

USN MTB Cup 1 - 2012

Base 3 - Midrand

29 October 2011

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Women 60km	1	1	234	SX	Yolande Speedy	02.30.50	1	
	2	2	26	SX	Annie David	02.45.00	1	
	3	1	25	SW	Miroda Vermeulen	02.45.01	1	
	4	3	47	SX	Nicky Booyens	02.52.35	1	
	5	4	240	SX	Linda Hodson	02.52.59	1	
	6	5	75	SX	Linda Petersen	02.56.18	1	
	7	1	168	VW	Miranda Henderson	03.04.16	1	
	8	2	121	VW	Cathrine Tasseron	03.05.35	1	
	9	2	5	SW	Mariette Hattingh	03.18.20	1	
	10	3	151	VW	Marita Williams	03.18.24	1	
	11	4	132	VW	Hildegarde Cronje	03.23.53	1	
	12	5	107	VW	Gail Arnell	03.28.42	1	
	13	6	178	VW	Gretna Muir	03.31.39	1	
	14	6	51	SX	Nicci Stewart	03.54.28	1	
	15	3	242	SW	Carmen Cronk	03.55.11	1	
	16	7	108	VW	Sandy Barton	03.58.43	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Men 60km	1	1	115	VM	Delaney Impey	02.11.51	1	
	2	1	232	SV	Paul Cordes	02.14.34	1	
	3	1	233	SM	Arno Du Toit	02.14.35	1	
	4	2	217	SV	Brett Dickson	02.19.38	1	
	5	3	35	SV	Julius Cobbett	02.23.41	1	
	6	2	267	SM	Pieter Venter	02.23.59	1	
	7	2	153	VM	Arno Daehnke	02.24.54	1	
	8	3	272	SM	Ferdi Potgieter	02.26.24	1	
	9	4	208	SV	Johann Naude	02.26.49	1	
	10	4	1	SM	Deon Van Der Merwe	02.27.06	1	
	11	5	42	SV	Stuart Gower-Jackson	02.27.19	1	
	12	3	173	VM	Michael Mc Dermott	02.27.44	1	
	13	6	92	SV	Darryl Fitzell	02.28.17	1	
	14	7	68	SV	Jacques Van Der Merwe	02.29.23	1	
	15	5	230	SM	Gert Janse Van Rensburg	02.29.44	1	
	16	6	22	SM	Peter-Lee Jefferies	02.30.30	1	
	17	4	257	VM	Pierre Griffioen	02.31.19	1	
	18	5	204	VM	Ian Gilley	02.31.23	1	
	19	6	118	VM	Sean O'Flynn-Madden	02.31.24	1	
	20	7	4	SM	Paul Van Zweel	02.31.45	1	
	21	7	126	VM	Deon Cilliers	02.31.47	1	
	22	8	3	SM	Carel Laubscher	02.34.02	1	
	23	8	89	SV	Darren Warrick Wilson	02.34.06	1	
	24	9	76	SV	Gareth Rees	02.34.27	1	
	25	9	200	SM	Willie Van Zyl	02.35.12	1	
	26	10	258	SM	Jaco Kruger	02.35.22	1	
	27	11	264	SM	Danie Steyn	02.36.33	1	
	28	1	282	MM	Neil Fourie	02.36.37	1	
	29	12	213	SM	Joshua Liebenberg	02.38.27	1	
	30	13	243	SM	Roger Innes	02.38.29	1	
	31	8	231	VM	Glen Colby	02.39.21	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	32	9	241	VM	Jaco Liebenberg	02.39.30	1	
	33	10	46	SV	Stefan Beyers	02.39.55	1	
	34	10	210	VM	Robert Saunders	02.39.56	1	
	35	11	260	VM	Sven Kleine	02.40.05	1	
	36	2	177	MM	Anthony Bennett	02.41.00	1	
	37	12	137	VM	Jason Schmidt	02.41.23	1	
	38	14	250	SM	Jonathan Meyer	02.41.40	1	
	39	11	201	SV	Glen Ramsden	02.43.50	1	
	40	13	157	VM	Karel Mouton	02.44.43	1	
	41	12	53	SV	Steven Carr	02.46.06	1	
	42	15	2	SM	Sebastian Jahnke	02.46.18	1	
	43	13	58	SV	Brendan Mccarthy	02.47.03	1	
	44	14	100	SV	Sean Moore	02.47.19	1	
	45	16	235	SM	Jaco Du Toit	02.47.45	1	
	46	15	52	SV	Marthinus Bonnet	02.47.50	1	
	47	16	206	SV	Gerhard Moolman	02.47.54	1	
	48	17	270	SM	Francois Theron	02.48.00	1	
	49	14	156	VM	Albe Geldenhuys	02.48.02	1	
	50	15	203	VM	Terence Stewart	02.49.04	1	
	51	17	83	SV	Ian Morrison	02.49.30	1	
	52	16	143	VM	Grant Parsons	02.49.49	1	
	53	17	128	VM	Shawn Mitchley	02.50.25	1	
	54	18	111	VM	Brett Beverley	02.52.22	1	
	55	18	263	SM	Bernard Nortje	02.53.26	1	
	56	19	244	VM	Christo B	02.53.49	1	
	57	18	91	SV	Matthew Barker	02.54.08	1	
	58	19	220	SM	Iwan De Jongh	02.54.15	1	
	59	20	114	VM	Lafras Heron	02.54.45	1	
	60	19	97	SV	Jaco Lange	02.54.52	1	
	61	20	15	SM	Arnold Pretorius	02.55.14	1	
	62	20	36	SV	Gerhard Laurens	02.55.30	1	
	63	21	104	SV	Albert Terblanche	02.55.44	1	
	64	22	59	SV	Iwan Roux	02.56.08	1	
	65	23	106	SV	Cobus Van Zyl	02.56.15	1	
	66	21	20	SM	David Greyling	02.56.33	1	
	67	21	117	VM	Giles Moore	02.56.55	1	
	68	22	158	VM	Wolfgang Neff	02.57.14	1	
	69	24	66	SV	Willie Mouton	02.57.19	1	
	70	25	71	SV	Robert Erasmus	02.57.21	1	
	71	23	251	VM	Hardus Bignaut	02.58.11	1	
	72	26	33	SV	Mark Willis	02.58.26	1	
	73	22	16	SM	Raimondo De Simone	02.58.27	1	
	74	27	63	SV	Nikolaas Wiechers	02.58.42	1	
	75	24	254	VM	Gordon Kienbaum	02.59.30	1	
	76	28	70	SV	Sean Dobson	02.59.35	1	
	77	25	255	VM	Jannie Richter	03.00.32	1	
	78	3	131	MM	John Allan	03.00.47	1	
