



NEWSLETTER – 30 JULY 2019 - CROSS COUNTRY TRIAL 5 TOP 10 RESULTS

Robertson Athletics Club and Boland North Schools were the hosts of Boland Athletics Trial 5 at Callie De Wet Stadium in Robertson on Saturday 27 July 2019.

A few athletes took advantage of the cool weather conditions and the flat route to run qualifying times for selection to the Boland Athletics Cross Country team that will compete at the ASA Cross Country Championships in Pretoria on Saturday 7 September 2019.

Athletes still have two opportunities to qualify for the Boland Athletics and Boland Schools Cross Country teams with Trial 6 at Drostdy Technical High School in Worcester on Saturday 3 August 2019, followed by the Boland Athletics Cross Country Championships at Dal Josaphat Stadium in Paarl on 17 August 2019.

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 5 are attached below.



GIRLS 9 - 2km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Miche	Kammies	12/02/2010	EPP	1	8,20
2	Walecia	Van Rooi		Overhex	2	8,25
3	Kateline	Linertz	31/01/2011	Stettyn Prim	3	8,29
4	Shannon	Swarts	10/02/2010	Overhex	4	8,35
5	Nikilaah	Booi	05/05/2010	Blompark Prim	5	8,45
6	Kevinique	Hoffman	11/09/20010	Sandhills	6	8,50
7	Grethen	Fillies	2010-11-12	Steenfliet	7	8,52
8	Elginique	Jaftha	2010-08-06	Steenfliet	8	8,53
9	Meuzeen	Jansen	28/02/2010	Overhex	9	9,14
10	Resherda	Swarts	2010-05-12	Welvaart	10	9,15
GIRLS 9 - 2km LSEN					Pos.	Trail 5
1	Eslin	Davids	25/09/2010		1	NT

BOYS 9 - 2km					Pos.	
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Deolon	Kok	2010-01-14	Tousrivier	1	7,29
2	Logan	Renier	2010-05-03	Tousrivier	2	7,30
3	Eathon	Maans	2010-06-08	Morrisdale	3	7,32
4	Devaugon-Lee	Van Wyk	2010-01-04	Steenfliet	4	7,37
5	David	September	2010-02-20	Steenfliet	5	8,14
6	Tyron	Conradie	31/07/2010	Steenfliet	6	8,25
7	Adrian	Januarie	2010-06-16	Sandhills	7	8,28
8	Keanu	Botha	20/07/2010	Dal Josaphat	8	8,43
9	Franz	Du Bruyn	25/09/2011	LS Swartland	9	8,44
10	Colin	Filander	2010-03-04	Wanganella	10	9,03
BOYS 9 LSEN- 2km					Pos.	Trail 5
1	Simeon	Adams	25/09/2010	Ligstraal	1	10,26
2	Nathaniel	Phillips	05/06/2011	Ligstraal	2	12,01

GIRLS 10 - 2km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Muneeba	De Bruyn	06/02/2009	Worc. Prim	1	7,50
2	Anthea	Cupido	2009-03-13	Welvaart Prim	2	7,54
3	Esmari	Senoamali	08/08/2009	Morrisdale	3	7,57
4	Ciara	Klaasen	08/01/2009	Paarlzicht	4	8,12
5	Luzanne	Jacobs	2009-01-28	William Lloyd Prim	5	8,17
6	Marentia	Visser	2009-08-10	ST Marks	6	8,41
7	Magnesia	Prins	2009-08-18	Witzenburg	7	8,44
8	Ruzelle	Stevens		Overhex	8	8,57
9	Lee	Cornelius	21/02/2009	Dal Josaphat	9	9,00
10	Veraydenique	Smith	2009-07-01	De Heide Prim	10	9,07

BOYS 10 - 2km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Herchelle	Manuel	2009-03-07	Steenvliet Prim	1	7,03
2	Emilio	Sauls	2009-11-24	Morrisdale	2	7,06
3	Marshall	Koopman	2009-03-16	Touwsrivier	3	7,08
4	Jadian	Kleinveld	2009-03-20	FJ Conradie	4	7,16
5	AJ	Thyssen	19/03/2009	Dal Josaphat	5	7,19
6	JJ	Plaatjies	2009-04-13	De Heide	6	7,20
7	Ambrey	Shreuder	2009-08-04	Steenvliet Prim	7	7,37
8	Irwin	Nel	2009-03-11	Wanganella	8	7,50
9	Enrique	Hartman	2009-02-08	Le Chasseur	9	7,51
10	Nashville	Davids	2009-01-04	Magnolia	10	7,54

