

Paul Roos Gymnasium XCO Race

incorporating Western Cape XCO #1

Saturday 10th April 2021 - PRG & Coetzenberg

presented by

VUMA



Group or Category	Pos in		Participants Details				Split Times							Final Results		
	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Nippers Boys	1	1	986	NB	Tienie	Louw	00:11.03	00:08.37	00:08.53	00:08.49				00:37.22	4	
	2	2	611	NB	Dylan	Van De Langenberg	00:11.09	00:08.57	00:09.08	00:08.35				00:37.49	4	
	3	3	603	NB	Willem	Durandt	00:11.04	00:08.41	00:09.39	00:10.41				00:40.05	4	
	4	4	606	NB	Maximillian	Brown	00:11.37	00:09.59	00:10.20	00:09.44				00:41.40	4	
	5	5	610	NB	William	Nelson	00:11.39	00:09.55	00:10.18	00:10.16				00:42.08	4	
	6	6	614	NB	Connor	Roebuck	00:12.16	00:10.13	00:11.08	00:11.32				00:45.09	4	
	7	7	653	NB	Connor	Harman	00:13.48	00:10.57	00:11.19	00:12.21				00:48.25	4	
	8	8	605	NB	Tian	Vorster	00:14.23	00:14.50	00:16.21	00:15.14				01:00.48	4	
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Nippers Girls	1	1	652	NG	Vivienne	Dockter	00:15.24	00:10.48	00:10.37					00:36.49	3	
	2	2	651	NG	Isabella	Stermin	00:17.42	00:12.15	00:12.00					00:41.57	3	
	3	3	655	NG	Lienka	De Jager	00:16.00	00:12.56	00:13.31					00:42.27	3	
	--	--	654	NG	Jasmyn	Kleynscheldt	00:19.38	00:15.34						00:35.12	2	DNF
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Sprogs Boys	1	1	517	SB	Camryn	Marais	00:06.11	00:06.40	00:06.58	00:06.32	00:06.55			00:33.16	5	
	2	2	509	SB	Lincoln	Zietsman	00:06.16	00:06.34	00:06.57	00:06.56	00:07.15			00:33.58	5	
	3	3	505	SB	Tristan	Mc Given	00:06.17	00:06.45	00:06.56	00:07.19	00:07.19			00:34.36	5	
	4	4	507	SB	Sven	Etsebeth	00:07.05	00:07.02	00:07.16	00:07.21	00:07.18			00:36.02	5	
	5	5	987	SB	Reece	Meyer	00:07.17	00:07.35	00:07.42	00:07.39	00:08.02			00:38.15	5	
	6	6	520	SB	Nick	Van Zyl	00:06.55	00:07.11	00:08.03	00:08.04	00:08.11			00:38.24	5	
	7	7	989	SB	Henri	Coetzee	00:07.17	00:07.42	00:07.48	00:07.53	00:07.53			00:38.33	5	
	8	8	503	SB	Luke	Schonegevel	00:07.32	00:07.40	00:07.47	00:07.48	00:07.48			00:38.35	5	
	9	9	506	SB	Matthew	Ratcliffe	00:07.05	00:07.38	00:08.05	00:08.41	00:07.57			00:39.26	5	
	10	10	990	SB	Gabriel	Burke	00:07.39	00:07.59	00:08.25	00:08.16	00:07.56			00:40.15	5	
	11	11	518	SB	Ryan	Viviers	00:07.52	00:08.24	00:08.53	00:08.32	00:10.26			00:44.07	5	
	12	12	992	SB	Edward	Schön	00:08.20	00:08.49	00:09.27	00:09.04	00:08.49			00:44.29	5	
	13	13	516	SB	Lian	De Jager	00:07.59	00:08.34	00:09.02	00:09.29	00:09.26			00:44.30	5	
	14	14	988	SB	Ruben	Kleynscheldt	00:07.54	00:08.29	00:09.13	00:09.52	00:09.38			00:45.06	5	
	15	15	502	SB	Jacques	Lötter	00:08.27	00:09.18	00:09.01	00:09.10	00:10.10			00:46.06	5	
	16	16	508	SB	Christof	Franken	00:08.32	00:08.57	00:10.16	00:10.17	00:09.56			00:47.58	5	
	17	17	515	SB	Luan	Van Zyl Smit	00:08.53	00:09.51	00:10.19	00:10.15	00:11.30			00:50.48	5	
	18	18	991	SB	Jonathan	Dunkley	00:07.57	00:08.54	00:09.16	00:09.30				00:35.37	4	-1 Lap
	19	19	993	SB	Adriaan	De Goede	00:09.30	00:09.39	00:09.25	00:10.09				00:38.43	4	-1 Lap