	79	26	146	VM	Andrew Donkin	03.00.51	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	80	23	239	SM	Jonathan Cloete	03.00.59	1	
	81	29	95	SV	Budd Hunsdale	03.01.07	1	
	82	30	246	SV	Jonathan Boyer	03.02.21	1	
	83	31	248	SV	David Boyer	03.02.22	1	
	84	27	252	VM	Leon Tobias	03.02.24	1	
	85	28	253	VM	Greg Sacks	03.02.26	1	
	86	29	142	VM	John Neave	03.02.27	1	
	87	30	112	VM	Graham Beyers	03.02.40	1	
	88	32	207	SV	Freddie Fourie	03.03.14	1	
	89	4	183	MM	Fanie Booyesen	03.03.17	1	
	90	33	209	SV	Wayne Spencer	03.03.22	1	
	91	34	105	SV	Hennie Van Wyk	03.03.31	1	
	92	31	129	VM	Jannie Smit	03.03.32	1	
	93	32	226	VM	Paul Cooke	03.03.39	1	
	94	33	225	VM	Jurrie Davel	03.03.40	1	
	95	35	27	SV	Jacques Meyer	03.03.42	1	
	96	34	161	VM	Graeme King	03.03.52	1	
	97	35	125	VM	Garth Allardyce	03.04.20	1	
	98	36	144	VM	David Wright	03.04.22	1	
	99	5	191	MM	John Ingram	03.04.48	1	
	100	24	215	SM	Tess	03.05.08	1	
	101	36	87	SV	Elton Stevens	03.06.09	1	
	102	37	41	SV	Douglas Finlayson	03.06.10	1	
	103	38	99	SV	Christian Malan	03.06.13	1	
	104	6	190	MM	Henk Spoomaker	03.06.18	1	
	105	7	197	MM	Chris Liebenberg	03.07.01	1	
	106	8	229	MM	Bennie Pienaar	03.07.26	1	
	107	37	119	VM	Wynand Strydom	03.07.39	1	
	108	25	8	SM	Hendrik Retief	03.07.40	1	
	109	39	85	SV	Neil Sleight	03.07.46	1	
	110	38	30	VM	Victor Terblanche	03.08.48	1	
	111	40	30	SV	Jacques Langenegger	03.08.48	1	
	112	39	172	VM	Marc Francois	03.09.26	1	
	113	26	14	SM	Jaroslav Pawlikowski	03.09.47	1	
	114	40	134	VM	Grant Fouche	03.09.52	1	
	115	41	166	VM	Jan De Vries	03.10.10	1	
	116	41	266	SV	Pieter Holleb- - -	03.10.27	1	
	117	42	73	SV	Maartin Herbst	03.10.38	1	
	118	43	54	SV	Brad Cowie	03.11.10	1	
	119	42	150	VM	Schalk Van Der Merwe	03.12.21	1	
	120	43	141	VM	Greg Heunis	03.14.45	1	
	121	44	218	SV	Matthew Boshoff	03.15.18	1	
	122	45	247	SV	Melusi Bythelezi	03.15.51	1	
	123	46	72	SV	Pieter Henderson	03.16.57	1	
	124	47	32	SV	Werner Venter	03.17.15	1	
	125	48	39	SV	Gawie Wolmarans	03.17.15	1	
	126	44	216	VM	Rodney Mcloughlin	03.17.22	1	
	127	49	90	SV	Craig Zieseniss	03.17.35	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	128	45	162	VM	Stephen Paterson	03.17.37	1	
	129	46	130	VM	Gerrit Visser	03.18.19	1	
	130	50	67	SV	Jacobus Richter	03.18.31	1	
	131	47	148	VM	Rowan Lyle	03.18.48	1	
	132	48	164	VM	Henk Van Eeden	03.18.51	1	
	133	9	182	MM	Steve Wattleworth	03.20.01	1	
	134	10	189	MM	Lionel Pfaff	03.22.35	1	
	135	49	163	VM	Dirk Van Der Wateren	03.22.41	1	
	136	51	79	SV	Pierre Wilhelm	03.23.40	1	
	137	52	238	SV	Daniel Hanson	03.23.47	1	
	138	53	265	SV	Sean Nysschen	03.23.51	1	
	139	54	262	SV	Greg Barron	03.23.54	1	
	140	55	49	SV	Gilbert Drake	03.24.09	1	
	141	56	65	SV	Radmilo Jankovic	03.24.10	1	
	142	27	227	SM	Denzil Pieterse	03.25.24	1	
	143	57	48	SV	Chris Coetser	03.25.31	1	
	144	50	236	VM	Adrian Dalton	03.25.55	1	
	145	58	43	SV	Reggie Masondo	03.26.06	1	
	146	28	18	SM	Stephen Dupreez	03.26.18	1	
	147	59	269	SV	John Press	03.27.32	1	
	148	60	271	SV	John Fry	03.27.34	1	
	149	51	169	VM	Andre Maartens	03.27.42	1	
	150	52	160	VM	Grant Whitfield	03.29.56	1	
	151	53	149	VM	Andrew Meerburg	03.30.27	1	
	152	54	159	VM	Vaughn Phillips	03.31.35	1	
	153	55	124	VM	Storm Ackermann	03.31.36	1	
	154	11	202	MM	Klasie Wessels	03.31.37	1	
	155	56	167	VM	Roland Egger	03.31.41	1	
	156	57	135	VM	Richard Howard	03.31.42	1	
	157	29	205	SM	Trevor Mcpherson	03.31.44	1	
	158	61	222	SV	Graham Hepburn	03.32.14	1	
	159	62	221	SV	Gavin Letcher	03.32.16	1	
	160	63	34	SV	Warren Barwell	03.33.29	1	
	161	58	259	VM	Oscar Filen	03.33.31	1	
	162	64	214	SV	Graeme Stickells	03.34.37	1	
	163	59	175	VM	Christo Diedericks	03.35.28	1	
	164	12	186	MM	Trevor Robinson	03.35.41	1	
	165	60	170	VM	Victor Mcloughlin	03.36.27	1	
	166	61	174	VM	Mark Pringle	03.36.28	1	
	167	62	152	VM	Mike Cock	03.37.44	1	
	168	65	38	SV	Johann Raubenheimer	03.37.45	1	
	169	63	140	VM	Phillip Gerber	03.38.25	1	
	170	66	86	SV	Thys Spies	03.38.38	1	
	171	64	211	VM	Frans Meyer	03.40.25	1	
	172	30	9	SM	Theodore Van Deventer	03.44.18	1	
