



NEWSLETTER – 20 MAY 2019 - CROSS COUNTRY TRIAL 3 TOP 10 RESULTS

Ceres Athletics Club and Witzenberg Schools hosted a well-organised Boland Athletics Cross Country Trial 3 at Ceres Secondary School in Ceres on Saturday 18 March 2019.

1150 Athletes from around the Boland and some visitors from the University of the Western Cape Athletics Club took advantage of the cool autumn weather and the winding 2km flat route at the school to challenge themselves for podium places and bragging rights for the medals on offer for the first three places in the various age categories.

The many cheering spectators along the route were treated to some exciting running and close finishes throughout the day.

Boland Athletics Cross Country takes a compulsory break from competition for the next 8 weeks due to the June School examinations and the school holidays. The competition will resume with Trial 4 at the Riebeeck Valley School of Skills in Riebeeck West on Saturday 20 July 2019.

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



GIRLS 9 - 2km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Shannon	Swarts	10/02/2010	Overhex	1	9,01
2	Meuzeen	Jansen	28/02/2010	Overhex	2	9,09
3	Temecke	Smith	2011-06-12	Riverlands	3	9,10
4	Miche	Kammies	12/02/2010	EPP	4	9,12
5	Kateline	Linertz	31/01/2011	Stettyn Prim	5	9,15
6	Kevinique	Hoffman	11/09/20010	Sandhills	6	9,30
7	Asenako	Daminie	13/10/2010	Morrisdale	7	9,42
8	Shaney	Simonse	2011-01-21	Britsum	8	9,52
9	Reshenda	Fredericks	12/05/2010	Welvaart	9	10,01
10	Micaylin	Evens	24/01/2010	Victoria Park	10	10,52

BOYS 9 - 2km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Joshua	Rasper	2010-02-06	Victoria Park	1	8,04
2	Eathon	Maans	2010-06-08	Morrisdale	2	8,05
3	Deolon	Kok	2010-01-14	Tousrivier	3	8,08
4	Logan	Renier	2010-05-03	Tousrivier	4	8,10
5	Tendra	Sauls	2010-10-30	Morrisdale	5	8,18
6	Dantey	Fortuin	2010-05-05	VPP	6	8,36
7	David	September	2010-02-20	Steenfliet	7	8,37
8	Percival	Isaacs	2010-04-12	Riverlands	8	8,46
9	Deandre	Ockhuys	2010-04-12	Morrisdale	9	8,50
10	Adrian	Januarie	2010-06-16	Sandhills	10	8,58

BOYS 9 LSEN- 2km					Pos.	Trail 3
1	Nicol	Du Plessis	03/02/2010	Langerug	1	10,08
2	Simeon	Adams	25/09/2010	Ligstraal	2	11,34
3	Liam	Scott	01/09/2010	Langerug	3	12,08
4	Nathaniel	Phillips	05/06/2011	Ligstraal	4	NT

GIRLS 10 - 2km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Leze	De Vlam	2009-02-27	FJ Conradie	1	8,04
2	Anthea	Cupido	2009-03-13	Welvaart Prim	2	8,42
3	Luzanne	Jacobs	2009-01-28	William Lloyd Prim	3	8,43
4	Esmari	Senoamali	08/08/2009	Morrisdale	4	8,46
5	Muneeba	De Bruyn	06/02/2009	Worc. Prim	5	8,49
6	Ciara	Klaasen	08/01/2009	Paarlzicht	6	9,03
7	Rozelia	Gaika	2009-08-29	Riverlands Prim	7	9,04
8	Janelle	Bester	2009-04-10	Riverlands Prim	8	9,20
9	Marentia	Visser	2009-08-10	ST Marks	9	9,22
10	Elgine	Phillipus	2009-01-27	Avianpark	10	9,30