GIRLS 11 - 3km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Christie	Maans	2008-01-12	Morrisdale	1	12,11
2	Brandonick	Cloete	2008-01-03	Witzenberg Prim	2	12,35
3	Lizelle	Botha	21/05/2008	Paarlzicht PS	3	12,49
4	Carshay	Speelman	2008-04-01	F.J Conradie PS	4	12,50
5	Roshe	Hanekom	2008-08-31	LS Touwsrivier	5	13,00
6	Jo-Keishia	Greeff	2008-03-09	LS Touwsrivier	6	13,20
7	Shannon	October	2008-07-28	Magnolia Prim	7	13,34
8	Amore	Louw	2008-01-28	Magnolia	8	14,01
9	Merichen	May		Blompark Prim	9	14,34
10	Katelin	Bresens	2008-02-05	Le Chasseur Prim	10	15,01

BOYS 11 - 3km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Ciano	Paul	2008-12-06	F.J Conradie PS	1	10,59
2	Marquin	Hector	2008-12-14	F.J Conradie PS	2	11,00
3	Christopher	van der Westhuizen	2008-09-04	Welvaart	3	11,02
4	Preston	Natal	2008-01-07	Steenvliet	4	11,15
5	Nicklyn	Erasmus	2008-02-15	F.J Conradie PS	5	11,19
6	Jehano	Tentenie	01/01/2008	Sandhills	6	11,21
7	Pihatrick	Witbooi	16/07/2008	Bergrivier	7	11,23
8	Johanten	Christoffels	2008-01-08	Sandhills	8	11,24
9	Ellison	Minnaar	2008-10-04	Steenvliet	9	11,25
10	Jeniquin	Snyers	2008-05-05	Morrisdale Prim	10	11,28

GIRLS 12 - 3km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Shakira	Matthysen	2007-08-21	Victoriapark Prim	1	11,50
2	Mishca	Fredericks	2007-06-09	Welvaart Prim	2	12,38
3	Talita	Du Bruyn	2007-05-04	LS Swartland	3	12,44
4	Lucesia	Stuurman	29/08/2007	St Albans	4	13,23
5	Mikayla	Hammon	2007-12-07	Morrisdale Prim	5	13,40
6	Devaline	Syster	12/07/2007	St Marks	6	13,51
7	Saskia- Aan	Januarie	2007-11-14	Riverview Prim	7	13,59
8	Charne	Danster	2007-10-07	H.Venter Prim	8	14,11
9	Andrelene	Booyesen	2007-01-26	Le Chasseur	9	14,15
10	Jolene	Skosana	2007-11-21	Sandhills PS	10	14,41

GIRLS 12 LSEN - 3km					Pos.	Trail 5
1	Liandri	Louw	27/06/2007	Langerug	1	15,12

BOYS 12 - 3km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Julian	Jacobs	29/09/2007	Dal Josaphat	1	10,23
2	Johann	Richter	06/12/2007	Paarl Boys Prim	2	10,43
3	O'Ryan	Geslin	06/01/2006	St Albans Prim	3	10,53
4	Matt	Jordaan	03/01/2007	Paarlzicht	4	10,55
5	Henry Hano	Booyesen	2007-07-16	Overhex	5	10,56
6	Juan	Van Zyl	11/06/2007	Hugenote LS	6	10,57
7	Zanovico	Swanepoel	2007-03-07	Avianpark Prim	7	10,57
8	Gilermo	Fillies	2007-02-11	Steenvliet Prim	8	10,57
9	Corne	Wildschutte	2007-05-03	St Albans Prim	9	11,05
10	Melvino	Hendricks	19/03/2007	Avainpark	10	11,10

