

12km Men

Pos	Name	Time	Bib No	Distance	Gender	Team
1	Vuyisani Nobi	01:08:11	1852	12km	Male	Early Act
2	Sima Mata	01:09:13	1131	12km	Male	Interact
3	Kenny Noeka	01:09:28	1301	12km	Male	
4	Silondokuhle Mapolko	01:14:06	1556	12km	Male	Kariega
5	Stephen Wigley	01:16:16	1516	12km	Male	Bushwillow
6	Brian Cordner	01:16:55	483	12km	Male	
7	Bryan Webber	01:19:32	1982	12km	Male	
8	Nic Mortley	01:20:28	1960	12km	Male	Kariega
9	Deon Carelsen	01:20:46	1331	12km	Male	
10	Robin Wilmot	01:21:20	1235	12km	Male	
11	Kevin Rafferty	01:22:00	488	12km	Male	
12	Dave Sansbury	01:23:59	1208	12km	Male	
13	Taylor Rippon	01:27:33	1268	12km	Male	
14	Liya Ntlokwana	01:28:30	1973	12km	Male	Kariega
15	Andrew Arnott	01:29:26	1242	12km	Male	
16	Darryl Jarvis	01:31:01	1977	12km	Male	
17	Andrew Warren	01:31:40	1910	12km	Male	Kenton Primary
18	Sivenathi Ziqula	01:32:17	1571	12km	Male	Kariega
19	Quineil Piek	01:33:59	1241	12km	Male	
20	Ryan Nel	01:34:07	1146	12km	Male	Kowie Foundation
21	Theo van der Walt	01:35:52	1213	12km	Male	
22	Thulani Jokana	01:37:17	1569	12km	Male	Kariega
23	Kevin Lee	01:37:25	1145	12km	Male	Kowie Foundation
24	Matthew Wood	01:37:50	1240	12km	Male	
25	Patrick Sebe	01:39:22	1577	12km	Male	Kariega
26	Thanduxolo Jokana	01:39:25	1568	12km	Male	Kariega
27	Taelum Kelly	01:40:33	1911	12km	Male	Kenton Primary
28	Khayaletu Ngangqu	01:40:43	1553	12km	Male	Kariega
29	Bester Fourie	01:41:57	1913	12km	Male	Kenton Primary
30	Allwyn Guest	01:43:14	1337	12km	Male	
31	Peter Du Toit	01:49:39	1269	12km	Male	
32	Markus Mostert	01:50:48	1326	12km	Male	
33	Thato Lesoro	01:50:54	1981	12km	Male	
34	Andre Wille	01:53:45	1082	12km	Male	Amakala
35	Mike Weeks	01:54:37	1080	12km	Male	Amakala
36	Coli Price-Smith	01:55:50	1221	12km	Male	
37	Frans De Klerk	02:06:16	459	12km	Male	
38	Matthew Kunkle	02:13:23	1292	12km	Male	

12km Women

Pos	Name	Time	Bib No	Distance	Gender	Team
1	Barbara Mulcahy	01:17:22	1330	12km	Female	
2	Cassie Lister	01:21:02	1228	12km	Female	Kingswood Snr
3	Helena Warren	01:27:58	1909	12km	Female	Kenton Primary
4	Paola Vignani	01:29:41	1236	12km	Female	
5	Toni Rafferty	01:29:45	489	12km	Female	
6	Andi Snyman	01:34:41	1997	12km	Female	
7	Talia Aliber	01:36:15	1216	12km	Female	Kingswood Snr
8	Caitlin Wilmot	01:36:18	1231	12km	Female	Kingswood Snr
9	Kim Guest	01:37:06	1336	12km	Female	
10	Candice Norden	01:37:32	1144	12km	Female	Kowie Foundation
11	Helen Averbuch	01:38:03	1841	12km	Female	Early Act
12	Nelli Phiri	01:38:08	1199	12km	Female	SAPS
13	Nomawethu Ngangqu	01:39:06	1552	12km	Female	Kariega
14	Melanie Cameron	01:41:31	1212	12km	Female	
15	Penny Robertson	01:41:37	1949	12km	Female	Kingswood Jnr
16	Nikki Kemp	01:45:48	1999	12km	Female	
17	Sharon Hanson	01:47:26	1233	12km	Female	
18	Lynne Cordner	01:52:49	482	12km	Female	
19	Helen Murray	01:52:56	462	12km	Female	
20	Justine Weeks	01:53:05	1081	12km	Female	Amakala
21	Sharnell Price	01:53:42	1996	12km	Female	
22	Colleen Bedford	01:54:45	1912	12km	Female	Kenton Primary
23	Gayle Terblanche	01:58:12	474	12km	Female	
24	Carmia Smuts	01:59:36	467	12km	Female	
25	Lynette Smuts	01:59:41	466	12km	Female	
26	Wendy Jardine	02:03:23	1325	12km	Female	
27	Charlotte Wormald	02:07:15	1964	12km	Female	
28	Niki Bolze	02:07:27	487	12km	Female	
29	Bett Bowes	02:07:39	486	12km	Female	

5km Men

Pos	Name	Time	Bib No	Distance	Gender	Team
1	Lukhanyo Ntengu	00:23:24	1746	5km	Male	Kariega
2	Xolani Cengani	00:23:30	1557	5km	Male	Kariega
3	Oliva Lange	00:24:03	1137	5km	Male	Kowie Foundation
4	Peter Mthwalo	00:25:36	1797	5km	Male	Kariega
5	Lukhanyo Blom	00:25:40	1579	5km	Male	Kariega
6	Asavela Johannes	00:25:45	1672	5km	Male	Kariega
7	Zavier Pretorius	00:26:17	1005	5km	Male	Amakala
8	Athenkosi James	00:26:42	1763	5km	Male	Kariega
9	Neelon Cannon	00:26:44	1260	5km	Male	
10	Aphiwe Lamani	00:26:49	1770	5km	Male	Kariega
11	Dylan Graaff	00:26:53	1713	5km	Male	Kariega
12	Dylon Stone	00:26:55	1712	5km	Male	Kariega
13	Sesona Yawa	00:27:03	1787	5km	Male	Kariega
14	Lonwabo Tokwe	00:27:37	1554	5km	Male	Kariega
15	Ahlumile Gqabothi	00:27:47	1640	5km	Male	Kariega
16	Jesse Cameron	00:28:04	1903	5km	Male	Kenton Primary
17	Luyathandwa Boo	00:28:13	1650	5km	Male	Kariega
18	Uthimna Tana	00:28:25	1761	5km	Male	Kariega
19	Solwethu Mali	00:28:32	1565	5km	Male	Kariega
20	Masonwabe Billy	00:28:36	1771	5km	Male	Kariega
21	Lifa Mjingwana	00:28:51	1572	5km	Male	Kariega
22	Oscar Gqeke	00:28:56	1639	5km	Male	Kariega
23	Bakkes J v Rensburg	00:29:00	1898	5km	Male	Kenton Primary
24	Dre Fishat	00:29:04	1700	5km	Male	Kariega
25	Ben Warren	00:29:09	1865	5km	Male	Kenton Primary
26	Antonio Van Rensburg	00:29:19	1692	5km	Male	Kariega
27	Joshua Jacobs	00:29:22	1694	5km	Male	Kariega
28	Zolani Witbooi	00:29:26	1060	5km	Male	Amakala
29	Anele Dokwana	00:29:31	1567	5km	Male	Kariega
30	Aphiwe Lubelwana	00:30:12	1784	5km	Male	Kariega
31	Zanele Klaas	00:30:15	1775	5km	Male	Kariega
32	Sash Rhodes	00:30:21	1741	5km	Male	Kariega
33	Mitchell Reynolds	00:30:49	1935	5km	Male	Kingswood Jnr
34	Lubabalo Dayile	00:30:52	1636	5km	Male	Kariega
35	Aphelele Funde	00:30:54	1654	5km	Male	Kariega
36	Nicholace Mlamla	00:30:57	1768	5km	Male	Kariega
37	Franco Kloppe	00:31:17	1933	5km	Male	Kingswood Jnr
38	Liam Waters	00:31:20	1123	5km	Male	Interact
39	Sphosethu Magwaxaza	00:31:23	1690	5km	Male	Kariega
40	Damien Tsikos	00:31:34	1505	5km	Male	Bushwillow
41	Dominic Smithies	00:31:42	1170	5km	Male	Lalibela
42	Christiaan Beukes	00:31:45	1172	5km	Male	Lalibela
43	Oliver Momberg	00:31:48	1029	5km	Male	Amakala
44	Jaco Slabbert	00:31:57	1877	5km	Male	Kenton Primary
45	Timo Hulleman	00:31:59	1253	5km	Male	
46	Ryan Jacobs	00:32:10	1707	5km	Male	Kariega
47	Hanno Mostert	00:32:28	1868	5km	Male	Kenton Primary
48	Luke Arnott	00:32:32	1896	5km	Male	Kenton Primary
49	Johnie Potgieter	00:32:37	1547	5km	Male	DSG Junior
50	Yamkela Mbula	00:32:43	1622	5km	Male	Kariega
51	Sinesihle Mendile	00:32:55	1796	5km	Male	Kariega
52	Siyakha Kelemana	00:32:59	1744	5km	Male	Kariega

