



ASWD
CROSS COUNTRY - LEAGUE 7
OLYMPIA SOS PACALTSDORP GEORGE



2026/08/01

	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F	TIME
Girls 8 yrs (2018) QT 00:04:26							
1	JIVANTE LINKS	BORCHARDS EAGLES	6	8	2018/03/23	F	00:04:01.24
2	SHADONE SCHEEPERS	BORCHARDS EAGLES	8	8	2018/03/06	F	00:04:07.81
3	Amelie Lamprecht	Laerskool George-Suid	10	8	2018/11/11	F	00:04:14.06
4	Kaitlin Saayman	Coastline	11	8	2019/06/18	F	00:04:16.37
5	Zoey April	Borchards Eagles	13	8	2019/09/04	F	00:04:24.29
6	Ella Coetzee	Laerskool George-Suid	16	8	2018/01/17	F	00:04:29.98
7	Rasashley Dyson	Sunridge Primary	17	8	2018/05/31	F	00:04:37.86
8	Faith Leigh Jordaan	Hornlee Primary	18	8	2018/06/19	F	00:04:44.44
9	Anothando Tuku	Hornlee Primary	19	8	2018/02/11	F	00:04:44.99
10	Lilly Jegels	Fraaisig Primary School	20	8	2018/02/09	F	00:04:51.06
11	Hermien De Villiers	Ls Hartenbos	21	8	2018/01/30	F	00:05:04.93
Boys 8 yrs (2018) QT 00:04:02							
1	Aiden Booyesen	Borchards Eagles (Heidedal)	1	8	2018/05/26	M	00:03:39.88
2	TYLER HENDRICKS	COASTLINE/VOORWAARTS	2	8	2018/02/02	M	00:03:41.90
3	Reinhardt van Heerden	Hartenbos drawwers	3	8	2018/01/19	M	00:03:46.66
4	Jona Van Der Westhuizen	Plett Primary	4	8	2019/09/15	M	00:03:55.52
5	Tyler Petersen	Fraaisig Primary School	5	8	2018/09/20	M	00:03:58.04
6	Hanroux Mocke	Hartenbos Drawwers	7	8	2018/10/03	M	00:04:06.52
7	Keaton Baartman	Kannaland (Excelsior)	9	8	2018/01/01	M	00:04:12.89
8	JAYRIN JOHNSON	COASTLINE/VOORWAARTS	12	8	2018/09/28	M	00:04:19.21
9	Ziaan Kristen	LS Hartenbos	14	8	2018/03/20	M	00:04:28.85
10	Heino Slabbert	Laerskool Park	15	8	2018/08/03	M	00:04:29.26
11	Mason de Nobrega	Hartenbos Drawwers	22	8	2019/05/19	M	00:05:58.52

Girls 9 yrs (2017) QT 00:08:29							
1	Ava Spies	Outeniqua Harries	22	9	2017/06/12	F	00:08:39.72
2	Luzaandra Botha	Hornlee Primary	27	9	2017/04/04	F	00:09:25.16
3	Jaydene Barnard	Sunridge Primary	31	9	2017/04/17	F	00:10:18.64
4	Milané Belstead	Hartenbos Drawwers	36	9	2017/12/26	F	00:11:02.45
Boys 9 yrs (2017) QT 00:07:58							
1	SERGIO VAN ROOYEN	BORCHARDS EAGLES	2	9	2017/01/02	M	00:07:11.49
2	Elcardo Malan	Kannaland(Amalienstein)	5	9	2017/03/20,	M	00:07:35.17
3	LEOGHIN RIDDLES	COASTLINE/VOORWAARTS	6	9	2017/02/03	M	00:07:46.71
4	Adam Van Der Westhuizen	Plett Primary	9	9	2017/05/05	M	00:07:51.22
5	JEONNEMO VAN WYK	BORCHARDS EAGLES	14	9	2017/07/14	M	00:08:11.66
