



## SPORTS IMPACT EVENTS EPA X-COUNTRY LEAGUE 3, VARSVLEI, PORT ELIZABETH - 09/06/2018

## RACE 1

## SENIOR MEN - 10 KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	1051	2349	MARIANO	EESOU	BESTMED MADIBAZ A C	M	25	SM10	0.29.32	07/12/1991
2	1049	409	AMOS	NYONGO	MOTHERWELL A C	M	31	SM10	0.29.33	05/07/1986
3	1062	2567	ANDILE	MOTWANI	TINARHA A C	M	20	SM10	0.30.40	02/01/1997
4	1048	2742	VUYOLWETHU	SELANA	SAP M C EP	M	21	SM10	0.31.45	02/11/1995
5	1060	1439	MZOLISI	MAKHANDA	NEDBANK RC EP	M	35	SM10	0.31.58	21/11/1982
6	1054	919	KEEGAN	COOKE	CHARLO A C	M	21	SM10	0.32.31	31/01/1993
7	1061	3068	THULANI	MDLALO	TRANSNET ENG EP	M	33	SM10	0.33.15	26/02/1985
8	1059	T	BANATI	SILILI	TEMP	M	21	SM10	0.33.42	17/02/1997
9	1058	2388	LINDELANI	MLISA	MOTHERWELL A C	M	21	SM10	0.33.48	11/01/1997
10	1057	T	HLUMISA	BUKANI	TEMP	M	20	SM10	0.34.03	12/05/1998
11	1047	2241	BILL	DAVIDS	BESTMED MADIBAZ A C	M	48	SM10	0.34.45	22/10/1969
12	1069	1546	SIMON	MATEBESE	NEDBANK RC EP	M	55	SM10	0.35.24	02/05/1963
13	1068	2312	TEBOHO	ZONGOLA	BESTMED MADIBAZ A C	M	22	SM10	0.35.48	27/07/1995
14	1052	1350	BRENDON	EFFENAAR	NEDBANK RC EP	M	21	SM10	0.36.17	28/02/1996
15	1056	T	LINDISIPHO	QANGASE	TEMP	M	19	SM10	0.37.57	02/10/1999
16	1067	2271	NGCAL	TILE	BESTMED MADIBAZ A C	M	34	SM10	0.40.05	09/12/1983
17	1063	2170	SANELISEKILE	SUNDU	BESTMED MADIBAZ A C	M	19	SM10	0.40.36	15/06/1998
18	1066	1008	MILES	HOLLINS	BODY CONCEPT	M	45	SM10	0.48.04	21/01/1973
19	1050	2193	MARLON	KOOPMAN	BESTMED MADIBAZ A C	M	39	SM10	1.00.41	04/06/1979

## SENIOR WOMEN - 10 KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	1055	510	SIPHOKAZI	NOJOKO	MOTHERWELL A C	F	22	SF10	0.41.04	09/11/1994
2	1064	1178	ASANDA	ZAMISA	ACHILLES AAA	F	34	SF10	0.41.59	21/06/1983
3	1053	506	OLWETHU	BOMVANA	MOTHERWELL A C	F	32	SF	0.46.56	15/05/1986

## MEN 35 - 39 / 8KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8058	2498	RICARDO	PLAATJIES	X-CEL A C	M	35	35-39M	0.25.53	31/01/1983
2	8069	1795	SADRICK	GROOTBOOM	KOUGA MULTI S C	M	37	35-39M	0.29.31	15/01/1981
3	8055	T	JONATHAN	FESTER	TEMP	M	37	35-39M	0.37.01	06/08/1980

