



Group or Category	Pos in		Participants Details				Split Times							Final Results			
	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status	
Nipper Girls	1	1	672	NG	Leonè	Theron	00.07.57	00.07.33	00.07.57					00.23.27	3		
	2	2	671	NG	Isabella	Stermin	00.08.27	00.08.34	00.08.38					00.25.39	3		
	3	3	675	NG	Jaimie	Ord	00.09.58	00.09.46	00.09.44					00.29.28	3		
	4	4	673	NG	Mia	Malan	00.09.50	00.10.22	00.10.51					00.31.03	3		
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>	
Nipper Boys	1	1	602	NB	Keagan	Harris	00.07.53	00.07.35	00.07.33					00.23.01	3		
	2	2	603	NB	Spencer	Van Zyl	00.07.47	00.07.45	00.07.55					00.23.27	3		
	3	3	608	NB	Matthew	Daschner	00.08.12	00.07.42	00.07.34					00.23.28	3		
	4	4	605	NB	Chase	Sim	00.08.08	00.08.07	00.08.28					00.24.43	3		
	5	5	616	NB	Petrus	Bosman	00.08.24	00.08.30	00.08.00					00.24.54	3		
	6	6	601	NB	Jacobus	Burger	00.08.14	00.08.07	00.08.52					00.25.13	3		
	7	7	613	NB	Keanu	Pieterse	00.08.44	00.09.15	00.08.29					00.26.28	3		
	8	8	606	NB	Tyde	Sim	00.08.42	00.09.15	00.08.40					00.26.37	3		
	9	9	610	NB	Christopher	Shipton	00.09.53	00.09.06	00.09.44					00.28.43	3		
	10	10	604	NB	Tiehann	Slabber	00.09.51	00.09.52	00.09.38					00.29.21	3		
	11	11	617	NB	Christian	George	00.10.01	00.10.18	00.11.24					00.31.43	3		
	12	12	618	NB	Christiaan	Booyesen	00.11.11	00.11.21	00.12.02					00.34.34	3		
	13	13	612	NB	Tom	Kroukamp	00.11.16	00.11.34	00.12.30					00.35.20	3		
	14	14	611	NB	Evan	Smal	00.11.53	00.12.15						00.24.08	2	-1 Lap	
--	--	614	NB	Rudolf	De Lange											DNS	
--	--	607	NB	Samuel	Dicks											DNS	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>	
Sprog Girls	1	1	571	SG	Lara	Van Der Vyver	00.06.33	00.06.41	00.06.48	00.06.52				00.26.54	4		
	2	2	572	SG	Rebecca	Jacobs	00.06.54	00.07.29	00.07.31	00.07.36				00.29.30	4		
	3	3	573	SG	Kendra	Kitching	00.07.38	00.07.44	00.07.59	00.08.09				00.31.30	4		
	4	4	574	SG	Janke	Van Zyl	00.07.41	00.08.19	00.08.29	00.08.12				00.32.41	4		
	5	5	575	SG	Natalie	Goosen	00.08.30	00.08.41	00.08.39	00.09.00				00.34.50	4		
	6	6	576	SG	Nina	Tjallingii	00.08.56	00.08.41	00.09.14	00.08.50				00.35.41	4		
	7	7	579	SG	Gabriella	Nikolopoulos	00.09.58	00.10.16	00.10.31					00.30.45	3	-1 Lap	
	8	8	578	SG	Uviwe	Tshali	00.09.47	00.10.07	00.11.03					00.30.57	3	-1 Lap	
	9	9	577	SG	Micha	Bouwer	00.10.50	00.11.13	00.11.25					00.33.28	3	-1 Lap	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>	
Sprog Boys	1	1	501	SB	Tristan	Mc Given	00.10.26	00.11.08	00.11.05					00.32.39	3		
	2	2	502	SB	Camryn	Marais	00.10.27	00.11.21	00.11.20					00.33.08	3		
