

Group or Category	Runner Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
<b>Open Men 42km</b>	1	210	OML	Renay Goustra	01.52.50	1	
	2	243	OML	Adriaan Louw	01.53.53	1	
	3	121	OML	Dominic Calitz	01.54.36	1	
	4	208	OML	Tom Martin	02.02.40	1	
	5	211	OML	Philip Jordaan	02.05.45	1	
	6	231	OML	Arie Olivier	02.11.06	1	
	7	212	OML	Pieter Carstens	02.11.59	1	
	8	94	OML	Marc Kerr	02.12.32	1	
	9	45	OML	Dennis Hamersteen	02.14.16	1	
	10	154	OML	Sen Mccarthy	02.14.52	1	
	11	268	OML	Xavier Scheepers	02.14.53	1	
	12	228	OML	Fergus Clark	02.15.58	1	
	13	190	OML	Jonathan Giddey	02.16.18	1	
	14	233	OML	Nico Van Zyl	02.16.19	1	
	15	238	OML	Mornay Welthagen	02.16.20	1	
	16	99	OML	Etnard Louw Louw	02.16.56	1	
	17	132	OML	Jacques Du Plessis	02.17.36	1	
	18	267	OML	Lyndon Arendse	02.18.26	1	
	19	144	OML	Bradley Stow	02.19.13	1	
	20	217	OML	Anthony De Jager	02.20.21	1	
	21	131	OML	Dirk Muller	02.20.24	1	
	22	66	OML	Chris De Weerd	02.20.49	1	
	23	259	OML	John Swanepoel	02.20.58	1	
	24	216	OML	Ryan Collins	02.23.10	1	
	25	137	OML	Sean Kristafor	02.24.12	1	
	26	425	OML	Peter Bassett	02.25.59	1	
	27	204	OML	Sean Parker	02.26.10	1	
	28	196	OML	Andrew Lapping	02.26.12	1	
	29	226	OML	Scott Cosby	02.26.30	1	
	30	215	OML	Greg Squires	02.26.57	1	
	31	140	OML	Joe Roberts	02.28.06	1	
	32	206	OML	Paul Karusseit	02.28.08	1	
	33	69	OML	Haazim Daniels	02.28.31	1	
	34	93	OML	Leon Burger	02.28.33	1	
	35	239	OML	Dirk Oberholzer	02.28.40	1	
	36	117	OML	Morne Coetzer	02.28.42	1	
	37	205	OML	Mohammad Hamid	02.28.44	1	
	38	80	OML	Riaan Van Tonder	02.29.40	1	
	39	134	OML	Pieter Theron	02.32.08	1	
	40	197	OML	Achmat Daniels	02.32.54	1	
	41	242	OML	Andrew Le Cordeur	02.33.02	1	
	42	189	OML	Steven Le Roux	02.33.18	1	
	43	235	OML	Cobus Van Der Merwe	02.33.25	1	
	44	116	OML	Leon Steenkamp	02.34.01	1	
	45	227	OML	Dewald Van Der Berg	02.34.14	1	
	46	198	OML	Riaan Van Niekerk	02.34.27	1	
	47	108	OML	Christopher Droomer	02.34.28	1	

Group or Category	Runner Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	48	200	OML	Fred Coleske	02.34.53	1	
	49	146	OML	Antonie Tallce	02.35.49	1	
	50	147	OML	Rob Kitching	02.35.50	1	
	51	209	OML	Karl Parkinson	02.36.31	1	
	52	160	OML	Ben Jensen	02.37.59	1	
	53	159	OML	Justin Paterson	02.38.25	1	
	54	185	OML	Johann Gerber	02.40.00	1	
	55	186	OML	Wesley Lentz	02.40.00	1	
	56	89	OML	Glenn Norrie	02.41.00	1	
	57	133	OML	Andre Cilliers	02.41.30	1	
