



Position	8km Senior					
	Male	Name	Time	Female	Name	Time
1	3	LUCKY MIYA	00:28:44	57	VALERIE THOLE	00:37:03
2	39	SYLVESTER MOHALAKANE	00:31:34	84	LANDIE VISSER	00:37:31
3	34	IAN MACDONALD	00:33:13	62	JACQUI MORGAN	00:38:51
4	41	TOMMY BOOTH	00:33:58	60	MAXINE HOLMAN	00:38:54
5	38	ALEX POPE	00:35:14	78	MELISSA STEYN	00:44:46
6	28	RYNO GRIESEL	00:35:31	71	ESTI LOUW	00:47:11
7	56	NATHAN CONRADIE	00:36:30	73	JANET OOSTHUIZEN	00:47:22
8	43	NICHOLAS MULDER	00:36:55	64	SARAH POPE	00:47:24
9	22	ANDREW ROY	00:37:00	69	SHELLY KIRKPATRICK	00:50:42
10	5	CLINTON HUNTER	00:37:18	82	LIESEL SWART	00:51:32
11	32	SKAPIE VAN NIEKERK	00:38:33	86	JOHANRI COETZEE	00:51:42
12	40	ATHOL HOLMES	00:39:35	79	SUZANNE VENTER	00:53:53
13	24	TONY ABBOTT	00:39:43	75	GENNA ROBB	00:54:17
14	20	RUDI HAARHOFF	00:39:55	59	SHANTAL PILLAY	00:55:40
15	46	SCHALK VAN HEERDEN	00:39:57	58	SUE-ANNE HILL	00:55:43
16	47	DARIUS BOSHOF	00:40:33	65	FRANCIS ROGAN	00:56:54
17	27	PATRICK STONIER	00:40:43	66	PETRA ANDERSON	00:56:58
18	37	GARETH DEVINE	00:40:52	63	CLAIRE CRAXTON	01:00:57
19	1	GREG JUDIN	00:40:55	61	CHANTAL HELM	01:03:02
20	15	DU TOIT VD BERGH	00:42:09	80	LISA FISCHER	01:03:07
21	54	ANDREW MCDONALD	00:42:20	70	EMMA MANSVELT	01:05:41
22	16	AUGUST WINTER	00:42:23	67	KIEREN BROWN	01:05:44
23	12	BRENDAN HARCOURT-WO	00:43:13	87	LEANNE GEORGE	01:06:24
24	51	STUART PRIOR	00:43:16	81	RONELLE ERNST	01:08:47
25	11	CAMERON MCNAUGHTON	00:43:20			
26	199	Nameless	00:43:27			
27	35	JACQUES BOOYSEN	00:43:43			
28	33	DARRIN JORDAAN	00:43:46			
29	13	HENRI LINDE	00:43:56			
30	44	MIKE LAUBSCHER	00:43:58			
31	198	Bernard Vogts	00:44:50			
32	21	MARIANO DE SOUZA	00:44:54			
33	8	SCHALK VORTSER	00:45:00			
34	23	STUART FORBES	00:45:14			
35	2	ALAN DERHAM	00:45:16			
36	31	PETRUS LINDE	00:45:29			
37	25	LUC DEPLESSIS	00:45:32			
38	42	DAVID BERNSTEIN	00:45:37			
39	7	TRISTAN SHEPPARD	00:48:13			
40	53	CONRAD STOLTZ	00:48:31			



Position	8km Senior					
	Male	Name	Time	Female	Name	Time
41	26	DANIEL FALCONER	00:48:39			
42	29	MATTHEW COOK	00:51:48			
43	50	GORDON JAPP	00:53:01			
44	17	ERWIN WINTER	00:53:03			
45	9	WAYNE WARBURTON	00:53:59			
46	10	TIMOTHY HOBDEN	00:54:14			
47	30	DARREN COULTER	00:54:28			
48	6	TYRON STRUCKMEYER	00:56:02			
49	49	HARRY GROBBELAAR	00:56:32			
50	14	LINDEQUE PRETORIUS	01:00:59			
51	52	TOBIAS COETZEE	01:06:26			
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8km Master

