

50km

MALE

FEMALE

Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
1	1	92	Kennedy	Sekhuthu	50km	Male	30	Sub-Veteran (30-39)	03:50:55	1	1095	Marianne	Semmelink	50km	Female	29	Senior (19-29)	04:04:03
2	2	40	Simon	Buthi	50km	Male	37	Sub-Veteran (30-39)	03:50:56	2	37	Helen	Walsh	50km	Female	32	Sub-Veteran (30-39)	05:58:29
3	3	2001	Lucky	Miya	50km	Male	37	Sub-Veteran (30-39)	04:06:34	3	3113	Irmela	Smit	50km	Female	39	Sub-Veteran (30-39)	06:01:30
4	4	261	Dillon	Mcevoy	50km	Male	30	Sub-Veteran (30-39)	04:45:00									
5	5	2134	Skippy	Claassens	50km	Male	37	Sub-Veteran (30-39)	04:45:22									
6	6	21	Corne	Van Zyl	50km	Male	34	Sub-Veteran (30-39)	05:02:47									
7	7	101	Clyde	Germond	50km	Male	39	Sub-Veteran (30-39)	05:12:38									
8	1	2145	Fernando	Santos	50km	Male	56	Master (50-59)	05:31:15									
9	1	31	Kabelo	Ntsime	50km	Male	41	Veteran (40-49)	05:37:56									
10	2	185	Nicholas	Mulder	50km	Male	40	Veteran (40-49)	05:40:56									
11	8	205	Kgosientsho	Ramokgopa	50km	Male	39	Sub-Veteran (30-39)	05:53:02									
12	9	2076	JJ	Penn	50km	Male	37	Sub-Veteran (30-39)	05:58:19									
13	1	222	Theo	Bohnen	50km	Male	61	Grand-Master (60+)	06:28:15									
14	3	2033	Mark	Easter	50km	Male	42	Veteran (40-49)	06:42:45									
15	10	231	Mpho	Matheolane	50km	Male	35	Sub-Veteran (30-39)	06:58:47									
16	2	2	Paul	Howes	50km	Male	53	Master (50-59)	07:45:41									
17	4	TRAIL12220	Donald	Young	50km	Male	49	Veteran (40-49)	08:14:22									
18	5	340	Charles	Norman	50km	Male	40	Veteran (40-49)	08:14:29									
19	11	2100	Craig	Hammer	50km	Male	38	Sub-Veteran (30-39)										
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30km

MALE

FEMALE

Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
1	1	922	Ruan	van der Merwe	30km	Male	31	Sub-Veteran (30-39)	02:14:26	1	3104	Takalani	Ndandani	30km	Female	38	Sub-Veteran (30-39)	03:03:10
2	1	936	Adam	Maroko	30km	Male	40	Veteran (40-49)	02:41:25	1	1064	Hayley	Cumming-Ste	30km	Female	28	Senior (19-29)	03:07:39
3	2	900	Nathan	Hunt	30km	Male	36	Sub-Veteran (30-39)	02:53:58	2	945	Suzette	v broembsen	30km	Female	39	Sub-Veteran (30-39)	03:10:40
4	2	1080	Ryan	Crossman	30km	Male	45	Veteran (40-49)	02:59:21	3	880	Michaela	Meintjes	30km	Female	30	Sub-Veteran (30-39)	03:14:42
5	3	804	Chris	vd Merwe	30km	Male	31	Sub-Veteran (30-39)	03:00:01	2	884	Adrienne	Croeser	30km	Female	29	Senior (19-29)	03:17:39
6	4	1019	Tim	Noble	30km	Male	30	Sub-Veteran (30-39)	03:00:19	3	822	Carna	Koch	30km	Female	25	Senior (19-29)	03:22:22
7	5	3006	Matthew	MCrystal	30km	Male	32	Sub-Veteran (30-39)	03:00:53	1	811	Fiona	KErnick	30km	Female	55	Master (50-59)	04:00:49
8	3	903	Gerhard	Dobie	30km	Male	46	Veteran (40-49)	03:02:56	4	3054	Addel	Verster	30km	Female	37	Sub-Veteran (30-39)	04:02:11
9	4	3031	Mazu	Ndandani	30km	Male	42	Veteran (40-49)	03:03:18	1	981	Michelle	Theron	30km	Female	42	Veteran (40-49)	04:13:47
10	1	994	Justin	May	30km	Male	27	Senior (19-29)	03:04:28	2	965	Ingrid	McMahon	30km	Female	43	Veteran (40-49)	04:27:47
11	6	888	Justin	Young	30km	Male	36	Sub-Veteran (30-39)	03:08:35	3	927	Amanda	Samwell	30km	Female	47	Veteran (40-49)	04:28:32
12	7	959	Geoffrey	Crow	30km	Male	38	Sub-Veteran (30-39)	03:08:52	4	889	Max	Visagie	30km	Female	45	Veteran (40-49)	05:13:05
13	8	956	Travis	Michelson	30km	Male	33	Sub-Veteran (30-39)	03:12:17	5	932	Masiba	Ntsele	30km	Female	49	Veteran (40-49)	05:21:52
14	5	1084	Johan	Jordan	30km	Male	42	Veteran (40-49)	03:13:49	6	980	Cindy Louis	White	30km	Female	42	Veteran (40-49)	05:23:26
15	9	3077	Jacques	Richter	30km	Male	34	Sub-Veteran (30-39)	03:14:05	5	820	Michelle	Van Renen	30km	Female	36	Sub-Veteran (30-39)	
16	10	1013	Jacobus	Claasen	30km	Male	33	Sub-Veteran (30-39)	03:14:43									
17	11	847	Bernard	Smit	30km	Male	34	Sub-Veteran (30-39)	03:14:45									
18	6	1065	JD	Mostert	30km	Male	42	Veteran (40-49)	03:15:54									
19	7	855	Pieter	van der Westhu	30km	Male	47	Veteran (40-49)	03:20:33									
20	12	1081	Etienne	Muller	30km	Male	36	Sub-Veteran (30-39)	03:21:26									
21	8	841	Ben	Samwell	30km	Male	47	Veteran (40-49)	03:22:11									
22	2	1077	Brad	Nelson	30km	Male	29	Senior (19-29)	03:24:02									
23	9	817	Augusto	Viansson Ponte	30km	Male	43	Veteran (40-49)	03:25:09									
24	3	3036	Michael	Edwards	30km	Male	28	Senior (19-29)	03:25:37									
25	4	917	Russell	Cloake	30km	Male	28	Senior (19-29)	03:25:39									
26	13	924	Andrew	Lind	30km	Male	32	Sub-Veteran (30-39)	03:32:13									
27	14	923	Ernst	Dill	30km	Male	35	Sub-Veteran (30-39)	03:34:44									
28	10	892	Dave	McCullough	30km	Male	46	Veteran (40-49)	03:35:08									
29	5	898	Givemore	Mudzingwana	30km	Male	28	Senior (19-29)	03:38:41									
30	11	1047	Raymond	Thompson	30km	Male	47	Veteran (40-49)	03:40:12									
31	12	1036	Gregory	Dawson	30km	Male	41	Veteran (40-49)	03:41:30									
32	15	973	Travis	Ganz	30km	Male	31	Sub-Veteran (30-39)	03:50:06									
33	16	957	Thabang	Madiba	30km	Male	34	Sub-Veteran (30-39)	03:52:12									
34	1	1017	Con	Roux	30km	Male	63	Grand-Master (60+)	03:55:31									
35	1	863	Alan	Kernick	30km	Male	56	Master (50-59)	03:56:43									
36	13	647	Clement	Ramokoka	30km	Male	41	Veteran (40-49)	03:57:04									
37	14	836	Martin	Malherbe	30km	Male	42	Veteran (40-49)	04:00:09									
38	15	947	Roy	Marques	30km	Male	49	Veteran (40-49)	04:02:05									
39	2	868	Betrus	Uys	30km	Male	50	Master (50-59)	04:02:27									
40	16	830	Sello	Taunyane	30km	Male	45	Veteran (40-49)	04:07:01									

