

**ASWD CROSS COUNTRY**  
**RESULTS PER AGE GROUP 2016**

<b>B U 9 YEARS</b>			<b>2008, 2009, 2010</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
QUINTON	MURRAY	BF WES	2008	5	1
MARLON	VAN STADEN	BF WES	2008	1	10
ELCARDO	LINKS	BF WES	2008	9	13
LU-RUQUEWAN	WILLEMSE	HESSEQUA	2008	2	17
RYAN	BOOYSEN	BF WES	2008	5	12
JORDAN	JANSEN	GOEDGEGUN	2009	2	3
AJ	JANSEN	WABOOMSKRAAL-NEDBANK	2009	12	29
RUAN	BAADJEIS	BF WES	2008	12	1
TAYLER	CHARLES	BF WES	2008	4	10
VERNON	RENIER	BF WES	2009	8	26
LUTSHA	NGONDO		2009	1	7
JAYDEN	ERASMUS	WABOOMSKRAAL-NEDBANK	2008	12	25
ZHUKHAYNE	MGOGO	IMEKHAYA PRIM			
ANROUX	JAPHTA	IMEKHAYA PRIM			
SIYOLISE	MAGQELEBA	RIDGEVIEW PRIM	2008	9	1
ASHTON	GROOTBOOM	HEIDEDAL - OUTENIQUA	2008	3	29
SULEMAN	VAN HEERDEN	HEIDEDAL - OUTENIQUA	2008	7	14
VILLROY	PRINS	RAINBOW	2002	5	27
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		
TIMOTHY	DREYER	HOMESCHOOLING	2008	5	15
ANVILL	PIETERSEN	HEIDEDAL - OUTENIQUA	2009	8	6
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		

<b>G U 9 YEARS</b>			<b>2008, 2009, 2010</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
BERNICA	BERG	BF WES	2008	7	31
RAYMONIQUE	DE KOKER	BF WES	2008	6	11
GRECIA	VAN DER BERG	BF WES	2008	4	2
INDIA	GRAAFF	BF WES	2008	2	18
SIPOLELE	DE BRUYN	BF WES	2008	2	26
CLAIRE	LONGDON	BF WES	2008	8	6
ANGELA	VAN SCHALKWYK	BF WES	2008	10	6
JEMENICA	CUPIDO	GOEDGEGUN	2008	6	16
SHIRENE	BOSTANDER		2008	1	6
CASSIDY	KROTZ	ST MARY'S PRIM	2008	6	27

MARELISE	ROBINSON	BF WES	2009	3	19
MELANIE	PRETORIUS	GOEDGEGUN	2008	11	28
CARLA	VIOLANTE	KIRO	2008	1	16
LAURA	VIVLANTE	KIRO	2008	1	16
OKUHLE	FILA	BF WES	2009	6	9
ANNA	GRABE	KIRO	2009	3	30
INTLE	GCANGA	BF WES	2008	10	25
LILLIE	SMIT	KIRO	2009	2	10
HAILEY	MANSER	KIRO	2009	12	23
KATELYN	UYS	KIRO	2008	7	3
LOREZEL	WOLHUTER	HEIDEDAL - OUTENIQUA	2008	7	28
PHOEBE	CAIRNCROSS	HEIDEDAL - OUTENIQUA	2008	1	10
SHERONIQUE	NOORDMAN	HEIDEDAL - OUTENIQUA	2008	7	15
ELISMA	VAN WYK	LS HARTENBOS	2010	3	11
NATHALENE	CLAASSEN	HEIDEDAL - OUTENIQUA	2009	1	16
BEVONIQUE	MAART	HEIDEDAL - OUTENIQUA	2009	6	10
SHAUNIQUE	JACOBS	HEIDEDAL - OUTENIQUA	2009	3	4
PHELOKAZI	MANELI	BF WES	2009	6	24
ALIDA	CROUS	HOMESCHOOLING	2008	8	26

<b>B U 10 YEARS</b>			<b>2007</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
KURT	BOTHA	ST MARY'S PRIM	2007	4	17
AUSTIN	HAAS	BF WES	2007	1	11
KATLEO	LETSOSO	IMEKHAYA PRIM	2007	1	25
ANTHINO	SAM	BF WES	2007	5	28
JU-WAYNE	BUSCH	PANORAMA HESSEQUA	2007	12	16
CLIFTON	KLINK	BF WES	2007		
KEANAN	UITHALER	BF WES	2007	7	18
HENRU	NELL	HARTENBOS	2007	8	30
CHRISTIAAN	WILLIAMS	GOEDGEGUN	2007	9	28
MICHEAL	HENDRICKS	GOEDGEGUN	2007	10	16
VINCENT	FIGELAND	WABOOMSKRAAL NEDBANK	2007	4	8
PHAREL	VAN WYK	BF WES	2007	4	8
WINSTON	WILSON	BF WES	2007	8	12
ELRICH	CLAASSEN	EZELJACHT NEDBANK	2007	2	21
SHAUWEN	POVEY	ST MARY'S PRIM	2007	4	30
ASAKLE	MOKOENA	IMEKHAYA PRIM	2007	7	21
CHARLTON	BOTHA	MOSSSELBAAI HARRIERS	2007	4	15
ROYDEN	KANNEMEYER	GARDEN ROUTE PS	2007	4	8
JONATHAN	ABRAHAMS	WABOOMSKRAAL NEDBANK	2007	2	10
SIBHESIHLE	MAKISI	PANORAMA HESSEQUA	2007	6	6
GRETHWILL	VAN ROOYEN	EZELJACHT NEDBANK	2007	7	29
ASHLIN	SCOTT	ST MARY'S PRIM	2007	6	12
ASHLEY	SCOTT	ST MARY'S PRIM	2007	6	12
DEVINE	WILLEMSE	GARDEN ROUTE PS	2007	6	24
X	MOOS	PRINS ALBERT	2007	8	24
KATLEGO	LETHOKS	RIDGEVIEW PS	2007	2	9
JUNAIDE	SHARNICKS	RIDGEVIEW PS	2007	6	7
BRADLEY	UYS	KMC	2007	7	2

JOHANN	GRAB	KIRO	2007	9	29
NATHAN	NITTERMAN	KIRO	2007	11	22
UMALIEN	KLEINHANS	HEIDEDAL OUTENIQUA	2007	12	30
JULIANO	SOLOMONS	HEIDEDAL OUTENIQUA	2007	1	7
JUSTIN	HENDRICKS	MELKHOUTFONTEIN	2007	7	19
ANTONIO	SPEELMAN	MELKHOUTFONTEIN	2007	2	3
TRAVIS	AVERY	OUTENIQUA HARRIERS	2007	11	10
WELDIN	LOTZ	MELKHOUTFONTEIN	2007	12	29
ANROUX	JAFTHA	IMEKHAYA PRIM	2007	8	20
KAMUELETHU	WANA	IMEKHAYA PRIM	2007	4	23