	173	67	57	SV	Bryan Ingram	03.47.58	1	
	174	13	196	MM	Trevor Ingram	03.47.58	1	
	175	14	179	MM	Simon Bradish	03.50.09	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	176	65	237	VM	Dante Lupini	03.50.59	1	
	177	66	138	VM	Coenie Schoeman	03.52.13	1	
	178	31	21	SM	Neville Jansen	03.53.49	1	
	179	68	84	SV	Dimitri Poliakov	03.53.50	1	
	180	69	93	SV	Bradley Hanekom	03.53.51	1	
	181	67	110	VM	Juan Becker	03.53.52	1	
	182	15	199	MM	Clive Laycock	03.54.39	1	
	183	32	17	SM	Adriaan Du Toit	03.54.43	1	
	184	70	98	SV	Hugo Louw	03.55.24	1	
	185	68	120	VM	Pieter Swanepoel	03.56.55	1	
	186	71	37	SV	Eben Lubbe	03.56.55	1	
	187	72	50	SV	Dawie Howell	03.56.58	1	
	188	69	139	VM	Richard Dawkins	03.59.11	1	
	189	73	82	SV	Gys Le Roux	04.04.54	1	
	190	16	180	MM	Kevin Watson	04.06.40	1	
	191	33	10	SM	Rynan Watson	04.06.40	1	
	192	17	184	MM	Barry Watson	04.06.40	1	
	193	74	61	SV	Marthinus van der Linde	04.06.45	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Women 30km	1	1	594	OW	Yvonne Cornes	01.29.02	1	
	2	2	625	OW	Liani Morkel	01.35.48	1	
	3	3	682	OW	Caroline Henderson	01.39.34	1	
	4	4	698	OW	Lauren Pearce	01.40.07	1	
	5	5	646	OW	Kelly Preston	01.48.09	1	
	6	6	632	OW	Petro Groenewald	01.48.38	1	
	7	7	629	OW	Carly Kent	01.49.37	1	
	8	8	686	OW	Pieter Vosloo	01.50.41	1	
	9	9	602	OW	Sue Groenewald	01.52.05	1	
	10	10	585	OW	Philippa Hutton-Babb	01.52.56	1	
	11	11	626	OW	Anne-Marie Morkel	01.54.23	1	
	12	12	601	OW	Michele Karg	01.55.25	1	
	13	13	620	OW	Nadine Gravett	01.58.16	1	
	14	14	608	OW	Carina Myburgh	01.59.08	1	
	15	15	622	OW	Amanda Corbitt	02.01.22	1	
	16	16	644	OW	Karen Barnes	02.01.24	1	
	17	17	600	OW	Yvonne Peter	02.02.37	1	
	18	18	634	OW	Alexa Terblanche	02.04.19	1	
	19	19	584	OW	Wilmie Hough	02.04.22	1	
	20	20	609	OW	Cheryl Headon-Weeks	02.04.30	1	
	21	21	589	OW	Bronwen Fawkes	02.07.46	1	
	22	1	680	YW	Christine Popich	02.09.16	1	
	23	22	645	OW	Elsabe Spoomaker	02.09.43	1	
	24	23	590	OW	Adeleen Roos	02.10.55	1	
	25	24	606	OW	Lisa Williams	02.11.16	1	
	26	25	618	OW	Cene Van Der Merwe	02.13.33	1	
	27	26	613	OW	Ranya Van Deventer	02.15.03	1	
	28	27	596	OW	Riette Wessels	02.16.04	1	
	29	28	595	OW	Nadia Van Wyk	02.16.06	1	

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	All	Cat	No	Cat	Name	Time	Laps	Remarks
	30	29	607	OW	Helene Hallowes	02.16.08	1	
	31	30	592	OW	Philda De Villiers	02.17.26	1	
	32	31	628	OW	Chanelle Herselman	02.17.55	1	
	33	32	604	OW	Jo-Anne Muirhead	02.19.22	1	
	34	33	647	OW	Chantelle Grobler	02.21.39	1	
	35	34	621	OW	Lindsay Owen	02.22.10	1	
	36	35	641	OW	Heather Ann Trumble	02.22.26	1	
	37	36	638	OW	Vivien Jefferies	02.22.56	1	
	38	37	633	OW	Cindy Van Zyl	02.23.15	1	
	39	38	624	OW	Clare Hulse	02.23.36	1	
	40	39	583	OW	Karen De Waal	02.23.47	1	
	41	40	580	OW	Karlien Pelser	02.25.25	1	
	42	41	579	OW	Annelize Marais	02.25.26	1	
	43	42	603	OW	Stacey Turner	02.25.35	1	
	44	43	599	OW	Tracy Scheepers	02.26.53	1	
	45	44	587	OW	Carin Swanepoel	02.27.37	1	
	46	45	597	OW	Pamela Yirrell	02.29.09	1	
	47	46	669	OW	Alice Nieuwoudt	02.32.06	1	
	48	47	593	OW	Ana Louw	02.32.48	1	
	49	48	1002	OW	Liezel Pearson	02.36.47	1	
	50	49	635	OW	Patricia Aerts	02.37.12	1	
	51	50	636	OW	Glenda Victor	02.42.08	1	
	52	51	630	OW	Susan Dannler	02.42.53	1	
	53	52	623	OW	Leanne Prodehl	02.42.58	1	
	54	53	605	OW	Debra Wolf	02.45.15	1	
	55	54	640	OW	Sonja Uys	02.45.32	1	
	56	55	610	OW	Juliette Welham	02.45.46	1	
	57	56	582	OW	Natalie Van Blerk	02.46.17	1	
	58	57	581	OW	Claudia De Villiers	02.46.18	1	
	59	58	1045	OW	Snezana Vukicevic	02.48.11	1	
	60	59	588	OW	Hester Du Plessis	02.53.04	1	
	61	60	631	OW	Antoinette Dehrmann	02.53.50	1	
	62	61	619	OW	Sharleen Horn	02.54.00	1	
	63	62	614	OW	Jo-Ann Bishop	02.54.28	1	
	64	63	1044	OW	Elsabe Van Zyl	02.55.46	1	
	65	64	586	OW	Hester Oosthuizen	02.57.42	1	
	66	65	598	OW	Dawn Brudvig	03.02.40	1	
	67	66	1043	OW	Goretti Nunes	03.04.14	1	
	68	67	612	OW	Sulette Van Der Merwe	03.11.36	1	
	69	68	611	OW	Melanie Belcher	03.24.28	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Men 30km	1	1	681	JM	Nicholas Popich	01.10.46	1	
