



**WESTERN CAPE SCHOOLS ATHLETICS
CROSS COUNTRY CHAMPIONSHIPS 2024 RESULTS
Saturday, 31 August 2024**



RACE 1 GIRLS 9

PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	145	NOBLE	LILIAN	BOLAND MAINSTREAM	F	2015/01/09	STEENVLIET PS	00:07:58
2	146	ADAMS	AVA	BOLAND MAINSTREAM	F	2015/01/28	ST HELENABAAI PS	00:08:00
3	147	STRAUSS	CATALIA	BOLAND MAINSTREAM	F	2015/04/13	CHATSWORTH PS	00:08:03
4	379	Thomas	Ashnecia	CAPE METRO MAINSTREAM	F	2015/06/11	Joostenberg	00:08:06
5	377	Marthinus	Jordlan	CAPE METRO MAINSTREAM	F	2015/02/07	Watsonia	00:08:07
6	376	Pedro	Buhle	CAPE METRO MAINSTREAM	F	2015/09/23	Watsonia	00:08:09
7	7	Burger	Mia	EDEN MAINSTREAM	F	2015/05/28	Curro Mossel Bay	00:08:10
8	9	Goliath	Ayesha	EDEN MAINSTREAM	F	2015/09/04	Heidedal Prim	00:08:16
9	8	Campher	Susaline	EDEN MAINSTREAM	F	2015/01/18	Heidedal Prim	00:08:18
10	148	KRIEL	HELENA	BOLAND MAINSTREAM	F	2015/05/09	LS KLAWER	00:08:20
11	380	Labuschagne	Mieke	CAPE METRO MAINSTREAM	F	2015/06/29	Beaumont	00:08:25
12	12	Adams	Ronick	EDEN MAINSTREAM	F	2015/01/11	Panorama	00:08:31
13	149	TOONTJIES	CHARLEN	BOLAND MAINSTREAM	F	2015/02/28	LUTZVILLE PS	00:08:33
14	378	Lackay	Robyn	CAPE METRO MAINSTREAM	F	2015/01/27	Watsonia	00:08:36
15	381	Kordom	Gretchen	CAPE METRO MAINSTREAM	F	2015/04/28	Bellville South	00:08:36
16	150	PLAATJIES	SKYLER	BOLAND MAINSTREAM	F	2015/04/04	BONNE ESPERANCE	00:08:44
17	11	Tome	Elbie	EDEN MAINSTREAM	F	2015/12/21	WESBANK LAERSKOOL	00:08:44

RACE 2 BOYS 9

PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	1	Jansen	USAIN	EDEN MAINSTREAM	M	2015/09/26	Heidedal Prim	00:07:17
2	141	PAARL	DANILO	BOLAND MAINSTREAM	M	2015/01/06	RIVERLANDS PS	00:07:19
3	2	De Villiers	Lenesteyo	EDEN MAINSTREAM	M	2015/02/10	Voorwaarts	00:07:24
4	372	Lewis	Caylib	CAPE METRO MAINSTREAM	M	2015/03/14	Vorentoe	00:07:26
5	140	LE ROUX	DERIK	BOLAND MAINSTREAM	M	2015/04/09	RUENS KOLLEGE	00:07:28
6	3	SMITH	RUDOLF	EDEN MAINSTREAM	M	2015/06/11	WESBANK LAERSKOOL	00:07:34
7	139	VRAAGOM	CAYDON	BOLAND MAINSTREAM	M	2015/03/04	LANGEBAAN PR	00:07:34
8	374	Mentoor	Karhan	CAPE METRO MAINSTREAM	M	2015/08/09	Grosvenor	00:07:35
9	5	Stipec	Matteo	EDEN MAINSTREAM	M	2015/02/16	Glenwood House	00:07:36
10	371	Plaatjies	Sergio	CAPE METRO MAINSTREAM	M	2015/04/09	Winsley	00:07:45
11	310	DE KOKER	JADRIAN	CENTRAL KAROO	M	2015/03/24	TESKE MEMORIAL PRIMARY	00:07:45
12	373	Van Der Bergh	Daniel	CAPE METRO MAINSTREAM	M	2016/05/18	Kenridge	00:07:46
13	4	Pieterse	Leighton	EDEN MAINSTREAM	M	2015/11/09	Bertie Barnard	00:07:52
14	375	Greeff	Heinrich	CAPE METRO MAINSTREAM	M	2015/09/18	Lochnerhof	00:07:53
15	144	AUGUST	DIAGO	BOLAND MAINSTREAM	M	2015/01/09	WITZENBERG PS	00:08:03
16	142	DAVIDS	CAYLIP	BOLAND MAINSTREAM	M	2015/05/08	NAPHAKADE PS	00:08:14
17	6	Jordaan	Eben	EDEN MAINSTREAM	M	2015/08/04	George Prep	00:08:15
18	143	VERMEULEN	MELAN CAREL	BOLAND MAINSTREAM	M	2015/11/17	HUGO RUST PS	00:08:31
19	309	SWARTS	LUWAAN	CENTRAL KAROO	M	2015/05/24	BEAUFORT WEST PRIMARY	00:08:37
20	311	PAULSE	KEANOGAN	CENTRAL KAROO	M	2015/01/02	TESKE MEMORIAL PRIMARY	00:08:40

RACE 3 GIRLS 10

PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	160	WILLIAMS	JADINE	BOLAND MAINSTREAM	F	2014/05/16	CHATSWORTH PS	00:07:33
2	20	Goliath	Everenchia	EDEN MAINSTREAM	F	2014/02/10	Brackenhill Primary	00:07:36
3	157	DE WET	NICA	BOLAND MAINSTREAM	F	2014/04/13	SWELLENDAM Is	00:07:37
4	158	FORTUIN	ASHANTI	BOLAND MAINSTREAM	F	2014/06/05	SEDERBERG LS	00:07:45
5	21	BEUZANA	ACHUMILE	EDEN MAINSTREAM	F	2014/05/11	Heidedal Prim	00:07:48
6	389	Girling	Olivia	CAPE METRO MAINSTREAM	F	2014/03/17	St Cyprians	00:07:49
7	22	BEUZANA	CHUMA	EDEN MAINSTREAM	F	2014/10/11	Heidedal Prim	00:07:54
8	23	BOOYSEN	KENNILENE	EDEN MAINSTREAM	F	2014/02/19	Heidedal Prim	00:07:55
9	392	Viljoen	Emma	CAPE METRO MAINSTREAM	F	2014/08/04	Welgemoed	00:07:57
10	159	MARITZ	LIZE MARI	BOLAND MAINSTREAM	F	2014/02/21	OVERBERG LS	00:07:58
11	24	Jakobus	Elmasha	EDEN MAINSTREAM	F	2014/03/26	Panorama	00:08:10
12	388	Maarman	Tammy-Lee	CAPE METRO MAINSTREAM	F	2014/11/15	Attie Van Wyk	00:08:13
13	161	SCHREUDER	ELIZABETH	BOLAND MAINSTREAM	F	2014/09/22	PAARL GIRLS HIGH	00:08:13
14	391	Brand	Amelia Miche	CAPE METRO MAINSTREAM	F	2014/03/07	Campsbay	00:08:15
15	390	Strydom	Marli	CAPE METRO MAINSTREAM	F	2014/01/03	Bellpark	00:08:27
16	393	Hanekom	Eva	CAPE METRO MAINSTREAM	F	2014/08/25	Fish Hoek	00:08:36
17	318	BAILIE	AVA	CENTRAL KAROO	F	2014/01/08	TESKE MEMORIAL PRIMARY	00:09:01
18	162	LAMBERT	SKYLER	BOLAND MAINSTREAM	F	2014/08/10	STEENVLIET PS	00:09:39
19	319	MALGAS	JORDAN	CENTRAL KAROO	F	2014/12/30	BEAUFORT WEST PRIMARY	00:10:21

