



ASWD
CROSS COUNTRY - LEAGUE 3
LANGENHOVEN GIM OUDTSHOORN



2026/06/20

	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 8 yrs (2018) QT 00:04:26							
1	HOPE SWARTS	BORCHARDS EAGLES	5	8	2018/05/09	F	00:04:59.92
2	JIVANTE LINKS	BORCHARDS EAGLES	7	8	2018/03/23	F	00:05:08.41
3	Amelie Lamprecht	Laerskool George-Suid	11	8	2018/11/11	F	00:05:13.90
4	KIRA SWANEPOEL	WESBANK	12	8	2018/11/20	F	00:05:14.80
5	Kaitlin Saayman	Coastline	13	8	2019/06/18	F	00:05:18.36
6	Ella Coetzee	Laerskool George-Suid	15	8	2018/01/17	F	00:05:21.51
7	SHADONE SCHEEPERS	BORCHARDS EAGLES	16	8	2018/03/06	F	00:05:23.06
8	Steplenique Jormat	St. Luke's (E.K.) Primêr	18	8	2018/01/31	F	00:05:27.35
9	Ava Giles	WESBANK	20	8	2018/06/07	F	00:05:29.03
10	Keonay Damons	St. Luke's (E.K.) Primêr	21	8	2018/09/29	F	00:05:34.74
11	SAMIRR HAYLE	BORCHARDS EAGLES	23	8	2018/06/26	F	00:05:43.00
12	Zoey April	Borchards Eagles	24	8	2019/09/04	F	00:05:59.08
13	Emily Loock	Outeniqua Harriers	25	8	2018/02/15	F	00:06:01.26
14	Treveneshia Taylor	Mossel Bay Harriers	28	8	2018/09/28	F	00:06:40.03
Boys 8 yrs (2018) QT 00:04:02							
1	Aiden Booyesen	Borchards Eagles (Heidedal)	1	8	2018/05/26	M	00:04:45.18
2	Reinhardt van Heerden	Hartenbos drawwers	2	8	2018/01/19	M	00:04:49.04
3	Zane Nel	St. Luke's (E.K.) Primêr	3	8	2018/07/24	M	00:04:51.46
4	TYLER HENDRICKS	COASTLINE/VOORWAARTS	4	8	2018/02/02	M	00:04:57.76
5	Keaton Baartman	Kannaland (Excelsior)	6	8	2018/01/01	M	00:05:04.55
6	Jona Van Der Westhuizen	Plett Primary	8	8	2019/09/15	M	00:05:10.17
7	Hanroux Mocke	Laerskool Hartenbos	9	8	2018/10/03	M	00:05:12.93
8	Enzio Van Wyngaard	Kannaland (Excelsior)	10	8	2018/08/09	M	00:05:13.27

9	Mujahied Jansen	Kannaland (Excelsior)	14	8	2018/02/14	M	00:05:20.58
10	Lehogen Brown	Mossel Bay Harriera	17	8	2018/03/27	M	00:05:25.36
11	MALAN UYS	WESBANK	19	8	2019/04/02	M	00:05:28.41
12	Ziaan Kirsten	Laerskool Hartenbos	22	8	2018/03/20	M	00:05:37.14
13	Gideon Du Plessis	WESBANK	26	8	2019/07/23	M	00:06:14.53
14	Wihan Swanepoel	Laerskool Hartenbos	27	8	2019/01/01	M	00:06:18.47
15	Jevandro Steenberg	Mossel Bay Harriera	29	8	2018/07/23	M	00:06:44.14
16	Rubin November	Mossel Bay Harriera	30	8	2018/08/21	M	00:06:44.90
Girls 9 yrs (2017) QT 00:08:29							
1	Liah Wiese	Boxer AC	17	9	2017/03/12	F	00:08:00.25
2	Ava Spies	Outeniqua Harries	21	9	2017/06/12	F	00:08:06.01
3	Liandi van Zyl	Laerskool Park	23	9	2017/10/04	F	00:08:17.13
4	RONISHA JANSEN	BORCHARDS EAGLES	37	9	2017/08/30	F	00:09:16.54
5	Jordane Ponot	Coastline AC	46	9	2017/05/03	F	00:09:45.00
6	Milané Belstead	Laerskool Park	49	9	2017/12/26	F	00:10:15.81
7	Tammy-Jay April	Bergsig PS	53	9	2017/02/16	F	00:11:16.42
