

CHARLO CROSS COUNTRY LEAGUE 2018

SENIOR MEN - 10KM

| | | | | | | | | Position Points | | | | | Total | Times on Race | | | | | | | |
|------|---------|----------|------------|-----|-----|-----|------------|-----------------|-----------|----------|--------|-----|-----------|---------------|------------|-----------|----------|--------|-----|-----------|--|
| L NO | NAME | SURNAME | CLUB | SEX | AGE | Pos | D. O. B. | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | |
| 870 | JUWAYNE | FLETCHER | CHARLO A C | M | 27 | 20 | 21/10/1990 | 28 | * | | | | | 28 | 0.42.59 | * | | | | | |
| | | | | | | | | * | * | | | | | 0 | | | | | | | |
| | | | | | | | | * | * | | | | | 0 | | | | | | | |

6

MEN 40 - 49 / 8KM

| L NO | NAME | SURNAME | CLUB | SEX | AGE | Pos | D. O. B. | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | |
|------|----------|---------|------------|-----|-----|-----|------------|------------|-----------|----------|--------|-----|-----------|----|------------|-----------|----------|--------|-----|-----------|--|
| 928 | ALLISTER | MARRAN | CHARLO A C | M | 42 | 5,5 | 17/02/1976 | 43 | 43 | | | | | 43 | 0.43.55 | 0.43.29 | | | | | |
| | | | | | | | | * | * | | | | | 0 | | | | | | | |
| | | | | | | | | * | * | | | | | 0 | | | | | | | |

5

MEN 50 - 59 / 8KM

| L NO | NAME | SURNAME | CLUB | SEX | AGE | Pos | D. O. B. | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | |
|------|-------|----------|------------|-----|-----|-----|------------|------------|-----------|----------|--------|-----|-----------|----|------------|-----------|----------|--------|-----|-----------|--|
| 913 | PETER | POHLMANN | CHARLO A C | M | 54 | 5,6 | 07/08/1963 | 43 | 42 | | | | | 85 | 0.42.47 | 0.41.24 | | | | | |
| 967 | MIKE | BURGER | CHARLO | M | 58 | 3 | 08/06/1959 | * | 45 | | | | | 45 | * | 0.38.04 | | | | | |
| | | | | | | | | * | | | | | | 0 | | | | | | | |

2

4

MEN 60 - 69 - 74 / 6KM

| L NO | NAME | SURNAME | CLUB | SEX | AGE | Pos | D. O. B. | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | |
|------|-------|----------|------------|-----|-----|-----|------------|------------|-----------|----------|--------|-----|-----------|----|------------|-----------|----------|--------|-----|-----------|--|
| 920 | LOCHI | LOCHNER | CHARLO A C | M | 70 | 1 | 23/12/1947 | 50 | * | | | | | 50 | 0.29.14 | * | | | | | |
| 969 | GARY | KELLEHER | CHARLO A C | M | 60 | 4,6 | 09/09/1957 | 44 | 42 | | | | | 86 | 0.30.20 | 0.34.23 | | | | | |
| | | | | | | | | * | | | | | | 0 | | | | | | | |

3

1

MEN 75+ / 4KM

| L NO | NAME | SURNAME | CLUB | SEX | AGE | Pos | D. O. B. | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | |
|------|------|---------|------|-----|-----|-----|----------|------------|-----------|----------|--------|-----|-----------|---|------------|-----------|----------|--------|-----|-----------|--|
| | | | | | | | | * | | | | | | 0 | | | | | | | |
| | | | | | | | | * | | | | | | 0 | | | | | | | |
| | | | | | | | | * | | | | | | 0 | | | | | | | |

SENIOR WOMEN - 4KM

| L NO | NAME | SURNAME | CLUB | SEX | AGE | Pos | D. O. B. | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | |
|------|------|---------|------|-----|-----|-----|----------|------------|-----------|----------|--------|-----|-----------|---|------------|-----------|----------|--------|-----|-----------|--|
| | | | | | | | | * | | | | | | 0 | | | | | | | |
| | | | | | | | | * | | | | | | 0 | | | | | | | |
| | | | | | | | | * | | | | | | 0 | | | | | | | |

