

SA CROSS COUNTRY CHAMPIONSHIPS 2015



AMPU



POS	NO	NAME	SURNAME	PROV	AGE CATEGORY	Time
GIRLS 8 (1 KM)						
1	746	ALTJE	CONRADIE	AGN	GIRLS 8 (1 KM)	0:03:49
2	747	MIENKE	DAVEL	AGN	GIRLS 8 (1 KM)	0:03:50
3	1260	CARMEN	DICKS	ANWN	GIRLS 8 (1 KM)	0:03:55
4	752	ASHLEE	JORDAAN	AGN	GIRLS 8 (1 KM)	0:03:59
5	270	CHIARA	VERMEULEN	ACNW	GIRLS 8 (1 KM)	0:04:01
6	517	SEIPATI	RALETJENA	AFS	GIRLS 8 (1 KM)	0:04:03
7	754	MIKA	LOOTS	AGN	GIRLS 8 (1 KM)	0:04:04
8	1335	LEE-GAYLE	OLYN	ASWD	GIRLS 8 (1 KM)	0:04:04
9	272	CARLI	VISSER	ACNW	GIRLS 8 (1 KM)	0:04:04
10	1517	BEYONCE	MAOKOPISI	CGA	GIRLS 8 (1 KM)	0:04:06
11	757	ABYGAIL	PIETERSE	AGN	GIRLS 8 (1 KM)	0:04:07
12	756	TLOTLO	MOLATUDI	AGN	GIRLS 8 (1 KM)	0:04:08
13	760	MAYA	VAN GREUNEN	AGN	GIRLS 8 (1 KM)	0:04:09
14	1334	SHARONIQUE	NOORDMAN	ASWD	GIRLS 8 (1 KM)	0:04:12
15	509	DONNA	LE ROUX	AFS	GIRLS 8 (1 KM)	0:04:13
16	1801	LOHANDI	SCHUTTE	LIMA	GIRLS 8 (1 KM)	0:04:13
17	758	KATELYN	SMIT	AGN	GIRLS 8 (1 KM)	0:04:14
18	753	MERIKE	KRIEL	AGN	GIRLS 8 (1 KM)	0:04:14
19	257	MIENKE	ENGELBRECHT	ACNW	GIRLS 8 (1 KM)	0:04:14
20	267	ANCHEN	SCHUTTE	ACNW	GIRLS 8 (1 KM)	0:04:15
21	761	PHUMZILE	ZWANE	AGN	GIRLS 8 (1 KM)	0:04:15
22	745	BRIGITTE	BEUKES	AGN	GIRLS 8 (1 KM)	0:04:16
23	518	ALANA	STEYN	AFS	GIRLS 8 (1 KM)	0:04:16
24	1273	SHERIZE	VAN NIEKERK	ANWN	GIRLS 8 (1 KM)	0:04:16
25	744	JANA	BARNARD	AGN	GIRLS 8 (1 KM)	0:04:17
26	505	JAYDENE	BARNARD	AFS	GIRLS 8 (1 KM)	0:04:18
27	1059	SINENHLANHLA	SINGWANE	AMPU	GIRLS 8 (1 KM)	0:04:18
28	511	MIANIQUE	LOMBARD	AFS	GIRLS 8 (1 KM)	0:04:19
29	1337	KAY-MARI	VALENTEIN	ASWD	GIRLS 8 (1 KM)	0:04:20
30	759	HAYLE	STIGLING	AGN	GIRLS 8 (1 KM)	0:04:21
31	751	KARLIZE	JANSE VAN RENSBURG	AGN	GIRLS 8 (1 KM)	0:04:23
32	750	KAYLA	HOGEWIND	AGN	GIRLS 8 (1 KM)	0:04:24
33	1519	KITSO	MOSADI	CGA	GIRLS 8 (1 KM)	0:04:25
34	1061	THARINA	VILJOEN	AMPU	GIRLS 8 (1 KM)	0:04:26
35	748	LIZE	DE JAGER	AGN	GIRLS 8 (1 KM)	0:04:27
36	271	CHARNÈ	VILJOEN	ACNW	GIRLS 8 (1 KM)	0:04:27
37	749	KARABO	HLAKUDI	AGN	GIRLS 8 (1 KM)	0:04:28
38	1520	RUNE	VAN WYK	CGA	GIRLS 8 (1 KM)	0:04:29
39	268	BAFEDILE	SEILANE	ACNW	GIRLS 8 (1 KM)	0:04:30
40	269	CHANDRÈ	VAN HEERDEN	ACNW	GIRLS 8 (1 KM)	0:04:31
41	256	RU-NITA	BRITS	ACNW	GIRLS 8 (1 KM)	0:04:32
42	255	LERATO	BOTHOBUTLE	ACNW	GIRLS 8 (1 KM)	0:04:32
43	504	AMI	ACKERMAN	AFS	GIRLS 8 (1 KM)	0:04:33
44	1056	MIA	LIGTHELM	AMPU	GIRLS 8 (1 KM)	0:04:34

45	1336	XAVIREA	TEKANE	ASWD	GIRLS 8 (1 KM)	0:04:34
46	265	XANDRI	PALMER	ACNW	GIRLS 8 (1 KM)	0:04:35
47	948	CHRISTINA	MARITZ	IND	GIRLS 8 (1 KM)	0:04:36
48	1518	CHLOE	MATTHEW	CGA	GIRLS 8 (1 KM)	0:04:37
49	1515	SHEENA	FERRI	CGA	GIRLS 8 (1 KM)	0:04:38
50	755	LANA	MCKECHNIE	AGN	GIRLS 8 (1 KM)	0:04:39
51	260	ALUSCHKE	JANSEN VAN RENSBURG	ACNW	GIRLS 8 (1 KM)	0:04:40
52	1427	VONNEY	MEYER	AVT	GIRLS 8 (1 KM)	0:04:41
53	506	CARA	CILLIERS	AFS	GIRLS 8 (1 KM)	0:04:41
54	1050	LANA	BOTHA	AMPU	GIRLS 8 (1 KM)	0:04:43
55	1800	SHIBO	RIBA	LIMA	GIRLS 8 (1 KM)	0:04:43
56	1128	CLARISE	VAN ZYL	IND	GIRLS 8 (1 KM)	0:04:44
57	1266	KRISTI	KOEKEMOER	ANWN	GIRLS 8 (1 KM)	0:04:45
58	1796	META	MADUTLELA	LIMA	GIRLS 8 (1 KM)	0:04:46
59	520	DUANEY	VAN WYK	AFS	GIRLS 8 (1 KM)	0:04:47
60	263	LEBOGANG	MORURI	ACNW	GIRLS 8 (1 KM)	0:04:48
61	266	ROUXLÈ	ROUX	ACNW	GIRLS 8 (1 KM)	0:04:48
62	1262	MALISSA	ESTEVEES	ANWN	GIRLS 8 (1 KM)	0:04:49
63	1276	ZANTE	YOUNG	ANWN	GIRLS 8 (1 KM)	0:04:50
64	1259	MAREZELLE	BOSHOF	ANWN	GIRLS 8 (1 KM)	0:04:51
65	1267	MIA	LE ROUX	ANWN	GIRLS 8 (1 KM)	0:04:52
66	507	DENISE	CILLIERS	AFS	GIRLS 8 (1 KM)	0:04:53
67	262	LESEGO	MAHOLE	ACNW	GIRLS 8 (1 KM)	0:04:54
68	510	DUANE	LESSINGH	AFS	GIRLS 8 (1 KM)	0:04:55
69	1054	BONGIWE	KHUMALO	AMPU	GIRLS 8 (1 KM)	0:04:57
70	519	ANSONÉ	THÉRON	AFS	GIRLS 8 (1 KM)	0:04:58
71	261	AIMEE-LEE	LOTTER	ACNW	GIRLS 8 (1 KM)	0:04:59
72	508	MIA	HEINE	AFS	GIRLS 8 (1 KM)	0:05:00
73	1272	ROZELLIN	VAN NIEKERK	ANWN	GIRLS 8 (1 KM)	0:05:00
74	516	THAISI	NTHABEENG	AFS	GIRLS 8 (1 KM)	0:05:01
75	1126	LERIKA	BOTHA	IND	GIRLS 8 (1 KM)	0:05:02
76	1802	SHARICE	SMITH	LIMA	GIRLS 8 (1 KM)	0:05:03
77	1275	ANRI	VERMAAK	ANWN	GIRLS 8 (1 KM)	0:05:04
78	1792	BIANCA	EVERT	LIMA	GIRLS 8 (1 KM)	0:05:05
79	1263	CORNELI	GERBER	ANWN	GIRLS 8 (1 KM)	0:05:06
80	1268	OATILE	MOLEFI	ANWN	GIRLS 8 (1 KM)	0:05:07
81	264	RESEGO	MOSUPA	ACNW	GIRLS 8 (1 KM)	0:05:08
82	1794	MIKA	JONES	LIMA	GIRLS 8 (1 KM)	0:05:09
83	1795	MAGDELINE	LETSOALO	LIMA	GIRLS 8 (1 KM)	0:05:09
84	1060	SASKIA	SMITH	AMPU	GIRLS 8 (1 KM)	0:05:10
85	1793	ELIA	JONES	LIMA	GIRLS 8 (1 KM)	0:05:11
86	1799	AMBER	RAS	LIMA	GIRLS 8 (1 KM)	0:05:12
87	1271	DANIELLE	VAN DER HEEVER	ANWN	GIRLS 8 (1 KM)	0:05:14
88	1053	NICOLA	GRUNDELINGH	AMPU	GIRLS 8 (1 KM)	0:05:15
89	949	SANTINE	VAN DER MERWE	IND	GIRLS 8 (1 KM)	0:05:16
90	513	KEDIBONE	MOLOI	AFS	GIRLS 8 (1 KM)	0:05:17
91	1265	DANEL	JANSEN	ANWN	GIRLS 8 (1 KM)	0:05:18
92	1269	CHENE	NAUDE	ANWN	GIRLS 8 (1 KM)	0:05:19
93	1797	LAYAH	MOHAMED	LIMA	GIRLS 8 (1 KM)	0:05:20
94	1055	ANESHKE	KOEGELENBERG	AMPU	GIRLS 8 (1 KM)	0:05:21
95	1270	SUNEL	NAUDE	ANWN	GIRLS 8 (1 KM)	0:05:22

96	515	RETHABILE	MOTAUNG	AFS	GIRLS 8 (1 KM)	0:05:23
97	1274	CATHARINA	VAN RENSBURG	ANWN	GIRLS 8 (1 KM)	0:05:24
98	1052	KAYCEE	FINCHAM	AMPU	GIRLS 8 (1 KM)	0:05:25
99	259	LUCHRACIA (RACHEAL)	FERTUIN	ACNW	GIRLS 8 (1 KM)	0:05:25
100	1791	ISABELLA	BRETT	LIMA	GIRLS 8 (1 KM)	0:05:26
101	1261	MEGAN	DICKS	ANWN	GIRLS 8 (1 KM)	0:05:27
102	1798	THAMIA	RACHIDI	LIMA	GIRLS 8 (1 KM)	0:05:28
103	1058	TSHEPISO	SHIBA	AMPU	GIRLS 8 (1 KM)	0:05:28
104	1051	CHERALDIE	DU TOIT	AMPU	GIRLS 8 (1 KM)	0:05:28

GIRLS 9 (2 KM)

1	3324	DAINEIL	TIETIES	ASWD	GIRLS 9 (2 KM)	0:07:23
2	2498	CARLÉ	STOCKENSTRÖM	AFS	GIRLS 9 (2 KM)	0:07:40
3	3065	LIKA	OLIVIER	AMPU	GIRLS 9 (2 KM)	0:07:45
4	2719	KLARISSA	ENGELBRECHT	AGN	GIRLS 9 (2 KM)	0:07:52
5	2488	THATO	MONAMANE	AFS	GIRLS 9 (2 KM)	0:07:53
6	3321	SHAFIEKA	DU PREEZ	ASWD	GIRLS 9 (2 KM)	0:07:54
7	2720	NI AZELL	GRABE	AGN	GIRLS 9 (2 KM)	0:07:56
8	3789	MATSWAI	KGOSANA	LIMA	GIRLS 9 (2 KM)	0:07:57
9	3240	MENIKE	VAN DEN BERG	ANWN	GIRLS 9 (2 KM)	0:07:58
10	3322	DINAYSHA	PAULSEN	ASWD	GIRLS 9 (2 KM)	0:08:02
11	2729	TLHOLOHELO	SEMONYO	AGN	GIRLS 9 (2 KM)	0:08:04
12	2730	LIANE	SMIT	AGN	GIRLS 9 (2 KM)	0:08:04
13	3067	TANYA	PIETERSE	AMPU	GIRLS 9 (2 KM)	0:08:07
14	2933	LEE-ANN	WHITE	AGW	GIRLS 9 (2 KM)	0:08:14
15	2716	GITTE	DE JAGER	AGN	GIRLS 9 (2 KM)	0:08:16
16	3478	HELEN	COCKERAN	CGA	GIRLS 9 (2 KM)	0:08:17
17	2724	NOMPUMELELO	MOGASHANE	AGN	GIRLS 9 (2 KM)	0:08:19
18	2723	MOKGADI	MATSEBANE	AGN	GIRLS 9 (2 KM)	0:08:20
19	3235	MIA	JOOSTE	ANWN	GIRLS 9 (2 KM)	0:08:20
20	3242	CHANTELLE	VAN NIEKERK	ANWN	GIRLS 9 (2 KM)	0:08:21
21	2494	KEKELETSO	PITSI	AFS	GIRLS 9 (2 KM)	0:08:22
22	2496	CARA	SMITH	AFS	GIRLS 9 (2 KM)	0:08:25
23	3323	LUCHANAY	TELLES	ASWD	GIRLS 9 (2 KM)	0:08:27
24	2495	MPHO	RALETJENA	AFS	GIRLS 9 (2 KM)	0:08:27
25	2726	SOPHY	MOOKI	AGN	GIRLS 9 (2 KM)	0:08:28
26	3480	LEBO	MAOKO	CGA	GIRLS 9 (2 KM)	0:08:28
27	2493	BOITUMELO	NTSEKE	AFS	GIRLS 9 (2 KM)	0:08:29
28	2485	PALESA	MACHEDI	AFS	GIRLS 9 (2 KM)	0:08:32
29	2717	NOLUTHANDO	DHLAMINI	AGN	GIRLS 9 (2 KM)	0:08:34
30	2725	TUMELO	MONYEKI	AGN	GIRLS 9 (2 KM)	0:08:34
31	2271	ALRI	VERSTER	ACNW	GIRLS 9 (2 KM)	0:08:35
32	3792	VENECIA CHOENE	MOLONGOANA	LIMA	GIRLS 9 (2 KM)	0:08:35
33	2257	ELDANE	DU TOIT	ACNW	GIRLS 9 (2 KM)	0:08:36
34	3239	DINEO	SILINDZA	ANWN	GIRLS 9 (2 KM)	0:08:36
35	2270	RUME	VERMAAK	ACNW	GIRLS 9 (2 KM)	0:08:37
36	2482	DANIELLE	BARRETT	AFS	GIRLS 9 (2 KM)	0:08:37
37	2728	DANITA	OPPERMAN	AGN	GIRLS 9 (2 KM)	0:08:38
38	3400	TIANE	STEYN	AVT	GIRLS 9 (2 KM)	0:08:41
39	3483	NTOMBIZANELE	THWALA	CGA	GIRLS 9 (2 KM)	0:08:42
40	2264	LAROCELLE	NAGEL	ACNW	GIRLS 9 (2 KM)	0:08:43

41	3241	JANESKE	VAN DER WALT	ANWN	GIRLS 9 (2 KM)	0:08:44
42	2718	NICOLA	DYASON	AGN	GIRLS 9 (2 KM)	0:08:44
43	2715	DEDRE	BROWN	AGN	GIRLS 9 (2 KM)	0:08:45
44	3793	ELIZABETH	SMIT	LIMA	GIRLS 9 (2 KM)	0:08:47
45	2714	MARTHINA	BOTHA	AGN	GIRLS 9 (2 KM)	0:08:48
46	2497	MPHONYA CECILIA	SOKOYI	AFS	GIRLS 9 (2 KM)	0:08:53
47	2490	DIPOLELO	MOSESI	AFS	GIRLS 9 (2 KM)	0:08:53
48	2262	ANGEL	GEEL	ACNW	GIRLS 9 (2 KM)	0:08:54
49	2727	RILEY	MULLER	AGN	GIRLS 9 (2 KM)	0:08:55
50	2263	AMONÈ	LE ROUX	ACNW	GIRLS 9 (2 KM)	0:08:56
51	3788	MONICA	HARMSE	LIMA	GIRLS 9 (2 KM)	0:08:56
52	3068	EMKE	PRETORIUS	AMPU	GIRLS 9 (2 KM)	0:08:57
53	3236	ELZURE	NEL	ANWN	GIRLS 9 (2 KM)	0:08:58
54	2258	LIANÈ	ENGELBRECHT	ACNW	GIRLS 9 (2 KM)	0:08:58
55	2484	SELINA	KAREEBOSCH	AFS	GIRLS 9 (2 KM)	0:08:59
56	3479	CAMRYN	DE MEYER	CGA	GIRLS 9 (2 KM)	0:09:00
57	2266	MADELI	STRAUSS	ACNW	GIRLS 9 (2 KM)	0:09:01
58	2483	DESCHÉ	BERNADO	AFS	GIRLS 9 (2 KM)	0:09:01
59	3482	AMILE	MVUBU	CGA	GIRLS 9 (2 KM)	0:09:02
60	2267	ALICIA	SWART	ACNW	GIRLS 9 (2 KM)	0:09:04
61	2492	MAMPHO	MPHANYA	AFS	GIRLS 9 (2 KM)	0:09:04
62	3069	MARLÉ	PRETORIUS	AMPU	GIRLS 9 (2 KM)	0:09:05
63	2721	IZANDRI	JACOBS	AGN	GIRLS 9 (2 KM)	0:09:06
64	2499	KARLA	VAN DER WESTHUIZEN	AFS	GIRLS 9 (2 KM)	0:09:08
65	3787	KEIRA	BOOTH	LIMA	GIRLS 9 (2 KM)	0:09:09
66	3070	JUANÉ	STUART	AMPU	GIRLS 9 (2 KM)	0:09:12
67	2487	PALESA	MALEME	AFS	GIRLS 9 (2 KM)	0:09:14
68	3399	NTHABISENG	SEHLOHO	AVT	GIRLS 9 (2 KM)	0:09:16
69	3063	BEANDRI	CLAASSEN	AMPU	GIRLS 9 (2 KM)	0:09:17
70	3232	JANNEKA	DE WET	ANWN	GIRLS 9 (2 KM)	0:09:20
71	2256	ALEXIS	BOOYSEN	ACNW	GIRLS 9 (2 KM)	0:09:24
72	2261	YOLANDI	FOUCHE	ACNW	GIRLS 9 (2 KM)	0:09:25
73	3233	DESIRE	ENGELBRECHT	ANWN	GIRLS 9 (2 KM)	0:09:26
74	3481	RELEBOGILE	MAPONYA	CGA	GIRLS 9 (2 KM)	0:09:32
75	2260	RUD	FERTUIN	ACNW	GIRLS 9 (2 KM)	0:09:33
76	2254	KELLY	ANNANDALE	ACNW	GIRLS 9 (2 KM)	0:09:35
77	2489	DIMAKATSO	MONETHI	AFS	GIRLS 9 (2 KM)	0:09:37
78	2722	MARLOUISE	KEET	AGN	GIRLS 9 (2 KM)	0:09:38
79	2268	BIANCA	VAN DER MERWE	ACNW	GIRLS 9 (2 KM)	0:09:40
80	3231	MIA	DE BEER	ANWN	GIRLS 9 (2 KM)	0:09:41
81	3066	MISHANIE	PELSER	AMPU	GIRLS 9 (2 KM)	0:09:41
82	3790	DE-GRACIA	LETSOALO	LIMA	GIRLS 9 (2 KM)	0:09:42
83	3234	LENE	GERBER	ANWN	GIRLS 9 (2 KM)	0:09:43
84	3237	DOMINIQUE	PRETORIUS	ANWN	GIRLS 9 (2 KM)	0:09:43
85	3791	TSEBO	MATHEBA	LIMA	GIRLS 9 (2 KM)	0:09:50
86	2269	TUME	VAN NIEKERK	ACNW	GIRLS 9 (2 KM)	0:09:52
87	2486	PULENG	MALEBO	AFS	GIRLS 9 (2 KM)	0:10:01
88	3243	RIVONY	VAN RENSBURG	ANWN	GIRLS 9 (2 KM)	0:10:05
89	3244	SUNIKA	VENTER	ANWN	GIRLS 9 (2 KM)	0:10:13
90	3238	ZODWA	SENGILITYE	ANWN	GIRLS 9 (2 KM)	0:10:16
91	2265	VANESSA	PRINSLOO	ACNW	GIRLS 9 (2 KM)	0:10:28

92	2255	DEANE	AUGUSTYN	ACNW	GIRLS 9 (2 KM)	0:10:28
GIRLS 10 (2 KM)						
1	1331	MURSHA	JOOSTE	ASWD	GIRLS 10 (2 KM)	0:07:13
2	1491	TIFFANY	PHILLIPSON	CGA	GIRLS 10 (2 KM)	0:07:15
3	674	LI-MARI	DEKKER	AGN	GIRLS 10 (2 KM)	0:07:16
4	200	LEE-ANN	MARX	ACNW	GIRLS 10 (2 KM)	0:07:20
5	1487	NANA	GANTANE	CGA	GIRLS 10 (2 KM)	0:07:35
6	1488	PALESA	LELIMO	CGA	GIRLS 10 (2 KM)	0:07:37
7	440	MATSHEDISO	LEETO	AFS	GIRLS 10 (2 KM)	0:07:38
8	439	PALESA	KHANYE	AFS	GIRLS 10 (2 KM)	0:07:39
9	1015	MECEILA	BRITS	AMPU	GIRLS 10 (2 KM)	0:07:40
10	686	LARA	SCHOLTZ	AGN	GIRLS 10 (2 KM)	0:07:41
11	689	MARLENE	VAN DER LINDE	AGN	GIRLS 10 (2 KM)	0:07:45
12	685	KEITUMETSE	PITSI	AGN	GIRLS 10 (2 KM)	0:07:49
13	679	SANELISIWE	LEBESE	AGN	GIRLS 10 (2 KM)	0:07:50
14	1642	NENE	XOLISILE	KZNA	GIRLS 10 (2 KM)	0:07:52
15	205	SUHANE	VISAGIE	ACNW	GIRLS 10 (2 KM)	0:07:53
16	678	LISA	KLEYNHANS	AGN	GIRLS 10 (2 KM)	0:07:53
17	681	LEMEEZ	MCGLUWA	AGN	GIRLS 10 (2 KM)	0:07:54
18	1122	ANE	BOTHA	IND	GIRLS 10 (2 KM)	0:07:54
19	445	KEDIEMETSE	MOKALOBA	AFS	GIRLS 10 (2 KM)	0:07:55
20	1489	KEKELETSO	NKOANE	CGA	GIRLS 10 (2 KM)	0:07:56
21	1492	KHANYISILE	SELEKE	CGA	GIRLS 10 (2 KM)	0:08:03
22	1490	CLARINHA	NTSALI	CGA	GIRLS 10 (2 KM)	0:08:05
23	1638	EMMANUELLA	AMBROISIO	KZNA	GIRLS 10 (2 KM)	0:08:05
24	193	JULISKA	ERASMUS	ACNW	GIRLS 10 (2 KM)	0:08:06
25	688	AME	VAN BRED A	AGN	GIRLS 10 (2 KM)	0:08:06
26	449	CLARUSHÉ	PEEL	AFS	GIRLS 10 (2 KM)	0:08:08
27	450	MPHO	PHARA	AFS	GIRLS 10 (2 KM)	0:08:08
28	673	LENORE	BOUWER	AGN	GIRLS 10 (2 KM)	0:08:09
29	1758	ANIKA	DU TOIT	LIMA	GIRLS 10 (2 KM)	0:08:10
30	448	ABIGAIL	NTHUPI	AFS	GIRLS 10 (2 KM)	0:08:11
31	1123	LIANE	PARKES	IND	GIRLS 10 (2 KM)	0:08:12
32	1493	MELISSA	VAN NIEKERK	CGA	GIRLS 10 (2 KM)	0:08:12
33	932	PALESA	KOPONG	AGW	GIRLS 10 (2 KM)	0:08:13
34	1764	MORATEGI	MAISELA	LIMA	GIRLS 10 (2 KM)	0:08:13
35	1222	HANMARIE	SWART	ANWN	GIRLS 10 (2 KM)	0:08:14
36	672	GRACE	BONGA	AGN	GIRLS 10 (2 KM)	0:08:14
37	683	ATLEGANG	MOYO	AGN	GIRLS 10 (2 KM)	0:08:15
38	201	DANIELLE	NIENABER	ACNW	GIRLS 10 (2 KM)	0:08:15
39	1332	CASLINE	SNYERS	ASWD	GIRLS 10 (2 KM)	0:08:16
40	1018	THERESIA	SEYFFERT	AMPU	GIRLS 10 (2 KM)	0:08:17
41	1019	ANJA	TROMP	AMPU	GIRLS 10 (2 KM)	0:08:17
42	204	MICHAELA	THOMSEN	ACNW	GIRLS 10 (2 KM)	0:08:18
43	682	THABISIWE	MOTSOENENG	AGN	GIRLS 10 (2 KM)	0:08:19
44	1225	NATASHA	VAN NIEKERK	ANWN	GIRLS 10 (2 KM)	0:08:19
45	434	LIZE	ACKERMAN	AFS	GIRLS 10 (2 KM)	0:08:20
46	1763	TEBOGO	LEBEPE	LIMA	GIRLS 10 (2 KM)	0:08:21
47	443	BAYANDA	MAKAPELA	AFS	GIRLS 10 (2 KM)	0:08:21
48	197	EMILY	KGAJE	ACNW	GIRLS 10 (2 KM)	0:08:22

49	1224	VERONICA	VAN LOGGENBERG	ANWN	GIRLS 10 (2 KM)	0:08:23
50	1214	ELSCHE	FUHRI	ANWN	GIRLS 10 (2 KM)	0:08:24
51	677	SAMANTHA	JOHANNES	AGN	GIRLS 10 (2 KM)	0:08:29
52	1415	KARABO	SEHLOHO	AVT	GIRLS 10 (2 KM)	0:08:30
53	687	DIDINTLE	TSHITANYANE	AGN	GIRLS 10 (2 KM)	0:08:31
54	446	LEE	MOKHENA	AFS	GIRLS 10 (2 KM)	0:08:31
55	1641	KAYLEIGH	LINDEQUE	KZNA	GIRLS 10 (2 KM)	0:08:31
56	1210	DANIELLE	COETZEE	ANWN	GIRLS 10 (2 KM)	0:08:32
57	1416	DESEREE	STEYNBERG	AVT	GIRLS 10 (2 KM)	0:08:33
58	676	ANDY	HLAKO	AGN	GIRLS 10 (2 KM)	0:08:33
59	1016	THANDO	GININDA	AMPU	GIRLS 10 (2 KM)	0:08:34
60	1414	ANJA	LOURENS	AVT	GIRLS 10 (2 KM)	0:08:34
61	1020	JULIA	VAN AARDT	AMPU	GIRLS 10 (2 KM)	0:08:35
62	1017	CARLA	MYBURGH	AMPU	GIRLS 10 (2 KM)	0:08:38
63	441	DIMPHO	LELIMO	AFS	GIRLS 10 (2 KM)	0:08:38
64	196	ILANE	HERBST	ACNW	GIRLS 10 (2 KM)	0:08:41
65	1640	ZWELILE	JAMA	KZNA	GIRLS 10 (2 KM)	0:08:41
66	202	ANIKA	ROSSOUW	ACNW	GIRLS 10 (2 KM)	0:08:42
67	680	NATASCHA	MATTHEE	AGN	GIRLS 10 (2 KM)	0:08:44
68	675	JOLENE	DU TOIT	AGN	GIRLS 10 (2 KM)	0:08:45
69	1766	ZOE	MALHERBE	LIMA	GIRLS 10 (2 KM)	0:08:46
70	684	BASANI	NKUNA	AGN	GIRLS 10 (2 KM)	0:08:47
71	1413	MONIQUE	JOUBERT	AVT	GIRLS 10 (2 KM)	0:08:48
72	203	BOITUMELO	SEILANE	ACNW	GIRLS 10 (2 KM)	0:08:50
73	199	TSHEGOFATSO	LATHA	ACNW	GIRLS 10 (2 KM)	0:08:51
74	1756	YVONNE	BOTHA	LIMA	GIRLS 10 (2 KM)	0:08:51
75	1417	JOHANNE	VALENTIN	AVT	GIRLS 10 (2 KM)	0:08:52
76	451	MARTHA	RAMANAMANE	AFS	GIRLS 10 (2 KM)	0:08:53
77	190	CAYLEN	BURGER	ACNW	GIRLS 10 (2 KM)	0:08:54
78	1218	ANKE	PIENAAR	ANWN	GIRLS 10 (2 KM)	0:08:55
79	436	BOITUMELO	DEBES	AFS	GIRLS 10 (2 KM)	0:08:55
80	1767	REBECCA	MCLAREN	LIMA	GIRLS 10 (2 KM)	0:08:55
81	189	RACHELLE	BREDENKAMP	ACNW	GIRLS 10 (2 KM)	0:08:56
82	1412	ANELI	DU PLESSIS	AVT	GIRLS 10 (2 KM)	0:08:56
83	1217	KAYLIA CISCA	PENTZ	ANWN	GIRLS 10 (2 KM)	0:08:56
84	934	CARLA	RUFFINI	AGW	GIRLS 10 (2 KM)	0:08:58
85	437	ELRIE	GREYLING	AFS	GIRLS 10 (2 KM)	0:08:58
86	447	KANANELO	MOSIANE	AFS	GIRLS 10 (2 KM)	0:08:59
87	933	INNOCENTIA	LEPHOI	AGW	GIRLS 10 (2 KM)	0:09:00
88	1219	ANOESCHA	RAATS	ANWN	GIRLS 10 (2 KM)	0:09:02
89	1221	JOLANDI	SMIT	ANWN	GIRLS 10 (2 KM)	0:09:03
90	1769	TSHEPHO	MOTHAPO	LIMA	GIRLS 10 (2 KM)	0:09:04
91	191	ISABEL	DE JAGER	ACNW	GIRLS 10 (2 KM)	
92	1762	NICOLE	KUPA	LIMA	GIRLS 10 (2 KM)	0:09:06
93	1216	ANNETTE JOHANNA (AANJ)	OOSTHUIZEN	ANWN	GIRLS 10 (2 KM)	0:09:07
94	1212	CARLA	FERREIRA	ANWN	GIRLS 10 (2 KM)	0:09:07
95	1760	ELANDRI	JANSE VAN RENSBURG	LIMA	GIRLS 10 (2 KM)	0:09:08
96	194	MARLIANA	GROBLER	ACNW	GIRLS 10 (2 KM)	0:09:09
97	1226	NATALIE RITA	ZIETSMAN	ANWN	GIRLS 10 (2 KM)	0:09:10
98	1761	KEAMOGETSWE	KOBE	LIMA	GIRLS 10 (2 KM)	0:09:12
99	192	ANIKA	DU PLOOY	ACNW	GIRLS 10 (2 KM)	0:09:12

100	1211	CAITLIN CLAUDIA	ELOFF	ANWN	GIRLS 10 (2 KM)	0:09:15
101	1220	ANTOINETTE	ROBERTSON	ANWN	GIRLS 10 (2 KM)	0:09:16
102	442	BOTLE	MAJOE	AFS	GIRLS 10 (2 KM)	0:09:17
103	1215	ROCHELLE	NAUDE	ANWN	GIRLS 10 (2 KM)	0:09:19
104	1759	ELANDRI	GELDENHUYS	LIMA	GIRLS 10 (2 KM)	0:09:20
105	195	LIAN	GROENEN	ACNW	GIRLS 10 (2 KM)	0:09:26
106	198	CAITLIN	KRUGER	ACNW	GIRLS 10 (2 KM)	0:09:27
107	1213	FRANE	FRANCIS	ANWN	GIRLS 10 (2 KM)	0:09:29
108	1022	MICKE	VAN REEDE VAN OUDSHO	AMPU	GIRLS 10 (2 KM)	0:09:33
109	1768	PHISHEGO	MORAKA	LIMA	GIRLS 10 (2 KM)	0:09:43
110	188	MALINCKE	BOTHA	ACNW	GIRLS 10 (2 KM)	0:09:46
111	1765	KGOTHSO	MAKGALENG	LIMA	GIRLS 10 (2 KM)	0:09:47
112	1223	ROME JANA	VAN DRUTEN	ANWN	GIRLS 10 (2 KM)	0:09:47
113	1021	ILLEINE	VAN BIJON	AMPU	GIRLS 10 (2 KM)	0:09:50
114	1757	LAYLA	DE BRUYN	LIMA	GIRLS 10 (2 KM)	0:11:07

GIRLS 11 (3 KM)

1	3106	SHARONA	KLEIN	IND	GIRLS 11 (3 KM)	0:11:00
2	3455	MMARONA	MATEA	CGA	GIRLS 11 (3 KM)	0:11:13
3	2420	KARABO	LESENYEHO	AFS	GIRLS 11 (3 KM)	0:11:14
4	3454	JOLANDI	DE BEER	CGA	GIRLS 11 (3 KM)	0:11:23
5	3759	KELETSO	MASHAKOE	LIMA	GIRLS 11 (3 KM)	0:11:31
6	3199	REGOMODITSWE	MOTSHABI	ANWN	GIRLS 11 (3 KM)	0:11:32
7	2655	CARLA	VAN WYK	AGN	GIRLS 11 (3 KM)	0:11:41
8	3457	CAROLINE	STUURMAN	CGA	GIRLS 11 (3 KM)	0:11:44
9	3458	OMPHILE	TWALA	CGA	GIRLS 11 (3 KM)	0:11:45
10	3755	MOGAU	CHOMA	LIMA	GIRLS 11 (3 KM)	0:11:50
11	3627	ZAMA	KHUMALO	KZNA	GIRLS 11 (3 KM)	0:11:51
12	3456	MMATHAPELO	MAVUSO	CGA	GIRLS 11 (3 KM)	0:11:53
13	3107	CAYLIN	LOOCK	IND	GIRLS 11 (3 KM)	0:11:55
14	2654	MARZE	VAN BREDA	AGN	GIRLS 11 (3 KM)	0:11:56
15	3313	HENRIETTA	VAN DER ROS	ASWD	GIRLS 11 (3 KM)	0:11:57
16	2651	SHIRLEY	RASELABE	AGN	GIRLS 11 (3 KM)	0:11:58
17	3197	IPELENG SHANTEL	MOKGADI	ANWN	GIRLS 11 (3 KM)	0:12:01
18	2650	IZANNE	PRINSLOO	AGN	GIRLS 11 (3 KM)	0:12:01
19	3762	PUSELETSO LITSBETH	MOKGOMOGANE	LIMA	GIRLS 11 (3 KM)	0:12:03
20	3453	CAITLIN	BESTER	CGA	GIRLS 11 (3 KM)	0:12:05
21	2416	NOMHLE	JULIE	AFS	GIRLS 11 (3 KM)	0:12:06
22	3850	SHANIEL	WILLIAMS	IND	GIRLS 11 (3 KM)	0:12:12
23	2644	PRIVILEGE	DHEMBA	AGN	GIRLS 11 (3 KM)	0:12:12
24	2414	CARRISSA	ERASMUS	AFS	GIRLS 11 (3 KM)	0:12:13
25	2415	IDA-MARIE	HATLEY	AFS	GIRLS 11 (3 KM)	0:12:13
26	2417	ALEX	KLOPPER	AFS	GIRLS 11 (3 KM)	0:12:14
27	3311	EBIGAIL	KAPTEIN	ASWD	GIRLS 11 (3 KM)	0:12:15
28	2412	CHRIS-MARI	ALEXANDER	AFS	GIRLS 11 (3 KM)	0:12:19
29	3589	TAYLA	BOSMAN	IND	GIRLS 11 (3 KM)	0:12:21
30	3626	LONDIWE	DLAMINI	KZNA	GIRLS 11 (3 KM)	0:12:21
31	3760	LENDRA	MASHALE-TERWEY	LIMA	GIRLS 11 (3 KM)	0:12:21
32	3202	KEYLEN	SCHOLTZ	ANWN	GIRLS 11 (3 KM)	0:12:22
33	3031	FELICITY	SIBANDE	AMPU	GIRLS 11 (3 KM)	0:12:23
34	2652	MICHELLE	SMIT	AGN	GIRLS 11 (3 KM)	0:12:25

35	3885	KENEILWE	MASIBE	IND	GIRLS 11 (3 KM)	0:12:27
36	3029	NICKY	NEL	AMPU	GIRLS 11 (3 KM)	0:12:28
37	2658	TAMLYN	WESSELS	AGN	GIRLS 11 (3 KM)	0:12:30
38	3312	JANDRI	SNYDERS	ASWD	GIRLS 11 (3 KM)	0:12:31
39	2648	ELME	MIENIE	AGN	GIRLS 11 (3 KM)	0:12:32
40	3201	MAKGOTSO	OAGENG	ANWN	GIRLS 11 (3 KM)	0:12:33
41	3310	CHANTE	ERASMUS	ASWD	GIRLS 11 (3 KM)	0:12:33
42	2428	PALESA	RAMOKONOPI	AFS	GIRLS 11 (3 KM)	0:12:39
43	3385	BOFIHLA	MOSITO	AVT	GIRLS 11 (3 KM)	0:12:45
44	2192	ISONE	BOOYENS	ACNW	GIRLS 11 (3 KM)	0:12:46
45	2649	PRESSY	MOHLALA	AGN	GIRLS 11 (3 KM)	0:12:47
46	2653	TSHEPISO	THAGE	AGN	GIRLS 11 (3 KM)	0:12:49
47	3027	SAMUKELISIWE	MDLALOSE	AMPU	GIRLS 11 (3 KM)	0:12:51
48	2421	MPHO	LESIBE	AFS	GIRLS 11 (3 KM)	0:12:55
49	2646	ANNIKA	JOUBERT	AGN	GIRLS 11 (3 KM)	0:12:58
50	2643	MARIESE	BRITS	AGN	GIRLS 11 (3 KM)	0:12:59
51	2656	VERONIQUE	ROSSOUW	AGN	GIRLS 11 (3 KM)	0:13:00
52	2645	LINNE	HURTER	AGN	GIRLS 11 (3 KM)	0:13:04
53	2202	JANISE	NELL	ACNW	GIRLS 11 (3 KM)	0:13:05
54	2419	LINDIWE	KUMALO	AFS	GIRLS 11 (3 KM)	0:13:07
55	2641	LENE	BEKKER	AGN	GIRLS 11 (3 KM)	0:13:08
56	2429	MPHO	SEATE	AFS	GIRLS 11 (3 KM)	0:13:09
57	3198	TEBOGO	MOLAPI	ANWN	GIRLS 11 (3 KM)	0:13:10
58	3590	ISABELLA	COCKERAN	IND	GIRLS 11 (3 KM)	0:13:11
59	3849	CHENNIN-LEE	ABSALOM	IND	GIRLS 11 (3 KM)	0:13:13
60	2657	MIENKE	VORSTER	AGN	GIRLS 11 (3 KM)	0:13:14
61	2427	PABALLO	RAFUTHO	AFS	GIRLS 11 (3 KM)	0:13:15
62	2189	JANINA	ACKERMAN	ACNW	GIRLS 11 (3 KM)	0:13:15
63	2200	MAMIKI	MATLHARE	ACNW	GIRLS 11 (3 KM)	0:13:16
64	3628	AMANDA	WILLIAMS	KZNA	GIRLS 11 (3 KM)	0:13:17
65	2198	KAYLEIGH	GEEL	ACNW	GIRLS 11 (3 KM)	0:13:17
66	2418	BOITUMELO	KOROLOSO	AFS	GIRLS 11 (3 KM)	0:13:18
67	2426	DIMPHO	NONGWANE	AFS	GIRLS 11 (3 KM)	0:13:19
68	3193	JAZEL	HOFFMAN	ANWN	GIRLS 11 (3 KM)	0:13:29
69	3023	ZOË	FARMER	AMPU	GIRLS 11 (3 KM)	0:13:30
70	3384	ANNERICKE	BORNMAN	AVT	GIRLS 11 (3 KM)	0:13:31
71	2413	BEANKE	DU TOIT	AFS	GIRLS 11 (3 KM)	0:13:33
72	2196	LEE	FILANDER	ACNW	GIRLS 11 (3 KM)	0:13:34
73	2642	JONE	BESTER	AGN	GIRLS 11 (3 KM)	0:13:35
74	3192	MELISSA	COMBRINCK	ANWN	GIRLS 11 (3 KM)	0:13:35
75	2922	MARICELLE	KRUGER	AGW	GIRLS 11 (3 KM)	0:13:37
76	3763	ARELIZE	MOLL	LIMA	GIRLS 11 (3 KM)	0:13:40
77	3761	BRIDGET	MODIKA	LIMA	GIRLS 11 (3 KM)	0:13:41
78	2199	ME-AMY	JANSE VAN VUUREN	ACNW	GIRLS 11 (3 KM)	0:13:41
79	3190	RIANDRE	BOTHA	ANWN	GIRLS 11 (3 KM)	0:13:44
80	2197	ANKE	FREESE	ACNW	GIRLS 11 (3 KM)	0:13:46
81	2193	JANÈ	BOOYENS	ACNW	GIRLS 11 (3 KM)	0:13:46
82	2923	SHARIFA	MATSIO	AGW	GIRLS 11 (3 KM)	0:13:46
83	3033	NALENE	VAN SITTERT	AMPU	GIRLS 11 (3 KM)	0:13:47
84	3189	REFENTSE	BOJANG	ANWN	GIRLS 11 (3 KM)	0:13:48
85	3022	JACOLIEN	DU PREEZ	AMPU	GIRLS 11 (3 KM)	0:13:50