	58	195	OML	Ray Van Breda	02.41.32	1	
	59	157	OML	Daryn Goldsbrough	02.41.34	1	
	60	103	OML	Crispin Russell	02.42.38	1	
	61	202	OML	Andries Aucamp	02.45.14	1	
	62	39	OML	Oliver Goebel	02.45.24	1	
	63	272	OML	Warren Blair	02.46.32	1	
	64	219	OML	Francois Van Wyk	02.48.47	1	
	65	430	OML	Roland Pulincka	02.48.49	1	
	66	106	OML	Heinrich Ackermann	02.49.38	1	
	67	262	OML	Colin Green	02.50.22	1	
	68	265	OML	Steven Feldman	02.52.06	1	
	69	241	OML	Audette Loebenberg	02.52.07	1	
	70	241	OML	Jarred Gotschalk	02.52.07	1	
	71	90	OML	Anthony Dicey	02.52.08	1	
	72	145	OML	Johan Bouwer	02.52.11	1	
	73	119	OML	Peter Dicey	02.52.12	1	
	74	74	OML	Gabrie Marais	02.52.13	1	
	75	19	OML	Alwyn Oberholzer	02.53.10	1	
	76	156	OML	Heinrich Tait	02.53.21	1	
	77	85	OML	Gerhard Bruyn	02.53.23	1	
	78	234	OML	Nick Januarie	02.53.43	1	
	79	38	OML	Pieter Rossouw	02.54.34	1	
	80	213	OML	Ian Loebenberg	02.54.36	1	
	81	72	OML	Garth Harcombe	02.55.25	1	
	82	24	OML	Werner Hattingh	02.55.48	1	
	83	151	OML	Kobus Fortuin	02.56.30	1	
	84	58	OML	Pieter Henning	02.57.41	1	
	85	14	OML	Andrew Sexton	02.58.13	1	
	86	150	OML	Neil Fourie	02.59.24	1	
	87	7	OML	Pierre Le Roux	03.00.10	1	
	88	113	OML	Roger Goldsbrough	03.00.47	1	
	89	53	OML	Rob Swiel	03.01.07	1	
	90	43	OML	Jeroen Hak	03.01.09	1	
	91	98	OML	Theuns Goosen	03.01.59	1	
	92	428	OML	Japie Swanepoel	03.02.55	1	
	93	102	OML	Desmond Coetzer	03.02.59	1	
	94	260	OML	Bertus Bresler	03.04.10	1	

Group or Category	Runner Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	95	50	OML	Martin Mouton	03.05.49	1	
	96	84	OML	Johnathan Huskisson	03.08.07	1	
	97	54	OML	Lincoln Thompson	03.08.46	1	
	98	264	OML	Shaun Kleb	03.09.37	1	
	99	104	OML	Boris Kolpackov	03.09.39	1	
	100	161	OML	Duncan Dicey	03.09.52	1	
	101	261	OML	Nick Allen	03.10.16	1	
	102	187	OML	Des O'Connell	03.10.19	1	
	103	207	OML	Albert Bester	03.11.51	1	
	104	236	OML	Craig Pressly	03.14.39	1	
	105	258	OML	Gavin Griggs	03.14.40	1	
	106	15	OML	Tim Low	03.14.41	1	
	107	126	OML	Myles Agar	03.14.59	1	
	108	179	OML	Jaco Van Dyke	03.15.42	1	
	109	148	OML	Morne Vermeulen	03.15.43	1	
	110	181	OML	Werner Van Der Nest	03.15.44	1	
	111	91	OML	Diederick Coetzee	03.15.47	1	
	112	59	OML	John Hanekom	03.15.47	1	
	113	149	OML	Johannes Hanekom	03.15.52	1	
	114	135	OML	Manie Zaayman	03.16.29	1	
	115	232	OML	Trevor Buys	03.16.52	1	
	116	20	OML	Christo Van Zyl	03.17.07	1	
	117	47	OML	Bryan Sher	03.17.23	1	
