

5 KM

	NUMBER	RACE CATEGOR	RUN TIME	NAME	
1	53	5 KM	00:18:48	Raymond	Kompura
2	59	5 KM	00:21:17	Nomapelana	Inga
3	N	5 KM	00:23:05	Hlumisa	Nongogo
4	N	5 KM	00:23:05	L.E	
5	N	5 KM	00:23:05	L.E	
6	N	5 KM	00:23:42	L.E	
7	N	5 KM	00:23:45	L.E	
8	20	5 KM	00:26:25	Marietjie	Joubert
9	26	5 KM	00:26:57	Stephen	Andrew
10	41	5 KM	00:27:18	Sarah	Downing
11	N	5 KM	00:28:30	L.E	#N/A
12	15	5 KM	00:28:31	Leigh	Trout
13	55	5 KM	00:28:36	Trovon	Trout
14	N	5 KM	00:29:27	L.E	#N/A
15	5	5 KM	00:29:28	Carla	Snijders
16	32	5 KM	00:29:38	Abrie	Wood
17	42	5 KM	00:30:26	Erin	Downing
18	40	5 KM	00:31:58	Nholosokuhle	Thabede
19	46	5 KM	00:32:07	Veerle	van Heerden
20	14	5 KM	00:32:08	Joanne	Grenfell
21	31	5 KM	00:32:53	Zelda	Wolfaardt
22	54	5 KM	00:32:54	Surika	Viljoen
23	8	5 KM	00:34:39	Diaan	van der Walt
24	52	5 KM	00:35:50	Chantal	Haasbroek
25	38	5 KM	00:36:07	Annabelle	Schreuders
26	57	5 KM	00:37:35	Johan	Stadler
27	35	5 KM	00:38:05	Willie	Goosen
28	50	5 KM	00:38:06	Corrine	0
29	24	5 KM	00:39:14	Rosemary	Sims
30	39	5 KM	00:39:16	Catherine	Speedie
31	48	5 KM	00:39:44	Leigh-Ann	Applewhite
32	51	5 KM	00:40:55	Clart	Surtees
33	20	5 KM	00:44:18	Marietjie	Joubert
34	28	5 KM	00:44:50	Theresa	Nel
35	10	5 KM	00:46:36	Elizna	Taylor
36	22	5 KM	00:46:39	Milay	Engels
37	47	5 KM	00:46:41	Neve	van Heerden
38	45	5 KM	00:46:48	Haleen	van Heerden
39	9	5 KM	00:46:50	Elarna	Engels
40	6	5 KM	00:46:58	Chanel	Theron

41	36	5 KM	00:47:10	Tania	Theron
42	44	5 KM	00:58:39	Lana	du Plooy
43	43	5 KM	00:58:41	Frans	du Plooy
44	58	5 KM	00:58:46	Kara	van Merwe
45	10	5 KM	00:59:36	Elizna	Taylor
46	33	5 KM	00:59:38	#N/A	#N/A
47	37	5 KM	01:01:00	Zuki	0
48	30	5 KM	01:04:23	Troy	Nel
49	26	5 KM	01:05:16	Stephen	Andrew
50	29	5 KM	01:05:17	Tristan	Nel

