



**ASWD
CROSS COUNTRY - LEAGUE 2
MOSSEL BAY**



2026/05/23

	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 8 yrs (2018) QT 00:04:26							
1	Amelie Lamprecht	Laerskool George-Suid	6	8	2018/11/11	F	00:04:07.76
2	KIRA SWANEPOEL	WESBANK	9	8	2018/11/20	F	00:04:12.76
3	Ella Coetzee	Laerskool George-Suid	12	8	2018/01/17	F	00:04:14.30
4	JIVANTE LINKS	BORCHARDS EAGLES	14	8	2018/03/23	F	00:04:15.52
5	HOPE SWARTS	BORCHARDS EAGLES	15	8	2018/05/09	F	00:04:16.09
6	Kaitlin Saayman	Coastline	17	8	2019/06/18	F	00:04:18.99
7	SHADONE SCHEEPERS	BORCHARDS EAGLES	19	8	2018/03/06	F	00:04:22.69
8	Steplenique Jormat	St. Luke's (E.K.) Primêr	20	8	31/01/2018	F	00:04:23.41
9	Keonay Damons	St. Luke's (E.K.) Primêr	23	8	29/09/2018	F	00:04:37.13
10	SAMIRR HAYLE	BORCHARDS EAGLES	27	8	2018/06/26	F	00:04:46.84
11	Emily Loock	Outeniqua Harriers	28	8	2018/02/15	F	00:04:47.35
12	Hermien De Villiers	Ls Hartenbos	32	8	2018/01/30	F	00:05:02.05
13	Rasashley Dyson	Sunridge Primary	36	8	2018/05/31	F	00:05:07.33
14	HOPE VAN HEERDEN	BORCHARDS EAGLES	37	8	2019/06/05	F	00:05:11.09
15	FAITH VAN HEERDEN	BORCHARDS EAGLES	38	8	2018/03/06	F	00:05:11.50
16	Zoey April	Borchards Eagles	39	8	2019/09/04	F	00:05:18.11
17	Lia Fortuin	Mossel Bay Harriers	43	8	2019/07/20	F	00:06:00.57
Boys 8 yrs (2018) QT 00:04:02							
1	Aiden Booysen	Borchards Eagles (Heidedal)	1	8	2018/05/26	M	00:03:46.59
2	Reinhardt van Heerden	Hartenbos drawwers	2	8	2018/01/19	M	00:03:47.40
3	TYLER HENDRICKS	COASTLINE/VOORWAARTS	3	8	2018/02/02	M	00:03:50.29
4	JEONNEMO VAN WYK	BORCHARDS EAGLES	4	8	2017/07/14	M	00:03:51.82
5	Zane Nel	St. Luke's (E.K.) Primêr	5	8	24/07/2018	M	00:03:57.54
6	Keaton Baartman	Kannaland (Excelsior)	7	8	1900/01/00	M	00:04:10.86

7	Simeon Bezuidenhout	Nedbank RC	8	8	2019/03/11	M	00:04:11.25
8	Hanroux Mocke	Laerskool Hartenbos	10	8	2018/10/03	M	00:04:13.23
9	Jona Van Der Westhuizen	Plett Primary	11	8	2019/09/15	M	00:04:13.92
10	Lehogen Brown	Mossel Bay Harriera	13	8	2018/03/27	M	00:04:14.94
11	Jeanwill Lawa	Borchards Eagles (Heidedal)	16	8	2018/07/25	M	00:04:16.61
12	MALAN UYS	WESBANK	18	8	2019/04/02	M	00:04:19.37
13	Tyler Petersen	Fraaisig Primary School	21	8	2018/09/20	M	00:04:27.37
14	Ziaan Kirsten	Laerskool Hartenbos	22	8	2018/03/20	M	00:04:29.81
15	Enzio Van Wyngaard	Kannaland (Excelsior)	24	8	2018-08-09	M	00:04:38.18
16	Mujahied Jansen	Kannaland (Excelsior)	25	8	18-02-14	M	00:04:42.16
17	Chadwin Booysen	Kannaland (Excelsior)	26	8	2018-10-20	M	00:04:42.66
18	Heino Slabbert	Laerskool Park	29	8	2018/08/03	M	00:04:48.89
19	Kryzstoff Bosshoff	LS Hartenbos	30	8	2019/09/09	M	00:04:53.87
20	DJ Fourie	Laerskool Park	31	8	02/03/2018	M	00:04:57.03
21	Larnu Nolte	Ls Hartenbos	33	8	2018/12/14	M	00:05:02.51
22	Gideon Du Plessis	WESBANK	34	8	2019/07/23	M	00:05:06.27
23	Neil Louw	Home School	35	8	2018/11/13	M	00:05:06.98
24	Lu-Haygen Petersen	Fraaisig Primary School	40	8	2018/01/04	M	00:05:34.12
25	Jevandro Steenberg	Mossel Bay Harriera	41	8	2018/07/23	M	00:05:38.26
26	Rubin November	Mossel Bay Harriera	42	8	2018/08/21	M	00:05:48.64
Girls 9 yrs (2017) QT 00:08:29							
1	Ava Spies	Outeniqua Harries	15	9	2017/06/12	F	00:08:35.71
2	Andrea Pieterse	Coastline AC	32	9	2017/03/14	F	00:09:13.12
3	Liandi van Zyl	Laerskool Park	36	9	04/10/2017	F	00:09:19.01
4	Luzaandra Botha	Hornlee Primary	43	9	2017/04/04	F	00:09:56.63
5	ZOEY WILLIAMS	BORCHARDS EAGLES	47	9	2017/09/07	F	00:10:03.36
6	Lisa Prinsloo	Laerskool Park	57	9	02/08/2017	F	00:10:29.16
7	RONISHA JANSEN	BORCHARDS EAGLES	59	9	30/8/2017	F	00:10:34.67
8	Zubaidah Corver	Laerskool Park	67	9	20/07/2017	F	00:11:12.70
Boys 9 yrs (2017) QT 00:07:58							
1	SERGIO VAN ROOYEN	BORCHARDS EAGLES	3	9	2017/01/02	M	00:07:51.44

