

NEWSLETTER – 19 AUGUST 2019

BOLAND ATHLETICS CROSS COUNTRY CHAMPIONSHIPS RESULTS

Paarl Athletics Club and Boland Central Schools dished up a mouth-watering feast for the 2019 Boland Athletics Championships at Dal Josaphat Stadium on Saturday 17 August 2019, in slightly windy but sunny weather conditions.

Athletes used this final opportunity to qualify for the Boland Schools and Boland Athletics Teams. Boland Schools will be announcing their team for the 2019 Western Cape Schools Cross Country Championships later this week.

The 2019 Western Cape Schools Cross Country Championships take place at the Hottentots-Holland High School, Strand, on Saturday 31 August 2019.

The 2019 Athletics South Africa Cross Country Championships take place at Uitsig High School, Pretoria, on Saturday 7 September 2019

The results in each age category of the Boland Athletics Cross Country Championships are attached below.



GIRLS 9 - 2km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Reshenda	Swartz	12/05/2010	Welvaart	1	7,59
2	Miche	Kammies	12/02/2010	EPP	2	8,01
3	Ciara	Franse	2010-09-14	Riverlands	3	8,21
4	Kevinique	Hoffman	11/09/2010	Sandhills	4	8,23
5	Elginique	Jaftha	06/08/2010	Steenfliet	5	8,33
6	Micaylin	Evens	24/01/2010	Victoria Park	6	8,40
7	Gretchen	Fillies	12/11/2010	Steenfliet	7	8,42
8	Temecke	Smith	2011-06-12	Riverlands	8	8,50
9	Waylynne	Matthys	19/05/2010	H.Venter PS	9	8,56
10	Katelyn	Linertz	31/01/2011	Steytyn Pr	10	9,06
11	Chelsey	Van Wyk	22/07/2010	H.Venter PS	11	9,07
12	Jemma	Bird	22/09/2010	Eikestad LS	12	9,21
13	Tatum	Bailey	17/09/2010	William Lloyd PS	13	11,03
14	Sune	Nel	21/10/2010	LS Eikestad	14	11,13
15	Menandie	Nel	28/01/2013	LS Eikestad	15	NT

BOYS 9 - 2km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Joshua	Rasper	2010-02-06	Victoria Park	1	7,20
2	Logan	Renier	2010-05-03	Tousrivier	2	7,23
3	Eathon	Maans	2010-06-08	Morrisdale	3	7,33
4	Devaugon-Lee	Van Wyk	2010-01-04	Steenfliet	4	7,41
5	Adrian	Januarie	16/06/2010	Sandhills	5	7,42
6	Deolon	Kok	2010-01-14	Tousrivier	6	7,43
7	David	September	2010-02-20	Steenfliet	7	7,44
8	Tyron	Conradie	31/07/2010	Steenfliet	8	7,45
9	Julio	Hendricks	14/05/2010	H.Venter	9	8,09
10	Dantey	Fortuin	2010-05-05	VPP	10	8,12
11	Percival	Isaacs	2010-04-12	Riverlands	11	8,12
12	Cole	Nathan	2010-08-25	Riverlands	12	8,38
13	Keanu	Botha	20/07/2010	Dal Josaphat	13	8,47
14	Franz	Du Bruyn	25/09/2011	LS Swartland	14	9,03
15	Tyrique	Thomas	28/04/2010	Idasvallei Prim	15	9,27
16	Luke	Baxter	2010-07-13	William Lloyd	16	9,32
17	James	Bird	2012-10-18	LS Eikestad	17	9,47
18	Simon	Weimers	18/02/2013	Rhenish	18	10,02

GIRLS 10 - 2km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Esmari	Senoamali	08/08/2009	Morrisdale	1	7,40
2	Anthea	Cupido	2009-03-13	Welvaart Prim	2	7,45
3	Leze	De Vlam	27/02/2009	FJ Conradie	3	7,48
4	Muneeba	De Bruyn	06/02/2009	Worc. Prim	4	7,58
5	Ciara	Klaasen	08/01/2009	Paarlzicht	5	8,05
6	Joslin	April	2009-03-12	Soetendal Prim	6	8,07
7	Luzanne	Jacobs	2009-01-28	William Lloyd Prim	7	8,10
8	Rozelia	Gaika	2009-08-29	Riverlands Prim	8	8,23
9	Merentia	Visser	2009-08-10	St Marks	9	8,26
10	Janelle	Bester	10/04/2009	Riverlands Prim	10	8,30
11	Mickeyla	Aries	2011-11-28	VPP	11	8,36
12	Veraydenique	Smith	2009-07-01	De Heide Prim	12	8,40
13	Temecke	Julies	12/07/2009	Paarlzicht	13	8,42
14	Chelsey	Meyer	06/05/2009	Riverlands Prim	14	8,43
15	Zelnay	Draai	17/03/2009	Britsum	15	8,56
16	Minke	Shaw	30/09/2009	Eikestad	16	9,02
17	Elrina	Alexander	03/02/2009	St Marks	17	9,16
18	Marzaan	Syster	17/09/2009	St Marks	18	9,24
19	Zenobia	Minnaar	08/05/2009	Wellington Prim	19	9,25
20	Andrea	Cupido	26/05/2009	Idasvallei Prim	20	9,27
21	Zahirah	Shaik	2009-02-26	William Lloyd Prim	21	9,27
22	Lekishia	Mohalie	25/08/2009	Dal Josaphat	22	9,50
23	Magnesia	Prins	2009-08-18	Witzenburg	23	9,52
24	Terry	Van Wyngaardt	2009-08-07	Riverlands Prim	24	10,00
25	Amelia	Shabalala	2009-11-14	Witzenburg	25	10,04
26	Keysher	Mutangiri	2009-09-18	Idasvallei Prim	26	10,05
27	Ivanka	Kok	16/08/2009	Wellington Prim	27	10,17
28	Aisha	Ortell	2009-12-17	William Lloyd Prim	28	10,22
29	Leshane	Jacobs	2009-02-22	Wellington Prim	29	10,32
30	Miche	Grootboom	2009-01-21	Wellington Prim	30	10,45
31	Maurichan	Rhode	25/03/2009	Idasvallei Prim	31	12,13
32	Candyll	Isreal	23/06/2009	William Lloyd Prim	32	12,17
33	Akhona	Mathonsi	18/11/2009	Idasvallei Prim	33	12,35
34	Megan	Letlabika	2009-07-07	Witzenburg	34	12,57
35	Mia	Kurtz	05/04/2009	William Lloyd Prim	35	13,26
36	Nadia	May	2009-06-07	Wakkerstroom	DNF	DNF

