

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
OVERALL Men 28km	1	1	330	SVL	Oriole	Bolus	02.16.00	
	2	2	321	SVL	Cobus	Van Dyk	02.36.54	
	3	3	327	SVL	Jacques	Lochner	02.38.43	
	4	1	320	MML	Anton	Hunt	03.00.46	
	5	1	322	SML	Francois	Neethling	03.01.42	
	6	1	329	VML	Pieter	Du Toit	03.22.49	
	7	2	314	SML	Johan	Prinsloo	03.26.36	
	8	2	325	VML	Jacques	Roux	04.10.17	
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
OVERALL Women 28km	1	1	331	SXL	Naomi	Potgieter	03.06.09	
	2	1	319	MWL	Nicolette	Brouwer	03.08.01	
	3	2	332	SXL	Heather	D'Alton	03.21.10	
	4	3	333	SXL	Lani	Van Der Merwe	03.26.36	
	5	1	328	VWL	Ankia	Du Toit	03.53.59	
	6	2	334	MWL	Magda	Lach	04.02.37	
	7	2	324	VWL	Jeanne-Mari	Roux	04.10.17	
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
OVERALL Men 18km	1	1	157	SMM	Greig	Jansen	01.55.56	
	2	2	153	SMM	Barend	Smit	01.56.24	
	3	1	155	YMM	Janco	Fourie	01.56.26	
	4	3	148	SMM	Mike	Dumaresq	01.57.22	
	5	4	131	SMM	Steven	Turton	02.01.36	
	6	5	141	SMM	Jacques	Van Rensburg	02.02.41	
	7	1	139	GMM	Richard	Osrin	02.06.27	
	8	6	150	SMM	Stefan	Steenkamp	02.08.31	
	9	7	156	SMM	Theo	Van Niekerk	02.16.35	
	10	8	149	SMM	Barend	Bezuidenhout	02.16.59	
	11	2	129	GMM	Jeromy	Van Zyl	02.36.39	
	12	9	142	SMM	Moose	Burger	02.50.50	
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
OVERALL Women 18km	1	1	137	SWM	Janine	Sieberhagen	02.14.24	
	2	2	152	SWM	Maricia	Le Roux	02.22.48	
	3	3	147	SWM	Liesl	Paul	02.25.23	
	4	4	135	SWM	Margeaux	Burger	02.57.27	
	5	5	134	SWM	Anneliese	Korsch	02.57.50	
	6	6	138	SWM	Cornelia	Giliomee	03.00.39	
	7	7	140	SWM	Annelize	King	03.02.51	
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
OVERALL Men 8km	1	1	589	FM	Anton	Neethling	00.38.30	
	2	2	544	FM	Ruan	Yacumakis	00.38.48	

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks	
OVERALL Men 8km	3	3	559	FM	Hugo	Brink	00.38.51		
	4	4	585	FM	Jason	Strydom	00.41.24		
	5	5	583	FM	Waldo	Van Der Merwe	00.43.02		
	6	6	536	FM	Schalk	Van Der Walt	00.44.29		
	7	7	552	FM	Conrad	De Klerk	00.46.50		
	8	8	521	FM	Clifford	Van Ass	00.48.00		
	9	9	575	FM	Stefan	Fourie	00.48.43		
	10	10	594	FM	Felix	Le Roux	00.48.57		
	11	11	587	FM	Andrew	Nixon	00.49.20		
	12	12	584	FM	Simeon	Kruger	00.50.14		
	13	13	568	FM	Riaan	De Klerk	00.51.12		
	14	14	528	FM	Ruhan	Slabbert	00.52.23		
	15	15	543	FM	Philip	Meiring	00.53.04		
	16	16	554	FM	Emile	De Klerk	00.58.59		
	17	17	553	FM	Hellmut	Bowles	00.59.00		
	18	18	518	FM	Chris	Groenewald	01.03.08		
	19	19	590	FM	Johan	De Klerk	01.09.34		
	20	20	523	FM	Jeanette	Martheze	01.12.10		
	21	21	525	FM	Jean	Martheze	01.13.32		
	22	22	547	FM	Dave	Kleinhaus	01.32.54		
	23	1	591	NB	Tristan	Neethling	01.33.04		
	Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
	OVERALL Women 8km	1	1	588	FW	Nadia	Turton	00.39.23	
2		2	555	FW	Gina	De Klerk	00.43.33		
3		3	519	FW	Samantha	Vietri	00.45.58		
4		4	561	FW	Petro	Neethling	00.47.04		
5		5	586	FW	Kayla	Schreiber	00.50.14		
6		6	595	FW	Elizabeth	Vermeulen	00.51.31		
7		7	573	FW	Tiffany	Onderstall	00.52.18		
8		8	592	FW	Eva	Van Niekerk	00.53.30		
9		9	542	FW	Bernice	Drake	00.54.06		
10		10	522	FW	Karen	Mossmer	00.58.31		
11		11	540	FW	Anet	Ahern	01.02.02		
12		12	574	FW	Sophia	Louw	01.02.16		
13		13	520	FW	Nandi	Joubert	01.02.16		
14		14	517	FW	Louisa	Groenewald	01.03.07		
15		15	550	FW	Debbie	Lillie	01.04.12		
16		16	551	FW	Nicky	Cosgreave	01.04.12		
17		17	560	FW	Ansu	Rossouw	01.04.34		
18		18	557	FW	Colette	Lock	01.04.39		

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Remarks
OVERALL Women 8km	19	19	567	FW	Danelle	De Klerk	01.05.04	
	20	20	529	FW	Liani	Swanepoel	01.06.15	
	21	21	571	FW	Ailda	Swart	01.06.52	
	22	22	572	FW	Lizanne	Lourens	01.06.52	
	23	23	530	FW	Kathleen	Korb	01.13.23	
	24	24	524	FW	Amanda	Martheze	01.13.31	
	25	25	563	FW	Cherie	Schlebusch	01.17.24	
	26	26	558	FW	Christelle	Swart	01.18.00	
	27	27	566	FW	Coreen	Liebenberg	01.18.00	
	28	28	556	FW	Jakkie	Pretorius	01.19.38	
	29	1	565	SG	Zanie	Neethling	01.22.00	
	30	29	545	FW	Kimmy-Li	Yacumakis	01.22.38	
	31	30	548	FW	Belinda	Roos	01.22.48	
	32	31	546	FW	Theresa	Kleinhaus	01.32.57	
33	32	593	FW	Shirley	Hossack	01.42.18		