

SA CROSS COUNTRY CHAMPIONSHIPS 2011



BLOEMFONTEIN
17 September 2011



INDIVIDUAL RESULTS

BOYS 8 (1 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1756	Elvonsou	Links	ASWD	BOYS 8(1KM)	4.15
2	1834	THABANG	MOKONE	AVT	BOYS 8(1KM)	4.18
3	2433	Matthew	Gibson	KZNA IND	BOYS 8(1KM)	4.18
4	2462	LOURENS	BESTER	ANWN	BOYS 8(1KM)	4.23
5	353	Tatho	Sondach	AFS	BOYS 8(1KM)	4.23
6	687	Stian	VAN GREUNEN	AGN	BOYS 8(1KM)	4.23
7	684	Gideon	DU TOIT	AGN	BOYS 8(1KM)	4.25
8	686	De	JUAN ERASMUS	AGN	BOYS 8(1KM)	4.27
9	2876	Gerrit	Muntingh	ACNW	BOYS 8(1KM)	4.27
10	685	Ngeno	MBASA	AGN	BOYS 8(1KM)	4.27
11	1837	WANDILE	MZOLO	AVT	BOYS 8(1KM)	4.30
12	689	Heinrich	DAVEL	AGN	BOYS 8(1KM)	4.30
13	1836	KATLEHO	MTHIMKHULU	AVT	BOYS 8(1KM)	4.31
14	693	Giovanni	LANK	AGN	BOYS 8(1KM)	4.40
15	1508	DERICK	HUMAN	AMPU	BOYS 8(1KM)	4.40
16	365	Tshepiso	Lemao	AFS	BOYS 8(1KM)	4.40
17	692	Themba	KHOZA	AGN	BOYS 8(1KM)	4.40
18	1835	MOJALEFA	MOLOI	AVT	BOYS 8(1KM)	4.40
19	690	Pieter	ROSSOUW	AGN	BOYS 8(1KM)	4.50
20	696	Inus	DU PREEZ	AGN	BOYS 8(1KM)	4.50
21	699	Dawie	REITZ	AGN	BOYS 8(1KM)	4.50
22	695	Kenan	COERTZEN	AGN	BOYS 8(1KM)	4.50
23	1509	COENRAAD	JOUBERT	AMPU	BOYS 8(1KM)	4.50
24	1299	Marco	Forrester	LIMA	BOYS 8(1KM)	4.50
25	1300	Gunther	Katzke	LIMA	BOYS 8(1KM)	4.50
26	2878	Moshe	Khamali	ACNW	BOYS 8(1KM)	4.50
27	691	Amogelang	MMOTSA	AGN	BOYS 8(1KM)	4.50
28	2915	Keamogetswe	Molisalife	ACNW	BOYS 8(1KM)	4.50
29	459	Enrico	Isaacs	AGW	BOYS 8(1KM)	4.50
30	364	Teboho	Seloma	AFS	BOYS 8(1KM)	4.51
31	2877	Dylan	Keys	ACNW	BOYS 8(1KM)	4.52
32	2880	Christiaan	Erasmus	ACNW	BOYS 8(1KM)	4.53
33	2468	BRANDON	VENTER	ANWN	BOYS 8(1KM)	4.53
34	698	Moloko	KANAMA	AGN	BOYS 8(1KM)	4.53
35	357	Corné	Roberts	AFS	BOYS 8(1KM)	4.53
36	356	Johan	Van Niekerk	AFS	BOYS 8(1KM)	4.54
37	1302	Ernan	Le Roux	LIMA	BOYS 8(1KM)	4.55
38	355	Aldert	Brink	AFS	BOYS 8(1KM)	4.55
39	1754	Hermanus	Blignaut	ASWD	BOYS 8(1KM)	4.56
40	1301	Maynard	Kleynhans	LIMA	BOYS 8(1KM)	4.56

41	700	Calvin	JORDAAN	AGN	BOYS 8(1KM)	4.57
42	694	Blankenberg	JADRIENN	AGN	BOYS 8(1KM)	4.57
43	352	Marno	Yzelle	AFS	BOYS 8(1KM)	4.57
44	2443	MC	MALAN	ANWN	BOYS 8(1KM)	4.58
45	2461	SHEYDEN	ANKER	ANWN	BOYS 8(1KM)	4.58
46	2444	PIETER	STEENKAMP	ANWN	BOYS 8(1KM)	4.59
47	697	Stefan	VENTER	AGN	BOYS 8(1KM)	4.59
48	2891	Luhan	Bornman	ACNW	BOYS 8(1KM)	4.59
49	2888	Michael	Van Rooyen	ACNW	BOYS 8(1KM)	4.59
50	456	Wiaan	TALJAARD	AGW	BOYS 8(1KM)	5.02
51	2466	HANRO	POTGIETER	ANWN	BOYS 8(1KM)	5.03
52	2883	Christo	Schoeman	ACNW	BOYS 8(1KM)	5.03
53	359	Paul	Janse v Rensburg	AFS	BOYS 8(1KM)	5.04
54	2467	AREN	REPKO	ANWN	BOYS 8(1KM)	5.04
55	1510	JANO	VAN DER MERWE	AMPU	BOYS 8(1KM)	5.05
56	2884	Arvahn	Burger	ACNW	BOYS 8(1KM)	5.05
57	2889	J.C	Steyn	ACNW	BOYS 8(1KM)	5.07
58	1184	Alwyn	MARAIS	AGN IND	BOYS 8(1KM)	5.08
59	2441	NICO	DU PLESSIS	ANWN	BOYS 8(1KM)	5.09
60	2879	Jurie	Jansen Van Rensbu	ACNW	BOYS 8(1KM)	5.09
61	1303	Jacques	Minnaar	LIMA	BOYS 8(1KM)	5.10
62	2445	STEFAN	STEENKAMP	ANWN	BOYS 8(1KM)	5.10
63	2898	Zander	Nel	ACNW	BOYS 8(1KM)	5.11
64	2469	LOUIS	WEYERS	ANWN	BOYS 8(1KM)	5.11
65	2464	DANIE	MANDERS	ANWN	BOYS 8(1KM)	5.12
66	2895	Wessel	Jansen Van Rensbu	ACNW	BOYS 8(1KM)	5.15
67	2882	Gerrit	De Kock	ACNW	BOYS 8(1KM)	5.17
68	2881	Téhan	Buys	ACNW	BOYS 8(1KM)	5.18
69	2899	Wiandré	De Beer	ACNW	BOYS 8(1KM)	5.19
70	2885	Pogisho	Malefo	ACNW	BOYS 8(1KM)	5.20
71	2465	PUSELETSO	MOKATSE	ANWN	BOYS 8(1KM)	5.25
72	2887	Mario	Van Staden	ACNW	BOYS 8(1KM)	5.26
73	2893	Wilroux	Paulsen	ACNW	BOYS 8(1KM)	5.28
74	2901	Marno	Jansen	ACNW	BOYS 8(1KM)	5.30
75	1511	HENRICO	WILLEMSE	AMPU	BOYS 8(1KM)	5.32
76	2442	JUAN	LUBBE	ANWN	BOYS 8(1KM)	5.37
77	366	Kamohelo	Maartens	AFS	BOYS 8(1KM)	5.39
78	2900	Xander	Du Plessis	ACNW	BOYS 8(1KM)	5.44
79	2439	CHRISTIAAN	BESTER	ANWN	BOYS 8(1KM)	5.44
80	2463	FREDERICH	HAMMAN	ANWN	BOYS 8(1KM)	5.52
81	2907	Duan	Malan	ACNW	BOYS 8(1KM)	5.54
82	1305	Gerhard	Jacobs	LIMA	BOYS 8(1KM)	5.55
83	2903	Theunis	Van Der Merwe	ACNW	BOYS 8(1KM)	5.57
84	2904	Tiaan	Prins	ACNW	BOYS 8(1KM)	5.58
85	2460	KEVIN	ADLEM	ANWN	BOYS 8(1KM)	6.00
86	1513	EBEN	BROEKMAN	AMPU	BOYS 8(1KM)	6.01
87	1514	REGHARD	VORSTER	AMPU	BOYS 8(1KM)	6.02
88	2440	PIETER	COETZE	ANWN	BOYS 8(1KM)	6.03
89	2890	Marco	Taljaard	ACNW	BOYS 8(1KM)	6.06
90	2906	J.T	Prinsloo	ACNW	BOYS 8(1KM)	6.11

91	2446	JUAN	V BUREN-SCHEL	ANWN	BOYS 8(1KM)	6.12
92	2896	Barend	Swart	ACNW	BOYS 8(1KM)	6.16
93	2892	Myndert	Bloem	ACNW	BOYS 8(1KM)	6.17
94	2902	Damian	De Gois	ACNW	BOYS 8(1KM)	6.18
95	1512	GIDEON	DU PLESSIS	AMPU	BOYS 8(1KM)	6.21
96	2894	Landré	Gustafson	ACNW	BOYS 8(1KM)	6.25
97	2911	Michael	Bekker	ACNW	BOYS 8(1KM)	6.29
98	2914	Louis	Koen	ACNW	BOYS 8(1KM)	6.30
99	2910	Franco	Boshoff	ACNW	BOYS 8(1KM)	6.31
100	2909	Heinricht	Nel	ACNW	BOYS 8(1KM)	6.34

GIRLS 8 (1 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	3107	Sune	Jansen Van Vuuren	ACNW	GIRLS 8(1KM)	4.27
2	3108	Sunel	Smit	ACNW	GIRLS 8(1KM)	4.27
3	460	Rue-Ellyn	Jantjies	AGW	GIRLS 8(1KM)	4.27
4	3109	Terizia	Van Der Plaats	ACNW	GIRLS 8(1KM)	4.31
5	876	Chrizel	BEYERS	AGN	GIRLS 8(1KM)	4.31
6	1502	JEAN-MARI	VAN ZYL	AMPU	GIRLS 8(1KM)	4.31
7	347	Dimpho	Mbongo	AFS	GIRLS 8(1KM)	4.50
8	2452	LARA	RALL	ANWN	GIRLS 8(1KM)	4.50
9	880	Carina	PRETORIUS	AGN	GIRLS 8(1KM)	4.50
10	2456	TANYA	V RHYN	ANWN	GIRLS 8(1KM)	4.53
11	348	Chris-Mari	Alexander	AFS	GIRLS 8(1KM)	4.53
12	3112	Emma	Nel	ACNW	GIRLS 8(1KM)	4.54
13	2453	LILANI	STANDER	ANWN	GIRLS 8(1KM)	4.54
14	877	Mphetswa	NHLANHLA	AGN	GIRLS 8(1KM)	4.54
15	884	Martine	DEGENAAR	AGN	GIRLS 8(1KM)	4.55
16	3111	Anushka	Annandale	ACNW	GIRLS 8(1KM)	4.55
17	892	Nadia	FOURIE	AGN	GIRLS 8(1KM)	4.55
18	1506	SHARON	HLABANE	AMPU	GIRLS 8(1KM)	4.56
19	878	Nicole	VISSER	AGN	GIRLS 8(1KM)	4.56
20	1292	Elzaan	Espach	LIMA	GIRLS 8(1KM)	4.56
21	350	Chantè	Walker	AFS	GIRLS 8(1KM)	4.57
22	3114	Chara	Steyn	ACNW	GIRLS 8(1KM)	4.57
23	881	Madeliet	VAN LOGGERENBERG	AGN	GIRLS 8(1KM)	4.58
24	890	Carla	PETERSE	AGN	GIRLS 8(1KM)	4.58
25	882	Tsebo	BOTSANE	AGN	GIRLS 8(1KM)	4.58
26	3110	Kamogetswe	Seilane	ACNW	GIRLS 8(1KM)	4.59
27	1293	Rachel	de Jager	LIMA	GIRLS 8(1KM)	5.00
28	1294	Elsje	Kriel	LIMA	GIRLS 8(1KM)	5.01
29	887	Simone	VOSLOO	AGN	GIRLS 8(1KM)	5.02
30	2458	HEZANDRIE	V D WESTHUIZEN	ANWN	GIRLS 8(1KM)	5.04
31	3127	Cornel	West	ACNW	GIRLS 8(1KM)	5.06
32	349	Carissa	Erasmus	AFS	GIRLS 8(1KM)	5.06
33	885	Kwena	KOATSANE	AGN	GIRLS 8(1KM)	5.07
34	883	Juanike	CRONJE	AGN	GIRLS 8(1KM)	5.11
35	3115	Vizahn	Burger	ACNW	GIRLS 8(1KM)	5.13
36	888	Tawana	OMPHEMETSE	AGN	GIRLS 8(1KM)	5.13

37	3129	Riana	Nel	ACNW	GIRLS 8(1KM)	5.13
38	889	Modula	MASAPE	AGN	GIRLS 8(1KM)	5.14
39	891	Marze	VAN BREDA	AGN	GIRLS 8(1KM)	5.14
40	3117	Monica	Zacharia	ACNW	GIRLS 8(1KM)	5.15
41	2454	AMY	TALJAARD	ANWN	GIRLS 8(1KM)	5.16
42	3133	Niesa	Van Staden	ACNW	GIRLS 8(1KM)	5.16
43	3130	Selma	Kotze	ACNW	GIRLS 8(1KM)	5.17
44	1297	Raudeen	van Wyk	LIMA	GIRLS 8(1KM)	5.18
45	3119	Jacqueline	Van Rooyen	ACNW	GIRLS 8(1KM)	5.21
46	3131	Tome	Wiersma	ACNW	GIRLS 8(1KM)	5.22
47	894	Zandri	LOUW	AGN	GIRLS 8(1KM)	5.23
48	1790	Rowena	Murray	ASWD	GIRLS 8(1KM)	5.24
49	3116	Angy	McCcoll	ACNW	GIRLS 8(1KM)	5.27
50	2459	BEA-MARI	WERNER	ANWN	GIRLS 8(1KM)	5.31
51	455	Danel	Swanepoel	AGW	GIRLS 8(1KM)	5.33
52	3118	Anuschka	Frans	ACNW	GIRLS 8(1KM)	5.34
53	3120	Dune	Vorster	ACNW	GIRLS 8(1KM)	5.35
54	3128	Zanelle	Winter	ACNW	GIRLS 8(1KM)	5.36
55	2455	MARINET	V D WALT	ANWN	GIRLS 8(1KM)	5.38
56	1788	Zune	Vermeulen	ASWD	GIRLS 8(1KM)	5.40
57	879	Marianka	CRONJE	AGN	GIRLS 8(1KM)	5.41
58	3132	Zoe	McCcoll	ACNW	GIRLS 8(1KM)	5.42
59	2448	CHARLENE	CLOETE	ANWN	GIRLS 8(1KM)	5.43
60	1504	ANGELIQUE	JOOSTE	AMPU	GIRLS 8(1KM)	5.45
61	461	Nobuhle	Eksteen	AGW	GIRLS 8(1KM)	5.46
62	454	Dalene	vd Walt	AGW	GIRLS 8(1KM)	5.47
63	1296	Marizaan	Geldenhuis	LIMA	GIRLS 8(1KM)	5.48
64	3121	Izabel	Pretorius	ACNW	GIRLS 8(1KM)	5.49
65	2437	CLARISSA	OTTO	ANWN	GIRLS 8(1KM)	5.50
66	3126	Elzanne	Maree	ACNW	GIRLS 8(1KM)	5.51
67	3125	Sonika	Grobler	ACNW	GIRLS 8(1KM)	5.53
68	1298	Renschie	Engelbrecht	LIMA	GIRLS 8(1KM)	5.56
69	3123	Stephanie	Esterhuizen	ACNW	GIRLS 8(1KM)	5.59
70	2451	CHANE	MARAIS	ANWN	GIRLS 8(1KM)	6.00
71	3122	Danielle	Rood	ACNW	GIRLS 8(1KM)	6.04
72	2457	FRANZEL	V WYK	ANWN	GIRLS 8(1KM)	6.05
73	3135	Mia-Bi	Hamilton-Attwell	ACNW	GIRLS 8(1KM)	6.07
74	2447	CARLA	BESTER	ANWN	GIRLS 8(1KM)	6.08
75	3136	Anke	Greyvensteyn	ACNW	GIRLS 8(1KM)	6.09
76	1505	WILMIE	FOURIE	AMPU	GIRLS 8(1KM)	6.10
77	3134	Danielle	Meyer	ACNW	GIRLS 8(1KM)	6.13
78	2436	NICOLE	MURLEY	ANWN	GIRLS 8(1KM)	6.14
79	2438	TIFFANY	POTTIER	ANWN	GIRLS 8(1KM)	6.15
80	1507	PRECIOUS	THOMO	AMPU	GIRLS 8(1KM)	6.19
81	2565	Nelize	Jacobs	ANWN	GIRLS 8(1KM)	6.20
82	2434	NICOLE	TALJAARD	ANWN	GIRLS 8(1KM)	6.22
83	2661	Tanika	De Buys	ANWN	GIRLS 8(1KM)	6.23
84	1295	Munro	Ras	LIMA	GIRLS 8(1KM)	6.24
85	2450	VERISE	GERBER	ANWN	GIRLS 8(1KM)	6.26
86	2435	NADIA	MARAIS	ANWN	GIRLS 8(1KM)	6.27

87	3137	Monique	De Villiers	ACNW	GIRLS 8(1KM)	6.28
88	3140	Corlie	Esterhuizen	ACNW	GIRLS 8(1KM)	6.32
89	3138	Jadine	Pretorius	ACNW	GIRLS 8(1KM)	6.33
90	3139	Danial	Louw	ACNW	GIRLS 8(1KM)	6.35

BOYS 9 (2 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1522	SIFISIO	MASUKU	AMPU	BOYS 9(2KM)	7.29
2	705	Tshepo	MOTSWERE	AGN	BOYS 9(2KM)	7.41
3	720	Waldo	PIETERSE	AGN	BOYS 9(2KM)	7.44
4	2029	Joshua	Voget	CGA	BOYS 9(2KM)	7.53
5	708	Ruan	HUMAN	AGN	BOYS 9(2KM)	7.55
6	704	Nico	STEYN	AGN	BOYS 9(2KM)	7.57
7	702	Percy	RHAJANA	AGN	BOYS 9(2KM)	7.57
8	2028	Kyle	Swanepoel	CGA	BOYS 9(2KM)	8.05
9	136	Carlos	Davids	AFS	BOYS 9(2KM)	8.07
10	703	Sabbath	MAFONA	AGN	BOYS 9(2KM)	8.18
11	2918	Morné	Stafford	ACNW	BOYS 9(2KM)	8.23
12	706	Lebohang	FINGER	AGN	BOYS 9(2KM)	8.29
13	414	Brendan	Greyling	AGW	BOYS 9(2KM)	8.30
14	1838	TEBOHO	MOLOI	AVT	BOYS 9(2KM)	8.32
15	2293	Kyle	Farnham	CGA	BOYS 9(2KM)	8.34
16	135	Tidi	Tsotsetsi	AFS	BOYS 9(2KM)	8.38
17	711	F.c.	KOTZE	AGN	BOYS 9(2KM)	8.46
18	1312	Zanru	Jewaskewitz	LIMA	BOYS 9(2KM)	8.47
19	707	Elias	LAMOLA	AGN	BOYS 9(2KM)	8.48
20	717	Wiedrich	MARE	AGN	BOYS 9(2KM)	8.49
21	714	Werner	GREEFF	AGN	BOYS 9(2KM)	8.51
22	2430	Bryn	Emms	KZNA	BOYS 9(2KM)	8.52
23	2917	Lambert	Vos	ACNW	BOYS 9(2KM)	8.54
24	2482	MARCO	SMIT	ANWN	BOYS 9(2KM)	8.55
25	1839	INNOCENT	MZIZI	AVT	BOYS 9(2KM)	8.58
26	710	Matt	LOMBAARD	AGN	BOYS 9(2KM)	8.59
27	712	Armin	PRETORIUS	AGN	BOYS 9(2KM)	9.00
28	1531	LINDELANI	MASINA	AMPU	BOYS 9(2KM)	9.01
29	715	Dienoldt	SNYDERS	AGN	BOYS 9(2KM)	9.04
30	2030	Cameroon	Curtis	CGA	BOYS 9(2KM)	9.07
31	716	Johann	LIMBACH	AGN	BOYS 9(2KM)	9.09
32	1314	Kowie	Lombard	LIMA	BOYS 9(2KM)	9.15
33	2920	Ivan	Reckling	ACNW	BOYS 9(2KM)	9.17
34	2921	Hanru	Van Vreden	ACNW	BOYS 9(2KM)	9.21
35	2481	KYLE	SCHOEMAN	ANWN	BOYS 9(2KM)	9.23
36	2916	Regio	Mendonca	ACNW	BOYS 9(2KM)	9.24
37	709	Jacques	ARNOLD	AGN	BOYS 9(2KM)	9.25
38	1185	Darius	HONIBALL	AGN IND	BOYS 9(2KM)	9.26
39	2033	Ulric	Bekker	CGA	BOYS 9(2KM)	9.28
40	718	Gustav	DE JAGER	AGN	BOYS 9(2KM)	9.32
41	137	Jason	Gobind	AFS	BOYS 9(2KM)	9.36
42	3267	Mikhail	Coetzee	AGN IND	BOYS 9(2KM)	9.39

43	1529	REYNARD	VORSTER	AMPU	BOYS 9(2KM)	9.44
44	139	Gerrie	Brink	AFS	BOYS 9(2KM)	9.45
45	1318	Regardt	Swanepoel	LIMA	BOYS 9(2KM)	9.46
46	1523	MKHONZA	SIYABONGA	AMPU	BOYS 9(2KM)	9.47
47	2484	JUAN	SWANEPOEL	ANWN	BOYS 9(2KM)	9.48
48	2477	SJ	KOTZE	ANWN	BOYS 9(2KM)	9.49
49	1525	GIFT	SIBANYONI	AMPU	BOYS 9(2KM)	9.53
50	2922	Martin	Landman	ACNW	BOYS 9(2KM)	9.54
51	415	Gert	Noeth	AGW	BOYS 9(2KM)	9.58
52	1840	NHLANHLA	GAMBU	AVT	BOYS 9(2KM)	9.59
53	1313	Dylan	Kotze	LIMA	BOYS 9(2KM)	10.01
54	1316	Janco	Coetzee	LIMA	BOYS 9(2KM)	10.02
55	1524	NJABULO	MAHLANGU	AMPU	BOYS 9(2KM)	10.03
56	2478	HW	MALAN	ANWN	BOYS 9(2KM)	10.04
57	2925	Petrus	Van Aarde	ACNW	BOYS 9(2KM)	10.07
58	1188	Dawie	MARAIS	AGN IND	BOYS 9(2KM)	10.08
59	2926	J.W	Wilkens	ACNW	BOYS 9(2KM)	10.09
60	2923	Ulrich	Botes	ACNW	BOYS 9(2KM)	10.11
61	2486	LLEWELLYN	V NIEKERK	ANWN	BOYS 9(2KM)	10.14
62	2031	Moses	Mabena	CGA	BOYS 9(2KM)	10.15
63	2479	WALCO	MATHEWSON	ANWN	BOYS 9(2KM)	10.17
64	2928	Janre	Pretorius	ACNW	BOYS 9(2KM)	10.18
65	1526	MTHOKOZISI	MTEMBA	AMPU	BOYS 9(2KM)	10.19
66	2924	Rowen	Wentzel	ACNW	BOYS 9(2KM)	10.20
67	2476	JAN	FOURIE	ANWN	BOYS 9(2KM)	10.21
68	2933	Dewaldt	Roberts	ACNW	BOYS 9(2KM)	10.23
69	2919	Ofentse	Dikgomo	ACNW	BOYS 9(2KM)	10.24
70	1527	MTHOKOZISI	HLATSHWAYO	AMPU	BOYS 9(2KM)	10.25
71	2931	Tiaan	Jansen	ACNW	BOYS 9(2KM)	10.26
72	1528	WANDISILE	KHUMALO	AMPU	BOYS 9(2KM)	10.28
73	1315	Samuel	Kekana	LIMA	BOYS 9(2KM)	10.32
74	1530	SANELE	KHUMALO	AMPU	BOYS 9(2KM)	10.34
75	2930	Rialdo	Du Plessies	ACNW	BOYS 9(2KM)	10.36
76	2935	Nathan	Allen	ACNW	BOYS 9(2KM)	10.38
77	2929	Werner	Kruger	ACNW	BOYS 9(2KM)	10.40
78	2932	Wiahn	Greyling	ACNW	BOYS 9(2KM)	10.41
79	416	Jacques	Vertue	AGW	BOYS 9(2KM)	10.42
80	2927	Jurgen	Peters	ACNW	BOYS 9(2KM)	10.43
81	1317	Arno	Swart	LIMA	BOYS 9(2KM)	10.46
82	2483	CORNEL	SMITH	ANWN	BOYS 9(2KM)	10.47
83	2938	Christo	Botha	ACNW	BOYS 9(2KM)	10.48
84	2937	André	Fourie	ACNW	BOYS 9(2KM)	10.49
85	2936	Hannes	Van Niekerk	ACNW	BOYS 9(2KM)	10.52
86	719	Benre	LABUSCHAGNE	AGN	BOYS 9(2KM)	10.53

GIRLS 9 (2 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2113	Michaela	Murat	CGA	GIRLS 9(2KM)	8.05
2	2114	Sandra	Wittenburg	CGA	GIRLS 9(2KM)	8.11

3	105	Tabita	Dempers	AFS	GIRLS 9(2KM)	8.12
4	2116	Makgotso	Njubane	CGA	GIRLS 9(2KM)	8.25
5	899	Elrei	JOUBERT	AGN	GIRLS 9(2KM)	8.26
6	3142	Rouxle	Marais	ACNW	GIRLS 9(2KM)	8.27
7	3143	Ane	West	ACNW	GIRLS 9(2KM)	8.30
8	106	Nadime	Booyesen	AFS	GIRLS 9(2KM)	8.30
9	104	Manaha	Mokoena	AFS	GIRLS 9(2KM)	8.38
10	107	Rethabile	Mokoena	AFS	GIRLS 9(2KM)	8.38
11	898	Leshan	CURLEWIS	AGN	GIRLS 9(2KM)	8.38
12	895	Anriette	HAASBROEK	AGN	GIRLS 9(2KM)	8.38
13	3144	Nellie	Hetzel	ACNW	GIRLS 9(2KM)	8.45
14	896	Janca	STEYN	AGN	GIRLS 9(2KM)	8.48
15	913	Joane	LE ROUX	AGN	GIRLS 9(2KM)	8.48
16	901	Mercia	SNYDER	AGN	GIRLS 9(2KM)	8.49
17	1515	MARNE	NORTJE	AMPU	GIRLS 9(2KM)	8.52
18	900	Daniel	STEYN	AGN	GIRLS 9(2KM)	8.52
19	2117	Tayla	Berning	CGA	GIRLS 9(2KM)	8.52
20	897	Izelle	EHLERS	AGN	GIRLS 9(2KM)	8.52
21	902	Rihandri	JOUBERT	AGN	GIRLS 9(2KM)	8.52
22	2115	Chantal	Page	CGA	GIRLS 9(2KM)	8.55
23	3147	Megan	Hattingh	ACNW	GIRLS 9(2KM)	8.56
24	109	Vuyewa	Mosala	AFS	GIRLS 9(2KM)	8.57
25	912	Jana	PANSEGROUW	AGN	GIRLS 9(2KM)	9.04
26	3146	Lilica	Burger	ACNW	GIRLS 9(2KM)	9.06
27	110	Motsoeneng	Refilwe	AFS	GIRLS 9(2KM)	9.08
28	1792	Jeneveve	Van Rooyen	ASWD	GIRLS 9(2KM)	9.09
29	910	Chante	LOUW	AGN	GIRLS 9(2KM)	9.10
30	2118	Euliske	SCHMIDT	CGA	GIRLS 9(2KM)	9.10
31	113	Stella	Brand	AFS	GIRLS 9(2KM)	9.11
32	907	Jua	BLOM	AGN	GIRLS 9(2KM)	9.13
33	1843	LERATO	NYAKALE	AVT	GIRLS 9(2KM)	9.13
34	3145	Ruandi	Van Dyk	ACNW	GIRLS 9(2KM)	9.16
35	111	Jody	Machlachlan	AFS	GIRLS 9(2KM)	9.17
36	904	Precious	SIMANGO	AGN	GIRLS 9(2KM)	9.02
37	390	Leoni	v Zyl	AGW	GIRLS 9(2KM)	9.22
38	3148	Chezahn	Le Roux	ACNW	GIRLS 9(2KM)	9.23
39	2471	ENJULIEZ	JORDAAN	ANWN	GIRLS 9(2KM)	9.30
40	908	Christina	VAN DER MERWE	AGN	GIRLS 9(2KM)	9.00
41	1280	MERLIN	DANIELS	WPA IND	GIRLS 9(2KM)	0.31
42	2472	PETRU	KLEYNHANS	ANWN	GIRLS 9(2KM)	9.32
43	1309	Christine	Kruger	LIMA	GIRLS 9(2KM)	9.35
44	3157	Sanmari	Barlow	ACNW	GIRLS 9(2KM)	9.36
45	3153	Louise	Zacharia	ACNW	GIRLS 9(2KM)	9.37
46	905	Megan	VAN DER WETHUIZ	AGN	GIRLS 9(2KM)	9.38
47	3151	Chantelle	Visagie	ACNW	GIRLS 9(2KM)	9.39
48	3158	Marne	Van Der Merwe	ACNW	GIRLS 9(2KM)	9.40
49	389	Transia	Noeth	AGW	GIRLS 9(2KM)	9.41
50	1311	Chris-Mari	Darvall	LIMA	GIRLS 9(2KM)	9.42
51	3156	Kayla	Lombard	ACNW	GIRLS 9(2KM)	9.45
52	1520	ANELE	SIBAMDE	AMPU	GIRLS 9(2KM)	9.47

53	2474	SHANI	VENTER	ANWN	GIRLS 9(2KM)	9.48
54	2475	KYLIE	VERWEY	ANWN	GIRLS 9(2KM)	9.52
55	3155	Natasha	Roets	ACNW	GIRLS 9(2KM)	9.54
56	3167	Julia	Baas	ACNW	GIRLS 9(2KM)	9.57
57	3161	Janca	Koekemoer	ACNW	GIRLS 9(2KM)	9.58
58	3150	Leandi	Penn	ACNW	GIRLS 9(2KM)	9.59
59	1307	Lia	Revelas	LIMA	GIRLS 9(2KM)	10.00
60	108	Rochelle	Van Tonder	AFS	GIRLS 9(2KM)	10.06
61	1842	RENALETSHEPO	SEBOKO	AVT	GIRLS 9(2KM)	10.09
62	1519	DINTLE	MAPHEELLE	AMPU	GIRLS 9(2KM)	10.10
63	3141	Maryke	Van Aswegen	ACNW	GIRLS 9(2KM)	10.12
64	1308	Mokgaetji	Sethole	LIMA	GIRLS 9(2KM)	12.13
65	112	Chané	Wilson	AFS	GIRLS 9(2KM)	10.21
66	1199	Hermare	BEZUIDENHOUT	AGN IND	GIRLS 9(2KM)	10.22
67	1310	Jana	Oberholzer	LIMA	GIRLS 9(2KM)	10.23
68	1517	SULIZE	ALBERTS	AMPU	GIRLS 9(2KM)	10.26
69	1306	Zonica	Van Niekerk	LIMA	GIRLS 9(2KM)	10.30
70	1841	LERATO	LEHOKO	AVT	GIRLS 9(2KM)	10.31
71	3149	Mizelle	Muller	ACNW	GIRLS 9(2KM)	10.35
72	3152	Lorraine	Hamilton-Attwell	ACNW	GIRLS 9(2KM)	10.37
73	2470	ZANE	DE KLERK	ANWN	GIRLS 9(2KM)	10.50
74	903	Lizamè	ERASMUS	AGN	GIRLS 9(2KM)	11.05
75	1516	ANCHE	VAN DER MERWE	AMPU	GIRLS 9(2KM)	11.07
76	1518	JOANE	KUHN	AMPU	GIRLS 9(2KM)	11.11
77	2361	Leandri	Van Onselen	KZNA IND	GIRLS 9(2KM)	11.27
78	3160	Alma	Bekker	ACNW	GIRLS 9(2KM)	11.31
79	3163	Leonave	Lubbe	ACNW	GIRLS 9(2KM)	11.32
80	3165	Mejanie	Van Ravenswaay	ACNW	GIRLS 9(2KM)	11.40
81	3164	Sanja	Trutter	ACNW	GIRLS 9(2KM)	11.42
82	388	Thatu	Morayle	AGW	GIRLS 9(2KM)	12.50
83	3166	Shanique	Jonker	ACNW	GIRLS 9(2KM)	13.18

