

Young Talent ID Girls (born 2011 – 2016)

	Name	Surname	Age	Category	Club	Time
1	Chanene	Barnard	14	Young Talent ID Girls	Hoërskool Zwartkop Athletics Club	5,12,75
2	Jané	Sieberhagen	13	Young Talent ID Girls	Hoërskool Menlopark	5,23,04
3	Anika	Botha	12	Young Talent ID Girls	Hennospark	5,33,14
4	Kylie	Dorfling	13	Young Talent ID Girls	Nedbank Running Club	5,36,91
5	Wilmé	Victor	14	Young Talent ID Girls	Individual	5,37,47
6	Olivia	Steynberg	12	Young Talent ID Girls	Menlo Athletic Club	5,41,55
7	Mieke	Boshoff	12	Young Talent ID Girls	Boxer AC	5,49,08
8	Helena	Lourens	11	Young Talent ID Girls	Laerskool Wesbank	5,53,16
9	Petricia	Adams	12	Young Talent ID Girls	Individual	6,00,25
10	Nadine	Opperman	12	Young Talent ID Girls	Elarduspark Laerskool	6,02,25
11	Iza	Lourens	13	Young Talent ID Girls	Laerskool Wesbank	6,10,32
12	Niané	Ellis	13	Young Talent ID Girls	Boxer AC	6,11,47
13	Sarah	Saayman	14	Young Talent ID Girls	Outeniqua Harriers	6,12,07
14	Kristin	Van Heerden	11	Young Talent ID Girls	Hartenbos Drawwers	6,13,75
15	Janique	Claassen	11	Young Talent ID Girls	Riversdal Superkids AC	6,19,23
16	Lize	Retief	14	Young Talent ID Girls	Hoërskool Langenhoven	6,21,69
17	Misha	Meyer	9	Young Talent ID Girls	Cape Multi Sport Club Eden	6,22,32
18	Libby	Swanepoel	9	Young Talent ID Girls	Oudtshoorn Amateur AC	6,23,00
19	Elcaydiha	Van Wyk	12	Young Talent ID Girls	Riversdal Superkids AC	6,23,87
20	Imke	Swanepoel	13	Young Talent ID Girls	Glenwood House	6,25,82
21	Jani	Botha	12	Young Talent ID Girls	Wesbank Primary	6,35,00
22	Laruika-Lee	Jacobs	13	Young Talent ID Girls	Riversdal Superkids AC	6,42,51
23	Lee-Kayla	Van der Horst	12	Young Talent ID Girls	Individual	6,47,35
24	Alyssa	Heyneke	9	Young Talent ID Girls	Menlopark	6,48,12
25	Liandi	Van Zyl	9	Young Talent ID Girls	Individual	6,49,61
26	Mikyle	Joubert	11	Young Talent ID Girls	Hugenote	6,54,08
27	Kiara	Kruger	10	Young Talent ID Girls	Bobbies	7,01,85

28	Karli	Dorfling	9	Young Talent ID Girls	Laerskool Handhaaf	7,05,09
29	Angeline	Swarts	10	Young Talent ID Girls	Riversdal Superkids AC	7,08,74
30	Klara	Koch	12	Young Talent ID Girls	Paarl	7,09,29
31	Zoe	Plaatjies	14	Young Talent ID Girls	Individual	7,16,63
32	Abigail	Rupping	14	Young Talent ID Girls	Paarl Gim	7,18,50
33	Anja	Koch	9	Young Talent ID Girls	Paarl	7,31,83
34	Chloé	Marais	12	Young Talent ID Girls	Laerskool George-Suid	7,56,95
35	Madison	Smith	10	Young Talent ID Girls	Madiba Bay Warriors	8,14,60
36	Andrea	Pieterse	8	Young Talent ID Girls	Riversdal Superkids AC	8,24,01
37	Kaylie	Burger	9	Young Talent ID Girls	Individual	8,35,52
38	Avá	Van Oudtshoorn	10	Young Talent ID Girls	Individual	8,40,43
39	Emma	De Goede	11	Young Talent ID Girls	Durbanville Primary	8,51,13
40	Mieke	Kruger	11	Young Talent ID Girls	Bobbies	9,15,50
41	Khloé	Van Oudtshoorn	9	Young Talent ID Girls	Individual	10,24,74
42	Anabel	Marais	7	Young Talent ID Girls	Cornwall Hill College	11,40,63