	20	20	511	SB	Alec	Retief	00:10.38	00:11.28	00:13.09	00:12.57				00:48.12	4	-1 Lap
	21	21	513	SB	Jurie	Cronje	00:14.10	00:13.51	00:14.16	00:32.32				01:14.49	4	-1 Lap
	22	22	514	SB	Wilhelm	Burger	00:10.57	00:12.22	00:12.19					00:35.38	3	-2 Laps
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Sprogs Girls	1	1	552	SG	Lara	Van Der Vyver	00:09.27	00:07.43	00:08.02	00:07.54				00:33.06	4	
	2	2	553	SG	Liliana	Dockter	00:10.48	00:08.54	00:10.01	00:09.45				00:39.28	4	
	3	3	551	SG	Catalina Rose	Lamers	00:11.09	00:10.51	00:10.34	00:10.43				00:43.17	4	
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Sub-Jun Boys	1	1	401	JB	Jeanre	Ungerer	00:13.13	00:13.55	00:14.06					00:41.14	3	
	2	2	402	JB	Robert	Nieuwenhuizen	00:13.19	00:14.45	00:14.44					00:42.48	3	
	3	3	904	JB	Liam	Henning	00:14.34	00:14.58	00:15.18					00:44.50	3	
	4	4	901	JB	Juan	Van Zyl	00:14.40	00:15.33	00:15.24					00:45.37	3	
	5	5	409	JB	Morgan	Jones	00:15.10	00:16.44	00:16.31					00:48.25	3	
	6	6	952	JB	Reek	Roos	00:15.26	00:16.56	00:16.54					00:49.16	3	
	7	7	405	JB	Luca	Wiese	00:16.11	00:16.49	00:16.26					00:49.26	3	
	8	8	806	JB	Josua	Du Plessis	00:15.26	00:17.27	00:17.03					00:49.56	3	
	9	9	417	JB	Jean	Breytenbach	00:15.55	00:17.37	00:17.35					00:51.07	3	
	10	10	808	JB	Alexander	Jonker	00:16.07	00:19.50	00:18.31					00:54.28	3	
	11	11	404	JB	Etienne	Du Preez	00:17.29	00:19.18	00:19.12					00:55.59	3	
	12	12	903	JB	Jaco	De Wet	00:17.44	00:19.35	00:19.50					00:57.09	3	
	13	13	815	JB	Van Zyl	Steyn	00:17.58	00:19.22	00:19.49					00:57.09	3	
	14	14	809	JB	Andre	Kirschstein	00:18.15	00:19.59	00:19.05					00:57.19	3	
	15	15	805	JB	Neil	Van Der Vyver	00:21.02	00:19.59	00:16.21					00:57.22	3	
	16	16	802	JB	Evan	Lategan	00:18.26	00:20.08	00:20.34					00:59.08	3	
	17	17	905	JB	Philip	Albertse	00:18.46	00:20.39	00:19.46					00:59.11	3	
	18	18	804	JB	Adriaan	De Waard	00:18.03	00:20.16	00:21.16					00:59.35	3	
	19	19	412	JB	Adriaan	Brink	00:19.34	00:22.11	00:21.41					01:03.26	3	
	20	20	984	JB	Kobus	Jordaan	00:18.43	00:22.40	00:22.09					01:03.32	3	
	21	21	418	JB	Ruben	Ward	00:20.11	00:21.00	00:24.55					01:06.06	3	
	22	22	415	JB	Jacobus	Laubscher	00:15.56	00:22.54	00:30.41					01:09.31	3	
	23	23	407	JB	Matthew	Hudson	00:19.28	00:21.53						00:41.21	2	-1 Lap
	24	24	803	JB	Yaron	Hattingh	00:20.01	00:21.21						00:41.22	2	-1 Lap
	25	25	810	JB	Ruan	Nel	00:20.41	00:20.41						00:41.22	2	-1 Lap
	26	26	403	JB	Zander	Du Plessis	00:17.15	00:24.15						00:41.30	2	-1 Lap
	27	27	416	JB	Maniora	Stanislas	00:20.40	00:23.21						00:44.01	2	-1 Lap
	28	28	411	JB	Reuben	Louw	00:20.53	00:23.18						00:44.11	2	-1 Lap
	29	29	421	JB	Neil	Barnard	00:22.05	00:23.05						00:45.10	2	-1 Lap
	30	30	953	JB	Sebastian	Dreyer	00:17.43	00:27.29						00:45.12	2	-1 Lap
	31	31	807	JB	Jan	Hattingh	00:21.08	00:24.38						00:45.46	2	-1 Lap
	32	32	413	JB	Francois	Coetzee	00:30.38	00:16.10						00:46.48	2	-1 Lap
	33	33	419	JB	Louis	Botha	00:21.27	00:25.35						00:47.02	2	-1 Lap