BOYS 10 (2 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1540	THAMBE	TLADI	AMPU	BOYS 10(2KM)	7.08
2	1948	Siyabonga	Booyesen	CGA	BOYS 10(2KM)	7.00
3	1954	Delpport	Botha	CGA	BOYS 10(2KM)	7.17
4	535	Reinardt	GROBLER	AGN	BOYS 10(2KM)	7.18
5	1727	Waldo	Kaptein	ASWD	BOYS 10(2KM)	7.22
6	1728	Kirwin	Baadjes	ASWD	BOYS 10(2KM)	7.26
7	2504	AJ	REYNEKE	ANWN	BOYS 10(2KM)	7.26
8	1951	Gerhard	Kotze	CGA	BOYS 10(2KM)	7.28
9	1328	Nolite	Mabela	LIMA	BOYS 10(2KM)	7.28
10	1949	Khutso	Makofane	CGA	BOYS 10(2KM)	7.31
11	1953	Kamogelo	Malala	CGA	BOYS 10(2KM)	7.31
12	1952	Nico	Pieters	CGA	BOYS 10(2KM)	7.33
13	156	Xavier	Zaabel	AFS	BOYS 10(2KM)	7.33
14	142	Ben	Nkosi	AFS	BOYS 10(2KM)	7.36
15	146	Kamohelo	Khuele	AFS	BOYS 10(2KM)	7.37

16	550	Armin	JORDAAN	AGN	BOYS 10(2KM)	7.37
17	143	Teboho	Ratshidi	AFS	BOYS 10(2KM)	7.37
18	1541	ALEX	MADLALA	AMPU	BOYS 10(2KM)	7.41
19	148	Zwelakhe	Meji	AFS	BOYS 10(2KM)	7.41
20	545	Adriaan	MOLLENTZE	AGN	BOYS 10(2KM)	7.44
21	1846	NCINIMUZI	MAKHUBU	AVT	BOYS 10(2KM)	7.44
22	1545	THEMBINKOSI	NKOSI	AMPU	BOYS 10(2KM)	7.44
23	536	Aerton	HELENA	AGN	BOYS 10(2KM)	7.45
24	546	Christiaan	DAVEL	AGN	BOYS 10(2KM)	7.45
25	1204	ROMEO	VAN WYK	ANWC	BOYS 10(2KM)	7.50
26	1729	Angelo	Julies	ASWD	BOYS 10(2KM)	7.55
27	2512	KEANU	VERWEY	ANWN	BOYS 10(2KM)	7.55
28	1327	Tewis	Willemse	LIMA	BOYS 10(2KM)	7.55
29	543	Rouxan	LE ROUX	AGN	BOYS 10(2KM)	7.57
30	537	Andreas	SCHALEKAMP	AGN	BOYS 10(2KM)	7.57
31	1950	Tumiso	Disipi	CGA	BOYS 10(2KM)	7.57
32	1845	TELLO	MOKOENA	AVT	BOYS 10(2KM)	8.00
33	1844	MOALOSI	RAMOLOTSI	AVT	BOYS 10(2KM)	8.01
34	538	Thomas	MODIBA	AGN	BOYS 10(2KM)	8.02
35	1203	JAYDON	VAN NEEL	ANWC	BOYS 10(2KM)	8.03
36	149	Gean	Viljoen	AFS	BOYS 10(2KM)	8.04
37	1543	QUINTIN	FOURIE	AMPU	BOYS 10(2KM)	8.06
38	542	Leslie-john	VILJOEN	AGN	BOYS 10(2KM)	8.08
39	2934	JORDAN	VAN VUUREN	CGA	BOYS 10(2KM)	8.09
40	544	Jean	DU RANDT	AGN	BOYS 10(2KM)	8.10
41	539	Wikus	BASSON	AGN	BOYS 10(2KM)	8.11
42	549	Ruan	VAN STADEN	AGN	BOYS 10(2KM)	8.12
43	541	Wiehann	SWANEPOEL	AGN	BOYS 10(2KM)	8.13
44	153	Francois	Van Niekerk	AFS	BOYS 10(2KM)	8.14
45	145	Seth	Molelekoa	AFS	BOYS 10(2KM)	8.15
46	144	Dhlamini	Malefetsane	AFS	BOYS 10(2KM)	8.16
47	540	Tshepo	HLARAKA	AGN	BOYS 10(2KM)	8.17
48	151	Lehlohonolo	Khabane	AFS	BOYS 10(2KM)	8.19
49	1955	Shaun	MTHETHWA	CGA	BOYS 10(2KM)	8.20
50	150	Melvine	Mokoena	AFS	BOYS 10(2KM)	8.21
51	2428	THEMBILE	MANHNUZELA	KZNA	BOYS 10(2KM)	8.22
52	551	Joshua	MEGAW	AGN	BOYS 10(2KM)	8.24
53	1847	TEBOHO	RAMPITSENG	AVT	BOYS 10(2KM)	8.25
54	422	Emmanuel	Modupi	AGW	BOYS 10(2KM)	8.26
55	161	David	Dhlamini	AFS	BOYS 10(2KM)	8.27
56	157	Zackery	Bester	AFS	BOYS 10(2KM)	8.28
57	421	Simphiwe	Modise	AGW	BOYS 10(2KM)	8.31
58	1329	Hanso	Swanepoel	LIMA	BOYS 10(2KM)	8.33
59	2500	GERDUS	DU PLESSIS	ANWN	BOYS 10(2KM)	8.35
60	1546	THEUNS	LUUS	AMPU	BOYS 10(2KM)	8.36
61	2511	KOBUS	VERSTER	ANWN	BOYS 10(2KM)	8.37
62	2502	HLOKOMELANG	MAKHELE	ANWN	BOYS 10(2KM)	8.39
63	2705	Ntesang	Moitshwanetsi	ACNW	BOYS 10(2KM)	8.40
64	548	Martin	SCHUTTE	AGN	BOYS 10(2KM)	8.41
65	1330	Paul	Verwey	LIMA	BOYS 10(2KM)	8.42

66	2707	Samuel	Matlhapa	ACNW	BOYS 10(2KM)	8.43
67	155	Tshepeng	Tsolo	AFS	BOYS 10(2KM)	8.44
68	141	Mokete	Mphuthi	AFS	BOYS 10(2KM)	8.45
69	160	Justin	Coetzee	AFS	BOYS 10(2KM)	8.50
70	2708	Raymond	Vos	ACNW	BOYS 10(2KM)	8.53
71	547	Joubert	LAMPRECHT	AGN	BOYS 10(2KM)	8.56
72	2508	CORNEIL	TALJAARD	ANWN	BOYS 10(2KM)	8.57
73	419	Waldo	Isaacs	AGW	BOYS 10(2KM)	9.02
74	162	Masiu	Mphatsoanyane	AFS	BOYS 10(2KM)	9.03
75	2710	Tilton-James	Stigling	ACNW	BOYS 10(2KM)	9.05
76	2432	Sheshan	Pillay	KZNA	BOYS 10(2KM)	9.06
77	423	Wallance	Petersen	AGW	BOYS 10(2KM)	9.08
78	1547	WANDILE	MAZIBUKO	AMPU	BOYS 10(2KM)	9.10
79	154	Koos	Vosloo	AFS	BOYS 10(2KM)	9.11
80	2711	Marinus	Pienaar	ACNW	BOYS 10(2KM)	9.12
81	2712	Grant	Phillips	ACNW	BOYS 10(2KM)	9.13
82	2431	Khetha	Sokhela	KZNA	BOYS 10(2KM)	9.14
83	2509	DANIEL	V D WALT	ANWN	BOYS 10(2KM)	9.16
84	418	Sylvester	Gababuse	AGW	BOYS 10(2KM)	9.18
85	1332	Musa	Mahlahlani	LIMA	BOYS 10(2KM)	9.19
86	2499	THEO	BUYS	ANWN	BOYS 10(2KM)	9.20
87	2513	ANDRE	HARTMAN	ANWN	BOYS 10(2KM)	9.22
88	2715	John-Junior	Mathyse	ACNW	BOYS 10(2KM)	9.27
89	2721	Ruan	Els	ACNW	BOYS 10(2KM)	9.29
90	2709	Leander	Wiese	ACNW	BOYS 10(2KM)	9.30
91	417	Jannes	du Plessis	AGW	BOYS 10(2KM)	9.31
92	2716	Francios	Otto	ACNW	BOYS 10(2KM)	9.33
93	1544	SIYABONGA	MATHEBULA	AMPU	BOYS 10(2KM)	9.34
94	2429	Andile	Nxumalo	KZNA	BOYS 10(2KM)	9.35
95	1331	Doran	Kleynhans	LIMA	BOYS 10(2KM)	9.37
96	158	Seatile	Mohanoe	AFS	BOYS 10(2KM)	9.38
97	3270	Shone	Kwane	ACNW	BOYS 10(2KM)	9.40
98	159	Nkosinathi	Ludada	AFS	BOYS 10(2KM)	9.41
99	2510	SJ	VENTER	ANWN	BOYS 10(2KM)	9.42
100	2501	JADRIANN	FOURIE	ANWN	BOYS 10(2KM)	9.43
101	2503	SCHALK	MEINTJIES	ANWN	BOYS 10(2KM)	9.50
102	152	Wicus	Vosloo	AFS	BOYS 10(2KM)	9.51
103	552	Nathan	MATTHEUS	AGN	BOYS 10(2KM)	9.52
104	2706	Thabiso	Mothei	ACNW	BOYS 10(2KM)	9.55
105	1174	KC	BOSHOFF	AGN IND	BOYS 10(2KM)	9.56
106	1548	MTHOKOZIZI	NKOSI	AMPU	BOYS 10(2KM)	9.57
107	2506	JACQUES	STANDER	ANWN	BOYS 10(2KM)	10.05
108	2720	Otshopeng	Mokedi	ACNW	BOYS 10(2KM)	10.06
109	2717	Vuyo	Kunene	ACNW	BOYS 10(2KM)	10.10
110	2714	Boitumelo	Mongane	ACNW	BOYS 10(2KM)	10.12
111	2704	Rhicus	Jansen Van Rensbu	ACNW	BOYS 10(2KM)	10.13
112	2718	Alwyn	Venter	ACNW	BOYS 10(2KM)	10.16
113	2505	WERNER	ROETS	ANWN	BOYS 10(2KM)	10.18
114	2724	El-John	Julius	ACNW	BOYS 10(2KM)	10.19
115	1333	Joost	Van Rooyen	LIMA	BOYS 10(2KM)	10.22

116	1335	Thabo	Madisha	LIMA	BOYS 10(2KM)	10.27
117	2719	Emile	Kotzé	ACNW	BOYS 10(2KM)	10.29
118	2728	Tshidiso	Bantweni	ACNW	BOYS 10(2KM)	10.30
119	2725	I.Z.	Buys	ACNW	BOYS 10(2KM)	10.31
120	2485	ISAK	THEUNISSEN	ANWN	BOYS 10(2KM)	10.33
121	2732	Tumeo	Seipane	ACNW	BOYS 10(2KM)	10.35
122	420	Tuelo	Mmutlane	AGW	BOYS 10(2KM)	10.37
123	1336	LT	de Jager	LIMA	BOYS 10(2KM)	10.39
124	2727	Enrique	Ochse	ACNW	BOYS 10(2KM)	10.44
125	2731	Rico	Pretorius	ACNW	BOYS 10(2KM)	10.45
126	2726	Llewellyn	Blignaut	ACNW	BOYS 10(2KM)	10.46
127	2507	CHRIS	STEENKAMP	ANWN	BOYS 10(2KM)	10.50
128	2723	Galen	Van Emmenis	ACNW	BOYS 10(2KM)	10.51
129	3272	Lethlohoanolo	Litabe	ACNW	BOYS 10(2KM)	10.54
130	2734	Jonty	De Gois	ACNW	BOYS 10(2KM)	11.42
131	2736	Brandon	Du Rant	ACNW	BOYS 10(2KM)	11.57
132	2733	Jaco	Koekemoer	ACNW	BOYS 10(2KM)	12.56

GIRLS 10 (2 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2034	Keletso	Senosi	CGA	GIRLS 10(2KM)	7.25
2	721	Jeanne	DE BEER	AGN	GIRLS 10(2KM)	8.02
3	1761	Zainel	Spogter	ASWD	GIRLS 10(2KM)	8.03
4	1220	NICHAT	APRIL	ANWC	GIRLS 10(2KM)	8.04
5	726	Michelle	CRONJE	AGN	GIRLS 10(2KM)	8.10
6	119	Nadine	Kemp	AFS	GIRLS 10(2KM)	8.13
7	1319	Christelle	Coetzer	LIMA	GIRLS 10(2KM)	8.14
8	116	Mantele	Miffi	AFS	GIRLS 10(2KM)	8.14
9	2035	Ntando	Msibi	CGA	GIRLS 10(2KM)	8.15
10	2036	Ntombi	Seabi	CGA	GIRLS 10(2KM)	8.15
11	723	Anke	GREYLING	AGN	GIRLS 10(2KM)	8.15
12	114	Chandré	Erasmus	AFS	GIRLS 10(2KM)	8.18
13	118	Itumeleng	Mpembe	AFS	GIRLS 10(2KM)	8.18
14	115	Mamaphuke	Mofokeng	AFS	GIRLS 10(2KM)	8.20
15	730	Grete-lee	SWANEPOEL	AGN	GIRLS 10(2KM)	8.20
16	1534	MOFOLI	HLALEFANG	AMPU	GIRLS 10(2KM)	8.20
17	722	Lericea	BEKKER	AGN	GIRLS 10(2KM)	8.22
18	2037	Tiny	Motaung	CGA	GIRLS 10(2KM)	8.30
19	1320	Jenelle	de Jonge	LIMA	GIRLS 10(2KM)	8.30
20	2495	MASEGO	MMOPE	ANWN	GIRLS 10(2KM)	8.30
21	2040	LIANE	VAN JAARSVELDT	CGA	GIRLS 10(2KM)	8.30
22	120	Mahadi	Mokoena	AFS	GIRLS 10(2KM)	8.38
23	1532	INGRID	SEKHADLELO	AMPU	GIRLS 10(2KM)	8.38
24	724	Nicole	DU TOIT	AGN	GIRLS 10(2KM)	8.38
25	728	Madalene	HUMAN	AGN	GIRLS 10(2KM)	8.38
26	1763	Tamryn-Leigh	Kleinbooi	ASWD	GIRLS 10(2KM)	8.45
27	736	Ulrica	BLOM	AGN	GIRLS 10(2KM)	8.45
28	739	Patience	PHAHLAMOHLAKA	AGN	GIRLS 10(2KM)	8.46
29	509	Chante	Nesar	ANWN	GIRLS 10(2KM)	8.47

30	134	Lariska	Steyn	AFS	GIRLS 10(2KM)	8.49
31	733	Chene	KUHN	AGN	GIRLS 10(2KM)	8.50
32	2357	Leah	Kriel	KZNA	GIRLS 10(2KM)	8.51
33	117	Rethabile	Mothudi	AFS	GIRLS 10(2KM)	8.52
34	2038	Kelly	Fairon	CGA	GIRLS 10(2KM)	8.52
35	131	Kekeletso	Molotsi	AFS	GIRLS 10(2KM)	8.52
36	732	Sonkqayi	YOLANDA	AGN	GIRLS 10(2KM)	8.52
37	2491	MICHELLE	GEDULD	ANWN	GIRLS 10(2KM)	8.53
38	392	Marne	Ras	AGW	GIRLS 10(2KM)	8.54
39	731	Antoinette	VAN DER MERWE	AGN	GIRLS 10(2KM)	8.58
40	2939	Evah	Sekaledi	ACNW	GIRLS 10(2KM)	8.59
41	124	Portia	Machaba	AFS	GIRLS 10(2KM)	9.01
42	121	Amogelang	Melato	AFS	GIRLS 10(2KM)	9.02
43	1536	ZANELE	MQATHI	AMPU	GIRLS 10(2KM)	9.03
44	729	Lia	SWARTS	AGN	GIRLS 10(2KM)	9.05
45	1321	Zanel	Steenkamp	LIMA	GIRLS 10(2KM)	9.06
46	132	Ayanda	Miya	AFS	GIRLS 10(2KM)	9.06
47	133	Naledi	Nkhi	AFS	GIRLS 10(2KM)	9.07
48	725	Deliwe	MAKHUBELA	AGN	GIRLS 10(2KM)	9.07
49	129	Lerato	Matee	AFS	GIRLS 10(2KM)	9.07
50	128	Lerato	Ratsefelo	AFS	GIRLS 10(2KM)	9.08
51	2940	Anne	Van Aarde	ACNW	GIRLS 10(2KM)	9.09
52	123	Stephanie	Foord	AFS	GIRLS 10(2KM)	9.11
53	1533	LEBO	MOROPODI	AMPU	GIRLS 10(2KM)	9.12
54	125	Marunique	Leach	AFS	GIRLS 10(2KM)	9.12
55	1760	Jasmine	Juta	ASWD	GIRLS 10(2KM)	9.14
56	1324	Meghan	Mac Nicol	LIMA	GIRLS 10(2KM)	9.14
57	1852	THANDIWE	SOTSHIVA	AVT	GIRLS 10(2KM)	9.15
58	2941	Kate	Seilane	ACNW	GIRLS 10(2KM)	9.19
59	1538	KELETSO	SKHOSANA	AMPU	GIRLS 10(2KM)	9.20
60	2496	HANNERI	NEL	ANWN	GIRLS 10(2KM)	9.21
61	2490	ANNJE	DE WET	ANWN	GIRLS 10(2KM)	9.24
62	2494	PALESA	MANTJIA	ANWN	GIRLS 10(2KM)	9.25
63	2947	Amori	Theunissen	ACNW	GIRLS 10(2KM)	9.26
64	2951	Chandré	Jansen Van Rensbu	ACNW	GIRLS 10(2KM)	9.27
65	1539	NONJABULO	MNISI	AMPU	GIRLS 10(2KM)	9.28
66	2488	CHAREE	BOTHA	ANWN	GIRLS 10(2KM)	9.29
67	2948	Deline	Rood	ACNW	GIRLS 10(2KM)	9.33
68	394	Danel	Strydom	AGW	GIRLS 10(2KM)	9.36
69	1326	Lethabo	Gomba	LIMA	GIRLS 10(2KM)	9.37
70	2360	Nombuso	Zondi	KZNA	GIRLS 10(2KM)	9.38
71	2487	CHANDRE	ANKER	ANWN	GIRLS 10(2KM)	9.43
72	2946	Marizaan	Van Dyk	ACNW	GIRLS 10(2KM)	9.44
73	2950	Mianke	Muller	ACNW	GIRLS 10(2KM)	9.49
74	2949	Marisna	Maree	ACNW	GIRLS 10(2KM)	9.49
75	2944	Wilrie	Wiersma	ACNW	GIRLS 10(2KM)	9.49
76	393	Charlize	Smith	AGW	GIRLS 10(2KM)	9.50
77	2960	Janien	De Beer	ACNW	GIRLS 10(2KM)	9.51
78	2952	Leonize	Meiring	ACNW	GIRLS 10(2KM)	9.53
79	2953	Monique	Van Aarde	ACNW	GIRLS 10(2KM)	9.55

80	2961	Lindie	Meyer	ACNW	GIRLS 10(2KM)	9.56
81	2359	Nozibusiso	Mbhele	KZNA	GIRLS 10(2KM)	10.01
82	2492	LIENGE	LAMPRECHT	ANWN	GIRLS 10(2KM)	10.02
83	2943	Jacolize	Henning	ACNW	GIRLS 10(2KM)	10.03
84	1323	Anke	Minnaar	LIMA	GIRLS 10(2KM)	10.04
85	2498	ANGIE	VAUGHN	ANWN	GIRLS 10(2KM)	10.05
86	1849	DUHANE	DUPLESSIS	AVT	GIRLS 10(2KM)	10.07
87	1762	Bonhill	Witbooi	ASWD	GIRLS 10(2KM)	10.08
88	130	Danell	de Villiers	AFS	GIRLS 10(2KM)	10.11
89	1535	JOHANNE	FOURIE	AMPU	GIRLS 10(2KM)	10.14
90	2489	ALICIA	DE VILLIERS	ANWN	GIRLS 10(2KM)	10.15
91	738	Jana	DREECKMEIER	AGN	GIRLS 10(2KM)	10.16
92	1189	Monique	VAN BERS	AGN IND	GIRLS 10(2KM)	10.17
93	740	Hanneke	VAN LOGGEREN	AGN	GIRLS 10(2KM)	10.18
94	1848	TEBOGO	METSWAMERE	AVT	GIRLS 10(2KM)	10.19
95	122	Mpho	Molelekoa	AFS	GIRLS 10(2KM)	10.20
96	1281	GRACE	HAMMOND	WPA IND	GIRLS 10(2KM)	10.24
97	2942	Lieze	Jacobsz	ACNW	GIRLS 10(2KM)	10.25
98	1322	Lindiwe	Madisha	LIMA	GIRLS 10(2KM)	10.27
99	1850	HUBRI	VAN DEVENTER	AVT	GIRLS 10(2KM)	10.28
100	2358	Nelisiwe	Mhlamvu	KZNA	GIRLS 10(2KM)	10.29
101	387	Deanri	Snyman	AFS IND	GIRLS 10(2KM)	10.33
102	391	July-Ann	Alexander	AGW	GIRLS 10(2KM)	10.44
103	2039	Kyla	Meyer	CGA	GIRLS 10(2KM)	10.45
104	1853	LINDIWE	RADEBE	AVT	GIRLS 10(2KM)	10.47
105	1325	Thato	Mothudi	LIMA	GIRLS 10(2KM)	10.55
106	1537	CHANE	DU PLESSIS	AMPU	GIRLS 10(2KM)	10.57
107	2497	DIANDRA	V D WALT	ANWN	GIRLS 10(2KM)	11.15
108	2945	Lieze	Bosman	ACNW	GIRLS 10(2KM)	11.18
109	2963	Sebatatso	Sekgaphane	ACNW	GIRLS 10(2KM)	11.21
110	2493	ELRI	LUBBE	ANWN	GIRLS 10(2KM)	11.25
111	2958	Esca	Neethling	ACNW	GIRLS 10(2KM)	11.33
112	2959	Marlize	Van Staden	ACNW	GIRLS 10(2KM)	11.35
113	2955	Jessica	Swart	ACNW	GIRLS 10(2KM)	11.37
114	2956	Caitlin	Cooper	ACNW	GIRLS 10(2KM)	11.38
115	2962	Leandrie	Du Plessis	ACNW	GIRLS 10(2KM)	11.46
116	2957	Clarissa	Prins	ACNW	GIRLS 10(2KM)	13.12
DNF	727	Makhubedu	OFENTSE	AGN	GIRLS 10(2KM)	

BOYS 11 (3 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1561	ALDRIN	WILLEMSE	AMPU	BOYS 11(3KM)	10.51
2	193	Voyu	Kamolane	AFS	BOYS 11(3KM)	11.00
3	1854	LESEGO	PHAPHA	AVT	BOYS 11(3KM)	11.00
4	194	Khotso	Lesia	AFS	BOYS 11(3KM)	11.02
5	195	Retshidisitwe	Shai	AFS	BOYS 11(3KM)	11.04
6	1957	Keagan	Crane	CGA	BOYS 11(3KM)	11.12
7	1959	Donald	Seitei	CGA	BOYS 11(3KM)	11.21
8	1960	Samuel Jacobus	Steinberg	CGA	BOYS 11(3KM)	11.25

9	2526	AMANTLE	MODINGWANE	ANWN	BOYS 11(3KM)	11.31
10	2422	Thomas	Gibson	KZNA	BOYS 11(3KM)	11.32
11	553	Lehlohonolo	SEBOLA	AGN	BOYS 11(3KM)	11.32
12	1564	RUAN	KUHN	AMPU	BOYS 11(3KM)	11.35
13	558	Christopher	SWART	AGN	BOYS 11(3KM)	11.39
14	2531	RONEN	OOSTHUIZEN	ANWN	BOYS 11(3KM)	11.40
15	555	Christopher	ZWANE	AGN	BOYS 11(3KM)	11.44
16	196	Thepo	Ramasia	AFS	BOYS 11(3KM)	11.44
17	557	Heno	STEYN	AGN	BOYS 11(3KM)	11.50
18	2737	Gerhard	Van Niekerk	ACNW	BOYS 11(3KM)	11.50
19	1563	MPUNDO	KHUMALO	AMPU	BOYS 11(3KM)	11.50
20	560	Estiaan	EEK	AGN	BOYS 11(3KM)	11.51
21	1961	Dylan	Curtis	CGA	BOYS 11(3KM)	11.51
22	1958	Mpho	Mokhele	CGA	BOYS 11(3KM)	11.56
23	204	Pule	Sethojane	AFS	BOYS 11(3KM)	11.56
24	2739	Johan	Jansen Van Rensbu	ACNW	BOYS 11(3KM)	12.00
25	197	Poloko	Mosia	AFS	BOYS 11(3KM)	12.02
26	202	Oratile	Mothibedi	AFS	BOYS 11(3KM)	12.02
27	200	Lebohang	Mahloane	AFS	BOYS 11(3KM)	12.02
28	1962	Claude	Pretorius	CGA	BOYS 11(3KM)	12.02
29	2529	OMPILE	MOLOTSI	ANWN	BOYS 11(3KM)	12.10
30	1354	Dian	Forrester	LIMA	BOYS 11(3KM)	12.10
31	556	Dylan	STEENKAMP	AGN	BOYS 11(3KM)	12.12
32	2427	Nqubeko	Mbambo	KZNA	BOYS 11(3KM)	12.14
33	201	Moloi	Tankiso	AFS	BOYS 11(3KM)	12.16
34	559	Argush	MOTLAPEMA	AGN	BOYS 11(3KM)	12.16
35	2426	James	Bilbrough	KZNA	BOYS 11(3KM)	12.20
36	563	Ruan	GROENEWALD	AGN	BOYS 11(3KM)	12.20
37	1732	Tirique	Theron	ASWD	BOYS 11(3KM)	12.25
38	1730	Keanan	Manuel	ASWD	BOYS 11(3KM)	12.25
39	424	Thys	Saul	AGW	BOYS 11(3KM)	12.25
40	566	Brendon	STEENKAMP	AGN	BOYS 11(3KM)	12.30
41	1355	Pieter	Lamprecht	LIMA	BOYS 11(3KM)	12.31
42	203	Katleho	Mohale	AFS	BOYS 11(3KM)	12.36
43	1565	SBUSISO	NKOSI	AMPU	BOYS 11(3KM)	12.37
44	2535	RIAAN	V RHYN	ANWN	BOYS 11(3KM)	12.38
45	1352	Josia	Nyaweni	LIMA	BOYS 11(3KM)	12.39
46	562	Tiaan	VOSLOO	AGN	BOYS 11(3KM)	12.40
47	1356	Stephan	Visagie	LIMA	BOYS 11(3KM)	12.41
48	1731	Eugene	Lourens	ASWD	BOYS 11(3KM)	12.42
49	565	Lance	STEENKAMP	AGN	BOYS 11(3KM)	12.43
50	425	George	Wiid	AGW	BOYS 11(3KM)	12.44
51	534	Lenolisa	Mqoka	AFS	BOYS 11(3KM)	12.45
52	205	Mpho	Molotsi	AFS	BOYS 11(3KM)	12.46
53	571	Onkabetse	SHAI	AGN	BOYS 11(3KM)	12.48
54	1733	Craig	Streuderst	ASWD	BOYS 11(3KM)	12.52
55	1357	Thabiso	Masaphu	LIMA	BOYS 11(3KM)	12.55
56	567	Dean	VD BERG	AGN	BOYS 11(3KM)	12.56
57	1855	NHLANHLA	QUMBA	AVT	BOYS 11(3KM)	12.57
58	2741	Johatt	Batsietseng	ACNW	BOYS 11(3KM)	13.00

59	561	Lethabo	SEOTLOE	AGN	BOYS 11(3KM)	13.05
60	1358	WC	Kriel	LIMA	BOYS 11(3KM)	13.21
61	569	Marnus	LINDE	AGN	BOYS 11(3KM)	13.23
62	2533	WILLEM	V D WALT	ANWN	BOYS 11(3KM)	13.25
63	1856	BONGANE	MOKONE	AVT	BOYS 11(3KM)	13.29
64	2760	Duan	Jansen	ACNW	BOYS 11(3KM)	13.30
65	2745	Johan	Lock	ACNW	BOYS 11(3KM)	13.31
66	1359	Wilfred	Masubelele	LIMA	BOYS 11(3KM)	13.35
67	2524	RICARDO	LIEBENBERG	ANWN	BOYS 11(3KM)	13.40
68	2742	Bennie	Bamberger	ACNW	BOYS 11(3KM)	13.44
69	2522	EVERT	BEHR	ANWN	BOYS 11(3KM)	13.54
70	2743	Serame	Sekonyela	ACNW	BOYS 11(3KM)	13.56
71	2528	THUSO	MOLELEKI	ANWN	BOYS 11(3KM)	13.57
72	570	Bongokuhle	MPUNGOSE	AGN	BOYS 11(3KM)	14.15
73	2525	THABANG	MATHABOGE	ANWN	BOYS 11(3KM)	14.35
74	1175	Danie	MARAIS	AGN IND	BOYS 11(3KM)	14.42
75	2521	BARRY	BEDFORD	ANWN	BOYS 11(3KM)	14.47
76	2532	LOGAN	REPCO	ANWN	BOYS 11(3KM)	14.49
77	2523	REYNARD	KUHN	ANWN	BOYS 11(3KM)	14.56
78	1364	Caine	Khosa	LIMA	BOYS 11(3KM)	14.57
79	2756	Bruce	Fouché	ACNW	BOYS 11(3KM)	15.04
80	2537	FRANCOIS	VILJOEN	ANWN	BOYS 11(3KM)	15.12
81	1361	Heinke	Lubbe	LIMA	BOYS 11(3KM)	15.18
82	554	Solly	MOLEKWA	AGN	BOYS 11(3KM)	15.20
83	2744	Erik	Roux	ACNW	BOYS 11(3KM)	15.22
84	2527	TSHIAMO	MOKATI	ANWN	BOYS 11(3KM)	15.30
85	2746	Marno	Visagie	ACNW	BOYS 11(3KM)	15.31
86	2749	Wesley	Frans	ACNW	BOYS 11(3KM)	15.35
87	1566	RENALDO	WILLEMSE	AMPU	BOYS 11(3KM)	15.39
88	1365	Thereso	Mohuba	LIMA	BOYS 11(3KM)	15.40
89	1363	Moyahabo	Raphalo	LIMA	BOYS 11(3KM)	15.42
90	1366	Edward	Bannau	LIMA	BOYS 11(3KM)	15.44
91	2759	Marco	Jansen	ACNW	BOYS 11(3KM)	15.51
92	2748	Andre	Badenhorst	ACNW	BOYS 11(3KM)	16.12
93	564	Liam	CROWTHER	AGN	BOYS 11(3KM)	16.31
94	2530	WIAN	NORTMAN	ANWN	BOYS 11(3KM)	16.34
95	2536	JACO	VENTER	ANWN	BOYS 11(3KM)	17.21
96	2761	Brandon	Adamson	ACNW	BOYS 11(3KM)	17.38
97	2752	Juandre	De Beer	ACNW	BOYS 11(3KM)	17.40
98	2538	WILLIE	MANDERS	ANWN	BOYS 11(3KM)	17.41
99	516	Eric	Jacobs	ANWN	BOYS 11(3KM)	17.48
100	2754	Burger	Van Der Westhuize	ACNW	BOYS 11(3KM)	17.49
101	2757	Armand	Pretorius	ACNW	BOYS 11(3KM)	17.50
102	2755	Paul	Greyvensteyn	ACNW	BOYS 11(3KM)	17.51
103	1857	TSHEPO	LEHOKO	AVT	BOYS 11(3KM)	17.54
104	2762	Brian	Keys	ACNW	BOYS 11(3KM)	18.07

