



8km Senior						
	Male	Name	Time	Female	Name	Time
1	37	LUCKY MIYA	00:31:26	345	Takalani Mthulane	00:37:36
2	56	NATHAN THOMPSON	00:31:30	101	AMY WITHERDEN	00:39:39
3	349	Jason Sustarich	00:32:23	73	ILSE GROENAWALDT	00:42:02
4	346	Mazu Mbandani	00:32:50	310	Rentia Coetzee	00:42:20
5	46	ALEX POPE	00:34:00	350	Claudine Cleaver	00:42:25
6	44	WIEHAN PEYPER	00:34:03	75	RENSIA HENNING	00:43:13
7	3	WERNER BOSMAN	00:34:45	241	Bridgitte Hartley	00:45:03
8	246	Steven Erasmus	00:35:21	78	BRONWEN LEE	00:45:15
9	39	NICHOLAS MULDER	00:36:29	80	MAGDALEEN LINGNAU	00:45:33
10	36	NEAL MARKHAM	00:36:35	71	NINA FURNESS	00:45:39
11	20	ALBERT GREEFF	00:37:21	69	TIFFANY DUNSTER	00:47:31
12	243	Dino Liyod	00:37:40	97	KATHERINE VAN HEERDEN	00:48:12
13	14	ROBERT CRICHTON	00:39:20	257	Catherine George	00:48:14
14	21	RUDI HAARHOF	00:39:22	235	Celeste Thiar	00:48:29
15	29	FLORIS KOTZE	00:39:40	76	SUE-ANNE HILL	00:50:41
16	26	JACQUES JORDAAN	00:41:00	99	GILLIAN VAN RYNEVELD	00:51:24
17	55	PATRICK STONIER	00:41:04	88	MICHELLE ORLANDO	00:52:25
18	8	IAN CALDWELL	00:41:25	96	JACKI VAN DER RIET	00:52:38
19	258	Christiaan Jerrisen	00:41:28	93	LISA STOLZ	00:53:11
20	25	JOHAN JORDAAN	00:41:31	89	SHANTAL PILLAY	00:54:26
21	354	Jacques Booysen	00:41:34	81	KATE LOGAN	00:54:35
22	5	DOUGLAS BRADLEY	00:42:00	102	JOLENE WIUM	00:54:56
23	15	JOHAN CRONJE	00:43:14	331	Cara van Wyk	00:55:10
24	27	GREG JUDIN	00:43:24	87	CINDY NEL	00:55:44
25	352	Brendan Harcourt-Wood	00:43:26	236	Monique Dickson	00:56:09
26	1	TONY ABBOTT	00:43:47	74	CHANTAL HELM	01:01:02
27	47	HENDRIK PRINSLO	00:43:52	70	LISA FISCHER	01:01:12
28	322	Johny Bamberger	00:43:53	91	ADRIENNE ROSSOUW	01:07:09
29	341	Chris Viljoen	00:44:37	90	JO QUINN	01:07:11
30	325	Peter Christiana	00:44:44	66	ALANA BOULLE	DNF
31	306	Rory Morgan	00:44:51	301	KIEREN BROWN	DNF
32	305	Ant Bown	00:44:54	302	CARMEN CALDWELL	DNF
33	57	GREG VAN BERKEL	00:45:23	67	SARAH CHALMERS	DNF
34	309	Jacques De Villiers	00:45:30	77	KATY HINDLE	DNF
35	33	PETRUS LINDE	00:45:41	83	EMMA MANSVELT	DNF
36	313	Helmut Otto	00:46:15	84	RETHABILE MATHABATHE	DNF
37	328	Johan du Toit	00:46:19	85	KERRY MOIR	DNF
38	34	HENRI LINDE	00:46:56	86	DELENE MULLEY	DNF
39	30	KOLJA KRASS	00:46:57	92	LYNDSAY SHAW	DNF
40	61	JAN WEPENER	00:46:59	94	ALEXA THOMAIDES	DNF
41	327	J.P de Beer	00:47:27	98	MARISKA VAN LINGEN	DNF
42	245	Mark Swart	00:47:29	100	LEZANNE VISAGIE	DNF
43	53	HENNIE SNYMAN	00:47:54	237	Kate Van Onslen	DNF
44	52	JACOBUS SNYMAN	00:47:56	238	Liani Mare	DNF
45	24	GARY JESSON	00:48:20	239	Lara Calteaux	DNF
46	318	Joshua Shifren	00:49:00	240	Racheal Calteaux	DNF
47	321	Justin Kramer	00:49:02			
48	7	OLIVER BROWN	00:49:05			
49	2	DAVE ABDO	00:49:14			



