



Ladies Overall Results

Position	Time	Name	Surname	Gender	Distance
1	1:02:23	Theresa	Ralph	Female	24km
2	1:02:59	Natasha	Du Preez	Female	24km
3	1:11:02	Olga	Rosenberg	Female	24km
4	1:11:55	Chiara	De Siena	Female	24km
5	1:14:47	Riana	Howlett	Female	24km
6	1:16:16	Lisa	Chipecz	Female	24km
7	1:22:07	Jessica	Parker	Female	24km
8	1:24:12	Lauren	Cohen	Female	24km
9	1:24:59	Claire	Barham	Female	24km
10	1:29:37	Lesley	Heywood	Female	24km
11	1:33:18	Julie	Peters	Female	24km
12	1:34:59	Julia	Nel	Female	24km
13	1:37:25	Andrea	Jeouressen	Female	24km
14	1:37:53	Isabel	Krynauw	Female	24km
15	1:41:49	Monica	Ellison	Female	24km
16	1:41:59	Sarah	Green	Female	24km
17	1:47:27	Sonnette	De Villiers	Female	24km
18	1:57:29	Chantal	Van Tubbergh	Female	24km
19	1:57:33	danel	botes	Female	24km
20	2:08:21	Lene	Barrett	Female	24km
21	2:20:51	Mariska	Fouche	Female	24km
22	2:35:42	Cornell	Maclean	Female	24km

Mens Overall Results

Position	Time	Name	Surname	Gender	Distance
1	0:57:14	Julius	Cobbett	Male	24km
2	1:00:02	Travis	Barrett	Male	24km
3	1:00:04	Davies	Jayde	Male	24km
4	1:00:47	Innes	Du Preez	Male	24km
5	1:01:07	Grant	Frerichs	Male	24km
6	1:03:24	Freddy	Fourie	Male	24km
7	1:04:09	Graham	Rogoff	Male	24km
8	1:04:43	Cavin	Coutsides	Male	24km
9	1:04:48	Andreas	Trafoyer	Male	24km
10	1:04:59	Paulo	Do Couto	Male	24km
11	1:05:07	Array	Steyn	Male	24km
12	1:05:15	Darryll Harding	Harding	Male	24km
13	1:05:16	Deon	Hultzer	Male	24km
14	1:05:23	Michael	Moolman	Male	24km
15	1:05:31	Herman	Le Grange	Male	24km
16	1:05:34	Ricky	Tomaselli	Male	24km
17	1:06:16	Gareth	Pickering	Male	24km
18	1:06:33	Marko	Van Deventer	Male	24km
19	1:06:40	Rowan	Lyle	Male	24km
20	1:06:47	Kevin	Van Der Merwe	Male	24km
21	1:06:48	Robin	Fannin	Male	24km
22	1:06:50	Sean	Greve	Male	24km
23	1:07:14	Wayne	Viljoen	Male	24km
24	1:07:30	Trevor	Du Toit	Male	24km
25	1:07:50	Greg	Justus	Male	24km
26	1:08:07	Ronald	Jacobson	Male	24km
27	1:08:12	Craig	Moir	Male	24km
28	1:08:14	Hayden	Simpson	Male	24km
29	1:08:16	Kurt	Rosenberg	Male	24km
30	1:08:57	Mike	Trafoyer	Male	24km
31	1:09:38	Norman	VIP	Male	24km
32	1:10:04	Riaan	Du Plooy	Male	24km
33	1:10:18	Chad	Engelbrecht	Male	24km
34	1:10:24	Mark	Farmer	Male	24km
35	1:10:27	Clifford	De Kock	Male	24km
36	1:10:56	Deon	Wessels	Male	24km
37	1:11:25	Deon	Barnard	Male	24km
38	1:11:26	Jaco	Markwat	Male	24km
39	1:11:27	Rui	Morais	Male	24km
40	1:11:39	Nesh	Turanjanin	Male	24km
41	1:11:44	Brett	Bolton	Male	24km
42	1:11:57	Morne	Klopper	Male	24km
43	1:12:18	Andre	Dries	Male	24km
44	1:12:29	Paul	van Onselen	Male	24km

