

Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Men 60km	1	1	231	SVL	Etnard	Louw	02.43.38	
	2	1	292	SML	Richard	Simpson	02.50.28	
	3	1	136	VML	Andy	Davies	02.56.07	
	4	2	134	VML	Michael	Creedon	02.56.07	
	5	2	342	SVL	Theuns	Goosen	02.57.01	
	6	3	345	VML	Thor	Hansen	02.59.08	
	7	2	1055	SML	Corné	Helberg	03.02.24	
	8	4	119	VML	Paul	Byrne	03.03.46	
	9	1	111	MML	Geoff	Bihl	03.04.49	
	10	2	127	MML	Fred	Coleske	03.06.44	
	11	3	236	SVL	Matt	Osborne	03.07.52	
	12	5	217	VML	Paul	Lagesse	03.10.33	
	13	6	309	VML	Yaron	Truter	03.11.35	
	14	7	162	VML	Pierre	Evard	03.17.13	
	15	3	317	MML	Dennis	Van Der Westhuizen	03.17.14	
	16	4	185	MML	Gustav	Hefer	03.17.17	
	17	8	260	VML	Jurgen	Orzessek	03.17.22	
	18	9	1057	VML	Mark	Pritchett	03.20.34	
ALL Men 60km	19	10	334	VML	Niven	Wood	03.20.43	
	20	3	312	SML	Charel	Uys	03.20.44	
	21	11	181	VML	Cillie	Hamman	03.21.46	
	22	1	339	GML	Juan	Van Deventer	03.21.47	
	23	4	195	SVL	Bryan	Hughes	03.21.54	
	24	1	244	YML	Brannon	Miller	03.23.47	
	25	5	212	SVL	Frere	Koller	03.24.29	
	26	12	211	VML	Anton	Koller	03.24.30	
	27	4	157	SML	Daniel	Elkin	03.26.18	
	28	6	201	SVL	Quinton	Ivan	03.26.33	
	29	13	349	VML	Willie	Malan	03.27.04	
	30	5	350	MML	Stephen	O'Brien	03.27.06	
	31	6	662	MML	Jean	De Villiers	03.27.10	
	32	7	330	SVL	Renaldo	Wessels	03.29.23	
	33	7	344	MML	Andrew	Hutton	03.30.01	
	34	8	254	SVL	Nicholas	Nosworthy	03.30.11	
	35	2	340	GML	Christopher	Kensley	03.30.54	
	36	8	291	MML	William	Simpson	03.32.01	
ALL Men 60km	37	9	268	SVL	Carrick	Pittman	03.33.34	
	38	10	238	SVL	Ryan	Martin	03.33.35	
	39	11	135	SVL	Gareth	Davie	03.33.36	
	40	9	265	MML	Neil	Penrose	03.33.37	
	41	14	269	VML	Dawid	Potgieter	03.36.08	

Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Men 60km	42	15	247	VML	Dave	Mills	03.36.49	
	43	10	264	MML	Jean-Pierre	Pellissier	03.39.34	
	44	16	161	VML	Gareth	Evans	03.40.01	
	45	12	164	SVL	Julio	Ferraz	03.40.02	
	46	13	148	SVL	Shaun	Diener	03.40.06	
	47	17	122	VML	Stephan	Claassen	03.45.05	
	48	11	198	MML	Jonathan	Innes	03.46.40	
	49	14	346	SVL	Henning	Van Wyk	03.47.04	
	50	18	229	VML	Cobus	Louw	03.47.46	
	51	19	199	VML	Grant	Irvine-Smith	03.47.46	
	52	20	280	VML	Wayne	Robertson	03.48.30	
	53	15	341	SVL	Luke	Walker	03.48.33	
	54	1	208	JML	Robert	King	03.51.20	
	55	21	294	VML	Ian	Smit	03.51.20	
	56	22	175	VML	Gaetano	Grasso	03.53.02	
	57	23	234	VML	Stephen	Maberly	03.53.03	
	58	24	228	VML	Ian	Loebenberg	03.53.06	
	59	12	160	MML	Stephan	Esterhuyse	03.53.41	
	60	5	318	SML	Regardt	Van Huyssteen	03.53.46	
	61	25	273	VML	Graham	Prinsloo	03.56.13	
	62	26	249	VML	Justin	Mudge	03.56.58	
	63	3	250	GML	Desmond	Mudge	03.57.01	
