

Group or Category	Pos in		Rider Details			Final Results	
	ALL	Cat	No	Cat	Name	Time	Remarks
ALL Men 42km	1	1	137	OML	Stefan Sahn	01.53.07	
	2	2	136	OML	Simon Stiebjahn	01.53.08	
	3	3	196	OML	Konny Looser	01.55.59	
	4	4	205	OML	Louis Knipe	01.56.43	
	5	5	195	OML	Chris Wolhuter	01.57.53	
	6	6	170	OML	Neil Bradford	01.58.17	
	7	7	12	OML	Martin Freyer	02.04.04	
	8	8	16	OML	Heiko Redecker	02.04.20	
	9	9	175	OML	Tim Wilkins	02.06.02	
	10	10	24	OML	Etnard Louw	02.07.44	
	11	11	74	OML	Christopher Dales	02.07.47	
	12	12	57	OML	Philip Jordaan	02.08.52	
	13	13	209	OML	Chris Maughan	02.09.09	
	14	14	42	OML	Philip Beukes	02.09.22	
	15	15	182	OML	Mark Kerp	02.12.42	
	16	16	197	OML	Michael Patton	02.13.43	
	17	17	191	OML	Zukile Simayile	02.14.24	
	18	18	176	OML	Linus Van Onselen	02.15.04	
	19	1	10	JML	Juri De Bruyn	02.15.05	
	20	19	38	OML	Matthew Osborne	02.15.07	
	21	20	80	OML	Paul Lagesse	02.15.08	
	22	21	138	OML	Brandon Filmalter	02.15.57	
	23	22	83	OML	Rikus Visser	02.16.22	
	24	23	157	OML	Fred Coleskie	02.17.18	
	25	24	198	OML	Thembisile Mtintzialna	02.18.27	
	26	25	178	OML	Joppie Mills	02.18.30	
	27	26	25	OML	Carlos Rodrigues	02.18.49	
	28	27	210	OML	Theunus Goosen	02.19.21	
	29	28	167	OML	Corne Swart	02.19.41	
	30	29	177	OML	Ben Puddu	02.19.58	
	31	30	199	OML	Peter Carstens	02.21.17	
	32	31	64	OML	Chris De Weerd	02.21.43	
	33	32	85	OML	Sean Parker	02.22.19	
	34	33	141	OML	Kotie Terblanche	02.23.31	
	35	34	98	OML	Martin Nel	02.25.17	
	36	35	20	OML	Charel Uys	02.25.26	
	37	2	9	JML	David Botha	02.25.29	
	38	36	60	OML	Nico Van Zyl	02.25.30	
	39	37	179	OML	Scott Corey	02.25.32	
	40	38	65	OML	Glenn Norrie	02.25.36	
	41	39	106	OML	Paul Van Woudenberg	02.25.44	
	42	40	142	OML	Eugene Gerber	02.26.24	
	43	41	173	OML	Leonardo Van Onselen	02.26.52	
	44	42	77	OML	Craig Bosman	02.27.31	

Group or Category	Pos in		Rider Details			Final Results	
	ALL	Cat	No	Cat	Name	Time	Remarks
	45	43	149	OML	Greg Squires	02.27.33	
	46	44	87	OML	Pieter Theron	02.27.34	
	47	45	32	OML	Bradley Stow	02.29.10	
	48	46	13	OML	Xander De Bruyn	02.29.45	
	49	47	112	OML	Etienne Venter	02.31.19	
	50	48	104	OML	Allen Cox	02.31.28	
	51	49	58	OML	Irene Bester	02.32.18	
	52	50	29	OML	Paul Gleed	02.32.46	
	53	51	158	OML	Van Heerden De Wet	02.32.47	
	54	52	21	OML	Stefan Sander	02.33.52	
	55	53	213	OML	Joe Roberts	02.35.10	
	56	54	124	OML	Ian Hadlow	02.35.43	
