



ASWD CC LEAGUE 3 Langenhoven Gimnasium				Top 3 per age category			
8-Jun-24				No of Athletes :			384
	ATHLETE	CLUB/ SCHOOL		AGE	DOB	M/F	TIME
Girls 8 yrs (2016..)							1 km
1	Misha Meyer	Glenwood House	4	8	19/1/2016	F	00:04:46:47
2	Libby Swanepoel	Wesbank LS	5	8	4/4/2016	F	00:04:52:00
3	Marie Lourens	Wesbank LS	8	8	4/7/2016	F	00:05:01:62
Boys 8 yrs (2016..)							1 km
1	Jonathan Frances	Coastline AC	1	8	10/4/2016	M	00:04:33:85
2	Jaydon Lourens	Nedbank/ Heidedal	2	8	16/3/2016	M	00:04:38:96
3	Gerrit Marincowitz	Wesbank LS	3	8	15/6/2016	M	00:04:45:47
Girls 9 yrs (2015)							2 km
1	Mia Burger	Curio Mosselbay	25	9	28/5/2015	F	00:08:00:83
2	Susaline Kampher	Nedbank/Heidedal	31	9	18/1/2015	F	00:08:19:88
3	Elbie Tome	Wesbank LS	47	9	21/12/2015	F	00:08:45:47
Boys 9 yrs (2015)							2 km
1	Usain Boesak	Nedbank/Heidedal	4	9	1/9/2015	M	00:07:02:10
2	Lenesteyo de Villiers	Voorwaarts Prim	6	9	10/2/2015	M	00:07:17:88
3	Rudolf Smith	Wesbank LS	9	9	11/6/2015	M	00:07:24:12
Girls 10 yrs (2014)							2 km
1	Everenchia Goliath	Brackenhill Prim	14	10	10/2/2014	F	00:07:45:05
2	Achumile Beuzana	Nedbank/Heidedal	15	10	11/5/2014	F	00:07:45:30
3	Chuma Beuzana	Nedbank/Heidedal	16	10	11/5/2014	F	00:07:45:54
Boys 10yrs (2014)							2 km
1	Eugene Saayman	Voorwaarts Prim	1	10	12/7/2014	M	00:06:54:11
2	Judah Spies	Outeniqua Harriers	2	10	20/03/2014	M	00:06:55:16
3	Jayden Tromp	Coastline AC	3	10	14/4/2014	M	00:06:59:94
Girls 11 yrs (2013)							3 km
1	Willene Lingerveld	Nedbank/ Heidedal	6	11	2/7/2013	F	00:11:51:06
2	Jonesia Janklaas	Brackenhill	8	11	17/3/2013	F	00:12:13:92
3	Elcoydina Van Wyk	Coastline AC	9	11	25/4/2013	f	00:12:23:74
Boys 11 yrs (2013)							3 km
1	Caleb Matthews	Voorwaarts Prim	1	11	8/1/2013	M	00:10:34:89
2	Clayden Frances	Voorwaarts Prim	2	11	13/9/2013	M	00:10:55:99
3	lasheem Muller	Nedbank/ Heidedal	3	11	23/1/2013	M	00:11:18:45
Girls 12 yrs (2012)							3 km
1	Laurika-Lee Jacobs	Coastline AC	11	12	23/2/2012	F	00:11:50:86
2	Raven Davids	Plett AC	14	12	7/5/2012	F	00:12:06:97
3	Illaine Herdien	Voorwaarts Prim	20	12	29/10/2012	F	00:12:25:14
Boys 12 yrs (2012)							3 km
1	Tyroyd Arendse	Diaz Prim	1	12	15/8/2012	M	00:10:38:61
2	Emanuel Jacobs	Nedbank/Heidedal	2	12	2/1/2012	M	00:10:43:88
3	Pierre Spies	Outeniqua Prim	3	12	8/1/2012	M	00:10:48:13
Girls 13 yrs (2011)							3 km
1	Cameron Francies	Voorwaarts Prim	18	13	17/4/2011	F	00:12:22:17
2	Tamzyn Saayman	Diaz Prim	21	13	29/1/2011	F	00:12:33:45

3	Ovuyonke Ngemnu	Nedbank/Heidedal	25	13	11/5/2011	F	00:12:47:32
Boys 13 yrs (2011)							4 km
1	Tristan Meyer	Nedbank RC	1	13	24/1/2011	M	00:12:59:77
2	Luciano Mongo	Nedbank/Heidedal	2	13	12/5/2011	M	00:13:09:24
3	Jason Page	Nedbank/Heidedal	4	13	7/2/2011	M	00:13:20:87
Girls 14 yrs (2010)							4 km
1	Dune Haasbroek	Glenwood House	16	14	1/7/2010	F	00:14:40:28
2	Hesroline Rossouw	Plett A C	23	14	1/9/2010	F	00:15:44:46
3	Amanda Joubert	Langenhoven Gim	34	14	23/8/2010	F	00:16:26:58
Boys 14 yrs (2010)							4 km
1	Johndre Jordaan	Rainbow AC	3	14	25/3/2010	M	00:13:13:21
2	Teswil Williams	Plett A C	7	14	19/2/2010	M	00:13:53:86
3	Joshua van Heerden	Nedbank/Heidedal	8	14	5/4/2010	M	00:14:00:65
Girls 15 yrs (2009)							4 km
1	Joeldene Jackson	Kannaland	15	15	5/9/2009	F	00:16:17:81
2	Christa Herdien	Kannaland	16	15	9/6/2009	F	00:16:59:98
3	Amy Whittam	Langenhoven Gim	18	15	18/6/2009	F	00:17:03:45
Boys 15 yrs (2009)							4 km
1	Luciano Slawers	Coastline AC	1	15	4/1/2009	M	00:12:57:74
2	Mac Dillan Damons	Hornlee Prim/Sunridge	2	15	10/6/2009	M	00:13:38:54
3	Calvin Smith	Rainbow AC	3	15	17/9/2009	M	00:13:55:24
Girls 16 yrs (2008)							4 km
1	Ane Bester	Langenhoven Gim	5	16	1/9/2008	F	00:14:33:26
2	Chelsea Saayman	Coastline AC	6	16	21/10/2008	F	00:14:53:87
3	Jani Fourie	Nedbank RC	8	16	8/8/2008	F	00:15:06:65
Boys 16 yrs (2008)							6 km
1	Wilmark Daniels	Coastline AC	37	16	30/6/2008	M	00:18:23:26
2	Luciano Squire	Nedbank RC	42	16	12/5/2008	M	00:19:13:05
3	Theo Daniel v Zyl	Nedbank RC	44	16	6/30/1905	M	00:19:26:40
Girls 17 yrs (2007)							4 km
1	Chanelle Bester	Langenhoven Gim	9	17	12/1/2007	F	00:15:07:84
2	Marilie Duvenhage	Outeniqua Harriers	11	17	30/4/2007	F	00:16:08:44
3	Danelle vd Merwe	Outeniqua Harriers	14	17	25/9/2007	F	00:16:39:59
Boys 17 yrs (2007)							6 km
1	Thinus Erasmus	Boxer AC	36	17	20/6/2007	M	00:17:57:67
2	Thatsyone Thlomelo	Coastline AC	38	17	18/7/2007	M	00:18:25:57
3	Wayden Alexander	Kannaland	40	17	17/10/2007	M	00:18:48:53
Junior Women 18 and 19 yrs (2006 & 2005)							6 km
1	Cleresse Moses	Coastline AC	67	18	11/5/2006	F	00:22:32:22
2	Micke JV Rensburg	Boxer AC	68	18	13/12/2006	F	00:22:34:29
3	Shafieka Du Preez	Nedbank RC	81	18	11/7/2006	F	00:27:00:30
Junior Men 18 and 19 yrs (2006 & 2005)							8 km
1	Keano Qwili	Nedbank RC	74	19	23/8/2005	M	00:24:11:98
2	Vallentino Loggenberg	Rainbow AC	76	18	4/12/2006	M	00:24:28:86
3	Charlton Brandt	Coastline AC	79	19	17/10/2005	M	00:26:04:11
Senior Women 20 - 34yrs (2004 & 1990)							4 km
1	Jandri Snyders	Hartenbos Drawwers	25	20	2/3/2004	F	00:13:16:38
2	Mishka Du Preez	Nedbank RC	34	20	13/08/2004	F	00:17:20:01