30km

MALE

FEMALE

Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
41	17	1026	Marc	Stewardson	30km	Male	38	Sub-Veteran (30-39)	04:13:06									
42	3	862	Paul	Cumming	30km	Male	55	Master (50-59)	04:15:01									
43	18	899	Morne	Enslin	30km	Male	34	Sub-Veteran (30-39)	04:23:31									
44	19	883	Rodney	Breedt	30km	Male	33	Sub-Veteran (30-39)	04:23:32									
45	6	1094	Bryce	Svensson	30km	Male	24	Senior (19-29)	04:24:35									
46	4	812	Anthony	Svensson	30km	Male	56	Master (50-59)	04:24:36									
47	20	866	VAMUMUSA	MANYATHI	30km	Male	34	Sub-Veteran (30-39)	04:42:32									
48	21	292	Werner	Blum	30km	Male	37	Sub-Veteran (30-39)	04:54:28									
49	17	860	John	Georgiou	30km	Male	49	Veteran (40-49)	05:23:20									
50	22	986	Daniel	Hugo	30km	Male	34	Sub-Veteran (30-39)	05:26:11									
51	23	885	Gerhard	De Klerk	30km	Male	30	Sub-Veteran (30-39)	05:46:22									
52	24	3112	Johan	Marnewick	30km	Male	37	Sub-Veteran (30-39)	05:57:56									
53	5	3142	Bill	Mason	30km	Male	51	Master (50-59)	06:11:57									
54	6	943	Gavin	Sacks	30km	Male	51	Master (50-59)										
55	7	915	ray	cranston	30km	Male	55	Master (50-59)										
56	8	992	Tony	Huglin	30km	Male	55	Master (50-59)										
57	7	668	Nkateko	Shilenge	30km	Male	29	Senior (19-29)										
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20km

