

Young Talent Girls

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Annabelle	McEwan	14	Glenwood House	5:25,22
2	Chanene	Barnard	12	Zwarries	5:30,22
3	Miane	De Clercq	11	TAC	5:37,74

Young Talent Boys

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Johan	Schoeman	14	32GI	4:45,91
2	Luciano	Slawers	14	Riversdal Superkids	4:46,33
3	Rupert	Groenewald	14	Midstream College	4:46,77

YOUTH GIRLS

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Lize	de Jager	16	AHMP	5:07,49
2	Mathilda	Liebenberg	15	PTC - PotchTrackClub	5:19,75
3	Simoné	van der Merwe		Athletes Academy	5:22,15

YOUTH BOYS

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Luandré	Bronkhorst	17	Zwartkop	4:18,65
2	Leetin	Syfers	17	Fit 2 Run	4:32,03
3	Thatayone	Thlomelang	16	Riversdal Superkids	4:35,43

JUNIOR LADIES

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Erna-Mari	Conradie	16	Paarl Girls High	5:02,13
2	Alri	Verster	17	Gimmies	5:15,77
3	Jandri	Snyders	19	Hartenbos Drawwers	5:39,91

JUNIOR MEN

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Xander	Van Rensburg	18	Fairmont HS	4:17,17
2	Rico	Leijenaar	18	Gimmies	4:19,42
3	Jaden	De Wet	18	Helpmekaar Klub	4:24,06

40+ LADIES

POS	NAME	SURNAME	AGE	CLUB	TIME
1	Simoné	Botha	42	Boxer Athletics Club	5:29,16
2	Marili	Munnik	54	Nedbank	5:37,98
3	Leana	Esterhuizen	49	Bloem Striders	6:30,15

40+ MEN					
POS	NAME	SURNAME	AGE	CLUB	TIME
1	Rupert	Groenewald	50	Team Vitality	5:14,93
2	Gawie	Van Jaarsveld	54	Kempton Road Runners	5:17,55
3	Jimmy	Wright	53	Individual	5:31,18

ASWD LADIES OPEN					
POS	NAME	SURNAME	AGE	CLUB	TIME
1	Annabelle	McEwan	14	Glenwood House	5:25,22
2	Jandri	Snyders	19	Hartenbos Drawwers	5:39,91
3	Lara	Brown	12	Park Primary	5:40,33

ASWD MEN OPEN					
POS	NAME	SURNAME	AGE	CLUB	TIME
1	Selwyn	Matthews	25	Nedbank Running Club George	4:21,72
2	Lloyd	Bosman	35	Nedbank Running Club George	4:23,18
3	Zevion	Le Roux	22	Coastline AC Riversdale	4:27,67

LADIES OPEN					
POS	NAME	SURNAME	AGE	CLUB	TIME
1	Charne	Swart	21	Tuks	4:40,76
2	Simonay	Weitsz	24	TUT	4:41,18
3	Carmie	Prinsloo	21	Boxer Athletics Club	4:47,53
4	Erna-Mari	Conradie	16	Paarl Girls High	5:02,13

MEN OPEN					
POS	NAME	SURNAME	AGE	CLUB	TIME
1	Niel	Van Der Merwe	20	Boxer Athletics Club	4:08,37
2	Edmund	Du Plessis	21	Tuks	4:09,21
3	Puseletso	Mofokeng	30	Boxer Athletics Club	4:12,03
4	Jansen	Bell	21	NWU	4:14,25