3	Allie Burger	Curro Mossel Bay	51	34	22/1/2009	F	00:19:54:62
Senior (Open) Men 20 -34 (2004 - 1990)							4 km
1	Zavian Le Roux	Coastline AC	1	23	27/2/2001	M	00:12:18:23
2	Max-lee Pedro	Coastline AC	2	23	2/6/2001	M	00:12:32:93
3	Luciano Stuurman	Coastline AC	3	20	8/7/2004	M	00:12:46:72
Senior (Open) Men 20 -34 (2004 - 1990)							10 km
1	Jodian Hendricks	HS Protea	29	20		M	00:31:43:84
2	Mario Van Schalkwyk	Coastline AC	30	24	10/2/2000	M	00:33:03:27
3	Jaybes October	Bayethe Multisport	31	22	1/6/2002	M	00:33:30:81
Women 35 -49 (1989 - 1975)							4 km
1	Melissa Meyer	Glenwood House	10	37	5/16/1987	F	00:15:55:12
2	Zan Smith	Langenhoven Gim	15	41	22/12/1983	F	00:16:48:51
3	Katy Scholtz	Bayethe AC	19	40	31/07/1984	F	00:18:29:61
Men 35 -49 (1989 - 1975)							8 km
1	Karel Burger	Nedbank RC	25	43	4/12/1980	M	00:26:28:66
2	Taswill Mitchell	Plett AC	26	40	27/1/1984	M	00:28:28:58
3	Wouter Frazenburg	Rainbow AC	27	46	27/8/1977	M	00:30:28:12
Women 50 - 60 + yrs (1974 & 1964 ...)							4 km
1	Seanette Botha	Nedbank	35	55	11/21/1969	F	00:17:23:22
2	Alma Snyman	Hartenbos Drawwers	39	56	21/4/1968	F	00:18:47:53
3	Sharon Losper	Nedbank RC	41	59	30/9/1964	F	00:19:06:60
Men 50 - 60 + yrs (1974 & 1964 ...)							6 km
1	Andrew Mc Ewan	Outeniqua Harriers	60	50	13/2/1974	M	00:21:38:74
2	Elrick Spiers	Coastline AC	69	61	12/5/1963	M	00:22:41:68
3	Hendrik Prins	Boxer AC	82	50	22/3/1974	M	00:27:16:08
Men 65 + (1959.....)							
1	Martin Britz	32 G I	83	67	14/23/1957	M	00:28:08:63
2	Clayton Thorpe	Cape Multi Sport	88	72	29/03/1952	M	00:31:03:88
Clubs with 3 medals or more							

Coastline AC	15
Nedbank/Heidedal	12
Nedbank	10
Voorwaarts Prim	6
Langenhoven Gim	5
Wesbank LS	5
Outeniqua Harriers	4
Plett AC	4
Rainbow AC	4
Glenwood House	3
Boxer AC	3
Kannaland	3

