

**5km**

1	Paul Groenewald	1	Jana Meyer
2	Mikey de Klerk	2	Antoinette Geyer
3	Willem de Bruin	3	Wendy Simon

**10km**

Position	RaceNo	FirstName	Surname	Gender	ElapsedTime
1	485	Annamart	Laubscher	Female	00:42:02
2	462	Rowan	Everts	Male	
3	421	Francois	Snyman	Male	
4	493	Graeme	Longman	Male	
5	600	Heinrich	Meyer	Male	
6	603	Arno	Crous	Male	
7	423	Donal	Sleman	Male	
8	428	Johan	Prangley	Male	
9	434	Craig	Barrett	Male	
10	427	Chantelle	de Villiers	Female	
11	454	Marizette	de Meyer	Female	00:52:05
12	521	Cobus	Theron	Male	00:52:08
13	457	Neil	Ebing	Male	00:52:50
14	424	Freddie	Thiem	Male	00:52:52
15	498	Tracey	Millin	Female	00:53:00
16	358	Ryan	van Biljon	Male	00:53:31
17	520	MORNE	THERON	Male	00:54:09
18	654	Teiynick	Dave	Male	00:55:25
19	497	Mark	Millin	Male	00:55:32
20	460	Estelle	Erasmus	Female	00:56:39
21	431	Ryan	Anley	Male	00:57:08
22	499	Nicolene	Mostert	Female	00:57:09
23	468	Tim	Gates	Male	00:57:59
24	426	Andri	Hoffman	Male	00:58:05
25	425	Jan	van Toudor	Male	00:58:06
26	506	Eugene	Pio	Male	00:58:14
27	438	Pieter	Boerssen	Male	00:58:48
28	511	christo	serfontein	Male	00:58:58
29	505	Marieta	Pio	Female	00:59:00
30	488	arina	linde	Female	00:59:04
31	662	Rudi	Du Toit	Male	00:59:25
32	465	Graham	Fisher	Male	00:59:38
33	500	Leske	Neethling	Female	01:00:34
34	466	Brendan	Fitzhenry	Male	01:00:56
35	439	Theuns	Botha	Male	01:01:13
36	461	Erik	Etsebeth	Male	01:01:14
37	510	Kelly	Scott	Female	01:01:19
38	495	Cindy	Malga	Female	01:01:27
39	356	Andrew	Eelbert	Male	01:01:29
40	517	Daniel	Taylor	Male	01:02:04
41	484	Marlene	Kotze	Female	01:02:05
42	509	Corlia	Saaiman	Female	01:02:13
43	489	anri	linde	Female	01:02:52

