

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
All Women	1	1	149	Sprog Girls 11-12	Sierra	Courtney	00.03.35	
200m	2	1	4	Youth Women 15-16	Keesha	Adams	00.03.53	
200m	3	1	692	Sub Jun Girls 13-14	Kezra	Van Heerden	00.04.02	
200m	4	1	361	Senior Women 19-29	Donna	Jullien	00.04.08	
200m	5	2	686	Senior Women 19-29	Frances	Van Der Walt	00.04.17	
200m	6	1	455	Veteran Women 40-49	Taryn	Mccormick	00.04.57	
200m	7	2	228	Veteran Women 40-49	Alet	Engelbrecht	00.05.00	
200m	8	2	312	Youth Women 15-16	Nina	Higgo	00.05.03	
200m	9	2	719	Sub Jun Girls 13-14	Teyna	Van Zyl	00.05.14	
200m	10	3	454	Veteran Women 40-49	Bryony	Mccormick	00.05.16	
200m	11	4	659	Veteran Women 40-49	Jean	Tarr	00.05.26	
200m	12	3	595	Youth Women 15-16	Chaely-Anne	Schuster	00.05.30	
200m	13	4	579	Youth Women 15-16	Nikita	Roux	00.05.42	
200m	14	1	635	Master Women 50-59	Marion	Stevens	00.05.44	
200m	15	1	177	Gr Master Women 60+	Lindsay	De Kock	00.06.01	
200m	16	2	67	Sprog Girls 11-12	Isabella	Bind	00.06.03	
200m	17	5	482	Veteran Women 40-49	Candice	Montzinger	00.06.05	
200m	18	3	481	Sprog Girls 11-12	Olivia	Montzinger	00.06.09	
200m	19	4	388	Sprog Girls 11-12	Milan	Kruger	00.06.11	
200m	20	6	389	Veteran Women 40-49	Stefane	Kruger	00.06.15	
200m	21	1	494	Sub Vet Women 30-39	Nandi	Myburgh	00.06.17	
200m	22	2	234	Master Women 50-59	Robin	Ferguson	00.06.32	
200m	23	3	547	Sub Jun Girls 13-14	Morgan	Poezyn	00.06.38	
200m	24	5	79	Youth Women 15-16	Nine	Boshoff	00.06.45	
200m	25	7	525	Veteran Women 40-49	Allison	Osler	00.06.59	
200m	26	5	550	Sprog Girls 11-12	Gina	Pretorius	00.07.02	
200m	27	2	208	Sub Vet Women 30-39	Ruanda	Downing	00.07.17	
200m	28	6	171	Sprog Girls 11-12	Mia	De Bruyn	00.07.20	
200m	29	3	170	Sub Vet Women 30-39	Marita	De Bruyn	00.07.21	
200m	30	1	527	Nipper Girls 8-10	Rebecca	Osler	00.07.24	
200m	31	6	607	Youth Women 15-16	Ella	Smith	00.07.30	
200m	32	8	379	Veteran Women 40-49	Judith	Kluge	00.07.36	
200m	33	3	778	Master Women 50-59	Caroline	Young	00.07.38	
200m	34	4	341	Sub Vet Women 30-39	Sheri	Ingram	00.07.43	
200m	35	7	309	Sprog Girls 11-12	Lucy	Henderson	00.07.45	
200m	36	9	163	Veteran Women 40-49	Angela	Daniels	00.07.48	
200m	37	10	549	Veteran Women 40-49	Marietjie	Pool	00.07.54	
200m	38	11	257	Veteran Women 40-49	Anthea	Ganger	00.08.10	
200m	39	2	448	Nipper Girls 8-10	Riley	Mattheyse	00.08.17	
200m	40	5	201	Sub Vet Women 30-39	Adi	Dirmeik	00.08.31	
200m	41	3	1	Nipper Girls 8-10	Paige	Aarninkhof	00.08.32	
200m	42	7	517	Youth Women 15-16	Shani	Olivier	00.08.52	
200m	43	4	424	Nipper Girls 8-10	Annemi	Loots	00.09.07	
200m	44	6	346	Sub Vet Women 30-39	Elaine	Janse Van Rensburg	00.09.13	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
200m	45	5	658	Nipper Girls 8-10	Ella	Tarr	00.09.25	
200m	46	6	214	Nipper Girls 8-10	Mia	Du Preez	00.09.27	
All Women	47	4	536	Master Women 50-59	Michelle	Petring	00.09.33	
200m	48	5	122	Master Women 50-59	Hester	Calldo	00.09.36	
200m	49	6	736	Master Women 50-59	Jeanne	Vosloo	00.09.38	
200m	50	7	780	Nipper Girls 8-10	Aria	Zhang	00.09.51	
200m	51	2	594	Gr Master Women 60+	Sonja	Schreuder	00.10.00	
	52	7	593	Sub Vet Women 30-39	Elsje	Schreuder	00.10.13	
Group	Pos All	Pos Cat	No	Age Category	First Name	Last Name	Time	Remarks
All Men	1	1	671	Master Men 50-59	Andrew	Trench	00.04.06	
200m	2	1	81	Nipper Boys 8-10	Petrus	Bosman Jnr	00.04.53	
200m	3	1	630	Junior Men 17-18	Abdu-Razeen	Stemmet	00.05.28	
200m	4	2	491	Master Men 50-59	Hans	Muylaert-Gelein	00.05.37	
200m	5	1	68	Veteran Men 40-49	Mark	Bind	00.06.02	
200m	6	2	189	Nipper Boys 8-10	Emile	De Wet	00.06.20	
200m	7	1	187	Sprog Boys 11-12	Charl	De Wet	00.06.30	
200m	8	2	526	Sprog Boys 11-12	Benjamin	Osler	00.06.53	
200m	9	2	140	Veteran Men 40-49	Hennie	Coetzee	00.07.08	
200m	10	3	19	Nipper Boys 8-10	Seth	Arendse	00.07.40	
200m	11	3	258	Sprog Boys 11-12	Zeke	Ganger	00.08.27	
200m	12	3	546	Veteran Men 40-49	Mike	Poezyn	00.08.47	
200m	13	4	515	Veteran Men 40-49	Cobus	Olivier	00.08.53	
200m	14	4	518	Nipper Boys 8-10	Simeon	Olivier	00.09.09	
200m	15	1	660	Sub Vet Men 30-39	Keith	Tarr	00.09.15	
200m	16	5	781	Veteran Men 40-49	Yi	Zhang	00.09.55	
200m	17	6	165	Veteran Men 40-49	Christie	Davel	00.10.17	
200m	18	1	509	Kid Boys 6-7	Markus	Norton	00.10.27	
200m	19	1	716	Gr Master Men 60+	Hannes	Van Zyl	00.10.29	
200m	20	7	631	Veteran Men 40-49	Ameen	Stemmet	00.10.31	
	21	1	633	Sub Jun Boys 13-14	Taariq	Stemmet	00.10.33	
Group	Pos All	Pos Cat	No	Age Category	First Name	Last Name	Time	Remarks
All Women	1	1	659	Veteran Women 40-49	Jean	Tarr	00.09.02	
400m	2	2	454	Veteran Women 40-49	Bryony	Mccormick	00.09.16	
400m	3	1	536	Master Women 50-59	Michelle	Petring	00.09.20	
400m	4	1	593	Sub Vet Women 30-39	Elsje	Schreuder	00.09.36	
400m	5	3	662	Veteran Women 40-49	Renie	Theron	00.09.44	
400m	6	4	455	Veteran Women 40-49	Taryn	Mccormick	00.09.46	
400m	7	1	385	Sprog Girls 11-12	Samantha	Kroger	00.10.00	
400m	8	5	228	Veteran Women 40-49	Alet	Engelbrecht	00.10.02	
400m	9	1	148	Sub Jun Girls 13-14	Kairo	Courtney	00.10.19	
400m	10	1	70	Nipper Girls 8-10	Caro	Bishop	00.10.37	
400m	11	2	382	Sub Vet Women 30-39	Elmarie	Koekemoer	00.10.41	
400m	12	6	525	Veteran Women 40-49	Allison	Osler	00.10.51	
400m	13	1	177	Gr Master Women 60+	Lindsay	De Kock	00.10.54	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
