

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>All Women 80km</b>	1	1	31	SXL	Yolande De Villiers	02.52.09	1	
	2	1	22	VWL	Woudie Saaiman	03.10.22	1	
	3	2	1	SXL	Ischen Stopforth	03.13.18	1	
	4	3	562	SXL	Desiree Loubser	03.15.54	1	
	5	4	23	SXL	Tanya Rabie	03.27.58	1	
	6	5	17	SXL	Marike Vreken	03.33.31	1	
	7	2	11	VWL	Cindy Rebello	03.33.32	1	
	8	3	374	VWL	Eva Micklewood	03.36.56	1	
	9	6	328	SXL	Anna Steven	03.38.39	1	
	10	1	556	SWL	Naomi Rothmann	03.40.57	1	
	11	2	929	SWL	Nicolene Van Der Sandt	03.41.06	1	
	12	1	28	MWL	Bridget O'Meara	03.45.21	1	
	13	4	486	VWL	Yolande Myburgh	03.45.29	1	
	14	5	422	VWL	Bernike Beukes	03.47.22	1	
	15	3	249	SWL	Sanri Immelman	03.50.02	1	
	16	4	596	SWL	Lulu Jooste	03.50.10	1	
	17	6	554	VWL	Ingrid Uys	03.51.11	1	
	18	7	121	SXL	Joretha Hindle	03.52.19	1	
	19	2	452	MWL	Mare Malherbe	03.55.12	1	
	20	8	230	SXL	Sally O'Connell Matusik	03.57.15	1	
	21	7	907	VWL	Zelda Van Wijk	04.00.12	1	
	22	9	320	SXL	Louise Prins	04.00.25	1	
	23	10	906	SXL	Nadine Pansegrouw	04.03.23	1	
	24	11	390	SXL	Louise Smit	04.08.14	1	
	25	8	568	VWL	Hilary Johnstone	04.08.15	1	
	26	9	399	VWL	Berta Espach	04.08.18	1	
	27	12	150	SXL	Janette Coetzee	04.10.16	1	
	28	13	215	SXL	Bonte Betts	04.10.18	1	
	29	10	247	VWL	Anneke Langenhoven	04.14.20	1	
	30	11	418	VWL	Lizinda Stopforth	04.14.23	1	
	31	3	183	MWL	Suz Phillips	04.16.44	1	
	32	5	193	SWL	Lize Joubert	04.20.44	1	
	33	12	909	VWL	Yolanda Engelbrecht	04.24.25	1	
	34	13	499	VWL	Annie Labuschagne	04.24.55	1	
	35	14	901	VWL	Elsa Grundlingh	04.26.53	1	
	36	14	289	SXL	Dinniel Leppan	04.26.55	1	
	37	15	184	SXL	Adel Ferreira	04.29.23	1	
	38	16	466	SXL	Carmen Du Plessis	04.32.54	1	
	39	15	388	VWL	Diana Bronkhorst	04.32.55	1	
	40	4	134	MWL	Elmien Swanepoel	04.34.09	1	
	41	17	254	SXL	Erina Groenewald	04.42.10	1	
	42	18	467	SXL	Nadine Wakefield	04.46.40	1	
	43	16	473	VWL	Anita Page	04.47.08	1	
	44	17	470	VWL	Gail Jennings	04.47.49	1	
	45	18	240	VWL	Ypie Kingma	04.49.41	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	46	19	340	SXL	Carmen Ashby	04.50.41	1	
	47	20	450	SXL	Yolanda Walsh	04.50.43	1	
	48	19	323	VWL	Reanda Vos	04.56.40	1	
	49	6	280	SWL	Yolandi Ekermans	04.56.52	1	
	50	20	104	VWL	Doreen Butterworth	04.57.00	1	
	51	21	599	SXL	Hanlie Sinclair	04.59.21	1	
	52	5	101	MWL	Dalene Thuynsma	05.00.52	1	
	53	6	306	MWL	Deirdre Archer	05.03.14	1	
	54	22	143	SXL	Elsarie Visser	05.06.09	1	
	55	23	426	SXL	Samantha Meiring	05.06.18	1	
	56	24	490	SXL	Kim Romburgh	05.06.19	1	
	57	21	600	VWL	Mienie Rossouw	05.07.36	1	
	58	25	416	SXL	Lorka Hayman	05.08.51	1	
	59	26	444	SXL	Joanne Louw	05.14.05	1	
	60	7	138	MWL	Esmé Swart	05.14.55	1	
	61	22	129	VWL	Julie Crowther	05.16.30	1	
	62	27	270	SXL	Berdine Spangenberg	05.18.00	1	
	63	28	575	SXL	Ruth Evans	05.21.44	1	
	64	8	404	MWL	Anne Todd	05.23.42	1	
	65	29	380	SXL	Danielle Reinecke	05.24.39	1	
	66	9	155	MWL	Hester Kruger	05.30.39	1	
	67	23	142	VWL	Sarah Yeo	05.39.09	1	
	68	30	576	SXL	Rochelle Smetherham	05.39.37	1	
	69	10	342	MWL	Meg Gerber	05.41.36	1	
	70	24	298	VWL	Rita Louw	05.45.55	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>All Men 80km</b>	1	1	3	SVL	Kevin Evans	02.36.05	1	
	2	1	34	SML	Charles Keey	02.36.44	1	
	3	2	35	SML	Dave Morison	02.39.13	1	
	4	3	39	SML	Carl Pasio	02.45.01	1	
	5	4	36	SML	Stuart Marais	02.47.08	1	
	6	1	37	VML	Shan Wilson	02.50.21	1	
	7	5	12	SML	Dwayne Klingbiel	02.51.00	1	
	8	6	581	SML	Warren Robertson	02.52.08	1	
	9	7	41	SML	Chris Wolhuter	02.55.39	1	
	10	2	916	VML	Andries Duminy	02.55.39	1	
	11	3	375	VML	Paul Micklewood	02.56.12	1	
	12	8	347	SML	Jason Peach	02.57.38	1	
	13	1	555	MML	James Stopforth	02.58.51	1	
	14	2	518	SVL	Simon Van Blerk	02.59.34	1	
	15	3	908	SVL	Izak Du Plessis	02.59.56	1	
	16	9	4	SML	Erik Kleinhans	03.00.04	1	
	17	4	13	VML	Peter Stopforth	03.00.16	1	
	18	5	27	VML	Chris Nel	03.01.54	1	
	19	6	903	VML	Ludwig Malherbe	03.01.55	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	20	10	24	SML	Dawie Carstens	03.04.58	1	
	21	4	591	SVL	Ian Holtzhausen	03.05.05	1	
	22	5	427	SVL	Edwin Van Der Vyver	03.07.26	1	
	23	2	400	MML	Eben Espach	03.07.49	1	
	24	7	6	VML	Franco Oosthuizen	03.09.17	1	
	25	8	309	VML	Berend Maarsingh	03.09.19	1	
	26	1	30	GML	Hennie Wentzel	03.09.29	1	
	27	9	16	VML	Willie Engelbrecht	03.10.23	1	
	28	10	322	VML	Martin Vos	03.13.16	1	
	29	3	29	MML	Gerard Genis	03.13.17	1	
	30	6	346	SVL	Niel Gerrits	03.14.21	1	
