



Overall Ladies Results

Place	Time	Name	Surname	Gender	Distance
1	1:01:07	Theresa	Ralph	F	25km
2	1:03:16	Chiara	De Siena	F	25km
3	1:12:50	Amelia	Du Toit	F	25km
4	1:15:19	Yvonne	Gardiner	F	25km
5	1:15:49	Marina	Reid	F	25km
6	1:18:42	Gayle	Harrison	F	25km
7	1:26:37	Mady	Lawrence	F	25km
4	1:32:55	Giulia	Damilano	F	25km
5	1:40:09	Ashleigh	Keefer-Allan	F	25km
6	1:40:26	Belinda	Crots	F	25km
7	1:42:39	Sherylee	McBride	F	25km
8	1:50:10	Rona	Stark	F	25km
9	2:02:59	Anri	Viljoen	F	25km
10	2:03:01	Louise	Viljoen	F	25km
11	2:08:07	Carle	Viljoen	F	25km
12	2:08:09	Melanie	Delpont	F	25km

Overall Junior Results

Place	Time	Name	Surname	Gender	Distance
1	0:55:03	Jayde	Davies	M	25km
2	0:56:56	Travis	Barrett	M	25km
3	0:59:50	Aaron	Heyneke	M	25km
4	1:03:15	Matteo	Damilano	M	25km
5	1:12:30	Jurgen	Smith	M	25km
6	1:18:04	Hayden	Jackson	M	25km
7	1:18:41	Ryan	Scrimgeour	M	25km

8	1:25:11	DYLAN	VAN ZYL	M	25km
9	1:25:21	Marcel	Moore	M	25km
10	1:32:55	Giulia	Damilano	F	25km

Overall Mens Results

Place	Time	Name	Surname	Gender	Distance
1	0:53:44	Julius	Cobbett	M	25km
2	0:53:45	Carl	Lotter	M	25km
3	0:55:03	Jayde	Davies	M	25km
4	0:55:09	Adrian	Enthoven	M	25km
5	0:56:56	Travis	Barrett	M	25km
6	0:59:50	Aaron	Heyneke	M	25km
7	0:59:52	Riaan	Jansen van Vuuren	M	25km
8	1:02:09	Deon	Hultzer	M	25km
9	1:02:10	Rhett	Barker	M	25km
10	1:02:54	Robin	Fannin	M	25km
11	1:03:15	Matteo	Damilano	M	25km
12	1:03:24	John	Barrett	M	25km
13	1:03:50	Mike	Bowden	M	25km
14	1:04:03	Kleve	Villiers	M	25km
15	1:04:18	Rowan	Lyle	M	25km
16	1:04:39	Guy	Hancock	M	25km
17	1:04:49	Nicolas	Kohler	M	25km
18	1:04:50	Richard	Porter	M	25km
19	1:04:51	Clyde	Kadondo	M	25km
20	1:04:54	Gert	Visser	M	25km
21	1:05:27	Rodney	Goose	M	25km
22	1:05:32	Goncalves	Carlos George	M	25km
23	1:05:36	Roberto	De Oliveira	M	25km
24	1:05:39	Neil	Promnick	M	25km
25	1:05:44	Lloyd	Barker	M	25km
26	1:05:59	Andrew	Bowden	M	25km
27	1:06:09	Justin	Harris	M	25km
28	1:06:38	Oliver	Zuhlke	M	25km
29	1:06:45	Greg	Justus	M	25km
30	1:07:20	Pedro	Costa	M	25km
31	1:07:25	Gordon	Eadie	M	25km
32	1:07:49	Craig Andrew	Swanepoel	M	25km
33	1:07:52	William	Wilson	M	25km