MALE										FEMALE								
Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
1	1	741	Sifiso	Buthelezi	20km	Male	25	Senior (19-29)	01:49:02	1	694	Poppy	Mlambo	20km	Female	37	Sub-Veteran (30-39)	02:30:21
2	2	413	Tranquill	Gumbo	20km	Male	26	Senior (19-29)	01:49:20	1	638	Tumelo	Matlou	20km	Female	28	Senior (19-29)	02:33:35
3	3	450	Phiweinkosi	Mokoena	20km	Male	20	Senior (19-29)	01:49:42	2	591	Bridget	Kee	20km	Female	35	Sub-Veteran (30-39)	02:37:19
4	1	548	Ben	Brimble	20km	Male	32	Sub-Veteran (30-39)	01:49:42	3	578	Madre	Marx	20km	Female	38	Sub-Veteran (30-39)	02:46:45
5	2	677	Ryno	Van Vollenhove	20km	Male	30	Sub-Veteran (30-39)	01:58:24	4	515	Sofi	Ackerman	20km	Female	34	Sub-Veteran (30-39)	02:50:01
6	3	707	Moses	Mtenje	20km	Male	31	Sub-Veteran (30-39)	02:07:40	5	646	Chani	Mare	20km	Female	39	Sub-Veteran (30-39)	02:51:24
7	4	743	Pavel	Paloncy	20km	Male	33	Sub-Veteran (30-39)	02:10:43	2	525	Susanne	Viljoen	20km	Female	29	Senior (19-29)	02:58:53
8	1	4119	Marco	Caromba	20km	Male	42	Veteran (40-49)	02:17:06	6	524	Anja	Louw	20km	Female	35	Sub-Veteran (30-39)	03:10:34
9	4	455	Dale	Smith	20km	Male	24	Senior (19-29)	02:17:08	3	605	Kirsty	Rault	20km	Female	27	Senior (19-29)	03:13:35
10	5	403	Jeffrey	Bruwer	20km	Male	26	Senior (19-29)	02:17:56	1	726	Susan	Simpson	20km	Female	42	Veteran (40-49)	03:16:19
11	1	733	Piers	Pirow	20km	Male	53	Master (50-59)	02:33:29	7	775	Desiree	du Trevou	20km	Female	34	Sub-Veteran (30-39)	03:16:34
12	5	780	Matthew	Schneider	20km	Male	34	Sub-Veteran (30-39)	02:40:18	4	764	Roxanne	Dovey	20km	Female	29	Senior (19-29)	03:17:24
13	6	615	Charles	Freedman	20km	Male	35	Sub-Veteran (30-39)	02:42:31	5	661	Katie	Hill	20km	Female	27	Senior (19-29)	03:22:28
14	7	759	Marko	Staebe	20km	Male	34	Sub-Veteran (30-39)	02:43:26	2	636	Marita	van der Walt	20km	Female	42	Veteran (40-49)	03:26:25
15	8	796	Reinhard	Otto	20km	Male	33	Sub-Veteran (30-39)	02:43:49	3	563	Ilze	Wagener	20km	Female	43	Veteran (40-49)	03:30:55
16	6	448	Ludolf	De Kock	20km	Male	23	Senior (19-29)	02:46:08	8	800	Cindy	Nel	20km	Female	37	Sub-Veteran (30-39)	03:33:39
17	9	747	Chrisman	Louw	20km	Male	37	Sub-Veteran (30-39)	02:46:42	4	728	Mariette	Mare	20km	Female	40	Veteran (40-49)	03:33:40
18	2	495	Theo	Pieterse	20km	Male	52	Master (50-59)	02:48:20	5	685	Jacqueline	Koch	20km	Female	40	Veteran (40-49)	03:37:48
19	10	666	Dean	de bree	20km	Male	36	Sub-Veteran (30-39)	02:51:14	1	565	Luzanne	Grace	20km	Female	51	Master (50-59)	03:37:50
20	2	729	Jan	Hitge	20km	Male	46	Veteran (40-49)	02:55:50	6	691	Yvette	Barkhuizen	20km	Female	40	Veteran (40-49)	03:47:18
21	3	549	Ryan	Ebedes	20km	Male	41	Veteran (40-49)	02:55:53	7	633	Amanda	Annandale Be	20km	Female	44	Veteran (40-49)	03:47:19
22	4	679	Emile	Annandale	20km	Male	46	Veteran (40-49)	02:55:54	8	637	Michelle	Groome	20km	Female	45	Veteran (40-49)	03:48:28
23	3	540	Thomas	Holtz	20km	Male	53	Master (50-59)	02:56:33	9	753	Catri	Dixon	20km	Female	38	Sub-Veteran (30-39)	03:48:34
24	11	778	Douglas	Finlayson	20km	Male	39	Sub-Veteran (30-39)	02:56:54	9	734	Stephanie	Detert	20km	Female	44	Veteran (40-49)	03:51:33
25	5	792	Dave	Sinclair	20km	Male	43	Veteran (40-49)	02:57:20	10	408	Wendy	miilo	20km	Female	32	Sub-Veteran (30-39)	03:53:03
26	7	643	Sean	Daly	20km	Male	28	Senior (19-29)	02:57:21	11	652	Alicia	Grobler	20km	Female	36	Sub-Veteran (30-39)	03:56:10
27	12	562	Wian	Koch	20km	Male	37	Sub-Veteran (30-39)	02:57:41	12	699	Megan	Thole	20km	Female	34	Sub-Veteran (30-39)	04:05:40
28	13	459	Mhleli	Gabada	20km	Male	33	Sub-Veteran (30-39)	02:57:42	13	599	Natalie	Kock	20km	Female	37	Sub-Veteran (30-39)	04:09:22
29	6	586	Leon	van Zyl	20km	Male	48	Veteran (40-49)	02:58:01	10	673	Glazelle	Pohl	20km	Female	48	Veteran (40-49)	04:10:05
30	14	478	Niel	de Wet	20km	Male	31	Sub-Veteran (30-39)	02:58:50	11	723	Tonya	van Aarde	20km	Female	48	Veteran (40-49)	04:14:18
31	4	536	Glen	Watson	20km	Male	53	Master (50-59)	03:06:05	14	658	Caprice	Beggs	20km	Female	39	Sub-Veteran (30-39)	04:15:23
32	7	662	Michael	Marais	20km	Male	45	Veteran (40-49)	03:06:46	15	617	Christin	Kennedy-Goo	20km	Female	35	Sub-Veteran (30-39)	04:21:44
33	15	768	Ben	Hayes	20km	Male	31	Sub-Veteran (30-39)	03:10:04	1	597	Brittge	Madlener	20km	Female	60	Grand-Master (60+)	04:34:20
34	8	476	Adiaan	Boysen	20km	Male	45	Veteran (40-49)	03:12:20	12	431	Sue	Wilmot	20km	Female	46	Veteran (40-49)	04:50:24
35	9	511	Juan	Lewis	20km	Male	47	Veteran (40-49)	03:12:26	16	750	Cornelle	Dewar	20km	Female	36	Sub-Veteran (30-39)	04:53:52
36	10	765	Paul	Fromont	20km	Male	42	Veteran (40-49)	03:12:50	13	487	Robyn	Anderson	20km	Female	47	Veteran (40-49)	05:09:45
37	16	725	Joseph	Shirinde	20km	Male	36	Sub-Veteran (30-39)	03:15:05	2	474	Marion	Joubert	20km	Female	53	Master (50-59)	05:17:49
38	17	482	Sheldon	du Trevou	20km	Male	39	Sub-Veteran (30-39)	03:16:36	6	541	Anel	Henning	20km	Female	29	Senior (19-29)	05:29:11
39	5	411	Ernest	de Jong	20km	Male	58	Master (50-59)	03:16:58	3	623	Mary-Ann	Henning	20km	Female	55	Master (50-59)	05:29:12
40	8	782	Irfaan	Mohangee	20km	Male	24	Senior (19-29)	03:19:19	14	737	Wendy	Spalding	20km	Female	46	Veteran (40-49)	06:04:31