RACE 4 BOYS 10

PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	13	Saayman	Eugene	EDEN MAINSTREAM	M	2014/05/12	Voorwaarts	00:06:39
2	151	ANDREW	JUSTIN	BOLAND MAINSTREAM	M	2014/04/25	JURIE HAYES	00:06:45
3	153	KOOPMAN	LUCHAAN	BOLAND MAINSTREAM	M	2014/04/10	DIAZVILLE PS	00:06:54
4	382	Pienaar	Ruben	CAPE METRO MAINSTREAM	M	2014/04/03	De Hoop	00:06:56
5	152	WITBOOI	WALE	BOLAND MAINSTREAM	M	2014/05/20	CITRUSDAL PS	00:07:05
6	155	THOMAS	REAGAN	BOLAND MAINSTREAM	M	2014/01/26	JURIE HAYES PS	00:07:06
7	383	Meyer	Ronaldo	CAPE METRO MAINSTREAM	M	2014/08/16	Grosvenor	00:07:13
8	384	Joyce	Guy	CAPE METRO MAINSTREAM	M	2014/01/29	Durbanville	00:07:15
9	154	HARTZENBERG	CRUDEN	BOLAND MAINSTREAM	M	2014/02/10	DAGBREEK LS	00:07:20
10	312	VAN ROOI	CHRISTIANO	CENTRAL KAROO	M	2014/07/15	BEAUFORT WEST PRIMARY	00:07:29
11	156	PRINS	O'NEILL	BOLAND MAINSTREAM	M	2014/08/10	WVP PS	00:07:30
12	386	Grey	Charls	CAPE METRO MAINSTREAM	M	2014/03/05	Western Province Prep	00:07:32
13	16	SEPTEMBER	JOHN-LEE	EDEN MAINSTREAM	M	2014/09/01	Heidedal Prim	00:07:38
14	387	Stassen	Dihan	CAPE METRO MAINSTREAM	M	2014/02/19	Bastion	00:07:44
15	313	PLAATJIES	LEANDO	CENTRAL KAROO	M	2014/07/17	BEAUFORT WEST PRIMARY	00:07:54
16	18	JANTJIES	HAYVILLE	EDEN MAINSTREAM	M	2014/08/14	MZOXOLO PRIMARY	00:07:56
17	17	Michaels	Merlin	EDEN MAINSTREAM	M	2014/03/05	Oker	00:08:11
18	314	MASOUW	ERROL	CENTRAL KAROO	M	2014/05/26	TESKE MEMORIAL PRIMARY	00:08:28
19	316	THERON	JACQUES	CENTRAL KAROO	M	2014/11/19	NICO BRUMMER PRIMARY	00:08:42

RACE 5 & 6 GIRLS 15 MAINSTREAM & LSEN								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	219	PHOLMAN	ASHALI	BOLAND MAINSTREAM	F	2009/12/08	WESTON SS	00:14:24
2	222	VAN ROOY	DEWANDRE	BOLAND MAINSTREAM	F	2009/06/28	HS STELLENBOSCH	00:14:25
3	451	Hudson	Teagan	CAPE METRO MAINSTREAM	F	2009/10/10	Fish Hoek	00:14:27
4	79	McEwan	Annabelle	EDEN MAINSTREAM	F	2009/02/05	Glenwood House	00:14:30
5	450	Marthinus	Cleo	CAPE METRO MAINSTREAM	F	2009/08/17	HS Bellville	00:14:43
6	221	DE JAGER	MILA	BOLAND MAINSTREAM	F	2009/09/15	HMS BLOEMHOF	00:14:45
7	224	CAWOOD	CAITLIN	BOLAND MAINSTREAM	F	2009/06/04	HS STELLENBOSCH	00:14:53
8	220	DOLLIE	SAMANTHA	BOLAND MAINSTREAM	F	2009/11/09	WESTON SS	00:15:04
9	223	VAN ROOY	DEWANE	BOLAND MAINSTREAM	F	2009/06/28	HS STELLENBOSCH	00:15:09
10	454	Fourie	Cayla	CAPE METRO MAINSTREAM	F	2009/08/01	HS Durbanville	00:15:31
11	452	Herbertson	Isabella	CAPE METRO MAINSTREAM	F	2009/08/28	St Cyprians	00:15:41
12	509	Swarts	Gaylin	CAPE METRO LSEN	F	2009/10/06	Atlantis SOS	00:15:50
13	455	Petersen	Vaughanique	CAPE METRO MAINSTREAM	F	2009/12/09	Sarepta	00:15:56
14	453	Payne	Hannah	CAPE METRO MAINSTREAM	F	2009/05/30	HS Tygerberg	00:16:06
15	81	WHITTAM	AMY	EDEN MAINSTREAM	F	2009/06/18	Langenhoven Gimnasium	00:16:35
16	80	HERDIEN	CHRISTA	EDEN MAINSTREAM	F	2009/06/06	TOWERKOP PRIM	00:16:36
17	83	CLOETE	NINA	EDEN MAINSTREAM	F	2009/08/04	Langenhoven Gimnasium	00:16:41
18	272	ABSALOM	CHRISTER	BOLAND LSEN	F	2009/11/14	RIEBEECK VALLEI SOS	00:18:42
19	118	Blokland	Cateline	EDEN LSEN	F	2009/04/12	OLYMPIA SOS	00:18:45
20	82	Jackson	joeldene	EDEN MAINSTREAM	F	2009/09/05	RP BOTHA	00:18:58
21	276	JANSEN	JEHANDRE	BOLAND LSEN	F	2009/01/01	STEINTHAL SOS	00:19:09
22	511	Ntisane	Buhle	CAPE METRO LSEN	F	2009/08/02	Lindelani	00:19:51
23	513	Adams	Temeekeh	CAPE METRO LSEN	F	2009/06/24	Westcliff SOS	00:19:53
24	273	SEEKOEI	PETROLENE	BOLAND LSEN	F	2009/05/29	STEINTHAL SOS	00:20:50
25	274	WITBOOI	ESMARELDA	BOLAND LSEN	F	2009/05/25	STEINTHAL SOS	00:21:34
26	510	Mvaxeni	Onesimo	CAPE METRO LSEN	F	2009/10/05	Dominican	00:23:54
27	119	Olivier	Sami-Lee	EDEN LSEN	F	2009/06/25	OLYMPIA SOS	DNF
28	512	Early	Kalista	CAPE METRO LSEN	F	2009/06/09	Paarl School	

RACE 7 GIRLS 12								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	181	PHOLMAN	ANGEL	BOLAND MAINSTREAM	F	2012/03/14	LANGEBAAAN PR	00:13:30
2	182	MATTHYS	ELTIANA	BOLAND MAINSTREAM	F	2012/12/15	TOUWSRIVIER PS	00:14:09
3	327	MASOUW	GABRIELA	CENTRAL KAROO	F	2012/04/26	TESKE MEMORIAL PRIMARY	00:14:09
4	413	Potgieter	Nalieu	CAPE METRO MAINSTREAM	F	2012/03/21	Bastion	00:14:34
5	183	DESEMBER	THABONISIA	BOLAND MAINSTREAM	F	2012/01/01	TOUWSRIVIER PS	00:14:35
6	43	Jacobs	Lourika-Lee	EDEN MAINSTREAM	F	2012/02/23	Voorwaarts	00:14:37
7	185	DAVIDS	MUSHAY	BOLAND MAINSTREAM	F	2012/09/15	RIVERLANDS PS	00:14:50
8	326	VISSER	JENINE	CENTRAL KAROO	F	2012/01/24	TESKE MEMORIAL PRIMARY	00:15:05
9	415	Brink	Katie	CAPE METRO MAINSTREAM	F	2012/07/31	De Hoop	00:15:15
10	414	Esbach	Tamryn	CAPE METRO MAINSTREAM	F	2012/04/02	Grosvenor	00:15:27
11	44	Lehman	Letitia	EDEN MAINSTREAM	F	2012/08/08	Panorama	00:15:56
12	329	JANSE	CHANELLE	CENTRAL KAROO	F	2012/08/12	BEAUFORT WEST PRIMARY	00:15:59
13	328	SAULS	JAZZLYNNE	CENTRAL KAROO	F	2012/12/10	TESKE MEMORIAL PRIMARY	00:16:00
14	46	PARSON	SHENIQUA	EDEN MAINSTREAM	F	2012/05/31	AMALINSTEIN PRIM	00:16:05
15	416	Fredericks	Renin	CAPE METRO MAINSTREAM	F	2012/07/18	Sir Lowry's Pass	00:16:55
16	48	Michaels	Angenay	EDEN MAINSTREAM	F	2012/08/14	Melkhoutfontein	00:17:07
17	418	Van Heerden	Hannah	CAPE METRO MAINSTREAM	F	2012/09/15	Van Riebeeckstrand	00:17:14
18	330	PIETERSE	DONNA	CENTRAL KAROO	F	2012/07/16	TESKE MEMORIAL PRIMARY	00:17:45
19	331	ISAACS	FAKESIA	CENTRAL KAROO	F	2012/07/22	ACACIA PRIMARY	00:19:26