	118	27	OML	Robert Solomon	03.17.24	1	
	119	37	OML	Charles Vieira	03.17.25	1	
	120	220	OML	Dudley De Reuck	03.17.36	1	
	121	218	OML	Carlo Immelman	03.17.39	1	
	122	107	OML	Stephan Dutoit	03.17.41	1	
	123	203	OML	Cornelius Hanekom	03.17.43	1	
	124	67	OML	Peter Solomon	03.17.48	1	
	125	100	OML	Nelis Swart	03.18.13	1	
	126	138	OML	Craig Davey	03.18.14	1	
	127	96	OML	Andre Botha	03.19.27	1	
	128	183	OML	Manfred Delz	03.19.29	1	
	129	83	OML	Marius Vermeulen	03.21.52	1	
	130	237	OML	Werner Serfontein	03.24.11	1	
	131	230	OML	Dudley De Reuck	03.25.03	1	
	132	21	OML	Johan Van Der Linde	03.27.08	1	
	133	60	OML	Steven Leleu	03.29.11	1	
	134	139	OML	Jan Steytler	03.31.02	1	
	135	112	OML	Klaas Van Wyk De Vries	03.31.08	1	
	136	224	OML	Mike Flax	03.31.37	1	
	137	223	OML	Ryan Joffe	03.32.02	1	
	138	57	OML	Mark Mall	03.32.30	1	
	139	31	OML	Jaco Theron	03.36.31	1	
	140	71	OML	Michael Potton	03.37.24	1	
	141	155	OML	Erik Minnie	03.37.28	1	

Group or Category	Runner Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	142	56	OML	Edwin Stolk	03.39.47	1	
	143	16	OML	Brian Taylor	03.39.57	1	
	144	244	OML	Neill Farr	03.42.17	1	
	145	269	OML	Graham Koker	03.42.18	1	
	146	141	OML	Lammie Van Staden	03.43.18	1	
	147	81	OML	Ettienne Kok	03.43.27	1	
	148	76	OML	Johann Bosman	03.44.15	1	
	149	64	OML	Brendan Teixeira	03.46.04	1	
	150	124	OML	Oliver Gimberg	03.47.50	1	
	151	73	OML	Johnny De Gouveia	03.50.39	1	
	152	225	OML	Dick Oliemans	03.52.04	1	
	153	129	OML	Rinus Beukes	03.55.17	1	
	154	13	OML	Giezler Sitzer	03.57.15	1	
	155	180	OML	Hugh Ingpen	04.01.35	1	
	156	120	OML	Jacques Hoon	04.01.36	1	
	157	29	OML	Laren Foord	04.01.37	1	
	158	2	OML	Perie Kemp	04.03.39	1	
	159	142	OML	Mortimer Adams	04.05.03	1	
	160	3	OML	Riaan Weyers	04.06.13	1	
	161	127	OML	Mark Le Roux	04.09.42	1	
	162	128	OML	Paul Valstar	04.09.43	1	
	163	199	OML	Brandon Bushby	04.15.31	1	
	164	193	OML	Geronimo Zwaan	04.15.32	1	
	165	192	OML	William Matthyse	04.15.33	1	
	166	118	OML	Philip Venter	04.15.35	1	
	167	158	OML	Christiaan Swart	04.18.57	1	
	168	30	OML	Craig Dean Middleton	04.20.40	1	
	169	201	OML	Colin Jackson	04.20.41	1	
	170	191	OML	Nolan Klein	04.26.20	1	
Category	Pos	No	Cat	Name	Time	1	Remarks
<b>Open Women 42km</b>	1	184	OWL	Cherie Vale	02.27.31	1	
	2	88	OWL	Sarita Swart	02.32.14	1	
	3	136	OWL	Liesbet Kristafor	02.35.48	1	
	4	12	OWL	Leorine De Wet	02.37.07	1	
