

# ASWD / EDEN SCHOOLS CROSS COUNTRY CHAMPIONSHIPS :

				19 Aug 2023		RESULTS
M35-39,40-44,45-49,50-54,55-59,60+						
ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
532	Dirk_Kotze	SWD Masters	1	60	1961.04.04	M
548	Elrick_Spiers	Coastline AC	2	60	1963.05.12	M
209	Gurswin_Jones	Coastline AC	3	36	1987/01/05	M
291	Amé_PRETORIUS	LANGENHOVEN GIM	4	18	2005/11/21	F
306	Sidwell_October	Rainbow A.C	5	65	1958/04/12	M
342	BERNARDO_FREDEKICKS	Nedbank RC	6	36	1987/06/02	M
208	Mervin_Steenkamp	Coastline AC	7	35	1988/06/26	M
290	ELISMA_HEYSER	LANGENHOVEN GIM	8	18	2005/05/23	F
513	Xinwa_Lufeze	Nedbank	9	36	1987.01.08	M
269	Sam_Marx	HARTENBOS	10	42	1981/11/30	M
222	Andre_Jakobus	Coastline AC	11	43	1980/06/27	M
519	Eugene_Nell	Nedbank	12		1900/01/00	M
512	Abrahams_Patrick	Nedbank	13	60	1963.03.23	M
523	Thansoxolo_Cetywayo	Bayethe	14		2008.01.23	M
294	Anton_Chevalier	NEDBANK	15	65	1958/05/19	M
				RESULTS		
M35-39,40-44,45-49,50-54,55-59,60+						
ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
293	ZANI_SMITH	NEDBANK	1	40	1983/12/22	F
412	Esrie_Loock	Outeniqua Harriers	2	41	1982/07/20	F
335	Anja_Louw	Temp	3	40	1983/04/02	F
265	Helena_Jv Rensburg	HARTENBOS	4	40	1983/01/07	F
503	Sharon_Losper	Nedbank RC	5	59	1964/09/30	F
497	Heronique_James	Nedbank RC	6	26	1997/05/28	F
280	Jeanine_Snyders	HARTENBOS	7	46	1978/01/09	F
238	Magda_Opperman	Cape Multi Sport	8	65	1958/07/07	F
278	Delmarie_Henning	HARTENBOS	9	62	1961/07/08	F
504	Avril_Davids	Nedbank RC	10	50	1973/04/05	F
				RESULTS		
B8 & G8 - 1km				8/19 /2023		
ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
307	USAIN_BOESAK	Nedbank RC	1	8 YEARS	2015/09/26	M
308	JOHN-LEE_SEPTEMBER	Nedbank RC	2	8 YEARS	2015/09/01	M
282	RUDOLF_SMITH	WESBANK	3	8 YEARS	2015/06/11	M
224	Jason_Pedro	KNYSNA PLET	4	8 YEARS	2015/06/23	M
240	Mia_Burger	MOSEL BAY	5	8 YEARS	2015/05/28	F
546	Daniell_Julies	Kannaland	6	8 YEARS	2015.6.10	M

281	Ulrich_Van Hirtum	HARTENBOS	7	8 YEARS	2015/08/31	M
334	Anell_Jordaan	LS VOLSCHENK	8	8 YEARS	2015/08/20	F
311	NATELIE_JANSEN	Nedbank RC	9	8 YEARS	2015/11/02	F
227	Storm_Grootboom	KNYSNA PLET	10	8 YEARS	2015/04/14	F
549	Lihan_Rady	Kannaland	11	8 YEARS	2015.12.03	M
309	GERALDO_DANISA	Nedbank RC	12	8 YEARS	2015/07/20	M
270	Pieter_Marx	HARTENBOS	13	8 YEARS	2016/09/23	M
275	Fourie_Le Clus	HARTENBOS	14	8 YEARS	2017/03/01	M
522	Micha_Meyer	Glenwood House	15	8 YEARS	2016.01.19	F
312	TAMMY-LEE_ESAU	Nedbank RC	16	8 YEARS	2015/09/24	F
310	KAYLENE_CHIPPS	Nedbank RC	17	8 YEARS	2015/08/02	F
526	Lealifano_Diedericks	Waboomskraal PS	18	8 YEARS	2015.05.21	M
226	Hay-Leah_Draai	KNYSNA PLET	19	8 YEARS	2015/06/21	F
229	Claire_Ambraal	KNYSNA PLET	20	8 YEARS	2015/07/31	F
0	0	#N/A	21	8 YEARS	1900/01/00	#N/A
547	Ben_Van der Berg	Glenwood House	22	8 YEARS	2014.06.26	M
228	Shamenay_McCarthy	KNYSNA PLET	23	8 YEARS	2015/01/04	F
266	Coba_v Rensburg	HARTENBOS	24	8 YEARS	2015/01/27	F
230	Zainab_Botha	KNYSNA PLET	25	8 YEARS	2015/07/26	F
338	Arno_VAN TONDER	HARTENBOS	26	8 YEARS	2015/06/29	M
550	Abigail_Vermeulen	Glenwood House	27	8 YEARS	2016.2.2	F



