

**STIHL****2016 SA National Cross Country Cup # 3****Wolwespruit - Pretoria - 26th March 2016**

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	Time	Laps	Remarks
Nipper Boys	1	606	NB	Francois	De Jager	00.11.41	00.09.11	00.09.25				00.30.17	3	
	2	603	NB	Connor	Wright	00.11.40	00.09.17	00.09.38				00.30.35	3	
	3	602	NB	Aiden	Wright	00.11.39	00.09.45	00.09.52				00.31.16	3	
	4	605	NB	Henry	Owens	00.12.31	00.10.11	00.09.51				00.32.33	3	
	5	607	NB	Logan	Stander	00.13.17	00.11.25	00.12.21				00.37.03	3	
	6	604	NB	Liam	Badenhorst	00.14.18	00.11.26	00.11.55				00.37.39	3	
	7	601	NB	Alessandro	Fanicchi	00.14.15	00.11.29	00.12.31				00.38.15	3	
	8	608	NB	Ruan	Strydom	00.14.38	00.12.26	00.11.42				00.38.46	3	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Nipper Girls	1	655	NG	Caitlin	Mccoy	00.13.58	00.11.10					00.25.08	2	
	2	654	NG	Hannah	Elliott	00.14.04	00.11.08					00.25.12	2	
	3	651	NG	Marili	Nel	00.14.35	00.12.37					00.27.12	2	
	4	652	NG	Amelie	Owens	00.14.37	00.12.36					00.27.13	2	
	5	653	NG	Jana	Kotze	00.22.25	00.23.14					00.45.39	2	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Sprog Boys	1	502	SB	Jooste	Coetzee	00.10.33	00.08.37	00.08.52	00.08.35			00.36.37	4	
	2	504	SB	Nicholas	De Bruin	00.10.36	00.08.51	00.09.13	00.09.00			00.37.40	4	
	3	503	SB	Lourens	Spies	00.11.20	00.09.27	00.09.37	00.09.35			00.39.59	4	
	4	510	SB	Waldo	Potgieter	00.11.30	00.09.36	00.09.54	00.09.40			00.40.40	4	
	5	506	SB	Daniel	Van Coller	00.11.37	00.09.44	00.09.47	00.09.44			00.40.52	4	
	6	509	SB	Shaun	Wolfaardt	00.12.24	00.09.23	00.09.31	00.09.46			00.41.04	4	
	7	501	SB	Alec	Coleske	00.14.07	00.09.00	00.08.54	00.09.09			00.41.10	4	
	8	508	SB	Ruan	Jansen Van Vuuren	00.12.23	00.10.10	00.10.17	00.10.39			00.43.29	4	
	9	507	SB	Dillon	Botha	00.12.49	00.10.18	00.10.47	00.10.41			00.44.35	4	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Sprog Girls	1	701	SG	Lilian	Baber	00.13.29	00.11.24	00.10.46				00.35.39	3	
	2	551	SG	Jessica	Svacha	00.14.09	00.11.06	00.11.22				00.36.37	3	
	3	552	SG	Jeanine	Badenhorst	00.14.25	00.12.14	00.11.55				00.38.34	3	
	4	553	SG	Sarah-Dene	Wyllie	00.18.05	00.16.33	00.17.07				00.51.45	3	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Sub Junior Boys	1	401	JB	Luke	Moir	00.20.09	00.19.09	00.19.20				00.58.38	3	
	2	402	JB	Travis	Stedman	00.21.21	00.20.58	00.20.54				01.03.13	3	
	3	410	JB	Juan	Van Rooyen	00.22.54	00.21.35	00.21.27				01.05.56	3	
	4	412	JB	Ben	Du Plessis	00.22.44	00.21.43	00.21.30				01.05.57	3	
	5	420	JB	Zac	Gerber	00.23.14	00.22.19	00.22.44				01.08.17	3	
	6	419	JB	Ian	Els	00.22.45	00.21.43	00.24.16				01.08.44	3	
	7	406	JB	Pierre	Le Roux	00.23.40	00.22.54	00.23.44				01.10.18	3	
