

RESULT	NAME	TIME	CAT
1	Noel Ernstzen	03:17:10	32KM MALE
2	Bernard Griesel	03:22:22	32KM MALE
3	Derrick Baard	03:27:44	32KM MALE
4	Neil Quayle	03:36:32	32KM MALE
5	Len Verwey	03:41:17	32KM MALE
6	NICOL JORDAAN	03:49:04	32KM MALE
7	Roald Brosius	03:53:05	32KM MALE
8	Paul Boyce	03:59:20	32KM MALE
9	Nardus Hattingh	04:00:34	32KM MALE
10	Keith Moodie	04:04:42	32KM MALE
11	Patrick Cox	04:09:14	32KM MALE
12	MARK WITZMANN	04:10:55	32KM MALE
13	Jonathan Beattie	04:13:12	32KM MALE
14	Richard Ayres	04:18:18	32KM MALE
15	Dave Sharp	04:27:39	32KM MALE
16	Zubs Harneker	04:28:25	32KM MALE
17	Rob MArthinusen	04:29:16	32KM MALE
18	Jaco van der Westhuizen	04:29:53	32KM MALE
19	MARK WAGENHEIM	04:39:41	32KM MALE
20	Douwe Ganzevoort	04:40:10	32KM MALE
21	Shaun Rosenstein	04:47:11	32KM MALE
22	Rob Burgoyne	04:51:11	32KM MALE
23	nic robertson	04:59:38	32KM MALE
24	Tim Wade	05:45:29	32KM MALE
25	Corne Mellet	05:45:34	32KM MALE
1	Kristinet van der Westhu	04:13:53	32KM FEMALE
2	Liz Verheyden	04:28:57	32KM FEMALE
3	Sue Ullyett	04:39:44	32KM FEMALE
4	Daksha Hargovan	05:39:57	32KM FEMALE
5	Sally Martindale-Tucker	05:45:28	32KM FEMALE
1	Hennie Pelser	00:56:46	MALE 13KM
2	Jan Ham	00:58:15	MALE 13KM
3	Davide Del Fante	01:00:06	MALE 13KM
4	Kenneth Bergh	01:01:07	MALE 13KM
5	Mike Scott	01:02:18	MALE 13KM
6	Charles Keyser	01:04:02	MALE 13KM
7	Gysbert van der Westhuzi	01:04:05	MALE 13KM
8	justin wilson	01:04:32	MALE 13KM
9	Riehan Groenewald	01:04:38	MALE 13KM
10	Sean Young	01:06:00	MALE 13KM
11	Marc Johnstone	01:06:07	MALE 13KM
12	Ludaan Khors	01:06:44	MALE 13KM
13	Johan Brink	01:06:57	MALE 13KM
14	Craig Young	01:07:10	MALE 13KM
15	Willem van Wyk	01:08:03	MALE 13KM
16	Louis du Plessis	01:08:52	MALE 13KM
17	Benjamin Bungartz	01:13:39	MALE 13KM
18	Francois Janse van Rens	01:15:15	MALE 13KM
19	Richard Schroder	01:21:17	MALE 13KM

20	Francois Cillie	01:21:59	MALE 13KM
21	David Yutar	01:22:50	MALE 13KM
22	James Moodie	01:24:50	MALE 13KM
23	David Fox	01:26:16	MALE 13KM
24	Neil Bernberg	01:28:04	MALE 13KM
25	BARRY WIESNER	01:31:36	MALE 13KM
26	John Boyce	01:35:40	MALE 13KM
27	Roan Mackintosh	01:37:26	MALE 13KM
28	Spencer Cowley	01:39:02	MALE 13KM
29	Frederick van der Post	01:40:45	MALE 13KM
30	Daniel Theron	01:40:48	MALE 13KM
31	Grant Diers	01:59:36	MALE 13KM

1	Luzandrie Steenkamp	01:05:07	FEMALE 13KM
2	Rebecca Lazarus	01:09:10	FEMALE 13KM
3	Chantel Wood	01:09:42	FEMALE 13KM
4	Jenny young	01:12:06	FEMALE 13KM
5	Lindsey Bungartz	01:13:35	FEMALE 13KM
6	Jorja Hudson	01:13:42	FEMALE 13KM
7	Driekie van Dyk	01:16:21	FEMALE 13KM
8	Angela Taylor	01:16:55	FEMALE 13KM
9	cynthia donnellan	01:17:35	FEMALE 13KM
10	JEANNE GOUWS	01:18:45	FEMALE 13KM
11	Jacqui Marthinusen	01:19:23	FEMALE 13KM
12	Lena Schuth	01:21:11	FEMALE 13KM
13	mel sharp	01:22:15	FEMALE 13KM
14	Izette Mostert	01:23:52	FEMALE 13KM
15	Annelise Bergh	01:23:56	FEMALE 13KM
16	Zoe Nepgen	01:26:14	FEMALE 13KM
17	MEG MOODIE	01:27:37	FEMALE 13KM
18	Allison Lamb	01:28:55	FEMALE 13KM
19	Danielle Harcourt	01:29:34	FEMALE 13KM
20	keelan wilson	01:31:32	FEMALE 13KM
21	Cindy Pelser	01:33:45	FEMALE 13KM
22	Lisa Beattie	01:36:31	FEMALE 13KM
23	Pippa Van den Berg	01:37:23	FEMALE 13KM
24	Ame Cowley	01:39:05	FEMALE 13KM
25	Angela Hutchison	01:40:39	FEMALE 13KM
26	Wendy Holliday	01:41:59	FEMALE 13KM
27	Elanda du Plessis	01:42:01	FEMALE 13KM
28	Antoinette Veldtman	01:49:54	FEMALE 13KM
29	Cheryl Grod	02:15:52	FEMALE 13KM
30	Lesley Haddow	02:15:55	FEMALE 13KM