2	LEOGHIN RIDDLES	COASTLINE/VOORWAARTS	5	9	2017/02/03	M	00:08:11.30
3	Adam Van Der Westhuizen	Plett Primary	9	9	2017/05/05	M	00:08:17.32
4	ZEENAN COERIES	BORCHARDS EAGLES	11	9	2017/07/06	M	00:08:26.83
5	Christopher Benson	Sunridge Primary	12	9	2017/04/25	M	00:08:31.68
6	LEIGH-CADEN GEDULD	COASTLINE/VOORWAARTS	16	9	2017/07/06	M	00:08:37.45
7	Andre Steyn	Laerskool George-Suid	17	9	2017/10/02	M	00:08:37.88
8	JACQUIN GELDERBLOM	GROOT-BRAKRIVIER PRIMARY	23	9	2017/04/12	M	00:09:02.57
9	Tylor De Bruin	Borchards Eagles (Heidedal)	24	9	2017/06/10	M	00:09:04.24
10	Kyle Alexander	Sunridge Primary	31	9	2017/06/25	M	00:09:12.39
11	KARERL BURGER	CURRO MOSSEL BAY	39	9	2017/07/24	M	00:09:35.93
12	Thato Mashigo	PAC	40	9	2017/08/31	M	00:09:37.76
13	Jaycquin Kennedy	St. Luke's (E.K.) Primêr	42	9	2017/06/14	M	00:09:48.14
14	KIAN UYS	WESBANK	46	9	2017/10/24	M	00:10:02.49
15	Dario Sumaro	St. Blaize R.K. Primêr	50	9	2017/07/28	M	00:10:17.73
16	Luniko Thundezewa	Erika Primary School	54	9	2017/02/22	M	00:10:24.16
17	Luan Smith	Hartenbos drawwers	60	9	2017/03/26	M	00:10:37.05
18	Buchule Beyi	Erika Primary School	62	9	2017/05/22	M	00:10:50.31
19	Aldio Windvogel	Kannaland (Excelsior)	66	9	2017/06/30	M	00:11:02.53
20	Tagen Sinkfontein	Erika Primary School	70	9	2017/06/06	M	00:12:08.42
21	Andrew Holt	CURRO MOSSEL BAY	79	9	2017/09/19	M	00:12:29.62
Girls 10 yrs (2016) QT 00:08:14							
1	LIBBY SWANEPOEL	WESBANK	19	10	2016/04/04	F	00:08:45.65
2	SUENAY KLAASEN	GROOT-BRAKRIVIER PRIMARY	20	10	2016/03/25	F	00:08:51.89
3	Marli Joubert	Nedbank RC	25	10	2016/03/29	F	00:09:04.59
4	ELMO-DENE ARMOED	BORCHARDS EAGLES	26	10	2016/05/06	F	00:09:06.61
5	Elné Wessels	Laerskool George-Suid	27	10	2016/10/03	F	00:09:07.21
6	Brooklyn Veldkornet	Fraaisig Primary School	30	10	2016/07/31	F	00:09:11.95
7	Tessa- Leigh Geduld	St. Luke's (E.K.) Primêr	33	10	08/09/2016	F	00:09:15.23
8	SKYLAR JACOBS	BORCHARDS EAGLES	35	10	2016/08/13	F	00:09:17.22
9	Lenelle Lotz	Laerskool Park	37	10	16/02/2016	F	00:09:22.58
10	Enya Swanepoel	WESBANK	38	10	2016/04/04	F	00:09:29.65

11	Davidene April	Excelsior Primêr	45	10	2016/04/13	F	00:10:01.75
12	Shanique Abrahams	St. Luke's (E.K.) Primêr	48	10	12/08/2016	F	00:10:13.84
13	Trinity Shaba	Fraaisig Primary School	49	10	2016/02/17	F	00:10:15.79
14	Bennicia Damons	St. Luke's (E.K.) Primêr	51	10	20/11/2016	F	00:10:17.75
15	Olivia Lamprecht	Laerskool George-Suid	52	10	2016/08/12	F	00:10:18.17
16	MISCKA JONCK	BORCHARDS EAGLES	53	10	2016/12/03	F	00:10:20.16
17	Angelique Van Rensburg	Erika Primary School	56	10	2016/05/25	F	00:10:28.25
18	Akeelah Boesak	Concordia Primary	58	10	2016/01/29	F	00:10:32.18
19	Chanty Vaaltyn	PAC	61	10	17-02-2016	F	00:10:46.85
20	Delnisha Titus	Fraaisig Primary School	64	10	2016/04/08	F	00:10:53.21
21	Jabulile Molefe	Erika Primary School	68	10	2016/08/31	F	00:11:33.13
22	Lodine Harker	Sedgefield Primer	73	10	6/10/2016	F	00:12:11.16
23	PEARL - LYNN VAN COLLER	RIDGEVIEW PRIMARY	78	10	2016/05/28	F	00:12:28.95
24	Leané Rheeder	Laerskool Park	80	10	19/12/2016	F	00:12:32.24
25	Imigcobo Louw	Borchards Eagles (Heidedal)	81	10	12/1/2016	F	00:12:33.20
Boys 10 yrs (2016) QT 00:07:39							
1	KAYDEN VAN ROOYEN	BORCHARDS EAGLES	1	10	2016/02/02	M	00:07:44.87
2	LIAM KIEWIET	GROOT-BRAKRIVIER PRIMARY	2	10	2016/10/20	M	00:07:50.97
3	Reuben Jacobs	Borchards Eagles (Heidedal)	4	10	2016/02/03	M	00:08:04.86
4	LEOGHIN RIDDLES	COASTLINE/VOORWAARTS	5	10	2017/02/03	M	00:08:11.30
5	Stefan Harker	Sedgefield Primer	6	10	2016/09/22	M	00:08:14.26
6	KYLE VAN ROOYEN	BORCHARDS EAGLES	7	10	2016/02/02	M	00:08:15.63
7	Hayden Jones	St. Luke's (E.K.) Primêr	8	10	2016/11/17	M	00:08:15.90
8	SHUMEAL SAAIMAN	BORCHARDS EAGLES	10	10	2016/08/27	M	00:08:22.49
9	DANTE WILDEMAN	BORCHARDS EAGLES	13	10	2016/01/08	M	00:08:33.39
10	Alroy Prins	Phakamisani Primary School	14	10	2016/01/01	M	00:08:35.26
11	Sherwin Esau	Borchards Eagles (Heidedal)	18	10	2016/09/17	M	00:08:44.22
12	Ben Uys	Hartenbos drawwers	21	10	2016/12/20	M	00:08:59.02
13	Siyabulela Dampies	Sedgefield Primer	22	10	2016/12/13	M	00:09:02.11
14	Jamahl Claasen	Kannaland (Excelsior)	29	10	2016/10/16	M	00:09:09.85
15	OCKERT GRIEBENOW	WESBANK	34	10	2016/11/14	M	00:09:16.94