RACE 8&9 GIRLS 14 MAINSTREAM & LSEN								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	207	STANDER	LARA	BOLAND MAINSTREAM	F	2010/06/06	PAARL GIRLS HIGH	00:13:43
2	438	Siwa	Yonelisa	CAPE METRO MAINSTREAM	F	2010/08/31	Iqhayiya	00:13:53
3	206	FOURIE	KATERIEN	BOLAND MAINSTREAM	F	2010/07/10	HMS BLOEMHOF	00:13:56
4	439	Nel	Jesse	CAPE METRO MAINSTREAM	F	2010/03/15	HS Stellenberg	00:14:15
5	208	STANDER	ANKE	BOLAND MAINSTREAM	F	2010/06/06	PAARL GIRLS HIGH	00:14:30
6	67	DUNE	HAASBROEK	EDEN MAINSTREAM	F	2010/07/01	Glenwood House	00:14:46
7	440	Dippenaar	Elsabe	CAPE METRO MAINSTREAM	F	2010/02/17	DF Malan	00:15:09
8	441	Gardner	Ella	CAPE METRO MAINSTREAM	F	2010/06/10	Rustenburg Girls	00:15:34
9	70	ANDREWS	ITOLENTIA	EDEN MAINSTREAM	F	2010/10/15	FRANKEN PRIM	00:15:40
10	350	BANTOM	BEATRICE	CENTRAL KAROO	F	2010/11/28	LAINSBURG HIGH SCHOOL	00:15:40
11	442	Smook	Nina	CAPE METRO MAINSTREAM	F	2010/05/19	HS Stellenberg	00:15:57
12	71	Malambo	Nadine	EDEN MAINSTREAM	F	2010/10/05	Hornlee Primary	00:16:36
13	68	Lehman	Melanesia	EDEN MAINSTREAM	F	2010/06/01	Panorama	00:17:03
14	72	Fredericks	Hendalene	EDEN MAINSTREAM	F	2010/07/16	Concordia Primary	00:17:13
15	499	Lombard	Danika	CAPE METRO LSEN	F	2011/03/29	Jan Kriel	00:17:18
16	349	MAANS	LATEISHA	CENTRAL KAROO	F	2010/10/18	TESKE MEMORIAL PRIMARY	00:17:24
17	347	DE WEE	GAYLIN	CENTRAL KAROO	F	2010/10/22	TESKE MEMORIAL PRIMARY	00:17:32
18	500	Ball	Zoe	CAPE METRO LSEN	F	2011/12/05	Paarl School	00:18:27
19	348	GROENBERG	JAY-ANN	CENTRAL KAROO	F	2010/10/10	LAINSBURG HIGH SCHOOL	00:18:32
20	351	POLKA	ELWENESIA	CENTRAL KAROO	F	2010/04/22	LAINSBURG HIGH SCHOOL	00:19:36
21	501	De Jager	Megan	CAPE METRO LSEN	F	2011/12/12	Paarl School	00:21:53
22	502	Absolon	Jodine	CAPE METRO LSEN	F	2011/08/01	Lindelani	00:22:11

RACE 10 BOYS 12								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	406	Oelf	Denovan	CAPE METRO MAINSTREAM	M	2012/01/17	Loreto	00:10:14
2	332	AFRIKA	ANTONIO	CENTRAL KAROO	M	2012/05/01	BEAUFORT WEST PRIMARY	00:10:16
3	37	Arendse	Tyrod	EDEN MAINSTREAM	M	2012/08/15	Diaz Prim	00:10:25
4	175	BERLING	EVAN-LEE	BOLAND MAINSTREAM	M	2012/02/22	LANGEBAAAN PR	00:10:30
5	178	SMITH	ALIANDRO	BOLAND MAINSTREAM	M	2012/01/26	STEENVLIET PS	00:10:31
6	176	JULIES	E-JAY	BOLAND MAINSTREAM	M	2012/10/26	JURY HAYES PS	00:10:31
7	177	MAANS	MALDENIO	BOLAND MAINSTREAM	M	2012/01/11	SOETENDAL PS	00:10:51
8	410	Nel	Mikylio	CAPE METRO MAINSTREAM	M	2012/12/01	Sir Lowry's Pass	00:10:56
9	38	JACOBS	EMANUEL	EDEN MAINSTREAM	M	2012/01/02	Heidedal Prim	00:10:57
10	42	Michaels	Christiano	EDEN MAINSTREAM	M	2012/06/18	Voorwaarts	00:10:58
11	407	Mokoaleli	Kgalalelo	CAPE METRO MAINSTREAM	M	2012/03/01	Kalkfontein	00:10:59
12	179	SNYDERS	TIAAN	BOLAND MAINSTREAM	M	2012/02/23	WANGANELLA NGK	00:11:06
13	41	Saayman	Preztru	EDEN MAINSTREAM	M	2012/11/09	Panorama	00:11:06
14	409	Noble	Jesse	CAPE METRO MAINSTREAM	M	2012/06/27	Methodist	00:11:10
15	336	Skerman	Andrew	CENTRAL KAROO	M	2012/12/24	ACACIA PRIMARY	00:11:10
16	39	ROTHMAN	GEMAINÉ	EDEN MAINSTREAM	M	2012/11/28	NEW DAWN PARK	00:11:10
17	408	Goliath	Jonathan	CAPE METRO MAINSTREAM	M	2012/09/04	Saxonsea	00:11:16
18	334	Nuwegeld	Valentino	CENTRAL KAROO	M	2012/02/14	BEAUFORT WEST PRIMARY	00:11:21
19	411	Fortuin	Rogan	CAPE METRO MAINSTREAM	M	2012/01/07	Vorentoe	00:11:22
20	180	NEETLING	ZAHEER	BOLAND MAINSTREAM	M	2012/01/01	RIVERVIEW PS	00:11:29
21	335	Kiego	Jyllin	CENTRAL KAROO	M	2012/04/20	BEAUFORT WEST PRIMARY	00:11:54