## MEN 40 - 44 / 8KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8074	3200	TIAAN	CONRADIE	UP AND RUNNING A C	M	43	40-44M	0.31.29	14/06/1975
2	8062	551	RODGER	GYSMAN	RUN 4 CHRIST A C	M	44	40-44M	0.34.25	15/11/1973
3	8070	1412	SYDNEY	FORLEE	JEPPE QUONDAM A C	M	41	40-44M	0.39.06	18/12/1976
4	8052	206	BENNITUS	WELCH	ST ALBANS CS EP	M	43	40-44M	0.43.28	06/10/1974
5	8067	928	ALLISTER	MARRAN	CHARLO A C	M	42	40-44M	0.44.15	17/02/1976

## MEN 45 - 49 / 8KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8063	1735	NOEL	ADAMS	GELVAN A C	M	45	45-49M	0.27.44	17/06/1972
2	8252	1406	AUGUST	ESAU	NEDBANK RC EP	M	47	45-49M	0.28.54	30/11/1970
3	8059	1713	GILROY	DOMINGO	GELVAN A C	M	45	45-49M	0.31.37	17/06/1972
4	8057	577	RIAAAN	BARNARD	RUN 4 CHRIST A C	M	49	45-49M	0.49.49	22/12/1968

## MEN 50 - 54 / 8KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8065	1170	DESMOND	ZIBI	ACHILLES AAA	M	54	50-54M	0.26.39	21/09/1963
2	8064	3060	FREEK	DANIELS	TRANSNET ENG EP	M	51	50-54M	0.33.14	02/08/1966
3	8068	2217	LINTON	HARMSE	BESTMED MADIBAZ AC	M	53	50-54M	0.33.34	13/09/1963
4	8072	T	VINCENT	NAIR	TEMP	M	54	50-54M	0.37.10	20/08/1963
5	8060	913	PETER	POHLMANN	CHARLO A C	M	53	50-54M	0.41.23	07/08/1963
6	8077	555	JOHAN	ENGELBRECHT	RUN 4 CHRIST A C	M	54	50-54M	0.43.35	26/02/1964
7	8075	2215	WAYNE	MACGEAR	BESTMED MADIBAZ A C	M	54	50-54M	0.44.44	16/06/1963
8	8056	465	HELMUT	TERBLANS	WALMER A C	M	51	50-54M	0.48.28	20/02/1965

## MEN 55 - 59 / 8KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8051	301	IAN	PATTERSON	MUIRITE STRIDERS	M	55	55-59M	0.30.43	26/05/1963
2	8061	967	MIKE	BURGER	CHARLO A C	M	58	55-59M	0.38.17	08/06/1959
3	8073	571	ATTIE	WILLIAMS	RUN 4 CHRIST A C	M	55	55-59M	0.39.47	01/01/1963
4	8071	2244	SYLVAN	BLIGNAUT	BESTMED MADIBAZ A C	M	58	55-59M	0.44.06	04/09/1959
5	8076	2305	DERRICK	HOSHE	BESTMED MADIBAZ A C	M	59	55-59M	0.46.19	24/11/1958

## MEN 75 - 79 / 6KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	6089	1105	ROBIN	CLARK	ACHILLES AAA	M	77	75-79M	0.46.30	30/01/1941

## MEN 70 - 74 / 6KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	6079	2779	HERMAN	DEKKER	SAP A C EP	M	73	70-74M	0.35.03	18/12/1944

## MEN 65 - 69 / 6KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	6072	1659	HANNES	ELS	MADIBA BAY WARRIORS A C	M	68	65-69M	0.23.15	08/01/1950

2	6068	1084	SIZINZO	KAMA	ACHILLES AAA	M	66	65-69M	0.24.55	15/07/1951
3	6081	1106	ERROL	BLACK	ACHILLES AAA	M	66	65-69M	0.25.03	27/10/1950
4	6091	1608	EDDIE	EADES	NEDBANK RC EP	M	69	65-69M	0.26.00	23/02/1949
5	6071	1148	PERCY	DALTON	ACHILLES AAA	M	69	65-69M	0.30.20	31/07/1948
6	6073	1164	JOHN	KOTZE	ACHILLES AAA	M	67	65-69M	0.35.58	09/05/1951
7	6085	1139	GRAHAM	NELL	ACHILLES AAA	M	67	65-69M	0.40.03	09/04/1951