45	1:12:52	Glen	Pringle	Male	24km
46	1:12:53	Braydon	Webster	Male	24km
47	1:12:58	Sean	Gallick	Male	24km
48	1:12:59	David	Perry	Male	24km
49	1:13:12	Johann	Burger	Male	24km
50	1:13:30	Rich	Beddow	Male	24km
51	1:13:52	Carl	Minnozzi	Male	24km
52	1:14:20	John	Barrett	Male	24km
53	1:14:24	JA	Lubbe	Male	24km
54	1:15:04	Mark	Pretorius	Male	24km
55	1:15:07	Gavin	Letcher	Male	24km
56	1:15:17	Brian	Webber	Male	24km
57	1:15:23	Roger	Smit	Male	24km
58	1:15:32	Mark	Ming Sun	Male	24km
59	1:15:42	Ian	Van Zyl	Male	24km
60	1:15:44	Martin	Langsman	Male	24km
61	1:16:01	Mark	Stevens	Male	24km
62	1:16:03	Ian	Phillips	Male	24km
63	1:17:00	Andrew	Dixon	Male	24km
64	1:17:02	Charles	Kros	Male	24km
65	1:17:08	Paul	Friend	Male	24km
66	1:17:09	Christopher	Sessions	Male	24km
67	1:17:14	Adam	Greve	Male	24km
68	1:17:16	Jarrod	De Lange	Male	24km
69	1:17:20	Jeremy	Wood	Male	24km
70	1:17:26	Douglas	Emond	Male	24km
71	1:18:13	Craig	Hopson	Male	24km
72	1:18:16	Dean	Thompson	Male	24km
73	1:18:35	Trevor	Wood	Male	24km
74	1:18:37	Darryn	Gordon	Male	24km
75	1:18:38	Collin	Botes	Male	24km
76	1:19:46	Ralph	Mills	Male	24km
77	1:19:55	Murray	Mackintosh	Male	24km
78	1:20:04	Brett	Vaughan	Male	24km
79	1:20:08	Wesley	Stoltz	Male	24km
80	1:20:09	Thomas	Reib	Male	24km
81	1:20:13	Jonathan	Ridout	Male	24km
82	1:20:43	Francois	Barkie	Male	24km
83	1:20:45	Bradley	Reid	Male	24km
84	1:21:02	Clinton	Rolando	Male	24km
85	1:21:35	reynecke	kobus	Male	24km
86	1:21:38	Bruce	Stuart	Male	24km
87	1:21:47	Bradley	Bergh	Male	24km
88	1:22:02	Peter	Clark	Male	24km
89	1:22:21	Lourens	Oosthuizen	Male	24km
90	1:22:37	Raymond	Crozier	Male	24km
91	1:23:14	Robert	Lightfoot	Male	24km
92	1:23:22	Thys	De Villiers	Male	24km