Boys 9 yrs (2017) QT 00:07:58							
1	SERGIO VAN ROOYEN	BORCHARDS EAGLES	3	9	2017/01/02	M	00:07:19.07
2	Adam Van Der Westhuizen	Plett Primary	5	9	2017/05/05	M	00:07:25.06
3	Wyatt Daniels	Laerskool Bertie Barnard	7	9	2017/04/29	M	00:07:37.16
4	ZEENAN COERIES	BORCHARDS EAGLES	10	9	2017/07/06	M	00:07:44.02
5	Tylor De Bruin	Borchards Eagles (Heidedal)	11	9	2017/06/10	M	00:07:48.81
6	JEONNEMO VAN WYK	BORCHARDS EAGLES	15	9	2017/07/14	M	00:07:59.22
7	Jaycquin Kennedy	St. Luke's (E.K.) Primêr	22	9	2017/06/14	M	00:08:15.18
8	KARERL BURGER	CURRO MOSSEL BAY	25	9	2017/07/24	M	00:08:22.85
9	Jeanwill Lawa	Borchards Eagles (Heidedal)	27	9	2017/07/25	M	00:08:38.67
10	KIAN UYS	WESBANK	28	9	2017/10/24	M	00:08:41.62
11	Aldio Windvogel	Kannaland (Excelsior)	35	9	2017/06/30	M	00:09:10.00
Girls 10 yrs (2016) QT 00:08:14							
1	Mari Lourens	WESBANK	16	10	2016/07/04	F	00:07:59.70
2	LIBBY SWANEPOEL	WESBANK	20	10	2016/04/04	F	00:08:04.70

3	ELMO-DENE ARMOED	BORCHARDS EAGLES	24	10	2016/05/06	F	00:08:21.39
4	Marli Joubert	Nedbank RC	30	10	2016/03/29	F	00:08:54.38
5	Tessa- Leigh Geduld	St. Luke's (E.K.) Primêr	33	10	2016/09/08	F	00:09:02.71
6	Davidene April	Excelsior Primêr	34	10	2016/04/13	F	00:09:08.85
7	Enya Swanepoel	WESBANK	36	10	2016/04/04	F	00:09:10.59
8	MISCKA JONCK	BORCHARDS EAGLES	38	10	2016/12/03	F	00:09:17.06
9	Bennicia Damons	St. Luke's (E.K.) Primêr	40	10	2016/11/20	F	00:09:28.21
10	Lize-Marie Du Plessis	WESBANK	41	10	2016/03/26	F	00:09:28.90
11	Olivia Lamprecht	Laerskool George-Suid	42	10	2016/08/12	F	00:09:29.45
12	Misha Meyer	Laerskool George-Suid	45	10	2016/01/19	F	00:09:36.89
13	Rameez London	Mossel Bay Harriers	48	10	2016/09/30	F	00:10:12.23
14	PEARL - LYNN VAN COLLER	RIDGEVIEW PRIMARY	50	10	2016/05/28	F	00:10:16.73
15	Faithlyn Levendal	Mossel Bay Harriers	51	10	2016/10/25	F	00:10:19.49
16	Mesha Lukas	Bersig PS	56	10	2016/08/07	F	00:12:03.97
Boys 10 yrs (2016) QT 00:07:39							
1	KAYDEN VAN ROOYEN	BORCHARDS EAGLES	1	10	2016/02/02	M	00:07:09.97
2	Reuben Jacobs	Borchards Eagles (Heidedal)	2	10	2016/02/03	M	00:07:18.27
3	JAYDEN LOURENS	BORCHARDS EAGLES	4	10	2016/01/04	M	00:07:22.22
4	KYLE VAN ROOYEN	BORCHARDS EAGLES	6	10	2016/02/02	M	00:07:27.87
5	SHUMEAL SAAIMAN	BORCHARDS EAGLES	8	10	2016/08/27	M	00:07:38.99
6	Sherwin Esau	Borchards Eagles (Heidedal)	9	10	2016/09/17	M	00:07:39.48
7	Hayden Jones	St. Luke's (E.K.) Primêr	12	10	2016/11/17	M	00:07:56.03
8	DANTE WILDEMAN	BORCHARDS EAGLES	13	10	2016/01/08	M	00:07:57.26
9	JOHNATHAN FRANCES	COASTLINE/VOORWAARTS	14	10	2016/04/10	M	00:07:58.52
10	OCKERT GRIEBENOW	WESBANK	18	10	2016/11/14	M	00:08:00.77
11	Alroy Prins	Phakamisani Primary School	19	10	2016/01/01	M	00:08:03.91
