

Age Group	Pos in		Participants					Saturday 4th May 2024							Final Results		
Category	All	Cat	CSA ID	No	Cat	Name & Surname	Prov	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Lps	Status
Sub Junior Girls JG XCO	1	1	138 646	812	JG	Lara Van Der Vyver	WC	00:16.21	00:18.20						00:34.41	2	Finished
	2	2	147 970	808	JG	Maya De Vries	MP	00:18.11	00:18.18						00:36.30	2	Finished
	3	3	144 533	821	JG	Janke Van Zyl	WC	00:19.20	00:18.12						00:37.33	2	Finished
	4	4	142 793	822	JG	Kendra Kitching	WC	00:18.48	00:19.29						00:38.17	2	Finished
	5	5	144 828	823	JG	Ella Barnard	WC	00:20.43	00:19.49						00:40.33	2	Finished
	6	6	142 643	802	JG	Inge Van Heerden	FS	00:20.04	00:21.04						00:41.08	2	Finished
	7	7	144 614	820	JG	Natalie Goosen	WC	00:21.08	00:21.27						00:42.36	2	Finished
	8	8	148 522	819	JG	Jeanā© Smith	GP	00:21.24	00:23.02						00:44.26	2	Finished
Sub Junior Boys JB XCO	1	1	135 911	403	JB	Camryn Marais	WC	00:13.26	00:14.14						00:27.40	2	Finished
	2	2	138 404	401	JB	Tristan Mc Given	WC	00:14.04	00:15.12						00:29.16	2	Finished
	3	3	142 258	439	JB	Michael Kanis	GP	00:14.19	00:14.58						00:29.18	2	Finished
	4	4	142 837	422	JB	Dylan Van De Langenberg	WC	00:15.02	00:14.54						00:29.57	2	Finished
	5	5	139 642	435	JB	Sven Etsebeth	WC	00:15.18	00:15.05						00:30.24	2	Finished
	6	6	143 291	428	JB	Brand Du Plessis	MP	00:15.02	00:15.59						00:31.01	2	Finished
	7	7	141 282	434	JB	Matthew Ratcliffe	WC	00:15.30	00:16.08						00:31.38	2	Finished
	8	8	141 676	430	JB	Oliver Robinson	EC	00:16.06	00:16.20						00:32.27	2	Finished
	9	9	140 694	432	JB	Luke Schonegevel	WC	00:16.10	00:16.28						00:32.38	2	Finished
	10	10	142 678	404	JB	Deowen De Jager	GP	00:16.03	00:17.07						00:33.10	2	Finished
	11	11	144 603	414	JB	Riko Vorster	FS	00:16.41	00:16.32						00:33.13	2	Finished
	12	12	146 023	410	JB	Joshua Van Rooyen	FS	00:16.42	00:16.35						00:33.18	2	Finished
	13	13	139 363	409	JB	Janro Du Plessis	WC	00:16.47	00:17.42						00:34.29	2	Finished
	14	14	147 077	433	JB	Dawid Van Zyl Smit	WC	00:17.27	00:18.09						00:35.36	2	Finished
	15	15	149 991	436	JB	Logan Van Wyk	EC	00:19.09	00:18.40						00:37.50	2	Finished
	16	16	145 279	407	JB	Zander Ferreira	MP	00:18.18	00:19.41						00:37.59	2	Finished
	17	17	147 358	437	JB	Joshua De Wet	WC	00:21.34	00:22.04						00:43.38	2	Finished
	18	18	145 352	429	JB	Frans-Johan Steynberg	FS	00:21.45	00:22.32						00:44.18	2	Finished
	19	19	149 340	438	JB	Sebastian Conradie	WC	00:22.02	00:22.17						00:44.19	2	Finished
		139 015	416	JB	Konrad Kotze	WC								DNS		DNS	
