



Proposed Entries
WESTERN CAPE LASER-RUN TEAM FOR SA'S
2019



| under 11 | 2009-2010 | 400m run x 2 | 3m Shoot | 2 Hands | 15% | 3,33 |
|----------|-----------|--------------|----------|---------|-----|------|
| u11 / M | 2009 | Thomas | Vd Merwe | WC | 1 | 3,05 |
| u11 / M | 2009 | Renso | De Wet | WC | 2 | 3,07 |
| u11 / M | 2010 | Liam | Els | WC | 3 | 3,16 |
| u11 / M | 2010 | Albert | Myburgh | WC | 4 | 3,20 |
| | | | | | | |

| under 13 | 2007-2008 | 400m run x 3 | 5m Shoot | | 15% | 6,24 |
|----------|-----------|--------------|----------|----|-----|------|
| u13 / M | 2007 | Adriaan | De Waard | WC | 1 | 5,34 |
| u13 / M | 2008 | Liam | Julyan | WC | 2 | 5,42 |
| u13 / M | 2007 | Johann | Grabé | WC | 3 | 5,43 |
| u13 / M | 2007 | Zian | Windt | WC | 4 | 5,58 |
| | | | | | | |

| under 15 | 2005-2006 | 400m run x 4 | 5m Shoot | | 15% | 7,27 |
|----------|-----------|--------------|----------|-----|-----|------|
| u15 / M | 2005 | Tristan | Gallant | WC | 1 | 6,29 |
| u15 / M | 2005 | Lucas | Botha | WC | 2 | 6,39 |
| u15 / M | 2005 | Tiaan | Walters | WC | 3 | 6,41 |
| u15 / M | 2005 | Tyler | Schagen | WC | 4 | 6,41 |
| u15 / M | 2005 | Jan | Lutz | TBC | 5 | 7,55 |
| u15 / M | 2006 | Pieter | De Wet | TBC | 6 | 8,08 |
| | | | | | | |



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| under 11 | 2009-2010 | 400m run x 2 | 5m Shoot | 2 Hands | 15% | 3,37 |
|----------|-----------|--------------|----------|---------|-----|------|
| u11 / F | 2010 | Tatiana | Thomatos | WC | 1 | 3,09 |
| u11 / F | 2010 | Lara | Aucamp | WC | 2 | 3,11 |
| u11 / F | 2009 | Minke | Shaw | WC | 3 | 3,12 |
| u11 / F | 2009 | Anna | Grabé | WC | 4 | 3,23 |
| u11 / F | 2009 | Anmi | Slabbert | TBC | 5 | 3,36 |
| | | | | | | |

| under 13 | 2007-2008 | 400m run x 3 | 5m Shoot | | 15% | 5,23 |
|----------|-----------|--------------|----------|-----|-----|------|
| u13 / F | 2007 | Mila | Aucamp | WC | 1 | 4,41 |
| u13 / F | 2007 | Mila | Prinsloo | WC | 2 | 4,49 |
| u13 / F | 2008 | Imke | Els | WC | 3 | 4,51 |
| u13 / F | 2008 | Tonya | Schoeman | WC | 4 | 4,55 |
| u13 / F | 2007 | Carmi | Shaw | TBC | 5 | 5,10 |
| u13 / F | 2008 | Simone | Vd Merwe | TBC | 6 | 5,17 |
| u13 / F | 2008 | Chanté | Gallant | TBC | 7 | 5,58 |
| | | | | | | |

| under 15 | 2005-2006 | 400m run x 4 | 5m Shoot | | 15% | 7,57 |
|----------|-----------|--------------|----------|-------------|-----|------|
| u15 / F | 2005 | Marné | Campbell | WC | 1 | 6,55 |
| u15 / F | 2005 | Nadia | Visser | Development | 2 | 9,30 |
| | | | | | | |



