



NEWS LETTER – 6 MAY 2019 - CROSS COUNTRY TRIAL 2 TOP 10 RESULTS

Boland Athletics Cross Country Trial 2 was held at Drakenstein Correctional Services Centre in Paarl on Saturday 4 May 2019.

The cool autumn weather and a flat route presented our athletes with a good opportunity to push themselves to run their best times so early in the cross country season.

Trial 3 is scheduled for Saturday 18 May 2019 in Ceres.

The results of the top 10 athletes in each age category of Trial 2 are attached.



GIRLS 9 - 2km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Shannon	Swarts	10/02/2010	Overhex	1	6,33
2	Resherda	Swarts	2010-05-12	Welvaart	2	6,34
3	Walecia	Van Rooi		Overhex	3	6,35
4	Stehano	Philander	21/03/2009	Overhex	4	6,37
5	Ciara	Franse	2010-09-14	Riverlands	5	6,49
6	Temecke	Smith	2011-06-12	Riverlands	6	6,59
7	Juniva	Pietersen	15/10/2011	Overhex	7	6,59
8	Elginique	Jaftha	2010-08-06	Steenfliet	8	7,00
9	Meuzeen	Jansen	28/02/2010	Overhex	9	7,01
10	Grethen	Fillies	2010-11-12	Steenfliet	10	7,04

BOYS 9 - 2km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Joshua	Rasper	2010-02-06	VPP	1	6,05
2	Deolon	Kok	2010-01-14	Tousrivier	2	6,10
3	Logan	Renier	2010-05-03	Tousrivier	3	6,12
4	David	September	2010-02-20	Steenfliet	4	6,32
5	Peter James	Morris	10/03/2010	Touwsrivier	5	6,34
6	Devaugon-Lee	Van Wyk	2010-01-04	Steenfliet	6	6,42
7	Gerraed	Daniels	14/01/2011	St Marks	7	6,43
8	Eathon	Maans	2010-06-08	Morrisdale	8	6,47
9	Tyron	Conradie	31/07/2010	Steenfliet	9	6,50
10	Jerome	Nell	12/08/2008	Swartberg	10	6,51

GIRLS 10 - 2km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Anthea	Cupido	2009-03-13	Welvaart Prim	1	8,10
2	Leze	De Vlam	2009-02-27	FJ Conradie	2	8,17
3	Esmari	Senoamali	08/08/2009	Morrisdale	3	8,20
4	Joslin	April	2009-03-12	Soetendal Prim	4	8,20
5	M.	De Bruyn	06/02/2009	Worc. Prim	5	8,26
6	Ciara	Klaasen	08/01/2009	Paarlzicht	6	8,44
7	Luzanne	Jacobs	2009-01-28	William Lloyd Prim	7	8,44
8	Kaylin	Van Rooi	02/08/2009	Morrisdale	8	8,49
9	Zelnay	Draai	2009-03-17	Britsum Prim	9	8,54
10	Marentia	Visser	2009-08-10	ST Marks	10	8,56

BOYS 10 - 2km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Herchelle	Manuel	2009-03-07	Steenvliet Prim	1	7,43
2	Marshall	Koopman	2009-03-16	Touwsrivier	2	7,47
3	Emilio	Sauls	2009-11-24	Morrisdale	3	7,50
4	Jadian	Kleinveld	2009-03-20	FJ Conradie	4	7,54
5	JJ	Plaatjies	2009-04-13	De Heide	5	7,57
6	Carlos	Meradien	2009-01-09	Morrisdale	6	8,01
7	Ambrey	Shreuder	2009-08-04	Steenvliet Prim	7	8,04
8	Nashville	Davids	2009-01-04	Magnolia	8	8,05
9	Junaid	Fransé	2009-06-19	Riverlands Prim	9	8,08
10	Irwin	Nel	2009-03-11	Wanganella	10	8,08