		142 883	427	JB	Willem Durandt	WC								DNS		DNS	
		149 351	431	JB	Henry Vorster	WC								DNS		DNS	
Youth Women YW XCO	1	1	139 002	706	YW	Nadia Van Wyk	WC	00:15.12	00:15.46	00:16.16					00:47.16	3	Finished
	2	2	139 516	705	YW	Madison Bateson	KZ	00:15.13	00:15.55	00:16.19					00:47.27	3	Finished
	3	3	143 272	707	YW	Lu-Mari Du Plessis	MP	00:17.16	00:17.02	00:17.37					00:51.56	3	Finished
	4	4	147 342	709	YW	Nika Nortje	GP	00:17.37	00:18.43	00:18.37					00:54.57	3	Finished
	5	5	137 141	717	YW	Hannie Vreken	WC	00:18.31	00:18.44	00:18.03					00:55.19	3	Finished
	6	6	145 192	703	YW	Helen Olwage	GP	00:17.40	00:19.06	00:18.45					00:55.31	3	Finished
	7	7	141 192	715	YW	Chantelle Gouws	LP	00:18.09	00:19.37	00:22.49					01:00.36	3	Finished
	8	8	146 919	719	YW	Miecke Kinnear	WC	00:20.32	00:20.43	00:21.15					01:02.31	3	Finished
	9	9	149 262	718	YW	Annomarie Van Toorn	WC	00:20.28	00:24.03	00:24.06					01:08.38	3	Finished
Youth Men YM XCO	1	1	135 428	341	YM	Josh Johnson	KZ	00:13.02	00:13.45	00:14.03					00:40.51	3	Finished
	2	2	136 260	340	YM	Neil Van Der Vyver	WC	00:13.01	00:14.03	00:14.18					00:41.23	3	Finished
	3	3	144 976	331	YM	Benjamin Fourie	WC	00:13.55	00:13.58	00:14.01					00:41.55	3	Finished
	4	4	135 217	309	YM	Ruan Cloete	EC	00:13.29	00:14.25	00:14.28					00:42.23	3	Finished
	5	5	142 462	302	YM	Joshua Paul	KZ	00:13.56	00:14.20	00:14.34					00:42.51	3	Finished
	6	6	146 922	304	YM	Liam Rautenbach	WC	00:14.01	00:14.29	00:15.28					00:43.59	3	Finished
	7	7	139 860	303	YM	Henro Van Der Walt	LP	00:13.39	00:15.14	00:15.35					00:44.29	3	Finished
	8	8	144 958	329	YM	Daniel Bristow	WC	00:14.18	00:15.02	00:15.23					00:44.43	3	Finished
	9	9	147 608	313	YM	Luke Legrange	GP	00:15.34	00:14.49	00:14.47					00:45.10	3	Finished
	10	10	131 805	360	YM	Cade Smith	KZ	00:15.00	00:14.43	00:15.33					00:45.17	3	Finished
	11	11	146 965	347	YM	Corban Van Zyl Smit	WC	00:15.39	00:14.51	00:15.07					00:45.39	3	Finished
	12	12	142 344	321	YM	Jaco Aldum	GP	00:15.00	00:15.17	00:15.50					00:46.08	3	Finished
	13	13	144 806	323	YM	Jumar Du Plooy	FS	00:14.48	00:16.11	00:16.12					00:47.12	3	Finished
	14	14	143 245	305	YM	Ludwig Du Toit	FS	00:14.48	00:15.40	00:16.54					00:47.23	3	Finished
	15	15	144 613	315	YM	Jack Goosen	WC	00:15.52	00:15.54	00:15.44					00:47.31	3	Finished

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	All	Cat	CSA ID	No	Cat	Name & Surname	Prov	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Lps	Status	
Youth Men YM XCO	16	16	142 888	345	YM	Daniel Steyn	WC	00:16.08	00:16.10	00:15.50					00:48.09	3	Finished	
