


ASWD CC LEAGUE 3 -MELKHOUTFONTEIN				Top 3 per age category			
3-Jun-23				No of Athletes :			263
	ATHLETE	CLUB/ SCHOOL		AGE	DOB	M/F	TIME
<b>Girls 8 yrs (2015..)</b>							<b>1 km</b>
1	Talitha Wiese	Outeniqua		8	30/3/2015	F	00:03:56:11
2	Storm Grootboom	Sunridge PS		8	14/4/2015	F	00:04:16:33
3	Kaylene Chipps	Nedbank		8	2/8/2015	F	00:04:22:41
<b>Boys 8 yrs (2015..)</b>							<b>1 km</b>
1	Usain Boesak	Nedbank/Heidedal		8	9/6/2015	M	00:03:41:14
2	John-Lee September	Nedbank		8	1/9/2015	M	00:03:47:36
3	Rudolf Smith	Laerskool Wesbank		8	6/11/2015	M	00:03:57:84
<b>Girls 9 yrs (2014)</b>							<b>2 km</b>
1	Chuma Beuzana	Nedbank/Heidedal		9	5/11/2014	F	00:08:02:25
2	Shiera Pieterse	Nedbank/Heidedal		9	6/27/2014	F	00:08:03:91
3	Achumile Beuzana	Nedbank/Heidedal		9	5/11/2014	F	00:08:12:57
<b>Boys 9 yrs (2014)</b>							<b>2 km</b>
1	Eugene Saayman	Coastline AC		9	12/7/2014	M	00:06:55:20
2	Christiaan Kapank	Nedbank/Heidedal		9		M	00:07:27:43
3	Negusy Appels	Concordia PS		9	2/11/2014	M	00:07:32:58
<b>Girls 10 yrs (2013)</b>							<b>2 km</b>
1	Alrie Eloff	Laerskool Wesbank		10	28/05/2013	F	00:08:00:04
2	Jesswunique Mongo	Nedbank		10	13/09/2013	F	00:08:23:64
3	Mila van den Berg	Glenwood House		10	2/15/2013	F	00:08:24:54
<b>Boys 10yrs (2013)</b>							<b>2 km</b>
1	Antheo Claasen	Grootbrak PS		10	1/19/2013	M	00:07:00:32
2	Clayton Frances	Coastline AC		10		M	00:07:02:94
3	Wanro Haasbroek	Glenwood House		10	19/01/2013	M	00:07:06:72
<b>Girls 11 yrs (2012)</b>							<b>3 km</b>
1	Laurika Jacobs	Coastline AC		11	2/23/2012	F	00:12:22:77
2	Veruska Chipps	Nedbank/Heidedal		11	6/27/2012	F	00:12:43:84
3	Leandre Gelderbloem	St. Blaize PS		11	11/14/2012	F	00:12:53:85
<b>Boys 11 yrs (2012)</b>							<b>3 km</b>
1	Emmanuel Jacobs	Nedbank/Heidedal		11	1/2/2012	M	00:10:13:19
2	Moderick Arries	Voorwaarts PS		11	5/13/2012	M	00:11:15:86
3	Prezten Saayman (1937)	Coastline AC		11	11/9/2012	M	00:11:40:09
<b>Girls 12 yrs (2011)</b>							<b>3 km</b>
1	Ovuyonke Ngemntu	Nedbank/Heidedal		12	5/11/2011	F	00:12:21:88
2	Cameron Frances	Coastline AC		12	17/04/2011	F	00:12:30:88
3	Azelia Volschenk	Bertie Bardard		12	5/15/2011	F	00:12:34:56
<b>Boys 12 yrs (2011)</b>							<b>3 km</b>
1	Junior Mogqula	Mzoxolo PS		12	19/4/11	M	00:10:39:28
2	Luciano Mongo	Nedbank/Heidedal		12	12/5/2011	M	00:10:40:03
3	Lee-Olin September	Melkhoutfontein PS		12	3/3/2011	M	00:10:44:37
<b>Girls 13 yrs (2010)</b>							<b>3 km</b>
1	Duné Haasbroek	Glenwood House		13	7/1/2010	F	00:11:55:89
2	Sumay v Wyk	Nedbank		13	5/26/2010	F	00:12:27:54
3	Hendalene Fredericks	Concordia PS		13	16/07/2010	F	00:12:38:70

<b>Boys 13 yrs (2010)</b>							<b>4 km</b>
1	Christiano Weyers	Nedbank/Heidedal		13	8/18/2010	M	00:14:49:16
2	Johndré Jordaan	Nedbank/Heidedal		13	3/25/2010	M	00:15:12:32
3	Noah Jordaan	Hornlee PS		13	8/19/2010	M	00:15:33:96
<b>Girls 14 yrs (2009)</b>							<b>4 km</b>
1	Annabelle McEwan (259)	Glenwood House		14	2/5/2009	F	00:15:12:77
2	Aretha Ruiters	Concordia PS		14	11/16/2009	F	00:16:01:07
3	Nina Cloete	Langenhoven		14	4/8/2009	F	00:21:00:36
<b>Boys 14 yrs (2009)</b>							<b>4 km</b>
1	Luciano Slawers	Coastline AC		14	4/1/2009	M	00:13:45:37
