



BOLANDATHLETICS



NEWSLETTER – 5 AUGUST 2019 - CROSS COUNTRY TRIAL 6 TOP 10 RESULTS

Worcester Athletics Club and Boland North Schools were the hosts of Boland Athletics Trial 6 at Drostdy Technical High School in Worcester on Saturday 3 August 2019.

Trial 6 marks the final Trial of the 2019 Cross Country season.

Athletes and Coaches will therefore have to sharpen up their preparation for the Boland Athletics and Boland Schools Cross Country Championships at Dal Josaphat Stadium on Saturday 17 August 2019.

This is the final opportunity for athletes to qualify for the 2019 Boland Athletics and Boland Schools Cross Country teams.

The Western Cape Schools Cross Country Championships take place on Saturday 31 August 2019.

The results of the top 10 athletes in each age category of Trial 6 are attached below.



GIRLS 9 - 2km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Miche	Kammies	12/02/2010	EPP	1	8,01
2	Reshenda	Swartz	12/05/2010	Welvaart	2	8,03
3	Shannon	Swarts	10/02/2010	Overhex	3	8,20
4	Whaleesha	Van Rooy	12/05/2010	Overhex	4	8,40
5	Muezaan	Jansen	28/02/2010	Overhex	5	8,43
6	Ciara	Franse	2010-09-14	Riverlands	6	8,45
7	Nikilaah	Booi	05/05/2010	Blompark PS	7	8,47
8	Elginique	Jaftha	06/08/2010	Steenfliet	8	8,49
9	Gretchen	Fillies	12/11/2010	Steenfliet	9	8,55
10	Katelyn	Linertz	31/01/2011	Steytyn Pr	10	9,12

BOYS 9 - 2km					Pos.	
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Joshua	Rasper	2010-02-06	Victoria Park	1	7,33
2	Deolon	Kok	2010-01-14	Tousrivier	2	7,34
3	Logan	Renier	2010-05-03	Tousrivier	3	7,38
4	Eathon	Maans	2010-06-08	Morrisdale	4	7,49
5	Devaugon-Lee	Van Wyk	2010-01-04	Steenfliet	5	7,50
6	David	September	2010-02-20	Steenfliet	6	7,53
7	Tyron	Conradie	31/07/2010	Steenfliet	7	7,59
8	Adrian	Januarie	16/06/2010	Sandhills	8	8,16
9	Matthew	Julies		Wellington	9	8,25
10	Julio	Hendricks	14/05/2010	H.Venter	10	8,26

GIRLS 10 - 2km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Anthea	Cupido	2009-03-13	Welvaart Prim	1	7,48
2	Esmari	Senoamali	08/08/2009	Morrisdale	2	7,59
3	Muneeba	De Bruyn	06/02/2009	Worc. Prim	3	8,06
4	Ciara	Klaasen	08/01/2009	Paarlzicht	4	8,17
5	Joslin	April	2009-03-12	Soetendal Prim	5	8,27
6	Zelnay	Draai	17/03/2009	Britsum	6	8,42
7	Rozelia	Gaika	2009-08-29	Riverlands Prim	7	8,43
8	Stephano	Philander		Overhex	8	8,44
9	Leze	De Vlam	27/02/2009	FJ Conradie	9	8,51
10	Marzaan	Syster	17/09/2009	St Marks	10	8,52

BOYS 10 - 2km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Herchelle	Manuel	2009-03-07	Steenvliet Prim	1	7,18
2	Emilio	Sauls	2009-11-24	Morrisdale	2	7,23
3	Jadian	Kleinveld	20/03/2009	FJ Conradie	3	7,29
4	Marchell	Koopman	16/03/2009	Touwsrivier	4	7,36
5	JJ	Plaatjies	2009-04-13	De Heide	5	7,38
6	Ambrey	Shreuder	2009-08-04	Steenvliet Prim	6	7,49
7	AJ	Thyssen	2009-03-19	Dal Josaphat	7	7,52
8	Enrique	Hartman	08/02/2009	Le Chasseur	8	8,00
9	Irwon	Nel	11/03/2009	Wanganella	9	8,04
10	Danrico	Hartzenberg	2009-06-14	H. Venter Prim	10	8,04