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GYMNASIUM



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	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
	34	34	814	JB	Altus	Scholtz	00:26.11	00:23.54						00:50.05	2	-1 Lap
	35	35	813	JB	Marais	Neethling	00:22.30	00:28.39						00:51.09	2	-1 Lap
	36	36	425	JB	Bruce	Petersen	00:23.24	00:27.56						00:51.20	2	-1 Lap
	37	37	851	JB	Marthinus	Fourie	00:28.59	00:25.56						00:54.55	2	-1 Lap
	--	--	801	JB	Andre	Blewett	00:17.47							00:17.47	1	DNF
	--	--	423	JB	Ruben	Devenish										DNS
	--	--	811	JB	Tiaan	Marx										DNS
	--	--	954	JB	Andrew	De Kock										DNS
	--	--	406	JB	Daniel	Franken										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Sub-Jun Girls	1	1	458	JG	Eryn	Marais	00:16.39	00:18.00						00:34.39	2	
	2	2	451	JG	Chloe	Chesterton	00:17.13	00:18.13						00:35.26	2	
	3	3	455	JG	Nadia	Van Wyk	00:17.15	00:18.26						00:35.41	2	
	4	4	453	JG	Nikalau	Volsteedt	00:17.38	00:18.55						00:36.33	2	
	5	5	457	JG	Zoe	Green	00:17.32	00:19.17						00:36.49	2	
	6	6	456	JG	Kelly	Mall	00:19.39	00:19.54						00:39.33	2	
	7	7	452	JG	Miane	Van Jaarsveldt	00:19.28	00:21.18						00:40.46	2	
	8	8	454	JG	Isabel	Lutz	00:19.11	00:22.32						00:41.43	2	
Category	All	Cat	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	1	302	YM	Alec	Coleske	00:12.18	00:13.07	00:13.03	00:12.57				00:51.25	4	
	2	2	303	YM	Hendre	De Villiers	00:12.56	00:13.31	00:13.45	00:13.47				00:53.59	4	
	3	3	301	YM	William	Mills	00:13.08	00:13.50	00:14.05	00:14.41				00:55.44	4	
	4	4	339	YM	Lood	Goosen	00:13.27	00:14.21	00:14.22	00:13.46				00:55.56	4	
	5	5	242	YM	Louis	Terblanche	00:13.34	00:13.41	00:14.08	00:14.33				00:55.56	4	
	6	6	241	YM	Jean-Pierre	Du Plessis	00:13.36	00:14.29	00:14.31	00:14.08				00:56.44	4	
	7	7	307	YM	Jean	Surridge	00:13.57	00:14.29	00:14.27	00:15.08				00:58.01	4	
	8	8	250	YM	Tiaan	Steenkamp	00:14.41	00:14.53	00:14.57	00:15.07				00:59.38	4	
	9	9	304	YM	Seth	Barton	00:14.09	00:14.56	00:15.15	00:15.40				01:00.00	4	
	10	10	321	YM	Rupert	Taljaard	00:14.30	00:15.18	00:15.26	00:14.54				01:00.08	4	
	11	11	335	YM	Jaydan	Durandt	00:14.30	00:15.03	00:15.25	00:15.18				01:00.16	4	
	12	12	308	YM	Tiaan	Manefeldt	00:14.17	00:15.16	00:16.44	00:15.51				01:02.08	4	
	13	13	305	YM	Greg	Lawson	00:14.42	00:15.32	00:16.12	00:15.44				01:02.10	4	
	14	14	329	YM	Rossouw	Hamman	00:15.34	00:15.45	00:15.39	00:15.31				01:02.29	4	
	15	15	316	YM	Devan	Van Zyl	00:14.59	00:16.06	00:16.36	00:15.32				01:03.13	4	
	16	16	315	YM	M J	Visagie	00:14.53	00:16.13	00:16.01	00:16.07				01:03.14	4	
	17	17	306	YM	Luke	Caetano	00:14.54	00:16.02	00:16.54	00:15.57				01:03.47	4	
	18	18	322	YM	Thomas	Dunkley	00:14.18	00:15.07	00:16.04	00:19.24				01:04.53	4	
