SENIOR MEN

RUNNER OF THE YEAR

2019

LLOYD BOSMAN

SENIOR WOMEN

RUNNER OF THE YEAR

2019

CHANE BEKKER

SUB-VETERAN MEN

RUNNER OF THE YEAR

2019

SAMUEL MANDLAZI

SUB-VETERAN WOMEN

RUNNER OF THE YEAR

2019

MELISSA VAN RENSBURG

VETERAN MEN

RUNNER OF THE YEAR

2019

MARIO ROSSOUW

VETERAN WOMEN

RUNNER OF THE YEAR

2019

TERESA BESTER

MASTER MEN

RUNNER OF THE YEAR

2019

LINDILE TOKOTA

MASTER WOMEN

RUNNER OF THE YEAR

2019

ALISON JORDAAN

GRAND MASTER MEN

RUNNER OF THE YEAR

2019

ANDRE BARNARDO

GRAND MASTER WOMEN

RUNNER OF THE YEAR

2019

ANNATJIE BOTES

GREAT GRAND MASTER MEN

RUNNER OF THE YEAR

2019

JOHN PYWELL

GREAT GRAND MASTER WOMEN

RUNNER OF THE YEAR

2019

ANNA-MARIE VAN ECK

GREAT GREAT GRAND MASTER WOMEN

RUNNER OF THE YEAR

2019

CECILIA SWIEGERS

JUNIOR MEN

RUNNER OF THE YEAR 2019

LUTHER BLAAUW

JUNIOR WOMEN

RUNNER OF THE YEAR 2019

STEPHANY PETRO

DEVELOPMENT

RUNNER OF THE YEAR

2019

VAUGHANN GROBBELAAR

WALKER MEN

OF THE YEAR 2019

DURANDO AWERIES

WALKER WOMEN

OF THE YEAR 2019

ANEL OOSTHUIZEN

WALKER MEN 40+

OF THE YEAR 2019

ERNST VAN ZYL

WALKER WOMEN 40+

OF THE YEAR 2019

MARIANNE VAN ZYL

TRAIL MEN

RUNNER OF THE YEAR 2019

FRANCOIS MAQUASSA

TRAIL WOMEN

RUNNER OF THE YEAR 2019

MEAGAN NORTJE

MOST IMPROVED

RUNNER OF THE YEAR 2019

LETICIA JACOBS

MOST DEDICATED

RUNNER OF THE YEAR 2019

THEMBALETHU MONA

MOST RACES

2019

EDDIE MOUTON

NEW

RUNNER OF THE YEAR

2019

TONYA SCHOEMAN

MULTI SPORT

ATHLETE OF THE YEAR

2019

BERTUS MYBURGH

MULTI SPORT

ATHLETE OF THE YEAR

2019

ULENE VISSER

COMRADES MEN

RUNNER OF THE YEAR

2019

EDDIE MOUTON

COMRADES MEN

RUNNER OF THE YEAR

2019

CECILIA NEL

TWO OCEANS MEN

RUNNER OF THE YEAR 2019

HANNES LABUSCHAGNE

TWO OCEANS WOMEN

RUNNER OF THE YEAR 2019

CECILIA NEL

CROSS COUNTRY MEN

2019

RUNNER OF THE YEAR

RENIER JANSEN

CROSS COUNTRY WOMEN

RUNNER OF THE YEAR

2019

CAITLYN CAWOOD

TRACK AND FIELD MEN

ATHLETE OF THE YEAR

2019

MAXWELL BROWN

TRACK AND FIELD WOMEN

ATHLETE OF THE YEAR

2019

CARLA DU PLESSIS

INSPIRATIONAL

RUNNER OF THE YEAR

2019

LINDILE TOKOTA

NON-COMMITTEE MEMBER

WHO SUPPORTS THE CLUB THE MOST

2019

CHRISTO VREY

CAPE TOWN MARATHON

RUNNER OF THE YEAR

2019

LINDILE TOKOTA

RUNNER’S

RUNNER OF THE YEAR

2019

LLOYD BOSMAN