



# 2023 W-Cape XCM Series



Pos in		Log as on: 07 May 23			V01			Affiliation			Points	1 - Lourensford			2 - Redstone Hills			3 - PPA Paarl			4 - Cape Metro			5 - Vines & Views			6 - Seweweeksprt		
Grp	Cat	Code	CSA ID	Full Name		Reg	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	137 139	Rebecca Jacobs		CMP	WC	RSA	350	01.03.13	3	150	00:59:51	1	200														
2	2	JG	142 793	Kendra Kitching		CMP	WC	RSA	340	01.01.44	2	170	00:59:55	2	170														
3	3	JG	138 646	Lara Van Der Vyver		CMP	WC	RSA	200	00.56.25	1	200	DNE	--	0														
4	4	JG	144 828	Ella Barnard		EDN	WC	RSA	150	DNE	--	0	01:04:19	3	150														
5	5	JG	144 614	Natalie Goosen		CWL	WC	RSA	135	DNE	--	0	01:05:27	4	135														
6	6	JG	147 190	Annabelle Mcewan		EDN	WC	RSA	125	DNE	--	0	01:06:48	5	125														
7	7	JG	146 919	Miecke Kinnear		CMP	WC	RSA	125	01.09.07	5	125	DNE	--	0														
8	8	JG	141 318	Bea Strydom		EDN	WC	RSA	120	DNE	--	0	01:11:58	6	120														
9	9	JG	147 828	Rachelle Botha		EDN	WC	RSA	115	DNE	--	0	01:15:03	7	115														
<b>JB Sub Jun Boys 13 - 14</b>																													
1	1	JB	138 404	Tristan Mc Given		CMP	WC	RSA	370	00.52.22	2	170	00:51:14	1	200														
2	2	JB	139 363	Janro Du Plessis		OBG	WC	RSA	255	00.57.19	4	135	00:59:07	6	120														
3	3	JB	144 495	Sven Tjallingii		CMP	WC	RSA	200	00.52.22	1	200	DNE	--	0														
4	4	JB	146 922	Liam Rautenbach		WCD	WC	RSA	170	DNE	--	0	00:51:15	2	170														
5	5	JB	146 965	Corban Van Zyl Smit		EDN	WC	RSA	150	DNE	--	0	00:51:24	3	150														
6	6	JB	139 818	Tiaan Ferreira		EDN	WC	RSA	135	DNE	--	0	00:53:40	4	135														
7	7	JB	139 878	Cameron Le Roux		EDN	WC	RSA	125	DNE	--	0	00:56:36	5	125														
8	8	JB	147 334	Henry Chamberlain		CWL	WC	RSA	125	00.58.00	5	125	DNE	--	0														
9	9	JB	139 015	Konrad Kotze		CMP	WC	RSA	120	00.58.18	6	120	DNE	--	0														
10	10	JB	141 666	Henri Du Plessis		EDN	WC	RSA	115	DNE	--	0	01:00:29	7	115														
11	11	JB	145 525	Stephan Claassen		CMP	WC	RSA	115	01.01.11	7	115	DNE	--	0														
12	12	JB	147 222	Awona Mdlela		EDN	WC	RSA	110	DNE	--	0	01:02:59	8	110														
13	13	JB	147 006	Nico De Nysschen		CMP	WC	RSA	110	01.02.35	8	110	DNE	--	0														
14	14	JB	146 506	Luhann Van Wyk		EDN	WC	RSA	105	DNE	--	0	01:04:03	9	105														
15	15	JB	141 535	Joshua Rhode		CMP	WC	RSA	105	01.04.44	9	105	DNE	--	0														
16	16	JB	138 630	Ivan Malan		CMP	WC	RSA	100	01.04.57	10	100	DNE	--	0														
17	17	JB	139 379	Henri Coetzee		CMP	WC	RSA	92	01.20.15	12	92	DNE	--	0														
<b>YW Youth Women 15 - 16</b>																													