GIRLS 11 - 3km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jo-Keishia	Greeff	2008-03-09	LS Touwsrivier	1	12,40
2	Alicia	Pietersen	15/06/2008	Soetendal	2	12,58
3	Roshe	Hanekom	2008-08-31	LS Touwsrivier	3	13,05
4	Carshay	Speelman	2008-04-01	F.J Conradie PS	4	13,09
5	Shermon	Kok	2008-09-29	LS Touwsrivier	5	13,12
6	Zainab	Roux	2008-02-24	Riverlands Prim	6	13,14
7	Eula	Nel	18/06/2008	Paarl Girls High	7	13,20
8	Jamie-Lee	Noble	2008-11-01	F.J Conradie PS	8	13,20
9	Shannon	October	2008-07-28	Magnolia Prim	9	13,50
10	Tammy -Lee	Constance	2008-06-30	Britsum	10	13,51

BOYS 11 - 3km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Preston	Natal	2008-01-07	Steenvliet	1	11,36
2	Lucando	Klaase	27/05/2008	Riverlands	2	11,40
3	Ciano	Paul	2008-12-06	F.J Conradie PS	3	11,41
4	Marquin	Hector	2008-12-14	F.J Conradie PS	4	11,44
5	Norwic	Swanepoel	2008-09-02	Riverview	5	11,45
6	Jehano	Tentenie	01/01/2008	Sandhills	6	11,51
7	Christopher	van der Westhuizen	2008-09-04	Welvaart	7	11,55
8	Willmatthew	Booyesen	08/01/2008	De Rust	8	11,57
9	Jayden	Booyesen	24/02/2008	Paarlzicht	9	12,11
10	Pihatrick	Witbooi	16/07/2008	Bergrivier	10	12,12

GIRLS 12 - 3km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Mishca	Fredericks	2007-06-09	Welvaart Prim	1	12,07
2	Shakira	Matthysen	2007-08-21	Victoriapark Prim	2	12,09
3	Mikayla	Hammon	2007-12-07	Morrisdale Prim	3	12,42
4	Talita	Du Bruyn	2007-05-04	LS Swartland	4	12,45
5	Willmere	Damon	2007-08-02	Wanganella Prim	5	13,22
6	Lenicia	Maans	2007-11-10	Wanganella Prim	6	13,24
7	Lucesia	Stuurman	29/08/2007	St Albans	7	13,27
8	Devaline	Syster	12/07/2007	St Marks	8	13,50
9	Saskia- Aan	Januarie	2007-11-14	Riverview Prim	9	13,57
10	Zukhaye	Mekuto	2007-06-21	Van Wyksvlei	10	14,00

BOYS 12 - 3km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Zanovico	Swanepoel	2007-03-07	Avianpark Prim	1	11,15
2	Matt	Jordaan	03/01/2007	Paarlzicht	2	11,15
3	Julian	Jacobs	29/09/2007		3	11,15
4	Johann	Richter	06/12/2007	Paarl Boys Prim	4	11,31
5	Gilermo	Fillies	2007-02-11	Steenvliet Prim	5	11,37
6	O'Ryan	Geslin	06/01/2006	St Albans Prim	6	11,37
7	Melvino	Hendricks	19/03/2007	Avainpark	7	11,39
8	O'Ryan	Scheepers	2007-06-27	Victoriapark Prim	8	11,40
9	Juan	Van Zyl	11/06/2007	Hugenote LS	9	11,40
10	Mushai	Fourie	28/01/2007	FJ Conradie	10	11,44

GIRLS 13 - 3km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Wilmary	Van Esland	2006-06-14	LS Touwsrivier	1	11,52
2	Joshlyn	Kiewiets	2006-10-14	LS Touwsrivier	2	11,54
3	Tercia	Adams	2006-08-31	LS Swartland	3	12,03
4	Clarissa	Snyders	2006-10-05	St Marks Prim	4	12,04
5	Jeniba	Nuwegeld	2006-01-24	Soetendal Prim	5	12,22
6	Ronichia	Delpport	2006-10-22	F.J Conradie Prim	6	12,26
7	Lisam	Salvester	06/09/2006	St Marks Prim	7	12,31
8	Marodine	Arries	2006-09-15	Victoriapark Prim	8	12,44
9	Monice	Wessels	2006-08-04	St Marks Prim	9	12,47
10	Shaney	Williams	21/01/2006	Eersterivier AC	10	12,57