	3	3	503	SB	Matthew	Ratcliffe	00.11.35	00.12.04	00.12.01					00.35.40	3		
	4	4	504	SB	Konrad	Kotze	00.11.48	00.12.04	00.12.14					00.36.06	3		
	5	5	505	SB	Sven	Etsebeth	00.11.54	00.12.27	00.12.36					00.36.57	3		
	6	6	514	SB	Willem	Durandt	00.11.56	00.13.16	00.13.33					00.38.45	3		
	7	7	506	SB	Luke	Schonegevel	00.12.11	00.13.46	00.13.45					00.39.42	3		
	8	8	508	SB	Sebastian	Lowe	00.13.46	00.15.17	00.13.41					00.42.44	3		
	9	9	513	SB	Ivan	Malan	00.13.43	00.14.53	00.15.06					00.43.42	3		
	10	10	510	SB	Dawid	Van Zyl Smit	00.14.29	00.15.05	00.15.29					00.45.03	3		
	11	11	509	SB	Janro	Du Plessis	00.14.45	00.16.39	00.17.01					00.48.25	3		
--	--	511	SB	Theunissen	Emile	00.21.47							00.21.47	1	DNF		
--	--	507	SB	William	Ruthven											DNS	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>	
Sub-Jun Girls	1	1	472	JG	Nadia	Van Wyk	00.11.37	00.12.38	00.13.01					00.37.16	3		
	2	2	471	JG	Eryn	Marais	00.12.01	00.12.53	00.12.48					00.37.42	3		
	3	3	473	JG	Kelly	Mall	00.12.32	00.13.40	00.13.46					00.39.58	3		
	4	4	474	JG	Khanya	Khapha	00.18.33	00.20.40						00.39.13	2	-1 Lap	
	5	5	476	JG	Mila	Yolwa	00.21.20	00.26.15						00.47.35	2	-1 Lap	
	--	--	477	JG	Miecke	Kinnear											DNS
	--	--	478	JG	Zoe	Green											DNS
	<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>
Sub-Jun Boys	1	1	404	JB	Neil	Van Der Vyver	00.14.08	00.14.42	00.14.56					00.43.46	3		
	2	2	401	JB	Liam	Henning	00.14.21	00.15.01	00.15.13					00.44.35	3		
	3	3	402	JB	Jack	Goosen	00.14.35	00.15.27	00.15.39					00.45.41	3		
	4	4	403	JB	Connor	Kitching	00.15.01	00.16.17	00.15.56					00.47.14	3		
	5	5	413	JB	Dean	Woolley	00.15.44	00.17.00	00.17.18					00.50.02	3		
	6	6	423	JB	Corban	Van Zyl Smit	00.16.16	00.18.01	00.17.39					00.51.56	3		
	7	7	408	JB	Henri	Coetzee	00.17.02	00.17.40	00.17.51					00.52.33	3		
	8	8	412	JB	Ryan	Koorzen	00.16.57	00.17.44	00.18.52					00.53.33	3		
	9	9	405	JB	Daniel	Bristow	00.17.40	00.18.39	00.18.53					00.55.12	3		
	10	10	414	JB	Sven	Tjallingii	00.17.17	00.18.59	00.19.19					00.55.35	3		
	11	11	416	JB	Christian	Koegelenberg	00.17.25	00.19.04	00.19.57					00.56.26	3		



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	12	12	422	JB	Zach	Daschner	00:17.56	00:19.25	00:20.21					00:57.42	3	
	13	13	411	JB	Stephan	Claassen	00:18.34	00:20.08	00:20.08					00:58.50	3	
	14	14	410	JB	Joshua	Ord	00:17.23	00:21.31	00:20.07					00:59.01	3	
	15	15	419	JB	Thomas	Drury	00:20.37	00:22.01	00:23.34					01:06.12	3	
	16	16	417	JB	Ben	Kroukamp	00:21.33	00:23.58						00:45.31	2	-1 Lap
