

First Choice

2025/01/04

| POS | NAME | | CLUB | LIC.NO | R.NO | SEX | AGE | HMS |
|-----|-------------|---------------|-----------------|--------|------|-----|-----|---------|
| 1 | MELIKHAYA | FRANS | IKHAMVA AC | 355 | 1 | M | 34 | 0.47.07 |
| 2 | GIFT | CHIGOMARAWA | NEDBANK RC | 1376 | 105 | M | 37 | 0.49.46 |
| 3 | ANDILE | MOTWANA | NEDBANK RC | 1361 | 3 | M | 28 | 0.50.03 |
| 4 | SINAWO | POTI | IKHAMVA AC | 357 | 2 | M | 23 | 0.51.36 |
| 5 | SIBUSISO | COLEPI | IKHAMVA AC | 513 | 8 | M | 20 | 0.52.04 |
| 6 | XOLISA | NDLUMBINI | VUKANI MS CLUB | 1836 | 20 | M | 42 | 0.52.40 |
| 7 | MZWANELE | MAPHEKULA | IKHAMVA AC | 358 | 10 | M | 48 | 0.52.51 |
| 8 | ZOLANI | MABONGO | NEDBANK RC | 1392 | 82 | M | 38 | 0.54.02 |
| 9 | SEMIHLE | BEDA | IKHAMVA AC | 40127 | 7 | M | 18 | 0.54.12 |
| 10 | KHAYA | GQWETHA | VUKANI MS CLUB | 1825 | 18 | M | 39 | 0.54.42 |
| 11 | NTSIKA | Ntamo | IKHAMVA AC | 350 | 5 | M | 22 | 0.55.07 |
| 12 | LUKHANYISO | APRIL | IKHAMVA AC | 40126 | 6 | M | 16 | 0.55.44 |
| 13 | MNCEDI | KHANTI | NEDBANK RC | 1391 | 13 | M | 45 | 0.56.20 |
| 14 | MILA | ZIBI | TEMP | 8978 | 652 | M | 23 | 0.56.35 |
| 15 | DESMOND | ZIBI | IKHAMVA AC | 370 | 11 | M | 61 | 0.56.48 |
| 16 | ANELE | MALIZA | NEDBANK RC | 1335 | 17 | M | 46 | 0.57.12 |
| 17 | RIAAAN | VAN ZYL | TEAM VITALITY | 10271 | 457 | M | 36 | 0.57.18 |
| 18 | NYASHA | MUKANDI | BODY CONCEPT | 51029 | 626 | M | 32 | 0.58.33 |
| 19 | LEBOHANG | SENTI | VUKANI MS CLUB | 1793 | 4 | M | 38 | 0.59.23 |
| 20 | SAZISO | PANGINDAWO | NMB AC | 2429 | 359 | M | 42 | 0.59.34 |
| 21 | KEITH | JANSEN | TEMP | 8805 | 405 | M | 33 | 1.00.38 |
| 22 | DAVID | HANDLEY | TEMP | 8751 | 251 | M | 21 | 1.01.36 |
| 23 | ERROL | WHITTAL | ELITE A C | 1255 | 577 | M | 49 | 1.01.40 |
| 24 | KAYLA | NELL | CHARLO AC | 908 | 353 | F | 30 | 1.01.55 |
| 25 | NOEL | ADAMS | TEMP | 8984 | 657 | M | 52 | 1.02.01 |
| 26 | BATHANDWA | MOOI | VUKANI MS CLUB | 1806 | 528 | M | 40 | 1.02.07 |
| 27 | JENIEL | ZANA | RUN 4 CHRIST AC | 2638 | 121 | M | 29 | 1.02.11 |
| 28 | BULUMKO | MALINGA | NEDBANK RC | 40005 | 16 | M | 17 | 1.02.36 |
| 29 | MATTHYS | WESSELS | TEMP | 8349 | 568 | M | 20 | 1.02.50 |
| 30 | BIANCA | MEISTRE | 32GI EP AC | 814 | 19 | F | 39 | 1.03.45 |
| 31 | MUTEKILE | RASMENI | NEDBANK RC | 1398 | 428 | M | 60 | 1.04.13 |
| 32 | WESSEL | WOLMARANS | ELITE A C | 1216 | 473 | M | 46 | 1.04.31 |
| 33 | ABDUL | WICOMB | MUIRITE STRIDER | 282 | 472 | M | 46 | 1.04.38 |
| 34 | VUYISILE | SIMAYILE | NEDBANK RC | 1461 | 101 | M | 37 | 1.04.39 |
| 35 | STANTON | FREEMAN | ACT AC | 156 | 497 | M | 47 | 1.04.49 |
| 36 | THEMBEKILE | MSIPA | CHARLO AC | 993 | 348 | M | 50 | 1.04.53 |
| 37 | ANDILE | NYOKA | CHARLO AC | 931 | 356 | M | 52 | 1.05.19 |
| 38 | DUNCAN | WALKER | TEMP | 8831 | 431 | M | 29 | 1.05.21 |
| 39 | NTOMBESINTU | MFUNZI | NEDBANK RC | 1405 | 534 | F | 43 | 1.05.24 |
| 40 | DARRYL | BAGLEY | NEDBANK RC | 1425 | 515 | M | 49 | 1.05.26 |
| 41 | ADRI | WESSELS | RUN 4 CHRIST AC | 522 | 572 | F | 49 | 1.06.20 |
| 42 | DAMIAN | OLIVER | GELVAN AC | 1707 | 508 | M | 33 | 1.06.43 |
| 43 | DANE | CRONJE | CHARLO AC | 878 | 290 | F | 27 | 1.06.53 |
| 44 | CHRISTO | NEL | TEMP | 8812 | 412 | M | 41 | 1.07.07 |
| 45 | MARTIN | DE BRUIN | TEMP | 8773 | 373 | M | 43 | 1.08.18 |
| 46 | CHRISTOPHER | MABENGEZA | NEDBANK RC | 1344 | 15 | M | 58 | 1.08.20 |
| 47 | LEANDRE | VAN DER MERWE | TEMP | 4624 | 573 | F | 38 | 1.08.26 |
| 48 | HENRY | CRAUSE | NEDBANK RC | 1465 | 559 | M | 42 | 1.08.37 |
| 49 | HIELDE | MARAIS | MUIRITE STRIDER | 295 | 207 | F | 24 | 1.08.54 |
| 50 | JOHANNES | ARRIES | NEDBANK RC | 1367 | 590 | M | 51 | 1.09.05 |
| 51 | JEMAIN | WILSON | TEAM VITALITY | 2335 | 602 | M | 37 | 1.09.31 |
| 52 | KEEGAN | BARTLETT | TEMP | 8153 | 153 | M | 35 | 1.10.01 |
| 53 | GRAHAM | TERBLANCHE | MADIBAZ AC | 2166 | 106 | M | 60 | 1.10.08 |
| 54 | RUHAN | VAN RENSBURG | RUN 4 CHRIST AC | 545 | 557 | M | 32 | 1.10.33 |
| 55 | TIMOTHY | HEINE | TEMP | 8814 | 414 | M | 33 | 1.10.36 |

| POS | NAME | CLUB | LIC.NO | R.NO | SEX | AGE | HMS | |
|-----|-------------|---------------|-----------------|-------|-----|-----|-----|---------|
| 56 | GRANT | MISKIN | TEMP | 8815 | 415 | M | 31 | 1.10.36 |
| 57 | MICHAEL | DENYSSCHEN | NEDBANK RC WP | 11383 | 136 | M | 39 | 1.10.51 |
| 58 | MZWANELE | NQOQO | VUKANI MS CLUB | 1822 | 552 | M | 47 | 1.10.55 |
| 59 | Fikile | Mabhula | MADIBAZ AC | 2171 | 331 | M | 42 | 1.11.12 |
| 60 | RUAN | DU PLESSIS | TEMP | 8833 | 433 | F | 34 | 1.11.37 |
| 61 | KHANGELANI | HALOM | TRANSNET ENG EP | 1770 | 628 | M | 43 | 1.11.55 |
| 62 | S'LULAMI | JACK | TRANSNET ENG EP | 1761 | 566 | M | 49 | 1.11.56 |
| 63 | TEDDY | PRUSENT | MADIBAZ AC | 2226 | 560 | M | 36 | 1.12.34 |
| 64 | GARY | BUBB | TEMP | 8744 | 244 | M | 33 | 1.12.37 |
| 65 | MZUKISI | OLIFANT | TEMP | 8809 | 409 | M | 32 | 1.12.38 |
| 66 | GAVIN | ROGERS | CRUSADERS AC | 731 | 98 | M | 60 | 1.12.45 |
| 67 | THOBELA | NTAMO | DESPATCH AC | 2489 | 83 | M | 39 | 1.12.48 |
| 68 | BABALWA | NGCOKO | NEDBANK RC | 7462 | 86 | F | 37 | 1.12.51 |
| 69 | GRAHAM | ESHMADE | CHARLO AC | 999 | 571 | M | 47 | 1.13.09 |
| 70 | SEBASTIAN | KLEU | ELITE A C | 1213 | 326 | M | 48 | 1.13.09 |