5km Men

53	Bulelani Tyabazayo	00:33:02	1782	5km	Male	Kariega
54	Sonwabile Mlamla	00:33:05	1633	5km	Male	Kariega
55	Anele Makhinza	00:33:11	1773	5km	Male	Kariega
56	Olothando Futhi	00:33:13	1624	5km	Male	Kariega
57	Thabo Klaas	00:33:17	1764	5km	Male	Kariega
58	Martin Bekker	00:33:27	1980	5km	Male	
59	Aphelele Bakaqana	00:33:30	1651	5km	Male	Kariega
60	Elami Bilili	00:33:33	1536	5km	Male	Bushwillow
61	Liyema Kasana	00:33:36	1641	5km	Male	Kariega
62	Tristan de Villiers	00:33:42	1140	5km	Male	Kowie Foundation
63	Alex Weed	00:33:46	1025	5km	Male	Amakala
64	Ebinizer Nahakoe	00:33:50	1706	5km	Male	Kariega
65	Anathi Masinga	00:34:02	1779	5km	Male	Kariega
66	Luphelo Guga	00:34:06	1638	5km	Male	Kariega
67	Clayton Jacobs	00:34:26	1696	5km	Male	Kariega
68	Lunje Krisjan	00:34:37	1762	5km	Male	Kariega
69	Tyler Hibbert	00:34:40	1550	5km	Male	DSG Junior
70	Reelen Stone	00:34:44	1710	5km	Male	Kariega
71	Nic Mortley	00:34:48	1833	5km	Male	Kariega
72	Franklin Meyers	00:34:52	1691	5km	Male	Kariega
73	Richard Daniel	00:34:55	1198	5km	Male	SAPS
74	Zavier Van Ster	00:35:03	1705	5km	Male	Kariega
75	Wesley Gush	00:35:08	1068	5km	Male	Amakala
76	Tristan Tamboer	00:35:11	1041	5km	Male	Amakala
77	Luyolo Dumezweni	00:35:14	1644	5km	Male	Kariega
78	Sinawo Mamkeli	00:35:17	1637	5km	Male	Kariega
79	Azola Smayile	00:35:25	1063	5km	Male	Amakala
80	Bulelani Mange	00:35:28	1039	5km	Male	Amakala
81	Nicodemus Maletle	00:35:31	1051	5km	Male	Amakala
82	Yonela Moko	00:35:35	1774	5km	Male	Kariega
83	Anathi Nabo	00:35:38	1793	5km	Male	Kariega
84	Neels Cilliers	00:35:40	1177	5km	Male	Lalibela
85	Velantio Hartley	00:36:28	1699	5km	Male	Kariega
86	Jaco de Vos	00:36:44	1882	5km	Male	Kenton Primary
87	Bulelani Skepu	00:36:51	1057	5km	Male	Amakala
88	Sphamandla Nabo	00:37:11	1801	5km	Male	Kariega
89	Aphelele Fopeni	00:37:30	1756	5km	Male	Kariega
90	Asanele Nabo	00:37:32	1798	5km	Male	Kariega
91	Braahm Gunn	00:37:42	1757	5km	Male	Kariega
92	Corne Van Heerden	00:37:45	1222	5km	Male	
93	Sbulelo Dili	00:37:49	1766	5km	Male	Kariega
94	Mzimzsi Ngqishi	00:37:53	1632	5km	Male	Kariega
95	Giovanni Gunn	00:37:56	1758	5km	Male	Kariega
96	Wonga Ndyawe	00:38:04	1001	5km	Male	Amakala
97	Niall Cameron	00:38:23	1904	5km	Male	Kenton Primary
98	Eurico Marques	00:38:31	1116	5km	Male	DSG Senior
99	Limikhaya Klaas	00:38:41	1629	5km	Male	Kariega
100	Paul Mnyungula	00:38:44	1628	5km	Male	Kariega
101	Inganam Klaas	00:38:45	1800	5km	Male	Kariega
102	Aphelele Budaza	00:38:48	1790	5km	Male	Kariega
103	Matt Currie	00:38:50	476	5km	Male	
104	Keanin Cordell	00:38:53	1248	5km	Male	
105	Thandokuhle Mpolweni	00:38:56	1794	5km	Male	Kariega

