

**ASWD & KMC Relays****Steenbok Park, Leisure Island - Knysna (Grass)****Monday 7 July 2014**

Pos	Team	Team Leader	Age	Dist
1	Extreme Runners	Luther Blaauw	11	4 x 500m
2	Nedbank - Wabooms 1	Elrich Pedro	11	4 x 500m
3	Beaufort West	Henrietta VD Rost	11	4 x 500m
4	Beaufort West	Dyllan Smith	11	4 x 500m
5	Ezeljacht Primary	Jadre-Ann Human	11	4 x 500m
6	All Stars	Dillon Rondganger	11	4 x 500m
7	Extreme Runners 7	Shane Webb	11	4 x 500m
8	Marius Training Group	Junethia Meyer	11	4 x 500m
9	Sedgefield Striders	Jayron Jantjies	11	4 x 500m
10	Knysna Marathon Club	Aphelele Sinana	11	4 x 500m
11	Nedbank - Wabooms 2	Enrico Wewers	11	4 x 500m
12	Fraaisig Primary	Gillian Michaels	11	4 x 500m

Pos	Team	Team Leader	Age	Dist
1	Beaufort West	Wesley Olivier	13	4 x 500m
2	Touwsriver Primary	Chahim Kok	13	4 x 500m
3	Gerrit Du Plessis Sec	Leslo Paulsen	13	4 x 500m
4	Beaufort West	Regan Pieterse	13	4 x 500m
5	Ezeljacht Primary	Adrian Miggels	13	4 x 500m
6	Xtreme Runners	Bronhille Witbooi	13	4 x 500m
7	Xtreme Runners 6	Rayon Maart	13	4 x 500m
8	Nedbank - Wabooms	Justin Witbooi	13	4 x 500m
9	Beaufort West	Jolene Balie	13	4 x 500m
10	Mossel Bay Harriers	Cameron Steyn	13	4 x 500m
11	Beaufort West	Angelique Saayman	13	4 x 500m
12	Touwsriver Primary	Leighton Davids	13	4 x 500m
13	Nedbank - Volmoed	Dylan Brintjies	13	4 x 500m
14	Kretzenshoop Primary	Rhuwayne Jonas	13	4 x 500m
15	Xtreme Runners 8	Louw-Ann Lourens	13	4 x 500m
16	Knysna Marathon Club	Sinethemba Jakobs	13	4 x 500m
17	Xtreme Runners	Lee-Roy Jansen	13	4 x 500m
18	Sunridge Primary	Anthonic Oelf	13	4 x 500m
19	Convolve Primary	Revaldo Meyer	13	4 x 500m

Pos	Team	Team Leader	Age	Dist
1	Gerrit Du Plessis Sec	Leonard Adams	15	4 x 1km
2	Beaufort West	Waldo Kaptein	15	4 x 1km
3	Xtreme Runners	Chrisian Lingerveld	15	4 x 1km
4	Nedbank - Franken	Ree-Jason Booysen	15	4 x 1km
5	Framesby High	Deandre VD Merwe	15	4 x 1km
6	DP Grazies	Wheaton Stuurman	15	4 x 1km
7	Knysna Marathon Club	Bernita Irving	15	4 x 1km
8	Mossel Bay Harriers	Dillon Schlotz	15	4 x 1km
9	Framesby High	Tiaan Gerber	15	4 x 1km
10	Framesby High	Chine Petzer	15	4 x 1km

11	Xtreme Runners	Candice Van Beulen	15	4 x 1km
12	Rainbow AC	Ashwell Booysen	15	4 x 1km
13	Framesby High	S Oberholzer	15	4 x 1km
14	Conville Primary	Jasmine Hector	15	4 x 1km
15	Strelizia High	Siphenathi Ngcoko	15	4 x 1km
16	Framesby High	Michaela Olivier	15	4 x 1km
17	Strelizia High	Yola Siqwepu	15	4 x 1km