GIRLS 10 LSEN - 2km					Pos.	Trail 3
1	Eslin	Davids	25/10/2010	Ligstraal	1	13,51

BOYS 10 - 2km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Herchelle	Manuel	2009-03-07	Steenvliet Prim	1	7,31
2	Emilio	Sauls	2009-11-24	Morrisdale	2	7,46
3	Ambrey	Shreuder	2009-08-04	Steenvliet Prim	3	7,51
4	JJ	Plaatjies	2009-04-13	De Heide	4	7,56
5	Carlos	Heradien	26/01/2009	Morrisdale	5	7,59
6	Junaid	Franse	2009-06-19	Riverlands Prim	6	8,03
7	Marshall	Koopman	2009-03-16	Touwsrivier	7	8,10
8	Antonio	Van Wyk	25/11/2009	Morrisdale	8	8,14
9	Willem	September	2009-06-02	Welvaart Prim	9	8,26
10	Irwin	Nel	2009-03-11	Wanganella	10	8,28

GIRLS 11 - 3km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Alicia	Pietersen	15/06/2008	Soetendal	1	12,19
2	Jo-Keishia	Greeff	2008-03-09	LS Touwsrivier	2	12,30
3	Christie	Maans	2008-01-12	Morrisdale	3	12,42
4	Roshe	Hanekom	2008-08-31	LS Touwsrivier	4	13,06
5	Lizelle	Botha	21/05/2008	Paarlzicht PS	5	13,15
6	Carshay	Speelman	2008-04-01	F.J Conradie PS	6	13,26
7	Shermon	Kok	2008-09-29	LS Touwsrivier	7	13,48
8	Brandonick	Cloete	2008-01-03	Witzenberg Prim	8	14,05
9	Shaneeya	Hofmeester	01/12/2008	WF Loots Prim	9	14,17
10	Zainab	Roux	2008-02-24	Riverlands Prim	10	14,30

BOYS 11 - 3km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Ciano	Paul	2008-12-06	F.J Conradie PS	1	11,26
2	Jeniquin	Snyers	2008-05-05	Morrisdale Prim	2	11,27
3	Marquin	Hector	2008-12-14	F.J Conradie PS	3	11,33
4	Jamiel	Links	28/03/2008	Sandhills	4	11,36
5	Christopher	van der Westhuizen	2008-09-04	Welvaart	5	11,39
6	Maliek	Horne	2008-05-30	Ronwe Prim	6	11,41
7	Jehano	Tentenie	01/01/2008	Sandhills	7	11,46
8	Grant	Jacobs	2008-09-09	Sandhills	8	11,47
9	Lucando	Klaase	27/05/2008	Riverlands	9	11,50
10	Joshua	Vergotinie	10/05/2008	Bella Vista	10	11,51

BOYS 11 LSEN - 3km					Pos.	Trail 3
1	Jordan	Scott	31/10/2008	Langerug	1	13,45
2	Wesley	Lewis	12/02/2007	Ligstraal	*	19,45

GIRLS 12 - 3km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Shakira	Matthysen	2007-08-21	Victoriapark Prim	1	11,35
2	Mishca	Fredericks	2007-06-09	Welvaart Prim	2	11,57
3	Mikayla	Hammon	2007-12-07	Morrisdale Prim	3	12,31
4	Lenicia	Maans	2007-11-10	Wanganella Prim	4	12,57
5	Benjunick	Karelse	10/11/2007	St Marks	5	13,00
6	Willmere	Damon	2007-08-02	Wanganella Prim	6	13,02
7	Bianca	Cornelius	09/08/2007	Worc. R.K	7	13,05
8	Talita	Du Bruyn	2007-05-04	LS Swartland	8	13,09
9	Lucesia	Stuurman	29/08/2007	St Albans	9	13,30
10	Devaline	Syster	12/07/2007	St Marks	10	13,56
GIRLS 12 LSEN - 3km					Pos.	Trail 3
1	Liandri	low	27/06/2007	Langerug	1	14,58