| 71 | JEN | VALLANCE | ST FRANCIS RC | 1902 | 467 | F | 37 | 1.13.10 |
| 72 | CHRISTINE | CLAASEN | NEDBANK RC | 1416 | 129 | F | 60 | 1.13.27 |
| 73 | STEPHEN | MCCARTHY | CRUSADERS AC | 706 | 570 | M | 63 | 1.13.32 |
| 74 | ZANDISILE | CWEYA | NEDBANK RC | 8992 | 627 | M | 44 | 1.13.42 |
| 75 | LUVUYO | STEPHEN | NEDBANK RC | 1347 | 469 | M | 54 | 1.13.44 |
| 76 | HERMAN | SAAYMAN | MADIBA BW | 1643 | 369 | M | 40 | 1.13.46 |
| 77 | KELVIN | JOOSTE | CHARLO AC | 919 | 322 | M | 38 | 1.13.58 |
| 78 | MIEKE | WESTRAADT | RUN 4 CHRIST AC | 534 | 522 | F | 29 | 1.14.01 |
| 79 | Brett | Steyn | CHARLO AC | 989 | 444 | M | 49 | 1.14.04 |
| 80 | NICO | SMITH | MADIBA BW | 1642 | 499 | M | 39 | 1.14.15 |
| 81 | VUYANI | MAFANI | ESKOM A C | 52172 | 62 | M | 44 | 1.14.29 |
| 82 | PATRIC | MAKWENKWE | CHARLO AC | 898 | 334 | M | 58 | 1.14.29 |
| 83 | ANDREW | JONAS | MUIRITE STRIDER | 7858 | 321 | M | 60 | 1.15.04 |
| 84 | PHILLIP | DU PLESSIS | XCEL AC | 1038 | 517 | M | 54 | 1.15.05 |
| 85 | RICHARD | MAZUNGULA | NEDBANK RC | 1457 | 466 | M | 47 | 1.15.26 |
| 86 | HUMAN | GILLIOMEE | TEAM VITALITY K | 12167 | 50 | M | 26 | 1.15.32 |
| 87 | JUAN-PIERRE | BARKHUIZEN | TEMP | 8152 | 152 | M | 32 | 1.15.48 |
| 88 | WAYNE | MITCHELL | ACHILLES AAA | 1069 | 580 | M | 51 | 1.15.54 |
| 89 | PIERRE | RENSHAW | CHARLO AC | 957 | 365 | M | 51 | 1.16.03 |
| 90 | MARILIE | BOTHA | TEMP | 8795 | 395 | F | 31 | 1.16.09 |
| 91 | MNQWENO | TYOKOLO | CHILLIE EP | 2659 | 109 | M | 42 | 1.16.33 |
| 92 | HISHAAN | BHANA | CHARLO AC | 893 | 278 | M | 28 | 1.16.35 |
| 93 | THERESA | BUCHNER | 32GI EP AC | 856 | 128 | F | 39 | 1.16.45 |
| 94 | CHARL | GERBER | 32GI EP AC | 791 | 141 | M | 48 | 1.16.46 |
| 95 | FRANK | FERREIRA | TEMP | 8563 | 563 | M | 29 | 1.16.56 |
| 96 | SUZETTE | VICTOR | MADIBA BW | 1618 | 462 | F | 54 | 1.16.59 |
| 97 | KOOS | OLIVIER | MADIBA BW | 1658 | 357 | M | 66 | 1.16.59 |
| 98 | ILKE | WOLMARANS | ELITE A C | 40189 | 474 | F | 17 | 1.17.08 |
| 99 | JADEN | DE RIDDER | ELITE A C | 40186 | 295 | M | 18 | 1.17.08 |
| 100 | MICHAEL | TEUBES | PIRATES ROAD RU | 50588 | 228 | M | 47 | 1.17.21 |
| 101 | HENRY | PIENAAR | BLUEWATER BAY | 1957 | 608 | M | 53 | 1.17.32 |
| 102 | WILLEM | BINDEMAN | PENTAGON PISTOL | 50640 | 495 | M | 48 | 1.17.37 |
| 103 | STEPHANIE | ARNDT | ST FRANCIS RC | 1897 | 21 | F | 59 | 1.17.53 |
| 104 | LUTHANDO | NDZAMBO | MADIBAZ AC | 2229 | 496 | M | 41 | 1.18.02 |
| 105 | Grant | Rudman | DESPATCH AC | 2490 | 516 | M | 47 | 1.18.34 |
| 106 | PEET | VAN DER MERWE | PENTAGON PISTOL | 50635 | 494 | M | 36 | 1.18.42 |
| 107 | DARIUS | SWIEGELAAR | SAPS AC EP | 52 | 488 | M | 29 | 1.18.43 |
| 108 | NIGEL | DANIELS | XCEL AC | 1040 | 595 | M | 49 | 1.18.55 |
| 109 | ETIENNE | GERBER | CHARLO AC | 914 | 310 | M | 54 | 1.19.28 |
| 110 | LINDEN | NZEZA | NEDBANK RC | 1324 | 625 | M | 41 | 1.19.37 |
| 111 | KOBUS | GROBBELAAR | TEMP | 8750 | 250 | M | 40 | 1.19.40 |
| 112 | WERNER | MEYER | NEDBANK RC | 1370 | 545 | M | 51 | 1.19.43 |
| 113 | PHILLIP | HEINE | TEMP | 8813 | 413 | M | 33 | 1.19.45 |
| 114 | DANEEL | PAUW | TEMP | 8184 | 184 | M | 27 | 1.19.45 |
| 115 | FRIKKIE | BOSHOFF | RUN 4 CHRIST AC | 596 | 509 | M | 45 | 1.19.49 |

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| 116 | ABBIE | MITCHELL | ACHILLES AAA | 40205 | 581 | F | 18 | 1.19.51 |
| 117 | ABIGAIL | BIRD | TEMP | 8741 | 241 | F | 24 | 1.20.24 |
| 118 | PAUL | JOHNSON | BODY CONCEPT | 1002 | 574 | M | 57 | 1.20.26 |
| 119 | GARRETH | JACOBSON | ACHILLES AAA | 1097 | 579 | M | 49 | 1.20.27 |
| 120 | GEOFFREY | SWARTBOOI | RUN 4 CHRIST AC | 552 | 478 | M | 48 | 1.20.32 |
| 121 | WARREN | GRIFFITHS | MUIRITE STRIDER | 288 | 498 | M | 59 | 1.20.50 |
| 122 | MARIUS | STANDER | IKHAMVA AC | 7454 | 36 | M | 56 | 1.20.51 |
| 123 | KRISTLY | MCCARTHY | TEMP | 8177 | 177 | F | 36 | 1.20.56 |
| 124 | CINDY | MARAIS | CHARLO AC | 952 | 337 | F | 47 | 1.20.58 |
| 125 | HANNES | ELS | MADIBA BW | 1659 | 138 | M | 74 | 1.21.02 |
| 126 | JUDY | GERBER | RUN 4 CHRIST AC | 532 | 143 | F | 58 | 1.21.13 |
| 127 | CHRISTO | ZEELIE | TEMP | 8825 | 427 | M | 29 | 1.21.19 |
| 128 | DARRYL | CALVERT | CHARLO AC | 561 | 282 | M | 49 | 1.21.28 |
| 129 | OLWETHU | BOMVANA | CHILLIE EP | 416 | 592 | F | 38 | 1.21.29 |
| 130 | CLIVE | VAN RAYNER | MUIRITE STRIDER | 323 | 232 | M | 57 | 1.21.31 |
| 131 | ALEX | DU TOIT | CRUSADERS AC | 733 | 41 | M | 60 | 1.21.42 |
| 132 | JOHANNES | DU PLESSIS | AGAPE R C | 50086 | 491 | M | 67 | 1.21.44 |
| 133 | DARREN | HOWE | DISCOVERY CG | 50693 | 53 | M | 40 | 1.21.45 |
| 134 | LEONARD | CONRADIE | BLUEWATER BAY | 1954 | 288 | M | 70 | 1.21.50 |
| 135 | RYAN | VAN DER MESCHT | CHARLO AC | 921 | 450 | M | 43 | 1.21.59 |
| 136 | ARNO | NEL | NEDBANK RC | 7884 | 468 | M | 46 | 1.22.04 |
| 137 | WELCOME | LOLIWE | NEDBANK RC | 1340 | 14 | M | 60 | 1.22.13 |
| 138 | BRENDON | SLABBERT | RUN 4 CHRIST AC | 584 | 225 | M | 53 | 1.22.17 |
| 139 | CHASE | VON WALTSLIBEN | TEMP | 8986 | 586 | M | 16 | 1.22.21 |
| 140 | DENZIL | KOOPMAN | INFINITY AC | 91 | 200 | M | 54 | 1.22.22 |
| 141 | JACOBUS | JULIUS | GELVAN AC | 1711 | 513 | M | 50 | 1.22.36 |
| 142 | LUAN | NIEWOUDT | TEMP | 8822 | 422 | M | 29 | 1.22.37 |
| 143 | ABIGAIL | VAN DER BERG | DESPATCH AC | 40002 | 542 | F | 19 | 1.22.40 |
