

## Young Talent ID Girls (born 2009 -2014)

	Name	Surname	Age	Category	Club	Time
1	Annabelle	McEwan	14	Young Talent ID Girls	Glenwood House	5:25,22
2	Chanene	Barnard	12	Young Talent ID Girls	Zwarries	5:30,22
3	Miane	De Clercq	11	Young Talent ID Girls	TAC	5:37,74
4	Caitlyn	Cawood	14	Young Talent ID Girls	Endurocad	5:39,32
5	Lara	Brown	12	Young Talent ID Girls	Park Primary	5:40,33
6	Lalla	Strydom	14	Young Talent ID Girls	Eunice High School	5:42,10
7	Ené	Jansen van Rensburg	13	Young Talent ID Girls	Bloemhof	5:43,16
8	Magrietjie	Rabie	14	Young Talent ID Girls	Zwartkop Hoërskool	5:45,40
9	Julia	Painter	14	Young Talent ID Girls	Glenwood House	5:50,29
10	Munay	Uys	11	Young Talent ID Girls	Oranje Meisieskool	5:51,43
11	Mauzaan	Jansen	13	Young Talent ID Girls	Fit 2 Run	5:51,81
12	Jané	Sieberhagen	11	Young Talent ID Girls	Montana Club	5:52,44
13	Anika	Botha	10	Young Talent ID Girls	Laerskool Hennospark	5:52,90
14	Laurika-lee	Jacobs	12	Young Talent ID Girls	Riversdal Superkids	5:53,44
15	Wilmé	Wilson	12	Young Talent ID Girls	FTG	5:57,32
16	Minay	Botha	12	Young Talent ID Girls	Vorentoe	6:00,18
17	Mehandre	Boer	14	Young Talent ID Girls	Fit 2 Run	6:02,02
18	Yolandre	Abrahams	14	Young Talent ID Girls	Fit 2 Run	6:11,36
19	Lucia	Kempen	12	Young Talent ID Girls	Laerskool Bredasdorp	6:12,31
20	Cameron	Frances	12	Young Talent ID Girls	Riversdal Superkids	6:13,12
21	Alexi	Nel	13	Young Talent ID Girls	Constansia Park	6:14,43
22	Emma	De Clercq	9	Young Talent ID Girls	TAC	6:15,99
23	Marguerite	Cockeran	13	Young Talent ID Girls	Kingsmead College	6:26,62
24	Leah	Brown	10	Young Talent ID Girls	Park Primary	6:27,51
25	Mieke	Boshoff	12	Young Talent ID Girls	Op die Voorpos	6:34,12
26	Raé	du Toit	13	Young Talent ID Girls	Paarl Girls High	6:39,22
27	Leigh	Botha	13	Young Talent ID Girls	32GI	6:59,53
28	Hannah	Kempen	14	Young Talent ID Girls	Bloemhof High School	7:01,00
29	Kristin	Van Heerden	9	Young Talent ID Girls	Hartenbos Drawwers Klub	7:03,18
30	Carla	Hanekom	13	Young Talent ID Girls	Laerskool Oranje-Noord	7:08,53
31	Jessie	Botha	11	Young Talent ID Girls	32GI	7:15,91
32	Nina	Smit	11	Young Talent ID Girls	Individual	7:29,50
33	Iné	du Plessis	12	Young Talent ID Girls	Hartswater	8:16,97
34	Anke	Koen	13	Young Talent ID Girls	Medihelp Multisport	8:55,20