86	3020	MARNÉ	BELL	AMPU	GIRLS 11 (3 KM)	0:13:54
87	3195	ANE	JANSE VAN RENSBURG	ANWN	GIRLS 11 (3 KM)	0:13:56
88	2191	AYANDA	BOCK	ACNW	GIRLS 11 (3 KM)	0:13:58
89	3025	NADIA	LOMBARD	AMPU	GIRLS 11 (3 KM)	0:14:02
90	2921	ANASTACIA	DE VOS	AGW	GIRLS 11 (3 KM)	0:14:03
91	3028	NOMVULA	NDABA	AMPU	GIRLS 11 (3 KM)	0:14:04
92	3026	KEILA	MATTHEE	AMPU	GIRLS 11 (3 KM)	0:14:04
93	3203	HESMARIE	VAN LOGGERENBERG	ANWN	GIRLS 11 (3 KM)	0:14:08
94	3200	NICOLE	MURLEY	ANWN	GIRLS 11 (3 KM)	0:14:10
95	3754	AMELIA	BOOTH	LIMA	GIRLS 11 (3 KM)	0:14:10
96	2203	ONALEMA	RAMPAI	ACNW	GIRLS 11 (3 KM)	0:14:10
97	3024	ANÉ	JANSE VAN RENSBURG	AMPU	GIRLS 11 (3 KM)	0:14:11
98	3764	MUNRO	RAS	LIMA	GIRLS 11 (3 KM)	0:14:11
99	3191	CARMEN	CAMPBELL	ANWN	GIRLS 11 (3 KM)	0:14:16
100	3757	KARLA	KLOPPERS	LIMA	GIRLS 11 (3 KM)	0:14:20
101	3021	CHRISTELLE	CALITZ	AMPU	GIRLS 11 (3 KM)	0:14:23
102	3591	SHANEL	DE BEER	IND	GIRLS 11 (3 KM)	0:14:25
103	3196	MIKAYLA	MEYER	ANWN	GIRLS 11 (3 KM)	0:14:30
104	2924	DANÉL	SWANEPOEL	AGW	GIRLS 11 (3 KM)	0:14:32
105	3194	NELIZE	JACOBS	ANWN	GIRLS 11 (3 KM)	0:14:32
106	2201	MARNÉ	MEINTJES	ACNW	GIRLS 11 (3 KM)	0:14:33
107	2205	NIESA	VAN STADEN	ACNW	GIRLS 11 (3 KM)	0:14:36
108	2190	ROBYN	ANNANDALE	ACNW	GIRLS 11 (3 KM)	0:14:40
109	3756	CHARLIZE	DU PLESSIS	LIMA	GIRLS 11 (3 KM)	0:14:45
110	2195	CHARL-MARIE	DU BRUYN	ACNW	GIRLS 11 (3 KM)	0:14:46
111	3030	MEGAN	OOSTHUIZEN	AMPU	GIRLS 11 (3 KM)	0:15:18
112	2204	ANIKA	SMIT	ACNW	GIRLS 11 (3 KM)	0:15:24
113	2194	REA (REABETSWE)	DITLHOBOLO	ACNW	GIRLS 11 (3 KM)	0:16:00
114	2206	CORNEL	WEST	ACNW	GIRLS 11 (3 KM)	0:16:01
115	3758	CARMEN	KUHRAU	LIMA	GIRLS 11 (3 KM)	0:16:16

GIRLS 12 (3 KM)

1	1031	EMMARACIA	MASINA	AMPU	GIRLS 12 (3 KM)	0:10:40
2	1869	BERNADETT	WILSON	CGA	GIRLS 12 (3 KM)	0:10:41
3	1124	MICHELLE	PARKES*	IND	GIRLS 12 (3 KM)	0:11:00
4	703	NADIA	POTGIETER	AGN	GIRLS 12 (3 KM)	0:11:09
5	695	GABRIELLA	GAIT-SMITH	AGN	GIRLS 12 (3 KM)	0:11:13
6	1422	DANIELLE	VERWOERD	AVT	GIRLS 12 (3 KM)	0:11:16
7	1497	WENDY	SHONGWE	CGA	GIRLS 12 (3 KM)	0:11:24
8	1496	YAMKELA	MALGAS	CGA	GIRLS 12 (3 KM)	0:11:25
9	690	CHRIZEL	BEYERS	AGN	GIRLS 12 (3 KM)	0:11:26
10	1495	SHANON	BOTHA	CGA	GIRLS 12 (3 KM)	0:11:26
11	223	DANIELLE	VERSTER	ACNW	GIRLS 12 (3 KM)	0:11:26
12	221	SUNEL	SMIT	ACNW	GIRLS 12 (3 KM)	0:11:27
13	1230	AMOGELANG	MALATSI	ANWN	GIRLS 12 (3 KM)	0:11:31
14	698	CHANELLE	KRUGER	AGN	GIRLS 12 (3 KM)	0:11:33
15	222	TERIZIA	VAN DER PLAATS	ACNW	GIRLS 12 (3 KM)	0:11:34
16	1499	ELZAAN	VAN DER WESTHUIZEN	CGA	GIRLS 12 (3 KM)	0:11:36
17	694	MARIANKE	CRONJE	AGN	GIRLS 12 (3 KM)	0:11:37
18	1498	NANDIPHA	THWALA	CGA	GIRLS 12 (3 KM)	0:11:37
19	1420	ALEXIS	LIGTHELM	AVT	GIRLS 12 (3 KM)	0:11:39

20	465	LERATO	SEBOHODI	AFS	GIRLS 12 (3 KM)	0:11:40
21	1500	MIEKE	WILKEN	CGA	GIRLS 12 (3 KM)	0:11:41
22	1243	CHRISNA	VENTER	ANWN	GIRLS 12 (3 KM)	0:11:42
23	1908	NEO	MOGETLA	IND	GIRLS 12 (3 KM)	0:11:43
24	1643	NOLUTHANDO	DLAMINI	KZNA	GIRLS 12 (3 KM)	0:11:49
25	1644	NONKAZIMULO	MAZIBUKO	KZNA	GIRLS 12 (3 KM)	0:11:50
26	458	DIMPHO	LESEBA	AFS	GIRLS 12 (3 KM)	0:11:50
27	454	SELMA	DU PREEZ	AFS	GIRLS 12 (3 KM)	0:11:50
28	697	MONIQUE	KOTZE	AGN	GIRLS 12 (3 KM)	0:11:51
29	220	KAMOGETSWE	SEILANE	ACNW	GIRLS 12 (3 KM)	0:11:52
30	1371	ZISANDA	NGWANE	ATRA	GIRLS 12 (3 KM)	0:11:52
31	1235	QUANZELLE	RAATS	ANWN	GIRLS 12 (3 KM)	0:11:53
32	1777	MACAYLA	TREURNICH	LIMA	GIRLS 12 (3 KM)	0:11:54
33	696	KYLA	JACOBS	AGN	GIRLS 12 (3 KM)	0:11:54
34	213	LEBOGANG	MOILAMASHI	ACNW	GIRLS 12 (3 KM)	0:12:01
35	1370	SONATHI	BHUSAKHWE	ATRA	GIRLS 12 (3 KM)	0:12:02
36	453	TSHOLOFELO	DIKOKO	AFS	GIRLS 12 (3 KM)	0:12:03
37	1234	ASHLEY	O'BRIEN	ANWN	GIRLS 12 (3 KM)	0:12:04
38	1237	REALEBOGA	SELEKE	ANWN	GIRLS 12 (3 KM)	0:12:05
39	691	CYLA	BOTHA	AGN	GIRLS 12 (3 KM)	0:12:05
40	704	CLARISSA	PRETORIUS	AGN	GIRLS 12 (3 KM)	0:12:16
41	456	PORTIA	LEFERA	AFS	GIRLS 12 (3 KM)	0:12:17
42	460	MODIEHI	MACHELI	AFS	GIRLS 12 (3 KM)	0:12:18
43	939	LEKITHA	VERTEIN	AGW	GIRLS 12 (3 KM)	0:12:20
44	1033	CARLA	NIEBUHR	AMPU	GIRLS 12 (3 KM)	0:12:21
45	1646	OLWETHU	NDLOVU	KZNA	GIRLS 12 (3 KM)	0:12:22
46	1645	AMAHLE	MEMELA	KZNA	GIRLS 12 (3 KM)	0:12:23
47	215	GOMOTSEGANG	MOSIAKO	ACNW	GIRLS 12 (3 KM)	0:12:24
48	699	IZELLE	KRUGER	AGN	GIRLS 12 (3 KM)	0:12:25
49	463	PHOKOANE	MOHOME	AFS	GIRLS 12 (3 KM)	0:12:29
50	700	ZANDRI	LOUW	AGN	GIRLS 12 (3 KM)	0:12:30
51	706	ANJE	VISSER	AGN	GIRLS 12 (3 KM)	0:12:34
52	1239	NATASHA	TLHOTKOTSI	ANWN	GIRLS 12 (3 KM)	0:12:35
53	1232	CHANTE	MOSTERT	ANWN	GIRLS 12 (3 KM)	0:12:36
54	1032	GUGU	MZIMANDE	AMPU	GIRLS 12 (3 KM)	0:12:39
55	452	KAYLEE	CROUS	AFS	GIRLS 12 (3 KM)	0:12:39
56	702	TSHEPANG	PHAKANE	AGN	GIRLS 12 (3 KM)	0:12:40
57	1883	NONKULEKO	SHANGE	KZNA	GIRLS 12 (3 KM)	0:12:42
58	693	JUANIKE	CRONJE	AGN	GIRLS 12 (3 KM)	0:12:42
59	459	LEBO	LETTSHELEHA	AFS	GIRLS 12 (3 KM)	0:12:42
60	701	SIMONE	OLIVIER	AGN	GIRLS 12 (3 KM)	0:12:44
61	1236	LARA	RALL	ANWN	GIRLS 12 (3 KM)	0:12:45
62	1240	MAROZE	VAN DER BERG	ANWN	GIRLS 12 (3 KM)	0:12:46
63	1029	NADIA	KLUYTS	AMPU	GIRLS 12 (3 KM)	0:12:46
64	207	ANUSHKA	ANNANDALE	ACNW	GIRLS 12 (3 KM)	0:12:46
65	462	LERATO	MATHIBE	AFS	GIRLS 12 (3 KM)	0:12:50
66	1242	TANYA	VAN RHYN	ANWN	GIRLS 12 (3 KM)	0:12:51
67	1776	EUREKA	SELEPE	LIMA	GIRLS 12 (3 KM)	0:12:52
68	705	CARLA	PRINSLOO	AGN	GIRLS 12 (3 KM)	0:12:52
69	1027	KAITLYN	GONCALVES	AMPU	GIRLS 12 (3 KM)	0:12:54
70	1774	KAKI	MAGAHLE	LIMA	GIRLS 12 (3 KM)	0:12:54

71	1241	MARINET	VAN DER WALT	ANWN	GIRLS 12 (3 KM)	0:12:55
72	692	SASHKIA	BOTHA	AGN	GIRLS 12 (3 KM)	0:12:55
73	466	ZELMI	STEMMETT	AFS	GIRLS 12 (3 KM)	0:12:56
74	938	LEZONIA	V ROOY	AGW	GIRLS 12 (3 KM)	0:12:58
75	1421	ROUX - CHE	ROUX	AVT	GIRLS 12 (3 KM)	0:12:59
76	469	ZIKHONA	XENZA	AFS	GIRLS 12 (3 KM)	0:13:00
77	1035	SUNÉ	VAN DER MERWE	AMPU	GIRLS 12 (3 KM)	0:13:03
78	1231	TLOTLO	MALATSI	ANWN	GIRLS 12 (3 KM)	0:13:03
79	707	NICOLE	VISSER	AGN	GIRLS 12 (3 KM)	0:13:06
80	1233	NTHATI	NKOKO	ANWN	GIRLS 12 (3 KM)	0:13:08
81	1024	NICOLE	BOTHA	AMPU	GIRLS 12 (3 KM)	0:13:09
82	208	VIZAHN	BURGER	ACNW	GIRLS 12 (3 KM)	0:13:12
83	1228	BOIKHUTSO	KOPONG	ANWN	GIRLS 12 (3 KM)	0:13:14
84	464	BONGIWE	NKOKO	AFS	GIRLS 12 (3 KM)	0:13:15
85	1771	KGOMOTSO	KUPA	LIMA	GIRLS 12 (3 KM)	0:13:16
86	936	CANDICE	LOUW	AGW	GIRLS 12 (3 KM)	0:13:21
87	216	OARABILE	MOTLAGALE	ACNW	GIRLS 12 (3 KM)	0:13:28
88	937	ELRISIA	PAYNE	AGW	GIRLS 12 (3 KM)	0:13:30
89	1775	RESHOKETSWE	RIBA	LIMA	GIRLS 12 (3 KM)	0:13:33
90	209	MICHELLE	HAMMANN	ACNW	GIRLS 12 (3 KM)	0:13:35
91	1028	ZANÉL	GOWER	AMPU	GIRLS 12 (3 KM)	0:13:40
92	1030	EUNICE	LUBBE	AMPU	GIRLS 12 (3 KM)	0:13:44
93	217	EMMA	NEL	ACNW	GIRLS 12 (3 KM)	0:13:50
94	457	PALESA	LEPOTA	AFS	GIRLS 12 (3 KM)	0:13:57
95	1025	MEGAN	FOURIE	AMPU	GIRLS 12 (3 KM)	0:14:00
96	206	MARILU	ACKERMAN	ACNW	GIRLS 12 (3 KM)	0:14:08
97	1419	NJABULO	GUMEDE	AVT	GIRLS 12 (3 KM)	0:14:10
98	1023	WILMIE	BASSON	AMPU	GIRLS 12 (3 KM)	0:14:11
99	211	KGOMOTSO	MAMPE	ACNW	GIRLS 12 (3 KM)	0:14:12
100	212	ASHLEY	MARAIS	ACNW	GIRLS 12 (3 KM)	0:14:15
101	1773	KGADI	MADUTLELA	LIMA	GIRLS 12 (3 KM)	0:14:19
102	1034	HLOPHE	SKHOSANA	AMPU	GIRLS 12 (3 KM)	0:14:22
103	1772	KHATI	MABUNDA	LIMA	GIRLS 12 (3 KM)	0:14:28
104	461	NTHABALENG	MASIENYANE	AFS	GIRLS 12 (3 KM)	0:14:30
105	455	MATSHIDISO	LEBUSO	AFS	GIRLS 12 (3 KM)	0:14:33
106	1418	JANA	DU PLESSIS	AVT	GIRLS 12 (3 KM)	0:14:39
107	218	DANELLE	ROOD	ACNW	GIRLS 12 (3 KM)	0:14:48
108	1227	JULIA	FERREIRA	ANWN	GIRLS 12 (3 KM)	0:14:59
109	219	MPHO	SEHLABAKA	ACNW	GIRLS 12 (3 KM)	0:15:12
110	1026	SHAYE	FRANCKEISS	AMPU	GIRLS 12 (3 KM)	0:15:19
111	1229	ANRIA	KOTZE	ANWN	GIRLS 12 (3 KM)	0:15:24
112	210	BANOLO	KUNENE	ACNW	GIRLS 12 (3 KM)	0:15:32
113	1036	LACONIQUE	VAN WYK	AMPU	GIRLS 12 (3 KM)	0:16:00
114	935	ELWINA	JULIUS	AGW	GIRLS 12 (3 KM)	0:16:05

GIRLS 13 (3 KM)

1	3460	MICHAELA	MURAT	CGA	GIRLS 13 (3 KM)	0:10:37
2	3462	AYANDA	SEBETHA	CGA	GIRLS 13 (3 KM)	0:10:56
3	3463	RESEGO	THAPEDI	CGA	GIRLS 13 (3 KM)	0:11:00
4	2669	NARE	MOKONYAMA	AGN	GIRLS 13 (3 KM)	0:11:02
5	3461	MAKGOTSO	NJUBANE	CGA	GIRLS 13 (3 KM)	0:11:08

6	3769	LERATO	MALEPE	LIMA	GIRLS 13 (3 KM)	0:11:10
7	3459	TAYLA	BERNING	CGA	GIRLS 13 (3 KM)	0:11:15
8	2659	LESHAN	CURLEWIS	AGN	GIRLS 13 (3 KM)	0:11:19
9	3592	KIRSTI	BELL	IND	GIRLS 13 (3 KM)	0:11:19
10	2210	NELLIE	HETZEL	ACNW	GIRLS 13 (3 KM)	0:11:20
11	2662	SHELEEN	JANSE VAN RENSBURG	AGN	GIRLS 13 (3 KM)	0:11:26
12	3215	LILAINE	VAN ROOYEN	ANWN	GIRLS 13 (3 KM)	0:11:26
13	3632	SLINDILE	XIMBA	KZNA	GIRLS 13 (3 KM)	0:11:27
14	3317	AYANDA	WILDSKUT	ASWD	GIRLS 13 (3 KM)	0:11:30
15	3388	NKULULEKO	MAPOSSA	AVT	GIRLS 13 (3 KM)	0:11:31
16	3315	LOUW-ANN	LOURENS	ASWD	GIRLS 13 (3 KM)	0:11:32
17	3420	CHRISTEL	RUITERS	IND	GIRLS 13 (3 KM)	0:11:37
18	3392	NADIA	STEYNBERG	AVT	GIRLS 13 (3 KM)	0:11:38
19	2660	CHANEL	DU PLESSIS	AGN	GIRLS 13 (3 KM)	0:11:42
20	2446	LIENKE	SNYMAN	AFS	GIRLS 13 (3 KM)	0:11:44
21	2671	CARMIE	PRINSLOO	AGN	GIRLS 13 (3 KM)	0:11:45
22	2675	ISABELLE	VAN NIEKERK	AGN	GIRLS 13 (3 KM)	0:11:46
23	2665	CHANTE	LOUW	AGN	GIRLS 13 (3 KM)	0:11:47
24	2673	CIMON	VAN DER WESTHUIZEN	AGN	GIRLS 13 (3 KM)	0:11:48
25	3464	SANDRA	WIJTENBURG	CGA	GIRLS 13 (3 KM)	0:11:52
26	3034	SELANNA	BIGGS	AMPU	GIRLS 13 (3 KM)	0:11:53
27	2438	NOSIPHO	MOKHELE	AFS	GIRLS 13 (3 KM)	0:11:54
28	2207	LILICA	BURGER	ACNW	GIRLS 13 (3 KM)	0:11:55
29	2664	JOANE	LE ROUX	AGN	GIRLS 13 (3 KM)	0:11:56
30	2432	LERATO	LESIA	AFS	GIRLS 13 (3 KM)	0:11:58
31	2433	JODY	MACLACHLAN	AFS	GIRLS 13 (3 KM)	0:12:00
32	2437	TEBELLO	MOHLOKI	AFS	GIRLS 13 (3 KM)	0:12:01
33	3391	BASETSANA	RAMAKALA	AVT	GIRLS 13 (3 KM)	0:12:02
34	3629	SAMUKELISIWE	DLAMINI	KZNA	GIRLS 13 (3 KM)	0:12:03
35	2220	MARYKE	VAN ASWEGEN	ACNW	GIRLS 13 (3 KM)	0:12:03
36	2436	MAMELLO	MOFOKENG	AFS	GIRLS 13 (3 KM)	0:12:05
37	2666	MENE	LOUW	AGN	GIRLS 13 (3 KM)	0:12:06
38	3765	PALESA	APHANE	LIMA	GIRLS 13 (3 KM)	0:12:07
39	3888	MIRA	KAFFKA	AGN	GIRLS 13 (3 KM)	0:12:08
40	2661	CHARLOTTE	JANSE VAN RENSBURG	AGN	GIRLS 13 (3 KM)	0:12:14
41	2431	CHARNE	ERASMUS	AFS	GIRLS 13 (3 KM)	0:12:15
42	2444	XOLISWA	RAPULANE	AFS	GIRLS 13 (3 KM)	0:12:16
43	2667	KEITUMETSE	MASHAKO	AGN	GIRLS 13 (3 KM)	0:12:16
44	3387	MEIKE	KAPP	AVT	GIRLS 13 (3 KM)	0:12:17
45	3042	LONDEKA	SKONDE	AMPU	GIRLS 13 (3 KM)	0:12:17
46	3039	ANAÏS	MULLER	AMPU	GIRLS 13 (3 KM)	0:12:17
47	2676	MICHELLE	VISSER	AGN	GIRLS 13 (3 KM)	0:12:18
48	2668	MPHO	MOHLALA	AGN	GIRLS 13 (3 KM)	0:12:18
49	3772	KWATLISHI	SELOLO	LIMA	GIRLS 13 (3 KM)	0:12:20
50	2443	FATIMA	NJONGWE	AFS	GIRLS 13 (3 KM)	0:12:21
51	3314	AGNES	DE BRUYN	ASWD	GIRLS 13 (3 KM)	0:12:23
52	3770	BEAUTY	MASHAO	LIMA	GIRLS 13 (3 KM)	0:12:24
53	2439	RELEBOHILE	MPEKO	AFS	GIRLS 13 (3 KM)	0:12:25
54	3390	LINDIWE	NDLOVU	AVT	GIRLS 13 (3 KM)	0:12:26
55	3040	ANGELIQUE	NEL	AMPU	GIRLS 13 (3 KM)	0:12:27
56	3766	LEONINE	GILDENHUYS	LIMA	GIRLS 13 (3 KM)	0:12:27

57	2222	RUANDI	VAN DYK	ACNW	GIRLS 13 (3 KM)	0:12:28
58	3035	MILA	DE VILLIERS	AMPU	GIRLS 13 (3 KM)	0:12:28
59	3767	CYLA	KNOX	LIMA	GIRLS 13 (3 KM)	0:12:29
60	2442	SASKIA	NAUDE	AFS	GIRLS 13 (3 KM)	0:12:29
61	3822	MOHRIKA	MULLER	WPA	GIRLS 13 (3 KM)	0:12:30
62	3389	NELRINDA	MEYER	AVT	GIRLS 13 (3 KM)	0:12:31
63	2430	MOSA	DIFAHLO	AFS	GIRLS 13 (3 KM)	0:12:35
64	2929	LEONE	V ZYL	AGW	GIRLS 13 (3 KM)	0:12:36
65	3630	CANDY	KHUMALO	KZNA	GIRLS 13 (3 KM)	0:12:38
66	3316	CHANTELLE	MCLOEN	ASWD	GIRLS 13 (3 KM)	0:12:38
67	2672	GIZELLE	SMIT	AGN	GIRLS 13 (3 KM)	0:12:39
68	3214	LIEZL-MIGNE	SWANEPOEL	ANWN	GIRLS 13 (3 KM)	0:12:39
69	2447	MOLELEKENG	TOMENG	AFS	GIRLS 13 (3 KM)	0:12:44
70	2441	MOTSHEDISI	MTHIMKHULU	AFS	GIRLS 13 (3 KM)	0:12:47
71	3208	AMOGELANG	MPUDI	ANWN	GIRLS 13 (3 KM)	0:12:48
72	2925	ELNE	CONRADIE	AGW	GIRLS 13 (3 KM)	0:12:50
73	2221	MARNÈ	VAN DER MERWE	ACNW	GIRLS 13 (3 KM)	0:12:57
74	2224	ANÈ	WEST	ACNW	GIRLS 13 (3 KM)	0:13:00
75	3768	LUNGA	MAKGATULELA	LIMA	GIRLS 13 (3 KM)	0:13:09
76	3386	SARIEN	BOTHA	AVT	GIRLS 13 (3 KM)	0:13:10
77	2930	FRANCES	VAN DER MERWE	AGW	GIRLS 13 (3 KM)	0:13:10
78	3631	NOMTHANDAZO	MEMELA	KZNA	GIRLS 13 (3 KM)	0:13:11
79	2434	RELEBOHILE	MANKOE	AFS	GIRLS 13 (3 KM)	0:13:13
80	2219	REBECCA	TSHOLOFELO	ACNW	GIRLS 13 (3 KM)	0:13:14
81	2928	RUCHELLE	PIETERSEN	AGW	GIRLS 13 (3 KM)	0:13:16
82	3774	ABBI	VAN DER WALT	LIMA	GIRLS 13 (3 KM)	0:13:18
83	3046	LILLIAN	VELDMAN	AMPU	GIRLS 13 (3 KM)	0:13:18
84	2440	KANANELO	MQWATHI	AFS	GIRLS 13 (3 KM)	0:13:19
85	3037	CARINA	FOURIE	AMPU	GIRLS 13 (3 KM)	0:13:20
86	2216	JANET	STEENKAMP	ACNW	GIRLS 13 (3 KM)	0:13:21
87	2213	GENEVIVE	POTGIETER	ACNW	GIRLS 13 (3 KM)	0:13:21
88	2212	LEONORE	LUBBE	ACNW	GIRLS 13 (3 KM)	0:13:23
89	3036	ANNIKA	DU PLESSIS	AMPU	GIRLS 13 (3 KM)	0:13:27
90	2927	CHARMAINE	NTSANYANA	AGW	GIRLS 13 (3 KM)	0:13:30
91	2217	MARILETTE	SWART	ACNW	GIRLS 13 (3 KM)	0:13:33
92	3216	MARELIZE	VENTER	ANWN	GIRLS 13 (3 KM)	0:13:37
93	3210	BERNICE	PRETORIUS	ANWN	GIRLS 13 (3 KM)	0:13:37
94	3041	JUANETTE	PRINSLOO	AMPU	GIRLS 13 (3 KM)	0:13:41
95	3207	PALESA	KOPONG	ANWN	GIRLS 13 (3 KM)	0:13:41
96	3771	LERATO	MOTHAPO	LIMA	GIRLS 13 (3 KM)	0:13:49
97	3211	AMIEL	ROTHMAN	ANWN	GIRLS 13 (3 KM)	0:13:54
98	2209	MEGAN	HATTINGH	ACNW	GIRLS 13 (3 KM)	0:14:00
99	3043	HANNÉ	STEVENS	AMPU	GIRLS 13 (3 KM)	0:14:02
100	2926	TRANSIA	NOETH	AGW	GIRLS 13 (3 KM)	0:14:05
101	2208	VEINET	FUNANI	ACNW	GIRLS 13 (3 KM)	0:14:12
102	3212	KEOLEBOGILE ANNA	SECHUBI	ANWN	GIRLS 13 (3 KM)	0:14:16
103	3045	MARNI	SWART	AMPU	GIRLS 13 (3 KM)	0:14:23
104	3213	TSHOLOFELO REFILOSE	SENKO	ANWN	GIRLS 13 (3 KM)	0:14:31
105	3773	MICHELLE	TSHILWANA	LIMA	GIRLS 13 (3 KM)	0:14:33
106	2223	MELISSA	VAN LOGGERENBERG	ACNW	GIRLS 13 (3 KM)	0:14:42
107	2218	SONJA	TRUTER	ACNW	GIRLS 13 (3 KM)	0:14:57

108	2211	SHANIQUE	JONKER	ACNW	GIRLS 13 (3 KM)	
GIRLS 14 (4 KM)						
1	720	KELETSO	SENOSI	AGN	GIRLS 14 (4 KM)	0:13:45
2	1780	CHRISTELLE	COETZER	LIMA	GIRLS 14 (4 KM)	0:13:46
3	1508	CHANE	WILSON	CGA	GIRLS 14 (4 KM)	0:13:58
4	1501	CASEY	BOSMAN	CGA	GIRLS 14 (4 KM)	0:14:02
5	1503	DIPUO	MASHISHI	CGA	GIRLS 14 (4 KM)	0:14:12
6	1647	LEE-ANN	BLAKE	KZNA	GIRLS 14 (4 KM)	0:14:45
7	1507	NTOMBENHLE	SEABI	CGA	GIRLS 14 (4 KM)	0:14:54
8	1506	LINDY	ROELOFSE	CGA	GIRLS 14 (4 KM)	0:14:57
9	1648	APHELELE	JILEKA	KZNA	GIRLS 14 (4 KM)	0:15:15
10	709	JEANNE	DE BEER	AGN	GIRLS 14 (4 KM)	0:15:17
11	724	JANA	VAN DER MERWE	AGN	GIRLS 14 (4 KM)	0:15:21
12	1875	CHANTEL	BESTER	IND	GIRLS 14 (4 KM)	0:15:26
13	1505	TONTO	RADEBE	CGA	GIRLS 14 (4 KM)	0:15:27
14	1504	DIFFENTHAL	MEGAN	CGA	GIRLS 14 (4 KM)	0:15:35
15	718	PHOMELELO	MAKOFANE	AGN	GIRLS 14 (4 KM)	0:15:43
16	1845	SHANNON	PETERS	WPA	GIRLS 14 (4 KM)	0:15:45
17	227	MEANRI	ERASMUS	ACNW	GIRLS 14 (4 KM)	0:15:47
18	1846	HLELA	XAMENI	WPA	GIRLS 14 (4 KM)	0:15:48
19	940	LORENZIA	WHITE	AGW	GIRLS 14 (4 KM)	0:15:55
20	1786	MAPHUTI	PHAHLAHLA	LIMA	GIRLS 14 (4 KM)	0:15:56
21	1424	NICHOLISE	ROUX	AVT	GIRLS 14 (4 KM)	0:16:00
22	472	CHANDRÉ	ERASMUS	AFS	GIRLS 14 (4 KM)	0:16:00
23	716	MIANCO	KOTZE	AGN	GIRLS 14 (4 KM)	0:16:01
24	1884	BONGIWE	NKOSI	KZNA	GIRLS 14 (4 KM)	0:16:01
25	723	KELETSO	TOLO	AGN	GIRLS 14 (4 KM)	0:16:02
26	224	ALEXIA	CHADINHA	ACNW	GIRLS 14 (4 KM)	0:16:05
27	708	JACINA	CIEDERBERG	AGN	GIRLS 14 (4 KM)	0:16:07
28	721	ALICIA	SMIT	AGN	GIRLS 14 (4 KM)	0:16:09
29	1502	RUNE	DE BEER	CGA	GIRLS 14 (4 KM)	0:16:11
30	1038	MARYKE	DE JAGER	AMPU	GIRLS 14 (4 KM)	0:16:13
31	1040	NAFTILEEN	GROBLER	AMPU	GIRLS 14 (4 KM)	0:16:23
32	725	LIZETH	VAN WYK	AGN	GIRLS 14 (4 KM)	0:16:26
33	715	SABELLE	JACOBS	AGN	GIRLS 14 (4 KM)	0:16:27
34	1454	MEAGAN	SWANEPOEL	IND	GIRLS 14 (4 KM)	0:16:29
35	722	IZABEL	STICKELLS	AGN	GIRLS 14 (4 KM)	0:16:30
36	710	TISHCA	DE CONING	AGN	GIRLS 14 (4 KM)	0:16:31
37	471	DANELL	DE VILLIERS	AFS	GIRLS 14 (4 KM)	0:16:32
38	711	JANA	DREECKMEIER	AGN	GIRLS 14 (4 KM)	0:16:33
39	719	GONTSE	MORAKE	AGN	GIRLS 14 (4 KM)	0:16:35
40	479	JULIA	MOKOENA	AFS	GIRLS 14 (4 KM)	0:16:40
41	1244	MICHELLE	GEDULD	ANWN	GIRLS 14 (4 KM)	0:16:46
42	1784	MODJADJI	MASONDO-TERWEY	LIMA	GIRLS 14 (4 KM)	0:16:48
43	1423	DUHANE	DU PLESSIS	AVT	GIRLS 14 (4 KM)	0:16:48
44	1650	NOMFEZEKO	NYEMBE	KZNA	GIRLS 14 (4 KM)	0:16:49
45	474	PORTIA	MACHABA	AFS	GIRLS 14 (4 KM)	0:16:50
46	480	ELISA M	MOLEHE	AFS	GIRLS 14 (4 KM)	0:16:53
47	1043	SINENHLANHLA	MABASA	AMPU	GIRLS 14 (4 KM)	0:16:56
48	712	NICOLE	DU TOIT	AGN	GIRLS 14 (4 KM)	0:16:58

49	1453	VIRNITA SHERYL-ANN	AFRICA	IND	GIRLS 14 (4 KM)	0:17:00
50	481	NKI	NALEDI	AFS	GIRLS 14 (4 KM)	0:17:06
51	1045	ANANJA	VORSTER	AMPU	GIRLS 14 (4 KM)	0:17:06
52	1039	JOHANNÉ	FOURIE	AMPU	GIRLS 14 (4 KM)	0:17:13
53	1247	MASEGO	MMOPE	ANWN	GIRLS 14 (4 KM)	0:17:15
54	234	LEANDRI	MARAIS	ACNW	GIRLS 14 (4 KM)	0:17:16
55	482	VERUSCHKA	NEL	AFS	GIRLS 14 (4 KM)	0:17:18
56	233	CHANÈ	MARAIS	ACNW	GIRLS 14 (4 KM)	0:17:19
57	231	KEIKANTSEMANG	KAUDI	ACNW	GIRLS 14 (4 KM)	0:17:21
58	1605	CHANE	DE BEER	IND	GIRLS 14 (4 KM)	0:17:22
59	225	COREEN	DE LANGE	ACNW	GIRLS 14 (4 KM)	0:17:28
60	483	THAMBA	NOZIMANGA	AFS	GIRLS 14 (4 KM)	0:17:30
61	478	MAMPHUKQE	MOFOKENG	AFS	GIRLS 14 (4 KM)	0:17:33
62	1782	SHARON	MAKHURA	LIMA	GIRLS 14 (4 KM)	0:17:33
63	477	KARABO	MMUTSI	AFS	GIRLS 14 (4 KM)	0:17:35
64	1779	CARA	COETZEE	LIMA	GIRLS 14 (4 KM)	0:17:36
65	1785	JESSICA	MATJIU	LIMA	GIRLS 14 (4 KM)	0:17:37
66	717	BURNI	LOTTERING	AGN	GIRLS 14 (4 KM)	0:17:41
67	476	LERATO	MATEE	AFS	GIRLS 14 (4 KM)	0:17:45
68	713	ANKE	FICK	AGN	GIRLS 14 (4 KM)	0:17:47
69	1245	KENEILWE	JAS	ANWN	GIRLS 14 (4 KM)	0:17:48
70	239	DELINE	ROOD	ACNW	GIRLS 14 (4 KM)	0:17:49
71	1246	KELEBOGILE	MINGA	ANWN	GIRLS 14 (4 KM)	0:17:51
72	229	CORNELIA	HITGE	ACNW	GIRLS 14 (4 KM)	0:17:59
73	1248	OARABILE	MOLEFI	ANWN	GIRLS 14 (4 KM)	0:18:00
74	1783	PAULINA	MASHISHI	LIMA	GIRLS 14 (4 KM)	0:18:00
75	240	EVAH	SEKALEDI	ACNW	GIRLS 14 (4 KM)	0:18:05
76	1781	JACKINA	LEBOGO	LIMA	GIRLS 14 (4 KM)	0:18:09
77	484	SEBABATSO	SESING	AFS	GIRLS 14 (4 KM)	0:18:10
78	470	ANKE	BRÖNN	AFS	GIRLS 14 (4 KM)	0:18:18
79	1249	REBECCA	SITO	ANWN	GIRLS 14 (4 KM)	0:18:24
80	1044	NOMONDE	NDUZE	AMPU	GIRLS 14 (4 KM)	0:18:33
81	242	ANNÈ	VAN AARDE	ACNW	GIRLS 14 (4 KM)	0:18:35
82	1042	JOMARI	JORDAAN	AMPU	GIRLS 14 (4 KM)	0:18:37
83	230	LIEZE	JACOBSZ	ACNW	GIRLS 14 (4 KM)	0:18:43
84	1037	ANASTACIA	DE BRUIN	AMPU	GIRLS 14 (4 KM)	0:18:44
85	1778	HESTLERIE	BOTHA	LIMA	GIRLS 14 (4 KM)	0:18:44
86	241	MASEGO	TLALE	ACNW	GIRLS 14 (4 KM)	0:18:48
87	485	DEANRI	SNYMAN	AFS	GIRLS 14 (4 KM)	0:18:53
88	235	DEUSAMORE	MARCANDONATOS	ACNW	GIRLS 14 (4 KM)	0:18:58
89	1041	JOMAY	HUMAN	AMPU	GIRLS 14 (4 KM)	0:19:04
90	236	KEDIBONE	MONNAMORO	ACNW	GIRLS 14 (4 KM)	0:19:05
91	232	BERNICE	KLOPPER	ACNW	GIRLS 14 (4 KM)	0:19:45
92	238	JANIE	OPPERMAN	ACNW	GIRLS 14 (4 KM)	0:19:53
93	486	CHARNÉ	WEYERS	AFS	GIRLS 14 (4 KM)	0:19:59
94	226	AMANDIA	ENGELBRECHT	ACNW	GIRLS 14 (4 KM)	0:20:41
95	1606	LWANDA	ZWANE	IND	GIRLS 14 (4 KM)	0:24:18
GIRLS 15 (4 KM)						
1	3469	YANDISWA	SHANGE	CGA	GIRLS 15 (4 KM)	0:13:43
2	3466	LETHABO	MAKGAKGA	CGA	GIRLS 15 (4 KM)	0:13:57

3	3467	TSHWANELO	MARUPING	CGA	GIRLS 15 (4 KM)	0:14:25
4	3470	BEATRICE	THEMANE	CGA	GIRLS 15 (4 KM)	0:14:37
5	2456	NTSWAKI	MOLAHLOE	AFS	GIRLS 15 (4 KM)	0:14:39
6	2687	ZHANDRE	LOUBSER-KUHN	AGN	GIRLS 15 (4 KM)	0:14:58
7	3468	ITUMELENG	RASEKHANYA	CGA	GIRLS 15 (4 KM)	0:15:03
8	3594	MMAMALEMO	MATEA	IND	GIRLS 15 (4 KM)	0:15:03
9	2686	M'ZHANE	LOUBSER-KUHN	AGN	GIRLS 15 (4 KM)	0:15:12
10	2683	JANIE	JANSE VAN RENSBURG	AGN	GIRLS 15 (4 KM)	0:15:16
11	2680	NADYA	DU TOIT	AGN	GIRLS 15 (4 KM)	0:15:19
12	3218	MICHELLE	DE WET	ANWN	GIRLS 15 (4 KM)	0:15:20
13	2688	ESABEL	MAKHURA	AGN	GIRLS 15 (4 KM)	0:15:23
14	2695	ZELMARI	VORSTER	AGN	GIRLS 15 (4 KM)	0:15:24
15	2691	SHAINA	PIGGOT	AGN	GIRLS 15 (4 KM)	0:15:25
16	3465	FINA	DUBE	CGA	GIRLS 15 (4 KM)	0:15:33
17	3634	LUNGLO	GAMEDE	KZNA	GIRLS 15 (4 KM)	0:15:33
18	3633	SISANDA	DUMISA	KZNA	GIRLS 15 (4 KM)	0:15:36
19	3597	VICKY	OELOFSE	EPA	GIRLS 15 (4 KM)	0:15:37
20	3318	BRITNEY-ANN	MEYER	ASWD	GIRLS 15 (4 KM)	0:15:38
21	3217	CHANTELLE	DE WET	ANWN	GIRLS 15 (4 KM)	0:15:39
22	2931	MARUSHEL	BITTERBOS	AGW	GIRLS 15 (4 KM)	0:15:42
23	3347	ASANDA	DLAMINI	ATRA	GIRLS 15 (4 KM)	0:15:48
24	2692	CHANTELLE	RAS	AGN	GIRLS 15 (4 KM)	0:15:51
25	2681	MILA	GELDENHUYS	AGN	GIRLS 15 (4 KM)	0:15:51
26	2684	SHANLEY	KOEKEMOER	AGN	GIRLS 15 (4 KM)	0:15:57
27	2682	GERALDENE	HORN	AGN	GIRLS 15 (4 KM)	0:15:57
28	2455	DORAH	MMUTSI	AFS	GIRLS 15 (4 KM)	0:15:59
29	2236	MARCIA	VERMEULEN	ACNW	GIRLS 15 (4 KM)	0:16:03
30	2461	MEGGY	NDETHA	AFS	GIRLS 15 (4 KM)	0:16:04
31	2694	ZANE	VAN DEVENTER	AGN	GIRLS 15 (4 KM)	0:16:06
32	2452	SINAH	KHAUTA	AFS	GIRLS 15 (4 KM)	0:16:10
33	3050	LIZAAN	DE BLANCHÉ	AMPU	GIRLS 15 (4 KM)	0:16:13
34	3056	ESTÉ	LOMBARD	AMPU	GIRLS 15 (4 KM)	0:16:16
35	3395	BOITUMELO	THEBE	AVT	GIRLS 15 (4 KM)	0:16:19
36	2677	TALITHA	BEKKER	AGN	GIRLS 15 (4 KM)	0:16:24
37	2678	CARLI	BOTHA	AGN	GIRLS 15 (4 KM)	0:16:29
38	2465	DESIRE	VOS	AFS	GIRLS 15 (4 KM)	0:16:31
39	2679	ALICIA	COCHRANE	AGN	GIRLS 15 (4 KM)	0:16:33
40	3058	SINDILE	THABETHE	AMPU	GIRLS 15 (4 KM)	0:16:34
41	2685	GENENIEVE	LOUBSER	AGN	GIRLS 15 (4 KM)	0:16:34
42	2454	DIMPHO	MAKUME	AFS	GIRLS 15 (4 KM)	0:16:43
43	3776	NAUM	BOPAPE	LIMA	GIRLS 15 (4 KM)	0:16:57
44	3053	MICHELLE	JACOBS	AMPU	GIRLS 15 (4 KM)	0:16:58
45	2689	EUGINE	MAPHAILA	AGN	GIRLS 15 (4 KM)	0:16:59
46	3397	BERNICE	VILJOEN	AVT	GIRLS 15 (4 KM)	0:17:01
47	3775	GISELA	BEKKER	LIMA	GIRLS 15 (4 KM)	0:17:02
48	2693	MEGAN	REDMOND	AGN	GIRLS 15 (4 KM)	0:17:04
49	3223	DANIELLE	POTGIETER	ANWN	GIRLS 15 (4 KM)	0:17:07
50	2229	DANÈ	HOLTZHAUSEN	ACNW	GIRLS 15 (4 KM)	0:17:07
51	2464	PIENKIE	TOUTO	AFS	GIRLS 15 (4 KM)	0:17:12
52	3047	HELLEN	BHUDA	AMPU	GIRLS 15 (4 KM)	0:17:16
53	3780	MERECIA	MOROLANE	LIMA	GIRLS 15 (4 KM)	0:17:17