	57	55	19	OML	Wiehahn Carstens	02.35.59	
	58	56	110	OML	Andre Cilliers	02.36.04	
	59	57	26	OML	Stefan Vermeulen	02.36.43	
	60	58	168	OML	Ruan Luckhoff	02.38.44	
	61	59	200	OML	Thando Ntuthu	02.39.23	
	62	60	194	OML	Mike Guard	02.39.34	
	63	61	122	OML	Bryan Sher	02.42.05	
	64	3	6	JML	Dylan Small	02.44.33	
	65	62	201	OML	Bongani Bhusakwe	02.44.44	
	66	63	187	OML	Cobus Stofberg	02.46.42	
	67	64	208	OML	Morne Van Der Westhuizen	02.47.26	
	68	65	109	OML	Mark Cryans	02.47.28	
	69	66	102	OML	Richard Bruhin	02.48.15	
	70	67	66	OML	Francois Vernooy	02.48.55	
	71	68	189	OML	Philip Monk	02.49.02	
	72	69	68	OML	Marthinus Fourie	02.50.43	
	73	70	212	OML	Anthony Turner	02.52.51	
	74	71	89	OML	Daryl Sampson	02.52.53	
	75	72	159	OML	De Villiers Odendal	02.52.54	
	76	73	118	OML	Andreas Diacon	02.52.56	
	77	74	211	OML	Roelof Jobert	02.53.31	
	78	75	147	OML	Tc Botha	02.53.58	
	79	76	40	OML	Sf Du Toit	02.56.05	
	80	77	33	OML	David Botes	02.56.06	
	81	78	84	OML	Roelof Hugo	02.56.07	
	82	79	30	OML	Johann Snyman	02.56.11	
	83	80	206	OML	David Botha	02.56.15	
	84	81	43	OML	Ryan Elan-Puttick	02.56.18	
	85	82	214	OML	Kurt Eriksen	02.56.39	
	86	83	88	OML	Mark Mall	02.56.49	
	87	84	114	OML	Robert Solomon	02.58.16	
	88	85	144	OML	Marius De Kock	03.00.26	

Group or Category	Pos in		Rider Details			Final Results	
	ALL	Cat	No	Cat	Name	Time	Remarks
	89	86	108	OML	Perie Kemp	03.00.40	
	90	87	171	OML	Klaas Van Wyk De Vries	03.00.42	
	91	88	169	OML	Jean Strydom	03.00.45	
	92	89	172	OML	Theo Kritchener	03.00.52	
	93	90	180	OML	Jacques Herselman	03.00.54	
	94	91	86	OML	John Hanekom	03.00.59	
	95	92	79	OML	Ian Loebenberg	03.02.12	
	96	93	36	OML	Gideon Van Zyl	03.05.20	
	97	94	34	OML	Niel Johnson	03.06.57	
	98	95	53	OML	Colin Gibb	03.07.40	
	99	96	14	OML	Dan Potgieter	03.07.58	
	100	97	70	OML	Mark Van Lith	03.08.01	
	101	98	140	OML	Warren Groves	03.08.18	
	102	99	155	OML	Willie Malan	03.08.48	
	103	100	62	OML	Sergio Madonna	03.08.57	
	104	101	55	OML	Gerhard Groenewald	03.09.05	
	105	102	132	OML	Ferdi Kotze	03.09.07	
	106	103	190	OML	Pieter Rossouw	03.09.45	
	107	104	186	OML	Reginald Holder	03.10.12	
	108	105	44	OML	Pierre Rossouw	03.10.13	
	109	106	121	OML	Pieter Zietsman	03.10.21	
	110	107	160	OML	Peter Nys	03.15.44	
	111	4	8	JML	Spencer Steenkamp	03.15.50	
	112	108	130	OML	Johan De Villiers	03.16.23	
	113	109	139	OML	Oliver Eimbere	03.16.50	