## RESULTS

**B9 & G9 - 2km**

**8/19/2023**

ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
138	Eugene_Saayman	HESSEQUA	1	9 YEARS	2014/07/12	M
1	Judah_Spies	GEORGE SSC	2	9 YEARS	2014/03/20	M
143	Jayden_Tromp	HESSEQUA	3	9 YEARS	2014/04/14	M
313	CHRISTIAAN_KAPANK	Nedbank RC	4	9 YEARS	2014/08/19	M
274	JC_Le Clus	HARTENBOS	5	9 YEARS	2014/09/16	M
298	ACHUMILE_BEUZANA	GEORGE SSC	6	9 YEARS	2014/05/11	F
300	CHUMA_BEUZANA	GEORGE SSC	7	9 YEARS	2014/05/11	F
315	SHIERA_PETERSEN	Nedbank RC	8	9 YEARS	2014/06/27	F
119	Negusy_Appels	KNYSNA PLET	9	9 YEARS	2014/02/11	M
144	Ashley-Kay_Hendricks	HESSEQUA	10	9 YEARS	2014/03/14	F
257	CHADWIN_MASON	MOSEL BAY	11	9 YEARS	2014/05/17	M
2	DUEWLIN_LEE	GEORGE SSC	12	9 YEARS	2014/02/18	M
314	UVERNON_MANEVILLE	Nedbank RC	13	9 YEARS	2014/09/19	M
142	Leandro_Manho	HESSEQUA	14	9 YEARS	2014/05/08	M
3	Deswin_Van Rensburg	GEORGE SSC	15	9 YEARS	2014/08/17	M
272	Kristin_v Heerden	HARTENBOS	16	9 YEARS	2014/04/24	F
139	Nickwinn_Saayman	HESSEQUA	17	9 YEARS	2014/06/13	M
145	Jonique_Claasen	HESSEQUA	18	9 YEARS	2014/12/17	F
346	Christoff_Salmon	Kannaland	19	9 YEARS	2014/03/11	M
148	Elmasha_Jakobus	HESSEQUA	20	9 YEARS	2014/03/26	F
347	Johnray_Coetzee	Kannaland	21	9 YEARS	2014/05/15	M

233	Zoe_Burger	MOSSEL BAY	22	9 YEARS	2014/03/28	F
256	ELLA_MULLER	MOSSEL BAY	23	9 YEARS	2014/09/10	F
122	Taylor_Williams	KNYSNA PLET	24	9 YEARS	2014/02/13	F
146	Mieke_Burger	HESSEQUA	25	9 YEARS	2014/01/31	F
258	WHITNEY_JANSEN	MOSSEL BAY	26	9 YEARS	2014/05/02	F
7	CINDY_WILLIAMS	GEORGE SSC	27	9 YEARS	2014/01/04	F
147	Lila_Olivier	HESSEQUA	28	9 YEARS	2014/02/11	F
11	MUKANISA_BUYS	GEORGE SSC	29	9 YEARS	2014/06/02	F
8	FAITH_BUYS	GEORGE SSC	30	9 YEARS	2014/04/29	F
279	Mila_Lategan	HARTENBOS	31	9 YEARS	2014/01/31	F
4	Bradley_Heyns	GEORGE SSC	32	9 YEARS	2014/07/09	M
345	Taylor_Valentyn	Kannaland	33	9 YEARS	2014/04/11	F
12	Mica_Mc Kelly	GEORGE SSC	34	9 YEARS	2014/05/08	F
10	Maurice_Ruiters	GEORGE SSC	35	9 YEARS	2014/11/15	F
344	Marelize_Jafta	Kannaland	36	9 YEARS	2014/04/24	F
5	IVIANO_BLOCK	GEORGE SSC	37	9 YEARS	2014/06/19	M
9	AESHA_BAARDMAN	GEORGE SSC	38	9 YEARS	2014/04/17	F



## RESULTS

**B10 & G10 - 2km**

**8/19/2023**

ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
234	Antheo_Claassen	MOSSEL BAY	1	10 YRS	2013/01/19	M
422	CHRISTIANO_JOHANNES	Central Karoo	2	10 YRS	2013/12/05	M
150	Caleb_Matthews	HESSEQUA	3	10 YRS	2013/01/08	M
152	Jaeriquin_Slawers	HESSEQUA	4	10 YRS	2013/01/12	M
316	IASHEED_MULLER	Nedbank RC	5	10 YRS	2013/01/25	M
151	Jaydrian_Prins	HESSEQUA	6	10 YRS	2013/03/18	M
149	Clayton_Franses	HESSEQUA	7	10 YRS	2013/09/13	M
424	CHEVANDRE_SAMPSON	Central Karoo	8	10 YRS	2013/12/31	M
351	Elmo_Baartman	Kannaland	9	10 YRS	2013/02/15	M
14	Connor_Ogden	GEORGE SSC	10	10 YRS	2013/01/01	M
297	WILLENE_LINGERVELD	GEORGE SSC	11	10 YRS	2013/07/02	F
15	Amthandile_Kutu	GEORGE SSC	12	10 YRS	2013/05/20	M
350	Henn-ley_Samauls	Kannaland	13	10 YRS	2013/08/05	M
317	TRISTAN_GROOTBOOM	Nedbank RC	14	10 YRS	2013/12/25	M
425	RAYNO_LUCAS	Central Karoo	15	10 YRS	2013/07/17	M
283	ALEXANDER_VAN WYK	WESBANK	16	10 YRS	2013/04/27	M
154	Jeniquin_Jafta	HESSEQUA	17	10 YRS	2013/02/09	M
156	Ashlynn_Prins	HESSEQUA	18	10 YRS	2013/07/16	F
426	JORDAN_JACOBS	Central Karoo	19	10 YRS	2013/08/30	M
17	ANGELO_PLATJIES	GEORGE SSC	20	10 YRS	2013/04/23	M
153	Kearon_Prins	HESSEQUA	21	10 YRS	2013/10/22	M
284	ALRIE_ELOFF	WESBANK	22	10 YRS	2013/05/25	F
252	Jonesia_Janklaas	Brackenhill KILT	23	10 YRS	2013/03/17	F
302	Logan_October	Rainbow A.C	24	10 YRS	2013/04/25	M
19	JAYDENE_JACOBS	GEORGE SSC	25	10 YRS	2013/07/15	F