	8	404	JB	Mitchel	Potgieter	00.24.22	00.24.26	00.24.44				01.13.32	3	
	9	415	JB	Cameron	Dann	00.25.16	00.24.53	00.24.52				01.15.01	3	
	10	409	JB	Joshua	Baber	00.26.14	00.25.04	00.23.54				01.15.12	3	
	11	417	JB	Liam	Mccoy	00.25.30	00.25.03	00.26.11				01.16.44	3	
	12	405	JB	Thys	Van Der Riet	00.28.18	00.26.58	00.30.29				01.25.45	3	
	13	403	JB	Jean	Van Der Merwe	00.28.16	00.31.16					00.59.32	2	-1 lap
	14	416	JB	Christiaan	Bauman	00.28.31	00.31.34					01.00.05	2	-1 lap
	15	407	JB	Erik	Spies	00.38.41	00.37.44					01.16.25	2	-1 lap
	16	413	JB	Vernon	Harding Jnr	00.37.31	00.43.36					01.21.07	2	-1 lap
--	408	JB	Krige	Van Der Vyver	00.22.59						00.22.59	1	DNF	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Sub Junior Girls	1	453	JG	Chloe	Bateson	00.25.24	00.25.35					00.50.59	2	
	2	457	JG	Jade	Slabbert	00.27.37	00.27.05					00.54.42	2	
	3	456	JG	Sarah	Van Der Walt	00.28.31	00.28.32					00.57.03	2	
	4	455	JG	Ainsli	De Beer	00.29.45	00.31.11					01.00.56	2	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Youth Men	1	309	YM	Ryan	Conradie	00.19.31	00.20.07	00.18.08	00.18.17			01.16.03	4	
	2	304	YM	Dawie	Grobbelaar	00.20.27	00.18.33	00.18.33	00.19.12			01.16.45	4	
	3	303	YM	Daniel	Van Der Walt	00.20.23	00.18.52	00.18.47	00.19.01			01.17.03	4	

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	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
	4	312	YM	Hennie	Van Wyk	00:21.09	00:19.01	00:19.35	00:18.00			01:17.45	4	
	5	319	YM	Jamie	Penfold	00:20.26	00:18.48	00:19.16	00:19.38			01:18.08	4	
	6	302	YM	Wicus	Breytenbach	00:20.12	00:18.43	00:19.56	00:19.30			01:18.21	4	
	7	314	YM	Wynand	Brits	00:21.13	00:19.21	00:19.20	00:19.01			01:18.55	4	
	8	318	YM	Richard	Lambert	00:20.28	00:19.40	00:19.27	00:19.47			01:19.22	4	
	9	305	YM	Ryan	Terry	00:20.24	00:19.22	00:19.47	00:20.10			01:19.43	4	
	10	308	YM	Bradley	Harrington	00:20.32	00:19.45	00:20.26	00:19.57			01:20.40	4	
	11	320	YM	Hendrik	Bester	00:21.29	00:19.41	00:20.13	00:19.37			01:21.00	4	
	12	340	YM	Ryan	Kellerman	00:21.05	00:19.51	00:20.09	00:20.01			01:21.06	4	
	13	323	YM	Gerrit	Rautenbach	00:21.22	00:19.41	00:20.12	00:20.25			01:21.40	4	
	14	307	YM	Ruben	Helberg	00:21.28	00:19.58	00:20.23	00:20.09			01:21.58	4	
	15	325	YM	Bendeon	Myburgh	00:21.08	00:20.03	00:20.13	00:20.51			01:22.15	4	
	16	310	YM	Zander	Du Preez	00:21.49	00:20.10	00:20.35	00:20.18			01:22.52	4	
	17	347	YM	Riku	Le Roux	00:21.33	00:19.50	00:20.19	00:21.54			01:23.36	4	
	18	324	YM	Adriaan	Venter	00:22.04	00:20.37	00:20.15	00:20.54			01:23.50	4	
	19	328	YM	Keagan	Bontekoning	00:21.27	00:21.04	00:20.49	00:20.50			01:24.10	4	
	20	306	YM	Michard	Meets	00:20.22	00:22.58	00:21.18	00:20.27			01:25.05	4	