| 144 | LERENZO | FRANCIS | DESPATCH AC | 1598 | 308 | M | 38 | 1.22.45 |
| 145 | BAVERSHAN | NAIDOO | MALABAR | 122 | 349 | M | 34 | 1.22.47 |
| 146 | ANNEKE | MOORE | DESPATCH AC | 1590 | 520 | F | 40 | 1.22.47 |
| 147 | SIME | NEL | TEMP | 8764 | 264 | F | 16 | 1.22.51 |
| 148 | JAN | VAN EEDEN | NEDBANK RC | 1010 | 113 | M | 66 | 1.22.56 |
| 149 | CHARL | MEISTRE | MADIBA BW | 1637 | 209 | M | 39 | 1.22.58 |
| 150 | JAN | LE ROUX | MUIRITE STRIDER | 290 | 533 | M | 51 | 1.23.03 |
| 151 | JURGENS | VILJOEN | TEMP | 8800 | 400 | M | 27 | 1.23.08 |
| 152 | KRISTEN | LAWSON | TEMP | 8823 | 423 | F | 32 | 1.23.20 |
| 153 | SANETTE | RYAN | ELITE A C | 1519 | 368 | F | 54 | 1.23.30 |
| 154 | CLIVE | DE LANGE | ELITE A C | 1228 | 294 | M | 52 | 1.23.30 |
| 155 | SIVUYILE | SCHEEPERS | CHARLO AC | 955 | 438 | M | 31 | 1.23.38 |
| 156 | ARTHUR | SWANEPOEL | TEMP | 8770 | 270 | M | 42 | 1.24.00 |
| 157 | PLAAITJIE | DAMONS | VWAC | 1275 | 555 | M | 61 | 1.24.06 |
| 158 | PERCY | DALTON | ACHILLES AAA | 1088 | 291 | M | 76 | 1.24.24 |
| 159 | DEBRA JANE | CHRISTY | ST FRANCIS RC | 1887 | 30 | F | 60 | 1.24.27 |
| 160 | PRINCE | RADEBE | KHAYELITHSA | 8169 | 582 | M | 43 | 1.24.29 |
| 161 | LINDIE | STANDER | DESPATCH AC | 1584 | 104 | F | 40 | 1.24.29 |
| 162 | BRETT | MCLAREN | CHARLO AC | 990 | 343 | M | 38 | 1.24.37 |
| 163 | HANNO | NEL | TEMP | 8810 | 410 | M | 15 | 1.24.38 |
| 164 | CHRIS | BOTHA | TEMP | 8985 | 584 | M | 43 | 1.24.41 |
| 165 | RAYMOND | WEITZ | NEDBANK RC | 1412 | 546 | M | 70 | 1.24.56 |
| 166 | SIYABONGA | GAZIYA | HOLLYWOOD BETS | 1867 | 658 | M | 40 | 1.24.58 |
| 167 | Gershwin | Booyesen | GELVAN AC | 2645 | 505 | M | 37 | 1.24.59 |
| 168 | STEPHAN | ELS | OXFORD STR | 50131 | 589 | M | 46 | 1.25.02 |
| 169 | WENDY | SORENSEN | NEDBANK RC | 1454 | 514 | F | 50 | 1.25.02 |
| 170 | AHMAD | KADER | MALABAR | 144 | 324 | M | 36 | 1.25.02 |
| 171 | JONATHAN | BAKKER | MUIRITE STRIDER | 342 | 22 | M | 33 | 1.25.11 |
| 172 | NEVILLE | WARMBERG | QUEENSTOWN HAR | 51864 | 119 | M | 50 | 1.25.13 |
| 173 | KIRWIN | DE KLERK | ASPEN PHARMACA | 621 | 564 | M | 43 | 1.25.15 |
| 174 | TISTA | NTSANGANI | IKHAMVA AC | 50414 | 85 | M | 32 | 1.25.19 |
| 175 | AMANDA | NOHAJI | CHILLIE EP | 419 | 81 | F | 36 | 1.25.28 |

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| 176 | PHILLIP | DE RIDDER | ELITE A C | 1230 | 297 | M | 48 | 1.25.29 |
| 177 | CHRISTOFF | OPPERMAN | TEMP | 8182 | 182 | M | 54 | 1.25.34 |
| 178 | JOHANNES | ROBBERTSE | TEMP | 8788 | 388 | M | 31 | 1.25.35 |
| 179 | DEWALT | VERMEULEN | RUN 4 CHRIST AC | 2557 | 511 | M | 52 | 1.25.41 |
| 180 | CHESTER | BROOKS | XGEL AC | 1061 | 622 | M | 66 | 1.25.59 |
| 181 | MKHULULU | MANYALA | TEMP | 8798 | 398 | M | 43 | 1.26.05 |
| 182 | MARK | GODDARD | ASPEN PHARMACA | 637 | 599 | M | 28 | 1.26.12 |
| 183 | LONWABO | MTSHAKE | SPAR EC RC | 1914 | 591 | M | 54 | 1.26.15 |
| 184 | CARMEN | NEL | ST FRANCIS RC | 2392 | 79 | F | 32 | 1.26.20 |
| 185 | RIAAAN | VERMAAK | TEMP | 8821 | 421 | M | 40 | 1.26.22 |
| 186 | NICK | CHAPMAN | VWAC | 1289 | 537 | M | 52 | 1.26.24 |
| 187 | SHERWYN | ROUSSOUW | WATERFALL AC | 17611 | 218 | M | 45 | 1.26.26 |
| 188 | NKHATHALLENG | KHIBA | NEDBANK RC | 1450 | 150 | F | 43 | 1.26.30 |
| 189 | DOLLY | NDUDE | BUFFALO RUNNER | 51054 | 527 | F | 52 | 1.26.32 |
| 190 | UNKNOWN | | TEMP | 429 | 429 | F | 30 | 1.26.36 |
| 191 | RENIER | ERASMUS | TEAM VITALITY C | 12015 | 140 | M | 53 | 1.26.46 |
| 192 | NZUZO | NOQEKWA | NEDBANK RC | 1383 | 598 | M | 46 | 1.26.47 |
| 193 | MALIBONGWE | VAPI | TEMP | 8792 | 392 | M | 33 | 1.26.47 |
| 194 | THOMAS | MARAIS | CHARLO AC | 948 | 338 | M | 37 | 1.26.56 |
| 195 | ALTON | THOMAS | NEDBANK RC | 1472 | 447 | M | 49 | 1.26.57 |
| 196 | WILLEMIEN | DU RANDT | DESPATCH AC | 1609 | 40 | F | 50 | 1.27.10 |
| 197 | VANESSA | COETZEE | MUIRITE STRIDER | 285 | 33 | F | 48 | 1.27.11 |
| 198 | VERNON | LANDMAN | RUN 4 CHRIST AC | 576 | 201 | M | 49 | 1.27.23 |
| 199 | IVAN | MOSES | MADIBAZ AC | 2155 | 347 | M | 62 | 1.27.26 |
| 200 | LIZETTE | OLIVER | GELVAN AC | 1721 | 507 | F | 38 | 1.27.28 |
| 201 | TREVOR | NEL | MUIRITE STRIDER | 310 | 624 | M | 60 | 1.27.53 |
| 202 | KYLIE | VERMAAK | ELITE A C | 40430 | 549 | F | 17 | 1.27.56 |
| 203 | DAVID | BAINS | XGEL AC | 1043 | 277 | M | 58 | 1.27.59 |
| 204 | KARIEN | LOUW | TEMP | 8343 | 614 | F | 35 | 1.28.00 |
| 205 | JASON | SAUNDERS | CHARLO AC | 900 | 370 | M | 45 | 1.28.01 |
| 206 | BURNITA | STRYDOM | ELITE A C | 1222 | 445 | F | 56 | 1.28.04 |
| 207 | WILHELM | KILIAN | MADIBA BW | 1621 | 57 | M | 48 | 1.28.04 |
| 208 | CHRISTINE | WIENAND | NEDBANK RC | 1369 | 617 | F | 45 | 1.28.12 |
| 209 | HATTINGH | BORNMAN | TEMP | 8804 | 404 | M | 42 | 1.28.22 |
| 210 | MARTHA | VAN ZYL | TEMP | 8791 | 391 | F | 50 | 1.28.29 |
| 211 | NGWANE | SHORTY | TEMP | 8838 | 556 | M | 28 | 1.28.30 |
| 212 | LESLEY-ANN | BUSH | DESPATCH AC | 1575 | 613 | F | 52 | 1.28.36 |
| 213 | JP | BOSHOFF | TEMP | 8155 | 155 | M | 38 | 1.28.37 |
| 214 | ADELE | PHIPPS | CHARLO AC | 960 | 92 | F | 55 | 1.29.00 |
| 215 | ETHAN | VAN AS | TEMP | 8790 | 390 | M | 26 | 1.29.02 |
| 216 | PETRUS | RADEMEYER | RUN 4 CHRIST AC | 554 | 475 | M | 50 | 1.29.05 |
