

Group or Category	Athlete Details					Split Times							Final Results		
	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Nipper Girls	1	651	NG	Hannah Elliott		10:42	11:07						0:21:49	2	
	2	653	NG	Jodi Mackinnon		11:43	11:20						0:23:03	2	
	3	654	NG	Danel De Jager		11:42	12:32						0:24:14	2	
	4	652	NG	Megan Botha		13:31	15:16						0:28:48	2	
<b>Category</b>	<b>Pos</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Remarks</b>
Nipper Boys	1	609	NB	Logan Stander		10:05	10:17	10:03					0:30:26	3	
	2	602	NB	Jed Bridger		10:28	10:16	10:53					0:31:38	3	
	3	608	NB	Matthew Horter		10:04	10:56	10:59					0:32:00	3	
	4	607	NB	Cameron Calitz		11:18	11:03	11:09					0:33:32	3	
	5	603	NB	Fourie Van Wyk		11:16	11:42	11:44					0:34:43	3	
	6	604	NB	Willem Van Heerden		11:36	11:38	11:39					0:34:54	3	
	7	601	NB	Luca Zietsman		11:19	11:51	12:16					0:35:27	3	
	8	605	NB	Cade Smith		11:55	12:14	12:36					0:36:46	3	
	9	610	NB	Taylon Stander		12:03	13:09	12:54					0:38:07	3	
	10	611	NB	Luke Treleaven		13:40	13:19	13:03					0:40:03	3	
<b>Category</b>	<b>Pos</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Remarks</b>
Sprog Girls	1	553	SG	Emily Van Heerden		09:38	09:43	10:15					0:29:37	3	
	2	554	SG	Riley Smith		10:37	11:12	11:08					0:32:59	3	
	3	552	SG	Carla Kotze		12:36	13:03	13:00					0:38:40	3	
	4	551	SG	Lilian Baber		09:37	09:44	24:58					0:44:21	3	
	5	555	SG	Sarah-Dene Wyllie		13:48	15:35	16:25					0:45:49	3	
<b>Category</b>	<b>Pos</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Remarks</b>
Sprog Boys	1	501	SB	Alec Coleske		09:01	09:20	09:23	09:21				0:37:07	4	
	2	506	SB	Francois De Jager		09:18	09:53	09:57	09:20				0:38:30	4	
	3	505	SB	Omar Wilson		09:28	09:44	09:50	09:29				0:38:32	4	
	4	502	SB	Andre Van Rooyen		09:25	09:51	09:51	10:07				0:39:16	4	
	5	504	SB	Marcel Moore		09:37	10:28	10:48	10:48				0:41:43	4	
	6	503	SB	Rupert Taljaard		10:27	10:57	10:51	11:40				0:43:56	4	
<b>Category</b>	<b>Pos</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Remarks</b>
Sub Junior Girls	1	452	JG	Chloe	Bateson	00.15.49	00.16.40						00.32.29	2	
	2	454	JG	Madison	Mann	00.17.20	00.17.57						00.35.17	2	
	3	453	JG	Sarah	Van Der Walt	00.17.39	00.18.17						00.35.56	2	
	4	455	JG	Ainsli	De Beer	00.22.28	00.21.17						00.43.45	2	
<b>Category</b>	<b>Pos</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Remarks</b>
Sub Junior Boys	1	411	JB	Ian	Els	00.14.02	00.14.35	00.14.27					00.43.04	3	
	2	402	JB	Ben	Du Plessis	00.14.04	00.14.32	00.14.36					00.43.12	3	
	3	412	JB	Luca	Ruwiel	00.14.42	00.14.51	00.14.13					00.43.46	3	
