



Helderberg Mountain Challenge EXTREME

2013 24km



Overall

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	03:09:46	45	Andrew	Hagen	Open	Male	29
2	03:15:42	125	Dominic	Wills	Open	Male	30
3	03:31:39	126	Brett	Wood	Open	Male	32
4	03:33:44	3	Derrick	Baard	Veteran	Male	42
5	03:36:59	124	Damian	Will	Open	Male	27
6	03:42:32	33	Noel	Ernstzen	Master	Male	52
7	03:43:24	63	Landie	Greyling	Open	Female	29
8	03:48:32	121	Michael	Owen	Open	Male	27
9	03:57:17	83	Shane	Quinnell	Open	Male	24
10	03:57:38	133	Robyn	Kime	Open	Female	23
11	04:02:01	98	Luc	Steens	Veteran	Male	44
12	04:06:58	132	Lance	Kime	Open	Male	21
13	04:07:17	93	Ashley	Shaw	Open	Male	31
14	04:14:08	34	Ake	Fagereng	Open	Male	31
15	04:19:13	117	Willem	Vorster	Open	Male	25
16	04:21:30	114	Mark	Vernon	Open	Male	26
17	04:23:16	39	William	Flint	Open	Male	30
18	04:23:36	73	Alex	Moody	Open	Male	24
19	04:24:09	116	Jacques	Von Wielligh	Open	Male	37
20	04:26:15	119	Chris	Walsh	Open	Male	31
21	04:26:18	22	Sean	Cowgill	Veteran	Male	41
22	04:29:29	29	Costa	Dimopoulos	Veteran	Male	46
23	04:30:12	16	Jenny	Close	Open	Female	35
24	04:38:15	41	James	Frazer	Veteran	Male	42
25	04:38:28	4	Caroline	Balkwill	Open	Female	39
26	04:38:31	76	Eduan	Naudé	Veteran	Male	40
27	04:43:01	9	David	Black	Open	Male	26
28	04:45:26	6	Daniel	Bauman	Open	Male	24
29	04:49:08	61	Wojciech	Krzeminski	Open	Male	24
30	04:52:33	56	Nigel	Isaacs	Veteran	Male	42
31	04:54:16	77	Sean	Newbery	Open	Male	28
32	04:54:40	89	Jorg	Schmid	Master	Male	52
33	05:10:45	13	Rob	Burgoyne (Wild Runner)	Open	Male	30
34	05:10:47	7	David	Beattie	Open	Male	37
35	05:11:55	5	Shani	Barkhuysen	Open	Female	26
36	05:12:39	35	Roelof	Feenstra	Open	Male	31
37	05:13:11	28	Terry	Deats	Veteran	Female	44
38	05:24:57	112	Andre-Hugo	Van Zyl	Open	Male	24
39	05:25:47	104	Sue	Ulliyett	Veteran	Female	46
40	05:36:29	27	Dan	De Villiers	Veteran	Male	48
41	05:36:35	110	Azanne	Van Wyk	Open	Female	38
42	05:37:25	31	Storm	Durr	Master	Male	54
43	05:37:42	111	Johan	Van Wyk	Veteran	Male	43
44	05:42:52	128	Stefan	Zwanepoel	Open	Male	39
45	05:43:32	62	Simon	Lloyd	Veteran	Male	44
46	05:47:46	53	Jennifer	Hofmeyr	Open	Female	28
47	05:47:48	25	Jade	De hutton	Open	Female	34
48	05:47:50	79	Bradley	Park	Veteran	Male	44
49	05:49:45	97	Shaun	Starck	Open	Male	27
50	05:54:10	105	Gideon	Van der Kolf	Open	Male	24
51	05:55:27	109	Estelle	Van Schalkwyk	Veteran	Female	46
52	05:56:05	15	Thomas	Hugo	Open	Male	27
53	05:57:43	26	Justin	de Jager	Open	Male	32
54	06:01:15	23	Paul	Crawford	Veteran	Male	43
55	06:01:26	122	Francis	Wheeler	Open	Male	36
56	06:15:09	69	Johan	Meyer	Open	Male	35
57	06:15:51	71	Arno	Middelberg	Open	Male	28
58	06:16:50	60	Jacqui	Koep	Veteran	Female	43
59	06:19:19	102	Stuart	Thomson	Open	Male	30
60	06:24:07	87	Isabella	Rudd	Open	Female	19
61	06:24:09	80	Jarryd	Phillips	Open	Male	21
62	06:24:25	129	Bruce	Phillips	Veteran	Male	49



Helderberg Mountain Challenge 2013

15km



Overall

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:25:20	505	Bernard	Rukadza	Open	Male	31
2	01:32:11	471	Dion	Middelkoop	Veteran	Male	43
3	01:34:10	399	Christiaan	Greyling	Open	Male	28
4	01:35:24	533	Andrew	Steele	Veteran	Male	43
5	01:42:11	499	Charl	Pieterse	Open	Male	34
6	01:43:19	528	Dylan	Solms	Open	Male	18
7	01:43:28	538	Franz-Erich	Streicher	Open	Male	24
8	01:44:09	325	Jonathan	Black	Open	Male	18
9	01:45:52	553	Wayne	Van den heuvel	Open	Male	34
10	01:46:07	574	Alexandre	Vouillot	Veteran	Male	40
11	01:46:38	467	Bruce	Meier	Master	Male	52
12	01:48:30	309	Scott	Atkinson	Open	Male	30
13	01:50:27	527	Katya	Soggot	Open	Female	37
14	01:50:29	598	Neil	Herman	Master	Male	54
15	01:50:35	461	Grant	Marcus	Open	Male	39
16	01:52:27	490	Thomas	O'Neill	Open	Male	24
17	01:53:27	416	Tim	Hoek	Open	Male	29
18	01:53:39	333	Werner	Bruckner	Open	Male	32
19	01:54:56	532	Piers	Stead	Veteran	Male	45
20	01:56:10	561	Liandi	Van der Westhuyzen	Open	Female	28
21	01:56:46	594	Herman	Perry	Open	Male	26
22	01:58:09	392	Andre	Gerber	Open	Male	33
23	01:58:20	313	Zak	Barry	Open	Male	21
24	01:59:39	587	Christine	Woods	Open	Female	38
25	01:59:47	548	Garreth	Thomas	Veteran	Male	42
26	01:59:58	344	Matthew	Chung	Open	Male	21
27	02:00:21	418	Regardt	Hogan	Open	Male	26
28	02:00:24	396	Willem	Grabe	Open	Male	39
29	02:00:32	444	Jacobus	Lacock	Open	Male	33
30	02:01:13	459	Wynand	Malan	Open	Male	34
31	02:01:19	351	Dewald	Conradie	Open	Male	32
32	02:01:24	581	Dale	Williams	Veteran	Male	45
33	02:02:14	359	Pierre	De Abreu	Open	Male	19
34	02:02:27	555	Christelle	van der Merwe	Open	Female	36
35	02:02:36	342	Ray	Castelyn	Master	Male	53
36	02:02:38	535	Phil	Stewart	Master	Male	61
37	02:03:31	318	Megan	Beckett	Open	Female	25
38	02:03:38	508	Adam	Ricketts	Open	Male	32
39	02:03:40	460	Dawie	Malherbe	Open	Male	39
40	02:04:03	439	Jean-Jacques	Kriel	Open	Male	23
41	02:04:09	573	Johan	Volschenk	Open	Male	37
42	02:04:23	493	Iain	Open	Open	Male	37
43	02:05:04	449	Ashley	Legg (Wild Runner)	Veteran	Male	41
44	02:05:11	314	Rick	Basson	Open	Male	32
45	02:05:12	312	Christophe	Baret	Open	Male	25
46	02:05:24	495	Richard	Phillips	Open	Male	31
47	02:05:34	512	Justin	Roome	Open	Male	31
48	02:06:24	596	Jonathan	Mervis	Open	Male	29
49	02:07:21	447	Mark	Lang	Open	Male	30
50	02:07:34	580	Gustav	Wiid	Open	Male	20
51	02:08:10	586	Lewis	Wolf	Open	Male	29
52	02:08:55	338	Mark	Bullivant	Open	Male	30
53	02:10:47	323	Giovanni	Bixa	Open	Male	28
54	02:11:09	330	Stefan Jan	Botma	Open	Male	28
55	02:11:12	434	Lawrence	Koff	Veteran	Male	40
56	02:12:24	589	Sean	Young	Open	Male	25
57	02:12:35	311	Leon	Badenhorst	Veteran	Male	40
58	02:12:37	492	Marius	Oosthuizen	Open	Male	36
59	02:13:26	424	Ronald	Jessop	Open	Male	37
60	02:13:56	522	Laurence	Slann	Open	Male	23
61	02:15:03	347	Nerisa	Coelho	Open	Female	32
62	02:15:43	401	Reg	Griessel	Open	Male	29
63	02:15:45	565	Jan Willem	Van Huyssteen	Open	Male	33
64	02:15:50	451	Rob	Lewin	Open	Male	30
65	02:15:53	588	Craig	Young	Veteran	Male	47
66	02:15:54	457	Matti	Lubkoll	Open	Male	28
67	02:15:57	486	Ivor	Norval	Veteran	Male	46
68	02:16:31	393	Sebastian	Giglmayr	Open	Male	24
69	02:16:49	431	Carlo	Klopper	Open	Male	32
70	02:17:52	592	Brad	Lodge	Open	Male	26
71	02:18:21	453	Anthony	Leysens	Master	Male	53
72	02:19:05	448	Alex	le Roux	Veteran	Male	43