400m	14	2	635	Master Women 50-59	Marion	Stevens	00.10.59	
400m	15	7	55	Veteran Women 40-49	Tarryn	Beretta	00.11.04	
400m	16	2	26	Nipper Girls 8-10	Giulia	Astengo	00.11.11	
All Women	17	2	206	Sprog Girls 11-12	Alessia	Dowle	00.11.15	
400m	18	3	173	Sub Vet Women 30-39	Carmen	De Gouveia	00.12.03	
400m	19	3	388	Sprog Girls 11-12	Milan	Kruger	00.12.10	
400m	20	8	389	Veteran Women 40-49	Stefane	Kruger	00.12.13	
400m	21	3	69	Master Women 50-59	Sara	Bind	00.12.17	
400m	22	9	665	Veteran Women 40-49	Ilse	Theys-Woodward	00.12.21	
400m	23	1	77	Senior Women 19-29	Michaela	Borodinsky	00.12.24	
400m	24	2	185	Senior Women 19-29	Sonya	De Waardt	00.12.37	
400m	25	3	200	Senior Women 19-29	Danielle	Dirksen	00.12.50	
400m	26	4	314	Sub Vet Women 30-39	Yolande	Hill	00.12.56	
400m	27	5	201	Sub Vet Women 30-39	Adi	Dirmeik	00.13.11	
400m	28	10	459	Veteran Women 40-49	Christiane	Mcewen	00.13.15	
400m	29	4	234	Master Women 50-59	Robin	Ferguson	00.13.22	
400m	30	5	95	Master Women 50-59	Leonore	Bredekamp	00.13.23	
400m	31	11	379	Veteran Women 40-49	Judith	Kluge	00.13.38	
400m	32	4	34	Nipper Girls 8-10	Sienna	Barenblatt	00.13.46	
400m	33	12	307	Veteran Women 40-49	Deidre	Heafield	00.14.21	
400m	34	2	397	Sub Jun Girls 13-14	Keona	Landman	00.14.32	
400m	35	6	689	Sub Vet Women 30-39	Fé	Van Haght	00.14.53	
400m	36	13	188	Veteran Women 40-49	Elvea	De Wet	00.15.03	
400m	37	2	767	Gr Master Women 60+	Carol	Wilson	00.15.06	
400m	38	14	240	Veteran Women 40-49	Lizel	Fincham	00.15.15	
400m	39	5	704	Nipper Girls 8-10	Charlotte	Van Vlaanderen	00.15.21	
400m	40	6	589	Master Women 50-59	Jacqueline	Scheepers	00.15.24	
400m	41	7	267	Master Women 50-59	Tanya	Glazer	00.15.28	
400m	42	15	779	Veteran Women 40-49	Charlotte	Young	00.15.35	
400m	43	16	58	Veteran Women 40-49	Fiona	Bergmann	00.17.05	
400m	44	6	57	Nipper Girls 8-10	Addison	Bergmann	00.17.07	
400m	45	17	441	Veteran Women 40-49	Rowen	Markie	00.17.32	
400m	46	8	645	Master Women 50-59	Toni	Stringer	00.19.22	
400m	47	9	489	Master Women 50-59	Shareen	Muratori	00.21.00	
Group	Pos All	Pos Cat	No	Age Category	First Name	Last Name	Time	Remarks
All Men	1	1	691	Youth Men 15-16	Jaryd	Van Heerden	00.06.53	
400m	2	2	112	Youth Men 15-16	Driesie	Burger	00.06.58	
400m	3	1	68	Veteran Men 40-49	Mark	Bind	00.07.05	
400m	4	1	661	Sprog Boys 11-12	Noah	Taylor	00.07.44	
400m	5	1	660	Sub Vet Men 30-39	Keith	Tarr	00.08.16	
400m	6	1	671	Master Men 50-59	Andrew	Trench	00.08.32	
400m	7	2	80	Sprog Boys 11-12	Jan	Bosman	00.08.43	
400m	8	2	491	Master Men 50-59	Hans	Muylaert-Gelein	00.09.11	
400m	9	3	91	Sprog Boys 11-12	Kobus	Brand	00.09.13	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
400m	10	1	552	Sub Jun Boys 13-14	Steyn	Pretorius	00.10.19	
400m	11	1	168	Gr Master Men 60+	Derek	Day	00.10.48	
400m	12	3	247	Youth Men 15-16	Connor	Fourie	00.11.10	
400m	13	4	768	Sprog Boys 11-12	Eli	Wollenschlaeger	00.11.50	
All Men	14	2	769	Veteran Men 40-49	Luke	Wollenschlaeger	00.11.52	
400m	15	1	630	Junior Men 17-18	Abdu-Razeen	Stemmet	00.11.56	
400m	16	1	108	Nipper Boys 8-10	John	Buchanan	00.12.05	
400m	17	3	109	Veteran Men 40-49	Malcolm	Buchanan	00.12.07	
400m	18	2	272	Nipper Boys 8-10	Joseph	Graaff	00.12.30	
400m	19	4	64	Veteran Men 40-49	Johann	Beytell	00.12.33	
400m	20	5	521	Veteran Men 40-49	Stefan	Oosthuizen	00.12.35	
400m	21	2	674	Junior Men 17-18	Fabiano	Truda	00.12.42	
400m	22	6	306	Veteran Men 40-49	Craig	Heafield	00.12.54	
400m	23	7	631	Veteran Men 40-49	Ameen	Stemmet	00.13.01	
400m	24	3	460	Nipper Boys 8-10	Jack	Mcewen	00.13.12	
400m	25	8	570	Veteran Men 40-49	George	Richards	00.13.14	
400m	26	2	664	Sub Jun Boys 13-14	Blaise-Danté	Theys	00.13.30	
400m	27	1	452	Senior Men 19-29	Daniel	May	00.13.44	
400m	28	9	33	Veteran Men 40-49	Nicholas	Barenblatt	00.13.45	
400m	29	3	364	Master Men 50-59	Gregory	Kahn	00.13.49	
400m	30	5	365	Sprog Boys 11-12	Levi	Kahn	00.13.53	
400m	31	4	40	Master Men 50-59	Marc	Barrow	00.13.58	
400m	32	10	126	Veteran Men 40-49	Neil	Carrick	00.14.06	
400m	33	6	266	Sprog Boys 11-12	Ryan	Glazer	00.14.09	
400m	34	7	305	Sprog Boys 11-12	Christian	Heafield	00.14.18	
400m	35	8	652	Sprog Boys 11-12	Milan	Swanepoel	00.14.23	
400m	36	4	553	Nipper Boys 8-10	Thomas	Pretorius	00.14.52	
400m	37	11	399	Veteran Men 40-49	Rihan	Landman	00.15.11	
400m	38	5	396	Nipper Boys 8-10	Callum	Landman	00.15.13	
400m	39	12	241	Veteran Men 40-49	Richard	Fincham	00.15.30	
400m	40	6	238	Nipper Boys 8-10	A J	Fincham	00.15.39	
400m	41	13	705	Veteran Men 40-49	Dirk	Van Vlaanderen	00.15.58	
400m	42	14	59	Veteran Men 40-49	Jason	Bergmann	00.17.07	
400m	43	7	60	Nipper Boys 8-10	Torran	Bergmann	00.17.30	
400m	44	8	207	Nipper Boys 8-10	Luca	Dowle	00.17.34	
400m	45	5	488	Master Men 50-59	Massimo	Muratori	00.21.02	
Group	Pos All	Pos Cat	No	Age Category	First Name	Last Name	Time	Remarks
All Women	1	1	750	Senior Women 19-29	Michelle	Weber	00.11.32	
800m	2	1	500	Junior Women 17-18	Hannah	Neilson	00.11.40	
800m	3	2	17	Senior Women 19-29	Carli	Antonopoulos	00.11.54	
800m	4	1	517	Youth Women 15-16	Shani	Olivier	00.14.47	
800m	5	1	149	Sprog Girls 11-12	Sierra	Courtney	00.15.11	
800m	6	2	4	Youth Women 15-16	Keesha	Adams	00.15.53	
800m	7	3	261	Senior Women 19-29	Hannah	Gibbs	00.16.16	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
800m	8	1	273	Sub Vet Women 30-39	Karen	Graaff	00.16.26	
800m	9	4	629	Senior Women 19-29	Ruth	Stein	00.16.27	