	19	19	336	YM	Zander	Compion	00:15.54	00:16.26	00:16.41	00:16.17				01:05.18	4	
	20	20	325	YM	Tomas	Smuts	00:16.08	00:17.12	00:17.49	00:18.39				01:09.48	4	
	21	21	312	YM	Ross	Swanevelder	00:16.39	00:16.47	00:18.06					00:51.32	3	-1 Lap
	22	22	332	YM	Gustav	Raubenheimer	00:16.15	00:17.12	00:18.50					00:52.17	3	-1 Lap
	23	23	327	YM	Theodore	Moss	00:17.27	00:18.03	00:17.12					00:52.42	3	-1 Lap
	24	24	249	YM	Daniel	Grutter	00:16.37	00:17.42	00:18.23					00:52.42	3	-1 Lap
	25	25	333	YM	Daneel	Human	00:17.32	00:17.51	00:17.29					00:52.52	3	-1 Lap
	26	26	330	YM	Luke	Keyser	00:17.22	00:17.43	00:18.15					00:53.20	3	-1 Lap
	27	27	326	YM	Gerard	Sneijders	00:17.11	00:18.36	00:18.49					00:54.36	3	-1 Lap
	28	28	338	YM	Jayden	Du Plessis	00:18.09	00:19.23	00:19.10					00:56.42	3	-1 Lap
	29	29	240	YM	Hughan	Crouse	00:16.52	00:21.54	00:18.44					00:57.30	3	-1 Lap
	30	30	334	YM	Stef	Mostert	00:18.11	00:20.23	00:19.25					00:57.59	3	-1 Lap
	31	31	248	YM	Van Heerden	Heunis	00:18.06	00:19.54	00:20.21					00:58.21	3	-1 Lap
	32	32	331	YM	Johann	Jordaan	00:18.04	00:19.56	00:21.31					00:59.31	3	-1 Lap
	33	33	323	YM	Waldo	Van Zyl	00:18.20	00:20.26	00:22.30					01:01.16	3	-1 Lap
	34	34	247	YM	Zandre	Marx	00:19.35	00:23.33	00:23.38					01:06.46	3	-1 Lap
	35	35	246	YM	Grové	Erasmus	00:34.25	00:35.52						01:10.17	2	-2 Laps
	--	--	244	YM	Krige	Van Der Merwe	00:17.40	00:33.16						00:50.56	2	DNF
	--	--	340	YM	Arno	Lategan	00:19.08							00:19.08	1	DNF
	--	--	309	YM	Philip	Van Schalkwyk										DNS
	--	--	337	YM	Grant	Smit										DNS
	--	--	324	YM	Streichler	Swart										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Youth Women	1	1	352	YW	Angeliq	Coetzer	00:15.15	00:16.16	00:16.39					00:48.10	3	
	2	2	351	YW	Olivia	Penfold	00:15.30	00:17.03	00:17.33					00:50.06	3	
	3	3	353	YW	Jana	Visser	00:18.32	00:20.02	00:20.43					00:59.17	3	
	4	4	359	YW	Lineke	Groenewald	00:18.31	00:21.38	00:20.30					01:00.39	3	
	5	5	358	YW	Linel	Kruger	00:19.14	00:22.02	00:21.48					01:03.04	3	
	--	--	355	YW	Hayley	Richards	00:21.37	00:24.33						00:46.10	2	DNF
	--	--	560	YW	Jessie	Munton	00:19.50							00:19.50	1	DNF
	--	--	354	YW	Emogene	Prinsloo	00:19.57	00:23.12	00:24.22					01:07.31	3	DNS
	--	--	959	YW	Jessica	Van Der Berg										DNS
Category	All	Cat	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	1	201	JM	Aidan	Penfold	00:12.20	00:12.47	00:12.40	00:12.39	00:12.31			01:02.57	5	
	2	2	208	JM	Jonatan	Van Jaarsveldt	00:12.43	00:13.10	00:13.24	00:13.20	00:13.31			01:06.08	5	
	3	3	220	JM	Daniël	Geldenhuis	00:13.04	00:13.37	00:14.11	00:13.55	00:13.58			01:08.45	5	
	4	4	209	JM	Marco	Matthysen	00:13.05	00:13.48	00:14.11	00:14.07	00:14.17			01:09.28	5	