Young Talent ID Boys (born 2011 – 2016)

	Name	Surname	Age	Category	Club	Time
1	Tyroyd	Arendse	13	Young Talent ID Boys	Hartenbos Drawwers	4,47,78
2	Tristan	Meyer	14	Young Talent ID Boys	Nedbank Running Club SWD	4,51,03
3	Llewelyn	Viljoen	14	Young Talent ID Boys	Paul Roos	4,52,45
4	Marinus	Rademan	14	Young Talent ID Boys	Nedbank Running Club AVT	5,10,14
5	Jacques	Terblanche	14	Young Talent ID Boys	Individual	5,10,72
6	Eugene	Saayman	11	Young Talent ID Boys	Riversdal Superkids AC	5,11,96
7	Caleb	Mattheus	12	Young Talent ID Boys	Riversdal Superkids AC	5,12,49
8	Wehshley	Sebyboe	14	Young Talent ID Boys	Riversdal Superkids AC	5,25,06
9	Tristen	Hennop	14	Young Talent ID Boys	Hoërskool Zwartkop Athletics Club	5,25,72
10	Robbie	Opperman	12	Young Talent ID Boys	Elarduspark Laerskool	5,26,32
11	Liebert	Nel	13	Young Talent ID Boys	Hennospark	5,27,14
12	Christiano	Michaels	13	Young Talent ID Boys	Riversdal Superkids AC	5,27,92
13	Gerhard	Van Tonder	13	Young Talent ID Boys	Hoërskool Zwartkop Athletics Club	5,34,14
14	Adriaan	Botha	10	Young Talent ID Boys	Hennospark	5,34,66
15	Jayden	Tromp	11	Young Talent ID Boys	Riversdal Superkids AC	5,35,40
16	Cameron	Mcewan	13	Young Talent ID Boys	Outeniqua Harriers	5,38,20
17	Bertu	Nel	13	Young Talent ID Boys	Hennospark	5,41,28
18	Estian	Nel	13	Young Talent ID Boys	Hennospark	5,47,51
19	Lenesteyo	De Villiers	10	Young Talent ID Boys	Riversdal Superkids AC	5,50,34
20	Hayquin	Pieterse	13	Young Talent ID Boys	Riversdal Superkids AC	5,50,97
21	Danté	Steynberg	11	Young Talent ID Boys	Menlo Athletic Club	5,53,93
22	Machiano	Barnard	11	Young Talent ID Boys	Riversdal Superkids AC	5,59,51
23	Eben	Oosthuizen	11	Young Talent ID Boys	Hennospark	6,01,40
24	Ronaldo	April	12	Young Talent ID Boys	Individual	6,02,85
25	Abrie	Botha	8	Young Talent ID Boys	Louis Leipoldt	6,03,65
26	Josh	Adams	11	Young Talent ID Boys	Individual	6,06,12
27	Kai	Winster	14	Young Talent ID Boys	Individual	6,06,76