800m	10	2	498	Junior Women 17-18	Iona	Neethling	00.16.48	
800m	11	2	289	Sub Vet Women 30-39	Candyce	Hall	00.17.47	
800m	12	1	659	Veteran Women 40-49	Jean	Tarr	00.17.59	
All Women	13	1	536	Master Women 50-59	Michelle	Petring	00.18.09	
800m	14	2	734	Veteran Women 40-49	Jacqueline	Vockins	00.18.15	
800m	15	1	545	Sub Jun Girls 13-14	Abbey	Poezyn	00.18.28	
800m	16	2	692	Sub Jun Girls 13-14	Kezra	Van Heerden	00.18.32	
800m	17	5	56	Senior Women 19-29	Makayla	Berghammer	00.18.35	
800m	18	3	394	Sub Jun Girls 13-14	Kathryn	La Grange	00.18.47	
800m	19	3	154	Veteran Women 40-49	Sanet	Cox	00.18.51	
800m	20	2	708	Sprog Girls 11-12	Claire	Van Wyk	00.18.53	
800m	21	4	684	Veteran Women 40-49	Lynda	Van Der Merwe	00.19.04	
800m	22	5	454	Veteran Women 40-49	Bryony	Mccormick	00.19.08	
800m	23	6	455	Veteran Women 40-49	Taryn	Mccormick	00.19.42	
800m	24	3	593	Sub Vet Women 30-39	Elsje	Schreuder	00.19.48	
800m	25	7	228	Veteran Women 40-49	Alet	Engelbrecht	00.19.51	
800m	26	4	335	Sub Vet Women 30-39	Jacqueline	Hudson	00.19.56	
800m	27	3	595	Youth Women 15-16	Chaely-Anne	Schuster	00.19.59	
800m	28	5	295	Sub Vet Women 30-39	Jacqui	Harrison	00.20.11	
800m	29	8	549	Veteran Women 40-49	Marietjie	Pool	00.20.18	
800m	30	6	93	Sub Vet Women 30-39	Thea	Brand	00.20.20	
800m	31	4	13	Youth Women 15-16	Amelia	Ansley	00.20.22	
800m	32	3	765	Sprog Girls 11-12	Sydney-Grace	Williams	00.20.33	
800m	33	9	540	Veteran Women 40-49	Cilnette	Pienaar	00.21.41	
800m	34	7	577	Sub Vet Women 30-39	Mary	Roth	00.21.42	
800m	35	4	507	Sprog Girls 11-12	Mila	Nienaber	00.21.47	
800m	36	2	635	Master Women 50-59	Marion	Stevens	00.22.11	
800m	37	3	16	Master Women 50-59	Paula	Ansley	00.22.19	
800m	38	4	351	Master Women 50-59	Saskia	Johnson	00.22.21	
800m	39	8	220	Sub Vet Women 30-39	Madeleine	Du Toit	00.22.24	
800m	40	1	177	Gr Master Women 60+	Lindsay	De Kock	00.22.26	
800m	41	4	411	Sub Jun Girls 13-14	Graziana	Lehtipuu	00.22.56	
800m	42	6	174	Senior Women 19-29	Sarah-Lee	De Greeff	00.22.59	
800m	43	10	307	Veteran Women 40-49	Deidre	Heafield	00.23.21	
800m	44	5	25	Sub Jun Girls 13-14	Gisella	Astengo	00.23.42	
800m	45	6	392	Sub Jun Girls 13-14	Natasha	Kumbier	00.23.51	
800m	46	7	250	Sub Jun Girls 13-14	Skye	Fox	00.24.03	
800m	47	5	78	Master Women 50-59	Dina	Boshoff	00.24.19	
800m	48	7	83	Senior Women 19-29	Corne	Botha	00.24.23	
800m	49	11	603	Veteran Women 40-49	Anneke	Smit	00.24.32	
800m	50	6	23	Master Women 50-59	Janet	Askew	00.24.41	
800m	51	7	234	Master Women 50-59	Robin	Ferguson	00.25.03	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
800m	52	9	179	Sub Vet Women 30-39	Tarynne	De Lange	00.25.05	
800m	53	12	429	Veteran Women 40-49	Candice	Lundin	00.25.08	
800m	54	2	767	Gr Master Women 60+	Carol	Wilson	00.25.18	
800m	55	13	7	Veteran Women 40-49	Greta	Allen	00.26.03	
800m	56	14	548	Veteran Women 40-49	Sherene	Poezyn	00.26.09	
800m	57	10	43	Sub Vet Women 30-39	Erlandy	Basson	00.26.14	
All Women	58	15	76	Veteran Women 40-49	Nicolette	Booyens	00.26.14	
800m	59	8	675	Master Women 50-59	Teresa	Truda	00.26.16	
800m	60	16	441	Veteran Women 40-49	Rowen	Markie	00.27.05	
800m	61	9	648	Master Women 50-59	Alison	Sussex	00.27.12	
800m	62	8	719	Sub Jun Girls 13-14	Teyna	Van Zyl	00.27.32	
800m	63	10	477	Master Women 50-59	Helise	Mieny	00.27.59	
800m	64	8	146	Senior Women 19-29	Carmen	Combrinck	00.28.01	
800m	65	11	490	Master Women 50-59	Monene	Murray	00.28.12	
800m	66	5	752	Youth Women 15-16	Alina	Wegendorf	00.29.26	
800m	67	1	433	Nipper Girls 8-10	Olivia	Malan	00.29.38	
800m	68	17	188	Veteran Women 40-49	Elvea	De Wet	00.29.44	
800m	69	12	720	Master Women 50-59	Hanli	Vantonder	00.29.50	
800m	70	18	301	Veteran Women 40-49	Kylie	Hatton	00.34.19	
800m	71	19	724	Veteran Women 40-49	Suna	Verhoef	00.34.48	
800m	72	3	164	Gr Master Women 60+	Dominique	Danon	00.35.13	
Group	Pos All	Pos Cat	No	Age Category	First Name	Last Name	Time	Remarks
All Men	1	1	225	Youth Men 15-16	Liam	Ellis	00.11.10	
800m	2	1	68	Veteran Men 40-49	Mark	Bind	00.14.23	
800m	3	2	112	Youth Men 15-16	Driesie	Burger	00.14.47	
800m	4	1	28	Gr Master Men 60+	Bernard	Avenant	00.14.53	
800m	5	2	373	Veteran Men 40-49	Richard	Kilpin	00.15.10	
800m	6	1	297	Sub Vet Men 30-39	Steve	Harrison	00.15.20	
800m	7	1	627	Senior Men 19-29	Jack	Stein	00.15.31	
800m	8	1	671	Master Men 50-59	Andrew	Trench	00.17.22	
800m	9	2	660	Sub Vet Men 30-39	Keith	Tarr	00.17.27	
800m	10	2	693	Senior Men 19-29	Kyle	Van Heerden	00.17.40	
800m	11	2	232	Master Men 50-59	Peter	Ethelston	00.18.01	
800m	12	1	706	Sprog Boys 11-12	Matthew	Van Vlaanderen	00.18.13	
800m	13	3	359	Veteran Men 40-49	Roelof	Joubert	00.18.23	
800m	14	1	458	Sub Jun Boys 13-14	Alec	Mcewen	00.18.41	
800m	15	3	461	Master Men 50-59	Thomas	Mcewen	00.18.45	
800m	16	1	81	Nipper Boys 8-10	Petrus	Bosman Jnr	00.18.57	
800m	17	3	215	Senior Men 19-29	De Wet	Du Toit	00.18.58	
800m	18	2	442	Sub Jun Boys 13-14	Oscar	Marklew	00.19.27	
800m	19	2	80	Sprog Boys 11-12	Jan	Bosman	00.19.32	
800m	20	4	739	Veteran Men 40-49	Michael	Walker	00.19.45	
800m	21	1	387	Junior Men 17-18	Markus	Kruger	00.19.53	
800m	22	4	479	Master Men 50-59	Faizal	Miller	00.19.56	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
800m	23	3	763	Sub Jun Boys 13-14	Matthew	Williams	00.20.01	
800m	24	4	615	Senior Men 19-29	David	Spanjaard	00.20.04	
