

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Women 10km	1	1	888	SG	Cyanda	Bekker	00.33.44	
	2	1	920	FW	Danieka	Bekker	00.37.15	
	3	2	908	FW	Sandgiso	Gumede	00.38.51	
	4	2	876	SG	Libby	Ralfe	00.41.41	
	5	1	811	AG	Evie	Ralfe	00.47.14	
	6	1	858	NG	Hayley	Hoy	00.48.59	
	7	3	878	SG	Precious	Jele	00.50.54	
	8	3	899	FW	Dorothy	Wilson	00.52.41	
	9	2	802	AG	Lara	Heenan	00.53.02	
	10	3	835	AG	Lara	Janse Van Rensburg	00.53.05	
	11	4	896	FW	Mariaan	Janse Van Rensburg	00.53.09	
	12	5	902	FW	Lee Ann	Heenan	00.53.14	
	13	2	861	NG	Bernice	Kimber	00.55.45	
	14	6	916	FW	Teresa	Rehmeyer	00.58.16	
	15	3	867	NG	Chloe	Nilsen	00.58.54	
	16	4	831	AG	Lacey	Mckenzie	00.59.41	
	17	4	890	SG	Phathokuhle	Dlamini	01.00.14	
	18	5	834	AG	Sierra	Nilsen	01.01.53	
	19	5	883	SG	Jessica	Kimber	01.05.12	
	20	7	914	FW	Britta	Pfeiffer	01.05.14	
	21	4	919	NG	Sethu	Dlamini	01.05.45	
	22	6	884	SG	Owethu	Lukhele	01.05.59	
	23	5	865	NG	Kupello	Manyatsi	01.06.12	
	24	6	804	NG	Kayla	Willmott	01.06.34	
	25	8	904	FW	Linda	Hoy	01.10.58	
	26	6	819	AG	Sune	Botha	01.11.16	
	27	7	845	AG	Lilly	Albrecht	01.13.20	
	28	9	913	FW	Kirsty	Jones	01.14.21	
	29	7	853	NG	Rebekah	Clarke	01.14.44	
	30	8	824	AG	Shannon	Nemes	01.15.29	
	31	10	917	FW	Lucy	Nemes	01.15.32	
	32	8	887	NG	Siboninkhosi	Methula	01.17.26	
	33	9	825	AG	Tema	Hlophe	01.23.43	
	34	9	864	NG	Elizma	Venter	01.24.20	
	35	11	912	FW	Ingrid	Clarke	01.24.33	
	36	10	826	AG	Nonglebo	Methula	01.24.37	
	37	11	807	AG	Sihlelelwe	Shongwe	01.24.53	
	38	12	805	AG	Aimee	Willmott	01.27.00	
	39	13	829	AG	Lusukoluhle	Mavuso	01.45.29	
	40	10	860	NG	Lusanda	Dlamini	01.46.23	

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Men 10km	1	1	871	NB	Lago	Mamba	00.35.38	
	2	2	856	NB	Swelihle	Gamede	00.35.44	
	3	1	875	SB	Vuyelwa	Mzileni	00.36.04	
	4	2	886	SB	Sakhelo	Mamba	00.37.34	
	5	3	872	SB	Corne	Venter	00.37.38	
	6	1	815	AB	Romeo	Jele	00.37.40	
	7	3	862	NB	Lihle	Mkhatswha	00.38.22	
	8	4	854	NB	Cameron	Heenan	00.39.59	
	9	4	892	SB	Ntandoyenkos	Dlamini	00.41.32	
	10	5	857	NB	Sivuyile	Gulwako	00.41.58	
	11	2	855	AB	Bambata	Gumede	00.42.49	
	12	6	870	NB	Yenzile	Mkhonta	00.42.52	
	13	5	879	SB	Sinemphilo	Gulwako	00.42.55	
	14	7	808	NB	Dave	Kugara	00.44.23	
	15	6	894	SB	Bakhe	Mdluli	00.48.50	
	16	8	869	NB	Cebolenkhosi	Dlamini	00.48.53	
	17	9	863	NB	Graeme	Spear	00.49.14	
	18	3	822	AB	David	Pfeiffer	00.49.46	
	19	1	915	FM	Tobias	Pfeiffer	00.49.48	
	20	7	891	SB	Sihlelelwe	Matsebula	00.51.41	
	21	4	828	AB	Diaan	Roos	00.53.12	
	22	5	801	AB	Rowan	Kay	00.53.38	
	23	2	895	FM	Alex	Kay	00.53.41	
	24	6	844	AB	Yakhile	Mkhonta	00.54.12	
