21km Men

Pos	Name	Time	Bib No	Distance	Gender
1	Mvuyise Gcogco	02:08:11	729	21km	Male
2	Stephen Mccarthy	02:22:18	548	21km	Male
3	Dan Thornton	02:28:56	627	21km	Male
4	Craig Flanegan	02:31:14	657	21km	Male
5	Miles Hollins	02:37:07	530	21km	Male
6	Dean Hoyle	02:37:57	823	21km	Male
7	Derick Bamber	02:39:56	503	21km	Male
8	Seamus Tucker	02:49:38	749	21km	Male
9	Chris Meistre	02:50:32	775	21km	Male
10	Nick Chapman	02:53:32	778	21km	Male
11	Bruce King	02:53:34	572	21km	Male
12	Coenie Louw	02:58:14	786	21km	Male
13	Charl De Lange	03:04:25	638	21km	Male
14	Kaya Mfono	03:06:46	622	21km	Male
15	Wayne Brazier	03:08:15	734	21km	Male
16	Jared Strydom	03:08:25	730	21km	Male
17	Paul Jacobs	03:09:31	798	21km	Male
18	Craig Bester	04:02:55	525	21km	Male
19	D Masterton	04:39:51	625	21km	Male
20	Gary Kelleher	05:39:13	546	21km	Male
SWEEP	Charles Bataille	05:44:52	655	21km	Male
DNF	Petrus Rademeyer		604	21km	Male

21km Women

Pos	Name	Time	Bib No	Distance	Gender
1	Claire VD Nest	02:40:03	658	21km	Female
2	Rebecca Jordaan	02:41:08	805	21km	Female
3	Annelie Gregory	02:49:03	552	21km	Female
4	Christelle Van Der Watt	02:49:47	785	21km	Female
5	Bianca Vermaak	02:50:33	774	21km	Female
6	Riana Griebenouw	02:59:12	771	21km	Female
7	Lisle Matthews	03:03:11	783	21km	Female
8	Claire White	03:06:40	614	21km	Female
9	Star Douglas	03:09:09	635	21km	Female
10	Belinda Louw	03:09:18	787	21km	Female
11	Magali De La Kethulle De Ryhove	03:09:36	815	21km	Female
12	Susan Smit	03:17:40	741	21km	Female
13	Dawn Black	03:17:51	601	21km	Female
14	Marissa Black	03:25:38	857	21km	Female
15	Rene Hattingh	03:25:40	858	21km	Female
16	Joanne Hoyle	03:28:48	824	21km	Female
17	Janine Barnard	03:55:52	791	21km	Female
18	Celida Trahms	03:56:06	723	21km	Female
19	Annelize Shergold-Smith	04:28:00	781	21km	Female
20	Samantha Mukheibir	04:28:05	796	21km	Female
21	Kirsty Boshoff	04:28:10	792	21km	Female
22	Shannon Chamberland	04:36:50	628	21km	Female
23	Colette Myburgh	04:36:56	636	21km	Female
24	Jenny Rudman	04:43:52	840	21km	Female
25	Denise Darlow	05:39:17	547	21km	Female
26	Vuyokazi November	05:44:05	794	21km	Female
DNF	Shelley Donaldson		533	21km	Female
DNF	Nadia Muller		540	21km	Female