Helderberg Mountain Run 2013

10.75km



Overall

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	00:46:30	796	Dylan	Stevenson	Junior	Male	17
2	00:51:03	812	Jared	Uys	Open	Male	24
3	00:51:21	876	Erin	van Eysson	Open	Male	26
4	00:51:35	647	Michael	De Kwaadsteniet	Open	Male	21
5	00:52:38	891	Ale	Cronje	Open	Male	26
6	00:56:41	888	Luan	van Lyn	Junior	Male	16
7	00:57:36	847	Mark	Winter	Open	Male	23
8	00:58:16	872	Jeremy	Handler	Open	Male	42
9	00:58:25	875	Adi	van der Merwe	Open	Male	19
10	00:58:43	700	Matthew	Hurlow	Junior	Male	16
11	00:59:24	820	Luther	Van der Mescht	Open	Male	26
12	00:59:45	610	Gustav	Bessinger	Open	Male	30
13	01:00:56	618	Matthew	Bowerman	Open	Male	26
14	01:01:29	884	Schalk	Engelbrecht	Open	Male	50
15	01:02:13	869	Stefan	Rousseau	Open	Male	45
16	01:02:43	709	Ryan	Kidwell	Open	Male	31
17	01:03:00	763	PJ	Rabie	Open	Male	27
18	01:03:23	608	Willem	Beck	Open	Male	38
19	01:03:26	726	Caitlin	Leslie	Junior	Female	17
20	01:04:27	674	Sophia	Frisbie	Open	Female	21
21	01:04:35	781	Amir	Shroufi	Open	Male	36
22	01:04:44	707	Simon	Katz	Open	Male	29
23	01:04:57	686	Liezl	Heerschap	Open	Female	41
24	01:05:09	646	Nicolas	Dalton	Open	Male	35
25	01:05:43	783	Donal	Slemon	Open	Male	47
26	01:06:01	821	Tricia	Van der Mescht	Open	Female	28
27	01:06:04	772	Tamra	Savic	Open	Female	41
28	01:06:06	754	Henk	Oosthuizen	Open	Male	27
29	01:06:07	870	Jonathon	Lak	Open	Male	25
30	01:07:09	792	Hanro	Steffen	Open	Male	37
31	01:07:45	810	Hugh-John	Townsend	Open	Male	47
32	01:07:54	850	Ryan	Zoutendyk	Open	Male	36
33	01:08:15	769	Paul	Roux	Open	Male	31
34	01:08:20	861	Stephen	Lishman	Open	Male	23
35	01:08:22	651	Helgaard	Doman	Open	Male	30
36	01:08:23	655	Francois	Du Toit	Open	Male	23
37	01:09:24	779	Christian	Schwarzenberger	Open	Male	25
38	01:09:26	828	Werner	Van Rensburg	Open	Male	28
39	01:09:41	644	Chrissie	Craven	Open	Female	40
40	01:09:45	727	Gerard	Loedolff	Open	Male	34
41	01:09:52	863	Carla	Nel	Open	Female	39
42	01:09:53	666	Leon	Erwee	Open	Male	59
43	01:10:46	656	Jaco	Du Toit	Open	Male	35
44	01:10:47	738	Paul	Maree	Open	Male	34
45	01:11:14	662	Francois	Els	Open	Male	53
46	01:11:22	667	Maren	Eschricht	Open	Female	26
47	01:11:38	887	Angela	Price	Open	Female	27
48	01:11:44	690	Marcus	Hoelper	Open	Male	39
49	01:11:55	824	Lieze	Van Heerden	Junior	Female	16
50	01:12:21	668	Ronel	Faber	Open	Female	31
51	01:12:35	814	Jean-Paul	Van As	Open	Male	40
52	01:12:39	730	Monique	Low	Open	Female	32
53	01:12:51	639	Justin	Cole	Open	Male	40
54	01:12:53	732	Daniel	Luz	Open	Male	36
55	01:12:56	890	Inge	Meyer	Open	Female	25
56	01:13:05	747	Sarine	Muller	Open	Female	27
57	01:13:52	691	Heila	Holtzhausen	Open	Female	38
58	01:13:54	837	Estea	Volschenk	Open	Female	35
59	01:13:56	839	Monika	Vowles	Open	Female	40
60	01:13:58	711	Martin	Klingbeil	Open	Male	47
61	01:13:59	712	Thandi	Klingbeil	Open	Female	40
62	01:14:38	829	Louis	Van Schalkwyk	Open	Male	44
63	01:14:41	815	Hennie	Van Breda	Open	Male	34
64	01:15:15	664	Ettienne	Engels	Open	Male	26
65	01:15:20	601	Fadia	Abels	Open	Female	21
66	01:15:24	864	Ansa	van Geest	Open	Female	39
67	01:15:36	753	Richard	O'Mahony	Open	Male	20
68	01:15:40	859	Rene	la Grange	Open	Female	38

69	01:16:17	765	Ashely	Rasool	Open	Male	33
70	01:16:28	645	Leon	Cronje	Open	Male	46
71	01:16:39	723	Kate	Le Roux	Open	Female	43
72	01:17:07	632	George	Christie	Open	Male	23
73	01:17:18	860	Nicholas	Olds	Open	Male	22
74	01:17:28	628	Wesley	Campher	Open	Male	22
75	01:17:33	736	Marais	Marais	Open	Female	37
76	01:17:36	737	Stephan	Marais	Open	Male	27
77	01:17:39	716	Justin	Kotze	Open	Male	26
78	01:17:52	795	Zane	Stevens	Open	Male	28
79	01:18:07	714	Cathrine	Koekemoer	Open	Female	51
80	01:18:10	851	Andreas	Zwicker	Open	Male	38
81	01:18:12	799	Ronel	Streicher	Open	Female	41
82	01:18:53	706	George	Jubilin	Open	Male	36
83	01:19:35	798	Dalene	Stiff	Open	Female	54
84	01:19:37	825	Joshua	Van Marken	Junior	Male	15
85	01:19:38	775	Chris	Schnehage	Open	Male	59
86	01:19:41	693	George	Horn	Open	Male	45
87	01:20:07	787	Maren	Solbrig	Open	Female	25
88	01:20:09	748	Katie	Müller	Open	Female	27
89	01:20:33	755	Tanya	Orpen	Open	Female	35
90	01:20:35	764	Wiehann	Radyn	Open	Male	28
91	01:20:48	858	Elke	Deluse	Open	Female	51
92	01:20:56	685	Sean	Harris	Open	Male	48
93	01:20:58	826	Tony	Van Marken	Open	Male	48
94	01:21:01	830	Geomarr	Van Tonder	Open	Female	25
95	01:21:13	782	Kirsten	Sims	Open	Female	27
96	01:21:27	623	Lauren	Buchan	Open	Female	22
97	01:21:37	784	Cobus	Smit	Open	Male	45
98	01:21:38	728	Hennie	Longland	Open	Male	50
99	01:21:55	833	Soraiya	Verjee	Open	Female	36
100	01:22:02	734	Cameron	Macaskill	Open	Male	20
101	01:22:35	811	Kobus	Troveri	Open	Male	29
102	01:22:42	660	Smitty	Du toit	Open	Male	64
103	01:22:49	877	Rudi	Badunhazi	Open	Male	34
104	01:23:07	698	Janet	Hunter	Open	Female	53
105	01:23:15	702	Johan	Janse van Rensburg	Open	Male	27
106	01:23:28	744	Coralie	McDonald	Open	Female	37
107	01:23:50	834	Heike	Victor	Open	Female	23
108	01:23:56	849	Monwa	Xala	Open	Male	33
109	01:24:24	802	Wendy	Swanepoel	Open	Female	37
110	01:24:25	842	Ryan	Whitehead	Open	Male	31
111	01:24:34	648	Pascale	De Villiers	Open	Female	28
112	01:24:36	793	Mark	Goldsworthy	Open	Male	32
113	01:24:40	613	Michael	Black	Open	Male	51
114	01:25:03	827	Sigi	van Rensburg	Open	Female	34
115	01:25:04	780	Neville	Sharwood	Open	Male	54
116	01:25:08	750	Stewart	Murray	Open	Male	30
117	01:25:15	733	Nicholas	Lykiardopulos	Open	Male	27
118	01:25:43	603	Gerrit	Avenant	Open	Male	27
119	01:25:47	661	Henning	Eksteen	Open	Male	25
120	01:26:03	654	Cornel	Du toit	Open	Male	34
121	01:26:05	794	Jonathan	Stephens	Open	Male	33
122	01:26:10	871	Wenda	Perold	Open	Female	61
123	01:26:40	807	Danie	Theron	Open	Male	60
124	01:26:42	843	Ulli	Wiederkehr	Open	Male	73
125	01:26:46	692	Michelle	Holzman	Open	Female	29
126	01:26:59	721	Dalene	Le roux	Open	Female	28
127	01:27:19	805	Vicki	Te Water	Open	Female	32
128	01:27:20	771	Faheem	Salie	Open	Male	29
129	01:28:05	873	Shondell	Latheringen	Open	Female	39
130	01:28:36	874	Juanita	Kruger	Open	Female	25
131	01:28:38	778	Taryn - leigh	Schwartz	Open	Female	25
132	01:28:50	659	Magda	Du Toit	Open	Female	52
133	01:29:39	624	Natalie	Buley	Open	Female	41
134	01:30:15	868	Elza	Maree	Open	Female	35
135	01:30:33	704	Sandra	Joubert	Open	Female	40
136	01:30:35	808	Ziska	Theron	Open	Female	56
137	01:30:40	670	Christine	Ferreira	Open	Female	24
138	01:30:46	715	Claire	Konemann	Open	Female	42
139	01:30:47	621	Robbie	Webb	Open	Male	52
140	01:30:49	819	Tiaan	Van der Merwe	Open	Male	27
141	01:31:01	853	Alan	Shepherd	Open	Male	32
142	01:31:16	773	Marnie	Schaefer	Open	Female	36
143	01:31:17	720	Lande	Kruger	Open	Female	36
144	01:31:54	607	Bronwyn	Barson	Open	Female	34
145	01:32:03	848	Janet	Woodburne	Open	Female	33
146	01:32:06	689	Liesl	Hirst	Open	Female	38
147	01:32:08	722	Dalene	Le roux	Open	Female	28
148	01:32:12	699	Lucinda	Hurlow	Open	Female	38
149	01:32:39	797	Malcolm	Stevenson	Open	Male	34

