

## Overall Results

## 40km

Race No	Category	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
77464	Individual	HENRY ALEXANDRE MAYER	M	Junior	01:40:11	1	1
80615	Individual	JOHN WAKEFIELD	M	Master	01:41:01	2	1
40443	Individual	MATTHEW MAKRINOS	M	Junior	01:45:59	3	2
50650	Individual	DYLAN HOWARD	M	Youth	01:46:03	4	1
16131	Individual	TORIN MECKLENBORG	M	Youth	01:47:08	5	2
19983	Individual	MARK FOURIE	M	Senior	01:47:13	6	1
3673	Individual	PHILIP LOMBARD	M	Veteran	01:48:18	7	1
13440	Individual	KEVIN WATERSTON	M	Veteran	01:48:53	8	2
3457	Individual	DOUGLAS BOLTON	M	Veteran	01:48:56	9	3
42667	Individual	SHELTON BELL	M	Senior	01:50:12	10	2
77367	Individual	ALAN BONELLA	M	Veteran	01:51:42	11	4
5801	Individual	GAVIN DUNDAS-STARR	M	Veteran	01:52:01	12	5
8370	Individual	RAYMOND MC CALLUM	M	Master	01:52:08	13	2
13949	Individual	ROBERT GREGSON	M	Veteran	01:52:09	14	6
1216	Individual	ANDREW BARNES	M	Veteran	01:52:10	15	7
2312	Individual	DEON PRETORIUS	M	Veteran	01:54:43	16	8
19970	Individual	NEIL CROSTHWAITE	M	Master	01:54:44	17	3
94576	Individual	CLYDE MCCREE	M	Junior	01:54:49	18	3
11166	Individual	LEONARD ROBERTS	M	Junior	01:55:28	19	4
14686	Individual	VAUGHAN CRONJE	M	Grand Master	01:55:41	20	1
5796	Individual	JONATHAN PELLOW-JARMAN	M	Youth	01:55:42	21	3
57807	Individual	JAMES OWEN	M	Senior	01:56:10	22	3
3785	Individual	RUDI ORTMANN	M	Senior	01:57:26	23	4
49000	Individual	ROBIN BAILEY	M	Sub Veteran	01:57:37	24	1
53188	Individual	SEAN WADE LUCIEN	M	Sub Veteran	01:57:38	25	2
13765	Individual	DARRYL MULLER	M	Veteran	01:58:06	26	9
48068	Individual	SEAN CULVERWELL	M	Junior	01:58:07	27	5
9272	Individual	MARK POTGIETER	M	Veteran	01:58:09	28	10
92723	Individual	WARREN ENSLIN	M	Sub Veteran	01:59:01	29	3
75616	Individual	SANDER SLAGER	M	Sub Veteran	01:59:11	30	4
2836	Individual	CRAIG JESSOP	M	Veteran	01:59:16	31	11
73939	Individual	DYLAN CHAPMAN	M	Junior	01:59:33	32	6
85279	Individual	DONOVAN LAHNER	M	Sub Veteran	01:59:42	33	5
4529	Individual	MARK GUTRIDGE	M	Veteran	01:59:44	34	12
95480	Individual	GRAEME CLAASSEN	M	Junior	01:59:47	35	7
7705	Individual	GERRIE VAN BILJON	M	Master	02:00:09	36	4
6282	Individual	IAN IVINS	M	Sub Veteran	02:00:18	37	6
3724	Individual	SIMON WHITE	M	Veteran	02:00:48	38	13
6023	Individual	RICHARD ROLOFF	M	Master	02:00:54	39	5
81051	Individual	DARREN PRICE MOOR	M	Sub Veteran	02:01:40	40	7
70781	Individual	PAUL BASFORD	M	Veteran	02:02:06	41	14
5277	Individual	OCKERT GROBLER	M	Sub Veteran	02:02:26	42	8
10701	Individual	ANDILE MKHIZE	M	Senior	02:02:39	43	5
1638	Individual	ANDREW FRANCIS	M	Veteran	02:02:39	44	15
95451	Individual	HERMAN BOTHA	M	Veteran	02:02:43	45	16
8197	Individual	CHARMAINE MC CALLUM	F	Veteran	02:02:48	1	1
