

SENIOR MEN - 10KM																			
L NO	NAME	SURNAME	SEX	AGE	Pos	Position Points						Total	Times on Race						
						Strelitzia	St Albans	Varsvlei	Varsvlei2	NMU	EP Champs		Strelitzia	St Albans	Varsvlei	Varsvlei2	NMU	EP Champs	
870	JUWAYNE	FLETCHER	M	27	20-	28	*	*	*			28	0.42.59	*	*	*			
919	KEEGAN	COOKE	M	21	6-	*	*	42	*			42	*	*	*	*			
MEN 40 - 49 / 8KM																			
928	ALLISTER	MARRAN	M	42	5-5-5-6	43	43	43	42			171	0.43.55	0.43.29	0.44.15	0.46.51			
MEN 50 - 59 / 8KM																			
913	PETER	POHLMANN	M	54	5-6-5-3	43	42	43	45			173	0.42.47	0.41.24	0.41.23	0.42.53			
967	MIKE	BURGER	M	58	3-2	*	45	47	*			92	*	0.38.04	0.38.17	*			
871	RECARDO	DEARDRADE	M	57	4	*	*	*	44			44	*	*	*	0.48.03			
MEN 60 - 69 - 74 / 6KM																			
920	LOCHI	LOCHNER	M	70	1-1	50	*	*	50			100	0.29.14	*	*	0.29.19			
969	GARY	KELLEHER	M	59	5-6-3-6	43	42	45	42			172	36.24	0.34.23	0.37.02	0.39.08			
WOMEN 40 - 49 / 4KM																			
943	DENISE	DARLOW	F	49	3-3	*	45	45	*			90	*	0.21.16	0.20.56	*			
WOMEN 50 - 59 / 4KM																			
901	EUSENTHA	PILLAY	F	52	4-4-2-3	44	44	47	45			180	0.26.45	0.25.55	0.25.14	0.29.06			
836	SUSAN	PIRON	F	54	5-6-3-2	43	42	45	47			177	0.27.33	0.29.22	0.26.32	0.27.11			
962	MILE	VERMAAK	F	51	7-8-4-5	41	40	44	43			168	0.31.28	0.29.59	0.28.56	0.31.31			

8	8	9	8	0	0	33
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## SPORTS IMPACT EVENTS EPA X-COUNTRY LEAGUE 4, VARSVLEI, PORT ELIZABETH - 14/07/2018

## RACE 1

SENIOR MEN - 10 KM										
POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	1070	2349	MARIANO	EESOU	BESTMED MADIBAZ A C	M	26	SM10	0.33.10	07/12/1991
2	1072	385	ADRIAAN	GERWIL	IKHAMVA A C	M	22	SM10	0.33.35	23/04/1996
3	1071	2508	ANDRE	KETCHEM	X-CEL A C	M	34	SM10	0.33.59	07/10/1983
4	1080	2797	SINATHI	MAFANGA	SAP A C EP	M	27	SM10	0.38.23	21/03/1991
5	1075	164	MASIXOLE	XAYIYA	SANDF EP AC	M	24	SM10	0.39.27	18/04/1994
6	1079	2798	NDYEBO	QWAKANISA	SAP A C EP	M	31	SM10	0.43.21	13/01/1987
7	1081	9323	CLINTON	MATSHOBENI	NMB MUNISIPALITY A C	M	39	SM10	0.43.43	25/12/1978
8	1078	2230	LYLE	ROCKMAN	BESTMED MADIBAZ A C	M	23	SM10	0.43.59	28/10/1994
9	1076	1740	BASIL	STEVENS	GELVAN A C	M	46	SM10	0.46.33	25/09/1971
10	1077	2241	BILL	DAVIDS	BESTMED MADIBAZ A C	M	48	SM10	0.48.29	22/10/1969
11	1082	6914	IGSHAAN	KENNY		M	37	SM10	0.54.05	06/06/1981

SENIOR WOMEN - 10 KM										
POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	1073	510	SIPHOKAZI	NOJOKO	MOTHERWELL A C	F	23	SF10	0.48.57	09/11/1994
2	1074	506	OLWETHU	BOMVANA	MOTHERWELL A C	F	32	SF10	0.52.34	15/05/1986

