

Runners

Men – 21 km			
Category	Name	Club	Time
1 st Open	Colin Mailola	Nedbank	01:09:23
2 nd Open	Joel Madiba	TUT	01:11:24
3 rd Open	Altus Badenhorst	Born 2 Run	01:13:41
1 st Veteran	Sifiso Mamba	Midrand	01:25:38
1 st Master	Anton Stockenstrom	RWFL	01:45:38
1 st G. Master	Don Charles	Nedbank	01:35:02
1 st GG Master	Pele Tshikundamalema	Olifantsfontein	01:58:15
80+	-	-	-
1 st Junior	-	-	-

Women – 21 km			
Category	Name	Club	Time
1 st Open	Liziwe Mabona	AMPA	01:22:05
2 nd Open	Kim Norton	RAC	01:27:21
3 rd Open	Julie Soicher	Rockies	01:36:05
1 st Veteran	Karen Coomber	ACRW	01:46:03
1 st Master	Julie Soicher	Rockies	01:36:05
1 st G. Master	Francis van Blerk	Nedbank	01:55:05
1 st GG Master	-	-	-
80+	-	-	-
1 st Junior	-	-	-

Men – 10 km			
Category	Name	Club	Time
1 st Open	Anthony Timotheus	UWC	00:34:19
2 nd Open	Jason Koopman	UWC	00:35:53
3 rd Open	Reginald Poopedi	ACRW	00:36:21
1 st Veteran	Leon Baker	Midrand	00:38:34
1 st Master	Joseph Moloto	PMMC	00:39:38
1 st G. Master	Mike de Bruto	Irene	00:43:46
1 st GG Master	Harry vd Merwe	BHS	00:50:06
80+	Ken Nurden	Agape	00:55:41
1 st Junior	Jason Koopman	UWC	00:35:53

Women – 10 km			
Category	Name	Club	Time
1 st Open	Shanley Koekemoer	Midstream	00:39:48
2 nd Open	Charney Bosman	Nedbank	00:43:31
3 rd Open	Nicholise Roux	HS Zwartkop	00:44:42
1 st Veteran	Annelle Vorster	Green Mile	00:46:43
1 st Master	Debbie Bredenkamp	HQH	00:47:52
1 st G. Master	Rina Pretorius	AS Eagles	01:00:34
1 st GG Master	Annetjie Greyvenstein	Irene	00:56:28
80+	Deidre Larkin	Randburg	01:01:47
1 st Junior	Shanley Koekemoer	Midstream	00:39:48

Walkers

Men – 21 km			
Category	Name	Club	Time
1 st Open	Jeffrey Manamela	Alberton	01:57:03
2 nd Open	Cameron Letele	RWFL	02:06:11
3 rd Open	Hudsie Hudsenberg	PMWC	02:16:20
1 st Veteran	Cameron Letele	RWFL	02:06:11
1 st Master	Hans Joythe	Solidarity	02:34:20
1 st G. Master	-	-	-
1 st GG Master	Gerhard vd Raad	Irene	02:28:49
80+	-	-	-
1 st Junior	-	-	-

Women – 21 km			
Category	Name	Club	Time
1 st Open	Sandra Steenkamp	Irene	02:14:13
2 nd Open	Elsa Meyer	Irene	02:23:04
3 rd Open	Bronwyn Lendrum	RWFL	02:31:45
1 st Veteran	Bronwyn Lendrum	RWFL	02:31:45
1 st Master	Sandra Steenkamp	Irene	02:14:13
1 st G. Master	Elsa Meyer	Irene	02:23:04
1 st GG Master	-	-	-
80+	-	-	-
1 st Junior	-	-	-

Men – 10 km			
Category	Name	Club	Time
1 st Open	Jaap Willemse	Irene	01:01:48
2 nd Open	Marius Bosman	ACRW	01:02:11
3 rd Open	Ben Pentz	Love Running	01:08:38
1 st Veteran	-	-	-
1 st Master	Jaap Willemse	Irene	01:01:48
1 st G. Master	Marius Bosman	ACRW	01:02:11
1 st GG Master	Flip Viviers	ACRW	01:15:03
80+	Frans de Ruijter	Eskom	01:27:44
1 st Junior	-	-	-

Women – 10 km			
Category	Name	Club	Time
1 st Open	Udelle de Winnaar	UJ	00:58:17
2 nd Open	Rhoda Willemse	Aurecon	01:01:10
3 rd Open	Lucia Willemse	Irene	01:11:48
1 st Veteran	Conita van Rensburg	Irene	01:12:05
1 st Master	Anette Muller	Irene	01:13:57
1 st G. Master	Lucia Willemse	Irene	01:11:48
1st GG Master	Susan de Ruijter	Eskom	01:21:59
80+	-	-	-
1 st Junior	-	-	-