

# November 5000m Trials

## Girls

Personal information					Ave
Gender	Name	Surname	School/Club	Age group	Time
Female	Nicole	Ledlie	St Mary's	U18	19:33,5
Female	Amber	Potgieter	St Andrews School for Girls	U18	19:57,2
Female	Lucy	Taylor	St Stithians Girls' College	Open	20:11,2
Female	Jade	Burnand	St Andrews School for Girls	U17	20:16,4
Female	Kristyn	Xavier	St Andrews School for Girls	U18	20:22,7
Female	Kenya	Simpson	St Stithians Girls' College	Open	20:35,4
Female	Lily	van Loggerenberg	St Mary's	U18	20:53,7
Female	Cate	Sherwin	St. Dunstans	U16	20:58,6
Female	Hannah	Webb	Holy Rosary	U19	20:58,6
Female	Gabrielle	Manson	St Andrews School for Girls	U17	20:59,7
Female	Anri	Moore	St Andrews School for Girls	U18	21:02,2
Female	Nokukhanya	Mthombeni	St Mary's	U18	21:17,9
Female	Angela	Illgner	St Mary's	U17	21:22,5
Female	Lily	McGregor	St Mary's	U17	21:22,6
Female	Nyakallo	Sebapalo	St Andrews School for Girls	U17	21:33,4
Female	Loralei	Mantle	St. Dunstans	U19	21:33,6
Female	Imogen	Gunning	St Mary's	U16	21:34,1
Female	Elizabeth	Kingwill	St Mary's	U18	21:40,2
Female	Anouk	van der Breggen	St Stithians Girls' College	Open	21:50,1
Female	Robyn	Faherty	Holy Rosary	U19	21:54,4
Female	Mikayla	Meyer	St Stithians Girls' College	Open	22:02,4
Female	Ntsako	Shipalana	St Stithians Girls' College	Open	22:04,3
Female	Isabella	Shaw	St Mary's	U18	22:12,0
Female	Arya	Ninan	St Mary's	U17	22:14,6
Female	Zazi	Manzana	St Stithians Girls' College	Open	22:17,7
Female	Erin	Olivier	St Stithians Girls' College	Open	22:26,3
Female	Lana	De Klerk	PGRC	U16	22:29,0
Female	Cameron	Waldeck-Cooks	St Stithians Girls' College	U16	22:30,0
Female	Madison	Hill	Holy Rosary	U16	22:36,1
Female	Lyla	Cahill	PGRC	U19	22:36,2
Female	Olivia	Osler	St Mary's	U17	22:38,1
Female	Lufuno	Tshikwatamba	St Stithians Girls' College	Open	22:42,1
Female	Khanya	Zulu	St Mary's	U17	22:48,1
Female	Courtney	Webb	Holy Rosary	U19	22:50,8
Female	Xanne	Schuurmans	St Stithians Girls' College	Open	22:56,7
Female	Hope	Sithole	Holy Rosary	U16	22:59,5
Female	Emihle	Molefe	Holy Rosary	U16	23:12,1
Female	Mmasentle	Maku	St Stithians Girls' College	U16	23:17,8
Female	Khotso	Matebese	Holy Rosary	U19	23:23,2
Female	Luna	Riccardi	Holy Rosary	U16	23:24,3
Female	Zoey	Dos Santos	Holy Rosary	U16	23:52,2
Female	Amy	Briggs	St Stithians Girls' College	U16	24:17,7
Female	Lihle	Moyo	Holy Rosary	U16	24:22,7
Female	Morgan	Ramjee	Holy Rosary	U16	24:23,9
Female	Sikelela	Godlwana	St Stithians Girls' College	U16	24:26,0
Female	Leatile	Mekwa	St Stithians Girls' College	U16	24:34,9

Female	Lily	Dawson	PGRC	U16	24:48,2
Female	Simone	Hulbert	PGRC	U19	24:57,8
Female	Megan	Hoard	PGRC	U19	Injured
Female	Katelyn	McDonald	PGRC	U16	Injured

