



## NEWSLETTER – 23 JULY 2019 - CROSS COUNTRY TRIAL 4 TOP 10 RESULTS

Cross Country running made a welcome return in Riebeek West on Saturday 20 July 2019 after the long June exam and school holiday break. Riebeek Valley Special School was the host of Trial 4 in cold but sunny Boland winter weather

Boland Athletics Cross Country is now heading for the championship side of the competition with the Inter-District Challenge coming up in Robertson on Saturday 27 July 2019, followed by Trial 6 in Worcester on Saturday 3 August 2019.

The Boland Athletics Cross Country Championships at Dal Joaphat Stadium in Paarl on 17 August 2019 will be the final opportunity for athletes to qualify for places in the Boland Schools and Boland Athletics Cross Country teams.

The results of the top 10 athletes in each age category of Trial 4 are attached.





GIRLS 9 - 2km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Shannon	Swarts	10/02/2010	Overhex	1	9,00
2	Elginique	Jaftha	06/08/2010	Steenfliet	2	9,11
3	Ciara	Franse	2010-09-14	Riverlands	3	9,13
4	Miche	Kammies	12/02/2010	EPP	4	9,15
5	Temecke	Smith	2011-06-12	Riverlands	5	9,39
6	Rejane	Davids	12/01/2010	Grosveld Prim	6	9,40
7	Ang...	Fredericks	04/05/2010	Welvaart	7	9,50
8	Micaylin	Evens	24/01/2010	Victoria Park	8	9,50
9	Michandre	Brooks	2011-07-05	Welvaart	9	10,05
10	Katerien	Fourie	07/10/2010	LS Stellenbosch	10	10,06

BOYS 9 - 2km					Pos.	
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Devaugon-Lee	Van Wyk	2010-01-04	Steenfliet	1	8,11
2	Eathon	Maans	2010-06-08	Morrisdale	2	8,15
3	Joshua	Rasper	2010-02-06	Victoria Park	3	8,28
4	Logan	Renier	2010-05-03	Tousrivier	4	8,38
5	David	September	2010-02-20	Steenfliet	5	8,54
6	Dantey	Fortuin	2010-05-05	VPP	6	8,55
7	Percival	Isaacs	2010-04-12	Riverlands	7	8,56
8	Deolon	Kok	2010-01-14	Tousrivier	8	8,58
9	Cole	Nathan	2010-08-25	Riverlands	9	9,00
10	Tyron	Conradie	31/07/2010	Steenfliet	10	9,02
BOYS 9 LSEN- 2km					Pos.	Trail 4
1	Nicol	Du Plessis	03/02/2010	Langerug	1	13,25

GIRLS 10 - 2km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Anthea	Cupido	2009-03-13	Welvaart Prim	1	9,26
2	Muneeba	De Bruyn	06/02/2009	Worc. Prim	2	9,45
3	Esmari	Senoamali	08/08/2009	Morrisdale	3	9,53
4	Joslin	April	2009-03-12	Soetendal Prim	4	9,54
5	Rozelia	Gaika	2009-08-29	Riverlands Prim	5	9,55
6	Luzanne	Jacobs	2009-01-28	William Lloyd Prim	6	9,56
7	Ciara	Klaasen	08/01/2009	Paarlzicht	7	9,57
8	Malicka	Damara	02/05/2009	Grosvender PS	8	9,58
9	Mibnke	Shaw	30/09/2009	Eikestad	9	9,59
10	Mickeyla	Aries	2011-11-28	VPP	10	10,05

BOYS 10 - 2km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Herchelle	Manuel	2009-03-07	Steenvliet Prim	1	7,30
2	Emilio	Sauls	2009-11-24	Morrisdale	2	7,56
3	JJ	Plaatjies	2009-04-13	De Heide	3	7,59
4	Ambrey	Shreuder	2009-08-04	Steenvliet Prim	4	8,00
5	AJ	Thyssen	2009-03-19	Dal Josaphat	5	8,13
6	Morche	Andrew	2009-07-13	Riverlands Prim	6	8,22
7	Junaid	Franse	2009-06-19	Riverlands Prim	7	8,31
8	Willem	September	2009-06-02	Welvaart Prim	8	8,31
9	Nashville	Davids	2009-01-04	Magnolia	9	8,33
10	Liyema	Nongalo	01/07/2009	De Rust Futura	10	8,33