12	Ben Uys	Hartenbos drawwers	26	10	2016/12/20	M	00:08:27.69
13	Igshaan Arnoldus	Kannaland (Excelsior)	29	10	2016/09/04	M	00:08:53.39
14	Caywin Amstrong	St. Luke's (E.K.) Primêr	31	10	2016/09/04	M	00:08:57.40
15	Jamahl Claasen	Kannaland (Excelsior)	32	10	2016/10/16	M	00:08:58.22
16	Reghardt De Bruyn	Boxer AC	39	10	2016/01/25	M	00:09:24.10

17	Jadain Taylor	Mossel Bay Harriera	43	10	2016/01/25	M	00:09:31.81
18	Mack-Shane Hans	Laerskool Hartenbos	44	10	2016/12/08	M	00:09:32.93
19	DJ Soloman	Laerskool Hartenbos	47	10	2016/02/09	M	00:09:53.64
20	Logan Meyer	Laerskool Park	52	10	2016/08/22	M	00:10:47.31
21	Hakyame Josephs	Mossel Bay Harriers	54	10	2016/08/11	M	00:11:34.19
22	Daniel Beneke	WESBANK	55	10	2016/01/05	M	00:11:36.84
Girls 11 yrs (2015) QT 00:12:24							
1	Talitha Wiese	Boxer AC	4	11	2015/03/30	F	00:11:24.26
2	SUSALINE CAMPHER	BORCHARDS EAGLES	23	11	2015/01/18	F	00:12:23.72
3	Marshelline Beukes	Bersig PS	24	11	2015/02/15	F	00:12:26.66
4	Cassidy James	Coastline AC	31	11	2015/08/07	F	00:12:46.91
5	MIA BURGER	CURRO MOSSEL BAY	44	11	28/5/2015	F	00:13:41.91
6	Angeline Swart	Coastline AC	49	11	2015/10/04	F	00:14:14.84
7	Devonté Herandien	Excelsior Primêr	73	11	2015/06/05	F	00:17:11.91
8	Timtachia Sebyboe	St. Luke's (E.K.) Primêr	74	11	2015/12/19	F	00:17:28.63
Boys 11 yrs (2015) QT 00:11:27							
1	USAIN JANSEN	BORCHARDS EAGLES	2	11	2015/09/26	M	00:11:00.13
2	Rhys Goosen	Boxer AC	3	11	2015/05/06	M	00:11:05.05
3	Hudson Ponot	Coastline AC	9	11	2015/03/12	M	00:11:46.57
4	Matteo Stipec	Glenwood House School	11	11	2015/02/16	M	00:11:51.35
5	Enrickus Conradie	Kannaland(Gamka-Oos-Primer)	16	11	2015/04/23	M	00:12:13.02
6	Rudolf Smith	WESBANK	17	11	2015/06/11	M	00:12:15.04
7	Eben Jordaan	Cape Multi Sport Eden	18	11	2015/08/04	M	00:12:17.45
8	Keano Peterson	Laerskool Hartenbos	25	11	2015/06/17	M	00:12:28.45
9	Daniel Jullies	Kannaland (Excelsior)	28	11	2015/06/10	M	00:12:41.75
10	Ray-Jay Rhenoster	Kannaland (Excelsior)	32	11	2015/08/03	M	00:12:47.38
11	Lyle Arnoldes	Kannaland (Excelsior)	33	11	2015/07/02	M	00:12:48.17
12	Ashliano Milela	Borchards Eagles (Heidedal)	38	11	2015/07/13	M	00:12:55.42
13	Tyreeq Jacobs	Gamka Oos Primêr	39	11	2015/09/28	M	00:13:01.28
14	Miguel Snyman	St. Luke's (E.K.) Primêr	40	11	2015/08/03	M	00:13:15.55
15	Quiwin Koordom	Laerskool Hartenbos	46	11	2015/10/31	M	00:14:08.61

16	Katlego Moremi	Laerskool Hartenbos	51	11	2015/06/22	M	00:14:16.31
17	Saygen Gelderblom	Laerskool Hartenbos	55	11	2015/08/04	M	00:14:30.99
18	BLAKE MOOS	RIDGEVIEW PRIMARY	56	11	2015/06/22	M	00:14:31.40
19	Rovurchen Saaiman	Laerskool Hartenbos	64	11	2015/04/28	M	00:15:23.93