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106	Henrique Commins	00:39:12	1704	5km	Male	Kariega
107	Mzwanele Snuka	00:39:20	1767	5km	Male	Kariega
108	Andrew Halvey	00:39:23	494	5km	Male	Amakala
109	Mike Momberg	00:39:49	1028	5km	Male	Amakala
110	David Parker	00:39:54	1024	5km	Male	Amakala
111	Chris Warren	00:40:03	1866	5km	Male	Kenton Primary
112	Dylan Naude	00:40:10	1066	5km	Male	Amakala
113	Ongama Jule	00:40:14	1623	5km	Male	Kariega
114	Chris Roberts	00:40:33	1142	5km	Male	Kowie Foundation
115	Nicholas Smailes	00:40:49	1225	5km	Male	
116	Richard Connock	00:40:52	1888	5km	Male	Kenton Primary
117	Joshua Galpin	00:41:44	1535	5km	Male	Bushwillow
118	Daniel du Randt	00:42:02	1880	5km	Male	Kenton Primary
119	Jean du Randt	00:42:05	1879	5km	Male	Kenton Primary
120	Johan Welgemoed	00:42:25	1869	5km	Male	Kenton Primary
121	Chris Hibbert	00:42:38	1113	5km	Male	DSG Senior
122	Mike Godlonton	00:42:46	1271	5km	Male	
123	Liyema Mountain	00:42:51	1804	5km	Male	Kariega
124	David Cordner	00:42:54	481	5km	Male	
125	James Whyte	00:43:09	475	5km	Male	
126	Stuart Wood	00:43:15	473	5km	Male	
127	Siviwe Nazo	00:43:24	1783	5km	Male	Kariega
128	Qhamani Xokelela	00:43:27	1805	5km	Male	Kariega
129	Mzwanele Booi	00:43:30	1806	5km	Male	Kariega
130	Ayden Brown	00:43:33	1901	5km	Male	Kenton Primary
131	Bruce Brown	00:43:35	1902	5km	Male	Kenton Primary
132	Max Murray	00:43:39	463	5km	Male	
133	Sinoxolo Mjoli	00:43:44	1576	5km	Male	Kariega
134	Uyanda Zono	00:43:48	1631	5km	Male	Kariega
135	Godwin Du Plessis	00:43:54	1040	5km	Male	Amakala
136	Lubabalo Gxekwa	00:44:00	1561	5km	Male	Kariega
137	Anathi Poli	00:44:04	1634	5km	Male	Kariega
138	Abenathi Kosi	00:44:09	1625	5km	Male	Kariega
139	David Going	00:44:11	1951	5km	Male	
140	Thijmen Wigley	00:44:15	1518	5km	Male	Bushwillow
141	Kenco Santos Osman	00:44:19	1512	5km	Male	Bushwillow
142	David Karner	00:44:27	1858	5km	Male	Kariega
143	Christian Peterse	00:44:31	1693	5km	Male	Kariega
144	Rico Parkinson	00:44:34	1196	5km	Male	SAPS
145	Hari Tsikos	00:44:39	1508	5km	Male	Bushwillow
146	Jonty Kay	00:44:54	1698	5km	Male	Kariega
147	Dawie van Dyk	00:45:04	1874	5km	Male	Kenton Primary
148	Liyema Mjuza	00:45:23	1630	5km	Male	Kariega
149	Jack Averbuch	00:45:43	1210	5km	Male	
150	Jaque De Villiers	00:46:04	1916	5km	Male	Kenton Primary
151	Sikholiwe Marhwanqane	00:46:27	1777	5km	Male	Kariega
152	Khanyiso Hani	00:46:32	1656	5km	Male	Kariega
153	Ross Bedford	00:46:47	1890	5km	Male	Kenton Primary
154	Christiano Pullen	00:46:49	1708	5km	Male	Kariega
155	Drain Dreyer	00:46:53	449	5km	Male	Kenton Primary
156	Taylor Du Plessis	00:47:14	453	5km	Male	Bushwillow
157	Paul Wansbury	00:47:18	464	5km	Male	
158	Kelvin Du Plessis	00:47:22	454	5km	Male	Bushwillow

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159	Dom Averbuch	00:47:32	1211	5km	Male	
160	Ayabonga Poni	00:47:51	1785	5km	Male	Kariega
161	Nick Laws	00:47:54	1266	5km	Male	
162	Corne Pienaar	00:48:10	1958	5km	Male	
163	Timothy Galpin	00:48:13	1534	5km	Male	Bushwillow
164	Vernon Bezuidenhout	00:48:25	1317	5km	Male	
165	Darren Van Rensburg	00:48:34	1697	5km	Male	Kariega
166	Lisachulumanco Ngqungwana	00:48:41	1765	5km	Male	Kariega
167	Kiana Scholtz	00:48:45	1703	5km	Male	Kariega
168	Tommy Retief	00:49:02	1171	5km	Male	Lalibela
169	Johan Smit	00:49:31	1293	5km	Male	
170	Joshua Pretorius	00:49:45	1004	5km	Male	Amakala
171	Justin Mac Taggart	00:49:55	1521	5km	Male	Bushwillow
172	Will Fowdles	00:50:28	1334	5km	Male	
173	Jaco Steyn	00:51:00	1314	5km	Male	
174	Masimbonge Nqojela	00:51:56	1555	5km	Male	Kariega
175	Sinethemba Buda	00:52:21	1673	5km	Male	Kariega
176	Jamain Colton	00:52:26	1701	5km	Male	Kariega
177	Jemain Van Rensburg	00:52:31	1702	5km	Male	Kariega
178	Kenedy Commins	00:52:34	1740	5km	Male	Kariega
179	Realeboha Kao	00:53:50	1918	5km	Male	Kingswood Jnr
180	Bailey Reynolds	00:53:53	1919	5km	Male	Kingswood Jnr
181	Jumion Coltman	00:54:34	1714	5km	Male	Kariega
182	Siphesihle Dyakala	00:54:45	1788	5km	Male	Kariega
183	Tommie Parkinson	00:55:11	1181	5km	Male	SAPS
184	Wayne Whitfield	00:55:23	1173	5km	Male	Lalibela
185	Carl Human	00:55:38	1147	5km	Male	Lalibela
186	Live Mambu	00:57:04	1786	5km	Male	Kariega
187	Warren Lange	00:57:10	1136	5km	Male	Kowie Foundation
188	Wayne Tammage	00:57:17	1965	5km	Male	
189	Glen Elliott	00:58:04	1319	5km	Male	
190	Sebastian Estherheisen	00:58:17	1526	5km	Male	Bushwillow
191	Laik Santos Osman	00:58:21	1510	5km	Male	Bushwillow
192	Royden Webster	00:58:56	1836	5km	Male	Early Act
193	Sibulele Nangu	00:59:19	1776	5km	Male	Kariega
194	Larry Bhari	00:59:29	1154	5km	Male	Lalibela
195	Oyama Mlonyeni	01:00:37	1791	5km	Male	Kariega
196	Anele Lubelwana	01:00:41	1802	5km	Male	Kariega
197	Giles Gush	01:01:57	1019	5km	Male	Amakala
198	Graham Harvey	01:03:06	1859	5km	Male	Kariega
199	Nitai Clark	01:03:43	1525	5km	Male	Bushwillow
200	Simamkele Nelo	01:03:47	1626	5km	Male	Kariega
201	Leon Els	01:03:52	1014	5km	Male	Amakala
202	Ruben Cock	01:04:10	1987	5km	Male	
203	Martin Conrads	01:04:52	1970	5km	Male	
204	Lwazi Methuko	01:05:02	1627	5km	Male	Kariega
205	Allan Crawford	01:05:31	1243	5km	Male	
206	James Bosman	01:05:35	1229	5km	Male	
207	Anthony Bowdler	01:05:38	1200	5km	Male	SAPS
208	Liyema Mfondini	01:05:44	1670	5km	Male	Kariega
209	Mike Millard	01:05:53	1954	5km	Male	Inter Act
210	Meekah Du sousa	01:06:12	1124	5km	Male	Interact
211	Duncan McCallum	01:06:21	1309	5km	Male	

