



Overall Position	Participant	RaceTime	Name	Surname	Gender	Age	Age Categorie	LAPS
1	241	00:14:48	Emily	Clark	F	25	OPEN	2
2	55	00:15:03	Loussanne	Ackerman	F	37	OPEN	2
3	39	00:15:13	Mariske	McClean	F	27	OPEN	2
4	375	00:15:44	Marnique	de Swardt	F	18	OPEN	2
5	59	00:15:48	Santie	Van Der Westhuizen	F	44	OPEN	2
6	270	00:15:51	Lynette	Jones	F	33	OPEN	2
7	58	00:16:44	Sanet	Griesel	F	48	OPEN	2
8	315	00:16:59	Adri	Prinsloo	F	53	OPEN	2
9	86	00:17:15	Debbie	Baillie	F	50	OPEN	2
10	87	00:17:37	Girtie	Steenkamp	F	50	OPEN	2
11	301	00:17:54	Edulene	Hattingh	F	25	OPEN	2
12	57	00:18:05	Anzel	Du Plessis	F	35	OPEN	2
13	85	00:19:26	Lunell	Reyneke	F	57	OPEN	2
14	56	00:19:57	Sarie	Breed	F	34	OPEN	2
15	115	00:22:35	Elsabe	Aucamp	F	51	OPEN	2

Overall Position	Participant	RaceTime	Name	Surname	Gender	Age	Age Categorie	LAPS
1	35	00:16:32	Jan	Withaar	M	35	OPEN	3
2	252	00:16:35	Declan	Sidy	M	23	OPEN	3
3	45	00:16:51	Pierre	Smith	M	25	OPEN	3
4	51	00:17:25	Hein	Engelbrecht	M	25	OPEN	3
5	1	00:17:34	Brand	Du Plessis	M	39	OPEN	3
6	249	00:17:38	JP	Jung	M	29	OPEN	3
7	41	00:18:01	Daniel	Griesel	M	21	OPEN	3
8	284	00:18:02	Shaun	Scott	M	41	OPEN	3
9	32	00:18:13	Bennie A[s]g	Viljoen	M	35	OPEN	3
10	280	00:18:20	Jaco	Van Vuuren	M	38	OPEN	3
11	28	00:18:20	Eben	Swart	M	36	OPEN	3
12	218	00:18:27	Christo	Carelsen	M	32	OPEN	3
13	258	00:18:27	Louis	Le Grange	M	29	OPEN	3
14	73	00:18:49	Anton	Van Tonder	M	42	OPEN	3
15	224	00:19:18	Marco	Du Plessis	M	35	OPEN	3
16	74	00:19:30	Louis	Meyer	M	45	OPEN	3
17	68	00:19:31	Willem	Weber	M	41	OPEN	3
18	66	00:19:36	Pieter	Jordaan	M	48	OPEN	3
19	33	00:19:44	Alan Thomas	Wait	M	39	OPEN	3
20	471	00:19:44	Jan Hendrik	Stander	M	49	OPEN	3
21	225	00:19:59	Paul	Daintree	M	37	OPEN	3
22	237	00:20:08	Patrice	Gauthier	M	48	OPEN	3
23	223	00:20:11	Kobus	Arlow	M	42	OPEN	3
24	6	00:20:21	Ebert	Cawood	M	33	OPEN	3
25	99	00:20:21	Des	Salzmann	M	62	OPEN	3
26	262	00:20:26	Gerhard	Du Plessis	M	45	OPEN	3
27	213	00:21:02	Melvin	Jones	M	38	OPEN	3
28	217	00:21:06	Ziegert	Nieuwoudt	M	16	OPEN	3
29	53	00:21:30	Raiken	English	M	27	OPEN	3
30	43	00:21:33	Matthys	Strydom	M	29	OPEN	3
31	105	00:21:35	Steve	Viviers	M	29	OPEN	3
32	7	00:21:39	Constant	Coetzee	M	34	OPEN	3
33	212	00:22:04	Nicolas	Strydom	M	17	OPEN	3
34	13	00:22:08	Jean	Greyling	M	35	OPEN	3
35	110	00:22:08	Michael Lee	Gamble	M	57	OPEN	3
36	94	00:22:11	Louis	Bosch	M	59	OPEN	3
37	20	00:22:18	Rehan	Krige	M	33	OPEN	3