	2	1	441	OM	Rene Hedley	01.11.43	1	
	3	2	303	JM	Michael Van Der Walt	01.12.11	1	
	4	3	316	JM	Louis Van Wyk	01.12.42	1	
	5	4	321	JM	Christiaan De Beer	01.14.26	1	
	6	2	438	OM	Justin Tuck	01.15.24	1	
	7	3	937	OM	Byron Dawson	01.16.36	1	

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	All	Cat	No	Cat	Name	Time	Laps	Remarks
	8	4	442	OM	Mike Cronje	01.17.33	1	
	9	5	322	JM	Darian Knott	01.17.33	1	
	10	1	305	YM	Jano Labuschagne	01.17.34	1	
	11	1	690	JB	Dean Packham	01.19.36	1	
	12	2	309	YM	Louis Blom	01.20.00	1	
	13	6	663	JM	Niel Terblanche	01.20.08	1	
	14	5	340	OM	Tiaan Botha	01.20.24	1	
	15	6	1036	OM	Dewald Scholtz	01.20.32	1	
	16	3	1026	YM	Sheldon Stace	01.21.03	1	
	17	4	307	YM	Joshua Cronje	01.21.33	1	
	18	7	530	OM	Richard Archibald	01.21.50	1	
	19	7	1015	JM	Stefan Potgieter	01.22.16	1	
	20	8	318	JM	Jacques Theron	01.23.29	1	
	21	8	421	OM	Francois Buys	01.24.04	1	
	22	9	540	OM	Ian Kent	01.24.15	1	
	23	9	1020	JM	Steven Ellis	01.25.25	1	
	24	10	386	OM	Warrick Muller	01.26.21	1	
	25	11	352	OM	Francois Pienaar	01.26.45	1	
	26	12	436	OM	Salo Minnaar	01.27.10	1	
	27	13	368	OM	Grant Lawless	01.27.11	1	
	28	14	685	OM	Craig Sim	01.27.22	1	
	29	15	343	OM	Leon Du Plessis	01.27.54	1	
	30	16	672	OM	Digby Hoets	01.28.01	1	
	31	17	444	OM	Chris Van Biljon	01.28.24	1	
	32	18	692	OM	Krige Van Rooyen	01.28.27	1	
	33	10	323	JM	Michael Bullock	01.30.04	1	
	34	19	417	OM	Juan Van Der Merwe	01.30.07	1	
	35	20	454	OM	Marius De Kooker	01.30.15	1	
	36	21	504	OM	Jako Van Schalkwyk	01.31.00	1	
	37	22	1041	OM	Gerrit Van Der Merwe	01.31.01	1	
	38	23	448	OM	Nelis Gouws	01.31.03	1	
	39	24	945	OM	Jason Naude	01.31.11	1	
	40	25	470	OM	Dominey Alexander	01.31.24	1	
	41	26	369	OM	Jurgens Boshoff	01.32.06	1	
	42	27	336	OM	Gareth Sydney Davies	01.32.07	1	
	43	28	944	OM	Lubertus Herreveld	01.32.23	1	
	44	29	1032	OM	Cornelius Claassen	01.32.27	1	
	45	30	496	OM	Chris Papoutsis	01.33.26	1	
	46	31	507	OM	Nico Fowler	01.33.32	1	
	47	32	486	OM	Freddie Durow	01.33.34	1	
	48	33	403	OM	Paul Dennison	01.33.36	1	
	49	34	548	OM	Andrew Greenslade	01.33.37	1	
	50	35	494	OM	Herman Viljoen	01.33.39	1	
	51	36	1013	OM	Bruno Lopes	01.33.40	1	
	52	37	377	OM	Nico Strydom	01.33.42	1	
	53	38	445	OM	Dudley Turner	01.33.43	1	
	54	39	665	OM	Mark Taylor	01.33.49	1	
	55	40	355	OM	Adrian Storie	01.33.51	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	56	41	329	OM	Johann Kruger	01.34.10	1	
	57	42	561	OM	Attie Redpath	01.34.12	1	
	58	43	497	OM	Pieter Van Heerden	01.34.45	1	
	59	44	367	OM	Barry Janse Van Renburg	01.35.01	1	
	60	45	498	OM	Stephen Stanley	01.35.03	1	
	61	46	423	OM	Frederick Stevenson	01.35.05	1	
	62	47	401	OM	Chris Regel	01.35.21	1	
	63	48	648	OM	Neil Cowie	01.35.23	1	
	64	49	488	OM	Brian Packham	01.35.27	1	
	65	50	458	OM	Craig Rankin	01.35.29	1	
	66	51	374	OM	Hannes Meintjes	01.35.31	1	
	67	11	627	JM	Tiaan Morkel	01.35.37	1	
	68	52	487	OM	Kyle Pearce	01.35.47	1	
	69	53	538	OM	Pierre Oosthuizen	01.35.51	1	
	70	54	552	OM	Paul Van Niekerk	01.36.44	1	
	71	55	466	OM	Pieter Engelbrecht	01.36.45	1	
	72	56	560	OM	Ryno Meyer	01.37.18	1	
	73	57	946	OM	Riaan Robbeson	01.37.40	1	
	74	58	557	OM	Gary Visagie	01.37.45	1	
	75	59	942	OM	Jason Kozinsky	01.37.47	1	
	76	60	387	OM	Steve Cloete	01.37.50	1	
	77	61	528	OM	Helmuth Werner De Lange	01.38.18	1	
	78	12	315	JM	Johanie Bezuidenhout	01.38.34	1	
	79	62	359	OM	Gerrie Mentz	01.38.51	1	
	80	63	375	OM	Willem Meintjes	01.38.52	1	
	81	64	379	OM	Werner Van Der Westhuizen	01.38.56	1	
	82	65	689	OM	Jurgens Kapp	01.39.03	1	
	83	66	406	OM	Pieter Kruger Venter	01.39.04	1	
	84	67	378	OM	Danie Abbott	01.39.16	1	
	85	68	400	OM	Jonathan Marc Cornes	01.39.18	1	
	86	69	941	OM	Andre Nel	01.39.41	1	
	87	70	435	OM	Andrew Masters	01.39.44	1	
	88	71	687	OM	Peter Cooke	01.39.46	1	
	89	72	412	OM	Wayne Frattaroli	01.39.50	1	
	90	73	398	OM	Johan Gouws	01.39.57	1	
	91	74	431	OM	Neil Karg	01.40.57	1	
	92	75	1017	OM	Sayed Gamiet	01.41.00	1	
	93	76	459	OM	Malan De Villiers	01.41.05	1	
