



THABO MOFUTSANYANA Cross Country

2026 Free State Inter Region Championship

Boys u/8

1	0:03:30.5	Ivanru Odendaal	TBM	5
2	0:03:38.7	Johannes van Hrove	TBM	4
3	0:03:41.6	Danie Du Prove	MOT	3
4	0:03:43.5	Ignus Blom	LWP	2
5	0:03:45.8	Phenyo Moshe	MOT	1
6	0:03:48.8	Roeland Marx	TBM	
7	0:03:49.9	Katleho Mosia	TBM	
8	0:03:51.2	Edrich Wium	FZD	
9	0:03:52.1	Fanie Brits	TBM	
10	0:03:55.0	Erik Potgieter	MOT	
11	0:03:57.7	Daniel Clark	TBM	
12	0:03:59.2	Pieter Matthys Grove	MOT	
13	0:04:01.0	Juan Moller	TBM	
14	0:04:02.0	Ignus Grimbeek	TBM	
15	0:04:03.0	Rorisang Mokoena	TBM	
16	0:04:03.4	Bekker van der Merwe	MOT	
17	0:04:03.8	Petrus Bosman	MOT	
18	0:04:04.3	Noah Van Grove	MOT	
19	0:04:07.4	Michael Odendaal	TBM	
20	0:04:07.8	Prince Selani	MOT	
21	0:04:09.6	Caleb van Nrove	MOT	
22	0:04:10.3	Cristiaan van der Watt	TBM	
23	0:04:11.6	Abrams Moloi	TBM	
24	0:04:12.1	Hlonolofatso Ramokhoase	LWP	
25	0:04:12.5	Levan Bezuidenhout	MOT	
26	0:04:13.0	Wian Joubert	MOT	
27	0:04:13.4	Shaun Du Prove	MOT	
28	0:04:14.9	Philip Blomerus	LWP	
29	0:04:15.3	Danny Nieuwenhuis	LWP	
30	0:04:15.8	Anru Becker	TBM	
31	0:04:16.9	Tshireletso Moeti	FZD	
32	0:04:17.9	Cayleb Bukes	MOT	
33	0:04:18.8	Wihan Loretz	MOT	
34	0:04:19.4	Gaofapoge Thebe	MOT	
35	0:04:20.5	Lesedi Mahlomaholo	MOT	
36	0:04:24.0	Sebastian v Trove	FZD	
37	0:04:27.1	Malan Prinsloo	LWP	
38	0:04:28.6	Oratilwe Matli	MOT	
39	0:04:29.3	Yuri Lekgwate	MOT	
40	0:04:29.8	PW Coetzer	FZD	

41	0:04:30.3	Viljee Hugo	FZD
42	0:04:30.7	Petri Swart	TBM
43	0:04:31.3	Bernard Stopforth	FZD
44	0:04:32.6	Anro v Grove	FZD
45	0:04:33.5	Llewelyn Albert Nrove	LWP
46	0:04:37.6	Derik Wepener	LWP
47	0:05:27.1	Luhan Newhoff	FZD
48	0:05:47.3	Gj Rood	FZD

Boys 9

1	0:07:34.0	Logan Kock	TBM	5
2	0:07:38.7	Keeya Zwane	TBM	4
3	0:07:49.0	Sizakh Mlambo	LWP	3
4	0:07:49.6	Justus Zyl	MOT	2
5	0:07:50.8	Tyrese Jansen	MOT	1
6	0:07:56.1	Ebert Wagenaar	TBM	
7	0:07:59.8	Camton Wyk	FZD	
8	0:08:00.2	Keeyan Kotope	TBM	
9	0:08:00.9	Katleh Khasebe	TBM	
10	0:08:01.6	David Els	MOT	
11	0:08:05.8	Niel B Bosman	TBM	
12	0:08:09.4	Reuben Plessis	MOT	
13	0:08:16.0	Tharol Molise	TBM	
14	0:08:16.5	Thuto Mhlambi	TBM	
15	0:08:19.6	Agreem Mphatwe	MOT	
16	0:08:24.1	Sebast Brits	FZD	
17	0:08:25.4	Zachar Wiese	FZD	
18	0:08:30.5	Tsebo Kutlwane	LWP	
19	0:08:31.6	Johan Kriek	TBM	
20	0:08:32.1	Kahlol Leopa	TBM	
21	0:08:35.1	Tokoll Sempe	LWP	
22	0:08:35.6	Noah N Nel	MOT	
23	0:08:36.0	Rudo-S Mouton	FZD	
24	0:08:36.5	Christ Plessis	TBM	
25	0:08:38.1	Aiden Poultney	FZD	
26	0:08:38.8	Owethu Salomane	TBM	
27	0:08:39.6	Joe Cotton	TBM	
28	0:08:40.8	Leboha Saila	MOT	
29	0:08:45.7	Bohlal Fokane	LWP	
30	0:08:47.0	Sergio Trotter	TBM	
31	0:08:48.3	Remole Mokhutlo	LWP	
32	0:08:49.1	Petrus Villiers	TBM	
33	0:08:50.2	Connor Fourie	MOT	
34	0:09:00.1	Lethab Sethuntsa	MOT	
35	0:09:01.2	Oarabi Moeti	LWP	
36	0:09:04.4	Zion M Muller	FZD	
37	0:09:05.0	Jakobu Roux	TBM	
38	0:09:07.7	Morolo Lesedi	MOT	
39	0:09:08.7	Heinri Venter	MOT	
40	0:09:11.3	Benjam Burger	FZD	
41	0:09:33.5	Hendri Venter	FZD	
42	0:10:09.2	Sibusi Moletsane	LWP	