	5	9	OWL	Angela Paterson	02.40.49	1	
	6	130	OWL	Gregory September	02.52.11	1	
	7	49	OWL	Marie-Christin Kempf	02.57.45	1	
	8	222	OWL	Saretha Slabber	03.02.58	1	
	9	188	OWL	Tracy Mcowen	03.13.51	1	
	10	92	OWL	Leona Howard	03.19.11	1	
	11	82	OWL	Stephanie Kok	03.20.51	1	
	12	75	OWL	Nanette Evenhuis	03.23.41	1	
	13	6	OWL	Kathy Milne	03.30.19	1	
	14	5	OWL	Carolynne Stelling	03.30.20	1	
	15	271	OWL	Ciska Blair	03.31.48	1	
	16	240	OWL	Elizabeth Pienaar	04.03.08	1	
Category	Pos	No	Cat	Name	Time	1	Remarks

Group or Category	Runner Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
<b>Junior Men 42km</b>	1	182	JML	Philip Van Niekerk	02.10.53	1	
	2	70	JML	Thinus Brink	02.24.51	1	
	3	178	JML	Michael Lyons	02.41.57	1	
	4	46	JML	Sean Lourens	03.13.39	1	
Category	Pos	No	Cat	Name	Time	1	Remarks
<b>Open Men 25km</b>	1	450	OMM	Armand Botha	01.28.59	1	
	2	419	OMM	Melton Arendse	01.32.24	1	
	3	441	OMM	Pieter Malan	01.34.47	1	
	4	442	OMM	Jason Venn	01.39.32	1	
	5	505	OMM	Henry Ludick	01.41.47	1	
	6	489	OMM	Riaan Ludick	01.41.59	1	
	7	399	OMM	Dawid Botha	01.42.04	1	
	8	370	OMM	Cliffon Van Tonder	01.42.51	1	
	9	335	OMM	Rainer Kempf	01.45.37	1	
	10	352	OMM	Altus Ehlers	01.46.18	1	
	11	475	OMM	Robert Giddey	01.46.35	1	
	12	353	OMM	Dade Ralph	01.47.33	1	
	13	322	OMM	Pieter Zwanepoel	01.49.36	1	
	14	504	OMM	Wally Struthers	01.49.38	1	
	15	472	OMM	Mark Shrosbree	01.51.47	1	
	16	449	OMM	Fc Serdyn	01.52.25	1	
	17	454	OMM	Nagan Smith	01.52.30	1	
	18	380	OMM	David Bland	01.52.35	1	
	19	484	OMM	Pieter Theron	01.54.13	1	
	20	488	OMM	Jacques Herselman	01.54.54	1	
	21	403	OMM	John Droomer	01.55.05	1	
	22	392	OMM	Stefan Bester	01.55.27	1	
	23	518	OMM	Willem Cloete	01.56.58	1	
	24	477	OMM	Bryn North	01.57.00	1	
	25	332	OMM	Carrick Pittman	01.57.50	1	
	26	325	OMM	Nicholas Applewhite	01.58.40	1	
	27	511	OMM	Cuan Joannides	01.58.47	1	
	28	423	OMM	Francois Ellis	01.58.52	1	
	29	440	OMM	Erik Olsson	01.58.53	1	
	30	438	OMM	Craig Kolesky	02.01.15	1	
	31	359	OMM	Adam Holdcroft	02.01.22	1	
	32	393	OMM	David Wood	02.01.25	1	
	33	451	OMM	Jerry Aries	02.02.13	1	
	34	418	OMM	Kevin Fortuin	02.02.28	1	
	35	422	OMM	Jaco Van Niekerk	02.02.40	1	
	36	439	OMM	Gary Stylls	02.02.53	1	
	37	473	OMM	Philip Ferreira	02.03.24	1	
	38	448	OMM	Tielman Walters	02.05.20	1	
	39	363	OMM	Shaun Smit	02.05.22	1	
	40	360	OMM	Alistair Thompson	02.05.35	1	
	41	361	OMM	Paul Whitmill	02.05.37	1	