	21	316	YM	Cian	Leveridge	00:21.32	00:20.28	00:21.10	00:22.11			01:25.21	4	
	22	337	YM	Wayne	Van Der Walt	00:22.11	00:20.29	00:21.26	00:21.58			01:26.04	4	
	23	341	YM	Luan	Fischer	00:22.03	00:20.50	00:21.44	00:21.54			01:26.31	4	
	24	348	YM	Evan	Louw	00:23.13	00:20.12	00:21.42	00:21.48			01:26.55	4	
	25	335	YM	Christiaan	Nelson	00:23.10	00:21.11	00:21.17	00:21.52			01:27.30	4	
	26	336	YM	Jahn	De Bruyn	00:22.21	00:20.22	00:24.28	00:20.54			01:28.05	4	
	27	311	YM	Camelius	Van Der Riet	00:23.12	00:21.10	00:22.28	00:22.16			01:29.06	4	
	28	343	YM	Andreas	Schalekamp	00:22.32	00:21.29	00:22.15	00:23.38			01:29.54	4	
	29	333	YM	Chris	Du Plessis	00:33.45	00:19.54	00:19.22	00:18.33			01:31.34	4	
	30	331	YM	Liam	Edwards	00:23.30	00:22.05	00:23.32	00:23.33			01:32.40	4	
	31	317	YM	Paul	Meyer	00:23.00	00:22.33	00:23.33	00:24.41			01:33.47	4	
	32	327	YM	Brydan	Liebenberg	00:23.11	00:22.56	00:23.42	00:24.51			01:34.40	4	
	33	315	YM	Nathan	Kurensky	00:23.33	00:22.24	00:23.51	00:24.57			01:34.45	4	
	34	338	YM	Mathew	Turner	00:23.31	00:22.52	00:23.40	00:25.51			01:35.54	4	
	35	345	YM	Marco	Moolman	00:25.21	00:22.19	00:23.15	00:25.50			01:36.45	4	
	36	344	YM	Rikus	Booyens	00:24.10	00:23.56	00:23.45	00:25.12			01:37.03	4	
	37	330	YM	Johan	Oosthuizen	00:24.09	00:23.35	00:24.46	00:26.36			01:39.06	4	
	38	321	YM	Andrew	Hill	00:23.16	00:22.50	00:25.13	00:29.17			01:40.36	4	
	39	332	YM	Jan-Harm	Lindeque	00:23.37	00:22.48	00:28.38	00:25.58			01:41.01	4	
	40	326	YM	Benjamin	Baber	00:24.11	00:22.38	00:23.51	00:33.57			01:44.37	4	
	41	313	YM	Kieran	Dann	00:21.31	00:19.53	00:20.23	00:58.38			02:00.25	4	
	42	339	YM	Christiaan	Van Staden	00:26.21	00:26.27	00:27.51				01:20.39	3	-1 lap
	43	322	YM	Devon	Baird	00:23.29	00:23.47					00:47.16	2	DNF
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Youth Women	1	351	YW	Zandri	Strydom	00:23.01	00:22.34	00:22.15				01:07.50	3	
	2	352	YW	Azulde	Britz	00:23.48	00:23.06	00:24.15				01:11.09	3	
	3	357	YW	Rimari	Sutton	00:24.43	00:24.38	00:26.56				01:16.17	3	
	4	354	YW	Nicola	Van Der Walt	00:25.48	00:26.06	00:27.19				01:19.13	3	
	5	355	YW	Christelle	Coetzer	00:27.25	00:27.39	00:30.16				01:25.20	3	
	6	360	YW	Andrea	De Waal	00:28.27	00:28.24	00:31.25				01:28.16	3	
	7	356	YW	Monique	Swart	00:31.47	00:36.59					01:08.46	2	-1 lap
	8	359	YW	Havannah	Blem	00:39.58	00:42.30					01:22.28	2	-1 lap
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Junior Men	1	206	JM	Henry	Liebenberg	00:18.41	00:17.27	00:17.19	00:17.22			01:10.49	4	
	2	202	JM	Pieter	Du Toit	00:18.41	00:17.28	00:17.20	00:17.22			01:10.51	4	
	3	204	JM	Jarrood	Van Den Heever	00:18.42	00:17.25	00:17.32	00:18.02			01:11.41	4	
	4	208	JM	Matthew	Keyser	00:18.47	00:17.33	00:17.45	00:18.26			01:12.31	4	