BOYS 10 - 2km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Herchelle	Manuel	2009-03-07	Steenvliet Prim	1	6,56
2	Emilio	Sauls	2009-11-24	Morrisdale	2	7,03
3	Marchell	Koopman	16/03/2009	Touwsrivier	3	7,07
4	Jadian	Kleinveld	20/03/2009	FJ Conradie	4	7,14
5	Ambrey	Shreuder	2009-08-04	Steenvliet Prim	5	7,18
6	JJ	Plaatjies	2009-04-13	De Heide	6	7,26
7	Junaid	Franse	2009-06-19	Riverlands Prim	7	7,33
8	AJ	Thyssen	2009-03-19	Dal Josaphat	8	7,37

9	Nashville	Davids	2009-01-04	Magnolia	9	7,39
10	Morche	Andrew	2009-07-13	Riverlands Prim	10	7,42
11	Rocklynn	Fredericks	2009/10/27	Idasvallei Prim	11	7,42
12	Enrique	Hartman	08/02/2009	Le Chasseur	12	7,44
13	Byron	Ephraim	24/07/2009	Soetendal	13	7,54
14	Danrico	Hartzenberg	2009-06-14	H. Venter Prim	14	7,55
15	Zachery	Amos	2009-01-07	Idasvallei Prim	15	7,58
16	Irwon	Nel	11/03/2009	Wanganella	16	7,59
17	Jameil	Mostert	2010/12/07	Stettyn Prim	17	8,05
18	Daniel	Swartland	11/02/2009	De Rust Futura	18	8,06
19	Jaquin	Mostert	2010/12/07	Stettyn Prim	19	8,06
20	Leron	September	2009-04-28	Idasvallei Prim	20	8,07
21	Jewaan	Jansen	31/07/2009	Le Chasseur	21	8,08
22	Mcail	Jonker	2009-09-15	Riverlands Prim	22	8,12
23	Morne	Kalamina			23	8,34
24	Denzil	Daniels	02/03/2009	Soetendal	24	8,38
25	Reece	Boesak	23/02/2009	De Rust Futura	25	9,25
26	Micyle	Booyesen	03/04/2009	De Rust Futura	26	9,26
27	Lorenzo	Meyer	03/04/2009	FJ Conradie	27	9,39
28	Ruben	Weimers	30/11/2009		28	9,49
29	Nathan	Koopman	25/08/2009	Wellington PS	29	10,47
30	Liyema	Nongalo	01/07/2009	De Rust Futura	30	11,02
31	Sam	Williams	2009/10/19	Rhenish Prim	31	14,03

GIRLS 11 - 3km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jo-Keishia	Greeff	2008-03-09	LS Touwsrivier	1	11,52
2	Shannon	October	2008-07-28	Magnolia Prim	2	11,56
3	Alicia	Pietersen	15/06/2008	Soetendal	3	12,07
4	Christie	Maans	2008-01-12	Morrisdale	4	12,11
5	Shermon	Kok	2008-09-29	LS Touwsrivier	5	12,31
6	Zainab	Roux	2008-02-24	Riverlands Prim	6	12,36
7	Roshe	Hanekom	2008-08-31	LS Touwsrivier	7	12,50
8	Lizelle	Botha	21/05/2008	Paarlzicht PS	8	12,58
9	Jamie-Lee	Noble	01/11/2008	FJ Conradie	9	13,19
10	Amore	Louw	18/02/2008	Magnolia Prim	10	13,25
11	Harriet	Smit	2008-12-17	Eikestad	11	13,26
12	Tammy -Lee	Constance	2008-06-30	Britsum	12	13,28
13	Fredelen	Skippers	16/06/2008	Britsum	13	14,04
14	Katelin	Bresens	05/02/2008	Le Chasseur	14	14,11
15	Jessica	Hemphill	2008-10-09	Rhenish	15	14,27
16	Brandonick	Cloete	03/01/2008	Witzenberg	16	14,48
17	Deidre	Moses	20/04/2008	Riverlands Prim	17	14,50
18	Rass	Jenecke	26/01/2008	Panorama	18	14,51
19	Rene	Pietersen	13/06/2008	Le Chasseur	19	14,56
20	Carlen	Fredericks	04/03/2008	Dal Josaphat	20	15,15
21	Sarah	Hemphill	2008-10-09	Rhenish	21	15,18