1	1	YW	139 354	Ilandrie Du Plessis		OBG	WC	RSA	370	02.11.42	2	170	02:18:30	1	200														
2	2	YW	140 976	Linke Oosthuizen		EDN	WC	RSA	295	02.38.08	5	125	02:57:39	2	170														
3	3	YW	139 002	Nadia Van Wyk		CMP	WC	RSA	200	02.07.27	1	200	DNE	--	0														
4	4	YW	138 483	Nikalau Volsteedt		CMP	WC	RSA	150	02.16.07	3	150	DNE	--	0														



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Grp	Cat	Code	CSA ID	Full Name	Reg	Prov	Nat	Best 3	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	
5	5	YW	133 719	Isabel Lutz	CWL	WC	RSA	135	02.24.51	4	135	DNE	--	0													
6	6	YW	137 118	Zoe Green	CMP	WC	RSA	0	DNS	--	0	DNE	--	0													
<b>YM Youth Men 15 - 16</b>																											
1	1	YM	144 976	Benjamin Fourie	CWL	WC	RSA	370	01.46.16	1	200	01:47:51	2	170													
2	2	YM	143 095	Dean Woolley	EDN	WC	RSA	320	01.48.37	2	170	01:49:50	3	150													
3	3	YM	137 064	Connor Kitching	CMP	WC	RSA	275	01.49.09	3	150	01:55:22	5	125													
4	4	YM	131 777	Luca Wiese	CMP	WC	RSA	240	02.00.28	6	120	01:59:31	6	120													
5	5	YM	145 778	Lian Otto	EDN	WC	RSA	200	DNE	--	0	01:45:34	1	200													
6	6	YM	147 991	Ruan Koegelenberg	WCD	WC	RSA	196	02.10.06	10	100	02:24:10	11	96													
7	7	YM	139 877	Daniel Le Roux	EDN	WC	RSA	135	DNE	--	0	01:55:17	4	135													
8	8	YM	136 260	Neil Van Der Vyver	CMP	WC	RSA	135	01.49.39	4	135	DNE	--	0													
9	9	YM	141 290	Christiaan Davel	CMP	WC	RSA	125	01.53.58	5	125	DNE	--	0													
10	10	YM	143 598	Liam Rorich	EDN	WC	RSA	115	DNE	--	0	02:03:38	7	115													
11	11	YM	141 267	Christian Koegelenberg	CMP	WC	RSA	115	02.01.00	7	115	DNE	--	0													
12	12	YM	144 613	Jack Goosen	CWL	WC	RSA	110	DNE	--	0	02:03:40	8	110													
13	13	YM	142 876	Yaron Hattingh	CWL	WC	RSA	110	02.01.01	8	110	DNE	--	0													
14	14	YM	144 574	Jaco De Wet	OBG	WC	RSA	105	DNE	--	0	02:04:02	9	105													
15	15	YM	144 958	Daniel Bristow	CWL	WC	RSA	105	02.03.05	9	105	DNE	--	0													
16	16	YM	145 482	Vaughan Block	EDN	WC	RSA	100	DNE	--	0	02:09:08	10	100													
17	17	YM	143 662	Anré Compion	CMP	WC	RSA	96	02.10.14	11	96	DNE	--	0													
18	18	YM	145 139	Christiaan Oberholzer	EDN	WC	RSA	92	DNE	--	0	02:24:13	12	92													
19	19	YM	144 994	Joshua Ord	CMP	WC	RSA	92	02.19.23	12	92	DNE	--	0													
20	20	YM	148 017	Jacobus Theron	EDN	WC	RSA	88	DNE	--	0	02:36:27	13	88													
21	21	YM	145 427	Aldo Kaufmann	CMP	WC	RSA	88	02.20.34	13	88	DNE	--	0													
22	22	YM	146 734	Linden Baadjies	EDN	WC	RSA	84	DNE	--	0	02:52:06	14	84													