	42	391	OMM	Christo Crous	02.05.39	1	

Group or Category	Runner Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	43	514	OMM	Andrew Collins	02.05.51	1	
	44	356	OMM	Du Toit Valentine	02.07.23	1	
	45	495	OMM	Wilco Van Wyk	02.08.09	1	
	46	431	OMM	Reano Adams	02.09.14	1	
	47	417	OMM	Jowayne Swartz	02.10.08	1	
	48	351	OMM	Francois Swart	02.10.28	1	
	49	387	OMM	Noel Maddison	02.10.53	1	
	50	358	OMM	Jane Holdcroft	02.11.36	1	
	51	375	OMM	Kris Black	02.12.28	1	
	52	411	OMM	Mark Holroyd	02.12.59	1	
	53	506	OMM	Chris Logan	02.13.14	1	
	54	376	OMM	Ray Black	02.13.17	1	
	55	308	OMM	William Carter	02.13.30	1	
	56	414	OMM	Arno Visser	02.13.45	1	
	57	421	OMM	Tony Fishlock	02.13.47	1	
	58	415	OMM	Gerhard Slabber	02.14.29	1	
	59	412	OMM	Hein Van Zyl	02.15.00	1	
	60	426	OMM	Emily Brink	02.15.10	1	
	61	413	OMM	Ant Cross	02.15.12	1	
	62	385	OMM	Jaco Fourie	02.18.24	1	
	63	468	OMM	Muller Van Der Walt	02.18.28	1	
	64	407	OMM	Kai Langmaak	02.19.05	1	
	65	333	OMM	Corne Nel	02.20.32	1	
	66	314	OMM	Chris Hamman	02.20.55	1	
	67	305	OMM	Pieter Grobbelaar	02.21.19	1	
	68	485	OMM	Gerhard Fourie	02.21.33	1	
	69	416	OMM	Ian Kidd	02.22.03	1	
	70	371	OMM	Ockert Fourie	02.22.06	1	
	71	496	OMM	Kashif October	02.25.37	1	
	72	315	OMM	Andries Le Roux	02.25.38	1	
	73	350	OMM	David G Walters	02.25.40	1	
	74	330	OMM	Willem Theron	02.26.14	1	
	75	447	OMM	Anton Kilian	02.26.35	1	
	76	445	OMM	Daniel Cronje	02.27.37	1	
	77	364	OMM	Sean Bossenger	02.27.57	1	
	78	429	OMM	Jan Thorsen	02.30.06	1	
	79	432	OMM	Abraham Le Roux	02.31.50	1	
	80	486	OMM	Emile Du Preez	02.32.39	1	
	81	408	OMM	Francois Vernooy	02.33.40	1	
	82	317	OMM	Dirk Human	02.33.45	1	
	83	365	OMM	Roche Vermaak	02.34.03	1	
	84	324	OMM	Michael Applewhite	02.35.01	1	
	85	424	OMM	Benjamin Laubscher	02.36.45	1	
	86	383	OMM	Michael Robinson	02.36.50	1	
	87	443	OMM	Rory Magee	02.37.00	1	
	88	444	OMM	Matthew Berry	02.37.02	1	
	89	402	OMM	Grant Wilson	02.37.03	1	



Group or Category	Runner Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	90	497	OMM	Johan Rossouw	02.37.04	1	
	91	349	OMM	Sean Faria	02.37.52	1	
	92	436	OMM	David Butterworth	02.38.35	1	
	93	381	OMM	Stuart Batchelor	02.38.40	1	
	94	515	OMM	Willem Ockhuys	02.39.29	1	
	95	346	OMM	John Oliver	02.39.59	1	
	96	395	OMM	Mark Raffaelli	02.40.47	1	
	97	301	OMM	Henry Schroeder	02.40.54	1	
	98	354	OMM	Warren Rohner	02.41.50	1	
	99	362	OMM	Damien Du Toit	02.43.09	1	
