

21km				10km	
Place	Name	Time	Race Number	Place	Name
1	Nicolos Rupanga	01:21:30	545	1	Jacques Pretorius
2	Jacques v Rensburg	01:28:18	714	2	Kevin Dayton
3	Eddie Lambert	01:32:03	790	3	Matthew Lombardi
4	George Stegman	01:38:36	483	4	Danette Smith
5	Alan Schermbrugger	01:39:04	534	5	Herman vd Kolfe
6	Kobus Oosthuizen	01:39:40	750	6	Robert Austin
7	Stephen Davis	01:41:59	800	7	Stefan Oosthuizen
8	Richard McMartin	01:42:20	514	8	Riaz Ahmad
9	Suzette Mclvor	01:42:38	726	9	Wynand Malan
10	Gerald Thompson	01:43:12	530	10	
11	Madre Steenkamp	01:43:22	531	11	Richard Wall
12	Charl Celliers	01:44:23	747	12	Cameron Joseph
13	Hanlie Booyens	01:44:36	701	13	Barbara Malan
14	Esther Lategan	01:44:37	702	14	Rudolf Froneman
15	Brenton Ashby	01:45:45	727	15	Robert Munsie
16	Padraic O Connor	01:46:50	540	16	Roy Glasspool
17	Ronelle Marshal	01:47:45	775	17	Frank Holland
18	Roland Peens	01:47:54	558	18	Robynne McMartin
19	David Fox	01:50:53	777	19	David Nel
20	Monique du Plessis	01:51:25	489	20	Kristina Schoppe
21	Stephen Granger	01:52:25	642	21	Matthew Rist
22	San-Marie Vosloo	01:52:45	632	22	Cornelius Potgieter
23	Jan Ham	01:52:55	744	23	Graham Murray
24	Jonathan Wesson	01:53:20	554	24	R van Weele
25	Stephanie Ritter	01:53:40	687	25	Gerard van Weele
26	Simon Lloyd	01:53:45	491	26	Geoff Perrott
27	Anel Wesson	01:54:09	542	27	Coby Ludick
28	Andrew Truter	01:54:52	713	28	Wian Dunn
29	Brent Elliot	01:58:25	528	29	Darren Burns
30	Riaan de Witt	01:58:43	786	30	Sally McGuckian
31		01:59:40	690	31	Martine Jordaan
32	Johannes van Zyl	02:00:01	562	32	Lindsey Bungartz
33	Jaco vd Westhuizen	02:01:18	776	33	Kevin McCree
34	Mike Burger	02:01:43	485	34	Yolande Malan'
35	Mike Dixon	02:01:48	479	3	Vanessa Kindersley
36	Chris Schnelose	02:02:22	668	36	Stephen Leith
37		02:03:40	458	37	
38		02:03:42	520	38	Elanie Potgieter
39	Robyn Ferrar	02:03:50	715	39	
40	Megan Galloway	02:03:51	705	40	Lorna Michel
41	Murray Hamilton	02:04:02	793	41	Jeanne Gouws
42	Marlise McLachlan	02:04:03	743	42	Ben van Heerden
43	Marianne Johnson	02:04:10	658	43	Charne Handman
44	Thomas Paulsen	02:05:52	706	44	Mareth Tait
45	Neil Bales	02:06:20	688	45	K Hougaard
46	Ilana Woeke	02:08:33	522	46	
47	Johan v Mollendorff	02:09:13	635	47	Nico Kotze
48	Richard Meyer	02:10:05	516	48	Louis van der Watt
49	Jeremy Klerck	02:10:05	517	49	Pieter Murray
50	Melanie Meier	02:10:50	541	50	Natasha Marais
51	Ana dos Santos	02:11:05	799	51	
52	Andrew v Wijk	02:12:24	634	52	Lyn Mossner
53	Sarshen Marais	02:12:50	524	53	Nicole Greyling
54	Roan MacKintosh	02:12:51	525	54	Lize Sadie
55	Keri Delpport	02:13:29	543	55	Nelia Malherbe
56	Sally Tucker	02:13:30	544	56	Annamarie Laker
57	Marlize Viviers	02:13:40	484	57	
58	Jan Bekker	02:13:41	487	58	Alison Sedgwick
59	Christopher Baret	02:13:50	539	59	William Johnson
60		02:14:11	519	60	Antonie Burger