28	Pieter	Van der Merwe	12	Young Talent ID Boys	Laerskool Hartenbos	6,08,03
29	Luca	Schutte	10	Young Talent ID Boys	Midstream	6,10,67
30	Robert	Murray	14	Young Talent ID Boys	Paul Roos	6,10,85
31	Dewet	Sieberhagen	11	Young Talent ID Boys	Laerskool Stephanus Roos Athletics Club	6,11,41
32	Tylor	Hendricks	7	Young Talent ID Boys	Riversdal Superkids AC	6,17,52
33	MJ	Steenkamp	12	Young Talent ID Boys	Louw Geldenhuys	6,24,15
34	Cayleb	Roodt	8	Young Talent ID Boys	Laerskool Orion	6,27,15
35	P.J.	April	11	Young Talent ID Boys	Individual	6,30,09
36	Rihan	Volschenk	9	Young Talent ID Boys	Individual	6,31,60
37	Alejandro	Duvenage	11	Young Talent ID Boys	Springs Striders	6,33,42
38	Daniël	Marais	8	Young Talent ID Boys	Cornwall Hill College	6,34,21
39	Migael	Marais	13	Young Talent ID Boys	Cornwall Hill College	6,38,56
40	Daniel	Louw	8	Young Talent ID Boys	Paarl Boys	6,39,23
41	Mj	Jacobs	14	Young Talent ID Boys	Individual	6,39,97
42	Luca	Ellis	8	Young Talent ID Boys	Courtrai Primary	6,45,80
43	Ulriegh	Swanepoel	10	Young Talent ID Boys	Pietersburg Laerskool	6,52,11
44	Zander	Claassen	8	Young Talent ID Boys	George Voorbereiding	6,52,76
45	Carsten	Burger	9	Young Talent ID Boys	Individual	6,54,76
46	Valentino	Swarts	11	Young Talent ID Boys	Riversdal Superkids AC	6,56,62
47	Lian	Claassen	10	Young Talent ID Boys	Laerskool Outeniqua	7,07,02
48	Franklin	Ekstraal	11	Young Talent ID Boys	Individual	7,07,61
49	Luan	Van Zyl	12	Young Talent ID Boys	Individual	7,10,71
50	Zayden	Fraser	10	Young Talent ID Boys	Prestige Athletics	7,13,47
51	Carlo	Roodt	11	Young Talent ID Boys	Laerskool Orion	7,15,61
52	Jaydon	Stoltz	13	Young Talent ID Boys	Bobbies	7,17,48
53	Daniël	Klindt	10	Young Talent ID Boys	Laerskool Gimnasium	7,21,64
54	Steyn	Calitz	12	Young Talent ID Boys	Gene Louw	7,25,61
55	Lunathi	Abrahams	12	Young Talent ID Boys	Individual	7,29,34
56	Freddie	Koch	9	Young Talent ID Boys	Paarl	7,30,78
57	Marius	Meyer	12	Young Talent ID Boys	Cape Multi Sport Club Eden	7,59,70

Youth Girls (born 2008 – 2010) & 40+ Ladies

	Name	Surname	Age	Category	Club	Time
1	Katerien	Fourie	15	Youth Girls (born 2008 – 2010)	Maties Stellenbosch AC	5,08,14
2	Annabelle	Mcewan	16	Youth Girls (born 2008 – 2010)	Outeniqua Harriers	5,18,25
3	Sienna	Ellis	15	Youth Girls (born 2008 – 2010)	Paarl Girls High	5,21,74
4	Julia	Painter	16	Youth Girls (born 2008 – 2010)	Individual	5,23,99
5	Carmia	Van den Berg	16	Youth Girls (born 2008 – 2010)	Midstream College	5,29,52
6	Rouvé	Janse Van Rensburg	15	Youth Girls (born 2008 – 2010)	Hoër Meisieskool Oranje	5,42,55
7	Chelsea	Saayman	17	Youth Girls (born 2008 – 2010)	Coastline AC	5,44,46
8	Mila	De Jager	16	Youth Girls (born 2008 – 2010)	Hoër Meisieskool Bloemhof	5,51,69
9	Ené	Jansen van Rensburg	15	Youth Girls (born 2008 – 2010)	Bloemhof	6,00,31
10	Liya	Klopper	14	Youth Girls (born 2008 – 2010)	Hoër Meisieskool Bloemhof	6,03,00
11	Jamie-Lee	Bester	17	Youth Girls (born 2008 – 2010)	Run4Christ	6,04,73
12	Sunet	Eybers	52	40+ Ladies	Boxer AC	6,07,52
13	Lena	Van Rooyen	48	40+ Ladies	Pentagon Pistols	6,09,48
14	Kaylie	de Bruyn	16	Youth Girls (born 2008 – 2010)	Bethlehem Voortrekker Hoërskool	6,15,57
15	Geraldine	Boshoff	40	40+ Ladies	Boxer AC	6,17,08
16	Winia	Janse Van Rensburg	48	40+ Ladies	Tuks AC	6,18,82
17	Leané	Swanepoel	15	Youth Girls (born 2008 – 2010)	Glenwood House	6,29,25
18	Simone	Botha	44	40+ Ladies	Boxer AC	6,36,58
19	Raé	Du Toit	15	Youth Girls (born 2008 – 2010)	Paarl Girls High	6,45,66
20	Kayla	Batt	15	Youth Girls (born 2008 – 2010)	Durbanville	6,49,79
21	Seanette	Botha	56	40+ Ladies	Nedbank Running Club SWD	7,01,92
22	Anje	De Jager	14	Youth Girls (born 2008 – 2010)	Hoër Meisieskool Bloemhof	7,06,81
23	Raynelle	White	40	40+ Ladies	Paarl AC	7,07,91
24	Jolene	van Schalkwyk	16	Youth Girls (born 2008 – 2010)	3rHs	7,12,62
25	Riana	Volschenk	47	40+ Ladies	Whalers AC	7,15,74
26	Lalieu	Marais	46	40+ Ladies	Individual	7,19,93
27	Reese	Reyneke	15	Youth Girls (born 2008 – 2010)	Hoërskool Outeniqua	7,20,73