	17	17	139 379	355	YM	Henri Coetzee	WC	00:15.50	00:16.17	00:16.07					00:48.16	3	Finished	
	18	18	147 429	336	YM	João Santos	EC	00:15.39	00:16.27	00:16.11					00:48.18	3	Finished	
	19	19	145 228	361	YM	Justin Deyzel	GP	00:15.54	00:16.27	00:15.56					00:48.18	3	Finished	
	20	20	141 225	349	YM	Erik Van Zyl	WC	00:15.56	00:16.22	00:16.00					00:48.19	3	Finished	
	21	21	146 943	348	YM	James Card	WC	00:15.55	00:16.42	00:16.08					00:48.45	3	Finished	
	22	22	144 665	343	YM	Thomas White	WC	00:15.49	00:16.31	00:16.27					00:48.48	3	Finished	
	23	23	142 641	307	YM	Franco Van Heerden	FS	00:15.40	00:17.32	00:16.35					00:49.48	3	Finished	
	24	24	145 888	318	YM	Jano Van Der Merwe	GP	00:16.07	00:17.19	00:17.21					00:50.47	3	Finished	
	25	25	145 525	358	YM	Stephan Claassen	WC	00:16.44	00:17.05	00:17.14					00:51.05	3	Finished	
	26	26	141 223	311	YM	Cameron Mackridge	KZ	00:16.37	00:17.34	00:16.58					00:51.10	3	Finished	
	27	27	137 064	352	YM	Connor Kitching	WC	00:18.05	00:16.56	00:16.21					00:51.24	3	Finished	
	28	28	147 743	346	YM	Jan Vreken	WC	00:16.43	00:17.40	00:17.58					00:52.22	3	Finished	
	29	29	147 380	342	YM	Lodewyk Uys	WC	00:17.38	00:17.36	00:17.27					00:52.42	3	Finished	
	30	30	135 767	356	YM	Ryan Koorzen	WC	00:16.40	00:19.16	00:18.43					00:54.39	3	Finished	
	31	31	149 673	354	YM	Nial Du Bois	WC	00:17.21	00:17.50	00:19.44					00:54.55	3	Finished	
	32	32	145 123	319	YM	Hanco Kleynhans	GP	00:16.58	00:16.30	00:21.41					00:55.10	3	Finished	
	33	33	150 048	344	YM	Wilhelm Du Plessis	MP	00:18.13	00:18.52	00:19.14					00:56.21	3	Finished	
	34	34	147 006	359	YM	Nico De Nysschen	WC	00:19.03	00:19.03	00:18.39					00:56.46	3	Finished	
	35	35	139 369	357	YM	Reece Meyer	WC	00:19.20	00:19.32	00:19.11					00:58.04	3	Finished	
	36	36	148 684	350	YM	Christopher Claassens	WC	00:17.23	00:18.41	00:22.29					00:58.34	3	Finished	
	37	37	146 155	320	YM	Henro Fourie	MP	00:19.08	00:21.40						00:40.49	2	LAP	
				141 267	351	YM	Christian Koegelenberg	WC								DNS		DNS
				147 134	338	YM	Xandre Pretorius	GP	00:20.08							DNF	1	DNF
				143 095	353	YM	Dean Woolley	WC	00:14.40	00:16.40						DNF	2	DNF
	Junior Women JW XCO	1	1	139 800	612	JW	Errin Mackridge	KZ	00:16.39	00:17.27	00:17.21	00:16.53				01:08.21	4	Finished
		2	2	131 717	606	JW	Jodi Mackinnon	KZ	00:17.28	00:17.28	00:17.29	00:17.44				01:10.11	4	Finished
		3	3	136 412	601	JW	Carla Jansen Van Vuuren	LP	00:17.57	00:17.26	00:17.42	00:18.34				01:11.40	4	Finished