ASWD CC LEAGUE 3 Langenhoven Gimnasium			RESULTS				RACE 1
8-Jun-24			No of Athletes :				
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 8 yrs (2016..)							1 km
1	Misha Meyer	Glenwood House	4	8	19/1/2016	F	00:04:46:47
2	Libby Swanepoel	Wesbank LS	5	8	4/4/2016	F	00:04:52:00
3	Marie Lourens	Wesbank LS	8	8	4/7/2016	F	00:05:01:62
4	Avah Spies	Outeniqua Hariers	9	7	12/6/2017	F	00:05:03:08
5	Bea Bence	Wesbank LS	13	8	14/4/2016	F	00:05:21:95
6	Ava Jonck	Nedbank/Heidedal	14	8	9/3/2016	F	00:05:24:15
7	Enja Swanepoel	Wesbank LS	15	8	4/4/2016	F	00:05:27:17
8	Elmodene Armoed	Nedbank/Heidedal	25	8	6/5/2016	f	00:06:02:68
9	Jemica Jacobs	Nedbank/Heidedal	26	8	5/5/2016	F	00:06:16:14
10	Cherize Volschenk	Bertie Barnard	27	5	29/9/2018	F	00:06:25:27
11	Samantha Jansen	Nedbank/Heidedal	28	8	3/5/2016	F	00:06:29:18
12	Nicole Janklaas	Hornlee Prim	29	8	28/5/2016	F	00:06:55:45
Boys 8 yrs (2016..)							1 km
1	Jonathan Frances	Coastline AC	1	8	10/4/2016	M	00:04:33:85
2	Jaydon Lourens	Nedbank/ Heidedal	2	8	16/3/2016	M	00:04:38:96
3	Gerrit Marincowitz	Wesbank LS	3	8	15/6/2016	M	00:04:45:47
4	Krisjan Pietersen	Nedbank/Heidedal	6	8	28/1/2016	M	00:04:58:95
5	Daniel Odendal	Wesbank LS	7	8	31/03/2016	M	00:05:00:77
6	Kayden van Rooyen	Nedbank/ Heidedal	10	8	2/2/2016	M	00:05:05:84
7	Ockerd Griebenow	Wesbank LS	11	8	14/11/2016	M	00:05:18:94
8	Ben vd Berg	Glenwood House	12	8	26/4/2016	M	00:05:20:55
9	Karel Burger	Curio Mosselbay	16	7	24/7/2017	M	00:05:27:97
10	Gabriel Jansen	Waboomskraal Prim	17	8	16/10/1016	M	00:05:33:98
11	Dante Wildeman	Nedbank/ Heidedal	18	8	8/1/2016	M	00:05:37:92
12	Aiden Peach	Outeniqua Harriers	19	7	21/11/2017	M	00:05:42:38
13	Reinhard van Heerden	Hartenbos Drawwers	20	6	19/1/2018	M	00:05:46:82
14	Logan Meyer	Nedbank	21	8	22/8/2016	M	00:05:48:91
15	Divandre Erasmus	Waboomskraal Prim	22	8	5/4/2016	M	00:05:53:41
16	Samuel -John Zakay	Nedbank/Heidedal	23	8	14/10/2016	M	00:05:53:77
17	Danie IBeneke	Wesbank LS	24	8	5/1/2016	M	00:05:56:99
18	Friedel Olkers	Nedbank/Heidedal	30	8	10/12/2016	M	00:07:06:20

ASWD CC LEAGUE 3 Langenhoven Gimnasium				RESULTS			RACE 2
8-Jun-24							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 9 yrs (2015)							2 km
1	Mia Burger	Curio Mosselbay	25	9	28/5/2015	F	00:08:00:83
2	Susaline Kampher	Nedbank/Heidedal	31	9	18/1/2015	F	00:08:19:88
3	Elbie Tome	Wesbank LS	47	9	21/12/2015	F	00:08:45:47
4	Liza-Marie Peach	Outeniqua Harriers	53	9	26/07/2015	F	00:08:58:84
5	Kaylene Chipps	Nedbank/Heidedal	54	9	2/8/2015	F	00:09:03:97
6	Timea Oberholzse	Outeniqua Harriers	55	9	17/6/2015	F	00:09:05:32
7	Avan van Rooyen	Sunridge Prim	57	9	8/7/2015	F	00:09:23:52
8	Lee -Ann London	St Luke's Prim	63	9	23/11/2015	F	00:09:54:53
9	Natolie Jansen	Nedbank/Heidedal	64	9	2/11/2015	F	00:09:55:00
10	Dineo Kamfer	St Luke's Prim	65	9	1/10/2015	F	00:09:55:78
11	Jayzeen Arries	St Luke's Prim	67	9	4/11/2015	F	00:10:01:73
12	Linke Diepraam	Wesbank LS	71	9	6/10/2015	F	00:10:30:56
Boys 9 yrs (2015)							2 km
1	Usain Boesak	Nedbank/Heidedal	4	9	1/9/2015	M	00:07:02:10
2	Lenesteyo de Villiers	Voorwaarts Prim	6	9	10/2/2015	M	00:07:17:88
3	Rudolf Smith	Wesbank LS	9	9	11/6/2015	M	00:07:24:12
4	Michael du Plooy	Outeniqua Harriers	12	9	18/9/2015	M	00:07:39:06
5	Hudson Ponot	Bertie Barnard	21	9	12/3/2015	M	00:07:50:78
6	Marcus Williams	St Luke's Prim	24	9	2/6/2015	M	00:07:56:82
7	Matteo Stipic	Glenwood House	27	9	16/2/2015	M	00:08:09:60
8	Eben Jordaan	Glenwood House	28	9	4/8/2015	M	00:08:11:38
9	Jason Pedro	Hornlee Prim	30	9	23/6/2015	M	00:08:17:26
10	Daniel Julies	Kannaland	33	9	10/6/2015	M	00:08:20:43
11	Keano Alcaster	Sunridge Prim	38	9	27/5/2015	M	00:08:28:91
12	Luciandre Scholtz	Hornlee Prim	45	9	21/12/2015	M	00:08:42:52
13	JC Fourie	Wesbank LS	46	9	26/10/2015	M	00:08:43:30
14	Aimedo Philander	Hornlee Prim	48	9	24/6/2015	M	00:08:51:90
15	Wian Wewers	Diaz Prim	49	9	12/2/2015	M	00:08:55:43
16	Samuel Kerspuy	Nedbank/Heidedal	51	9	10/3/2015	M	00:08:56:74
17	Matthew Lawrence	Oker Prim	60	9	25/6/2015	M	00:09:31:74
18	Lealifano Diedricks	Waboomkraal Prim	70	9	21/5/2015	M	00:10:22:07