150	01:32:41	817	Christine	Van der Ahee	Open	Female	22
151	01:33:12	634	Vanessa	Clark	Open	Female	38
152	01:33:19	881	Kezia	Solomon	Open	Female	51
153	01:33:34	749	JO	Munro	Open	Female	45
154	01:33:41	673	Andre	Frey	Open	Male	26
155	01:34:00	684	Lee-ann	Harris	Open	Female	46
156	01:34:33	879	Michelle	Matthews	Open	Female	35
157	01:34:42	760	Durk	Postma	Open	Male	32
158	01:34:43	605	Jessica	Axelson	Open	Female	31
159	01:34:45	761	Nadine	Postma	Open	Female	34
160	01:34:47	681	Helena	Griessel	Open	Female	33
161	01:34:50	838	Maria	Von Backstrom	Open	Female	36
162	01:35:06	846	Cordula	Winkler	Open	Female	34
163	01:35:08	696	Olga	Human	Open	Female	39
164	01:35:26	791	Carole	Steffen	Open	Female	35
165	01:35:31	766	Adriaan	Relief	Open	Male	38
166	01:35:34	803	Elmari	Swart	Open	Female	35
167	01:35:35	777	Jaap	Scholten	Open	Male	50
168	01:35:46	818	Cornelia	Van der Merwe	Open	Female	26
169	01:35:53	630	Savanna	Champagne	Open	Female	21
170	01:35:58	743	Megan	McCurrach	Open	Female	40
171	01:35:59	615	Johan	BOOT	Open	Male	43
172	01:36:26	823	Johan	van Dyk	Open	Male	51
173	01:36:52	626	Sandra	Butler	Open	Female	25
174	01:36:53	688	Leswin	Heswick	Open	Male	31
175	01:37:38	652	Sonja	Dorrington-Turck	Open	Female	49
176	01:37:50	640	Helene	Conradie	Open	Female	48
177	01:38:12	740	Kyle	Marquis	Open	Male	34
178	01:38:14	741	Lynn	Marquis	Open	Female	42
179	01:38:18	708	Barbara	Kerr-Shaw	Open	Female	43
180	01:38:43	678	Chloe	Gojon	Open	Female	34
181	01:38:53	616	Darren	Botha	Open	Male	40
182	01:38:55	718	Heinrich	Kroukamp	Open	Male	26
183	01:39:00	878	Mareli	Joubert	Open	Female	26
184	01:39:10	675	Natasha	Giliomee	Open	Female	25
185	01:39:14	703	Nadia	Jordaan	Open	Female	27
186	01:39:19	822	Elke	Van Dyk	Open	Female	51
187	01:39:23	653	Karen	Du Preez	Open	Female	38
188	01:39:32	889	Liezel	Beukes	Open	Female	43
189	01:39:36	701	Mariette	Jacobsz	Open	Female	42
190	01:39:46	804	Rion	Swart	Open	Male	28
191	01:39:48	762	Adri	Prins	Open	Male	25
192	01:39:50	665	Liesl	Enslin	Open	Female	43
193	01:40:23	745	Ashleigh	Mcduling	Open	Female	22
194	01:41:35	649	Ilse	De Waal	Open	Female	39
195	01:41:42	880	Hanel	van Reenen	Open	Female	36
196	01:42:26	612	Robyn	Bird	Open	Female	32
197	01:42:45	677	Sarah	Glenday	Open	Female	27
198	01:42:46	710	Caitlin	Killassy	Open	Female	25
199	01:43:31	671	Darius	Franken	Open	Male	26
200	01:43:51	788	Keith	Solomon	Open	Male	51
201	01:44:15	774	Elianne	Schmittinger	Open	Female	28
202	01:45:11	770	Rogan	Russo	Open	Male	27
203	01:45:21	886	Wayne	Jacobs	Open	Male	44
204	01:45:53	892	Peter	Farwell	Open	Male	45
205	01:47:42	768	Amore	Roux	Open	Female	20
206	01:47:49	885	Samke	Mlebuka	Open	Female	23
207	01:48:22	854	Hela	Strez (Wild Runner)	Open	Female	51
208	01:49:55	672	Tara	Franken	Open	Female	25
209	01:49:57	856	Clare	Phillips	Open	Female	19
210	01:49:58	855	Alexandra	Phillips	Open	Female	22
211	01:50:02	816	Bettina	Van den Hurk	Open	Female	41
212	01:53:32	695	Juran	Human	Open	Male	28
213	01:53:34	697	Yolande	Human / Nel	Open	Female	31
214	01:54:09	752	Marianne	Nelson	Open	Female	69
215	01:54:36	641	Riaan	Conradie	Open	Male	30
216	01:56:42	832	Marco	Van Zyl	Open	Male	27
217	01:57:09	631	Lorita	Christelis	Open	Female	28
218	01:57:29	867	Saskia	Urtel	Open	Female	21
219	01:57:29	866	Hugo	Urtel	Open	Male	50
220	01:57:49	746	Trudi	Miller	Open	Female	53
221	01:58:31	604	Karla	Avenant	Open	Female	27
222	01:59:24	731	Edwin	Ludik	Open	Male	26
223	01:59:34	725	Jane	Lennox	Open	Female	30
224	01:59:38	757	Heather	Phillips	Open	Female	31
225	02:00:10	620	Samantha	Brink	Open	Female	34
226	02:00:15	619	Louis	Brink	Open	Male	42
227	02:01:35	625	Bianca	Burton	Open	Female	20
228	02:01:37	756	James	Paul	Open	Male	23
229	02:04:20	857	Niki	Phillips	Open	Female	48
230	02:08:11	882	Johan	le Roux	Open	Male	63

231	02:08:21	883	Petra	Riggs	Open	Female	51
232	02:09:22	844	Katrina	Wiid	Open	Female	38
233	02:12:24	852	Gina	De Nobrega	Open	Female	29
234	02:16:55	611	Sumare	Beukes	Open	Female	30

Open Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	00:51:03	812	Jared	Uys	Open	Male	24
2	00:51:21	876	Erin	van Eysson	Open	Male	26
3	00:51:35	647	Michael	De Kwaadsteniet	Open	Male	21
4	00:52:38	891	Ale	Cronje	Open	Male	26
5	00:57:36	847	Mark	Winter	Open	Male	23
6	00:58:16	872	Jeremy	Handler	Open	Male	42
7	00:58:25	875	Adi	van der Merwe	Open	Male	19
8	00:59:24	820	Luther	Van der Mescht	Open	Male	26
9	00:59:45	610	Gustav	Bessinger	Open	Male	30
10	01:00:56	618	Matthew	Bowerman	Open	Male	26
11	01:01:29	884	Schalk	Engelbrecht	Open	Male	50
12	01:02:13	869	Stefan	Rousseau	Open	Male	45
13	01:02:43	709	Ryan	Kidwell	Open	Male	31
14	01:03:00	763	PJ	Rabie	Open	Male	27
15	01:03:23	608	Willem	Beck	Open	Male	38
16	01:04:35	781	Amir	Shroufi	Open	Male	36
17	01:04:44	707	Simon	Katz	Open	Male	29
18	01:05:09	646	Nicolas	Dalton	Open	Male	35
19	01:05:43	783	Donal	Slemon	Open	Male	47
20	01:06:06	754	Henk	Oosthuizen	Open	Male	27
21	01:06:07	870	Jonathon	Lak	Open	Male	25
22	01:07:09	792	Hanro	Steffen	Open	Male	37
23	01:07:45	810	Hugh-John	Townsend	Open	Male	47
24	01:07:54	850	Ryan	Zoutendyk	Open	Male	36
25	01:08:15	769	Paul	Roux	Open	Male	31
26	01:08:20	861	Stephen	Lishman	Open	Male	23
27	01:08:22	651	Helgaard	Doman	Open	Male	30
28	01:08:23	655	Francois	Du Toit	Open	Male	23
29	01:09:24	779	Christian	Schwarzenberger	Open	Male	25
30	01:09:26	828	Werner	Van Rensburg	Open	Male	28
31	01:09:45	727	Gerard	Loedolff	Open	Male	34
32	01:09:53	666	Leon	Erwee	Open	Male	59
33	01:10:46	656	Jaco	Du Toit	Open	Male	35
34	01:10:47	738	Paul	Maree	Open	Male	34
35	01:11:14	662	Francois	Els	Open	Male	53
36	01:11:44	690	Marcus	Hoelper	Open	Male	39
37	01:12:35	814	Jean-Paul	Van As	Open	Male	40
38	01:12:51	639	Justin	Cole	Open	Male	40
39	01:12:53	732	Daniel	Luz	Open	Male	36
40	01:13:58	711	Martin	Klingbeil	Open	Male	47
41	01:14:38	829	Louis	Van Schalkwyk	Open	Male	44
42	01:14:41	815	Hennie	Van Breda	Open	Male	34
43	01:15:15	664	Ettienne	Engels	Open	Male	26
44	01:15:36	753	Richard	O'Mahony	Open	Male	20
45	01:16:17	765	Ashely	Rasool	Open	Male	33
46	01:16:28	645	Leon	Cronje	Open	Male	46
47	01:17:07	632	George	Christie	Open	Male	23
48	01:17:18	860	Nicholas	Olds	Open	Male	22
49	01:17:28	628	Wesley	Campher	Open	Male	22
50	01:17:36	737	Stephan	Marais	Open	Male	27
51	01:17:39	716	Justin	Kotze	Open	Male	26
52	01:17:52	795	Zane	Stevens	Open	Male	28
53	01:18:10	851	Andreas	Zwicker	Open	Male	38
54	01:18:53	706	George	Jubilin	Open	Male	36
55	01:19:38	775	Chris	Schnehage	Open	Male	59
56	01:19:41	693	George	Horn	Open	Male	45
57	01:20:35	764	Wiehann	Radyn	Open	Male	28
58	01:20:56	685	Sean	Harris	Open	Male	48
59	01:20:58	826	Tony	Van Marken	Open	Male	48
60	01:21:37	784	Cobus	Smit	Open	Male	45
61	01:21:38	728	Hennie	Longland	Open	Male	50
62	01:22:02	734	Cameron	Macaskill	Open	Male	20
63	01:22:35	811	Kobus	Troveri	Open	Male	29
64	01:22:42	660	Smitty	Du toit	Open	Male	64
65	01:22:49	877	Rudi	Badunhazi	Open	Male	34
66	01:23:15	702	Johan	Janse van Rensburg	Open	Male	27
67	01:23:56	849	Monwa	Xala	Open	Male	33
68	01:24:25	842	Ryan	Whitehead	Open	Male	31
69	01:24:36	793	Mark	Goldsworthy	Open	Male	32
70	01:24:40	613	Michael	Black	Open	Male	51
71	01:25:04	780	Neville	Sharwood	Open	Male	54
72	01:25:08	750	Stewart	Murray	Open	Male	30
73	01:25:15	733	Nicholas	Lykiardopulos	Open	Male	27
74	01:25:43	603	Gerrit	Avenant	Open	Male	27
75	01:25:47	661	Henning	Eksteen	Open	Male	25
76	01:26:03	654	Cornel	Du toit	Open	Male	34
77	01:26:05	794	Jonathan	Stephens	Open	Male	33
78	01:26:40	807	Danie	Theron	Open	Male	60
79	01:26:42	843	Ulli	Wiederkehr	Open	Male	73