	114	110	188	OML	Andre Du Toit	03.16.56	
	115	111	111	OML	Jack Akers	03.17.10	
	116	112	105	OML	Kobus Hanekom	03.17.27	
	117	113	193	OML	Peter Solomon	03.19.00	
	118	114	47	OML	Andre Fick	03.20.30	
	119	115	31	OML	Riaan Vorster	03.23.22	
	120	116	116	OML	Andre Botha	03.25.30	
	121	117	181	OML	Christo Vermeulen	03.25.34	
	122	118	54	OML	Cobus Retief	03.25.43	
	123	119	75	OML	Goolam Hassan	03.26.00	
	124	120	93	OML	Rushdi Toefy	03.26.02	
	125	121	23	OML	Werner Gerber	03.26.25	
	126	122	163	OML	Philip Venter	03.29.37	
	127	123	52	OML	Simon Hepburn	03.29.45	
	128	124	45	OML	Van Zyl Botha	03.29.49	
	129	125	37	OML	Nico Coetzee	03.30.29	
	130	126	145	OML	Christiaan Mouton	03.34.05	
	131	127	46	OML	Albert Steyn	03.34.08	
	132	128	39	OML	Andre Steyn	03.34.55	

Group or Category	Pos in		Rider Details			Final Results	
	ALL	Cat	No	Cat	Name	Time	Remarks
	133	129	154	OML	Fanie Coetzee	03.35.03	
	134	130	94	OML	Pieter Grobbelaar	03.37.36	
	135	131	115	OML	Tallis Wessels	03.38.19	
	136	132	95	OML	Jacques Fouche	03.39.30	
	137	133	97	OML	Corne Nel	03.39.32	
	138	134	92	OML	Roche Nicholson	03.40.32	
	139	135	184	OML	Hannes Meter	03.40.52	
	140	136	28	OML	Tielman De Villiers	03.41.48	
	141	137	143	OML	Alan Williams	03.42.17	
	142	138	67	OML	Florian Von Groote	03.44.44	
	143	139	135	OML	Gerry Young	03.45.01	
	144	140	131	OML	Rob Nichol	03.53.45	
	145	141	50	OML	Roelof Vermeulen	03.54.42	
	146	142	120	OML	Hein Daffue	03.55.19	
	147	143	129	OML	Dick Oliemans	03.59.10	
	148	144	18	OML	Andrew Cook	03.59.13	
	149	145	100	OML	Alric Mesane	04.00.55	
	150	146	82	OML	Henro Smit	04.04.21	
	151	147	113	OML	Jaco Smit	04.04.58	
	152	148	146	OML	Gustav O'Connor	04.05.30	
	153	149	126	OML	Willie Simpson	04.05.39	
	154	150	174	OML	Ian De Lange	04.08.31	
	155	151	56	OML	Dawie Aucamp	04.10.46	
	156	152	17	OML	Chris Jacobs	04.11.27	
	157	153	4	OML	Charles Brewer	04.12.12	
	158	154	81	OML	Cristian Vera	04.12.14	
	159	155	152	OML	Francois Haasbroek	04.14.03	
	160	156	153	OML	Gideon Daniel Haasbroek	04.14.04	
	161	157	150	OML	Graeme Liebenberg	04.15.54	
	162	158	63	OML	Olivier Ernst	04.18.23	
	163	159	59	OML	Dimitri Stroinovskiy	04.18.25	
	164	160	166	OML	Dylan Twaddle	04.28.42	
	165	161	164	OML	Michael Coppin	04.28.44	
Category	ALL	Cat	No	Cat	Name	Time	Remarks
ALL Women 42km	1	1	148	OWL	Cherie Vale	02.26.27	