GIRLS 11 - 3km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jo-Keishia	Greeff	2008-03-09	LS Touwsrivier	1	12,10
2	Alicia	Pietersen	15/06/2008	Soetendal	2	12,21
3	Carshay	Speelman	01/04/2008	FJ Conradie	3	12,22
4	Roshe	Hanekom	2008-08-31	LS Touwsrivier	4	12,33
5	Tammy -Lee	Constance	2008-06-30	Britsum	5	12,40
6	Brandonick	Cloete	03/01/2008	Witzenberg	6	13,01
7	Lizelle	Botha	21/05/2008	Paarlzicht PS	7	13,06
8	Jamie-Lee	Noble	01/11/2008	FJ Conradie	8	13,36
9	Fredelen	Skippers	16/06/2008	Britsum	9	13,56
10	Nicole	Barends	09/06/2008	Ronwe	10	14,36

BOYS 11 - 3km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Ciano	Paul	06/12/2008	FJ Conradie	1	11,05
2	Marquin	Hector	14/12/2008	FJ Conradie	2	11,07
3	Preston	Natal	07/01/2008	Steenvliet	3	11,15
4	Jehano	Tentienie	01/01/2008	Sandhills	4	11,19
5	Jamiel	Links	28/03/2008	Sandhills	5	11,19
6	Xavier	Micheals	19/10/2008	H. Venter Prim	6	11,24
7	Ellison	Minnaar	2008-10-04	Steenvliet	7	11,29
8	Christopher	van der Westhuizen	2008-09-04	Welvaart	8	11,30
9	Grant	Jacobs	09/09/2008	Sandhills	9	11,31
10	Nicklyn	Erasmus	15/02/2008	FJ Conradie	10	11,33

GIRLS 12 - 3km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Shakira	Matthysen	2007-08-21	Victoriapark Prim	1	12,01
2	Mishca	Fredericks	2007-06-09	Welvaart Prim	2	12,05
3	Willmere	Damon	2007-08-02	Wanganella Prim	3	12,11
4	Mikayla	Hammon	2007-12-07	Morrisdale Prim	4	12,16
5	Saskia-Ann	January	14/11/2007	Riverview	5	12,54
6	Lucesia	Stuurman	29/08/2007	St Albans	6	12,58
7	Charne	Danster	2007-10-07	H.Venter Prim	7	13,02
8	Lenicia	Maans	2007-11-10	Wanganella Prim	8	13,28
9	Davelinbe	Syster	12/07/2007	St Marks	9	13,36
10	Diana	Mothiba	29/10/2007	Sandhills	10	13,58
GIRLS 12 LSEN - 3km					Pos.	Trail 6
1	Liandri	Louw	27/06/2007	Langerug	1	14,53

BOYS 12 - 3km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Julian	Jacobs	29/09/2007	Dal Josaphat	1	10,42
2	Johann	Richter	06/12/2007	Paarl Boys Prim	2	10,50
3	Matt	Jordaan	03/01/2007	Paarlzicht	3	10,53
4	Gilermo	Fillies	2007-02-11	Steenvliet Prim	4	10,55
5	O'Ryan	Scheepers	2007-06-27	Victoriapark Prim	5	50,56
6	Corrin	Adams	11/05/2007	Morrisdale	6	10,57
7	Juan	Van Zyl	11/06/2007	Hugenote	7	10,57
8	O'Ryan	Geslin	06/01/2006	St Albans Prim	8	10,58
9	Corne	Windsum	20/02/2007	St Albans Prim	9	10,59
10	Zonovico	Swanepoel	07/03/2007		10	11,05
BOYS 12 - 3km LSEN					Pos.	Trail 6
1	Lukhanyo	Vinqi	22/03/2007		1	15,45
2	Wesley	Lewis	12/02/2007	Ligstraat	2	15,53