BOYS 11 - 3km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Ciano	Paul	06/12/2008	FJ Conradie	1	10,55
2	Jeniquin	Snyers	2008-05-05	Morrisdale Prim	2	10,57
3	Marquin	Hector	14/12/2008	FJ Conradie	3	11,03
4	Pihatrick	Witbooi	16/07/2008	Bergrivier	4	11,07
5	Preston	Natal	07/01/2008	Steenvliet	5	11,08
6	Christopher	van der Westhuizen	2008-09-04	Welvaart	6	11,12
7	Grant	Jacobs	09/09/2008	Sandhills	7	11,13
8	Marquin	Saayman	2008-09-21	Morrisdale Prim	8	11,17
9	Willmatthew	Booyesen	08/01/2008	De Rust	9	11,20
10	Jehano	Tentienie	01/01/2008	Sandhills	10	11,24
11	Lucando	Klaase	27/05/2008	Riverlands	11	11,26
12	Nicklyn	Erasmus	15/02/2008	FJ Conradie	12	11,37
13	Norwic	Swanepoel	02/09/2008	Riverview	13	11,38
14	Francois	Geswindt	05/01/2008	FJ Conradie	14	11,51
15	Ellison	Minnaar	2008-10-04	Steenvliet	15	11,57
16	Xavier	Micheals	2008-10-19	H. Venter Prim	16	11,57
17	Dylan	Williams	27/06/2008	Bergrivier	17	12,07
18	Alfonzo	Goosen	02/10/2008	Soetendal	18	12,14
19	Keagan	Alexander	05/02/2008	Dal Josaphat	19	12,26
20	Oyama	Steyn	03/11/2008	Dal Josaphat	20	12,27
21	Granwill	Johannes	31/01/2008	Le Chasseur	21	12,31
22	Leighton	Rhodes	2008-10-10	Panorama	22	12,36
23	Aden	Felix	16/08/2008	Riverlands	23	12,39
24	Henry	Pharo	28/02/2008	Touwsrivier	24	12,42
25	Kelvin	Felinya	10/04/2008	IVP	25	12,48
26	Adin	Carls	14/08/2008	Riverlands	26	12,56
27	Angelo	Matthews	19/10/2008	FJ Conradie	27	12,58
28	Dywayne	Moses	03/02/2008	Riverlands	28	13,01
29	Seluleko	Khuzwayo	02/01/2008	Rhenish	29	14,02
30	Matthew	Hey	29/11/2008	Rhenish	30	14,35
31	Luwen	van der Merwe	05/06/2008	Riverlands	31	14,35
32	Adrian	Spandiel	25/03/2008	De Rust	32	15,17
33	Chris	Brown	03/03/2008	FJ Conradie	33	15,21

GIRLS 12 - 3km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Willmere	Damon	2007-08-02	Wanganella Prim	1	11,55
2	Mikayla	Hammon	2007-12-07	Morrisdale Prim	2	12,00
3	Shakira	Matthysen	2007-08-21	Victoriapark Prim	3	12,06
4	Mishca	Fredericks	2007-06-09	Welvaart Prim	4	12,35
5	Saskia-Ann	January	14/11/2007	Riverview	5	12,39
6	Lenicia	Maans	2007-11-10	Wanganella Prim	6	12,43
7	Charne	Danster	2007-10-07	H.Venter Prim	7	12,47
8	Daveline	Syster	12/07/2007	St Marks	8	12,49
9	Carmi	Shaw	2007-01-17	Eikestad	9	12,50
10	Lucesia	Stuurman	29/08/2007	St Albans	10	13,02

11	Talita	Du Bruyn	2007-05-04	LS Swartland	11	13,26
12	Jordon-Leug	de Villiers	02/10/2007	Wellington Prim	12	13,28
13	Keena	Botha	29/01/2007	Magnolia Prim	13	14,04
14	Andrew-Lene	Booyesen	26/01/2007	Le Chasseur	14	14,11
15	Jody	vd Horst	2007-12-29	Magnolia Prim	15	14,27
16	Michaan	Titus	23/08/2007	St Albans	16	14,48
17	Patricia	Coetzee	2007-08-01	Wellington Prim	17	14,50
18	Eldine	Salies	04/05/2007	Vergesig	18	14,51
19	Wendy	Van Wyngaardt	30/03/2007	Riverlands	19	14,56
20	Monzey	Morris	24/07/2007	St Albans	20	15,15
GIRLS 12 LSEN - 3km					Pos.	Boland Champs
1	Liandri	Louw	27/06/2007	Langerug	1	14,53