Pos	Team	Team Leader	Age	Dist
1	Gerrit Du Plessis Sec	Marius Van Niekerk	17	4 x 1km
2	Nedbank Running Club	Dullan Solomons	17	4 x 1km
3	Nedbank Running Club	Jerome Ferland	17	4 x 1km
4	Mossel Bay Harriers	Godwin Heyns	17	4 x 1km
5	Conville Primary	Gershwin Reens	17	4 x 1km
6	Pacaltsdorp High	Adams Appolis	17	4 x 1km
7	Xtreme Runners	Justin Hobbs	17	4 x 1km
8	Brackenfell high	Inge-Lynn Jordaan	17	4 x 1km
9	Uniondale High	Rushaan Du Preez	17	4 x 1km
10	Beaufort West	Githa Stander	17	4 x 1km
11	Framesby High	Shane Smith	17	4 x 1km
12	Framesby High	A Kley	17	4 x 1km
13	Marius Training Group	Brunique Adams	17	4 x 1km
14	Brandwag High	Chantalle Smit	17	4 x 1km
15	Knysna Marathon Club	Rikado Samuels	17	4 x 1km
16	No Info	No Info	17	4 x 1km

Pos	Team	Team Leader	Age	Dist
1	Beaufort West	Bryson Van Wyk	19	4 x 1km
2	Brackenfell High	Cameron Pienaar	19	4 x 1km
3	Framesby High	Tiaan Olivier	19	4 x 1km
4	Xtreme Runners	Donovan Jantjies	19	4 x 1km
5	Brandwag High	Clinton Koeries	19	4 x 1km
6	Laingsburg AC	Stanton Fisher	19	4 x 1km
7	Fit 2 Run	Ileana Dreyer	19	4 x 1km
8	Framesby High	Marne Olivier	19	4 x 1km
9	Brandwag High	Lisa Horn	19	4 x 1km
10	Brackenfell High	Magda De Mooij	19	4 x 1km
11	Strelitzia High	Annelisa Majola	19	4 x 1km

Pos	Team	Team Leader	Age	Dist
1	Gerrit Du Plessis Sec	Ruben Dlepu	Snr	4 x 1km
2	Plett AC	Victor Gugushe	Snr	4 x 1km
3	Knysna Marathon Club	Archie Boome	Snr	4 x 1km
4	Gerrit Du Plessis Sec	Anderline Claasen	Snr	4 x 1km
5	Crazy Cmai Architects	Eugene Marais	Snr	4 x 1km
6	Strelitzia High	Michael Arco	Snr	4 x 1km
7	Framesby High	D Humphris	Snr	4 x 1km

Gender	Time
Mix	6.36
Mix	6.41
F	6.44
M	6.50
Mix	7.13
M	7.19
Mix	7.27
F	7.43
Mix	7.49
M	7.50
Mix	7.54
Mix	8.17

Gender	Time
M	6.06
M	6.12
M	6.17
M	6.20
Mix	6.25
Mix	6.26
M	6.39
M	6.42
F	6.47
M	6.48
F	6.50
Mix	6.57
M	7.15
M	7.27
F	7.28
M	7.33
Mix	7.50
M	7.55
M	8.16

Gender	Time
M	11.55
M	12.11
M	12.42
M	13.13
M	13.45
M	13.50
Mix	13.58
Mix	14.08
M	14.21
F	14.23

F	14.25
M	14.39
Mix	15.03
Mix	15.43
Mix	17.06
F	17.09
F	23.22

Gender	Time
M	11.23
M	11.42
M	11.55
M	12.13
M	12.38
M	12.42
M	13.49
F	13.52
M	13.58
Mix	14.06
Mix	14.18
F	14.27
F	15.03
F	16.02
Mix	16.08
?	17.46

Gender	Time
M	10.49
M	10.58
M	11.34
M	11.38
M	12.48
M	13.17
F	13.27
Mix	13.38
F	13.59
F	15.03
F	20.32

Gender	Time
M	11.04
M	11.07
M	11.10
Mix	13.48
M	14.21
M	14.46
F	16.24