

Position Name

60km Mens

- 1 Nico Bell
- 2 Gawie Combrink
- 3 Igna de Villiers

60km Ladies

- 1 Bernice van Wyk
- 2 Hijke Coetzee
- 3 Kristien Velding

40km Mens

- 1 Bheki Dlamini
- 2 Bongani Mathebula
- 3 Dinho Mashele

40km Ladies

- 1 Heidi Rea
- 2 Juanita Kammeyer
- 3 Frea van Tilburg

19km Mens

- 1 Samuel Mc Intosh
- 2 Thekgo Kgomo
- 3 Mike Mathebula

19km Ladies

- 1 Sumanette Bredenkamp
- 2 Karen Mc Ewan
- 3 Lara Pretorius

ENGEN King of the Mountain

Mens

- 1 Nico Bell
- 2 Gawie Combrink
- 3 Igna de Villiers

Ladies

- 1 Bernice van Wyk
- 2 Hijke Coetzee
- 3 Kristien Velding

Hippo Hollow SCHOOLS TROPHY

- 1 Summerhill Primary