



Overall Ladies Results

Place	Time	Name	Surname	Gender	Distance
1	1:01:24	Theresa	Ralph	F	25km
2	1:06:31	Chiara	De Siena	F	25km
3	1:07:45	Tamaryn	Kietzmann	F	25km
4	1:14:46	Cindy	Porobich	F	25km
5	1:21:53	Gayle	Harrison	F	25km
6	1:23:39	Tracy	Young	F	25km
7	1:24:07	Yvonne	Gardiner	F	25km
8	1:31:51	Julie	Peters	F	25km
9	1:32:21	Beth	Sheasby	F	25km
10	1:33:42	Mady	Lawrence	F	25km
11	1:41:01	Debbie	Thomson	F	25km
12	1:52:23	Cindy	Hazley	F	25km
13	1:52:26	Brenda	Kahl	F	25km
14	1:55:51	Sonette	De Villiers	F	25km
15	1:58:04	Ashleigh	Keefer-Allan	F	25km

Overall Junior Results

Place	Time	Name	Surname	Gender	Distance
1	0:55:53	Travis	Barrett	J	25km
2	0:58:20	Jayde	Davies	J	25km
3	0:59:45	Tiano	Da Silva	J	25km
4	1:00:49	Noah	Plein	J	25km
5	1:02:35	Matteo	Damilano	J	25km
6	1:02:44	Mart	Glazer	J	25km
7	1:07:31	Michael	Moolman	J	25km
8	1:13:22	Aaron	Heyneke	J	25km

9	1:14:53	Alexander	Black	J	25km
10	1:15:59	Connor	Coaklin	J	25km
11	1:17:43	Marcel	Moore	J	25km
12	1:20:07	Doron	Haberer	J	25km
13	1:35:02	Tristan	Rodgers	J	25km
14	1:35:04	Michael	Hazley	J	25km
15	1:35:58	Nathan	Calitz	J	25km
16	1:44:20	Giulia	Damilano	J	25km
17	1:44:27	Jonathan	Ribeiro	J	25km
18	1:48:20	Alex	Hersch-castros	J	25km
19	1:48:21	Noah	Blau	J	25km
20	2:24:02	Connor	Scrimgeour	J	25km

Overall Mens Results

Place	Time	Name	Surname	Gender	Distance
1	0:55:55	Neal	Corbett	M	25km
2	0:56:01	Julius	Cobbett	M	25km
3	0:57:22	Carl	Lotter	M	25km
4	0:59:31	Jarryd	Else	M	25km
5	0:59:40	Jeremy	Rishworth	M	25km
6	0:59:49	Darryl	Irvine	M	25km
7	1:00:49	Colin	Germis	M	25km
8	1:00:56	Stuart	Gower-Jackson	M	25km
9	1:00:58	Justin	Behrendt	M	25km
10	1:01:08	Daniel	Robinson	M	25km
11	1:02:04	Paulo	Do Couto	M	25km
12	1:02:08	Nevelle	Van Zyl	M	25km
13	1:02:37	Deon	Hultzer	M	25km
14	1:02:57	Pieter	Bezuidenhout	M	25km
15	1:03:09	Riaan	Jansen van Vuuren	M	25km
16	1:03:29	Tebogo	Mokwalto	M	25km
17	1:03:51	Robert	Handley	M	25km
18	1:04:06	Punkhead	Moir	M	25km
19	1:04:40	Robin	Fannin	M	25km
20	1:04:53	Hayden	Simpson	M	25km
21	1:05:08	Guy	Pitman	M	25km
22	1:05:24	Sean	Gallick	M	25km
23	1:06:01	John	Barrett	M	25km

