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POSITION	NAMES	TIMES COMPLETED
32km		
1	Cas van Aardenne	3.23.31
2	Neil Hermann	3.32.23
3	Alistair Pott	3.35.53
4	Noel Ernstzen	3.38.50
5	Richard Lange	3.48.17
6	Keith Moodie	4.10.30
<b>7</b>	<b>Julie Stevens</b>	<b>4.12.35</b>
8	Roux Kemp	4.14.09
9	Paul Maree	4.22.50
10	Aldrin Smit	4.27.25
<b>11</b>	<b>Moyra Sheard</b>	<b>4.27.56</b>
12	Klaus Kassel	4.33.42
<b>13</b>	<b>Sandra Baetsen</b>	<b>4.34.54</b>
<b>14</b>	<b>Tatum Loftus</b>	<b>4.37.48</b>
15	Mark Loftus	4.37.49
16	Rupert Barnard	4.41.32
<b>17</b>	<b>Jeanne Austin</b>	<b>4.46.55</b>
<b>18</b>	<b>Judy Bleekers</b>	<b>4.46.55</b>
<b>19</b>	<b>Ally Ball</b>	<b>5.07.38</b>
20	Trevor Ball	5.07.38
<b>21</b>	<b>AnnaTina Schaal</b>	<b>5.27.18</b>
22	Andreas Schaal	5.27.19
23	Gavin Kode	5.31.25
24	James Beattie	5.31.25
25	Tonni Upham	5.36.20
26	Rani van Wyk	5.51.46
27	Le Roux van Wyk	5.51.46
<b>28</b>	<b>Jenny Metzger</b>	<b>6.00.25</b>
29	Dane Martin	6.00.25
<b>30</b>	<b>Liz Brash</b>	<b>6.49.06</b>
<b>31</b>	<b>Jenny Bradshaw</b>	<b>6.49.06</b>

POSITION	NAMES	TIMES COMPLETED
11km		
1	Chad Gorden	48.50
2	Herman van der Colff	53.30
3	Abre Jordaan	56.11
4	Brendan Collenn	46.52
5	Chris Franken	58.55
6	Christine Woods	60.36
7	Marusa Mason	60.37
8	Rebecca Lazareus	1.05
9	Charles Keyser	1.05
10	Lisa Gething	1.06
11	Elizma Kemp	1.10
12	Peter Phillips	1.14

13	Richard Cherry	1.14.45
14	Heather Kilgour	1.14.45
15	Arne Gething	1.15.51
16	Lizette Mostert	1.15.59
17	Stephanie Cherry	1.16.01
18	George Swingler	1.19.50
19	Ruth Engel	1.22.00
20	Tracy Lompa	1.22.00
21	Carsten Brungs	1.23.19
22	Viola Brungs	1.23.34
23	Jacques Cronje	1.24.29
24	Nico Fouche	1.24.30
25	Sanri Smit	1.26.52
26	Gabriela Chimelova	1.26.36
27	Charles Cherry	1.28.37
28	Margriet Cherry	1.28.38
29	Martin Lompa	1.28.38
30	Tanja Bosch	1.39.00
31	Fred Upham	1.54.59
32	Helen Theron	1.55.00

POSITION	NAMES	TIME COMPLETED
5km		
1	Elmarie Mostert	33.02
2	Marina Evans	33.03
3	Francois Du Plessis	34.29
4	John Lombard	35.45
5	Sophia Du Plessis	35.52
6	Bridget Rutter	45.02
7	Julie Pott	45.02
8	Marcel Brungs	46.56