20km

MALE

FEMALE

Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
41	9	795	Win Myint	Aung	20km	Male	28	Senior (19-29)	03:21:23	1	415	Isabella	Spalding	20km	Female	15	12 to 15	06:04:33
42	18	604	Pieter	Steyn	20km	Male	35	Sub-Veteran (30-39)	03:24:52									
43	19	610	Ralph	Speirs	20km	Male	38	Sub-Veteran (30-39)	03:24:58									
44	20	655	Kelly	Deane	20km	Male	30	Sub-Veteran (30-39)	03:26:24									
45	11	751	Cornelius	Meyer	20km	Male	43	Veteran (40-49)	03:27:22									
46	12	568	Casparus	Luther	20km	Male	41	Veteran (40-49)	03:27:43									
47	21	523	Andrew	Laing	20km	Male	39	Sub-Veteran (30-39)	03:29:20									
48	13	767	Gavin	Kelly	20km	Male	40	Veteran (40-49)	03:30:47									
49	14	446	Antonio	De Franca	20km	Male	48	Veteran (40-49)	03:31:15									
50	15	629	Andrew	Comley	20km	Male	42	Veteran (40-49)	03:31:19									
51	22	771	Ralph	Montgomery	20km	Male	33	Sub-Veteran (30-39)	03:31:26									
52	23	414	Jaun	Nagel	20km	Male	33	Sub-Veteran (30-39)	03:31:27									
53	16	614	Werner	Ernst	20km	Male	48	Veteran (40-49)	03:32:25									
54	10	783	Murray	Smith	20km	Male	22	Senior (19-29)	03:32:29									
55	17	546	Craig	Spalding	20km	Male	46	Veteran (40-49)	03:33:47									
56	6	493	Mark	Smith	20km	Male	54	Master (50-59)	03:34:19									
57	18	4022	Gerard	Heath	20km	Male	47	Veteran (40-49)	03:34:57									
58	19	508	Grant	Findlay	20km	Male	41	Veteran (40-49)	03:38:35									
59	24	558	Conrad	Richard	20km	Male	33	Sub-Veteran (30-39)	03:39:29									
60	1	504	Johan	Marnewick	20km	Male	64	Grand-Master (60+)	03:43:41									
61	20	711	Bradley	Rustin	20km	Male	49	Veteran (40-49)	03:53:29									
62	21	639	Andre	Klopper	20km	Male	42	Veteran (40-49)	03:56:05									
63	2	497	GERHARD	VOSLOO	20km	Male	60	Grand-Master (60+)	03:56:24									
64	22	740	Peter	Ypenburg	20km	Male	49	Veteran (40-49)	03:56:50									
65	11	689	Kenneth	Slabbert	20km	Male	23	Senior (19-29)	04:01:40									
66	25	429	Jonathan	Borthwick	20km	Male	38	Sub-Veteran (30-39)	04:01:59									
67	26	785	Dieter	Thole	20km	Male	34	Sub-Veteran (30-39)	04:05:45									
68	7	688	John	Thole	20km	Male	54	Master (50-59)	04:05:50									
69	23	571	Neal	Robertson	20km	Male	44	Veteran (40-49)	04:09:11									
70	27	746	Gideon	Van Der nest	20km	Male	39	Sub-Veteran (30-39)	04:09:53									
71	24	739	Ig	Pohl	20km	Male	48	Veteran (40-49)	04:10:13									
72	28	425	Matthew	Gillman	20km	Male	33	Sub-Veteran (30-39)	04:11:45									
73	29	670	Duncan	Lawrence	20km	Male	33	Sub-Veteran (30-39)	04:14:28									
74	30	537	dewald	viljoen	20km	Male	30	Sub-Veteran (30-39)	04:15:26									
75	31	760	Stephen	Kennedy-Good	20km	Male	37	Sub-Veteran (30-39)	04:22:40									
76	25	635	Colin	Hendriks	20km	Male	45	Veteran (40-49)	04:27:59									
77	8	472	Chris	Faraday	20km	Male	54	Master (50-59)	04:48:01									
78	26	762	Andrew	Wilmot	20km	Male	47	Veteran (40-49)	04:50:23									
79	9	490	Steve	Joubert	20km	Male	58	Master (50-59)	05:17:47									
80	32	630	Itami Godfrey	Manganyi	20km	Male	35	Sub-Veteran (30-39)	05:35:43									