WOMEN 40 - 49 / 4KM

| L NO | NAME | SURNAME | CLUB | SEX | AGE | Pos | D. O. B. | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | |
|------|--------|---------|--------|-----|-----|-----|------------|------------|-----------|----------|--------|-----|-----------|----|------------|-----------|----------|--------|-----|-----------|--|
| 943 | DENISE | DARLOW | CHARLO | F | 49 | 3 | 02/10/1968 | * | 45 | | | | | 45 | * | 0.21.16 | | | | | |
| | | | | | | | | * | | | | | | 0 | | | | | | | |
| | | | | | | | | * | | | | | | 0 | | | | | | | |

4

WOMEN 50 - 59 / 4KM

| L NO | NAME | SURNAME | CLUB | SEX | AGE | Pos | D. O. B. | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | |
|------|----------|---------|------------|-----|-----|-----|------------|------------|-----------|----------|--------|-----|-----------|----|------------|-----------|----------|--------|-----|-----------|--|
| 901 | EUSENTHA | PILLAY | CHARLO A C | F | 52 | 4,4 | 10/09/1965 | 44 | 44 | | | | | 88 | 0.26.45 | 0.25.55 | | | | | |
| 836 | SUSAN | PIRON | CHARLO A C | F | 54 | 5,6 | 25/08/1963 | 43 | 42 | | | | | 85 | 0.27.33 | 0.29.22 | | | | | |
| 962 | MILE | VERMAAK | CHARLO A C | F | 51 | 7,8 | 25/08/1964 | 41 | 40 | | | | | 81 | 0.31.28 | 0.29.59 | | | | | |
| | | | | | | | | * | | | | | | 0 | | | | | | | |

1

2

3

WOMEN 60 - 70+ / 4KM

| L NO | NAME | SURNAME | CLUB | SEX | AGE | Pos | D. O. B. | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | | Strelitzia | St Albans | Varsvlei | Adcock | NMU | EP Champs | |
|------|------|---------|------|-----|-----|-----|----------|------------|-----------|----------|--------|-----|-----------|---|------------|-----------|----------|--------|-----|-----------|--|
| | | | | | | | | * | | | | | | 0 | | | | | | | |
| | | | | | | | | * | | | | | | 0 | | | | | | | |
| | | | | | | | | * | | | | | | 0 | | | | | | | |

SPORTS IMPACT EVENTS EPA X-COUNTRY LEAGUE 2, ST ALBANS, PORT ELIZABETH - 02/06/2018

RACE 1

| SENIOR MEN - 10 KM | | | | | | | | | | |
|--------------------|------|------|------------|------------|---------------------|-----|-----|------|---------|------------|
| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
| 1 | 1132 | 355 | MELIKHAYA | FRANS | IKHAMVA A C | M | 28 | SM10 | 0.31.57 | 05/02/1990 |
| 2 | 1031 | 2349 | MARIANO | EESOU | BESTMED MADIBAZ A C | M | 25 | SM10 | 0.32.00 | 07/12/1991 |
| 3 | 1137 | 2567 | ANDILE | MOTWANI | TINARHA A C | M | 20 | SM10 | 0.32.45 | 02/01/1997 |
| 4 | 1135 | 366 | ZOLANI | MABONGO | IKHAMVA A C | M | 31 | SM10 | 0.33.08 | 01/07/1986 |
| 5 | 1133 | 356 | LUYANDA | TSHANGANA | IKHAMVA A C | M | 34 | SM10 | 0.33.34 | 17/06/1983 |
| 6 | 1032 | 2508 | ANDRE | KETCHEM | X-CEL A C | M | 34 | SM10 | 0.34.15 | 07/10/1983 |
| 7 | 1138 | 381 | BULELANI | NIWA | IKHAMVA A C | M | 34 | SM10 | 0.34.55 | 13/11/1983 |
| 8 | 1039 | 2565 | VUYOLWETHU | SELANA | SAP A C EP | M | 21 | SM10 | 0.35.19 | 02/11/1995 |
| 9 | 1136 | 2749 | THANDO | NCIPHA | SAP A C EP | M | 25 | SM10 | 0.35.36 | 24/02/1992 |
| 10 | 1036 | 2768 | SIBUSISO | THU | SAP A C EP | M | 30 | SM10 | 0.35.47 | 06/02/1988 |
| 11 | 1037 | 2743 | SINETHEMBA | MIRELE | SAP A C EP | M | 21 | SM10 | 0.36.25 | 17/04/1997 |
| 12 | 1028 | T | BANATI | SILILI | TEMP | M | 21 | SM10 | 0.36.43 | 17/02/1997 |
| 13 | 1029 | 2388 | LINDELANI | MLISA | MOTHERWELL A C | M | 21 | SM10 | 0.37.17 | 11/01/1997 |
| 14 | 1139 | 362 | KHAYALETHU | MAKALIMA | IKHAMVA A C | M | 34 | SM10 | 0.38.28 | 30/08/1983 |
| 15 | 1033 | 1350 | BRENDON | EFFENAAR | NEDBANK RC EP | M | 21 | SM10 | 0.39.37 | 28/02/1996 |
| 16 | 1141 | 2798 | NDYEDO | QWAKANISA | SAP A C EP | M | 31 | SM10 | 0.39.46 | 13/01/1987 |
| 17 | 1030 | T | HLUMISA | BUKANI | TEMP | M | 20 | SM10 | 0.44.48 | 12/05/1998 |
| 18 | 1035 | 1092 | EDEN | GRUNDLINGH | ACHILLES AAA | M | 28 | SM10 | 0.46.23 | 08/11/1989 |