23	23	YM	144 919	A J Nel	CWL	WC	RSA	84	02.23.38	14	84	DNE	--	0													
24	24	YM	147 221	Marwayn Kriga	EDN	WC	RSA	80	DNE	--	0	03:16:33	15	80													
25	25	YM	128 193	Luca Zietsman	CMP	WC	RSA	0	DNS	--	0	DNE	--	0													
<b>JW Junior Women 17 - 18</b>																											
1	1	JW	143 677	Emogene Prinsloo	CMP	WC	RSA	200	DNE	--	0	02:45:01	1	200													
2	2	JW	138 663	Angeliq Coetzer	OBG	WC	RSA	200	02.57.15	1	200	DNE	--	0													
3	3	JW	147 829	Jane Botha	EDN	WC	RSA	170	DNE	--	0	02:59:40	2	170													
4	4	JW	142 844	Linel Kruger	CMP	WC	RSA	170	03.20.12	2	170	DNE	--	0													



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Grp	Cat	Code	CSA ID	Full Name	Reg	Prov	Nat	Best 3	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts			
5	5	JW	147 186	Jana Strydom	EDN	WC	RSA	150	DNE	--	0	03:12:29	3	150															
6	6	JW	141 284	Lena Wiroth	CMP	WC	RSA	150	03.43.58	3	150	DNE	--	0															
<b>JM Junior Men 17 - 18</b>																													
1	1	JM	141 828	Greg Lawson	CMP	WC	RSA	260	02.42.02	4	135	01:49:27	5	125															
2	2	JM	138 625	Lood Goosen	CWL	WC	RSA	200	DNE	--	0	01:41:58	1	200															
3	3	JM	142 007	Jean-Pierre Du Plessis	CWL	WC	RSA	200	02.27.48	1	200	DNE	--	0															
4	4	JM	142 852	Jaydan Durandt	EC	EC	RSA	170	DNE	--	0	01:41:59	2	170															
5	5	JM	107 662	Alec Coleske	CMP	WC	RSA	170	02.35.42	2	170	DNE	--	0															
6	6	JM	138 605	Johannes Jacobs	EDN	WC	RSA	150	DNE	--	0	01:45:46	3	150															
7	7	JM	144 422	Willem Visagie	CWL	WC	RSA	150	02.41.08	3	150	DNE	--	0															
8	8	JM	139 658	Bjorn Uys	EDN	WC	RSA	135	DNE	--	0	01:47:46	4	135															
9	9	JM	141 622	Frederick Stafford	CMP	WC	RSA	125	02.45.01	5	125	DNE	--	0															
10	10	JM	135 794	Cronje Beukes	EDN	WC	RSA	120	DNE	--	0	01:49:33	6	120															
11	11	JM	142 541	Zander Compion	CMP	WC	RSA	120	02.48.52	6	120	DNE	--	0															
12	12	JM	142 152	Conrad Holm	EDN	WC	RSA	115	DNE	--	0	01:53:36	7	115															
13	13	JM	135 668	Ruan Portwig	CWL	WC	RSA	115	02.49.01	7	115	DNE	--	0															
14	14	JM	142 764	Zander Groenewald	EDN	WC	RSA	110	DNE	--	0	01:55:11	8	110															
15	15	JM	146 771	Marius Nel	CMP	WC	RSA	110	02.59.10	8	110	DNE	--	0															
16	16	JM	147 265	Wehan Swart	OBG	WC	RSA	105	DNE	--	0	01:55:54	9	105															
17	17	JM	146 137	Kieran Gordge	CWL	WC	RSA	105	03.14.27	9	105	DNE	--	0															
18	18	JM	147 075	Ethon Michaelis	EDN	WC	RSA	100	DNE	--	0	02:00:26	10	100															
19	19	JM	146 834	Marli Davel	CMP	WC	RSA	100	03.42.52	10	100	DNE	--	0															
