

**Participation per Athlete**  
**ATHLETICS SOUTH WESTERN DIST.**

**Boys 08**

<u>Athlete</u>	<u>Round</u>	<u>Heat</u>	<u>Lane</u>	<u>Seq</u>	<u>Event</u>	<u>Place</u>	<u>Performance</u>	<u>Score</u>
PRINS, Kearon (991) (Men 08)								
■	F	0	30	2	1km XCtry	34	05:15.00	0

**Boys 09**

<u>Athlete</u>	<u>Round</u>	<u>Heat</u>	<u>Lane</u>	<u>Seq</u>	<u>Event</u>	<u>Place</u>	<u>Performance</u>	<u>Score</u>
CAWOOD, Neil (973) (Men 09)								
■	F	0	27	3	2km XCtry	36	10:56.00	0
MC EVAN, Cameron (986) (Men 09)								
■	F	0	28	3	2km XCtry	20	09:00.00	0

**Boys 10**

<u>Athlete</u>	<u>Round</u>	<u>Heat</u>	<u>Lane</u>	<u>Seq</u>	<u>Event</u>	<u>Place</u>	<u>Performance</u>	<u>Score</u>
MEYER, Tristan (987) (Boys 10)								
■	F	0	31	6	2km XCtry	3	00:07.45	0

**Boys 12**

<u>Athlete</u>	<u>Round</u>	<u>Heat</u>	<u>Lane</u>	<u>Seq</u>	<u>Event</u>	<u>Place</u>	<u>Performance</u>	<u>Score</u>
DU PLESSSIS, Jac (974) (Boys 12)								
■	F	0	28	10	3km XCtry	4	11:04.00	0

**Boys 14**

<u>Athlete</u>	<u>Round</u>	<u>Heat</u>	<u>Lane</u>	<u>Seq</u>	<u>Event</u>	<u>Place</u>	<u>Performance</u>	<u>Score</u>
GROBBELAAR, Voughann (976) (Boys 14)								
■	F	0	30	20	4km XCtry	37	00:15.37	0
RUITERS, Zaylynn (992) (Boys 14)								
■	F	0	31	20	4km XCtry	29	00:15.02	0
WILLEMSE, Danwille (997) (Boys 14)								
■	F	0	32	20	4km XCtry	3	00:13.42	0

**Boys 15**

<u>Athlete</u>	<u>Round</u>	<u>Heat</u>	<u>Lane</u>	<u>Seq</u>	<u>Event</u>	<u>Place</u>	<u>Performance</u>	<u>Score</u>
KENNEDY, Tyrese (980) (Boys 15)								
■	F	0	31	22	4km XCtry	39	00:15.02	0
KOSLA, Dimitri (981) (Boys 15)								
■	F	0	32	22	4km XCtry	38	00:15.01	0
PRINS, Beyon (990) (Boys 15)								
■	F	0	33	22	4km XCtry	16	00:14.24	0

**Boys 16**

<u>Athlete</u>	<u>Round</u>	<u>Heat</u>	<u>Lane</u>	<u>Seq</u>	<u>Event</u>	<u>Place</u>	<u>Performance</u>	<u>Score</u>
LOUW, Lazro (983) (Boys 16)								
■	F	0	29	24	6km XCtry	41	00:23.24	0
MLUNGUZA, Bonga (988) (Boys 16)								
■	F	0	30	24	6km XCtry	45	00:23.47	0

**Boys 17**

<u>Athlete</u>	<u>Round</u>	<u>Heat</u>	<u>Lane</u>	<u>Seq</u>	<u>Event</u>	<u>Place</u>	<u>Performance</u>	<u>Score</u>
ANDRIES, Tyron-Lee (972) (Boys 17)								
■	F	0	28	26	6km XCtry	18	00:21.00	0
VAN DER HORST, Ricardo (994) (Boys 17)								
■	F	0	29	26	6km XCtry	10	00:20.21	0

**Girls 11**

<u>Athlete</u>	<u>Round</u>	<u>Heat</u>	<u>Lane</u>	<u>Seq</u>	<u>Event</u>	<u>Place</u>	<u>Performance</u>	<u>Score</u>
JANSE VAN RENSBURG, Luane' (965) (Girls 11)								
■	F	0	29	7	3km XCtry	27	13:34.00	0