295	GREAMONIQUE_VAN RO	GEORGE SSC	26	10 YRS	2013/09/25	F
528	Marlon_Nathan	Waboomskraal PS	27	10 YRS	2013.04.29	M
18	DEEROY_GEDULD	GEORGE SSC	28	10 YRS	2013/05/04	M
20	Haily_Apollis	GEORGE SSC	29	10 YRS	2013/03/12	F
353	Hendre_Radyn	Kannaland	30	10 YRS	2013/10/22	M
318	ROMESHIA_GOUS	Nedbank RC	31	10 YRS	2013/09/01	F
352	Allister_Grispe	Kannaland	32	10 YRS	2013/02/13	M
155	Licka_Jordaan	HESSEQUA	33	10 YRS	2013/04/16	F
16	Jaylynn_ALEX	GEORGE SSC	34	10 YRS	2013/05/27	M
348	Linduwe_Arnoldus	Kannaland	35	10 YRS	2013/02/12	F
267	Ruben_Marx	HARTENBOS	36	10 YRS	2013/05/14	M
21	Mila_van der Berg	GEORGE SSC	37	10 YRS	2013/02/15	F
349	Janine_Loff	Kannaland	38	10 YRS	2013/07/19	F
521	Marius_Meyer	Glenwood House	39	10 YRS	2013.10.24	M
22	Sheronique_Jantjies	GEORGE SSC	40	10 YRS	2013/02/28	F



### RESULTS

**B11 & G11 - 3km**

**8/19/2023**

ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
157	Moderick_Arnes	HESSEQUA	1	11 YRS	2012/05/13	M
432	ANTONIO_AFRIKA	Central Karoo	2	11 YRS	2012/05/01	M
24	EMANUEL_JACOBS	GEORGE SSC	3	11 YRS	2012/10/11	M
216	Preztru_Saayman	Coastline AC	4	11 YRS	2012/09/11	M
26	ATHENKOSI_MTETO	GEORGE SSC	5	11 YRS	2012/05/11	M
215	Christiano_Micheals	Coastline AC	6	11 YRS	2012/06/18	M
158	Marchiano_Jacobs	HESSEQUA	7	11 YRS	2012/09/07	M
159	Eldino_Williams	HESSEQUA	8	11 YRS	2012/01/23	M
434	VALENTINO_NUWEGELD	Central Karoo	9	11 YRS	2012/02/14	M
219	Laurika_Jacobs	Coastline AC	10	11 YRS	2012/02/23	F
27	Keanan_Windwaai	GEORGE SSC	11	11 YRS	2012/01/08	M
25	CAMERON_McEwan	GEORGE SSC	12	11 YRS	2012/07/19	M
539	Jordan-Lee_Prins	Coastline AC	13	11 YRS	2012.02.10	F
431	GABRIELA_MASSOUW	Central Karoo	14	11 YRS	2012/04/25	F
354	Shehiaua_Parson	Kannaland	15	11 YRS	2012/05/13	F
160	Matayo_Du Preez	HESSEQUA	16	11 YRS	2012/06/17	M
28	PHELO_MAWINDI	GEORGE SSC	17	11 YRS	2012/04/16	M
218	Hayqin-Lee_Pieterse	Coastline AC	18	11 YRS	2012/06/17	M
436	TASHWELL_BOOYSEN	Central Karoo	19	11 YRS	2012/08/05	M
437	LYNDON_LOUW	Central Karoo	20	11 YRS	2012/04/25	M
366	Luciano_Wagenaar	Kannaland	21	11 YRS	2011/03/05	M
161	Marcus_Meyer	HESSEQUA	22	11 YRS	2012/04/16	M
428	JENINE_VISSER	Central Karoo	23	11 YRS	2012/01/24	F
162	Johandre_Prins	HESSEQUA	24	11 YRS	2012/06/13	M
435	SIYA_BANDA	Central Karoo	25	11 YRS	2012/09/27	M
359	Justin_Kock	Kannaland	26	11 YRS	2012/03/18	M
321	VERUSKA_CHIPPS	Nedbank RC	27	11 YRS	2012/06/27	F

232	Luyanda_Nkomo	MOSSEL BAY	28	11 YRS	2012/05/03	F
429	JASSLYN_SAULS	Central Karoo	29	11 YRS	2012/12/10	F
33	ESONA_PHAMBUKELO	GEORGE SSC	30	11 YRS	2012/05/03	F
358	Marchon_Sameuls	Kannaland	31	11 YRS	2012/05/27	M
31	NKATEKO_KITAYI	GEORGE SSC	32	11 YRS	2012/04/25	F
164	Cara_Krumm	HESSEQUA	33	11 YRS	201208/10	F
529	Chentiano_Sweartz	Waboomskraal PS	34	11 YRS	2012.05.20	M
259	LEVENO_FRANS	MOSSEL BAY	35	11 YRS	2012/09/25	M
163	Angenay_Michaels	HESSEQUA	36	11 YRS	2012/08/14	F
29	Kwanda_Pasmeni	GEORGE SSC	37	11 YRS	2012/05/25	M
32	KEITHLIN_GEDULD	GEORGE SSC	38	11 YRS	2012/06/25	F
123	Maritza_Williams	KNYSNA PLET	39	11 YRS	2012/08/31	F
34	KAYMELISHA_RUITERS	GEORGE SSC	40	11 YRS	2012/10/11	F
30	SOMILANAYE_POTI	GEORGE SSC	41	11 YRS	2012/09/09	F
322	ANDRIA_HENDRICKS	Nedbank RC	42	11 YRS	2012/07/29	F
165	Ana_Jv Vuuren	HESSEQUA	43	11 YRS	2012/08/24	F
35	LENNARD-DENE_MICHE	GEORGE SSC	44	11 YRS	2012/06/26	F
355	Felencia_Malgas	Kannaland	45	11 YRS	2012/01/01	M
360	Thomas_Salmon	Kannaland	46	11 YRS	2012/10/15	M
493	Aluncedo_Nonqulo	Knysna MC	47	11 YRS		M
520	Willem_Meyer	Glenwood House	48	11 YRS	2012.03.14	M
514	Chardene_Beukman	Private	49	11 YRS	2012.06.26	F



