



ASWD CC LEAGUE 1 - Olympia, George				Top 3 per age category			
06/05/2023				No of Athletes :			385
	ATHLETE	CLUB/ SCHOOL		AGE	DOB	M/F	TIME
Girls 8 yrs (2015..)							1 km
1	Kaylene Chips	Nedbank/Heidedal		8	8/2/2015	F	5:08.12
2	Misha Meyer	Glenwood House		8 (7)	1/19/2016	F	5:37.79
3	Idalicia Oosthuizen	Nedbank/Heidedal		8	1/22/2015	F	5:39.72
Boys 8 yrs (2015..)							1 km
1	Usain Boesak	Nedbank/Heidedal		8	9/26/2015	M	4:08.31
2	Rudolf Smith	Laerskool Wesbank		8	6/11/2015	M	4:10.66
3	Saint-Laurian Jansen	Nedbank/Heidedal		8	7/17/2015	M	4:42.09
Girls 9 yrs (2014)							2 km
1	Achumile Beuzana	Nedbank/Heidedal		9	5/11/2014	F	8:28.32
2	Chuma Beuzana	Nedbank/Heidedal		9	5/11/2014	F	8:33.74
3	Shiera Pietersen	Nedbank/Heidedal		9	6/27/2014	F	8:43.21
Boys 9 yrs (2014)							2 km
1	Eugene Saayman	Coastline AC		9		M	7:10.88
2	JC Le Clus	Hartenbos Drawwers		9	9/16/2014	M	7:43.01
3	Christiaan Kapank	Nedbank/Heidedal		9	8/19/2014	M	7:49.87
Girls 10 yrs (2013)							2 km
1	Alrie Eloff	Coastline AC	14	10	5/28/2013	F	8:05.67
2	Jaydene Jacobs	Waboomskraal Prim	21	10	7/13/2013	F	8:20.16
3	Jesswinique Mongo	Nedbank/Heidedal	34	10	9/19/2013	F	8:52.52
Boys 10 yrs (2013)							2 km
1	Wanru Haasbroek	Glenwood House	2	10	1/19/2013	M	7:21.30
2	Antheo Claassen	Grootbrak Prim	3	10	1/19/2013	M	7:21.88
3	Caleb	Coastline AC	4	10		M	7:32.29
Girls 11 yrs (2012)							3 km
1	Laurika Jacobs	Coastline AC		11		F	12:01.38
2	Iza Lourens	Wesbank Prim		11	9/27/2012	F	13:23.06
3	Ynishé Murray	Beaufort Wes Prim		11	2/1/2012	F	13:26.99
Boys 11 yrs (2012)							3 km
1	Emanuel Jacobs	Nedbank/Heidedal		11	1/2/2012	M	11:24.30
2	Prezten Saayman	Coastline AC		11		M	11:34.93
3	Christiano Micheals	Coastline AC		11		M	11:44.62
Girls 12 yrs (2011)							3 km
1	Ovuyonke Ngemntu	Nedbank/Heidedal		12	11/5/2011	F	12:43.70
2	Cameron Frances	Coastline AC		12		F	12:45.65
3	Tamzyn Saayman	Diaz Prim		12	1/29/2011	F	12:50.66
Boys 12 yrs (2011)							3 km
1	Lee-Olin September	Melkhoutfontein Prim		12	3/3/2011	M	10:51.52
2	Luciano Mongo	Nedbank/Heidedal		12	5/12/2011	M	11:09.05
3	Jason Page	Nedbank/Heidedal		12	2/7/2011	M	11:17.12
Girls 13 yrs (2010)							3 km
1	Dune Haasbroek	Glenwood House		13	7/1/2010	F	12:00.29
2	Lameesh Visser	Nedbank/Heidedal		13	11/5/2010	F	13:05.13
3	Jubilea Danisa	Nedbank/Heidedal		13	8/13/2010	F	13:10.27

Boys 13 yrs (2010)							4 km
1	Eathan Keyser	Grootbrak Prim		13	8/14/2010	M	14:30.91
2	Leighton Lucas	Beaufort-Wes Prim		13	10/8/2010	M	14:37.49
3	Christiano Weyers	Nedbank/Heidedal		13	8/18/2010	M	14:44.02
Girls 14 yrs (2009)							4 km
1	Lizandri Koen	Hoërskool Outeniqua		14	1/17/2009	F	16:57.46
2	Fernando Witbooi	Nedbank/Heidedal		14	11/24/2009	F	17:09.11
3	Cecelia Williams	Heidedal		14	8/24/2009	F	18:10.77
Boys 14 yrs (2009)							4 km
1	Colin Karelse	Beaufort-Wes Sec		14	4/9/2009	M	13:13.64
2	Luciano Slawers	Coastline AC		14		M	13:26.96
3	Jac du Plessis	Hoërskool Outeniqua		14	11/16/2009	M	13:32.82
Girls 15 yrs (2008)							4 km
1	Ané Bester	Langenhoven Gim		15	9/1/2008	F	14:57.01
2	Kayla Hudson	Hoërskool Outeniqua		15	10/23/2008	F	15:38.45
3	Junesce Michaels	Melkhoutfontein Prim		15	4/16/2008	F	16:15.65
Boys 15 yrs (2008)							4 km
1	Cuen Wildeman	Outeniqua		15	3/2/2008	M	13:02.05
2	Wilmark Daniels	Gerrit Du Plessis		15	6/30/2008	M	13:03.17
3	Shane Conradie	Bastiaanse		15	10/2/2008	M	13:03.42
Girls 16 & 17 yrs (2007 & 2006)							4 km
1	Shafieka Du Preez	George HS/Nedbank		17	7/11/2006	F	16:28.18
2	Marilie Duvenhage	Hoërskool Outeniqua		16	4/30/2007	F	16:47.94
3	Micke JV Rensburg	Hoërskool Outeniqua		17	12/13/2006	F	16:54.88
Boys 16 and 17 yrs (2007 & 2006)							6 km
1	Vallentino Loggenberg	Rainbow AC		17	12/4/2006	M	19:39.30
2	Mzwandile Du Toit	Fezekile High		17	2/11/2006	M	19:45.55
3	Athenkosi Muggels	Rainbow AC		17	7/13/2006	M	20:21.49
Junior Women 18 and 19 yrs (2005 & 2004)							6 km
1	Jandri Snyders	Hartenbos Drawwers		19	3/2/2004	F	24:42.00
2	Moresha Galant	Pacaltsdorp HS		19	9/5/2004	F	28:38.81
3	Sue-Astrid Loff	Pacaltsdorp HS		19	3/28/2005	F	28:58.93
Junior Men 18 and 19 yrs (2005 & 2004)							8 km
1	Adreano Jansen	Pacaltsdorp HS		18	8/7/2005	M	24:27.28
2	Dewaal Marx	Hartenbos Drawwers		18	1/13/2005	M	25:18.8
3	Tyron-Lee Andries	Langenhoven Gim		19	5/18/2004	M	25:54.16
Senior Women 20 - 34yrs (2003 & 1989)							4 km
1	Annuscka Abrahams	Coastline AC		29		F	21:47.17
2	Liezel van Wyk	Nedbank		24	8/4/1998	F	23:13.30
Senior (Open) Men 20 -34 (2003 - 1989)							4 km
1	Lloyd Bosman	Nedbank		35	2/25/1988	M	11:47.32
2	Selwyn Matthews	Nedbank		25	8/21/1998	M	11:65.03
3	Mario v Schalkwyk	Coastline AC		23		M	12:43.29
Senior (Open) Men 20 -34 (2003 - 1989)							10 km
1	Francois Maquassa	Nedbank		28	7/2/1995	M	31:56.52
2	Wayne April	Nedbank		20	10/21/2003	M	38:17.00
3	Mahrathy Peil	Thembaletu Club		30	11/13/1993	M	40:19.89