Boys 10 yrs (2014)							2 km
1	Eugene Saayman	Voorwaarts Prim	1	10	12/7/2014	M	00:06:54:11
2	Judah Spies	Outeniqua Harriers	2	10	20/03/2014	M	00:06:55:16
3	Jayden Tromp	Coastline AC	3	10	14/4/2014	M	00:06:59:94
4	JC Le Clue	Hartenbos Drawwers	5	10	28/07/2014	M	00:07:17:64
5	John-lee Septmber	Nedbank/Heidedal	7	10	1/9/2014	M	00:07:20:09
6	Marchihano Barnard	Voorwaarts Prim	8	10	13/5/2014	M	00:07:22:21
7	Nasri Meyer	Dias Prim	10	10	31/1/2014	M	00:07:28:30
8	Merlin Micheals	Oker Prim	11	10	5/3/2014	M	00:07:34:73
9	Christiano Riddels	Diaz Prim	13	10	29/12/2014	M	00:07:43:28
10	Dante Jansen	Oker Prim	19	10	24/2/2014	M	00:07:47:88
11	Jeneequin Leban	St Luke's Prim	20	10	19/12/2014	M	00:07:48:22
12	Reinard van Jaarsveld	Wesbank Prim	23	10	19/12/2014	M	00:07:53:07
13	Jordan Hartzenberg	Sunridge Prim	29	10	28/6/2014	M	00:08:16:40
14	Negusy Appels	Concordia	32	10	11/2/2014	M	00:08:20:16
15	Melito Rhode	Sunridge Prim	38	10	3/12/2014	M	00:08:28:91
16	Shewano August	Wa boomskraal Prim	50	10	2/3/2014	M	00:08:56:05
17	Ivano Block	Wa boomskraal Prim	52	10	19/6/2014	M	00:08:58:53
18	Eldrich Kleyn	Erica Prim	62	10	10/7/2014	M	00:09:33:87
19	Pieter Geldenhuys	Wesbank LS	68	10	29/5/2014	M	00:10:19:55
20	Johndrey Coetzee	Kannaland	69	10	15/5/2014	M	00:10:20:05
Girls 10 yrs (2014)							2 km
1	Everenchia Goliath	Brackenhill Prim	14	10	10/2/2014	F	00:07:45:05
2	Achumile Beuzana	Nedbank/Heidedal	15	10	11/5/2014	F	00:07:45:30
3	Chuma Beuzana	Nedbank/Heidedal	16	10	11/5/2014	F	00:07:45:54
4	Shiera Pietersen	Nedbank/Heidedal	17	10	7/ / 2014	F	00:07:45:79
5	Kennilene Booysen	Nedbank/Heidedal	18	10	19/2/2014	F	00:07:46:37
6	Helena Lourens	Wesbank Prim	22	10	26/7/2014	F	00:07:50:95
7	Kristin van Heerden	Hartenbos drawwers	26	10	14/4/2014	F	00:08:02:47
8	Elmasha Jacobs/Jakobus	Panorama Prim	35	10	26/3/2014	F	00:08:22:98
9	Lila Olivier	Bertie Barnard LS	36	10	11/2/2014	F	00:08:25:95
10	Zoe Burger	Curio Mosselbay	39	10	28/3/2014	F	00:08:30:20
11	Whitney Jansen	St Luke's Prim	40	10	2/5/2014	F	00:08:35:11
12	Mieke Burger	Bertie Barnard LS	41	10	31/1/2014	F	00:08:39:17
13	Janique Claasen	Coastline AC	42	10	17/12/2014	F	00:08:39:86
14	Mila Lategan	Hartenbos drawwers	43	10	31/1/2014	F	00:08:40:13
15	Ella Muller	St Luke's Prim	44	10	10/9/2014	F	00:08:41:16
16	Aesha Baardman	Waboonskraal Prim	58	10	17/4/2014	F	00:09:25:58
17	Ronelia Boer	Sunridge Prim	61	10	26/11/2014	F	00:09:32:66
18	Annabel Du Plessis	Hartenbos drawwers	66	10	28/7/2014	F	00:09:57:25
19	Sisipho Jwili	Waboonskraal Prim	72	10	19/12/2014	F	00:13:24:51

ASWD CC LEAGUE 3 Langenhoven Gimnasium				RESULTS			RACE 3
8-Jun-24							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 11 yrs (2013)							3 km
1	Willene Lingerveld	Nedbank/ Heidedal	6	11	2/7/2013	F	00:11:51:06
2	Jonesia Janklaas	Brackenhill	8	11	17/3/2013	F	00:12:13:92
3	Elcoydina Van Wyk	Coastline AC	9	11	25/4/2013	f	00:12:23:74
3	Helena De Waal	Wesbank LS	11	11	21/10/2013	F	00:12:30:11
5	Keyla Douglas	Glenwood House	14	11	21/10/2013	F	00:12:36:35
6	Alri Eloff	Wesbank LS	16	11	28/5/2013	f	00:12:52:19
7	Cassidy Moses	Voorwaarts Prim	18	11	14/4/2013	F	00:13:07:19
8	Mila van der Berg	Glenwood House	19	11	15/2/2013	F	00:13:07:63
9	Jesswanique Mongo	Nedbank/ Heidedal	23	11	19/4/2013	F	00:13:44:87
10	Malissa Pieterse	Kannaland	26	11	20/7/2013	F	00:14:22:41
11	Anje Phangindano	Erika Prim	27	11	9/2/2013	F	00:14:34:01
12	Caydene Pretorius	Kannaland	28	11	8/4/2013	F	00:14:42:44
13	Raleigh-Ann v Wyngard	Bergsig Prim	30	11	4/11/2013	F	00:15:05:72
14	Tamy-Lee Fortuin	Bergsig Prim	31	11	17/10/2013	F	00:15:30:58
15	Muthlin Dolf	Oker Prim	32	11	23/9/2013	F	00:15:32:66
16	Delicia Gelant	Bergsig Prim	33	11	17/5/2013	F	00:16:44:86
Boys 11 yrs (2013)							3 km
1	Caleb Matthews	Voorwaarts Prim	1	11	8/1/2013	M	00:10:34:89
2	Clayden Frances	Voorwaarts Prim	2	11	13/9/2013	M	00:10:55:99
3	Iasheem Muller	Nedbank/ Heidedal	3	11	23/1/2013	M	00:11:18:45
4	Warno Haasbroek	Nedbank	4	11	19/1/2013	M	00:11:28:00
5	Jamio Tiemie	Kannaland	5	11	20/2/2013	M	00:11:33:41
6	Hosea Snyman	Wesbank LS	7	11	22/8/2013	M	00:12:04:06
7	Connor Ogden	Glenwood House	10	11	19/1/2013	M	00:12:26:53
8	Kearen Prins	Oker Prim	12	11	22/10/2013	M	00:12:34:81
10	Alex van Wyk	Wesbank LS	13	11	27/4/2013	M	00:12:35:13
11	Faizel Nel	Kannaland	15	12	14/12/2012	M	00:12:44:35
12	Marlon Nathan	Waboomskraal Prim	17	11	29/4/2013	M	00:12:55:17
13	Bokamuso Mashigo	Plett AC	20	11	5/1/2013	M	00:13:16:18
14	Allistair Grispe	Kannaland	21	11	13/4/2013	M	00:13:23:67
15	Elrich Beel	Plett AC	22	11	21/4/2013	M	00:13:28:58
16	Henn-Ley Sameuls	Kannaland	24	11	5/8/2013	M	00:13:50:25

