

<b>OA#</b>	<b>Bib</b>	<b>Age</b>	<b>Sex</b>	<b>AG</b>	<b>Last</b>	<b>First</b>	<b>Club</b>	<b>Finish</b>
1	78	36	M	35-39	MASSEY	Neil	Pan Africa Resources	02:09:15
2	6	36	M	35-39	BOSMAN	Lloyd	Nedbank Running Club SWD	02:13:14
3	24	29	M	25-29	DE CLERCQ	Henry Julius	Temp	02:22:06
4	119	35	F	35-39	TOOVEY	Mellusca	Outeniqua Harriers	02:37:37
5	47	45	M	45-49	GROENEWALD	Rico	Outeniqua Harriers	02:37:38
6	79	26	M	25-29	MEYER	Lemar	Temp	02:39:23
7	63	35	M	35-39	KHALIPA	Anele	Muirite Striders	02:40:51
8	87	37	M	35-39	PIENAAR	Carlu	32Gi SWD	02:42:56
9	138	34	M	30-34	WILLIAMSON	Erik	Cape Multi-Sport	02:46:55
10	25	41	F	40-44	DE GROOT	Robyn	Temp	02:51:48
11	99	30	M	30-34	RORKE	Kyle	Temp	02:53:01
12	69	33	M	30-34	LEWIS	Gwyn	Temp	02:53:05
13	98	39	F	35-39	COCKCROFT	Estee	Temp	02:55:08
14	4	47	M	45-49	BAUMEISTER	Peter	Stellenbosch AC	02:55:47
15	37	30	M	30-34	ERASMUS	Ingo	Temp	02:58:01
16	16	42	M	40-44	BRITS	Ruan	Temp	02:59:03
17	55	36	F	35-39	HOERST	Magdalena	Temp	03:01:05
18	107	30	M	30-34	SKERRITT	Warwick	Temp	03:04:23
19	9	38	F	35-39	BOTHA	Mary-Lee	Temp	03:04:26
20	74	28	M	25-29	MARAIS	Kobus	Outeniqua Harriers	03:07:04
21	70	37	M	35-39	LINDSEY	Ian	Temp	03:08:36
22	129	33	M	30-34	VERMAAK	Samuel	Temp	03:12:52
23	100	36	M	35-39	ROUX	Daniel	Temp	03:13:57
24	120	36	M	35-39	TOOVEY	Tim	Outeniqua Harriers	03:13:59
25	132	43	M	40-44	VISSER	Gideon	32Gi	03:14:21
26	61	48	F	45-49	JOUBERT	Benita	Nedbank Running Club SWD	03:14:45
27	19	29	M	25-29	CASH	Devon	Temp	03:15:23
27	21	29	M	25-29	COATES	Tyler	Temp	03:15:23
29	45	39	F	35-39	GRIEBENOUW	Riana	Temp	03:15:44
30	127	34	F	30-34	VERMAAK	Anine	Temp	03:19:33

31	111	47 M	45-49 STEWART	Alastair	Temp	03:20:56
32	118	30 F	30-34 THEUNISSEN	Amoray	Temp	03:22:01
33	130	45 F	45-49 VERMEULEN	Alda	Temp	03:22:50
34	13	58 M	55-59 BOWMAN	Mark	Totalsports VOB Running Club	03:23:12
35	46	37 M	35-39 GROENEWALD	Bendri	Temp	03:24:52
36	44	47 M	45-49 GRESSE	Gavin	Temp	03:25:09
37	142	41 M	40-44 YOUNG	Kyle	Temp	03:25:18
38	29	37 F	35-39 DE VILLIERS	Marizanne	Temp	03:28:25
39	67	49 M	45-49 KRUGER	Francois	Temp	03:28:44
40	38	42 F	40-44 EVANS	Alice	Temp	03:29:23
41	108	48 M	45-49 SMIT	Martin	Temp	03:33:02
42	109	31 M	30-34 SPRATT	Alexander	Temp	03:35:03
43	117	47 M	45-49 TEUBES	Michael	Pirates Road Running Club	03:35:42
44	89	51 M	50-54 PIETERSE	Philip	Temp	03:37:37
45	50	53 M	50-54 HARTEVELD	Niek	Temp	03:37:50
46	51	39 F	35-39 HENRY	Diana	Temp	03:41:11
47	58	44 F	40-44 JONKER	Diane	Temp	03:41:27
48	137	51 M	50-54 WILLIAMS	Jacques	Outeniqua Harriers	03:41:28
49	82	45 F	45-49 MILNE	Britt	Nedbank Running Club SWD	03:41:29
49	123	46 M	45-49 VAN RENSBURG	Maartin	Temp	03:41:29
51	73	51 M	50-54 MARAIS	Eugene	Cape Multisport Club Eden	03:41:38
52	90	29 M	25-29 PONELAT	Hezzie	Temp	03:42:29
53	59	30 F	30-34 JORDAAN	Aneli	Paarl AC	03:43:07
54	18	28 M	25-29 BUCHANAN	Murray	Temp	03:43:27
55	105	46 M	45-49 SCHRODER	Rudolf	Temp	03:43:47
56	128	34 F	30-34 VERMAAK	Marie	Temp	03:43:54
57	110	27 M	25-29 STADTHERR	Aquila	Temp	03:44:06
58	53	41 M	40-44 HILL	Clinton	Carbineers Western Province	03:45:40
59	121	30 M	30-34 TWAYISE	Thabo	Temp	03:45:47
60	15	38 M	35-39 BRENT	Craig	Outeniqua Harriers	03:46:46
61	112	45 F	45-49 STEWART	Nina	Temp	03:47:16