20km

MALE

FEMALE

Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime		
81	33	695	Phillip	Nel	20km	Male	37	Sub-Veteran (30-39)	06:04:25											
82	34	421	Terence	Tobin	20km	Male	35	Sub-Veteran (30-39)	06:04:29											
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MALE										FEMALE								
Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
1	1	4083	Ryna	Mathaba	10km	Male	35	Sub-Veteran (30-39)	01:09:05	1	4091	Koketso	Thejane	10km	Female	12	12 to 15	01:36:04
2	1	1426	Reatiegie	Mosweu	10km	Male	13	12 to 15	01:09:37	2	1467	Basetsane	Maphose	10km	Female	12	12 to 15	01:36:19
3	2	4059	Anywhere	Rusiwe	10km	Male	38	Sub-Veteran (30-39)	01:16:30	1	4016	Kirsty	Bell	10km	Female	35	Sub-Veteran (30-39)	01:36:43
4	1	4122	Martin	Nkwana	10km	Male	22	Senior (19-29)	01:17:38	1	1414	Tiffany	Bell	10km	Female	22	Senior (19-29)	01:37:01
5	1	4006	Scelo	Mashaba	10km	Male	17	16 to 18	01:18:11	2	4040	Jess	Kew	10km	Female	28	Senior (19-29)	01:38:04
6	1	1456	Craig	Marshall	10km	Male	48	Veteran (40-49)	01:19:36	2	1364	Phyllis	de Fouw	10km	Female	46	Veteran (40-49)	01:42:09
7	2	1578	Clint	Hunter	10km	Male	43	Veteran (40-49)	01:19:53	2	1340	Nikki	Caromba	10km	Female	38	Sub-Veteran (30-39)	01:45:21
8	3	1483	Sefako	Muntsho	10km	Male	40	Veteran (40-49)	01:27:29	3	1363	Nicky	Booyens	10km	Female	40	Veteran (40-49)	01:47:26
9	2	1310	Samuel	Matagane	10km	Male	28	Senior (19-29)	01:29:16	3	1537	bryony	van zyl	10km	Female	38	Sub-Veteran (30-39)	01:49:41
10	3	1307	Rethabile	Qekisi	10km	Male	23	Senior (19-29)	01:30:36	3	1242	Carin	Weber	10km	Female	29	Senior (19-29)	01:56:17
11	4	4051	Hannes	Van Der Merwe	10km	Male	41	Veteran (40-49)	01:30:54	4	4084	Leandra	Coetzee	10km	Female	45	Veteran (40-49)	01:58:28
12	3	1284	Lloyd	Clark	10km	Male	32	Sub-Veteran (30-39)	01:32:32	4	1379	Amanda	Venter	10km	Female	29	Senior (19-29)	02:00:31
13	5	1474	Alain	Le Roux	10km	Male	47	Veteran (40-49)	01:33:42	4	4070	Ingrid	Hauger	10km	Female	37	Sub-Veteran (30-39)	02:01:08
14	4	4145	Graham	Hartman	10km	Male	37	Sub-Veteran (30-39)	01:34:51	5	1420	Catherine	Boyle	10km	Female	44	Veteran (40-49)	02:01:59
15	2	1457	Ryan	Marshall	10km	Male	17	16 to 18	01:35:16	5	1517	Nicole	Morton	10km	Female	30	Sub-Veteran (30-39)	02:02:24
16	5	4002	Barry	Detert	10km	Male	38	Sub-Veteran (30-39)	01:35:22	1	1552	Linda	van der Colff	10km	Female	51	Master (50-59)	02:04:26
17	4	1536	Alex	Zwolanski	10km	Male	27	Senior (19-29)	01:35:26	6	4093	Erica	Fourie	10km	Female	40	Veteran (40-49)	02:05:15
18	6	1431	Darrell	von Broembsen	10km	Male	46	Veteran (40-49)	01:37:05	2	4027	Gerda	Pieterse	10km	Female	51	Master (50-59)	02:05:52
19	5	4125	Matthew	Bodenstein	10km	Male	22	Senior (19-29)	01:37:55	6	1423	Cindy	Husselman	10km	Female	37	Sub-Veteran (30-39)	02:05:54