16	Caywin Amstrong	St. Luke's (E.K.) Primêr	41	10	2016/09/04	M	00:09:47.63
17	Jaydin Taylor	Mossel Bay Harriera	44	10	2016/01/25	M	00:09:59.84
18	Bathimna Ndlovu	St. Blaize R.K. Primêr	55	10	2016/03/15	M	00:10:24.80
19	Daniel Bosshoff	Ls Hartenbos	63	10	2016/10/28	M	00:10:51.09
20	Reghardt De Bruyn	Boxer AC	65	10	2016/01/25	M	00:10:53.62
21	Ryan Rhode	Erika Primary School	69	10	2016/08/19	M	00:11:44.57
22	Mason Sass	Van Reede	71	10	2016/05/08	M	00:12:08.86
23	KELLEN CUPIDO	GROOT-BRAKRIVIER PRIMARY	72	10	2016/06/04	M	00:12:11.15
24	Hakeame Joseph	Mossel Bay Harriera	74	10	2016/08/11	M	00:12:11.95
25	LUHAIN SCHEFFERS	GROOT-BRAKRIVIER PRIMARY	75	10	2016/04/06	M	00:12:21.96
26	Adrihano Luiters	Fraaisig Primary School	76	10	2016/03/04	M	00:12:22.60
27	Logan Meyer	Laerskool Park	77	10	2016/08/22	M	00:12:24.99
Girls 11 yrs (2015) QT 00:12:24							
1	Talitha Wiese	Boxer AC	10	11	2015/03/30	F	00:11:53.89
2	SUSALINE CAMPHER	BORCHARDS EAGLES	28	11	2015/01/18	F	00:12:34.33
3	Chloe Petersen	St. Blaize R.K. Primêr	35	11	2015/08/26	F	00:12:39.99
4	Cassidy James	Coastline AC	50	11	2015/08/07	F	00:12:57.60
5	Sky Stofberg	Sunridge Primary	57	11	2015/03/16	F	00:13:10.52
6	Ava Van Rooyen	Hornlee Primary	65	11	2015/08/07	F	00:13:21.84
7	Angeline Swart	Coastline AC	68	11	2015/10/04	F	00:13:25.10
8	MIA BURGER	CURRO MOSSEL BAY	70	11	2015/05/28	F	00:13:29.68
9	LEXIS JANSEN	BORCHARDS EAGLES	76	11	2015/09/03	F	00:13:40.25
10	Storm Grootboom	Sunridge Primary	78	11	2015/04/14	F	00:13:53.03
11	Raylee Coetzee	Fraaisig Primary School	89	11	2015/05/27	F	00:14:41.11
12	Cruz Carnie	PAC	95	11	2015/05/19	F	00:14:53.98
13	Claire Ambraal	Fraaisig Primary School	98	11	2015/07/31	F	00:14:59.99
14	MICHA WHITES	GROOT-BRAKRIVIER PRIMARY	100	11	2015/12/12	F	00:15:00.84
15	Devonté Herandien	Excelsior Primêr	103	11	2015/06/05	F	00:15:02.04
16	Shameney McCarthy	Fraaisig Primary School	104	11	2015/01/24	F	00:15:03.77
17	Gianna Hartley	32GI	106	11	2015/06/15	F	00:15:12.63
18	Sesethu Mbara	Sedgefield Primer	110	11	2015/01/25	F	00:15:23.69

19	Asemahle Plaatjies	Hornlee Primary	121	11	2015/05/03	F	00:16:16.81
20	Timtachia Sebyboe	St. Luke's (E.K.) Primêr	129	11	2015/12/19	F	00:16:46.13
Boys 11 yrs (2015) QT 00:11:27							
1	USAIN JANSEN	BORCHARDS EAGLES	2	11	2015/09/26	M	00:10:56.38
2	LENESTEYO DE VILLIERS	COASTLINE/VOORWAARTS	4	11	2015/02/10	M	00:11:32.70
3	Rhys Goosen	Boxer AC	8	11	2015/05/06	M	00:11:52.02
4	Leighton Pieterse	Laerskool Bertie Barnard	13	11	2015/11/09	M	00:11:58.83
5	THAYLON TAYLOR	RIDGEVIEW PRIMARY	19	11	2015/06/22	M	00:12:13.16
6	Eben Jordaan	Cape Multi Sport Eden	21	11	2015/08/04	M	00:12:20.01
7	Bernard Lamprecht	Laerskool George-Suid	24	11	2015/04/14	M	00:12:26.96
8	Dehano Booysen	PAC	29	11	2015/04/12	M	00:12:35.89
9	Daniel Jullies	Kannaland (Excelsior)	32	11	2015/06/10	M	00:12:37.11
10	Marlon April	Sunridge Primary	37	11	2015/01/05	M	00:12:40.70
11	Miguel Snyman	St. Luke's (E.K.) Primêr	43	11	2015/08/03	M	00:12:46.02
12	Matteo Stipec	Glenwood House School	44	11	2015/02/16	M	00:12:46.90
13	Ray-Jay Rhenoster	Kannaland (Excelsior)	45	11	2015/08/03	M	00:12:47.66
14	Lyle Arnoldes	Kannaland (Excelsior)	46	11	2015/07/02	M	00:12:48.18
15	Ashliano Milela	Borchards Eagles (Heidedal)	47	11	2015/07/13	M	00:12:49.28
16	JOLIN JOOSTE	COASTLINE/VOORWAARTS	48	11	2015/05/29	M	00:12:50.06
17	JOAWHIN TIETIES	BORCHARDS EAGLES	58	11	2015/08/21	M	00:13:10.96
18	Dezzron Gelderbloem	St. Blaize R.K. Primêr	60	11	2015/12/08	M	00:13:14.28
19	Grayson Heydenrycht	Borchards Eagles (Heidedal)	67	11	2015/12/29	M	00:13:22.99
20	Hailey Solomons	Sedgefield Primer	73	11	2015/01/18	M	00:13:34.99
21	Eldino Pietersen	Sedgefield Primer	74	11	2015/08/10	M	00:13:37.54
22	Furnoll Ambraal	Sedgefield Primer	92	11	2015/08/12	M	00:14:47.23
23	Sibabalwe Blou	St. Blaize R.K. Primêr	96	11	2015/01/10	M	00:14:59.31
24	Christiano Jantjies	Sedgefield Primer	109	11	2015/04/04	M	00:15:21.39
25	Kuhle Qhala	Erika Primary School	111	11	2015/10/27	M	00:15:35.83
26	BLAKE MOOS	RIDGEVIEW PRIMARY	113	11	2015/06/22	M	00:15:41.54
Girls 12 yrs (2014) QT 00:12:06							
1	Ruchana Nomdo	Oker Primer	16	12	2014/08/06	F	00:12:10.42

