



50km

Overall position	Race number	First name	Last name	Gender	10km Race Time	40km Race Time	Finish Race Time	Gender position	Category position
1	374	Prodigal	KHUMALO	Male	01:12:31.807	04:14:41.900	05:06:59.827	1	1
2	111	Jock	GREEN	Male	01:12:24.787	04:18:09.720	05:12:40.880	2	1
3	192	Jevan	MALAN	Male	01:12:48.907	04:23:51.287	05:16:39.187	3	2
4	7	David	ASHWORTH	Male	01:13:36.177	04:24:34.590	05:16:57.790	4	3
5	313	Robert Guy	STEWART	Male	01:11:21.367	04:37:42.787	05:30:41.737	5	2
6	16	Clint	BENTLEY	Male	01:13:15.357	04:37:20.220	05:30:54.767	6	3
7	82	Su	DON-WAUCHOPE	Female	01:12:26.537	04:33:46.513	05:33:04.953	1	1
8	81	Iain	DON-WAUCHOPE	Male	01:12:29.753	04:33:45.757	05:33:10.697	7	4
9	64	Marcus	CROWTHER	Male	01:12:23.737	04:30:52.327	05:33:49.213	8	1
10	388	Sanele	XABA	Male	01:11:34.950	04:38:49.297	05:37:28.250	9	2
11	206	Graeme	MCCALLUM	Male	01:17:21.530	04:43:21.647	05:39:27.140	10	1
12	27	Ann	BONIWELL	Female	01:18:17.730	04:42:37.910	05:41:29.570	2	2
13	303	Craig	SMITH	Male	01:15:43.470	04:42:03.913	05:43:11.227	11	4
14	222	Vusi	MKHONZA	Male	01:15:26.620	04:44:05.790	05:47:34.937	12	3
15	381	Philani	SHABALALA	Male	01:27:03.657	04:58:13.397	05:52:23.373	13	4
16	308	Helen	SQUIRRELL-ARMSTRONG	Female	01:16:31.290	04:55:42.790	05:53:54.897	3	1
17	126	Xolani	HLATSHWAYO	Male	01:18:59.863	04:59:01.853	05:56:06.360	14	5
18	98	Rob	ENSLIN	Male	01:22:03.427	04:55:51.507	05:58:52.393	15	5
19	284	Kevern	SANDALLS	Male	01:24:21.753	05:01:45.560	05:59:12.703	16	6
20	49	Brent	CHIAZZARI	Male	01:20:59.127	05:09:09.757	05:59:39.220	17	5
21	166	Neill	LEITH	Male	01:28:59.107	05:01:44.150	06:02:57.327	18	6
22	225	Glen	MORGAN	Male	01:20:58.583	04:58:36.210	06:03:38.430	19	6
23	169	Alasdair	LESLIE	Male	01:17:05.360	05:06:49.297	06:11:25.173	20	7
24	22	John	BLACK	Male	01:27:13.750	05:12:51.417	06:12:35.127	21	7
25	47	Sue	CHAPMAN	Female	01:29:20.610	05:17:26.440	06:19:21.700	4	3
26	257	Mark	PHIPSON	Male	01:23:32.350	05:16:39.850	06:23:43.130	22	8
27	197	Melusi	MAPHUMULO	Male	01:28:47.553	05:26:54.997	06:25:55.297	23	7
28	382	Craig	GEORGE	Male	01:23:40.203	05:29:53.970	06:28:21.527	24	8
29	221	Lindokuhle Mbuso	MIYA	Male	01:19:57.990	05:30:08.980	06:33:38.200	25	8



