

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	5,02,15
2	Miane	De Clercq	13	Young Talent ID Girls	Nedbank Vaal Triangle	5,14,01
3	Anika	Botha	12	Young Talent ID Girls	Hennospark	5,22,82
4	Kylie	Dorfling	13	Young Talent ID Girls	Nedbank Running Club	5,29,31
5	Emma	De Clercq	11	Young Talent ID Girls	Nedbank Vaal Triangle	5,31,43
6	Olivia	Steynberg	12	Young Talent ID Girls	Menlo Athletic Club	5,41,94
7	Petricia	Adams	12	Young Talent ID Girls	Individual	6,00,92
8	Helena	De Waal	12	Young Talent ID Girls	FCA Athletics Club	6,02,83
9	Niané	Ellis	13	Young Talent ID Girls	Boxer AC	6,07,06
10	Sarah	Saayman	14	Young Talent ID Girls	Outeniqua Harriers	6,07,71
11	Elcaydiha	Van Wyk	12	Young Talent ID Girls	Riversdal Superkids AC	6,14,69
12	Kristin	Van Heerden	11	Young Talent ID Girls	Hartenbos Drawwers	6,15,83
13	Janique	Claassen	11	Young Talent ID Girls	Riversdal Superkids AC	6,16,42
14	Paiton	Van der Merwe	13	Young Talent ID Girls	Holy Rosary School	6,17,17
15	Rousselle	van Dyk	12	Young Talent ID Girls	Hoërskool Nylstroom	6,17,78
16	Mari	Lourens	9	Young Talent ID Girls	Laerskool Wesbank	6,18,68
17	Libby	Swanepoel	9	Young Talent ID Girls	Oudtshoorn Amateur AC	6,19,89
18	Alrie	Eloff	12	Young Talent ID Girls	Iron Jawed Multisport	6,24,61
19	Jani	Botha	12	Young Talent ID Girls	Wesbank Primary	6,29,16
20	Lee-Kayla	Van der Horst	12	Young Talent ID Girls	Individual	6,34,23
21	Adelaide	Martins	13	Young Talent ID Girls	Zoar Rising Stars	6,42,16
22	Karli	Dorfling	9	Young Talent ID Girls	Laerskool Handhaaf	6,42,73
23	Zoe	Plaatjies	14	Young Talent ID Girls	Individual	7,25,44
24	Angeline	Swarts	10	Young Talent ID Girls	Riversdal Superkids AC	7,49,58
25	Andrea	Pieterse	8	Young Talent ID Girls	Riversdal Superkids AC	7,50,25

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	4,35,36
2	Tyroyd	Arendse	13	Young Talent ID Boys	Hartenbos Drawwers	4,36,51
3	Llewelyn	Viljoen	14	Young Talent ID Boys	Individual	4,47,19
4	Tito	Barry	14	Young Talent ID Boys	Zoar Rising Stars	4,59,28
5	Eugene	Saayman	11	Young Talent ID Boys	Riversdal Superkids AC	4,59,93
6	Caleb	Mattheus	12	Young Talent ID Boys	Riversdal Superkids AC	5,00,66
7	Alvino	Martins	11	Young Talent ID Boys	Zoar Rising Stars	5,01,51
8	Laume	Liebenberg	14	Young Talent ID Boys	Hoërskool Outeniqua	5,12,08
9	Pierre	Spies	13	Young Talent ID Boys	Outeniqua Harriers	5,14,30
10	Re-Shaiden	Claasen	11	Young Talent ID Boys	Zoar Rising Stars	5,23,63
11	Jayden	Tromp	11	Young Talent ID Boys	Riversdal Superkids AC	5,28,23
12	Stiaan	Van Wyk	14	Young Talent ID Boys	Langenhoven Gim	5,28,83
13	Gerhard	Van Tonder	13	Young Talent ID Boys	Hoërskool Zwartkop Athletics Club	5,29,38
14	Cameron	Mcewan	13	Young Talent ID Boys	Outeniqua Harriers	5,30,00
15	Agemi	Ambrose	10	Young Talent ID Boys	Zoar Rising Stars	5,36,51
16	Christiano	Michaels	13	Young Talent ID Boys	Riversdal Superkids AC	5,41,14
17	Adriaan	Botha	10	Young Talent ID Boys	Hennopspark	5,41,72
18	Lenesteyo	De Villiers	10	Young Talent ID Boys	Riversdal Superkids AC	5,53,99
19	Machiano	Barnard	11	Young Talent ID Boys	Riversdal Superkids AC	5,59,94
20	Hayquin	Pieterse	13	Young Talent ID Boys	Riversdal Superkids AC	6,01,54
21	Cheraldan	Abrahams	9	Young Talent ID Boys	Zoar Rising Stars	6,02,04
22	Ronaldo	April	12	Young Talent ID Boys	Individual	6,02,57
23	Kai	Winster	14	Young Talent ID Boys	Individual	6,07,09
24	Josh	Adams	11	Young Talent ID Boys	Individual	6,11,28
25	Chiano	Julies	9	Young Talent ID Boys	Zoar Rising Stars	6,12,54
26	Luca	Schutte	10	Young Talent ID Boys	Midstream	6,14,14
27	Alexander	Van Wyk	12	Young Talent ID Boys	Laerskool Wesbank	6,22,89

