

21km

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 | 1565 | Tranquil | Gumbo | 21km | Male | 27 | Senior (19-29) | 01:33:56 | 1 | 4115 | Roxanne | Smith | 21km | Female | 35 | Sub-Veteran (30-39) | 02:18:21 |
| 2 | 2 | 4051 | Prince | Jali | 21km | Male | 29 | Senior (19-29) | 01:38:25 | 1 | 1272 | Nicky | Booyens | 21km | Female | 40 | Veteran (40-49) | 02:22:44 |
| 3 | 1 | 1250 | Bradley | Claase | 21km | Male | 31 | Sub-Veteran (30-39) | 01:39:43 | 2 | 1483 | Michelle | Maree | 21km | Female | 37 | Sub-Veteran (30-39) | 02:41:08 |
| 4 | 2 | 1598 | Adriaan | Cronje | 21km | Male | 34 | Sub-Veteran (30-39) | 01:49:27 | 3 | 4120 | Denise | Davies | 21km | Female | 38 | Sub-Veteran (30-39) | 02:43:29 |
| 5 | 3 | 1478 | Jeandre | Theunissen | 21km | Male | 29 | Senior (19-29) | 01:53:39 | 4 | 4066 | Liesl | Baben | 21km | Female | 37 | Sub-Veteran (30-39) | 02:46:48 |
| 6 | 4 | 1550 | Marius | Prinsloo | 21km | Male | 27 | Senior (19-29) | 01:55:28 | 2 | 4116 | Dick | Brand | 21km | Female | 49 | Veteran (40-49) | 03:15:28 |
| 7 | 3 | 1545 | Craig | Hammer | 21km | Male | 39 | Sub-Veteran (30-39) | 02:00:32 | 3 | 1307 | Debbie | Dickson | 21km | Female | 44 | Veteran (40-49) | 03:31:11 |
| 8 | 4 | 4109 | Egor | Oussov | 21km | Male | 37 | Sub-Veteran (30-39) | 02:04:31 | 5 | 1200 | Ngwana | Matloa | 21km | Female | 37 | Sub-Veteran (30-39) | 03:42:25 |
| 9 | 5 | 4090 | Skippy | Claassens | 21km | Male | 38 | Sub-Veteran (30-39) | 02:04:52 | 1 | 1475 | Joyce | Legadima | 21km | Female | 50 | Master (50-59) | 04:12:15 |
| 10 | 6 | 1243 | Etienne | Muller | 21km | Male | 37 | Sub-Veteran (30-39) | 02:26:04 | 4 | 4055 | Suzan | Ngoato | 21km | Female | 45 | Veteran (40-49) | 04:27:26 |
| 11 | 1 | 1456 | Norman | Letcher | 21km | Male | 51 | Master (50-59) | 02:30:45 | 2 | 4012 | Masiba | Ntsele | 21km | Female | 50 | Master (50-59) | 04:27:30 |
| 12 | 2 | 1471 | Andrew | Barnes | 21km | Male | 55 | Master (50-59) | 02:38:45 | | | | | | | | | |
| 13 | 7 | 1228 | Sean | Thomas | 21km | Male | 32 | Sub-Veteran (30-39) | 02:39:36 | | | | | | | | | |
| 14 | 1 | 1536 | Paul | Davies | 21km | Male | 41 | Veteran (40-49) | 02:43:27 | | | | | | | | | |
| 15 | 8 | 1329 | Greg | Watts | 21km | Male | 39 | Sub-Veteran (30-39) | 02:45:23 | | | | | | | | | |
| 16 | 2 | 4078 | Riaan | Kruger | 21km | Male | 43 | Veteran (40-49) | 02:46:52 | | | | | | | | | |
| 17 | 3 | 1336 | Dewald | Janse van Rensb | 21km | Male | 54 | Master (50-59) | 03:03:17 | | | | | | | | | |
| 18 | 4 | 1368 | brett | harris | 21km | Male | 52 | Master (50-59) | 03:15:56 | | | | | | | | | |
| 19 | 3 | 1590 | Kobus | Venter | 21km | Male | 46 | Veteran (40-49) | 03:31:13 | | | | | | | | | |