54	3396	MEGHAN	VAN DEVENTER	AVT	GIRLS 15 (4 KM)	0:17:18
55	3222	DELINE	MPITI	ANWN	GIRLS 15 (4 KM)	0:17:19
56	2451	THOLWANA	JANTJIES	AFS	GIRLS 15 (4 KM)	0:17:24
57	2450	MICHELLE	DYKMAN	AFS	GIRLS 15 (4 KM)	0:17:24
58	3049	THEMBI	COSSA	AMPU	GIRLS 15 (4 KM)	0:17:25
59	3350	ABENATHI	NGUNZE	ATRA	GIRLS 15 (4 KM)	0:17:32
60	2448	THANDEKA	BAVUMA	AFS	GIRLS 15 (4 KM)	0:17:33
61	2453	MARIEKE	LE ROUX	AFS	GIRLS 15 (4 KM)	0:17:36
62	3048	DANEEL	BOOYSEN	AMPU	GIRLS 15 (4 KM)	0:17:37
63	2462	MPHAKISENG	RADEBE	AFS	GIRLS 15 (4 KM)	0:17:39
64	3779	ANRI	MCLEAN	LIMA	GIRLS 15 (4 KM)	0:17:42
65	3055	ZANÉ	KORB	AMPU	GIRLS 15 (4 KM)	0:17:48
66	2230	NEO	MOGAPI	ACNW	GIRLS 15 (4 KM)	0:17:50
67	3778	ROSE	LEDWABA	LIMA	GIRLS 15 (4 KM)	0:17:51
68	3051	DIRIKA	FOURIE	AMPU	GIRLS 15 (4 KM)	0:17:53
69	3057	JUANÉ	MOOLMAN	AMPU	GIRLS 15 (4 KM)	0:17:53
70	2238	LEONE	WILKENS	ACNW	GIRLS 15 (4 KM)	0:18:01
71	3394	CLAUDINE	STEYN	AVT	GIRLS 15 (4 KM)	0:18:02
72	2228	IRNA	GROENEWALD	ACNW	GIRLS 15 (4 KM)	0:18:06
73	3220	OMPHEMETSE	KOPONG	ANWN	GIRLS 15 (4 KM)	0:18:11
74	3782	NADINE	VAN NIEKERK	LIMA	GIRLS 15 (4 KM)	0:18:16
75	2932	MONIQUE	DE JAGER	AGW	GIRLS 15 (4 KM)	0:18:27
76	3225	ANGELIQUE	VAN DER MERWE	ANWN	GIRLS 15 (4 KM)	0:18:32
77	3221	REFILWE	MORAKE	ANWN	GIRLS 15 (4 KM)	0:18:34
78	2233	VENESSA	NKOSI	ACNW	GIRLS 15 (4 KM)	0:18:36
79	3319	CANDICE	VAN BEULEN	ASWD	GIRLS 15 (4 KM)	0:18:38
80	2460	MILANA	MULLER	AFS	GIRLS 15 (4 KM)	0:18:39
81	3777	RENEILWE	KGANYAGO	LIMA	GIRLS 15 (4 KM)	0:18:44
82	3781	MION	SCHOEMAN	LIMA	GIRLS 15 (4 KM)	0:18:51
83	3054	LIESCHKE	KOEGELENBERG	AMPU	GIRLS 15 (4 KM)	0:19:12
84	3052	ROLENE	GREEFF	AMPU	GIRLS 15 (4 KM)	0:19:17
85	3393	SHAAN	MOKGWADI	AVT	GIRLS 15 (4 KM)	0:19:18
86	3224	LERATO	TABANE	ANWN	GIRLS 15 (4 KM)	0:19:24
87	2458	TSHEPANG	MOTSIRI	AFS	GIRLS 15 (4 KM)	0:19:32
88	2237	MARIONIQUE	WENTZEL	ACNW	GIRLS 15 (4 KM)	0:20:11
89	3219	CECELIA	JOUBERT	ANWN	GIRLS 15 (4 KM)	0:20:20
90	2226	AMONÈ	DELPORT	ACNW	GIRLS 15 (4 KM)	0:20:24
91	2449	ANINA	BREDENKAMP	AFS	GIRLS 15 (4 KM)	0:20:28
92	2232	ALISON	NIENABER	ACNW	GIRLS 15 (4 KM)	0:20:30
93	2235	FRANKE	VAN RENSBURG	ACNW	GIRLS 15 (4 KM)	0:22:10
94	2234	THUTHU	TSHABALALA	ACNW	GIRLS 15 (4 KM)	0:23:56
95	2231	IPELENG	MOTSABI	ACNW	GIRLS 15 (4 KM)	0:24:08
96	2227	TAMMY	DIAS	ACNW	GIRLS 15 (4 KM)	0:24:16

GIRLS 16 (4 KM)

1	1514	SIMONAY	WEITZ	CGA	GIRLS 16 (4 KM)	0:13:37
2	1512	CHERYL-LEE	SCHOEMAN	CGA	GIRLS 16 (4 KM)	0:13:49
3	1511	LESEGO	MPSHE	CGA	GIRLS 16 (4 KM)	0:14:31
4	1513	THOBILE	VILAKAZI	CGA	GIRLS 16 (4 KM)	0:14:49
5	498	LARA	ORROCK	AFS	GIRLS 16 (4 KM)	0:14:58
6	731	LETHLOGONOLO	MAGORO	AGN	GIRLS 16 (4 KM)	0:14:59

7	1441	MARIE-LOUISE	KOEGELENBERG	BOLA	GIRLS 16 (4 KM)	0:15:02
8	736	MICHAELA	OOSTHUIZEN	AGN	GIRLS 16 (4 KM)	0:15:04
9	1509	LIZA	KILLERMAN	CGA	GIRLS 16 (4 KM)	0:15:07
10	726	THULISILE	AMON	AGN	GIRLS 16 (4 KM)	0:15:09
11	1653	NOBUHLE	SHANGE	KZNA	GIRLS 16 (4 KM)	0:15:15
12	1510	BONGEKA	MAGUBANE	CGA	GIRLS 16 (4 KM)	0:15:25
13	1380	NONTLAHLA	NOQETHE	ATRA	GIRLS 16 (4 KM)	0:15:45
14	1790	LOUISE	SCHUTTE	LIMA	GIRLS 16 (4 KM)	0:15:46
15	734	MASINGITA	MOTHA	AGN	GIRLS 16 (4 KM)	0:15:48
16	742	MARITHA	VAN WYK	AGN	GIRLS 16 (4 KM)	0:15:51
17	727	MEGAN	GERBER	AGN	GIRLS 16 (4 KM)	0:15:54
18	493	MAMOSUWE	LEPHAILA	AFS	GIRLS 16 (4 KM)	0:15:56
19	735	BONOLO	MPURU	AGN	GIRLS 16 (4 KM)	0:15:57
20	730	FORTUNE	MABOTSA	AGN	GIRLS 16 (4 KM)	0:15:57
21	737	MIEKE	RALL	AGN	GIRLS 16 (4 KM)	0:15:58
22	1250	DOMINIQUE	BARNARD	ANWN	GIRLS 16 (4 KM)	0:16:01
23	1787	LERATO	KEKANE	LIMA	GIRLS 16 (4 KM)	0:16:09
24	1426	LEBOHANG	MOHAMI	AVT	GIRLS 16 (4 KM)	0:16:18
25	732	COSY	MARIPA	AGN	GIRLS 16 (4 KM)	0:16:22
26	1377	NANDIPHA	DENJANA	ATRA	GIRLS 16 (4 KM)	0:16:23
27	729	ANICE	LE ROUX	AGN	GIRLS 16 (4 KM)	0:16:24
28	1652	LONDEKA	MWELI	KZNA	GIRLS 16 (4 KM)	0:16:27
29	1251	JOLANDI	HORN	ANWN	GIRLS 16 (4 KM)	0:16:30
30	728	ZANRI	KOTZE	AGN	GIRLS 16 (4 KM)	0:16:33
31	739	JANE	ROSSOUW	AGN	GIRLS 16 (4 KM)	0:16:34
32	1379	AYANDA	MAKADE	ATRA	GIRLS 16 (4 KM)	0:16:35
33	738	MARISKA	ROBBERTSE	AGN	GIRLS 16 (4 KM)	0:16:36
34	1651	LUNGELO	MAHLABA	KZNA	GIRLS 16 (4 KM)	0:16:41
35	1654	THEMBISILE	ZUNGU	KZNA	GIRLS 16 (4 KM)	0:16:46
36	1333	GITHE	STANDER	ASWD	GIRLS 16 (4 KM)	0:16:53
37	488	SCHUTTE	CARLI	AFS	GIRLS 16 (4 KM)	0:16:53
38	494	HESMARI	MAARTENS	AFS	GIRLS 16 (4 KM)	0:16:56
39	741	CINDY	VAN BERS	AGN	GIRLS 16 (4 KM)	0:16:56
40	1612	CHANNAH	DU PLESSIS	EPA	GIRLS 16 (4 KM)	0:16:56
41	733	LIZANNE	MEYER	AGN	GIRLS 16 (4 KM)	0:17:01
42	1047	MIA	ERASMUS	AMPU	GIRLS 16 (4 KM)	0:17:03
43	499	ELOUISE	PRETORIUS	AFS	GIRLS 16 (4 KM)	0:17:13
44	1847	ANITA	NONENE	WPA	GIRLS 16 (4 KM)	0:17:14
45	1048	MELIZÉ	FOURIE	AMPU	GIRLS 16 (4 KM)	0:17:15
46	243	LENÈ	DE KOCK	ACNW	GIRLS 16 (4 KM)	0:17:16
47	3877	ASANDA	MNUKWA	ATRA	GIRLS 16 (4 KM)	0:17:19
48	497	THEMBELA	NJILI	AFS	GIRLS 16 (4 KM)	0:17:19
49	1613	CHANE	PETZER	EPA	GIRLS 16 (4 KM)	0:17:20
50	743	CLARE	WISH	AGN	GIRLS 16 (4 KM)	0:17:22
51	496	FELICIA	MOLEKO	AFS	GIRLS 16 (4 KM)	0:17:27
52	247	MEGAN	MARSHALL-GOODRIDGE	ACNW	GIRLS 16 (4 KM)	0:17:37
53	1788	LERATO EMISSION	MAKOKA	LIMA	GIRLS 16 (4 KM)	0:17:39
54	248	NTHABELENG	MOILAMASHI	ACNW	GIRLS 16 (4 KM)	0:17:42
55	1252	MARIE-TINKA	KRUGER	ANWN	GIRLS 16 (4 KM)	0:17:45
56	495	NYANE	MOFEKENG	AFS	GIRLS 16 (4 KM)	0:17:47
57	249	LINÈ	PRETORIUS	ACNW	GIRLS 16 (4 KM)	0:17:51

58	1256	LIZA-MARI	NAUDE	ANWN	GIRLS 16 (4 KM)	0:17:55
59	1125	KARLA	DE JAGER	IND	GIRLS 16 (4 KM)	0:18:01
60	489	ANE	ERASMUS	AFS	GIRLS 16 (4 KM)	0:18:03
61	501	CARIEN	SANDER	AFS	GIRLS 16 (4 KM)	0:18:03
62	244	SHANTÈ	HETZEL	ACNW	GIRLS 16 (4 KM)	0:18:10
63	254	MICHELLE	WEYERS	ACNW	GIRLS 16 (4 KM)	0:18:18
64	1049	DESSIRÉ	VAN STADEN	AMPU	GIRLS 16 (4 KM)	0:18:22
65	1789	REINETTE	MC DOUGALL	LIMA	GIRLS 16 (4 KM)	0:18:22
66	251	ILANIKA	SCHALENKAMP	ACNW	GIRLS 16 (4 KM)	0:18:24
67	500	JANA	RAUBENHEIMER	AFS	GIRLS 16 (4 KM)	0:18:28
68	1607	NOBUHLE	TSHABALALA	IND	GIRLS 16 (4 KM)	0:18:29
69	1255	WELHEMINAH	MOABI	ANWN	GIRLS 16 (4 KM)	0:18:31
70	1425	MINTIE - LOUISE	BOTHA	AVT	GIRLS 16 (4 KM)	0:18:33
71	1258	JOLANDIE	VENTER	ANWN	GIRLS 16 (4 KM)	0:18:35
72	503	TSELANE	WILLIAMS	AFS	GIRLS 16 (4 KM)	0:18:43
73	491	HENRIKE	KNOT	AFS	GIRLS 16 (4 KM)	0:18:52
74	1254	KEABETSWWE	MASHILA	ANWN	GIRLS 16 (4 KM)	0:18:55
75	1253	ANALIZE	MARX	ANWN	GIRLS 16 (4 KM)	0:19:22
76	1046	SHANERIE	BRONKHORST	AMPU	GIRLS 16 (4 KM)	0:19:25
77	492	PALESA	LAWRANCE	AFS	GIRLS 16 (4 KM)	0:19:49
78	487	LEANDRI	BOSHOFF	AFS	GIRLS 16 (4 KM)	0:19:55
79	253	RIKA	WEST	ACNW	GIRLS 16 (4 KM)	0:20:14
80	250	MARIDINE	ROSSOUW	ACNW	GIRLS 16 (4 KM)	0:20:24
81	246	LERATO	MAHOLE	ACNW	GIRLS 16 (4 KM)	0:20:38
82	252	ANGELIQUE	VOS	ACNW	GIRLS 16 (4 KM)	0:21:24
83	245	AMY	KING	ACNW	GIRLS 16 (4 KM)	0:23:40

GIRLS 17 (4 KM)

1	3477	NICOLE	VAN DER MERWE	CGA	GIRLS 17 (4 KM)	0:14:30
2	2710	TSHEGOFATSO	SETLHAKGOE	AGN	GIRLS 17 (4 KM)	0:14:49
3	3823	HAYLEY	PREEN	WPA	GIRLS 17 (4 KM)	0:15:21
4	2712	CAELIN	VAN DER WESTHUIZEN	AGN	GIRLS 17 (4 KM)	0:15:22
5	2472	MAKHANTSHE	MONELO	AFS	GIRLS 17 (4 KM)	0:15:35
6	2699	MONIQUE	GEEL	AGN	GIRLS 17 (4 KM)	0:15:36
7	2696	ZELMA	BOTHA	AGN	GIRLS 17 (4 KM)	0:15:40
8	3475	ANNELIE	SMITH	CGA	GIRLS 17 (4 KM)	0:15:41
9	2700	KARLA	GREEFF	AGN	GIRLS 17 (4 KM)	0:15:43
10	3353	XOLELWA	MATHUMBU	ATRA	GIRLS 17 (4 KM)	0:15:44
11	2703	ASHLEY	LUNDY	AGN	GIRLS 17 (4 KM)	0:15:55
12	2701	MICHELENE	KAHL	AGN	GIRLS 17 (4 KM)	0:15:56
13	2713	CARLA	VENTER	AGN	GIRLS 17 (4 KM)	0:15:58
14	3472	CRAFFORD	MONIQUE	CGA	GIRLS 17 (4 KM)	0:15:58
15	2243	NADINE	GOUWS	ACNW	GIRLS 17 (4 KM)	0:15:59
16	2706	RACHEL	MODISE	AGN	GIRLS 17 (4 KM)	0:16:01
17	2709	JOHANNA	SETHOWA	AGN	GIRLS 17 (4 KM)	0:16:05
18	2702	HANRI	LE ROUX	AGN	GIRLS 17 (4 KM)	0:16:07
19	3637	NOSIPHO	MBANJWA	KZNA	GIRLS 17 (4 KM)	0:16:13
20	2707	ALICIA	NIEDINGER	AGN	GIRLS 17 (4 KM)	0:16:25
21	3638	LUNGELWA	SHOBA	KZNA	GIRLS 17 (4 KM)	0:16:26
22	2705	SIBONGILE	MJELE	AGN	GIRLS 17 (4 KM)	0:16:30
23	2697	JOLANDIE	DE BEER	AGN	GIRLS 17 (4 KM)	0:16:31

24	2250	TSIDI	MANTEWA	ACNW	GIRLS 17 (4 KM)	0:16:36
25	3412	SHARLAN	BOER	BOLA	GIRLS 17 (4 KM)	0:16:36
26	3639	FUNDISWA	SOSIBO	KZNA	GIRLS 17 (4 KM)	0:16:37
27	3473	VALENCIA	NKABINDE	CGA	GIRLS 17 (4 KM)	0:16:40
28	2470	PULENG	MATLOSA	AFS	GIRLS 17 (4 KM)	0:16:44
29	3060	REENÉ-MARI	LUUS	AMPU	GIRLS 17 (4 KM)	0:16:45
30	2704	AMIEKA	MEYER	AGN	GIRLS 17 (4 KM)	0:16:52
31	2481	MARGARET	ZEVUTE	AFS	GIRLS 17 (4 KM)	0:16:55
32	3640	HLENGIWE	ZUMA	KZNA	GIRLS 17 (4 KM)	0:16:58
33	3476	BATHABILE	TLADI	CGA	GIRLS 17 (4 KM)	0:17:03
34	3227	ROCHELLE	MENEZIES	ANWN	GIRLS 17 (4 KM)	0:17:05
35	2468	FRANSCINA	LODEWYK	AFS	GIRLS 17 (4 KM)	0:17:08
36	3352	ATHENKOSI	JAKO	ATRA	GIRLS 17 (4 KM)	0:17:20
37	3062	LEATITIA	VOLSCHENK	AMPU	GIRLS 17 (4 KM)	0:17:26
38	2248	CARLA	KOK	ACNW	GIRLS 17 (4 KM)	0:17:28
39	3226	MEGAN	GEDULD	ANWN	GIRLS 17 (4 KM)	0:17:30
40	2698	KYLA	DE WAAL	AGN	GIRLS 17 (4 KM)	0:17:31
41	2480	WELMARI	VOLSCHENK	AFS	GIRLS 17 (4 KM)	0:17:35
42	3474	GABISILE	SITOE	CGA	GIRLS 17 (4 KM)	0:17:38
43	2471	CHARLENE	MOLELEKOA	AFS	GIRLS 17 (4 KM)	0:17:52
44	2473	TSHEPISO	MOTSEI	AFS	GIRLS 17 (4 KM)	0:17:59
45	2708	SADIE	SCHALKWYK	AGN	GIRLS 17 (4 KM)	0:18:00
46	3059	ANTHEA	LEES	AMPU	GIRLS 17 (4 KM)	0:18:00
47	2477	CHRISTA	STRYDOM	AFS	GIRLS 17 (4 KM)	0:18:02
48	2253	KARIEN	V/D MERWE	ACNW	GIRLS 17 (4 KM)	0:18:03
49	2711	ELIZMA	SWANEPOEL	AGN	GIRLS 17 (4 KM)	0:18:07
50	3598	NOMAKHOZI	NTLIZIYO	EPA	GIRLS 17 (4 KM)	0:18:23
51	3230	KLARISA	VAN HEERDEN	ANWN	GIRLS 17 (4 KM)	0:18:37
52	2240	MEESCHKA	DIEDERICKS	ACNW	GIRLS 17 (4 KM)	0:18:38
53	3320	CLARISHA	PIETERSE	ASWD	GIRLS 17 (4 KM)	0:18:39
54	2476	ESRANE	SNYMAN	AFS	GIRLS 17 (4 KM)	0:18:44
55	2479	TARA-LEA	VAN ZYL	AFS	GIRLS 17 (4 KM)	0:18:45
56	3786	JANA-LENÉ	VAN ECK	LIMA	GIRLS 17 (4 KM)	0:18:49
57	2478	MISHA	VAN DYK	AFS	GIRLS 17 (4 KM)	0:18:51
58	2247	LETITIA	KHOZA	ACNW	GIRLS 17 (4 KM)	0:18:53
59	3398	TSHEPANG	MOSOKWENE	AVT	GIRLS 17 (4 KM)	0:19:00
60	3228	MICAELA	MURLEY	ANWN	GIRLS 17 (4 KM)	0:19:08
61	2475	PETUNIA	RAMAILE	AFS	GIRLS 17 (4 KM)	0:19:20
62	3783	LINDI	LESO	LIMA	GIRLS 17 (4 KM)	0:19:27
63	3061	THEOPATRA	MAVIBELA	AMPU	GIRLS 17 (4 KM)	0:19:38
64	3878	MATSHIDISO	MZILIKAZI	ATRA	GIRLS 17 (4 KM)	0:19:40
65	3785	BIANCA	ROSSOUW	LIMA	GIRLS 17 (4 KM)	0:19:41
66	2251	LERATO	NDABA	ACNW	GIRLS 17 (4 KM)	0:19:43
67	2469	REFILOE	MANYANE	AFS	GIRLS 17 (4 KM)	0:19:46
68	2239	CHANÈ	CATO	ACNW	GIRLS 17 (4 KM)	0:20:30
69	2467	AMANDA	KHULELA	AFS	GIRLS 17 (4 KM)	0:20:35
70	3784	TSHIAMO	MOLALA	LIMA	GIRLS 17 (4 KM)	0:20:48
71	2246	ANÈ	JANSE VAN RENSBURG	ACNW	GIRLS 17 (4 KM)	0:20:55
72	2244	MICHELLE	HARMSE	ACNW	GIRLS 17 (4 KM)	0:21:01
73	3471	TINYIKO	MDLULI	CGA	GIRLS 17 (4 KM)	0:21:25
74	2252	MICKY	NKOSI	ACNW	GIRLS 17 (4 KM)	0:21:30

75	2474	ELEANOR	RAATH	AFS	GIRLS 17 (4 KM)	0:22:07
76	2249	MELANDIE	LAUBSER	ACNW	GIRLS 17 (4 KM)	0:22:20
77	2242	CARLIN	GEEL	ACNW	GIRLS 17 (4 KM)	0:24:33
JUNIOR WOMEN (6 KM)						
1	3492	CARINA	VILJOEN	CGA	JUNIOR WOMEN (6 KM)	0:21:49
2	3491	THANDI	SIHOHLE	CGA	JUNIOR WOMEN (6 KM)	0:22:14
3	3487	HANLI	ETSEBETH	CGA	JUNIOR WOMEN (6 KM)	0:22:28
4	3484	SALVATION	BABEDI	CGA	JUNIOR WOMEN (6 KM)	0:22:43
5	3644	THOBILE	MKHIZE	KZNA	JUNIOR WOMEN (6 KM)	0:22:55
6	3488	ROBEN	KALTENBRUNN	CGA	JUNIOR WOMEN (6 KM)	0:23:00
7	2733	THOBILE	AMON	AGN	JUNIOR WOMEN (6 KM)	0:23:08
8	2505	DIMAKATSO	MOSIA	AFS	JUNIOR WOMEN (6 KM)	0:23:18
9	2503	MARNE	MENTZ	AFS	JUNIOR WOMEN (6 KM)	0:23:23
10	2273	JEANETTE	BOKADIE	ACNW	JUNIOR WOMEN (6 KM)	0:23:28
11	3493	FARIDA	ZWANE	CGA	JUNIOR WOMEN (6 KM)	0:23:34
12	3485	JESSICA	BEZUIDENHOUT	CGA	JUNIOR WOMEN (6 KM)	0:23:35
13	2276	SHERILENE	GELDERBLOM	ACNW	JUNIOR WOMEN (6 KM)	0:23:35
14	3828	ASHLEIGH	SIMONIS	WPA	JUNIOR WOMEN (6 KM)	0:23:40
15	3827	PAMELA	MOYIKWA	WPA	JUNIOR WOMEN (6 KM)	0:23:45
16	2746	LETHABO	SEEMA	AGN	JUNIOR WOMEN (6 KM)	0:23:47
17	2747	MALETHABO	SEEMA	AGN	JUNIOR WOMEN (6 KM)	0:23:50
18	2736	LIZE	BOTHA	AGN	JUNIOR WOMEN (6 KM)	0:24:01
19	3486	PUSELETSO	DIETA	CGA	JUNIOR WOMEN (6 KM)	0:24:16
20	3645	NOMUSA	XABA	KZNA	JUNIOR WOMEN (6 KM)	0:24:31
21	2744	TRISTEN	REES	AGN	JUNIOR WOMEN (6 KM)	0:24:33
22	3642	SONTO	DLAMINI	KZNA	JUNIOR WOMEN (6 KM)	0:24:34
23	2274	MARGUERITE	COETZEE	ACNW	JUNIOR WOMEN (6 KM)	0:24:36
24	3489	RACHAEL	LEISTRA	CGA	JUNIOR WOMEN (6 KM)	0:24:50
25	3490	CHRISTINE	MULLER	CGA	JUNIOR WOMEN (6 KM)	0:24:51
26	2737	JEANNIE	DE BEER	AGN	JUNIOR WOMEN (6 KM)	0:24:52
27	2735	HELETJE	BOTHA	AGN	JUNIOR WOMEN (6 KM)	0:25:00
28	2738	DIMPHO	DIALE	AGN	JUNIOR WOMEN (6 KM)	0:25:05
29	3826	LAUREN	JONATHAN	WPA	JUNIOR WOMEN (6 KM)	0:25:18
30	2743	THOLOANA	PEU	AGN	JUNIOR WOMEN (6 KM)	0:25:25
31	3825	BUSISWE	GWALA	WPA	JUNIOR WOMEN (6 KM)	0:25:26
32	2745	MARELIZE	REITZ	AGN	JUNIOR WOMEN (6 KM)	0:25:30
33	3866	CACISILE	SOSIBO	KZNA	JUNIOR WOMEN (6 KM)	0:25:33
34	3078	NADINE	VAN COLLER	AMPU	JUNIOR WOMEN (6 KM)	0:25:38
35	2739	SIBONGILE	HLANJWA	AGN	JUNIOR WOMEN (6 KM)	0:25:40
36	3109	CARLU	MEYER	IND	JUNIOR WOMEN (6 KM)	0:25:43
37	3796	SHIELA	MOKATSE	LIMA	JUNIOR WOMEN (6 KM)	0:25:49
38	2742	MULALO	MULAUDZI	AGN	JUNIOR WOMEN (6 KM)	0:25:58
39	2278	MARTHA	NKOSI	ACNW	JUNIOR WOMEN (6 KM)	0:26:07
40	2749	LINMARIE	VAN WYK	AGN	JUNIOR WOMEN (6 KM)	0:26:08
41	3325	ANASTACIA	PLAATJIES	ASWD	JUNIOR WOMEN (6 KM)	0:26:16
42	3599	SIPHOKAZI	LIWANI	EPA	JUNIOR WOMEN (6 KM)	0:26:34
43	2740	MIHANDI	KIRCHNER	AGN	JUNIOR WOMEN (6 KM)	0:26:37
44	3075	BIANKÉ	POTGIETER	AMPU	JUNIOR WOMEN (6 KM)	0:26:44
45	3077	BERNELEE	THOKWANE	AMPU	JUNIOR WOMEN (6 KM)	0:27:11
46	2275	COURTNEY	COOPER	ACNW	JUNIOR WOMEN (6 KM)	0:27:16

47	2501	LINDIWE	KHESWA	AFS	JUNIOR WOMEN (6 KM)	0:27:21
48	3072	ANRI	JOUBERT	AMPU	JUNIOR WOMEN (6 KM)	0:27:23
49	2741	JEANNE	KRUGER	AGN	JUNIOR WOMEN (6 KM)	0:27:31
50	2500	RETHABILE	JABANE	AFS	JUNIOR WOMEN (6 KM)	0:27:35
51	2734	MICHELLE	BELILY	AGN	JUNIOR WOMEN (6 KM)	0:27:44
52	3073	NICOLE	JOUBERT	AMPU	JUNIOR WOMEN (6 KM)	0:27:57
53	2748	CHARLOTTE	TEFFO	AGN	JUNIOR WOMEN (6 KM)	0:28:02
54	3798	MART-MARI	VAN DER MERWE	LIMA	JUNIOR WOMEN (6 KM)	0:28:15
55	3357	NOXOLO	PHAKATHI	ATRA	JUNIOR WOMEN (6 KM)	0:28:40
56	3794	MARTHA	CHOKOE	LIMA	JUNIOR WOMEN (6 KM)	0:29:02
57	3795	MAKGOMO	MAGORO	LIMA	JUNIOR WOMEN (6 KM)	0:29:05
58	3797	JOHANÉ	SCHUTTE	LIMA	JUNIOR WOMEN (6 KM)	0:29:09
59	2502	FIHLIWE	MAKUME	AFS	JUNIOR WOMEN (6 KM)	0:29:10
60	2508	DIPUO	TWALA	AFS	JUNIOR WOMEN (6 KM)	0:29:20
61	2732	MARZANNE	ALDRIDGE	AGN	JUNIOR WOMEN (6 KM)	0:29:34
62	3076	MARTINIQUE	STOLTZ	AMPU	JUNIOR WOMEN (6 KM)	0:29:45
63	2507	ANDENE	SCHOLTZ	AFS	JUNIOR WOMEN (6 KM)	0:29:47
64	3246	VIVIAN BOIPELO	KOPONG	ANWN	JUNIOR WOMEN (6 KM)	0:30:02
65	3074	MONIQUE	LEWIS	AMPU	JUNIOR WOMEN (6 KM)	0:30:11
66	2279	MONIKA	PETERS	ACNW	JUNIOR WOMEN (6 KM)	0:31:32
67	3355	ZITHINI	DLONGWANA	ATRA	JUNIOR WOMEN (6 KM)	0:32:43
68	2934	CHANEL	DE JAGER	AGW	JUNIOR WOMEN (6 KM)	0:33:34
69	3245	NICOLE	CAMARA	ANWN	JUNIOR WOMEN (6 KM)	0:33:59
70	2277	ANGELIQUE	MEIRING	ACNW	JUNIOR WOMEN (6 KM)	0:33:59

WOMEN 23 (4 KM)

1	3528	MICHELLE	STRYDOM	CGA	WOMEN 23 (4 KM)	0:14:21
2	2806	MURENDWA	DAVHANA	AGN	WOMEN 23 (4 KM)	0:14:28
3	2525	CHERISE	SIMS	AFS	WOMEN 23 (4 KM)	0:14:37
4	2809	LEANI	GRIMES	AGN	WOMEN 23 (4 KM)	0:14:45
5	2305	GENA	LOFSTRAND	ACNW	WOMEN 23 (4 KM)	0:14:48
6	2308	CARINA	SWIEGERS	ACNW	WOMEN 23 (4 KM)	0:14:57
7	2817	MEGAN	ODENDAAL	AGN	WOMEN 23 (4 KM)	0:14:57
8	3524	NOMSA	COSSA	CGA	WOMEN 23 (4 KM)	0:15:01
9	3265	GALALETANG	MERGEOE	ANWN	WOMEN 23 (4 KM)	0:15:03
10	3525	GOODNES	LICHABA	CGA	WOMEN 23 (4 KM)	0:15:12
11	2814	NOKUTHULA	MOKOANA	AGN	WOMEN 23 (4 KM)	0:15:13
12	2822	MINETTE	VAN DER WESTHUIZEN	AGN	WOMEN 23 (4 KM)	0:15:40
13	2811	LEANDRI	JANSEN VAN RENSBURG	AGN	WOMEN 23 (4 KM)	0:15:48
14	2821	DEONE	VAN DER MERWE	AGN	WOMEN 23 (4 KM)	0:16:05
15	3526	THATO	MAKHAFOLA	CGA	WOMEN 23 (4 KM)	0:16:12
16	3853	LEE-SHAY	WILLEMSE	IND	WOMEN 23 (4 KM)	0:16:13
17	2816	ANKE	NOTHNAGEL	AGN	WOMEN 23 (4 KM)	0:16:27
18	3884	SIPHOKAZI	NOJOKO	EPA	WOMEN 23 (4 KM)	0:16:34
19	2531	EZANNE	KLEYNHANS	AFS	WOMEN 23 (4 KM)	0:16:36
20	3264	SINDY	LABUSCHAGNE	ANWN	WOMEN 23 (4 KM)	0:16:37
21	2813	CHANTELEE	JOUBERT	AGN	WOMEN 23 (4 KM)	0:16:43
22	2810	ANNEMARIE	HORDIJK	AGN	WOMEN 23 (4 KM)	0:16:45
23	3806	MELITA	MOKILOTLADI	LIMA	WOMEN 23 (4 KM)	0:16:46
24	2820	MEGAN	ROBERTS	AGN	WOMEN 23 (4 KM)	0:16:53
25	2808	ELINDI	DE CONING	AGN	WOMEN 23 (4 KM)	0:16:54

26	2807	KRYSTAL	DE BERG	AGN	WOMEN 23 (4 KM)	0:17:08
27	2815	VICTORIA	MOSHAPO	AGN	WOMEN 23 (4 KM)	0:17:08
28	3529	ZANELE	ZIKALALA	CGA	WOMEN 23 (4 KM)	0:17:15
29	2812	DANIELLE	JORDAAN	AGN	WOMEN 23 (4 KM)	0:17:17
30	2530	DANICA	BOTES	AFS	WOMEN 23 (4 KM)	0:17:17
31	2303	STORM	BARKAS	ACNW	WOMEN 23 (4 KM)	0:17:19
32	3667	STHEMBILE	RADEBE	KZNA	WOMEN 23 (4 KM)	0:17:21
33	2533	KEBILENG	MAHLOKO	AFS	WOMEN 23 (4 KM)	0:17:33
34	3404	EUNICE	MAZIBUKO	AVT	WOMEN 23 (4 KM)	0:17:39
35	2537	PORTIA	RAMOLAHLOANE	AFS	WOMEN 23 (4 KM)	0:17:55
36	3805	MOSIMA	MAGOYA	LIMA	WOMEN 23 (4 KM)	0:18:01
37	3085	MIRANDA	MANS	AMPU	WOMEN 23 (4 KM)	0:18:02
38	2536	ZANDRI	NAUDE	AFS	WOMEN 23 (4 KM)	0:18:15
39	2306	LIEZEL	POTGIETER	ACNW	WOMEN 23 (4 KM)	0:18:29
40	3807	JOANÉ	STRAUSS	LIMA	WOMEN 23 (4 KM)	0:19:10
41	2538	FELICIA	SENOEDI	AFS	WOMEN 23 (4 KM)	0:19:28
42	2540	GERMIEKE	VAN ROOYEN	AFS	WOMEN 23 (4 KM)	0:19:40
43	2539	ELLENISE	SMIT	AFS	WOMEN 23 (4 KM)	0:19:44
44	2532	ILSE	LESSING	AFS	WOMEN 23 (4 KM)	0:19:45
45	2529	ZANI	BENSON	AFS	WOMEN 23 (4 KM)	0:20:13
46	2535	DINEO	MPHUTHI	AFS	WOMEN 23 (4 KM)	0:20:19
47	2466	MARLI	APPEL	AFS	WOMEN 23 (4 KM)	0:20:30
48	3084	DREW-ANNE	DUGGAN	AMPU	WOMEN 23 (4 KM)	0:22:01
49	3365	AKHONA	SOGINGQI	ATRA	WOMEN 23 (4 KM)	0:23:38

SENIOR WOMEN (4 KM)

1	896	THEMBI	BALOYI	AGN	SENIOR WOMEN (4 KM)	0:14:00
2	1873	KENEILWE	SESING	CGA	SENIOR WOMEN (4 KM)	0:14:16
3	1599	ANELDA	PYPERS	CGA	SENIOR WOMEN (4 KM)	0:14:24
4	1598	LORRAINE	NOVELA	CGA	SENIOR WOMEN (4 KM)	0:14:26
5	574	KESA	MOLOTSANE	AFS	SENIOR WOMEN (4 KM)	0:14:36
6	904	STELLA	MARAIS	AGN	SENIOR WOMEN (4 KM)	0:14:39
7	908	NERISSA	VAN DER WALT	AGN	SENIOR WOMEN (4 KM)	0:14:41
8	907	ANUSCHA	NICE	AGN	SENIOR WOMEN (4 KM)	0:14:43
9	1824	HELEN	PHANYANE	LIMA	SENIOR WOMEN (4 KM)	0:14:59
10	578	RIZANI	VAN ASWEGEN	AFS	SENIOR WOMEN (4 KM)	0:15:03
11	337	ADELE	BROODRYK	ACNW	SENIOR WOMEN (4 KM)	0:15:07
12	1597	KEFILWE	MOLEFE	CGA	SENIOR WOMEN (4 KM)	0:15:16
13	1595	ANET	COETZEE	CGA	SENIOR WOMEN (4 KM)	0:15:17
14	1862	ANEL	TERBLANCHE	WPA	SENIOR WOMEN (4 KM)	0:15:21
15	1600	KATHRYN	VAN METER	CGA	SENIOR WOMEN (4 KM)	0:15:23
16	1698	NWABISA	MJOLI	KZNA	SENIOR WOMEN (4 KM)	0:15:29
17	1596	MEGAN	DEMPSTER	CGA	SENIOR WOMEN (4 KM)	0:15:34
18	341	PAM	MADOA	ACNW	SENIOR WOMEN (4 KM)	0:15:38
19	1395	ZIKHONA	SONAMZI	ATRA	SENIOR WOMEN (4 KM)	0:15:54
20	899	SARITA	DOWNING	AGN	SENIOR WOMEN (4 KM)	0:15:55
21	1839	IVY	SOGIBA	SAPS	SENIOR WOMEN (4 KM)	0:16:10
22	1449	RIA	LABUSCHAIGNE	BOLA	SENIOR WOMEN (4 KM)	0:16:21
23	573	LORRAINE	MOKOTELI	AFS	SENIOR WOMEN (4 KM)	0:16:26
24	3596	TUMELO	MATLOU	IND	SENIOR WOMEN (4 KM)	0:16:35
25	1456	ILEANA	DREYER	IND	SENIOR WOMEN (4 KM)	0:16:38

26	909	TSHOLOFELO	ZWANE	AGN	SENIOR WOMEN (4 KM)	0:16:40
27	1894	NDILEKA	MVAKWENDLU	EPA	SENIOR WOMEN (4 KM)	0:16:48
28	343	NTHABISENG	SEKHWELA	ACNW	SENIOR WOMEN (4 KM)	0:16:51
29	905	DONE	MOOLMAN	AGN	SENIOR WOMEN (4 KM)	0:16:55
30	342	CHRISTINE	PRINSLOO	ACNW	SENIOR WOMEN (4 KM)	0:16:58
31	903	KAMOGELA	MABENA	AGN	SENIOR WOMEN (4 KM)	0:16:58
32	571	ROUXNE	JACOBS	AFS	SENIOR WOMEN (4 KM)	0:17:01
33	338	DINEO	DUBE	ACNW	SENIOR WOMEN (4 KM)	0:17:07
34	336	VERESSA	BOTHMA	ACNW	SENIOR WOMEN (4 KM)	0:17:14
35	897	AILENE	BEZUIDENHOUT	AGN	SENIOR WOMEN (4 KM)	0:17:27
36	577	REGINA	THUKANE	AFS	SENIOR WOMEN (4 KM)	0:17:37
37	1888	MLOTSHWA	NOMTHANDAZO	KZNA	SENIOR WOMEN (4 KM)	0:17:41
38	1393	NANGAMSO	NKONYENI	ATRA	SENIOR WOMEN (4 KM)	0:18:02
39	339	CLAUDEEN	ELS	ACNW	SENIOR WOMEN (4 KM)	0:18:07
40	906	ANNELIEN	MOTLHALA	AGN	SENIOR WOMEN (4 KM)	0:18:20
41	345	ARISTA	VAN ZYL	ACNW	SENIOR WOMEN (4 KM)	0:18:25
42	1345	LUCELLE	DIEDERICKS	ASWD	SENIOR WOMEN (4 KM)	0:18:56
43	576	SELINA	RAMOKHOASE	AFS	SENIOR WOMEN (4 KM)	0:19:06
44	1823	MAUREEN	MOLOMO	LIMA	SENIOR WOMEN (4 KM)	0:19:24
45	1346	LINELLE	GROENEWALD	ASWD	SENIOR WOMEN (4 KM)	0:19:29
46	344	CHANTELLE	SLAMBERT	ACNW	SENIOR WOMEN (4 KM)	0:19:33
47	340	MONIQUE	GREEFF	ACNW	SENIOR WOMEN (4 KM)	0:19:42
48	902	CARLI	KUHN	AGN	SENIOR WOMEN (4 KM)	0:20:00
49	1115	SNOWY	MAILA	AMPU	SENIOR WOMEN (4 KM)	0:20:16
50	575	PALESA	RAMAFOFO	AFS	SENIOR WOMEN (4 KM)	0:20:51
51	901	YVETTE	JV NIEUWENHUIZEN	AGN	SENIOR WOMEN (4 KM)	0:21:03
52	900	MARGOT	JV NIEUWENHUIZEN	AGN	SENIOR WOMEN (4 KM)	0:22:15
53	1312	CLAUDINE	ELOFF	ANWN	SENIOR WOMEN (4 KM)	0:22:24
54	2307	KEABETSWE	SEANE	ACNW	SENIOR WOMEN (4 KM)	0:23:08
55	3263	BOHUMELO	SELEKA	ANWN	SENIOR WOMEN (4 KM)	0:23:36
56	1314	HESTER	VAN LOGGENBERG	ANWN	SENIOR WOMEN (4 KM)	0:23:39
57	1313	CATHARINA	VAN LOGGENBERG	ANWN	SENIOR WOMEN (4 KM)	0:23:40
58	1315	MELANIE	VILJOEN	ANWN	SENIOR WOMEN (4 KM)	0:23:40

SENIOR WOMEN (10 KM)