	25	8	889	SB	Phumelele	Nkonyane	00.56.51	
	26	3	921	FM	Alakhe	Nkambule	00.58.13	
	27	7	816	AB	Owethu	Dube	00.59.06	
	28	8	846	AB	Noah	Albrecht	00.59.36	
	29	4	924	FM	Thomas	Albrecht	00.59.39	
	30	9	868	AB	Akhiwe	Mzileni	01.01.36	
	31	10	813	AB	Chris	Horn	01.01.39	
	32	5	907	FM	Joao	Cardoso	01.03.19	
	33	11	842	AB	Viwe	Matsebula	01.03.35	
	34	10	897	NB	Vuyo	Dhliwayo	01.04.14	
	35	12	818	AB	Caleb	Clarke	01.05.02	
	36	6	900	FM	Greg	Clarke	01.05.05	
	37	13	821	AB	Lucas	Pfeiffer	01.05.11	
	38	14	847	AB	James	Springorum	01.07.07	
	39	15	848	AB	Nicholas	Springorum	01.07.08	

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Men 10km	40	7	898	FM	Brian	Springorum	01.07.10	
	41	9	893	SB	Sizwe	Khumalo	01.08.13	
	42	16	843	AB	Bakhona	Mdluli	01.08.15	
	43	17	850	AB	Travis	Mavhenge	01.08.24	
	44	8	911	FM	John	Spear	01.08.39	
	45	18	836	AB	Xander	Steenkamp	01.09.40	
	46	9	901	FM	Jan-Hendrik	Botha	01.11.18	
	47	10	923	FM	Alex	Albrecht	01.13.23	
	48	19	820	AB	Ethan	Jones	01.14.24	
	49	20	810	AB	Awandze	Nkambole	01.15.02	
	50	21	830	AB	Carter	Mckenzie	01.15.55	
	51	22	833	AB	Fezokuhle	Shabalala	01.23.11	
	52	11	905	FM	Shaun	Willmott	01.27.02	
	53	23	837	AB	Sibemusa	Dlamini	01.39.43	
54	24	832	AB	Ganwayinkosi	Mhlanga	01.42.01		
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Women 23km	1	1	605	JG	Jessica	Svacha	00.51.30	
	2	1	642	OVS	Keana	Toepfer	01.01.24	
	3	2	604	JG	Kyla	Webb	01.01.27	
	4	2	655	OVS	Joan	Mountjoy	01.05.16	
	5	3	658	OVS	Raquel	Thomson	01.06.18	
	6	3	619	JG	Nicole	Raba	01.12.23	
	7	4	637	OVS	June	Mckenzie	01.13.00	
	8	5	664	OVS	Shirley	Saulus	01.13.36	
	9	4	601	JG	Joelle	Thomson	01.13.45	
	10	6	680	OVS	Pepsie	Matsenjwa	01.14.42	
	11	7	696	OVS	Jacolien	Slabbert	01.14.46	
	12	8	632	OVS	Annett	Schwichtenberg	01.15.27	
	13	9	656	OVS	Cara	Breero	01.15.35	
	14	5	714	JG	Eryn	Webb	01.17.54	
	15	10	647	OVS	Megan	Becker	01.17.56	
	16	11	654	OVS	Marlise	Greyling	01.19.31	
	17	12	715	OVS	Luaya	Cardoso	01.20.34	
	18	13	665	OVS	Khosi	Dlamini	01.21.10	
	19	14	652	OVS	Mary	Van Der Berg	01.21.26	
	20	15	653	OVS	Jolinda	Botha	01.21.38	
	21	16	657	OVS	Sonia	Rocha	01.21.42	
	22	17	667	OVS	Carla	Cabrita	01.23.22	
	23	18	638	OVS	Ankia	Karpakis	01.23.43	
	24	19	633	OVS	Nicole	Erlendsson	01.24.12	

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Women 23km	25	20	685	OWS	Glenoa	Holman	01.24.22	
	26	21	631	OWS	Patti	Baxter	01.24.23	
	27	22	718	OWS	Dolly	Ndlangamandle	01.30.53	
	28	23	640	OWS	Viki	Dornbrack	01.32.48	
	29	24	695	OWS	Silke	Felton	01.33.00	
	30	25	705	OWS	Kim	Springorum	01.38.26	
	31	26	674	OWS	Herina	Pretorius	01.41.06	
