

Position	RaceNo	Time	Surname	Name	Full name	Race	M\F
<b>5km Results</b>							
1	46	00:23:06	Esau	Layton Geraldo	Layton Geraldo Esau	5km	M
2	105	00:23:48	Beer	Shaun	Shaun Beer	5km	M
3	123	00:23:51	Verbeek	Wilmien	Wilmien Verbeek	5km	F
4	111	00:26:50	Mintoor	Mohammed	Mohammed Mintoor	5km	M
5	90	00:27:45	Kershaw	Luke	Luke Kershaw	5km	M
6	21	00:28:14	Vlietman	Aiden	Aiden Vlietman	5km	M
7	49	00:28:22	Phillips	Robyn	Robyn Phillips	5km	F
8	98	00:31:29	Mostert	Phillip	Phillip Mostert	5km	M
9	20	00:31:35	Vlietman	Joshua	Joshua Vlietman	5km	M
10	84	00:31:46	Kruger	Shaun	Shaun Kruger	5km	M
11	86	00:31:59	Calitz	Chane	Chane Calitz	5km	F
12	124	00:32:16	Verbeek	Peirre	Peirre Verbeek	5km	M
13	125	00:32:17	Verbeek	Renier	Renier Verbeek	5km	M
14	126	00:34:29	Joubert	Lisa	Lisa Joubert	5km	F
15	115	00:35:04	Hintenaus	Oliver	Oliver Hintenaus	5km	M
16	100	00:35:29	Loppo	Gianni	Gianni Loppo	5km	M
17	116	00:36:02	Kingon	Ingrid	Ingrid Kingon	5km	F
18	74	00:36:11	Niewoudt	Abigail	Abigail Niewoudt	5km	F
19	7	00:36:12	van Reenen	Jaco	Jaco van Reenen	5km	M
20	14	00:36:13	Pretorius	Liam	Liam Pretorius	5km	M
21	47	00:37:21	Venter	Sion	Sion Venter	5km	F
22	45	00:37:41	Cloete	Karen	Karen Cloete	5km	F
23	11	00:37:43	Kotze	Annerie	Annerie Kotze	5km	F
24	107	00:39:02	Smit	Erika	Erika Smit	5km	F
25	13	00:39:17	Pretorius	Heath	Heath Pretorius	5km	M
26	113	00:39:55	Gotsell	Yolandi	Yolandi Gotsell	5km	F
27	112	00:39:56	Gotsell	James	James Gotsell	5km	M
28	999	00:40:04	vd Merwe	Ethan	Ethan vd Merwe	5km	M
29	1	00:40:06	vd Merwe	Mikayla	Mikayla vd Merwe	5km	F
30	6	00:40:30	le Roux	Emmarenth	Emmarenth le Roux	5km	F
31	97	00:40:41	Mostert	Emile	Emile Mostert	5km	M
32	99	00:40:45	Mostert	Helena	Helena Mostert	5km	F
33	22	00:41:18	Van Den Berg	Madele	Madele Van Den Berg	5km	F
34	24	00:41:19	Smal	Jacqueline	Jacqueline Smal	5km	F
35	15	00:41:24	Pretorius	Finn	Finn Pretorius	5km	M
36	121	00:41:31	Bisogno	Kimon	Kimon Bisogno	5km	F
37	31	00:43:28	Barnard	Marco	Marco Barnard	5km	M
38	39	00:43:33	Warnich	Beata	Beata Warnich	5km	F
39	93	00:43:39	Green	Calista	Calista Green	5km	F
40	30	00:43:42	Greeff	Jo-Mare	Jo-Mare Greeff	5km	F
41	8	00:44:10	Kotze	Aletta	Aletta Kotze	5km	F
42	16	00:45:16	Deyzel	Gertruida Elizabeth	Gertruida Elizabeth Deyzel	5km	F
43	17	00:45:19	Deyzel	Michelle Charlotte	Michelle Charlotte Deyzel	5km	F
44	2	00:45:30	Drotschie	Elko	Elko Drotschie	5km	M
45	9	00:46:27	Kotze	Hendre	Hendre Kotze	5km	M
46	10	00:46:29	vd Westhuizen	Marnus	Marnus vd Westhuizen	5km	M
47	27	00:46:42	Van Staden	Lyndall	Lyndall Van Staden	5km	F
48	72	00:47:37	Dick	Alec	Alec Dick	5km	M
49	71	00:47:39	Dick	Amanda	Amanda Dick	5km	F
50	36	00:47:41	Mostert	Kara	Kara Mostert	5km	F
51	37	00:47:47	Haasbroek	Aletta	Aletta Haasbroek	5km	F

Position	RaceNo	Time	Surname	Name	Full name	Race	M\F