800m	25	3	480	Sub Vet Men 30-39	Manuel	Mokros	00.20.29	
800m	26	5	614	Senior Men 19-29	Daniel	Spanjaard	00.20.31	
800m	27	3	239	Sprog Boys 11-12	Connor	Fincham	00.21.50	
800m	28	4	590	Sub Jun Boys 13-14	Ruben	Scheepers	00.22.53	
800m	29	5	552	Sub Jun Boys 13-14	Steyn	Pretorius	00.22.54	
All Men	30	4	131	Sprog Boys 11-12	Zac	Cheary	00.23.38	
800m	31	5	694	Master Men 50-59	Mark	Van Heerden	00.23.55	
800m	32	2	506	Gr Master Men 60+	Eric	Nienaber	00.24.22	
800m	33	6	167	Master Men 50-59	Jonathan	Dawson	00.24.26	
800m	34	5	64	Veteran Men 40-49	Johann	Beytell	00.26.13	
800m	35	6	569	Senior Men 19-29	Charl	Reyneke	00.26.14	
800m	36	3	263	Gr Master Men 60+	Simon	Gillate	00.27.02	
800m	37	5	729	Sprog Boys 11-12	Lucca	Viljoen	00.27.19	
800m	38	7	682	Senior Men 19-29	Bernard	Van Der Merwe	00.27.39	
800m	39	8	493	Senior Men 19-29	Christopher	Myburgh	00.28.03	
800m	40	6	543	Sub Jun Boys 13-14	Matteo	Pirouz	00.28.05	
800m	41	7	491	Master Men 50-59	Hans	Muylaert-Gelein	00.28.16	
800m	42	3	586	Youth Men 15-16	Oliver	Sage	00.28.19	
800m	43	6	585	Veteran Men 40-49	Justin	Sage	00.28.21	
800m	44	7	434	Veteran Men 40-49	Wynand	Malan	00.29.28	
800m	45	9	452	Senior Men 19-29	Daniel	May	00.29.48	
800m	46	8	29	Master Men 50-59	Jean-Pierre	Baard	00.31.46	
800m	47	4	612	Sub Vet Men 30-39	John	Snydert	00.33.43	
800m	48	8	140	Veteran Men 40-49	Hennie	Coetzee	00.33.58	
Group	Pos All	Pos Cat	No	Age Category	First Name	Last Name	Time	Remarks
All Women	1	1	750	Senior Women 19-29	Michelle	Weber	00.21.36	
Mile	2	1	623	Sub Vet Women 30-39	Tarryn	Stanford	00.22.04	
<i>Mile</i>	3	2	17	Senior Women 19-29	Carli	Antonopoulos	00.23.04	
<i>Mile</i>	4	1	500	Junior Women 17-18	Hannah	Neilson	00.23.22	
<i>Mile</i>	5	3	200	Senior Women 19-29	Danielle	Dirksen	00.26.22	
<i>Mile</i>	6	4	657	Senior Women 19-29	Tatum	Tarpey	00.26.30	
<i>Mile</i>	7	5	406	Senior Women 19-29	Margaux	Le Roux	00.28.05	
<i>Mile</i>	8	6	24	Senior Women 19-29	Stephanie	Askew	00.28.06	
<i>Mile</i>	9	1	723	Sub Jun Girls 13-14	Wilmien	Verbeek	00.28.24	
<i>Mile</i>	10	7	695	Senior Women 19-29	Imre	Van Huyssteen	00.28.47	
<i>Mile</i>	11	8	334	Senior Women 19-29	Izaan	Hough	00.28.52	
<i>Mile</i>	12	1	153	Master Women 50-59	Kate	Cowling	00.29.20	
<i>Mile</i>	13	2	519	Sub Vet Women 30-39	Kristen	Ong	00.29.23	
<i>Mile</i>	14	1	119	Youth Women 15-16	Joelle	Buys	00.29.30	
<i>Mile</i>	15	2	698	Youth Women 15-16	Kirsten	Van Reenen	00.29.42	
<i>Mile</i>	16	2	90	Sub Jun Girls 13-14	Emsie	Brand	00.29.42	
<i>Mile</i>	17	2	330	Junior Women 17-18	Isabella	Hopkirk	00.29.45	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
Mile	18	9	237	Senior Women 19-29	Ashley	Ferreira	00.29.52	
Mile	19	10	609	Senior Women 19-29	Kim	Smith	00.29.57	
Mile	20	11	326	Senior Women 19-29	Jess	Holing	00.30.02	
Mile	21	3	273	Sub Vet Women 30-39	Karen	Graaff	00.30.05	
Mile	22	12	261	Senior Women 19-29	Hannah	Gibbs	00.30.24	
Mile	23	2	304	Master Women 50-59	Monika	Hayes	00.30.35	
Mile	24	4	136	Sub Vet Women 30-39	Kerri	Clifford	00.31.01	
Mile	25	1	286	Veteran Women 40-49	Lauren	Halbert	00.31.11	
All Women	26	3	498	Junior Women 17-18	Iona	Neethling	00.31.21	
Mile	27	5	139	Sub Vet Women 30-39	Carla	Coetzee	00.31.36	
Mile	28	2	459	Veteran Women 40-49	Christiane	Mcewen	00.31.40	
Mile	29	6	447	Sub Vet Women 30-39	Samantha	Matos	00.31.42	
Mile	30	3	4	Youth Women 15-16	Keesha	Adams	00.31.43	
Mile	31	4	562	Youth Women 15-16	Holly	Ramsden	00.32.33	
Mile	32	5	169	Youth Women 15-16	Erin	De Beer	00.32.37	
Mile	33	13	687	Senior Women 19-29	Jedidja	Van Der Walt	00.32.38	
Mile	34	14	319	Senior Women 19-29	Carolyn	Hitchins	00.32.45	
Mile	35	6	129	Youth Women 15-16	Mila	Cheary	00.32.50	
Mile	36	15	361	Senior Women 19-29	Donna	Jullien	00.32.52	
Mile	37	16	111	Senior Women 19-29	Louise	Buhrmann	00.32.58	
Mile	38	4	759	Junior Women 17-18	Caitlin	Wilde	00.33.06	
Mile	39	3	35	Veteran Women 40-49	Tarren	Barenblatt	00.33.11	
Mile	40	7	289	Sub Vet Women 30-39	Candyce	Hall	00.33.12	
Mile	41	3	738	Master Women 50-59	Melissa	Wainwright	00.33.18	
Mile	42	17	316	Senior Women 19-29	Jemima	Hindmarch	00.33.20	
Mile	43	1	650	Sprog Girls 11-12	Lulu	Swanepoel	00.33.30	
Mile	44	8	213	Sub Vet Women 30-39	Kobie	Du Preez	00.33.33	
Mile	45	18	368	Senior Women 19-29	Nakita	Keal	00.33.51	
Mile	46	4	328	Veteran Women 40-49	Lara	Hooper	00.34.02	
Mile	47	9	409	Sub Vet Women 30-39	Sascha	Lear	00.34.08	
Mile	48	10	38	Sub Vet Women 30-39	Tammy	Barlow	00.34.15	
Mile	49	5	644	Junior Women 17-18	Liska	Stramrood	00.34.19	
Mile	50	4	398	Master Women 50-59	Margit	Landman	00.34.27	
Mile	51	19	199	Senior Women 19-29	Sarah	Dillon	00.34.33	
Mile	52	5	299	Master Women 50-59	Alison	Hartley	00.34.43	
Mile	53	5	300	Veteran Women 40-49	Christina	Harvett	00.34.43	
Mile	54	20	496	Senior Women 19-29	Kaylee	Nancarrow	00.34.46	
Mile	55	6	5	Master Women 50-59	Kim	Adams	00.34.48	
Mile	56	6	754	Veteran Women 40-49	Minette	Weirich	00.34.55	
Mile	57	7	154	Veteran Women 40-49	Sanet	Cox	00.34.57	
Mile	58	21	231	Senior Women 19-29	Monica	Esterhuizen	00.35.00	
Mile	59	11	701	Sub Vet Women 30-39	Odelia	Van Stryp	00.35.13	
Mile	60	12	440	Sub Vet Women 30-39	Bronwyn	Maree	00.35.21	
Mile	61	7	568	Master Women 50-59	Joanna	Retief	00.35.24	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
<i>Mile</i>	62	8	536	Master Women 50-59	Michelle	Petring	00.35.30	