50km

Overall position	Race number	First name	Last name	Gender	10km Race Time	40km Race Time	Finish Race Time	Gender position	Category position
30	95	Jonathan	EDWARDS	Male	01:12:34.840	05:13:52.897	06:35:38.290	26	9
31	223	Mandla	MNCUBE	Male	01:26:46.747	05:21:47.170	06:35:47.167	27	10
32	131	Ian	HORN	Male	01:31:29.687	05:30:09.437	06:35:59.630	28	9
33	247	Johann	OLIVIER	Male	01:36:38.743	05:34:44.903	06:37:09.880	29	11
34	38	Jacques	BURGER	Male	01:28:19.247	05:30:59.167	06:37:11.660	30	10
35	84	Mark	DOWDESWELL	Male	01:17:03.100	05:30:47.423	06:39:12.730	31	12
36	334	Casper	VAN ANTWERPEN	Male	01:32:30.880	05:34:09.960	06:41:21.657	32	11
37	385	Zakhele	KHOZA	Male	00:59:27.980	05:31:36.757	06:41:23.837	33	13
38	37	Helen	BULEY	Female	01:34:14.377	05:33:01.257	06:43:47.387	5	4
39	30	Andre	BOOYENS	Male	01:34:15.443	05:33:00.227	06:44:04.867	34	14
40	196	Warren	MANSON	Male	01:25:38.227	05:36:48.850	06:45:02.427	35	15
41	122	Ian	HENDRY	Male	01:34:59.573	05:44:59.673	06:46:22.747	36	12
42	94	Jeremy	EB	Male	01:38:10.907	05:46:22.107	06:47:19.203	37	16
43	156	Liaan	KRITZINGER	Male	01:25:02.677	05:39:43.823	06:48:59.743	38	9
44	364	Ross	WILSON	Male	01:28:34.813	05:21:41.287	06:49:13.000	39	13
45	205	Richard	MCCAFFERTY	Male	01:34:20.343	05:28:23.333	06:50:23.583	40	17
46	118	Julia	HACKLAND	Female	01:29:19.427	05:47:26.277	06:53:06.703	6	5
47	10	Georgina	AYRE	Female	01:29:18.877	05:47:28.867	06:53:10.503	7	6
48	176	Paolo	LONGO	Male	01:33:27.170	05:38:23.987	06:53:12.113	41	14
49	330	Garry	TOWNSEND	Male	01:26:49.180	05:36:45.977	06:53:34.907	42	18
50	96	David	ELS	Male	01:25:42.357	05:44:58.100	06:55:04.210	43	19
51	314	Steven	STOTT	Male	01:33:32.790	05:46:44.560	06:55:43.433	44	20
52	24	Grant	BLAIR	Male	01:39:41.287	05:46:17.437	06:56:18.230	45	21
53	74	Jacques	DE WAAL	Male	01:34:02.147	05:48:18.630	06:56:35.887	46	15
54	54	Shannon	CLARK	Male	01:33:26.873	05:51:02.600	06:57:33.803	47	2
55	165	David	LEITH	Male	01:35:06.457	05:49:51.693	06:58:07.867	48	10
56	270	Riaan	RIEKERT	Male	01:24:05.327	05:29:50.970	07:01:52.687	49	22
57	190	Hector	MACLEOD	Male	01:37:28.527	05:50:01.867	07:03:17.173	50	16
58	129	Ben	HODGSON	Male	01:34:08.587	05:52:03.613	07:07:02.643	51	23



50km

Overall position	Race number	First name	Last name	Gender	10km Race Time	40km Race Time	Finish Race Time	Gender position	Category position
59	324	Trevor	TAYLOR	Male	01:34:59.707	05:57:14.120	07:07:43.573	52	17
60	210	Tim	MCNEILL	Male	01:31:38.340	05:28:55.500	07:07:50.773	53	24
61	310	Koot	STEENKAMP	Male	01:33:32.947	05:49:59.350	07:08:04.750	54	25
62	305	Michael	SNYMAN	Male	01:38:40.467	05:58:10.290	07:08:10.780	55	18
63	163	Richard	LEE	Male	01:38:11.710	06:06:18.640	07:08:58.963	56	26
64	202	Brian	MARTENS	Male	01:38:13.110	06:06:19.807	07:08:59.540	57	27
65	263	Hlony	RAKHOMO	Male	01:30:36.207	05:58:27.390	07:11:42.200	58	28
66	209	Duncan	MCMURRAY	Male	01:35:16.677	05:58:56.310	07:15:08.193	59	19
67	309	John	STARK	Male	01:33:35.357	06:00:23.647	07:15:08.287	60	1
68	204	Ryan	MATHER-PIKE	Male	01:39:41.143	05:59:45.970	07:15:09.197	61	29
70	40	Lauren	CALENBORNE	Female	01:32:52.100	06:03:10.447	07:15:10.847	8	2
69	357	Shaun	WESTERMEYER	Male	01:29:41.220	05:57:58.733	07:15:10.760	62	20
71	121	Lindsay	HALL	Female	01:35:29.327	06:07:03.880	07:15:25.353	9	3
72	387	Petros	HLONGWANE	Male	01:23:54.393	06:04:28.280	07:15:41.747	63	3
73	73	Rob	DE REUCK	Male	01:35:26.147	06:03:14.547	07:16:08.453	64	4
74	342	Josua	VAN TONDER	Male	01:33:33.670	06:08:09.180	07:17:51.000	65	30
75	2	Christopher	ALLAN	Male	01:33:44.643	06:04:56.637	07:18:09.297	66	31
76	18	Jacques	BEUKES	Male	01:34:04.260	06:09:02.580	07:18:12.420	67	32
77	350	Trygve	WANG	Male	01:32:52.707	06:05:03.173	07:18:48.000	68	33
78	292	Elmien	SCOTT	Female	01:46:14.427	06:06:17.167	07:18:50.693	10	7
79	15	Eckart	BENEKE	Male	01:37:51.817	06:02:17.263	07:19:38.000	69	11
80	301	Craig	SMERDON	Male	01:33:46.517	06:09:05.420	07:20:22.477	70	21
81	352	Glen	WATSON	Male	01:31:56.623	05:54:29.317	07:24:36.963	71	5
82	172	Leigh	LIDGEY	Female	01:40:46.420	06:10:49.793	07:26:21.673	11	8
83	250	Paul Baxter	PEARCE	Male	01:33:56.443	06:11:07.680	07:26:27.000	72	22
84	280	Andrew	RYAN	Male	01:32:41.400	06:10:26.923	07:27:36.827	73	23
85	372	Caren	ZIADY	Female	01:37:32.683	06:07:47.977	07:28:18.000	12	9
86	346	Sibusiso	VILANE	Male	01:40:44.157	06:15:46.930	07:28:58.987	74	24
87	71	Vyver	DE KLERK	Male	01:35:31.967	06:20:56.977	07:29:20.317	75	12