<b>G U 10 YEARS</b>			<b>2007</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
KAY-MARI	VALENTEIN	BF WES	2007	10	6
ABIGAIL	PIETERSEN	GOEDGEGUN	2007	7	20
HENDRIEKA	MEYER		2007	5	5
LESHANDRE	LINDT		2007	6	10
TASMIA	MAART	BF WES	2007	3	27
MAURIKA	UITHALER	GOEDGEGUN	2007	2	1
JAYDENE	KLAASEN	RIDGEVIEW PS	2007	7	1
NADIA	SALMANS	BF WES	2007	2	10
MICHE	MONDOE	RIDGEVIEW PRIM	2007	9	12
LEE-GAYLE	OLYN	BF WES	2007	1	31
HILLINY	WITBOOI	HEIDEDAL OUTENIQUA	2007	5	26
XAVAIREA	TEKANA	HEIDEDAL OUTENIQUA	2007	4	23
SIBISISHLE	MAKISI	PANORAMA HESSEQUA	2007	6	6
JEANINE	JOOSTE	BF WES	2007	2	9
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>B U 11 YEARS</b>			<b>2006</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
EULINE	SWARTS	BF WES	2006	1	19
ELVINO	VELDMAN		2006	3	13
BEYON	PRINS	PANORAMA HESSEQUA	2006	1	9
JAYLIN	MULLER	BF WES	2006	12	6
BRYCE	BAILEY	ST MARY'S PRIM	2006	9	1
ASONELE	GWINTA	IMEKHAYA PRIM	2006	1	23
RUAAL	OLIVIER	GOEDGEGUN	2006	6	29
HEINRICH	ADAMS	GOEDGEGUN	2006	10	11
DANLIN	CAROLUS	EZELJACHT NEDBANK	2006	11	7
JUAN	HEYNS	VOLSCHENK	2006	3	27
RAYMONDO	MATROOS	FRANKEN NEDBANK	2006	2	6
GERALDO	ISAACKS	WABOOMSKRAAL NEDBANK	2006	6	30
CLAYTON	JONKERS	BF WES	2006		
OLWETHU	MZAYIYA	IMEKHAYA PRIM	2006	10	31
MANYIBISI	NYOBA	BF WES	2006	2	17

REAGAN	TROMP	GOEDGEGUN	2006	6	29
FRANTINO	BURTS	RAINBOW AC	2006	9	2
ANDA	KLAAS	IMEKHAYA PRIM	2006	2	8
JOHAN	HIGGS	VOLSCHENK	2006	10	12
CHRISTOF	CROUS	VOLSCHENK	2006	10	23
RAY-NEIL	DU PREEZ		2006	4	18
L	RAMASETJA	PRINCE ALBERT PRIM	2006	12	11
ASONGE	NKWALASE	KMC	2006	12	26
AKHANYA	CLAS	KMC	2006	7	4
JANEO	LUTTIG	PRINCE ALBERT PRIM	2006	3	19
LORENZO	SETTLEY	GROOT BRAK RIV PS	2006		
WELDIN	LOTZ	MELKHOUTFONTEIN	2006	12	29
EMILE	CLAASEN	PRINCE ALBERT PRIM	2006	8	11
A	BOTES	PRINCE ALBERT PRIM	2006	10	24
JEVAAN	LUTTIG	PRINCE ALBERT PRIM	2006	5	19
JAYDEN	VAN DER ROSS	PRINCE ALBERT PRIM	2006	12	17
HENRO	KUHN	HARTENBOS	2006	2	28
BRADLEY	KAPTEIN	BF WES	2006	12	14
CLIFTON	FINK	BF WES	2006	5	
YULIN	ARMOED	HEIDEDAL OUTENIQUA	2006	7	17
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
RONALDO	OOSTHUIZEN	LAINGSBURG	2006	6	4
BRADWON	BOESAK	FRANKEN NEDBANK	2006	3	15
FREHANO	BUYS	FRANKEN NEDBANK	2006	3	9
DENILSON	PRINS	RAINBOW AC	2006	6	9
SHAUN	DOUGLAS	FRANKEN NEDBANK	2006	2	17
SONWABISO	MOLO	KMC	2006	4	5
DELCON	HENDRICKS	FRANKEN NEDBANK	2006	4	6
CONROY	DYSSEL	ST MARY'S PRIM	2006	6	8
MICHAAN	SARELSE	PRINCE ALBERT PRIM	2006	9	16
ANGELICO	CUPIDO	GOEDGEGUN	2006	10	9
DEON	LEONARD	DRAWWERS HARTENBOS	2006	12	31
E	BLAAUW	PRINCE ALBERT PRIM	2006	2	26
COLE	PATTERSON	HOMESCHOOLING	2006	10	27

G U 11 YEARS			2006		
NAME	SURNAME	CLUB	YY	MM	DD
DANIEL	TIETIES	BF WES	2006	6	27
LUGAILA	OLYN	BF WES	2006	1	31
DINAYSHA	PAULSEN	WABOOMSKRAAL NEDBANK	2006	10	22
SHANEANE	ROMAN	EZELJACHT NEDBANK	2006	12	6
ROCHNE	VAN JAARVELDT	WABOOMSKRAAL NEDBANK	2006	12	12
ASHLENE	VOSTER	EZELJACHT NEDBANK	2006	7	25
JOY	JANSEN	HESSEQUA	2006	5	13
LUCHANAY	TELLES	BF WES	2006	2	13
JONICA	FRANCIS	GOEDGEGUN	2006	12	17
ANGELIQUE	NUWEGELD	BF WES	2006	7	3

TAMLYN	SWARTS	BF WES	2006	6	12
CHANEL	KLEYN	EZELJACHT NEDBANK	2006	6	30
MACDALENE	ROMAN	EZELJACHT NEDBANK	2006	12	19
CAITLYN	MICHAELS		2006	4	19
ASHRICA	BOOYSEN	KMC	2006	2	19
CARLENE	PLAATJIES	EZELJACHT NEDBANK	2006	12	27
ANGELICA	CUPIDO	GOEDGEGUN	2006	10	9
NASITA	VELDMAN	BF WES	2006		
WHACEMA	BOOYSEN	MELKHOUTFONTEIN	2006	4	12
CHRISTELENE	WILLIAMS		2006	5	21
ALICIA	JULIES	RIDGEVIEW PRIM	2006	5	8
SHAUNESE	SOLOMONS		2006	12	17
GERTRULENE	SALMANS	MELKHOUTFONTEIN	2006	5	6
SHAFIEKA	DU PREEZ	HEIDEDAL OUTENIQUA	2006	7	11
CHANTE	NOORDMAN	HEIDEDAL OUTENIQUA	2006	12	26
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