62	31	28 M	25-29 DE-WAAL	Adrio	Plettenberg Bay Athletics Club	03:50:27
63	75	37 F	35-39 MARAIS	Stephanie	32Gi SWD	03:53:41
64	36	59 M	55-59 DU TOIT	Alex	Crusaders AC	03:54:06
65	96	35 F	35-39 ROOS	Martha	Temp	03:54:36
66	41	47 M	45-49 FREEBURY	Ronald	Team Vitality SWD	03:55:07
67	65	37 M	35-39 KOEN	Johan	Temp	03:56:55
68	84	47 F	45-49 MULLER	Prissie	Hartenbos Drawwers	03:56:57
69	133	46 M	45-49 WESSELS	Pierre	Bayethe Multi Sport	03:57:01
70	23	68 M	65-69 DE BEER	Zach	Temp	03:58:08
71	7	41 M	40-44 BOTHA	Charles	Temp	03:59:56
71	8	29 M	25-29 BOTHA	Jaycee	Temp	03:59:56
73	52	50 F	50-54 HERBST	Heike	Durbanville Athletic Club	04:00:55
74	64	46 M	45-49 KNIGHTS	Ben	Temp	04:03:41
75	57	37 F	35-39 JANSEN	Irma	Temp	04:05:59
76	35	37 M	35-39 DU TOIT	Daniel	Temp	04:06:04
77	93	45 F	45-49 PRUSIEWICZ	Jowita Dominika	Temp	04:08:47
78	28	43 M	40-44 DE VILLIERS	Johannes Jacobus	Temp	04:08:49
78	94	58 M	55-59 REDELINGHUYS	Neil	Temp	04:08:49
80	12	52 F	50-54 BOWERMAN	Katharine	Temp	04:09:23
81	49	41 M	40-44 HARRIS	Strafford	Temp	04:12:35
82	20	48 F	45-49 CHENEY	Marna	Fish Hoek A. C	04:13:14
83	85	44 M	40-44 NTULI	Walter	Temp	04:14:18
84	54	44 M	40-44 HILL	Nathan	Temp	04:17:08
85	141	45 M	45-49 WOOLLATT	Conrad	Plettenberg Bay Athletics Club	04:17:11
86	92	42 F	40-44 PRINSLOO	Therine	Outeniqua Harriers	04:18:40
87	136	55 M	55-59 WILLEMSE	Truter	Temp	04:19:27
88	91	34 M	30-34 PONELAT	Josh	Temp	04:20:08
89	5	40 F	40-44 BODDE	Debora	Temp	04:21:34
90	48	46 F	45-49 GROSS	Melaina	32Gi SWD	04:25:09
91	33	54 M	50-54 DU PREEZ	Fanie	Iron Jawed Multi Sport	04:25:12
92	30	44 F	40-44 DELPORT	Zelda	Temp	04:29:57