Women 35 -49 (1988 - 1974)							4 km
1	Zani Smith	Laerskool Wesbank		39	12/22/1983	F	17:25.55
2	Esrie Loock	Hoërskool Outeniqua		40	7/20/1982	F	17:55.32
3	Melissa Meyer			35	5/16/1957	F	17:58.24
Men 35 -49 (1988 - 1974)							8 km
1	Julius Korkee	Nedbank		38	10/6/1984	M	29:22.24
2	Mervin Steenkamp	Coastline AC		35	6/28/1988	M	30:42.14
3	Mike Geldenhuys	Nedbank		41	7/23/1981	M	35:16.26
Women 50 - 60 + yrs (1973 & 1963 ...)							4 km
1	Candace Dick	Nedbank		51	8/11/1972	F	19:56.78
2	Magda Opperman	Cape Multisport Club		65	7/7/1958	F	22:38.38
3	Talitha Behrens	Nedbank		52	5/11/1971	F	22:52.39
Men 50 - 60 + yrs (1973 & 1963 ...)							6 km
1	A. Patrick	NBRC		60	3/23/1963	M	22:22.00
2	A vd Walt			50	1/8/1973	M	24:31.19
3	Anton Chevalier	Nedbank		57	5/19/1965	M	25:08.88

Clubs with 3 medals or more

Nedbank/Heidedal	18
Nedbank	11
Coastline AC	11
HS Outeniqua	6
Glenwood House	3
HS Pacaltsdorp	3
Hartenbos Drawwers	3
LS Wesbank	3

ASWD CC LEAGUE 1 - Olympia, George				RESULTS			RACE 1
06/05/2023				No of Athletes :			385
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 8 yrs (2015..)							1 km
1	Kaylene Chips	Nedbank/Heidedal	11	8	8/2/2015	F	5:08.12
2	Misha Meyer	Glenwood House	14	8 (7)	1/19/2016	F	5:37.79
3	Idalicia Oosthuizen	Nedbank/Heidedal	15	8	1/22/2015	F	5:39.72
4	Toba J van Rensburg	Hartenbos Drawwers	18	8	1/27/2015	F	6:04.62
5	Olivia Bailes	Curro MB	19	8	4/1/2015	F	6:06.09
6	Bahatea Williams	Nedbank/Heidedal	20	8	1/3/2015	F	6:09.82
7	Tammy Esau	Nedbank/Heidedal	22	8	9/24/2015	F	6:52.82
8	Natolie Jansen	Nedbank/Heidedal	24	8	11/2/2015	F	7:28.96
Boys 8 yrs (2015..)							1 km
1	Usain Boesak	Nedbank/Heidedal	1	8	9/26/2015	M	4:08.31
2	Rudolf Smith	Laerskool Wesbank	2	8	6/11/2015	M	4:10.66
3	Saint-Laurian Jansen	Nedbank/Heidedal	3	8	7/17/2015	M	4:42.09
4	Miguel Snyman	St Lukes	4	8	8/3/2015	M	4:42.37
5	Jeraldo Danisa	Nedbank/Heidedal	5	8	7/20/2015	M	4:47.91
6	Shandry-Lee Wagenaar	Grootbrak Prim	6	8	8/19/2015	M	4:48.34
7	Ulrich van Hirtum	Hartenbos Drawwers	7	8	8/31/2015	M	4:48.96
8	Fourie Le Clus	Hartenbos Drawwers	8	8 (6)	3/1/2017	M	4:49.62
9	Geen Naam	Rainbow AC	9	8	7/7/2015	M	4:57.60
10	Samuel Kerspy	Nedbank/Heidedal	10	8 (7)	3/10/2016	M	5:06.78
11	Lealiifano Diedericks	Waboomskraal	12	8	5/21/2015	M	5:16.41
12	Zaydon Luiters	Hornlee Prim	13	8	10/21/2015	M	5:21.51
13	Mason Keet	Curro MB	16	8	6/25/2015	M	5:50.43
14	Elton Pietersen	Nedbank/Heidedal	17	8	7/10/2015	M	5:57.76
15	Josh McKrill	Hornlee Prim	21	8	2/16/2015	M	6:22.37
16	Luchandré Scholtz	Hornlee Prim	23	8	12/21/2016	M	7:10.49