	2	2	281	OWL	Carmen Buchacher	02.31.29	
	3	3	202	OWL	Marianne Johnson	03.00.25	
	4	4	280	OWL	Kristina Murray	03.08.50	
	5	5	282	OWL	Tarryn Povey	03.14.10	
	6	6	297	OWL	Rene Janse Van Rensburg	03.17.23	
	7	7	284	OWL	Kim Mussmann	03.25.27	
	8	8	290	OWL	Nanette Evenhuis	03.37.30	
	9	9	296	OWL	Saretha Slabber	03.41.50	
	10	10	183	OWL	Liesl Mccord	03.45.41	

Group or Category	Pos in		Rider Details			Final Results	
	ALL	Cat	No	Cat	Name	Time	Remarks
	11	11	185	OWL	Karen Mercer	03.45.42	
	12	12	292	OWL	Charlene Curlewis	03.52.21	
	13	13	1	OWL	Fiona Nichol	03.53.47	
	14	14	288	OWL	Stephanie Loubser	03.54.05	
	15	15	289	OWL	Nicolene Vermeulen	03.54.44	
	16	16	285	OWL	Sanel Conradie	03.58.04	
	17	17	293	OWL	Tania Simpson	04.05.41	
	18	18	299	OWL	Shelley Prince	04.06.54	
	19	19	300	OWL	Linda Coltart	04.08.55	
	20	20	165	OWL	Terri Coppin	04.28.39	
	21	21	291	OWL	Liza Vivier	04.29.56	
Category	ALL	Cat	No	Cat	Name	Time	Remarks
ALL Men 25km	1	1	463	JMM	Edward Boshoff	01.21.14	
	2	2	335	JMM	Jean-Louis Strydom	01.22.05	
	3	3	454	JMM	Wynand Dippenaar	01.23.00	
	4	4	334	JMM	Charl De Lange	01.23.56	
	5	1	437	OMM	Bonga Ngqobane	01.28.13	
	6	2	453	OMM	Riaan Van Der Westhuizen	01.31.26	
	7	3	439	OMM	Abongile Bhusakhwe	01.31.33	
	8	4	478	OMM	Deon Wilkins	01.36.21	
	9	5	429	JMM	Jason Boonzaaier	01.37.48	
	10	6	430	JMM	Tiyaad Johnson	01.37.49	
	11	7	332	JMM	Franco Pretorius	01.40.04	
	12	5	446	OMM	Charles Fourie	01.40.29	
	13	8	435	JMM	Paul Herselman	01.41.59	
	14	9	458	JMM	Liam Clarke	01.42.58	
	15	6	467	OMM	Mark Shrosbree	01.43.13	
	16	10	423	JMM	Heinrich Van Eyk	01.44.51	
	17	7	459	OMM	Oliver Cohmeirer	01.47.26	
	18	8	338	OMM	Michael Jesus Fernandes	01.50.07	
	19	9	339	OMM	Florian Rupieper	01.50.23	
	20	10	455	OMM	Marc Louw	01.50.50	
	21	11	431	OMM	Rosco Neels	01.51.00	
	22	12	419	OMM	Barend Koorts	01.51.42	
	23	13	342	OMM	Rory De Groot	01.55.05	
	24	14	468	OMM	Marc Wallace	01.55.49	
	25	15	364	OMM	Ockert Fourie	01.56.20	
	26	11	416	JMM	Nics Giesel	01.56.44	
	27	16	370	OMM	Johan Breytenbach	01.58.21	
	28	17	343	OMM	Sebastian Rupieper	01.58.23	
	29	18	330	OMM	Sven Geiger	01.58.47	
	30	19	409	OMM	Patrick Kavanagh	01.58.48	
	31	20	363	OMM	Anton Olivier	02.01.10	
	32	21	405	OMM	Walter Buntin	02.01.16	

Group or Category	Pos in		Rider Details			Final Results	
	ALL	Cat	No	Cat	Name	Time	Remarks
	33	22	391	OMM	Michael Hughes	02.01.20	