GIRLS 11 (3 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
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1	741	Zhandre	POTGIETER	AGN	GIRLS 11(3KM)	12.17
2	163	Dimpho	Makume	AFS	GIRLS 11(3KM)	12.18
3	164	Maletsatsi	Jampi	AFS	GIRLS 11(3KM)	12.23
4	2042	Lorinda	Swanepoel	CGA	GIRLS 11(3KM)	12.29
5	165	Sinah	Khauta	AFS	GIRLS 11(3KM)	12.35
6	2041	Zane	Labuschagne	CGA	GIRLS 11(3KM)	12.37
7	1858	BOITUMELO	THEBE	AVT	GIRLS 11(3KM)	12.41
8	1559	HAYLEY	VAN COLLER	AMPU	GIRLS 11(3KM)	12.42
9	1550	THULISILE	SIBIYA	AMPU	GIRLS 11(3KM)	12.47
10	2044	Kiera	Gosling	CGA	GIRLS 11(3KM)	12.48
11	170	Michelle	Dykman	AFS	GIRLS 11(3KM)	12.50
12	746	Megan	REDMOND	AGN	GIRLS 11(3KM)	12.50
13	2514	SHANEL	HATTINGH	ANWN	GIRLS 11(3KM)	12.50
14	2043	Kyla	Du Toit	CGA	GIRLS 11(3KM)	12.51
15	1343	Ngwanatladi	Matlou	LIMA	GIRLS 11(3KM)	12.51
16	2045	Camryn	Clark	CGA	GIRLS 11(3KM)	12.54
17	1549	DANIELE	HUMAN	AMPU	GIRLS 11(3KM)	12.54
18	752	Zane	JOUBERT	AGN	GIRLS 11(3KM)	12.54
19	742	M'zhane	POTGIETER	AGN	GIRLS 11(3KM)	12.57
20	1340	Sancha	van Niekerk	LIMA	GIRLS 11(3KM)	13.00
21	743	Alicia	COCHRANE	AGN	GIRLS 11(3KM)	13.00
22	2517	MICHAELA	REYNEKE	ANWN	GIRLS 11(3KM)	13.02
23	750	Lesego	LENGWATI	AGN	GIRLS 11(3KM)	13.05
24	396	Lynne	Eksteen	AGW	GIRLS 11(3KM)	13.05
25	744	Kayla	LOUW	AGN	GIRLS 11(3KM)	13.08
26	747	Maric	BARBARA STRESO	AGN	GIRLS 11(3KM)	13.11
27	749	Bianca	VILJOEN	AGN	GIRLS 11(3KM)	13.17
28	1764	Yonelda	Witbooi	ASWD	GIRLS 11(3KM)	13.23
29	745	Talitha	BEKKER	AGN	GIRLS 11(3KM)	13.24
30	2353	Lauren	Knobel	KZNA	GIRLS 11(3KM)	13.28
31	3003	Maria	Matsase	ACNW	GIRLS 11(3KM)	13.31
32	2520	DELENE	MPITI	ANWN	GIRLS 11(3KM)	13.31
33	2970	Ilane	Van Zyl	ACNW	GIRLS 11(3KM)	13.31
34	1551	REGINAH	MOTOAU	AMPU	GIRLS 11(3KM)	13.43
35	1767	Laurika	October	ASWD	GIRLS 11(3KM)	13.44
36	754	Danielle	POTGIETER	AGN	GIRLS 11(3KM)	13.44
37	2969	Jo-Ann	Annandale	ACNW	GIRLS 11(3KM)	13.47
38	1341	Marlene	Bredenkamp	LIMA	GIRLS 11(3KM)	13.51
39	2966	Dane	Holtzhausen	ACNW	GIRLS 11(3KM)	13.51
40	168	Milana	Muller	AFS	GIRLS 11(3KM)	13.53
41	167	Mari-Zell	Cary-Smith	AFS	GIRLS 11(3KM)	13.53
42	755	Cornel	STEYN	AGN	GIRLS 11(3KM)	13.58
43	2968	Desire	Els	ACNW	GIRLS 11(3KM)	13.58
44	169	Dimakatso	Mosito	AFS	GIRLS 11(3KM)	14.00
45	2046	Dina	Moreo	CGA	GIRLS 11(3KM)	14.00
46	1861	KARABO	TSHABALALA	AVT	GIRLS 11(3KM)	14.12
47	760	Zane	VAN DEVENTER	AGN	GIRLS 11(3KM)	14.22
48	2967	Marla	Muntingh	ACNW	GIRLS 11(3KM)	14.23
49	166	Lahliwe	Kgosimere	AFS	GIRLS 11(3KM)	14.25
50	759	Edith	VORSTER	AGN	GIRLS 11(3KM)	14.26

51	1859	LIMINDA	STASSEN	AVT	GIRLS 11(3KM)	14.28
52	1348	Anri	McLean	LIMA	GIRLS 11(3KM)	14.30
53	756	Elzette	COETZEE	AGN	GIRLS 11(3KM)	14.33
54	757	Mikyla	SMIT	AGN	GIRLS 11(3KM)	14.37
55	1342	Chené	van der Merwe	LIMA	GIRLS 11(3KM)	14.39
56	2973	Lu-Anne	Sparks	ACNW	GIRLS 11(3KM)	14.44
57	1345	Mologadi	Lebelo	LIMA	GIRLS 11(3KM)	14.44
58	2988	Evannah	Lings	ACNW	GIRLS 11(3KM)	15.02
59	1556	XABA	PHUMZILE	AMPU	GIRLS 11(3KM)	15.04
60	2980	Sunelle	Van Staden	ACNW	GIRLS 11(3KM)	15.22
61	751	Johannes	CHARLOTTE	AGN	GIRLS 11(3KM)	15.24
62	2965	Leane	Wilkens	ACNW	GIRLS 11(3KM)	15.29
63	2981	Ezmerelda	Last	ACNW	GIRLS 11(3KM)	15.33
64	753	Natasha	MURPHY	AGN	GIRLS 11(3KM)	15.38
65	2983	Renske	Barlow	ACNW	GIRLS 11(3KM)	15.42
66	748	Jana	COETZER	AGN	GIRLS 11(3KM)	15.48
67	758	Michelle	NOLTE	AGN	GIRLS 11(3KM)	15.54
68	2516	SUNETTE	LAUBSCHER	ANWN	GIRLS 11(3KM)	16.12
69	1351	Reneilwe	Kganyago	LIMA	GIRLS 11(3KM)	16.16
70	2972	Estelle	Van Tonder	ACNW	GIRLS 11(3KM)	16.20
71	1344	Nkone	Lebelo	LIMA	GIRLS 11(3KM)	16.24
72	1555	MAVIS	SITHOLE	AMPU	GIRLS 11(3KM)	16.30
73	2990	Tameron	Dias	ACNW	GIRLS 11(3KM)	16.33
74	1560	UGANDA	KHUMALO	AMPU	GIRLS 11(3KM)	16.36
75	2976	Marzel	Swart	ACNW	GIRLS 11(3KM)	16.38
76	2982	Shirley	O'Bryan	ACNW	GIRLS 11(3KM)	16.40
77	2985	Alison	Nienaber	ACNW	GIRLS 11(3KM)	16.44
78	2979	Elsi	Plaatjies	ACNW	GIRLS 11(3KM)	16.47
79	1860	OFENTSE	MOSIME	AVT	GIRLS 11(3KM)	16.48
80	2518	JEANETTE	TLOU	ANWN	GIRLS 11(3KM)	16.49
81	2987	Marcia	Vermeulen	ACNW	GIRLS 11(3KM)	16.49
82	2984	Chandre	Grobler	ACNW	GIRLS 11(3KM)	16.49
83	1557	KRISTI	SNYMAN	AMPU	GIRLS 11(3KM)	16.50
84	1554	MICHELLE	RICHMOND	AMPU	GIRLS 11(3KM)	16.52
85	3002	Melissa	Bhebhe	ACNW	GIRLS 11(3KM)	17.01
86	2977	Anke	Bezuidenhout	ACNW	GIRLS 11(3KM)	17.09
87	2992	Cherissa	Blignaut	ACNW	GIRLS 11(3KM)	17.13
88	2989	Coelette	Van Staden	ACNW	GIRLS 11(3KM)	17.15
89	2993	Magdeli	Steenekamp	ACNW	GIRLS 11(3KM)	17.30
90	2995	Constance	Agyemfra	ACNW	GIRLS 11(3KM)	17.41
91	1558	JUNICKE	BROEKMAN	AMPU	GIRLS 11(3KM)	17.57
92	2997	Marne	Penn	ACNW	GIRLS 11(3KM)	18.15
93	2996	Janika	Du Plessis	ACNW	GIRLS 11(3KM)	18.19
94	2999	Annique	Cloete	ACNW	GIRLS 11(3KM)	18.25
95	2998	Jolene	Roberts	ACNW	GIRLS 11(3KM)	18.34
dnf	2994	Carli	Van Staden	ACNW	GIRLS 11(3KM)	

BOYS 12 (3 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
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1	1963	Mogomotsi	Nxumalo	CGA	BOYS 12(3KM)	10.41
2	2562	JP	VAN DER MERWE	ANWN	BOYS 12(3KM)	10.49
3	1734	Leigh-Zandro	Hendricks	ASWD	BOYS 12(3KM)	10.57
4	1966	Gawie	Louw	CGA	BOYS 12(3KM)	11.00
5	206	Joseph	Mokoteli	AFS	BOYS 12(3KM)	11.02
6	209	Junior	Tsoeute	AFS	BOYS 12(3KM)	11.04
7	1968	Johnic	Smith	CGA	BOYS 12(3KM)	11.06
8	1736	Elvis	Botha	ASWD	BOYS 12(3KM)	11.15
9	578	Omphile	TLADI	AGN	BOYS 12(3KM)	11.16
10	3258	EZRA	FERREIRA	CGA	BOYS 12(3KM)	11.17
11	2421	Snenhlanhla	Hlongwane	KZNA	BOYS 12(3KM)	11.17
12	2420	MXOLESI	HLONGWANE	KZNA	BOYS 12(3KM)	11.21
13	1964	Melusi	Mlambo	CGA	BOYS 12(3KM)	11.21
14	221	Bangaphe	Mojeso	AFS	BOYS 12(3KM)	11.23
15	208	Pule	Phohlele	AFS	BOYS 12(3KM)	11.25
16	211	Lesego	Mosinki	AFS	BOYS 12(3KM)	11.25
17	575	Brendon	SKINNER	AGN	BOYS 12(3KM)	11.27
18	577	Curtly	KOCK	AGN	BOYS 12(3KM)	11.33
19	581	Barret	DE WILLERS	AGN	BOYS 12(3KM)	11.33
20	212	Karabelo	Mosalo	AFS	BOYS 12(3KM)	11.35
21	1967	Itumeleng	Seseko	CGA	BOYS 12(3KM)	11.35
22	429	Goitsemodimo	Moagi	AGW	BOYS 12(3KM)	11.35
23	1205	GREGORY	BEUKES	ANWC	BOYS 12(3KM)	11.38
24	207	Mosa	Nchamo	AFS	BOYS 12(3KM)	11.40
25	213	Tienus	De Wet	AFS	BOYS 12(3KM)	11.40
26	574	Christiaan	CRONJE	AGN	BOYS 12(3KM)	11.45
27	584	Jacobs	IRVIN	AGN	BOYS 12(3KM)	11.46
28	1969	Marc	Pritzen	CGA	BOYS 12(3KM)	11.51
29	1576	HENRIQUE	DE LANGE	AMPU	BOYS 12(3KM)	11.51
30	2419	Siyabonga	Msezane	KZNA	BOYS 12(3KM)	12.00
31	1374	Lukas	van der Merwe	LIMA	BOYS 12(3KM)	12.00
32	587	Rikus	BOTHA	AGN	BOYS 12(3KM)	12.04
33	2555	ERICH	HAASBROEK	ANWN	BOYS 12(3KM)	12.04
34	1578	THABISO	THWALA	AMPU	BOYS 12(3KM)	12.04
35	1735	Davon	Prins	ASWD	BOYS 12(3KM)	12.08
36	1580	LEHAN	VAN ZYL	AMPU	BOYS 12(3KM)	12.08
37	579	Kgothatso	NDLOVU	AGN	BOYS 12(3KM)	12.08
38	2765	Janno	Nel	ACNW	BOYS 12(3KM)	12.10
39	1965	Marco	Botha	CGA	BOYS 12(3KM)	12.10
40	576	Rion	BEYERS	AGN	BOYS 12(3KM)	12.12
41	215	Ntsokolo	Sodaba	AFS	BOYS 12(3KM)	12.12
42	582	Heno	V GRAAN	AGN	BOYS 12(3KM)	12.12
43	210	Tsietsi	Radebe	AFS	BOYS 12(3KM)	12.14
44	588	Estiaan	BIEWENGA	AGN	BOYS 12(3KM)	12.14
45	427	Drean	du Plessis	AGW	BOYS 12(3KM)	12.14
46	583	Stephan	FOURIE	AGN	BOYS 12(3KM)	12.20
47	1577	JOSEPH	MOKOENA	AMPU	BOYS 12(3KM)	12.20
48	432	Levino	Visser	AGW	BOYS 12(3KM)	12.25
49	2763	Sello	Pheleu	ACNW	BOYS 12(3KM)	12.26
50	1376	Jesse	Jones	LIMA	BOYS 12(3KM)	12.27

51	428	Sharlton	Kramp	AGW	BOYS 12(3KM)	12.28
52	3300	Sinovuyo	Mlalandle	ATRA	BOYS 12(3KM)	12.29
53	1862	TUMELO	MOKOENA	AVT	BOYS 12(3KM)	12.32
54	589	Wiehan	VAN NOORDWYK	AGN	BOYS 12(3KM)	12.33
55	590	Kekana	NKOSINATHI	AGN	BOYS 12(3KM)	12.34
56	586	Luan	LOUW	AGN	BOYS 12(3KM)	12.35
57	585	Reynardt	ANDERSON	AGN	BOYS 12(3KM)	12.15
58	1579	JODI	JORDAAN	AMPU	BOYS 12(3KM)	12.49
59	2424	Shabalala	Lindokuhle	KZNA	BOYS 12(3KM)	12.50
60	1375	Donvan	Maponya	LIMA	BOYS 12(3KM)	12.51
61	580	John-craig	NEIL	AGN	BOYS 12(3KM)	12.53
62	1864	PULE	SEITSHIRO	AVT	BOYS 12(3KM)	12.54
63	2771	Tshepo	Mahlasinya	ACNW	BOYS 12(3KM)	12.58
64	2767	S.J.	Taljaard	ACNW	BOYS 12(3KM)	12.59
65	2423	SIYABONGA	SIBAYA	KZNA	BOYS 12(3KM)	13.08
66	2554	EMWEE	CLOETE	ANWN	BOYS 12(3KM)	13.12
67	1582	DION	MOTLAUNG	AMPU	BOYS 12(3KM)	13.17
68	216	Mpho	Maartens	AFS	BOYS 12(3KM)	13.27
69	217	Lehlonolo	Leshoro	AFS	BOYS 12(3KM)	13.32
70	2557	FRANCO	OOSTHUIZEN	ANWN	BOYS 12(3KM)	13.35
71	430	Ontlametse	Motlhatlhedhi	AGW	BOYS 12(3KM)	13.37
72	220	Ruan	Bekker	AFS	BOYS 12(3KM)	13.41
73	2768	Celwin	Du Plessis	ACNW	BOYS 12(3KM)	13.42
74	1863	KATLEHO	MANKAYI	AVT	BOYS 12(3KM)	13.45
75	1383	Brian	Moyaha	LIMA	BOYS 12(3KM)	13.50
76	2782	Tala	Nhapi	ACNW	BOYS 12(3KM)	13.52
77	2764	Itumeleng	Mokanyane	ACNW	BOYS 12(3KM)	14.10
78	426	Renaldo	Appolis	AGW	BOYS 12(3KM)	14.12
79	2558	KAGISO	PHEFO	ANWN	BOYS 12(3KM)	14.21
80	2559	RICO	POTGIETER	ANWN	BOYS 12(3KM)	14.22
81	431	Leon	Pienaar	AGW	BOYS 12(3KM)	14.23
82	1381	Mothusi	Gomba	LIMA	BOYS 12(3KM)	14.26
83	1380	Jacques	Swart	LIMA	BOYS 12(3KM)	14.29
84	1377	Andile	Peter	LIMA	BOYS 12(3KM)	14.30
85	2770	Speelman	Gewillig	ACNW	BOYS 12(3KM)	14.39
86	1206	SHANEWILL	WHITLOW	ANWC	BOYS 12(3KM)	14.46
87	2776	Xavier	De Gois	ACNW	BOYS 12(3KM)	14.50
88	2560	JAN	SWANEPOEL	ANWN	BOYS 12(3KM)	14.52
89	1382	Denvin	Ramasila	LIMA	BOYS 12(3KM)	15.26
90	2774	Johannes	Jonker	ACNW	BOYS 12(3KM)	15.28
91	2777	Awie	Cloete	ACNW	BOYS 12(3KM)	15.29
92	2775	Smith	Daniels	ACNW	BOYS 12(3KM)	15.32
93	2769	Mpho	Mokoena	ACNW	BOYS 12(3KM)	15.34
94	1379	Aobakwe	Raborife	LIMA	BOYS 12(3KM)	15.38
95	1583	SANELE	NTSIBANDE	AMPU	BOYS 12(3KM)	15.46
96	2788	Merwe	Van Der Vyver	ACNW	BOYS 12(3KM)	15.49
97	2795	Mickel	Vana	ACNW	BOYS 12(3KM)	15.55
98	2779	Tawanda	Nhapi	ACNW	BOYS 12(3KM)	16.00
99	2773	Nico	Plekker	ACNW	BOYS 12(3KM)	16.18
100	2791	Thomas	Pretorius	ACNW	BOYS 12(3KM)	16.19

101	1575	THAPELO	DLUDLU	AMPU	BOYS 12(3KM)	16.22
102	2787	Stephen	Jansen Van Rensbu	ACNW	BOYS 12(3KM)	16.26
103	2790	Tebogo	Dupa	ACNW	BOYS 12(3KM)	16.30
104	2789	Duncan	Menezes	ACNW	BOYS 12(3KM)	17.10
105	2781	Richard	Cooper	ACNW	BOYS 12(3KM)	17.22
106	2556	DEHAN	HERBST	ANWN	BOYS 12(3KM)	17.24
107	2783	Jonathan	Cooper	ACNW	BOYS 12(3KM)	17.42
108	2798	Steven	Klaas	ACNW	BOYS 12(3KM)	17.44
109	2792	Hano	Pretorius	ACNW	BOYS 12(3KM)	17.46
110	2794	Calven	Mülder	ACNW	BOYS 12(3KM)	18.02
111	2561	WJ	SWANEPOEL	ANWN	BOYS 12(3KM)	18.20
112	2797	Danie	Bloem	ACNW	BOYS 12(3KM)	18.36

GIRLS 12 (3 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2047	Simonay	Weitsz	CGA	GIRLS 12(3KM)	11.42
2	1865	LEBOHANG	MOHAMI	AVT	GIRLS 12(3KM)	11.48
3	2048	Michaella	Tyrrell	CGA	GIRLS 12(3KM)	11.52
4	2053	Natasha	Steinberg	CGA	GIRLS 12(3KM)	11.56
5	1367	Gizelde	Strauss	LIMA	GIRLS 12(3KM)	12.01
6	171	Anche	Horak	AFS	GIRLS 12(3KM)	12.03
7	174	Nyane	Mofokeng	AFS	GIRLS 12(3KM)	12.06
8	1866	NTHABISENG	KHUMALO	AVT	GIRLS 12(3KM)	12.06
9	173	Melicia	Maree	AFS	GIRLS 12(3KM)	12.08
10	175	Carien	Sander	AFS	GIRLS 12(3KM)	12.21
11	761	Anice	LE ROUX	AGN	GIRLS 12(3KM)	12.21
12	181	Jabulile	Nkabini	AFS	GIRLS 12(3KM)	12.25
13	172	Hesmari	Maartens	AFS	GIRLS 12(3KM)	12.27
14	2052	Hlengiwe	Makofane	CGA	GIRLS 12(3KM)	12.29
15	1768	Sihle	Bokada	ASWD	GIRLS 12(3KM)	12.33
16	2350	Natascha	Hartman	KZNA	GIRLS 12(3KM)	12.36
17	183	Elouise	Pretorius	AFS	GIRLS 12(3KM)	12.40
18	1770	Githe	Stander	ASWD	GIRLS 12(3KM)	12.41
19	766	Katrin	HENZEN	AGN	GIRLS 12(3KM)	12.42
20	178	Maria	Mohliselwa	AFS	GIRLS 12(3KM)	12.43
21	2539	DOMINIQUE	BARNARD	ANWN	GIRLS 12(3KM)	12.43
22	1568	LORINDA	STAPELBERG	AMPU	GIRLS 12(3KM)	12.43
23	184	Nthati	Radebe	AFS	GIRLS 12(3KM)	12.48
24	764	Zanele	MASIMINI	AGN	GIRLS 12(3KM)	12.50
25	180	Zelda	Van der Merwe	AFS	GIRLS 12(3KM)	12.54
26	2051	Felicia	Nkomo	CGA	GIRLS 12(3KM)	12.57
27	177	Mpho	Marumo	AFS	GIRLS 12(3KM)	12.57
28	179	Palesa	Lawrance	AFS	GIRLS 12(3KM)	12.47
29	2549	MIEKE	RALL	ANWN	GIRLS 12(3KM)	13.00
30	3037	Odette	Dreyer	ACNW IND	GIRLS 12(3KM)	13.02
31	3006	Shanté	Hetzel	ACNW	GIRLS 12(3KM)	13.05
32	773	Cindy	VAN BERS	AGN	GIRLS 12(3KM)	13.08
33	176	Mizan	Viljoen	AFS	GIRLS 12(3KM)	13.08
34	2543	JOLANDI	HORN	ANWN	GIRLS 12(3KM)	13.08

35	767	Karmen	SWARTS	AGN	GIRLS 12(3KM)	13.10
36	1222	BRITNEY	VAN ROOI	ANWC	GIRLS 12(3KM)	13.10
37	771	Cosy	MARIPA	AGN	GIRLS 12(3KM)	13.10
38	186	Leandri	Boshoff	AFS	GIRLS 12(3KM)	13.10
39	770	Luzelle	LUBBE	AGN	GIRLS 12(3KM)	13.15
40	763	Khomotso	MOLEKOA	AGN	GIRLS 12(3KM)	13.15
41	187	Christina	Olivier	AFS	GIRLS 12(3KM)	13.15
42	1567	MELIZE	FOURIE	AMPU	GIRLS 12(3KM)	13.15
43	2352	Boniswa	Ximba	KZNA	GIRLS 12(3KM)	13.15
44	3004	Line	Pretorius	ACNW	GIRLS 12(3KM)	13.20
45	1368	Louise	Schutte	LIMA	GIRLS 12(3KM)	13.20
46	399	Adele	Vermeulen	AGW	GIRLS 12(3KM)	13.20
47	762	Nana	MOGALE	AGN	GIRLS 12(3KM)	13.20
48	2049	Danielle	De Kock	CGA	GIRLS 12(3KM)	13.20
49	2547	LIZE-MARIE	NAUDE	ANWN	GIRLS 12(3KM)	13.20
50	777	Carla	FOURIE	AGN	GIRLS 12(3KM)	13.23
51	1867	BIANCA	DORFLING	AVT	GIRLS 12(3KM)	13.23
52	2542	CORLIN	HARTMAN	ANWN	GIRLS 12(3KM)	13.23
53	190	Carli	Schutte	AFS	GIRLS 12(3KM)	13.24
54	769	Marelize	REITZ	AGN	GIRLS 12(3KM)	13.28
55	765	Toni	GEDDES	AGN	GIRLS 12(3KM)	13.34
56	3008	Milandré	Stafford	ACNW	GIRLS 12(3KM)	13.34
57	3009	Lené	De Kock	ACNW	GIRLS 12(3KM)	13.36
58	189	Matshediso	Marumo	AFS	GIRLS 12(3KM)	13.36
59	776	Vandi	PIENAAR	AGN	GIRLS 12(3KM)	13.36
60	1570	NOMUSA	HLEZA	AMPU	GIRLS 12(3KM)	13.41
61	1769	Tamlin	Cook	ASWD	GIRLS 12(3KM)	13.42
62	2552	JOLANDI	VENTER	ANWN	GIRLS 12(3KM)	13.43
63	3005	Nthabeleng	Moilamashi	ACNW	GIRLS 12(3KM)	13.44
64	779	Anita	STRYDOM	AGN	GIRLS 12(3KM)	13.44
65	185	Mafei	Mbhele	AFS	GIRLS 12(3KM)	13.47
66	1573	ITUMELENG	MKHIZE	AMPU	GIRLS 12(3KM)	13.47
67	778	Megan	MARE	AGN	GIRLS 12(3KM)	13.47
68	398	Enya	Louw	AGW	GIRLS 12(3KM)	13.51
69	1571	THEMBELIHLE	MASUKU	AMPU	GIRLS 12(3KM)	13.53
70	1868	GLORIA	TSEEKE	AVT	GIRLS 12(3KM)	13.53
71	188	Dimpho	Lehasa	AFS	GIRLS 12(3KM)	13.56
72	1569	SUE-MARIE	FERREIRA-NETTO	AMPU	GIRLS 12(3KM)	13.56
73	3332	Siziphiwe	Mazwi	ATRA	GIRLS 12(3KM)	13.56
74	772	Nina	DREECKMEIER	AGN	GIRLS 12(3KM)	13.56
75	2050	Liza	Kellerman	CGA	GIRLS 12(3KM)	14.00
76	191	Danell	Muller	AFS	GIRLS 12(3KM)	14.00
77	2541	MEGAN	FOURIE	ANWN	GIRLS 12(3KM)	14.18
78	1572	MONJA	FOURIE	AMPU	GIRLS 12(3KM)	14.20
79	768	Jessia	DE WITT	AGN	GIRLS 12(3KM)	14.21
80	1574	CHRISTA	DU PLESSIS	AMPU	GIRLS 12(3KM)	14.24
81	2546	ANALIZE	MARX	ANWN	GIRLS 12(3KM)	14.27
82	2545	MARLE	KRUGER	ANWN	GIRLS 12(3KM)	14.29
83	1369	Zanel	Bester	LIMA	GIRLS 12(3KM)	14.34
84	192	Suzel	Engelbrecht	AFS	GIRLS 12(3KM)	14.35

85	3010	Rika	West	ACNW	GIRLS 12(3KM)	14.36
86	1196	Ellne	KOTZE	AGN IND	GIRLS 12(3KM)	15.00
87	1223	LIZELLE	LINKS	ANWC	GIRLS 12(3KM)	15.06
88	1372	Lize-Merie	Troskie	LIMA	GIRLS 12(3KM)	15.07
89	3015	Roselle	Pyper	ACNW	GIRLS 12(3KM)	15.09
90	1371	Courtney	Bridger	LIMA	GIRLS 12(3KM)	15.11
91	3017	Kayla	Van Der Westhuize	ACNW	GIRLS 12(3KM)	15.13
92	3012	Fortune	Somenza	ACNW	GIRLS 12(3KM)	15.15
93	2332	Londeka	Ndlovu	KZNA	GIRLS 12(3KM)	15.17
94	2548	IPELENG	NYATLO	ANWN	GIRLS 12(3KM)	15.18
95	182	Rianie	Dettmann	AFS	GIRLS 12(3KM)	15.20
96	775	Memani	NOMANDLA	AGN	GIRLS 12(3KM)	15.26
97	3014	Ena	Van Aarde	ACNW	GIRLS 12(3KM)	15.27
98	2354	Sthandiwe	Mbuyisa	KZNA	GIRLS 12(3KM)	15.31
99	2551	BERNICE	SMIT	ANWN	GIRLS 12(3KM)	15.40
100	2355	Anele	Blake	KZNA	GIRLS 12(3KM)	15.46
101	2550	LEONI	ROSSOUW	ANWN	GIRLS 12(3KM)	15.50
102	3016	Lesedi	Molefi	ACNW	GIRLS 12(3KM)	15.56
103	3013	Maridine	Rossouw	ACNW	GIRLS 12(3KM)	16.00
104	3035	Lerato	Mahole	ACNW	GIRLS 12(3KM)	16.04
105	1370	Mahlako	Tau	LIMA	GIRLS 12(3KM)	16.08
106	3026	Dominique	Greyling	ACNW	GIRLS 12(3KM)	16.28
107	2544	SHAYLE	JONES	ANWN	GIRLS 12(3KM)	16.46
108	3019	Annette	Koen	ACNW	GIRLS 12(3KM)	16.49
109	3022	Lizanne	Scholtz	ACNW	GIRLS 12(3KM)	16.54
110	3020	Angelique	Vos	ACNW	GIRLS 12(3KM)	16.58
111	3023	Kamilla	Booyesen	ACNW	GIRLS 12(3KM)	17.00
112	3021	Gene	Buys	ACNW	GIRLS 12(3KM)	17.08
113	3032	Kagalelo	Seipone	ACNW	GIRLS 12(3KM)	17.20
114	2553	NOENELDI	JORDAAN	ANWN	GIRLS 12(3KM)	17.22
115	2540	NATASHA	DE KLERK	ANWN	GIRLS 12(3KM)	17.24
116	3025	Lezandri	Steenkamp	ACNW	GIRLS 12(3KM)	17.34
117	3029	Danica	De Lange	ACNW	GIRLS 12(3KM)	17.38
118	3034	Jeanelle	Van Den Berg	ACNW	GIRLS 12(3KM)	17.43
119	3031	Ayanda	Jantjies	ACNW	GIRLS 12(3KM)	17.48
120	3024	Inge	Van Rooyen	ACNW	GIRLS 12(3KM)	17.52
121	3030	Sabine	Peters	ACNW	GIRLS 12(3KM)	18.04
122	3018	Lonzelle	Maritz	ACNW	GIRLS 12(3KM)	18.10
123	3028	Marilet	Hamitton-Attwell	ACNW	GIRLS 12(3KM)	18.12
124	3033	Lamein	Nel	ACNW	GIRLS 12(3KM)	18.17

BOYS 13 (4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1				CGA	BOYS 13(4KM)	13.04
2	241	Nope	Molejane	AFS	BOYS 13(4KM)	13.05
3	1267	ROWHALDO	RATZ	WPA	BOYS 13(4KM)	13.36
4	1974	Marnus	Roberts	CGA	BOYS 13(4KM)	13.42
5	1392	Sello	Nyaweni	LIMA	BOYS 13(4KM)	16.58
6	242	Rethabile	Majoro	AFS	BOYS 13(4KM)	13.58