JUNIOR MEN / 8KM (BORN 1999 & 2000)										
MEN 35 - 39 / 8KM										
POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8087	2498	RICARDO	PLAATJIES	X-CEL A C	M	35	35-39M	0.29.00	31/01/1983
2	8094	2040	HENRY	CRAUSE	DESPATCH A C	M	35	35-39M	0.33.44	14/10/1982
3	8082	T	JONATHAN	FESTER	TEMP	M	37	35-39M	0.44.07	06/08/1980

MEN 40 - 44 / 8KM										
POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8088	1457	RICHARD	MAZUNGULA	NEDBANK RC EP	M	41	40-44M	0.35.34	13/01/1977
2	8090	2641	THEMBA	GXABEKA	NMB MUNISIPALITY A C	M	43	40-44M	0.35.48	09/04/1975
3	6103	9321	ALISTAIR	JONAS	TEMP	M	40	40-44M	0.37.42	27/08/1977
4	8106	551	RODGER	GYSMAN	RUN 4 CHRIST A C	M	44	40-44M	0.39.15	15/11/1973
5	8089	206	BENNITUS	WELCH	ST ALBANS CS EP	M	43	40-44M	0.44.18	06/10/1974
6	8102	928	ALLISTER	MARRAN	CHARLO A C	M	42	40-44M	0.46.51	17/02/1976

MEN 45 - 49 / 8KM										
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POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8080	1735	NOEL	ADAMS	GELVAN A C	M	46	45-49M	0.30.00	17/06/1972
2	8084	1406	AUGUST	ESAU	NEDBANK RC EP	M	47	45-49M	0.31.44	30/11/1970
3	8083	1599	LUVUYO	STEPHEN	NEDBANK RC EP	M	48	45-49M	0.32.03	05/05/1970
4	8073	190	MARIUS	FERREIRA	ST ALBANS CS EP	M	49	45-49M	0.37.23	06/08/1968
5	8099	577	RIAN	BARNARD	RUN 4 CHRIST A C	M	49	45-49M	0.49.00	22/12/1968

#### MEN 50 - 54 / 8KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8081	1559	WELCOME	LOLIWE	NEDBANK RC EP	M	53	50-54M	0.34.34	10/11/1964
2	8096	3060	FREEK	DANIELS	TRANSNET ENG EP	M	51	50-54M	0.35.39	02/08/1966
3	8095	912	PETER	POHLMANN	CHARLO A C	M	54	50-54M	0.42.53	07/08/1963
4	8091	555	JOHAN	ENGELBRECHT	RUN 4 CHRIST A C	M	54	50-54M	0.44.56	26/02/1964
5	8101	1102	BRIAN	BARENDSE	ACHILLES AAA	M	52	50-54M	0.47.25	18/06/1966

#### MEN 55 - 59 / 8KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	6126	1730	CYRIL	UITHALER	GELVAN A C	M	55	55-59M	0.32.37	20/01/1963
2	8093	301	IAN	PATTERSON	MUIRITE STRIDERS	M	55	55-59M	0.33.15	26/05/1963
3	8100	571	ATTIE	WILLIAMS	RUN 4 CHRIST A C	M	55	55-59M	0.41.51	01/01/1963
4	8105	871	RICARDO	DE ANDRADE	CHARLO A C	M	57	55-59M	0.48.03	08/10/1960

#### MEN 75 - 79 / 6KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8103		GODFREY	KARIEM	TEMP	M	77	75-79M	0.40.17	05/10/1940

#### MEN 70 - 74 / 6KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	6098		LOCHI	LOCHNER	CHARLO A C	M	70	70-74M	0.29.19	23/12/1947
2	6115	1126	TOM	D'ARCY	ACHILLES AAA	M	72	70-74M	0.38.16	18/02/1946

#### MEN 65 - 69 / 6KM

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	6116	1148	PERCY	DALTON	ACHILLES AAA	M	69	65-69M	0.26.10	31/07/1948
2	6094	1084	SIZINZO	KAMA	ACHILLES AAA	M	66	65-69M	0.29.19	15/07/1951
3	6123	1106	ERROL	BLACK	ACHILLES AAA	M	66	65-69M	0.29.24	27/10/1950
4	6109	1608	EDDIE	EADES	NEDBANK RC EP	F	69	65-69F	0.30.53	23/02/1949
5	6110	1111	GRAHAM	CHANNON	ACHILLES AAA	M	68	65-69M	0.33.35	05/09/1949