12km Men

Pos	Name	Time	Bib No	Distance	Gender
1	Paul Bennett	01:04:31	649	12km	Male
2	Jean-Pierre Joubert	01:05:58	553	12km	Male
3	Paul Mason	01:07:41	836	12km	Male
4	Kieran White	01:09:13	613	12km	Male
5	Luke Hoyle	01:10:09	826	12km	Male
6	Brendon Kelly	01:13:37	654	12km	Male
7	Johannes Lodewicus Olivier	01:13:55	513	12km	Male
8	John Parry	01:14:26	517	12km	Male
9	Mark Oosthuizen	01:15:30	554	12km	Male
10	Philip Wessels	01:16:54	841	12km	Male
11	Nicholas Affat	01:19:13	588	12km	Male
12	Paul Mare	01:20:44	780	12km	Male
13	Eden Grundlingh	01:20:47	606	12km	Male
14	Lenel Oosthuizen	01:20:50	645	12km	Male
15	Cobus Breytenbach	01:22:10	801	12km	Male
16	Ryan Brown	01:23:24	680	12km	Male
17	Heinrich Squared	01:23:57	573	12km	Male
18	Philip Pieterse	01:24:07	519	12km	Male
19	Kyle White	01:24:23	615	12km	Male
20	Timothy Nagel	01:25:09	539	12km	Male
21	Jordan Hoyle	01:25:21	827	12km	Male
22	Darren Buddle	01:26:07	576	12km	Male
23	Johann Staats	01:30:25	828	12km	Male
24	Dewald Griebenouw	01:31:31	772	12km	Male
25	Mike Burger	01:33:19	669	12km	Male
26	Corne Van Der Berg	01:34:27	855	12km	Male
27	Pano Mantatzis	01:35:42	504	12km	Male
28	Herman Human	01:36:24	596	12km	Male
29	Herman Matthews	01:37:01	784	12km	Male
30	Gary Lombard	01:37:09	571	12km	Male
31	Reece Liebenberg	01:38:17	838	12km	Male
32	Richard Awdrade	01:38:44	662	12km	Male
33	Dirk Schmidt	01:39:16	677	12km	Male
34	Quinton Thrussell	01:39:18	812	12km	Male
35	John Herselman	01:40:29	600	12km	Male
36	Abui Blatti	01:40:31	599	12km	Male
37	Andrew Cruickshanks	01:44:53	507	12km	Male
38	Robert Montgomery	01:45:12	821	12km	Male
39	David Harris	01:45:24	770	12km	Male
40	Lizelle Britz	01:45:39	577	12km	Male
41	Reon Van Rensburg	01:45:43	639	12km	Male
42	Nigel Grey	01:46:29	720	12km	Male
43	Niko White	01:48:35	587	12km	Male
44	Carl Trahms	01:48:37	724	12km	Male
45	Joshua White	01:48:40	586	12km	Male
46	Rowan-Ford Van Gend	01:50:38	865	12km	Male
47	Alex Du Toit	01:59:03	574	12km	Male
48	Brad Wanvig	02:00:43	585	12km	Male
49	Hennie Van Der Kolf	02:01:45	664	12km	Male
50	Ethan Dawson	02:06:24	650	12km	Male
51	Eugene Lubbe	02:08:02	869	12km	Male
52	Rodney Maggott	02:09:46	850	12km	Male

12km Men

53	AS Myburgh	02:17:41	634	12km	Male
54	Francis Odendaal	02:30:45	629	12km	Male
SWEEP	Wayne Cherry	03:04:06	523	12km	Male