## Young Talent ID Boys (born 2009 -2014)

	Name	Surname	Age	Category	Club	Time
1	Johan	Schoeman	14	Young Talent ID Boys	32GI	4:45,91
2	Luciano	Slawers	14	Young Talent ID Boys	Riversdal Superkids	4:46,33
3	Rupert	Groenewald	14	Young Talent ID Boys	Midstream College	4:46,77
4	Llewelyn	Viljoen	12	Young Talent ID Boys	Outeniqua Harriers	5:18,56
5	CG	Volschenk	13	Young Talent ID Boys	Hangklip Atletiek Klub	5:23,49
6	Eugene	Saayman	9	Young Talent ID Boys	Riversdal Superkids	5:25,10
7	Marinus	Rademan	12	Young Talent ID Boys	TAC	5:30,40
8	Caleb	Matthews	10	Young Talent ID Boys	Riversdal Superkids	5:32,70
9	Jandr�	de Jager	14	Young Talent ID Boys	Afrikaans Ho�r Seuns	5:36,79
10	Tristen	Hennop	12	Young Talent ID Boys	Laerskool Bakenkop	5:40,14
11	Reynaldo	Uys	14	Young Talent ID Boys	Grey College	5:42,67
12	Franna	Van Der Westhuizen	10	Young Talent ID Boys	Kollegepark	5:43,27
13	Luan	Augustyn	13	Young Talent ID Boys	Park Primary	5:43,86
14	Jonathan	Cronje	14	Young Talent ID Boys	Selborne College	5:44,34
15	Christiano	Micheals	11	Young Talent ID Boys	Riversdal Superkids	5:44,95
16	Keagan	van Rensburg	14	Young Talent ID Boys	Grey College	5:45,51
17	Stiaan	van Wyk	12	Young Talent ID Boys	Laerskool Wesbank	5:46,04
18	Preztru	Saayman	11	Young Talent ID Boys	Riversdal Superkids	5:46,62
19	Judah	Spies	9	Young Talent ID Boys	Outeniqua Harriers	5:47,30
20	Ruben	Pienaar	13	Young Talent ID Boys	Laerskool Monument Park	5:48,72
21	Nicolaas	Botha	12	Young Talent ID Boys	Laerskool Hennospark	5:49,52
22	Clayton	Frances	10	Young Talent ID Boys	Riversdal Superkids	5:50,40
23	Joey	Calitz	13	Young Talent ID Boys	Gene Louw Primary	5:51,40
24	Lee-Roy	Jakobus	12	Young Talent ID Boys	Riversdal Superkids	5:56,04
25	Pieter	Schoeman	11	Young Talent ID Boys	32GI	5:58,49
26	Altus	Hanekom	13	Young Talent ID Boys	Laerskool Oranje-Noord	6:02,29
27	Cameron	McEwan	11	Young Talent ID Boys	Holy Cross Primary	6:03,18
28	Jay-dee	Frances	12	Young Talent ID Boys	Riversdal Superkids	6:04,39
29	Hayqin-Lee	Pietersen	11	Young Talent ID Boys	Riversdal Superkids	6:14,32
30	Philip	du Toit	10	Young Talent ID Boys	Worcester Noord Prim�re Skool	6:15,85
31	Christiaan	Bester	13	Young Talent ID Boys	Gene Louw Primary	6:27,03
32	JC	le Clus	9	Young Talent ID Boys	Hartenbos Drawwers	6:28,25
33	Laun	Visser	13	Young Talent ID Boys	Kempton Ho�r	6:29,18
34	DeWet	Sieberhagen	9	Young Talent ID Boys	Montana Club	6:29,90
35	Kian	Gelderblom	13	Young Talent ID Boys	Helpmekaar	6:30,58
36	Alexander	van Wyk	10	Young Talent ID Boys	Laerskool Wesbank	6:38,31
37	Ayden	Brown		Young Talent ID Boys	Park Primary	6:39,10
38	Jaydin	Brester	13	Young Talent ID Boys	Laerskool Wonderboom	6:55,33
39	Anru	Augustyn	9	Young Talent ID Boys	Park Primary	7:06,24
40	Erik	van Tonder	9	Young Talent ID Boys	Gene Louw	7:06,85
41	Marnu	Uys		Young Talent ID Boys	Grey College	7:18,10
42	Steyn	Calitz	10	Young Talent ID Boys	Gene Louw Primary	7:39,75

