

SUB JUNIOR RACE

	Name	Surname	Age	Category	Club	Time
1	Christolique	Mc Niel	13	Sub Junior Girls	Maties	5:29,72
2	Helen	Cockeran	12	Sub Junior Girls	Kingsmead College	5:31,71
3	McKaylla	Pypers	12	Sub Junior Girls	Nedbank Running Club SWD	5:33,43
4	Elri	Kruger	11	Sub Junior Girls	Goedehoop	5:34,87
5	Joanique	Horn	13	Sub Junior Girls	Maties	5:49,46
6	Tonya	Schoeman	10	Sub Junior Girls	Hartenbos Drawwers	5:50,27
7	Caitlyn	Cawood	9	Sub Junior Girls	Nedbank Running Club SWD	6:12,39
8	Jenna	Coetzee	10	Sub Junior Girls	Collegiate Jnr	6:16,29
9	Chanté	Prinsloo	13	Sub Junior Girls	Laerskool Roodeklas	6:18,97
10	Chante	Jafta	13	Sub Junior Girls	Riversdal Super Kids	6:25,75
11	Dione	Odendaal	13	Sub Junior Girls	Protea Atletiekklub	6:31,94
12	Emma	Lutsch	12	Sub Junior Girls	Outeniqua Laer	6:35,70
13	Beoline	Baker	10	Sub Junior Girls	Riversdal Super Kids	6:40,19
14	Clarise	Van Zyl	11	Sub Junior Girls	Goedehoop	6:41,37
15	Anchen	Schutte	11	Sub Junior Girls	Laerskool Mooirivier	6:43,75
16	Melanie	Van Rensburg	10	Sub Junior Girls	Laerskool Wesbank	6:44,29
17	Teneal	Els	10	Sub Junior Girls	Lorraine PE	6:47,20
18	Dedre	Rall	12	Sub Junior Girls	Sannieshof Laer	7:03,21
19	Jancke	Potgieter	13	Sub Junior Girls	Gimnasium	7:08,83
20	Minke	Shaw	9	Sub Junior Girls	Eikestad Laerskool	7:19,55
21	Lienke	Els	9	Sub Junior Girls	Lorraine PE	7:28,89
22	Munay	Uys	6	Sub Junior Girls	Oranje	7:40,22
23	Simoné	Groenewald	9	Sub Junior Girls	GHS Laerskool	7:54,39
24	Su-lise	Kloppers	8	Sub Junior Girls	Curro Mosselbaai	8:42,23
25	Jessi	Strydom	9	Sub Junior Girls	AvW	8:48,35
26	Mieke	Kloppers	12	Sub Junior Girls	Curro Mosselbaai	8:52,37

SUB JUNIOR RACE

	Name	Surname	Age	Category	Club	Time
1	Corne	De Fouw	13	Sub Junior Boys	Monnas	4:57,23
2	Ryan	Du Plessis	13	Sub Junior Boys	Midstream College	5:05,24
3	HJ	Nell	13	Sub Junior Boys	Hartenbos Drawwers	5:10,08
4	Marco	Prins	13	Sub Junior Boys	HSRB	5:12,53
5	Xander	Van Rensburg	13	Sub Junior Boys	Fairmont High School	5:16,61
6	Jaden	De Wet	13	Sub Junior Boys	Helpmekeer College	5:20,92
7	Beyon	Prins	12	Sub Junior Boys	Riversdal Super Kids	5:22,09
8	Vaughann	Grobbelaar	11	Sub Junior Boys	Nedbank Running Club SWD	5:38,34
9	Willmark	Daniels	10	Sub Junior Boys	Riversdal Super Kids	5:39,24
10	Hanre	Jubelius	13	Sub Junior Boys	Landbouskool Oakdale	5:40,58
11	Breytin	Baker	12	Sub Junior Boys	Riversdal Super Kids	5:41,65
12	Duane	Filander	10	Sub Junior Boys	Riversdal Super Kids	5:43,35
13	Christopher	Steyn	11	Sub Junior Boys	Shadow Chasers	5:43,84
14	Juan	Van Zyl	11	Sub Junior Boys	Hugenote Laerskool	5:45,37
15	Daniel	van Zyl	10	Sub Junior Boys	Outeniqua Laer	5:52,35
16	De Villiers	Lamprecht	10	Sub Junior Boys	Universitus	5:53,16
17	Reynaldo	Uys	9	Sub Junior Boys	Grey College	5:54,04
18	Lourich	Vorster	10	Sub Junior Boys	Kanonkop	6:13,81
19	Armand	Dixon	10	Sub Junior Boys	Vitality	6:14,68
20	Gert	Kemp	11	Sub Junior Boys	Eikestad Laerskool	6:18,39
21	Marius	De Vlam	11	Sub Junior Boys	Riversdal Super Kids	6:21,85
22	Eduan	Rademan	10	Sub Junior Boys	Vaalpark Primary	6:24,81
23	Quintus	Lutsch	10	Sub Junior Boys	Outeniqua Laer	6:28,80
24	Heinwill	Paulsen	7	Sub Junior Boys	Riversdal Super Kids	6:31,45
25	Luwayden	Goliath	9	Sub Junior Boys	Riversdal Super Kids	6:36,03
26	Ruan	Rossouw	11	Sub Junior Boys	Outeniqua Laer	6:40,60
27	Granville	Joseph	10	Sub Junior Boys	Riversdal Super Kids	6:41,72
28	Finley	Burger	9	Sub Junior Boys	Bellville AC	6:43,49