ASWD CC LEAGUE 1 - Olympia, George				RESULTS			RACE 2
06/05/2023							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 9 yrs (2014)							2 km
1	Achumile Beuzana	Nedbank/Heidedal	25	9	5/11/2014	F	8:28.32
2	Chuma Beuzana	Nedbank/Heidedal	28	9	5/11/2014	F	8:33.74
3	Shiera Pietersen	Nedbank/Heidedal	29	9	6/27/2014	F	8:43.21
4	Helena Lourens	Wesbank Prim	33	9	7/26/2014	F	8:51.28
5	Whitney Jansen	St. Luke's	44	9	5/4/2014	F	9:17.69
6	Lila Olivier	Laerskool Bertie Barnard	45	9	5/11/2014	F	9:19.73
7	Mienke Lamprecht	Laerskool Wesbank	48	9	8/2/2014	F	9:34.01
8	Lizante van Beulen	St. Luke's	49	9	4/25/2014	F	9:34.57
9	Aesha Baardman	Waboomskraal Prim	54	9	4/17/2014	F	9:52.38
10	Luchille Snyman	Grootbrak Prim	56	9	7/2/2014	F	10:00.30
11	Mica McKelly	Pacaltsdorp Prim	62	9	5/8/2014	F	10:06.89
12	Annabel Du Plessis	Hartenbos Drawwers	63	9	7/28/2014	F	10:07.76
13	Sisipho Twili	Waboomskraal Prim	67	9	12/9/2014	F	10:47.98
14	Amy Bailes	Curro MB	68	9	1/3/2014	F	10:48.30
15	Eliannah Prinsloo	Nedbank	70	9	3/24/2014	F	10:50.57
Boys 9 yrs (2014)							2 km
1	Eugene Saayman	Coastline AC	1	9		M	7:10.88
2	JC Le Clus	Hartenbos Drawwers	7	9	9/16/2014	M	7:43.01
3	Christiaan Kapank	Nedbank/Heidedal	11	9	8/19/2014	M	7:49.87
4	Jeneecquin Laban	St. Luke's	13	9	12/19/2014	M	7:57.08
5	Chadwin Mason	St. Luke's	26	9	5/17/2014	M	8:28.60
6	Lehandro Manho	Melkhoutfontein Prim	30	9	5/8/2014	M	8:47.16
7	Cayson Jantjies	Melkhoutfontein Prim	32	9	9/3/2014	M	8:49.19
8	Ruvirno Maneville	Nedbank/Heidedal	35	9	12/8/2014	M	8:53.57
9	Hensville Olieslager	Grootbrak Prim	38	9	10/5/2014	M	9:02.57
10	Jason Pedro	Hornlee Prim	39	9	7/23/2014	M	9:03.70
11	Jacquid Adams	Grootbrak Prim	42	9	10/5/2014	M	9:15.17
12	Nylin Gertse	Nedbank/Heidedal	46	9	11/11/2014	M	9:26.07
13	Leighton Kawie	Grootbrak Prim	47	9	10/12/2014	M	9:32.42
14	Reajoque September	Oker Prim	55	9	1/15/2014	M	10:00.02
15	Christiano Reens	Nedbank/Heidedal	57	9	4/15/2014	M	10:02.63
16	Iviano Block	Waboomskraal Prim	59	9	6/19/2014	M	10:05.38
17	Jozé Jaftha	Rainbow AC	65	9	10/21/2014	M	10:17.75
18	Joshua Keet	Curro MB	69	9	3/11/2014	M	10:49.12
19	Phillip du Plessis	Curro MB	71	9	1/14/2014	M	11:27.67
20	Sean Hawksley	Curro MB	72	9	11/5/2014	M	11:33.02
Girls 10 yrs (2013)							2 km
1	Alrie Eloff	Coastline AC	14	10	5/28/2013	F	8:05.67
2	Jaydene Jacobs	Waboomskraal Prim	21	10	7/13/2013	F	8:20.16
3	Jesswinique Mongo	Nedbank/Heidedal	34	10	9/19/2013	F	8:52.52
4	Willene Lingerveld	Nedbank/Heidedal	37	10	7/2/2013	F	9:00.24
5	Whitney Plaatjies	Nedbank/Heidedal	51	10	2/18/2013	F	9:40.52
6	Romeshia Gouws	Nedbank/Heidedal	53	10	9/1/2013	F	9:50.85
7	Bianca Breytenbach	Curro MB	58	10	5/20/2013	F	10:04.32

8	Elizabeth Robb	Glenwood House	61	10	5/9/2013	F	10:06.86
9	Jody Rossouw	Diaz Prim	64	10	6/23/2013	F	10:16.07
10	Luna Scheffer	Curro MB	73	10	1/30/2013	F	16:47.13
11	Rumecha du Preez	Diaz Prim	74	10	4/10/2013	F	16:47.94
12	Clara-Ann Keet	Curro MB	75	10	8/20/2013	F	
Boys 10 yrs (2013)							2 km
1	Wanru Haasbroek	Glenwood House	2	10	1/19/2013	M	7:21.30
2	Antheo Claassen	Grootbrak Prim	3	10	1/19/2013	M	7:21.88
3	Caleb	Coastline AC	4	10		M	7:32.29
4	Clayton Frances	Coastline AC	5	10		M	7:32.29
5	Marlon Muller	Nedbank/Heidedal	6	10	1/23/2013	M	7:35.66
6	Christiaan Johannes	Beaufort Wes Prim	8	10	12/5/2013	M	7:43.80
7	Chevandr� Sampson	Beaufort Wes Prim	9	10	12/31/2013	M	7:48.97
8	Gabri�l Oktober	Grootbrak Prim	10	10	12/14/2013	M	7:49.66
9	Hannes van Broehhuizen	Milkwood	12	10	6/14/2013	M	7:54.87
10	Tristan Grootboom	Nedbank/Heidedal	15	10	12/25/2013	M	8:10.16
11	Connor Odgen	Glenwood House	16	10	1/14/2013	M	8:14.51
12	Tyrin Booyesen	Grootbrak Prim	17	10	10/7/2013	M	8:15.71
13	Cee-Jay Emis	Nedbank/Heidedal	18	10	8/7/2013	M	8:15.98
14	Caleb Coetzee	Nedbank/Heidedal	19	10	9/28/2013	M	8:18.98
15	Leclus Visser	Nedbank/Heidedal	20	10	8/7/2013	M	8:19.35
16	Keacan Prins	Oker Prim	22	10	10/22/2013	M	8:22.30
17	Dylan Dick	Glenwood House	23	10	7/6/2013	M	8:24.87
18	Logan Oktober	Rainbow AC	24	10	4/25/2013	M	8:26.91
19	Ellworth Goeda	Nedbank/Heidedal	27	10	11/25/2013	M	8:33.48
20	Dant� Nel	Diaz Prim	31	10	4/2/2013	M	8:48.79
21	Rayno Lucas	Beaufort Wes Prim	36	10	7/17/2013	M	8:59.08
22	Jaquen Wesso	Grootbrak Prim	40	10	7/10/2013	M	9:05.17
23	Angelo Plaatjies	Waboomskraal Prim	41	10	4/23/2013	M	9:14.79
24	Marlon Nathan	Waboomskraal Prim	43	10	4/29/2013	M	9:17.38
25	Ashwin Hendricks	St. Blaize	50	10	2/2/2013	M	9:38.49
26	Marius Meyer	Glenwood House	52	10	10/24/2013	M	9:42.20
27	Elih Engel	Curro MB	60	10	6/27/2013	M	10:05.63
28	Luchianho Wessels	Beaufort Wes Prim	66	10	8/3/2013	M	10:22.63

