

Cross Country Junior Boys

1st Place	Evan Butler	1st Monte Vista
2nd Place	Hayden Grobler	6th Rondebosch
3rd Place	Brett Liddell	6th Rondebosch

Cross Country Junior Girls

1st Place	Amy James	1st Fish Hoek
2nd Place	Isabella Caiolli	6th Rondebosch
3rd Place	Maddy Houghton	6th Rondebosch

Cross Country Senior Boys

1st Place	Zac Botha	1st Bergvliet
2nd Place	Alexander Plastow	3rd Pinelands
3rd Place	Jake Smith	1st Bergvliet

Cross Country Senior Girls

1st Place	Hannah Sasman	2nd Plumstead
2nd Place	Chelsey Leak	2nd Plumstead
3rd Place	Jenevieve Kinsey	6th Rondebosch

Cross Country Adult Men

1st Place	Dirk Grobler	6th Rondebosch
2nd Place	Philip Brink	3rd Pinelands
3rd Place	Evan Arendse	2nd Plumstead

Cross Country Adult Women

1st Place	Viv McDonald	6th Rondebosch
2nd Place	Tia Morrow	3rd Pinelands
3rd Place	Olivia Pekeur	3rd Pinelands