50km

Overall position	Race number	First name	Last name	Gender	10km Race Time	40km Race Time	Finish Race Time	Gender position	Category position
88	398	Louis-John	FERREIRA	Male	01:34:01.727	06:14:14.960	07:29:38.573	76	34
89	199	Daniel	MARE	Male	01:30:45.387	06:06:21.323	07:30:21.430	77	35
90	244	Phumlani	NGCONGO	Male	01:33:47.127	06:03:11.883	07:32:15.150	78	36
91	256	Heather	PHIPSON	Female	01:39:09.700	06:13:08.657	07:33:32.363	13	4
92	332	Glyn	TUDOR	Male	01:30:53.373	06:14:54.633	07:36:38.127	79	37
93	260	Esmarie	PRETORIUS	Female	01:39:02.897	06:25:49.933	07:36:51.600	14	5
94	44	Michael	CARRATU	Male	01:30:56.660	06:18:34.113	07:40:17.243	80	38
95	11	James	BARKER	Male	01:35:14.790	06:28:23.923	07:41:17.140	81	13
96	362	Garth	WILLIS	Male	01:38:38.917	06:25:27.567	07:41:28.667	82	25
97	90	Michael	DU PLESSIS	Male	01:39:57.310	06:34:51.340	07:44:24.533	83	6
98	112	Dale	GRIFFITHS	Male	01:40:03.990	06:23:57.503	07:44:33.770	84	39
99	102	Bjorn	FERREIRA	Male	01:39:00.360	06:20:34.470	07:45:06.290	85	14
100	75	Hein	DE WET	Male	01:35:58.217	06:28:45.803	07:47:55.927	86	26
101	61	Kevin	COURTNEY	Male	01:35:18.167	06:23:30.170	07:48:13.233	87	27
102	296	Jan-Hendrik	SENEKAL	Male	01:18:29.843	06:26:03.547	07:48:20.297	88	40
103	207	Cameron	MCINTOSH	Male	01:44:06.100	06:31:57.840	07:48:22.993	89	41
104	138	Justin	JANSE VAN RENSBURG	Male	01:37:03.933	06:31:46.223	07:48:27.750	90	42
105	137	Hilton	JANSE VAN RENSBURG	Male	01:37:02.900	06:31:49.137	07:48:28.000	91	43
106	298	Don	SHAW	Male	01:44:48.463	06:28:21.683	07:50:18.737	92	7
107	312	Rainer	STEINHAGEN	Male	01:36:19.470	06:33:35.617	07:50:48.287	93	15
108	97	Mientjie	ELS	Female	01:48:28.860	06:34:09.690	07:50:50.370	15	6
109	311	Henning	STEINHAGEN	Male	01:36:28.623	06:33:14.720	07:50:50.750	94	8
110	35	Iain	BROMAGE	Male	01:36:24.497	06:33:25.887	07:50:51.450	95	28
111	149	Mike	KLEYNHANS	Male	01:40:45.567	06:35:33.860	07:50:51.493	96	29
112	143	David	KATZ	Male	01:42:23.587	06:39:36.820	07:52:03.473	97	44
113	142	Candice	KATER	Female	01:42:51.697	06:39:47.447	07:52:05.137	16	7
114	347	Yolande	VISSER	Female	01:37:04.530	06:34:06.197	07:52:08.363	17	10
115	307	Christopher	SPAVINS	Male	01:39:13.337	06:28:22.610	07:52:48.407	98	30
116	5	Emile Jacques	ANNANDALE	Male	01:52:58.673	06:37:43.290	07:53:27.700	99	31