	94	77	434	OM	Patrick Cassarkis	01.41.15	1	
	95	78	450	OM	Carlos Agudo	01.41.22	1	
	96	5	312	YM	Bradley Pryer	01.41.26	1	
	97	79	447	OM	Joe Von Aulock	01.41.30	1	
	98	80	950	OM	Ryan Johnson	01.41.50	1	
	99	81	567	OM	Anton Roseler	01.42.05	1	
	100	82	1008	OM	David Gordon	01.42.31	1	
	101	83	506	OM	Grant Wainwright	01.42.42	1	
	102	84	551	OM	Gregory Albertus	01.43.24	1	
	103	85	437	OM	Louis Vorster	01.43.34	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	104	86	484	OM	Craig Kingham	01.43.43	1	
	105	2	1019	JB	Geoffrey Ellis	01.43.50	1	
	106	87	940	OM	Ben Steenkamp	01.44.09	1	
	107	88	1018	OM	Kobus Du Plooy	01.44.31	1	
	108	3	675	JB	Aaron Fleishman	01.45.41	1	
	109	89	381	OM	Adrian De Waal	01.45.47	1	
	110	90	660	OM	Adrian Fourie	01.45.48	1	
	111	13	317	JM	Heinrich Schoeman	01.46.03	1	
	112	91	536	OM	Pieter Oelofse	01.46.15	1	
	113	92	1014	OM	Paulo De Oliveira	01.46.19	1	
	114	93	354	OM	Constant Coetzee	01.46.34	1	
	115	94	390	OM	Ryan Shane Macnamara	01.46.37	1	
	116	95	532	OM	Jako Loots	01.46.39	1	
	117	96	358	OM	David De Villiers	01.46.41	1	
	118	97	424	OM	Kris Kibble	01.47.16	1	
	119	98	696	OM	Moses Tshibalanganda	01.47.20	1	
	120	99	480	OM	Joseph Pieterse	01.47.40	1	
	121	100	554	OM	Johan Gerenger	01.47.41	1	
	122	101	475	OM	Esmund Desai	01.47.45	1	
	123	102	659	OM	Wynand Theron	01.47.51	1	
	124	103	674	OM	Rynier Brandt	01.47.53	1	
	125	104	346	OM	Vaughn Schutte	01.47.54	1	
	126	105	531	OM	Misha Loots	01.48.12	1	
	127	106	416	OM	Mannie Levin	01.48.24	1	
	128	107	446	OM	Brian Webber	01.48.40	1	
	129	108	558	OM	Patrick Weber	01.48.55	1	
	130	109	339	OM	Nic Olsen	01.48.57	1	
	131	110	478	OM	Kevin Grenfell	01.48.58	1	
	132	111	1011	OM	Kobus Viljoen	01.49.20	1	
	133	112	461	OM	Marinus Groeneveld	01.49.31	1	
	134	4	1040	JB	Michael Moore	01.49.35	1	
	135	113	477	OM	Ricky Giannoccaro	01.49.48	1	
	136	114	414	OM	Adam Rampf	01.49.50	1	
	137	115	413	OM	Mark Langkilde	01.49.52	1	
	138	116	485	OM	Neale Forrest	01.50.12	1	
	139	117	541	OM	André Van Der Berg	01.50.40	1	
	140	118	510	OM	Derek Grahn	01.50.41	1	
	141	119	1031	OM	Ivan Turner	01.50.51	1	
	142	120	676	OM	David Fleishman	01.51.01	1	
	143	121	479	OM	Spiro Damaskinos	01.51.27	1	
	144	122	376	OM	Dirk Swart	01.51.30	1	
	145	123	555	OM	Willem Du Preez	01.51.32	1	
	146	124	525	OM	Vincent O'Mahony	01.52.04	1	
	147	14	1004	JM	Cameron Cullinan	01.52.07	1	
	148	125	492	OM	Jonathan Moss	01.52.11	1	
	149	126	481	OM	Jacque Coetzee	01.52.12	1	
	150	127	460	OM	Jj Taute	01.52.37	1	
	151	128	402	OM	Johan Kruger	01.52.37	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	152	129	661	OM	Stefan Van Der Watt	01.52.42	1	
	153	130	370	OM	Chett Carmichael	01.52.54	1	
	154	6	301	YM	Cameron Filen	01.53.08	1	
	155	131	327	OM	Leon Van Wyk	01.53.15	1	
	156	132	502	OM	Iain Conlan	01.53.40	1	
	157	133	547	OM	Matthew Tribe	01.53.42	1	
	158	134	493	OM	Freddie Eloff	01.53.44	1	
	159	135	1027	OM	Johann Vorster	01.53.47	1	
	160	136	521	OM	Jason Worman	01.53.52	1	
	161	137	520	OM	Bretton Worman	01.53.52	1	
	162	7	310	YM	Jared Tumiel	01.53.59	1	
	163	138	399	OM	Josef Arian	01.54.18	1	
	164	139	405	OM	Andre Moolman	01.54.31	1	
	165	140	408	OM	Gerrie Holtzhausen	01.54.31	1	
	166	141	443	OM	Leon Loots	01.54.44	1	
	167	142	508	OM	Mark Hocknell	01.54.47	1	
	168	143	433	OM	Earl Glennistor	01.55.07	1	
	169	144	467	OM	Johann Vorster	01.55.14	1	
	170	145	274	OM	John Smit	01.55.15	1	
	171	146	519	OM	Don Worman	01.55.18	1	
	172	147	353	OM	Mario Van Der Walt	01.55.21	1	
	173	148	553	OM	Rupert Groenewald	01.55.23	1	
	174	149	410	OM	Rheino Hickman	01.55.46	1	
	175	150	463	OM	Paul Mulder	01.55.47	1	
	176	151	1039	OM	Yaron Bernstein	01.55.51	1	
	177	152	457	OM	Reagile Moatshe	01.56.12	1	
	178	153	544	OM	Mpho Tshidzumba	01.57.11	1	
	179	154	425	OM	Sj Smit	01.57.13	1	
	180	8	302	YM	Hanno Oberholzer	01.58.00	1	
	181	155	513	OM	Adrian Hartnady	01.58.02	1	
	182	5	678	JB	Felix Rogotzki	01.58.05	1	
	183	156	334	OM	Jonathan Ling	01.58.13	1	
	184	157	432	OM	Shane Jordan	01.58.32	1	
	185	158	1023	OM	Deon Van Der Vyver	01.58.34	1	