2	Clayton Riddles	Gerrit Du Plessis Sek		14	4/25/2009	M	00:13:47:12
3	Wilfred Hilani	Nedbank		14	10/9/2009	M	00:14:24:40
<b>Girls 15 yrs (2008)</b>							<b>4 km</b>
1	Ané Bester	Langenhoven Gim		15	1/9/2008	F	00:16:01:07
2	Junesce Micheals	Melkhoutfontein PS		15	4/16/2008	F	00:17:01:46
3	Chelsea Saayman	Coastline AC		15	10/21/2008	F	00:17:30:75
<b>Boys 15 yrs (2008)</b>							<b>4 km</b>
1	Willmark Daniels	Coastline AC		15	6/30/2008	M	00:14:23:22
2	Aiden Neethling	Oker PS		15	12/7/2008	M	00:14:23:74
3	Jenorich Visser	Nedbank/Heidedal		15		M	00:14:28:66
<b>Girls 16 yrs (2007)</b>							<b>4 km</b>
1	Marilie Duvenhage	Outeniqua HS		16	4/30/2007	F	00:16:39:01
2	Chanelle Bester	Langenhoven Gim		16	1/12/2007	F	00:16:52:96
3	Megan Hyde	Glenwood House		16	20/12/2007	F	00:17:03:79
<b>Boys 16 yrs (2007)</b>							<b>6 km</b>
1	Rainart Behrens	Nedbank		16	16/05/2007	M	00:20:35:92
2	Thinus Erasmus	Nedbank (HS Outeniqua)		16	6/20/2007	M	00:20:40:65
3	Thataycane Thamaang	Geraad Du Plessis		16	18/07/2007	M	00:20:52:29
<b>Girls 17 yrs (2006)</b>							<b>4 km</b>
1	Clairese Moses	Coastline AC		17	5/11/2006	F	00:15:49:75
2	Shafieka Du Preez	Nedbank		17	7/11/2006	F	00:16:44:60
3	Jana Strydom	Nedbank/ Glenwood		17	9/29/2006	F	00:22:27:74
<b>Boys 17 yrs (2006)</b>							<b>6 km</b>
1	Nicolas Vrey	Glenwood House		17	9/4/2006	M	00:21:58:60
2	Dewaal Marx	Hartenbos Drawwers		17	6/13/2006	M	00:27:02:66
3							
<b>Junior Women 18 and 19 yrs (2005 &amp; 2004)</b>							<b>6 km</b>
1	Jandri Snyders (1001)	Hartenbos Drawwers		19	3/2/2004	F	00:24:45:76
2	Leandria Mongo	Nedbank		19	5/13/2005	F	00:29:10:50
3							
<b>Junior Men 18 and 19 yrs (2005 &amp; 2004)</b>							<b>8 km</b>
1	Jodian Hendricks	Protea HS		19	6/10/2004	M	00:27:02:66
2	Luciano Stuurman(P80041)	Coastline AC		19	7/8/2004	M	00:29:35:53
3	Greshwin Fillies	Coastline AC		19	5/6/2004	M	00:30:42:47
<b>Senior Women 20 - 34yrs (2003 &amp; 1989)</b>							<b>4 km</b>
1	Nadine Malon	Plett Athletics Club		24	1/17/1999	F	00:18:23:32
2	Louw-Anne Lourens	Nedbank		21	9/11/2002	F	00:19:16:57
3	Annuscha Abrahams	Coastline AC		29	7/12/1994	F	00:20:44:85

<b>Senior (Open) Men 20 -34 (2003 - 1989)</b>							<b>4 km</b>
1	Zavion Le Roux	Coastline AC		22	2/27/2001	M	00:12:44:59
2	Max-Lee Pedro	Coastline AC		22	2/6/2001	M	00:13:29:85
3	Leon Adams	Coastline AC		28	9/1/1994	M	00:14:07:59
<b>Senior (Open) Men 20 -34 (2003 - 1989)</b>							<b>10 km</b>
1	Renier Jansen	Nedbank		20	8/18/2003	M	00:35:30:73
2	Durando Aweries	Nedbank		20	7/30/2003	M	00:37:21:81
3							
<b>Women 35 -49 (1988 - 1974)</b>							<b>4 km</b>
1	Melissa Meyer	Glenwood House				F	00:16:55:84
2	Anja Louw	Privaat		40	2/4/1983	F	00:17:19:21
3	Z Smith			39	22/12/1983	F	00:17:53:93
<b>Men 35 -49 (1988 - 1974)</b>							<b>8 km</b>
1	Gershwin Jones	Coastline AC		36	5/1/1987	M	00:27:26:95
2	Mervin Steenkamp	Coastline AC		35	26/06/1988	M	00:29:31:87
3	Andre Jakobus	SWD Masters		43	27/06/1980	M	00:31:50:64
<b>Women 50 - 60 + yrs (1973 &amp; 1963 ...)</b>							<b>4 km</b>
1	Seanette Botha	Nedbank		54	21/11/1969	F	00:19:17:56
2	Catharina Scheffer	Run Walk (Rusternburg)		67	22/02/56	F	00:19:23:78
3	Magda Opperman	Cape MultiSport		65	7/7/1958	F	00:21:12:42