41754	Individual	CHRISTOF NEETHLING	M	Veteran	02:02:57	46	17

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16175	Individual	LINDSAY EVERSON	F	Senior	02:03:07	2	1
9303	Individual	RICHARD ROBERTS	M	Veteran	02:03:36	47	18
3410	Individual	ANDRE MICHEL LAGESSE	M	Master	02:04:38	48	6
13842	Individual	MIKE NICHOLLS	M	Sub Veteran	02:04:58	49	9
4598	Individual	RICCARDO SILVESTRI	M	Master	02:04:59	50	7
49724	Individual	JOHN VON LANDSBERG	M	Veteran	02:05:01	51	19
5670	Individual	JOHAN VILJOEN	M	Veteran	02:05:02	52	20
6305	Individual	JOHN CLARKE	M	Grand Master	02:05:05	53	2
11330	Individual	JOEL NIXON	M	Senior	02:05:13	54	6
41790	Individual	TYRONE CLARKE	M	Sub Veteran	02:05:15	55	10
91506	Individual	ZACHARIAS PATINIOS	M	Grand Master	02:05:33	56	3
53985	Individual	ANDRE BENEKE	M	Master	02:05:44	57	8
7660	Individual	CAMERON PENNELL	M	Youth	02:05:48	58	4
3269	Individual	VAUGHAN STAPLES	M	Veteran	02:06:31	59	21
4662	Individual	HILTON PELLOW-JARMAN	M	Master	02:06:36	60	9
5654	Individual	SCOTT MCNAIR	M	Senior	02:06:40	61	7
43073	Individual	AIDAN PELLOW-JARMAN	M	Junior	02:06:43	62	8
55453	Individual	RICHARD VILJOEN	M	Senior	02:06:45	63	8
71558	Individual	GERALD TAYLOR	M	Master	02:06:49	64	10
86403	Individual	SHELDON BROWN	M	Sub Veteran	02:06:53	65	11
95423	Individual	RONNIE HALES	M	Master	02:06:56	66	11
2266	Individual	RON WALDBURGER	M	Grand Master	02:07:00	67	4
86607	Individual	ROBYN HOWARD	F	Veteran	02:07:26	3	2
2560	Individual	SHANNON ROBERTSON	M	Master	02:07:31	68	12
54192	Individual	BRADLEY HILDER	M	Senior	02:07:33	69	9
70338	Individual	LANCE STEYN	M	Veteran	02:07:34	70	22
71496	Individual	JACK QUINLAN	M	Veteran	02:07:37	71	23
92590	Individual	MARTIN VAN MUSSCHENBROEK	M	Master	02:07:59	72	13
4669	Individual	TERRY PELLOW-JARMAN	F	Master	02:08:15	4	1
6706	Individual	ALLAN LAWRIE	M	Master	02:08:33	73	14
7565	Individual	ROY NEWLANDS	M	Veteran	02:08:34	74	24
58089	Individual	TENEAL FEATHERBY	F	Sub Veteran	02:08:35	5	1
74183	Individual	GARY POWER-WILSON	M	Master	02:08:36	75	15
44504	Individual	DION HUTTON	M	Veteran	02:08:38	76	25
76490	Individual	TRAVIS LESTER	M	Senior	02:08:41	77	10
6952	Individual	DONALD SQUIRES	M	Master	02:08:44	78	16
91381	Individual	SHELLEY HIGGO	F	Senior	02:08:53	6	2
3401	Individual	DALE TARR	M	Sub Veteran	02:09:01	79	12
53673	Individual	MARK WILLIAMS	M	Sub Veteran	02:09:02	80	13
7567	Individual	DEVIN VINNICOMBE	M	Veteran	02:09:13	81	26
51760	Individual	CLIVE FORRESTER	M	Senior	02:09:31	82	11
5304	Individual	CARL FREYER	M	Grand Master	02:09:33	83	5
44335	Individual	LANCE ROBERTS	M	Sub Veteran	02:09:48	84	14
3835	Individual	BILLY BRIDGE	M	Grand Master	02:09:53	85	6
17072	Individual	KRIJN HAUS	M	Sub Veteran	02:09:53	86	15
80894	Individual	COLIN DAVIE	M	Senior	02:09:57	87	12