BOYS 13 - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lehandro	Arendse	2006-07-16	Morrisdale Prim	1	14,45
2	Lee Tin	Syfers	2006-05-03	Victoriapark Prim	2	14,50
3	Jeyeren	November	2006-03-17	Victoriapark Prim	3	14,51
4	Christiano	Claasen	2006-12-12	Morrisdale Prim	4	14,51
5	Earlon	Matthews	2006-06-08	Morrisdale Prim	5	14,57
6	Dalen	Japtha	2006-09-12	Pineview PS	6	15,02
7	Nuraan	September	2006-01-14	Riverlands Prim	7	15,03
8	Zayden	Kennedy	16/07/2006	William Lloyd Prim	8	15,23
9	Junico	Daniels	21/01/2006	Dal Josafat PS	9	15,26
10	Graywin	Micheals	2006-04-01	H. Venter Prim	10	15,29

GIRLS 14 - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Christolique	Mcniel	2005-10-02	Avianpark	1	16,34
2	Cay-Leigh	Carolissen	2005-02-12	HS Stellenbosch	2	16,37
3	Gillian	Muller	19/10/2005	Worc. Gim	3	16,53
4	Bernadine	Van Rooi	2005-12-31	St Marks Prim	4	16,59
5	Helen	Prinsloo	04/09/2005	La-Rachelle	5	17,24
6	Shanell	Fortuin	2005-07-05	Soetendal Prim	6	17,24
7	Lubabalo	Mnqandi	16/10/2005	DMT	7	17,48
8	Devedean	Coenraad	2005-05-31	Panorama	8	18,07
9	Elfrieda	Mouton	2005-09-26	St Marks Prim	9	18,10
10	Joanique	Horn	2005-12-16	Worc. Gim	10	18,49

BOYS 14 - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Luwellen	Swanepoel	2005-01-03	Nieuwe Drift	1	14,43
2	Fernando	Geduld	2005-12-03	Wanganella	2	14,58
3	Percival	Paul	2005-04-03	Hexvallei	3	15,08
4	Frederico	Barends	29/05/2005	Hexvallei	4	15,12
5	Andre	Van Rooy	08/08/2005	De Rust	5	15,16
6	Chad	April	29/04/2005		6	15,16
7	Angeo	Maans	2005-08-28	Paarl Gim	7	15,16
8	Evandre	Plaatjies	11/01/2005	Albert Myburgh	8	15,21
9	Bradley	Matthys	29/12/2005	St Marks	9	15,34
10	Jermenico	Nuwegeld	08/09/2005	Witzenberg	10	15,37

GIRLS 15 - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Chenique	Sas	2004-08-19	Drostdy HS	1	15,19
2	Marietjie	Cilliers	02/01/2004	Parel Vallei HS	2	15,29
3	Elandri	Smith	2004-11-16	Bloemhof	3	15,50
4	Zenade	October	2004-12-17	Parel Vallei HS	4	16,01
5	Aninka	Ferreira	2004-02-20	HMS Paarl	5	16,36
6	Mia	van der Walt	15/02/2004	RGH School	6	17,53
7	Shamira	Titus	08/08/2004	La Rochelle	7	19,20
8	Katie	Raisbeck	24/03/2004	La Rochelle	8	20,27
9	Joria	Pick	26/09/2004	Albert Myburgh	9	21,02
10	Othandwayo	Mhlawuli	29/09/2004	DMT	10	21,27