28	Carla	Van Loggerenberg	44	40+ Ladies	Nedbank	7,44,44
29	Retha	Nel	43	40+ Ladies	Individual	8,16,82
30	Nienke	Nel	15	Youth Girls (born 2008 – 2010)	Hoërskool Outeniqua	8,17,54
31	Melanie	Van Oudtshoorn	43	40+ Ladies	Iron Jawed Multisport	8,47,47
32	Natilie	Batt	47	40+ Ladies	Individual	8,58,83
33	Natasha	De Goede	46	40+ Ladies	Individual	9,42,33
34	Renata	Kruger	41	40+ Ladies	Individual	11,54,24

Youth Boys (born 2008 – 2010) & 40+ Men

	Name	Surname	Age	Category	Club	Time
1	Willmark	Daniels	17	Youth Boys (born 2008 – 2010)	Coastline AC	4,24,88
2	Daniel	Van Zyl	17	Youth Boys (born 2008 – 2010)	Boxer AC	4,26,83
3	Alexander	Van Der Werf	14	Youth Boys (born 2008 – 2010)	Tygerberg AC	4,27,43
4	Le Roux	Terblanche	16	Youth Boys (born 2008 – 2010)	Individual	4,31,01
5	Sd	Schmidt	17	Youth Boys (born 2008 – 2010)	Boxer AC	4,35,16
6	Lisakhanya	Mbawala	15	Youth Boys (born 2008 – 2010)	Fairmont	4,41,09
7	Jesse	Simpson	17	Youth Boys (born 2008 – 2010)	Durbanville AC	4,42,38
8	Lian	Verwey	15	Youth Boys (born 2008 – 2010)	Laerskool Gimnasium	4,42,93
9	Alexander	Van der Westhuizen	15	Youth Boys (born 2008 – 2010)	Langenhoven Gim	4,43,54
10	Eduan	Rademan	17	Youth Boys (born 2008 – 2010)	Nedbank Running Club AVT	4,47,11
11	Francois	Koch	15	Youth Boys (born 2008 – 2010)	Paarl AC	4,47,57
12	Leigton	April	17	Youth Boys (born 2008 – 2010)	Individual	4,49,03
13	Connor	Murray	15	Youth Boys (born 2008 – 2010)	Durbanville AC	4,49,68
14	Hannu	van Zyl	16	Youth Boys (born 2008 – 2010)	Affies	4,52,62
15	Timothy	Sebyboe	15	Youth Boys (born 2008 – 2010)	Coastline AC	4,58,17
16	Jan	Meyer	43	40+ Men	Cape Multi Sport Club Eden	4,59,88
17	Dirk	Coetzee	15	Youth Boys (born 2008 – 2010)	Paul Roos	5,04,78
18	Ruben	Pienaar	15	Youth Boys (born 2008 – 2010)	Hoërskool Waterkloof	5,05,34
19	Jean-dré	Swanepoel	44	40+ Men	Cape Multi Sport Club Eden	5,15,70
20	Rupert	Groenewald	52	40+ Men	Vitality	5,22,13
21	Enzo	Espag	16	Youth Boys (born 2008 – 2010)	isability	5,24,10
22	Nico	Smith	40	40+ Men	Madiba Bay Warriors	5,25,15
23	Eduard	Ellis	41	40+ Men	Boxer AC	5,27,00
24	Jean-dré	Barnett	15	Youth Boys (born 2008 – 2010)	Tygerberg	5,34,33
25	Janko	Webb	15	Youth Boys (born 2008 – 2010)	PRG	5,38,81
26	Dominic	Adams	15	Youth Boys (born 2008 – 2010)	Individual	5,40,06
27	Naas	Du Preez	48	40+ Men	Tuks AC	5,40,90