<i>Mile</i>	63	8	684	Veteran Women 40-49	Lynda	Van Der Merwe	00.35.35	
<i>Mile</i>	64	9	734	Veteran Women 40-49	Jacqueline	Vockins	00.35.41	
<i>Mile</i>	65	10	249	Veteran Women 40-49	Sharon	Fourie	00.35.48	
<i>Mile</i>	66	22	156	Senior Women 19-29	Frances	Craddock	00.35.56	
<i>Mile</i>	67	11	722	Veteran Women 40-49	Miemie	Verbeek	00.35.57	
<i>Mile</i>	68	13	376	Sub Vet Women 30-39	Madeli	Kleyn	00.36.03	
<i>Mile</i>	69	7	564	Youth Women 15-16	Abby	Raymer	00.36.04	
<i>Mile</i>	70	23	575	Senior Women 19-29	Sune	Roodt	00.36.07	
All Women	71	14	110	Sub Vet Women 30-39	Sarah	Buerger	00.36.10	
<i>Mile</i>	72	12	492	Veteran Women 40-49	Zané	Myburg	00.36.12	
<i>Mile</i>	73	15	751	Sub Vet Women 30-39	Nikki	Weerts	00.36.19	
<i>Mile</i>	74	8	417	Youth Women 15-16	Josephine	Liebenberg	00.36.34	
<i>Mile</i>	75	9	47	Master Women 50-59	Alison	Beaumont	00.36.39	
<i>Mile</i>	76	10	181	Master Women 50-59	Lizl	De Villiers	00.36.40	
<i>Mile</i>	77	24	161	Senior Women 19-29	Phillipa	Curd	00.36.40	
<i>Mile</i>	78	11	403	Master Women 50-59	Tracey	Laverty	00.36.45	
<i>Mile</i>	79	16	170	Sub Vet Women 30-39	Marita	De Bruyn	00.36.53	
<i>Mile</i>	80	13	265	Veteran Women 40-49	Caroline	Gillies	00.36.55	
<i>Mile</i>	81	14	707	Veteran Women 40-49	Megan	Van Vlaanderen	00.36.56	
<i>Mile</i>	82	25	192	Senior Women 19-29	Lauren	Denny	00.37.00	
<i>Mile</i>	83	17	217	Sub Vet Women 30-39	Jana	Du Toit	00.37.03	
<i>Mile</i>	84	15	276	Veteran Women 40-49	Cindy	Greyling	00.37.07	
<i>Mile</i>	85	16	712	Veteran Women 40-49	Nadia	Van Wyk	00.37.08	
<i>Mile</i>	86	17	228	Veteran Women 40-49	Alet	Engelbrecht	00.37.12	
<i>Mile</i>	87	12	584	Master Women 50-59	Tracy	Rudling	00.37.14	
<i>Mile</i>	88	18	659	Veteran Women 40-49	Jean	Tarr	00.37.22	
<i>Mile</i>	89	13	317	Master Women 50-59	Shelley	Hindmarch	00.37.22	
<i>Mile</i>	90	18	53	Sub Vet Women 30-39	Andrea	Bennett	00.37.23	
<i>Mile</i>	91	19	395	Veteran Women 40-49	Hester	Ladewig	00.37.24	
<i>Mile</i>	92	19	741	Sub Vet Women 30-39	Courtney	Wallander	00.37.26	
<i>Mile</i>	93	9	160	Youth Women 15-16	Georgia	Curd	00.37.30	
<i>Mile</i>	94	20	221	Sub Vet Women 30-39	Candice	Dumas	00.37.33	
<i>Mile</i>	95	20	58	Veteran Women 40-49	Fiona	Bergmann	00.37.36	
<i>Mile</i>	96	21	130	Veteran Women 40-49	Renee	Cheary	00.37.36	
<i>Mile</i>	97	1	539	Gr Master Women 60+	Celia	Pienaar	00.37.38	
<i>Mile</i>	98	21	335	Sub Vet Women 30-39	Jacqueline	Hudson	00.37.53	
<i>Mile</i>	99	2	731	Gr Master Women 60+	Loula	Visser	00.37.59	
<i>Mile</i>	100	22	367	Veteran Women 40-49	Nadia	Kariel	00.38.00	
<i>Mile</i>	101	23	293	Veteran Women 40-49	Lindi	Harmsen	00.38.03	
<i>Mile</i>	102	24	454	Veteran Women 40-49	Bryony	Mccormick	00.38.09	
<i>Mile</i>	103	25	617	Veteran Women 40-49	Anena	Spies	00.38.16	
<i>Mile</i>	104	26	505	Veteran Women 40-49	Helen	Nicolas	00.38.20	
<i>Mile</i>	105	22	593	Sub Vet Women 30-39	Elsje	Schreuder	00.38.24	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
<i>Mile</i>	106	27	338	Veteran Women 40-49	Kerry	Hume	00.38.28	
<i>Mile</i>	107	14	254	Master Women 50-59	Nella	Freund	00.38.33	
<i>Mile</i>	108	28	499	Veteran Women 40-49	Mari	Neethling	00.38.34	
<i>Mile</i>	109	3	127	Gr Master Women 60+	Lydia	Carstens	00.38.41	
<i>Mile</i>	110	29	52	Veteran Women 40-49	Megan	Benn	00.39.05	
<i>Mile</i>	111	23	315	Sub Vet Women 30-39	Kate	Hilson	00.39.18	
<i>Mile</i>	112	26	685	Senior Women 19-29	Prisca	Van Der Merwe	00.39.25	
<i>Mile</i>	113	30	137	Veteran Women 40-49	Fairuz	Coe	00.39.27	
<i>Mile</i>	114	24	93	Sub Vet Women 30-39	Thea	Brand	00.39.34	
<i>Mile</i>	115	15	516	Master Women 50-59	Dee	Olivier	00.39.35	
All Women	116	16	244	Master Women 50-59	Petra	Forrest	00.39.38	
Mile	117	3	270	Sub Jun Girls 13-14	Gretha	Graaff	00.39.38	
<i>Mile</i>	118	31	482	Veteran Women 40-49	Candice	Montzinger	00.39.44	
<i>Mile</i>	119	17	321	Master Women 50-59	Narine	Hitchins	00.39.52	
<i>Mile</i>	120	32	749	Veteran Women 40-49	Charlotte	Weaver	00.39.55	
<i>Mile</i>	121	33	669	Veteran Women 40-49	Kim	Tracey	00.40.05	
<i>Mile</i>	122	34	107	Veteran Women 40-49	Colleen	Brugman	00.40.13	
<i>Mile</i>	123	25	295	Sub Vet Women 30-39	Jacqui	Harrison	00.40.17	
<i>Mile</i>	124	35	455	Veteran Women 40-49	Taryn	Mccormick	00.40.22	
<i>Mile</i>	125	36	446	Veteran Women 40-49	Kara	Matkovich	00.40.43	
<i>Mile</i>	126	26	63	Sub Vet Women 30-39	Laura	Beukes	00.40.45	
<i>Mile</i>	127	18	141	Master Women 50-59	Liezel	Coetzee	00.40.50	
<i>Mile</i>	128	37	49	Veteran Women 40-49	Sam	Bell	00.40.59	
<i>Mile</i>	129	38	680	Veteran Women 40-49	Philippa	Van Breukelen	00.41.01	
<i>Mile</i>	130	27	554	Senior Women 19-29	Lise	Prinsloo	00.41.07	
<i>Mile</i>	131	4	392	Sub Jun Girls 13-14	Natasha	Kumbier	00.41.10	
<i>Mile</i>	132	19	774	Master Women 50-59	Lynne	Wright	00.41.13	
<i>Mile</i>	133	4	177	Gr Master Women 60+	Lindsay	De Kock	00.41.26	
<i>Mile</i>	134	27	32	Sub Vet Women 30-39	Nicola	Baines	00.41.29	
<i>Mile</i>	135	5	758	Sub Jun Girls 13-14	Hannah	Whitson	00.41.33	
<i>Mile</i>	136	20	428	Master Women 50-59	Anita	Louw	00.41.37	
<i>Mile</i>	137	28	639	Senior Women 19-29	Kayla	Steyn	00.41.41	
<i>Mile</i>	138	6	323	Sub Jun Girls 13-14	Errine	Hodges	00.41.47	
<i>Mile</i>	139	29	530	Senior Women 19-29	Catherine	Pellow-Jarman	00.41.53	
<i>Mile</i>	140	21	532	Master Women 50-59	Terry	Pellow-Jarman	00.41.57	