	17	17	421	JB	Johannes	Steytler	00:22.20	00:23.15						00:45.35	2	-1 Lap
	18	18	418	JB	Matthew	Graser	00:21.04	00:24.55						00:45.59	2	-1 Lap
	--	--	420	JB	Matthew	Kretzmar	00:24.56							00:24.56	1	DNF
	--	--	406	JB	Benjamin	Fourie										DNF
	--	--	415	JB	P G	Groenewald										DNS
	--	--	409	JB	Gregor	Barnardo										DNS
	--	--	424	JB	Duran	Du Plooy										DNS
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>
Youth Women	1	1	373	YW	Angeliq	Coetzer	00:14.01	00:17.09	00:17.29					00:48.39	3	
	2	2	375	YW	Mianette	Theron	00:15.14	00:18.53	00:18.47					00:52.54	3	
	3	3	376	YW	Chloe Kate	Chesterton	00:16.02	00:19.44	00:19.48					00:55.34	3	
	4	4	378	YW	Ilandrie	Du Plessis	00:15.26	00:19.32	00:21.42					00:56.40	3	
	5	5	374	YW	Nikalau	Volsteedt	00:16.44	00:21.30	00:20.47					00:59.01	3	
	6	6	377	YW	Jeani	Steenkamp	00:20.24	00:24.03	00:23.16					01:07.43	3	
	--	--	372	YW	Jana	Visser										DNS
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>
Youth Men	1	1	301	YM	Samuel	Cleary	00:13.16	00:13.55	00:14.23	00:14.35				00:56.09	4	
	2	2	304	YM	Juan	Van Zyl	00:13.55	00:15.05	00:14.54	00:14.55				00:58.49	4	
	3	3	305	YM	Van Zyl	Steyn	00:14.04	00:15.09	00:15.23	00:15.25				01:00.01	4	
	4	4	901	YM	Morgan	Jones	00:13.59	00:15.15	00:15.22	00:15.38				01:00.14	4	
	5	5	307	YM	Francois	Coetzee	00:14.51	00:15.41	00:15.39	00:15.50				01:02.01	4	
	6	6	312	YM	Reek	Roos	00:15.11	00:15.54	00:15.45	00:15.45				01:02.35	4	
	7	7	310	YM	Ruan	Portwig	00:15.20	00:15.44	00:15.42	00:16.37				01:03.23	4	
	8	8	311	YM	Jeandre	Ungerer	00:13.57	00:16.13	00:16.37	00:17.37				01:04.24	4	
	9	9	309	YM	Jacques	Jordaan	00:15.10	00:16.20	00:17.06	00:17.12				01:05.48	4	
	10	10	303	YM	Tiaan	Manefeldt	00:13.41	00:16.37	00:18.33	00:19.26				01:08.17	4	
	11	11	328	YM	Marius	Nel	00:16.18	00:17.22	00:17.39	00:17.22				01:08.41	4	
	12	12	320	YM	William	Loubser	00:16.11	00:17.15	00:17.46	00:18.13				01:09.25	4	
	13	13	313	YM	Christiaan	Davel	00:16.19	00:17.33	00:18.24	00:18.12				01:10.28	4	
	14	14	318	YM	Likho	Mayekiso	00:17.08	00:17.56	00:18.31	00:18.47				01:12.22	4	
	15	15	333	YM	Amila Minqo	Mntuyedwa	00:16.36	00:18.32	00:18.35	00:19.10				01:12.53	4	
	16	16	315	YM	Onesimo	Nzonyana	00:17.09	00:17.57	00:18.33	00:19.26				01:13.05	4	
	17	17	331	YM	Jaco	Van Zyl	00:13.58	00:16.27	00:20.52	00:22.17				01:13.34	4	
	18	18	324	YM	De Wet	Du Plooy	00:17.05	00:17.54	00:18.52	00:20.27				01:14.18	4	
	19	19	317	YM	Lakhanya	Sikhobongwana	00:17.13	00:18.40	00:20.20					00:56.13	3	-1 Lap
	20	20	322	YM	Mikyle	Van Jaarsveld	00:18.56	00:19.50	00:19.55					00:58.41	3	-1 Lap