28	Joey	Calitz	15	Youth Boys (born 2008 – 2010)	Paul Roos	5,41,55
29	Chris	Nel	17	Youth Boys (born 2008 – 2010)	Paarl Boys High	5,42,48
30	Dewald	Niemandt	53	40+ Men	Outeniqua Harriers	5,44,47
31	Riaan	Slabbert	49	40+ Men	ACTOM Athletics Club	5,50,05
32	Altus	Venter	17	Youth Boys (born 2008 – 2010)	Ben Viljoen	5,59,10
33	De Wet	Lategan	45	40+ Men	Individual	6,00,39
34	Dean	Van Der Merwe	17	Youth Boys (born 2008 – 2010)	Individual	6,01,05
35	Johannes	Pienaar	43	40+ Men	Boksburg Athletics Club	6,11,56
36	Morne	Burger	41	40+ Men	Individual	6,12,83
37	Adriaan	Louw	15	Youth Boys (born 2008 – 2010)	Paarl Boys	6,18,79
38	Steve	White	52	40+ Men	Individual	6,59,39
39	Zenzo Mvelo	Manona	17	Youth Boys (born 2008 – 2010)	Coastline AC	7,00,03
40	Nicola	Van der Westhuizen	53	40+ Men	Individual	7,05,24
41	Beyers	Lamprecht	57	40+ Men	Run4Christ	7,20,22
42	Gerhard Werner	Marais	45	40+ Men	Individual	7,27,96
43	Antonie	Pool	46	40+ Men	Pentagon Pistols	7,37,84
44	Louis	Botha	64	40+ Men	Nedbank Running Club SWD	7,39,69
45	Raynard	Nel	44	40+ Men	Individual	8,01,59
46	Kassie	Kruger	46	40+ Men	Bobbies	10,06,30

Ladies Open & Junior Ladies (born 2006 – 2007)

	Name	Surname	Age	Category	Club	Time
1	Andrea	Steynberg	18	Junior Ladies (born 2006 – 2007)	Potch Track Club	4,45,79
2	Simonay	Weitsz	26	Ladies Open	TUT	4,53,65
3	Alri	Verster	19	Junior Ladies (born 2006 – 2007)	Potch Track Club	5,08,19
4	Jandri	Snyders	21	Ladies Open	Hartenbos Drawwers	5,11,10
5	Louise	Dippenaar	34	Ladies Open	Individual	5,18,47
6	Hanri	Pretorius	18	Junior Ladies (born 2006 – 2007)	Boxer AC	5,27,39
7	Yolandi	Van Deventer	24	Ladies Open	NWU Pukke AC	5,33,61
8	Bianca	Van Deventer	24	Ladies Open	NWU Pukke AC	5,42,24
9	Lané	Van Rooyen	19	Junior Ladies (born 2006 – 2007)	Kovsies	6,01,31
10	Melissa	Meyer	38	Ladies Open	Cape Multi Sport Club Eden	6,09,47
11	Teniké	Blunden	20	Ladies Open	Outeniqua Harriers	6,22,94
12	Maryke	van Wyk	33	Ladies Open	Durbanville Running Club	6,25,58
13	Marlien	Du Preez	21	Ladies Open	Team Vitality Club GN	6,40,54
14	Miné	Loubser	23	Ladies Open	Individual	7,12,10
15	Jesse-kim	Grundling	32	Ladies Open	Cape Multi Sport Club Eden	7,28,30
16	Elizé	Coetzee	29	Ladies Open	Individual	7,46,39
17	Juliette	Lombaard	18	Junior Ladies (born 2006 – 2007)	Individual	9,06,74,
18	Salome	Burger	37	Ladies Open	Individual	9,16,76
19	Alexa	Lombaard	18	Junior Ladies (born 2006 – 2007)	Individual	9,18,20
20	Shirley	Edwards	37	Ladies Open	Individual	9,50,52