Boys 16 yrs (2008)							6 km
1	Wilmark Daniels	Coastline AC	37	16	30/6/2008	M	00:18:23:26
2	Luciano Squire	Nedbank RC	42	16	12/5/2008	M	00:19:13:05
3	Theo Daniel v Zyl	Nedbank RC	44	16	6/30/1905	M	00:19:26:40
4	Dian Barkhuizen	Nedbank RC	48	16	29/6/2008	M	00:19:36:50
5	Sonwabise Ndyawe	Bayethe Multi Sport	49	16	23/1/2008	M	00:19:37:02
6	Diego Scheepers	Plett AC	53	16	23/10/2008	M	00:20:03:63
7	Aiden Neethling	HS Albertina	54	16	7/12/2008	M	00:20:26:78
8	Josef Bantom	Kannaland	59	16	3/6/2008	M	00:21:14:61
9	Keenen Goliath	Rainbow AC	65	16	10/2/2008	M	00:22:25:40
10	Khanja Matika	Coastline AC	66	16	15/12/2008	M	00:22:31:97
11	Jaden Volmink	Kannaland	70	16	21/6/2008	M	00:23:35:69
12	Terenewin Stuurman	Kannaland	71	16	24/12/2008	M	00:24:03:36
13	Naacem Pekeur	Kannaland	72	16	7/8/2008	M	00:24:09:72
14	Jorden-Lee Bernardis	Coasttline AC	75	16	0/0/2008	M	00:24:27:41
15	Andrew Mapoe	Nedbank RC	77	14	14/1/2008	M	00:25:07:23
16	Gladwill Rademeyer	Hornlee (Ran Short)	29	16	16/12/2008	M	00:15:04:11
Boys 17 yrs (2007)							6 km
1	Thinus Erasmus	Boxer AC	36	17	20/6/2007	M	00:17:57:67
2	Thatsyone Thlomelo	Coastline AC	38	17	18/7/2007	M	00:18:25:57
3	Wayden Alexander	Kannaland	40	17	17/10/2007	M	00:18:48:53
4	Jorden-Lee Pietersen	Coastline AC	45	17	30/07/2007	M	00:19:31:39
5	Ruwayden Olivier	Rainbow AC	46	17	5/12/2007	M	00:19:32:08
6	Rainart Behrens	Nedbank RC	47	17	16/5/2007	M	00:19:36:25
7	Vaughan Grobbelaar	Rainbow AC	52	17	19/1/2007	M	00:19:58:37
8	Juan Scheepers	Kannaland	55	17	6/6/2007	M	00:20:29:56
9	Sidwell Booyesen	Kannaland	57	17	31/3/2007	M	00:21:10:91
10	Krizim Antonie	Kannaland	58	17	23/9/2007	M	00:21:13:92
11	Marius de Vlam	Coastline AC	62	17	11/11/2007	M	00:21:51:36
12	Inganathi Bambiso	Pacs High	63	17	7/2/2007	M	00:21:55:40
13	Kurt Botha	Rainbow AC	64	17	17/4/2007		00:22:13:74
14	Gerhard Paulse	Kannaland	73	17	14/11/2007		00:24:11:18
	Henrique Cupido	Gerrit du Plessis	78	17	10/12/2007		00:25:26:65
Junior Women 18 and 19 yrs (2006 & 2005)							6 km
1	Cleresse Moses	Coastline AC	67	18	11/5/2006	F	00:22:32:22
2	Micke JV Rensburg	Boxer AC	68	18	13/12/2006	F	00:22:34:29
3	Shafieka Du Preez	Nedbank RC	81	18	11/7/2006	F	00:27:00:30
Senior Women 20 - 34yrs (2004 & 1990)							4 km
1	Jandri Snyders	Hartenbos Drawwers	25	20	2/3/2004	F	00:13:16:38
2	Mishka Du Preez	Nedbank RC	34	20	13/08/2004	F	00:17:20:01
3	Allie Burger	Curro Mossel Bay	51	34	22/1/2009	F	00:19:54:62

Junior Men 18 and 19 yrs (2006 & 2005)							8 km
1	Denroy Esau	Uniondale High (short)	43	19	25/08/2006	M	00:19:19:42
2	Keano Qwili	Nedbank RC	74	19	23/8/2005	M	00:24:11:98
3	Vallentino Loggenberg	Rainbow AC	76	18	4/12/2006	M	00:24:28:86
4	Charlton Brandt	Coastline AC	79	19	17/10/2005	M	00:26:04:11
5	William van Tonder	Langenhoven Gim	80	19	18/8/2005	M	00:26:40:91
6	Joshua Pretorius	Rainbow AC	84	18	31/05/2006	M	00:28:32:29
7	Dewaal Marx	Hartenbos Drawwers	86	18	13/6/2006	M	00:29:51:38
8	Hayden Makonie	Sunridge	87	19	11/9/2006	M	00:30:00:44
Men 50 - 60 + yrs (1974 & 1964 ...)							6 km
1	Andrew Mc Ewan	Outeniqua Harriers	60	50	13/2/1974	M	00:21:38:74
2	Elrick Spiers	Coastline AC	69	61	12/5/1963	M	00:22:41:68
3	Hendrik Prins	Boxer AC	82	50	22/3/1974	M	00:27:16:08
	Martin Britz	32 G I	83	67	14/23/1957	M	00:28:08:63
5	Louis Botha	Nedbank RC	85	62	26/11/1961	M	00:28:57:80
6	Clayton Thorpe	Cape Multi Sport	88	72	29/03/1952	M	00:31:03:88
Women 50 - 60 + yrs (1974 & 1964 ...)							4 km
1	Seanette Botha	Nedbank	35	55	11/21/1969	F	00:17:23:22
2	Alma Snyman	Hartenbos Drawwers	39	56	21/4/1968	F	00:18:47:53
3	Sharon Losper	Nedbank RC	41	59	30/9/1964	F	00:19:06:60
4	Talitha Behrens	Nedbank Rc	50	53	11/5/1971	F	00:19:43:88
5	Magda Opperman	Cape Multi sport	56	66	7/7/1958	F	00:20:45:67
6	Carmen Phillips-Moorcft	Edgemead Runners	61	52	29/7/1972		00:21:44:11


