

ASWD CROSS COUNTRY
RESULTS PER AGE GROUP 2016

B U 9 YEARS			2008, 2009, 2010		
NAME	SURNAME	CLUB	YY	MM	DD
ASHTON	GROOTBOOM	HEIDEDAL - OUTENIQUA	2008	3	29
ELCARDO	LINKS	BF WES	2008	9	13
LU-RUQUEWAN	WILLEMSE	HESSEQUA	2008	2	17
RYAN	BOOYSEN	BF WES	2008	5	12
TAYLER	CHARLES	BF WES	2008	4	10
QUINTON	MURRAY	BF WES	2008	5	1
SULEMAN	VAN HEERDEN	HEIDEDAL - OUTENIQUA	2008	7	14
VILLROY	PRINS	RAINBOW	2002	5	27
MARLON	VAN STADEN	BF WES	2008	1	10
CHRISTOPHER	BLAAUW	DELLVILLE PARK PRIM	2008	12	24
ETHAN	GWANIE	HEIDEDAL - OUTENIQUA	2009	6	12
RIAAZ	LATIEF	HIBERNIA	2008	5	7
ZAANDRE	KRUGER	BF WES	2008	1	10
LEE-ROY	MONZINGA	BF WES	2008		
JORDAN	JANSEN	GOEDGEGUN	2009	2	3
AJ	JANSEN	WABOOMSKRAAL-NEDBANK	2009	12	29
TIMOTHY	DREYER	HOMESCHOOLING	2008	5	15
RUAN	BAADJEIS	BF WES	2008	12	1
ANVILL	PIETERSEN	HEIDEDAL - OUTENIQUA	2009	8	6
JAYDEN	ERASMUS	WABOOMSKRAAL-NEDBANK	2008	12	25
VERNON	RENIER	BF WES	2009	8	26
WILTON	JOHNSON	TESKE	2008		
DIAN	SWART	HARTENBOS DRAWWERS	2009	3	25
DONOVAN	MURRAY	BF WES	2008	12	11
JAMES	REINECKE	HOMESCHOOLING	2009	5	7
COLEN	GRANT	HOMESCHOOLING	2009	3	14
SHULDRE	STEENKAMP	LAINGSBURG	2008		

G U 9 YEARS			2008, 2009, 2010		
NAME	SURNAME	CLUB	YY	MM	DD
RAYMONIQUE	DE KOKER	BF WES	2008	6	11
LOREZEL	WOLHUTER	HEIDEDAL - OUTENIQUA	2008	7	28
BERNICA	BERG	BF WES	2008	7	31
PHOEBE	CAIRNCROSS	HEIDEDAL - OUTENIQUA	2008	1	10
SHERONIQUE	NOORDMAN	HEIDEDAL - OUTENIQUA	2008	7	15
ELISMA	VAN WYK	LS HARTENBOS	2010	3	11
GRECIA	VAN DER BERG	BF WES	2008	4	2
INDIA	GRAAFF	BF WES	2008	2	18
NATHALENE	CLAASSEN	HEIDEDAL - OUTENIQUA	2009	1	16
SIPOLELE	DE BRUYN	BF WES	2008	2	26
CLAIRE	LONGDON	BF WES	2008	8	6
BEVONIQUE	MAART	HEIDEDAL - OUTENIQUA	2009	6	10
ANGELA	VAN SCHALKWYK	BF WES	2008	10	6
SHAUNIQUE	JACOBS	HEIDEDAL - OUTENIQUA	2009	3	4

INTLE	GCANGA	BF WES	2008	10	25
JEMENICA	CUPIDO	GOEDGEGUN	2008	6	16
MARELISE	ROBINSON	BF WES	2009	3	19
MELANIE	PRETORIUS	GOEDGEGUN	2008	11	28
PHELOKAZI	MANELI	BF WES	2009	6	24
ALIDA	CROUS	HOMESCHOOLING	2008	8	26
OKUHLE	FILA	BF WES	2009	6	9
CASSIDY	KROTZ	ST MARY'S PRIM	2008	6	27

B U 10 YEARS			2007		
NAME	SURNAME	CLUB	YY	MM	DD
KURT	BOTHA	ST MARY'S PRIM	2007	4	17
AUSTIN	HAAS	BF WES	2007	1	11
ANTHINO	SAM	BF WES	2007	5	28
JU-WAYNE	BUSCH	PANORAMA HESSEQUA	2007	12	16
HENRU	NELL	HARTENBOS	2007	8	30
UMALIEN	KLEINHANS	HEIDEDAL OUTENIQUA	2007	12	30
JULIANO	SOLOMONS	HEIDEDAL OUTENIQUA	2007	1	7
KEANAN	UITHALER	BF WES	2007	7	18
PHAREL	VAN WYK	BF WES	2007	4	8
ELRICH	CLAASSEN	EZELJACHT NEDBANK	2007	2	21
MICHEAL	HENDRICKS	GOEDGEGUN	2007	10	16
CHRISTIAAN	WILLIAMS	GOEDGEGUN	2007	9	28
WINSTON	WILSON	BF WES	2007	8	12
JUSTIN	HENDRICKS	MELKHOUTFONTEIN	2007	7	19
ANTONIO	SPEELMAN	MELKHOUTFONTEIN	2007	2	3
JONATHAN	ABRAHAMS	WABOOMSKRAAL NEDBANK	2007	2	10
VINCENT	FIGELAND	WABOOMSKRAAL NEDBANK	2007	4	8
TRAVIS	AVERY	OUTENIQUA HARRIERS	2007	11	10
SHAUWEN	POVEY	ST MARY'S PRIM	2007	4	30
ASHLIN	SCOTT	ST MARY'S PRIM	2007	6	12
GRETHWILL	VAN ROOYEN	EZELJACHT NEDBANK	2007	7	29
ASHLEY	SCOTT	ST MARY'S PRIM	2007	6	12
WELDIN	LOTZ	MELKHOUTFONTEIN	2007	12	29
ANROUX	JAFTHA	IMEKHAYA PRIM	2007	8	20
KATLEO	LETSOSO	IMEKHAYA PRIM	2007	1	25
ASAKLE	MOKOENA	IMEKHAYA PRIM	2007	7	21
KAMUELETHU	WANA	IMEKHAYA PRIM	2007	4	23

