



Position	Race No	Time	Name	Surname	Gender	Distance
1	234	1:08:33	Silvia	Bardoni	Female	23km
2	35	1:11:22	Olga	Rosenberg	Female	23km
3	184	1:12:28	Mina	Radoycheva	Female	23km
4	61	1:15:22	Garvey	Debbie	Female	23km
5	62	1:15:24	Sandra	Prinsloo	Female	23km
6	70	1:16:54	Mady	Lawrence	Female	23km
7	177	1:21:13	Marlene	Van Heerden	Female	23km
8	158	1:31:32	Tanya	Jansen Van Rensburg	Female	23km
9	162	1:31:48	Amanda	Proost	Female	23km
10	163	1:31:50	Heidi	Kozinsky	Female	23km

11	158	1:32:08	Maryke	Van Wyk	Female	23km
12	144	1:35:45	Jo	Roelofsz	Female	23km
13	145	1:35:49	Megan	Smith	Female	23km
14	169	1:35:51	Lauren	Capazario	Female	23km
15	182	1:36:00	Sheena	Mcgeoch	Female	23km
16	71	1:38:05	Nicolien	Reynders	Female	23km
17	78	1:41:46	Claire-louise	Lunt	Female	23km
18	227	1:42:26	Dana	Gleesen	Female	23km
19	104	1:46:25	Sarah	Jones	Female	23km
20	126	1:46:36	Lee-ann	Muller	Female	23km
21	134	1:47:16	Dina	Do Couto	Female	23km
22	185	1:48:58	Hilda	Nienaber	Female	23km
23	128	1:49:50	Sumayah	Ebrahim	Female	23km
24	136	1:55:27	Sarah	Green	Female	23km
25	153	2:07:32	Nicola	Byrne	Female	23km
26	92	2:20:22	Sarah	Inder	Female	23km
27	93	2:20:29	Kelly	Nesbitt	Female	23km
28	181	2:24:00	Annelize	Stoltz	Female	23km

1	226	0:55:33	Christoph	Van Heerden	Male	23km
2	172	0:55:44	Julius	Cobbett	Male	23km
3	122	0:57:22	Grant	Frerichs	Male	23km
4	64	0:57:37	Freddie	Fourie	Male	23km

5	40	0:58:36	Ian	Morrison	Male	23km
6	4	0:59:54	Joshua	O'connell-maritz	Male	23km
7	43	1:01:45	Fransua	De Wit	Male	23km
8	85	1:01:58	Robert	Fanucchi	Male	23km
9	171	1:03:22	Graham	Rogoff	Male	23km
10	94	1:03:46	Trevor	Du Toit	Male	23km
11	174	1:03:49	Hannes	Jordaan	Male	23km
12	114	1:05:13	Greg	Justus	Male	23km
13	39	1:05:15	Kleve	Bolleurs	Male	23km
14	231	1:05:27	Robert	Grobler	Male	23km
15	63	1:05:54	Glen	Pringle	Male	23km
16	3	1:07:03	Rowan	Lyle	Male	23km
17	156	1:07:09	Henri	Linde	Male	23km
18	16	1:07:21	Deon	Hultzer	Male	23km
19	30	1:07:24	Marsel	Rossouw	Male	23km
20	31	1:07:25	Rory	Talbot	Male	23km
21	69	1:07:28	Gidion	Maartens	Male	23km
22	9	1:07:55	Corbett	George	Male	23km
23	12	1:07:57	Bradley	Reid	Male	23km
24	59	1:07:59	Francois	Barkhuizen	Male	23km
25	234	1:09:12	Jared	Nell	Male	23km
26	6	1:09:23	Nesh	Turanjanin	Male	23km
27	8	1:09:28	Ross	Venter	Male	23km
28	107	1:09:35	Kaiser	Cornelius	Male	23km