	5	203	JM	Andrew	Sparks	00:18.44	00:17.41	00:18.06	00:18.35			01:13.06	4	
	6	211	JM	Thomas	Jessop	00:18.45	00:18.25	00:18.25	00:18.51			01:14.26	4	

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	7	212	JM	Jason	Abbott	00.19.25	00.18.42	00.18.34	00.18.32			01.15.13	4	
	8	214	JM	Liam	De Klerk	00.19.37	00.18.28	00.19.06	00.18.37			01.15.48	4	
	9	209	JM	Rinus	Maarsingh	00.18.46	00.17.38	00.19.53	00.19.55			01.16.12	4	
	10	220	JM	Rossouw	Bekker	00.20.03	00.18.29	00.18.43	00.19.00			01.16.15	4	
	11	216	JM	Brandon	Van Der Berg	00.19.51	00.19.03	00.18.42	00.19.25			01.17.01	4	
	12	210	JM	Armand	Lombard	00.20.16	00.19.09	00.18.45	00.19.39			01.17.49	4	
	13	240	JM	Ruben	Pearson	00.20.08	00.19.00	00.19.25	00.20.41			01.19.14	4	
	14	219	JM	Liam	Venter	00.20.26	00.19.41	00.19.46	00.19.26			01.19.19	4	
	15	245	JM	Hasting	Dickinson	00.20.27	00.19.34	00.19.49	00.20.35			01.20.25	4	
	16	221	JM	Jayde	Davies	00.20.07	00.19.05	00.20.04	00.21.56			01.21.12	4	
	17	227	JM	Chad	Fikkert	00.20.31	00.22.30	00.19.37	00.19.16			01.21.54	4	
	18	230	JM	Cayde	Muldoon	00.21.22	00.20.00	00.19.58	00.20.55			01.22.15	4	
	19	229	JM	Antonie	Joubert	00.22.12	00.19.15	00.19.45	00.21.12			01.22.24	4	
	20	244	JM	Alexandre	Mayer	00.20.41	00.19.44	00.20.05	00.21.56			01.22.26	4	
	21	228	JM	Hanno	Erwee	00.20.42	00.19.37	00.20.33	00.21.46			01.22.38	4	
	22	223	JM	Ryan	Naude	00.21.17	00.19.55	00.20.40	00.22.23			01.24.15	4	
	23	207	JM	Wessel	Botha	00.18.43	00.27.11	00.20.08	00.18.23			01.24.25	4	
	24	226	JM	Marcel	Holtz	00.21.09	00.20.14	00.21.49	00.22.03			01.25.15	4	
	25	217	JM	Jared	Cowan	00.20.47	00.20.08	00.21.47	00.24.23			01.27.05	4	
	26	232	JM	Joshua	Doubell	00.23.27	00.21.22	00.21.10	00.21.25			01.27.24	4	
	27	231	JM	Ben	Carnie	00.22.01	00.21.08	00.22.08	00.22.40			01.27.57	4	
	28	222	JM	Nicholas	Friend	00.22.16	00.21.09	00.21.05	00.24.20			01.28.50	4	
	29	236	JM	Douglas	Archer	00.23.17	00.23.24	00.23.28	00.29.17			01.39.26	4	
	30	241	JM	Marno	Van Zyl	00.24.04	00.22.35	00.23.31	00.29.17			01.39.27	4	
	31	238	JM	Marco	Van Der Merwe	00.27.27	00.23.10	00.22.42				01.13.19	3	-1 lap
	32	246	JM	Anton	Potgieter	00.23.32	00.26.28	00.25.17				01.15.17	3	-1 lap
	33	243	JM	Rickus	Grobler	00.30.47	00.32.07	00.29.04				01.31.58	3	-1 lap
	34	205	JM	Andreas	Kuhn	00.20.04	00.20.41					00.40.45	2	DNF
	35	247	JM	Herbert	Peters	00.19.29						00.19.29	1	DNF
	36	225	JM	Wessel	Redelinghuys	00.20.06						00.20.06	1	DNF
	37	201	JM	Reinhard	Zellhuber	00.25.03						00.25.03	1	DNF
	38	224	JM	Ruan	De Villiers	00.25.30						00.25.30	1	DNF
	39	235	JM	Conrad	Barnard	00.26.24						00.26.24	1	DNF
	40	237	JM	Alain	Slabbert	00.28.13						00.28.13	1	DNF