20	Nkosinathi Seshoba	Laerskool Hartenbos	65	11	2015/08/11	M	00:15:25.99
21	THAYLON TAYLOR	RIDGEVIEW PRIMARY	79	11	2015/06/22	M	00:18:26.04
22	JD Swanepoel	Laerskool Hartenbos	84	11	2015/06/07	M	00:20:54.97
23	Trewin Taylor	Mossel Bay Harriers	86	11	2015/12/21	M	00:25:02.92
Girls 12 yrs (2014) QT 00:12:06							
1	Helena Lourens	WESBANK	14	12	2014/07/26	F	00:12:05.74
2	CHUMA BEUZANA	BORCHARDS EAGLES	21	12	2014/05/11	F	00:12:22.31
3	Jenique Claasen	Coastline AC	22	12	2014/12/17	F	00:12:23.01
4	Mila Lategan	Hartenbos drawwers	27	12	2014/01/31	F	00:12:36.94
5	Lienke Anker	Boxer AC	30	12	2014/01/03	F	00:12:44.89
6	KENNILENE BOOYSEN	BORCHARDS EAGLES	34	12	2014/02/19	F	00:12:48.82
7	SHIERA PIETERSEN	BORCHARDS EAGLES	35	12	2014/06/27	F	00:12:51.86
8	Kristin Van Heerden	Hartenbos drawwers	36	12	2014/04/24	F	00:12:53.38
9	Sisipho Bali	Phakamisani Primary School	42	12	2014/06/13	F	00:13:21.93
10	Lizhante Van Beulen	St. Luke's (E.K.) Primêr	43	12	2014/04/25	F	00:13:31.53
11	Arainea Eksteen	Oker Primer	45	12	2014/12/22	F	00:13:45.32
12	CHANE BARNARD	WESBANK	58	12	2014/06/12	F	00:14:39.71
13	Aaliyah Du Plessis	Oker Primer	59	12	2014/09/25	F	00:14:52.50
14	Zandile Ncube	Phakamisani Primary School	60	12	2014/11/03	F	00:14:56.23
15	ZOE BURGER	CURRO MOSSEL BAY	62	12	28/3/2014	F	00:15:01.49
16	Jane Joubert	Nedbank RC	67	12	2014/08/04	F	00:15:42.13
17	Lurentia Plaatjies	Oker Primer	68	12	2014/03/14	F	00:15:44.80
18	TIARA HOPE MEYER	RIDGEVIEW PRIMARY	71	12	2014/07/12	F	00:16:30.54
19	REY - LEIGH ANTHONY	RIDGEVIEW PRIMARY	72	12	2014/07/28	F	00:16:34.99
20	Eljonay Jacobs	Oker Primer	75	12	2014/03/14	F	00:17:49.73
21	Amy-Lee Paulsen	Oker Primer	76	12	2014/12/21	F	00:18:05.08
22	Ruchana Nomdo	Oker Primer	78	12	2014/08/06	F	00:18:18.97

23	ALNIQUE GELDERBLOEM	RIDGEVIEW PRIMARY	82	12	2014/05/26	F	00:19:15.81
Boy 12 yrs (2014) QT 00:11:12							
1	EUGENE SAAYMAN	COASTLINE/VOORWAARTS	1	12	2014/07/12	M	00:10:44.47
2	Jayden Tromp	Coastline AC / Voorwaarts	5	12	2014/04/14	M	00:11:24.85
3	Andrewhan Nel	St. Luke's (E.K.) Primêr	6	12	2014/07/24	M	00:11:25.38
4	MACHIANO BARNARD	COASTLINE/VOORWAARTS	7	12	2014/05/13	M	00:11:29.22
5	JC le Clus	Laerskool Park	8	12	2014/09/16	M	00:11:36.32
6	Louigeano Charles	Borchards Eagles (Heidedal)	10	12	2014/08/24	M	00:11:50.14
7	Jeneecquin Laban	St. Luke's (E.K.) Primêr	13	12	2014/12/19	M	00:12:04.41
8	Nasri Meyer	Diaz Primary	15	12	2014/01/31	M	00:12:10.53
9	Alviro Baardman	Gamka Oos Primêr	19	12	2014/02/13	M	00:12:18.80
10	Reinard Van Jaarsveld	Nedbank RC	29	12	2014/12/19	M	00:12:43.88
11	Helgardt De Bruyn	Boxer AC	37	12	2014/03/24	M	00:12:54.74