GIRLS 11 - 3km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jo-Keishia	Greeff	2008-03-09	LS Touwsrivier	1	13,45
2	Alicia	Pietersen	15/06/2008	Soetendal	2	13,54
3	Zainab	Roux	2008-02-24	Riverlands Prim	3	13,56
4	Tammy -Lee	Constance	2008-06-30	Britsum	4	14,04
5	Roshe	Hanekom	2008-08-31	LS Touwsrivier	5	14,12
6	Christie	Maans	2008-01-12	Morrisdale	6	14,42
7	Shannon	October	2008-07-28	Magnolia Prim	7	15,01
8	Lizelle	Botha	21/05/2008	Paarlzicht PS	8	15,11
9	Mika	Du Plessis	22/07/2008	LS Stellenbosch	9	15,29
10	Shermon	Kok	2008-09-29	LS Touwsrivier	10	15,29
GIRLS 11 LSEN - 3km					Pos.	Trail 4

BOYS 11 - 3km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jeniquin	Snyers	2008-05-05	Morrisdale Prim	1	12,51
2	Preston	Natal	07/01/2008	Steenvliet	2	12,51
3	Lucando	Klaase	27/05/2008	Riverlands	3	12,52
4	Xavier	Micheals	2008-10-19	H. Venter Prim	4	12,53
5	Marquin	Saayman	2008-09-21	Morrisdale Prim	5	12,56
6	Christopher	van der Westhuizen	2008-09-04	Welvaart	6	13,04
7	Ellison	Minnaar	2008-10-04	Steenvliet	7	13,07
8	Willmatthew	Booyesen	08/01/2008	De Rust	8	13,11
9	Maliek	Horne	2008-05-30	Ronwe Prim	9	13,29
10	Pihatrick	Witbooi	16/07/2008	Bergrivier	10	13,30

GIRLS 12 - 3km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Shakira	Matthysen	2007-08-21	Victoriapark Prim	1	13,30
2	Mikayla	Hammon	2007-12-07	Morrisdale Prim	2	13,59
3	Willmere	Damon	2007-08-02	Wanganella Prim	3	14,15
4	Talita	Du Bruyn	2007-05-04	LS Swartland	4	14,40
5	Charne	Danster	2007-10-07	H.Venter Prim	5	14,42
6	Lucesia	Stuurman	29/08/2007	St Albans	6	14,44
7	Jody	vd Ross	2007-12-29	Magnolia Prim	7	14,56
8	Mishca	Fredericks	2007-06-09	Welvaart Prim	8	15,06
9	Lenicia	Maans	2007-11-10	Wanganella Prim	9	15,46
10	Jordon-Leug	de Villiers	02/10/2007	Wellington Prim	10	16,13
GIRLS 12 LSEN - 3km					Pos.	Trail 4
1	Liandri	louw	27/06/2007	Langerug	1	17,02

BOYS 12 - 3km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Julian	Jacobs	29/09/2007	Dal Josaphat	1	11,55
2	Matt	Jordaan	03/01/2007	Paarlzicht	2	12,04
3	Johann	Richter	06/12/2007	Paarl Boys Prim	3	12,06
4	Corrin	Adams	11/05/2007	Morrisdale	4	12,08
5	O'Ryan	Geslin	06/01/2006	St Albans Prim	5	12,20
6	Anvor	Gaika	2007-02-05	Riverlands Prim	6	12,34
7	O'Ryan	Scheepers	2007-06-27	Victoriapark Prim	7	12,49
8	Gilermo	Fillies	2007-02-11	Steenvliet Prim	8	12,49
9	Delario	Smith	2007-02-26	Amstelhof	9	12,52
10	Juvaan	Davids	15/06/2007	Grosvondor Prim	10	12,53
BOYS 12 - 3km LSEN					Pos.	Trail 4
1	Wesley	Lewis	12/02/2007	Ligstraal	1	19,45

GIRLS 13 - 3km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Tercia	Adams	2006-08-31	LS Swartland	1	13,09
2	Marodine	Arries	2006-09-15	Victoriapark Prim	2	13,11
3	Joslyn	Kiewiets	14/10/2006	Touwsrivier	3	13,29
4	Jeniba	Nuwegeld	2006-01-24	Soetendal Prim	4	13,58
5	Isabel	du Bruyn	2006-02-26	LS Swartland	5	14,09
6	Kaylen	Slingers	12/04/2006	Lusthof	6	14,31
7	Alicia	Mutangiri	2006-09-24	Idasvallei Prim	7	14,38
8	Deshne	Bennett	18/01/2006	Melkbos AL	8	14,56
9	Stacey-Lee	Swartz	03/01/2006	WF Loots Prim	9	15,41
10	Nakeisha	Jacobs	2006-03-07	Le Chasseur	10	15,43