12km Women

Pos	Name	Time	Bib No	Distance	Gender
1	Natalie Parry	01:14:43	518	12km	Female
2	Leone Smit	01:19:34	581	12km	Female
3	Anche Hollins	01:22:34	531	12km	Female
4	Marie Petrelis	01:24:43	760	12km	Female
5	Jo Oosthuizen	01:26:13	551	12km	Female
6	Caroline Levy	01:30:00	595	12km	Female
7	Etreshia Coetzee	01:34:04	647	12km	Female
8	Jayd Georgiades	01:34:15	735	12km	Female
9	Elaine Van Zyl	01:34:48	527	12km	Female
10	Faye Zoet Mulder	01:36:15	640	12km	Female
11	Henneli Smit	01:36:59	579	12km	Female
12	Vanessa Joubert	01:37:24	508	12km	Female
13	Anine Claasen	01:37:28	743	12km	Female
14	Brenda Greybe	01:37:31	744	12km	Female
15	Claire Nagel	01:38:08	537	12km	Female
16	Lauren Nagel	01:41:15	538	12km	Female
17	Robyn Steyn	01:41:28	793	12km	Female
18	Michelle Elfick	01:41:30	807	12km	Female
19	Margie Young	01:41:36	637	12km	Female
20	Nicole Lombard	01:42:07	570	12km	Female
21	Karin Thornton	01:43:55	626	12km	Female
22	Teegan Delaney	01:44:52	506	12km	Female
23	Tarryn Spriggs	01:46:04	656	12km	Female
24	Tenielle De Andrade	01:46:25	550	12km	Female
25	Kate Vlok	01:46:32	679	12km	Female
26	Elrika Pieterse	01:46:52	520	12km	Female
27	Lindie Rudman	01:47:11	678	12km	Female
28	Tracy Mcintyre	01:48:12	738	12km	Female
29	Thobeka Mabusela	01:48:16	834	12km	Female
30	Lynn-Hay Frewen	01:50:29	845	12km	Female
31	Mariza Frewen	01:51:36	844	12km	Female
32	Kirsty Elliott	01:51:47	803	12km	Female
33	Siska Van Der Bijl	01:51:48	802	12km	Female
34	Nicole Deschamps	01:53:01	878	12km	Female
35	Sam Du Toit	01:53:04	575	12km	Female
36	Katherine Liebenberg	01:55:16	837	12km	Female
37	Janell Barnard	01:55:17	866	12km	Female
38	Karen Hume	01:55:19	727	12km	Female
39	Jackie Longworth	01:55:22	532	12km	Female
40	Marie Best	01:57:03	728	12km	Female
41	Tamara Klos	01:58:46	795	12km	Female
42	Mitzi Van Heerden	01:59:09	782	12km	Female
43	Jacoline Combrinck	01:59:11	797	12km	Female
44	Simone Potgieter	01:59:30	584	12km	Female
45	Briggetta Mey	01:59:34	737	12km	Female
46	Stacey Margolius	02:00:34	544	12km	Female
47	Jauette Van Der Kolf	02:01:46	665	12km	Female
48	Judy Nienaber	02:01:59	663	12km	Female
49	Octavia Boshoff	02:02:43	549	12km	Female
50	Sharon Gravett	02:03:45	881	12km	Female
51	Michelle Mortimer	02:04:26	759	12km	Female
52	Hillary DeJager	02:04:40	619	12km	Female

12km Women

53	Mandre Welmans	02:04:42	616	12km	Female
54	Madeleine Nienaber	02:06:54	661	12km	Female
55	Stephanie Barnard	02:07:37	578	12km	Female
56	Shelby Roberts	02:07:59	868	12km	Female
57	Esmarie Van Tonder	02:09:42	557	12km	Female
58	Lesley Maggott	02:09:49	849	12km	Female
59	Jay vdWalt	02:13:34	594	12km	Female
60	Margo De Kooker	02:27:25	529	12km	Female
61	Jenny Du Preez	02:30:48	631	12km	Female
62	Monique Gilfillan	02:50:12	580	12km	Female
63	Desiree Rheeder	03:02:25	746	12km	Female
64	Nicky Botha	03:03:44	745	12km	Female
SWEEP	Theresa Buchner	03:03:50	777	12km	Female

6km Men

Pos	Name	Time	Bib No	Distance	Gender
1	Jacques Langley	00:29:58	667	6km	Male
2	Bruce Van Niekerk	00:30:23	562	6km	Male
3	Keagan Hoyle	00:30:27	825	6km	Male
4	Richard McIntyre	00:37:19	598	6km	Male
5	Johan VD Watt	00:37:22	621	6km	Male
6	James Parker	00:37:25	876	6km	Male
7	Willem Du Randt	00:37:27	556	6km	Male
8	Pieter Du Randt	00:37:28	555	6km	Male
9	Keegan Smith	00:37:32	788	6km	Male
10	Mark Gough	00:38:04	819	6km	Male
11	Keith Theron	00:40:04	510	6km	Male
12	Hickson Manony	00:40:06	641	6km	Male
13	Brandon De Jager	00:41:15	877	6km	Male
14	Mac Ashworth	00:41:17	875	6km	Male
15	Cameron Wright	00:41:30	670	6km	Male
16	Albert Du Plessis	00:41:49	590	6km	Male
17	Wiehahn Coetzer	00:42:31	833	6km	Male
18	Warren Wait	00:42:56	611	6km	Male
19	Dale Wait	00:42:59	610	6km	Male
20	Stephen Gough	00:43:30	817	6km	Male
21	Guillaume De Swardt	00:44:08	806	6km	Male
22	Neelesh R Bhana	00:44:29	843	6km	Male
23	Julian Basson	00:46:25	816	6km	Male
24	Logan Blignaut	00:49:18	888	6km	Male
25	Nel Welmans	00:50:49	617	6km	Male
26	Jayden Aitken	00:51:18	864	6km	Male
27	A-J Williams	00:51:21	859	6km	Male
28	Tiaan Bartman	00:51:30	560	6km	Male
29	Kyle Jones	00:51:32	561	6km	Male
30	Peter Szeili	00:51:36	721	6km	Male
31	Charl Gouws	00:51:45	642	6km	Male
32	Graeme van der nest	00:52:33	672	6km	Male
33	Craig Wood	00:52:54	659	6km	Male
34	Peter Gerber	00:53:07	593	6km	Male
35	Timothy Young	00:53:51	758	6km	Male
36	Declan Hogg	00:58:10	769	6km	Male
37	Keagan Rheeder	00:58:42	733	6km	Male
38	Colin Rheeder	00:58:45	732	6km	Male
39	Jamie Barton	00:59:56	880	6km	Male
40	Andrew Barton	01:00:13	879	6km	Male
41	Johan Schoeman	01:00:19	653	6km	Male
42	Skyler Windvogel	01:01:05	651	6km	Male
43	Morne Du Plessis	01:01:09	831	6km	Male
44	Trevor Hawkins	01:01:17	624	6km	Male
45	Connor Hogg	01:02:37	768	6km	Male
46	Russell Longworth	01:04:41	535	6km	Male
47	Steve Sayer	01:07:04	603	6km	Male
48	Thomas Capitao	01:07:07	536	6km	Male
49	Matt Hancock	01:07:51	681	6km	Male
50	Andrew Webber	01:09:59	589	6km	Male
51	Kayden Wright	01:11:25	668	6km	Male
52	Malvin Wright	01:11:44	675	6km	Male