10 KM

	NUMBER	RACE CATEGOR	RUN TIME	NAME	
1	629	12 KM	00:50:55	Conrad	Van Der Merwe
2	502	12 KM	00:54:18	Michael	Molyneaux
3	485	12 KM	00:56:00	Phillip	
4	620	12 KM	01:00:50	Bernice	De Wet
5	490	12 KM	01:01:55	Khulile	
6	693	12 KM	01:02:57	Stanley	Reed
7	700	12 KM	01:03:18		
8	637	12 KM	01:04:47	Gerhard	Engels
9	657	12 KM	01:07:03	Kobus	Rabe
10	649	12 KM	01:07:05	Jean	De Jongh
11	674	12 KM	01:07:36	Paola	Vignani
12	633	12 KM	01:08:08	Erik	Van heerden
13	431	12 KM	01:08:55	Kirsten	Sims
14	458	12 KM	01:09:00	Charl	Hugo
15	640	12 KM	01:09:07	Hekkie	Breytenbach
16	691	12 KM	01:09:57	Richard At	Moving On
17	508	12 KM	01:10:37	Claire	Sydow
18	670	12 KM	01:14:10		
19	639	12 KM	01:14:11	Heinrich	Stapelberg
20	690	12 KM	01:14:19	Richard	Els
21	609	12 KM	01:14:42	Amy	Kirby
22	641	12 KM	01:17:02	Janine	Reed
23	448	12 KM	01:17:47	#N/A	#N/A
24	626	12 KM	01:18:38	Cheryl	Deverson
25	672	12 KM	01:18:39	Michelle	Sutcliffe
26	451	12 KM	01:18:45	Gideon	Nieuwoudt
27	606	12 KM	01:21:25	Amelia	de Wet
28	698	12 KM	01:23:06	zanri	hearn
29	658	12 KM	01:23:13	Lauren	Davids
30	689	12 KM	01:23:27	Richard	Anderson
31	669	12 KM	01:25:40	maz	walker
32	444	12 KM	01:26:09		
33	661	12 KM	01:27:05	Marge	Van Vuuren
34	446	12 KM	01:27:25		

35	652	12 KM	01:27:26	Justine	Krige
36	695	12 KM	01:28:55	Steven	Hoffe
37	665	12 KM	01:28:56	Margi	Hoffe
38	655	12 KM	01:30:14	Kirsten	Deverson
39	654	12 KM	01:31:28	Kerry	Baynes
40	696	12 KM	01:31:31	Tanya	De vries
41	503	12 KM	01:33:57		
42	408	12 KM	01:35:03	Samantha	Milne
43	417	12 KM	01:35:04	Duncan	Smith
44	622	12 KM	01:37:37	Cecile	Odendaal
45	459	12 KM	01:38:54	Mart-Matrie	de Jongh
46	604	12 KM	01:50:28	Amanda	Stannard
47	634	12 KM	01:50:32	Esme-Marie	Louw
48	495	12 KM	01:53:30	Carissa	De Swardt
49	630	12 KM	01:53:31	Craig	Brorson
50	603	12 KM	01:55:13	Adrienne	Rogers
51	607	12 KM	01:57:59	Amorette	Coetzee
52	638	12 KM	01:58:00	Heather	Lord
53	636	12 KM	02:05:56	Gerhard	De Kock
54	481	12 KM	02:47:14	Leo	Joni
55					
56					
57					

21 KM

	NUMBER	RACE CATEGOR	RUN TIME	NAME	
1	85	21 KM	01:17:15	Andrea	Biffi
2	100	21 KM	01:38:23	Francois	Neethling
3	108	21 KM	01:38:35	Jose Luis	Aleixandre
4	149	21 KM	01:40:28	Neelke	Stadler
5	131	21 KM	01:41:55	tim	walker
6	94	21 KM	01:42:07	Declan	Pickering
7	135	21 KM	01:42:59	Will	Saaiman
8	83	21 KM	01:44:55	Adam	Badrawy
9	102	21 KM	01:44:57	Gavin	Hauck
10	145	21 KM	01:45:26	Nikki	Vryenhoek
11	106	21 KM	01:47:34	John	Murray
12	133	21 KM	01:47:35	Vaughan	Köster
13	104	21 KM	01:49:05	Johan	Klopper
14	126	21 KM	01:49:39	Shamier	Croeser
15	147	21 KM	01:50:20	Marc	van Galen
16	95	21 KM	01:50:56	Dewald	Coolen
17	148	21 KM	01:50:57	Richard	Downing
18	107	21 KM	01:51:49	Jonno	Proudfoot
19	105	21 KM	01:51:50	John	Standley
20	127	21 KM	01:53:51	Shavan	Pitts
21	150	21 KM	01:53:57	Sarah	Commins