BOYS 15 - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Nashville	Hofmeester	2004-08-19	Wolseley HS	1	13,45
2	Lee-than	Rooi	01/06/2004	Bella Vista	2	13,50
3	Damian	Van Wyk	2004-09-28	Wolseley HS	3	14,00
4	Francis	Malherbe	22/07/2004	Paul Roos	4	14,07
5	Elvino	September	2004-07-07	HS Bredasdorp	5	14,15
6	Throne	Micheals	30/06/2004	Worc. Gim	6	14,19
7	Gideon	Louw	15/02/2004	Hugenote	7	14,21
8	Lee-Quin	Danster	2004-05-16	Ashton HS	8	14,35
9	Shailyn	Christians	2004-01-07	Wolseley HS	9	14,38
10	Gurshwin	Kalmeyer	2004-01-01	Ceres HS	10	14,40

BOYS 15 LSEN - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Buhlali	Maduna	2004-04-06	Wellington SOS	1	14,36
2	Jerome	Louw	2004-09-15	Wellington SOS	2	15,07
3	Michail	Sebonka	2004-01-14	Wellington SOS	3	15,55
4	Reagan	Abrahams	23/12/2004	Steinstal	4	16,09
5	Ashwill	Appollis	2004-12-24	Wellington SOS	5	20,33

GIRLS 16 - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Anja	Van Heerden	2003-12-10	Paarl Girls HS	1	16,09
2	Selma	du Preez	2003-03-21	HS Swartland	2	16,19
3	Veronique	Visagie	2003-07-15	Drostdy	3	17,26
4	Cameron	Mostert	2003-06-21	Drostdy	4	17,45
5	Wilmien-Shay	Pieterse	2003-11-15	Wakkerstroom-Wes	5	17,46
6	Mikah	Brink	2003-11-03	Bloemhof	6	17,48
7	Anel	Tallie	2003-07-19	La Rochelle	7	18,19
8	Jo.	Louw	05/09/2003	Louville HS	8	18,32
9	Eldrien	Bestbier	2003-11-17	La Rochelle	9	19,17
10	Michaid	Botha	2003-07-23	HS Breerivier	10	19,39

GIRLS 16 LSEN - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Abigail	Fortuin	11/09/2003	RVSS	1	17,53
2	Leticia	Pedro	02/11/2003	RVSS	2	18,03
3	Chanty	Raman	31/03/2003	Steinthal	3	19,11
4	Sandra	Linnert	22/09/2003	Steinthal	4	23,30
5	Natalie	Swarts	29/10/2003	RVSS	5	24,32
6	Lynn	Adolf	31/07/2003	Edenskool	6	26,25
BOYS 16 - 6km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Alfonso	Prins	2003-11-26	Wolseley HS	1	20,55
2	Tiang	Makhetha	2003-05-08	Vusisizwe	2	21,02
3	Thapelo	Mnthakasane	2003-05-28	Vusisizwe	3	21,25
4	Bradley	Mintoor	2003-08-30	Paulus Joubert HS	4	21,47
5	Uzile	Valashiva	15/09/2003	Vusisizwe	5	22,15
6	Mxolisi	Gqetywa	28/06/2003	Vusisizwe	6	22,55
7	Will	Arendse	10/12/2003	HS Goudini	7	22,58
8	Jaden-Lee	Seryner	2003-07-22	Wolseley HS	8	23,00
9	Allan	Isaacs	2003-04-26	Ceres HS	9	23,01
10	Jamian	Hamman	2003-11-03	Ceres HS	10	23,09

BOYS 16 LSEN - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Donald	Scheepers	03/04/2003	Steinthal	1	22,41
2	Shawn	Chicowore	10/01/2003	Edenskool	2	23,29
3	Durizen	Esterhuizen	25/07/2003	Wellington SOS	3	23,31
4	Colin	Philander	2003-07-07	Wellington SOS	4	23,44
5	Theorique	Louw	2003-01-17	Wellington SOS	5	24,06
6	Elroy	Joseph	16/03/2003	Edenskool	6	25,23
7	Ashley	De Wee	2003-12-16	Wellington SOS	7	25,44
8	Jacquin	Plaatjies	17/02/2003	Steinthal	8	28,20