### RESULTS

**JM - 8 km : JW - 6 km**

**8/19/2023**

ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
276	Jandri_Snyders	HARTENBOS	1		2004/03/02	F
89	Keano_Qwili	GEORGE SSC	2		2005/08/23	M
510	Jodian_Hendricks	Protea Sec	3		2004.06.10	M
554	Rico_Van der Horts	Karoo	4		2004.5.15	M
214	Luciano_Stuurman	Coastline AC	5		2004/07/18	M
90	Lazro_Louw	GEORGE SSC	6		2005/07/23	M
92	Leandre_Mongo	GEORGE SSC	7		2005/05/13	F
206	Gerswin_Fielies	HESSEQUA	8		2004/06/05	M
475	JACQUES_KOOPMAN	Central Karoo	9		2005/08/29	M
93	Sue-Astrid_Loff	GEORGE SSC	10		2005/03/28	F
292	WILLIAM_VAN TONDER	LANGENHOVEN GIM	11		2005/08/18	M
399	Kurtley_Cupido	Kannaland	12		2005/04/15	M
400	Michelin_Daniels	Kannaland	13		2005/05/23	M
204	Charlton_Brandt	HESSEQUA	14		2005/10/17	M
205	Clyde_Prins	HESSEQUA	15		2005/05/30	M
91	Ismael_Miggels	GEORGE SSC	16		2005/04/23	M
118	Kaylen_Alaart	GEORGE SSC LSEN	17		2005/02/01	F



### RESULTS

**B12 & G12 -3km**

**8/19/2023**

ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
170	Lee-Olin_September	HESSEQUA	1	12 YRS	2011/03/03	M
36	JASON_PAGE	GEORGE SSC	2	12 YRS	2011/02/07	M
323	LUCIANO_MONGO	Nedbank RC	3	12 YRS	2011/05/12	M
38	GERSHWIN_REENS	GEORGE SSC	4	12 YRS	2011/01/07	M
37	MOGQALA_JUNIOR	GEORGE SSC	5	12 YRS	2011/04/19	M
324	MALCOME_BOOYSEN	Nedbank RC	6	12 YRS	2011/11/24	M
365	Tito_Barry	Kannaland	7	12 YRS	2011/11/04	M
438	ONELE_NDUKU	Central Karoo	8	12 YRS	2011/07/18	M
285	STIAAN_VAN WYK	WESBANK	9	12 YRS	2011/05/29	M
253	Olana_Ndakweni	Thambalitsha KILT	10	12 YRS	2011/06/03	M
439	ORTHAN_WILLEMSE	Central Karoo	11	12 YRS	2011/07/12	M
325	JENOVAN_GEDULD	Nedbank RC	12	12 YRS	2011/07/11	M
490	Iwamkelo_Lubuzo	Knysna MC	13	12 YRS	1900/01/00	M
171	Chavandre_Fielies	HESSEQUA	14	12 YRS	2011/02/13	M
169	Lee Roy_Jakobus	HESSEQUA	15	12 YRS	2011/04/03	M
166	Weshley_Sebyboe	HESSEQUA	16	12 YRS	2011/03/21	M
167	Alex_Fouche	HESSEQUA	17	12 YRS	2011/03/28	M
124	Gaven_Lamini	KNYSNA PLET	18	12 YRS	2011/03/02	M
296	Denzyl_Donson	GEORGE SSC	19	12 YRS	2011/06/16	M
168	Willem-Daniël_Matthee	HESSEQUA	20	12 YRS	2011/08/26	M
538	Jay-Dee_Frances	Coastline AC	21	12 YRS	2011.08.26	M
42	Ovuyonke_Ngemntu	GEORGE SSC	22	12 YRS	2011/11/05	F
173	Cameron_Frances	HESSEQUA	23	12 YRS	2011/04/17	F
364	Ethan_Parson	Kannaland	24	12 YRS	2011/05/31	M
336	Hanlo_Barkhuizen	Nedbank RC	25	12 YRS	2011/01/18	M
40	NAIDO_NOORDMAN	GEORGE SSC	26	12 YRS	2011/03/31	M
174	Azelia_Volschenk	HESSEQUA	27	12 YRS	2011/05/15	F
371	Junaid_De Wee	Kannaland	28	12 YRS	2010/12/21	M
41	Jaden-Lee_Miggels	GEORGE SSC	29	12 YRS	2011/03/26	M
249	Curtis_Spies	Rheenendal KILT	30	12 YRS	2011/02/18	M
260	MICHE_VISSER	MOSEL BAY	31	12 YRS	2011/09/26	F
261	AVE_PETERSE	MOSEL BAY	32	12 YRS	2011/04/12	F
361	Linke_Radyn	Kannaland	33	12 YRS	2011/07/18	F
44	Hesternick_Matthys	GEORGE SSC	34	12 YRS	2011/01/17	F
43	Sasha-Lee_DAMONS	GEORGE SSC	35	12 YRS	2011/06/06	F
362	Talita_van Huyssteen	Kannaland	36	12 YRS	2011/06/11	F
45	MUCHELENE_JORDAAN	GEORGE SSC	37	12 YRS	2011/10/20	F
244	Noah_Hartnick	Rheenendal KILT	38	12 YRS	2,011/08/03	M
363	Joshley-Aan_Meyer	Kannaland	39	12 YRS	2011/03/02	F
530	Keagan_Pedro	0	40	12 YRS	2011.03.14	0
248	Faizel_Brown	Rheenendal KILT	41	12 YRS	2011/04/04	M
126	Venicia_Pedro	KNYSNA PLET	42	12 YRS	2011/09/10	F
525	Connor_Maguire	0	43	12 YRS	2011.11.08	0
518	Caitlin_Doughlas	0	44	12 YRS	2010.08.02	0