24	1:06:03	Gerry	Coaklin	M	25km
25	1:06:08	Rowan	Lyle	M	25km
26	1:06:55	Brendon	Webber	M	25km
27	1:07:26	Neil	Promnick	M	25km
28	1:07:32	Andrew	Comley	M	25km
29	1:07:37	Steyn	Harry	M	25km
30	1:07:39	Deon	Barnard	M	25km
31	1:07:43	Rodney	Goosen	M	25km
32	1:07:50	Riaan	Britz	M	25km
33	1:07:51	Maurilio	Correia	M	25km
34	1:08:10	Gray	Todd	M	25km
35	1:08:24	John	Ingram	M	25km
36	1:08:26	Kaiser	Cornelius	M	25km
37	1:08:31	Bevan	Langton	M	25km
38	1:08:31	Roche	Swiegers	M	25km
39	1:08:35	Avon	Schafer	M	25km
40	1:08:36	Paul	Rossouw	M	25km
41	1:08:38	Oliver	Zuhlke	M	25km
42	1:08:43	Shawn James	Mitchley	M	25km
43	1:08:52	Greg	Justus	M	25km
44	1:09:24	Clyde	Kadondo	M	25km
45	1:09:26	Dan	Kerslake	M	25km
46	1:09:35	Larry	Barns	M	25km
47	1:09:37	Troye	Marais	M	25km
48	1:09:46	Gordon	Eadie	M	25km
49	1:10:32	Sean	Coetzer	M	25km
50	1:10:42	Anthony	Evans	M	25km
51	1:10:50	Justin	Harris	M	25km
52	1:10:54	Gavin John	Letcher	M	25km
53	1:10:55	Mike	Bowden	M	25km
54	1:11:31	Trevor	Du Toit	M	25km
55	1:11:44	Jan	Johannsen	M	25km
56	1:11:45	Craig Andrew	Swanepoel	M	25km
57	1:11:46	Dave	Perry	M	25km
58	1:11:49	Andrew	Bowden	M	25km
59	1:11:50	Jacobus Christiaan	Cronje	M	25km
60	1:12:03	Marco	Marques	M	25km
61	1:12:15	William	Wilson	M	25km
62	1:12:21	Digby	Hoets	M	25km
63	1:12:46	Corne	Meier	M	25km

64	1:12:47	Ruaan	Ras	M	25km
65	1:13:15	Chad	Engelbrecht	M	25km
66	1:13:16	Cavin	Coutsides	M	25km
67	1:13:38	Graham	Hannigan	M	25km
68	1:14:24	Brett	Horne	M	25km
69	1:14:48	Ryan	Stewart	M	25km
70	1:15:06	Ian	van Zyl	M	25km
71	1:15:07	Gary	Westraat	M	25km
72	1:15:13	Sean	Moralee	M	25km
73	1:15:19	Colin	Brings	M	25km
74	1:15:43	Patrick	Nayler	M	25km
75	1:15:44	Jaco	Venter	M	25km
76	1:15:45	steven	dave	M	25km
77	1:16:03	Darren	Bekker	M	25km
78	1:16:11	Laurie	Jespersen	M	25km
79	1:16:22	Chad	Horne	M	25km
80	1:16:45	Ashley	Seiler	M	25km
81	1:16:57	Brendan	Marlborough	M	25km
82	1:17:06	Johann	Burger	M	25km
83	1:17:08	Howard	Catling	M	25km
84	1:17:39	Andre	Duvenhage	M	25km
85	1:17:40	Vernon	Van Rooyen	M	25km
86	1:17:45	Mark	Pretorius	M	25km
87	1:18:28	Maciek	Granicki	M	25km
88	1:18:33	Andrew	Muir	M	25km
89	1:18:35	Hidegarde	Cronje	M	25km
90	1:19:23	Tom	Crotty	M	25km
91	1:19:27	Mark	Cathrall	M	25km
92	1:19:38	Ian	Douglas	M	25km
93	1:20:03	Warren	Hyde	M	25km
94	1:20:06	Stewart	Horne	M	25km
95	1:20:23	Greg	Ivins	M	25km
96	1:20:24	Brent	Flint	M	25km
97	1:20:31	Chase	Gunther	M	25km
98	1:20:32	Magnus	Bergstedt	M	25km
99	1:21:06	Dominic	Nugent	M	25km
100	1:21:14	Clint	Weston	M	25km
101	1:21:15	Steven	Lowth	M	25km
102	1:21:18	Bruce	Allen	M	25km
103	1:21:25	Quentin	Tolmay	M	25km