6	Christopher Benson	Sunridge Primary	16	9	2017/04/25	M	00:08:19.17
7	Kyle Alexander	Sunridge Primary	18	9	2017/06/25	M	00:08:24.24
8	Jeanwill Lawa	Borchards Eagles (Heidedal)	20	9	2017/05/07	M	00:08:25.16
9	Wayde Williams	Hornlee Primary	32	9	2017/01/10	M	00:10:52.63
10	Aldio Windvogel	Kannaland (Excelsior)	33	9	2017/06/30	M	00:10:52.98
Girls 10 yrs (2016) QT 00:08:14							
1	Carmnay Francis	Amalienstein Primêr	11	10	2016/11/03	F	00:08:05.56
2	SUENAY KLAASEN	GROOT-BRAKRIVIER PRIMARY	15	10	2016/03/25	F	00:08:17.52
3	Mari Lourens	WESBANK	17	10	2016/07/04	F	00:08:23.76
4	LIBBY SWANEPOEL	WESBANK	19	10	2016/04/04	F	00:08:24.79
5	Lenelle Lotz	Laerskool Park	23	10	2016/02/16	F	00:08:46.12
6	Trinity Shaba	Fraaisig Primary School	24	10	2016/02/17	F	00:09:07.10
7	Davidene April	Excelsior Primêr	25	10	2016/04/13	F	00:09:11.11
8	MISCKA JONCK	BORCHARDS EAGLES	28	10	2016/12/03	F	00:10:05.63
9	Angelique Van Rensburg	Erika Primary School	29	10	2016/05/25	F	00:10:18.01
10	Delnisha Titus	Fraaisig Primary School	30	10	2016/04/08	F	00:10:18.34
11	Elzandre Stroebe	Hornlee Primary	37	10	2016/03/30	F	00:11:47.09
12	Nicole Janklaas	Hornlee Primary	38	10	2016/05/28	F	00:11:52.74
13	PEARL - LYNN VAN COLLER	RIDGEVIEW PRIMARY	39	10	2016/05/28	F	00:12:14.65
14	Leané Rheeder	Laerskool Park	41	10	2016/12/19	F	00:12:40.37

Boys 10 yrs (2016) QT 00:07:39							
1	KAYDEN VAN ROOYEN	BORCHARDS EAGLES	1	10	2016/02/02	M	00:07:10.80
2	LIAM KIEWIET	GROOT-BRAKRIVIER PRIMARY	3	10	2016/10/20	M	00:07:27.77
3	KYLE VAN ROOYEN	BORCHARDS EAGLES	4	10	2016/02/02	M	00:07:28.26
4	KRISHAN PETERSEN	BORCHARDS EAGLES	7	10	2016/01/28	M	00:07:49.57
5	Cheraldon Abrahams	Kannaland(Amalienstein)	8	10	2016/06/04	M	00:07:50.88
6	Chiano Julies	Kannaland	10	10	2016/11/13	M	00:08:05.11
7	Laurenzo Heyns	Fraaisig Primary School	12	10	2016/03/17	M	00:08:08.85
8	Alroy Prins	Phakamisani Primary School	13	10	2016/01/01	M	00:08:11.41
9	Ben Uys	Hartenbos drawwers	21	10	2016/12/20	M	00:08:34.80
10	Willene Lottering	Hornlee Primary	26	10	2016/01/06	M	00:09:20.92
11	KELLEN CUPIDO	GROOT-BRAKRIVIER PRIMARY	34	10	2016/06/04	M	00:10:54.17
12	Reghardt De Bruyn	Boxer AC	35	10	2016/01/25	M	00:10:57.51
13	Logan Meyer	Laerskool Park	40	10	2016/08/22	M	00:12:24.34
14	Matteo Stipiec	Glenwood House School	WR	10	2015/02/16	M	00:12:14.15
Girls 11 yrs (2015) QT 00:12:24							