		4	4	127 950	602	JW	Carla Kotze	FS	00:19.03	00:18.13	00:17.48	00:17.38				01:12.43	4	Finished
		5	5	143 253	603	JW	Silke Bester	KZ	00:18.33	00:18.27	00:18.57	00:18.59				01:14.58	4	Finished
		6	6	139 354	617	JW	Ilandrie Du Plessis	WC	00:19.25	00:19.17	00:18.44	00:19.04				01:16.31	4	Finished
		7	7	146 613	609	JW	Megan Boshoff	GP	00:19.35	00:19.21	00:19.23	00:19.57				01:18.17	4	Finished
		8	8	143 338	615	JW	Sophia Van Wyk	LP	00:18.43	00:20.49	00:19.30	00:19.58				01:19.02	4	Finished
		9	9	131 016	616	JW	Chloe Chesterton	WC	00:20.11	00:20.05	00:20.18	00:19.24				01:20.00	4	Finished
		10	10	138 589	614	JW	Anke Rood	LP	00:20.01	00:20.35	00:19.50	00:20.17				01:20.44	4	Finished
		11	11	142 687	611	JW	Nadia Campher	FS	00:20.08	00:20.52	00:20.45	00:21.34				01:23.21	4	Finished
		12	12	142 528	608	JW	Bianca Botha	GP	00:21.41	00:21.41	00:21.14	00:20.34				01:25.10	4	Finished
Junior Men JM XCO	1	1	135 917	205	JM	Samuel Cleary	WC	00:13.13	00:13.18	00:13.17	00:13.18	00:13.23			01:06.31	5	Finished	
	2	2	118 868	201	JM	Omar Wilson	KZ	00:13.19	00:13.19	00:13.28	00:13.39	00:13.43			01:07.30	5	Finished	
	3	3	141 858	213	JM	Juan Van Zyl	WC	00:13.13	00:13.30	00:14.19	00:13.48	00:13.42			01:08.34	5	Finished	
	4	4	135 668	250	JM	Ruan Portwig	WC	00:14.12	00:13.54	00:13.32	00:13.51	00:14.09			01:09.40	5	Finished	
	5	5	142 343	234	JM	Stephan Aldum	GP	00:13.47	00:13.57	00:14.17	00:14.29	00:13.34			01:10.07	5	Finished	
	6	6	139 578	204	JM	Beon Van Staden	WC	00:14.14	00:14.30	00:14.42	00:13.45	00:12.56			01:10.10	5	Finished	
	7	7	123 100	202	JM	Andre Van Rooyen	FS	00:13.29	00:14.16	00:15.01	00:15.10	00:13.51			01:11.49	5	Finished	
	8	8	138 361	215	JM	Francois Coetzee	WC	00:14.22	00:14.34	00:14.21	00:14.18	00:14.17			01:11.54	5	Finished	
	9	9	145 865	263	JM	Storm Semple	EC	00:14.24	00:14.33	00:14.40	00:14.40	00:14.20			01:12.39	5	Finished	
	10	10	142 257	262	JM	Joshua Kanis	GP	00:15.00	00:14.16	00:15.12	00:14.37	00:13.42			01:12.48	5	Finished	
	11	11	138 959	207	JM	Lumardt Pienaar	MP	00:13.48	00:15.08	00:14.46	00:15.04	00:14.59			01:13.47	5	Finished	
	12	12	134 716	223	JM	Adian Claassen	FS	00:14.12	00:14.42	00:14.49	00:15.36	00:14.40			01:14.01	5	Finished	
	13	13	143 827	221	JM	Luke Newlands	KZ	00:14.57	00:15.07	00:14.53	00:14.34	00:14.29			01:14.01	5	Finished	
	14	14	134 535	249	JM	Samuel McIntosh	MP	00:15.07	00:15.13	00:15.12	00:15.13	00:14.36			01:15.23	5	Finished	
	15	15	139 326	222	JM	Gordon Noel	LP	00:14.24	00:15.56	00:15.13	00:15.12	00:14.40			01:15.26	5	Finished	
	16	16	141 789	203	JM	Travis Rademan-Ludeke	GP	00:15.02	00:15.01	00:16.21	00:16.09	00:14.39			01:17.14	5	Finished	
