

TWO VIEWS 10KM - ITALIAN CLUB CHARLO - 2025/02/22

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|------|-------|-------------|--------------|----------|-----|-----|--------|---------|
| 1 | 3 | 396 | LITHEBE | MENZELELELI | IKHAMVA | M | 25 | SM | 0.31.57 |
| 2 | 2 | 357 | SINAWO | POTI | IKHAMVA | M | 23 | SM | 0.31.57 |
| 3 | 1 | 355 | MELIKHAYA | FRANS | IKHAMVA | M | 35 | 35-39M | 0.31.57 |
| 4 | 20 | 1879 | ROSS | BARNARD | HOLLYWOO | M | 34 | SM | 0.33.04 |
| 5 | 461 | 439 | MXOLELENI | TABATA | CHILLIEP | M | 21 | SM | 0.33.29 |
| 6 | 8 | 358 | MZWANELE | MAPHEKULA | IKHAMVA | M | 48 | 45-49M | 0.34.21 |
| 7 | 4 | 360 | NTSIKA | NTAMO | IKHAMVA | M | 22 | SM | 0.34.47 |
| 8 | 462 | 440 | ARCHIE | ZAKE | CHILLIEP | M | 24 | SM | 0.34.55 |
| 9 | 2773 | 40169 | AGCOBILE | JEZILE | MOTHER | M | 15 | JM | 0.35.04 |
| 10 | 192 | 1942 | GEORGE | NTSHILIZA | BLUEBAY | M | 45 | 45-49M | 0.35.14 |
| 11 | 287 | 1354 | ANDRE | KETCHEM | NEDBANK | M | 41 | 40-44M | 0.35.25 |
| 12 | 465 | 40378 | ANTON | AVENATHI | SIBALEKA | M | 17 | JM | 0.36.08 |
| 13 | 288 | 280 | ANELE | KHALIPA | MUIRITE | M | 35 | 35-39M | 0.36.37 |
| 14 | 200 | 1941 | MILA | PASIYA | BLUEBAY | M | 45 | 45-49M | 0.36.44 |
| 15 | 7 | 400 | LEBOHANG | SENTI | IKHAMVA | M | 38 | 35-39M | 0.37.05 |
| 16 | 939 | 40385 | SENZO | NDZOTOYI | SIBALEKA | M | 16 | JM | 0.37.28 |
| 17 | 449 | 1211 | NOEL | ADAMS | ELITEAC | M | 52 | 50-54M | 0.37.29 |
| 18 | 571 | 1313 | XOLILE | NDINGANE | NEDBANK | M | 53 | 50-54M | 0.37.38 |
| 19 | 217 | 2760 | LUBABALO | JUSAYI | MUIRITE | M | 34 | SM | 0.39.07 |
| 20 | 281 | 1443 | DENYS | WOLMARANS | NEDBANK | M | 45 | 45-49M | 0.39.39 |
| 21 | 201 | 1931 | SIYANDA | PETER | BLUEBAY | M | 36 | 35-39M | 0.39.40 |
| 22 | 450 | 2219 | MASANDE | MLONYENI | SIBALEKA | M | 44 | 40-44M | 0.39.45 |
| 23 | 297 | 1482 | JEANDRY | DEERLING | NEDBANK | M | 32 | SM | 0.39.45 |
| 24 | 454 | 1406 | REFELOE | SOLOMONS | NEDBANK | F | 43 | 40-44F | 0.40.02 |
| 25 | 600 | 908 | KAYLA | NELL | CHARLO | F | 30 | SF | 0.40.11 |
| 26 | 587 | 1503 | LUVUYO | DYANI | NEDBANK | M | 54 | 50-54M | 0.40.16 |
| 27 | 410 | 1511 | APHLYN | TAAI | NEDBANK | M | 42 | 40-44M | 0.40.18 |
| 28 | 418 | 1255 | ERROL | WHITTAL | ELITEAC | M | 49 | 45-49M | 0.40.32 |
| 29 | 292 | 1847 | MHLENGI | MAHLABA | HOLLYWOO | M | 33 | SM | 0.40.56 |
| 30 | 448 | 1405 | NTOMBESINTU | MFUNZI | NEDBANK | F | 43 | 40-44F | 0.41.42 |
| 31 | 10 | 1398 | MUTEKILE | RASMENI | NEDBANK | M | 60 | 60-64M | 0.41.53 |
| 32 | 224 | 2581 | AMOGELANG | SEHLWANA | MADIBAZ | M | 21 | SM | 0.42.06 |
| 33 | 935 | 867 | SONWABILE | ZOKOZA | SPAREC | M | 43 | 40-44M | 0.42.16 |
| 34 | 54 | 40072 | JADEN | DE RIDDER | ELITEAC | M | 19 | JM | 0.42.25 |
| 35 | 557 | 40324 | GIFT | NKOSI | MADIBAZ | F | 18 | JF | 0.42.49 |
| 36 | 369 | 369 | REAGAN | ROBINSON | TEMP | M | 32 | SM | 0.42.52 |
| 37 | 532 | 532 | HIELDE | MARAIS | TEMP | F | 24 | SF | 0.43.25 |
| 38 | 423 | 1213 | SEBASTIAN | KLEU | ELITEAC | M | 48 | 45-49M | 0.43.25 |
| 39 | 415 | 1316 | MORNE | BUIS | NEDBANK | M | 32 | SM | 0.43.40 |
| 40 | 478 | 545 | RUHAN | VAN RENSBURG | RUN4C | M | 32 | SM | 0.43.47 |
| 41 | 58 | 217 | SAPHO | NKATA | CSEP | M | 47 | 45-49M | 0.43.54 |
| 42 | 482 | 1770 | KHANGELANI | HALOM | TNETFS | M | 43 | 40-44M | 0.44.02 |
| 43 | 572 | 1848 | PHAPHAMA | GLADILE | HOLLYWOO | M | 35 | 35-39M | 0.44.08 |
| 44 | 130 | 399 | TYRONE | KUNNEKE | IKHAMVA | M | 33 | SM | 0.44.24 |
| 45 | 589 | 1518 | INGE | WILLIAMS | NEDBANK | F | 35 | 35-39F | 0.44.39 |
| 46 | 525 | 525 | LEFU | RAMPINE | TEMP | M | 35 | 35-39M | 0.44.42 |
| 47 | 276 | 534 | MIEKE | WESTRAADT | RUN4C | F | 29 | SF | 0.44.44 |
| 48 | 61 | 829 | WYNAND | DUPREEZ | 32GI | M | 52 | 50-54M | 0.45.02 |
| 49 | 307 | 307 | ROGER | BEARDSWORTH | TEMP | M | 64 | 60-64M | 0.45.08 |
| 50 | 520 | 520 | THOLAKELE | SITELA | TEMP | M | 35 | 35-39M | 0.45.26 |
| 51 | 435 | 1494 | TAWFEEQ | VYVER | NEDBANK | M | 26 | SM | 0.45.38 |
| 52 | 937 | 1347 | LUVUYO | STEPHEN | NEDBANK | M | 54 | 50-54M | 0.46.00 |
| 53 | 59 | 2351 | BABONKE | DINGA | VUKANI | M | 36 | 35-39M | 0.46.37 |
| 54 | 348 | 348 | ALULUTO | MKIVA | TEMP | M | 18 | JM | 0.46.43 |
| 55 | 298 | 2767 | MZUKISI | OLIFANT | SAPPE | M | 43 | 40-44M | 0.46.44 |
| 56 | 453 | 1563 | GRANT | RUDMAN | RUN4C | M | 47 | 45-49M | 0.46.45 |
| 57 | 463 | 446 | LONWABO | NDLALENI | CHILLIEP | M | 47 | 45-49M | 0.46.48 |
| 58 | 404 | 1957 | HENRY | PIENAAR | BLUEBAY | M | 53 | 50-54M | 0.46.49 |
| 59 | 187 | 1943 | LUYANDA | NGESI | BLUEBAY | M | 32 | SM | 0.46.57 |
| 60 | 383 | 383 | CJ | STRYDOM | TEMP | M | 41 | 40-44M | 0.46.57 |
| 61 | 498 | 2559 | UNATHI | MELENI | ACT AC | M | 30 | SM | 0.47.01 |
| 62 | 163 | 2728 | QAQMBA | MATUNDU | VUKANI | F | 26 | SF | 0.47.05 |
| 63 | 16 | 342 | JONATHAN | BAKKER | MUIRITE | M | 33 | SM | 0.47.16 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|------|-------|-------------|---------------|----------|-----|-----|--------|---------|
| 64 | 171 | 18501 | CHANTELLE | MOLL | MAVERICK | F | 25 | SF | 0.47.19 |
| 65 | 2782 | 2088 | GEDDES | GALLANT | SANDFEP | M | 58 | 55-59M | 0.47.22 |
| 66 | 106 | 106 | BRETT | HOLMES | ASPEN | M | 50 | 50-54M | 0.47.28 |
| 67 | 585 | 2486 | ELROY | MATTHEWS | NEDBANK | M | 55 | 55-59M | 0.47.35 |
| 68 | 220 | 639 | MELANIE | SCHEMEL | BORN | F | 39 | 35-39F | 0.47.59 |
| 69 | 229 | 564 | GAVIN | SILLS | RUN4C | M | 51 | 50-54M | 0.48.02 |
| 70 | 515 | 515 | JUDE | ROSS | TEMP | M | 29 | SM | 0.48.06 |
| 71 | 393 | 393 | DYLAN | VERMAAK | TEMP | M | 28 | SM | 0.48.06 |
| 72 | 110 | 2529 | ETHAN | HOWARD | MADIBAZ | M | 21 | SM | 0.48.07 |
| 73 | 439 | 104 | LINDY | KRETZMANN | VARSITY | F | 48 | 45-49F | 0.48.18 |
| 74 | 433 | 52 | DARIUS | SWIEGELAAR | SAPPE | M | 29 | SM | 0.48.20 |
| 75 | 552 | 1083 | ALAN | TAYLOR | ACH | M | 67 | 65-69M | 0.48.29 |
| 76 | 576 | 1364 | KEVIN | GASEBO | NEDBANK | M | 44 | 40-44M | 0.48.33 |
| 77 | 140 | 1283 | URAN | LE ROUX | VWAC | M | 58 | 55-59M | 0.48.38 |
| 78 | 422 | 1037 | CHESTER | BROOKS | XCEL | M | 66 | 65-69M | 0.48.49 |
| 79 | 591 | 401 | SIPHE | MZAYIDUME | CHILLIEP | M | 30 | SM | 0.48.54 |
| 80 | 538 | 538 | LINDSAY | MAC GEOGHEGAN | TEMP | F | 35 | 35-39F | 0.48.57 |
| 81 | 19 | 1673 | KAREN | BARNARD | MADIBA | F | 35 | 35-39F | 0.48.58 |
| 82 | 563 | 50276 | JULIAN | PRETORIUS | MPOX | M | 38 | 35-39M | 0.48.58 |
