

Girls 08 - 1 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Breytenbach	Cara	Garsfontein LS	07/04/2017
2	2	Meyer	Bea	Menlopark LS	27/02/2017
3	3	Van der Linde	Emma	Menlopark LS	14/06/2017
4	4	Strohfeltdt	Mia	Lynnwood LS	07/01/2017
5	5	Steenkamp	Kayla	Rooihuiskraal LS	23/08/2017
6	6	James	Zarimé	Midstream College PS	13/02/2017
7	7	Westraat	Leah	Monumentpark LS	05/03/2018
8	8	Van Wyk	Lana	Menlopark LS	22/03/2017
9	9	Du Toit	Klara	Menlopark LS	21/02/2017
10	10	Beetge	Lana	Villieria LS	23/02/2017
11	11	Zietsman	Mia Skyler	Wierdapark LS	23/03/2017
12	12	Vorster	Elrie	Monumentpark LS	20/03/2017
13	13	Eksteen	Liemé	Rooihuiskraal LS	16/05/2017
14	14	Kruger	Louxve	Garsfontein LS	24/04/2018
15	16	Theyse	Karli	Wonderboom LS	08/05/2017
16	17	Muller	Velize	Garsfontein LS	09/03/2017
17	18	Van Staden	Elenah	Elarduspark LS	02/05/2017
18	19	Barnard	Isabelle	Lynnwood LS	08/05/2017

Girls 09 - 2 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Van Der Westhuizen	Fleur	Monumentpark LS	02/09/2016
2	2	Sturdy	Robyn	Cornwall Hill College	18/03/2016
3	3	Evans	Jenelle	Wierdapark LS	24/02/2016
4	4	Du Preez	Jesse	Menlopark LS	23/01/2016
5	5	Durow	Cari	Garsfontein LS	06/09/2016
6	6	Prinsloo	Lieka	Menlopark LS	23/11/2016
7	7	Koen	Carli	Menlopark LS	12/06/2016
8	8	Viljoen	Antoné	Wierdapark LS	16/05/2016
9	9	Labuschagne	Ané	Garsfontein LS	30/09/2016
10	10	Agenbach	Leané	Wierdapark LS	27/05/2016
11	11	Loock	Alida	Rooihuiskraal LS	29/01/2016
12	12	De Beer	Xiané	Stephanus Roos LS	22/07/2016
13	13	Pretorius	Ariana	Totiusdal LS	12/05/2016
14	14	Heyneke	Alyssa	Menlopark LS	08/02/2016
15	15	Fouché	Zoey	Midstream College PS	05/12/2016
16	16	De Beer	Elizabeth	Lynnwood LS	01/01/2016
17	17	Scheepers	Juanelle	Stephanus Roos LS	06/01/2016
18	18	Oelofsen	Charlotte	Lynnwood LS	03/12/2016

Girls 10 - 2 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Cox	Emma	Cornwall Hill College	25/05/2015
2	2	Schoeman	Aléri	Garsfontein LS	02/02/2015
3	3	Vosloo	Kenzi	Wierdapark LS	05/05/2015
4	4	Pienaar	Lynicke	Lynnwood LS	06/10/2015
5	5	Munyai	Ompa	Prestige College	13/01/2015
6	6	Cilliers	Karli	Hennospark LS	25/10/2015
7	7	Van Der Westhuizen	Lemay	Lynnwood LS	21/08/2015
8	8	Ntobeng	Boiketlo	Siyahlala Dev AC	15/04/2015
9	9	Potgieter	Marna	Stephanus Roos LS	17/03/2015
10	10	Cloete	Michaela	Elarduspark LS	29/01/2015
11	11	Breytenbach	Elné	Garsfontein LS	19/02/2015
12	12	Bonnema	Lea	Louis Leipoldt LS	16/02/2015
13	13	Nieman	Mila	Menlopark LS	22/05/2015
14	14	Ascani	Micayla	Villieria LS	03/07/2015
15	15	Makhubedu	Lesego	Masai AC	01/07/2015
16	16	Baseni	Thabiso	Masai AC	29/01/2015
17	17	Palm	Lianka	Lynnwood LS	03/03/2015
18	18	Holliday	Ryleigh	Bakenkop LS	09/06/2015

Girls 11 - 3 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Van Wyk	Liané	Menlopark LS	14/02/2014
2	2	Prinsloo	Lizé	Menlopark LS	02/12/2014
3	3	Baloyi	Onthatile	Masai AC	25/11/2014
4	4	Malitha	Nhlanhla	Masai AC	01/05/2014
5	5	Nel	Riané	Tygerpoort LS	03/01/2014
6	6	Neuhoff	Luka	Anton Van Wouw LS	18/07/2014
7	7	Erlank	Mia	Bakenkop LS	25/05/2014
8	8	Le Roux	Annelien	Rooihuiskraal LS	08/09/2014
9	9	Cronje	Joane	Rooihuiskraal LS	03/04/2014
10	10	Louw	Kara	Constantiapark LS	04/06/2014
11	11	Roets	Emma	Midstream College PS	24/02/2014
12	12	Nel	Kari	Garsfontein LS	10/04/2014
13	13	De Bruyn	Kacy	Midstream College PS	12/05/2014
14	14	De Villiers	Ané	Hennospark LS	01/09/2014
15	15	Zovitzkey	Zoey	Die Poort LS	23/10/2014
16	16	De Kok	Annabelle	Anton Van Wouw LS	25/03/2014
17	17	Van Der Bijl	Leandri	Louis Leipoldt LS	05/08/2014
18	18	Geertsema	Zanelle	Lynnwood LS	05/05/2014

Girls 12 - 3 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Erlank	Karissa	Pretoria-Oos LS	13/09/2013
2	2	Botha	Anika	Hennospark LS	10/05/2013
3	3	Mokwena	Mpho	Masai AC	24/08/2013
4	4	Gruenenfelder	Ellie	Hennospark LS	16/09/2013
5	5	Smit	Merize	Hennospark LS	23/05/2013
6	6	Steynberg	Olivia	Die Poort LS	04/04/2013
7	7	Morapedi	Keamogetswe	Masai AC	12/02/2013
8	8	Opperman	Nadine	Elarduspark LS	29/10/2013
9	9	Maré	Alet	Elarduspark LS	14/03/2013
10	10	Strauss	Xanthé	Wierdapark LS	09/08/2013
11	11	Muller	Mieke	Die Poort LS	01/10/2013
12	12	Homan	Milla	Die Poort LS	28/05/2013
13	13	Van Der Westhuizen	Karli	Elarduspark LS	03/09/2013
14	14	Van Bergen	Lené	Garsfontein LS	14/05/2013
15	15	Bornman	Alexis	Tuine LS	06/05/2013
16	16	Boshoff	Mieke	Saamspan LS	15/03/2013
17	17	Van Der Westhuizen	Mieke	Monumentpark LS	13/02/2013
18	19	Venter	Karla	Rooihuiskraal LS	10/09/2013

