

Distance	Overall Pos	Category	Cat Pos	RaceNumber	First Name	Surname	RaceTime	Age	Gender
400	1	Female	1	5	Driekie	van Dyk	00:11:48	36	Female
400	2	Male	1	10	Paul	du Toit	00:12:17	56	Male
400	3	Female	2	1	Penny	Ingram	00:12:36	56	Female
400	4	Female	3	2	Claire	Waumsley	00:13:51	64	Female

Distance	Overall Pos	Category	Cat Pos	RaceNumber	First Name	Surname	RaceTime	Age	Gender
800	1	Male	1	7	Stewart	Rfeur	00:13:38	33	Male
800	2	Male	2	12	Marsel	Roos	00:14:52	30	Male
800	3	Female	1	9	Marta	Koekemoer	00:17:10	36	Female
800	4	Junior	1	8	Bjorn	Lerm	00:17:47	15	Boys
800	5	Male	3	3	Christo	Du Plessis	00:18:03	41	Male
800	6	Male	4	6	Anton	Du Plessis	00:18:26	46	Male
800	7	Male	5	4	Deon	Brouwer	00:19:25	39	Male
800	8	Male	6	11	George	Thom	00:19:37	44	Male