| 217 | BENNETT | NAPOLEON | TEMP | 8830 | 430 | M | 49 | 1.29.14 |
| 218 | MCEBISI | MZINZI | DEPT PUBLIC WOR | 2626 | 532 | M | 44 | 1.29.14 |
| 219 | YOLANDIE | LANDMAN | RUN 4 CHRIST AC | 577 | 202 | F | 49 | 1.29.16 |
| 220 | RODGER | GYSMAN | RUN 4 CHRIST AC | 551 | 583 | M | 51 | 1.29.35 |
| 221 | DARYN | NEWTON | TRANSNET A C GN | 5645 | 80 | M | 39 | 1.29.36 |
| 222 | ZOLANI | MQOQI | VUKANI MS CLUB | 1819 | 535 | M | 48 | 1.29.38 |
| 223 | XOLA | MBATSHA | NMB AC | 2442 | 69 | M | 44 | 1.29.39 |
| 224 | LIZELLE | GRIESSEL | TEMP | 8777 | 377 | F | 41 | 1.29.42 |
| 225 | MARISA | BREYTENBACH | TEMP | 8743 | 243 | F | 39 | 1.29.46 |
| 226 | LEONARD | DENYSSCHEN | TEMP | 8165 | 165 | M | 63 | 1.29.48 |
| 227 | PIETER | HECKROODT | TEMP | 8754 | 254 | M | 27 | 1.30.04 |
| 228 | MARTIN | LEWIES | VWAC | 1290 | 588 | M | 50 | 1.30.06 |
| 229 | ALECIA | LE ROUX | TEMP | 8760 | 260 | F | 27 | 1.30.10 |
| 230 | LIZEL | MILLARD | TEMP | 8807 | 407 | F | 43 | 1.30.12 |
| 231 | KURT | GROENER | CHARLO AC | 877 | 311 | M | 43 | 1.30.14 |
| 232 | MICHAEL | SLATER | VWAC | 1299 | 102 | M | 54 | 1.30.25 |
| 233 | THANDEKA | MHLANGA | ACT AC | 170 | 72 | F | 34 | 1.30.37 |
| 234 | SIVIWE | MEVENI | REAL GIJIMAS | 50803 | 629 | M | 38 | 1.30.50 |
| 235 | JASON | FORSDICK | UNKNOWN | 51102 | 45 | M | 28 | 1.30.51 |

| POS | NAME | | CLUB | LIC.NO | R.NO | SEX | AGE | HMS |
|-----|-------------|--------------|-----------------|--------|------|-----|-----|---------|
| 236 | MARK | DU PIESANIE | RUN 4 CHRIST AC | 2671 | 300 | M | 34 | 1.30.52 |
| 237 | JANINE | WHITTAL | ELITE A C | 1256 | 578 | F | 43 | 1.30.53 |
| 238 | GREGORY | ROSS | CHARLO AC | 991 | 366 | M | 51 | 1.30.54 |
| 239 | CYNTHIA | HEYNS | CHARLO AC | 992 | 315 | F | 41 | 1.30.55 |
| 240 | SIMONI | VAN ZYL | TEAM VITALITY | 10269 | 458 | F | 42 | 1.30.57 |
| 241 | ANDRIES | COETSEE | RUN 4 CHRIST AC | 603 | 31 | M | 39 | 1.31.00 |
| 242 | JOHN | JONAS | TEMP | 8853 | 565 | M | 42 | 1.31.05 |
| 243 | MONIQUE | RICHARDSON | MUIRITE STRIDER | 281 | 96 | F | 29 | 1.31.05 |
| 244 | NATASCIA | DE RIDDER | ELITE A C | 1229 | 296 | F | 46 | 1.31.09 |
| 245 | PETER | VAN RENSBURG | ELITE A C | 1250 | 114 | M | 66 | 1.31.31 |
| 246 | HEINZ | CONRAD | ELITE A C | 1259 | 531 | M | 46 | 1.31.42 |
| 247 | LARA | VAN HEERDEN | CHARLO AC | 961 | 451 | F | 48 | 1.31.55 |
| 248 | MARK | HEADBUSH | COUNTRY CLUB JH | 524348 | 145 | M | 80 | 1.31.57 |
| 249 | GEORGE | WINSHIP | CHARLO AC | 891 | 464 | M | 59 | 1.32.07 |
| 250 | KATHLEEN | FLANAGAN | CRUSADERS AC | 745 | 44 | F | 39 | 1.32.07 |
| 251 | ALISON | BOWKER | ELITE A C | 1205 | 281 | F | 36 | 1.32.09 |
| 252 | ELISTA | NEL | TEMP | 8811 | 411 | F | 16 | 1.32.18 |
| 253 | PRISHEN | RYAN | CHARLO AC | 982 | 367 | M | 34 | 1.32.20 |
| 254 | THERESA | OOSTHUIZEN | DESPATCH AC | 1552 | 89 | F | 53 | 1.32.30 |
| 255 | SIDWELL | MATINYANE | VUKANI MS CLUB | 516 | 604 | M | 59 | 1.32.36 |
| 256 | ASHENDA | MAKONIE | VWAC | 1291 | 64 | F | 49 | 1.32.39 |
| 257 | CHRISTIE | SMITH | TEMP | 8192 | 192 | F | 31 | 1.32.48 |
| 258 | STATU | NYIKANA | CHILLIE BOR | 50994 | 526 | M | 50 | 1.32.57 |
| 259 | CHRISTINE | BIRD | ELITE A C | 1208 | 25 | F | 53 | 1.32.58 |
| 260 | MICHELE | MOOLMAN | CHARLO AC | 1474 | 346 | F | 39 | 1.33.11 |
| 261 | JEAN | MEYER | CHARLO AC | 934 | 345 | M | 45 | 1.33.11 |
| 262 | IVO | MEYER | BODY CONCEPT | 1018 | 554 | M | 50 | 1.33.13 |
| 263 | PIERRE | BELLEW | ELITE A C | 1215 | 506 | M | 35 | 1.33.18 |
| 264 | YARDON | SWARTBOOI | RUN 4 CHRIST AC | 40012 | 477 | M | 16 | 1.33.26 |
| 265 | ATTIE | JOOSTE | NEDBANK RC | 1550 | 536 | M | 45 | 1.33.31 |
| 266 | SUSAN | ALCOCK | MADIBA BW | 1623 | 273 | F | 58 | 1.33.31 |
| 267 | SUE | LEWIS | VUKANI MS CLUB | 1797 | 203 | F | 60 | 1.33.38 |
| 268 | JEROME | MAY | NEDBANK RC | 1356 | 342 | M | 58 | 1.33.42 |
| 269 | VICTORIA | NIENHUIS | TEMP | 8784 | 384 | F | 27 | 1.33.43 |
| 270 | GABRIELLA | DU PREEZ | TEMP | 8748 | 248 | F | 30 | 1.33.43 |
| 271 | MELANIE | CHRISTIE | ELITE A C | 1219 | 29 | F | 40 | 1.33.51 |
| 272 | MLULEKI | RALA | TEMP | 8187 | 187 | M | 45 | 1.33.55 |
| 273 | DORIS | GERBER | MADIBA BW | 1635 | 142 | F | 54 | 1.34.00 |
| 274 | COBIE | KOEN | TEMP | 8758 | 258 | M | 28 | 1.34.00 |
| 275 | CHRISTIAN | SLABBERT | AFS | 50607 | 223 | M | 40 | 1.34.01 |
| 276 | ROBERT | BUTTON | OLD SELBORNIAN | 5345 | 28 | M | 65 | 1.34.06 |
| 277 | NKULULEKO | MOLOSI | NEDBANK RC WP | 11359 | 606 | M | 46 | 1.34.14 |
| 278 | AKHONA | MOSIANE | CHILLIE EP | 445 | 600 | F | 38 | 1.34.14 |
| 279 | YOLANDA | SIDWABA | ASPEN PHARMACA | 625 | 220 | F | 33 | 1.34.14 |
| 280 | JACO | LOUW | TEMP | 8176 | 176 | M | 37 | 1.34.42 |
| 281 | Simo | Nkanyuza | HOLLYWOOD BETS | 1846 | 607 | M | 37 | 1.34.48 |
| 282 | JOHN | BULL | TEMP | 8157 | 157 | M | 62 | 1.34.49 |
| 283 | KANGELANI | RHANGAYI | HOLLYWOOD BETS | 2436 | 164 | M | 49 | 1.34.53 |
| 284 | GEORGE | BOTES | DESPATCH AC | 1585 | 483 | M | 50 | 1.34.54 |
| 285 | JACQUES | BOTHA | DESPATCH AC | 1588 | 524 | M | 50 | 1.34.54 |
| 286 | STEPHANUS | LAMBRECHTS | DESPATCH AC | 1615 | 481 | M | 42 | 1.34.54 |
| 287 | CHRISTOPHER | AYERST | CHARLO AC | 978 | 275 | M | 57 | 1.35.01 |
| 288 | MARGO | DE VRIES | TEMP | 8747 | 247 | F | 43 | 1.35.04 |