58106	Individual	MBONGI NDLOVU	M	Sub Veteran	02:10:21	88	16
46387	Individual	MICHAEL VAN NIEKERK	M	Sub Veteran	02:10:33	89	17
9681	Individual	JUSTIN WRIGHT	M	Youth	02:10:33	90	5

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53986	Individual	MARTIN KOHLER	M	Master	02:10:36	91	17
12068	Individual	MARK BRASSEL	M	Veteran	02:10:52	92	27
81300	Individual	DYLAN MARAIS	M	Sub Veteran	02:10:53	93	18
80333	Individual	CHARL MATTHYSEN	M	Master	02:10:58	94	18
65996	Individual	JASON BOTHA	M	Sub Veteran	02:11:01	95	19
43839	Individual	MALCOLM GREEN	M	Master	02:11:07	96	19
9059	Individual	MARK STEWART	M	Veteran	02:11:12	97	28
17606	Individual	JOHN MAKRINOS	M	Veteran	02:11:29	98	29
71113	Individual	ALDO BENTLEY	M	Veteran	02:11:37	99	30
14456	Individual	ANTHONY IRELAND	M	Veteran	02:11:41	100	31
50704	Individual	TARYN FRANCIS	F	Sub Veteran	02:11:43	7	2
8916	Individual	LIONEL GAZE	M	Master	02:11:44	101	20
61525	Individual	DARRYN MITCHELL	M	Senior	02:11:48	102	13
4505	Individual	ROBIN WESTLEY	M	Veteran	02:11:49	103	32
50510	Individual	KENNETH CULVERWELL	M	Master	02:11:50	104	21
80470	Individual	MARK DUNCAN	M	Veteran	02:11:55	105	33
13823	Individual	CRAIG JOHNSON	M	Master	02:12:04	106	22
42456	Individual	ROB NUTT	M	Sub Veteran	02:12:05	107	20
7235	Individual	MEHUL MEHTA	M	Veteran	02:12:10	108	34
3604	Individual	MARIUS JANSE VAN RENSBURG	M	Veteran	02:12:11	109	35
40250	Individual	VERNON HOHLS	M	Sub Veteran	02:12:11	110	21
48611	Individual	CLINT OUZMAN	M	Veteran	02:12:13	111	36
61003	Individual	JAMES ROYDEN-TURNER	M	Sub Veteran	02:12:34	112	22
53469	Individual	CRAIG DANIEL	M	Veteran	02:12:39	113	37
46687	Individual	MORNE VAN VUUREN	M	Sub Veteran	02:12:45	114	23
16448	Individual	JASON HEATH	M	Veteran	02:12:46	115	38
3940	Individual	CLINT YUNNIE	M	Veteran	02:12:49	116	39
47074	Individual	MARK TAYLOR	M	Veteran	02:12:54	117	40
61721	Individual	PAULINE RAINBIRD	F	Sub Veteran	02:12:56	8	3
61723	Individual	KEITH DIEDERICHS	M	Veteran	02:12:57	118	41
42546	Individual	JOSEPHINE ROSS	F	Veteran	02:13:11	9	3
2104	Individual	TONY MCCREE	M	Master	02:13:11	119	23
52553	Individual	ANNE BLEWETT	F	Master	02:13:16	10	2
81151	Individual	RIAAN VORSTER	M	Veteran	02:13:27	120	42
7286	Individual	JACQUES GROBLER	M	Sub Veteran	02:13:30	121	24
13941	Individual	ECKARD HILLERMANN	M	Sub Veteran	02:13:43	122	25
11898	Individual	BRUCE TITMUSS	M	Master	02:13:48	123	24
58809	Individual	ANDREW CLARK	M	Veteran	02:13:49	124	43
54017	Individual	CRAIG BROWN	M	Sub Veteran	02:13:55	125	26
23033	Individual	SHANAWAAZ FREDERICKS	M	Veteran	02:14:03	126	44
5632	Individual	SEAN DUPONT	M	Veteran	02:14:03	127	45
77893	Individual	JACO VAN NIEKERK	M	Sub Veteran	02:14:08	128	27
40586	Individual	GARY HOOPER	M	Veteran	02:14:12	129	46