BOYS 12 - 3km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Julian	Jacobs	29/09/2007	Dal Josaphat	1	10,25
2	Matt	Jordaan	03/01/2007	Paarlzicht	2	10,35
3	Johann	Richter	06/12/2007	Paarl Boys Prim	3	10,40
4	Zonovico	Swanepoel	07/03/2007	Avianpark	4	10,49
5	O'Ryan	Geslin	06/01/2006	St Albans Prim	5	10,54
6	Corrin	Adams	11/05/2007	Morrisdale	6	10,54
7	Gilermo	Fillies	2007-02-11	Steenvliet Prim	7	10,56
8	Corne	Wilschut	20/02/2007	St Albans Prim	8	10,57
9	Delario	Smith	2007-02-26	Amstelhof	9	11,05
10	Juan	Van Zyl	11/06/2007	Hugenote	10	11,10
11	Melvino	Hendricks	19/03/2007	Avianpark	11	11,21
12	Xavier	Bam	26/03/2007	Bergrivier	12	11,26
13	Uran	De Wee	15/05/2007	Witzenberg	13	11,26
14	Anvor	Gaika	2007-02-05	Riverlands Prim	14	11,29
15	Bronwin	Goosen	26/05/2007	Soetendal	15	11,30
16	Sisonke	Ngxta	2007-07-10	William Lloyd Prim	16	11,32
17	Ayola	Nyitana	16/05/2007	William Lloyd Prim	17	11,40
18	Marchell	Willemse	2007-11-09	Wellington	18	11,48
19	O'Ryan	Scheepers	2007-06-27	Victoriapark Prim	19	11,49
20	Craig	Tities	05/10/2007	Riveldands	20	11,51
21	Ryan	Adonis	01/03/2007	Dal Josaphat	21	11,54
22	Ruan	Gerber	26/11/2007	LS Swartland	22	12,04
23	Christiano	Hofstander	22/11/2007	Le Chasseur	23	12,30
24	Kyle	Liebenberg	23/03/2007	De Rust	24	12,36
25	Melvin	Willemse	13/02/2007	Le Chasseur	25	12,42
26	Blessing	Msolo	04/05/2007	William Lloyd Prim	26	12,47
27	Altino	Scheepers	05/12/2007	Riverlands Prim	27	12,47
28	Sergio	September	03/01/2007	William Lloyd Prim	28	12,50
29	Fabrian	Jacobs	17/12/2007	Le Chasseur	29	13,03
30	Clive	Yon	2007-05-28	Panorama	30	13,21
31	Chadd	Wynne	11/04/2007	William Lloyd Prim	31	13,45
32	Nathan	Van Der Berg	2007-03-20	Wakkerstroom	32	14,22

GIRLS 13 - 3km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Wilmari	Van Esland	14/06/2006	Touwsrivier	1	11,26
2	Marodine	Arries	2006-09-15	Victoriapark Prim	2	11,36
3	Joslyn	Kiewiets	14/10/2006	Touwsrivier	3	11,41
4	Ronichia	Delport		FJ Conradie	4	11,50
5	Clarissa	Snyders	05/10/2006	St Marks	5	11,51
6	Tercia	Adams	2006-08-31	LS Swartland	6	11,52
7	Monice	Wessels	04/08/2006	St Marks	7	12,05
8	Lizma	Salvester	06/09/2006	St Marks	8	12,12
9	Alicia	Mutangiri	2006-09-24	Idasvallei Prim	9	12,40
10	Isabel	du Bruyn	2006-02-26	LS Swartland	10	12,46
11	Anthea	Solomons	11/05/2006	De Rust	11	13,16
12	Judene	Pedro	21/07/2006	St Marks	12	13,25
13	Nakeisha	Jacobs	2006-03-07	Le Chasseur	13	13,34
14	Shantru-Lee	Van Rooy	07/01/2006	Bella Vista	14	13,42
15	Marcha-Lee	Matthese	07/07/2006	Riverlands	15	14,01
16	Danty	McThomas	15/04/2006	Touwsrivier	16	14,14
17	Jadean	Patrick	16/06/2006	Wellington	17	15,00
18	Hayline	Ambraal	25/09/2006	St Marks	18	17,14
19	Mikayla	Pretorius	21/09/2006	Charleston Hill	DNF	DNF

BOYS 13 - 4km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lee-Hanro	Arendse	16/07/2006	Morrisdale Prim	1	13,49
2	Miguel	Swarts	28/04/2006	Esselen Park	2	13,56
3	Lee Tin	Syfers	2006-05-03	Victoriapark Prim	3	14,00
4	Zayden	Kennedy	16/07/2006	William Lloyd Prim	4	14,02
5	Earlon	Matthews	2006-06-08	Morrisdale Prim	5	14,11
6	Jeyeren	November	2006-03-17	Victoriapark Prim	6	14,15
7	Graywin	Micheals	2006-04-01	H. Venter Prim	7	14,28
8	Christiano	Klaazen	12/12/2006	Morrisdale Prim	8	14,34
9	Junico	Daniels	21/01/2006	Dal Josaphat	9	14,37
10	Jemery	Cupido	06/01/2006	Morrisdale Prim	10	14,47
11	Nuraan	September	14/01/2006	Riverlands	11	15,16
12	Clayton	Prinsloo	30/01/2006	H. Venter Prim	12	15,25
13	Miguel	Van Neel	09/02/2006	Vlottenburg	13	15,33
14	Linden	De Silva	12/08/2006	H. Venter Prim	14	15,39
15	Tanaka	Tembo	25/10/2006	DMT	15	15,45
16	Praise	Falinya	31/05/2006	IVP	16	15,51
17	Luwaydin	Petersen	17/07/2006	Dal Josaphat	17	15,58
18	Graywen	Jacobs	07/03/2006	Le Chasseur	18	16,03
19	Marlin	Williams	02/01/2006	Vlottenburg	19	16,20
20	Ainsley	Ehrenreich	16/01/2006	William Lloyd Prim	20	16,20
21	Shane	Williams	26/06/2006	St Albans	21	16,29
22	Elrico	Keyster	16/05/2006	Soetendal	22	16,30
23	Anam	Tsiane	16/04/2006	Soetendal	23	16,42
24	Juan-Paul	Jacobs	2006-05-02	Wakkerstroom-Wes	24	16,46
25	Trevino	Meerka	23/08/2006	Le Chasseur	25	16,57