| 20 | 5 | 1426 | Hunter | Modise | 21km | Male | 56 | Master (50-59) | 04:23:45 | | | | | | | | | |
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12km

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 | 750 | Wuandile | Nzima | 12km | Male | 32 | Sub-Veteran (30-39) | 00:56:58 | 1 | 417 | Takalani | Ndandami | 12km | Female | 38 | Sub-Veteran (30-39) | 01:24:06 |
| 2 | 1 | 630 | Edwin | Sesipi | 12km | Male | 26 | Senior (19-29) | 01:00:20 | 2 | 684 | Bryony | Van Zyl | 12km | Female | 38 | Sub-Veteran (30-39) | 01:33:56 |
| 3 | 2 | 553 | Moses | Mtenji | 12km | Male | 32 | Sub-Veteran (30-39) | 01:00:35 | 3 | 450 | Sonja | Klingberg | 12km | Female | 30 | Sub-Veteran (30-39) | 01:33:59 |
| 4 | 3 | 673 | Jason | Smith | 12km | Male | 37 | Sub-Veteran (30-39) | 01:09:32 | 4 | 685 | Danel | De Vries-Lour | 12km | Female | 31 | Sub-Veteran (30-39) | 01:39:01 |
| 5 | 4 | 743 | Kyle | Schoeman | 12km | Male | 33 | Sub-Veteran (30-39) | 01:11:46 | 5 | 762 | Gemma | Horne | 12km | Female | 35 | Sub-Veteran (30-39) | 01:40:09 |
| 6 | 5 | 756 | Brendan | Isaac | 12km | Male | 32 | Sub-Veteran (30-39) | 01:15:15 | 1 | 733 | Emily | Barnes | 12km | Female | 17 | 16 to 18 | 01:46:54 |
| 7 | 1 | 679 | Leon | Scholtz | 12km | Male | 42 | Veteran (40-49) | 01:16:57 | 1 | 738 | ZOE | MERSON-DAV | 12km | Female | 48 | Veteran (40-49) | 01:48:08 |
| 8 | 2 | 617 | Matthew | Slabbert | 12km | Male | 22 | Senior (19-29) | 01:17:22 | 6 | 558 | Jessica | White | 12km | Female | 33 | Sub-Veteran (30-39) | 01:51:01 |
| 9 | 3 | 504 | Christo | Engelbrecht | 12km | Male | 29 | Senior (19-29) | 01:23:09 | 1 | 726 | Mignon | Lohse | 12km | Female | 53 | Master (50-59) | 01:52:33 |
| 10 | 6 | 546 | Graham | Hartman | 12km | Male | 38 | Sub-Veteran (30-39) | 01:23:28 | 2 | 578 | Aletha | Van den Berg | 12km | Female | 52 | Master (50-59) | 01:52:37 |
| 11 | 2 | 515 | Kevin | Day | 12km | Male | 40 | Veteran (40-49) | 01:23:51 | 7 | 562 | Estie | Van der Watt | 12km | Female | 32 | Sub-Veteran (30-39) | 01:55:24 |
| 12 | 7 | 780 | Rory | Flanagae | 12km | Male | 37 | Sub-Veteran (30-39) | 01:27:33 | 2 | 574 | Colleen | Cox | 12km | Female | 45 | Veteran (40-49) | 01:56:53 |
| 13 | 3 | 800 | Gerard | Heath | 12km | Male | 48 | Veteran (40-49) | 01:29:38 | 3 | 492 | Caprice | Beggs | 12km | Female | 40 | Veteran (40-49) | 01:57:46 |
| 14 | 8 | 505 | Jason | Sturzenegger | 12km | Male | 34 | Sub-Veteran (30-39) | 01:30:19 | 4 | 778 | Louise | Murray | 12km | Female | 40 | Veteran (40-49) | 02:02:56 |
| 15 | 9 | 583 | Joel | Van Zyl | 12km | Male | 38 | Sub-Veteran (30-39) | 01:32:00 | 8 | 529 | Lizzy | Haskins | 12km | Female | 31 | Sub-Veteran (30-39) | 02:03:06 |