<b>Men 50 - 60 + yrs (1973 &amp; 1963 ...)</b>							<b>6 km</b>
1	Dirk Kotze	SWD Masters		62	4/4/1961	M	00:25:42:85
2	Eugene Nel	Nedbank		67	12/3/1955	M	00:32:05:49
3	Louis Botha	Nedbank <b>(4 km only)</b>		62	26/11/1961	M	<b>00:19:23:78</b>

<b>Clubs with 3 medals or more</b>
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Coastline AC	17
Nedbank	14
Nedbank/Heidedal	12
Glenwood House	8
Concordia PS	3
Langenhoven Gim	3

ASWD CC LEAGUE 3 - MELKHOUTFONTEIN				RESULTS			RACE 1
3-Jun-23							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
<b>Girls 8 yrs (2015..)</b>							<b>1 km</b>
1	Talitha Wiese	Outeniqua	3	8	3/30/2015	F	00:03:56:11
2	Storm Grootboom	Sunridge PS	10	8	4/14/2015	F	00:04:16:33
3	Kaylene Chipps	Nedbank/Heidedal	11	8		F	00:04:22:41
4	Misha Meyer	Glenwood House	12	8	19/01/2016	F	00:04:23:76
5	Claire Ambraal	Fraaisig PS	15	8	7/31/2015	F	00:04:30:63
6	Adilicia Oosthuizen	Nedbank	18	8	22/1/2015	F	00:04:36:27
7	Anell Jordaan	L/S Volschenk	19	8	20/08/2015	F	00:04:38:15
8	Hay-Leah Draai	Sunridge PS	20	8	21/06/2015	F	00:04:40:26
9	Shamenay Mc Carthy	Fraaisig PS	22	8	24/01/2015	F	00:04:54:76
10	Tammy-Lee Esau	Nedbank	24	8	24/09/2015	F	00:04:58:35
11	Coba Jv Rensburg	Hartenbos drawwers	26	8	27/01/2015	F	00:05:04:96
<b>Boys 8 yrs (2015..)</b>							<b>1 km</b>
1	Usain Boesak	Nedbank/Heidedal	1	8	9/6/2015	M	00:03:41:14
2	John-Lee September	Nedbank/Heidedal	2	8	1/9/2015	M	00:03:47:36
3	Rudolf Smith	Laerskool Wesbank	4	8	6/11/2015	M	00:03:57:84
4	Jason Pedro	Hornlee PS	5	8	6/23/2015	M	00:04:01:94
5	Reajaque September	Oker PS	6	8	1/14/2015	M	00:04:09:91
6	Saint-Laurian Jansen	Nedbank/Heidedal	7	8	17/7/2015	M	00:04:13:70
7	Geraldo Danisa	Nedbank	8	8	20/07/2015	M	00:04:15:38
8	Ulrich V. Hirtum (1071)	Hartenbos Drawwers	9	8	31/08/2015	M	00:04:16:03
9	Pieter Marx (958)	Hartenbos Drawwers	13	8	23/09/2015	M	00:04:26:79
10	Elzandro Plaatjies	Sunridge PS	14	8	5/27/2015	M	00:04:28:41
11	Fourie Le Clus (997)	Hartenbos Drawwers	16	8	3/1/2017	M	00:04:32:10
12	Miguel Snyman	St Luke's Prim	17	8	8/3/2015	M	00:04:32:46
13	Samuel Kerspuy	Nedbank/Heidedal	21	8	3/10/2016	M	00:04:50:80
14	Ben v.d Berg	Glenwood House	23	8	26/04/2016	M	00:04:57:64
15	Josh Mackrill	Hornlee PS	24	8	2/16/2015	M	00:04:58:35
16	Luciandre Scholtz	Hornlee Prim	27	8	21/12/2015	M	00:05:13:47
17	Mason Keet	Curro Mosselbay	28	8	25/06/2015	M	00:05:44:82

ASWD CC LEAGUE 3 - MELKHOUTFONTEIN				RESULTS			RACE 2
3-Jun-23							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
<b>Girls 9 yrs (2014)</b>							<b>2 km</b>
1	Chuma Beuzana	Nedbank/Heidedal	15	9	5/11/2014	F	00:08:02:25
2	Shiera Pieterse	Nedbank/Heidedal	16	9	6/27/2014	F	00:08:03:91
3	Achumile Beuzana	Nedbank/Heidedal	18	9	5/11/2014	F	00:08:12:57
4	Naheema Booysen	Sunridge PS	24	9	5/8/2014	F	00:08:29:67
5	Ella Muller	St. Luke's PS	26	9	9/10/2014	F	00:08:38:68
6	Taylor Williams	Fraaisig PS	29	9	8/13/2014	F	00:08:45:34
7	Whitney Jansen	St. Luke's PS	31	9	2/5/2014	F	00:08:49:80
8	Kristin van Heerden (986)	Hartenbos Drawwers	33	9	4/24/2014	F	00:08:57:16
9	Annabel Du Plessis (998)	Hartenbos Drawwers	43	9	28/07/2014	F	00:09:36:91
<b>Boys 9 yrs (2014)</b>							<b>2 km</b>