RACE 11&12 BOYS 19 MAINSTREAM & LSEN								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	131	Loggenberg	Valentino	EDEN LSEN	M	2006/12/04	Van Kervel	00:23:58
2	365	FRIESLAAR	RADEAM	CENTRAL KAROO	M	2006/01/05	BEAUFORT WEST SECONDARY	00:24:29
3	480	Booyesen	Marcelino	CAPE METRO MAINSTREAM	M	2006/09/05	Kuilsriver Tech	00:24:36
4	249	KLAZEN	CHRISTIANO	BOLAND MAINSTREAM	M	2006/12/28	CERES SS	00:24:47
5	250	ANDREWS	ROMARIO	BOLAND MAINSTREAM	M	2006/09/09	HS VAN RYNSDORP	00:25:28
6	251	DAVIDS	ASHLEY	BOLAND MAINSTREAM	M	2005/09/29	ALBERT MYBURGH SS	00:25:39
7	483	Willemse	Chariton	CAPE METRO MAINSTREAM	M	2006/01/01	Western Cape Sport School	00:25:49
8	252	SYSTER	MARCHELINO	BOLAND MAINSTREAM	M	2006/11/30	CERES SS	00:25:53
9	297	ELAND	AUBREY	BOLAND LSEN	M	2006/05/03	STEINTHAL SOS	00:26:09
10	366	OLIPHANT	PRESTELLO	CENTRAL KAROO	M	2006/05/12	BEAUFORT WEST SECONDARY	00:26:15
11	484	DAVIDS	Charlton	CAPE METRO MAINSTREAM	M	2006/03/22	Saxonsea	00:26:17
12	367	KOOPMAN	JACQUES	CENTRAL KAROO	M	2005/08/29	BASTIAANSE SECONDARY	00:26:20
13	132	RUITERS	JARCO	EDEN LSEN	M	2006/10/18	VAN KERVEL	00:26:23
14	481	Munzimba	Markie	CAPE METRO MAINSTREAM	M	2006/01/01	Eersterivier Sek	00:26:45
15	254	BOOYSEN	TAKASANE	BOLAND MAINSTREAM	M	2006/02/05	VAN CUTSUM	00:26:49
16	253	JORDAAN	ALFONZO	BOLAND MAINSTREAM	M	2006/02/09	HS STELLENBOSCH	00:27:11
17	532	Klaasen	Shalton	CAPE METRO LSEN	M	2006/06/19	Westcliff	00:27:20
18	299	MULLER	JARICK	BOLAND LSEN	M	2006/10/21	CLANWILLIAM CYCC	00:27:43
19	106	Arnoldus	Mighael	EDEN MAINSTREAM	M	2006/04/20	LADISMITH SEKONDER	00:28:02
20	105	Daniels	Michallin	EDEN MAINSTREAM	M	2005/05/23	LADISMITH SEKONDER	00:28:24
21	298	RHODE	JUANDRE	BOLAND LSEN	M	2005/05/06	STEINTHAL SOS	00:28:30
22	133	DAVIDS	Willem	EDEN LSEN	M	2005/02/09	OLYMPIA SOS	00:29:30
23	134	Majolla	Brandon	EDEN LSEN	M	2006/04/26	OLYMPIA SOS	00:29:30
24	108	Makonie	Hayden	EDEN MAINSTREAM	M	2006/11/09	Sunridge Primary	00:30:29
25	107	September	Ashwin	EDEN MAINSTREAM	M	2006/09/26	HS Albertinia	00:31:15
26	369	GALANT	JEROME	CENTRAL KAROO	M	2005/01/10	SWARTZBERG SECONDARY	00:31:22
27	301	SALMON	ADRIAAN	BOLAND LSEN	M	2006/12/09	WESKUS SOS	00:32:10
28	302	MICHEALS	GRAYWIN	BOLAND LSEN	M	2006/04/01	STEINTHAL SOS	00:32:23
29	300	VISAGIE	CHRISTON	BOLAND LSEN	M	2006/01/12	BREEDE VALLEI SOS	00:32:30
30	535	Kanka	Joshua	CAPE METRO LSEN	M	2006/09/10	Axios SOS	00:32:33
31	135	Kizenia	Marius	EDEN LSEN	M	2005/10/31	OLYMPIA SOS	00:32:54
32	537	Jonck	Jacques	CAPE METRO LSEN	M	2006/02/08	Jan Kriel	00:33:04
33	534	Sadoucas	Matthew	CAPE METRO LSEN	M	2006/07/02	Jan Kriel	00:33:25
34	536	Jagers	Ryan	CAPE METRO LSEN	M	2006/12/11	Axios SOS	00:33:25
35	533	Herman	Quewin	CAPE METRO LSEN	M	2006/08/31	Axios SOS	00:35:12

RACE 13 & 14 GIRLS 19 MAINSTREAM & LSEN								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	137	Thana	Charne	EDEN LSEN	F	2006/04/14	Van Kervel	00:16:58
2	138	Jansen	Micheala	EDEN LSEN	F	2006/01/29	OLYMPIA SOS	00:19:04
3	304	FESTUS	DEONY	BOLAND LSEN	F	2006/08/13	STEINTHAL SOS	00:19:17
4	303	DUIKER	TAMSYN	BOLAND LSEN	F	2006/04/24	BREEDE VALLEI SOS	00:19:50
5	538	Abrahams	Jamy-Lee	CAPE METRO LSEN	F	2006/06/20	Atlantis SOS	00:20:05
6	539	Mohammed	Neveline	CAPE METRO LSEN	F	2006/09/10	Westcliff SOS	00:20:20
7	541	Myburgh	Thalita	CAPE METRO LSEN	F	2006/08/03	Jan Kriel	00:20:32
8	306	KLAASE	LUZELL	BOLAND LSEN	F	2006/03/01	RIEBEECK VALLEI SOS	00:21:12
9	540	Michau	Chrystal	CAPE METRO LSEN	F	2006/05/29	Axios SOS	00:22:25
10	305	SEPTEMBER	RIANA	BOLAND LSEN	F	2006/12/21	RIEBEECK VALLEI SOS	00:22:47
11	308	GOEIEMAN	HENDROLENE	BOLAND LSEN	F	2006/10/27	BREEDE VALLEI SOS	00:24:23
12	542	Viljoen	Joilet	CAPE METRO LSEN	F	2006/03/28	Jan Kriel	00:25:50
13	488	Besten	Abigail	CAPE METRO MAINSTREAM	F	2006/01/11	Reddam Constantia	00:22:07
14	487	Besten	Kiara	CAPE METRO MAINSTREAM	F	2006/01/11	Reddam Constantia	00:22:31
15	109	Moses	Clairese	EDEN MAINSTREAM	F	2006/05/11	GDP	00:22:45
16	489	Wiroth	Lena	CAPE METRO MAINSTREAM	F	2006/02/23	Reddam Atlantic	00:23:56
17	490	Rudolph	Zoe	CAPE METRO MAINSTREAM	F	2006/05/29	Portland	00:25:01
18	256	MUTANGIRI	ALICIA	BOLAND MAINSTREAM	F	2006/09/24	HS LUCKHOF	00:25:51
19	112	Nysson	Jadene	EDEN MAINSTREAM	F	2005/05/02	GDP	00:27:03
20	257	OCTOBER	KESHA	BOLAND MAINSTREAM	F	2006/02/28	LA ROCHELLE HS	00:27:14
21	492	Crous	Danielle	CAPE METRO MAINSTREAM	F	2005/12/28	DF Malan	00:27:21
22	255	CROUS	CARA	BOLAND MAINSTREAM	F	2006/04/11	HMS BLOEMHOF	00:27:40
23	110	Du Preez	Shafika	EDEN MAINSTREAM	F	2006/07/11	GEORGE HIGH	00:29:49
24	111	Loff	Sue-Astrid	EDEN MAINSTREAM	F	2005/03/28	PACALTS DORP HS	00:30:14
25	258	VALIKO	ESIHLE	BOLAND MAINSTREAM	F	2006/01/01	GANSBAAI AKADEM	00:31:42
26	259	VAN DEVENTER	DANICA	BOLAND MAINSTREAM	F	2006/01/05	HS MONTANA	00:32:12