93	88	50 F	50-54	PIETERSE	Elrika	Temp	04:38:13
94	116	52 F	50-54	TAYLOR	Benita	Temp	04:42:14
95	114	22 F	20-24	STRYDOM	René	Temp	04:42:28
96	2	41 F	40-44	AGENBAG	Elri	Temp	04:45:08
97	135	35 F	35-39	WHITE	Mhindi	Temp	04:49:13
98	27	59 M	55-59	DE VILLIERS	Daniel	Temp	04:49:43
99	43	58 F	55-59	GOOSEN	Annalita	Temp	04:50:05
100	126	45 F	45-49	VENTER	Sandra	Temp	04:50:08
101	86	52 F	50-54	PATON	Pamela	Temp	04:57:28
102	11	36 F	35-39	BOTHA	Louise	Outeniqua Harriers	04:59:28
103	68	63 M	60-64	LAGERWALL	Ronald	Outeniqua Harriers	04:59:31
104	14	27 F	25-29	BRANDT	Joanelda	Temp	05:01:54
104	143	50 F	50-54	ZAAYMAN	Anet	Temp	05:01:54
106	612	53 M	50-54	POTGIETER	Thys Snr	Temp	05:03:16
107	113	74 M	70-74	STEYL	Francois	Knysna Marathon Club	05:07:37
108	106	48 M	45-49	SCHWARZ	Johann	Nedbank Running Club SWD	05:10:37
109	80	56 F	55-59	MILLER	Janelle	Temp	05:16:49
109	81	61 M	60-64	MILLER	Mark	Temp	05:16:49
111	97	37 F	35-39	RORKE	Emma	Sedgefield Striders	05:20:25
112	122	60 M	60-64	VAN DER MERWE	Johann	Bestmed Madibaz AC	05:23:12
113	42	58 F	55-59	GERBER	Judy	Run 4 Christ AC	05:23:14
114	3	45 F	45-49	BARNES	Lisa	Temp	05:38:06
115	104	48 F	45-49	SCHREUDER	Nichola	Temp	05:38:07

## 15KM

OA#	Bib	Age	Sex	AG	Last	First	Club	Finish
1	287	28 M		25-29	MAQUASSA	Francois	Nedbank Running Club SWD	01:07:24
2	319	15 M		15-19	SCHEEPERS	Diego	Plettenberg Bay Athletics Club	01:11:23
3	249	50 M		50-54	GOELDNER	Rene	Temp	01:15:35
4	301	17 M		15-19	OOSTHUIZEN	Travis	Temp	01:17:56
5	290	40 M		40-44	MITCHELL	Teswil	Plettenberg Bay Athletics Club	01:18:49

6	366	19 M	15-19 VISAGIE	Nel	Temp	01:26:13
6	367	53 M	50-54 VISAGIE	Tommie	Temp	01:26:13
8	295	46 M	45-49 MOUTON	Jacques	Outeniqua Harriers	01:27:13
9	242	38 M	35-39 ESTERHUIZEN	Lee	Temp	01:27:24
10	270	16 M	15-19 KLEIN	Curtlin	Plettenberg Bay Athletics Club	01:34:18
11	220	18 M	15-19 DAEHNKE	Alexander	Temp	01:34:48
12	324	17 M	15-19 SEEKOPP	Aurelien	Temp	01:34:53
13	343	19 M	15-19 UYS	Bjorn	Temp	01:35:34
14	320	38 M	35-39 SCHMAHL	Zane	Temp	01:35:57
15	346	16 M	15-19 VAN DEN BERG	Liam	Temp	01:36:25
16	214	41 M	40-44 CHARLTON	Chris	Temp	01:36:34
17	297	33 F	30-34 NORTH	Megan	Temp	01:36:39
18	355	40 M	40-44 VAN STRAATEN	Reynard	Outeniqua Harriers	01:37:16
19	252	49 M	45-49 VERTUE	Anthony	Temp	01:38:23
20	364	38 M	35-39 VICTOR	Deon	Temp	01:38:36
21	344	21 M	20-24 VAN AS	Luke	Temp	01:41:37
22	256	17 M	15-19 GÜNTHER	Marcel	Temp	01:42:11
23	265	32 F	30-34 JACOBSON	Judine	Temp	01:42:37
24	257	41 M	40-44 HABIB	Ryan	Temp	01:42:54
25	299	36 F	35-39 ODENDAAL	Cherise	Temp	01:43:51
26	240	50 M	50-54 DYER	Ross	Temp	01:43:53
27	283	50 F	50-54 MACKENZIE	Meggan	Save-Orion	01:44:28
28	303	30 F	30-34 POTGIETER	Geldre Hester	Temp	01:46:45
29	298	59 M	55-59 NORVAL	Matthew	Temp	01:48:09
30	266	25 F	25-29 JANSE VAN RENSE	Maryke	Temp	01:48:18
31	268	44 M	40-44 JOSEPH	Dylan	Temp	01:49:16
32	267	43 F	40-44 JOSEPH	Carmen	Temp	01:49:17
33	233	45 F	45-49 DIXON	Yolandie	Temp	01:49:47
34	253	40 M	40-44 GOW	Dean	Temp	01:50:26
35	217	51 F	50-54 COOPER	Leonie	Temp	01:51:28
36	309	19 F	15-19 PUNT	Engela	Temp	01:52:14

