

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
All Women	1	1	750	Senior Women 19-29	Michelle	Weber	00.21.36	
<i>Mile</i>	2	1	623	Sub Vet Women 30-39	Tarryn	Stanford	00.22.04	
<i>Mile</i>	3	2	17	Senior Women 19-29	Carli	Antonopoulos	00.23.04	
<i>Mile</i>	4	1	500	Junior Women 17-18	Hannah	Neilson	00.23.22	
<i>Mile</i>	5	3	200	Senior Women 19-29	Danielle	Dirksen	00.26.22	
<i>Mile</i>	6	4	657	Senior Women 19-29	Tatum	Tarpey	00.26.30	
<i>Mile</i>	7	5	406	Senior Women 19-29	Margaux	Le Roux	00.28.05	
<i>Mile</i>	8	6	24	Senior Women 19-29	Stephanie	Askew	00.28.06	
<i>Mile</i>	9	1	723	Sub Jun Girls 13-14	Wilmien	Verbeek	00.28.24	
<i>Mile</i>	10	7	695	Senior Women 19-29	Imre	Van Huyssteen	00.28.47	
<i>Mile</i>	11	8	334	Senior Women 19-29	Izaan	Hough	00.28.52	
<i>Mile</i>	12	1	153	Master Women 50-59	Kate	Cowling	00.29.20	
<i>Mile</i>	13	2	519	Sub Vet Women 30-39	Kristen	Ong	00.29.23	
<i>Mile</i>	14	1	119	Youth Women 15-16	Joelle	Buys	00.29.30	
<i>Mile</i>	15	2	698	Youth Women 15-16	Kirsten	Van Reenen	00.29.42	
<i>Mile</i>	16	2	90	Sub Jun Girls 13-14	Emsie	Brand	00.29.42	
<i>Mile</i>	17	2	330	Junior Women 17-18	Isabella	Hopkirk	00.29.45	
<i>Mile</i>	18	9	237	Senior Women 19-29	Ashley	Ferreira	00.29.52	
<i>Mile</i>	19	10	609	Senior Women 19-29	Kim	Smith	00.29.57	
<i>Mile</i>	20	11	326	Senior Women 19-29	Jess	Holing	00.30.02	
<i>Mile</i>	21	3	273	Sub Vet Women 30-39	Karen	Graaff	00.30.05	
<i>Mile</i>	22	12	261	Senior Women 19-29	Hannah	Gibbs	00.30.24	
<i>Mile</i>	23	2	304	Master Women 50-59	Monika	Hayes	00.30.35	
<i>Mile</i>	24	4	136	Sub Vet Women 30-39	Kerri	Clifford	00.31.01	
<i>Mile</i>	25	1	286	Veteran Women 40-49	Lauren	Halbert	00.31.11	
All Women	26	3	498	Junior Women 17-18	Iona	Neethling	00.31.21	
<i>Mile</i>	27	5	139	Sub Vet Women 30-39	Carla	Coetzee	00.31.36	
<i>Mile</i>	28	2	459	Veteran Women 40-49	Christiane	Mcewen	00.31.40	
<i>Mile</i>	29	6	447	Sub Vet Women 30-39	Samantha	Matos	00.31.42	
<i>Mile</i>	30	3	4	Youth Women 15-16	Keesha	Adams	00.31.43	
<i>Mile</i>	31	4	562	Youth Women 15-16	Holly	Ramsden	00.32.33	
<i>Mile</i>	32	5	169	Youth Women 15-16	Erin	De Beer	00.32.37	
<i>Mile</i>	33	13	687	Senior Women 19-29	Jedidja	Van Der Walt	00.32.38	
<i>Mile</i>	34	14	319	Senior Women 19-29	Carolyn	Hitchins	00.32.45	
<i>Mile</i>	35	6	129	Youth Women 15-16	Mila	Cheary	00.32.50	
<i>Mile</i>	36	15	361	Senior Women 19-29	Donna	Jullien	00.32.52	
<i>Mile</i>	37	16	111	Senior Women 19-29	Louise	Buhrmann	00.32.58	
<i>Mile</i>	38	4	759	Junior Women 17-18	Caitlin	Wilde	00.33.06	
<i>Mile</i>	39	3	35	Veteran Women 40-49	Tarren	Barenblatt	00.33.11	
<i>Mile</i>	40	7	289	Sub Vet Women 30-39	Candyce	Hall	00.33.12	
<i>Mile</i>	41	3	738	Master Women 50-59	Melissa	Wainwright	00.33.18	
<i>Mile</i>	42	17	316	Senior Women 19-29	Jemima	Hindmarch	00.33.20	
<i>Mile</i>	43	1	650	Sprog Girls 11-12	Lulu	Swanepoel	00.33.30	
<i>Mile</i>	44	8	213	Sub Vet Women 30-39	Kobie	Du Preez	00.33.33	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
<i>Mile</i>	45	18	368	Senior Women 19-29	Nakita	Keal	00.33.51	
<i>Mile</i>	46	4	328	Veteran Women 40-49	Lara	Hooper	00.34.02	