Girls 13 - 3 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Pholoanyane	Kgomotso	Prestige College	16/03/2012
2	2	Evans	Hailey	Zwartkop HS	17/04/2012
3	3	Van Der Merwe	Janka	Nedbank RC GN	18/09/2012
4	4	Ntobeng	Lebogang	Siyahlala Dev AC	26/03/2012
5	5	Sieberhagen	Jané	Stephanus Roos LS	06/05/2012
6	6	Venter	Marli	Hennospark LS	22/03/2012
7	7	Legodi	Kamogelo	Tuks Sport HS	05/08/2012
8	8	Fowler	Anje	Louis Leipoldt LS	26/09/2012
9	9	Dreyer	Zanté	Tuine LS	25/09/2012
10	10	Vorster	Mieke	Rooihuiskraal LS	14/02/2012
11	11	Louwies	Mizaan	Voorpos LS	21/12/2012
12	12	Joubert	Marli	Hennospark LS	12/01/2012
13	13	Dry	Natália	Hennospark LS	12/12/2012
14	14	Jacobsz	Misha	Elarduspark LS	12/01/2012
15	15	Cronje	Lomé	Rooihuiskraal LS	08/07/2012
16	16	Rossouw	Zelinke	Tygerpoort LS	27/03/2012
17	17	Nel	Lea	Garsfontein LS	08/05/2012
18	18	Wade	Mia	Menlopark LS	23/10/2012

Girls 14 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Hankana	Mamello	Tuks Sport HS	16/05/2011
2	2	De Jager	Jana	Afrikaans Meisies HS	21/06/2011
3	3	Oosthuizen	Amelia	Midstream AC	15/07/2011
4	4	Mokwena	Gugu	Masai AC	09/06/2011
5	5	Barnard	Chanene	Zwartkop HS	07/09/2011
6	6	Van Der Walt	Breché	Waterkloof HS	01/09/2011
7	7	Mandjolo	Theodora	Prestige College	10/05/2011
8	8	Ratau	Katlego	Curro Hazeldean HS	17/08/2011
9	9	Mienie	Lee-Hané	Zwartkop HS	03/01/2011
10	10	Van Den Berg	Minette	Waterkloof HS	23/06/2011
11	11	Thobejane	Makoma	Seshegong AC	30/05/2011
12	12	Menziwa	Sonwabise	Seshegong AC	17/08/2011
13	13	Jansen van Rensburg	Lise-Marie	Afrikaans Meisies HS	16/03/2011
14	14	Pandela	Ntombenhle	Tuks Sport HS	30/04/2011
15	15	Bezuidenhout	Belinda	Zwartkop HS	17/02/2011
16	16	Koch	Juliet	Afrikaans Meisies HS	23/11/2011
17	17	Joubert	Milan	Boxer AC	20/07/2011
18	18	Ngoepe	Onalenna	Curro Hazeldean HS	30/05/2011

Girls 15 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Pretorius	Leandri	Nedbank RC GN	19/04/2010
2	2	Madikane	Lebohang	Curro Hazeldean HS	06/06/2010
3	3	Mokgatha	Reneilwe	Masai AC	02/08/2010
4	4	Lourens	Zanta	Menlo AC	02/05/2010
5	5	Moremi	Kedibone	Curro Hazeldean HS	30/07/2010
6	6	Semenya	Phuti	Tuks Sport HS	25/12/2010
7	7	Morule	Omaatla	Tuks Sport HS	18/02/2010
8	8	Maliehe	Matetsa	Masai AC	21/06/2010
9	9	Mametla	Kgotlelelo	Tuks Sport HS	20/09/2010
10	10	Van Niekerk	Niané	Montana AC	02/07/2010
11	11	De Klerk	Leila	Montana HS	21/09/2010
12	12	Roets	Elani	Waterkloof HS	05/10/2010
13	13	Du Plessis	Kara	Menlopark HS	10/05/2010
14	14	Lekwadu	Blessing	Seshegong AC	02/09/2010
15	15	Vorster	Maya	Afrikaans Meisies HS	04/05/2010
16	16	Morudu	Boitemelo	Curro Hazeldean HS	05/10/2010
17	17	More	Tshohanetso	Curro Hazeldean HS	01/06/2010
18	18	Van Der Merwe	Isabella	Menlopark HS	29/01/2010

Girls 16 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Dekker	Minke	Boxer AC	09/02/2009
2	2	Groenewald	Marlené	Waterkloof HS	08/01/2009
3	3	Groenewald	Chanel	Boxer AC	04/11/2009
4	4	Van Schalkwyk	Jana	Boxer AC	29/05/2009
5	5	Coetzee	Elandri	Waterkloof HS	18/03/2009
6	6	Jones	Aimee	Afrikaans Meisies HS	16/01/2009
7	7	Manganye	Kamogelo	Curro Hazeldean HS	29/07/2009
8	8	Slabbert	Veani	Zwartkop HS	09/03/2009
9	9	Van Der Merwe	Danika	Nedbank RC GN	21/09/2009
10	10	Semenya	Diphetogo	Tuks Sport HS	01/02/2009
11	11	Nyilongo	Zanele	Tuks Sport HS	06/08/2009
12	12	Mlangeni	Princess	Uitsig HS	14/01/2009
13	13	Haasbroek	Clarabelle	Menlopark HS	20/03/2009
14	14	Nyapotse	Nthabiseng	Curro Hazeldean HS	22/03/2009
15	15	Marx	Micheala	Menlopark HS	09/12/2009
16	16	Heyneke	Annerike	Menlopark HS	03/02/2009
17	17	Lebidi	Eshnny	Curro Hazeldean HS	05/04/2009
18	18	Greyling	Milan	Afrikaans Meisies HS	02/08/2009