2	Mila Lategan	Hartenbos drawwers	22	12	2014/01/31	F	00:12:20.64
3	CHUMA BEUZANA	BORCHARDS EAGLES	26	12	2014/05/11	F	00:12:29.23
4	Jenique Claasen	Coastline AC	30	12	2014/12/17	F	00:12:36.28
5	Lienke Anker	Boxer AC	39	12	2014/01/03	F	00:12:41.64
6	Kristin Van Heerden	Hartenbos drawwers	40	12	2014/04/24	F	00:12:42.30
7	KENNILENE BOOYSEN	BORCHARDS EAGLES	51	12	2014/02/19	F	00:12:58.27
8	Lizhante Van Beulen	St. Luke's (E.K.) Primêr	54	12	2014/04/25	F	00:13:05.41
9	SHIERA PIETERSEN	BORCHARDS EAGLES	61	12	2014/06/27	F	00:13:18.73
10	Naheema Booysen	Sunridge Primary	69	12	2014/08/05	F	00:13:27.51
11	Arainea Eksteen	Oker Primer	71	12	2014/12/22	F	00:13:32.09
12	Ronelia Boer	Sunridge Primary	72	12	2014/11/25	F	00:13:34.53
13	CASSIDY WINDVOGEL	GROOT-BRAKRIVIER PRIMARY	75	12	2014/06/01	F	00:13:38.73
14	CHANE BARNARD	WESBANK	79	12	2014/06/12	F	00:13:55.00
15	Marcelino Galant	Sedgefield Primer	81	12	2014/12/05	F	00:14:11.70
16	Sisipho Bali	Phakamisani Primary School	83	12	2014/06/13	F	00:14:13.69
17	Lurentia Plaatjies	Oker Primer	85	12	2014/03/14	F	00:14:29.69
18	Johne-Dean Micheals	Oker Primer	87	12	2014/02/12	F	00:14:36.53
19	Jane Joubert	Nedbank RC	93	12	2014/08/04	F	00:14:50.26
20	Lillian le Roux	Laerskool Park	99	12	2014/05/05	F	00:15:00.43
21	ZOE BURGER	CURRO MOSSEL BAY	105	12	2014/03/28	F	00:15:05.90
22	Riley van Eck	Laerskool Park	107	12	2014/10/03	F	00:15:18.97
23	Aaliyah Du Plessis	Oker Primer	112	12	2014/09/25	F	00:15:37.91
24	Eudine Ruiters	Concordia Primary	116	12	2014/04/09	F	00:16:02.04
25	Jaykima Fredericks	Concordia Primary	117	12	2014/03/20	F	00:16:04.51
26	Zandile Ncube	Phakamisani Primary School	119	12	2014/11/03	F	00:16:05.93
27	TIARA HOPE MEYER	RIDGEVIEW PRIMARY	124	12	2014/07/12	F	00:16:27.41
28	ALNIQUE GELDERBLOEM	RIDGEVIEW PRIMARY	125	12	2014/05/26	F	00:16:27.80
29	REY - LEIGH ANTHONY	RIDGEVIEW PRIMARY	126	12	2014/07/28	F	00:16:45.04
30	Eljonay Jacobs	Oker Primer	127	12	2014/03/14	F	00:16:45.46
31	Amy-Lee Paulsen	Oker Primer	128	12	2014/12/21	F	00:16:45.80
32	MORGAN DE JAGER	RIDGEVIEW PRIMARY	130	12	2014/09/19	F	00:17:07.36

33	NANDI LESLEY	RIDGEVIEW PRIMARY	132	12	2014/02/10	F	00:17:20.18
Boy 12 yrs (2014) QT 00:11:12							
1	EUGENE SAAYMAN	COASTLINE/VOORWAARTS	1	12	2014/07/12	M	00:10:41.03
2	Jayden Tromp	Coastline AC / Voorwaarts	3	12	2014/04/14	M	00:11:27.58
3	JOHN-LEE SEPTEMBER	BORCHARDS EAGLES	5	12	2014/09/04	M	00:11:38.82
4	Androwhan Nel	St. Luke's (E.K.) Primêr	6	12	2014/07/24	M	00:11:48.92
5	MACHIANO BARNARD	COASTLINE/VOORWAARTS	7	12	2014/05/13	M	00:11:51.20
6	Nasri Meyer	Diaz Primary	9	12	2014/01/31	M	00:11:52.67
7	Keeno Jacobs	Mossel Bay Harriera	11	12	2014/07/13	M	00:11:56.62
8	HENSLIE-HANO OLIESLAGER	GROOT-BRAKRIVIER PRIMARY	12	12	2014/01/08	M	00:11:57.01
9	Louigeano Charles	Borchards Eagles (Heidedal)	14	12	2014/08/24	M	00:12:06.69
10	DAMON KAWIE	RIDGEVIEW PRIMARY	15	12	2014/02/06	M	00:12:09.94
11	Jeneecquin Laban	St. Luke's (E.K.) Primêr	18	12	2014/12/19	M	00:12:12.84
12	Mi-Hayden Marais	Concordia Primary	20	12	2014/12/03	M	00:12:17.89
13	ANGELO JONES	COASTLINE/VOORWAARTS	23	12	2014/12/28	M	00:12:21.52
14	CHARL BARNARD	WESBANK	25	12	2014/06/12	M	00:12:28.36
15	Kiano Mdyesha	Borchards Eagles (Heidedal)	27	12	2014/12/02	M	00:12:33.93
16	Reinard Van Jaarsveld	Nedbank RC	31	12	2014/12/19	M	00:12:36.77
17	Riaan-Louis Pieterse	Laerskool George-Suid	36	12	2014/11/28	M	00:12:40.31
18	Helgardt De Bruyn	Boxer AC	38	12	2014/03/24	M	00:12:41.14
19	CHRISTIANO PRINCE	FRIEMERSHEIM PRIMARY	49	12	2014/02/26	M	00:12:51.76
20	Lithemba Nkwali	Sunridge Primary	52	12	2014/05/05	M	00:13:03.97
21	Takunda Chambwe	Fraaisig Primary School	62	12	2014/05/04	M	00:13:19.20
22	Limile Manana	Erika Primary School	63	12	2014/06/26	M	00:13:20.32
23	Deolin Baker	Mossel Bay Harriera	64	12	2014/03/25	M	00:13:20.98
24	Valentino Swart	Coastline AC	66	12	2014/03/22	M	00:13:22.46
25	Cee jay Paatjies	PAC	77	12	2014/12/16	M	00:13:41.72
26	Calvin Muhoko	PAC	80	12	2014/07/05	M	00:13:59.21
27	Elihle Sidoyi	Phakamisani Primary School	82	12	2014/09/21	M	00:14:12.25
28	Graig Maconie	Sedgefield Primer	84	12	2014/04/28	M	00:14:21.81
29	Henrico Ritchenburg	Concordia Primary	88	12	2014/01/18	M	00:14:38.49

