

Race Number	Name	Surname	Gender	Category	Start Time	End Time	Total Time	Category Position	Class Position
541	Alfred	Tshabeni	M	10.5 km Run	07:03:22	7:44:07	0:40:45	1	1
524	Christiaan	de Villiers	M	10.5 km Run	07:03:22	7:49:34	0:46:12	2	2
518	Theuns	Matthee	M	10.5 km Run	07:03:22	7:49:37	0:46:15	3	3
538	Thomas	Browne	M	10.5 km Run	07:03:22	7:49:45	0:46:23	4	
519	Gerard	van Weele	M	10.5 km Run	07:03:22	7:49:54	0:46:32	5	
509	Basie	Potgieter	M	10.5 km Run	07:03:22	7:50:44	0:47:22	6	
542	Sean	Privett	M	10.5 km Run	07:03:22	7:51:36	0:48:14	7	
545	Kate	Swartbreck	F	10.5 km Run	07:03:22	7:51:57	0:48:35	8	1
513	Gavin	Patterson	M	10.5 km Run	07:03:22	7:52:12	0:48:50	9	
526	Ronelle	Marshal	F	10.5 km Run	07:03:22	7:52:19	0:48:57	10	2
529	Andrew	Perrott	M	10.5 km Run	07:03:22	7:52:26	0:49:04	11	
537	Jeremy	Browne	M	10.5 km Run	07:03:22	7:52:30	0:49:08	12	
544	Joe	van Rooyen	M	10.5 km Run	07:03:22	7:52:33	0:49:11	13	
532	Vicky	Cotter	F	10.5 km Run	07:03:22	7:52:38	0:49:16	14	3
531	Colyn	de Villiers	M	10.5 km Run	07:03:22	7:52:48	0:49:26	15	
530	Juli	Morris	F	10.5 km Run	07:03:22	7:52:50	0:49:28	16	
525	André	van der Merwe	M	10.5 km Run	07:03:22	7:52:54	0:49:32	17	
508	Brigit	Potgieter	F	10.5 km Run	07:03:22	7:52:56	0:49:34	18	
511	Gerhard	Vermeulen	M	10.5 km Run	07:03:22	7:53:11	0:49:49	19	
512	Pieter	Carstens	M	10.5 km Run	07:03:22	7:54:20	0:50:58	20	
507	Kathleen	Shuttleworth	F	10.5 km Run	07:03:22	7:54:54	0:51:32	21	
549	Schalk	Retief	M	10.5 km Run	07:03:22	7:59:06	0:55:44	22	
540	Karel	La Cock	M	10.5 km Run	07:03:22	7:59:17	0:55:55	23	
514	Belinda	Spratt	F	10.5 km Run	07:03:22	8:00:54	0:57:32	24	
520	Roelof	van Weele	M	10.5 km Run	07:03:22	8:00:56	0:57:34	25	
539	Michael	Mortley	M	10.5 km Run	07:03:22	8:01:08	0:57:46	26	
547	Charisa	Beukes	F	10.5 km Run	07:03:22	8:01:23	0:58:01	27	
536	Marc	Rolfe	M	10.5 km Run	07:03:22	8:01:26	0:58:04	28	
517	Natale	Roelofse	M	10.5 km Run	07:03:22	8:02:43	0:59:21	29	
528	Ian	Domisse	M	10.5 km Run	07:03:22	8:02:53	0:59:31	30	
535	Rick	van Puttey	M	10.5 km Run	07:03:22	8:03:10	0:59:48	31	
502	Mathew	Dobson	M	10.5 km Run	07:03:22	8:09:51	1:06:29	32	