80	01:27:20	771	Faheem	Salie	Open	Male	29
81	01:30:47	621	Robbie	Webb	Open	Male	52
82	01:30:49	819	Tiaan	Van der Merwe	Open	Male	27
83	01:31:01	853	Alan	Shepherd	Open	Male	32
84	01:32:39	797	Malcolm	Stevenson	Open	Male	34
85	01:33:41	673	Andre	Frey	Open	Male	26
86	01:34:42	760	Durk	Postma	Open	Male	32
87	01:35:31	766	Adriaan	Retief	Open	Male	38
88	01:35:35	777	Jaap	Scholten	Open	Male	50
89	01:35:59	615	Johan	BOOT	Open	Male	43
90	01:36:26	823	Johan	van Dyk	Open	Male	51
91	01:36:53	688	Leswin	Heswick	Open	Male	31
92	01:38:12	740	Kyle	Marquis	Open	Male	34
93	01:38:53	616	Darren	Botha	Open	Male	40
94	01:38:55	718	Heinrich	Kroukamp	Open	Male	26
95	01:39:46	804	Rion	Swart	Open	Male	28
96	01:39:48	762	Adri	Prins	Open	Male	25
97	01:43:31	671	Darius	Franken	Open	Male	26
98	01:43:51	788	Keith	Solomon	Open	Male	51
99	01:45:11	770	Rogan	Russo	Open	Male	27
100	01:45:21	886	Wayne	Jacobs	Open	Male	44
101	01:45:53	892	Peter	Farwell	Open	Male	45
102	01:53:32	695	Juran	Human	Open	Male	28
103	01:54:36	641	Riaan	Conradie	Open	Male	30
104	01:56:42	832	Marco	Van Zyl	Open	Male	27
105	01:57:29	866	Hugo	Urtel	Open	Male	50
106	01:59:24	731	Edwin	Ludik	Open	Male	26
107	02:00:15	619	Louis	Brink	Open	Male	42
108	02:01:37	756	James	Paul	Open	Male	23
109	02:08:11	882	Johan	le Roux	Open	Male	63

Open Female

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:04:27	674	Sophia	Frisbie	Open	Female	21
2	01:04:57	686	Liezl	Heerschap	Open	Female	41
3	01:06:01	821	Tricia	Van der Mescht	Open	Female	28
4	01:06:04	772	Tamra	Savic	Open	Female	41
5	01:09:41	644	Chrissie	Craven	Open	Female	40
6	01:09:52	863	Carla	Nel	Open	Female	39
7	01:11:22	667	Maren	Eschricht	Open	Female	26
8	01:11:38	887	Angela	Price	Open	Female	27
9	01:12:21	668	Ronel	Faber	Open	Female	31
10	01:12:39	730	Monique	Low	Open	Female	32
11	01:12:56	890	Inge	Meyer	Open	Female	25
12	01:13:05	747	Sarine	Muller	Open	Female	27
13	01:13:52	691	Heila	Holtzhausen	Open	Female	38
14	01:13:54	837	Estea	Volschenk	Open	Female	35
15	01:13:56	839	Monika	Vowles	Open	Female	40
16	01:13:59	712	Thandi	Klingbeil	Open	Female	40
17	01:15:20	601	Fadia	Abels	Open	Female	21
18	01:15:24	864	Ansa	van Geest	Open	Female	39
19	01:15:40	859	Rene	la Grange	Open	Female	38
20	01:16:39	723	Kate	Le Roux	Open	Female	43
21	01:17:33	736	Marais	Marais	Open	Female	37
22	01:18:07	714	Cathrine	Koekemoer	Open	Female	51
23	01:18:12	799	Ronel	Streicher	Open	Female	41
24	01:19:35	798	Dalene	Stiff	Open	Female	54
25	01:20:07	787	Maren	Solbrig	Open	Female	25
26	01:20:09	748	Katie	Müller	Open	Female	27
27	01:20:33	755	Tanya	Orpen	Open	Female	35
28	01:20:48	858	Elke	Deluse	Open	Female	51
29	01:21:01	830	Geomarr	Van Tonder	Open	Female	25
30	01:21:13	782	Kirsten	Sims	Open	Female	27
31	01:21:27	623	Lauren	Buchan	Open	Female	22
32	01:21:55	833	Soraiya	Verjee	Open	Female	36
33	01:23:07	698	Janet	Hunter	Open	Female	53
34	01:23:28	744	Coralie	McDonald	Open	Female	37
35	01:23:50	834	Heike	Victor	Open	Female	23
36	01:24:24	802	Wendy	Swanepoel	Open	Female	37
37	01:24:34	648	Pascale	De Villiers	Open	Female	28
38	01:25:03	827	Sigi	van Rensburg	Open	Female	34
39	01:26:10	871	Wenda	Perold	Open	Female	61
40	01:26:46	692	Michelle	Holzman	Open	Female	29
41	01:26:59	721	Dalene	Le roux	Open	Female	28
42	01:27:19	805	Vicki	Te Water	Open	Female	32
43	01:28:05	873	Shondell	Latheringen	Open	Female	39
44	01:28:36	874	Juanita	Kruger	Open	Female	25
45	01:28:38	778	Taryn - leigh	Schwartz	Open	Female	25
46	01:28:50	659	Magda	Du Toit	Open	Female	52
47	01:29:39	624	Natalie	Buley	Open	Female	41
48	01:30:15	868	Elza	Maree	Open	Female	35

49	01:30:33	704	Sandra	Joubert	Open	Female	40
50	01:30:35	808	Ziska	Theron	Open	Female	56
51	01:30:40	670	Christine	Ferreira	Open	Female	24
52	01:30:46	715	Claire	Konemann	Open	Female	42
53	01:31:16	773	Mame	Schaefer	Open	Female	36
54	01:31:17	720	Lande	Kruger	Open	Female	36
55	01:31:54	607	Bronwyn	Barson	Open	Female	34
56	01:32:03	848	Janet	Woodburne	Open	Female	33
57	01:32:06	689	Liesl	Hirst	Open	Female	38
58	01:32:08	722	Dalene	Le roux	Open	Female	28
59	01:32:12	699	Lucinda	Hurlow	Open	Female	38
60	01:32:41	817	Christine	Van der Ahee	Open	Female	22
61	01:33:12	634	Vanessa	Clark	Open	Female	38
62	01:33:19	881	Kezia	Solomon	Open	Female	51
63	01:33:34	749	JO	Munro	Open	Female	45
64	01:34:00	684	Lee-ann	Harris	Open	Female	46
65	01:34:33	879	Michelle	Matthews	Open	Female	35
66	01:34:43	605	Jessica	Axelson	Open	Female	31
67	01:34:45	761	Nadine	Postma	Open	Female	34
68	01:34:47	681	Helena	Griessel	Open	Female	33
69	01:34:50	838	Maria	Von Backstrom	Open	Female	36
70	01:35:06	846	Cordula	Winkler	Open	Female	34
71	01:35:08	696	Olga	Human	Open	Female	39
72	01:35:26	791	Carole	Steffen	Open	Female	35
73	01:35:34	803	Elmari	Swart	Open	Female	35
74	01:35:46	818	Cornelia	Van der Merwe	Open	Female	26
75	01:35:53	630	Savanna	Champagne	Open	Female	21
76	01:35:58	743	Megan	McCurrach	Open	Female	40
77	01:36:52	626	Sandra	Butler	Open	Female	25
78	01:37:38	652	Sonja	Dorrington-Turck	Open	Female	49
79	01:37:50	640	Helene	Conradie	Open	Female	48
80	01:38:14	741	Lynn	Marquis	Open	Female	42
81	01:38:18	708	Barbara	Kerr-Shaw	Open	Female	43
82	01:38:43	678	Chloe	Gojon	Open	Female	34
83	01:39:00	878	Mareli	Joubert	Open	Female	26
84	01:39:10	675	Natasha	Giliomee	Open	Female	25
85	01:39:14	703	Nadia	Jordaan	Open	Female	27
86	01:39:19	822	Elke	Van Dyk	Open	Female	51
87	01:39:23	653	Karen	Du Preez	Open	Female	38
88	01:39:32	889	Liezel	Beukes	Open	Female	43
89	01:39:36	701	Mariette	Jacobsz	Open	Female	42
90	01:39:50	665	Liesl	Enslin	Open	Female	43
91	01:40:23	745	Ashleigh	Mcduling	Open	Female	22
92	01:41:35	649	Ilse	De Waal	Open	Female	39
93	01:41:42	880	Hanel	van Reenen	Open	Female	36
94	01:42:26	612	Robyn	Bird	Open	Female	32
95	01:42:45	677	Sarah	Glenday	Open	Female	27
96	01:42:46	710	Caitlin	Killassy	Open	Female	25
97	01:44:15	774	Elianne	Schmittinger	Open	Female	28
98	01:47:42	768	Amore	Roux	Open	Female	20
99	01:47:49	885	Samke	Mlebuka	Open	Female	23
100	01:48:22	854	Hela	Strez (Wild Runner)	Open	Female	51
101	01:49:55	672	Tara	Franken	Open	Female	25
102	01:49:57	856	Clare	Phillips	Open	Female	19
103	01:49:58	855	Alexandra	Phillips	Open	Female	22
104	01:50:02	816	Bettina	Van den Hurk	Open	Female	41
105	01:53:34	697	Yolande	Human / Nel	Open	Female	31
106	01:54:09	752	Marianne	Nelson	Open	Female	69
107	01:57:09	631	Lorita	Christelis	Open	Female	28
108	01:57:29	867	Saskia	Urtel	Open	Female	21
109	01:57:49	746	Trudi	Miller	Open	Female	53
110	01:58:31	604	Karla	Avenant	Open	Female	27
111	01:59:34	725	Jane	Lennox	Open	Female	30
112	01:59:38	757	Heather	Philips	Open	Female	31
113	02:00:10	620	Samantha	Brink	Open	Female	34
114	02:01:35	625	Bianca	Burton	Open	Female	20
115	02:04:20	857	Niki	Phillips	Open	Female	48
116	02:08:21	883	Petra	Riggs	Open	Female	51
117	02:09:22	844	Katrina	Wiid	Open	Female	38
118	02:12:24	852	Gina	De Nobrega	Open	Female	29
119	02:16:55	611	Sumare	Beukes	Open	Female	30