30	Johnré Piek	Laerskool George-Suid	90	12	2014/08/05	M	00:14:41.59
31	Vernon Kemp	LS Hartenbos	91	12	2014/10/14	M	00:14:44.25
32	Malique Goliath	Erika Primary School	97	12	2014/09/08	M	00:14:59.70
33	Keanu Boesak	Concordia Primary	101	12	2014/02/02	M	00:15:01.20
34	ELI KERALSE	RIDGEVIEW PRIMARY	102	12	2014/05/09	M	00:15:01.57
35	Zaundrolee Kapot	Erika Primary School	108	12	2014/10/21	M	00:15:20.35
36	Makabongwe Mpinda	St. Blaize R.K. Primêr	114	12	2014/06/02	M	00:15:54.38
37	Iva Ncuma	Sedgefield Primer	122	12	2014/10/06	M	00:16:17.88
38	Lyndon De Vos	Sedgefield Primer	123	12	2014/11/27	M	00:16:19.14
Girls 13 yrs (2013) QT 00:12:04							
1	RONISHA MOOLMAN	BORCHARDS EAGLES	17	13	2013/07/24	F	00:12:11.46
2	WILLENE LINGERVELD	BORCHARDS EAGLES	33	13	2013/07/02	F	00:12:39.18
3	Elcaydiha van Wyk	Coastline AC	34	13	2013/04/25	F	00:12:39.67
4	Jonesia Janklaas	Fraaisig Primary School	41	13	2013/03/17	F	00:12:42.79
5	Mia Bronn	Hartenbos drawwers	42	13	2013/04/17	F	00:12:44.60
6	Melissa Pietersen	Excelsior Primêr	53	13	2013/12/01	F	00:13:04.72
7	Saroline Jacobs	Diaz Primary	55	13	2013/08/21	F	00:13:06.16
8	TaylorGelderbloem	Diaz Primary	56	13	2013/10/28	F	00:13:08.83
9	FAITH ABRAHAMS	BORCHARDS EAGLES	59	13	2013/10/15	F	00:13:12.90
10	Kurtlyn Okttober	Oker Primer	86	13	2013/10/27	F	00:14:31.83
11	Lindiwe Arnoldus	Excelsior Primêr	94	13	2013/02/11	F	00:14:53.56
12	Aqhama Kolisi	Phakamisani Primary School	115	13	2012/09/09	F	00:15:57.03
13	Shadonay Matthews	Concordia Primary	118	13	2013/02/01	F	00:16:05.09
14	Jesswunique Mondo	Borchards Eagles (Heidedal)	120	13	2013/09/18	F	00:16:15.50
15	MEGAYLE JOSEPH	RIDGEVIEW PRIMARY	131		2013/12/05		00:17:11.94
Boys 13 yrs (2013) QT 00:14:47							
1	CALEB MATTHEWS	COASTLINE/VOORWAARTS	1	13	2013/01/08	M	00:14:45.23
2	CLAYTON FRANCES	COASTLINE/VOORWAARTS	2	13	2013/09/13	M	00:14:59.13
3	Danielo Blouw	Hornlee Primary	3	13	2013/04/21	M	00:15:09.11
4	ANTHEO CLAASSEN	GROOT-BRAKRIVIER PRIMARY	5	13	2013/01/19	M	00:15:18.91
5	DREYWHIN COERIES	BORCHARDS EAGLES	9	13	2013/12/21	M	00:15:50.32

6	HANNES VAN BROEKHUIZEN	KINGS COLLEGE	11	13	2013/06/14	M	00:16:28.14
7	Gabriel Oktober	Cape Multisport Eden	13	13	14/12/2013	M	00:16:40.98
8	Bismark Markotter	Boxer AC	15	13	2013/07/13	M	00:16:49.06
9	Matthew Hartley	32GI	17	13	2013/02/15	M	00:16:54.19
10	Khanyisa Jodwana	Phakamisani Primary School	20	13	2013/01/25	M	00:17:17.57
11	Likhona Nkwali	Sunridge Primary	21	13	2013/11/18	M	00:17:20.38
12	Elrick Saulse	Concordia Primary	23	13	2013/09/16	M	00:17:25.88
13	DAVID TOORN	COASTLINE/VOORWAARTS	24	13	2013/10/09	M	00:17:31.72
14	Eduard Snyman	Laerskool George-Suid	25	13	2013/09/22	M	00:17:34.40
15	Michado Erasmus	Concordia Primary	26	13	2013/05/15	M	00:17:35.19
16	Elrico Titus	Concordia Primary	28	13	2013/09/24	M	00:17:43.71
17	CHRISTIANO REENS	BORCHARDS EAGLES	29	13	2013/07/15	M	00:17:49.76
18	SULAIMAN OLIVIER	GROOT-BRAKRIVIER PRIMARY	31	13	2013/11/04	M	00:17:55.98
19	Miquelle September	Fraaisig Primary School	32	13	2013/03/04	M	00:18:02.48
20	Ashwill Damons	Fraaisig Primary School	33	13	2013/10/26	M	00:18:07.65
21	Jan-Louis de Jager	Van Reede	34	13	2013/06/18	M	00:18:08.00
22	Amahle Solinjani	Phakamisani Primary School	35	13	2013/01/26	M	00:18:12.64
23	Lucraine Jacobs	Diaz Primary	36	13	2013/12/26	M	00:18:14.42
24	Joshua Bezuidenhout	Nedbank RC	37	13	2013/08/28	M	00:18:14.61
25	Likhonathi Zandile	Erika Primary School	40	13	2013/12/23	M	00:18:36.94
26	Ayazingca Jaxa	Erika Primary School	41	13	2013/11/19	M	00:18:38.74
27	Zhivargo Sass	Sunridge Primary	42	13	2013/05/09	M	00:18:38.76
28	Fernell Jordaan	Diaz Primary	43	13	2013/05/29	M	00:18:39.65
29	Bokamuso Mashigo	PAC	46	13	05-09-2013	M	00:18:57.42
30	Jaswine Stevens	Concordia Primary	47	13	2013/12/09	M	00:19:02.14
31	Elrich Beel	PAC	48	13	21-04 -2013	M	00:19:02.63
32	THUKWAN WINDVOGEL	GROOT-BRAKRIVIER PRIMARY	49	13	2013/10/27	M	00:19:03.63
33	Dian Nel	Laerskool Park	50	13	08/07/2013	M	00:19:08.63
34	Alime Luphuwane	Phakamisani Primary School	52	13	2013/10/31	M	00:19:23.05
35	Rajesh Du Toit	Sedgefield Primer	53	13	2013/02/03	M	00:19:34.30
36	Makhosi Msebele	Phakamisani Primary School	58	13	2013/05/01	M	00:20:16.47