## Youth Girls (born 2006 - 2008) & 40+ Ladies

	Name	Surname	Age	Category	Club	Time
1	Lize	de Jager	16	Youth Girls	AHMP	5:07,49
2	Mathilda	Liebenberg	15	Youth Girls	PTC - PotchTrackClub	5:19,75
3	Simoné	van der Merwe		Youth Girls	Athletes Academy	5:22,15
4	Lente	Groenewald	16	Youth Girls	Midstream College	5:23,33
5	Simoné	Botha	42	40+ Ladies	Boxer Athletics Club	5:29,16
6	Marili	Munnik	54	40+ Ladies	Nedbank	5:37,98
7	Ezeth	Esterhuizen	16	Youth Girls	Oranje Meisieskool	5:43,05
8	Megan	Hyde	16	Youth Girls	Glenwood House College	5:44,24
9	Jani	Fourie	15	Youth Girls	Outeniqua High	5:46,67
10	Chanté	Viljoen	17	Youth Girls	Sibeko Training	5:50,73
11	Clairese	Moses	17	Youth Girls	Riversdal Superkids	5:51,55
12	Therina	de Bruin	17	Youth Girls	HMS Bloemhof	5:54,71
13	Mia	Botha	15	Youth Girls	Outeniqua High	6:17,13
14	Chenice	Lucas	15	Youth Girls	Fit 2 Run	6:29,46
15	Leana	Esterhuizen	49	40+ Ladies	Bloem Striders	6:30,15
16	Marliané	Erasmus	15	Youth Girls	Ermelo Athletic Club	6:40,32
17	Riana	Volschenk	45	40+ Ladies	Hangklip Atletiek Klub	6:41,71
18	Esian	Delport	17	Youth Girls	Altmp	6:52,57
19	Anja	Koen	15	Youth Girls	Medihelp Multisport	6:56,62
20	Johanne	Marin	41	40+ Ladies	PTC - PotchTrack Club	7:07,22
21	Lieze	Wilson	15	Youth Girls	Hoërskool Monument	7:14,50
22	Raylene	Taylor	14	Youth Girls	Riversdal Superkids	7:15,53
23	Ledivia	Strauss	43	40+ Ladies	Individual	7:18,42
24	Cicile	Erasmus	41	40+ Ladies	Ermelo Athletic Club	7:27,48
25	Jeanine	Snyders	45	40+ Ladies	Hartenbos Drawwers	7:36,44