	4	401	JB	Marcell	Swartz	00.14.43	00.14.53	00.14.12					00.43.48	3	
	5	406	JB	Joshua	Baber	00.14.46	00.15.27	00.16.00					00.46.13	3	
	6	414	JB	Jonathan	Watts	00.15.03	00.15.10	00.17.11					00.47.24	3	
	7	405	JB	Erik	Van Rooyen	00.15.25	00.16.09	00.16.20					00.47.54	3	
	8	409	JB	Jordan	Bold	00.14.47	00.16.35	00.17.02					00.48.24	3	
	9	451	JB	Daniel	Van Der Watt	00.15.33	00.16.45	00.16.28					00.48.46	3	
	10	410	JB	Ruan	Jansen Van Vuuren	00.17.06	00.16.48	00.17.44					00.51.38	3	
	11	404	JB	Lourens	Spies	00.16.50	00.17.28	00.17.38					00.51.56	3	
	12	403	JB	Mauritz	Kotze	00.16.57	00.17.57	00.17.57					00.52.51	3	
	13	407	JB	Dillon	Botha	00.18.04	00.19.03	00.19.04					00.56.11	3	
<b>Category</b>	<b>Pos</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Remarks</b>
Youth Women	1	353	YW	Sabine	Thies	00.15.11	00.16.03	00.16.12					00.47.26	3	
	2	355	YW	Emma	Van Coller	00.16.05	00.16.01	00.16.20					00.48.26	3	
	3	351	YW	Andrea	De Waal	00.16.36	00.17.47	00.18.14					00.52.37	3	
	4	356	YW	Jone	Van Eeden	00.17.35	00.19.22	00.20.51					00.57.48	3	
	5	352	YW	Simone	Grove	00.18.26	00.19.55	00.20.51					00.59.12	3	
	6	354	YW	Christelle	Coetzer	00.18.58	00.21.00	00.22.12					01.02.10	3	

Group or Category	Athlete Details					Split Times							Final Results		
	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Youth Men	1	301	YM	Luke	Moir	00:12.36	00:13.03	00:13.07	00:12.59				00:51.45	4	
	2	303	YM	Daniel	Van Der Walt	00:12.39	00:13.14	00:12.58	00:13.04				00:51.55	4	
	3	306	YM	Travis	Stedman	00:12.36	00:13.14	00:13.44	00:13.50				00:53.24	4	
	4	302	YM	Hennie	Van Wyk	00:13.17	00:13.27	00:13.50	00:13.55				00:54.29	4	
	5	305	YM	Nathan	Kurensky	00:13.37	00:14.07	00:14.07	00:13.34				00:55.25	4	
	6	308	YM	Reinhart	Viljoen	00:13.56	00:13.56	00:14.09	00:13.59				00:56.00	4	
	7	314	YM	Matthiam	Hoffmann	00:13.57	00:14.11	00:14.27	00:14.47				00:57.22	4	
	8	311	YM	Matteo	Damilano	00:13.51	00:14.47	00:14.31	00:14.21				00:57.30	4	
	9	310	YM	Heinie	Beukes	00:13.51	00:14.39	00:15.01	00:14.04				00:57.35	4	
	10	320	YM	Camelius	Van Der Riet	00:14.07	00:14.57	00:14.36	00:14.02				00:57.42	4	
	11	317	YM	Jean	Van Der Merwe	00:14.18	00:14.24	00:14.47	00:14.25				00:57.54	4	
	12	313	YM	Benjamin	Baber	00:14.32	00:15.04	00:14.05	00:15.06				00:58.47	4	
	13	312	YM	Juan	Van Rooyen	00:14.29	00:15.11	00:14.20	00:15.51				00:59.51	4	
	14	309	YM	Raye	Moolman	00:14.31	00:15.05	00:14.54	00:15.57				01:00.27	4	
	15	318	YM	Janru	Beneke	00:15.32	00:15.24	00:15.59	00:16.11				01:03.06	4	