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Junior Women	1	276	JW	Danielle	Strydom	00.22.02	00.21.10	00.20.42				01.03.54	3	
	2	271	JW	Kristen	Louw	00.23.10	00.21.54	00.22.09				01.07.13	3	
	3	278	JW	Christie	Header	00.23.25	00.23.36	00.22.41				01.09.42	3	
	4	272	JW	Nicolene	Marais	00.23.52	00.23.12	00.22.53				01.09.57	3	
	5	273	JW	Saffron	Vosloo	00.23.08	00.24.35	00.23.09				01.10.52	3	
	6	275	JW	Lynette	Benson	00.24.26	00.23.54	00.23.28				01.11.48	3	
	7	274	JW	Allison	Morton	00.24.32	00.25.08	00.25.12				01.14.52	3	
	8	277	JW	Marnique	De Swardt	00.25.45	00.25.41	00.25.49				01.17.15	3	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Elite Men	1	1	EM	James	Reid	00.16.42	00.15.35	00.15.41	00.16.02	00.16.19		01.37.01	6	
	2	7	EM	Brendon	Davids	00.17.00	00.15.45	00.15.52	00.16.10	00.16.14		01.37.13	6	
	3	2	EM	Philip	Buys	00.16.49	00.15.54	00.16.11	00.16.13	00.16.39		01.38.57	6	
	4	3	EM	Alan	Hatherly	00.16.57	00.16.30	00.16.40	00.16.47	00.16.48		01.40.39	6	
	5	14	EM	Stuart	Marais	00.17.34	00.16.49	00.16.38	00.17.06	00.17.41		01.44.03	6	
	6	19	EM	Marc	Fourie	00.18.12	00.16.37	00.16.39	00.17.31	00.19.10		01.45.57	6	
	7	10	EM	Nathan	Bykusenge	00.18.33	00.17.20	00.17.11	00.17.08	00.17.57		01.46.23	6	
	8	17	EM	Jan	Withaar	00.18.10	00.17.14	00.17.25	00.17.51	00.17.58		01.46.29	6	
	9	32	EM	Tristan	De Lange	00.18.30	00.17.37	00.17.31	00.17.30	00.17.57		01.47.04	6	
	10	6	EM	Yannick	Lincoln	00.19.04	00.17.40	00.17.36	00.17.47	00.17.49		01.48.03	6	
	11	24	EM	Jason	Meaton	00.18.32	00.17.38	00.17.41	00.18.02	00.18.51		01.49.14	6	
	12	39	EM	Johan	Hartzenberg	00.19.58	00.17.49	00.18.11	00.18.20	00.19.21		01.53.27	6	

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	13	29	EM	Martin	Oosthuizen	00.19.26	00.18.24	00.18.54	00.18.55	00.18.43		01.53.28	6	
	14	63	EM	Raul	Costa	00.21.02	00.18.11	00.18.13	00.18.30	00.18.54		01.54.32	6	
	15	55	EM	Michael	Ferreira	00.19.42	00.18.25	00.18.40	00.18.50	00.19.32		01.54.33	6	
	16	53	EM	Franco	Pelser	00.19.06	00.18.58	00.19.41	00.20.00	00.18.42		01.54.48	6	
	17	8	EM	Phetsetso	Monese	00.18.31	00.17.46	00.17.29	00.17.47	00.18.11		01.56.24	6	
	18	28	EM	Frans	Nel	00.19.10	00.18.11	00.18.32	00.18.35	00.19.18		01.56.35	6	
	19	13	EM	William	Mokgopo	00.20.24	00.18.01	00.18.28	00.19.03	00.20.17		01.57.12	6	
	20	38	EM	Cobus	Van Den Berg	00.20.05	00.18.38	00.18.46	00.19.08	00.20.09		01.58.34	6	
	21	22	EM	Stephan	Senekal	00.18.37	00.17.05	00.17.11	00.18.56	00.25.53		01.37.42	5	-1 lap
	22	58	EM	Guylin	Van Den Berg	00.20.13	00.18.29	00.18.49	00.19.33	00.21.28		01.38.32	5	-1 lap
	23	9	EM	Malefetsane	Lesofe	00.19.53	00.19.04	00.19.19	00.19.32	00.21.06		01.38.54	5	-1 lap
	24	20	EM	Andrew	Warr	00.18.35	00.17.33	00.19.37	00.20.34	00.23.05		01.39.24	5	-1 lap