| SENIOR WOMEN - 10 KM | | | | | | | | | | |
|----------------------|------|------|-----------|---------|-----------------|-----|-----|------|---------|------------|
| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
| 1 | 1134 | 386 | LUTHANDO | NXANISA | IKHAMVA A C | F | 25 | SF10 | 0.41.51 | 20/11/1992 |
| 2 | 1040 | 510 | SIPHOKAZI | NOJOKO | MOTHERWELL A C | F | 22 | SF10 | 0.42.26 | 09/11/1994 |
| 3 | 1140 | 202 | ADRI | WESSELS | ST ALBANS CS EP | F | 42 | SF10 | 0.44.02 | 05/12/1975 |
| 4 | 1041 | 506 | OLWETHU | BOMVANA | MOTHERWELL AC | F | 31 | SF10 | 0.49.05 | 15/05/1986 |

| MEN 35 - 39 / 8KM | | | | | | | | | | |
|-------------------|------|------|----------|----------|----------------|-----|-----|--------|---------|------------|
| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
| 1 | 8255 | 243 | SIZAKELE | DAYIMANI | KOWIE STRIDERS | M | 38 | 35-39M | 0.30.34 | 04/03/1980 |
| 2 | 8267 | 2107 | RIAAN | VOSLOO | DESPATCH A C | M | 39 | 35-39M | 0.31.24 | 01/04/1978 |
| 3 | 1042 | 1439 | MZOLISI | MAKHANDA | NEDBANK RC EP | M | 35 | 35-39M | 0.33.53 | 21/11/1982 |

| MEN 40 - 44 / 8KM | | | | | | | | | | |
|-------------------|------|------|----------|-----------|-------------------|-----|-----|--------|---------|------------|
| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
| 1 | 8041 | 1905 | MZWANELE | MAPHEKULA | BLUEWATER BAY A C | M | 41 | 40-44M | 0.29.19 | 15/08/1976 |

| | | | | | | | | | | |
|---|------|------|-----------|-----------|------------------|---|----|--------|---------|------------|
| 2 | 8254 | 1457 | RICHARD | MAZUNGULA | NEDBANK RC EP | M | 41 | 40-44M | 0.34.57 | 13/01/1977 |
| 3 | 8046 | 1088 | WAYNE | MITCHELL | ACHILLES AAA | M | 44 | 40-44M | 0.36.39 | 31/01/1973 |
| 4 | 8037 | 551 | RODGER | GYSMAN | RUN 4 CHRIST A C | M | 44 | 40-44M | 0.38.14 | 15/11/1973 |
| 5 | 8266 | 928 | ALLISTER | MARRAN | CHARLO A C | M | 42 | 40-44M | 0.43.29 | 17/02/1976 |
| 6 | 8043 | 206 | BENNETTUS | WELCH | ST ALBANS CS EP | M | 43 | 40-44M | 0.44.54 | 06/10/1974 |