BOYS 12 - 3km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Julian	Jacobs	29/09/2007	Dal Josaphat	1	10,56
2	Raldino	Koopman	22/05/2007	WF Loots	2	11,05
3	O'Ryan	Geslin	06/01/2006	St Albans Prim	3	11,10
4	Matt	Jordaan	03/01/2007	Paarlzicht	4	11,13
5	O'Ryan	Scheepers	2007-06-27	Victoriapark Prim	5	11,14
6	Juan	Van Zyl	11/06/2007	Hugenote LS	6	11,15
7	Corrin	Adams	11/05/2007	Morrisdale	7	11,30
8	Sheldon	April	2007-01-22	Soetendal Prim	8	11,34
9	Uran	De Wee	2007-05-18	Witzenberg Prim	9	11,36
10	Xavier	Bam	2007-03-26	Bergrivier Prim	10	11,41
BOYS 12 - 3km LSEN					Pos.	Trail 3
1	Luke	Peltret	25/05/2007	Langerug	1	12,51
GIRLS 13 - 3km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Wilmary	Van Esland	2006-06-14	LS Touwsrivier	1	11,39
2	Marodine	Arries	2006-09-15	Victoriapark Prim	2	11,47
3	Ronichia	Delpont	2006-10-22	F.J Conradie Prim	3	11,58
4	Jeniba	Nuwegeld	2006-01-24	Soetendal Prim	4	12,13
5	Tercia	Adams	2006-08-31	LS Swartland	5	12,20
6	Isabel	du Bruyn	2006-02-26	LS Swartland	6	12,25
7	Clarissa	Snyders	2006-10-05	St Marks Prim	7	12,28
8	Lisma	Salvester	06/09/2006	St Marks Prim	8	12,31
9	Alicia	Mutangiri	2006-09-24	Idasvallei Prim	9	12,40
10	Lara	Isaacs	2006-04-15	Ceres	10	12,47

BOYS 13 - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lehandro	Arendse	2006-07-16	Morrisdale Prim	1	14,58
2	Lee Tin	Syfers	2006-05-03	Victoriapark Prim	2	15,02
3	Christiano	Klaasen	2006-12-12	Morrisdale Prim	3	15,12
4	Jeyeren	November	2006-03-17	Victoriapark Prim	4	15,16
5	Earlon	Matthews	2006-06-08	Morrisdale Prim	5	15,31
6	Zayden	Kennedy	16/07/2006	William Lloyd Prim	6	15,34
7	Moniwa	Sonwabiso	13/05/2006	Masakhane	7	15,43
8	Angel	Engelbrecht	22/08/2006	EPP	8	15,49
9	Graywin	Micheals	2006-04-01	H. Venter Prim	9	15,54
10	Junico	Daniels	21/01/2006	Dal Josafat PS	10	15,57
BOYS 13 - 4km LSEN					Pos.	Trail 3
1	Zagary	Jacobs	23/11/2006	Ligstraal	1	23,09
2	Khathushelo	Ndovuhada	05/04/2006	Ligstraal	2	24,12
3	Russel	Boonzaaier	02/07/2006	Ligstraal	3	24,15
4	Keithwin	van Niekerk	05/12/2006	Ligstraal	4	25,54
5	Christo	Heyns	02/0/2006	Ligstraal	5	26,47
6	Johan	Dinadal	05/06/2006	Ligstraal	6	31,37

GIRLS 14 - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Gillian	Muller	19/10/2005	Worc. Gim	1	16,53
2	Bernadine	Van Rooi	2005-12-31	St Marks Prim	2	17,20
3	Cay-Leigh	Carolissen	2005-02-12	HS Stellenbosch	3	17,40
4	Christolique	Mcniel	2005-10-02	Avianpark	4	17,44
5	Shanell	Fortuin	2005-07-05	Soetendal Prim	5	18,05
6	Elfrieda	Mouton	2005-09-26	St Marks Prim	6	18,06
7	Joanique	Horn	2005-12-16	Worc. Gim	7	18,32
8	Beulin	Van Rooyen	10/06/2005	Britsum Prim	8	18,49
9	Sinokuhle	Feliti	19/05/2006	DMT	9	19,00
10	Devedean	Coenraad	2005-05-31	Panorama	10	19,46
GIRLS 14 - 4km LSEN					Pos.	Trail 3
1	Luvo	Sondlo	20/01/2005	Ligstraal	1	29,27
2	Bennelin	Braaf	12/12/2005	Ligstraal	DNF	DNF