BOYS 13 - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Renaldo	Pearle	22/09/2006	Melkbos AL	1	15,02
2	Lee Tin	Syfers	2006-05-03	Victoriapark Prim	2	15,13
3	Jeyeren	November	2006-03-17	Victoriapark Prim	3	15,27
4	Johnwin	Barends	01/02/2006	Melkbos AL	4	15,29
5	Miguel	Macdonald	26/09/2006	Pineview Prim	5	15,43
6	Earlon	Matthews	2006-06-08	Morrisdale Prim	6	15,55
7	Dalen	Japtha	12/08/2006	Pineview Prim	7	15,57
8	Graywin	Micheals	2006-04-01	H. Venter Prim	8	15,58
9	Zayden	Kennedy	16/07/2006	William Lloyd Prim	9	16,24
10	Tanaka	Tembo	25/10/2006	DMT	10	16,24
BOYS 13 - 4km LSEN					Pos.	Trail 4
1	Zagary	Jacobs	23/11/2006	Ligstraal	1	25,14

GIRLS 14 - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Sinokuhle	Feliti	19/05/2006	DMT	1	19,57
2	Gillian	Muller	19/10/2005	Worc. Gim	2	19,57
3	Joanique	Horn	2005-12-16	Worc. Gim	3	19,59
4	Helen	Prinsloo	04/09/2005	La Rochelle	4	20,01
5	Devedean	Coenraad	2005-05-31	Panorama	5	20,02
6	Cay-Leigh	Carolissen	2005-02-12	HS Stellenbosch	6	20,04
7	Shanell	Fortuin	2005-07-05	Soetendal Prim	7	20,11
8	Avela	Shumi	2005-03-01	Vusisizwe	8	20,21
9	Leigh	Baadjies	22/08/2005	Melkbos AL	9	20,34
10	Mischke	September	2005-02-12	Dalweida Prim	10	20,36
GIRLS 14 - 4km LSEN					Pos.	Trail 4
1	Luvo	Sondlo	20/01/2005	Ligstraal	1	22,15

BOYS 14 - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jack	Armando	27/02/2005	LS Gansbaai	1	15,55
2	Fernando	Geduld	2005-12-03	Wanganella	2	15,55
3	Zimvo	Tawuse	26/06/2005	Academia HS	3	15,56
4	Chadlin	Daniels	2005-01-02	Masakhane	4	15,57
5	Ashley	Davids	29/09/2005	De HeidePrim	5	16,24
6	Angeo	Maans	2005-08-28	Paarl Gim	6	16,53
7	Percival	Paul	03/04/2005	Hexvallei	7	17,05
8	Luwellen	Swanepoel	2005-01-03	Nieuwe Drift	8	17,06
9	Frederico	Barends	29/05/2005	Hexvallei	9	17,11
10	Chad	April	29/04/2005	Paarl Gim	10	17,12
BOYS 14 - 4km LSEN					Pos.	Trail 4
1	Cohan	Bruintjies	18/10/2005	Ligstraal	1	20,03

BOYS 14 - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jack	Armando	27/02/2005	LS Gansbaai	1	15,55
2	Fernando	Geduld	2005-12-03	Wanganella	2	15,55
3	Zimvo	Tawuse	26/06/2005	Academia HS	3	15,56
4	Chadlin	Daniels	2005-01-02	Masakhane	4	15,57
5	Ashley	Dauids	29/09/2005	De HeidePrim	5	16,24
6	Angeo	Maans	2005-08-28	Paarl Gim	6	16,53
7	Percival	Paul	03/04/2005	Hexvallei	7	17,05
8	Luwellen	Swanepoel	2005-01-03	Nieuwe Drift	8	17,06
9	Frederico	Barends	29/05/2005	Hexvallei	9	17,11
10	Chad	April	29/04/2005	Paarl Gim	10	17,12
BOYS 14 - 4km LSEN					Pos.	Trail 4
1	Cohan	Bruintjies	18/10/2005	Ligstraat	1	20,03
GIRLS 15 - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Chenique	Sass	2004-08-19	Drostdy HS	1	19,25
2	Marietjie	Cilliers	02/01/2004	Parel Vallei HS	2	19,55
3	Elandri	Schmidt	16/11/2004	Bloemhof	3	19,56
4	Aninka	Ferreira	2004-02-20	HMS Paarl	4	19,58
5	Zenande	October	17/12/2004	Parel Vallei HS	5	19,58
6	Chante	Roux	01/07/2004	Hermanus	6	19,59
7	Lia	Du Plessis	26/07/2004	PGHS	7	20,17
8	Remi	Borel-Saladin	21/07/2004	La Rochelle	8	20,20
9	Beyonce	Williams	30/05/2004	Melkbos A/C	9	20,21
10	Leandri	Lackay	09/09/2004	Vlottenburg	10	21,20
GIRLS 15 - 4km LSEN					Pos.	Trail 4
1	Edna	Van Schalkwyk	30/03/2004	RVSS	1	21,12
2	Warreldean	Bolsen	30/09/2004	RVSS	2	21,14
3	Nazeema	Sadie	13/05/2004	RVSS	3	22,20
4	Mikayla	Lambert	05/11/2004	RVSS	4	22,29
BOYS 15 - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Nashville	Hofmeester	2004-08-19	Wolseley HS	1	14,17
2	Damian	Van Wyk	2004-09-28	Wolseley HS	2	14,21
3	Gideon	Louw	15/02/2004	Hugenote	3	14,23
4	Cado	George	15.03/2004	Wolseley HS	4	14,47
5	Elvino	September	2004-07-07	HS Bredasdorp	5	15,27
6	Gift	Vaaltyn	03/06/2004	Albert Myburgh	6	15,30
7	Jenowen	Pieterse	2004-12-19	Le Chasseur	7	15,44
8	Throne	Micheals	30/06/2004	Worc. Gim	8	15,52
9	Japie	Du Bruyn	2004-11-10	HS Swartland	9	15,52
10	Bongolwethu	Shwam	30/10/2004	Vusisiwe HS	10	15,55

