



# 2023 W-Cape XCM Series



Pos in		Log as on: 16 Apr 23 V03			Affiliation		Points	1 - Lourensford			2 - Redstone Hills			3 - PPA Paarl			4 - Cape Metro			5 - Vredendal			6 - Seweweeksprt			
Grp	Cat	Code	CSA ID	Full Name	Prov	Nat	Best 3	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	
<b>JG Sub Jun Girls 13 - 14</b>																										
1	1	JG	138 646	Lara Van Der Vyver	WC	RSA	200	00.56.25	1	200																
2	2	JG	142 793	Kendra Kitching	WC	RSA	170	01.01.44	2	170																
3	3	JG	137 139	Rebecca Jacobs	WC	RSA	150	01.03.13	3	150																
4	4	JG	146 919	Miecke Kinnear	WC	RSA	125	01.09.07	5	125																
<b>JB Sub Jun Boys 13 - 14</b>																										
1	1	JB	144 495	Sven Tjallingii	WC	NED	200	00.52.22	1	200																
2	2	JB	138 404	Tristan Mc Given	WC	RSA	170	00.52.22	2	170																
3	3	JB	139 363	Janro Du Plessis	WC	RSA	135	00.57.19	4	135																
4	4	JB	147 334	Henry Chamberlain	WC	NAM	125	00.58.00	5	125																
5	5	JB	139 015	Konrad Kotze	WC	RSA	120	00.58.18	6	120																
6	6	JB	145 525	Stephan Claassen	WC	RSA	115	01.01.11	7	115																
7	7	JB	147 006	Nico De Nysschen	WC	RSA	110	01.02.35	8	110																
8	8	JB	141 535	Joshua Rhode	WC	RSA	105	01.04.44	9	105																
9	9	JB	138 630	Ivan Malan	WC	RSA	100	01.04.57	10	100																
10	10	JB	139 379	Henri Coetzee	WC	RSA	92	01.20.15	12	92																
<b>YW Youth Women 15 - 16</b>																										
1	1	YW	139 002	Nadia Van Wyk	WC	RSA	200	02.07.27	1	200																
2	2	YW	139 354	Ilandrie Du Plessis	WC	RSA	170	02.11.42	2	170																
3	3	YW	138 483	Nikalau Volsteedt	WC	RSA	150	02.16.07	3	150																
4	4	YW	133 719	Isabel Lutz	WC	RSA	135	02.24.51	4	135																
5	5	YW	140 976	Linke Oosthuizen	WC	RSA	125	02.38.08	5	125																
6	6	YW	137 118	Zoe Green	WC	RSA	0	DNS	--	0																
<b>YM Youth Men 15 - 16</b>																										
1	1	YM	144 976	Benjamin Fourie	WC	RSA	200	01.46.16	1	200																
2	2	YM	143 095	Dean Woolley	WC	RSA	170	01.48.37	2	170																
3	3	YM	137 064	Connor Kitching	WC	RSA	150	01.49.09	3	150																
4	4	YM	136 260	Neil Van Der Vyver	WC	RSA	135	01.49.39	4	135																
5	5	YM	141 290	Christiaan Davel	WC	RSA	125	01.53.58	5	125																
6	6	YM	131 777	Luca Wiese	WC	RSA	120	02.00.28	6	120																
7	7	YM	141 267	Christian Koegelenberg	WC	RSA	115	02.01.00	7	115																
8	8	YM	142 876	Yaron Hattingh	WC	RSA	110	02.01.01	8	110																