37	314	47 F	45-49 REYNOLDS	Jenny	Temp	01:52:57
38	212	46 M	45-49 BROWN	Nigel	Temp	01:54:46
39	323	56 M	55-59 SEAMAN	Craig	Temp	01:54:52
40	285	44 F	40-44 MACNAB	Dominique	Temp	01:56:33
41	264	33 M	30-34 JACOBSON	Colin	Temp	01:57:00
42	282	22 M	20-24 MACKENZIE	Jack	Temp	01:57:50
43	277	45 F	45-49 KRUGER	Zelda	Temp	01:58:27
44	239	46 F	45-49 DYER	Andtea	Temp	01:58:30
45	275	32 M	30-34 KOEN	Nicholas	Temp	01:58:44
46	205	67 M	65-69 BERNARDO	Andre	Nedbank Running Club SWD	01:58:48
47	325	39 F	35-39 SIMPSON	Michelle	Temp	01:59:06
47	280	43 F	40-44 LE ROUX	Tabetha	Temp	01:59:06
49	230	50 M	50-54 DE WAAL	Alwyn	Temp	01:59:42
50	311	19 F	15-19 PUNT	Jakolien	Temp	02:01:15
51	368	36 M	35-39 VOLKER	Dieter	Temp	02:01:19
52	258	44 M	40-44 HART	Ben	Temp	02:01:58
53	357	39 F	35-39 VAN TONDER	Lelani	Temp	02:03:07
54	358	39 M	35-39 VAN TONDER	Nicky	Temp	02:03:08
55	232	47 M	45-49 DIXON	Jaco	Temp	02:03:11
56	213	55 F	55-59 BRUGMAN	Suné	Temp	02:03:17
57	362	45 F	45-49 VAN ZYL	Amanda	Temp	02:04:12
58	345	33 M	30-34 VAN BEEK	Stephen	Temp	02:04:48
59	216	50 M	50-54 COOPER	Gavin	Temp	02:04:59
60	369	34 M	30-34 WEITZ	Chadwynn	Ommiedraai Friends A.C	02:05:26
61	201	32 M	30-34 APPOLIS	Marc	Temp	02:05:42
62	341	58 F	55-59 TUCKER	Linda Tucker	Temp	02:07:26
62	274	61 F	60-64 KOEN	Amanda	Temp	02:07:26
64	360	48 M	45-49 VAN WYK	Braam	Team Vitality SWD	02:08:05
65	328	44 M	40-44 SNYMAN	Charl	Temp	02:08:58
66	221	28 M	25-29 DE GOEDE	André	Temp	02:08:59
67	330	49 M	45-49 STANDER	Herman	Temp	02:09:40

68	261	42 M	40-44	HODGKINSON	Adrian	Temp	02:09:49
69	371	33 F	30-34	WITTEVEEN	Frances	Kimberley Road Runners Club	02:10:10
69	254	36 F	35-39	GREBE	Annari	Kimberley Road Runners Club	02:10:10
71	322	49 M	45-49	SCHNEHAGE	Mervin	Pinelands Athletic Club	02:10:38
71	292	58 F	55-59	MONK	Nadine	Temp	02:10:38
73	219	53 F	50-54	CRONJE	Wendy	Temp	02:11:36
74	218	53 M	50-54	CRONJE	Andrew	Temp	02:11:40
75	317	41 F	40-44	ROOS	Vicky	Knysna Marathon Club	02:11:56
76	302	40 F	40-44	PIETERSE	Marike	Iron Jawed Multi Sport	02:12:13
77	334	33 F	30-34	STRYDOM	Maryka	Temp	02:12:41
78	200	34 M	30-34	APPOLIS	Kurt	Temp	02:14:19
79	331	44 F	40-44	STANDER	Magda	Temp	02:14:41
80	272	42 F	40-44	KOCH	Bianka	Temp	02:16:19
81	273	42 M	40-44	KOCH	Wian	Temp	02:16:21
82	373	45 F	45-49	WOOLLEY	Karyn	Temp	02:17:44
83	327	34 M	30-34	SLABBERT	Chris	Temp	02:19:51
83	251	36 M	35-39	GOUWS	Mauritz Stefanus	Temp	02:19:51
85	241	51 M	50-54	EMERY	Richard	Harfield Harriers	02:19:52
86	339	34 F	30-34	TIMMS	Stacey	Temp	02:19:58
87	208	34 M	30-34	BEZUIDENHOUT	Ruaan	Temp	02:21:03
87	255	40 M	40-44	GRIEBENOUW	Dewald	Temp	02:21:03
89	207	32 F	30-34	BEZUIDENHOUT	Narine	Temp	02:21:05
90	244	42 F	40-44	FERREIRA	Anneke	Temp	02:21:08
91	316	35 F	35-39	ROBBERTS	Candice	Temp	02:21:26
92	365	30 F	30-34	VILJOEN	Marissa	Temp	02:22:04
93	238	55 F	55-59	DUMBLETON	Natasja	Nedbank Running Club SWD	02:23:58
94	337	50 F	50-54	TERBLANCHE	Corné	Temp	02:24:28
95	308	40 M	40-44	PRINS	Jaco	Temp	02:24:36
96	332	46 M	45-49	STEWART	Jacques	Temp	02:25:23
97	202	57 F	55-59	BARNARDO	Evan	Nedbank Running Club SWD	02:26:14
98	246	52 M	50-54	FIELIES	Troy	Pinelands Athletic Club	02:26:30