28	P.J.	April	11	Young Talent ID Boys	Individual	6,30,37
29	Tylor	Hendricks	7	Young Talent ID Boys	Riversdal Superkids AC	6,34,84
30	Valentino	Swarts	11	Young Talent ID Boys	Riversdal Superkids AC	7,08,40
31	Franklin	Ekstraal	11	Young Talent ID Boys	Individual	7,25,70

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

	Name	Surname	Age	Category	Club	Time
1	Annabelle	Mcewan	16	Youth Girls	Outeniqua Harriers	5,06,50
2	Jani	Fourie	17	Youth Girls	Boxer AC	5,22,23
3	Caitlyn	Cawood	16	Youth Girls	Athletes Academy	5,22,81
4	Rouvé	Janse Van Rensburg	15	Youth Girls	Hoër Meisieskool Oranje	5,27,58
5	Chelsea	Saayman	17	Youth Girls	Coastline AC	5,38,69
6	Seanette	Botha	56	40+ Ladies	Nedbank Running Club SWD	6,51,11
7	Marianda	Coetzee	44	40+ Ladies	Individual	10,33,39

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

	Name	Surname	Age	Category	Club	Time
1	Jac	Du Plessis	16	Youth Boys	Boxer AC	4,09,79
2	Willmark	Daniels	17	Youth Boys	Coastline AC	4,15,92
3	Le Roux	Terblanche	16	Youth Boys	Individual	4,19,12
4	Daniel	Van Zyl	17	Youth Boys	Boxer AC	4,19,67
5	Jesse	Simpson	17	Youth Boys	Durbanville AC	4,20,53
6	Alexander	Van Der Werf	14	Youth Boys	Tygerberg AC	4,21,51
7	Sd	Schmidt	17	Youth Boys	Boxer AC	4,26,66
8	Lisakhanya	Mbawala	15	Youth Boys	Fairmont	4,33,48
9	Connor	Murray	15	Youth Boys	Durbanville AC	4,40,25
10	Lian	Verwey	15	Youth Boys	Langenhoven Gim	4,40,80
11	Leigton	April	17	Youth Boys	Individual	4,45,21
12	Joseph	Bantam	17	Youth Boys	Zoar Rising Stars	4,47,55
13	Francois	Koch	15	Youth Boys	Paarl AC	4,48,20
14	Timothy	Sebyboe	15	Youth Boys	Coastline AC	4,49,35
15	Jan	Meyer	43	40+ Men	Cape Multi Sport Club Eden	4,52,78
16	Wehshley	Sebyboe	14	Youth Boys	Riversdal Superkids AC	5,15,30
17	Eduard	Ellis	41	40+ Men	Boxer AC	5,16,83
18	Naas	Du Preez	48	40+ Men	Tuks AC	5,34,97
19	Dominic	Adams	15	Youth Boys	Individual	6,00,83
20	Clyde	Avontuur	55	40+ Men	Nedbank Running Club SWD	6,17,32
21	Herman	du Preez	41	40+ Men	Individual	6,36,67
22	Louis	Botha	64	40+ Men	Nedbank Running Club SWD	7,38,07