ASWD CC LEAGUE 1 - Olympia, George				RESULTS			RACE 3
06/05/2023							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 11 yrs (2012)							3 km
1	Laurika Jacobs	Coastline AC	6	11		F	12:01.38
2	Iza Lourens	Wesbank Prim	16	11	9/27/2012	F	13:23.06
3	Ynishé Murray	Beaufort Wes Prim	17	11	2/1/2012	F	13:26.99
4	Leandre Gelderbloem	St. Blaize	18	11	11/14/2012	F	13:28.92
5	Luyanda Nkomo	Erika Prim	24	11	5/3/2012	F	15:12.93
6	Andria Hendricks	Nedbank/Heidedal	25	11	6/29/2012	F	15:28.49
7	Amore Roelph	Hornlee Prim	26	11	9/12/2012	F	15:34.35
8	Kiara Taylor	Diaz Prim	28	11	8/10/2012	F	15:35.28
9	Jessie Botha	32 GI	29	11	11/20/2012	F	15:45.42
10	Jo-Marie Blok	Nedbank	30	11	6/21/2012	F	16:19.60
11	Kristen Dick	Glenwood House	31	11	2/7/2012	F	17:00.22
12	Laurian September	Nedbank/Heidedal	32	11	5/7/2012	F	17:21.39
13	Bré Botha	Nedbank/Heidedal	33	11	8/14/2012	F	17:27.10
14	Amahle Manatha	Nedbank/Heidedal	34	11	8/10/2012	F	17:53.25
15	Laurencia oosthuizen	Nedbank/Heidedal	35	11	12/5/2012	F	18:01.14
16	Wendolene Bordjies	Nedbank/Heidedal	36	11	3/6/2012	F	18:31.91
17	Maddison Duncan	Curro MB	37	11	1/18/2012	F	18:41.11
18	Sharein Pienaar	Hornlee Prim	92	11	8/18/2012	F	DNF
Boys 11 yrs (2012)							3 km
1	Emanuel Jacobs	Nedbank/Heidedal	1	11	1/2/2012	M	11:24.30
2	Prezten Saayman	Coastline AC	2	11		M	11:34.93
3	Christiano Micheals	Coastline AC	3	11		M	11:44.62
4	Antonio Afrika	Beaufort Wes Prim	4	11	5/1/2012	M	11:48.20
5	Sias Poggenpoel	Hartenbos Drawwers	5	11	4/23/2012	M	11:58.17
6	Jonker Beukes	Laerskool Wesbank	7	11	7/7/2012	M	12:34.70
7	Othandowayo Timbela	St. Blaize	8	11	1/17/2012	M	12:47.10
8	Cameron McEwan	Outeniqua Harriers	9	11	7/19/2012	M	12:48.86
9	Valentino Nuwegeld	Beaufort Wes Prim	10	11	2/14/2012	M	12:54.66
10	Leveno Frans	St. Luke's	11	11	9/26/2012	M	13:03.76
11	Llewaygan Kani	Nedbank/Heidedal	12	11	7/30/2012	M	13:04.07
12	Xaviero Tekana	Nedbank George	13	11	6/3/2012	M	13:15.85
13	Pieter Schoeman	32 GI	14	11	3/12/2012	M	13:17.17
14	Sean Veale	Nedbank/Heidedal	15	11	4/8/2012	M	13:18.54
15	Liam Haker	Nedbank/Heidedal	19	11	12/26/2012	M	13:34.18
16	Tashwell Booyesen	Beaufort Wes Prim	20	11	8/8/2012	M	13:37.16
17	Noah Human	St. Blaize	21	11	5/28/2012	M	14:01.22
18	Tohaywin Boesak	Nedbank/Heidedal	22	11	6/21/2012	M	14:01.42
19	Chentiano Swartz	Waboomskraal Prim	23	11	5/20/2012	M	15:06.13
20	Lestlin Joseph	Melkhoutfontein Prim	27	11	9/26/2012	M	15:35.00
21	Nillem Meyer	Glenwood House	56	11	3/15/2012	M	22:49.07
Boys 16 and 17 yrs (2007 & 2006)							6 km
1	Vallentino Loggenberg	Rainbow AC	38	17	12/4/2006	M	19:39.30
2	Mzwandile Du Toit	Fezekile High	39	17	2/11/2006	M	19:45.55
3	Athenkosi Muggels	Rainbow AC	41	17	7/13/2006	M	20:21.49