29	Henrique	Cupido	11	Sub Junior Boys	Riversdal Super Kids	6:53,95
30	Henno	Mengel	9	Sub Junior Boys	Sannieshof Laer	6:56,03
31	Nico	Smit	8	Sub Junior Boys	Individual	6;57,19
32	Henré Henno	Van der Merwe	10	Sub Junior Boys	CVO Skool Lichtenburg	7:02,38
33	Christopher	Jansen van Rensburg	11	Sub Junior Boys	Eikestad Laerskool	7:03,79
34	Luan	Visser	8	Sub Junior Boys	West Wood	7:24,03
35	Stephan	Kruger	7	Sub Junior Boys	Goedehoop	7:26,51
36	Marnu	Uys	6	Sub Junior Boys	Oranje	8:21,64

LADIES (Open , Junior , 40+)

	Name	Surname	Age	Category	Club	Time
1	Irvette	Van Zyl	30	Open	Nedbank Running Club	4:44,01
2	Thineke	Cloete	27	Open	Stellenbosch AC	4:48,03
3	Carina	Viljoen	21	Open	KPMG	4:51,04
4	Aynslee	Van Graan	23	Open	KPMG	4:53,83
5	Cara	Du Preez	17	Juniors	Volkskool Potch	4:59,90
6	Nadia	Potgieter	15	Juniors	Garsfontein	5:00,47
7	Shanley	Koekemoer	18	Juniors	Campbell University, USA	5:02,02
8	Kyla	Van Graan	24	Open	Murray and Roberts AC	5:03,04
9	Anneken	Viljoen	16	Juniors	Stellenbosch AC	5:03,66
10	Sunel	Jacobs	25	Open	Stellenbosch AC	5:04,78
11	Carina	Swiegers	23	Open	Tuks	5:08,38
12	Casey	Bosman	17	Juniors	Murray and Roberts AC	5:09,48
13	Anneline	Roffey	37	Open	Nedbank Running Club	5:10,22
14	Luzaan	De Wit	17	Juniors	Fast Feet	5:11,09
15	Alme	Jordaan	16	Juniors	Stellenbosch AC	5:11,82
16	Chante	Dixon	16	Juniors	KPMG	5:12,77
17	Michelle	Redelinghuys	22	Open	Tuks	5:13,67
18	Elne	Conradie	16	Juniors	Hartenbos Drawwers	5:23,78
19	Cayla	Botha	15	Juniors	Hoërskool Garsfontein	5:24,85
20	Farida	Zwane	22	Open	Tembisa AC	5:25,58
21	Anja	Van Heerden	15	Juniors	Paarl Girls High	5:26,38
22	Jandri	Snyders	14	Juniors	Hartenbos Drawwers	5:34,09
23	Nolene	van Rensburg	17	Juniors	Nedbank Running Club SWD	5:36,30
24	Bea	Hayes	18	Juniors	Stellenbosch AC	5:36,78
25	Anri	Oosthuizen	15	Juniors	Hoërskool Kempton Park	5:37,80
26	Danél	Cronjé	26	Open	Kovsies	5:38,89
27	Mia	Lyons	18	Juniors	Langebaan	5:40,17
28	Joret	Olivier	14	Juniors	Hoërskool Lichtenburg	5:41,06