	31	11	365	VML	Mark Cryans	03.14.49	1	
	32	4	434	MML	Danie Erasmus	03.15.30	1	
	33	5	552	MML	Ian Robertson	03.17.21	1	
	34	12	396	VML	Joshua Van Eeden	03.18.17	1	
	35	11	126	SML	Philip Beukes	03.18.29	1	
	36	7	286	SVL	Pieter Van Der Merwe	03.18.31	1	
	37	13	145	VML	Julian Conrad	03.18.32	1	
	38	14	905	VML	Christo Du Plessis	03.18.33	1	
	39	12	132	SML	Ludwig Swanepoel	03.19.09	1	
	40	13	496	SML	Ewan Potgieter	03.19.18	1	
	41	15	464	VML	Ross Hobbs	03.19.34	1	
	42	8	250	SVL	Andre Immelman	03.19.57	1	
	43	6	921	MML	Hasie Lourens	03.20.21	1	
	44	9	433	SVL	Andrew Cherrington	03.21.13	1	
	45	7	178	MML	Gerhard Kruger	03.22.21	1	
	46	16	439	VML	Gerhard Le Roux	03.22.26	1	
	47	10	321	SVL	Alberto Prins	03.22.50	1	
	48	8	226	MML	Malcolm Searle	03.23.36	1	
	49	17	561	VML	Louis Loubser	03.23.44	1	
	50	18	14	VML	Claude Van Cuyck	03.24.28	1	
	51	11	195	SVL	Ricco Friedrich	03.24.29	1	
	52	19	358	VML	Russell White	03.25.22	1	
	53	20	25	VML	Petrus Senekal	03.25.24	1	
	54	21	436	VML	Gerhard Venter	03.25.29	1	
	55	22	585	VML	Desmond Steyn	03.25.30	1	
	56	23	491	VML	Erik Knoetze	03.25.33	1	
	57	24	550	VML	Jan Nel	03.25.36	1	
	58	14	911	SML	Ehlers Smit	03.26.37	1	
	59	9	307	MML	Allan Kuhnert	03.26.57	1	
	60	12	204	SVL	Herman Van Der Werf	03.27.02	1	
	61	13	19	SVL	Philip Kotze	03.27.32	1	
	62	25	304	VML	Jan Minnie	03.27.34	1	
	63	14	586	SVL	Riaan Meintjes	03.27.35	1	
	64	10	381	MML	Brian Wheel	03.27.52	1	



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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	65	11	161	MML	Jack Kussendrager	03.29.11	1	
	66	15	515	SML	Michael Coomans	03.29.16	1	
	67	26	487	VML	Malcolm Taylor	03.29.21	1	
	68	27	398	VML	John Sharples	03.29.37	1	
	69	16	503	SML	Emile Boshoff	03.29.49	1	
	70	28	526	VML	John Gale	03.30.33	1	
	71	15	407	SVL	George Nel	03.31.14	1	
	72	16	918	SVL	Frans Bouwer	03.31.15	1	
	73	29	214	VML	Johan Slabber	03.32.50	1	
	74	12	199	MML	Deon Carstens	03.33.16	1	
	75	30	488	VML	Kobus Fortuin	03.33.19	1	
	76	17	432	SML	Zane Schmahl	03.33.27	1	
	77	13	927	MML	John Bailey	03.33.29	1	
	78	31	329	VML	Antony Steven	03.33.40	1	
	79	17	557	SVL	Rowan Marais	03.33.43	1	
	80	32	595	VML	Gerrie Fourie	03.33.49	1	
	81	18	205	SVL	Sean Friedrich	03.33.50	1	
	82	33	290	VML	Bruwer Janse Van Rensburg	03.34.04	1	
	83	14	263	MML	Nigel Bates	03.34.09	1	
	84	15	451	MML	Johan Malherbe	03.34.34	1	
	85	16	160	MML	Billy Sendin	03.34.35	1	
	86	34	279	VML	Marius Van Der Mescht	03.34.39	1	
	87	35	373	VML	Thorkild Nielsen	03.34.43	1	
	88	17	366	MML	Andre Dippenaar	03.34.46	1	
	89	18	264	MML	Anton Botes	03.34.47	1	
	90	19	351	SVL	Michael Van Zyl	03.34.48	1	
	91	19	109	MML	Wickaum Smith	03.34.50	1	
	92	20	105	MML	Rodney Dicks	03.34.59	1	
	93	20	364	SVL	Pieter Theron	03.35.07	1	
	94	18	588	SML	Johan De Bruyn	03.35.42	1	
	95	21	446	MML	John Gomes	03.35.45	1	
	96	21	118	SVL	Dieter Voigt	03.35.46	1	
	97	36	511	VML	Werner Botha	03.35.49	1	
	98	37	542	VML	Colin Du Plessis	03.36.07	1	
	99	22	114	MML	Johan Bothma	03.36.41	1	
	100	23	530	MML	Ben Van Der Merwe	03.36.43	1	
	101	24	152	MML	Oscar Ferreira	03.36.46	1	
	102	38	415	VML	Pieter Lategan	03.36.59	1	
	103	25	369	MML	Andrew Mearns	03.37.38	1	
	104	39	187	VML	Gary Stevens	03.38.09	1	
	105	22	370	SVL	Andrew Cronje	03.38.34	1	
	106	26	261	MML	Johan Buijs	03.38.49	1	
	107	40	363	VML	Andre Cilliers	03.39.28	1	
	108	23	932	SVL	\ J L Van Der Westhuizen	03.40.05	1	
	109	41	458	VML	Etienne Meintjes	03.40.34	1	



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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	110	24	274	SVL	Lloyd Schmidt	03.40.54	1	
	111	42	21	VML	Phillo Beukes	03.41.12	1	
	112	43	239	VML	Steven Torrington	03.41.18	1	
	113	44	15	VML	Lyle Romanes	03.41.20	1	
	114	45	135	VML	Albert De Bruijn	03.41.22	1	
	115	27	167	MML	Johan Kriegler	03.41.24	1	
	116	28	259	MML	Clive Bates	03.41.25	1	
	117	29	401	MML	Harold Basson	03.41.26	1	
	118	46	242	VML	Allan Beverley	03.42.23	1	
	119	2	117	GML	Johan Nicol	03.42.31	1	
	120	3	531	GML	Carey Swanepoel	03.42.35	1	
	121	19	510	SML	Grant Flattery	03.42.37	1	
	122	47	528	VML	Geoffrey Laughton	03.43.10	1	
	123	48	570	VML	Graeme Johnstone	03.43.54	1	
	124	49	201	VML	Lombard Steyn	03.43.55	1	
	125	30	159	MML	Garth Ward	03.44.09	1	
	126	50	563	VML	Sarel Venter	03.44.30	1	
	127	51	501	VML	Gideon Van Der Merwe	03.44.31	1	
	128	52	447	VML	Viljoen Thom	03.44.39	1	
	129	53	549	VML	Simon Guassardo	03.44.43	1	