	16	315	YM	Mitchel	Potgieter	00:15.03	00:15.48	00:16.36	00:16.15				01:03.42	4	
	17	321	YM	Thys	Van Der Riet	00:15.30	00:16.03	00:17.10	00:16.44				01:05.27	4	
	18	316	YM	Daniel	Coetzee	00:15.46	00:16.06	00:16.53	00:17.04				01:05.49	4	
	19	322	YM	Dewet	Du Toit	00:15.46	00:17.29	00:17.33	00:18.16				01:09.04	4	
	20	319	YM	Rofhiwa	Kutama	00:17.04	00:19.40	00:20.29					00:57.13	3	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Junior Women	1	271	JW	Tiffany	Keep	00:14.14	00:14.51	00:15.04	00:15.16				00:59.25	4	
	2	272	JW	Danielle	Strydom	00:16.18	00:16.36	00:16.54	00:16.59				01:06.47	4	
	3	274	JW	Mia	De Villiers	00:16.50	00:17.25	00:17.55	00:17.30				01:09.40	4	
	4	276	JW	Giulia	Damilano	00:27.38	00:31.51						00:59.29	2	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Junior Men	1	201	JM	Cameron	Wright	00:11.26	00:12.27	00:12.50	00:12.46	00:12.53			01:02.22	5	
	2	203	JM	Rossouw	Bekker	00:12.12	00:13.02	00:13.11	00:12.56	00:12.29			01:03.50	5	
	3	223	JM	Johann	Trotzky	00:12.12	00:13.03	00:13.10	00:12.57	00:12.47			01:04.09	5	
	4	204	JM	Keagan	Bontekoning	00:12.15	00:13.01	00:13.07	00:13.00	00:13.24			01:04.47	5	
	5	205	JM	Wicus	Breytenbach	00:12.38	00:13.20	00:13.15	00:13.48	00:13.31			01:06.32	5	
	6	206	JM	Chris	Du Plessis	00:12.43	00:13.14	00:13.54	00:13.40	00:13.24			01:06.55	5	
	7	220	JM	Brendan	Van Eeden	00:13.08	00:13.39	00:14.16	00:13.54	00:14.26			01:09.23	5	
	8	208	JM	Philip	Dacey	00:12.57	00:13.53	00:14.13	00:14.29	00:14.32			01:10.04	5	
	9	224	JM	Jordan	Wisdom	00:13.36	00:14.00	00:14.28	00:14.08	00:14.04			01:10.16	5	
	10	207	JM	Hendrik	Bester	00:13.16	00:14.09	00:14.25	00:14.35	00:14.50			01:11.15	5	
	11	209	JM	Lehan	Janse Van Vuuren	00:13.19	00:14.38	00:14.37	00:14.55	00:15.09			01:12.38	5	
	12	218	JM	Luhan	Maritz	00:14.05	00:15.04	00:15.04	00:16.58	00:15.54			01:17.05	5	
	13	212	JM	Evan	Prinsloo	00:14.26	00:15.15	00:15.31	00:16.09	00:16.16			01:17.37	5	
	14	227	JM	Jonathan	Clements	00:14.30	00:15.27	00:15.46	00:16.14	00:16.20			01:18.17	5	
	15	217	JM	Kirsten	Pieters	00:13.54	00:15.19	00:16.50	00:16.31				01:02.34	4	LPD
	16	222	JM	Rudi	Koen	00:13.37	00:14.18	00:16.22	00:19.23				01:03.40	4	LPD
	17	216	JM	Andrew	Hill	00:14.22	00:15.49	00:17.06	00:16.36				01:03.53	4	LPD
	18	213	JM	Eric	Ramohanoe	00:13.38	00:20.14	00:15.26	00:17.08				01:06.26	4	LPD
	19	221	JM	Zachary	Swart	00:19.31	00:15.11	00:15.40	00:17.25				01:07.47	4	LPD
	20	202	JM	Pieter	Du Toit	00:13.17	00:53.18						01:06.35	2	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Elite Women	1	107	EW	Amy	Mcdougall	00:13.37	00:14.04	00:14.23	00:14.21	00:14.49	00:15.20		01:26.34	6	