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212	Andrew Cock	01:06:31	1990	5km	Male	
213	Marius Hurter	01:07:07	1148	5km	Male	Lalibela
214	Roger Walsh	01:07:23	1303	5km	Male	
215	Nick Cock	01:08:01	1988	5km	Male	
216	Ethan Mac Taggart	01:08:33	1522	5km	Male	Bushwillow
217	Mike Eddles	01:08:39	1991	5km	Male	
218	David Ker	01:08:46	1307	5km	Male	
219	Johan Hugo	01:08:57	1043	5km	Male	Amakala
220	Matthew Ker	01:09:14	1285	5km	Male	
221	Mark Narwing	01:09:24	1504	5km	Male	Bushwillow
222	Jethro Weeks	01:09:31	495	5km	Male	Amakala
223	Travis Gradwell	01:09:37	1161	5km	Male	Lalibela
224	Peter Gradwell	01:09:40	1160	5km	Male	Lalibela
225	Shaun Mac Taggart	01:09:46	1524	5km	Male	Bushwillow
226	Jason Nelson	01:09:55	477	5km	Male	
227	Morgan Baxter	01:09:58	470	5km	Male	
228	Lukas Eberhart	01:10:01	1857	5km	Male	Kariega
229	Josh De Bruin	01:10:04	1261	5km	Male	
230	Rory Hart	01:10:07	1860	5km	Male	Kariega
231	Warick Strachan	01:10:10	1075	5km	Male	Amakala
232	Chris Fourie	01:10:51	1850	5km	Male	Early Act
233	Peter Wenworth	01:10:59	1284	5km	Male	
234	Innes Pruissen	01:11:28	1322	5km	Male	
235	Willem De Villiers	01:12:17	1914	5km	Male	Kenton Primary
236	Waldo Dreyer	01:12:19	447	5km	Male	Kenton Primary
237	Stephan Greyvenstein	01:12:22	1042	5km	Male	Amakala
238	Patrick Du Preez	01:14:27	1989	5km	Male	
239	Nate Sellers	01:14:40	1306	5km	Male	
240	Vuyolwethu Makhinza	01:14:57	1789	5km	Male	Kariega
241	Nepo Kao	01:15:07	1932	5km	Male	Kingswood Jnr
242	Murray Baxter	01:15:18	471	5km	Male	
243	Ano Pupuma	01:15:42	1940	5km	Male	Kingswood Jnr
244	Eli Robertson	01:15:47	1948	5km	Male	Kingswood Jnr
245	Tiaan Swanepoel	01:15:52	1169	5km	Male	Lalibela
246	Stephen Maartens	01:16:16	1015	5km	Male	Amakala
247	Kai Hoffmann	01:16:19	1062	5km	Male	Amakala
248	Rogan Kiley	01:16:22	1012	5km	Male	Amakala
249	Damon Weeks	01:16:26	492	5km	Male	Amakala
250	Craig Robertson	01:16:29	1950	5km	Male	Kingswood Jnr
251	Schalk Pretorius	01:17:08	1002	5km	Male	Amakala
252	Sonwabile Mlamla	01:17:12	1803	5km	Male	Kariega
253	Kevin Riddin	01:17:19	457	5km	Male	
254	Esona Thombela	01:17:46	1792	5km	Male	Kariega
255	Marius Schmidt	01:18:46	1963	5km	Male	
256	Nathaniel Mkapa	01:18:55	1929	5km	Male	Kingswood Jnr
257	Sal Mwinyi	01:19:02	1930	5km	Male	Kingswood Jnr
258	Salim Mwinyi	01:19:05	1931	5km	Male	Kingswood Jnr
259	Ishmael Maro	01:19:08	1928	5km	Male	Kingswood Jnr
260	Frans Wessels	01:19:15	1873	5km	Male	Kenton Primary
261	Corban Calitz	01:19:36	443	5km	Male	Kingswood Jnr
262	Pierre van Rensburg	01:20:00	1892	5km	Male	Kenton Primary
263	Juan V Rensburg	01:20:03	1033	5km	Male	Amakala
264	Rod Weeks	01:21:00	498	5km	Male	Amakala

5km Men

265	Richard Gush	01:21:10	1070	5km	Male	Amakala
266	Ethan Calitz	01:22:16	445	5km	Male	Kingswood Jnr
267	Jarryd Clarke	01:24:04	1994	5km	Male	
268	Lumi Ndongeni	01:24:53	1941	5km	Male	Kingswood Jnr
269	Luc Wigley	01:25:05	1519	5km	Male	Bushwillow
270	Van Zyl Folscher	01:25:49	1335	5km	Male	
271	Mike Norden	01:26:27	1265	5km	Male	
272	Christian Pullen	01:27:51	1695	5km	Male	Kariega
273	Lebogang Thulare	01:28:53	1944	5km	Male	Kingswood Jnr
274	Jarrett Joubert	01:29:01	1856	5km	Male	Kariega
275	Simphiwo Somxo	01:29:12	1689	5km	Male	Kariega
276	Michael Baxter	01:30:45	468	5km	Male	
277	Ndamulelo Baloyi	01:31:35	1924	5km	Male	Kingswood Jnr
278	Simnikiwe Qeja	01:31:45	1934	5km	Male	Kingswood Jnr
279	Andile Matshikiza	01:31:49	1925	5km	Male	Kingswood Jnr
280	Aidan Knott	01:31:52	1923	5km	Male	Kingswood Jnr
281	Thato Gqoli	01:31:55	1927	5km	Male	Kingswood Jnr
282	Awanda Venkile	01:33:10	1936	5km	Male	Kingswood Jnr
283	Ben Arnott	01:34:36	1895	5km	Male	Kenton Primary
284	Jono Arnott	01:34:44	1897	5km	Male	Kenton Primary
285	Chongwa Hobongwa	01:34:47	1939	5km	Male	Kingswood Jnr
286	Kwanda Ningiza	01:34:50	1922	5km	Male	Kingswood Jnr
287	Patrick Donegan	01:34:53	1945	5km	Male	Kingswood Jnr
288	Adrian Doman	01:35:04	1272	5km	Male	
289	Thyfur Rashid	01:35:07	1530	5km	Male	Bushwillow
290	Muhammed Rashid	01:35:11	1134	5km	Male	Kowie Foundation
291	Ziyaad Rashid	01:35:42	1532	5km	Male	Bushwillow
292	Maile Mosisili	01:37:21	1920	5km	Male	Kingswood Jnr
293	Katleho Kikine	01:37:25	1926	5km	Male	Kingswood Jnr
294	Joel Calitz	01:37:27	444	5km	Male	Kingswood Jnr
295	Cassey Godimpi	01:37:34	1938	5km	Male	Kingswood Jnr
296	Ashley Meintjies	01:37:42	1164	5km	Male	Lalibela