	130	25	922	SVL	Devilliers Swart	03.45.07	1	
	131	54	200	VML	Christo Lourens	03.45.09	1	
	132	26	296	SVL	Johan Hanekom	03.45.10	1	
	133	55	256	VML	Anton Terblanche	03.45.18	1	
	134	56	480	VML	Wayne Hodgson	03.45.20	1	
	135	57	485	VML	Hannes Myburgh	03.45.29	1	
	136	58	149	VML	Billy Zwiegers	03.45.38	1	
	137	31	392	MML	Francois Du Toit	03.46.09	1	
	138	27	425	SVL	Jason Meiring	03.46.09	1	
	139	28	590	SVL	Garth Gademan	03.46.09	1	
	140	59	406	VML	Jan Rabie	03.46.33	1	
	141	29	148	SVL	John Goosen	03.46.36	1	
	142	32	547	MML	Marius Lategan	03.47.15	1	
	143	60	532	VML	Andre Carinus	03.47.17	1	
	144	30	371	SVL	Leon Jamneck	03.47.21	1	
	145	31	475	SVL	Darren Kelly	03.47.24	1	
	146	33	553	MML	Phil Uys	03.48.37	1	
	147	32	269	SVL	Brendan Williams	03.48.52	1	
	148	61	103	VML	Gavin Williams	03.48.53	1	
	149	62	919	VML	Johan Swart	03.49.18	1	
	150	63	339	VML	Trevor Gascoyne	03.50.04	1	
	151	33	920	SVL	Carel De Villiers	03.50.43	1	
	152	64	387	VML	Johan Bronkhorst	03.50.45	1	
	153	34	281	MML	Clive Rennie	03.51.17	1	
	154	4	543	GML	Jan Van Der Westhuizen	03.51.18	1	



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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	155	34	361	SVL	Martin Stander	03.51.20	1	
	156	35	197	SVL	Ralph Tudhope	03.51.22	1	
	157	65	302	VML	Edwin Le Roux	03.52.04	1	
	158	66	141	VML	Clayton Hindle	03.52.19	1	
	159	67	492	VML	Jacques Jacobs	03.52.22	1	
	160	5	476	GML	Sam Nienaber	03.52.36	1	
	161	68	331	VML	Jannie Du Plessis	03.53.20	1	
	162	69	457	VML	Marcus Smit	03.53.21	1	
	163	70	188	VML	David Keyser	03.53.26	1	
	164	71	902	VML	Theunis Smal	03.53.41	1	
	165	72	560	VML	Andrew Gregory	03.53.45	1	
	166	73	589	VML	Jose Rodrigues	03.53.47	1	
	167	36	453	SVL	Martin Du Toit	03.54.06	1	
	168	74	584	VML	Wouter Frylinck	03.54.13	1	
	169	75	459	VML	Robbie Viljoen	03.54.16	1	
	170	37	572	SVL	Johan Hugo	03.54.18	1	
	171	35	227	MML	Gideon Van De Spuy	03.54.27	1	
	172	36	403	MML	Francois Tredoux	03.55.19	1	
	173	37	431	MML	Wikus Van Der Walt	03.55.29	1	
	174	38	299	SVL	Chris Van Der Merwe	03.55.32	1	
	175	39	505	SVL	Stefan Hattingh	03.55.58	1	
	176	76	506	VML	Pieter Van Rensburg	03.55.59	1	
	177	38	119	MML	Seppie Erasmus	03.56.01	1	
	178	40	449	SVL	Peter Liebenberg	03.56.44	1	
	179	6	498	GML	Jacobus Scott	03.56.57	1	
	180	7	481	GML	Gerhard Moller	03.57.07	1	
	181	39	397	MML	Gabriel Le Roux	03.57.08	1	
	182	77	517	VML	Nelis Venter	03.57.10	1	
	183	41	508	SVL	Phillip Grobbelaar	03.57.20	1	
	184	78	419	VML	Ivan Keun	03.57.22	1	
	185	42	362	SVL	Carel Pretorius	03.57.23	1	
	186	40	478	MML	James Van Der Walt	03.57.45	1	
	187	20	435	SML	Nicol Roos	03.57.47	1	
	188	41	559	MML	Fanus Cronje	03.58.21	1	
	189	79	125	VML	Riaan Muller	03.58.55	1	
	190	42	546	MML	Peter Wilson	03.59.26	1	
	191	21	502	SML	Thys Minnie	03.59.29	1	
	192	8	382	GML	Johan Botha	03.59.31	1	
	193	43	455	SVL	Deon Adriaanse	03.59.33	1	
	194	43	484	MML	Pieter Burger	03.59.47	1	
	195	22	915	SML	Izak Van Der Vyver	03.59.48	1	
	196	80	935	VML	D A Hamilton	04.00.13	1	
	197	81	410	VML	Johann Anderson	04.01.02	1	
	198	82	912	VML	Anton Bartel	04.01.03	1	
	199	83	523	VML	Meyer Van Rooyen	04.01.07	1	



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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	200	84	310	VML	Pierre Van Zyl	04.01.08	1	
	201	44	482	MML	Cyril Knottenbelt	04.01.52	1	
	202	44	170	SVL	Charl Goussard	04.01.53	1	
	203	45	198	MML	Ulf Hitzeroth	04.02.06	1	
	204	85	928	VML	Marzus Van Der Sandt	04.02.23	1	
	205	86	541	VML	Rick Mey	04.02.25	1	
	206	87	477	VML	Freddie King	04.02.25	1	
	207	46	408	MML	Johan Van Heerden	04.02.29	1	
	208	47	120	MML	Hans Degenaar	04.02.43	1	
	209	45	260	SVL	Cobus Compion	04.02.50	1	
	210	48	228	MML	Dekker Vermeulen	04.03.24	1	
	211	88	428	VML	Sarel Wagener	04.05.09	1	
	212	49	325	MML	Lionel Van Schalkwyk	04.05.11	1	
	213	50	393	MML	Deon Honiball	04.06.03	1	
	214	89	582	VML	Chris Yorke	04.06.12	1	
	215	90	574	VML	Kallie Keyser	04.06.14	1	
	216	91	461	VML	Johann Van Zyl	04.06.31	1	
	217	46	220	SVL	George Gerber	04.06.51	1	
	218	51	910	MML	Rennie Cronje	04.07.23	1	
	219	92	564	VML	Deon Le Roux	04.07.24	1	
	220	93	525	VML	George Evans	04.07.25	1	
	221	94	534	VML	Casper Lategan	04.07.27	1	
	222	47	391	SVL	Barend Smit	04.08.14	1	
	223	23	500	SML	Johnathan Bruintjies	04.08.15	1	
	224	48	577	SVL	Doug Smetherham	04.08.17	1	
	225	9	348	GML	Walter Struthers	04.08.35	1	