Boys 10

1	0:06:59.5	Rynard Kymdell	TBM	5
2	0:07:01.3	Ordino Kok	MOT	4
3	0:07:13.7	Jamaly Seclave	MOT	3
4	0:07:20.3	Bion B Botes	TBM	2
5	0:07:29.2	Lethab Mokoena	MOT	1
6	0:07:32.5	Janus Odendaal	TBM	
7	0:07:34.8	Jeremi Taylor	MOT	
8	0:07:37.7	Stembi Tshabalala	TBM	
9	0:07:39.6	Meirin Fouche	MOT	
10	0:07:40.5	Mihan Botha	TBM	
11	0:07:48.5	Olga T Tsoai	LWP	
12	0:07:50.3	Tshaba Buti	TBM	
13	0:07:51.6	Morena Mpondo	LWP	
14	0:07:54.1	Tumelo Matsoso	TBM	
15	0:08:03.5	Reinha Lavarack	LWP	
16	0:08:08.5	Zyvan Marais	TBM	
17	0:08:08.9	Xolisa Xaba	TBM	
18	0:08:11.2	Andre Masuret	FZD	
19	0:08:11.7	Lefa K Kokie	LWP	
20	0:08:14.3	Benjam Godsmark	MOT	
21	0:08:18.3	Blesse Muzihnji	MOT	
22	0:08:18.7	Abenat Miya	MOT	
23	0:08:21.8	Eben J Julyan	TBM	
24	0:08:23.6	Neo Ma Makhele	LWP	
25	0:08:28.6	Fikile Mana	LWP	
26	0:08:34.7	Malach Booï	TBM	
27	0:08:45.1	Lesedi Mosebi	LWP	
28	0:08:51.3	Thateh Mpholo	FZD	
29	0:08:54.1	Ohan B Boshoff	TBM	
30	0:09:03.2	Pieter Swannepoel	MOT	
31	0:09:06.6	PD Wey Weyers	TBM	
32	0:09:19.5	Bester Stadler	FZD	
33	0:09:20.5	Declan Stevens	FZD	

Boys 11

1	0:10:22.2	Tshiamo Brand	MOT	5
2	0:10:39.5	Neo Ngozo	TBM	3
3	0:10:39.9	Luanru Odendaal	TBM	2
4	0:10:47.7	Moekoena Tshepo	TBM	1
5	0:10:55.7	Gerhard Snyman	FZD	
6	0:11:04.5	Karabo Nkone	LWP	
7	0:11:15.9	Christopher Schutze	TBM	
8	0:11:32.9	Braam Steenkamp	MOT	
9	0:11:34.2	Mofokeng Ditabe	LWP	
10	0:11:35.8	Lentsoenyane Thato	TBM	
11	0:11:37.0	Moloi Itumeleng	TBM	
12	0:11:41.6	Gomolemo May	LWP	
13	0:11:48.6	Thamie Janie	TBM	
14	0:11:49.4	Caleb Nel	FZD	
15	0:11:49.8	Retief Hugo	FZD	
16	0:11:53.7	Marcus Fourie	TBM	

17	0:11:54.5	Raymond Quansah	MOT
18	0:11:55.0	Sonwabo Tangube	MOT
19	0:11:59.3	Jan Gabriel Blignaut	TBM
20	0:12:00.0	Sphiwesihle Mnguni	MOT
21	0:12:07.1	Teboho Mahlomaholo	MOT
22	0:12:18.5	Sibusiso Mosia	TBM
23	0:12:19.0	Dries Van der Walt	MOT
24	0:12:20.1	Tshireletso Morake	LWP
25	0:12:30.6	Goitsimang Mofukunyane	LWP
26	0:12:31.0	Luthando Nkala	MOT
27	0:12:34.2	Thato Tshandu	LWP
28	0:12:34.8	Kgalalelo Rhadebe	FZD
29	0:12:43.1	Relebohile Lenong	LWP
30	0:12:57.2	Joseph Mokoena	TBM
31	0:12:59.0	Roelof Pretorius	FZD
32	0:13:10.3	Omolemo Legodu	MOT
33	0:13:31.1	Lesiamo J Molapo	FZD
34	0:15:15.4	Estiaan Pretorius	FZD

Boys 12

1	0:10:44.0	Sibusiso Mkwanazi	TBM	5
2	0:10:46.2	Lucas Msimanga	TBM	4
3	0:10:46.9	Kgauhelo Mokoena	LWP	3
4	0:10:57.0	Kamohelo Baardman	LWP	2
5	0:11:00.9	Omphile Monatisa	TBM	1
6	0:11:15.2	Kgotso Komsan	TBM	
7	0:11:19.3	Kgoitsi Monchusi	LWP	
8	0:11:19.8	Nyakallo Tsotsotso	LWP	
9	0:11:20.6	Thabo Pitso	FZD	
10	0:11:23.3	Kamohelo Mhlungulana	LWP	
11	0:11:24.5	Gidon Verster	TBM	
12	0:11:25.0	Thabo Motebele	LWP	
13	0:11:33.5	Tsoanelo Mokhobo	LWP	
14	0:11:38.8	Sion Reynolds	MOT	
15	0:11:39.5	Johanco Mostert	TBM	
16	0:11:41.2	Bohlokwa Maya	TBM	
17	0:11:43.8	Bandile April	FZD	
18	0:11:45.1	Phillip van der Merwe	TBM	
19	0:11:46.1	Kberon Kotse	MOT	
20	0:11:47.6	Bokang Molelekoa	LWP	
21	0:11:53.3	Fanie Barnard	MOT	
22	0:12:10.8	Khetulwazi Mhlanga	TBM	
23	0:12:13.4	Alex Frase	TBM	
24	0:12:17.2	Drian du Plessis	MOT	
25	0:12:19.6	Jaycee DeWee	MOT	
26	0:12:28.3	Xavier Nunes	MOT	
27	0:12:35.6	Jayme Redelinghuys	TBM	
28	0:12:36.3	Joe Human	TBM	
29	0:12:43.6	Luke Tolken	MOT	
30	0:12:44.7	Malachi Johnson	MOT	
31	0:12:48.7	Hlalefo Mokhoema	MOT	
32	0:13:04.5	Stephanes Van Wyk	MOT	
33	0:13:09.6	Greame Goodchild	none	

34	0:14:14.4	Rj Muller	FZD
35	0:15:06.1	Themba Mashinini	TBM
36	0:15:21.6	Nyakallo Kolabe	TBM
37	0:16:00.0	Marco Janse van Vuuren	TBM

