



PHSG Cross Country Colours 2016

Kendahl Moore	Gr 10 Gladstone	Half Colours
Gaby Birkholtz	Gr 11 Gladstone	Half Colours
Annie Bredell	Gr 11 Duncan	Half Colours
Taylor Rees	Gr 11 Gladstone	Half Colours
Jenna Rushmere	Gr 12 McWilliam	Half Colours
Megan Gerber	Gr 11 Athlone	Full Colours
Lebo Maboja	Gr 12 van Zyl	Full Colours
Lufuno Sigwadi	Gr 12 Connaught	Full Colours

Loyalty & Dedication: Lufuno Sigwadi

Best Senior Runner: Megan Gerber

Best Junior Runner: Erin Weintraud

Most Improved Runner(s): Carmen Gauld and Dayna Binda

Most Promising Grade 8: Lara Grobbelaar