BOYS 14 - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Zimvo	Tawuse	26/06/2005	Academia HS	1	14,21
2	Jack	Armando	27/02/2005	LS Gansbaai	2	15,04
3	Luwellen	Swanepoel	2005-01-03	Nieuwe Drift	3	15,06
4	Andre	Van Rooy	08/08/2005	De Rust	4	15,11
5	Jadrian	Goosen	2005-11-25	Noorder Paarl	5	15,22
6	Percival	Polman	03/03/2005	Hexvallei	6	15,32
7	Fernando	Geduld	2005-12-03	Wanganella	7	15,35
8	Mandall	Mano	2005-05-28	Hugenote	8	15,38
9	Evandre	Plaatjies	11/01/2005	Albert Myburgh	9	15,52
10	Frederico	Barends	29/05/2005	Hexvallei	10	15,56

BOYS 14 - 4km LSEN					Pos.	Trail 3
1	Cohan	Bruintjies	18/10/2005	Ligstraal	1	20,35

GIRLS 15 - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Chenique	Sass	2004-08-19	Drostdy HS	1	15,58
2	Marietjie	Cilliers	02/01/2004	Parel Vallei HS	2	16,02
3	Aninka	Ferreira	2004-02-20	HMS Paarl	3	16,47
4	Chante	Roux	01/07/2004	Hermanus	4	17,22
5	Lia	Du Plessis	26/07/2004	PGHS	5	28,25
6	Shamira	Titus	08/08/2004	La Rochelle	6	18,27
7	Remi	Borel-Saladin	21/07/2004	La Rochelle	7	19,54
8	Leandri	Lackay	09/09/2004	Vlottenburg	8	19,55
9	Madeline	Adams	08/02/2004	Wolseley Sek	9	20,00
10	Stephanie	Boshoff	03/11/2004	La Rochelle	10	21,20

GIRLS 15 - 4km LSEN					Pos.	Trail 3
1	Warreldean	Bolsen	30/09/2004	RVSS	1	21,21
2	Elaine	Zeeman	11/06/2004	Langerug	2	23,10
3	Nazeema	Sadie	13/05/2004	RVSS	3	23,16
4	Edna	Van Schalkwyk	30/03/2004	RVSS	4	23,56
5	Kaitlyn	Coetsee	05/08/2004	Steintal	5	24,30
6	Mikayla	Lambert	05/11/2004	RVSS	6	26,11
7	Waydene	Graaf	06/08/2004	Steintal	7	31,08
8	Rosetta	Baron	10/06/2003	RVSS	*	23,14

BOYS 15 - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lee-than	Rooi	01/06/2004	Bella Vista	1	13,49
2	Damian	Van Wyk	2004-09-28	Wolseley HS	2	14,08
3	Nashville	Hofmeester	2004-08-19	Wolseley HS	3	14,14
4	Gideon	Louw	15/02/2004	Hugenote	4	14,17
5	Lee-Quin	Danster	2004-05-16	Ashton HS	5	14,38
6	Elvino	September	2004-07-07	HS Bredasdorp	6	14,43
7	Ron-Lee	Ockhuis	2004-08-28	Wolseley HS	7	14,46
8	Throne	Micheals	30/06/2004	Worc. Gim	8	14,52

