-11-21	CSSS/Athletes Academy	2	16,42
3	Allison	de Wet	1997-03-11	Swartland	3	17,46
4	Azel	Boois	1996-07-14	Salkor	4	18,14
5	Asiphe	Sogiba	1998-10-18	DMT	5	19,13
6	E	Monejai	1997-12-28	EGA	6	21,34

SENIOR MEN - 4km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Angelo	Booyesen	1991-01-10	DLS	1	12,03
2	Deon-Lee	Hendricks	1997-07-17	Athletic Academy	2	12,08
3	Kanamelo	Thulo	1999-05-16	Ceres	3	13,01
4	Leehandre	Robertson	1999-11-30	Atheletes Academy	4	13,49
5	Zane	Heneke	2000-03-02	Cloetesville	5	14,34
6	Leslie	De Lange	2003-06-18	PV	6	14,56
7	Henrico	Booyesen	1994-08-08	STB AC	7	15,05
8	Braham	Meyer	2001-05-28	Parel Vallei	8	16,56

SENIOR MEN - 10km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Mark	Standfliet	2001-12-11	Ashton AC	1	34,14
2	Loyiso	Skiti	2001-10-13	Vuvusizwe	2	34,49
3	Tiana	Makhata	Cant make out	Vuvusizwe	3	35,54
4	Unathi	Fino	2001-08-31	Vuvusizwe	4	37,32
5	Yonga	Mkosi	2000-05-10	Vuvusizwe	5	37,33
6	Bulelani	Katshwa	2001-02-28	Vuvusizwe	6	38,18
7	Uzile	Valashiya	2003-09-15	Vuvusizwe	7	38,18
8	Tim	Te Brake	1997-04-10	Football Found.	8	38,54
9	Marks	Mpekula	1988-09-08	LAC	9	40,15
10	Phathisanani	Masiza	2000-12-06	Vuvusizwe	10	40,17
11	Izaack	Jantjies	1998-08-12	Football Found.	11	47,13

MASTER WOMEN - 4km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Mariaan	Malan	1967-08-24	Nedbank 2282	1	18,33
2	Vondra	Singleton	1968-01-16	Worcester	2	19,31
3	E	Coetzee	1958-04-19	***	3	21,39
4	Nicoline	Brown	1957-07-10	***	4	29,39
5						

GRAND MASTER MEN - 6km					Pos.	Trail 1
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Terence	Brown	1955-01-23	***	1	29,19
2						
3						



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