

YOUNG TALENT BOYS

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Luciano	Slawers	14	Riversdal Superkids	4:37,98
2	Johan	Schoeman	14	32GI	4:40,25
3	Rupert	Groenewald	14	Midstream College	4:40,53

YOUNG TALENT GIRLS

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Caitlyn	Cawood	14	Endurocad	5:25,56
2	Annabelle	McEwan	14	Glenwood House College	5:28,52
3	Lalla	Strydom	14	Eunice High School	5:35,14

YOUTH BOYS

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Thinus	Erasmus	16	Nedbank Running Club George	4:09,99
2	Leetin	Syfers	17	Fit 2 Run	4:26,95
3	Donovan	Afrika	16	Bridgton Secondary Oudtshoorn	4:34,73

YOUTH GIRLS

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Lente	Groenewald	16	Midstream College	5:13,95
2	Mathilda	Liebenberg	15	PTC - PotchTrackClub	5:16,53
3	Megan	Hyde	16	Glenwood House College	5:30,28

JUNIOR MEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Rico	Leijenaar	18	Gimmies	4:09,61
2	Xander	Van Rensburg	18	Fairmont HS	4:15,88
3	Jaden	De Wet	18	Helpmekaar Klub	4:17,10

JUNIOR LADIES

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Erna-Mari	Conradie	16	Paarl Girls High	4:54,77
2	Alri	Verster	17	Gimmies	5:04,87
3	Jandri	Snyders	19	Hartenbos Drawwers	5:32,43

40+ MEN					
POS	NAME	SURNAME	AGE	CLUB	TIME
1	Rupert	Groenewald	50	Team Vitality	5:13,53
2	Roger	Bezuidenhout	50	Nedbank	5:39,65
3	Tony	Cleophas	50	Oudtshoorn AC	5:44,17

40+ LADIES					
POS	NAME	SURNAME	AGE	CLUB	TIME
1	Marili	Munnik	54	Nedbank	5:19,48
2	Simoné	Botha	42	Boxer Athletics Club	5:21,25
3	Leana	Esterhuizen	49	Bloem Striders	6:30,28

ASWD MEN OPEN					
POS	NAME	SURNAME	AGE	CLUB	TIME
1	Thinus	Erasmus	16	Nedbank Running Club George	4:09,99
2	Selwyn	Matthews	25	Nedbank Running Club George	4:16,49
3	Lloyd	Bosman	35	Nedbank Running Club George	4:19,57

ASWD LADIES OPEN					
POS	NAME	SURNAME	AGE	CLUB	TIME
1	Annabelle	McEwan	14	Glenwood House College	5:28,52
2	Megan	Hyde	16	Glenwood House College	5:30,28
3	Jandri	Snyders	19	Hartenbos Drawwers	5:32,43

MEN OPEN					
POS	NAME	SURNAME	AGE	CLUB	TIME
1	Niel	Van Der Merwe	20	Boxer Athletics Club	3:57,73
2	Christopher	Swart	23	NWU	4:00,27
3	Jansen	Bell	21	NWU	4:03,03
4	Edmund	Du Plessis	21	Tuks	4:04,32

LADIES OPEN					
POS	NAME	SURNAME	AGE	CLUB	TIME
1	Simonay	Weitsz	24	TUT	4:35,41
2	Carmie	Prinsloo	21	Boxer Athletics Club	4:41,75
3	Vicky	Oelofse	23	UFS Kovsies	4:52,39
4	Erna-Mari	Conradie	16	Paarl Girls High	4:54,77