1	3112	GLENROSE	XABA	IND	SENIOR WOMEN (10 KM)	0:36:49
2	3664	MAKHOSI	MHLONGO	KZNA	SENIOR WOMEN (10 KM)	0:37:03
3	3868	JANET	DLAMINI	KZNA	SENIOR WOMEN (10 KM)	0:37:39
4	2798	LIZIWE	MABONA	AGN	SENIOR WOMEN (10 KM)	0:37:53
5	3604	NTOMBEZINTU	MFUNZI	EPA	SENIOR WOMEN (10 KM)	0:38:22
6	2799	PORTIA	NGWENYA	AGN	SENIOR WOMEN (10 KM)	0:38:29
7	3837	BULELWA	SIMAE	WPA	SENIOR WOMEN (10 KM)	0:38:53
8	2801	KATAZA	SHIPALANA	AGN	SENIOR WOMEN (10 KM)	0:38:58
9	2524	ANNA	MOEKETSI	AFS	SENIOR WOMEN (10 KM)	0:39:36
10	3519	CORNELIA	JOUBERT	CGA	SENIOR WOMEN (10 KM)	0:40:05
11	3662	PUSELETSO	DLADLA	KZNA	SENIOR WOMEN (10 KM)	0:40:16
12	3836	TANYA	SCOTT	WPA	SENIOR WOMEN (10 KM)	0:40:24
13	2796	VUYOKAZI	GEBE	AGN	SENIOR WOMEN (10 KM)	0:40:45
14	2297	ADELE	BROODRYK	ACNW	SENIOR WOMEN (10 KM)	0:40:51
15	3520	ANDRONICA	MOKGOTLA	CGA	SENIOR WOMEN (10 KM)	0:41:10
16	3833	AMY	ABRAHAMS	WPA	SENIOR WOMEN (10 KM)	0:41:34

17	3518	PRECIOUS	HLAKA	CGA	SENIOR WOMEN (10 KM)	0:41:52
18	3661	SLINDILE	CHILI	KZNA	SENIOR WOMEN (10 KM)	0:42:01
19	2300	PALESA	LEHASA	ACNW	SENIOR WOMEN (10 KM)	0:42:26
20	2526	MARYNA	SWANEPOEL	AFS	SENIOR WOMEN (10 KM)	0:42:50
21	3835	HANLIE	JORDAAN	WPA	SENIOR WOMEN (10 KM)	0:43:01
22	2804	NTGABISENG	TSHEHLA	AGN	SENIOR WOMEN (10 KM)	0:43:45
23	3607	DELIWE	NYANGA	EPA	SENIOR WOMEN (10 KM)	0:43:59
24	2301	DANIELLE	LUYT	ACNW	SENIOR WOMEN (10 KM)	0:44:13
25	1872	BATJIE	MAKO	CGA	SENIOR WOMEN (10 KM)	0:44:14
26	3815	LETTIE	SEABELA	SAPS	SENIOR WOMEN (10 KM)	0:44:28
27	2523	DOLORIS	BONDIS	AFS	SENIOR WOMEN (10 KM)	0:45:02

WOMEN 30 (4 KM)

1	2829	ANDREA	STEYN	AGN	WOMEN 30 (4 KM)	0:14:01
2	3271	LEILANI	SCHEFFER	ANWN	WOMEN 30 (4 KM)	0:14:52
3	3530	KESHOKETSWE	LECHABA	CGA	WOMEN 30 (4 KM)	0:15:09
4	3671	NOMCEBO	MTHETHWA	KZNA	WOMEN 30 (4 KM)	0:15:35
5	2824	SIMONE	BOTHA	AGN	WOMEN 30 (4 KM)	0:15:48
6	3838	CANDYCE	HALL	WPA	WOMEN 30 (4 KM)	0:15:56
7	3670	ZAMA	MOKOENA	KZNA	WOMEN 30 (4 KM)	0:16:09
8	3669	XOLI	MADIDA	KZNA	WOMEN 30 (4 KM)	0:16:46
9	3668	HLOBISILE	MADIDA	KZNA	WOMEN 30 (4 KM)	0:17:24
10	3862	PEO	SEIPATI	IND	WOMEN 30 (4 KM)	0:17:31
11	3869	SONJA	BOYD	KZNA	WOMEN 30 (4 KM)	0:17:37
12	3086	JELOMÉ	HELLERLÉ	AMPU	WOMEN 30 (4 KM)	0:17:39
13	2825	CHRISTINE	BUCHLER	AGN	WOMEN 30 (4 KM)	0:18:25
14	3531	ALPHONSINA	LITABE	CGA	WOMEN 30 (4 KM)	0:18:34
15	2826	DELMARIE	OOSTHUIZEN	AGN	WOMEN 30 (4 KM)	0:18:44
16	3532	MATUMELO	MOKOENA	CGA	WOMEN 30 (4 KM)	0:19:31
17	3533	NOMSA	SCOTT	CGA	WOMEN 30 (4 KM)	0:19:35
18	2310	LIEZEL	FAUL	ACNW	WOMEN 30 (4 KM)	0:20:10
19	572	MANTINTI	LOSIE	AFS	WOMEN 30 (4 KM)	0:20:10
20	3269	ZELDA	GRUNWALD	ANWN	WOMEN 30 (4 KM)	0:20:36
21	3267	FLORENCE	BRUWER	ANWN	WOMEN 30 (4 KM)	0:20:44
22	3266	VERONICA	BEZUIDENHOUT	ANWN	WOMEN 30 (4 KM)	0:21:08
23	3272	MARISCA	VAN NIEKERK	ANWN	WOMEN 30 (4 KM)	0:21:25
24	3534	NTOMBIFUTHI	SHABANGU	CGA	WOMEN 30 (4 KM)	0:22:30
25	3270	JENNIFER	JOOSTE	ANWN	WOMEN 30 (4 KM)	0:23:20
26	3113	GOODNESS	LUBISI	IND	WOMEN 30 (4 KM)	0:23:20

WOMEN 35 (4 KM)

1	3839	BULELWA	SIMAE	WPA	WOMEN 35 (4 KM)	0:14:36
2	3537	MPHO	MABUZA	CGA	WOMEN 35 (4 KM)	0:14:42
3	2833	LIZA	MARITZ	AGN	WOMEN 35 (4 KM)	0:15:12
4	3539	MAPHUTHI	PHAKA	CGA	WOMEN 35 (4 KM)	0:15:33
5	3541	MARIA	VILAKAZI	CGA	WOMEN 35 (4 KM)	0:15:55
6	2836	CORNE	PRINSLOO	AGN	WOMEN 35 (4 KM)	0:16:01
7	2312	ELIZABETH	DLHIWAYO	ACNW	WOMEN 35 (4 KM)	0:16:06
8	3535	ASHNA	COETZEE	CGA	WOMEN 35 (4 KM)	0:16:07
9	3278	CARIN	PIENAAR	ANWN	WOMEN 35 (4 KM)	0:16:50
10	3276	FRANSISCA	LIEBENBERG	ANWN	WOMEN 35 (4 KM)	0:16:55
11	3675	MELODY	OLIVIER	KZNA	WOMEN 35 (4 KM)	0:17:04

12	3673	PRECIOUS	DUMA	KZNA	WOMEN 35 (4 KM)	0:17:10
13	3279	HERME	VISSER	ANWN	WOMEN 35 (4 KM)	0:17:14
14	3817	DUDUZILE	ZULU	SAPS	WOMEN 35 (4 KM)	0:17:47
15	3808	TRACY	PETERSEN	LIMA	WOMEN 35 (4 KM)	0:17:56
16	2830	ERIKA	BESTER	AGN	WOMEN 35 (4 KM)	0:18:01
17	3538	ADELEINE	MTHIMKHULU	CGA	WOMEN 35 (4 KM)	0:18:08
18	3816	MOTHEO	KGAPHOLA	SAPS	WOMEN 35 (4 KM)	0:18:09
19	2541	LORENTIA	VAN STRATEN	AFS	WOMEN 35 (4 KM)	0:18:14
20	3540	CHRISTINA	SEEMA	CGA	WOMEN 35 (4 KM)	0:18:15
21	3277	BELMARIE	NELL	ANWN	WOMEN 35 (4 KM)	0:18:25
22	3090	DINA	PRINSLOO	AMPU	WOMEN 35 (4 KM)	0:18:36
23	2838	LEANDA	WILHELM	AGN	WOMEN 35 (4 KM)	0:19:24
24	3674	SINDISIWE	JALI	KZNA	WOMEN 35 (4 KM)	0:19:55
25	579	LIZELLE	VAN RENSBURG	AFS	WOMEN 35 (4 KM)	0:20:01
26	2831	JACKIE	JORDAAN	AGN	WOMEN 35 (4 KM)	0:20:05
27	3536	MADELEINE	GROBLER	CGA	WOMEN 35 (4 KM)	0:20:15
28	2835	DOROTHY	OOSTHUIZEN	AGN	WOMEN 35 (4 KM)	0:20:38
29	3089	PAULANIE	KOEGELENBERG	AMPU	WOMEN 35 (4 KM)	0:20:46
30	3088	LIZÉL	DE LANGE	AMPU	WOMEN 35 (4 KM)	0:21:06
31	3275	SHEILANE	GERBER	ANWN	WOMEN 35 (4 KM)	0:21:28
32	2313	LUZAAN	JONKER	ACNW	WOMEN 35 (4 KM)	0:22:02
33	3274	LIZETTE	DU PLESSIS	ANWN	WOMEN 35 (4 KM)	0:23:20
34	2832	PENELOPE	MAJADIBODI	AGN	WOMEN 35 (4 KM)	0:23:20

WOMEN 40 (4 KM)

1	2854	JACQUIE	VAN DER WAALS	AGN	WOMEN 40 (4 KM)	0:15:24
2	2853	RONEL	THOMAS	AGN	WOMEN 40 (4 KM)	0:15:40
3	3547	NOMASOSNTO	SKHOSANA	CGA	WOMEN 40 (4 KM)	0:15:57
4	3405	NATALIE	VAN ROOYEN	AVT	WOMEN 40 (4 KM)	0:16:02
5	3840	BUSISIWE	MATIWANE	WPA	WOMEN 40 (4 KM)	0:16:14
6	2847	KARIN	HILLHOUSE	AGN	WOMEN 40 (4 KM)	0:16:23
7	3545	MICHELLE	MEYER	CGA	WOMEN 40 (4 KM)	0:16:32
8	3096	PETRO	STEENKAMP	AMPU	WOMEN 40 (4 KM)	0:16:33
9	2844	SANET	DELPORT	AGN	WOMEN 40 (4 KM)	0:16:35
10	3283	KARON	MURLEY	ANWN	WOMEN 40 (4 KM)	0:16:35
11	3542	EUNICE	DUNJWA	CGA	WOMEN 40 (4 KM)	0:16:39
12	3414	LIESLE	DU PLOOY	BOLA	WOMEN 40 (4 KM)	0:16:47
13	3676	CHRISTIANE	DLAMINI	KZNA	WOMEN 40 (4 KM)	0:16:58
14	2319	DALEEN	V/D MERWE	ACNW	WOMEN 40 (4 KM)	0:17:00
15	2846	ALICIA	HEYNS	AGN	WOMEN 40 (4 KM)	0:17:05
16	2315	MARIETTE	HITGE	ACNW	WOMEN 40 (4 KM)	0:17:13
17	2543	LEANA	ESTERHUIZEN	AFS	WOMEN 40 (4 KM)	0:17:21
18	3679	SIBONGILE	ZIQUBU	KZNA	WOMEN 40 (4 KM)	0:17:32
19	3811	ANNA	MAPONYA	LIMA	WOMEN 40 (4 KM)	0:17:34
20	3544	THULI	MBATHA	CGA	WOMEN 40 (4 KM)	0:17:43
21	3543	ELIZABETH	MAHAMO	CGA	WOMEN 40 (4 KM)	0:17:53
22	3280	ALDA-LOUISE	BOOYSEN	ANWN	WOMEN 40 (4 KM)	0:17:56
23	3546	MOTSEI ABIA	SEKWALO	CGA	WOMEN 40 (4 KM)	0:18:05
24	3091	MELISA	BIGGS	AMPU	WOMEN 40 (4 KM)	0:18:25
25	3093	SETILDA	HEIBERG	AMPU	WOMEN 40 (4 KM)	0:18:26
26	2845	MARNI	DU RANDT	AGN	WOMEN 40 (4 KM)	0:18:40

27	2544	SOMARIE	HOLTZHAUSEN	AFS	WOMEN 40 (4 KM)	0:18:45
28	3285	DINA	VAN DRUTEN	ANWN	WOMEN 40 (4 KM)	0:18:50
29	3092	ANKE	DU TOIT	AMPU	WOMEN 40 (4 KM)	0:18:52
30	3282	MATSHIDISOLELA	MORAKA	ANWN	WOMEN 40 (4 KM)	0:19:13
31	3809	ANKIA	BOTHA	LIMA	WOMEN 40 (4 KM)	0:19:36
32	3677	THOLAKELE	NGCOBO	KZNA	WOMEN 40 (4 KM)	0:20:01
33	3281	HESTER	DE WET	ANWN	WOMEN 40 (4 KM)	0:20:08
34	3810	NATASHA	DE JAGER	LIMA	WOMEN 40 (4 KM)	0:20:13
35	2842	TIESIE	DE CONING	AGN	WOMEN 40 (4 KM)	0:20:13
36	2843	ANEL	DE WIT	AGN	WOMEN 40 (4 KM)	0:20:27
37	3329	ULENE	VISSER	ASWD	WOMEN 40 (4 KM)	0:20:29
38	2320	ANET	VAN HEERDEN	ACNW	WOMEN 40 (4 KM)	0:20:31
39	2317	MONICCAH	MOGATLE	ACNW	WOMEN 40 (4 KM)	0:20:35
40	3095	AGNIETA	PRETORIUS	AMPU	WOMEN 40 (4 KM)	0:20:43
41	2839	LIEZL	BOOYENS	AGN	WOMEN 40 (4 KM)	0:20:47
42	2545	RINA	ODENDAAL	AFS	WOMEN 40 (4 KM)	0:20:48
43	3284	YOLANDI	NAUDE	ANWN	WOMEN 40 (4 KM)	0:20:57
44	3094	SANET	JACOBS	AMPU	WOMEN 40 (4 KM)	0:21:11
45	2850	CAREN	MEIRING	AGN	WOMEN 40 (4 KM)	0:21:22
46	2318	MONIA	PITSI	ACNW	WOMEN 40 (4 KM)	0:21:31
47	2849	INGRID	LOUW	AGN	WOMEN 40 (4 KM)	0:21:50
48	2316	FLORENTINA	MEINTJES	ACNW	WOMEN 40 (4 KM)	0:22:02
49	3328	DEBBIE	STRYDOM	ASWD	WOMEN 40 (4 KM)	0:23:20
50	2840	ALTJE	CONRADIE	AGN	WOMEN 40 (4 KM)	0:23:20
51	2314	MADIKGANG	DLAMINI	ACNW	WOMEN 40 (4 KM)	0:23:20

WOMEN 45 (4 KM)

1	2867	SALOME	VERMEULEN	AGN	WOMEN 45 (4 KM)	0:15:46
2	3682	LISE	MUCHNA	KZNA	WOMEN 45 (4 KM)	0:15:51
3	3842	SANDRA	VAN GRAAN	WPA	WOMEN 45 (4 KM)	0:16:25
4	3549	BARENE	JANKOVICH	CGA	WOMEN 45 (4 KM)	0:16:31
5	3681	URSULA	COCKBAIN	KZNA	WOMEN 45 (4 KM)	0:16:55
6	3683	MICHELLE	SIMS	KZNA	WOMEN 45 (4 KM)	0:16:56
7	3551	ASALINA	NYATHI	CGA	WOMEN 45 (4 KM)	0:17:11
8	3408	BEAULAH	VALENTIN	AVT	WOMEN 45 (4 KM)	0:17:12
9	3812	JOHANNA	SCHUTTE	LIMA	WOMEN 45 (4 KM)	0:17:30
10	2863	JENNY	STOFFBERG	AGN	WOMEN 45 (4 KM)	0:17:34
11	3550	BARBARA	LUCKEMEYER	CGA	WOMEN 45 (4 KM)	0:17:38
12	3407	FLORENCE	MOLAWA	AVT	WOMEN 45 (4 KM)	0:17:47
13	3286	MARTHA MAGDALENA	HAASBROEK	ANWN	WOMEN 45 (4 KM)	0:17:48
14	3680	FIONA	BALDWIN	KZNA	WOMEN 45 (4 KM)	0:17:50
15	3406	PULINA	MOKOENA	AVT	WOMEN 45 (4 KM)	0:17:51
16	2321	LIANI	ERASMUS	ACNW	WOMEN 45 (4 KM)	0:18:10
17	3818	MARIE	LOUW	SAPS	WOMEN 45 (4 KM)	0:18:22
18	3553	TRACY	RANKIN	CGA	WOMEN 45 (4 KM)	0:18:24
19	2866	YVETTE	VAN SCHALKWYK	AGN	WOMEN 45 (4 KM)	0:18:25
20	3554	GLORIA	SHONGWE	CGA	WOMEN 45 (4 KM)	0:18:34
21	2551	MADELEINE	PIETERSE	AFS	WOMEN 45 (4 KM)	0:18:40
22	3114	MARTHA	HARMSE	IND	WOMEN 45 (4 KM)	0:18:43
23	2868	CHARMAINE	WARRIKER	AGN	WOMEN 45 (4 KM)	0:18:46
24	3099	BELINDA	POTGIETER	AMPU	WOMEN 45 (4 KM)	0:18:49

25	2549	JENNA	MACLACHLAN	AFS	WOMEN 45 (4 KM)	0:19:04
26	2858	CORLIA	LUDICK	AGN	WOMEN 45 (4 KM)	0:19:11
27	3687	LAURA	XABA	KZNA	WOMEN 45 (4 KM)	0:19:39
28	2857	LETMARI	DREEKMEIER	AGN	WOMEN 45 (4 KM)	0:19:42
29	3552	ANNA	RADEBE	CGA	WOMEN 45 (4 KM)	0:19:45
30	3098	ELZARIE	JORDAAN	AMPU	WOMEN 45 (4 KM)	0:19:47
31	2322	JOLANDA	ROSIN	ACNW	WOMEN 45 (4 KM)	0:19:57
32	2861	AMELIA	PIPER	AGN	WOMEN 45 (4 KM)	0:20:07
33	3289	ESNA	KOEKEMOER	ANWN	WOMEN 45 (4 KM)	0:20:15
34	2856	PETRO	DALHOUIE	AGN	WOMEN 45 (4 KM)	0:20:47
35	2548	ILSÉ	MAARTENS	AFS	WOMEN 45 (4 KM)	0:21:16
36	3097	VANESSA	HAARHOFF	AMPU	WOMEN 45 (4 KM)	0:21:43
37	2937	CHRISTEL	PELSER	AGW	WOMEN 45 (4 KM)	0:21:47
38	2547	SAUGRETTE	ERASMUS	AFS	WOMEN 45 (4 KM)	0:21:58
39	3100	BETS	POWELL	AMPU	WOMEN 45 (4 KM)	0:22:16
40	2862	RONEL	STEYN	AGN	WOMEN 45 (4 KM)	0:23:12
41	3288	MARIA MAGDALENE	KOCK	ANWN	WOMEN 45 (4 KM)	0:23:20
42	3290	ELSIE	SCHARNECK	ANWN	WOMEN 45 (4 KM)	0:23:20
43	3287	HEILA PAULINA LEVINA	HORN	ANWN	WOMEN 45 (4 KM)	0:23:20

WOMEN 50 (4 KM)

1	3101	MARTIE	NAUDÉ	AMPU	WOMEN 50 (4 KM)	0:16:29
2	3844	MARIËTTE	STRAUSS	WPA	WOMEN 50 (4 KM)	0:16:33
3	3684	KYLIE	GRIFFIN	KZNA	WOMEN 50 (4 KM)	0:16:40
4	3843	ELMARIE	COETZEE	WPA	WOMEN 50 (4 KM)	0:16:52
5	2869	ANSIE	BREYTENBACH	AGN	WOMEN 50 (4 KM)	0:17:09
6	3415	SALOME	CASTELYN	BOLA	WOMEN 50 (4 KM)	0:17:15
7	3561	LINDA	VAN DER GRYP	CGA	WOMEN 50 (4 KM)	0:17:36
8	2876	LETTIE	SAAYMAN	AGN	WOMEN 50 (4 KM)	0:17:51
9	3560	RENE	STRYDOM	CGA	WOMEN 50 (4 KM)	0:17:57
10	2870	ELSABE	BRINK	AGN	WOMEN 50 (4 KM)	0:18:01
11	3559	MONICA	REIS	CGA	WOMEN 50 (4 KM)	0:18:07
12	3686	XOLISILE	MWELASE	KZNA	WOMEN 50 (4 KM)	0:18:29
13	2877	EMMARIE	THEUNISSEN	AGN	WOMEN 50 (4 KM)	0:18:32
14	3555	RONEL	BOTHA	CGA	WOMEN 50 (4 KM)	0:19:06
15	2878	THEA	VAN DER MERWE	AGN	WOMEN 50 (4 KM)	0:19:12
16	3556	RONEL	HAYES	CGA	WOMEN 50 (4 KM)	0:19:18
17	3291	ELIZABETH WILHELMINA	BERRANGE	ANWN	WOMEN 50 (4 KM)	0:19:25
18	2938	RIANA	V D MERWE	AGW	WOMEN 50 (4 KM)	0:19:44
19	3685	KHAYA	MAHLATI	KZNA	WOMEN 50 (4 KM)	0:19:58
20	3558	VICTORIA	NGOBESE	CGA	WOMEN 50 (4 KM)	0:20:00
21	3870	GAIL	BABICH	KZNA	WOMEN 50 (4 KM)	0:20:02
22	3292	RENE	COMBRINCK	ANWN	WOMEN 50 (4 KM)	0:20:14
23	2874	ILSE	MERRICK	AGN	WOMEN 50 (4 KM)	0:20:22
24	3562	LAURA	VENTER	CGA	WOMEN 50 (4 KM)	0:20:30
25	2323	MARINA	ACKERMAN	ACNW	WOMEN 50 (4 KM)	0:20:42
26	2872	RONEL	FOURIE	AGN	WOMEN 50 (4 KM)	0:21:06
27	3557	CYNTHIA	MKOVANE	CGA	WOMEN 50 (4 KM)	0:21:35
28	2873	TERESA	LE ROUX	AGN	WOMEN 50 (4 KM)	0:23:00
29	3294	JOHANNA MARIA	VENTER	ANWN	WOMEN 50 (4 KM)	0:23:20
30	3293	LEANE	OBERHOLZER	ANWN	WOMEN 50 (4 KM)	0:23:20

31	3295	AMANDA ANTOINETTE	VILJOEN	ANWN	WOMEN 50 (4 KM)	0:23:20
32	2860	SANTIE	OLIVIER	AGN	WOMEN 50 (4 KM)	0:23:20
WOMEN 55 (4 KM)						
1	3845	OLGA	HOWARD	WPA	WOMEN 55 (4 KM)	0:16:55
2	3565	MARIET	GEYER	CGA	WOMEN 55 (4 KM)	0:17:40
3	3690	BLANCHE	MOILA	KZNA	WOMEN 55 (4 KM)	0:18:19
4	3409	ERICA	HAMILTON	AVT	WOMEN 55 (4 KM)	0:19:03
5	3688	LIZ	BOOYSEN	KZNA	WOMEN 55 (4 KM)	0:20:04
6	3103	HANNALIE	VAN ZYL	AMPU	WOMEN 55 (4 KM)	0:20:12
7	3689	FRANKIE	CAWDRY	KZNA	WOMEN 55 (4 KM)	0:20:17
8	3813	MERIAM	GAFANE	LIMA	WOMEN 55 (4 KM)	0:20:52
9	3691	TERESA	SCOTT	KZNA	WOMEN 55 (4 KM)	0:21:05
10	3566	SEWELE	MAPONYA	CGA	WOMEN 55 (4 KM)	0:21:12
11	3563	ANSIE	BROKHORST	CGA	WOMEN 55 (4 KM)	0:21:24
12	3871	JUNE	WATSON	KZNA	WOMEN 55 (4 KM)	0:21:35
13	2884	JACKIE	NAVARRIA	AGN	WOMEN 55 (4 KM)	0:21:50
14	3567	JUDY	VAN DYK	CGA	WOMEN 55 (4 KM)	0:22:18
15	2883	CHRISTA	MOUTON	AGN	WOMEN 55 (4 KM)	0:23:04
16	2881	ELSIE	MOKONE	AGN	WOMEN 55 (4 KM)	0:23:20
17	2880	LINAH	MAHLANGU	AGN	WOMEN 55 (4 KM)	0:23:20
18	2882	ZODWA	MOTAUNG	AGN	WOMEN 55 (4 KM)	0:23:20
19	3296	SUSAN	BOSCH	ANWN	WOMEN 55 (4 KM)	0:23:20
20	2879	NICOLENE	GERICKE	AGN	WOMEN 55 (4 KM)	0:23:20
WOMEN 60 (4 KM)						
1	3846	NANCY	WILL	WPA	WOMEN 60 (4 KM)	0:17:54
2	2889	FRANCIS	VAN BLERK	AGN	WOMEN 60 (4 KM)	0:18:04
3	3693	JUDITH	GROVE	KZNA	WOMEN 60 (4 KM)	0:19:10
4	3692	JANE	DICKINSON	KZNA	WOMEN 60 (4 KM)	0:19:25
5	3695	FISMER	SANDY	KZNA	WOMEN 60 (4 KM)	0:19:40
6	3694	SHEREE	KIRSTEN	KZNA	WOMEN 60 (4 KM)	0:20:10
7	3872	PAMELA	RASMUSSEN	KZNA	WOMEN 60 (4 KM)	0:20:33
8	2886	STEPHANIE	CLAASSEN	AGN	WOMEN 60 (4 KM)	0:22:00
9	3571	DIPUO	MANAKE	CGA	WOMEN 60 (4 KM)	0:22:12
10	2887	CORRIE	KLEINGELD	AGN	WOMEN 60 (4 KM)	0:22:16
11	3573	LIZ	SWEIDAN	CGA	WOMEN 60 (4 KM)	0:22:23
12	3568	BUKIWE	DAMANE	CGA	WOMEN 60 (4 KM)	0:23:15
13	2888	RINA	PRETORIUS	AGN	WOMEN 60 (4 KM)	0:23:18
14	3570	RACHEL	LEKALAKE	CGA	WOMEN 60 (4 KM)	0:23:20
15	3569	NONHLANHLA	HLATSHWAYO	CGA	WOMEN 60 (4 KM)	0:23:20
WOMEN 65 (4 KM)						
1	3696	JAN	PHELAN	KZNA	WOMEN 65 (4 KM)	0:21:23
2	3847	ESMÉ	SEPTEMBER	WPA	WOMEN 65 (4 KM)	0:23:20
3	3576	MARIA	VISSER	CGA	WOMEN 65 (4 KM)	0:23:20
4	2890	ELLA	SMITH	AGN	WOMEN 65 (4 KM)	0:23:20
5	3575	RACHEL	LEDWABA	CGA	WOMEN 65 (4 KM)	0:23:20
WOMEN 70 (4 KM)						
1	3697	GILL	TREGENNA	KZNA	WOMEN 70 (4 KM)	0:23:20
2	3297	KATIE	BURGER	ANWN	WOMEN 70 (4 KM)	0:23:20
WOMEN 75 (4 KM)						

1	3577	FLORA	MUNJEDZI	CGA	WOMEN 75 (4 KM)	0:23:20
2	3578	LESAYA	SEABI	CGA	WOMEN 75 (4 KM)	0:23:20
3	2891	ANNETTE	VAN ROOYEN	AGN	WOMEN 75 (4 KM)	0:23:20
BOYS 8 (1 KM)						
1	3450	KEOTSHEPILE	MALEHO	CGA	BOYS 8 (1 KM)	0:03:36
2	3449	NJABULO	HLATSHWAYO	CGA	BOYS 8 (1 KM)	0:03:37
3	2624	RICO	COETZER	AGN	BOYS 8 (1 KM)	0:03:39
4	2634	DION	KOEN	AGN	BOYS 8 (1 KM)	0:03:44
5	2635	LUAN	KOEN	AGN	BOYS 8 (1 KM)	0:03:45
6	3744	GERDU	DE LANGE	LIMA	BOYS 8 (1 KM)	0:03:46
7	3447	PRINCE	FAYO	CGA	BOYS 8 (1 KM)	0:03:47
8	2630	WERNER	GOUWS	AGN	BOYS 8 (1 KM)	0:03:47
9	2629	GARETH	GEYSER	AGN	BOYS 8 (1 KM)	0:03:48
10	2187	JARED	VAN STADEN	ACNW	BOYS 8 (1 KM)	0:03:50
11	2636	OLIFIWE	MATLOA	AGN	BOYS 8 (1 KM)	0:03:51
12	2402	LEFASO	MOHOME	AFS	BOYS 8 (1 KM)	0:03:52
13	2398	STOMPIE	FOLOSE	AFS	BOYS 8 (1 KM)	0:03:53
14	2176	JONATHAN	IMMELMAN	ACNW	BOYS 8 (1 KM)	0:03:54
15	2406	REINHARD	NOORMAN	AFS	BOYS 8 (1 KM)	0:03:55
16	3448	PHELOLWETHU	FOTOYI	CGA	BOYS 8 (1 KM)	0:03:55
17	2631	RHEECE	HOLMAN	AGN	BOYS 8 (1 KM)	0:03:57
18	3307	ASHTON	GROOTBOOM	ASWD	BOYS 8 (1 KM)	0:03:57
19	3452	SANDILE	MOLETE	CGA	BOYS 8 (1 KM)	0:03:58
20	2637	EWAN	POSTMA	AGN	BOYS 8 (1 KM)	0:03:58
21	3308	AUSTIN	HAAS	ASWD	BOYS 8 (1 KM)	0:03:59
22	2633	ZANDER	KLEYNHANS	AGN	BOYS 8 (1 KM)	0:03:59
23	3306	ZAIN	BAANS	ASWD	BOYS 8 (1 KM)	0:03:59
24	3006	JOSHUA	FINCHAM	AMPU	BOYS 8 (1 KM)	0:04:00
25	2640	FERDINAND	VAN STADEN	AGN	BOYS 8 (1 KM)	0:04:00
26	2181	KATLEGO	MOTSHIWAGAE	ACNW	BOYS 8 (1 KM)	0:04:01
27	3009	BENJAMIN	MYBURGH	AMPU	BOYS 8 (1 KM)	0:04:01
28	2171	WERNICH	CRONJÈ	ACNW	BOYS 8 (1 KM)	0:04:02
29	2638	BRAAM	SCHUTTE	AGN	BOYS 8 (1 KM)	0:04:02
30	3451	OLEBEOGENG	MOGAPI	CGA	BOYS 8 (1 KM)	0:04:03
31	2400	LETLOTLO CHRISTO	LEFOKOTSANE	AFS	BOYS 8 (1 KM)	0:04:03
32	3753	JAN-ADRIAAN	VENTER	LIMA	BOYS 8 (1 KM)	0:04:04
33	3173	ALEXANDER NICO	BLOM	ANWN	BOYS 8 (1 KM)	0:04:04
34	2408	LEHLONOLO	RASEMETSE	AFS	BOYS 8 (1 KM)	0:04:05
35	2628	CHRISTIAAN	FRANKEN	AGN	BOYS 8 (1 KM)	0:04:05
36	2411	BEAU	ZIJLSTRA	AFS	BOYS 8 (1 KM)	0:04:05
37	3010	BENJAMIN	NEL	AMPU	BOYS 8 (1 KM)	0:04:08
38	2186	RUAN	VAN NIEKERK	ACNW	BOYS 8 (1 KM)	0:04:09
39	3178	THEODORUS	JANSEN VAN RENSBURG	ANWN	BOYS 8 (1 KM)	0:04:10
40	2185	MARNUS	V/D MERWE	ACNW	BOYS 8 (1 KM)	0:04:11
41	2174	FRANCO	DUMOND	ACNW	BOYS 8 (1 KM)	0:04:11
42	2409	BENDRÉ	VERMAAK	AFS	BOYS 8 (1 KM)	0:04:11
43	3008	WIHAN	LAMBRECHTS	AMPU	BOYS 8 (1 KM)	0:04:12
44	3309	UMALIEN	KLEINHANS	ASWD	BOYS 8 (1 KM)	0:04:12
45	3750	BONGANI	MOLOMO	LIMA	BOYS 8 (1 KM)	0:04:13
46	2623	ABULELE	BOTTOMAN	AGN	BOYS 8 (1 KM)	0:04:13

47	2625	RYAN	DE OLIM	AGN	BOYS 8 (1 KM)	0:04:13
48	2939	HORN	BURGER	IND	BOYS 8 (1 KM)	0:04:14
49	3181	ANDRE EDUARD	PIENAAR	ANWN	BOYS 8 (1 KM)	0:04:15
50	2407	RICUS	RAS	AFS	BOYS 8 (1 KM)	0:04:15
51	3171	WIAN	BASSON	ANWN	BOYS 8 (1 KM)	0:04:16
52	2410	LOMBARD	WILLEMSE	AFS	BOYS 8 (1 KM)	0:04:16
53	2639	CIANO	TITUS	AGN	BOYS 8 (1 KM)	0:04:17
54	3004	SCHALK	BRITS	AMPU	BOYS 8 (1 KM)	0:04:18
55	2632	RUAN	KLEYNHANS	AGN	BOYS 8 (1 KM)	0:04:18
56	3183	LEAN	SCHOLTZ	ANWN	BOYS 8 (1 KM)	0:04:18
57	3177	ARMAN	JANSEN VAN RENSBURG	ANWN	BOYS 8 (1 KM)	0:04:19
58	3017	WARREN	VAN EYSEN	AMPU	BOYS 8 (1 KM)	0:04:19
59	2396	ERNST	ELOFF	AFS	BOYS 8 (1 KM)	0:04:20
60	2394	NHLANHLA	BUSAKLE	AFS	BOYS 8 (1 KM)	0:04:20
61	3012	DEWALD	OOSTHUIZEN	AMPU	BOYS 8 (1 KM)	0:04:21
62	2395	ROHAN	DE BEER	AFS	BOYS 8 (1 KM)	0:04:21
63	2626	THOMAS	DE WIT	AGN	BOYS 8 (1 KM)	0:04:22
64	3745	MAX	DREWETT	LIMA	BOYS 8 (1 KM)	0:04:23
65	3005	DANIËL	DU TOIT	AMPU	BOYS 8 (1 KM)	0:04:24
66	3007	ZAC	JOHNSON	AMPU	BOYS 8 (1 KM)	0:04:25
67	2399	DIAN BOUWER	KLEYNHANS	AFS	BOYS 8 (1 KM)	0:04:25
68	2175	JOHAN	ERASMUS	ACNW	BOYS 8 (1 KM)	0:04:26
69	3742	ARNO	BESSELING	LIMA	BOYS 8 (1 KM)	0:04:27
70	2188	WANDRË	VENTER	ACNW	BOYS 8 (1 KM)	0:04:28
71	3382	GUMEDE	MLUNGISI	AVT	BOYS 8 (1 KM)	0:04:29
72	3184	VIGGO	TRUMPELMANN	ANWN	BOYS 8 (1 KM)	0:04:30
73	2182	BOITUMELA	NKEEANE	ACNW	BOYS 8 (1 KM)	0:04:32
74	3176	HERMANUS JOHANNES	HUMAN	ANWN	BOYS 8 (1 KM)	0:04:32
75	3185	CONNOR JONTY	VAN DALEN	ANWN	BOYS 8 (1 KM)	0:04:33
76	2401	HEID	MCLAREN	AFS	BOYS 8 (1 KM)	0:04:34
77	3383	QUINTEN	VAN STADEN	AVT	BOYS 8 (1 KM)	0:04:34
78	3174	MIGUEL	ESTEVEZ	ANWN	BOYS 8 (1 KM)	0:04:35
79	3001	HENNIE	BOTHA	AMPU	BOYS 8 (1 KM)	0:04:36
80	3013	JANCO	OOSTHUIZEN	AMPU	BOYS 8 (1 KM)	0:04:37
81	3749	MAHLATSE	MOLOKOMME	LIMA	BOYS 8 (1 KM)	0:04:37
82	3746	THAKGALO	KOBE	LIMA	BOYS 8 (1 KM)	0:04:38
83	3751	RUBEN	PRETORIUS	LIMA	BOYS 8 (1 KM)	0:04:38
84	2404	TSHEPO	MOSALA	AFS	BOYS 8 (1 KM)	0:04:39
85	2184	JEANDRË	V/D HEEVER	ACNW	BOYS 8 (1 KM)	0:04:40
86	2627	ADEN	FOUCHE	AGN	BOYS 8 (1 KM)	0:04:41
87	2405	MOLETE	MPHATSOANYANE	AFS	BOYS 8 (1 KM)	0:04:41
88	3752	DYLAN	PURDON	LIMA	BOYS 8 (1 KM)	0:04:42
89	2178	ALEXANDER	LABUSCHAGNE	ACNW	BOYS 8 (1 KM)	0:04:42
90	3381	WALDEMAR	GRAHAM	AVT	BOYS 8 (1 KM)	0:04:43
91	3182	JOSHUA DIRK	ROBERTSON	ANWN	BOYS 8 (1 KM)	0:04:44
92	3011	SIYABONGA	NHLAPO	AMPU	BOYS 8 (1 KM)	0:04:45
93	2179	TSHIRELETSO	LESHOMO	ACNW	BOYS 8 (1 KM)	0:04:46
94	2183	STEF	SCHOEMAN	ACNW	BOYS 8 (1 KM)	0:04:46
95	2180	OMOLEMO	MOGATLE	ACNW	BOYS 8 (1 KM)	0:04:47
96	3016	JACO	TRUTER	AMPU	BOYS 8 (1 KM)	0:04:48
97	3015	STEPHAN	STRYDOM	AMPU	BOYS 8 (1 KM)	0:04:48

98	3743	JP	BOTHA	LIMA	BOYS 8 (1 KM)	0:04:49
99	3003	JASON	BRITS	AMPU	BOYS 8 (1 KM)	0:04:50
100	2172	JULIAN	DEMETRIOY	ACNW	BOYS 8 (1 KM)	0:04:51
101	3180	CARLO	PELSER	ANWN	BOYS 8 (1 KM)	0:04:52
102	3175	LUAN RUBEN ANTON	FERREIRA	ANWN	BOYS 8 (1 KM)	0:04:52
103	3186	RILEE BLAKE	VAN DALEN	ANWN	BOYS 8 (1 KM)	0:04:53
104	3188	ANANDO	WILLEMSE	ANWN	BOYS 8 (1 KM)	0:04:54
105	3179	HANNO	LOURENS	ANWN	BOYS 8 (1 KM)	0:04:54
106	2940	HEINRICH	DAUTH	IND	BOYS 8 (1 KM)	0:04:55
107	2397	JUAN	ERASMUS	AFS	BOYS 8 (1 KM)	0:04:55
108	3019	XANDER	VICTOR	AMPU	BOYS 8 (1 KM)	0:04:56
109	3747	JOLTER	MATSUANG	LIMA	BOYS 8 (1 KM)	0:04:56
110	3002	JANDRÉ	BOTHA	AMPU	BOYS 8 (1 KM)	0:04:57
111	3172	LIONEL	BEZUIDENHOUT	ANWN	BOYS 8 (1 KM)	0:04:57
112	3748	DANIEL	MCLAREN	LIMA	BOYS 8 (1 KM)	0:04:59
113	3014	ZUAN	SCHOEMAN	AMPU	BOYS 8 (1 KM)	0:05:01
114	2173	ULRICH	DU PREEZ	ACNW	BOYS 8 (1 KM)	0:05:06

BOYS 9 (2 KM)

1	1330	EULINE	SWARTS	ASWD	BOYS 9 (2 KM)	0:07:06
2	661	SEBASTIAN	GREENAN	AGN	BOYS 9 (2 KM)	0:07:09
3	187	ANDRE	VISSER	ACNW	BOYS 9 (2 KM)	0:07:15
4	657	HANLU	BRONKHORST	AGN	BOYS 9 (2 KM)	0:07:16
5	1889	RUBEN	VISAGIE	IND	BOYS 9 (2 KM)	0:07:17
6	1452	MARTIN	VAN ROOY	IND	BOYS 9 (2 KM)	0:07:18
7	658	LUANDRE	BRONKHORST	AGN	BOYS 9 (2 KM)	0:07:21
8	186	J.D.	VAN DER WESTHUIZEN	ACNW	BOYS 9 (2 KM)	0:07:21
9	1484	RETHABILE	MOABELO	CGA	BOYS 9 (2 KM)	0:07:22
10	670	TIAAN	SWANEPOEL	AGN	BOYS 9 (2 KM)	0:07:22
11	1005	JOVAN	LUBBE	AMPU	BOYS 9 (2 KM)	0:07:27
12	173	RUAN	BRITZ	ACNW	BOYS 9 (2 KM)	0:07:28
13	1013	NEIL	VAN AARDT	AMPU	BOYS 9 (2 KM)	0:07:30
14	1121	HENDRE	SCHOEMAN	IND	BOYS 9 (2 KM)	0:07:33
15	1003	QUEIN	JOUBERT	AMPU	BOYS 9 (2 KM)	0:07:34
16	1329	JARCO	RUITERS	ASWD	BOYS 9 (2 KM)	0:07:34
17	427	KARABELO	MTOMBENI	AFS	BOYS 9 (2 KM)	0:07:38
18	183	GERLU	STRYDOM	ACNW	BOYS 9 (2 KM)	0:07:38
19	1749	ALTUS	DU PLESSIS	LIMA	BOYS 9 (2 KM)	0:07:39
20	174	JHANCO	DE BEER	ACNW	BOYS 9 (2 KM)	0:07:40
21	419	KHULANI	KHATHE	AFS	BOYS 9 (2 KM)	0:07:41
22	1004	KIAN	LONG	AMPU	BOYS 9 (2 KM)	0:07:42
23	669	NATHAN	SANDER	AGN	BOYS 9 (2 KM)	0:07:43
24	428	WIAN	MULLER	AFS	BOYS 9 (2 KM)	0:07:44
25	655	JUAN	BREYTENBACH	AGN	BOYS 9 (2 KM)	0:07:46
26	1327	HENRO	KUHN	ASWD	BOYS 9 (2 KM)	0:07:46
27	664	LIYEMA	MAQHUBELA	AGN	BOYS 9 (2 KM)	0:07:47
28	1751	TEBOGO	MAHLAELA	LIMA	BOYS 9 (2 KM)	0:07:47
29	1483	OMUHLE	MABUZA	CGA	BOYS 9 (2 KM)	0:07:47
30	1485	SIYAMTHANDA	TUNZI	CGA	BOYS 9 (2 KM)	0:07:48
31	1014	JORDAN	WEBB	AMPU	BOYS 9 (2 KM)	0:07:49
32	1752	IKE	MAKHWITHING	LIMA	BOYS 9 (2 KM)	0:07:50