G U 10 YEARS			2007		
NAME	SURNAME	CLUB	YY	MM	DD
LEE-GAYLE	OLYN	BF WES	2007	1	31
KAY-MARI	VALENTEIN	BF WES	2007	10	6
HILLINY	WITBOOI	HEIDEDAL OUTENIQUA	2007	5	26
XAVAIREA	TEKANA	HEIDEDAL OUTENIQUA	2007	4	23
NADIA	SALMANS	BF WES	2007	2	10
SIBISHLE	MAKISI	PANORAMA HESSEQUA	2007	6	6
CASMIA	MAART	BF WES	2007	3	27
JEANINE	JOOSTE	BF WES	2007	2	9
MAURIKA	UITHALER	GOEDGEGUN	2007	2	1

ABIGAIL	PIETERSEN	GOEDGEGUN	2007	7	20
SHEVONNE	GENTLE	HEIDEDAL OUTENIQUA	2007	10	27
SHAMONEY	DAMPIES	MELKOUTFONTEIN	2007	5	9
ELZAAN	CROUS	HOMESCHOOLING	2007	4	16
STEPHANIE	LOTTERING	MELKOUTFONTEIN	2007	5	9
JAYLENE	BITO	MELKOUTFONTEIN	2007	11	21

B U 11 YEARS			2006		
NAME	SURNAME	CLUB	YY	MM	DD
HENRO	KUHN	HARTENBOS	2006	2	28
BRADLEY	KAPTEIN	BF WES	2006	12	14
BEYON	PRINS	PANORAMA HESSEQUA	2006	1	9
CLIFTON	FINK	BF WES	2006	5	
YULIN	ARMOED	HEIDEDAL OUTENIQUA	2006	7	17
EULINE	SWARTS	BF WES	2006	1	19
ATHENKOSI	MUGGELS	HEIDEDAL OUTENIQUA	2006	7	13
JARCO	RUITERS	HEIDEDAL OUTENIQUA	2006	10	18
JASON	GOEIEMAN	HEIDEDAL OUTENIQUA	2006	10	15
LUXABISO	MTSOTHA	KMC	2006	6	15
BRYCE	BAILEY	ST MARY'S PRIM	2006	9	1
RONALDO	OOSTHUIZEN	LAINGSBURG	2006	6	4
JAYLIN	MULLER	BF WES	2006	12	6
HEINRICH	ADAMS	GOEDGEGUN	2006	10	11
DANLIN	CAROLUS	EZELJACHT NEDBANK	2006	11	7
BRADWON	BOESAK	FRANKEN NEDBANK	2006	3	15
RUAAL	OLIVIER	GOEDGEGUN	2006	6	29
REAGAN	TROMP	GOEDGEGUN	2006	6	29
FREHANO	BUYS	FRANKEN NEDBANK	2006	3	9
DENILSON	PRINS	RAINBOW AC	2006	6	9
SHAUN	DOUGLAS	FRANKEN NEDBANK	2006	2	17
GERALDO	ISAACKS	WABOOMSKRAAL NEDBANK	2006	6	30
SONWABISO	MOLO	KMC	2006	4	5
L	RAMASETJA	PRINCE ALBERT PRIM	2006	12	11
DELCON	HENDRICKS	FRANKEN NEDBANK	2006	4	6
MANYIBISI	NYOBA	BF WES	2006	2	17
CONROY	DYSSEL	ST MARY'S PRIM	2006	6	8
MICHAAN	SARELSE	PRINCE ALBERT PRIM	2006	9	16
ANGELICO	CUPIDO	GOEDGEGUN	2006	10	9
CLAYTON	JONKERS	BF WES	2006		
JEVAAN	LUTTIG	PRINCE ALBERT PRIM	2006	5	19
EMILE	CLAASEN	PRINCE ALBERT PRIM	2006	8	11
DEON	LEONARD	DRAWWERS HARTENBOS	2006	12	31
JANEO	LUTTIG	PRINCE ALBERT PRIM	2006	3	19
E	BLAAUW	PRINCE ALBERT PRIM	2006	2	26
COLE	PATTERSON	HOMESCHOOLING	2006	10	27
JAYDEN	VAN DER ROSS	PRINCE ALBERT PRIM	2006	12	17

