

Trophy	2019
Road Jun Lady	Geen
Road Jun Men	Sheraaz Snyman
Road GGM Lady	Geen Slegs 70km gedoen
Road GGM Men	Geen Slegs 10km gedoen
Road GM Lady	Spookie Germishuizen
Road GM Men	Johan Hibbert
Road Master Lady	Hannetjie Venter
Road Master Men	Conrad de Buys
Road Veteran Lady	Mary-Anne Rautenbach
Road Veteran Men	Isaac Lekholoane
Road Senior Lady	Nanja Kriek
Road Senior Men	Themba Mavuso
Iron Man	Geen
Iron Lady	Lene Chamberlain
C Country of the Year	Geen
Track of the Year	Arno Cilliers
Comrades Last Runner	Tefo Khotha
Comrades Most Improve	Neville Chamberlain
Comrades First Novice	Benita Kritzinger
Comrades First Vic Clapham	Leroy Mafate
Comrades first Robert Mtshale	Benita Kritzinger
Comrades First Bronze	Thomas Makwarela
Comrades First Bill Rowan	Zacharia Motlhabani
Comrades First Lady	Sindi Ntanda
Comrades First Runner	Zacharia Motlhabani
Road Most Improve Men	Andrew Crowe
Most Improve Lady	Hannetjie Venter
Time Trials	Mops Lekholoane
Koppies	Conrad de Buys
Club Runs	Hannetjie Venter
Club Milage	Conrad de Buys
Park Runner of the year	Arno Cilliers
Deursettingsvermoe	Leani Taljaard
Novice Club Member	Kea Moletsane
Cyclist of the Year Men	Neville Chamberlain
Cyclist of the Year Lady	Lene Chamberlain

Walker - Men	Geen
Walker - Lady (most kilos)	Antionette de Buys
Endurance Trophy	Geen
Mr Clubman	Mops Lekholoane
Mega Metres	Conrad de Buys
Super Ultra	Geen
Slagpat	Debbie Berndt
Walker of the year (best times)	Evelyn Botha
Junior of the Year	Sheraaz Snyman
Lady of the Year	Sindi Ntanda
Men of the Year	Zacharia Motlhabani
Mega Metres Bronze	
	Moletsane Keabetswe 512km
	Thinandavha Mudzanani 551km
	Eugene Havenga 563km
	Paulina Skhosana 565km
	Melvin Jacobs 585km
	Burtin Schultz 595km
	Pierre Mouton 607km
	Sarel Cilliers 608km
	Mary-Anne Rautenbach 653km
	Leani Taljaard 688km
	Melani de Beer 694km
	Neville Chamberlain 705km
	Hloniphele Ndlela 732km
	Eden Hendricks 735km
	Haley Ryan 739km
	Steven Morrison 787km
	Niekie Gouws 797km
	Andrew Crowe 820km
	Tefo Khotha 835km
	Adielah Johnson 841km
	Fantine Nel 847km
	Dale rynhoud 910km
	Leroy Mafate 979km
Mega Metres Silver	Anita Botha 1037km
	Mopeli Lekholoane 1085km

	Marelle de Wet	1139km
	Lekgowa Makwarela	1175km
	Jessica Roder	1214km
	Lizette Barrish	1240km
	Janell de Wet	1291km
	Andre Posthumus	1302km
	Moathodi Mongale	1335km
	Bonnie Posthumus	1347km
Mega Metres Gold	Johan Breydenbach	1701km
	Hannetjie Venter	1750km
	Conrad de Buys	1845km
Mega Metres Walkers Silver	Geen	
Mega Metres Walkers Bronze	Geen	
Road Champ 10km	Sheraaz Snyman	
Road Champ 15km	Sheraaz Snyman	
Road Champ 21km	Sheraaz Snyman	
Road Champ 32km	Tanya Brink	
Road Champ 42km	Zacharia Motlhabani	
Road Champ 50km	Maruis Botha	
10th Midmar Mile		
Park Run most kilos	Brian Slabbert	
Running festival 72 hours	Geen	
Modderfontein 24 hours	Geen	
Ultimate Circuits	Geen	
Reach for a Dream	Geen	
Year to Year	Geen	
6 Day race	Geen	
Hout is Goud	Geen	
Dawn to Dusk	Geen	
Dawn to Dusk Per Nr	Geen	
2/3 Kamp	Geen	
2/3 Kamp	Geen	
2/3 Kamp	Geen	
Comrades 10th	Geen	
Comrades 20th	Geen	
Comrades 25th	Geen	
10 Years Service	Lizette Barrish	

	Lene Chamberlain
	Neville Chamberlain
	Steven Morrison
20 Years Service	Geen
30 Years Service	Geen
40 Years	Geen
Certificate of appreciation	de Wet Nel
	Antionette de Buys
	Riette Breydenbach
	Leanda Biljon
	Michael Biljon
	Sharon Booysen
	Manette Havenga
	Hannetjie Venter
	Cecile v Niekerk
	Haley Ryan
	Jan Kemp
	Wessel Kriel
	Nita Kriel
	Roux van Niekerk
	Arno Cilliers
	Michelle Cilliers
Midmar Mile	Andy Crowe
	Lene Chamberlain
	Pierre Mouton
	Dale Ryndoud
	Melanie de Beer
	Sharon Booysen
	Joy Erasmus
	Bonnie posthumus
	Marelle de Wet