4	Jaco van Wyk	Beaufort Wes Sek	43	16	8/16/2007	M	20:35.55
5	Previn Jantjies	Sedgefield Striders	44	16	5/23/2007	M	20:46.34
6	Tatiano	Coastline AC	45	16		M	20:49.30
7	Marco Erasmus	Hoërskool Outeniqua	46	16	12/18/2007	M	20:53.00
8	Thinus Erasmus	Hoërskool Outeniqua	47	16	6/20/2007	M	21:17.95
9	Ruwayden Olivier	Rainbow AC	42	16	12/5/2007	M	20:27.91
10	Linden Bosman	Nedbank	48	17	12/4/2006	M	21:33.91
11	Reinart Behrens	Nedbank	51	16	5/16/2007	M	22:22.73
12	Piestelle Olifant	Beaufort Wes Sek	52	17	5/2/2006		22:22.91
13	Charlton Brandt	Coastline AC	53	16		M	22:31.69
14	Gerano Rossouw	Morester Sec & Protea Sec	55	16	12/12/2007	M	22:40.38
15	Thulani Benjamin	Bastiaanse	59	16	5/14/2007	M	23:38.18
16	Kurt Botha	Rainbow AC	61	16	4/17/2007	M	24:28.29
17	Griger Osmer	Hoërskool Outeniqua	62	16	7/14/2007	M	24:29.46
18	Inganathi Bambiso	Pacaltsdorp HS	68	16	2/7/2007	M	25:26.05
19	Marius De Vlam	Gerrit Du Plessis	71	16	11/11/2007	M	26:23.12
20	Ajay Sampson	Bastiaanse	72	17	3/21/2006	M	26:26.81
21	Miquel Cedras	Bastiaanse	73	16	9/21/2007	M	26:40.67
22	Henrique Cupido	Gerrit Du Plessis	76	16		M	27:32.61
23	Mikael Viljoen	Nedbank	80	17	12/12/2006	M	28:09.72
24	Nicolas Vrey	Glenwood House	91	17	9/4/2006	M	DNF
Junior Women 18 and 19 yrs (2005 & 2004)							6 km
1	Jandri Snyders	Hartenbos Drawwers	65	19	3/2/2004	F	24:42.00
2	Moresha Galant	Pacaltsdorp HS	81	19	9/5/2004	F	28:38.81
3	Sue-Astrid Loff	Pacaltsdorp HS	82	19	3/28/2005	F	28:58.93
4	Elizma Huyser	Langenhoven Gim	85	19	2005	F	30:37.75
Senior Women 20 - 34yrs (2003 & 1989)							4 km
1	Annuscka Abrahams	Coastline AC	49	29		F	21:47.17
2	Liezel van Wyk	Nedbank	58	24	8/4/1998	F	23:13.30
Junior Men 18 and 19 yrs (2005 & 2004)							8 km
1	Adreano Jansen	Pacaltsdorp HS	60	18	8/7/2005	M	24:27.28
2	Dewaal Marx	Hartenbos Drawwers	67	18	1/13/2005	M	25:18.8
3	Tyron-Lee Andries	Langenhoven Gim	69	19	5/18/2004	M	25:54.16
4	Keano Qwili	Pacaltsdorp HS	70	18	8/23/2005	M	26:12:79
5	Jodian Hendricks	Morester Sec & Protea Sec	74	19	6/10/2004	M	26:44.16
6	Lazro Louw	Pacaltsdorp HS	77	18		M	27:40.48
7	Luciano Stuurman	Coastline AC	78	19		M	27:45.64
8	William van Tonder	Langenhoven Gim	79	19	8/18/2005	M	28:05.77
9	Jaques Koopman	Bastiaanse	84	19	8/29/2005	M	29:33.95
10	Gersuin Fielies	Gerrit Du Plessis	86	19		M	31:15.19
11	Clyde Prins	Coastline AC	87	18		M	31:34.15
12	Lebonejo Baby	Fezekile High	88	18		M	31:57.09
13	Ethan Dick	Bastiaanse	89	19	10/10/2005	M	32:08.84
14	Ismael Miggels	Pacaltsdorp HS	90	18		M	32:50.61
Men 50 - 60 + yrs (1973 & 1963 ...)							6 km
1	A. Patrick	NBRC	50	60	3/23/1963	M	22:22.00
2	A vd Walt		63	50	1/8/1973	M	24:31.19
3	Anton Chevalier	Nedbank	66	57	5/19/1965	M	25:08.88
4	Sidwell Oktober	Rainbow AC	75	65	4/12/1958	M	27:24.72
5	Johan Pretorius	Cape Multisport Club	83	62	1/12/1961	M	29:05.27

Women 50 - 60 + yrs (1973 & 1963 ...)							4 km
1	Candace Dick	Nedbank	40	51	8/11/1972	F	19:56.78
2	Magda Opperman	Cape Multisport Club	54	65	7/7/1958	F	22:38.38
3	Talitha Behrens	Nedbank	57	52	5/11/1971	F	22:52.39
4	Anri David	Nedbank	64	50	4/5/1973	F	24:34.78