	2	101	EW	Mariske	Strauss	00:13.36	00:14.03	00:14.25	00:15.03	00:15.44	00:16.00		01:28.51	6	
	3	111	EW	Bianca	Haw	00:14.22	00:15.13	00:15.31	00:15.29	00:15.56	00:15.59		01:32.30	6	
	4	103	EW	Sarah	Hill	00:14.56	00:15.22	00:15.32	00:15.37	00:15.56	00:16.07		01:33.30	6	
	5	112	EW	Frances	Du Toit	00:14.38	00:15.58	00:15.49	00:16.09	00:16.29	00:16.21		01:35.24	6	
	6	108	EW	Julia	Kotze	00:16.27	00:16.58	00:17.07	00:17.32	00:17.13	00:17.07		01:42.24	6	
	7	105	EW	Stacey	Hyslop	00:17.04	00:17.45	00:18.34	00:19.00	00:19.17			01:31.40	5	LPD
	8	102	EW	Likeleli	Masitise	00:18.42	00:19.18	00:20.57	00:21.12	00:21.24			01:41.33	5	LPD
	9	106	EW	Marli	Van Eeden	00:19.04	00:20.48	00:21.34	00:21.22	00:20.40			01:43.28	5	LPD
	10	113	EW	Skye	Davidson	00:17.21	00:18.48	00:20.30	00:32.24				01:29.03	4	LPD
	11	104	EW	Matshidiso	Ebudilwe	00:21.31	00:22.48	00:23.40	00:23.17				01:31.16	4	LPD



**2017 SA National Cross Country Cup # 4**  
**Csacades Bike Park - Pietermaritzburg - 17th June 2017**



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	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
	12	109	EW	Ronel	Ondemaal	00.21.35	00.24.05	00.24.19	00.24.48				01.34.47	4	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Elite Men	1	1	EM	Alan	Hatherly	00.10.48	00.11.19	00.11.28	00.11.29	00.11.35	00.11.45	00.11.27	01.19.51	7	
	2	4	EM	Philip	Buys	00.12.50	00.11.40	00.11.35	00.11.30	00.11.28	00.11.35	00.11.40	01.22.18	7	
	3	9	EM	Jan	Withaar	00.11.25	00.11.57	00.11.55	00.12.18	00.12.06	00.11.52	00.11.47	01.23.20	7	
	4	6	EM	Julian	Jessop	00.11.15	00.11.54	00.11.47	00.11.53	00.12.05	00.12.28	00.12.04	01.23.26	7	
	5	3	EM	Stuart	Marais	00.11.15	00.11.54	00.11.46	00.11.54	00.12.04	00.12.42	00.11.58	01.23.33	7	
	6	7	EM	Arno	Du Toit	00.11.26	00.11.56	00.11.56	00.12.01	00.12.17	00.12.14	00.12.17	01.24.07	7	
	7	12	EM	Gert	Heyns	00.11.15	00.11.39	00.11.59	00.12.27	00.12.41	00.13.00	00.13.15	01.26.16	7	
	8	29	EM	Wessel	Botha	00.11.44	00.12.15	00.12.23	00.12.32	00.12.45	00.12.54	00.13.10	01.27.43	7	
	9	24	EM	Tristan	De Lange	00.11.36	00.12.27	00.13.06	00.12.40	00.12.38	00.13.06	00.12.51	01.28.24	7	
	10	13	EM	Franco	Pelser	00.11.44	00.12.19	00.12.41	00.12.55	00.13.16	00.13.32	00.13.19	01.29.46	7	
	11	2	EM	Phetsetso	Monese	00.12.36	00.12.50	00.13.14	00.13.29	00.13.08	00.13.10	00.13.15	01.31.42	7	
	12	15	EM	Carel	Esterhuysen	00.12.45	00.13.05	00.13.16	00.13.13	00.13.32	00.13.17	00.12.45	01.31.53	7	