ASWD CC LEAGUE 3 Langenhoven Gimnasium				RESULTS			RACE 4
8-Jun-24							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 16yrs (2008)							4 km
1	Ane Bester	Langenhoven Gim	5	16	1/9/2008	F	00:14:33:26
2	Chelsea Saayman	Coastline AC	6	16	21/10/2008	F	00:14:53:87
3	Jani Fourie	Nedbank RC	8	16	8/8/2008	F	00:15:06:65
4	Addison Gillespe	Outeniqua Harriers	16	16	30/4/2008	F	00:16:53:86
5	Alida Geldenhuys	Langenhoven Gim	17	16	21/12/2008	F	00:17:13:85
6	Elisha Jacobs	Pacs High	18	16	21/8/2008	F	00:17:56:88
7	Marli Hunlun	Langenhoven Gim	23	16	5/11/2008	F	00:19:52:79
8	Georgia Kamfer	Pacs High	24	16	11/10/2008	F	00:21:24:31
Girls 17 yrs (2007)							4 km
1	Chanelle Bester	Langenhoven Gim	9	17	12/1/2007	F	00:15:07:84
2	Marilie Duvenhage	Outeniqua Harriers	11	17	30/4/2007	F	00:16:08:44
3	Danelle vd Merwe	Outeniqua Harriers	14	17	25/9/2007	F	00:16:39:59
4	Roselin Titus	Rainbow AC	20	17	27/4/2007	F	00:18:34:28
5	Edwardene v Ranse	Pacs High	21	17	11/7/2007	F	00:18:43:49
Senior (Open) Men 20 -34 (2004 - 1990)							4 km
1	Zavian Le Roux	Coastline AC	1	23	27/2/2001	M	00:12:18:23
2	Max-lee Pedro	Coastline AC	2	23	2/6/2001	M	00:12:32:93
3	Luciano Stuurman	Coastline AC	3	20	8/7/2004	M	00:12:46:72
4	Gerswin Fielies	Coastline AC	4	20	5/6/2004	M	00:13:52:45
5	Arends	SAPS	7	23	24/6/2001	M	00:15:01:45
6	Justin Hendricks	SAPS	12	24	24/6/2000	M	00:16:12:84
7	Adrio De Waal	Plett AC	13	28	1/5/1996	M	00:16:16:19
Senior (Open) Men 20 -34 (2004 - 1990)							10 km
1	Jodian Hendricks	HS Protea	29	20		M	00:31:43:84
2	Mario Van Schalkwyk	Coastline AC	30	24	10/2/2000	M	00:33:03:27
3	Jaybes October	Bayethe Multisport	31	22	1/6/2002	M	00:33:30:81
4	Jamaine Keffers	Boxer	34	20	8/10/2004	M	00:36:56:36
5	Eathan Morris	SAPS	35	25	31/8/1998	M	00:37:25:11
6	Nelson Chauke	SAPS	36	26	19/10/1997	M	00:37:43:94
7	Antonio Klassen	SAPS	37	23	24/10/2000	M	00:38:07:04
Women 35 -49 (1989 - 1975)							4 km
1	Melissa Meyer	Glenwood House	10	37	5/16/1987	F	00:15:55:12
2	Zan Smith	Langenhoven Gim	15	41	22/12/1983	F	00:16:48:51
3	Katy Scholtz	Bayethe AC	19	40	31/07/1984	F	00:18:29:61
4	Mariska Haasbrook	Privaat	22	40	6/10/1983	F	00:18:59:93
Men 35 -49 (1989 - 1975)							8 KM
1	Karel Burger	Nedbank RC	25	43	4/12/1980	M	00:26:28:66
2	Taswill Mitchell	Plett AC	26	40	27/1/1984	M	00:28:28:58
3	Wouter Frazenburg	Rainbow AC	27	46	27/8/1977	M	00:30:28:12
4	Andre Jacobus	SWD Masters	28	44	27/6/1980	M	00:31:14:62
5	Jan Meyer	Glenwood House	32		19/11/82	M	00:33:51:20

ASWD CC LEAGUE 3 Langenhoven Gimnasium			RESULTS				RACE 5
8-Jun-24							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 12 yrs (2012)							3 km
1	Laurika-Lee Jacobs	Coastline AC	11	12	23/2/2012	F	00:11:50:86
2	Raven Davids	Plett AC	14	12	7/5/2012	F	00:12:06:97
3	Illaine Herdien	Voorwaarts Prim	20	12	29/10/2012	F	00:12:25:14
4	Shenique Parson	Kannaland	23	12	13/12/2012	F	00:12:40:65
5	Amber Potgieter	Outeniqua Harriers	26	12	20/2/2012	F	00:12:50:85
6	Leandre Geldebloem	St Blaze Prim	30	12	14/11/2012	F	00:13:04:37
7	Eldeen Beel	Plett AC	32	12	23/12/2012	F	00:13:05:48
8	Jadian Opperman	Kannaland	33	12	30/10/2012	F	00:13:10:68
9	Lelethu Tyholweni	St Blaze Prim	38	12	25/6/2012	F	00:13:29:28
10	Ashleen Rossouw	Plett AC	40	12	10/11/2012	F	00:13:38:16
11	Luyanda Nkomo	Erika Prim	43	12	3/5/2012	F	00:14:13:79
12	Megan Abrams	Kannaland	45	12	13/7/2012	F	00:14:18:30
13	Felencia Malgas	Kannaland	47	12	13/3/2012	F	00:15:02:96
14	Nadine Booyesen	Hornlee Prim	48	12	4/1/2012	F	00:15:10:17
15	Yonwabisa Matwa	Diaz Prim	54	12	21/1/2012	F	00:15:52:85
16	Shanique Wagenaar	Bergsig Prim	55	12	16/11/2012		00:16:18:52
17	Anstonia Lamont	Bergsig Prim	59	12	31/1/2012	F	00:17:35:17
18	Zelme Volschenk	Bertie Barnard	62	12	29/10/2012	F	00:20:34:21
Boys 12 yrs (2012)							3 km
1	Tyroyd Arendse	Diaz Prim	1	12	15/8/2012	M	00:10:38:61
2	Emanuel Jacobs	Nedbank/Heidedal	2	12	2/1/2012	M	00:10:43:88
3	Pierre Spies	Outeniqua Prim	3	12	8/1/2012	M	00:10:48:13
4	Maclin Bruiners	Voorwaarts Prim	4	12	28/5/2012	M	00:10:54:50
5	Preetru Saayman	Coastline AC	5	12	12/7/2012		00:10:57:55
6	Christiano Michaels	Voewaarts Prim	6	12	18/6//2012	M	00:11:05:23
7	Sydney Stols	Hornlee Prim	7	12	16/2/2012	M	00:11:23:63
8	Pedro Bignaut	Hornlee Prim	8	12	16/1/2012	M	00:11:39:30
9	Olizandro Willemse	Concordia Prim	9	12	9/3/2012	M	00:11:48:23
10	Charlton Plaatjies	Waboonskraal Prim	10	12	12/5/2012	M	00:11:50:27
11	Emmanuel Muhoko	Plett AC	12	12	30/6/2012	M	00:12:04:96
12	Jaheen Appels	Concordia Prim	13	12	27/3/2012	M	00:12:06:41
13	Ruan Share	32 GI	15	12	12/4/2012	M	00:12:12:16
14	Johmickhael Saayman	Diaz Prim	16	12	17/1/2012	M	00:12:16:21
15	Gillermo Booyesen	Kannaland	17	12	5/4/2011	M	00:12:21:88
16	Hayquin-Lee Pietersen	Coastline AC	19	12	17/6/2012	M	00:12:22:61
17	Lihan van Jaarsveld	Wesbank LS	22	12	9/10/2012	M	00:12:40:27
18	Censumeleone Booyesen	Kannaland	24	12	23/9/2012	M	00:12:44:96
19	Tristan Brown	Erika Prim	34	12	5/10/2012	M	00:13:15:37
20	Sydney- John Philips	Bayethe AC	35	12	19/10/2012	M	00:13:23:85
21	Leveno Frans	St Luke's Prim	36	12	26/9/2012	M	00:13:25:06
22	Hakeem Windvogel	Plett AC	37	12	24/1/2012	M	00:13:26:47
23	Chentiano Swartz	Waboonskraal Prim	39	12	20/5/2012	M	00:13:35:95