1	Eugene Saayman	Coastline AC	1	9	12/7/2014	M	00:06:55:20
2	Christiaan Kapank	Nedbank/Heidedal	7	9	19/8/2014	M	00:07:27:43
3	Negusy Appels	Concordia PS	9	9	11/2/2014	M	00:07:32:58
4	JC Le Clus (996)	Hartenbos Drawwers	13	9	9/16/2014	M	00:07:55:95
5	Chadwin Mason	St. Luke's PS	17	9	17/05/2014	M	00:08:11:91
6	Uvernon Maneville	Nedbank/Heidedal	22	9	19/9/2014	M	00:08:25:95
7	Kearon Prins	Oker Prim	23	9	27/03/2014	M	00:08:27:48
8	Joshua V Rooyen	Sunridge PS	27	9	9/5/2014	M	00:08:39:64
9	Ealoam v Rooyen	Sunridge PS	30	9	9/12/2014	M	00:08:46:54
10		Mzoxolo Prim	30	9		M	00:08:46:54
11	Lehandro Manho	Melkhoutfontein PS	32	9	5/8/2014	M	00:08:53:96
12	Jadewin Stoffels	Melkhoutfontein PS	38	9	17/03/2014	M	00:09:18:94
13	Emmanuel Stalmeester	Nedbank/Heidedal	41	9	13/02/2014	M	00:09:22:47
14	Joshua Keet	Curro Mossel Bay	44	9	11/3/2014	M	00:10:32:34
<b>Girls 10 yrs (2013)</b>							<b>2 km</b>
1	Alrie Eloff	L/S Wesbank	14	10	28/05/2013	F	00:08:00:04
2	Jesswunique Mongo	Nedbank	20	10	13/09/2013	F	00:08:23:64
3	Mila van den Berg	Glenwood House	21	10	2/15/2013	F	00:08:24:54
4	Romeshia Gouws	Nedbank	25	10	1/9/2013	F	00:08:36:20
5	Keyla Douglas	Glenwood House	28	10	2/18/2013	F	00:08:39:97
6	Licka Jordaan	LS Volschenk	34	10	16/04/2013	F	00:08:59:01
7	Jaylene September	St. Luke's PS	35	10	4/22/2013	F	00:09:01:10
8	Willene Lingerveld	Nedbank	36	10	2/7/2013	F	00:09:12:92
9	Whitney Plaatjies	Nedbank/Heidedal	37	10	18/2/2013	F	00:09:14:86
10	Minentle Mtwazi	Mzoxolo PS	39	10	1/25/2013	F	00:09:20:60
11	Willine Taute	Diaz Prim	42	10	4/6/2013	F	00:09:30:33
12	Romecha Du Plessis	Diaz Prim	45	10	10/4/2013	F	00:12:11:79
13	Clara- Ann Keet	Curro Mossel Bay	46	10	20/08/2013	F	00:15:20:55

Boys 10 yrs (2013)							2 km
1	Antheo Claasen	Grootbrak PS	2	10	1/19/2013	M	00:07:00:32
2	Clayton Frances	Coastline AC	3	10		M	00:07:02:94
3	Wanro Haasbroek	Glenwood House	4	10	19/01/2013	M	00:07:06:72
4	Jenquin Slawers	Voorwaarts PS	5	10	1/12/2013	M	00:07:17:98
5	Iasheed Muller	Nedbank	6	10	23/1/2013	M	00:07:20:48
6	Caleb Matthews	Coastline AC	8	10		M	00:07:30:74
7	Jaydrian Prins	Coastline AC	10	10	1/8/2013	M	00:07:45:89
8	Tristan Grootboom	Nedbank/Heidedal	11	10	12/25/2013	M	00:07:54:05
9	Connor Ogden	Glenwood House	12	10	1/14/2013	M	00:07:54:87
10	Ruben Marx	Hartenbos Drawwers	19	10	5/14/2013	M	00:08:17:13
11	Marius Meyer	Glenwood House	40	10	10/24/2013	M	00:09:22:17

ASWD CC LEAGUE 3 - MELKHOUTFONTEIN				RESULTS			RACE 3
3-Jun-23							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
<b>Girls 11 yrs (2012)</b>							<b>3 km</b>
1	Laurika Jacobs	Coastline AC	11	11	2/23/2012	F	00:12:22:77
2	Veruska Chipps	Nedbank/Heidedal	13	11	6/27/2012	F	00:12:43:84
3	Leandre Gelderbloem	St. Blaize PS	14	11	11/14/2012	F	00:12:53:85
4	Maritza Williams	Fraaisig PS	19	11	8/31/2012	F	00:13:27:86
5	Cara krumm	Bertie Barnard	20	11	10/8/2012	F	00:13:33:40
6	Charlien Beukman	LS Sedgefield	21	11	26/06/2012	F	00:13:33:88
7	Kelebogile Silo	Mzoxolo PS	22	11	6/3/2012	F	00:13:37:56
8	Angenay Micheals	Melkhoutfontein PS	23	11	8/14/2012	F	00:13:44:93
9	Esona Phambukelo	Mzoxolo PS	24	11	5/3/2012	F	00:13:52:23
10	Andria Hendricks	Nedbank/Heidedal	25	11	7/29/2012	F	00:14:01:27
