**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE – 1 (Boys/Girls 8 Yrs) 1Km (Qualify Standard – 4:10:00)**

**Boys**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Caleb Coetzee | 28/09 /13 | Nedbank AC |  | 4:08:10 |
| 2 | Kearan Prins | 22/10/13 | Langeberg AC | P482 | 4:21:81 |
| 3 | Logan Oktober | 25/04/13 | Rainbow AC | 738 | 4:29:16 |
| 4 | Riaan-Louis Pieterse | 28/11/14 | LS GS |  | 4:30:03 |
| 5 | Hannes v Broekhuizen | 14 /06/13 | Cape Multi Sport | 806 | 6:24:97 |

**Girls**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Jenique Pietersen | 23/08/13 | Nedbank RC |  | 4:56:36 |
| 2 | Ellah Fourie | 07/08/13 |  |  | 6:25:60 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE – 2 (Boys /Girls 10Yrs) 2km (Qualify Standard – G 07:10 /B 7:10 )**

**Boys**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Tristan Meyer | 24/01/11 | Nedbank AC | 1463 | 6:56:25 |
| 2 | Luciano Mango | 12/05 /11 | Nedbank AC |  | 7:03:94 |
| 3 | William –D Mathee | 26/08/11 | Nedbank AC | P1385 | 7:32:21 |
| 4 | Alex Fouche | 28/03/11 | Bertie Barnard |  | 7:39:60 |
| 5 | Hanlo Barkhuizen | 18/01/11 | Nedbank AC | 1457 | 7:41:76 |
| 6 | Riaan Lategan | 18/07/11 | Hartenbos D | 953 | 7:46:26 |
| 7 | Jason Nel | 11/11/11 | Bertie Barnard |  | 7:59:56 |

**Girls**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Nika Kirsten | 05/09/11 | Nedbank AC | 1462 | 8:21:20 |
| *2* | Wilzandre Witbooi | 16/03/11 | Nedbank AC |  | 8:28:89 |
| 3 | Jesnique Du Plessis | 06/12/11 | Nedbank AC |  | 8:33:73 |
| 4 | Cameron Francis | 17/04/11 | Coastline AC | 804 | 8:39:95 |
| 5 | Shannyn Wigel | 25/04/11 | Thembalethu WC |  | 9:56:12 |
| 6 | Michelani Fourie | 25 /11/11 | Hartenbos D | 1025 | 10:21:59 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE -2 (Boys / Girls 9Yrs) 2Km (Qualify Standard – G 8:20 /B 7:46 )**

**Boys**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Carmeron Mc Evan | 19/07/12 | Outeniqua AC | 270 | 8:07:00 |
| 2 | Xaviero Tekana | 03/06/12 | Nedbank AC | 1437 | 8:13:35 |
| 3 | Sean Veale | 08/04/12 | Nedbank |  | 8:51:04 |
| 4 | Neil Cawood | 01/01/12 | Nedbank AC |  | 8:54:81 |

**Girls**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Jordan-Lee Prins | 10/02/12 | CoastlineAC | 790 | 8:07:76 |
| 2 | Nina Koen | 30/10/12 | Voorbereiding |  | 9:50:51 |
| 3 | Jo-Marie Block | 21/06/12 | Nedbank AC |  | 9:54:83 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE – 3 (Boys /Girls 11 Yrs) 3km (Qualify Standard – G 11:58 /B 11:00 )**

**Boys**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Johndre Jordaan | 25/03/10 | Nedbank AC |  | 11:11:76 |
| 2 | Christiano Weyers | 18/08/10 | Nedbank AC |  | 11:24:85 |
| 3 | Timothy Sebyboe | 17/06/10 | Coastline AC | 803 | 11:39:65 |
| 4 | Joshua van Heerden | 05/05/10 | Nedbank AC |  | 12:14:05 |
| 5 | Jervurgo Me Louw | 06/07/10 | Nedbank |  | 12:49:48 |