G U 11 YEARS			2006		
NAME	SURNAME	CLUB	YY	MM	DD
DANIEL	TIETIES	BF WES	2006	6	27

SHAFIEKA	DU PREEZ	HEIDEDAL OUTENIQUA	2006	7	11
DINAYSHA	PAULSEN	WABOOMSKRAAL NEDBANK	2006	10	22
ANGELIQUE	NUWEGELD	BF WES	2006	7	3
ROCHNE	VAN JAARVELDT	WABOOMSKRAAL NEDBANK	2006	12	12
MACDALENE	ROMAN	EZELJACHT NEDBANK	2006	12	19
ASHLENE	VOSTER	EZELJACHT NEDBANK	2006	7	25
JONICA	FRANCIS	GOEDGEGUN	2006	12	17
LUCHANAY	TELLES	BF WES	2006	2	13
JOY	JANSEN	HESSEQUA	2006	5	13
TAMLYN	SWARTS	BF WES	2006	6	12
SHANEANE	ROMAN	EZELJACHT NEDBANK	2006	12	6
CHANEL	KLEYN	EZELJACHT NEDBANK	2006	6	30
CARLENE	PLAATJIES	EZELJACHT NEDBANK	2006	12	27
ANGELICA	CUPIDO	GOEDGEGUN	2006	10	9
ESRIKA	BOOYSEN	KMC	2006	2	19
CHANTE	NOORDMAN	HEIDEDAL OUTENIQUA	2006	12	26
WHACEMA	BOOYSEN	MELKHOUTFONTEIN	2006	4	12
VIRGINY	WINDWAAI	ST MARY'S PRIM	2006	4	21
SHAUNDRE	PHILLIPS	LAINGSBURG	2006	7	11
LILA	THEUNISSEN	LAERSKOOL OUTENIQUA	2006	5	19
VERONIQUE	FRANCIES	KRUISRIVIER PRIM	2006	1	21
LAFIQAH	LATIEF	PANORAMA HESSEQUA	2006	9	21
GERTRULENE	SOLLOMANS	MELKHOUTFONTEIN	2006	5	6

B U 12 YEARS			2005		
NAME	SURNAME	CLUB	YY	MM	DD
SHAUNDRE	WEBB	HEIDEDAL OUTENIQUA	2005	8	20
RAYMONDRE	SAMSON	HEIDEDAL OUTENIQUA	2005	9	21
AUCHISHEN	MCINTOSH	BF WEST	2005	7	25
EUGENE	NOORDMAN	HEIDEDAL OUTENIQUA	2005	1	11
ANTONIO	OLIVIER	BF WEST	2005	7	31
SHADIAN	BOTHA	HEIDEDAL OUTENIQUA	2005	5	19
RYAN-LEE	VALLENTYN	HEIDEDAL OUTENIQUA	2005	9	14
ALJEAIRO	MAFUTA	KMC	2005	3	14
JAN	VISAGIE	WABOOMSKRAAL NEDBANK	2005	3	22
HJ	NEL	HARTENBOS	2005	1	7
MARKQUIN	TIGER	BF WEST	2005	7	20
ALEXANDER	BESTER	HARTENBOS	2005	9	15
ETHAN	SOLOMON	PANORAMA HESSEQUA	2005	2	7
ERNEST	MAKOLOKA	IMEKHAYA PRIM	2005	8	22
JAYCEANNE	MDZWANA	GOEDGEGUN	2005	8	7
JOHANDRE	ADAMS	PANORAMA HESSEQUA	2005	6	18
FRANWILL	FRAZENBERG	ST MARY'S PRIM	2005	3	22
OLWETHU	MZAYIYA	IMEKHAYA PRIM	2005	10	31
ONA	MKHE	KMC	2005	7	7
ESONA	MATINKA	ST MARY'S PRIM	2005	7	14
FILLIPE	THULANI	IMEKHAYA PRIM	2005	11	3
ASONDE	GWINTA	IMEKHAYA PRIM	2005	1	23
LANDO	BAADTJIES	PANORAMA HESSEQUA	2005	1	15
ANDA	KLAAS	IMEKHAYA PRIM	2005	2	8

J	KLEIN	PRINCE ALBERT PRIM	2005	6	13
KYLE	DAMONS	PANORAMA HESSEQUA	2005	6	17
MICHAEL	GRANT	HOMESCHOOL	2005	4	30
JERICO	VAN WYK	LAINGSBURG	2005	3	8
LELETHU	NISE	KMC	2005	3	25
YANGA	LUCAS	NEDBANK	2005		

G U 12 YEARS			2005		
NAME	SURNAME	CLUB	YY	MM	DD
ABIGAIL	NELSON	RAINBOW ATHLETICS	2005	4	28
MURSHA	JOOSTE	BF WEST	2005	5	19
LETISHA	SINCLAIR	KMC	2005	5	22
LEANNE	JACOBS	BF WEST	2005	7	21
CHANIK	HILANI	HEIDEDAL OUTENIQUA	2005	8	16
ELDONE	JANSEN	HEIDEDAL OUTENIQUA	2005	8	29
ANNIKE	CHARLES	PANORAMA HESSEQUA	2005	1	4
JUNAY	KERSPUY	FRANKEN NEDBANK	2005	5	10
GENEVA	PRINS	PANORAMA HESSEQUA	2005	7	8
LEANDRIA	MANGO	HEIDEDAL OUTENIQUA	2005	5	13
CYLEN	VAN ROOYEN	EZELJACHT NEDBANK	2005	8	16
PETRONEY	GROENEWALD	HESSEQUA	2005	2	21
DIONNIEK	HEDNRICKS	HEIDEDAL OUTENIQUA	2005	4	17
URSULA	VAN BEULEN	NEDBANK	2005		
JAMELENE	SAMBO	PANORAMA HESSEQUA	2005	5	18
RICHANE	REINECKE	HOMESCHOOLING	2005	9	3
WASHEELA	JAFTA	HESSEQUA	2005	4	16
NATASHA	TARENTAAL	GOEDGEGUN	2005	1	20
R	MEI	PRINCE ALBERT PRIM	2005	4	19
ADELE	VAN DER ROS	LAINGSBURG	2005	2	21
MIKHAYLA	STOFFELS	GOEDGEGUN	2005	7	1
NADIA	VISSER	GEORGE SUID LS	2005	7	7