Girls 17 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Mcetywa	Anoxolo	Curro Hazeldean HS	03/07/2008
2	2	Dirkse Van Schalkwyk	Elri	Garsfontein HS	29/08/2008
3	3	Baloyi	Angel	Tuks Sport HS	15/09/2008
4	4	Schroder	Kayla	Eldoraigne HS	17/05/2008
5	5	Lethabane	Kamogelo	Tuks Sport HS	20/06/2008
6	6	Dlothi	Paballo	Curro Hazeldean HS	15/10/2008
7	7	Lebepe	Makoma	Seshegong	12/05/2008
8	8	De Koker	Simoné	Pretoria-Noord HS	14/01/2008
9	9	Van Rooyen	Kaitlyn	Menlo AC	18/08/2008
10	10	Keyser	Nina	Centurion HS	14/10/2008
11	11	Lotz	Elisca	Afrikaans Meisies HS	18/04/2008
12	12	Snijders	Anika	Afrikaans Meisies HS	04/11/2008
13	13	Maartens	Lene	RunAvation	18/09/2008
14	14	Roux	Liandrie	Centurion HS	20/10/2008
15	15	Ngwenya	Vanessa	Masai AC	29/09/2008
16	16	Stickells	Tanya Amy	Overkruin HS	31/03/2008
17	17	Nel	Izelle	Centurion HS	27/03/2008
18	18	Zulu	Anele	Tuks Sport HS	04/01/2008

Youth Women - 2 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Groenewald	Chanel	Boxer AC	04/11/2009
2	2	Ketwana	Hlumisa	Tuks Sport HS	06/04/2009
3	3	Zulu	Anele	Tuks Sport HS	01/04/2008
4	4	Mlangeni	Princess	Uitsig HS	14/01/2009

Women U/20 - 6 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Katiso	Mpho	Prestige College	11/03/2007
2	2	De Waal	Luca	Zwartkop HS	19/08/2007
3	3	Dikao	Omaatla	Tuks Sport HS	17/12/2007
4	4	Le Roux	Elizma	Zwartkop AC	19/11/2007
5	5	Van Der Merwe	Lara	Waterkloof HS	14/11/2007
6	6	Pretorius	Liney	Nedbank RC GN	06/10/2007
7	7	Conradie	Hanneleen	Garsfontein HS	10/07/2007
8	8	Hartzenberg	Jade	Tuks Sport HS	17/06/2007
9	9	Struwig	Christelle	Midstream AC	11/02/2007
10	10	De Jong	Tasha	Montana AC	31/08/2007
11	11	Prinsloo	Michelle	Centurion HS	31/07/2007
12	13	Kotze	Chanel	Afrikaans Meisies HS	12/02/2007
13	14	Uys	Rimmon	Afrikaans Meisies HS	26/09/2007
14	15	Vivier	Ezmarelda	Pretoria-Noord HS	23/07/2007
15	16	Liebenberg	Su-Ann	Eduplex HS	05/09/2007
16	17	Kwinda	Prudence Wanga	TUT AC	27/02/2007
17	18	Janse van Rensburg	Alyssa-Lee	Sutherland HS	11/06/2006
18	19	Van Greunen	Maya	Wingate Road Runners	27/02/2007

Junior Women - 2 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Katiso	Mpho	Prestige College	11/03/2007
2	2	De Waal	Luca	Zwartkop HS	19/08/2007
3	3	Le Roux	Elizma	Zwartkop AC	19/11/2007
4	4	Conradie	Hanneleen	Garsfontein HS	10/07/2007

Women U/23 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Makgatha	Naledi	TUT AC	14/08/2005
2	2	Kruger	Maricelle	Tuks AC	06/02/2004
3	3	Ndala	Tinyiko	Curro	27/07/2005
4	4	Motsoeneng	Karabo	Boxer AC	21/01/2003
5	5	Makink	Chantel	Afrikaans Meisies HS	07/06/2007
6	6	Shabalala	Amogelang	Tuks AC	04/10/2004
7	7	Van Der Linde	Marlene	Boxer AC	19/01/2005
8	8	Smit	Mieke	Tuks AC	22/01/2005
9	9	Male	Jané	Midstream AC	20/04/2007
10	10	Mabena	Ndazi	Masai AC	11/07/2004
11	11	Nolte	Wilmarie	Tuks AC	22/10/2005
12	12	Muller	Megan	Alpha Centurion AC	11/07/2006
13	13	Henning	Jayleigh	Waterkloof HS	11/01/2007
14	14	Erasmus	Juliska	Tuks AC	24/05/2003
15	15	Du Preez	Marlien	Discovery Vitamins	25/06/2004
16	16	Mfini	Sinalo	Flying School AC	29/08/2006
17	17	Saunders	Paige	Tuks AC	09/03/2004
18	18	Knoetze	Nicola	Tuks AC	10/01/2003

Senior Women - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	2	Hutamo	Elizabeth	Masai AC	20/01/2002
2	3	Swiegers	Carina	Boxer AC	15/05/1995
3	4	Mogano	Kamogelo	Boxer AC	04/08/2000
4	5	Makhubela	Bonolo	Boxer AC	23/06/2002
5	6	Berry	Jessica	Tuks AC	14/10/2001
6	7	Van Der Merwe	Jana	Tuks AC	28/03/2001
7	8	Badenhorst	Nadia	Midstream AC	20/08/2002
8	9	Lombard	Hester	Nedbank RC GN	18/05/2000
9	10	Bester	Ailene	Overkruin AC	07/12/1992
10	12	Stickells	Izabel	Montana AC	01/05/2001
11	13	Viljoen	Marietjie	Tuks AC	20/12/1997
12	14	Botha	Bonita	Fortis Pretoria North	15/05/1991
13	15	Sikisi	Natasha	TUT AC	19/09/2002
14	16	Ras	Chantelle	Overkruin AC	14/08/2000
15	17	Van Der Spuy	Nicola	Alpha Centurion AC	10/08/1991
16	18	Holliday	Tamrin	Irene AC	15/07/1991
17	20	Minnaar	Nicolé	Pretoria Bobbies	17/11/1992
18	22	Vreugdenburg	Cornie	Tuine LS	25/05/1994

Senior Women - 10 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Xaba	Glenrose	Boxer AC	31/12/1994
2	2	Mailula	Karabo	Tuks AC	17/03/2002
3	3	Mogano	Kamogelo	Boxer AC	04/08/2000
4	4	Makhubela	Bonolo	Boxer AC	23/06/2002
5	5	Roelofse	Lyndi	Boxer AC	30/04/2001
6	6	Kotzé	Tihana	Tuks AC	14/06/2005
7	7	Sikisi	Natasha	TUT AC	19/09/2002
8	8	Reitz	Marelize	FPN	18/08/1999
9	9	Kobe	Paballo	SMU AC	13/10/1995
10	10	Somo	Mmakgosi	TUT AC	22/06/2004
11	11	Moiga	Dieketseng	TUT AC	08/05/2003
12	12	Minne	Zelda	Fortis Pretoria North	08/11/1990