<i>Mile</i>	141	28	382	Sub Vet Women 30-39	Elmarie	Koekemoer	00.42.01	
<i>Mile</i>	142	7	120	Sub Jun Girls 13-14	Caitlin	Caesar	00.42.05	
<i>Mile</i>	143	39	123	Veteran Women 40-49	Danja	Calver	00.42.06	
<i>Mile</i>	144	10	595	Youth Women 15-16	Chaely-Anne	Schuster	00.42.10	
<i>Mile</i>	145	8	88	Sub Jun Girls 13-14	Jemma	Boulton	00.42.13	
<i>Mile</i>	146	40	717	Veteran Women 40-49	Kelly	Van Zyl	00.42.15	
<i>Mile</i>	147	29	721	Sub Vet Women 30-39	Talitha	Venter	00.42.24	
<i>Mile</i>	148	41	345	Veteran Women 40-49	Sarah	James	00.42.26	
<i>Mile</i>	149	30	194	Senior Women 19-29	Nicara	Diedericks	00.42.28	

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Mile	150	22	135	Master Women 50-59	Sandy	Clackett	00.42.30	
Mile	151	30	643	Sub Vet Women 30-39	Marie	Sto	00.42.31	
Mile	152	2	294	Sprog Girls 11-12	Sadie	Harris	00.42.34	
Mile	153	31	96	Senior Women 19-29	Lara	Bredenkamp	00.42.38	
Mile	154	32	725	Senior Women 19-29	Christelle	Verster	00.42.41	
Mile	155	42	436	Veteran Women 40-49	Lilly-Ann	Malherbe	00.42.43	
Mile	156	31	325	Sub Vet Women 30-39	Vanessa	Hoek	00.42.46	
Mile	157	23	104	Master Women 50-59	Sandi	Brown	00.42.49	
Mile	158	32	184	Sub Vet Women 30-39	Stacey	De Villiers	00.42.50	
Mile	159	24	157	Master Women 50-59	Ruth	Craddock	00.43.00	
Mile	160	25	542	Master Women 50-59	Farah	Pirouz	00.43.08	
All Women	161	26	635	Master Women 50-59	Marion	Stevens	00.43.11	
Mile	162	43	637	Veteran Women 40-49	Esther	Steyn	00.43.12	
Mile	163	44	718	Veteran Women 40-49	Moija	Van Zyl	00.43.18	
Mile	164	27	537	Master Women 50-59	Belinda	Peyrot	00.43.29	
Mile	165	45	522	Veteran Women 40-49	Fee	Opperman	00.43.45	
Mile	166	46	393	Veteran Women 40-49	Erika	Kuun	00.43.50	
Mile	167	28	27	Master Women 50-59	Sharon	Atkins	00.44.02	
Mile	168	3	469	Sprog Girls 11-12	Maura	Mellema	00.44.08	
Mile	169	33	560	Sub Vet Women 30-39	Lizane	Raaths	00.44.18	
Mile	170	47	212	Veteran Women 40-49	Marisa	Du Plooy	00.44.28	
Mile	171	34	219	Sub Vet Women 30-39	Machon	Du Toit	00.44.32	
Mile	172	48	175	Veteran Women 40-49	Danette	De Klerk	00.44.37	
Mile	173	5	386	Gr Master Women 60+	Gerda	Kruger	00.44.44	
Mile	174	35	672	Sub Vet Women 30-39	Stacey	Trend	00.44.59	
Mile	175	29	487	Master Women 50-59	Rene	Munro	00.45.14	
Mile	176	49	45	Veteran Women 40-49	Kirsty	Bastable	00.45.14	
Mile	177	50	39	Veteran Women 40-49	Veronica	Barnes	00.45.14	
Mile	178	30	426	Master Women 50-59	Rene	Lotter	00.45.15	
Mile	179	31	405	Master Women 50-59	Jane	Le Roux	00.45.21	
Mile	180	36	427	Sub Vet Women 30-39	Alexandra	Loudon	00.45.24	
Mile	181	32	636	Master Women 50-59	Fiona	Stewart	00.45.28	
Mile	182	4	322	Sprog Girls 11-12	Carla	Hodges	00.45.41	
Mile	183	51	8	Veteran Women 40-49	Meghan	Anderson	00.45.43	
Mile	184	52	124	Veteran Women 40-49	Donne	Cameron	00.45.51	
Mile	185	11	312	Youth Women 15-16	Nina	Higgo	00.45.53	
Mile	186	6	340	Gr Master Women 60+	Penny	Ingram	00.46.29	
Mile	187	53	223	Veteran Women 40-49	Chantelle	Elliott	00.46.44	
Mile	188	37	613	Sub Vet Women 30-39	Lindy	Snyman	00.46.47	
Mile	189	54	407	Veteran Women 40-49	Catharina	Le Roux	00.47.10	
Mile	190	55	535	Veteran Women 40-49	Nikki	Petersen	00.47.12	
Mile	191	33	233	Master Women 50-59	Claudia	Fabian	00.47.13	
Mile	192	56	369	Veteran Women 40-49	Brigitte	Kent	00.47.21	
Mile	193	38	744	Sub Vet Women 30-39	Rukeya	Warner	00.48.01	

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Mile	194	57	696	Veteran Women 40-49	Annelise	Van Niekerk	00.48.07	
Mile	195	58	443	Veteran Women 40-49	Hilary	Marshall	00.48.29	
Mile	196	34	514	Master Women 50-59	Marian	Oliver	00.48.32	
Mile	197	7	699	Gr Master Women 60+	Helene	Van Rhyn	00.48.37	
Mile	198	35	746	Master Women 50-59	Lorna	Warren	00.48.58	
Mile	199	9	727	Sub Jun Girls 13-14	Daniella	Viljoen	00.49.29	
Mile	200	36	726	Master Women 50-59	Sonja	Vetten	00.49.36	
Mile	201	37	285	Master Women 50-59	Adél	Grobbelaar	00.49.43	
Mile	202	39	205	Sub Vet Women 30-39	Bianca	Douwes	00.50.29	
Mile	203	8	251	Gr Master Women 60+	Caroline	Franklin	00.50.46	
Mile	204	38	351	Master Women 50-59	Saskia	Johnson	00.50.58	
Mile	205	39	234	Master Women 50-59	Robin	Ferguson	00.51.25	
All Women	206	40	383	Sub Vet Women 30-39	Esti	Koorts	00.51.31	
Mile	207	40	628	Master Women 50-59	Mary-Louise	Stein	00.51.39	
Mile	208	41	524	Master Women 50-59	Tracy	Orione	00.51.47	
Mile	209	59	523	Veteran Women 40-49	Véronique	Orban	00.51.50	
Mile	210	42	697	Master Women 50-59	Lincey	Van Niekerk	00.52.52	
Mile	211	9	453	Gr Master Women 60+	Susi	Mccallin	00.54.00	
Mile	212	43	159	Master Women 50-59	Amy	Curd	00.54.03	
Mile	213	44	278	Master Women 50-59	Marian	Griffin-Kloot	00.54.18	
Mile	214	41	700	Sub Vet Women 30-39	Francini	Van Staden	00.56.38	
Mile	215	10	264	Gr Master Women 60+	Di	Gillespie	00.57.43	
Mile	216	12	653	Youth Women 15-16	Keira	Swartz	00.58.12	
Mile	217	60	743	Veteran Women 40-49	Candice	Wantenaar	00.58.18	
Mile	218	6	654	Junior Women 17-18	Leah	Swartz	00.59.00	
Mile	219	42	655	Sub Vet Women 30-39	Roné	Swartz	00.59.06	
Mile	220	33	133	Senior Women 19-29	Thireszni	Chetty	01.01.26	
Mile	221	45	358	Master Women 50-59	Gretha	Joubert	01.01.29	
Group	Pos All	Pos Cat	No	Age Category	First Name	Last Name	Time	Remarks
All Men	1	1	225	Youth Men 15-16	Liam	Ellis	00.20.43	
Mile	2	1	404	Senior Men 19-29	Eric	Le Roux	00.20.45	