	34	23	449	OMM	Alexei Allie	02.01.30	
	35	24	389	OMM	Glen Hughes	02.01.33	
	36	25	358	OMM	Jaco Fourie	02.02.20	
	37	12	329	JMM	Gregory Johnson	02.03.08	
	38	26	445	OMM	Wim Hugo	02.03.35	
	39	27	452	OMM	Jacobus Engela	02.05.35	
	40	28	426	OMM	Rudy Van Rooyen	02.09.39	
	41	29	425	OMM	Rikus Van Rooyen	02.09.46	
	42	30	470	OMM	Adriaan Hefer	02.10.14	
	43	31	404	OMM	Andre Cromhout	02.11.23	
	44	32	411	OMM	Ian Kidd	02.11.53	
	45	33	440	OMM	Peter De Kock	02.12.23	
	46	34	456	OMM	Lammie Van Staden	02.12.41	
	47	35	354	OMM	Neil Muller	02.12.42	
	48	36	406	OMM	Clifford Van Ass	02.12.50	
	49	37	410	OMM	William Carter	02.13.26	
	50	38	428	OMM	Wydeman Van Der Merwe	02.13.46	
	51	39	353	OMM	David Schumacher	02.14.31	
	52	40	366	OMM	Dirk Smit	02.16.39	
	53	13	461	JMM	Albert Barry	02.16.41	
	54	41	450	OMM	Jon Lederle	02.17.30	
	55	42	375	OMM	Johann Van Niekerk	02.17.40	
	56	43	348	OMM	Matthew Rehbock	02.18.40	
	57	44	434	OMM	John Graham	02.18.48	
	58	45	400	OMM	Peter Bassett	02.20.57	
	59	46	367	OMM	Willem Flemix	02.23.37	
	60	47	352	OMM	Jacques Wilkinson	02.23.59	
	61	48	397	OMM	Altus Erasmus	02.24.59	
	62	49	359	OMM	Zeyd Sulaiman	02.25.02	
	63	50	392	OMM	Jack Van Zyl	02.26.31	
	64	51	362	OMM	Gerald Bothma	02.26.41	
	65	52	415	OMM	Rikus Smit	02.28.18	
	66	14	337	JMM	Ingmar Geiger	02.28.27	
	67	53	475	OMM	Eduard Malherbe	02.29.46	
	68	54	398	OMM	Chummy Visser	02.29.51	
	69	55	388	OMM	Noel Lehmensich	02.30.28	
	70	56	403	OMM	David Mitchell	02.31.02	
	71	57	401	OMM	Richard Conry	02.32.16	
	72	58	373	OMM	Pieter Dretskie	02.33.21	
	73	59	443	OMM	Gerhard Van Wyk	02.33.25	
	74	60	379	OMM	Cobus Botha	02.33.27	
	75	61	402	OMM	Russel Wolson	02.35.10	
	76	62	372	OMM	Mogamad Nawawie Slarmie	02.35.13	

Group or Category	Pos in		Rider Details			Final Results	
	ALL	Cat	No	Cat	Name	Time	Remarks
	77	63	376	OMM	Graeme Standley	02.35.14	
	78	64	451	OMM	Frans Olivier	02.35.21	
	79	65	412	OMM	Rafeek Abdurahman	02.36.19	
	80	66	420	OMM	Rusty Roest	02.37.13	
	81	67	473	OMM	Craig Ross	02.37.16	
	82	68	72	OMM	Chris Muller	02.37.21	
	83	69	421	OMM	Alain Cove	02.37.23	
	84	70	418	OMM	Dominic De Sousa	02.37.24	
	85	71	387	OMM	Jacques Matthee	02.37.26	
	86	72	472	OMM	Gary Christy	02.37.49	
	87	73	382	OMM	Henry Schroeder	02.38.02	
	88	74	386	OMM	Robert Zyster	02.38.53	
	89	75	413	OMM	Johan Bokker	02.39.26	
	90	76	357	OMM	Brendan Dingle	02.40.38	