MEN 45 - 49 / 8KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|--------|----------|---------------------|-----|-----|--------|---------|------------|
| 1 | 8258 | 1735 | NOEL | ADAMS | GELVAN A C | M | 45 | 45-49M | 0.29.54 | 17/06/1972 |
| 2 | 8042 | 1713 | GILROY | DOMINGO | GELVAN A C | M | 45 | 45-49M | 0.35.29 | 17/06/1972 |
| 3 | 8047 | 1745 | HILTON | DOUGLAS | KOUGA MULTI S C | M | 46 | 45-49M | 0.35.32 | 06/06/1971 |
| 4 | 8036 | 190 | MARIUS | FERREIRA | ST ALBANS CS EP | M | 49 | 45-49M | 0.36.51 | 06/08/1968 |
| 5 | 1034 | 1740 | BASIL | STEVENS | GELVAN A C | M | 45 | 45-49M | 0.45.52 | 25/09/1971 |
| 6 | 1044 | 2241 | BILL | DAVIDS | BESTMED MADIBAZ A C | M | 48 | 45-49M | 0.48.15 | 22/10/1969 |
| 7 | 1045 | 1008 | MILES | HOLLINS | BODY CONCEPT | M | 45 | 45-49M | 0.48.20 | 21/01/1973 |
| 8 | 8257 | 577 | RIAAN | BARNARD | RUN 4 CHRIST A C | M | 49 | 45-49M | 0.50.14 | 22/12/1968 |

MEN 50 - 54 / 8KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|----------|----------|---------------------|-----|-----|--------|---------|------------|
| 1 | 6262 | 1175 | SIERAAGH | NORDIEN | ACHILLES AAA | M | 54 | 50-54M | 0.27.31 | 04/09/1963 |
| 2 | 8251 | 1170 | DESMOND | ZIBI | ACHILLES AAA | M | 54 | 50-54M | 0.29.26 | 21/09/1963 |
| 3 | 8256 | 1559 | WELCOME | LOLIWE | NEDBANK RC EP | M | 53 | 50-54M | 0.31.07 | 10/11/1964 |
| 4 | 8262 | 2217 | LINTON | HARMSE | BESTMED MADIBAZ AC | M | 53 | 50-54M | 0.36.04 | 13/09/1963 |
| 5 | 8263 | 260 | MICHAEL | NELSON | KOWIE STRIDERS | M | 52 | 50-54M | 0.40.50 | 19/06/1965 |
| 6 | 8264 | 913 | PETER | POHLMANN | CHARLO A C | M | 53 | 50-54M | 0.41.24 | 07/08/1963 |
| 7 | 8259 | 2215 | WAYNE | MACGEAR | BESTMED MADIBAZ A C | M | 54 | 50-54M | 0.45.57 | 16/06/1963 |
| 8 | 1043 | 465 | HELMUT | TERBLANS | WALMER A C | M | 51 | 50-54M | 0.50.41 | 20/02/1965 |

MEN 55 - 59 / 8KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|-------|---------|-----------|------------------|-----|-----|--------|---------|------------|
| 1 | 8260 | 1120 | BENNIE | STADLER | ACHILLES AAA | M | 55 | 55-59M | 0.32.26 | 25/02/1963 |
| 2 | 8253 | 301 | IAN | PATTERSON | MUIRITE STRIDERS | M | 55 | 55-59M | 0.33.17 | 26/05/1963 |
| 3 | 8044 | 967 | MIKE | BURGER | CHARLO A C | M | 58 | 55-59M | 0.38.04 | 08/06/1959 |
| 4 | 8048 | 571 | ATTIE | WILLIAMS | RUN 4 CHRIST A C | M | 55 | 55-59M | 0.39.43 | 01/01/1963 |
| 5 | 1046 | 12623 | STEPHEN | MCCARTHY | EDGEMEAD R C | M | 57 | 55-59M | 0.44.11 | 13/02/1961 |