	21	21	314	YM	Matthew	Hudson	00:18.05	00:20.00	00:20.42					00:58.47	3	-1 Lap
	22	22	319	YM	Marais	Neethling	00:17.34	00:20.41	00:20.50					00:59.05	3	-1 Lap
	23	23	325	YM	Mivuyo	Mndini	00:19.19	00:24.19	00:22.08					01:05.46	3	-1 Lap
	24	24	321	YM	Franco	Roccon	00:20.28	00:26.24	00:23.22					01:10.14	3	-1 Lap
	--	--	306	YM	Liam	Rorich										DNS
	--	--	330	YM	Christian	Mocke										DNS
	--	--	316	YM	Marius	Burger										DNS
	--	--	332	YM	Nantes	Duvenhage										DNS
	--	--	323	YM	Yaron	Hattingh										DNS
	--	--	302	YM	Thomas	Dunkley										DNS
	--	--	329	YM	Elandre	Smit										DNS
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>
Junior Women	1	1	902	JW	Anya	Du Plessis	00:15.03	00:18.22	00:19.58	00:19.29				01:12.52	4	
	2	2	272	JW	Kayleigh	Scholtz	00:16.23	00:19.32	00:19.13	00:19.21				01:14.29	4	
	3	3	271	JW	Anna	Marx	00:16.35	00:19.42	00:20.42	00:20.25				01:17.24	4	
	4	4	273	JW	Marli	Davel	00:19.10	00:25.11	00:26.14	00:26.04				01:36.39	4	
	5	5	274	JW	Milani	Dingani	00:22.50	00:26.47	00:27.57					01:17.34	3	-1 Lap
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Lap 7</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>
Junior Men	1	1	208	JM	Cronje	Beukes	00:12.45	00:13.06	00:13.37	00:13.19	00:13.52			01:06.39	5	
	2	2	215	JM	Vincent	Buter	00:13.06	00:13.42	00:13.51	00:14.19	00:15.19			01:10.17	5	
	3	3	201	JM	Jaydan	Durandt	00:13.22	00:13.55	00:14.20	00:14.23	00:14.30			01:10.30	5	
	4	4	213	JM	Streicher	Swart	00:13.19	00:14.39	00:14.28	00:14.53	00:14.38			01:11.57	5	
	5	5	211	JM	Ryan	Veer	00:13.51	00:14.35	00:14.30	00:14.45	00:14.48			01:12.29	5	
	6	6	205	JM	Jean-Pierre	Du Plessis	00:13.18	00:14.36	00:14.56	00:15.16	00:15.02			01:13.08	5	



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	7	7	219	JM	Stewart	Francomb	00:13.37	00:14.52	00:14.49	00:15.05	00:15.10			01:13.33	5	
	8	8	204	JM	Greg	Lawson	00:14.46	00:15.23	00:15.39	00:15.25	00:15.48			01:17.01	5	
	9	9	203	JM	Divan	Terblanche	00:14.36	00:15.32	00:15.57	00:15.39	00:15.18			01:17.02	5	
	10	10	212	JM	Willem	Visagie	00:15.06	00:15.55	00:16.06	00:16.03	00:16.11			01:19.21	5	
	11	11	216	JM	Jean	Surridge	00:15.18	00:17.01	00:16.52	00:17.33				01:06.44	4	-1 Lap
	12	12	214	JM	Jean-Marc	De Beer	00:15.30	00:17.52	00:17.47	00:16.56				01:08.05	4	-1 Lap
	13	13	220	JM	Zach	De Kock	00:16.30	00:18.57	00:18.54	00:19.41				01:14.02	4	-1 Lap
	--	--	209	JM	Xander	Van Dyk	00:13.56	00:14.54	00:17.19					00:46.09	3	DNF
	--	--	202	JM	Lood	Goosen	00:13.56							00:13.56	1	DNF
	--	--	217	JM	Kieran	Gordge										DNS