| 16 | 10 | 607 | Karl-Heinz | Koch | 12km | Male | 38 | Sub-Veteran (30-39) | 01:33:28 | 9 | 749 | Nicole | Capper | 12km | Female | 34 | Sub-Veteran (30-39) | 02:05:40 |
| 17 | 11 | 475 | William | Saunders | 12km | Male | 36 | Sub-Veteran (30-39) | 01:34:00 | 5 | 759 | Jeannie | Ortlieb | 12km | Female | 45 | Veteran (40-49) | 02:05:50 |
| 18 | 1 | 758 | Glynn | de Klerk | 12km | Male | 52 | Master (50-59) | 01:34:11 | 3 | 548 | Charmaine | Rowland | 12km | Female | 52 | Master (50-59) | 02:05:55 |
| 19 | 4 | 542 | Szymon | Welgus | 12km | Male | 25 | Senior (19-29) | 01:35:06 | 1 | 576 | Carolyn | Williamson | 12km | Female | 61 | Grand-Master (60+) | 02:07:10 |
| 20 | 1 | 741 | Lupton | Geoff | 12km | Male | 61 | Grand-Master (60+) | 01:39:27 | 2 | 666 | Marilyn Eliz | Kamp | 12km | Female | 66 | Grand-Master (60+) | 02:12:18 |
| 21 | 12 | 600 | Dean | De Bree | 12km | Male | 37 | Sub-Veteran (30-39) | 01:39:32 | 6 | 658 | Natalie | Barros | 12km | Female | 40 | Veteran (40-49) | 02:13:14 |
| 22 | 1 | 688 | Lance | Murray | 12km | Male | 12 | 12 to 15 | 01:43:30 | 7 | 570 | Jenny | Gurnell | 12km | Female | 42 | Veteran (40-49) | 02:14:29 |
| 23 | 4 | 510 | Garrith | Murray | 12km | Male | 46 | Veteran (40-49) | 01:43:32 | 4 | 725 | Sally | George | 12km | Female | 52 | Master (50-59) | 02:20:36 |
| 24 | 5 | 495 | Kenneth | Slabbert | 12km | Male | 24 | Senior (19-29) | 01:44:36 | 10 | 469 | Linda | Rorich | 12km | Female | 36 | Sub-Veteran (30-39) | 02:20:38 |
| 25 | 5 | 681 | Arno | Lourens | 12km | Male | 40 | Veteran (40-49) | 01:45:20 | 8 | 781 | Candice | Eaglestone | 12km | Female | 42 | Veteran (40-49) | 02:20:41 |
| 26 | 2 | 788 | Bryan | Mccourt | 12km | Male | 53 | Master (50-59) | 01:47:47 | 9 | 785 | Denise | De Oliveira | 12km | Female | 47 | Veteran (40-49) | 02:27:29 |
| 27 | 13 | 674 | Jonathan | Clarke | 12km | Male | 39 | Sub-Veteran (30-39) | 01:50:15 | 1 | 633 | Ashleigh | Cloete | 12km | Female | 24 | Senior (19-29) | 02:31:34 |
| 28 | 14 | 796 | Justin | Austin | 12km | Male | 36 | Sub-Veteran (30-39) | 01:56:37 | | | | | | | | | |
| 29 | 6 | 634 | Hendrik | Marais | 12km | Male | 29 | Senior (19-29) | 01:57:27 | | | | | | | | | |
| 30 | 15 | 520 | Iwano | Van Rooyen | 12km | Male | 38 | Sub-Veteran (30-39) | 01:57:44 | | | | | | | | | |
| 31 | 3 | 648 | Donald | Young | 12km | Male | 50 | Master (50-59) | 02:02:59 | | | | | | | | | |
| 32 | 16 | 586 | Christo | Du Plessis | 12km | Male | 34 | Sub-Veteran (30-39) | 02:03:09 | | | | | | | | | |
| 33 | 17 | 472 | Clint | Austin | 12km | Male | 39 | Sub-Veteran (30-39) | 02:05:42 | | | | | | | | | |
