

JF

Position		Junior Female - 3200m		
Overall	Cat	Race No	Time	Name
28	1	91	00:49:57	Emsie Brand
29	2	298	00:50:04	chane grobbelaar

JM

Position		Junior Male - 3200m		
Overall	Cat	Race No	Time	Name
7	1	780	00:44:33	Jan-Lukas vd Westhuizen
12	2	594	00:47:05	Jaedyn Raath
18	3	234	00:49:11	Meinhardt Esterhuizen
77	4	605	01:02:58	Ian Rheeder
85	5	204	01:04:05	Caleb Dower
124	6	824	01:20:12	Cornelius Weyers

SF

Position		Senior Female - 3200m		
Overall	Cat			
3	1	670	00:40:41	tarryn Stanford
8	2	500	00:44:39	Rebecca Monk
9	3	350	00:45:57	Jocelyn Jansen van Rensburg
13	4	802	00:47:15	Vanessa von der Heyde
20	5	772	00:49:33	Jenna van Zyl
26	6	1	00:49:53	Renate (Ratti) Bussiahn
27	7	570	00:49:55	Katherine Persson
34	8	419	00:50:25	Charlotte Lewis
36	9	499	00:50:31	Julia Monk
37	10	344	00:50:44	Britt Hyland
39	11	696	00:51:07	Wynnie Swanepoel
41	12	372	00:51:33	Sarah-Jane Klopstra
42	13	369	00:52:07	Brit King
49	14	171	00:54:56	Jana de Kock
50	15	438	00:55:07	Anneke Lund
52	16	786	00:55:43	Enid Versfeld
54	17	386	00:56:06	Samantha Kröger
55	18	203	00:56:26	Roxanne Dovey (Swanepoel)
59	19	323	00:57:00	Isabella Hirschson
60	20	728	00:57:05	Annerie Van der Merwe
61	21	134	00:57:10	Estie Cloete
63	22	599	00:58:38	Clare Rainey
64	23	509	00:59:08	Katie Morrison
65	24	882	00:59:12	Michaela Kruger
66	25	427	00:59:19	Kim Loppnow
67	26	193	01:00:04	Lindi Diedericks
70	27	151	01:00:20	Sanet Cox
71	28	16	01:00:21	Marli Auret
73	29	152	01:02:08	Roma Cronje
74	30	752	01:02:10	Melanie van Oudtshoorn
75	31	176	01:02:18	Lizl de Villiers
76	32	362	01:02:27	Nakita Keal
80	33	88	01:03:37	Lucille Bowman
81	34	358	01:03:46	Helena Kalp
89	35	421	01:04:57	Jane Liebenberg
90	36	320	01:05:45	Sonja Hellinger
91	37	422	01:05:52	Layla Liebetrau
92	38	724	01:06:27	Philippa van Breukelen

SF

Position		Senior Female - 3200m		
Overall	Cat			
93	39	404	01:06:30	Brigitte Le Court de Billot
94	40	480	01:06:31	Anja Meadon
95	41	663	01:06:40	Barbara Southworth
97	42	205	01:07:07	philippa dresner
98	43	631	01:07:21	Tracy Scheepers
99	44	337	01:07:23	Jacqueline Hudson
101	45	633	01:08:05	Frances Scholtz
103	46	231	01:10:13	Alet Engelbrecht
105	47	615	01:10:42	Tanya Rossouw
106	48	581	01:10:47	Noleen Pike
108	49	644	01:11:31	Andrea Slabbert
109	50	791	01:11:55	Nicola Vickery
110	51	301	01:11:59	Mareli Grobbelaar-Moolman
113	52	430	01:12:38	Melissa Loudon
115	53	72	01:13:09	Zéta Booysen
116	54	172	01:13:46	Lindsay de Kock
117	55	521	01:13:49	Mari Neethling
118	56	758	01:15:08	Lynette Van Schalkwyk
121	57	44	01:18:35	jana Beckett
123	58	181	01:19:33	Esmari de Wet
125	59	104	01:22:34	Edyth Bulbring
127	60	382	01:26:27	Esti Koorts
128	61	561	01:26:30	Theresa Parsraman
129	62	647	01:30:04	Bea Smit

SM

Position		Senior Male - 3200m		
Overall	Cat			
1	1	511	00:36:54	Maximilian Mossop (Wetsuit)
2	2	409	00:40:22	Eric le Roux
4	3	557	00:41:50	Matthew Kingsley Page
5	4	566	00:43:08	Iain Peddle
6	5	248	00:44:07	Colin Fleming
10	6	230	00:46:27	Peter Emslie
11	7	834	00:46:34	Patrick Wilke
14	8	141	00:47:21	Philip Conradie
15	9	282	00:47:34	Roy Godfrey
16	10	764	00:47:58	Jan-Daan van Wyk
17	11	286	00:49:07	Bruce Goodwin
19	12	455	00:49:25	Dawid Malherbe
21	13	368	00:49:34	Richard Kilpin
22	14	619	00:49:39	Paul Rowett
23	15	573	00:49:42	Kai Pfister
24	16	131	00:49:48	Liam Clavaux
25	17	370	00:49:53	Warren King
30	18	573	00:50:07	Kai Pfister
31	19	131	00:50:10	Liam Clavaux
32	20	398	00:50:20	Josh Lane
33	21	446	00:50:24	Brad Mackenzie
35	22	385	00:50:28	Riaan Kröger
38	23	222	00:51:05	Matthew Duncan
40	24	705	00:51:32	Angus Taylor
43	25	90	00:52:30	Marcus Brain
44	26	725	00:54:10	Pieter van Deemter
45	27	851	00:54:16	Wesley Zondagh
46	28	784	00:54:35	Zander Venter
47	29	173	00:54:50	Handre de la Rey
48	30	881	00:54:53	PJ Vadas
51	31	528	00:55:17	Bryan Nicholson
53	32	124	00:55:57	Lynton Cassel
56	33	519	00:56:48	Hans Muylaert-Gelein
57	34	347	00:56:54	Juan Jager
58	35	536	00:56:55	Jakes Nortje
62	36	102	00:57:25	Malcolm Buchanan
68	37	678	01:00:11	Zack Sterley
69	38	229	01:00:17	Wimpie Els

SM

Position		Senior Male - 3200m		
Overall	Cat			
72	39	523	01:02:06	Jan Nel
78	40	789	01:03:10	Andrew Verster-Cohen
79	41	194	01:03:29	Peet Diedericks
82	42	345	01:03:57	Richard Innes
83	43	135	01:04:02	Flip Cloete
84	44	250	01:04:03	Jason Forssman
86	45	95	01:04:14	Johan Breytenbach
87	46	45	01:04:25	Kyron Beckx
88	47	694	01:04:39	Clayton Swanepoel
96	48	406	01:06:52	Henri le Grange
100	49	405	01:07:38	Francois le Grange
102	50	692	01:08:21	Errard Sullivan
104	51	613	01:10:30	Michael Robinson
107	52	635	01:11:09	Caleb Schultz
111	53	880	01:12:03	Org van Der Wath
112	54	346	01:12:36	Leon Jacobs
114	55	587	01:12:42	Cobus Potgieter
119	56	542	01:15:20	Maurizio Odierna
120	57	218	01:15:22	Douglas Dumbrill
122	58	517	01:19:21	Gunnar Muth
126	59	42	01:24:53	LUIGI BASSI