



Ladies Overall Results

Position	Time	Name	Surname	Gender	Distance
1	0:56:19	Theresa	Ralph	Female	22km
2	1:03:12	Chiara	De Siena	Female	22km
3	1:03:50	Claire	Watson	Female	22km
4	1:07:11	Olga	Rosenberg	Female	22km
5	1:12:35	Deane	Zambetti	Female	22km
6	1:13:53	Mina	Radoycheva	Female	22km
7	1:20:06	Miranda	Reyneke	Female	22km
8	1:20:47	Jade	Paviour	Female	22km
9	1:24:02	Tanya	Rae	Female	22km
10	1:25:38	Alison	Rae	Female	22km
11	1:26:25	Michelle	Ross	Female	22km
12	1:32:02	Sarah	Green	Female	22km
13	1:32:10	Lee Ann	Cantrell	Female	22km
14	1:35:18	Pamela	Yirrell	Female	22km
15	1:35:29	Dina	Do Couto	Female	22km
16	1:35:34	Carmen	Van Der Berg	Female	22km
17	1:38:05	Sonia	Phillips	Female	22km
18	1:40:05	Jean	Reynolds	Female	22km
19	1:41:44	Beverly	Morrison	Female	22km
20	1:41:58	Marie Anne	Meijers	Female	22km
21	1:42:41	Heidi	Twiss	Female	22km

22	1:42:46	Susan	Winter	Female	22km
23	1:51:55	Annelize	Stoltz	Female	22km
24	2:02:01	Daleen	Koster	Female	22km
25	2:02:05	Nicolene	Swart	Female	22km
26	2:08:46	Natasha	Du Preez	Female	22km
27	2:20:24	Roche	Heunis	Female	22km
28	2:20:32	Juanita	Heunis	Female	22km

Mens Overall Results

Position	Time	Name	Surname	Gender	Distance
1	0:49:59	Julius	Cobbett	Male	22km
2	0:50:39	Gareth	Barnes	Male	22km
3	0:50:42	Carl	Lotter	Male	22km
4	0:51:07	Greg	Harrup	Male	22km
5	0:53:30	Innes	Du Preez	Male	22km
6	0:53:54	Jarred	Else	Male	22km
7	0:54:00	Jayde	Davies	Male	22km
8	0:56:05	Freddie	Fourie	Male	22km
9	0:56:13	Craig	Moir	Male	22km
10	0:56:16	Graham	Rogoff	Male	22km
11	0:57:06	Michael	Conidaris	Male	22km
12	0:57:24	Guy	Pitman	Male	22km
13	0:57:34	Craig	Bamber	Male	22km
14	0:58:10	Noah	Plein	Male	22km
15	0:58:13	Warren	Eva	Male	22km
16	0:58:26	Tebogo	Mokwatlo	Male	22km
17	0:58:33	Wayne	Viljoen	Male	22km
18	0:58:41	Neville	Beeton	Male	22km
19	0:58:54	Gavin	Salt	Male	22km
20	0:58:58	Deon	Hultzer	Male	22km
21	0:59:08	Kowus	Pelser	Male	22km
22	0:59:45	Martin	Glazer	Male	22km
23	1:00:08	Justin	Harris	Male	22km
24	1:00:25	Brandon	Pratt	Male	22km
25	1:00:34	Hein	Odendaal	Male	22km