<b>B U 12 YEARS</b>			<b>2005</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
ANTONIO	OLIVIER	BF WEST	2005	7	31
AUCHISHEN	MCINTOSH	BF WEST	2005	7	25
ABUNATHI	MTULI	BF WEST	2005	6	22
ALJEANDARO	MAFUTU	KMC	2005	3	14
HJ	NELL	HARTENBOS DRAWWERS	2005	1	7
LEWELIN	PIENAAR	RAINBOW	2005	8	22
GIHANO	SIBOLANI	BF WEST	2005	5	8
MARKQUIN	TIGER	BF WEST	2005	7	20
JEFFREY	WILLEMSE	BF WEST	2005	1	14
ALEXANDER	BESTER	HARTENBOS	2005	9	15
FILLIPE	THULANI	IMEKHAYA PRIM	2005	11	3
JAN	VISAGIE	WABOOMSKRAAL NEDBANK	2005	3	22
CHRISTOPHER	GOMES	VOLSCHENK PS	2005	2	7
LUNGA	FANTESO	ST MARY'S PRIM	2005	2	22
JU-NATHAN	OLIVIER	GROOT BRAK RIV PS	2005		
DEANDRE	PRINS	RIDGEVIEW PS	2005	8	31
D.	DRAAI	GROOT BRAK RIV PS	2005		
ESONA	MATINKA	ST MARY'S PRIM	2005	7	14
MARVIN	TELLES	PRINCE ALBERT PRIM	2005	4	10
ZANDRE	ARENDSE	MOSSSELBAAI HARRIERS	2005	1	18
ARCHE	OKTOBER	GROOT BRAK RIV PS	2005		
HILTON	SOLOMON	PANORAMA HESSEQUA	2005	2	7
JAYCEANNE	MDZWANA	GOEDGEGUN	2005	8	7
ERNEST	MAKOLOKA	IMEKHAYA PRIM	2005	8	22
ONA	MKHE	KMC	2005	7	7
LISAKHANYA	MGWEBA		2005		
YAMKELA	BOKOLO	IMEKHAYA PRIM	2005	9	2

JADEN	KLEIN	PRINCE ALBERT PRIM	2005	6	13
CELATHU	DICKSON	KMC	2005	3	25
ANDILE	JACOBS	KMC	2005	9	
DAMIAN	FAROA	PRINCE ALBERT PRIM	2005	2	21
YANGA	LUCAS	NEDBANK	2005		
JUAYDAN	MAART	ERIKA PS			
LEON	PIETERSE	GARDEN ROUTE	2005	10	13
CURTIS	DE KLERK	GARDEN ROUTE	2005	1	17
RAYMONDRE	SAMSON	HEIDEDAL OUTENIQUA	2005	9	21
EUGENE	NOORDMAN	HEIDEDAL OUTENIQUA	2005	1	11
SHADIAN	BOTHA	HEIDEDAL OUTENIQUA	2005	5	19
RYAN-LEE	VALLENTYN	HEIDEDAL OUTENIQUA	2005	9	14
ALJEIDRO	MAFUTA	KMC	2005	3	14
ETHAN	SOLOMON	PANORAMA HESSEQUA	2005	2	7
JOHANDRE	ADAMS	PANORAMA HESSEQUA	2005	6	18
FRANWILL	FRAZENBERG	ST MARY'S PRIM	2005	3	22
ASONDE	GWINTA	IMEKHAYA PRIM	2005	1	23
LANDO	BAADTJIES	PANORAMA HESSEQUA	2005	1	15
ANDA	KLAAS	IMEKHAYA PRIM	2005	2	8
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
SHAUNDRE	WEBB	HEIDEDAL OUTENIQUA	2005	8	20

<b>G U 12 YEARS</b>			<b>2005</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
MURSHA	JOOSTE	BF WEST	2005	5	19
LEANNE	JACOBS	BF WEST	2005	7	21
CASLINE	SNYERS	BF WEST	2005	1	23
LETISHA	SINCLAIR	KMC	2005	5	22
ANGELIQUE	BAARTMAN	GROOT BRAK RIV PS	2005		
ANNIKE	CHARLES	PANORAMA HESSEQUA	2005	1	4
GENEVA	PRINS	PANORAMA HESSEQUA	2005	7	8
JAYLENE	JAFTHA	GROOT BRAK RIV PS	2005		
CYLEN	VAN ROOYEN	EZELJACHT NEDBANK	2005	8	16
BIANCA	BANTHAM	BF WEST	2005	5	16
PETRONEY	GROENEWALD	HESSEQUA	2005	2	21
NATASHA	TARENTAAL	GOEDGEGUN	2005	1	20
WASHEELA	JAFTA	HESSEQUA	2005	4	16
TRICHE	RUITERS	FRANKEN NEDBANK	2005	6	23
HAYLEE	CARELSE	RIDGEVIEW PS	2005	8	15
URSULA	VAN BEULEN	NEDBANK	2005		
CHANIK	HILANI	HEIDEDAL OUTENIQUA	2005	8	16
ELDONE	JANSEN	HEIDEDAL OUTENIQUA	2005	8	29
JUNAY	KERSPUY	FRANKEN NEDBANK	2005	5	10
LEANDRIA	MANGO	HEIDEDAL OUTENIQUA	2005	5	13
DIONNIEK	HEDNRICKS	HEIDEDAL OUTENIQUA	2005	4	17
JAMELENE	SAMBO	PANORAMA HESSEQUA	2005	5	18
RICHANE	REINECKE	HOMESCHOOLING	2005	9	3

ABIGAIL	NELSON	RAINBOW ATHLETICS	2005	4	28
R	MEI	PRINCE ALBERT PRIM	2005	4	19
ADELE	VAN DER ROS	LAINGSURG	2005	2	21
MIKHAYLA	STOFFELS	GOEDGEGUN	2005	7	1
NADIA	VISSER	GEORGE SUID LS	2005	7	7

<b>B U 13 YEARS</b>			<b>2004</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
DEANWILL	MCKELLY	RAINBOW	2004	1	9
SHAYLON	LOMBAARD	PANORAMA HESSEQUA	2004	9	23
VUYANE	NCONTSA	BF WEST	2004	5	2
NATHAN	OLIVIER	BF WEST	2004	4	21
TIAN	HEYNS	VOLSCHENK	2004	10	6
SAMMOLINO	JACOBS	HESSEQUA	2004	2	25
CRISTIAN	PRETORIUS	HARTENBOS	2004	9	30
JAYDEN	PIETERSE	GOEDGEGUN	2004	8	7
TYRON-LEE	ANDRIES	NEDBANK	2004		
DAMIAN	LINGERVELD	EZELJACHT NEDBANK	2004	4	30
JABEZ	COETZEE	NEDBANK	2004		
ANJO	JULLIES	NEDBANK	2004		
ANGELO	PRINS	HESSEQUA	2004	2	11
HOWARD	SMITH		2004	5	22
YOLISA	NQOWA	ST MARY'S PRIM	2004	11	12
BENEDICT	LAVERLOT	HESSEQUA	2004	11	20
GRAEME	PHILANDER	NEDBANK	2004		
STEVE	GRIMA	GROOT BRAK RIV PS	2004		
MACIANO	MEI	NEDBANK	2004		
ELETHU	GRIFFIES	ST MARY'S PRIM	2004		
SHENOLD-GRAY	PHILLIPS	ST MARY'S PRIM	2004		
GERNALDO	DAMONS	HESSEQUA	2004	4	15
HENDRY	ISAAC	HEIDEDAL OUTENIQUA	2004	4	29
GEMALY	MICHAELS	HEIDEDAL OUTENIQUA	2004	10	20
RAYMOND	HARRIS	HEIDEDAL OUTENIQUA	2004	6	21
ELRICH	PEDRO	FRANKEN NEDBANK	2004	3	4
ELRICH	BEWEE	HEIDEDAL OUTENIQUA	2004	1	23
GARETH	KRUGER	BF WEST	2004	1	19
SHERWIN	VAN WYK	NEDBANK	2004		
ROYSTON	HESS	PANORAMA HESSEQUA	2004	11	7
BROWN	JACOBS	KMC	2004	3	3
LORENZO	DYLES	BF WEST	2004		
MARUAAN	SLABBERT	ST MARY'S PRIM	2004		
JAHEIM	WATERBOER	PRINCE ALBERT PRIIM	2004	4	7
BRADLEY	AFRIKA	PANORAMA HESSEQUA	2004	7	27
LUARD	ELSTADT	GLENWOOD HOUSE	2004	6	21