GIRLS 17 - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Almè	Jordaan	2002-05-02	Homeschooling	1	15,01
2	Farren	Wenn	2002-07-08	CSSS	2	16,42
3	Carli	Jacobs	2002-11-10	Bloemhof HS	3	17,06
4	Azrea	Sylvester	2002-06-05	Bloemhof HS	4	17,45
5	Esihle	Lindi	11/01/2002	DMT	5	18,11
6	Marelize	Solomons	2002-07-22	Wolseley HS	6	18,30
7	Bellamy	Kruger	27/11/2002	La Rochelle	7	18,36
8	Jeslin	Simpson	2002-10-09	HS Bredasdorp	8	19,52
9	Roslyn	Swarts	17/02/2002	Wolseley HS	9	21,15
10	Theodelene	Adams	2002-11-28	Wakkerstroom-Wes	10	21,32

GIRLS 17 LSEN - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Atisca	Esterhuizen	17/12/2002	RVSS	1	19,33
2	Roseline	Delilie	11/10/2002	RVSS	2	23,29
3	Anita	Van Wyk	26/06/2002	Ligstraal	3	25,21
4	Beverley	Joubert	28/11/2002	Steinthal	4	25,28

BOYS 17 - 6km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Tyron	Gordan	08/12/2002	Eersterivier	1	20,51
2	Lorenzo	Zimiry	2002-04-25	CSSS	2	21,04
3	Nolan	Diedericks	25/04/2002	Paarl Gim	3	21,34
4	Jannes	Marais	2002-08-08	***	4	21,46
5	Marchelle	Steynberg	2002-04-15	CSSS	5	22,03
6	Gaiwin	Jantjies	13/09/2002	Paarl Gim	6	22,22
7	Weslin	Diedericks	04/03/2002	JGT School	7	22,22
8	Granville	Farmer	19/01/2002	Kylemore HS	8	22,38
9	Denzil	Waterboer	2002-03-18	Wolseley HS	9	23,14
10	Franko	Bantam	20/08/2002	Charleston Hill	10	23,57

BOYS 17 LSEN - 6km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Keatin	Daars	2002-09-21	Wellington SOS	1	23,04
2	Lious	Grobbelaar	13/02/2002	Ligstraal	2	23,05
3	Abdullah	Roux	30/11/2002	RVSS	3	23,57
4	Jason	Owies		RVSS	4	23,56
5	Ayanda	Meyers	2002-08-07	Wellington SOS	5	24,13
6	Teinando	Scheimand	14/10/2002		6	24,00
7	Nigel	McGregor	10/04/2002	Ligstraal	7	24,23
8	Rinaldo	Goliath	03/08/2002	RVSS	8	25,46
9	Riaan	Koopman	25/08/2002	RVSS	9	28,39
10	Wilfred	Botha	05/01/2002	RVSS	10	28,49

JUNIOR WOMEN - 6km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Micola	Soenies	08/04/2001	La Rochelle	1	26,21
2	Maja	van Aswegen	2001-04-27	HS Stellenbosch	2	26,31
3	Olivia	De Ruiters	11/11/2000	Eersterivier	3	30,15
4	Aseza	Zamliza	2000-06-02	Vusisizwe	4	31,31
5	Corne	Saul	29/03/2001	Eersterivier	5	33,53
6	Kelly	Cameron	05/11/2001	Eersterivier	6	34,29
7	Nell	Singleton	2000-12-01	HTS Drostyd	7	36,24