61	Andre Visser	02:15:00	767	61	Zarah Nussbaum
62	Oison Tummon	02:15:54	511	62	Francois Geldenhuys'
63	Gareth Owen	02:16:00	501	63	
64	Delyse Rist	02:16:58	561	64	Lizel Botha
65	Bruce van Rensburg	02:17:56	565	65	Barry Wiesner
66	Graham Hawthorn	02:18:10	493	66	Yvette Ganser
67	Kobie Buys	02:18:16	523	67	Richard Vincent
68	Shelley van Leeuwen	02:18:18	537	68	
69	Samantha Obery	02:20:10	648	69	Nicola de Jager
70	Bertha la Roux	02:20:14	647	70	Vaughan Patterson
71	Morne Nel	02:20:15	753	71	Alison Chait
72	Nicola Lloyd	21:20:30	492	72	Jessica Granger
73	Hendrik du Plessis	02:21:35	490	73	Karen Erasmus
74	Guy Meredith	02:21:45	509	74	Tracy Steyn
75	Sandra Alberts	02:22:45	618	75	Dean Wentzel
76	Andrew Anderson	02:44:50	498	76	Samantha Wentzel
77		02:25:10	714	77	Lizel Prinsloo
78	Daphne Snyders	02:25:12	656	78	Bonte Betts
79	Frankie Johnston	02:25:20	510	79	Beverley Smyth
80	Carina Taute	02:25:43	718	80	Anthony Smyth
81	Joanne Cussen	02:26:01	505	81	Lauren Irwin
82	Marc Johnstone	02:26:01	506	82	Megan Holliday
83	Sanet Visser	02:27:18	507	83	John Swanepoel
84	Jeanine Goosen	02:28:18	762	84	Piet du Toit
85	Marthinus Kruger	02:28:48	703	85	Michele Stander
86	Uys Kruger	02:28:49	548	86	
87	Glaxton Robinson	02:30:00	499	87	Anna Brom
88	Jacques Cronje	02:31:20	526	88	Jani Coetzee
89	Rebecca Solomon	02:31:20	527	89	Lana Burger
90	Danelle Ellis	02:31:36	724	90	Sean Harris
91	Laura Jean Mardon	02:32:30	529	91	Katie Edge
92	Jane Holdcroft	02:32:31	518	92	Martha du Plessis
93	Michelle Erasmus	02:32:47	478	93	Lisa Beattie
94	Tracey Lentin	02:34:49	504	94	Esti Strydom
95	Giso von Petersdorff	02:38:08	612	95	Karen Strydom
96	Marthie Brits	02:38:40	549	96	Anton van Leeuwen
97	Michelle Fookwe	02:38:40	760	97	Dale Dunbar
98	Estie Potgieter	02:39:38	502	98	Kyle Findlay
99	Heidi Grundlingh	02:39:39	503	99	Debbie Mackay
100	Dominique Egli	02:40:00	519	100	Theresa Bridgman
101	Hans Egli	02:40:42	520	101	Michael Wurbach'
102	Robyn van Wyk	02:40:43	521	102	K. Wurbach
103	Helize du Toit	02:44:00	655	103	Steven Ruffel
104	Michelle Thompson	02:44:42	728	104	
105	C. Ashby	02:44:43	729	105	Warwick Jones
106	Petra Riggs	02:47:48	741	106	Leana Greeff
107	Johan le Roux	02:47:48	742	107	Andre van der Vyver
108	Kyra Solomon	02:47:48	740	108	Shelley von Seidel
109	Charmaine Kosmas	02:49:55	500	109	Leandra Geldenhuys
110	Michelle Ellis	02:49:55	735	110	Michael Wahl
111	Franciska Venter	02:58:30	696	111	Rebecca Maurer
112	Ncumisa Njombolwa	02:58:30	563	112	Danie Ludick
113	Jo-Anne Gloak	02:58:30	536	113	Justin Alberts
114	Robert McCulloch	03:03:50	669	114	Margaretha Steyn
115	Samantha Hewett	03:03:50	698	115	Christel Oosthuizen
116	Paul Brink	03:11:47	513	116	Hilani Louw
117	Jackie Brink	03:11:47	512	117	Dalena v Jaarsveld
				118	Phillippa Bartlett
				119	Renita du Toit
				120	Virna Leaner
				121	Sarel Smit
				123	Heather McCulloch
				124	Carmen Kleinhans