Boys 13

1	0:14:05.2	Johan (Janco) Kohler	TBM	5
2	0:14:11.5	Mpho Mpheteng	LWP	4
3	0:14:17.3	Banele Ndwene	TBM	3
4	0:14:30.3	Johnathan Matthew	TBM	2
5	0:14:39.4	Albert Adolf August Zietsman	MOT	1
6	0:14:49.4	Oratile Keepile	MOT	
7	0:15:17.6	Itumeleng Motloha	LWP	
8	0:15:19.4	Lerato Motlokwa	MOT	
9	0:15:22.3	Molefi Tomeng	TBM	
10	0:15:25.5	Ryan Auths	MOT	
11	0:15:42.6	Oratilwe Mabe	FZD	
12	0:15:48.6	Bokamoso Mokhuma	LWP	
13	0:15:58.1	Karabello Zumane	MOT	
14	0:15:58.9	Junior Kapoko	LWP	
15	0:16:06.7	Lourens Pieter (LP) Botha	MOT	
16	0:16:14.9	Morena Tsoaeli	LWP	
17	0:16:23.2	Goitsimang Ramatsa	LWP	
18	0:16:26.6	Prince Mokhobo	LWP	
19	0:16:37.4	Toka Nokhona	LWP	
20	0:16:45.6	Nhlanhla Nhlapo	TBM	
21	0:16:46.8	Itumeleng Wehle	LWP	
22	0:16:47.1	Nathan Van Zyl	MOT	
23	0:16:47.2	Thato Seghin	TBM	
24	0:17:07.9	Caleb Visagie	MOT	
25	0:17:10.7	Bokang Simase	TBM	
26	0:17:16.2	Bohlale Liphoko	FZD	
27	0:17:27.9	Gerik Heyns	TBM	
28	0:17:28.3	Neil Benjamin Fourie	MOT	
29	0:17:45.7	Lethabo Sekhukune	FZD	
30	0:17:58.2	Andries Ben Greyling	MOT	
31	0:18:00.0	Hendrik Liam Smit	MOT	
32	0:19:04.0	Vusi Ncobeni	MOT	
33	0:19:32.5	Jandre Koorzen	FZD	

Boys 14

1	0:13:49.7	Nolan de Poolah	TBM	4
2	0:13:52.3	Bongane Makabane	TBM	3
3	0:14:05.9	Tiisetso Monyaki	TBM	2
4	0:14:38.5	Mpho Ngake	LWP	1
5	0:14:48.9	Lehlohonolo Moilola	LWP	
6	0:14:49.0	Teboho Makue	TBM	
7	0:15:06.1	Thuto Mwaya	LWP	
8	0:15:35.6	Mpho Zwane	LWP	
9	0:15:39.9	Ofentse Utlwa	LWP	
10	0:15:44.5	Donald Mofokeng	TBM	
11	0:16:03.3	Teboho Mokhosi	LWP	

12	0:16:04.6	Itumeleng Mpondo	LWP
13	0:16:13.5	Karabo Mashinini	LWP
14	0:16:14.2	Mpho Panyane	LWP
15	0:16:15.5	Tlhonolofatso Ramakatsa	MOT
16	0:16:34.9	Kamohelo Dwaba	MOT
17	0:17:03.4	Micheal Maharaj	TBM
18	0:17:05.8	Thapelo Sibusiso Motjetje	TBM
19	0:17:11.7	Hendrik Rautenbach	MOT
20	0:17:14.0	Karabo Thebe	TBM
21	0:17:14.9	Lesego Thamaga	LWP
22	0:17:38.9	Jhandre Filmater	TBM

Boys 15

1	0:13:33.2	Dian Erasmus	LWP	5
2	0:13:36.9	Mokete Ntheri Sekebesa	LWP	4
3	0:13:37.7	John Dre Kotze	TBM	3
4	0:14:02.3	Andries Moreki	LWP	2
5	0:14:04.7	Mpho Xaba	TBM	1
6	0:14:20.2	Lukhanyo Tlhouoa	LWP	
7	0:14:21.0	Ruhan Cilliers	TBM	
8	0:14:29.8	Hans Thato	TBM	
9	0:14:43.4	Kagisho Keepile	MOT	
10	0:14:57.2	Tlotliso Lesenyeho	LWP	
11	0:15:02.5	Orefile Masoeu	TBM	
12	0:15:12.7	Gauta Owarona Masoleng	LWP	
13	0:15:23.8	Kwezi Derison	LWP	
14	0:15:24.8	Thato Letsoaka	LWP	
15	0:15:43.5	Thamsanqa Mbalola	LWP	
16	0:15:47.0	Anele Cweya	MOT	
17	0:15:57.7	Mahoetse Edward Mokone	TBM	
18	0:16:05.8	Prince Mabuza	LWP	
19	0:16:31.5	Katleho Motaung	LWP	
20	0:16:38.2	Mpho Makhaza	FZD	
21	0:16:47.8	Oresiametse Moalosi	MOT	
22	0:17:00.3	Mthandazo Maembani	FZD	
23	0:17:15.3	Evan du Plessis	MOT	
24	0:17:15.7	Janco Buys	TBM	
25	0:17:36.1	Kamohelo Moroane	MOT	
26	0:17:45.1	Jonathan Hawkey	TBM	
27	0:19:23.0	Karabo Ditshaba	FZD	
28	0:19:31.7	Isack Ashancho	TBM	
29	0:19:36.3	Lehlohonolo Monyake	LWP	
30	0:21:21.5	Setjahaba Hlapane	TBM	

Boys 16

1	0:20:32.3	Thabang Mahlasela	FZD	5
2	0:20:46.9	Jaylynn Seclave	MOT	4
3	0:20:59.5	Sizwe Tshabalala	LWP	3
4	0:21:09.6	Lehlohonolo Manthata	LWP	2
5	0:22:05.3	Thato Mokone	LWP	1
6	0:22:50.1	Sithembiso Sithole	LWP	
7	0:22:51.7	Thato Molefe	TBM	

8	0:22:52.1	Rapelang Makwe	FZD
9	0:23:05.2	Molahlehi Oliphant	LWP
10	0:23:46.3	Phemelo Mpedi	LWP
11	0:23:58.6	Reatile Xaba	TBM
12	0:23:59.5	Kgauhelo Lepheane	LWP
13	0:24:17.3	Thabang Samuel Matuka	LWP
14	0:24:33.5	Quinton du Toit	none
15	0:24:53.7	Junior Leshoro	LWP
16	0:25:05.1	Boy Ramolahloane	LWP
17	0:25:21.6	Tshiamo Seobi	LWP
18	0:25:27.4	Mosa Manone	MOT
19	0:25:30.1	Llewellyn Venter	MOT
20	0:25:32.2	Deandre De Wet Smith	LWP
21	0:25:59.3	Daim Masih	TBM
22	0:26:19.9	Alex Du Plessis	MOT
23	0:26:26.6	Estiaan Esterhuizen	FZD
24	0:27:56.8	Simosihle Hlongwane	TBM

