

Surname	First Name	M / F	Category	Event
Ahrens	Kirsten	F	Senior	200m
Naude	Amy	F	Senior	400m
Jonsson	Mikaela	F	Senior	800m
Grundling	Janine	F	Senior	10000m
Verster	Simmone	F	Senior	10000m
Chili	Slindile	F	Senior	10000m
Challenor	Jenna	F	Senior	5000m
Mkhize	Thobile	F	Senior	5000m
Shona	Hutchinson's	F	Senior	400mHur
Barber	Sarah	F	Senior	Heptathlon
Bonner	Kerryn	F	Senior	Heptathlon
Gaines	Mark	M	Senior	100m
Nene	Zakith	M	Senior	200m & 400m
Mbanjwa	Sipho	M	Senior	1500m
Mazibuko	Mthokozisi	M	Senior	1500m
Vally	Usaamah	M	Senior	HighJump
Mgobhozi	Kwazi	M	Senior	800m
Mathanga	Mbuleli	M	Senior	10000m
Lipchitz	Adam	M	Senior	10000m
Mncube	Ayanda	M	Senior	10000m
Mhlakwana	Nkosikhona	M	Senior	10000m
Sokhela	Ndumiso	M	Senior	10000m
Kubheka	Sbusiso	M	Senior	5000m
Higgins	Owen	M	Senior	800m
Stockil	Ryan	M	Senior	HighJump
Hlatshwayo	Mildo	M	Senior	800m