

Group or Category	Pos in		Rider Details				Final Results		
	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Women 73km	1	1	137	VWL	Sandra	Haywood	03.11.27	1	
	2	1	140	SWL	Kirsten	Gillespie	03.15.25	1	
	3	1	147	SXL	Retha	Harding	03.29.49	1	
	4	2	252	SXL	Telaine	Grobler	03.52.25	1	
	5	2	101	VWL	Mariaan	Janse Van Rensburg	04.03.13	1	
	6	1	123	MWL	Louisa	De Swardt	04.25.47	1	
	7	2	141	SWL	Hannie	Van Der Walt	04.29.42	1	
	8	3	151	SXL	Dinize	Wilsch	05.24.18	1	
	9	4	157	SXL	Jennifer	Whitfield	05.36.30	1	
	10	5	156	SXL	Melanie	De Scally	05.36.32	1	
Category	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Men 73km	1	1	135	SVL	Christo	Carelsen	02.46.30	1	
	2	2	145	SVL	Klaas	Meintjes	02.48.42	1	
	3	1	143	SML	Dean	Wortmann	02.50.21	1	
	4	2	178	SML	Lungelo	Mlangeni	02.58.51	1	
	5	1	134	VML	Willie	Horn	02.58.53	1	
	6	3	163	SML	Sifiso	Mhlanga	02.58.55	1	
	7	4	131	SML	Mduduzi	Zwane	02.59.11	1	
	8	1	173	MML	William	Kelly	02.59.16	1	
	9	2	138	VML	Everett	Haywood	03.11.29	1	
	10	3	149	VML	Colin	Lovely	03.22.00	1	
	11	1	148	GML	Ben	Beningfield	03.22.00	1	
	12	4	117	VML	Lazaraus	Moripa	03.22.02	1	
	13	3	144	SVL	Laurie	Murton	03.22.59	1	
	14	5	171	VML	Mark	Wilsch	03.26.34	1	
	15	6	172	VML	Arsenio	Caniat	03.26.34	1	
	16	7	113	VML	Nickie	Horn	03.27.09	1	
	17	8	126	VML	Brett	Foss	03.29.19	1	
	18	4	170	SVL	Thulani	Gule	03.31.15	1	
	19	9	152	VML	Jesus	Gavilan	03.43.06	1	
	20	2	121	MML	Vitor	Oliveira	03.43.57	1	
	21	5	159	SVL	Zakhele	Mdluli	03.45.51	1	
	22	2	103	GML	Ewie	Rust	03.47.14	1	
	23	3	116	GML	Frans	Van Dyk	03.47.41	1	
	24	6	124	SVL	Stefus	Jansen Van Rensburg	03.48.34	1	
	25	7	165	SVL	Arnold	Pouwels	03.48.36	1	
	26	8	175	SVL	Sive	Mamba	03.49.10	1	
	27	4	180	GML	George	Wilsenach	03.52.27	1	
	28	3	166	MML	Joao	Dias	03.52.29	1	
	29	9	179	SVL	Jabulani	Dlamini	03.52.51	1	
	30	4	112	MML	Jon	Williams	03.54.54	1	
	31	5	119	MML	William	Stein	03.55.32	1	
	32	10	132	VML	Tom	How	03.55.34	1	
	33	11	118	VML	Jan	Cloin	03.57.54	1	
	34	12	133	VML	Jabulani	Xulu	03.58.59	1	
	35	5	177	SML	Eric	Sikhondze	03.59.02	1	
	36	10	146	SVL	Frik	Scheepers	04.01.08	1	
	37	13	102	VML	Rikus	Janse Van Rensburg	04.03.10	1	
	38	14	120	VML	Gastao	Mendes	04.03.19	1	
	39	11	125	SVL	Shaun	Kiley	04.05.29	1	

Group or Category	Pos in		Rider Details				Final Results		
	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Men 73km	40	6	176	SML	Allen	Dlamini	04.06.09	1	
	41	15	168	VML	Anton	Calitz	04.11.37	1	