B U 13 YEARS			2004		
NAME	SURNAME	CLUB	YY	MM	DD
HENDRY	ISAAC	HEIDEDAL OUTENIQUA	2004	4	29
GEMALY	MICHAELS	HEIDEDAL OUTENIQUA	2004	10	20
SAMMOLINO	JACOBS	HESSEQUA	2004	2	25
SHAYLON	LOMBAARD	PANORAMA HESSEQUA	2004	9	23
RAYMOND	HARRIS	HEIDEDAL OUTENIQUA	2004	6	21
NATHAN	OLIVIER	BF WEST	2004	4	21
VUYANE	NCONTSA	BF WEST	2004	5	2
ELRICH	PEDRO	FRANKEN NEDBANK	2004	3	4
ELRICH	BEWEE	HEIDEDAL OUTENIQUA	2004	1	23
TYRON-LEE	ANDRIES	NEDBANK	2004		
GARETH	KRUGER	BF WEST	2004	1	19
JABEZ	COETZEE	NEDBANK	2004		
JAYDEN	PIETERSE	GOEDGEGUN	2004	8	7
CRISTIAN	PRETORIUS	HARTENBOS	2004	9	30
SHERWIN	VAN WYK	NEDBANK	2004		
ROYSTON	HESS	PANORAMA HESSEQUA	2004	11	7

DAMIAN	LINGERVELD	EZELJACHT NEDBANK	2004	4	30
BENEDICT	LAVERLOT	HESSEQUA	2004	11	20
ANJO	JULLIES	NEDBANK	2004		
BROWN	JACOBS	KMC	2004	3	3
ANGELO	PRINS	HESSEQUA	2004	2	11
GERALDO	DAMONS	HESSEQUA	2004	4	15
LORENZO	DYLES	BF WEST	2004		
YOLISA	NQOWA	ST MARY'S PRIM	2004		
GRAEME	PHILANDER	NEDBANK	2004		
MARUAAN	SLABBERT	ST MARY'S PRIM	2004		
JAHEIM	WATERBOER	PRINCE ALBERT PRIIM	2004	4	7
MACIANO	MEI	NEDBANK	2004		
BRADLEY	AFRIKA	PANORAMA HESSEQUA	2004	7	27
LUARD	ELSTADT	GLENWOOD HOUSE	2004	6	21

<u>G U 13 YEARS</u>			<u>2004</u>		
<u>NAME</u>	<u>SURNAME</u>	<u>CLUB</u>	<u>YY</u>	<u>MM</u>	<u>DD</u>
SHANE	WEBB	HEIDEDAL OUTENIQUA	2004	2	4
ELVINA	SIMPSON	BF WEST	2004	1	11
ELEANOR	BOOYSEN	HEIDEDAL OUTENIQUA	2004	4	13
CHANTE	ERASMUS	WABOOMSKRAAL NEDBANK	2004	6	19
MISHKA	DU PREEZ	HEIDEDAL OUTENIQUA	2004	8	13
CYNTHIA	DE KOKER	BF WEST	2004	2	4
JANDRI	SNYDERS	HARTENBOS DRAWWERS	2004	3	2
BIANCA	BANTOM	BF WEST	2004	5	16
MICHAYLA	PIETERSE	PANORAMA HESSEQUA	2004	6	30
NICOLE	LOTTERING	BF WEST	2004	5	9
GAYLENE	DOUW	BF WEST	2004	8	8
SHANNON	PIETERSE	PANORAMA HESSEQUA	2004	7	25
NADELIA	NATANG	WABOOMSKRAAL NEDBANK	2004	6	12
CAMLYN	JOHANNES	GOEDGEGUN	2004	1	5
ESMERELDA	FLOORS	KRUISRIVIER HESSEQUA	2004	10	11
INGERMA	DE VILLIERS	HESSEQUA	2004	11	20
ZOEY	LAMONT	NEDBANK	2004		
SHARONE	DU PREEZ	MELKHOUTFONTEIN	2004	10	4
MARGERY	CLOETE	LAINGSBURG	2004	1	31
VICKY-LEE	PATTERSON	HOME SCHOOLING	2004	8	30
JESMIEN	VAN BEULEN	NEDBANK	2004		
A	ADAMS	PRINCE ALBERT PRIM	2004	6	26
HENRIETTA	VAN DER ROSS	BF WEST	2004	5	27

<u>B U 14 YEARS</u>			<u>2003</u>		
<u>NAME</u>	<u>SURNAME</u>	<u>CLUB</u>	<u>YY</u>	<u>MM</u>	<u>DD</u>
JASON	ROODE	NEDBANK	2003		
LUTHER	BLAAUW	NEDBANK	2003	8	20
BERBETO	JANSEN	NEDBANK	2003	8	18
LORENZO	WILTSHIRE	GEORGE HS	2003	7	15
KEANWILL	NEEWAT	PRINCE ALBERT PRIM	2003	3	29
RENIER	JANSEN	HEIDEDAL OUTENIQUA	2003	8	18
DIAGEN	JAFTHA	PANORAMA HESSEQUA			

ASHWILL	KOOPMAN	NEDBANK	2003		
SHELDON	LOMBAARD	SLANGRIVIER PRIM	2003	11	10
CHADLIN	KOEN	KMC	2003	10	17
ZADRIAN	GRAAFF	BF WEST	2003		
DURANDO	AWERIES	HEIDEDAL OUTENIQUA	2003	7	30
ASHWAYNE	MARTINUS	NEDBANK	2003		
LORENZO	SAPTOU	NEDBANK	2003		
JAYDON	FRANCIES	GOEDGEGUN	2003	7	29
ELVONSOU	LINKS	BF WEST	2003	5	20
JAYDON	VAN REENEN	PANORAMA HESSEQUA	2003	12	31
RIDEWAAN	ESAU	EZELJACHT PRIM NEDBANK	2003	11	12
MICHAEL	JOSEPH	PANORAMA HESSEQUA	2003	4	14
COLE	DU TOIT	HARTENBOS	2003	11	15
RONALDO	PRINS	LAINGSBURG	2003	5	13
LEONARD	BEKKER	DRAWWERS HARTENBOS	2003	12	25
MALIBONGWE	DAMONS	UNIONDALE HS	2003	6	28
MIHLALI	SANDLO	KMC	2003	6	30
ZANDRE	GERBER	OUTENIQUA HARRIERS	2003		
ETHAN	WILLIAMS	ST MARS PRIM	2003		
CURLIN	ELBRUGHT	ST MARS PRIM	2003	4	11