20	20	JM	145 251	Dian Lubbe	EDN	WC	RSA	96	DNE	--	0	02:08:27	11	96															
21	21	JM	147 219	Junior Kock	EDN	WC	RSA	92	DNE	--	0	02:24:28	12	92															
22	22	JM	12 571	Altus Brewis	NW	NW	RSA	88	DNE	--	0	02:36:23	13	88															
23	23	JM	147 156	Jan-Hendrik Van Wyk	EDN	WC	RSA	84	DNE	--	0	02:49:25	14	84															
24	24	JM	138 554	Tristan Swart	CMP	WC	RSA	0	DNF	--	0	DNE	--	0															
<b>SW Senior Women 19 - 29</b>																													
1	1	SW	138 389	Karla Stumpf	CWL	WC	RSA	370	02.57.49	2	170	02:43:46	1	200															
2	2	SW	104 632	Danielle Strydom	CWL	WC	RSA	200	02.55.50	1	200	DNE	--	0															
3	3	SW	108 069	Julia Marx	CMP	WC	RSA	170	DNE	--	0	02:58:39	2	170															
4	4	SW	146 468	Ashley Ann Gerber	EDN	WC	RSA	150	DNE	--	0	03:22:38	3	150															
5	5	SW	67 441	Janice Venter	CWL	WC	RSA	0	DNS	--	0	DNE	--	0															



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Grp	Cat	Code	CSA ID	Full Name	Reg	Prov	Nat	Best 3	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	
<b>SM Senior Men 19 - 29</b>																											
1	1	SM	135 237	Aaron Budke	CWL	WC	RSA	254	02.45.06	14	84	02:29:59	2	170													
2	2	SM	142 209	Matthew Scott	CWL	WC	RSA	200	DNE	--	0	02:25:44	1	200													
3	3	SM	66 643	Marco Joubert	CWL	WC	RSA	200	02.16.45	1	200	DNE	--	0													
4	4	SM	107 683	Pieter Du Toit	NW	NW	RSA	170	02.20.04	2	170	DNE	--	0													
5	5	SM	141 708	Damon Terblanche	EDN	WC	RSA	150	DNE	--	0	02:34:08	3	150													
6	6	SM	85 571	Wessel Botha	CWL	WC	RSA	150	02.20.06	3	150	DNE	--	0													
7	7	SM	142 127	Alexander Lawrance	CMP	WC	RSA	135	DNE	--	0	02:34:27	4	135													
8	8	SM	131 017	Justin Chesterton	CMP	WC	RSA	135	02.21.40	4	135	DNE	--	0													
9	9	SM	96 843	Luyanda Thobigunya	CWL	WC	RSA	125	02.27.04	5	125	DNE	--	0													
10	10	SM	137 268	Kusaselihle Ngidi	CWL	WC	RSA	120	02.31.49	6	120	DNE	--	0													
11	11	SM	143 593	Martin Rodenbach	CWL	WC	RSA	115	02.35.54	7	115	DNE	--	0													
12	12	SM	123 673	Heinie Beukes	CWL	WC	RSA	110	02.36.34	8	110	DNE	--	0													
13	13	SM	139 720	Jacobus Marais	CMP	WC	RSA	105	02.39.40	9	105	DNE	--	0													
14	14	SM	130 899	Raye Moolman	EC	EC	RSA	100	02.40.41	10	100	DNE	--	0													
15	15	SM	142 934	Ongeziwe Tyapha	CWL	WC	RSA	96	02.41.34	11	96	DNE	--	0													
16	16	SM	110 442	Ryan Veer	CMP	WC	RSA	92	02.44.55	12	92	DNE	--	0													
17	17	SM	142 638	Joshua Osner	EDN	WC	RSA	88	02.45.00	13	88	DNE	--	0													
18	18	SM	142 442	Cobus Van Den Berg	GP	GP	RSA	80	02.57.11	15	80	DNE	--	0													
19	19	SM	136 018	G C Struwig	CWL	WC	RSA	76	03.02.03	16	76	DNE	--	0													