BOYS 12 - 3km LSEN					Pos.	Trail 5
1	Wesley	Lewis	12/02/2007	Ligstraal	1	NT

GIRLS 13 - 3km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Joshlyn	Kiewiets	2006-10-14	LS Touwsrivier	1	11,37
2	Tercia	Adams	2006-08-31	LS Swartland	2	11,41
3	Monice	Wessels	2006-08-04	St Marks Prim	3	11,58
4	Clarissa	Snyders	2006-10-05	St Marks Prim	4	12,17
5	Isabel	du Bruyn	2006-02-26	LS Swartland	5	12,24
6	Ronichia	Delport	2006-10-22	F.J Conradie Prim	6	12,25
7	Lisma	Salvester	06/09/2006	St Marks Prim	7	12,27
8	Alicia	Mutangiri	2006-09-24	Idasvallei Prim	8	12,56
9	Nakeisha	Jacobs	2006-03-07	Le Chasseur	9	13,20
10	Judene	Pedro	2006-06-21	St Marks Prim	10	13,39

BOYS 13 - 4km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lee Tin	Syfers	2006-05-03	Victoriapark Prim	1	13,31
2	Miguel	Swarts	28/04/2006	Essenpark HS	2	13,46
3	Earlon	Matthews	2006-06-08	Morrisdale Prim	3	13,50
4	Lehandro	Arendse	2006-07-16	Morrisdale Prim	4	14,03
5	Graywin	Micheals	2006-04-01	H. Venter Prim	5	14,15
6	Christiano	Klaasen	2006-12-12	Morrisdale Prim	6	14,15
7	Zayden	Kennedy	16/07/2006	William Lloyd Prim	7	14,20
8	Miguel	Van Neel	2006-02-09	Vlottenberg Prim	8	14,23
9	Tanaka	Tembo	2006-10-25	DMT	9	14,29
10	Angel	Engelbrecht	22/08/2006	EPP	10	14,43

BOYS 13 - 4km LSEN					Pos.	Trail 5
1	Zagary	Jacobs	23/11/2006	Ligstraal	1	23,01
2	Christo	Heyns	02/0/2006	Ligstraal	2	23,14

GIRLS 14 - 4km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Gillian	Muller	19/10/2005	Worc. Gim	1	16,02
2	Bernadine	Van Rooi	2005-12-31	St Marks Prim	2	16,10
3	Christolique	Mcniel	2005-10-02	HTS Drostdy	3	16,39
4	Cay-Leigh	Carolissen	2005-02-12	HS Stellenbosch	4	16,52
5	Sinokuhle	Feliti	19/05/2005	DMT	5	17,25
6	Joanique	Horn	2005-12-16	Worc. Gim	6	17,28
7	Avela	Shumi	01/03/2005	Vusisizwe	7	17,36
8	Elfrieda	Mouton	2005-09-26	St Marks Prim	8	18,29
9	Mariska	Mouton	2005-07-02	St Marks Prim	9	18,40
10	Petroveen	Davids	2005-06-30	St Marks Prim	10	18,41
GIRLS 14 - 4km LSEN					Pos.	Trail 5
1	Luvo	Sondlo	20/01/2005	Ligstraal	1	23,59

BOYS 14 - 4km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jack	Armando	27/02/2005	LS Gansbaai	1	13,36
2	Zimvo	Tawuse	26/06/2005	Academia HS	2	13,50
3	Ashley	Davids	29/09/2005	De HeidePrim	3	14,08
4	Percival	Paul	2005-04-03	Hexvallei	4	14,21
5	Chadlin	Daniels	01/01/2005	Masakhane Prim	5	14,37
6	Frederico	Barends	29/05/2005	Hexvallei	6	14,45
7	Evandre	Plaatjies	11/01/2005	Albert Myburgh	7	14,46
8	Bradley	Matthys	29/12/2005	St Marks	8	15,11
9	Chad	April	29/04/2005	Paarl Gim	9	15,19
10	Bradley	Nel	2005-10-12	Le Chasseur	10	15,24