503	Lee-Anne	Guerrini	F	10.5 km Run	07:03:22	8:10:25	1:07:03	33
527	Adrian	Domisse	M	10.5 km Run	07:03:22	8:10:28	1:07:06	34
501	Marlene	Kruger	F	10.5 km Run	07:03:22	8:11:06	1:07:44	35
510	Lindie	Boucher	F	10.5 km Run	07:03:22	8:11:14	1:07:52	36
548	Molly	de Bruyn	F	10.5 km Run	07:03:22	8:11:19	1:07:57	37
516	Julie	de Jongh	F	10.5 km Run	07:03:22	8:11:27	1:08:05	38
515	Elize	van Niekerk	F	10.5 km Run	07:03:22	8:11:39	1:08:17	39
521	Ivan	Schewitz	F	10.5 km Run	07:03:22	8:11:51	1:08:29	40
534	Maria	Schmidt	F	10.5 km Run	07:03:22	8:12:33	1:09:11	41
533	Paula	Mosdell	F	10.5 km Run	07:03:22	8:12:34	1:09:12	42
543	Olaf	Erlank	M	10.5 km Run	07:03:22	8:14:28	1:11:06	43
523	Belinda	Gaus	F	10.5 km Run	07:03:22	8:14:50	1:11:28	44
522	Nicolette	Cronje	F	10.5 km Run	07:03:22	8:14:52	1:11:30	45
504	Arin	Matheze	F	10.5 km Run	07:03:22	8:29:41	1:26:19	46
546	Susan	Bredell	F	10.5 km Run	07:03:22	8:29:43	1:26:21	47

Race Number	Name	Surname	Gender	Category	Start Time	End Time	Total Time	Category Position	Class Position
713	Anton	Krüger	M	5 km Run	07:14:16	7:43:42	0:29:26	1	1
734	Pieter	Uys	M	5 km Run	07:14:16	7:44:23	0:30:07	2	2
722	JP	Fouchee	M	5 km Run	07:14:16	7:44:36	0:30:20	3	3
755	Derek	Monderman	M	5 km Run	07:14:16	7:47:15	0:32:59	4	
709	Ruan	du Plessis	M	5 km Run	07:14:16	7:47:21	0:33:05	5	
704	Tawani	Naudé	F	5 km Run	07:14:16	7:48:48	0:34:32	6	1
705	Bertus	Naudé	M	5 km Run	07:14:16	7:48:51	0:34:35	7	
719	Rikus	Malan	M	5 km Run	07:14:16	7:50:40	0:36:24	8	
703	André	Claassen	M	5 km Run	07:14:16	7:51:07	0:36:51	9	
732	Christelle	Botha	F	5 km Run	07:14:16	7:51:13	0:36:57	10	2
708	Leigh	Murray	F	5 km Run	07:14:16	7:51:46	0:37:30	11	3
716	Alette Sophia	Stander	F	5 km Run	07:14:16	7:52:03	0:37:47	12	
756	Katie	Dodman	F	5 km Run	07:14:16	7:52:23	0:38:07	13	
742	Ruben	Eloff	M	5 km Run	07:14:16	7:52:36	0:38:20	14	
741	Nina	Eloff	F	5 km Run	07:14:16	7:52:43	0:38:27	15	
740	Franco	van der Westhuizen	M	5 km Run	07:14:16	7:53:00	0:38:44	16	

