

<u>position</u>	<u>startgroup</u>	<u>name</u>	<u>surname</u>	<u>race time</u>	<u>Gender</u>	<u>distance</u>
1	AS	Nic	Atkins	00:20:42	Male	5
2	AS	Thembhani	Baloyi	00:21:25	Male	5
3	AS	Chaz	Freislich	00:21:34	Male	5
4	AS	Wesley	Rolfe	00:23:23	Male	5
5	AS	Andrew	Noakes	00:24:18	Male	5
6	BS	Neil	Stacey	00:24:28	Male	5
7	AS	Daz	Roux	00:24:38	Male	5
8	CS	Natalie	Parks	00:24:52	Female	5
9	BS	Andrew	Levine	00:25:48	Male	5
10	AS	Armand	Grobler	00:26:04	Male	5
11	BS	Malcolm	Hassen	00:26:18	Male	5
12	CS	Dean	Armstrong	00:26:25	Male	5
13	CS	Thys	Taljaard	00:26:44	Male	5
14	CS	Craig	Leeson	00:26:56	Male	5
15	AS	Sean	Mc William	00:27:02	Male	5
16	AS	Jonny	Groome	00:27:02	Male	5
17	BS	Nicole	James	00:27:21	Female	5
18	AS	Andrew	Harvey	00:27:38	Male	5
19	CS	Johanetta	Greeff	00:27:39	Female	5
20	CS	Nick	Mycroft	00:27:43	Male	5
21	CS	Matthew	Van Asche	00:27:43	Male	5
22	CS	Chloe	Coucourakis	00:27:59	Female	5
23	AS	Janice	Wagner	00:27:59	Female	5
24	AS	Lynne	Strever	00:28:11	Female	5
25	CS	Andrew	Armstrong	00:28:19	Male	5
26	DS	Ryan	Leeds	00:28:22	Male	5
27	CS	Matthys	Beukes	00:28:27	Male	5
28	BS	Kenneth	Fairweather	00:28:41	Male	5
29	AS	Marize	Marais	00:28:49	Female	5
30	BS	Graham	Hutchins	00:29:05	Male	5
31	BS	Embeth	Van der Wal	00:29:06	Female	5
31	BS	Etienne	Rousseau	00:29:06	Male	5
33	BS	Bradley	Diamond	00:29:19	Male	5
34	AS	Kieren	Paley	00:29:40	Female	5
35	AS	Trevor	Semper	00:29:41	Male	5
36	AS	Thiren	Govinden	00:29:49	Male	5
37	BS	Nick	Meyjes	00:29:49	Male	5
38	CS	Sven	De Kock	00:30:07	Male	5
39	BS	Julie	Lloyd	00:30:08	Female	5
40	CS	Matthew	Fisher	00:30:10	Male	5
41	CS	Rupert	Maitland	00:30:24	Male	5
42	BS	Rory Edmund	Clark	00:30:28	Male	5
43	CS	Barrie	Sweetman	00:30:44	Male	5
44	AS	Farrah	Proome	00:30:44	Female	5
45	BS	Sian	Bonney	00:30:56	Female	5
46	CS	Cait	Brand	00:31:02	Female	5
47	AS	Justin	Brass	00:31:02	Male	5
48	AS	Nolene	Naude	00:31:20	Female	5
49	AS	Lennie	Marais	00:31:26	Male	5

50	BS	Yvonne	Swanepoel	00:32:05	Female	5
51	AS	Dhirosha	Govender	00:32:10	Female	5
52	BS	Janee	Caboz	00:32:14	Female	5
53	DS	Ezra Moses	Naidoo	00:32:16	Male	5
54	BS	Bronwyn	Erwee	00:32:21	Female	5
55	BS	Anne	Kruger	00:32:26	Female	5
56	CS	Pieter-Jan	Degelin	00:32:37	Male	5
57	CS	Rikki	Hibbert	00:32:38	Female	5
58	BS	Helen	Crous	00:32:42	Female	5
59	BS	Elizma	Schoeman	00:32:42	Female	5
60	CS	Caroline	Lee	00:32:43	Female	5