<b>G U 13 YEARS</b>			<b>2004</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
ELVINA	SIMPSON	BF WEST	2004	1	11
HENRIETTA	VAN DER ROSS	BF WEST	2004	5	27
EBIGAIL	KAPTEIN	BF WEST	2004	6	30

CHANTE	ERASMUS	WABOOMSKRAAL NEDBANK	2004	6	19
JANDRI	SNYDERS	HARTENBOS DRAWWERS	2004	3	2
MICHAYLA	PIETERSE	PANORAMA HESSEQUA	2004	6	30
BRUMILDA	TIERBERG	BF WEST	2004	2	7
BIANCA	BANTOM	BF WEST	2004	5	16
NICOLE	LOTTERING	BF WEST	2004	5	9
GAYLENE	DOUW	BF WEST	2004	8	8
SHANNON	PIETERSE	PANORAMA HESSEQUA	2004	7	25
CAMLYN	JOHANNES	GOEDGEGUN	2004	1	5
LINEL	ENGELBRECHT		2004	1	13
VANESSA	ALEXANDER	GARDEN ROUTE PS	2004	2	16
MISHA	SPEELMAN	GROOT BRAK RIV PS	2004		
SAMANTHA	SMITH		2004	1	30
INGERMA	DE VILLIERS	HESSEQUA	2004	11	20
MONIQUE	RUITERS	RIDGEVIEW PS	2004	12	24
ELEANOR	BOOYSEN	HEIDEDAL OUTENIQUA	2004	4	13
MISHKA	DU PREEZ	HEIDEDAL OUTENIQUA	2004	8	13
CYNTHIA	DE KOKER	BF WEST	2004	2	4
NADELIA	NATANG	WABOOMSKRAAL NEDBANK	2004	6	12
ESMERELDA	FLOORS	KRUISRIVIER HESSEQUA	2004	10	11
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
SHANE	WEBB	HEIDEDAL OUTENIQUA	2004	2	4

<b>B U 14 YEARS</b>			<b>2003</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
LUTHER	BLAAUW	NEDBANK	2003	8	20
BERBETO	JANSEN	NEDBANK	2003	8	18
LORENZO	WILTSHIRE	GEORGE HS	2003	7	15
JASON-LEE	KAMMIES	FRANKEN NEDBANK	2003	11	30
KEANWILL	NEEWAT	PRINCE ALBERT PRIM	2003	3	29
ELVONSOU	LINKS	BF WEST	2003	5	20
ZADRIAN	GRAAFF	BF WEST	2003		
JACO	PHILLIPUS	FRANKEN NEDBANK	2003	3	23
CHADLIN	KOEN	KMC	2003	10	17
SHELDON	LOMBAARD	SLANGRIVIER PRIM	2003	11	10
JAY-JAY	DANIELS	RIDGEVIEW PRIM	2003	4	21
NOLAN	VAN NIEKERK	BF WEST	2003	12	28
ASHWILL	KOOPMAN	NEDBANK	2003		
JAYDON	FRANCIES	GOEDGEGUN	2003	7	29
MIHLALI	SANDLO	KMC	2003	6	30
LORENZO	SAPTOU	NEDBANK	2003		
BRASTIANO	FILLIES	GROOT BRAK RIV PS	2003		
RIDEWAAN	ESAU	EZELJACHT PRIM NEDBANK	2003	11	12
DIAGEN	JAFTHA	PANORAMA HESSEQUA			
SIDWELL	GELDERBLOEM	GROOT BRAK RIV PS	2003		



TINOTENDA	RERA	RIDGEVIEW PRIM	2003	12	16
CHRISTO	MAQOYA		2003	1	12
LIYEMA	MBOVANE	KMC	2003	11	2
ASHWAYNE	MARTINUS	NEDBANK	2003		
KENTARO	WINDVOGEL	PRINCE ALBERT PRIM	2003	7	16
JUWAYNE	VAN HEERDEN	PRINCE ALBERT PRIM	2003	6	19
ASHWIN	MATTHEE		2003	10	22
COLE	DU TOIT	HARTENBOS	2003	11	15
CURLIN	ELBRUGHT	ST MARS PRIM	2003	4	11
ETHAN	WILLIAMS	ST MARS PRIM	2003		
ANDRE	JACOBS	HARTENBOS	2003	6	16
JASON	ROODE	NEDBANK	2003		
RENIER	JANSEN	HEIDEDAL OUTENIQUA	2003	8	18
DURANDO	AWERIES	HEIDEDAL OUTENIQUA	2003	7	30
JAYDON	VAN REENEN	PANORAMA HESSEQUA	2003	12	31
MICHAEL	JOSEPH	PANORAMA HESSEQUA	2003	4	14
RONALDO	PRINS	LAINGSBURG	2003	5	13
LEONARD	BEKKER	DRAWWERS HARTENBOS	2003	12	25
MALIBONGWE	DAMONS	UNIONDALE HS	2003	6	28
ZANDRE	GERBER	OUTENIQUA HARRIERS	2003		

<b>G U 14 YEARS</b>			<b>2003</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
SHALANDA	BARNARDO	MOSELBAAI HARRIERS	2003	4	6
ABIGAIL	NELSON	RAINBOW	2003	4	28
JADRE-ANN	HUMAN	GEORGE HIGH	2003	6	23
CARA	BERGH	OUTENIQUA DRAWWERS	2003	4	3
ANINE	OOSTHUIZEN	VOLSCHENK PS	2003	3	6
HELENA	GAIKA	BF WEST	2003	6	9
JENNA	BORRETT		2003	3	4
MONIQUE	JANTJIES	BF WEST	2003	4	8
MERISHA	FRANSE	BF WEST	2003	1	16
JAYLINE	RUITERS	NEDBANK	2003		
JESAMENE	SAMBO	PANORAMA HESSEQUA	2003	5	29
JAMEY-LEE	LABAN		2003	12	15
SHAKIRA	MARITS	PRINS ALBERT PS	2003	1	26
NATALIE	JONATHAN	GROOT BRAK RIV PS	2003		
ABIGAIL	PIEDT	PRINS ALBERT PS	2003	6	17
LESLEY-ANN	LOUW	HEIDEDAL OUTENIQUA	2003	4	4
LETTITIA	WILSON	BF WEST	2003	8	29
REE-ANN	VISAGIE	GOEDGEGUN	2003	4	14
MICHELLE	NICHOLAAS	NEDBANK	2003		

<b>B U 15 YEARS</b>			<b>DOB</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
MALVIN	VISSER	BF WEST	2002	6	24
SHADRICK	JANUARIE	GEORGE HS	2002	1	8
LAZLO	PAULSEN	LANGENHOVEN	2002	12	17
ELDIGO	JONAS	BF WEST	2002	8	8
SHERMON	JOSEPH	ST MARY'S PRIM	2002	1	8

