

<b>Senior Men</b>	200m TT	300m TT	500m R	1 000m TT	5000m R	500m TT
Tim Mitchell	18.23	24.93	42.74	1.32.60	8.36.84	
Brian Baloyi	19.10	26.42	43.32	1.33.16	8.36.52	
Phemelo Mojolwane	19.32	26.63	43.66	1.35.08	8.37.79	
Marlon Avontuur	18.88	27.01	43.53	1.39.24	8.14.76	
Cisco Avontuur	19.60	26.80	44.85	1.41.35	DNF	
<b>Junior Men</b>						
Tshepo Modikwe	19.59	26.78	46.54	1.33.57	8.33.80	
Karabo Manamela	20.07	27.63	45.91	1.38.99	DNF	
Koketso Makhudu	20.21	28.41	46.08	1.38.30	8.34.11	
Ubi Boikanyo	20.69	27.69	46.30	1.40.72	DNF	
Sandile Peyi	21.11	28.86	47.39	1.40.62	8.34.19	
<b>Junior ladies</b>						
Tumelo Moteme	21.64	31.76	52.35	1.47.96	10.29.59	

Relay Laps	1	2	3	4
<b>Senior Men</b>				
Tim Mitchell	33.69	36.91	36.84	35.82
Brian Baloyi	35.38	39.81	38.21	37.54
Phemelo Mojolwane	35.08	37.19	38.05	37.75
Marlon Avontuur	35.36	38.21	37.43	39.59
Cisco Avontuur	36.02	39.87	36.80	39.30
<b>Junior Men</b>				
Tshepo Modikwe	34.91	36.41	36.52	37.60
Karabo Manamela	35.38	39.40	38.56	39.62
Koketso Makhudu	34.54	36.26	35.82	36.16
Ubi Boikanyo	34.93	36.64	38.51	39.13
Sandile Peyi	37.66	37.81	37.90	41.29
<b>Junior ladies</b>				
Tumelo Moteme	39.83	43.22	43.52	43.84
Gontse	35.49	37.87	38.51	39.37