	64	16	202	SVL	Wayne	Jones	04.00.48	
	65	13	158	MML	Warren	Ellis	04.01.51	
	66	14	118	MML	Andrew	Buckley	04.01.53	
	67	27	241	VML	Andrew	Mclachlan	04.01.54	
	68	28	194	VML	Glen	Hughes	04.01.56	
	69	15	348	MML	Jannie	Dippenaar	04.01.58	
	70	17	179	SVL	Hugo	Hall	04.02.00	
	71	29	347	VML	Nelis	Coetzee	04.02.01	
	72	18	343	SVL	Niel	Thiart	04.02.04	
	ALL Men 60km	73	30	173	VML	Bram	Goossens	04.02.11
74		31	332	VML	Glen	Wolstenholme	04.02.26	
75		32	261	VML	Campbell	Parry	04.02.47	
76		16	209	MML	Eric	Kingwill	04.05.00	
77		19	1054	SVL	Jabu	Mkwanazi	04.05.09	
78		33	219	VML	Riaan	Landman	04.05.10	
79		34	171	VML	Andrew	Gibbard	04.05.15	
80		35	257	VML	Stuart	Oliver	04.07.09	
81		20	214	SVL	Mark	Kritzinger	04.07.15	
82		17	213	MML	Sean	Kritzinger	04.07.15	

Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Men 60km	83	36	267	VML	Gysbert	Pienaar	04.07.39	
	84	37	316	VML	Marinus	Van Der Merwe	04.07.51	
	85	21	299	SVL	Wessel	Steyn	04.08.03	
	86	6	258	SML	Frik	Oosthuizen	04.09.32	
	87	38	187	VML	Peter	Hendricks	04.10.29	
	88	39	150	VML	Richard	Dixon	04.11.25	
	89	40	133	VML	Chris	Craven	04.11.25	
	90	41	205	VML	Rudi	Keet	04.12.24	
	ALL Men 60km	91	42	210	VML	Johann	Klusmann	04.12.25
92		22	197	SVL	Richard	Hutton-Squire	04.12.53	
93		43	149	VML	Philippe	Dietrich	04.13.50	
94		44	1058	VML	Neville	Van Buuren	04.14.18	
95		45	168	VML	George	Fritz	04.14.53	
96		46	243	VML	Riaan	Meyer	04.15.25	
97		23	170	SVL	Colin	Gibb	04.16.23	
98		4	286	GML	Hennes	Schreuder	04.17.11	
99		47	288	VML	F C	Serdyn	04.18.17	
100		48	107	VML	Cecil	Becker	04.18.17	
101		5	311	GML	Eddie	Turner	04.18.18	
102		49	191	VML	James	Hoad	04.22.20	
103		18	227	MML	Johan	Lochner	04.22.21	
104		50	242	VML	Graham	Mears	04.22.22	
105		51	274	VML	Victor	Probert	04.23.03	
106		52	163	VML	Sean	Farrell	04.23.06	
107		53	293	VML	George	Smalberger	04.23.08	
108		54	106	VML	Jody	Baumgarten	04.24.33	
109		55	252	VML	Werner	Nel	04.25.09	
110		56	186	VML	Jurgen	Hellweg	04.25.12	
111		24	203	SVL	Derek	Kahts	04.26.44	
112		57	188	VML	Eugene	Henning	04.26.45	
113		25	289	SVL	André	Serfontein	04.29.47	
114		19	226	MML	Auret	Lochner	04.30.31	
115		6	272	GML	Robert	Pringle	04.32.02	
116		20	192	MML	Stephen	Hobson	04.32.15	
117		21	142	MML	William	De Villiers	04.32.15	
118		26	215	SVL	Roland	Kroukamp	04.36.12	
119		58	153	VML	J P	Du Plessis	04.47.43	
120		22	113	MML	Bun	Booyens	04.50.03	
121		2	319	YML	Stephen	Van Niekerk	04.57.46	
122		7	275	GML	Tony	Pushman	05.01.03	
123		27	189	SVL	Ross	Heyns	05.02.04	

Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Men 60km	124	23	331	MML	Russel	Wolson	05.06.35	
