

2022 WESTERN PROVINCE ATHLETIC CROSS COUNTRY RELAY

SUNDAY 03 JULY 2022 - YOUNGSFIELD MILITARY BASE

SOCIAL TEAMS – 4x2km

POS	CLUB	TIME
1	K-Way VOB	27:34
2	Fit2Run 2	27:42
3	Century City	29:47
4	K-Way VOB	30:06
5	Goodwood	30:41
6	Fit2Run 1	31:44
7	Phoenix	31:57
8	Century City	35:06
9	Celtic Harriers	35:32
10	Midas Spartans	35:37
11	Bellville AC & RCS Gugs	36:19
12	Fish Hoek AC	38:59
13	Khayelitsha AC	39:07
14	Nantes	40:19
15	Nantes	40:25
16	Phoenix	43:20
17	Midas Spartans	44:08
18	Century City	44:09
19	Nantes	44:20
20	Phoenix	44:24
21	Nantes	45:45
22	Hewit AC	49:49
23	Hewit AC	51:38
24	Midas Spartans	53:51
25	Midas Spartans	1:01:52
26	Midas Spartans	1:04:11
27	K-Way VOB	1:04:29
28	Midas Spartans	1:08:58
29	Midas Spartans	1:20:00



KIDS RELAY (AGES 12-16) – 4x1km

POS	CLUB	TIME
1	Fit2Run Boys	12:24
2	K-Way VOB	12:38
3	Fit2Run Girls	14:00
4	UWC	14:06
5	Velocity AC	14:41
6	Fit2Run 3	15:26
7	Velocity AC	16:06
8	Velocity AC	16:45
9	Velocity AC	17:14
10	Capricorn AC	17:18
11	Velocity AC	17:19
12	Velocity AC	23:18

ELITE JUNIOR, SENIOR & MASTERS – 4x2km

POS	CLUB	CATEGORY	TIME
1	UWC	Senior Men	23:55
2	UWC	Junior Men	24:51
3	K-Way VOB	Junior Men	25:00
4	K-Way VOB	Mixed	25:24
5	CPUT	Senior Men	26:20
6	RCS Gugs	Senior Men	27:37
7	Velocity AC	Senior Men	27:45
8	K-Way VOB	Senior Men	28:21
9	Khayelitsha AC	Senior Men	28:23
10	Khayelitsha AC	Junior Men	28:26
11	Goodwood	Senior Men	30:28
12	RCS Gugs	Mixed	31:05
13	Phoenix	Senior Men	32:00
14	Velocity AC	Senior Ladies	32:39
15	Celtic Harriers	Senior Men	33:18
16	Mitchells Plain Titans	Senior Men	34:00
17	Nantes	Senior Men	34:40
18	Khayelitsha AC	Senior Ladies	34:47
19	Midas Spartans	Senior Men	36:09
20	Phoenix	Senior Men	38:35
21	Mitchells Plain Titans	Master Ladies	41:06
22	K-Way VOB	Master Ladies	41:35
23	Nantes	Senior Men	43:20
24	Spartan Harriers	Senior Men	45:46



KIDS (10 & 11 Yrs) – 1KM

POS	NAME	SURNAME	GENDER	CLUB	TIME
1	Esona	Kuse	Girls	Fat Cats	4:14
2	Dyama	Ntlonti	Girls	Khayelitsha AC	4:25
3	Yandisa	Kuse	Boys	Fat Cats	4:39
4	Tanya	Juries	Girls	Velocity AC	4:47
5	Nilal	Meyer	Girls	Velocity AC	5:06
6	Cusey	Vuyils	Girls	Velocity AC	5:28