| 289 | MICHAEL | DEKKER | SAPS AC EP | 50 | 135 | M | 52 | 1.35.17 |
| 290 | THEMBU | NTSUKUNYANE | ABSA EP | 2508 | 510 | F | 45 | 1.35.18 |
| 291 | SIMONE | SPENCE | TEMP | 8803 | 403 | F | 34 | 1.35.20 |
| 292 | ANDRIES | MARITZ | TEMP | 8819 | 419 | M | 34 | 1.35.47 |
| 293 | ANGELA | ROGERS | CRUSADERS AC | 727 | 99 | F | 55 | 1.35.51 |
| 294 | SASKIA | WAIT | RUN 4 CHRIST AC | 2702 | 118 | F | 23 | 1.35.56 |
| 295 | LISE-MARI | DUVENAGE | TEMP | 8167 | 167 | F | 38 | 1.35.58 |

| POS | NAME | CLUB | LIC.NO | R.NO | SEX | AGE | HMS | |
|-----|------------|---------------|-----------------|-------|-----|-----|-----|---------|
| 296 | EUGENE | DUVENAGE | TEMP | 8166 | 166 | M | 37 | 1.35.58 |
| 297 | CAMERON | GILCHRIST | TEMP | 8981 | 654 | M | 28 | 1.36.03 |
| 298 | MIENKE | PRETORIUS | TEMP | 8746 | 246 | F | 25 | 1.36.04 |
| 299 | ARMAND | PRETORIUS | TEMP | 8749 | 249 | M | 26 | 1.36.04 |
| 300 | MARI | ROMIJN | TEMP | 8190 | 190 | F | 38 | 1.36.06 |
| 301 | ODETTE | JOHNSON | TEMP | 8757 | 257 | F | 38 | 1.36.06 |
| 302 | TONY | CLARKE | CHARLO AC | 894 | 287 | M | 64 | 1.36.18 |
| 303 | SCHOOMBEE | PRETORIUS | MADIBA BW | 1656 | 471 | M | 67 | 1.36.31 |
| 304 | THEMBELA | MANYA | NMB AC | 2433 | 336 | F | 41 | 1.36.33 |
| 305 | RUAN | WELGEMOED | DESPATCH AC | 1566 | 479 | M | 30 | 1.36.34 |
| 306 | ANELE | MESANI | VUKANI MS CLUB | 1832 | 344 | M | 44 | 1.36.37 |
| 307 | CHRISTINE | HARRIS | TEMP | 8752 | 252 | F | 23 | 1.36.56 |
| 308 | TANYA | NORRIS | CHARLO AC | 911 | 354 | F | 40 | 1.36.58 |
| 309 | JOEL | HUMAN | CHARLO AC | 915 | 318 | M | 51 | 1.37.15 |
| 310 | JOSSIC | NIEWOUDT | TEMP | 8990 | 663 | M | 32 | 1.37.23 |
| 311 | BOMKAZI | NTONI | HOLLYWOOD BETS | 1843 | 84 | F | 37 | 1.37.28 |
| 312 | ZINTLE | XHONTI | MOTHERWELL AC | 40170 | 630 | F | 16 | 1.37.29 |
| 313 | JANICE | MCKERRY | QUEENSTOWN HAR | 51854 | 71 | F | 59 | 1.37.36 |
| 314 | JOANNE | ELS | WELLINGTON A C | 8806 | 406 | F | 61 | 1.37.41 |
| 315 | DEON | GRIESSEL | TEMP | 8776 | 376 | M | 50 | 1.37.43 |
| 316 | JACO | SCHEEPERS | TEMP | 8766 | 266 | M | 31 | 1.38.04 |
| 317 | RIAN | RAUBENHEIMER | TEMP | 8796 | 396 | M | 43 | 1.38.05 |
| 318 | DEMI | DA SILVA | TEMP | 8161 | 161 | F | 26 | 1.38.11 |
| 319 | FABIAN | THOMAS | TEMP | 8160 | 160 | M | 53 | 1.38.16 |
| 320 | TREVOR | VAN RENSBURG | CHARLO AC | 926 | 453 | M | 72 | 1.38.18 |
| 321 | THABO | HEADBUSH | TEMP | 8753 | 253 | M | 54 | 1.38.23 |
| 322 | JOHAN | BRUNE | TEMP | 8772 | 372 | M | 35 | 1.38.41 |
| 323 | ELNE | VISAGIE | TEMP | 8793 | 393 | F | 33 | 1.38.41 |
| 324 | TOEGEDA | VYVER | NEDBANK RC | 1493 | 620 | F | 52 | 1.38.49 |
| 325 | JADE | DE GOEDE | TEMP | 8824 | 424 | M | 31 | 1.38.55 |
| 326 | PALESH | HEADBUSH | COUNTRY CLUB JH | 12287 | 146 | F | 46 | 1.39.10 |
| 327 | MAUDY | BOTES | DESPATCH AC | 1586 | 482 | F | 42 | 1.39.10 |
| 328 | ISCHKE | LAMBRECHTS | DESPATCH AC | 1614 | 484 | F | 41 | 1.39.11 |
| 329 | NIEKE | EBERSOHN | RUN 4 CHRIST AC | 526 | 501 | F | 33 | 1.39.29 |
| 330 | HELGARD | POTGIETER | DESPATCH AC | 1554 | 547 | M | 52 | 1.39.40 |
| 331 | YVETTE | JONKER | DESPATCH AC | 1600 | 544 | F | 52 | 1.39.41 |
| 332 | RENETTE | ACKERMANN | TEMP | 8151 | 151 | F | 60 | 1.39.46 |
| 333 | DOREEN | HOLMES | TEMP | 8171 | 171 | F | 40 | 1.39.48 |
| 334 | HAYLEY | NEWING | ASPEN PHARMACA | 611 | 553 | F | 40 | 1.39.50 |
| 335 | ANTOINETTE | HUMAN | GELVAN AC | 1717 | 317 | F | 56 | 1.39.59 |
| 336 | WAYNE | MAC GEAR | MADIBAZ AC | 2149 | 333 | M | 61 | 1.40.03 |
| 337 | JOLENE | JANSEN | TEMP | 8174 | 174 | F | 38 | 1.40.23 |
| 338 | DENNIS | HENRI | TEMP | 8980 | 653 | M | 66 | 1.40.23 |
| 339 | BREMER | PAUW | TEMP | 8183 | 183 | M | 31 | 1.40.42 |
| 340 | MLULEKI | GQOBOSE | MADIBAZ AC | 2230 | 558 | M | 55 | 1.40.44 |
| 341 | MPHATHISI | MJADU | VWAC | 1298 | 210 | M | 53 | 1.40.53 |
| 342 | MFEZI | MCINGANA | NEDBANK RC | 1446 | 70 | M | 49 | 1.40.54 |
| 343 | NEELESH | BHANA | CHARLO AC | 956 | 279 | M | 53 | 1.41.02 |
| 344 | NERINE | LOOCK | DESPATCH AC | 1520 | 512 | F | 48 | 1.41.08 |
| 345 | LINDI | VAN TONDER | CHARLO AC | 883 | 455 | F | 46 | 1.41.12 |
| 346 | PIETER | GERBER | ELITE A C | 1238 | 538 | M | 49 | 1.41.23 |
| 347 | WAYNE | SCHOLTZ | 32GI EP AC | 848 | 616 | M | 44 | 1.41.24 |
| 348 | FAIQ | JAPPIE | MALABAR | 141 | 567 | M | 52 | 1.41.31 |
| 349 | ERROL | ROSSOUW | SIBALEKA NANI | 1415 | 519 | M | 74 | 1.41.35 |
| 350 | SAMANTHA | DOUGLAS | ELITE A C | 1257 | 299 | F | 37 | 1.41.40 |
| 351 | RUAN | JONKER | DESPATCH AC | 2488 | 543 | M | 25 | 1.41.47 |
| 352 | FRANCOIS | BOTHA | BELLVILLE A C | 6789 | 601 | M | 46 | 1.41.48 |
| 353 | DAMON | PLAATJIES | TEMP | 8837 | 551 | M | 28 | 1.41.50 |
| 354 | MARTIE | VAN SCHALKWYK | MADIBA BW | 1685 | 454 | F | 60 | 1.41.56 |
| 355 | RUBY | KRISTIANSEN | TEMP | 8781 | 381 | F | 33 | 1.42.10 |

| POS | NAME | CLUB | LIC.NO | R.NO | SEX | AGE | HMS | |
|-----|-------------|-------------------|-----------------|-------|-----|-----|-----|---------|
| 356 | LUKA | JANSEN VAN VUUREN | TEMP | 8756 | 256 | M | 25 | 1.42.15 |
| 357 | RIKA | TERBLANCHE | NEDBANK RC | 1429 | 446 | F | 47 | 1.42.18 |
| 358 | AMY | NEL | TEMP | 8765 | 265 | F | 44 | 1.42.27 |