	42	6	105	MML	Jerry	Mobbs	04.11.39	1	
	43	5	174	GML	John	Carew	04.15.27	1	
	44	16	155	VML	Jeremy	Boyd	04.17.27	1	
	45	7	108	MML	Alex	Thomson	04.17.28	1	
	46	7	142	SML	Philip	Van Der Walt	04.29.43	1	
	47	6	130	GML	Peter	Mckinnon	04.39.58	1	
	48	17	129	VML	Nardus	Janse Van Rensburg	04.42.38	1	
	49	8	169	SML	Luan	Mans	04.42.40	1	
	50	8	111	MML	Theo	Van Rensburg	04.48.14	1	
	51	9	110	MML	Coert	Dreyer	04.52.53	1	
	52	10	162	MML	Themba	Kaudi	05.07.27	1	
	53	12	160	SVL	Mduduzi	Kaudi	05.07.29	1	
54	13	150	SVL	Mohammed	Mansoor	05.24.20	1		
Category	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Women 42km	1	1	367	VWM	Linda	Loffler	01.54.45	1	
	2	1	414	MWM	Lucinda	Bride	01.56.12	1	
	3	2	419	MWM	Bev	Gillespie	02.04.13	1	
	4	1	328	SXM	Diane	Webb	02.08.47	1	
	5	3	480	MWM	Lesley	Foss	02.09.33	1	
	6	2	369	VWM	Cynthia	Bekker	02.11.18	1	
	7	3	368	VWM	Ohmar	Fernandes	02.18.48	1	
	8	4	365	VWM	Cordelia	Henwood	02.19.23	1	
	9	5	371	VWM	Beth	Svacha	02.25.13	1	
	10	6	373	VWM	Christa	Du Plessis	02.26.24	1	
	11	7	372	VWM	Emmerentia	Van Der Merwe	02.26.38	1	
	12	1	310	SWM	Callie	Wade	02.27.28	1	
	13	4	415	MWM	Michelle	Pace	02.29.32	1	
	14	8	370	VWM	Fiona	Ralfe	02.31.16	1	
	15	2	330	SXM	Mandisa	Simelane	02.35.23	1	
	16	1	456	GWM	Mary	Thomson	02.36.18	1	
	17	2	457	GWM	Mary	Mardall	02.39.07	1	
	18	5	416	MWM	Alison	Evans	02.39.09	1	
	19	3	329	SXM	Emmarenthia	Roos	02.44.02	1	
	20	4	326	SXM	Adele	Scheepers	02.44.05	1	
	21	6	420	MWM	Clair	Oats	02.44.36	1	
	22	2	311	SWM	Khanyisile	Vilakati	02.45.30	1	
	23	1	306	JW	Thulebona	Simelane	02.52.35	1	
	24	5	327	SXM	Tania	Mitchell	02.54.18	1	
	25	7	417	MWM	Lynne	Beningfield	02.54.46	1	
	26	8	421	MWM	Jennifer	Howland	02.56.58	1	
	27	9	375	VWM	Sheila	Van Zuydam	03.02.46	1	
	28	3	309	SWM	Heather	Coombe	03.47.12	1	
	29	9	418	MWM	Hilary	Coombe	03.53.54	1	
Category	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Men 42km	1	1	364	SMM	Smilo	Nyoni	01.39.49	1	
	2	2	321	SMM	Mcebo	Langa	01.40.17	1	
	3	3	322	SMM	Ayanda	Dlamini	01.40.46	1	
	4	1	347	SVM	Richard	Darne	01.40.54	1	

Group or Category	Pos in		Rider Details				Final Results		
	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Men 42km	5	4	424	SMM	Dario	Almeida	01.41.50	1	
	6	2	343	SVM	Nkosingiphile	Masilela	01.43.15	1	
	7	5	483	SMM	Paulo	Almeida	01.47.42	1	
	8	1	349	JM	Ciniso	Dlamini	01.47.44	1	
	9	6	320	SMM	Fernando	Rocha	01.49.01	1	
	10	7	312	SMM	Saló	Tchamo	01.49.09	1	
	11	1	461	GMM	Dennis	Lawrie	01.50.42	1	