1	SUSALINE CAMPHER	BORCHARDS EAGLES	17	11	2015/01/18	F	00:11:59.30
2	Cassidy Jansen	Coastline AC	25	11	2015/07/08	F	00:12:14.82
3	Angeline Swart	Coastline AC	31	11	2015/10/04	F	00:12:31.65
4	Ava Van Rooyen	Hornlee Primary	37	11	2015/08/07	F	00:13:12.27
5	Danolene Hendricks	Sunridge Primary	38	11	2015/03/15	F	00:13:22.51
6	Claire Ambraal	Fraaisig Primary School	40	11	2015/07/31	F	00:13:43.36
7	Shameney McCarthy	Fraaisig Primary School	42	11	2015/01/24	F	00:13:57.59
8	Storm Grootboom	Sunridge Primary	43	11	2015/04/14	F	00:13:59.53
9	Sky Stofberg	Sunridge Primary	48	11	16/3/2015	F	00:14:30.25
10	Natalie Melambo	Sunridge Primary	49	11	23/11/2015	F	00:14:35.03
11	Asemahle Plaatjies	Hornlee Primary	57	11	2015/05/03	F	00:15:30.43
12	Devonté Herandien	Excelsior Primêr	63	11	2015/06/05	F	00:16:41.61
13	Cassie Jason	Gamka Oos Primêr	66	11	2015/11/13	F	00:17:28.37
14	Tiffany Kiewiets	Gamka Oos Primêr	67	11	2015/03/19	F	00:17:38.76
Boys 11 yrs (2015) QT 00:11:27							

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1	EUGENE SAAYMAN	COASTLINE/VOORWAARTS	1	12	2014/07/12	M	00:10:31.38
2	Alvino Martins	Kannaland(Amalienstein)	2	12	2014/07/22	M	00:10:32.05
3	Jayden Tromp	Coastline AC / Voorwaarts	3	12	2014/04/14	M	00:10:32.74
4	MACHIANO BARNARD	COASTLINE/VOORWAARTS	6	12	2014/05/13	M	00:11:02.92
5	Reshaiden Claassen	Kannaland(Amalienstein)	8	12	2014/01/23	M	00:11:15.98
6	Lewellyn Jansen	Kannaland(Amalienstein)	9	12	2014/10/16	M	00:11:21.86
7	Alviro Baardman	Gamka Oos Primêr	10	12	2014/02/13	M	00:11:23.81
8	Athabile Lakheka	KMC	11	12	2014/03/07	M	00:11:25.81
9	CHARL BARNARD	WESBANK	15	12	2014/06/12	M	00:11:56.57
10	CHRISTIANO PRINCE	FRIEMERSHEIM PRIMARY	16	12	2014/02/26	M	00:11:58.22
11	Baxolise Sikonya	KMC	18	12	2014/05/03	M	00:12:01.27
12	Takunda Chambwe	Fraaisig Primary School	26	12	2014/05/04	M	00:12:17.49
13	Helgardt De Bruyn	Boxer AC	29	12	2014/03/24	M	00:12:19.27
14	Valentino Swart	Coastline AC	32	12	2014/03/22	M	00:12:44.75
15	Mi-Hayden Marais	Concordia Primary	46	12	2014/12/03	M	00:14:25.61
16	Mukona Makhele	KMC	47	12	2014/02/27	M	00:14:29.85
17	Henrico Ritchenburg	Concordia Primary	51	12	2014/01/18	M	00:14:39.40
18	Endinako Jacobs	KMC	68	12	2014/05/11	M	00:18:19.95
19	Samnkelo Windwaai	KMC	69	12	2014/12/31	M	00:18:20.29
Girls 13 yrs (2013) QT 00:12:04							
1	WILLENE LINGERVELD	BORCHARDS EAGLES	13	13	2013/07/02	F	00:11:34.47
