



### 10km Ladies Results

| Position | Race # | Time    | Name      | Surname    | Gender | Distance |
|----------|--------|---------|-----------|------------|--------|----------|
|          |        |         |           |            |        |          |
| 1        | 213    | 0:45:33 | Nicolette | Griffioen  | Female | 10km     |
| 2        | 226    | 0:52:36 | Lee       | Olivier    | Female | 10km     |
| 3        | 253    | 0:52:54 | Laura     | Kotlinski  | Female | 10km     |
| 4        | 201    | 0:56:34 | Lorna     | Bartram    | Female | 10km     |
| 5        | 228    | 0:59:26 | Lizette   | Sander     | Female | 10km     |
| 6        | 224    | 0:59:27 | Julie     | Munnik     | Female | 10km     |
| 7        | 235    | 1:01:30 | Petro     | von Fintel | Female | 10km     |
| 8        | 204    | 1:01:31 | tracy     | costa      | Female | 10km     |
| 9        | 205    | 1:01:32 | Lisa      | Czeppek    | Female | 10km     |
| 10       | 217    | 1:05:05 | Andrea    | Keyter     | Female | 10km     |
| 11       | 238    | 1:05:34 | Sheena    | McGeoch    | Female | 10km     |
| 12       | 219    | 1:06:05 | Boitumelo | Kuzwayo    | Female | 10km     |
| 13       | 210    | 1:08:44 | Jacky     | Grassman   | Female | 10km     |
| 14       | 234    | 1:10:04 | Elsabe    | Venter     | Female | 10km     |

### 10km Mens Results

| Position | Race # | Time    | Name      | Surname            | Gender | Distance |
|----------|--------|---------|-----------|--------------------|--------|----------|
|          |        |         |           |                    |        |          |
| 1        | 185    | 0:44:16 | Daniel    | Mosue              | Male   | 10km     |
| 2        | 179    | 0:44:40 | Mark      | Wilson             | Male   | 10km     |
| 3        | 254    | 0:49:03 | John      | Press              | Male   | 10km     |
| 4        | 200    | 0:50:17 | Cornelius | Baard              | Male   | 10km     |
| 5        | 251    | 0:51:27 | Cavin     | Noah               | Male   | 10km     |
| 6        | 246    | 0:52:34 | Craig     | Van Der Westhuizen | Male   | 10km     |
| 7        | 203    | 0:52:35 | Graham    | Callanan           | Male   | 10km     |
| 8        | 250    | 0:52:58 | Ralf      | Paps               | Male   | 10km     |

|    |     |         |              |             |      |      |
|----|-----|---------|--------------|-------------|------|------|
| 9  | 243 | 0:53:50 | Bosman       | Stamrood    | Male | 10km |
| 10 | 218 | 0:54:39 | Mark         | Keyter      | Male | 10km |
| 11 | 245 | 0:56:32 | Vernon       | Burtone     | Male | 10km |
| 12 | 202 | 0:57:33 | Leon         | Botha       | Male | 10km |
| 13 | 237 | 0:58:36 | Jeremy       | Wood        | Male | 10km |
| 14 | 236 | 0:59:25 | Charl        | Whitaker    | Male | 10km |
| 15 | 229 | 0:59:37 | Stefan       | Steyn       | Male | 10km |
| 16 | 241 | 0:59:40 | Neil         | McLaren     | Male | 10km |
| 17 | 220 | 0:59:43 | Shawn        | Laggar      | Male | 10km |
| 18 | 207 | 0:59:54 | Carl-Hartwig | Dittmer     | Male | 10km |
| 19 | 247 | 1:00:26 | Steve        | Ireland     | Male | 10km |
| 20 | 239 | 1:00:32 | Dale         | Towert      | Male | 10km |
| 21 | 209 | 1:00:37 | Graeme       | Fuller      | Male | 10km |
| 22 | 208 | 1:01:10 | Andre        | Duvenhage   | Male | 10km |
| 23 | 211 | 1:01:28 | Johan        | Grassman    | Male | 10km |
| 24 | 221 | 1:02:13 | Thatho       | Mabe        | Male | 10km |
| 25 | 244 | 1:04:06 | Allister     | Mccreadie   | Male | 10km |
| 26 | 214 | 1:05:07 | Gary         | Hewitt      | Male | 10km |
| 27 | 233 | 1:06:02 | Milan        | van Wyk     | Male | 10km |
| 28 | 223 | 1:06:08 | Busisani     | Mhlambi     | Male | 10km |
| 29 | 222 | 1:07:23 | Ric          | Marini      | Male | 10km |
| 30 | 206 | 1:08:02 | Bryan        | Davidson    | Male | 10km |
| 31 | 242 | 1:18:02 | Wynand       | Nel         | Male | 10km |
| 32 | 231 | DQ      | Craig        | van Niekerk | Male | 10km |

