

RACE NO	NAME	RUN TIME	CATEGORY
22	Derrick Baard	03:03:26	MALE 32KM
75	Neil Quayle	03:18:33	MALE 32KM
73	Dean Ollis	03:21:49	MALE 32KM
58	Noel Ernzten	03:23:05	MALE 32KM
35	Jason Courts	03:32:10	MALE 32KM
146	Jean van Lierop	03:34:49	MALE 32KM
80	Alan Schermbrucker	03:36:14	MALE 32KM
59	David Fox	03:39:21	MALE 32KM
61	angelo henry	03:39:23	MALE 32KM
30	Angus Campbell	03:46:22	MALE 32KM
69	Keith Moodie	03:47:13	MALE 32KM
72	Ryan Otto	03:47:52	MALE 32KM
23	Rupert Barnard	03:50:01	MALE 32KM
34	Pierre Conradie	03:50:13	MALE 32KM
76	Nic Robertson	03:57:03	MALE 32KM
74	Albert Pretorius	03:58:48	MALE 32KM
147	Willan van Zyl	04:01:04	MALE 32KM
54	Kevin Dayton	04:01:46	MALE 32KM
56	Cedric de Sousa	04:07:49	MALE 32KM
27	Paul Boyce	04:15:11	MALE 32KM
68	Ryan-Neal Mes	04:16:29	MALE 32KM
53	Patrick Cruywagen	04:19:27	MALE 32KM
63	Pieter Holtzhausen	04:20:15	MALE 32KM
145	Jaco van der Westhuizen	04:24:44	MALE 32KM
77	Shaun Rosenstein	04:25:56	MALE 32KM
79	MICHAEL OHLSSON	04:35:31	MALE 32KM
28	Chris Bohnenn	04:40:56	MALE 32KM
65	Nicholas Kohne	04:48:54	MALE 32KM
21	JAKE CROWTHER	04:55:07	MALE 32KM
148	Paul Whitmill	04:57:06	MALE 32KM
25	COBUS VD BURG	04:58:02	MALE 32KM
140	Thilo Schmiedekenct	05:26:30	MALE 32KM
78	Andreas Schaal	05:26:40	MALE 32KM
71	Joe Newbert	05:56:52	MALE 32KM
70	Willem Muller	06:01:03	MALE 32KM
64	Jacoline Haasbroek	03:34:43	FEMALE 32KM
142	Moyra Sheard	03:53:29	FEMALE 32KM
149	Christine Woods	04:02:12	FEMALE 32KM
66	Caitlin lewis	04:08:33	FEMALE 32KM
32	ALLY BALL	04:15:36	FEMALE 32KM
33	Philippa Coleman	04:32:33	FEMALE 32KM
31	Hayley Chesterton	04:52:53	FEMALE 32KM
60	REGINE ENENKEL	05:07:40	FEMALE 32KM
62	Jane Holdcroft	05:07:41	FEMALE 32KM
162	Alex Hawkins	01:01:01	MALE 12KM
160	Guy Harker	01:02:32	MALE 12KM
123	Stuart Bateman	01:03:25	MALE 12KM
200	Ugene Nel	01:05:15	MALE 12KM
176	Geoff Perrott	01:09:43	MALE 12KM
165	Colin vd Elst	01:12:52	MALE 12KM

189	Marc Jonstone	01:19:17	MALE 12KM
122	Eduan Basson	01:20:45	MALE 12KM
136	Hans-Jorg Enenkel	01:20:48	MALE 12KM
137	Francois Fouche	01:24:56	MALE 12KM
182	Anton Hoeft	01:28:14	MALE 12KM
163	Alistair Hill	01:33:06	MALE 12KM
158	Heinrich Grobbelaar	01:34:17	MALE 12KM
126	Jonathan Cherry	01:38:37	MALE 12KM
179	Hugo Truter	01:42:33	MALE 12KM
170	SHAUN MARINNER	01:45:04	MALE 12KM
195	Trevor Garvin	01:48:03	MALE 12KM
177	Joseph Shaw	01:54:34	MALE 12KM
187	Johannes du Pleassis	02:24:59	MALE 12KM
186	Johan Haasbroek	02:52:39	MALE 12KM

190	Tatum Loftus-Prits	01:13:01	FEMALE 12KM
130	Nadia Malan	01:15:21	FEMALE 12KM
185	Bernice van Rensburg	01:20:41	FEMALE 12KM
129	Jonette Coetzee	01:23:19	FEMALE 12KM
194	Zoe Nepgen	01:24:34	FEMALE 12KM
171	ANITA CRAIG	01:25:07	FEMALE 12KM
127	Stephanie Cherry	01:28:47	FEMALE 12KM
154	Jeanne Gouws	01:28:51	FEMALE 12KM
167	Lucy Kenny	01:30:12	FEMALE 12KM
159	Bianca Grobbelaar	01:34:13	FEMALE 12KM
172	Meg Moodie	01:37:15	FEMALE 12KM
192	Hayley Ann Adamson	01:40:32	FEMALE 12KM
161	Melissa Haskin	01:45:01	FEMALE 12KM
138	Nikki Fuller	01:46:59	FEMALE 12KM
166	Isabeau Joubert	01:50:10	FEMALE 12KM
135	Dale Dunbar	01:51:38	FEMALE 12KM
121	Sandra Auckland	01:55:41	FEMALE 12KM
125	Monique Bohnenn	01:58:24	FEMALE 12KM
180	Minae Van Der Westhuizen	02:06:59	FEMALE 12KM
164	Belita Human	02:14:31	FEMALE 12KM
169	Tanya Lombard	02:14:36	FEMALE 12KM