| 359 | GAVIN | MATTHEWS | CHARLO AC | 896 | 340 | M | 49 | 1.42.35 |
| 360 | MARYNA | MEYER | TEMP | 8179 | 179 | F | 53 | 1.42.57 |
| 361 | ANDREW | MEYER | TEMP | 8178 | 178 | M | 51 | 1.42.58 |
| 362 | HEINRICH | BADENHORST | TEMP | 8197 | 197 | M | 55 | 1.43.07 |
| 363 | ALETTA | JOUBERT | CRUSADERS AC | 723 | 55 | F | 63 | 1.43.07 |
| 364 | SONJA | VAN WYK | DESPATCH AC | 1607 | 470 | F | 42 | 1.43.18 |
| 365 | MARINET | VAN TONDER | DESPATCH AC | 1582 | 115 | F | 46 | 1.43.18 |
| 366 | WESSEL | EBERSOHN | RUN 4 CHRIST AC | 525 | 502 | M | 35 | 1.43.31 |
| 367 | TYLO | GERBER | DESPATCH AC | 8487 | 487 | F | 19 | 1.43.38 |
| 368 | ANIZE | GERBER | DESPATCH AC | 1601 | 485 | F | 52 | 1.43.39 |
| 369 | ANDRE | BOTHA | TEMP | 8198 | 198 | M | 60 | 1.43.40 |
| 370 | CHLOE | VERMAAK | ELITE A C | 40431 | 550 | F | 17 | 1.43.42 |
| 371 | TREMAINE | WESSON | ACHILLES AAA | 1119 | 463 | M | 64 | 1.43.44 |
| 372 | FREDDIE | JACOBS | TEMP | 8755 | 255 | M | 57 | 1.43.53 |
| 373 | CONRAD | VENTER | CHARLO AC | 972 | 459 | M | 33 | 1.44.04 |
| 374 | JHANINEN | BOSHOFF | DESPATCH AC | 1579 | 493 | F | 58 | 1.44.07 |
| 375 | ROZETTA | KEMP | RUN 4 CHRIST AC | 2640 | 149 | F | 71 | 1.44.07 |
| 376 | ANDREW | MOSES | SAPS AC EP | 47 | 212 | M | 51 | 1.44.24 |
| 377 | ANSIE | BENADE | RUN 4 CHRIST AC | 2639 | 123 | F | 65 | 1.44.35 |
| 378 | WAYNE | BARTLETT | TEMP | 8154 | 154 | M | 65 | 1.44.36 |
| 379 | SIMTHANDILE | MABHULA | MADIBAZ AC | 2172 | 332 | F | 37 | 1.44.39 |
| 380 | JACKIE | ELOFF | RUN 4 CHRIST AC | 2704 | 302 | F | 52 | 1.44.45 |
| 381 | SHARON | BULL | TEMP | 8158 | 158 | F | 58 | 1.44.51 |
| 382 | FREDERICK | MAPHUMULO | ACT AC | 11289 | 65 | M | 44 | 1.44.53 |
| 383 | BELINDA | BAIN | CHARLO AC | 984 | 276 | F | 62 | 1.45.07 |
| 384 | JODI | PIENAAR | WALMER AC | 455 | 216 | M | 31 | 1.45.07 |
| 385 | MORNANTAU | HAYWARD | TEMP | 8983 | 656 | M | 47 | 1.45.55 |
| 386 | NONDUMISO | PHAKATHI | MADIBAZ AC | 2158 | 91 | F | 43 | 1.45.57 |
| 387 | MARLIZE | HAYWARD | NEDBANK KZN | 10360 | 561 | F | 43 | 1.45.58 |
| 388 | JANE | RIGBY-FIELDER | TEMP | 8189 | 189 | F | 67 | 1.46.07 |
| 389 | SAMANTHA | DU TOIT | CRUSADERS AC | 738 | 42 | F | 55 | 1.46.10 |
| 390 | TAMSYN | BOTHA | TEMP | 8771 | 371 | F | 29 | 1.46.13 |
| 391 | SUZETTE | BOTHA | TEMP | 8199 | 199 | F | 58 | 1.46.13 |
| 392 | SANET | BOUCHER | MUIRITE STRIDER | 298 | 27 | F | 45 | 1.46.15 |
| 393 | NATASHA | SMITH | MADIBA BW | 1627 | 500 | F | 38 | 1.46.29 |
| 394 | MARIUS | ROACH | MUIRITE STRIDER | 2742 | 97 | M | 31 | 1.46.36 |
| 395 | PLACXEDES | NDHLOVU | CRUSADERS AC | 753 | 78 | F | 50 | 1.46.49 |
| 396 | ENVER | VOGEL | ASPEN PHARMACA | 2730 | 562 | M | 33 | 1.46.50 |
| 397 | ANNELIE | VAN DER MERWE | ELITE A C | 1253 | 530 | F | 46 | 1.46.52 |
| 398 | JULIUS | SHOGOLE | IKHAMVA AC | 361 | 594 | M | 72 | 1.46.59 |
| 399 | DEBBIE | HILTON | MADIBA BW | 1641 | 316 | F | 52 | 1.47.02 |
| 400 | DEON | VYVER | NEDBANK RC | 1492 | 621 | M | 58 | 1.47.05 |
| 401 | CATHY | CURTAIN | MUIRITE STRIDER | 278 | 618 | F | 54 | 1.47.13 |
| 402 | SAM | ERASMUS | SAPS AC EP | 1424 | 43 | M | 67 | 1.47.19 |
| 403 | LOUIS | SWIEGELAAR | SAPS AC EP | 77 | 489 | M | 58 | 1.47.21 |
| 404 | KIM-LIN | JONES | TEAM VITALITY E | 2651 | 148 | F | 31 | 1.47.23 |
| 405 | DERICK | BIRCH | MUIRITE STRIDER | 333 | 124 | M | 70 | 1.47.35 |
| 406 | BABALO | MAKALIMA | NEDBANK RC | 1389 | 63 | M | 41 | 1.47.53 |
| 407 | DANIEL | SCHLUTER | TEMP | 8191 | 191 | M | 32 | 1.47.58 |
| 408 | JONATHAN | RAUCH | TEMP | 8188 | 188 | M | 28 | 1.47.58 |
| 409 | AIDAN | WOLMARANS | TEMP | 8196 | 196 | F | 25 | 1.48.05 |
| 410 | CORNELIUS | BARNARD | CRUSADERS AC | 746 | 24 | M | 69 | 1.48.07 |
| 411 | CHANTAL | HUYGEN | CHARLO AC | 5967 | 320 | F | 39 | 1.48.08 |
| 412 | ELIZABETH | KUHN | TEMP | 8782 | 382 | F | 30 | 1.48.09 |
| 413 | SYLVAN | BLIGNAUT | MADIBAZ AC | 40320 | 280 | M | 65 | 1.48.21 |
| 414 | GARRETH | HOLMES | TEMP | 8172 | 172 | M | 42 | 1.48.30 |
| 415 | TARYN | FERREIRA | CHARLO AC | 906 | 306 | F | 43 | 1.48.42 |

| POS | NAME | | CLUB | LIC.NO | R.NO | SEX | AGE | HMS |
|-----|-------------|--------------------|-----------------|--------|------|-----|-----|---------|
| 416 | ANDRE | FOURIE | RUN 4 CHRIST AC | 529 | 46 | M | 77 | 1.48.43 |
| 417 | SUSAN | GREGORY | TEMP | 8816 | 416 | F | 19 | 1.48.43 |
| 418 | BRAMWELL | FLEURS | GELVAN AC | 1712 | 587 | M | 46 | 1.48.48 |
| 419 | ROOIE | ROBBERTSE | TEMP | 8789 | 389 | M | 68 | 1.49.11 |
| 420 | LUVUYO | SIWUNDLA | VUKANI MS CLUB | 1790 | 619 | M | 44 | 1.49.22 |
| 421 | ADELE | JANSE VAN RENSBURG | DESPATCH AC | 1594 | 54 | F | 54 | 1.49.25 |
| 422 | LISA | HEN-BOISEN | CHARLO AC | 973 | 314 | F | 51 | 1.49.36 |
| 423 | PAULA | PEARCE | CHARLO AC | 996 | 360 | F | 56 | 1.49.36 |
| 424 | MAXINE | THIART | TEMP | 8341 | 576 | F | 37 | 1.49.44 |
| 425 | CLAIRE | STEENKAMP | TEMP | 8344 | 575 | F | 34 | 1.49.44 |
| 426 | THANDO | FRANS | SPAR EC RC | 1910 | 48 | M | 46 | 1.49.45 |
| 427 | MBULELO | SOBIKWA | NEDBANK RC | 1333 | 443 | M | 70 | 1.49.51 |
| 428 | KEN | BARWOOD | ACHILLES AAA | 1102 | 603 | M | 69 | 1.49.52 |
| 429 | BENICE | VAN DER MESCHT | DESPATCH AC | 2494 | 111 | F | 23 | 1.50.00 |
| 430 | AMANDA | BLIGNAULT | MADIBA BW | 1631 | 125 | F | 65 | 1.50.08 |