	125	59	239	VML	Jacques	Mathee	05.42.16	
	126	7	1052	SML	Christiaan	Schmitz	06.06.04	
	127	8	1051	SML	Derek	Vonk	06.06.04	
Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Women 60km	1	1	246	VWL	Caren	Mills	03.36.49	
	2	1	110	SXL	Nikki	Biesheuvel	03.44.20	
	3	2	281	VWL	Amanda	Rootman	03.48.31	
	4	3	245	VWL	Sharon	Miller	03.49.47	
	5	4	313	VWL	Suzi	Van Der Merwe	03.58.21	
	6	5	139	VWL	Kim	De Villiers	03.58.29	
	7	2	220	SXL	Jade	Le Roux	04.02.05	
	8	6	327	VWL	Chrizelda	Walters	04.18.19	
	9	7	124	VWL	Natalie	Clarke	04.21.36	
	10	1	248	SWL	Ashleigh	Moffatt	04.21.40	
	11	2	216	SWL	Annemie	Kruger	04.21.42	
	12	8	235	VWL	Sam	Marais	04.29.45	
	13	3	279	SXL	Jackie	Ridge	04.30.33	
	14	9	1056	VWL	Caroline	De Villiers	04.36.11	
	15	10	131	VWL	Colette	Cooper	04.47.08	
	16	4	137	SXL	Almari	De Milander	04.47.44	
	17	5	176	SXL	Koba	Grobler	05.02.05	
	18	6	304	SXL	Natalie	Swart	05.22.51	
	19	7	169	SXL	Dania	Gerhardt	05.22.53	
	20	3	112	SWL	Helene	Booyens	05.22.57	
Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Men 30km	1	1	538	SMM	Luke	Phillips	01.26.56	
	2	1	618	YMM	Dian	Wiese	01.35.34	
	3	2	455	YMM	Juan	Erasmus	01.36.20	
	4	2	670	SMM	Jason	Adams	01.38.00	
	5	3	671	SMM	Ashwell	Swartz	01.40.02	
	6	1	622	VMM	Owen	Wittridge	01.42.08	
	7	2	109	VMM	Trevor	Bester	01.44.27	
	8	1	428	JBM	Alec	Coleské	01.44.50	
	9	3	673	VMM	Richard	Lindes	01.44.51	
	10	1	603	SVM	Coenie	Van Niekerk	01.45.25	
	11	1	424	MMM	Graham	Chamberlain	01.45.25	
	12	2	494	SVM	Garyth	Kemp	01.47.23	
	13	4	672	VMM	Mark	Hope	01.48.57	
	14	2	495	MMM	Rainer	Kempf	01.49.34	
	15	1	659	GMM	Pieter	Silberbauer	01.50.10	

Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Men 30km	16	5	457	VMM	Martin	Fehr	01.50.17	
	17	6	677	VMM	Gaetano	Grasso	01.50.39	
	18	3	669	SVM	Denzel	Scheepers	01.50.58	
	19	7	448	VMM	Jaco	Dugdale	01.51.02	
	20	3	516	YMM	Conor	Mcdonald	01.51.15	
	21	4	651	SMM	Carson	Lederle	01.52.22	
	22	4	667	SVM	Rob	Nel	01.52.50	
	23	3	405	MMM	Glen	Beckett	01.53.18	
	24	8	676	VMM	Sam	Hamman	01.53.58	
	25	2	681	JBM	Oliver	Pricthett	01.54.09	
	26	4	654	MMM	Andries	Erwee	01.55.21	
	27	9	655	VMM	Ernst	Heydenrych	01.55.22	
	28	5	468	SVM	Roger	Goldsbrough	01.55.26	
	29	6	423	SVM	Takura	Chadoka	01.55.55	
	30	5	576	MMM	Rob	Skinner	01.56.17	
	31	10	561	VMM	Gregg	Sanders	01.56.32	
	32	11	411	VMM	Breyten	Borman	01.56.33	
	33	3	520	JBM	Ashton	Miller	01.57.36	
	34	12	403	VMM	Gero	Aweh	01.57.38	
	35	4	578	YMM	T	Smith	01.57.39	
	36	5	610	YMM	Oliver	Wakeford	01.58.21	
	37	13	679	VMM	Johan	Havenga	01.58.23	
	38	14	584	VMM	Johan	Strauss	01.58.24	
	39	7	427	SVM	Bjorn	Coetzee	01.58.26	
