



## 2023 BOLAND ATHLETICS 10KM ROAD RUNNING CHAMPIONSHIPS REPORT

Boland Athletics Club athletes braved very fresh windy conditions in the Mykonos Multisport 10km at Club Mykonos Resort on Saturday 7 October 2023, to compete for selection to the Boland Athletics Team for the Athletics South Africa 10km Road Running Championships at Mbombela Stadium in Nelspruit on Saturday 4 November 2023. Our gratitude to Mykonos Multi Sport for incorporating the Boland Athletics 10km Championships into their event.

The results of the medal winners are as follows:



Junior Women: Ashali Pholman



Junior Men



Senior Women



Senior Men



Women 40 to 49



Men 40 to 49





Women 50 to 59



Men 50 to 59



Men 60 to 69



Women 60 to 69



Women 70+



10 October 2023



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# Mykonos 21.1km : 10km : 5km

10km

## Boland 10km Champs : Results by Category

Pos	No	Name	Club	O/Pos	Time
<b>Male</b>		<b>Junior</b>			
1	1105	Alfonzo JORDAALI	LANGEBAAAN STRANDLOPERS	4	36:09
2	1374	Nashville HOFMEESTER	CERES AC	5	36:46
3	1376	Jade-Lee DE WEE	CERES AC	8	39:23
<b>Female</b>		<b>Junior</b>			
1	1278	Ashali PHOLMAN	LANGEBAAAN AC	13	42:02
<b>Male</b>		<b>Senior</b>			
1	1187	Deanlee HENDRICKS	ATHLETE ACADEMY BOLAND	1	31:37
2	1189	Angelo BOOYSEN	DRAKENSTEIN CORRECTIONAL SERVICES	2	33:33
3	1258	Emmanuel FREDRICKS	LANGEBAAAN AC	3	35:17
<b>Female</b>		<b>Senior</b>			
1	1017	Louise DIPPENAAR	SWARTLAND AC	15	44:25
2	1273	Deaniah MCDONALD	LANGEBAAAN AC	17	47:31
3	1082	Luisa KALENGA	CLUB MYKONOS MULTISPORT	20	52:29
<b>Male</b>		<b>40-49</b>			
1	1171	Jacques BASSON	LANGEBAAAN AC	11	40:23
2	1358	Afrika BRUINTJIES	LANGEBAAAN AC	16	46:20
3	1183	Peter-John BENN	LANGEBAAAN STRANDLOPERS	32	59:18
<b>Female</b>		<b>40-49</b>			
1	1361	Sandra BESTER	LANGEBAAAN STRANDLOPERS	23	53:50
2	1157	Zinhle Bongqi DLAMINI	CLUB MYKONOS MULTISPORT	69	1:17:41
3	1267	Maleeha VALENTINE	CLUB MYKONOS MULTISPORT	74	1:23:13
<b>Male</b>		<b>50-59</b>			
1	1268	Dawid ANDREWS	ST HELENA BAY ATHLETIC CLUB	10	40:04
2	1220	Walrer DU TOIT	LANGEBAAAN STRANDLOPERS	18	48:25
3	1004	Casper FRYLINCK	LANGEBAAAN STRANDLOPERS	22	52:56
<b>Female</b>		<b>50-59</b>			
1	1170	Hanselie SWARTS	SWARTLAND AC	29	56:26
2	1279	Anita DAVIDS	LANGEBAAAN AC	43	1:06:30
3	1051	Petro VAN ASWEGEN	CLUB MYKONOS MULTISPORT	46	1:07:43

# Mykonos 21.1km : 10km : 5km

10km

## Boland 10km Champs : Results by Category

Pos	No	Name	Club	O/Pos	Time
<b>Male</b>		<b>60-69</b>			
1	1112	Leon MAASS	CLUB MYKONOS MULTISPORT	36	1:02:21
2	1176	Johan SCHOLTZ	SWARTLAND AC	44	1:06:42
3	1083	Wikus NAUDE	LANGEBAAAN AC	62	1:14:41
<b>Female</b>		<b>60-69</b>			
1	1228	Cailey BREDENKAMP	PAARL AC	24	54:03
2	1056	Carol BOSMAN	CLUB MYKONOS MULTISPORT	34	1:00:21
3	1169	Wanda CARSTENS	SWARTLAND AC	38	1:03:11
<b>Male</b>		<b>70+</b>			
1	1206	Raymond VENABLES	LANGEBAAAN STRANDLOPERS	28	55:04
2	1172	Leon OTTO	CLUB MYKONOS MULTISPORT	37	1:03:10
3	1027	Trevor DALMEIDA	CLUB MYKONOS MULTISPORT	67	1:16:30
<b>Female</b>		<b>70+</b>			
1	1178	Lucia FERNANDES	LANGEBAAAN STRANDLOPERS	73	1:22:53