34	1:09:16	Chris	De Kock	M	25km
35	1:10:24	Terrence	Brocco	M	25km
36	1:10:37	Cameron	de Wet	M	25km
37	1:10:48	Dominic	Nugent	M	25km
38	1:10:52	Brian	Webber	M	25km
39	1:11:05	Jaco	Venter	M	25km
40	1:11:29	steven	dave	M	25km
41	1:11:55	Andrew	Muir	M	25km
42	1:12:02	Ian	van Zyl	M	25km
43	1:12:27	Johan	Burger	M	25km
44	1:12:30	Jurgen	Smith	M	25km
45	1:12:44	Quentin	Tolmay	M	25km
46	1:13:00	Steven	Lowth	M	25km
47	1:14:36	Donovan	Stark	M	25km
48	1:14:47	Andrew	Widdall	M	25km
49	1:14:56	Sean	Deeley	M	25km
50	1:14:58	Maciek	Granicki	M	25km
51	1:15:00	Derek	Cikes	M	25km
52	1:15:20	Louis	van Wyk	M	25km
53	1:15:22	Herman	Steyn	M	25km
54	1:15:22	Sanjeev	Mungroo	M	25km
55	1:15:34	Rowan	Holborow-Browne	M	25km
56	1:17:15	JP	Marais	M	25km
57	1:17:44	Roscoe	Millar	M	25km
58	1:17:46	Riaan	Fourie	M	25km
59	1:17:47	Niels	Eichhorn	M	25km
60	1:17:56	Derek	Ramsay	M	25km
61	1:17:58	Ryan	Reynolds	M	25km
62	1:18:02	Neil	Jackson	M	25km
63	1:18:04	Hayden	Jackson	M	25km
64	1:18:14	Roche	Swiegers	M	25km
65	1:18:15	Herman	Le Grange	M	25km
66	1:18:18	Magnus	Bergstedt	M	25km
67	1:18:40	Nathan	Calitz	M	25km
68	1:18:41	Ryan	Scrimgeour	M	25km
69	1:18:52	Quinton	Asken	M	25km
70	1:18:59	Stefan	Van Niekerk	M	25km
71	1:19:16	Trevor	Ingram	M	25km
72	1:19:25	Jacques	Mostert	M	25km
73	1:20:29	Mike	Applewhite	M	25km

74	1:21:31	Dean	Greyling	M	25km
75	1:21:52	Willem	Smith	M	25km
76	1:22:02	Shaun	Cabrita	M	25km
77	1:22:04	Trevor Robert	Beekman	M	25km
78	1:22:29	John	Lilley	M	25km
79	1:22:31	Eduard	von Moltke	M	25km
80	1:22:52	Kevin	Oldfield	M	25km
81	1:23:54	Jonathan	Groome	M	25km
82	1:24:25	Gert	Gadney	M	25km
83	1:24:27	Jurgens	Loedolff	M	25km
84	1:24:35	Jason	Cox	M	25km
85	1:25:11	DYLAN	VAN ZYL	M	25km
86	1:25:15	JOHAN	VAN ZYL	M	25km
87	1:25:19	Lynton	Moore	M	25km
88	1:25:21	Marcel	Moore	M	25km
89	1:25:32	michael	Passos	M	25km
90	1:25:40	Johan	Breugem	M	25km
91	1:26:40	Malcolm	Bark	M	25km
92	1:27:06	Phillip	Fourie	M	25km
93	1:27:16	Christopher	Gillespie	M	25km
94	1:27:24	Pierre	Fourie	M	25km
95	1:27:36	Michael	Robins	M	25km
96	1:27:38	Wayne	Lange	M	25km
97	1:28:08	Kendall	Deetlefs	M	25km
98	1:28:46	Manny	Cabrita	M	25km
99	1:28:48	Jacques	Scheepers	M	25km
100	1:29:03	Ressano	Lopes	M	25km
101	1:29:53	Brett	Osrin	M	25km
102	1:29:56	Andre	Symes	M	25km
103	1:30:10	David	Simelane	M	25km
104	1:30:55	Steve	Symes	M	25km
105	1:33:47	Conrad	Engelbrecht	M	25km
106	1:34:01	Vivaldo	Damilano	M	25km
107	1:36:42	Michael	Pretorious	M	25km
108	1:36:48	Mark	Armstrong	M	25km
109	1:37:58	Riaan	Richter	M	25km
110	1:37:59	Billy	Schorn	M	25km
111	1:38:51	ANTHONY	HARRIS	M	25km
112	1:40:00	Anthony	Sher	M	25km
113	1:40:02	myron	krost	M	25km

114	1:40:14	roland	cheung	M	25km
115	1:40:20	Dyllan	Cavanagh	M	25km
116	1:42:38	Martin	Crots	M	25km
112	1:51:48	Piet	Calitz	M	25km
113	2:01:58	Alan	Powell	M	25km

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