61	BS	Megan	Perrie	00:32:46	Female	5
62	CS	Kumar	Tulsi	00:32:47	Male	5
63	BS	Karin	Smit	00:32:50	Female	5
64	BS	Heather	Hassen	00:32:50	Female	5
65	CS	Tammy	Barrett	00:32:59	Female	5
66	BS	Candice	Nicholls	00:33:04	Female	5
67	CS	Annita	Jones	00:33:20	Female	5
68	CS	Merandi	Roode	00:33:46	Female	5
69	CS	Monique	Mijné	00:33:48	Female	5
70	CS	Tanya	Lumley	00:33:48	Female	5
71	AS	Danielle	Gal	00:33:52	Female	5
72	AS	Tamryn-Leigh	Semper	00:33:52	Female	5
73	BS	Anna	Kruger	00:34:00	Female	5
74	CS	Ize	Pronk	00:34:24	Female	5
75	CS	Une	Du Randt	00:34:27	Female	5
76	AS	Pierre	Fick	00:34:31	Male	5
77	AS	Jo-Anne	Williams	00:34:31	Female	5
78	BS	Thandi	Zililo	00:34:31	Female	5
79	CS	Boipelo	Ntsaluba	00:34:41	Female	5
80	CS	Elrina	Wessels	00:35:22	Female	5
81	CS	Dani	Bramwell	00:35:28	Female	5
82	CS	Tanika	Fellars	00:35:28	Female	5
83	DS	Arno	Weideman	00:35:42	Male	5
84	CS	Katie	Widlake	00:35:57	Female	5
85	BS	Ann	Morrison	00:35:58	Female	5
86	BS	Sim	Howarth	00:35:59	Female	5
87	DS	Bianca	Vogel	00:36:12	Female	5
87	CS	Denzil	Higgins	00:36:12	Male	5
89	DS	Jon	Wen	00:36:13	Male	5
90	AS	Katherine	Harvey	00:36:15	Female	5
91	BS	Marina	Janse Van Vuren	00:36:15	Female	5
92	CS	Carmen	Scheepers	00:36:17	Female	5
93	BS	Dale	Hartog	00:36:27	Male	5
94	AS	Duan	Grobler	00:36:29	Male	5
95	AS	Natasha	Lopes	00:36:45	Female	5
96	BS	David	Gal	00:36:46	Male	5
97	CS	Kendra	Scheepers	00:37:19	Female	5
98	CS	Johannndre	Liebetrau	00:37:19	Male	5
99	DS	Nick	Essame	00:37:23	Male	5

100	CS	Sade	Maitland	00:37:37	Female	5
101	CS	Pamela	Johnstone	00:38:09	Female	5
102	CS	Charlotte	Scheepers	00:38:17	Female	5
103	AS	Donovan	Visser	00:38:24	Male	5
104	CS	Gareth	Scarff	00:38:24	Male	5
105	AS	Candice	Dagger	00:38:24	Female	5
106	CS	Laura	Kelty	00:38:24	Female	5
107	CS	Debbie	Wright	00:38:53	Female	5
108	CS	Jessica	Linden	00:38:59	Female	5
109	BS	Dalton	Stander	00:39:06	Male	5
110	BS	Marion	Stander	00:39:06	Female	5
111	CS	Delerise	Fassom	00:39:30	Female	5
112	CS	Kerry	Velleman	00:39:39	Female	5
113	CS	Alan	Buckley	00:39:42	Male	5
114	CS	Graham	Velleman	00:39:46	Male	5
115	DS	Melissa	Fouche	00:39:53	Female	5
116	CS	Elana	Verster	00:40:51	Female	5
117	DS	Dominic	Browne	00:41:31	Male	5
118	CS	Judith	Britz	00:41:41	Female	5
119	BS	Chrishenda	Rabatin	00:41:42	Female	5
120	BS	Debbie	Lumsden	00:41:42	Female	5
121	CS	Christopher	Bell	00:41:45	Male	5