50km

Overall positic	Race number	First name	Last name	Gender	10km Race Time	40km Race Time	Finish Race Time	Gender position	Category position
117	291	Russell	SCLANDERS	Male	01:39:24.237	06:30:23.963	07:54:38.200	100	32
118	345	Deon	VERMEULEN	Male	01:38:58.553	06:31:36.823	07:55:28.893	101	45
119	319	Jaco	SWART	Male	01:39:33.363	06:31:34.633	07:55:29.480	102	46
120	289	Piet	SCHOEMAN	Male	01:40:56.707	06:41:57.320	07:55:48.000	103	9
121	277	Stan	RUDMAN	Male	01:44:57.347	06:35:32.153	07:58:31.723	104	47
122	170	Robert	LEVINSON	Male	01:54:08.580	06:46:32.797	07:58:42.217	105	48
123	276	Con	ROUX	Male	01:53:23.983	06:44:17.317	07:58:47.000	106	2
124	343	Janet Van Veijeren	VAN VEIJEREN	Female	01:44:26.783	06:34:39.280	07:59:29.417	18	8
125	338	Don Carlos	VAN DER MERWE	Male	01:49:28.147	06:40:13.893	08:00:12.807	107	49
126	21	Chris	BIRKETT	Male	01:35:12.233	06:28:24.597	08:00:50.320	108	16
127	212	Allister	MEAKER	Male	01:42:23.283	06:52:41.547	08:03:13.840	109	50
128	340	Donovan	VAN GRAAN	Male	01:40:55.980	06:35:57.673	08:04:53.223	110	17
129	31	Pieter	BOTHA	Male	01:51:45.330	06:43:24.853	08:05:32.160	111	33
130	53	Altie	CLARK	Female	01:41:56.260	06:42:40.413	08:05:55.370	19	11
131	12	Kate	BARNES	Female	01:42:54.220	06:40:46.477	08:06:14.917	20	9
133	13	Nic	BARNES	Male	01:41:08.150	06:40:39.933	08:06:15.267	112	34
132	268	Sarah	RICHARDS	Female	01:42:39.487	06:40:45.183	08:06:15.180	21	10
134	32	Renier	BOTHA	Male	01:55:06.713	06:45:51.860	08:06:16.677	113	18
135	155	Ken	KRIGE	Male	01:39:09.610	06:48:04.773	08:07:40.200	114	10
136	194	Sue	MALHERBE	Female	01:45:14.433	06:43:01.803	08:09:58.947	22	11
137	224	Samantha	MORARD	Female	01:40:44.477	06:33:15.247	08:10:50.983	23	12
138	193	Sharon	MALHERBE	Female	01:40:44.190	06:33:21.957	08:10:54.743	24	13
139	226	Fay	MORRIS	Female	01:45:38.643	06:49:36.560	08:10:55.833	25	12
140	227	Lee-Anne	MORRIS	Female	01:45:33.593	06:52:18.327	08:10:57.820	26	1
141	107	Joseph	GATES	Male	01:38:21.320	06:43:23.557	08:11:20.983	115	19
142	365	William	WILSON	Male	01:42:32.530		08:11:51.277	116	51
143	271	Mike	ROBERTS	Male	01:38:12.787	06:36:48.190	08:12:27.657	117	11
144	25	Jean	BLIGNAUT	Male	01:39:54.890		08:12:41.890	118	52
145	335	Lorinda	VAN DER BERG	Female	01:35:53.620	06:49:26.307	08:13:00.813	27	2