6km Men

53	Siyolo Somtsewu	01:12:29	846	6km	Male
54	Grant Bresler	01:16:21	566	6km	Male
55	Rodger Gysman	01:18:02	810	6km	Male
56	Elario Taylor	01:23:29	862	6km	Male
57	Eugene Wewege	01:26:12	757	6km	Male
58	Duane Hanekom	01:28:25	754	6km	Male
59	Lance Kettles	01:37:25	747	6km	Male
60	Duncan Emery	01:52:38	872	6km	Male
61	Brian Hayward	01:52:54	871	6km	Male
62	Ian Taylor	01:52:56	543	6km	Male
SWEEP	Johann Liebenberg	01:53:37	839	6km	Male

6km Women

Pos	Name	Time	Bib No	Distance	Gender
1	Jenna Coetzee	00:31:12	646	6km	Female
2	Holly Sutton	00:37:24	739	6km	Female
3	Claire Hogg	00:39:02	766	6km	Female
4	Lauren Vad	00:39:41	789	6km	Female
5	Desiree Armogan	00:40:10	607	6km	Female
6	Rolandi Crous	00:41:10	608	6km	Female
7	Kaylee Barton	00:41:13	882	6km	Female
8	Leigh-Anne Henning	00:41:31	765	6km	Female
9	Dorette De Swardt	00:41:34	804	6km	Female
10	Mariana Louw	00:41:50	800	6km	Female
11	Carrie Nissiotis	00:41:53	731	6km	Female
12	Carmen Sampson	00:42:06	776	6km	Female
13	Heather Mason	00:42:46	835	6km	Female
14	Lauren Mcnish	00:43:01	612	6km	Female
15	Francis Green	00:43:06	820	6km	Female
16	Alicia Langley	00:43:17	666	6km	Female
17	Nadine Rudman	00:45:36	874	6km	Female
18	Paulette Harper	00:45:51	799	6km	Female
19	Philippa Tucker	00:45:56	750	6km	Female
20	Aneldi Bestbier	00:46:27	818	6km	Female
21	Yvonne Van Zyl	00:47:02	528	6km	Female
22	Vicky Ashley	00:48:00	767	6km	Female
23	Johli Van Eeden	00:48:07	502	6km	Female
24	Susann Chapman	00:48:10	779	6km	Female
25	Bev Barends	00:48:14	742	6km	Female
26	Shelby Van Rooyen	00:48:45	501	6km	Female
27	Juanette Pettitt	00:48:47	511	6km	Female
28	Belinda Bain	00:49:06	848	6km	Female
29	Vicky Tsouknidas	00:49:08	847	6km	Female
30	Amanda Williams	00:49:12	722	6km	Female
31	Courtneigh Grundlingh	00:49:40	605	6km	Female
32	Kelli Blignaut	00:49:46	887	6km	Female
33	Charne Gerber	00:50:09	591	6km	Female
34	Kendall Wesrcott	00:50:46	643	6km	Female
35	Liesel Williams	00:51:23	860	6km	Female
36	Lily May van der nest	00:51:42	674	6km	Female
37	Anne Rowe	00:51:43	644	6km	Female
38	Sam Cozyn	00:52:09	583	6km	Female
39	Vladka Hankova	00:52:30	597	6km	Female
40	Kim Daly	00:52:53	660	6km	Female
41	Ruth Webster	00:53:28	790	6km	Female
42	Gwen Young	00:53:44	736	6km	Female
43	Ansie Benade	00:53:46	524	6km	Female
44	Nicola Wattrus	00:55:08	541	6km	Female
45	Philippa Lascelles	00:55:56	752	6km	Female
46	Debbie Arnold	00:56:01	886	6km	Female
47	Cassidy Du Plessis	00:57:43	830	6km	Female
48	Aletheia Botha	00:57:57	652	6km	Female
49	Carin Botha	00:57:59	620	6km	Female
50	Jocelyn Young	00:58:43	863	6km	Female
51	Helen Erlank	01:00:07	545	6km	Female
52	Amy Bresler	01:00:44	568	6km	Female