	32	6	606	JG	Claudia	Fernandes	01.42.28	
	33	27	678	OWS	Delicia	Viljoen	01.43.03	
	34	28	702	OWS	Fikile	Mduli	01.46.19	
	35	29	639	OWS	Hilary	Coombe	01.47.03	
	36	30	659	OWS	Petrichia	Carelsen	02.00.19	
	37	31	677	OWS	Jeandre	Pretorius	02.00.27	
	38	32	676	OWS	Anneliza	Lightfoot	02.00.31	
	39	33	662	OWS	Yael	Uzan-Tidhar	02.03.09	
	40	34	688	OWS	Nobohle	Dlamini	02.14.41	
	41	35	689	OWS	Gugu	Mamba	02.25.31	
	42	36	682	OWS	Dumsile	Dlamini	02.41.44	
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Men 23km	1	1	614	JB	Jared	Faul	00.51.28	
	2	1	673	OMS	Bhekisisa	Dludlu	00.54.01	
	3	2	649	OMS	Sibusiso	Gama	00.57.27	
	4	2	613	JB	Malik	Mcnamara	00.58.23	
	5	3	608	JB	Christiaan	Van Den Heever	00.58.50	
	6	3	650	OMS	Chris	Van Den Heever	00.58.52	
	7	4	661	OMS	Bonginkhosi	Madonsela	00.59.35	
	8	4	607	JB	Luke	Breero	00.59.37	
	9	5	690	OMS	Sibusiso	Matsebula	01.00.55	
	10	5	620	JB	Cameron	Geldard	01.01.07	
	11	6	629	OMS	Anthony	Geldard	01.01.08	
	12	6	622	JB	Logan	Cory	01.04.23	
	13	7	694	OMS	Lungelo	Nkhambule	01.06.10	
	14	8	670	OMS	Graham	Kimber	01.06.14	
	15	7	609	JB	Nkosivile	Malandula	01.11.06	
	16	9	668	OMS	Nic	Cory	01.13.25	
	17	10	663	OMS	Luke	Dlamini	01.13.28	
	18	8	616	JB	Nielen	Greyling	01.14.13	
	19	9	707	JB	Jake	Lovely	01.14.16	
	20	11	686	OMS	Winstom	Holman	01.15.32	
	21	12	697	OMS	Simon	Boycott	01.17.01	

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Men 23km	22	10	621	JB	Sphiwosenkos	Kunene	01.17.52	
	23	13	704	OMS	Kwanele	Matsenjwa	01.19.51	
	24	14	666	OMS	Adrianus	De Koning	01.20.21	
	25	15	671	OMS	Kenneth	Rothmann	01.21.25	
	26	16	646	OMS	Fernando	Rocha	01.21.41	
	27	17	691	OMS	Boy	Mlotshwe	01.21.53	
	28	18	699	OMS	Semukelo	Msibi	01.23.18	
	29	19	681	OMS	Daran	Rehmeyer	01.26.22	
	30	11	625	JB	Alakhe	Mazia	01.26.52	
	31	20	706	OMS	Francis	Henn	01.27.00	
	32	12	710	JB	Graham	Sparham	01.28.59	
	33	21	645	OMS	Deon	Janse Van Rensburg	01.29.44	
	34	22	641	OMS	Barry	Dornbrack	01.32.50	
	35	23	660	OMS	Steven	Nemes	01.32.55	
	36	13	708	JB	Andrew	Nemes	01.32.57	
	37	24	684	OMS	Thembinkosi	Dlamini	01.36.37	
	38	14	610	JB	Daniel	Barbosa	01.41.09	
	39	25	716	OMS	Oswaldo	Lista	01.42.26	
	40	15	711	JB	Michael	Sparham	01.42.39	
	41	26	703	OMS	Wayne	Sparham	01.42.41	
	42	27	675	OMS	Jorge	Carreira	01.43.20	
	43	28	627	OMS	Elli	Erlendsson	01.47.28	
	44	16	709	JB	Wihan	Roux	01.51.35	
	45	29	717	OMS	Willie	Roux	01.51.38	
	46	30	636	OMS	Philip	Pretorius	01.52.32	
	47	31	687	OMS	Malvern	Singo	01.54.38	
	48	17	713	JB	Yotam	Uzan	02.03.06	
	Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time
ALL Women 42km	1	1	415	VWM	Johlene	Faul	01.50.34	