**MEN 60 - 64 / 6KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	6076	1718	CHARLES	BAATJIES	GELVAN A C	M	61	60-64M	0.23.36	19/11/1956
2	6070	1156	BRUCE	MCEWAN	ACHILLES AAA	M	64	60-64M	0.28.49	26/09/1953
3	6086	969	GARY	KELLEHER	CHARLO A C	M	60	60-64M	0.37.02	09/09/1953
4	6065	1144	KEN	BARWOOD	ACHILLES AAA	M	63	60-64M	0.37.05	17/05/1955
5	6078	1135	MOF	BOTHA	ACHILLES AAA	M	61	60-64M	0.41.08	30/11/1955

**WOMEN 70 - 74 / 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4212	2402	VICKY	ASHLEY	PROFILES A C	F	72	70-74F	0.26.10	07/11/1945
2	4215	1463	RONELLE	STEYN	NEDBANK RC EP	F	74	70-74F	0.26.20	21/02/1944
3	4214	1233	CHRISTINE	FOURIE	ELITE A C	F	72	70-74F	0.27.44	03/06/1946
4	4244	78	JEANNETTE	PIENAAR	P.E.A.A.C.	F	70	70-74F	0.28.02	04/05/1948

**WOMEN 50 - 54 / 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4225	1174	PAULETTE	MCEWAN	ACHILLES AAA	F	53	50-54F	0.20.29	27/02/1965
2	4250	901	EUSENTHA	PILLAY	CHARLO A C	F	52	50-54F	0.25.14	10/09/1965
3	4235	836	SUSAN	PIRON	CHARLO A C	F	54	50-54F	0.26.32	25/08/1963
4	4249	962	MILE	VERMAAK	CHARLO A C	F	51	50-54M	0.28.56	25/12/1966
5	4236	1955	VICKI	REYNOLDS	BLUEWATER BAY A C	F	54	50-54F	0.29.13	25/01/1964

**WOMEN 45 - 49 / 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4216	1911	JENE	BANFIELD	BLUEWATER BAY	F	47	45-49F	0.14.57	22/08/1970
2	4246	T	TASH	LOCK	TEMP	F	45	45-49F	0.20.03	08/12/1972
3	4248	943	DENISE	DARLOW	CHARLO A C	F	49	45-49F	0.20.56	02/10/1968
4	4323	550	LIEZEL	WAIT	RUN 4 CHRIST A C	F	45	45-49F	0.26.54	17/03/1973

**WOMEN 40 - 44 / 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4217	1540	TERRI-LYNN	PENNEY	NEDBANK RC EP	F	41	40-44F	0.15.53	31/03/1977
2	4245	1736	ELIZE	ADAMS	GELVAN A C	F	43	40-44F	0.16.39	06/10/1974
3	4242	2035	RETHA	POTGIETER	DESPATCH A C	F	43	40-44F	0.17.17	03/07/1974
4	4213	1517	SIENA	DE VOS	NEDBANK RC EP	F	40	40-49F	0.19.03	15/06/1977
5	4309		MONICA	PLESSIS	TEMP	F	44	40-44F	0.25.40	28/08/1973

**WOMEN 35 - 39 / 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4243	2106	TALANA	VOSLOO	DESPATCH A C	F	36	35-39F	0.16.01	14/08/1981

**WOMEN / 8KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8053	3012	CORRIE	DE WITT	32Gi EP A C	F	40	40-44F	0.45.59	22/05/1978

**MEN / 8KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8054		SAMEUL	EFFENAAR	MCCARTHY S S	M	19	SM	0.29.24	12/11/1998
2	8079	1456	BONGISIZWE	VENA	NEDBANK RC EP	M	29	SM	0.30.42	28/03/1989