| 83 | 930 | 1564 | LEON | WEITSZ | DESPATCH | M | 50 | 50-54M | 0.49.04 |
| 84 | 437 | 733 | ALEX | DU TOIT | CRUSADE | M | 60 | 60-64M | 0.49.16 |
| 85 | 586 | 1441 | MARTIN | JANSEN | NEDBANK | M | 56 | 55-59M | 0.49.17 |
| 86 | 438 | 142 | QAASIEM | ABADER | MALABAR | M | 40 | 40-44M | 0.49.22 |
| 87 | 443 | 1845 | MAWETHU | PLATYI | HOLLYWOO | M | 44 | 40-44M | 0.49.25 |
| 88 | 517 | 517 | DAVID | BOYD | TEMP | M | 30 | SM | 0.49.32 |
| 89 | 332 | 332 | SHAUN | HOEKSTRA | TEMP | M | 25 | SM | 0.49.35 |
| 90 | 396 | 396 | DAVE | WILLOWS | TEMP | M | 62 | 60-64M | 0.49.36 |
| 91 | 504 | 504 | ANTON | DU PREEZ | TEMP | M | 48 | 45-49M | 0.49.36 |
| 92 | 468 | 401 | LUKE | BINNEMAN | IKHAMVA | M | 32 | SM | 0.49.40 |
| 93 | 529 | 529 | SIGQIBO | NYATI | TEMP | M | 33 | SM | 0.49.42 |
| 94 | 300 | 1485 | KOOS | OLIVIER | NEDBANK | M | 67 | 65-69M | 0.49.47 |
| 95 | 35 | 730 | JEAUN-MARI | BREYTENBACH | JBAY | F | 34 | SF | 0.49.54 |
| 96 | 138 | 347 | BRUCE | LE GRANGE | MUIRITE | M | 32 | SM | 0.50.08 |
| 97 | 124 | 1866 | SIPHAMANDLA | KOKO | HOLLYWOO | M | 35 | 35-39M | 0.50.32 |
| 98 | 285 | 411 | SIYABONGA | ZULU | CHILLIEP | M | 43 | 40-44M | 0.50.38 |
| 99 | 2767 | 40393 | Mbalentle | Magwaca | SIBALEKA | F | 15 | JF | 0.50.44 |
| 100 | 270 | 495 | DEWALD | VERMEULEN | RUN4C | M | 53 | 50-54M | 0.50.49 |
| 101 | 65 | 1659 | HANNES | ELS | MADIBA | M | 75 | 70+M | 0.50.51 |
| 102 | 508 | 508 | HAYLEY | WARD | TEMP | F | 27 | SF | 0.50.52 |
| 103 | 381 | 381 | THOMAS | SOUTHWAY | TEMP | M | 25 | SM | 0.50.52 |
| 104 | 185 | 310 | TREVOR | NEL | MUIRITE | M | 60 | 60-64M | 0.50.55 |
| 105 | 535 | 535 | TANDO | TSOTSOBE | TEMP | M | 35 | 35-39M | 0.51.01 |
| 106 | 244 | 552 | GEOFFREY | SWARTBOOI | RUN4C | M | 48 | 45-49M | 0.51.10 |
| 107 | 430 | 1550 | JESSICA | ZEELIE | DESPATCH | F | 31 | SF | 0.51.29 |
| 108 | 84 | 1598 | LERENZO | FRANCIS | DESPATCH | M | 38 | 35-39M | 0.51.30 |
| 109 | 157 | 650 | TAFADZWA | MARAMBIRE | ASPEN | M | 41 | 40-44M | 0.51.32 |
| 110 | 48 | 1954 | LEONARD | CONRADIE | BLUEBAY | M | 70 | 70+M | 0.51.32 |
| 111 | 226 | 1944 | MUSA | SENTI | BLUEBAY | M | 32 | SM | 0.51.35 |
| 112 | 239 | 1061 | DEWALD | STEENKAMP | ACH | M | 39 | 35-39M | 0.51.38 |
| 113 | 135 | 576 | VERNON | LANDMAN | RUN4C | M | 50 | 50-54M | 0.51.39 |
| 114 | 127 | 1687 | RUDI | KRIEL | MADIBA | M | 35 | 35-39M | 0.51.41 |
| 115 | 172 | 1590 | ANNEKE | MOORE | DESPATCH | F | 41 | 40-44F | 0.51.43 |
| 116 | 60 | 1597 | EDVIN | DONLEY | DESPATCH | M | 47 | 45-49M | 0.51.45 |
| 117 | 925 | 1583 | JUANITA | CLAASSEN | DESPATCH | F | 36 | 35-39F | 0.51.47 |
| 118 | 294 | 106 | THEMBALETHU | MANA | VARSITY | M | 48 | 45-49M | 0.51.52 |
| 119 | 231 | 584 | BRENDON | SLABBERT | RUN4C | M | 53 | 50-54M | 0.52.01 |
| 120 | 490 | 121 | YASEEN | ABRAHAMS | MALABAR | M | 53 | 50-54M | 0.52.27 |
| 121 | 166 | 2360 | WESLEY | MERRICK | VITALITY | M | 31 | SM | 0.52.28 |
| 122 | 143 | 741 | MAGGIE | LLOYD | CRUSADE | F | 61 | 60-64F | 0.52.29 |
| 123 | 291 | 1444 | MFUNDISI | LUVALO | NEDBANK | M | 55 | 55-59M | 0.52.44 |
| 124 | 79 | 634 | JO-ANNE | FORSON | ASPEN | F | 37 | 35-39F | 0.52.49 |
| 125 | 242 | 1212 | BURNITA | STRYDOM | ELITEAC | F | 56 | 55-59F | 0.52.50 |
| 126 | 388 | 388 | AYABONGA | TSHUNGWANA | TEMP | M | 31 | SM | 0.52.52 |
| 127 | 593 | 1072 | KYLA | MAARTENS | ACH | F | 21 | SF | 0.52.54 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|------|-------|--------------|-----------------|----------|-----|-----|--------|---------|
| 128 | 408 | 1075 | GAVIN | SCHONKNECHT | ACH | M | 57 | 55-59M | 0.52.59 |
| 129 | 56 | 1230 | PHILLIP | DE RIDDER | ELITEAC | M | 48 | 45-49M | 0.53.05 |
| 130 | 126 | 91 | DENZIL | KOOPMAN | INFINITY | M | 54 | 50-54M | 0.53.12 |
| 131 | 370 | 370 | LEANDRA | ROSSLEE | TEMP | F | 40 | 40-44F | 0.53.20 |
| 132 | 55 | 1229 | NATASCIA | DE RIDDER | ELITEAC | F | 46 | 45-49F | 0.53.21 |
| 133 | 164 | 2535 | SAMALESU | MAYONDE | MADIBAZ | M | 40 | 40-44M | 0.53.28 |
| 134 | 371 | 371 | WALDIMAR | ROSSLEE | TEMP | M | 44 | 40-44M | 0.53.33 |
| 135 | 444 | 1412 | RAYMOND | WEITZ | NEDBANK | M | 70 | 70+M | 0.53.35 |
| 136 | 570 | 1346 | KALLIE | KLINKENBURG | NEDBANK | M | 40 | 40-44M | 0.53.51 |
| 137 | 558 | 532 | JUDY | GERBER | RUN4C | F | 58 | 55-59F | 0.53.57 |
| 138 | 122 | 1118 | BRUCE | KING | ACH | M | 58 | 55-59M | 0.53.59 |
| 139 | 75 | 745 | KATHLEEN | FLANAGAN | CRUSADE | F | 39 | 35-39F | 0.54.09 |
| 140 | 487 | 876 | GEORGE | WINSHIP | CHARLO | M | 59 | 55-59M | 0.54.09 |
| 141 | 221 | 1007 | JANETTE | SCHIERZ-CRUSIUS | BODYCON | F | 64 | 60-64F | 0.54.12 |
| 142 | 183 | 1963 | OWEN | NCUBE | BLUEBAY | M | 43 | 40-44M | 0.54.17 |
| 143 | 313 | 313 | ETHAN | BRUWER | TEMP | M | 18 | JM | 0.54.18 |
| 144 | 432 | 940 | TSHIFHIWA | MULAUDZI | UNKNOWN | M | 41 | 40-44M | 0.54.22 |
| 145 | 492 | 1703 | JAIME | ALCOCK | MADIBA | F | 22 | SF | 0.54.25 |
| 146 | 543 | 543 | ROBIN | VENTER | TEMP | M | 47 | 45-49M | 0.54.39 |
| 147 | 202 | 1510 | PRESTON | PETERSEN | NEDBANK | M | 36 | 35-39M | 0.54.48 |
| 148 | 27 | 830 | NATALIE | BOSHOFF | 32GI | F | 38 | 35-39F | 0.54.49 |
| 149 | 87 | 8203 | STEVEN | GAGIANO | 32GI | M | 44 | 40-44M | 0.54.49 |
| 150 | 25 | 2318 | TANYA | BENTLEY | VITALITY | F | 32 | SF | 0.54.52 |
| 151 | 569 | 2370 | NIKITA | DRURY | VITALITY | F | 32 | SF | 0.54.54 |
| 152 | 588 | 1450 | NKHATHALLENG | KHIBA | NEDBANK | F | 43 | 40-44F | 0.54.54 |
| 153 | 45 | 285 | VANESSA | COETZEE | MUIRITE | F | 48 | 45-49F | 0.54.59 |
| 154 | 375 | 375 | JACQUES | SCHAFFER | TEMP | M | 42 | 40-44M | 0.55.12 |
| 155 | 367 | 367 | JEAN-PERI | REDONA | TEMP | M | 36 | 35-39M | 0.55.19 |
| 156 | 133 | 1614 | ISCHKE | LAMBRECHTS | DESPATCH | F | 41 | 40-44F | 0.55.23 |
| 157 | 2780 | 2477 | LEHLOHONOLO | THOKOA | ABSAEP | M | 44 | 40-44M | 0.55.25 |
| 158 | 597 | 577 | YOLANDIE | LANDMAN | RUN4C | F | 49 | 45-49F | 0.55.26 |
| 160 | 924 | 924 | UNKNOWN | | TEMP | M | 30 | SM | 0.55.30 |
| 161 | 507 | 507 | MARYKE | KRUGER | TEMP | F | 42 | 40-44F | 0.55.35 |
| 162 | 544 | 544 | LUYOLO | DYUBHELE | TEMP | M | 31 | SM | 0.55.36 |
| 163 | 417 | 1200 | JANINE | WHITTAL | ELITEAC | F | 43 | 40-44F | 0.55.46 |
| 164 | 2764 | 1877 | SIMAMKELE | NTANTA | TEMP | M | 26 | SM | 0.55.47 |
| 165 | 249 | 1472 | ALTON | THOMAS | NEDBANK | M | 49 | 45-49M | 0.56.07 |
| 166 | 595 | 518 | NIENKE | SCHOLTZ | RUN4C | F | 27 | SF | 0.56.12 |
| 167 | 109 | 618 | KELLY | HOLMES | ASPEN | F | 48 | 45-49F | 0.56.12 |