<i>Mile</i>	47	9	409	Sub Vet Women 30-39	Sascha	Lear	00.34.08	
<i>Mile</i>	48	10	38	Sub Vet Women 30-39	Tammy	Barlow	00.34.15	
<i>Mile</i>	49	5	644	Junior Women 17-18	Liska	Stramrood	00.34.19	
<i>Mile</i>	50	4	398	Master Women 50-59	Margit	Landman	00.34.27	
<i>Mile</i>	51	19	199	Senior Women 19-29	Sarah	Dillon	00.34.33	
<i>Mile</i>	52	5	299	Master Women 50-59	Alison	Hartley	00.34.43	
<i>Mile</i>	53	5	300	Veteran Women 40-49	Christina	Harvett	00.34.43	
<i>Mile</i>	54	20	496	Senior Women 19-29	Kaylee	Nancarrow	00.34.46	
<i>Mile</i>	55	6	5	Master Women 50-59	Kim	Adams	00.34.48	
<i>Mile</i>	56	6	754	Veteran Women 40-49	Minette	Weirich	00.34.55	
<i>Mile</i>	57	7	154	Veteran Women 40-49	Sanet	Cox	00.34.57	
<i>Mile</i>	58	21	231	Senior Women 19-29	Monica	Esterhuizen	00.35.00	
<i>Mile</i>	59	11	701	Sub Vet Women 30-39	Odelia	Van Stryp	00.35.13	
<i>Mile</i>	60	12	440	Sub Vet Women 30-39	Bronwyn	Maree	00.35.21	
<i>Mile</i>	61	7	568	Master Women 50-59	Joanna	Retief	00.35.24	
<i>Mile</i>	62	8	536	Master Women 50-59	Michelle	Petring	00.35.30	
<i>Mile</i>	63	8	684	Veteran Women 40-49	Lynda	Van Der Merwe	00.35.35	
<i>Mile</i>	64	9	734	Veteran Women 40-49	Jacqueline	Vockins	00.35.41	
<i>Mile</i>	65	10	249	Veteran Women 40-49	Sharon	Fourie	00.35.48	
<i>Mile</i>	66	22	156	Senior Women 19-29	Frances	Craddock	00.35.56	
<i>Mile</i>	67	11	722	Veteran Women 40-49	Miemie	Verbeek	00.35.57	
<i>Mile</i>	68	13	376	Sub Vet Women 30-39	Madeli	Kleyn	00.36.03	
<i>Mile</i>	69	7	564	Youth Women 15-16	Abby	Raymer	00.36.04	
<i>Mile</i>	70	12	134	Veteran Women 40-49	Ryna	Cilliers	00.39.06	
<i>Mile</i>	71	23	575	Senior Women 19-29	Sune	Roodt	00.36.07	
All Women	72	14	110	Sub Vet Women 30-39	Sarah	Buerger	00.36.10	
<i>Mile</i>	73	13	492	Veteran Women 40-49	Zané	Myburg	00.36.12	
<i>Mile</i>	74	15	751	Sub Vet Women 30-39	Nikki	Weerts	00.36.19	
<i>Mile</i>	75	8	417	Youth Women 15-16	Josephine	Liebenberg	00.36.34	
<i>Mile</i>	76	9	47	Master Women 50-59	Alison	Beaumont	00.36.39	
<i>Mile</i>	77	10	181	Master Women 50-59	Lizl	De Villiers	00.36.40	
<i>Mile</i>	78	24	161	Senior Women 19-29	Phillipa	Curd	00.36.40	
<i>Mile</i>	79	11	403	Master Women 50-59	Tracey	Laverty	00.36.45	
<i>Mile</i>	80	16	170	Sub Vet Women 30-39	Marita	De Bruyn	00.36.53	
<i>Mile</i>	81	14	265	Veteran Women 40-49	Caroline	Gillies	00.36.55	
<i>Mile</i>	82	15	707	Veteran Women 40-49	Megan	Van Vlaanderen	00.36.56	
<i>Mile</i>	83	25	192	Senior Women 19-29	Lauren	Denny	00.37.00	
<i>Mile</i>	84	17	217	Sub Vet Women 30-39	Jana	Du Toit	00.37.03	
<i>Mile</i>	85	16	276	Veteran Women 40-49	Cindy	Greyling	00.37.07	
<i>Mile</i>	86	17	712	Veteran Women 40-49	Nadia	Van Wyk	00.37.08	
<i>Mile</i>	87	18	228	Veteran Women 40-49	Alet	Engelbrecht	00.37.12	
<i>Mile</i>	88	12	584	Master Women 50-59	Tracy	Rudling	00.37.14	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
Mile	89	19	659	Veteran Women 40-49	Jean	Tarr	00.37.22	
Mile	90	13	317	Master Women 50-59	Shelley	Hindmarch	00.37.22	
Mile	91	18	53	Sub Vet Women 30-39	Andrea	Bennett	00.37.23	
Mile	92	20	395	Veteran Women 40-49	Hester	Ladewig	00.37.24	
Mile	93	19	741	Sub Vet Women 30-39	Courtney	Wallander	00.37.26	