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9	9	YM	144 958	Daniel Bristow	WC	RSA	105	02.03.05	9	105																
10	10	YM	147 991	Ruan Koegelenberg	---	---	100	02.10.06	10	100																
11	11	YM	143 662	Anré Compion	WC	RSA	96	02.10.14	11	96																
12	12	YM	144 994	Joshua Ord	WC	RSA	92	02.19.23	12	92																
13	13	YM	145 427	Aldo Kaufmann	WC	RSA	88	02.20.34	13	88																
14	14	YM	144 919	A J Nel	WC	RSA	84	02.23.38	14	84																
15	15	YM	128 193	Luca Zietsman	WC	RSA	0	DNS	--	0																
<b>JW Junior Women 17 - 18</b>																										
1	1	JW	138 663	Angeliq Coetzer	WC	RSA	200	02.57.15	1	200																
2	2	JW	142 844	Linel Kruger	WC	RSA	170	03.20.12	2	170																
3	3	JW	141 284	Lena Wiroth	WC	FRA	150	03.43.58	3	150																
<b>JM Junior Men 17 - 18</b>																										
1	1	JM	142 007	Jean-Pierre Du Plessis	WC	RSA	200	02.27.48	1	200																
2	2	JM	107 662	Alec Coleske	WC	RSA	170	02.35.42	2	170																
3	3	JM	144 422	Willem Visagie	WC	RSA	150	02.41.08	3	150																
4	4	JM	141 828	Greg Lawson	WC	RSA	135	02.42.02	4	135																
5	5	JM	141 622	Frederick Stafford	WC	RSA	125	02.45.01	5	125																
6	6	JM	142 541	Zander Compion	WC	RSA	120	02.48.52	6	120																
7	7	JM	135 668	Ruan Portwig	WC	RSA	115	02.49.01	7	115																
8	8	JM	146 771	Marius Nel	WC	RSA	110	02.59.10	8	110																
9	9	JM	146 137	Kieran Gordge	WC	RSA	105	03.14.27	9	105																
10	10	JM	146 834	Marli Davel	WC	RSA	100	03.42.52	10	100																
11	11	JM	138 554	Tristan Swart	WC	RSA	0	DNF	--	0																
<b>SW Senior Women 19 - 29</b>																										
1	1	SW	104 632	Danielle Strydom	WC	RSA	200	02.55.50	1	200																
2	2	SW	138 389	Karla Stumpf	WC	RSA	170	02.57.49	2	170																
3	3	SW	67 441	Janice Venter	WC	RSA	0	DNS	--	0																
<b>SM Senior Men 19 - 29</b>																										
1	1	SM	66 643	Marco Joubert	WC	RSA	200	02.16.45	1	200																
2	2	SM	107 683	Pieter Du Toit	NW	RSA	170	02.20.04	2	170																
3	3	SM	85 571	Wessel Botha	WC	RSA	150	02.20.06	3	150																
4	4	SM	131 017	Justin Chesterton	WC	RSA	135	02.21.40	4	135																



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5	5	SM	96 843	Luyanda Thobigunya	WC	RSA	125	02.27.04	5	125																
6	6	SM	137 268	Kusaselihle Ngidi	WC	RSA	120	02.31.49	6	120																
7	7	SM	143 593	Martin Rodenbach	WC	RSA	115	02.35.54	7	115																
8	8	SM	123 673	Heinie Beukes	WC	RSA	110	02.36.34	8	110																
9	9	SM	139 720	Jacobus Marais	WC	RSA	105	02.39.40	9	105																
10	10	SM	130 899	Raye Moolman	EC	RSA	100	02.40.41	10	100																
11	11	SM	142 934	Ongeziwe Tyapha	WC	RSA	96	02.41.34	11	96																
12	12	SM	110 442	Ryan Veer	WC	RSA	92	02.44.55	12	92																
13	13	SM	142 638	Joshua Osner	WC	RSA	88	02.45.00	13	88																
14	14	SM	135 237	Aaron Budke	WC	RSA	84	02.45.06	14	84																
15	15	SM	142 442	Cobus Van Den Berg	GP	RSA	80	02.57.11	15	80																
16	16	SM	136 018	G C Struwig	WC	RSA	76	03.02.03	16	76																
17	17	SM	143 913	Thembela Lukhalo	WC	RSA	72	03.06.24	17	72																
18	18	SM	128 042	Ettienne Ludick	WC	RSA	0	DNS	--	0																
<b>SX Sub Vet Women 30 - 39</b>																										
1	1	SX	137 262	Elrika Harnzen	WC	RSA	200	03.05.44	1	200																
2	2	SX	142 707	Jackie Davidoff	WC	RSA	170	04.23.24	2	170																
3	3	SX	143 536	Keira D'Aguiar	WC	RSA	0	DNF	--	0																
<b>SV Sub Vet Men 30 - 39</b>																										
1	1	SV	138 161	Raymond Van Niekerk	WC	RSA	200	02.31.43	1	200																
2	2	SV	142 981	Dutoit Van Den Bergh	WC	RSA	170	02.42.03	2	170																
3	3	SV	136 369	Andre Joubert	WC	RSA	150	02.42.05	3	150																
4	4	SV	138 434	Luc Desvaux De Marigny	WC	RSA	135	02.43.45	4	135																
5	5	SV	10 498	Robert Du Preez	WC	RSA	125	02.46.37	5	125																
6	6	SV	52 513	Lloyd Priestman	WC	RSA	120	02.48.59	6	120																
7	7	SV	146 868	Zane Zandberg	WC	RSA	115	02.50.12	7	115																
8	8	SV	138 250	Lurich Smith	WC	RSA	110	02.50.12	8	110																
9	9	SV	145 656	S G Laubscher	WC	RSA	105	02.58.07	9	105																
10	10	SV	148 008	Shaun De Jager	---	---	100	03.23.33	10	100																
11	11	SV	147 482	Nico Van Der Merwe	WC	RSA	96	03.43.06	11	96																
12	12	SV	128 638	Kyle Russon	WC	RSA	0	DNF	--	0																
14	14	SV	86 371	Sithembiso Masango	KZ	RSA	0	DNS	--	0																