| 34 | 18 | 436 | Gareth | Gurnell | 12km | Male | 38 | Sub-Veteran (30-39) | 02:14:27 | | | | | | | | | |
| 35 | 6 | 506 | Andre | Labuschagne | 12km | Male | 49 | Veteran (40-49) | 02:27:27 | | | | | | | | | |
| 36 | 4 | 569 | Dean | Abrahams | 12km | Male | 57 | Master (50-59) | 02:30:17 | | | | | | | | | |
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6km

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 | 336 | Ryan | Mathaba | 5km | Male | 36 | Sub-Veteran (30-39) | 00:30:30 | 1 | 39 | Kaylen | Scholtz | 5km | Female | 15 | 12 to 15 | 00:40:52 |
| 2 | 1 | 2030 | Lean | Scholtz | 5km | Male | 12 | 12 to 15 | 00:34:05 | 1 | 151 | Lienkie | Prinsloo | 5km | Female | 29 | Senior (19-29) | 00:43:02 |
| 3 | 1 | 315 | Craig | Slabbert | 5km | Male | 20 | Senior (19-29) | 00:34:28 | 1 | 244 | Karina | Scholtz | 5km | Female | 36 | Sub-Veteran (30-39) | 00:43:06 |
| 4 | 1 | 2066 | Johnie | Jonker | 5km | Male | 61 | Grand-Master (60+) | 00:35:00 | 1 | 384 | Marisa | Marais | 5km | Female | 44 | Veteran (40-49) | 00:43:35 |
| 5 | 1 | 48 | MJ | Venter | 5km | Male | 8 | Under 11 | 00:38:13 | 2 | 101 | Robyn | Porteous | 5km | Female | 30 | Sub-Veteran (30-39) | 00:44:23 |
| 6 | 1 | 224 | Richard | Davies | 5km | Male | 57 | Master (50-59) | 00:40:48 | 3 | 283 | Kristen | Porteous | 5km | Female | 31 | Sub-Veteran (30-39) | 00:44:25 |
| 7 | 2 | 108 | Drisden | Crook | 5km | Male | 22 | Senior (19-29) | 00:45:56 | 2 | 170 | Carli | van Niekerk | 5km | Female | 41 | Veteran (40-49) | 00:50:33 |
| 8 | 2 | 212 | Liam | Benade van Niel | 5km | Male | 11 | Under 11 | 00:50:26 | 1 | 254 | Sandra | Slabbert | 5km | Female | 53 | Master (50-59) | 00:50:36 |
| 9 | 1 | 2014 | Francois | le Roux | 5km | Male | 46 | Veteran (40-49) | 00:52:25 | 4 | 72 | Joanna | White | 5km | Female | 35 | Sub-Veteran (30-39) | 00:51:00 |
| 10 | 2 | 2076 | Timothy | Slabbert | 5km | Male | 13 | 12 to 15 | 00:57:07 | 2 | 2073 | HANRI | Venter | 5km | Female | 54 | Master (50-59) | 00:52:09 |
| 11 | 2 | 2044 | Jamie | Betersen | 5km | Male | 34 | Sub-Veteran (30-39) | 00:59:22 | 3 | 343 | Elmarie | Coetzee | 5km | Female | 48 | Veteran (40-49) | 00:52:55 |
| 12 | 2 | 28 | Jf | Hansen | 5km | Male | 42 | Veteran (40-49) | 00:59:29 | 1 | 302 | Lientjie | Hansen | 5km | Female | 8 | Under 11 | 00:59:28 |
| 13 | 2 | 192 | Pierluigi | Marino | 5km | Male | 52 | Master (50-59) | 01:01:31 | 4 | 84 | Elrike | Opperman | 5km | Female | 41 | Veteran (40-49) | 01:02:08 |
| 14 | 3 | 289 | Dario | Torrente | 5km | Male | 53 | Master (50-59) | 01:05:55 | | | | | | | | | |
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