Boys 17

1	0:20:31.7	Katleho Mekoane	LWP	5
2	0:20:44.9	Keitumetse Thotelo	LWP	4
3	0:21:37.7	Prince Masowa	TBM	3
4	0:21:49.8	Lerato Dithebe	LWP	2
5	0:22:12.4	Neo Letube	LWP	1
6	0:22:22.4	Selepe Amohelang	TBM	
7	0:22:30.4	Aupa Mthombeni	LWP	
8	0:23:15.3	Katlego Koloji	LWP	
9	0:23:26.9	Katleho Lihlabi	LWP	
10	0:23:52.2	Tshwarelo Moeti	LWP	
11	0:23:57.4	Maime Motsamai	LWP	
12	0:24:04.7	Neo Moloi	TBM	
13	0:24:13.6	Lefa Mokheseng	LWP	
14	0:24:34.2	Kgauhelo Thompson	TBM	
15	0:25:15.0	Kamohelo Dinale	LWP	
16	0:26:24.9	Thato Male	MOT	
17	0:27:20.7	Dewalt Kruger	TBM	
18	0:27:56.8	Thabo Masiane	TBM	
19	0:28:00.0	Theo Pieters	TBM	

Youth Boys 2

1	0:06:24.5	Wilhelm du Plessis	MOT
2	0:06:30.5	Katleho Mekoane	LWP
3	0:07:23.5	Richardo Chimanga	MOT
4	0:07:33.5	Bulelani Samela	LWP
5	0:07:34.9	Lian Oosthuizen	TBM
6	0:07:41.1	Thomas Mantje	LWP
7	0:07:49.0	Rehard Britz	MOT
8	0:07:55.1	Jarrid S Justin Barnard	LWP
9	0:08:02.9	Tumelo Nthejane	MOT
10	0:08:05.6	Zukhanya Gqobaza	MOT
11	0:08:10.9	Hendrik Myburgh	LWP
12	0:08:16.3	Deandre De Wet Smith	LWP

Junior Men 2

1	0:05:45.6	Gerhard Bossert	TBM	5
2	0:05:59.8	Itumeleng Ngexe	LWP	4
3	0:06:18.3	Mpho Leshoro	LWP	3
4	0:06:23.9	Katleho Shai	LWP	2
5	0:06:45.8	Thapelo Khamali	LWP	1
6	0:06:54.0	Smangaliso Msele	LWP	
7	0:07:03.3	Kutloano Majake	LWP	
8	0:07:07.8	Prince Lethetsa	LWP	
9	0:07:10.6	Kenny Phejane	LWP	
10	0:07:22.9	Tshepo Ramongalo	LWP	
11	0:07:26.2	Karabo Thebehae	LWP	
12	0:07:43.0	Magdalena Arangies	TBM	
13	0:08:33.6	Yibanathi Diko	LWP	
14	0:09:35.1	Rethabile Mokoena	LWP	
15	0:09:40.4	Karabo Molefi	LWP	

Senior Men 2

1	0:06:04.7	Tsholo Marumo	LWP	5
2	0:06:08.6	Bongani Hlongwane	TBM	4
3	0:06:12.2	Sabata Khagane	LWP	3
4	0:06:15.4	Letsatsi David Maduna	TBM	2
5	0:06:22.3	Sello Macholo	TBM	1
6	0:06:32.4	Sebastiaan Pauw	MOT	
7	0:06:44.6	Karabo Ngoaketsi	none	
8	0:06:45.1	Khethisi Mpheteng	TBM	
9	0:06:48.2	Tshepang Thaetsi	LWP	
10	0:06:52.1	Ayabonga Saul	LWP	
11	0:07:13.9	Tumelo Tjaoane	LWP	
12	0:07:16.2	Karabo Gaowelwe	LWP	
13	0:07:19.5	Bongani Yawa	LWP	
14	0:07:33.0	Sobi Matube	LWP	

Junior Men 8km

1	0:25:35.6	Gerhard Bossert	TBM	5
2	0:26:50.4	Itumeleng Ngexe	LWP	4
3	0:27:30.8	Sandile Mokonyanya	LWP	3
6	0:28:11.0	Mpho Leshoro	LWP	2
7	0:28:32.5	Atlehang Erasmus	LWP	1
9	0:30:14.1	Smangaliso Msele	LWP	
11	0:30:55.4	Kenny Phejane	LWP	
12	0:31:05.4	Katleho Lechamo	LWP	
13	0:31:08.4	Gideon Toit	TBM	
14	0:31:50.5	Thapelo Khamali	LWP	
15	0:32:25.6	Thabo Kgoanare	LWP	
17	0:32:49.9	Prince Lethetsa	LWP	
24	0:35:42.1	Gift Ngao	LWP	
32	0:39:06.7	Sebolaise Lehlokoa	TBM	

Men U/23

1	0:12:45.6	Anele Sam Gabuza	MOT	5
2	0:13:29.6	Mfanafuthi Mashee	TBM	4
3	0:13:40.6	Khulani Khate	LWP	3
4	0:13:57.9	Thato Matsinyane	TBM	2
5	0:14:07.0	Sobi Matube	LWP	1
6	0:14:12.2	Tshepang Lekhase	TBM	
7	0:14:15.6	Thato Kgosing	LWP	
8	0:14:20.7	Sello Chaka	TBM	
9	0:14:25.3	Teboho Sekese	MOT	
10	0:14:36.2	Tshepiso Maphasa	LWP	
11	0:14:46.8	Kananelo Motebele	TBM	
12	0:14:48.6	Bokang Pulumo	LWP	
13	0:14:55.4	Karabo Thebehae	LWP	
14	0:15:10.2	Moramang Moniseniyane	LWP	
15	0:15:25.0	Modise Baepi	LWP	
16	0:15:26.2	Moalusi Makhaotse	LWP	
17	0:15:28.2	Tumelo Tjaoane	LWP	
18	0:15:54.8	Kekeletso Moiloa	LWP	
19	0:16:00.5	Kamohelo Mbele	TBM	
20	0:16:46.2	Thato Mokhele	LWP	
21	0:16:50.5	Jaywon Berries	LWP	
22	0:17:22.0	Tsietsi Sesotlo	LWP	
23	0:19:19.8	Setjahaba Hlapane	TBM	