	40	15	483	VMM	Craig	Howe-Watson	01.58.39	
	41	5	590	SMM	Petrus	Theart	01.59.07	
	42	6	539	SMM	Philip	Piek	01.59.11	
	43	16	155	VMM	Nelis	Du Plooy	02.05.20	
	44	8	623	SVM	Robin	Woods	02.05.24	
	45	6	544	MMM	Freddie	Putter	02.06.23	
	46	17	512	VMM	Dawie	Mare	02.06.24	
	47	7	602	SMM	Diederik	Van Donselaar	02.06.27	
	48	7	661	MMM	Hendrik	Van Niekerk	02.06.59	
	49	6	452	YMM	Joshua	Ellis	02.07.24	
	50	18	674	VMM	Dominic	Dear	02.07.42	
	51	9	678	SVM	Giancarlo	Ferrone	02.07.50	
	52	10	564	SVM	Brandan	Sapsford	02.08.15	
	53	7	656	YMM	Ben	Rootman	02.08.34	
	54	4	563	JBM	Gabriel	Sandu	02.08.51	
	55	2	652	GMM	Jon	Lederle	02.10.47	
	56	19	526	VMM	Mike	Muller	02.11.49	

Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Men 30km	57	20	458	VMM	Franswa	Fernandez	02.12.50	
	58	8	591	MMM	Albie	Treurnicht	02.12.56	
	59	9	447	MMM	Paul	Du Toit	02.13.04	
	60	8	522	SMM	Zandberg	Morne	02.13.21	
	61	10	551	MMM	Charlie	Rohland	02.15.04	
	62	21	598	VMM	Jonathan	Van Breda	02.15.47	
	63	11	568	MMM	Martin	Schulze-Hulbe	02.15.50	
	64	22	466	VMM	Clive	Giliomee	02.15.54	
	65	23	625	VMM	Sean	Young	02.16.13	
	66	11	224	SVM	Richard	Lemmer	02.16.32	
	67	12	521	SVM	Martin	Minnie	02.17.05	
	68	24	489	VMM	John	Charalambous	02.17.38	
	69	3	628	GMM	Keith	Swart	02.17.41	
	70	13	545	SVM	Gregg	Ransby	02.17.50	
	71	25	518	VMM	Owen	Meredith	02.19.22	
	72	4	597	GMM	Anton	Uys	02.20.33	
	73	5	413	GMM	Gerald	Boting	02.20.56	
	74	14	504	SVM	Vincent	Lederle	02.22.06	
	75	26	446	VMM	Mike	Du Plissis	02.23.03	
	76	27	430	VMM	Jacques	Conradie	02.23.12	
	77	1	431	JMM	Anton	Conradie	02.23.19	
	78	28	505	VMM	Graham	Lee	02.24.20	
	79	29	491	VMM	Simon	Jones	02.24.20	
	80	9	684	SMM	Grant	Morris	02.24.25	
	81	10	429	SMM	Laine	Collett	02.24.35	
	82	11	444	SMM	Jason	Dorfling	02.24.41	
	83	5	611	JBM	William	Wakeford	02.27.26	
	84	6	609	GMM	Roddy	Wakeford	02.27.27	
	85	30	548	VMM	Ashley	Rix	02.28.23	
	86	31	490	VMM	Ben	Johnson	02.29.18	
	87	15	624	SVM	Craig	Wylie	02.29.20	
	88	12	535	MMM	Stan	Peckham	02.29.32	
	89	13	583	MMM	Tim	Stiff	02.29.34	
	90	32	577	VMM	Mickey	Smit	02.30.51	
	91	14	487	MMM	Edward	Jacobs	02.32.26	
	92	33	547	VMM	Jakobus	Reynecke	02.33.52	
	93	16	474	SVM	Wagener	Hanekom	02.34.44	
	94	17	442	SVM	Schultz	Dewald	02.34.58	
	95	18	552	SVM	Warren	Rohner	02.35.40	
	96	34	553	VMM	Douglas	Ross	02.35.53	
	97	35	614	VMM	Kerneels	Rossouw	02.36.06	

Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Men 30km	98	7	497	GMM	Ian	Kirkwood	02.36.14	
	99	15	608	MMM	Douw	Vermeulen	02.37.02	
	100	19	478	SVM	Peter-John	Hendricks	02.37.10	
	101	36	433	VMM	Mc Gregor	Dafydd	02.37.50	
	102	37	546	VMM	Henderson	Renier	02.38.08	