20	6	1476	Darren	Baxter	10km	Male	25	Senior (19-29)	01:39:30	5	1428	Janine	Rayner	10km	Female	24	Senior (19-29)	02:06:01
21	7	1513	Juan	Swanepoel	10km	Male	43	Veteran (40-49)	01:43:46	7	1269	Suzette	Thompson	10km	Female	47	Veteran (40-49)	02:07:22
22	7	4023	Robert	Reed	10km	Male	28	Senior (19-29)	01:43:52	7	1458	Simone	Forshaw	10km	Female	35	Sub-Veteran (30-39)	02:07:51
23	6	4121	Joel	van Zyl	10km	Male	38	Sub-Veteran (30-39)	01:44:27	1	4090	Anne	Livingstone	10km	Female	8	Under 11	02:08:44
24	8	1316	Marius	Smith	10km	Male	29	Senior (19-29)	01:45:12	8	4131	Melanie	De Beer	10km	Female	39	Sub-Veteran (30-39)	02:09:09
25	8	1478	Jan	de Fouw	10km	Male	46	Veteran (40-49)	01:45:34	3	1272	Janine	Tuson	10km	Female	53	Master (50-59)	02:09:30
26	9	1250	Kevin	Clarke	10km	Male	46	Veteran (40-49)	01:48:28	9	1569	Natasha	Du Preez	10km	Female	34	Sub-Veteran (30-39)	02:10:42
27	10	1566	Rhyn	Promnitz	10km	Male	46	Veteran (40-49)	01:50:53	8	4094	Kim	Le Roux	10km	Female	40	Veteran (40-49)	02:11:22
28	7	4008	Esias	Meyer	10km	Male	36	Sub-Veteran (30-39)	01:54:14	10	4085	Marize	Malan	10km	Female	35	Sub-Veteran (30-39)	02:12:37
29	1	4062	Lance	Murray	10km	Male	11	Under 11	01:58:11	6	4113	Frances	Ayres	10km	Female	27	Senior (19-29)	02:13:03
30	11	1329	Garrith	Murray	10km	Male	45	Veteran (40-49)	01:58:31	7	1353	Jennifer	Moodei	10km	Female	27	Senior (19-29)	02:15:07
31	8	1222	Michael	Ross	10km	Male	31	Sub-Veteran (30-39)	02:01:02	8	1589	Clairize	Malan	10km	Female	29	Senior (19-29)	02:16:14
32	9	1598	Warren	Deetlefs	10km	Male	33	Sub-Veteran (30-39)	02:01:48	9	1579	Lelane	De kock	10km	Female	26	Senior (19-29)	02:16:46
33	9	1381	Arthur	Wasmuts	10km	Male	23	Senior (19-29)	02:02:17	10	1524	Kate	Waterman	10km	Female	27	Senior (19-29)	02:17:46
34	10	4079	Thulani	Angoma-Mzini	10km	Male	34	Sub-Veteran (30-39)	02:02:34	11	1548	Gomolemo	Motaung	10km	Female	31	Sub-Veteran (30-39)	02:18:23
35	12	1475	Werner	Henning	10km	Male	48	Veteran (40-49)	02:02:46	4	4116	Veona	Watson	10km	Female	51	Master (50-59)	02:18:31
36	13	1502	James	Scheepers	10km	Male	42	Veteran (40-49)	02:03:29	12	1299	Meagan	Snow	10km	Female	35	Sub-Veteran (30-39)	02:18:45
37	11	1562	Mike	McLaren	10km	Male	38	Sub-Veteran (30-39)	02:03:59	11	1590	Genevieve	Beckley	10km	Female	28	Senior (19-29)	02:18:50
38	12	1487	Richard	McLaren	10km	Male	35	Sub-Veteran (30-39)	02:04:03	13	1270	Keryn	Ehlers	10km	Female	33	Sub-Veteran (30-39)	02:18:57
39	3	1200	Dylan	Baker	10km	Male	18	16 to 18	02:04:11	14	1508	Bronwyn	Gardiner	10km	Female	36	Sub-Veteran (30-39)	02:19:43
40	10	4115	Benn-Christo	Swanepoel	10km	Male	22	Senior (19-29)	02:04:16	12	1466	Lindy	Behrens	10km	Female	27	Senior (19-29)	02:20:27