	186	159	407	OM	Jd Koekemoer	01.58.54	1	
	187	160	697	OM	Alex Chinyamula	01.58.56	1	
	188	161	662	OM	Brendan Moore	01.59.04	1	
	189	162	667	OM	Morne Dodd	01.59.06	1	
	190	163	664	OM	Blaine Houpt	01.59.24	1	
	191	164	500	OM	Matthew Mccollum	01.59.26	1	
	192	9	313	YM	Bradley Taylor	01.59.44	1	
	193	165	422	OM	Jacques Du Plessis	01.59.53	1	
	194	166	533	OM	Regardt Cilliers	02.00.08	1	
	195	167	331	OM	Danie Fourie	02.00.10	1	
	196	168	278	OM	Clayton Gelman	02.00.15	1	
	197	169	482	OM	Rory Headon-Weeks	02.00.20	1	
	198	170	1006	OM	Bruce Campbell	02.00.23	1	
	199	171	1025	OM	C J B Loubser	02.00.33	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	200	172	277	OM	Colin Wheeler	02.00.51	1	
	201	173	490	OM	Jacques Van Niekerk	02.01.16	1	
	202	174	489	OM	Dylan Nielsen	02.01.17	1	
	203	175	366	OM	Anton Van Der Zwan	02.01.19	1	
	204	176	1003	OM	Willie Els	02.01.27	1	
	205	177	380	OM	Liaan Strydom	02.01.28	1	
	206	178	361	OM	Eduard Ferreira	02.01.30	1	
	207	179	373	OM	Johann Meintjes	02.02.40	1	
	208	180	469	OM	Ian Tumiel	02.02.55	1	
	209	181	345	OM	Thomas Viljoen	02.02.58	1	
	210	182	360	OM	Jeane Krugel	02.03.02	1	
	211	183	333	OM	Pieter Van Zyl	02.03.13	1	
	212	184	341	OM	Hano Coetzee	02.03.13	1	
	213	185	1037	OM	Mark Wilby	02.03.18	1	
	214	186	427	OM	Mateo Beukes	02.03.36	1	
	215	187	543	OM	Dirk Marais	02.03.50	1	
	216	188	342	OM	Pieter Hough	02.04.21	1	
	217	189	1010	OM	David Shapiro	02.04.30	1	
	218	190	522	OM	Dean Jakins	02.05.28	1	
	219	191	483	OM	John Oliver	02.05.31	1	
	220	192	464	OM	Andreas Stoeffler	02.05.35	1	
	221	193	939	OM	Barry Smit	02.05.38	1	
	222	194	330	OM	Rudolf Gouws	02.05.39	1	
	223	195	349	OM	Rudolph Jordaan	02.05.42	1	
	224	196	372	OM	Mauritz Botes	02.06.22	1	
	225	197	429	OM	Salomon Hendrik Pienaar	02.06.42	1	
	226	198	430	OM	Mg Van Niekerk	02.06.43	1	
	227	199	650	OM	Ian Preston	02.06.47	1	
	228	200	473	OM	Carel Kitching	02.06.51	1	
	229	201	324	OM	Jean-Pierre Erasmus	02.06.59	1	
	230	202	338	OM	Roland Aerts	02.07.00	1	
	231	203	465	OM	Quintin Zwanepoel	02.07.02	1	
	232	204	462	OM	Martin Van Heerden	02.07.04	1	
	233	205	1038	OM	Craig Summers	02.07.06	1	
	234	206	666	OM	Hannes Smit	02.07.42	1	
	235	207	389	OM	Andrew Dehrmann	02.07.45	1	
	236	208	276	OM	M S Van Blerk	02.07.56	1	
	237	209	391	OM	Joop Buhrs	02.07.59	1	
	238	210	1005	OM	Andre Greyvenstein	02.08.37	1	
	239	211	1007	OM	Rino Di Falco	02.08.37	1	
	240	212	499	OM	Andre Spies	02.08.49	1	
	241	213	419	OM	Andre Du Plessis	02.08.57	1	
	242	214	559	OM	Tony Quirk	02.09.18	1	
	243	215	357	OM	Harold Engelbrecht	02.09.27	1	
	244	216	335	OM	Heinrich Johan De Beer	02.09.28	1	
	245	217	468	OM	Giuseppe De Simone	02.09.40	1	
	246	218	517	OM	Stuart Mcchesney	02.09.41	1	
	247	219	495	OM	Jaap Muller	02.09.45	1	

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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	248	220	688	OM	Demar Du Plessis	02.09.49	1	
	249	221	947	OM	Rikus Janse Van Rensburg	02.09.52	1	
	250	222	695	OM	Criag Meadway	02.09.54	1	
	251	6	948	JB	Alfie Bosman	02.09.56	1	
	252	223	439	OM	James Ellis	02.10.01	1	
	253	224	440	OM	Brandon Tuck	02.10.03	1	
	254	225	371	OM	Hilton Combrinck	02.10.55	1	
	255	226	472	OM	George Williams	02.11.18	1	
	256	227	527	OM	Morne Simpson	02.11.20	1	
	257	228	537	OM	Daniel Erasmus	02.13.04	1	
	258	229	409	OM	Lourens Roux	02.13.27	1	
	259	230	693	OM	Jurgens Ruysenaers	02.13.31	1	
	260	231	539	OM	Deon Henn	02.13.36	1	
	261	232	529	OM	Matthew Metcalf	02.13.39	1	
	262	233	534	OM	Nathan Ferguson	02.15.47	1	
	263	234	1028	OM	Simon Jackson	02.16.01	1	
	264	235	474	OM	Craig Hallows	02.16.10	1	
	265	236	535	OM	Donovan Richards	02.16.46	1	
	266	237	1042	OM	Edwin Tait	02.16.59	1	
	267	238	455	OM	Dean Walter Alford	02.17.53	1	
	268	239	943	OM	Brett Praude	02.18.02	1	
	269	240	415	OM	Ryan Levin	02.18.15	1	
	270	241	657	OM	Pieter Klerck	02.18.32	1	
	271	242	397	OM	Les Flanagan	02.20.04	1	
	272	243	694	OM	Geoff Woodhead	02.20.22	1	
	273	244	279	OM	Oscar Grobler	02.21.37	1	