	13	18	EM	Komborero	Bere	00.12.19	00.13.24	00.13.26	00.13.01	00.13.02	00.13.18	00.13.42	01.32.12	7	
	14	14	EM	Frans	Nel	00.12.13	00.13.03	00.13.36	00.13.33	00.14.05	00.14.28		01.20.58	6	LPD
	15	40	EM	Sithembiso	Masango	00.12.29	00.12.53	00.13.50	00.14.40	00.13.49	00.14.35		01.22.16	6	LPD
	16	8	EM	Malefetsane	Lesofe	00.13.14	00.13.32	00.13.29	00.14.35	00.14.10	00.14.23		01.23.23	6	LPD
	17	5	EM	Tumelo	Makae	00.12.53	00.14.12	00.13.51	00.13.55	00.14.10	00.14.27		01.23.28	6	LPD
	18	23	EM	Michael	Maine	00.13.13	00.13.49	00.14.00	00.14.26	00.14.33	00.14.27		01.24.28	6	LPD
	19	30	EM	John-Paul	Pearton	00.13.17	00.14.23	00.14.31	00.14.47	00.14.19	00.14.25		01.25.42	6	LPD
	20	33	EM	Mazwi	Smimango	00.13.57	00.14.35	00.15.31	00.14.22	00.15.09	00.15.23		01.28.57	6	LPD
	21	28	EM	Anele	Mtalana	00.13.58	00.15.22	00.15.29	00.16.19	00.16.14	00.15.49		01.33.11	6	LPD
	22	19	EM	Lichaba	West	00.14.18	00.15.36	00.15.04	00.16.53	00.17.07	00.16.52		01.35.50	6	LPD
	23	27	EM	Thabiso	Rengane	00.15.55	00.26.49	00.16.47	00.17.10	00.16.36			01.33.17	5	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Sub Vet Women	1	852	SW	Natalie	Bergstrom	00.15.27	00.15.41	00.15.51	00.15.59				01.02.58	4	
	2	853	SW	Diana	Carolin	00.16.35	00.16.56	00.17.33	00.17.12				01.08.16	4	
	3	751	SW	Nadine	Nunes	00.16.38	00.17.39	00.18.04	00.18.24				01.10.45	4	
	4	854	SW	Yvonne	Cornes	00.21.49	00.24.18	00.25.34					01.11.41	3	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Sub Vet Men	1	701	SV	Dion	Froneman	00.12.30	00.13.33	00.13.23	00.13.32	00.14.04			01.07.02	5	
	2	703	SV	Carl	Calverley	00.12.44	00.13.44	00.13.46	00.13.56	00.14.14			01.08.24	5	
	3	704	SV	Duane	Stander	00.13.38	00.14.41	00.14.57	00.14.59	00.15.35			01.13.50	5	
	4	702	SV	Richard	Wyngaard	00.15.05	00.15.28	00.15.38	00.15.37	00.15.54			01.17.42	5	
	5	705	SV	Brian	Martens	00.15.51	00.17.12	00.17.41	00.18.24				01.09.08	4	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Veteran Men	1	803	VM	Nico	Pfitzenmaier	00.12.42	00.13.20	00.13.23	00.13.25				00.52.50	4	
	2	801	VM	Mark	Moir	00.12.55	00.13.09	00.14.28	00.13.49				00.54.21	4	
	3	806	VM	Ewan	Cochran	00.13.05	00.13.46	00.14.06	00.14.26				00.55.23	4	
	4	805	VM	Sean	O'Flynn-Madden	00.13.40	00.15.09	00.15.03	00.14.54				00.58.46	4	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Master Men	1	905	MM	Jeremy	Thomson	00.13.43	00.14.23	00.14.33					00.42.39	3	
	2	901	MM	Alan	Van Coller	00.14.18	00.14.50	00.14.38					00.43.46	3	
	3	904	MM	Marc	Ruwiel	00.16.18	00.17.54	00.17.34					00.51.46	3	
	4	902	MM	Pierre	Nel	00.18.25	00.19.41	00.19.21					00.57.27	3	