93	1:23:53	Donavan	Phillips	Male	24km
94	1:24:01	Marcel	Pheiffer	Male	24km
95	1:24:02	Jandre	Loots	Male	24km
96	1:24:08	Sean	Deeley	Male	24km
97	1:24:09	Craig	Swanepoel	Male	24km
98	1:24:17	Stedrick	Saayman	Male	24km
99	1:24:23	Dominic	Nugent	Male	24km
100	1:24:49	Greg	White	Male	24km
101	1:24:53	Clinton	Whitehead	Male	24km
102	1:24:58	Grant	Fletcher	Male	24km
103	1:25:05	Rudi	Erasmus	Male	24km
104	1:25:08	Henri	Van Der Riet	Male	24km
105	1:25:17	Trevor	Ingram	Male	24km
106	1:25:31	Bertie	Pryor	Male	24km
107	1:25:40	Patrick	Kadondo	Male	24km
108	1:25:40	Francois	De Villiers	Male	24km
109	1:25:46	Kuhn	Bradley	Male	24km
110	1:26:38	Mark	Bell	Male	24km
111	1:26:40	Keith	Turner	Male	24km
112	1:26:47	Ian	Douglas	Male	24km
113	1:27:04	Gary	Dracatos	Male	24km
114	1:27:18	Stephan	Lewies	Male	24km
115	1:27:20	Theo	Oosthuizen	Male	24km
116	1:27:44	Deryn	Browning	Male	24km
117	1:27:51	Magnus	Bergstedt	Male	24km
118	1:27:57	Mike	Levieux	Male	24km
119	1:28:30	Paul	Stuart	Male	24km
120	1:28:32	brett	Osrin	Male	24km
121	1:28:44	Wayne	Jorgensen	Male	24km
122	1:28:46	John	Lansdell	Male	24km
123	1:29:19	Christo	Boshoff	Male	24km
124	1:29:28	Derrick	Storer	Male	24km
125	1:29:40	Robert	Heywood	Male	24km
126	1:29:45	Kleve	Bolleurs	Male	24km
127	1:29:55	DM	Kruger	Male	24km
128	1:29:57	JJ	Visser	Male	24km
129	1:30:09	Michael	Brennan	Male	24km
130	1:31:25	Maciej	Granicki	Male	24km
131	1:31:29	Graham	Leigh	Male	24km
132	1:31:32	Quentin	Tomaselli	Male	24km
133	1:31:34	Morne	Swanepoel	Male	24km
134	1:31:51	Mike	Applewhite	Male	24km
135	1:32:17	Rodger	Winter	Male	24km
136	1:32:18	Johannes	Greyling	Male	24km
137	1:32:20	Colin	Du Toit	Male	24km
138	1:33:02	Gavin	Coetzer	Male	24km
139	1:33:04	Stephen	Crawford	Male	24km
140	1:33:06	Kyle	Swarts	Male	24km

141	1:33:15	Ruan	Botha	Male	24km
142	1:33:20	Stephen	Hughes	Male	24km
143	1:33:22	Frikkie	Oberholzer	Male	24km
144	1:33:56	Paolo	Centonze	Male	24km
145	1:33:59	Jonathan	Groome	Male	24km
146	1:34:22	Stefan	Wilding	Male	24km
147	1:34:42	Quinton	Asken	Male	24km
148	1:34:56	Rami	Iss	Male	24km
149	1:35:00	Oliver	Zuhlke	Male	24km
150	1:35:13	Brendon	Vorster	Male	24km
151	1:35:16	Bradley	Tutton	Male	24km
152	1:35:28	Karlie	Heidt	Male	24km
153	1:35:45	Steve	Parsley	Male	24km
154	1:35:46	Patrick	Doherty	Male	24km
155	1:35:48	Johnathan	Wood	Male	24km
156	1:35:51	Robby	Kogetin	Male	24km
157	1:35:54	Dale	Dawson	Male	24km
158	1:35:57	Craig	da Silva	Male	24km
159	1:37:14	Justin	Dowdle	Male	24km
160	1:37:56	Nelson	Torres	Male	24km
161	1:38:08	R	Goosen	Male	24km
162	1:38:33	Anton	Coetzer	Male	24km
163	1:38:39	Nate	Burkett	Male	24km
164	1:39:09	Frederick	Smit	Male	24km
165	1:40:08	miguel	Pereira	Male	24km
166	1:41:51	Raymond	Ellison	Male	24km
167	1:41:56	Graham	Haird	Male	24km
168	1:42:35	Uwe	Reymann	Male	24km
169	1:42:38	Roland	Cheung	Male	24km
170	1:42:40	Wayne	Lange	Male	24km
171	1:42:58	Manny	Cabrita	Male	24km
172	1:43:13	Shaun	Cabrita	Male	24km
173	1:44:26	Rolf	Stromsoe	Male	24km
174	1:44:31	Pikkie	Meyer	Male	24km
175	1:44:34	Shaun	Barrett	Male	24km
176	1:47:52	John	Lilley	Male	24km
177	1:47:55	Eduard	Von Moltke	Male	24km
178	1:51:31	Sivan	Schafer	Male	24km
179	1:51:54	Ben	Van Tonder	Male	24km
180	1:52:22	Jerome	Van Reenen	Male	24km
181	1:52:45	Michael	Viljoen	Male	24km
182	1:54:15	Morne	VIP	Male	24km
183	1:54:59	David	Liebenberg	Male	24km
184	1:56:34	Tabang	Mamaka	Male	24km
185	1:57:20	Anthony	Harris	Male	24km
186	2:04:41	Ronald	Erasmus	Male	24km
187	2:04:43	Ryan	Erasmus	Male	24km
188	2:04:46	Justus	Plessis	Male	24km