Mile	94	9	160	Youth Women 15-16	Georgia	Curd	00.37.30	
Mile	95	20	221	Sub Vet Women 30-39	Candice	Dumas	00.37.33	
Mile	96	20	58	Veteran Women 40-49	Fiona	Bergmann	00.37.36	
Mile	97	21	130	Veteran Women 40-49	Renee	Cheary	00.37.36	
Mile	98	1	539	Gr Master Women 60+	Celia	Pienaar	00.37.38	
Mile	99	21	335	Sub Vet Women 30-39	Jacqueline	Hudson	00.37.53	
Mile	100	2	731	Gr Master Women 60+	Loula	Visser	00.37.59	
Mile	101	22	367	Veteran Women 40-49	Nadia	Kariel	00.38.00	
Mile	102	23	293	Veteran Women 40-49	Lindi	Harmsen	00.38.03	
Mile	103	24	454	Veteran Women 40-49	Bryony	Mccormick	00.38.09	
Mile	104	25	617	Veteran Women 40-49	Anena	Spies	00.38.16	
Mile	105	26	505	Veteran Women 40-49	Helen	Nicolas	00.38.20	
Mile	106	22	593	Sub Vet Women 30-39	Elsje	Schreuder	00.38.24	
Mile	107	27	338	Veteran Women 40-49	Kerry	Hume	00.38.28	
Mile	108	14	254	Master Women 50-59	Nella	Freund	00.38.33	
Mile	109	28	499	Veteran Women 40-49	Mari	Neethling	00.38.34	
Mile	110	3	127	Gr Master Women 60+	Lydia	Carstens	00.38.41	
Mile	111	29	52	Veteran Women 40-49	Megan	Benn	00.39.05	
Mile	112	23	315	Sub Vet Women 30-39	Kate	Hilson	00.39.18	
Mile	113	26	685	Senior Women 19-29	Prisca	Van Der Merwe	00.39.25	
Mile	114	30	137	Veteran Women 40-49	Fairuz	Coe	00.39.27	
Mile	115	24	93	Sub Vet Women 30-39	Thea	Brand	00.39.34	
Mile	116	15	516	Master Women 50-59	Dee	Olivier	00.39.35	
All Women	117	16	244	Master Women 50-59	Petra	Forrest	00.39.38	
Mile	118	3	270	Sub Jun Girls 13-14	Gretha	Graaff	00.39.38	
Mile	119	31	482	Veteran Women 40-49	Candice	Montzinger	00.39.44	
Mile	120	17	321	Master Women 50-59	Narine	Hitchins	00.39.52	
Mile	121	32	749	Veteran Women 40-49	Charlotte	Weaver	00.39.55	
Mile	122	33	669	Veteran Women 40-49	Kim	Tracey	00.40.05	
Mile	123	34	107	Veteran Women 40-49	Colleen	Brugman	00.40.13	
Mile	124	25	295	Sub Vet Women 30-39	Jacqui	Harrison	00.40.17	
Mile	125	35	455	Veteran Women 40-49	Taryn	Mccormick	00.40.22	
Mile	126	36	446	Veteran Women 40-49	Kara	Matkovich	00.40.43	
Mile	127	26	63	Sub Vet Women 30-39	Laura	Beukes	00.40.45	
Mile	128	18	141	Master Women 50-59	Liezel	Coetzee	00.40.50	
Mile	129	37	49	Veteran Women 40-49	Sam	Bell	00.40.59	
Mile	130	38	680	Veteran Women 40-49	Philippa	Van Breukelen	00.41.01	
Mile	131	27	554	Senior Women 19-29	Lise	Prinsloo	00.41.07	
Mile	132	4	392	Sub Jun Girls 13-14	Natasha	Kumbier	00.41.10	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
<i>Mile</i>	133	19	774	Master Women 50-59	Lynne	Wright	00.41.13	
<i>Mile</i>	134	4	177	Gr Master Women 60+	Lindsay	De Kock	00.41.26	
<i>Mile</i>	135	27	32	Sub Vet Women 30-39	Nicola	Baines	00.41.29	
<i>Mile</i>	136	5	758	Sub Jun Girls 13-14	Hannah	Whitson	00.41.33	
<i>Mile</i>	137	20	428	Master Women 50-59	Anita	Louw	00.41.37	
<i>Mile</i>	138	28	639	Senior Women 19-29	Kayla	Steyn	00.41.41	
<i>Mile</i>	139	6	323	Sub Jun Girls 13-14	Errine	Hodges	00.41.47	
<i>Mile</i>	140	29	530	Senior Women 19-29	Catherine	Pellow-Jarman	00.41.53	
<i>Mile</i>	141	21	532	Master Women 50-59	Terry	Pellow-Jarman	00.41.57	
<i>Mile</i>	142	28	382	Sub Vet Women 30-39	Elmarie	Koekemoer	00.42.01	
<i>Mile</i>	143	7	120	Sub Jun Girls 13-14	Caitlin	Caesar	00.42.05	