	25	12	EM	Tumelo	Makae	00.20.39	00.18.49	00.19.24	00.19.03	00.21.37		01.39.32	5	-1 lap
	26	59	EM	Gareth	Cook	00.21.01	00.19.34	00.19.26	00.20.16	00.21.18		01.41.35	5	-1 lap
	27	37	EM	Devon	Smith	00.21.03	00.19.34	00.20.16	00.21.01	00.20.21		01.42.15	5	-1 lap
	28	30	EM	Kyle	Bradford	00.20.41	00.19.55	00.20.15	00.21.02	00.21.16		01.43.09	5	-1 lap
	29	62	EM	Wayd	Needham	00.20.07	00.19.56	00.20.46	00.21.08	00.21.33		01.43.30	5	-1 lap
	30	35	EM	Komborero	Bere	00.19.09	00.24.48	00.18.57	00.20.22	00.20.31		01.43.47	5	-1 lap
	31	57	EM	Armand	Du Randt	00.21.55	00.20.37	00.20.43	00.21.43	00.23.33		01.48.31	5	-1 lap
	32	34	EM	Reuben	Vorster	00.21.04	00.21.04	00.21.09	00.23.02	00.23.02		01.49.21	5	-1 lap
	33	33	EM	Grant	Daly	00.21.09	00.20.13	00.21.46	00.23.35	00.23.06		01.49.49	5	-1 lap
	34	56	EM	Adriaan	Myburgh	00.22.07	00.21.09	00.21.29	00.23.34	00.23.01		01.51.20	5	-1 lap
	35	15	EM	Tseko	Shelile	00.22.28	00.21.19	00.22.50	00.23.20	00.24.21		01.54.18	5	-1 lap
	36	61	EM	Gerhart	Meyer	00.22.16	00.21.56	00.22.10	00.23.43	00.25.36		01.55.41	5	-1 lap
	37	52	EM	Edward	Mckenzie	00.21.41	00.21.25	00.23.45	00.26.21	00.29.32		02.02.44	5	-1 lap
	38	27	EM	Lichaba	West	00.21.00	00.24.59	00.24.46	00.29.06			01.39.51	4	-2 laps
	39	60	EM	Bradley	Alcock	00.24.02	00.25.51	00.25.41	00.28.13			01.43.47	4	-2 laps
	40	21	EM	Wade	Prinsloo	00.18.09	00.17.35	00.19.55	00.19.42	00.18.19		01.33.40	5	DNF
	41	25	EM	Josef	Bester	00.18.55	00.18.11	00.21.57				00.59.03	3	DNF
	42	51	EM	Hugh	Webb	00.23.07	00.22.12	00.21.08				01.06.27	3	DNF
	43	5	EM	Arno	Du Toit	00.17.30	00.17.36					00.35.06	2	DNF
	44	18	EM	Marco	Joubert	00.20.48	00.21.13					00.42.01	2	DNF
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Elite Women	1	101	EW	Cherie	Vale	00.20.33	00.18.57	00.19.04	00.19.48	00.19.25		01.37.47	5	
	2	102	EW	Mariske	Strauss	00.20.18	00.19.16	00.19.46	00.20.20	00.21.20		01.41.00	5	
	3	105	EW	Candice	Neethling	00.20.20	00.19.34	00.19.59	00.20.46	00.21.40		01.42.19	5	
	4	153	EW	Frances	Du Toit	00.21.20	00.19.55	00.20.47	00.21.12	00.21.31		01.44.45	5	
	5	158	EW	Amy	Mcdougall	00.22.04	00.20.36	00.20.54	00.21.10	00.20.48		01.45.32	5	
	6	106	EW	Michelle	Vorster	00.23.13	00.20.24	00.20.45	00.20.52	00.23.28		01.48.42	5	
	7	154	EW	Genevieve	Van Coller	00.21.02	00.21.03	00.22.03	00.22.48	00.23.05		01.50.01	5	
	8	108	EW	Hayley	Smith	00.22.31	00.23.08	00.22.21	00.21.59	00.21.23		01.51.22	5	
	9	155	EW	Mandy	De Beer	00.22.39	00.21.37	00.22.23	00.22.53	00.23.11		01.52.43	5	
	10	159	EW	Skye	Davidson	00.24.28	00.23.17	00.23.48	00.24.04	00.24.17		01.59.54	5	
	11	157	EW	Carmen	Bassingthwaighte	00.23.04	00.22.37	00.22.06	00.26.03	00.28.03		02.01.53	5	
	12	156	EW	Nicolle	Van Der Greff	00.25.13	00.24.33	00.24.33	00.24.24			01.38.43	4	-1 lap