Mile	3	1	374	Sub Jun Boys 13-14	Connor	Kinnear	00.23.39	
Mile	4	2	533	Youth Men 15-16	Liam	Pereira	00.23.50	
Mile	5	1	378	Junior Men 17-18	Teon	Kleynhans	00.24.51	
Mile	6	2	574	Senior Men 19-29	Stephano	Roodt	00.24.55	
Mile	7	1	583	Veteran Men 40-49	Paul	Rowett	00.25.11	
Mile	8	2	418	Junior Men 17-18	Nathan	Linscott	00.25.43	
Mile	9	3	606	Youth Men 15-16	Morgan-Jack	Smit	00.26.40	
Mile	10	1	422	Master Men 50-59	Thys	Lombard	00.26.41	
Mile	11	1	41	Sub Vet Men 30-39	Trevor	Barsdorf	00.26.41	
Mile	12	3	113	Junior Men 17-18	Schalk	Burger	00.26.44	
Mile	13	2	769	Veteran Men 40-49	Luke	Wollenschlaeger	00.27.34	
Mile	14	3	275	Senior Men 19-29	Christoff	Greyling	00.27.41	
Mile	15	3	68	Veteran Men 40-49	Mark	Bind	00.27.43	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
<i>Mile</i>	16	2	381	Sub Vet Men 30-39	Alex	Kock	00.27.50	
<i>Mile</i>	17	4	308	Veteran Men 40-49	Irwin	Heinrich	00.27.53	
<i>Mile</i>	18	1	28	Gr Master Men 60+	Bernard	Avenant	00.28.01	
<i>Mile</i>	19	4	203	Junior Men 17-18	Thomas	Doherty	00.28.02	
<i>Mile</i>	20	4	84	Senior Men 19-29	Johnpieter	Botha	00.28.28	
<i>Mile</i>	21	5	145	Junior Men 17-18	Roman	Colonnello	00.28.37	
<i>Mile</i>	22	5	631	Veteran Men 40-49	Ameen	Stemmet	00.28.40	
<i>Mile</i>	23	3	256	Sub Vet Men 30-39	Wesley	Fuller	00.28.42	
<i>Mile</i>	24	6	384	Veteran Men 40-49	Riaan	Kroger	00.28.45	
<i>Mile</i>	25	4	691	Youth Men 15-16	Jaryd	Van Heerden	00.28.54	
<i>Mile</i>	26	2	327	Master Men 50-59	John	Hooper	00.29.07	
<i>Mile</i>	27	5	730	Senior Men 19-29	Stefan	Viljoen	00.29.13	
<i>Mile</i>	28	3	99	Master Men 50-59	Rick	Briers-Danks	00.29.15	
All Men	29	4	297	Sub Vet Men 30-39	Steve	Harrison	00.29.34	
Mile	30	7	771	Veteran Men 40-49	John	Woollam	00.29.47	
<i>Mile</i>	31	6	555	Senior Men 19-29	George	Quenet	00.29.49	
<i>Mile</i>	32	8	373	Veteran Men 40-49	Richard	Kilpin	00.29.58	
<i>Mile</i>	33	1	303	Sprog Boys 11-12	Christopher	Havinga	00.30.01	
<i>Mile</i>	34	5	444	Sub Vet Men 30-39	Musa	Marx	00.30.09	
<i>Mile</i>	35	7	296	Senior Men 19-29	Nicholas	Harrison	00.30.15	
<i>Mile</i>	36	2	337	Sub Jun Boys 13-14	Connor	Hume	00.30.41	
<i>Mile</i>	37	6	580	Junior Men 17-18	Paul	Roux	00.30.47	
<i>Mile</i>	38	3	144	Sub Jun Boys 13-14	Rocco	Colonnello	00.30.59	
<i>Mile</i>	39	4	288	Sub Jun Boys 13-14	Sean	Halbert	00.31.08	
<i>Mile</i>	40	4	268	Master Men 50-59	Bruce	Goodwin	00.31.09	
<i>Mile</i>	41	9	198	Veteran Men 40-49	Ed	Dillon	00.31.18	
<i>Mile</i>	42	10	451	Veteran Men 40-49	Craig	Maulson	00.31.22	
<i>Mile</i>	43	5	353	Master Men 50-59	Spencer	Johnson	00.31.30	
<i>Mile</i>	44	7	352	Junior Men 17-18	Sebastian	Johnson	00.31.32	
<i>Mile</i>	45	11	109	Veteran Men 40-49	Malcolm	Buchanan	00.31.32	
<i>Mile</i>	46	8	281	Junior Men 17-18	Joshua	Grindley-Ferris	00.31.34	
<i>Mile</i>	47	12	302	Veteran Men 40-49	Andrew	Havinga	00.31.48	
<i>Mile</i>	48	13	434	Veteran Men 40-49	Wynand	Malan	00.31.52	
<i>Mile</i>	49	2	661	Sprog Boys 11-12	Noah	Taylor	00.32.00	
<i>Mile</i>	50	14	715	Veteran Men 40-49	Francois	Van Zyl	00.32.01	
<i>Mile</i>	51	6	681	Master Men 50-59	Pieter	Van Deemter	00.32.07	
<i>Mile</i>	52	6	180	Sub Vet Men 30-39	Jacques	De Villiers	00.32.11	
<i>Mile</i>	53	7	313	Sub Vet Men 30-39	Matthew	Hill	00.32.13	
<i>Mile</i>	54	7	65	Master Men 50-59	Grant	Bezer	00.32.39	
<i>Mile</i>	55	5	439	Sub Jun Boys 13-14	Zarik	Marais	00.32.41	
<i>Mile</i>	56	8	218	Sub Vet Men 30-39	Johannes	Du Toit	00.32.43	
<i>Mile</i>	57	8	158	Senior Men 19-29	Thomas	Craddock	00.32.44	
<i>Mile</i>	58	15	82	Veteran Men 40-49	Petrus	Bosman Snr	00.32.47	
<i>Mile</i>	59	9	31	Senior Men 19-29	Martin	Babl	00.32.55	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
Mile	60	9	470	Sub Vet Men 30-39	Morné	Mellet	00.32.55	
Mile	61	16	36	Veteran Men 40-49	Hayward	Barends	00.33.05	
Mile	62	10	663	Senior Men 19-29	Werner	Theron	00.33.06	
Mile	63	17	714	Veteran Men 40-49	Warren	Van Wyk	00.33.07	
Mile	64	18	581	Veteran Men 40-49	Adriaan	Rowan	00.33.14	
Mile	65	19	15	Veteran Men 40-49	Les	Ansley	00.33.20	
Mile	66	11	556	Senior Men 19-29	Jonathan	Quenet	00.33.26	
Mile	67	20	585	Veteran Men 40-49	Justin	Sage	00.33.28	
Mile	68	10	702	Sub Vet Men 30-39	Pieter	Van Stryp	00.33.32	
Mile	69	8	259	Master Men 50-59	Pedro	Garcia	00.33.35	
Mile	70	9	147	Master Men 50-59	Brett	Cotterell	00.34.13	
Mile	71	21	151	Veteran Men 40-49	James	Cowie	00.34.17	
Mile	72	22	356	Veteran Men 40-49	Aghmed	Joseph	00.34.22	
Mile	73	23	359	Veteran Men 40-49	Roelof	Joubert	00.34.43	
All Men	74	11	600	Sub Vet Men 30-39	Alex	Sims	00.34.52	
Mile	75	10	320	Master Men 50-59	Greg	Hitchins	00.34.53	
Mile	76	11	380	Master Men 50-59	Darrel	Knight	00.35.02	
Mile	77	2	89	Gr Master Men 60+	Ian	Bradburn	00.35.04	
Mile	78	12	491	Master Men 50-59	Hans	Muylaert-Gelein	00.35.32	
Mile	79	12	282	Senior Men 19-29	Luke	Grindley-Ferris	00.35.34	
Mile	80	13	432	Senior Men 19-29	Vishaan	Makan	00.35.37	
Mile	81	24	12	Veteran Men 40-49	Ryan	Anley	00.35.44	
Mile	82	9	150	Junior Men 17-18	Alexander	Cowell-Vu	00.35.56	
Mile	83	3	735	Gr Master Men 60+	Anton	Vogt	00.36.03	
Mile	84	4	753	Gr Master Men 60+	Keith	Weightman	00.36.25	
Mile	85	14	51	Senior Men 19-29	Joshua	Benadie	00.36.25	
Mile	86	6	290	Sub Jun Boys 13-14	Caleb	Harley	00.36.28	
Mile	87	7	578	Sub Jun Boys 13-14	Nicholas	Roux	00.36.32	
Mile	88	12	563	Sub Vet Men 30-39	Andrew	Randles	00.36.35	
