

Mykonos 21.1km : 10km : 5km

10km

Boland 10km Champs : Results by Category

Pos	No	Name	Club	O/Pos	Time
Male		Junior			
1	1105	Alfonzo JORDAALI	LANGEBAAAN STRANDLOPERS	4	36:09
2	1374	Nashville HOFMEESTER	CERES AC	5	36:46
3	1376	Jade-Lee DE WEE	CERES AC	8	39:23
Female		Junior			
1	1278	Ashali PHOLMAN	LANGEBAAAN AC	13	42:02
Male		Senior			
1	1187	Deanlee HENDRICKS	ATHLETE ACADEMY BOLAND	1	31:37
2	1189	Angelo BOOYSEN	DRAKENSTEIN CORRECTIONAL SERVICES	2	33:33
3	1258	Emmanuel FREDRICKS	LANGEBAAAN AC	3	35:17
Female		Senior			
1	1017	Louise DIPPENAAR	SWARTLAND AC	15	44:25
2	1273	Deaniah MCDONALD	LANGEBAAAN AC	17	47:31
3	1082	Luisa KALENGA	CLUB MYKONOS MULTISPORT	20	52:29
Male		40-49			
1	1171	Jacques BASSON	LANGEBAAAN AC	11	40:23
2	1358	Afrika BRUINTJIES	LANGEBAAAN AC	16	46:20
3	1183	Peter-John BENN	LANGEBAAAN STRANDLOPERS	32	59:18
Female		40-49			
1	1361	Sandra BESTER	LANGEBAAAN STRANDLOPERS	23	53:50
2	1157	Zinhle Bongqi DLAMINI	CLUB MYKONOS MULTISPORT	69	1:17:41
3	1267	Maleeha VALENTINE	CLUB MYKONOS MULTISPORT	74	1:23:13
Male		50-59			
1	1268	Dawid ANDREWS	ST HELENA BAY ATHLETIC CLUB	10	40:04
2	1220	Walrer DU TOIT	LANGEBAAAN STRANDLOPERS	18	48:25
3	1004	Casper FRYLINCK	LANGEBAAAN STRANDLOPERS	22	52:56
Female		50-59			
1	1170	Hanselie SWARTS	SWARTLAND AC	29	56:26
2	1279	Anita DAVIDS	LANGEBAAAN AC	43	1:06:30
3	1051	Petro VAN ASWEGEN	CLUB MYKONOS MULTISPORT	46	1:07:43

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Pos	No	Name	Club	O/Pos	Time
Male		60-69			
1	1112	Leon MAASS	CLUB MYKONOS MULTISPORT	36	1:02:21
2	1176	Johan SCHOLTZ	SWARTLAND AC	44	1:06:42
3	1083	Wikus NAUDE	LANGEBAAAN AC	62	1:14:41
Female		60-69			
1	1228	Cailey BREDENKAMP	PAARL AC	24	54:03
2	1056	Carol BOSMAN	CLUB MYKONOS MULTISPORT	34	1:00:21
3	1169	Wanda CARSTENS	SWARTLAND AC	38	1:03:11
Male		70+			
1	1206	Raymond VENABLES	LANGEBAAAN STRANDLOPERS	28	55:04
2	1172	Leon OTTO	CLUB MYKONOS MULTISPORT	37	1:03:10
3	1027	Trevor DALMEIDA	CLUB MYKONOS MULTISPORT	67	1:16:30
Female		70+			
1	1178	Lucia FERNANDES	LANGEBAAAN STRANDLOPERS	73	1:22:53