| 168 | 540 | 540 | JARED | PETZER | TEMP | M | 39 | 35-39M | 0.56.20 |
| 169 | 425 | 2257 | SUE | LEWIS | VUKANI | F | 60 | 60-64F | 0.56.26 |
| 170 | 398 | 398 | ERWIN | WOOLWARD | TEMP | M | 42 | 40-44M | 0.56.27 |
| 171 | 146 | 1389 | BABALO | MAKALIMA | NEDBANK | M | 41 | 40-44M | 0.56.27 |
| 172 | 34 | 1205 | ALISON | BOWKER | ELITEAC | F | 36 | 35-39F | 0.56.29 |
| 173 | 42 | 505 | ANDRIES | COETSEE | RUN4C | M | 39 | 35-39M | 0.56.29 |
| 174 | 399 | 399 | MEGAN | WOOLWARD | TEMP | F | 13 | JF | 0.56.30 |
| 175 | 205 | 1309 | GERALD | PIETERSEN | VWAC | M | 44 | 40-44M | 0.56.41 |
| 176 | 926 | 419 | AMANDA | NOHAJI | CHILLI | F | 36 | 35-39F | 0.56.41 |
| 177 | 15 | 1043 | DAVID | BAINS | XCEL | M | 58 | 55-59M | 0.56.43 |
| 178 | 568 | 21 | NADIA | WESSELS | PEAAC | F | 54 | 50-54F | 0.56.48 |
| 179 | 91 | 1695 | CARLA | GILLWALD | MADIBA | F | 36 | 35-39F | 0.56.53 |
| 180 | 451 | 1560 | PIETER | STRYDOM | DESPATCH | M | 63 | 60-64M | 0.56.56 |
| 181 | 456 | 1544 | ABIGAIL | VAN DER BERG | DESPATCH | F | 19 | SF | 0.57.02 |
| 182 | 599 | 1846 | Simo | Nkanyuza | HOLLYWOO | M | 37 | 35-39M | 0.57.05 |
| 183 | 539 | 539 | ATTIE | JOOSTE | TEMP | M | 45 | 45-49M | 0.57.06 |
| 184 | 235 | 2038 | NKOSIYEDWA | MABASO | MUIRITE | M | 45 | 45-49M | 0.57.07 |
| 185 | 168 | 170 | THANDEKA | MHLANGA | ACT AC | F | 34 | SF | 0.57.08 |
| 186 | 546 | 546 | ALISTER | REDDY | TEMP | M | 20 | SM | 0.57.16 |
| 187 | 542 | 542 | RIAN | STRYDOM | TEMP | M | 47 | 45-49M | 0.57.27 |
| 188 | 219 | 638 | DYLAN | SCHEMEL | BORN | M | 42 | 40-44M | 0.57.27 |
| 189 | 136 | 1263 | KAHN | LANGFORD | VWAC | M | 46 | 45-49M | 0.57.28 |
| 190 | 223 | 514 | MONTE | SCHOLTZ | RUN4C | M | 63 | 60-64M | 0.57.31 |
| 191 | 358 | 358 | JACOBUS | OBERHOLSTE | TEMP | M | 29 | SM | 0.57.40 |
| 192 | 933 | 854 | DERRICK | DUBASE | SPAREC | M | 50 | 50-54M | 0.57.42 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|------|-------|------------|----------------------|----------|-----|-----|--------|---------|
| 193 | 37 | 1575 | LESLEY-ANN | BUSH | DESPATCH | F | 52 | 50-54F | 0.57.43 |
| 194 | 88 | 1214 | BENITA | GERBER | ELITEAC | F | 60 | 60-64F | 0.57.45 |
| 195 | 265 | 1250 | PETER | VAN RENSBURG | ELITEAC | M | 66 | 65-69M | 0.57.46 |
| 196 | 547 | 547 | LANE | BLIGNAUT | TEMP | F | 31 | SF | 0.57.46 |
| 197 | 53 | 804 | VALMAINE | DE KLERK | 32GI | F | 47 | 45-49F | 0.57.48 |
| 198 | 256 | 639 | DHIRESH | VALLABH | ASPEN | M | 39 | 35-39M | 0.57.51 |
| 199 | 339 | 339 | MUSTAFA | LAGARDIEN | TEMP | M | 32 | SM | 0.57.53 |
| 200 | 104 | 2672 | JUSTIN | HASTIE | VITALITY | M | 27 | SM | 0.58.08 |
| 201 | 62 | 9999 | ZENITA | DURRHEIM | ASPEN | F | 45 | 45-49F | 0.58.09 |
| 202 | 282 | 2539 | LUTHANDO | YIBE | ABSAEP | M | 44 | 40-44M | 0.58.14 |
| 203 | 128 | 595 | MARISKA | KRUGER | RUN4C | F | 47 | 45-49F | 0.58.17 |
| 204 | 459 | 417 | PETER | MSIZA | CHILLIEP | M | 51 | 50-54M | 0.58.19 |
| 205 | 341 | 341 | ERICH | LOUW | TEMP | M | 38 | 35-39M | 0.58.20 |
| 206 | 440 | 1290 | MARTIN | LEWIES | VWAC | M | 50 | 50-54M | 0.58.24 |
| 207 | 471 | 1192 | HEINZ | CONRAD | ELITEAC | M | 46 | 45-49M | 0.58.28 |
| 208 | 366 | 366 | JOHAN | REDELINGHUYS | TEMP | M | 79 | 70+M | 0.58.30 |
| 209 | 86 | 2678 | MISHALE | FUTCHER | VITALITY | F | 29 | SF | 0.58.31 |
| 210 | 394 | 394 | MICHALA | VERMAAK | TEMP | F | 29 | SF | 0.58.35 |
| 211 | 562 | 2470 | THEMBU | NTSUKUNYANE | ABSAEP | F | 46 | 45-49F | 0.58.43 |
| 212 | 548 | 548 | GRAHAM | MUNTON | TEMP | M | 63 | 60-64M | 0.58.44 |
| 213 | 592 | 1299 | MICHAEL | SLATER | VWAC | M | 54 | 50-54M | 0.58.48 |
| 214 | 357 | 357 | CONRAY | NORTJE | TEMP | M | 24 | SM | 0.58.48 |
| 215 | 196 | 1552 | THERESA | OOSTHUIZEN | DESPATCH | F | 53 | 50-54F | 0.58.50 |
| 216 | 936 | 1836 | BRUCE | SAMUEL | TEMP | M | 48 | 45-49M | 0.58.51 |
| 217 | 361 | 361 | LAURE | PIETERSE | TEMP | M | 53 | 50-54M | 0.58.53 |
| 218 | 426 | 653 | CRAIG | WARD | ASPEN | M | 48 | 45-49M | 0.58.58 |
| 219 | 169 | 1298 | MPHATHISI | MJADU | VWAC | M | 53 | 50-54M | 0.59.00 |
| 220 | 30 | 1588 | JACQUES | BOTHA | DESPATCH | M | 50 | 50-54M | 0.59.09 |
| 221 | 457 | 485 | WANDISILE | BATAYI | RUN4C | M | 29 | SM | 0.59.13 |
| 222 | 2777 | 516 | SIDWELL | MATINYANE | VUKANI | M | 59 | 55-59M | 0.59.19 |
| 223 | 309 | 309 | TERESA | JOUBERT | TEMP | F | 53 | 50-54F | 0.59.26 |
| 224 | 318 | 318 | ROBERT | CLARKE | TEMP | M | 47 | 45-49M | 0.59.29 |
| 225 | 51 | 2333 | TENIELLE | DE ANDRADE | VITALITY | F | 39 | 35-39F | 0.59.32 |
| 226 | 150 | 800 | JONATHAN | MANDELL | 32GI | M | 60 | 60-64M | 0.59.36 |
| 227 | 23 | 2757 | CARLO | BEER | MUIRITE | M | 21 | SM | 0.59.37 |
| 228 | 268 | 40192 | SHEZELLE | VAN WYK | DESPATCH | F | 19 | SF | 0.59.37 |
| 229 | 103 | 2671 | CARY | HASTIE | VITALITY | M | 61 | 60-64M | 0.59.40 |
| 230 | 931 | 1565 | BONITA | WEITSZ | DESPATCH | F | 52 | 50-54F | 0.59.43 |
| 231 | 565 | 774 | ROBYN | BIRD | 32GI | F | 53 | 50-54F | 0.59.53 |
| 232 | 567 | 2646 | LUVUYO | BANGAZI | IKHAMVA | M | 48 | 45-49M | 0.59.54 |
| 233 | 506 | 506 | DA-NIEL | BEZUIDENHOUT-VAN ZYL | TEMP | M | 35 | 35-39M | 0.59.54 |
| 234 | 355 | 355 | DESMOND | MVUNDLELA | TEMP | M | 43 | 40-44M | 0.59.59 |
| 235 | 554 | 341 | DELME | REDCLIFFE | MUIRITE | M | 41 | 40-44M | 1.00.00 |
| 236 | 502 | 502 | LOUISE | KNIGHT | TEMP | F | 57 | 55-59F | 1.00.02 |
| 237 | 191 | 1332 | THANDI | NKWANDLA | NEDBANK | F | 59 | 55-59F | 1.00.02 |
| 238 | 305 | 305 | MELISSA | ARGYLE | TEMP | F | 31 | SF | 1.00.09 |
| 239 | 85 | 1910 | THANDO | FRANS | SPAREC | M | 47 | 45-49M | 1.00.11 |
| 240 | 526 | 526 | DANIELLE | LUDEN | TEMP | F | 40 | 40-44F | 1.00.24 |
| 241 | 271 | 1085 | ANDRE | VILJOEN | ACH | M | 70 | 70+M | 1.00.24 |
| 242 | 364 | 364 | ROB | PRIDEAUX | TEMP | M | 56 | 55-59M | 1.00.32 |
| 243 | 73 | 765 | LESLIE | FERREIRA | CRUSADE | M | 29 | SM | 1.00.43 |
| 244 | 2776 | 123 | SIHAAM | ALLISON | MALABAR | F | 39 | 35-39F | 1.00.45 |
| 245 | 922 | 1878 | ASIVE | SIMETU | TEMP | F | 25 | SF | 1.00.56 |
| 246 | 78 | 40207 | JODY | FLEURS | GELVAN | M | 16 | JM | 1.00.57 |
| 247 | 251 | 1420 | GRAEME | TING CHONG | NEDBANK | M | 56 | 55-59M | 1.00.59 |
| 248 | 248 | 1429 | RIKA | TERBLANCHE | NEDBANK | F | 47 | 45-49F | 1.01.03 |
| 249 | 373 | 373 | CARMEN | SAMPSON | TEMP | F | 35 | 35-39F | 1.01.04 |
| 250 | 537 | 537 | LINDSEY | DREW | TEMP | M | 33 | SM | 1.01.08 |