Senior Men 4km

1	0:12:49.5	Bantubonke Derison	LWP	5
2	0:12:53.8	Tsholo Marumo	LWP	4
3	0:13:10.9	Letsatsi David Maduna	TBM	3
4	0:13:23.0	Fikile Hlapane	LWP	2
5	0:13:26.0	Rethabile Thoabala	FZD	1
6	0:13:43.5	Innocent Motloang	TBM	
7	0:13:56.1	Karabo	none	
8	0:14:01.8	Vuyo Mazwazwa	LWP	
9	0:14:18.4	Oompie Ngomba	LWP	
10	0:14:27.1	Maditsing Mokoena	LWP	
11	0:14:32.2	Ayabonga Saul	LWP	
12	0:15:13.1	Tshediso Nkikane	MOT	
13	0:15:13.6	Edward Raboroko	LWP	
14	0:15:35.3	Siyabonga Tshabalala	TBM	

Senior Men 10km

1	0:33:30.0	Dumisani Sethole	LWP	5
2	0:33:46.7	Sello Macholo	TBM	4
3	0:34:00.9	Junior Flani	LWP	3
4	0:34:31.8	Thato Leiee	LWP	2
5	0:34:36.4	Daniel Rampai	MOT	1
6	0:34:41.8	Siya Derisson	LWP	
7	0:34:54.6	Neo Segopolo	LWP	
8	0:36:44.3	Khethisi Mpheteng	TBM	
9	0:36:50.9	David Maseko	TBM	
10	0:38:06.1	Kabelo Tlhone	LWP	
11	0:40:10.6	Junior Mokatsane	FZD	

Men 35

8	0:29:40.9	Paulus Marumo	LWP	5
21	0:33:19.4	Serame Mosia	TBM	4
22	0:34:10.9	Thabo Tshipe	LWP	3

Men 40

4	0:27:47.0	Potso Khomo	LWP	5
5	0:27:58.8	Buti Mokoena	TBM	4
16	0:32:27.9	Hendri Du Plessis	MOT	3
26	0:36:01.7	Derrick Britz	FZD	2
27	0:36:19.3	Alwyn Hugo	FZD	1
31	0:38:29.9	Fusi Sello	MOT	
35	0:39:54.1	Neels Koorzen	FZD	
	0:49:58.5	Thabiso Dlamini	LWP	

Men 45

10	0:30:30.7	Thinus Wilken	FZD	5
----	-----------	---------------	-----	---

Men 50

18	0:32:54.9	Matthews Mussimango	LWP	5
19	0:33:00.4	Herman Fourie	MOT	4
20	0:33:15.0	Colin Sias Delpont	LWP	3
28	0:36:49.6	Tsietsi Daniel Thakeng	LWP	2
33	0:39:07.8	Benedictus Kok	MOT	1
34	0:39:19.4	Mokete Phale	LWP	
36	0:46:49.5	Cornelius Pretorius	LWP	

Men 55

23	0:34:16.8	Phello Mollo	TBM	5
25	0:35:43.6	Benjamin Senokoane	LWP	4
29	0:37:04.5	Edward Sehale	LWP	3
30	0:37:58.3	Stefan Blunden	FZD	2

Men Master 6km

1	0:28:56.9	Jeffrey Qcelu	LWP	5
2	0:36:05.4	Jan Rothman	TBM	4
3	0:36:59.4	Michael Roos	MOT	3

Girls u/8

1	0:03:58.3	Karlie Fourie	TBM	5
2	0:04:00.6	Mienke Fouche	MOT	4
3	0:04:07.0	Hail Tsotetsi	FZD	3
4	0:04:11.6	Bophelo Tabane	TBM	2
5	0:04:14.2	Janie Cornelissen	FZD	1
6	0:04:15.6	Hailey Liebenberg	MOT	
7	0:04:17.3	Mila Van Zyl	LWP	
8	0:04:18.1	Boitumelo Olifant	LWP	
9	0:04:19.3	Hayley Bartleman	TBM	
10	0:04:19.9	Anja Nel	TBM	
11	0:04:20.5	Mia-Lee Prinsloo	TBM	

12	0:04:22.0	Riane Visser	TBM
13	0:04:22.5	Carli Botes	MOT
14	0:04:23.2	Abigail Botes	TBM
15	0:04:25.2	Lia van der Watt	TBM
16	0:04:26.3	Ndlebe Simphiwe	TBM
17	0:04:26.8	Mandisa Sprinkaan	LWP
18	0:04:27.4	Anje Landmann	TBM
19	0:04:28.2	Lika Coetzee	TBM
20	0:04:29.1	Isabella Nel	FZD
21	0:04:30.5	Kara Toit	TBM
22	0:04:31.6	Mokomatsili Atlehang	TBM
23	0:04:32.1	Kiara Olivier	LWP
24	0:04:34.8	Oarabile Madolo	MOT
25	0:04:35.5	Este v Heerden	MOT
26	0:04:36.1	Mlieke Vorster	MOT
27	0:04:36.7	Anika Ferreira	TBM
28	0:04:37.6	Alenka Schoeman	MOT
29	0:04:38.9	Louwra Parsons	LWP
30	0:04:44.2	Klara Odendaal	TBM
31	0:04:44.8	Lerize Bosman	TBM
32	0:04:45.5	Myah Ina v d Schyf	MOT
33	0:04:46.5	Olivia Becker	TBM
34	0:04:47.0	Carmi Rossouw	LWP
35	0:04:47.5	Tlhonolofatso Kotse	MOT
36	0:04:49.8	Lusanda Mbadamana	MOT
37	0:04:51.5	Mika Fenwick	TBM
38	0:04:53.0	Sibongile Zingela	MOT
39	0:04:54.3	Oretlametse Mothibatsela	MOT
40	0:04:57.2	Luthando Mbadamana	MOT
41	0:04:59.2	Warona Bokopane	LWP
42	0:05:03.0	Lienke Joubert	MOT
43	0:05:04.0	Amahle Mtsila	MOT
44	0:05:21.2	Elri Pienaar	FZD
45	0:05:28.1	Sloan v Wyk	FZD

Girls 9

1	0:08:24.5	Aila Cilliers	MOT	5
2	0:09:00.7	Bonolo Sello	LWP	4
3	0:09:04.8	Milan Loots	FZD	3
4	0:09:16.8	Thokozile Dlamini	TBM	2
5	0:09:17.9	Mila Van Zyl	MOT	1
6	0:09:18.7	Moloi Lebohang	TBM	
7	0:09:23.0	Klara Blignaut	MOT	
8	0:09:25.1	Milan Schoeman	TBM	
9	0:09:26.2	Alexa Koen	MOT	
10	0:09:26.8	Miahbeth Burger	MOT	
11	0:09:31.0	Naledi Mofokeng	MOT	
12	0:09:33.4	Janica Buys	TBM	
13	0:09:40.7	Buhle Hlalele	MOT	
14	0:09:51.4	Chantonic Barnard	TBM	
15	0:09:52.2	Bokamoso Msimanga	TBM	
16	0:09:55.2	Chanel Coetzee	LWP	
17	0:09:55.8	Hemen Bekele	MOT	