G U 14 YEARS			2003		
NAME	SURNAME	CLUB	YY	MM	DD
SHALANDA	BARNARDO	MOSELBAAI HARRIERS	2003	4	6
CARA	BERGH	OUTENIQUA DRAWWERS	2003	4	3
ELENA	GAIKA	BF WEST	2003	6	9
LESLEY-ANN	LOUW	HEIDEDAL OUTENIQUA	2003	4	4
LETTITIA	WILSON	BF WEST	2003	8	29
JADRE-ANN	HUMAN	GEORGE HIGH	2003	6	23
MERISHA	FRANSE	BF WEST	2003	1	16
JAYLINE	RUITERS	NEDBANK	2003		
JESAMENE	SAMBO	PANORAMA HESSEQUA	2003	5	29
REE-ANN	VISAGIE	GOEDGEGUN	2003	4	14
MICHELLE	NICHOLAAS	NEDBANK	2003		
MONIQUE	JANTJIES	BF WEST	2003	4	8

B U 15 YEARS			2002		
NAME	SURNAME	CLUB	YY	MM	DD
MALVIN	VISSER	BF WEST	2002	6	24
LAZLO	PAULSEN	LANGENHOVEN	2002	12	17
SHADRICK	JANUARIE	GEORGE HS	2002	1	8
ELDIGO	JONAS	BF WEST	2002	8	8
SEBASTIAN	PAULSEN	WABOOMSKRAAL NEDBANK	2002	7	30
SHANE	FREDERICKS	BF WEST	2002	4	10
DENO	BAARTMAN	OUTENIQUA HARRIERS	2002	3	4
SHERMON	JOUBERT	ST MARY'S PRIM	2002	8	1
CHESWIN	SAAYMAN	PANORAMA HESSEQUA	2002	2	11
AVANTE	FARAO	LAINGSBURG	2002	2	13
LLEWELLYN	VILJOEN	HARTENBOS DRAWWERS	2002	4	10
TIMOTHEUS	MARKGRAAFF	OUTENIQUA HARRIERS	2002	1	8

ANGELICO	KLEIN	FRANKEN NEDBANK	2002	4	6
ASHWIN	MINNAAR	GEORGE HS	2002	2	17
ASHLEY	BEUKES	BF WEST	2002		
ASHWIN	SCHEEPERS	LAINGSBURG	2002	9	5
SINENTHEMBA	JACOBS	KMC	2002	5	2
REVALDO	JACOBS	PRINCE ALBERT PRIM	2002	9	22
JERICO	PETERSEN	KMC	2002	4	25
TYRON	LOMBAARD	PANORAMA HESSEQUA	2002	11	6
ELERMO	SCHEEPERS	PRINCE ALBERT PRIM	2002	12	24
R.	PAULSEN	PRINCE ALBERT PRIM	2002	12	5

G U 15 YEARS			2002		
NAME	SURNAME	CLUB	YY	MM	DD
STEPHANY	PETRO	RAINBOW	2002	3	20
AYANDA	WILDSCHUT	BF WEST	2002	6	12
SANET	VOLLENHOVEN	GERRIT DU PLESSIS	2002	8	27
AGNES	DE BRUYN	BF WEST	2002	10	21
CHANELE	MARTHINUS	LAINGSBURG	2002	4	9
B.	ADAMS	PRINCE ALBERT PRIM	2002	8	28
NOLENE	ROSSOUW	MELKHOUTFONTEIN	2002	10	6
L.	FAROA	PRINCE ALBERT PRIM	2002	4	22
L.	PIETERSEN	PRINCE ALBERT PRIM	2002	5	2

B U 16 YEARS			2001		
NAME	SURNAME	CLUB	YY	MM	DD
WALDO	KAPTEIN	BF WEST	2001	1	29
WESLEY	OLIVIER	BF WEST	2001	4	16
LOURENZO	LUKAS	LANGENHOVEN HS	2001	9	14
SHAHIED	LOUW	KMC	2001	11	9
SIDWELL	KIEWIETS	GEORGE HS	2001	4	23
RAYVIEN	SWEMMER	UNIONDALE HS	2001	3	1
MARLIN	BERKAT	PANORAMA HESSEQUA	2001	2	10
SISA	PONI	GERRIT DU PLESSIS HS	2001	2	14
FRANCOIS	LOUIS	RAINBOW	2001	11	29
DONOVAN	RUITERS	UNIONDALE HS	2001	4	27
LEON	UYS	HESSEQUA	2001	3	5
ANVILLE	PRESENTS	PANORAMA HESSEQUA	2001	6	14
CHARTON	MARITZ	PRINCE ALBERT PRIM	2001	6	14
FRANKLIN	JACOBS	HEIDEDAL OUTENIQUA	2001	9	11
JULIAN	CLAASEN	GERRIT DU PLESSIS HS	2001	8	30
DARRYL	WHITE	KMC	2001	1	28
MARKVILLE	PRINS	GERRIT DU PLESSIS HS	2001	5	19
GORMO	VISAGIE	PRINCE ALBERT PRIM	2001	11	26
CARLOS	FORTUIN	BF WEST	2001		
GRANVILLE	KAMMIES	PRINCE ALBERT PRIM	2001	2	19
JADEN	LOUW	LAINGSBURG	2001	2	24
SEAN	DAVIDS	GEORGE HS	2001	1	17
CAYNO	PIETERSEN	LAINGSBURG	2001	2	12
DIMITRI	LOUW	LAINGSBURG	2001	6	28