Senior Women - 2 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Prinsloo	Carmie	Tuks AC	31/01/2002
2	2	Bopape	Naum	Masai AC	12/08/2000
3	3	Weitsz	Simonay	TUT AC	26/04/1999
4	4	Swiegers	Carina	Boxer AC	15/05/1995

Women 35 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Breytenbach	Chantelle	Willebeer AC	18/04/1987
2	2	Coetzee	Anet	Zwartkop HS	16/09/1988
3	3	Sekori	Kgakgamatso	Pretoria Military MC	06/12/1988
4	4	Franck	Mirelle	Fortis Pretoria North	24/06/1990
5	7	Viljoen	Belinda	Montana AC	20/02/1990
6	8	Maritz	Maria	Tuine Tekkies	07/01/1986

Women 40 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Scheffer	Leilani	Boxer AC	23/05/1983
2	2	Skosana	Catherine	Danville Dev AC	11/10/1980
3	3	Louw	Anel	Nedbank RC GN	27/02/1984
4	5	Boshoff	Geraldine	Boxer AC	23/07/1985
5	6	Fuchs	Michelle	Team Vitality	30/01/1984
6	7	Strauss	Anita	Alpha Centurion AC	02/09/1985
7	8	Boyisi	Ongeziwe	Danville Dev AC	29/11/1982
8	9	Grobler	Elsabe	Midstream AC	23/02/1983
9	10	Louw	Anzelle	Alpha Centurion AC	15/10/1981
10	11	Fowler	Corli	Alpha Centurion AC	24/01/1982
11	12	Smit	Nicola	BMW	15/09/1981
12	13	Cilliers	Lorinda	Blizz AC	26/11/1983
13	14	Van Der Merwe	Nadia	Blizz AC	12/01/1984
14	15	Mentz	Lizelle	Montana AC	10/10/1980
15	16	Cant	Antoinette	Phobians	15/06/1981

Women 45 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Claassen	Leandri	Fortis Pretoria North	04/10/1977
2	2	Nolte	Elmarie	Willebeer AC	16/04/1976
3	3	Booyens	Nicky	Green Mile AC	06/12/1978
4	4	Haasbroek	Chanette	Born 2 Run	09/04/1978
5	6	De Klerk	Juleen	Worth It Foundation	29/12/1979
6	7	Weideman	Wilmarie	Alpha Centurion AC	29/12/1976
7	8	Sturdy	Joline	Village	11/11/1976
8	9	Freeman	Sarie Louise	Irene AC	28/06/1980
9	10	De Klerk	Thelma	GN Masters	04/07/1980
10	11	Willering	Alichia	Blizz AC	07/11/1979
11	12	Senekal	Cara	Alpha Centurion AC	05/08/1980
12	13	Ncayiyana	Precious	PMMC	13/03/1979
13	14	Van Der Spuy	Stephanie	Magnolia RR	05/01/1978
14	15	Mostert	Mariaan	Green Mile AC	03/02/1980
15	16	Etsebeth	Annelie	Alpha Centurion AC	14/10/1977
16	17	Van Vuuren	Rika	Wingate RR	28/11/1978
17	18	De Villiers	Mildred	Team Vitality	26/02/1978
18	19	Kriel	Yolandi	Fortis Pretoria North	18/04/1977

Women 50 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Thomas	Ronel	Boxer AC	19/01/1972
2	2	Koster	Ingrid	Nedbank RC GN	13/12/1971
3	3	Snyman-Jacobs	Marie	Blizz AC	18/02/1974
4	4	De Wet	Tessa	Boxer AC	01/09/1975
5	5	Janse van Rensburg	Annalize	Fortis Pretoria North	24/11/1974
6	6	Van Loggerenberg	Madeleen	Fortis Pretoria North	03/09/1971
7	7	Van Zyl	Karen	Irene AC	17/07/1973
8	8	Houy	Retha	Blizz AC	18/05/1971
9	9	Coertze	Adelle	Blizz AC	26/10/1973
10	10	Nel	Pauli	Pretoria Bobbies	01/04/1975
11	11	Engelbrecht	Santa	Tuine LS	13/01/1972
12	12	Checha	Lineth	Masai AC	21/10/1972
13	13	Reitz	Gwen	Fortis Pretoria North	19/11/1974

Women 55 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Goodinson	Carol	Fortis Pretoria North	16/12/1968
2	2	Müller	Louise	Alpha Centurion AC	17/02/1970
3	3	De Lange	Emsie	Agapé AC	06/05/1970
4	4	Cowley	Yolande	Irene AC	16/03/1970
5	5	Franck	Alet	Fortis Pretoria North	30/03/1968
6	6	Mcmaster	Sandra	Fortis Pretoria North	10/03/1968
7	7	Kompagnie	Stienie	Oos-Moot AC	29/03/1967
8	9	Botha	Iris	Tuine Tekkies	28/08/1968
9	10	Breed	Maretha	Transnet	15/01/1966

Women 60 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Sonnekus	Dalene	Nedbank RC GN	11/06/1965
2	2	Cornelius	Lelanie	Phobians	29/04/1965
3	3	Breytenbach	Ansie	Irene AC	19/12/1963
4	4	Lötter	Amanda	Alpha Centurion AC	05/09/1962
5	5	Erasmus	Lettie	Nedbank RC GN	23/02/1965
6	6	Fourie	Ronel	Oos-Moot AC	23/10/1962
7	7	Le Roux	Teresa	VTM	05/10/1963
8	8	Martin	Denise	Oos-Moot AC	12/05/1964
9	9	Reynecke	Ronelle	GN Masters	12/11/1961

Women 65 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Boesenberg	Martie	Fortis Pretoria North	31/01/1957
2	2	Geyer	Mariet	Nedbank RC GN	29/06/1959
3	3	Foster	Kim	Team Vitality	02/09/1959
4	4	Cloete	Joey	Alpha Centurion AC	21/11/1956
5	5	Van Dyk	Adri	Blizz AC	23/08/1959
6	6	Jansen van Rensburg	Yvonne	Bobbies	09/06/1960
7	7	Mouton	Christa	Agapé AC	25/11/1956

Women 70 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Von Gordon	Veronica	GN Masters	06/09/1952
2	2	Snyman	Marie	Blizz AC	18/11/1951

Women 75 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Laker	Rita	Alpha Centurion AC	06/05/1947