104	1:22:01	John	Lilley	M	25km
105	1:22:05	Jacques	Mostert	M	25km
106	1:22:11	Rowan	Holborow-Browne	M	25km
107	1:22:37	Donovan	Stark	M	25km
108	1:22:57	Andreas	Richelmann	M	25km
109	1:23:02	Dean	Foley	M	25km
110	1:24:11	Lee	Heyneke	M	25km
111	1:24:24	Niels	Eichhorn	M	25km
112	1:24:33	Shaun	Cabrita	M	25km
113	1:24:45	Keith	Turner	M	25km
114	1:24:47	Jason	Stewart	M	25km
115	1:24:50	Justin	Kerslake	M	25km
116	1:24:55	Andrew	Sanders	M	25km
117	1:25:11	Lynton	Moore	M	25km
118	1:25:17	Anthony	Glazer	M	25km
119	1:25:23	Gary	de Bruijn	M	25km
120	1:25:34	Trevor	Beekman	M	25km
121	1:26:04	Donavan	Phillips	M	25km
122	1:26:43	Mike	Ransom	M	25km
123	1:27:04	Gert	Gadney	M	25km
124	1:27:11	Corne	du preez	M	25km
125	1:27:14	Eduard	von Moltke	M	25km
126	1:27:16	Louis	van Wyk	M	25km
127	1:27:28	Raymond	Price	M	25km
128	1:27:29	Michael	Robins	M	25km
129	1:27:49	Matt	Bowden	M	25km
130	1:28:11	David	Westraat	M	25km
131	1:28:49	Ressano	Lopes	M	25km
132	1:28:55	Marius	Van Lill	M	25km
133	1:28:56	David	Elliott	M	25km
134	1:30:46	Filip	Rafalski	M	25km
135	1:31:05	Johann	Strydom	M	25km
136	1:31:23	Ricky	Ferrao	M	25km
137	1:31:40	Myron	Krost	M	25km
138	1:31:59	Bruce	Foley	M	25km
139	1:32:20	Peter	Sheasby	M	25km
140	1:32:31	Ben	Leven	M	25km
141	1:33:19	Aubrey	Plein	M	25km
142	1:33:31	Vivaldo	Damilano	M	25km
143	1:33:54	Jacques	Scheepers	M	25km

144	1:35:47	Theo	Grobler	M	25km
145	1:36:03	Nelson	Torres	M	25km
146	1:36:38	Chris	Warwick	M	25km
147	1:36:58	Manny	Cabrita	M	25km
148	1:37:00	Charlie	Walkanshaw	M	25km
149	1:38:47	Stanley	Nicholson	M	25km
150	1:38:49	Dirk	Fourie	M	25km
151	1:42:21	Wayne	Jorgensen	M	25km
152	1:43:03	Uwe	Reymann	M	25km
153	1:43:22	Bradley	Kuhn	M	25km
154	1:43:23	Jeff	Carr	M	25km
155	1:46:42	Desmond	Soekoe	M	25km
156	1:46:46	Mark	O Reilly	M	25km
157	1:47:01	Tim	Shipster	M	25km
158	1:47:02	Dave	Shipster	M	25km
159	1:49:42	Wayne	Yan	M	25km
160	1:49:44	roland	cheung	M	25km
161	1:52:22	Stephen	Hazley	M	25km
162	1:54:59	Quintin	Gruhn	M	25km
163	1:55:01	Jason	Cox	M	25km
164	1:55:49	Francois	De Villiers	M	25km
165	1:56:47	Stewart	Barret	M	25km
166	1:57:53	Dyllan	Cavanagh	M	25km
167	1:58:05	michael	Passos	M	25km
168	2:00:38	Piet	Calitz	M	25km
169	2:04:09	Clinton	Rodgers	M	25km
170	2:14:19	Henry	Bolt	M	25km
171	2:14:21	Richard	Smith	M	25km
172	2:14:30	David	Ribeiro	M	25km
173	2:16:30	Alan James	Martino	M	25km
174	2:18:39	Lloyd	Townsend	M	25km
175	2:18:44	Vincent	Krause	M	25km
176	2:18:49	Cameron	de Wet	M	25km
177	2:24:04	Allen	Scrimgeour	M	25km