751	Mathilda	Venter	F	5 km Run	07:14:16	7:53:05	0:38:49	17
724	Marcel	Fourie	M	5 km Run	07:14:16	7:53:40	0:39:24	18
723	Janine	Fouchee	F	5 km Run	07:14:16	7:53:43	0:39:27	19
727	Corlia	de Beer	F	5 km Run	07:14:16	7:53:55	0:39:39	20
728	Marite	Bredell	F	5 km Run	07:14:16	7:53:56	0:39:40	21
757	Jeremy	Bruce	M	5 km Run	07:14:16	7:54:11	0:39:55	22
731	Miranda	Perrott	F	5 km Run	07:14:16	7:54:26	0:40:10	23
730	Nix	Perrott	F	5 km Run	07:14:16	7:54:28	0:40:12	24
736	Holly	Coates	F	5 km Run	07:14:16	7:54:30	0:40:14	25
759	Kelly	Vroom	F	5 km Run	07:14:16	7:54:32	0:40:16	26
733	Irma	Uys	F	5 km Run	07:14:16	7:54:42	0:40:26	27
710	Mark	Tibshraemy	M	5 km Run	07:14:16	7:55:28	0:41:12	28
735	Brent	Coates	M	5 km Run	07:14:16	7:55:55	0:41:39	29
711	Brian	Cotter	M	5 km Run	07:14:16	7:56:56	0:42:40	30
725	Hannelise	Visser	F	5 km Run	07:14:16	7:57:26	0:43:10	31
747	Kieran	Horsford	M	5 km Run	07:14:16	7:57:51	0:43:35	32
754	Martin	Jansen	M	5 km Run	07:14:16	7:57:54	0:43:38	33
702	Anton	Potgieter	M	5 km Run	07:14:16	7:58:58	0:44:42	34
720	Esté	Malan	F	5 km Run	07:14:16	8:02:29	0:48:13	35
717	Piet	Möller	M	5 km Run	07:14:16	8:02:57	0:48:41	36
718	Elize	Möller	F	5 km Run	07:14:16	8:02:59	0:48:43	37
706	Pia	Carstens	F	5 km Run	07:14:16	8:03:02	0:48:46	38
721	Simoné	Fouchee	F	5 km Run	07:14:16	8:03:30	0:49:14	39
707	Alta	Carstens	F	5 km Run	07:14:16	8:03:37	0:49:21	40
738	Angela	Nel	F	5 km Run	07:14:16	8:03:40	0:49:24	41
752	Anne	Laughton	F	5 km Run	07:14:16	8:05:42	0:51:26	42
758	Anna-Marie	Botha	F	5 km Run	07:14:16	8:07:20	0:53:04	43
714	Miranda	Krüger	F	5 km Run	07:14:16	8:08:13	0:53:57	44
712	Lee-Anne	Ranch	F	5 km Run	07:14:16	8:08:14	0:53:58	45
753	Ferdie	Potgieter	M	5 km Run	07:14:16	8:11:09	0:56:53	46
737	Trish	Gilmour	F	5 km Run	07:14:16	8:12:02	0:57:46	47
715	Nico	Steytler	M	5 km Run	07:14:16	8:14:32	1:00:16	48
726	Louis	Bredell	M	5 km Run	07:14:16	8:16:36	1:02:20	49

739	Yolanda	van der Westhuizen	F	5 km Run	07:14:16	8:16:46	1:02:30	50
744	Heidi	Eloff	F	5 km Run	07:14:16	8:18:58	1:04:42	51
746	Tania	Horsford	F	5 km Run	07:14:16	8:19:00	1:04:44	52
745	Etienne	Elam	M	5 km Run	07:14:16	8:23:51	1:09:35	53
748	Daniel	Richards	M	5 km Run	07:14:16	8:23:53	1:09:37	54
701				5 km Run	07:14:16			
729	Matt	Perrott	M	5 km Run	07:14:16			
743	Michael	Koen	M	5 km Run	07:14:16			
749	Alan	Richards	M	5 km Run	07:14:16			
750	Anita	Richards	F	5 km Run	07:14:16			
760	Anton	de Villiers	M	5 km Run	07:14:16			

Race Number	Name	Surname	Gender	Category	Start Time	End Time	Total Time	Category Position	Class Position
265	Niel	Bradford	M	45 km MTB	07:37:43	9:40:06	2:02:23	1	1
250	Jarryd	Haley	M	45 km MTB	07:37:43	9:44:00	2:06:17	2	2
300	Hecter	Ross	M	45 km MTB	07:37:43	9:53:59	2:16:16	3	3
285	Herman	Keuler	M	45 km MTB	07:37:43	9:56:53	2:19:10	4	
266	Juan	van Deventer	M	45 km MTB	07:37:43	9:57:12	2:19:29	5	
494	Petrus	Oosthuizen	M	45 km MTB	07:37:43	9:57:18	2:19:35	6	
259	Chad	Gordon	M	45 km MTB	07:37:43	9:57:52	2:20:09	7	
269	Albert	Anderson	M	45 km MTB	07:37:43	10:01:58	2:24:15	8	
297	Anthony	de Jager	M	45 km MTB	07:37:43	10:02:01	2:24:18	9	
497	Jannes	Buijs	M	45 km MTB	07:37:43	10:03:58	2:26:15	10	
499	Nick	Baxter	M	45 km MTB	07:37:43	10:05:09	2:27:26	11	
295	Matt	Turner	M	45 km MTB	07:37:43	10:05:13	2:27:30	12	
486	Francois	Maartens	M	45 km MTB	07:37:43	10:08:01	2:30:18	13	
262	Rico	Bloemhoff	M	45 km MTB	07:37:43	10:08:30	2:30:47	14	
264	Cillie	Hamman	M	45 km MTB	07:37:43	10:08:43	2:31:00	15	
267	Louise	Bredell	M	45 km MTB	07:37:43	10:12:34	2:34:51	16	
493	Nico	de Waal	M	45 km MTB	07:37:43	10:12:42	2:34:59	17	
293	John	Rivers-Moore	M	45 km MTB	07:37:43	10:14:12	2:36:29	18	
263	Leon	Bell	M	45 km MTB	07:37:43	10:14:33	2:36:50	19	
271	Alex	Kruger	M	45 km MTB	07:37:43	10:14:41	2:36:58	20	