ASWD CC LEAGUE 1 - Olympia, George				RESULTS			RACE 4
06/05/2023							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 16 & 17 yrs (2007 & 2006)							4 km
1	Shafieka Du Preez	George HS/Nedbank	6	17	7/11/2006	F	16:28.18
2	Marilie Duvenhage	Hoërskool Outeniqua	7	16	4/30/2007	F	16:47.94
3	Micke JV Rensburg	Hoërskool Outeniqua	8	17	12/13/2006	F	16:54.88
4	Febe Michaels	Oker Prim	13	16	9/7/2007	F	18:03.50
5	Isabella Vorster	Hoërskool Langenhoven	14	16	10/30/2007	F	18:17.63
6	Francoise Bertie	Hoërskool Outeniqua	17	16	8/6/2007	F	19:41.52
7	Jemanica Janse	Gerrit Du Plessis	18	17	9/20/2006	F	20:01.83
8	Graywodean Hendricks	Gerrit Du Plessis	20	16		F	21:18.73
9	Jodi Ann Scholtz	Oker Prim	21	16	6/14/2007	F	22:16.95
10	H Witbooi	Rainbow AC	25	16	5/26/2007	F	23:42.33
11	Elzaan Jacobs	Gerrit Du Plessis	26	17		F	23:44.08
12	Edwina Swartz	Oker Prim	27	17	5/29/2006	F	26:30.61
Senior (Open) Men 20 -34 (2003 - 1989)							4 km
1	Lloyd Bosman	Nedbank	1	35	2/25/1988	M	11:47.32
2	Selwyn Matthews	Nedbank	2	25	8/21/1998	M	11:65.03
3	Mario v Schalkwyk	Coastline AC	3	23		M	12:43.29
4	Ruben Dlepu		4	25	7/31/1997	M	12:49.58
5	Max-Lee Pedro	Coastline AC	5	22		M	13:47.03
6	Joshua Opperman		10	21	3/20/2002	M	17:38.20
Senior (Open) Men 20 -34 (2003 - 1989)							10 km
1	Francois Maquassa	Nedbank	31	28	7/2/1995	M	31:56.52
2	Wayne April	Nedbank	36	20	10/21/2003	M	38:17.00
3	Mahrathy Peil	Thembaletu Club	37	30	11/13/1993	M	40:19.89
4	Shermon Josephs	Rainbow AC	39	21	1/8/2002	M	40:47.55
5	Francois Louis	Rainbow AC	40	21	11/29/2001	M	45:47.70
Women 35 -49 (1988 - 1974)							4 km
1	Zani Smith	Laerskool Wesbank	9	39	12/22/1983	F	17:25.55
2	Esrie Looek	Hoërskool Outeniqua	11	40	7/20/1982	F	17:55.32
3	Melissa Meyer		12	35	5/16/1957	F	17:58.24
4	Helena JV Rensburg	Hartenbos Drawwers	15	40	1/7/1983	F	18:46.11
5	Carla Nothnagel	32 GI SWD	16	38	7/17/1984	F	19:40.70
6	Neldie Winterbach	Cape Multisport Club	19	38	7/5/1985	F	20:52.65
7	Sindy-Lee Roux		22	36	1/16/1987	F	22:30.61
8	Jeanine Snyders	Hartenbos Drawwers	23	45	1/9/1978	F	22:41.72
9	Jenny Blok	Nedbank	24	36	8/22/1986	F	23:29.73
10	Annette Matthee	Private	28	38	7/6/1984	F	26:58.83
Men 35 -49 (1988 - 1974)							8 km
1	Julius Korkee	Nedbank	29	38	10/6/1984	M	29:22.24
2	Mervin Steenkamp	Coastline AC	30	35	6/28/1988	M	30:42.14
3	Mike Geldenhuis	Nedbank	32	41	7/23/1981	M	35:16.26
4	Jan Meyer	None	33	40	11/19/1982	M	35:42.41
5	Wouter Franzenburg	Rainbow AC	34	45	8/23/1977	M	35:49.20
6	Nic Theron	Cape Multisport Club	35	42	8/14/1980	M	37:45.45
7	Charlie Tekana	Nedbank	38	47	5/10/1976	M	40:47.40

ASWD CC LEAGUE 1 - Olympia, George				RESULTS			RACE 5
06/05/2023							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 12 yrs (2011)							3 km
1	Ovuyonke Ngemntu	Nedbank/Heidedal	19	12	11/5/2011	F	12:43.70
2	Cameron Frances	Coastline AC	20	12		F	12:45.65
3	Tamzyn Saayman	Diaz Prim	21	12	1/29/2011	F	12:50.66
4	Azelia Volschenk	Laerskool Bertie Barnard	29	12	5/15/2011	F	13:25.79
5	Casendra Mono	Oker Prim	32	12	6/21/2011	F	13:55.18
6	Ave Pieterse	St. Luke's	35	12	4/12/2011	F	14:12.61
7	Venecia Lucas	Pacaltsdorp Prim	36	12	12/2/2011	F	14:16.14
8	Miche Visser	St. Luke's	40	12	9/26/2011	F	14:54.80
9	Venicia Pedro	Hornlee Prim	46	12	9/10/2011	F	15:18.43
10	Gael Muma	Nedbank/Heidedal	52	12		F	18:48.43
11	Ziyanda Blaauw	Nedbank/Heidedal	54	12	1/25/2011	F	18:52.62
Boys 12 yrs (2011)							3 km
1	Lee-Olin September	Melkhoutfontein Prim	1	12	3/3/2011	M	10:51.52
2	Luciano Mongo	Nedbank/Heidedal	2	12	5/12/2011	M	11:09.05
3	Jason Page	Nedbank/Heidedal	3	12	2/7/2011	M	11:17.12
4	Gershwin Reens	Waboomskraal Prim	4	12	1/11/2011	M	11:26.69
5	Malcome Booyesen	Nedbank/Heidedal	5	12	11/25/2011	M	11:39.02
6	Tlhonolofatso Nyedimane	Erika Prim	6	12	4/24/2011	M	11:49.85
7	Lihan Lategan	Hartenbos Drawwers	7	12	7/18/2011	M	11:50.51
8	Gavin Lamini	Hornlee Prim	8	12	3/2/2011	M	11:58.51
9	Cayden Van Wyk	Nedbank/Heidedal	10	12	8/2/2011	M	12:01.67
10	Jayden Jansen	Rainbow AC	11	13	9/19/2010	M	12:02.37
11	Alex Fouche	Laerskool Bertie Barnard	12	12	3/28/2011	M	12:05.19
12	Chavandre Fillies	Melkhoutfontein Prim	13	12	2/13/2011	M	12:28.88
13	Zoedian Kennedy	Grootbrak Prim	14	12	8/26/2011	M	12:30.96
14	Anthony Januarie	Erika Prim	15	12	7/25/2011	M	12:33.46
15	Jenovan Geduld	Nedbank/Heidedal	16	12	11/7/2011	M	12:34.95
16	Willem-Daniël Matthee	Laerskool Bertie Barnard	17	12	8/26/2011	M	12:41.00
17	Jay-Dee Frances	Coastline AC	18	12		M	12:41.74
18	Guillaume Liebenberg	Hoërskool Outeniqua	22	12	5/11/2011	M	12:55.06
19	Tyrique Delpont	Oker Prim	23	12	4/25/2011	M	12:57.14
20	Hanlo Barkhuizen	Nedbank	26	12	1/18/2011	M	13:11.53
21	Jayden Wilson	Beaufort-Wes Prim	27	12	1/20/2011	M	13:13.28
22	Naido Noordman	Waboomskraal Prim	28	12	3/31/2011	M	13:19.03
23	Luka van Wyk	Cape Multisport Club	33	12	10/3/2011	M	13:55.50
24	Lorenzo Botha	Rainbow AC	38	12	11/18/2011	M	14:38.59
25	Zivan de Klerk	Hartenbos Drawwers	41	12	8/15/2011	M	14:55.60
26	Keagan Perdo	Waboomskraal Prim	48	12	3/14/2011	M	15:33.28
27	Donavan Michiel	Laerskool Bertie Barnard	51	12	1/15/2011	M	16:02.79
28	Bertie Roux		55	12	9/4/2011	M	DNF
Girls 13 yrs (2010)							3 km
1	Dune Haasbroek	Glenwood House	9	13	7/1/2010	F	12:00.29
2	Lameesh Visser	Nedbank/Heidedal	24	13	11/5/2010	F	13:05.13
3	Jubilea Danisa	Nedbank/Heidedal	25	13	8/13/2010	F	13:10.27