99	209	59 M	55-59 BODDE	Stephan	Temp	02:29:17
99	236	59 F	55-59 DU TOIT	Careen	Temp	02:29:17
101	348	33 F	30-34 VAN LILL	Chriselle	Temp	02:31:16
102	336	44 M	40-44 SWART	Vivian	Temp	02:31:32
103	235	34 F	30-34 DU PREEZ	Jessica	Temp	02:31:52
104	234	40 F	40-44 DREYER	Estee	Nedbank Running Club SWD	02:31:54
105	361	46 F	45-49 VAN WYK	Marisa	Team Vitality SWD	02:31:55
106	354	66 M	65-69 VAN ROOYEN	Chris	Edgemead Runners	02:33:34
107	372	42 F	40-44 WOOLLATT	Tamlyn	Plettenberg Bay Athletics Club	02:34:23
108	203	50 F	50-54 BARRETT	Leanne	Temp	02:35:01
109	370	59 M	55-59 WIEMANN	P	Temp	02:35:07
110	237	55 F	55-59 DU TOIT	Sam	Crusaders AC	02:36:31
111	289	42 F	40-44 MITCHELL	Kim Lee	Nedbank Running Club SWD	02:37:38
112	262	37 F	35-39 HORN	Peta Lynne	Celtic Harriers	02:38:57
112	342	49 F	45-49 UGLJANIN	Juanita	Team Vitality	02:38:57
114	223	52 F	50-54 DE JONG	Delanie	Temp	02:39:55
115	312	15 F	15-19 PUNT	Lisa	Temp	02:40:48
116	359	57 F	55-59 VAN WOERKOM	Reneira	Temp	02:42:07
117	247	42 F	40-44 GILLMER	Diana	Team Vitality WP	02:44:57
118	356	47 M	45-49 VAN TONDER	Clinton	Temp	02:44:58
119	215	39 F	35-39 COETSER	Alison	Temp	02:45:55
119	291	43 F	40-44 MOLL	Lindy	Temp	02:45:55
121	310	49 F	45-49 PUNT	Helen	Temp	02:46:56
122	351	62 F	60-64 VAN ROOYEN	Erika	Edgemead Runners	02:47:57
123	224	61 M	60-64 DE KOCK	Chris	Temp	02:49:19
124	225	58 F	55-59 DE KOCK	Helen	Mindful Runner	02:49:21
125	318	41 F	40-44 SALIE	Shafeeqah	Bo-Kaap Athletics	02:49:27
126	284	59 M	55-59 MACKENZIE	Neil	Temp	02:51:37
127	243	59 F	55-59 FAUSTEN	Elvira	Temp	02:52:35
128	245	54 F	50-54 FIELIES	Sabrina	Pinelands Athletic Club	02:53:00
129	269	40 F	40-44 KERR	Michelle	Getfit	02:53:37