SEBASTIAN	PAULSEN	WABOOMSKRAAL NEDBANK	2002	7	30
JAYSON	STUURMAN		2002	9	7
LLEWELLYN	VILJOEN	HARTENBOS DRAWWERS	2002	4	10
JABEZ	OCTOBER	RIDGEVIEW PS	2002	6	1
CHESWIN	SAAYMAN	PANORAMA HESSEQUA	2002	2	11
RICHIANO	GURAH	PRINCE ALBERT PRIM	2002	11	26
ASHLEY	BEUKES	BF WEST	2002		
ASHWIN	MINNAAR	GEORGE HS	2002	2	17
RUWAYNE	PAULSEN	PRINCE ALBERT PRIM	2002	12	5
GERALDO	VISAGIE	PRINCE ALBERT PRIM	2002	11	6
DANMORE	MAGOMO	RIDGEVIEW PS	2002	4	4
DUCINE	OLIFANT	PRINCE ALBERT PRIM	2002	6	21
REVALDO	JACOBS	PRINCE ALBERT PRIM	2002	9	22
EVIDENCE	RAMPU	RIDGEVIEW PS	2002	8	10
SINENTHEMBA	JACOBS	KMC	2002	5	2
PERCIVAL	SEBAYBO	PRINCE ALBERT PRIM	2002	4	15
ELERMO	SCHEEPERS	PRINCE ALBERT PRIM	2002	12	24
FRANSVILLE	CLAASSEN	PRINCE ALBERT PRIM	2002	6	28
SHANE	FREDERICKS	BF WEST	2002	4	10
DENO	BAARTMAN	OUTENIQUA HARRIERS	2002	3	4
SHERMON	JOUBERT	ST MARY'S PRIM	2002	8	1
AVANTE	FARAO	LAINGSBURG	2002	2	13
TIMOTHEUS	MARKGRAAFF	OUTENIQUA HARRIERS	2002	1	8
ANGELICO	KLEIN	FRANKEN NEDBANK	2002	4	6
ASHWIN	SCHEEPERS	LAINGSBURG	2002	9	5
JERICO	PETERSEN	KMC	2002	4	25
TYRON	LOMBAARD	PANORAMA HESSEQUA	2002	11	6

<b>G U 15 YEARS</b>			<b>2002</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
STEPHANY	PETRO	RAINBOW	2002	3	20
AYANDA	WILDSCHUT	BF WEST	2002	6	12
AGNES	DE BRUYN	BF WEST	2002	10	21
ELNE	CONRADIE	PU T HS	2002	5	27
ESMERELDA	PIENAAR	RAINBOW	2002	1	20
CHEYDENE	VAN DER ROSS	MOSELBAAI HARRIERS	2002	11	14
NOLENE	ROSSOUW	MELKHOUTFONTEIN	2002	10	6
BEVERLYN	ADAMS	PRINCE ALBERT PRIM	2002	8	28
LECUIS	FAROA	PRINCE ALBERT PRIM	2002	4	22
LIEZL	SYDEN	RIDGEVIEW PRIM	2002	3	8
PETRICIA	PIETERSEN	PRINCE ALBERT PRIM	2002	5	2
JADE	RHOODE	GARDEN ROUTE PS	2002	11	13
SANET	VOLLENHOVEN	GERRIT DU PLESSIS	2002	8	27
DESEREE	KERSPUY	FRANKEN NEDBANK	2002	5	3
KAYLENE	MAJOLLA	FRANKEN NEDBANK	2002	6	10
CHANELE	MARTHINUS	LAINGSBURG	2002	4	9

<b>B U 16 YEARS</b>			<b>2001</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
WALDO	KAPTEIN	BF WEST	2001	1	29

ELNICO	PIETERS	BF WEST	2001	5	21
ADRIAN	HOORN	BF WEST	2001	11	21
SHAHIED	LOUW	KMC	2001	11	9
RAYVIEN	SWEMMER	UNIONDALE HS	2001	3	1
CAMRYN	STEYN	MOSSELBAAI HARRIERS	2001	8	4
LEON	WELAPI	HILLCREST HS	2001	7	19
TIRISTIN	STEYN	MOSSELBAAI HARRIERS	2001	8	4
HENDRIK	VISSER	NEDBANK	2001	2	11
LEON	UYS	HESSEQUA	2001	3	5
MARLIN	BERKAT	PANORAMA HESSEQUA	2001	2	10
FRANCOIS	LOUIS	RAINBOW	2001	11	29
HAROLD	SNELL	BF WEST	2001	11	27
CHARTON	MARITZ	PRINCE ALBERT PRIM	2001	6	14
GEVANNI	SLABBERT	ST MARY'S PRIM	2001	8	11
CHARLTON	RUITERS	BF WEST	2001	8	21
GRAHAM	KONSTABEL	ST MARY'S PRIM	2001	12	28
DIMITRI	VOSTER	RAINBOW	2001	4	9
DENLYNNE	JORDAAN	OLYMPIA	2001	1	18
TYRICK	GELDERBLOEM	OLYMPIA	2001	18	12
CAMERON	BOND	KMC	2001	5	3
ELRICO	JURRIES	RIDGEVIEW PS	2001	7	23
GRANVILLE	KAMMIES	PRINCE ALBERT PRIM	2001	2	19
GUILLAUME	NEL	OAKDALE	2001	10	15
ZANDILE	MBEBEB	BF WEST	2001	11	5
WESLEY	OLIVIER	BF WEST	2001	4	16
LOURENZO	LUKAS	LANGENHOVEN HS	2001	9	14
SIDWELL	KIEWIETS	GEORGE HS	2001	4	23
SISA	PONI	GERRIT DU PLESSIS HS	2001	2	14
DONOVAN	RUITERS	UNIONDALE HS	2001	4	27
ANVILLE	PRESENTS	PANORAMA HESSEQUA	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		
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

<u>G U 16 YEARS</u>			<u>2001</u>		
<u>NAME</u>	<u>SURNAME</u>	<u>CLUB</u>	<u>YY</u>	<u>MM</u>	<u>DD</u>
JAZMIN	BAILEY	RAINBOW	2001	11	12
ZAINAL	SPOGTER	BF WEST	2001		
CHEMILLINE	TELLIS	BF WEST	2001	10	27
EUNICE	JACOBS		2001	4	23
BRONHILLE	WITBOOI	GEORGE HS	2001	4	14
MICHELLE	VAN HEERDEN	KMC	2001	11	15
DANELL	HUMAN	HARTENBOS DRAWWERS	2001		

NATASHA	KRUGER	BF WEST	2001	8	2
JASMINE	JUTA	GERRIT DU PLESSIS	2001	8	2
ADELLE	PLAATJIES	LAINGSBURG	2001	6	6
J.	LEONARDS	PRINCE ALBERT PRIM	2001	1	1

