

Athlete name	Age group	Points
Andries Huyser	20-34	190
Alan Phillips	40-49	173
Aaron Engelbrecht	20-34	127
Evidence Mwando	35-39	109
Tony de Freitas	35-39	75
Matt Swemmer	20-34	72
Corbyn Marais	0-19 (Jr)	72
Grant Marais	35-39	66
Nhlanhla Them bani	20-34	66
James Codner	20-34	62
Gary Roberts	40-49	50
Jarid Sherwood	20-34	49
Malcolm Hunter	20-34	48
Charles Bishop	40-49	47
Leon Campher	35-39	45
Damian Bradley	35-39	45
Michael Atkinson	20-35	40
Shane Greyling	35-39	40
Michael Hind	40-49	37
Jay Oliviera	20-34	36
Denver Subramany	35-39	33
Innocent Ngubane	20-34	31
Alex Reichle	20-34	30
Dave Gould	50-59	28
Gregory Whitehead	40-49	27
Jason Howitz	35-39	26
Gareth de Broize	20-34	25
Siboniso Shange	35-39	24
Travis Dalrymple-Kelly	20-34	24
Gary Escreet	40-49	22
Evan van Rooyen	20-34	22
Martino Malembe	35-39	22
Darren Lategan	20-34	15
Shane Westermeyer	35-39	15
Jacques Vieira	20-34	13
Barclay Hallet	50-59	13
Lester Daniels	40-49	13
Kewen van Rensburg	20-34	12
Andrew Beach	20-34	12
Justin Meanwell	20-34	12
Darrin Martens	20-34	11
Courtney de Beer	20-34	11
James Barker	20-34	11
Emrys Farland	40-49	10
Deon Viljoen	20-34	10
Josh Nimmo	20-34	9
Mark Carter	40-49	9
Shawn Meyer	40-49	8
Simon Weakley	20-34	8

Athlete name	Age group	Points
Liesel Phillips	40-49	176
Robyn Greyling	35-39	160
Sue St Leger-Stretch	40-49	111
Katie Roberts	40-49	92
Samantha Nightingale	20-34	81
Sam Gould	40-49	80
Jandi Hallett	40-49	70
Bronwyn Marais	35-39	65
Tracey Olivier	40-49	59
Lauren Bradley	20-34	47
Jami Klumper	20-34	44
Silvia de Freitas	35-39	43
Julie Ladner	40-49	39
Penny Constant	40-49	38
Amanda Seidler	40-49	38
Wendy Becket	40-49	35
Carin Hall	20-34	35
Linda Feher	60+	34
Monique van den Busken	35-39	32
Philippa Charlesworth	35-39	32
Lauren France-Brotherton	20-34	31
Melissa Lopes	40-49	31
Karen Bishop	35-39	30
Debra Klumper	40-49	30
Tracy Simpson	35-39	29
Lesley Jones	20-34	29
Tammy Woodroffe	40-49	28
Kirsten Glen	35-39	26
Kate Howitz	35-39	26
Michelle Coskey	50-59	25
Michelle Haarhoff	20-34	24
Valerie Webb	50-59	23
Mystique Sharp	20-34	22
Kayley Daly	20-34	22
Kirstyn Bond	20-34	20
Kathleen Oliveira	20-34	19
Jocelyn Ford	40-49	18
Monica de Kleyn	35-39	16
Elisha Reddy	20-34	16
Vanessa Mayo	35-39	16
Denise Towell	50-59	15
Lisa Sutton	35-39	14
Nicola Schroeder	40-49	13
Tertia Emerson	40-49	13
Mandi Duthie	35-39	11
Jennifer Lott	20-34	11
Kirsten Cockcroft	20-34	11
Cayla Hallett	20-34	10
Sarah Holland	20-34	7

Thavasan Asari	35-39	8
Brendan Tarpey	40-49	8
Clint Nortje	20-34	8
Lalelani Shange	20-34	7
Carlyle van Rensburg	20-34	7
Neil Arpin	35-39	5
Ndumiso Ncube	20-34	5
Gareth Hall	35-39	4
Chris Goldstone	20-34	4
Craig Jennings	40-49	3
Liam Lenz	0-19 (Jr)	3
Gareth Norman	35-39	2
Brendon Westwood	20-34	2

50	Francoise Mans	40-49	7
51	Alison Schnell	35-39	7
52	Zandile Shange	20-34	7
53	Jade Tallis	0-19 (Jr)	6
54	Cindy King	35-39	6
55	Eloise Sykes	20-34	6
56	Shelley Dennis	40-49	6
57	Bronwyn Freese	35-39	5
58	Amy Bush	20-34	5
59	Shayna Smith	20-34	5
60	Julie Holbrook	20-34	4
61	Deborah Sweby	40-49	4
62	Aimee Clayton	20-34	4
63	Mandy Kelly	40-49	4
64	Alison Moor	40-49	4
65	Robyn Bruce	20-34	4
66	Michelle Sinclair	40-49	4
67	Heather Tallis	40-49	3
68	Samantha Jones	40-49	3
69	Palesa Dube	40-49	3
70	Natasha Dube	40-49	3
71	Nicky Lenz	40-49	3
72	Kirsten Lenz	0-19 (Jr)	3
73	Bianca Talbot	20-34	2