5km Women

Pos	Name	Time	Bib No	Distance	Gender	Team
1	Emma Kruse	00:27:41	1108	5km	Female	DSG Senior
2	Laura Campbell	00:27:49	1107	5km	Female	DSG Senior
3	Angela Mbombela	00:28:40	1816	5km	Female	Kariega
4	Licebo Sneli	00:29:16	1753	5km	Female	Kariega
5	Olivia Davidson	00:32:15	1119	5km	Female	DSG Senior
6	Saffiya Moodliar	00:33:08	1105	5km	Female	DSG Senior
7	Marehju Robb	00:33:21	1992	5km	Female	
8	Arrie Johannes	00:33:24	1663	5km	Female	Kariega
9	Asanele Jaji	00:33:53	1600	5km	Female	Kariega
10	Ahlumile Pete	00:33:57	1589	5km	Female	Kariega
11	Cody Schmidt	00:34:17	1985	5km	Female	
12	Tyler Wratten	00:34:20	1111	5km	Female	DSG Senior
13	Nikki Du Toit	00:34:30	1117	5km	Female	DSG Senior
14	Emily McLean	00:34:33	1090	5km	Female	DSG Senior
15	Jessica Ovendale	00:35:20	1118	5km	Female	DSG Senior
16	Chelsea Lennett	00:35:22	1120	5km	Female	DSG Senior
17	Sarah Froquet	00:35:44	1100	5km	Female	DSG Senior
18	Sinovuyo Mthwalo	00:35:51	1666	5km	Female	Kariega
19	Sheena Ferguson	00:35:55	1257	5km	Female	
20	Emma Mulcahy	00:36:03	452	5km	Female	DSG Senior
21	julie newcombe	00:36:12	499	5km	Female	
22	Nomthandazo Nqwili	00:36:59	1722	5km	Female	Kariega
23	Danica Meyers	00:37:03	1730	5km	Female	Kariega
24	Sisipho Kibiti	00:37:21	1725	5km	Female	Kariega
25	Emma Gush	00:37:35	1022	5km	Female	Amakala
26	Yvonne von Breugel	00:37:37	1507	5km	Female	Bushwillow
27	Mia Babaya	00:38:01	1106	5km	Female	DSG Senior
28	Raimey Estherheisen	00:38:08	1527	5km	Female	Bushwillow
29	Akhanye Koli	00:38:15	1660	5km	Female	Kariega
30	Navier Gunn	00:38:20	1585	5km	Female	Kariega
31	Sandra Marques	00:38:28	1115	5km	Female	DSG Senior
32	Daniella Benjamin	00:38:35	1092	5km	Female	DSG Senior
33	Bronwyn Crawford	00:39:00	1998	5km	Female	
34	Keira McNamara	00:39:09	1110	5km	Female	DSG Senior
35	Zandile Ngangqu	00:39:16	1759	5km	Female	Kariega
36	Liezal Coetzee	00:39:31	1299	5km	Female	
37	Zoe Guest	00:39:40	1340	5km	Female	
38	Noluvo Bebula	00:39:57	1680	5km	Female	Kariega
39	Emma Hibbert	00:40:00	1549	5km	Female	DSG Junior
40	Caroline Van der Werff	00:40:06	1976	5km	Female	
41	Yondela Tusso	00:40:17	1675	5km	Female	Kariega
42	Shane Kelly	00:40:21	1885	5km	Female	Kenton Primary
43	Lisakhanya Chrisjaan	00:40:28	1828	5km	Female	Kariega
44	Isla Kelly	00:40:38	1887	5km	Female	Kenton Primary
45	Nina Hofstee	00:40:42	1251	5km	Female	
46	Anne Wesselink	00:40:45	1252	5km	Female	
47	Marelize Potgieter	00:41:06	1546	5km	Female	DSG Junior
48	Leonie Greyvensteyn	00:41:14	1203	5km	Female	SAPS
49	Noa Coenradi	00:41:19	1250	5km	Female	
50	Kate Tinley	00:41:25	1324	5km	Female	
51	Mandilakhe Nelo	00:41:40	1605	5km	Female	Kariega
52	Liyanda Burton	00:41:47	1604	5km	Female	Kariega

5km Women

53	Syahluma Ntunja	00:41:52	1818	5km	Female	Kariega
54	Geraldine du Randt	00:42:08	1878	5km	Female	Kenton Primary
55	Anne Cuthbert	00:42:18	1543	5km	Female	DSG Junior
56	Megan Marx	00:42:21	1540	5km	Female	DSG Junior
57	Chelsea Cordner	00:42:49	1088	5km	Female	DSG Senior
58	Abongile Moshani	00:42:59	1669	5km	Female	Kariega
59	Okuhle Tambo	00:43:05	1612	5km	Female	Kariega
60	Karin J v Rensburg	00:43:12	1899	5km	Female	Kenton Primary
61	Zintle Burton	00:43:19	1603	5km	Female	Kariega
62	Ncumisa Njajula	00:43:21	1824	5km	Female	Kariega
63	Phumlani Ngangqu	00:43:42	1582	5km	Female	Kariega
64	Megan Willemse	00:43:51	1099	5km	Female	DSG Senior
65	Minentle Dyaloyi	00:43:57	1537	5km	Female	Bushwillow
66	Daisy Theobald	00:44:24	1863	5km	Female	Kariega
67	Sue Dovey	00:44:45	465	5km	Female	
68	Ayakha Senki	00:44:49	1597	5km	Female	Kariega
69	Bronwyn Hillhouse	00:45:00	1908	5km	Female	Kenton Primary
70	Karin Smit	00:45:07	1294	5km	Female	
71	Michelle Walsh	00:45:10	1302	5km	Female	
72	Barbara Hibbert	00:45:14	1114	5km	Female	DSG Senior
73	Karlien Le Roux	00:45:26	1238	5km	Female	
74	Riekie Le Roux	00:45:47	1224	5km	Female	
75	Lauren Bedford	00:45:56	1889	5km	Female	Kenton Primary
76	Oyisa Magadazana	00:46:00	1738	5km	Female	Kariega
77	Tarryn De Villiers	00:46:08	1915	5km	Female	Kenton Primary
78	Lucia January	00:46:34	1688	5km	Female	Kariega
79	Signet Samuel	00:46:37	1143	5km	Female	Kowie Foundation
80	Eroline Rensburg	00:46:40	1186	5km	Female	SAPS
81	Thozama Nzomba	00:46:43	1150	5km	Female	Lalibela
82	Jane Dreyer	00:46:55	450	5km	Female	Kenton Primary
83	Jordan Cilliers	00:47:02	1109	5km	Female	DSG Senior
84	Georgia Stewart	00:47:06	1112	5km	Female	DSG Senior
85	Ezintle Diniso	00:47:08	1601	5km	Female	Kariega
86	Isipho Kafile	00:47:11	1807	5km	Female	Kariega
87	Anesipho Nyumka	00:47:24	1667	5km	Female	Kariega
88	Petronella Cummins	00:48:01	1731	5km	Female	Kariega
89	Aya Moko	00:48:04	1191	5km	Female	SAPS
90	Simamkele Kanmqqa	00:48:15	1193	5km	Female	SAPS
91	Scarlett Tweedie	00:48:18	1854	5km	Female	Early Act
92	Gabriella Murray	00:48:22	1249	5km	Female	
93	Gillian Clayton	00:48:27	1232	5km	Female	
94	Dalitso Banda	00:48:31	1087	5km	Female	DSG Senior
95	Erin McNaughton	00:48:37	1086	5km	Female	DSG Senior
96	Riri Dumezweni	00:48:48	1258	5km	Female	
97	Jasmine Pieterse	00:48:52	1297	5km	Female	
98	Sarah Charles	00:48:55	1085	5km	Female	DSG Senior
99	Cayla Guest	00:48:58	1339	5km	Female	
100	Bongiwe Nkomonini	00:49:05	1149	5km	Female	Lalibela
101	Jade Prinsloo	00:49:09	1905	5km	Female	Kenton Primary
102	Tammy Tinley	00:49:13	1953	5km	Female	
103	Mihlali Gwashu	00:49:15	1827	5km	Female	Kariega
104	Judy Griesel-Crous	00:49:20	1545	5km	Female	DSG Junior
105	Sone de Vos	00:49:24	1883	5km	Female	Kenton Primary