12	Liam De Beer	Laerskool Hartenbos	47	12	2014/04/23	M	00:14:12.60
13	Deolin Baker	Mossel Bay Harriera	50	12	2014/03/25	M	00:14:15.64
14	ELI KERALSE	RIDGEVIEW PRIMARY	53	12	2014/05/09	M	00:14:28.82
15	Miguel Kruger	Laerskool Hartenbos	54	12	2014/12/09	M	00:14:30.55
16	Luan Joubert	Laerskool Hartenbos	63	12	30/5/2014	M	00:15:17.23
17	CHARL BARNARD	WESBANK	66	12	2014/06/12	M	00:15:29.02
18	Elihle Sidoyi	Phakamisani Primary School	69	12	2014/09/21	M	00:16:12.36
Girls 13 yrs (2013) QT 00:12:04							
1	RONISHA MOOLMAN	BORCHARDS EAGLES	12	13	2013/07/24	F	00:11:53.09
2	WILLENE LINGERVELD	BORCHARDS EAGLES	20	13	2013/07/02	F	00:12:19.69
3	Elcaydiha van Wyk	Coastline AC	26	13	2013/04/25	F	00:12:36.35
4	Mia Bronn	Hartenbos drawwers	41	13	2013/04/17	F	00:13:16.39
5	Lindiwe Arnoldus	Excelsior Primêr	48	13	2013/02/11	F	00:14:14.20
6	Melissa Pietersen	Excelsior Primêr	52	13	2013/12/01	F	00:14:18.75
7	Rayley-Ann Van Wyngaard	Bergsig PS	57	13	2013/04/04	F	00:14:32.31
8	Aqhama Kolisi	Phakamisani Primary School	61	13	2013/09/09	F	00:15:00.96
9	Isabella van der Berg	Laerskool Park	70	13	2013/07/23	F	00:16:28.61
10	Saroline Jacobs	Diaz Primary	77	13	2013/08/21	F	00:18:15.36

11	MEGAYLE JOSEPH	RIDGEVIEW PRIMARY	80	13	2013/12/05	F	00:18:35.74
12	Akeesha Fortuin	Zoar R.P. Botha Primêr	83	13	2013/10/13	F	00:19:19.74
13	TaylorGelderbloem	Diaz Primary	85	13	2013/10/28	F	00:22:07.52
14	Romech Taylor	Mossel Bay Harriers	87	13	2013/08/21	F	00:30:02.68
Boys 13 yrs (2013) QT 00:14:47							
1	CALEB MATTHEWS	COASTLINE/VOORWAARTS	1	13	2013/01/08	M	00:13:27.95
2	DREYWHIN COERIES	BORCHARDS EAGLES	6	13	2013/12/21	M	00:14:29.74
3	HANNES VAN BROEKHUIZEN	KINGS COLLEGE	8	13	2013/06/14	M	00:14:52.14
4	Elmo Baardman	Gamka Oos Primêr	10	13	2013/02/15	M	00:15:13.94
5	Devon Jackson	Bergsig PS	11	13	2013/04/11	M	00:15:17.01
6	Khanyisa Jodwana	Phakamisani Primary School	12	13	2013/01/25	M	00:15:33.39
7	Zyron Saaers	Diaz Primary	14	13	2013/06/11	M	00:16:09.87
8	Wanru Haasbroek	Nedbank	15	13	2013/02/11	M	00:16:17.50
9	Lucraïne Jacobs	Diaz Primary	16	13	2013/12/26	M	00:16:27.72
10	Matthew Hartley	32GI	18	13	2013/02/15	M	00:16:32.08
11	Anwil van Rooyen	Kannaland(Excelsior)	19	13	2013/10/14	M	00:16:35.31
12	Alexander Van Wyk	WESBANK	20	13	2013/04/27	M	00:16:37.51
13	Joshua Bezuidenhout	Nedbank RC	23	13	2013/08/28	M	00:16:58.60
14	Fernell Jordaan	Diaz Primary	24	13	2013/05/29	M	00:17:14.86
15	Makhosi Msebele	Phakamisani Primary School	28	13	2013/05/01	M	00:17:47.93
16	HERMAN VAN BROEKHUIZEN	KINGS COLLEGE	29	13	2013/06/14	M	00:17:58.12
17	Bradwill Booysen	Bergsig PS	30	13	2013/08/13	M	00:18:00.62
18	Jandry Hansen	Kannaland(Excelsior)	34	13	2013/12/23	M	00:19:09.84