11	Kiara Taylor	Diaz PS	26	11	8/10/2012	F	00:14:09:14
12	Luyanda Nkomo	Erika PS	27	11	5/3/2012	F	00:14:22:89
13	Hanja Gildenhuys	Hartenbos Drawwers	29	11	7/12/2012	F	00:14:25:12
14	Angelique v Aardt	Mzoxolo PS	31	11	6/28/2012	F	00:14:55:57
15	Jessie Botha	32 GI	32	11	11/20/2012	F	00:14:59:95
16	Lautian September	Nedbank	34	11	17/05/2012	F	00:15:31:40
<b>Boys 11 yrs (2012)</b>							<b>3 km</b>
1	Christiano Michaels(1940)	Coastline AC	4	11	6/18/2012	M	00:10:13:19
2	Pierre Spies	Outeniqua Harriers	5	11	8/1/2012	M	00:11:15:86
3	Sias Poggenpoel	Hartenbos Drawwers	6	11	23/1/2012	M	00:11:40:09
4	Athenkosi Mteto	Mzoxolo PS	7	11	5/11/2012	M	00:11:50:80
5	Cameron McEwan	Outeniqua Harriers	8	11	7/19/2012	M	00:11:57:21
6	Jaheem Appels	Concordia PS	9	11	3/27/2012	M	00:12:08:99
7	Marchiano Jacobs	Voorwaarts PS	10	11	9/7/2012	M	00:12:12:78
8	Llewegan Kani	Nedbank/Heidedal	12	11	7/30/2012	M	00:12:34:36
9	Jenaywin Boesak	Nedbank	15	11	21/6/2012	M	00:13:08:02
10	Leveno Frans	St Luke's Prim	16	11	26/09/2012	M	00:13:10:84
11	Sean Veale	Nedbank/Heidedal	17	11	4/8/2012	M	00:13:12:96
12	Adrian Flores	Melkhoutfontein PS	18	11	6/18/2012	M	00:13:17:55
13	Maquin -Lee Pieterse	Panorama Prim	28	11	17/6/2012	M	00:14:24:50
14	Lestlin Joseph	Melkhoutfontein PS	30	11	9/26/2012	M	00:14:50:87
15	Phleo Mawindi	Mzoxolo PS	33	11	4/15/2012	M	00:15:21:12
16	Willem Meyer	Glenwood House	35	11	3/15/2012	M	00:19:13:61
17	Emmanuel Jacobs	Nedbank/Heidedal	1	11	1/2/2012	M	DQ
18	Moderick Arries	Voorwaarts PS	2	11	5/13/2012	M	DQ
19	Prezten Saayman (1937)	Coastline AC	3	11	11/9/2012	M	DQ


<b>Boys 16 yrs (2007)</b>							<b>6 km</b>
1	Rainart Behrens	Nedbank	7	16	16/05/2007	M	00:20:35:92
2	Thinus Erasmus	Nedbank (HS Outeniqua)	8	16	6/20/2007	M	00:20:40:65
3	Thataycane Thamaang	Geraad Du Plessis	10	16	18/07/2007	M	00:20:52:29
4	Jordan-Lee Pietersen	Coastline AC	12	16	7/30/2007	M	00:21:22:84
5	Gerano Rossouw	Morester HS	14	16	12/12/2007	M	00:21:53:61
6	Marco Erasmus (91)	Outeniqua HS	16	16	12/18/2007	M	00:22:37:37
7	Ginger Osmers (176)	Outeniqua HS	18	16	14/07/2007	M	00:25:05:85
8	Murius De Vlum	G du Plessis	20	16	11/11/2007	M	00:25:56:35
9	Henrique Cupido (814)	Coastline AC	23	16	12/10/2007	M	00:27:06:00
<b>Boys 17 yrs (2006)</b>							<b>6 km</b>
1	Nicolas Vrey	Glenwood House	15	17	9/4/2006	M	00:21:58:60
2	Dewaal Marx	Hartenbos Drawwers	21	17	6/13/2006	M	00:27:02:66
<b>Junior Women 18 and 19 yrs (2005 &amp; 2004)</b>							<b>6 km</b>
1	Jandri Snyders (1001)	Hartenbos Drawwers	17	19	3/2/2004	F	00:24:45:76
2	Leandria Mongo	Nedbank Running Club	24	19	5/13/2005	F	00:29:10:50
<b>Senior Women 20 - 34yrs (2003 &amp; 1989)</b>							<b>4 km</b>
1	Nadine Malon	Plett Athletics Club	1	24	1/17/1999	F	00:18:23:32
2	Louw-Anne Lourens	Nedbank Running Club	3	21	9/11/2002	F	00:19:16:57
3	Annuscha Abrahams	Coastline AC	9	29	7/12/1994	F	00:20:44:85
<b>Ame Pretorius</b>			<b>Lang Gim (recovering)</b>	<b>2</b>	<b>(4km only)</b>		<b>00:18:25:95</b>
<b>Junior Men 18 and 19 yrs (2005 &amp; 2004)</b>							<b>8 km</b>
1	Jodian Hendricks	Protea HS	22	19	6/10/2004	M	00:27:02:66
2	Luciano Stuurman(P80041)	Coastline AC	25	19	7/8/2004	M	00:29:35:53