53	Chloe Cherry	01:00:45	521	6km	Female
54	Taryn Bresler	01:00:53	567	6km	Female
55	Morgan Matthews	01:00:56	773	6km	Female
56	Susan Mantatzis	01:00:58	505	6km	Female
57	Margereta Gerber	01:01:35	592	6km	Female
58	Emily Marais	01:01:39	808	6km	Female
59	Teresa Sayer	01:01:53	602	6km	Female
60	Tina Smith	01:03:16	883	6km	Female
61	Leola Cherry	01:03:40	522	6km	Female
62	Amelia Jackson	01:03:42	884	6km	Female
63	Sunette Vosloo	01:03:56	856	6km	Female
64	Margie Longworth	01:04:39	534	6km	Female
65	Christy Nagel	01:04:51	618	6km	Female
66	Ilse Du Toit	01:05:05	751	6km	Female
67	Cheryl Witte	01:05:07	814	6km	Female
68	Cindi Bester	01:05:45	526	6km	Female
69	Jeanne Botha	01:07:49	725	6km	Female
70	Tracey Wright	01:11:42	673	6km	Female
71	Sharon Thompson	01:12:15	753	6km	Female
72	Bianca Wehmeyer	01:13:27	763	6km	Female
73	Charmaine Lloyd	01:13:30	764	6km	Female
74	Jacoleen Van Zyl	01:13:32	761	6km	Female
75	Laureen Van Aardt	01:13:33	762	6km	Female
76	Colette Ferreira	01:13:42	609	6km	Female
77	Nanda Nieuwandt	01:15:50	632	6km	Female
78	Tayla Bresler	01:16:20	569	6km	Female
79	Cindy Soloman	01:18:03	809	6km	Female
80	Kathy Rath	01:18:23	671	6km	Female
81	Yvonne Saker	01:18:26	682	6km	Female
82	Jennifer Hawkins	01:18:28	623	6km	Female
83	Hannah E	01:18:31	829	6km	Female
84	Tanya Weber	01:22:44	832	6km	Female
85	Hanlie Walker	01:22:47	811	6km	Female
86	Jeanne Bradfield	01:22:50	822	6km	Female
87	Annetjie Taylor	01:23:24	861	6km	Female
88	Mile Vermaak	01:24:25	726	6km	Female
89	Lizette Hanekom	01:26:07	756	6km	Female
90	Lizelle Wewege	01:26:18	755	6km	Female
91	Zani Richardson	01:32:22	516	6km	Female
92	Louise Winterbottom	01:32:24	515	6km	Female
93	Paula Ross	01:32:26	514	6km	Female
94	Deepa Bhana	01:32:28	842	6km	Female
95	Aloma De Flamingh	01:37:34	748	6km	Female
96	Gloria Dawn Emery	01:52:26	873	6km	Female
97	Taryn Hayward	01:52:53	870	6km	Female