50km

Overall position	Race number	First name	Last name	Gender	10km Race Time	40km Race Time	Finish Race Time	Gender position	Category position
146	68	Greg	DAWSON	Male	01:42:48.110	06:50:27.447	08:13:54.820	119	53
147	320	Greg	SYKORA	Male	01:41:29.377	06:49:44.977	08:15:16.000	120	35
148	117	Josh	HACKLAND	Male	01:40:11.713	06:41:39.470	08:17:20.143	121	36
149	317	Kate	SWARBRECK	Female	01:52:33.887	06:45:44.337	08:18:07.960	28	3
150	114	Paul	GROBLER	Male	01:39:59.127	06:46:36.820	08:19:09.973	122	12
152	83	Yan-Eric	DOUVIER	Male	01:49:02.510	06:50:22.183	08:19:11.297	123	54
151	179	Izelle	LOUW	Female	01:40:00.807	06:46:40.890	08:19:11.113	29	13
153	217	Bongani	MGOZA	Male	01:44:06.903	06:59:38.710	08:20:17.693	124	37
154	230	William	MPHAKATHI	Male	01:31:55.780	06:35:17.590	08:20:25.267	125	38
155	171	Tracy	LEVINSON	Female	01:53:01.847	07:09:15.680	08:22:24.910	30	14
156	110	Nic	GRANUM	Male	01:14:26.533	06:54:18.957	08:22:56.680	126	55
157	70	Ben	DE KLERK	Male	01:41:04.520	06:49:09.117	08:23:29.000	127	13
158	141	Steph	JOYNER	Female	01:43:53.487	06:52:42.940	08:24:48.613	31	4
159	249	Jenni	PATRICK	Female	01:43:51.110	06:48:11.577	08:24:49.000	32	1
160	278	Charles	RUSSELL	Male	01:51:07.527	06:59:50.487	08:25:06.453	128	56
161	59	Lauren	CORCORAN	Female	01:45:14.463		08:25:34.783	33	15
162	159	Pete	LAVER	Male	01:45:39.867	06:49:33.110	08:25:43.933	129	57
163	242	Guillaume	NEL	Male	01:48:13.307	06:56:29.320	08:25:56.693	130	14
164	164	Rachael	LEIJDEKKERS	Female	01:55:32.930	06:59:49.610	08:27:36.437	34	16
165	63	Stuart	COX	Male	01:47:23.540	07:09:54.283	08:28:02.190	131	39
166	34	Roy	BRENNON	Male	01:41:26.910	07:08:20.867	08:28:05.000	132	40
167	135	Karen	JAMES	Female	01:41:28.517	07:03:02.430	08:30:55.480	35	17
168	198	Bernie	MARAIS	Male	01:41:28.340	07:02:41.190	08:30:57.283	133	58
169	115	Willem	HAARHOFF	Male	01:46:48.540	06:58:38.263	08:32:03.353	134	59
170	134	David	JACOBS	Male	01:45:02.767	06:49:59.437	08:32:16.210	135	41
171	248	Steven	PARSLEY	Male	01:46:03.327	07:09:31.517	08:32:30.397	136	60
172	88	Chris	DU PLESSIS	Male	01:45:36.127	07:04:22.380	08:33:55.477	137	42
173	353	Jason	WEBER	Male	01:42:36.620	07:04:29.627	08:34:07.000	138	20
174	384	Collin	ALBERTYN	Male	01:45:55.690	07:31:40.470	08:35:40.360	139	61