2	Jonesia Janklaas	Fraaisig Primary School	19	13	2013/03/17	F	00:12:02.78
3	Cliché Shawa	Sunridge Primary	41	13	2013/07/30	F	00:13:47.38
4	Lindiwe Arnoldus	Excelsior Primêr	54	13	2013/02/11	F	00:15:12.28
5	Isabella van der Berg	Laerskool Park	59	13	2013/07/23	F	00:15:55.13
6	Melissa Pietersen	Excelsior Primêr	62	13	1/12/2013	F	00:16:34.45
7	MEGAYLE JOSEPH	RIDGEVIEW PRIMARY	65	13	2013/12/05	F	00:16:57.36
8	Saroline Jacobs	Diaz Primary	70	13	2013/08/21	F	00:20:19.81
9	Ruwanda Waggenaar	Calitzdorp Hoërskool	71	13	2013/01/01	F	00:20:21.21
Boys 13 yrs (2013) QT 00:14:47							
1	CALEB MATTHEWS	COASTLINE/VOORWAARTS	2	13	2013/01/08	M	00:13:56.35

2	Danielo Blouw	Hornlee Primary	3	13	2013/04/21	M	00:14:27.29
3	ANTHEO CLAASSEN	GROOT-BRAKRIVIER PRIMARY	6	13	2013/01/19	M	00:14:40.50
4	Khanyisa Jodwana	Phakamisani Primary School	7	13	2013/01/25	M	00:14:55.94
5	HANNES VAN BROEKHUIZEN	KINGS COLLEGE	9	13	2013/06/14	M	00:15:19.86
6	Elmo Baardman	Gamka Oos Primêr	12	13	2013/02/15	M	00:16:01.93
7	Elrick Saulse	Concordia Primary	14	13	2013/09/16	M	00:16:04.50
8	Thabo Mohlala	Concordia Primary	15	13	2013/07/10	M	00:16:11.96
9	Luwthano Stroebe	Sunridge Primary	17	13	2013/04/23	M	00:16:26.77
10	Jan-Louis de Jager	Van Reede	19	13	2013/06/18	M	00:16:35.48
11	DAVID TOORN	COASTLINE/VOORWAARTS	20	13	2013/10/09	M	00:16:37.81
12	Zaydian Shand	Kannaland(Amalienstein)	21	13	2013/06/02	M	00:16:52.29
13	Anwil van Rooyen	Kannaland(Excelsior)	22	13	2013/10/14	M	00:16:54.52
14	Elrico Titus	Concordia Primary	24	13	2013/09/24	M	00:17:05.90
15	Lucrairie Jacobs	Diaz Primary	25	13	2013/12/26	M	00:17:08.99
16	Chesron Robertson	Concordia Primary	26	13	2013/09/01	M	00:17:11.75
17	Makhosi Msebele	Phakamisani Primary School	29	13	2013/05/01	M	00:17:39.88
18	SULAIMAN OLIVIER	GROOT-BRAKRIVIER PRIMARY	31	13	2013/11/04	M	00:17:47.65
19	THUKWAN WINDVOGEL	GROOT-BRAKRIVIER PRIMARY	33	13	2013/10/27	M	00:17:56.30
20	Okuhle Plaatjie	KMC	35	13	2013/01/27	M	00:18:44.91
21	Franklin Saptou	Concordia Primary	36	13	2013/05/18	M	00:18:49.12
22	Wanru Haasbroek	Nedbank	40	13	2013/01/19	M	00:19:27.54
23	Jandry Hansen	Kannaland(Excelsior)	44	13	2013/12/23	M	00:20:49.77
24	Bracklin Jansen	Diaz Primary	45	13	2013/12/29	M	00:21:57.54
25	Divan Pretorius	Laerskool Park	47	13	2013/01/15	M	00:22:54.35
Girls 14 yrs (2012) QT 00:16:15							
1	Elreazie Van Der Westhuizen	Hornlee Primary	18	14	2012/01/28	F	00:16:27.09