BOYS 15 LSEN - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Michail	Sebonka		Wellington SOS	1	15,54
2	Jerome	Louw		Wellington SOS	2	15,59
3	Petrus	Julies	19/04/2004	Breede Vallei	3	17,40
4	Bertus	Conradie	30/08/2004	Breede Vallei	4	25,37

GIRLS 16 - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Virgell-Lee	Africa	21/08/2003	HTS Drostyd	1	16,31
2	Anja	Van Heerden	10/12/2003	Paarl Girls High	2	16,54
3	Selma	du Preez	21/03/2003	HS Swartland	3	17,57
4	Cameron	Mostert	21/06/2003	Drostyd	4	19,02
5	Ameli	Bruwer	06/08/2003	La Rochelle	5	19,36
6	Meriska	Van Zyl	05/09/2003	HTS Drostyd	6	20,43
7	Eldrien	Bestbier	2003-11-17	La Rochelle	7	21,31
8	Joria	Pick	26/09/2004	Albert Myburgh	8	22,45
9	Yandiswa	Neyo	25/12/2003	Vusisizwe	9	23,05
	Karabo	Khuhlokoane	28/08/2003	Vusisizwe	10	24,01
	Elize	Fouche	05/03/2003	HS Bredasdorp	11	28,15

GIRLS 16 LSEN - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Abigail	Fortuin	11/09/2003	RVSS	1	20,16
2	Leticia	Pedro	02/11/2003	RVSS	2	20,25
3	Natalie	Swarts	29/10/2003	RVSS	3	25,22
4	Rosetta	Baron	10/06/2003	RVSS	4	25,33

BOYS 16 - 6km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Tiang	Makhetha	2003-05-08	Vusisizwe	1	22,04
2	Uzile	Valashiva	15/09/2003	Vusisizwe	2	23,05
3	Bradley	Mintoor	2003-08-30	Paulus Joubert HS	3	23,14
4	Duncan	Gombera	2003-04-04	Vusisizwe	4	23,38
5	Asenam	Sizani	2003-02-16	Hexvallei	5	24,41
6	Vumani	Lemawane	2003-11-30	Vusisizwe	6	24,54
7	Shawn	Chikowore	20/01/2003	Eden	7	25,08
8	Cheslin	Plaatjies	11/04/2003	Hexriviervallei	8	26,07
9	Du-Wayne	Bolsen	14/05/2003	Ronwe	9	26,22
10	Zukisa	Zingange	2003-04-28	Vusisizwe	10	28,10
11	Imran	September	25/12/2003	Albert Myburgh	11	30,49
12	Lynndon	De Lange	17/09/2003	Worc. Gim	12	NT

BOYS 16 LSEN - 6km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Durizn	Esterhuizen		Wellington SOS	1	24,18
2	Colin	Philander		Wellington SOS	2	24,53
3	Ashley	De Wee		Wellington SOS	3	26,18
4	Renaldo	Linders	02/07/2003	Breede Vallei	4	26,22
5	Riaan	Pieterse	13/10/2003	Breede Vallei	5	28,31
6	Joshlin	Williams	19/03/2003	Breede Vallei	6	33,40