## Youth Boys (born 2006 - 2008) & 40+ Men

	Name	Surname	Age	Category	Club	Time
1	Luandré	Bronkhorst	17	Youth Boys	Zwartkop	4:18,65
2	Leetin	Syfers	17	Youth Boys	Fit 2 Run	4:32,03
3	Thatayone	Thlomelang	16	Youth Boys	Riversdal Superkids	4:35,43
4	Nico	Vrey	17	Youth Boys	Nedbank Running Club George	4:38,92
5	Stephanus	Snyman	16	Youth Boys	Grizzlies Endurance	4:43,69
6	Hanlu	Bronkhorst	17	Youth Boys	Zwartkop	4:45,33
7	Christopher	Jansen van Rensburg	16	Youth Boys	Athletes Academy	4:53,10
8	Hanru	Kräuse	17	Youth Boys	Grey College	4:54,22
9	Daniel	Van Zyl	15	Youth Boys	Outeniqua High School	4:54,76
10	Lethan	Cloete	15	Youth Boys	Fit 2 Run	4:59,69
11	Hanko	van Rooyen		Youth Boys	Paul Roos Gim	5:01,96
12	Elrick	Boer	17	Youth Boys	Fit 2 Run	5:02,66
13	Cuan	Wildeman	15	Youth Boys	Rainbow Athletics	5:03,23
14	Wilmark	Daniels	15	Youth Boys	Riversdal Superkids	5:04,86
15	Divan	Van Tonder	16	Youth Boys	Durbanville Hoërskool	5:05,57
16	Ruan	Rossouw	16	Youth Boys	Outeniqua High School	5:08,42
17	Reinhardt	Nel	17	Youth Boys	Menlopark	5:10,71
18	Eduan	Rademan	15	Youth Boys	TAC	5:13,31
19	Rupert	Groenewald	50	40+ Men	Team Vitality	5:14,93
20	Gawie	Van Jaarsveld	54	40+ Men	Kempton Road Runners	5:17,55
21	Rémi	Marin	14	Youth Boys (born 2006 - 2008)	PTC - PotchTrack Club	5:18,30
22	Hanno	Coetzee	17	Youth Boys	Duineveld	5:25,04
23	Walter	van der Mescht	16	Youth Boys	Langenhoven Gimnasium	5:29,51
24	Jimmy	Wright	53	40+ Men	Individual	5:31,18
25	Christopher	Van der Walt	17	Youth Boys	Paul Roos	5:35,22
26	Jordan-Lee	Bernardus	15	Youth Boys	Riversdal Superkids	5:42,28
27	Tayron	Taylor	15	Youth Boys	Riversdal Superkids	5:48,95
28	Marius	De Vlam	16	Youth Boys	Riversdal Superkids	5:49,58
29	Mikael	Viljoen	17	Youth Boys	Nedbank Running Club George	5:55,88
30	Johnnie	Calitz	41	40+ Men	Individual	5:59,16
31	Tiaan	Loots	17	Youth Boys	Affies	6:02,26
32	Marthinus	Oelofse	42	40+ Men	Outeniqua Harriers	6:05,37
33	Christian	Basson	15	Youth Boys	Hugenote	6:14,77
34	Arno	Koen	41	40+ Men	Medihelp Multisport	6:23,40
35	Arno	Boshoff	15	Youth Boys	Individual	6:42,41
36	Andries	Gelderblom	44	40+ Men	Individual	6:44,20
37	Hennie	Swanepoel	15	Youth Boys	Diamantveld	7:16,22
38	Juan	du Plessis	15	Youth Boys	Diamantveld	7:22,55
39	Tobias	Basson	51	40+ Men	Individual	7:23,97
40	Mario	Visser	40	40+ Men	Individual	7:26,04
41	Johan	Schutte	45	40+ Men	Individual	7:32,27

## Ladies Open & Junior Ladies (born 2004 - 2005)

	Name	Surname	Age	Category	Club	Time
1	Charne	Swart	21	Open Women (20 - 39 years old)	Tuks	4:40,76
2	Simonay	Weitsz	24	Open Women (20 - 39 years old)	TUT	4:41,18
3	Carmie	Prinsloo	21	Open Women (20 - 39 years old)	Boxer Athletics Club	4:47,53
4	Erna-Mari	Conradie	16	Junior Ladies	Paarl Girls High	5:02,13
5	Stephany	Petro	21	Open Women (20 - 39 years old)	NWU	5:06,54
6	Vicky	Oelofse	23	Open Women (20 - 39 years old)	UFS Kovsies	5:07,41
7	Danél	Louw	26	Open Women (20 - 39 years old)	Dogsquad	5:13,96
8	Alri	Verster	17	Junior Ladies	Gimmies	5:15,77
9	Michelle	Redelinghuys	28	Open Women (20 - 39 years old)	Boxer Athletics Club	5:23,77
10	Jandri	Snyders	19	Junior Ladies	Hartenbos Drawwers	5:39,91
11	Jean-Mari	Stander	33	Open Women (20 - 39 years old)	Paarl Atletiek Klub	5:50,89
12	Frances	Smit	35	Open Women (20 - 39 years old)	Individual	6:03,77
13	Monique	van der Merwe	32	Open Women (20 - 39 years old)	Individual	6:29,16
14	Jeanne-Marie	Frenzel	30	Open Women (20 - 39 years old)	Individual	6:33,25
15	Melissa	Van Zyl	22	Open Women (20 - 39 years old)	Individual	7:26,51
16	Marilize	Du Plessis	27	Open Women (20 - 39 years old)	Individual	7:57,03
17	Marna	Du Toit	39	Open Women (20 - 39 years old)	Individual	7:58,31

