

10KM EXPRESS**FEMALE - OPEN**

	NAME	AGE	CLUB	TIME
1	Fortunate Chidzivo	31	Retail Capital Langa	0:34:45
2	Zintle Xiniwe	32	Boxer AC WPA	0:35:46
3	Kyla Van Graan	24	Murray & Robberts	0:35:50

MALE - OPEN

	NAME	AGE	CLUB	TIME
1	Sibabalwe Mzazi	30	Boxer CGA	0:30:01
2	Vuyolwethu Mbukushe	28	AAC	0:30:05
3	Mbongeni Ngxazozo	39	Rand Water AC	0:30:14

FEMALE - JUNIORS

	NAME	AGE	CLUB	TIME
1	Jana Le Roux	18	Temp	0:41:07
2	Kristi Vienings	15	Edgemead Runners	1:01:28
3	Elizabeth Lourika Fourie	18	Brackenfell AC	1:12:49

MALE - JUNIORS

	NAME	AGE	CLUB	TIME
1	Dini Magobiyana	14	AAC	0:42:13
2	Bradley De Kock	17	Century City	0:42:17
3	Kwanganathi Wotini	15	Nedbank WP	0:43:12

5KM EXPRESS**MALE**

	NAME	AGE	CLUB	TIME
1	Micardo Maregele	16	Kuilsriver	18:15
2	Chie-Yu Lin	37		20:38
3	Liam Hodgkinson	13	Edgemead	21:57

FEMALE - 40 - 49

	NAME	AGE	CLUB	TIME
1	Bulelwa Simae	41	Boxer AC WPA	0:38:48
2	Jeanette Kohler	40	Nedbank WP	0:41:03
3	Tjaart Van Der Walt	42	Murray & Robberts	0:41:44

MALE - 40 - 49

	NAME	AGE	CLUB	TIME
1	Mthandazo Qhina	41	Nedbank WP	0:31:42
2	Neo Molema	42	AAC	0:34:47
3	Tjaart Van Der Walt	41	Cape Multispot Club	0:35:01

FEMALE - 50 - 59

	NAME	AGE	CLUB	TIME
1	Obertina Kanyongo	51	Nedbank WP	0:41:36
2	Mariette Strauss	56	Tygerberg AC	0:44:38
3	Georgina Andraos	56	K-Way VOB	0:48:14

MALE - 50 - 59

	NAME	AGE	CLUB	TIME
1	Steve Motau	53	Brimstone Itheko	0:35:44
2	John September	52	Brimstone Itheko	0:37:09
3	Tobias Philander	54	Brimstone Itheko	0:37:15

FEMALE

	NAME	AGE	CLUB	TIME
1	Marion Lee Rabie	18		20:39
2	Simone Loedolff	28	Melkbos	22:39
3	Zoe-Jane Cole	9		25:18:00

FEMALE - 60 - 69

	NAME	AGE	CLUB	TIME
1	Nancy Will	66	Pinelands Athletics Club	0:46:52
2	Judith Grove	65	Tygerberg AC	0:51:00
3	Teresa Snyman	63	Pick n Pay AC	0:53:09

MALE - 60 - 69

	NAME	AGE	CLUB	TIME
1	Muhammad Kriel	65	Ommiedraai Friends AC	0:39:22
2	Henry Cieverts	60	Top Form AC	0:41:57
3	Mark Wagenheim	62	AAC	0:45:47

FEMALE - 70 - 79

	NAME	AGE	CLUB	TIME
1	Diana Thomson	72	K-Way VOB	0:57:20
2	Marietha Herbert	74	Bellville AC	0:58:59
3	Marlene James	75	Pinelands Athletics Club	0:59:41

MALE - 70 - 79

	NAME	AGE	CLUB	TIME
1	Willie van Ryk	70	Brackenfell AC	0:50:44
2	Yusuf Gamielien	78	Brimstone Itheko	1:00:19
3	Christopher Walker	70	West Coast Athletic Club	1:02:08