29	Liné	Pretorius	19	Juniors	NWU Pukke	5:41,59
30	Madelé	Du Plessis	30	Open	Nedbank Running Club	5:42,46
31	Lanel	Olivier	14	Juniors	Hoërskool Lichtenburg	5:44,04
32	Chenique	Sas	14	Juniors	Maties	5:47,06
33	Icarien	Van Deventer	23	Open	Nedbank Running Club	5:48,07
34	Lienki	Carroll	14	Juniors	Hoërskool Lichtenburg	5:50,16
35	Lanah	Nel	14	Juniors	High School Parel Vallei	5:53,49
36	Marili	Munnik	49	40 +	Tuks	5:56,46
37	Veronique	Visagie	15	Juniors	Maties	6:01,75
38	Phyllis	de Fouw	46	40+	Individual	6:03,94
39	Philique	Fick	15	Juniors	Hoërskool Outeniqua	6:05,69
40	Lize-Mari	Fick	14	Juniors	Leeuwenhof	6:07,17
41	Sarah	Viljoen	18	Juniors	Curro Mossel Bay	6:07,67
42	Isabella	Cockeran	14	Juniors	Kingsmead College	6:09,68
43	Mikah	Brink	15	Juniors	Bloemhof	6:14,08
44	Cara	Bergh	15	Juniors	Nedbank Running Club SWD	6:15,74
45	Cecilia	Stramrood	20	Open	UJ	6:18,58
46	Sharlan	Boer	20	Open	Maties	6:27,83
47	Jana	Pretorius	14	Juniors	Durbanville	6:35,04
48	Anje	Metz	14	Juniors	Hoërskool Outeniqua	6:40,16
49	Louisa	Stramrood	20	Open	UJ	6:50,38
50	Elmé	Strauss	17	Juniors	Individual	7:09,71
51	Suléne	Strauss	25	Open	Individual	7:24,64
52	Delmarie	Henning	57	40+	Hartenbos Drawwers	7:25,38
53	Naydene	Dixon	41	40 +	Vitality	8:06,60
54	Annari	Schutte	43	40+	Individual	8:27,59
55	Corne	Troskie	34	Open	Individual	8:49,99
56	Kerenza	Marais	42	40+	Individual	9:41,43
57	Lize-Mari	Rall	18	Juniors	Hoërskool Sannieshof	9:42,17
58	Rialene	Lutsch	43	40+	Individual	9:43,16

MEN (Open , Junior , 40+)

	Name	Surname	Age	Category	Club	Time
1	Ryan	Mphahlele	20	Open	Tembisa AC	4:01,88
2	Duwayne	Philander	24	Open	UWC	4:06,51
3	Milton	Kekana	23	Open	Tshwane University of Technology	4:07,92
4	Lloyd	Bosman	30	Open	Nedbank Running Club SWD	4:08,55
5	Bruce-Lynn	Damons	22	Open	UWC	4:09,75
6	Alvin	Dirkse	20	Open	Stellenbosch AC	4:10,72
7	Themba	Madima	29	Open	EC Active Athletics Club	4:11,71
8	Rowhaldo	Ratz	20	Open	UWC	4:13,00
9	Ashley	Smith	22	Open	UWC	4:13,47
10	Daniel	Maton	17	Juniors	Camas High School	4:13,92
11	Christopher	Swart	18	Juniors	Waterkloof	4:14,59
12	Zaid	Williams	21	Open	Maties	4:15,86
13	Robert	Bester	21	Open	Tuks	4:16,29
14	Luan	Munnik	18	Juniors	Affies	4:16,98
15	Caleb	Beukes	18	Juniors	Boxer AC	4:17,86
16	Aubrey	Kotze	20	Open	Eersteriver AC	4:20,39
17	Deon	Hendricks	21	Open	Stellenbosch AC	4:21,23
18	Marco	Ruthven	23	Open	EC Athletics Club	4:25,69
19	Gareth	Jooste	23	Open	Individual	4:26,57
20	Godwin	Heyns	20	Open	Nedbank Running Club SWD	4:27,49
21	Travis	Koekemoer	17	Juniors	Midstream College	4:28,03
22	Oscar	Bestenbier	22	Open	Nedbank Running Club	4:28,47
23	Sibusiso	Magwaza	24	Open	Individual	4:29,01
24	Mpho	Motaung	24	Open	Tshwane University of Technology	4:29,55
25	Bennie	Prinsloo	23	Open	Kovsies	4:30,04
26	Thabang	Mkuna	23	Open	Tshwane University of Technology	4:30,72
27	James	Munnik	21	Open	Kovsies	4:30,72
28	Star	Shayamano	23	Open	Nedbank Running Club	4:31,52