## Men Open & Junior Men (born 2004 - 2005)

	Name	Surname	Age	Category	Club	Time
1	Niel	Van Der Merwe	20	Open Men (20 - 39 years old)	Boxer Athletics Club	4:08,37
2	Edmund	Du Plessis	21	Open Men (20 - 39 years old)	Tuks	4:09,21
3	Puseletso	Mofokeng	30	Open Men (20 - 39 years old)	Boxer Athletics Club	4:12,03
4	Jansen	Bell	21	Open Men (20 - 39 years old)	NWU	4:14,25
5	Nicolas	de Scally	22	Open Men (20 - 39 years old)	NWU	4:15,02
6	Xander	Van Rensburg	18	Junior Men	Fairmont HS	4:17,17
7	Christopher	Swart	23	Open Men (20 - 39 years old)	NWU	4:17,93
8	Chris	Du Plessis	32	Open Men (20 - 39 years old)	Tuks	4:18,86
9	Rico	Leijenaar	18	Junior Men	Gimmies	4:19,42
10	Selwyn	Matthews	25	Open Men (20 - 39 years old)	Nedbank Running Club George	4:21,72
11	Lloyd	Bosman	35	Open Men (20 - 39 years old)	Nedbank Running Club George	4:23,18
12	Jaden	De Wet	18	Junior Men	Helpmekeer Klub	4:24,06
13	Dylan	Rudolph	20	Open Men (20 - 39 years old)	Maties	4:25,82
14	Zevion	Le Roux	22	Open Men (20 - 39 years old)	Coastline AC Riversdale	4:27,67
15	Leehandre	Robertson	24	Open Men (20 - 39 years old)	Athletes Academy	4:28,31
16	Yaaseen	Kahaar	29	Open Men (20 - 39 years old)	NWU	4:30,81
17	Keano	Qwill	18	Junior Men	Nedbank Running Club George	4:31,75
18	Estean	Badenhorst	28	Open Men (20 - 39 years old)	UFS Kovsies	4:32,41
19	Henry	Enslin	25	Open Men (20 - 39 years old)	Tuks	4:35,01
20	Bruce	Maboza	22	Open Men (20 - 39 years old)	Nedbank Running Club George	4:35,81
21	Mario	van Schalkwyk	23	Open Men (20 - 39 years old)	Coastline AC Riversdale	4:36,47
22	Ryan	Du Plessis	18	Junior Men	Individual	4:37,16
23	Luciano	Stuurman	19	Junior Men	Coastline AC Riversdale	4:40,75
24	Jason	Van Antwerpen	20	Open Men (20 - 39 years old)	Tuks	4:41,70
25	William	Van Tonder	18	Junior Men	Langenhoven Gimnasium	4:47,45
26	Luther	Blaauw	20	Open Men (20 - 39 years old)	NWU	4:49,10
27	Petrus	Lottering	19	Junior Men	Maties	4:53,32
28	Sean	Yelland	18	Junior Men	UKZN	4:55,79
29	Charlton	Brandt	18	Junior Men	Riversdal Superkids	4:56,50
30	Divan	Rossouw	19	Junior Men	Individual	5:02,05
31	Ben	Du Plessis	20	Open Men (20 - 39 years old)	Tuks	5:27,34
32	Jacobus	Smith	35	Open Men (20 - 39 years old)	Individual	5:31,15
33	Jean	de Kock	19	Junior Men	NWU Rugby Institute	5:33,60
34	Jarred	Viljoen	21	Open Men (20 - 39 years old)	Sibeko Training	5:52,62
35	Brandon	Viljoen	32	Open Men (20 - 39 years old)	Sibeko Training	6:03,29
36	Jason	Viljoen	29	Open Men (20 - 39 years old)	Sibeko Training	6:34,81
37	Johan	Meyer	36	Open Men (20 - 39 years old)	Individual	6:51,15