50km

Overall position	Race number	First name	Last name	Gender	10km Race Time	40km Race Time	Finish Race Time	Gender position	Category position
175	177	Christof	LOURENS	Male	01:45:44.840	06:54:30.000	08:38:09.463	140	21
176	105	David	FUNNELL	Male	02:01:54.893	07:22:03.953	08:41:19.877	141	43
177	174	Jia	LIU	Male	01:36:25.643	06:56:40.903	08:41:25.897	142	62
178	55	Louis	COETZEE	Male	01:47:59.360	07:20:55.867	08:41:36.383	143	44
179	201	Sunee	MARITZ	Female	01:23:45.357	07:04:02.613	08:42:17.813	36	18
180	235	Tanya	NADAULD	Female	01:52:24.267	07:16:11.480	08:43:21.283	37	19
181	326	Mashudu	THOBAKGALE	Male	01:45:56.660	07:01:28.700	08:45:07.907	144	63
182	213	Henry	MEI	Male	01:36:02.780	06:56:26.653	08:45:49.347	145	45
183	23	Natalie	BLACK	Female	01:49:56.820	07:09:28.880	08:45:51.713	38	14
184	41	Gareth	CAMERON	Male	01:47:00.270	07:11:37.280	08:49:42.663	146	15
185	186	Charles	MACKENZIE	Male	01:48:44.730	07:17:58.750	08:49:55.107	147	64
186	60	Sean	CORCORAN	Male	01:45:13.747	07:11:17.297	08:50:56.553	148	65
187	339	Elsa	VAN DUUREN	Female	01:47:35.353	07:16:13.903	08:50:58.770	39	2
188	133	Liz	INGRAM	Female	01:50:18.863	07:12:04.367	08:51:50.963	40	3
189	132	Dave	INGRAM	Male	01:50:25.963	07:12:17.637	08:51:51.840	149	16
190	8	Andrew	ATKINSON	Male	01:53:00.300	07:25:47.497	08:53:06.327	150	46
191	389	Alan	SALZWEDEL	Male	01:52:55.613	07:33:34.927	08:53:18.107	151	47
192	273	Jonathan	ROBINSON	Male	01:52:55.310	07:33:31.947	08:53:21.440	152	48
193	315	Vicky	STOTT	Female	01:50:36.397	07:22:51.650	08:54:03.157	41	20
194	239	Thinus	NAUDE	Male	01:44:55.633	07:13:16.267	08:54:40.110	153	49
195	267	Jan	REYNEKE	Male	01:45:00.977	07:13:17.730	08:54:40.197	154	66
196	78	Ryan	DERCKSEN	Male	01:49:29.397	07:22:07.357	08:54:54.000	155	67
197	67	Stacey	DAVIES	Female	01:46:18.353	07:14:45.830	08:55:09.483	42	21
198	48	John	CHELIUS	Male	01:58:25.150	07:19:12.980	08:55:13.350	156	50
199	69	Niel	DE BRUYN	Male	01:46:07.100	07:04:08.523	08:56:19.857	157	17
200	150	Sean	KLEYNHANS	Male	01:47:33.310	07:24:24.917	08:57:33.310	158	51
201	1	Adri	ALBERTYN	Female	01:52:12.327	07:09:52.450	08:57:52.117	43	15
202	264	Rashika	RAMPERSADH	Female	01:55:57.260	07:30:02.557	08:59:11.000	44	22
203	333	Leon	V RENSBURG	Male	01:43:29.317	07:22:16.177	09:01:25.227	159	52



50km

Overall positic	Race number	First name	Last name	Gender	10km Race Time	40km Race Time	Finish Race Time	Gender position	Category position
204	354	Karen	WEILAND	Female	01:50:10.417	07:26:22.827	09:03:06.177	45	23
205	120	Raymond	HAIR	Male	01:50:20.160	07:41:31.260	09:03:19.490	160	53
206	360	Chris	WILCOCK	Male	01:54:19.160	07:19:07.213	09:03:44.753	161	18
207	359	Jessica	WIGGILL	Female	01:53:46.343	07:41:25.887	09:05:38.000	46	5
208	147	Rajen	KISTNAN	Male	02:05:24.840	07:00:55.983	09:07:01.500	162	54
209	368	Matthew	WOULD	Male	01:55:54.970	07:27:41.737	09:07:09.597	163	68
210	286	Lewis	SANDHAM	Male	01:53:36.717	07:33:08.327	09:12:37.620	164	55
211	321	Dirk	TALJAARD	Male	01:42:08.907	07:30:46.267	09:13:17.667	165	56
212	130	Xanthe	HOLMES	Female	01:49:41.743	07:30:27.640	09:13:41.573	47	24
213	304	Tanya	SMITH	Female	01:49:42.490	07:30:36.720	09:13:44.680	48	25
214	157	Shaun	LAMBSON	Male	01:55:20.713	07:45:55.787	09:13:49.553	166	69
215	42	Renee	CAMPBELL	Female	01:43:18.160	07:20:40.137	09:15:55.237	49	26
216	62	Brenda	COX	Female	01:54:05.473	07:39:51.260	09:16:28.437	50	16
217	145	Thembinkosi	KHABA	Male	01:55:50.583	07:26:45.587	09:16:42.653	167	57
218	14	Hans	BELZ	Male	01:52:59.120	07:36:47.200	09:17:57.443	168	58
219	293	Pierre	SCOTT	Male	01:54:56.570	07:26:16.473	09:21:33.307	169	19
220	146	Warren	KING	Male	01:49:29.753	07:33:44.520	09:23:10.243	170	20
221	79	Joe	DO COUTO	Male	01:50:31.227	07:28:30.687	09:23:11.827	171	21
222	136	Carina	JANSE VAN RENSBURG	Female	01:20:21.210	07:39:32.887	09:25:05.893	51	27
223	116	Hugh	HACKING	Male	01:49:02.357	07:46:22.927	09:25:07.100	172	22
224	265	Kerry	RAS	Female	01:55:52.720	07:45:47.327	09:25:08.727	52	17
226	139	Pieter	JANSE VAN RENSBURG	Male	01:55:38.680	07:39:34.890	09:25:09.417	173	70
225	262	Samantha	PROCTOR	Female	01:39:09.970	07:45:45.213	09:25:09.237	53	18
227	51	Gina	CHIESMAN	Female	01:58:19.107	07:44:12.737	09:27:04.543	54	19
228	281	Gina	RYAN	Female	01:25:30.683	07:45:29.790	09:27:07.200	55	20
229	161	Pierre	LE ROUX	Male	01:41:02.807	07:22:10.550	09:27:08.343	174	23
230	160	Hein	LE HANIE	Male	01:49:58.293	07:31:41.300	09:27:13.857	175	59
231	151	Mignon	KLUSENER	Female	01:53:00.237	07:40:13.637	09:28:43.527	56	28
232	189	Chantel	MACLEOD	Female	01:53:02.130	07:39:59.187	09:28:44.897	57	21