2	IZZA LOURENS	LANGENHOVEN GIM	28	14	2012/09/27	F	00:17:36.66
3	Adelaide Martins	Zoar R.P. Botha Primêr	32	14	2012/09/19	F	00:17:49.34
4	Gircia Samson	Zoar R.P. Botha Primêr	34	14	2012/05/24	F	00:18:08.20
5	SHANEEQUE WHITES	Pacaltsdorp Hoerskool	37	14	2012/06/13	F	00:18:59.98
6	Aqhama Kolisi	Phakamisani Primary School	41	14	2012/09/09	F	00:20:03.43

7	Saskia Ludick	Gamka Oos Primêr	42	14	2012/08/02	F	00:20:12.80
8	IMKE SWANEPOEL	Cape Multisport Eden	43	14	2012/12/04	F	00:20:33.56
9	Rozelle Timmie	Zoar R.P. Botha Primêr	46	14	2012/02/23	F	00:21:58.01
Boys 14 yrs (2012) QT 00:14:25							
1	CHRISTIANO Michaels	Gerrit Du Plessis Sec	4	14	2012/06/18	M	00:14:30.73
2	Reitumetse Ncephe	Phakamisani Primary School	5	14	2012/05/21	M	00:14:39.06
3	Peter Andre Steyn	Kannaland(Zoar R.P Botha Primer)	8	14	2012/03/26	M	00:15:18.59
4	JAYDRIAN JANSEN	GROOT-BRAKRIVIER PRIMARY	10	14	2012/03/13	M	00:15:22.26
5	Ernest Mackenzie	Van Reede	11	14	2012/09/05	M	00:15:51.35
6	Taylor April	Kannaland(Hoerskool Calitzdorp)	13	14	2012/03/01	M	00:16:03.63
7	HAYQUIN-LEE Pieterse	Gerrit Du Plessis Sec	16	14	2012/06/17	M	00:16:19.86
8	Lunathi Madolo	Fraaisig Primary School	23	14	2012/10/11	M	00:16:56.12
9	Indiphile Sopali	Phakamisani Primary School	27	14	2012/10/10	M	00:17:35.50
10	CHRISTIANO VAN DEMERWE	RIDGEVIEW PRIMARY	30	14	2012/10/23	M	00:17:45.89
11	Hylon Jason George	Van Reede	38	14	2012/07/29	M	00:19:04.47
12	BRIAN VILJOEN	Outeniqua Harriers	39	14	2012/12/23	M	00:19:04.87
13	Bismark Markotter	Boxer AC	WR	14	2013/07/13	M	00:16:31.60
Girls 15 yrs (2011) QT 00:16:10							
1	Sheliena van Wyngaardt	Excelsior Primêr	17	15	2011/06/20	F	00:17:30.15
2	ELISTENE ADAMS	Pacaltsdorp Hoerskool	20	15	2011/12/18	F	00:17:56.98
3	Jay-Dian Opperman	Zoar R.P. Botha Primêr	25	15	2011/06/23	F	00:20:09.60
4	Melveron Steenberg	Zoar R.P. Botha Primêr	28	15	2011/11/10	F	00:20:32.66
5	CHINIQUA JAFTA	Pacaltsdorp Hoerskool	32	15	2011/02/08	F	00:21:43.17
6	Catherine Lee	Excelsior Primêr	34	15	2011/05/02	F	00:22:15.25
Boys 15 yrs (2011) QT 00:13:57							
1	TRISTAN MEYER	CURRO MOSSEL BAY	1	15	2011/01/24	M	00:13:11.69
2	Tito Barry	Kannaland(Zoar R.P Botha Primer)	2	15	2011/11/10	M	00:13:54.08
3	IVAN PIETERSEN	Pacaltsdorp Hoerskool	3	15	2011/12/05	M	00:14:40.67
4	Ronaldo Leen	Pacaltsdorp Hoerskool	4	15	2011/01/03	M	00:15:05.67
