



BOLAND ATHLETICS TEAM RESULTS FOR 2023 ASA 5km CHAMPIONSHIPS AT NASREC, FNB STADIUM IN JOHANNESBURG ON SATURDAY 17 JUNE 2023.

ATHLETE	CATEGORY	CLUB	POSITION	TIME
Sodick Van Schalkwyk	Junior Men	Correctional Services AC	28	16:44
Nashville Hofmeester	Junior Men	Ceres AC	44	17:46
Lisha Van Olselen	Senior Women	The Athlete Academy AC	5	17:53
Lisa Maritz	Women 40+	Whalers AC	24 Over all – 2 nd W40+	20:16
Deon-Lee Hendricks	Senior Men	The Athlete Academy AC	8	14:54
Nadeel Wildschutt	Senior Men	The Athlete Academy AC	15	15:18
Philani Sengce	Senior Men	The Athlete Academy AC	18	15:32
Alexandro Da Silva	Senior Men	Maties AC	30	16:04
Angelo Booyesen	Senior Men	Correctional Services AC	46	16:38
Lorenzo Pieters	Senior Men	Langebaan AC	61	17:10
Hendry Mathews	Team Manager	Paarl AC		



Boland Athletics 5km Team



Lisa Maritz 2nd Place Women 40+



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