	17	17	128 193	253	JM	Luca Zietsman	WC	00:14.55	00:15.10	00:15.28	00:15.43	00:15.56			01:17.15	5	Finished	
	18	18	142 488	261	JM	Eben Binneman	MP	00:14.17	00:15.09	00:15.24	00:16.57	00:18.26			01:20.16	5	Finished	

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Junior Men JM XCO	19	19	136 281	210	JM	Jaco Van Zyl	WC	00:13.52	00:15.34	00:18.40	00:15.31	00:16.58			01:20.37	5	Finished
	20	20	149 002	259	JM	Luke Keyser	WC	00:16.39	00:16.22	00:17.24	00:15.48	00:14.27			01:20.42	5	Finished
	21	21	142 245	256	JM	Reitz Hofmeyr	WC	00:16.04	00:17.14	00:15.58	00:16.04	00:15.51			01:21.14	5	Finished
	22	22	143 731	214	JM	Matthew Holloway	KZ	00:16.39	00:15.42	00:16.16	00:16.23	00:16.53			01:21.57	5	Finished
	23	23	138 411	216	JM	Cole Sellick	KZ	00:17.18	00:16.20	00:16.07	00:16.19	00:16.17			01:22.23	5	Finished
	24	24	145 405	241	JM	Ethan Mitchell	GP	00:16.26	00:17.05	00:17.26	00:17.02				01:08.01	4	LAP
	25	25	136 863	219	JM	Tiaan Manefeldt	WC	00:22.43	00:17.42	00:15.13	00:15.48				01:11.28	4	LAP
	26	26	146 771	255	JM	Marius Nel	WC	00:18.21	00:19.55	00:23.15	00:18.02				01:19.35	4	LAP
	27	27	147 007	244	JM	William Guy	GP	00:17.19	00:17.18	00:18.18	00:28.22				01:21.19	4	LAP
	28	28	149 765	252	JM	Stephan Roth	EC	00:20.18	00:21.47	00:22.22	00:20.45				01:25.14	4	LAP
	29	29	149 295	251	JM	Juan Basson	WC	00:19.43	00:23.28	00:21.44	00:20.23				01:25.20	4	LAP
	30	30	136 881	208	JM	Thomas Dunkley	WC	00:15.02	00:16.11	00:17.06					00:48.20	3	LAP
	31	31	148 530	254	JM	Jaden Griggs	WC	00:26.19	00:27.37	00:25.38					01:19.34	3	LAP
	32	32	145 201	231	JM	Daniel Scheepers	GP	00:16.10	00:17.44						00:33.55	2	LAP
			120 504	257	JM	Logan Stander	KZ								DNS		DNS
			149 281	260	JM	Mikael Smith	WC								DNS		DNS
		146 892	230	JM	Bart Van Rooyen	FS	00:17.01	00:43.31						DNF	2	DNF	
		133 915	232	JM	Mitchell Boik	KZ	00:16.39	00:16.38						DNF	2	DNF	
		129 309	258	JM	Matthew Hudson	WC	00:16.24	00:18.31						DNF	2	DNF	
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U-23 Women UW XCO	1	1	145 184	574	UW	Tyler Jacobs	KZ	00:14.37	00:14.52	00:14.49	00:14.48	00:14.40			01:13.47	5	Finished
	2	2	133 358	577	UW	Lilian Baber	LP	00:16.10	00:17.24	00:17.08	00:16.41	00:15.47			01:23.12	5	Finished
	3	3	124 344	573	UW	Riley Smith	KZ	00:17.34	00:18.14	00:17.28	00:17.38	00:18.27			01:29.24	5	Finished
	4	4	141 757	572	UW	Karlise Scheepers	GP	00:17.59	00:18.33	00:18.25	00:18.21	00:18.53			01:32.13	5	Finished
	5	5	119 836	583	UW	Kayleigh Scholtz	WC	00:18.11	00:18.37	00:18.31	00:18.42				01:14.02	4	LAP
