

YOUNG TALENT BOYS

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Anesu	Chirombe	14	UWC	4:37,95
2	Danville	Willemse	14	Coastline AC	4:47,66
3	Christopher	Steyn	14	Paul Roos Gymnasium	4:59,53

YOUNG TALENT GIRLS

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Elri	Kruger	14	AHMP	5:25,53
2	Caitlyn	Cawood	12	Nedbank Running Club SWD	5:35,20
3	Minke	Shaw	12	Eikestad Laerskool	5:38,13

YOUTH BOYS

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Rico	Leijenaar	16	PTC	4:23,40
2	Rowaldo	Cornelius	15	Athletes Academy	4:28,06
3	Tyron-Lee	Andries	17	Langenhoven Gimnasium	4:37,32

YOUTH LADIES

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Carlé	Stockenström	15	Oranje	5:18,24
2	Chenique	Sas	17	Fit2Run	5:20,10
3	Alri	Verster	15	PTC	5:21,62

JUNIOR MEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Keanu	Domingo	19	PTC	4:08,39
2	Niel	Van Der Merwe	18	Backtrack Athletics Club	4:10,50
3	Andy	Munnik	18	Midstream College	4:23,81

JUNIOR LADIES

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Danielle	Verster	18	PTC	4:48,57
2	Nadia	Potgieter	18	Grasfontein	5:03,47
3	Charne	Swart	19	Tuks Athletics	5:07,94

VETS 40+ MEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Karel	Burger	41	Murray & Roberts	4:57,98
2	Mauritz	Jansen van Rensburg	50	Outeniqua Harriers	5:19,06
3	Cor	Leijenaar	51	PTC	5:32,38

VETS 40+ LADIES

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Marili	Munnik	52	Murray & Roberts	5:37,68
2	Corne	Prinsloo		PPMK	5:59,09
3					

ASWD MEN OPEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Lloyd	Bosman	33	Nedbank Running Club SWD	4:16,70
2	Mario	van Schalkwyk	21	Superkids Riversdal	4:29,51
3	Francois	Maquassa	26	Nedbank Running Club ASWD	4:32,23

ASWD LADIES OPEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Jandri	Snyders	17	Hartenbos Drawwers	5:31,07
2	Caitlyn	Cawood	12	Nedbank Running Club SWD	5:35,20
3	Tonya	Schoeman	13	Nedbank Running Club SWD	6:06,85

MEN OPEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Ryan	Mphahlele	23	Tembisa AC	3:58,03
2	Jerry	Motsau	31	PTC	3:58,52
3	Bruce-lynn	Damons	25	Nedbank AC Cape Town	4:07,58
4	Keanu	Domingo	19	PTC	4:08,39

LADIES OPEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Carina	Viljoen	24	Murray & Roberts	4:46,15
2	Danielle	Verster	18	PTC	4:48,57
3	Simonay	Weitsz	22	Tuks Athletics	4:50,13
4	Kesa	Molotsane	29	Murray & Roberts	4:55,04