37	HERMAN VAN BROEKHUIZEN	KINGS COLLEGE	59	13	2013/06/14	M	00:20:25.25
38	Awill Kannemeyer	Mossel Bay Harriera	62	13	2013/12/10	M	00:20:41.34
39	Jandry Hansen	Kannaland(Excelsior)	65	13	2013-12-23	M	00:21:13.96
40	NOCOLAIH GROENEWALD	WESBANK	66	13	2013/05/15	M	00:21:14.03
41	Chesron Robertson	Concordia Primary	69	13	2013/09/01	M	00:21:54.34
42	Justin Wala	Borchards Eagles (Heidedal)	72	13	2013/12/14	M	00:22:05.70
43	Franklin Saptou	Concordia Primary	73	13	2013/05/18	M	00:22:09.54
44	Matthew Jantjies	Concordia Primary	74	13	2013/12/30	M	00:22:24.67
45	Divan Pretorius	Laerskool Park	75	13	15/01/2013	M	00:22:31.86
46	Stephen Els	Laerskool George-Suid	77	13	2013/10/25	M	00:22:54.15
47	Calvin Cameron	Erika Primary School	79	13	2013/12/02	M	00:24:35.17
48	Ruwaldo Olckers	Diaz Primary	82	13	2013/01/29	M	00:30:16.53
49	Bracklin Jansen	Diaz Primary	83	13	2013/12/29	M	00:30:20.01
Girls 14 yrs (2012) QT 00:16:15							
1	Elreazia Van Der Westhuizen	Hornlee Primary	22	14	2012/01/28	F	00:17:23.80
2	LAURIKA-LEE Jacobs	Gerrit Du Plessis Sec	45	14	23/2/2012	F	00:18:56.99
3	Raven Davids	PAC	51	14	07-05-2012	F	00:19:21.07
4	Eldeen Beel	PAC	54	14	23-12-2012	F	00:19:48.34
5	IMKE SWANEPOEL	Cape Multisport Eden	60	14	4/12/2012	F	00:20:26.13
6	Ashleen Rossouw	PAC	61	14	10-11-2012	F	00:20:28.21
7	MARSHE Baadjies	Gerrit Du Plessis Sec	64	14	13/11/2012	F	00:21:11.81
8	SHANEEQUE WHITES	Pacaltsdorp Hoerskool	70	14	2012/06/13	F	00:22:02.82
9	Moniqua Williams	Concordia Primary	78	14	2012/07/25	F	00:24:16.60
10	Tania Saptou	Concordia Primary	80	14	201211/30	F	00:25:49.72
11	Chloe Savage	Sunridge Primary	67	12	4/11/2014	F	WR
Boys 14 yrs (2012) QT 00:14:25							
1	CHRISTIANO Michaels	Gerrit Du Plessis Sec	4	14	2012/06/18	M,	00:15:13.31
2	Emanul Jacobs	BORCHARDS EAGLES	6	14	2012/01/02	M,	00:15:28.38
3	Reagon Speelman	Oker Primer	7	14	2012/04/28	M,	00:15:36.53
4	HENWILL GROOTBOOM	BORCHARDS EAGLES	8	14	2012/09/12	M,	00:15:46.30
5	JAYDRIAN JANSEN	GROOT-BRAKRIVIER PRIMARY	10	14	2012/03/13	M,	00:15:56.17

6	HAYQUIN-LEE Pieterse	Gerrit Du Plessis Sec	12	14	2012/06/17	M,	00:16:34.36
7	JOHANDRE Prins	Gerrit Du Plessis Sec	14	14	2012/06/13	M,	00:16:44.98
8	Immanuel Muhoko	PAC	16	14	30-06-2012	M,	00:16:52.64
9	Reitumetse Ncephe	Phakamisani Primary School	18	14	2012/05/21	M,	00:17:05.12
10	Ernest Mackenzie	Van Reede	19	14	2012/09/05	M,	00:17:06.11
11	BRIAN VILJOEN	Outeniqua Harriers	27	14	2012/12/23	M,	00:17:38.39
12	Cayden Wynand	PAC	30	14	23-09-2012	M,	00:17:53.30
13	Hakeem Windvogel	PAC	38	14	24-01-2012	M,	00:18:15.35
14	Kenzo Solomons	Hornlee Primary	39	14	4/10/2012	M,	00:18:32.96
15	Aphiwe Bolo	Phakamisani Primary School	44	14	13/8/2012	M,	00:18:42.04
16	CHRISTIANO VAN DEMERWE	RIDGEVIEW PRIMARY	55	14	2012/10/23	M,	00:19:54.31
17	Chadley Kammies	Diaz Primary	56	14	13/6/2012	M,	00:19:55.29
18	Zukhanye Nqgawana	Erika Primary School	57	14	2012/04/20	M,	00:20:02.35
19	Lihan Van Jaarsveld	Nedbank RC	63	14	9/10/2012	M,	00:20:48.92
20	Marthines Mondo	Oker Primer	68	14	20/3/2012	M,	00:21:47.87
21	Dehagen Ruiters	Concordia Primary	71	14	20/1/2012	M,	00:22:03.60
22	Hylon Jason George	Van Reede	76	14	2012/07/29	M,	00:22:51.42
23	Damian Agnew	Laerskool Park	81	14	10/02/2012	M,	00:28:09.63
24	Banele Mzaku	Phakamisani Primary School	84	14	2012/01/03	M,	DNF
25	Indiphile Sopali	Phakamisani Primary School	85	14	2012/10/10	M,	DNF
Girls 15 yrs (2011) QT 00:16:10							
1	SARAH SAAYMAN	LANGENHOVEN GIM	14	15	2011/07/05	F	00:17:06.85
2	BIANCA Frances	Gerrit Du Plessis Sec	15	15	2011/05/25	F	00:17:38.78
3	ELISTENE ADAMS	Pacaltsdorp Hoerskool	16	15	2011/12/18	F	00:18:08.56
4	Sheliena van Wyngaardt	Excelsior Primêr	19	15	2011/06/20	F	00:19:20.01
5	FRANCES Cameron	Gerrit Du Plessis Sec	20	15	2011/04/17	F	00:19:21.00
6	CHINIQUA JAFTA	Pacaltsdorp Hoerskool	21	15	2011/02/08	F	00:19:51.76
7	Caitlin Appels	George High / Rainbow	22	15	2011/12/21	F	00:21:42.10
8	Catherine Lee	Excelsior Primêr	25	15	2011/05/02	F	00:22:55.57
Boys 15 yrs (2011) QT 00:13:57							
1	TRISTAN MEYER	CURRO MOSSEL BAY	1	15	2011/01/24	M	00:13:51.62