24	Cameron McEvan	Outeniqua Harriers	42	12	19/7/2012	M	00:14:07:18
25	Ameer Zaal	Erika Prim	50	12	2/10/2012	M	00:15:15:69
26	Jacobus Smith	Wesbank LS	56	12	13/2/2012	M	00:16:21:05
27	Martin Gericke	Curio Mossel bay	57	12	19/4/2012	M	00:16:23:45
Girls 13 yrs (2011)							3 km
1	Cameron Francies	Voorwaarts Prim	18	13	17/4/2011	F	00:12:22:17
2	Tamzyn Saayman	Diaz Prim	21	13	29/1/2011	F	00:12:33:45
3	Ovuyonke Ngemnu	Nedbank/Heidedal	25	13	11/5/2011	F	00:12:47:32
4	Azelia Volschenk	Bertie Barnard LS	27	13	15/5/2011	F	00:12:53:28
5	Andrewiene Kiewiets	Bergsig	28	13	10/11/2011	F	00:12:54:31
6	Miche Visser	St Luke's Prim	29	13	26/9/2011	F	00:13:01:56
7	Fredelene Witbooi	Concordia Prim	31	13	15/3/2011	F	00:13:05:00
8	Lee-ann van Rooyen	Bayethe Multi sport	41	13	11/11/2011	F	00:14:04:58
9	Ave Pieterse	St Luke's Prim	44	13	12/4/2011	F	00:14:17:88
10	Nah Ecah Shand	Kannaland	46	13	25/5/2011	F	00:14:23:22
11	Christen Coetzee	Plett AC	49	13	7/7/2011	F	00:15:13:39
12	Johanique Johannes	Kannaland	51	13	6/3/2011	F	00:15:35:16
13	Granwinika Booysen	Kannaland	52	13	20/4/2011	F	00:15:40:82
14	Caitlin Douglas	Glenwood House	53	13	8/2/2011	F	00:15:41:40
15	Davidene Pienaar	Hornlee Prim	58	13	13/1/2011	F	00:16:56:44
16	Claudine Booisen	Hornlee Prim	60	13	24/6/2011	F	00:17:51:28
17	Venicia Pedro	Hornlee Prim	61	13	10/9/2011	F	00:17:51:80

ASWD CC LEAGUE 3 Langenhoven Gimnasium				RESULTS			RACE 6
8-Jun-24							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 14 yrs (2010)							4 km
1	Dune Haasbroek	Glenwood House	16	14	1/7/2010	F	00:14:40:28
2	Hesroline Rossouw	Plett A C	23	14	1/9/2010	F	00:15:44:46
3	Amanda Joubert	Langenhoven Gim	34	14	23/8/2010	F	00:16:26:58
4	Hendolene Fredericks	Concordia Prim	38	14	16/7/2010	F	00:16:41:39
5	Faithlin Derrocks	Bayethe Multi Sport	43	14	1/11/2010	F	00:17:29:67
6	Lameesh Visser	Nedbank /Heidedal	45	14	11/5/2010	F	00:17:43:23
7	Deoleen Scholts	Oker Prim	47	14	30/8/2010	F	00:17:58:11
8	Waylene Saayman	Kannaland	50	14	14/3/2010	F	00:18:12:43
9	Devonichia Louw	Rainbow AC	52	14	12/10/2010	F	00:18:28:41
10	Zarah Lee Tarentaal	Kannaland	54	14	17/8/2010	F	00:19:00:07
11	Jo-Marie Barends	St Luke's Prim	57	14	28/6/2010	F	00:19:24:18
12	Megan Stahmer	Nedbank RC	58	14	27/7/2010	F	00:19:32:05
13	Rihana Chipps	Rainbow AC	59	14	3/1/2010	F	00:19:48:01
14	Asure Jansen	Hornlee Prim	60	14	18/9/2010	F	00:19:58:83
15	Ruwene Kamtoetoe	Hornlee Prim	61	14	27/6/2010	F	00:23:26:79
Boys 13 yrs (2011)							4 km
1	Tristan Meyer	Nedbank RC	1	13	24/1/2011	M	00:12:59:77
2	Luciano Mongo	Nedbank/Heidedal	2	13	12/5/2011	M	00:13:09:24
3	Jason Page	Nedbank/Heidedal	4	13	7/2/2011	M	00:13:20:87
4	Jaydin Damons	Hornlee Prim	5	13	6/8/2011	M	00:13:22:81
5	Bryan Fallein	Concordia Prim	6	13	26/2/2011	M	00:13:50:00
6	Heinwill Paulsen	Voorwaarts /Coastline	9	13	11/9/2011	M	00:14:06:01
7	Tito Barry	Amalienstein Prim	10	13	11/4/2011	M	00:14:08:87
8	Stiaan van Wyk	Wesbank LS	12	13	29/5/2011	M	00:14:17:26
9	Lee-Roy Jakobus	Panorama Prim	14	13	3/4/2011	M	00:14:37:63
10	Eugene Sass	Concordia Prim	15	13	9/10/2011	M	00:14:39:61
11	Gevan Lamini	Hornlee Prim	17	13	1/3/2011	M	00:14:59:54
12	Gerswin Pause	Kannaland	18	13	27/2/2011	M	00:15:01:41
13	Hanlo Barkhuizen	Nedbank RC	20	13	18/1/2011	M	00:15:19:60
14	Enrico Parsen	Amalienstein Prim	21	13	31/5/2011	M	00:15:23:00
15	Chadwin Bondt	Hornlee Prim	24	13	26/7/2011	M	00:15:47:01
16	Alviro Pariso	Kannaland	25	13	23/12/2011	M	00:15:48:08
17	Romeo Lane	Kannaland	26	13	22/8/2011	M	00:15:48:47
18	Alex Sebele	Concordia Prim	27	13	11/10/2011	M	00:15:51:44
19	Laume Liebenberg	Outeniqua Harriers	28	13	11/5/2011	M	00:15:57:56
20	Diago Bewee	Concordia Prim	29	13	6/5/2011	M	00:15:59:38
21	Armando Abrahams	Baythe Multi Sport	31	13	7/4/2011	M	00:16:01:42
22	Luwayne Kamfer	Waboomskraal Prim	35	13	22/6/2011	M	00:16:27:18
23	Naido Noordman	Waboomskraal Prim	36	13	31/3/2011	M	00:16:34:44
24	Luthando Nqajavu	Concordia Prim	39	13	15/3/2011	M	00:16:55:16
25	Antonio Sluyt	Concordia Prim	41	13	18/2/2011	M	00:17:07:13
26	Shaun Visman	Bergsig Prim	44	13	28/11/2011	M	00:17:37:74