130	305	54 F	50-54	PRETORIUS	Janine	Nedbank Running Club SWD	02:53:51
131	350	58 M	55-59	VAN REENEN	Riaan	Durbanville Athletic Club	02:53:58
132	293	23 M	20-24	MOOLMAN	Johannes Willem	Temp	02:54:16
132	294	53 F	50-54	MOOLMAN	Marietha	Temp	02:54:16
134	226	23 F	20-24	DE RIDDER	Jeanine	Temp	02:54:21
135	306	64 F	60-64	PRETORIUS	Susan	Temp	02:54:42
135	307	48 F	45-49	PRETORIUS	Suzette	Temp	02:54:42
137	206	62 F	60-64	BEST	Marie	Muirite Striders	02:58:35
138	263	45 F	45-49	HUME	Karen	Muirite Striders	02:59:53
139	271	44 F	40-44	KNIGHTS	Catherine	Temp	03:00:22
140	204	54 F	50-54	BATEMAN	Hester	Temp	03:08:01
141	300	63 F	60-64	ODENDAAL	Maroshell	Temp	03:08:02
142	326	54 F	50-54	SLABBERT	Hanlie	Temp	03:12:03
143	304	57 F	55-59	PRETORIUS	Frances	Temp	03:12:07
144	227	58 F	55-59	DE VILLIERS	Allison	Temp	03:21:24
144	228	22 F	20-24	DE VILLIERS	Zanele	Temp	03:21:24
146	340	61 F	60-64	TRUTER	Anlerie	Temp	03:21:42
147	349	53 F	50-54	VAN REENEN	Annemie	Durbanville Athletic Club	03:23:25
148	281	43 M	40-44	LEE	Michael	Temp	03:26:16

## 9KM

OA#	Bib	Age	Sex	AG	Last	First	Club	Finish
1	588	25 M		25-29	MATTHEWS	Selwyn	Nedbank Running Club SWD	00:43:12
2	658	14 M		####	WILLEMSE	Teswill	Plettenberg Bay Athletics Club	00:48:16
3	531	43 M		40-44	DU TOIT	Charl	Temp	00:54:31
4	506	15 F		15-19	BESTER	Ane	Temp	00:55:35
5	651	26 M		25-29	VAN RENSBURG	Derick	Temp	00:55:41
6	507	17 F		15-19	BESTER	Chanelle	Temp	00:55:49
7	532	33 F		30-34	DU TOIT	Debbie	Temp	00:56:32
8	517	14 M		####	CHRISTIAANS	Nazeem	Temp	00:57:57
8	660	14 M		####	WINDVOGEL	Naytiano	Temp	00:57:57

10	598	27 M	25-29 NEL	Joshua	Temp	00:58:20
11	579	53 F	50-54 LAMPRECHT	Jacqueline	Temp	00:59:30
12	567	52 M	50-54 KIDD	Wayne	Knysna Marathon Club	00:59:35
13	595	42 M	40-44 NAUDE	Manie	Team Vitality AC	01:00:39
14	632	52 M	50-54 SMITH	James	Temp	01:01:17
15	592	14 F	#### MINNAAR	Stephanie	Bellville Athletic Club (Track)	01:01:20
16	656	34 M	30-34 WASSENAAR	Essich	Temp	01:01:30
17	589	19 M	15-19 MINNAAR	Ben	Temp	01:01:31
18	623	15 M	15-19 SEDDON	Arthur	Temp	01:01:43
19	624	20 M	20-24 SEDDON	Thomas	Temp	01:01:45
20	577	16 F	15-19 KRUGER	Milla	Temp	01:05:24
21	551	15 M	15-19 GRASER	Matthew	Temp	01:05:50
22	575	14 F	#### KRIGGA	Elisteen	Temp	01:06:59
23	546	51 F	50-54 GOELDNER	Gisa	Temp	01:07:00
24	591	14 M	#### MINNAAR	Nicolas	Temp	01:07:23
25	568	35 M	35-39 KITCHING	Niel	Hartenbos Drawwers	01:07:35
25	621	46 M	45-49 SAMUEL	David	Temp	01:07:35
27	557	16 M	15-19 HARTEVELD	Drian	Temp	01:09:37
28	630	36 F	35-39 SMITH	Liezel	Team Vitality SWD	01:09:52
29	603	53 F	50-54 PIETERS	Jo	Temp	01:10:23
30	596	29 F	25-29 NDHLOVU	Zibusiso	Temp	01:10:58
31	636	34 F	30-34 STEVENS	Cherise	Temp	01:11:30
32	527	35 M	35-39 DREYER	Donnevan	Temp	01:11:32
33	508	53 M	50-54 BESTER	Quintin	Temp	01:12:01
34	509	45 F	45-49 BESTER	Susara	Temp	01:12:09
35	537	43 M	40-44 FOREMAN	Llewellyn	NEDBANK ASWD	01:12:41
36	590	55 F	55-59 MINNAAR	Marita	Temp	01:13:08
37	594	36 F	35-39 MOUTON	Clare	Outeniqua Harriers	01:13:33
38	536	37 F	35-39 ERASMUS	Melissa	Temp	01:13:40
39	609	49 F	45-49 POTGIETER	Marianne	Temp	01:14:01
40	654	65 F	65-69 VICTOR	Linda	Temp	01:14:03