256 Heidi	Siebert	F	45 km MTB	07:37:43	10:17:41	2:39:58	21	1
257 Richard Sean	Siebert	M	45 km MTB	07:37:43	10:17:42	2:39:59	22	
58 Wian	de Klerk	M	45 km MTB	07:26:53	10:08:17	2:41:24	23	
309 Chris	van der Merwe	M	45 km MTB	07:37:43	10:22:32	2:44:49	24	
253 Nicol	Carstens	M	45 km MTB	07:37:43	10:26:48	2:49:05	25	
287 Pieter	Uys	M	45 km MTB	07:37:43	10:27:02	2:49:19	26	
258 Reinhold	de Villiers	M	45 km MTB	07:37:43	10:29:51	2:52:08	27	
282 Ingrid	Peens	F	45 km MTB	07:37:43	10:30:13	2:52:30	28	2
284 Cedric	Peens	M	45 km MTB	07:37:43	10:30:18	2:52:35	29	
491 Craig	Raw	M	45 km MTB	07:37:43	10:32:54	2:55:11	30	
279 Eugene	Haley	M	45 km MTB	07:37:43	10:33:01	2:55:18	31	
261 Ilse	Viljoen	F	45 km MTB	07:37:43	10:34:54	2:57:11	32	3
283 Louis	du Toit	M	45 km MTB	07:37:43	10:38:25	3:00:42	33	
294 Gys	du Toit	M	45 km MTB	07:37:43	10:38:27	3:00:44	34	
280 Riann	Le Roux	M	45 km MTB	07:37:43	10:42:18	3:04:35	35	
270 Johann	Anderson	M	45 km MTB	07:37:43	10:42:44	3:05:01	36	
252 Adriaan	Jansen van Vuuren	M	45 km MTB	07:37:43	10:45:38	3:07:55	37	
275 Chris	Yorke	M	45 km MTB	07:37:43	10:46:40	3:08:57	38	
272 Pierre	Malherbe	M	45 km MTB	07:37:43	10:46:41	3:08:58	39	
299 Louise	Prins	F	45 km MTB	07:37:43	10:46:45	3:09:02	40	
276 Andri	Stander	M	45 km MTB	07:37:43	10:50:12	3:12:29	41	
289 Johan	de Bruyn	M	45 km MTB	07:37:43	10:51:27	3:13:44	42	
281 Johan	Slabber	M	45 km MTB	07:37:43	10:52:04	3:14:21	43	
273 Theunis	Botha	M	45 km MTB	07:37:43	10:53:38	3:15:55	44	
489 DeWitt	Oosthuizen	M	45 km MTB	07:37:43	10:53:55	3:16:12	45	
498 Johan	Buijs	M	45 km MTB	07:37:43	10:56:02	3:18:19	46	
274 Etienne	van der Merwe	M	45 km MTB	07:37:43	10:58:47	3:21:04	47	
487 Wim	de Klerk	M	45 km MTB	07:37:43	10:58:50	3:21:07	48	
500 Nik	Kershaw	M	45 km MTB	07:37:43	11:00:46	3:23:03	49	
255 Johan	Steyn	M	45 km MTB	07:37:43	11:00:56	3:23:13	50	
288 Vivien	Routledge	F	45 km MTB	07:37:43	11:03:19	3:25:36	51	
290 Wilfrid	Grundill	M	45 km MTB	07:37:43	11:13:32	3:35:49	52	
291 Peter	Bouwen	M	45 km MTB	07:37:43	11:13:34	3:35:51	53	