27	Cezare Jobs	Concordia Prim	48	13	18/8/2011	M	00:18:04:97
Boys 14 yrs (2010)							4 km
1	Johndre Jordaan	Rainbow AC	3	14	25/3/2010	M	00:13:13:21
2	Teswil Williams	Plett A C	7	14	19/2/2010	M	00:13:53:86
3	Joshua van Heerden	Nedbank/Heidedal	8	14	5/4/2010	M	00:14:00:65
4	Brantino Windvogel	Kannaland	11	14	30/5/2010	M	00:14:12:18
5	Dino Korkley	Oker Prim	13	14	14/6/2010	M	00:14:30:33
6	Calip Snyman	Kannaland	19	14	27/10/2010	M	00:15:16:82
7	Leaton Dawids	Kannaland	22	14	6/1/2010	M	00:15:41:40
8	Marlin Mowers	Sunridge Prim	30	14	23/12/2010	M	00:15:59:91
9	Jameal Jonkerman	Sunridge Prim	32	14	30/8/2010	M	00:16:07:17
10	Zaide Damons	Sunridge Prim	33	14	20/11/2010	M	00:16:20:26
11	Naytiano Windvogel	Plett A C	37	14	16/6/2010	M	00:16:36:79
12	Petrus Geldenhuys	Langenhoven Gim	40	14	15/4/2010	M	00:16:55:79
13	Raymond Booyesen	Kannaland	42	14	27/1/2010	M	00:17:26:47
14	Nazeem Chrstians	Plett A C	46	14	13/5/2010	M	00:17:46:28
15	Maxwell David	Pacs High	49	14	22/11/2010	M	00:18:10:28
16	Jenico Goliath	Bergsig Prim	51	14	16/10/2010	M	00:18:15:35
17	Mvuyo Selani	Bayethe Multi sport	53	14	30/6/2010	M	00:18:34:98
13	Tyrique Moolman	Erika Prim	55	14	21/10/2010	M	00:19:17:56
14	Antonio Botha	Hornlee Prim	56	14	15/6/2010	M	00:19:23:70

ASWD CC LEAGUE 3 Langenhoven Gimnasium				RESULTS			RACE 7
8-Jun-24							
	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 15 yrs (2009)							4 km
1	Joeldene Jackson	Kannaland	15	15	5/9/2009	F	00:16:17:81
2	Christa Herdien	Kannaland	16	15	9/6/2009	F	00:16:59:98
3	Amy Whittam	Langenhoven Gim	18	15	18/6/2009	F	00:17:03:45
4	Alexa Kohler	Outeniqua Harriers	19	15	14/7/2009	F	00:17:35:95
5	Annebelle McEvan	Glenwood House	20	15	5/2/2009	F	00:19:56:93
6	Herriet Kok	Pacs High	22	15	29/9/2009	F	00:21:07:00
Boys 15 yrs (2009)							4 km
1	Luciano Slawers	Coastline AC	1	15	4/1/2009	M	00:12:57:74
2	Mac Dillan Damons	Hornlee Prim/Sunridge	2	15	10/6/2009	M	00:13:38:54
3	Calvin Smith	Rainbow AC	3	15	17/9/2009	M	00:13:55:24
4	IshmaelStander	Pacs High	4	15	7/12/2009	M	00:14:07:73
5	Juvani De Laan	Rainbow AC	5	15	17/9/2009	M	00:14:19:83
6	Struan Benjamin	Kannaland	6	15	19/3/2009	M	00:14:24:11
7	Shadon Ambras	Kannaland	7	15	5/6/2009	M	00:14:31:19
8	Calvin Anta	Kannaland	8	15	3/11/2009	M	00:15:10:51
9	Tiehago Quine	Sunridge Prim	9	15	31/1/2009	M	00:15:22:16
10	Brydon Luiters	Pacs High	10	15	21/2/2009	M	00:15:31:26
11	Divan De Vos	Pacs High	11	15	3/10/2009	M	00:15:32:79
12	Ruwin Afrikaner	Kannaland	12	15		M	00:15:36:97
13	Dowayne Smith	Kannaland	13	15	5/6/2009	M	00:16:10:30
14	Jeraldo Conradie	Kannaland	14	15	23/6/2009	M	00:16:12:55
15	Quwin Willemse	Kannaland	17	15	9/2/2009	M	00:17:00:85
16	Deago Pienaar	Hornlee Prim	21	15	28/3/2009	M	00:20:01:18
17	Ganiel Scholtz	Bayethe Multi sport	23	15	4/3/2009	M	00:28:38:89
18	Zenzo Manana	Coastline AC (Wrong race)	25	15	14/11/2008	M	00:29:05:19
19	Shane Pietersen	Nedbank RC		15	6/5/2009	M	DNF