	6	6	108 069	582	UW	Julia Marx	WC	00:18.41	00:19.07	00:18.51	00:19.33				01:16.14	4	LAP
			149 699	584	UW	Ongezo Mini	WC								DNS		DNS
			147 391	585	UW	Yomelela Mfzawe	WC								DNS		DNS
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U-23 Men UM XCO	1	1	89 447	540	UM	Luke Moir	WC	00:11.50	00:11.24	00:11.41	00:11.54	00:11.53	00:11.46		01:10.31	6	Finished
	2	2	139 967	539	UM	Massimiliano Ambrosi	GP	00:11.49	00:12.06	00:12.05	00:12.13	00:11.56	00:12.14		01:12.26	6	Finished
	3	3	141 756	508	UM	Jaedon Terlouw	GP	00:12.09	00:12.24	00:12.16	00:12.10	00:12.24	00:12.31		01:13.56	6	Finished
	4	4	132 085	515	UM	Ernest Roets	NW	00:11.53	00:12.37	00:12.18	00:12.47	00:12.36	00:12.25		01:14.39	6	Finished
	5	5	141 758	541	UM	Ignatius Du Preez	GP	00:12.05	00:12.30	00:12.42	00:12.35	00:12.25	00:12.25		01:14.46	6	Finished
	6	6	137 983	510	UM	Unathi Nxumalo	WC	00:12.17	00:12.40	00:12.43	00:12.40	00:12.54	00:13.17		01:16.33	6	Finished
	7	7	141 988	504	UM	Johan De Villiers	GP	00:11.49	00:12.29	00:13.53	00:12.31	00:13.20	00:13.54		01:17.58	6	Finished
	8	8	136 175	542	UM	Daniel Kotze	FS	00:12.48	00:13.05	00:12.49	00:13.12	00:13.11	00:13.12		01:18.19	6	Finished
	9	9	142 852	519	UM	Jaydan Durandt	WC	00:12.48	00:13.05	00:13.17	00:13.19	00:13.21	00:13.13		01:19.05	6	Finished
	10	10	131 159	507	UM	Daniel Van Der Watt	KZ	00:12.20	00:13.00	00:13.33	00:14.11	00:13.38	00:13.23		01:20.07	6	Finished
	11	11	146 582	537	UM	Ziandro Jordaan	WC	00:13.22	00:13.53	00:13.50	00:13.46	00:14.00	00:14.07		01:23.00	6	Finished
	12	12	67 291	538	UM	Tayne Rudling	KZ	00:12.48	00:13.51	00:13.55	00:14.17	00:14.55	00:14.46		01:24.35	6	Finished
	13	13	142 447	529	UM	Dristen Swart	MP	00:13.32	00:14.14	00:14.20	00:14.33	00:14.57			01:11.37	5	LAP
	14	14	140 540	532	UM	Jade Di-Sante	GP	00:13.30	00:14.53	00:14.44	00:14.36	00:15.47			01:13.33	5	LAP
	15	15	122 375	531	UM	Lourens Spies	EC	00:13.42	00:14.41	00:14.14	00:16.00	00:15.30			01:14.09	5	LAP
	16	16	142 242	525	UM	Zuan Jacobs	GP	00:14.19	00:15.12	00:15.35	00:15.20	00:14.34			01:15.01	5	LAP
	17	17	138 278	521	UM	Justin Swanepoel	KZ	00:13.28	00:15.39	00:18.48	00:15.20	00:15.30			01:18.47	5	LAP
	18	18	142 273	533	UM	Tyron Kleinsmidt	EC	00:15.11	00:16.16	00:16.10	00:17.03	00:17.24			01:22.06	5	LAP
		>>>>	502	UM	Alec Coleske	>>								DNS		DNS	
		140 919	518	UM	Calem Angus	GP								DNS		DNS	
		141 183	523	UM	Kieran Woest	GP								DNS		DNS	
		147 337	534	UM	Sithelhelewe Xhala	WC								DNS		DNS	
		131 017	535	UM	Justin Chesterton	WC								DNS		DNS	