19	NOCOLAIH GROENEWALD	WESBANK	36	13	2013/05/15	M	00:19:54.39
20	Ruwaldo Olckers	Diaz Primary	37	13	2013/01/29	M	00:20:20.81
21	Awill Kannemeyer	Mossel Bay Harriera	38	13	2013/12/10	M	00:20:40.75
22	Alime Luphuwane	Phakamisani Primary School	40	13	2013/10/31	M	00:22:15.03
23	Bracklin Jansen	Diaz Primary	42	13	2013/12/29	M	00:23:31.16
24	Stephen Els	Laerskool George-Suid	45	13	2013/10/25	M	00:24:47.69
Girls 14 yrs (2012) QT 00:16:15							
1	IZZA LOURENS	LANGENHOVEN GIM	25	14	2012/09/27	F	00:17:26.05

2	Adelaide Martins	Zoar R.P. Botha Primêr	26	14	2012/09/19	F	00:17:30.52
3	Gircia Samson	Zoar R.P. Botha Primêr	27	14	2012/05/24	F	00:17:39.26
4	IMKE SWANEPOEL	Cape Multisport Eden	33	14	2012/12/04	F	00:18:35.75
5	Fredolene Van Wyk	Bergsig PS	35	14	2012/06/28	F	00:19:48.11
6	Saskia Ludick	Gamka Oos Primêr	41	14	2012/10/21	F	00:22:58.29
7	Nadine Gelderbloem	Bergsig PS	43	14	2012/05/07	F	00:23:31.76
8	Rozelle Timmie	Zoar R.P. Botha Primêr	44	14	2012/02/23	F	00:23:33.85
9	Shamela Naude	Diaz Primary	46	14	2012/11/30	F	00:27:16.05
10	Victoria Joon	Zoar R.P. Botha Primêr	47	14	2012/10/21	F	00:27:16.83
11	Saskia Ludick	Gamka Oos Primêr	60	14	2012/08/02	F	00:21:06.74
12	Fredolene Van Wyk	Bergsig PS	66	14	2012/06/28	F	00:23:27.52
13				14		F	
Boys 14 yrs (2012) QT 00:14:25							
1	Emanul Jacobs	BORCHARDS EAGLES	2	14	2012/01/02	M,	00:14:01.79
2	HENWILL GROOTBOOM	BORCHARDS EAGLES	3	14	2012/09/12	M,	00:14:02.66
3	Sydney Stols	Huis Outeniekwa	4	14	2012/06/16	M,	00:14:11.87
4	CHRISTIANO Michaels	Gerrit Du Plessis Sec	5	14	2012/06/18	M,	00:14:16.45
5	Peter Andre Steyn	Kannaland(Zoar R.P Botha Primer)	7	14	2012/03/26	M,	00:14:50.13
6	Reitumetse Ncephe	Phakamisani Primary School	9	14	2012/05/21	M,	00:15:12.95
7	OYAMA NTSOMI	RIDGEVIEW PRIMARY	13	14	2011/01/06	M,	00:15:42.40
8	Ernest Mackenzie	Van Reede	17	14	2012/09/05	M,	00:16:31.23
9	Bodwin Minnie	Bergsig PS	21	14	2012/10/31	M,	00:16:44.08
10	Chadley Kammies	Diaz Primary	22	14	2012/06/13	M,	00:16:57.05
11	Monray Koopman	Bergsig PS	31	14	2012/08/12	M,	00:18:24.79
12	Indiphile Sopali	Phakamisani Primary School	32	14	2012/10/10	M,	00:18:26.24
13	Hylon Jason George	Van Reede	39	14	2012/07/29	M,	00:22:03.11
14	Monray Koopman	Bergsig PS	56	14	2012/08/12	M,	00:19:49.08
Girls 15 yrs (2011) QT 00:16:10							
1	SARAH SAAYMAN	LANGENHOVEN GIM	12	15	2011/07/05	F	00:16:24.50
2	FRANCES Cameron	LANGENHOVEN GIM	14	15	2011/04/17	F	00:17:10.99
3	Sheliena van Wyngaardt	Gerrit Du Plessis Sec	17	15	2011/06/20	F	00:18:07.50

4	Jay-Dian Opperman	Excelsior Primêr	18	15	2011/06/23	F	00:19:32.50
5	Rahnia Strydom	Zoar R.P. Botha Primêr	19	15	2011/04/11	F	00:21:19.79