3	Greshwin Fillies	Coastline AC	26	19	5/6/2004	M	00:30:42:47
4	Tristan De Buin	Nedbank	28	19	10/11/2004	M	00:32:55:38
5	Clyde Prins	Coastline AC	29	19	5/30/2005	M	00:33:59:09
<b>Men 50 - 60 + yrs (1973 &amp; 1963 ...)</b>							<b>6 km</b>
1	Dirk Kotze	SWD Masters	19	62	4/4/1961	M	00:25:42:85
2	Eugene Nel	Nedbank SWD	27	67	12/3/1955	M	00:32:05:49
3	<b>Louis Botha</b>	<b>Nedbank (4 km only)</b>	<b>5</b>	<b>62</b>	<b>26/11/1961</b>	M	<b>00:19:23:78</b>
<b>Women 50 - 60 + yrs (1973 &amp; 1963 ...)</b>							<b>4 km</b>
1	Seanette Botha	Nedbank	4	54	21/11/1969	F	00:19:17:56
2	Catharina Scheffer	Run Walk (Rusternburg)	6	67	22/02/56	F	00:19:23:78
3	Magda Opperman	Cape MultiSport	11	65	7/7/1958	F	00:21:12:42
4	Talitha Behrens	Nedbank	13	52	11/5/1971	F	00:21:51:58



ASWD CC LEAGUE 23- MELKHOUTFONTEIN				RESULTS			RACE 4
3-Jun-23							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
<b>Girls 16yrs (2007 )</b>							<b>4 km</b>
1	Marilie Duvenhage	Outeniqua HS	5	16	4/30/2007	F	00:16:39:01
2	Chanelle Bester	Langenhoven Gim	7	16	1/12/2007	F	00:16:52:96
3	Megan Hyde	Glenwood House	9	16	20/12/2007	F	00:17:03:79
4	Febe Michaels	Oker PS	11	16	9/7/2007	F	00:17:24:49
5	Isabella Vorster	HS Langenhoven	12	16	10/30/2007	F	00:17:31:59
6	Danelle vd Merwe	Outeniqua Harriers	17	16	25/09/2007	F	00:20:14:16
7	Hilliny Witbooi	Nedbank	18	16	26/5/2007	F	00:20:19:60
8	Jodi ann Scholtz	Oker Prim	22	16	14/06/2007	F	00:23:35:53
<b>Girls 17 yrs ( 2006)</b>							<b>4 km</b>
1	Clairese Moses	Coastline AC / G dup	4	17	5/11/2006	F	00:15:49:75
2	Shafieka Du Preez	Nedbank Running Club	6	17	7/11/2006	F	00:16:44:60
3	Jana Strydom	Nedbank/ Glenwood	21	17	9/29/2006	F	00:22:27:74
4	Edwina Swartz	Oker PS	25	17	5/29/2006	F	00:30:07:55
<b>Senior (Open) Men 20 -34 (2003 - 1989)</b>							<b>4 km</b>
1	Zavion Le Roux	Coastline AC	1	22	2/27/2001	M	00:12:44:59
2	Max-Lee Pedro	Coastline AC	2	22	2/6/2001	M	00:13:29:85
3	Leon Adams	Coastline AC	3	28	9/1/1994	M	00:14:07:59
<b>Senior (Open) Men 20 -34 (2003 - 1989)</b>							<b>10 km</b>
1	Renier Jansen	Nedbank Running Club	29	20	8/18/2003	M	00:35:30:73
2	Durando Aweries	Nedbank Running Club	31	20	7/30/2003	M	00:37:21:81
<b>Women 35 -49 (1988 - 1974)</b>							<b>4 km</b>
1	Melissa Meyer	Glenwood House	8			F	00:16:55:84
2	Anja Louw	Privaat	10	40	2/4/1983	F	00:17:19:21
3	Z Smith		13	39	22/12/1983	F	00:17:53:93
4	Helana JV Rensburg (939)	Hartenbos Drawwers	14	40	5/7/1983	F	00:18:15:07
5	Neldi Winterbach (858)	Cape Multi Sport	15	38	5/7/1985	F	00:19:37:58
6	San -Mari Beukman	Sedgefield (Privaat)	16	40	20/02/1983	F	00:20:12:18
7	Maariska Haasbroek		19	39	6/10/1983		00:20:37:81
8	Jeanine Snyders	Hartenbos Drawwers	20	45	1/9/1978	F	00:21:07:14
<b>Men 35 -49 (1988 - 1974)</b>							<b>8 km</b>
1	Gershwin Jones	Coastline AC	23	36	5/1/1987	M	00:27:26:95
2	Mervin Steenkamp	Coastline AC	24	35	26/06/1988	M	00:29:31:87
3	Andre Jakobus	SWD Masters	26	43	27/06/1980	M	00:31:50:64
4	Sam Marx	Hartenbos Drawwers	27	42	11/30/1981	M	00:33:08:11
5	Mike Geldenhuis	Nedbank	28	41	23/07/1981	M	00:33:09:76
6	Jan Meyer	Glenwood House	30	40	11/19/1982	M	00:37:21:81

ASWD CC LEAGUE 3 - MELKHOUTFONTEIN				RESULTS			RACE 5