G U 16 YEARS			2001		
NAME	SURNAME	CLUB	YY	MM	DD
CHEMILLINE	TELLIS	BF WEST	2001	10	27
ZAINAL	SPOGTER	BF WEST	2001		
MICHELLE	VAN HEERDEN	KMC	2001	11	15
DANELL	HUMAN	HARTENBOS DRAWWERS	2001		
EUNICE	JACOBS		2001	4	23
JASMINE	JUTA	GERRIT DU PLESSIS	2001	8	2
ADELLE	PLAATJIES	LAINGSBURG	2001	6	6
J.	LEONARDS	PRINCE ALBERT PRIM	2001	1	1

B U 17 YEARS			2000		
NAME	SURNAME	CLUB	YY	MM	DD
MARIO	VAN SCHALKWYK	GERRIT DU PLESSIS	2000	2	10
WAYDEN	KOMBELA	MELKHOUTFONTEIN	2000	2	20
DEVON	DE VILLIERS	LANGENHOVEN HS	2000	7	11
ELROY	JACOBS	OLYMPIA	2000		
EUGENE	LOURENS	OUTENIQUA HARRIERS	2000	5	7
MARKUS	VAN STADEN	BF WEST	2000		
TIRIQUE	THERON	BF WEST	2000	5	7
FRANCOIS	WIESEL	UNIONDALE HS	2000	3	3
LUWANDO	QOSO	KMC	2000	2	16
DAMIAN	ADONIS	KMC	2000	7	31
CJ	SOLOMONS	KMC	2000	4	18
HERBERT	HARTNICK	SLANGRIVIER PRIM	2000	11	8
MANDISI	DAMONS	UNIONDALE HS	2000	5	10
LEONARDO	JONKERS	BF WEST	2000	6	28
ANTONIO	FARMER	NEDBANK	2000	12	21
NAZEEM	BORCHED	UNIONDALE HS	2000	8	21
MESULI	PLAATJIES	KMC	2000	9	2
JEANNE PIERRE	GEWANI	LAINGSBURG	2000	11	26
EBEN	CONRADIE	PUNT HS	2000	12	11
LUTHANDO	VAN ROOYEN	KMC	2000	7	18
ZAVIER	FORBES	BF WEST	2000		
LEE-HANDRY	DE SOUSA	OLYMPIA	2000	11	10
CHIWAGO	DAVIDS	PANORAMA HESSEQUA	2000	12	6
FRANSWILL	CLAASSEN	PRINCE ALBERT PRIM	2000	6	28

G U 17 YEARS			2000		
NAME	SURNAME	CLUB	YY	MM	DD
BRITNEY-ANN	MEYER	NEDBANK	2000	10	19
CANDICE	VAN BEULEN	RAINBOW	2000	2	13
BENITA	IRVING	KMC	2000	2	6
ANTHEA	SOKO	FRANKEN NEDBANK	2000	7	4
MEGAN	BOUCHER	INDIV	2000	9	27
ANCKE	LEE	UNIONDALE HS	2000	12	3

B U 18 YEARS			1999		
NAME	SURNAME	CLUB	YY	MM	DD
LUZANE	PIETERSE	GERRIT DU PLESSIS	1999	2	4

CHRISTIAAN	LINGERVELD	OUTENIQUA HARRIERS	1999	1	30
AVIWE	KINANA	KMC	1999	1	30
EUSTACE	DANIELS	UNIONDALE HS	1999	2	28
RUSSEL	PRATT	HESSEQUA	1999	8	13
WILLIE	VILJOEN	HESSEQUA	1999	5	25
LEVERNE	STUURMAN	GEORGE HS	1999	4	28
MLULEKI	MATROOS	KMC	1999	11	2
HUMAN	WILLEMSE	HESSEQUA	1999	3	20
ASHWIN	HOOGBAARD	SLANGRIVIER PRIM	1999	12	26
JUVANDRE	JOOSTE	BF WEST	1999	4	15

G U 18 YEARS 4KM			1999		
NAME	SURNAME	CLUB	YY	MM	DD
GITHE	STANDER	BF WEST	1999		
SIHLE	BOKADA	GEORGE HS	1999	3	9
LETTITIA	VAN TONDER	GEORGE HS	1999	11	13
NADINE	MALAN	WITTEDRIFT HS	1999	1	17
JANOLENE	BOESAK	FRANKEN NEDBANK	1999	12	10
HESTELENE	LOUWRENS	GEORGE HS	1999	7	20
JENICK	OCTOBER	MELKHOUTFONTEIN	1999	8	18

B U 20			1998, 1997		
NAME	SURNAME	CLUB	YY	MM	DD
RUBEN	DLEPU	LANGENHOVEN HS	1997	7	31
JEROME	FERLAND	GEORGE HS	1998	12	6
AUSCHTEN	OCTOBER	NEDBANK	1998	4	24
CAMERON	PIETERSE	KMC	1998	4	4
BRADLEY	CARELSE	NEDBANK	1998	10	22
AWONKE	KOMANI	KMC	1998	3	17
MAXWELL	BROWN	OUTENIQUA HARRIERS	1998	10	19
SUWADE	ISAACS	UNIONDALE HS	1998	10	18
HILROY	ALKASTER	UNIONDALE HS	1997	12	9

G U 20 6KM			1998, 1997		
NAME	SURNAME	CLUB	YY	MM	DD
MACNITA	SAMUELS	KMC	1997	3	15
CLARISHA	PIETERSE	MOSELBAAI HARRIERS	1998	7	19
DOMINIQUE	KERSPUY	GEORGE HS	1998	11	8
JO-ANDRE	RUDOLF	GERRIT DU PLESSIS	1998	1	12