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| under 17 | 2003-2004 | 400m run x 4 | 10m Shoot | | 15% | 7,39 |
|----------|-----------|--------------|-----------|-------------|-----|------|
| u17 / M | 2004 | Stef | Schoeman | WC | 1 | 7,02 |
| u17 / M | 2003 | Marcus | Kleynhans | WC | 2 | 7,21 |
| u17 / M | 2003 | Ralf | Louw | Development | 3 | 7,42 |
| | | | | | | |

| under 19 | 2001-2002 | 800m run x 4 | 10m Shoot | | 15% | 14,40 |
|----------|-----------|--------------|-----------|--|-----|-------|
| | | | | | | |

| Juniors | 1998-2000 | 800m run x 4 | 10m Shoot | | 15% | 15,38 |
|----------|-----------|--------------|------------|----|-----|-------|
| J / Male | 1999 | Marno | Theunissen | WC | 1 | 13,56 |
| J / Male | 1998 | Neytwin | Lamini | WC | 2 | 14,15 |
| J / Male | 1998 | Davon | Prins | WC | 3 | 15,32 |
| | | | | | | |

| Seniors | 1980-1997 | 800m run x 4 | 10m Shoot | | 15% | 16,22 |
|----------|-----------|--------------|-----------|----|-----|-------|
| S / Male | 1997 | Jerome | Jacobs | WC | 1 | 14,14 |
| | | | | | | |

| Masters 40+ | 1970-1979 | 400m run x 4 | 10m Shoot | | 15% | 8,48 |
|-------------|-----------|--------------|------------|----|-----|------|
| M40+ / M | 1977 | Bertus | Myburgh | WC | 1 | 7,47 |
| M40+ / M | 1973 | Greens | Groenewald | WC | 2 | 7,59 |
| M40+ / M | 1979 | Bernard | Shaw | WC | 3 | 8,04 |
| | | | | | | |



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| under 17 | 2003-2004 | 400m run x 4 | 10m Shoot | | 15% | 8,59 |
|----------|-----------|--------------|-----------|----|-----|------|
| u17 / F | 2003 | Mandy | Vroon | WC | 1 | 7,49 |
| | | | | | | |

| under 19 | 2001-2002 | 800m run x 4 | 10m Shoot | | 15% | 20,14 |
|----------|-----------|--------------|-----------|----|-----|-------|
| u19 / F | 2001 | Zelna | Hugo | WC | 1 | 17,36 |
| | | | | | | |

| Juniors | 1998-2000 | 800m run x 4 | 10m Shoot | | 15% | 18,26 |
|------------|-----------|--------------|-----------|----|-----|-------|
| J / Female | 1999 | Zané | Vorster | WC | 1 | 16,02 |
| | | | | | | |

| Seniors | 1980-1997 | 800m run x 4 | 10m Shoot | | 15% | 19,27 |
|------------|-----------|--------------|------------|----|-----|-------|
| S / Female | 1988 | Zané | Coetzee | WC | 1 | 16,55 |
| S / Female | 1990 | Linelle | Groenewald | WC | 2 | 17,28 |
| | | | | | | |

| Masters 40+ | 1970-1979 | 400m run x 4 | 10m Shoot | | 15% | 9,41 |
|-------------|-----------|--------------|-----------|-------------|-----|-------|
| M40+ / F | 1974 | Ulene | Visser | WC | 1 | 8,25 |
| M40+ / F | 1973 | Janine | Viljoen | Development | 2 | 11,27 |
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| Masters 50+ | 1960-1969 | 400m run x 3 | 5m Shoot | | 15% | 6,54 |
|-------------|-----------|--------------|----------|----|-----|------|
| M50+ / M | 1960 | Barend | Vd Merwe | WC | 1 | 6,00 |
| M50+ / M | 1960 | Johannes | Viljoen | WC | 2 | 6,10 |
| | | | | | | |

| Masters 60+ | 1960 & before | 400m run x 3 | 5m Shoot | | 15% | 5,51 |
|-------------|---------------|--------------|----------|----|-----|------|
| M60+ / M | 1953 | Johan | Windt | WC | 1 | 5,05 |
| | | | | | | |



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| Masters 50+ | 1960-1969 | 400m run x 3 | 5m Shoot | | 15% | 6,15 |
|-------------|-----------|--------------|-----------------|-------------|-----|------|
| M50+ / F | 1960 | Bridgid | Hamilton Russel | WC | 1 | 5,54 |
| M50+ / F | 1960 | Rika | Spang | Development | 2 | 7,08 |
| | | | | | | |

| Masters 60+ | 1960 & before | 400m run x 3 | 5m Shoot | | 15% | |
|-------------|---------------|--------------|----------|--|-----|--|
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