29	1	1:10:08	Hayden	Simpson	Male	23km
30	34	1:10:37	Kurt	Rosenberg	Male	23km
31	106	1:10:38	Cobus	Van Tonder	Male	23km
32	54	1:10:41	Ricky	Giannoccaro	Male	23km
33	44	1:10:45	Kevin	Gailey	Male	23km
34	97	1:10:47	Greg	White	Male	23km
35	46	1:11:00	Trevor	Wood	Male	23km
36	45	1:11:03	Darryn	Gordon	Male	23km
37	213	1:12:14	Kyle	Muller	Male	23km
38	88	1:12:35	Brett	Vaughan	Male	23km
39	84	1:12:48	Colin	Brings	Male	23km
40	141	1:12:56	Peter	Van Rooyen	Male	23km
41	86	1:13:14	Carl	Minnozzi	Male	23km
42	124	1:13:18	Eugene	Rademeyer	Male	23km
43	53	1:13:34	Ian	Douglas	Male	23km
44	80	1:13:46	Johann	Burger	Male	23km
45	232	1:13:53	David	Brits	Male	23km
46	123	1:14:12	Paul	Friend	Male	23km
47	161	1:14:39	Brandon	Van Zyl	Male	23km
48	155	1:15:17	Richard	Baxter	Male	23km
49	90	1:15:34	Christopher	Harding	Male	23km
50	130	1:15:59	Firoz	Limalia	Male	23km
51	15	1:16:01	Clinton	Rolando	Male	23km
52	143	1:16:05	Peter	Raw	Male	23km

53	87	1:16:09	Roger	Smit	Male	23km
54	147	1:16:17	Shaun	Portman	Male	23km
55	58	1:16:22	Duane	Campbell	Male	23km
56	42	1:16:40	Stephan	De Villiers	Male	23km
57	38	1:16:59	Gerhard	Cronje	Male	23km
58	183	1:17:02	Jason	Dippenaar	Male	23km
59	20	1:17:17	Daniel	Smith	Male	23km
60	14	1:17:21	Gareth	Stafford	Male	23km
61	18	1:17:43	Sheldon	Booth	Male	23km
62	210	1:17:56	Jason	Cronk	Male	23km
63	65	1:18:03	Danie	Odendaal	Male	23km
64	66	1:18:08	Warren	Hyde	Male	23km
65	89	1:18:14	Rhodri	Harding	Male	23km
66	60	1:19:06	Ralf	Rossol	Male	23km
67	167	1:19:19	Pedro	David	Male	23km
68	36	1:19:23	Attila	Ruckard	Male	23km
69	137	1:19:32	Ashley	Jarvis	Male	23km
70	26	1:20:10	Pieter	Janse Van Rensburg	Male	23km
71	49	1:20:12	Johannes	Kruger	Male	23km
72	33	1:20:14	Johann	Gerber	Male	23km
73	73	1:20:18	Heath	Samuel	Male	23km
74	100	1:20:20	Stephen	Hughes	Male	23km
75	99	1:20:28	Frikkie	Oberholzer	Male	23km
76	37	1:20:34	Neil	Maclean	Male	23km

77	175	1:20:50	Craig	Kruger	Male	23km
78	211	1:22:28	Mark	Bell	Male	23km
79	113	1:23:02	Tomaselli	Quentin	Male	23km
80	112	1:23:13	Adler	David	Male	23km
81	55	1:24:10	Colin	Du Toit	Male	23km
82	77	1:24:18	Tony	De Andrade	Male	23km
83	75	1:24:36	Howard	Sparke	Male	23km
84	95	1:24:39	Bertie	Pryor	Male	23km
85	120	1:24:45	Karel	Rousseau	Male	23km
86	25	1:24:56	Andrew	Melvin	Male	23km
87	176	1:25:09	Shaun	Cabrita	Male	23km
88	125	1:25:14	Jako	Muller	Male	23km
89	57	1:25:15	Brad	Rademeyer	Male	23km
90	56	1:25:17	Duncan	Finch	Male	23km
91	149	1:25:18	Stephan	Lewies	Male	23km
92	233	1:25:19	John	Rudman	Male	23km
93	230	1:25:22	Jason	Rudman	Male	23km
94	119	1:25:27	Alan	Geen	Male	23km
95	98	1:25:30	Michael	Brennan	Male	23km
96	121	1:25:39	Charlie	Cloete	Male	23km
97	83	1:25:42	Gary	Olive	Male	23km
98	32	1:25:49	Andrew	Hulbert	Male	23km
99	170	1:25:59	Hannes	Beukes	Male	23km
100	52	1:26:33	Grant	Gooch	Male	23km