5	Ozisweyinko Mpofu	Phakamisani Primary School	5	15	2011/06/06	M	00:15:08.18
6	JOHN-LOUIS KOTZE	BOXER	6	15	2011/02/06	M	00:15:13.75

7	STIAAN VAN WYK	LANGENHOVEN GIM	7	15	2011/05/29	M	00:15:21.47
8	Dawino Staalmeester	Kannaland(Zoar R.P Botha Primer)	8	15	2011/06/20	M	00:15:31.86
9	Mogan Janjalo	Kannaland(Zoar R.P Botha Primer)	10	15	2011/04/22	M	00:16:24.89
10	Luthando Ngqavu	Concordia Primary	11	15	2011/04/15	M	00:16:27.27
11	OYAMA NTSOMI	RIDGEVIEW PRIMARY	15	15	2011/01/06	M	00:16:46.26
12	FRANKLYNE HARMSE	Outeniqua Harriers	16	15	2011/03/17	M	00:17:24.67
13	Chumile Mawela	Phakamisani Primary School	18	15	2011/12/04	M	00:17:44.08
14	Joshwin Bruiners	Diaz Primary	19	15	2011/12/15	M	00:17:46.97
15	Dillan Terblanche	Fraaisig Primary School	24	15	2011/03/11	M	00:19:41.45
Girls 16 yrs (2010) QT 00:17:27							
1	Dune Haasbroek	Nedbank Rc	12	16	2010/07/01	F	00:16:28.04
Boys 16 yrs (2010) QT00:21:48							
1	Dino Korkey	Oker Primer	31	16	2010/06/14	M	00:21:29.19
2	Likhona Luthango	KMC	35	16	2010/05/21	M	00:22:38.57
3	LUCRAIN LINGERVELD	Pacaltsdorp Hoerskool	36	16	2010/02/27	M	00:22:45.24
4	Panashe Mackenzie	Van Reede	38	16	2010/10/22	M	00:23:57.40
5	Reagan Koert	Hornlee Primary	39	16	2010/05/23	M	00:24:19.24
6	PETRUS GELDENHUYS	LANGENHOVEN GIM	41	16	2010/08/19	M	00:25:28.17
Girls 17 yrs (2009) QT 00:17:28							
1	CAITLYN CAYWOOD	LANGENHOVEN GIM	9	17	2009/06/04	F	00:15:52.68
2	Annabelle McEwan	Boxer AC	14	17	2009/02/05	F	00:16:46.01
3	ALEXA KOHLER	OUT HARRIERS	21	17	2009/07/14	F	00:18:04.58
4	AMY WHITHAM	LANGENHOVEN GIM	22	17	2009/03/30	F	00:18:35.15
5	CONTENTA NEL	OUT HARRIERS	23	17	2009/11/20	F	00:19:24.28
6	BRUDENE STOFFESL	Pacaltsdorp Hoerskool	26	17	2009/07/29	F	00:20:22.82
7	MALAIKE NORTH	OUT HARRIERS	29	17	2009/12/14	F	00:21:19.57
8	Mellissa Hufke	Hoërskool Calitzdorp	42	17	2009/03/06	F	00:25:28.91
Boys 17 yrs (2009) QT 00:21:45							
1	Khayiniso Pietersen	Olympia SOS	27	17	2009/05/06	M	00:20:32.54
2	CJ JAFTHA	LANGENHOVEN GIM	30	17	2009/06/20	M	00:21:26.44
3	DIVAAN DE VOS	Pacaltsdorp Hoerskool	33	17	2009/10/03	M	00:22:01.85

4	TOMMIE OLIVIER	LANGENHOVEN GIM	37	17	2009/11/15	M	00:23:36.34
5	Geraldo Conradie	Kannaland(Zoar R.P Botha)	40	17	2009/06/23	M	00:24:33.13
6	Sihle Damoyi	KMC	43	17	2009/12/22	M	00:27:14.70
7	Reano Wagenaar	Kannaland(Hoerskool Calitzdorp)	44	17	2009/03/24	M	DNF
JW(2008+2007) QT 00:27:23							
