

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
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	Kleynseldt	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	Etebeth	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	Kleynseldt	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	Jeandre	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

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
	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	Surrige	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	Gutter	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	Snejders	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	Streicher	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	Muntton	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	

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
	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										DNF
	--	--	965	MM	Pierre	Evard										DNF
	--	--	982	MM	Albert	Van Der Berg										DNF
	--	--	968	MM	Siegfried	Rousseau										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
Master Wom 30+	1	1	752	MW	Louise	Bezuidenhout	00.16.27	00.17.20	00.17.11					00.50.58	3	