Overall Results

Place	Time	Name	Surname	Gender	Distance
1	0:55:53	Travis	Barrett	J	25km

2	0:55:55	Neal	Corbett	M	25km
3	0:56:01	Julius	Cobbett	M	25km
4	0:57:22	Carl	Lotter	M	25km
5	0:58:20	Jayde	Davies	J	25km
6	0:59:31	Jarryd	Else	M	25km
7	0:59:40	Jeremy	Rishworth	M	25km
8	0:59:45	Tiano	Da Silva	J	25km
9	0:59:49	Darryl	Irvine	M	25km
10	1:00:49	Noah	Plein	J	25km
11	1:00:49	Colin	Germes	M	25km
12	1:00:56	Stuart	Gower-Jackson	M	25km
13	1:00:58	Justin	Behrendt	M	25km
14	1:01:08	Daniel	Robinson	M	25km
15	1:01:24	Theresa	Ralph	F	25km
16	1:02:04	Paulo	Do Couto	M	25km
17	1:02:08	Nevelle	Van Zyl	M	25km
18	1:02:35	Matteo	Damilano	J	25km
19	1:02:37	Deon	Hultzer	M	25km
20	1:02:44	Mart	Glazer	J	25km
21	1:02:57	Pieter	Bezuidenhout	M	25km
22	1:03:09	Riaan	Jansen van Vuuren	M	25km
23	1:03:29	Tebogo	Mokwalto	M	25km
24	1:03:51	Robert	Handley	M	25km
25	1:04:06	Punkhead	Moir	M	25km
26	1:04:40	Robin	Fannin	M	25km
27	1:04:53	Hayden	Simpson	M	25km
28	1:05:08	Guy	Pitman	M	25km
29	1:05:24	Sean	Gallick	M	25km
30	1:06:01	John	Barrett	M	25km
31	1:06:03	Gerry	Coaklin	M	25km
32	1:06:08	Rowan	Lyle	M	25km
33	1:06:31	Chiara	De Siena	F	25km
34	1:06:55	Brendon	Webber	M	25km
35	1:07:26	Neil	Promnick	M	25km
36	1:07:31	Michael	Moolman	J	25km
37	1:07:32	Andrew	Comley	M	25km
38	1:07:37	Steyn	Harry	M	25km
39	1:07:39	Deon	Barnard	M	25km
40	1:07:43	Rodney	Goosen	M	25km
41	1:07:45	Tamaryn	Kietzmann	F	25km

42	1:07:50	Riaan	Britz	M	25km
43	1:07:51	Maurilio	Correia	M	25km
44	1:08:10	Gray	Todd	M	25km
45	1:08:24	John	Ingram	M	25km
46	1:08:26	Kaiser	Cornelius	M	25km
47	1:08:31	Bevan	Langton	M	25km
48	1:08:31	Roche	Swiegers	M	25km
49	1:08:35	Avon	Schafer	M	25km
50	1:08:36	Paul	Rossouw	M	25km
51	1:08:38	Oliver	Zuhlke	M	25km
52	1:08:43	Shawn James	Mitchley	M	25km
53	1:08:52	Greg	Justus	M	25km
54	1:09:24	Clyde	Kadondo	M	25km
55	1:09:26	Dan	Kerslake	M	25km
56	1:09:35	Larry	Barns	M	25km
57	1:09:37	Troye	Marais	M	25km
58	1:09:46	Gordon	Eadie	M	25km
59	1:10:32	Sean	Coetzer	M	25km
60	1:10:42	Anthony	Evans	M	25km
61	1:10:50	Justin	Harris	M	25km
62	1:10:54	Gavin John	Letcher	M	25km
63	1:10:55	Mike	Bowden	M	25km
64	1:11:31	Trevor	Du Toit	M	25km
65	1:11:44	Jan	Johannsen	M	25km
66	1:11:45	Craig Andrew	Swanepoel	M	25km
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68	1:11:49	Andrew	Bowden	M	25km
69	1:11:50	Jacobus Christiaan	Cronje	M	25km
70	1:12:03	Marco	Marques	M	25km
71	1:12:15	William	Wilson	M	25km
72	1:12:21	Digby	Hoets	M	25km
73	1:12:46	Corne	Meier	M	25km
74	1:12:47	Ruaan	Ras	M	25km
75	1:13:15	Chad	Engelbrecht	M	25km
76	1:13:16	Cavin	Coutsides	M	25km
77	1:13:22	Aaron	Heyneke	J	25km
78	1:13:38	Graham	Hannigan	M	25km
79	1:14:24	Brett	Horne	M	25km
80	1:14:46	Cindy	Porobich	F	25km
81	1:14:48	Ryan	Stewart	M	25km