20	20	SM	143 913	Thembela Lukhalo	CWL	WC	RSA	72	03.06.24	17	72	DNE	--	0													
21	21	SM	128 042	Ettienne Ludick	CWL	WC	RSA	0	DNS	--	0	DNE	--	0													
<b>SX Sub Vet Women 30 - 39</b>																											
1	1	SX	137 262	Elrika Harnzen	CMP	WC	RSA	400	03.05.44	1	200	02:43:44	1	200													
2	2	SX	142 707	Jackie Davidoff	EDN	WC	RSA	340	04.23.24	2	170	03:04:21	2	170													
3	3	SX	135 973	Chantelle Terblanche	EDN	WC	RSA	150	DNE	--	0	03:23:07	3	150													
4	4	SX	143 536	Keira D'Aguiar	CMP	WC	RSA	0	DNF	--	0	DNE	--	0													
<b>SV Sub Vet Men 30 - 39</b>																											
1	1	SV	138 161	Raymond Van Niekerk	OBG	WC	RSA	370	02.31.43	1	200	02:25:12	2	170													
2	2	SV	138 250	Lurich Smith	CMP	WC	RSA	235	02.50.12	8	110	02:41:19	5	125													
3	3	SV	6 142	Matthys Beukes	EDN	WC	RSA	200	DNE	--	0	02:20:51	1	200													
4	4	SV	142 981	Dutoit Van Den Bergh	CMP	WC	RSA	170	02.42.03	2	170	DNE	--	0													
5	5	SV	135 954	Pierre Terblanche	EDN	WC	RSA	150	DNE	--	0	02:32:17	3	150													



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6	6	SV	136 369	Andre Joubert	CMP	WC	RSA	150	02.42.05	3	150	DNE	--	0															
7	7	SV	147 157	Johannes Uys	EDN	WC	RSA	135	DNE	--	0	02:39:59	4	135															
8	8	SV	138 434	Luc Desvaux De Marigny	CMP	WC	RSA	135	02.43.45	4	135	DNE	--	0															
9	9	SV	10 498	Robert Du Preez SV	CMP	WC	RSA	125	02.46.37	5	125	DNE	--	0															
10	10	SV	52 513	Lloyd Priestman	CMP	WC	RSA	120	02.48.59	6	120	DNE	--	0															
11	11	SV	146 868	Zane Zandberg	OBG	WC	RSA	115	02.50.12	7	115	DNE	--	0															
12	12	SV	145 656	S G Laubscher	CMP	WC	RSA	105	02.58.07	9	105	DNE	--	0															
13	13	SV	148 008	Shaun De Jager	CMP	WC	RSA	100	03.23.33	10	100	DNE	--	0															
14	14	SV	147 482	Nico Van Der Merwe	CMP	WC	RSA	96	03.43.06	11	96	DNE	--	0															
15	15	SV	128 638	Kyle Russon	CMP	WC	RSA	0	DNF	--	0	DNE	--	0															
16	16	SV	86 371	Sithembiso Masango	KZ	KZ	RSA	0	DNS	--	0	DNE	--	0															
17	17	SV	129 236	Unathi Msophi	CWL	WC	RSA	0	DNS	--	0	DNE	--	0															
<b>VW Veteran Women 40 - 49</b>																													
1	1	VW	146 599	Teresa Bester	EDN	WC	RSA	200	DNE	--	0	03:12:41	1	200															
2	2	VW	140 070	Chantelle Bosch	CMP	WC	RSA	200	03.16.56	1	200	DNE	--	0															
3	3	VW	147 788	Dawn Swart	CMP	WC	RSA	170	DNE	--	0	03:52:35	2	170															
4	4	VW	69 675	Jozanne Louw	CMP	WC	RSA	170	03.23.18	2	170	DNE	--	0															
5	5	VW	139 839	Carin Stofberg	CMP	WC	RSA	150	03.31.29	3	150	DNE	--	0															