MEN 70 - 74 / 6KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|--------|---------|------------|-----|-----|--------|---------|------------|
| 1 | 6046 | 2779 | HERMAN | DEKKER | SAP A C EP | M | 73 | 70-74M | 0.35.20 | 18/12/1944 |

| | | | | | | | | | | |
|---|------|------|-------|--------|--------------|---|----|--------|---------|------------|
| 2 | 6051 | 1126 | TOM | D'ARCY | ACHILLES AAA | M | 72 | 70-74M | 0.35.46 | 18/02/1946 |
| 3 | 6034 | T | KARAL | STEYN | TEMP | M | 72 | 70-74M | 0.48.18 | 26/03/1946 |

MEN 60 - 64 / 6KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|---------|-----------|----------------|-----|-----|--------|---------|------------|
| 1 | 6258 | 2483 | CHESTER | BROOKS | X-CEL A C | M | 60 | 60-64M | 0.26.22 | 26/02/1958 |
| 2 | 6253 | 257 | STICKS | STIGLINGH | KOWIE STRIDERS | M | 62 | 60-64M | 0.26.28 | 24/10/1954 |
| 3 | 6255 | 1156 | BRUCE | MCEWAN | ACHILLES AAA | M | 63 | 60-64M | 0.28.19 | 26/09/1953 |
| 4 | 6045 | 1466 | AT | SCHOEMAN | NEDBANK RC EP | M | 61 | 60-64M | 0.30.02 | 16/10/1956 |
| 5 | 6038 | 1144 | KEN | BARWOOD | ACHILLES AAA | M | 62 | 60-64M | 0.34.05 | 17/05/1955 |
| 6 | 6049 | 969 | GARY | KELLEHER | CHARLO AC | M | 60 | 60-64M | 0.34.23 | 09/09/1957 |
| 7 | 6263 | 1135 | MOF | BOTHA | ACHILLES AAA | M | 61 | 60-64M | 0.36.59 | 30/11/1955 |
| 8 | 6061 | 1118 | RODNEY | MAGGOTT | ACHILLES AAA | M | 60 | 60-64M | 0.41.31 | 25/01/1958 |

MEN 65 - 69 / 6KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|---------|---------|-------------------------|-----|-----|--------|---------|------------|
| 1 | 6259 | 1659 | HANNES | ELS | MADIBA BAY WARRIORS A C | M | 68 | 65-69M | 0.25.55 | 08/01/1950 |
| 2 | 6252 | 1084 | SIZINZO | KAMA | ACHILLES AAA | M | 66 | 65-69M | 0.27.34 | 15/07/1951 |
| 3 | 6052 | 1106 | ERROL | BLACK | ACHILLES AAA | M | 66 | 65-69M | 0.28.18 | 27/10/1950 |
| 4 | 6035 | 1608 | EDDIE | EADES | NEDBANK RC EP | M | 69 | 65-69M | 0.28.44 | 23/02/1949 |
| 5 | 6254 | 1148 | PERCY | DALTON | ACHILLES AAA | M | 69 | 65-69M | 0.30.05 | 31/07/1948 |
| 6 | 6251 | 1111 | GRAHAM | CHANNON | ACHILLES AAA | M | 67 | 65-69M | 0.31.14 | 05/09/1949 |
| 7 | 6042 | 1164 | JOHN | KOTZE | ACHILLES AAA | M | 67 | 65-69M | 0.35.55 | 09/05/1951 |
| 8 | 6053 | 1139 | GRAHAM | NELL | ACHILLES AAA | M | 67 | 65-69M | 0.41.49 | 09/04/1951 |

WOMEN 70 - 74 / 4KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|----------|---------|---------------|-----|-----|--------|---------|------------|
| 1 | 4117 | 1463 | RONELLE | STEYN | NEDBANK RC EP | F | 74 | 70-74F | 0.25.59 | 21/02/1944 |
| 2 | 4161 | 78 | JEANETTE | PIENAAR | P.E.A.A.C. | F | 70 | 70-74F | 0.30.43 | 04/05/1948 |

WOMEN 65 - 69 / 4KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|-------|-----------|----------------|-----|-----|--------|---------|------------|
| 1 | 4257 | 265 | AVRIL | BEYLEVELD | KOWIE STRIDERS | F | 66 | 65-69F | 0.23.26 | 09/09/1951 |