50km

Overall positic	Race number	First name	Last name	Gender	10km Race Time	40km Race Time	Finish Race Time	Gender position	Category position
233	231	Denton	MUIL	Male	01:34:13.883	07:36:30.457	09:29:02.000	176	60
234	275	Jean	RORICH	Male	01:53:41.263	07:48:50.257	09:30:22.000	177	71
235	184	Dawn	MACKAY	Female	01:53:09.880	07:45:48.313	09:31:23.237	58	22
236	200	Hannes	MARITZ	Male	01:34:39.553	07:35:17.713	09:31:50.647	178	72
237	318	Gerhard	SWART	Male	01:31:51.257	07:24:49.807	09:31:57.650	179	3
238	3	Mario	ALVARES	Male	02:00:34.653	07:37:58.677	09:33:17.640	180	61
239	322	Michelle	TALL	Female	02:01:17.423	08:09:01.193	09:35:50.313	59	23
240	203	William	MASON	Male	02:58:14.583	07:09:12.517	09:38:12.227	181	62
241	113	Madeleine	GROBLER	Female	02:04:18.383	07:39:36.527	09:39:18.897	60	29
242	351	Cuan	WATKINS	Male	01:54:44.880	07:54:44.607	09:39:27.883	182	24
243	218	David Gibson	MICHIE	Male	01:45:55.470	07:40:53.657	09:40:29.563	183	63
244	153	Andre	KNOBEL	Male	01:50:19.137	07:41:40.780	09:41:19.727	184	25
245	28	Elrien	BOOTHA	Female	01:49:36.903	07:38:48.580	09:41:51.487	61	24
246	29	Esias	BOOTHA	Male	01:49:37.470	07:55:44.507	09:42:08.907	185	64
247	89	Jaco	DU PLESSIS	Male	01:52:45.570	07:47:47.233	09:42:34.337	186	73
248	92	Tania	DU PLESSIS	Female	01:52:45.597	07:46:48.240	09:42:38.347	62	30
249	329	Julia	THOMPSON	Female	01:49:56.650	07:53:05.123	09:43:39.887	63	25
250	328	David	THOMPSON	Male	01:49:52.667	07:53:56.243	09:43:44.170	187	65
251	323	Diana	TANNER	Female	02:07:21.453		09:44:28.827	64	26
252	297	David	SHAMASE	Male	01:55:48.153	08:02:24.700	09:44:48.143	188	26
253	285	Lizette	SANDER	Female	01:55:22.230	07:59:24.580	09:44:51.667	65	27
254	234	Juliana Frederika	MUNNIK	Female	01:56:59.627	07:59:58.493	09:44:53.297	66	28
255	251	Anita	PEENS	Female	02:11:35.737	07:58:20.817	09:45:07.627	67	29
256	66	Jennifer Ann	DAUTH	Female	01:49:37.370	07:52:39.457	09:46:08.997	68	31
257	238	Susan	NAUDE	Female	01:51:35.377	07:53:41.403	09:46:39.693	69	32
259	39	Chris	BUSSEY	Male	02:00:19.527	07:53:10.933	09:48:31.140	190	27
258	356	John	WESSELS	Male	02:00:20.840	07:43:31.607	09:48:31.000	189	66
260	17	Deborah	BERRIDGE	Female	01:52:51.393	07:56:09.897	09:49:01.717	70	30
261	77	Andrew	DELMONT	Male	01:58:42.117	08:04:35.250	09:49:59.000	191	74



