

10km Men

Pos	First Name	Last Name	Time	Bib No	Distance	Gender
1	Julian	Burke	01:00	37	10km	Male
2	Fernand	Sieber	01:03	59	10km	Male
3	Desmond	Labuschagne	01:14	28	10km	Male
4	dean	botha	01:20	23	10km	Male
5	Alan	Kalton	01:22	21	10km	Male
6	Jerome	Theron	01:23	20	10km	Male
7	Conrad	Meier	01:27	53	10km	Male
8	Zak	Scheepers	01:28	16	10km	Male
9	Matthew	Edwards	01:41	36	10km	Male
10	Henrie	JVR	01:42	4	10km	Male
11	James	Tunncliffe	01:45	7	10km	Male
12	Paul Johann	Pretorius	01:46	41	10km	Male
13	Martin	McLaughlin	01:47	5	10km	Male
14	Dave	Venter	01:48	40	10km	Male
15	Paul	Huish	01:57	34	10km	Male

10km Women

Pos	First Name	Last Name	Time	Bib No	Distance	Gender
1	Sue	Bracher	01:17	44	10km	Female
2	Lisa	Labuschagne	01:23	25	10km	Female
3	Anine	Scholtz	01:23	15	10km	Female
4	Natalia	Damlowicz	01:27	54	10km	Female
5	Caroline	Lacy	01:31	60	10km	Female
6	Gabi	Toerien	01:34	32	10km	Female
7	Garth	Pillay	01:34	18	10km	Female
8	Anche	Nortje	01:35	58	10km	Female
9	Lee	Pillay	01:35	19	10km	Female
10	lizette	van niekerk	01:41	26	10km	Female
11	Samantha	Claase	01:41	35	10km	Female
12	Sharon	Steyn	01:42	3	10km	Female
13	Scharlize	Crafford	01:43	57	10km	Female
14	Greta	Tunncliffe	01:44	8	10km	Female
15	Michele	Reid	01:47	6	10km	Female
16	Zonika	Venter	01:47	42	10km	Female
17	Elmaré	Herring	01:48	40	10km	Female
18	Donnaveen	Howe	01:57	33	10km	Female
19	Caroline	Engel	02:38	12	10km	Female
20	Nicola	Cafun	02:39	13	10km	Female
21	Samantha	Brinkmann	02:40	29	10km	Female
22	Elizabeth	Sale	02:40	29	10km	Female

5km Men

Pos	First Name	Last Name	Time	number	Distance	Gender
1	Ian	DuToit	00:39	56	5km	Male
2	Darren	Reinhardt	00:40	67	5km	Male
3	John	Macey	00:41	30	5km	Male
4	kenneth	mckenzie	00:41	31	5km	Male
5	Grarne	Oliver	00:42	38	5km	Male
6	Karl	Engelbrecht	00:55	10	5km	Male
7	Bernardo	Oosthuizen	01:00	64	5km	Male
8	Bernado	Oosthuizen	01:00	65	5km	Male
9	Michael	Ralph	01:04	52	5km	Male
10	Michael	Ralph	01:09	49	5km	Male
11	Patrick	Ralph	01:09	51	5km	Male

5km Women

Pos	First Name	Last Name	Time	number	Distance	Gender
1	Courtney	Van Vuuren	00:40	66	5km	Female
2	Frankie	Henn	00:41	62	5km	Female
3	Lientjie	Venter	00:43	43	5km	Female
4	Zoe	Henn	00:44	61	5km	Female
5	Dani	Henn	00:44	63	5km	Female
6	Marina	Botha	00:47	24	5km	Female
7	Riana	Engelbrecht	00:52	9	5km	Female
8	MARtha	Kalton	00:52	22	5km	Female
9	Katarina	Oosthuizen	01:01	48	5km	Female
10	Nicola	Ralph	01:04	50	5km	Female
11	Tarryn Kim	Frieslaar	01:06	17	5km	Female
12	Tania	Oosthuizen	01:10	45	5km	Female
13	Ncediwe	Nyaba	01:10	46	5km	Female
14	Yoliswa	Mdoda	01:10	47	5km	Female
15	Ceira	Louw	01:11	55	5km	Female