JUNIOR MEN - 8km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Reagan	Rooi	22/08/2000	Bella Vista	1	27,55
2	Lance	Micheals	2000-02-03	Ashton	2	28,32
3	Ayron	October	15/03/2000	Eersterivier	3	28,53
4	Gavin	Oerson	2000-08-03	Albert Myburgh	4	28,54
5	Jenowin	September	2001-05-13	CH	5	29,22
6	Jason	Esplin	2000-09-25	CSSS	6	29,49
7	Unathi	Fino	31/08/2001	Vuvusizwe	7	30,22
8	Freek	Biegenaar	05/08/2000		8	30,53
9	Christiano	November	15/12/2001	Hexvallei	9	31,09
10	Simthandile	Zola	2001-08-14	Vuvusizwe	10	31,15
JUNIOR MEN LSEN - 8km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Titus	Damian	26/08/2000	Steinthal	1	33,09
2	Stanley	Steenkamp	13/07/2001	Steinthal	2	33,28
3	Julian	Brandt	12/09/2001	Steinthal	3	34,00
4	Bradley	Faroa	12/01/2001	Steinthal	4	34,06
5	Jadrian	De Bruyn	21/12/2001	Steinthal	5	34,20
6	Marthinus	Persens	10/02/2001	RVSS	6	35,22
7	Jacy-Lee	Prins	22/03/2001	Steinthal	7	35,37
8	Chr.	Waterboer	04/09/2000	Steinthal	8	36,09
9	Heinrich	Engelbrecht	15/01/2001	RVSS	9	36,31
10	Machiano	Baadjies	27/05/2001	RVSS	10	37,43
MASTER MEN - 8km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jannie	Kirsten	27/07/1974	Calling Academy	1	37,56
2	Johannes	De Wee	01/08/1974		2	37,58
3	Sulaiman	Walley	24/07/1949	Worcester	3	40,04
SENIOR WOMEN - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Willene	Fredericks	1999-11-21	CSSS	1	17,02
2	Allison	de Wet	1997-03-11	Swartland	2	18,21
3	Annereen	Malan	04/12/1995	TL 1605	3	19,01
4	Azel	Boois	1996-07-14	Salkor	4	19,12
5	Alicia	Mulder	26/12/1995	Bonnievale	5	31,03

SENIOR MEN - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Andre	Afrika	15/09/1999	Eersterivier	1	12,45
2	Llewellyn	Groeneveld	01/02/1995	Maties	2	12,95
3	Dullan	Solomons		Stellenbosch	3	13,11
4	Allister	Blaauw	28/09/1999	Maties	4	13,15
5	Wilton	Vlink	08/01/1999		5	13,27
6	Johan	Oerson	14/03/1990	Bredasdorp	6	14,01
7	Thato	Matona	06/06/2000	Maties	7	14,11
8	Conwill	Duiker	07/11/2001	Paarl Gim	8	14,30
9	Jeandre	September	25/01/1997		9	14,42
10	William	Dommissie	01/09/1999	Maties	10	14,14

SENIOR MEN - 10km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Deon-Lee	Hendricks	17/07/1997		1	33,02
2	Kananelo	Thulo	16/05/1999	Ceres	2	33,49
3	Andre	Afrika	15/09/1999	Eersterivier	3	33,51
4	William	Kaptein	12/06/1992	Maties Ath	4	35,35
5	Randall	Smith	22/04/1984	Bredasdorp	5	40,42
6	Cana	Peek	07/05/1993	Maties Ath	6	42,57

SENIOR WOMEN - 10km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Marina	Van Tonder	14/02/1999	Maties	1	45,54
2	Petra	Oerson	10/07/1957	Bredasdorp	2	50,35
3	Magrieta	Willemse	18/11/1983	Ceres	3	52,01

MASTER WOMEN - 4km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Liezel	Wessels		Bonnievale	1	17,21
2	Jeanette	de Beer	06/02/1963	Bonnievale	2	19,27
3	Vondra	Singleton	1968-01-16	Worcester	3	19,40

GRAND MASTER MEN - 6km					Pos.	Trail 2
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Thomas	Moses	09/01/1957	Worcester	1	26,04
2	Colin	Williams	19/07/1955	Wellington	2	31,53



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