GIRLS 17 - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Anneken	Viljoen	20/03/2002	Bloemhof HS	1	16,11
2	Farren	Wenn	2002-07-08	CSSS	2	17,02
3	Carlin	Jacobs	10/11/2002	HMS Bloemhof	3	18,26
4	Kate-Lynn	Joseph	20/12/2002	HS Breerivier	4	18,55
5	Azrea	Sylvester	05/06/2002	HMS Bloemhof	5	20,06
6	Bellamy	Kruger	27/11/2002	La Rochelle	6	20,28
7	Sharon	Sabuneti	2025-12-02	Vuvusizwe	7	21,47
8	Jeslin	Simpson	2002-10-09	HS Bredasdorp	8	23,16

GIRLS 17 LSEN - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Atisca	Esterhuizen	17/12/2002	RVSS	1	21,17
2	Roseline	Delilie	11/10/2002	RVSS	2	23,20

BOYS 17 - 6km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lorenzo	Zimiry	2002-04-25	CSSS	1	22,08
2	Nolan	Diedericks	25/04/2002	Paarl Gim	2	22,14
3	Thapelo	Nthakasane	18/03/2002	Vusisizwe	3	22,38
4	Gaiwin	Jantjies	13/09/2002	Paarl Gim	4	23,17
5	Marshall	Steynberg	15/04/2002	CSSS	5	23,52
6	Franko	Bantam	20/08/2002	Charleston Hill	6	24,00
7	Atang	Sietsi	2002-02-17	Vusisizwe	7	24,21
8	Shano	Erasmus	20/12/2002	Albert Myburgh	8	25,53
9	Luzuko	Gubanca	21/08/2002	Vusisizwe	9	26,42
10	Enoch	Mabrunda	27/01/2002	DMT	10	27,27

JUNIOR MEN LSEN - 8km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Kyle	Owies	17/02/2001	RVSS	1	35,56
2	Machiano	Baadjies	27/05/2001	RVSS	2	38,26
3	Heinrich	Engelbrecht	15/01/2001	RVSS	3	41,33
4	Marthinus	Persens	10/02/2001	RVSS	4	42,00
5	Ricardo	Claasen	05/02/2001	RVSS	5	48,02

MASTER MEN - 8km					Pos.	Trail 4
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NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Thembelani	Zola	14/05/1978	Wellington	1	34,30
	Jonathan	Galant	06/01/1977	Salkor	2	35,57
	Bjorn	Alexander	11/10/1982	Run Kin	3	38,22
	Bernard	Shaw	10/10/1977	Eikestad	4	41,23

SENIOR WOMEN - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Thobile	Vilakazi	20/11/1999		1	17,27
2	Mia	Lyons	12/06/2000	Ath Academy	2	18,35
3	Allison	de Wet	1997-03-11	Swartland	3	18,37
4	Willene	Fredericks	21/11/1999	CSSS	4	19,38

SENIOR MEN - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Deon-Lee	Hendricks	17/07/1997		1	13,08
2	Harry George	Van Niekerk	25/05/1999	Wellington AC	2	13,48
3	Alvin	Dirkse	16/04/1998	Athlete Academy	3	13,53
4	Sylvin	Dirkse	16/04/1998	Athlete Academy	4	14,53
5	Ashwell	U	25/05/1996		5	14,54
6	Leehandre	Robertson	30/11/1999	AC	6	14,56
7	Henrico	Booyesen	08/08/1994	STB AC	7	15,58
8	Leslie	De Lange	18/06/2003	Parel Vallei	8	17,10

SENIOR MEN - 10km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Deon Lle	Hendricks	17/07/1997	CK	1	33,57
2	Randall	Smith	22/04/1984	Bredasdorp	4	41,03
3	Denzill	Willemse		Worc. AC	5	44,18
4	Izaack	Jantjies	12/08/1998	Football Found.	6	55,16
5	Angelo	Booyesen	01/10/1991	DLS	2	34,00
6	Xolani	Mase		Wellington	3	37,02

SENIOR WOMEN - 10km					Pos.	Trail 4
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MASTER WOMEN - 4km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Mariaan	Malan	24/08/1967	Nedbank 2282	1	19,57
2	Natasha	du Bruyn	23/01/1979	TL1604	2	23,52
3	Sophie	Booi	12/10/1969	Grootboom Found.	3	28,20

GRAND MASTER MEN - 6km					Pos.	Trail 4
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Thomas	Moses	09/01/1957	Worcester	1	27,46
2	Jaco	Haasbroek	18/06/1969		2	33,42