GIRLS 13 - 3km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Wilmari	Van Esland	14/06/2006	Touwsrivier	1	11,29
2	Marodine	Arries	2006-09-15	Victoriapark Prim	2	11,39
3	Ronichia	Delport		FJ Conradie	3	11,43
4	Clarissa	Snyders	05/10/2006	St Marks	4	12,06
5	Joslyn	Kiewiets	14/10/2006	Touwsrivier	5	12,20
6	Monice	Wessels	04/08/2006	St Marks	6	12,22
7	Jeniba	Nuwegeld	2006-01-24	Soetendal Prim	7	12,31
8	Lizma	Salvester	06/09/2006	St Marks	8	12,49
9	Alicia	Mutangiri	2006-09-24	Idasvallei Prim	9	13,11
10	Anthea	Solomons	11/05/2006	De Rust	10	13,36

BOYS 13 - 4km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Miguel	Swarts	28/04/2006		1	14,03
2	Lee-Hanro	Arendse	16/07/2006	Morrisdale Prim	2	14,06
3	Zayden	Kennedy	16/07/2006	William Lloyd Prim	3	14,14
4	Jeyeren	November	2006-03-17	Victoriapark Prim	4	14,20
5	Christiano	Klaazen	12/12/2006	Morrisdale Prim	5	14,26
6	Earlon	Matthews	2006-06-08	Morrisdale Prim	6	14,27
7	Graywin	Micheals	2006-04-01	H. Venter Prim	7	14,57
8	Lee Tin	Syfers	2006-05-03	Victoriapark Prim	8	15,05
9	Miquel	Van Neel	29/02/2006	Vlottenburg	9	15,09
10	Junico	Daniels	21/01/2006	Dal Josaphat	10	15,12
BOYS 13 - 4km LSEN					Pos.	Trail 6
1	Russel	Boonzaair	02/07/2006		1	18,41
2	Zagary	Jacobs	23/11/2006	Ligstraal	2	20,50
3	Stefan	Mostert	11/03/2006	Langerug	3	23,12

GIRLS 14 - 4km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Gillian	Muller	19/10/2005	Worc. Gim	1	16,05
2	Bernadine	Van Rooi	31/12/2005	St Marks	2	16,12
3	Cay-Leigh	Carolissen	2005-02-12	HS Stellenbosch	3	16,14
4	Joanique	Horn	2005-12-16	Worc. Gim	4	17,27
5	Helen	Prinsloo	04/09/2005	La Rochelle	5	17,46
6	Elfrida	Mouton	26/09/2005	St Marks	6	18,10
7	Petroveen	Davids	30/06/2005	St Marks	7	18,23
8	Mariska	Mouton	02/07/2005	St Marks	8	18,28
9	Avela	Shumi	2005-03-01	Vusisizwe	9	18,55
10	Shanon	Lucas	20/01/2005	De Rust	10	19,55
GIRLS 14 - 4km LSEN					Pos.	Trail 6
1	Luvo	Sondlo	20/01/2005	Ligstraal	1	26,24

BOYS 14 - 4km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jack	Armando	27/02/2005	LS Gansbaai	1	13,55
2	Zimvo	Tawuse	26/06/2005	Academia HS	2	14,00
3	Morne	Swarts	05/06/2005		3	14,12
4	Fernando	Geduld	2005-12-03	Wanganella	4	14,38
5	Chadlin	Daniels	2005-01-02	Masakhane	5	14,52
6	Luwellen	Swanepoel	2005-01-03	Nieuwe Drift	6	14,55
7	Ashley	Davids	29/09/2005	De HeidePrim	7	15,05
8	Evandre	Plaatjies	11/01/2005	Albert Myburgh	8	15,13
9	Bradley	Matthys	29/12/2005	St Marks	9	15,18
10	Percival	Paul	03/04/2005	Hexvallei	10	15,22

BOYS 14 - 4km LSEN					Pos.	Trail 6
1	Cohan	Bruintjies	18/10/2005	Ligstraal	1	19,56