6	6	VW	142 387	Kristina Le Cok	CMP	WC	RSA	135	04.08.01	4	135	DNE	--	0															
7	7	VW	145 927	Dirkie Kaufmann	CMP	WC	RSA	125	05.00.23	5	125	DNE	--	0															
<b>VM Veteran Men 40 - 49</b>																													
1	1	VM	45 196	Vickus Boshoff	EDN	WC	RSA	200	DNE	--	0	02:31:33	1	200															
2	2	VM	102 013	Waldo Zevenster	CMP	WC	RSA	200	02.35.10	1	200	DNE	--	0															
3	3	VM	48 851	Jacques Van Staden	EDN	WC	RSA	170	DNE	--	0	02:32:37	2	170															
4	4	VM	102 095	Donovan Le Cok	CMP	WC	RSA	170	02.39.44	2	170	DNE	--	0															
5	5	VM	148 140	James Rautenbach	---	---	RSA	150	DNE	--	0	02:39:44	3	150															
6	6	VM	135 509	Hannes Kotze	CMP	WC	RSA	150	02.44.57	3	150	DNE	--	0															
7	7	VM	118 649	Theo Otto	EDN	WC	RSA	135	DNE	--	0	02:46:07	4	135															
8	8	VM	139 410	Pieter Rautenbach	CWL	WC	RSA	135	02.44.58	4	135	DNE	--	0															
9	9	VM	146 995	Wilhelm Laufs	EDN	WC	RSA	125	DNE	--	0	02:50:07	5	125															
10	10	VM	107 002	Garth Ennion	CMP	WC	RSA	125	02.49.06	5	125	DNE	--	0															
11	11	VM	141 711	Paulus Sigonyela	EDN	WC	RSA	120	DNE	--	0	03:34:54	6	120															
12	12	VM	52 377	Paul-Dean Rorich	CMP	WC	RSA	120	02.50.12	6	120	DNE	--	0															



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Grp	Cat	Code	CSA ID	Full Name	Reg	Prov	Nat	Best 3	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts			
13	13	VM	106 725	Robin Harris	CMP	WC	RSA	115	02.51.46	7	115	DNE	--	0															
14	14	VM	146 748	Erhard Blom	CMP	WC	RSA	110	02.58.05	8	110	DNE	--	0															
15	15	VM	55 871	Danie Viljoen	CWL	WC	RSA	105	02.59.22	9	105	DNE	--	0															
16	16	VM	110 443	Morné Veer	CMP	WC	RSA	100	03.07.50	10	100	DNE	--	0															
17	17	VM	115 899	Clyde Hayward	GP	GP	RSA	96	03.07.52	11	96	DNE	--	0															
18	18	VM	141 283	Jean-Baptiste Wiroth	CMP	WC	RSA	92	03.10.22	12	92	DNE	--	0															
19	19	VM	133 594	Danny Griebenow	CMP	WC	RSA	88	03.26.58	13	88	DNE	--	0															
20	20	VM	147 641	Peter Nagel	CWL	WC	RSA	84	03.36.31	14	84	DNE	--	0															
21	21	VM	143 192	Gideon De Villiers	EDN	WC	RSA	80	03.36.32	15	80	DNE	--	0															
22	22	VM	142 162	Francois Siebrits	CMP	WC	RSA	76	03.39.06	16	76	DNE	--	0															
23	23	VM	147 887	Robert Gerber	CMP	WC	RSA	72	03.43.04	17	72	DNE	--	0															
24	24	VM	141 850	Dewald Barnard	CMP	WC	RSA	68	03.51.22	18	68	DNE	--	0															
25	25	VM	140 728	Jason O'Brien	CMP	WC	RSA	64	04.22.26	19	64	DNE	--	0															
26	26	VM	142 189	Dale Kennedy	CMP	WC	RSA	0	DNS	--	0	DNE	--	0															
