

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 | Steinthal | 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 | Steinthal | 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 | Steinthal | 1 | 36,11 |
| | Jacqueline | Swarts | 12/06/2001 | Steinthal | 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 |
|---|--------|-------|------------|-----------|---|-------|



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