Junior Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	00:46:30	796	Dylan	Stevenson	Junior	Male	17
2	00:56:41	888	Luan	van Lyn	Junior	Male	16
3	00:58:43	700	Matthew	Hurlow	Junior	Male	16
4	01:19:37	825	Joshua	Van Marken	Junior	Male	15

Junior Female

Position	Time	Race #	Name	Surname	Category	Sex	Age
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1	01:03:26	726	Caitlin	Leslie	Junior	Female	17
2	01:11:55	824	Lieze	Van Heerden	Junior	Female	16

73	02:19:51	306	Paula	Armstrong	Open	Female	28
74	02:19:52	450	Cori	Leonard	Open	Female	27
75	02:19:55	427	Leonie	Joubert	Veteran	Female	40
76	02:20:10	380	Maseeh	Esau	Open	Male	37
77	02:20:39	375	Jacques	Du Preez	Open	Male	32
78	02:21:17	352	Brendan	Currin	Open	Male	34
79	02:21:20	455	Nick	Longley	Open	Male	32
80	02:21:34	551	Christo	Truter	Veteran	Male	42
81	02:21:38	304	Charl	Anderson	Veteran	Male	42
82	02:21:39	539	Nigel	Isaacs	Veteran	Male	42
83	02:21:40	446	Shaun	Lamont	Open	Male	28
84	02:21:54	411	Zoe	Henn	Open	Female	35
85	02:22:03	410	Gerda	Henn (Wild Runner)	Open	Female	33
86	02:22:09	525	Emily	Smith	Open	Female	24
87	02:22:11	466	Ross	McGarrick	Open	Male	33
88	02:22:33	462	Burgert	Maree	Open	Male	30
89	02:23:16	405	Tim	Hadingham	Veteran	Male	41
90	02:23:46	564	Jana	Van Houwelingen	Open	Female	24
91	02:23:57	463	Mattéo	Martin	Open	Male	20
92	02:24:38	582	Peta	Wills	Open	Male	31
93	02:24:40	570	Willemien	Van Zyl	Open	Female	25
94	02:24:42	511	Beate	Elbrecht	Open	Female	37
95	02:24:46	322	Gordon	Bishop	Open	Male	34
96	02:25:06	383	Nicole	Faul	Open	Female	33
97	02:25:15	440	Mieke	Kriel	Open	Female	25
98	02:25:48	464	Barbara	Seele	Open	Female	27
99	02:25:49	507	Claude	Ramasami	Open	Male	38
100	02:26:19	326	Janet	Blackshaw	Open	Female	38
101	02:26:30	402	Martin	Groenewald	Open	Male	27
102	02:26:33	381	Nazeema	Esau	Veteran	Female	40
103	02:26:36	567	Ben	Van Rensburg	Veteran	Male	40
104	02:26:39	430	Denzil	Kennon	Open	Male	27
105	02:26:57	478	Cecil	Munch	Master	Male	52
106	02:27:00	479	Zahn	Munch	Master	Female	50
107	02:27:59	506	Etienne	Ralphs (Spur)	Veteran	Male	42
108	02:28:01	562	Johan	Van Heerden	Veteran	Male	41
109	02:28:10	593	LM	Cilliers	Veteran	Male	43
110	02:28:14	482	Hennie	Nel	Veteran	Male	44
111	02:28:15	374	Nicholaas	Du Plessis	Open	Male	28
112	02:29:45	421	Anton	Human	Open	Male	33
113	02:29:54	572	Samantha	Bartle	Open	Female	28
114	02:29:58	399	Christiaan	Greyling	Open	Male	28
115	02:30:03	398	Graeme	Green	Veteran	Male	49
116	02:30:42	354	Ramsay	Daly	Open	Male	28
117	02:31:26	441	Jared	Kruger	Open	Male	28
118	02:31:36	554	Adri	Van der Linde	Open	Female	33
119	02:31:39	477	Liezl	Muller	Veteran	Female	42
120	02:31:44	406	Daniel	Hallada	Open	Male	21
121	02:32:17	483	Pierre	Nel	Open	Male	29
122	02:32:36	376	Etienne	Du toit	Veteran	Male	47
123	02:32:41	362	Carien	De Klerk	Open	Female	39
124	02:32:48	503	Benita	Pretorius	Open	Female	28
125	02:33:17	433	Leander	Koekemoer	Open	Male	31
126	02:33:19	316	Danielle	Becker	Open	Female	29
127	02:33:20	317	Thorsten	Becker	Open	Male	29
128	02:33:23	543	Natia	Heerdan	Open	Female	21
129	02:33:26	408	Christina	Hartner	Open	Female	32
130	02:34:07	327	Charl	Blom	Open	Male	35
131	02:36:36	363	Leon	De Klerk	Veteran	Male	42
132	02:36:43	501	Wynand	Pieterse	Open	Male	25
133	02:36:45	438	Dawid	Kriegler	Open	Male	25
134	02:36:48	442	Irina	Kubica	Open	Female	38
135	02:36:51	435	Jana	Kolodziej	Veteran	Female	42
136	02:37:02	403	Michael	Groenewald	Veteran	Male	45
137	02:37:18	356	Alun	Darwood	Open	Male	38
138	02:37:35	476	Alet	Morgan	Open	Female	35
139	02:37:56	378	Helen	Erasmus	Veteran	Female	49
140	02:39:20	542	Karien	Sturmair	Veteran	Female	40
141	02:39:26	469	Elanie	Meyer	Open	Female	26
142	02:39:42	341	Nicol	Carstens	Open	Male	33
143	02:40:04	590	Baredeen	Zietsman	Open	Female	35
144	02:40:11	530	David	Standley	Open	Male	34
145	02:40:14	566	Marion	Van Lille	Open	Female	28
146	02:40:29	475	Claudette	Moore	Veteran	Female	41
147	02:40:32	568	Jako	Van Rensburg	Open	Male	29
148	02:40:46	355	Rob	Damerell	Veteran	Male	42
149	02:43:43	331	Molly	Branson	Open	Female	20
150	02:44:21	324	Jacques	Blaauw	Open	Male	28
151	02:45:11	349	Lowis	Coetzee	Open	Male	31
152	02:45:16	413	Paulina	Heule	Open	Female	20
153	02:45:18	487	Hilliard	Nyman	Open	Male	25
154	02:46:44	491	Leo	Oosthuizen	Open	Male	37
155	02:47:17	480	Milan	Murray	Open	Female	38
156	02:47:24	534	Garron	Stevenson	Veteran	Male	40
157	02:47:45	514	Samantha	Russell-Rockliff	Open	Female	39
158	02:47:47	513	Dave	Russell-Rockliff	Open	Male	39