Boys 08 - 1 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Venter	Jean	Rooihuiskraal LS	18/04/2017
2	2	Dunn	Rhinus	Skuilkrans LS	21/01/2017
3	3	Botha	Abrie	Louis Leipoldt LS	11/09/2017
4	4	Doman	Josua	Rooihuiskraal LS	04/06/2017
5	5	Claasen	Daniel	Tygerpoort LS	17/02/2017
6	6	Grobler	Arion	Skuilkrans AC	14/06/2017
7	7	Van Der Merwe	Stiaan	Bakenkop LS	20/02/2017
8	8	Rohlandt	Erwin	Elarduspark LS	09/01/2017
9	11	De Bruyn	Rico	Menlopark LS	13/02/2017
10	12	Snyman	Bennett	Menlopark LS	22/03/2017
11	13	Esmeraldo	Joshua	Louis Leipoldt LS	29/03/2017
12	14	Cronjé	Christoff	Midstream College PS	04/05/2017
13	15	Potgieter	Kieran	Rooihuiskraal LS	18/01/2017
14	16	Blaauw	SP	Rooihuiskraal LS	17/01/2017
15	18	Burger	Stefan	Hennospark LS	10/08/2017
16	19	Mashabela	Boikghantso	Hennospark LS	07/02/2017
17	20	Coetsee	Cayson	Midstream College PS	07/03/2017
18	21	Cilliers	Wichard	Hennospark LS	04/11/2017

Boys 09 - 2 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Seymore	Divan	Stephanus Roos LS	15/09/2016
2	2	Els	Prinsloo	Kameelfontein LS	17/06/2016
3	3	Pienaar	Francois	Louis Leipoldt LS	16/05/2016
4	4	Pienaar	Corné	Monumentpark LS	25/02/2016
5	5	Venter	Adrian	Wierdapark LS	12/01/2016
6	6	Cameron	Benjamin	Constantiapark LS	03/03/2016
7	7	Welman	Philip	Garsfontein LS	06/01/2016
8	8	Madibana	Tlou	Siyahlala Dev AC	15/05/2016
9	9	Smidt	Ruben	Monumentpark LS	22/08/2016
10	10	Brits	CJ	Rooihuiskraal LS	25/02/2016
11	11	Cronje	Jandre	Rooihuiskraal LS	07/06/2016
12	12	Kriek	Abrie	Constantiapark LS	23/06/2016
13	13	Jansen van Rensburg	Chris	Midstream College PS	04/04/2016
14	14	Van Staden	Marthinus Phillipus	Elarduspark LS	03/02/2016
15	15	Roos	Benjamin	Wierdapark LS	27/04/2016
16	16	Joubert	Willem	Boxer AC	20/06/2016
17	17	Esterhuizen	Johan	Bakenkop LS	07/11/2016
18	18	Cronje	MJ	Skuilkrans AC	09/02/2016

Boys 10 - 2 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Botha	Adriaan	Hennopspark LS	27/12/2015
2	2	De Jager	Drian	Garsfontein LS	01/01/2015
3	3	Du Plessis	Wian	Villieria LS	26/02/2015
4	4	Muller	Corlu	Tygerpoort LS	01/10/2015
5	5	Van Eeden	Johannes	Witpoort LS	06/03/2015
6	7	Mentz	Adriaan	Stephanus Roos LS	18/06/2015
7	8	Rust	Danie	Hennopspark LS	02/05/2015
8	9	Le Roux	Andre	Midstream College PS	14/12/2015
9	10	Spies	Duard	Die Poort LS	13/02/2015
10	11	Elkington	Cooper	Rooihuiskraal LS	07/08/2015
11	12	Kruger	Christian	Wonderboom LS	21/05/2015
12	13	Ebersohn	Hanlu	Skuilkrans LS	20/08/2015
13	14	Hancke	Waldo	Elarduspark LS	24/06/2015
14	15	Kidson	Quade	Rooihuiskraal LS	25/02/2015
15	17	Uys	Hendré	Garsfontein LS	08/09/2015
16	18	Seshabela	Tumisi	Rachel De Beer LS	03/03/2015
17	19	Nkgadima	Oarabile	Booysens LS	21/03/2015
18	20	Alberts	Christiaan	Rooihuiskraal LS	22/10/2015

Boys 11 - 3 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Annandale	Luke	Midstream College PS	13/08/2014
2	2	Durow	FC	Garsfontein LS	06/06/2014
3	3	Knoetze	Connor	Tygerpoort LS	16/04/2014
4	4	De Kok	Leonard	Anton Van Wouw LS	25/03/2014
5	5	Maringa	Charles	Masai AC	08/03/2014
6	6	Campbell	Cameron	Eersterust AC	13/01/2014
7	7	Jacobs	Jóvan	Rooihuiskraal LS	05/07/2014
8	8	Gavin	Matthew	Lynnwood LS	19/11/2014
9	9	Damon	Rodwin	Eersterust AC	16/06/2014
10	10	Riekert	Braam	Monumentpark LS	14/04/2014
11	12	Strijdom	Malan	Lynnwood LS	25/01/2014
12	13	De Beer	Gerhard	Cornwall Hill College	09/06/2014
13	14	Coetzer	JJ	Tygerpoort LS	09/01/2014
14	15	Vermeulen	Stephan	Die Krans LS	27/03/2014
15	16	Van Staden	Etienne	Constantiapark LS	04/02/2014
16	17	Thiebaut	Christiaan	Garsfontein LS	17/02/2014
17	18	Botha	T.J	Danie Malan LS	16/01/2014
18	19	Leyds	Ashwin	Eersterust AC	22/07/2014

Boys 12 - 3 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Kriek	Dieter	Constantiapark LS	08/08/2013
2	2	Smit	Ryno	Tygerpoort LS	25/02/2013
3	3	Viljoen	Joshua	Tygerpoort LS	05/01/2013
4	4	Opperman	Ruben Roy	Elarduspark LS	29/10/2013
5	5	Makola	Tshiamo	Masai AC	22/01/2013
6	6	Kruger	Sion	Wonderboom LS	04/11/2013
7	7	Moraka	Kgahlego	Eersterust AC	01/11/2013
8	8	Horn	Erich	Louis Leipoldt LS	27/07/2013
9	9	Sibisi	Sizwe	Masai AC	01/08/2013
10	10	Van Tonder	Armand	Hennospark LS	06/02/2013
11	12	Phaka	Hlompho	Haakdoorn LS	20/05/2013
12	13	Boqwana	Maripe	Springvale PS	14/01/2013
13	14	Botha	Nicholas	Monumentpark LS	15/05/2013
14	15	Van Der Merwe	Johan	Bakenkop LS	06/02/2013
15	16	Kriel	Pieter-Henk	Midstream College PS	02/01/2013
16	17	Attwell	Remano	Eersterust AC	16/01/2013
17	18	Hlongwane	Opelong	Individual	09/11/2013
18	19	Malope	Mpho	Masai AC	24/07/2013