GIRLS 15 - 4km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Elandri	Schmidt	16/11/2004	Bloemhof	1	15,32
2	Marietjie	Cilliers	02/01/2004	Parel Vallei HS	2	15,56
3	Chante	Roux	01/07/2004	Hermanus	3	16,37
4	Zenande	October	17/12/2004	Parel Vallei HS	4	16,56
5	Lia	Du Plessis	26/07/2004	PGHS	5	18,14
6	Leandri	Lackay	09/09/2004	Vlottenburg	6	18,53
7	Shamira	Titus	08/08/2004	HMS La Rochelle	7	19,03
8	Joria	Pick	26/09/2004	Albert Myburgh	8	19,41
9	Remi	Borel-Saladin	21/07/2004	La Rochelle	9	20,10
10	Marla	Pienaar	07/12/2009	Le Chasseur	10	20,57

GIRLS 15 - 4km LSEN					Pos.	Trail 6
1	Caitlin	Coetzee	04/05/2004	Steinthal	1	20,17
2	Elaine	Zeeman	10/06/2004	Langerug	2	21,18
3	Laqueta	Van Nooi	05/08/2004	Steinthal	3	23,57
4	Berna-Lee	Muller	20/09/2004	Steinthal	4	27,47

BOYS 15 - 4km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lee-Than	Rooi	01/06/2004	Bella Vista	1	13,52
2	Bongolwethu	Shwam	30/10/2004	Vusisiwe HS	2	14,04
3	Elvino	September	2004-07-07	HS Bredasdorp	3	14,09
4	Throne	Micheals	30/06/2004	Worc. Gim	4	14,17
5	Cado	George	15.03/2004	Wolseley HS	5	14,22
6	Gift	Vaaltyn	03/06/2004	Albert Myburgh	6	14,34
7	Aviwe	Tshemese	24/09/2004	Vusisiwe HS	7	14,54
8	Jenowen	Pieterse	2004-12-19	Le Chasseur	8	15,14
9	Charlton	Conradie	27/07/2004	HB	9	15,16
10	Gershwin	Kalmeyer	01/01/2004	Ceres Sek	10	15,21

BOYS 15 LSEN - 4km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Buhlali	Maduna	06/04/2004	Wellington SOS	1	15,01
2	Joshua	Roberts	29/11/2004	Riverlands	2	15,30
3	Petrus	Julies	19/04/2004	Brede Vallei	3	15,43
4	Reagan	Abrahams	10/08/2004	Steinthal	4	17,00

GIRLS 16 - 4km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Virgell-Lee	Africa	21/08/2003	HTS Drostdy	1	15,24
2	Selma	du Preez	21/03/2003	HS Swartland	2	17,15
3	Mikah	Brink	03/11/2003	Bloemhof	3	17,16
4	Veronique	Visagie	15/07/2003	Drostdy	4	17,55
5	Cameron	Mostert	21/06/2003	Drostdy	5	18,09
6	Ameli	Bruwer	06/08/2003	La Rochelle	6	18,30
7	Meriska	Van Zyl	05/09/2003	HTS Drostdy	7	19,16
8	Michaid	Botha	23/07/2003	HB	8	19,39
9	Angela	Jakobus	12/10/2003	Noorder Paarl	9	20,39
10	Karabo	Khuhlokoane	28/08/2003	Vusisizwe	10	20,47

GIRLS 16 LSEN - 4km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Chantay	Raman	31/03/2003	Steinthal	1	21,49
2	Sandra	Leonards	22/09/2003	Steinthal	2	22,38

BOYS 16 - 6km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Tiang	Makhetha	2003-05-08	Vusisizwe	1	20,34
2	Uzile	Valashiva	15/09/2003	Vusisizwe	2	20,45
3	Alfonso	Prins	26/11/2003		3	20,55
4	Will	Arendse	10/12/2003	HS Goudini	4	21,51
5	Duncan	Gombera	2003-04-04	Vusisizwe	5	21,52
6	Cheslin	Groenewald	18/06/2003	Jakes Gerwil	6	21,53
7	Cheslin	Plaatjies	11/04/2003	Hexriviervallei	7	23,10
8	Asenam	Sizani	2003-02-16	Hexvallei	8	23,18
9	Allen	Isaacs	26/04/2003	Ceres Sek	9	25,28
10	Du-Wayne	Bolsen	14/05/2003	Ronwe	10	25,48