4	Eshlene Johnson	Diaz Prim	30	13	1/14/2010	F	13:35.94
5	Lucrecha v Greunen	Nedbank/Heidedal	31	13	4/11/2010	F	13:54.67
6	Sumay van Wyk	Nedbank	34	13	5/26/2010	F	14:02.79
7	Tebollo Koenane	Erika Prim	37	13	2/19/2010	F	14:33.65
8	Leigh Botha	32 GI	39	13	8/10/2010	F	14:52.86
9	Lekeenya Bruintjies	Nedbank/Heidedal	42	13		F	14:56.44
10	Devonishia Louw	Nedbank/Heidedal	43	13	10/12/2010	F	14:56.84
11	Rihana Chipps	Nedbank/Heidedal	44	13	1/3/2010	F	15:12.39
12	Liané Taljaard	Hoërskool Outeniqua	45	13	9/3/2010	F	15:17.13
13	Jo-Marie Barends	St. Luke's	47	13	6/28/2010	F	15:24.51
14	Miché Pietersen	Diaz Prim	49	13	7/22/2010	F	15:40.76
15	Haylee Olivier	Grootbrak Prim	50	13	1/13/2010	F	15:50.23
16	Biona Claasen	Nedbank/Heidedal	53	13	10/4/2010	F	18:49.44

ASWD CC LEAGUE 1 - Olympia, George				RESULTS			RACE 6
06/05/2023							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 14 yrs (2009)							4 km
1	Lizandri Koen	Hoërskool Outeniqua	36	14	1/17/2009	F	16:57.46
2	Fernando Witbooi	Nedbank/Heidedal	37	14	11/24/2009	F	17:09.11
3	Cecelia Williams	Heidedal	44	14	8/24/2009	F	18:10.77
4	Annebelle McEwan	Glenwood House	46	14	2/5/2009	F	18:39.24
5	Ronay Micheals	Pacaltdorp High	47	14	12/18/2009	F	18:45.77
6	B Stoffels	Pacaltdorp High	49	14	7/29/2009	F	18:53.89
7	Ruwayda Kampher	Pacaltdorp High	50	14	10/12/2009	F	18:57.17
8	Ebenette van Niekerk	Hoërskool Outeniqua	51	14	1/9/2009	F	19:02.84
9	Jesnay Lindoor	Nedbank/Heidedal	52	14	8/22/2009	F	19:25.51
10	Tamisha Robertson	Oker Prim	65	14	1/19/2009	F	29:27.0
Boys 13 yrs (2010)							4 km
1	Eathan Keyser	Grootbrak Prim	5	13	8/14/2010	M	14:30.91
2	Leighton Lucas	Beaufort-Wes Prim	6	13	10/8/2010	M	14:37.49
3	Christiano Weyers	Nedbank/Heidedal	7	13	8/18/2010	M	14:44.02
4	Luardo Swarts	Beaufort-Wes Prim	8	13	5/3/2010	M	14:45.01
5	Johannes	Outeniqua	11	13	4/22/2010	M	14:49.11
6	Johandré Jordaan	Nedbank/Heidedal	13	13	3/25/2010	M	15:15.01
7	Quinley September	Beaufort-Wes Prim	15	13	1/21/2010	M	15:27.15
8	Lindi-Themba Rocila	St. Blaize	17	13	9/26/2010	M	15:44.77
9	Ayden Botes	Beaufort-Wes Prim	22	13	7/15/2010	M	16:04.77
10	Danté Pretorius	Nedbank/Heidedal	23	13	6/10/2010	M	16:06.82
11	Jervurgo Melouw	Waboomskraal Prim	24	13	7/6/2010	M	16:10.32
12	Damian Andries	St. Luke's	26	13	3/14/2010	M	16:17.63
13	Andrew Possel	Grootbrak Prim	29	13	8/18/2010	M	16:23.07
14	Ashwin Squire	Pacaltdorp High	31	13	4/10/2010	M	16:31.30
15	Fizel Mafutu	Hornlee Prim	33	13	2/16/2010	M	16:49.02
16	Dylan van der Walt	Curro MB	34	13	6/2/2010	M	16:49.36
17	Lendo Baadjies	Melkhoutfontein Prim	38	13	12/30/2010	M	17:10.23
18	Wian Botha	Nedbank	39	13	3/25/2010	M	17:16.76
19	Daywin Geduld	Nedbank/Heidedal	40	13	3/25/2010	M	17:32.51
20	Warrick Wood	Erika Prim	41	13	2/1/2010	M	17:39.76
21	Lincoln Haas	Beaufort-Wes Prim	42	13	10/22/2010	M	17:48.96
22	Fabian Daries	Oker Prim	48	13	6/13/2010	M	18:52.46
23	Edwin Scheepers	St. Blaize	53	13	7/16/2010	M	19:27.17
24	Darian Liebenberg	Pacaltdorp Prim	54	13	9/26/2010	M	19:27.70
25	Ethan McKrill	Hornlee Prim	59	13	3/12/2012	M	21:44.55
26	Calum Pizzini	Curro MB	60	13	2/16/2010	M	23:37.64
27	Allarig Ivy	Hartenbos Drawwers	61	13	1/24/2010	M	23:38.63
28	Tiaan Terblanche	Hartenbos Drawwers	62	13	6/12/2010	M	25:09.13
29	<i>Daniël Joubert (Guide)</i>	<i>Hartenbos Drawwers</i>	63	24	6/25/1999	M	26:06.77
Boys 14 yrs (2009)							4 km
1	Colin Karelse	Beaufort-Wes Sec	1	14	4/9/2009	M	13:13.64
2	Luciano Slawers	Coastline AC	2	14		M	13:26.96
3	Jac du Plessis	Hoërskool Outeniqua	3	14	11/16/2009	M	13:32.82