159	02:47:49	400	Andro	Griessel	Veteran	Male	40
160	02:48:09	559	Shelley	Van der Westhuizen	Veteran	Female	40
161	02:48:13	315	Michel	Bastenie	Veteran	Male	48
162	02:48:34	437	Terence	Kretzmann	Open	Male	33
163	02:48:37	436	Nina	Kretzmann	Open	Female	36
164	02:48:38	422	Willem	Human	Open	Male	29
165	02:48:43	535	Phil	Stewart	Master	Male	61
166	02:49:23	409	Bronwyn	Hastings	Open	Female	27
167	02:49:26	591	Meg	Ernstzen	Master	Female	53
168	02:50:09	547	Anneliese	Thomas	Open	Female	38
169	02:50:14	531	Katrin	Starzmann	Open	Female	33
170	02:50:17	585	Wynand	Wium	Open	Male	33
171	02:50:26	115	Kerryn	Vollmer	Open	Female	36
172	02:51:15	368	Madelize	Delpont	Open	Female	36
173	02:53:07	540	Maureen	Whare	Open	Female	35
174	02:53:14	350	Martine	Cohen	Open	Female	28
175	02:53:18	367	Adri	de Witt	Open	Female	35
176	02:54:17	443	Kannas	Wiid	Open	Male	30
177	02:54:23	319	Stephanie	Betts	Open	Female	27
178	02:54:41	552	PJ	Vadas	Open	Male	31
179	02:54:42	529	Tara	Solomon	Open	Female	31
180	02:55:09	391	Dewald	Gaigher	Master	Male	54
181	02:56:39	452	Pauline	Lewis	Open	Female	39
182	02:59:09	384	Greg	Fell	Open	Male	29
183	02:59:22	337	Stephanie	Buchholz	Open	Female	31
184	03:00:37	556	Gerard	Van der merwe	Open	Male	24
185	03:00:55	432	Stephen	Knott	Open	Male	34
186	03:01:15	320	Elschen	Beyers	Master	Female	51
187	03:01:22	468	Rihan	Meij	Open	Male	33
188	03:02:05	321	Mathew	Bird	Open	Male	38
189	03:03:10	404	Jessica	Hacking	Open	Female	21
190	03:05:07	518	Dewald	Schlebusch	Open	Male	31
191	03:06:05	394	Alan	Struthers	Open	Male	39
192	03:08:25	305	Tarryn	Anelli	Open	Female	29
193	03:08:27	595	Ciworby	Worby	Open	Female	29
194	03:08:59	423	Jacques	Jansen van Rensburg	Open	Male	32
195	03:10:59	517	Louise	Scheepers	Master	Female	50
196	03:11:02	546	Sonja	Theart	Veteran	Female	45
197	03:11:05	545	Alwi	Theart	Veteran	Male	44
198	03:11:29	373	Liza	Du Plessis	Veteran	Female	42
199	03:11:54	370	Fayaadh	Dhansay (Wild Runner)	Open	Male	28
200	03:12:05	569	Erica	Van Rhyn	Veteran	Female	49
201	03:12:06	557	Renette	Van der Merwe	Open	Female	39
202	03:12:30	389	Frances	Fuchs	Open	Female	38
203	03:13:27	510	Delyse	Rist	Master	Female	50
204	03:13:32	348	Linda	Coetzee	Master	Female	52
205	03:14:11	497	Johann	Pickard	Open	Male	22
206	03:14:14	496	Jeanne	Pickard	Open	Female	32
207	03:14:22	536	Judy	Steyn	Open	Female	25
208	03:14:41	360	Lindie	de Bruin	Open	Female	38
209	03:18:54	544	Gerhard	Swart	Open	Male	34
210	03:19:55	332	Liz	Brash	Master	Female	54
211	03:20:48	301	Perwez	Abdullah (Wild Runner)	Open	Male	27
212	03:21:32	563	Marlene	Van Heerden	Veteran	Female	47
213	03:22:40	515	Thaabiet	Salaam	Open	Male	39
214	03:24:22	465	Robin	McDonald (Wild Runner)	Master	Male	59
215	03:25:06	420	Imraan	Hoosain	Open	Male	31
216	03:25:51	583	Liesl	Winter	Open	Female	31
217	03:28:00	472	Shirls	Milne	Open	Female	33
218	03:28:02	454	Marinda	Lindeque	Open	Female	36
219	03:30:51	369	Adir	Deokaran	Open	Male	29
220	03:33:16	429	Cara	Kahn	Open	Female	37
221	03:35:27	488	Dan	de Villiers	Veteran	Male	48
222	03:35:29	597	John	Thole	Veteran	Male	49
223	03:38:08	473	Jason	Minnaar	Open	Male	35
224	03:40:04	474	Tania	Minnaar	Open	Female	35
225	03:45:06	524	Abigail	Smith	Open	Female	31
226	03:45:14	382	Lindsay	Evard	Veteran	Female	45
227	03:46:17	425	Anna	Johnstone	Open	Female	33
228	03:48:34	484	Tracy	Neumann	Veteran	Female	41
229	03:49:04	520	Jill	Shapland-Smit	Veteran	Female	46
230	03:49:05	308	Kimberly Charlotte	Atkinson	Open	Female	18
231	03:49:07	307	Dagmar	Atkinson	Veteran	Female	48
232	03:52:41	395	Liesl	Gouws	Open	Female	24
233	03:56:24	494	Sue	Parker-Smith	Veteran	Female	48
234	04:11:28	458	Elizabeth	Luyendyk	Open	Female	29
235	04:15:05	334	Carrey	Bruton	Open	Female	23
236	04:15:11	335	Charmelle	Bruton	Veteran	Female	49
237	04:22:05	412	Jarryd	Hesom	Open	Male	25

Open Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:25:20	505	Bernard	Rukadza	Open	Male	31
2	01:34:10	399	Christiaan	Greyling	Open	Male	28
3	01:42:11	499	Charl	Pieterse	Open	Male	34
4	01:43:19	528	Dylan	Solms	Open	Male	18
5	01:43:28	538	Franz-Erich	Streicher	Open	Male	24
6	01:44:09	325	Jonathan	Black	Open	Male	18
7	01:45:52	553	Wayne	Van den heuvel	Open	Male	34
8	01:48:30	309	Scott	Atkinson	Open	Male	30
9	01:50:35	461	Grant	Marcus	Open	Male	39
10	01:52:27	490	Thomas	O'Neill	Open	Male	24
11	01:53:27	416	Tim	Hoek	Open	Male	29
12	01:53:39	333	Werner	Bruckner	Open	Male	32
13	01:56:46	594	Herman	Perry	Open	Male	26
14	01:58:09	392	Andre	Gerber	Open	Male	33
15	01:58:20	313	Zak	Barry	Open	Male	21
16	01:59:58	344	Matthew	Chung	Open	Male	21
17	02:00:21	418	Regardt	Hogan	Open	Male	26
18	02:00:24	396	Willem	Grabe	Open	Male	39
19	02:00:32	444	Jacobus	Lacock	Open	Male	33
20	02:01:13	459	Wynand	Malan	Open	Male	34
21	02:01:19	351	Dewald	Conradie	Open	Male	32
22	02:02:14	359	Pierre	De Abreu	Open	Male	19
23	02:03:38	508	Adam	Ricketts	Open	Male	32
24	02:03:40	460	Dawie	Maiherbe	Open	Male	39
25	02:04:03	439	Jean-Jacques	Kriel	Open	Male	23
26	02:04:09	573	Johan	Volschenk	Open	Male	37
27	02:04:23	493	Iain	Orpen	Open	Male	37
28	02:05:11	314	Rick	Basson	Open	Male	32
29	02:05:12	312	Christophe	Baret	Open	Male	25
30	02:05:24	495	Richard	Philips	Open	Male	31
31	02:05:34	512	Justin	Roome	Open	Male	31
32	02:06:24	596	Jonathan	Mervis	Open	Male	29
33	02:07:21	447	Mark	Lang	Open	Male	30
34	02:07:34	580	Gustav	Wiid	Open	Male	20
35	02:08:10	586	Lewis	Wolf	Open	Male	29
36	02:08:55	338	Mark	Bullivant	Open	Male	30
37	02:10:47	323	Giovanni	Bixa	Open	Male	28
38	02:11:09	330	Stefan Jan	Botma	Open	Male	28
39	02:12:24	589	Sean	Young	Open	Male	25
40	02:12:37	492	Marius	Oosthuizen	Open	Male	36
41	02:13:26	424	Ronald	Jessop	Open	Male	37
42	02:13:56	522	Laurence	Slann	Open	Male	23
43	02:15:43	401	Reg	Griessel	Open	Male	29
44	02:15:45	565	Jan Willem	Van Huyssteen	Open	Male	33
45	02:15:50	451	Rob	Lewin	Open	Male	30
46	02:15:54	457	Matti	Lubkoll	Open	Male	28
47	02:16:31	393	Sebastian	Giglmayr	Open	Male	24
48	02:16:49	431	Carlo	Klopper	Open	Male	32
49	02:17:52	592	Brad	Lodge	Open	Male	26
50	02:20:10	380	Maseeh	Esau	Open	Male	37
51	02:20:39	375	Jacques	Du Preez	Open	Male	32
52	02:21:17	352	Brendan	Currin	Open	Male	34
53	02:21:20	455	Nick	Longley	Open	Male	32
54	02:21:40	446	Shaun	Lamont	Open	Male	28
55	02:22:11	466	Ross	McGarrick	Open	Male	33
56	02:22:33	462	Burgert	Maree	Open	Male	30
57	02:23:57	463	Mattéo	Martin	Open	Male	20
58	02:24:38	582	Peta	Wills	Open	Male	31
59	02:24:46	322	Gordon	Bishop	Open	Male	34
60	02:25:49	507	Claude	Ramasami	Open	Male	38
61	02:26:30	402	Martin	Groenewald	Open	Male	27
62	02:26:39	430	Denzil	Kennon	Open	Male	27
63	02:28:15	374	Nicholaas	Du Plessis	Open	Male	28
64	02:29:45	421	Anton	Human	Open	Male	33
65	02:29:58	399	Christiaan	Greyling	Open	Male	28
66	02:30:42	354	Ramsay	Daly	Open	Male	28
67	02:31:26	441	Jared	Kruger	Open	Male	28
68	02:31:44	406	Daniel	Hallada	Open	Male	21
69	02:32:17	483	Pierre	Nel	Open	Male	29
70	02:33:17	433	Leander	Koekemoer	Open	Male	31
71	02:33:20	317	Thorsten	Becker	Open	Male	29
72	02:34:07	327	Charl	Blom	Open	Male	35
73	02:36:43	501	Wynand	Pieterse	Open	Male	25
74	02:36:45	438	Dawid	Kriegler	Open	Male	25
75	02:37:18	356	Alun	Darwood	Open	Male	38
76	02:39:42	341	Nicol	Carstens	Open	Male	33
77	02:40:11	530	David	Standley	Open	Male	34
78	02:40:32	568	Jako	Van Rensburg	Open	Male	29
79	02:44:21	324	Jacques	Blaauw	Open	Male	28
80	02:45:11	349	Lowis	Coetzee	Open	Male	31
81	02:45:18	487	Hilliard	Nyman	Open	Male	25
82	02:46:44	491	Leo	Oosthuizen	Open	Male	37
83	02:47:47	513	Dave	Russell-Rockliff	Open	Male	39
84	02:48:34	437	Terence	Kretzmann	Open	Male	33

