

Young Talent ID Girls (born 2011 – 2016)

	Name	Surname	Age	Category	Club	Time
1	Olivia	Steynberg	12	Young Talent ID Girls	Menlo Athletic Club	5,59,16
2	Amber	Potgieter	13	Young Talent ID Girls	Outeniqua Harriers	6,11,34
3	Sarah	Saayman	14	Young Talent ID Girls	Outeniqua Harriers	6,16,58
4	Aimé	Bell	13	Young Talent ID Girls	Individual	6,23,71
5	Niané	Ellis	13	Young Talent ID Girls	Boxer AC	6,33,96
6	Kristin	Van Heerden	11	Young Talent ID Girls	Hartenbos Drawwers	6,40,85
7	Libby	Swanepoel	9	Young Talent ID Girls	Oudtshoorn Amateur AC	6,52,30
8	Ava	Bekker	10	Young Talent ID Girls	Cornwall Hill	7,22,29
9	Mila	Bekker	12	Young Talent ID Girls	Cornwall Hill	7,22,91
10	Anne-mari	De Bruyn	14	Young Talent ID Girls	Hoër Meisieskool Oranje	8,50,54

Young Talent ID Boys (born 2011 – 2016)

	Name	Surname	Age	Category	Club	Time
1	Tristan	Meyer	14	Young Talent ID Boys	Nedbank Running Club SWD	4,58,22
2	Llewelyn	Viljoen	14	Young Talent ID Boys	Paul Roos	5,04,12
3	Tyroyd	Arendse	13	Young Talent ID Boys	Hartenbos Drawwers	5,22,63
4	Pierre	Spies	13	Young Talent ID Boys	Outeniqua Harriers	5,29,93
5	Laume	Liebenberg	14	Young Talent ID Boys	Individual	5,49,16
6	Cameron	Mcewan	13	Young Talent ID Boys	Outeniqua Harriers	6,13,64
7	Abrie	Botha	8	Young Talent ID Boys	Louis Leipoldt	6,20,82
8	Danté	Steynberg	11	Young Talent ID Boys	Menlo Athletic Club	6,38,73
9	Enzo	Schamrel	11	Young Talent ID Boys	Laerskool Outeniqua	7,22,09

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

	Name	Surname	Age	Category	Club	Time
1	Elandri	Coetzee	16	Youth Girls	Hoërskool Waterkloof	5,12,99
2	Anneke	Steynberg	15	Youth Girls	Hoërskool Menlopark	5,31,63
3	Annabelle	Mcewan	16	Youth Girls	Outeniqua Harriers	5,38,86
4	Julia	Painter	16	Youth Girls	Individual	5,44,41
5	Jani	Fourie	17	Youth Girls	Boxer AC	5,55,80
6	Clarabelle	Haasbroek	16	Youth Girls	Hoërskool Menlopark	6,00,26
7	Kaylie	de Bruyn	16	Youth Girls	Bethlehem Voortrekker Hoërskool	6,29,55
8	Hanlie	Schamrel	41	40+ Ladies	Nedbank Running Club SWD	6,38,32
9	Simone	Botha	44	40+ Ladies	Boxer AC	6,58,44
10	Jolene	van Schalkwyk	16	Youth Girls	3rHs	7,18,11
11	Seanette	Botha	56	40+ Ladies	Nedbank Running Club SWD	7,25,58
12	Danika	Boukes	15	Youth Girls	Nedbank Running Club SWD	9,42,09