<i>Mile</i>	144	39	123	Veteran Women 40-49	Danja	Calver	00.42.06	
<i>Mile</i>	145	10	595	Youth Women 15-16	Chaely-Anne	Schuster	00.42.10	
<i>Mile</i>	146	8	88	Sub Jun Girls 13-14	Jemma	Boulton	00.42.13	
<i>Mile</i>	147	40	717	Veteran Women 40-49	Kelly	Van Zyl	00.42.15	
<i>Mile</i>	148	29	721	Sub Vet Women 30-39	Talitha	Venter	00.42.24	
<i>Mile</i>	149	41	345	Veteran Women 40-49	Sarah	James	00.42.26	
<i>Mile</i>	150	30	194	Senior Women 19-29	Nicara	Diedericks	00.42.28	
<i>Mile</i>	151	22	135	Master Women 50-59	Sandy	Clackett	00.42.30	
<i>Mile</i>	152	30	643	Sub Vet Women 30-39	Marie	Sto	00.42.31	
<i>Mile</i>	153	2	294	Sprog Girls 11-12	Sadie	Harris	00.42.34	
<i>Mile</i>	154	31	96	Senior Women 19-29	Lara	Bredenkamp	00.42.38	
<i>Mile</i>	155	32	725	Senior Women 19-29	Christelle	Verster	00.42.41	
<i>Mile</i>	156	42	436	Veteran Women 40-49	Lilly-Ann	Malherbe	00.42.43	
<i>Mile</i>	157	31	325	Sub Vet Women 30-39	Vanessa	Hoek	00.42.46	
<i>Mile</i>	158	23	104	Master Women 50-59	Sandi	Brown	00.42.49	
<i>Mile</i>	159	32	184	Sub Vet Women 30-39	Stacey	De Villiers	00.42.50	
<i>Mile</i>	160	24	157	Master Women 50-59	Ruth	Craddock	00.43.00	
<i>Mile</i>	161	25	542	Master Women 50-59	Farah	Pirouz	00.43.08	
All Women	162	26	635	Master Women 50-59	Marion	Stevens	00.43.11	
<i>Mile</i>	163	43	637	Veteran Women 40-49	Esther	Steyn	00.43.12	
<i>Mile</i>	164	44	718	Veteran Women 40-49	Moija	Van Zyl	00.43.18	
<i>Mile</i>	165	27	537	Master Women 50-59	Belinda	Peyrot	00.43.29	
<i>Mile</i>	166	45	522	Veteran Women 40-49	Fee	Opperman	00.43.45	
<i>Mile</i>	167	46	393	Veteran Women 40-49	Erika	Kuun	00.43.50	
<i>Mile</i>	168	28	27	Master Women 50-59	Sharon	Atkins	00.44.02	
<i>Mile</i>	169	3	469	Sprog Girls 11-12	Maura	Mellema	00.44.08	
<i>Mile</i>	170	33	560	Sub Vet Women 30-39	Lizane	Raaths	00.44.18	
<i>Mile</i>	171	47	212	Veteran Women 40-49	Marisa	Du Plooy	00.44.28	
<i>Mile</i>	172	34	219	Sub Vet Women 30-39	Machon	Du Toit	00.44.32	
<i>Mile</i>	173	48	175	Veteran Women 40-49	Danette	De Klerk	00.44.37	
<i>Mile</i>	174	5	386	Gr Master Women 60+	Gerda	Kruger	00.44.44	
<i>Mile</i>	175	35	672	Sub Vet Women 30-39	Stacey	Trend	00.44.59	
<i>Mile</i>	176	29	487	Master Women 50-59	Rene	Munro	00.45.14	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
Mile	177	49	45	Veteran Women 40-49	Kirsty	Bastable	00.45.14	
Mile	178	50	39	Veteran Women 40-49	Veronica	Barnes	00.45.14	
Mile	179	30	426	Master Women 50-59	Rene	Lotter	00.45.15	
Mile	180	31	405	Master Women 50-59	Jane	Le Roux	00.45.21	
Mile	181	36	427	Sub Vet Women 30-39	Alexandra	Loudon	00.45.24	
Mile	182	32	636	Master Women 50-59	Fiona	Stewart	00.45.28	
Mile	183	4	322	Sprog Girls 11-12	Carla	Hodges	00.45.41	
Mile	184	51	8	Veteran Women 40-49	Meghan	Anderson	00.45.43	
Mile	185	52	124	Veteran Women 40-49	Donne	Cameron	00.45.51	
Mile	186	11	312	Youth Women 15-16	Nina	Higgo	00.45.53	
Mile	187	6	340	Gr Master Women 60+	Penny	Ingram	00.46.29	
Mile	188	53	223	Veteran Women 40-49	Chantelle	Elliott	00.46.44	
Mile	189	37	613	Sub Vet Women 30-39	Lindy	Snyman	00.46.47	
Mile	190	54	407	Veteran Women 40-49	Catharina	Le Roux	00.47.10	