			RESULTS			
G 13 -3km			8/19/2023			
ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
180	Melanesia_Lehman	Rheenendal KILT	1	13 YRS	2010/06/01	F
54	JUBILEA_DANISA	KNYSNA PLET	2	13 YRS	2010/08/13	F
130	Hendalene_Fredericks	0	3	13 YRS	2010/07/16	F
239	Sumay_Van Wyk	0	4	13 YRS	2010/05/26	F
330	LAMEESH_VISSER	Nedbank RC	5	13 YRS	2010/11/05	F
182	Corly-Ann_Pietersen	HESSEQUA	6	13 YRS	2010/01/09	F
531	Stahmer_Megan	0	7	13 YRS	2010.07.27	0
327	LU-CRECHA_VAN GREUN	HESSEQUA	8	13 YRS	2010/04/11	F
242	FAITH_Bhegeha	GEORGE SSC	9	13 YRS	2010/06/16	F
57	Kelly_Carolus	KNYSNA PLET	10	13 YRS	2010/12/24	F
181	Luane_Janse v Rensburg	Nedbank RC	11	13 YRS	2010/04/18	F
328	LEKEENYA_BRUINTJIES	Nedbank RC	12	13 YRS	2010/09/24	F
441	ARANCHA_KOONTHEA	HESSEQUA	13	13 YRS	2010/03/30	F
58	DEVONISHIA_LOUW	0	14	13 YRS	2010/10/12	F
329	RIHANA_CHIPPS	Nedbank RC	15	13 YRS	2010/01/03	F
			RESULTS			
SM 10/4 km : SW 8/4 km			8/19/2023			
ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
536	Selwyn_Matthews	Nedbank	1		1998.03.21	M
211	Zavion_Le Roux	Coastline AC	2		2001/02/27	M
210	Max-Lee_Pedro	Coastline AC	3		2001/06/02	M
212	Leon_Adams	Coastline AC	4		1994/02/01	M
534	Nadine_Malan	0	5		1999.01.17	0
543	Jose_Seconds	0	6		2002.05.09	0
553	Ayanda_Wildskut	0	7		2002.6.12	0
501	Louw-Ann_Lourens	Nedbank RC	8		2005/05/13	F
411	Talitha_Behrens	Nedbank RC	9		1971/05/11	F
213	Mario_van Schalkwyk	Coastline AC	10		2000/02/10	M
535	Francois_Maquassa	0	11		1995.02.07	0
516	Sibonele_Human	0	12		2000.02.27	0
500	Durando_Aweries	Nedbank RC	13		2003/07/30	M
499	Renier_Jansen	Nedbank RC	14		2003/08/18	M
515	Awonke_Komani	KMC	15		1998.03.17	M
301	Shermon_Joseph	Rainbow A.C	16		2004/01/09	M
498	Donavan_Jantjies	Nedbank RC	17		1996/07/01	M
			RESULTS			
B 13 4km			8/19/2023			
ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
47	CHRISTIANO_WEYERS	GEORGE SSC	1	13 YRS	2010/08/18	M

176	Pee-Jay_Adams	HESSEQUA	2	13 YRS	2010/02/20	M
326	JOHNDRE_JORDAAN	Nedbank RC	3	13 YRS	2010/03/25	M
177	Ivaanhoe_Michaels	HESSEQUA	4	13 YRS	2010/09/07	M
445	LUWARDO_SWARTS	Central Karoo	5	13 YRS	2010/05/03	M
127	Ayakha_Fana	KNYSNA PLET	6	13 YRS	2010/05/10	M
372	Eldene_Fortuin	Kannaland	7	13 YRS	2010/01/01	M
132	Noah_Jordaan	KNYSNA PLET	8	13 YRS	2010/08/19	M
443	LEIGHTON_LUCAS	Central Karoo	9	13 YRS	2010/10/08	M
131	Marvin_Jantjies	KNYSNA PLET	10	13 YRS	2010/03/20	M
254	Alizwa_Phiri	Thambalitsha KILT	11	13 YRS	2010/01/06	M
133	Fizel_Mafutu	KNYSNA PLET	12	13 YRS	2010/08/16	M
128	Gabrian_Luiters	KNYSNA PLET	13	13 YRS	2010/01/21	M
444	QUINLEY_SEPTEMBER	Central Karoo	14	13 YRS	2010/10/21	M
50	JAYDEN_JANSEN	GEORGE SSC	15	13 YRS	2010/04/19	M
179	Lendo_Baadjies	HESSEQUA	16	13 YRS	2010/12/30	M
483	Likhona_Luthango	Knysna MC	17	13 YRS	1900/01/00	M
369	Jacquie_Poedel	Kannaland	18	13 YRS	2010/11/07	M
446	LINCOLN_HAAS	Central Karoo	19	13 YRS	2010/10/22	M
178	Johannes_van Reenen	HESSEQUA	20	13 YRS	2010/08/14	M
52	ELDINO_DAMONS	GEORGE SSC	21	13 YRS	2010/04/08	M
370	Leaton_Dawids	Kannaland	22	13 YRS	2010/01/06	M
236	Andrew_Possel	MOSSEL BAY	23	13 YRS	2010/08/18	M
51	DORIAN_Liebenberg	GEORGE SSC	24	13 YRS	2010/09/26	M
247	Joshua_Ruiters	Rheenendal KILT	25	13 YRS	2010/09/28	M
447	DENZIL_ALBERTS	Central Karoo	26	13 YRS	2010/10/10	M
48	JERVURGO_MELOUW	GEORGE SSC	27	13 YRS	2010/07/06	M



## RESULTS

**B 14 & G 14 -4 km**

**8/19/2023**

ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
450	COLIN_KARELSE	Central Karoo	1	14 YRS	2009/04/09	M
185	Claydon_Riddles	HESSEQUA	2	14 YRS	2009/04/25	M
184	Luciano_Slawers	HESSEQUA	3	14 YRS	2009/11/04	M
403	Jac_du Plessis	Outeniqua Harriers	4	14 YRS	2009/11/16	M
331	WILFRED_HILANI	Nedbank RC	5	14 YRS	2009/11/10	M
61	CHRISTOPHER_WILLIAMS	GEORGE SSC	6	14 YRS	2009/05/05	M
451	CHRISTIAAN_SMITH	Central Karoo	7	14 YRS	2009/06/04	M
332	KHANYISO_PIETERSEN	Nedbank RC	8	14 YRS	2009/05/06	M
187	Ashley_Kouter	HESSEQUA	9	14 YRS	2009/02/07	M
62	Ishmael_Stander	GEORGE SSC	10	14 YRS	2009/12/07	M
60	ANVILL_PIETERSEN	GEORGE SSC	11	14 YRS	2009/08/07	M
376	Albert_Shinga	Kannaland	12	14 YRS	2009/12/15	M
480	Livenathi_Nkato	Knysna MC	13	14 YRS	1900/01/00	M
482	Asenathi_Cloete	Knysna MC	14	14 YRS	1900/01/00	M
378	Straun_Benjamin	Kannaland	15	14 YRS	2009/03/19	M
186	Shamieel_Du Preez	HESSEQUA	16	14 YRS	2009/01/20	M