122	BS	Liannie	Robertson	00:42:04	Female	5
123	CS	Grizelda	Du Toit	00:43:17	Female	5
124	AS	Pamela	Deliyiannis	00:44:04	Female	5
125	BS	Jane	Pike	00:44:16	Female	5
126	BS	Misha	Pretorius	00:44:17	Female	5
127	CS	Chris	Wallace	00:44:47	Male	5
128	BS	Kelly	Folly	00:44:59	Female	5
129	CS	Sonja	Van Der Vyver	00:45:44	Female	5
130	DS	Heidi	Olivier	00:45:47	Female	5
131	CS	Nicole	Botha	00:46:11	Female	5
132	CS	Bradley	Smith	00:46:12	Male	5
133	BS	Karen	Badenhorst	00:46:25	Female	5
134	BS	Danielle	Farrell	00:46:34	Female	5
135	DS	Zama	Mfusi	00:46:39	Female	5
136	CS	Rozell	Van Breda	00:47:21	Female	5
136	CS	Mirella	Venter	00:47:21	Female	5
138	AS	Tanya	Kriel	00:49:06	Female	5
139	AS	Rene	Grobler	00:49:06	Female	5
140	DS	Wayne	Liedtke	00:49:56	Male	5
141	DS	Lyn	Liedtke	00:49:56	Female	5
142	DS	Warren	Kahn	00:50:08	Male	5
143	CS	Joan	Erasmus	00:50:15	Female	5
144	CS	Adele	Sutherland	00:50:16	Female	5
145	CS	Odilile	Ayodele	00:50:23	Female	5
146	CS	Ayotunde	Ayodele	00:50:24	Male	5
147	DS	Jolene	Jacoby	00:50:35	Female	5
148	CS	Elsa	Erasmus	00:50:37	Female	5
149	CS	Lesley	Hutchins	00:51:04	Female	5

150	BS	Karen	Smit	00:51:13	Female	5
151	BS	Erika	Thompson	00:51:14	Female	5
152	DS	Taryn	Kendall	00:51:42	Female	5
153	BS	Cat	Bredin	00:51:45	Female	5
154	BS	Adele	Lucas	00:51:45	Female	5
155	DS	Jacqui	Russouw	00:51:47	Female	5
156	BS	Mary	Jones	00:52:04	Female	5
157	CS	Angelique	Ryan	00:52:23	Female	5
158	AS	Raun	Smythe	01:03:40	Male	5
159	AS	Peter	Nasser	01:03:47	Male	5
1	AL	Kennedy	Sekhuthu	00:35:29	Male	8
2	AL	Egor	Oussov	00:38:15	Male	8
3	AL	Bradley	Lund	00:39:40	Male	8
4	AL	Andrew	Lapin	00:40:56	Male	8
5	AL	Janse	Krynauw	00:42:10	Male	8
6	AL	Leon	Claassen	00:43:34	Male	8
7	AL	Alain	Le Roux	00:44:08	Male	8
8	AL	Wesley	Boshoff	00:46:12	Male	8
9	AL	Andrew	Hammond	00:46:20	Male	8
10	AL	Matthias	Valkeniers	00:47:06	Male	8
11	AL	Carna	Koch	00:47:10	Female	8
12	AL	Romain	Savatier	00:47:38	Male	8
13	CL	Frederik	Nel	00:48:03	Male	8
14	AL	Kyle	Campbell	00:48:14	Male	8
15	AL	Michael	Botten	00:48:43	Male	8
16	AL	Debbie	O`Leary	00:49:50	Female	8
17	AL	Ant	Southgate	00:49:51	Male	8
18	AL	Mathilde	savatier	00:50:14	Male	8
19	BL	Kenneth	Joubert	00:51:32	Male	8
20	BL	Heidi	Joubert	00:51:32	Female	8
21	AL	Charl	Hartwig	00:51:34	Male	8
22	AL	Michael	Perrie	00:53:21	Male	8
23	BL	Ashton	Ray	00:53:31	Female	8
24	BL	Craig	Folly	00:53:35	Male	8