52	122	00:48:32	Milesi	Diego	Diego Milesi	5km	M
53	42	00:48:40	Stefano	Frances	Frances Stefano	5km	F
54	44	00:49:18	Burger	Rihan	Rihan Burger	5km	M
55	34	00:49:19	Cornelissen	Althea	Althea Cornelissen	5km	F
56	83	00:49:24	Calitz	Zandre	Zandre Calitz	5km	M
57	43	00:50:03	Wegner	Denise	Denise Wegner	5km	F
58	200	00:50:27	De Kock	Elzanne	Elzanne De Kock	5km	F
59	29	00:50:53	Henning	Johannes	Johannes Henning	5km	M
60	28	00:50:56	Henning	Beulah	Beulah Henning	5km	F
61	88	00:51:12	Vlok	June	June Vlok	5km	F
62	32	00:51:59	Bothma	Hercu	Hercu Bothma	5km	M
63	118	00:52:24	Clark	Ray	Ray Clark	5km	F
64	119	00:52:27	Treunicht	Nicola	Nicola Treunicht	5km	F
65	102	00:52:31	Wenzick	Shaneen	Shaneen Wenzick	5km	F
66	103	00:52:33	Basson	Lo-Ami	Lo-Ami Basson	5km	F
67	104	00:52:41	Mong	Inge	Inge Mong	5km	F
68	96	00:52:58	Cornellissen	Elzaan	Elzaan Cornellissen	5km	F
69	33	00:53:15	Barnard	Margo	Margo Barnard	5km	F
70	35	00:53:17	Mostert	Danielle	Danielle Mostert	5km	F
71	117	00:53:39	Clark	Terry	Terry Clark	5km	M
72	85	00:53:48	Calitz	Natasha	Natasha Calitz	5km	F
73	87	00:53:49	Kruger	Charlene	Charlene Kruger	5km	F
74	41	00:54:00	Potgieter	Liezel	Liezel Potgieter	5km	F
75	94	00:54:15	Beukes	Elgonda	Elgonda Beukes	5km	F
76	114	00:54:18	Clark	Cathy	Cathy Clark	5km	F
77	19	00:54:52	Vlietman	Rejeanne Ondine	Rejeanne Ondine Vlietman	5km	F
78	89	00:54:59	Kershaw	Hannah	Hannah Kershaw	5km	F
79	91	00:55:00	Kershaw	Tessa	Tessa Kershaw	5km	F
80	106	00:55:24	Hintenaus	Anne	Anne Hintenaus	5km	F
81	69	00:55:41	Terbanche	Henro	Henro Terbanche	5km	M
82	70	00:55:42	Sheridan	Rouxlene	Rouxlene Sheridan	5km	F
83	48	00:55:52	Snowdon	Zelmarie	Zelmarie Snowdon	5km	F
84	120	00:55:54	j v Rensburg	Lindie	Lindie j v Rensburg	5km	F
85	110	00:56:33	de Kock	Annamarie	Annamarie de Kock	5km	F
86	18	00:56:37	Pretorius	Kara	Kara Pretorius	5km	F
87	40	00:56:47	Potgieter	Tracey	Tracey Potgieter	5km	F
88	76	00:57:07	Pretorius	Jeanette	Jeanette Pretorius	5km	F
89	77	00:57:09	Pretorius	Henre	Henre Pretorius	5km	M
90	23	00:57:29	Kotze	Margaritha Catherine	Margaritha Catherine Kotze	5km	F
91	108	00:57:32	Testa	Lize	Lize Testa	5km	F
92	109	00:57:33	Coetzee	Elizabeth	Elizabeth Coetzee	5km	F
93	52	00:57:34	Ralph	Nicola	Nicola Ralph	5km	F
94	50	00:57:35	Ralph	Michael	Michael Ralph	5km	M
95	3	00:58:03	Kleynhans	Kobie	Kobie Kleynhans	5km	F
96	5	00:58:05	Burger	Renett	Renett Burger	5km	F
97	26	00:58:13	Van Staden	Fanie	Fanie Van Staden	5km	M
98	25	00:58:15	Van Staden	Avril	Avril Van Staden	5km	F
99	101	00:58:36	du Toit	Elze-Mari	Elze-Mari du Toit	5km	F
100	92	01:00:29	Smith	Ashleigh	Ashleigh Smith	5km	F
101	73	01:00:33	Levy	Denise	Denise Levy	5km	F
102	79	01:00:35	Lowe	Gaby	Gaby Lowe	5km	F
103	51	01:01:32	Ralph	Micheal	Micheal Ralph	5km	M