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	5	5	214	JM	Luke	Hayward	00:13.19	00:14.20	00:14.31	00:14.42	00:14.13			01:11.05	5	
	6	6	218	JM	Justin	Vosloo	00:14.39	00:14.54	00:14.56	00:14.52	00:15.00			01:14.21	5	
	7	7	216	JM	Storm	Lanfear	00:14.34	00:14.59	00:15.20	00:15.48	00:15.10			01:15.51	5	
	8	8	211	JM	Tristan	Link	00:14.37	00:15.01	00:15.13	00:15.49	00:15.12			01:15.52	5	
	9	9	219	JM	Jomie	Loubser	00:14.32	00:15.05	00:15.30	00:15.47	00:16.06			01:17.00	5	
	10	10	215	JM	Christiaan	Botha	00:14.44	00:14.47	00:15.38	00:17.07	00:16.28			01:18.44	5	
	11	11	230	JM	Wynand	Mostert	00:14.51	00:16.06	00:16.23	00:18.13	00:20.25			01:25.58	5	
	12	12	213	JM	Andre	Kotze	00:15.28	00:16.03	00:16.18	00:16.31				01:04.20	4	-1 Lap
	13	13	223	JM	Charel	Bruwer	00:14.55	00:15.53	00:16.48	00:17.44				01:05.20	4	-1 Lap
	14	14	226	JM	Juan	Rossouw	00:16.34	00:16.50	00:16.32	00:17.20				01:07.16	4	-1 Lap
	15	15	234	JM	Ruben	Hugo	00:15.18	00:17.11	00:17.33	00:17.42				01:07.44	4	-1 Lap
	16	16	228	JM	Christiaan	Ellis	00:16.47	00:17.13	00:18.13	00:21.41				01:13.54	4	-1 Lap
	17	17	212	JM	Michael	Brendel	00:17.51	00:18.22	00:19.51	00:19.23				01:15.27	4	-1 Lap
	18	18	852	JM	Matthew	Berry	00:17.45	00:18.18	00:18.51	00:21.04				01:15.58	4	-1 Lap
	19	19	221	JM	Altus	Rossouw	00:17.31	00:25.44	00:19.33	00:19.45				01:22.33	4	-1 Lap
	20	20	224	JM	Benjamin	Pienaar	00:19.43	00:23.20	00:29.34					01:12.37	3	-2 Laps
	--	--	204	JM	Henning	Venter	00:15.04	00:17.15						00:32.19	2	DNF
	--	--	231	JM	Xander	Van Dyk	00:17.02	00:18.44						00:35.46	2	DNF
	--	--	210	JM	Philip	Kotze	00:14.17							00:14.17	1	DNF
	--	--	222	JM	Alex	Van Der Walt										DNF
	--	--	232	JM	Jamie	Moses										DNF
	--	--	229	JM	Nicolas	Prinsloo										DNS
	--	--	227	JM	Weylin	Volschenk										DNS
	--	--	202	JM	Kai	Von Doring										DNS
	--	--	217	JM	Kevin	De Kock										DNS
Category	All	Cat	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	1	272	JW	Anna	Marx	00:16.47	00:17.21	00:17.48	00:18.09				01:10.05	4	
	2	2	273	JW	Kayleigh	Scholtz	00:17.45	00:19.13	00:19.23	00:19.02				01:15.23	4	
	3	3	271	JW	Danielle	Barnard	00:20.52	00:23.15	00:24.13	00:24.07				01:32.27	4	
Category	All	Cat	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 19+	1	1	32	EM	Gert	Heyns	00:11.01	00:11.21	00:11.35	00:11.40	00:11.38	00:12.11	00:11.40	01:21.06	7	
	2	2	5	EM	Matthew	Keyser	00:11.12	00:11.26	00:11.35	00:11.32	00:11.47	00:11.54	00:11.52	01:21.18	7	
	3	3	967	EM	Arno	Du Toit	00:11.02	00:11.37	00:11.55	00:11.59	00:11.53	00:12.02	00:12.01	01:22.29	7	
	4	4	4	EM	Luke	Moir	00:11.13	00:11.45	00:11.56	00:11.54	00:12.21	00:12.36	00:12.30	01:24.15	7	
	5	5	19	EM	Rossouw	Bekker	00:11.46	00:12.31	00:12.36	00:12.38	00:12.51	00:12.31	00:12.53	01:27.46	7	
	6	6	8	EM	Thomas	Hudson	00:11.53	00:12.17	00:12.43	00:12.40	00:12.50	00:13.04	00:13.58	01:29.25	7	
	7	7	13	EM	Eben	Baasden	00:12.05	00:12.44	00:12.59	00:13.08	00:13.23	00:13.19	00:12.56	01:30.34	7	
	8	8	15	EM	Zander	Kruger	00:12.38	00:12.52	00:13.12	00:13.06	00:12.57	00:12.53	00:13.02	01:30.40	7	