65	Annabelle_McEwan	GEORGE SSC	17	14 YRS	2009/02/05	F
188	Tristan_Michaels	HESSEQUA	18	14 YRS	2009/10/30	M
449	CHANTE_ADAMS	Central Karoo	19	14 YRS	2009/05/13	F
380	Marquin_Herandien	Kannaland	20	14 YRS	2009/05/04	M
135	Anovugo_Nohana	KNYSNA PLET	21	14 YRS	2009/06/14	M
237	Ishaan_Isaacs	MOSSEL BAY	22	14 YRS	2009/05/08	M
495	Bryden_LUITERS	Coastline AC	23	14 YRS	2009/02/21	M
189	Christiano_Jacobs	HESSEQUA	24	14 YRS	2009/04/24	M
402	Lizandri_Koen	Nedbank	25	14 YRS	2009/01/17	F
381	J Mario_Januarie	Kannaland	26	14 YRS	2009/08/03	M
66	Brudene_Stoffels	GEORGE SSC	27	14 YRS	2009/07/29	F
286	NINA_CLOETE	LANGENHOVEN GIM	28	14 YRS	2009/08/04	F
373	Christa_Herdien	Kannaland	29	14 YRS	2009/06/06	F
207	Jonathan_September	HESSEQUA-LSEN	30	14 YRS	2009/11/22	M
68	HERIETTE_KOK	GEORGE SSC	31	14 YRS	2009/09/28	F
542	Duwayne_De Boer	Coastline AC	32	14 YRS	2009.07.10	M
69	Tasneem_Lawrence	GEORGE SSC	33	14 YRS	2009/06/28	F
245	Feabricio_Philander	Rheenendal KILT	34	14 YRS	2009/05/25	M
246	Fernando_Baadjes	Rheenendal KILT	35	14 YRS	2009/04/22	M
70	SAMI-LEE_OLIVIER	GEORGE SSC	36	14 YRS	2009/06/25	F



## RESULTS

**B15 & G15 -4km**

**8/19/2023**

ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
71	CUAN_WILDEMAN	GEORGE SSC	1	15 YRS	2008/02/03	M
94	Hayrem_Meiring	GEORGE SSC LSEN		15 YRS	2008/01/02	M
191	Willmark_Daniels	HESSEQUA	3	15 YRS	2008/06/30	M
337	Dian_Barkhuizen	Nedbank RC	4	15 YRS	2008/06/29	M
193	Aiden_Neethling	HESSEQUA	5	15 YRS	2008/12/07	M
494	Khanya_Matika	Coastline AC	6	15 YRS	2008/12/15	M
72	Luciano_Squire	GEORGE SSC	7	15 YRS	2008/12/05	M
73	Keenan_Goliath	GEORGE SSC	8	15 YRS	2008/02/10	M
524	Sonwabise_Ndyawe	Bayethe	9	15 YRS	2008.01.23	M
383	Jayden_Volmink	Kannaland	10	15 YRS	2008/06/21	M
192	Vernito_Adams	HESSEQUA	11	15 YRS	2008/07/18	M
333	JENORICH_VISSER	Nedbank RC	12	15 YRS	2008/07/26	M
382	Waden_Jelander	Kannaland	13	15 YRS	2008/05/16	M
557	Braydon_Kampher	KMC	14	15 YRS	2008.9.16	M
461	ZAANDRE_KRUGER	Central Karoo	15	15 YRS	2008/11/06	M
137	Nhlanhla_Mhlaba	KNYSNA PLET	16	15 YRS	2008/10/13	M
462	THABANG_LAWRENCE	Central Karoo	17	15 YRS	2008/04/30	M
384	Josef_Bantom	Kannaland	18	15 YRS	2008/06/03	M
74	Kurtley_Tamboer	GEORGE SSC	19	15 YRS	2008/11/04	M
377	Romeo_Grootboom	Kannaland	20	15 YRS	2009/03/19	M
75	John_Jantjies	GEORGE SSC	21	15 YRS	2008/12/05	M
95	Joshua_Titus	GEORGE SSC LSEN	22	15 YRS	2008/08/12	M