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104	53	01:01:33	Ralph	Patrick	Patrick Ralph	5km	M
105	75	01:02:08	Niewoudt	Gemma	Gemma Niewoudt	5km	F
106	81	01:02:10	Basson	Lene	Lene Basson	5km	F
107	78	01:02:12	Pienaar	Anja	Anja Pienaar	5km	F
108	33	00:53:15	Barnard	Margo	Margo Barnard	5km	F
109	31	00:43:28	Barnard	Marco	Marco Barnard	5km	M
110	95	01:03:08	De Koker	Deon	Deon De Koker	5km	M
111	4	01:04:49	Niewoudt	Annaline	Annaline Niewoudt	5km	F
112	127	01:10:10	Senoamadi	Valencia	Valencia Senoamadi	5km	F
113	12	01:11:09	Mulder	Melanie	Melanie Mulder	5km	F
114	128	01:14:59	Senoamadi	Kago	Kago Senoamadi	5km	F
115	129	01:15:15	Senoamadi	Alfred	Alfred Senoamadi	5km	M
116	169	01:26:46	van Reenen	Emmarenthia	Emmarenthia van Reenen	5km	F

### 10km Results

1	222	00:38:25.14	Dommissie	William	William Dommissie	10km	M
2	175	00:43:28.81	Hayes	Michael	Michael Hayes	10km	M
3	249	00:44:34.24	Beukes	Jason	Jason Beukes	10km	M
4	300	00:48:23.75	Hitchcock	Sebastian	Sebastian Hitchcock	10km	M
5	214	00:48:25.31	Murewa	Tipashe	Tipashe Murewa	10km	M
6	264	00:49:22.42	De Goede	Johannes	Johannes De Goede	10km	M
7	255	00:49:44.31	Fouche	Mari	Mari Fouche	10km	F
8	243	00:50:07.19	Jenkinson	Tania	Tania Jenkinson	10km	F
9	192	00:50:09.66	Knoetzen	Bjorn	Bjorn Knoetzen	10km	M
10	176	00:50:35.03	Basson	Riette	Riette Basson	10km	F
11	195	00:51:42.99	Louw	Jana Jacqueline	Jana Jacqueline Louw	10km	F
12	234	00:51:47.81	Green	Ronan	Ronan Green	10km	M
13	285	00:52:05.44	Pelser	Dawie	Dawie Pelser	10km	M
14	254	00:52:25.21	Briers	Marinda	Marinda Briers	10km	F
15	221	00:52:33.92	Kruger	Bellamy	Bellamy Kruger	10km	F
16	196	00:53:02.52	Ketel	Shane	Shane Ketel	10km	M
17	162	00:53:14.52	Moreland	Eric	Eric Moreland	10km	M
18	193	00:53:17.08	Van Zyl	Morné	Morné Van Zyl	10km	M
19	218	00:53:33.81	vd Merwe	Schalk	Schalk vd Merwe	10km	M
20	204	00:53:39.67	Versfeld	Janine	Janine Versfeld	10km	F
21	197	00:53:43.71	Schulenburg	Donna	Donna Schulenburg	10km	F
22	273	00:54:46.89	Bredenhann	Lizhan	Lizhan Bredenhann	10km	F
23	159	00:55:01.13	vd Merwe	Stephen	Stephen vd Merwe	10km	M
24	232	00:55:10.38	Lawrence	Greg	Greg Lawrence	10km	M
25	272	00:55:46.10	Snowdon	Paul Howard	Paul Howard Snowdon	10km	M
26	226	00:56:30.16	Bisogno	Carminola	Carminola Bisogno	10km	F
27	160	00:56:48.52	Zeelie	Judy	Judy Zeelie	10km	F
28	213	00:57:19.30	Tapiwa	Chaibatamoto	Chaibatamoto Tapiwa	10km	M
29	157	00:57:38.38	Pretorius	Noleen	Noleen Pretorius	10km	F
30	187	00:57:48.17	Greig	Carla	Carla Greig	10km	F
31	224	00:58:40.92	White	Raynelle	Raynelle White	10km	F
32	245	01:00:33.13	Visser	Elaine	Elaine Visser	10km	F
33	284	01:01:08.16	Meintjes	Cajsa	Cajsa Meintjes	10km	F
34	283	01:01:10.66	Meintjes	Kino	Kino Meintjes	10km	M
35	158	01:01:36.91	vd Merwe	Rene	Rene vd Merwe	10km	F
36	198	01:01:54.42	De Villiers	Monique	Monique De Villiers	10km	F