	12	1	315	MMM	Jahalethu	Dlamini	01.52.14	1	
	13	8	316	SMM	Lungelo	Dlamini	01.52.14	1	
	14	9	313	SMM	Suneid	Daúdo	01.52.49	1	
	15	1	381	VMM	Paul	Loffler	01.53.27	1	
	16	3	346	SVM	Brian	Henn	01.54.37	1	
	17	2	476	MMM	Esau	Du Pont	01.54.39	1	
	18	4	333	SVM	Makhosonkhe	Manana	01.54.41	1	
	19	10	317	SMM	Phila	Gama	01.54.55	1	
	20	3	439	MMM	Paul	Nel	01.54.58	1	
	21	5	345	SVM	Phinda	Jele	01.55.58	1	
	22	4	479	MMM	Nico	Du Plessis	01.57.18	1	
	23	6	481	SVM	Samuel	Mussagy	01.59.22	1	
	24	7	350	SVM	Mfundo	Maphanga	01.59.25	1	
	25	8	348	SVM	Gerson	Jamal	02.00.13	1	
	26	5	449	MMM	Nick	Raba	02.00.27	1	
	27	2	485	VMM	Gary	Hayter	02.01.03	1	
	28	2	478	GMM	Nigel	Marlin	02.01.57	1	
	29	3	401	VMM	Kevin	Lincoln	02.02.00	1	
	30	4	410	VMM	Martin	Herbst	02.02.40	1	
	31	5	402	VMM	Eddie	Lightfoot	02.03.10	1	
	32	6	383	VMM	Sikhumbuzo	Dlamini	02.04.25	1	
	33	9	331	SVM	Dumsani	Nkosi	02.04.48	1	
	34	1	305	YM	Benjamin	Svacha	02.05.14	1	
	35	7	379	VMM	Aero	Mthembu	02.07.10	1	
	36	8	382	VMM	Clinton	Mcnamara	02.07.12	1	
	37	9	393	VMM	Shachar	Uzan	02.07.40	1	
	38	11	318	SMM	Bhekithemba	Tshapile	02.08.10	1	
	39	10	385	VMM	Thokozani	Dlamini	02.09.02	1	
	40	6	442	MMM	Steve	Rugg	02.09.20	1	
	41	10	353	SVM	Sam	Simelane	02.09.20	1	
	42	2	303	YM	Caleb	Young	02.09.20	1	
	43	11	412	VMM	Merek	Svacha	02.10.20	1	
	44	12	482	SMM	Renato	Oliveira	02.11.12	1	
	45	7	482	MMM	Freedom	Dlamini	02.11.12	1	
	46	8	431	MMM	Kobus	Bekker	02.11.12	1	
	47	13	319	SMM	Sabelo	Makama	02.11.12	1	
	48	12	409	VMM	Sanele	Msibi	02.11.39	1	
	49	9	451	MMM	Ronny	Nxumalo	02.12.04	1	
	50	14	323	SMM	Theodor	Roos	02.12.54	1	
	51	3	475	GMM	Barry	Spencer	02.13.50	1	
	52	13	394	VMM	Sam	Hodgson	02.14.10	1	
	53	14	413	VMM	Danny	Heenan	02.15.10	1	
	54	11	336	SVM	Dumsani	Masimula	02.15.27	1	

Group or Category	Pos in		Rider Details				Final Results		
	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Men 42km	55	15	484	SMM	Data	Required	02.16.10	1	
	56	4	474	GMM	Lindsay	Robertson	02.17.13	1	
	57	10	443	MMM	John	Du Plessis	02.18.32	1	
	58	11	447	MMM	Bruce	Becker	02.19.40	1	
	59	15	441	VMM	Rodney	Young	02.20.12	1	
	60	5	465	GMM	Donald	Squires	02.20.33	1	
	61	16	444	VMM	Glynton	Reed	02.20.35	1	
	62	17	399	VMM	Nevill	Getkate	02.20.37	1	
	63	12	437	MMM	George	Brown	02.20.57	1	
	64	18	398	VMM	Abrie	Greyling	02.21.24	1	
	65	13	487	MMM	Chris	Jackson	02.21.40	1	
	66	14	488	MMM	Colin	Crick	02.21.47	1	
	67	12	341	SVM	Madada	Hlongwane	02.22.34	1	
