

| Position |     | Rob Armstrong 3km - Male |         |                            |
|----------|-----|--------------------------|---------|----------------------------|
| O/A      | Cat | Race No.                 | Time    | Name                       |
| 1        | 1   | 514                      | 0:41:52 | Liam Ellis                 |
| 4        | 2   | 740                      | 0:47:33 | Robert Jansen van Rensburg |
| 5        | 3   | 488                      | 0:47:44 | Konstantin Kim             |
| 7        | 4   | 363                      | 0:48:16 | Jaden Viljoen              |
| 10       | 5   | 448                      | 0:49:42 | Kai Pfister                |
| 12       | 6   | 105                      | 0:49:49 | Bruce James                |
| 13       | 7   | 97                       | 0:49:58 | Brad Hooker                |
| 15       | 8   | 698                      | 0:50:27 | Peter Emslie               |
| 16       | 9   | 798                      | 0:50:41 | Stefan Viljoen             |
| 17       | 10  | 2                        | 0:51:26 | Adam Venter                |
| 18       | 11  | 38                       | 0:51:44 | Andrew Trench              |
| 19       | 12  | 708                      | 0:51:49 | Phillip Carstens           |
| 21       | 13  | 827                      | 0:52:30 | Terry Bantock              |
| 22       | 14  | 432                      | 0:53:15 | Joshua Wykeham             |
| 23       | 15  | 104                      | 0:53:39 | Bruce Goodwin              |
| 24       | 16  | 731                      | 0:54:06 | Riaan Kröger               |
| 25       | 17  | 733                      | 0:54:18 | Richard Kilpin             |
| 26       | 18  | 202                      | 0:54:43 | Dawid Malherbe             |
| 27       | 19  | 596                      | 0:55:06 | Matthew Duncan             |
| 28       | 20  | 13                       | 0:55:08 | Alec Venter                |
| 29       | 21  | 46                       | 0:55:20 | Angus Taylor               |
| 31       | 22  | 101                      | 0:55:33 | Brett De Kock              |
| 33       | 23  | 902                      | 0:55:45 | Dave Welensky              |
| 36       | 24  | 9                        | 0:56:10 | Alan Fitzhenry             |
| 37       | 25  | 864                      | 0:56:30 | Willem Strydom             |
| 38       | 26  | 273                      | 0:58:27 | Francois botha             |
| 39       | 27  | 715                      | 0:58:33 | Pieter van Deemter         |
| 40       | 28  | 429                      | 0:58:34 | JOSHUA Grindley-Ferris     |
| 42       | 29  | 293                      | 0:59:20 | Gert van Wyk               |
| 43       | 30  | 705                      | 0:59:27 | Petrus Bosman              |
| 44       | 31  | 144                      | 0:59:32 | Charl Jooste               |
| 45       | 32  | 330                      | 0:59:44 | Henri van der Westhuizen   |
| 46       | 33  | 35                       | 0:59:55 | andrew gillespie           |
| 47       | 34  | 559                      | 1:00:03 | Malcolm Buchanan           |
| 48       | 35  | 308                      | 1:00:06 | Handre de la Rey           |
| 49       | 36  | 318                      | 1:00:13 | Hans Muylaert-Gelein       |

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| O/A      | Cat | Race No.                 | Time    | Name                    |
| 50       | 37  | 794                      | 1:00:20 | Stan Contat             |
| 52       | 38  | 307                      | 1:00:35 | H Bester                |
| 54       | 39  | 36                       | 1:01:11 | Andrew Havinga          |
| 55       | 40  | 381                      | 1:01:21 | Jannie Bosman           |
| 56       | 41  | 744                      | 1:01:26 | Roelof Joubert          |
| 58       | 42  | 611                      | 1:01:29 | Michael Grobler         |
| 60       | 43  | 856                      | 1:02:48 | VINCENT MEINTJES        |
| 61       | 44  | 444                      | 1:02:51 | JUSTIN SAGE             |
| 62       | 45  | 607                      | 1:03:05 | Meyer de Waal           |
| 63       | 46  | 174                      | 1:03:14 | Clive Charlton          |
| 65       | 47  | 597                      | 1:03:51 | Matthew Grindley-Ferris |
| 66       | 48  | 832                      | 1:03:53 | THOMAS Grindley-Ferris  |
| 69       | 49  | 441                      | 1:04:28 | Justin Burls            |
| 70       | 50  | 83                       | 1:04:39 | Benvc Van Coller        |
| 72       | 51  | 291                      | 1:04:53 | Gerard de la Bat        |
| 73       | 52  | 737                      | 1:04:54 | Ritz de la Bat          |
| 74       | 53  | 370                      | 1:05:34 | Jan Nel                 |
| 79       | 54  | 145                      | 1:06:02 | Charl van Deventer      |
| 81       | 55  | 392                      | 1:06:38 | Jean Viljoen            |
| 86       | 56  | 436                      | 1:07:18 | Juan Jager              |
| 88       | 57  | 299                      | 1:08:09 | Graham Richardson       |
| 89       | 58  | 253                      | 1:08:41 | Errard Sullivan         |
| 90       | 59  | 268                      | 1:09:09 | Flip Cloete             |
| 95       | 60  | 77                       | 1:10:49 | Ben Strauss             |
| 96       | 61  | 296                      | 1:11:08 | Gottlieb Johan Louw     |
| 98       | 62  | 84                       | 1:11:44 | Bernabe de la Bat       |
| 102      | 63  | 215                      | 1:13:27 | DERICK COETZEE          |
| 104      | 64  | 367                      | 1:14:17 | James Armstrong         |
| 108      | 65  | 758                      | 1:16:40 | Russel Daries           |
| 116      | 66  | 141                      | 1:19:19 | Charl Bezuidenhout      |
| 119      | 67  | 702                      | 1:20:27 | Peter Statham           |
| 120      | 68  | 40                       | 1:20:30 | Andy Statham            |
| 123      | 69  | 212                      | 1:23:08 | Deon van der Westhuizen |
| 125      | 70  | 428                      | 1:27:57 | Joshua du Plooy         |
| 126      | 71  | 417                      | 1:30:17 | Johann Beytell          |
| 127      | 72  | 565                      | 1:36:10 | Marc Niehaus            |

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| O/A      | Cat | Race No.                 | Time    | Name              |
| 128      | 73  | 339                      | 1:38:41 | Ian and Armstrong |