82	1:14:53	Alexander	Black	J	25km
83	1:15:06	Ian	van Zyl	M	25km
84	1:15:07	Gary	Westraat	M	25km
85	1:15:13	Sean	Moralee	M	25km
86	1:15:19	Colin	Brings	M	25km
87	1:15:43	Patrick	Nayler	M	25km
88	1:15:44	Jaco	Venter	M	25km
89	1:15:45	steven	dave	M	25km
90	1:15:59	Connor	Coaklin	J	25km
91	1:16:03	Darren	Bekker	M	25km
92	1:16:11	Laurie	Jespersen	M	25km
93	1:16:22	Chad	Horne	M	25km
94	1:16:45	Ashley	Seiler	M	25km
95	1:16:57	Brendan	Marlborough	M	25km
96	1:17:06	Johann	Burger	M	25km
97	1:17:08	Howard	Catling	M	25km
98	1:17:39	Andre	Duvenhage	M	25km
99	1:17:40	Vernon	Van Rooyen	M	25km
100	1:17:43	Marcel	Moore	J	25km
101	1:17:45	Mark	Pretorius	M	25km
102	1:18:28	Maciek	Granicki	M	25km
103	1:18:33	Andrew	Muir	M	25km
104	1:18:35	Hidegarde	Cronje	M	25km
105	1:19:23	Tom	Crotty	M	25km
106	1:19:27	Mark	Cathrall	M	25km
107	1:19:38	Ian	Douglas	M	25km
108	1:20:03	Warren	Hyde	M	25km
109	1:20:06	Stewart	Horne	M	25km
110	1:20:07	Doron	Haberer	J	25km
111	1:20:23	Greg	Ivins	M	25km
112	1:20:24	Brent	Flint	M	25km
113	1:20:31	Chase	Gunther	M	25km
114	1:20:32	Magnus	Bergstedt	M	25km
115	1:21:06	Dominic	Nugent	M	25km
116	1:21:14	Clint	Weston	M	25km
117	1:21:15	Steven	Lowth	M	25km
118	1:21:18	Bruce	Allen	M	25km
119	1:21:25	Quentin	Tolmay	M	25km
120	1:21:53	Gayle	Harrison	F	25km
121	1:22:01	John	Lilley	M	25km

122	1:22:05	Jacques	Mostert	M	25km
123	1:22:11	Rowan	Holborow-Browne	M	25km
124	1:22:37	Donovan	Stark	M	25km
125	1:22:57	Andreas	Richelmann	M	25km
126	1:23:02	Dean	Foley	M	25km
127	1:23:39	Tracy	Young	F	25km
128	1:24:07	Yvonne	Gardiner	F	25km
129	1:24:11	Lee	Heyneke	M	25km
130	1:24:24	Niels	Eichhorn	M	25km
131	1:24:33	Shaun	Cabrita	M	25km
132	1:24:45	Keith	Turner	M	25km
133	1:24:47	Jason	Stewart	M	25km
134	1:24:50	Justin	Kerslake	M	25km
135	1:24:55	Andrew	Sanders	M	25km
136	1:25:11	Lynton	Moore	M	25km
137	1:25:17	Anthony	Glazer	M	25km
138	1:25:23	Gary	de Bruijn	M	25km
139	1:25:34	Trevor	Beekman	M	25km
140	1:26:04	Donavan	Phillips	M	25km
141	1:26:43	Mike	Ransom	M	25km
142	1:27:04	Gert	Gadney	M	25km
143	1:27:11	Corne	du preez	M	25km
144	1:27:14	Eduard	von Moltke	M	25km
145	1:27:16	Louis	van Wyk	M	25km
146	1:27:28	Raymond	Price	M	25km
147	1:27:29	Michael	Robins	M	25km
148	1:27:49	Matt	Bowden	M	25km
149	1:28:11	David	Westraat	M	25km
150	1:28:49	Ressano	Lopes	M	25km
151	1:28:55	Marius	Van Lill	M	25km
152	1:28:56	David	Elliott	M	25km
153	1:30:46	Filip	Rafalski	M	25km
154	1:31:05	Johann	Strydom	M	25km
155	1:31:23	Ricky	Ferrao	M	25km
156	1:31:40	Myron	Krost	M	25km
157	1:31:51	Julie	Peters	F	25km
158	1:31:59	Bruce	Foley	M	25km
159	1:32:20	Peter	Sheasby	M	25km
160	1:32:21	Beth	Sheasby	F	25km
161	1:32:31	Ben	Leven	M	25km