	68	19	411	VMM	Khulekani	Matsenia	02.23.21	1	
	69	13	356	SVM	Merica	Vilakazi	02.23.23	1	
	70	20	397	VMM	Francois	Roux	02.23.37	1	
	71	15	436	MMM	Dirk	Van Der Merwe	02.23.55	1	
	72	21	396	VMM	Cameron	Svacha	02.25.15	1	
	73	14	477	SVM	Piet	Van Dyk	02.25.17	1	
	74	15	340	SVM	Peter	Blows	02.26.14	1	
	75	22	386	VMM	Sam	Breero	02.27.11	1	
	76	16	342	SVM	Justice	Masinga	02.28.10	1	
	77	23	404	VMM	Willie	Roux	02.28.35	1	
	78	6	473	GMM	Johan	Grobler	02.29.22	1	
	79	7	462	GMM	Fulvio	Pace	02.29.31	1	
	80	8	459	GMM	Michael	Ferreira	02.29.35	1	
	81	16	337	SMM	Sikwumbuzo	Dlamini	02.30.04	1	
	82	9	486	GMM	Marius	Fischer	02.30.09	1	
	83	17	363	SVM	Jaco	Fischer	02.30.14	1	
	84	18	362	SVM	Lucolo	Sengwayo	02.30.43	1	
	85	16	446	MMM	Royden	Fisher	02.31.26	1	
	86	17	452	MMM	John	Hamilton	02.31.28	1	
	87	18	432	MMM	Rodney	Mountjoy	02.32.00	1	
	88	19	335	SVM	Sibusiso	Mamba	02.33.00	1	
	89	19	427	MMM	Paolo	Rondini	02.33.55	1	
	90	3	301	YM	Sakhiseni	Dlamini	02.34.27	1	
	91	10	471	GMM	David	Rendall	02.34.33	1	
	92	17	325	SMM	Phumlani	Kunene	02.35.15	1	
	93	11	470	GMM	Sean	Johnson	02.35.44	1	
	94	20	354	SVM	Sifiso	Nkomo	02.35.51	1	
	95	24	380	VMM	Mpumelelo	Mdluli	02.35.57	1	
	96	21	352	SVM	Mluwgesi	Dube	02.36.04	1	
	97	25	403	VMM	Philip	Daniel	02.36.11	1	
	98	12	466	GMM	Luis Paulo	Alvares	02.37.24	1	
	99	26	400	VMM	Sergio	Muteto	02.38.49	1	
	100	13	472	GMM	Dirk	Horn	02.39.20	1	
	101	27	408	VMM	Charles	Van Zuydam	02.39.57	1	
	102	22	339	SVM	Mlandvo	Simelane	02.40.45	1	
	103	20	448	MMM	John	Browne	02.41.22	1	
	104	28	388	VMM	Hugo	Batista	02.41.37	1	

Group or Category	Pos in		Rider Details				Final Results		
	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Men 42km	105	29	387	VMM	Jeremia	Masiphula	02.42.24	1	
	106	30	391	VMM	Sibusiso	Masilela	02.44.03	1	
	107	14	468	GMM	Chris	Tatham	02.53.34	1	
	108	15	463	GMM	Peter	Hughes	02.53.35	1	
	109	21	434	MMM	Alan	Howland	02.56.55	1	
	110	22	453	MMM	Johan	Van Wyk	02.58.23	1	
	111	16	464	GMM	Dave	Birnie	03.00.08	1	
	112	23	361	SVM	Derrick	Shiba	03.02.55	1	
	113	24	334	SVM	Mxolisi	Gumede	03.02.55	1	
	114	23	438	MMM	Kevin	Drew	03.03.16	1	
	115	24	430	MMM	Sergio	Fernandes	03.04.47	1	
	116	25	429	MMM	Sergio	Alvares	03.04.47	1	
	117	26	435	MMM	Jorge	Alvares	03.04.47	1	
	118	27	423	MMM	Mark	Blewitt	03.05.16	1	
	119	31	389	VMM	Timothy	Ndlagamandla	03.10.00	1	
	120	32	406	VMM	Stuart	Hulley	03.14.50	1	
	121	33	384	VMM	Isreal	Lukhele	03.17.15	1	