26	1:00:45	Rowan	Lyle	Male	22km
27	1:01:34	Norman	Koekemoer	Male	22km
28	1:01:58	Glen	Pringle	Male	22km
29	1:02:08	Chad	Engelbrecht	Male	22km
30	1:02:17	Hayden	Simpson	Male	22km
31	1:02:24	Morne	Klopper	Male	22km
32	1:02:26	Sean	Gallick	Male	22km
33	1:02:35	Kurt	Rosenberg	Male	22km
34	1:02:41	Greg	Justus	Male	22km
35	1:02:45	John	Gordon	Male	22km
36	1:02:54	Steven	Ray	Male	22km
37	1:03:00	Darryn	Gordon	Male	22km
38	1:03:14	Arthur	Wooldridge	Male	22km
39	1:03:20	Eugene	Rademeyer	Male	22km
40	1:03:29	Tiaan	De Lange	Male	22km
41	1:03:33	Christopher	Sessions	Male	22km
42	1:03:37	Jonathan	Ridout	Male	22km
43	1:03:42	Brett	Vaughan	Male	22km
44	1:03:46	Cavin	Coutsides	Male	22km
45	1:04:00	Trevor	Du Toit	Male	22km
46	1:04:12	Mike	Bowden	Male	22km
47	1:04:15	Andrew	Bowden	Male	22km
48	1:05:03	Clint	Suessmann	Male	22km
49	1:05:10	Jeremy	Wood	Male	22km
50	1:05:14	Ross	Venter	Male	22km
51	1:05:30	Michael	Moolman	Male	22km
52	1:05:39	David	Perry	Male	22km
53	1:05:55	John	Ingram	Male	22km
54	1:06:04	Trevor	Wood	Male	22km
55	1:06:08	Alexis	Heymans	Male	22km
56	1:06:29	Andre	Nel	Male	22km
57	1:06:35	Frikkie	Oberholzer	Male	22km
58	1:06:39	Rui	Morais	Male	22km
59	1:07:05	Eugene	De Villiers	Male	22km
60	1:07:23	Ian	Douglas	Male	22km
61	1:07:26	Mark	Pretorius	Male	22km
62	1:07:40	Deon	Barnard	Male	22km

63	1:07:44	Lourens	Oosthuizen	Male	22km
64	1:07:52	Martin	Roberts	Male	22km
65	1:07:55	Roger	Nicholson	Male	22km
66	1:08:35	Ian	Van Zyl	Male	22km
67	1:08:59	Pedro	David	Male	22km
68	1:09:06	Digby	Hoets	Male	22km
69	1:09:10	Greg	White	Male	22km
70	1:09:14	Steven	Dave	Male	22km
71	1:09:44	Anthony	Pringle	Male	22km
72	1:09:57	Gary	Lane	Male	22km
73	1:10:03	Murray	Mackintosh	Male	22km
74	1:10:29	Robert	Fanucchi	Male	22km
75	1:10:44	Paulo	De Oliveira	Male	22km
76	1:10:48	Mike	applewhite	Male	22km
77	1:10:52	Russell Norris	Pratt	Male	22km
78	1:11:03	Ogi	Pesic	Male	22km
79	1:11:08	John	King	Male	22km
80	1:11:12	Jaco	Markwat	Male	22km
81	1:11:17	Bradley	Bergh	Male	22km
82	1:11:50	Carl	Minnozzi	Male	22km
83	1:12:23	Derrick	Storer	Male	22km
84	1:12:31	Marthinus	Lourens	Male	22km
85	1:12:45	Craig	Hopson	Male	22km
86	1:12:49	Tyler	Lange	Male	22km
87	1:12:51	Malcolm	Lange	Male	22km
88	1:13:05	Andrew	Watts	Male	22km
89	1:13:10	Johann	Burger	Male	22km
90	1:13:14	Raymond	Travers	Male	22km
91	1:14:02	Collin	Botes	Male	22km
92	1:14:07	Brandon	Van Zyl	Male	22km
93	1:14:43	Thys	De Villiers	Male	22km
94	1:14:50	Andrew	Farrant	Male	22km
95	1:14:54	Andre	Dries	Male	22km
96	1:15:01	Dirk	Pelser	Male	22km
97	1:15:05	Raymond	Crozier	Male	22km
98	1:15:23	Bryan	Spruijt	Male	22km
99	1:15:54	Graeme	Yates	Male	22km