# November 5000m Trials

## Boys

Personal information					Ave
Gender	Name	Surname	School/Club	Age group	Time
Male	James	Mc Donald	St Benedict's College	U17	17:37,30
Male	Willem	Cronje	SJC	U19	17:48,00
Male	Ryan	De Vos	St Stithians Boys College	U19	17:48,80
Male	Kai	Duckitt	Rondebosch	U19	17:51,70
Male	Daniel	Pearse	St Stithians Boys College	U19	17:53,30
Male	Matthew	Jasson	St Benedict's College	U19	17:53,70
Male	Billy	Cronje	SJC	U19	17:53,80
Male	Reuben	de Klerk	SACS	U19	17:53,80
Male	Jessin	Blignaut	St Benedict's College	U23	17:55,20
Male	Warrick	Kyriazis	Open Club	U19	17:57,10
Male	Nicholas	Judselsohn	St Stithians Boys College	U19	18:05,20
Male	Luke	Rathbone	Jeppe	U19	18:05,40
Male	Nowa	Kikonyogo	St Stithians Boys College	U19	18:05,80
Male	Andrew	vd Zee	KES	U17	18:05,80
Male	Kai	Kappler	St Stithians Boys College	U19	18:08,80
Male	Matthew	Maurel	Bishops	U19	18:09,00
Male	Zac	Wood	SACS	U17	18:09,70
Male	Joshua	Smith	Rondebosch	U19	18:12,60
Male	Julian	De Villiers	St Alban's	U19	18:14,40
Male	Matthew	De Vos	St Stithians Boys College	U19	18:14,60
Male	Michele	Rohrbeck	St Benedict's College	U16	18:16,10
Male	Ethan	Du Toit	Rondebosch	U19	18:16,70
Male	Ollaf	Moeller	St Alban's	U17	18:17,00
Male	Duncan	Rowlands	St Stithians Boys College	U19	18:18,00
Male	Matthew	Aydon	St Alban's	U17	18:20,60
Male	Liam	Duvenage	SJC	U19	18:20,80
Male	Mikhail	Sadovnik	SJC	U19	18:20,80
Male	Jonathan	Tunmer	St Stithians Boys College	U19	18:22,00
Male	William	Miller	SJC	U16	18:22,10
Male	George	Cox	St Alban's	U19	18:25,70
Male	Johan	De Beer	Rondebosch	U19	18:26,90
Male	Dean	Carstens	SACS	U19	18:28,40
Male	Hans	Schwarz	St Alban's	U16	18:29,20
Male	Liam	Batley	SJC	U19	18:30,60
Male	Marcio	Pereira	Jeppe	U17	18:33,00
Male	Bradley	Tayler	KES	U17	18:34,80
Male	Tate	Millar	St Alban's	U19	18:35,60
Male	Graham	Whetton	St Benedict's College	U19	18:35,80
Male	Corbin	Sheasby	St Benedict's College	U19	18:39,40
Male	Calvin	Damen	St Alban's	U16	18:39,80
Male	Stuart	Hudson	Bishops	U17	18:40,50
Male	Kai	Bacher	Bishops	U17	18:40,70
Male	Liam	Roodt	Jeppe	U17	18:41,00
Male	Alex	Christie	KES	U17	18:42,30