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8km Senior						
	Male	Name	Time	Female	Name	Time
50	12	DARREN COULTER	00:49:32			
51	54	CHRISTIAAN STEYN	00:49:42			
52	247	Nico Murray	00:50:13			
53	244	Andrew Woodhouse	00:50:15			
54	32	CASPAR LESSING	00:50:19			
55	48	BRYAN RICHARDS	00:51:45			
56	65	DAVID WOOLNOUGH	00:52:40			
57	330	Riaan du Preez	00:52:59			
58	326	Tyron Laurers	00:53:06			
59	347	Jayson Cleaver	00:53:31			
60	31	BRETT KRUGER	00:54:02			
61	4	GIDEON BOTHA	00:55:01			
62	59	RUDOLPH VAN SCHALKWYK	00:55:07			
63	332	Marius Mare	00:55:09			
64	317	Francois Swiegers	01:01:08			
65	6	FRANCOIS BRAND	DNF			
66	9	GRANT CHALMERS	DNF			
67	11	MATTHEW COOK	DNF			
68	16	BRUCE CURNICK	DNF			
69	17	DEAN DE BREE	DNF			
70	18	STUART FORBES	DNF			
71	22	TIMOTHY HOBDEN	DNF			
72	23	GORDON JAPP	DNF			
73	28	BARRY KEARTLAND	DNF			
74	35	JONATHAN LINDEQUE	DNF			
75	38	PAULINE MOONSAMY	DNF			
76	40	GERHARD MYBURGH	DNF			
77	42	CONSTANTINOS PAPADOPOU	DNF			
78	43	JON PARSONAGE	DNF			
79	49	GRAHAM ROGOFF	DNF			
80	50	MERRYLN SCHMID	DNF			
81	51	JUSTIN SCHMIDT	DNF			
82	58	CORNEL VAN LINGEN	DNF			
83	60	PAUL VORSTER	DNF			
84	63	CHRIS WOOD	DNF			
85	242	Kieran Gillespie	DNF			
86	358	Martin Taljaard	DNF			
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### 8km Master

	Male	Name	Time	Female	Name	Time
1	333	Hess Stefan	00:37:15	115	COLLEEN DURR	DNF
2	113	DUDLEY TURNER	00:41:11	117	LISA MULLEY	DNF
3	106	RONALD EYKENDUYN	00:41:44			
4	114	STEVEN WARD	00:41:56			
5	338	Alec Avierinos	00:44:47			
6	110	CRAIG OGILVIE	00:45:49			
7	103	DEREK BRENTANO	00:46:38			
8	109	REVEL MEFFAN	00:50:44			
9	316	Hans Hilzinger	00:50:49			
10	107	WAYNE FAULDS	00:52:28			
11	108	MICHAEL JEFFREY	00:53:16			
12	104	JOHN DAVIES	DNF			
13	105	ROBIN DE BREE	DNF			
14	111	SHAUNE SMITH	DNF			
15	112	CHRISTO TRUTER	DNF			
16	248	Clinton Mansfield	DNF			
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#### 4km Senior