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

	Name	Surname	Age	Category	Club	Time
1	Jac	Du Plessis	16	Youth Boys	Boxer AC	4,31,20
2	Alexander	Van Der Werf	14	Youth Boys	Tygerberg AC	4,40,22
3	Jesse	Simpson	17	Youth Boys	Durbanville AC	4,44,41
4	Le Roux	Terblanche	16	Youth Boys	Individual	4,45,77
5	Sd	Schmidt	17	Youth Boys	Boxer AC	4,48,33
6	Lisakhanya	Mbawala	15	Youth Boys	Fairmont	4,55,48
7	Francois	Koch	15	Youth Boys	Paarl AC	5,00,66
8	Connor	Murray	15	Youth Boys	Durbanville AC	5,02,96
9	Reon	Coetzee	17	Youth Boys	Hoërskool Waterkloof	5,16,36
10	Jan	Meyer	43	40+ Men	Cape Multi Sport Club Eden	5,23,65
11	Pedri	Coetzee	59	40+ Men	Waterkloof	5,50,71
12	Naas	Du Preez	48	40+ Men	Tuks AC	5,57,58
13	Thinus	Oelofse	44	40+ Men	Outeniqua Harriers	6,10,20
14	Ricardo	Mackenzie	48	40+ Men	Individual	7,10,32
15	Zenzo Mvelo	Manona	17	Youth Boys	Coastline AC	7,31,17
16	Louis	Botha	64	40+ Men	Nedbank Running Club SWD	8,15,16

Ladies Open & Junior Ladies (born 2006 – 2007)

	Name	Surname	Age	Category	Club	Time
1	Carina	Viljoen	28	Open Women (20 - 39 years old)	Hoërskool Randburg Running Club	4,50,91
2	Andrea	Steynberg	18	Junior Ladies	Potch Track Club	5,01,47
3	Alri	Verster	19	Junior Ladies	Potch Track Club	5,24,08
4	Louise	Dippenaar	34	Open Women (20 - 39 years old)	Individual	5,36,09
5	Jandri	Snyders	21	Open Women (20 - 39 years old)	Hartenbos Drawwers	5,39,88
6	Yolandi	Van Deventer	24	Open Women (20 - 39 years old)	NWU Pukke AC	5,52,72
7	Bianca	Van Deventer	24	Open Women (20 - 39 years old)	NWU Pukke AC	6,02,69
8	Joané	De Bruyn	20	Open Women (20 - 39 years old)	Kovsies Club	6,26,65
9	Elaine	Bekker	39	Open Women (20 - 39 years old)	Individual	6,43,78
10	Marilahn	Wentzel	33	Open Women (20 - 39 years old)	Individual	7,00,86
11	Marlien	Du Preez	21	Open Women (20 - 39 years old)	Team Vitality Club GN	7,01,61
12	Jesse-kim	Grundling	32	Open Women (20 - 39 years old)	Cape Multi Sport Club Eden	7,54,46
13	Sharon	Boje	29	Open Women (20 - 39 years old)	Nedbank Running Club SWD	9,31,25

Men Open & Junior Men (born 2006 – 2007)

	Name	Surname	Age	Category	Club	Time
1	Keanu	Domingo	23	Open Men (20 - 39 years old)	Potch Track Club	4,16,55
2	Corne	De Fouw	20	Open Men (20 - 39 years old)	Boxer AC	4,18,91
3	Thinus	Erasmus	18	Junior Men	Boxer AC	4,21,12
4	Kwazi	Nogcantsi	25	Open Men (20 - 39 years old)	TUT	4,22,43
5	Leonardo	Van Der Werf	20	Open Men (20 - 39 years old)	Maties Stellenbosch AC	4,23,03
6	Xander	Van Rensburg	20	Open Men (20 - 39 years old)	Boxer AC	4,23,72
7	Beyon	Prins	19	Junior Men	Athletes Academy	4,32,93
8	Werner	Gouws	18	Junior Men	Potch Track Club	4,35,32
9	Nicolas	Vrey	19	Junior Men	Maties Stellenbosch AC	4,39,95
10	Morema	Phukubye	25	Open Men (20 - 39 years old)	TUT	4,49,42
11	Akeen	Wilson	33	Open Men (20 - 39 years old)	Nedbank Running Club SWD	5,13,27
12	Henrico	Van Tonder	18	Junior Men	Runavation AC	5,13,83
13	Jaunrique	King	21	Open Men (20 - 39 years old)	Rainbow AC SWD	5,42,67
14	Ryan	Kaye	34	Open Men (20 - 39 years old)	Individual	6,34,20
15	Reghardt	Van Tonder	18	Junior Men	Runavation AC	6,57,41
16	Jan Ernst	Brink	25	Open Men (20 - 39 years old)	Runavation AC	7,09,09
17	Theo	Janse Van Rensburg	33	Open Men (20 - 39 years old)	Individual	7,11,38