33	1328	CHRISTO	MOOLMAN	ASWD	BOYS 9 (2 KM)	0:07:50
34	424	PHILIP	MCLAREN	AFS	BOYS 9 (2 KM)	0:07:51
35	429	TSHEPISO	PHUMO	AFS	BOYS 9 (2 KM)	0:07:51
36	666	MOTHUSI	MODISE	AGN	BOYS 9 (2 KM)	0:07:52
37	656	AWIE	BRITS	AGN	BOYS 9 (2 KM)	0:07:53
38	431	HEINZ	STOCKENSTRÖM	AFS	BOYS 9 (2 KM)	0:07:55
39	171	STEFAN	BEZUIDENHOUT	ACNW	BOYS 9 (2 KM)	0:07:56
40	671	KALEB	VOGEL	AGN	BOYS 9 (2 KM)	0:07:58
41	654	JASON	BEETS	AGN	BOYS 9 (2 KM)	0:07:58
42	1865	ZURBAIR	KADER	IND	BOYS 9 (2 KM)	0:07:59
43	416	TSHEPO	DIPHOKO	AFS	BOYS 9 (2 KM)	0:08:00
44	659	JOSHUA	CLAASSEN	AGN	BOYS 9 (2 KM)	0:08:01
45	667	LETLHOGONOLO	MOTSWADIRA	AGN	BOYS 9 (2 KM)	0:08:01
46	1486	GEORGE	WALDICK	CGA	BOYS 9 (2 KM)	0:08:02
47	1481	BONGANI	CHAUKE	CGA	BOYS 9 (2 KM)	0:08:03
48	426	THABANG	MOTAUNG	AFS	BOYS 9 (2 KM)	0:08:04
49	433	JURIE	WESSELS	AFS	BOYS 9 (2 KM)	0:08:05
50	422	MOSA	MARABE	AFS	BOYS 9 (2 KM)	0:08:05
51	1755	MARCUS	VAN DER WALT	LIMA	BOYS 9 (2 KM)	0:08:05
52	931	PAULUS	STRYDOM	AGW	BOYS 9 (2 KM)	0:08:07
53	1196	LEHAN	GROBLER	ANWN	BOYS 9 (2 KM)	0:08:07
54	180	CHRISTOFF	RETIEF	ACNW	BOYS 9 (2 KM)	0:08:08
55	170	ETTIENE	BEZUIDENHOUT	ACNW	BOYS 9 (2 KM)	0:08:09
56	1194	NICOLAAS	CLAASSEN	ANWN	BOYS 9 (2 KM)	0:08:10
57	930	CRAVEN	CRAUSE	AGW	BOYS 9 (2 KM)	0:08:10
58	432	ABRIE	VAN ZYL	AFS	BOYS 9 (2 KM)	0:08:11
59	660	DAMIEN	DU TOIT	AGN	BOYS 9 (2 KM)	0:08:11
60	1411	WILHELM	VERWOERD	AVT	BOYS 9 (2 KM)	0:08:15
61	1205	KAYLE	O'BRAIN	ANWN	BOYS 9 (2 KM)	0:08:16
62	1120	XANDER	HERBST	IND	BOYS 9 (2 KM)	0:08:17
63	668	RYAN	NEL	AGN	BOYS 9 (2 KM)	0:08:18
64	663	KEORATILE	MAIMELA	AGN	BOYS 9 (2 KM)	0:08:21
65	1748	PZ	DE JAGER	LIMA	BOYS 9 (2 KM)	0:08:21
66	1193	LODEWIKUS NICOLAAS	CLAASSEN	ANWN	BOYS 9 (2 KM)	0:08:22
67	425	BOIKARABELO	MHOLO	AFS	BOYS 9 (2 KM)	0:08:23
68	1746	DERIK	BESSELING	LIMA	BOYS 9 (2 KM)	0:08:24
69	1001	THANDOLUHLE	DUBA	AMPU	BOYS 9 (2 KM)	0:08:25
70	662	SIBUSISO	LESABE	AGN	BOYS 9 (2 KM)	0:08:26
71	177	KARABO (GAOBOTSE)	MARCH	ACNW	BOYS 9 (2 KM)	0:08:27
72	418	YONELA DAVID	HALLAM	AFS	BOYS 9 (2 KM)	0:08:29
73	1010	QUINTIN	SMITH	AMPU	BOYS 9 (2 KM)	0:08:30
74	1209	RUAN	WERNER	ANWN	BOYS 9 (2 KM)	0:08:30
75	1204	HENDRI GERT	NAUDE	ANWN	BOYS 9 (2 KM)	0:08:31
76	430	THANDOLAKHE	SINGAMA	AFS	BOYS 9 (2 KM)	0:08:32
77	172	WIAN	BOTHA	ACNW	BOYS 9 (2 KM)	0:08:32
78	179	SIYABONGA	RAMABELE	ACNW	BOYS 9 (2 KM)	0:08:33
79	1482	TUMELO	KOLE	CGA	BOYS 9 (2 KM)	0:08:34
80	175	DUNCAN	FRITZ	ACNW	BOYS 9 (2 KM)	0:08:35
81	184	RUAN	TALJAARD	ACNW	BOYS 9 (2 KM)	0:08:36
82	1000	DIAN	DEDNAM	AMPU	BOYS 9 (2 KM)	0:08:36
83	1200	ANDRIES PIETER	MALAN	ANWN	BOYS 9 (2 KM)	0:08:37

84	1199	HANNE	HOFFMAN	ANWN	BOYS 9 (2 KM)	0:08:37
85	1410	KATLEHO	LEBURU	AVT	BOYS 9 (2 KM)	0:08:37
86	423	SOBI	MATUBE	AFS	BOYS 9 (2 KM)	0:08:38
87	1011	ANTONI	THERON	AMPU	BOYS 9 (2 KM)	0:08:39
88	181	P.C.	SCHUTTE	ACNW	BOYS 9 (2 KM)	0:08:40
89	1207	JONATHAN	SCHEEPERS	ANWN	BOYS 9 (2 KM)	0:08:41
90	182	THABISO	SELEBALO	ACNW	BOYS 9 (2 KM)	0:08:42
91	1201	LUAN	MARAIS	ANWN	BOYS 9 (2 KM)	0:08:43
92	1206	DRIKUS	PRINSLOO	ANWN	BOYS 9 (2 KM)	0:08:45
93	1753	MARKUS	MOLL	LIMA	BOYS 9 (2 KM)	0:08:47
94	1006	HECTOR	MAHLANGU	AMPU	BOYS 9 (2 KM)	0:08:48
95	1007	PRINCE	MASANGO	AMPU	BOYS 9 (2 KM)	0:08:50
96	1747	TRISTAN	BRETT	LIMA	BOYS 9 (2 KM)	0:08:51
97	169	TOKS	BECKER	ACNW	BOYS 9 (2 KM)	0:08:53
98	176	IAN	KOK	ACNW	BOYS 9 (2 KM)	0:08:55
99	1002	FOURIE	JOUBERT	AMPU	BOYS 9 (2 KM)	0:08:56
100	1750	MURRAY	LOUGHAR-CLARKE	LIMA	BOYS 9 (2 KM)	0:08:57
101	1008	WAKHILE	MZAMO	AMPU	BOYS 9 (2 KM)	0:08:58
102	185	FRANCO	VAN AARDT	ACNW	BOYS 9 (2 KM)	0:08:59
103	1197	ZWIEGERS JOHANNES	HAVENGA	ANWN	BOYS 9 (2 KM)	0:09:00
104	665	KABELO	MASHITISHO	AGN	BOYS 9 (2 KM)	0:09:02
105	415	HENNIE	BARNARD	AFS	BOYS 9 (2 KM)	0:09:02
106	1198	PIETER	HILLS	ANWN	BOYS 9 (2 KM)	0:09:02
107	1012	BG	UYS	AMPU	BOYS 9 (2 KM)	0:09:05
108	1202	DAVID LETHABO-OTLILE	MOTSHEGWE	ANWN	BOYS 9 (2 KM)	0:09:17
109	178	LIYEMA	MKATU	ACNW	BOYS 9 (2 KM)	0:09:19
110	1208	JANO	VAN ROOY	ANWN	BOYS 9 (2 KM)	0:09:20
111	1754	IAN	VAN DER MERWE	LIMA	BOYS 9 (2 KM)	0:09:20
112	1203	PRINCE PAKO	MPETE	ANWN	BOYS 9 (2 KM)	0:09:21
113	1195	JORDAN	GOOSEN	ANWN	BOYS 9 (2 KM)	0:09:57
114	1009	ZANDER	SCHOEMAN	AMPU	BOYS 9 (2 KM)	0:10:52

BOYS 10 (2KM)

1	3425	BOKANG	MABOTE	CGA	BOYS 10 (2KM)	0:06:48
2	2337	KATLEHO	MPHETENG	AFS	BOYS 10 (2KM)	0:06:53
3	3330	ZENITHI	LUKE	ATRA	BOYS 10 (2KM)	0:06:55
4	2338	KAMOHELO	RAMATSEBE	AFS	BOYS 10 (2KM)	0:06:57
5	3422	CORNE	DE FOUW	CGA	BOYS 10 (2KM)	0:06:59
6	2555	IVAN	DU PLESSIS	AGN	BOYS 10 (2KM)	0:07:03
7	2340	NEO	SEATE	AFS	BOYS 10 (2KM)	0:07:06
8	2558	SFISO	MAKOLOMAKWA	AGN	BOYS 10 (2KM)	0:07:08
9	2560	ALWYN	MARAIS	AGN	BOYS 10 (2KM)	0:07:10
10	3424	LUKHANYO	KLAAS	CGA	BOYS 10 (2KM)	0:07:11
11	2565	MARCO	ROOS	AGN	BOYS 10 (2KM)	0:07:15
12	2331	SELLO	MAHLATSI	AFS	BOYS 10 (2KM)	0:07:19
13	2328	JEAN-JACQUES	HOLTZHAUSEN	AFS	BOYS 10 (2KM)	0:07:20
14	2561	BLESSING	MATHABATHA	AGN	BOYS 10 (2KM)	0:07:20
15	3421	KHOTHATSO	BATSWADI	CGA	BOYS 10 (2KM)	0:07:21
16	2947	ZAKHELE	MATHEBULA	AMPU	BOYS 10 (2KM)	0:07:22
17	2336	KANANELO	MOTSIELWA	AFS	BOYS 10 (2KM)	0:07:22
18	2554	MATTHEW	BURNETT	AGN	BOYS 10 (2KM)	0:07:23

19	2563	LEGASIANE	MOTHAPO	AGN	BOYS 10 (2KM)	0:07:24
20	3426	MARCO	PRINS	CGA	BOYS 10 (2KM)	0:07:25
21	2950	KIAN	MOUTON	AMPU	BOYS 10 (2KM)	0:07:26
22	2332	TSHEPO	MANENYE	AFS	BOYS 10 (2KM)	0:07:27
23	3367	REATLEHLE	RAMOPOU	AVT	BOYS 10 (2KM)	0:07:27
24	3423	ETHAN	HARTSINK	CGA	BOYS 10 (2KM)	0:07:28
25	2325	SEBUSISO	DAIL	AFS	BOYS 10 (2KM)	0:07:28
26	3609	SIPHOSETHU	MTSHALI	KZNA	BOYS 10 (2KM)	0:07:30
27	3118	JJ	HOFFMAN	ANWN	BOYS 10 (2KM)	0:07:31
28	3115	RUHARDT	CLOETE	ANWN	BOYS 10 (2KM)	0:07:32
29	2106	YAMKELA	GWALLA	ACNW	BOYS 10 (2KM)	0:07:33
30	2564	KGOALE	MPHAHLELE	AGN	BOYS 10 (2KM)	0:07:34
31	2557	LETHAPO	MAKHUBEDU	AGN	BOYS 10 (2KM)	0:07:34
32	2108	RICO	LEIJENAAR	ACNW	BOYS 10 (2KM)	0:07:35
33	2568	ROBERT	VERMEULEN	AGN	BOYS 10 (2KM)	0:07:35
34	3705	THATO	MALEPE	LIMA	BOYS 10 (2KM)	0:07:36
35	2559	JOHANNES	MANAMELA	AGN	BOYS 10 (2KM)	0:07:37
36	2327	ADRIAAN (ARRIE)	FERREIRA	AFS	BOYS 10 (2KM)	0:07:38
37	2567	ADRIAAN	VAN DER MERWE	AGN	BOYS 10 (2KM)	0:07:39
38	2341	FERDIE	SMITH	AFS	BOYS 10 (2KM)	0:07:39
39	2951	BENELE	MTHOMBENI	AMPU	BOYS 10 (2KM)	0:07:39
40	2553	HANS	BRITS	AGN	BOYS 10 (2KM)	0:07:40
41	3129	SCHALK NAUDE	PIENAAR	ANWN	BOYS 10 (2KM)	0:07:40
42	3708	JOHN	RAKOENA	LIMA	BOYS 10 (2KM)	0:07:41
43	3701	DRIKUS	DU TOIT	LIMA	BOYS 10 (2KM)	0:07:43
44	3712	JACK	STEWART	LIMA	BOYS 10 (2KM)	0:07:43
45	2944	WIHAN	GELDENHUYS	AMPU	BOYS 10 (2KM)	0:07:44
46	2333	LERATO	MANGOJANE	AFS	BOYS 10 (2KM)	0:07:45
47	2335	RAMATSUTSU	MOLELEKOA	AFS	BOYS 10 (2KM)	0:07:46
48	3698	DANIEL	BRIEL	LIMA	BOYS 10 (2KM)	0:07:46
49	2569	FRANCOIS	VILJOEN	AGN	BOYS 10 (2KM)	0:07:46
50	2104	CRONJE	DU PLOOY	ACNW	BOYS 10 (2KM)	0:07:47
51	2562	MPHO	MATLALA	AGN	BOYS 10 (2KM)	0:07:47
52	2901	GERHARDUS	VAN DER MERWE	AGW	BOYS 10 (2KM)	0:07:48
53	2330	BENNET	MADALAMBANA	AFS	BOYS 10 (2KM)	0:07:51
54	2324	ASANDILE	BUSAKLE	AFS	BOYS 10 (2KM)	0:07:52
55	3123	BERNARD	KRITZINGER	ANWN	BOYS 10 (2KM)	0:07:52
56	2117	SHAUN	STROEBEL	ACNW	BOYS 10 (2KM)	0:07:53
57	3128	SALMON	PIENAAR	ANWN	BOYS 10 (2KM)	0:07:54
58	2329	HANDRE	KRITZINGER	AFS	BOYS 10 (2KM)	0:07:56
59	2958	WEHANN	VAN SITTERT	AMPU	BOYS 10 (2KM)	0:07:57
60	2898	THATO	NELSON	AGW	BOYS 10 (2KM)	0:07:57
61	2326	CARLO	DAVIDS	AFS	BOYS 10 (2KM)	0:07:57
62	2342	DRIES	STEMMETT	AFS	BOYS 10 (2KM)	0:07:58
63	3130	ANTONIE JOHANN	PIETERSE	ANWN	BOYS 10 (2KM)	0:07:59
64	3116	OREFILE	DIRE	ANWN	BOYS 10 (2KM)	0:07:59
65	2953	HERMANUS	ROBBERTZE	AMPU	BOYS 10 (2KM)	0:08:00
66	2552	REYKO	BOTHMA	AGN	BOYS 10 (2KM)	0:08:01
67	2943	SIYABONGA	GAMA	AMPU	BOYS 10 (2KM)	0:08:03
68	3707	MOLOKO	MOKOELE	LIMA	BOYS 10 (2KM)	0:08:04
69	3120	JAN-CHRISTIAAN	JACOBUS	ANWN	BOYS 10 (2KM)	0:08:05

70	2946	MPHO	MASHEGO	AMPU	BOYS 10 (2KM)	0:08:05
71	2899	WILLEM	TALJAARD	AGW	BOYS 10 (2KM)	0:08:05
72	3579	BAILEY	MATTHEW	IND	BOYS 10 (2KM)	0:08:06
73	3610	SAMKELO	MZELEMU	KZNA	BOYS 10 (2KM)	0:08:06
74	3711	SURPRISE	SEOLWANA	LIMA	BOYS 10 (2KM)	0:08:07
75	2955	SIFISO	SINDANE	AMPU	BOYS 10 (2KM)	0:08:08
76	2105	NICHOLAS	DU PLOOY	ACNW	BOYS 10 (2KM)	0:08:08
77	3709	RIDICHABA	SELOLO	LIMA	BOYS 10 (2KM)	0:08:09
78	2900	GIANCARLO	V D MERWE	AGW	BOYS 10 (2KM)	0:08:09
79	3119	BLAYTON	HUBSCH	ANWN	BOYS 10 (2KM)	0:08:10
80	3710	CHRISTOPHER	SEMENYA	LIMA	BOYS 10 (2KM)	0:08:11
81	3611	THOKOZANI	SHABANGU	KZNA	BOYS 10 (2KM)	0:08:13
82	2339	ESTIAN	SAAIMAN	AFS	BOYS 10 (2KM)	0:08:14
83	2897	VICUS	MOLUSI	AGW	BOYS 10 (2KM)	0:08:15
84	3127	ONKARABETSE	PHEO	ANWN	BOYS 10 (2KM)	0:08:18
85	2893	MATTHYS	FOURIE	AGW	BOYS 10 (2KM)	0:08:18
86	2116	KEABETSWWE	SEOME	ACNW	BOYS 10 (2KM)	0:08:21
87	2114	RYNO	SCHUTTE	ACNW	BOYS 10 (2KM)	0:08:22
88	2954	TEBOGO	SIMELANE	AMPU	BOYS 10 (2KM)	0:08:23
89	3700	ALBERT	DU PLESSIS	LIMA	BOYS 10 (2KM)	0:08:24
90	3704	KGOPOTSO	MAJADIBODU	LIMA	BOYS 10 (2KM)	0:08:24
91	3702	ERHARD	GEYSER	LIMA	BOYS 10 (2KM)	0:08:25
92	2949	CHAD ALAN	MENGEL	AMPU	BOYS 10 (2KM)	0:08:25
93	2945	TROY	JOHNSON	AMPU	BOYS 10 (2KM)	0:08:27
94	2102	WIAN	CALITZ	ACNW	BOYS 10 (2KM)	0:08:28
95	2111	WYNAND	POTGIETER	ACNW	BOYS 10 (2KM)	0:08:29
96	2103	PHILLIP	DU PLESSIS	ACNW	BOYS 10 (2KM)	0:08:30
97	2948	JADON	MATTHEE	AMPU	BOYS 10 (2KM)	0:08:31
98	2113	DEHAN	ROUX	ACNW	BOYS 10 (2KM)	0:08:32
99	3699	MOSHE	CHUEU	LIMA	BOYS 10 (2KM)	0:08:35
100	3876	MANDALA	BASSIE	AGW	BOYS 10 (2KM)	0:08:35
101	3608	SBONELO	MDLALOSE	KZNA	BOYS 10 (2KM)	0:08:36
102	2896	LEHLOHONOLO	MOJANAGA	AGW	BOYS 10 (2KM)	0:08:36
103	3713	KYLE	VAN TONDER	LIMA	BOYS 10 (2KM)	0:08:37
104	3368	KAMOHELO	TLALE	AVT	BOYS 10 (2KM)	0:08:38
105	2957	SHAUN	VAN EYSEN	AMPU	BOYS 10 (2KM)	0:08:39
106	3124	OMOLEMO ALBARNOUS	MAPOTSANE	ANWN	BOYS 10 (2KM)	0:08:40
107	2959	LJ	VENTER	AMPU	BOYS 10 (2KM)	0:08:40
108	3366	KHANYA	MOHLOKOANE	AVT	BOYS 10 (2KM)	0:08:41
109	3131	MARNO	SLABBERT	ANWN	BOYS 10 (2KM)	0:08:42
110	2112	JOHANNES	ROSSOUW	ACNW	BOYS 10 (2KM)	0:08:43
111	2952	WETHU	NCONGWANE	AMPU	BOYS 10 (2KM)	0:08:44
112	3714	MARTHINUS	VAN VREDEN	LIMA	BOYS 10 (2KM)	0:08:45
113	2942	NIËL	DE WET	AMPU	BOYS 10 (2KM)	0:08:46
114	2107	CHRISTOPHER	IMMELMAN	ACNW	BOYS 10 (2KM)	0:08:48
115	3126	PHASWA KGATSO	MORE	ANWN	BOYS 10 (2KM)	0:08:48
116	3117	BRANDEN CHRISTIAAN	GREYLING	ANWN	BOYS 10 (2KM)	0:08:49
117	3706	JUAN	MEINTJES	LIMA	BOYS 10 (2KM)	0:08:49
118	3121	JOHANNES	JANSEN	ANWN	BOYS 10 (2KM)	0:08:49
119	3881	JACOBUS PETRUS	DU PLESSIS	ANWN	BOYS 10 (2KM)	0:08:50
120	3122	DUMISANE	KOK	ANWN	BOYS 10 (2KM)	0:08:51

121	2902	REUBEN	WILLIAMS	AGW	BOYS 10 (2KM)	0:08:52
122	3703	NOHAH	JONES	LIMA	BOYS 10 (2KM)	0:08:53
123	2115	JAMIE	SEGAR	ACNW	BOYS 10 (2KM)	0:08:53
124	2101	JASON	ARMSTRONG	ACNW	BOYS 10 (2KM)	0:08:55
125	2118	REINHARDT	SWART	ACNW	BOYS 10 (2KM)	0:08:56
126	2895	EUGENE	MAKHUBEDU	AGW	BOYS 10 (2KM)	0:08:56
127	2110	ONKGOPOTSE	MASIKE	ACNW	BOYS 10 (2KM)	0:08:58
128	2956	JOHAAR	SINGH	AMPU	BOYS 10 (2KM)	0:09:00
129	2894	JAMES	JORDAAN	AGW	BOYS 10 (2KM)	0:09:05
BOYS 11 (3 KM)						
1	1459	NKOSINATHI	MTSWENI	CGA	BOYS 11 (3 KM)	0:10:30
2	1397	MPHO	MOLAETSA	AVT	BOYS 11 (3 KM)	0:10:34
3	1458	SIYABONGA	MBATHA	CGA	BOYS 11 (3 KM)	0:10:35
4	359	PABALLO	NONE	AFS	BOYS 11 (3 KM)	0:10:42
5	1316	HENDRY	ISAAC	ASWD	BOYS 11 (3 KM)	0:10:43
6	584	PUSO	DIALE	AGN	BOYS 11 (3 KM)	0:10:45
7	1461	VUYO	RAYI	CGA	BOYS 11 (3 KM)	0:10:46
8	594	KATLEGO	RANGANE	AGN	BOYS 11 (3 KM)	0:10:48
9	1460	SIYABONGA	MVELASE	CGA	BOYS 11 (3 KM)	0:10:52
10	586	ERNST	GOUWS	AGN	BOYS 11 (3 KM)	0:10:54
11	1317	DEANWILL	MCKELLY	ASWD	BOYS 11 (3 KM)	0:10:55
12	582	ERIC	BOOYENS	AGN	BOYS 11 (3 KM)	0:11:01
13	587	STEPHAN	HAVINGA	AGN	BOYS 11 (3 KM)	0:11:02
14	1149	GUSTAF	SMITH	ANWN	BOYS 11 (3 KM)	0:11:03
15	591	HANNES	LOUW	AGN	BOYS 11 (3 KM)	0:11:03
16	1398	TUMELO	SEREME	AVT	BOYS 11 (3 KM)	0:11:05
17	1462	LUTHANDO	SIBANDA	CGA	BOYS 11 (3 KM)	0:11:07
18	964	NKOSINATHI	SKOSANA	AMPU	BOYS 11 (3 KM)	0:11:11
19	1910	TSHIDISO	ITUMELENG	IND	BOYS 11 (3 KM)	0:11:12
20	1703	PIET	MOKONYANE	LIMA	BOYS 11 (3 KM)	0:11:15
21	589	LEHAN	KIRCHNER	AGN	BOYS 11 (3 KM)	0:11:16
22	597	CONNOR	TITUS	AGN	BOYS 11 (3 KM)	0:11:17
23	585	NICO	DU RANDT	AGN	BOYS 11 (3 KM)	0:11:18
24	1318	NATHAN	OLIVIER	ASWD	BOYS 11 (3 KM)	0:11:18
25	355	LERATO	MOKOENA	AFS	BOYS 11 (3 KM)	0:11:19
26	1457	DANIEL	ELLIS	CGA	BOYS 11 (3 KM)	0:11:19
27	1625	XOLILE	NGWANE	KZNA	BOYS 11 (3 KM)	0:11:20
28	1153	EMILE	VAN VUUREN	ANWN	BOYS 11 (3 KM)	0:11:20
29	356	PONTSHO	MOSIA	AFS	BOYS 11 (3 KM)	0:11:24
30	581	RICUS	BENADE	AGN	BOYS 11 (3 KM)	0:11:27
31	588	EDISON	KAMENA	AGN	BOYS 11 (3 KM)	0:11:28
32	354	KATLEHO	MOFOKENG	AFS	BOYS 11 (3 KM)	0:11:28
33	1881	MSIZI	MSOMI	KZNA	BOYS 11 (3 KM)	0:11:30
34	104	ARVAHN	BURGER	ACNW	BOYS 11 (3 KM)	0:11:30
35	595	KARABO	SELEBANO	AGN	BOYS 11 (3 KM)	0:11:31
36	1705	LUCKY	SELOANE	LIMA	BOYS 11 (3 KM)	0:11:32
37	347	TSHEPANG	LEMAO	AFS	BOYS 11 (3 KM)	0:11:34
38	350	THABANG	MAHLATSI	AFS	BOYS 11 (3 KM)	0:11:35
39	592	FRANCE	MOKOKA	AGN	BOYS 11 (3 KM)	0:11:36
40	1143	SIBILON	MMOPELO	ANWN	BOYS 11 (3 KM)	0:11:37

41	953	LAFRAS	DE JONGE	AMPU	BOYS 11 (3 KM)	0:11:38
42	1138	MORNE	COMBRINCK	ANWN	BOYS 11 (3 KM)	0:11:40
43	590	BONGANI	LESABE	AGN	BOYS 11 (3 KM)	0:11:41
44	351	RETSILISITSOE	MAKHETHA	AFS	BOYS 11 (3 KM)	0:11:44
45	1351	BUHLE	MVIMBI	ATRA	BOYS 11 (3 KM)	0:11:44
46	115	BONGANE	NKOSI	ACNW	BOYS 11 (3 KM)	0:11:45
47	1348	ANATHI	BEKO	ATRA	BOYS 11 (3 KM)	0:11:45
48	352	MOENGEZI	MASEELA	AFS	BOYS 11 (3 KM)	0:11:47
49	914	CLIVINALDO	STENEKAMP	AGW	BOYS 11 (3 KM)	0:11:47
50	349	JOHN	MACHABA	AFS	BOYS 11 (3 KM)	0:11:48
51	1626	MLUNGISI	NYANDA	KZNA	BOYS 11 (3 KM)	0:11:48
52	361	LEBOHANG	POTSANE	AFS	BOYS 11 (3 KM)	0:11:49
53	362	KUAPE	TLALE	AFS	BOYS 11 (3 KM)	0:11:50
54	580	TIAN	BARKHUIZEN	AGN	BOYS 11 (3 KM)	0:11:51
55	963	JAN	MOKOENA	AMPU	BOYS 11 (3 KM)	0:11:53
56	346	KGOPOTSO	FUDUMELE	AFS	BOYS 11 (3 KM)	0:11:54
57	951	MARCO	CAPAZORIO	AMPU	BOYS 11 (3 KM)	0:11:54
58	106	ASHTON	DIEDERICKS	ACNW	BOYS 11 (3 KM)	0:11:56
59	959	OWEN	LONG	AMPU	BOYS 11 (3 KM)	0:11:57
60	1702	KATLEGO	MATHABATHA	LIMA	BOYS 11 (3 KM)	0:11:57
61	358	JUNIOR	MOTSAMAI	AFS	BOYS 11 (3 KM)	0:11:58
62	357	KATISO	MOTJOPI	AFS	BOYS 11 (3 KM)	0:11:58
63	353	KABELO	MATSUNYANE	AFS	BOYS 11 (3 KM)	0:11:58
64	1142	KGAUGELO	MARIRI	ANWN	BOYS 11 (3 KM)	0:11:59
65	1708	JANCO	VAN DER WALT	LIMA	BOYS 11 (3 KM)	0:11:59
66	117	THEUNIS	V/D MERWE	ACNW	BOYS 11 (3 KM)	0:11:59
67	1627	SIPHO	SHABALALA	KZNA	BOYS 11 (3 KM)	0:12:00
68	360	TAU	NYAPHULI	AFS	BOYS 11 (3 KM)	0:12:01
69	913	ZEALON	KLAASTE	AGW	BOYS 11 (3 KM)	0:12:03
70	101	LIAM	ANDERSON	ACNW	BOYS 11 (3 KM)	0:12:04
71	1700	NICKY	LEPHALALA	LIMA	BOYS 11 (3 KM)	0:12:06
72	950	PIETER	BURGER	AMPU	BOYS 11 (3 KM)	0:12:07
73	1701	KWENA	MASHAO	LIMA	BOYS 11 (3 KM)	0:12:08
74	1706	JURGENS	SPAUMER	LIMA	BOYS 11 (3 KM)	0:12:09
75	103	BLAKE	BOTES	ACNW	BOYS 11 (3 KM)	0:12:11
76	109	KGOTSO	MAKAM	ACNW	BOYS 11 (3 KM)	0:12:12
77	1624	BUHLEBENKOSI	MVUBU	KZNA	BOYS 11 (3 KM)	0:12:12
78	954	JOHVAN	DE LANGE	AMPU	BOYS 11 (3 KM)	0:12:13
79	107	KAMOHELO	LESHOMO	ACNW	BOYS 11 (3 KM)	0:12:16
80	915	TJAARDT	VAN DER WALT	AGW	BOYS 11 (3 KM)	0:12:17
81	910	RYAN	BOOYSE	AGW	BOYS 11 (3 KM)	0:12:19
82	113	KHOTSO	MASIANE	ACNW	BOYS 11 (3 KM)	0:12:27
83	967	RICARDO	VORSTER	AMPU	BOYS 11 (3 KM)	0:12:28
84	1145	KABELO	MOSESI	ANWN	BOYS 11 (3 KM)	0:12:28
85	1699	MARAIS	BOTHA	LIMA	BOYS 11 (3 KM)	0:12:31
86	1146	DE WET	NEL	ANWN	BOYS 11 (3 KM)	0:12:33
87	1152	WESSELS	SWART	ANWN	BOYS 11 (3 KM)	0:12:33
88	966	LUCKY	TSOTETSI	AMPU	BOYS 11 (3 KM)	0:12:38
89	1396	NIHANN	BOTHA	AVT	BOYS 11 (3 KM)	0:12:39
90	108	RUPERT	LOOCK	ACNW	BOYS 11 (3 KM)	0:12:40
91	1141	HENRICO WILHELM	JOUBERT	ANWN	BOYS 11 (3 KM)	0:12:41

92	911	MICHIEL	COETZEE	AGW	BOYS 11 (3 KM)	0:12:41
93	111	STEFAN	MAREE	ACNW	BOYS 11 (3 KM)	0:12:46
94	102	HEUWIN	BOOYSEN	ACNW	BOYS 11 (3 KM)	0:12:47
95	1144	KAMOGILO	MOKGOPA	ANWN	BOYS 11 (3 KM)	0:12:50
96	962	SAMUEL	LUKHELE	AMPU	BOYS 11 (3 KM)	0:12:50
97	1704	SHELDON	MORGAN	LIMA	BOYS 11 (3 KM)	0:12:50
98	961	CORNÉ	LOUWRENS	AMPU	BOYS 11 (3 KM)	0:12:51
99	1150	PIETER	STEENKAMP	ANWN	BOYS 11 (3 KM)	0:12:53
100	110	KOKETSO	MARCH	ACNW	BOYS 11 (3 KM)	0:12:54
101	1151	STEFAN	STEENKAMP	ANWN	BOYS 11 (3 KM)	0:12:55
102	1140	JACO	ENGELBRECHT	ANWN	BOYS 11 (3 KM)	0:12:57
103	957	GORDON	GIBSON	AMPU	BOYS 11 (3 KM)	0:12:57
104	1707	HANDRE	VAN DER MERWE	LIMA	BOYS 11 (3 KM)	0:12:58
105	960	GIDEON	LOURENS	AMPU	BOYS 11 (3 KM)	0:12:59
106	112	BENJAMIN	MASAI	ACNW	BOYS 11 (3 KM)	0:13:00
107	1147	REOTSHEPILE	NTSHEKI	ANWN	BOYS 11 (3 KM)	0:13:04
108	956	JOUBERT	DEDNAM	AMPU	BOYS 11 (3 KM)	0:13:07
109	116	WICKUS	STRAUSS	ACNW	BOYS 11 (3 KM)	0:13:13
110	105	FRANCOIS	CRAFFORD	ACNW	BOYS 11 (3 KM)	0:13:14
111	1148	RETHABILE	PILA	ANWN	BOYS 11 (3 KM)	0:13:22
112	118	HENCO	VOLSCHENK	ACNW	BOYS 11 (3 KM)	0:13:22
113	912	FRANCO	DAUTH	AGW	BOYS 11 (3 KM)	0:13:22
114	952	ULRICH	CILLIERS	AMPU	BOYS 11 (3 KM)	0:13:30
115	958	ROSS	LABUSCHAGNE	AMPU	BOYS 11 (3 KM)	0:13:31
116	955	LOUW	DE WET	AMPU	BOYS 11 (3 KM)	0:13:41
117	965	EDUAN	STUART	AMPU	BOYS 11 (3 KM)	0:13:49
118	1901	TIAAN	TITUS	ASWD	BOYS 11 (3KM)	0:11:20

BOYS 12 (3 KM)

1	3432	DECLAND	WRIGHT	CGA	BOYS 12 (3 KM)	0:10:08
2	2357	THAPELO	RAMOKOASE	AFS	BOYS 12 (3 KM)	0:10:11
3	2345	KONDILE	HLASWA	AFS	BOYS 12 (3 KM)	0:10:17
4	3723	THAPELO	TJIE (MAROGA)	LIMA	BOYS 12 (3 KM)	0:10:24
5	3612	MATTEW	GIBSON	KZNA	BOYS 12 (3 KM)	0:10:27
6	2578	CHRISTIAAN	OBERHOLZER	AGN	BOYS 12 (3 KM)	0:10:32
7	2346	EDMUNDO	LANGA	AFS	BOYS 12 (3 KM)	0:10:36
8	3429	SINOKUHLE	MKHEFU	CGA	BOYS 12 (3 KM)	0:10:39
9	3613	OWEN	HIGGINS	KZNA	BOYS 12 (3 KM)	0:10:40
10	3427	TSHEPANG	KHUZWAYO	CGA	BOYS 12 (3 KM)	0:10:42
11	3430	MUSA	MLATHA	CGA	BOYS 12 (3 KM)	0:10:44
12	2347	TSHEPISO	LEMAO	AFS	BOYS 12 (3 KM)	0:10:46
13	3299	BERBETO	JANSEN	ASWD	BOYS 12 (3 KM)	0:10:47
14	2571	GIDEON	DU TOIT	AGN	BOYS 12 (3 KM)	0:10:48
15	3428	SIPHO	MABULANE	CGA	BOYS 12 (3 KM)	0:10:50
16	2127	TSHEPISO	MATLAOPANE	ACNW	BOYS 12 (3 KM)	0:10:50
17	3431	TOKOLO	MOTHUPI	CGA	BOYS 12 (3 KM)	0:10:52
18	2576	MASHIGO	LESEDI	AGN	BOYS 12 (3 KM)	0:10:54
19	3301	LORENZO	WILTSHIRE	ASWD	BOYS 12 (3 KM)	0:10:55
20	2352	TSHOLO	MOKOENA	AFS	BOYS 12 (3 KM)	0:10:55
21	2574	KEAGAN	HUNTER	AGN	BOYS 12 (3 KM)	0:10:56
22	2355	NKOSINATHI	NCAPHAYI	AFS	BOYS 12 (3 KM)	0:10:58

23	3581	NICO	KLEYNHANS	IND	BOYS 12 (3 KM)	0:10:58
24	2911	DIRK	MARITZ	AGW	BOYS 12 (3 KM)	0:11:01
25	3300	DYLAN	SMIT	ASWD	BOYS 12 (3 KM)	0:11:01
26	2584	STIAN	VAN GREUNEN	AGN	BOYS 12 (3 KM)	0:11:03
27	3373	MPHO	NDLOVU	AVT	BOYS 12 (3 KM)	0:11:04
28	2134	ZANDRÈ	STRYDOM	ACNW	BOYS 12 (3 KM)	0:11:05
29	3615	SIYABONGA	SHABALALA	KZNA	BOYS 12 (3 KM)	0:11:07
30	3298	LUTHER	BLAAUW	ASWD	BOYS 12 (3 KM)	0:11:08
31	2359	THATO	SONDACH	AFS	BOYS 12 (3 KM)	0:11:09
32	2356	TLHALEFO	NELS	AFS	BOYS 12 (3 KM)	0:11:09
33	3580	IAN	DE FOUW	IND	BOYS 12 (3 KM)	0:11:10
34	3105	WESSEL	VAN ZYL	IND	BOYS 12 (3 KM)	0:11:10
35	2351	FARAI	MASITENG	AFS	BOYS 12 (3 KM)	0:11:12
36	3721	TLOU	MOLONGWANE	LIMA	BOYS 12 (3 KM)	0:11:13
37	3143	OBAKENG	MOTSIMI	ANWN	BOYS 12 (3 KM)	0:11:13
38	3142	KGAOGELO	MOLOISE	ANWN	BOYS 12 (3 KM)	0:11:14
39	2119	CARLO	CHADINHA	ACNW	BOYS 12 (3 KM)	0:11:14
40	3141	BUANG	MOLEFE	ANWN	BOYS 12 (3 KM)	0:11:16
41	2354	RELEBOHILE SHAUN	MOTLOI	AFS	BOYS 12 (3 KM)	0:11:16
42	3369	EUGENE	BOTHA	AVT	BOYS 12 (3 KM)	0:11:20
43	2350	THABO	MANGOEJANE	AFS	BOYS 12 (3 KM)	0:11:21
44	2586	JACQUES	VAN STADEN	AGN	BOYS 12 (3 KM)	0:11:21
45	2344	CAREL	CILLIERS	AFS	BOYS 12 (3 KM)	0:11:22
46	2579	JACQUES	OOSTHUIZEN	AGN	BOYS 12 (3 KM)	0:11:23
47	2572	SEBASTIAN	ELS	AGN	BOYS 12 (3 KM)	0:11:24
48	2966	THANDO	KHOZA	AMPU	BOYS 12 (3 KM)	0:11:26
49	3144	JAN REGOMODITSWE	MPHAHLELE	ANWN	BOYS 12 (3 KM)	0:11:26
50	2577	NHLANHLA	MOJELA	AGN	BOYS 12 (3 KM)	0:11:27
51	3717	JANDRE	DE LANGE	LIMA	BOYS 12 (3 KM)	0:11:27
52	2353	KANANELO	MONYIKE	AFS	BOYS 12 (3 KM)	0:11:28
53	2343	MAHLOMOLA	CHALDINA	AFS	BOYS 12 (3 KM)	0:11:29
54	2971	GRIFFEN	SMITH	AMPU	BOYS 12 (3 KM)	0:11:30
55	2581	ULRICH	PUTTER	AGN	BOYS 12 (3 KM)	0:11:31
56	2964	JOSHUA	JOHNSON	AMPU	BOYS 12 (3 KM)	0:11:32
57	2583	VHUTALI	TSANWANI	AGN	BOYS 12 (3 KM)	0:11:34
58	3372	MOJALEFA	MOLOI	AVT	BOYS 12 (3 KM)	0:11:35
59	2587	SANELE	ZWANE	AGN	BOYS 12 (3 KM)	0:11:36
60	3371	KGOTSO	MANOTO	AVT	BOYS 12 (3 KM)	0:11:37
61	2582	MOKGETHWA	SETHOGA	AGN	BOYS 12 (3 KM)	0:11:38
62	2358	TEBOHO	SEPHULA	AFS	BOYS 12 (3 KM)	0:11:38
63	3614	LUNGANI	LUTHULI	KZNA	BOYS 12 (3 KM)	0:11:38
64	3134	JOHANNES JACOBUS (JACO)	FOURIE	ANWN	BOYS 12 (3 KM)	0:11:39
65	3145	ICON	NKHULANA	ANWN	BOYS 12 (3 KM)	0:11:39
66	3887	GREG	FULLER	IND	BOYS 12 (3 KM)	0:11:39
67	3132	LOURENS	BESTER	ANWN	BOYS 12 (3 KM)	0:11:42
68	3719	TETELO	MATHABATHE	LIMA	BOYS 12 (3 KM)	0:11:43
69	3140	ALEX PUSELETSO	MOKATSE	ANWN	BOYS 12 (3 KM)	0:11:43
70	3722	KGOTHSO	RAKOENA	LIMA	BOYS 12 (3 KM)	0:11:44
71	2963	SAMUEL	GROBLER	AMPU	BOYS 12 (3 KM)	0:11:44
72	3716	JOHNY	CHIPU	LIMA	BOYS 12 (3 KM)	0:11:45
73	2120	DANIEL	DANSTER	ACNW	BOYS 12 (3 KM)	0:11:46