40587	Individual	NORMA HOOPER	F	Veteran	02:14:15	11	4
45616	Individual	QUINTON MEYER	M	Senior	02:14:18	130	14
3710	Individual	MARTIN WHITE	M	Grand Master	02:14:30	131	7
53752	Individual	RIENIE BENEKE	F	Veteran	02:14:39	12	5
76623	Individual	DAVE SCHALLER	M	Master	02:14:43	132	25
93575	Individual	MARK WISDOM	M	Master	02:14:44	133	26

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56049	Individual	SCOTT FISHER	M	Youth	02:14:49	134	6
95249	Individual	JON MURDOCH-EATON	M	Sub Veteran	02:15:06	135	28
23028	Individual	SOPHIA ROLLO	F	Sub Veteran	02:15:08	13	4
52989	Individual	ROWAN OBERHOLZER	M	Veteran	02:15:09	136	47
93757	Individual	RIAAN OOSTHUYZEN	M	Senior	02:15:16	137	15
47806	Individual	LUNGLO MHLONGO	M	Sub Veteran	02:15:26	138	29
11254	Individual	GARY BONORCHIS	M	Veteran	02:15:37	139	48
5706	Individual	COLIN EVERSON	M	Grand Master	02:15:42	140	8
53630	Individual	DAVID HANCOCKS	M	Grand Master	02:15:48	141	9
2329	Individual	KAREN BARGATE	F	Master	02:15:50	14	3
51228	Individual	WILHELM TESNAAR	M	Sub Veteran	02:16:00	142	30
5384	Individual	MARIE DU TOIT	F	Veteran	02:16:07	15	6
72848	Individual	HAYDEN GOODING	M	Youth	02:16:10	143	7
5385	Individual	JEAN DU TOIT	M	Master	02:16:11	144	27
45547	Individual	RICHARD HOAL	M	Veteran	02:16:32	145	49
48168	Individual	BRYAN REES	M	Senior	02:16:35	146	16
11873	Individual	JUSTIN WILDE	M	Youth	02:16:55	147	8
1844	Individual	MARTIN VAN DER MERWE	M	Sub Veteran	02:17:01	148	31
3153	Individual	BRETT PRECIOUS	M	Sub Veteran	02:17:03	149	32
6857	Individual	GARTH PELLEW	M	Master	02:17:11	150	28
80505	Individual	PATRICK EDY	M	Grand Master	02:17:17	151	10
86389	Individual	MARCO AVELLINI	M	Sub Veteran	02:17:26	152	33
99010	Individual	JAMES ADRAIN	M	Veteran	02:17:27	153	50
54337	Individual	ELIZABETH CLARK	F	Master	02:17:36	16	4
19117	Individual	ANDRE MORRISH	M	Veteran	02:17:43	154	51
95369	Individual	PETER KONIGKRAMER	M	Veteran	02:17:43	155	52
64029	Individual	RICHARD LANGFORD	M	Senior	02:17:44	156	17
4020	Individual	MNCEDI MTIMDE	M	Senior	02:17:51	157	18
55193	Individual	HARDUS BURGER	M	Sub Veteran	02:17:52	158	34
50904	Individual	SIMPHIWE NKOSI	M	Sub Veteran	02:17:59	159	35
3596	Individual	RIEKERT WILKEN	M	Veteran	02:18:00	160	53
6008	Individual	GAVIN HASSETT	M	Sub Veteran	02:18:03	161	36
92106	Individual	PAUL NAYLOR	M	Veteran	02:18:31	162	54
8273	Individual	JAMES ARNOTT	M	Veteran	02:18:34	163	55
5733	Individual	BEVERLEY DA COSTA	F	Veteran	02:18:34	17	7
12805	Individual	KEVIN HAMMAN	M	Veteran	02:19:09	164	56
9574	Individual	PATRICK PENNEFATHER	M	Grand Master	02:19:15	165	11
52848	Individual	CRAIG ADENDORFF	M	Veteran	02:19:43	166	57
85266	Individual	ALASTAIR BRAND	M	Veteran	02:19:45	167	58
95869	Individual	CEDRIC MACDONALD	M	Sub Veteran	02:20:07	168	37