18	0:09:56.4	Ane Jacobs	MOT
19	0:09:57.1	Kayla Themba	MOT
20	0:09:59.7	Anzea Van Wyk	MOT
21	0:10:00.8	Tiane v Graan	FZD
22	0:10:02.6	Mieke v Deventer	FZD
23	0:10:15.3	Celiane Boshoff	TBM
24	0:10:24.0	Amohelang Khomo	TBM
25	0:10:28.1	Jana Jacobs	MOT
26	0:10:38.0	Bokamoso Mofokeng	LWP
27	0:10:45.2	Isabella Fortuin	TBM

Girls 10

1	0:07:52.9	Inge-Mari Hamman	TBM	5
2	0:08:02.6	Mardine Moller	TBM	4
3	0:08:16.3	Abigail Mogorosi	MOT	3
4	0:08:21.9	Bokamoso Leseba	LWP	2
5	0:08:33.8	Neriyah Verster	TBM	1
6	0:08:39.1	Bohlokwa Tomeng	none	
7	0:08:40.0	Bokamoso Mosia	TBM	
8	0:08:40.9	Karli Baulle	TBM	
9	0:08:43.4	Elisheva Verster	TBM	
10	0:08:46.3	Mpho Mofokeng	TBM	
11	0:08:47.8	Nongceba Ngonezulu	LWP	
12	0:08:50.5	Koao Karabelo	TBM	
13	0:08:54.3	Lara Goosen	MOT	
14	0:08:57.1	Gemma Kahts	MOT	
15	0:08:59.3	Mothepane Mokhobo	LWP	
16	0:09:04.3	Caylin Coetzee	MOT	
17	0:09:08.6	Emlyn Samuel	MOT	
18	0:09:12.3	Mieke Rousseau	MOT	
19	0:09:14.3	Nomthandazo Thene	LWP	
20	0:09:15.8	Tihonolofatso Mdakane	LWP	
21	0:09:17.3	Karabelo Ramotubei	MOT	
22	0:09:19.6	Hane Blignaut	TBM	
23	0:09:24.3	Hlompho Matsoeneng	TBM	
24	0:09:25.6	Rekgabisitswe Paulus	MOT	
25	0:09:27.4	Ami van Staden	MOT	
26	0:09:32.1	Rethabile Moshoadise	MOT	
27	0:09:36.3	MILAN BOTHA	MOT	
28	0:09:50.5	Helain Coetzer	FZD	
29	0:10:04.1	Marlize Cornelissen	FZD	
30	0:10:06.8	Marike Vries	TBM	
31	0:10:14.3	Mphoentle Moleleki	none	
32	0:10:43.2	Nelrie Strydom	TBM	
33	0:10:59.3	Neo Thobehi	LWP	

Girls 11

1	0:11:29.0	Nonhlanhla Ntombela	TBM	5
2	0:12:00.9	Karabelo Mokoena	TBM	4
3	0:12:13.6	Leah Steyn	MOT	3
4	0:12:14.3	Chicita Preez	TBM	2
5	0:12:18.2	Danli van Tonder	TBM	1

6	0:12:32.0	Bohlokwa Radebe	LWP
7	0:12:44.1	Puleng Mokwayi	LWP
8	0:12:56.7	Ofentse Samane	MOT
9	0:12:57.5	Katelynn Sehlabaka	FZD
10	0:12:58.9	Omolemo Menaneso	MOT
11	0:13:03.8	Luyanda Ndaba	TBM
12	0:13:08.6	Mimi Khamadi	LWP
13	0:13:16.9	Grace Mofokeng	TBM
14	0:13:17.4	Omosa Masoeu	TBM
15	0:13:24.0	Nhlanhla Sogosha	MOT
16	0:13:24.5	Christina Themba	MOT
17	0:13:25.9	Aletia Kenig	MOT
18	0:13:26.3	Emily van der Merwe	TBM
19	0:13:27.9	Oratilwe Khasebe	TBM
20	0:13:44.3	Relebohile Mokhele	LWP
21	0:13:45.6	Cayla Myburgh	MOT
22	0:14:08.6	Palesa Cweya	MOT
23	0:14:10.5	Rethabile Mthombo	TBM
24	0:14:11.0	Gianna Lekgwale	MOT
25	0:14:12.2	Ronah Mpofo	LWP
26	0:14:13.3	Lizay Landmann	TBM
27	0:14:28.2	Reane Geldenhuys	FZD
28	0:14:30.2	Angellica Masih	TBM
29	0:14:38.8	Mary West	TBM
30	0:14:41.3	Olerato Pholo	MOT
31	0:15:04.1	Relebohile Sefatsa	LWP
32	0:15:16.0	Chante Heyns	FZD
33	0:15:26.8	Lienke Terblanche	FZD
34	0:15:34.7	Mija Els	TBM
35	0:15:39.1	Yuvancka Botha	TBM
36	0:00:00.0	Allenay Marais	TBM

Girls 12

1	0:11:48.9	Karabo Sibiloane	FZD	5
2	0:12:03.1	Kananelo Nhlapo	TBM	4
3	0:12:04.4	Relebohile Hlaole	FZD	3
4	0:12:06.2	Amirah Kok	MOT	2
5	0:12:09.1	Matahidiso Ratsuwe	LWP	1
6	0:12:41.0	Kearabetswe Tiro	LWP	
7	0:12:44.6	Nombulelo Pali	LWP	
8	0:12:48.4	Oratilwe Ralekaota	LWP	
9	0:12:58.5	Adanje Kotze	MOT	
10	0:13:06.6	Mine Zietsman	MOT	
11	0:13:10.9	Tlhonolofatso Sehloho	LWP	
12	0:13:18.0	Elke Snyman	FZD	
13	0:13:23.5	Lesego Sikeyi	TBM	
14	0:13:25.0	Lerato Mokgatla	TBM	
15	0:13:25.4	Keabetswe Modise	LWP	
16	0:13:27.4	Mokoena Refilwe	TBM	
17	0:13:28.5	Motlalepule Masoha	LWP	
18	0:13:39.1	Mpumelelo Rasemeni	MOT	
19	0:13:41.0	Marle Verster	MOT	
20	0:13:51.8	Masego Motsomi	MOT	