7	608	Tebogo	MAHLANGU	AGN	BOYS 13(4KM)	14.03
8	1975	Bheki	Tshabalala	CGA	BOYS 13(4KM)	14.11
9	244	Lawrence	Nkokoto	AFS	BOYS 13(4KM)	14.13
10	591	Romano	SLINGER	AGN	BOYS 13(4KM)	14.18
11	1972	Mandla	Ntlumayo	CGA	BOYS 13(4KM)	14.21
12	245	Sengu	Khomo	AFS	BOYS 13(4KM)	14.23
13	1738	Piet	Kruger	ASWD	BOYS 13(4KM)	14.26
14	1976	Thabang	Mantsho	CGA	BOYS 13(4KM)	14.29
15	251	Charles	Lekhooa	AFS	BOYS 13(4KM)	14.31
16	1977	Neo	Mphahlele	CGA	BOYS 13(4KM)	14.31
17	1590	THAPELO	MAKOFANE	AMPU	BOYS 13(4KM)	14.42
18	592	Mxolisi	NEBONDE	AGN	BOYS 13(4KM)	14.42
19	1395	Jan	du Plessis	LIMA	BOYS 13(4KM)	14.45
20	1207	ALBERTUS	VAN WYK	ANWC	BOYS 13(4KM)	14.47
21	2576	JUAN	HATTING	ANWN	BOYS 13(4KM)	14.47
22	247	Lunga	Gadala	AFS	BOYS 13(4KM)	14.47
23	249	Tshepo	Kalane	AFS	BOYS 13(4KM)	14.48
24	1980	Cohan	Smith	CGA	BOYS 13(4KM)	14.48
25	1973	Migael	Strydom	CGA	BOYS 13(4KM)	14.48
26	1979	Samkelisiwe	Shongwe	CGA	BOYS 13(4KM)	14.50
27	1978	Samkelo	Shongwe	CGA	BOYS 13(4KM)	14.55
28	597	Martin	BECKER	AGN	BOYS 13(4KM)	14.55
29	1589	SABELO	MASHININI	AMPU	BOYS 13(4KM)	14.55
30	248	Katleho	Pudumo	AFS	BOYS 13(4KM)	14.58
31	594	Hanco	MINNAAR	AGN	BOYS 13(4KM)	14.58
32	1981	Michael	Jezeli	CGA	BOYS 13(4KM)	15.01
33	593	Ronaldo	SLINGER	AGN	BOYS 13(4KM)	15.04
34	1739	Nico	Louw	ASWD	BOYS 13(4KM)	15.08
35	256	Obakeng	Losika	AFS	BOYS 13(4KM)	15.08
36	246	Fikile	Maseela	AFS	BOYS 13(4KM)	15.10
37	601	Joseph	MULEYA	AGN	BOYS 13(4KM)	15.10
38	2416	Syabonga	Mathe	KZNA	BOYS 13(4KM)	15.13
39	600	Eri-chaan	TANGA	AGN	BOYS 13(4KM)	15.15
40	250	Zwelakhe	Tentsi	AFS	BOYS 13(4KM)	15.25
41	263	Louis	Botha	AFS	BOYS 13(4KM)	15.25
42	262	Gosiame	Tau	AFS	BOYS 13(4KM)	15.25
43	2799	David	Mampe	ACNW	BOYS 13(4KM)	15.25
44	1268	KHAYELETHU	MACAMBA	WPA	BOYS 13(4KM)	15.29
45	598	Wian	KENDALL	AGN	BOYS 13(4KM)	15.29
46	254	Tsebo	Masulubele	AFS	BOYS 13(4KM)	15.29
47	605	Koena	B MONENE	AGN	BOYS 13(4KM)	15.29
48	2580	OMPHEMOTSE	MATLOKWEA	ANWN	BOYS 13(4KM)	15.33
49	257	Piet	Moeti	AFS	BOYS 13(4KM)	15.35
50	260	Prince Lerato	Booy	AFS	BOYS 13(4KM)	15.37
51	2574	WILLEM	BERRANGE	ANWN	BOYS 13(4KM)	15.44
52	258	Tiisetso	Mpojane	AFS	BOYS 13(4KM)	15.49
53	599	Vishendra	MAYESS	AGN	BOYS 13(4KM)	15.51
54	2418	Jared	Kriel	KZNA	BOYS 13(4KM)	15.51
55	255	Thabang	Ramokganye	AFS	BOYS 13(4KM)	15.51
56	607	Llewellyn	COLEMAN	AGN	BOYS 13(4KM)	15.55

57	2584	KEABETSWE	TONE	ANWN	BOYS 13(4KM)	15.58
58	433	Romaneo	Links	AGW	BOYS 13(4KM)	15.58
59	595	Tebogo	A YENDE	AGN	BOYS 13(4KM)	16.00
60	1737	Jorwin	Pieterse	ASWD	BOYS 13(4KM)	16.00
61	604	Hendrik	WHITE	AGN	BOYS 13(4KM)	16.02
62	603	Willie	VAN DEVENTER	AGN	BOYS 13(4KM)	16.02
63	1870	TEBOHO	MAGAGANE	AVT	BOYS 13(4KM)	16.09
64	1396	Phetogo	Molomo	LIMA	BOYS 13(4KM)	16.11
65	435	Mosa	Kasae	AGW	BOYS 13(4KM)	16.15
66	261	Heinrich	Bruhns	AFS	BOYS 13(4KM)	16.15
67	609	Hendrik	WEHMEYER	AGN	BOYS 13(4KM)	16.16
68	436	Arno	Cloete	AGW	BOYS 13(4KM)	16.19
69	252	Molefi	Makoba	AFS	BOYS 13(4KM)	16.20
70	602	Francois	DU TOIT	AGN	BOYS 13(4KM)	16.20
71	606	Reinardt	ERASMUS	AGN	BOYS 13(4KM)	16.27
72	1872	MOSIOA	MSIMANGA	AVT	BOYS 13(4KM)	16.31
73	1591	STEYN	VAN DEN HEEVER	AMPU	BOYS 13(4KM)	16.34
74	1592	THABO	SEROKA	AMPU	BOYS 13(4KM)	16.37
75	1871	MUSA	NKOSI	AVT	BOYS 13(4KM)	16.37
76	1400	Phuti	Kganyago	LIMA	BOYS 13(4KM)	16.41
77	2800	Simon	Makotoza	ACNW	BOYS 13(4KM)	16.46
78	2802	Franco	Botes	ACNW	BOYS 13(4KM)	16.48
79	2801	Daniel	Wentzel	ACNW	BOYS 13(4KM)	16.51
80	434	Dick	Setlhabi	AGW	BOYS 13(4KM)	16.52
81	2583	DOHANN	NEL	ANWN	BOYS 13(4KM)	16.52
82	610	Brendon	DAMONS	AGN	BOYS 13(4KM)	16.52
83	2804	Boitumelo	Might	ACNW	BOYS 13(4KM)	17.00
84	2823	Alex	Jacob	ACNW	BOYS 13(4KM)	17.01
85	2577	WILLEM	JACOBSZ	ANWN	BOYS 13(4KM)	17.06
86	2414	Mthunzi	Mazibuko	KZNA	BOYS 13(4KM)	17.17
87	2806	Tsepang	Makhobotloane	ACNW	BOYS 13(4KM)	17.17
88	1593	LUCKY	MTHOMBENI	AMPU	BOYS 13(4KM)	17.17
89	2581	ODIRILE	MODISE	ANWN	BOYS 13(4KM)	17.23
90	2805	Raynard	Stroh	ACNW	BOYS 13(4KM)	17.26
91	1401	Thato	Maboa	LIMA	BOYS 13(4KM)	17.28
92	1402	Freddie	Lubbe	LIMA	BOYS 13(4KM)	17.31
93	1179	Buti	MOOKI	AGN IND	BOYS 13(4KM)	17.36
94	1398	William	Masimini	LIMA	BOYS 13(4KM)	17.36
95	2582	OBAKENG	MOKUA	ANWN	BOYS 13(4KM)	17.41
96	2579	JUNIOR	MATHEWSON	ANWN	BOYS 13(4KM)	17.46
97	1869	SAMSON	MOTAUNG	AVT	BOYS 13(4KM)	17.49
98	1403	Fortune	Mbewe	LIMA	BOYS 13(4KM)	17.52
99	1594	NICO	VAN DEN BERG	AMPU	BOYS 13(4KM)	17.52
100	1399	Jaco	van Rooyen	LIMA	BOYS 13(4KM)	18.00
101	2807	Ralph	Erasmus	ACNW	BOYS 13(4KM)	18.09
102	2813	Adriaan	De Freitas	ACNW	BOYS 13(4KM)	18.13
103	2812	Rudolf	Gouws	ACNW	BOYS 13(4KM)	18.21
104	1595	SIZWE	LETSAI	AMPU	BOYS 13(4KM)	18.30
105	2575	ROBERT	DE BUYS	ANWN	BOYS 13(4KM)	18.44
106	2809	Van Zyl	Brand	ACNW	BOYS 13(4KM)	18.52

107	2810	Sam	Dikgomo	ACNW	BOYS 13(4KM)	19.06
108	2815	Heinrich	Greyling	ACNW	BOYS 13(4KM)	19.07
109	2814	Marius	Schroeder	ACNW	BOYS 13(4KM)	19.19
110	2578	BAPALETWE	LETSHOLO	ANWN	BOYS 13(4KM)	19.20
111	2822	Rebone	Legalanitlwa	ACNW	BOYS 13(4KM)	19.29
112	2818	Jay-Dee	Paulsen	ACNW	BOYS 13(4KM)	19.31
113	1405	Letlhogonole	Makhoto	LIMA	BOYS 13(4KM)	19.38
114	2811	Wilbert	Viljoen	ACNW	BOYS 13(4KM)	19.43
115	1397	Bonolo	Majadibodu	LIMA	BOYS 13(4KM)	20.09
116	596	Emmanuel	BRUSSEL	AGN	BOYS 13(4KM)	20.14
117	2415	Mlondolozzi	Jali	KZNA	BOYS 13(4KM)	20.21
118	2820	Vincent	Rossouw	ACNW	BOYS 13(4KM)	20.47
119	2819	Kabelo	Selahla	ACNW	BOYS 13(4KM)	20.53
120	2585	DILLE	TSTASI	ANWN	BOYS 13(4KM)	21.13
121	2821	Nols	Bezuidenhout	ACNW	BOYS 13(4KM)	22.20

GIRLS 13 (3 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1384	Tshegofatso	Sethakgoe	LIMA	GIRLS 13(3KM)	11.15
2	222	Makhantshe	Monelo	AFS	GIRLS 13(3KM)	11.28
3	2055	Nicole	Van Der Merwe	CGA	GIRLS 13(3KM)	11.30
4	2054	Carla	Du Randt	CGA	GIRLS 13(3KM)	11.39
5	1283	HAYLEY	PREEN	WPA	GIRLS 13(3KM)	11.52
6	2057	Monique	Crafford	CGA	GIRLS 13(3KM)	11.59
7	2056	Sibongile	Merina	CGA	GIRLS 13(3KM)	12.02
8	1774	Michall	Meintjies	ASWD	GIRLS 13(3KM)	12.04
9	798	Monique	STAPEL	AGN	GIRLS 13(3KM)	12.04
10	226	Charlen	Molelekoa	AFS	GIRLS 13(3KM)	12.06
11	2058	Bathabile	Tladi	CGA	GIRLS 13(3KM)	12.10
12	223	Jamè-Sue	Vermaas	AFS	GIRLS 13(3KM)	12.10
13	240	Lebohang	Motsoeneng	AFS	GIRLS 13(3KM)	12.16
14	3038	Nadine	Gouws	ACNW	GIRLS 13(3KM)	12.18
15	3191	Lumka	Qina	ATRA	GIRLS 13(3KM)	12.20
16	225	Maseabata	Mopalami	AFS	GIRLS 13(3KM)	12.22
17	2061	Thandiwe	Dlamini	CGA	GIRLS 13(3KM)	12.22
18	797	Carla	VENTER	AGN	GIRLS 13(3KM)	12.28
19	780	Caelin	VAN DER WESTHUI	AGN	GIRLS 13(3KM)	12.31
20	224	Boikano	Setsego	AFS	GIRLS 13(3KM)	12.32
21	1282	SIMONÉ	LINKS	WPA	GIRLS 13(3KM)	12.32
22	783	Justine	BLAETTLER	AGN	GIRLS 13(3KM)	12.32
23	2064	Nokubonga	DUBE	CGA	GIRLS 13(3KM)	12.36
24	230	Chere	Weydeman	AFS	GIRLS 13(3KM)	12.36
25	801	Rachel	MODISE	AGN	GIRLS 13(3KM)	12.36
26	1874	KABELO	KHUTSOANE	AVT	GIRLS 13(3KM)	12.36
27	1586	REENE-MARI	LUUS	AMPU	GIRLS 13(3KM)	12.38
28	2568	ROCHELLE	MENEZIES	ANWN	GIRLS 13(3KM)	12.41
29	800	Karla	GREEFF	AGN	GIRLS 13(3KM)	12.42
30	2063	Alicia	Schmidt	CGA	GIRLS 13(3KM)	12.44
31	799	Nicole	BASSON	AGN	GIRLS 13(3KM)	12.44

32	1873	MAMELLO	MOTAUNG	AVT	GIRLS 13(3KM)	12.44
33	1585	THEMBI	MASUKU	AMPU	GIRLS 13(3KM)	12.44
34	2566	MARYNA	KAMFER	ANWN	GIRLS 13(3KM)	12.51
35	237	Louis-Mari	Zaabel	AFS	GIRLS 13(3KM)	12.52
36	1385	Karabo	Masemene	LIMA	GIRLS 13(3KM)	12.54
37	233	Nteboheng	Kompi	AFS	GIRLS 13(3KM)	12.56
38	782	Hanri	LE ROUX	AGN	GIRLS 13(3KM)	12.56
39	2062	Lerato Seabi	Mazibuko	CGA	GIRLS 13(3KM)	12.56
40	2344	Sabathile	Khumalo	KZNA	GIRLS 13(3KM)	12.56
41	231	Nthabeleng	Rampa	AFS	GIRLS 13(3KM)	12.56
42	3039	Carla	Kok	ACNW	GIRLS 13(3KM)	13.00
43	787	Megan	ROBERTS	AGN	GIRLS 13(3KM)	13.02
44	2059	Buang	Ramoruta	CGA	GIRLS 13(3KM)	13.06
45	228	Puleng	Moloi	AFS	GIRLS 13(3KM)	13.10
46	2346	Skhawulile	Zondo	KZNA	GIRLS 13(3KM)	13.12
47	1386	Michelle	Stevens	LIMA	GIRLS 13(3KM)	13.12
48	1587	GABISILE	GXUBANE	AMPU	GIRLS 13(3KM)	13.12
49	236	Isabel	Muller	AFS	GIRLS 13(3KM)	13.12
50	238	Melissa	Mathee	AFS	GIRLS 13(3KM)	13.12
51	227	Petunia	Ramaile	AFS	GIRLS 13(3KM)	13.15
52	1224	SORETTA	PETRO	ANWC	GIRLS 13(3KM)	13.16
53	795	Michelene	KAHL	AGN	GIRLS 13(3KM)	13.16
54	235	Riana	Van der Linde	AFS	GIRLS 13(3KM)	13.16
55	2573	ANE	VENTER	ANWN	GIRLS 13(3KM)	13.16
56	788	Kyla	DE WAAL	AGN	GIRLS 13(3KM)	13.16
57	239	Esrane	Snyman	AFS	GIRLS 13(3KM)	13.18
58	2572	LEMAY	VAN RENSBURG	ANWN	GIRLS 13(3KM)	13.18
59	3041	Jozanne	St. Quintin	ACNW	GIRLS 13(3KM)	13.18
60	784	Chanzelle	SNYDER	AGN	GIRLS 13(3KM)	13.18
61	1772	Monique	Stuurman	ASWD	GIRLS 13(3KM)	13.20
62	3040	Sunique	Becker	ACNW	GIRLS 13(3KM)	13.20
63	1773	Clarisha	Petersen	ASWD	GIRLS 13(3KM)	13.20
64	1387	Chantenique	Niemand	LIMA	GIRLS 13(3KM)	13.20
65	794	Amore	MATTHEUS	AGN	GIRLS 13(3KM)	13.22
66	1389	Monique	de Sousa	LIMA	GIRLS 13(3KM)	13.26
67	497	Sirayi	Zisanda	ATRA	GIRLS 13(3KM)	13.31
68	3043	Rene	Du Plessis	ACNW	GIRLS 13(3KM)	13.31
69	793	Mihandi	KIRCHNER	AGN	GIRLS 13(3KM)	13.34
70	1875	TSHEPANG	MASOKWENE	AVT	GIRLS 13(3KM)	13.34
71	401	Jeanne-Ami	Steenkamp	AGW	GIRLS 13(3KM)	13.34
72	789	Elizma	SWANEPOEL	AGN	GIRLS 13(3KM)	13.37
73	792	Monique	GEEL	AGN	GIRLS 13(3KM)	13.39
74	402	Carmi	Strauss	AGW	GIRLS 13(3KM)	13.42
75	1876	LINE	VAN DEVENTER	AVT	GIRLS 13(3KM)	13.42
76	791	Dinyca	DICK	AGN	GIRLS 13(3KM)	13.42
77	786	Kyle	JOUBERT	AGN	GIRLS 13(3KM)	13.44
78	3042	Thethiwe	Mpele	ACNW	GIRLS 13(3KM)	13.46
79	2348	Khea	Emms	KZNA	GIRLS 13(3KM)	13.46
80	790	Zelma	BOTHA	AGN	GIRLS 13(3KM)	13.51
81	1388	Janke	Blaunt	LIMA	GIRLS 13(3KM)	13.54

82	781	Karabo	MOLEELE	AGN	GIRLS 13(3KM)	13.54
83	2349	Lindelo	Mangele	KZNA	GIRLS 13(3KM)	13.56
84	3048	Dorothea	Henning	ACNW	GIRLS 13(3KM)	13.59
85	3044	Mathapelo	Ncokwane	ACNW	GIRLS 13(3KM)	14.04
86	2345	Hlengiwe	Zuma	KZNA	GIRLS 13(3KM)	14.08
87	2569	ANGEL	MOTHUSI	ANWN	GIRLS 13(3KM)	14.12
88	2571	BIANCA	V REYNEVELD	ANWN	GIRLS 13(3KM)	14.12
89	400	Carli	Beukes	AGW	GIRLS 13(3KM)	14.21
90	3052	Micaela	Mülder	ACNW	GIRLS 13(3KM)	14.21
91	3050	Natasha	Fourie	ACNW	GIRLS 13(3KM)	14.23
92	2570	MICAELA	MURLEY	ANWN	GIRLS 13(3KM)	14.26
93	1390	Carine	Greyvenstein	LIMA	GIRLS 13(3KM)	14.26
94	785	Monique	SMITH	AGN	GIRLS 13(3KM)	14.26
95	3045	Michelle	Harmse	ACNW	GIRLS 13(3KM)	14.29
96	796	Laurie	HUYSER	AGN	GIRLS 13(3KM)	14.30
97	3049	Joané	Steyn	ACNW	GIRLS 13(3KM)	14.33
98	3047	Elana	Pretorius	ACNW	GIRLS 13(3KM)	14.33
99	1775	Raischa	Bassel	ASWD	GIRLS 13(3KM)	14.36
100	2564	MICHELLE	FORBES	ANWN	GIRLS 13(3KM)	14.36
101	3055	Karin	Steyn	ACNW	GIRLS 13(3KM)	14.41
102	3053	Inge	Geringer	ACNW	GIRLS 13(3KM)	15.06
103	1391	Tshegofatso	Masenya	LIMA	GIRLS 13(3KM)	15.19
104	3046	Lemarie	Jacobs	ACNW	GIRLS 13(3KM)	19.24
105	1197	Micaela	NEIL	AGN IND	GIRLS 13(3KM)	15.24
106	3051	Marna	Bamberger	ACNW	GIRLS 13(3KM)	15.27
107	3061	Clarissa	Liebenberg	ACNW	GIRLS 13(3KM)	15.27
108	2563	ZANTE	BOTHA	ANWN	GIRLS 13(3KM)	15.39
109	3054	Donna-Lee	Yssel	ACNW	GIRLS 13(3KM)	15.44
110	3056	Danel	Wentzel	ACNW	GIRLS 13(3KM)	16.04
111	3059	Bianca	Pieterse	ACNW	GIRLS 13(3KM)	16.42
112	3058	Lydia	Mathupe	ACNW	GIRLS 13(3KM)	17.02
113	3060	Mavis	Maluli	ACNW	GIRLS 13(3KM)	17.17
114	3062	Boipelo	Seipone	ACNW	GIRLS 13(3KM)	17.35
115	3057	Liezel	Gouws	ACNW	GIRLS 13(3KM)	18.50

BOYS 14 (4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1982	Ikageng	Gaurekwe	CGA	BOYS 14(4KM)	13.09
2	1269	MC MARSHALL	HARTZENBERG	WPA	BOYS 14(4KM)	13.30
3	1985	Nkosikhona	Nhlapo	CGA	BOYS 14(4KM)	13.33
4	292	Armin	Fillies	AFS	BOYS 14(4KM)	13.39
5	2597	THABO	MAKINITA	ANWN	BOYS 14(4KM)	13.43
6	1983	Thabang	Thebeagae	CGA	BOYS 14(4KM)	13.46
7	1984	Warren	Moloto	CGA	BOYS 14(4KM)	13.46
8	288	Paul	Khoza	AFS	BOYS 14(4KM)	13.58
9	289	Mpumelelo	MDI	AFS	BOYS 14(4KM)	14.00
10	290	Ditaba	Machachamisa	AFS	BOYS 14(4KM)	14.00
11	1987	Isaac	Lesia	CGA	BOYS 14(4KM)	14.07
12	1988	Daniel	Fourie	CGA	BOYS 14(4KM)	14.07

13	1991	Willem	Potgieter	CGA	BOYS 14(4KM)	14.15
14	296	Neo	Segopolo	AFS	BOYS 14(4KM)	14.18
15	437	Werner	Isaacs	AGW	BOYS 14(4KM)	14.20
16	613	Calvin	MADDOCK	AGN	BOYS 14(4KM)	14.22
17	1740	Danwood	Frieslaar	ASWD	BOYS 14(4KM)	14.26
18	611	Tomrin	VLOK	AGN	BOYS 14(4KM)	14.26
19	1986	Makgoko	Mphela	CGA	BOYS 14(4KM)	14.29
20	295	Vuyo	Tshotyane	AFS	BOYS 14(4KM)	14.29
21	1420	Lehlogonolo	Seoloana	LIMA	BOYS 14(4KM)	14.31
22	1741	Jefferson	Van Wyk	ASWD	BOYS 14(4KM)	14.31
23	616	Marno	DU PLESSIS	AGN	BOYS 14(4KM)	14.35
24	1605	CLINTON	KRIEL	AMPU	BOYS 14(4KM)	14.35
25	287	Edgar	Molelekoa	AFS	BOYS 14(4KM)	14.40
26	1993	Kenneth	Sithole	CGA	BOYS 14(4KM)	14.42
27	614	Onalene	MAPONYANE	AGN	BOYS 14(4KM)	14.44
28	1607	GROMIGHAN	GROBLER	AMPU	BOYS 14(4KM)	14.50
29	1604	JULIAN	HENN	AMPU	BOYS 14(4KM)	14.54
30	612	Wynand	VAN TONDER	AGN	BOYS 14(4KM)	14.54
31	618	Sibusiso	NKOSI	AGN	BOYS 14(4KM)	14.54
32	1417	Koketjo	Ramotebele	LIMA	BOYS 14(4KM)	14.56
33	1990	Thato	Pule	CGA	BOYS 14(4KM)	14.58
34	621	Mauritz	DU PLESSIS	AGN	BOYS 14(4KM)	15.05
35	622	Mapeit	MODIBA	AGN	BOYS 14(4KM)	15.05
36	1606	SIYABONGA	MASEKO	AMPU	BOYS 14(4KM)	15.05
37	1880	CAMERON	GRANT	AVT	BOYS 14(4KM)	15.06
38	2839	Charles	Louw	ACNW	BOYS 14(4KM)	15.10
39	1742	Ruben	Dlephu	ASWD	BOYS 14(4KM)	15.10
40	2825	Lucas	Matlhapa	ACNW	BOYS 14(4KM)	15.11
41	297	Tshidiso	Sesing	AFS	BOYS 14(4KM)	15.11
42	2827	Thuso	Mquzulu	ACNW	BOYS 14(4KM)	15.16
43	1609	BEALMONT	LABUSCHAGNE	AMPU	BOYS 14(4KM)	15.16
44	2826	Ontiretse	Motlagale	ACNW	BOYS 14(4KM)	15.16
45	628	Aristo	NOLAN	AGN	BOYS 14(4KM)	15.16
46	626	Arne	VERSTER	AGN	BOYS 14(4KM)	15.28
47	1743	Meegan	Van Niekerk	ASWD	BOYS 14(4KM)	15.34
48	617	Welcome	LUBISI	AGN	BOYS 14(4KM)	15.36
49	1608	BANELE	MASEKO	AMPU	BOYS 14(4KM)	14.42
50	625	Leon	COMBRINCK	AGN	BOYS 14(4KM)	15.44
51	1877	PASEKA	MOKOENA	AVT	BOYS 14(4KM)	15.44
52	1992	Wilber	Van Dyk	CGA	BOYS 14(4KM)	15.44
53	1423	Stanley	Hlakudi	LIMA	BOYS 14(4KM)	15.46
54	620	Esje	ESTERHUIZEN	AGN	BOYS 14(4KM)	15.46
55	1611	LUCUS	NHLAPO	AMPU	BOYS 14(4KM)	15.47
56	627	Morne	FOURIE	AGN	BOYS 14(4KM)	15.47
57	1419	Fanie	Myburg	LIMA	BOYS 14(4KM)	15.48
58	2830	Dylon	Kruger	ACNW	BOYS 14(4KM)	15.48
59	2828	Zando	Meintjies	ACNW	BOYS 14(4KM)	15.50
60	1612	DEWALDT	BOTHMA	AMPU	BOYS 14(4KM)	15.51
61	624	Vuyo	VEZI	AGN	BOYS 14(4KM)	15.58
62	1613	INNOCENT	THELEDI	AMPU	BOYS 14(4KM)	16.10

63	1989	Brian	Mbewe	CGA	BOYS 14(4KM)	16.11
64	1615	RICHARD	DELPOR	AMPU	BOYS 14(4KM)	16.11
65	2832	Abram	Ditibane	ACNW	BOYS 14(4KM)	16.11
66	2829	Heinrich	Barnard	ACNW	BOYS 14(4KM)	16.21
67	1610	RUAN	SWANEPOEL	AMPU	BOYS 14(4KM)	16.30
68	623	Thuso	MAKHOBELA	AGN	BOYS 14(4KM)	16.30
69	1422	Renier	de Jager	LIMA	BOYS 14(4KM)	16.34
70	2831	Pieta	Bloem	ACNW	BOYS 14(4KM)	16.44
71	3215	KHOTOSO	LEBESE	CGA	BOYS 14(4KM)	17.01
72	2833	Sampie	Le Roux	ACNW	BOYS 14(4KM)	17.10
73	1614	GERDUS	MARX	AMPU	BOYS 14(4KM)	17.35
74	1416	Klein-boy	Ramalatso	LIMA	BOYS 14(4KM)	17.58
75	2592	WIKUS	HERBST	ANWN	BOYS 14(4KM)	18.00
76	2835	Wiaan	Jonker	ACNW	BOYS 14(4KM)	18.23
77	1759	Yonga	Yonela	ATRA	BOYS 14(4KM)	18.44
78	3196	Ayabonga	Songelwa	ATRA	BOYS 14(4KM)	19.21
79	2599	KOBUS	OBERHOLSTER	ANWN	BOYS 14(4KM)	19.34
80	2594	MARCUS	KEULDER	ANWN	BOYS 14(4KM)	19.55
81	2836	Jacques	Kriel	ACNW	BOYS 14(4KM)	20.08
82	2837	Johannes	Van Den Heever	ACNW	BOYS 14(4KM)	20.08
83	2838	Jandre	Botha	ACNW	BOYS 14(4KM)	20.09
84	2598	OMOGOLO	MOTAUNG	ANWN	BOYS 14(4KM)	20.10
85	2593	JOHAN	HUYSER	ANWN	BOYS 14(4KM)	20.11

GIRLS 14 (4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2065	Puseletso	Dieta	CGA	GIRLS 14(4KM)	14.44
2	266	Sebongile	Hlanjwa	AFS	GIRLS 14(4KM)	14.59
3	2070	Tayla-Ann	Voget	CGA	GIRLS 14(4KM)	15.05
4	265	Manyeoe	Mokoena	AFS	GIRLS 14(4KM)	15.13
5	2067	Carina	Viljoen	CGA	GIRLS 14(4KM)	15.13
6	2069	Jessica	Aylward	CGA	GIRLS 14(4KM)	15.18
7	403	Bronwyn	Brown	AGW	GIRLS 14(4KM)	15.33
8	1778	Amanda	Van Der Horst	ASWD	GIRLS 14(4KM)	15.33
9	485	Allison	De Wet	BOLA	GIRLS 14(4KM)	15.35
10	2073	Jessica	Bezuidenhout	CGA	GIRLS 14(4KM)	15.41
11	2068	Tharien	Erasmus	CGA	GIRLS 14(4KM)	15.41
12	805	Dimpho	DIALE	AGN	GIRLS 14(4KM)	15.44
13	802	Marzanne	ALDRIDGE	AGN	GIRLS 14(4KM)	15.53
14	2066	Jana	Van Der Merwe	CGA	GIRLS 14(4KM)	15.54
15	1406	Mmetja	Boshomane	LIMA	GIRLS 14(4KM)	15.57
16	267	Mathota	Hxemge	AFS	GIRLS 14(4KM)	16.00
17	813	Chantel	SCHEEPERS	AGN	GIRLS 14(4KM)	16.08
18	804	Tarien	PRINSLOO	AGN	GIRLS 14(4KM)	16.11
19	1284	KRISTEN	HEATH	WPA	GIRLS 14(4KM)	16.19
20	2071	Robyn	Kalthernbruin	CGA	GIRLS 14(4KM)	16.25
21	2074	Janine	J. Van Rensburg	CGA	GIRLS 14(4KM)	16.31
22	275	Danica	Botes	AFS	GIRLS 14(4KM)	16.34
23	268	Malehlohonolo	Pitsane	AFS	GIRLS 14(4KM)	16.44

24	1409	Suné	Potgieter	LIMA	GIRLS 14(4KM)	16.52
25	807	Lize	BOTHA	AGN	GIRLS 14(4KM)	16.55
26	2072	Christine	Muller	CGA	GIRLS 14(4KM)	16.55
27	404	Letitia	Human	AGW	GIRLS 14(4KM)	17.00
28	818	Malethabo	SEEMA	AGN	GIRLS 14(4KM)	17.00
29	806	Estelize	VAN ROOYEN	AGN	GIRLS 14(4KM)	17.00
30	819	Anja	BRITS	AGN	GIRLS 14(4KM)	17.05
31	811	Lilani	TRIBLEHORN	AGN	GIRLS 14(4KM)	17.04
32	817	Krystal	DE BERG	AGN	GIRLS 14(4KM)	17.04
33	1407	Abigail	Baloyi	LIMA	GIRLS 14(4KM)	17.10
34	269	Malefu	Matla	AFS	GIRLS 14(4KM)	17.12
35	271	Jane	Coetzee	AFS	GIRLS 14(4KM)	17.14
36	808	Linmarie	VAN WYK	AGN	GIRLS 14(4KM)	17.14
37	3067	Courteney	Cooper	ACNW	GIRLS 14(4KM)	17.14
38	3065	Mia	Nel	ACNW	GIRLS 14(4KM)	17.17
39	272	Rethabile	Jabane	AFS	GIRLS 14(4KM)	17.22
40	2340	Lisha	Van Onselen	KZNA	GIRLS 14(4KM)	17.25
41	809	Lethabo	SEEMA	AGN	GIRLS 14(4KM)	17.27
42	3064	Mathapelo	Marope	ACNW	GIRLS 14(4KM)	17.29
43	812	Joelisna	JANSE VAN RENSBURGH	AGN	GIRLS 14(4KM)	17.31
44	814	Kirsten	HODGSON	AGN	GIRLS 14(4KM)	17.31
45	273	Clarise	Jacobs	AFS	GIRLS 14(4KM)	17.35
46	1410	Mart-Mari	Van der Merwe	LIMA	GIRLS 14(4KM)	17.35
47	2591	NAOMI	VAUGHN	ANWN	GIRLS 14(4KM)	17.44
48	270	Lerato	Nkanyane	AFS	GIRLS 14(4KM)	17.49
49	1411	Anché	Palm	LIMA	GIRLS 14(4KM)	17.49
50	1771	Yonga	Phumeza	ATRA	GIRLS 14(4KM)	17.54
51	816	Chane	MEYER	AGN	GIRLS 14(4KM)	17.56
52	1408	Cathy	Morobi	LIMA	GIRLS 14(4KM)	17.58
53	1597	NADINE	VAN COLLER	AMPU	GIRLS 14(4KM)	17.58
54	820	Marietjie	REITZ	AGN	GIRLS 14(4KM)	18.10
55	1881	MASERAME	TSOTETSI	AVT	GIRLS 14(4KM)	18.13
56	1776	Marrida	Leen	ASWD	GIRLS 14(4KM)	18.14
57	1198	Angelique	VAN HUUSTEEN	AGN IND	GIRLS 14(4KM)	18.14
58	3068	Thelma Carina	Botha	ACNW	GIRLS 14(4KM)	18.22
59	1777	Cathleen	Baardman	ASWD	GIRLS 14(4KM)	18.22
60	1588	TSOTETSI	NTABISENG	AMPU	GIRLS 14(4KM)	18.26
61	1602	CARLU	MEYER	AMPU	GIRLS 14(4KM)	18.31
62	1882	BERNICE	BOERS	AVT	GIRLS 14(4KM)	18.41
63	1412	Joané	Strauss	LIMA	GIRLS 14(4KM)	18.57
64	1884	MAPINA	TSELE	AVT	GIRLS 14(4KM)	18.58
65	1600	BRENDALINE	LABUSCHAGNE	AMPU	GIRLS 14(4KM)	19.00
66	1414	Johané	Schutte	LIMA	GIRLS 14(4KM)	19.20
67	367	Norma	Magadalela	AFS IND	GIRLS 14(4KM)	19.22
68	3071	Liezel	Potgieter	ACNW	GIRLS 14(4KM)	19.23
69	3072	Monika	Peters	ACNW	GIRLS 14(4KM)	19.28
70	3070	Kathleen	Plekker	ACNW	GIRLS 14(4KM)	19.31
71	3069	Carmen	Hetzel	ACNW	GIRLS 14(4KM)	19.42
72	2590	INGE	V RYNEVELD	ANWN	GIRLS 14(4KM)	19.43
73	1599	SINDIZIWE	MAKHUBO	AMPU	GIRLS 14(4KM)	19.43