	122	25	355	SVM	Bonginkhosi	Madonsela	03.26.21	1	
	123	4	302	YM	Logan	Cory	03.28.02	1	
	124	26	351	SVM	Nic	Cory	03.28.13	1	
125	28	450	MMM	Russell	Humphrey	03.31.19	1		
126	29	425	MMM	Peter	Bristow	03.31.21	1		
127	30	455	MMM	Duncan	Graham	03.31.24	1		
128	31	454	MMM	Mike	Goldstone	03.31.26	1		
129	32	433	MMM	Rob	Coombe	03.53.56	1		
Category	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Women 23km	1	1	608	JG	Jessica	Svacha	00.54.53	1	
	2	2	601	JG	Keana	Toepfer	00.57.38	1	
	3	3	644	JG	Chloe	Breero	01.01.41	1	
	4	1	690	OWS	Joan	Mountjoy	01.03.35	1	
	5	2	642	OWS	Sebe	Magongo	01.04.57	1	
	6	3	641	OWS	Annett	Schwichtenberg	01.05.04	1	
	7	4	706	JG	Zita-Leigh	Lottering	01.07.52	1	
	8	5	707	JG	Zuna-Mae	Lottering	01.08.26	1	
	9	4	704	OWS	Kathleen	Svacha	01.08.35	1	
	10	5	664	OWS	Happiness	Mthethwa	01.09.26	1	
	11	6	652	OWS	Gabriela	Fernandes	01.09.58	1	
	12	6	604	JG	Monja	Schiller	01.10.50	1	
	13	7	645	OWS	Cara	Breero	01.12.14	1	
	14	8	659	OWS	Corrine	Fourie	01.13.25	1	
	15	9	639	OWS	Lyla	Berman	01.13.35	1	
	16	7	606	JG	Kyla	Webb	01.14.03	1	
	17	8	607	JG	Nicole	Raba	01.14.44	1	
	18	10	708	OWS	Beverley	Raba	01.14.47	1	
	19	11	640	OWS	Carla	Cabrita	01.21.17	1	
	20	12	649	OWS	Petrichia	Carelsen	01.22.16	1	
	21	13	656	OWS	Lenie	Van Dyk	01.22.48	1	
	22	14	693	OWS	Happiness	Mthethwa	01.24.07	1	
	23	9	605	JG	Norael	Schiller	01.26.06	1	
	24	15	678	OWS	Katja	Schiller	01.26.08	1	

Group or Category	Pos in		Rider Details				Final Results		
	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Women 23km	25	16	683	OWS	Susan	Van Dyk	01.27.23	1	
	26	17	653	OWS	Jacqi	Beyleveldt	01.28.13	1	
	27	18	634	OWS	Thembi	Gumede	01.30.42	1	
	28	19	684	OWS	Jolinda	Botha	01.33.30	1	
	29	20	679	OWS	Helena	Du Plessis	01.39.05	1	
	30	21	674	OWS	Mary	Van Der Berg	01.39.13	1	
	31	22	663	OWS	Nomfundo	Jiyane	01.40.32	1	
	32	23	682	OWS	Claudia	Ramos	01.42.14	1	
	33	24	694	OWS	Wendy	Mckinnon	01.44.36	1	
	34	25	655	OWS	Vanessa	Jackson	01.58.04	1	
	35	26	681	OWS	Megan	Becker	02.10.21	1	
	36	10	651	JG	Eryn	Webb	02.10.25	1	
	37	27	689	OWS	Sonia	Lemos	02.14.38	1	
	38	11	603	JG	Tema	Shongwe	02.43.20	1	
	39	1	306	JW	Thulebona	Simelane	02.52.35	1	
	Category	All	Cat	No	Cat	First Name	Last Name	Time	Laps
ALL Men 23 km	1	1	696	OMS	Siyandza	Dlamini	00.51.55	1	
	2	1	630	JB	Gert	Peens	00.54.23	1	
	3	2	646	OMS	Mayibongwe	Nkhoma	00.56.54	1	
	4	3	687	OMS	Nhlanhla	Vilakati	00.57.32	1	
	5	4	671	OMS	Mbongiseni	Ndlangangamandla	01.00.07	1	