	91	77	471	OMM	Sean Field	02.41.51	
	92	78	427	OMM	Danie Rossouw	02.42.40	
	93	15	442	JMM	Thomas Hudson	02.42.52	
	94	79	385	OMM	Herman Lazarus	02.43.12	
	95	80	356	OMM	Gert Du Plessis	02.43.14	
	96	81	369	OMM	David Loebenein	02.43.18	
	97	82	417	OMM	Johannes Le Roux	02.45.28	
	98	83	347	OMM	Andrew Miller	02.46.29	
	99	16	444	JMM	Gavin Mason	02.47.10	
	100	84	344	OMM	Andries Le Roux	02.47.14	
	101	85	378	OMM	Michael Addinall	02.48.14	
	102	86	377	OMM	Julian Barnard	02.48.15	
	103	87	341	OMM	Wolfram Klingenberg	02.49.23	
	104	88	395	OMM	Chris Jervis	02.57.02	
	105	89	394	OMM	John Rutherford	02.57.05	
	106	90	393	OMM	Greg Glasby	02.57.06	
	107	91	345	OMM	James Spilsbury	02.57.30	
	108	92	447	OMM	Noel Lipshitz	03.01.18	
	109	93	477	OMM	Anand Naranbhai	03.02.17	
	110	94	350	OMM	David George	03.09.50	
	111	95	351	OMM	Nic Nosworthy	03.19.06	
Category	ALL	Cat	No	Cat	Name	Time	Remarks
ALL Women 25km	1	1	333	OWM	Ana Sampson	01.52.52	
	2	2	441	OWM	Nikki Greenberg	01.56.33	
	3	3	305	OWM	Tara-Lee Snyman	02.01.09	
	4	4	318	OWM	Leigh Haskins	02.02.06	
	5	5	414	OWM	Annemarie De Kock	02.04.07	
	6	6	438	OWM	Susan-Mary Kerr	02.06.27	
	7	7	325	OWM	Sharon Britton	02.11.58	
	8	8	326	OWM	Marchelle Van Zyl	02.14.06	

Group or Category	Pos in		Rider Details			Final Results	
	ALL	Cat	No	Cat	Name	Time	Remarks
	9	9	322	OWM	Ellis Van Oudheusden	02.15.41	
	10	10	309	OWM	Helen Kock	02.17.28	
	11	11	460	OWM	Jana Barry	02.18.51	
	12	12	327	OWM	Catherine Mitchell	02.19.48	
	13	13	476	OWM	Bonita Malherbe	02.20.48	
	14	14	432	OWM	Antoinette Herselman	02.21.23	
	15	15	424	OWM	Jeanne De Waal	02.21.58	
	16	16	316	OWM	Margot Duroe	02.26.54	
	17	17	321	OWM	Eva Middleton	02.27.22	
	18	18	295	OWM	Adri Muller	02.37.20	
	19	19	466	OWM	Retha Venter	02.38.36	
	20	20	306	OWM	Yolanda Le Roux	02.47.16	
	21	21	310	OWM	Natalie Scherr	02.49.50	
	22	22	433	OWM	Greta Graham	02.54.00	
	23	23	323	OWM	Susan Fouche	02.57.48	
	24	24	324	OWM	Karin Prinsloo	03.00.54	
	25	25	312	OWM	Fatima Nosarka	03.07.34	
	26	26	436	OWM	Sarah Atmore	03.20.37	
	27	27	307	OWM	Kelly Dorrington	03.23.13	
	28	28	302	OWM	Jessica Nosworthy	03.23.15	
	29	29	308	OWM	Cheran Young	03.29.58	
	30	30	311	OWM	Francisca De Vaal	03.48.14	
	31	31	303	OWM	Ingrid Crowther	03.48.51	
	32	32	320	OWM	Tessa Kuret	03.49.44	
	33	33	313	OWM	Diantha De Beer	03.50.38	
	34	34	315	OWM	Faieka Simon	04.02.29	