	Male	Name	Time	Female	Name	Time
1	148	SCHALK VAN HEERDEN	00:18:14	185	KARIN JOUBERT	00:23:37
2	144	DU TOIT VAN DEN BERGH	00:18:36	157	ZOE BRENTANO	00:23:59
3	122	RICKARD BOTES	00:20:08	204	CHRISTA VENTER	00:24:14
4	131	ALAIN KOLVER	00:20:38	166	ROSLYN EDGEComb	00:26:01
5	147	IZAK VAN DER WAT	00:21:08	342	Yvette Stallkncht	00:27:56
6	314	Philip Raw	00:21:47	190	BIANCA MEYER	00:28:11
7	315	Gareth Rees	00:21:52	165	CARRYN DU PLESSIS	00:28:14
8	130	JEAN PIERRE JORDAAN	00:21:56	194	CARIN NEL	00:28:16
9	123	ETIENNE BOTHA	00:21:59	68	MARIA CHRISTOU	00:28:25
10	154	JACO WOEST	00:22:00	180	LLDIKO HEGYI	00:28:30
11	41	ADRIAAN OTTO	00:22:02	162	JACQUI CRONK	00:28:35
12	125	ADRIAN COLLARD	00:22:04	178	MICHELLE GROENAWALDT	00:28:38
13	136	DAWIE POOLMAN	00:22:10	167	ELSALI GEHM	00:28:39
14	132	IAN MAAS	00:22:12	199	CISKE SMITH	00:28:41
15	126	TYRONE ESTERHUIZEN	00:22:17	183	NATALIE HUMAN	00:28:45
16	133	ZANE MOSETTER	00:23:47	200	ERIKA SPETHMANN	00:28:46
17	324	Richard Kappel	00:23:49	308	Sheridan Thompson	00:28:55
18	307	Douw van der Merwe	00:24:17	355	Meagan Cronin	00:29:33
19	124	VINCENT CHENEY	00:24:25	193	VIVIA MULLER	00:29:39
20	155	JOHN WRAY	00:24:32	323	Martine Kappel	00:29:44
21	152	ERIKA VERMEULEN	00:24:48	253	Megan Kislig	00:29:57
22	19	CHARL GREEFF	00:25:13	256	Sian Thurtell	00:29:59
23	137	CHARLIE POSTLETHWAYT	00:25:28	304	CARLY GRAEME	00:30:09
24	120	BART BESTER	00:26:29	196	CHARLENE POSTLETHWAYT	00:30:28
25	259	Conrad Stander	00:27:28	202	GABRIELLA VAN WYK	00:30:54
26	149	GEORGE VAN ROOYEN	00:27:32	251	Robyn Watters	00:30:57
27	260	Albert Vente	00:27:36	164	ELAINE DE MONTILLE	00:30:58
28	249	Gareth Evans	00:27:38	198	TARRYN RICHARDSON	00:31:15
29	134	ADRIAAN PASK	00:28:05	255	Tammy Moss	00:31:35
30	10	CHRIS CHRISTOU	00:28:26	254	Catherine Robson	00:32:07
31	153	TOM WELLS	00:28:42	209	JENNIFER WILKEN	00:32:27
32	121	JOHANN BOSMAN	00:28:51	203	SHELLEY VAN WYK	00:32:44
33	146	DIVON VAN DER MERWE	00:28:52	252	Simone Schelin	00:33:40
34	140	JONO STARMER	00:28:56	348	Debbie Cleaver	00:35:15
35	250	Warren swart	00:28:58	184	ELIZMA JACOBS	00:35:22
36	142	HANSPETER TOBLER	00:28:59	207	ANGELA WEBBER	00:39:37
37	351	Bruce van wyk	00:29:25	95	DALEEN VAN DER MERWE	00:44:27
38	356	Hendrik Groenewald	00:29:37	188	MARIJKE LINDE	00:45:50
39	357	Callan Cronin	00:29:41	156	DIANA BOTES	DNF
40	135	STANLEY PIMENTA	00:29:43	158	KARIN BREYTENBACH	DNF
41	150	CORNE VAN ZYL	00:30:09	159	LINDI BRINK	DNF
42	344	ShannonPerry	00:30:11	160	KATIE BROMLEY	DNF
43	311	Andre Botha	00:30:33	161	NATALIE COOMER	DNF
44	118	SAMIR ANAND	00:31:00	163	MADELEEN CURNICK	DNF
45	151	PAUL VERMAAK	00:33:29	303	CHANTAL GOUWS	DNF
46	138	MARTIN RODRIGUEZ	00:39:39	179	KAT HANNAH	DNF
47	127	RICHARD FRANCE	DNF	181	CHARIS HICKS	DNF
48	128	MATT HERMAN	DNF	182	ROSE HOLFORD-JONES	DNF
49	129	JOHN HICKS	DNF	187	CINE KRUGER	DNF



4km Senior						
	Male	Name	Time	Female	Name	Time
50	141	TYRON STRUCKMEYER	DNF	195	CARIEN OOSTHUIZEN	DNF
51	143	CLYDE VAN WYK	DNF	197	RELITA PRETORIUS	DNF
52	353	Isaac Magzimure	DNF	201	MELISSA VAN RENSBURG	DNF
53				205	ELANA VERMEULEN	DNF
54				206	CHANTELLE VERSTER	DNF
55				208	HEATHER WEBER	DNF
56				210	HELEN WOOD	DNF
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### 4km Master

	Male	Name	Time	Female	Name	Time
1	329	Johan Stander	00:29:38	223	ADRI STANDER	00:29:28
2	312	Warren Medina	00:29:55	222	DEBBIE NEILSON	00:29:53
3	214	ALFRED MEIJER	00:45:52	218	SYLVIA EYKENDUYN	00:39:58
4	211	STANDER JOHAN	DNF	217	NICKY D'OLIVEIRA	00:44:06
5	212	GRANT JONES	DNF	116	RONELLE MARAIS	00:44:31
6	215	JOHN PROCTOR	DNF	220	WENDA MEIJER	00:45:48
7	216	ANT SMITH	DNF	221	MELODY MILBERT	DNF
8				224	PETRO TRUTER	DNF
9				219	SUZETTE MEFFAN	DNF
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### 4km Junior

	Male	Name	Time	Female	Name	Time
1	335	Walter Travis	00:18:44	234	MARINA WRAY	00:23:33
2	337	David Avierinos	00:20:51	336	Ruth Avierinos	00:27:47
3	320	Marcus Greeff	00:21:54	233	LAUREN MEFFAN	DNF
4	231	JAMES WRAY	00:23:57			
5	334	Christian Stander	00:25:09			
6	229	DARREN MEFFAN	00:28:29			
7	232	SCOTT BEBINGTON	00:28:37			
8	343	Darien Perry	00:30:12			
9	225	RHETT AUSTIN	DNF			
10	226	DEVON COWLING	DNF			
11	227	JOSHUA DAVIES	DNF			
12	228	CONNOR DAVIES	DNF			
13	230	CHRISTIAN STANDER	DNF			
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