10km

MALE

FEMALE

Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
41	14	1556	Steven	Carlin	10km	Male	48	Veteran (40-49)	02:04:23	13	1243	Holly	Bailey	10km	Female	26	Senior (19-29)	02:20:37
42	15	1305	Brett	Tromp	10km	Male	42	Veteran (40-49)	02:04:49	5	4037	Sandra	Slabbert	10km	Female	52	Master (50-59)	02:22:17
43	1	1236	David	Fourie	10km	Male	52	Master (50-59)	02:05:05	15	1596	Elsje	Venter	10km	Female	37	Sub-Veteran (30-39)	02:22:27
44	2	4081	Xavian	Wannenburg	10km	Male	13	12 to 15	02:05:14	16	4130	Katlego	Ditlopo	10km	Female	31	Sub-Veteran (30-39)	02:22:34
45	13	4067	Evan	Edwards	10km	Male	32	Sub-Veteran (30-39)	02:05:33	6	4065	Sandy	Heath	10km	Female	54	Master (50-59)	02:23:13
46	16	1314	Garon	Geldart	10km	Male	42	Veteran (40-49)	02:05:49	17	1408	Megan	Clunnie	10km	Female	38	Sub-Veteran (30-39)	02:26:22
47	14	4104	Mark	Geldart	10km	Male	34	Sub-Veteran (30-39)	02:05:51	18	1455	Tasmin	Tyszowiecki	10km	Female	30	Sub-Veteran (30-39)	02:26:52
48	2	1484	Ruan	Wannenburg	10km	Male	51	Master (50-59)	02:06:12	19	1348	Tanya	Donkin	10km	Female	38	Sub-Veteran (30-39)	02:26:52
49	15	1221	Kristo	Redlinghuis	10km	Male	36	Sub-Veteran (30-39)	02:06:43	7	4034	Debby	Flack	10km	Female	50	Master (50-59)	02:26:53
50	3	1454	Corne	de Fouw	10km	Male	13	12 to 15	02:07:15	8	4054	Heidi	Adams	10km	Female	50	Master (50-59)	02:26:58
51	16	1471	Harry	Roussos	10km	Male	36	Sub-Veteran (30-39)	02:07:19	14	1565	Bianca	Young	10km	Female	25	Senior (19-29)	02:27:41
52	17	1370	Jason	Lambe	10km	Male	38	Sub-Veteran (30-39)	02:08:32	20	4088	Marize	Marais	10km	Female	35	Sub-Veteran (30-39)	02:27:47
53	3	1418	Eugene	Golle	10km	Male	59	Master (50-59)	02:08:34	15	1440	Courtenay	Stock	10km	Female	24	Senior (19-29)	02:27:56
54	18	4043	Jan Valentine	Oberholzer	10km	Male	34	Sub-Veteran (30-39)	02:08:58	16	4047	Robynne	Stock	10km	Female	24	Senior (19-29)	02:27:57
55	19	1574	Kevin	Le Roux	10km	Male	36	Sub-Veteran (30-39)	02:09:01	9	4011	Katinka	Pretorius	10km	Female	42	Veteran (40-49)	02:29:12
56	20	1254	Christo	Du Plessis	10km	Male	33	Sub-Veteran (30-39)	02:09:58	21	1324	Karin	Hawkins	10km	Female	37	Sub-Veteran (30-39)	02:29:48
57	21	1593	Willem	Erasmus	10km	Male	37	Sub-Veteran (30-39)	02:10:04	10	1321	Gillian	Cruse	10km	Female	45	Veteran (40-49)	02:29:49
58	11	1223	Jethro	Bodenstein	10km	Male	24	Senior (19-29)	02:10:09	17	1207	Chez	Gaudyn	10km	Female	24	Senior (19-29)	02:29:51
59	22	4147	Adrian	Swanepoel	10km	Male	32	Sub-Veteran (30-39)	02:10:13	11	1295	Gia	Sinclair	10km	Female	42	Veteran (40-49)	02:31:12
60	23	1439	Jaicee	Bam	10km	Male	37	Sub-Veteran (30-39)	02:10:44	12	1380	Suzanne	Rodd	10km	Female	41	Veteran (40-49)	02:31:17
61	24	4126	William	Ryan	10km	Male	31	Sub-Veteran (30-39)	02:11:01	13	1452	Beatrice	De Klerk	10km	Female	40	Veteran (40-49)	02:32:38
62	2	1568	Jonathan	Van der Merwe	10km	Male	11	Under 11	02:11:10	22	4087	Yonanda	Martin	10km	Female	36	Sub-Veteran (30-39)	02:33:13
63	17	1358	Garth	Sinden	10km	Male	44	Veteran (40-49)	02:12:01	23	4082	Candice	Schneider	10km	Female	30	Sub-Veteran (30-39)	02:33:31
64	25	1477	paulo	teixeira	10km	Male	37	Sub-Veteran (30-39)	02:12:46	14	1395	Rina	Wood	10km	Female	41	Veteran (40-49)	02:34:05
65	26	1493	Karl	Barnard	10km	Male	37	Sub-Veteran (30-39)	02:13:01	9	1315	Catherine	McClean	10km	Female	51	Master (50-59)	02:34:45
66	18	4012	Johan	VENTER	10km	Male	46	Veteran (40-49)	02:13:21	24	1335	Juli	Gerber	10km	Female	39	Sub-Veteran (30-39)	02:35:21
67	4	1465	Grant	Sullivan	10km	Male	52	Master (50-59)	02:13:32	15	1308	Mudzunga	Mulangaphu	10km	Female	44	Veteran (40-49)	02:36:28
68	27	4003	stephan johan	de klerk	10km	Male	34	Sub-Veteran (30-39)	02:16:23	16	4009	Jade	Giaretti	10km	Female	40	Veteran (40-49)	02:36:35
69	28	4141	Dimtri	Clayton	10km	Male	32	Sub-Veteran (30-39)	02:16:45	25	1545	Gerda	McLachlan	10km	Female	38	Sub-Veteran (30-39)	02:37:59
70	29	4138	Rowan	Grealy	10km	Male	30	Sub-Veteran (30-39)	02:17:46	18	1346	Roxanne	Menton	10km	Female	28	Senior (19-29)	02:38:31
71	30	1368	Eugene	Diphoko	10km	Male	39	Sub-Veteran (30-39)	02:18:21	10	4118	Joyce	Tsotetsi	10km	Female	55	Master (50-59)	02:38:39
72	31	1317	Donavan	King	10km	Male	33	Sub-Veteran (30-39)	02:19:46	17	1286	Tricia	Bridge	10km	Female	40	Veteran (40-49)	02:39:01
73	32	4060	Lennie	Marais	10km	Male	36	Sub-Veteran (30-39)	02:20:33	26	1259	Ilze	Van Wyk	10km	Female	33	Sub-Veteran (30-39)	02:39:04
74	19	1322	Tobie	Venter	10km	Male	43	Veteran (40-49)	02:21:14	27	4072	Kirsten	Bredahl	10km	Female	30	Sub-Veteran (30-39)	02:39:09
75	33	4109	Lifa	Magwentshu	10km	Male	32	Sub-Veteran (30-39)	02:22:15	19	1318	Bianca	Allen	10km	Female	29	Senior (19-29)	02:39:10
76	12	1336	Kelly	Stannard	10km	Male	29	Senior (19-29)	02:22:38	20	4078	Jolandi	Labuschagne	10km	Female	27	Senior (19-29)	02:42:46
77	5	1275	Karl	Weber	10km	Male	59	Master (50-59)	02:22:42	1	1239	Delia	Dunbar	10km	Female	62	Grand-Master (60+)	02:44:31
78	34	4058	Sihle	Ngubane	10km	Male	30	Sub-Veteran (30-39)	02:25:48	18	1449	Tamsin	Oxford	10km	Female	47	Veteran (40-49)	02:47:48
79	6	4136	Roger	Flack	10km	Male	51	Master (50-59)	02:26:54	28	1451	Nomathem	Radebe	10km	Female	37	Sub-Veteran (30-39)	02:48:53
80	20	4053	Annemarie	Esterhuizen	10km	Male	40	Veteran (40-49)	02:27:19	29	1583	Bonita	Steenkamp	10km	Female	35	Sub-Veteran (30-39)	02:50:25