Category	ALL	Cat	No	Cat	Name	Time	Remarks
ALL Men 14km	1	1	880	BS	Reinard Reitsma	00.59.52	
	2	2	878	BS	Niel Pace	01.01.38	
	3	3	894	BS	Curtley Hendriks	01.02.18	
	4	4	701	BS	Gilluame Wessels	01.04.24	
	5	1	898	OMS	Charl Loubser	01.10.46	
	6	2	711	OMS	Matthew Van Eyssen	01.18.10	
	7	5	713	BS	Mark Van Eyssen	01.18.11	
	8	6	875	BS	Aidan Sampson	01.19.20	
	9	7	877	BS	Linwill Lewak	01.23.20	
	10	8	707	BS	Janus Roberts	01.23.22	
	11	3	891	OMS	Robert Mason	01.24.28	
	12	9	881	BS	Henry Pace	01.27.54	
	13	4	888	OMS	Henry Pace	01.27.55	
	14	10	708	BS	James Turner	01.29.56	
	15	11	892	BS	Ezra Narun	01.32.58	
	16	12	895	BS	Jean Griessel	01.35.52	
	17	5	884	OMS	Kyle Sedman	01.38.02	

Group or Category	Pos in		Rider Details			Final Results	
	ALL	Cat	No	Cat	Name	Time	Remarks
	18	13	706	BS	Kobus Dippenaar	01.38.27	
	19	14	716	BS	William Bourbon-Leftley	01.38.45	
	20	6	714	OMS	Bernard Vreulink	01.40.59	
	21	7	715	OMS	Paul Van Eyssen	01.41.01	
	22	8	890	OMS	John Isaacs	01.44.52	
	23	9	722	OMS	Gavin Williams	01.45.00	
	24	15	721	BS	Mark Williams	01.45.01	
	25	16	719	BS	Aron Cupido	01.49.02	
	26	17	724	BS	Chad Swanepoel	01.53.18	
	27	10	723	OMS	John Swanepoel	01.53.20	
	28	18	876	BS	Sturton Pieterse	01.53.29	
	29	11	889	OMS	Herman Lazarus	01.59.38	
	30	12	882	OMS	Shane Titus	02.00.06	
	31	13	702	OMS	Brennan Sulter	02.10.28	
	32	14	725	OMS	Cl Murray	02.28.02	
	33	15	874	OMS	Jayden Lagesse	02.38.03	
	34	16	886	OMS	Michelle Barnard	02.41.53	
	35	17	709	OMS	Antonie Krieger	02.59.52	
Category	ALL	Cat	No	Cat	Name	Time	Remarks
ALL Women 14km	1	1	863	OWS	Carmen Batt	01.09.21	
	2	2	861	OWS	Jermaine Goeieman	01.24.44	
	3	3	866	OWS	Nikki Depene	01.27.29	
	4	4	893	OWS	Esme Narun	01.33.49	
	5	5	862	OWS	Carmen Batt	01.33.58	
	6	6	704	OWS	Michaela Jackson	01.36.06	
	7	7	710	OWS	Eldi Swart	01.36.11	
	8	1	896	GS	Anika Visser	01.36.44	
	9	8	717	OWS	Liesl Bourbon-Leftley	01.38.34	
	10	9	712	OWS	Michelle Van Eyssen	01.41.00	
	11	10	871	OWS	Minette Meintjies	01.49.55	
	12	11	865	OWS	Milandre Burger	01.50.27	
	13	12	899	OWS	Marietjie De Graad	01.56.29	
	14	13	870	OWS	Vicky Du Plessis	01.59.40	
	15	14	860	OWS	Wilmarie Goliath	01.59.52	
	16	15	872	OWS	Olga Wolson	02.08.29	
	17	16	703	OWS	Louise Sulter	02.10.29	
	18	17	869	OWS	Selma Thiart	02.15.11	
	19	18	858	OWS	Chiovanni Suse	02.33.34	
	20	19	873	OWS	Samantha Lagesse	02.38.05	