Mile	191	55	535	Veteran Women 40-49	Nikki	Petersen	00.47.12	
Mile	192	33	233	Master Women 50-59	Claudia	Fabian	00.47.13	
Mile	193	56	369	Veteran Women 40-49	Brigitte	Kent	00.47.21	
Mile	194	38	744	Sub Vet Women 30-39	Rukeya	Warner	00.48.01	
Mile	195	57	696	Veteran Women 40-49	Annelise	Van Niekerk	00.48.07	
Mile	196	58	443	Veteran Women 40-49	Hilary	Marshall	00.48.29	
Mile	197	34	514	Master Women 50-59	Marian	Oliver	00.48.32	
Mile	198	7	699	Gr Master Women 60+	Helene	Van Rhyn	00.48.37	
Mile	199	35	746	Master Women 50-59	Lorna	Warren	00.48.58	
Mile	200	9	727	Sub Jun Girls 13-14	Daniella	Viljoen	00.49.29	
Mile	201	36	726	Master Women 50-59	Sonja	Vetten	00.49.36	
Mile	202	37	285	Master Women 50-59	Adél	Grobbelaar	00.49.43	
Mile	203	39	205	Sub Vet Women 30-39	Bianca	Douwes	00.50.29	
Mile	204	8	251	Gr Master Women 60+	Caroline	Franklin	00.50.46	
Mile	205	38	351	Master Women 50-59	Saskia	Johnson	00.50.58	
Mile	206	39	234	Master Women 50-59	Robin	Ferguson	00.51.25	
All Women	207	40	383	Sub Vet Women 30-39	Esti	Koorts	00.51.31	
Mile	208	40	628	Master Women 50-59	Mary-Louise	Stein	00.51.39	
Mile	209	41	524	Master Women 50-59	Tracy	Orione	00.51.47	
Mile	210	59	523	Veteran Women 40-49	Véronique	Orban	00.51.50	
Mile	211	42	697	Master Women 50-59	Lincey	Van Niekerk	00.52.52	
Mile	212	9	453	Gr Master Women 60+	Susi	Mccallin	00.54.00	
Mile	213	43	159	Master Women 50-59	Amy	Curd	00.54.03	
Mile	214	44	278	Master Women 50-59	Marian	Griffin-Kloot	00.54.18	
Mile	215	41	700	Sub Vet Women 30-39	Francini	Van Staden	00.56.38	
Mile	216	10	264	Gr Master Women 60+	Di	Gillespie	00.57.43	
Mile	217	12	653	Youth Women 15-16	Keira	Swartz	00.58.12	
Mile	218	60	743	Veteran Women 40-49	Candice	Wantenaar	00.58.18	
Mile	219	6	654	Junior Women 17-18	Leah	Swartz	00.59.00	
Mile	220	42	655	Sub Vet Women 30-39	Roné	Swartz	00.59.06	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
Mile	221	33	133	Senior Women 19-29	Thireshni	Chetty	01.01.26	
	222	45	358	Master Women 50-59	Gretha	Joubert	01.01.29	
Group	Pos All	Pos Cat	No	Age Category	First Name	Last Name	Time	Remarks
All Men	1	1	225	Youth Men 15-16	Liam	Ellis	00.20.43	
Mile	2	1	404	Senior Men 19-29	Eric	Le Roux	00.20.45	
Mile	3	1	374	Sub Jun Boys 13-14	Connor	Kinnear	00.23.39	
Mile	4	2	533	Youth Men 15-16	Liam	Pereira	00.23.50	
Mile	5	1	378	Junior Men 17-18	Teon	Kleynhans	00.24.51	
Mile	6	2	574	Senior Men 19-29	Stephano	Roodt	00.24.55	
Mile	7	1	583	Veteran Men 40-49	Paul	Rowett	00.25.11	
Mile	8	2	418	Junior Men 17-18	Nathan	Linscott	00.25.43	
Mile	9	3	606	Youth Men 15-16	Morgan-Jack	Smit	00.26.40	
Mile	10	1	422	Master Men 50-59	Thys	Lombard	00.26.41	
Mile	11	1	41	Sub Vet Men 30-39	Trevor	Barsdorf	00.26.41	
Mile	12	3	113	Junior Men 17-18	Schalk	Burger	00.26.44	
Mile	13	2	769	Veteran Men 40-49	Luke	Wollenschlaeger	00.27.34	
Mile	14	3	275	Senior Men 19-29	Christoff	Greyling	00.27.41	
Mile	15	3	68	Veteran Men 40-49	Mark	Bind	00.27.43	
Mile	16	2	381	Sub Vet Men 30-39	Alex	Kock	00.27.50	
Mile	17	4	308	Veteran Men 40-49	Irwin	Heinrich	00.27.53	
Mile	18	1	28	Gr Master Men 60+	Bernard	Avenant	00.28.01	
Mile	19	4	203	Junior Men 17-18	Thomas	Doherty	00.28.02	