| 251 | 938 | 2215 | HADIGAH | FULANI | SIBALEKA | F | 21 | SF | 1.01.10 |
| 252 | 208 | 88 | MAHENDRA | PRAHALADH | INFINITY | M | 58 | 55-59M | 1.01.17 |
| 253 | 392 | 392 | B | VAN TONDER | TEMP | M | 54 | 50-54M | 1.01.21 |
| 254 | 474 | 1269 | SIMON | LELAKA | VWAC | M | 52 | 50-54M | 1.01.23 |
| 255 | 141 | 850 | PAIGE | LEE | 32GI | F | 58 | 55-59F | 1.01.28 |
| 256 | 46 | 1850 | SIYABONGA | COKILE | HOLLYWOO | M | 48 | 45-49M | 1.01.30 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|------|-------|--------------|--------------------|----------|-----|-----|--------|---------|
| 257 | 199 | 9991 | AXOLA | PAKADE | ASPEN | M | 28 | SM | 1.01.31 |
| 258 | 204 | 1264 | LAVINIA | PIETERSE | VWAC | F | 50 | 50-54F | 1.01.32 |
| 259 | 216 | 750 | PIETER | ROUX | CRUSADE | M | 69 | 65-69M | 1.01.33 |
| 260 | 556 | 2504 | WAYNE | MAC GEAR | MADIBAZ | M | 61 | 60-64M | 1.01.36 |
| 261 | 346 | 346 | MICHELLE | MEYER | TEMP | F | 44 | 40-44F | 1.01.47 |
| 262 | 11 | 1751 | CAROLINE | ALLEN | TRANSNET | F | 52 | 50-54F | 1.01.50 |
| 263 | 328 | 328 | MARENE | FOURIE | TEMP | F | 41 | 40-44F | 1.01.53 |
| 264 | 329 | 329 | MIKE | FOURIE | TEMP | M | 42 | 40-44M | 1.01.53 |
| 265 | 536 | 536 | TERENCE | LANTZ | TEMP | M | 44 | 40-44M | 1.01.55 |
| 267 | 99 | 535 | GERT | HARMSE | RUN4C | M | 58 | 55-59M | 1.02.02 |
| 268 | 929 | 526 | NIEKE | EBERSOHN | RUN4C | F | 33 | SF | 1.02.03 |
| 269 | 441 | 441 | UNKNOWN | | TEMP | M | 34 | SM | 1.02.09 |
| 270 | 400 | 400 | COLEEN | ROBINSON | TEMP | F | 58 | 55-59F | 1.02.14 |
| 271 | 344 | 344 | DIANA | MARAIS | TEMP | F | 67 | 65-69F | 1.02.30 |
| 272 | 149 | 1911 | MATHONGO | MAKHIWANE | BLUEBAY | M | 49 | 45-49M | 1.02.31 |
| 273 | 337 | 337 | MTHOKOZISI | KHULU | TEMP | M | 35 | 35-39M | 1.02.32 |
| 274 | 470 | 2660 | ASANDA | SASANTI | VITALITY | F | 35 | 35-39F | 1.02.34 |
| 275 | 295 | 708 | JOAN | MARLBOROUGH | CRUSADE | F | 70 | 70+F | 1.02.36 |
| 276 | 152 | 2205 | SIKHUMBUZO | MANXOYI | SIBALEKA | M | 38 | 35-39M | 1.02.38 |
| 277 | 928 | 525 | WESSEL | EBERSOHN | RUN4C | M | 35 | 35-39M | 1.02.39 |
| 278 | 52 | 1595 | CLARISKA | DE BEER | DESPATCH | F | 35 | 35-39F | 1.02.46 |
| 279 | 119 | 723 | ALETTA | JOUBERT | CRUSADE | F | 63 | 60-64F | 1.02.46 |
| 280 | 284 | 1675 | MARIUS | ZEELIE | MADIBA | M | 59 | 55-59M | 1.02.46 |
| 281 | 267 | 519 | CHARLOTTE | VAN WYK | RUN4C | F | 42 | 40-44F | 1.02.49 |
| 282 | 232 | 583 | CHRISTELLE | SLABBERT | RUN4C | F | 53 | 50-54F | 1.02.49 |
| 283 | 230 | 563 | LINDA | SILLS | RUN4C | F | 43 | 40-44F | 1.02.50 |
| 284 | 455 | 1930 | TIM | BRAY | BLUEBAY | M | 61 | 60-64M | 1.02.50 |
| 285 | 115 | 1594 | ADELE | JANSE VAN RENSBURG | DESPATCH | F | 54 | 50-54F | 1.02.54 |
| 286 | 447 | 1628 | NELESH | JAGANATH | MADIBA | M | 42 | 40-44M | 1.03.01 |
| 287 | 566 | 1208 | CHRISTINE | BIRD | ELITEAC | F | 53 | 50-54F | 1.03.07 |
| 288 | 405 | 1955 | DANIEL | PIETERSE | BLUEBAY | M | 62 | 60-64M | 1.03.08 |
| 289 | 2778 | 2197 | SONWABISO | JIKA-JIKA | SIBALEKA | M | 39 | 35-39M | 1.03.14 |
| 290 | 531 | 531 | RICHARD | NORRIS | TEMP | M | 38 | 35-39M | 1.03.15 |
| 291 | 530 | 530 | DYLAN | BOWLES | TEMP | M | 29 | SM | 1.03.15 |
| 292 | 12 | 1201 | CATHY | ALLERS | ELITEAC | F | 63 | 60-64F | 1.03.25 |
| 293 | 167 | 2266 | NDILEKA | MGCUWE | VUKANI | F | 46 | 45-49F | 1.03.27 |
| 294 | 24 | 512 | ANSIE | BENADE | RUN4C | F | 65 | 65-69F | 1.03.29 |
| 295 | 514 | 514 | ERIN | BROMLEY-GANS | TEMP | F | 37 | 35-39F | 1.03.30 |
| 296 | 942 | 1827 | SIPHOKAZI | FANA | TEMP | F | 35 | 35-39F | 1.03.31 |
| 297 | 213 | 350 | MARIUS | ROACH | MUIRITE | M | 31 | SM | 1.03.35 |
| 298 | 466 | 2204 | ERROL | ROSSOUW | SIBALEKA | M | 75 | 70+M | 1.03.40 |
| 299 | 18 | 746 | JOHAN | BARNARD | CRUSADE | M | 69 | 65-69M | 1.03.42 |
| 300 | 302 | 302 | RENETTE | ACKERMANN | TEMP | F | 60 | 60-64F | 1.03.44 |
| 301 | 2774 | 1832 | ABDURRAHMAAN | FREDERICKS | TEMP | M | 45 | 45-49M | 1.03.50 |
| 302 | 527 | 527 | JUSTINE | SMART | TEMP | F | 36 | 35-39F | 1.03.52 |
| 303 | 596 | 840 | BRONWIN | MEYER | 32GI | F | 52 | 50-54F | 1.03.52 |
| 304 | 77 | 1712 | BRAMWELL | FLEURS | GELVAN | M | 46 | 45-49M | 1.04.09 |
| 305 | 2781 | 2331 | XOLISA | MENEMENE | VUKANI | M | 41 | 40-44M | 1.04.10 |
| 306 | 397 | 397 | BEVAN | WINDVOGEL | TEMP | M | 34 | SM | 1.04.15 |
| 307 | 36 | 2190 | ALAN | BROWNE | 32GI | M | 32 | SM | 1.04.20 |
| 308 | 121 | 641 | JACQUES | KEIRSGIETER | ASPEN | M | 36 | 35-39M | 1.04.22 |
| 309 | 445 | 2530 | ALVADO | ARENDSE | MADIBAZ | M | 50 | 50-54M | 1.04.22 |
| 310 | 475 | 1861 | SIMANGILE | SOLWANDLE | HOLLYWOO | F | 33 | SF | 1.04.35 |
| 311 | 290 | 1868 | TUMELO | LEHASA | HOLLYWOO | M | 37 | 35-39M | 1.04.38 |
| 312 | 372 | 372 | RIAN | ROSSOUW | TEMP | M | 53 | 50-54M | 1.04.38 |
| 313 | 519 | 519 | ELZET | BEZUIDENHOUT | TEMP | F | 48 | 45-49F | 1.04.44 |
| 314 | 518 | 518 | EUGENE | BEZUIDENHOUT | TEMP | M | 56 | 55-59M | 1.04.44 |
| 315 | 253 | 2092 | TSHEPO | TOMPANE | ASPEN | M | 29 | SM | 1.04.44 |
| 316 | 238 | 1700 | EMILE | SONNEKUS | MADIBA | M | 43 | 40-44M | 1.04.47 |
| 317 | 237 | 2421 | ADRI | SONNEKUS | MADIBA | F | 38 | 35-39F | 1.04.47 |
| 318 | 497 | 1253 | ANNELIE | VAN DER MERWE | ELITEAC | F | 46 | 45-49F | 1.04.48 |
| 319 | 414 | 1567 | JACOBUS | WYATT | DESPATCH | M | 61 | 60-64M | 1.04.57 |
| 320 | 941 | 1895 | JEANDRE | HATTINGH | TEMP | M | 18 | JM | 1.04.58 |
| 321 | 420 | 1402 | RENE | HATTINGH | NEDBANK | F | 47 | 45-49F | 1.04.58 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|------|-------|-------------|----------------|----------|-----|-----|--------|---------|
| 322 | 590 | 1195 | SAMANTHA | DOUGLAS | ELITEAC | F | 37 | 35-39F | 1.05.01 |
| 323 | 384 | 384 | ANA | TEIXEIRA | TEMP | F | 33 | SF | 1.05.07 |
| 324 | 321 | 321 | FABIO | DE CARVALHO | TEMP | M | 30 | SM | 1.05.07 |
| 325 | 207 | 18552 | LIZELLE | POTGIETER | MAVERICK | F | 34 | SF | 1.05.08 |
| 326 | 2772 | 1834 | PETER | VAN ROOY | TEMP | M | 48 | 45-49M | 1.05.12 |
| 327 | 340 | 340 | GERMAINE | LEE | TEMP | M | 39 | 35-39M | 1.05.16 |
| 328 | 100 | 1271 | LEZELL | HARRIS | VWAC | F | 51 | 50-54F | 1.05.21 |
| 329 | 501 | 501 | RONNIE | DOYLE | TEMP | M | 59 | 55-59M | 1.05.22 |
| 330 | 499 | 377 | NOMBUYISELO | MPONGOSHE | IKHAMVA | F | 57 | 55-59F | 1.05.23 |
| 331 | 472 | 2111 | GEROME | MINTOOR | ATLANTIC | M | 57 | 55-59M | 1.05.38 |
| 332 | 70 | 1935 | XENOPHON | FEIRRERA | BLUEBAY | M | 63 | 60-64M | 1.05.51 |