		142 934	536	UM	Ongeziwe Tyapa	WC								DNS		DNS	

Age Group	Pos in		Participants					Saturday 4th May 2024							Final Results		
Category	All	Cat	CSA ID	No	Cat	Name & Surname	Prov	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Lps	Status
Elite Women EW XCO	1	1	8 230	101	EW	Candice Lill	WC	00.14.06	00.14.39	00.14.14	00.14.09	00.14.03	00.14.07		01.25.20	6	Finished
	2	2	82 376	114	EW	Ila Stow	WC	00.16.43	00.17.22	00.17.19	00.17.20	00.17.29			01.26.15	5	LAP
	3	3	131 748	105	EW	Cherise Willeit	WC	00.16.42	00.17.07	00.18.59	00.17.58	00.18.12			01.28.59	5	LAP
	4	4	131 369	103	EW	Lehane Oosthuizen	WC	00.18.58	00.18.47	00.18.10	00.18.02	00.18.26			01.32.25	5	LAP
	5	5	126 184	113	EW	Kylie Hanekom	WC	00.18.24	00.18.49	00.18.44	00.18.25	00.18.58			01.33.21	5	LAP
Category	All	Cat	CSA ID	Bib	EM	Name & Surname	Prov	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Lps	Status
Elite Men EM XCO	1	1	135 790	5	EM	Michael Foster	KZ	00.12.01	00.11.49	00.11.58	00.12.11	00.11.20	00.11.35	00.11.48	01.22.44	7	Finished
	2	2	126 173	3	EM	Johan Van Zyl	WC	00.11.59	00.11.47	00.11.57	00.12.15	00.12.11	00.12.27	00.12.13	01.24.52	7	Finished
	3	3	110 458	29	EM	Luca Ruwiel	WC	00.12.01	00.12.08	00.12.07	00.12.11	00.12.17	00.12.31	00.12.06	01.25.25	7	Finished
	4	4	66 643	19	EM	Marco Joubert	WC	00.11.58	00.12.10	00.12.18	00.12.31	00.12.37	00.12.30	00.12.29	01.26.36	7	Finished
	5	5	4 901	9	EM	Arno Du Toit	WC	00.12.02	00.12.08	00.12.51	00.12.32	00.12.33	00.12.30	00.12.15	01.26.54	7	Finished
	6	6	93 753	4	EM	Daniel Van Der Walt	WC	00.12.22	00.12.28	00.12.33	00.12.36	00.12.40	00.12.33	00.12.31	01.27.45	7	Finished
	7	7	85 571	18	EM	Wessel Botha	WC	00.12.25	00.12.57	00.12.57	00.12.46	00.12.40	00.13.05	00.13.18	01.30.10	7	Finished
	8	8	141 708	23	EM	Damon Terblanche	WC	00.12.57	00.12.49	00.13.14	00.12.44	00.13.04	00.13.22	00.13.20	01.31.34	7	Finished
	9	9	96 843	24	EM	Luyanda Tobigunya	WC	00.12.58	00.12.49	00.13.12	00.12.48	00.13.24	00.13.27	00.13.31	01.32.13	7	Finished
	10	10	125 771	22	EM	Thomas Hudson	WC	00.12.56	00.13.17	00.13.34	00.13.36	00.13.46	00.14.00	00.14.04	01.35.15	7	Finished
	11	11	139 699	20	EM	Alexander Henning	WC	00.14.14	00.14.38	00.14.52	00.14.24	00.14.20	00.14.29		01.27.00	6	LAP
Elite Men EM XCO			4 951	1	EM	Alan Hatherly	WC								DNS		DNS
			6 055	2	EM	Philip Buys	GP								DNS		DNS
			139 734	13	EM	Jason Boule	WC								DNS		DNS
			90 519	17	EM	Keagan Bontekoning	WC								DNS		DNS
			137 268	25	EM	Kusaselihle Ngidi	WC								DNS		DNS
		143 913	28	EM	Thembela Lukalo	WC								DNS		DNS	