

**YOUNG TALENT BOYS**

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Luciano	Slawers	13	Superkids Riversdal	4:58,49
2	Lethan	Cloete	14	Fit2Run	4:58,96
3	Tayron	Taylor	14	Superkids Riversdal	5:35,56

**YOUNG TALENT GIRLS**

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Caitlyn	Cawood	13	Nedbank Running Club SWD	5:27,68
2	Annabelle	McEwan	13	Outeniqua Harriers	5:36,43
3	Emelia	Fortuin	14	Fit2Run	5:44,72

**YOUTH BOYS**

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Corne	De Fouw	17	Monnas	4:12,02
2	Jaden	De Wet	17	UJ	4:28,25
3	Lee-tin	Syfers	16	Fit2Run	4:35,64

**YOUTH GIRLS**

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Alri	Verster	16	Gimmies	5:22,00
2	Zabine	Von Westernhagen	16	Boxer AC	5:31,57
3	Megan	Hyde	14	Glenwood House	5:39,41

**JUNIOR MEN**

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Rico	Leijenaar	17	Gimmies	4:16,11
2	Andy	Munnik	19	PTC	4:20,25
3	Jaycee	Farmer	19	NWU	4:22,40

**JUNIOR LADIES**

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Anja	Van Heerden	19	Dogsquad	5:18,30
2	Jandri	Snyders	18	Hartenbos Drawwers	5:32,93
3					

**VETS 40+ MEN**

POS	NAME	SURNAME	AGE	CLUB	TIME
1					
2					
3					

**VETS 40+ LADIES**

POS	NAME	SURNAME	AGE	CLUB	TIME
1					
2					
3					

**ASWD MEN OPEN**

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Selwyn	Matthews	24	Nedbank Running Club	4:28,98
2	Tyron-lee	Andries	18	Langenhoven Gimnasium	4:34,03
3	Gershwin	Fielies	18	Coastline AC	4:43,25

**ASWD LADIES OPEN**

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Caitlyn	Cawood	13	Nedbank Running Club SWD	5:27,68
2	Jandri	Snyders	18	Hartenbos Drawwers	5:32,93
3	Megan	Hyde	14	Glenwood House	5:39,41

**MEN OPEN**

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Nkosinathi	Sibiya	28	UJ	3:58,95
2	Renier	De Villers	20	PTC	4:04,27
3	Christopher	Swart	22	NWU	4:07,07
4	Bafana Innocent	Mnyakeni	24	Kovsie AC	4:09,27

**LADIES OPEN**

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Kesa	Molotsane	30	Murray & Roberts	4:55,92
2	Charne	Swart	20	Tuks	4:56,01
3	Simonay	Weitsz	23	TUT	5:01,39
4	Janie	Janse Van Rensburg	22	Tuks	5:02,27