74	2906	DYLAN	DIKGETSI	AGW	BOYS 12 (3 KM)	0:11:47
75	2132	DANDRÉ	STEINHOBEL	ACNW	BOYS 12 (3 KM)	0:11:48
76	2360	LEAN	UYS	AFS	BOYS 12 (3 KM)	0:11:49
77	2904	HENRI	BOER	AGW	BOYS 12 (3 KM)	0:11:51
78	3374	BOHLALE	SEPHULA	AVT	BOYS 12 (3 KM)	0:11:53
79	2349	LEBO	MABENA	AFS	BOYS 12 (3 KM)	0:11:54
80	2909	JOSHUA	LE ROUX	AGW	BOYS 12 (3 KM)	0:11:55
81	2348	RETHABILE	LIETSI	AFS	BOYS 12 (3 KM)	0:11:56
82	3138	ITUMELENG	MARIRI	ANWN	BOYS 12 (3 KM)	0:11:57
83	2123	JANCO	ERASMUS	ACNW	BOYS 12 (3 KM)	0:11:59
84	2585	HARDUS	VAN JAARSVELD	AGN	BOYS 12 (3 KM)	0:12:00
85	3720	KELETSO	MOKOO	LIMA	BOYS 12 (3 KM)	0:12:02
86	3718	ETHAN	JONES	LIMA	BOYS 12 (3 KM)	0:12:04
87	3863	NJABULO	NZUZA	KZNA	BOYS 12 (3 KM)	0:12:06
88	2968	JANDRÉ	PELSER	AMPU	BOYS 12 (3 KM)	0:12:07
89	3133	ARMAND	FOURIE	ANWN	BOYS 12 (3 KM)	0:12:07
90	2910	LUNDI	MAHALA	AGW	BOYS 12 (3 KM)	0:12:08
91	3147	JOHANNES DAVID	SWART	ANWN	BOYS 12 (3 KM)	0:12:10
92	3136	RYAN	HENNING	ANWN	BOYS 12 (3 KM)	0:12:10
93	2129	LUVUYO	MITHLTSHANA	ACNW	BOYS 12 (3 KM)	0:12:11
94	3335	ZIKISA	MYEZO	ATRA	BOYS 12 (3 KM)	0:12:11
95	3139	THEBE	MATLALA	ANWN	BOYS 12 (3 KM)	0:12:11
96	2961	MARIO	ERASMUS	AMPU	BOYS 12 (3 KM)	0:12:12
97	2965	COENRAAD	JOUBERT	AMPU	BOYS 12 (3 KM)	0:12:12
98	2570	MICHAEL	DREECKMEIER	AGN	BOYS 12 (3 KM)	0:12:14
99	3149	CHRISTOFF	WERNER	ANWN	BOYS 12 (3 KM)	0:12:15
100	2580	NAMUREMBU	ORATILE	AGN	BOYS 12 (3 KM)	0:12:16
101	2128	RODWILL	MATURURE	ACNW	BOYS 12 (3 KM)	0:12:18
102	2962	WILCO	GELDENHUYS	AMPU	BOYS 12 (3 KM)	0:12:18
103	2903	SHELTON	BASSIE	AGW	BOYS 12 (3 KM)	0:12:19
104	2126	KOKETSO	MASEDI	ACNW	BOYS 12 (3 KM)	0:12:20
105	2914	JANEDRO	SAUL	AGW	BOYS 12 (3 KM)	0:12:22
106	3137	AZOLA	MAHLUNGU	ANWN	BOYS 12 (3 KM)	0:12:24
107	3715	BYRON	ANDREW	LIMA	BOYS 12 (3 KM)	0:12:25
108	2125	GEORGE	KOTZE	ACNW	BOYS 12 (3 KM)	0:12:26
109	3370	DYLAN	COETZEE	AVT	BOYS 12 (3 KM)	0:12:27
110	2905	CEE - JAY	BOOYSEN	AGW	BOYS 12 (3 KM)	0:12:29
111	2136	MARCO	VAN STADEN	ACNW	BOYS 12 (3 KM)	0:12:30
112	2912	GEDRICAN	MARITZ	AGW	BOYS 12 (3 KM)	0:12:31
113	2907	MILLER	HORN	AGW	BOYS 12 (3 KM)	0:12:33
114	2131	WILLY	SERKO	ACNW	BOYS 12 (3 KM)	0:12:35
115	3146	DUNCAN CORNELIUS	ROBERTSON	ANWN	BOYS 12 (3 KM)	0:12:37
116	2133	HEINDRICH	STROEBEL	ACNW	BOYS 12 (3 KM)	0:12:38
117	3148	VHUKHUDO	TSHIVIHIAHUVHI	ANWN	BOYS 12 (3 KM)	0:12:39
118	3135	STEFANUS MATTHYS (STEF)	FOURIE	ANWN	BOYS 12 (3 KM)	0:12:40
119	2122	JOHN-ALBERT	DE LECA	ACNW	BOYS 12 (3 KM)	0:12:40
120	2908	ELWIN	JULIUS	AGW	BOYS 12 (3 KM)	0:12:45
121	2969	RUAN	PRETORIUS	AMPU	BOYS 12 (3 KM)	0:12:51
122	2967	ARTHUR	NKAMBULE	AMPU	BOYS 12 (3 KM)	0:13:06
123	2972	REEVE	STIEMENS	AMPU	BOYS 12 (3 KM)	0:13:09
124	2960	STEFAN	DE WET	AMPU	BOYS 12 (3 KM)	0:13:27

125	2121	GERRIT	DE KOCK	ACNW	BOYS 12 (3 KM)	0:13:28
126	2130	LUCKY	MOLATSA	ACNW	BOYS 12 (3 KM)	0:13:44
127	2124	KAMOGELO	KEKANE	ACNW	BOYS 12 (3 KM)	0:13:46
128	2913	ORATILE	MOOKI	AGW	BOYS 12 (3 KM)	0:13:47
129	2973	ELDO	VAN DE VENTER	AMPU	BOYS 12 (3 KM)	0:13:50
130	2135	KAMOHELO	THULO	ACNW	BOYS 12 (3 KM)	0:14:11
131	3348	SINOVUYO	MAVULA	ATRA	GIRLS 15 (4 KM)	0:12:14
BOYS 13 (4 KM)						
1	1468	BANELE	ZWANE	CGA	BOYS 13 (4 KM)	0:13:05
2	1116	JUNIOR	MOKHESENG	IND	BOYS 13 (4 KM)	0:13:08
3	1321	MALVIN	VISSER	ASWD	BOYS 13 (4 KM)	0:13:22
4	1464	KARABO	MASHILO	CGA	BOYS 13 (4 KM)	0:13:29
5	1467	THABISO	TSHABALALA	CGA	BOYS 13 (4 KM)	0:13:31
6	1466	RYNARD	SWANEPOEL	CGA	BOYS 13 (4 KM)	0:13:35
7	1465	SIYABONGA	MOKHOTHU	CGA	BOYS 13 (4 KM)	0:13:41
8	1628	SANELE	MASONDO	KZNA	BOYS 13 (4 KM)	0:13:45
9	1463	MZWAKHE	MASHABA	CGA	BOYS 13 (4 KM)	0:13:46
10	371	MALEFETSANE	MOFOKENG	AFS	BOYS 13 (4 KM)	0:13:47
11	129	KAGISO	MASIGO	ACNW	BOYS 13 (4 KM)	0:13:50
12	1841	HAYDEN	WEBSTER	WPA	BOYS 13 (4 KM)	0:13:52
13	1840	SHERWIN	JOOSTE	WPA	BOYS 13 (4 KM)	0:13:55
14	602	THEMBA	KHOZA	AGN	BOYS 13 (4 KM)	0:13:58
15	1909	THABISO	PHEFO	IND	BOYS 13 (4 KM)	0:13:59
16	369	SIPHO	MAKHASANE	AFS	BOYS 13 (4 KM)	0:14:00
17	1320	LAZLO	PAULSEN	ASWD	BOYS 13 (4 KM)	0:14:01
18	609	CLAIVEN	SCOTT	AGN	BOYS 13 (4 KM)	0:14:08
19	120	NANDTES	BOOYENS	ACNW	BOYS 13 (4 KM)	0:14:09
20	1353	MPENDULO	NGWENI	ATRA	BOYS 13 (4 KM)	0:14:09
21	1159	HENNING	NEL	ANWN	BOYS 13 (4 KM)	0:14:11
22	373	RETHABILE	MOKHOTHU	AFS	BOYS 13 (4 KM)	0:14:11
23	1601	WIAN	WYBENGA	IND	BOYS 13 (4 KM)	0:14:14
24	600	ABEDNECO	CHOBAB	AGN	BOYS 13 (4 KM)	0:14:17
25	1602	ODWA	ZIDE	IND	BOYS 13 (4 KM)	0:14:20
26	379	RETHABILE	THOABALA	AFS	BOYS 13 (4 KM)	0:14:22
27	1401	TEBOHO	MOLOI	AVT	BOYS 13 (4 KM)	0:14:23
28	972	SCELO	MNCWANGO	AMPU	BOYS 13 (4 KM)	0:14:23
29	364	CARLOS	DAVIDS	AFS	BOYS 13 (4 KM)	0:14:24
30	367	BAKOENA	KHAMA	AFS	BOYS 13 (4 KM)	0:14:25
31	606	WALDO	PIETERSE	AGN	BOYS 13 (4 KM)	0:14:26
32	1403	PAULUS	STEYN	AVT	BOYS 13 (4 KM)	0:14:27
33	1400	BONGANI	MGCINA	AVT	BOYS 13 (4 KM)	0:14:28
34	922	ELLOHIM	VAN NELL	AGW	BOYS 13 (4 KM)	0:14:28
35	365	FIKILE	HLAPANE	AFS	BOYS 13 (4 KM)	0:14:32
36	598	JACQUIN	BARNARD	AGN	BOYS 13 (4 KM)	0:14:35
37	1319	SHANE	FREDERICKS	ASWD	BOYS 13 (4 KM)	0:14:36
38	608	CARLO	PRINSLOO	AGN	BOYS 13 (4 KM)	0:14:36
39	1630	PHELELANI	SHOBA	KZNA	BOYS 13 (4 KM)	0:14:37
40	376	GIVEN	NYATHE	AFS	BOYS 13 (4 KM)	0:14:39
41	601	MICHAEL	GAIT-SMITH	AGN	BOYS 13 (4 KM)	0:14:40
42	604	DYLAN	MCMMASTER	AGN	BOYS 13 (4 KM)	0:14:44

43	615	THATO	YEDWA	AGN	BOYS 13 (4 KM)	0:14:45
44	374	MATHEWS	MOKOENA	AFS	BOYS 13 (4 KM)	0:14:45
45	1722	KGADIMA	THAMAGA	LIMA	BOYS 13 (4 KM)	0:14:46
46	974	THULANE	MTSWENI	AMPU	BOYS 13 (4 KM)	0:14:46
47	1165	ORATILE	SELEMELA	ANWN	BOYS 13 (4 KM)	0:14:47
48	612	ETHAN	VAN DEN BERG	AGN	BOYS 13 (4 KM)	0:14:48
49	1157	ANDREW	MOJELA	ANWN	BOYS 13 (4 KM)	0:14:48
50	381	NEO	WESSIE	AFS	BOYS 13 (4 KM)	0:14:49
51	372	SOBI	MOKHELE	AFS	BOYS 13 (4 KM)	0:14:50
52	377	KATLEHO	RANKHALA	AFS	BOYS 13 (4 KM)	0:14:51
53	134	THAPELO	SEFIQA	ACNW	BOYS 13 (4 KM)	0:14:52
54	1399	JURIE	DIETRECHSON	AVT	BOYS 13 (4 KM)	0:14:53
55	1719	THAPELO	MOKOPYANE	LIMA	BOYS 13 (4 KM)	0:14:55
56	368	MOEKETSI	LUPONDO	AFS	BOYS 13 (4 KM)	0:14:56
57	1164	KYLE	SCHOEMAN	ANWN	BOYS 13 (4 KM)	0:14:56
58	1402	MPHO	MSHEDU	AVT	BOYS 13 (4 KM)	0:14:57
59	969	CONRAD	GROBBELAAR	AMPU	BOYS 13 (4 KM)	0:14:58
60	366	SABATA	KGAKGANE	AFS	BOYS 13 (4 KM)	0:15:00
61	611	GERHARD	SWANEPOEL	AGN	BOYS 13 (4 KM)	0:15:02
62	607	ARMIN	PRETORIUS	AGN	BOYS 13 (4 KM)	0:15:05
63	128	TSEPETSI	MANTSO	ACNW	BOYS 13 (4 KM)	0:15:12
64	976	LEKOKO	NKADIMENG	AMPU	BOYS 13 (4 KM)	0:15:14
65	610	SONKI	SECHELE	AGN	BOYS 13 (4 KM)	0:15:15
66	603	MATOME	MAHLAKALA	AGN	BOYS 13 (4 KM)	0:15:16
67	917	TOBIAS	DUIKER	AGW	BOYS 13 (4 KM)	0:15:18
68	1718	THABO	MOHALE	LIMA	BOYS 13 (4 KM)	0:15:20
69	605	NTLHAKUSA	NKUNA	AGN	BOYS 13 (4 KM)	0:15:21
70	1158	JOHANNES HENDRIK	NAUDE	ANWN	BOYS 13 (4 KM)	0:15:22
71	1721	WILLEM	SMIT	LIMA	BOYS 13 (4 KM)	0:15:23
72	378	TUMELO	RONDILE	AFS	BOYS 13 (4 KM)	0:15:25
73	1710	TJAART	DU PLESSIS	LIMA	BOYS 13 (4 KM)	0:15:26
74	977	RYNO	PRETORIUS	AMPU	BOYS 13 (4 KM)	0:15:27
75	1155	BOITSHEPO SIMON	MASHILO	ANWN	BOYS 13 (4 KM)	0:15:28
76	978	MPHO	TSOTETSI	AMPU	BOYS 13 (4 KM)	0:15:30
77	1716	EMSLY	MAKOFANE	LIMA	BOYS 13 (4 KM)	0:15:32
78	375	TEBOHO	NTISA	AFS	BOYS 13 (4 KM)	0:15:32
79	1711	KABELO	KGATLA	LIMA	BOYS 13 (4 KM)	0:15:36
80	380	BERNARD	VAN JAARSVELD	AFS	BOYS 13 (4 KM)	0:15:38
81	973	NHLANHLA	MTHIMUNYE	AMPU	BOYS 13 (4 KM)	0:15:41
82	1717	PHENYO	MAPONYA	LIMA	BOYS 13 (4 KM)	0:15:42
83	1156	KITSO	MOGALE	ANWN	BOYS 13 (4 KM)	0:15:43
84	1709	JANCO	COETZEE	LIMA	BOYS 13 (4 KM)	0:15:45
85	125	ERIC	KOORTS	ACNW	BOYS 13 (4 KM)	0:15:48
86	1720	FUFI	MOLOKOMME	LIMA	BOYS 13 (4 KM)	0:15:51
87	919	BOITUMELO	LOUW	AGW	BOYS 13 (4 KM)	0:15:52
88	916	HENDRIK	BADENHORST	AGW	BOYS 13 (4 KM)	0:15:53
89	1166	HERMANUS LUCAS	VAN DER WESTHUIZEN	ANWN	BOYS 13 (4 KM)	0:15:54
90	137	LAMBERT	VOS	ACNW	BOYS 13 (4 KM)	0:15:54
91	1715	KGAOGELO	MAKGOBA	LIMA	BOYS 13 (4 KM)	0:15:55
92	1160	LETIHOOGONOLE	PHALOLE	ANWN	BOYS 13 (4 KM)	0:15:56
93	127	KLEINBOY	MAGCOTOZA	ACNW	BOYS 13 (4 KM)	0:15:57

94	130	JURIE	MATSIETSI	ACNW	BOYS 13 (4 KM)	0:15:58
95	979	REYNARD	VORSTER	AMPU	BOYS 13 (4 KM)	0:15:59
96	131	THUTO	MKHIZE	ACNW	BOYS 13 (4 KM)	0:16:03
97	613	EON	VAN DER SCHYFF	AGN	BOYS 13 (4 KM)	0:16:04
98	975	JACQUES	NEL	AMPU	BOYS 13 (4 KM)	0:16:07
99	920	GERT	NOETH	AGW	BOYS 13 (4 KM)	0:16:10
100	1714	KOWIE	LOMBAARD	LIMA	BOYS 13 (4 KM)	0:16:12
101	1161	CHARLES FREDERICK	POTGIETER	ANWN	BOYS 13 (4 KM)	0:16:14
102	1163	RETHABILE	ROMATONG	ANWN	BOYS 13 (4 KM)	0:16:16
103	1712	KGODISO	KOMANA	LIMA	BOYS 13 (4 KM)	0:16:17
104	133	IVAN	RECKLING	ACNW	BOYS 13 (4 KM)	0:16:18
105	1880	LUKE	MATTHEWS	IND	BOYS 13 (4 KM)	0:16:23
106	918	KEMO	FORTUIN	AGW	BOYS 13 (4 KM)	0:16:23
107	1154	ANDRE LOUIS	KRETZMAN	ANWN	BOYS 13 (4 KM)	0:16:25
108	132	MOELETSI	MOLELEKWA	ACNW	BOYS 13 (4 KM)	0:16:29
109	921	PETRUS	V NIEKERK	AGW	BOYS 13 (4 KM)	0:16:30
110	136	PETRUS	VAN AARDE	ACNW	BOYS 13 (4 KM)	0:16:42
111	968	JANSEN	BELL	AMPU	BOYS 13 (4 KM)	0:16:47
112	971	NJABULO	MAYISELA	AMPU	BOYS 13 (4 KM)	0:16:48
113	970	CANDY	LUKHELE	AMPU	BOYS 13 (4 KM)	0:16:48
114	119	NATHAN	ALLEN	ACNW	BOYS 13 (4 KM)	0:16:50
115	126	WIKUS	KOTZEE	ACNW	BOYS 13 (4 KM)	0:16:51
116	123	IVAN	GASELA	ACNW	BOYS 13 (4 KM)	0:17:05
117	121	ULRICH	BOTES	ACNW	BOYS 13 (4 KM)	0:17:07
118	124	KOOS	KAMPIES	ACNW	BOYS 13 (4 KM)	0:17:09
119	1162	DEWALD	POTGIETER	ANWN	BOYS 13 (4 KM)	0:17:11
120	135	RUDOLF	THIART	ACNW	BOYS 13 (4 KM)	0:17:14
121	923	CICEL	VERTUE	AGW	BOYS 13 (4 KM)	0:17:36
122	1713	CURT	KUHRAU	LIMA	BOYS 13 (4 KM)	0:17:55
123	122	DIRK	CRAFFORD	ACNW	BOYS 13 (4 KM)	0:18:17

BOYS 14 (4 KM)

1	3435	NTUTHUKO	NDIMANDE	CGA	BOYS 14 (4 KM)	0:12:47
2	3338	PHAKAMANI	MGODLO	ATRA	BOYS 14 (4 KM)	0:13:02
3	3820	OLIVER	STEWART	WPA	BOYS 14 (4 KM)	0:13:04
4	3156	TSHEGOFATSO DAVID	NGWAKU	ANWN	BOYS 14 (4 KM)	0:13:11
5	3618	SIYABONGA	NDLOVU	KZNA	BOYS 14 (4 KM)	0:13:16
6	3433	MMELI	MATSABA	CGA	BOYS 14 (4 KM)	0:13:21
7	3303	WALDO	KAPTEIN	ASWD	BOYS 14 (4 KM)	0:13:23
8	2370	TSHEPANG	MATIBE	AFS	BOYS 14 (4 KM)	0:13:24
9	2602	DYLAN	STASSEN	AGN	BOYS 14 (4 KM)	0:13:28
10	2374	HLONOLOFATSO	MOTHOBHI	AFS	BOYS 14 (4 KM)	0:13:29
11	3582	RUAN	JACOBS	IND	BOYS 14 (4 KM)	0:13:32
12	3436	REALEBOGA	SEOPOSENGWE	CGA	BOYS 14 (4 KM)	0:13:33
13	3619	SIMPHIWE	SANGWENI	KZNA	BOYS 14 (4 KM)	0:13:36
14	3305	ELNICO	PIETERS	ASWD	BOYS 14 (4 KM)	0:13:37
15	3159	ADAM JOHANNES	REYNEKE	ANWN	BOYS 14 (4 KM)	0:13:41
16	3438	THABO	TSHABANGU	CGA	BOYS 14 (4 KM)	0:13:44
17	3302	LEONARD	ADAMS	ASWD	BOYS 14 (4 KM)	0:13:45
18	3583	HENDRICK	JOUBERT	IND	BOYS 14 (4 KM)	0:13:47
19	2361	VUYO	BOSMAN	AFS	BOYS 14 (4 KM)	0:13:50

20	3730	THABO	MOLEBALE	LIMA	BOYS 14 (4 KM)	0:13:51
21	3616	NDUMISO	LANGA	KZNA	BOYS 14 (4 KM)	0:13:53
22	2981	ALEX	MADLALA	AMPU	BOYS 14 (4 KM)	0:13:54
23	2599	STEFAN	OBERHOLZER	AGN	BOYS 14 (4 KM)	0:13:55
24	3437	LUCAS	SILWANE	CGA	BOYS 14 (4 KM)	0:13:56
25	2364	THEO	HLAHANE	AFS	BOYS 14 (4 KM)	0:13:56
26	3617	MANDLA	MASEKO	KZNA	BOYS 14 (4 KM)	0:13:58
27	3732	KENNY	RAMAGWELE	LIMA	BOYS 14 (4 KM)	0:13:58
28	2589	MATTHEW	FORRESTER	AGN	BOYS 14 (4 KM)	0:14:00
29	3856	MPHO	MITCHELL	IND	BOYS 14 (4 KM)	0:14:02
30	2369	THABANG	MATHOSA	AFS	BOYS 14 (4 KM)	0:14:02
31	3731	TUMELO	PHAGO	LIMA	BOYS 14 (4 KM)	0:14:09
32	2603	IAN	VAN DER MERWE	AGN	BOYS 14 (4 KM)	0:14:10
33	2591	CAILIN	GERBER	AGN	BOYS 14 (4 KM)	0:14:10
34	3304	WESLEY	OLIVIER	ASWD	BOYS 14 (4 KM)	0:14:12
35	2593	MOAGI	HLAKO	AGN	BOYS 14 (4 KM)	0:14:13
36	3434	SANDILE	MATSHENI	CGA	BOYS 14 (4 KM)	0:14:13
37	3584	RICKUS	WYBENGA	IND	BOYS 14 (4 KM)	0:14:18
38	3620	MANDISA	THWALA	KZNA	BOYS 14 (4 KM)	0:14:19
39	2918	EMMANUEL	MODUPI	AGW	BOYS 14 (4 KM)	0:14:20
40	2601	LUCAS	SEANEO	AGN	BOYS 14 (4 KM)	0:14:20
41	2366	SEBABATSO	KHUELE	AFS	BOYS 14 (4 KM)	0:14:21
42	2984	ANDREAS	VAN HEERDEN	AMPU	BOYS 14 (4 KM)	0:14:23
43	3724	MOSHE	BETHA	LIMA	BOYS 14 (4 KM)	0:14:24
44	2588	STEPHAN	DU PLESSIS	AGN	BOYS 14 (4 KM)	0:14:26
45	2600	MOALOSI	RAMOLOTSI	AGN	BOYS 14 (4 KM)	0:14:26
46	2141	NATHAN	HUFKIE	ACNW	BOYS 14 (4 KM)	0:14:28
47	3819	ENRICO	JANSEN	WPA	BOYS 14 (4 KM)	0:14:29
48	2375	NEO	MOTLELENG	AFS	BOYS 14 (4 KM)	0:14:30
49	2915	JANDRE	GRENSWILLE	AGW	BOYS 14 (4 KM)	0:14:32
50	2377	TEBOHO	RATSHILI	AFS	BOYS 14 (4 KM)	0:14:33
51	2975	CALEB	BUYS	AMPU	BOYS 14 (4 KM)	0:14:35
52	2376	PULE	PALEDI	AFS	BOYS 14 (4 KM)	0:14:36
53	2139	SINALO	GWALA	ACNW	BOYS 14 (4 KM)	0:14:37
54	3725	NOLID	MABELA	LIMA	BOYS 14 (4 KM)	0:14:38
55	2372	SETH	MOLELEKOA	AFS	BOYS 14 (4 KM)	0:14:40
56	2590	JACQUES	GELDENHUIS	AGN	BOYS 14 (4 KM)	0:14:42
57	2604	WYNAND	WESSELS	AGN	BOYS 14 (4 KM)	0:14:44
58	2365	THABO	HOELEJANE	AFS	BOYS 14 (4 KM)	0:14:45
59	3153	KAMOGELO	MAJOHAGA	ANWN	BOYS 14 (4 KM)	0:14:49
60	2983	SKHUMBUZO	NDLOVU	AMPU	BOYS 14 (4 KM)	0:14:51
61	2974	SOHIL	BHIKHA	AMPU	BOYS 14 (4 KM)	0:14:52
62	3375	TEBALO	KOMAKO	AVT	BOYS 14 (4 KM)	0:14:52
63	2594	TRAVIS	KOEKEMOER	AGN	BOYS 14 (4 KM)	0:14:53
64	2979	BONGINKOSI	HLATSHWAYO	AMPU	BOYS 14 (4 KM)	0:14:54
65	3886	SHAUN	MTHETHWA	IND	BOYS 14 (4 KM)	0:14:55
66	2916	REWALDO	ISAACS	AGW	BOYS 14 (4 KM)	0:14:56
67	2373	KAGISHO	MOSHOLI	AFS	BOYS 14 (4 KM)	0:14:57
68	3729	MARVIN	MATHABA	LIMA	BOYS 14 (4 KM)	0:14:57
69	3376	KARABO	SEREME	AVT	BOYS 14 (4 KM)	0:14:58
70	2152	CARLIN	VAN WYK	ACNW	BOYS 14 (4 KM)	0:14:59

71	2982	AUSTINE	MAHLANGU	AMPU	BOYS 14 (4 KM)	0:14:59
72	2363	ML	HATLEY	AFS	BOYS 14 (4 KM)	0:15:01
73	2595	DANO	KRUGER	AGN	BOYS 14 (4 KM)	0:15:02
74	2605	LEONARD	WILCOCKS	AGN	BOYS 14 (4 KM)	0:15:05
75	2362	TEDDY	DERISON	AFS	BOYS 14 (4 KM)	0:15:06
76	3726	KALUSHI CAPHUS	MAHLATJI	LIMA	BOYS 14 (4 KM)	0:15:09
77	3727	LESETJA	MAKGATHE	LIMA	BOYS 14 (4 KM)	0:15:09
78	2917	CHRISTOPHER	KLAASTE	AGW	BOYS 14 (4 KM)	0:15:10
79	3161	THATO	SEGONE	ANWN	BOYS 14 (4 KM)	0:15:12
80	3728	THABANG	MAKOFANE	LIMA	BOYS 14 (4 KM)	0:15:12
81	2977	ECKARD	DU PLESSIS	AMPU	BOYS 14 (4 KM)	0:15:14
82	2367	TISETSO	LICHABA	AFS	BOYS 14 (4 KM)	0:15:20
83	2978	CHARLINGTON	GAMA	AMPU	BOYS 14 (4 KM)	0:15:21
84	2147	THABISO	MOTHEI	ACNW	BOYS 14 (4 KM)	0:15:21
85	3154	ENTLE	MAKINTA	ANWN	BOYS 14 (4 KM)	0:15:25
86	2596	TEBOGO	MATSOSO	AGN	BOYS 14 (4 KM)	0:15:28
87	3377	NATHAN	VAN ROOYEN	AVT	BOYS 14 (4 KM)	0:15:29
88	2919	CHADWIN	WILLIAMS	AGW	BOYS 14 (4 KM)	0:15:32
89	2980	THEUNS	LUUS	AMPU	BOYS 14 (4 KM)	0:15:37
90	3151	LEON	KOTZE	ANWN	BOYS 14 (4 KM)	0:15:43
91	3734	TEWIS	WILLEMSE	LIMA	BOYS 14 (4 KM)	0:15:44
92	2151	TEBOGO	TSHELE	ACNW	BOYS 14 (4 KM)	0:15:45
93	2149	GRANT	PHILLIPS	ACNW	BOYS 14 (4 KM)	0:15:52
94	3163	ATANG	SWARTBOOI	ANWN	BOYS 14 (4 KM)	0:15:55
95	3150	TIAAN	JANEKE	ANWN	BOYS 14 (4 KM)	0:16:03
96	2138	PETRI	DE BRUIN	ACNW	BOYS 14 (4 KM)	0:16:16
97	2985	SIPHESIHLE	VILAKAZI	AMPU	BOYS 14 (4 KM)	0:16:20
98	3158	TSHENOLO ELIAS	PHOSA	ANWN	BOYS 14 (4 KM)	0:16:22
99	3733	JANDRE	VAN NIEKERK	LIMA	BOYS 14 (4 KM)	0:16:27
100	3152	TUMELO	KWALE	ANWN	BOYS 14 (4 KM)	0:16:31
101	2145	BENOYDT	MATRAS	ACNW	BOYS 14 (4 KM)	0:16:35
102	3162	GOSIAME EDWIN	SEROLE	ANWN	BOYS 14 (4 KM)	0:16:49
103	2368	PETRO	MAGQWAKA	AFS	BOYS 14 (4 KM)	0:16:59
104	3160	ANDREW	SEFUDI	ANWN	BOYS 14 (4 KM)	0:16:59
105	3339	LINDELANI	NDONYELA	ATRA	BOYS 14 (4 KM)	0:17:00
106	2146	OTSHEPENG	MOKOTEDI	ACNW	BOYS 14 (4 KM)	0:17:05
107	2140	MARIO	HANEKOM	ACNW	BOYS 14 (4 KM)	0:17:13
108	3157	OBAKENG	PHATSHWANE	ANWN	BOYS 14 (4 KM)	0:17:19
109	2976	PIERRE	DE LANGE	AMPU	BOYS 14 (4 KM)	0:17:30
110	2144	ABRIE	KRUGER	ACNW	BOYS 14 (4 KM)	0:17:45
111	2148	MARCKUS	MYNHARDT	ACNW	BOYS 14 (4 KM)	0:18:45
112	3155	BANKWELE	MORE	ANWN	BOYS 14 (4 KM)	0:18:46
113	2137	TSHIDISO	BANTWINI	ACNW	BOYS 14 (4 KM)	0:18:48
114	2142	JOHAN	JANSE VAN RENSBURG	ACNW	BOYS 14 (4 KM)	0:18:50
BOYS 15 (4 KM)						
1	1469	CALEB	BEUKES	CGA	BOYS 15 (4 KM)	0:12:24
2	1471	TUMI	LEPHOTO	CGA	BOYS 15 (4 KM)	0:12:31
3	1171	OMPHILLE	MOLOTSI	ANWN	BOYS 15 (4 KM)	0:12:33
4	395	MMEBE	MOTAUNG	AFS	BOYS 15 (4 KM)	0:12:34
5	628	LEWIS	NGWENYA	AGN	BOYS 15 (4 KM)	0:12:44

6	391	NGCONDE	MATWEBU	AFS	BOYS 15 (4 KM)	0:12:45
7	1359	AVELA	NAZO	ATRA	BOYS 15 (4 KM)	0:12:45
8	1632	THEMBELANI	CHAGWE	KZNA	BOYS 15 (4 KM)	0:12:47
9	631	CHRISTOPHER	SWART	AGN	BOYS 15 (4 KM)	0:12:49
10	1174	RONEN	OOSTHUIZEN	ANWN	BOYS 15 (4 KM)	0:12:53
11	383	VUYO	KAMLANE	AFS	BOYS 15 (4 KM)	0:13:01
12	1470	KEAGAN	CRANE	CGA	BOYS 15 (4 KM)	0:13:01
13	632	JOHNNY	VORSTER	AGN	BOYS 15 (4 KM)	0:13:05
14	624	TSHIAMO	MARIBE	AGN	BOYS 15 (4 KM)	0:13:06
15	1634	SAKHILE	THENJWAYO	KZNA	BOYS 15 (4 KM)	0:13:09
16	386	LEBOHANG	MAHLOANE	AFS	BOYS 15 (4 KM)	0:13:10
17	633	ALDRIN	WILLEMSE	AGN	BOYS 15 (4 KM)	0:13:11
18	1474	FRANS	RAMUTLA	CGA	BOYS 15 (4 KM)	0:13:14
19	629	TUMELO	RAMOHLOKOANE	AGN	BOYS 15 (4 KM)	0:13:15
20	1170	AMANTLE	MODINGWANE	ANWN	BOYS 15 (4 KM)	0:13:18
21	626	PHELELANI	MTHEMBU	AGN	BOYS 15 (4 KM)	0:13:20
22	152	MESIMANOGAPI	TOLOMO	ACNW	BOYS 15 (4 KM)	0:13:21
23	1404	THULO	FUSI	AVT	BOYS 15 (4 KM)	0:13:22
24	1472	THOKOZANI	MGAGA	CGA	BOYS 15 (4 KM)	0:13:25
25	621	JEAN-MICHAEL	LAUBSCHER	AGN	BOYS 15 (4 KM)	0:13:26
26	627	LUAN	MUNNIK	AGN	BOYS 15 (4 KM)	0:13:27
27	142	PETRUS	KALANE	ACNW	BOYS 15 (4 KM)	0:13:29
28	1451	CHRISTO	VAN ROOY	IND	BOYS 15 (4 KM)	0:13:29
29	984	TERTIUS	MENTZ	AMPU	BOYS 15 (4 KM)	0:13:30
30	617	KEEGAN	DALLY	AGN	BOYS 15 (4 KM)	0:13:31
31	384	MOHALE	KGAILE	AFS	BOYS 15 (4 KM)	0:13:34
32	397	CASEY	RAPHIA	AFS	BOYS 15 (4 KM)	0:13:35
33	1360	SIYATHANDA	ZAMANI	ATRA	BOYS 15 (4 KM)	0:13:36
34	1905	CLAUDE	PRETORIUS	IND	BOYS 15 (4 KM)	0:13:39
35	1473	CHABEDI	POOE	CGA	BOYS 15 (4 KM)	0:13:43
36	1882	MFANUFISA	MKHZIZE	KZNA	BOYS 15 (4 KM)	0:13:44
37	1726	ABRAM	KUBJANA	LIMA	BOYS 15 (4 KM)	0:13:45
38	387	RELEBOHILE	MAKEPE	AFS	BOYS 15 (4 KM)	0:13:46
39	630	TUMELO	SKHOSANA	AGN	BOYS 15 (4 KM)	0:13:46
40	1172	TECK	MPETE	ANWN	BOYS 15 (4 KM)	0:13:48
41	385	KGOTSO	LESIA	AFS	BOYS 15 (4 KM)	0:13:50
42	393	SANELE	MOKOENA	AFS	BOYS 15 (4 KM)	0:13:55
43	392	MORENA	MOCHESANE	AFS	BOYS 15 (4 KM)	0:13:57
44	1322	WAYDEN	KOMBELA	ASWD	BOYS 15 (4 KM)	0:14:01
45	1179	WIHANCO	VAN DER WESTHUIZEN	ANWN	BOYS 15 (4 KM)	0:14:01
46	991	BRAAM	VAN DER MERWE	AMPU	BOYS 15 (4 KM)	0:14:03
47	382	HENRO	BENDER	AFS	BOYS 15 (4 KM)	0:14:03
48	1357	APHELELE	MNGCANGENI	ATRA	BOYS 15 (4 KM)	0:14:04
49	1169	ADEM	MAYO	ANWN	BOYS 15 (4 KM)	0:14:04
50	145	LETSATSI	MOFOLO	ACNW	BOYS 15 (4 KM)	0:14:05
51	620	FRIEDRICH	JOUBERT	AGN	BOYS 15 (4 KM)	0:14:05
52	1406	BOGANE	SAKANE	AVT	BOYS 15 (4 KM)	0:14:11
53	990	RAINER	SPRUYT	AMPU	BOYS 15 (4 KM)	0:14:12
54	154	TIAAN	VAN ASWEGEN	ACNW	BOYS 15 (4 KM)	0:14:13
55	625	THETO	MASHABA	AGN	BOYS 15 (4 KM)	0:14:15
56	618	HENRICO	DUNCAN	AGN	BOYS 15 (4 KM)	0:14:15

57	987	CHARLIE	NAUDÉ	AMPU	BOYS 15 (4 KM)	0:14:21
58	396	LESODISA	NQOKO	AFS	BOYS 15 (4 KM)	0:14:22
59	1725	TSHEGOFATSO	KEKANA	LIMA	BOYS 15 (4 KM)	0:14:25
60	622	KATLEGO	MADIOPE	AGN	BOYS 15 (4 KM)	0:14:27
61	1173	ORORISENG KHUNWANE	NTSHABELE	ANWN	BOYS 15 (4 KM)	0:14:29
62	389	POLOKO	MASIA	AFS	BOYS 15 (4 KM)	0:14:31
63	1733	THABISO	MASAPHU	LIMA	BOYS 15 (4 KM)	0:14:32
64	1323	TIRIQUE	THERON	ASWD	BOYS 15 (4 KM)	0:14:34
65	1730	THABANG	MAHASHA	LIMA	BOYS 15 (4 KM)	0:14:37
66	623	DANIE	MARAIS	AGN	BOYS 15 (4 KM)	0:14:39
67	1737	JOSIA	NYAWENI	LIMA	BOYS 15 (4 KM)	0:14:42
68	1731	BRIAN	MANGENA	LIMA	BOYS 15 (4 KM)	0:14:43
69	390	PANA	MATSIETSENG	AFS	BOYS 15 (4 KM)	0:14:44
70	983	WILLEAN	JANSE VAN RENSBURG	AMPU	BOYS 15 (4 KM)	0:14:45
71	1728	PIETER	LAMPRECHT	LIMA	BOYS 15 (4 KM)	0:14:46
72	980	CHRISTIAAN	BLIGNAUT	AMPU	BOYS 15 (4 KM)	0:14:50
73	1405	TEBOHO	MATLALESA	AVT	BOYS 15 (4 KM)	0:15:00
74	616	PHILIPPE	COETZEE	AGN	BOYS 15 (4 KM)	0:15:00
75	388	BONGANI	MANTJIE	AFS	BOYS 15 (4 KM)	0:15:04
76	1738	MARIUS	SMIT	LIMA	BOYS 15 (4 KM)	0:15:04
77	1727	REYNARD	KUHN	LIMA	BOYS 15 (4 KM)	0:15:06
78	1724	KOKETSO	DIKGALE	LIMA	BOYS 15 (4 KM)	0:15:11
79	1168	JOHANNES BOESMAN	MASIANE	ANWN	BOYS 15 (4 KM)	0:15:11
80	1176	REITUMETSE GODFREY	SEEMA	ANWN	BOYS 15 (4 KM)	0:15:13
81	1732	KARABO	MARIPA	LIMA	BOYS 15 (4 KM)	0:15:13
82	988	SANELE	SIKOSANA	AMPU	BOYS 15 (4 KM)	0:15:14
83	144	MOGOMOTSI	MATLOKOTSI	ACNW	BOYS 15 (4 KM)	0:15:15
84	992	CALLIE	VAN DER MERWE	AMPU	BOYS 15 (4 KM)	0:15:17
85	1175	RAPULLA	RAPO	ANWN	BOYS 15 (4 KM)	0:15:20
86	982	D'PREEZ	HATTINGH	AMPU	BOYS 15 (4 KM)	0:15:22
87	925	EBEN	CONRADIE	AGW	BOYS 15 (4 KM)	0:15:24
88	1178	THOMAS	VAN DER MERWE	ANWN	BOYS 15 (4 KM)	0:15:25
89	148	ITUMELENG	PHOKOMPE	ACNW	BOYS 15 (4 KM)	0:15:26
90	924	GERRIT	BARENDS	AGW	BOYS 15 (4 KM)	0:15:27
91	146	PRINCE	MTEKWE	ACNW	BOYS 15 (4 KM)	0:15:27
92	926	JEREMY	KOOPMAN	AGW	BOYS 15 (4 KM)	0:15:31
93	1874	LUCAN	BOTHA	IND	BOYS 15 (4 KM)	0:15:33
94	147	THABISO	MTEKWE	ACNW	BOYS 15 (4 KM)	0:15:34
95	150	KEITUMETSE	SEGONE	ACNW	BOYS 15 (4 KM)	0:15:34
96	1167	DYLAN	BOTHA	ANWN	BOYS 15 (4 KM)	0:15:42
97	1729	BOHLALE	MADUTLELA	LIMA	BOYS 15 (4 KM)	0:15:47
98	1736	MPHO MORENA	NAPO	LIMA	BOYS 15 (4 KM)	0:15:48
99	1735	KATLEGO	MOTLANA	LIMA	BOYS 15 (4 KM)	0:15:50
100	1723	EDWARD	BANNAU	LIMA	BOYS 15 (4 KM)	0:15:53
101	153	JEANRÈ	VAN ANTWERPEN	ACNW	BOYS 15 (4 KM)	0:15:54
102	1177	DIVAN	VAN DER MERWE	ANWN	BOYS 15 (4 KM)	0:16:01
103	1180	FRANCOIS	VILJOEN	ANWN	BOYS 15 (4 KM)	0:16:05
104	155	FRANCOIS	VAN EEDEN	ACNW	BOYS 15 (4 KM)	0:16:06
105	1734	NOKO	MOKODITOA	LIMA	BOYS 15 (4 KM)	0:16:08
106	993	JACO	VENTER	AMPU	BOYS 15 (4 KM)	0:16:43
107	981	STEFAN	DE JAGER	AMPU	BOYS 15 (4 KM)	0:16:44

