

SA LASER RUN TEAMS TO BUDAPEST, HUNGARY 5-9 Sept 2019

SAMPA

President



Girls u/11

Place	Athlete Name	Athlete Surname	Prov	Time
1	Tatiana	Thomatos	Western Cape	3:20:22
2	Minke	Shaw	Western Cape	3:20:50
3	Lara	Aucamp	Western Cape	3:20:69
4	Isabella	Ambrosio	KwaZulu-Natal	3:21:26
5	Anna	Grabe	Western Cape	3:31:56

Boys u/11

Place	Athlete Name	Athlete Surname	Prov	Time
1	Thomas	Van der Merwe	Western Cape	3:02:25
2	Andreas	Roos	Gauteng	3:12:58
3	Jurgen	Nortjè	Free State	3:13:26

Girls u/13

Place	Athlete Name	Athlete Surname	Prov	Time
1	Mila	Aucamp	Western Cape	4:57:93
2	Tonya	Schoeman	Western Cape	4:58:78
3	Mila	Prinsloo	Western Cape	5:02:96
4	Donna	le Roux	Free State	5:04:53
5	Imke	Els	Western Cape	5:08:04
6	Jessica	Barnard	Free State	5:15:41
7	Carmi	Shaw	Western Cape	5:17:25
8	Simone	Van der Merwe	Western Cape	5:23:00

Boys u/13

Place	Athlete Name	Athlete Surname	Prov	Time
1	Joshua	Eccles	Gauteng	4:45:81
2	Leendert	Koekemoer	Gauteng	4:51:63
3	Dregan	Brink	Gauteng	4:59:57
4	Matthew	Hunt	Gauteng	5:08:33
5	Jannes	Krause	Free State	5:11:64

Girls u/15

Place	Athlete Name	Athlete Surname	Prov	Time
1	Michè	Johns	Free State	6:38:54
2	Chloe	Diedericks-Boudouris	Gauteng	6:50:63
3	Marné	Campbell	Western Cape	7:04:41
4	Anina	Groenewald	Free State	7:18:06

Boys u/15

Place	Athlete Name	Athlete Surname	Prov	Time
1	Jean-Jacques	Holtzhausen	Free State	5:56:54
2	Marco	Prins	Gauteng	6:09:65
3	Botha	Barnard	Free State	6:24:54
4	Ruan	Le Roux	Eastern Cape	6:26:94
5	Diaan	Rooseboom	Gauteng	6:31:56

Girls u/17

Place	Athlete Name	Athlete Surname	Prov	Time
1	Alexandria	Klopper	Free State	7:06:60
2	Mandy	Vroon	Western Cape	7:32:71
3	Nadya	Stolarczyk	Gauteng	7:34:60

Boys u/17

Place	Athlete Name	Athlete Surname	Prov	Time
1	Cayde	de Waal	Gauteng	6:42:00
2	Stef	Schoeman	Western Cape	6:45:51

Girls u/19

Place	Athlete Name	Athlete Surname	Prov	Time
1	Karla	Grobler	Limpopo	14:36:61

Boys u/19

Place	Athlete Name	Athlete Surname	Prov	Time
1	De-Leon	Strydom	Eastern Cape	14:29:01
2	Franco	Fourie	Free State	15:53:82

Junior Female

Place	Athlete Name	Athlete Surname	Prov	Time
1	Tara	Schwulst	Eastern Cape	14:52:53

Junior male

Place	Athlete Name	Athlete Surname	Prov	Time
1	Rhys	Poovan	Eastern Cape	12:53:94

Senior female

Place	Athlete Name	Athlete Surname	Prov	Time
1	Nicolette	Ramshaw	KwaZulu-Natal	17:49:87
2	Linèlle	Groenewald	Western Cape	18:19:53
3	Sharine	Barnard	Free State	18:51:26

Senior male

Place	Athlete Name	Athlete Surname	Prov	Time
1	Dylan	Kruger	Gauteng	11:59:04
2	Berndt	Burger	Gauteng	12:10:87

Female Master 40+

Place	Athlete Name	Athlete Surname	Prov	Time
1	Retha	Houy	Gauteng	9:46:05
2	Ulene	Visser	Western Cape	9:54:83

Male master 40+

Place	Athlete Name	Athlete Surname	Prov	Time
1	Greens	Groenewald	Western Cape	7:47:13
2	Bernard	Shaw	Western Cape	8:12:01
3	Bertus	Myburgh	Western Cape	8:18:39
4	Dewald	van Rooyen	Free State	8:28:02

Female master 50+

Place	Athlete Name	Athlete Surname	Prov	Time
1	Bridgid	Hamilton Russell	Western Cape	6:21:79

Male Master 50+

Place	Athlete Name	Athlete Surname	Prov	Time
1	Johan	Van den Berg	Gauteng	4:51:27
2	Marthinus Cornelis	de lange	Gauteng	5:02:58
3	Andre	Jacobs	Gauteng	5:12:67

Female Master 60+

Place	Athlete Name	Athlete Surname	Prov	Time
1	Hannalie	van Zyl	Gauteng	7:32:44
2	Stephanie	Claassen	Gauteng	7:36:29

Male Master 60+

Place	Athlete Name	Athlete Surname	Prov	Time
1	Johan	Windt	Western Cape	5:22:34