	274	7	673	JB	Prince Ndlovu	02.21.59	1	
	275	245	512	OM	Kenric Owen	02.22.23	1	
	276	246	404	OM	Martin Pretorius	02.22.29	1	
	277	247	505	OM	Ian Smit	02.23.39	1	
	278	248	671	OM	Graeme Bezuidenhout	02.23.41	1	
	279	249	670	OM	Martin Van Der Mescht	02.23.43	1	
	280	250	523	OM	Johan Van Staden	02.23.45	1	
	281	251	332	OM	Rudi De Villiers	02.23.50	1	
	282	252	393	OM	Quintis Du Preez	02.23.51	1	
	283	253	426	OM	Marius Scheepers	02.26.51	1	
	284	254	1024	OM	Andre Nortier	02.27.30	1	
	285	8	314	JB	Anton Barnard	02.27.31	1	
	286	255	362	OM	Buks Van Heerden	02.27.58	1	
	287	256	639	OM	John Higgins	02.28.30	1	
	288	257	395	OM	Donavan Phillips	02.28.42	1	
	289	258	396	OM	Gavin Phillips	02.28.44	1	
	290	15	319	JM	Thomas Lenauer	02.29.02	1	
	291	259	392	OM	Owetu Matshaya	02.29.29	1	
	292	260	347	OM	Malcolm Hutton	02.30.22	1	
	293	261	526	OM	Marc De Kock	02.30.41	1	
	294	262	325	OM	Sven Hansen	02.30.42	1	
	295	263	365	OM	Michael De Villiers	02.30.57	1	

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Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	296	264	418	OM	Andre Hurter	02.31.03	1	
	297	265	456	OM	Thomas Du Plessis	02.31.15	1	
	298	266	524	OM	Johan Van Wyk	02.31.44	1	
	299	267	503	OM	Pieter Havenga	02.31.45	1	
	300	268	449	OM	Jose Maia	02.31.46	1	
	301	269	668	OM	Jaco Nieuwoudt	02.32.04	1	
	302	270	501	OM	Louis Du Plessis	02.32.08	1	
	303	271	453	OM	Charl Cilliers	02.32.50	1	
	304	10	691	YM	Rian Duvenhage	02.32.57	1	
	305	272	356	OM	Thomas Ferreira	02.33.00	1	
	306	273	350	OM	Riaan Oosthuizen	02.33.01	1	
	307	274	382	OM	Thabo Ntseare	02.34.07	1	
	308	275	344	OM	Lee Engelbrecht	02.34.10	1	
	309	276	291	OM	Dion Dyers	02.34.43	1	
	310	277	516	OM	Martin Cronje	02.34.56	1	
	311	278	683	OM	Clinton Esterhuizen	02.35.08	1	
	312	279	545	OM	Lufuno Manngo	02.35.24	1	
	313	280	1001	OM	Tony Pearson	02.36.46	1	
	314	281	651	OM	Justin Hobday	02.36.58	1	
	315	282	653	OM	Andrew Rogers	02.36.59	1	
	316	283	388	OM	Gerhard Van Der Westhuizen	02.38.47	1	
	317	284	420	OM	Louis Relihan	02.42.33	1	
	318	285	411	OM	Damian Meerholz	02.42.35	1	
	319	286	351	OM	Carlos Morais	02.42.50	1	
	320	287	556	OM	Vincent Smith	02.43.57	1	
	321	288	550	OM	Gerard Bothma	02.46.51	1	
	322	289	656	OM	Victor De Bruyn	02.46.54	1	
	323	290	679	OM	Andre Mcpherson	02.48.52	1	
	324	291	576	OM	James Delaport	02.53.52	1	
	325	292	491	OM	Bishop Beorn	02.54.30	1	
	326	9	304	JB	Janco Rademeyer	02.59.12	1	
	327	293	577	OM	Craig Taylor	03.01.28	1	
	328	294	385	OM	Chris Roos	03.16.05	1	
	329	10	677	JB	Max Rogotzki	03.19.44	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Fun Women 10km	1	1	1022	FW	Marili Munnik	00.26.41	1	
	2	2	843	FW	Carna Boshoff	00.26.46	1	
	3	3	846	FW	Michelle Moreland	00.26.52	1	
	4	4	838	FW	Nerina De Villiers-Viljoen	00.27.16	1	
	5	5	883	FW	Karin Smit	00.27.20	1	
	6	6	870	FW	Gemma Shales	00.30.19	1	
	7	7	890	FW	Taryn Harrington	00.30.25	1	
	8	8	840	FW	Kim Newell	00.30.49	1	
	9	9	876	FW	Susan Brandt	00.31.04	1	
	10	10	792	FW	Andrea De Waal	00.31.22	1	
	11	11	841	FW	Talitha Le Roux	00.31.28	1	
	12	12	886	FW	Dominic Van De Reede	00.31.34	1	
	13	13	861	FW	Shannon Phillips	00.32.05	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	14	14	848	FW	Gizelle Regel	00.34.30	1	
	15	15	862	FW	Elma Pelser	00.34.55	1	
	16	16	858	FW	Andrea Allan	00.35.12	1	
	17	17	845	FW	Mandie Botes	00.35.57	1	
	18	18	871	FW	Hanlie Theron	00.36.12	1	
	19	19	853	FW	Lauren Mallet-Veale	00.36.15	1	
	20	20	1012	FW	Edyta Gordon	00.36.35	1	
	21	21	857	FW	Louise Human	00.36.38	1	
	22	22	1009	FW	Mandy Gordon	00.36.46	1	
	23	23	285	FW	Angie Nisbet	00.37.09	1	
	24	24	869	FW	Deriane Leigh Damen	00.37.38	1	
	25	25	851	FW	Antonette Loots	00.37.40	1	
	26	26	789	FW	Dheben Lourens	00.38.00	1	
	27	27	1035	FW	Loretta Robertson	00.38.02	1	
	28	28	795	FW	Jessica Phillips	00.38.18	1	
	29	29	839	FW	Astrid Schutte	00.39.06	1	
	30	30	852	FW	Wendy Groth	00.39.53	1	
	31	31	856	FW	Samantha Choles	00.40.39	1	
	32	32	854	FW	Carey-Ann Potgieter	00.40.53	1	
	33	33	842	FW	Este Engelbrecht	00.41.52	1	