85	02:48:38	422	Willem	Human	Open	Male	29
86	02:50:17	585	Wynand	Wium	Open	Male	33
87	02:54:17	443	Kannas	Wiid	Open	Male	30
88	02:54:41	552	PJ	Vadas	Open	Male	31
89	02:59:09	384	Greg	Fell	Open	Male	29
90	03:00:37	556	Gerard	Van der merwe	Open	Male	24
91	03:00:55	432	Stephen	Knott	Open	Male	34
92	03:01:22	468	Rihan	Meij	Open	Male	33
93	03:02:05	321	Mathew	Bird	Open	Male	38
94	03:05:07	518	Dewald	Schlebusch	Open	Male	31
95	03:06:05	394	Alan	Struthers	Open	Male	39
96	03:08:59	423	Jacques	Jansen van Rensburg	Open	Male	32
97	03:11:54	370	Fayaadh	Dhansay (Wild Runner)	Open	Male	28
98	03:14:11	497	Johann	Pickard	Open	Male	22
99	03:18:54	544	Gerhard	Swart	Open	Male	34
100	03:20:48	301	Perwez	Abdullah (Wild Runner)	Open	Male	27
101	03:22:40	515	Thaabiet	Salaam	Open	Male	39
102	03:25:06	420	Imraan	Hoosain	Open	Male	31
103	03:30:51	369	Adir	Deokaran	Open	Male	29
104	03:38:08	473	Jason	Minnaar	Open	Male	35
105	04:22:05	412	Jarryd	Hesom	Open	Male	25

Open Female

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:50:27	527	Katya	Soggot	Open	Female	37
2	01:56:10	561	Liandi	Van der Westhuyzen	Open	Female	28
3	01:59:39	587	Christine	Woods	Open	Female	38
4	02:02:27	555	Christelle	van der Merwe	Open	Female	36
5	02:03:31	318	Megan	Beckett	Open	Female	25
6	02:15:03	347	Nerisa	Coelho	Open	Female	32
7	02:19:51	306	Paula	Armstrong	Open	Female	28
8	02:19:52	450	Corli	Leonard	Open	Female	27
9	02:21:54	411	Zoe	Henn	Open	Female	35
10	02:22:03	410	Gerda	Henn (Wild Runner)	Open	Female	33
11	02:22:09	525	Emily	Smith	Open	Female	24
12	02:23:46	564	Jana	Van Houwelingen	Open	Female	24
13	02:24:40	570	Willemien	Van Zyl	Open	Female	25
14	02:24:42	511	Beate	Elbrecht	Open	Female	37
15	02:25:06	383	Nicole	Faul	Open	Female	33
16	02:25:15	440	Mieke	Kriel	Open	Female	25
17	02:25:48	464	Barbara	Seele	Open	Female	27
18	02:26:19	326	Janet	Blackshaw	Open	Female	38
19	02:29:54	572	Samantha	Barle	Open	Female	28
20	02:31:36	554	Adri	Van der Linde	Open	Female	33
21	02:32:41	362	Carien	De Klerk	Open	Female	39
22	02:32:48	503	Benita	Pretorius	Open	Female	28
23	02:33:19	316	Danielle	Becker	Open	Female	29
24	02:33:23	543	Natia	Heerdan	Open	Female	21
25	02:33:26	408	Christina	Hartner	Open	Female	32
26	02:36:48	442	Irina	Kubica	Open	Female	38
27	02:37:35	476	Alet	Morgan	Open	Female	35
28	02:39:26	469	Elanie	Meyer	Open	Female	26
29	02:40:04	590	Baredeen	Zietsman	Open	Female	35
30	02:40:14	566	Marion	Van Lille	Open	Female	28
31	02:43:43	331	Molly	Branson	Open	Female	20
32	02:45:16	413	Paulina	Heule	Open	Female	20
33	02:47:17	480	Milan	Murray	Open	Female	38
34	02:47:45	514	Samantha	Russell-Rockliff	Open	Female	39
35	02:48:37	436	Nina	Kretzmann	Open	Female	36
36	02:49:23	409	Bronwyn	Hastings	Open	Female	27
37	02:50:09	547	Anneliese	Thomas	Open	Female	38
38	02:50:14	531	Katrin	Starzmann	Open	Female	33
39	02:50:26	115	Kerryn	Vollmer	Open	Female	36
40	02:51:15	368	Madelize	Delpont	Open	Female	36
41	02:53:07	540	Maureen	Whare	Open	Female	35
42	02:53:14	350	Martine	Cohen	Open	Female	28
43	02:53:18	367	Adri	de Witt	Open	Female	35
44	02:54:23	319	Stephanie	Betts	Open	Female	27
45	02:54:42	529	Tara	Solomon	Open	Female	31
46	02:56:39	452	Pauline	Lewis	Open	Female	39
47	02:59:22	337	Stephanie	Buchholz	Open	Female	31
48	03:03:10	404	Jessica	Hacking	Open	Female	21
49	03:08:25	305	Tarryn	Anelli	Open	Female	29
50	03:08:27	595	Clworby	Worby	Open	Female	29
51	03:12:06	557	Renette	Van der Merwe	Open	Female	39
52	03:12:30	389	Frances	Fuchs	Open	Female	38
53	03:14:14	496	Jeanne	Pickard	Open	Female	32
54	03:14:22	536	Judy	Steyn	Open	Female	25
55	03:14:41	360	Lindie	de Bruin	Open	Female	38
56	03:25:51	583	Liesl	Winter	Open	Female	31
57	03:28:00	472	Shirls	Milne	Open	Female	33
58	03:28:02	454	Marinda	Lindeque	Open	Female	36
59	03:33:16	429	Cara	Kahn	Open	Female	37
60	03:40:04	474	Tania	Minnaar	Open	Female	35
61	03:45:06	524	Abigail	Smith	Open	Female	31
62	03:46:17	425	Anna	Johnstone	Open	Female	33

63	03:49:05	308	Kimberly Charlotte	Atkinson	Open	Female	18
64	03:52:41	395	Liesl	Gouws	Open	Female	24
65	04:11:28	458	Elizabeth	Luyendyk	Open	Female	29
66	04:15:05	334	Carrey	Bruton	Open	Female	23

Veteran Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:32:11	471	Dion	Middelkoop	Veteran	Male	43
2	01:35:24	533	Andrew	Steele	Veteran	Male	43
3	01:46:07	574	Alexandre	Vouillot	Veteran	Male	40
4	01:54:56	532	Piers	Stead	Veteran	Male	45
5	01:59:47	548	Garreth	Thomas	Veteran	Male	42
6	02:01:24	581	Dale	Williams	Veteran	Male	45
7	02:05:04	449	Ashley	Legg (Wild Runner)	Veteran	Male	41
8	02:11:12	434	Lawrence	Koff	Veteran	Male	40
9	02:12:35	311	Leon	Badenhorst	Veteran	Male	40
10	02:15:53	588	Craig	Young	Veteran	Male	47
11	02:15:57	486	Ivor	Norval	Veteran	Male	46
12	02:19:05	448	Alex	le Roux	Veteran	Male	43
13	02:21:34	551	Christo	Truter	Veteran	Male	42
14	02:21:38	304	Charl	Anderson	Veteran	Male	42
15	02:21:39	539	Nigel	Isaacs	Veteran	Male	42
16	02:23:16	405	Tim	Hadingham	Veteran	Male	41
17	02:26:36	567	Ben	Van Rensburg	Veteran	Male	40
18	02:27:59	506	Etienne	Ralphs (Spur)	Veteran	Male	42
19	02:28:01	562	Johan	Van Heerden	Veteran	Male	41
20	02:28:10	593	LM	Cilliers	Veteran	Male	43
21	02:28:14	482	Hennie	Nel	Veteran	Male	44
22	02:30:03	398	Graeme	Green	Veteran	Male	49
23	02:32:36	376	Etienne	Du toit	Veteran	Male	47
24	02:36:36	363	Leon	De Klerk	Veteran	Male	42
25	02:37:02	403	Michael	Groenewald	Veteran	Male	45
26	02:40:46	355	Rob	Damerell	Veteran	Male	42
27	02:47:24	534	Garron	Stevenson	Veteran	Male	40
28	02:47:49	400	Andro	Giessel	Veteran	Male	40
29	02:48:13	315	Michel	Bastenie	Veteran	Male	48
30	03:11:05	545	Alwi	Theart	Veteran	Male	44
31	03:35:27	488	Dan	de Villiers	Veteran	Male	48
32	03:35:29	597	John	Thole	Veteran	Male	49