	103	20	510	SVM	Wynand	Malan	02.38.11	
	104	38	587	VMM	Evan	Swart	02.38.13	
	105	21	529	SVM	Roux	Nieuwoudt	02.38.16	
	106	8	479	GMM	Ulf	Hitzeroth	02.38.27	
	107	16	141	MMM	Coenie	De Villiers	02.45.14	
	108	22	476	SVM	Andrew	Helfenstein	02.45.26	
	109	17	507	MMM	George	Louw	02.45.27	
	110	6	467	JBM	Luke	Giliomee	02.47.35	
	111	39	435	VMM	Charles	De Jongh	02.47.40	
	112	18	501	MMM	Gary	Larkan	02.47.51	
	113	40	421	VMM	Dawid	Burger	02.52.51	
	114	19	461	MMM	Gordon	Frazer	02.53.21	
	115	9	449	GMM	Ian	Eadie	02.54.23	
	116	7	594	JBM	Matt	Truscott	02.56.12	
	117	10	613	GMM	Michael	Walters	03.01.26	
	118	20	619	MMM	Michael	Wilkin	03.02.06	
	119	21	469	MMM	Jeff	Goudvis	03.02.14	
	120	8	595	JBM	Marc	Truscott	03.03.25	
	121	11	422	GMM	Enzo	Carratu	03.03.58	
	122	41	653	VMM	Alfred	Temmers	03.04.28	
	123	22	418	MMM	Michael	Bryant	03.04.40	
	124	23	683	MMM	Davis	Morris	03.09.52	
	125	23	541	SVM	Denzil	Pohlmann	03.10.00	
	126	12	498	GMM	Helmut	Kleeberg	03.16.11	
127	42	426	VMM	Steve	Clarke	03.16.12		
128	24	542	SVM	Craig	Pohlmann	03.17.13		
129	13	600	GMM	Albert	Van Der Merwe	03.25.20		
Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Women 30km	1	1	496	SWM	Marie-Christin	Kempf	01.46.25	
	2	2	660	SWM	Cally	Silberbauer	01.50.12	
	3	1	503	VWM	Michelle	Lawrance	02.05.42	
	4	2	533	VWM	Caroline	O'Brien	02.10.27	
	5	3	682	VWM	Denise	Moss	02.10.31	
	6	4	471	VWM	Robyn	Hamman	02.15.52	
	7	1	324	SXM	Magretha	Vlok	02.16.31	
	8	3	407	SWM	Bougin	Bieldt	02.24.34	

Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks	
ALL Women 30km	9	5	680	VWM	Klaire	Pritchett	02.25.48		
	10	2	484	SXM	Sam	Hucke	02.29.30		
	11	6	1053	VWM	Annelize	O'Brien	02.31.12		
	12	7	668	VWM	Carey	Schofmann	02.36.08		
	13	3	416	SXM	Kim	Brown	02.36.11		
	14	1	675	MWM	Joanna	Reaves	02.39.00		
	15	8	517	VWM	Evie	Mclachlan	02.39.03		
	16	2	480	MWM	Inga	Hitzeroth	02.39.26		
	17	4	456	SXM	Madi	Fabricius	02.41.53		
	18	5	493	SXM	Roanne	Keeton	02.42.39		
	19	3	500	MWM	Jillian	Larkan	02.47.50		
	20	6	532	SXM	Samantha	Obery	02.49.13		
	21	9	420	VWM	Carin	Burger	02.52.50		
	22	7	450	SXM	Michelle	Eadie	02.54.21		
	23	4	612	MWM	Nicola	Wakeford	02.59.12		
	24	5	436	MWM	Allison	De Villiers	02.59.14		
	25	6	511	MWM	Kathy	Malherbe	03.02.05		
	26	10	592	VWM	Erica	Truscott	03.03.34		
	27	11	528	VWM	Ingrid	Newton	03.05.25		
	28	8	475	SXM	Colleen	Harrison	03.10.06		
	29	1	601	GWM	Mattie	Van Der Merwe	03.25.23		
	30	12	666	VWM	Deidre	Engelbrecht	03.25.37		
	31	9	557	SXM	Andrea	Rostron	03.26.48		
	Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
	ALL Men 10km	1	1	854	FMS	George	King	00.35.04	