44	371	Thomas	Vardy	Male	01:02:55
45	446	Sean	Cilliers	Male	01:03:01
46	471	Di	Gillespie	Female	01:03:49
47	387	J.	Drivur	Male	01:03:59
48	639	Rudi	Neethling	Male	01:04:18
49	490	Liesl	Little	Female	01:04:30
50	429	Rode	van Eeden	Female	01:04:38
51	688	Markye	Pienaar	Female	01:04:57
52	481	Elbe	Jansen van Rensburg	Female	01:05:01
53	451	Nikki	D'Ambrosio	Female	01:05:34
54	518	Justin	Taylor	Male	01:05:36
55	486	pauline	Lewis	Female	01:06:05
56	449	Andrew	Colling	Male	01:06:24
57	524	Danielle	van Niekerk	Female	01:06:26
58	469	Channa	Geldentuys	Female	01:06:32
59	477	Edna	Jackson	Female	01:06:45
60	388	Nico	Swart	Male	01:08:32
61	594	Devonica	Braud	Female	01:08:36
62	515	Jonel	Steffen	Female	01:09:03
63	514	Carole	Steffen	Female	01:09:05
64	502	Elzahn	Oosthuizen	Female	01:09:09
65	473	Sean	Harris	Male	01:09:29
66	442	Nadine	Breytenbach	Female	01:09:50
67	437	Hester	Basson	Female	01:09:53
68	374	L.	Reeze	Female	01:10:53
69	482	Andrea	Jones	Female	01:10:56
70	452	Heilene	das Neves	Female	01:11:14
71	436	Elizabeth	Barry	Female	01:11:31
72	641	Harold	Smock	Male	01:12:15
73	432	Marinella	Avvakoumides	Female	01:12:21
74	355	Johan	Krause	Male	01:12:29
75	476	Andy	Howard	Male	01:12:37
76	450	kirsten	cox	Female	01:12:50
77	440	Melanie	Botha	Female	01:13:10
78	487	Kurt	Liebetau	Male	01:13:14
79	494	Nicky	Lundin	Female	01:13:19
80	464	Veronica	Ferreira	Female	01:13:55
81	491	Martin	Lompa	Male	01:13:57
82	470	Joanne	Germishuys	Female	01:14:19
83	503	Jaco	Oosthuizen	Male	01:14:21
84	433	Junita	Baleson	Female	01:14:59
85	525	Kelly	Van Zyl	Female	01:15:26
86	422	Michelle	Vernon	Female	01:16:16
87	475	maria	honig	Female	01:16:53
88	512	Richard	Slater-Jones	Male	01:16:55
89	522	Sanett	Uys	Female	01:17:28
90	630	Anita	van Eeden	Female	01:17:42
91	627	Elize	Sewell	Female	01:19:56
92	507	Alana	Rabie	Female	01:20:04
93	456	Lizelle	Du Toit	Female	01:20:05

94	513	Elsbeth	Spies	Female	01:20:17
95	516	Bobbie	Stoop	Male	01:20:19
96	472	Lee-ann	Harris	Female	01:20:28
97	624	Marianne	Nelson	Female	01:20:32
98	463	Sean	Falconer	Male	01:20:33
99	459	Liezl	Engelke	Female	01:21:13
100	478	Lesley	Jacobs	Male	01:23:35
101	455	Helga	Du Toit	Female	01:23:41
102	492	Adri	Longland	Female	01:23:42
103	474	Deanne	Herbert	Female	01:24:12
104	658	Robert	Burawundi	Male	01:24:42
105	448	Tracey	Clearly	Female	01:25:36
106	657	Phivdile	Mtेशana	Female	01:26:20
107	479	Billy	James	Male	01:28:25
108	519	Michael	Taylor	Male	01:29:00
109	673	Ezette	Fourie	Female	01:29:03
110	353	Laura	Kraise	Female	01:29:12
111	467	Robyn	Foster	Female	01:31:45
112	435	tamsin	Barrett	Female	01:31:48
113	523	Bartjan	van den Boom	Male	01:37:04
114	445	Jojo	Carter	Male	01:41:30
115	443	Melanie	Britz	Female	01:44:23
116	480	Megan	James	Female	01:44:32
117	447	Bronwyn	Clark	Female	01:44:33

## 21km

Position	RaceNo	FirstName	Surname	Gender	ElapsedTime
1	58	edson	Kumwamba	Male	01:24:53
2	109	Ryan	Winter	Male	01:25:02
3	53	Gavin	Hauck	Male	01:30:04
4	107	Chris	Walley	Male	01:30:10
5	68	Iain	Mc Gregor	Male	01:30:19
6	30	Kim	Boshoff	Female	01:34:43
7	51	Jacoline	Haasbroek	Female	01:40:43
8	101	Craig	Turvey	Male	01:42:10
9	56	Neale	Howarth	Male	01:43:40
10	65	Suzanne	Marais	Female	01:44:25
11	278	Leon	Bodenhorst	Male	01:44:39
12	100	Hannah	Sykes	Female	01:46:57
13	46	Kobus	Fouche	Male	01:47:01
14	290	Johan	van der Merwe	Male	01:47:13
15	40	Cedric	De Sousa	Male	01:47:17
16	316	Conrad	Meyer	Male	01:50:08
17	55	Zaheer	Hoosain	Male	01:52:41
18	39	Olivier	de Blois	Male	01:52:42
19	85	Neil	Pretorius	Male	01:53:23
20	98	stefan	steffen	Male	01:53:45
21	97	Hanro	Steffen	Male	01:53:46
22	82	Oscar	Petersen	Male	01:54:18