37	182	01:02:46.55	Van Den Berg	Michiel	Michiel Van Den Berg	10km	M

Position	RaceNo	Time	Surname	Name	Full name	Race	M\F
38	259	01:02:53.14	Snyders	Mafalda Rita	Mafalda Rita Snyders	10km	F
39	235	01:02:57.47	Green	Cheryl	Cheryl Green	10km	F
40	210	01:03:23.44	Hanna	David	David Hanna	10km	M
41	288	01:03:25.56	Abdel	Ahmed	Ahmed Abdel	10km	M
42	238	01:04:01.60	Mulder	Dominique	Dominique Mulder	10km	F
43	225	01:04:06.13	Duckitt	Stephanie	Stephanie Duckitt	10km	F
44	250	01:04:17.69	Wenzick	Eddy	Eddy Wenzick	10km	M
45	263	01:04:19.99	Rossouw	Anel	Anel Rossouw	10km	F
46	236	01:04:27.39	Pulker	Jeff	Jeff Pulker	10km	M
47	164	01:04:32.27	Niewoudt	Anelda	Anelda Niewoudt	10km	F
48	185	01:04:33.91	Koopowitz	Sheri	Sheri Koopowitz	10km	F
49	251	01:05:00.89	Nazarov	Anton	Anton Nazarov	10km	M
50	286	01:05:10.56	Paul	Katharima	Katharima Paul	10km	F
51	199	01:05:12.33	Du Plooy	Lezané	Lezané Du Plooy	10km	F
52	299	01:06:14.35	Taylor	Leandra	Leandra Taylor	10km	F
53	206	01:06:39.06	Greenwood	Haig	Haig Greenwood	10km	M
54	237	01:06:55.80	de Jager	Bheula	Bheula de Jager	10km	F
55	215	01:07:15.83	Basson	Coenraad	Coenraad Basson	10km	M
56	180	01:07:30.13	Huysamer	Karin	Karin Huysamer	10km	F
57	191	01:08:04.03	Brand	Celeste	Celeste Brand	10km	F
58	276	01:08:18.74	April	Gaynor	Gaynor April	10km	F
59	194	01:08:24.46	Choice	Debra	Debra Choice	10km	F
60	248	01:08:31.81	Fabricius	Aletta	Aletta Fabricius	10km	F
61	233	01:08:57.61	Lindinger	Shanna-Ann	Shanna-Ann Lindinger	10km	F
62	246	01:09:23.10	Berry	Elsa	Elsa Berry	10km	F
63	161	01:09:24.55	Moreland	Ilza	Ilza Moreland	10km	F
64	202	01:09:27.56	Perry	Yvonne	Yvonne Perry	10km	F
65	201	01:09:29.60	Van Der Merwe	Paula	Paula Van Der Merwe	10km	F
66	282	01:09:31.35	vd Berg	Andrea	Andrea vd Berg	10km	F
67	208	01:10:41.30	Chanel	Baumgarten	Baumgarten Chanel	10km	F
68	168	01:10:45.35	Solomon	Rene Ilse	Rene Ilse Solomon	10km	F
69	266	01:10:46.97	Morkel	Theresa	Theresa Morkel	10km	F
70	257	01:11:09.41	Mintoor	Mogammed	Mogammed Mintoor	10km	M
71	227	01:11:11.28	Loedolff	Donsie	Donsie Loedolff	10km	F
72	244	01:11:14.47	Duggan	Diane	Diane Duggan	10km	F
73	261	01:12:06.14	Bergh	Jolene	Jolene Bergh	10km	F
74	260	01:12:07.63	Bergh	Rudolph	Rudolph Bergh	10km	M
75	183	01:12:16.19	Uys	Chanel	Chanel Uys	10km	F
76	279	01:12:43.69	vd Merwe	Nulani	Nulani vd Merwe	10km	F
77	252	01:12:59.55	Wiese	Juan	Juan Wiese	10km	M
78	258	01:13:01.64	Mintoor	Ann Susan	Ann Susan Mintoor	10km	F
79	269	01:13:19.03	Gooch	Hannah	Hannah Gooch	10km	F
80	270	01:13:20.91	Gooch	Megan	Megan Gooch	10km	F
81	268	01:13:32.08	Gooch	Nick	Nick Gooch	10km	M
82	271	01:13:34.67	Gooch	Tracy-Anne	Tracy-Anne Gooch	10km	F
83	223	01:14:28.66	Dommissie	William	William Dommissie	10km	M
84	209	01:14:30.80	Ferreira	Suzette	Suzette Ferreira	10km	F