9	Gino	George	2004-08-06	Ceres HS	9	15,03
10	Gurshwin	Kalmeyer	2004-01-01	Ceres HS	10	15,09

BOYS 15 LSEN - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Petrus	Julies	19/04/2004	Breede Vallei	1	16,08
2	Reagan	Abrahams	23/12/2004	Steinstal	2	17,35
3	Bertus	Conradie	30/08/2004	Breede Vallei	3	18,51
4	Angel	Wildshutte	01/09/2004	Steinstal	4	22,10
5	Jayden-Lee	Plaatjies	24/11/2002	Ligstraal	*	21,00
6	Bradley	Gertse	06/12/2001	Ligstraal	*	21,12
7	Louis	Grobbelaar	13/02/2001	Ligstraal	*	22,14
8	Nigel	Mcgregor	10/04/2001	Ligstraal	*	23,00

RLS 16 - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Virgell-Lee	Africa	21/08/2003	HTS Drostdy	1	16,31
2	Wilmien-Shay	Pietersen	2003-11-15	Wakkerstroom-Wes	2	18,17
3	Meriska	Van Zyl	05/09/2003	HTS Drostdy	3	18,39
4	Eldrien	Bestbier	2003-11-17	La Rochelle	4	19,38
5	Michaid	Botha	2003-07-23	HB	5	21,24
6	Karabo	Khuhlokoane	28/08/2003	Vusisizwe	6	22,13
7	Elize	Fouche	05/03/2003	HS Bredasdorp	7	24,58
8	Chunel	Herder	27/06/2003	JGT Bonnievale	8	26,06
9	Sinokhule	Felile	19/05/2004	DMT	*	18,09

GIRLS 16 LSEN - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Leticia	Pedro	02/11/2003	RVSS	1	18,22
2	Abigail	Fortuin	11/09/2003	RVSS	2	20,09
3	Chanty	Raman	03/03/2003	Steinthal	3	21,57
4	Sandra	Lennits	22/09/2003	Steinthal	4	22,44
5	Natalie	Swarts	29/10/2003	RVSS	5	25,36
6	Anita	Van Wyk	22/06/2003	Ligstraal	6	26,46
7	Bianca	Stuurman	31/05/2003	Steinthal	7	NT

BOYS 16 - 6km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Alfonso	Prins	2003-11-26	Wolseley HS	1	21,26
2	Uzile	Valashiva	15/09/2003	Vusisizwe	2	21,28
3	Will	Arendse	10/12/2003	HS Goudini	3	22,05
4	Tiang	Makhetha	2003-05-08	Vusisizwe	4	22,40
5	Bradley	Mintoor	2003-08-30	Paulus Joubert HS	5	22,44
6	Duncan	Gombera	2003-04-04	Vusisizwe	6	23,13
7	Jamian	Hamman	2003-11-03	Ceres HS	7	23,28
8	Du-Wayne	Bolsen	14/05/2003	Ronwe	8	23,34
9	Thapelo	Mnthakasane	2003-05-28	Vusisizwe	9	23,37
10	Cheslin	Groenwaldt	18/06/2003	JGT	10	23,43

BOYS 16 LSEN - 6km					Pos.	Trail 3
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NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Donald	Scheepers	03/04/2003	Steinthal	1	22,27
2	Fernando	Schermand	24/10/2003	Steinthal	2	26,12
3	Brandon	Jacobs	14/02/2003	Steinthal	3	28,01
4	Shaun	Sass	02/04/2003	Steinthal	4	30,20
5	Ronaldo	Andrews	02/07/2003	Breede Vallei	5	30,31

GIRLS 17 - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Almè	Jordaan	2002-05-02	Homeschooling	1	15,42
2	Anneken	Viljoen	20/03/2002	Bloemhof HS	2	16,04
3	Farren	Wenn	2002-07-08	CSSS	3	17,11
4	Esihle	Lindi	11/01/2002	DMT	4	18,11
5	Marelize	Solomons	2002-07-22	Wolseley HS	5	18,14
6	Marli	Dreyer	22/01/2002	La Rochelle	6	18,32
7	Kate-Lynn	Joseph	20/12/2002	HS Breerivier	7	18,36
8	Bellamy	Kruger	27/11/2002	La Rochelle	8	19,32
9	Bianca	George	12/07/2002	JGT	9	20,15
10	Roslyn	Swarts	17/02/2002	Wolseley HS	10	20,32