23	62 Danielle	Mascher	Female	01:55:10
24	63 Charles	Mackriel	Male	01:55:25
25	102 Coenie	van Niekerk	Male	01:55:47
26	22 Darryl	Murry	Male	01:55:48
27	43 Christian	Els	Male	01:57:59
28	61 Van	Lochner	Male	01:59:08
29	105 Cheri	van Wyk	Female	01:59:14
30	80 Morne	Nel	Male	01:59:33
31	76 Julian	Mountain	Male	02:01:05
32	87 Daniel	Schonlau	Male	02:02:02
33	27 Nicholas	Balcomb	Male	02:02:17
34	78 Mhlangabezi	Mxokozeli	Male	02:02:44
35	69 Taryn	McDonald	Female	02:03:20
36	74 Amanda	Moore	Female	02:04:04
37	321 Makudu	Mokgalabone	Male	02:04:06
38	60 Joanne	Lambley	Female	02:04:46
39	57 Cathrine	Koekemoer	Female	02:05:16
40	91 Angelique	Smit	Female	02:07:10
41	90 Tammy	Simon	Female	02:09:15
42	99 Alan	Struthers	Male	02:09:33
43	108 Caroline	Weinel	Female	02:09:45
44	72 Clive	Mitchell	Male	02:09:47
45	96 Shaun	Starck	Male	02:09:51
46	32 Patrick	Boyd	Male	02:10:52
47	81 Cara	Novis	Female	02:10:53
48	89 Richard	Shuttleworth	Male	02:11:08
49	26 Peter	Ashworth	Male	02:11:09
50	311 John	Thole	Male	02:11:13
51	41 Dan	de Villiers	Male	02:11:16
52	317 Elschen	Beyers	Female	02:11:22
53	35 Michael	Carstensen	Male	02:13:34
54	331 Dennis	Floris	Male	02:14:02
55	327 Luewdy	Timnu	Female	02:14:09
56	37 ame	cowley	Female	02:14:10
57	70 Samantha	Mcilroy	Female	02:15:16
58	335 Hennie	Longland	Male	02:15:20
59	24 Bernhard	Frankenfeld	Male	02:17:32
60	45 Eben	Fouche	Male	02:18:44
61	93 Schalk	Smit	Male	02:18:46
62	44 HELEN	ERASMUS	Female	02:18:52
63	75 Vibeke	Moore	Female	02:18:58
64	38 Michelle	Davy	Female	02:19:54
65	94 Daniel	Smith	Male	02:19:56
66	103 Colin	van Niekerk	Male	02:23:47
67	25 Mogammad	Abdullatief	Male	02:23:49
68	42 John	Eccles	Select your Gender	02:24:23
69	110 Trevor	Winter	Male	02:32:55
70	95 David	Smith	Male	02:32:59
71	71 Jan	Meyer	Male	02:33:01
72	50 Marle	Grobbelaar	Female	02:33:03

73	33 Diana	Bresendale	Female	02:33:06
74	309 Dirkie	Conradie	Male	02:38:21
75	92 Izaan	Smit	Female	02:38:28
76	49 Chloe	Gojon LÃ¶tter	Female	02:38:28
77	332 Mathilde	de Blois	Female	02:38:29
78	29 Joan	Bennett	Female	02:38:42
79	335 Hennie	Longland	Male	02:38:55
80	36 Jacques	Conradie	Male	02:42:55
81	104 Flip	Van Schalkwyk	Male	02:44:46
82	83 Leslie	Pienaar	Female	02:56:03
83	268 Salie	Sirkmotie	Male	02:57:13
84	279 Kristy	Rose	Female	03:25:10
85	283 Geoffrey	Piggot	Male	03:25:10