296	Willem	Pansegrouw	M	45 km MTB	07:37:43	11:17:02	3:39:19		54
251	Hanno	Calitz	M	45 km MTB	07:37:43	11:18:47	3:41:04		55
492	Dorothy	Maartens	F	45 km MTB	07:37:43	11:19:28	3:41:45		56
277	Sarel	Joubert	M	45 km MTB	07:37:43	11:26:34	3:48:51		57
278	Cobus	Kroese	M	45 km MTB	07:37:43	11:26:39	3:48:56		58
260	Wilmien	Venter	F	45 km MTB	07:37:43	11:27:11	3:49:28		59
308	Paul	Lombard	M	45 km MTB	07:37:43	11:28:42	3:50:59		60
254	Gavin	Patterson	M	45 km MTB	07:37:43				
268	Riaan	Louw	M	45 km MTB	07:37:43				
286	Ig	de Villiers	M	45 km MTB	07:37:43				
292	Graham	Tjabring	M	45 km MTB	07:37:43				
298	Alberto	Prins	M	45 km MTB	07:37:43				
488	Ferdie	Potgieter		45 km MTB	07:45:46				

Race Number	Name	Surname	Gender	Category	Start Time	End Time	Total Time	Category Position	Class Position
35	Michael	Jacka	M	25 km MTB	07:26:53	8:57:26	1:30:33	1	1
127	De Villiers	Britz	M	25 km MTB	07:26:53	9:03:03	1:36:10	2	2
160	Charles	Jenkin	M	25 km MTB	07:26:53	9:11:18	1:44:25	3	3
159	Andrew	McTavish	M	25 km MTB	07:26:53	9:11:33	1:44:40	4	
175	Juan	Steyn	M	25 km MTB	07:26:53	9:18:14	1:51:21	5	
141	Rowan	Yearsley	M	25 km MTB	07:26:53	9:21:01	1:54:08	6	
151	Aidan	Harrison	M	25 km MTB	07:26:53	9:21:27	1:54:34	7	
106	Braam	Le Roux	M	25 km MTB	07:26:53	9:22:48	1:55:55	8	
170	Frederick	Botha	M	25 km MTB	07:26:53	9:27:39	2:00:46	9	
155	Robert	Brownlee	M	25 km MTB	07:26:53	9:30:13	2:03:20	10	
144	Wayne	Siepman	M	25 km MTB	07:26:53	9:32:08	2:05:15	11	
87	Sydney	Gregan	M	25 km MTB	07:26:53	9:33:57	2:07:04	12	
126	Emily	Brink	F	25 km MTB	07:26:53	9:34:33	2:07:40	13	1
137	Emma	de Villiers	F	25 km MTB	07:26:53	9:35:38	2:08:45	14	2
164	Danie	Kotze	M	25 km MTB	07:26:53	9:36:24	2:09:31	15	
152	Mark	Horsford	M	25 km MTB	07:26:53	9:38:04	2:11:11	16	
107	Herman	Uys	M	25 km MTB	07:26:53	9:38:08	2:11:15	17	
135	Roderick	Donald	M	25 km MTB	07:26:53	9:38:18	2:11:25	18	