Boys 13 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Wybenga	Leo	Nedbank RC GN	18/05/2012
2	2	Claasen	Banie	Midstream College PS	07/05/2012
3	3	Scholtz	Logan	Bakenkop LS	28/05/2012
4	4	Bester	Arno	Louis Leipoldt LS	06/01/2012
5	5	Van Der Leek	Marcel	Midstream College PS	20/01/2012
6	6	Malan	Pieter	Anton Van Wouw LS	18/08/2012
7	7	Hlambela	Jabulani	Masai AC	31/12/2012
8	8	Modiba	Phenyo	Seshegong AC	03/04/2012
9	9	Myburgh	Franco	Die Poort LS	17/08/2012
10	10	Erasmus	Kean	Menlopark LS	04/05/2012
11	11	Beyers	Steph	Tygerpoort LS	04/10/2012
12	12	Van Der Bijl	JC	Louis Leipoldt LS	24/03/2012
13	13	Vos	Izak	Danie Malan LS	02/06/2012
14	14	Van Rooyen	Rykers	Louis Leipoldt LS	18/04/2012
15	15	Joubert	Juan	Wierdapark LS	27/08/2012
16	16	Rheeders	Hendre	Swarries AC	17/09/2012
17	17	Mini	Vusimuzi	Masai AC	20/04/2012
18	18	Mojhadi	Kearabetswo	Masai AC	07/11/2012

Boys 14 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Tshehlana	Mantle	Curro Hazeldean HS	11/12/2011
2	2	Coetzee	Adriaan	Zwartkop HS	04/04/2011
3	3	Shamase	Pule	Curro Hazeldean HS	18/01/2011
4	4	Venter	MJ Grant	Menlopark HS	08/03/2011
5	5	Kielblock	Mattias	Zwartkop AC	20/01/2011
6	6	Mdluli	Thembinkosi	Tuks Sport HS	08/02/2011
7	7	Coetzer	Ewan	Garsfontein HS	07/03/2011
8	8	Cronje	Tommie	Menlopark HS	18/04/2011
9	9	Hugo	Adriaan	Montana AC	03/01/2011
10	10	Bezuidenhout	Edward	Zwartkop HS	17/02/2011
11	11	Botha	Nicolaas	Zwartkop HS	30/04/2011
12	12	Masebe	Lethobisa	Prestige College	24/03/2011
13	13	Chiradza	Eager	Masai AC	23/10/2011
14	14	Bredell	Jan-Hendrik	Centurion HS	27/07/2011
15	15	Muller	Christiaan	Individual	26/07/2011
16	16	Pholo	Leepo	Tuks Sport HS	10/06/2011
17	17	Steenekamp	Sebastian	Pretoria Boys HS	30/05/2011
18	18	Monyela	Kgothatso	Masai AC	27/03/2011

Boys 15 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Malungane	Tiisetso	Curro Hazeldean HS	15/01/2010
2	2	Mganu	Bulela	Tuks Sport HS	27/07/2010
3	3	Sambo	Dawson	Tuks Sport HS	02/11/2010
4	4	Makgae	Joseph	Curro Hazeldean HS	21/01/2010
5	5	Thema	Tshireletso	Temba Prestige	15/11/2010
6	6	Theron	CW	Affies Seuns HS	26/03/2010
7	7	Visagie	Jeandré	Boxer AC	03/05/2010
8	8	Du Preez	Xander	Affies Seuns HS	12/06/2010
9	9	Mapadimeng	Phio	Prestige College	02/09/2010
10	10	Lebotsa	Lefa	Prestige College	20/07/2010
11	11	Brits	Christiaan	Montana AC	30/06/2010
12	12	Nyama	Lunathi	Pretoria Boys HS	12/05/2010
13	13	Manganye	George	Prestige College	21/01/2010
14	14	Groenewald	Rumarko	Waterkloof HS	09/12/2010
15	15	Meadon	Waldo	Menlopark HS	21/05/2010
16	16	Mentz	Armand	Montana HS	22/01/2010
17	17	Mohakala	Koketso	Siyahlala Dev AC	26/06/2010
18	18	De Klerk	NJ	Zwartkop HS	30/11/2010

Boys 16 - 6 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Masiloane	Olerato	Tuks Sport HS	04/01/2009
2	2	Els	Emil	Affies Seuns HS	08/01/2009
3	3	Motlhajwe	Itumeleng	Tuks Sport HS	27/03/2009
4	4	Naidu	Brennan	Pretoria Boys HS	27/02/2009
5	5	Mvundlela	Khutso	Curro Hazeldean HS	08/06/2009
6	6	Chikane	Bradley	Pretoria Boys HS	15/10/2009
7	7	Chiradza	Junior	Masai AC	30/09/2009
8	8	Montsho	Neo	Montana AC	25/03/2009
9	9	Scheepers	Conrad	Zwartkop HS	16/09/2009
10	10	Hubble	Benedict	Centurion HS	04/09/2009
11	11	Kganyago	Oratilwe	Curro Hazeldean HS	22/06/2009
12	12	Bester	Hanno	Zwartkop HS	01/01/2009
13	13	Bredell	Johannes	Centurion HS	10/07/2009
14	14	De Jager	Jandre	Affies Seuns HS	11/12/2009
15	15	Fernandez	Franco	Montana AC	03/05/2009
16	16	Boateng-Newton	Richard	Akasia HS	11/05/2009
17	17	Freeman	Adam	Affies Seuns HS	07/05/2009
18	18	Mokoena	Lesedi	Akasia HS	06/02/2009