RACE 15&16 GIRLS 17 MAINSTREAM & LSEN								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	243	DU PLESSIS	ILLANDRE	BOLAND MAINSTREAM	F	2007/11/21	HS SWELLENDAM	00:15:06
2	474	Mhali	Amkele	CAPE METRO MAINSTREAM	F	2007/12/06	Rusthof	00:15:10
3	475	Du Plessis	Chanel	CAPE METRO MAINSTREAM	F	2007/02/07	St Cyprians	00:15:13
4	476	Neethling	Carli	CAPE METRO MAINSTREAM	F	2007/07/10	HS Stellenberg	00:15:19
5	244	TITIES	BEVIHOLA	BOLAND MAINSTREAM	F	2007/08/06	VREDENDAL SEK	00:16:12
6	479	Jooste	Jenna	CAPE METRO MAINSTREAM	F	2007/12/05	Fairmont High	00:16:18
7	248	KLAASTE	MEGAN	BOLAND MAINSTREAM	F	2007/03/10	GANSBAAI AKADEM	00:16:26
8	478	Van Der Merwe	Scarlett	CAPE METRO MAINSTREAM	F	2007/11/03	Herschel Girls	00:16:31
9	477	De Waal	Ané	CAPE METRO MAINSTREAM	F	2007/07/10	HS Bellville	00:16:39
10	247	BESTBIER	LIZE	BOLAND MAINSTREAM	F	2007/02/05	HMS BLOEMHOF	00:17:20
11	245	WILLIAMS	EUNICE	BOLAND MAINSTREAM	F	2007/05/22	VREDENDAL SEK	00:18:08
12	103	Van Ranse	Edwardene	EDEN MAINSTREAM	F	2007/11/07	PACALTS DORP HS	00:18:53
13	246	CLOETE	CHARNIQUE	BOLAND MAINSTREAM	F	2007/03/23	CLANWILLIAM SEK	00:19:23
14	531	Gordon	Faiza	CAPE METRO LSEN	F	2007/06/17	Atlantis SOS	00:20:16
15	292	WILSCHUT	SURISNIE	BOLAND LSEN	F	2007/12/06	STEINTHAL SOS	00:21:48
16	293	CUPIDO	THERESA	BOLAND LSEN	F	2007/06/18	WELLINGTON SOS	00:22:04
17	294	GALANT	BENELENE	BOLAND LSEN	F	2007/03/07	MISPAH SC	00:25:22
18	295	WILLIAMS	CHARLENE	BOLAND LSEN	F	2007/06/18	WELLINGTON SOS	00:26:48

RACE 17&19 BOYS 16 MAINSTREAM & LSEN								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	225	SWANEPOEL	NOWIC	BOLAND MAINSTREAM	M	2008/09/02	HS BREERIVIER	00:18:59
2	360	JACOBS	SERGIO	CENTRAL KAROO	M	2008/05/29	SENTRAAAL HS	00:19:02
3	84	Daniels	Willmark	EDEN MAINSTREAM	M	2008/06/30	GDP	00:19:04
4	459	Opperman	Jaiden	CAPE METRO MAINSTREAM	M	2008/02/15	HS Bellville	00:19:18
5	457	Boks	Anthony	CAPE METRO MAINSTREAM	M	2008/08/31	HS Brackenfell	00:19:20
6	458	Dwyll	Siyamthanda	CAPE METRO MAINSTREAM	M	2008/08/07	Iqhaviya	00:19:21
7	226	BEUKES	BRANDON	BOLAND MAINSTREAM	M	2008/03/23	SEDERBERG PS	00:19:29
8	460	Swanepoel	Nahum	CAPE METRO MAINSTREAM	M	2008/08/25	De Kullen	00:19:44
9	85	Luciano	Squire	EDEN MAINSTREAM	M	2008/08/12	PACALTSODORP H.S	00:19:45
10	227	VAN WYK	LEIGHTON	BOLAND MAINSTREAM	M	2008/02/18	DAIZVILLE HS	00:19:48
11	359	LINKS	ELCARDO	CENTRAL KAROO	M	2008/09/13	BEAUFORT WEST SECONDARY	00:19:52
12	280	NKATHANI	SOLULELE	BOLAND LSEN	M	2008/04/21	AIGULHAS SOS	00:20:21
13	230	SEKONYELA	HLOMPHANG	BOLAND MAINSTREAM	M	2008/04/21	WESTON SS	00:20:21
14	358	LAWRENCE	THABANG	CENTRAL KAROO	M	2008/04/30	MANDLEKHOSI SECONDARY	00:20:36
15	456	Daniels	Devanté	CAPE METRO MAINSTREAM	M	2008/02/02	HS Bellville	00:20:52
16	120	Titus	Joshua	EDEN LSEN	M	2008/08/12	Van Kervel	00:21:05
17	87	WILDEMAN	CUAN	EDEN MAINSTREAM	M	2008/01/01	OUTENIQUA HS	00:21:20
18	86	Neetling	Aiden	EDEN MAINSTREAM	M	2008/12/07	HS Albertinia	00:21:28
19	516	Van Der Scholtz	Therlo	CAPE METRO LSEN	M	2008/09/18	Axios SOS	00:22:34
20	357	KRUGER	ZANDRE	CENTRAL KAROO	M	2008/11/06	BEAUFORT WEST SECONDARY	00:22:40
21	89	BANTOM	JOSEF	EDEN MAINSTREAM	M	2008/06/03	LADISMITH SEKONDER	00:22:48
22	279	BEUKES	BRADLEY	BOLAND LSEN	M	2008/03/26	WESKUS SOS	00:23:00
23	282	ARENDSE	SELPRO	BOLAND LSEN	M	2008/09/06	BREEDE VALLEI SOS	00:23:15
24	461	Simpson	Jesse	CAPE METRO MAINSTREAM	M	2008/09/09	Fairmont High	00:23:34
25	518	Du Toit	Siqua	CAPE METRO LSEN	M	2008/12/07	Axios SOS	00:24:05
26	515	Van Der Scholtz	Tino	CAPE METRO LSEN	M	2008/09/18	Axios SOS	00:24:24
27	122	Healing	Ethan	EDEN LSEN	M	2008/10/02	Van Kervel	00:24:24
28	519	Johannes	Caydon-Lee	CAPE METRO LSEN	M	2008/02/12	Axios SOS	00:24:34
29	123	Human	Francios	EDEN LSEN	M	2008/05/27	Van Kervel	00:26:16
30	514	Fredericks	Matthew	CAPE METRO LSEN	M	2008/06/10	Axios SOS	00:26:37

RACE 19 GIRLS 11								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	169	RUITERS	WINNIQUE	BOLAND MAINSTREAM	F	2013/11/14	STEENVLIET PS	00:11:36
2	172	KOOPMAN	REEVA	BOLAND MAINSTREAM	F	2013/03/27	STEENVLIET PS	00:11:47
3	400	Meiring	Tazlyn	CAPE METRO MAINSTREAM	F	2013/08/01	Winsley	00:11:50
4	401	Aucamp	Silke	CAPE METRO MAINSTREAM	F	2013/01/17	Kenridge	00:11:57
5	170	NUWEGELD	JESSNIQUE	BOLAND MAINSTREAM	F	2013/11/11	SOETENDAL PS	00:12:04
6	173	LINNERT	AMISSA	BOLAND MAINSTREAM	F	2013/05/22	JURIE HAYES PS	00:12:10
7	33	Janklaas	Jonesia	EDEN MAINSTREAM	F	2013/03/17	Brackenhill Primary	00:12:18
8	171	STEYN	MARGA	BOLAND MAINSTREAM	F	2013/07/01	SWELLENDAM LS	00:12:21
9	403	Burke	Julie	CAPE METRO MAINSTREAM	F	2013/03/18	Fish Hoek	00:12:37
10	405	Mattese	Carla	CAPE METRO MAINSTREAM	F	2013/10/01	Highbury	00:12:46
11	35	Douglas	Keyla	EDEN MAINSTREAM	F	2013/10/22	Glenwood House	00:12:50
12	34	Prins	Ashlynn	EDEN MAINSTREAM	F	2013/07/16	Panorama	00:13:03
13	402	Steyn	Madison	CAPE METRO MAINSTREAM	F	2013/09/30	Gordons Bay	00:13:23
14	404	Kannemeyer	Zara	CAPE METRO MAINSTREAM	F	2013/06/04	Grosvenor	00:13:40
15	174	ANDREWS	RONICIA	BOLAND MAINSTREAM	F	2013/02/01	WITZENBERG PS	00:14:11
16	36	JACOBS	JAYDENE	EDEN MAINSTREAM	F	2013/07/15	WABOOMSKRAAL PS	00:14:13