26	Luciano	Booyesen	09/10/2006	Groenheuwel	26	16,59
27	Jayden	Arendorf	24/04/2006	Vergesig	27	17,07
28	Mark	Julies	2006-12-07	Wellington	28	17,52
29	Jonathan	Mouton	04/09/2006	Dal Josaphat	29	17,56
30	Cayden	Abrahams	22/08/2006	De Rust Futura	30	18,04
31	Keanu-Leigh	Hoosain	2006-12-30	St Albans	31	19,08
32	Byron	Pietersen	27/04/2006	Le Chasseur	32	20,49
33	Enrich	Louis	03/1/2006	De Rust Futura	33	21,11
34	Luchen	Jonkers	28/01/2006	William Lloyd Prim	34	21,12

GIRLS 14 - 4km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Gillian	Muller	19/10/2005	Worc. Gim	1	15,37
2	Bernadine	Van Rooi	31/12/2005	St Marks	2	16,03
3	Cay-Leigh	Carolissen	2005-02-12	HS Stellenbosch	3	16,14
4	Christilique	McNiel	2005-02-10	Drostdy	4	16,41
5	Sinokuhle	Feliti	2005-05-19	DMT	5	16,41
6	Shanell	Fortuin	2005-07-05	Soetendal Prim	6	17,11
7	Devedean	Coenraad	2005-05-31	Panorama	7	17,26
8	Elfrida	Mouton	26/09/2005	St Marks	8	17,45
9	Petroveen	Davids	30/06/2005	St Marks	9	17,56
10	Joanique	Horn	2005-12-16	Worc. Gim	10	17,59
11	Shantley	Jacobs	04/08/2005	Riverlands	11	18,10
12	Mariska	Mouton	02/07/2005	St Marks	12	18,35
13	Joria	Pick	2004-09-26	Albert Myburgh	13	18,36
14	Mischke	September	2005-02-12	Dalweida Prim	14	18,54
GIRLS 14 - 4km LSEN					Pos.	Boland Champs
1	Luvo	Sondlo	20/01/2005	Ligstraal	1	NT

BOYS 14 - 4km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jack	Armando	27/02/2005	LS Gansbaai	1	13,25
2	Zimvo	Tawuse	26/06/2005	Academia HS	2	13,39
3	Fernando	Geduld	2005-12-03	Wanganella	3	13,59
4	Morne	Swarts	05/06/2005	Breerivier	4	14,05
5	Luwellen	Swanepoel	2005-01-03	Nieuwe Drift	5	14,20
6	Bradley	Matthys	29/12/2005	St Marks	6	14,40
7	Chadlin	Daniels	2005-01-02	Masakhane	7	14,41
8	Ashley	Davids	29/09/2005	De HeidePrim	8	14,42
9	Evandre	Plaatjies	11/01/2005	Albert Myburgh	9	14,43
10	Angeo	Maans	2005-08-28	Paarl Gim	10	14,48
11	Percival	Paul	03/04/2005	Hexvallei	11	15,04
12	Abby	Arries	2005-01-17	Soetendal	12	15,05
13	Bradley	Nel	12/10/2005	Le Chasseur	13	15,13
14	Ashwill	Goosen	28/02/2005	Soetendal	14	15,23
15	Jacques	Rooi	20/04/2005	Touwsrivier	15	15,28
16	Frederico	Barends	29/05/2005	Hexvallei	16	15,35
17	Chad	April	29/04/2005	Paarl Gim	17	15,48

18	Ashley	Horne	2005-07-20	Esselenpark	18	16,09
19	Andre	Van Rooi	08/07/2005	De Rust	19	16,11
20	Selvin	de Bruin	18/09/2005	De Rust	20	16,11
21	Haydon	Davids	10/12/2005	Dalweide	21	16,16
22	Yonick	Lukas	07/07/2005	Witzenberg	22	16,46
23	Jenovan	Alkaster	2005-06-05	Soetendal	23	17,09
24	Jowaydon	Fortuin	30/05/2005	Noorder Paarl	24	17,10
25	Okuhle	Zingange	06/11/2005	Vusisizwe	25	17,13
26	Henrico	Van Wyk	30/03/2005	Le Chasseur	26	17,18
27	Jymo	Kok	09/04/2005	De Rust	27	17,44
28	Nahim	Nel	24/02/2005	De Rust	28	18,39
BOYS 14 - 4km LSEN					Pos.	Boland Champs
1	Cohan	Bruintjies	18/10/2005	Ligstraal	1	19,00
GIRLS 15 - 4km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Chenique	Sass	2004-08-19	Drostdy HS	1	15,05
2	Elandri	Schmidt	16/11/2004	Bloemhof	2	15,29
3	Marietjie	Cilliers	02/01/2004	Parel Vallei HS	3	15,36
4	Chante	Roux	01/07/2004	Hermanus	4	15,42
5	Zenande	October	17/12/2004	Parel Vallei HS	5	16,22
6	Aninka	Ferreira	2004-02-20	HMS Paarl	6	16,31
7	Lia	Du Plessis	26/07/2004	PGHS	7	17,32
8	Shamira	Titus	08/08/2004	HMS La Rochelle	8	18,52
9	Remi	Borel-Saladin	21/07/2004	La Rochelle	9	19,27
10	Leandri	Lackay	09/09/2004	Vlottenburg	10	19,38
11	Marla	Pienaar	07/12/2004	Le Chasseur	11	21,00
GIRLS 15 - 4km LSEN					Pos.	Boland Champs
1	Warreldean	Bolsen	30/09/2004	RVSS	1	19,03
2	Caitlin	Coetzee	04/05/2004	Steintal	2	19,54
3	Edna	Van Schalkwyk	30/03/2004	RVSS	3	21,37
4	Nazeema	Sadie	13/05/2004	RVSS	4	21,40
5	Elaine	Zeeman	10/06/2004	Langerug	5	21,41
6	Mikayla	Lambert	05/11/2004	RVSS	6	23,46
7	Berna-Lee	Muller	20/09/2004	Steintal	7	24,00
8	Laqueta	Van Nooi	05/08/2004	Steintal	8	NT
BOYS 15 - 4km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Damian	Van Wyk	2004-09-28	Wolseley HS	1	13,18
2	Lee-Than	Rooi	01/06/2004	Bella Vista	2	13,22
3	Nashville	Hofmeester	2004-08-19	Wolseley HS	3	13,31
4	Bongolwethu	Shwam	30/10/2004	Vusisiwe HS	4	13,44
5	Gideon	Louw	15/02/2004	Hugenote	5	13,51
6	Elvino	September	2004-07-07	HS Bredasdorp	6	13,56
7	Gift	Vaaltyn	03/06/2004	Albert Myburgh	7	14,06
8	Jenowen	Pieterse	2004-12-19	Le Chasseur	8	14,10