29	Cohann	Smith	20	Open	CUT	4:33,03
30	Llewellyn	Coleman	20	Open	Kovsies	4:34,54
31	Pierre	Jacobs	22	Open	Maties	4:35,24
32	Ruben	Gouws	22	Open	NWU - Pukke	4:36,11
33	Pietie	Oosthuizen	24	Open	Maties	4:39,04
34	Matthew	Russell	22	Open	Kovsies	4:41,99
35	Zevian	Le Roux	17	Juniors	Riversdal Super Kids	4:44,47
36	Austin	Bestenbier	22	Open	Nedbank Running Club	4:45,26
37	Timothy	Russell	20	Open	Phobians	4:48,15
38	Fourie	Wiid	26	Open	Tuks	4:50,09
39	Martin	Blignaut	18	Juniors	Waterkloof	4:53,06
40	Walter	Lutsch	42	40+	Outeniqua Harriers	4:53,79
41	Llewellyn	Viljoen	16	Juniors	Hartenbos	4:54,81
42	Leonard	Fick	15	Juniors	Leeuwenhof Akademie	4:55,73
43	Willem	Odendaal	42	40+	Nedbank Running Club	4:56,87
44	Maxi-Lee	Pedro	17	Juniors	Riversdal Super Kids	4:57,79
45	Andre	Kleyhans	18	Juniors	Nedbank Running Club SWD	5:00,80
46	Charl	Laubscher	14	Juniors	Individual	5:02,54
47	Romano	Windvogel	17	Juniors	Riversdal Super Kids	5:04,68
48	Duncan	Erasmus	16	Juniors	Midstream College	5:05,91
49	Anville	Presents	17	Juniors	Riversdal Super Kids	5:07,27
50	Daniel	Wiese	16	Juniors	HJvR	5:08,30
51	Divan	Rossouw	14	Juniors	Outeniqua High	5:10,53
52	Stefan	Fourie	15	Juniors	Punt Hoërskool	5:11,02
53	Jacque	Fourie	15	Juniors	Punt Hoërskool	5:11,69
54	Andrew	Dixon	44	40+	Vitality	5:13,76
55	Shane	Erasmus	17	Juniors	Midstream College	5:20,45
56	Jimmy	Wright	48	40+	Individual	5:24,08
57	Luciano	Stuurman	14	Juniors	Riversdal Super Kids	5:24,99
58	Wessel	Van Zyl	15	Juniors	Secunda Hoërskool	5:27,94
59	Dana	Schutte	45	40+	Berts Bricks	5:29,07