22	101	21 KM	01:54:09	Gareth	Bartlett
23	86	21 KM	01:55:00	Arno	Rossouw
24	122	21 KM	01:57:24	Pieter	Roelofse
25	134	21 KM	01:58:10	Werner	Els
26	87	21 KM	01:58:39	Ben	Van Rensburg
27	130	21 KM	01:58:41	Tharien	Hansen
28	151	21 KM	01:59:07	Michelle	Davin
29	152	21 KM	01:59:08	Attie	Stadler
30	140	21 KM	01:59:48	Renscha	van Heerden
31	128	21 KM	02:03:23	Suzanne	Coolen
32	98	21 KM	02:04:41	Frances	Fuchs
33	96	21 KM	02:08:48	Dinesh	Makan
34	141	21 KM	02:12:08	Amy	Fouche
35	144	21 KM	02:12:09	Sanel	Theart
36	111	21 KM	02:17:46	Kees	Snijders
37	142	21 KM	02:17:47	Rene	Groenewald
38	114	21 KM	02:18:21	Sanel	Theart
39	109	21 KM	02:22:11	Justin	Davids
40	103	21 KM	02:24:36	Helena	Anderson
41	97	21 KM	02:29:54	Dinilesizwe	Gudlindlu
42	129	21 KM	02:29:56	Thandeka	Mehlo
43	139	21 KM	02:30:06	Raquel	Peres
44	146	21 KM	02:32:02	Saseka	Sihlwayi
45	92	21 KM	02:32:43	Courtney	Kennedy
46	112	21 KM	02:32:44	Kyle	Bowman
47	117	21 KM	02:37:32	Marilette	Brown
48	143	21 KM	02:56:12	Odwa	Ngwewnya
49	138	21 KM	02:59:33	Patricia	Kupinga
50	137	21 KM	03:33:17	Imelda	Masambo
51	136	21 KM	03:33:47	Alexandrina	Linyando

Stage Race

PLACING	NUMBER	NAME	TIME - DAY 1 & 2		COMBINED
1	29	Melody Shultz	02:48:36	03:04:52	05:53:29
2	35	Phillip Naude	02:53:14	03:14:54	06:08:08
3	24	Jonathan Sydown	02:51:13	03:19:38	06:10:51
4	27	Luke Mcgregor Nelson	02:46:15	03:27:45	06:13:59
5	26	Liezl Klopper	03:03:19	03:20:26	06:23:45
6	8	Charles Patterson	02:58:44	03:31:29	06:30:13
7	46	Zane Zandberg	03:09:01	03:39:42	06:48:43
8	13	Elton Gordon	03:21:42	03:30:25	06:52:07
9	3	Andrea Devine	03:27:51	03:32:54	07:00:45
10	33	Peter Zimmermann	03:29:25	03:31:47	07:01:12
11	15	Garion Krauss	03:24:39	03:40:34	07:05:13
12	36	Rae Trew-Browne	03:18:12	03:49:16	07:07:28
13	38	Sambi Batusi	03:16:59	03:56:21	07:13:20
14	40	Teagan van der Wath	03:21:55	03:53:21	07:15:16
15	7	Bronwyn Kretzmann	03:21:56	03:53:21	07:15:17

16	12	Elaan Coetzee	03:32:39	03:45:09	07:17:48
17	2	Aliza Pienaar	03:32:38	03:45:10	07:17:48
18	42	Therese Hansson	03:29:32	03:50:51	07:20:22
19	39	Sonja Neethling	03:35:46	03:48:43	07:24:29
20	43	Yvette Venter	03:35:47	03:48:56	07:24:43
21	21	Jaco Pasegrouw	03:34:33	03:50:17	07:24:50
22	19	Henk Groenewald	03:38:51	03:50:18	07:29:09
23	9	Darryn Howes	03:55:03	03:39:32	07:34:36
24	4	Andrew Hishin	03:29:24	04:09:03	07:38:27
25	28	Martin van der Walt	03:32:13	04:10:03	07:42:16
26	14	Fanuel Kapaero	03:29:58	04:35:57	08:05:54
27	10	David Conradie	05:01:10	04:45:33	09:46:43
28	47	Greg Theron	03:40:31		
29	48	Kobus Fouche	03:57:37		
30	49	Robert Robinson	04:35:59		
31	5	Athanasius Muronga	02:37:14		
32	6	Belinda McFadzean	03:31:17		
33	17	Greygord Mukuve	02:35:08		
34	18	Heather Dalton	03:37:24		
35	20	Imelda Masambo	04:35:55		
36	30	Michael Molyneaux	02:49:17		
37	32	Petricia Kapinga	05:19:58		
38	34	Petra Raimond	03:55:04		
39	37	Rene Groenewald	03:38:49		