9	Cado	George	15.03/2004	Wolseley HS	9	14,17
10	Ron-Lee	Ochkhuis	2004-08-28	Wolseley HS	10	14,23
11	Throne	Micheals	30/06/2004	Worc. Gim	11	14,31
12	Japie	Du Bruyn	2004-11-10	HS Swartland	12	15,00
13	Gershwin	Kalmeyer	01/01/2004	Ceres Sek	13	15,01
14	Gabriel	James	09/03/2005	HS Breerivier	14	15,04
15	Charlton	Conradie	27/07/2004	HB	15	15,06
16	Gavin	Cananie	12/06/2004	De Rust	16	15,25
17	Vusimuzi	Masina	07/05/2004	DMT	17	15,27
18	Gerhard	Strydom	2004-08-16	Veldrif	18	15,55
19	Denwill	Seksen	13/08/2004	Hexvallei Sek	19	16,36
20	Jacques	Haasbroek	23/01/2004	HS Swartland	20	16,42
21	Lelethu	Nyaka	26/04/2004	DMT	21	16,43
22	Alvaro	Ambrams	25/01/2004	CSSS	22	19,21

BOYS 15 LSEN - 4km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Buhlali	Maduna	06/04/2004	Wellington SOS	1	14,20
2	Joshua	Roberts	29/11/2004	Riverlands	2	14,34
3	Clement	De Bruin	2004-10-22	Steinthal	3	14,48
4	Lushane	Januarie	2004-04-28	Steinthal	4	14,50
5	Shane	Cedras	2004-08-10	Steinthal	5	14,53
	Petrus	Julies	19/04/2004	Brede Vallei	6	14,59
	Michail	Sebonka		Wellington SOS	7	15,32

GIRLS 16 - 4km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Virgell-Lee	Africa	21/08/2003	HTS Drostyd	1	15,37
2	Anja	Van Heerden	10/12/2003	Paarl Girls High	2	16,06
3	Veronique	Visagie	15/07/2003	Drostyd	3	16,59
4	Mikah	Brink	03/11/2003	Bloemhof	4	17,24
5	Cameron	Mostert	21/06/2003	Drostyd	5	18,10
6	Ameli	Bruwer	06/08/2003	La Rochelle	6	18,16
7	Meriska	Van Zyl	05/09/2003	HTS Drostyd	7	18,32
8	Marelle	Botha	2003/11/11	Bloemhof	8	18,55
9	Eldrien	Bestbier	2003-11-17	La Rochelle	9	18,58
10	Wilmien-Shay	Pietersen	2003/11/15		10	19,02
11	Michaid	Botha	23/07/2003	HB	11	19,23
12	Elize	Fouche	05/03/2003	HS Bredasdorp	12	24,34

GIRLS 16 LSEN - 4km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Abigail	Fortuin	11/09/2003	RVSS	1	17,13
2	Leticia	Pedro	02/11/2003	RVSS	2	17,56
3	Chantay	Raman	31/03/2003	Steinthal	3	19,10
4	Sandra	Leonards	22/09/2003	Steinthal	4	20,00
5	Natalie	Swarts	29/10/2003	RVSS	5	22,47
6	Rosetta	Baron	10/06/2003	RVSS	6	22,48

BOYS 16 - 6km					Pos.	Boland Champs
---------------	--	--	--	--	------	---------------

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Alfonso	Prins	26/11/2003	Wolseley	1	20,48
2	Tiang	Makhetha	2003-05-08	Vusisizwe	2	20,49
3	Will	Arendse	10/12/2003	HS Goudini	3	20,53
4	Uzile	Valashiva	15/09/2003	Vusisizwe	4	20,57
5	Cheslin	Groenewald	18/06/2003	Jakes Gerwil	5	21,35
6	Bradley	Mintoor	2003-08-30	Paulus Joubert HS	6	21,39
7	Jayden-Lee	Serynders	2003-04-22	Wolseley	7	22,01
8	Nolan	Damons	2003-08-28	Wolseley	8	22,07
9	Asenam	Sizani	2003-02-16	Hexvallei	9	22,25
10	Donwan	Brink	2003-04-25	Hermanus HS	10	23,30
11	Sean	Mateura		DMT	11	24,33
12	Bronwin	Adams	2003-06-29	KNSS	12	24,40
13	Jayden	Blaauw	2003-05-04	Wakkerstroom	13	24,45
14	Siyonela	Mpambana	2003-12-07	Albert Myburgh	14	27,10
15	Zukisa	Zingange	2003-04-28	Vusisizwe	15	28,57