	2	1	531	MWM	Karin	Prozesky	01.55.12	
	3	2	411	VWM	Linda	Loffler	01.56.16	
	4	2	463	MWM	Lucinda	Bride	01.57.58	
	5	3	517	MWM	Lesley	Foss	01.59.20	
	6	3	408	VWM	Cynthia	Bekker	02.03.13	
	7	1	377	SXM	Kristien	Velding	02.03.27	
	8	4	413	VWM	Janine	Geldard	02.05.34	
	9	2	348	SXM	Diane	Webb	02.05.56	
	10	1	312	SWM	Jana	Jordaan	02.10.19	
	11	4	527	MWM	Tracy	Ogg	02.12.54	
	12	5	422	VWM	Beth	Svacha	02.14.59	

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status	
ALL Women 42km	13	6	438	VWM	Beverley	Raba	02.15.35		
	14	7	412	VWM	Tina	Lovely	02.17.36		
	15	3	384	SXM	Mimi	Smit	02.20.15		
	16	4	449	SXM	Jennifer	Boyd	02.21.19		
	17	8	432	VWM	Fiona	Ralfe	02.21.34		
	18	9	427	VWM	Ohmar	Fernandes	02.23.42		
	19	10	423	VWM	Maria	Hilse	02.26.04		
	20	5	373	SXM	Lyla	Berman	02.26.42		
	21	11	420	VWM	Cordelia	Henwood	02.28.22		
	22	12	446	VWM	Kirstie	Van Rensburg	02.28.24		
	23	6	388	SXM	Lucy	Mckenzie	02.28.28		
	24	5	465	MWM	Liz	Simon	02.29.02		
	25	13	433	VWM	Mandisa	Simelane	02.33.01		
	26	7	372	SXM	Emmarenthia	Roos	02.33.50		
	27	2	325	SWM	Steffie	Marais	02.38.10		
	28	1	511	GWM	Alisan	Evans	02.39.11		
	29	2	500	GWM	Mary	Mardall	02.41.39		
	30	8	352	SXM	Jenna	Lee	02.42.20		
	31	14	409	VWM	Sarah-Jane	Thomson	02.42.53		
	32	3	505	GWM	Mary	Thomson	02.46.15		
	33	15	430	VWM	Kathleen	Svacha	02.46.17		
	34	9	360	SXM	Natasja	Ludgrove	02.49.52		
	35	3	329	SWM	Takitsi	Msibi	02.52.28		
	36	6	482	MWM	Wendy	Mckinnon	02.54.34		
	37	10	355	SXM	Susan	Van Dyk	03.06.14		
	38	4	321	SWM	Khanyisile	Vilakati	03.14.09		
	39	11	361	SXM	Zodwa	Hlophe Mcnamara	03.15.59		
	40	5	330	SWM	Joy	Simelane	03.24.52		
	Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
	ALL Men 42km	1	1	318	SMM	Sihle	Dlamini	01.40.10	
		2	2	323	SMM	Ayanda	Dlamini	01.40.12	
		3	3	315	SMM	Qiniso	Dlamini	01.40.14	
		4	1	353	SVM	Nkosingiphile	Masilela	01.40.16	
		5	2	397	SVM	Gijam	Gwaba	01.40.18	
		6	4	457	SMM	Bheki	Dlamini	01.40.25	
		7	5	338	SMM	Sihlangu	Sikhondze	01.41.39	
		8	6	332	SMM	Ilourenco	Lourenco	01.42.30	
		9	7	310	SMM	Suneid	Daúdo	01.42.53	
		10	3	349	SVM	Laurie	Murton	01.44.39	
		11	1	303	YM	Gert	Peens	01.44.41	

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Men 42km	12	1	464	MMM	Cameron	Svacha	01.45.00	
	13	4	346	SVM	Edu	Amado	01.48.35	
	14	1	304	JM	Benjamin	Svacha	01.49.52	
	15	2	461	MMM	Abub	Ibraimo	01.51.31	
	16	1	445	VMM	João	Marques	01.52.10	
	17	2	404	VMM	Dalilo	Calu	01.53.00	
	18	3	418	VMM	Jeremy	Boyd	01.53.17	
	19	3	477	MMM	Ronny	Nxumalo	01.54.23	
	20	4	447	VMM	Andrew	Janse Van Rensburg	01.54.51	
	21	5	390	SVM	Maxwell	Dlaminil	01.55.11	