**Girls 12**

Athlete	Round	Heat	Lane	Seq	Event	Place	Performance	Score
CAWOOD, Caitlyn (962) (Girls 12)								
■	F	0	30	9	3km XCtry	4	11:53.00	0
MC EVAN, Annabelle (967) (Girls 12)								
■	F	0	31	9	3km XCtry	5	12:14.00	0

**Girls 14**

Athlete	Round	Heat	Lane	Seq	Event	Place	Performance	Score
DUVENAGE, Marilie (964) (Girls 14)								
■	F	0	29	19	4km XCtry	28	00:17.46	0

**Girls 15**

Athlete	Round	Heat	Lane	Seq	Event	Place	Performance	Score
DU PREEZ, Shafieka (963) (Girls 15)								
■	F	0	23	21	4km XCtry	48	00:19.48	0

**Girls 16**

Athlete	Round	Heat	Lane	Seq	Event	Place	Performance	Score
ROBBENSON, Mursha (970) (Girls 16)								
■	F	0	26	23	4km XCtry	12	00:16.36	0

**Girls 17**

Athlete	Round	Heat	Lane	Seq	Event	Place	Performance	Score
SNYDERS, Jandri (971) (Girls 17)								
■	F	0	28	25	4km XCtry	20	00:17.01	0

**Men 23**

Athlete	Round	Heat	Lane	Seq	Event	Place	Performance	Score
KAPTEIN, Waldo (979) (Men 23)								
■	F	0	27	30	4km XCtry	21	00:13.28	0
LE ROUX, Zevian (982) (Men 23)								
■	F	0	28	30	4km XCtry	30	00:13.48	0

**Men 25**

Athlete	Round	Heat	Lane	Seq	Event	Place	Performance	Score
FREDRICKS, Bernardo (975) (Men 25)								
■	F	0	30	18	10km XCtry	48	00:35.57	0
JANTJIES, Donavan (977) (Men 25)								
■	F	0	31	18	10km XCtry	56	00:38.14	0
MAQUASSA, Francois (984) (Men 25)								
■	F	0	32	18	10km XCtry	49	00:36.06	0
MATTHEWS, Selwin (985) (Men 25)								
■	F	0	26	28	4km XCtry Senior Men - Op27		00:13.05	0
MNGWENISO, Aphiwe (989) (Men 25)								
■	F	0	33	18	10km XCtry	58	00:41.50	0
STEENKAMP, Mervin (993) (Men 25)								
■	F	0	34	18	10km XCtry	55	00:37.45	0
VAN SCHALKWYK, Mario (995) (Men 25)								
■	F	0	27	28	4km XCtry Senior Men - Op40		00:13.20	0

**Men MixAge**

Athlete	Round	Heat	Lane	Seq	Event	Place	Performance	Score
JANTJIES, Gavin (978) (Men 45)								
■	F	0	45	13	8km XCtry Masters Men 35 2749		00:37.45	0
VAN VUUREN, Noof (996) (Men 35)								
■	F	0	46	13	8km XCtry Masters Men 35 2649		00:34.52	0
WINDWAAI, Whayn (998) (Men 45)								
■	F	0	47	13	8km XCtry Masters Men 35 2849		00:39.25	0

**Women 23**

Athlete	Round	Heat	Lane	Seq	Event	Place	Performance	Score
MALAN, Nadine (966) (Women 23)								

<b>Women 25</b>									
<b>Athlete</b>	<b>Round</b>	<b>Heat</b>	<b>Lane</b>	<b>Seq</b>	<b>Event</b>	<b>Place</b>	<b>Performance</b>	<b>Score</b>	
NLUNGUZA, Anelisiwe (968) (Women 25)									
■	F	0	18	29	4km XCtry	23	00:18.05	0	
NOTHNAGEL, Carla (969) (Women 25)									
■	F	0	11	17	10km XCtry	0		0	
■	F	0	19	27	4km XCtry Senior Women -0)pen			0	