100	1:15:45	Wesley	Jones	Male	22km
101	1:15:52	Ashley	Jarvis	Male	22km
102	1:16:28	Dominic	Nugent	Male	22km
103	1:16:32	Quentin	Tomaselli	Male	22km
104	1:16:40	Grant	Morshead	Male	22km
105	1:16:45	Miguel	Simoes	Male	22km
106	1:17:18	Justus	Plessis	Male	22km
107	1:17:23	Rick	Potgieter	Male	22km
108	1:17:28	Kenneth	Nel	Male	22km
109	1:17:33	Doron	Haberer	Male	22km
110	1:17:41	Dylan	Barnard	Male	22km
111	1:17:45	Shaun	Cabrita	Male	22km
112	1:17:54	Raymond	Price	Male	22km
113	1:18:02	Greg	Weeks	Male	22km
114	1:18:06	Uwe	Reymann	Male	22km
115	1:18:45	Bertie	Pryor	Male	22km
116	1:18:50	Gavin	Coetzer	Male	22km
117	1:18:56	Magnus	Bergstedt	Male	22km
118	1:19:01	Deon	Van Greunen	Male	22km
119	1:19:07	Stefan	Wilding	Male	22km
120	1:19:17	John	Gonsalves	Male	22km
121	1:19:26	Mike	Hart	Male	22km
122	1:19:42	Roger	Smit	Male	22km
123	1:19:46	Michael	Brennan	Male	22km
124	1:20:14	Thomas	Booyesen	Male	22km
125	1:20:25	Paul	Urban	Male	22km
126	1:20:43	Graham	Beyers	Male	22km
127	1:21:45	Anthony	Glazer	Male	22km
128	1:22:27	Colin	Du Toit	Male	22km
129	1:22:31	Johannes	Greyling	Male	22km
130	1:22:37	Jonathan	Nash	Male	22km
131	1:23:32	Stephan	Lewies	Male	22km
132	1:24:15	Kyle	Swarts	Male	22km
133	1:24:40	Prinsloo	Van den Heever	Male	22km
134	1:24:47	Jako	Muller	Male	22km
135	1:24:52	Aubrey	Plein	Male	22km
136	1:25:02	Maciej	Granicki	Male	22km

137	1:25:06	Jeff	Carr	Male	22km
138	1:25:11	Jeffrey	Smal	Male	22km
139	1:25:19	Brett	Haggard	Male	22km
140	1:25:24	Andrew	Wilson	Male	22km
141	1:25:28	Theo	Oosthuizen	Male	22km
142	1:25:47	Theo	Potgieter	Male	22km
143	1:26:06	Tommie	Ludik	Male	22km
144	1:26:32	Tristan	Saunders	Male	22km
145	1:26:41	Steven	Cook	Male	22km
146	1:26:45	Johan	De Jager	Male	22km
147	1:27:12	Gert	Gadney	Male	22km
148	1:27:16	Mia-daniel	Bester	Male	22km
149	1:28:04	Manny	Cabrita	Male	22km
150	1:28:08	Wayne	Lange	Male	22km
151	1:30:01	Apie	De Beer	Male	22km
152	1:30:06	Henri	Van Der Riet	Male	22km
153	1:30:17	Jacques	Steyn	Male	22km
154	1:32:06	Graham	Haird	Male	22km
155	1:32:20	Neil	Cantrell	Male	22km
156	1:33:24	Marios	Conidaris	Male	22km
157	1:33:34	Brendon	Voster	Male	22km
158	1:33:39	Douglas	Emond	Male	22km
159	1:35:19	Arthur	Wills	Male	22km
160	1:35:44	Stephen	Crawford	Male	22km
161	1:35:48	Chad	Engelbrecht	Male	22km
162	1:38:01	Andre	De Prodines	Male	22km
163	1:40:00	Kyle	Deely	Male	22km
164	1:43:01	Rodger	Winter	Male	22km
165	1:48:57	Minnette	Bester	Male	22km
166	1:49:01	Ben	Viljoen	Male	22km
167	1:50:34	Justin	Byrne	Male	22km
168	1:51:51	Wesley	Stoltz	Male	22km
169	1:55:31	Justin	Pick	Male	22km
170	1:55:35	Daniel	Van Rensburg	Male	22km
171	1:58:43	Tim	Lazarus	Male	22km
172	1:58:45	Dave	Clark	Male	22km
173	2:01:58	Werner	Koster	Male	22km

174	2:02:26	Thomas	Scanlen	Male	22km
175	2:08:42	Jerome	Van Reenen	Male	22km
176	2:08:57	Hannes	Beukes	Male	22km
177	2:09:23	Gustav	Janse van Rensburg	Male	22km
178	2:17:41	Findlay	Wood	Male	22km
179	2:20:36	Andre	Scholtz	Male	22km
	DNF	Charles	Leeming	Male	22km
	DNF	Ronald	Erasmus	Male	22km
	DNS	Rory	Talbot	Male	22km
	DNS	Mersel	Rossouw	Male	22km
	DNS	Mike	Ransom	Male	22km