	226	24	315	SML	Pieter Kleinhans	04.09.16	1	
	227	52	327	MML	Charl Du Plessis	04.09.51	1	
	228	95	592	VML	Arthur-Kelly Brown	04.10.12	1	
	229	53	587	MML	Geo De Kock	04.11.52	1	
	230	54	504	MML	Thomas Hickman	04.12.06	1	
	231	10	192	GML	Pieter Naude	04.12.16	1	
	232	55	354	MML	Danie Van Der Westhuizen	04.12.17	1	
	233	96	168	VML	Grant Parkes	04.12.37	1	
	234	56	257	MML	Gerrit Vlok	04.13.08	1	
	235	25	442	SML	Richard De Villiers	04.13.47	1	
	236	57	164	MML	Martin Schulze-Hulbe	04.14.17	1	
	237	58	248	MML	Ockie Binneman	04.14.18	1	
	238	59	544	MML	Marius Rautenbach	04.14.21	1	
	239	97	417	VML	Bernie Stopforth	04.14.24	1	
	240	26	507	SML	Hans Heunis	04.14.55	1	
	241	98	429	VML	Jacques De Kock	04.15.02	1	
	242	49	494	SVL	Deon Van Heerden	04.15.04	1	
	243	99	357	VML	Koos Smit	04.15.07	1	
	244	100	338	VML	Stadler Kirsten	04.15.41	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	245	101	567	VML	Konrad De Waal	04.15.46	1	
	246	60	489	MML	Ralph Tarr	04.16.22	1	
	247	50	139	SVL	Gavin Walsh	04.16.22	1	
	248	102	411	VML	Henty Smal	04.16.44	1	
	249	27	284	SML	Jacques Van Niekerk	04.17.00	1	
	250	61	377	MML	Leon Barnard	04.17.03	1	
	251	62	424	MML	Nico Van Der Merwe	04.17.05	1	
	252	51	208	SVL	Thys Cronje	04.18.10	1	
	253	103	535	VML	Rudi Rossouw	04.18.25	1	
	254	104	594	VML	Desmond Sauer	04.19.21	1	
	255	63	384	MML	Hambly Quantrill	04.19.45	1	
	256	64	598	MML	Neville Murray	04.19.46	1	
	257	65	318	MML	Frederick Henning	04.20.06	1	
	258	105	914	VML	Christo Vermeulen	04.20.08	1	
	259	52	378	SVL	Jaco Pansegrouw	04.20.42	1	
	260	53	931	SVL	Deon Van Der Merwe	04.21.01	1	
	261	28	268	SML	Freek Jonck	04.21.25	1	
	262	66	533	MML	Willem Burger	04.23.13	1	
	263	106	516	VML	Etienne Engelbrecht	04.25.05	1	
	264	107	519	VML	Hennie Griesel	04.26.30	1	
	265	67	288	MML	Duncan Napier	04.26.56	1	
	266	68	359	MML	Pierre Cronje	04.26.59	1	
	267	108	942	VML	Mike Hyslop	04.27.19	1	
	268	29	389	SML	Pieter Mocke	04.27.38	1	
	269	30	386	SML	Nicolaas Van Aardt	04.27.40	1	
	270	11	172	GML	Eugene Knottenbelt	04.27.56	1	
	271	69	483	MML	Rob De Swardt	04.27.59	1	
	272	70	293	MML	Dries Britz	04.28.08	1	
	273	12	376	GML	Len Van Der Westhuizen	04.28.13	1	
	274	54	578	SVL	Samuel Botha	04.28.15	1	
	275	55	551	SVL	Johannes Meyer	04.28.17	1	
	276	71	460	MML	Paul Van Zyl	04.28.31	1	
	277	72	207	MML	Errol Derrick	04.29.24	1	
	278	109	181	VML	Mike Van Eyssen	04.29.45	1	
	279	56	335	SVL	Jaco Van Den Berg	04.30.56	1	
	280	57	514	SVL	Eben Benade	04.31.22	1	
	281	110	131	VML	Charles Crowther	04.31.36	1	
	282	31	495	SML	Adriaan Van Wijk	04.32.10	1	
	283	32	394	SML	Andrew Van Wijk	04.32.11	1	
	284	111	241	VML	Erik Ekkelkamp	04.34.30	1	
	285	13	353	GML	Jeffrey Rowlands	04.34.35	1	
	286	112	509	VML	Mark Graham	04.34.38	1	
	287	113	163	VML	Gerrie Van Der Walt	04.37.08	1	
	288	33	456	SML	Stefan Bezuidenhout	04.37.57	1	
	289	73	341	MML	Anton Basson	04.37.58	1	



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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	290	74	368	MML	Geoffrey Minnitt	04.37.59	1	
	291	75	536	MML	Alan Van Den Handel	04.38.01	1	
	292	114	267	VML	Johan Breunissen	04.38.26	1	
	293	76	213	MML	Clive Dale	04.38.30	1	
	294	77	545	MML	Nilo Pheiffer	04.38.42	1	
	295	115	372	VML	Tiaan Pool	04.38.46	1	
	296	116	385	VML	Hendrik Van Aardt	04.39.22	1	
	297	78	334	MML	Vaughan Patterson	04.40.57	1	
	298	14	182	GML	Jan Hendrikse	04.40.59	1	
	299	34	430	SML	Andri Stander	04.41.20	1	
	300	35	465	SML	Lodi Muller	04.41.21	1	
	301	79	38	MML	John Croasdale	04.41.30	1	
	302	36	283	SML	Marthinus Van Niekerk	04.44.05	1	
	303	58	904	SVL	William Wakefield	04.46.41	1	
	304	80	471	MML	Leonard Gardner	04.47.51	1	
	305	81	345	MML	Lawrence Blane	04.49.16	1	
	306	15	291	GML	Johann Gouws	04.49.18	1	
	307	59	112	SVL	Yano Fanoudis	04.49.45	1	
	308	117	128	VML	Stephan Kotze	04.49.50	1	
	309	118	573	VML	Richard Watt	04.50.23	1	
	310	16	122	GML	Danie Lombard	04.50.24	1	
	311	119	217	VML	Rolfe Casewell	04.52.38	1	
	312	82	108	MML	Jantjie Van Niekerk	04.52.40	1	
	313	17	222	GML	Giel Small	04.53.50	1	
	314	18	243	GML	Eric Van Der Westhuizen	04.53.52	1	
	315	120	548	VML	Adi Meintjes	04.53.54	1	
	316	60	173	SVL	Jan Viljoen	04.54.52	1	
	317	61	445	SVL	Jeremy Louw	04.56.50	1	
	318	83	115	MML	John Botton	04.56.55	1	
	319	121	106	VML	David Butterworth	04.56.58	1	
	320	122	203	VML	Marius Bester	04.57.02	1	