Boys 17 - 6 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Mogapi	Olebogeng	Curro Hazeldean HS	05/06/2008
2	2	Mashishi	Melvin	Pretoria Boys HS	27/11/2008
3	3	Moroantwa	Tshepo	Flying School AC	08/07/2008
4	4	Matlou	Kgethego	Tuks Sport HS	28/07/2008
5	5	Maritz	JM	Boxer AC	24/04/2008
6	6	Delpont	Juan Pear	Zwartkop HS	16/07/2008
7	7	Nyatsine	Mudina	Masai AC	06/03/2008
8	8	Tibane	Zeca	Curro Hazeldean HS	17/06/2008
9	9	De Villiers	Luan	Affies Seuns HS	30/06/2008
10	10	Stoltz	Leon	Boxer AC	15/04/2008
11	11	Pienaar	Colbi	Waterkloof HS	06/05/2008
12	12	Jordaan	Alexander	Zwartkop HS	19/12/2008
13	13	Breytenbach	Waldo	Midstream AC	04/11/2008
14	14	Conte	Francesco	Zwartkop HS	25/03/2008
15	15	Mokwena	Kamogelo	Siyahlala Dev AC	18/07/2008
16	16	Jordaan	Jano	Zwartkop HS	08/04/2008
17	17	Moremi	Sehata	Tuks Sport HS	24/08/2008
18	18	Nchang	Bohlale	Prestige College	27/01/2008

Youth Men - 2 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Kielblock	Ewan	Zwartkop AC	14/01/2009
2	2	Moroantwa	Tshepo	Flying School AC	08/07/2008
3	3	Pienaar	Colbi	Waterkloof HS	06/05/2008
4	4	Fernandez	Franco	Montana AC	03/05/2009

Men U/20 - 8 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Roelofse	Johann	Tuks AC	20/06/2006
2	2	Gaborone	Koketso	Tuks AC	28/01/2006
3	3	Mabe	Sam	Tuks AC	07/06/2006
4	4	Makhundu	Boiketlo	Masai AC	15/08/2006
5	5	Raath	Dante	Tuks AC	10/01/2007
6	7	Coetzer	Rico	Boxer AC	04/06/2007
7	8	Mbeleki	Siya	Curro Hazeldean HS	20/09/2007
8	9	Tshivhula	Tshepang	Tuks Sport HS	19/02/2007
9	10	Hattingh	Regardt	Nedbank RC GN	05/09/2007
10	12	Fourie	Déan	Midstream AC	10/04/2007
11	13	Brits	Marcel	Montana AC	04/12/2007
12	14	Gauld	Jonathan	Pretoria Boys HS	22/03/2006
13	15	Scheepers	Francois	Zwartkop HS	20/08/2007
14	16	Mampuru	Bokgoni	Pretoria Boys HS	12/11/2007
15	18	Checha	Neo	Masai AC	27/08/2007
16	19	Fick	Hayden	Waterkloof HS	22/05/2007
17	20	Netshiheni	Rearabilwe	TUT AC	25/01/2006
18	22	Malunga	Mark	Mamelodi Striders	09/11/2007

Junior Men - 2 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Brits	Marcel	Montana AC	04/12/2007
2	2	Gouws	Werner	Affies Seuns HS	14/07/2007
3	3	Mbeleki	Siya	Curro Hazeldean HS	20/09/2007
4	4	Mbesa	Samkelo	Tuks Sport HS	15/03/2006

Men U/23 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Mnisi	Musawenkosi	Masai AC	27/09/2005
2	2	Van Wyk	Etienne	Tuks AC	24/05/2004
3	3	Colepi	Sibusiso	TUT AC	25/12/2004
4	4	Madonsela	Gomolemo	Masai AC	22/09/2004
5	5	Motseta	Katlego	Legend Road Runners	09/01/2004
6	6	Zixunge	Sanele	Tuks AC	24/06/2004
7	7	Nolte	Wian	Waterkloof HS	02/11/2007
8	8	Van Heerden	Ian	Individual	14/09/2004
9	9	Sedise	Tsepo	Danville Dev AC	04/09/2005
10	10	Lekaka	Koketso	Masai AC	13/03/2003
11	11	Du Plessis	Ivan	Tuks AC	10/03/2005
12	12	Sekailwe	Comfort	Legend Road Runners	07/12/2003
13	14	De Wet	Jaden	Tuks AC	15/06/2005
14	15	Lourens	Ewan	Menlo AC	30/01/2007
15	16	Simango	Lethabo	Varsity College AC	07/03/2005
16	18	Wijnbeek	Dirk	Tuks AC	19/11/2003
17	20	Van Antwerpen	Jason	Tuks AC	17/07/2003
18	24	Futhana	Tshepo	Tuks AC	13/01/2003

Senior Men - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Choba	Abednico	Tuks AC	02/07/2002
2	2	Kubjoane	Abrahm	Masai AC	03/05/2000
3	3	Pilane	Tshegofatso	Boxer	30/09/1998
4	4	Maphunye	Poloko	Legend Road Runners	17/05/1999
5	5	Mangena	Mogokong Brian	Willebeer AC	26/06/2000
6	6	Le Roux	Rouxan	Curro	04/06/2001
7	9	Loubser	Migael	Tuks AC	12/04/2002
8	10	Maela	Kamogelo	Flying School AC	01/09/2000
9	11	Sheba	Vincent	Oxen AC	04/11/2001
10	12	Oberholzer	Stefan	Tuks AC	17/05/2001
11	15	Swanepoel	Gerhard	Tuks AC	17/11/2002
12	16	Mogomotsi	Tumelo	Legend Road Runners	28/08/1998
13	17	Ngubane	Siphosakhe	Mamelodi Striders	19/10/1997
14	19	Ngobeni	Khensani	Boxer	19/11/1993
15	20	Baloyi	Koos	Oxen AC	05/02/1993
16	23	Van Niekerk	Michael	Fortis Pretoria North	31/08/1996
17	25	Angus	Phil Simphiwe	SMU AC	17/10/2000
18	26	Smit	Christiaan	Montana AC	31/01/1992

Senior Men - 10 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Mnisi	Musawenkosi	Masai AC	27/09/2005
2	2	Pilane	Tshegofatso	Boxer AC	30/09/1998
3	3	Segalagala	Tebogo	Danville Dev AC	05/01/1993
4	4	Tjale	Katlego	Hollywood AC	07/09/1998
5	9	Colepi	Sibusiso	TUT AC	25/12/2004
6	10	Ngobeni	Khensani	Boxer AC	19/11/1993
7	12	Ngobeni	Innocent	Flying School AC	14/01/2005
8	13	Shezi	Hlonipani	TUT AC	18/12/2003
9	14	Tong	Neo	Flying School AC	23/01/2003
10	15	Mcwabeni	Avela	SMU AC	23/04/2005
11	16	Nkosi	Bongani	FPN	09/09/1996
12	18	Manamela	Anckil	Hauz of Gravity	11/08/2004
13	20	Nyikima	Mlindeli	Mamelodi Striders	06/03/2005
14	23	Baloyi	Mosa Gerald	TUT AC	29/04/2000