**WOMEN / 6KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	6090	1152	ANCHE	SCHUBART	ACHILLES AAA	F	36	35-39F	0.24.46	30/09/1981

**RACE 4**

**SENIOR MEN 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4230	385	ADRIAAN	GERWEL	IKHAMVA A C	M	21	SM4	0.11.53	23/04/1996
2	4351	2567	ANDILE	MOTWANI	TINARHA A C	M	20	SM4	0.12.15	02/01/1997
3	4234	1350	BRENDON	EFFENAAR	NEDBANK RC EP	M	21	SM4	0.12.33	28/02/1996
4	4352	1439	MZOLISI	MAKHANDA	NEDBANK RC EP	M	35	SM4	0.12.43	21/11/1982
5	4316		GARNET	VAN BELLING	TEMP	M	43	SM4	0.13.25	29/01/1975
6	4354	1754	THABO	WITBOOI	KOUGA MULTI S C	M	32	SM4	0.13.32	22/01/1985
7	4227	2502	JEANDRY	DEERLING	X-CEL A C	M	25	SM4	0.13.38	13/06/1992
8	4247	2595	TUMELO	MONYANE	TINARHA A C	M	18	SM4	0.14.01	09/01/2000
9	4333	3059	LUFENZE	XINWA	TRANSNET ENG EP	M	31	SM4	0.15.07	08/01/1987
10	4344	2170	SANELISEKILE	SUNDU	BESTMED MADIBAZ A C	M	19	SM4	0.16.00	15/06/1998
11	4293	T	STANTON	FREEMAN	TEMP	M	40	SM4	0.17.20	24/10/1977
12	4330	2241	BILL	DAVIDS	BESTMED MADIBAZ A C	M	48	SM4	0.17.56	22/10/1969
13	4327	1353	TAWFEEQ	VYVER	NEDBANK RC EP	M	19	SM4	0.18.20	16/10/1998
14	4353	571	ATTIE	WILLIAMS	RUN 4 CHRIST A C	M	55	SM4	0.18.47	01/01/1963
15	4349	1618	ANELE	VOORMAN	NEDBANK RC EP	M	18	SM4	0.20.02	15/02/2000
16	4306	T	ALVIN	ERASMUS	TEMP	M	44	SM4	0.20.51	11/05/1974
17	4340	T	SIPHIWO	NOMOYI	TEMP	M	53	SM4	0.22.08	24/04/1965
18	4350	555	JOHAN	ENGLBRECHT	RUN 4 CHRIST A C	M	54	SM4	0.22.09	26/02/1964

19	4339	2779	HERMAN	DEKKER	SAP A C EP	M	73	SM4	0.23.04	18/12/1944
20	4348	560	MARCELLE	MEYER	RUN 4 CHRIST A C	M	47	SM4	0.23.41	25/09/1970
21	4347	551	RODGER	GYSMAN	RUN 4 CHRIST A C	M	44	SM4	0.25.52	15/11/1973
22	4355	577	RIAAAN	BARNARD	RUN 4 CHRIST A C	M	49	SM4	0.26.10	22/12/1968

**SENIOR WOMEN - 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4336	T	KAYLA	NELL	TEMP	F	24	SF4	0.16.28	14/05/1994
2	4319	2330	FREEDAH	NCUBE	BESTMED MADIBAZ A C	F	36	SF4	0.18.24	02/05/1982

# TAVCOR CHARLO CROSS COUNTRY LEAGUE 2018

Points allocated: Positions on race day

<b>Position</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<b>Points</b>	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+)

<b>Cross Country Venues 2018</b>						
<b>Date</b>	<b>League</b>	<b>Commission</b>	<b>Venue</b>	<b>Organised by</b>	<b>Contact</b>	<b>Contact Nr</b>
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**

<b>RACE</b>	<b>START</b>	<b>DIST</b>	<b>AGE CATEGORIES</b>
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+)