				125	C Conradie
				126	
				127	Paul du Toit
				128	Gareth Visser'
				129	Nikki-Ann Morris
				130	Juanita Davids
				131	Brandon Fortuin
				132	Jeffrey Green
				134	Domnique da Silva
				135	Garth Foster
				136	Heidi Cilliers
				137	Tracy Mohamed
				138	
				139	Alexandra Smit
				140	Anel Jooste
				141	Jeandre Brink
				142	Justin Scott Wilson
				143	
				144	Vincent Smit
				145	Henrietta Smit
				146	Julienne vd Merwe
				147	Rachelle Geldenhuys
				148	Charmaine Hefer
				149	Johan Hefer
				150	Bhavnes Gopal
				151	B Hos Gaard

<u>Time</u>	<u>Race Number</u>
00:41:04	787
00:43:23	486
00:44:35	789
00:46:20	780
00:46:23	738
00:48:01	785
00:48:48	736
00:48:58	731
00:49:02	678
00:49:55	609
00:50:27	645
00:50:35	725
00:50:45	630
00:50:46	795
00:51:37	616
00:51:40	611
00:51:55	732
00:51:58	515
00:52:04	766
00:53:14	733
00:53:21	746
00:53:23	723
00:53:45	675
00:53:55	532
00:53:55	552
00:55:47	477
00:56:40	754
00:57:00	631
00:57:13	564
00:57:35	637
00:57:50	664
00:57:53	755
00:58:31	719
00:58:31	671
00:58:31	680
00:58:39	665
00:58:39	669
00:58:55	694
00:59:54	719
00:59:11	734
00:59:26	765
00:59:33	639
00:59:40	603
01:00:10	720
01:00:39	772
01:00:59	784
01:01:20	560
01:01:23	607
01:01:40	721
01:01:41	722
01:01:57	496
01:01:58	551
01:01:59	666
01:02:05	649
01:02:07	629
01:02:43	663
01:02:43	659
01:03:29	638
01:03:58	533
01:03:59	794

01:04:00	617
01:04:20	661
01:04:27	644
01:04:40	633
01:04:48	752
01:04:53	685
01:04:54	640
01:06:13	686
01:06:38	774
01:08:14	535
01:08:15	708
01:08:14	643
01:08:14	608
01:08:14	761
00:08:36	677
00:08:37	676
01:09:15	546
01:09:30	756
01:09:34	700
01:09:37	628
01:09:38	764
01:09:39	730
01:09:50	779
01:10:01	657
01:10:04	778
01:10:07	683
01:10:10	689
01:10:15	737
01:10:16	704
01:10:45	674
01:10:47	615
01:10:48	717
01:11:17	636
01:11:19	602
01:11:20	601
01:11:27	538
01:11:33	769
01:11:40	614
01:11:59	553
01:11:59	781
01:12:33	770
01:12:35	783
01:12:40	670
01:12:54	682
01:13:22	759
01:13:23	782
01:14:05	684
01:14:29	681
01:14:55	662
01:16:03	679
01:16:53	758
01:17:11	495
01:17:35	625
01:17:36	673
01:17:42	624
01:17:43	623
01:17:44	707
01:18:07	547
01:19:12	626
01:20:13	763
01:20:40	711
01:22:56	691
01:23:07	692

01:23:15	555
01:24:10	536
01:25:15	621
01:25:22	695
01:25:23	646
01:25:35	660
01:25:52	748
01:26:56	619
01:26:57	620
01:28:11	749
01:30:14	622
01:31:41	751
01:38:10	711
01:40:10	710
01:40:10	559
01:41:41	557
01:41:43	641
01:41:46	698
01:42:10	712
01:42:11	709
01:48:48	791
01:48:48	697
01:51:59	797
01:52:09	796
01:52:11	757
02:00:02	773