	6	2	613	JB	Hayden	Loffler	01.00.37	1	
	7	5	702	OMS	Kenneth	Shongwe	01.03.03	1	
	8	3	624	JB	Pieter-Andre	Van Der Merwe	01.03.15	1	
	9	6	635	OMS	Alex	Ndluli	01.04.14	1	
	10	7	638	OMS	Steve	Bosch	01.04.25	1	
	11	4	629	JB	Caleb	Manana	01.04.48	1	
	12	5	614	JB	Timo	Toepfer	01.04.50	1	
	13	6	609	JB	Graeme	Abner	01.07.43	1	
	14	8	660	OMS	Gary	Taft	01.07.57	1	
	15	7	625	JB	Vuyiso	Simelane	01.08.20	1	
	16	8	619	JB	Morris	Tfwala	01.08.35	1	
	17	9	686	OMS	Fanus	De Swardt	01.09.41	1	
	18	9	628	JB	Mario	Schiller	01.09.49	1	
	19	10	661	JB	Malik	Mcnamara	01.09.56	1	
	20	10	637	OMS	Graham	Kimber	01.10.31	1	
	21	11	650	OMS	Thomas	Dlamini	01.10.50	1	
	22	11	631	JB	Morne	Herbst	01.11.34	1	
	23	12	612	JB	Jake	Lovely	01.11.37	1	
	24	13	618	JB	Tali	Uzan	01.12.57	1	
	25	14	643	JB	Luke	Breero	01.13.01	1	
	26	12	657	OMS	Paul	Chasusa	01.13.28	1	
	27	13	688	OMS	Gethin	Amoss	01.13.32	1	
	28	14	703	OMS	Jacob	Mashaba	01.15.34	1	
	29	15	636	OMS	Luke	Dlamini	01.24.33	1	
	30	15	622	JB	Ruben	Persson	01.27.07	1	
	31	16	654	OMS	Brian	Beyleveldt	01.28.06	1	
	32	16	621	JB	David	Persson	01.29.50	1	
	33	17	695	JB	Ronan	Thiselton	01.30.05	1	
	34	17	648	OMS	Adrianus	De Koning	01.30.38	1	

Group or Category	Pos in		Rider Details				Final Results		
	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Men 23 km	35	18	677	OMS	Red	Lynyard	01.30.54	1	
	36	19	685	OMS	Jan-Hendrik	Botha	01.33.32	1	
	37	18	699	JB	Matthew	Thiselton	01.33.59	1	
	38	20	680	OMS	Bertus	Du Plessis	01.39.02	1	
	39	21	673	OMS	Kenneth	Rothmann	01.39.08	1	
	40	22	705	OMS	Randall	Van Der Berg	01.39.11	1	
	41	23	698	OMS	Bhekisisa	Dludlu	01.40.27	1	
	42	19	627	JB	Daniel	Barbosa	01.40.30	1	
	43	20	626	JB	Jorge	Carreira	01.40.34	1	
	44	21	620	JB	Siyanda	Dlamini	01.49.41	1	
	45	22	611	JB	Sandgiso	Gumede	02.43.40	1	
Category	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Women 10km	1	1	880	FW	Luaya	Cardoso	00.40.01	1	
	2	1	850	NG	Libby	Ralfe	00.41.57	1	
	3	2	852	NG	Andile	Malaza	00.46.31	1	
	4	3	860	NG	Precious	Jele	00.48.11	1	
	5	2	863	FW	Zodwa	Mcnamara	00.48.31	1	
	6	1	811	AG	Kendra	Mcnamara	00.48.32	1	
	7	2	825	AG	Evie	Ralfe	00.49.16	1	
	8	3	828	AG	Lenhle	Sibandze	00.50.34	1	
	9	4	824	AG	Ella	Ralfe	00.53.03	1	
	10	4	848	NG	Jessica	Kimber	00.55.10	1	
	11	5	817	AG	Bernice	Kimber	00.55.25	1	
	12	6	819	AG	Tatiana	Mnguni	01.02.22	1	
	13	7	821	AG	Lusanda	Dlamini	01.04.25	1	
	14	8	826	AG	Layla	Greyling	01.04.27	1	
	15	3	870	FW	Marlise	Greyling	01.04.30	1	