50km

Overall position	Race number	First name	Last name	Gender	10km Race Time	40km Race Time	Finish Race Time	Gender position	Category position
262	181	Gill	LUMLEY	Female	01:55:23.627	07:58:33.207	09:49:59.633	71	4
263	208	Victor	MCLOUGHLIN	Male	01:56:12.400	08:00:32.943	09:50:01.507	192	28
264	306	Richard	SOUTHEY	Male	01:55:30.220	07:58:36.757	09:50:03.417	193	67
265	327	Chris	THOMAS	Male	01:55:23.280	07:58:34.933	09:50:04.153	194	68
266	228	Adrian	MOSS	Male	01:58:01.360	08:04:34.467	09:50:05.190	195	75
267	302	Frederick	SMIT	Male	01:50:00.327	07:47:08.467	09:50:23.450	196	69
268	243	James	NEVILLE	Male	02:14:25.280		09:50:35.000	197	29
269	282	Richard	SALMONSEN	Male	01:58:42.527	08:04:37.647	09:50:57.927	198	76
271	254	Cheryl	PETZER	Female	02:14:30.340		09:51:46.300	72	31
270	255	Clyde	PETZER	Male	02:14:28.447		09:51:46.207	199	70
272	148	Pierre	KLEINSMITH	Male	01:59:25.830	08:11:55.420	09:53:36.163	200	77
273	182	Joseph	MAARTENS	Male	02:03:19.450	07:59:50.457	09:53:42.557	201	71
274	325	Johan	THIART	Male	01:54:09.297	07:56:20.357	09:53:52.410	202	78
275	175	Laurence	LONGDEN-THURGOOD	Male	02:01:42.873	08:15:59.573	09:54:49.843	203	30
276	294	Diana	SEELEY	Female	01:58:36.530	08:04:40.493	09:56:36.000	73	32
277	383	Ronald	CHIGUMIRA	Male	01:58:37.773	08:04:42.123	09:56:56.693	204	22
278	237	Shaun	NAIDOO	Male	02:15:46.633	08:12:04.420	09:57:57.633	205	79
279	85	Nikki	DRAKE	Female	02:01:06.450	08:09:03.710	09:58:53.580	74	5
280	366	Lucy	WOOD	Female	01:55:55.967	07:58:29.377	09:58:57.117	75	33
281	331	Toni	TRODD	Female	01:55:53.000	07:58:33.837	09:58:58.497	76	34
282	158	Hanno	LANGENHOVEN	Male	01:44:59.613	07:25:13.803	09:59:41.633	206	80
283	188	Jane	MACKINNON	Female	02:13:37.163	08:12:56.730	10:01:19.943	77	6
284	236	Peresha	NAICKER	Female	02:07:59.833	08:14:29.457	10:01:27.690	78	6
285	259	Shaun	POZYN	Male	01:58:44.767	08:06:02.487	10:08:15.483	207	81
286	124	Mark	HIEP	Male	02:02:08.260	08:26:21.110	10:13:09.577	208	72
287	36	Robyn	BRUCE	Female	01:58:02.440	08:12:51.117	10:14:48.453	79	7
288	211	Jason	MCQUINN	Male	02:01:22.773	08:18:36.407	10:16:36.000	209	73
289	56	Veronica	COETZEE	Female	02:17:57.703	08:26:48.110	10:20:38.180	80	33
290	123	Gary	HENWOOD-FOX	Male	01:55:11.883	08:23:37.357	10:20:38.923	210	31



50km

Overall position	Race number	First name	Last name	Gender	10km Race Time	40km Race Time	Finish Race Time	Gender position	Category position
291	185	Moerieda	MACKAY	Female	02:13:37.137	08:35:30.400	10:22:14.130	81	35
292	233	Zelda	MULLER	Female	02:02:21.267		10:26:07.403	82	36
293	232	Danie	MULLER	Male	02:02:27.987		10:26:15.497	211	32
294	58	Eileen	COMBES	Female	02:11:37.560		10:36:42.700	83	37
295	279	Danielle	RUSSELL	Female	02:21:54.530		11:17:19.613	84	34