3-Jun-23							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
<b>Girls 12 yrs (2011)</b>							<b>3 km</b>
1	Ovuyonke Ngemntu	Nedbank/Heidedal	15	12	5/11/2011	F	00:12:21:88
2	Cameron Frances	Coastline AC	18	12	17/04/2011	F	00:12:30:88
3	Azelia Volschenk	Bertie Bardard	19	12	5/15/2011	F	00:12:34:56
4	Ave Pieterse	St. Luke's PS	31	12	4/12/2011	F	00:13:40:39
5	Miche Visser	St. Luke's PS	34	12	9/26/2011	F	00:13:48:80
6	Faheema Booysen	Sunridge PS	38	12	11/25/2011	F	00:14:17:99
7	Venicia Pedro	Hornlee PS	41	12	9/10/2011	F	00:15:03:77
8	Tasneem Damons	Sunridge PS	43	12	18/09/2011	F	00:15:45:51
9	Caitlin Daughlas	Glenwood House	44	12	2/8/2011	F	00:16:50:93
<b>Boys 12 yrs (2011)</b>							<b>3 km</b>
1	Junior Mogqula	Mzoxolo PS	1	12	19/4/11	M	00:10:39:28
2	Luciano Mongo	Nedbank/Heidedal	2	12	12/5/2011	M	00:10:40:03
3	Lee-Olin September	Melkhoutfontein PS	3	12	3/3/2011	M	00:10:44:37
4	Jason Page	Nedbank/Heidedal	4	12	7/2/2011	M	00:10:48:39
5	Malcolme Booysen	Nedbank/Heidedal	5	12	24/11/2011	M	00:11:18:48
6	Lee-Roy Jakobus	Panorama PS	6	12	4/3/2011	M	00:11:19:59
7	Eugene Sass	Concordia PS	7	12	10/9/2011	M	00:11:28:05
8	Chavandré Fielies	Melkhoutfontein PS	8	12	2/13/2011	M	00:11:29:87
9	Stiaan van Wyk	Laerskool Wesbank	9	12	5/29/2011	M	00:11:30:42
10	Tlthonolofetso Nyedimane	Erika PS	10	12	4/24/2011	M	00:11:38:15
11	Gevan Lamini	Hornlee PS	11	12	3/1/2011	M	00:11:50:26
12	Cayden van Wyk	Nedbank	12	12	8/2/2011	M	00:11:55:30
13	Alex Fouche	Bertie Bardard	14	12	28/03/2011	M	00:12:19:63
14	Jay-dee Prins	Coastline AC	17			M	00:12:28:61
15	Anam Jack	Mzoxolo PS	20	12	2/6/2011	M	00:12:36:64
16	Jenovan Geduld	Nedbank/Heidedal	25	12	7/11/2024	M	00:12:48:83
17	Diagho Bewee	Concordia PS	28	12	5/6/2011	M	00:13:23:22
18	Chrisjan Louw	LS Volschenk	35	12	25/4/2011	M	00:13:49:49
19	Zivan De Klerk	Hartenbos Drawwers	39	12	15/8/2011	M	00:14:19:31

Girls 13 yrs (2010)							3 km
1	Duné Haasbroek	Glenwood House	13	13	7/1/2010	F	00:11:55:89
2	Sumay v Wyk	Nedbank	16	13	5/26/2010	F	00:12:27:54
3	Hendalene Fredericks	Concordia PS	21	13	16/07/2010	F	00:12:38:70
4	Luané JV Rensburg	Bertie Bardard	22	13	4/18/2010	F	00:12:42:69
5	Jubilea Danisa	Nedbank	23	13	13/8/2010	F	00:12:43:36
6	Lameesh Visser	Nedbank/Heidedal	24	13	11/5/2010	F	00:12:48:10
7	Eswene Johnson	Diaz PS	26	13	14/1/2010	F	00:13:15:26
8	Tebello Koenane	Erika PS	27	13	2/19/2010	F	00:13:15:26
9	Lu-Crecha v Greunen	Nedbank	29	13	11/4/2010	F	00:13:23:75
10	Rihana Chipps	Nedbank/Heidedal	30	13	1/3/2010	F	00:13:29:31
11	Devonishia Louw	Nedbank/Heidedal	32	13	10/12/2010	F	00:13:41:10
12	Leona Mpongoshe	Concordia PS	33	13	8/19/2010	F	00:13:46:82
13	Lekeenya Bruintjies	Nedbank	36	13	24/9/2010	F	00:13:52:45
14	Leigh Botha	32 GI	37	13	8/10/2010	F	00:14:12:66
15	Melissa Smit	LS Volschenk	40	13	2/6/2010	F	00:14:21:46
16	Jo-Marie Barends	St. Luke's PS	42	13	6/28/2010	F	00:15:23:45

ASWD CC LEAGUE 3- MELKHOUTFONTEIN				RESULTS			RACE 6
3-Jun-23							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
<b>Girls 14 yrs (2009)</b>							<b>4 km</b>
1	Annabelle McEwan (259)	Glenwood House	14	14	2/5/2009	F	00:15:12:77
2	Aretha Ruiters	Concordia PS	17	14	11/16/2009	F	00:16:01:07