| 431 | ESTELLE | DE KLERK | MADIBA BW | 1624 | 130 | F | 58 | 1.50.09 |
| 432 | XHANTI | MANTSHIYO | ABSA EP | 505 | 335 | M | 57 | 1.50.27 |
| 433 | PHATHEKA | MOKGWETSI | MADIBAZ AC | 2183 | 211 | F | 33 | 1.50.29 |
| 434 | ELWIN | WOODS | MUIRITE STRIDER | 327 | 465 | M | 61 | 1.50.38 |
| 435 | Nicole | GRAY | BLUEWATER BAY | 1950 | 596 | F | 23 | 1.50.39 |
| 436 | DEON | LODDER | UNKNOWN | 50979 | 615 | M | 60 | 1.50.53 |
| 437 | BARBARA | KOOPMAN | TEMP | 8759 | 259 | F | 57 | 1.51.00 |
| 438 | AYANDA | POTGIETER | TEMP | 8785 | 385 | F | 30 | 1.51.02 |
| 439 | JOHANNA | STEENBERG | TEMP | 8820 | 420 | F | 58 | 1.51.10 |
| 440 | STERN | GEORGE | TEMP | 8774 | 374 | M | 19 | 1.51.15 |
| 441 | TRUDIE | OOSTHUIZEN | BLOEMFONTEIN AC | 52974 | 605 | F | 62 | 1.51.30 |
| 442 | COLLEEN | MOSES | SAPS AC EP | 48 | 213 | F | 49 | 1.51.32 |
| 443 | LYNETTE | CRAUSE | INFINITY AC | 100 | 289 | F | 64 | 1.51.43 |
| 444 | ZHULDYZ | ROBBERTS | NEDBANK RC | 1368 | 217 | F | 38 | 1.51.44 |
| 445 | DAVID | O'REILLY | NEDBANK RC | 1464 | 358 | M | 77 | 1.51.57 |
| 446 | AT | SCHOEMAN | NEDBANK RC | 1466 | 525 | M | 68 | 1.52.29 |
| 447 | NICOLENE | GUSH | TEMP | 8987 | 660 | F | 54 | 1.52.31 |
| 448 | OWEN | GUSH | TEMP | 8988 | 661 | M | 59 | 1.52.36 |
| 449 | SANET | VAN NIEKERK | MUIRITE STRIDER | 303 | 231 | F | 55 | 1.52.51 |
| 450 | JOHAN | FERREIRA | RUN 4 CHRIST AC | 1403 | 305 | M | 63 | 1.53.02 |
| 451 | TALIFHANI | MUTEPE | TEMP | 8834 | 434 | M | 33 | 1.53.03 |
| 452 | STACEY | DE RIDDER | ELITE A C | 40187 | 298 | F | 15 | 1.53.26 |
| 453 | CHANEL | TIRAN-DORFLING | MUIRITE STRIDER | 1023 | 229 | F | 30 | 1.53.36 |
| 454 | CARLIE | NEL | MUIRITE STRIDER | 2596 | 351 | F | 30 | 1.53.36 |
| 455 | MADELEINE | OTTO | MUIRITE STRIDER | 2750 | 90 | F | 64 | 1.53.37 |
| 456 | MEGAN | VAN DER MERWE | TEMP | 8989 | 610 | F | 27 | 1.53.38 |
| 457 | BRITTANY | CILLIERS | RUN 4 CHRIST AC | 573 | 611 | F | 31 | 1.53.43 |
| 458 | JOANNE | HUGHES | TEMP | 8778 | 378 | F | 38 | 1.53.52 |
| 459 | JOHAN | VERMEUEN | RUN 4 CHRIST AC | 592 | 651 | M | 57 | 1.54.21 |
| 460 | CHRISTELLE | SLABBERT | RUN 4 CHRIST AC | 583 | 222 | F | 53 | 1.54.25 |
| 461 | LIANI | SLABBERT | RUN 4 CHRIST AC | 8194 | 224 | F | 25 | 1.54.25 |
| 462 | BANDILE | CUNTU | NEDBANK RC | 1380 | 541 | M | 60 | 1.55.34 |
| 463 | CHRISTOPHER | BRUINTJIES | VWAC | 1280 | 127 | M | 52 | 1.56.07 |
| 464 | HERMAN | DEKKER | SAPS AC EP | 72 | 133 | M | 80 | 1.56.14 |
| 465 | RICHARD | LOMAX | CRUSADERS AC | 28 | 328 | M | 71 | 1.56.16 |
| 466 | CHRISTO | ZEELIE | TEMP | 8825 | 425 | M | 29 | 1.56.21 |
| 467 | RENZMARE | NEL | TEMP | 8826 | 426 | F | 30 | 1.56.21 |
| 468 | LUCA | DE BRUIJN | TEMP | 8162 | 162 | F | 23 | 1.56.26 |
| 469 | TRISTEN | DU RANDT | TEMP | 8836 | 436 | M | 24 | 1.56.26 |
| 470 | CHRISTO | GERBER | DESPATCH AC | 1574 | 486 | M | 50 | 1.56.36 |
| 471 | UNKNOWN | | TEMP | 623 | 623 | M | 30 | 1.57.03 |
| 472 | RIAANA | BOUWER | DESPATCH AC | 1556 | 521 | F | 48 | 1.57.06 |
| 473 | CHRISNA | COETSEE | RUN 4 CHRIST AC | 2642 | 32 | F | 38 | 1.57.13 |
| 474 | NANDIPA | MYELEYELE | SPAR EC RC | 1911 | 76 | F | 37 | 1.57.21 |
| 475 | GAYLE | SAAYMAN | VWAC | 1274 | 100 | F | 36 | 1.57.31 |

| POS | NAME | | CLUB | LIC.NO | R.NO | SEX | AGE | HMS |
|-----|-------------|-------------------|-----------------|--------|------|-----|-----|---------|
| 476 | PHUMLA | SIBALI | VWAC | 1310 | 219 | F | 45 | 1.57.32 |
| 477 | SHARON | SMUTS | ST ALBANS AC | 213 | 442 | F | 58 | 1.58.04 |
| 478 | PETRUS | KOOPMAN | CHARLO AC | 980 | 327 | M | 64 | 1.58.10 |
| 479 | DIRK | LUCAS | TEMP | 8982 | 655 | M | 72 | 1.58.16 |
| 480 | DEON | VAN DER MERWE | DESPATCH AC | 2493 | 110 | M | 55 | 1.58.24 |
| 481 | LETA | DOS SANTOS | INFINITY AC | 82 | 38 | F | 60 | 1.58.28 |
| 482 | TINA | DERBYSHIRE | SAPS AC EP | 2710 | 137 | F | 70 | 1.58.28 |
| 483 | ANDRE | PIENAAR | RUN 4 CHRIST AC | 600 | 215 | M | 62 | 1.58.40 |
| 484 | SHANTĀ | DU PLESSIS | RUN 4 CHRIST AC | 572 | 39 | F | 32 | 1.58.45 |
| 485 | CHRISTA | BUYTENDAG | TEMP | 8745 | 245 | F | 36 | 1.58.55 |
| 486 | RENAY | DU PLESSIS | MUIRITE STRIDER | 289 | 301 | F | 56 | 1.59.00 |
| 487 | BULELWA | MASOKA | MOTHERWELL AC | 2735 | 66 | F | 44 | 1.59.00 |
| 488 | LINDA | BARKHUIZEN | BODY CONCEPT | 1016 | 23 | F | 56 | 1.59.08 |
| 489 | ARINDA | VAN DER LINDE | MADIBA BW | 1629 | 449 | F | 35 | 1.59.13 |
| 490 | RENE | VAN DER WATH | TEAM VITALITY | 13910 | 112 | F | 52 | 1.59.56 |
| 491 | TILDEN | PLAATJIES | TEMP | 8767 | 267 | M | 31 | 2.00.41 |
| 492 | VOLENTI | MEYER | NEDBANK RC | 1352 | 612 | F | 47 | 2.00.52 |
| 493 | OZELLE | WIEHAHN | ABSA EP | 2515 | 272 | F | 51 | 2.01.01 |
| 494 | CHRISTINE | SNYMAN | MUIRITE STRIDER | 337 | 226 | F | 68 | 2.01.10 |
| 495 | ALLISTER | MARRAN | CHARLO AC | 928 | 339 | M | 48 | 2.01.32 |
| 496 | MERVYN | LEE | EDGEMEAD RUNNI | 51952 | 490 | M | 70 | 2.01.37 |
| 497 | MARTIN | PRETORIUS | TEMP | 8797 | 397 | M | 28 | 2.01.37 |
| 498 | VICKY | TSOUKNIDAS | CHARLO AC | 917 | 448 | F | 46 | 2.01.47 |
| 499 | INA | DE VILLIERS | TEMP | 8808 | 408 | F | 51 | 2.02.28 |
| 500 | RIAN | VILJOEN | RUN 4 CHRIST AC | 567 | 480 | M | 56 | 2.03.09 |
| 501 | DILLON | HOLMES | TEMP | 8173 | 173 | M | 22 | 2.03.23 |