5km Women

106	Elsjer Griesel-Crous	00:49:28	1544	5km	Female	DSG Junior
107	Suzette Booyesen	00:49:34	1038	5km	Female	Amakala
108	Saffron Tweedie	00:49:38	1855	5km	Female	Early Act
109	Nicole Bowles	00:49:42	490	5km	Female	Early Act
110	Siphesihle Tobi	00:49:52	1684	5km	Female	Kariega
111	Busisiwe Blou	00:49:59	1665	5km	Female	Kariega
112	Suzanne Wille	00:50:04	1045	5km	Female	Amakala
113	Olwethu Klaas	00:50:15	1682	5km	Female	Kariega
114	Aphelele Yose	00:50:20	1661	5km	Female	Kariega
115	Josie Andrew	00:50:33	1096	5km	Female	DSG Senior
116	Janet Lancefield	00:50:36	1095	5km	Female	DSG Senior
117	Tracy Van Zyl	00:50:47	1979	5km	Female	
118	Kailey Steyn	00:50:52	1315	5km	Female	
119	Letitia VD Merwe	00:51:02	456	5km	Female	
120	Sioux McKenna	00:51:05	1966	5km	Female	
121	Lynn Quinn	00:51:08	1986	5km	Female	
122	Darol Wilmot	00:51:10	1234	5km	Female	
123	Lindy Wright	00:51:13	479	5km	Female	
124	Elizabeth Ritchie	00:51:35	460	5km	Female	
125	Mihle Ngxanga	00:51:37	1611	5km	Female	Kariega
126	Holly Elliott	00:51:41	1320	5km	Female	
127	Imna Dyan	00:51:49	1808	5km	Female	Kariega
128	Sinoyolo Burton	00:51:53	1614	5km	Female	Kariega
129	Sihle Diniso	00:51:59	1602	5km	Female	Kariega
130	Phelokazi Mnana	00:52:01	1037	5km	Female	Amakala
131	Mincili	00:52:05	1613	5km	Female	Kariega
132	Kylie Croucamp	00:52:09	1961	5km	Female	Kingswood Jnr
133	Bulelwa Ngangqu	00:52:12	1616	5km	Female	Kariega
134	Sesha Geneste	00:52:41	1542	5km	Female	DSG Junior
135	Maurine Bowles	00:52:44	497	5km	Female	Amakala
136	Stella Swanson	00:52:48	1871	5km	Female	Kenton Primary
137	Danielle Niemand	00:52:51	1166	5km	Female	Lalibela
138	Robyn Dacombe	00:52:56	1245	5km	Female	
139	Mary Knowles	00:53:11	1044	5km	Female	Amakala
140	Sitti Mwinyi	00:53:18	436	5km	Female	Kingswood Jnr
141	Indiphile Nqgqungwana	00:53:22	1728	5km	Female	Kariega
142	Iviwe Ntloko	00:53:36	439	5km	Female	Kingswood Jnr
143	Sandi Kraus	00:53:38	455	5km	Female	
144	Susan Smailes	00:53:42	1226	5km	Female	
145	Aphelele Xauke	00:53:55	1664	5km	Female	Kariega
146	Oyama Futi	00:54:16	1592	5km	Female	Kariega
147	Zintle Mbimbi	00:54:21	1590	5km	Female	Kariega
148	Sonja Norden	00:54:25	1264	5km	Female	
149	Carol Lee	00:54:28	1141	5km	Female	Kowie Foundation
150	Esona Kafile	00:54:32	1607	5km	Female	Kariega
151	Nosipho Dyasophu	00:55:07	1752	5km	Female	Kariega
152	Bessie Olivier	00:55:09	1180	5km	Female	SAPS
153	Georgi Mackenzie	00:55:15	1091	5km	Female	DSG Senior
154	Shalmadine Ruiters	00:55:35	1748	5km	Female	Kariega
155	Lara Heny	00:55:40	1840	5km	Female	Early Act
156	Beryl Baartman	00:55:47	1157	5km	Female	Lalibela
157	Chalmadine Gunn	00:56:12	1583	5km	Female	Kariega
158	Inganathi Somyali	00:56:31	1830	5km	Female	Kariega

5km Women

159	Joanette Smallberger	00:56:55	1156	5km	Female	Lalibela
160	Anri Van Lill	00:56:57	1155	5km	Female	Lalibela
161	Tammy Smith	00:57:01	1046	5km	Female	Amakala
162	Sarah De la Harpe	00:57:20	1089	5km	Female	DSG Senior
163	Emma Hillary	00:57:23	1097	5km	Female	DSG Senior
164	Tayla Barrett	00:57:26	1098	5km	Female	DSG Senior
165	Tara Elliott	00:57:40	1321	5km	Female	
166	Migcobo Moko	00:57:43	1192	5km	Female	SAPS
167	Babsie Moko	00:57:47	1190	5km	Female	SAPS
168	Catherine Momberg	00:57:52	1027	5km	Female	Amakala
169	Pauline Weed	00:58:25	1026	5km	Female	Amakala
170	Ashley Webster	00:58:53	1838	5km	Female	Early Act
171	Julie Parnell	00:58:59	1256	5km	Female	
172	Tanya Prinsloo	00:59:02	1906	5km	Female	Kenton Primary
173	Ashley Prinsloo	00:59:05	1907	5km	Female	Kenton Primary
174	Morgan Darlow	00:59:08	1244	5km	Female	
175	Linda Walker	00:59:12	1247	5km	Female	
176	Siyakha Kriesjan	00:59:15	1659	5km	Female	Kariega
177	Cynthia Tabisa	00:59:22	1153	5km	Female	Lalibela
178	Phumla Ngangqu	00:59:25	1581	5km	Female	Kariega
179	Vera Belwana	00:59:32	1686	5km	Female	Kariega
180	Imange Thole	00:59:37	1719	5km	Female	Kariega
181	Achume Magopeni	00:59:40	1723	5km	Female	Kariega
182	Judy Nahokoe	00:59:44	1715	5km	Female	Kariega
183	Carren Cannon	00:59:47	1749	5km	Female	Kariega
184	Achuma Magopeni	00:59:50	1729	5km	Female	Kariega
185	Zoleka Maseko	01:00:00	1151	5km	Female	Lalibela
186	Olothando Klaas	01:00:05	1588	5km	Female	Kariega
187	Ahlumile Pete	01:00:08	1606	5km	Female	Kariega
188	Tina Dyan	01:00:11	1747	5km	Female	Kariega
189	Sinesipho Solani	01:00:15	1050	5km	Female	Amakala
190	Susan Robertson	01:00:18	1227	5km	Female	
191	Amyoli Tyokwana	01:00:25	1733	5km	Female	Kariega
192	Aphelele Ngesi	01:00:31	1814	5km	Female	Kariega
193	Stella Mullin	01:01:33	1329	5km	Female	
194	Zoe Fraser	01:01:37	1219	5km	Female	Kingswood Snr
195	Johanett Nieman	01:01:40	1223	5km	Female	
196	Eulandre Scott	01:01:49	1188	5km	Female	SAPS
197	Cathy Gush	01:01:53	1069	5km	Female	Amakala
198	Fiona Bosman	01:02:01	1230	5km	Female	
199	Laura Pruissen	01:02:11	1978	5km	Female	
200	Kate Hofge	01:02:18	1291	5km	Female	
201	Tiny Ngcelwane	01:02:57	1064	5km	Female	Amakala
202	Mandisa Vena	01:03:00	1032	5km	Female	Amakala
203	Angeles Gil	01:03:02	1864	5km	Female	Kariega
204	Rene de Beer	01:03:08	1159	5km	Female	Lalibela
205	Alinah Seccombe	01:03:39	1513	5km	Female	Bushwillow
206	Lilly Lange	01:03:59	1138	5km	Female	Kowie Foundation
207	Caylun Simes	01:04:02	1274	5km	Female	
208	Ellie Denson	01:04:13	1275	5km	Female	
209	Eulanda Scott	01:04:27	1187	5km	Female	SAPS
210	Annie Mears	01:04:40	1010	5km	Female	Amakala
211	Emily Baxter	01:04:47	1067	5km	Female	Amakala