484	Liyabona_Nciya	Knysna MC	23	15 YRS	1900/01/00	M
264	BIANCO_WITBOOI	MOSSEL BAY	24	15 YRS	2008/10/15	M
481	Olwethu_Balana	Knysna MC	25	15 YRS	1900/01/00	M
288	ANE_BESTER	LANGENHOVEN GIM	26	15 YRS	2008/09/01	F
76	BURNETT_CLAASSEN	GEORGE SSC	27	15 YRS	2008/10/08	M
217	Tayron_Taylor	Coastline AC	28	15 YRS	2008/02/20	M
194	Junesce_Michaels	HESSEQUA	29	15 YRS	2008/04/16	F
517	Liyabona_Jacobs	KMC	30	15 YRS	2008.7.3	M
386	Cheslin_Witbooi	Kannaland	31	15 YRS	2008/02/26	M
196	Chelsea_Saayman	HESSEQUA	32	15 YRS	2008/08/21	F
385	Neol_Bell	Kannaland	33	15 YRS	2008/12/09	M
96	Andrew_Mapoe	GEORGE SSC LSEN	34	15 YRS	2008/01/14	M
496	Kehano_Fry	Coastline AC	35	15 YRS	2008/06/22	M
463	AHLUME_KOSTER	Central Karoo	36	15 YRS	2008/02/19	M
456	RHINEY_MARITZ	Central Karoo	37	15 YRS	2008/04/08	F
404	Addison_Gillespie	Outeniqua Harriers	38	15 YRS	2008/04/30	F
551	Bailee_Nell	Glenwood House	39	15 YRS	2008.8.21	F
544	M_Pretorius	Langenhoven	40	15 YRS	1900/01/00	F
220	Raylene_Taylor	Coastline AC	41	15 YRS	2008/08/13	F
97	MC_Behm	GEORGE SSC LSEN	42	15 YRS	2008/07/01	M
98	JAYDEN_SCHOEMAN	GEORGE SSC LSEN	43	15 YRS	2008/08/25	M
78	Georgia_Kamfer	GEORGE SSC	44	15 YRS	2008/10/11	F
100	Jaymare_Janse	GEORGE SSC LSEN	45	15 YRS	2008/05/03	F
106	Randalene_Treurnicht	GEORGE SSC LSEN	46	15 YRS	2008/01/15	F
545	Myla_Saterdag	George LSen	47	15 YRS	2008.07.10	F



## RESULTS

**B16 -6km & G16- 4km**

**8/19/2023**

ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
289	CHANELLE_BESTER	LANGENHOVEN GIM	1	16 YRS	2007/01/12	F
200	Febe_Michaels	HESSEQUA	2	16 YRS	2007/09/07	F
405	Marilie_Duvenage	Outeniqua Harriers	3	16 YRS	2007/04/30	F
556	Megan_Hyde	Glenwood House	4	16 YRS	1900/01/00	F
83	Hilliny_Witbooi	GEORGE SSC	5	16 YRS	2007/05/26	F
199	Isabella_Vorster	HESSEQUA	6	16 YRS	2007/10/30	F
408	Danelle_van der Merwe	Outeniqua Harriers	7	16 YRS	2007/09/25	F
84	Devinique_Petersen	GEORGE SSC	8	16 YRS	2007/01/15	F
79	RUWAYDEN_OLIVIER	GEORGE SSC	9	16 YRS	2007/05/12	M
407	Thinus_Erasmus	Nedbank RC	10	16 YRS	2007/06/20	M
388	Waylon_Alexander	Kannaland	11	16 YRS	2007/10/17	M
465	JACO_VAN WYK	Central Karoo	12	16 YRS	2007/08/16	M
540	T_Tihmalong	Coastline AC	13	16 YRS	2007.07.18	M
406	Marco_Erasmus	Outeniqua Harriers	14	16 YRS	2007/12/18	M
197	Jordan-Lee_Pietersen	HESSEQUA	15	16 YRS	2007/07/30	M
410	Rainart_Behrens	Nedbank RC	16	16 YRS	2007/05/16	M
466	CLIFTON_FINK	Central Karoo	17	16 YRS	2007/05/19	M

469	PRESTELLO_OLIFANT	Central Karoo	18	16 YRS	2007/05/12	M
111	Jaydene_Hardnick	GEORGE SSC LSEN	19	16 YRS	2007/06/09	F
201	Jodi Ann_Scholtz	HESSEQUA	20	16 YRS	2007/06/14	F
479	Luxabiso_Ntshota	Knysna MC	21	16 YRS	1900/01/00	M
509	Gerano_Rossouw	Morester	22	16 YRS	2007.12.12	M
250	Liechen_Pretorius	Concordia KILT	23	16 YRS	2007/06/19	M
107	Freakline_du Plessis	GEORGE SSC LSEN	24	16 YRS	2007/06/29	M
467	THULANI_BENJAMIN	Central Karoo	25	16 YRS	2007/05/14	M
389	Jean_Scheffers	Kannaland	26	16 YRS	2007/06/06	M
390	Christoffer_Paulse	Kannaland	27	16 YRS	2007/06/21	M
393	Jaylee_Arnoldus	Kannaland	28	16 YRS	2007/10/09	M
391	Krizim_Antonie	Kannaland	29	16 YRS	2007/09/23	M
387	Luciano_Benjamin	Kannaland	30	16 YRS	2008/11/17	M
80	Inganathi_Bambiso	GEORGE SSC	31	16 YRS	2007/02/07	M
541	Marius_De Vlam	Coastline AC	32	16 YRS	2007.11.11	M
81	JAYDEN_WILSKUT	GEORGE SSC	33	16 YRS	2007/11/20	M
108	Maurice_Desfontaines	GEORGE SSC LSEN	34	16 YRS	2007/11/13	M
198	Henrique_Cupido	HESSEQUA	35	16 YRS	2007/12/10	M
82	Iwandrio_Pedro	GEORGE SSC	36	16 YRS	2007/06/08	M