	100	494	OMM	Steven Smit	02.44.23	1	
	101	355	OMM	Louis Veldsman	02.45.15	1	
	102	409	OMM	Mark Elkington	02.47.14	1	
	103	498	OMM	Michael Smuts	02.47.45	1	
	104	388	OMM	Gordon Robertson	02.50.14	1	
	105	390	OMM	Chris Nieuwoudt	02.51.05	1	
	106	328	OMM	Karel Schutte	02.51.06	1	
	107	517	OMM	Brett Paton	02.51.09	1	
	108	379	OMM	Neil Jewell	02.54.43	1	
	109	270	OMM	Neville Murray	02.58.19	1	
	110	340	OMM	Cor Jansen Van Vuuren	02.59.37	1	
	111	427	OMM	Douglas Davey	03.05.41	1	
	112	345	OMM	Lukas Pheiffer	03.08.42	1	
	113	348	OMM	Ryan West	03.09.10	1	
	114	508	OMM	Roelof Duminy	03.10.07	1	
	115	434	OMM	Deon Nagel	03.10.48	1	
	116	471	OMM	Nelis Du Plooy	03.19.47	1	
	117	374	OMM	Daniel Bruintjies	03.25.54	1	
	118	410	OMM	Herman Van Rensburg	03.32.02	1	
	119	357	OMM	Danie Joubert	04.25.30	1	
Category	Pos	No	Cat	Name	Time	1	Remarks
<b>Open Women 25km</b>	1	452	OWM	Marne Botha	01.41.21	1	
	2	482	OWM	Michaele Van Den Heever	01.45.10	1	
	3	65	OWM	Yolanda Engelbrecht	01.59.57	1	
	4	476	OWM	Christelle Le Roux	02.03.31	1	
	5	493	OWM	Susan-Mary Kerr	02.05.52	1	
	6	384	OWM	Cobie Vermeulen	02.06.38	1	
	7	344	OWM	Hanneli Smit	02.18.20	1	
	8	480	OWM	Shael Heydorn	02.27.36	1	
	9	453	OWM	Nadya Richards	02.31.18	1	
	10	316	OWM	Mathilda Dixon	02.31.45	1	
	11	404	OWM	Charlene Vernooy	02.33.39	1	
	12	302	OWM	Leigh Haskins	02.36.07	1	
	13	509	OWM	Lizl Heerschap	02.36.14	1	
	14	492	OWM	Juanine Kok	02.37.10	1	
	15	437	OWM	Doreen Butterworth	02.38.34	1	
	16	303	OWM	Julia Le Roux	02.38.36	1	

Group or Category	Runner Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	17	382	OWM	Katie Baker	02.38.41	1	
	18	377	OWM	Linda Coltart	02.41.27	1	
	19	446	OWM	Claire Horn	02.41.28	1	
	20	420	OWM	Saskia Blaisse	02.41.34	1	
	21	401	OWM	Mauriza Groenewald	02.44.39	1	
	22	329	OWM	Heide Hobohm	02.47.54	1	
	23	400	OWM	Gerlinde Winsauer	02.47.56	1	
	24	320	OWM	Marlize Engelbrecht	02.49.37	1	
	25	389	OWM	Michelle Coetzee	02.50.57	1	
	26	513	OWM	Vilien Coetzee	02.54.57	1	
	27	18	OWM	Tracy-Leigh Farrell	03.02.10	1	
	28	341	OWM	Theresa Pakulski	03.02.17	1	
	29	343	OWM	Karin Geldenhuys	03.05.37	1	
	30	470	OWM	Zelnadu Plooy	03.19.52	1	
Category	Pos	No	Cat	Name	Time	1	Remarks
<b>Youth Men 25km</b>	1	386	JMM	Juri De Bruyn	01.19.27	1	
	2	367	JMM	Matthew Keyser	01.19.28	1	
	3	398	JMM	David Botha	01.24.42	1	
	4	319	JMM	Pieter De Lange	01.26.25	1	
	5	369	JMM	Emil Van Eck	01.32.23	1	