52049	Individual	GRANT KENTON	M	Veteran	02:20:10	169	59
98502	Individual	GLENN LARSEN	M	Master	02:20:33	170	29
8930	Individual	BRENDON BEUKES	M	Veteran	02:20:34	171	60
8892	Individual	MICHAEL RELIHAN	M	Veteran	02:20:36	172	61
4729	Individual	CAREL DU RAND	M	Sub Veteran	02:20:43	173	38
3358	Individual	ROY CANNON	M	Master	02:20:47	174	30
3383	Individual	DERICK MURPHY	M	Grand Master	02:20:56	175	12
6716	Individual	ELAINE DAVIE	F	Master	02:20:58	18	5
58989	Individual	NIEL VAN STRAATEN	M	Sub Veteran	02:21:02	176	39

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7828	Individual	PAUL HAMBLIN	M	Sub Veteran	02:21:07	177	40
81361	Individual	DAVE WALLACE	M	Master	02:21:18	178	31
73626	Individual	THOMAS CHEATLE	M	Youth	02:21:20	179	9
51781	Individual	STEPHEN MATTHEE	M	Sub Veteran	02:21:27	180	41
41440	Individual	JONOTHAN BELLINGAN	M	Sub Veteran	02:21:28	181	42
92339	Individual	CRAIG COUTTS	M	Sub Veteran	02:21:55	182	43
72076	Individual	DAVID WILSON	M	Grand Master	02:22:00	183	13
61683	Individual	LUCILLE PIENAAR	F	Master	02:22:17	19	6
44328	Individual	MARIOS KYRIAKIDES	M	Veteran	02:22:25	184	62
10527	Individual	LUKAS VAVA	M	Senior	02:22:26	185	19
19106	Individual	BRANDON CAREW	M	Sub Veteran	02:22:26	186	44
4634	Individual	IAIN RUSSELL	M	Master	02:22:36	187	32
9988	Individual	DEREK GRUBB	M	Veteran	02:22:37	188	63
75522	Individual	RAINIER NEETHLING	M	Senior	02:22:43	189	20
58555	Individual	GERHARD KILIAN	M	Master	02:22:46	190	33
41050	Individual	KARL MULLER	M	Veteran	02:22:51	191	64
4850	Individual	DAVE STEWART	M	Grand Master	02:23:02	192	14
2083	Individual	MICHAEL POEZYIN	M	Sub Veteran	02:23:03	193	45
71449	Individual	IAN STANLEY	M	Master	02:23:18	194	34
6590	Individual	GUY MILES	M	Master	02:23:19	195	35
55828	Individual	CARA STONE	F	Senior	02:23:21	20	3
78117	Individual	JARED PETTERSON	M	Sub Veteran	02:23:37	196	46
46980	Individual	SHANE SMITH	M	Veteran	02:23:41	197	65
17488	Individual	CECILIA BESTBIER	F	Veteran	02:23:47	21	8
16304	Individual	ALWYN KLEINHANS	M	Sub Veteran	02:23:49	198	47
76306	Individual	MIKE WILSON	M	Veteran	02:24:05	199	66
81035	Individual	NICK SCHILZ	M	Sub Veteran	02:24:25	200	48
4049	Individual	ANDRE PENTZ	M	Grand Master	02:24:35	201	15
17082	Individual	ROBIN GOWLDING	F	Veteran	02:24:49	22	9
40394	Individual	LES WELCH	M	Veteran	02:24:50	202	67
85412	Individual	SHARON FAY	F	Veteran	02:24:50	23	10
63633	Individual	HEIN DE LANGE	M	Sub Veteran	02:24:55	203	49
76457	Individual	NELSON FOURIE	M	Senior	02:25:01	204	21
11914	Individual	CASSANDRA STREMMELAAR	F	Veteran	02:25:02	24	11
5705	Individual	TERRY EVERSON	F	Grand Master	02:25:02	25	1
11193	Individual	VALINDA COULTHARD	F	Veteran	02:25:04	26	12