2	Jason Page	BORCHARDS EAGLES	2	15	2011/07/02	M	00:13:54.33
3	Lucioano Mongo	BORCHARDS EAGLES	3	15	2011/05/12	M	00:14:20.90
4	IVAN PIETERSEN	Pacaltsdorp Hoerskool	4	15	2011/12/05	M	00:14:52.57
5	Jaydin Damons	Hornlee Primary	5	15	2011/08/06	M	00:14:57.11
6	HEINWILL Paulsen	Gerrit Du Plessis Sec	6	15	2011/09/11	M	00:15:29.64
7	WESHLEY Sebyboe	Gerrit Du Plessis Sec	7	15	2011/03/21	M	00:16:08.23
8	RJ VAN BROEKHUIZEN	KINGS COLLEGE	8	15	2011/09/23	M	00:16:22.06
9	Hanlo Barkhuizen	Boxer AC	9	15	2011.01.18	M	00:16:42.06
10	Luthando Ngqavu	Concordia Primary	10	15	2011/04/15	M	00:16:43.03
11	Ozisweyinko Mpofu	Phakamisani Primary School	11	15	2011/06/06	M	00:16:46.97
12	Ronaldo Leen	Pacaltsdorp Hoerskool	12	15	2011/01/03	M	00:16:57.58
13	Christiano Manho	Oker Primer	13	15	2011/06/23	M	00:17:04.88
14	Joshwin Bruiners	Diaz Primary	17	15	2011/12/15	M	00:18:11.61
15	Chumile Mawela	Phakamisani Primary School	18	15	2011/12/04	M	00:19:16.59
16	FRANKLYNE HARMSE	0	23	15	2011/03/17	M	00:21:54.86
17	Dillan Terblanche	Fraaisig Primary School	24	15	2011/03/11	M	00:22:06.44
18	Prins Sambo	Oker Primer	26	15	2011/10/02	M	DNF
Girls 16 yrs (2010) QT 00:17:27							
1	Hesroline Rossouw	PAC	1	16	2010/09/01	F	00:15:57.98
2	Dune Haasbroek	Nedbank Rc	4	16	2010/07/01	F	00:17:01.83
3	Sasha Corrigan	Gledwood House	8	16	2010/03/02	F	00:19:25.28
4	Amoray Van Rooyen	George High / Rainbow	9	16	2010/06/11	F	00:19:32.60
5	CORLEY-ANN Pietersen	Gerrit Du Plessis Sec	10	16	2010/01/09	F	00:19:58.95
6	Changrid Wewers	Pacaltsdorp Hoerskool	20	16	2010/02/01	F	00:23:25.98
7	Ezra Barbier	Van Reede	29	16	2010/05/06	F	00:27:57.82
8	Cherel Scheepers	PAC	30	15	2011/07/04	F	00:27:59.65
Boys 16 yrs (2010) QT00:21:48							
1	ALEXANDER VD WESTHUIZEN	LANGENHOVEN GIM	14	16	2010/03/10	M	00:21:30.81
2	TIMOTHY Sebyboe	Gerrit Du Plessis Sec	17	16	2010/06/17	M	00:22:49.97
3	Dino Korkey	Oker Primer	19	16	2010/06/14	M	00:23:10.88
4	Jayden Jansen	Rainbow AC	22	16	2010/04/19	M	00:24:16.17

5	Dylan vd Walt	CURRO MOSSEL BAY	23	16	2010/06/02	M	00:24:20.57
6	Joshua Van Heerden	George High / Rainbow	24	16	2010/04/05	M	00:24:49.21
7	Nathan Jantjies	Sunridge Primary	25	16	2010/11/02	M	00:25:37.82
8	LUCRAIN LINGERVELD	Pacaltsdorp Hoerskool	26	16	2010/02/27	M	00:25:38.22
9	Geraldo Uithaler	Oker Primer	28	16	2010/08/01	M	00:27:57.35
10	PETRUS GELDENHUYS	LANGENHOVEN GIM	31	16	2010/08/19	M	00:28:01.67
11	Panashe Mackenzie	Van Reede	32	16	2010/10/22	M	00:28:54.90
12	NATHANIEL MAY	HOERSKOOL SAO BRAS	33	16	12-07-2010	M	00:29:26.55
13	Nazeem Christiaans	PAC	34	16	13-05-2010	M	00:29:33.71
14	NEILLON KLAASSEN	HOERSKOOL SAO BRAS	35	16	02-10-2010	M	00:31:41.50
15	Mikhail van Wyk	Van Reede	36	16	2010/07/13	M	DNF
16	Channing Somerset	Van Reede	37	16	2010/12/11	M	DNF
17	Francisco Julius	Sunridge Primary	38	16	2010/10/25	M	DNF
Girls 17 yrs (2009) QT 00:17:28							
1	CAITLYN CAYWOOD	LANGENHOVEN GIM	2	17	2009/06/04	F	00:16:32.18
2	Annabelle McEwan	Boxer AC	3	17	2009/02/05	F	00:16:45.84
3	AMY WHITHAM	LANGENHOVEN GIM	5	17	2009/03/30	F	00:18:40.25
4	ALEXA KOHLER	OUT HARRIERS	6	17	2009/07/14	F	00:18:48.09
5	MALAIKE NORTH	OUT HARRIERS	7	17	2009/12/14	F	00:19:18.87
6	JOSEPH Delicia	Gerrit Du Plessis Sec	11	17	2009/01/11	F	00:20:05.80
7	CONTENTA NEL	OUT HARRIERS	12	17	2009/11/20	F	00:20:50.60
Boys 17 yrs (2009) QT 00:21:45							
1	Khayiniso Pietersen	Olympia SOS	13	17	2009/05/06	M	00:21:16.57
2	Wilfred Hilani	Olympia SOS	15	17	2009/10/05	M	00:22:30.51
3	CJ JAFTHA	LANGENHOVEN GIM	16	17	2009/06/20	M	00:22:41.95
4	Ishmael Stander	Pacaltsdorp Hoerskool	18	17	2009/12/07	M	00:22:59.29
5	DIVAAN DE VOS	Pacaltsdorp Hoerskool	21	17	2009/10/03	M	00:23:37.01
6	TOMMIE OLIVIER	LANGENHOVEN GIM	27	17	2009/11/15	M	00:25:40.13
JW(2008+2007) QT 00:27:23							
1	ANE BESTER	LANGENHOVEN GIM	9	JW	2008/09/01	F	00:27:02.58
2	Chelsea Saayman	Coastline AC	12	JW	2008/10/21	F	00:28:29.92