	321	19	597	GML	Steve Shapiro	04.57.11	1	
	322	62	218	SVL	Malcolm Sinclair	04.57.30	1	
	323	84	326	MML	Kobus Louw	04.57.32	1	
	324	123	314	VML	Clive Kingwill	04.59.19	1	
	325	20	303	GML	Peter Ferreira	04.59.22	1	
	326	85	925	MML	Freddie La Grange	04.59.57	1	
	327	86	933	MML	Alwyn Burger	05.00.13	1	
	328	21	186	GML	Danie Grobbelaar	05.01.47	1	
	329	87	579	MML	Francois Van Tonder	05.04.36	1	
	330	37	593	SML	Francois Van Tonder	05.04.37	1	
	331	88	305	MML	John Archer	05.05.40	1	
	332	124	144	VML	Nico De Ath	05.06.09	1	
	333	89	420	MML	Julius Herfurth	05.08.52	1	
	334	63	102	SVL	Andre Lotter	05.08.54	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	335	38	277	SML	Renier Viljoen	05.09.54	1	
	336	64	413	SVL	Pieter Fourie	05.10.29	1	
	337	125	917	VML	L C Fourie	05.10.30	1	
	338	22	137	GML	Johan De La Rey	05.11.48	1	
	339	65	111	SVL	Deon Latsky	05.11.50	1	
	340	39	524	SML	Albie Basson	05.13.02	1	
	341	40	493	SML	Francois Janse Van Rensburg	05.13.04	1	
	342	90	537	MML	Ferdinand Heymann	05.14.00	1	
	343	126	539	VML	Johan Du Preez	05.14.01	1	
	344	23	383	GML	Michael Stein	05.14.04	1	
	345	66	300	SVL	Adrian Hammond	05.14.27	1	
	346	127	512	VML	Riann Le Roux	05.17.58	1	
	347	128	930	VML	Bernard Geldenhuys	05.18.02	1	
	348	24	313	GML	Graham Kilbey	05.18.51	1	
	349	129	571	VML	Matthew Evans	05.21.45	1	
	350	91	443	MML	Johan Visagie	05.22.58	1	
	351	25	405	GML	John Todd	05.23.45	1	
	352	67	116	SVL	Frederick Scheepers	05.24.28	1	
	353	68	469	SVL	Emile Le Roux	05.24.29	1	
	354	26	80	GML	Bob Reinecke	05.24.38	1	
	355	130	285	VML	Marius Henn	05.25.00	1	
	356	92	225	MML	Tjeerd Greveling	05.27.10	1	
	357	93	244	MML	Mark Obree	05.27.12	1	
	358	94	154	MML	Elbert Kruger	05.30.41	1	
	359	131	194	VML	Frans Stopforth	05.30.43	1	
	360	132	926	VML	Piet Willemse	05.37.44	1	
	361	133	540	VML	Barry Van'T Slot	05.39.24	1	
	362	95	343	MML	Frans Gerber	05.41.37	1	
	363	96	423	MML	Vic Cockcroft	05.44.40	1	
	364	69	297	SVL	Schalk Louw	05.45.56	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>All Women 40km</b>	1	1	851	JW	Michele De Villiers	01.53.09	1	
	2	1	815	YW	Tayla Odendaal	02.02.15	1	
	3	1	840	MWM	Linda Sutej	02.09.19	1	
	4	1	367	VWM	Suzanne Clark	02.12.58	1	
	5	2	775	YW	Carina Burger	02.19.26	1	
	6	1	881	SXM	Nanette Evenhuis	02.20.02	1	
	7	2	802	VWM	Susan Keyser	02.20.45	1	
	8	2	803	JW	Eunice Keyser	02.20.46	1	
	9	1	883	SWM	Nelrie Haasbroek	02.21.48	1	
	10	3	783	VWM	Jennifer Niksch	02.23.35	1	
	11	2	855	SWM	Gretha Cronje	02.24.49	1	
	12	4	862	VWM	Erica Grotepass	02.26.12	1	
	13	2	776	SXM	Riette Neethling	02.29.10	1	
	14	2	715	MWM	Charlene Sawtelle	02.29.20	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	15	3	801	SWM	Anneline Hugo	02.30.23	1	
	16	5	837	VWM	Anzel Du Plessis	02.30.24	1	
	17	4	772	SWM	Helane Rabie	02.31.03	1	
	18	3	794	SXM	Elizma Meyer	02.31.34	1	
	19	3	887	MWM	Anina Van Tonder	02.34.13	1	
	20	6	719	VWM	Elma Engelbrecht	02.34.53	1	
	21	4	743	SXM	Marilize Van Zyl	02.35.07	1	
	22	5	797	SXM	Maryka Burger	02.39.43	1	
	23	4	753	MWM	Helise Van Huyssteen	02.40.07	1	
	24	3	804	YW	Corrie Keyser	02.41.55	1	
	25	5	752	MWM	Annette Taylor	02.42.16	1	
	26	7	714	VWM	Elize Swart	02.47.35	1	
	27	6	836	SXM	Gina Kleinhans	02.48.14	1	
	28	7	841	SXM	Ina Knoetze	02.51.40	1	
	29	5	725	SWM	Gabby Olivier	02.54.02	1	
	30	8	796	VWM	Jeanne Stopforth	02.55.12	1	
	31	9	731	VWM	Emilie Herselman	02.58.53	1	
	32	10	844	VWM	Inga Hitzeroth	03.01.16	1	
	33	6	779	SWM	Marleen Reiners	03.05.40	1	
	34	7	760	SWM	Marelize Gerrys	03.10.40	1	
	35	6	709	MWM	Cherry Viljoen	03.11.31	1	
	36	11	822	VWM	Lucy Rautenbach	03.12.39	1	
	37	8	737	SWM	Wibke De Villiers	03.18.38	1	
	38	8	811	SXM	Laurette Koen	03.23.27	1	
	39	12	793	VWM	Truda Oosthuizen	03.25.39	1	
	40	7	749	MWM	Marietjie Scannell	03.41.59	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>All Men 40km</b>	1	1	716	JM	Harry Maarsingh	01.28.26	1	
	2	1	733	YM	Ruan Erasmus	01.31.33	1	
	3	2	751	JM	Cameron Taylor	01.32.54	1	
	4	2	838	YM	Brandon Wilcox	01.32.55	1	
	5	3	784	YM	Frans Grotepass	01.33.38	1	
	6	1	885	VMM	Jacobus Daniels	01.34.55	1	
	7	4	790	YM	Waldo Van Niekerk	01.37.34	1	
	8	5	703	YM	Devin Kruger	01.37.35	1	
	9	3	893	JM	Johannes Hanilton	01.39.32	1	
	10	6	711	YM	Jannes Buijs	01.39.34	1	
	11	1	891	SMM	Andre Van Vuuren	01.41.36	1	
	12	7	829	YM	Chris Jooste	01.41.36	1	
	13	8	717	YM	Stephan Van Zyl	01.42.32	1	
	14	1	848	SVM	Bertus Van Zyl	01.42.33	1	