| 333 | 486 | 2271 | LUVUYO | SIWUNDLA | VUKANI | M | 45 | 45-49M | 1.06.11 |
| 334 | 112 | 628 | CT | JACOBS | ASPEN | M | 41 | 40-44M | 1.06.14 |
| 335 | 113 | 2095 | RICHTER | JACOBS | ASPEN | M | 38 | 35-39M | 1.06.14 |
| 336 | 255 | 1177 | OMPHILE | TSOMOKO | ALIWAL | M | 34 | SM | 1.06.21 |
| 337 | 446 | 198 | ADRIAAN | SMALBERGER | CSEP | M | 70 | 70+M | 1.06.23 |
| 338 | 559 | 1280 | CHRISTOPHER | BRUINTJIES | VWAC | M | 52 | 50-54M | 1.06.29 |
| 339 | 252 | 349 | CHANEL | TIRAN-DORFLING | MUIRITE | F | 30 | SF | 1.06.30 |
| 340 | 299 | 2689 | MOLEBOGENG | OLIPHANT | VITALITY | F | 49 | 45-49F | 1.06.31 |
| 341 | 123 | 6731 | TAMARA | KLOS | SOCIAL | F | 40 | 40-44F | 1.06.37 |
| 342 | 264 | 2699 | ADEL | VAN RENSBURG | VITALITY | F | 46 | 45-49F | 1.06.45 |
| 343 | 413 | 1568 | TALANA | WYATT | DESPATCH | F | 33 | SF | 1.06.46 |
| 344 | 222 | 2685 | MARILEE | SCHOLTZ | VITALITY | F | 28 | SF | 1.06.50 |
| 345 | 9 | 385 | ALFRED | NDESI | IKHAMVA | M | 37 | 35-39M | 1.06.52 |
| 346 | 278 | 2183 | ANAM | WITBOOI | ASPEN | F | 29 | SF | 1.06.53 |
| 347 | 90 | 302 | LUCINDA | GERBER | MUIRITE | F | 49 | 45-49F | 1.07.00 |
| 348 | 64 | 2704 | JACKIE | ELOFF | RUN4C | F | 52 | 50-54F | 1.07.05 |
| 349 | 489 | 139 | WARDAH | KAFAAR | MALABAR | F | 45 | 45-49F | 1.07.06 |
| 350 | 214 | 748 | MELINDA | ROIG | CRUSADE | F | 55 | 55-59F | 1.07.10 |
| 351 | 262 | 1535 | CLAUDEAN | VAN GREUNEN | DESPATCH | F | 43 | 40-44F | 1.07.19 |
| 352 | 564 | 703 | Lee | Gander | CRUSADE | M | 68 | 65-69M | 1.07.22 |
| 354 | 325 | 325 | GERARD | EMMANUEL | TEMP | M | 47 | 45-49M | 1.07.25 |
| 355 | 2771 | 1900 | JENNA | VAN ROOY | TEMP | F | 17 | JF | 1.07.28 |
| 356 | 261 | 1629 | ARINDA | VAN DER LINDE | MADIBA | F | 35 | 35-39F | 1.07.29 |
| 357 | 66 | 1632 | JOS | ELS | MADIBA | F | 72 | 70+F | 1.07.29 |
| 358 | 2785 | 2785 | UNKNOWN | | TEMP | M | 30 | SM | 1.07.38 |
| 359 | 188 | 492 | NTOKOZO | NGUBANE | RUN4C | F | 30 | SF | 1.07.40 |
| 360 | 160 | 2579 | TSHEGOFATSO | MATHUSANE | MADIBAZ | F | 20 | SF | 1.07.46 |
| 361 | 170 | 692 | XOLELWA | MOLAPO | VUKANI | F | 35 | 35-39F | 1.07.48 |
| 362 | 331 | 331 | MESHAN | GOVENDER | TEMP | M | 42 | 40-44M | 1.07.57 |
| 363 | 436 | 738 | SAMANTHA | DU TOIT | CRUSADE | F | 55 | 55-59F | 1.07.59 |
| 364 | 83 | 2182 | SANDRIKA | FOURIE | INFINITY | F | 27 | SF | 1.08.15 |
| 365 | 553 | 1587 | MARISKA | OLIVIER | DESPATCH | F | 37 | 35-39F | 1.08.22 |
| 366 | 266 | 1582 | MARINET | VAN TONDER | DESPATCH | F | 46 | 45-49F | 1.08.23 |
| 367 | 117 | 1600 | YVETTE | JONKER | DESPATCH | F | 52 | 50-54F | 1.08.23 |
| 368 | 44 | 1557 | CARIN | COETZEE | DESPATCH | F | 48 | 45-49F | 1.08.23 |
| 369 | 26 | 631 | MAURITZ | BESSINGER | ASPEN | M | 43 | 40-44M | 1.08.27 |
| 370 | 458 | 827 | TAMMY | SOUTHBY | 32GI | F | 50 | 50-54F | 1.08.33 |
| 371 | 154 | 8789 | CHARNÉ | MARAIS | VITALITY | F | 34 | SF | 1.08.34 |
| 372 | 322 | 322 | MALUSI | DLAMINI | TEMP | M | 36 | 35-39M | 1.08.45 |
| 373 | 212 | 1919 | JUANE | RETIEF | BLUEBAY | F | 31 | SF | 1.08.49 |
| 374 | 533 | 533 | CALEB | RENSBURG | TEMP | M | 22 | SM | 1.08.50 |
| 375 | 308 | 308 | MICHELLE | BENN | TEMP | F | 41 | 40-44F | 1.08.52 |
| 376 | 243 | 2315 | MELISSA | SWANEPOEL | VITALITY | F | 36 | 35-39F | 1.08.53 |
| 377 | 177 | 2698 | NTOMBIZINE | MTANDA | VITALITY | F | 48 | 45-49F | 1.08.56 |
| 378 | 503 | 503 | JANA | FOURIE | TEMP | F | 24 | SF | 1.08.57 |
| 379 | 927 | 2072 | CEDRIC | BOTHA | SANDFEP | M | 70 | 70+M | 1.09.03 |
| 380 | 940 | 361 | JULIUS | SHOGOLE | IKHAMVA | M | 72 | 70+M | 1.09.03 |
| 381 | 161 | 759 | MIKE | BURGER | CRUSADE | M | 71 | 70+M | 1.09.04 |
| 382 | 541 | 541 | WANDA | GERBER | TEMP | F | 46 | 45-49F | 1.09.05 |
| 383 | 189 | 503 | FAKAZILE | NKOMIYHLABA | RUN4C | F | 37 | 35-39F | 1.09.06 |
| 384 | 496 | 470 | JODI | PIENAAR | WALMER | M | 31 | SM | 1.09.07 |
| 385 | 407 | 502 | SHANE | SAUNDERS | RUN4C | M | 57 | 55-59M | 1.09.08 |
| 386 | 93 | 14493 | VICTORIA | GOODALL | CCJHB | F | 43 | 40-44F | 1.09.10 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|------|-------|------------|------------------|----------|-----|-----|--------|---------|
| 387 | 311 | 311 | JULIA | BOTHA | TEMP | F | 23 | SF | 1.09.11 |
| 388 | 330 | 330 | KEVIN | GARDNER | TEMP | M | 44 | 40-44M | 1.09.12 |
| 389 | 334 | 334 | AMY | JORDAAN | TEMP | F | 31 | SF | 1.09.13 |
| 390 | 40 | 2729 | ILSE | CLAASSENS | MUIRITE | F | 25 | SF | 1.09.15 |
| 391 | 14 | 491 | YOLANDE | ARCHER | RUN4C | F | 46 | 45-49F | 1.09.24 |
| 392 | 193 | 1104 | CATHY | IVES | ACH | F | 71 | 70+F | 1.09.28 |
| 393 | 934 | 1838 | LEILA | SAMPSON | TEMP | F | 36 | 35-39F | 1.09.29 |
| 394 | 598 | 2603 | PHATHEKA | MOKGWETSI | MADIBAZ | F | 33 | SF | 1.09.46 |
| 395 | 378 | 378 | NADIA | SERFONTEIN | TEMP | F | 49 | 45-49F | 1.09.58 |
| 396 | 442 | 1333 | MBULELO | SOBIKWA | NEDBANK | M | 70 | 70+M | 1.09.59 |
| 397 | 550 | 2209 | VELILE | LUSITI | SIBALEKA | M | 36 | 35-39M | 1.10.00 |
| 398 | 31 | 1556 | RIAANA | BOUWER | DESPATCH | F | 48 | 45-49F | 1.10.07 |
| 399 | 241 | 691 | WALTER | STRONACH | VITALITY | M | 35 | 35-39M | 1.10.09 |
| 400 | 29 | 279 | VERONICA | BOSHOFF | MUIRITE | F | 64 | 60-64F | 1.10.09 |
| 401 | 324 | 324 | MARTINIQUE | DU PLESSIS | TEMP | F | 35 | 35-39F | 1.10.10 |
| 402 | 96 | 1207 | CHARL | GRIESEL | ELITEAC | M | 61 | 60-64M | 1.10.12 |
| 403 | 488 | 1287 | MICHELLE | HARDY-BERRINGTON | VWAC | F | 39 | 35-39F | 1.10.15 |
| 404 | 480 | 624 | BANDLAKAZI | CABA | ASPEN | F | 37 | 35-39F | 1.10.34 |
| 405 | 273 | 782 | LISA | WATKINS-BAKER | 32GI | F | 50 | 50-54F | 1.10.35 |
| 406 | 274 | 781 | RICHARD | WATKINS-BAKER | 32GI | M | 57 | 55-59M | 1.10.36 |
| 407 | 434 | 77 | LOUIS | SWIEGELAAR | SAPPE | M | 58 | 55-59M | 1.10.37 |
| 408 | 151 | 505 | XHANTI | MANTSHIYO | ABSAEP | M | 57 | 55-59M | 1.10.42 |
| 409 | 561 | 1103 | LIZ | AUSTIN | ACH | F | 66 | 65-69F | 1.10.44 |
| 410 | 389 | 389 | SBONELO | TULE | TEMP | M | 17 | JM | 1.10.58 |
| 411 | 419 | 648 | MPHAKS | MZAMO | ASPEN | M | 41 | 40-44M | 1.11.04 |
| 412 | 424 | 562 | JUDY | NIENABER | RUN4C | F | 65 | 65-69F | 1.11.05 |
| 413 | 301 | 1545 | RUAN | JONKER | DESPATCH | M | 25 | SM | 1.11.21 |
| 414 | 523 | 523 | DWANDRE | CASSELS | TEMP | M | 42 | 40-44M | 1.11.22 |
| 415 | 49 | 100 | LYNETTE | CRAUSE | INFINITY | F | 65 | 65-69F | 1.11.24 |
| 416 | 142 | 588 | RENIER | LIEBENBERG | RUN4C | M | 42 | 40-44M | 1.11.27 |