6	6120	1139	GRAHAM	NELL	ACHILLES AAA	M	67	65-69M	0.41.21	09/04/1951
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**MEN 60 - 64 / 6KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	6104	2483	CHESTER	BROOKS	X-CEL A C	M	60	60-64M	0.28.06	26/02/1958
2	6095	1718	CHARLES	BAATJIES	GELVAN A C	M	61	60-64M	0.28.14	19/11/1956
3	6124	1010	JAN	VAN EEDEN	NEDBANK RC EP	M	60	60-64M	0.30.24	13/06/1958
4	6112	1144	KEN	BARWOOD	ACHILLES AAA	M	63	60-64M	0.38.39	17/05/1955
5	6111	1122	BOB	STEDMAN	ACHILLES AAA	M	69	65-69M	0.38.42	26/07/1949
6	6122	969	GARY	KELLEHER	CHARLO A C	M	60	60-64M	0.39.08	09/09/1957
7	6119	1135	MOF	BOTHA	ACHILLES AAA	M	62	60-64M	0.40.09	30/11/1955

**BOYS 17 YRS (BORN IN 2001) / 6KM**

**BOYS 16 YRS (BORN IN 2002) / 6KM**

**WOMEN 70 - 74 / 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4413	2402	VICKY	ASHLEY	PROFILES A C	F	72	70-74F	0.25.52	07/11/1945
2	4411	1463	RONELLE	STEYN	NEDBANK RC EP	F	74	70-74F	0.26.11	21/02/1944
3	4394	78	JEANETTE	PIENAAR	P.E.A.A.C.	F	70	70-74F	0.30.02	04/05/1948

**WOMEN 50 - 54 / 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4414		JANETTE	SCHIERZ-CRUSIUS	BODY CONCEPT	F	57	55-59F	0.19.31	01/09/1960
2	4419	836	SUSAN	PIRON	CHARLO A C	F	54	50-54F	0.27.11	25/08/1963
3	4423	901	EUSENTHA	PILLAY	CHARLO A C	F	52	50-54F	0.29.06	10/09/1965
4	4418	1955	VICKI	REYNOLDS	BLUEWATER BAY A C	F	54	50-54F	0.31.19	25/01/1964
5	4420	962	MILE	VERMAAK	CHARLO A C	F	51	50-54M	0.31.31	25/12/1966

**WOMEN 45 - 49 / 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4397	1526	GRIZELDA	PIETERSEN	NEDBANK RC EP	F	49	45-49F	0.18.48	29/10/1968
2	4404	T	TASH	LOCK	TEMP	F	45	45-49F	0.21.16	08/12/1972
3	4415	2406	JANINE	VAN ROOYEN	PROFILES A C	F	47	45-49F	0.23.09	19/06/1971
4	4416	1147	LIZE	PRINS	ACHILLES AAA	F	49	45-49F	0.25.27	01/07/1969
5	4407	90	GLORIA	ESAU	INFINITY A C	F	49	45-49F	0.30.47	06/07/1969

**WOMEN 40 - 44 / 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
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1	4364	1517	SIENA	DE VOS	NEDBANK RC EP	F	41	40-49F	0.20.05	15/06/1977
2	4372	1736	ELIZE	ADAMS	GELVAN A C	F	43	40-44F	0.20.23	06/10/1974
3	4408	2035	RETHA	POTGIETER	DESPATCH A C	F	44	40-44F	0.21.04	03/07/1974
4	6102	9320	BERYL	JONAS	TEMP	F	42	40-44F	0.39.46	20/10/1975

**WOMEN / 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4395		CHANTEL	VERWEY	BESTMED MADIBAZ A C	F	31	SF4	0.18.43	29/11/1986

**MEN / 8KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	8104		SAMEUL	EFFENAAR	MCCARTHY S S	M	19	SM	0.31.05	12/11/1998

**JUNIOR WOMEN / 6KM (BORN 1999 & 2000)**

**RACE 2**

<b>BOYS 12 YRS (BORN IN 2006) 3KM</b>										
<b>BOYS 11 YRS (BORN IN 2007) 3KM</b>										
<b>GIRLS 13 YRS (BORN IN 2005) 3KM</b>										
<b>GIRLS 12 YRS (BORN IN 2006) 3KM</b>										
<b>GIRLS 11 YRS (BORN IN 2007) 3KM</b>										