Mile	20	4	84	Senior Men 19-29	Johnpieter	Botha	00.28.28	
Mile	21	5	145	Junior Men 17-18	Roman	Colonnello	00.28.37	
Mile	22	5	631	Veteran Men 40-49	Ameen	Stemmet	00.28.40	
Mile	23	3	256	Sub Vet Men 30-39	Wesley	Fuller	00.28.42	
Mile	24	6	384	Veteran Men 40-49	Riaan	Kroger	00.28.45	
Mile	25	4	691	Youth Men 15-16	Jaryd	Van Heerden	00.28.54	
Mile	26	2	327	Master Men 50-59	John	Hooper	00.29.07	
Mile	27	5	730	Senior Men 19-29	Stefan	Viljoen	00.29.13	
Mile	28	3	99	Master Men 50-59	Rick	Briers-Danks	00.29.15	
All Men	29	4	297	Sub Vet Men 30-39	Steve	Harrison	00.29.34	
Mile	30	7	771	Veteran Men 40-49	John	Woollam	00.29.47	
Mile	31	6	555	Senior Men 19-29	George	Quenet	00.29.49	
Mile	32	8	373	Veteran Men 40-49	Richard	Kilpin	00.29.58	
Mile	33	1	303	Sprog Boys 11-12	Christopher	Havinga	00.30.01	
Mile	34	5	444	Sub Vet Men 30-39	Musa	Marx	00.30.09	
Mile	35	7	296	Senior Men 19-29	Nicholas	Harrison	00.30.15	
Mile	36	2	337	Sub Jun Boys 13-14	Connor	Hume	00.30.41	
Mile	37	6	580	Junior Men 17-18	Paul	Roux	00.30.47	
Mile	38	3	144	Sub Jun Boys 13-14	Rocco	Colonnello	00.30.59	
Mile	39	4	288	Sub Jun Boys 13-14	Sean	Halbert	00.31.08	
Mile	40	4	268	Master Men 50-59	Bruce	Goodwin	00.31.09	
Mile	41	9	198	Veteran Men 40-49	Ed	Dillon	00.31.18	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
Mile	42	10	451	Veteran Men 40-49	Craig	Maulson	00.31.22	
Mile	43	5	353	Master Men 50-59	Spencer	Johnson	00.31.30	
Mile	44	7	352	Junior Men 17-18	Sebastian	Johnson	00.31.32	
Mile	45	11	109	Veteran Men 40-49	Malcolm	Buchanan	00.31.32	
Mile	46	8	281	Junior Men 17-18	Joshua	Grindley-Ferris	00.31.34	
Mile	47	12	302	Veteran Men 40-49	Andrew	Havinga	00.31.48	
Mile	48	13	434	Veteran Men 40-49	Wynand	Malan	00.31.52	
Mile	49	2	661	Sprog Boys 11-12	Noah	Taylor	00.32.00	
Mile	50	14	715	Veteran Men 40-49	Francois	Van Zyl	00.32.01	
Mile	51	6	681	Master Men 50-59	Pieter	Van Deemter	00.32.07	
Mile	52	6	180	Sub Vet Men 30-39	Jacques	De Villiers	00.32.11	
Mile	53	7	313	Sub Vet Men 30-39	Matthew	Hill	00.32.13	
Mile	54	7	65	Master Men 50-59	Grant	Bezer	00.32.39	
Mile	55	5	439	Sub Jun Boys 13-14	Zarik	Marais	00.32.41	
Mile	56	8	218	Sub Vet Men 30-39	Johannes	Du Toit	00.32.43	
Mile	57	8	158	Senior Men 19-29	Thomas	Craddock	00.32.44	
Mile	58	15	82	Veteran Men 40-49	Petrus	Bosman Snr	00.32.47	
Mile	59	9	31	Senior Men 19-29	Martin	Babl	00.32.55	
Mile	60	9	470	Sub Vet Men 30-39	Morné	Mellet	00.32.55	
Mile	61	16	36	Veteran Men 40-49	Hayward	Barends	00.33.05	
Mile	62	10	663	Senior Men 19-29	Werner	Theron	00.33.06	
Mile	63	17	714	Veteran Men 40-49	Warren	Van Wyk	00.33.07	
Mile	64	18	581	Veteran Men 40-49	Adriaan	Rowan	00.33.14	
Mile	65	19	15	Veteran Men 40-49	Les	Ansley	00.33.20	
Mile	66	11	556	Senior Men 19-29	Jonathan	Quenet	00.33.26	
Mile	67	20	585	Veteran Men 40-49	Justin	Sage	00.33.28	
Mile	68	10	702	Sub Vet Men 30-39	Pieter	Van Stryp	00.33.32	
Mile	69	8	259	Master Men 50-59	Pedro	Garcia	00.33.35	
Mile	70	9	147	Master Men 50-59	Brett	Cotterell	00.34.13	
Mile	71	21	151	Veteran Men 40-49	James	Cowie	00.34.17	
Mile	72	22	356	Veteran Men 40-49	Aghmed	Joseph	00.34.22	
Mile	73	23	359	Veteran Men 40-49	Roelof	Joubert	00.34.43	