BOYS 16 LSEN - 6km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Donald	Scheepers	07/04/2003	Steinthal	1	21,37
2	Durizn	Esterhuizen	25/07/2003	Wellington SOS	2	21,56
3	Shawn	Chikowore	10/01/2003	Eden Skool	3	22,11
4	Ashley	De Wee	16/12/2003	Wellington SOS	4	23,06
5	Theorique	Louw	17/01/2003	Wellington SOS	5	23,56
6	Riaan	Pieterse	13/10/2003	Breede Vallei	6	29,44
7	Ronaldo	Geduld	23/03/2003		7	32,26
8	Joshlin	Williams	19/03/2003	Breede Vallei	8	33,41
9	Pieter	Carstens	29/11/2003	Langerug	9	35,36

GIRLS 17 - 4km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Alme	Jordaan	02/05/2002	Homeschooling	1	14,52
2	Anneken	Viljoen	20/03/2002	Bloemhof HS	2	15,08
3	Cimon	van der Westhuizen	21/01/2002	Bloemhof HS	3	15,30
4	Farren	Wenn	2002-07-08	CSSS	4	15,48
5	Sharon	Sabuneti	2025-12-02	Vuvusizwe	5	18,16
6	Carlin	Jacobs	10/11/2002	HMS Bloemhof	6	18,17
7	Bianca	George	12/07/2002	JGT Bonnievale	7	19,42
8	Jeslin	Simpson	2002-10-09	HS Bredasdorp	8	22,39
GIRLS 17 LSEN - 4km					Pos.	Trail 6
1	Beverley	Joubert	28/11/2002	Steinthal	1	29,03

BOYS 17 - 6km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lorenzo	Zimiry	2002-04-25	CSSS	1	20,15
2	Westlin	Diedericks	04/03/2002	JGT Bonnievale	2	21,24
3	Marshall	Steynberg	15/04/2002	CSSS	3	21,42
4	Thapelo	Nthakasane	18/03/2002	Vusisizwe	4	22,47
5	Atang	Sietsi	2002-02-17	Vusisizwe	5	23,00
6	Enoch	Mabrunda	27/01/2002	DMT	6	23,58
7	Zachary	Boer	01/08/2002	Noorder Paarl	7	23,59
8	Antonio	Rhenoster	14/09/2002	JGT Bonnievale	8	25,11
9	Tyron	Jeftha	07/02/2002	Esselenpark	9	25,22
10	Luzuko	Gubanca	21/08/2002	Vusisizwe	10	25,40

BOYS 17 LSEN - 6km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Keatin	Daars		Wellington SOS	1	21,45
2	Ayanda	Meyers		Wellington SOS	2	23,11
3	Malcolm	Olckers	21/01/2002	Steinthal	3	24,55
4	Christiaan	George	30/09/2002	Steinthal	4	25,26
5	Jamian	Pietersen	09/06/2002	Brede Vallei	5	29,17
6	Jayden-Lee	Plaatjies	24/11/2002		6	31,29
7	Sarel	Mathee		Langerug	7	33,14
8	Lious	Grobelaar	13/02/2002		8	33,34
9	Jason	Goeieman	21/11/2001	Steinthal	*	29,18
10	Nigel	Mcgregor	10/04/2001		*	33,45

JUNIOR WOMEN - 6km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Beatrice	Themane	03/02/2000	Ath Academy	1	22,54
2	Nicole	Louw	26/07/2001	Rhenish HS	2	23,26
3	Yandiswa	Shange	30/06/2000	Ath Academy	3	23,57
4	Nicola	Soenies	08/04/2001	La Rochelle	4	27,42
5	Abigail	Botes	28/11/2001	Hb	5	28,08
6	Deidre	Wessels	20/03/2001	La Rochelle	6	32,02
7	Ronelda	Velem	27/04/2000	HS Breerivier	7	33,40
8	Nell	Singleton	01/12/2000	HTS Drostdy	8	34,15

JUNIOR WOMEN LSEN - 6km					Pos.	Trail 6
1	Wardah	Louw	30/11/2001	Steinthal	1	NT
2	Jacqueline	Swarts	12/06/2001	Steinthal	2	NT