**Girls**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Luanè Jv Rensburg | 18/04/10 | Bertie Barnard |  | 12:21:95 |
| 2 | Sumay van Wyk | 26/05/10 | Nedbank AC | 1408 | 12:40:38 |
| *3* | Lu- Crecha v Greunen | 11/04/10 | Nedbank AC |  | 13:22:96 |
| 4 | Davidene Isaacs | 31/08/10 | Nedbank AC |  | 13:40:51 |
| *5* | Nina Pietersen | 23/07/10 | Laerskool GS |  | 13:46:12 |
| 6 | Shakira Jasen | 07/09/10 | Wabooms kraal |  | 16:48:44 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE 3- WOMEN 30 + 4 km**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Esrie Loock Bezuidenh | 20/07/82 | Outeniqua H (38) |  | 16:38:37 |
| 2 | Carla Nothanagel | 17/07/84 | 32 GI (36) | 421 | 18:03:87 |
| 3 | Sharon Losper | 30/09/64 | Nedbank AC (56) | 1289 | 18:32:32 |
| 4 | Chantel Barkhuizen | 17/02/80 | Hartenbos D (41) | 981 | 19:22:06 |
| 5 | Talita Behrens | 11/05/71 | Yorh High |  | 21:19:70 |
| 6 | Magda Opperman | 07/07/58 | Cape Multi (62) | 879 | 21:29:95 |
| 7 | Jeanine Snyders | 09/01/78 | Hartenbos D (43) | 1102 | 21:42:29 |
| 8 | Avril Davids | 05/04/73 | Nedbank AC (48) | 1371 | 28:45:18 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE – 3 (Boys 16 & 17 Yrs) 6km Qualify Standard – B16 20:35**

**B17 20:15 )**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Ricardo vd Horst | 13/05/2004 | B/West RC |  | 18:21:72 |
| 2 | Tyron-Lee Van Wyk | 18/05/04 | Coastline AC | 1698 | 19:04:50 |
| 3 | Henry Isaacs | 29/04/04 | Nedbank |  | 19:26:36 |
| 4 | Luciano Stuurman | 08/07/04 | Coastline | 798 | 19:32:00 |
| 5 | Bonga Mlunguza | 25/03/05 | Thembalethu WC |  | 19:34:90 |
| 6 | Dee-von Marais | 21/12/04 | Rainbow AC | 736 | 19:49:60 |
| 7 | Jemaine Keffers | 08/10/04 | Outeniqua H | 274 | 20:01:68 |
| 8 | Lazro Louw | 23/09/05 | Coastline AC |  | 20:42:79 |
| 9 | Gerhwin Fielies | 05/06/04 | Coastline AC | 1683 | 20:44:78 |
| 10 | William Van Tonder | 18/08/05 | Coastline AC | 1697 | 21:40:50 |
| 11 | Divan Rossouw | 02/09/04 | Nedbank AC | 1381 | 22:11:80 |
| *12* | Raymondré Samson | 21/09/05 | Nedbank AC | 1484 | 22:19:48 |
| 13 | Daniel Button | 11 /02/05 | Plett AC | 1636 | 22:34:63 |
| 14 | William (Rikus) V Wyk | 31/03/04 | Coastline Ac | 1693 | 26:33:24 |
| *15* | Steven Pawson | 20/12/02 | Nedbank | 1403 | DNF |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE 3 - MEN 60 + 6km Qualify Standard – M60+ 30:00**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Patrick Rawlins | 24/06/57 | Outeniqua H | 57 | 26:55:09 |
| 2 | Eugene Nell | 03/12/55 | Nedbank RC | 1182 | 32:50:47 |

**ASWD CROSS COUNTRY LEAGUE 3 RESULTS – 14 August 2021 OLYMPIA SOS**

**RACE – 3 (Girls 19 Yrs) 6 km Qualify Standard – G19 27:00**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Louw-Anne Lourens | 11/09/02 | Nedbank | 1430 | 30:39:79 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**Race 3-** **(Boys 19 Yrs) 8 km Qualify Standard – B19 25:30:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Durando Aweries | 30/07/03 | Nedbank AC | 1427 | 27:55:22 |
| 2 | Shermon Josephs | 08/01/02 | Rainbow AC | 727 | 31:34:58 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**Race 4- (Women Open) 8km Qualify Standard – SW**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Anelisiwe Nlunguza | 19/11/99 | Thembalethu WC |  | 33:11:50 |
| 2 | Nadine Malan | 17/01/99 | Plett Ac | 1675 | 33:47:36 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE – 4 (Open Men) 4 km Qualify Standard – M23 13:00**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Mario v Schalkwyk | 10/02/00 | Langeberg AC | 481 | 11:51:13 |
| 2 | Waldo Kaptein | 29/01/01 | B/West RC |  | 12:20:89 |
| 3 | Aphiwe Ngweniso | 04/05/98 | Tembalethu WC |  | 12:34:41 |
| 4 | Selwin Matthews | 21/08/98 | Nedbank RC | 1259 | 12:37:53 |
| 5 | Zevian Le Roux | 27/02/01 | Coastline AC | 796 | 12:38:32 |
| 6 | Romano Windvogel | 25/07/01 | Coastline AC | 787 | 14:08:65 |
| 7 | Leon Adams | 01/02/94 | Coastline AC | 788 | 14:31:22 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**Race 4-(Open Men) 10 km Qualify Standard – SM 33:36**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Francois Maquassa |  | Nedank |  | 31:47:51 |
| 2 | Donavan Jantjies | 01/07/96 | Nedbank AC | 1503 | 32:42:49 |
| 3 | Jerome Feriand |  | Nedbank | 1475 | 33:25:12 |
| 4 | Eldewagen van Tonder | 24/08/96 | Thembalethu WC |  | 34:01:2 |