5km Women

212	Siyakha Coto	01:05:06	1591	5km	Female	Kariega
213	Oyama Dayile	01:05:08	1593	5km	Female	Kariega
214	Khayakazi Ngangqu	01:05:10	1596	5km	Female	Kariega
215	Sive Brakfesi	01:05:13	1724	5km	Female	Kariega
216	Avuzwa Boo	01:05:16	1683	5km	Female	Kariega
217	Owam Njajula	01:05:19	1732	5km	Female	Kariega
218	Asinako Tambo	01:05:25	1668	5km	Female	Kariega
219	Sarah Denson	01:05:28	1276	5km	Female	
220	Laura Jean Muller	01:05:42	1129	5km	Female	Interact
221	faith Makhinza	01:05:47	1127	5km	Female	Interact
222	Erin Coltman	01:05:50	1128	5km	Female	Interact
223	Anga July	01:05:57	1685	5km	Female	Kariega
224	Ibenathi Mjuza	01:06:00	1621	5km	Female	Kariega
225	Gail Nel	01:06:02	1201	5km	Female	SAPS
226	Alive Sokutu	01:06:06	1662	5km	Female	Kariega
227	Lynette Millard	01:06:09	1955	5km	Female	Inter Act
228	Tessa Coetzee	01:06:27	1328	5km	Female	
229	Tatum Weeks	01:06:33	493	5km	Female	Amakala
230	Ella Funde	01:06:40	1132	5km	Female	Interact
231	Asemahle Mnungule	01:06:44	1049	5km	Female	Amakala
232	Mia Marias	01:06:47	1125	5km	Female	Interact
233	Chulumanco Njopvane	01:06:57	1130	5km	Female	Interact
234	Bernie Tamboer	01:07:00	1031	5km	Female	Amakala
235	Liesel V.D.Bergh	01:07:03	1176	5km	Female	Lalibela
236	Esihle Seti	01:07:14	1599	5km	Female	Kariega
237	Oneza Mkangisa	01:07:26	1133	5km	Female	Interact
238	Karma Van Graan	01:07:30	1502	5km	Female	Bushwillow
239	Saran Seccombe	01:07:34	1514	5km	Female	Bushwillow
240	Lisakhanya Ntente	01:07:39	1595	5km	Female	Kariega
241	Asenathi Diniso	01:07:42	1594	5km	Female	Kariega
242	Kathy Bezuidenhout	01:07:46	1281	5km	Female	
243	Phelisa Plaatjie	01:07:55	1056	5km	Female	Amakala
244	Snazo Ngquse	01:07:57	1055	5km	Female	Amakala
245	Bettie Hodges	01:08:05	1893	5km	Female	Kenton Primary
246	Anesipho Mnungule	01:08:09	1047	5km	Female	Amakala
247	Nikki Lange	01:08:12	1135	5km	Female	Kowie Foundation
248	Melissa Tweedie	01:08:17	1853	5km	Female	Early Act
249	Jeanne Du Toit	01:08:20	1277	5km	Female	
250	Morgan Webster	01:08:23	1837	5km	Female	Early Act
251	Pania Heny	01:08:28	1839	5km	Female	Early Act
252	Nobulumko Tokwe	01:08:37	1679	5km	Female	Kariega
253	Grace Ker	01:08:43	1310	5km	Female	
254	Megan McCallum	01:08:53	1290	5km	Female	
255	Taylor Bowdler	01:09:01	1202	5km	Female	SAPS
256	Zayden Du Plessis	01:09:04	1126	5km	Female	Interact
257	Nomawonga Mali	01:09:08	1813	5km	Female	Kariega
258	Lisa Ker	01:09:11	1311	5km	Female	
259	Emilie Corsini	01:09:18	1861	5km	Female	Kariega
260	Hannah Nicholson	01:09:21	1862	5km	Female	Kariega
261	Jess Naicker	01:09:27	496	5km	Female	Amakala
262	Mienke Nel	01:09:34	1162	5km	Female	Lalibela
263	Tessa Mac Taggart	01:09:44	1523	5km	Female	Bushwillow
264	Nyomi Benn-Day	01:09:52	478	5km	Female	

5km Women

265	Melia Fourie	01:10:13	1894	5km	Female	Kenton Primary
266	Mini Potgieter	01:10:16	1254	5km	Female	
267	Silindokuhle Takuta	01:10:20	1972	5km	Female	
268	Louise Rhodes	01:10:23	1736	5km	Female	Kariega
269	Keelynn Rossow	01:10:26	1721	5km	Female	Kariega
270	Tyler Du Preez	01:10:30	1847	5km	Female	Early Act
271	Imanathi Vendile	01:10:34	1615	5km	Female	Kariega
272	Endinako Matiwana	01:10:37	1620	5km	Female	Kariega
273	Sindiswa Dili	01:10:42	1586	5km	Female	Kariega
274	Leticia Du Preez	01:10:45	1848	5km	Female	Early Act
275	Danielle Fourie	01:10:48	1849	5km	Female	Early Act
276	Kerra Bennett	01:10:56	1278	5km	Female	
277	Marette Dreyer	01:11:04	448	5km	Female	Kenton Primary
278	Mare-Lize Els	01:11:07	1881	5km	Female	Kenton Primary
279	Emihle Richards	01:11:13	1619	5km	Female	Kariega
280	Lisakhanya Vendile	01:11:19	1587	5km	Female	Kariega
281	Chloe Maartens	01:11:22	1018	5km	Female	Amakala
282	Tatum Pretorius	01:11:24	1006	5km	Female	Amakala
283	Abby Maartens	01:11:31	1017	5km	Female	Amakala
284	Othimna Mtukushe	01:11:36	442	5km	Female	Kingswood Jnr
285	Lathitha Bekezulu	01:11:40	433	5km	Female	Kingswood Jnr
286	Alexa Calitz	01:11:44	446	5km	Female	Kingswood Jnr
287	Mai De Villiers	01:12:01	1917	5km	Female	Kenton Primary
288	Giulia Cattaneo	01:12:05	1072	5km	Female	Amakala
289	Charlotte Brooks	01:12:08	1073	5km	Female	Amakala
290	Millie Cox	01:12:13	1283	5km	Female	
291	Nan Pike	01:12:26	1318	5km	Female	
292	Jessica Muirhead	01:12:54	1551	5km	Female	DSG Junior
293	Theodora Cakwebe	01:13:01	1152	5km	Female	Lalibela
294	Thembakazi Komeni	01:13:06	1034	5km	Female	Amakala
295	Sno Mgwatyu	01:13:10	1035	5km	Female	Amakala
296	Sihle Mnana	01:13:13	1036	5km	Female	Amakala
297	Nosipho Kamnqa	01:13:18	1189	5km	Female	SAPS
298	Nono Bili	01:13:26	1831	5km	Female	Kariega
299	Tau Van Graan	01:14:16	1501	5km	Female	Bushwillow
300	Candice Du Preez	01:14:24	1969	5km	Female	
301	Jorja Walker	01:14:50	1947	5km	Female	Inter Act
302	Elizte Greyvenstein	01:15:01	1030	5km	Female	Amakala
303	Shalane Scott	01:15:23	1751	5km	Female	Kariega
304	Emma Pruissen	01:15:26	1323	5km	Female	
305	Nomaxabiso Middie	01:15:56	1158	5km	Female	Lalibela
306	Regina Uys	01:16:02	1259	5km	Female	
307	Debbie de Clercy	01:16:06	1214	5km	Female	
308	Sivunesihle Mkolo	01:16:09	1819	5km	Female	Kariega
309	Kerry Maartens	01:16:14	1016	5km	Female	Amakala
310	Elvira Tsikos	01:16:43	1506	5km	Female	Bushwillow
311	Candice Pretorius	01:16:59	1003	5km	Female	Amakala
312	Melissa Gomes	01:17:03	1013	5km	Female	Amakala
313	Bev Mackenzie	01:17:05	1263	5km	Female	
314	Annie Miller	01:17:15	1215	5km	Female	
315	Cherryll Riddin	01:17:22	458	5km	Female	
316	Amina Kouari	01:17:25	1280	5km	Female	
317	Imgamihle Witbooi	01:17:39	1058	5km	Female	Amakala