6	Melveron Steenberg	Excelsior Primêr	20	15	2011/11/10	F	00:21:27.66
7	Catherine Lee	Zoar R.P. Botha Primêr	21	15	2011/05/02	F	00:21:31.05
Boys 15 yrs (2011) QT 00:13:57							
1	TRISTAN MEYER	CURRO MOSSEL BAY	1	15	2011/01/24	M	00:13:00.64
2	Jason Page	BORCHARDS EAGLES	2	15	2011/07/02	M	00:13:11.20
3	Lucioano Mongo	BORCHARDS EAGLES	3	15	2011/05/12	M	00:13:14.62
4	Tito Barry	Kannaland(Zoar R.P Botha Primer)	4	15	2011/11/10	M	00:14:10.18
5	RJ VAN BROEKHUIZEN	KINGS COLLEGE	5	15	2011/09/23	M	00:14:38.86
6	JOHN-LOUIS KOTZE	BOXER	6	15	2011/02/06	M	00:14:39.73
7	Dawino Staalmees	Kannaland(Zoar R.P Botha Primer)	7	15	2011/06/20	M	00:14:42.00
8	Guillaume Liebenberg	Boxer AC	8	15	2011/05/11	M	00:14:44.08
9	STIAAN VAN WYK	LANGENHOVEN GIM	9	15	2011/05/29	M	00:14:56.45
10	Ozisweyinko Mpofu	Phakamisani Primary School	10	15	2011/06/06	M	00:15:45.70
11	Christiano Manho	Oker Primer	11	15	2011/06/23	M	00:16:11.06
12	Mogan Janjalo	Kannaland(Zoar R.P Botha Primer)	13	15	2011/04/22	M	00:16:52.70
13	Chumile Mawela	Phakamisani Primary School	15	15	2011/12/04	M	00:17:29.02
14	Joshwin Bruiners	Diaz Primary	16	15	2011/12/15	M	00:17:59.00
Girls 16 yrs (2010) QT 00:17:27							
1	Dune Haasbroek	Nedbank Rc	2	15	2010/07/01	F	00:15:39.26
Boys 16 yrs (2010) QT00:21:48							
1	ALEXANDER VD WESTHUIZEN	LANGENHOVEN GIM	7	16	2010/03/10	M	00:19:51.54
2	Dino Korkey	Oker Primer	9	16	2010/06/14	M	00:21:26.46
3	Henru Erasmus	LANGENHOVEN GIM	13	16	2010/07/12	M	00:26:42.83
Girls 17 yrs (2009) QT 00:17:28							
1	CAITLYN CAYWOOD	LANGENHOVEN GIM	1	17	2009/06/04	F	00:15:29.93
2	Dalene Swarts	Zoar R.P. Botha Primêr	3	17	2009/07/09	F	00:18:44.61
3	MALAIKE NORTH	OUT HARRIERS	5	17	2009/12/14	F	00:19:42.81
Boys 17 yrs (2009) QT 00:21:45							
1	CJ JAFTHA	LANGENHOVEN GIM	6	17	2009/06/20	M	00:19:50.54

2	Chatwin Ruiters	Huis Outeniekwa	8	17	2009/02/13	M	00:21:21.08
3	Lee-Marco Johannes	Huis Outeniekwa	10	17	2009/03/10	M	00:22:44.59
4	TOMMIE OLIVIER	LANGENHOVEN GIM	11	17	2009/11/15	M	00:22:59.96
JW(2008+2007) QT 00:27:23							
1	ANE BESTER	LANGENHOVEN GIM	7	JW	2008/09/01	F	00:24:06.58
JM (2008+2007) QT 00:28:31							
1	Dian Barkhuizen	Boxer AC	8	JM	2008/06/29	M	00:26:21.77
2	Donavan Salfvester	Huis Outeniekwa	9	JM	2008/08/24	M	00:28:40.47
3	Johanno Brintjies	Huis Outeniekwa	10	JM	2008/08/15	M	00:30:43.44
4	Chadle Martins	Kannaland(Zoar R.P Botha)	11	JM	2008/11/15	M	00:36:08.22
5	Zenzo Monana	Coastline AC	14	JM	2008/11/14	M	00:45:28.26
Senior Women 20 - 34yrs (2006 & 1992) 4km QT 00:17:09							
1	Jandri Snyders	Hartenbos drawwers		20-34	2004/03/02	F	00:14:08.99
2	Shafika Du Preez	BORCHARDS EAGLES		20-34	2006/07/11	F	00:17:37.60
