

Paarl mall Half marathon and 10km

10km

Open: Female	Nomvuyisi Seti	41.44 (Nedbank WP)
Male	Charlton Sias	32.53 (Swartland)
40+ Female	Hanseli Swarts	53.35 (Swartland)
Male	Christo van Rooyen	35.17 (Nedbank)
50+ Female	Marietjie Niewoudt	1.02:15 (Swartland)
Male	John-Ross Mc Gregor	44.23 (Swartland)
60+ Female	Charmaine Cupido	49.54 (Nedbank WP)
Male	Piet Smit	44.52 (Swartland)
Juniors: Female	Veronica Visagie	44.45 (Maties)
Male	Charlton Sias	32.53 (Swartland)

21.1km

Open: Female	Marie Rabe	1.25:32 (Temp)
Male	Petrus Zwane	1.14:22 (Swartland)
40+ Female	Megan Goliath	1.41:28 (Brackenfell)
Male	Tsungai Mwanengeni	1.14:38 (RCS Gugs)
50+ Female	Cayley Bredenkamp	1.40:34 (Paarl)
Male	Dawid Andrews	1.25:06 (Hopefield)
60+ Female	Sannie Erasmus	1.40:36 (Swartland)
Male	Jakob Erasmus	1.44:22 (Ceres)
Juniors: Female	Yanisha Coetsee	2.10:23 (Salkoraine)
Male	C Booysen	1.15:37 (Swartland)