BOYS 16 LSEN - 6km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Donald	Scheepers	07/04/2003	Steintal	1	21,47
2	Durizn	Esterhuizen	25/07/2003	Wellington SOS	2	22,21
3	Pieter	Carstens	29/11/2003	Langerug	3	23,06
4	Colin	Philander	2003-07-07	Wellington SOS	4	23,41
5	Ashley	De Wee	16/12/2003	Wellington SOS	5	24,32
6	Theorique	Louw	17/01/2003	Wellington SOS	6	25,04
7	Brandon	Jacobs	2003-02-14	Steintal	7	25,33
8	Shane	Sass	2003-04-02	Steintal	8	26,45
9	Renaldo	Linders	02/07/2003	Brede Vallei	9	31,18
10	Riaan	Pieterse	13/10/2003	Brede Vallei	10	31,15
11	Joshlin	Williams	19/03/2003	Brede Vallei	11	34,45

GIRLS 17 - 4km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Alme	Jordaan	02/05/2002	Homeschooling	1	14,54
2	Cimon	van der Westhuizen	21/01/2002	Bloemhof HS	2	15,07
3	Anneken	Viljoen	20/03/2002	Bloemhof HS	3	15,22
4	Farren	Wenn	2002-07-08	CSSS	4	15,46
5	Sharon	Sabuneti	25/12/2002	Vuvusizwe	5	17,05
6	Carlin	Jacobs	10/11/2002	HMS Bloemhof	6	17,11
7	Kate-Lynn	Joseph	20/12/2002	HS Breerivier	7	17,23
8	Azrea	Sylvester	05/06/2002	HMS Bloemhof	8	17,38
9	Bianca	George	12/07/2002	JGT Bonnievale	9	18,04
10	Marilize	Solomons			10	18,31
11	Bellamy	Kruger	27/11/2002	La Rochelle	11	18,41
12	Jeslin	Simpson	2002-10-09	HS Bredasdorp	12	20,27
13	Karabo	Khohlokoane			13	20,55
GIRLS 17 LSEN - 4km					Pos.	Boland Champs
1	Beverley	Joubert	28/11/2002	Steintal	3	26,31

2	Atisca	Esterhuizen	17/12/2002	RVSS	1	18,40
	Roseline	Delilie	11/10/2002	RVSS	2	22,46

BOYS 17 - 6km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lorenzo	Zimiry	2002-04-25	CSSS	1	20,31
2	Westlin	Diedericks	04/03/2002	JGT Bonnievale	2	21,06
3	Nolan	Diedericks	25/04/2002	Paarl Gim	3	21,16
4	Marshall	Steynberg	15/04/2002	CSSS	4	21,22
5	Marlin	Huister	10/06/2002	De Rust	5	21,27
6	Thapelo	Nthakasane	18/03/2002	Vusisizwe	6	21,49
7	Franko	Bantam	20/08/2002	Charleston Hill	7	22,04
8	Denzil	Waterboer	2002-03-18	Wolseley	8	22,17
9	Atang	Sietsi	2002-02-17	Vusisizwe	9	22,24
10	James	Marias	2002-08-08	Paarl Boys High	10	22,58
11	Gaiwin	Jantjies	13/09/2002	Paarl Gim	11	23,33
12	Tyron	Jeftha	07/02/2002	Esselenpark	12	23,44
13	Antonio	Rhenoster	14/09/2002	JGT Bonnievale	13	23,56
14	Ricardo	Persensie	2002-02-23	Hexvallei	15	25,44
15	Zachary	Boer	01/08/2002	Noorder Paarl	DNF	DNF

BOYS 17 LSEN - 6km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Germin	Lewis	11/03/2002	Napier	1	19,44
2	Keatin	Daars		Wellington SOS	2	22,21
3	Jason	Owies	20/09/2002	RVSS	3	22,54
4	Ayanda	Meyers		Wellington SOS	4	23,26
5	Malcolm	Olckers	21/01/2002	Steintal	5	23,36
6	Abdullah	Roux	30/11/2002	RVSS	6	25,04
7	Rinaldo	Goliath	03/08/2002	RVSS	7	25,22
8	Christiaan	George	30/09/2002	Steintal	8	25,36
9	Jonathan	Noordman	2002-03-25	Breedevallei	9	25,50
	Riaan	Koopman	25/08/2002	RVSS	10	26,57
	Sarel	Matthee		Langerug	11	34,43

JUNIOR WOMEN - 6km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Yandiswa	Shange	30/06/2000	Ath Academy	1	23,03
2	Nicole	Louw	26/07/2001	Rhenish HS	2	24,08
3	Meagan	Swanepoel	2001-10-05	HTS Drostyd	3	25,28
4	Nicola	Soenies	08/04/2001	La Rochelle	4	30,16
5	Abigail	Botes	28/11/2001	Hb	5	30,19
6	Ronelda	Velem	27/04/2000	HS Breerivier	6	33,06
7	Nell	Singleton	01/12/2000	HTS Drostyd	7	39,35

JUNIOR WOMEN LSEN - 6km					Pos.	Boland Champs
	Wardah	Louw	30/11/2001	Steintal	1	36,11
	Jacqueline	Swarts	12/06/2001	Steintal	2	39,12