	6	334	JMM	Vilje Visser	01.34.37	1	
	7	478	JMM	Maretn Van Staden	01.34.48	1	
	8	469	JMM	Lars Franzsen	01.38.09	1	
	9	503	JMM	Willem Steenkamp	01.44.13	1	
	10	481	JMM	Jarred Van Den Heever	01.45.12	1	
	11	483	JMM	Johann Basson	01.45.13	1	
	12	337	JMM	Jacques Van Rensburg	01.46.56	1	
	13	512	JMM	Torsten Babl	01.52.13	1	
	14	331	JMM	Ryan Hillhouse	01.55.28	1	
	15	318	JMM	Charl De Lange	01.58.48	1	
	16	491	JMM	Jp Van Der Merve	02.05.25	1	
	17	479	JMM	Brandon Oberholzer	02.05.31	1	
	18	507	JMM	Gerhard Lloyd	02.08.07	1	
	19	435	JMM	Robert Lyons	02.13.39	1	
	20	405	JMM	Jean Rossouw	02.17.39	1	
	21	396	JMM	Sean Raffaelli	02.30.55	1	
	22	397	JMM	Kevin Raffaelli	02.40.46	1	
	23	368	JMM	Pieter (Jnr) Drotskie	02.41.29	1	
	24	500	JMM	Stephan Malherbe	02.50.58	1	
	25	499	JMM	Jana Basson	02.51.02	1	
	26	516	JMM	Ethan Paton	02.51.08	1	
	27	501	JMM	Christopher Swanepoel	02.51.49	1	
	28	502	JMM	Nick Yshart	02.53.05	1	
	29	433	JMM	Marnus Van Rensburg	03.32.00	1	
Category	Pos	No	Cat	Name	Time	1	Remarks
<b>Open Men 14km</b>	1	661	OMS	Mornay Wandrag	00.50.47	1	
	2	608	OMS	Charl De Lange	00.53.08	1	



Group or Category	Runner Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	3	632	OMS	Gys Malan	01.05.13	1	
	4	679	OMS	Willem Steenkamp	01.15.56	1	
	5	614	OMS	Brett Mallory	01.24.34	1	
	6	637	OMS	Michael Mallory	01.24.38	1	
	7	716	OMS	Jeremy Jackson	01.26.25	1	
	8	671	OMS	Shawn Bester	01.29.15	1	
	9	673	OMS	Robin Frew	01.29.27	1	
	10	629	OMS	Philip Tait	01.32.02	1	
	11	690	OMS	John Graham	01.35.16	1	
	12	645	OMS	Jaques Swart	01.36.31	1	
	13	627	OMS	Pieter Drotskie	01.40.02	1	
	14	652	OMS	Rietgert Nortje	01.40.29	1	
	15	638	OMS	Marius Neethling	01.41.57	1	
	16	659	OMS	Rudy Schwaeble	01.43.51	1	
	17	662	OMS	Brian Neethling	01.47.15	1	
	18	700	OMS	Frikkie Neethling	01.55.27	1	
	19	658	OMS	Theron Adri	01.56.16	1	
	20	676	OMS	Chris Craddock	01.56.59	1	
	21	663	OMS	James Best	01.59.11	1	
	22	694	OMS	Chummy Visser	02.00.49	1	
	23	684	OMS	Arthur Van Der Byl	02.01.13	1	
	24	636	OMS	Dieter Knapp	02.08.08	1	
	25	613	OMS	Daan Visser	02.08.59	1	
	26	602	OMS	Lloyd Moran	02.09.41	1	
	27	675	OMS	Alexander Craddock	02.09.51	1	
	28	687	OMS	Steven Torrington	02.09.53	1	
	29	677	OMS	Eben Bouwer	02.12.54	1	
	30	655	OMS	Mike Langridge	02.15.15	1	
	31	691	OMS	Francois Burger	02.15.19	1	
	32	642	OMS	Joseph Moore	02.15.33	1	
	33	641	OMS	Darren Moore	02.15.34	1	
	34	611	OMS	Bill Morris	02.17.40	1	