Position	Male	Name	Time	Female	Name	Time
1	102	Piers Pirow	00:32:22	103	ELSABE SPOORMAKER	00:47:49
2	99	HELMAN MKALELE	00:38:32			
3	91	CHRISTO TRUTER	00:39:59			
4	98	CLINTON MANSFIELD	00:40:03			
5	97	ALLAN ECLES	00:43:51			
6	92	TONY MELLOWS	00:44:14			
7	101	SHAYNE VERVOORT	00:44:56			
8	88	RONALD EYKENDUYN	00:45:03			
9	95	HENK SPOORMAKER	00:45:20			
10	89	OSCAR JACOBSEN	00:45:27			
11	93	DEREK BRENTANO	00:45:42			
12	94	GRANT CLACK	00:51:08			
13	100	RICCARDO MARINI	00:54:03			
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Position	4km Senior					
	Male	Name	Time	Female	Name	Time
1	118	MICHAEL CRONE	00:15:57	152	CARLYN FISCHER	00:17:25
2	108	MARK TALMUND	00:19:34	133	ZOE BRENTANO	00:21:55
3	119	NICO MURRAY	00:21:09	149	RIETTE PRINSLOO	00:23:35
4	105	JAN-LOUIS DU TOIT	00:22:12	142	ANRIE VD BERGH	00:24:23
5	107	GREG SCHWARTZ	00:23:14	143	KARIN JOUBERT	00:24:37
6	113	RETIEF JACOBSZ	00:24:09	126	CHARIS HICKS	00:24:53
7	117	ERIK VERMEULEN	00:24:35	123	JONI WARBURTON	00:25:16
8	104	REDGE JELLIMAN	00:25:10	124	MARIJKE LINDE	00:26:08
9	115	BRYAN NELSON	00:25:20	125	CHANTAL VD BERGH	00:27:03
10	114	JOHN NELSON	00:25:23	155	MARIJKE VERMAAK	00:27:34
11	109	WYNAND SINGELS	00:27:05	127	CANDICE HAWKINS	00:27:54
12	111	JONATHAN STARMER	00:29:10	141	JACKI V D RIET	00:29:19
13	106	BRIAN KIRKPATRICK	00:30:08	150	HELEN WOOD	00:29:43
14	112	MICHAEL WIMPEY	00:30:24	135	DEIDRE WIMPEY	00:30:22
15	121	MORNE VAN LILL	00:30:40	132	ROBYN DARLEY	00:30:30
16	110	MARTIN RODRIQUEZ	00:37:21	144	ANRI EVERT	00:30:36
17	116	MARIUS SCHUTTE	00:39:02	153	LANA VAN LIL	00:30:45
18				130	SANNE DIJKEMA	00:31:12
19				145	DRIENIE SCHUTTE	00:31:17
20				134	ODETTE HATTINGH	00:31:26
21				137	LARA TAYLOR	00:31:35
22				128	JACQUILINE STOTT	00:31:42
23				131	CARRIE BOSHOF	00:31:48
24				147	MARIETHA WINTER	00:33:49
25				122	JENNIFER WILKEN	00:34:28
26				140	RONELL ERASMUS	00:34:30
27				146	SHEREEEN THEBA	00:35:31
28				136	ANGELA WEBBER	00:37:22
29				148	SONJA BLUM	00:59:52
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Position	4km Master					
	Male	Name	Time	Female	Name	Time
1	158	YUNUS THEBA	00:25:07	164	LYNETTE FISCHER	00:20:08
2	156	DAVID SHEVEL	00:28:17	163	SUSETTE MEFFAN	00:23:07
3	157	REVEL MEFFAN	00:32:10	162	BEVERLEY MELLOWS	00:28:28
4				159	BEVERLEY LEONG	00:30:53
5				160	PENNY DAVISON	00:30:57
6				161	SYLVIA EYKENDUYN	00:36:32
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Position	4km Junior					
	Male	Name	Time	Female	Name	Time
1	166	ROMAAN THEBA	00:24:01	168	LAUREN MEFFAN	00:32:12
2	165	DARREN MEFFAN	00:30:20			
3	167	MUHAMMED THEBA	00:35:41			
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8km Late Entries						
Position	Male	Name	Time	Female	Name	Time
1	210	Alan Coulter	00:40:07	191	Michelle Van Zyl	00:46:25
2	192	Siegie Mengerson	00:40:37	185	Meghan McAuliffe	00:51:14
3	172	Shaune Smith	00:42:25	176	Vicky Adendoff	00:51:54
4	189	Greg Kockott	00:43:08	173	Colleen Durr	00:58:18
5	197	Greg McDonald	00:43:27			
6	184	Adrian Hammand	00:43:33			
7	183	Andrew Paterson	00:48:36			
8	169	Mark Dickson	00:50:27			
9	190	Matt Hofmeyer	00:51:28			
10	193	Edward Phatudi	00:58:15			
11	174	Shaun Wewege	01:03:05			
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4km Late Entries						
Position	Male	Name	Time	Female	Name	Time
1	180	Jethro Kearns	00:21:26	182	Taryn Warburg	00:22:05
2	196	Herman du Toit	00:21:49	181	Bronwyn Middlebrook	00:26:19
3	175	Louis Prins	00:21:59	194	Nicole Scanlan	00:27:46
4	179	David Kearns	00:22:34	188	Rachel Gabbons	00:27:51
5	203	David Sheval	00:24:48			
6	187	Juane Van Tonder	00:26:11			
7	195	Paul Frend	00:27:43			
8	178	Justin Gianchand	00:31:56			
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