M OPEN YEARS - 4KM			20 - 34 YEARS		
NAME	SURNAME	CLUB	YY	MM	DD
LEON	ADAMS	HARTENBOS DRAWWERS	1994	2	1
ARCHIE	BOOME	KMC	1996	2	20

M OPEN YEARS - 8KM			20 - 34 YEARS		
NAME	SURNAME	CLUB	YY	MM	DD
JANSON	DARIES	BF WEST	1996		
DONAVAN	JANTJIES	OUTENIQUA HARRIERS	1996		

MELIKAZI	MZIZE	KMC	1983	9	8
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M OPEN YEARS - 10KM			20 - 34 YEARS		
NAME	SURNAME	CLUB	YY	MM	DD
ELTON	BOTHA	KMC	1993	1	23

W OPEN - 4KM			20 - 34 YEARS		
NAME	SURNAME	CLUB	YY	MM	DD
BIANCA	JANSE VAN RENSBURG	NEDBANK	1994	11	18
LINELLE	GROENEWALD	CAPE MULTISPORT	1990		

W OPEN - 6KM			20 - 34 YEARS		
NAME	SURNAME	CLUB	YY	MM	DD
TIMOREI	DEYCE	INDIV	1996	8	27
ANASTACIA	PLAATJIES	OUTENIQUA HARRIERS	1996	6	11

W OPEN - 10KM			20 - 34 YEARS		
NAME	SURNAME	CLUB	YY	MM	DD
KHULUKAZI	LUPONDO	KMC	1989	10	8
SINEAD	HATTINGH	NEDBANK	1993	4	14

M 40 - 49 - 8KM			YY	MM	DD
NAME	SURNAME	CLUB	YY	MM	DD
GUROME	GELDERBLOEM	MOSELBAAI HARRIERS			
RIAAZ	LATIEF	NEDBANK	1974	3	1
CHARLIE	TEKANA	OUTENIQUA HARRIERS	1976	5	10
GREENS	GROENEWALD	CAPE MULTI SPORT	1973		

W 40 - 49 - 4KM			YY	MM	DD
NAME	SURNAME	CLUB	YY	MM	DD
LANA	THEUNISSEN	NEDBANK	1972	7	25
C	ELSTADT	INDIV	1975	1	28
ULENE	VISSER	NEDBANK	1974	9	16
DEBBIE	STRYDOM	NEDBANK	1973	11	10

M 50 - 59 - 8KM			YY	MM	DD
NAME	SURNAME	CLUB	YY	MM	DD
SAMUEL	WINDVOGEL	OUTENIQUA HARRIERS	1963	4	5
EDUARD	ELSTADT	INDIV	1965	10	14

M 65+ 6KM			YY	MM	DD
NAME	SURNAME	CLUB	YY	MM	DD
LAMPIES	LAMPRECHT	NEDBANK	1949	4	16

LEAGUE 1	
POS	TIME
1	3.24
2	3.28
3	3.28
4	3.33
5	3.38
6	3.38
7	3.39
8	3.54
9	4.05
10	4.07
11	4.15
12	4.26
13	4.58
14	5.02
15	5.22
16	5.24
17	5.26
18	5.26
19	5.26
20	5.30
21	5.32
22	5.33
23	5.36
24	5.39
25	5.48
26	6.30
WRONG RACE	11.25

LEAGUE 1	
POS	TIME
1	4.01
2	4.46
3	4.55
4	5.00
5	5.24
6	5.25
7	5.25
8	5.27
9	5.28
10	5.31
11	5.31
12	5.32
13	5.35
14	5.34

15	5.34
16	5.35
17	5.35
18	5.36
19	5.56
20	5.13
21	5.25
22	6.43

LEAGUE 1	
POS	TIME
1	8.41
2	8.57
3	9.12
4	9.23
5	9.27
6	9.36
7	9.45
8	9.46
9	9.55
10	9.58
11	9.59
12	10.02
13	10.08
14	10.12
15	10.23
16	10.26
17	10.30
18	11.12
19	11.13
20	11.22
21	11.27
22	11.32
23	12.01
24	12.41
25	13.08
26	13.13
27	13.20

LEAGUE 1	
POS	TIME
1	9.47
2	9.53
3	10.11
4	10.13
5	10.20
6	10.57
7	11.05
8	11.07
9	11.09

10	11.11
11	11.17
12	11.50
13	13.32
14	14.26
WRONG DIST	15.12

LEAGUE 1	
POS	TIME
1	8.45
2	8.48
3	8.58
4	8.59
5	9.01
6	9.04
7	9.09
8	9.10
9	9.15
10	9.26
11	9.30
12	9.45
13	9.48
14	9.51
15	9.52
16	9.54
17	9.56
18	9.56
19	9.57
20	10.10
21	10.18
22	10.30
23	10.35
24	10.35
25	10.40
26	10.41
27	10.54
28	11.03
29	11.16
30	11.28
31	11.30
32	11.36
33	11.56
34	13.17
35	13.23
36	13.24
37	13.27

LEAGUE 1	
POS	TIME
1	9.03

2	9.20
3	9.32
4	10.04
5	10.09
6	10.19
7	10.20
8	10.25
9	10.26
10	10.28
11	10.42
12	10.42
13	10.43
14	10.49
15	10.55
16	10.58
17	11.04
18	11.28
19	13.20
20	12.01
21	12.25
22	13.28
23	14.20
WRONG DIST	15.13