27	27	VM	78 946	Willie Van Heerden	CMP	WC	RSA	0	DNS	--	0	DNE	--	0															
<b>MW Master Women 50 - 59</b>																													
1	1	MW	147 087	Jane Fisher	CMP	WC	RSA	200	DNE	--	0	02:28:37	1	200															
2	2	MW	1 496	Michelle Lombardi	CMP	WC	RSA	200	03.11.39	1	200	DNE	--	0															
3	3	MW	141 974	Marian Marais	EDN	WC	RSA	170	DNE	--	0	03:09:34	2	170															
4	4	MW	139 971	Annemarie Muller	CMP	WC	RSA	0	DNS	--	0	DNE	--	0															
5	5	MW	142 391	Lisa Patrick	CMP	WC	RSA	0	DNF	--	0	DNE	--	0															
6	6	MW	2 906	Marleen Lourens	CWL	WC	RSA	0	DNS	--	0	DNE	--	0															
<b>MM Master Men 50 - 59</b>																													
1	1	MM	147 756	Brett Parish	CMP	WC	RSA	290	03.33.21	6	120	03:12:16	2	170															
2	2	MM	81 208	Marius Janse V Rensburg	EDN	WC	RSA	200	DNE	--	0	02:53:36	1	200															
3	3	MM	19 203	Andreas Studer	CMP	WC	RSA	200	02.44.47	1	200	DNE	--	0															
4	4	MM	130 805	Leon Erasmus	CMP	WC	RSA	170	02.53.57	2	170	DNE	--	0															
5	5	MM	72 014	Robert Du Preez MM	EDN	WC	RSA	150	DNE	--	0	04:03:59	3	150															
6	6	MM	131 051	Devilliers Odendaal	CWL	WC	RSA	150	03.11.05	3	150	DNE	--	0															
7	7	MM	52 834	William Wakefield	CMP	WC	RSA	135	03.11.38	4	135	DNE	--	0															
8	8	MM	139 594	Riaan Swart	WCD	WC	RSA	125	03.31.35	5	125	DNE	--	0															
9	9	MM	69 483	James Cullen	CWL	WC	RSA	115	03.58.33	7	115	DNE	--	0															
10	10	MM	53 188	Michael Russon	CMP	WC	RSA	110	04.30.38	8	110	DNE	--	0															



# 2023 W-Cape XCM Series



Pos in		Log as on: 07 May 23 V01			Affiliation			Points	1 - Lourensford			2 - Redstone Hills			3 - PPA Paarl			4 - Cape Metro			5 - Vines & Views			6 - Seweweeksprt				
Grp	Cat	Code	CSA ID	Full Name	Reg	Prov	Nat	Best 3	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts	Time	Pos	Pts		
11	11	MM	137 707	Johannes Visser	CMP	WC	RSA	0	DNS	--	0	DNE	--	0														
1	1	GW	109 968	Mari Kleynhans	OBG	WC	RSA	400	02.47.16	1	200	02:40:15	1	200														
2	2	GW	110 597	Lisa Selley	CMP	WC	RSA	170	02.58.54	2	170	DNE	--	0														
<b>GM Gr Master Men 60 +</b>																												
1	1	GM	146 093	Rudi De Wet	EDN	WC	RSA	200	DNE	--	0	02:08:57	1	200														
2	2	GM	2 713	Dewet Marais	EDN	WC	RSA	170	DNE	--	0	02:30:13	2	170														
3	3	GM	42 021	Billy Zwiegers	CMP	WC	RSA	170	03.20.18	2	170	DNE	--	0														
4	4	GM	69 178	Etienne Van Niekerk	EDN	WC	RSA	150	DNE	--	0	02:30:41	3	150														
5	5	GM	67 505	Jan Lamberts	EDN	WC	RSA	135	DNE	--	0	02:33:38	4	135														
6	6	GM	133 598	Johan Victor	CMP	WC	RSA	125	DNE	--	0	02:56:28	5	125														