Veteran Female

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	02:19:55	427	Leonie	Joubert	Veteran	Female	40
2	02:26:33	381	Nazeema	Esau	Veteran	Female	40
3	02:31:39	477	Liezl	Muller	Veteran	Female	42
4	02:36:51	435	Jana	Kolodziej	Veteran	Female	42
5	02:37:56	378	Helen	Erasmus	Veteran	Female	49
6	02:39:20	542	Karien	Sturmair	Veteran	Female	40
7	02:40:29	475	Claudette	Moore	Veteran	Female	41
8	02:48:09	559	Shelley	Van der Westhuizen	Veteran	Female	40
9	03:11:02	546	Sonja	Theart	Veteran	Female	45
10	03:11:29	373	Liza	Du Plessis	Veteran	Female	42
11	03:12:05	569	Erica	Van Rhyn	Veteran	Female	49
12	03:21:32	563	Marlene	Van Heerden	Veteran	Female	47
13	03:45:14	382	Lindsay	Evard	Veteran	Female	45
14	03:48:34	484	Tracy	Neumann	Veteran	Female	41
15	03:49:04	520	Jill	Shapland-Smit	Veteran	Female	46
16	03:49:07	307	Dagmar	Atkinson	Veteran	Female	48
17	03:56:24	494	Sue	Parker-Smith	Veteran	Female	48
18	04:15:11	335	Charmelle	Bruton	Veteran	Female	49

Master Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:46:38	467	Bruce	Meier	Master	Male	52
2	01:50:29	598	Neil	Herman	Master	Male	54
3	02:02:36	342	Ray	Castelyn	Master	Male	53
4	02:02:38	535	Phil	Stewart	Master	Male	61
5	02:18:21	453	Anthony	Leysens	Master	Male	53
6	02:26:57	478	Cecil	Munch	Master	Male	52
7	02:48:43	535	Phil	Stewart	Master	Male	61
8	02:55:09	391	Dewald	Gaigher	Master	Male	54
9	03:24:22	465	Robin	McDonald (Wild Runner)	Master	Male	59

Master Female

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	02:27:00	479	Zahn	Munch	Master	Female	50
2	02:49:26	591	Meg	Ernstzen	Master	Female	53
3	03:01:15	320	Elschen	Beyers	Master	Female	51
4	03:10:59	517	Louise	Scheepers	Master	Female	50
5	03:13:27	510	Delyse	Rist	Master	Female	50
6	03:13:32	348	Linda	Coetzee	Master	Female	52
7	03:19:55	332	Liz	Brash	Master	Female	54

63	06:25:31	19	Johan	Conradie	Open	Male	23
64	06:25:36	118	Johan	Wahl	Open	Male	22
65	06:25:51	84	Lisa	Ronquest	Open	Female	36
66	06:27:36	59	James	Kelly	Open	Male	31
67	06:29:24	55	Zaheer	Hoosain (Wild Runner)	Open	Male	28
68	06:33:01	92	Jeffrey	Shapiro	Open	Male	35
69	06:33:03	91	Brian	Super	Master	Male	55
70	06:35:05	90	Rikus	Schoeman	Veteran	Male	41
71	06:44:50	96	Matt	Smit	Open	Male	28
72	06:44:55	32	Marelize	Grobbelaar	Open	Female	31
73	06:46:52	43	Stefan	Grobler	Veteran	Male	40
74	06:47:48	51	Craig	Hoblyn	Open	Male	28
75	06:52:52	107	Philip	Van der Merwe	Master	Male	52
76	06:53:47	42	Henk	Griessel	Master	Male	52
77	06:53:52	70	Riaan	Meyer	Veteran	Male	40
78	06:57:54	127	Robin	Ziehl	Veteran	Male	44
79	07:12:48	99	Simon	Taylor	Veteran	Male	48
80	07:16:28	20	Gareth	Cork	Open	Male	32
81	07:37:25	18	David	Conradie	Master	Male	60
82	07:42:43	44	Sinenhlanhla	Gumede	Open	Female	25
83	07:48:28	103	Gredly	Tristan	Veteran	Male	41
84	07:48:34	37	Grier	Fisher	Veteran	Male	41
85	07:49:04	58	Allan	Johns	Master	Male	58
86	07:59:25	78	Gian	Palermo	Veteran	Male	44

Open Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	03:09:46	45	Andrew	Hagen	Open	Male	29
2	03:15:42	125	Dominic	Wills	Open	Male	30
3	03:31:39	126	Brett	Wood	Open	Male	32
4	03:36:59	124	Damian	Will	Open	Male	27
5	03:57:17	83	Shane	Quinnell	Open	Male	24
6	04:06:58	132	Lance	Kime	Open	Male	21
7	04:07:17	93	Ashley	Shaw	Open	Male	31
8	04:14:08	34	Ake	Fagereng	Open	Male	31
9	04:19:13	117	Willem	Vorster	Open	Male	25
10	04:21:30	114	Mark	Vernon	Open	Male	26
11	04:23:16	39	William	Flint	Open	Male	30
12	04:23:36	73	Alex	Moody	Open	Male	24
13	04:24:09	116	Jacques	Von Wielligh	Open	Male	37
14	04:26:15	119	Chris	Walsh	Open	Male	31
15	04:43:01	9	David	Black	Open	Male	26
16	04:45:26	6	Daniel	Bauman	Open	Male	24
17	04:49:08	61	Wojciech	Krzeminski	Open	Male	24
18	04:54:16	77	Sean	Newbery	Open	Male	28
19	05:10:45	13	Rob	Burgoyne (Wild Runner)	Open	Male	30
20	05:10:47	7	David	Beattie	Open	Male	37
21	05:12:39	35	Roelof	Feenstra	Open	Male	31
22	05:24:57	112	Andre-Hugo	Van Zyl	Open	Male	24
23	05:42:52	128	Stefan	Zwanepoel	Open	Male	39
24	05:49:45	97	Shaun	Starck	Open	Male	27
25	05:54:10	105	Gideon	Van der Kolf	Open	Male	24
26	05:56:05	15	Thomas	Hugo	Open	Male	27
27	05:57:43	26	Justin	de Jager	Open	Male	32
28	06:01:26	122	Francis	Wheeler	Open	Male	36
29	06:15:09	69	Johan	Meyer	Open	Male	35
30	06:15:51	71	Arno	Middelberg	Open	Male	28
31	06:19:19	102	Stuart	Thomson	Open	Male	30
32	06:24:09	80	Jarryd	Phillips	Open	Male	21
33	06:25:31	19	Johan	Conradie	Open	Male	23

34	06:25:36	118	Johan	Wahl	Open	Male	22
35	06:27:36	59	James	Kelly	Open	Male	31
36	06:29:24	55	Zaheer	Hoosain (Wild Runner)	Open	Male	28
37	06:33:01	92	Jeffrey	Shapiro	Open	Male	35
38	06:44:50	96	Matt	Smit	Open	Male	28
39	06:47:48	51	Craig	Hoblyn	Open	Male	28
40	07:16:28	20	Gareth	Cork	Open	Male	32

Open Female

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	03:43:24	63	Landie	Greyling	Open	Female	29
2	03:57:38	133	Robyn	Kime	Open	Female	23
3	04:30:12	16	Jenny	Close	Open	Female	35
4	04:38:28	4	Caroline	Balkwill	Open	Female	39
5	05:11:55	5	Shani	Barkhuysen	Open	Female	26
6	05:36:35	110	Azanne	Van Wyk	Open	Female	38
7	05:47:46	53	Jennifer	Hofmeyr	Open	Female	28
8	05:47:48	25	Jade	De hutton	Open	Female	34
9	06:24:07	87	Isabella	Rudd	Open	Female	19
10	06:25:51	84	Lisa	Ronquest	Open	Female	36
11	06:44:55	32	Marelize	Grobbelaar	Open	Female	31
12	07:42:43	44	Sinenhlanhla	Gumede	Open	Female	25

Veteran Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	03:33:44	3	Derrick	Baard	Veteran	Male	42
2	04:02:01	98	Luc	Steens	Veteran	Male	44
3	04:26:18	22	Sean	Cowgill	Veteran	Male	41
4	04:29:29	29	Costa	Dimopoulos	Veteran	Male	46
5	04:38:15	41	James	Frazer	Veteran	Male	42
6	04:38:31	76	Eduan	Naudé	Veteran	Male	40
7	04:52:33	56	Nigel	Isaacs	Veteran	Male	42
8	05:36:29	27	Dan	De Villiers	Veteran	Male	48
9	05:37:42	111	Johan	Van Wyk	Veteran	Male	43
10	05:43:32	62	Simon	Lloyd	Veteran	Male	44
11	05:47:50	79	Bradley	Park	Veteran	Male	44
12	06:01:15	23	Paul	Crawford	Veteran	Male	43
13	06:24:25	129	Bruce	Phillips	Veteran	Male	49
14	06:35:05	90	Rikus	Schoeman	Veteran	Male	41
15	06:46:52	43	Stefan	Grobler	Veteran	Male	40
16	06:53:52	70	Riaan	Meyer	Veteran	Male	40
17	06:57:54	127	Robin	Ziehl	Veteran	Male	44
18	07:12:48	99	Simon	Taylor	Veteran	Male	48
19	07:48:28	103	Gredly	Tristan	Veteran	Male	41
20	07:48:34	37	Grier	Fisher	Veteran	Male	41
21	07:59:25	78	Gian	Palermo	Veteran	Male	44

Veteran Female

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	05:13:11	28	Terry	Deats	Veteran	Female	44
2	05:25:47	104	Sue	Ulyett	Veteran	Female	46
3	05:55:27	109	Estelle	Van Schalkwyk	Veteran	Female	46
4	06:16:50	60	Jacqui	Koep	Veteran	Female	43

Master Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	03:42:32	33	Noel	Ernstzen	Master	Male	52
2	04:54:40	89	Jorg	Schmid	Master	Male	52
3	05:37:25	31	Storm	Durr	Master	Male	54
4	06:33:03	91	Brian	Super	Master	Male	55
5	06:52:52	107	Philip	Van der Merwe	Master	Male	52
6	06:53:47	42	Henk	Griessel	Master	Male	52
7	07:37:25	18	David	Conradie	Master	Male	60
8	07:49:04	58	Allan	Johns	Master	Male	58