### 10km Overall Results

| Position | Race # | Time    | Name      | Surname            | Gender | Distance |
|----------|--------|---------|-----------|--------------------|--------|----------|
|          |        |         |           |                    |        |          |
| 1        | 185    | 0:44:16 | Daniel    | Mosue              | Male   | 10km     |
| 2        | 179    | 0:44:40 | Mark      | Wilson             | Male   | 10km     |
| 3        | 213    | 0:45:33 | Nicolette | Griffioen          | Female | 10km     |
| 4        | 254    | 0:49:03 | John      | Press              | Male   | 10km     |
| 5        | 200    | 0:50:17 | Cornelius | Baard              | Male   | 10km     |
| 6        | 251    | 0:51:27 | Cavin     | Noah               | Male   | 10km     |
| 7        | 246    | 0:52:34 | Craig     | Van Der Westhuizen | Male   | 10km     |
| 8        | 203    | 0:52:35 | Graham    | Callanan           | Male   | 10km     |
| 9        | 226    | 0:52:36 | Lee       | Olivier            | Female | 10km     |
| 10       | 253    | 0:52:54 | Laura     | Kotlinski          | Female | 10km     |

|    |     |         |              |             |        |      |
|----|-----|---------|--------------|-------------|--------|------|
| 11 | 250 | 0:52:58 | Ralf         | Paps        | Male   | 10km |
| 12 | 243 | 0:53:50 | Bosman       | Stamrood    | Male   | 10km |
| 13 | 218 | 0:54:39 | Mark         | Keyter      | Male   | 10km |
| 14 | 245 | 0:56:32 | Vernon       | Burtone     | Male   | 10km |
| 15 | 201 | 0:56:34 | Lorna        | Bartram     | Female | 10km |
| 16 | 202 | 0:57:33 | Leon         | Botha       | Male   | 10km |
| 17 | 237 | 0:58:36 | Jeremy       | Wood        | Male   | 10km |
| 18 | 236 | 0:59:25 | Charl        | Whitaker    | Male   | 10km |
| 19 | 228 | 0:59:26 | Lizette      | Sander      | Female | 10km |
| 20 | 224 | 0:59:27 | Julie        | Munnik      | Female | 10km |
| 21 | 229 | 0:59:37 | Stefan       | Steyn       | Male   | 10km |
| 22 | 241 | 0:59:40 | Neil         | McLaren     | Male   | 10km |
| 23 | 220 | 0:59:43 | Shawn        | Laggar      | Male   | 10km |
| 24 | 207 | 0:59:54 | Carl-Hartwig | Dittmer     | Male   | 10km |
| 25 | 247 | 1:00:26 | Steve        | Ireland     | Male   | 10km |
| 26 | 239 | 1:00:32 | Dale         | Towert      | Male   | 10km |
| 27 | 209 | 1:00:37 | Graeme       | Fuller      | Male   | 10km |
| 28 | 208 | 1:01:10 | Andre        | Duvenhage   | Male   | 10km |
| 29 | 211 | 1:01:28 | Johan        | Grassman    | Male   | 10km |
| 30 | 235 | 1:01:30 | Petro        | von Fintel  | Female | 10km |
| 31 | 204 | 1:01:31 | tracy        | costa       | Female | 10km |
| 32 | 205 | 1:01:32 | Lisa         | Czepek      | Female | 10km |
| 33 | 221 | 1:02:13 | Thatho       | Mabe        | Male   | 10km |
| 34 | 244 | 1:04:06 | Allister     | Mccreadie   | Male   | 10km |
| 35 | 217 | 1:05:05 | Andrea       | Keyter      | Female | 10km |
| 36 | 214 | 1:05:07 | Gary         | Hewitt      | Male   | 10km |
| 37 | 238 | 1:05:34 | Sheena       | McGeoch     | Female | 10km |
| 38 | 233 | 1:06:02 | Milan        | van Wyk     | Male   | 10km |
| 39 | 222 | 1:06:03 | Ric          | Marini      | Male   | 10km |
| 40 | 219 | 1:06:05 | Boitumelo    | Kuzwayo     | Female | 10km |
| 41 | 223 | 1:06:08 | Busisani     | Mhlambi     | Male   | 10km |
| 42 | 206 | 1:08:02 | Bryan        | Davidson    | Male   | 10km |
| 43 | 210 | 1:08:44 | Jacky        | Grassman    | Female | 10km |
| 44 | 234 | 1:10:04 | Elsabe       | Venter      | Female | 10km |
| 45 | 242 | 1:18:02 | Wynand       | Nel         | Male   | 10km |
| 46 | 231 | DQ      | Craig        | van Niekerk | Male   | 10km |