**ASWD CROSS COUNTRY CHAMPONSHIPS 3 RESULTS – 28 August 2021 OLYMPIA SOS**

**Race 4- (Girls 17 Yrs) 4 km Qualify Standard – G17 14:55**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Jandri Snyders | 02/03/04 | Hartenbos D | 1001 | 14:58:62 |
| *2* | Mia Hugget | 12/10/04 | Coastline AC | 1690 | 18:20:82 |
| 3 | Cari van Eeden | 13/03/04 | Langenhovrn G | 1691 | 19:16:92 |

**ASWD CROSS COUNTRY LEAGUE 3 RESULTS – 14 August 2021 OLYMPIA SOS**

**Race 4 -(Men 30 -59 Yrs) 8km**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | B Fredricks | 02/06/87 | Nedbank | 1257 | 25:41:17 |
| 2 | Mervin Steenkamp | 26/06/88 | Coastline AC | 789 | 26:42:64 |
| 3 | Willard Jussa | 12/02/82 | Nedbank | 1257 | 27:08:12 |
| 4 | Noof Van Vuuren | 02/10/82 | Nedbank | 1412 | 30:46:79 |
| 5 | Gavin Jantjies | 08/11/75 | Sedgefied Stiders | 375 | 33:53:24 |
| 6 | Joey Klassen | 30/06/70 | Sedgefield Strider | 405 | 34:16:73 |
| 7 | Charlie Tekana | 10/05/76 | Nedbank | 1443 | 34:35:35 |
| 8 | Whayn Windwaai | 10/09/78 | Nedbank | 1175 | 35:09:09 |
| 9 | Malan Du Preez | 10/01/69 | Outeniqua H | 07 | 35:11:95 |
| 10 | Tommy Afrika | 09/08/75 | Rainbow | 739 | 35:32:65 |
| 11 | Aubrey Brinkhuis | 05/01/70 | Sedgefield S | 377 | 39:30:30 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE 5 - (Boys 12) 3km Qualify Standard –B 12 10:50**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Place | Name /Surname | DOB | Club /School | ASA No | Time |
| 1 | Jac Du Plessis | 16/11/09 | Outeniqua H |  | 10:24:68 |
| 2 | Alrich Rademeyer | 26/10/09 | Ls Bertie Barnard |  | 11:21:43 |
| 3 | Brian Plaatjies | 06/04/09 | Nedbank |  | 12:04:71 |
| 4 | Anvill Pietersen | 06/08/09 | Nedbank |  | 12:18:39 |
| 5 | Aj Jansen | 29/12/09 | Nedbank |  | 12:37:58 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE 5 - (Girls 12 yrs) 3 km**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Caitlyn Cawood | 04/06/09 | Nedbank AC | 1710 | 10:58:53 |
| 2 | Annabelle Mc Evan | 09/02/09 | Outeniqua H | 259 | 11:20:70 |
| 3 | Lila Koen | 17/01/09 | LS Outenique |  | 12:49:81 |
| 4 | Lenka Viljoen | 27/07/09 |  |  | 13:10:18 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE 5 -(Girls 13 Yrs) 3 km**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Ane Bester | 01/09/08 | Coastline Ac | 1685 | 11:41:33 |
| 2 | Tonya Schoeman | 02/07/08 | Nedbank AC | 1187 | 12:23:8 |
| *3* | Etvisly Jooste | 23/12/08 | Coastline AC | 787 | 12:37:09 |
| *4* | Addison Gillespie | 30/04/08 | Bertie Barnard |  | 12:43:44 |
| 5 | Sheronique Noordman | 15/07/08 | Nedbank |  | 15:22:02 |
| 6 | Jaydine Block | 20/10/08 | Nedbank AC |  | 16:23:46 |
| 7 | Elisma van wyk | 11/03/08 | Nedbank AC | 1410 | DNF |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE 6 - (Boys 15 yrs) 4 km**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Tyrese Kennedy | 11/01/06 | Coastline AC |  | 13:10:76 |
| 2 | Dimitri Kosla | 26/02/06 | B/West AC |  | 13:19:03 |
| 3 | Jaco Gertse | 26/06/06 | Nedbank | 1451 | 14:36:84 |
| 4 | Linden Bosman | 24/12/06 | HS Pacaltsdorp |  | 15:05:81 |
| 5 | Aiden Serfontein | 06/01/06 | Coastline AC | 1694 | 16:08:67 |
| 6 | Mikael Viljoen | 12/12/06 |  |  | 17:36:83 |
| 7 | Peet Van Der Linde | 19/12/06 | Coastline AC | 1698 | 18:35:35 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE 6 - (Girls 15 yrs) 4 km Qualify Standard – SM 33:36**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Shafieka Du Preez | 11/07/06 | Nedbank | 1710 | 15:40:29 |
| 2 | Emma Lutsh | 19/05/06 | Outenique H/S | 66 | 17:15:95 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS –28 August 2021 OLYMPIA SOS**