Senior Men - 2 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Kwazi	Nogcantsi	TUT AC	17/01/2000
2	2	Maphunye	Poloko	Legen Road Runners	17/08/1999
3	3	Colepi	Sibusisu	TUT AC	25/12/2004
4	4	Phukubye	Morema	TUT AC	29/05/2000

Men 35 - 8 km

Rank	Pos	Surname	Name	Club	DoB
1	2	Rossouw	Dewald	Alpha Centurion AC	14/04/1986
2	3	Cronje	Adriaan	Nedbank RC GN	30/09/1985
3	4	Van Rooyen	Nelius	Irene AC	09/01/1988
4	5	Holliday	David	Irene AC	07/12/1988
5	7	Van Niekerk	Cornelius Antonio	Fortis Pretoria North	12/05/1990
6	8	Barnard	Christiaan	Tuks AC	20/06/1986
7	10	Mmekhi	Ofentse	Masai AC	04/03/1987

Men 40 - 8 km

Rank	Pos	Surname	Name	Club	DoB
1	2	Grobler	Renier	Impala RC	13/03/1983
2	9	Swart	Heinrich	Wingate Road Runners	02/05/1984
3	11	De Vente	Johan	Born 2 Run	16/10/1982
4	12	Aucamp	Wim	Individual	08/12/1982
5	14	Ellis	Eduard	Boxer AC	21/02/1984
6	15	Viljoen	Morne	Boxer AC	06/09/1981
7	16	De Klerk	Nico	Worth It Foundation	11/07/1982
8	19	Minnaar	Phil	Overkruin AC	14/08/1985
9	20	Goldswain	Charles	VTM	09/08/1985
10	21	Boyisi	Aaron	Danville Dev AC	24/05/1982

Men 45 - 8 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Motone	Motsamai	Faranani	26/06/1980
2	2	Maleka	Sello	Exxaro	24/03/1978
3	3	Setshedi	Edward	Masai AC	20/10/1978
4	4	Rossouw	Tiaan	Trivium	16/12/1978
5	5	Mahlawe	Nceba	Super Eagles AC	04/09/1977
6	6	Stassen	Jaco	Alpha Centurion AC	06/08/1979
7	10	Botya	Boyson	Uitsig HS	05/06/1979
8	11	Strydom	Michael	Green Mile AC	24/05/1979
9	12	Du Preez	Naas	Tuks AC	07/03/1977
10	13	Scheepers	Jacques	Alpha Centurion AC	07/04/1979
11	14	Potgieter	Marius	Green Mile AC	01/11/1977
12	15	Schmahl	Ettiene	Alpha Centurion AC	12/09/1979
13	16	De Klerk	Frans	GN Masters	29/10/1977
14	17	Slabbert	Adriaan	Pretoria Military MC	11/04/1976
15	18	Kwinda	Mbangiseni	FPN	16/01/1980
16	19	Lenhoff	Michael	Nedbank RC GN	02/06/1979
17	20	Vosloo	Willem G	Alpha Centurion AC	02/08/1980

Men 50 - 8 km

Rank	Pos	Surname	Name	Club	DoB
1	2	Manyaka	Philimon	FPN	16/02/1973
2	3	Joubert	Gideon	Alpha Centurion AC	17/02/1972
3	7	Skosan	Ian	GN Masters	05/05/1975
4	8	Van Straaten	Wayne	Nedbank RC GN	08/10/1974
5	9	Van Dyk	Jaco	Eldoraigne HS	04/12/1973
6	10	Vivier	James William	Fortis Pretoria North	12/07/1973
7	14	Momberg	Dries	Fortis Pretoria North	27/04/1975
8	15	De Beer	Johan	Worth It Foundation	04/03/1974

Men 55 - 8 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Bester	Phillip	Unisa AC	19/04/1970
2	2	Mosebedi	Piet	Transnet	07/01/1970
3	3	Coetzee	Pedri	Waterkloof HS	23/11/1966
4	4	De Villiers	Dawie	Born 2 Run	03/02/1966
5	5	Calitz	Gerhard	Born 2 Run	23/05/1968
6	6	Reynolds	Keith	Alpha Centurion AC	02/06/1967
7	7	Saayman	Johan	Born 2 Run	14/04/1968
8	8	De Lange	John	Agapé AC	23/02/1970
9	9	Steinmann	Kobus	Wingate Road Runners	30/07/1969

Men 60 - 6 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Letlhaku	Moses	Public Works AC	19/09/1964
2	2	Attwell	Glen	Curro Roodeplaat	12/08/1963
3	3	Smith	Mark	Wingate RR	07/10/1961
4	5	Janse van Rensburg	Willie	Run Walk for Life	22/02/1962
5	6	Stoltz	Torrie	Fortis Pretoria North	05/11/1961
6	7	Franck	Willem	Fortis Pretoria North	05/04/1962
7	8	Molekeng	David	PMMC	12/12/1963
8	9	Gregan	Sydney	Overkruin AC	13/01/1962
9	12	Jansen van Rensburg	Japie	Bobbies	04/06/1963

Men 65 - 6 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Wentzel	Andre	Phobians	22/01/1960
2	2	Lotter	Piet	Alpha Centurion AC	12/07/1960
3	3	Letlape	Elias	Danville Dev AC	02/03/1959
4	4	De Villiers	Theo	Alpha Centurion AC	29/02/1960
5	5	Von Westernhagen	Thilo	Midstream AC	25/03/1960
6	6	Jonker	Johnie	Alpha Centurion AC	17/04/1958
7	7	Brink	Dirk	Alpha Centurion AC	06/05/1958
8	8	Billingham	Willem	Fortis Pretoria North	02/06/1959

Men 70 - 6 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Maphangulo	David	Fortis Pretoria North	25/06/1953
2	2	Strydom	Johan	Alpha Centurion AC	08/09/1954
3	3	Steyn	Gerald	Tuks AC	05/10/1951

Men 75 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	2	Kluge	Allan	Agapé AC	28/08/1947
2	3	Van Der Merwe	Kallie	Nedbank RC GN	01/11/1949

Men 80 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Fourie	Lammie	Agapé AC	05/03/1945
2	2	Van Niekerk	Gerrit	Pretoria MC	04/09/1945
3	3	Van Aswegen	Assie	Transnet	10/09/1943
4	4	Van Aswegen	Piet	Transnet	12/06/1941

Men 85 - 4 km

Rank	Pos	Surname	Name	Club	DoB
1	1	Van Der Merwe	Andries	Transnet	20/07/1940
2	2	Muir	Neville	Phobians	30/11/1938