All Men	74	11	600	Sub Vet Men 30-39	Alex	Sims	00.34.52	
Mile	75	10	320	Master Men 50-59	Greg	Hitchins	00.34.53	
Mile	76	11	380	Master Men 50-59	Darrel	Knight	00.35.02	
Mile	77	2	89	Gr Master Men 60+	Ian	Bradburn	00.35.04	
Mile	78	12	491	Master Men 50-59	Hans	Muylaert-Gelein	00.35.32	
Mile	79	12	282	Senior Men 19-29	Luke	Grindley-Ferris	00.35.34	
Mile	80	13	432	Senior Men 19-29	Vishaan	Makan	00.35.37	
Mile	81	24	12	Veteran Men 40-49	Ryan	Anley	00.35.44	
Mile	82	9	150	Junior Men 17-18	Alexander	Cowell-Vu	00.35.56	
Mile	83	3	735	Gr Master Men 60+	Anton	Vogt	00.36.03	
Mile	84	4	753	Gr Master Men 60+	Keith	Weightman	00.36.25	
Mile	85	14	51	Senior Men 19-29	Joshua	Benadie	00.36.25	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
Mile	86	6	290	Sub Jun Boys 13-14	Caleb	Harley	00.36.28	
Mile	87	7	578	Sub Jun Boys 13-14	Nicholas	Roux	00.36.32	
Mile	88	12	563	Sub Vet Men 30-39	Andrew	Randles	00.36.35	
Mile	89	10	14	Junior Men 17-18	Harry	Ansley	00.36.41	
Mile	90	25	425	Veteran Men 40-49	Charles	Lorentz	00.36.42	
Mile	91	26	11	Veteran Men 40-49	Cameron	Anley	00.36.43	
Mile	92	13	742	Sub Vet Men 30-39	Stuart	Walton	00.36.47	
Mile	93	8	331	Sub Jun Boys 13-14	Joshua	Hopkirk	00.36.49	
Mile	94	5	716	Gr Master Men 60+	Hannes	Van Zyl	00.36.51	
Mile	95	1	60	Nipper Boys 8-10	Torran	Bergmann	00.36.58	
Mile	96	27	9	Veteran Men 40-49	Steve	Anderson	00.37.09	
Mile	97	14	660	Sub Vet Men 30-39	Keith	Tarr	00.37.22	
Mile	98	13	604	Master Men 50-59	Gabriel	Smit	00.37.23	
Mile	99	15	775	Senior Men 19-29	Michael	Wright	00.37.58	
Mile	100	16	375	Senior Men 19-29	Philip	Kirby	00.38.10	
Mile	101	17	86	Senior Men 19-29	Frans	Bothma	00.38.11	
Mile	102	28	599	Veteran Men 40-49	Alan	Sherratt	00.38.17	
Mile	103	29	619	Veteran Men 40-49	Chris	Spies	00.38.22	
Mile	104	18	357	Senior Men 19-29	Geo	Joubert	00.38.26	
Mile	105	6	647	Gr Master Men 60+	Errard	Sullivan	00.38.31	
Mile	106	30	739	Veteran Men 40-49	Michael	Walker	00.38.36	
Mile	107	14	479	Master Men 50-59	Faizal	Miller	00.38.38	
Mile	108	31	538	Veteran Men 40-49	Gregory	Pheiffer	00.38.50	
Mile	109	32	504	Veteran Men 40-49	Garth	Newman	00.39.04	
Mile	110	9	22	Sub Jun Boys 13-14	Jake	Ascott-Evans	00.39.09	
Mile	111	15	226	Master Men 50-59	Wimpie	Els	00.39.13	
Mile	112	16	748	Master Men 50-59	Sean	Waywell	00.39.18	
Mile	113	17	478	Master Men 50-59	Jean-Pierre	Mieny	00.39.21	
Mile	114	15	348	Sub Vet Men 30-39	Philip	Janse Van Rensburg	00.39.23	
Mile	115	33	582	Veteran Men 40-49	Albert	Rowan	00.39.28	
Mile	116	16	678	Sub Vet Men 30-39	Dirk	Uys	00.39.40	
Mile	117	34	740	Veteran Men 40-49	Walla	Walla	00.39.41	
Mile	118	10	284	Sub Jun Boys 13-14	Thomas	Grindley-Ferris	00.39.50	
All Men	119	3	283	Sprog Boys 11-12	Matthew	Grindley-Ferris	00.39.53	
Mile	120	18	280	Master Men 50-59	Graham	Grindley-Ferris	00.40.01	
Mile	121	19	245	Master Men 50-59	Billy	Forssman	00.40.02	
Mile	122	19	66	Senior Men 19-29	David	Biggs	00.40.03	
Mile	123	7	764	Gr Master Men 60+	Rory	Williams	00.40.17	
Mile	124	8	92	Gr Master Men 60+	Martin	Brand	00.40.32	
Mile	125	35	2	Veteran Men 40-49	Waleed	Abrahams	00.40.40	
Mile	126	36	102	Veteran Men 40-49	Andre	Broerse	00.40.47	