	15	9	728	YM	Albert Anderson	01.46.27	1	
	16	2	846	VMM	Nico Vreken	01.46.52	1	
	17	2	898	SMM	Llewellyn Paton	01.48.13	1	
	18	10	798	YM	Berthal Gertze	01.50.31	1	



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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	19	3	757	VMM	Cor Louw	01.51.09	1	
	20	11	747	YM	Nathan Hodgson	01.52.39	1	
	21	4	896	JM	Gerhard Loots	01.53.08	1	
	22	12	805	YM	Karel Keyser	01.56.16	1	
	23	4	832	VMM	Wayne Rebello	01.58.04	1	
	24	1	732	MMM	Boetie Neethling	02.01.18	1	
	25	5	884	VMM	Danie Van Der Berg	02.02.35	1	
	26	2	813	MMM	Dionne Van Rensburg	02.02.36	1	
	27	13	771	YM	Niclas Lourens	02.05.06	1	
	28	3	735	SMM	Neno Haasbroek	02.05.38	1	
	29	4	934	SMM	Wian Smith	02.05.43	1	
	30	5	833	JM	Johan Coetzee	02.06.38	1	
	31	14	792	YM	Petrus Senekal	02.07.15	1	
	32	15	800	YM	Gerhard Venter	02.07.16	1	
	33	16	863	YM	Theunis Duminy	02.07.18	1	
	34	17	897	YM	Leendert Cronje	02.07.54	1	
	35	3	823	MMM	Jan Ellis	02.09.20	1	
	36	18	859	YM	James Botha	02.09.41	1	
	37	19	858	YM	Michael Coetzee	02.10.07	1	
	38	6	734	JM	Ruan Tolken	02.10.08	1	
	39	6	877	VMM	Piet Strydom	02.10.22	1	
	40	4	849	MMM	Harry Swart	02.10.43	1	
	41	20	809	YM	Brendan Sheasby	02.11.25	1	
	42	7	845	VMM	Johan Uys	02.12.53	1	
	43	21	791	YM	Johan Blignaut	02.12.55	1	
	44	5	712	MMM	Gerhard Degener	02.14.47	1	
	45	8	940	VMM	Tertius Franzen	02.15.54	1	
	46	22	730	YM	Hendre Van Zyl	02.15.55	1	
	47	6	831	MMM	Chris Ras	02.17.05	1	
	48	23	827	YM	Rikus Saayman	02.17.22	1	
	49	5	729	SMM	Philip Radyn	02.20.30	1	
	50	6	830	SMM	Emile Bruce	02.20.32	1	
	51	2	847	SVM	Zila Toua	02.21.03	1	
	52	7	721	SMM	Andre Kramer	02.21.27	1	
	53	7	850	JM	Heinrich Swart	02.21.28	1	
	54	8	765	SMM	Eugene Nepgen	02.22.42	1	
	55	9	781	VMM	Trevor Niksch	02.23.04	1	
	56	9	886	SMM	Burger Briedenhann	02.23.41	1	
	57	10	821	VMM	Robert Hall	02.24.47	1	
	58	10	828	SMM	Pedro Galant	02.25.27	1	
	59	7	738	MMM	Dawie Du Preez	02.26.12	1	
	60	8	770	MMM	Hugh Sussens	02.27.48	1	
	61	24	807	YM	Nicholas Vincent	02.28.41	1	
	62	3	756	SVM	Nicolaas Ras	02.29.39	1	
	63	25	843	YM	Pierre Kotze	02.30.00	1	



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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	64	11	839	VMM	Marchant Maasdorp	02.30.38	1	
	65	12	875	VMM	Phil Briedenharr	02.31.36	1	
	66	13	774	VMM	Abel Du Plessis	02.33.59	1	
	67	14	702	VMM	Craig Strudwick	02.34.02	1	
	68	15	812	VMM	Gerrit Carstens	02.34.49	1	
	69	16	705	VMM	Peggy De Vos	02.34.55	1	
	70	4	787	SVM	Floris Van Jaarsveldt	02.35.36	1	
	71	26	824	YM	Philip Mans	02.35.43	1	
	72	11	761	SMM	Robert Hewitt	02.35.46	1	
	73	12	766	SMM	Nic Redelinghuys	02.35.52	1	
	74	9	857	MMM	Jermey Freemantle	02.37.12	1	
	75	10	744	MMM	Allan Askew	02.37.14	1	
	76	11	748	MMM	Jan Scannell	02.37.23	1	
	77	17	842	VMM	Francois Kotze	02.37.40	1	
	78	8	710	JM	Mondray Edwardes	02.39.17	1	
	79	12	754	MMM	Stoffel Van Huyssteen	02.42.44	1	
	80	5	819	SVM	Philip Nel	02.43.10	1	
	81	13	740	MMM	Bokkie Botha	02.44.23	1	
	82	6	767	SVM	Riaan King	02.44.58	1	
	83	14	786	MMM	Leonard Paton	02.45.02	1	
	84	7	759	SVM	Corrie Potgieter	02.46.24	1	
	85	15	818	MMM	Christo Holtzhausen	02.47.33	1	
	86	18	713	VMM	Zaak Swart	02.47.34	1	
	87	16	755	MMM	Andre Esterhuyse	02.47.45	1	
	88	17	788	MMM	Bennie Van Niekerk	02.51.43	1	
	89	13	727	SMM	Herman Viljoen	02.53.59	1	
	90	14	726	SMM	Eddie Wilkinson	02.54.00	1	
	91	15	724	SMM	Francois Olivier	02.54.04	1	
	92	18	825	MMM	Jorrie Fourie	02.54.31	1	
	93	16	861	SMM	Andrie Potgieter	02.54.48	1	
	94	8	768	SVM	Jansen Lourens	02.56.33	1	
	95	19	773	VMM	Chris Beukes	02.58.20	1	
	96	20	826	VMM	Chris Jooste	02.59.18	1	
	97	9	871	SVM	Matt Loubser	03.02.17	1	
	98	21	808	VMM	Corne Botha	03.03.58	1	
	99	19	856	MMM	Essie Esterhuyse	03.03.59	1	
	100	22	795	VMM	Andries Wolfaardt	03.04.02	1	
	101	9	806	JM	Conrad Botha	03.04.05	1	
	102	20	789	MMM	Norman Lotter	03.04.21	1	
	103	23	704	VMM	Jean De Beer	03.07.11	1	
	104	17	852	SMM	Hein Hanekom	03.07.38	1	
	105	10	820	SVM	Peet Broderick	03.13.30	1	
	106	24	745	VMM	Imel Rautenbach	03.25.13	1	
	107	25	817	VMM	Kerneels Brummer	03.35.31	1	
	108	11	816	SVM	Ami Spies	03.35.32	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	109	12	873	SVM	Heinrich Barnard	03.38.17	1	
	110	21	874	MMM	Deon Barnard	03.38.18	1	
	111	26	736	VMM	Chris Vermeulen	03.42.49	1	
	112	18	876	SMM	Barend De Lange	04.40.38	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>All Women 25km</b>	1	1	1197	JG	Catherine Colyn	01.20.28	1	