Mile	89	10	14	Junior Men 17-18	Harry	Ansley	00.36.41	
Mile	90	25	425	Veteran Men 40-49	Charles	Lorentz	00.36.42	
Mile	91	26	11	Veteran Men 40-49	Cameron	Anley	00.36.43	
Mile	92	13	742	Sub Vet Men 30-39	Stuart	Walton	00.36.47	
Mile	93	8	331	Sub Jun Boys 13-14	Joshua	Hopkirk	00.36.49	
Mile	94	5	716	Gr Master Men 60+	Hannes	Van Zyl	00.36.51	
Mile	95	1	60	Nipper Boys 8-10	Torran	Bergmann	00.36.58	
Mile	96	27	9	Veteran Men 40-49	Steve	Anderson	00.37.09	
Mile	97	14	660	Sub Vet Men 30-39	Keith	Tarr	00.37.22	
Mile	98	13	604	Master Men 50-59	Gabriel	Smit	00.37.23	
Mile	99	15	775	Senior Men 19-29	Michael	Wright	00.37.58	
Mile	100	16	375	Senior Men 19-29	Philip	Kirby	00.38.10	
Mile	101	17	86	Senior Men 19-29	Frans	Bothma	00.38.11	
Mile	102	28	599	Veteran Men 40-49	Alan	Sherratt	00.38.17	
Mile	103	29	619	Veteran Men 40-49	Chris	Spies	00.38.22	

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Mile	104	18	357	Senior Men 19-29	Geo	Joubert	00.38.26	
Mile	105	6	647	Gr Master Men 60+	Errard	Sullivan	00.38.31	
Mile	106	30	739	Veteran Men 40-49	Michael	Walker	00.38.36	
Mile	107	14	479	Master Men 50-59	Faizal	Miller	00.38.38	
Mile	108	31	538	Veteran Men 40-49	Gregory	Pheiffer	00.38.50	
Mile	109	32	504	Veteran Men 40-49	Garth	Newman	00.39.04	
Mile	110	9	22	Sub Jun Boys 13-14	Jake	Ascott-Evans	00.39.09	
Mile	111	15	226	Master Men 50-59	Wimpie	Els	00.39.13	
Mile	112	16	748	Master Men 50-59	Sean	Waywell	00.39.18	
Mile	113	17	478	Master Men 50-59	Jean-Pierre	Mieny	00.39.21	
Mile	114	15	348	Sub Vet Men 30-39	Philip	Janse Van Rensburg	00.39.23	
Mile	115	33	582	Veteran Men 40-49	Albert	Rowan	00.39.28	
Mile	116	16	678	Sub Vet Men 30-39	Dirk	Uys	00.39.40	
Mile	117	34	740	Veteran Men 40-49	Walla	Walla	00.39.41	
Mile	118	10	284	Sub Jun Boys 13-14	Thomas	Grindley-Ferris	00.39.50	
All Men	119	3	283	Sprog Boys 11-12	Matthew	Grindley-Ferris	00.39.53	
Mile	120	18	280	Master Men 50-59	Graham	Grindley-Ferris	00.40.01	
Mile	121	19	245	Master Men 50-59	Billy	Forssman	00.40.02	
Mile	122	19	66	Senior Men 19-29	David	Biggs	00.40.03	
Mile	123	7	764	Gr Master Men 60+	Rory	Williams	00.40.17	
Mile	124	8	92	Gr Master Men 60+	Martin	Brand	00.40.32	
Mile	125	35	2	Veteran Men 40-49	Waleed	Abrahams	00.40.40	
Mile	126	36	102	Veteran Men 40-49	Andre	Broerse	00.40.47	
Mile	127	37	165	Veteran Men 40-49	Christie	Davel	00.40.55	
Mile	128	38	329	Veteran Men 40-49	Chris	Hopkirk	00.41.17	
Mile	129	20	292	Senior Men 19-29	Jonathan	Harley	00.41.39	
Mile	130	11	638	Junior Men 17-18	Johann	Steyn	00.41.42	
Mile	131	17	291	Sub Vet Men 30-39	Edward	Harley	00.41.45	
Mile	132	18	782	Sub Vet Men 30-39	David	Zimmerman	00.41.46	
Mile	133	39	3	Veteran Men 40-49	Charles	Adams	00.41.48	
Mile	134	21	318	Senior Men 19-29	Aaron	Hitchins	00.42.01	
Mile	135	9	557	Gr Master Men 60+	Leon	Quenet	00.42.04	
Mile	136	19	457	Sub Vet Men 30-39	Sean	Mcenery	00.42.36	
Mile	137	10	559	Gr Master Men 60+	Allan	Raaff	00.42.56	
Mile	138	11	168	Gr Master Men 60+	Derek	Day	00.43.02	
Mile	139	20	242	Master Men 50-59	Tony	Fishlock	00.43.51	
Mile	140	20	391	Sub Vet Men 30-39	Reghardt	Kühn	00.44.07	
Mile	141	21	311	Sub Vet Men 30-39	Justin	Hewitt	00.44.09	
Mile	142	5	196	Youth Men 15-16	Xander	Diedericks	00.44.29	
Mile	143	22	497	Senior Men 19-29	Eduan	Naude	00.44.41	
Mile	144	21	324	Master Men 50-59	Owen	Hodges	00.45.15	
Mile	145	22	760	Master Men 50-59	Dale	Williams	00.45.42	
Mile	146	23	551	Master Men 50-59	Rassie	Pretorius	00.45.58	
Mile	147	12	10	Gr Master Men 60+	Garth	Angus	00.46.01	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
<i>Mile</i>	148	13	18	Gr Master Men 60+	Peter	Antonopoulos	00.46.10	
<i>Mile</i>	149	14	336	Gr Master Men 60+	Oubaas	Huisamen	00.46.36	
<i>Mile</i>	150	40	59	Veteran Men 40-49	Jason	Bergmann	00.46.49	
<i>Mile</i>	151	22	520	Sub Vet Men 30-39	Frik	Oosthuizen	00.46.51	
<i>Mile</i>	152	24	204	Master Men 50-59	Robert	Dommissie	00.46.59	
<i>Mile</i>	153	23	438	Sub Vet Men 30-39	Piet	Marais	00.47.03	
<i>Mile</i>	154	23	495	Senior Men 19-29	Richard	Nagy	00.47.17	
<i>Mile</i>	155	12	630	Junior Men 17-18	Abdu-Razeen	Stemmet	00.47.51	
<i>Mile</i>	156	11	664	Sub Jun Boys 13-14	Blaise-Danté	Theys	00.47.54	
<i>Mile</i>	157	41	576	Veteran Men 40-49	Gideon	Rossouw	00.48.05	
<i>Mile</i>	158	25	596	Master Men 50-59	Anthony	Shaw	00.48.25	
<i>Mile</i>	159	24	183	Sub Vet Men 30-39	Pierre	De Villiers	00.50.14	
<i>Mile</i>	160	42	541	Veteran Men 40-49	Jacques	Pienaar	00.50.16	
<i>Mile</i>	161	43	570	Veteran Men 40-49	George	Richards	00.50.23	
<i>Mile</i>	162	25	463	Sub Vet Men 30-39	Matthew	Mckay	00.50.28	
All Men	163	15	544	Gr Master Men 60+	Gary	Platte	00.50.53	
<i>Mile</i>	164	44	195	Veteran Men 40-49	Peet	Diedericks	00.51.26	
<i>Mile</i>	165	45	64	Veteran Men 40-49	Johann	Beytell	00.52.35	
<i>Mile</i>	166	26	445	Master Men 50-59	Eric	Matkovich	00.52.37	
<i>Mile</i>	167	46	521	Veteran Men 40-49	Stefan	Oosthuizen	00.53.51	
<i>Mile</i>	168	27	252	Master Men 50-59	Gary	Fraser	00.54.14	
<i>Mile</i>	169	47	310	Veteran Men 40-49	Shaheem	Hendricks	00.55.13	
<i>Mile</i>	170	16	531	Gr Master Men 60+	Hilton	Pellow-Jarman	00.55.20	
<i>Mile</i>	171	28	728	Master Men 50-59	Jean	Viljoen	00.55.58	
<i>Mile</i>	172	17	745	Gr Master Men 60+	Graham	Warren	00.56.36	
<i>Mile</i>	173	29	528	Master Men 50-59	Marcello	Palumbo	01.03.35	