## Boys

Personal information					Ave
Gender	Name	Surname	School/Club	Age group	Time
Male	Luca	Scott	Rondebosch	U19	18:45,00
Male	Dean	du Preez	KES	U19	18:45,20
Male	John	Van Der Watt	Bishops	U19	18:47,60
Male	Peter	du Preez	Jeppe	U16	18:47,70
Male	Nicholas	vd Vyver	KES	U17	18:49,60
Male	Matthew	Keus	SJC	U16	18:49,70
Male	Matthew	vd Vyver	KES	U17	18:49,90
Male	Cameron	Redfern	Bishops	U19	18:50,40
Male	Michael	Teixeira	St Benedict's College	U17	18:51,20
Male	Cristiano	Claro	KES	U23	18:52,00
Male	Ben	Redfern	Bishops Diocesan College	U16	18:52,00
Male	Zaid	Dawoodjee	St Benedict's College	U23	18:54,90
Male	Matthew	Smit	St Benedict's College	U19	18:55,60
Male	Dylan	Holm	St Benedict's College	U19	18:56,70
Male	James	Burger	SJC	U19	18:57,60
Male	Rourke	Richardson	Jeppe	U19	18:57,70
Male	Ethan	Correia	Jeppe	U19	18:58,20
Male	Luke	Duffin	St Stithians Boys College	U19	18:58,40
Male	Seth	Garewal	Bishops	U19	18:58,50
Male	Russel	Branch	St Alban's	U19	19:00,00
Male	Edward	Potgieter	Bishops Diocesan College	U16	19:00,00
Male	Dembe	Mughivi	St Alban's	U16	19:03,50
Male	William	Mathee	St Alban's	U16	19:04,10
Male	Jack	Breslin	Bishops	U19	19:04,30
Male	Brian	Muller	Jeppe	U23	19:05,20
Male	Vicu	Scholtz	Jeppe	U17	19:08,10
Male	Jason	Aspoas	SJC	U19	19:08,80
Male	Kyle	Beukes	Jeppe	U17	19:12,30
Male	Caleb	Mberi	St Stithians Boys College	U19	19:14,80
Male	Greg	Hood	SJC	U16	19:15,20
Male	Jordan	Dos Santos	St Benedict's College	U23	19:15,70
Male	Gabriel	Bastos	St Benedict's College	U19	19:16,20
Male	Finn	Backes	SJC	U16	19:18,00
Male	Pietro	Carnelli	SJC	U19	19:19,70
Male	Jacob	Brews	St Benedict's College	U17	19:20,60
Male	Michael	Hogan	KES	U19	19:20,70
Male	Ethan	Lake	Jeppe	U19	19:22,60
Male	Ryan	Atrache	St Benedict's College	U17	19:25,70
Male	James	Redshaw	SJC	U19	19:26,90
Male	Adam	Carter	Bishops Diocesan College	U16	19:28,00
Male	Ryan	Taylor	St Stithians Boys College	U19	19:29,20
Male	Thomas	Allen	KES	U17	19:29,70
Male	Sipho	Mbatha	Jeppe	U17	19:30,40
Male	Roman	Waltman	Bishops Diocesan College	U16	19:33,00
Male	Naleli	Seeiso	Derby Rowing Club	U19	19:34,60
Male	Travis	Gaul	KES	U17	19:35,10
Male	Luca	Moeller	St Alban's	U16	19:36,90

## Boys

Personal information					Ave
Gender	Name	Surname	School/Club	Age group	Time
Male	Luke	Weaver	St Stithians Boys College	U19	19:39,20
Male	Bradley	Stead	SJC	U19	19:43,10
Male	Matthew	Seed	KES	U19	19:43,90
Male	Joshua	Hawkes	KES	U17	19:44,70
Male	St John	Jacobs	SJC	U19	19:45,60
Male	Charles	Fletcher	SACS	U19	19:46,70
Male	Thomas	Schelhase	SACS	U19	19:48,40
Male	Matteo	Cullinan	SJC	U19	19:51,20
Male	Matthew	Herman	SJC	U16	19:52,00
Male	Matthew	O'Ehley	KES	U17	19:52,80
Male	Thango	Socikwa	St Stithians Boys College	U19	19:54,80
Male	Jackson	Zhang	SACS	U23	19:55,00
Male	Diego	Ramos	St Benedict's College	U16	19:55,60
Male	Ryan	Collier	St Stithians Boys College	U19	19:56,80
Male	Kai	Parvess	KES	U19	19:58,40
Male	Thafir	Mohamed	SACS	U19	19:59,10
Male	Pablo	Garcia Diaz	St Alban's	U16	20:06,60
Male	Caden	Liebenberg	Jeppe	U16	20:08,50
Male	Ezra	Ramjee	St Benedict's College	U23	20:16,00
Male	John	Holmes	SACS	U17	20:19,20
Male	Daniel	De Dominicis	St Benedict's College	U16	20:20,50
Male	Alex	Holm	St Benedict's College	U16	20:22,30
Male	Asakhe	Dondolo	SACS	U17	20:27,70
Male	Cade	Cloete	SJC	U19	20:30,70
Male	James	Smith	SACS	U17	20:31,70
Male	Enzo	Vicente	St Benedict's College	U17	20:33,90
Male	Alex	Temlett	St Benedict's College	U17	20:34,30
Male	Anthony	Chindawi	St Benedict's College	U17	20:55,40
Male	Sekgowe	Phela	Soweto Rowing	U19	20:58,90
Male	Callum	Brudvig	St Benedict's College	U16	21:12,80
Male	Beniamino	Riccardi	St Benedict's College	U16	21:12,80
Male	Michael	Tindall	SJC	U16	21:41,80
Male	Jonty	Kingwill	SJC	U16	22:09,90
Male	Umar	Khan	St Benedict's College	U16	22:31,00
Male	James (Hong)	Wang	St Benedict's College	U17	22:49,70