84	William	Lane	M	25 km MTB	07:26:53	9:41:11	2:14:18	19
132	Gary	Jones	M	25 km MTB	07:26:53	9:41:14	2:14:21	20
140	Louise	Jansen	F	25 km MTB	07:26:53	9:43:26	2:16:33	21
111	Thys	van der Merwe	M	25 km MTB	07:26:53	9:51:54	2:25:01	22
83	Louis	Matthey	M	25 km MTB	07:26:53	9:52:15	2:25:22	23
154	Len	Wilmot	M	25 km MTB	07:26:53	9:53:18	2:26:25	24
85	Anton	Potgieter	M	25 km MTB	07:26:53	9:54:58	2:28:05	25
68				25 km MTB	07:26:53	9:55:11	2:28:18	26
116	Petrus	Bredell	M	25 km MTB	07:26:53	9:56:10	2:29:17	27
117	André	de Jager	M	25 km MTB	07:26:53	9:56:13	2:29:20	28
163	David	Knight	M	25 km MTB	07:26:53	9:56:28	2:29:35	29
172	René	Duiker	M	25 km MTB	07:26:53	9:56:32	2:29:39	30
96	Anneri	du Plessis	F	25 km MTB	07:26:53	9:59:35	2:32:42	31
90	Teresa	Steyn	F	25 km MTB	07:26:53	9:59:38	2:32:45	32
89	Adrian	Nasson	M	25 km MTB	07:26:53	10:07:39	2:40:46	33
147	Warwick	Taylor	M	25 km MTB	07:26:53	10:07:43	2:40:50	34
142	James	Adam	M	25 km MTB	07:26:53	10:11:43	2:44:50	35
161	Tiaan	Smit	M	25 km MTB	07:26:53	10:14:04	2:47:11	36
162				25 km MTB	07:26:53	10:14:08	2:47:15	37
110	Christelle	Le Roux	F	25 km MTB	07:26:53	10:14:35	2:47:42	38
86	Alexander	Gregan	M	25 km MTB	07:26:53	10:18:09	2:51:16	39
131	Mike	Marshall	M	25 km MTB	07:26:53	10:18:33	2:51:40	40
136	Ilze	de Villiers	F	25 km MTB	07:26:53	10:18:53	2:52:00	41
139	Francois	de Villiers	M	25 km MTB	07:26:53	10:18:58	2:52:05	42
156	James	Janse van Rensburg	M	25 km MTB	07:26:53	10:22:23	2:55:30	43
173	Sue	van der Merwe	F	25 km MTB	07:26:53	10:22:34	2:55:41	44
103	Ronelle	Marshall	F	25 km MTB	07:26:53	10:33:03	3:06:10	45
70	Pieter	Loots	M	25 km MTB	07:26:53	10:39:36	3:12:43	46
73	Raw	Soph	F	25 km MTB	07:26:53	10:39:37	3:12:44	47
75	Loots	Debbie	F	25 km MTB	07:26:53	10:39:38	3:12:45	48
158	Christoff	Jordaan	M	25 km MTB	07:26:53	10:41:57	3:15:04	49
157	Etienne	Jordaan	M	25 km MTB	07:26:53	10:41:58	3:15:05	50
115	Cornelia	Linnegar	F	25 km MTB	07:26:53	10:57:43	3:30:50	51

112	Charles	Linnegar	M	25 km MTB	07:26:53	10:57:44	3:30:51	52
40	Magriet	Mouton	F	25 km MTB	07:26:53	11:17:51	3:50:58	53
78	White	Jake	M	25 km MTB	07:26:53			
81	White	Lindy	F	25 km MTB	07:26:53			
102	Ian	Smit	M	25 km MTB	07:26:53			

Race Number	Name	Surname	Gender	Category	Start Time	End Time	Total Time	Category Position	Class Position
960	Mathew	Reaper	M	1600 Swim	13:48:13	14:11:02	0:22:49	1	1
959	Andrew	McTavish	M	1600 Swim	13:48:13	14:12:33	0:24:20	2	2
951	Hugh	Basel	M	1600 Swim	13:48:13	14:13:00	0:24:47	3	3
957	Tim	Stiff	M	1600 Swim	13:48:13	14:14:16	0:26:03	4	
952	Bevon	Newton Johnson	M	1600 Swim	13:48:13	14:14:53	0:26:40	5	
953	Tyler	Muller	M	1600 Swim	13:48:13	14:14:56	0:26:43	6	
958	Candice	Davison	F	1600 Swim	13:48:13	14:17:44	0:29:31	7	1
956	Kate	Swarbreck	F	1600 Swim	13:48:13	14:19:58	0:31:45	8	2
954	Irmilee	Uys	F	1600 Swim	13:48:13				
955	Belinda	Spratt	F	1600 Swim	13:48:13				