BOYS 14 - 4km LSEN					Pos.	Trail 5
1	Cohan	Bruintjies	18/10/2005	Ligstraal	1	19,02
GIRLS 15 - 4km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Chenique	Sass	2004-08-19	Drostdy HS	1	15,05
2	Marietjie	Cilliers	02/01/2004	Parel Vallei HS	2	15,19
3	Elandri	Schmidt	2004-11-16	Bloemhof	3	15,33
4	Lia	Du Plessis	26/07/2004	PGHS	4	17,41
5	Remi	Borel-Saladin	21/07/2004	La Rochelle	5	19,02
6	Leandri	Lackay	09/09/2004	Vlottenburg	6	19,42
7	Marla	Pienaar	2004-12-07	Le Chasseur	7	20,51
8	Madeline	Adams	08/02/2004	Wolseley Sek	8	21,52
9	Lesley-Ann	Olivier	2004-04-16	HS Breerivier	9	24,04
10	Charmaine	Edons	18/03/2004	JGT	10	24,38
GIRLS 15 - 4km LSEN					Pos.	Trail 5
1	Warreldean	Bolsen	30/09/2004	RVSS	1	19,50
2	Edna	Van Schalkwyk	30/03/2004	RVSS	2	20,04
3	Caitlyn	Coetzee	05/08/2004	Steinthal	3	20,14
4	Mikayla	Lambert	05/11/2004	RVSS	4	21,15
5	Nazeema	Sadie	13/05/2004	RVSS	5	21,25
6	Elaine	Zeeman	11/06/2004	Langerug	6	22,02
7	Berna-Lee	Muller	20/09/2004	Steinthal	7	24,22
8	Laquela	Van Nooi	05/08/2004	Steinthal	8	24,27
BOYS 15 - 4km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Damian	Van Wyk	2004-09-28	Wolseley HS	1	12,31
2	Gideon	Louw	15/02/2004	Hugenote	2	12,42
3	Lee-than	Rooi	01/06/2004	Bella Vista	3	13,11
4	Nashville	Hofmeester	2004-08-19	Wolseley HS	4	13,21
5	Cado	George	15.03/2004	Wolseley HS	5	13,37
6	Elvino	September	2004-07-07	HS Bredasdorp	6	13,45
7	Throne	Micheals	30/06/2004	Worc. Gim	7	13,53
8	Jenowen	Pieterse	2004-12-19	Le Chasseur	8	13,59
9	Gift	Vaaltyn	03/06/2004	Albert Myburgh	9	14,01
10	Japie	Du Bruyn	10/11/2004	HS Swartland	10	14,04
BOYS 15 LSEN - 4km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Michail	Sebonka	14/01/2004	Wellington	1	14,54
2	Buhlali	Maduna	06/04/2004	Wellington	2	14,59
3	Petrus	Julies	19/04/2004	Breede Vallei	3	15,02
4	Berthram	Conradie	30/08/2004	Breede Vallei	4	22,26

GIRLS 16 - 4km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Anja	Van Heerden	2003-12-10	Paarl Girls HS	1	14,53
2	Virgell-Lee	Africa	21/08/2003	HTS Drostdy	2	15,22
3	Selma	Du Preez	21/03/2002	HS Swartland	3	16,10
4	Mikah	Brink	03/11/2003	Bloemhof	4	16,40
5	Cameron	Mostert	2003-06-21	Drostdy	5	16,55
6	Veronique	Visagie	2004-07-15	HTS Drostdy	6	17,12
7	Meriska	Van Zyl	05/09/2003	HTS Drostdy	7	17,38
8	Ameli	Bruwer	10/08/2010	La Rochelle	8	17,57
9	Shamira	Titus	08/08/2004	La Rochelle	9	18,30
10	Eldrien	Bestbier	2003-11-17	La Rochelle	10	18,44

GIRLS 16 LSEN - 4km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Abigail	Fortuin	11/09/2003	RVSS	1	18,05
2	Leticia	Pedro	02/11/2003	RVSS	2	18,11
3	Chanty	Raman	03/03/2003	Steinthal	3	20,46
4	Natalie	Swarts	29/10/2003	RVSS	4	22,10
5	Sandra	Lennits	22/09/2003	Steinthal	5	22,14
6	Anita	Van Wyk	22/06/2003	Ligstraal	6	NT

BOYS 16 - 6km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Alfonso	Prins	2003-11-26	Wolseley HS	1	19,56
2	Tiang	Makhetha	2003-05-08	Vusisizwe	2	20,38
3	Duncan	Gombera	2003-04-04	Vusisizwe	3	20,58
4	Jaden-Lee	Seryners	2003-07-22	Wolseley HS	4	21,08
5	Uzile	Valashiva	15/09/2003	Vusisizwe	5	21,38
6	Cheslin	Groenwaldt	18/06/2003	JGT	6	22,36
7	Vumani	Lemawane	2003-11-30	Vusisizwe	7	22,44
8	Will	Arendse	10/12/2003	HS Goudini	8	23,45
9	Zukisa	Zingange	2003-04-28	Vusisizwe	9	24,53
10	Cheslin	Plaatjies	11/04/2003	Hexriviervallei	10	25,06