		2	1	927	SBS	Jean	Surridge	00.35.40	
		3	2	1019	FMS	Petr	Luckhoff	00.37.55	
		4	3	892	FMS	Byron	Muller	00.39.07	
		5	2	1016	SBS	Reegan	Paxton	00.39.09	
		6	4	802	FMS	Chad	Afrika	00.40.43	
		7	5	481	FMS	Paul	Hoencck	00.41.54	
8		6	933	FMS	Ivan	Van Niekerk	00.42.47		
9		7	1002	FMS	Daniel	Stoffels	00.43.22		
10		8	801	FMS	Granville	Adams	00.43.24		
11		9	1001	FMS	Van Niekerk	Wouter	00.43.31		
12		3	905	SBS	Joshua	Pullock	00.44.52		
13		10	1024	FMS	Jonathan	Mcdonald	00.45.57		
14		11	873	FMS	Opperman	Lorencio	00.46.20		
15		12	832	FMS	Jurriel	Hendricks	00.46.44		
16		13	936	FMS	Rhean	Van Tonder	00.47.53		
17		4	922	SBS	Michael	Shepstone	00.48.29		

Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Men 10km	18	14	571	FMS	Eric	Scoble	00.48.36	
	19	5	823	SBS	Corne	Erasmus	00.49.35	
	20	15	942	FMS	Sarel	Watkins	00.49.37	
	21	1	846	NBS	Alistair	Jones	00.49.51	
	22	6	845	SBS	Alex-Zander	Jones	00.50.35	
	23	16	837	FMS	Genis	Hugo	00.50.41	
	24	17	898	FMS	Kevin	Norton	00.50.47	
	25	18	867	FMS	Louis	La Cock	00.50.55	
	26	2	1011	NBS	Jayden	Hope	00.51.31	
	27	7	1021	SBS	Herman	Ellis	00.52.40	
	28	19	910	FMS	Dion	Romijn	00.52.42	
	29	3	912	NBS	Johannes	Romijn	00.52.43	
	30	20	911	FMS	Dion	Romijn	00.52.45	
	31	21	855	FMS	Richard	King	00.52.51	
	32	22	826	FMS	Bernard	Geldenhuis	00.52.52	
	33	23	807	FMS	Johan	Breunissen	00.52.53	
	34	24	1020	FMS	Henk	Ellis	00.52.55	
	35	8	842	SBS	Garrett	Irvine-Smith	00.53.08	
	36	4	928	NBS	Ethan	Taute	00.53.45	
	37	25	929	FMS	Gerhard	Taute	00.53.47	
	38	5	841	NBS	Fletcher	Irvine-Smith	00.53.48	
	39	26	1009	FMS	Gavin	Griggs	00.54.24	
	40	9	1008	SBS	Jaden	Griggs	00.54.26	
	41	6	1015	NBS	Delarey	Roberts	00.54.29	
	42	27	906	FMS	Robert	Pullock	00.54.41	
	43	10	944	SBS	Zac	Wilson	00.54.42	
	44	28	879	FMS	Jaco	Marais	00.55.40	
	45	7	946	NBS	Matthew	Wittridge	00.56.54	
	46	29	825	FMS	Francois	Fortuin	00.57.43	
	47	30	921	FMS	Mark	Shepstone	00.57.55	
	48	11	848	SBS	Henry	Jones	01.00.45	
	49	31	1014	FMS	Sarel	Roberts	01.00.51	
	50	32	573	FMS	Daryl	Sherwood	01.01.04	
	51	12	920	SBS	Sharl	Nortier	01.01.58	
	52	8	1022	NBS	Michael	James	01.02.02	
	53	9	812	NBS	Christopher	Cook	01.03.04	
	54	33	813	FMS	Nigel	Cook	01.03.05	
	55	34	1004	FMS	Quwen	Frost	01.03.15	
	56	35	878	FMS	Ross	Macgregor	01.03.22	
	57	36	925	FMS	Sonwabiso	Sigwece	01.06.13	
	58	37	1010	FMS	Brian	Paine	01.09.23	

Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Men 10km	59	38	833	FMS	Michael	Hope	01.10.06	
	60	13	1017	SBS	Xavier	Paxton	01.10.06	
	61	39	895	FMS	Gregory	Nass	01.15.02	
	62	10	894	NBS	Cameron	Nass	01.15.04	
	63	14	904	SBS	Pierre	Nortier	01.15.48	