189	2:13:19	Marc	Cordeiro	Male	24km
190	2:13:21	Michael	Harmse	Male	24km
191	2:14:02	Henry	Viljoen	Male	24km
192	2:20:53	Sybrandt	Fouche	Male	24km
193	2:20:55	Etienne	Joubert	Male	24km
194	2:32:07	Carel	Van Eeden	Male	24km
195	2:35:41	Neil	Maclean	Male	24km
196	2:35:43	Gerhard	Cronje	Male	24km
197	2:51:56	Theo	Coetzee	Male	24km

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20	1:06:33	Marko	Van Deventer	Male	24km
21	1:06:40	Rowan	Lyle	Male	24km
22	1:06:47	Kevin	Van Der Merwe	Male	24km
23	1:06:48	Robin	Fannin	Male	24km
24	1:06:49	Andrew	Crozier	Male	24km
25	1:06:50	Sean	Greve	Male	24km
26	1:07:14	Wayne	Viljoen	Male	24km
27	1:07:30	Trevor	Du Toit	Male	24km
28	1:07:50	Greg	Justus	Male	24km
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49	1:12:18	Paul	van Onselen	Male	24km
50	1:12:52	Glen	Pringle	Male	24km
51	1:12:53	Braydon	Webster	Male	24km
52	1:12:58	Sean	Gallick	Male	24km
53	1:12:59	David	Perry	Male	24km
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55	1:13:30	Rich	Beddow	Male	24km
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62	1:15:17	Brian	Webber	Male	24km
63	1:15:23	Roger	Smit	Male	24km
64	1:15:32	Mark	Ming Sun	Male	24km
65	1:15:42	Ian	Van Zyl	Male	24km
66	1:15:44	Martin	Langsman	Male	24km
67	1:16:01	Mark	Stevens	Male	24km
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70	1:17:00	Andrew	Dixon	Male	24km
71	1:17:02	Charles	Kros	Male	24km
72	1:17:08	Paul	Friend	Male	24km
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74	1:17:14	Adam	Greve	Male	24km
75	1:17:16	Jarrod	De Lange	Male	24km
76	1:17:20	Jeremy	Wood	Male	24km
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78	1:18:13	Craig	Hopson	Male	24km
79	1:18:16	Dean	Thompson	Male	24km
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81	1:18:37	Darryn	Gordon	Male	24km

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87	1:20:09	Thomas	Reib	Male	24km
88	1:20:13	Jonathan	Ridout	Male	24km
89	1:20:43	Francois	Barkie	Male	24km
90	1:20:45	Bradley	Reid	Male	24km
91	1:21:02	Clinton	Rolando	Male	24km
92	1:21:35	Kobus	Reynecke	Male	24km
93	1:21:38	Bruce	Stuart	Male	24km
94	1:21:47	Bradley	Bergh	Male	24km
95	1:22:02	Peter	Clark	Male	24km
96	1:22:07	Jessica	Parker	Female	24km
97	1:22:21	Lourens	Oosthuizen	Male	24km
98	1:22:37	Raymond	Crozier	Male	24km
99	1:23:14	Robert	Lightfoot	Male	24km
100	1:23:22	Thys	De Villiers	Male	24km
101	1:23:53	Donavan	Phillips	Male	24km
102	1:24:01	Marcel	Pheiffer	Male	24km
103	1:24:02	Jandre	Loots	Male	24km
104	1:24:08	Sean	Deeley	Male	24km
105	1:24:09	Craig	Swanepoel	Male	24km
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107	1:24:17	Stedrick	Saayman	Male	24km
108	1:24:23	Dominic	Nugent	Male	24km
109	1:24:49	Greg	White	Male	24km
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126	1:27:44	Deryn	Browning	Male	24km
127	1:27:51	Magnus	Bergstedt	Male	24km
128	1:27:57	Mike	Levieux	Male	24km
129	1:28:30	Paul	Stuart	Male	24km