RACE 20&21 BOYS 14 MAINSTREAM & LSEN								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	200	MAKATEES	GAUTHVIN	BOLAND MAINSTREAM	M	2010/02/17	NIWOUDET PS	00:12:41
2	201	VERGOTINE	LORENZO	BOLAND MAINSTREAM	M	2010/08/23	MORRISDALE PS	00:12:41
3	202	VAN WYK	SANWILL	BOLAND MAINSTREAM	M	2010/06/07	LANGEBAAAN PR	00:12:45
4	435	George	Johanaid	CAPE METRO MAINSTREAM	M	2010/01/01	Malibu High	00:12:47
5	432	Mganu	Bulela	CAPE METRO MAINSTREAM	M	2010/07/27	Manyano	00:12:50
6	431	Louw	Luciano	CAPE METRO MAINSTREAM	M	2010/03/17	HS Bellville	00:12:52
7	436	Mpendu	Mivuyo	CAPE METRO MAINSTREAM	M	2010/10/31	Manyano	00:12:52
8	203	WILLEMS	CONRY	BOLAND MAINSTREAM	M	2010/10/02	VREDENDAL NOORD	00:13:03
9	204	VAN ROOY	JOSHUA	BOLAND MAINSTREAM	M	2010/09/22	SEDERBERG LS	00:13:07
10	64	VAN DER WESTH	ALEXANDER	EDEN MAINSTREAM	M	2010/03/10	Langenhoven Gimnasium	00:13:12
11	433	Van Niekerk	Divan	CAPE METRO MAINSTREAM	M	2010/09/26	Parow High	00:13:12
12	61	JORDAAN	JOHNDRE	EDEN MAINSTREAM	M	2010/03/23	GEORGE HIGH	00:13:22
13	342	SWARTS	LUWARDO	CENTRAL KAROO	M	2010/05/03	BEAUFORT WEST PRIMARY	00:13:31
14	65	Korkey	Dino	EDEN MAINSTREAM	M	2010/06/14	Oker	00:13:32
15	434	Arendorf	JT	CAPE METRO MAINSTREAM	M	2010/01/05	HS Bellville	00:13:34
16	437	Mbulawa	Lisakhanya	CAPE METRO MAINSTREAM	M	2010/08/30	Bastion	00:13:36
17	263	JOOSTE	JAYDEN	BOLAND LSEN	M	2010/02/08	CLANWILLIAM CYCC	00:13:47
18	343	GOUWS	LEATHON	CENTRAL KAROO	M	2010/10/12	BEAUFORT WEST PRIMARY	00:13:55
19	205	TITIES	REAGAN	BOLAND MAINSTREAM	M	2010/10/24	HS STELLENBOSCH	00:14:02
20	63	VERTYN	ELDEANO	EDEN MAINSTREAM	M	2010/08/26	GAMKA OOS	00:14:07
21	344	BANTOM	PUDEN	CENTRAL KAROO	M	2010/11/16	LAINSBURG HIGH SCHOOL	00:14:29
22	493	Jonkers	Edwill	CAPE METRO LSEN	M	2011/06/19	Lindelani	00:14:31
23	494	Jacobs	Markwin	CAPE METRO LSEN	M	2010/03/17	Lindelani	00:14:34
24	261	HENDRICKS	COLLIN	BOLAND LSEN	M	2010/05/10	CLANWILLIAM CYCC	00:14:34
25	341	LUCAS	LEIGHTON	CENTRAL KAROO	M	2010/10/08	BEAUFORT WEST PRIMARY	00:14:49
26	346	SLABBERT	CALVIN	CENTRAL KAROO	M	2010/04/06	LAINSBURG HIGH SCHOOL	00:14:51
27	495	Stuurman	Moos	CAPE METRO LSEN	M	2010/10/29	Lindelani	00:14:53
28	498	Booyesen	Allan	CAPE METRO LSEN	M	2012/09/27	Lindelani	00:15:24
29	345	DIEDERICKS	DYLEN	CENTRAL KAROO	M	2010/09/30	BEAUFORT WEST PRIMARY	00:15:27
30	497	Engelbrecht	Bernalto	CAPE METRO LSEN	M	2010/03/27	Dominican	00:15:50
31	264	JOHNSON	DAMIAN	BOLAND LSEN	M	2010/12/13	MISPAH SC	00:16:11
32	262	HLAZO	SEVENJONGO	BOLAND LSEN	M	2010/12/08	CLANWILLIAM CYCC	00:16:40
33	66	WINDVOGEL	BRANTINO	EDEN MAINSTREAM	M	2010/05/30	RP BOTHA	00:16:47
34	62	Fana	Ayska	EDEN MAINSTREAM	M	2010/05/10	Fraaisig Primary	00:16:47

RACE 22 GIRLS 13								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	339	VAN STADEN	HANNELEE	CENTRAL KAROO	F	2011/06/17	BEAUFORT WEST PRIMARY	00:11:43
2	195	DE BEER	LUMARI	BOLAND MAINSTREAM	F	2011/10/06	SWELLENDAM LS	00:11:49
3	427	Papier	Elizabeth	CAPE METRO MAINSTREAM	F	2011/10/01	Watsonia	00:12:01
4	197	KEULER	ABIGAIL	BOLAND MAINSTREAM	F	2011/09/18	EIKESTAD LS	00:12:02
5	425	Heersink	Lindie	CAPE METRO MAINSTREAM	F	2011/06/17	Bastion	00:12:05
6	429	Van Der Merwe	Helene	CAPE METRO MAINSTREAM	F	2011/04/24	LS Durbanville	00:12:06
7	430	Wessels	Heike	CAPE METRO MAINSTREAM	F	2011/12/09	Vredeloof	00:12:16
8	198	JOUBERT	MIEKE	BOLAND MAINSTREAM	F	2011/08/10	MONTAGU LS	00:12:28
9	428	Williams	Jade	CAPE METRO MAINSTREAM	F	2011/03/14	Kasselsvlei	00:12:36
10	426	Coetzee	Karien	CAPE METRO MAINSTREAM	F	2011/06/08	De Hoop	00:12:37
11	199	LINNERTZ	KATELINE	BOLAND MAINSTREAM	F	2011/01/31	STETTYN PS	00:12:59
12	194	MOUTON	PORCHIA	BOLAND MAINSTREAM	F	2011/06/04	NIEWOUDT PS	00:13:01
13	55	Frances	Cameron	EDEN MAINSTREAM	F	2011/04/17	Voorwaarts	00:13:10
14	196	FORTUIN	GRANE-LEE	BOLAND MAINSTREAM	F	2011/07/13	ESSELENPARK PS	00:13:23
15	56	Saayman	Tamzyn	EDEN MAINSTREAM	F	2011/01/29	Diaz Prim	00:13:36
16	59	VISSER	MICHE	EDEN MAINSTREAM	F	2011/09/26	St. Lukes Prim	00:14:06
17	58	Volschenk	Azelia	EDEN MAINSTREAM	F	2011/05/15	Bertie Barnard	00:14:07