Mile	127	37	165	Veteran Men 40-49	Christie	Davel	00.40.55	
Mile	128	38	329	Veteran Men 40-49	Chris	Hopkirk	00.41.17	
Mile	129	20	292	Senior Men 19-29	Jonathan	Harley	00.41.39	

Group	Pos All	Pos Cat	No	Category	First Name	Last Name	Time	Remarks
<i>Mile</i>	130	11	638	Junior Men 17-18	Johann	Steyn	00.41.42	
<i>Mile</i>	131	17	291	Sub Vet Men 30-39	Edward	Harley	00.41.45	
<i>Mile</i>	132	18	782	Sub Vet Men 30-39	David	Zimmerman	00.41.46	
<i>Mile</i>	133	39	3	Veteran Men 40-49	Charles	Adams	00.41.48	
<i>Mile</i>	134	21	318	Senior Men 19-29	Aaron	Hitchins	00.42.01	
<i>Mile</i>	135	9	557	Gr Master Men 60+	Leon	Quenet	00.42.04	
<i>Mile</i>	136	19	457	Sub Vet Men 30-39	Sean	Mcenery	00.42.36	
<i>Mile</i>	137	10	559	Gr Master Men 60+	Allan	Raaff	00.42.56	
<i>Mile</i>	138	11	168	Gr Master Men 60+	Derek	Day	00.43.02	
<i>Mile</i>	139	20	242	Master Men 50-59	Tony	Fishlock	00.43.51	
<i>Mile</i>	140	20	391	Sub Vet Men 30-39	Reghardt	Kühn	00.44.07	
<i>Mile</i>	141	21	311	Sub Vet Men 30-39	Justin	Hewitt	00.44.09	
<i>Mile</i>	142	5	196	Youth Men 15-16	Xander	Diedericks	00.44.29	
<i>Mile</i>	143	22	497	Senior Men 19-29	Eduan	Naude	00.44.41	
<i>Mile</i>	144	21	324	Master Men 50-59	Owen	Hodges	00.45.15	
<i>Mile</i>	145	22	760	Master Men 50-59	Dale	Williams	00.45.42	
<i>Mile</i>	146	23	551	Master Men 50-59	Rassie	Pretorius	00.45.58	
<i>Mile</i>	147	12	10	Gr Master Men 60+	Garth	Angus	00.46.01	
<i>Mile</i>	148	13	18	Gr Master Men 60+	Peter	Antonopoulos	00.46.10	
<i>Mile</i>	149	14	336	Gr Master Men 60+	Oubaas	Huisamen	00.46.36	
<i>Mile</i>	150	40	59	Veteran Men 40-49	Jason	Bergmann	00.46.49	
<i>Mile</i>	151	22	520	Sub Vet Men 30-39	Frik	Oosthuizen	00.46.51	
<i>Mile</i>	152	24	204	Master Men 50-59	Robert	Dommissie	00.46.59	
<i>Mile</i>	153	23	438	Sub Vet Men 30-39	Piet	Marais	00.47.03	
<i>Mile</i>	154	23	495	Senior Men 19-29	Richard	Nagy	00.47.17	
<i>Mile</i>	155	12	630	Junior Men 17-18	Abdu-Razeen	Stemmet	00.47.51	
<i>Mile</i>	156	11	664	Sub Jun Boys 13-14	Blaise-Danté	Theys	00.47.54	
<i>Mile</i>	157	41	576	Veteran Men 40-49	Gideon	Rossouw	00.48.05	
<i>Mile</i>	158	25	596	Master Men 50-59	Anthony	Shaw	00.48.25	
<i>Mile</i>	159	24	183	Sub Vet Men 30-39	Pierre	De Villiers	00.50.14	
<i>Mile</i>	160	42	541	Veteran Men 40-49	Jacques	Pienaar	00.50.16	
<i>Mile</i>	161	43	570	Veteran Men 40-49	George	Richards	00.50.23	
<i>Mile</i>	162	25	463	Sub Vet Men 30-39	Matthew	Mckay	00.50.28	
All Men	163	15	544	Gr Master Men 60+	Gary	Platte	00.50.53	
<i>Mile</i>	164	44	195	Veteran Men 40-49	Peet	Diedericks	00.51.26	
<i>Mile</i>	165	45	64	Veteran Men 40-49	Johann	Beytell	00.52.35	
<i>Mile</i>	166	26	445	Master Men 50-59	Eric	Matkovich	00.52.37	
<i>Mile</i>	167	46	521	Veteran Men 40-49	Stefan	Oosthuizen	00.53.51	
<i>Mile</i>	168	27	252	Master Men 50-59	Gary	Fraser	00.54.14	
<i>Mile</i>	169	47	310	Veteran Men 40-49	Shaheem	Hendricks	00.55.13	
<i>Mile</i>	170	16	531	Gr Master Men 60+	Hilton	Pellow-Jarman	00.55.20	
<i>Mile</i>	171	28	728	Master Men 50-59	Jean	Viljoen	00.55.58	
<i>Mile</i>	172	17	745	Gr Master Men 60+	Graham	Warren	00.56.36	
<i>Mile</i>	173	29	528	Master Men 50-59	Marcello	Palumbo	01.03.35	