21	0:13:53.2	Kelsey Trotter	TBM
22	0:13:56.8	Carisha Pretorius	LWP
23	0:14:19.0	Oratile Rapulungoane	MOT
24	0:14:19.5	Nkoli Tsholo	FZD
25	0:14:30.6	Lana Marx	TBM
26	0:14:34.6	Bonne-Lieze Burger	FZD
27	0:14:49.6	Lieschen Swartz	MOT
28	0:15:00.0	Martinelle Pretorius	TBM
29	0:16:04.0	Mione meyer	MOT
30	0:17:05.0	Waratoa Setlaba	MOT

Girls 13

1	0:11:53.3	Malebo Reitumetse	TBM	5
2	0:11:57.8	Lisa Van den Hever	MOT	4
3	0:12:02.5	Lebohang Mokoetli	FZD	3
4	0:12:26.2	Sune Bester	FZD	2
5	0:12:34.7	Kananelo Mokoena	LWP	1
6	0:12:39.1	Relebohile Mphatsoe	LWP	
7	0:12:41.5	Hesmi Kirstein	FZD	
8	0:12:43.6	Gally Nkati	LWP	
9	0:12:45.2	La-Rochelle Du Plessis	MOT	
10	0:12:49.6	Aligra Nell	MOT	
11	0:13:15.8	Nomsa Mazinyo	LWP	
12	0:13:21.5	Miyanke Landmann	TBM	
13	0:13:29.0	Relandi Botha	TBM	
14	0:13:29.4	Carli Linde	TBM	
15	0:13:36.9	Tarien Liandri Smit	MOT	
16	0:13:42.3	Lumari Baulle	TBM	
17	0:13:44.7	Aimee Jaager	TBM	
18	0:13:45.2	Mandisa Adoro	MOT	
19	0:14:17.5	Lizandrie Heyns	FZD	
20	0:14:23.6	Carien Botha	MOT	
21	0:14:25.9	Retshepile Panya	MOT	
22	0:14:26.6	Dephney Moerane	FZD	
23	0:14:31.8	Mia Coetzee	TBM	
24	0:14:46.2	Christie Cronje	TBM	
25	0:14:50.3	Zane Buys	MOT	
26	0:15:09.3	Mia Jackson	MOT	
27	0:15:10.6	Mosa Mathibela	MOT	
28	0:15:22.9	Busisiwe Booï	MOT	
29	0:15:30.2	Andy Botha	MOT	
30	0:15:53.6	Stefne van Rooyen	TBM	
31	0:16:17.7	Hlonolofatso Stoffel	TBM	
32	0:00:00.0	Naledi Quza	TBM	

Girls 14

1	0:15:32.2	Nobuhle Mzizi	TBM	5
2	0:16:19.5	Karabo Monyaki	MOT	4
3	0:16:23.1	Lu-Anne Labuschagne	MOT	3
4	0:16:38.5	Lebohang Tjutjube	LWP	2
5	0:16:54.5	Hez-Mari Coetzee	TBM	1
6	0:17:05.8	Boitumelo Mafabatho	LWP	

7	0:17:07.4	Lebohang Mshiloane	FZD
8	0:17:19.8	Tsebo Mwaya	LWP
9	0:17:22.3	Cailyn De Kock	MOT
10	0:17:24.8	Caralize Reyneke	MOT
11	0:17:28.3	Ntombizodwa Phakoe	LWP
12	0:18:02.7	Reitumetse Morobo	LWP
13	0:18:03.5	Ilone Plooy	TBM
14	0:18:04.5	Kara Fourie	TBM
15	0:18:22.3	Verne Britz	MOT
16	0:18:35.1	Relebohile Tau	LWP
17	0:18:38.5	Kamohelo Nomga	LWP
18	0:18:44.8	Matshediso Mahloko	LWP
19	0:19:01.4	Elisa Makhata	LWP
20	0:19:14.0	Jemma Myburgh	MOT
21	0:19:52.9	Sebongile Mokoena	none
22	0:20:14.1	Diteboho Moeti	LWP
23	0:20:19.6	Lesedi Morienyane	MOT
24	0:20:50.6	Mikayla Maharaj	TBM
25	0:20:51.4	Siphesihle Buthelezi	LWP
26	0:21:36.4	Dorcas Mofokeng	none
27	0:22:13.5	Amohelang Chalale	LWP
28	0:24:31.4	Mieke Rautenbach	MOT
29	0:24:40.3	Lana Wilken	MOT

Girls 15

1	0:15:56.4	Matshidiso Mokake	LWP	5
2	0:15:59.3	Elné Hugo	TBM	4
3	0:16:13.9	Rethabile Matola	LWP	3
4	0:16:36.6	Michaela Posthumus	TBM	2
5	0:17:12.6	Entle Pandela	LWP	1
6	0:17:15.3	Naledi Lethibela	LWP	
7	0:17:35.1	Thubelihle Nkosi	FZD	
8	0:17:35.5	Yole De Klerk	MOT	
9	0:17:46.3	Ntswaki Ramongalo	LWP	
10	0:17:51.9	Omphile Dhlanguisa	LWP	
11	0:17:55.5	Orifile Tau	LWP	
12	0:18:03.1	Sisipho Siyethe	LWP	
13	0:18:04.1	Reitumetse Rabele	LWP	
14	0:18:12.7	Karabo Masoleng	LWP	
15	0:18:52.6	Oarabile Rathebe	FZD	
16	0:19:23.7	Arabella Deventer	TBM	
17	0:19:41.6	Keitumetse Jane	LWP	
18	0:20:21.5	Elmien J v Rensburg	LWP	
19	0:20:46.4	Moahiomioia Matia	TBM	
20	0:21:04.5	Chrizane Willis	LWP	
21	0:21:10.7	Carla Viljoen	TBM	
22	0:23:02.6	Tholoana Nomane	LWP	
23	0:23:51.1	Michelle Pasipamire	MOT	
24	0:23:54.5	Pabalelo Seleke	MOT	
25	0:24:16.9	Tebogo Ndaba	TBM	

