



Champions 2010-2019

Course records highlighted

24km			
Male		Female	
Year	Name	Year	Name
2019	Siviwe Nkombi	2019	Liz Marshall
2018	David Long	2018	Marna van Deventer
2017	Robert Rorich	2017	Carla van Huyssteen
2016	Bernard Rukadza	2016	Venella Henderson-Howat
2015	Dylan Solms	2015	Katya Soggot
2014	Duncan O'Reagan (02:58:56)	2014	Katya Soggot (03:35:56)
2013	Andrew Hagen	2013	Landie Greyling
2012	AJ Calitz	2012	Melany Porter
2011	Dominic Wills	2011	Robyn Ferrar
15km			
Male		Female	
Year	Name	Year	Name
2019	Llewellen Groeneveld	2019	Hayley Preen
2018	Stephen Millard	2018	Hayley Preen (01:36:00)
2017	Timothy Chambers	2017	Annamart Laubsher
2016	Timothy Chambers (01:24:30)	2016	Danya Ansems
2015	Edson Kumwanba	2015	Marguerite van Niekerk
2014	Chad Gordon	2014	Liandie van der Westhuysen
2013	Bernard Rukadza	2013	Katya Soggot
2012	Bernard Rukadza	2012	Jennifer Hofmeyr
2011	Dion Middelkoop	2011	Katya Soggot
2010	Michael Bailey	2010	Alae Brand
11km			
Male		Female	
Year	Name	Year	Name
2019	Sibongile Tshikitcha	2019	Francini van Staden
2018	Jaco Loots	2018	Hanja Badenhorst
2017	Alec Botha	2017	Ester Brink
2016	Charles Houston	2016	Caitlin Leslie
2015	Ivan Kruger	2015	Megan Leslie
2014	Raydon Balie (46:23)	2014	Caitlin Leslie (57:26)

2013	Dylan Stevenson	2013	Caitlin Leslie
2012	Dylan Solms	2012	Beate Stindt
2011	Kellen Loureiro	2011	Suzie Winter
2010	Jarred Brown	2010	Helen Crighton