60	Anlo	Ferreira	16	Juniors	Curro Mosselbay	5:29,92
61	Lean	Uys	15	Juniors	Grey College	5:36,62
62	Jeandré	Zerenstar	15	Juniors	HWS	5:39,61
63	Bernard	Shaw	41	40+	Individual	5:41,30
64	Liam	Odendaal	15	Juniors	Protea Atletiekkklub	5:54,94
65	Adriaan	Fourie	16	Juniors	Hartenbos Drawwers	5:56,78
66	Francois	Pretorius	47	40+	Individual	5:57,32
67	Marcus	Kleyhans	15	Juniors	Nedbank Running Club SWD	6:07,94
68	Danie	Spamer	15	Juniors	Boland Landbou	6:10,12
69	Andries	Strauss	40	40+	Bloem Striders	6:12,50
70	Koos	Smit	62	40+	Hartenbos Drawwers	6:20,13
71	Derick	Bester	15	Juniors	Dirkie Uys	6:49,54
72	Jurian	Van Santen	15	Juniors	Boland Landbou	6:50,08
73	Niel	Loubscher	43	40+	Individual	6:57,84
74	Reinier	Van Zyl	41	40+	Individual	6:59,66
75	Daniël	Smit	59	40+	Individual	7:00,31
76	Divan	Marais	10	Juniors	Individual	7:13,22
77	Danie	Marais	13	Juniors	Individual	7:50,44
78	Francois	Pienaar	53	40+	Individual	7:52,36
79	Maruis	Strydom	43	40+	Individual	8:28,59
80	Jan	Brits	47	40+	Individual	8:44,68
81	Klannie	Marais	43	40+	Individual	8:55,91

SUB JUNIORS BOYS (9 – 13 years old)

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Corne	De Fouw	13	Monnas	4:57,23
2	Ryan	Du Plessis	13	Midstream College	5:05,24
3	HJ	Nell	13	Hartenbos Drawwers	5:10,08

SUB JUNIORS GIRLS (9 – 13 years old)

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Christolique	Mc Niel	13	Maties	5:29,72
2	Helen	Cockeran	12	Kingsmead College	5:31,71
3	McKaylla	Pypers	12	Nedbank Running Club SWD	5:33,43

JUNIOR BOYS (14 – 19 years)

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Daniel	Maton	17	Camas High School	4:13,92
2	Christopher	Swart	18	Waterkloof	4:14,59
3	Luan	Munnik	18	Affies	4:16,98

JUNIOR LADIES (14 – 19 years)

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Cara	Du Preez	17	Volkskool Potch	4:59,90
2	Nadia	Potgieter	15	Garsfontein	5:00,47
3	Shanley	Koekemoer	18	Campbell University, USA	5:02,02

40+ MEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Walter	Lutsch	42	Outeniqua Harriers	4:53,79
2	Willem	Odendaal	42	Nedbank Running Club	4:56,87
3	Andrew	Dixon	44	Vitality	5:13,76

40+ LADIES

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Marili	Munnik	49	Tuks	5:56,46
2	Phyllis	de Fouw	46	Individual	6:03,94
3	Delmarie	Henning	57	Hartenbos Drawwers	7:25,38

MEN OPEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Ryan	Mphahlele	20	Tembisa AC	4:01,88
2	Duwayne	Philander	24	UWC	4:06,51
3	Milton	Kekana	23	Tshwane University of Technology	4:07,92
4	Lloyd	Bosman	30	Nedbank Running Club SWD	4:08,55
5	Bruce-Lynn	Damons	22	UWC	4:09,75
6	Alvin	Dirkse	20	Stellenbosch AC	4:10,72

LADIES OPEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Irvette	Van Zyl	30	Nedbank Running Club	4:44,01
2	Thineke	Cloete	27	Stellenbosch AC	4:48,03
3	Carina	Viljoen	21	KPMG	4:51,04
4	Aynslee	Van Graan	23	KPMG	4:53,83
5	Cara	Du Preez	17	Volkskool Potch	4:59,90
6	Nadia	Potgieter	15	Garsfontein	5:00,47

ASWD MEN OPEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Lloyd	Bosman	30	Nedbank Running Club SWD	4:08,55
2	Godwin	Heyns	20	Nedbank Running Club SWD	4:27,49
3	Zevian	Le Roux	17	Riversdal Super Kids	4:44,47

ASWD LADIES OPEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Elne	Conradie	16	Hartenbos Drawwers	5:23,78
2	Jandri	Snyders	14	Hartenbos Drawwers	5:34,09
3	Nolene	van Rensburg	17	Nedbank Running Club SWD	5:36,30