75422	Individual	RODNEY GREEN	M	Master	02:25:07	205	36
4613	Individual	ANTHONY PEMBRIDGE	M	Sub Veteran	02:25:14	206	50
86240	Individual	SETH KEPPLER	M	Sub Veteran	02:25:20	207	51
98293	Individual	KYLE FITCHAT	M	Senior	02:25:24	208	22
3680	Individual	RICHARD KRUSEKOPF	M	Grand Master	02:25:34	209	16
52230	Individual	SALLY WILSON	F	Veteran	02:25:38	27	13
81131	Individual	ADRIAAN VERHAGEN	M	Master	02:25:57	210	37
74699	Individual	RICHARD BAXTER	M	Veteran	02:25:58	211	68
4760	Individual	JUSTIN HENDERSON	M	Grand Master	02:26:12	212	17
53723	Individual	BRADLEY WESTBROOK	M	Sub Veteran	02:26:13	213	52
76512	Individual	SEAN HENSBY	M	Veteran	02:26:18	214	69
2725	Individual	STAMATIS BALIDIS	M	Veteran	02:26:26	215	70
13415	Individual	DAVID STERNBERG	M	Veteran	02:26:28	216	71

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4704	Individual	JORDYN GRENFELL	M	Veteran	02:26:43	217	72
1964	Individual	HENNIE STANDER	M	Master	02:26:45	218	38
9870	Individual	REX PENNEFATHER	M	Sub Veteran	02:26:52	219	53
9143	Individual	NICK POUSSON	M	Veteran	02:27:01	220	73
17218	Individual	LORETTA MECKLENBORG	F	Sub Veteran	02:27:04	28	5
59771	Individual	GUSTAVUS SWANEPOEL	M	Veteran	02:27:21	221	74
87020	Individual	JAN COETZER	M	Sub Veteran	02:27:28	222	54
91054	Individual	JUSTICE SYDNEY MATTHYSEN	M	Sub Veteran	02:27:39	223	55
90784	Individual	GREG BEAVON	M	Veteran	02:27:52	224	75
19890	Individual	WAYNE MITCHELL	M	Veteran	02:27:57	225	76
51924	Individual	WESLEY GRANT	M	Sub Veteran	02:27:58	226	56
46770	Individual	JONATHAN BASTOW	M	Veteran	02:28:01	227	77
3343	Individual	CLIVE BULLEY	M	Master	02:28:03	228	39
17003	Individual	IAN DRIEMEYER	M	Senior	02:28:05	229	23
8472	Individual	PATRICK O'CONNELL	M	Veteran	02:28:08	230	78
64649	Individual	PATRICK MARTIN	M	Master	02:28:10	231	40
80944	Individual	IRENE WISDOM	F	Master	02:28:13	29	7
61931	Individual	GRANT BREHANY	M	Veteran	02:28:16	232	79
47533	Individual	ROBERT NEWMAN	M	Veteran	02:28:20	233	80
55361	Individual	ETTIENNE BESTBIER	M	Veteran	02:28:27	234	81
61024	Individual	NICK MARITZ	M	Master	02:28:28	235	41
40065	Individual	JOHN CLEMENTS	M	Master	02:28:44	236	42
6945	Individual	DEIRDRE BOAST	F	Master	02:28:46	30	8
13811	Individual	CRAIG SAGAR	M	Master	02:28:47	237	43
57109	Individual	JASON HIGGS	M	Senior	02:28:47	238	24
2314	Individual	WERNER REIST	M	Master	02:28:55	239	44
63769	Individual	JOHN MORTON	M	Master	02:29:31	240	45
99618	Individual	GRANT BEATTIE	M	Veteran	02:29:36	241	82
5200	Individual	RICHARD MOHRING	M	Master	02:29:39	242	46
71655	Individual	PETRUS DU PLESSIS	M	Sub Veteran	02:29:45	243	57
61671	Individual	SERGIO CUNHA	M	Sub Veteran	02:30:20	244	58
70141	Individual	DARCEL GREGORY	M	Veteran	02:30:41	245	83
51907	Individual	GAVIN MC DONALD	M	Sub Veteran	02:30:47	246	59