130	1:28:32	brett	Osrin	Male	24km
131	1:28:44	Wayne	Jorgensen	Male	24km
132	1:28:46	John	Lansdell	Male	24km
133	1:29:19	Christo	Boshoff	Male	24km
134	1:29:28	Derrick	Storer	Male	24km
135	1:29:37	Lesley	Heywood	Female	24km
136	1:29:40	Robert	Heywood	Male	24km
137	1:29:45	Kleve	Bolleurs	Male	24km
138	1:29:55	DM	Kruger	Male	24km
139	1:29:57	JJ	Visser	Male	24km
140	1:30:09	Michael	Brennan	Male	24km
141	1:31:25	Maciej	Granicki	Male	24km
142	1:31:29	Graham	Leigh	Male	24km
143	1:31:32	Quentin	Tomaselli	Male	24km
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145	1:31:51	Mike	Applewhite	Male	24km
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160	1:34:56	Rami	Iss	Male	24km
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164	1:35:16	Bradley	Tutton	Male	24km
165	1:35:28	Karlie	Heidt	Male	24km
166	1:35:45	Steve	Parsley	Male	24km
167	1:35:46	Patrick	Doherty	Male	24km
168	1:35:48	Johnathan	Wood	Male	24km
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176	1:38:08	R	Goosen	Male	24km
177	1:38:33	Anton	Coetzer	Male	24km

178	1:38:39	Nate	Burkett	Male	24km
179	1:39:09	Frederick	Smit	Male	24km
180	1:40:08	miguel	Pereira	Male	24km
181	1:41:49	Monica	Ellison	Female	24km
182	1:41:51	Raymond	Ellison	Male	24km
183	1:41:56	Graham	Haird	Male	24km
184	1:41:59	Sarah	Green	Female	24km
185	1:42:35	Uwe	Reymann	Male	24km
186	1:42:38	Roland	Cheung	Male	24km
187	1:42:40	Wayne	Lange	Male	24km
188	1:42:58	Manny	Cabrita	Male	24km
189	1:43:13	Shaun	Cabrita	Male	24km
190	1:44:26	Rolf	Stromsoe	Male	24km
191	1:44:31	Pikkie	Meyer	Male	24km
192	1:44:34	Shaun	Barrett	Male	24km
193	1:47:27	Sonnette	De Villiers	Female	24km
194	1:47:52	John	Lilley	Male	24km
195	1:47:55	Eduard	Von Moltke	Male	24km
196	1:51:31	Sivan	Schafer	Male	24km
197	1:51:54	Ben	Van Tonder	Male	24km
198	1:52:22	Jerome	Van Reenen	Male	24km
199	1:52:45	Michael	Viljoen	Male	24km
200	1:54:15	Morne	VIP	Male	24km
201	1:54:59	David	Liebenberg	Male	24km
202	1:56:34	Tabang	Mamaka	Male	24km
203	1:57:20	Anthony	Harris	Male	24km
204	1:57:29	Chantal	Van Tubbergh	Female	24km
205	1:57:33	Danel	Botes	Female	24km
206	2:04:41	Ronald	Erasmus	Male	24km
207	2:04:43	Ryan	Erasmus	Male	24km
208	2:04:46	Justus	Plessis	Male	24km
209	2:08:21	Lene	Barrett	Female	24km
210	2:13:19	Marc	Cordeiro	Male	24km
211	2:13:21	Michael	Harmse	Male	24km
212	2:14:02	Henry	Viljoen	Male	24km
213	2:20:51	Mariska	Fouche	Female	24km
214	2:20:53	Sybrandt	Fouche	Male	24km
215	2:20:55	Etienne	Joubert	Male	24km
216	2:32:07	Carel	Van Eeden	Male	24km
217	2:35:41	Neil	Maclean	Male	24km
218	2:35:42	Cornell	Maclean	Female	24km
219	2:35:43	Gerhard	Cronje	Male	24km
220	2:51:56	Theo	Coetzee	Male	24km
	DNF	Jeff	Carr	Male	
	DNF	Charl	Crofton	Male	
	DNF	Adam	Bown	Male	
	DNF	Wendy	Poppesquo	Female	

	DNF	Marita	Williams	Female	
	DNF	Roy	Chisholm	Male	
	DNF	Ruth	Davis	Female	