	22	4	478	MMM	Nick	Raba	01.55.13	
	23	6	368	SVM	Makhosonkhe	Manana	01.55.41	
	24	7	385	SVM	Ndumiso	Dlamini	01.55.44	
	25	8	322	SMM	Jahaletu	Dlamini	01.55.50	
	26	5	410	VMM	Paul	Loffler	01.55.57	
	27	6	429	VMM	Kevin	Lincoln	01.56.26	
	28	8	530	SVM	Richard	Darne	01.56.38	
	29	7	407	VMM	Phil	Henning	01.57.06	
	30	9	363	SVM	Mfundo	Maphanga	01.57.56	
	31	8	442	VMM	Edward	Lightfoot	01.58.01	
	32	10	347	SVM	Graeme	Knight	01.58.16	
	33	9	336	SMM	Mthokozisi	Bhembe	01.58.30	
	34	9	419	VMM	Thokozani	Dlamini	01.58.44	
	35	10	523	SMM	Rhys	Becker	01.59.13	
	36	11	317	SMM	Phumlani	Kunene	01.59.17	
	37	11	378	SVM	Stephen	Lea	01.59.47	
	38	12	314	SMM	Justin	Hearne	02.00.12	
	39	10	406	VMM	Rikus	Janse Van Rensburg	02.01.17	
	40	2	301	YM	Caleb	Young	02.02.06	
	41	3	481	YM	Hayden	Loffler	02.02.09	
	42	4	515	YM	Tali	Uzan	02.02.11	
	43	12	383	SVM	Bongani	Dlamini	02.02.27	
	44	13	382	SVM	Ian	Jones	02.03.00	
	45	11	398	VMM	Themba	Mahlalela	02.03.03	
	46	14	381	SVM	Mbongiseli	Ndlangamandla	02.03.06	
	47	5	458	MMM	Kobus	Bekker	02.03.25	
	48	12	414	VMM	Sam	Hodgson	02.03.46	
	49	6	476	MMM	George	Brown	02.03.56	
	50	15	380	SVM	Tom	Fry	02.04.34	
	51	13	424	VMM	Sikhumbuzo	Dlamini	02.05.01	

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Men 42km	52	13	528	SMM	Marijn	Greeven	02.05.29	
	53	7	454	MMM	Rodney	Young	02.05.58	
	54	8	468	MMM	Paul	Nel	02.06.28	
	55	16	379	SVM	Warren	Hearne	02.06.44	
	56	9	488	MMM	Andrew	Woollard	02.06.51	
	57	14	316	SMM	Eric	Sikhondze	02.08.11	
	58	17	371	SVM	Theodor	Roos	02.08.28	
	59	18	375	SVM	Bonke	Masilela	02.08.58	
	60	14	434	VMM	Fortune	Nxumalo	02.09.41	
	61	19	522	SVM	Mduduzi	Kaudi	02.09.44	
	62	20	369	SVM	Zweli	Mazibuko	02.10.08	
	63	10	484	MMM	Danie	Slabbert	02.11.12	
	64	15	333	SMM	Matthew	Sprague	02.11.13	
	65	15	399	VMM	Shachar	Uzan	02.11.21	
	66	11	469	MMM	Bruce	Becker	02.11.52	
	67	21	529	SVM	Alex	Mdluli	02.11.56	
	68	12	489	MMM	Gavin	Moir	02.12.13	
	69	22	394	SVM	Nicholas	Berry	02.12.16	
	70	1	501	GMM	Rodney	Mountjoy	02.12.49	
	71	2	497	GMM	John	Carew	02.13.14	
	72	13	483	MMM	Freedom	Dlamini	02.14.57	
	73	5	513	YM	Micheal	Dlamini	02.15.01	
	74	23	391	SVM	Nuno	Rosario	02.15.44	
	75	24	396	SVM	Chris	Bullock	02.16.20	
	76	16	435	VMM	Mpumelelo	Mdluli	02.17.34	
	77	16	337	SMM	Bongi	Maziya	02.17.43	
	78	14	459	MMM	Colin	Crick	02.18.11	
	79	17	313	SMM	Paul	Coombe	02.18.32	
	80	17	437	VMM	Israel	Lukhele	02.18.36	
	81	3	507	GMM	Neels	Carelsen	02.18.58	
	82	15	486	MMM	Andrew	Foose	02.19.12	
83	4	495	GMM	John	Du Plessis	02.21.37		
84	25	389	SVM	Daryl	Mckenzie	02.23.44		
85	26	364	SVM	Emanuelle	Dlamini	02.24.13		
