

10KM		22KM
Junior		
Male 1st	John Ross Donovan	Male1st
Male 2nd	Joos Pretorius	Male2nd
Male 3rd	James Newton	Male3rd
Female 1st	Katlego Motsoane	Female1st
		Female 2nd
		Female3rd
Open		
Male 1st	Danny Tinga	Male1st
Male 2nd	Tegan Lion-Cachet	Male2nd
Male 3rd	Etienne Pratt	Male3rd
		Male 4th
		Male 5th
Female 1st	Katie Hawken	Female1st
Female 2nd	Nadia Claasen	Female 2nd
Female 3rd	Angelique Coetzee	Female3rd
		Female 4th
		Female 5th
40's		40's
Male 1st	Seph Oosthuizen	Male1st
Male 2nd	Eric Hefer	Male2nd
Male 3rd	Hannes Coetzee	Male3rd
Female 1st	Pia Stewart	Female1st
Female 2nd	Louise Agenbag	Female 2nd
Female 3rd	Claire Wiltshire	Female3rd
50's		
Male 1st	Mashiane Mathole	Male1st
Male 2nd	Johan Jacobsz	Male2nd
Male 3rd	Maloto Marothi	Male3rd
Female 1st	Noelien Maree	Female1st
Female 2nd	Debbie Tyler	Female 2nd
Female 3rd	Shirley Stewart	Female3rd
60's		
Male 1st	Rui Freitas	Male1st
Male 2nd	Ockie van Niekerk	Male2nd
Male 3rd	Vincent Goodey	Male3rd
Female 1st	Liz Popich	Female1st
Female 2nd	Gerda van Niekerk	Female 2nd
		Female3rd

Tristan Brett
George Matshaka
Mako Muzwondiwa
Jacques du Plessis
Shaun Van den Heever
Angus Powell
Ryan Hyde
Andre Steinman
Isabel Wolf-Gillespie
Clarette Venter
Tamaryn Trueman
Celia Loubsher
Monique smit
Thompson Magagane
James Stewart
John Granville
Christelle Van der Merwe
Anneli Aurett
Zelda Van Rooyen
Andrew Watt
Richard Davidson
Ramotshela Mokoete
Lizel Austin
Angie Peterson
Marie Henning
Stuart Scott
Micheala Petcu