JUNIOR MEN - 8km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Reagan	Rooi	22/08/2000	Bella Vista	1	26,06
2	Loyiso	Skitsi	13/10/2001	Vuvusizwe	2	26,32
3	Lance	Michals	03/07/2000	Ashton SS	3	27,31
4	Mark	Standfliet	11/12/2001	Ashton SS	4	28,24
5	Gavin	Oerson	2000-08-03	Albert Myburgh	5	28,31
6	Ta'fiq	Klink	24/05/2001	HS Breerivier	6	28,55
7	Zane	Heneke	2000-03-02	CSSS	7	29,48
8	Christiano	November	15/12/2001	Hexvallei	8	30,31
9	Jason	Esplin	2000-09-25	CSSS	9	30,33
10	Rivaldo	Vigaro	06/05/2000		10	32,56
11	Garth	Grootboom	28/07/2001	Hexvallei	11	35,37

JUNIOR MEN LSEN - 8km					Pos.	Boland Champs
1	Kyle	Owies	17/02/2001	RVSS	1	30,07
2	Julian	Brandt	12/09/2001	Steinthal	2	31,16
3	Stanley	Steenkamp	13/07/2001	Steinthal	3	31,36
4	Bradley	Faro	12/01/2000	Steinthal	4	32,15
5	Jadian	de Bruin	21/12/2001	Steinthal	5	33,33
6	Machiano	Baadjies	27/05/2001	RVSS	6	35,00
7	Ricardo	Claasen	05/02/2001	RVSS	7	35,47
8	Heinrich	Engelbrecht	15/01/2001	RVSS	8	36,59
9	Marthinus	Persens	10/02/2001	RVSS	9	38,51
10	Jerome	Philander	22/06/2001	Breede Valley	10	38,56

MASTER MEN - 8km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Thembelani	Zola	14/05/1978	Wellington	1	29,11
2	Randall	Smith	22/04/1984	Bredasdorp	2	29,15
3	Jakob	Volmoer	1983-11-07	Ceres	3	32,06
4	Jonathan	Galant	06/01/1977	Salkor	4	34,48
5	Owen	Smith	1970-11-06	Wellington	5	35,43

SENIOR WOMEN - 4km					Pos.	Boland Champs
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lara	Rossouw	16/03/1999	Maties	1	15,24
2	Sharlan	Boer	04/05/1998	Maties	2	16,21
3	Mia	Lyons	12/06/2000	Ath Academy	3	16,28
4	Allison	de Wet	1997-03-11	Swartland	4	16,32
5	Willene	Fredericks	21/11/1999	CSSS	5	18,48

SENIOR MEN - 4km					Pos.	Boland Champs
------------------	--	--	--	--	------	---------------

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Deon-Lee	Hendricks	17/07/1997	Athlete Academy	1	12,01
2	Llewellyn	Groeneveld	1995-02-07	Maties	2	12,08
3	Akhona	Mdaka	1993-03-04	Stellenbosch	3	12,12
4	Kamohelo	Thulo	26/05/1999	Ceres AC	4	12,22
5	Harry George	Van Niekerk	25/05/1999	Wellington AC	5	12,53
6	Alvin	Dirkse	1998-04-16	Athlete Academy	6	13,02
7	Sylvin	Dirkse	16/04/1998	Athlete Academy	7	13,05
8	Leehandre	Robertson	30/11/1999	AC	8	13,09
9	Allister	Blaauw	1999-09-28	Maties	9	13,13
10	William	Dommissie	1999-09-01	Maties	10	13,29
11	Nicholas	Trivella	1999-06-09	Maties	12	15,53
12	Henrico	Booyesen	08/08/1994	STB AC	13	16,33
13	Zeo	Solomons	1999-05-25	Maties	14	16,52

SENIOR MEN - 10km					Pos.	Boland Champs
--------------------------	--	--	--	--	-------------	----------------------

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Akhona	Mdaka	1993-03-04	Stellenbosch	1	32,50
2	Angelo	Booyesen	01/10/1991	DLS	2	34,14
3	Xolani	Mase	1997-03-19	Wellington	3	35,06
4	Allister	Blaauw	1999-09-18	Maties	4	35,29
5	Johan	Oerson	14/03/1990	Bredasdorp	5	35,44
6	Denzill	Willemse		Worc. AC	6	41,36
	Tyron	Jeftha	07/02/2002	Esselenpark	7	42,17

SENIOR WOMEN - 10km					Pos.	Boland Champs
----------------------------	--	--	--	--	-------------	----------------------

1	Petra	Oersen	10/07/1987	Bredasdorp	1	48,32
---	-------	--------	------------	------------	---	-------

MASTER WOMEN - 4km					Pos.	Boland Champs
---------------------------	--	--	--	--	-------------	----------------------

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Vondra	Singleton	16/01/1968	Worcester	1	19,02
2	Jeanette	de Beer	06/02/1963	Bonnievale	2	19,06
3	Natasha	du Bruyn	23/01/1979	TL1604	3	20,57

GRAND MASTER MEN - 6km					Pos.	Boland Champs
-------------------------------	--	--	--	--	-------------	----------------------

1	Thomas	Moses	1957/01/09	Worcester	1	26,18
---	--------	-------	------------	-----------	---	-------



BOLANDATHLETICS

Mike Fraser
 Boland Athletics Office
 Office: 021 868 0007
 Mobile: 083 518 7272
 Email: office@bolandathletics.com
 Website: www.bolandathletics.com