**RACE 3**

<b>BOYS 10 YRS (BORN IN 2008) 2KM</b>										
<b>BOYS 09 YRS (BORN IN 2009) 2KM</b>										
<b>BOYS 08 YRS (BORN IN 2010) 2KM</b>										
<b>GIRLS 10 YRS (BORN IN 2008) 2KM</b>										
<b>GIRLS 09 YRS (BORN IN 2009) 2KM</b>										
<b>GIRLS 08 YRS (BORN IN 2010) 2KM</b>										

**RACE 4**

**SENIOR MEN 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4425	385	ADRIAAN	GERWIL	IKHAMVA A C	M	22	SM10	0.14.01	23/04/1996
2	4426	1406	AUGUST	ESAU	NEDBANK RC EP	M	47	45-49M	0.14.02	30/11/1970
3	4398	2502	JEANDRY	DEERLING	X-CEL A C	M	26	SM4	0.14.10	13/06/1992
4	4373		JEFFREY	MAJOOR	TEMP	M	23	SM	0.15.30	27/04/1995
5	4400		MORNE	BUIS	TEMP	M	26	SM4	0.15.34	09/07/1992
6	4306	T	ALVIN	ERASMUS	TEMP	M	44	SM4	0.15.56	05/11/1974
7	4373		SAMEUL	EFFENAAR	MCCARTHY S S	M	19	SM	0.16.01	12/11/1998
8	4381	2170	SANELISEKILE	SUNDU	BESTMED MADIBAZ A C	M	20	SM4	0.17.06	15/06/1998

9	4435	128	AMIR	VENTER	MALABAR A C	M	37	SM4	0.17.54	21/10/1980
10	4424	1353	TAWFEEQ	VYVER	NEDBANK RC EP	M	19	SM4	0.18.15	16/10/1998
11	4409	T	STANTON	FREEMAN	TEMP	M	40	40-44M	0.18.50	24/10/1977
12	4438	551	RODGER	GYSMAN	RUN 4 CHRIST A C	M	44	40-44M	0.20.04	15/11/1973

**SENIOR WOMEN - 4KM**

POS	R NO	L NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	TIME	D. O. B.
1	4431	1189	KAYLA	NELL	ST ALBANS CS EP	F	24	SF4	0.17.27	14/05/1994

**BOYS 15 YRS (BORN IN 2003) 4KM**

**BOYS 14 YRS (BORN IN 2004) 4KM**

**BOYS 13 YRS (BORN IN 2005) 4KM**

**GIRLS 17YRS (BORN IN 2001) / 4KM**

**GIRLS 16YRS (BORN IN 2002) / 4KM**

**GIRLS 15YRS (BORN IN 2003) / 4KM**

**GIRLS 14YRS (BORN IN 2004) / 4KM**



**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**

<b>RACE</b>	<b>START</b>	<b>DISTANCE</b>	<b>AGE CATEGORIES</b>
<b>1</b>	<b>9h00</b>	<b>10km</b>	<b>Senior Men, Senior Women,</b>
	<b>10h00</b>	<b>8km</b>	<b>Junior Men (1999 &amp; 2000), Men 30 - 59,</b>
		<b>6km</b>	<b>Boys 16 (2002), Boys 17 (2001), Junior Women (1999 &amp; 2000), men 60 - 69, Men 70+</b>
		<b>4km</b>	<b>All Age Category Women 30 - 70+, Men 75+</b>
<b>2</b>	<b>10h45</b>	<b>3km</b>	<b>Boys 11 (2007), Boys 12 (2006), Girls 11 (2007), Girls 16 (2002) Girls 15 (2003)</b>
<b>3</b>	<b>11h20</b>	<b>2km</b>	<b>Girls 8 (2010 and after), Girls 9 (2009) Girls 10 (2008) Boys 8 (2010 and after), Boys 9 (2009), Boys 10 (2008)</b>
<b>4</b>	<b>11h45</b>	<b>4km</b>	<b>Senior Men, Senior Women, Boys13 (2005, Boys 14 (2004),Boys 15 (2003)</b>
			<b>Girls 14 (2004), Girls 15 (2003) Girls 16 (2002) , Girls 17 (2001),</b>
			<b>Women 23 (1995 and after), All age category Women (30 - 70+)</b>