	16	9	829	AG	Sihlelelwe	Shongwe	01.04.47	1	
	17	5	853	NG	Sima	Tsabedze	01.04.49	1	
	18	4	866	FW	Yael	Uzan-Tidhar	01.06.20	1	
	19	10	830	AG	Lara	Heenan	01.11.32	1	
	20	5	879	FW	Lee Ann	Heenan	01.11.36	1	
	21	11	823	AG	Sasaa	Masango	01.11.38	1	
	22	12	827	AG	Asemahle	Shongwe	01.13.19	1	
	23	6	868	FW	Nosisa	Dube	01.13.22	1	
	24	13	818	AG	Lethu	Nkonyane	01.25.47	1	
	25	7	865	FW	Sonia	Alvares	01.30.32	1	
	26	14	820	AG	Daniella	Alvares	01.30.34	1	
	27	6	851	NG	Dwethu	Lukhele	01.31.07	1	
Category	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Men 10km	1	1	840	NB	Cebisa	Hlatshwayo	00.34.06	1	
	2	2	871	NB	Uviwe	Vilakati	00.34.09	1	
	3	1	854	SB	Mandisa	Masuku	00.35.32	1	
	4	1	877	FM	Sisekelo	Makhanya	00.35.43	1	
	5	2	858	SB	Esihle	Dludlu	00.37.38	1	
	6	1	847	AB	Kago	Mamba	00.38.31	1	
	7	3	839	NB	Vuyelwa	Mzileni	00.39.39	1	
	8	2	810	AB	Romeo	Jele	00.39.40	1	
	9	3	857	SB	Sphiwosenkosi	Kunene	00.40.25	1	
	10	4	881	NB	Ntandoyenkosi	Dlamini	00.40.44	1	

Group or Category	Pos in		Rider Details				Final Results		
	All	Cat	No	Cat	First Name	Last Name	Time	Laps	Remarks
ALL Men 10km	11	5	841	NB	Cameron	Heenan	00.40.49	1	
	12	6	834	NB	Sakhelo	Mamba	00.40.51	1	
	13	3	808	AB	Sivuyile	Gulwako	00.41.19	1	
	14	7	838	NB	Sinemphilo	Gulwako	00.41.20	1	
	15	8	837	NB	Bandile	Tfwala	00.42.29	1	
	16	4	805	AB	Yenzile	Mkhonza	00.42.42	1	
	17	9	843	NB	Swelihle	Gamede	00.42.49	1	
	18	10	832	NB	Phiwayinkhosi	Dube	00.45.43	1	
	19	5	804	AB	Lihle	Mkhatswha	00.48.05	1	
	20	6	812	AB	Samkeliso	Dube	00.48.20	1	
	21	2	864	FM	Menzi	Dube	00.48.26	1	
	22	4	872	SB	Jozane	Mazita	00.48.29	1	
	23	11	836	NB	Gianpaulo	Alvares	00.49.12	1	
	24	7	815	AB	Yenti	Sibandze	00.49.27	1	
	25	3	867	FM	Sifiso	Gulwako	00.50.27	1	
	26	12	846	NB	Sisasenkosi	Nyembe	00.50.41	1	
	27	13	856	NB	Nkosikhona	Shabangu	00.52.57	1	
	28	14	842	NB	Nic	Horn	00.52.57	1	
	29	4	882	FM	Dane	Ralfe	00.53.03	1	
	30	5	876	FM	Joao	Cardoso	00.53.29	1	
	31	15	844	NB	Kholwa	Maziya	00.54.20	1	
	32	8	833	AB	Lihle	Dlamini	00.55.16	1	
	33	16	835	NB	Swazi	Ndimande	00.55.25	1	
	34	9	802	AB	Bambata	Gumede	00.57.49	1	
	35	10	816	AB	Andrew	Nemes	01.01.22	1	
	36	11	814	AB	Chris	Horn	01.02.25	1	
	37	12	809	AB	Nicolas	Howe	01.04.36	1	
	38	13	807	AB	Yotam	Uzan	01.06.15	1	
	39	14	845	AB	Dave	Kugara	01.18.23	1	
	40	15	813	AB	Owethu	Dube	01.19.27	1	
	41	16	803	AB	Mazwide	Nxumalo	01.19.33	1	
	42	17	806	AB	Awandze	Nkambole	01.20.38	1	
	43	6	875	FM	Phineas	Lukhele	01.31.11	1	