GIRLS 17 LSEN - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Atisca	Esterhuizen	17/12/2002	RVSS	1	20,15
2	Chrizda	Lukas	12/05/2002	Breede Vallei	2	23,18
3	Roseline	Delilie	11/10/2002	RVSS	3	24,28
4	Beverley	Joubert	28/11/2002	Steinthal	4	26,12
5	Jofulen	Abrahams	17/07/2002	Steinthal	5	26,15

BOYS 17 - 6km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lorenzo	Zimiry	2002-04-25	CSSS	1	21,30
2	Jannes	Marais	2002-08-08	Paarl Boys	2	21,39
3	Nolan	Diedericks	25/04/2002	Paarl Gim	3	21,43
4	Weslin	Diedericks	04/03/2002	JGT School	4	22,23
5	Gaiwin	Jantjies	13/09/2002	Paarl Gim	5	22,49
6	Denzil	Waterboer	2002-03-18	Wolseley HS	6	22,56
7	Franko	Bantam	20/08/2002	Charleston Hill	7	23,25
8	Granville	Farmer	19/01/2002	Kylemore HS	8	23,36
9	Tyron	Jeftha	07/02/2002	Eersterivier	9	23,56
10	Marverick	Titus	01/07/2002	JGT	10	24,01

BOYS 17 LSEN - 6km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jason	Owies	20/09/2002	RVSS	1	24,19
2	Abdullah	Roux	30/11/2002	RVSS	2	24,46
3	Malcolm	Olckers	21/01/2002	Steinthal	3	26,22
4	Jamian	Pietersen	09/06/2002	Breede Vallei	4	27,01
5	Aqeel	Kariem	12/03/2002	Breede Vallei	5	28,35
6	Riaan	Koopman	25/08/2002	RVSS	6	29,27
7	Rinaldo	Goliath	03/08/2002	RVSS	7	31,03
8	Wilfred	Botha	05/01/2002	RVSS	8	31,08

9	Leonardo	Van Wyk	02/05/2002	Breede Vallei	9	31,11
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JUNIOR WOMEN - 6km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Nicole	Louw	26/07/2001	Rhenish HS	1	24,04
2	Micola	Soenies	08/04/2001	La Rochelle	2	28,46
3	Deidre	Wessels	20/03/2001	La Rochelle	3	30,06
4	Yandiswa	Newu	25/12/2003	Vusisizwe	4	30,07
5	Abigail	Botes	28/11/2001	Hb	5	31,22
6	Andrea	Adams	12/06/2001	CSSS	6	31,24
7	Ronelda	Vellem	27/04/2000	HB	7	35,22
8	Nell	Singleton	2000-12-01	HTS Drostdy	8	35,36
9	Lucesia	Williams	16/04/2001	HB	9	35,40
10	Deslyn	Nortjie	17/02/2001	CSSS	10	38,00
11	Nadine	Zempie	24/01/2001	HB	11	40,39

JUNIOR WOMEN LSEN - 6km					Pos.	Trail 3
1	Wariah	Louw	13/11/2001	Steinthal	1	38,46
2	Jacqueline	Swarts	12/06/2001	Steinthal	2	39,13

JUNIOR MEN - 8km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Reagan	Rooi	22/08/2000	Bella Vista	1	27,42
2	Loyiso	Skitsi	13/10/2001	Vuvusizwe	2	28,37
3	Jason	Esplin	2000-09-25	CSSS	3	28,56
4	Jenowin	September	2001-05-13	CH	4	28,58
5	Freek	Biegenaar	05/08/2000	Worcester	5	29,28
6	Gavin	Oerson	2000-08-03	Albert Myburgh	6	29,33
7	Conwill	Duiker	07/11/2001	Paarl Gim	7	31,10
8	Lungelo	Mandlankhe	01/09/2001	DMT	8	31,16
9	Zane	Heneke	2000-03-02	CSSS	9	31,17
10	Ta'fiq	Klink	24/05/2001	HS Breerivier	10	31,47