Men Open & Junior Men (born 2006 – 2007)

	Name	Surname	Age	Category	Club	Time
1	Keanu	Domingo	23	Men Open	Potch Track Club	4,06,25
2	Jansen	Bell	23	Men Open	NWU Pukke AC	4,08,91
3	Kwazi	Nogcantsi	25	Men Open	TUT	4,10,20
4	Thinus	Erasmus	18	Junior Men (born 2006 – 2007)	Boxer AC	4,11,05
5	Beyon	Prins	19	Junior Men (born 2006 – 2007)	Athletes Academy	4,11,59
6	Rynard	Swanepoel	23	Men Open	Hoërskool Randburg Running Club	4,12,24
7	Xander	Van Rensburg	20	Men Open	Boxer AC	4,14,06
8	Leonardo	Van Der Werf	20	Men Open	Maties Stellenbosch AC	4,17,26
9	Werner	Gouws	18	Junior Men (born 2006 – 2007)	Potch Track Club	4,21,01
10	Keanu	Welch	20	Men Open	Varsity College AC	4,23,51
11	Morema	Phukubye	25	Men Open	TUT	4,28,35
12	Luwellyn	Du Toit	19	Junior Men (born 2006 – 2007)	Boxer AC	4,29,01
13	William	Van Tonder	20	Men Open	Iron Jawed Multisport	4,31,84
14	Nicolas	Vrey	19	Junior Men (born 2006 – 2007)	Maties Stellenbosch AC	4,32,92
15	Hannes	Naude	35	Men Open	Kovsies Club	4,34,04
16	Samuel	Haynes	18	Junior Men (born 2006 – 2007)	NWU Pukke AC	4,41,11
17	Mario	Van Schalkwyk	25	Men Open	Coastline AC	4,42,16
18	Bernard	Lombaard	19	Men Open	Maties Stellenbosch AC	4,45,15
19	Maxi-Lee	Pedro	24	Men Open	Coastline AC	4,46,51
20	Luciano	Stuurman	21	Men Open	Coastline AC	4,50,99
21	Charlton	Brandt	20	Men Open	Individual	4,52,84
22	Josua	Vorster	20	Men Open	Individual	4,54,61
23	Dirk	Rossouw	21	Men Open	Individual	5,01,24
24	Emanuel	Kiewiets	18	Junior Men (born 2006 – 2007)	Individual	5,03,21
25	Henrico	Van Tonder	18	Junior Men (born 2006 – 2007)	Runavation AC	5,04,52
26	John-James	Martens	19	Junior Men (born 2006 – 2007)	Caracal Velocity	5,10,66
27	Johann	Joubert	38	Men Open	Individual	5,30,34

28	Donovan	Afrika	18	Junior Men (born 2006 – 2007)	Individual	5,32,28
29	Andreas	Rossouw	23	Men Open	Individual	5,43,26
30	Stefan	van Wyk	38	Men Open	Individual	5,57,82
31	Louwtjie	Marais	24	Men Open	Individual	6,00,47
32	Ryan	Kaye	34	Men Open	Individual	6,03,89
33	Quen	Squire	19	Junior Men (born 2006 – 2007)	Individual	6,06,79
34	Rohan	Rossouw	20	Men Open	Individual	6,27,81
35	Jan Ernst	Brink	25	Men Open	Runavation AC	6,39,44
36	Reghardt	Van Tonder	18	Junior Men (born 2006 – 2007)	Runavation AC	6,41,06
37	Frikkie	Gouws	34	Men Open	Alpha	7,15,25