WOMEN 55 - 59 / 4KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|---------|---------|-----------------|-----|-----|--------|---------|------------|
| 1 | 4152 | 241 | LULAMA | MCEKA | KOWIE STRIDERS | F | 57 | 55-59F | 0.24.48 | 26/05/1961 |
| 2 | 4142 | 2199 | LACHMIE | PULLEN | ST ALBANS CS EP | F | 56 | 55-59F | 0.35.02 | 11/02/1962 |

WOMEN 50 - 54 / 4KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|-----------|------------|-------------------|-----|-----|--------|---------|------------|
| 1 | 4138 | 1194 | CHRISTINE | CLAASEN | ACHILLES AAA | F | 53 | 50-54F | 0.17.13 | 25/08/1964 |
| 2 | 4259 | 1174 | PAULETTE | MCEWAN | ACHILLES AAA | F | 53 | 50-54F | 0.20.35 | 27/02/1965 |
| 3 | 4157 | 1114 | GAIL | KLICHOWICZ | ACHILLES AAA | F | 51 | 50-54F | 0.21.20 | 10/11/1966 |
| 4 | 4156 | 901 | EUSENTHA | PILLAY | CHARLO A C | F | 52 | 50-59F | 0.25.55 | 10/09/1965 |
| 5 | 4160 | 1165 | LESLEY | MAGGOTT | ACHILLES AAA | F | 51 | 50-54F | 0.27.15 | 16/04/1967 |
| 6 | 4154 | 836 | SUSAN | PIRON | CHARLO A C | F | 54 | 50-54F | 0.29.22 | 25/08/1963 |
| 7 | 4155 | 1955 | VICKI | REYNOLDS | BLUEWATER BAY A C | F | 54 | 50-54F | 0.29.46 | 25/01/1964 |
| 8 | 4162 | 962 | MILE | VERMAAK | CHARLO A C | F | 51 | 50-54F | 0.29.59 | 25/12/1966 |
| 9 | 4141 | 2545 | NOMBEKO | YONA | ST ALBANS CS EP | F | 50 | 50-54F | 0.45.50 | 03/11/1967 |

WOMEN 45 - 49 / 4KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|----------|-----------|-------------------|-----|-----|--------|---------|------------|
| 1 | 4128 | 1911 | JENE | BANFIELD | BLUEWATER BAY A C | F | 47 | 45-49F | 0.17.17 | 22/08/1970 |
| 2 | 4273 | 1526 | GRIZELDA | PIETERSEN | NEDBANK RC EP | F | 49 | 45-49F | 0.18.46 | 29/10/1968 |
| 3 | 6257 | 943 | DENISE | DARLOW | CHARLO A C | F | 49 | 45-49F | 0.21.16 | 02/10/1968 |
| 4 | 4167 | 550 | LIEZEL | WAIT | RUN 4 CHRIST A C | F | 45 | 45-49F | 0.27.24 | 17/03/1973 |

WOMEN 40 - 44 / 4KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|------------|------------|---------------|-----|-----|--------|---------|------------|
| 1 | 4135 | 1540 | TERRI-LYNN | PENNEY | NEDBANK RC EP | F | 41 | 40-44F | 0.17.16 | 31/03/1977 |
| 2 | 4129 | 1517 | SIENA | DE VOS | NEDBANK RC EP | F | 40 | 40-44F | 0.19.00 | 15/06/1977 |
| 3 | 4269 | 1736 | ELIZE | ADAMS | GELVAN A C | F | 43 | 40-44F | 0.19.09 | 06/10/1974 |
| 4 | 4136 | 3088 | LORRAINE | VAN VUUREN | ACT A C | F | 41 | 40-44F | 0.21.59 | 02/09/1976 |

WOMEN 35 - 39 / 4KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|--------|-----------|--------------|-----|-----|--------|---------|------------|
| 1 | 4144 | T | ARINDA | PRITCHARD | TEMP | F | 39 | 35-39F | 0.17.58 | 22/09/1978 |
| 2 | 4158 | 1107 | DAWN | BLACK | ACHILLES AAA | F | 37 | 35-39F | 0.18.17 | 28/01/1981 |
| 3 | 4283 | 2106 | TALANA | VOSLOO | DESPATCH A C | F | 36 | 35-39F | 0.18.47 | 14/08/1981 |