74	1883	PALESA	MOLOI	AVT	GIRLS 14(4KM)	20.00
75	2589	MARLE	OOSTHUIZEN	ANWN	GIRLS 14(4KM)	20.01
76	1601	SINDISWA	MOKHUBO	AMPU	GIRLS 14(4KM)	20.02
77	2588	PRUDENCE	MPOLOKENG	ANWN	GIRLS 14(4KM)	20.22
78	1413	Leané	du Plooy	LIMA	GIRLS 14(4KM)	20.22
79	3074	Nadia	Blaauw	ACNW	GIRLS 14(4KM)	20.53
80	3073	Madelein	Du Plessis	ACNW	GIRLS 14(4KM)	21.05
81	1603	ANINA	HEYSTEK	AMPU	GIRLS 14(4KM)	21.17
82	274	Lerato	Thola	AFS	GIRLS 14(4KM)	21.33
83	1779	Andelin	Claassen	ASWD	GIRLS 14(4KM)	21.34
84	3076	Tshepong	Seipone	ACNW	GIRLS 14(4KM)	22.10
85	2586	MATSHIDISO	MATABANE	ANWN	GIRLS 14(4KM)	22.32
86	3075	Isabel	Breydenbach	ACNW	GIRLS 14(4KM)	22.32
87	3078	Renske	Oosthuizen	ACNW	GIRLS 14(4KM)	23.18
88	2587	REBOENE	MOTLHAKE	ANWN	GIRLS 14(4KM)	28.00

BOYS 15 (4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1995	Olebogeng	Masetla	CGA	BOYS 15(4KM)	12.31
2	1994	Sello	Mokoena	CGA	BOYS 15(4KM)	12.45
3	2612	RUAN	MEINTJIES	ANWN	BOYS 15(4KM)	12.54
4	299	Moeketsi	Skosana	AFS	BOYS 15(4KM)	13.03
5	2410	Ntuthuko	Mdakane	KZNA	BOYS 15(4KM)	13.05
6	298	Paseka	Mokubung	AFS	BOYS 15(4KM)	13.09
7	1996	Creel	Chavhalala	CGA	BOYS 15(4KM)	13.16
8	1998	Mahlatse	Makoasha	CGA	BOYS 15(4KM)	13.19
9	1627	SIYABONGA	MAZIBUKO	AMPU	BOYS 15(4KM)	13.25
10	1885	LUCKY	MOTINYANE	AVT	BOYS 15(4KM)	13.28
11	1430	Thepho	Mabogo	LIMA	BOYS 15(4KM)	13.29
12	630	Henco	SCHOEMAN	AGN	BOYS 15(4KM)	13.35
13	300	Lebonang	Lengama	AFS	BOYS 15(4KM)	13.37
14	301	Mojalefa	Tsotetsi	AFS	BOYS 15(4KM)	13.37
15	310	Samuel	Molibeli	AFS	BOYS 15(4KM)	13.42
16	640	Hendrik	GROBBELAAR	AGN	BOYS 15(4KM)	13.43
17	2002	Jonase	Radebe	CGA	BOYS 15(4KM)	13.46
18	1631	REINIER	LOMBAARD	AMPU	BOYS 15(4KM)	13.49
19	312	Lourens	Botes	AFS	BOYS 15(4KM)	13.50
20	631	Ivaan	POTGIETER	AGN	BOYS 15(4KM)	13.50
21	646	Kutlwano	SEAKAMELA	AGN	BOYS 15(4KM)	13.52
22	2412	Sbongithemba	Ntshangase	KZNA	BOYS 15(4KM)	13.53
23	413	TIAAN	VAN NIEKERK	CGA	BOYS 15(4KM)	13.53
24	306	Mpho	Radebe	AFS	BOYS 15(4KM)	13.56
25	1999	Cunukelo	Mafika	CGA	BOYS 15(4KM)	13.56
26	636	Saltiel	HAMESE	AGN	BOYS 15(4KM)	13.56
27	1997	Sam	Mokoena	CGA	BOYS 15(4KM)	13.58
28	632	Quinton	VAN HUYSSTEEN	AGN	BOYS 15(4KM)	13.58
29	2608	MARTIN	DURIEUX	ANWN	BOYS 15(4KM)	13.58
30	302	Manuel	Rampaleng	AFS	BOYS 15(4KM)	14.02
31	643	Mpho	MOOKA	AGN	BOYS 15(4KM)	14.02

32	1431	Hendrick	Malatjie	LIMA	BOYS 15(4KM)	14.05
33	629	Fukama	RAMAKOKOBA	AGN	BOYS 15(4KM)	14.05
34	1209	RAYFELL	BRAND	ANWC	BOYS 15(4KM)	14.10
35	1887	TEBOHO	RAPAPADI	AVT	BOYS 15(4KM)	14.10
36	1271	LEE-ROY	LAWRENCE	WPA	BOYS 15(4KM)	14.10
37	2843	Schalk	Kok	ACNW	BOYS 15(4KM)	14.14
38	2841	Joseph	Matowane	ACNW	BOYS 15(4KM)	14.15
39	1630	SPHIWE	MATLANE	AMPU	BOYS 15(4KM)	14.18
40	1632	SUNDAY	MKHATSHWA	AMPU	BOYS 15(4KM)	14.18
41	2845	Johnny	Williams	ACNW	BOYS 15(4KM)	14.18
42	307	Xolisa	Madi	AFS	BOYS 15(4KM)	14.20
43	2000	Nyiko	Sibiya	CGA	BOYS 15(4KM)	14.20
44	633	Wynand	KOTZE	AGN	BOYS 15(4KM)	14.20
45	305	Hanre	Herbst	AFS	BOYS 15(4KM)	14.22
46	1746	Ashwill	Brandt	ASWD	BOYS 15(4KM)	14.26
47	1744	Archie	Boome	ASWD	BOYS 15(4KM)	14.26
48	2201	Siyabonga	Mabena	CGA	BOYS 15(4KM)	14.29
49	2409	Sandile	Manana	KZNA	BOYS 15(4KM)	14.31
50	638	Philip	BLIGNAUT	AGN	BOYS 15(4KM)	14.31
51	308	Thaele	Tshepiso	AFS	BOYS 15(4KM)	14.35
52	634	Ethan	BLANKENBERG	AGN	BOYS 15(4KM)	14.40
53	1628	BHEKI	MAKHUBO	AMPU	BOYS 15(4KM)	14.42
54	2606	PONTSHO	BASIAMI	ANWN	BOYS 15(4KM)	14.42
55	641	Shaun-cameron	SWANEPOEL	AGN	BOYS 15(4KM)	14.42
56	645	Cobus	NEL	AGN	BOYS 15(4KM)	14.44
57	637	Thabang	MALEKA	AGN	BOYS 15(4KM)	14.44
58	2852	Lucas	Itumeleng	ACNW	BOYS 15(4KM)	14.48
59	439	Devon	Portman	AGW	BOYS 15(4KM)	14.48
60	1438	Khutso	Molekwa	LIMA	BOYS 15(4KM)	14.48
61	309	Velaphi	Qwalane	AFS	BOYS 15(4KM)	14.50
62	311	Tumelo	Morobe	AFS	BOYS 15(4KM)	14.50
63	507	Pedro	Morries	BOLA	BOYS 15(4KM)	14.50
64	2003	Thabang	Mohlakane	CGA	BOYS 15(4KM)	14.54
65	2613	JAN WESSEL	MEYER	ANWN	BOYS 15(4KM)	14.56
66	642	Michael	BRINK	AGN	BOYS 15(4KM)	14.58
67	1629	MDUDUZI	MASHININI	AMPU	BOYS 15(4KM)	15.00
68	486	Mbumbulu	Mluleku	ATRA	BOYS 15(4KM)	15.00
69	303	Molapo	Maletete	AFS	BOYS 15(4KM)	15.00
70	510	Abrahams	Booyesen	BOLA	BOYS 15(4KM)	15.04
71	1633	THABISO	MALEKE	AMPU	BOYS 15(4KM)	15.04
72	1636	WILLEM	HEYMAN	AMPU	BOYS 15(4KM)	15.05
73	2847	Johan	Pyper	ACNW	BOYS 15(4KM)	15.05
74	2840	Johan	Steenkamp	ACNW	BOYS 15(4KM)	15.06
75	1888	TSEKISO	NOKA	AVT	BOYS 15(4KM)	15.10
76	1181	Morne	OLIVIER	AGN IND	BOYS 15(4KM)	15.10
77	1270	KALEB	BEUKES	WPA	BOYS 15(4KM)	15.11
78	2849	George	Oliphant	ACNW	BOYS 15(4KM)	15.20
79	1634	GIFT	RIKHOTSO	AMPU	BOYS 15(4KM)	15.24
80	440	Phazil	September	AGW	BOYS 15(4KM)	15.27
81	438	Letlhogonolo	Moreki	AGW	BOYS 15(4KM)	15.27

82	2617	JOHAN	SMIT	ANWN	BOYS 15(4KM)	15.27
83	506	Chumion	Moko	BOLA	BOYS 15(4KM)	15.28
84	635	Heinrich	VAN NIEKERK	AGN	BOYS 15(4KM)	15.30
85	1747	Cornelius	Hendricks	ASWD	BOYS 15(4KM)	15.30
86	1635	ALBERT	KUBHEKA	AMPU	BOYS 15(4KM)	15.34
87	2615	GODFREY	MOLEFE	ANWN	BOYS 15(4KM)	15.36
88	1435	Tshedza	Moshapo	LIMA	BOYS 15(4KM)	15.40
89	639	Keith	MOLEFE	AGN	BOYS 15(4KM)	15.42
90	2614	LEBOGANG	MOATSHE	ANWN	BOYS 15(4KM)	15.44
91	2848	Anovuyo	Bam	ACNW	BOYS 15(4KM)	15.49
92	2844	Thabo	Ellen	ACNW	BOYS 15(4KM)	15.49
93	2846	John	Hokoane	ACNW	BOYS 15(4KM)	15.50
94	2609	DEAN	HAASBROEK	ANWN	BOYS 15(4KM)	15.52
95	2618	IZAAK	VORSTER	ANWN	BOYS 15(4KM)	16.03
96	2616	DANIEL	MOSWETE	ANWN	BOYS 15(4KM)	16.05
97	1434	Samuel	Varrie	LIMA	BOYS 15(4KM)	16.05
98	2851	Daniel	Matlhare	ACNW	BOYS 15(4KM)	16.09
99	1437	Itumeleng	Rabekanae	LIMA	BOYS 15(4KM)	16.10
100	1745	Donovan	Jantjies	ASWD	BOYS 15(4KM)	16.14
101	1637	TIAAN	IMMELMAN	AMPU	BOYS 15(4KM)	16.18
102	2853	Reniel	De Wet	ACNW	BOYS 15(4KM)	16.32
103	644	Eugene	FOURIE	AGN	BOYS 15(4KM)	16.36
104	2619	TIELMAN	ROOS	ANWN	BOYS 15(4KM)	16.48
105	2850	Hendrick	Sampo	ACNW	BOYS 15(4KM)	16.56
106	2607	TSHEPANG	BOKHUTLELENG	ANWN	BOYS 15(4KM)	17.14
107	2854	Brandon	Pretorius	ACNW	BOYS 15(4KM)	17.47
108	2610	ARNMAND	HATTINGH	ANWN	BOYS 15(4KM)	17.51
109	2611	JIMMY	JOHNSON	ANWN	BOYS 15(4KM)	17.58

GIRLS 15 (4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2078	Minke	Kruger	CGA	GIRLS 15(4KM)	14.45
2	2076	Lizerie	Ferreira	CGA	GIRLS 15(4KM)	14.46
3	2083	Thandi	Sehohle	CGA	GIRLS 15(4KM)	15.18
4	821	Simone	VERWEY	AGN	GIRLS 15(4KM)	15.20
5	2075	Sune	Jonker	CGA	GIRLS 15(4KM)	15.29
6	1285	ZANI	KRUGER	WPA	GIRLS 15(4KM)	15.38
7	827	Marry	KOMANE	AGN	GIRLS 15(4KM)	15.47
8	2077	Tiffani	Bell	CGA	GIRLS 15(4KM)	15.52
9	2082	Mmatseko	Monareng	CGA	GIRLS 15(4KM)	15.53
10	2079	Jessica	Jacobs	CGA	GIRLS 15(4KM)	15.54
11	826	Anneri	GREYLING	AGN	GIRLS 15(4KM)	15.57
12	823	Sabrina	BOTTYAN	AGN	GIRLS 15(4KM)	16.05
13	276	Mapaseka	Mkomo	AFS	GIRLS 15(4KM)	16.11
14	824	Nomsa	MNGOMEZULU	AGN	GIRLS 15(4KM)	16.13
15	2080	Mpho	Ndlovu	CGA	GIRLS 15(4KM)	16.15
16	480	Ileana	Dreyer	BOLA	GIRLS 15(4KM)	16.16
17	277	Tankiso	Lepolisa	AFS	GIRLS 15(4KM)	16.16
18	822	Initza	PRETORIUS	AGN	GIRLS 15(4KM)	16.27

19	838	Monique	GREYLING	AGN	GIRLS 15(4KM)	16.31
20	2085	Nicole	Breuker	CGA	GIRLS 15(4KM)	16.37
21	830	Chantelee	JOUBERT	AGN	GIRLS 15(4KM)	16.40
22	492	Cutwana	Emihle	ATRA	GIRLS 15(4KM)	16.40
23	825	Marne	MENTZ	AGN	GIRLS 15(4KM)	16.44
24	829	Camila	BRONKHORST	AGN	GIRLS 15(4KM)	16.44
25	3080	Jhelize	Vos	ACNW	GIRLS 15(4KM)	16.44
26	831	Anri	ODENDAAL	AGN	GIRLS 15(4KM)	16.44
27	1617	MADRI	WIID	AMPU	GIRLS 15(4KM)	16.49
28	3344	Zizopho	Sokupa	ATRA	GIRLS 15(4KM)	16.50
29	2081	Nombulelo	Mashinini	CGA	GIRLS 15(4KM)	16.52
30	2337	Klara	Hartman	KZNA	GIRLS 15(4KM)	16.55
31	1780	Timore	Deyce	ASWD	GIRLS 15(4KM)	16.55
32	3081	Celiska	Krause	ACNW	GIRLS 15(4KM)	16.55
33	2084	Cian	Oldknow	CGA	GIRLS 15(4KM)	17.00
34	284	Evelyn	Malibeli	AFS	GIRLS 15(4KM)	17.00
35	828	Sonel	BEZUIDENHOUT	AGN	GIRLS 15(4KM)	17.00
36	1618	NTUMBIFUTHI	SILEPE	AMPU	GIRLS 15(4KM)	17.12
37	1619	MIRINDA	MANS	AMPU	GIRLS 15(4KM)	17.12
38	836	Melissa	ODENDAAL	AGN	GIRLS 15(4KM)	17.17
39	835	Jessica	ALCOCK	AGN	GIRLS 15(4KM)	17.17
40	2604	VERNOESCHA	REYNEKE	ANWN	GIRLS 15(4KM)	17.17
41	279	Sibongile	Nhai	AFS	GIRLS 15(4KM)	17.20
42	2086	Yvone	Ndimma	CGA	GIRLS 15(4KM)	17.31
43	3079	Claudine	Marais	ACNW	GIRLS 15(4KM)	17.35
44	280	Ruth	Mlambo	AFS	GIRLS 15(4KM)	17.35
45	839	Sunette	VOS	AGN	GIRLS 15(4KM)	17.40
46	3083	Miriam	Nokhangela	ACNW	GIRLS 15(4KM)	17.40
47	3082	Carna-Mari	Van Der Merwe	ACNW	GIRLS 15(4KM)	17.44
48	283	Kgomotso	Tau	AFS	GIRLS 15(4KM)	17.44
49	1616	ZANELE	SHONGWE	AMPU	GIRLS 15(4KM)	17.52
50	483	Azel	Boois	BOLA	GIRLS 15(4KM)	17.54
51	2605	VERONICA	SWARTZ	ANWN	GIRLS 15(4KM)	17.56
52	1782	Maria	September	ASWD	GIRLS 15(4KM)	18.00
53	833	Jeannie	DE BEER	AGN	GIRLS 15(4KM)	18.00
54	837	Juane	WIID	AGN	GIRLS 15(4KM)	18.06
55	484	Marlin	Jansen	BOLA	GIRLS 15(4KM)	18.10
56	1621	NICOLE	JANSEN VAN VUUR	AMPU	GIRLS 15(4KM)	18.14
57	2601	MELISSA	DU BUISSON	ANWN	GIRLS 15(4KM)	18.25
58	834	Rene	BASSON	AGN	GIRLS 15(4KM)	18.26
59	482	Catherin	V.D Horst	BOLA	GIRLS 15(4KM)	18.26
60	1427	Sulize	van Rooyen	LIMA	GIRLS 15(4KM)	18.26
61	281	Ntshidiseng	Mosoou	AFS	GIRLS 15(4KM)	18.55
62	2603	PORTIA	MATEBELE	ANWN	GIRLS 15(4KM)	19.07
63	1426	Keneilwe	Molekwa	LIMA	GIRLS 15(4KM)	19.12
64	1781	Ausa	Pietersen	ASWD	GIRLS 15(4KM)	19.17
65	481	Vadim	Jansen	BOLA	GIRLS 15(4KM)	19.17
66	286	Ma-Line	Vos	AFS	GIRLS 15(4KM)	19.02
67	1622	MARNE	OLIVIER	AMPU	GIRLS 15(4KM)	19.23
68	1226	SUSAN	JOSEPH	ANWC	GIRLS 15(4KM)	19.23

69	1626	NEDINE	KRIGE	AMPU	GIRLS 15(4KM)	19.26
70	3084	Marike	Becker	ACNW	GIRLS 15(4KM)	19.31
71	1624	KELLY	SPROULE	AMPU	GIRLS 15(4KM)	19.43
72	1623	CORNELIA	JANSEN VAN RENSB	AMPU	GIRLS 15(4KM)	19.53
73	2600	DAPHNE	BOTES	ANWN	GIRLS 15(4KM)	20.22
74	1625	CARLIZE	GREYLING	AMPU	GIRLS 15(4KM)	21.36
75	1620	THEMBEKA	NGWENYA	AMPU	GIRLS 15(4KM)	21.37
76	2602	ODIRILE	MASHABANCE	ANWN	GIRLS 15(4KM)	22.36
77	3085	Melissa	Hay	ACNW	GIRLS 15(4KM)	23.54
78	3086	Marine	Jansen Van Vuren	ACNW	GIRLS 15(4KM)	24.31

BOYS 16 (6 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2007	Michael	Pienaar	CGA	BOYS 16(6KM)	19.26
2	327	Steven	Maqeba	AFS	BOYS 16(6KM)	19.37
3	2008	Edward	Moshoete	CGA	BOYS 16(6KM)	19.40
4	328	Thabiso	Thebeko	AFS	BOYS 16(6KM)	19.49
5	2004	Tumisang	Monnatlala	CGA	BOYS 16(6KM)	19.52
6	2408	Mthobisi	Mbatha	KZNA	BOYS 16(6KM)	20.06
7	2006	Thabang	Matiwane	CGA	BOYS 16(6KM)	20.08
8	2005	Njabulo	Tshabalala	CGA	BOYS 16(6KM)	20.15
9	2010	Bongani	Mkhonza	CGA	BOYS 16(6KM)	20.25
10	1272	ANTHONY	TIMOTEUS	WPA	BOYS 16(6KM)	20.28
11	511	Enwar	Kato	BOLA	BOYS 16(6KM)	20.36
12	2014	Ishmael	Seleke	CGA	BOYS 16(6KM)	20.44
13	2011	Edwin	Moshoete	CGA	BOYS 16(6KM)	20.46
14	1889	MPHO	SEROBE	AVT	BOYS 16(6KM)	20.51
15	2012	Themba	Gcinisa	CGA	BOYS 16(6KM)	20.53
16	648	Dikgale	MOHALE	AGN	BOYS 16(6KM)	21.02
17	647	Tshepo	MQIKELA	AGN	BOYS 16(6KM)	21.04
18	2013	Phakiso	Selepe	CGA	BOYS 16(6KM)	21.06
19	2855	Kabelo	Ngamole	ACNW	BOYS 16(6KM)	21.08
20	649	Lucky	NAKANA	AGN	BOYS 16(6KM)	21.08
21	651	Corne	VAN DER SCHYFF	AGN	BOYS 16(6KM)	21.08
22	653	Shelton	MOKUENA	AGN	BOYS 16(6KM)	21.12
23	1654	NKOSINATI	SIBEKO	AMPU	BOYS 16(6KM)	21.13
24	655	Thati	PELE	AGN	BOYS 16(6KM)	21.13
25	1273	BRADWIN	ENGEL	WPA	BOYS 16(6KM)	21.17
26	1652	TEBOGO	NDWANDWE	AMPU	BOYS 16(6KM)	21.17
27	2015	Sphiwe	Kheswa	CGA	BOYS 16(6KM)	21.20
28	332	Thabo	Moloadi	AFS	BOYS 16(6KM)	21.21
29	335	Karabo	Lecoko	AFS	BOYS 16(6KM)	21.24
30	2856	Peter	Mong	ACNW	BOYS 16(6KM)	21.24
31	334	Gomolemo	Leepile	AFS	BOYS 16(6KM)	21.29
32	1656	JUNIOR	NDZEKENI	AMPU	BOYS 16(6KM)	21.29
33	2627	EMMANUEL	DIPALE	ANWN	BOYS 16(6KM)	21.29
34	656	Heinie	SMITH	AGN	BOYS 16(6KM)	21.38
35	1892	RAJANE	MOKOLA	AVT	BOYS 16(6KM)	21.41
36	336	Loyiso	Pop	AFS	BOYS 16(6KM)	21.45

37	2632	HEZEKIEL	MOTEPE	ANWN	BOYS 16(6KM)	21.45
38	1750	Bryson	Van Wyk	ASWD	BOYS 16(6KM)	21.45
39	329	Matongo	Bongosi	AFS	BOYS 16(6KM)	21.45
40	1657	THOKOZANI	MIYA	AMPU	BOYS 16(6KM)	21.45
41	661	Sive	DZHABIROV	AGN	BOYS 16(6KM)	21.48
42	2857	Lesogo	Moholo	ACNW	BOYS 16(6KM)	21.48
43	650	Ian	SLINGER	AGN	BOYS 16(6KM)	21.50
44	1651	PHUMLANI	MTHEMBU	AMPU	BOYS 16(6KM)	21.51
45	658	Arend	STOFFBERG	AGN	BOYS 16(6KM)	21.56
46	1444	Hilton	Phukubie	LIMA	BOYS 16(6KM)	22.08
47	657	Koketso	ZIMBA	AGN	BOYS 16(6KM)	22.08
48	1653	STEPHEN	HENRY	AMPU	BOYS 16(6KM)	22.10
49	2633	KEORAPETSE	RAMOKOKA	ANWN	BOYS 16(6KM)	22.14
50	652	Sibusiso	MFIKI	AGN	BOYS 16(6KM)	22.17
51	1028	JUANDRE	Maya	AGN	BOYS 16(6KM)	22.19
52	2016	Mbongeni	SHONGWE	CGA	BOYS 16(6KM)	22.26
53	2634	REABETSWE	RANTAO	ANWN	BOYS 16(6KM)	22.26
54	1890	TANKISO	TLADI	AVT	BOYS 16(6KM)	22.28
55	513	Johannes	Jansen	BOLA	BOYS 16(6KM)	22.31
56	333	Uezile	Mongezi	AFS	BOYS 16(6KM)	22.34
57	1655	SIYABONGA	MACIE	AMPU	BOYS 16(6KM)	22.38
58	1658	LWAZI	PHAKATHI	AMPU	BOYS 16(6KM)	22.41
59	1749	Curnin	Langeveld	ASWD	BOYS 16(6KM)	22.45
60	659	Tumisang	SIBANYONI	AGN	BOYS 16(6KM)	22.49
61	660	Ruan	JANSE VAN VUURE	AGN	BOYS 16(6KM)	22.50
62	662	Aldert	GREYLING	AGN	BOYS 16(6KM)	23.01
63	515	Cheslin	Aford	BOLA	BOYS 16(6KM)	23.03
64	1445	Roan	Visagie	LIMA	BOYS 16(6KM)	23.10
65	330	Tshidiso	Motaung	AFS	BOYS 16(6KM)	23.12
66	514	Geraldo	Koopman	BOLA	BOYS 16(6KM)	23.15
67	1891	HAPPY – BOY	SIBISI	AVT	BOYS 16(6KM)	23.20
68	2631	LESLIE	MOLEBATSI	ANWN	BOYS 16(6KM)	23.24
69	2635	PEET	SWART	ANWN	BOYS 16(6KM)	23.26
70	441	Cameron	Sebolai	AGW	BOYS 16(6KM)	23.26
71	2628	WYNAND	HATTINGH	ANWN	BOYS 16(6KM)	23.49
72	654	Armand	KOK	AGN	BOYS 16(6KM)	23.55
73	1659	BONGA	MASINA	AMPU	BOYS 16(6KM)	23.55
74	2630	THABISO	MOKONE	ANWN	BOYS 16(6KM)	24.00
75	663	Jan	VAN NIEKERK	AGN	BOYS 16(6KM)	24.02
76	2636	PAKO	TABAKI	ANWN	BOYS 16(6KM)	24.37
77	512	Marcelino	Meintjies	BOLA	BOYS 16(6KM)	24.47
78	2637	JUANDRE	V ASWEGING	ANWN	BOYS 16(6KM)	24.59
79	2638	JACO	VILJOEN	ANWN	BOYS 16(6KM)	25.12
80	1748	Dimitri	Oktober	ASWD	BOYS 16(6KM)	25.14
81	2859	Reuben	De Villiers	ACNW	BOYS 16(6KM)	25.34
82	2858	Eddie	Ndongeni	ACNW	BOYS 16(6KM)	25.36
83	2860	Jesse	Harvey	ACNW	BOYS 16(6KM)	26.12
84	1660	KRISTIAN	JENSEN	AMPU	BOYS 16(6KM)	26.25
85	1251	DEWALD	ALLERS	BORA	BOYS 16(6KM)	26.32
86	1447	Dehan	Visagie	LIMA	BOYS 16(6KM)	26.42

87	2629	MAURITS	HENNING	ANWN	BOYS 16(6KM)	27.12
88	2862	L.D.	Wiese	ACNW	BOYS 16(6KM)	28.28
89	1661	CORNEIL	BOUWER	AMPU	BOYS 16(6KM)	32.34

GIRLS 16 (4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	840	Thandeka	MANZANA	AGN	GIRLS 16(4KM)	14.48
2	841	Alicia	LABUSCHAGNE	AGN	GIRLS 16(4KM)	14.52
3	1286	PAMELA	MTSHEMLA	WPA	GIRLS 16(4KM)	14.59
4	3349	Vuyiseka	Nkumenge	ATRA	GIRLS 16(4KM)	15.04
5	842	Olivia	LABUSCHAGNE	AGN	GIRLS 16(4KM)	15.11
6	2091	Mikyla	Ferreira	CGA	GIRLS 16(4KM)	15.18
7	843	Aynslee	VAN GRAAN	AGN	GIRLS 16(4KM)	15.32
8	844	Sindy	LABUSCHAGNE	AGN	GIRLS 16(4KM)	15.36
9	3087	Luleka	Dyonki	ACNW	GIRLS 16(4KM)	15.43
10	845	Kylie	MERRICK	AGN	GIRLS 16(4KM)	15.49
11	846	Mane	BESTER	AGN	GIRLS 16(4KM)	15.51
12	1440	Chantelle	Bredenkamp	LIMA	GIRLS 16(4KM)	15.57
13	2093	Estmari	Van Der Westhuizen	CGA	GIRLS 16(4KM)	16.07
14	2089	Nasiphi	Nobhangaye	CGA	GIRLS 16(4KM)	16.13
15	2092	Minnette	Van Der Westhuizen	CGA	GIRLS 16(4KM)	16.19
16	847	Daniella	DE JAGER	AGN	GIRLS 16(4KM)	16.22
17	849	Kylha	WOLFAARDT	AGN	GIRLS 16(4KM)	16.25
18	850	Carla	VAN RENSBURG	AGN	GIRLS 16(4KM)	16.26
19	848	Busisiwe	MORAOSHEHLE	AGN	GIRLS 16(4KM)	16.31
20	852	Cara	ROSSOUW	AGN	GIRLS 16(4KM)	16.34
21	313	Sellwane	Mabaza	AFS	GIRLS 16(4KM)	16.39
22	1287	EBETH	MARAIS	WPA	GIRLS 16(4KM)	16.42
23	1638	MAVIS	NKABINDE	AMPU	GIRLS 16(4KM)	16.46
24	487	Annereen	Malan	BOLA	GIRLS 16(4KM)	16.48
25	851	Maryke	NEL	AGN	GIRLS 16(4KM)	16.50
26	853	Jean-mari	REDELINGHUYS	AGN	GIRLS 16(4KM)	16.53
27	316	Nontshaba	Thupa	AFS	GIRLS 16(4KM)	16.53
28	2096	Chrizani	Smith	CGA	GIRLS 16(4KM)	17.02
29	1783	Michelle	Van Rooyen	ASWD	GIRLS 16(4KM)	17.07
30	3088	Klasego	Moholo	ACNW	GIRLS 16(4KM)	17.07
31	315	Kebileng	Mahloko	AFS	GIRLS 16(4KM)	17.07
32	2088	Sanna	Kgosi	CGA	GIRLS 16(4KM)	17.12
33	314	Ezanne	Kleynhans	AFS	GIRLS 16(4KM)	17.12
34	1823	SNAZO	KALVAS	ATRA	GIRLS 16(4KM)	17.22
35	1643	CHANE	DU PREEZ	AMPU	GIRLS 16(4KM)	17.26
36	2097	Almie	Van Niekerk	CGA	GIRLS 16(4KM)	17.40
37	2095	Palesa	Molibeli	CGA	GIRLS 16(4KM)	17.49
38	854	Sulize	DE KLERK	AGN	GIRLS 16(4KM)	17.49
39	2341	Zanele	Mngomezulu	KZNA	GIRLS 16(4KM)	17.55
40	2626	ZARISE	VENTER	ANWN	GIRLS 16(4KM)	147.55
41	857	Emma	VAN ECK	AGN	GIRLS 16(4KM)	17.55
42	2622	GALALETANG	MEKGWE	ANWN	GIRLS 16(4KM)	17.55
43	1639	TANIA	RHEEDER	AMPU	GIRLS 16(4KM)	18.06

