

MEN (Open , Junior , 40+)

	Name	Surname	Age	Category	Club	Time	Heat
1	Ryan	Mphahlele	21	Open	Tembisa AC	3:53.08	A
2	Keletso	Mokhonoana	21	Open	Tembisa AC	3:54.23	A
3	Jerry	Motsau	29	Open	Boxer AC	3:54.78	A
4	Luan	Munnik	19	Juniors	North West University	3:58.91	A
5	Tumisang	Monnatlala	24	Open	Murray and Roberts AC	4:04.82	A
6	Du-Wayne	Philander	25	Open	Atlantic Athletic Club	4:05.60	A
7	Lloyd	Bosman	31	Open	Nedbank Running Club SWD	4:07.26	A
8	Kabelo	Melamu	22	Open	Murray and Roberts AC	4:08.42	A
9	Ruan	Jonck	23	Open	Kovsies Athletics	4:08.95	A
10	Stephen	Millard	18	Juniors	Strand Athletics	4:09.35	A
11	Pule	Kotole	20	Open	North West University	4:10.08	A
12	James	Munnik	22	Open	Midstream College	4:10.64	A
13	Llewellyn	Coleman	21	Open	Kovsies Athletics	4:11.12	A
14	Caleb	Beukes	19	Juniors	Boxer AC	4:11.72	A
15	Sylvin	Dirkse	21	Open	Athlete Academy	4:13.47	A
16	Andries	Sesedi	18	Juniors	Colossus AC	4:13.57	A
17	Ian	Slinger	24	Open	North West University	4:17.33	A
18	Neo	Hlalukane	19	Juniors	Daveyton Heart	4:18.45	A
19	Travis	Koekemoer	18	Juniors	Midstream College	4:18.97	B
20	Mmuso	Fotoi	22	Open	Colossus AC	4:20.08	B
21	Nicolas	Anema	16	Juniors	KWAY-VOB	4:21.82	B
22	Francois	Maquassa	24	Open	Nedbank Running Club SWD	4:22.78	B
23	Zerian	Le Roux	18	Juniors	Riversdal Super Kids	4:23.82	B
24	Heinrich	Brunhs	21	Open	Kovsies Athletics	4:24.94	B
25	Phemelo	Ntoe	18	Juniors	Mohlakeng AC	4:26.94	B
26	Mario	Van Schalkwyk	19	Juniors	Riversdal Super Kids	4:31.51	B
27	Heinrich	Wagner	23	Open	UWC	4:34.61	B
28	Caleb	Van Der Veen	19	Juniors	Sterk Span Coaching Academy	4:35.17	B
29	Linidile	Tokota	52	40+	Nedbank Running Club	4:37.53	B

30	Markus	Viljoen	15	Juniors	Hoër Landbouskool Oakdale	4:38.67	B
31	Gershwin	Fielies	15	Juniors	Riversdal Super Kids	4:40.42	B
32	Eugene	Steyn	17	Juniors	KWAY-VOB	4:41.36	B
33	Gerhard	Bezuidenhout	19	Juniors	USA	4:42.25	B
34	Leon	Adams	25	Open	Langeberg AC	4:42.91	B
35	Maxi-Lee	Pedro	18	Juniors	Riversdal Super Kids	4:43.73	B
36	Dylan	Rudolph	16	Juniors	KWAY-VOB	4:44.47	B
37	Xander	Van Rensburg	14	Juniors	Fairmont High School	4:45.16	C
38	Andy	Munnik	16	Juniors	Midstream College	4:47.35	C
39	Jaden	De Wet	14	Juniors	Helpmekaar College	4:52.23	C
40	Motlatsi	Sesing	39	Open	Murray and Roberts AC	4:56.32	C
41	Renaleone	Mokakale	21	Open	Tshwane University of Technology	4:59.91	C
42	Luciano	Stuurman	15	Juniors	Riversdal Super Kids	5:10.56	C
43	Patrick	Peters	56	40+	Military Sport Club	5:24.63	C
44	Thys	Jamneck	32	Open	Individual	5:27.22	C
45	Caleb	Daniels	17	Juniors	KWAY-VOB	5:29.68	C
46	Hanre	Jubelius	14	Juniors	Hoër Landbouskool Oakdale	5:37.01	C
47	Wilhelm	Kuun	33	Open	Individual	5:39.48	C
48	Clyde	Prins	14	Juniors	Riversdal Super Kids	5:50.31	C
49	Jason	Jafta	60	40+	Oudtshoorn Athletics Club	5:54.64	C
50	Hendrik	Prins	45	40+	Langeberg AC	6:26.84	C
51	Chetlin	Busch	?	Juniors	Riversdal Super Kids	6:29.50	C
52	Michiel	Herholdt	15	Juniors	Hoër Landbouskool Oakdale	6:37.19	C
53	Leon	Van der Merwe	64	40+	Oudtshoorn Athletics Club	6:47.84	C
54	Carl	Herholdt	45	40+	Individual	8:41.83	C