WOMEN / 8KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|-------|----------|--------------|-----|-----|--------|---------|------------|
| 1 | 8079 | 1152 | ANCHE | SCHUBART | ACHILLES AAA | F | 36 | 35-39F | 0.37.07 | 30/09/1981 |
| 2 | 8045 | | TASH | LOCK | TEMP | F | 45 | 45-49F | 0.42.09 | 08/12/1972 |

MEN / 8KM

| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
|-----|------|------|--------|----------|---------------|-----|-----|--------|---------|------------|
| 1 | 8038 | | SAMEUL | EFFENAAR | MCCARTHY S S | M | 19 | SM10 | 0.34.28 | 12/11/1998 |
| 2 | 8040 | 1524 | SAM | ERASMUS | NEDBANK RC EP | M | 60 | 60-64M | 0.39.29 | 24/10/1957 |

RACE 4

| SENIOR MEN 4KM | | | | | | | | | | |
|----------------|------|------|-------------|-----------|---------------------|-----|-----|-----|---------|------------|
| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
| 1 | 4146 | 385 | ADRIAAN | GERWEL | IKHAMVA A C | M | 21 | SM4 | 0.12.45 | 23/04/1996 |
| 2 | 4264 | 1350 | BRENDON | EFFENAAR | NEDBANK RC EP | M | 21 | SM4 | 0.14.04 | 28/02/1996 |
| 3 | 4145 | 2502 | JEANDRY | DEERLING | X-CEL A C | M | 25 | SM4 | 0.14.18 | 13/06/1992 |
| 4 | 4172 | | LUPHUMELELO | TYANDELA | MUIR COLLEGE | M | 16 | B16 | 0.14.42 | 08/01/2002 |
| 5 | 4256 | 2593 | TUMELO | MONYANE | TINARHA A C | M | 18 | JM | 0.14.43 | 09/01/2000 |
| 6 | 4171 | | LIYEMA | DANIELS | MUIR COLLEGE | M | 15 | B16 | 0.16.27 | 21/08/2002 |
| 7 | 4254 | 2241 | BILL | DAVIDS | BESTMED MADIBAZ A C | M | 48 | SM4 | 0.19.31 | 22/10/1969 |
| 8 | 4295 | 1353 | TAWFEEQ | VYVER | NEDBANK RC EP | M | 19 | SM4 | 0.20.20 | 16/10/1998 |
| 9 | 4260 | 269 | LUNGISANI | MTSATSE | KOWIE STRIDERS | M | 29 | SM4 | 0.20.22 | 17/07/1988 |
| 10 | 4302 | 2215 | WAYNE | MACGEAR | BESTMED MADIBAZ A C | M | 54 | SM4 | 0.22.51 | 16/06/1963 |
| 11 | 4153 | 2779 | HERMAN | DEKKER | SAP A C EP | M | 73 | SM4 | 0.23.30 | 18/12/1944 |
| 12 | 4143 | | BRUCE | SOLWANDLE | KOWIE STRIDERS | M | 32 | SM4 | 0.24.27 | 06/02/1986 |
| 13 | 4179 | 577 | RIAAN | BARNARD | RUN 4 CHRIST A C | M | 49 | SM4 | 0.24.49 | 22/12/1968 |
| 14 | 4176 | 560 | MARCELLE | MEYER | RUN 4 CHRIST A C | M | 47 | SM4 | 0.24.53 | 25/09/1970 |

| SENIOR WOMEN - 4KM | | | | | | | | | | |
|--------------------|------|------|-------|---------|------|-----|-----|-----|---------|------------|
| POS | R NO | L NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | TIME | D. O. B. |
| 1 | 4297 | T | KAYLA | NELL | TEMP | F | 24 | SF4 | 0.17.47 | 14/05/1994 |

CHARLO CROSS COUNTRY LEAGUE 2018

Points allocated: Positions on race day

| | | | | | | | | | | | | | | | | | | | | |
|-----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Position | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Points | 50 | 47 | 45 | 44 | 43 | 42 | 41 | 40 | 39 | 38 | 37 | 36 | 35 | 34 | 33 | 32 | 31 | 30 | 29 | 28 |