<b>B U 17 YEARS</b>			<b>2000</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
MARIO	VAN SCHALKWYK	GERRIT DU PLESSIS	2000	2	10
DEVON	DE VILLIERS	LANGENHOVEN HS	2000	7	11
WAYDEN	KOMBELA	MELKHOUTFONTEIN	2000	2	20
TIRIQUE	THERON	BF WEST	2000	5	7
CJ	SOLOMONS	KMC	2000	4	18
EUGENE	LOURENS	OUTENIQUA HARRIERS	2000	5	7
LEONARDO	JONKERS	BF WEST	2000	6	28
DAMIAN	ADONIS	KMC	2000	7	31
MANDISI	DAMANS	UNIONDALE HS	2000	5	10
FRANCOIS	WIESEL	UNIONDALE HS	2000	3	3
MARKUS	VAN STADEN	BF WEST	2000		
PHELOWETHU	DICKSON	KMC	2000	4	6
NATHAN	BOESAK	FRANKEN NEDBANK	2000	7	18
JONATHAN	VISAGIE	FRANKEN NEDBANK	2000	8	7
HEINRICH	AFRIKA	FRANKEN NEDBANK	2000	1	31
KILE	LINGERVELD	GEORGE HS	2000	9	27
PLAATJIE	MOSULI	KMC	2000	9	2
NEAVAN	MANIE	MOSELBAAI HARRIERS	2000	5	11
EBEN	CONRADIE	PUNT HS	2000	12	11
HERBERT	HARTNICK	SLANGRIVIER PRIM	2000	11	8
ELROY	JACOBS	OLYMPIA	2000		
LUWANDO	QOSO	KMC	2000	2	16
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
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

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

<b>B U 18 YEARS</b>			<b>1999</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>

LUZANE	PIETERSE	GERRIT DU PLESSIS	1999	2	4
JUVANDRE	JOOSTE	BF WEST	1999	4	15
CHRISTIAAN	LINGERVELD	OUTENIQUA HARRIERS	1999	1	30
AVIWE	KINANA	KMC	1999	1	30
EUSTACE	DANIELS	UNIONDALE HS	1999	2	28
WILLIE	VILJOEN	HESSEQUA	1999	5	25
RUSSEL	PRATT	HESSEQUA	1999	8	13
LEVERNE	STUURMAN	GEORGE HS	1999	4	28
REAGAN	FRAZENBURG	UNIONDALE HS	1999	6	11
MLULEKI	MATROOS	KMC	1999	11	2
HUMAN	WILLEMSE	HESSEQUA	1999	3	20
ASHWIN	HOOGBAARD	SLANGRIVIER PRIM	1999	12	26

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

<b>B U 20</b>			<b>1998, 1997</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
RUBEN	DLEPU	LANGENHOVEN HS	1997	7	31
JEREMY	SEEKOEI	BF WEST	1997	12	20
HENRICO	VENA	BF WEST	1997	11	5
LIONEL	JACOBS	BF WEST	1997	7	2
AUSCHTEN	OCTOBER	NEDBANK	1998	4	24
CAMERON	PIETERSE	KMC	1998	4	4
DARRELL	ELAND	HILLCREST HS	1997	3	22
CARLON	PRINS	MOSELBAAI HARRIERS	1998	6	8
BRADLEY	CARELSE	NEDBANK	1998	10	22
AWONKE	KOMANI	KMC	1998	3	17
SUWADE	ISAACS	UNIONDALE HS	1998	10	18
JEROME	FERLAND	GEORGE HS	1998	12	6
MAXWELL	BROWN	OUTENIQUA HARRIERS	1998	10	19
HILROY	ALKASTER	UNIONDALE HS	1997	12	9

<b>G U 20 6KM</b>			<b>1998, 1997</b>		
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
MACNITA	SAMUELS	KMC	1997	3	15
CLARISHA	PIETERSE	MOSELBAAI HARRIERS	1998	7	19
DOMINIQUE	KERSPUY	GEORGE HS	1998	11	8
SUNE	ARENDSE	MOSELBAAI HARRIERS	1998	9	7
CARON	MALGAS	GEORGE HS	1998	9	22
JO-ANDRE	RUDOLF	GERRIT DU PLESSIS	1998	1	12

<b>M OPEN YEARS - 4KM</b>	<b>20 - 34 YEARS</b>
---------------------------	----------------------

<u>NAME</u>	<u>SURNAME</u>	<u>CLUB</u>	<u>YY</u>	<u>MM</u>	<u>DD</u>
ATHI	DIDISHE	KMC	1994	3	30
LEON	ADAMS	HARTENBOS DRAWWERS	1994	2	1
ARCHIE	BOOME	KMC	1996	2	20

<u>M OPEN YEARS - 8KM</u>			<u>20 - 34 YEARS</u>		
<u>NAME</u>	<u>SURNAME</u>	<u>CLUB</u>	<u>YY</u>	<u>MM</u>	<u>DD</u>
YARCH	VENTER	INDIV	1984		
JANSON	DARIES	BF WEST	1996		
DONAVAN	JANTJIES	OUTENIQUA HARRIERS	1996		
MELIKAZI	MZIZE	KMC	1983	9	8

<u>M OPEN YEARS - 10KM</u>			<u>20 - 34 YEARS</u>		
<u>NAME</u>	<u>SURNAME</u>	<u>CLUB</u>	<u>YY</u>	<u>MM</u>	<u>DD</u>
JENSON	DARRIES	BF WEST	1997	7	7
FRANCOIS	MAQUASSA	NEDBANK	1995	7	2
ARCHIE	BOOME	KMC	1996	2	20
ANDERSON	W	NEDBANK	1996	3	31
ELTON	BOTHA	KMC	1993	1	23
LEON	ADAMS	HARTENBOS DRAWWERS	1994	2	1
JOSHUA	SMITH	BF WEST	1995	6	19

<u>W OPEN - 4KM</u>			<u>20 - 34 YEARS</u>		
<u>NAME</u>	<u>SURNAME</u>	<u>CLUB</u>	<u>YY</u>	<u>MM</u>	<u>DD</u>
BIANCA	JANSE VAN RENSBURG	NEDBANK	1994	11	18
LINELLE	GROENEWALD	CAPE MULTISPORT	1990		
MEGAN	BOUCHER	KMC	2000	9	27

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

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

<u>W 35-39 - 4KM</u>			<u>20 - 34 YEARS</u>		
<u>NAME</u>	<u>SURNAME</u>	<u>CLUB</u>	<u>YY</u>	<u>MM</u>	<u>DD</u>
THELMA	ROBERTS-BOUCHER	NEDBANK	1978	8	9

<u>M 40 - 49 - 8KM</u>					
<u>NAME</u>	<u>SURNAME</u>	<u>CLUB</u>	<u>YY</u>	<u>MM</u>	<u>DD</u>
GUROME	GELDERBLOEM	MOSELBAAI HARRIERS	1976	1	10
ALFRED	NISE	KMC	1968	5	5
GREENS	GROENEWALD	CAPE MULTI SPORT	1973		
CHARLIE	TEKANA	OUTENIQUA HARRIERS	1976	5	10
MICHAEL	TOBIAS	MOSELBAAI HARRIERS	1968	8	19