JUNIOR MEN - 8km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Mark	Standfliet	11/12/2001	Ashton SS	1	26,33
2	Loyiso	Skitsi	13/10/2001	Vuvusizwe	2	27,18
3	Reagan	Rooi	22/08/2000	Bella Vista	3	28,31
4	Jason	Esplin	2000-09-25	CSSS	4	29,15
5	Ta'fiq	Klink	24/05/2001	HS Breerivier	5	29,30
6	Zane	Heneke	2000-03-02	CSSS	6	30,19
7	Christiano	November	15/12/2001	Hexvallei	7	30,36
8	Simthandile	Zola	14/08/2001	Vuvusizwe	8	30,47
9	Garth	Grootboom	28/07/2001	Hexvallei	9	33,53

JUNIOR MEN LSEN - 8km					Pos.	Trail 6
1	Kyle	Owies	17/02/2001	RVSS	1	30,39
2	Stanley	Steenkamp	13/07/2001	Steinthal	2	31,07
3	Damian	Titus	26/08/2001	Steinthal	3	31,28
4	Julian	Brandt	12/09/2001	Steinthal	4	32,17
5	AJ	Meiring	10/12/2001	Steinthal	5	32,25
6	Jadian	de Bruin	21/12/2001	Steinthal	6	33,16
7	Jacy-Lee	Prins	22/03/2001	Steinthal	7	35,13
8	Bradley	Faro	12/01/2000	Steinthal	8	35,30
9	Jerome	Philander	22/06/2001	Breede Valley	9	37,49
10	Heinrich	Engelbrecht	15/01/2001	RVSS	10	40,30

MASTER MEN - 8km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Randall	Smith	22/04/1984	Bredasdorp	1	31,50
2	Thembelani	Zola	14/05/1978	Wellington	2	36,51

SENIOR WOMEN - 4km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lara	Rossouw	16/03/1999	Maties	1	15,31
2	Sharlan	Boer	04/05/1998	Maties	2	15,46
3	Mia	Lyons	12/06/2000	Ath Academy	3	16,10
4	Thobile	Vilakazi	20/11/1999	Ath Academy	4	17,03
5	Willene	Fredericks	21/11/1999	CSSS	5	17,42

SENIOR MEN - 4km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Deon-Lee	Hendricks	17/07/1997		1	12,13
2	Kamohelo	Thulo	26/05/1999	Ceres AC	2	12,43
3	Alvin	Dirkse	16/04/1998	Athlete Academy	3	13,09
4	Xolani	Mase	19/03/1997	Wellington AC	4	13,39
5	Leehandre	Robertson	30/11/1999	AC	5	13,46
6	Sylvin	Dirkse	16/04/1998	Athlete Academy	6	14,21
7	Henrico	Booyesen	08/08/1994	STB AC	7	16,00
8	Alex	Foster	28/10/2003		8	17,28
9	Braham	Meyer	28/05/2001	Parel Vallei	9	17,39

SENIOR MEN - 10km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Xolani	Mase		Wellington	1	35,22
2	Johan	Oerson	14/03/1990	Bredasdorp	2	36,24
3	Gavin	Oerson	03/05/2000	Bredasdorp	3	36,35
4	Randall	Smith	22/04/1984	Bredasdorp	4	37,02
5	Lungelo	Mandlakhe		DMT	5	39,02
6	Tyron	Jeftha	07/02/2002	Esselenpark	6	40,58
7	Ashwill	Apollis	14/12/1999	Worc. AC	7	43,43
8	Izaack	Jantjies	12/08/1998	Football Found.	8	50,24

SENIOR WOMEN - 10km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Petra	Oersen	10/07/1987	Bredasdorp	1	47,04

MASTER WOMEN - 4km					Pos.	Trail 6
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jeanette	de Beer	06/02/1963	Bonnievale	1	20,35
2	Vondra	Singleton	16/01/1968	Worcester	2	21,16
3	Sophie	Booi	12/10/1969	Grootboom Found.	3	26,02



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