44	491	Bevan-Lee	Swartz	BOLA	GIRLS 16(4KM)	18.07
45	3090	Jo-Marie	Botes	ACNW	GIRLS 16(4KM)	18.09
46	1646	LEWAZI	NZIMANDE	AMPU	GIRLS 16(4KM)	18.10
47	3089	Mikyla	Snyman	ACNW	GIRLS 16(4KM)	18.13
48	317	Daphne	May	AFS	GIRLS 16(4KM)	18.13
49	1893	MEIKI	MOREMOHOLO	AVT	GIRLS 16(4KM)	18.18
50	318	Michelle	Marais	AFS	GIRLS 16(4KM)	18.18
51	856	Janica	LABUSCHAGNE	AGN	GIRLS 16(4KM)	18.20
52	2623	ELINZA	MOSTERT	ANWN	GIRLS 16(4KM)	18.24
53	1442	Makgabo	Mokwena	LIMA	GIRLS 16(4KM)	18.31
54	2624	CHANTE	RAUTENBACH	ANWN	GIRLS 16(4KM)	18.32
55	855	Cherese	COETSER	AGN	GIRLS 16(4KM)	18.36
56	490	Zadie	Isaacs	BOLA	GIRLS 16(4KM)	18.43
57	1642	ELZETTE	JORDAAN	AMPU	GIRLS 16(4KM)	18.53
58	1441	Kedibone	Boshomane	LIMA	GIRLS 16(4KM)	19.01
59	1640	LUZAAN	ZAAIMAN	AMPU	GIRLS 16(4KM)	19.01
60	1894	JABULILE	MKHOMA	AVT	GIRLS 16(4KM)	19.05
61	1641	ELIZMARIE	OLIVIER	AMPU	GIRLS 16(4KM)	19.07
62	405	Chane	Cloete	AGW	GIRLS 16(4KM)	19.09
63	3096	Megan	Van Huyssteen	ACNW	GIRLS 16(4KM)	19.23
64	489	Jacqueline	Goliath	BOLA	GIRLS 16(4KM)	19.28
65	1825	ZINTOMBI	MAKHWENKWE	ATRA	GIRLS 16(4KM)	19.39
66	1644	ANENIEN	MARAIS	AMPU	GIRLS 16(4KM)	19.40
67	2621	ANELDA	HARTUNG	ANWN	GIRLS 16(4KM)	20.40
68	2625	LENE	BADENHORST	ANWN	GIRLS 16(4KM)	20.41
69	2620	SIMONE	BADENHORST	ANWN	GIRLS 16(4KM)	20.44
70	1645	CHRISTELL	BUCKNALL	AMPU	GIRLS 16(4KM)	21.04
71	1648	BIANCA	VAN DER MERWE	AMPU	GIRLS 16(4KM)	21.08
72	1647	MARGARET	MAHLANGU	AMPU	GIRLS 16(4KM)	21.15
73	1784	Angeline	Daries	ASWD	GIRLS 16(4KM)	22.24
74	3091	Samantha	Blaauw	ACNW	GIRLS 16(4KM)	22.28
75	3094	Cailin	Van Staden	ACNW	GIRLS 16(4KM)	23.49
76	3092	Karen	Truter	ACNW	GIRLS 16(4KM)	24.04
77	3093	Kutlwan	Monchusi	ACNW	GIRLS 16(4KM)	24.17
78	1649	ROCHELLE	DE JAGER	AMPU	GIRLS 16(4KM)	24.36
79	3095	Prudence	Horniet	ACNW	GIRLS 16(4KM)	25.47
80	1650	DANIELLE	VAN DER WESTHUI	AMPU	GIRLS 16(4KM)	26.07

BOYS 17 (6 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2017	Blessing	Ncube	CGA	BOYS 17(6KM)	19.18
2	1668	BONGINKOSI	MANKGE	AMPU	BOYS 17(6KM)	19.35
3	338	Hendrik	Mokoena	AFS	BOYS 17(6KM)	19.52
4	2866	Mabu	Mosala	ACNW	BOYS 17(6KM)	19.55
5	337	Rantso	Mokopane	AFS	BOYS 17(6KM)	20.00
6	2865	Donald	Meleane	ACNW	BOYS 17(6KM)	20.01
7	2401	Mkhawuleni	Hlatshwayo	KZNA	BOYS 17(6KM)	20.04
8	1274	ASIWE	NJENXA	WPA	BOYS 17(6KM)	20.10
9	664	Skhalo	MTHIMKHULU	AGN	BOYS 17(6KM)	20.12

10	2021	Lucky	Ntombela	CGA	BOYS 17(6KM)	20.15
11	2027	Tiaan	Botes	CGA	BOYS 17(6KM)	20.17
12	2399	Sbusiso	Malinga	KZNA	BOYS 17(6KM)	20.17
13	666	Mpho	MOTAUNG	AGN	BOYS 17(6KM)	20.26
14	2864	Anele	Molingi	ACNW	BOYS 17(6KM)	20.28
15	2018	Lindokuhle	Maseko	CGA	BOYS 17(6KM)	20.31
16	2022	Sibusiso	Lebogo	CGA	BOYS 17(6KM)	20.31
17	2867	Johannes	Motsoeneng	ACNW	BOYS 17(6KM)	20.32
18	3269	Thabane	Mosiako	ACNW	BOYS 17(6KM)	20.32
19	2020	Godfrey	Mofokeng	CGA	BOYS 17(6KM)	20.38
20	2019	Wanga	Mkando	CGA	BOYS 17(6KM)	20.41
21	665	Mpho	MAKOFANE	AGN	BOYS 17(6KM)	20.43
22	3319	Sakhumzi	Mathiso	ATRA	BOYS 17(6KM)	20.50
23	2644	JASON	BOTHA	ANWN	BOYS 17(6KM)	20.52
24	667	Jaco	SCHOONWINKEL	AGN	BOYS 17(6KM)	20.56
25	2024	Sylvester	Mokoasha	CGA	BOYS 17(6KM)	20.56
26	1453	Tertuis	Oosthuizen	LIMA	BOYS 17(6KM)	20.56
27	2023	Sifiso	Nkosi	CGA	BOYS 17(6KM)	21.01
28	519	Maxwell	Gouws	BOLA	BOYS 17(6KM)	21.06
29	1275	EMIELE	PAULSE	WPA	BOYS 17(6KM)	21.07
30	1895	THOBILE	NONTULO	AVT	BOYS 17(6KM)	21.12
31	2127	JEAN-PIERRE	BRITS	ANWC	BOYS 17(6KM)	21.21
32	343	Lehlohonolo	Masowa	AFS	BOYS 17(6KM)	21.22
33	2025	Percy	Mhlongo	CGA	BOYS 17(6KM)	21.24
34	442	Daniel	Kantwane	AGW	BOYS 17(6KM)	21.24
35	669	Paul	PRETORIUS	AGN	BOYS 17(6KM)	21.29
36	444	Zainodene	Norman	AGW	BOYS 17(6KM)	21.31
37	2026	Rainier	Horak	CGA	BOYS 17(6KM)	21.32
38	339	Joseph	Manelo	AFS	BOYS 17(6KM)	21.35
39	682	Jerome	MAKUMANE	AGN	BOYS 17(6KM)	21.37
40	2406	Adam	Lipschitz	KZNA	BOYS 17(6KM)	21.37
41	674	Ezekiel	MATHONSI	AGN	BOYS 17(6KM)	21.39
42	675	Innocent	SHABALALA	AGN	BOYS 17(6KM)	21.40
43	1211	DAWID	WINDSTAAN	ANWC	BOYS 17(6KM)	21.41
44	1794	PUZA	RICARDO	ATRA	BOYS 17(6KM)	21.41
45	344	Lesedi	Mpiti	AFS	BOYS 17(6KM)	21.41
46	1673	INNOCENT	ZULU	AMPU	BOYS 17(6KM)	21.45
47	1456	Tumisang	Ngako	LIMA	BOYS 17(6KM)	21.48
48	672	Donovan	VAN WYK	AGN	BOYS 17(6KM)	21.48
49	1751	Leon	Adams	ASWD	BOYS 17(6KM)	21.50
50	340	Thabo	Thinyane	AFS	BOYS 17(6KM)	21.50
51	346	Thabiso	Molale	AFS	BOYS 17(6KM)	21.50
52	368	Charles	Vuyo	AFS IND	BOYS 17(6KM)	21.51
53	522	Venchesco	Adonis	BOLA	BOYS 17(6KM)	21.51
54	517	Marco	Jansen	BOLA	BOYS 17(6KM)	21.56
55	670	Oneal	PETERIE	AGN	BOYS 17(6KM)	21.56
56	2402	Nkosinathi	Dlamini	KZNA	BOYS 17(6KM)	22.00
57	668	Wayne	LABUSCHAGNE	AGN	BOYS 17(6KM)	22.00
58	1455	Ruan	Nel	LIMA	BOYS 17(6KM)	22.02
59	1672	BASIL	VILJOEN	AMPU	BOYS 17(6KM)	22.05

60	2648	RAPULA	MOLOKWANE	ANWN	BOYS 17(6KM)	22.10
61	1674	SABELO	SIBEKO	AMPU	BOYS 17(6KM)	22.14
62	518	Richard	Bester	BOLA	BOYS 17(6KM)	22.22
63	1669	THABO	TSOTETSI	AMPU	BOYS 17(6KM)	22.22
64	476	Sirayi	Ncedile	ATRA	BOYS 17(6KM)	22.24
65	521	Bertrum	Kyba	BOLA	BOYS 17(6KM)	22.28
66	680	Piet	OLIPHANT	AGN	BOYS 17(6KM)	22.30
67	671	Tebogo	KGOTLA	AGN	BOYS 17(6KM)	22.31
68	1670	LUCKY	SIGUDU	AMPU	BOYS 17(6KM)	22.31
69	1671	THULANI	MANANA	AMPU	BOYS 17(6KM)	22.34
70	2645	KARABO	KOBE	ANWN	BOYS 17(6KM)	22.34
71	1454	Gerald	Kekana	LIMA	BOYS 17(6KM)	22.48
72	523	Pieter	Oosthuisen	BOLA	BOYS 17(6KM)	22.49
73	443	Samuel	Moramedi	AGW	BOYS 17(6KM)	22.50
74	681	Hoshane	VUMA	AGN	BOYS 17(6KM)	22.50
75	677	Angello	KOPEDI	AGN	BOYS 17(6KM)	22.54
76	2868	Jacques	Smit	ACNW	BOYS 17(6KM)	22.57
77	2874	Jacob	Letebele	ACNW	BOYS 17(6KM)	23.01
78	1457	Thapelo	Matjabela	LIMA	BOYS 17(6KM)	23.08
79	679	Roan	VAN ROOYEN	AGN	BOYS 17(6KM)	23.17
80	1753	Werner	Damons	ASWD	BOYS 17(6KM)	23.17
81	1458	Franco	Potgieter	LIMA	BOYS 17(6KM)	23.29
82	1459	Nelson	Mothoa	LIMA	BOYS 17(6KM)	23.36
83	1183	Werner	VOS	AGN IND	BOYS 17(6KM)	23.43
84	673	Alton	WANTENAAR	AGN	BOYS 17(6KM)	24.21
85	1898	KELEBONE	MAPHISA	AVT	BOYS 17(6KM)	24.40
86	3320	Amanda	Booi	ATRA	BOYS 17(6KM)	24.45
87	2875	Theuns	Van Wyk	ACNW	BOYS 17(6KM)	24.47
88	1460	Timothy	Varrie	LIMA	BOYS 17(6KM)	24.49
89	1675	JAN LOUIS	COETZEE	AMPU	BOYS 17(6KM)	24.51
90	2872	Jan Adolph	Gouws	ACNW	BOYS 17(6KM)	24.51
91	2870	Elias	Motau	ACNW	BOYS 17(6KM)	25.17
92	2869	Kobus	Potgieter	ACNW	BOYS 17(6KM)	25.19
93	1752	Daniel	Voy	ASWD	BOYS 17(6KM)	25.23
94	2647	PONTSHO	MOKOWASI	ANWN	BOYS 17(6KM)	25.34
95	1462	Floris	Coetzer	LIMA	BOYS 17(6KM)	25.36
96	1676	DODDS	VAN ZYL	AMPU	BOYS 17(6KM)	26.09
97	2646	OFENTSE	MOKOTEHKWENA	ANWN	BOYS 17(6KM)	26.19
98	2873	Rethabile	Letheea	ACNW	BOYS 17(6KM)	27.17
99	2871	Dyllon	Pretorius	ACNW	BOYS 17(6KM)	27.17

GIRLS 17 (4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2098	MURENDWA	DAVHANA	CGA	GIRLS 17(4KM)	15.04
2	859	Kyla	VAN GRAAN	AGN	GIRLS 17(4KM)	15.07
3	1662	XABO	GLENROSE	AMPU	GIRLS 17(4KM)	15.11
4	866	Mashele	KATEKANI	AGN	GIRLS 17(4KM)	15.21
5	858	Annah	LEKALAKALA	AGN	GIRLS 17(4KM)	15.25
6	2102	Nomsa	Cossa	CGA	GIRLS 17(4KM)	15.39

7	320	Joan	Van Wyk	AFS	GIRLS 17(4KM)	15.42
8	2100	Chante	Bester	CGA	GIRLS 17(4KM)	15.43
9	860	Eunice	DE VILLIERS	AGN	GIRLS 17(4KM)	16.04
10	321	Felicia	Mofokeng	AFS	GIRLS 17(4KM)	16.07
11	2099	Thato	Makhafola	CGA	GIRLS 17(4KM)	16.07
12	2106	Lauren	Botha	CGA	GIRLS 17(4KM)	16.10
13	2105	Zandile	Hedebé	CGA	GIRLS 17(4KM)	16.17
14	319	Sylvia	Dibakwane	AFS	GIRLS 17(4KM)	16.22
15	322	Mareli	Hattingh	AFS	GIRLS 17(4KM)	16.30
16	2101	Michelle	Strydom	CGA	GIRLS 17(4KM)	16.31
17	2330	Sindi	Mngomezulu	KZNA	GIRLS 17(4KM)	16.39
18	2187	CHILI	SLINDILE	KZNA	GIRLS 17(4KM)	16.44
19	2334	Slindile	Hlatshwayo	KZNA	GIRLS 17(4KM)	16.46
20	1899	PALESA	SEDIANE	AVT	GIRLS 17(4KM)	16.46
21	3268	Anne	Makopa	ACNW	GIRLS 17(4KM)	16.53
22	3097	Jolandé	Müller	ACNW	GIRLS 17(4KM)	16.56
23	870	Boipelo	SERARILWE	AGN	GIRLS 17(4KM)	17.04
24	324	Dikeledi	Makekema	AFS	GIRLS 17(4KM)	17.07
25	2111	MELISSA	PRETORIUS	CGA	GIRLS 17(4KM)	17.10
26	2110	ISABEL	Strydom	CGA	GIRLS 17(4KM)	17.10
27	2104	Brigette	Bezuidenhout	CGA	GIRLS 17(4KM)	17.18
28	2109	Mnandi	Weber	CGA	GIRLS 17(4KM)	17.21
29	2107	Jolene	Rabie	CGA	GIRLS 17(4KM)	17.24
30	323	Nthati	Thshabalala	AFS	GIRLS 17(4KM)	17.29
31	861	Bianca	JANSE VAN RENSBURGH	AGN	GIRLS 17(4KM)	17.30
32	495	Hester	Maniewil	BOLA	GIRLS 17(4KM)	17.31
33	2336	Kelly	Fletcher	KZNA	GIRLS 17(4KM)	17.36
34	869	Yolandi	SWART	AGN	GIRLS 17(4KM)	17.36
35	863	Izanne	OBERHOLZER	AGN	GIRLS 17(4KM)	17.42
36	864	Ruani	OBERHOLZER	AGN	GIRLS 17(4KM)	17.42
37	867	Carmen	MEYER	AGN	GIRLS 17(4KM)	17.52
38	3099	Annique	Burger	ACNW	GIRLS 17(4KM)	18.00
39	325	Thandi	Mhlahu	AFS	GIRLS 17(4KM)	18.07
40	865	Ginie	LE ROUX	AGN	GIRLS 17(4KM)	18.07
41	871	Christelle	KOTZE	AGN	GIRLS 17(4KM)	18.15
42	406	Marjomalé	Kernekamp	AGW	GIRLS 17(4KM)	18.17
43	494	Sulette	Kotze	BOLA	GIRLS 17(4KM)	18.24
44	868	Anita	LANDSBERG	AGN	GIRLS 17(4KM)	18.32
45	872	Marlise	BUYS	AGN	GIRLS 17(4KM)	18.32
46	1450	Thabitha	Manamela	LIMA	GIRLS 17(4KM)	18.36
47	2750	Asisipho	Ndzawombi	ATRA	GIRLS 17(4KM)	18.36
48	3098	Arista	Neethling	ACNW	GIRLS 17(4KM)	18.40
49	496	Priscilla	Booyesen	BOLA	GIRLS 17(4KM)	18.40
50	2639	MARIELLE	HUGO	ANWN	GIRLS 17(4KM)	18.43
51	873	Zelke	SLABBERT	AGN	GIRLS 17(4KM)	19.03
52	3100	Sindisiwe	Setumo	ACNW	GIRLS 17(4KM)	19.03
53	1900	MARLENE	DORFLING	AVT	GIRLS 17(4KM)	19.09
54	3105	Magdeline	Pule	ACNW	GIRLS 17(4KM)	19.09
55	875	Margot	JANSEN VAN NIEUWEGH	AGN	GIRLS 17(4KM)	19.10
56	2335	Nonhlanhla	Mahaye	KZNA	GIRLS 17(4KM)	19.12

57	1787	Althea	Festus	ASWD	GIRLS 17(4KM)	19.12
58	1786	Debidene	Pietersen	ASWD	GIRLS 17(4KM)	19.17
59	874	Cornie	VENTER	AGN	GIRLS 17(4KM)	19.33
60	1665	THANDEKA	SIBANYONI	AMPU	GIRLS 17(4KM)	19.45
61	1664	ELIZ-MARI	MARX	AMPU	GIRLS 17(4KM)	19.52
62	2641	JENAVE	RAUTENBACH	ANWN	GIRLS 17(4KM)	20.16
63	3102	Bernise	Williams	ACNW	GIRLS 17(4KM)	20.24
64	2643	KATLEGO	NGAKANE	ANWN	GIRLS 17(4KM)	20.25
65	1667	KARIN	PIENAAR	AMPU	GIRLS 17(4KM)	20.27
66	3101	Megan	Kruger	ACNW	GIRLS 17(4KM)	21.04
67	2640	DANIELLE	MENEZIES	ANWN	GIRLS 17(4KM)	21.50
68	1666	JANELLE	BOTHA	AMPU	GIRLS 17(4KM)	21.54
69	3103	Cornita	Steenkamp	ACNW	GIRLS 17(4KM)	22.51
70	3104	Ané	Havenga	ACNW	GIRLS 17(4KM)	23.10
71	3106	Stephné	Van Rensburg	ACNW	GIRLS 17(4KM)	25.02

JUNIOR MEN (8 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2119	Armin	Botha	CGA	JUN MEN(8KM)	25.23
2	524	William	Kaptein	BOLA	JUN MEN(8KM)	25.37
3	479	Mfumancko	Fadane	ATRA	JUN MEN(8KM)	25.40
4	2125	Sithembile	Dondolo	CGA	JUN MEN(8KM)	26.02
5	2120	Thabiso	Mateba	CGA	JUN MEN(8KM)	26.06
6	68	Anastacius	Ontong	AFS	JUN MEN(8KM)	26.07
7	2393	Sonnyboy	Mkhwanazi	KZNA	JUN MEN(8KM)	26.16
8	918	Simon	MOKONYAMA	AGN	JUN MEN(8KM)	26.19
9	2122	Monwabisi	Mkhonzi	CGA	JUN MEN(8KM)	26.27
10	1819	ZUSIPHE	MPIYAKHE	ATRA	JUN MEN(8KM)	26.31
11	1901	KARABO	JACOBS	AVT	JUN MEN(8KM)	26.34
12	2128	Edwin	Sesipi	CGA	JUN MEN(8KM)	26.36
13	1276	JEROMY	ANDREAS	WPA	JUN MEN(8KM)	26.38
14	70	Benjamin	Molehe	AFS	JUN MEN(8KM)	26.40
15	2121	Themba	Khumalo	CGA	JUN MEN(8KM)	26.46
16	924	Diphetogu	PONCHO	AGN	JUN MEN(8KM)	26.47
17	2394	Luvuyo	Mhlakaza	KZNA	JUN MEN(8KM)	26.49
18	67	Sello	Masia	AFS	JUN MEN(8KM)	26.56
19	2124	Alfred	Mphuthi	CGA	JUN MEN(8KM)	26.57
20	2123	Sizwe	Boqashi	CGA	JUN MEN(8KM)	26.59
21	525	Luyando	Qolo	BOLA	JUN MEN(8KM)	27.00
22	3170	Thato	Mmadi	ACNW	JUN MEN(8KM)	27.01
23	2129	Mauritz	Tuit	CGA	JUN MEN(8KM)	27.01
24	2654	ERNEST	BASIME	ANWN	JUN MEN(8KM)	27.02
25	920	Jonathan	BREDENKAMP	AGN	JUN MEN(8KM)	27.08
26	3063	SANELE	SHANGE	CGA	JUN MEN(8KM)	27.22
27	3168	Tumelo	Mokabane	ACNW	JUN MEN(8KM)	27.26
28	2126	Zweli	Nzima	CGA	JUN MEN(8KM)	27.26
29	1277	GODWIN	SWARTZ	WPA	JUN MEN(8KM)	27.29
30	1677	ZIMBIRI	SAKHILE	AMPU	JUN MEN(8KM)	27.32
31	3358	Luvo	Mantashe	ATRA	JUN MEN(8KM)	27.35

32	915	Gift	MAHLANGU	AGN	JUN MEN(8KM)	27.37
33	919	Koos	BALOYI	AGN	JUN MEN(8KM)	27.37
34	1221	NTSILA	SANELE	ATRA	JUN MEN(8KM)	27.37
35	2913	Mthandazo	Loni	ATRA	JUN MEN(8KM)	27.44
36	2396	Cebo	Myeza	KZNA	JUN MEN(8KM)	27.47
37	1903	SELLO	MOKOENA	AVT	JUN MEN(8KM)	27.52
38	3179	Thapelo	Matokonyane	ACNW	JUN MEN(8KM)	27.52
39	1678	SCELO	SIBEKO	AMPU	JUN MEN(8KM)	28.01
40	1682	MGIJIMI	MAMBA	AMPU	JUN MEN(8KM)	28.06
41	1683	JOHARDT	VAN HEERDEN	AMPU	JUN MEN(8KM)	28.08
42	74	George	Tshabalala	AFS	JUN MEN(8KM)	28.09
43	71	Philani	Mazantsana	AFS	JUN MEN(8KM)	28.09
44	2395	Sakhile	Mthembu	KZNA	JUN MEN(8KM)	28.09
45	526	Kane	Reilly	BOLA	JUN MEN(8KM)	28.11
46	2130	Vladimir	Gcaba	CGA	JUN MEN(8KM)	28.15
47	922	Theodore	NOTHLING	AGN	JUN MEN(8KM)	28.15
48	917	Jack	MASOGO	AGN	JUN MEN(8KM)	28.21
49	370	Simphwe	Bonga	AFS IND	JUN MEN(8KM)	28.24
50	1820	FIKILE	MKHUNKQA	ATRA	JUN MEN(8KM)	28.24
51	2407	Xolani	Nqcoobo	KZNA	JUN MEN(8KM)	28.27
52	2397	Siyabonga	Magubane	KZNA	JUN MEN(8KM)	28.28
53	1818	MLULAMI	MABONA	ATRA	JUN MEN(8KM)	28.29
54	1793	Donnay	Danster	ASWD	JUN MEN(8KM)	28.30
55	528	Nicolin	Farmer	BOLA	JUN MEN(8KM)	28.32
56	2655	JOHAN	BERRANGE	ANWN	JUN MEN(8KM)	28.33
57	1213	HARRY	GOEIMAN	ANWC	JUN MEN(8KM)	28.40
58	448	Itumeleng	Thole	AGW	JUN MEN(8KM)	28.43
59	923	Michael	MCLAGGAN	AGN	JUN MEN(8KM)	28.45
60	3174	Michael	Hendricks	ACNW	JUN MEN(8KM)	28.50
61	928	William	MABENA	AGN	JUN MEN(8KM)	28.57
62	1904	PETRUS	KHEZA	AVT	JUN MEN(8KM)	28.59
63	2778	LUCKY	THATO	CGA	JUN MEN(8KM)	28.59
64	1468	Alpheus	Monene	LIMA	JUN MEN(8KM)	29.08
65	1680	HENNIE	NGWENYA	AMPU	JUN MEN(8KM)	29.09
66	73	Leta	Maliehe	AFS	JUN MEN(8KM)	29.20
67	916	Moses	DIRANE	AGN	JUN MEN(8KM)	29.22
68	72	Thabo	Lepopo	AFS	JUN MEN(8KM)	29.24
69	925	Morgan	MTSHWENI	AGN	JUN MEN(8KM)	29.24
70	3175	Tebono	Lesupi	ACNW	JUN MEN(8KM)	29.36
71	927	Adriaan	ALDRIDGE	AGN	JUN MEN(8KM)	29.40
72	3173	George	Ramenana	ACNW	JUN MEN(8KM)	29.41
73	1684	VUSI	PHALA	AMPU	JUN MEN(8KM)	30.09
74	1279	HILTON	PERSENTS	WPA	JUN MEN(8KM)	30.22
75	1278	ORION	FARO	WPA	JUN MEN(8KM)	30.28
76	1821	LITHALETHU	KALA	ATRA	JUN MEN(8KM)	30.28
77	447	Tebogo	Motibe	AGW	JUN MEN(8KM)	30.36
78	445	Ashley	Van Rooyen	AGW	JUN MEN(8KM)	30.43
79	930	Wiaan	SWANEPOEL	AGN	JUN MEN(8KM)	30.45
80	3181	Johannes	Schoonraad	ACNW	JUN MEN(8KM)	30.56
81	529	Eugeno	Van Wyk	BOLA	JUN MEN(8KM)	30.56

82	1200	Barco	KRUGER	AGN IND	JUN MEN(8KM)	31.15
83	1726	Sizwe	Ndleleni	ATRA	JUN MEN(8KM)	31.25
84	1473	Lebogang	Chaba	LIMA	JUN MEN(8KM)	31.27
85	2657	LETLHOGONOLO	MUGODIELE	ANWN	JUN MEN(8KM)	31.33
86	1795	Mahorthy	Peil	ASWD	JUN MEN(8KM)	31.36
87	3169	Omphile	Motlagale	ACNW	JUN MEN(8KM)	32.12
88	3180	Katlago	Lafuma	ACNW	JUN MEN(8KM)	32.23
89	2660	ZANDER	STANDER	ANWN	JUN MEN(8KM)	33.03
90	2659	STEVEN	SEOKETSA	ANWN	JUN MEN(8KM)	33.18
91	1215	MORNE	DE BEN	ANWC	JUN MEN(8KM)	34.02
92	929	Pierre	DELPORT	AGN	JUN MEN(8KM)	34.10
93	446	Ray	Gaborone	AGW	JUN MEN(8KM)	34.57
94	2658	JOHN	RAMONYANE	ANWN	JUN MEN(8KM)	35.03
95	1789	TYIKA	MHLANGULI	ATRA	JUN MEN(8KM)	35.03
96	931	Burt	VERSTER	AGN	JUN MEN(8KM)	35.29
97	3183	Bertus	Brand	ACNW	JUN MEN(8KM)	37.37
98	3184	Hernus	Swanepoel	ACNW	JUN MEN(8KM)	39.09

JUNIOR WOMEN (6 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1755	Sirayi	Thabisa	ATRA	JUN WOMEN(6KM)	22.37
2	2131	Sylvia	Tshehtlanyane	CGA	JUN WOMEN(6KM)	23.03
3	2133	Mamphielo	Sibanda	CGA	JUN WOMEN(6KM)	23.17
4	941	Happiness	MKHIZE	AGN	JUN WOMEN(6KM)	23.31
5	2132	Googness	Lichaba	CGA	JUN WOMEN(6KM)	23.32
6	75	Danel	Prinsloo	AFS	JUN WOMEN(6KM)	23.36
7	3185	Carlin	Jansen van Rensbu	ACNW	JUN WOMEN(6KM)	23.49
8	934	Gerdri	WOLMARANS	AGN	JUN WOMEN(6KM)	24.00
9	2112	KEITUMETSI	DISIPI	CGA	JUN WOMEN(6KM)	24.10
10	2135	Maria	Makgoshini	CGA	JUN WOMEN(6KM)	24.16
11	77	Charity	Moletsane	AFS	JUN WOMEN(6KM)	24.29
12	933	Ankia	STOLS	AGN	JUN WOMEN(6KM)	24.33
13	2136	Marli	Van Staden	CGA	JUN WOMEN(6KM)	24.35
14	502	Monique ann	Lombaard	BOLA	JUN WOMEN(6KM)	24.38
15	2108	JANINE	MEYER	CGA	JUN WOMEN(6KM)	25.00
16	936	Jeane	NOTHLING	AGN	JUN WOMEN(6KM)	25.11
17	937	Masabata	MATOANE	AGN	JUN WOMEN(6KM)	25.15
18	499	Annamart-Marie	Laubscher	BOLA	JUN WOMEN(6KM)	25.16
19	2140	Nadia	Hechter	CGA	JUN WOMEN(6KM)	25.20
20	76	Mamello	Molaoa	AFS	JUN WOMEN(6KM)	25.27
21	2326	Nompumelelo	Mnyandu	KZNA	JUN WOMEN(6KM)	25.29
22	498	Annei	Kloppers	BOLA	JUN WOMEN(6KM)	25.30
23	935	Melissa	TAYLOR	AGN	JUN WOMEN(6KM)	25.30
24	2134	Estie	Brits	CGA	JUN WOMEN(6KM)	25.30
25	79	Jessica	Stevens	AFS	JUN WOMEN(6KM)	25.37
26	951	Keorapetse	TLHOAELE	AGN	JUN WOMEN(6KM)	25.45
27	1816	ZOVUYO	MDEDELWA	ATRA	JUN WOMEN(6KM)	25.56
28	938	Dineo	MOHAI	AGN	JUN WOMEN(6KM)	26.00
29	3186	Laune	Meyer	ACNW	JUN WOMEN(6KM)	26.10

30	2139	Victoria	Khoza	CGA	JUN WOMEN(6KM	26.12
31	1289	ASIPHE	SNYMAN	WPA	JUN WOMEN(6KM	26.17
32	2327	Mbali	Mokoena	KZNA	JUN WOMEN(6KM	26.24
33	501	Heleen	Malan	BOLA	JUN WOMEN(6KM	26.29
34	1815	AVELA	NONGCI	ATRA	JUN WOMEN(6KM	26.37
35	1291	AMY	ABRAHAMS	WPA	JUN WOMEN(6KM	26.40
36	1817	ZIYANDA	SKHAFINI	ATRA	JUN WOMEN(6KM	26.53
37	1822	PHUMZA	GANTSA	ATRA	JUN WOMEN(6KM	26.53
38	1288	KHANYA	MATEYISI	WPA	JUN WOMEN(6KM	27.10
39	948	Sibusiso	SOLA	AGN	JUN WOMEN(6KM	27.20
40	2328	Sbongile	Lushaba	KZNA	JUN WOMEN(6KM	27.26
41	1694	MONDY	THIPE	AMPU	JUN WOMEN(6KM	27.27
42	2329	Khanyisile	Thabethe	KZNA	JUN WOMEN(6KM	27.27
43	939	Ailene	BEZUIDENHOUT	AGN	JUN WOMEN(6KM	27.30
44	504	Kalvas	Novangeli	ATRA	JUN WOMEN(6KM	27.47
45	944	Asanda	DAYIMANI	AGN	JUN WOMEN(6KM	27.48
46	78	Limakatso	Mosia	AFS	JUN WOMEN(6KM	27.50
47	500	Mari	Scott	BOLA	JUN WOMEN(6KM	27.52
48	942	Suane	CILLIE	AGN	JUN WOMEN(6KM	27.53
49	1290	REGHANA	BEUKES	WPA	JUN WOMEN(6KM	27.56
50	1465	Liancke	Venter	LIMA	JUN WOMEN(6KM	28.01
51	945	Marne	MEYER	AGN	JUN WOMEN(6KM	28.02
52	3187	Jessica	van Wyk	ACNW	JUN WOMEN(6KM	28.11
53	86	Abongile	Nonkosi	ATRA	JUN WOMEN(6KM	28.16
54	1464	Tess	Bester	LIMA	JUN WOMEN(6KM	28.27
55	949	Simone	SIMPSON	AGN	JUN WOMEN(6KM	29.00
56	947	Nelda	STEYN	AGN	JUN WOMEN(6KM	29.01
57	950	Amelia	BOTHA	AGN	JUN WOMEN(6KM	29.20
58	2652	DANICA	COETZEE	ANWN	JUN WOMEN(6KM	29.56
59	503	Patricia	Willemse	BOLA	JUN WOMEN(6KM	30.13
60	1697	MARCIA	MOKWANA	AMPU	JUN WOMEN(6KM	30.27
61	369	Portia	Ramohloane	AFS IND	JUN WOMEN(6KM	30.30
62	946	Jozanne	LUYT	AGN	JUN WOMEN(6KM	30.39
63	408	Petra	Erasmus	AGW	JUN WOMEN(6KM	30.40
64	407	Zandria	v Dyk	AGW	JUN WOMEN(6KM	30.48
65	3189	Olivia	Conradie	ACNW	JUN WOMEN(6KM	31.07
66	3192	Patty	Gouws	ACNW	JUN WOMEN(6KM	31.22
67	2653	VERONIQUE	V HEERDEN	ANWN	JUN WOMEN(6KM	31.32
68	1230	EUNICE	ISAKS	ANWC	JUN WOMEN(6KM	31.33
69	3190	Nicolene	Ostmann	ACNW	JUN WOMEN(6KM	31.34
70	1797	Brendeline	Misland	ASWD	JUN WOMEN(6KM	32.04
71	3188	Veressa	Bothma	ACNW	JUN WOMEN(6KM	32.05
72	1796	Wildrene	Jacobs	ASWD	JUN WOMEN(6KM	33.26
73	3193	Bodine	van Schalkwyk	ACNW	JUN WOMEN(6KM	33.43
74	2651	ANE	BRIEL	ANWN	JUN WOMEN(6KM	33.43
75	1798	Kristie	Kayster	ASWD	JUN WOMEN(6KM	33.55
76	3194	Sané	Rens	ACNW	JUN WOMEN(6KM	34.17
77	3195	Megan	van Aarde	ACNW	JUN WOMEN(6KM	34.27
78	2650	BUYELWA	MATABOGE	ANWN	JUN WOMEN(6KM	34.32
79	1696	MICAELA	GERLING	AMPU	JUN WOMEN(6KM	37.15