| 417 | 125 | 1382 | CHARMELL | KOOPMAN | NEDBANK | F | 45 | 45-49F | 1.11.39 |
| 419 | 186 | 645 | KHULISO | NEPHALAMA | ASPEN | M | 34 | SM | 1.11.40 |
| 420 | 275 | 749 | CHANDRE | WEST | CRUSADE | F | 49 | 45-49F | 1.11.54 |
| 421 | 411 | 1054 | DELANI | THUSI | TNETFS | M | 42 | 40-44M | 1.11.57 |
| 422 | 362 | 362 | CHELSEA | PIKE | TEMP | F | 25 | SF | 1.11.59 |
| 423 | 336 | 336 | KIM | JULIE | TEMP | F | 39 | 35-39F | 1.12.01 |
| 424 | 2783 | 2088 | MPUMELELO | SIBANYONI | SANDF | M | 35 | 35-39M | 1.12.06 |
| 425 | 363 | 363 | SARAH | PITT | TEMP | F | 28 | SF | 1.12.07 |
| 426 | 114 | 72 | HERMAN | DEKKER | SAPPE | M | 80 | 70+M | 1.12.11 |
| 427 | 250 | 2692 | SIPHOKAZI | TILI | ADVENT | F | 45 | 45-49F | 1.12.20 |
| 428 | 319 | 319 | MIRANDA | COGGER | TEMP | F | 48 | 45-49F | 1.12.27 |
| 429 | 277 | 2465 | OZELLE | WIEHAHN | ABSAEP | F | 51 | 50-54F | 1.12.35 |
| 430 | 162 | 507 | JOHAN | FERREIRA | RUN4C | M | 63 | 60-64M | 1.12.35 |
| 431 | 320 | 320 | AMEENA | CUPP | TEMP | F | 24 | SF | 1.12.39 |
| 432 | 387 | 387 | VUYO | TSHIKI | TEMP | M | 36 | 35-39M | 1.12.39 |
| 433 | 98 | 536 | ELIZMA | HARMSE | RUN4C | F | 64 | 60-64F | 1.12.42 |
| 434 | 534 | 534 | SCOTT | BRICKNELL | TEMP | M | 41 | 40-44M | 1.12.45 |
| 435 | 431 | 2076 | BONILE | MGCEKE | SANDF | F | 28 | SF | 1.12.45 |
| 436 | 2768 | 2132 | THANDO | NCATSHUKELWA | TRANSNET | M | 44 | 40-44M | 1.12.48 |
| 437 | 2775 | 43 | BUYISWA | NGXONONO | SAPPE | F | 48 | 45-49F | 1.12.57 |
| 438 | 509 | 509 | LISA | RANDALL | TEMP | F | 44 | 40-44F | 1.13.00 |
| 439 | 510 | 510 | MICHELLE | BLOM | TEMP | F | 47 | 45-49F | 1.13.00 |
| 440 | 280 | 98 | AMANDA | WOLMARANS | INFINITY | F | 66 | 65-69F | 1.13.02 |
| 441 | 227 | 1310 | PHUMLA | SIBALI | VWAC | F | 45 | 45-49F | 1.13.07 |
| 442 | 182 | 1286 | SHANDRY | NAZER | VWAC | F | 36 | 35-39F | 1.13.07 |
| 443 | 269 | 1607 | SONJA | VAN WYK | DESPATCH | F | 43 | 40-44F | 1.13.23 |
| 444 | 365 | 365 | BETHANY | RAMASHIA | TEMP | F | 32 | SF | 1.13.30 |
| 445 | 310 | 310 | ELINE | BOA-AMPONSEM | TEMP | F | 29 | SF | 1.13.39 |
| 446 | 427 | 197 | AUBREY | LE ROUX | CSEP | M | 72 | 70+M | 1.13.45 |
| 447 | 39 | 1606 | FANIE | CLAASSEN | DESPATCH | M | 67 | 65-69M | 1.13.45 |
| 448 | 323 | 323 | DEL-RIO | DU PLESSIS | TEMP | F | 64 | 60-64F | 1.13.45 |
| 449 | 210 | 1421 | ANNELINE | RAUTENBACH | NEDBANK | F | 57 | 55-59F | 1.13.47 |
| 450 | 304 | 304 | TRACEY | ADAMS | TEMP | F | 40 | 40-44F | 1.13.55 |
| 451 | 932 | 1879 | SIPHESIHLE | NOMATYELI | TEMP | F | 34 | SF | 1.14.03 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|------|-------|-------------|------------------|----------|-----|-----|--------|---------|
| 452 | 485 | 1767 | SINDILE | NOGQALA | TRANSNET | M | 49 | 45-49M | 1.14.14 |
| 453 | 225 | 1541 | MONIQUE | SENEKAL | DESPATCH | F | 33 | SF | 1.14.18 |
| 454 | 180 | 1911 | NANDIPA | MYELEYELE | SPAREC | F | 37 | 35-39F | 1.14.22 |
| 455 | 74 | 2708 | LUMANYE | FILTANE | VITALITY | M | 29 | SM | 1.14.24 |
| 456 | 218 | 1257 | STEPHANIE | SCHEEPERS | VWAC | F | 28 | SF | 1.14.36 |
| 457 | 89 | 276 | CHRISTIAAN | GERBER | MUIRITE | M | 49 | 45-49M | 1.14.36 |
| 458 | 17 | 1256 | NAOMI | BAKKER | VWAC | F | 47 | 45-49F | 1.14.36 |
| 459 | 129 | 1936 | MARKUS | KUNNEKE | BLUEBAY | M | 55 | 55-59M | 1.15.18 |
| 460 | 254 | 602 | DRUCIL | TSHIMANGA | ASPEN | F | 26 | SF | 1.15.18 |
| 461 | 259 | 3036 | ANDRE | VAN DER BANK | MUIRITE | M | 53 | 50-54M | 1.15.19 |
| 462 | 2779 | 2208 | GARFIELD | TSATSANE | SIBALEKA | M | 59 | 55-59M | 1.15.25 |
| 463 | 594 | 517 | GERT | COETSEE | RUN4C | M | 39 | 35-39M | 1.15.27 |
| 464 | 21 | 490 | WANDA | BARNARD | RUN4C | F | 50 | 50-54F | 1.15.28 |
| 465 | 194 | 1956 | SONJA | OLIVIER | BLUEBAY | F | 57 | 55-59F | 1.15.28 |
| 466 | 395 | 395 | HEINRICH | WENTZEL | TEMP | M | 39 | 35-39M | 1.15.29 |
| 467 | 943 | 1881 | MONGEZI | MADIKIZELA | TEMP | M | 33 | SM | 1.15.49 |
| 468 | 80 | 64 | DAVID | FORTUIN | SAPPE | M | 59 | 55-59M | 1.15.53 |
| 469 | 173 | 2658 | RAKGWADI | MORITI | VITALITY | M | 35 | 35-39M | 1.15.58 |
| 470 | 421 | 2090 | WELLINGTON | TSHINGANE | SANDFEP | M | 54 | 50-54M | 1.16.12 |
| 471 | 234 | 20 | SIMORE | SLABBERT | PEAAC | F | 30 | SF | 1.16.12 |
| 472 | 233 | 19 | EMMERENCHIA | SLABBERT | PEAAC | F | 52 | 50-54F | 1.16.14 |
| 473 | 13 | 2517 | FUNDISWA | ANTONY-NOGAGA | ABSAEP | F | 52 | 50-54F | 1.16.16 |
| 474 | 513 | 513 | BUSISIWE | RAMOKOLO | TEMP | F | 48 | 45-49F | 1.16.28 |
| 475 | 176 | 527 | KAMOHELO | MOTA | RUN4C | F | 31 | SF | 1.16.30 |
| 476 | 240 | 1109 | JENNI | STROBOS | ACH | F | 41 | 40-44F | 1.16.43 |
| 477 | 467 | 2196 | SELBY | THABETHE | SIBALEKA | M | 51 | 50-54M | 1.16.48 |
| 478 | 303 | 303 | ANNAMARIE | ACTON | TEMP | F | 50 | 50-54F | 1.17.04 |
| 479 | 374 | 374 | LYNDA | SAUNDERS | TEMP | F | 51 | 50-54F | 1.17.04 |
| 480 | 296 | 1822 | MZWANELE | NQOQO | VUKANI | M | 47 | 45-49M | 1.17.08 |
| 481 | 390 | 390 | MIHLALI | TYUSHA-SISILANA | TEMP | F | 32 | SF | 1.17.10 |
| 482 | 181 | 1572 | NANDIPHA | NAIDOO | DESPATCH | F | 46 | 45-49F | 1.17.17 |
| 483 | 528 | 528 | NAMHLA | SAKI | TEMP | F | 30 | SF | 1.17.20 |
| 484 | 412 | 566 | JANINE | VILJOEN | RUN4C | F | 54 | 50-54F | 1.17.20 |
| 485 | 460 | 1266 | DAVID | CHENGWE | VWAC | M | 47 | 45-49M | 1.17.21 |
| 486 | 41 | 2049 | KYLE | CLEMENCE | ASPEN | M | 25 | SM | 1.17.22 |
| 487 | 522 | 522 | LYNNE | KUNNEKE | TEMP | F | 67 | 65-69F | 1.17.29 |
| 488 | 353 | 353 | VATHISWA | MADIKANE-DYANTYI | TEMP | F | 38 | 35-39F | 1.17.47 |
| 489 | 195 | 543 | NIEKIE | OOSTHUIZEN | RUN4C | F | 54 | 50-54F | 1.17.50 |
| 490 | 81 | 529 | ANDRE | FOURIE | RUN4C | M | 77 | 70+M | 1.17.52 |
| 491 | 333 | 333 | KAYCEE | IKIN | TEMP | F | 29 | SF | 1.17.53 |
| 492 | 359 | 359 | PACHE | ORANJE | TEMP | F | 33 | SF | 1.18.03 |
| 493 | 38 | 2502 | WENDY | CAMERON | MADIBAZ | F | 47 | 45-49F | 1.18.06 |
| 494 | 139 | 1693 | JASON | LE ROUX | GELVAN | M | 29 | SM | 1.18.22 |
| 495 | 71 | 713 | DENISE | FERREIRA | CRUSADE | F | 63 | 60-64F | 1.18.28 |
| 496 | 315 | 315 | SANDRA | BUTTERS | TEMP | F | 59 | 55-59F | 1.18.37 |
| 497 | 175 | 1092 | NIKKI | MOSS | ACH | F | 44 | 40-44F | 1.19.08 |
| 498 | 190 | 504 | MALIBONGWE | NKOMIYAHLABA | RUN4C | M | 40 | 40-44M | 1.19.13 |
| 499 | 428 | 463 | JO-ANNE | MUIR | WALMER | F | 55 | 55-59F | 1.19.14 |
| 500 | 272 | 550 | LIEZEL | WAIT | RUN4C | F | 51 | 50-54F | 1.19.18 |