3	Mishka Du Preez	BORCHARDS EAGLES		20-34	2004/08/13	F	00:21:21.89
Senior (Open) Women 20 -34 (2006- 1992) 8km							
1	Hanli Bouwer	Boxer AC		20-34	1997/02/14	F	00:38:46.11
Senior Men 20 - 34yrs (2006 & 1992) 4km QT 00:13:22							
1	Luwellyn Du Toit	Coastline AC	1	20-34	2006/02/11	M	00:12:47.57
2	Velandre Muller	BAC	2	20-34	2006/04/18	M	00:13:17.46
3	Luciano Stuurman	Coastline AC	3	20-34	2004/07/08	M	00:13:44.17
Senior (Open) Men 20 -34 (2006- 1992) 10km QT 00:35:39							
1	Jayton Abrahams	BORCHARDS EAGLES	12	20-34	2000/09/30	M	00:36:21.84
Women 35 -49 (1991 - 1977) QT 00:19:34(35-39) /00:19:41(40-44)/ 00:20:25(45-49)							
1	Charlene Botes	Nedbank RC	1	35-49	1980/03/12	F	00:16:19.61
2	Melissa Meyer	Eden Cape Multisport	2	35-49	1987/05/16	F	00:16:37.38
3	Zani Smith	WESBANK	4	35-49	1983/12/20		00:17:11.89
4	Ronel Ponot	Coastline AC	6	35-49	1981/09/11		00:19:33.53
5	Jeanine Snyders	Hartenbos drawwers	7	35-49	1978/01/09		00:19:44.98
6	Allie Burger	Hartenbos drawwers	8	35-49	1990/01/22	F	00:21:27.45
7	Nicole Goosen	Boxer AC	9	35-49	1979/04/06		00:21:34.79

Men 35 -49 (1991 - 1977)QT 00:32:37(35-39)/ 00:32:08(40-44)/ 00:37:22(45-49)						
1	Karel Burger	Hartenbos drawwers	14	35-49	1980/12/04	M 00:28:52.45
2	Jeandre Swanepoel	Cape Multisport Eden	17	35-49	1981/07/15	M 00:31:31.54
3	Jan Meyer	Cape Multisport Eden	19	35-49	1982/11/19	M 00:33:52.79
Women 50 - (1976 -1967) QT 00:22:02(50-54)/00:24:24(55-59)						
1	Benita Joubert	Nedbank RC	3	50-59	1976/05/04	F 00:16:54.86
2	Elmien Nel	Nedbank RC	5	50-59	1971/03/17	F 00:19:08.44
3	Avril Davids	Nedbank RC	11	50-59	1973/04/05	F 00:26:53.48
4	Alida Jacobs	BORCHARDS EAGLES	15	50-59	1972/12/10	00:30:06.94
Women 60 + yrs (1966- 1957) QT 00:32:15 (60-64)/00:34:19 (65-69)						
1						
Men 50 - (1976- 1967) QT 00:37:37(50-54)/ 00:38:02(55-59)						
1	Johannes Jordaan	Cape Multisport Eden	22	50-59	1976/07/09	M 00:36:48.26
Men 60 + yrs (1966 -1957) QT 00:30:29(60-64)/00:46:40 (65-69)						
	Jason Jafta	Nedbank RC	12	60-69	1959/12/02	M 00:27:06.73
	Joseph Potgieter	Nedbank RC	13	60-69	1961/01/12	M 00:27:13.56
	Johann Coetzer	Nedbank RC	18	60-69	1959/03/31	M 00:32:03.37
	DB Prinsloo	Hartenbos Drawwers	21	60-69	1961/05/11	M 00:36:30.60
Women 70 + yrs (1956 -1947) QT 00:39:08 (70-74)/ 00:35:30 (75-79)						
1						
Men 70 + yrs (1956 -1947) QT 00:40:09 (70-74)/00:34:16 (75-79)						
1	Dion Van Vuuren	Hartenbos drawwers	16	70-79	1955/05/15	M 00:31:14.37
2	Lampies Lamprecht	NEDBANK R.C	20	70-79	1949/04/16	00:34:56.15
Women 80 + yrs (1946 -) QT 00;40:00						
Men 80 + yrs (1946-) QT 00:39:33						
1	Les Stuart	Hartenbos drawwers	10	80+	1942/06/28	M 00:24:46.16