	9	9	23	EM	Cobus	Van Den Berg	00:13.30	00:13.40	00:13.46	00:13.49	00:14.02	00:13.44		01:22.31	6	-1 Lap
	10	10	28	EM	Alexander	Ham	00:13.04	00:13.29	00:14.24	00:14.39	00:14.10	00:15.03		01:24.49	6	-1 Lap
	11	11	17	EM	Hendrik	Bester	00:13.04	00:13.56	00:17.09	00:16.13	00:14.43	00:15.07		01:30.12	6	-1 Lap
	12	12	16	EM	Keegan	Kelly	00:14.29	00:15.38	00:15.49	00:16.20	00:16.18	00:20.22		01:38.56	6	-1 Lap
	13	13	6	EM	Bruce	Anderson	00:14.05	00:14.27	00:24.51	00:15.04	00:14.28			01:22.55	5	-2 Laps
	14	14	3	EM	Jared	Le Grange	00:15.55	00:17.05	00:16.53	00:17.42	00:18.19			01:25.54	5	-2 Laps
	15	15	21	EM	Thembela	Lukhalo	00:16.28	00:16.55	00:18.21	00:17.56	00:18.37			01:28.17	5	-2 Laps
	--	--	26	EM	Marc	Fourie	00:12.05	00:12.33	00:13.34					00:38.12	3	DNF
	--	--	25	EM	Siyabulela	Tutu	00:16.06	00:16.33	00:24.07					00:56.46	3	DNF
	--	--	24	EM	Baphelele	Mbobu	00:15.07							00:15.07	1	DNF
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Elite Wom 19+	1	1	101	EW	Janice	Venter	00:15.23	00:15.51	00:16.07	00:16.35	00:17.16	00:17.24		01:38.36	6	
	2	2	106	EW	Marzelle	Van Der Merwe	00:15.45	00:16.03	00:16.31	00:17.03	00:17.01	00:16.30		01:38.53	6	
	3	3	102	EW	Lehane	Oosthuizen	00:16.09	00:16.08	00:16.45	00:17.13	00:16.46	00:16.44		01:39.45	6	
	4	4	103	EW	Caela	Whall	00:16.13	00:16.40	00:17.42	00:18.12	00:18.50	00:19.37		01:47.14	6	
	--	--	105	EW	Julia	Marx	00:17.25	00:17.40	00:18.43	00:18.15	00:21.17			01:33.20	5	DNF
	--	--	104	EW	Tiffany	Keep										DNF
	--	--	107	EW	Thandi	Februarie										DNS
Category	All	Cat	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 30+	1	1	854	MM	Dominic	Calitz	00:12.15	00:12.29	00:12.35	00:12.47				00:50.06	4	
	2	2	981	MM	Renay	Groustra	00:12.24	00:12.47	00:12.50	00:12.53				00:50.54	4	
	3	3	709	MM	Donovan	Le Cok	00:12.50	00:13.24	00:13.30	00:13.23				00:53.07	4	
	4	4	706	MM	Michael	Potton	00:13.13	00:13.14	00:13.24	00:13.24				00:53.15	4	
	5	5	712	MM	Lloyd	Priestman	00:12.54	00:13.22	00:13.39	00:13.38				00:53.33	4	
	6	6	964	MM	Ashley	Oldfield	00:13.23	00:13.26	00:13.30	00:13.18				00:53.37	4	
	7	7	971	MM	Petrus	Malherbe	00:12.56	00:13.29	00:14.07	00:14.18				00:54.50	4	
	8	8	714	MM	Jean	De Villiers	00:13.21	00:14.10	00:14.19	00:13.29				00:55.19	4	
	9	9	704	MM	Seraj	Abrahams	00:13.19	00:13.47	00:14.24	00:14.01				00:55.31	4	
	10	10	970	MM	Franso	Steyn	00:13.51	00:14.01	00:14.05	00:13.55				00:55.52	4	
	11	11	963	MM	Robert	Du Preez	00:13.47	00:14.24	00:14.38	00:13.51				00:56.40	4	
	12	12	974	MM	Raymond	Cox	00:13.59	00:13.51	00:14.28	00:14.22				00:56.40	4	
	13	13	972	MM	Raymond	Van Niekerk	00:14.31	00:14.18	00:14.28	00:14.30				00:57.47	4	
	14	14	711	MM	Pieter	Rautenbach	00:14.09	00:14.41	00:14.47	00:14.48				00:58.25	4	
	15	15	980	MM	Jody	Moult	00:15.24	00:14.53	00:15.25	00:14.56				01:00.38	4	
	16	16	978	MM	Andre	Visser	00:15.26	00:15.18	00:15.31	00:15.06				01:01.21	4	
	17	17	994	MM	Niel	Du Pisani	00:14.38	00:15.49	00:15.40	00:15.29				01:01.36	4	
	18	18	708	MM	Jimmy	Mills	00:15.16	00:15.20	00:15.33	00:15.34				01:01.43	4	