86	16	452	MMM	Kevin	Drew	02.24.25		
87	18	335	SMM	Petros	Nkomo	02.25.17		
88	27	376	SVM	Sibusiso	Mamba	02.25.53		
89	28	387	SVM	Cedusizi	Shabangu	02.26.00		
90	19	324	SMM	John	Ellis	02.26.15		
91	20	319	SMM	Paul	Chasusa	02.26.39		

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Men 42km	92	17	456	MMM	Johan	Van Wyk	02.28.13	
	93	29	365	SVM	Lewis	Martin	02.28.33	
	94	18	462	MMM	Keith	Wilson	02.29.11	
	95	18	416	VMM	Motsa	Mbusi	02.30.54	
	96	5	496	GMM	Chris	Tatham	02.31.51	
	97	30	350	SVM	Merica	Vilakazi	02.32.39	
	98	31	362	SVM	Sandile	Shongwe	02.34.54	
	99	21	334	SMM	Mfana	Dlamini	02.35.47	
	100	19	466	MMM	Jono	Pons	02.35.53	
	101	20	471	MMM	Sergio	Alvares	02.36.34	
	102	6	506	GMM	Michael	Ferreira	02.38.12	
	103	21	472	MMM	Dumisani	Matsenjwa	02.38.17	
	104	22	474	MMM	Randall	Van Der Berg	02.38.26	
	105	19	402	VMM	Francois	Venter	02.39.07	
	106	20	401	VMM	Francois	Venter	02.42.05	
	107	32	395	SVM	Arnoldo	Barbosa	02.42.23	
	108	23	455	MMM	John	Thomson	02.42.57	
	109	7	532	GMM	Stephen	Knight	02.44.51	
	110	21	525	VMM	Merek	Svacha	02.46.19	
	111	24	473	MMM	Philemon	Malandula	02.47.28	
	112	25	460	MMM	Colin	Hume	02.47.40	
	113	33	367	SVM	Warren	Austin	02.48.31	
	114	8	510	GMM	Thomas	Dlamini	02.48.45	
	115	22	436	VMM	John	Ludgrove	02.49.54	
	116	9	499	GMM	Johan	Senekal	02.50.29	
	117	22	374	SMM	Mcolisi	Dlamini	02.50.44	
	118	2	307	JM	Sibonginkaziri	Lukhele	02.52.30	
	119	10	502	GMM	Dave	Birnie	02.52.32	
	120	23	524	VMM	Kenneth	Shongwe	02.54.45	
	121	26	467	MMM	Rob	Coombe	02.55.07	
	122	11	503	GMM	Patrick	Flynn	02.58.00	
123	34	354	SVM	Nathie	Shongwe	02.59.59		
124	35	386	SVM	Vusi	Ndzinisa	03.01.15		
125	36	370	SVM	Mluwgisi	Dube	03.02.30		
126	37	356	SVM	Mduduzi	Langa	03.06.12		
127	24	431	VMM	Sam	Breero	03.11.54		
128	27	475	MMM	Edwin	Soonius	03.14.02		
129	25	426	VMM	Sean	Southgate	03.14.05		
130	12	504	GMM	Mike	Collins	03.23.13		
131	26	421	VMM	Sicelo	Tembe	03.24.55		

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Men 42km	132	27	439	VMM	Sibusiso	Masilela	03.26.57	
	133	6	302	YM	Osvaldo	Malta	03.34.25	
	134	38	443	SVM	Aurino	Junior	03.34.30	
	135	28	470	MMM	Sergio	Fernandes	03.34.36	
	136	23	340	SMM	Ivan	Mbatsana	03.43.58	
	137	28	441	VMM	Johan	Kok	03.58.43	
	138	29	487	MMM	Basie	Botha	03.58.45	
	139	30	479	MMM	Mark	Blewitt	04.10.26	
	140	31	493	MMM	Neil	Fibiger	04.10.29	
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Women 73km	1	1	141	VWL	Alison	Lingard	03.18.42	
	2	1	122	SXL	Retha	Harding	03.32.14	
	3	2	135	SXL	Alissa	Lara	04.06.13	
	4	2	150	VWL	Dinize	Wilsch	05.26.15	
Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Men 73km	1	1	120	SVL	Derrin	Smith	02.35.17	
	2	2	123	SVL	Christo	Carelsen	02.40.00	
	3	1	142	VML	Burger	Bester	02.40.02	
	4	3	117	SVL	Thulani	Gule	02.52.55	
	5	2	153	VML	Charl	Marais	02.52.57	
	6	1	174	MML	William	Kelly	02.52.58	
	7	2	173	MML	Gerhard	Shaw	02.57.17	
	8	3	154	VML	Willie	Horn	02.58.39	
	9	4	140	VML	Everett	Haywood	03.13.19	
	10	1	105	SML	Sifiso	Mhlanga	03.13.21	
	11	2	104	SML	Adriaan	Marais	03.13.53	
	12	5	155	VML	Colin	Lovely	03.14.46	
	13	4	121	SVL	Jan	Van Dyk	03.17.53	
	14	3	110	SML	Lungelo	Dlamini	03.17.59	
	15	6	156	VML	Marco	Castro	03.20.03	
	16	7	164	VML	Joep	Vonk	03.21.00	
	17	8	138	VML	Brett	Foss	03.21.23	
	18	5	119	SVL	Ross	O'Neill	03.21.24	
	19	1	185	GML	Lukas	Keulder	03.21.33	
	20	9	160	VML	Nickie	Horn	03.24.28	
	21	10	103	VML	Mark	Wilsch	03.24.30	
	22	11	103	VML	Mark	Wilch	03.24.30	
	23	3	170	MML	Sean	Stewart	03.26.47	
	24	12	161	VML	Derek	Muggeridge	03.30.15	
	25	4	181	MML	Jerry	Mobbs	03.30.55	

Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Status
ALL Men 73km	26	4	106	SML	Lungelo	Mlangeni	03.31.50	
	27	5	172	MML	Ben	Burger	03.34.09	
	28	13	143	VML	Dane	Ralfe	03.35.31	
	29	6	115	SVL	Arnold	Pouwels	03.35.56	
	30	7	131	SVL	Zakhele	Mdluli	03.36.35	
	31	14	149	VML	Luis	De Sousa	03.37.03	
	32	6	178	MML	Esau	Du Pont	03.37.04	
	33	15	159	VML	Gastao	Mendes	03.39.06	
	34	5	101	SML	Saló	Tchamo	03.40.03	
	35	8	125	SVL	Brian	Henn	03.40.06	
	36	16	157	VML	Bert	Ruizendaal	03.42.06	
	37	7	175	MML	William	Stein	03.44.34	
	38	8	183	MML	Brendan	Fox	03.45.20	
	39	9	134	SVL	Marinus	Smit	03.46.33	
	40	9	179	MML	Julian	Simon	03.50.04	
	41	10	133	SVL	Sandor	Klis	03.55.00	
	42	11	130	SVL	Sandile	Maziya	03.57.24	
	43	17	163	VML	Manyakatave	Dlamini	03.57.26	
	44	10	168	MML	Wessel	Joubert	03.58.55	
	45	2	187	GML	Richard	Cunningham	04.02.05	
	46	18	152	VML	Clinton	Mcnamara	04.02.27	
	47	11	182	MML	Joao	Dias	04.02.33	
	48	6	108	SML	Chad	Kelly	04.03.05	
	49	19	148	VML	Jabulani	Xulu	04.04.05	
	50	3	189	GML	Johan	Grobler	04.05.17	
	51	20	144	VML	Stuart	Hulley	04.08.07	
	52	4	186	GML	David	Roberts	04.09.52	
	53	12	126	SVL	Jabulani	Dlamini	04.10.21	
	54	13	129	SVL	Allen	Dlamini	04.12.01	
	55	12	176	MML	Alex	Thomson	04.15.21	
	56	14	118	SVL	Sandile	Mhlanga	04.24.46	
	57	21	147	VML	Sanele	Msibi	04.24.48	
	58	22	166	VML	Didier	Bensa	04.31.04	
	59	23	165	VML	Julien	Bens	04.34.33	
	60	5	188	GML	Peter	Mckinnon	04.43.00	
61	24	146	VML	Edwin	Mbingo	04.44.08		
62	13	180	MML	John	Hamilton	04.55.15		
63	14	177	MML	Bill	Capel	04.55.18		
64	25	137	VML	Sylvain	Pialet	05.15.59		
65	15	127	SVL	Mohammed	Mansoor	05.26.19		