108	141	JOHAN	JANSE VAN RENSBURG	ACNW	BOYS 15 (4 KM)	0:16:49
109	151	DEANN	STEYN	ACNW	BOYS 15 (4 KM)	0:17:00
110	927	THUTO	KOROPE	AGW	BOYS 15 (4 KM)	0:17:11
111	989	WANDILE BLESSING	SIKWAMBANE	AMPU	BOYS 15 (4 KM)	0:18:28
112	143	J.J.	LEMMER	ACNW	BOYS 15 (4 KM)	0:18:44
113	138	ANDRÈ	BADENHORST	ACNW	BOYS 15 (4 KM)	0:18:45
114	149	PAUL	PRETORIUS	ACNW	BOYS 15 (4 KM)	0:18:48
115	139	JACQUES	BEZUIDENHOUT	ACNW	BOYS 15 (4 KM)	0:18:48
116	140	HERMAN	BOTES	ACNW	BOYS 15 (4 KM)	0:18:49
BOYS 16 (6 KM)						
1	2615	DAIS	MALEBANA	AGN	BOYS 16 (6 KM)	0:18:50
2	3443	ONKABETSI	SEBOLA	CGA	BOYS 16 (6 KM)	0:19:01
3	3441	THABO	MASINA	CGA	BOYS 16 (6 KM)	0:19:04
4	3442	SELLO	PHELEU	CGA	BOYS 16 (6 KM)	0:19:25
5	2618	OBAKENG	SETHOLE	AGN	BOYS 16 (6 KM)	0:19:43
6	3411	ALLISTER	BLAAUW	BOLA	BOYS 16 (6 KM)	0:19:45
7	3445	LIZO	SIBEKO	CGA	BOYS 16 (6 KM)	0:19:49
8	2389	MBUYISELI	MTSHITSHI	AFS	BOYS 16 (6 KM)	0:19:54
9	2995	BONGINKOSI	MASEKO	AMPU	BOYS 16 (6 KM)	0:19:58
10	2387	JOSEPH	MOKOTELI	AFS	BOYS 16 (6 KM)	0:20:04
11	2622	JASON	WINDVOGEL	AGN	BOYS 16 (6 KM)	0:20:07
12	2619	LEEPILE	TAUNYANE	AGN	BOYS 16 (6 KM)	0:20:16
13	3587	LINDOKUHLE	MAZIBUKO	IND	BOYS 16 (6 KM)	0:20:21
14	2613	RIEVAN	LOMBARD	AGN	BOYS 16 (6 KM)	0:20:22
15	2393	JUNIOR	TSOEUTE	AFS	BOYS 16 (6 KM)	0:20:24
16	2621	BRETT	VAN STADEN	AGN	BOYS 16 (6 KM)	0:20:33
17	3342	SINALO	NDALA	ATRA	BOYS 16 (6 KM)	0:20:34
18	2382	MOSUWE	LEPHAILA	AFS	BOYS 16 (6 KM)	0:20:35
19	2994	BEN	MAHLANGU	AMPU	BOYS 16 (6 KM)	0:20:36
20	2381	KGOTSOFALO	KWALANE	AFS	BOYS 16 (6 KM)	0:20:39
21	3340	ANATHI	HLANGANISA	ATRA	BOYS 16 (6 KM)	0:20:44
22	3170	JP	VAN DER MERWE	ANWN	BOYS 16 (6 KM)	0:20:49
23	2610	LETHABO	LEFIFI	AGN	BOYS 16 (6 KM)	0:20:49
24	2609	HENNO	KOEKEMOER	AGN	BOYS 16 (6 KM)	0:20:52
25	2612	JUANDRE	LOMBARD	AGN	BOYS 16 (6 KM)	0:20:52
26	3821	RONELDO	JANUARY	WPA	BOYS 16 (6 KM)	0:20:53
27	2611	MORE	LETLHOGONOLO	AGN	BOYS 16 (6 KM)	0:20:54
28	2606	ESTIAAN	BIEWENGA	AGN	BOYS 16 (6 KM)	0:20:57
29	2607	CHRISTIAAN	CRONJE	AGN	BOYS 16 (6 KM)	0:20:59
30	3857	EZRA	FERREIRA	IND	BOYS 16 (6 KM)	0:20:59
31	2989	FRANCOIS	HATTINGH	AMPU	BOYS 16 (6 KM)	0:21:01
32	2388	KARABELO	MOSALA	AFS	BOYS 16 (6 KM)	0:21:01
33	3585	BRINK	COETZEE	IND	BOYS 16 (6 KM)	0:21:02
34	3446	KATLEGO	ZANDAMELA	CGA	BOYS 16 (6 KM)	0:21:03
35	3167	NYICO	MARRENGUE	ANWN	BOYS 16 (6 KM)	0:21:06
36	2379	THINUS	DE WET	AFS	BOYS 16 (6 KM)	0:21:08
37	3168	LAWRENCE	MOKOBANA	ANWN	BOYS 16 (6 KM)	0:21:10
38	3440	CHRIS	CONROY	CGA	BOYS 16 (6 KM)	0:21:13
39	2616	MASHUDU	NETSHIPALE	AGN	BOYS 16 (6 KM)	0:21:15
40	2165	ITUMELENG	MATHEOLANE	ACNW	BOYS 16 (6 KM)	0:21:17

41	2988	HENRIQUE	DE LANGE	AMPU	BOYS 16 (6 KM)	0:21:18
42	2383	DAVID	MAJESO	AFS	BOYS 16 (6 KM)	0:21:19
43	2391	LEHLOHONOLO	SELLO	AFS	BOYS 16 (6 KM)	0:21:20
44	2997	JUAN	NIEBUHR	AMPU	BOYS 16 (6 KM)	0:21:28
45	2384	MPHO	MAKOTEDI	AFS	BOYS 16 (6 KM)	0:21:28
46	3623	MXOLANI	NXUMALO	KZNA	BOYS 16 (6 KM)	0:21:31
47	2986	DERRICK DE VILLIERS	BASSON	AMPU	BOYS 16 (6 KM)	0:21:32
48	3864	MDUMSENI	MTOLO	KZNA	BOYS 16 (6 KM)	0:21:34
49	3622	LINDOKUHLE	MBANJWA	KZNA	BOYS 16 (6 KM)	0:21:36
50	3624	NKOSINATHI	SIBISI	KZNA	BOYS 16 (6 KM)	0:21:37
51	2614	MATTHEUS	LOURENS	AGN	BOYS 16 (6 KM)	0:21:40
52	3740	PETER	MOLOMO	LIMA	BOYS 16 (6 KM)	0:21:41
53	2608	GOMOLEMO	KGOADI	AGN	BOYS 16 (6 KM)	0:21:48
54	3735	JOHANNES	JEGE	LIMA	BOYS 16 (6 KM)	0:21:52
55	2620	WIEHAN	VAN NOORDWYK	AGN	BOYS 16 (6 KM)	0:21:56
56	3164	GUSTAV TRICHARDT	COMBRINCK	ANWN	BOYS 16 (6 KM)	0:21:59
57	2991	JACQUES	KEULDER	AMPU	BOYS 16 (6 KM)	0:22:00
58	2987	ASHER	BIGGS	AMPU	BOYS 16 (6 KM)	0:22:03
59	3380	TUMELO	MOKOENE	AVT	BOYS 16 (6 KM)	0:22:04
60	3741	LETHABO	NTJIE	LIMA	BOYS 16 (6 KM)	0:22:05
61	3378	LEBOHANG	LEPHUTING	AVT	BOYS 16 (6 KM)	0:22:07
62	3341	SIPHAMANDLA	MATHOLENGWE	ATRA	BOYS 16 (6 KM)	0:22:11
63	2385	THABANG	MOHALE	AFS	BOYS 16 (6 KM)	0:22:28
64	2996	GODFREY	MOTLOUNG	AMPU	BOYS 16 (6 KM)	0:22:29
65	3738	MAPHUTI GREGORY	MOHOLOLA	LIMA	BOYS 16 (6 KM)	0:22:34
66	2617	KARABELO	RANTSANE	AGN	BOYS 16 (6 KM)	0:22:39
67	2380	THABANG	JANTJIE	AFS	BOYS 16 (6 KM)	0:22:42
68	2392	MZWAKHE	TOLE	AFS	BOYS 16 (6 KM)	0:22:47
69	2162	TOKOLLO	MAGANO	ACNW	BOYS 16 (6 KM)	0:22:47
70	2163	TSHEPO	MAHLASINYANE	ACNW	BOYS 16 (6 KM)	0:22:49
71	3737	KHOMOTJO	MAJADIBODU	LIMA	BOYS 16 (6 KM)	0:22:53
72	2166	KELETSO	MOFOKENG	ACNW	BOYS 16 (6 KM)	0:23:01
73	2167	MOHAU	MOFOKENG	ACNW	BOYS 16 (6 KM)	0:23:03
74	3736	KGOKONG ALBERT	KGOSANA	LIMA	BOYS 16 (6 KM)	0:23:07
75	2157	DE ANDRÉ	ERASMUS	ACNW	BOYS 16 (6 KM)	0:23:07
76	3000	NATHAN	WEBB	AMPU	BOYS 16 (6 KM)	0:23:11
77	3379	KATLEHO	MANKAYI	AVT	BOYS 16 (6 KM)	0:23:12
78	2990	NIÉL	IMMELMAN	AMPU	BOYS 16 (6 KM)	0:23:17
79	3165	ERICH	HAASBROEK	ANWN	BOYS 16 (6 KM)	0:23:21
80	2390	VUYO	NJENGELE	AFS	BOYS 16 (6 KM)	0:23:40
81	2999	FRIKKIE	UYS	AMPU	BOYS 16 (6 KM)	0:23:48
82	2158	THOMAS	HITGE	ACNW	BOYS 16 (6 KM)	0:23:53
83	2993	TEBOGO	MADONSELA	AMPU	BOYS 16 (6 KM)	0:23:56
84	3166	KEAMOGETSWE	MALEBYE	ANWN	BOYS 16 (6 KM)	0:24:00
85	3739	CEDRICK	MOLEBALE	LIMA	BOYS 16 (6 KM)	0:24:22
86	2998	XOLANI	SIBEKO	AMPU	BOYS 16 (6 KM)	0:24:54
87	3169	BAIKGANTSHI DAVID	MOLEFE	ANWN	BOYS 16 (6 KM)	0:24:56
88	2169	STEPHAN	NIEMANDT	ACNW	BOYS 16 (6 KM)	0:25:42
89	2155	JONATHAN	COOPER	ACNW	BOYS 16 (6 KM)	0:25:57
90	2153	J.W.	BERGH	ACNW	BOYS 16 (6 KM)	0:26:06
91	2156	RU-HAN	DE BRUIN	ACNW	BOYS 16 (6 KM)	0:27:15

92	2170	JACO	VAN VUUREN	ACNW	BOYS 16 (6 KM)	0:27:27
93	2168	PHEMELO	MOOPELOA	ACNW	BOYS 16 (6 KM)	0:28:15
94	2161	MAKATSO	LEROLE	ACNW	BOYS 16 (6 KM)	0:28:59
95	2159	JOHANNES	JONKER	ACNW	BOYS 16 (6 KM)	0:29:06
BOYS 17 (6 KM)						
1	1478	RYAN	MPHAHLELE	CGA	BOYS 17 (6 KM)	0:18:36
2	1479	KABELO	SEBOKO	CGA	BOYS 17 (6 KM)	0:18:42
3	1904	THAMSANQ	KHONCO	CGA-I	BOYS 17 (6 KM)	0:18:45
4	1477	SIPHIWE	MOHLOMI	CGA	BOYS 17 (6 KM)	0:19:06
5	650	ROMANO	SLINGER	AGN	BOYS 17 (6 KM)	0:19:17
6	1480	AUBREY	SITHOLE	CGA	BOYS 17 (6 KM)	0:19:23
7	640	THAPELO	MAKOFANE	AGN	BOYS 17 (6 KM)	0:19:26
8	637	GEORGE	KUSCHE	AGN	BOYS 17 (6 KM)	0:19:33
9	1903	JACOB	KHOMALO	CGA-I	BOYS 17 (6 KM)	0:19:35
10	1364	THABISO	MKHUPHENI	ATRA	BOYS 17 (6 KM)	0:19:36
11	1192	KEAETSWA	STONE	ANWN	BOYS 17 (6 KM)	0:19:36
12	997	THULANE	LEKHULENI	AMPU	BOYS 17 (6 KM)	0:19:47
13	1475	KWANDA	LONGOZA	CGA	BOYS 17 (6 KM)	0:19:50
14	1843	ROWALDO	RATZ	WPA	BOYS 17 (6 KM)	0:20:03
15	413	MOTLATSI	NTSASA	AFS	BOYS 17 (6 KM)	0:20:06
16	161	DAVID	MAMPE	ACNW	BOYS 17 (6 KM)	0:20:11
17	403	LUNGA	GADALA	AFS	BOYS 17 (6 KM)	0:20:12
18	649	STEVE	SHONGWE	AGN	BOYS 17 (6 KM)	0:20:14
19	1366	APHELELE	NKONYENI	ATRA	BOYS 17 (6 KM)	0:20:15
20	653	THEUNIS	VAN WYK	AGN	BOYS 17 (6 KM)	0:20:15
21	1844	SAMUEL	VAN DER MERWE	WPA	BOYS 17 (6 KM)	0:20:19
22	1635	SIBUSISO	GUDU	KZNA	BOYS 17 (6 KM)	0:20:21
23	1739	REMAKERSE	LEKAKA	LIMA	BOYS 17 (6 KM)	0:20:25
24	1603	FRANCOIS	JOUBERT	IND	BOYS 17 (6 KM)	0:20:25
25	1363	NKULULEKO	MGUBHELA	ATRA	BOYS 17 (6 KM)	0:20:26
26	1324	GODWIN	HEYNS	ASWD	BOYS 17 (6 KM)	0:20:29
27	648	SANKELISIWE	SHONGWE	AGN	BOYS 17 (6 KM)	0:20:30
28	639	VUNI	MADONSELA	AGN	BOYS 17 (6 KM)	0:20:30
29	405	SENQUE	KOMO	AFS	BOYS 17 (6 KM)	0:20:34
30	1476	THABANG	MAKOPO	CGA	BOYS 17 (6 KM)	0:20:36
31	1662	NHLAKANIPHO	NDABA	KZNA	BOYS 17 (6 KM)	0:20:37
32	634	LLEWELLYN	COLEMAN	AGN	BOYS 17 (6 KM)	0:20:40
33	1637	SNETHEMBA	TSHANGASE	KZNA	BOYS 17 (6 KM)	0:20:41
34	1741	PEET	LORETZ	LIMA	BOYS 17 (6 KM)	0:20:43
35	998	KATHLEGO	MOLOI	AMPU	BOYS 17 (6 KM)	0:20:43
36	414	DUMISANI	SITHOLE	AFS	BOYS 17 (6 KM)	0:20:47
37	1744	SELLO	NYAWENI	LIMA	BOYS 17 (6 KM)	0:20:50
38	399	MPHO ONALENNA	BALULA	AFS	BOYS 17 (6 KM)	0:20:50
39	645	MIENGETO	NYALUNGU	AGN	BOYS 17 (6 KM)	0:20:51
40	1407	TEBOHO	MAKUME	AVT	BOYS 17 (6 KM)	0:20:58
41	1119	JOHN	VILIKAZI	IND	BOYS 17 (6 KM)	0:21:00
42	646	JEAN	OOSTHUIZEN	AGN	BOYS 17 (6 KM)	0:21:00
43	411	VUYANI	MOTONA	AFS	BOYS 17 (6 KM)	0:21:02
44	1184	OMPHEMETSE	MATHOKWENG	ANWN	BOYS 17 (6 KM)	0:21:05
45	994	WILLIE	BOTHA	AMPU	BOYS 17 (6 KM)	0:21:07

46	408	TSHEPO	MOKAU	AFS	BOYS 17 (6 KM)	0:21:07
47	647	TEBOHO	SELOLA	AGN	BOYS 17 (6 KM)	0:21:09
48	1864	AUBREY	KOTZE	IND	BOYS 17 (6 KM)	0:21:13
49	635	MATTHEW	GREER	AGN	BOYS 17 (6 KM)	0:21:19
50	642	MXOLISI	NEBONDE	AGN	BOYS 17 (6 KM)	0:21:20
51	412	TISETSO	MPHOJANE	AFS	BOYS 17 (6 KM)	0:21:21
52	1325	ALLENINO	KLEYNHANS	ASWD	BOYS 17 (6 KM)	0:21:21
53	1185	TSHENOLO	MOJANAGA	ANWN	BOYS 17 (6 KM)	0:21:22
54	1408	TSHEPO	NHLAPO	AVT	BOYS 17 (6 KM)	0:21:25
55	401	LOUIS	BOTHA	AFS	BOYS 17 (6 KM)	0:21:26
56	1362	MTHUNZI	MAGADLA	ATRA	BOYS 17 (6 KM)	0:21:27
57	643	WILLIE	NEL	AGN	BOYS 17 (6 KM)	0:21:29
58	641	PROUD	MNGOMUZULU	AGN	BOYS 17 (6 KM)	0:21:36
59	652	KELVIN	VAN WYK	AGN	BOYS 17 (6 KM)	0:21:39
60	995	LEROUX	GROENEWALD	AMPU	BOYS 17 (6 KM)	0:21:39
61	1409	DILLAN	VAN ROOYEN	AVT	BOYS 17 (6 KM)	0:21:42
62	1181	WILHELM HERMANUS	BERRANGE	ANWN	BOYS 17 (6 KM)	0:21:42
63	400	PRINCE	BOOY	AFS	BOYS 17 (6 KM)	0:21:46
64	638	THABANG	LETLALO	AGN	BOYS 17 (6 KM)	0:21:50
65	1742	LAWERENCE	MARUMA	LIMA	BOYS 17 (6 KM)	0:21:51
66	999	GIVEN	MORUDU	AMPU	BOYS 17 (6 KM)	0:21:57
67	407	KELETSO	MOHAEKA	AFS	BOYS 17 (6 KM)	0:22:02
68	402	HENNIE	ENGELBRECHT	AFS	BOYS 17 (6 KM)	0:22:04
69	168	DANIEL	WENTZEL	ACNW	BOYS 17 (6 KM)	0:22:12
70	158	FRANCO	BOTES	ACNW	BOYS 17 (6 KM)	0:22:12
71	159	LORENZO	DEELMAN	ACNW	BOYS 17 (6 KM)	0:22:21
72	1189	MUNEER BRYAN	OMARJEE	ANWN	BOYS 17 (6 KM)	0:22:28
73	157	PAUL	BOLOSHA	ACNW	BOYS 17 (6 KM)	0:22:43
74	1745	MOSES	PHALANE	LIMA	BOYS 17 (6 KM)	0:22:46
75	928	OLEBOGENG	MOKAE	AGW	BOYS 17 (6 KM)	0:22:54
76	1182	WILLEM	JACOBS	ANWN	BOYS 17 (6 KM)	0:22:59
77	1186	ONKGOPOTSE	MOLEFE	ANWN	BOYS 17 (6 KM)	0:23:09
78	1191	AMOGERANG	RADIBECA	ANWN	BOYS 17 (6 KM)	0:23:16
79	406	STEVEN	MAKHETHA	AFS	BOYS 17 (6 KM)	0:23:20
80	1187	JUNIOR	MULLER	ANWN	BOYS 17 (6 KM)	0:23:41
81	156	LLEWELLYN	ANTHONY	ACNW	BOYS 17 (6 KM)	0:23:50
82	1743	JACKSON	MOLEBALE	LIMA	BOYS 17 (6 KM)	0:24:20
83	929	LOUWELLEN	SAAL	AGW	BOYS 17 (6 KM)	0:24:22
84	160	RUDOLF	GOUWS	ACNW	BOYS 17 (6 KM)	0:24:24
85	1190	RUDI	POTGIETER	ANWN	BOYS 17 (6 KM)	0:24:38
86	1183	ETHAN	JORDAAN	ANWN	BOYS 17 (6 KM)	0:24:51
87	1188	HANSIE	NORTJE	ANWN	BOYS 17 (6 KM)	0:24:55
88	164	VUYANI	RENSE	ACNW	BOYS 17 (6 KM)	0:25:30
89	1740	WILHELM	LOMBAARD	LIMA	BOYS 17 (6 KM)	0:25:43
90	167	ADRIAN	VLOK	ACNW	BOYS 17 (6 KM)	0:26:38
91	163	ARNO	MILES	ACNW	BOYS 17 (6 KM)	0:27:21
92	165	NEIL	VAN HEERDEN	ACNW	BOYS 17 (6 KM)	0:29:13
93	166	GERHARD	VAN STRATEN	ACNW	BOYS 17 (6 KM)	0:29:35
JUNIOR MEN (8 KM)						
1	1522	IKAGENG	GAOREKWE	CGA	JUNIOR MEN (8 KM)	0:24:21

2	1525	KABELO	MELAMU	CGA	JUNIOR MEN (8 KM)	0:24:56
3	1521	CREEL	CHAVALALA	CGA	JUNIOR MEN (8 KM)	0:25:06
4	1526	ALBERT	MONNAGARATWE	CGA	JUNIOR MEN (8 KM)	0:25:14
5	1339	RUBEN	DLEPU	ASWD	JUNIOR MEN (8 KM)	0:25:20
6	1338	JANSEN	DARRIES	ASWD	JUNIOR MEN (8 KM)	0:25:24
7	1531	DYLAN	VAN DER MERWE	CGA	JUNIOR MEN (8 KM)	0:25:24
8	1524	SIYABONGA	MABENA	CGA	JUNIOR MEN (8 KM)	0:25:35
9	1528	WILLIAM	POTGIETER	CGA	JUNIOR MEN (8 KM)	0:25:37
10	1386	SIVE	TSHOKOTSHA	ATRA	JUNIOR MEN (8 KM)	0:25:48
11	1656	ANELE	HADEBE	KZNA	JUNIOR MEN (8 KM)	0:25:53
12	528	THAPELO	MODULA	AFS	JUNIOR MEN (8 KM)	0:25:56
13	527	RUAN	MEINTJIES	AFS	JUNIOR MEN (8 KM)	0:25:58
14	536	MANUEL	RAMPALENG	AFS	JUNIOR MEN (8 KM)	0:26:04
15	1804	KAMEGOLO	MASEMOLA	LIMA	JUNIOR MEN (8 KM)	0:26:06
16	526	XOLISA	MADI	AFS	JUNIOR MEN (8 KM)	0:26:09
17	1530	THATO	RAMPA	CGA	JUNIOR MEN (8 KM)	0:26:17
18	1806	PONTSO	NGOBENI	LIMA	JUNIOR MEN (8 KM)	0:26:18
19	1523	ISAAC	LESIA	CGA	JUNIOR MEN (8 KM)	0:26:18
20	1278	KATLEGO	MABOE	ANWN	JUNIOR MEN (8 KM)	0:26:23
21	1066	SIBUSISO	KUBHEKA	AMPU	JUNIOR MEN (8 KM)	0:26:26
22	538	THABO	THOHLAME	AFS	JUNIOR MEN (8 KM)	0:26:27
23	1382	NGOBE	MONGEZI	ATRA	JUNIOR MEN (8 KM)	0:26:27
24	773	KWANELE	MTHEMBU	AGN	JUNIOR MEN (8 KM)	0:26:27
25	285	ONTIRETSI	MOTLAGALE	ACNW	JUNIOR MEN (8 KM)	0:26:34
26	537	NEO	SEGOPOLLO	AFS	JUNIOR MEN (8 KM)	0:26:36
27	1850	ASHLEY	SMITH	WPA	JUNIOR MEN (8 KM)	0:26:37
28	1529	THATO	PULE	CGA	JUNIOR MEN (8 KM)	0:26:39
29	1902	DERRICK	MOKALENG	CGA	JUNIOR MEN (8 KM)	0:26:40
30	535	VELAPHI	QWALANE	AFS	JUNIOR MEN (8 KM)	0:26:44
31	1614	BRENDON	EFFENAAR	EPA	JUNIOR MEN (8 KM)	0:26:44
32	1849	MCMARSHALL	HARTZENBERG	WPA	JUNIOR MEN (8 KM)	0:26:47
33	764	WELCOME	LUBISI	AGN	JUNIOR MEN (8 KM)	0:26:48
34	1807	ALPHEUS	SEDUTLA	LIMA	JUNIOR MEN (8 KM)	0:26:48
35	1851	HEINRICH	WAGNER	WPA	JUNIOR MEN (8 KM)	0:26:48
36	1663	APHELELE	PHUNGULA	KZNA	JUNIOR MEN (8 KM)	0:26:54
37	284	KGOMOTSO	MOSIANE	ACNW	JUNIOR MEN (8 KM)	0:26:55
38	1661	LINDOKUHLE	MKHWANAZI	KZNA	JUNIOR MEN (8 KM)	0:26:56
39	1615	ADRIAAN	GERWELL	EPA	JUNIOR MEN (8 KM)	0:26:58
40	1385	NTSIKELELO	NTIBANE	ATRA	JUNIOR MEN (8 KM)	0:27:01
41	1064	ROMEO	DIKOTOPE	AMPU	JUNIOR MEN (8 KM)	0:27:06
42	769	MAPIET	MODIBA	AGN	JUNIOR MEN (8 KM)	0:27:10
43	1282	MOTHUSI	NKGOTHOE	ANWN	JUNIOR MEN (8 KM)	0:27:12
44	767	THATO	MALUNGANE	AGN	JUNIOR MEN (8 KM)	0:27:13
45	1657	SBUSISO	HLOPHE	KZNA	JUNIOR MEN (8 KM)	0:27:25
46	763	BOY	CHAUKE	AGN	JUNIOR MEN (8 KM)	0:27:32
47	1527	MOEKETSI	MPURU	CGA	JUNIOR MEN (8 KM)	0:27:36
48	1279	POLOKO	MMAKGOLANE	ANWN	JUNIOR MEN (8 KM)	0:27:36
49	1805	SOLOMON	MOJA	LIMA	JUNIOR MEN (8 KM)	0:27:41
50	1383	LUTHANDO	NDONYELA	ATRA	JUNIOR MEN (8 KM)	0:27:44
51	942	LET LHOGONOLO	MOREKI	AGW	JUNIOR MEN (8 KM)	0:27:45
52	533	BONGANI	NKUTHA	AFS	JUNIOR MEN (8 KM)	0:27:49

53	1808	PETER	TAU	LIMA	JUNIOR MEN (8 KM)	0:27:51
54	1283	TSHEPO	TSHITE	ANWN	JUNIOR MEN (8 KM)	0:27:53
55	776	PIETERJAN	VAN DER MERWE	AGN	JUNIOR MEN (8 KM)	0:27:54
56	768	ONALENNA	MAPONYANE	AGN	JUNIOR MEN (8 KM)	0:27:57
57	525	MPHO	LITABE	AFS	JUNIOR MEN (8 KM)	0:28:01
58	1428	PATRICK	MFENE	AVT	JUNIOR MEN (8 KM)	0:28:02
59	1608	JAMES	MAJENGE	IND	JUNIOR MEN (8 KM)	0:28:02
60	532	RICHMAN	MSIMANGO	AFS	JUNIOR MEN (8 KM)	0:28:04
61	1063	BONGUMUSA	DHLADHLA	AMPU	JUNIOR MEN (8 KM)	0:28:05
62	1073	KENNY	MOLALE	AMPU	JUNIOR MEN (8 KM)	0:28:07
63	770	KHUTSO	MOLEKWA	AGN	JUNIOR MEN (8 KM)	0:28:12
64	774	FUKAMA	RAMAKOKOBO	AGN	JUNIOR MEN (8 KM)	0:28:15
65	524	REANETSE	LEPHAILA	AFS	JUNIOR MEN (8 KM)	0:28:19
66	1655	MBHASOBHI	GUMEDE	KZNA	JUNIOR MEN (8 KM)	0:28:21
67	531	EDGAR	MOLELEKOA	AFS	JUNIOR MEN (8 KM)	0:28:27
68	1848	KALEB	BEUKES	WPA	JUNIOR MEN (8 KM)	0:28:36
69	944	JEAN-CLAUDE	WATERBOER	AGW	JUNIOR MEN (8 KM)	0:28:42
70	1074	EDU	MONDLANE	AMPU	JUNIOR MEN (8 KM)	0:28:44
71	765	GODFREY	MAHLANGA	AGN	JUNIOR MEN (8 KM)	0:28:44
72	287	JOHNNY	WILLIAMS	ACNW	JUNIOR MEN (8 KM)	0:28:45
73	779	TOMRIN	VLOK	AGN	JUNIOR MEN (8 KM)	0:28:47
74	766	THABANG	MALEKA	AGN	JUNIOR MEN (8 KM)	0:28:50
75	775	TWISTEN	SMITH	AGN	JUNIOR MEN (8 KM)	0:28:52
76	1803	CONFIDENCE	MABOYA	LIMA	JUNIOR MEN (8 KM)	0:29:01
77	772	NICOLUS	MPHELA	AGN	JUNIOR MEN (8 KM)	0:29:03
78	1075	TSHEPO	MORAKE	AMPU	JUNIOR MEN (8 KM)	0:29:05
79	1071	ELIJAH	MASEKO	AMPU	JUNIOR MEN (8 KM)	0:29:12
80	521	LUVUYO	DERISON	AFS	JUNIOR MEN (8 KM)	0:29:14
81	771	MPHO	MOOKA	AGN	JUNIOR MEN (8 KM)	0:29:23
82	523	PAUL	KHOZA	AFS	JUNIOR MEN (8 KM)	0:29:39
83	778	ARNE	VERSTER	AGN	JUNIOR MEN (8 KM)	0:29:40
84	1068	DOCTOR	MADALANE	AMPU	JUNIOR MEN (8 KM)	0:30:01
85	1280	ODIRILE RICHARD	MODIBEDI	ANWN	JUNIOR MEN (8 KM)	0:30:08
86	1072	SIFISO	MLOTIWA	AMPU	JUNIOR MEN (8 KM)	0:30:14
87	1130	ARNO	VAN HEERDEN*	IND	JUNIOR MEN (8 KM)	0:30:16
88	1062	WILLEM	BOTHA	AMPU	JUNIOR MEN (8 KM)	0:30:17
89	278	ELIAS	LETHOLI	ACNW	JUNIOR MEN (8 KM)	0:30:29
90	273	MICHAEL	BRINK	ACNW	JUNIOR MEN (8 KM)	0:30:33
91	1658	MUKELANI	KHUZWAYO	KZNA	JUNIOR MEN (8 KM)	0:30:34
92	762	ROBERT	BESTER	AGN	JUNIOR MEN (8 KM)	0:30:52
93	1277	MARCUS	KEULDER	ANWN	JUNIOR MEN (8 KM)	0:30:58
94	1076	MFUNDO	NJOMO	AMPU	JUNIOR MEN (8 KM)	0:30:59
95	275	TIAAN	IMMELMAN	ACNW	JUNIOR MEN (8 KM)	0:30:59
96	1077	BONGANI	NKOSI	AMPU	JUNIOR MEN (8 KM)	0:31:18
97	534	THABO	OLIFANT	AFS	JUNIOR MEN (8 KM)	0:31:19
98	1067	MPHO	LESHALABE	AMPU	JUNIOR MEN (8 KM)	0:31:27
99	1065	CLINTON	KRIEL	AMPU	JUNIOR MEN (8 KM)	0:31:35
100	943	LORENZO	V D WESTHUIZEN	AGW	JUNIOR MEN (8 KM)	0:31:44
101	1070	GERDUS	MARX	AMPU	JUNIOR MEN (8 KM)	0:31:55
102	282	BOITUMELO	MONAHENG	ACNW	JUNIOR MEN (8 KM)	0:32:15
103	1129	RUAN	SWANEPOEL	IND	JUNIOR MEN (8 KM)	0:32:56

104	1069	LERATO	MAHLOPE	AMPU	JUNIOR MEN (8 KM)	0:33:13
105	941	KATLEGO	MAY	AGW	JUNIOR MEN (8 KM)	0:34:27
106	283	THABANG	MONCHUSI	ACNW	JUNIOR MEN (8 KM)	0:34:27
107	1877	LETHABO	MORAPEDI	IND	JUNIOR MEN (8 KM)	0:34:30
MEN 23 (4 KM)						
1	1536	SAMUEL	MATHABATHA	CGA	MEN 23 (4 KM)	0:11:27
2	300	THABANG	MOSIAKE	ACNW	MEN 23 (4 KM)	0:11:44
3	1532	JEROMY	ANDREAS	CGA	MEN 23 (4 KM)	0:11:52
4	1534	HENRY	MAKENA	CGA	MEN 23 (4 KM)	0:12:02
5	1538	TUMISANG	MONNATLALA	CGA	MEN 23 (4 KM)	0:12:06
6	1899	EMIELE	PAULSEN	WPA	MEN 23 (4 KM)	0:12:10
7	1898	ANTHONY	TIMOTHEUS	WPA	MEN 23 (4 KM)	0:12:10
8	1664	MONWABISI	CELE	KZNA	MEN 23 (4 KM)	0:12:15
9	783	JOHNATHAN	BREDENKAMP	AGN	MEN 23 (4 KM)	0:12:16
10	1535	JACOB	MALEFO	CGA	MEN 23 (4 KM)	0:12:18
11	546	THABANG	MOJANAGA	AFS	MEN 23 (4 KM)	0:12:21
12	543	SELLO	MASIA	AFS	MEN 23 (4 KM)	0:12:22
13	1542	MICHAEL	PIENAAR	CGA	MEN 23 (4 KM)	0:12:23
14	293	COLLINS	MABU	ACNW	MEN 23 (4 KM)	0:12:23
15	1667	NKOSINATHI	SIBIYA	KZNA	MEN 23 (4 KM)	0:12:27
16	1539	BLESSED	NCUBE	CGA	MEN 23 (4 KM)	0:12:28
17	781	KOOS	BALOYI	AGN	MEN 23 (4 KM)	0:12:34
18	1541	LESETJA	PAPO	CGA	MEN 23 (4 KM)	0:12:35
19	304	ARMAND	PRETORIUS	ACNW	MEN 23 (4 KM)	0:12:36
20	1430	PUSELETSO	MOFOKENG	AVT	MEN 23 (4 KM)	0:12:37
21	1907	KOHOPETSA	MHLANGA	IND	MEN 23 (4 KM)	0:12:38
22	295	DONALD	MELEANE	ACNW	MEN 23 (4 KM)	0:12:38
23	782	JOHANN	BERRANGE	AGN	MEN 23 (4 KM)	0:12:40
24	794	JACOB	TSEKO	AGN	MEN 23 (4 KM)	0:12:42
25	1906	THAHO	TSOTETSI	IND	MEN 23 (4 KM)	0:12:44
26	1442	JUSTIN	FRITZ	BOLA	MEN 23 (4 KM)	0:12:46
27	1444	CASPER	LABUSCHAIGNE	BOLA	MEN 23 (4 KM)	0:12:46
28	790	JABOLANE	NCAMAIYE	AGN	MEN 23 (4 KM)	0:12:47
29	789	MPHO	MOTAUNG	AGN	MEN 23 (4 KM)	0:12:47
30	1537	THABANG	MATIWANE	CGA	MEN 23 (4 KM)	0:12:52
31	1086	PRINCE	NDLOVU	AMPU	MEN 23 (4 KM)	0:12:54
32	290	PETRUS	DITABE	ACNW	MEN 23 (4 KM)	0:12:55
33	541	MOEKETSI	MAKHEBESELA	AFS	MEN 23 (4 KM)	0:12:58
34	1445	AKHONA	MDAKA	BOLA	MEN 23 (4 KM)	0:13:00
35	549	MATOLI	MOLELEKOA	AFS	MEN 23 (4 KM)	0:13:02
36	792	TEBOGO	SEGALAGALA	AGN	MEN 23 (4 KM)	0:13:03
37	544	DONALD	MATSOSO	AFS	MEN 23 (4 KM)	0:13:04
38	547	PASEKA	MOKUBUNG	AFS	MEN 23 (4 KM)	0:13:04
39	1543	NJABULO	TSHABALALA	CGA	MEN 23 (4 KM)	0:13:06
40	289	CASPER	DE VILLIERS	ACNW	MEN 23 (4 KM)	0:13:07
41	1089	KHAYELIHLE	SIMELANE	AMPU	MEN 23 (4 KM)	0:13:07
42	786	WAYNE	LABUSCHAGNE	AGN	MEN 23 (4 KM)	0:13:08
43	795	HEINRICH	VAN NIEKERK	AGN	MEN 23 (4 KM)	0:13:09
44	784	DWAYNE	HANEKOM	AGN	MEN 23 (4 KM)	0:13:10
45	1290	TSHEPO	PHOKOJE	ANWN	MEN 23 (4 KM)	0:13:10

46	1540	KATLEGO	NONYANA	CGA	MEN 23 (4 KM)	0:13:11
47	791	DIPHETEGO	PONCHO	AGN	MEN 23 (4 KM)	0:13:12
48	540	JOSEPH	MAJORO	AFS	MEN 23 (4 KM)	0:13:13
49	1078	TIAN	BASSON	AMPU	MEN 23 (4 KM)	0:13:14
50	301	JOHANNES	MOTSOENENG	ACNW	MEN 23 (4 KM)	0:13:15
51	1391	LUVO	QEKEKA	ATRA	MEN 23 (4 KM)	0:13:15
52	1810	THATO	KEKANA	LIMA	MEN 23 (4 KM)	0:13:16
53	785	KOKETSO	KHOZA	AGN	MEN 23 (4 KM)	0:13:16
54	1666	NKOSIKHONA	NTULI	KZNA	MEN 23 (4 KM)	0:13:17
55	2515	MAHLOMOLE BENJAMIN	MOLEHE	AFS	MEN 23 (4 KM)	0:13:22
56	548	MAJA	MOLAHLONI	AFS	MEN 23 (4 KM)	0:13:23
57	542	JOSEPH	MANELO	AFS	MEN 23 (4 KM)	0:13:23
58	787	JACK	MASOGO	AGN	MEN 23 (4 KM)	0:13:24
59	299	PIETER	MONG	ACNW	MEN 23 (4 KM)	0:13:24
60	3658	TEBOGO	KHANYE	KZNA	MEN 23 (4 KM)	0:13:27
61	793	BETHUEL	SIBUYI	AGN	MEN 23 (4 KM)	0:13:29
62	1079	GRONIGHAN	GROBLER	AMPU	MEN 23 (4 KM)	0:13:30
63	3890	BENEDICT	MNGOMEZULU	IND	MEN 23 (4 KM)	0:13:31
64	3252	ANDRIES	CHUTU	ANWN	MEN 23 (4 KM)	0:13:32
65	2516	THABANG	MPHUTHI	AFS	MEN 23 (4 KM)	0:13:33
66	780	ADRIAAN	ALDRIDGE	AGN	MEN 23 (4 KM)	0:13:34
67	3803	FISTA	PITJENG	LIMA	MEN 23 (4 KM)	0:13:37
68	2936	TSHEPO	MOALAH	AGW	MEN 23 (4 KM)	0:13:38
69	1087	MUSAWENKOSI	NENE	AMPU	MEN 23 (4 KM)	0:13:39
70	2789	MARTIN	NKOE	AGN	MEN 23 (4 KM)	0:13:40
71	1814	JOHANNES	MAPHOTO	LIMA	MEN 23 (4 KM)	0:13:41
72	1088	DOCTOR	SIGUDU	AMPU	MEN 23 (4 KM)	0:13:42
73	1431	TEBOHO	RAPAPALI	AVT	MEN 23 (4 KM)	0:13:43
74	3603	AMOS	NYONGO	EPA	MEN 23 (4 KM)	0:13:46
75	291	RUBEN	GOUWS	ACNW	MEN 23 (4 KM)	0:13:47
76	3802	KHUTSO	MATHABATHA	LIMA	MEN 23 (4 KM)	0:13:48
77	1446	JAN-HENDRICK	THERON	BOLA	MEN 23 (4 KM)	0:13:49
78	2785	LUCAS	MOKONYAMA	AGN	MEN 23 (4 KM)	0:13:54
79	292	WYNAND	KOTZE	ACNW	MEN 23 (4 KM)	0:13:56
80	2795	FOURIE	WIID	AGN	MEN 23 (4 KM)	0:14:00
81	1809	ANDRIES	HLARAKA	LIMA	MEN 23 (4 KM)	0:14:01
82	1812	JOHN	KUPA	LIMA	MEN 23 (4 KM)	0:14:02
83	1387	SIYAVUYA	JAKO	ATRA	MEN 23 (4 KM)	0:14:03
84	3256	FRANS	MOENA	ANWN	MEN 23 (4 KM)	0:14:13
85	297	CLINTON	MOLEFE	ACNW	MEN 23 (4 KM)	0:14:14
86	1429	TSHEPO	MIYA	AVT	MEN 23 (4 KM)	0:14:15
87	3083	ARTHUR	THOBELA	AMPU	MEN 23 (4 KM)	0:14:24
88	1817	JJ	VAN DER MERWE	LIMA	MEN 23 (4 KM)	0:14:24
89	3879	SIMON	MATROSE	ATRA	MEN 23 (4 KM)	0:14:36
90	1811	LESLEY	KOBE	LIMA	MEN 23 (4 KM)	0:14:40
91	1083	MOKGETHI	MNGUNI	AMPU	MEN 23 (4 KM)	0:14:42
92	3258	WALTER	MPHELA	ANWN	MEN 23 (4 KM)	0:14:50
93	3255	SAM	MASHA	ANWN	MEN 23 (4 KM)	0:14:58
94	303	ERROL	NEL	ACNW	MEN 23 (4 KM)	0:15:01
95	1813	KHOMOTSO	MAKALELA	LIMA	MEN 23 (4 KM)	0:15:03
96	1288	KUTLWANA	MOLOANA	ANWN	MEN 23 (4 KM)	0:15:05