4	Ashley Damon	St. Blaize	4	14	3/1/2009	M	14:24.46
5	Johan Schoeman	32 GI	9	14	11/23/2009	M	14:46.40
6	Nhlanhla Mhloba	Hornlee Prim	10	14	10/13/2009	M	14:48.18
7	Wilfred Hilani	Nedbank/Heidedal	12	14	11/10/2009	M	14:55.61
8	Shamieel Du Preez	Melkhoutfontein Prim	16	14	1/20/2009	M	15:37.76
9	Shayden Maans	Bastiaanse	18	14	11/27/2009	M	15:52.17
10	Cayden Jones	Bastiaanse	19	14	9/11/2009	M	15:56.13
11	Orhayso Kuewido	Bastiaanse	14	14	10/13/2009	M	15:61.00
12	Khanyiso Pietersen	Nedbank/Heidedal	21	14	5/6/2009	M	16:01.33
13	Taylon Solomans	St. Luke's	27	14	10/12/2009	M	16:19.32
14	Niellen Meyer	St. Blaize	28	14	11/3/2009	M	16:19.54
15	Antris Ivy	Hartenbos Drawwers	30	14	1/6/2009	M	16:27.27
16	Ashton Hunter	Hartenbos Drawwers	32	14	7/30/2009	M	16:42.11
17	Ruben Marais	Hoërskool Outeniqua	35	14	6/10/2009	M	16:53.63
18	Chrizan-Lee Booyesen	Nedbank/Heidedal	43	14	9/2/2009	M	18:02.61
19	Bryden Luiters	Pacaltsdorp High	45	14	2/21/2009	M	18:33.10
20	Christiano Boesak	Pacaltsdorp High	55	14	7/6/2009	M	20:05.51
21	Jordan-Lee Pietersen	St. Blaize	56	14	9/21/2009	M	20:05.78
22	Waylon November	Diaz Prim	57	14	7/2/2009	M	21:30.55
23	Juan Breytenbach	Curro MB	58	14	9/5/2009	M	21:42.18

ASWD CC LEAGUE 1 - Olympia, George				RESULTS			RACE 7
06/05/2023							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 15 yrs (2008)							4 km
1	Ané Bester	Langenhoven Gim	14	15	9/1/2008	F	14:57.01
2	Kayla Hudson	Hoërskool Outeniqua	25	15	10/23/2008	F	15:38.45
3	Junesce Michaels	Melkhoutfontein Prim	20	15	4/16/2008	F	16:15.65
4	Addison Gillespie	Hoërskool Outeniqua	21	15	4/30/2008	F	16:22.11
5	Chelsea Saayman	Coastline AC	22	15		F	16:41.16
6	Mari Pretorius	Langenhoven Gim	23	15	4/12/2008	F	17:15.89
7	Evistly Jooste	Gerrit Du Plessis	26	15		F	17:44.66
8	Rayleen Taylor	Coastline AC	27	15		F	17:49.12
9	Esmerelda Liebenberg	Pacaltsdorp High	28	15	3/7/2008	F	18:20.25
10	Marli Hunlun	Langenhoven Gim	29	15	11/8/2008	F	18:44.74
11	Thatum Herwels	Pacaltsdorp High	30	15	10/10/2008	F	22:35.67
12	Ray-Lee Abrahams	Pacaltsdorp High	31	15	7/16/2008	F	22:49.49
13	Clarise Du Plessis	Punt Hoërskool	32	15	8/22/2008	F	23:18.10
14	Jaydine Blok	Nedbank	64	15	10/20/2008	F	29:26.84
Boys 15 yrs (2008)							4 km
1	Cuen Wildeman	Outeniqua	1	15	3/2/2008	M	13:02.05
2	Wilmark Daniels	Gerrit Du Plessis	2	15	6/30/2008	M	13:03.17
3	Shane Conradie	Bastiaanse	3	15	10/2/2008	M	13:03.42
4	Aiden Neethling	Oker Prim	4	15	12/7/2008	M	13:14.34
5	Dian Barkhuizen	Nedbank	5	15	6/29/2008	M	13:23.27
6	Zaandre Kruger	Beaufort-Wes Sec	6	15	11/6/2008	M	13:46.57
7	Mequin Swartbooi	Hoërskool Outeniqua	7	15	10/23/2008	M	13:50.80
8	Luciano Squire	Pacaltsdorp High	8	15	12/5/2008	M	14:07.76
9	Duane Philander	Coastline AC	9	15		M	14:11.91
10	Venito Adams	Coastline AC	10	15		M	14:15.66
11	Jenorich Visser	Nedbank/Heidedal	11	15	7/26/2008	M	14:24.55
12	Neziah Fourie	Hartenbos Drawwers	12	15	2/4/2008	M	14:41.72
13	Bradley Saayman	St. Blaize	13	15	7/16/2008	M	14:53.93
14	Beauthin Bosman	Beaufort-Wes Prim	15	15	2/22/2008	M	15:21.54
15	Rhiney Maritz	Beaufort-Wes Prim	24	15	4/4/2008	M	15:28.34
16	Milani Mbana	Melkhoutfontein Prim	16	15	12/11/2008	M	15:32.87
17	John Jantjies	Pacaltsdorp High	17	15	12/5/2008	M	15:52.35
18	Tayron Taylor	Coastline AC	18	15		M	15:53.25
19	Jonathan Booysen	Hoërskool Outeniqua	20	15	11/24/2008	M	15:57.12
20	Kehano Fry	Pacaltsdorp High	19	15	6/22/2008	M	16:10.23
21	Gladwill Rademeyer	Hornlee Prim	25	15	12/16/2008	M	16:14.37
22	Jayden Pizzini	Curro MB	33	15	9/2/2008	M	23:18.47
23	Khanya Matika	Pacaltsdorp High	34	15	12/15/2008	M	DNF