	--	--	206	JM	Alec	Coleské										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Elite Women	1	1	101	EW	Mariske	Strauss	00:15.09	00:16.24	00:16.39	00:16.34	00:16.50	00:17.29		01:39.05	6	
	2	2	103	EW	Janice	Venter	00:16.00	00:16.33	00:16.39	00:16.55	00:17.09	00:17.45		01:41.01	6	
	3	3	102	EW	Lehane	Oosthuizen	00:15.43	00:16.40	00:17.24	00:18.02	00:18.34	00:19.31		01:45.54	6	
	4	4	104	EW	Julia	Marx	00:18.22	00:19.28	00:19.42	00:20.05	00:22.50			01:40.27	5	-1 Lap
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Elite Men	1	1	3	EM	Tristan	Nortje	00:11.53	00:12.25	00:12.31	00:12.22	00:12.32	00:12.38	00:12.35	01:26.56	7	
	2	2	2	EM	Keagan	Bontekoning	00:12.18	00:12.39	00:12.31	00:12.26	00:12.40	00:12.44	00:12.52	01:28.10	7	
	3	3	1	EM	Daniel	Van Der Walt	00:12.25	00:12.31	00:12.33	00:12.39	00:12.49	00:13.11	00:13.12	01:29.20	7	
	4	4	14	EM	Luyanda	Thobigunya	00:12.55	00:13.12	00:13.38	00:13.18	00:13.30	00:13.58	00:14.18	01:34.49	7	
	5	5	5	EM	Thomas	Hudson	00:12.49	00:13.24	00:13.33	00:13.35	00:13.47	00:14.05	00:14.09	01:35.22	7	
	6	6	7	EM	Heinie	Beukes	00:13.18	00:14.04	00:13.50	00:13.37	00:14.24	00:14.20	00:14.07	01:37.40	7	
	7	7	6	EM	Zachary	Swart	00:12.53	00:13.36	00:13.47	00:13.41	00:14.06	00:15.05	00:15.26	01:38.34	7	
	8	8	8	EM	Zandré	Gerber	00:13.04	00:14.17	00:14.04	00:14.57	00:15.03	00:14.18	00:14.42	01:40.25	7	
	9	9	13	EM	Herman	Fourie	00:12.51	00:14.03	00:15.12	00:16.54	00:15.22	00:16.27		01:30.49	6	-1 Lap
	10	10	9	EM	Raye	Moolman	00:14.30	00:16.24	00:15.21	00:16.02	00:16.12	00:15.23		01:33.52	6	-1 Lap
	11	11	10	EM	Aaron	Budke	00:14.36	00:15.42	00:16.31	00:16.06	00:16.41	00:17.32		01:37.08	6	-1 Lap
	12	12	15	EM	Thembela	Lukhalo	00:16.18	00:17.29	00:17.50	00:18.21	00:17.25			01:27.23	5	-2 Laps
	--	--	704	EM	Siyabulela	Tutu	00:15.11	00:17.05	00:17.02	00:16.56				01:06.14	4	DNF
	--	--	16	EM	Baphelele	Mbobo	00:17.12	00:19.31						00:36.43	2	DNF
	--	--	4	EM	Luca	Ruwiel	00:12.55							00:12.55	1	DNF
	--	--	11	EM	Matthew	Keyser										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
ALL Master Wom 30+	1	1	778	SW	Ila	Gray	00:14.00	00:16.20	00:17.44					00:48.04	3	
	2	1	771	VW	Tess	Keers	00:14.19	00:17.25	00:17.19					00:49.03	3	
	3	2	775	VW	Nikki	Biesheuvel	00:14.49	00:18.16	00:19.11					00:52.16	3	
	4	3	777	VW	Lena	Ronge	00:15.43	00:19.20	00:19.30					00:54.33	3	
	5	2	773	SW	Karin	Botha	00:17.24	00:21.07	00:21.43					01:00.14	3	
	--	--	772	VW	Sune	Henning										DNS
	--	--	774	VW	Sally	Deane										DNS