RACE 23 BOYS 11								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	163	PHILLIPS	CLINTON	BOLAND MAINSTREAM	M	2013/03/23	HOPEFIELD PS	00:10:47
2	25	Matthews	Caleb	EDEN MAINSTREAM	M	2013/01/08	Voorwaarts	00:10:49
3	394	Tafel	Sezario	CAPE METRO MAINSTREAM	M	2013/01/31	Bellville South	00:10:53
4	164	LEWIS	ZAVIER	BOLAND MAINSTREAM	M	2013/01/09	LANGEBAAAN PR	00:10:55
5	165	MISANI	WILLMORE	BOLAND MAINSTREAM	M	2013/06/23	STEENVLIET PS	00:11:00
6	323	FAROA	MAUREECE	CENTRAL KAROO	M	2013/01/09	ACACIA PRIMARY	00:11:02
7	396	Christoffels	Colbin	CAPE METRO MAINSTREAM	M	2013/03/04	Mikro	00:11:08
8	320	JOHANNES	CHRISTIANO	CENTRAL KAROO	M	2013/12/05	BEAUFORT WEST PRIMARY	00:11:16
9	166	JAAARS	LEE- WAYDEN	BOLAND MAINSTREAM	M	2013/08/30	DIE BRON PS	00:11:17
10	26	Frances	Clayton	EDEN MAINSTREAM	M	2013/09/13	Voorwaarts	00:11:21
11	399	Louw	Jason	CAPE METRO MAINSTREAM	M	2013/05/22	Saxonsea	00:11:28
12	168	ALEXANDER	LEANDRO	BOLAND MAINSTREAM	M	2013/12/01	LAURIE HUGO PS	00:11:30
13	398	Palm	Matthew	CAPE METRO MAINSTREAM	M	2013/11/14	WPPS	00:11:41
14	28	HAASBROEK	WANRU	EDEN MAINSTREAM	M	2013/01/19	OUTENIQUA PRIM	00:12:12
15	395	Brown	Luke	CAPE METRO MAINSTREAM	M	2013/06/27	Grosvenor	00:12:13
16	27	Claassen	Antheo	EDEN MAINSTREAM	M	2013/01/19	Groot Brakrivier	00:12:19
17	321	SAMPSON	CHEVANDRE	CENTRAL KAROO	M	2013/12/31	BEAUFORT WEST PRIMARY	00:12:20
18	29	Oktober	Gabriel	EDEN MAINSTREAM	M	2013/12/14	Groot Brakrivier	00:12:23
19	30	TIEMIE	JAMIO	EDEN MAINSTREAM	M	2013/02/20	EXCELSIORS	00:12:26
20	397	Burke	Michael	CAPE METRO MAINSTREAM	M	2013/03/18	Fish Hoek	
21	322	JACOBS	JORDAN	CENTRAL KAROO	M	2013/08/31	TESKE MEMORIAL PRIMARY	

RACE 24 BOYS 13								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	420	Van Der Werf	Alexander	CAPE METRO MAINSTREAM	M	2011/05/09	Welgemoed	00:13:09
2	49	Mogqala	Junior	EDEN MAINSTREAM	M	2011/04/19	IMZOXOLO PRIMARY	00:13:11
3	419	Mrwebi	Enkosi	CAPE METRO MAINSTREAM	M	2011/01/03	Sosebenza	00:13:20
4	50	Page	Jason	EDEN MAINSTREAM	M	2011/02/07	Heidedal Prim	00:13:27
5	190	SWARTZ	MALCOLM	BOLAND MAINSTREAM	M	2011/07/19	W.F.LOOTPS	00:13:38
6	51	Mongo	Luciano	EDEN MAINSTREAM	M	2011/05/12	Heidedal Prim	00:13:47
7	53	Faltein	Bryan	EDEN MAINSTREAM	M	2011/02/26	Concordia Primary	00:14:01
8	188	MIDDELWAY	CHRIZARIO	BOLAND MAINSTREAM	M	2011/04/09	NIEWOUDT PS	00:14:02
9	421	Trail	Charles	CAPE METRO MAINSTREAM	M	2011/12/03	Bishops	00:14:03
10	191	JABANI	GERATH	BOLAND MAINSTREAM	M	2011/01/12	MORRISDALE PS	00:14:37
11	192	DE WEE	JACQUIN	BOLAND MAINSTREAM	M	2011/07/10	ST MARKS PS	00:14:37
12	423	Present	Maconed	CAPE METRO MAINSTREAM	M	2011/04/18	Vorentoe	00:15:03
13	54	Barry	Tito	EDEN MAINSTREAM	M	2011/11/04	AMALINSTEIN PRIM	00:15:53
14	338	ANTONIE	GERRIT	CENTRAL KAROO	M	2011/05/05	ACACIA PRIMARY	00:18:14

RACE 25&26 GIRLS 16 MAINSTREAM & LSEN								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	90	Michaels	Junesce	EDEN MAINSTREAM	F	2008/04/16	Melkhoutfontein	00:12:41
2	236	LUKAS	SHENICE	BOLAND MAINSTREAM	F	2008/09/11	WORCESTER GIM	00:13:07
3	235	OWIES	CHANDRE	BOLAND MAINSTREAM	F	2008/02/05	EBENAESER PS	00:13:32
4	92	JACOBS	ELIZA	EDEN MAINSTREAM	F	2008/08/21	PACALTSORP HS	00:13:34
5	520	Visagie	Luzaan	CAPE METRO LSEN	F	2008/12/25	Atlantis SOS	00:13:36
6	124	Treurnicht	Randeline	EDEN LSEN	F	2008/01/05	OLYMPIA SOS	00:13:47
7	284	HANSE	JENEACKA	BOLAND LSEN	F	2008/05/04	STEINTHAL SOS	00:13:55
8	93	KAMMIES	GENEBRA	EDEN MAINSTREAM	F	2008/03/21	FRANKEN PRIM	00:14:02
9	521	Engelbrecht	Ja-Dine	CAPE METRO LSEN	F	2008/06/04	Atlantis SOS	00:14:07
10	95	WITBOOI	MURICHA	EDEN MAINSTREAM	F	2008/06/29	FRANKEN PRIM	00:14:29
11	522	Du Toit	Romenia	CAPE METRO LSEN	F	2008/03/15	Axios SOS	00:14:31
12	285	GOOSEN	ELLINICE	BOLAND LSEN	F	2008/01/27	BREEDE VALLEI SOS	00:14:34
13	523	Juries	Michelle	CAPE METRO LSEN	F	2008/05/30	Axios SOS	00:14:34
14	361	LOTTERING	DEVENEY	CENTRAL KAROO	F	2008/09/04	LAINSBURG HIGH SCHOOL	00:14:49