CROSS COUNTRY STARTING TIMES

| RACE | START | DISTANCE | AGE CATEGORIES |
|------|-------|----------|---|
| 1 | 09:00 | 10km | Senior Men, Senior Women, |
| | | 8km | Junior Men (1999 & 2000), Men 30 - 59, |
| | | 6km | Boys 16 (2002), Boys 17 (2001), Junior Women (1999 & 2000), men 60 - 69, Men 70+ |
| | | 4km | All Age Category Women 30 - 70+, Men 75+ |
| 2 | 10:00 | 3km | Boys 11 (2007), Boys 12 (2006), Girls 11 (2007), Girls 16 (2002) Girls 15 (2003) |
| 3 | 10:20 | 2km | Girls 8 (2010 and after), Girls 9 (2009) Girls 10 (2008) Boys 8 (2010 and after), Boys 9 (2009), Boys 10 (2008) |
| 4 | 10:45 | 4km | Senior Men, Senior Women, Boys13 (2005, Boys 14 (2004),Boys 15 (2003) |
| | | | Girls 14 (2004), Girls 15 (2003) Girls 16 (2002) , Girls 17 (2001), |
| | | | Women 23 (1995 and after), All age category Women (30 - 70+) |

| Cross Country Venues 2018 | | | | | | |
|----------------------------------|---------------------------------------|-------------------|----------------|---------------------|------------------|-------------------|
| Date | League | Commission | Venue | Organised by | Contact | Contact Nr |
| 30/03/2018 | Development Meeting | EPA CC Commission | Port Alfred | Kowie Striders | Sticks Stiglingh | 071 6127 339 |
| 19/05/2018 | League 1 | EPA CC Commission | Strelitzia Dam | Despatch AC | EPA | 041-3742818 |
| 02/06/2018 | League 2 | EPA CC Commission | St Albans | St Albans CS | EPA | 041-3742818 |
| 09/06/2018 | League 3 | EPA CC Commission | Varsvlei | Nedbank | EPA | 041-3742818 |
| 14/07/2018 | League 4 | EPA CC Commission | Adcock Stadium | CC Commission | EPA | 041-3742818 |
| 21/07/2018 | League 5 | EPA CC Commission | NMU | R4C AC | EPA | 041-3742818 |
| 04/08/2018 | Inter Provincial Cross Country Champs | EPA | NMU | NMU | EPA | 041-3742818 |
| 08/09/2018 | SA Cross Country Champs | ASA/EPA | NMU | EPA | EPA | 041-3742818 |



Cross Country Starting Times 2018

| RACE | START | DIST | AGE CATEGORIES |
|-------------|--------------|-------------|---|
| 1 | 09:00 | 10KM | Senior Men, Senior Women, |
| | | 8KM | Junior Men (Born in 1999 & 2000), Men 30-59 |
| | | 6KM | Boys 16 yrs (Born in 2002), Boys 17 yrs (Born in 2001), Junior Women (Born in 1999 & 2000), Men 60-69, Men 70+ |
| | | 4KM | All age Category Women (30 -70+), Men 75+ |
| 2 | 10:00 | 3 KM | Boys 11 yrs (Born in 2007), Boys 12 yrs (Born in 2006) Girls 11 yrs (Born in 2007), Girls 16 yrs (Born in 2002), Girls 15 yrs (Born in 2003) |
| 3 | 10:20 | 2 KM | Girls 8 yrs (Born 2010 or after), Girls 9 yrs (Born in 2009), Girls 10 yrs (Born in 2008) Boys 8 yrs (Born 2010 or after), Boys 9 yrs (Born in 2009), Boys 10 yrs (Born in 2008) |
| 4 | 10:45 | 4 KM | Senior Men / Women, Boys 13 yrs (Born in 2005), Boys 14 yrs (Born in 2004), Boys 15 yrs (Born in 2003) Girls 14 yrs (Born in 2004), Girls 15 yrs (Born in 2003), Girls 16 yrs (Born in 2002), Girls 17 yrs (Born in 2001), Women 23yrs (Born in 1995 or after), All age Category Women (30 -70+) |