	64	40	853	FMS	Hein	Keulder	01.15.54	
	65	41	530	FMS	Charl	Nortier	01.17.30	
	66	11	856	NBS	Jeth	Kirkman	01.27.59	
	67	42	859	FMS	Steve	Kirkman	01.29.32	
	68	12	857	NBS	Joah	Kirkman	01.29.33	
	69	13	886	NBS	Matt	Meredith	01.31.51	
	70	14	871	NBS	Adrian	Lee	01.31.57	
	71	43	887	FMS	Wendy	Meredith	01.35.27	
	72	15	863	NBS	Ian	Koen	01.42.54	
73	16	940	NBS	Schalk	Visser	01.51.28		
74	44	939	FMS	Lawrence	Visser	01.51.32		
Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Women 10km	1	1	574	FWS	Kimryn	Sherwood	00.41.54	
	2	2	562	FWS	Mihaela	Sandu	00.43.26	
	3	3	1023	FWS	Sanette	Holthuis	00.45.57	
	4	4	843	FWS	Payton	Irvine-Smith	00.46.58	
	5	5	570	FWS	Merilyn	Scoble	00.49.37	
	6	6	931	FWS	Marianza	Theart	00.49.58	
	7	7	840	FWS	Fallon	Irvine-Smith	00.51.13	
	8	8	883	FWS	Mc Gregor	Megan	00.51.20	
	9	9	1006	FWS	Shereen	Robertson	00.51.24	
	10	10	508	FWS	Candice	Lundin	00.52.38	
	11	11	915	FWS	Marnelle	Sauerman	00.53.01	
	12	12	860	FWS	Jen	Kirkwood	00.53.03	
	13	13	1018	FWS	Adele	Kriel	00.53.06	
	14	14	844	FWS	Samantha	Irvine-Smith	00.53.50	
	15	15	897	FWS	Carla	Nortje	00.53.58	
	16	16	914	FWS	Louise	Sapsford	00.54.22	
	17	17	1007	FWS	Lynne	Griggs	00.54.28	
	18	18	882	FWS	Nicole	Mc Gregor	00.54.41	
	19	19	824	FWS	Natascha	Fischer	00.55.11	
	20	20	916	FWS	Lize-Mari	Schultz	00.55.29	
	21	21	817	FWS	Reinette	De Koker-Marais	00.55.39	
	22	22	945	FWS	Hayley-May	Wittridge	00.56.52	
	23	23	919	FWS	Alison	Scott	00.59.12	
	24	24	847	FWS	Gillian	Jones	01.00.47	

Category	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
ALL Women 10km	25	25	575	FWS	Chrissy	Sherwood	01.01.05	
	26	26	1012	FWS	Zelda	Mare	01.02.03	
	27	27	1005	FWS	Sharon	Nel	01.03.16	
	28	1	877	NGS	Juliet	Macgregor	01.03.19	
	29	28	822	FWS	Michelle	De Souza Macgregor	01.03.26	
	30	2	937	NGS	Ashleigh	Venter	01.05.57	
	31	29	861	FWS	Jenny	Kjellqvist	01.08.19	
	32	3	862	NGS	Nina	Kjellqvist	01.08.20	
	33	1	870	SGS	Lucy	Larkan	01.09.14	
	34	30	1013	FWS	Adél	Els	01.10.30	
	35	31	1003	FWS	Marietjie	Pool	01.11.38	
	36	4	805	NGS	Maia	Aweh	01.15.07	
	37	5	851	NGS	Elke	Keulder	01.15.52	
	38	6	852	NGS	Heike	Keulder	01.15.53	
	39	2	880	SGS	Nortier	Marizaan Bianca	01.17.27	
	40	3	836	SGS	Rosie	House	01.19.31	
	41	32	835	FWS	Emily	House	01.19.33	
	42	33	889	FWS	Sharon	Miller	01.20.05	
	43	34	934	FWS	Alheitia	Van Niekerk	01.20.28	
	44	35	935	FWS	Cariyetten	Van Niekerk	01.20.38	
	45	36	858	FWS	Silvia	Kirkman	01.28.10	
	46	7	885	NGS	Holly	Meredith	01.31.58	
	47	37	872	FWS	Helen	Lee	01.33.08	
	48	8	884	NGS	Anna	Meredith	01.35.26	
	49	38	865	FWS	Marlene	Koen	01.43.03	
50	9	938	NGS	Isabel	Visser	01.51.24		