

Combined Results**10km Men**

Name	Combined Points	Nr of races	Position
Ruben Hanekom	198	3	1
Zanday Keyser	186	2	2
Mike Clarke	183	2	3
Arno Blignaut	177	2	4
Craig Seaman	174	3	5
Pieter Scribante	173	2	6
Francois Naude	168	2	7
Andre Blignaut	161	2	8
Jandre Blignaut	154	2	9
Marais van Wyk	153	2	10
Hans Heunis	151	2	11
Geoffrey Chisnall	150	3	12
Willem Meintjes	149	2	13
Derrick de Vries	147	2	14
Mpho Pula	146	2	15
Werner Du Toit	145	2	16
Paul Meeser	131	3	17
Alistair Marais	125	2	18
Anton Uys	118	3	19

10km Women

Name	Combined Points	Nr of races	Position
Nicola De Villiers	200	2	1
Jani Kruger	199	2	2
Anni-Mart De Klerk	198	3	3
Natalia Danilowicz	195	2	4
Jeanine Peck	189	2	5
Mieke Whitehead	184	3	6
Ilse Langhout	183	2	7
Marisa Triegaardt	181	2	8
Carina Louw	175	2	9
Anne Frances Alessandri	172	2	10
Nicola de Jager	172	2	11
Almari Smal	172	2	12
Bekker Gerti Julia	155	2	13

5km Men

Name	Combined Points	Nr of Races	Position
Andrew Stuart	199	3	1
Reme Le Hane	196	3	2
Paul Boyce	189	2	3
Warren Venter	185	2	4
Stuart Gibson	178	3	5
Ricardi Louw	176	2	6
Dirk Harris	164	2	7
Johann Stapelberg	146	2	8
Sean Falconer	145	2	9

5km Women

Name	Combined Points	Nr of races	Position
Yolandi Schreuder	197	3	1
Madelie Wahl	191	2	2
Petra Riggs	186	2	3
Elandi Blanchard	184	2	4
Lynn Boyce	181	2	5
Christine Kersting	181	2	6
Belinda Toth	173	2	7
Lizette Gibson	173	2	8
Wendy Marock	171	2	9
Catherine Venter	156	2	10
Nina Louw	154	2	11
Samantha Kallis	147	2	12
Minette Kallis	145	2	13
Nicole Hayes	142	2	14
Anneke Dockrall	139	2	15
Jane Knight	135	3	16
Catherine Naude	132	2	17
Elsabé Maree	131	2	18