| 501 | 236 | 2366 | NOLUBABALO | SOHABA | VITALITY | F | 35 | 35-39F | 1.19.21 |
| 502 | 360 | 360 | JONÉ | PIENAAR | TEMP | F | 37 | 35-39F | 1.19.42 |
| 503 | 376 | 376 | LIEZL | SCHOEMAN | TEMP | F | 42 | 40-44F | 1.19.42 |
| 504 | 118 | 2040 | MALIZA | JOOSTE | MUIRITE | F | 30 | SF | 1.19.53 |
| 505 | 521 | 521 | ANNELINE | POTGIETER | TEMP | F | 49 | 45-49F | 1.20.15 |
| 506 | 469 | 1869 | NWABISA | DUKADA | HOLLYWOO | F | 52 | 50-54F | 1.20.18 |
| 507 | 28 | 601 | RIANA | BOSHOFF | ASPEN | F | 41 | 40-44F | 1.20.21 |
| 508 | 197 | 1231 | HELENE | OPPEL | ELITEAC | F | 75 | 70+F | 1.20.28 |
| 509 | 549 | 126 | MOGAMAD | ABDOLLATIEF | MALABAR | M | 52 | 50-54M | 1.20.30 |
| 510 | 106 | 1182 | ARLENE | HELBERG | ELITEAC | F | 61 | 60-64F | 1.20.46 |
| 511 | 345 | 345 | LIRIKEN | MATTHEWS | TEMP | F | 30 | SF | 1.21.00 |
| 512 | 524 | 524 | DOROTHY | MALULEKA | TEMP | F | 47 | 45-49F | 1.21.07 |
| 513 | 464 | 2222 | NOMBULELO | NDZUZO | SIBALEKA | F | 44 | 40-44F | 1.21.15 |
| 514 | 50 | 761 | NTOKOZO | DAMBUZA | CRUSADE | F | 46 | 45-49F | 1.21.19 |
| 515 | 283 | 1674 | ELZETTE | ZEELIE | MADIBA | F | 57 | 55-59F | 1.21.25 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|------|-------|-------------|------------------|----------|-----|-----|--------|---------|
| 516 | 159 | 2563 | PHAKAMA | MATATA | RUN4C | F | 33 | SF | 1.21.54 |
| 517 | 67 | 743 | MARY-LOU | EMSLIE | CRUSADE | F | 61 | 60-64F | 1.22.03 |
| 518 | 306 | 306 | SIPHOKAZI | BACELA | TEMP | F | 32 | SF | 1.22.05 |
| 519 | 116 | 1740 | JANICE | JONES | GELVAN | F | 48 | 45-49F | 1.22.13 |
| 520 | 131 | 2657 | ROXANE | LABUSCHAGNE | VITALITY | F | 38 | 35-39F | 1.22.21 |
| 521 | 257 | 2700 | MITESH | VALLABH | VITALITY | M | 49 | 45-49M | 1.22.26 |
| 522 | 68 | 591 | ERICA | ERASMUS | RUN4C | F | 55 | 55-59F | 1.22.51 |
| 523 | 326 | 326 | GRIZELDA | EMMANUEL | TEMP | F | 49 | 45-49F | 1.22.58 |
| 524 | 516 | 516 | CLAIRE | TUSTIN-PARKER | TEMP | F | 47 | 45-49F | 1.23.16 |
| 525 | 402 | 2768 | NOMVELISO | BIDLA | SAPPE | F | 32 | SF | 1.23.18 |
| 526 | 132 | 702 | BRENDA | LAIRES | CRUSADE | F | 60 | 60-64F | 1.23.18 |
| 527 | 102 | 1434 | DIANNE | HARTZENBERG | NEDBANK | F | 66 | 65-69F | 1.23.20 |
| 528 | 545 | 545 | BUSISIWE | NZO | TEMP | F | 49 | 45-49F | 1.23.20 |
| 529 | 512 | 512 | NOLITHA | TSHENTU | TEMP | F | 45 | 45-49F | 1.23.20 |
| 530 | 382 | 382 | SIMON | STRIMLING | TEMP | M | 63 | 60-64M | 1.23.57 |
| 532 | 317 | 317 | VERNA | CLAASSEN | TEMP | F | 62 | 60-64F | 1.24.02 |
| 533 | 511 | 511 | RIAAN | PRETORIUS | TEMP | M | 38 | 35-39M | 1.24.07 |
| 534 | 215 | 1694 | JAHN | ROUX | MADIBA | M | 38 | 35-39M | 1.24.07 |
| 535 | 316 | 316 | CYNTHIA | CHANNON | TEMP | F | 58 | 55-59F | 1.24.13 |
| 536 | 494 | 1249 | RINA | BARNARD | ELITEAC | F | 71 | 70+F | 1.24.28 |
| 537 | 505 | 505 | ALBERT | BEZUIDENHOUT | TEMP | M | 36 | 35-39M | 1.24.48 |
| 538 | 452 | 770 | WINSLOW | BOUWER | CRUSADE | M | 40 | 40-44M | 1.25.11 |
| 539 | 473 | 2290 | NOKUZOLA | JAM JAM | VUKANI | F | 43 | 40-44F | 1.25.38 |
| 540 | 500 | 2224 | ANDISWA | SALAYI | SIBALEKA | F | 27 | SF | 1.25.46 |
| 541 | 551 | 2199 | PHILISA | MANI-MANI | SIBALEKA | F | 31 | SF | 1.25.47 |
| 542 | 165 | 2201 | NOCAWE | MDAZUKA | SIBALEKA | F | 41 | 40-44F | 1.25.47 |
| 543 | 82 | 528 | HELEN | FOURIE | RUN4C | F | 55 | 55-59F | 1.26.28 |
| 544 | 120 | 642 | ESTINE | KEIRSGIETER | ASPEN | F | 37 | 35-39F | 1.26.32 |
| 546 | 477 | 2304 | KUSELWA | MAJALI | SIBALEKA | F | 51 | 50-54F | 1.26.38 |
| 547 | 380 | 380 | NENEKAZI | SONGXABA | TEMP | F | 43 | 40-44F | 1.26.40 |
| 548 | 2784 | 5078 | MALESIBA | MABE | VITALITY | F | 36 | 35-39F | 1.26.40 |
| 549 | 495 | 368 | NWABISA | MSUTHWANA | IKHAMVA | F | 44 | 40-44F | 1.27.17 |
| 550 | 352 | 352 | BOIKETLO | MTAU | TEMP | F | 21 | SF | 1.27.31 |
| 551 | 401 | 1593 | LESEDI | MTAU | DESPATCH | F | 23 | SF | 1.27.32 |
| 552 | 351 | 351 | THEMBELA | MPUSHE | TEMP | F | 41 | 40-44F | 1.28.00 |
| 553 | 356 | 356 | LERATO | NKONDE | TEMP | F | 30 | SF | 1.28.07 |
| 554 | 923 | 923 | SIVUYILE | MHLIFILI | TEMP | M | 46 | 45-49M | 1.28.09 |
| 555 | 245 | 94 | DENISE | TERBLANCHE | INFINITY | F | 77 | 70+F | 1.28.13 |
| 556 | 476 | 1839 | ZANDILE | NOFUMA | HOLLYWOO | F | 38 | 35-39F | 1.28.16 |
| 557 | 279 | 1640 | CHERYL | WITTE | MADIBA | F | 62 | 60-64F | 1.28.29 |
| 558 | 76 | 2585 | MATABO | FLATELA | MADIBAZ | F | 25 | SF | 1.29.04 |
| 559 | 327 | 327 | BRONWEN | EMMETT | TEMP | F | 45 | 45-49F | 1.29.05 |
| 560 | 198 | 294 | KARMEL | PAGE | MUIRITE | F | 34 | SF | 1.29.20 |
| 561 | 260 | 2037 | BELINDA | VAN DER BANK | MUIRITE | F | 56 | 55-59F | 1.29.21 |
| 562 | 493 | 2779 | CHARNE | PIETERSEN | MUIRITE | F | 32 | SF | 1.29.21 |
| 563 | 211 | 1786 | DAVID | RENSBURG | GELVAN | M | 59 | 55-59M | 1.29.24 |
| 564 | 178 | 2509 | LERATO | MUZAH | MADIBAZ | F | 39 | 35-39F | 1.29.58 |
| 565 | 101 | 2508 | DANEILLE | HARRY | MADIBAZ | F | 39 | 35-39F | 1.29.58 |
| 566 | 144 | 486 | CHRISTOPHER | MAHWEHWE | RUN4C | M | 56 | 55-59M | 1.30.27 |
| 567 | 145 | 580 | MARIA | MAHWEHWE | RUN4C | F | 51 | 50-54F | 1.30.27 |
| 568 | 481 | 1355 | CHRISTIE | VAN LOGGERENBERG | NEDBANK | M | 69 | 65-69M | 1.31.06 |
| 569 | 105 | 93 | STEPHANIE | HAY | INFINITY | F | 69 | 65-69F | 1.31.40 |
| 570 | 483 | 1767 | THANDEKILE | NOGOQA | TRANSNET | F | 40 | 40-44F | 1.31.47 |
| 571 | 484 | 1760 | PUMEZA | HASHE | TRANSNET | F | 43 | 40-44F | 1.31.47 |
| 572 | 147 | 1390 | VUYISEKA | MAKALIMA | NEDBANK | F | 40 | 40-44F | 1.31.51 |
| 573 | 379 | 379 | SIMANGELE | SKOSANA | TEMP | F | 44 | 40-44F | 1.32.02 |
| 574 | 354 | 354 | SESETHU | MTOTYWA | TEMP | F | 29 | SF | 1.32.02 |
| 575 | 179 | 2775 | URITIAH | MYBURGH | MUIRITE | F | 48 | 45-49F | 1.33.12 |
| 576 | 286 | 1753 | RONALD | JANTJIES | TRANSNET | M | 52 | 50-54M | 1.33.14 |
| 577 | 385 | 385 | FRANCOIS | TIMOTHEUS | TEMP | M | 47 | 45-49M | 1.35.25 |
| 578 | 391 | 391 | ALUNGILE | TYWAKU | TEMP | F | 32 | SF | 1.35.30 |
| 579 | 22 | 586 | LISA | BEDFORD | RUN4C | F | 50 | 50-54F | 1.35.38 |
| 580 | 479 | 50177 | PHILISWA | SITELA | CHEETAH | F | 35 | 35-39F | 1.36.29 |
| 581 | 342 | 342 | DIKELEDI | MABOA | TEMP | F | 35 | 35-39F | 1.36.54 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|--------------------|------|-------|---------------|--------------|----------|-----|-----|--------|---------|
| 582 | 343 | 343 | LINDOKUHLE | MADO | TEMP | F | 31 | SF | 1.38.07 |