25	AL	Francois	Koch	00:53:53	Male	8
26	CL	Duane	Nicholls	00:54:19	Male	8
27	BL	Andrew	Murray	00:54:50	Male	8
28	BL	Steven	Morrison	00:54:52	Male	8
29	BL	Abigail	Van Der Wal	00:54:54	Female	8
30	BL	Ian	Jones	00:54:57	Male	8
31	AL	Dennis	Pohl	00:55:09	Male	8
32	AL	Eduardo	Santana	00:55:11	Male	8
33	AL	Jacques	De Klerck	00:56:06	Male	8
34	BL	Alwyn	orster	00:56:13	Male	8
35	AL	Ashley	Baxter	00:56:32	Female	8
36	BL	Abelang	Mosweu	00:56:50	Male	8
37	BL	Rowan	Ray	00:57:58	Male	8
38	AL	Rache	Nel	00:59:07	Female	8
39	DL	Patrick	Darchy	00:59:21	Male	8

40	CL	Brad	Bentz	00:59:39	Male	8
41	AL	Yolande	Brand	01:00:01	Female	8
42	AL	Rob	Wagner	01:00:01	Male	8
43	AL	Carharina	Herbst	01:00:28	Female	8
44	AL	Aldyn	Debbo	01:00:58	Male	8
45	AL	Monike	Krohnert	01:01:00	Female	8
46	BL	Dawie	Van Staden	01:01:32	Male	8
47	BL	Calise	Tierney	01:01:34	Female	8
47	BL	Yolanda	Sedibe	01:01:34	Female	8
49	BL	Jeff	Dell	01:02:15	Male	8
50	BL	Ric	Marini	01:02:25	Male	8
51	BL	Cindi	Bester	01:04:47	Female	8
52	AL	Phil	Zaayman	01:04:55	Male	8
53	BL	Kelly	Olls	01:05:19	Female	8
54	CL	Rodney	Nel	01:05:51	Male	8
55	CL	Melanie	Nel	01:05:51	Female	8
56	CL	Karen	Coetzer	01:06:35	Female	8
57	BL	Diego	Acuña	01:06:41	Male	8
58	BL	Nikki	Skeen	01:06:44	Female	8
59	CL	Andrew	Moultrie	01:06:56	Male	8
60	BL	Jonathan	Hornby	01:07:06	Male	8
61	BL	Josh	Harrop	01:07:09	Male	8
62	CL	Lucie Ann	Bird	01:07:16	Female	8
62	CL	Jennifer	Atkins	01:07:16	Female	8
64	CL	Tomoko	Ueta	01:07:19	Female	8
65	BL	Cheryl	Coetzee	01:08:21	Female	8
66	CL	Liezl Melissa	Steenkamp	01:09:02	Female	8
67	CL	Dhiren	Mocktar	01:09:03	Male	8
68	CL	Salomie	Coetzee	01:10:43	Female	8
69	CL	Richard	Lund	01:10:52	Male	8
70	AL	Antoinette	Hartslief	01:11:25	Female	8
71	CL	Devon	Milton	01:12:17	Male	8
72	BL	Jessica	O'Connell-Maritz	01:12:20	Female	8
73	BL	Malikah	Parker	01:13:13	Female	8
74	DL	Eden	Wildy	01:13:28	Male	8
75	CL	Ryan	Joubert	01:14:46	Male	8
76	CL	Lize	Coetzer	01:14:47	Female	8
77	BL	Marguerite	Botha	01:15:27	Female	8
78	BL	Carmen	Heinisch	01:15:29	Female	8
79	CL	Tamsyn	Hulbert	01:16:38	Female	8
80	CL	Carolynn	Raw	01:16:38	Female	8
81	CL	Mariska	Visser	01:18:27	Female	8
82	BL	Juliet	Van Staden	01:19:07	Female	8
83	BL	Thomas	Groenewald	01:20:05	Male	8
84	CL	Belinda	Bird	01:23:23	Female	8
85	CL	Laura	Marais	01:23:42	Female	8
86	CL	Talitia	Delaney	01:23:44	Female	8
87	AL	Denise	Scott	01:29:52	Female	8