1	ANE BESTER	LANGENHOVEN GIM	9	JW	2008/09/01	F	00:24:45.15
2	Chelsea Saayman	Coastline AC	10	JW	2008/10/21	F	00:25:50.96
JM (2008+2007) QT 00:28:31							
1	Luciano Squire	Pacaltsdorp Hoerskool	12	JM	2008/05/12	M	00:28:35.39
Senior Women 20 - 34yrs (2006 & 1992) 4km QT 00:17:09							
1	NONE			20-34		F	
Senior (Open) Women 20 -34 (2006- 1992) 8km							
	NONE						
Senior Men 20 - 34yrs (2006 & 1992) 4km QT 00:13:22							
1	Luciano Stuurman	Coastline AC	1	20-34	2004/07/08	M	00:13:33.57
Senior (Open) Men 20 -34 (2006- 1992) 10km QT 00:35:39							
1	Jayton Abrahams	BORCHARDS EAGLES	16	20-34	2000/09/30	M	00:36:25.18
2	Leon Adams	Coastline AC	18	20-34	1994/02/01	M	00:37:07.86
3	Durando Aweries	Nedbank Rc	20	20-34	2003/07/30	M	00:37:40.48
4	Arche Oktober	32Gi	21	20-34	2005/04/20	M	00:38:53.01
5	Timotheus Markgraaff	Nedbank Rc	22	20-34	2002/01/08	M	00:41:45.87
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	2	35-49	1986/12/03	F	00:16:51.46
2	Kirtsy Weir	Nedbank SWD	3	35-49	1978/03/14	F	00:17:02.02
3	Charlene Botes	Nedbank RC	4	35-49	1980/03/12	F	00:17:39.07
4	Melissa Meyer	Eden Cape Multisport	5	35-49	1987/05/16	F	00:17:49.19
5	Jeanine Snyders	Hartenbos Drawwers	7	35-49	1978/01/09	F	00:21:00.72
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	00:31:27.79
2	Jeandre Swanepoel	Cape Multisport Eden	17	35-49	1981/07/15	M	00:36:42.08
Women 50 - (1976 -1967) QT 00:22:02(50-54)/00:24:24(55-59)							

1	Elmien Nel	Nedbank RC	6	50-59	1971/03/17	F	00:19:56.71
2	Avril Davids	Nedbank RC	11	50-59	1973/04/05	F	00:28:28.35
Women 60 + yrs (1966- 1957) QT 00:32:15 (60-64)/00:34:19 (65-69)							
1	Sharon Losper	BORCHARDS EAGLES	8	60-69	1964/09/30	F	00:21:07.94
Men 50 - (1976- 1967) QT 00:37:37(50-54)/ 00:38:02(55-59)							
1	Andrew McEwan	Outeniqua Harriers	15	50-59	1974/02/13	M	00:32:44.97
Men 60 + yrs (1966 -1957) QT 00:30:29(60-64)/00:46:40 (65-69)							
1	Jan Van Zyl	Cape Multisport Eden	13	60-69	1964/07/07	M	00:30:41.36
2	DB Prinsloo	Hartenbos Drawwers	19	60-69	1961/05/11	M	00:37:23.88
Women 70 + yrs (1956 -1947) QT 00:39:08 (70-74)/ 00:35:30 (75-79)							
1	NONE			70-79		F	
Men 70 + yrs (1956 -1947) QT 00:40:09 (70-74)/00:34:16 (75-79)							
1				70-79		M	
Women 80 + yrs (1946 -) QT 00:40:00							
1	None						
Men 80 + yrs (1946-) QT 00:39:33							
1	NONE			80+		M	

Red filter means athlete run in the wrong race or age group.