	13	151	EW	Jessica	Alcock	00.24.16	00.24.29	00.24.28	00.25.38			01.38.51	4	-1 lap
	14	152	EW	Hanli	Cilliers	00.25.35	00.24.35	00.25.47	00.25.37			01.41.34	4	-1 lap
	15	160	EW	Stacey	Hyslop	00.26.23	00.26.21	00.25.46	00.29.29			01.47.59	4	-1 lap
	16	107	EW	Likeleli	Masitise	00.28.25	00.30.43	00.30.34	00.30.16			01.59.58	4	-1 lap
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Sub Vet Men	1	709	SV	Armand	Du Toit	00.18.48	00.18.25	00.18.14	00.18.44			01.14.11	4	
	2	704	SV	Dion	Froneman	00.18.50	00.18.23	00.18.42	00.18.52			01.14.47	4	
	3	711	SV	Duane	Stander	00.19.15	00.18.25	00.18.54	00.18.57			01.15.31	4	
	4	703	SV	Dewald	Lotter	00.19.14	00.18.34	00.19.05	00.19.21			01.16.14	4	
	5	705	SV	Matthys	Koekemoer	00.21.27	00.18.35	00.18.27	00.18.32			01.17.01	4	
	6	702	SV	Michael	Maine	00.20.04	00.19.25	00.19.27	00.19.34			01.18.30	4	



STIHL®

2016 SA National Cross Country Cup # 3

Wolwespruit - Pretoria - 26th March 2016



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	Time	Laps	Remarks
	7	707	SV	Bradley	Hood	00.23.06	00.22.36	00.23.42	00.25.19			01.34.43	4	
	8	710	SV	Suandi	Rakim	00.23.35	00.25.41	00.31.09				01.20.25	3	-1 lap
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Sub Vet Women	1	952	SW	Adrienne	Moolman	00.23.34	00.22.30	00.22.32				01.08.36	3	
	2	751	SW	Liesl	Lourens	00.24.10	00.23.30	00.24.59				01.12.39	3	
	3	752	SW	Annie	David	00.26.04	00.25.12	00.25.54				01.17.10	3	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Veteran Men	1	814	VM	Grant	Usher	00.20.20	00.18.25	00.19.01	00.18.52			01.16.38	4	
	2	801	VM	Mark	Moir	00.19.52	00.19.25	00.19.22	00.18.26			01.17.05	4	
	3	808	VM	Rynard	Van Hoven	00.20.23	00.19.23	00.19.34	00.20.10			01.19.30	4	
	4	815	VM	Ewan	Cochran	00.20.43	00.19.29	00.19.43	00.20.26			01.20.21	4	
	5	813	VM	Sean	O'Flynn-Madden	00.20.46	00.20.13	00.21.19	00.22.26			01.24.44	4	
	6	809	VM	Alby	Nel	00.21.40	00.21.02	00.21.28	00.21.50			01.26.00	4	
	7	811	VM	Tiaan	Bauman	00.22.18	00.21.32	00.22.29	00.22.32			01.28.51	4	
	8	804	VM	Johan	Moller	00.21.39						00.21.39	1	DNF
	9	807	VM	Vernon	Harding Snr	00.29.17						00.29.17	1	DNF
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Veteran Women	1	852	VW	Diana	Carolin	00.23.36	00.23.14	00.23.28				01.10.18	3	
	2	921	VW	Helen	Gibbings	00.29.54	00.28.12	00.28.29				01.26.35	3	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Master Men	1	902	MM	Paul	Cannon	00.21.18	00.20.07	00.20.28				01.01.53	3	
	2	932	MM	Colin	Gibbings	00.24.39	00.24.19	00.25.39				01.14.37	3	
	3	931	MM	Charles	Stander	00.25.51	00.24.47	00.26.02				01.16.40	3	
	4	901	MM	Dirk	Maarsingh	00.39.27						00.39.27	1	DNF
	5	903	MM	Louw	Gerber									