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13	13	SV	129 236	Unathi Msophi	WC	RSA	0	DNS	--	0																
<b>VW Veteran Women 40 - 49</b>																										
1	1	VW	140 070	Chantelle Bosch	WC	RSA	200	03.16.56	1	200																
2	2	VW	69 675	Jozanne Louw	WC	RSA	170	03.23.18	2	170																
3	3	VW	139 839	Carin Stofberg	WC	RSA	150	03.31.29	3	150																
4	4	VW	142 387	Kristina Le Cok	WC	RSA	135	04.08.01	4	135																
5	5	VW	145 927	Dirkie Kaufmann	WC	RSA	125	05.00.23	5	125																
<b>VM Veteran Men 40 - 49</b>																										
1	1	VM	102 013	Waldo Zevenster	WC	RSA	200	02.35.10	1	200																
2	2	VM	102 095	Donovan Le Cok	WC	RSA	170	02.39.44	2	170																
3	3	VM	135 509	Hannes Kotze	WC	RSA	150	02.44.57	3	150																
4	4	VM	139 410	Pieter Rautenbach	WC	RSA	135	02.44.58	4	135																
5	5	VM	107 002	Garth Ennion	WC	RSA	125	02.49.06	5	125																
6	6	VM	52 377	Paul-Dean Rorich	WC	RSA	120	02.50.12	6	120																
7	7	VM	106 725	Robin Harris	WC	RSA	115	02.51.46	7	115																
8	8	VM	146 748	Erhard Blom	WC	RSA	110	02.58.05	8	110																
9	9	VM	55 871	Danie Viljoen	WC	RSA	105	02.59.22	9	105																
10	10	VM	110 443	Morné Veer	WC	RSA	100	03.07.50	10	100																
11	11	VM	115 899	Clyde Hayward	GP	RSA	96	03.07.52	11	96																
12	12	VM	141 283	Jean-Baptiste Wiroth	WC	FRA	92	03.10.22	12	92																
13	13	VM	133 594	Danny Griebenow	WC	RSA	88	03.26.58	13	88																
14	14	VM	147 641	Peter Nagel	---	---	84	03.36.31	14	84																
15	15	VM	143 192	Gideon De Villiers	WC	RSA	80	03.36.32	15	80																
16	16	VM	142 162	Francois Siebrits	WC	RSA	76	03.39.06	16	76																
17	17	VM	147 887	Robert Gerber	---	---	72	03.43.04	17	72																
18	18	VM	141 850	Dewald Barnard	WC	RSA	68	03.51.22	18	68																
19	19	VM	140 728	Jason O'Brien	WC	RSA	64	04.22.26	19	64																
21	21	VM	142 189	Dale Kennedy	WC	RSA	0	DNS	--	0																
20	20	VM	78 946	Willie Van Heerden	WC	RSA	0	DNS	--	0																
<b>MW Master Women 50 - 59</b>																										
1	1	MW	1 496	Michelle Lombardi	WC	RSA	200	03.11.39	1	200																
4	4	MW	139 971	Annemarie Muller	WC	RSA	0	DNS	--	0																



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2	2	MW	142 391	Lisa Patrick	WC	RSA	0	DNF	--	0																
3	3	MW	2 906	Marleen Lourens	WC	RSA	0	DNS	--	0																
<b>MM Master Men 50 - 59</b>																										
1	1	MM	19 203	Andreas Studer	WC	RSA	200	02.44.47	1	200																
2	2	MM	130 805	Leon Erasmus	WC	RSA	170	02.53.57	2	170																
3	3	MM	131 051	Devilliers Odendaal	WC	RSA	150	03.11.05	3	150																
4	4	MM	52 834	William Wakefield	WC	RSA	135	03.11.38	4	135																
5	5	MM	139 594	Riaan Swart	WC	RSA	125	03.31.35	5	125																
6	6	MM	147 756	Brett Parish	---	---	120	03.33.21	6	120																
7	7	MM	69 483	James Cullen	WC	RSA	115	03.58.33	7	115																
8	8	MM	53 188	Michael Russon	WC	RSA	110	04.30.38	8	110																
9	9	MM	137 707	Johannes Visser	WC	RSA	0	DNS	--	0																
1	1	GW	109 968	Mari Kleynhans	WC	RSA	200	02.47.16	1	200																
2	2	GW	110 597	Lisa Selley	WC	RSA	170	02.58.54	2	170																
<b>GM Gr Master Men 60 +</b>																										
1	1	GM	42 021	Billy Zwieggers	WC	RSA	170	03.20.18	2	170																