	--	--	776	SW	Amy	Burton										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Sub Vet Men	1	1	701	SV	Dominic	Calitz	00:12.34	00:13.26	00:13.40	00:14.02	00:13.44			01:07.26	5	
	2	2	705	SV	Renay	Groustra	00:13.03	00:13.47	00:14.12	00:14.25	00:14.38			01:10.05	5	
	3	3	706	SV	James	Ross-Marsh	00:15.09	00:15.27	00:15.49	00:15.51	00:15.33			01:17.49	5	
	4	4	702	SV	Ashley	Oldfield	00:15.00	00:16.12	00:16.19	00:17.21	00:18.22			01:23.14	5	
	--	--	703	SV	Lloyd	Priestman	00:15.57							00:15.57	1	DNF
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Veteran Men	1	1	720	VM	Murray	Craib	00:14.44	00:14.46	00:15.26	00:15.10				01:00.06	4	
	2	2	708	VM	Petrus	Malherbe	00:14.25	00:15.14	00:15.51	00:15.40				01:01.10	4	
	3	3	711	VM	Michael	Potton	00:14.29	00:15.38	00:15.57	00:15.41				01:01.45	4	
	4	4	709	VM	Pieter	Rautenbach	00:15.13	00:15.57	00:16.08	00:16.14				01:03.32	4	
	5	5	707	VM	Jean	De Villiers	00:14.39	00:16.00	00:17.10	00:16.36				01:04.25	4	
	6	6	715	VM	Morné	Veer	00:15.21	00:16.27	00:16.56	00:17.33				01:06.17	4	
	7	7	713	VM	Jody	Moult	00:16.01	00:17.11	00:17.31	00:18.04				01:08.47	4	
	8	8	710	VM	Wayne	Victor	00:16.12	00:17.11	00:17.50	00:18.19				01:09.32	4	
	9	9	716	VM	Juan-Paul	Farinha	00:16.47	00:18.30	00:18.58	00:20.03				01:14.18	4	
	--	--	712	VM	Robin	Harris	00:14.58	00:16.12	00:05.10					00:36.20	3	DNF
	--	--	714	VM	Gernot	Liebentritt										DNS
	--	--	718	VM	Corne	Du Plooy										DNS
	--	--	719	VM	Maarten	Tjallingii										DNS



Group or Category	Pos in		Participants Details				Split Times							Final Results		
	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Master Men	1	1	728	MM	Thorkild	Nielsen	00.15.00	00.15.39	00.15.12					00.45.51	3	
	2	2	727	MM	Robert	Sim	00.14.51	00.15.39	00.15.30					00.46.00	3	
	3	3	725	MM	Greg	Keers	00.15.14	00.15.42	00.16.13					00.47.09	3	
	4	4	729	MM	Landon	La Grange	00.15.54	00.17.09	00.17.30					00.50.33	3	
	5	5	722	MM	Timothy	Blegenhout	00.16.14	00.17.26	00.16.59					00.50.39	3	
	6	6	721	MM	Arnold	Barnardo	00.16.58	00.17.16	00.17.22					00.51.36	3	
	7	7	726	MM	Jan	Odendaal	00.17.05	00.18.10	00.18.21					00.53.36	3	
	8	8	730	MM	Kevin	Jacobs	00.16.22	00.17.38	00.19.40					00.53.40	3	
	--	--	723	MM	Johannes	Visser										
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7	Time	Laps	Status
Gr Master Men	1	1	731	GM	Jimmy	Mills	00.16.22	00.17.14	00.17.42					00.51.18	3	
	2	2	733	GM	Frank	Smuts	00.17.44	00.19.10	00.19.05					00.55.59	3	
	3	3	735	GM	Hendrik	Grobbelaar	00.21.50	00.22.59	00.23.54					01.08.43	3	
	4	4	734	GM	Russel	Wolson	00.26.01	00.27.32						00.53.33	2	-1 Lap
	--	--	732	GM	Neil	Fourie										