

Name	Category	Races	Average of Time
Neil Broers	21km M	2	01:22:46
Grant Marcus	21km M	2	01:32:00
Warren Douglas	21km M	2	01:35:55
Susan Caras	21km F	2	01:37:55
Noah Schermbrucker	21km M	2	01:39:20
Steve Mendes	21km M	2	01:45:23
Robin Parfett	21km M	2	01:45:40
Marius Kruger	21km M	2	01:47:40
Brian Mccurrach	21km M	2	01:48:51
Ilse Langhout	21km F	2	01:52:58
Jono Booth	21km M	2	01:53:05
Craig Seaman	21km M	2	01:56:43
Morag Faulds	21km F	2	01:58:14
Craig Bruton	21km M	2	01:58:44
Gina Gibson	21km F	2	01:58:45
Philip Eltringham	21km M	2	01:58:47
Stuart Gibson	21km M	2	02:00:03
Matthew Cooke	21km M	2	02:01:47
Eligh Bolle	21km M	2	02:02:17
Shelley Heunes	21km F	2	02:07:07
Dawn Saunders	21km F	2	02:08:14
Hennie Longland	21km M	2	02:08:35
Bronwen Moodie	21km F	2	02:10:04
Natasha Kruger	21km F	2	02:10:33
Morne Nel	21km M	2	02:10:43
Lara Faulds	21km F	2	02:11:05
Marilee Erasmus	21km F	2	02:11:07
Elzaan Walters	21km F	2	02:11:09
Benjamin Kagina	21km M	2	02:11:39
Julie Michael	21km F	2	02:12:21
Adam Penn-Nicholson	21km M	2	02:13:21
Jenny Silberbauer	21km F	2	02:15:21
Lizé Baxter	21km F	2	02:20:20
Mark Fletcher	21km M	2	02:21:00
Pauline Wilkinson	21km F	2	02:21:35
May Scholtz	21km F	2	02:22:05
Felicity Gallagher	21km F	2	02:25:48
Sue Rymer	21km F	2	02:27:34
Oliete Williams	21km M	2	02:28:18
Caroline De Wet	21km F	2	02:29:07
Cheryl Le Roux	21km F	2	02:29:16
Nicola De Jager	21km F	2	02:30:40
Colin Van Den Heuvel	21km M	2	02:30:45
Andrew Morton	21km M	2	02:30:48
Carine Michiels	21km F	2	02:31:17
Dominique Tissink	21km F	2	02:32:26
Peter Spence	21km M	2	02:32:32
Ilze Van Wyk	21km F	2	02:32:56
Amy Coker	21km F	2	02:33:06
Lauryl Lorio	21km F	2	02:35:47
Shannon Fletcher	21km F	2	02:36:34
Jacques Wilkinson	21km M	2	02:39:31
Riedwaan Salie	21km M	2	02:39:54
Alma Janse Van Rensburg	21km F	2	02:40:35
Sue Kirk	21km F	2	02:51:14

Name	Category	Races	Average of Time
Rouen Smit	10km M	2	00:45:54
Zane Zandberg	10km M	2	00:46:52
Robert Rabie	10km M	2	00:48:21
David Caras	10km M	2	00:50:56
Cara Crous	10km F	2	00:52:11
David Vinton	10km M	2	00:52:48
Jeremy Berrisford	10km M	2	00:55:07
Andre Lord	10km M	2	00:56:22
Nikki Parker	10km F	2	00:58:12
Charl Neethling	10km M	2	00:58:39
Daisy Verburg	10km F	2	00:59:28
Debbie Baker	10km F	2	01:04:21
Yolanda Dell	10km F	2	01:04:39
Danielle Van Niekerk	10km F	2	01:05:41
Andrew Colling	10km M	2	01:05:43
Justin Gootman	10km M	2	01:06:34
Lauren Hills	10km F	2	01:08:18
Christa Mclver	10km F	2	01:09:31
Christo Joubert	10km M	2	01:10:21
Lizette Gibson	10km F	2	01:11:20
Marie Robertson	10km M	2	01:11:42
Pieter Malan	10km M	2	01:12:53
Anne-Marie Warner	10km F	2	01:13:56
Garith Dell	10km M	2	01:14:26
Leigh De Beyer	10km F	2	01:14:58
Coret Steyn	10km F	2	01:16:13
Lisa Schmidt	10km F	2	01:16:20
Lizanne Lourens	10km F	2	01:17:25
Christina Wolfaardt	10km F	2	01:20:28
Sandra Joubert	10km F	2	01:21:35
Tatum Howie	10km F	2	01:25:05
Charmaine Van Den Heuvel	10km F	2	01:26:48
Elsa Theron	10km F	2	01:27:12
Marianna Franck	10km F	2	01:29:05
Gary Pond	10km M	2	01:31:41
Lindes Van Schoor	10km M	2	01:44:53
Tammy Sirilli	10km F	2	01:44:54
Corne Rossouw	10km F	2	01:44:54
Martine Levy	10km F	2	01:52:58