	2	1	1136	FW	Chimone Lewis	01.27.53	1	
	3	1	1093	SG	Nadia Bruce	01.34.16	1	
	4	2	1031	FW	Wendy Cronje	01.39.16	1	
	5	3	1065	FW	Jane Askew	01.39.19	1	
	6	4	1033	FW	Lauren Wheal	01.39.42	1	
	7	2	1091	JG	Jana Labuschagne	01.40.08	1	
	8	5	1008	FW	Denise Strudwick	01.44.40	1	
	9	6	1058	FW	Barbs Mey	01.45.25	1	
	10	7	1019	FW	Tillie Schmidt	01.47.25	1	
	11	8	1032	FW	Annette Janse Van Rensburg	01.52.21	1	
	12	9	894	FW	Reinette Hamilton	01.52.41	1	
	13	10	865	FW	Suzanne Venter	01.54.57	1	
	14	11	1177	FW	Michele Plateel	01.55.44	1	
	15	12	1022	FW	Bernita Meneses	01.55.51	1	
	16	13	854	FW	Karien Malan	01.56.05	1	
	17	14	814	FW	Nicoline Murray	01.56.07	1	
	18	15	853	FW	Antonette Crouse	01.56.09	1	
	19	16	1042	FW	Mitzi Fouche	01.56.14	1	
	20	17	1029	FW	Marilette Malherbe	01.58.26	1	
	21	18	1053	FW	Andri Taylor	02.01.47	1	
	22	19	872	FW	Ingrid La Grange	02.02.56	1	
	23	20	1056	FW	Stephanie Stopforth	02.02.58	1	
	24	21	1163	FW	Ria Steyn	02.03.08	1	
	25	22	1062	FW	Marieta Pretorius	02.03.47	1	
	26	23	1145	FW	Derryn Holliday	02.04.12	1	
	27	2	1090	SG	Lane Labuschagne	02.07.31	1	
	28	24	1159	FW	Sanette Labuschagne	02.07.36	1	
	29	25	1003	FW	Cecilia Cloete	02.09.22	1	
	30	26	1013	FW	Rosa Du Preez	02.11.34	1	
	31	27	1161	FW	Brenda Swart	02.11.53	1	
	32	28	1141	FW	Alsabe Truter	02.12.22	1	
	33	29	1055	FW	Elizabeth Botes	02.13.30	1	
	34	30	1155	FW	Anisa Du Toit	02.16.39	1	
	35	31	1060	FW	Lindy Van Rooyen	02.16.41	1	
	36	32	878	FW	Courtney Middleton	02.16.44	1	
	37	33	1142	FW	Inge Van Tonder	02.16.55	1	
	38	34	1001	FW	Georgie Lombard	02.18.16	1	
	39	35	1014	FW	Charlotte Stopforth	02.18.56	1	
	40	36	889	FW	Pauline Odendaal	02.19.29	1	



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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	41	37	1150	FW	Monique Crawley	02.20.56	1	
	42	3	1089	SG	Cindy Spangenberg	02.22.53	1	
	43	4	1097	SG	Jani Smith	02.22.54	1	
	44	38	869	FW	Lauren Taylor	02.26.41	1	
	45	3	1164	JG	Terry-Ann Klink	02.28.12	1	
	46	39	1012	FW	Sarah Obree	02.33.55	1	
	47	40	1005	FW	Birgit Schulze-Hulbe	02.33.57	1	
	48	41	1156	FW	Cecilia Denkema	02.41.31	1	
	49	42	1140	FW	Alette Theron	02.50.03	1	
	50	43	1194	FW	Ilze Herfurth	02.52.39	1	
	51	44	879	FW	Sally Middleton	03.14.17	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>All Men 25km</b>	1	1	1102	FM	Einjezel Gelant	01.08.55	1	
	2	1	1043	JB	Daniel Hodgson	01.10.25	1	
	3	2	1103	FM	Luciano Heskwa	01.11.24	1	
	4	3	1092	FM	Charles Bruce	01.11.56	1	
	5	2	1143	JB	Benjamin Giliomee	01.13.26	1	
	6	4	1135	FM	Marnoe Wagenaar	01.15.13	1	
	7	5	890	FM	Nashly Tobias	01.15.26	1	
	8	6	1134	FM	Marchall Hendricks	01.15.33	1	
	9	7	1152	FM	Desmond O' Connelle	01.15.39	1	
	10	8	1144	FM	Billy Flattery	01.18.37	1	
	11	9	1105	FM	Pieter Konstabel	01.18.57	1	
	12	3	1130	JB	Keeran Aries	01.18.58	1	
	13	1	1007	SB	Calla De Vos	01.19.01	1	
	14	10	1132	FM	Jereldo Plaatjies	01.19.06	1	
	15	11	1098	FM	Maxwell Titus	01.19.57	1	
	16	12	1087	FM	Ettiene Macpherson	01.20.54	1	
	17	4	1041	JB	Pieter Vos	01.20.56	1	
	18	13	1126	FM	Wayden Liebenberg	01.21.13	1	
	19	14	1166	FM	Conrad Van Der Spuy	01.22.45	1	
	20	15	936	FM	Jacobus Theron	01.23.40	1	
	21	2	1010	SB	Matthew Keyser	01.23.47	1	
	22	16	1184	FM	Johan Lourens	01.25.02	1	
	23	5	1067	JB	Jacques Hoffman	01.25.06	1	
	24	3	1133	SB	Anrich Stander	01.29.04	1	
	25	17	1061	FM	Tinus Visser	01.29.05	1	
	26	18	1038	FM	Herman Claassen	01.29.07	1	
	27	19	1172	FM	Marinus Barnard	01.29.31	1	
	28	20	1082	FM	Charlton Frieslaar	01.30.21	1	
	29	21	1036	FM	Wim Krynauw	01.30.57	1	
	30	22	1187	FM	Japie Du Plessis	01.30.59	1	
	31	4	864	SB	Jan-Hednrik Duminy	01.31.09	1	
	32	5	1027	SB	Duan Du Plessis	01.31.40	1	
	33	23	1190	FM	Julius Stopforth	01.32.03	1	





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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	34	24	1160	FM	Elrico Oktober	01.34.34	1	
	35	25	1138	FM	Errowayne Parson	01.35.00	1	
	36	26	1113	FM	Brendon Van Der Bergh	01.35.19	1	
	37	27	1147	FM	J C Odendaal	01.35.52	1	
	38	6	1094	JB	Franco Denkema	01.35.58	1	
	39	7	1123	JB	Denzil Oosthuizen	01.36.48	1	
	40	28	1049	FM	Wynand Vermaak	01.37.06	1	
	41	29	1051	FM	Niel Viljoen	01.37.08	1	
	42	30	1064	FM	Mauritz Pretorius	01.37.38	1	
	43	31	1173	FM	Wilhelm Barnard	01.37.55	1	
	44	32	1171	FM	Bertie Smith	01.39.03	1	
	45	33	1198	FM	Charles Mackay	01.39.22	1	