Girls 16

1	0:17:18.8	Vangile Nhlapo	TBM	5
2	0:17:43.8	Dineo Matsoeneng	none	4
3	0:18:14.2	Kgalalelo Lepheane	LWP	3
4	0:18:20.1	Lerato Ramakhale	LWP	2
5	0:19:03.3	Bokamoso Hlabahlaba	LWP	1
6	0:19:17.9	Hannah Heunis	MOT	
7	0:20:37.8	Mapule Mohale	LWP	
8	0:23:35.6	Tshimologo Mohutsioa	MOT	
9	0:23:59.3	Lianke Earle	MOT	
10	0:24:11.8	Mia Jonker	LWP	

Girls 17

1	0:15:24.2	Carlin Van Rooyen	MOT	5
2	0:16:16.0	Moleboheng Mohapi	MOT	4
3	0:16:50.1	Dunjane Rethabile	none	3
4	0:17:33.6	Ntswaki Mokhele	LWP	2
5	0:17:38.7	Carla Britz	TBM	1
6	0:18:10.2	Zita Coetzee	TBM	
7	0:18:16.8	Katleho Rampai	LWP	
8	0:18:19.6	Francisca Rheeder	TBM	
9	0:18:47.3	Rethabile Rasunyane	TBM	
10	0:19:06.6	Lize Van Biljon	LWP	
11	0:19:39.2	Sherilize Pretorius	LWP	
12	0:20:16.1	Portia Ntoni	LWP	
13	0:20:41.1	Liane Nieuwoudt	LWP	
14	0:21:36.9	Palesa Chalale	LWP	
15	0:23:12.4	Thandokazi Mzamo	LWP	
16	0:24:47.7	Rethabile Mmati	none	

Youth Girls 2

1	0:09:07.8	Jana Botha	TBM	5
2	0:09:54.0	Anzel Groenewald	MOT	4
3	0:10:10.8	Realeboha Olifant	LWP	3
4	0:10:24.9	Palesa Chalale	LWP	2
5	0:10:57.3	Dimakatso Mohapi	MOT	1
6	0:12:30.4	Danelle Chandre Nel	LWP	

Senior Women 2

1	0:09:08.9	Nomvula Klaas	LWP	5
2	0:09:13.1	Relebohile Dhlanguisa	LWP	4
3	0:09:19.3	Mianda Nel	MOT	3
4	0:09:52.2	Keletso Mokoena	LWP	2
5	0:10:14.7	Nicolene Arangies	TBM	1
6	0:10:29.9	Tshadi Motholo	LWP	
7	0:11:40.9	Moratuwa Ramafolo	LWP	
8	0:12:17.9	Thandiwe Kelehelwe	LWP	

Women U/23

1	0:13:44.5	Khethisie	TBM	5
2	0:17:42.8	Pinky Long	TBM	4
3	0:17:47.0	Yibanathi Diko	LWP	3

4	0:18:57.5	Relebohile Dhlangisa	LWP	2
5	0:18:59.6	Amanda Mqhaphetshu	MOT	1
6	0:19:25.5	Carissa Tredoux	MOT	
7	0:20:22.3	Nomvula Klaas	LWP	
8	0:21:38.6	Karabo Kondile	LWP	
9	0:23:11.3	Cara Claassen	LWP	
10	0:23:20.0	Tintswalo Mashele	LWP	
11	0:23:20.5	Nthabileng Nkoe	TBM	

Junior Women 6km

1	0:27:46.2	Mieke	TBM	5
2	0:28:53.3	Moipone Moiketsi	LWP	4
3	0:33:11.7	Rethabile Mokoena	LWP	3
4	0:35:40.2	Minenhle Sihonjana	LWP	2
5	0:00:00.0	Khuthala Tati	LWP	1

Senior Women 4km

1	0:17:15.4	Moleboheng Joyce Litabe	TBM	5
2	0:17:37.5	Jeannette Motsei	LWP	4
3	0:18:20.0	Modiehi Macheli	LWP	3
4	0:20:02.0	Juane Jacobs	MOT	2
5	0:21:19.1	Lizette Myburgh	MOT	1
6	0:22:12.7	Keodene Meuter	LWP	
7	0:24:11.8	Moratuwa Ramafolo	LWP	
8	0:25:16.8	Bianca Mboya	LWP	
9	0:25:55.6	Awethu Khalantshontsho	LWP	
10	0:25:57.7	Ntswaki Nkani	LWP	
11	0:28:01.0	Boitumelo Mothibi	LWP	

Senior Women 10km

1	0:38:09.4	SW10	Rearabø LWP	5
2	0:44:36.4	SW10	Lerato M TBM	4

Women 35

1	0:16:05.0	Gloria Tsotetsi	FZD	5
2	0:17:51.9	Selina Ramokhoase	LWP	4
3	0:21:48.0	Regina Mosia	TBM	3
4	0:22:45.7	Siphokazi Diko	LWP	2
5	0:28:38.0	Makgauta Mohaoane	LWP	1

Women 40

1	0:17:40.4	Frances Terreblanche	MOT	5
2	0:18:36.3	Nicole Le Roux	MOT	4
3	0:20:43.6	Deidre van Deventer	TBM	3
4	0:20:55.2	Santonja Meyer	TBM	2
5	0:21:14.2	Riana Fourie	MOT	1
6	0:22:34.7	Daphne Masema	TBM	

Women 45

1	0:17:05.7	Bernice Schoeman	TBM	5
---	-----------	------------------	-----	---

2	0:18:45.7	Tina Nel	TBM	4
3	0:18:49.7	Amanda Labuschagne	LWP	3
4	0:19:46.4	Ilona Van Heerden	FZD	2
5	0:20:31.9	Salome Snyman	FZD	1
6	0:21:50.9	Michelle Pretorius	LWP	
7	0:22:07.6	Mantsali Mokoebetane	LWP	
8	0:24:33.9	Mmalitaba Mmutlanyana	LWP	
9	0:27:32.4	Mmathapelo Sina	LWP	

Women 50

1	0:19:56.4	Carolise Jacobs	MOT	5
2	0:20:36.1	Adri Du Plessis	MOT	4
3	0:20:50.1	Rebecca Lethoko	LWP	3
4	0:21:44.6	Estie Van der Merwe	MOT	2
5	0:22:52.7	Yolanda Myburgh	LWP	1
6	0:23:31.6	Karien Smith	FZD	
7	0:25:40.4	Veronica Botes	MOT	

Women 55

1	0:20:25.8	Amelia Du Plessis	LWP	5
2	0:22:32.7	Emma Noeth	LWP	4

Women 60

1	0:23:09.4	Joalanae Msibi	FZD	5
---	-----------	----------------	-----	---