JUNIOR MEN LSEN - 8km					Pos.	Trail 3
1	Kyle	Owies	17/02/2001	RVSS	1	33,04
2	Julian	Brandt	12/09/2001	Steinthal	2	34,32
3	Marthinus	Persens	10/02/2001	RVSS	3	34,38
4	Bradley	Faroa	12/01/2001	Steinthal	4	36,24
5	Heinrich	Engelbrecht	15/01/2001	RVSS	5	40,34
6	Ricardo	Claasen	05/02/2001	RVSS	6	41,03
7	Jason	Goeieman	15/03/2000	Breede Vallei	7	41,06
8	Keenan	Natal	07/12/2007	Steinthal	8	41,49
9	Machiano	Baadjes	27/05/2001	RVSS	9	42,48

MASTER MEN - 8km					Pos.	Trail 3
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NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jonathan	Galant	06/01/1977	Salkor	1	32,31
2	Johannes	Goosen	07/01/1977	Wellington	2	36,33
3	Sulaiman	Walley	24/07/1949	Worcester	3	39,02

SENIOR WOMEN - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Sharlan	Boer	04/05/1998	Maties	1	18,19
2	Allison	de Wet	1997-03-11	Swartland	2	18,34
3	Nadia	lombaard	17/12/1997	Maties	3	19,05
4	Azel	Boois	1996-07-14	Salkor	4	19,36
5	Aseza	Zamliza	02/06/2000	Vusisizwe	5	24,53

SENIOR MEN - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Rowaldo	Ratz	20/03/1998	UWC	1	12,02
2	Kalanelo	Thulo	26/05/1999	Ceres AC	2	12,57
3	Nicholas	Quener	26/04/1997	Maties	3	13,06
4	Jason	Koopman	12/02/1997	UWC	4	13,14
5	Harry George	Van Niekerk	25/05/1999	Wellington AC	5	13,42
6	Leehandre	Robertson	30/11/1999	AC	6	14,22
7	Johan	Oerson	14/03/1990	Bredasdorp	7	14,49
8	Giovanni	Steyn	04/11/2002	HS Strand	8	15,13
9	Henrico	Booyesen	08/08/1994	STB AC	9	15,42
10	Zane	Heneke	02/03/2002	CSSS	10	15,56
11	Bhraam	Meyer	28/05/2001	TL 1913	11	17,24

SENIOR MEN - 10km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Raydon	Balie	21/12/1994	Eersterivier	1	34,41
2	Randall	Smith	22/04/1984	Bredasdorp	2	40,00
3	Denzill	Willemse		Worc. AC	3	44,30
4	Izaack	Jantjies	12/08/1998	Football Found.	4	50,39

SENIOR WOMEN - 10km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Marina	Van Tonder	14/02/1999	Maties	1	45,40
2	Carly	Du Toit	10/09/1999	Maties	2	46,27
3	Petra	Oerson	10/07/1957	Bredasdorp	3	48,03
4	Morgan	Ahret	15/09/2000	Maties	4	49,48
5	Magrieta	Smit	03/11/1984	Ceres	5	1.47.10

MASTER WOMEN - 4km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		

1	Mariaan	Malan	24/08/1967	Nedbank 2282	1	18,42
2	Vondra	Singleton	1968-01-16	Worcester	2	19,40
3	Jeanette	de Beer	06/02/1963	Bonnievale	3	19,54
4	Natasha	du Bruyn	23/01/1979	TL1604	4	23,26

GRAND MASTER MEN - 6km					Pos.	Trail 3
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Thomas	Moses	09/01/1957	Worcester	1	26,54



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