10km

MALE

FEMALE

Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
81	21	4069	Darienne	Eigelaar	10km	Male	42	Veteran (40-49)	02:31:00	30	1301	Larissa	Brink	10km	Female	32	Sub-Veteran (30-39)	02:51:20
82	7	1492	David	Jacobs	10km	Male	51	Master (50-59)	02:31:06	19	1287	Lynne	Armstrong	10km	Female	42	Veteran (40-49)	02:52:20
83	8	4140	glyn	Boddy	10km	Male	53	Master (50-59)	02:31:07	20	1228	Sunette	Terblanche	10km	Female	41	Veteran (40-49)	02:53:26
84	35	4150	Grant	Rothlisberger	10km	Male	32	Sub-Veteran (30-39)	02:31:10	21	1538	Leigh	Driemel	10km	Female	40	Veteran (40-49)	02:53:59
85	22	4066	Allan	Lopes	10km	Male	40	Veteran (40-49)	02:31:26	31	1464	Mpho	Ramosu	10km	Female	31	Sub-Veteran (30-39)	03:01:59
86	36	4068	Riaan	Viljoen	10km	Male	38	Sub-Veteran (30-39)	02:31:33	11	1293	Mitzi	Heiriss	10km	Female	52	Master (50-59)	03:04:52
87	37	4107	KOOS	HUTCHONS	10km	Male	34	Sub-Veteran (30-39)	02:32:13	2	1429	Riki	Smit	10km	Female	61	Grand-Master (60+)	03:07:02
88	9	4050	Gary	Hewitt	10km	Male	53	Master (50-59)	02:32:43	32	4139	Nicky	Dorey	10km	Female	38	Sub-Veteran (30-39)	03:07:07
89	23	4137	Donovan	Wood	10km	Male	46	Veteran (40-49)	02:34:33	33	1570	Liesl	Koch	10km	Female	38	Sub-Veteran (30-39)	03:08:57
90	38	1290	Dawie	Louwrens	10km	Male	35	Sub-Veteran (30-39)	02:35:20	22	4089	Helen	Mercier	10km	Female	49	Veteran (40-49)	03:09:02
91	39	1472	Davon	du Bruyn	10km	Male	32	Sub-Veteran (30-39)	02:35:49	21	4142	Danel	Campbell	10km	Female	29	Senior (19-29)	03:11:30
92	24	4052	Richard	Stirland	10km	Male	45	Veteran (40-49)	02:36:40	23	1510	Maritsa	Minnie	10km	Female	42	Veteran (40-49)	03:22:32
93	13	1384	Karl	Bock	10km	Male	23	Senior (19-29)	02:38:23	24	4042	Natalie	Hufkie	10km	Female	41	Veteran (40-49)	03:36:54
94	10	1402	Charles	Bodenstein	10km	Male	55	Master (50-59)	02:42:18	12	4101	Wilma	De Jong	10km	Female	54	Master (50-59)	03:41:32
95	40	1592	Francois	Labuschagne	10km	Male	33	Sub-Veteran (30-39)	02:42:51	34	1520	Anita	Mostert	10km	Female	39	Sub-Veteran (30-39)	03:41:34
96	4	1419	Julian	Holtz	10km	Male	15	12 to 15	02:50:23	13	1383	Fikile	Nhmeke	10km	Female	50	Master (50-59)	04:11:02
97	11	1516	Mike	Devereux	10km	Male	53	Master (50-59)	02:50:27	25	1255	Jeannine	Naude-Viljoer	10km	Female	43	Veteran (40-49)	04:12:24
98	25	1514	Leonard	Armstrong	10km	Male	40	Veteran (40-49)	02:52:17	26	1496	Reshma	Bhoola	10km	Female	45	Veteran (40-49)	04:12:25
99	26	4123	SHAWN	BRITZ	10km	Male	43	Veteran (40-49)	02:52:50	22	1462	Monique	Joubert	10km	Female	20	Senior (19-29)	
100	27	4024	Leroy	Rabie	10km	Male	43	Veteran (40-49)	02:53:18	35	1249	Sasha	Ehlers	10km	Female	36	Sub-Veteran (30-39)	
101	41	1206	Arend	Brink	10km	Male	34	Sub-Veteran (30-39)	02:55:44	36	4120	Julia	Goller	10km	Female	36	Sub-Veteran (30-39)	
102	28	1588	Dave	Morrison	10km	Male	47	Veteran (40-49)	02:56:55	37	1599	Rene	De Villiers	10km	Female	38	Sub-Veteran (30-39)	
103	14	4071	Heinrich	Heiriss	10km	Male	25	Senior (19-29)	03:04:54	27	1441	Elsie	Marshall	10km	Female	46	Veteran (40-49)	
104	42	1550	Tim	Forshaw	10km	Male	38	Sub-Veteran (30-39)	03:09:03									
105	43	4105	Paul	Cilliers	10km	Male	33	Sub-Veteran (30-39)	03:16:45									
106	29	1209	Bruce Scott	Minnie	10km	Male	41	Veteran (40-49)	03:22:29									
107	12	1541	Dean	Abrahams	10km	Male	56	Master (50-59)	03:22:45									
108	44	1499	Win Htoo	Aung	10km	Male	34	Sub-Veteran (30-39)	03:30:01									
109	3	4044	Lukas	Mostert	10km	Male	9	Under 11	03:36:49									
111	5	1382	Daniel	Mostert	10km	Male	12	12 to 15	03:41:23									
110	15	4124	Tristen	Oosthuizen	10km	Male	22	Senior (19-29)										
112																		
113																		
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