97	2292	KGASHANE	MATHIPA	ACNW	MEN 23 (4 KM)	0:15:13
98	294	LUCAS	MATLHAPA	ACNW	MEN 23 (4 KM)	0:15:17
99	3804	YANICH	STRAUSS	LIMA	MEN 23 (4 KM)	0:15:51
100	1286	KEAMOGETSWE	MFOLOE	ANWN	MEN 23 (4 KM)	0:16:00
SENIOR MEN (4 KM)						
1	2286	MTHOBISI	BALOYI	ACNW	SENIOR MEN (4 KM)	0:11:27
2	2290	DAVID	MANJA	ACNW	SENIOR MEN (4 KM)	0:11:35
3	2787	COLLEN	MULAUDZI	AGN	SENIOR MEN (4 KM)	0:11:56
4	3507	MARKO	BUCARIZZA	CGA	SENIOR MEN (4 KM)	0:11:56
5	3514	PAULOS	RADEBE	CGA	SENIOR MEN (4 KM)	0:12:00
6	3513	DUNCAN	MULAUDZI	CGA	SENIOR MEN (4 KM)	0:12:03
7	2777	MOSES	DIRANE	AGN	SENIOR MEN (4 KM)	0:12:04
8	3515	CLINTON	SWANEPOEL	CGA	SENIOR MEN (4 KM)	0:12:07
9	2788	CHARLES	NEL	AGN	SENIOR MEN (4 KM)	0:12:07
10	2521	BOY	SOKE	AFS	SENIOR MEN (4 KM)	0:12:12
11	3512	THATO	MOLATEDI	CGA	SENIOR MEN (4 KM)	0:12:15
12	3657	SITHEMBELE	FANEKO	KZNA	SENIOR MEN (4 KM)	0:12:19
13	2522	JONAS	SOKE	AFS	SENIOR MEN (4 KM)	0:12:19
14	3602	ZOLANI	NGQAQA	EPA	SENIOR MEN (4 KM)	0:12:22
15	3509	PHARSON	MAGAGANE	CGA	SENIOR MEN (4 KM)	0:12:23
16	3413	WILLIAM	KAPTEIN	BOLA	SENIOR MEN (4 KM)	0:12:24
17	2511	TREASURE	DERISON	AFS	SENIOR MEN (4 KM)	0:12:25
18	2293	JERRY	MOTSAU	ACNW	SENIOR MEN (4 KM)	0:12:26
19	3110	MOSES	MAHLANGU	IND	SENIOR MEN (4 KM)	0:12:26
20	3511	TEBOGO	MMITSHANE	CGA	SENIOR MEN (4 KM)	0:12:33
21	3403	PETA	MOKHOALI	AVT	SENIOR MEN (4 KM)	0:12:35
22	2790	ABRAAMS	REVALDO	AGN	SENIOR MEN (4 KM)	0:12:36
23	3858	REGHEN	MAGWAI	IND	SENIOR MEN (4 KM)	0:12:43
24	3601	MELIKHAYA	FRANS	EPA	SENIOR MEN (4 KM)	0:12:43
25	2786	SIMON	MOKONYAMA	AGN	SENIOR MEN (4 KM)	0:12:44
26	2520	VINCENT	SERUTLA	AFS	SENIOR MEN (4 KM)	0:12:45
27	2518	MONNAPULE	RAMABUSA	AFS	SENIOR MEN (4 KM)	0:12:48
28	3659	JABULANI	MKHIZE	KZNA	SENIOR MEN (4 KM)	0:12:49
29	3660	SPHAMANDLA	NYEMBE	KZNA	SENIOR MEN (4 KM)	0:12:50
30	2781	ELLIOT	MAKGOBA	AGN	SENIOR MEN (4 KM)	0:12:59
31	2792	MUSA	SWAKAXA	AGN	SENIOR MEN (4 KM)	0:13:01
32	2512	XOLANI	LONI	AFS	SENIOR MEN (4 KM)	0:13:05
33	3880	RODNEY	PRINS	EPA	SENIOR MEN (4 KM)	0:13:06
34	2513	TEBOGO	MOFOLO	AFS	SENIOR MEN (4 KM)	0:13:12
35	3082	FREEDOM	MAKHUBELA	AMPU	SENIOR MEN (4 KM)	0:13:14
36	3595	CUNUKELO	MAFIKA	IND	SENIOR MEN (4 KM)	0:13:16
37	328	KAMUGELO	MONCHO	ACNW	SENIOR MEN (4 KM)	0:13:18
38	2794	KENDALL	WIAN	AGN	SENIOR MEN (4 KM)	0:13:18
39	3259	KABLEGO	NTHATHE	ANWN	SENIOR MEN (4 KM)	0:13:19
40	2519	LEBOYA	RAMAUBANE	AFS	SENIOR MEN (4 KM)	0:13:20
41	545	MPUMELEMO	MDI	AFS	SENIOR MEN (4 KM)	0:13:26
42	2517	WILLEM	RADEBE	AFS	SENIOR MEN (4 KM)	0:13:26
43	550	SAMUEL	MOLIBEDI	AFS	SENIOR MEN (4 KM)	0:13:31
44	1285	CASPER	LEEPIL	ANWN	SENIOR MEN (4 KM)	0:13:33
45	1289	OBAKENG	MORWENG	ANWN	SENIOR MEN (4 KM)	0:13:36

46	2514	LEFA	MOKOENA	AFS	SENIOR MEN (4 KM)	0:13:37
47	2784	CHAUKE	MICHAEL	AGN	SENIOR MEN (4 KM)	0:13:37
48	1287	KGAUGELO	MOHLOSI	ANWN	SENIOR MEN (4 KM)	0:13:38
49	1389	AVIWE	MANGALISO	ATRA	SENIOR MEN (4 KM)	0:13:39
50	1886	SAKHIWO	MANGUZELA	KZNA	SENIOR MEN (4 KM)	0:13:44
51	3327	LEON	ADAMS	ASWD	SENIOR MEN (4 KM)	0:13:44
52	305	BRANDON	VAN ROOYEN	ACNW	SENIOR MEN (4 KM)	0:13:48
53	302	ERNEST	MYULU	ACNW	SENIOR MEN (4 KM)	0:13:49
54	3251	LESLEY	CHIFUMBI	ANWN	SENIOR MEN (4 KM)	0:13:52
55	788	SIBUSISO	MFIKI	AGN	SENIOR MEN (4 KM)	0:13:59
56	1081	SIMANGA	MABUZA	AMPU	SENIOR MEN (4 KM)	0:14:05
57	1616	SIABONGA	KAHLA	EPA	SENIOR MEN (4 KM)	0:14:18
58	2289	JIMMY	LOURENS	ACNW	SENIOR MEN (4 KM)	0:14:19
59	2291	TSEKISO	MANTEWA	ACNW	SENIOR MEN (4 KM)	0:14:23
60	1080	STEPHEN	HENRY	AMPU	SENIOR MEN (4 KM)	0:14:26
61	3257	JOHN	MOKOMELE	ANWN	SENIOR MEN (4 KM)	0:14:31
62	2779	WILLIAM	GRIMES	AGN	SENIOR MEN (4 KM)	0:14:35
63	1815	NELSON	MOTHOA	LIMA	SENIOR MEN (4 KM)	0:14:44
64	1291	IGTWAN	SCHUTTE	ANWN	SENIOR MEN (4 KM)	0:14:51
65	1816	PAUL	VAN DER BERG	LIMA	SENIOR MEN (4 KM)	0:15:06
66	3800	VICTOR	EKMAN	LIMA	SENIOR MEN (4 KM)	0:15:07
67	1284	KHUMO MOTHEO	KOTSEDI	ANWN	SENIOR MEN (4 KM)	0:15:31
68	3260	ORAPELENG	SEKHOSANA	ANWN	SENIOR MEN (4 KM)	0:15:32
69	2783	MATHEWS	MATSETELA	AGN	SENIOR MEN (4 KM)	0:15:37
70	3254	POGISO	FORTEIN	ANWN	SENIOR MEN (4 KM)	0:15:48
71	3801	DAVID	KABWA	LIMA	SENIOR MEN (4 KM)	0:15:50
72	1900	SINETHEMBA	XHANTIBE	ACNW	SENIOR MEN (4 KM)	0:16:10
73	3253	GODFREY	DIPHEKO	ANWN	SENIOR MEN (4 KM)	0:16:23
74	2288	ANDRIES	GREEFF	ACNW	SENIOR MEN (4 KM)	0:16:35
75	2287	COENIE	FOURIE	ACNW	SENIOR MEN (4 KM)	0:16:55
76	3410	JAMES	COETZEE	IND	SENIOR MEN (4 KM)	0:17:55

SENIOR MEN (10 KM)

1	562	SAMUEL	MATSEPE	AFS	SENIOR MEN (10 KM)	0:30:30
2	1589	TUMELO	MOTLAGALE	CGA	SENIOR MEN (10 KM)	0:30:36
3	561	THABANG	MASIHLEHO	AFS	SENIOR MEN (10 KM)	0:30:43
4	1587	DEROCIOUS	MAKHUBALO	CGA	SENIOR MEN (10 KM)	0:31:00
5	894	VUYISILE	TSHOBA	AGN	SENIOR MEN (10 KM)	0:31:05
6	1584	ABRAM	KHUMALO	CGA	SENIOR MEN (10 KM)	0:31:07
7	569	SAMUEL	SEGOABA	AFS	SENIOR MEN (10 KM)	0:31:11
8	1588	PHILLIMON	MATHIBA	CGA	SENIOR MEN (10 KM)	0:31:14
9	1586	TUMELO	MAHLANGU	CGA	SENIOR MEN (10 KM)	0:31:18
10	1448	WILLIAM	KAPTEIN	BOLA	SENIOR MEN (10 KM)	0:31:25
11	890	COLLEN	MULAUDZI	AGN	SENIOR MEN (10 KM)	0:31:39
12	1694	AYANDA	MNCUBE	KZNA	SENIOR MEN (10 KM)	0:31:45
13	1691	PHILANI	BUTHELEZI	KZNA	SENIOR MEN (10 KM)	0:31:53
14	1822	MILTON	KEKANA	LIMA	SENIOR MEN (10 KM)	0:31:54
15	1137	AMOS	THANJEKWAYO	IND	SENIOR MEN (10 KM)	0:31:55
16	1696	SIYABONGA	NKONDE	KZNA	SENIOR MEN (10 KM)	0:31:59
17	879	BAFANA	DUBE	AGN	SENIOR MEN (10 KM)	0:32:08
18	1583	PRINCE	JALI	CGA	SENIOR MEN (10 KM)	0:32:14

19	882	JOEL	MADIBA	AGN	SENIOR MEN (10 KM)	0:32:19
20	888	SIKHALO	MTHIMKULU	AGN	SENIOR MEN (10 KM)	0:32:22
21	892	VICTOR	PHEEHA	AGN	SENIOR MEN (10 KM)	0:32:27
22	947	ANDRIES	PONGWANA	AGW	SENIOR MEN (10 KM)	0:32:30
23	812	MOTSAMAI	MOTONE	AGN	SENIOR MEN (10 KM)	0:32:46
24	1860	VUYOLWETHU	MBUKUSHE	WPA	SENIOR MEN (10 KM)	0:32:53
25	1692	ANELE	DLAMINI	KZNA	SENIOR MEN (10 KM)	0:32:57
26	1309	OBED	KOPONG	ANWN	SENIOR MEN (10 KM)	0:32:58
27	3359	KHAYA	BUTELE	ATRA	SENIOR MEN (10 KM)	0:33:01
28	891	TEBOGO	NDWANDWE	AGN	SENIOR MEN (10 KM)	0:33:10
29	1439	JAPPHTA	MOSOENYANE	AVT	SENIOR MEN (10 KM)	0:33:23
30	330	OMPHILE	MOTLAGALE	ACNW	SENIOR MEN (10 KM)	0:33:23
31	1447	JUSTIN	FRITZ	BOLA	SENIOR MEN (10 KM)	0:33:26
32	946	NATHAN	EDWARDS	AGW	SENIOR MEN (10 KM)	0:33:27
33	884	KLEINBOOI	MATSEMELA	AGN	SENIOR MEN (10 KM)	0:33:28
34	885	NYAKALLO	MOKHOTHI	AGN	SENIOR MEN (10 KM)	0:33:28
35	893	IAN	SLINGER	AGN	SENIOR MEN (10 KM)	0:33:35
36	878	ALTUS	BADENHORST	AGN	SENIOR MEN (10 KM)	0:33:38
37	1693	SIPHO	MBANJWA	KZNA	SENIOR MEN (10 KM)	0:33:43
38	886	THOBILE	MOSITO	AGN	SENIOR MEN (10 KM)	0:33:44
39	333	GEORGE	RAMCWANA	ACNW	SENIOR MEN (10 KM)	0:33:55
40	570	MATSELISO	TSOLO	AFS	SENIOR MEN (10 KM)	0:34:02
41	1892	SIBONGISENI	MAGWACA	ATRA	SENIOR MEN (10 KM)	0:34:15
42	881	SELLO	LEKALAKALA	AGN	SENIOR MEN (10 KM)	0:34:20
43	1112	THULANI	MANANA	AMPU	SENIOR MEN (10 KM)	0:34:27
44	1859	AKHONA	MAKILA	WPA	SENIOR MEN (10 KM)	0:34:28
45	1136	LUCKY	SITHOLE	IND	SENIOR MEN (10 KM)	0:34:39
46	1388	ZUKO	KHUPHISO	ATRA	SENIOR MEN (10 KM)	0:34:43
47	1113	BONGA	MASINA	AMPU	SENIOR MEN (10 KM)	0:34:44
48	3860	MOYO	THABO	IND	SENIOR MEN (10 KM)	0:34:53
49	1621	ZOLANI	MABHONGO	EPA	SENIOR MEN (10 KM)	0:35:01
50	889	DERRICK	MTSWENI	AGN	SENIOR MEN (10 KM)	0:35:06
51	887	JAMES	MOTHTWA	AGN	SENIOR MEN (10 KM)	0:35:09
52	1311	OFENTSE	MOKOTELAKWENA	ANWN	SENIOR MEN (10 KM)	0:35:09
53	1861	DU-WAYNE	PHILANDER	WPA	SENIOR MEN (10 KM)	0:35:16
54	560	MORATEHI	MABIZELA	AFS	SENIOR MEN (10 KM)	0:35:22
55	895	HOSHANE	VUMA	AGN	SENIOR MEN (10 KM)	0:35:26
56	1090	HENNING	VAN ASWEGEN	AMPU	SENIOR MEN (10 KM)	0:35:34
57	1344	FRANCOIS	MAQUASSA	ASWD	SENIOR MEN (10 KM)	0:35:37
58	332	OWAGENG	PELESA	ACNW	SENIOR MEN (10 KM)	0:35:38
59	880	TSHEPO	LEETO	AGN	SENIOR MEN (10 KM)	0:35:46
60	567	TSHEPO	MOTSEHELA	AFS	SENIOR MEN (10 KM)	0:36:03
61	326	RAPITSWANA	MASHAPHU	ACNW	SENIOR MEN (10 KM)	0:36:14
62	1879	DUWAYNE	LUCAS	EPA	SENIOR MEN (10 KM)	0:36:20
63	298	KAMOGELO	MONCHO	ACNW	SENIOR MEN (10 KM)	0:36:33
64	1310	GOODWILL	LEBURU	ANWN	SENIOR MEN (10 KM)	0:36:38
65	1114	BHEKI	NKOSI	AMPU	SENIOR MEN (10 KM)	0:36:57
66	564	DAVID	MOLHISELWA	AFS	SENIOR MEN (10 KM)	0:37:16
67	883	JACK	MASOGO	AGN	SENIOR MEN (10 KM)	0:37:28
68	329	PIETER	MONG	ACNW	SENIOR MEN (10 KM)	0:37:31
69	566	TISETSO	MOTHATA	AFS	SENIOR MEN (10 KM)	0:38:05

70	568	LEHLOHONOLO	RAMOSELI	AFS	SENIOR MEN (10 KM)	0:39:47
71	327	THAPELO	MOANDIRE	ACNW	SENIOR MEN (10 KM)	0:40:10
MEN 30 (8 KM)						
1	1548	LUCKY	MTSHALI	CGA	MEN 30 (8 KM)	0:24:51
2	1550	PULE	TJAOANA	CGA	MEN 30 (8 KM)	0:25:18
3	1852	HEIN	CAMPBOR	WPA	MEN 30 (8 KM)	0:25:46
4	1826	WILFRED	LEEUEW	SAPS	MEN 30 (8 KM)	0:25:50
5	1547	JOALA	MOTHOB	CGA	MEN 30 (8 KM)	0:26:06
6	1671	JUSTICE	SAWANA	KZNA	MEN 30 (8 KM)	0:26:10
7	1545	MBUSO	GAZU	CGA	MEN 30 (8 KM)	0:26:17
8	1829	ARANOLENG	MOGAPI	SAPS	MEN 30 (8 KM)	0:26:18
9	1549	SIYAVUYA	THOMAS	CGA	MEN 30 (8 KM)	0:26:43
10	1669	KHANYISA	NKINKQA	KZNA	MEN 30 (8 KM)	0:26:46
11	1827	TEBOHO	MAJORO	SAPS	MEN 30 (8 KM)	0:26:47
12	806	GINO	NKOE	AGN	MEN 30 (8 KM)	0:26:51
13	1091	EMMANUEL	MABASO	AMPU	MEN 30 (8 KM)	0:27:27
14	802	ANDRIES	MALETE	AGN	MEN 30 (8 KM)	0:27:38
15	1092	BHEKIMUSA	NKOSI	AMPU	MEN 30 (8 KM)	0:27:43
16	1828	MZUKISENI	MATYHWAPHULA	SAPS	MEN 30 (8 KM)	0:27:50
17	1668	SIPHO	NGXONGO	KZNA	MEN 30 (8 KM)	0:28:14
18	1292	COLLEN	MASEGE	ANWN	MEN 30 (8 KM)	0:28:16
19	1670	PAULOS	PHUNGULA	KZNA	MEN 30 (8 KM)	0:28:17
20	1544	SIMPHIWE	DUZE	CGA	MEN 30 (8 KM)	0:28:20
21	1546	PETER	MOGOLE	CGA	MEN 30 (8 KM)	0:28:34
22	1293	SARTIEL	PULE	ANWN	MEN 30 (8 KM)	0:28:49
23	805	ANDRIES	NIENABER	AGN	MEN 30 (8 KM)	0:29:28
24	1830	SIFISO BRAIN	NTSHANGASE	SAPS	MEN 30 (8 KM)	0:29:35
25	797	KAREL	KAPP	AGN	MEN 30 (8 KM)	0:29:47
26	804	SELLO	NGWANE	AGN	MEN 30 (8 KM)	0:30:00
27	1825	LIONEL	CRONJE	SAPS	MEN 30 (8 KM)	0:32:45
28	803	PHIL	MINNAAR	AGN	MEN 30 (8 KM)	0:37:05
29	796	KATLEGO	BALOYI	AGN	MEN 30 (8 KM)	0:38:02
30	801	FRANS	MALATJI	AGN	MEN 30 (8 KM)	0:40:46
MEN 35 (8 KM)						
1	1675	SIMPHIWE	ZULU	KZNA	MEN 35 (8 KM)	0:25:23
2	1434	PAUL	RAMAKOPU	AVT	MEN 35 (8 KM)	0:26:11
3	1836	SANDILE	TSHOLOBA	SAPS	MEN 35 (8 KM)	0:26:22
4	1555	MAFIKA	NGIDI	CGA	MEN 35 (8 KM)	0:26:28
5	1552	JAMES	MGCINA	CGA	MEN 35 (8 KM)	0:26:31
6	1554	XOLILE	NDABENI	CGA	MEN 35 (8 KM)	0:26:36
7	1672	SKHUMBUZO	DLAMINI	KZNA	MEN 35 (8 KM)	0:26:45
8	1551	LYMPSON	MAIFO	CGA	MEN 35 (8 KM)	0:26:58
9	1617	ANELE	MALIZA	EPA	MEN 35 (8 KM)	0:27:14
10	817	WILHELM	STEYN	AGN	MEN 35 (8 KM)	0:27:15
11	1432	SAMPIE	MOKGATLA	AVT	MEN 35 (8 KM)	0:27:26
12	1835	SIMON MOTSAMAI	SIBISI	SAPS	MEN 35 (8 KM)	0:27:39
13	1674	INNOCENT	NYAWOSE	KZNA	MEN 35 (8 KM)	0:27:56
14	1832	RONNY NOKO	MABOTJA	SAPS	MEN 35 (8 KM)	0:28:04
15	1831	MUZIKAYISE CLIVE	KHOZA	SAPS	MEN 35 (8 KM)	0:28:18
16	1853	VAKALISA	KOPOLO	WPA	MEN 35 (8 KM)	0:28:24

17	1340	ANDRE	JAKOBUS	ASWD	MEN 35 (8 KM)	0:28:27
18	1673	LUCKY	MADLALA	KZNA	MEN 35 (8 KM)	0:28:32
19	1433	THABISO	MOKOETSE	AVT	MEN 35 (8 KM)	0:28:37
20	816	EDWARD	SETSEDI	AGN	MEN 35 (8 KM)	0:28:47
21	1093	DIRK	VAN DEN HEEVER	AMPU	MEN 35 (8 KM)	0:28:52
22	815	BENNIE	ROUX	AGN	MEN 35 (8 KM)	0:29:11
23	809	LINCOLN	KEETON	AGN	MEN 35 (8 KM)	0:31:23
24	813	MANTELA	NGOMANE	AGN	MEN 35 (8 KM)	0:31:40
25	306	VELILE	MAKANE	ACNW	MEN 35 (8 KM)	0:31:57
26	1890	FANIE	BEKKER	IND	MEN 35 (8 KM)	0:31:58
27	1294	JOHANNES	DU PLESSIS	ANWN	MEN 35 (8 KM)	0:36:18
28	1609	SIFISO	NGCOBO	IND	MEN 35 (8 KM)	0:37:32
29	1295	MARNUS	RICHTER	ANWN	MEN 35 (8 KM)	0:38:59

MEN 40 (8 KM)

1	823	SHADRACK	HOFF	AGN	MEN 40 (8 KM)	0:24:33
2	1560	SIMON	MPHOLO	CGA	MEN 40 (8 KM)	0:25:36
3	1562	ACTION	RAMABOA	CGA	MEN 40 (8 KM)	0:26:09
4	833	ENOCH	SKOSANA	AGN	MEN 40 (8 KM)	0:26:21
5	1559	SOLLY	MOKAOANE	CGA	MEN 40 (8 KM)	0:26:39
6	1435	THEBO	MASHIGO	AVT	MEN 40 (8 KM)	0:27:02
7	837	COLIN	WITBOOI	AGN	MEN 40 (8 KM)	0:27:19
8	1558	SELLO	MOILOA	CGA	MEN 40 (8 KM)	0:27:37
9	1679	EPHRAIM	XABA	KZNA	MEN 40 (8 KM)	0:27:46
10	824	DEMETRI	JANSEN	AGN	MEN 40 (8 KM)	0:28:11
11	1676	SCELO	MABASO	KZNA	MEN 40 (8 KM)	0:28:16
12	312	KAGISO	MOGATLE	ACNW	MEN 40 (8 KM)	0:28:24
13	1677	NICHOLAS	MJADU	KZNA	MEN 40 (8 KM)	0:28:35
14	1301	JOHNNY	YOUNG	ANWN	MEN 40 (8 KM)	0:28:38
15	828	PETER	MOTSHOENE	AGN	MEN 40 (8 KM)	0:29:01
16	555	PULE	MOLOSI	AFS	MEN 40 (8 KM)	0:29:04
17	1557	IAN	MC DONALD	CGA	MEN 40 (8 KM)	0:29:05
18	1678	BHEKITHEMBA	NGUBANE	KZNA	MEN 40 (8 KM)	0:29:21
19	1297	SPENCER	MORAOPE	ANWN	MEN 40 (8 KM)	0:29:31
20	821	LLEWELYN	CURLEWIS	AGN	MEN 40 (8 KM)	0:30:07
21	3867	JEROME	ZONDI	KZNA	MEN 40 (8 KM)	0:30:22
22	829	ELMON	NDLOVU	AGN	MEN 40 (8 KM)	0:30:36
23	1819	RAMPEDI FRANS	RAMAILA	LIMA	MEN 40 (8 KM)	0:31:45
24	308	PIETER	BURGER	ACNW	MEN 40 (8 KM)	0:31:48
25	1095	DOUGLAS	LONG	AMPU	MEN 40 (8 KM)	0:31:54
26	554	NORMAN	MODISE	AFS	MEN 40 (8 KM)	0:32:04
27	1299	WILLEM	ODENDAAL	ANWN	MEN 40 (8 KM)	0:32:32
28	826	HENDRIK	MATTHEUS	AGN	MEN 40 (8 KM)	0:33:29
29	314	BETHWELL	QANGULE	ACNW	MEN 40 (8 KM)	0:33:52
30	818	GUSTAV	BOTHA	AGN	MEN 40 (8 KM)	0:33:52
31	1099	MOSES	SKOSANA	AMPU	MEN 40 (8 KM)	0:33:55
32	836	WILLEM	VAN SCHALKWYK	AGN	MEN 40 (8 KM)	0:34:09
33	1887	JOHN	ADAMS	KZNA	MEN 40 (8 KM)	0:34:14
34	822	JOHAN	DU PLESSIS	AGN	MEN 40 (8 KM)	0:34:20
35	1096	DANIËL	NKOSI	AMPU	MEN 40 (8 KM)	0:35:06
36	1100	SCHALK	VENTER	AMPU	MEN 40 (8 KM)	0:35:25

37	309	HUGO	CALITZ	ACNW	MEN 40 (8 KM)	0:36:02
38	1097	ZIMASA	NTLOMO	AMPU	MEN 40 (8 KM)	0:36:37
39	835	HENDRIK	VAN DER MERWE	AGN	MEN 40 (8 KM)	0:36:56
40	831	PAUL	PEREL	AGN	MEN 40 (8 KM)	0:36:59
41	1818	SAMSON	MABIYA	LIMA	MEN 40 (8 KM)	0:37:07
42	1296	HENRY	FRANCIS	ANWN	MEN 40 (8 KM)	0:37:38
43	830	SCHALKWI	NOLTE	AGN	MEN 40 (8 KM)	0:37:46
44	820	STEFAN	BURGER	AGN	MEN 40 (8 KM)	0:38:30
45	1101	DIRK	WOLFAARDT	AMPU	MEN 40 (8 KM)	0:38:40
46	1300	MABUZANE JOSEPH	SILINZA	ANWN	MEN 40 (8 KM)	0:38:55
47	310	CHAREL	DU BRUYN	ACNW	MEN 40 (8 KM)	0:39:46

MEN 45 (8 KM)

1	1565	PETER	MASIA	CGA	MEN 45 (8 KM)	0:27:10
2	1563	LAWRENCE	CHIPANGAAN	CGA	MEN 45 (8 KM)	0:27:37
3	1567	MOAGI	MOEKETSI	CGA	MEN 45 (8 KM)	0:27:49
4	852	PIET	MOSEBEDI	AGN	MEN 45 (8 KM)	0:27:57
5	316	NICO	DEERLING	ACNW	MEN 45 (8 KM)	0:28:22
6	1855	GRAHAM	KATZEN	WPA	MEN 45 (8 KM)	0:28:41
7	1436	TSIETSI	MOKOENA	AVT	MEN 45 (8 KM)	0:28:53
8	1618	FREDDIE	JANTJIES	EPA	MEN 45 (8 KM)	0:29:39
9	844	DAWIE	DE VILLIERS	AGN	MEN 45 (8 KM)	0:30:11
10	1566	RICHARD	MAYER	CGA	MEN 45 (8 KM)	0:30:13
11	842	JOHAN	BUYS	AGN	MEN 45 (8 KM)	0:30:23
12	557	BENJAMIN	SENOKOANE	AFS	MEN 45 (8 KM)	0:30:38
13	1568	KHENENE	SENETSE	CGA	MEN 45 (8 KM)	0:30:45
14	1135	SEAN	HENRY	IND	MEN 45 (8 KM)	0:30:48
15	840	WILLIE	BRONKHORST	AGN	MEN 45 (8 KM)	0:30:52
16	851	GRAHAM	MEGAW	AGN	MEN 45 (8 KM)	0:31:14
17	1437	JEREMIA	THAPEDI	AVT	MEN 45 (8 KM)	0:31:25
18	1564	ANDY	IRVINE	CGA	MEN 45 (8 KM)	0:31:29
19	1438	PETRUS	TSOTETSI	AVT	MEN 45 (8 KM)	0:31:42
20	1303	SELLO	MOKONE	ANWN	MEN 45 (8 KM)	0:31:46
21	841	GRAHAM	BURNETT	AGN	MEN 45 (8 KM)	0:32:00
22	853	LEO	PRINSLOO	AGN	MEN 45 (8 KM)	0:32:01
23	1680	ELIAS	MADLALA	KZNA	MEN 45 (8 KM)	0:32:06
24	846	RIEME	ENGELBRECHT	AGN	MEN 45 (8 KM)	0:32:13
25	1302	JORRIE	JORDAAN	ANWN	MEN 45 (8 KM)	0:32:20
26	1304	ISHMAEL	MOTHOANE	ANWN	MEN 45 (8 KM)	0:33:01
27	848	GARETH	GREER	AGN	MEN 45 (8 KM)	0:33:15
28	847	ANDRE	ERASMUS	AGN	MEN 45 (8 KM)	0:33:20
29	850	JAMES	MCEWAN	AGN	MEN 45 (8 KM)	0:33:28
30	1106	TIAAN	SWANEPOEL	AMPU	MEN 45 (8 KM)	0:34:02
31	1610	SOLOMON	DE BEER	IND	MEN 45 (8 KM)	0:34:45
32	1305	ABRI	VAN DER HEEVER	ANWN	MEN 45 (8 KM)	0:34:54
33	1107	ALBERT	WOLFAARD	AMPU	MEN 45 (8 KM)	0:34:59
34	855	WILLIE	WATSON	AGN	MEN 45 (8 KM)	0:35:01
35	1105	JAMES	POTGIETER	AMPU	MEN 45 (8 KM)	0:35:23
36	845	WILLIE	DU PREEZ	AGN	MEN 45 (8 KM)	0:35:38
37	317	GEORGE	MNGOMEZULU	ACNW	MEN 45 (8 KM)	0:35:43
38	838	KOOS	APHANE	AGN	MEN 45 (8 KM)	0:35:59

39	1102	JOSEPH	KLUYTS	AMPU	MEN 45 (8 KM)	0:36:42
40	319	MICHEL	VAN STRATEN	ACNW	MEN 45 (8 KM)	0:37:19
41	854	FRANS	VAN DYK	AGN	MEN 45 (8 KM)	0:37:20
42	1104	HENDRIK	MENTZ	AMPU	MEN 45 (8 KM)	0:37:31
43	839	JOHAN	BOSCH	AGN	MEN 45 (8 KM)	0:37:58
44	1820	JOHAN	DU TOIT	LIMA	MEN 45 (8 KM)	0:40:46

MEN 50 (8 KM)

1	1572	REFORM	NDLOVU	CGA	MEN 50 (8 KM)	0:28:52
2	1575	ARTHUR	WOOLDRIDGE	CGA	MEN 50 (8 KM)	0:29:18
3	1838	KENNETH	MOTSOAI	SAPS	MEN 50 (8 KM)	0:29:35
4	1574	TONY	SILVA	CGA	MEN 50 (8 KM)	0:30:03
5	1686	WARREN	THACKWRAY	KZNA	MEN 50 (8 KM)	0:30:15
6	1856	CHRIS	MITCHELL	WPA	MEN 50 (8 KM)	0:30:25
7	1569	JOSEPH	MABODLA	CGA	MEN 50 (8 KM)	0:30:33
8	864	MOSES	LETHLAKU	AGN	MEN 50 (8 KM)	0:30:37
9	1571	BERNARD	MOSALA	CGA	MEN 50 (8 KM)	0:31:00
10	1570	ZEB	MOKONOTO	CGA	MEN 50 (8 KM)	0:31:13
11	857	WILLIE	BENEKE	AGN	MEN 50 (8 KM)	0:31:31
12	1684	WILLIE	MAJOMBOZI	KZNA	MEN 50 (8 KM)	0:31:37
13	1573	DONALD	SAMPSON	CGA	MEN 50 (8 KM)	0:32:39
14	1682	KENNETH	CULVERWELL	KZNA	MEN 50 (8 KM)	0:32:43
15	320	OLEBOGENG	BATANTSE	ACNW	MEN 50 (8 KM)	0:32:51
16	856	AVRIL	BARKUYSEN	AGN	MEN 50 (8 KM)	0:33:19
17	867	RICHARD	SINDEN	AGN	MEN 50 (8 KM)	0:33:31
18	321	SHADRACK	KHALI	ACNW	MEN 50 (8 KM)	0:33:35
19	861	ROB	HUDSON	AGN	MEN 50 (8 KM)	0:34:09
20	1685	SIPHO	MBOKAZI	KZNA	MEN 50 (8 KM)	0:35:04
21	860	SYDNEY	GREGAN	AGN	MEN 50 (8 KM)	0:35:25
22	1893	ZWELAKHE	KUTTA	ATRA	MEN 50 (8 KM)	0:35:56
23	859	CHRIS	BRITZ	AGN	MEN 50 (8 KM)	0:36:55
24	862	HENNIE	JOOSTE	AGN	MEN 50 (8 KM)	0:37:09
25	1897	JAN	BRONKHORST	IND	MEN 50 (8 KM)	0:38:20
26	865	ANDRE	OLIVIER	AGN	MEN 50 (8 KM)	0:40:46

MEN 55 (8 KM)

1	323	STUART	MCCALL	ACNW	MEN 55 (8 KM)	0:28:10
2	1857	JULIAN	PAUL	WPA	MEN 55 (8 KM)	0:30:28
3	1576	ANDRE	BREDENKAMP	CGA	MEN 55 (8 KM)	0:31:41
4	1688	ANDREW	DALY	KZNA	MEN 55 (8 KM)	0:31:55
5	1580	JOHANNES	PIETERSE	CGA	MEN 55 (8 KM)	0:32:10
6	877	JOHANN	WALTERS	AGN	MEN 55 (8 KM)	0:32:14
7	874	BURGER	LINDE	AGN	MEN 55 (8 KM)	0:32:22
8	1110	CONRAD	VAN DEN BERG	AMPU	MEN 55 (8 KM)	0:32:24
9	1582	RAYMOND	SIBANYONI (DISQ)	CGA	MEN 55 (8 KM)	0:32:27
10	1690	AUBREY	ROBERTS	KZNA	MEN 55 (8 KM)	0:32:43
11	1577	MARIUS	CARSTENS	CGA	MEN 55 (8 KM)	0:33:00
12	1581	JERRY	RANKAPULE	CGA	MEN 55 (8 KM)	0:33:04
13	1343	SIDWELL	OKTOBER	ASWD	MEN 55 (8 KM)	0:33:16
14	1579	PETROS	KEKANA	CGA	MEN 55 (8 KM)	0:33:20
15	1578	ARRIGO	FERRI	CGA	MEN 55 (8 KM)	0:33:44
16	870	JAN	BESTER	AGN	MEN 55 (8 KM)	0:34:17

17	1687	VERNON	ANLEY	KZNA	MEN 55 (8 KM)	0:34:57
18	1821	DANIEL	RAPHESU	LIMA	MEN 55 (8 KM)	0:35:10
19	875	LEN	LORENZEN	AGN	MEN 55 (8 KM)	0:36:00
20	1108	COBUS	FOURIE	AMPU	MEN 55 (8 KM)	0:37:04
21	873	JOHNIE	JONKER	AGN	MEN 55 (8 KM)	0:37:06
22	558	ERNST	VAN DER BERG	AFS	MEN 55 (8 KM)	0:37:25
23	1308	WERNER	WEIDEMANN	ANWN	MEN 55 (8 KM)	0:37:40
24	869	HENNIE	BARNARD	AGN	MEN 55 (8 KM)	0:37:52
25	1689	FREDDY	MHLONGO	KZNA	MEN 55 (8 KM)	0:38:18
26	876	PIET	LOTTER	AGN	MEN 55 (8 KM)	0:38:19
27	872	JOHN	GROBBELAAR	AGN	MEN 55 (8 KM)	0:38:20
28	871	DIRK	BRINK	AGN	MEN 55 (8 KM)	0:38:50
29	1342	JACOB	KARELSE	ASWD	MEN 55 (8 KM)	0:39:32
30	1109	FANIE	NELSON	AMPU	MEN 55 (8 KM)	0:40:28
31	1306	NILIUS	RALL	ANWN	MEN 55 (8 KM)	0:40:46

MEN 60 (6 KM)

1	3497	STEPHEN	SEEMA	CGA	MEN 60 (6 KM)	0:23:17
2	3650	LAWRIE	RAUBEHEIMER	KZNA	MEN 60 (6 KM)	0:23:23
3	3829	LESLEY	CHIVELL	WPA	MEN 60 (6 KM)	0:23:41
4	3495	WILLIE	MAISELA	CGA	MEN 60 (6 KM)	0:23:59
5	3401	PETRUS	MOHALAJENG	AVT	MEN 60 (6 KM)	0:24:47
6	3498	ALAN	SMITH	CGA	MEN 60 (6 KM)	0:24:54
7	3649	NORMAN	BOWKER	KZNA	MEN 60 (6 KM)	0:25:05
8	3499	CYRIL	VERVIE	CGA	MEN 60 (6 KM)	0:25:20
9	3402	ERNEST	TJELA	AVT	MEN 60 (6 KM)	0:25:28
10	2757	MACHIEL	VAN NIEKERK	AGN	MEN 60 (6 KM)	0:26:13
11	3248	JACOB	MJANDANA	ANWN	MEN 60 (6 KM)	0:26:29
12	3648	ANDRE	BOOYSEN	KZNA	MEN 60 (6 KM)	0:26:49
13	3647	NDLOVU	BONGANI	KZNA	MEN 60 (6 KM)	0:26:53
14	3494	ALOYSIUS	EYBERS	CGA	MEN 60 (6 KM)	0:26:57
15	2756	DEWALD	VAN DEN HEEVER	AGN	MEN 60 (6 KM)	0:27:37
16	3503	HANS	SLIEP	CGA	MEN 60 (6 KM)	0:28:13
17	3501	VINCENT	LENTSOENYANE	CGA	MEN 60 (6 KM)	0:28:16
18	3496	MOSES	MOTSHABI	CGA	MEN 60 (6 KM)	0:28:53
19	2751	LEN	CLAASSEN	AGN	MEN 60 (6 KM)	0:29:06
20	2750	TOMMY	BREEDT	AGN	MEN 60 (6 KM)	0:29:40
21	3799	FRANS	KEKANA	LIMA	MEN 60 (6 KM)	0:30:25
22	3079	DIRK	BADENHORST	AMPU	MEN 60 (6 KM)	0:31:31
23	2752	BERTIE	MATTHUYSEN	AGN	MEN 60 (6 KM)	0:31:49
24	2753	BUKS	MEYER	AGN	MEN 60 (6 KM)	0:32:13
25	2754	DIRK	NEETHLING	AGN	MEN 60 (6 KM)	0:33:03
26	2755	HENNIE	PRINSLOO	AGN	MEN 60 (6 KM)	0:36:29

MEN 65 (6 KM)

1	2759	MIKE	DU BRUTO	AGN	MEN 65 (6 KM)	0:24:03
2	3830	AWIE	VELDSMAN	WPA	MEN 65 (6 KM)	0:24:36
3	3654	ERIC	QUIBEL	KZNA	MEN 65 (6 KM)	0:25:12
4	2760	PIET	KLEINGELD	AGN	MEN 65 (6 KM)	0:26:25
5	3250	CICO	STEENKAMP	ANWN	MEN 65 (6 KM)	0:27:02
6	3249	TREVOR	PARRY	ANWN	MEN 65 (6 KM)	0:27:16
7	2284	BUTIKI	NGUBANI	ACNW	MEN 65 (6 KM)	0:27:26

8	2765	HARRY	VAN DER MERWE	AGN	MEN 65 (6 KM)	0:28:01
9	3502	NGWENYA	NICODEMUS	CGA	MEN 65 (6 KM)	0:28:44
10	3080	GABRIEL	JOUBERT	AMPU	MEN 65 (6 KM)	0:28:57
11	3652	SMITH	LES	KZNA	MEN 65 (6 KM)	0:29:07
12	3651	CECIL	CLARKE	KZNA	MEN 65 (6 KM)	0:29:40
13	3653	RAYMOND	MEYER	KZNA	MEN 65 (6 KM)	0:29:55
14	2761	ALLAN	KLUGE	AGN	MEN 65 (6 KM)	0:30:05
15	2763	PIETER	ROSSOUW	AGN	MEN 65 (6 KM)	0:31:44
16	2764	ANDRE	SMITH	AGN	MEN 65 (6 KM)	0:32:00
17	2283	EDDIE	MONG	ACNW	MEN 65 (6 KM)	0:32:36
18	2762	GAWIE	PRETORIUS	AGN	MEN 65 (6 KM)	0:36:29
MEN 70 (6 KM)						
1	3852	RICHARD	OSRIN	IND	MEN 70 (6 KM)	0:26:42
2	3656	ANDREW	SPENCE	KZNA	MEN 70 (6 KM)	0:26:46
3	2766	ANTON	HARROP-ALLIN	AGN	MEN 70 (6 KM)	0:30:29
4	2767	MIKE	KLEINSMIT	AGN	MEN 70 (6 KM)	0:30:31
5	3655	MORAY	CALDER	KZNA	MEN 70 (6 KM)	0:33:04
6	2770	GERRIT	VAN NIEKERK	AGN	MEN 70 (6 KM)	0:35:00
7	2769	PIET	VAN ASWEGEN	AGN	MEN 70 (6 KM)	0:36:29
MEN 75 (6 KM)						
1	2772	ANDRIES	VAN DER MERWE	AGN	MEN 75 (6 KM)	0:30:28
2	2771	NEVILLE	MUIR	AGN	MEN 75 (6 KM)	0:36:29
MEN 80 (6 KM)						
1	2776	KEN	NURDEN	AGN	MEN 80 (6 KM)	0:36:29
2	2773	MARTIN	COETZEE	AGN	MEN 80 (6 KM)	0:36:29
3	2775	DION	HEIGERS	AGN	MEN 80 (6 KM)	0:36:29
4	2774	FRANS	GROBLER	AGN	MEN 80 (6 KM)	0:36:29
MEN 85 (6 KM)						
1	3506	BUDGE	RENS	CGA	MEN 85 (6 KM)	0:36:29