162	1:33:19	Aubrey	Plein	M	25km
163	1:33:31	Vivaldo	Damilano	M	25km
164	1:33:42	Mady	Lawrence	F	25km
165	1:33:54	Jacques	Scheepers	M	25km
166	1:35:02	Tristan	Rodgers	J	25km
167	1:35:04	Michael	Hazley	J	25km
168	1:35:47	Theo	Grobler	M	25km
169	1:35:58	Nathan	Calitz	J	25km
170	1:36:03	Nelson	Torres	M	25km
171	1:36:38	Chris	Warwick	M	25km
172	1:36:58	Manny	Cabrita	M	25km
173	1:37:00	Charlie	Walkanshaw	M	25km
174	1:38:47	Stanley	Nicholson	M	25km
175	1:38:49	Dirk	Fourie	M	25km
176	1:41:01	Debbie	Thomson	F	25km
177	1:42:21	Wayne	Jorgensen	M	25km
178	1:43:03	Uwe	Reymann	M	25km
179	1:43:22	Bradley	Kuhn	M	25km
180	1:43:23	Jeff	Carr	M	25km
181	1:44:20	Giulia	Damilano	J	25km
182	1:44:27	Jonathan	Ribeiro	J	25km
183	1:46:42	Desmond	Soekoe	M	25km
184	1:46:46	Mark	O Reilly	M	25km
185	1:47:01	Tim	Shipster	M	25km
186	1:47:02	Dave	Shipster	M	25km
187	1:48:20	Alex	Hersch-castros	J	25km
188	1:48:21	Noah	Blau	J	25km
189	1:49:42	Wayne	Yan	M	25km
190	1:49:44	roland	cheung	M	25km
191	1:52:22	Stephen	Hazley	M	25km
192	1:52:23	Cindy	Hazley	F	25km
193	1:52:26	Brenda	Kahl	F	25km
194	1:54:59	Quintin	Gruhn	M	25km
195	1:55:01	Jason	Cox	M	25km
196	1:55:49	Francois	De Villiers	M	25km
197	1:55:51	Sonette	De Villiers	F	25km
198	1:56:47	Stewart	Barret	M	25km
199	1:57:53	Dyllan	Cavanagh	M	25km
200	1:58:04	Ashleigh	Keefer-Allan	F	25km
201	1:58:05	michael	Passos	M	25km

202	2:00:38	Piet	Calitz	M	25km
203	2:04:09	Clinton	Rodgers	M	25km
204	2:14:19	Henry	Bolt	M	25km
205	2:14:21	Richard	Smith	M	25km
206	2:14:30	David	Ribeiro	M	25km
207	2:16:30	Alan James	Martino	M	25km
208	2:18:39	Lloyd	Townsend	M	25km
209	2:18:44	Vincent	Krause	M	25km
210	2:18:49	Cameron	de Wet	M	25km
211	2:24:02	Connor	Scrimgeour	J	25km
212	2:24:04	Allen	Scrimgeour	M	25km