Ladies Open & Junior Ladies (born 2006 – 2007)

	Name	Surname	Age	Category	Club	Time
1	Andrea	Steynberg	18	Junior Ladies	Potch Track Club	4,38,32
2	Alri	Verster	19	Junior Ladies	Potch Track Club	4,54,92
3	Jessica	Berry	24	Open Women (20 - 39 years old)	Tuks AC	4,57,76
4	Jandri	Snyders	21	Open Women (20 - 39 years old)	Hartenbos Drawwers	5,03,93
5	Yolandi	Van Deventer	24	Open Women (20 - 39 years old)	NWU Pukke AC	5,27,73
6	Bianca	Van Deventer	24	Open Women (20 - 39 years old)	NWU Pukke AC	5,36,19
7	Marlien	Du Preez	21	Open Women (20 - 39 years old)	Team Vitality Club GN	6,30,68
8	Estée	Du Preez	39	Open Women (20 - 39 years old)	Individual	6,46,78

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	3,53,29
2	Jansen	Bell	23	Open Men (20 - 39 years old)	NWU Pukke AC	3,58,05
3	Matthew	Endrody	20	Open Men (20 - 39 years old)	Individual	3,58,71
4	Corne	De Fouw	20	Open Men (20 - 39 years old)	Boxer AC	3,59,50
5	Thinus	Erasmus	18	Junior Men	Boxer AC	4,01,06
6	Xander	Van Rensburg	20	Open Men (20 - 39 years old)	Boxer AC	4,07,85
7	Kwazi	Nogcantsi	25	Open Men (20 - 39 years old)	TUT	4,10,76
8	Beyon	Prins	19	Junior Men	Athletes Academy	4,12,79
9	Leonardo	Van Der Werf	20	Open Men (20 - 39 years old)	Maties Stellenbosch AC	4,14,59
10	Keanu	Welch	20	Open Men (20 - 39 years old)	Varsity College AC	4,17,08
11	Hannes	Naude	35	Open Men (20 - 39 years old)	Kovsies Club	4,19,66
12	Morema	Phukubye	25	Open Men (20 - 39 years old)	TUT	4,22,17
13	Yaaseen	Kahaar	31	Open Men (20 - 39 years old)	Potch Track Club	4,22,80
14	Luwellyn	Du Toit	19	Junior Men	Boxer AC	4,23,51
15	Samuel	Haynes	18	Junior Men	NWU Pukke AC	4,24,84
16	William	Van Tonder	20	Open Men (20 - 39 years old)	Iron Jawed Multisport	4,27,59
17	Velandre	Muller	19	Junior Men	Bridgton Athletics Club	4,38,39
18	Werner	Gouws	18	Junior Men	Potch Track Club	4,40,36
19	Luciano	Stuurman	21	Open Men (20 - 39 years old)	Coastline AC	4,41,40
20	Henrico	Van Tonder	18	Junior Men	Runavation AC	4,46,13
21	Charlton	Brandt	20	Open Men (20 - 39 years old)	Coastline AC	4,48,39
22	Krizim	Antonie	18	Junior Men	Zoar Rising Stars	4,50,24
23	Emanuel	Kiewiets	18	Junior Men	Individual	4,50,79
24	Donovan	Afrika	18	Junior Men	Individual	5,49,38
25	Reghardt	Van Tonder	18	Junior Men	Runavation AC	6,19,15
26	Jan Ernst	Brink	25	Open Men (20 - 39 years old)	Runavation AC	6,37,41