BOYS 16 LSEN - 6km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Donald	Scheepers	03/04/2003	Steinthal	1	21,54
2	Durizen	Esterhuizen	25/07/2003	Wellington SOS	2	22,05
3	Colin	Philander	07/07/2003	Wellington SOS	3	22,10
4	Shawn	Chikowore	23/08/2003	Edenskool	4	22,18
5	Theorique	Louw	17/01/2003	Wellington SOS	5	22,47
6	Ashley	De Wee	16/12/2003	Wellington SOS	6	23,51
7	Brandon	Jacobs	14/02/2003	Steinthal	7	24,12
8	Shaun	Sass	02/04/2003	Steinthal	8	26,20
9	Janigo	Georgi	30/11/2003	Steinthal	9	27,17
10	Rudewaan	Conradie	23/10/2003	Breedevalley SOS	10	28,51
11	Riaan	Pieterse	13/10/2003	Breedevalley SOS		

GIRLS 17 - 4km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Almè	Jordaan	2002-05-02	Homeschooling	1	14,28
2	Cimon	Van der Westhuizen	21/01/2001	Bloemhof HS	2	15,00
3	Farren	Wenn	2002-07-08	CSSS	3	15,11
4	Carli	Jacobs	2002-11-10	Bloemhof HS	4	16,53
5	Kate-Lynn	Joseph	20/12/2002	HS Breerivier	5	17,40
6	Azrea	Sylvester	2002-06-05	Bloemhof HS	6	17,42
7	Marelize	Solomons	2002-07-22	Wolseley HS	7	18,20
8	Bianca	George	12/07/2002	JGT	8	18,55
9	Bellamy	Kruger	27/11/2002	La Rochelle	9	19,41
10	Jeslin	Simpson	2002-10-09	HS Bredasdorp	10	21,10
GIRLS 17 LSEN - 4km					Pos.	Trail 5
1	Atisca	Esterhuizen	17/12/2002	RVSS	1	18,46
2	Roseline	Delilie	11/10/2002	RVSS	2	21,34
3	Beverley	Joubert	28/11/2002	Steinthal	3	23,10

BOYS 17 - 6km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Lorenzo	Zimiry	2002-04-25	CSSS	1	20,15
2	Thapelo	Nthokasane	28/05/2002	Vusisizwe	2	20,24
3	Nolan	Diedericks	25/04/2002	Paarl Gim	3	20,34
4	Weslin	Diedericks	04/03/2002	JGT School	4	20,39
5	Gaiwin	Jantjies	13/09/2002	Paarl Gim	5	20,52
6	Marchelle	Steynberg	2002-04-15	CSSS	6	21,45
7	Jannes	Marais	2002-08-08	Paarl Boys	7	21,59
8	Atang	Seetsi	17/02/2002	Vusisizwe	8	22,01
9	Jayden	Blaauw	04/05/2002	Wakkerstroom-Wes	9	23,39
10	Antonic	Rhenoster	14/09/2002	JGT	10	23,59

BOYS 17 LSEN - 6km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	German	Lewis	11/03/2002	Napier	1	19,41
2	Keatin	Daars	21/09/2002	Wellington SOS	2	21,15
3	Jason	Owies	20/09/2002	RVSS	3	22,08
4	Malcolm	Olckers	21/01/2002	Steinthal	4	23,12
5	Ayanda	Meyers	07/08/2002	Wellington SOS	5	24,54
6	Abdullah	Roux	30/11/2002	RVSS	6	24,58
7	Rinaldo	Goliath	03/08/2002	RVSS	7	25,17
8	Riaan	Koopman	25/08/2002	RVSS	8	25,36
9	Jamian	Pietersen	09/06/2002	Brede Vallei	9	26,46
10	Christiaan	George	30/09/2002	Steinthal	10	29,07

JUNIOR WOMEN - 6km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Beatrice	Themane	03/03/2000	Athlete Academy	1	21,09
2	Yandiswa	Shange	30/06/2000	Athlete Academy	2	22,30
3	Nicole	Louw	26/07/2001	Rhenish HS	3	23,10
4	Meagan	Swanepoel	05/10/2001	HTS Drostdy	4	26,35
5	Micola	Soenies	08/04/2001	La Rochelle	5	27,31
6	Abigail	Botes	28/11/2001	HS Breerivier	6	30,17
7	Nell	Singleton	2000-12-01	HTS Drostdy	7	32,02
8	Deidre	Wessels	20/03/2001	La Rochelle	DNF	DNF