101	129	1:26:44	Farhaad	Ebrahim	Male	23km
102	212	1:27:14	Malcom	Bark	Male	23km
103	215	1:27:16	Donovan	Phillips	Male	23km
104	216	1:27:18	Matt	Batson	Male	23km
105	74	1:27:40	Andreas	Richelmann	Male	23km
106	11	1:27:59	Andre	Davidson	Male	23km
107	102	1:31:13	Johann	Hoffman	Male	23km
108	158	1:31:28	Gideon	Jansen Van Rensburg	Male	23km
109	67	1:31:53	Marc	Cordeiro	Male	23km
110	17	1:31:58	Magnus	Bergstedt	Male	23km
111	108	1:32:08	Wayne	Lange	Male	23km
112	132	1:32:09	Mohamed Bilaal	Mia	Male	23km
113	103	1:33:46	Panos	Zagaretos	Male	23km
114	140	1:35:17	Adam	Sweeting	Male	23km
115	168	1:35:32	Ricardo	Capazario	Male	23km
116	146	1:35:37	Gavin	Smith	Male	23km
117	148	1:35:55	Antin	Wales-smith	Male	23km
118	133	1:36:08	Mohammed	Dhoodhat	Male	23km
119	50	1:36:53	Gary	De Beer	Male	23km
120	139	1:37:08	Rael	Super	Male	23km
121	72	1:38:07	Teunis	Rooseboom	Male	23km
122	117	1:38:10	Ivan	Albasini	Male	23km
123	229	1:38:20	Hano	Herbst	Male	23km
124	116	1:38:29	Dustan	May	Male	23km

125	173	1:39:12	Tiago	Pinto-coelho	Male	23km
126	110	1:39:21	Brendan	Smith	Male	23km
127	79	1:41:44	Steve	Lunt	Male	23km
128	115	1:42:19	Kevin	Azzie	Male	23km
129	13	1:43:46	Chris	Stafford	Male	23km
130	165	1:45:34	Jaco	Olivier	Male	23km
131	111	1:45:37	Chris	Tsimogiannis	Male	23km
132	91	1:46:22	Ashraf	Sayed	Male	23km
133	127	1:46:38	Roelf	Nieuwoudt	Male	23km
134	51	1:46:47	Mervyn	De Klerk	Male	23km
135	68	1:48:18	Brett	Samuel	Male	23km
136	96	1:48:53	Nelson	Torres	Male	23km
137	160	1:48:57	Ian	Van Zyl	Male	23km
138	22	1:49:40	Ruan	Meyer	Male	23km
139	222	1:49:44	Anton	Schalk	Male	23km
140	221	1:49:46	Paul	Vermaak	Male	23km
141	220	1:49:59	Graham	Lang	Male	23km
142	5	1:53:41	Stephen	Perestrello	Male	23km
143	223	1:54:44	Alwyn	Rocher	Male	23km
144	150	1:55:03	Hennie	Lewies	Male	23km
145	135	1:55:25	Graham	Haird	Male	23km
146	142	1:55:39	Manny	Cabrita	Male	23km
147	27	1:55:42	Eugene	Brown	Male	23km
148	28	1:59:12	Lynton	Swatton	Male	23km

149	29	2:00:31	Bruce	Swatton	Male	23km
150	131	2:01:47	Zeyad	Ismail	Male	23km
151	214	2:02:08	Jason	Brunninger	Male	23km
152	105	2:02:40	Christopher	Jones	Male	23km
153	152	2:07:35	Justin	Byrne	Male	23km
154	151	2:07:38	David	Lupnow	Male	23km
155	180	2:24:04	Wesley	Stoltz	Male	23km
156	178	2:24:08	Rami	Iss	Male	23km
157	179	2:24:20	Wayne	Maman	Male	23km
0	228	DQ	Maarten	Herbst	Male	23km
0		DNF	Achim	Bergmann	Male	23km
0		DNF	Alan	Griffiths	Male	23km
0		DNF	Andrew	Comley	Male	23km
0		DNF	Angelique	Pereira	Female	23km
0		DNF	Belinda	Labuschagne	Female	23km
0		DNF	Bradley	Moore	Male	23km
0		DNF	Brendon	Humphreys	Male	23km
0		DNF	Christopher	Beedle	Male	23km
0		DNF	Collin	Botes	Male	23km
0		DNF	David	Perry	Male	23km
0		DNF	Dean	Beifus	Male	23km
0		DNF	Gavin	Pitt	Male	23km
0		DNF	Heliezer	Da Silva	Male	23km
0		DNF	Hendrik	Blignaut	Male	23km

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DNF	Simone	Eksteen	Female	23km
DNF	Van Der Merwe	Kevin	Male	23km
DNF	Van Zyl	Ettiene	Male	23km
DNF	Werner	Geel	Male	23km
DNF	Wessel	Burger	Male	23km
DNF	Zoltan	Nemeth	Male	23km
DNS	Bedser	Terence	Male	23km
DNS	Peter	Cookson	Male	23km
DNS	Marc	Von Wilmsdorff	Male	23km
DNS	Keith	Turner	Male	23km