41	503	44 F	40-44 BALT	Marcelle	Temp	01:14:32
42	652	34 M	30-34 VAN ZYL	Charl	Temp	01:14:35
43	583	17 F	15-19 LOOTS	Nina	Temp	01:14:36
44	511	16 F	15-19 BOTES	Nerita	Temp	01:14:37
45	593	56 M	55-59 MINNAAR	Steve	Temp	01:14:45
46	547	53 F	50-54 GRAHAM	Cara-Lu	Temp	01:15:55
47	643	45 F	45-49 VAN DEN BERG	Heidie	Temp	01:16:00
47	644	49 M	45-49 VAN DEN BERG	Kobus	Temp	01:16:00
49	519	58 M	55-59 COETZER	Jaco	Suikerbosrand Athletics Club	01:16:05
49	560	55 M	55-59 HOLL	Pieter	Temp	01:16:05
51	518	76 M	75-79 COETZEE	Abraham	Knysna Marathon Club	01:16:45
52	613	16 F	15-19 PRIVETT	Emma	Temp	01:17:32
53	502	37 M	35-39 BADGER	Daniel	Temp	01:17:48
54	647	42 M	40-44 VAN DER NEST	Stephan	NEDBANK ASWD	01:18:06
55	607	18 F	15-19 POTGIETER	Carolina	Temp	01:18:07
56	619	58 F	55-59 SALGADO	Tracey	Sedgefield Striders	01:18:10
57	602	56 F	55-59 OLIVIER	Renee	Temp	01:18:14
58	576	51 F	50-54 KRUGER	Jolene	Temp	01:18:45
59	604	59 M	55-59 PLATEEL	Keith	Temp	01:18:46
60	566	19 M	15-19 KIDD	Dylan	Temp	01:18:50
61	500	50 F	50-54 BADENHORST	Liesel	Jefferys Bay AC	01:19:14
62	548	14 M	#### GRAHAM	James	Temp	01:19:25
63	542	64 M	60-64 GASANT	Darawees	Atlantic Athletic Club	01:19:28
64	584	39 F	35-39 LOUW	Ilze	Temp	01:19:51
65	606	56 F	55-59 PLATEEL	Michele	Temp	01:19:52
66	605	25 F	25-29 PLATEEL	Aimee	Temp	01:19:53
67	514	37 F	35-39 BOTHA	Mercia	Temp	01:19:59
68	587	65 M	65-69 MAREE	Serett	Temp	01:20:00
69	513	32 F	30-34 BOTHA	Kim	Temp	01:20:02
70	638	52 F	50-54 TALIP	Gabiba	Atlantic Athletic Club	01:21:07
71	528	32 F	30-34 DREYER	Linn	Hartenbos Drawwers	01:22:46

72	649	41 F	40-44	VAN DER WESTHU	Tanya	Jeffreys Bay AC	01:22:56
73	550	47 F	45-49	GRASER	Judi	Temp	01:24:41
74	552	47 M	45-49	GRASER	Michael	Temp	01:24:46
75	549	53 M	50-54	GRAHAM	Tertius	Temp	01:24:54
76	645	53 M	50-54	VAN DER MERWE	Joseph	Temp	01:25:37
77	646	54 F	50-54	VAN DER MERWE	Magdel	Temp	01:25:38
78	580	34 F	30-34	LE ROUX	Christine	Temp	01:26:10
79	574	31 M	30-34	KRIEL	Ryno	Temp	01:26:11
80	628	33 M	30-34	SMALL	Peter	Temp	01:26:33
81	611	20 M	20-24	POTGIETER	Thys Jnr	Temp	01:26:53
81	558	19 F	15-19	HARTEVELD	Izette	Temp	01:26:53
83	559	47 F	45-49	HARTEVELD	Marzette	Temp	01:27:25
84	657	55 F	55-59	WATSON	Caron	Temp	01:27:42
85	648	49 M	45-49	VAN DER WESTHU	Gerhard	Jeffreys Bay AC	01:28:40
85	662	50 F	50-54	DE WAAL	Lydia	Temp	01:28:40
87	525	62 F	60-64	DE BEER	Arla	Temp	01:29:24
88	650	52 F	50-54	VAN NIEKERK	Henriette	Cape Multi-Sport	01:29:55
89	635	26 F	25-29	SOLOMONS	Sheune	Temp	01:31:01
89	545	16 M	15-19	GESELS	Dino Dean	Temp	01:31:01
91	521	43 F	40-44	COLLETT	Dominique	Temp	01:31:27
92	597	57 F	55-59	NEL	Colleen	Temp	01:31:35
93	523	19 M	15-19	CRONJE	Johannes Hendrik	Temp	01:32:12
94	524	21 F	20-24	CRONJE	Tashlene	Temp	01:32:13
95	610	21 M	20-24	POTGIETER	Reinier	Temp	01:32:31
96	640	19 F	15-19	TREYVELLAN	Tamsyn	Temp	01:32:33
97	522	48 F	45-49	CRONJE	Denielle	Temp	01:32:38
98	601	40 M	40-44	ODENDAAL	Raymond	Temp	01:33:18
98	599	32 F	30-34	ODENDAAL	Joanne	Temp	01:33:18
100	616	35 M	35-39	ROBINSON	Andrew	Temp	01:33:20
100	617	34 F	30-34	ROBINSON	Carmen	Temp	01:33:20
102	586	61 F	60-64	MAHOMED	Shanaaz	Top Form Athletic Club	01:33:26