Paul Roos Gymnasium XCO Race

incorporating Western Cape XCO #1

Saturday 10th April 2021 - PRG & Coetzenberg

presented by

VUMA



PAUL ROOS
GYMNASIUM



Group or Category	Pos in		Participants Details				Split Times							Final Results		
	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
	19	19	966	MM	Morne	Veer	00:16.38	00:15.30	00:15.25	00:15.31				01:03.04	4	
	20	20	705	MM	Arnold	Barnardo	00:15.40	00:16.27	00:16.23	00:16.23				01:04.53	4	
	21	21	962	MM	Jacobus	Maree	00:15.00	00:16.08	00:16.54	00:17.22				01:05.24	4	
	22	22	976	MM	Allister	Arenson	00:16.02	00:16.48	00:17.02	00:16.49				01:06.41	4	
	23	23	973	MM	Jan	Odendaal	00:16.34	00:16.39	00:16.51	00:16.52				01:06.56	4	
	24	24	985	MM	Erik	Knoetze	00:16.41	00:16.49	00:17.28	00:17.21				01:08.19	4	
	25	25	969	MM	Guy	Lanfear	00:16.37	00:16.52	00:17.05					00:50.34	3	-1 Lap
	26	26	975	MM	Thando	Nthuthu	00:17.22	00:16.52	00:17.43					00:51.57	3	-1 Lap
	--	--	961	MM	Waldo	Zevenster	00:13.45	00:13.25						00:27.10	2	DNF
	--	--	979	MM	Michael	Manefeldt	00:22.05							00:22.05	1	DNF
	--	--	977	MM	Rowan	Dunkley										DNS
	--	--	965	MM	Pierre	Evard										DNS
	--	--	982	MM	Albert	Van Der Berg										DNS
	--	--	968	MM	Siegfried	Rousseau										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Remarks
Master Wom 30+	1	1	752	MW	Louise	Bezuidenhout	00:16.27	00:17.20	00:17.11					00:50.58	3	