3	Jani Fourie	Boxer AC	17	JW	2008/08/11	F	00:30:09.58
JM (2008+2007) QT 00:28:31							
1	WILLMARK Daniels	Gerrit Du Plessis Sec	10	JM	2008/06/30	M	00:27:30.50
2	Luciano Squire	Pacaltsdorp Hoerskool	11	JM	2008/05/12	M	00:28:28.25
3	TLHOMELANG Thatayaone	Gerrit Du Plessis Sec	13	JM	2007/07/18	M	00:28:29.93
4	Cuan Wildeman	NEDBANK RC	14	JM	2008/02/03	M	00:28:30.22
5	Sonwabise Ndyawe	Bayethe	15	JM	2008/01/23	M	00:29:05.24
6	Ruwayden Olivier	George High / Rainbow	16	JM	2007/12/05	M	00:30:09.33
7	Diego Scheepers	PAC	18	JM	23-10-2008	M	00:30:16.09
8	Donavan Afrika	BAC	19	JM	2007/01/01	M	00:30:37.39
9	VERNITO Adams	Gerrit Du Plessis Sec	20	JM	2008/07/18	M	00:31:58.42
10	Nashwill Campher	Pacaltsdorp Hoerskool	21	JM	2008/07/22	M	00:33:01.80
11	Vaughann Grobbelaar	George High / Rainbow	22	JM	2007/01/25	M	00:33:25.61
12	Joshua Titus	Rainbow AC	23	JM	2008/08/12	M	00:33:31.85
13	INGANATHI BAMBISO	Pacaltsdorp Hoerskool	24	JM	2007/02/07	M	00:34:16.76
Senior Women 20 - 34yrs (2006 & 1992) 4km QT 00:17:09							
1	Jandri Snyders	Hartenbos drawwers	4	20-34	2004/03/02	F	00:15:34.88
2	Hanli Bouwer	Boxer AC	6	20-34	1997/02/14	F	00:16:26.16
3	Shafika Du Preez	BORCHARDS EAGLES	7	20-34	2006/07/11	F	00:19:50.82
4	Mishka Du Preez	BORCHARDS EAGLES	8	20-34	2004/08/13	F	00:24:36.57
5	Heronique James	BAC	28	20-34	1998/05/28	F	DNF
Senior (Open) Women 20 -34 (2006- 1992) 8km							
	NONE						
Senior Men 20 - 34yrs (2006 & 1992) 4km QT 00:13:22							
1	Mario van Schalkwyk	Coastline AC	1	20-34	2000/02/10	M	00:13:52.85
2	Velandre Muller	BAC	2	20-34	2006/04/18	M	00:14:11.74
3	Maxi Lee Pedro	Coastline AC	3	20-34	2001/06/02	M	00:14:48.86
4	Timotheus Markgraaff	Nedbank Rc	5	20-34	2002/01/08	M	00:15:55.08
Senior (Open) Men 20 -34 (2006- 1992) 10km QT 00:35:39							
1	Leon Adams	Coastline AC	25	20-34	1994/02/01	M	00:36:18.61
2	Jadrian Booysen	BORCHARDS EAGLES	26	20-34	2004/10/06	M	00:39:53.10

3	Jayton Abrahams	BORCHARDS EAGLES	27	20-34	2000/09/30	M	00:42:40.47
Women 35 -49 (1991 - 1977) QT 00:19:34(35-39) /00:19:41(40-44)/ 00:20:25(45-49)							
1	CINDY VILJOEN	NEDBANK RC	1	35-49	1986/12/03	F	00:16:49.2
2	Charlene Botes	Nedbank RC	2	35-50	1980/03/12	F	00:18:17.73
3	Jeanine Snyders	Hartenbos drawwers	6	35-52	1978/01/09	F	00:22:51.94
4	Allie Burger	Hartenbos drawwers	7	35-53	1990/01/22	F	00:24:00.18
5	Nicole Goosen	Boxer AC	8	35-54	1979/04/06	F	00:25:00.00
6	Jessie Kim Grundling	Cape Multisport Eden	5	20-33	1993/01/03	F	00:22:07.89
Men 35 -49 (1991 - 1977)QT 00:32:37(35-39)/ 00:32:08(40-44)/ 00:37:22(45-49)							
1	Gerswin Jones	Coastline AC	9	35-49	1987/01/05	M	00:28:53.10
2	Karel Burger	Hartenbos drawwers	17	35-49	1980/12/04	M	00:32:10.34
3	Wouter Frazenburg	Rainbow AC	18	35-49	1979/08/23	M	00:34:03.56
4	Abraham Oktober	32GI	19	35-49	1983/04/15	M	00:34:20.26
5	Kosie Gericke	32GI	21	35-49	1982/01/19	M	00:35:02.00
6	Sam Marx	Cape Multisport Eden	23	35-49	30/11/1981	M	00:36:45.35
7	Jeandre Swanepoel	Cape Multisport Eden	24	35-49	1981/07/15	M	00:37:26.46
8	Christiaan Lindoor	Rainbow AC	25	35-49	1978/02/16	M	00:37:46.62
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	00:18:23.16
2	Elmien Nel	Nedbank RC	4	50-59	1971/03/17	F	00:21:19.59
3	Avril Davids	Nedbank RC	10	50-59	1973/04/05	F	00:29:09.95
4	Alida Jacobs	BORCHARDS EAGLES	16	50-59	1972/12/10	F	00:31:41.17
Women 60 + yrs (1966- 1957) QT 00:32:15 (60-64)/00:34:19 (65-69)							
1	NONE						
Men 50 - (1976- 1967) QT 00:37:37(50-54)/ 00:38:02(55-59)							
1	Andrew McEwan	Outeniqua Harriers	20	50-59	1974/02/13	M	00:34:53.11
Men 60 + yrs (1966 -1957) QT 00:30:29(60-64)/00:46:40 (65-69)							
1	Joseph Potgieter	Nedbank RC	11	60-69	1961/01/12	M	00:29:50.00
2	Samuel Windvogel	Outeniqia Harriers	12	60-69	1963/04/05	M	00:29:52.27
3	Jan Van Zyl	Cape Multisport Eden	13	60-69	1964/07/07	M	00:30:37.95
Women 70 + yrs (1956 -1947) QT 00:39:08 (70-74)/ 00:35:30 (75-79)							

1	NONE						
Men 70 + yrs (1956 -1947) QT 00:40:09 (70-74)/00:34:16 (75-79)							
1	Hannes van Wyk	Outeniqua Harriers	14	70-79	1955/02/20	M	00:31:27.97
2	Dion Van Vuuren	Hartenbos drawwers	22	70-79	1955/05/15	M	00:35:45.15
Women 80 + yrs (1946 -) QT 00;40:00							
	NONE						
Men 80 + yrs (1946-) QT 00:39:33							
1	Les Stuart	Hartenbos drawwers	15	80+	1942/06/28	M	00:31:30.09