## RESULTS

**B17 -6km 7 G17 - 4km**

**8/19/2023**

ATH NR	ATHLETE	CLUB/ SCHOOL	Race POS	AGE	DOB	M/F
203	Clairese_Moses	HESSEQUA	1	17 YRS	2006/05/11	F
409	Micke_Jansen van Rensb	Outeniqua Harriers	2	17 YRS	2006/12/13	F
86	SHAFIEKA_DU PREEZ	GEORGE SSC	3	17 YRS	2006/07/11	F
87	SHANEANE_ROMAN	GEORGE SSC	4	17 YRS	2006/12/06	F
112	Valentino_Loggenberg	GEORGE SSC LSEN	5	17 YRS	2006/12/04	M
114	Charne_Thana	GEORGE SSC LSEN	6	17 YRS	2006/04/14	F
468	RADEAM_FRIESLAAR	Central Karoo	7	17 YRS	2006/01/05	M
511	Lwellyn_Du Toit	Fesekile	8	17 YRS	2006.02.11	M
505	Denray_Esau	Uniondale	9	17 YRS	2003.08.25	M
85	Athenkosi_Muggels	GEORGE SSC	10	17 YRS	2006/07/13	M
88	Jana_Strydom	GEORGE SSC	11	17 YRS	2006/09/29	F
470	DIMITRI_KOSLA	Central Karoo	12	17 YRS	2006/02/26	M
507	Luciano_Daniëls	Uniondale	13	17 YRS	2006.06.12	M
394	Mighael_Arnoldus	Kannaland	14	17 YRS	2006/04/20	M
506	Anslin_Saaiman	Uniondale	15	17 YRS	2006.11.25	M
555	Nicolas_Vrey	Glenwood House	16	17 YRS	2006.9.4	M
508	Zoran_Booyesen	Uniondale	17	17 YRS	2006.06.10	M
396	Marcus_Swanepoel	Kannaland	18	17 YRS	2006/06/12	M
116	Justine_Geswint	GEORGE SSC LSEN	19	17 YRS	2006/08/05	F
115	Michaela_Jansen	GEORGE SSC LSEN	20	17 YRS	2006/01/29	F
113	Gareth_Michaels	GEORGE SSC LSEN	21	17 YRS	2006/03/01	M
273	Dewaal_Marx	HARTENBOS	22	17 YRS	2006/06/13	M
202	Edwina_Swartz	HESSEQUA	23	17 YRS	2006/05/29	F

398	Keagon_Wagenaar	Kannaland	24	17 YRS	2006/08/08	M
397	Wentzel_Vernis	Kannaland	25	17 YRS	2006/07/23	M

2023

<b>RACE 1</b>
<b>TIME</b>
23,13
23,38
23,45
24,00
24,54
25,21
26,07
26,28
27,29
28,43
30,08
30,29
31,25
31,27
31,28
<b>RACE 2</b>
<b>TIME</b>
16,24
16,27
16,41
16,48
18,02
18,53
19,32
20,06
20,39
22,00
<b>RACE 3</b>
<b>TIME</b>
4,08
4,11
4,16
4,29
4,32
4,55

4,56
4,59
5.03.0
5.03.3
5.03.5
5.03.8
5,04
5,10
5,11
5,16
5,17
5,25
5,37
5.39.2
5.39.8
5,51
6,06
6,25
7,10
9,49
<b>RACE 4</b>
<b>TIME</b>
6,37
7
7,06
7,12
7,21
7,32
7,33
7,37
7.40.5
7.40.8
7,44
7,53
7,59
8,04
8,08
8,09
8.11.9
8.12.1
8.12.2
8.12.5
8.12.7



8,25
8,26
8,27
8,27
8,28
8,35
8,38
8,41
8,53
8,55
8,58
9,06
9,09
9,1
9,2
9,38
10,23
<b>RACE 5</b>
<b>TIME</b>
6,31
6,39
6,44
6.51.2
6.51.7
6,56
6,58
7,02
7,1
7,13
7,18
7,21
7,22
7,23
7,25
7,26
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7,57
8,01
8,03
8,21
8,25
8,28
8,3
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8,41
8,44
8,53
8,54
9,03
9,27
DNF
<b>RACE 6</b>
<b>TIME</b>
10,21
10,23
10,39
10,48
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11,04
11,17
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11,22
11,23
11.29.6
11.29.8
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11,31
11,36
12,02
12,07
12,09
12,16
12,18
12.21.2
12.21.6
12.24.6
12,4
12,48
12,54
12,58

12,59
13,01
13,17
13,2
13,21
13,25
13,41
13,56
14,2
14,23
14,44
14,48
15.56.5
15.56.8
16,02
16,07
16,18
16,22
16,35
18,32
20,4

DNF

**RACE 7**

**TIME**

23,00
23,56
24,17
24,30
25,23
26,02
26,29
26,47
26,55
27,09
27,13
27,29
28,41
29,14
30,17
30,27

DNF

**RACE 8**

<b>TIME</b>
9,56
10
10,04
10,24
10,4
10,44
10,52
10,58
11,06
11.08.2
11.08.9
11,11
11,12
11,15
11,17
11,23
11,3
11,38
11,39
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11,54
11,59
12,02
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13,25
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14,16
14,21
14,24
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17,1
DNF

**RACE 9****TIME**

11,30

11,50

12,05

12,14

12,15

12,29

12,34

12,50

12,53

12,56

13,03

13,09

13,20

13,42

14,40

**RACE 10****TIME**

11,15

11,41

12,09

12,48

16,04

16,31

16,40

18,49

20,14

30,53

31,37

31,57

32,58

33,02

33,41

37,31

45,47

**RACE 11****TIME**

13,01

13,09
13.12.2
13.12.5
13,23
13,38
13,42
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14,23
14,34
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14,55
15,03
15,21
15,22
15,34
15,54
15,56
15,59
16,21
16,29
16,31
DNF
<b>RACE 12</b>
<b>TIME</b>
11,57
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12.13.1
12.13.8
13,21
13,23
13,31
13,38
13,39
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13,53
13,59
14,01
14,02
14,14
14,23



14,37
14,51
14,55
15,04
15,12
15,20
15,21
15.22.1
15.22.3
15,31
16,11
16,17
17,02
17,03
17,44
17,53
21,29
22.07.1
22.07.4
25,11
<b>RACE 13</b>
<b>TIME</b>
12,27
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12.29.5
12,30
12,36
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12,54
12,58
13.17.3
13.17.9
13,19
13,20
13.37.0
13.37.7
13,39
13,40
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13,45
13,53
13,58
13,59
14,05

14,11
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14,13
14,15
14.33.6
14,37
15,03
15,06
15,08
15,30
15,44
16,03
16,10
16,11
16,15
16,19
16,53
17,25
18,11
19,02
20,16
21,14
23,46
25,00
DNF
<b>RACE 14</b>
<b>TIME</b>
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16,05
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16,44
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18,54
18,57
18,58
19,00
19,22
19,24
19,48

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20,18
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20.45.2
20.45.4
21,15
21,20
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<b>RACE 15</b>
<b>TIME</b>
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