	35	702	OMS	Jason Woodenberg	02.36.29	1	
Category	Pos	No	Cat	Name	Time	1	Remarks
<b>Open Women 14km</b>	1	633	OWS	Liandri Malan	01.05.13	1	
	2	631	OWS	Jhandi Louw	01.15.25	1	
	3	699	OWS	Ilse Ferreira	01.20.45	1	
	4	624	OWS	Carmen Batt	01.22.48	1	
	5	607	OWS	Charn De Lange	01.23.14	1	
	6	644	OWS	Resia Swart	01.31.30	1	
	7	646	OWS	Mandy Davidson	01.32.17	1	
	8	618	OWS	Louise Venn	01.34.27	1	
	9	214	OWS	Audette Loebenberg	01.36.52	1	
	10	692	OWS	Greta Graham	01.39.47	1	
	11	660	OWS	Claudia Schwaeble	01.43.49	1	
	12	701	OWS	Christine Neethling	01.55.26	1	
	13	628	OWS	Elene Drotskie	02.02.13	1	

Group or Category	Runner Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	14	605	OWS	Liza Oberholzer	02.05.09	1	
	15	635	OWS	Helen Williams	02.08.06	1	
	16	672	OWS	Tanya San Giorgio	02.09.11	1	
	17	603	OWS	Tracey Cloete	02.09.40	1	
	18	617	OWS	Marietjie Basson	02.16.10	1	
	19	622	OWS	Katherine Barnard	02.18.32	1	
	20	665	OWS	Carina Bouwer	02.18.33	1	
	21	647	OWS	Nina Brand	02.19.47	1	
	22	630	OWS	Rita Le Roux	02.28.56	1	
	23	609	OWS	Audrey Jackson	02.30.00	1	
	24	656	OWS	Letetia Pierce	02.32.12	1	
	25	666	OWS	Felecite De Jongh	02.32.32	1	
	26	667	OWS	Elma De Swardt	02.37.42	1	
	27	649	OWS	Wendy Holroyd	02.39.36	1	
	28	604	OWS	Farah Pirouz	02.43.04	1	
	29	643	OWS	Meaghan Moore	02.43.21	1	
	30	640	OWS	Natalie Moore	02.43.22	1	
Category	Pos	No	Cat	Name	Time	1	Remarks
<b>Sprog Boys U-13 - 14km</b>	1	698	BS	Seth Ferreira	01.12.58	1	
	2	689	BS	Christopher Torrington	01.18.24	1	
	3	619	BS	Matthew Venn	01.18.38	1	
	4	639	BS	Rickus Neethling	01.19.32	1	
	5	683	BS	Dylan Mckay	01.21.01	1	
	6	651	BS	George Du Toit	01.21.37	1	
	7	648	BS	Sameul Swart	01.27.50	1	
	8	704	BS	Emile Pirouz	01.36.48	1	
	9	674	BS	Abdu-Dayaan October	01.43.03	1	
	10	664	BS	Morne Immelman	01.55.24	1	
	11	670	BS	Henk Slabber	01.59.28	1	
	12	695	BS	Emile Visser	02.00.48	1	
	13	685	BS	Austen Van Der Byl	02.01.11	1	
	14	615	BS	Daniel Visser	02.08.58	1	
	15	657	BS	Dante Zwaan	02.09.22	1	
	16	693	BS	Evan Burger	02.15.18	1	
	17	623	BS	Kyle Barnard	02.18.23	1	
	18	610	BS	Tulga Saffery	02.19.07	1	
	19	668	BS	Henri De Jongh	02.32.31	1	
	20	669	BS	Jean De Swardt	02.37.44	1	
Category	Pos	No	Cat	Name	Time	1	Remarks
<b>Sprog Girls U-13 - 14km</b>	1	620	GS	Megan Venn	01.34.28	1	
	2	703	GS	Alina Pirouz	02.19.48	1	
	3	650	GS	Melissa Holroyd	02.39.35	1	
	4	680	GS	Maria Allen	02.43.03	1	