	46	8	895	JB	Daniel Hamilton	01.39.32	1	
	47	34	1078	FM	Stephanus Lorenzo	01.39.59	1	
	48	35	1154	FM	Denzil Stuurman	01.40.06	1	
	49	36	1181	FM	Jordan Daynes	01.41.25	1	
	50	37	1099	FM	Phillip-Lee Kidelo	01.41.54	1	
	51	38	1068	FM	Daniel Southey	01.41.55	1	
	52	39	1052	FM	Douglas Taylor	01.42.26	1	
	53	40	892	FM	Andruies Jannebarie	01.42.39	1	
	54	41	1020	FM	Heinrich Barkhuizen	01.43.06	1	
	55	42	1018	FM	Izak Du Toit	01.43.14	1	
	56	43	1050	FM	Ryan Raffles	01.44.10	1	
	57	44	1076	FM	Aidan Tobias	01.44.35	1	
	58	45	1162	FM	Manie Russier	01.44.42	1	
	59	46	1137	FM	Hermi Boucher	01.44.42	1	
	60	47	1168	FM	De Villiers Van Zyl	01.44.57	1	
	61	9	1174	JB	Michael Du Plessis	01.45.09	1	
	62	48	1066	FM	Andre Hoffman	01.45.30	1	
	63	49	937	FM	Pieter Kriel	01.45.31	1	
	64	6	1129	SB	Kerrighan Aries	01.45.44	1	
	65	50	900	FM	Daclon Aries	01.45.45	1	
	66	51	1117	FM	Francois Stuurman	01.45.50	1	
	67	52	1114	FM	Ceneil Stanley	01.46.15	1	
	68	53	1167	FM	Francois Van Zyl	01.46.58	1	
	69	54	1165	FM	Edward Knowles	01.47.58	1	
	70	7	1071	SB	Stefano Moses	01.49.09	1	
	71	55	1124	FM	Wayden Grispe	01.49.20	1	
	72	56	1110	FM	Bradley Foster	01.49.31	1	
	73	57	882	FM	Corne Nagel	01.50.15	1	
	74	58	1151	FM	Clinton Crawley	01.50.16	1	
	75	8	1024	SB	Simon Steven	01.51.49	1	
	76	59	1101	FM	Raymond Cederstroom	01.51.55	1	
	77	9	1026	SB	Ben Steven	01.52.05	1	
	78	60	899	FM	Attie Fortuin	01.52.10	1	



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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	79	10	1131	SB	Riaan Fortuin	01.52.13	1	
	80	10	1081	JB	Anwar Frans	01.55.03	1	
	81	11	1079	JB	Craven Anta	01.55.05	1	
	82	12	1128	JB	Gerhard Jantjies	01.55.24	1	
	83	61	1048	FM	Stefan Vermaak	01.55.46	1	
	84	11	1096	SB	Van Zyl Bruwer	01.55.58	1	
	85	62	1044	FM	Hennie Coetzee	01.56.00	1	
	86	13	1153	JB	Gideon Ellis	01.56.16	1	
	87	14	1119	JB	Brendon Opperman	01.56.27	1	
	88	63	1157	FM	Dimitri Buys	01.56.42	1	
	89	64	1118	FM	Warren Grispe	01.56.48	1	
	90	65	1046	FM	Sam Rautenbach	01.57.18	1	
	91	66	1045	FM	Nico Weeber	01.57.20	1	
	92	67	1182	FM	Chris Wright	01.58.52	1	
	93	15	1084	JB	Elaizell Makriga	01.59.05	1	
	94	68	1183	FM	Ralph Adams	01.59.19	1	
	95	69	1120	FM	Jean-Jacque Jelander	01.59.23	1	
	96	12	1195	SB	J J Van Der Vyver	01.59.36	1	
	97	16	1085	JB	Anver-Dru Johannes	02.00.00	1	
	98	70	1176	FM	Riaan Steyn	02.00.30	1	
	99	71	1196	FM	Johan Van Der Vyver	02.00.31	1	
	100	72	1074	FM	Peter-Lee Antha	02.00.36	1	
	101	73	1073	FM	Arnold Plaatjies	02.00.46	1	
	102	13	1149	SB	Emile Roodman	02.02.20	1	
	103	14	866	SB	Erlank Pretorius	02.02.46	1	
	104	15	1148	SB	Eric Torr	02.02.53	1	
	105	17	860	JB	Tyrone Minnie	02.03.43	1	
	106	74	1063	FM	Mauritz Pretorius	02.03.48	1	
	107	75	1106	FM	Francois Volmink	02.04.08	1	
	108	76	1186	FM	Andre Sinonis	02.04.25	1	
	109	16	1127	SB	Brandon Pretorius	02.05.00	1	
	110	77	1107	FM	Sereno Buys	02.06.02	1	
	111	78	1158	FM	Casper Labuschagne	02.07.32	1	
	112	79	938	FM	David Kriel	02.07.38	1	
	113	80	1170	FM	Mornay Calitz	02.08.59	1	
	114	81	1004	FM	Christof Cloete	02.09.24	1	
	115	82	1193	FM	Pierre Van Der Walt	02.09.38	1	
	116	17	1192	SB	Tjaart Van Der Walt	02.09.39	1	
	117	83	1057	FM	Arrie Stopforth	02.10.43	1	
	118	18	1080	JB	Percevil Farao	02.13.04	1	
	119	84	1179	FM	Pierre De Clerk	02.13.07	1	
	120	19	1077	JB	Roderyck Rooi	02.15.20	1	
	121	85	1047	FM	Jan De Wit	02.15.49	1	
	122	86	1104	FM	Marcelino Maart	02.16.01	1	
	123	18	1028	SB	Wikus Du Plessis	02.16.31	1	



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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	124	87	880	FM	Charles Middleton	02.16.46	1	
	125	88	1125	FM	William John Nel	02.17.07	1	
	126	89	1069	FM	Frans Kotze	02.17.20	1	
	127	90	941	FM	Johan Stopforth	02.18.57	1	
	128	91	1188	FM	Pieter De Villiers	02.27.03	1	
	129	19	867	SB	Christiaan Pretorius	02.27.05	1	
	130	92	1189	FM	Marius Prins	02.27.06	1	
	131	93	868	FM	Johannes Pretorius	02.27.08	1	
	132	94	1054	FM	Christiaan Bignaut	02.29.39	1	
	133	20	1006	SB	Alexander Schulze-Hulbe	02.32.51	1	
	134	21	1095	SB	De Wet Denkema	02.41.30	1	
	135	22	1199	SB	Kleinhardt Scheepers	02.44.42	1	
	136	20	1088	JB	Armo-Lee Bell	03.07.49	1	
	137	95	1180	FM	Eben Harmse	03.18.41	1	
	138	23	1122	SB	Brandon Aysley	03.19.11	1	
	139	24	1121	SB	Ulrich Snyman	03.22.15	1	
	140	25	1116	SB	Germano Carolus	04.07.57	1	
	141	26	1115	SB	Aldrich Makriga	04.20.34	1	