103	544	34 F	30-34	GELDENHUYS	Helene	Temp	01:33:49
104	526	33 F	30-34	DE BRUIN	Davianne	Temp	01:33:57
105	642	31 F	30-34	UYS	Madilien	Temp	01:33:58
106	637	47 F	45-49	STEWART	Melanie	Temp	01:34:06
107	539	49 F	45-49	FRANKEN	Wuanita	Temp	01:35:02
108	581	40 F	40-44	LIMERICK	Lee-Anne	Temp	01:35:15
109	639	42 F	40-44	TOYER	Rifqah	Atlantic Athletic Club	01:36:50
110	585	47 M	45-49	MACNAB	Crawford	Temp	01:37:08
111	659	48 F	45-49	WILLEMSE	Tharene	Temp	01:38:07
112	618	42 F	40-44	RUITERS	Omelia	Temp	01:38:09
113	555	57 F	55-59	GUASSARDO	Chantal	Temp	01:39:44
114	556	57 M	55-59	GUASSARDO	Simon	Temp	01:39:48
115	634	57 F	55-59	SNYMAN	Letitia	Temp	01:39:56
116	510	16 F	15-19	BOOYSEN	Tiffany	Plettenberg Bay Athletics Club	01:40:30
116	631	53 F	50-54	SMITH	Angelina	Temp	01:40:30
118	515	35 F	35-39	BOTHA	Tanya	Temp	01:41:15
119	620	41 F	40-44	SALIE	Sarah	Lion of Africa Itheko S.A.C	01:41:20
120	633	58 M	55-59	SNYMAN	Herman	Temp	01:41:54
121	564	53 F	50-54	KAZAKOS	Zoi	Temp	01:42:22
122	578	62 M	60-64	KRUMMECK	Steve	Temp	01:42:32
123	614	47 F	45-49	PRIVETT	Michelle	Temp	01:42:46
124	504	55 F	55-59	BARCLAY	Carla	Temp	01:42:58
125	653	63 M	60-64	VERBIEST	Willem	Temp	01:48:20
126	516	58 F	55-59	CHELIN	Charmaine	PDAC	01:48:21
127	553	58 M	55-59	GRAY	Richard	Temp	01:48:44
128	562	45 F	45-49	JANSE VAN VUURE	Marisa	Temp	01:50:47
129	571	54 M	50-54	KLOPPERS	Johann	Temp	01:55:03
129	572	19 M	15-19	KLOPPERS	Liam	Temp	01:55:03
131	501	59 F	55-59	BADENHORST	Susan	Temp	01:56:51
132	582	79 F	75-79	LOFTIE-EATON	Geraldine	Nedbank Running Club SWD	01:56:52
133	554	50 M	50-54	GROSS	Andre	Temp	01:56:58

134	622	64 F	60-64 SAMUEL	Lisinda	Temp	02:00:11
135	629	72 M	70-74 SMAILL	Robin	Temp	02:00:36
136	530	53 F	50-54 DU PREEZ	Jennifer	Temp	02:01:08
137	529	56 M	55-59 DU PREEZ	Jacques	Temp	02:01:13
138	505	55 M	55-59 BATEMAN	Johan	Temp	02:02:13
139	600	68 M	65-69 ODENDAAL	Jonathan	Temp	02:02:14
140	538	44 F	40-44 FOREMAN	Riette	Temp	02:03:24
141	540	46 F	45-49 FUTTER	Catherine	Celtic Harriers	02:07:34
142	608	44 F	40-44 POTGIETER	Isabel	Wingate Road Running	02:12:16
143	655	41 F	40-44 VON WIELLIGH	Susan	Wingate Road Running	02:12:17
144	543	43 F	40-44 GCITO	Ayanda	Zinikele Mgijimi AC	02:17:28
145	627	35 F	35-39 SITINGA	Sinovuyo	Temp	02:17:32