LEAGUE 1	
POS	TIME
1	10.42
2	10.58
3	11.26
4	11.29
5	11.30
6	11.30
7	11.42
8	11.44
9	11.46
10	11.50
11	12.13
12	12.44
13	13.12
14	13.14
15	13.15
16	13.15
17	13.16
18	13.26
19	13.29
20	13.33
21	13.34
22	13.38
23	13.43
24	13.49

25	13.52
26	14.02
27	15.27
28	15.57
29	15.38
30	16.51

LEAGUE 1	
POS	TIME
1	11.36
2	12.11
3	12.14
4	12.18
5	12.42
6	12.51
7	13.37
8	13.46
9	13.48
10	13.57
11	14.22
12	14.22
13	16.04
14	16.08
15	16.09
16	16.15
17	16.29
18	16.45
19	17.00
20	17.00
21	17.52
22	22.10

LEAGUE 1	
POS	TIME
1	10.35
2	10.59
3	11.28
4	11.32
5	11.35
6	11.35
7	11.41
8	11.43
9	11.47
10	11.54
11	12.02
12	12.13
13	12.15
14	12.21
15	12.37
16	12.46

17	12.50
18	13.17
19	13.22
20	13.23
21	13.29
22	13.32
23	13.50
24	13.50
12	13.57
25	14.06
26	14.16
27	15.06
28	15.22
29	16.50

LEAGUE 1	
POS	TIME
1	11.54
2	12.12
3	12.18
4	12.30
5	12.43
6	12.43
7	13.21
8	13.45
9	13.47
10	13.51
11	13.54
13	13.59
14	14.09
15	14.23
16	15.09
17	16.25
18	16.30
19	16.56
20	16.58
21	17.01
22	18.40
23	22.11
24	22.15

LEAGUE 1	
POS	TIME
	12.52
1	16.23
2	16.36
3	16.45
4	17.14
5	17.25
6	18.05

AFSTAND?

7	18.07
8	18.23
9	18.30
10	18.31
11	18.49
12	19.01
13	19.02
14	19.04
15	19.37
16	19.50
17	19.59
18	20.06
19	20.24
20	20.38
21	20.39
22	22.59
23	23.17
24	26.19
25	30.08
26	30.12

LEAGUE 1	
POS	TIME
1	11.46
2	12.19
3	12.39
4	12.48
5	12.51
6	13.09
7	13.31
8	15.09
9	16.13
10	16.32
11	16.59
12	22.13

LEAGUE 1	
POS	TIME
1	15.30
2	15.31
3	16.00
4	16.39
5	16.42
6	16.57
7	17.09
8	17.13
9	18.09
10	19.12
11	19.13
12	19.24

13	19.41
14	20.00
15	20.01
16	20.54
17	21.04
18	21.26
19	22.40
20	22.45
21	22.48
22	25.16

LEAGUE 1	
POS	TIME
1	18.25
2	20.05
3	20.34
4	20.49
5	28.23
6	31.17
7	31.17
8	31.18
9	32.11

LEAGUE 1	
POS	TIME
1	15.29
2	15.52
3	16.10
4	16.40
5	17.12
6	17.20
7	17.36
8	18.12
9	18.13
10	18.18
11	18.19
12	18.46
13	18.46
14	19.07
15	19.09
16	19.17
17	19.23
18	20.02
19	20.23
20	20.27
21	21.03
22	23.02
23	24.40
24	25.32

LEAGUE 1	
POS	TIME
1	20.53
2	21.40
3	22.53
4	23.50
5	25.31
6	26.13
7	27.21
8	32.02

LEAGUE 1	
POS	TIME
1	20.53
2	21.14
3	21.17
4	21.56
5	22.18
6	22.39
7	22.39
8	23.02
9	23.30
10	23.31
11	23.32
12	23.35
13	24.33
14	24.46
15	24.48
16	25.06
17	25.12
18	25.31
19	30.51
20	33.47
21	33.48
22	36.00
4KM W RACE	19.02
4KM W RACE	27.30

LEAGUE 1	
POS	TIME
1	19.32
2	21.23
3	24.02
4	25.24
5	30.17
6	33.18

LEAGUE 1	
POS	TIME
1	20.39

2	20.46
3	21.16
4	21.33
5	23.02
6	23.11
7	24.20
8	24.39
9	27.23
10	36.04
DNF	DNF

LEAGUE 1	
POS	TIME
1	20.34
2	20.51
3	21.30
4	21.47
5	22.43
6	30.49
7	33.21

Afstand?

LEAGUE 1	
POS	TIME
1	30.36
2	30.48
3	31.49
4	31.50
5	33.20
6	33.56
7	36.18
8	36.24
9	36.36

LEAGUE 1	
POS	TIME
1	26.32
2	26.49
3	34.24
4	36.24

LEAGUE 1	
POS	TIME
1	15.49
2	15.55

LEAGUE 1	
POS	TIME
1	30.35
2	32.43

3	33.07
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<u>LEAGUE 1</u>	
<u>POS</u>	<u>TIME</u>
1	36.03

<u>LEAGUE 1</u>	
<u>POS</u>	<u>TIME</u>
1	22.05
2	30.17

<u>LEAGUE 1</u>	
<u>POS</u>	<u>TIME</u>
1	21.03
2	26.48

<u>LEAGUE 1</u>	
<u>POS</u>	<u>TIME</u>
1	47.56
2	79.49

<u>LEAGUE 1</u>	
<u>POS</u>	<u>TIME</u>
1	33.29
2	37.24
3	41.40
4	45.34

<u>LEAGUE 1</u>	
<u>POS</u>	<u>TIME</u>
1	19.57
2	26.59
3	27.59
DNF	

<u>LEAGUE 1</u>	
<u>POS</u>	<u>TIME</u>
1	41.24
2	52.38

PRYSGELD

<u>LEAGUE 1</u>	
<u>POS</u>	<u>TIME</u>
1	36.52