5km Women

318	Sibongile Toyi	01:17:43	1052	5km	Female	Amakala
319	Imvana Nkani	01:18:01	1074	5km	Female	Amakala
320	Ansja Mckenzie	01:18:12	1178	5km	Female	SAPS
321	Anel Slabbert	01:18:15	1183	5km	Female	SAPS
322	Malkia Manyara	01:18:28	435	5km	Female	Kingswood Jnr
323	Leona Morepedi	01:18:36	441	5km	Female	Kingswood Jnr
324	Lara Schmidt	01:18:42	1984	5km	Female	
325	Lynette van Dyk	01:19:12	1875	5km	Female	Kenton Primary
326	Di Hutchison	01:19:18	1884	5km	Female	Kenton Primary
327	Amy Palmer	01:19:30	1009	5km	Female	Amakala
328	Nadya Tandau	01:19:33	1217	5km	Female	Kingswood Snr
329	Della Nfuka	01:19:40	1239	5km	Female	Kingswood Snr
330	Sanet Schoon	01:19:43	480	5km	Female	
331	Marianne Wessels	01:19:46	1872	5km	Female	Kenton Primary
332	Robyn van Rensburg	01:19:52	1891	5km	Female	Kenton Primary
333	Cecile Welgemoed	01:20:08	1870	5km	Female	Kenton Primary
334	Candice Momberg	01:20:11	1023	5km	Female	Amakala
335	Akhona Bentjies	01:20:19	1658	5km	Female	Kariega
336	Aphelele Mxube	01:20:23	1678	5km	Female	Kariega
337	Sbabalo Hopo	01:20:25	1677	5km	Female	Kariega
338	Nadia Conrads	01:20:33	1333	5km	Female	
339	Colleen Eddles	01:20:37	1332	5km	Female	
340	Wendy Cock	01:20:41	1968	5km	Female	
341	Makayla Cock	01:20:46	1967	5km	Female	
342	Anrique Jansen v Vuuren	01:20:51	1167	5km	Female	Lalibela
343	Joan Strachan	01:20:56	1076	5km	Female	Amakala
344	Tracy Weeks	01:21:04	491	5km	Female	Amakala
345	Abby Roberts	01:21:13	1071	5km	Female	Amakala
346	Ndikho Magasela	01:21:19	1957	5km	Female	Inter Act
347	Chitsiga Magasela	01:21:24	1956	5km	Female	Inter Act
348	Sheena Louca	01:21:27	1122	5km	Female	Interact
349	Asemahle Makelani	01:21:31	1048	5km	Female	Amakala
350	Nomkhitha Nkewana	01:21:35	1059	5km	Female	Amakala
351	Ashleigh Giblot-Ducray	01:21:46	1093	5km	Female	DSG Senior
352	Bella Tsinonis	01:21:49	1094	5km	Female	DSG Senior
353	Lelethu Tshukulwana	01:21:54	1676	5km	Female	Kariega
354	Sinethemba Gxekwa	01:21:58	1674	5km	Female	Kariega
355	Sinovuyo Tsitsi	01:22:01	1687	5km	Female	Kariega
356	Sally Wells	01:22:50	1300	5km	Female	
357	Jessica Clarke	01:23:00	1993	5km	Female	
358	Ronel Mostert	01:23:25	1327	5km	Female	
359	Eljo Els	01:23:30	451	5km	Female	Kenton Primary
360	Marna Muller	01:24:08	1995	5km	Female	
361	Marian Clarke	01:24:11	1971	5km	Female	
362	Karen Kouari	01:24:42	1279	5km	Female	
363	Liz Gowans	01:24:45	1316	5km	Female	
364	Katja Offerma	01:24:59	1282	5km	Female	
365	Marijke Wigley	01:25:09	1517	5km	Female	Bushwillow
366	Dominique Santos	01:25:20	1511	5km	Female	Bushwillow
367	Ina Folscher	01:25:44	1338	5km	Female	
368	Lisa Pangwa	01:25:56	1237	5km	Female	Kingswood Snr
369	Saffi Hopes	01:26:00	1218	5km	Female	Kingswood Snr
370	Isla Baxter	01:27:31	472	5km	Female	

5km Women

371	Danielle Hazeldone	01:27:42	438	5km	Female	Kingswood Jnr
372	Cindy Croucamp	01:28:08	1959	5km	Female	
373	Diane Price	01:28:14	1220	5km	Female	Kingswood Snr
374	Paola Schmidt	01:28:25	1983	5km	Female	
375	Fiona Going	01:28:32	1952	5km	Female	
376	Marcia Fargnoli	01:28:42	1834	5km	Female	Kariega
377	Megan Crichton	01:28:57	1942	5km	Female	Kingswood Jnr
378	Amara Tarimo	01:29:08	432	5km	Female	Kingswood Jnr
379	Caca Mbongwana	01:29:14	431	5km	Female	Kingswood Jnr
380	Aimee Mason	01:29:44	1541	5km	Female	DSG Junior
381	Asigcine Nkwinti	01:29:54	1739	5km	Female	Kariega
382	Uhda Baxter	01:30:34	469	5km	Female	
383	Uma Singh	01:30:53	440	5km	Female	Kingswood Jnr
384	Anolik Ver Heilen	01:36:11	1515	5km	Female	Bushwillow
385	Inganathi Matiwana	01:36:15	1617	5km	Female	Kariega
386	Bukho Ngangqu	01:36:18	1608	5km	Female	Kariega
387	Jessica Van Graan	01:36:33	1503	5km	Female	Bushwillow
388	Salha Bhalo	01:37:31	437	5km	Female	Kingswood Jnr
389	Charne Meintjies	01:37:47	1165	5km	Female	Lalibela
390	Laura Averbuch	01:51:55	1207	5km	Female	