38	26	00:22:18	Tertius	Opperman	M	38	OPEN	3
39	18	00:22:27	Nicho	Jonck	M	30	OPEN	3
40	40	00:22:33	Ruben	Smith	M	18	OPEN	3
41	171	00:22:37	Dirk	Louw	M	22	OPEN	3
42	95	00:22:49	Fanie	Booyesen	M	58	OPEN	3
43	50	00:22:52	Johan	Nel	M	23	OPEN	3
44	34	00:22:57	Garry	Watson	M	38	OPEN	3
45	283	00:23:01	Garth	----	M	27	OPEN	3
46	103	00:23:09	Renaldo	Le Roux	M	15	OPEN	3
47	25	00:23:10	Marius	Nel	M	32	OPEN	3
48	106	00:23:15	Eben	Grobbelaar	M	46	OPEN	3
49	311	00:23:18	Jacques	Burger	M	38	OPEN	3
50	104	00:23:23	Werner	Wiese	M	31	OPEN	3
51	49	00:23:24	Pieter	Aucamp	M	29	OPEN	3
52	500	00:23:57	Charl	Fourie	M	46	OPEN	3
53	19	00:23:58	Justin	Kokott	M	37	OPEN	3
54	109	00:24:00	Juan	Visser	M	31	OPEN	3
55	222	00:24:01	Vincent	Cronje	M	38	OPEN	3
56	77	00:24:01	Don	Du Plessis	M	42	OPEN	3
57	65	00:24:02	Reimond	Hattingh	M	41	OPEN	3
58	107	00:24:05	Aubrey	Webber	M	28	OPEN	3
59	46	00:24:22	Peter	Randall	M	27	OPEN	3
60	47	00:24:22	Herman	Swart	M	29	OPEN	3
61	24	00:24:26	Adriaan	Moore	M	32	OPEN	3
62	479	00:24:29	Simon	Visser	M	29	OPEN	3
63	339	00:24:29	Jaco	Ferreira	M	19	OPEN	3
64	467	00:24:43	Sias	Gravett	M	49	OPEN	3
65	343	00:24:44	Morne	Fourie	M	42	OPEN	3
66	325	00:25:09	Verner	Olivier	M	35	OPEN	3
67	365	00:25:18	Johan	Venter	M	41	OPEN	3
68	108	00:25:33	De Wet	Engelbrecht	M	28	OPEN	3
69	89	00:25:33	Kobus	Van Zyl	M	53	OPEN	3
70	90	00:26:04	Jd	Jordaan	M	61	OPEN	3
71	341	00:26:26	Jan	Rabie	M	40	OPEN	3
72	221	00:26:35	Tiaan	Kotze	M	27	OPEN	3
73	72	00:26:39	Pieter	Van Wyk	M	44	OPEN	3
74	227	00:26:40	Wynand	Van Der Westhuizen	M	41	OPEN	3
75	3	00:26:40	Lionel	Bester	M	38	OPEN	3
76	327	00:26:44	Gerrit	van Niekerk	M	33	OPEN	3
77	67	00:26:47	Michael	Van Coller	M	48	OPEN	3
78	333	00:26:48	Gideon	Broodryk	M	34	OPEN	3
79	294	00:26:55	Juan-Pierre	Kleynhans	M	26	OPEN	3
80	432	00:26:56	Ruan	Olivier	M	26	OPEN	3
81	31	00:26:56	Chris	Van Zyl	M	36	OPEN	3
82	400	00:27:06	Jacques	de Villiers	M	36	OPEN	3
83	42	00:27:15	Reinard	Griesel	M	24	OPEN	3
84	21	00:27:21	Werner	Luddick	M	37	OPEN	3
85	113	00:27:21	Andre	Swanepoel	M	47	OPEN	3
86	220	00:27:35	Eddie	Lightfoot	M	45	OPEN	3
87	476	00:27:35	Marcel	De Villiers	M	56	OPEN	3
88	96	00:27:38	Charles	Nel	M	59	OPEN	3
89	111	00:28:01	Hennie	Nel	M	48	OPEN	3
90	54	00:28:01	Niel	Opperman	M	29	OPEN	3
91	357	00:28:04	Frikkie	van Niekerk	M	61	OPEN	3
92	379	00:28:05	Johann	Coetzee	M	60	OPEN	3
93	88	00:28:06	Petrus	Van Aardt	M	52	OPEN	3
94	254	00:28:08	Corne	Van der Wath	M	34	OPEN	3
95	306	00:28:15	M.L.	Ferrerie	M	50	OPEN	3
96	307	00:28:16	Robert	Turley	M	32	OPEN	3
97	399	00:28:19	Leon	Labuschagne	M	27	OPEN	3
98	100	00:28:46	Kobus	Roets	M	51	OPEN	3

99	468	00:28:50	Lourens	van Deventer	M	62	OPEN	3
100	268	00:29:39	Danie	Van Den Berg	M	15	OPEN	3
101	232	00:29:45	JC	Van Der Westhuizen	M	22	OPEN	3
102	44	00:29:49	Tiaan	Janse Van Rensburg	M	25	OPEN	3
103	37	00:29:53	James	Barnard	M	47	OPEN	3
104	408	00:29:55	Sizwe	Zwane	M	25	OPEN	3
105	226	00:30:51	Arno	Jordaan	M	27	OPEN	3
106	48	00:31:13	Quintin	Viljoen	M	25	OPEN	3
107	332	00:32:03	Paul	Cronje	M	34	OPEN	3
108	191	00:34:01	Johan	Douwenga	M	28	OPEN	3
109	52	00:34:36	Patrick	Gottschalk	M	26	OPEN	3
110	93	00:36:42	Zach	Viktor	M	58	OPEN	3
111	292	00:36:44	Dirk	Swaniepoel	M	21	OPEN	3