| 583 | 350 | 350 | MVUYISI | MPOMPOSHE | TEMP | M | 35 | 35-39M | 1.38.15 |
| 584 | 377 | 377 | MARIANA | SCHOLTZ | TEMP | F | 48 | 45-49F | 1.39.39 |
| 585 | 388 | 338 | IVA | KRUGER | TEMP | F | 46 | 45-49F | 1.39.39 |
| 586 | 95 | 1649 | SYMANTHA-ANNE | GREYLING | MADIBA | F | 50 | 50-54F | 1.39.56 |
| 587 | 94 | 1679 | KENNETH | GREYLING | MADIBA | M | 65 | 65-69M | 1.39.56 |
| 588 | 555 | 1766 | GODFREY | KARIEM | GELVAN | M | 84 | 70+M | 1.40.04 |
| 589 | 148 | 2532 | ASANDA | MAKATESI | MADIBAZ | F | 35 | 35-39F | 1.43.44 |
| 590 | 368 | 368 | NOZIPHIWO | RENQE | TEMP | F | 37 | 35-39F | 1.45.41 |
| 591 | 429 | 395 | ZOLILE | POTI | IKHAMVA | M | 64 | 60-64M | 1.46.11 |
| 592 | 560 | 559 | SILVIA | JONCK | RUN4C | F | 63 | 60-64F | 1.48.59 |
| Helpers Run | | | | | | | | | |
| 1 | 1001 | 950 | Charles | Segalo | Charlo | | | | 40:52 |
| 2 | 1002 | 931 | Andile | Nyoka | Charlo | | | | 42:35 |
| 3 | 1003 | 919 | Kelvin | Jooste | Charlo | | | | 44:55 |
| 4 | 1004 | 878 | Dané | Cronje | Charlo | | | | 45:03 |
| 5 | 1005 | 898 | Patric | Makwnekwe | Charlo | | | | 47:05 |
| 6 | 1006 | 955 | Sivuyile | Scheepers | Charlo | | | | 47:49 |
| 7 | 1007 | 897 | Nkangeleko | Ngcosholo | Charlo | | | | 48:00 |
| 8 | 1008 | 957 | Pierre | Remshaw | Charlo | | | | 48:17 |
| 9 | 1009 | 989 | Brett | Steyn | Charlo | | | | 49:07 |
| 10 | 1010 | 982 | Charles | Corby | Charlo | | | | 49:26 |
| 11 | 1011 | 1010 | Jan | Van Eeden | Nedbank | | | | 49:42 |
| 12 | 1012 | 914 | Etienne | Gerber | Charlo | | | | 50:59 |
| 13 | 1013 | 938 | Thobela | Mfikili | Charlo | | | | 52:02 |
| 14 | 1014 | 985 | Christoff | Puren | Charlo | | | | 53:56 |
| 15 | 1015 | 970 | Malcom | Blandy | Charlo | | | | 53:56 |
| 16 | 1016 | 1247 | Lisle | Mathew | Elite | | | | 54:02 |
| 17 | 1017 | 952 | Cindy | Marais | Charlo | | | | 54:08 |
| 18 | 1018 | 900 | Jason | Saunders | Charlo | | | | 54:11 |
| 19 | 1019 | 1183 | Sanet | Ryan | Elite | | | | 54:27 |
| 20 | 1020 | 993 | Thembekile | Msipa | Charlo | | | | 55:59 |
| 21 | 1021 | 890 | Simphiwe | Blou | Charlo | | | | 56:11 |
| 22 | 1022 | 887 | Lynne | Neubert | Charlo | | | | 57:02 |
| 23 | 1023 | 881 | Shaun | Attenborough | Charlo | | | | 57:02 |
| 24 | 1024 | 1234 | Dewalt | Deysel | Elite | | | | 57:53 |
| 25 | 1025 | | Tian | Gerber | Charlo | | | | 58:26 |
| 26 | 1026 | 2169 | Willy-Dean | Myburgh | Charlo | | | | 58:27 |
| 27 | 1027 | 891 | Darryl | Calvert | Charlo | | | | 58:25 |
| 28 | 1028 | | J | Grobler | Temp | | | | 59:25 |
| 29 | 1029 | 1277 | Denver | Ellie | VW | | | | 59:44 |
| 30 | 1030 | 999 | Thomas | Marais | Charlo | | | | 1:00:20 |
| 31 | 1031 | 930 | Imke | Smit | Charlo | | | | 1:00:20 |
| 32 | 1032 | 979 | Mathew | Jacoby | Charlo | | | | 1:00:40 |
| 33 | 1033 | 915 | Joel | Human | Charlo | | | | 1:00:48 |
| 34 | 1034 | 934 | Jean | Meyer | Charlo | | | | 1:02:30 |
| 35 | 1035 | 905 | Michelle | Moolman | Charlo | | | | 1:02:31 |
| 36 | 1036 | 972 | Conrad | Venter | Charlo | | | | 1:02:38 |
| 37 | 1037 | 926 | Peter | Van Rensburg | Charlo | | | | 1:03:04 |
| 38 | 1038 | 1237 | Herman | Mathew | Elite | | | | 1:03:33 |
| 39 | 1039 | 42 | Sam | Erasmus | SAPS | | | | 1:04:00 |
| 40 | 1040 | 2164 | Sharon | Griesel | Charlo | | | | 1:04:35 |
| 41 | 1041 | 2165 | Dion | Griesel | Charlo | | | | 1:04:36 |
| 42 | 1042 | 1296 | Noel | McMaster | VW | | | | 1:04:54 |
| 43 | 1043 | | Lisa | Hen-Boisen | Charlo | | | | 1:05:06 |
| 44 | 1044 | 906 | Tarryn | Ferreira | Charlo | | | | 1:06:57 |
| 45 | 1045 | 82 | Leta | Dos Santos | Infinity | | | | 1:08:18 |
| 46 | 1046 | 956 | Neelesh | Bhana | Charlo | | | | 1:08:28 |
| 47 | 1047 | 904 | Mari | Calitz | Charlo | | | | 1:09:00 |
| 48 | 1048 | 984 | Belinda | Bain | Charlo | | | | 1:09:23 |
| 49 | 1049 | 1587 | Mariska | Olivier | Despatch | | | | 1:09:49 |
| 50 | 1050 | 947 | Ganief | Davids | Charlo | | | | 1:10:02 |
| 51 | 1051 | 882 | Armin | Brandle | Charlo | | | | 1:10:36 |
| 52 | 1052 | 969 | Gary | Kellerher | Charlo | | | | 1:10:36 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|------|-------|------------|------------|------------|-----|-----|-----|---------|
| 53 | 1053 | 883 | Lindi | Van Tonder | Charlo | | | | 1:11:00 |
| 54 | 1054 | 874 | Lynne | Van Wyk | Charlo | | | | 1:11:09 |
| 55 | 1055 | 959 | Johan | Gerber | Charlo | | | | 1:12:11 |
| 56 | 1056 | 903 | Kesval | Chetty | Charlo | | | | 1:12:14 |
| 57 | 1057 | 996 | Paula | Pearce | Charlo | | | | 1:12:28 |
| 58 | 1058 | 980 | Petrus | Koopman | Charlo | | | | 1:12:56 |
| 59 | 1059 | 2170 | Matthew | Muller | Charlo | | | | 1:13:20 |
| 60 | 1060 | 50 | Michael | Dekker | SAPS | | | | 1:13:40 |
| 61 | 1061 | 895 | Gianni | Tistelli | Charlo | | | | 1:14:00 |
| 62 | 1062 | 967 | Michael | Burger | Charlo | | | | 1:14:45 |
| 63 | 1063 | 892 | Chantel | Huygen | Charlo | | | | 1:14:47 |
| 64 | 1064 | 1352 | Volenti | Meyer | Nedbank | | | | 1:15:00 |
| 65 | 1065 | 913 | Sharon | Smuts | Charlo | | | | 1:15:53 |
| 66 | 1066 | 924 | Graham | Broom | Charlo | | | | 1:16:17 |
| 67 | 1067 | 705 | Octavia | Boshoff | Crusaders | | | | 1:17:51 |
| 68 | 1068 | 975 | Roberto | Arduini | Charlo | | | | 1:18:12 |
| 69 | 1069 | 600 | André | Pienaar | Run4Christ | | | | 1:18:51 |
| 70 | 1070 | 917 | Vicky | Tsouknidas | Charlo | | | | 1:21:05 |
| 71 | 1071 | 2163 | Sunet | Harris | Charlo | | | | 1:21:06 |
| 72 | 1072 | 2162 | Erika | Foreman | Charlo | | | | 1:21:06 |
| 73 | 1073 | 920 | Lochi | Lochner | Charlo | | | | 1:21:14 |
| 74 | 1074 | 2172 | Lee | Page | Charlo | | | | 1:22:36 |
| 75 | 1075 | 928 | Allister | Marran | Charlo | | | | 1:24:41 |
| 76 | 1076 | | Jackie | Kobokana | Charlo | | | | 1:24:41 |
| 77 | 1077 | 998 | Robert | Galloway | Charlo | | | | 1:28:48 |
| 78 | 1078 | 936 | Margot | Schnetler | Charlo | | | | 1:29:40 |
| 79 | 1079 | 971 | Deidre | Gerber | Charlo | | | | 1:30:23 |
| 80 | 1080 | 910 | Rae | Luckman | Charlo | | | | 1:30:52 |
| 81 | 1081 | 935 | Brenton | Schnetler | Charlo | | | | 1:32:08 |
| 82 | 1082 | 925 | Noreen | Human | Charlo | | | | 1:32:08 |
| 83 | 1083 | 75 | Hester | Dekker | SAPS | | | | 1:32:59 |
| 84 | 1084 | 40001 | Zante | Dekker | SAPS | | | | 1:32:59 |
| 85 | 1085 | 1417 | Genivive | Laycock | Nedbank | | | | 1:34:52 |
| 86 | 1086 | 995 | Bernadette | Looock | Charlo | | | | 1:35:52 |
| 87 | 1087 | 923 | Eva | Chetty | Charlo | | | | 1:36:14 |
| 88 | 1088 | 962 | Milé | Vermaak | Charlo | | | | 1:36:16 |