RACE 27 & 28 BOYS 17 MAINSTREAM & LSEN								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	291	VAN DER HEEVER	KYLE	BOLAND LSEN	M	2007/12/13	GRAAFWATER SOS	00:19:10
2	362	VAN WYK	JACO	CENTRAL KAROO	M	2007/08/16	BEAUFORT WEST SECONDARY	00:19:15
3	237	FALET	DIVANO	BOLAND MAINSTREAM	M	2007/07/02	WESTON SS	00:19:31
4	468	Brown	Ruwandré	CAPE METRO MAINSTREAM	M	2007/01/13	Apex High	00:19:35
5	238	WILLIAMS	ENRIQUE	BOLAND MAINSTREAM	M	2007/04/19	HS BREERVIER	00:19:40
6	471	Henkeman	Fernando	CAPE METRO MAINSTREAM	M	2007/09/12	Eersterivier Sek	00:19:44
7	239	JOOSTE	JADE-LEE	BOLAND MAINSTREAM	M	2007/06/01	HS GRABOUW	00:19:57
8	240	DE WEE	JADE-LEE	BOLAND MAINSTREAM	M	2007/07/26	WOLSELEY SS	00:20:12
9	472	Van Rooi	Dwyne	CAPE METRO MAINSTREAM	M	2007/02/18	Zandvliet	00:20:13
10	543	SWANEPOEL	RYAN	BOLAND MAINSTREAM	M	2007/01/01		00:20:14
11	469	Janse	Jenivo	CAPE METRO MAINSTREAM	M	2007/01/30	Sarepta	00:20:31
12	241	BOER	STEPHAN	BOLAND MAINSTREAM	M	2007/08/11	HS BELLA VISTA	00:20:37
13	242	VOSTER	JOHAYNE	BOLAND MAINSTREAM	M	2007/02/04	WORCESTER SEK	00:20:42
14	528	Mandicheta	Ashley	CAPE METRO LSEN	M	2007/12/22	Westcliff	00:20:46
15	96	Tihomelan	Thatayaone	EDEN MAINSTREAM	M	2007/07/07	GDP	00:20:58
16	288	JULIES	ELTON	BOLAND LSEN	M	2007/07/09	BREEDE VALLEI SOS	00:21:06
17	98	OLIVIER	RUWAYDEN	EDEN MAINSTREAM	M	2007/05/12	GEORGE HIGH	00:21:16
18	287	ARENDSE	GABRIEL	BOLAND LSEN	M	2007/08/27	BREEDE VALLEI SOS	00:21:22
19	470	Wilson	Elzane	CAPE METRO MAINSTREAM	M	2007/09/18	Eersterivier Sek	00:21:26
20	125	Hektoer	Jaydrian	EDEN LSEN	M	2007/01/17	Van Kervel	00:21:32
21	99	SCHEEPERS	JUAN	EDEN MAINSTREAM	M	2007/06/06	Ladismith Sekonder	00:21:44
22	473	Chirombe	Anesu	CAPE METRO MAINSTREAM	M	2007/08/06	De Kuilen	00:21:51
23	364	BENJAMIN	THULANI	CENTRAL KAROO	M	2007/05/14	BASTIAANSE SECONDARY	00:22:06
24	363	KLINK	CLIFTON	CENTRAL KAROO	M	2007/05/19	BASTIAANSE SECONDARY	00:22:25
25	525	Maarman	Devaan	CAPE METRO LSEN	M	2007/06/08	Atlantis SOS	00:22:42
26	127	PLAATJIES	ANDREW	EDEN LSEN	M	2007/02/11	HUIS OUTENIQUA	00:23:06
27	527	Adams	Shahied	CAPE METRO LSEN	M	2007/06/24	Axios SOS	00:23:06
28	289	KLEIN	CHRISTON	BOLAND LSEN	M	2007/08/16	STEINTHAL SOS	00:23:15
29	126	Du Plessis	Freakline	EDEN LSEN	M	2007/06/29	Van Kervel	00:23:17
30	290	JULIES	ANDREW	BOLAND LSEN	M	2007/08/08	WESKUS SOS	00:23:31
31	100	ANTONIE	KRIZIM	EDEN MAINSTREAM	M	2007/09/23	RP BOTHA	00:25:07
32	530	Prins	Lorenzo	CAPE METRO LSEN	M	2007/05/20	Atlantis SOS	00:26:30
33	101	BAMBISO	INGANATHI	EDEN MAINSTREAM	M	2007/02/07	PACALTSDORP HS	00:26:51
34	128	Bouwer	Gerhard	EDEN LSEN	M	2007/02/02	Van Kervel	
35	129	Petersen	Anwill	EDEN LSEN	M	2007/04/07	Van Kervel	
36	526	Witbooi	Jayden	CAPE METRO LSEN	M	2007/07/14	Atlantis SOS	
37	130	Dastile	Sinoxolo	EDEN LSEN	M	2007/12/29	Van Kervel	

RACE 29 & 30 BOYS 15 MAINSTREAM & LSEN								
PLACE	ATHLETE	NAME	SURNAME	REGION	GENDER	DOB	SCHOOL	TIME
1	214	KARELSE	COLIN	BOLAND MAINSTREAM	M	2009/04/09	HS STELLENBOSCH	00:12:27
2	74	Slawers	Luciano	EDEN MAINSTREAM	M	2009/10/04	GDP	00:12:30
3	445	Rainho	Daniel	CAPE METRO MAINSTREAM	M	2009/07/06	HS Brackenfell	00:12:34
4	73	Riddles	Claydon	EDEN MAINSTREAM	M	2009/04/25	GDP	00:12:39
5	212	DE BRUIN	BREYTON	BOLAND MAINSTREAM	M	2009/03/21	HS STELLENBOSCH	00:12:46
6	215	MANUEL	HERSHELLE	BOLAND MAINSTREAM	M	2009/07/03	WORCESTER GIM	00:12:56
7	444	Nggolama	Likhona	CAPE METRO MAINSTREAM	M	2009/02/18	Iqhaviya	00:13:07
8	448	Schouw	Joshua	CAPE METRO MAINSTREAM	M	2009/04/10	Mondale	00:13:10
9	449	Siswana	Libone	CAPE METRO MAINSTREAM	M	2009/05/03	Iqhaviya	00:13:12
10	218	VAN TONDER	PHILLIP	BOLAND MAINSTREAM	M	2009/08/03	HTS DROSTY	00:13:12
11	352	GEORGE	LUYANDA	CENTRAL KAROO	M	2009/06/26	MANDLEKHOSI SECONDARY	00:13:15
12	213	KOOPMAN	MARSHALL	BOLAND MAINSTREAM	M	2009/03/16	DE KRUIENE HS	00:13:32
13	504	Balie	Keano	CAPE METRO LSEN	M	2009/12/24	Westcliff	00:13:37
14	113	Pietersen	Khanyiso	EDEN LSEN	M	2009/05/06	OLYMPIA SOS	00:13:41
15	216	VAN WYK	WILLEM	BOLAND MAINSTREAM	M	2009/03/27	HS STELLENBOSCH	00:13:46
16	75	Damons	Macdillan	EDEN MAINSTREAM	M	2009/06/10	Sunridge Primary	00:13:48
17	503	Tieties	Arnold	CAPE METRO LSEN	M	2009/03/21	Lindelani	00:13:52
18	506	Abrahams	Jade	CAPE METRO LSEN	M	2009/04/29	Axios SOS	00:14:05
19	76	ANTA	CALVIN	EDEN MAINSTREAM	M	2009/11/03	RP BOTHA	00:14:08
20	447	Jansen	Chad	CAPE METRO MAINSTREAM	M	2009/01/02	Sarepta	00:14:11
21	77	JAFTHA	CJ-LEE	EDEN MAINSTREAM	M	2009/06/20	Langenhoven Gimnasium	00:14:23
22	353	MOLOWITS	THEMBA	CENTRAL KAROO	M	2009/10/07	MANDLEKHOSI SECONDARY	00:14:32
23	78	STANDER	ISHMAEL	EDEN MAINSTREAM	M	2009/12/07	PACALTSDORP HS	00:14:38
24	354	JONES	CADEN	CENTRAL KAROO	M	2009/09/11	BASTIAANSE SECONDARY	00:14:40
25	271	FRANSE	ADRIAN	BOLAND LSEN	M	2009/06/15	BREEDE VALLEI SOS	00:14:56
26	446	Cloete	Hanro	CAPE METRO MAINSTREAM	M	2009/03/11	HS Bellville	00:15:04
27	116	Baadjies	Fernando	EDEN LSEN	M	2009/04/22	Van Kervel	00:15:14
28	266	LIEBENBERG	DILLEN	BOLAND LSEN	M	2009/01/09	CLANWILLIAM CYCC	00:15:25
29	270	KLAASEN	ASHWIN	BOLAND LSEN	M	2009/11/20	BREEDE VALLEI SOS	00:15:32
30	115	Makok	Luwayden	EDEN LSEN	M	2009/03/02	Van Kervel	00:15:33
31	268	PASQUALIE	JADE	BOLAND LSEN	M	2009/05/30	MISPAH SC	00:15:43
32	267	WILLEMSE	QUEHINO	BOLAND LSEN	M	2009/07/24	AUGULHAS SOS	00:15:48
33	269	STEENEVELDT	DONAVAN	BOLAND LSEN	M	2009/06/07	BREEDE VALLEI SOS	00:15:56
34	505	Wildt	Troy	CAPE METRO LSEN	M	2009/03/10	Axios SOS	00:15:57
35	507	Olivier	Devandre	CAPE METRO LSEN	M	2009/05/09	Axios SOS	00:15:58
36	117	Abrahams	Ronaldo	EDEN LSEN	M	2009/12/08	Van Kervel	00:16:43
37	356	MAANS	JAYDEN	CENTRAL KAROO	M	2009/05/18	ACACIA PRIMARY	00:17:23