MEN 21 (4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2168	STEVEN	MHLONGO	CGA	MEN 21(4KM)	12.14
2	2170	THATO	MOLATEDI	CGA	MEN 21(4KM)	12.26
3	2175	PIETER	WILDERS	CGA	MEN 21(4KM)	12.29
4	952	Joel	MADIBA	AGN	MEN 21(4KM)	12.31
5	1910	KOOS	MBELE	AVT	MEN 21(4KM)	12.34
6	2169	REUBEN	MAGENGENENE	CGA	MEN 21(4KM)	12.38
7	1688	ABEDNICO	MASHABA	AMPU	MEN 21(4KM)	12.40
8	1686	NKOSINATHI	VILAKAZI	AMPU	MEN 21(4KM)	12.43
9	2171	SIFISO	MNCWANGO	CGA	MEN 21(4KM)	12.47
10	1927	Mariano	Eesou	EPA	MEN 21(4KM)	12.53
11	2174	NTSINDISO	MPHAKATHI	CGA	MEN 21(4KM)	12.55
12	45	Samuel	Marokoane	AFS	MEN 21(4KM)	12.55
13	3199	Lucas	Bothobutle	ACNW	MEN 21(4KM)	12.55
14	36	Sello	Masia	AFS	MEN 21(4KM)	13.04
15	44	Kamohelo	Moahlodi	AFS	MEN 21(4KM)	13.10
16	40	Teboho	Mock	AFS	MEN 21(4KM)	13.10
17	2173	AMOS SIPHO	KHUMALO	CGA	MEN 21(4KM)	13.18
18	956	Adrian	WALLACE	AGN	MEN 21(4KM)	13.18
19	3198	Jerry	Motsau	ACNW	MEN 21(4KM)	13.21
20	46	Xolani	Loni	AFS	MEN 21(4KM)	13.21
21	954	Rapelang	KGAJE	AGN	MEN 21(4KM)	13.21
22	57	Mohapi	Lebusho	AFS	MEN 21(4KM)	13.25
23	37	Thabang	Masihleho	AFS	MEN 21(4KM)	13.31
24	42	Fernando	Ledimo	AFS	MEN 21(4KM)	13.33
25	43	Ernest	Nkoko	AFS	MEN 21(4KM)	13.38
26	2172	KOTOPETSA	MHLANGA	CGA	MEN 21(4KM)	13.39
27	464	Shaun	Lekay	BOLA	MEN 21(4KM)	13.44
28	58	Sidwell	Moji	AFS	MEN 21(4KM)	13.52
29	47	Willem	Radebe	AFS	MEN 21(4KM)	13.58
30	3203	Frederik	Geldenhuis	ACNW	MEN 21(4KM)	14.02
31	953	Albertus	BADENHORST	AGN	MEN 21(4KM)	14.03
32	1479	Reggie	Maphelela	LIMA	MEN 21(4KM)	14.04
33	41	Ditsietsi	Morigitlane	AFS	MEN 21(4KM)	14.05
34	55	Sydney	Nkopane	AFS	MEN 21(4KM)	14.09
35	54	Tau	Radebe	AFS	MEN 21(4KM)	14.09
36	1481	Thabang	Phosa	LIMA	MEN 21(4KM)	14.11
37	465	Angelo	Booyesen	BOLA	MEN 21(4KM)	14.15
38	373	Ephraim	Tshabang	AFS IND	MEN 21(4KM)	14.16
39	959	Lucas	MOKGANYAMA	AGN	MEN 21(4KM)	14.21
40	59	Lerato	Mosunyane	AFS	MEN 21(4KM)	14.22
41	957	Bafana	DUBE	AGN	MEN 21(4KM)	14.35
42	50	Godfrey	Motseki	AFS	MEN 21(4KM)	14.45
43	1216	FRANS	AARON	ANWC	MEN 21(4KM)	14.47
44	1687	MLUNGISI	MTSHALI	AMPU	MEN 21(4KM)	14.48
45	1926	Conrad	Charles	EPA	MEN 21(4KM)	14.48
46	1956	THABO	MOTLOUNG	CGA	MEN 21(4KM)	14.48

47	1929	Masibulele	Heugh	EPA	MEN 21(4KM)	14.48
48	48	Vuyo	Mnyikiso	AFS	MEN 21(4KM)	14.49
49	1928	Vernon	Booyesen	EPA	MEN 21(4KM)	14.49
50	52	Eric	Motlomela	AFS	MEN 21(4KM)	14.51
51	960	Siyabulela	MBASHE	AGN	MEN 21(4KM)	14.51
52	53	Mojalefa	Sekharume	AFS	MEN 21(4KM)	14.51
53	463	Eugene	Davids	BOLA	MEN 21(4KM)	14.52
54	49	Xolise	Quliso	AFS	MEN 21(4KM)	14.53
55	1690	BHEKI	DLADLA	AMPU	MEN 21(4KM)	14.53
56	51	Calvyn	Moduka	AFS	MEN 21(4KM)	14.53
57	466	Ruan	Smith De Jager	BOLA	MEN 21(4KM)	14.55
58	1217	LEE-GARRICK	DELEKANE	ANWC	MEN 21(4KM)	14.55
59	376	Mphaka	Mahlape	AFS IND	MEN 21(4KM)	14.58
60	374	Hannes	Naude	AFS IND	MEN 21(4KM)	14.58
61	3202	Henno	Havenga	ACNW	MEN 21(4KM)	15.00
62	1219	RAYN	COETZEE	ANWC	MEN 21(4KM)	15.15
63	2689	THAPELO	MOATLHODI	ANWN	MEN 21(4KM)	15.30
64	966	Colin	DAVEY	AGN	MEN 21(4KM)	15.35
65	964	Lufuno	MUDAU	AGN	MEN 21(4KM)	15.42
66	3200	Jan	Lubbe	ACNW	MEN 21(4KM)	15.50
67	1218	MICHAEL	KETSABENG	ANWC	MEN 21(4KM)	15.55
68	2690	RUAN	SOEKOE	ANWN	MEN 21(4KM)	15.56
69	372	Bennie	Prinsloo	AFS IND	MEN 21(4KM)	15.57
70	967	Ian	FOURIE	AGN	MEN 21(4KM)	16.01
71	968	Dumisani	MABENA	AGN	MEN 21(4KM)	16.20
72	1482	Peter	Sathekge	LIMA	MEN 21(4KM)	16.40
73	961	Ulrich	PAUL	AGN	MEN 21(4KM)	16.42
74	3204	Tshepo	Moleje	ACNW	MEN 21(4KM)	16.49
75	375	Johan	Swanepoel	AFS IND	MEN 21(4KM)	16.51
76	2691	REALEBOGA	TSHABADIRA	ANWN	MEN 21(4KM)	16.53
77	2692	VINCENT	VAUGHN	ANWN	MEN 21(4KM)	16.55
78	1689	VUSI	MTSHWENI	AMPU	MEN 21(4KM)	16.59

WOMEN 21 (4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2235	MAXINE	HEINE-WACKER	CGA	WOMEN 21(4KM)	14.22
2	2236	ASHLEIGH	SCHNETTLER	CGA	WOMEN 21(4KM)	14.46
3	1104	Anuscha	NICE	AGN	WOMEN 21(4KM)	15.00
4	2238	ANNIKA	CLAASSENS	CGA	WOMEN 21(4KM)	15.03
5	1105	Letitia	SAAYMAN	AGN	WOMEN 21(4KM)	15.17
6	2237	ANELDA	PYPERS	CGA	WOMEN 21(4KM)	15.40
7	1111	Chandre	DU PLESSIS	AGN	WOMEN 21(4KM)	16.05
8	1912	NONHLANHLA	NGUBENI	AVT	WOMEN 21(4KM)	16.20
9	1245	LINDA	HANEKOM	WPA	WOMEN 21(4KM)	16.23
10	1106	Palesa	MADOA	AGN	WOMEN 21(4KM)	16.30
11	1945	Annica	Coetzee	EPA	WOMEN 21(4KM)	16.40
12	1109	Mone	SCHALEKAMP	AGN	WOMEN 21(4KM)	16.42
13	2239	ESTIE	BESTER	CGA	WOMEN 21(4KM)	17.10
14	2240	MAMIKIE	MABULE	CGA	WOMEN 21(4KM)	17.12

15	61	Marili	Du Buisson	AFS	WOMEN 21(4KM)	17.17
16	1108	Done	VERMAAK	AGN	WOMEN 21(4KM)	17.29
17	1112	Celiane	HEYNS	AGN	WOMEN 21(4KM)	17.32
18	475	Adri	Meyer	BOLA	WOMEN 21(4KM)	17.38
19	63	Siphoka	Mweza	AFS	WOMEN 21(4KM)	17.50
20	64	Marilie	Kotze	AFS	WOMEN 21(4KM)	18.04
21	1476	Lizbé	Buitendag	LIMA	WOMEN 21(4KM)	18.08
22	1110	Precious	MNISI	AGN	WOMEN 21(4KM)	18.25
23	60	Claire	Van Dyk	AFS	WOMEN 21(4KM)	18.28
24	1115	Marcel	BREED	AGN	WOMEN 21(4KM)	19.07
25	409	Kehilwe	Mothibe	AGW	WOMEN 21(4KM)	19.11
26	1913	LYDIA	MASHAILE	AVT	WOMEN 21(4KM)	19.16
27	1116	Lindie	RADEMEYER	AGN	WOMEN 21(4KM)	19.16
28	65	Chiney	Hobbs	AFS	WOMEN 21(4KM)	19.27
29	1107	Mone	DEWEY	AGN	WOMEN 21(4KM)	19.40
30	1114	Yoladni	VAN NIEKERK	AGN	WOMEN 21(4KM)	19.50

MEN 23(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	3206	Lloyd	Bosman	ACNW	MEN 23(4KM)	11.59
2	2179	ENOCK	MANYANDI	CGA	MEN 23(4KM)	12.03
3	2176	DEROCIOUS	MAKHOBALO	CGA	MEN 23(4KM)	12.21
4	1244	DEWAYNE	MOURIES	WPA IND	MEN 23(4KM)	12.29
5	2183	ITUMELENG	TSHETLANYANE	CGA	MEN 23(4KM)	12.34
6	25	Pule	Botsane	AFS	MEN 23(4KM)	12.38
7	2182	TUMELO	MAHLANGU	CGA	MEN 23(4KM)	12.38
8	27	Nalezetsane	Motloug	AFS	MEN 23(4KM)	12.40
9	2185	MELUSI	NXUMALO	CGA	MEN 23(4KM)	12.43
10	2696	ITUMELENG	PHALA	ANWN	MEN 23(4KM)	12.47
11	1908	WITNESS	HLALELE	AVT	MEN 23(4KM)	12.53
12	2181	CLINTON	SWANEPOEL	CGA	MEN 23(4KM)	12.53
13	26	Tseko	Lechong	AFS	MEN 23(4KM)	12.53
14	1909	SANDILE	ZUMA	AVT	MEN 23(4KM)	12.55
15	2184	THABO	MOTAUNG	CGA	MEN 23(4KM)	12.59
16	983	Anele	SONQIBIDO	AGN	MEN 23(4KM)	13.06
17	971	Ivan	AMBRAAL	AGN	MEN 23(4KM)	13.15
18	2694	KATLEGO	KELEPILE	ANWN	MEN 23(4KM)	13.18
19	24	April	Meko	AFS	MEN 23(4KM)	13.18
20	28	Thys	Mocholotsi	AFS	MEN 23(4KM)	13.42
21	449	Sameul	Saul	AGW	MEN 23(4KM)	13.48
22	973	Abbey	MORULANE	AGN	MEN 23(4KM)	14.10
23	1691	LEONARD	MAKHANYE	AMPU	MEN 23(4KM)	14.18
24	972	Martin	NKOE	AGN	MEN 23(4KM)	14.19
25	1210	ANDRE	VENTER	CGA	MEN 23(4KM)	14.24
26	29	Antonie	Peens	AFS	MEN 23(4KM)	14.30
27	1692	DOCTOR	ZWANE	AMPU	MEN 23(4KM)	14.34
28	30	Thabo	Phakoe	AFS	MEN 23(4KM)	14.36
29	2695	PETRUS	NCUBE	ANWN	MEN 23(4KM)	14.37
30	975	Timothy	OLYN	AGN	MEN 23(4KM)	14.51

31	977	William	SIBANYONI	AGN	MEN 23(4KM)	14.58
32	32	Seobi	Ramotshabi	AFS	MEN 23(4KM)	14.59
33	3209	Molefi	Mokgabi	ACNW	MEN 23(4KM)	15.10
34	1930	Dwayne	Lucas	EPA	MEN 23(4KM)	15.15
35	976	Themba	MADIMA	AGN	MEN 23(4KM)	15.34
36	3208	Charles	Monaneng	ACNW	MEN 23(4KM)	15.35
37	978	Samuel	BODIBA	AGN	MEN 23(4KM)	15.43
38	1693	KEVIN	DE AAR	AMPU	MEN 23(4KM)	15.43
39	2693	POGISO	FORTEIN	ANWN	MEN 23(4KM)	16.00
40	979	Bernard	HLONGWANI	AGN	MEN 23(4KM)	16.05
41	33	Ntho	Thabiso	AFS	MEN 23(4KM)	16.23
42	982	Mason	STRYDOM	AGN	MEN 23(4KM)	16.42

WOMEN 23(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1123	Portia	NGWENYA	AGN	WOMEN 23(4KM)	14.29
2	1118	Thembi	BALOYI	AGN	WOMEN 23(4KM)	15.09
3	1120	Mishelene	LAGERWALL	AGN	WOMEN 23(4KM)	15.41
4	2241	DOSEDA	OBISI	CGA	WOMEN 23(4KM)	16.00
5	1124	Nerissa	VAN DER WALT	AGN	WOMEN 23(4KM)	16.06
6	34	Regina	Thukane	AFS	WOMEN 23(4KM)	16.11
7	1946	Junaida	Peters	EPA	WOMEN 23(4KM)	16.23
8	1947	Natasha	De Villiers	EPA	WOMEN 23(4KM)	16.36
9	1911	REFIWE	KHUBEKA	AVT	WOMEN 23(4KM)	16.38
10	2243	ROLLINE	MACHABAPHALA	CGA	WOMEN 23(4KM)	17.00
11	2244	KAYLEE	SHIELDS	CGA	WOMEN 23(4KM)	17.05
12	1119	Thitshaamba	RAVHANDALALA	AGN	WOMEN 23(4KM)	17.07
13	1122	Maryke	ROSSOUW	AGN	WOMEN 23(4KM)	17.09
14	2292	Lauren	Venter	CGA	WOMEN 23(4KM)	17.24
15	1121	Mammiki	MOTSIRI	AGN	WOMEN 23(4KM)	17.58
16	2242	TSHEGOFATSO	DIRANE	CGA	WOMEN 23(4KM)	18.14

SENIOR MEN(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2217	ISAAC	MBUYASE	CGA	SEN MEN(4KM)	11.51
2	3159	MTSHA	SIYABULELA	ATRA	SEN MEN(4KM)	12.05
3	2219	ABRAM	KHUMALO	CGA	SEN MEN(4KM)	12.16
4	3235	Adriaan	Geldenhuis	ACNW	SEN MEN(4KM)	12.22
5	1072	Steve	NGQOLA	AGN	SEN MEN(4KM)	12.24
6	1942	Rodney	Prins	EPA	SEN MEN(4KM)	12.27
7	2221	PAUL	TJAOANA	CGA	SEN MEN(4KM)	12.32
8	2220	ESSAU	NKOSI	CGA	SEN MEN(4KM)	12.36
9	533	Jacques	Pretorius	BOLA	SEN MEN(4KM)	12.43
10	1073	Israel	LEGOETE	AGN	SEN MEN(4KM)	12.47
11	1906	XOLISANI	ZAMKELE	AVT	SEN MEN(4KM)	12.47
12	2224	JACKSON	CHAUKE	CGA	SEN MEN(4KM)	12.51
13	1074	Pilgrim	GUMBI	AGN	SEN MEN(4KM)	12.51
14	1939	Masanda	Mlonyeni	EPA	SEN MEN(4KM)	12.53
15	1703	KENNETH	NDABEZITHA	AMPU	SEN MEN(4KM)	13.06

16	1075	Gino	NKOE	AGN	SEN MEN(4KM)	13.10
17	1940	Mkhuseli	Nyongo	EPA	SEN MEN(4KM)	13.10
18	467	Hilroy	Slingers	BOLA	SEN MEN(4KM)	13.18
19	3000	TERRENCE	MUKONA	CGA	SEN MEN(4KM)	13.34
20	2701	ISHMAEL	PHOKWANE	ANWN	SEN MEN(4KM)	13.56
21	1243	VUYOLWETHU	KAYI	WPA	SEN MEN(4KM)	14.00
22	1938	Marinus	Johnson	EPA	SEN MEN(4KM)	14.07
23	2730	MZANDOLO	LUSINDISO	ATRA	SEN MEN(4KM)	14.08
24	1907	TEBOGO	LECHELA	AVT	SEN MEN(4KM)	14.12
25	1078	Oupa	MASEKO	AGN	SEN MEN(4KM)	14.13
26	378	Molefi	Senyane	AFS IND	SEN MEN(4KM)	14.17
27	1077	Elliot	MAKGOBA	AGN	SEN MEN(4KM)	14.20
28	22	Julius	Maloka	AFS	SEN MEN(4KM)	14.23
29	1941	Robertius	Matthys	EPA	SEN MEN(4KM)	14.33
30	3237	Rasta	Matetoane	ACNW	SEN MEN(4KM)	14.38
31	3238	Malyekue	Nqiyama	ACNW	SEN MEN(4KM)	14.40
32	1083	Tshepo	MAATJIE	AGN	SEN MEN(4KM)	14.46
33	1089	Andries	MALETE	AGN	SEN MEN(4KM)	14.48
34	451	Kagisho	Moalani	AGW	SEN MEN(4KM)	14.48
35	532	Nathan	Beukes	BOLA	SEN MEN(4KM)	14.48
36	1832	MZUKISENI	MATHYWAPHULA	ATRA	SEN MEN(4KM)	14.49
37	1803	Jesse	Visagie	ASWD	SEN MEN(4KM)	14.50
38	18	Schalk	Roestoff	AFS	SEN MEN(4KM)	14.55
39	1080	Charles	MALATJI	AGN	SEN MEN(4KM)	15.15
40	3239	Mokhoa	Rampi	ACNW	SEN MEN(4KM)	15.40
41	1081	Willie	BRONKHORST	AGN	SEN MEN(4KM)	15.41
42	2700	TSHEPANG	TSITSI	ANWN	SEN MEN(4KM)	15.49
43	377	Serame	John	AFS IND	SEN MEN(4KM)	15.49
44	462	Lleswyn	Arendse	BOLA	SEN MEN(4KM)	15.57
45	1082	Mike	MNGUNI	AGN	SEN MEN(4KM)	16.10
46	1705	SAMUEL	NKOSI	AMPU	SEN MEN(4KM)	16.49
47	2698	SYDNEY	MOTSUMI	ANWN	SEN MEN(4KM)	16.50
48	1085	Elias	MOLEMANE	AGN	SEN MEN(4KM)	16.52
49	1084	Larry	BEUKES	AGN	SEN MEN(4KM)	16.54
50	98	Ngcoza	Nyaniso	ATRA	SEN MEN(4KM)	16.55
51	1088	Pieter	PRETORIUS	AGN	SEN MEN(4KM)	16.55
52	2964	MADOTYENI	SIYAMTHANDA	ATRA	SEN MEN(4KM)	16.57
53	1833	GCOBANI	SIHONI	ATRA	SEN MEN(4KM)	16.57
54	2697	THAPELO	LENYORA	ANWN	SEN MEN(4KM)	16.57
55	1483	George	Malebana	LIMA	SEN MEN(4KM)	16.59
56	1706	MARTIN	VILAKAZI	AMPU	SEN MEN(4KM)	16.50
57	3240	George	Mngomezulu	ACNW	SEN MEN(4KM)	17.42
58	2699	HENNIE	POTGIETER	ANWN	SEN MEN(4KM)	17.57
59	3242	Rudi	Van Den Heever	ACNW	SEN MEN(4KM)	21.41
60	3234	Chris	Koen	ACNW	SEN MEN(4KM)	24.25

SENIOR WOMEN(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2905	MLWAKHULE	FUNEKA	ATRA	SEN WOMEN(4KM)	14.41

2	3246	Mia	Pienaar	ACNW	SEN WOMEN(4KM)	14.53
3	1090	Nandipa	DYWILI	AGN	SEN WOMEN(4KM)	15.28
4	23	Dolores	Bondis	AFS	SEN WOMEN(4KM)	15.43
5	379	Thandi	Malindi	AFS IND	SEN WOMEN(4KM)	15.51
6	2817	ANGELIQUE	LEITAO	CGA	SEN WOMEN(4KM)	16.29
7	474	Magrieta	Smith	BOLA	SEN WOMEN(4KM)	16.55
8	2687	AMANDIE	PANSEGRAUW	ANWN	SEN WOMEN(4KM)	17.12
9	1091	Simone	FAASEN	AGN	SEN WOMEN(4KM)	17.15
10	2271	YOLANDA	PRETORIUS	CGA	SEN WOMEN(4KM)	17.20
11	2273	OHNA	LOUW/VISSER	CGA	SEN WOMEN(4KM)	17.54
12	2274	CHARINE	KRUGER	CGA	SEN WOMEN(4KM)	18.08
13	1092	Kathryn	THOMAS	AGN	SEN WOMEN(4KM)	18.32
14	473	Tina Mari	Meyer	BOLA	SEN WOMEN(4KM)	19.03
15	2688	LINDIE	PANSEGRAUW	ANWN	SEN WOMEN(4KM)	22.32
16	2685	ERICA	BOSCH	ANWN	SEN WOMEN(4KM)	28.22

SENIOR MEN(12 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2753	TSHAMANO	SETONE	CGA	SEN MEN(12KM)	36.09
2	1067	Steven	MOKOKA	AGN	SEN MEN(12KM)	36.09
3	2207	XOLISA	TYALI	CGA	SEN MEN(12KM)	36.35
4	1	Samuel	Segoaba	AFS	SEN MEN(12KM)	36.42
5	2208	JEFFERY	GWEBU	CGA	SEN MEN(12KM)	37.00
6	2	Godfrey	Ramokone	AFS	SEN MEN(12KM)	37.26
7	2205	MBONGENI	NGXAZOZO	CGA	SEN MEN(12KM)	37.35
8	2206	FRIK	GUYS	CGA	SEN MEN(12KM)	37.41
9	1056	Kgosi	TSOSANE	AGN	SEN MEN(12KM)	37.45
10	2211	SABATA	MOKANYANE	CGA	SEN MEN(12KM)	37.46
11	383	Thulo	Nyedimane	AFS IND	SEN MEN(12KM)	38.00
12	1699	LUCAS	JANI	AMPU	SEN MEN(12KM)	38.13
13	1060	Motsamai	MOTONE	AGN	SEN MEN(12KM)	38.17
14	2209	LEBOGANG	MASILO	CGA	SEN MEN(12KM)	38.17
15	1069	Benedict	MOENG	AGN	SEN MEN(12KM)	38.23
16	384	Chabeli	Nyedimane	AFS IND	SEN MEN(12KM)	38.25
17	4	Khothatso	Mokone	AFS	SEN MEN(12KM)	38.33
18	1232	SITYHILO	DIKO	WPA	SEN MEN(12KM)	38.41
19	5	Zwene	Moreng	AFS	SEN MEN(12KM)	38.42
20	2210	THORISO	RATSELA	CGA	SEN MEN(12KM)	38.42
21	6	Johannes	Molehe	AFS	SEN MEN(12KM)	38.42
22	3232	Tumelo	Motlagale	ACNW	SEN MEN(12KM)	38.47
23	3236	VUXISILE	TSHOBA	CGA	SEN MEN(12KM)	38.59
24	1233	NKOSINATHI	MADYO	WPA	SEN MEN(12KM)	39.00
25	2180	MOTLATSI	MADIBA	CGA	MEN 23(4KM)	39.12
26	3286	Andries	Pongwana	AFS IND	SEN MEN(12KM)	39.17
27	1698	AMOS	THANJEKWAYO	AMPU	SEN MEN(12KM)	39.25
28	1059	Sikhumbuzo	SEME	AGN	SEN MEN(12KM)	39.33
29	10	Loki	Diradingoe	AFS	SEN MEN(12KM)	39.36
30	1235	DUANE	FORTUIN	WPA	SEN MEN(12KM)	39.46
31	1934	Nongongo	Nkoliseko	ATRA	SEN MEN(12KM)	39.47

32	2703	KEORAPETSE	MOLEFE	ANWN	SEN MEN(12KM)	39.48
33	3	William	Manelo	AFS	SEN MEN(12KM)	39.50
34	3225	Jean	Brummer	ACNW	SEN MEN(12KM)	39.57
35	1234	VICTOR	MSOPI	WPA	SEN MEN(12KM)	40.01
36	2216	LUCKY	MOHALE	CGA	SEN MEN(12KM)	40.13
37	2391	Sphamandla	Nyembe	KZNA	SEN MEN(12KM)	40.18
38	1062	Lukhando	MABINZA	AGN	SEN MEN(12KM)	40.34
39	1810	OSCAR	SIXOKA	ATRA	SEN MEN(12KM)	40.37
40	3222	Ntiti	Konana	ACNW	SEN MEN(12KM)	40.38
41	1061	Stanley	MOFU	AGN	SEN MEN(12KM)	40.41
42	2215	MOTSEKI	TJALE	CGA	SEN MEN(12KM)	40.41
43	2389	Bonginkosi	Zwane	KZNA	SEN MEN(12KM)	40.53
44	1811	ANDILE	NGQWANGI	ATRA	SEN MEN(12KM)	40.54
45	8	Tshepo	Motsehela	AFS	SEN MEN(12KM)	40.58
46	452	Sihlalo	Xwazi	AGW	SEN MEN(12KM)	40.59
47	382	Wilfred	Macholo	AFS IND	SEN MEN(12KM)	41.17
48	1063	Willem	NDZHUKULA	AGN	SEN MEN(12KM)	41.19
49	1237	JP	ABRAHAMS	WPA	SEN MEN(12KM)	41.26
50	2212	JOHN	THIPE	CGA	SEN MEN(12KM)	41.26
51	1914	CALVIN	LEVUNO	AVT	SEN MEN(12KM)	41.35
52	11	Donovan	Majodina	AFS	SEN MEN(12KM)	41.41
53	2195	SIFUNINKOSI	NGQOYINGILE	KZNA	SEN MEN(12KM)	41.48
54	2213	SAMUEL	MASHISHI	CGA	SEN MEN(12KM)	41.58
55	7	Kgotso	Sesing	AFS	SEN MEN(12KM)	42.00
56	1066	Themba	MASHOBANE	AGN	SEN MEN(12KM)	42.07
57	3229	Lindokuhle	Maila	ACNW	SEN MEN(12KM)	42.14
58	3227	Smarts	Mokhena	ACNW	SEN MEN(12KM)	42.23
59	1236	MTHANDAZO	QHINA	WPA	SEN MEN(12KM)	42.33
60	3226	Phadi	Matthews	ACNW	SEN MEN(12KM)	42.46
61	1701	MAPEANE	MAHLANGU	AMPU	SEN MEN(12KM)	42.51
62	2392	Tebogo	Khanyi	KZNA	SEN MEN(12KM)	43.11
63	2214	LOPANG	MOTSHOGE	CGA	SEN MEN(12KM)	44.03
64	530	Rodger	Davids	BOLA	SEN MEN(12KM)	44.47
65	1805	Melikhaya	Msizi	ASWD	SEN MEN(12KM)	45.02
66	3224	Michael	Motswadi	ACNW	SEN MEN(12KM)	45.40
67	1700	LUCKY	NTSHANGASE	AMPU	SEN MEN(12KM)	47.32
68	1071	Tebogo	RADEBE	AGN	SEN MEN(12KM)	51.47
69	1065	Shane	SMIT	AGN	SEN MEN(12KM)	56.14

SENIOR WOMEN(8 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2226	LEBO	PHALULA	CGA	SEN WOMEN(8KM)	28.31
2	2231	NOLENE	CONRAD	CGA	SEN WOMEN(8KM)	28.41
3	2225	LEBOGANG	PHALULA	CGA	SEN WOMEN(8KM)	28.58
4	2230	MPHO	MABUZA	CGA	SEN WOMEN(8KM)	29.23
5	2296	Onneile	Dintwe	CGA	SEN WOMEN(8KM)	29.43
6	2229	CORNELIA	JOUBERT	CGA	SEN WOMEN(8KM)	30.14
7	2321	Jenna	Challenor	KZNA	SEN WOMEN(8KM)	30.18
8	1095	Catherine	SKOSANA	AGN	SEN WOMEN(8KM)	30.28

9	13	Anna	Moeketsi	AFS	SEN WOMEN(8KM)	30.32
10	1944	Ntombesintu	Mfunzi	EPA	SEN WOMEN(8KM)	30.39
11	1096	Myrette	FILMALTER	AGN	SEN WOMEN(8KM)	30.49
12	12	Puseletso	Maema	AFS	SEN WOMEN(8KM)	31.06
13	2227	MICHELLE	WILLIAMS	CGA	SEN WOMEN(8KM)	31.06
14	2325	Puseletso	Dladla	KZNA	SEN WOMEN(8KM)	31.21
15	1240	BUSISIWE	MATIWANE	WPA	SEN WOMEN(8KM)	31.35
16	1103	Carlyn	FISCHER	AGN	SEN WOMEN(8KM)	31.38
17	1238	BULELWA	SIMAE	WPA	SEN WOMEN(8KM)	31.48
18	1097	Gladys	LUKHWARENI	AGN	SEN WOMEN(8KM)	31.51
19	2405	Makhosi	Mhlongo	KZNA	SEN WOMEN(8KM)	31.52
20	3244	Twané	van der Westhuizen	ACNW	SEN WOMEN(8KM)	32.09
21	1101	Patience	KHUMALO	AGN	SEN WOMEN(8KM)	33.08
22	15	Maryna	Swanepoel	AFS	SEN WOMEN(8KM)	33.18
23	1943	Deliwe	Nyanga	EPA	SEN WOMEN(8KM)	33.29
24	35	NELMARIE	LOUBSER	AFS	SEN WOMEN(8KM)	33.30
25	16	Anneke	Gildenhuis	AFS	SEN WOMEN(8KM)	33.36
26	1239	ASIPHE	SKABALANJANA	WPA	SEN WOMEN(8KM)	33.49
27	1241	SHERYL	DE LANGE	WPA	SEN WOMEN(8KM)	34.07
28	1242	DANETTE	SMITH	WPA	SEN WOMEN(8KM)	34.27
29	1099	Simangele	MABUZA	AGN	SEN WOMEN(8KM)	34.36
30	2323	Kim	Westbrook	KZNA	SEN WOMEN(8KM)	35.16
31	1098	Zintle	SINQE	AGN	SEN WOMEN(8KM)	35.22
32	2322	Xoli	Madida	KZNA	SEN WOMEN(8KM)	36.27