| 502 | PIETER | GERBER | RUN 4 CHRIST AC | 570 | 49 | M | 66 | 2.03.29 |
| 503 | DANEILLE | HARRY | MADIBAZ AC | 2711 | 144 | F | 39 | 2.03.34 |
| 504 | LAUREN | GERBER | ELITE A C | 40188 | 539 | F | 17 | 2.04.49 |
| 505 | ROY | HEINE | CHARLO AC | 1000 | 313 | M | 69 | 2.04.53 |
| 506 | DEIDRE | GERBER | CHARLO AC | 971 | 309 | F | 53 | 2.04.57 |
| 507 | SHELLY | BLANE | OXFORD STR | 8742 | 242 | F | 63 | 2.05.00 |
| 508 | SUNET | HARRIS | MADIBA BW | 1683 | 312 | F | 51 | 2.06.06 |
| 509 | ERIKA | FOREMAN | MADIBA BW | 1684 | 307 | F | 54 | 2.06.06 |
| 510 | GARY | KELLEHER | CHARLO AC | 969 | 325 | M | 67 | 2.06.06 |
| 511 | DENISE | DARLOW | CHARLO AC | 968 | 292 | F | 56 | 2.06.07 |
| 512 | PETER | POHLMANN | CHARLO AC | 889 | 362 | M | 61 | 2.06.08 |
| 513 | BEVERLEY | CLARKE | CHARLO AC | 7976 | 286 | F | 60 | 2.06.45 |
| 514 | ROZ | GERBER | TEMP | 8168 | 168 | F | 66 | 2.06.52 |
| 515 | HENRIETTE | BOTHA | TEMP | 8794 | 394 | F | 45 | 2.06.54 |
| 516 | YOLANDI | SMALBERGER | MUIRITE STRIDER | 287 | 103 | F | 45 | 2.06.54 |
| 517 | ANRI | VORSTER | TEMP | 8195 | 195 | F | 38 | 2.06.59 |
| 518 | JOHAN | GERBER | TEMP | 8775 | 375 | M | 45 | 2.07.30 |
| 519 | NAZO | MTSHABELA | TEMP | 8835 | 435 | F | 35 | 2.07.50 |
| 520 | BONGEKA | FUZILE | VUKANI MS CLUB | 1812 | 504 | F | 39 | 2.08.32 |
| 521 | THOZAMA | MANTLAKA | VUKANI MS CLUB | 1837 | 206 | F | 38 | 2.08.33 |
| 522 | JEANETTE | PIENAAR | RUN 4 CHRIST AC | 585 | 361 | F | 76 | 2.09.15 |
| 523 | SASKIA | WYPKEMA | TEMP | 8832 | 432 | F | 28 | 2.09.18 |
| 524 | ASISIPHO | MATSHA | SIBALEKA NANI | 40345 | 523 | F | 17 | 2.09.21 |
| 525 | NIEKIE | OOSTHUIZEN | RUN 4 CHRIST AC | 543 | 88 | F | 54 | 2.09.32 |
| 526 | BANDILE | GWAMANDA | TEAM VITALITY E | 1287 | 51 | M | 54 | 2.09.38 |
| 527 | LUTHANDO | MBUSI | TEMP | 8159 | 159 | M | 43 | 2.09.52 |
| 528 | ERICA | ERASMUS | RUN 4 CHRIST AC | 2554 | 139 | F | 55 | 2.11.10 |
| 529 | RICHARD | HUTTON | TEMP | 8186 | 186 | M | 50 | 2.11.17 |
| 530 | CHRISTOPHER | FOURIE | TEMP | 8345 | 609 | M | 45 | 2.11.35 |
| 531 | LOUISE | HARRIS | TEMP | 8170 | 170 | F | 50 | 2.12.20 |
| 532 | BRENTON | SCHNETLER | CHARLO AC | 935 | 439 | M | 50 | 2.12.32 |
| 533 | TAMERYN | DE JESUS SCHLUTER | TEMP | 8163 | 163 | F | 30 | 2.13.16 |
| 534 | ROCHELLE | THORNE | MADIBAZ AC | 2024 | 107 | F | 54 | 2.13.17 |
| 535 | GRAHAM | NELL | ACHILLES AAA | 1117 | 352 | M | 73 | 2.13.25 |

| POS | NAME | | CLUB | LIC.NO | R.NO | SEX | AGE | HMS |
|-----|-----------|-------------|-----------------|--------|------|-----|-----|---------|
| 536 | ALGENE | KOEBERG | MADIBAZ AC | 2607 | 58 | F | 41 | 2.13.50 |
| 537 | TYRESE | SWARTBOOI | RUN 4 CHRIST AC | 553 | 476 | M | 21 | 2.13.55 |
| 538 | FANIE | CLAASSEN | DESPATCH AC | 1606 | 285 | M | 67 | 2.13.59 |
| 539 | HENRY | HULME | DESPATCH AC | 1604 | 503 | M | 59 | 2.14.01 |
| 540 | HERMAN | BEKKER | TEMP | 8818 | 418 | M | 46 | 2.14.13 |
| 541 | HANNES | BEKKER | TEMP | 8817 | 417 | M | 48 | 2.14.15 |
| 542 | HELEN | FOURIE | RUN 4 CHRIST AC | 528 | 47 | F | 55 | 2.14.54 |
| 543 | SELBY | THABETHE | SIBALEKA NANI | 2280 | 529 | M | 51 | 2.15.19 |
| 544 | ANNA | DU PLESSIS | AGAPE R C | 40085 | 492 | F | 69 | 2.15.58 |
| 545 | HESTER | DEKKER | SAPS AC EP | 75 | 134 | F | 52 | 2.16.02 |
| 546 | ZANTE | DEKKER | SAPS AC EP | 40001 | 132 | F | 17 | 2.16.02 |
| 547 | BARRY | TOLMAY | TEMP | 8769 | 269 | M | 64 | 2.16.30 |
| 548 | DIANNE | HARTZENBERG | NEDBANK RC | 1434 | 52 | F | 66 | 2.16.53 |
| 549 | REHANA | DE MAINE | GELVAN AC | 1723 | 548 | F | 57 | 2.18.36 |
| 550 | LARA | ROSSOUW | TEMP | 8156 | 156 | F | 43 | 2.20.23 |
| 551 | RAE | LUCKMAN | CHARLO AC | 910 | 330 | F | 54 | 2.20.40 |
| 552 | MARIA | MAHWEHWE | RUN 4 CHRIST AC | 580 | 205 | F | 51 | 2.21.18 |
| 553 | NKADIMENG | MZAMO | TEMP | 8763 | 263 | F | 42 | 2.21.24 |
| 554 | ALYCIA | LANGLEY | TEMP | 8783 | 383 | F | 31 | 2.21.33 |
| 555 | NOREEN | HUMAN | CHARLO AC | 925 | 319 | F | 48 | 2.21.36 |
| 556 | ROBERT | STEDMAN | ACHILLES AAA | 1122 | 585 | M | 75 | 2.21.38 |
| 557 | OCTAVIA | BOSHOFF | CRUSADERS AC | 705 | 569 | F | 55 | 2.22.09 |
| 558 | MILE | VERMAAK | CHARLO AC | 962 | 461 | F | 58 | 2.22.09 |
| 559 | MARGOT | SCHNETLER | CHARLO AC | 7918 | 440 | F | 47 | 2.22.54 |
| 560 | XOLILE | GOMOMO | NEDBANK RC | 1348 | 540 | M | 72 | 2.23.23 |
| 561 | RODNEY | THORNE | TEMP | 8194 | 194 | M | 54 | 2.23.50 |
| 562 | MART | CLAASSEN | TEMP | 8802 | 402 | F | 69 | 2.24.23 |
| 563 | LINDA | VAN VUUREN | TEMP | 8801 | 401 | F | 65 | 2.24.23 |
| 564 | JASON | LE ROUX | GELVAN AC | 1693 | 60 | M | 28 | 2.25.43 |
| 565 | CLEO | JACOBS | CRUSADERS AC | 720 | 147 | F | 23 | 2.25.45 |
| 566 | LERATO | MUZAH | MALABAR | 2022 | 214 | F | 39 | 2.26.33 |
| 567 | NOLEEN | NORRIS | GELVAN AC | 1720 | 518 | F | 67 | 2.27.05 |
| 568 | KESHREE | PILLAY | TEAM VITALITY | 1813 | 94 | F | 44 | 2.28.09 |
| 569 | DINA | SCHUTTE | CHARLO AC | 939 | 441 | F | 58 | 2.29.15 |
| 570 | ANUSHA | NAIDU | CHARLO AC | 929 | 350 | F | 57 | 2.29.56 |
| 571 | KEZIA | PRINSLOO | SAPS AC EP | 53 | 363 | F | 40 | 2.30.01 |
| 572 | MARKUS | KUNNEKE | BLUEWATER BAY | 1936 | 597 | M | 55 | 2.31.44 |
| 573 | ARDEN | GROOTBOOM | GELVAN AC | 1746 | 593 | F | 43 | 2.31.47 |