	34	34	791	FW	Michelle De Beer	00.42.38	1	
	35	35	800	FW	Mikyla Griesel	00.43.12	1	
	36	36	837	FW	Yolanda De Beer	00.43.17	1	
	37	37	794	FW	Georgy Turner	00.46.09	1	
	38	38	797	FW	Caroline Mack	00.46.18	1	
	39	39	885	FW	Mariette Van De Reede	00.46.22	1	
	40	40	796	FW	Jolene Muller	00.46.24	1	
	41	41	849	FW	Jade Farrell	00.46.57	1	
	42	42	821	FW	Anandi De Klerk	00.46.59	1	
	43	43	882	FW	Samantha De Sousa	00.47.10	1	
	44	44	880	FW	Ronel De Bruin	00.47.46	1	
	45	45	836	FW	Linda Erasmus	00.47.49	1	
	46	46	290	FW	Annelise Leopard	00.47.57	1	
	47	47	292	FW	Joanne Jordan	00.48.03	1	
	48	48	844	FW	Cara Woollacott	00.51.40	1	
	49	49	860	FW	San-Mari Lourens	01.02.54	1	
	50	50	799	FW	Chane Griesel	01.03.31	1	
	51	51	273	FW	Chantal Griesel	01.04.36	1	
	52	52	289	FW	Merle Graham	01.22.59	1	
	53	53	288	FW	Debbie Dyers	01.23.01	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Fun Men 10km	1	1	1021	FM	Andrew Munnik	00.25.04	1	
	2	2	888	FM	Kurt Swart	00.25.06	1	
	3	3	1030	FM	Handre Scheepers	00.25.06	1	
	4	4	1029	FM	Anton Scheepers	00.25.08	1	
	5	5	887	FM	Anton Van De Reede	00.25.39	1	
	6	6	790	FM	Ricardo Blom	00.25.47	1	
	7	7	1016	FM	Justin Van Der Spuy	00.26.21	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	8	8	892	FM	Tyler Harrington	00.26.22	1	
	9	9	889	FM	Jody Harrington	00.26.26	1	
	10	10	878	FM	Daniel Fleishman	00.26.40	1	
	11	11	804	FM	Kyle Mchugh	00.26.47	1	
	12	12	1049	FM	Pierre Van Rooyen	00.26.49	1	
	13	13	817	FM	Simon Chalker	00.26.55	1	
	14	14	884	FM	Alexander Wohnritz	00.27.18	1	
	15	15	778	FM	Francois Terblanche	00.28.31	1	
	16	16	891	FM	Clifford Clur	00.29.00	1	
	17	17	874	FM	Nathan Fourie	00.29.03	1	
	18	18	773	FM	Michael De Beer	00.29.05	1	
	19	19	879	FM	Christoffel De Bruin	00.29.39	1	
	20	20	801	FM	Etienne Le Roux	00.30.00	1	
	21	21	803	FM	Bradley Markides	00.30.26	1	
	22	22	811	FM	Jaco Snel	00.31.03	1	
	23	23	814	FM	Marc Giannocccaro	00.31.06	1	
	24	24	875	FM	Gebard Brandt	00.31.09	1	
	25	25	776	FM	Ryan Engelbrecht	00.31.11	1	
	26	26	781	FM	Tyrone Flanagan	00.31.38	1	
	27	27	785	FM	Johan Swart	00.31.59	1	
	28	28	828	FM	Mathew Battson	00.32.01	1	
	29	29	818	FM	Anru Pieterse	00.32.30	1	
	30	30	831	FM	Machiel Pelser	00.32.45	1	
	31	31	815	FM	Nick Campbell	00.32.46	1	
	32	32	306	FM	Dylan Carroll	00.33.21	1	
	33	33	774	FM	Keyan A'Bear	00.33.23	1	
	34	34	384	FM	Donovan Carroll	00.33.26	1	
	35	35	802	FM	Ross A'Bear	00.33.28	1	
	36	36	805	FM	Ian Nel	00.33.32	1	
	37	37	806	FM	David Samson	00.33.50	1	
	38	38	779	FM	Matthew De Waal	00.34.03	1	
	39	39	1034	FM	John Robertson	00.34.06	1	
	40	40	824	FM	Bertie Van Der Walt	00.34.52	1	
	41	41	830	FM	Christo Pelser	00.34.54	1	
	42	42	783	FM	Wiahn Nel	00.35.26	1	
	43	43	877	FM	James Delaport	00.35.28	1	
	44	44	810	FM	Louis De Jager	00.35.31	1	
	45	45	1033	FM	Jonathan Dennison	00.35.40	1	
	46	46	822	FM	Nico Human	00.36.40	1	
	47	47	1048	FM	Martin Fourie	00.36.50	1	
	48	48	807	FM	Colin Woollacott	00.36.55	1	
	49	49	873	FM	Ricus Terblanche	00.38.26	1	
	50	50	872	FM	Jaco Terblanche	00.38.28	1	
	51	51	893	FM	John Thomas	00.40.35	1	
	52	52	816	FM	Nathan Potgieter	00.40.55	1	
	53	53	827	FM	Jabulani Cele	00.41.06	1	
	54	54	786	FM	Jurrien Muller	00.41.13	1	
	55	55	788	FM	Duncan Lewis	00.41.31	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	56	56	825	FM	Charl Lewis	00.41.33	1	
	57	57	777	FM	Gavin Engelbrecht	00.41.35	1	
	58	58	834	FM	De Wet Smit	00.43.15	1	
	59	59	784	FM	Waldo Swart	00.44.00	1	
	60	60	820	FM	Willie Swart	00.44.02	1	
	61	61	787	FM	Damon Mack	00.46.12	1	
	62	62	780	FM	Henro Van Eeden	00.46.20	1	
	63	63	823	FM	Dennis Mack	00.46.32	1	
	64	64	813	FM	Stefan Hendriksz	00.46.55	1	
	65	65	812	FM	Jaco Oosthuzien	00.46.56	1	
	66	66	881	FM	Roger De Sousa	00.47.12	1	
	67	67	293	FM	Stephan Klopper	00.47.56	1	
	68	68	287	FM	Ron Graham	01.00.17	1	
	69	69	1047	FM	Dheben Lourens	01.02.55	1	
	70	70	826	FM	Chris Lourens	01.02.57	1	
	71	71	835	FM	Charles Musto	01.03.40	1	
	72	72	782	FM	Adriaan Hanekom	01.23.09	1	
	73	73	809	FM	Phillip Hanekom	01.23.11	1	