BEN	DU TOIT	LANGEBERG	1976	4	13
RIAAZ	LATIEF	NEDBANK	1974	3	1

<b>W 40 - 49 - 4KM</b>					
<b>NAME</b>	<b>SURNAME</b>	<b>CLUB</b>	<b>YY</b>	<b>MM</b>	<b>DD</b>
ANALIE	HEYNS	INDIV	1971	9	16
ULENE	VISSER	NEDBANK	1974	9	16
LANA	THEUNISSEN	NEDBANK	1972	7	25
C	ELSTADT	INDIV	1975	1	28
DEBBIE	STRYDOM	NEDBANK	1973	11	10

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

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

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
6	3.38	1	2.58
9	4.05	2	2.58
2	3.28	3	2.59
3	3.28	4	3.07
4	3.33	5	3.10
15	5.22	6	3.11
16	5.24	7	3.12
18	5.26	8	3.15
5	3.38	9	3.22
21	5.32	10	3.23
		11	3.27
20	5.30	12	3.33
		13	3.34
		14	3.38
		15	3.41
1	3.24		
7	3.39		
8	3.54		
10	4.07		
11	4.15		
12	4.26		
13	4.58		
14	5.02		
17	5.26		
19	5.26		
22	5.33		
23	5.36		
24	5.39		
25	5.48		
26	6.30		
WRONG RACE	11.25		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
3	4.55	1	3.13
1	4.01	2	3.14
7	5.25	3	3.23
8	5.27	4	3.24
10	5.31	5	3.28
11	5.31	6	3.30
13	5.35	7	3.37
16	5.35	8	3.37
		9	3.39
22	6.43	10	3.40



17	5.35	11	3.42
18	5.36	12	4.08
		13	4.09
		14	4.09
21	5.25	15	4.29
		16	4.53
15	5.34	17	5.11
		18	5.46
		19	5.52
		20	NO TIME
2	4.46		
4	5.00		
5	5.24		
6	5.25		
9	5.28		
12	5.32		
14	5.34		
19	5.56		
20	5.13		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	8.41	1	7.43
2	8.57	2	8.08
25	13.08	3	8.22
3	9.12	4	8.30
4	9.23	5	8.36
		6	8.49
8	9.46	7	8.50
5	9.27	8	8.51
12	10.02	9	8.56
11	9.59	10	9.04
17	10.30	11	9.07
9	9.55	12	9.08
13	10.08	13	9.10
10	9.58	14	9.14
19	11.13	15	9.18
26	13.13	16	9.24
		17	9.32
		18	9.35
16	10.26	19	9.39
		20	9.46
21	11.27	21	9.46
20	11.22	22	10.12
22	11.32	23	10.19
		24	10.29
		25	10.39
		26	11.14
		27	11.30
		28	12.02

		29	14.33
		30	15.07
6	9.36		
7	9.45		
14	10.12		
15	10.23		
18	11.12		
23	12.01		
24	12.41		
27	13.20		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
2	9.53	1	9.14
10	11.11	2	9.50
		3	9.51
		4	9.52
7	11.05	5	9.56
9	11.09	6	10.38
		7	11.16
5	10.20	8	11.41
		9	14.16
1	9.47		
3	10.11		
4	10.13		
6	10.57		
8	11.07		
11	11.17		
12	11.50		
13	13.32		
14	14.26		
WRONG DIST	15.12		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
6	9.04	1	7.53
		2	8.13
3	8.58	3	8.19
13	9.48	4	8.43
11	9.30	5	8.50
		6	8.53
17	9.56	7	8.57
14	9.51	8	9.00
15	9.52	9	9.01
		10	9.03
		11	9.08
22	10.30	12	9.11
30	11.28	13	9.15
18	13.26	14	9.19
26	10.41	15	9.23

18	9.56	16	9.27
		17	9.28
		18	9.29
		19	9.32
		20	9.38
		21	9.39
24	10.35	22	10.01
		23	10.05
		24	10.20
34	13.17	25	10.35
		26	11.17
		27	11.32
32	11.36	28	11.53
		29	12.05
31	11.30	30	12.22
37	13.27	31	12.24
1	8.45		
2	8.48		
4	8.59		
5	9.01		
7	9.09		
8	9.10		
9	9.15		
10	9.26		
12	9.45		
16	9.54		
19	9.57		
20	10.10		
21	10.18		
23	10.35		
25	10.40		
27	10.54		
28	11.03		
29	11.16		
33	11.56		
35	13.23		
36	13.24		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	9.03	1	8.23
		2	8.44
3	9.32	3	8.53
12	10.42	4	9.06
5	10.09	5	9.09
7	10.20	6	9.13
10	10.28	7	9.19
9	10.26	8	9.27
8	10.25	9	9.33
4	10.04	10	9.36

11	10.42	11	9.37
13	10.43	12	9.37
6	10.19	13	9.43
		14	9.45
16	10.58	15	9.52
14	10.49	16	9.54
15	10.55	17	9.55
		18	9.55
18	11.28	19	10.03
		20	11.39
		21	11.40
		22	12.48
WRONG DIST	15.13	23	15.11
2	9.20		
17	11.04		
19	13.20		
20	12.01		
21	12.25		
22	13.28		
23	14.20		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
5	11.30	1	11.54
3	11.26	2	11.58
		3	12.03
		4	12.09
10	11.50	5	12.23
		6	12.34
		7	12.35
11	12.13	8	12.35
		9	12.36
12	12.44	10	12.54
21	13.34	11	12.55
9	11.46	12	13.02
		13	13.09
		14	13.12
		15	13.23
		16	13.34
		17	13.35
20	13.33	18	13.35
		19	13.52
		20	13.53
		21	14.01
		22	14.05
15	13.15	23	14.05
14	13.14	24	14.11
19	13.29	25	14.11
		26	14.23
		27	14.29

25	13.52	28	15.16
		29	15.18
		30	16.10
		31	16.24
30	16.51	32	16.43
		W RACE	14.24
		W RACE	9.42
		W RACE	10.39
2	10.58		
4	11.29		
6	11.30		
7	11.42		
8	11.44		
13	13.12		
16	13.15		
17	13.16		
22	13.38		
23	13.43		
24	13.49		
26	14.02		
27	15.27		
28	15.57		
29	15.38		
1	10.42		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
2	12.11	1	12.49
4	12.18	2	12.51
		3	13.03
3	12.14	4	13.06
		5	13.15
7	13.37	6	13.50
9	13.48	7	14.15
		8	14.16
11	14.22	9	14.25
		10	14.27
12	14.22	11	14.41
18	16.45	12	15.19
17	16.29	13	15.45
		14	16.51
		15	17.00
14	16.08	16	18.46
5	12.42		
6	12.51		
8	13.46		
10	13.57		
13	16.04		
15	16.09		
16	16.15		

1	11.36		
19	17.00		
20	17.00		
21	17.52		
22	22.10		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
		1	11.08
4	11.32	2	11.27
7	11.41	3	11.52
6	11.35	4	11.59
		5	12.20
3	11.28	6	12.21
14	12.21	7	12.25
13	12.15	8	12.36
10	11.54	9	12.44
17	12.50	10	12.47
12	12.13	11	12.57
19	13.22	12	13.01
21	13.29	13	13.07
		14	13.35
24	13.50	15	13.37
18	13.17	16	13.52
12	13.57	17	14.04
		18	14.19
27	15.06	19	14.34
		20	14.35
		21	14.35
22	13.32	22	14.39
1	10.35		
2	10.59		
5	11.35		
8	11.43		
9	11.47		
11	12.02		
15	12.37		
16	12.46		
20	13.23		
23	13.50		
25	14.06		
26	14.16		
28	15.22		
29	16.50		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
2	12.12	1	12.24
24	22.15	2	12.23
		3	12.39

