

Distance	Overall Pos	Category	Cat Pos	RaceNumber	First Name	Surname	RaceTime	Age	Gender
10km	1	Adults - Men	1	428	Alfred	Tshabeni	00:38:35	38	Male
10km	2	Adults - Men	2	453	Sean	Privett	00:38:54	41	Male
10km	3	Adults - Men	3	439	Nicholas	Frost	00:39:10	19	Male
10km	4	Adults - Men	4	450	Musa	Chakuchichi	00:39:21	22	Female
10km	5	Adults - Men	5	451	Peter	Rudhuka	00:39:45	22	Male
10km	6	Adults - Men	6	459	Mathew	Browne	00:41:49	43	Male
10km	7	Adults - Men	7	457	Herman	de Vries	00:44:58	40	Male
10km	8	Adults - Men	8	456	Johannes	Albertyn	00:45:02	41	Male
10km	9	Adults - Men	9	431	Derick	Mocke	00:47:25	44	Male
10km	10	Adults - Men	10	432	Eric	Mocke	00:47:40	19	Male
10km	11	Adults - Men	11	429	Adriaan	Swart	00:48:26	26	Male
10km	12	Adults - Ladies	1	460	Anel	Henn	00:50:07	36	Female
10km	13	Adults - Men	12	434	Nico	Loubser	00:50:51	27	Male
10km	14	Adults - Men	13	468	Hendrik	de Kock	00:51:18	29	Male
10km	15	Adults - Men	14	466	Chris	du Toit	00:51:23	19	Male
10km	16	Adults - Men	15	444	Ewan	Venter	00:51:45	35	Male
10km	17	Adults - Men	16	440	Justin	Swarts	00:51:52	33	Male
10km	18	Adults - Ladies	2	406	Tessa	Gafney	00:52:25	25	Female
10km	19	Adults - Men	17	413	Pieter	Reuvers	00:53:25	18	Male
10km	20	Adults - Men	18	405	Andrew	Finlayson	00:53:28	38	Male
10km	21	Adults - Ladies	3	404	Maryanne	Finlayson	00:53:30	36	Female
10km	22	Adults - Men	19	458	Johan	Kruger	00:56:18	46	Male
10km	23	Adults - Ladies	4	467	Elizabeth	de Kock	00:56:21	28	Female
10km	24	Adults - Ladies	5	422	Lizel	Maritz	00:56:47	23	Female
10km	25	Adults - Ladies	6	454	Valerie	van Deventer	00:57:19	54	Female
10km	26	Adults - Men	20	442	Johan	van Rensburg	00:57:20	59	Male
10km	27	Adults - Men	21	446	Barry	Louw	00:57:59	46	Male
10km	28	Adults - Men	22	405	Andrew	Finlayson	00:58:02	38	Male
10km	29	Adults - Men	23	435	Jan	Gildenhuis	00:58:04	48	Male
10km	30	Adults - Men	24	425	Leon	van Wyk	00:58:06	42	Male
10km	31	Adults - Men	25	465	Bernard Jnr	Buitendag	00:58:08	15	Male
10km	32	Adults - Men	26	401	Juan	Clarence	00:58:59	41	Male
10km	33	Adults - Men	27	455	Ratcliffe	Mike	00:59:01	39	Male
10km	34	Adults - Men	28	441	Ryno	Swarts	00:59:03	26	Male
10km	35	Adults - Ladies	7	427	Yolande	Pienaar	00:59:11	33	Female
10km	36	Adults - Ladies	8	409	Sandra	Joubert	00:59:38	40	Female
10km	37	Adults - Ladies	9	414	Liesl	Rust	01:01:10	38	Female
10km	38	Adults - Ladies	10	407	Jacqueline	Harris	01:01:13	41	Female
10km	39	Adults - Men	29	438	Jannie	Nel	01:02:03	45	Male
10km	40	Adults - Ladies	11	411	Angelique	Nowers	01:02:09	43	Female
10km	41	Adults - Men	30	410	Raymond	Nowers	01:02:11	42	Male
10km	42	Adults - Men	31	463	Barnard	Buitendag	01:02:16	43	Male
10km	43	Adults - Ladies	12	420	Justine	Thompson	01:02:30	26	Female
10km	44	Adults - Men	32	447	Gareth	Castle	01:03:17	22	Male
10km	45	Adults - Ladies	13	430	Melinda	du Toit	01:04:08	46	Female
10km	46	Adults - Ladies	14	449	Lily	Lai	01:07:57	22	Female
10km	47	Adults - Men	33	412	Rouan	Oelofsen	01:09:42	40	Male
10km	48	Adults - Men	34	462	Hennie	Henn	01:12:28	36	Male
10km	49	Adults - Ladies	15	452	Heidi	Walton	01:15:33	34	Female
10km	50	Adults - Ladies	16	448	Ivy	Ivy	01:15:39	18	Female

10km	51	Adults - Ladies	17	426	Melany	Vaughan	01:15:40	26	Female
10km	52	Adults - Ladies	18	461	Ruanda	Downing	01:19:28	25	Female
10km	53	Adults - Ladies	19	445	Elma	Fourier	01:21:29	55	Female
10km	54	Adults - Ladies	20	443	Melinda	Stoddart	01:29:13	41	Female
10km	55	Adults - Ladies	21	464	Santie	Buitendag	01:29:15	42	Female