85	156	01:14:33.25	Louw	Sanet	Sanet Louw	10km	F
86	153	01:14:34.30	Engelbrecht	Melanie	Melanie Engelbrecht	10km	F
87	265	01:14:44.44	Cloete	Lauren	Lauren Cloete	10km	F
88	247	01:14:56.80	Botha	Charlotte	Charlotte Botha	10km	F
89	205	01:15:44.44	Steenkamp	Bianca	Bianca Steenkamp	10km	F

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90	190	01:16:17.47	Jones	Chanel	Chanel Jones	10km	F
91	287	01:16:21.22	Abdel	Zainab	Zainab Abdel	10km	F
92	165	01:17:50.16	Le Roux	Ilze	Ilze Le Roux	10km	F
93	166	01:17:52.44	Neethling	Jakobus Martinus	Jakobus Martinus Neethling	10km	M
94	242	01:17:55.58	Mouton	Gernard	Gernard Mouton	10km	F
95	216	01:18:58.31	Basson	Coenraad	Coenraad Basson	10km	M
96	188	01:19:03.49	Nel	Ronelle	Ronelle Nel	10km	F
97	262	01:19:22.66	Erlank	Anita	Anita Erlank	10km	F
98	186	01:19:59.27	Greig	Wayde	Wayde Greig	10km	M
99	281	01:20:25.74	Steenkamp	Sharon	Sharon Steenkamp	10km	F
100	280	01:20:28.85	Deolivera	Chris	Chris Deolivera	10km	M
101	189	01:21:01.96	Theron	Enya	Enya Theron	10km	F
102	212	01:21:08.52	Pienaar	Pieter	Pieter Pienaar	10km	M
103	241	01:21:12.91	Ellis	Dalene	Dalene Ellis	10km	F
104	173	01:21:17.25	Sims	Juanita	Juanita Sims	10km	F
105	174	01:21:19.35	Sims	Stuart	Stuart Sims	10km	M
106	167	01:22:20.77	Lombard	Helen Ruth	Helen Ruth Lombard	10km	F
107	230	01:22:21.85	Nortje	Elze	Elze Nortje	10km	F
108	178	01:22:31.71	Van Den Berg	Shazell	Shazell Van Den Berg	10km	F
109	184	01:22:33.74	Camps	Lauramarie	Lauramarie Camps	10km	F
110	253	01:22:39.49	Vorster	Johanna	Johanna Vorster	10km	F
111	154	01:22:44.53	Engelbrecht	Rebecca	Rebecca Engelbrecht	10km	F
112	239	01:23:10.80	Neethling	Charmain	Charmain Neethling	10km	F
113	155	01:23:17.00	Louw	Dean	Dean Louw	10km	M
114	203	01:23:27.00	Finlayson	Debbie	Debbie Finlayson	10km	F
115	151	01:23:55.63	Loubser	Marilee	Marilee Loubser	10km	F
116	219	01:25:40.28	Niewoudt	Una	Una Niewoudt	10km	F
117	228	01:28:21.96	Loedolff	Jenny	Jenny Loedolff	10km	F
118	229	01:28:23.75	Loedolff	Michelle	Michelle Loedolff	10km	F
119	220	01:28:48.42	Cilliers	Marita	Marita Cilliers	10km	F
120	267	01:29:41.35	Brink	Jacomina	Jacomina Brink	10km	F
121	256	01:30:03.06	Rossouw	Mariska	Mariska Rossouw	10km	F
122	231	01:32:02.21	Cronje	Elzane	Elzane Cronje	10km	F
123	217	01:37:56.47	Basson	Adele	Adele Basson	10km	F
124	211	01:37:59.17	Pienaar	Marne	Marne Pienaar	10km	F
125	170	01:38:09.10	Levy	Martine	Martine Levy	10km	F
126	275	01:38:31.41	Wronski	Ewa	Ewa Wronski	10km	F
127	163	01:39:40.86	Mitchell	Nelmari	Nelmari Mitchell	10km	F
128	171	01:40:01.61	Visagie	Suzanne	Suzanne Visagie	10km	F
129	172	01:40:04.19	Schreuder	Desere	Desere Schreuder	10km	F
130	177	01:45:48.28	Van Wyk	Helen	Helen Van Wyk	10km	F
131	179	01:45:50.27	Bester	Annemi	Annemi Bester	10km	F