

**SENIOR MEN**

RUNNER OF THE YEAR 2022

LLOYD BOSMAN

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**SENIOR WOMEN**

RUNNER OF THE YEAR 2022

BIANCA MALAN

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**SUB-VETERAN MEN**

RUNNER OF THE YEAR 2022

SAM MANDLAZI

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**SUB-VETERAN WOMEN**

RUNNER OF THE YEAR 2022

Suzanne Raath

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**VETERAN MEN**

RUNNER OF THE YEAR 2022

WILLARD JUSSAH

---

**VETERAN WOMEN**

RUNNER OF THE YEAR 2022

MELISSA VAN RENSBURG

---

**MASTER MEN**

RUNNER OF THE YEAR 2022

LINDILE TOKOYA

---

**MASTER WOMEN**

RUNNER OF THE YEAR 2022

ELMIEN NEL

---

**GRAND MASTER MEN**

RUNNER OF THE YEAR 2022

JOHAN GROBBELAAR

---

**GRAND MASTER WOMEN**

RUNNER OF THE YEAR 2022

ANNATJIE BOTES

---

**GREAT GRAND MASTER MEN**

RUNNER OF THE YEAR 2022

MANIE STEENKAMP

---

**GREAT GRAND MASTER WOMEN**

RUNNER OF THE YEAR 2022

KIM ROBERTS

---

**GREAT GREAT GRAND MASTER WOMEN**

RUNNER OF THE YEAR 2022

BEATRIX DE VILLIERS

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**JUNIOR MEN**

RUNNER OF THE YEAR 2022

LUWELLYN DU TOIT

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**JUNIOR WOMEN**

RUNNER OF THE YEAR 2022

SHAFIEKA DU PREEZ

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**DEVELOPMENT**

RUNNER OF THE YEAR 2022

LUWELLYN DU TOIT

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**WALKER MEN**

RUNNER OF THE YEAR 2022

DURANDO AWERIES

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**WALKER WOMEN**

RUNNER OF THE YEAR 2022

NONE

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**WALKER MEN 40 +**

RUNNER OF THE YEAR 2022

ERNST VAN ZYL

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**WALKER WOMEN 40 +**

RUNNER OF THE YEAR 2022

MARIANA VAN ZYL

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**TRAILRUN MEN**

RUNNER OF THE YEAR 2022

FRANCOIS MAQUASSA

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**TRAILRUN WOMEN**

RUNNER OF THE YEAR 2022

MELISSA VAN RENSBURG

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**MOST IMPROVED**

RUNNER OF THE YEAR 2022

WILLARD JUSSAH

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**MOST DEDICATED**

RUNNER OF THE YEAR 2022

DIANA MOUTON

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**MOST RACES**

RUNNER OF THE YEAR 2022

EDDIE MOUTON

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**NEW RUNNER OF THE YEAR**

RUNNER OF THE YEAR 2022

JOHAN GROBBELAAR

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**MULTI SPORT**

ATHLETE OF THE YEAR 2022

JOHAN WINDT

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**COMRADES MEN**

RUNNER OF THE YEAR 2022

SAMUEL MANDLAZI

---

**COMRADES WOMEN**

RUNNER OF THE YEAR 2022

CECILIA NEL

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**TWO OCEANS MEN**

RUNNER OF THE YEAR 2022

LINDILI TOKOTA

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**TWO OCEANS WOMEN**

RUNNER OF THE YEAR 2022

KIM ROBERTS

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**CROSS COUNTRY MEN**

RUNNER OF THE YEAR 2022

SELWYN MATTHEWS

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**CROSS COUNTRY WOMEN**

RUNNER OF THE YEAR 2022

CAITLYN CAWOOD

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**TRACK AND FIELD MEN**

RUNNER OF THE YEAR 2022

DEACON COOPER

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**TRACK AND FIELD WOMEN**

RUNNER OF THE YEAR 2022

ELMARIE WALTERS

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**INSPIRATIONAL**

RUNNER OF THE YEAR 2022

MELVIN KOOPMAN

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**NON-COMMITTEE MEMBER**

RUNNER OF THE YEAR 2022

RIKA SPANG

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**CAPE TOWN MARATHON**

RUNNER OF THE YEAR 2022

ANNATJIE BOTES / WILLARD JUSSAH

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**RUNNER'S RUNNER**

OF THE YEAR 2022

BEATRIX DE VILLILERS