MEN 30-34(8 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2143	VINCENT	KUTOANE	CGA	SM 30-34(8 km)	24.59
2	2363	Thubalethu	Phaku	KZNA	SM 30-34(8 km)	25.13
3	2144	NASTY	MOKOLOKOLO	CGA	SM 30-34(8 km)	25.34
4	2142	KGATHATSO	CHEHCA	CGA	SM 30-34(8 km)	25.48
5	2319	SIMPHIWE	ZULU	KZNA	SM 30-34(8 km)	25.52
6	3213	Petrus	Motsumi	ACNW	SM 30-34(8 km)	26.54
7	1712	EMMANUEL	MABASO	AMPU	SM 30-34(8 km)	27.49
8	990	Wilhelm	STEYN	AGN	SM 30-34(8 km)	27.53
9	2362	Ewoud	Grobler	KZNA	SM 30-34(8 km)	28.21
10	2147	TSOKOLO	LETLOTLO	CGA	SM 30-34(8 km)	28.26
11	2364	Innocent	Nyawose	KZNA	SM 30-34(8 km)	28.59
12	985	Edward	SETSHEDI	AGN	SM 30-34(8 km)	29.03
13	2679	SARTIEL	PULE	ANWN	SM 30-34(8 km)	29.21
14	989	Montela	NGOMANE	AGN	SM 30-34(8 km)	30.16
15	993	Karel	KAPP	AGN	SM 30-34(8 km)	30.21
16	986	Vivian	PETRUS	AGN	SM 30-34(8 km)	30.32
17	987	Morne	VILJOEN	AGN	SM 30-34(8 km)	30.53
18	991	Francois	NEL	AGN	SM 30-34(8 km)	32.22
19	988	Thabo	MATHALA	AGN	SM 30-34(8 km)	33.27
20	3217	Mosophi	Tlhapisi	ACNW	SM 30-34(8 km)	38.24

WOMEN 30-34(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2232	ELIZABETH	MTHOMBENI	CGA	SW 30-34(4KM)	15.03
2	1127	Anita	O'BRIEN	AGN	SW 30-34(4KM)	15.46
3	2246	MAPHUTHI	PHAKA	CGA	SW 30-34(4KM)	15.57
4	2248	JUDITH SEIPATI	PEO	CGA	SW 30-34(4KM)	17.22
5	2249	CHRISTINA	SEEMA	CGA	SW 30-34(4KM)	17.25
6	1125	Leoni	MARE	AGN	SW 30-34(4KM)	17.41
7	3247	Sanlie	Crots	ACNW	SW 30-34(4KM)	17.52
8	2250	KESHOKETSWE	LECHABA	CGA	SW 30-34(4KM)	18.18
9	2301	Jennifer	Olbers	KZNA	SW 30-34(4KM)	19.05
10	80	Vicky	Weydeman	AFS	SW 30-34(4KM)	20.19
11	2662	EVELYN	VENTER	ANWN	SW 30-34(4KM)	20.28
12	3249	Luzaan	Jonker	ACNW	SW 30-34(4KM)	22.53
13	3250	Ursula	Hermann	ACNW	SW 30-34(4KM)	25.11

MEN 35-39(8 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2148	SIMON	MPHOLO	CGA	SM 35-39(8KM)	25.25
2	2150	ADAM	MATONA	CGA	SM 35-39(8KM)	26.07
3	2289	Gurome	GELDERBLOEM	ASWD	SM 35-39(8KM)	26.51
4	2151	RAPHAEL	TLADI	CGA	SM 35-39(8KM)	26.58
5	1246	BONISILE	NGQULANA	WPA	SM 35-39(8KM)	27.04
6	1229	ACTION	RAMOBOE	CGA	SM 35-39(8KM)	27.07
7	996	Enoch	SKOSANA	AGN	SM 35-39(8KM)	27.10
8	2149	LUCKY	MABUZA	CGA	SM 35-39(8KM)	27.15
9	2152	JUSTICE	DLAMINI	CGA	SM 35-39(8KM)	27.35
10	1713	SIMON	SIBISI	AMPU	SM 35-39(8KM)	27.40
11	1931	Robertius	Matthys	EPA	SM 35-39(8KM)	27.43
12	2365	Nicholas	Mjadu	KZNA	SM 35-39(8KM)	28.08
13	468	Pieter	Koopman	BOLA	SM 35-39(8KM)	28.13
14	997	Colin	WITBOOI	AGN	SM 35-39(8KM)	28.17
15	2153	ISAAC	NDLOVU	CGA	SM 35-39(8KM)	28.34
16	2367	Jonathan	Edward	KZNA	SM 35-39(8KM)	29.05
17	2366	Bheki	Ngubane	KZNA	SM 35-39(8KM)	29.17
18	1916	LINNA	TAU	AVT	SM 35-39(8KM)	29.21
19	1714	EZEKEL	KGAPODIMETSE	AMPU	SM 35-39(8KM)	30.21
20	999	Elmon	NDLOVU	AGN	SM 35-39(8KM)	30.25
21	1000	Peter	MOTSHOENE	AGN	SM 35-39(8KM)	30.14
22	1918	TSHEDISO	SERUOE	AVT	SM 35-39(8KM)	31.18
23	1001	Ernest	SATHEKGE	AGN	SM 35-39(8KM)	31.57
24	1715	MOSES	SKOSANANA	AMPU	SM 35-39(8KM)	32.31
25	1002	Gert	HENNING	AGN	SM 35-39(8KM)	32.35
26	1716	VUSI	NKOSI	AMPU	SM 35-39(8KM)	32.47
27	1917	ITANI	MASHAU	AVT	SM 35-39(8KM)	33.31
28	995	Enoch	MAKUNYANE	AGN	SM 35-39(8KM)	33.36

WOMEN 35-39(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1129	Prudence	ZWANE	AGN	SW 35-39(4KM)	15.23

2	1131	Ronel	THOMAS	AGN	SW 35-39(4KM)	15.38
3	1130	Jacque	VAN DER WAALS	AGN	SW 35-39(4KM)	15.44
4	1254	BUSISIWE	MATIWANE	WPA	SW 35-39(4KM)	16.00
5	2667	KARON	MURLEY	ANWN	SW 35-39(4KM)	16.39
6	1806	Lisl	Grobler	ASWD	SW 35-39(4KM)	17.09
7	2251	DAPHNEY	HENDERSON	CGA	SW 35-39(4KM)	17.17
8	2297	Wendy	Morgan	KZNA	SW 35-39(4KM)	17.26
9	477	Madelein	Nel	BOLA	SW 35-39(4KM)	17.37
10	3251	Linda	Lombard	ACNW	SW 35-39(4KM)	17.41
11	2253	BETTY	PHUNGWAYO	CGA	SW 35-39(4KM)	17.45
12	2252	FLORENCE	MUNYAI	CGA	SW 35-39(4KM)	17.51
13	1137	Elouise	DIRKSE VAN SCHAL	AGN	SW 35-39(4KM)	17.54
14	2254	LORRAINE	GRADWELL	CGA	SW 35-39(4KM)	18.28
15	2255	THANDI	BANDA/NGWENYA	CGA	SW 35-39(4KM)	18.37
16	1132	Marni	DU RANDT	AGN	SW 35-39(4KM)	18.55
17	2256	THULI	MBATHA	CGA	SW 35-39(4KM)	18.59
18	1808	TEMBISA	MAJOQO	ATRA	SW 35-39(4KM)	19.23
19	410	Rika	v Dyk	AGW	SW 35-39(4KM)	19.40
20	81	Florentina	Meintjies	AFS	SW 35-39(4KM)	20.50
21	2298	Mary-Ann	Taylor	KZNA	SW 35-39(4KM)	20.54
22	2299	Judith	Mabea	KZNA	SW 35-39(4KM)	20.55
23	3252	Michelle	Muller	ACNW	SW 35-39(4KM)	20.55
24	1708	AGNIETA	PRETORIUS	AMPU	SW 35-39(4KM)	21.00
25	1486	Cecilia	Lombard	LIMA	SW 35-39(4KM)	21.00
26	2300	Katie	Roberts	KZNA	SW 35-39(4KM)	21.18
27	2668	JENINE	RAUTENBACH	ANWN	SW 35-39(4KM)	21.29
28	3253	Lizelle	Coetzee	ACNW	SW 35-39(4KM)	21.32
29	2666	LENA	MORAKE	ANWN	SW 35-39(4KM)	21.36
30	1133	Talita	BOTHA	AGN	SW 35-39(4KM)	21.46
31	1135	Petro	KUHN	AGN	SW 35-39(4KM)	22.40
32	2665	ANNEMI	MATHEWSON	ANWN	SW 35-39(4KM)	22.44
33	1134	Francinah	MASHEGO	AGN	SW 35-39(4KM)	23.01
34	3256	Illze	Dias	ACNW	SW 35-39(4KM)	23.24
35	3254	Jacoline	Jonker	ACNW	SW 35-39(4KM)	24.03
36	3255	Leiah	Cooper	ACNW	SW 35-39(4KM)	25.38
37	2663	MONICA	DU PREEZ	ANWN	SW 35-39(4KM)	28.09
38	1138	Hanlie	MURRAY	AGN	SW 35-39(4KM)	32.48

MEN 40-44(8 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2160	BUTIKI	JANTJIES	CGA	SM 40-44(8KM)	25.48
2	1006	Piet	MOSEBEDI	AGN	SM 40-44(8KM)	26.04
3	2154	LAWRENCE	CHIPANGAAN	CGA	SM 40-44(8KM)	26.28
4	2155	NEVER	MATIYA	CGA	SM 40-44(8KM)	26.47
5	2158	MOEKETSI	MOAGI	CGA	SM 40-44(8KM)	27.20
6	2157	ISAAC	MASILELA	CGA	SM 40-44(8KM)	27.36
7	385	Sampi	Morapedi	AFS IND	SM 40-44(8KM)	28.15
8	1248	JOHNNY	PERSENTS	WPA	SM 40-44(8KM)	28.21
9	1919	TSIETSI	MOKOENA	AVT	SM 40-44(8KM)	28.46

10	471	Ivan	Ryenecke	BOLA	SM 40-44(8KM)	29.02
11	2161	PETER	MASIA	CGA	SM 40-44(8KM)	29.07
12	1758	Mnyamana	Vuma	ATRA	SM 40-44(8KM)	29.10
13	469	Dawid	Pieterse	BOLA	SM 40-44(8KM)	29.15
14	1007	Daniel	GWANGWA	AGN	SM 40-44(8KM)	29.19
15	96	Siphiri	Olifant	AFS	SM 40-44(8KM)	29.24
16	2290	Richard	Mayer	CGA	SM 40-44(8KM)	29.28
17	95	Pule	Molosi	AFS	SM 40-44(8KM)	29.36
18	1717	SEAN	HENRY	AMPU	SM 40-44(8KM)	29.39
19	1933	Freddie	Jantjies	EPA	SM 40-44(8KM)	29.51
20	1799	Paulus	Allart	ASWD	SM 40-44(8KM)	29.54
21	1010	Frikkie	PYPERS	AGN	SM 40-44(8KM)	59.54
22	1008	Graham	MEGAW	AGN	SM 40-44(8KM)	30.09
23	94	Phello	Mollo	AFS	SM 40-44(8KM)	30.27
24	1009	Henk	MOEN	AGN	SM 40-44(8KM)	30.42
25	1932	August	Esau	EPA	SM 40-44(8KM)	31.06
26	1920	LUCAS	VANTO	AVT	SM 40-44(8KM)	31.19
27	1718	NGWENYA	MFALA	AMPU	SM 40-44(8KM)	31.34
28	2368	Elias	Madlala	KZNA	SM 40-44(8KM)	31.46
29	1014	Koos	APHANE	AGN	SM 40-44(8KM)	31.50
30	2370	Brendan	Mayer	KZNA	SM 40-44(8KM)	32.00
31	1012	Eddie	HANEKOM	AGN	SM 40-44(8KM)	33.06
32	2369	Steven	Muchna	KZNA	SM 40-44(8KM)	33.22
33	994	Johannes	RATSELA	AGN	SM 40-44(8KM)	33.35
34	2159	JABULANI	MNGOMEZULU	CGA	SM 40-44(8KM)	34.03
35	2681	SCHALK	VENTER	ANWN	SM 40-44(8KM)	34.27
36	1011	Lourens	COETZER	AGN	SM 40-44(8KM)	34.31
37	3212	Jacobus	Nel	ACNW	SM 40-44(8KM)	36.29
38	1494	Christo	Strauss	LIMA	SM 40-44(8KM)	40.12
39	2680	HORATIO	MATHEWSON	ANWN	SM 40-44(8KM)	10.34
40	1017	Pieter	VILJOEN	AGN	SM 40-44(8KM)	41.50

WOMEN 40-44(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1807	Heilani	Streuderst	ASWD	SW 40-44(4KM)	15.52
2	1255	SHERYL	DE LANGE	WPA	SW 40-44(4KM)	16.01
3	1258	ALTA	WELMANS	WPA	SW 40-44(4KM)	16.04
4	2303	Shani	Silver	KZNA	SW 40-44(4KM)	16.44
5	1487	Elsabe	Cronje	LIMA	SW 40-44(4KM)	16.59
6	2304	Ursula	Cockbain	KZNA	SW 40-44(4KM)	17.08
7	1139	Estelle	GREYLING	AGN	SW 40-44(4KM)	17.18
8	1256	TANA	JANSE VAN RENSBURGH	WPA	SW 40-44(4KM)	17.20
9	2257	CECILE	DIEDERICKS	CGA	SW 40-44(4KM)	17.23
10	2305	Maureen	Slack	KZNA	SW 40-44(4KM)	17.30
11	1488	Marietjie	Van der Merwe	LIMA	SW 40-44(4KM)	17.38
12	1922	FLORANCE	MOLAWA	AVT	SW 40-44(4KM)	17.41
13	1140	Yvette	VAN SCHALKWYK	AGN	SW 40-44(4KM)	17.47
14	83	Rozelle	Cloete	AFS	SW 40-44(4KM)	17.52
15	2258	RETHA	J VAN VUUREN	CGA	SW 40-44(4KM)	17.56

16	82	Sorita	Viljoen	AFS	SW 40-44(4KM)	17.58
17	2259	MOTSEI	SEKWALO	CGA	SW 40-44(4KM)	18.12
18	1257	MARIAAN	MALAN	WPA	SW 40-44(4KM)	18.15
19	2671	MAGDA	HAASBROEK	ANWN	SW 40-44(4KM)	18.15
20	2302	Nana	Sgubudu	KZNA	SW 40-44(4KM)	18.49
21	1141	Letmari	DREECKMEIER	AGN	SW 40-44(4KM)	19.27
22	2261	ELIZABETH	MAHAMO	CGA	SW 40-44(4KM)	19.34
23	84	Alet	Brits	AFS	SW 40-44(4KM)	19.41
24	2262	GLORIA	SHONGWE	CGA	SW 40-44(4KM)	19.49
25	1142	Anel	COETZER	AGN	SW 40-44(4KM)	19.53
26	411	Laura	Coetzee	AGW	SW 40-44(4KM)	20.10
27	85	Ilse	Maartens	AFS	SW 40-44(4KM)	20.24
28	1144	Sandra	ALDRIDGE	AGN	SW 40-44(4KM)	20.36
29	1143	Rosemarie	CUTHBERTSON	AGN	SW 40-44(4KM)	21.06
30	3260	Christel	Pretorius	ACNW	SW 40-44(4KM)	21.16
31	3261	Delishia	Miller	ACNW	SW 40-44(4KM)	21.19
32	2673	ADELE	OOSTHUIZEN	ANWN	SW 40-44(4KM)	21.26
33	1146	STIENIE	KOMPAGNE	AGN	SW 40-44(4KM)	21.57
34	1145	Ronel	STEYN	AGN	SW 40-44(4KM)	22.00
35	2672	HEILA	HORN	ANWN	SW 40-44(4KM)	23.39
36	1247	Mboniswa	Perciance	ATRA	SW 40-44(4KM)	24.05
37	1146	Stienie	KOMPAGNIE	AGN	SW 40-44(4KM)	24.09
38	3262	Anita	Rautenbach	ACNW	SW 40-44(4KM)	29.11

MEN 45-49(8 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2165	TREVOR	TOERIN	CGA	SM 45-49(8KM)	27.11
2	470	Isaac	Opperman	BOLA	SM 45-49(8KM)	27.20
3	1249	JOHN	SEPTEMBER	WPA	SM 45-49(8KM)	28.28
4	1019	Dan	MOTHIBE	AGN	SM 45-49(8KM)	28.47
5	2163	TONY	SILVA	CGA	SM 45-49(8KM)	28.52
6	1020	Dawie	DE VILLIERS	AGN	SM 45-49(8KM)	28.53
7	2162	ARTHUR	WOOLDRIDGE	CGA	SM 45-49(8KM)	29.21
8	1720	JERRY	MASEKO	AMPU	SM 45-49(8KM)	29.31
9	2371	Willie	Majombozi	KZNA	SM 45-49(8KM)	29.33
10	97	Thembile	Gushana	AFS	SM 45-49(8KM)	29.35
11	2682	BRUCE	MOGANO	ANWN	SM 45-49(8KM)	29.41
12	2164	ZEB	MOKONOTO	CGA	SM 45-49(8KM)	30.07
13	1923	PAULUS	MOFOKENG	AVT	SM 45-49(8KM)	30.34
14	2167	JOSEPH	MABODLA	CGA	SM 45-49(8KM)	30.36
15	2166	ARNOLD	GEERTS	CGA	SM 45-49(8KM)	30.56
16	2372	Mandla	Dlamuka	KZNA	SM 45-49(8KM)	31.21
17	2374	Allan	Harms	KZNA	SM 45-49(8KM)	31.42
18	2373	Wayne	Scott	KZNA	SM 45-49(8KM)	31.44
19	1228	GERALD	VILJOEN	CGA	SM 45-49(8KM)	32.07
20	2683	ELIAS	MOGATANE	ANWN	SM 45-49(8KM)	32.11
21	1924	DEAN	PASSMORE	CGA	SM 45-49(8KM)	32.16
22	3243	JERRY	MABADLA	CGA	SM 45-49(8KM)	33.48
23	1022	Rob	HUDSON	AGN	SM 45-49(8KM)	33.53

24	1023	David	MODIBA	AGN	SM 45-49(8KM)	34.08
25	1024	Leon	MATTHEE	AGN	SM 45-49(8KM)	34.34
26	1801	Floors	Steenberg	ASWD	SM 45-49(8KM)	35.27
27	1800	Johan	Streuderst	ASWD	SM 45-49(8KM)	35.59
28	1025	Japie	VENTER	AGN	SM 45-49(8KM)	37.34
29	1027	Ronnie	VOGES	AGN	SM 45-49(8KM)	39.39

WOMEN 45-49(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1501	Zola	Pieterse (Budd)	AFS IND	SW 45-49(4 KM)	14.37
2	1148	Salome	VERMEULEN	AGN	SW 45-49(4 KM)	15.56
3	2263	CONNIE	VAN DER WESTHUI	CGA	SW 45-49(4 KM)	16.12
4	1259	ELMARIE	COETZEE	WPA	SW 45-49(4 KM)	16.33
5	1149	Lettie	SAAYMAN	AGN	SW 45-49(4 KM)	16.35
6	1150	Elmarie	DU TOIT	AGN	SW 45-49(4 KM)	17.01
7	2306	Kylie	Griffin	KZNA	SW 45-49(4 KM)	17.21
8	1260	MARIETTE	ESTERHUYSE	WPA	SW 45-49(4 KM)	17.28
9	478	Mary Ann	Baron	BOLA	SW 45-49(4 KM)	17.31
10	2294	Linda	VAN DER GRYP	CGA	SW 45-49(4 KM)	17.46
11	3257	Maranata	McColl	ACNW	SW 45-49(4 KM)	17.54
12	2307	Janine	Engels	KZNA	SW 45-49(4 KM)	18.05
13	87	Christine	de Jager	AFS	SW 45-49(4 KM)	18.11
14	1153	Ilse	MERRICK	AGN	SW 45-49(4 KM)	18.27
15	2266	RONELLE	HEYNS	CGA	SW 45-49(4 KM)	18.54
16	2265	LAURA	VENTER	CGA	SW 45-49(4 KM)	18.59
17	2308	Lydia	Bridger	KZNA	SW 45-49(4 KM)	19.00
18	2267	THEMBEKA	KETSEKILE	CGA	SW 45-49(4 KM)	19.06
19	1262	EVELINA	TSHABALALA	WPA	SW 45-49(4 KM)	19.15
20	1261	MARNETTE	MEYER	WPA	SW 45-49(4 KM)	19.23
21	2268	CYNTHIA	MKOVANE	CGA	SW 45-49(4 KM)	19.31
22	88	Coreen	Human	AFS	SW 45-49(4 KM)	19.57
23	2309	Sharon	Williams	KZNA	SW 45-49(4 KM)	20.30
24	1154	Ronel	FOURIE	AGN	SW 45-49(4 KM)	20.55
25	1155	Teresa	LE ROUX	AGN	SW 45-49(4 KM)	21.13
26	1710	MARI	LUUS	AMPU	SW 45-49(4 KM)	21.24
27	1490	F(Erica)	Human	LIMA	SW 45-49(4 KM)	21.48
28	1156	Lidia	DU PREEZ	AGN	SW 45-49(4 KM)	21.54
29	2675	LEANA	OBERHOLSTER	ANWN	SW 45-49(4 KM)	26.20

MEN 50-54(8 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2186	JERRY	RANKAPULE	CGA	SM 50-54(8KM)	29.31
2	1936	Alfred	Spiers	EPA	SM 50-54(8KM)	29.58
3	3219	Stuart	McColl	ACNW	SM 50-54(8KM)	30.01
4	2375	Jan	Koegelenberg	KZNA	SM 50-54(8KM)	30.23
5	472	Thomas	Moses	BOLA	SM 50-54(8KM)	30.36
6	2189	JOHANNES	SEAKAMELA	CGA	SM 50-54(8KM)	31.24
7	1252	MPENDULO	MPUKANI	WPA	SM 50-54(8KM)	31.29
8	2377	Andy	Daly	KZNA	SM 50-54(8KM)	31.47

9	2188	ARRIGO	FERRI	CGA	SM 50-54(8KM)	32.18
10	1031	Japie	BADENHORST	AGN	SM 50-54(8KM)	32.33
11	1925	PETRUS	MOHALAJENG	AVT	SM 50-54(8KM)	32.54
12	1030	Piet	LOTTER	AGN	SM 50-54(8KM)	32.58
13	99	Pieter	Blignaut	AFS	SM 50-54(8KM)	33.14
14	1032	Stefan	SNYDERS	AGN	SM 50-54(8KM)	33.22
15	2192	DIRK	VENTER	CGA	SM 50-54(8KM)	33.35
16	1721	JOHAN	MAKHANYA	AMPU	SM 50-54(8KM)	34.11
17	2191	CHRIS	FULLER	CGA	SM 50-54(8KM)	34.15
18	1497	Malesela John	Kekana	LIMA	SM 50-54(8KM)	35.23
19	1037	Jan	BESTER	AGN	SM 50-54(8KM)	35.58
20	100	Hannes	Trollip	AFS	SM 50-54(8KM)	36.17
21	1033	Deon	STRAUSS	AGN	SM 50-54(8KM)	37.22
22	1722	ROBBIE	VENTER	AMPU	SM 50-54(8KM)	37.34
23	2684	WERNER	WEIDEMAN	ANWN	SM 50-54(8KM)	37.50
24	1035	Nico	VOS	AGN	SM 50-54(8KM)	42.05
25	1496	Pieter	Human	LIMA	SM 50-54(8KM)	51.25

WOMEN 50-54(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1161	Sandra	STEENKAMP	AGN	SW 50-54(4KM)	17.07
2	1166	Lynette	FISCHER	AGN	SW 50-54(4KM)	17.36
3	1263	OLGA	HOWARD	WPA	SW 50-54(4KM)	18.00
4	2275	LINDA	COSTON	CGA	SW 50-54(4KM)	18.51
5	2260	ARGENTINA	SENDA	CGA	SW 50-54(4KM)	19.00
6	2311	Linda	Wolhuter	KZNA	SW 50-54(4KM)	19.04
7	2310	Blanche	Moila	KZNA	SW 50-54(4KM)	19.16
8	1711	HANNELIE	VAN ZYL	AMPU	SW 50-54(4KM)	19.41
9	1491	Greta	Bekker	LIMA	SW 50-54(4KM)	19.44
10	2313	June	Watson	KZNA	SW 50-54(4KM)	19.52
11	2312	Diane	Warne	KZNA	SW 50-54(4KM)	19.53
12	2276	MARI	VAN DER WESTHUI	CGA	SW 50-54(4KM)	20.00
13	89	Suzette	Venter	AFS	SW 50-54(4KM)	20.27
14	1164	Ute	DE MILANDER	AGN	SW 50-54(4KM)	20.35
15	2277	JEMINA	KHIBA	CGA	SW 50-54(4KM)	20.40
16	90	Stella	Heyns	AFS	SW 50-54(4KM)	24.14
17	1167	Zodwa	MOTAUNG	AGN	SW 50-54(4KM)	24.52
18	2676	LYDIA	STANDER	ANWN	SW 50-54(4KM)	25.16

MEN 55-59(8 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	101	Danie	Cronje	AFS	SM 55-59(8KM)	30.37
2	2193	DAVID	DIRE	CGA	SM 55-59(8KM)	32.51
3	2378	Elias	Mahlala	KZNA	SM 55-59(8KM)	33.03
4	2379	Bongani	Ndlovu	KZNA	SM 55-59(8KM)	33.58
5	2194	WILLIE	MAISELA	CGA	SM 55-59(8KM)	34.21
6	1038	Rufan	PALM	AGN	SM 55-59(8KM)	34.58
7	2196	SONNY	LEOPENG	CGA	SM 55-59(8KM)	35.33
8	1039	Gerhard	SWART	AGN	SM 55-59(8KM)	36.41

9	2380	Jean-Pierre	Chelen	KZNA	SM 55-59(8KM)	37.19
10	1041	Marius	BOSMAN	AGN	SM 55-59(8KM)	37.39
11	1498	Philip	Entres	LIMA	SM 55-59(8KM)	38.06
12	1040	Leendert	LORENZEN	AGN	SM 55-59(8KM)	38.08
13	1499	Frans	Kekana	LIMA	SM 55-59(8KM)	38.24
14	102	Frans	Van der Walt	AFS	SM 55-59(8KM)	38.42
15	386	William	De Vasch	AFS IND	SM 55-59(8KM)	39.27
16	1723	DIRK	BADENHORST	AMPU	SM 55-59(8KM)	40.32
17	1042	Buks	MEYER	AGN	SM 55-59(8KM)	52.12

WOMEN 55-59(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1168	Francis	VAN BLERK	AGN	SW 55-59(4KM)	17.51
2	2314	Judith	Grove	KZNA	SW 55-59(4KM)	18.18
3	2316	Jane	Dickson	KZNA	SW 55-59(4KM)	18.47
4	2315	Sandy	Fismer	KZNA	SW 55-59(4KM)	19.53
5	2317	Sheree	Kirsten	KZNA	SW 55-59(4KM)	20.06
6	2279	SEWELE ANNA	MAPONYA	CGA	SW 55-59(4KM)	20.12
7	1169	Lyn	DE BRUIN	AGN	SW 55-59(4KM)	20.29
8	2280	BUKIWE	DAMANE	CGA	SW 55-59(4KM)	20.54
9	2318	Collen	McCann	KZNA	SW 55-59(4KM)	21.36
10	1170	Veronica	VON GORDON	AGN	SW 55-59(4KM)	22.11
11	2282	NONHLANHLA	HLATSHWAYO	CGA	SW 55-59(4KM)	28.06
12	2281	NOMSA	MOIMA	CGA	SW 55-59(4KM)	35.14

MEN 60-64(6 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1253	AWIE	VELDSMAN	WPA	SM 60-64(6KM)	23.50
2	2381	Eric	Quibell	KZNA	SM 60-64(6KM)	23.52
3	2201	JOE	REBORDAO	CGA	SM 60-64(6KM)	25.30
4	103	Trevor	Parry	AFS	SM 60-64(6KM)	25.36
5	1937	Sizinzo	Kama	EPA	SM 60-64(6KM)	25.42
6	2202	LESIBA MAXWELL	TEFFU	CGA	SM 60-64(6KM)	26.38
7	1500	Jack	Mathabathe	LIMA	SM 60-64(6KM)	26.55
8	2141	BLAKE	WILKINS	CGA	SM 60-64(6KM)	27.23
9	1724	BILL	LAMBERT	AMPU	SM 60-64(6KM)	27.25
10	2383	Les	Smith	KZNA	SM 60-64(6KM)	27.34
11	1802	Johann Blackie	Swart	ASWD	SM 60-64(6KM)	27.52
12	1043	Pieter	ROSSOUW	AGN	SM 60-64(6KM)	28.09
13	2382	Petros	Shumi	KZNA	SM 60-64(6KM)	28.26
14	2384	Andy	Watson	KZNA	SM 60-64(6KM)	28.27
15	1044	Allan	KLUGE	AGN	SM 60-64(6KM)	28.31
16	3221	Eddie	Mong	ACNW	SM 60-64(6KM)	28.45

WOMEN 60-64(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1264	ZONIA	BARNARD	WPA	SW 60-64(4KM)	23.14
2	1265	ROSALIE	RICHFIELD	WPA	SW 60-64(4KM)	23.26

3	2283	JOSEPHINA	STUNGWANE	CGA	SW 60-64(4KM)	28.18
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MEN 65-69(6 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1045	Paulus	MASILELA	AGN	SM 65-69(6KM)	25.22
2	2385	Andrew	Spence	KZNA	SM 65-69(6KM)	25.44
3	1047	Joe	BELLINGHAM	AGN	SM 65-69(6KM)	26.05
4	2386	Piet	Badenhorst	KZNA	SM 65-69(6KM)	27.05
5	1048	Mike	KLEINSMIT	AGN	SM 65-69(6KM)	29.38
6	2387	Moray	Calder	KZNA	SM 65-69(6KM)	30.36
7	1049	Gerrit	VAN NIEKERK	AGN	SM 65-69(6KM)	30.51
8	1725	GABRIEL	JOUBERT	AMPU	SM 65-69(6KM)	31.25
9	2203	KRISJAN	MORAKE	CGA	SM 65-69(6KM)	32.11

WOMEN 65-69(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1266	PIXIE	SPARG	WPA	SW 65-69(4KM)	20.58
2	2284	WENDY	WILKINS	CGA	SW 65-69(4KM)	21.47
3	2285	MARIA CORNELIA	VISSER	CGA	SW 65-69(4KM)	23.03
4	2320	Gill	Tregenna	KZNA	SW 65-69(4KM)	23.07
5	2677	MARA	BOSCH	ANWN	SW 65-69(4KM)	27.11

MEN 70-74(6 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1051	Andries	VAN DER MERWE	AGN	SM 70-74(6KM)	31.20
2	1052	Neville	MUIR	AGN	SM 70-74(6KM)	45.38

WOMEN 70-74(4 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	2678	KYTIE	BURGER	ANWN	SW 70-74(4KM)	32.48

MEN 75+ (6 km)

POS	NO	NAME	SURNAME	PROVINCE	AGE CATEGORY	Time
1	1053	Dion	HEIGERS	AGN	SM 75-79(6KM)	35.06
2	1054	Martin	COETZEE	AGN	SM 75-79(6KM)	38.00
4	2204	BUGDE	RENS	CGA	SM 80-84(6KM)	50.23
3	1055	FRANS	GROBLER	AGN	SM 80-84(6KM)	51.24