4	12.30	4	12.40
7	13.21	5	13.04
9	13.47	6	13.14
		7	14.14
8	13.45	8	14.27
10	13.51	9	14.27
11	13.54	10	14.28
13	13.59	11	14.34
15	14.23	12	14.37
		13	14.40
		14	15.07
		15	15.37
		16	16.00
17	16.25	17	16.41
		18	20.48
3	12.18		
5	12.43		
6	12.43		
14	14.09		
16	15.09		
18	16.30		
19	16.56		
20	16.58		
21	17.01		
22	18.40		
23	22.11		
1	11.54		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	16.23	1	19.37
2	16.36	2	20.03
3	16.45	3	21.29
		4	22.03
4	17.14	5	22.16
15	19.37	6	22.24
10	18.31	7	22.33
		8	22.47
9	18.30	9	22.53
8	18.23	10	23.17
		11	23.18
		12	23.23
7	18.07	13	23.35
14	19.04	14	23.47
23	23.17	15	23.55
13	19.02	16	23.57
		17	24.17
17	19.59	18	24.18
6	18.05	19	24.30
		20	24.33

		21	25.25
		22	25.28
		23	25.29
12	19.01	24	25.30
		25	25.38
		26	25.58
		27	26.02
19	20.24	28	26.21
26	30.12	29	26.45
25	30.08	30	27.03
		31	28.30
	12.52		
5	17.25		
11	18.49		
16	19.50		
18	20.06		
20	20.38		
21	20.39		
22	22.59		
24	26.19		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	11.46	1	12.09
		2	11.48
6	13.09	3	12.50
2	12.19	4	12.57
		5	13.11
3	12.39	6	13.13
		7	13.13
12	22.13	8	13.36
7	13.31	9	13.39
8	15.09	10	14.40
9	16.13	11	16.04
		12	16.07
		13	17.15
		14	19.18
		15	20.05
4	12.48		
5	12.51		
10	16.32		
11	16.59		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	15.30	1	14.31
3	16.00	2	14.50
2	15.31	3	14.51
4	16.39	4	15.03
		5	15.28



5	16.42	6	15.29
		7	15.37
11	19.13	8	16.24
		9	17.02
9	18.09	10	17.04
		11	17.12
15	20.01	12	17.12
14	20.00	13	17.24
22	25.16	14	17.42
		15	18.12
		16	18.13
		17	18.19
18	21.26	18	18.24
		19	18.54
17	21.04	20	18.55
		21	20.18
21	22.48	22	21.15
		23	22.40
6	16.57		
7	17.09		
8	17.13		
10	19.12		
12	19.24		
13	19.41		
16	20.54		
19	22.40		
20	22.45		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	18.25	1	16.43
2	20.05	2	17.56
4	20.49	3	18.25
		4	19.19
		5	19.55
		6	21.15
9	31.17	7	22.09
8	31.17	8	24.52
10	31.18	9	29.31
		10	29.33
11	32.11	11	29.34
		WRONG RACE	
3	20.34		
5	22.08		
6	22.09		
7	28.23		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	15.29	1	14.05

		2	14.10
		3	15.06
4	16.40	4	15.08
6	17.20	5	15.18
		6	15.42
		7	15.51
		8	15.59
		9	16.04
11	18.19	10	16.13
7	17.36	11	16.20
9	18.13	12	16.24
		13	16.31
13	18.46	14	16.39
		15	16.41
		16	17.10
		17	17.37
		18	17.42
		19	18.07
		20	18.09
		21	18.09
		22	18.53
20	20.27	23	18.53
		24	20.14
		25	22.03
2	15.52		
3	16.10		
5	17.12		
8	18.12		
10	18.18		
12	18.46		
14	19.07		
15	19.09		
16	19.17		
17	19.23		
18	20.02		
19	20.23		
21	21.03		
22	23.02		
23	24.40		
24	25.32		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
		1	17.44
2	21.40	2	18.16
1	20.53	3	18.30
5	25.31	4	19.47
		5	20.02
3	22.53	6	20.04
4	23.50	7	20.13

		8	20.17
6	26.13		
7	27.21		
8	32.02		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	20.53	1	15.30
3	21.17	2	15.59
2	21.14	3	16.37
7	22.39	4	17.15
11	23.32	5	17.19
5	22.18	6	17.24
14	24.46	7	17.35
10	23.31	8	17.40
13	24.33	9	17.48
8	23.02	10	17.57
6	22.39	11	18.23
		12	19.17
		13	19.26
		14	19.48
		15	19.49
		16	20.22
		17	21.13
		18	23.54
19	30.51	19	35.01
12	23.35	WRONG RACE	
4	21.56		
9	23.30		
15	24.48		
16	25.06		
17	25.12		
18	25.31		
20	33.47		
21	33.48		
22	36.00		
4KM W RACE	19.02		
4KM W RACE	27.30		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	19.32	1	23.31
3	24.02	2	26.07
6	33.18	3	27.54
2	21.23		
4	25.24		
5	30.17		

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

1	20.39	1	15.48
DNF	DNF	2	15.22
2	20.46	3	15.42
3	21.16	4	17.09
4	21.33	5	17.18
6	23.11	6	17.40
5	23.02	7	18.15
7	24.20	8	18.35
		9	20.18
8	24.39	10	20.47
9	27.23	11	27.17
10	36.04		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
2	20.51	1	14.56
3	21.30	2	15.12
6	30.49	3	21.17
1	20.34		
4	21.47		
5	22.43		
7	33.21		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	30.36	1	30.43
		2	31.52
		3	36.50
		4	37.30
3	31.49	5	38.47
4	31.50	6	38.52
		7	39.36
		8	40.05
5	33.20	9	41.41
6	33.56	10	41.50
8	36.24	11	NO TIME
2	30.48		
7	36.18		
9	36.36		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	26.32	1	21.00
2	26.49	2	36.18
3	34.24	3	NO TIME
		4	NO TIME
		WRONG DISTANCE	
4	36.24		

<u>LEAGUE 1</u>	<u>LEAGUE 2</u>
-----------------	-----------------

<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
		W RACE	13.29
1	15.49		
2	15.55		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
		1	37.01
1	30.35		
2	32.43		
3	33.07		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
		1	29.43
		2	29.52
		3	30.47
		4	30.56
1	36.03	5	36.39
		6	35.14
		7	47.00

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	22.05	1	25.37
2	30.17	2	27.34
		3	27.52

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

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
2	79.49	1	70.57
1	47.56		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
		1	18.37

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	33.29	1	28.53
		2	30.37
4	45.34	3	31.06
3	41.40	4	32.18
		5	32.42

		6	33.28
2	37.24		

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
		1	15.24
3	27.59	2	17.27
1	19.57		
2	26.59		
DNF			

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

<u>LEAGUE 1</u>		<u>LEAGUE 2</u>	
<u>POS</u>	<u>TIME</u>	<u>POS</u>	<u>TIME</u>
1	36.52	1	41.52