**RACE 6- (Girls 16 yrs) 4km**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Mursha Robbenson | 19/05/05 | B/West AC |  | 15:26:58 |
| 2 | Leandria Mango | 13/05/05 | Nedbank | 1302 | 17:28:53 |
| 3 | Elisma Heyser | 23/05/05 | Coastline AC | 1731 | 17:32:83 |
| 4 | Janke Potgieter | 11/01/05 | Coastline AC | 1801 | 17:46:77 |
| 5 | Emma Vd Westhuizen | 11/01/05 | Coastline AC | 180 | 18:03:53 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE 6 -(Boys 13yrs) 4km**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Willmark Daniel | 30/06/08 | Coastline AC | 799 | 13:47:73 |
| 2 | Dian Barkhuizen | 29/06/08 | Nedbank | 1456 | 14:04:05 |
| 3 | Mequin Swartbooi | 23/10/08 | Nedbank | 1707 | 14:19:75 |
| 4 | Ashton Grootboom | 29/03/08 | Nedbank | 1706 | 14:34:67 |
| 5 | Cuan Wildeman | 03/02/08 | Rainbow Ac | 733 | 14:42:28 |
| 6 | Keenan Goliath | 10/02/08 | Nedbank | 1708 | 14:56:22 |
| 7 | Neziah Fourie | 4/02/08 | Hartenbos D | 1024 | 15:18:56 |
| 8 | Marius De Vlam | 11/11/07 | Coastline | 784 | 15:58:83 |
| 9 | Jayden Erasmus | 25/12/08 | Nedbank |  | 16:03:81 |
| 10 | Quintus Lutsch | 28/10/08 | Outeniqua Har |  | 16:09:29 |
| 11 | Dvone Filander | 09/24/08 | Coastline AC | 807 | 16:41:43 |
| 12 | Tyron Le Roux | 13/08/08 | Nedbank |  | 17:06:23 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE 6 - (Boys 14yrs) 4km**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Danwille Willemse | 01/07/07 | Coastline AC | 170 | 12:52:73 |
| 2 | Voughan Grobbelaar | 25/01/07 | Nedbank AC | 1129 | 13:18:30 |
| 3 | Zaylynn Ruiters | 10/30/07 | Nedbank AC | 1405 | 13:23:12 |
| 4 | Rainart Behrens | 16/05/07 | York High |  | 13:57:53 |
| 5 | Jessie Van Heerden |  |  |  | 13:58:83 |
| 6 | Thinus Erasmus | 20/06/07 | Nedabank | 1505 | 14:00:48 |
| 7 | Anwill Bosman | 16/05/07 |  |  | 14:43:20 |
| 8 | Ruan Ressouw | 06/06/07 | Nedbank AC |  | 15:08:58 |
| 9 | Jay-Dee Damons | 06/2/07 |  |  | 15:17:71 |

**ASWD CROSS COUNTRY CHAMPIONSHIPS RESULTS – 28 August 2021 OLYMPIA SOS**

**RACE 6 - (Girls 14yrs) 4km**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Place** | **Name /Surname** | **DOB** | **Club /School** | **ASA No** | **Time** |
| 1 | Marilie Duvenage | 30/04/07 | Outeniqua Harrie | P108 | 15:29:79 |
| 2 | Chanelle Bester | 12/01/07 | Coastline | 1686 | 15:49:17 |
| 3 | Hilliny Witbooi | 26/05/07 | Nedbank | 1329 | 16:44:79 |
| 4 | Esti Huggett | 03/03/07 | Coastline | 1687 | 17:09:90 |
| 5 | Nolene Pieterse | 16/5/07 | Nedbank | 1448 | 17:57:49 |
| 6 | Dane’ Lubbe | 25/02/07 | Hartenbos Drawe | 977 | 19:53:48 |
| 7 | Chantel Francis | 10/05/07 | Coastline AC |  | 20:52:94 |
| 8 | Daniel Tieties | 27/06/06 | B/West RC |  | DNF |