3	Nina Cloete	Langenhoven	43	14	4/8/2009	F	00:21:00:36
<b>Boys 13 yrs (2010)</b>							<b>4 km</b>
1	Christiano Weyers	Nedbank/Heidedal	10	13	8/18/2010	M	00:14:49:16
2	Johndré Jordaan	Nedbank/Heidedal	13	13	3/25/2010	M	00:15:12:32
3	Noah Jordaan	Hornlee PS	15	13	8/19/2010	M	00:15:33:96
4	Ayakha Fana	Fraaisig PS	16	13	10/5/2010	M	00:15:40:37
5	Damian Andries	St. Luke's PS	20	13	3/14/2010	M	00:16:09:59
6	Lilo Outata	Mzoxolo	23	13	30/8/2010	M	00:16:30:99
7	Gabrian Luiters	Fraaisig PS	27	13	1/21/2010	M	00:17:07:46
8	Marvin Jantjies	Concordia PS	28	13	3/20/2010	M	00:17:17:58
9	Sinenogo Hlazo		31	13	8/12/2010	M	00:17:42:06
10	Chadley Gelderbloem	Diaz PS	32	13	9/16/2010	M	00:17:52:70
11	Warrick Wood	Erika PS	33	13	2/1/2010	M	00:18:14:40
12	Ethan Mackrill	Hornlee PS	39	13	3/12/2010	M	00:19:42:28
13	Keanu Levendal	Diaz PS	47	13	23/03/2010	M	00:21:54:07
14	Tiaan Terblanche	Hartenbos Drawwers	48	13	6/12/2010	M	00:30:22:94
15	<i>Daniel Joubert (Gids - Tiaan)</i>	<i>Hartenbos Drawwers</i>	49	24	6/25/1999	M	00:30:22:98
<b>Boys 14 yrs (2009)</b>							<b>4 km</b>
1	Luciano Slawers	Coastline AC	1	14	4/1/2009	M	00:13:45:37
2	Clayton Riddles	Gerrit Du Plessis Sek	2	14	4/25/2009	M	00:13:47:12
3	Wilfred Hilani	Nedbank	5	14	10/9/2009	M	00:14:24:40
4	Johan Schoeman	Curro Mossel bay	6	14	23/11/2009	M	00:14:25:86
5	Shamieel du Preez	Melkhoutfontein PS	7	14	1/20/2009	M	00:14:27:43
6	Ashley Damon	St Blaize	9	14	1/3/2009	M	00:14:40:18
7	Nhlanhala Mhlala	Hornlee Pim	11	14	13/10/2009	M	00:14:57:89
8	Khanyiso Pietersen	Nedbank	19	14	5/6/2009	M	00:16:07:79
9	Taylor Solomons	st Luke's Prim	21	14	12/10/2009	M	00:16:22:98
10	Anovuyo Nohana	Hornlee PS	24	14	6/14/2009	M	00:16:36:69
11	Fernando Witbooi	Nedbank	34	14	24/11/2009	M	00:18:22:80
12	Jayson Bondt	Concordia PS	36	14	11/7/2009	M	00:18:48:66
13	Waylen November	Diaz PS	41	14	7/2/2009	M	00:20:32:19

ASWD CC LEAGUE 3 - MELKHOUTFONTEIN				RESULTS		RACE 7	
3-Jun-23							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
<b>Girls 15 yrs (2008)</b>							<b>4 km</b>
1	Ané Bester	Langenhoven Gim	17	15	1/9/2008	F	00:16:01:07
2	Junesce Micheals	Melkhoutfontein PS	26	15	4/16/2008	F	00:17:01:46
3	Chelsea Saayman	Coastline AC	29	15	10/21/2008	F	00:17:30:75
4	Baillee Nell	Glenwood House	30	15	8/21/2008	F	00:17:35:93
5	Addison Gillespie	Outeniqua HS	35	15	4/30/2008	F	00:18:24:33
6	Andrea vd Linde	Langenhoven Gim	37	15	3/1/2008	F	00:18:51:94
7	Mari Pretorius	Langenhoven Gim	40	15	12/4/2008	F	00:19:59:17
8	Alida Geldenhuys	Langenhoven Gim	42	15	21/12/2008	F	00:20:48:43
9	Marli Hunlun	Langenhoven Gim	44	15	11/8/2008	F	00:21:14:39
<b>Boys 15 yrs (2008)</b>							<b>4 km</b>
1	Willmark Daniels	Coastline AC	3	15	6/30/2008	M	00:14:23:22
2	Aiden Neethling	Oker PS	4	15	12/7/2008	M	00:14:23:74
3	Jenorich Visser	Nedbank/Heidedal	8	15		M	00:14:28:66
4	Venito Adams	Coastline AC	12	15	7/18/2008	M	00:15:10:71
5	Jonathan Booyesen	Nedbank	18	15	24/11/2008	M	00:16:06:43
6	Milani Mbana	Melkhoutfontein PS	22	15	11/12/2008	M	00:16:26:36
7	Bianco Witbooi	St Luke's Prim	25	15	15/10/2008	M	00:16:44:53
8	Emile Xhaya	Mzoxolo PS	46	15	10/22/2008	M	00:21:48:28
9	Miyolo Ntwezi	Mzoxolo PS		15	22/07/2008	M	00:21:48:28