

Position	Time	Race Number	Name	Surname	Gender	Cat
1	8:52	214	Nico	Schoeman	M	V
2	10:42	198	Jacques	Mouton	M	O
3	10:57	182	Herman	Fourie	M	V
4	11:28	199	Michael	Nash	M	O
5	12:01	235	Samuel	Luqongo	M	O
5	12:02	195	Grant	Marcus	M	V
5	12:02	189	Natasja	Kask	F	V
8	12:23	167	Karen	Behrens	F	O
8	12:23	174	Neil	Classens	M	O
10	12:27	179	Gerhard	Dobie	M	V
11	12:56	233	Ian	Smith	M	M
12	13:22	175	Richard	Colburn	M	O
12	13:22	207	Jamie	Owen	M	O
14	13:26	181	Hendri	duPlessis	M	O
15	13:47	223	JP	Van der Merwe	M	O
16	14:06	196	Alan	Mildenhall	M	O
17	14:12	165	Nic	Barnes	M	V
17	14:13	166	Kate	Barnes	F	V
19	14:16	209	Carsten	Brake	M	O
20	14:25	193	Caley	Loots	F	O
20	14:25	194	Jurie	Loots	M	O
22	14:31	208	Melvyn	Quan	M	V
23	15:08	217	Werner	Slabbert	M	O
24	15:13	216	Ben	Samwell	M	O
25	15:35	227	Willemien	van Zyl	F	O
26	15:36	169	Natalie	Black	F	V
27	15:43	218	Jon	Smallie	M	V
28	16:05	173	Les	Bryson	M	V
29	16:31	186	Kyle	Lucas	M	O
30	16:54	170	Chantelle	Booyesen	F	O
30	16:54	210	Fred	Richardson	M	M
30	16:54	163	Angie	Badenhorst	F	O
33	17:08	224	Jason	van der walt	M	O
33	17:08	219	Matthew	Smit	M	O
35	17:14	183	Peter	Gibson	M	O
35	17:14	220	Thomas	Smit	M	O
37	17:20	211	Marizanne	Roeland	F	O
38	17:38	180	Wessel	du Plessis	M	O
39	17:41	178	Gerhardus	de Klerk	M	O
40	17:49	185	Hannru	Haupt	M	O
40	17:49	171	Graham	Botha	M	O
42	17:57	176	Henri	Conradie	M	O
42	17:57	204	Tonie	O'Reilly	M	O
44	18:00	231	Ian	Weideman	M	O
45	20:11	203	Annari	Ooshuysen	F	O