JUNIOR WOMEN LSEN - 6km					Pos.	Trail 5
1	Wariah	Louw	13/11/2001	Steinthal	1	32,07
2	Jacqueline	Swarts	12/06/2001	Steinthal	2	32,10

JUNIOR MEN - 8km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Mark	Standfliet	11/10/2001	Ashton Sek	1	25,29
2	Loyiso	Skitsi	13/10/2001	Vuvusizwe	2	26,40
3	Gavin	Oerson	2000-08-03	Albert Myburgh	3	27,33
4	Ta'fiq	Klink	24/05/2001	HS Breerivier	4	27,50
5	Thembelani	Zola	14/08/...		5	27,54
6	Zane	Heneke	2000-03-02	CSSS	6	28,24
7	Jason	Esplin	2000-09-25	CSSS	7	29,25
8	Freek	Biegenaar	05/08/2000	Worcester	8	29,45
9	Christiano	November	15/12/2001	Hexvallei	9	30,04
10	Marlin	Isaacs	22/09/2000	Bella Vista	10	31,22

JUNIOR MEN LSEN - 8km					Pos.	Trail 5
1	Damian	Titus	26/08/2001	Steinthal	1	30,06
2	Stanley	Steenkamp	13/07/2001	Steinthal	2	31,42
3	Kyle	Owies	17/02/2001	RVSS	3	31,58
4	Jadian	De Bruin	21/12/2001	Steinthal	4	31,32
5	Julian	Brandt	12/09/2001	Steinthal	5	32,07
6	AJ	Meiring	10/12/2001	Steinthal	6	33,24
7	Jody-Lee	Prins	22/03/2001	Steinthal	7	34,25
8	Marthinus	Persens	10/02/2001	RVSS	8	35,12
9	Ricardo	Claasen	05/02/2001	RVSS	9	35,14
10	Brandon	Mant...	08/11/2001	Steinthal	10	35,53

MASTER MEN - 8km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Bjorn	Alexander	11/10/1982	Run Kin	1	34,46

SENIOR WOMEN - 4km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Sharlan	Boer	04/05/1998	Maties	1	15,28
2	Mia	Lyons		Athlete Academy	2	15,34
3	Allison	de Wet	1997-03-11	Swartland	3	17,06
4	Thobile	Vilakazi	20/11/1999	Athlete Academy	4	18,52

SENIOR MEN - 4km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Kalanelo	Thulo	26/05/1999	Ceres AC	1	11,06
2	Alvin	Dirkse	16/04/1998	Athlete Academy	2	12,20
3	Harry George	Van Niekerk	25/05/1999	Wellington AC	3	12,36
4	Leehandre	Robertson	30/11/1999	AC	4	14,57
5	Ashwell	Clooco		Worcester	5	15,02
6	Sylvin	Dirkse	16/04/1998	Athlete Academy	6	15,04
7	Conwill	Duiker	07/11/2001	Paarl Gim	7	15,10
8	Jaco	Haasbroek	18/06/1969		8	16,07

SENIOR MEN - 10km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Xolani	Mase	19/03/1997	Wellington	1	33,21
2	Johan	Oerson		Bredasdorp	2	34,29
3	Randall	Smith	22/04/1984	Bredasdorp	3	35,43
4	Christiano	...	01/08/1979		4	37,37
5	Denzill	Willemse		Worc. AC	5	38,58
6	Cobus	van Schalkwyk	24/03/1992	Robertson	6	40,02
7	Izaack	Jantjies	12/08/1998	Football Found.	7	46,42

SENIOR WOMEN - 10km					Pos.	Trail 5
1	Petra	Oerson	10/07/1957	Bredasdorp	1	45,10

MASTER WOMEN - 4km					Pos.	Trail 5
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB		
1	Jeanette	de Beer	06/02/1963	Bonnievale	1	19,04
2	Vondra	Singleton	1968-01-16	Worcester	2	21,22
3	Natasha	du Bruyn	23/01/1979	TL1604	3	21,36
4	Sophie	Booi	12/10/1969	Grootbos Foundation	4	23,02



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