48653	Individual	ALTHEA GREBE	F	Senior	02:30:49	31	4
19590	Individual	SHARON BELL	F	Master	02:30:53	32	9
55059	Individual	RICHARD MORRIS	M	Veteran	02:30:57	247	84
70534	Individual	JACQUES MINNAAR	M	Veteran	02:31:09	248	85
8757	Individual	GREG BOOTH	M	Master	02:31:31	249	47
42434	Individual	LOGAN SCHULTZ	M	Veteran	02:31:38	250	86
16213	Individual	LARA BATESON	F	Veteran	02:31:45	33	14
40325	Individual	RACHEL MAEHLER	F	Veteran	02:31:56	34	15
73866	Individual	RIAAN DIPPENAAR	M	Sub Veteran	02:31:57	251	60
6467	Individual	ALBERT KING	M	Master	02:31:59	252	48
93290	Individual	ANN DU PLESSIS	F	Sub Veteran	02:31:59	35	6
60893	Individual	CAVILL CORDES	F	Veteran	02:32:00	36	16
47338	Individual	RYAN MORTON	M	Sub Veteran	02:32:03	253	61
10282	Individual	GARY BIGGINS	M	Master	02:32:03	254	49
8528	Individual	DAVID BENJAMIN SNYMAN	M	Veteran	02:32:08	255	87
55590	Individual	MERVYN WALSH	M	Grand Master	02:32:10	256	18

# Overall Results

## 40km

10693	Individual	IAN MARRAN	M	Veteran	02:32:14	257	88
3989	Individual	RICHARD MCLENNAN	M	Veteran	02:32:30	258	89
43024	Individual	LLOYD JORDAAN	M	Sub Veteran	02:32:32	259	62
16035	Individual	CALVIN HARRIS	M	Sub Veteran	02:32:33	260	63
14139	Individual	JEFF JORDAAN	M	Master	02:32:34	261	50
40863	Individual	BRIAN WALSH	M	Sub Veteran	02:32:39	262	64
53298	Individual	DARREN LOVE	M	Senior	02:32:48	263	25
51650	Individual	OKKIE OLIVIER	M	Veteran	02:32:51	264	90
47081	Individual	MICHELLE TAYLOR	F	Veteran	02:32:57	37	17
92110	Individual	LIAM READ	M	Youth	02:33:04	265	10
85011	Individual	NICOLETTE BRAND	F	Sub Veteran	02:33:14	38	7
50648	Individual	EDDIE VAN OS	M	Master	02:33:21	266	51
7971	Individual	NATASHA STANTON	F	Veteran	02:33:22	39	18
13116	Individual	KERRY JACK	F	Sub Veteran	02:33:26	40	8
45194	Individual	GREG MILLS	M	Veteran	02:33:31	267	91
51757	Individual	CRAIG CHAPMAN	M	Veteran	02:33:31	268	92
16695	Individual	KELVIN BAUER	M	Veteran	02:33:35	269	93
40994	Individual	ASHTON BOTES	F	Senior	02:33:38	41	5
95110	Individual	DARREN SLAUGHTER	M	Sub Veteran	02:33:45	270	65
14091	Individual	DALE SOUTHERN	M	Grand Master	02:34:08	271	19
16201	Individual	JENNIFER O'NEILL	F	Senior	02:34:13	42	6
6691	Individual	TREVOR O'NEILL	M	Master	02:34:14	272	52
73698	Individual	WILLIE OPPERMAN	M	Master	02:34:20	273	53
63103	Individual	TAMLYNE HAIG GONCALVES	F	Sub Veteran	02:34:23	43	9
63104	Individual	ROBY GONCALVES	M	Sub Veteran	02:34:24	274	66
1966	Individual	SHAWN MEYER	M	Veteran	02:34:29	275	94
59888	Individual	MICHAEL NAUDE	M	Junior	02:34:35	276	9
77144	Individual	SHANE BENECKE	M	Youth	02:34:42	277	11
77129	Individual	BRETT ALLISON	M	Sub Veteran	02:34:50	278	67
81172	Individual	HENNIE NELL	M	Master	02:34:52	279	54
2332	Individual	SANDRA YOUNG	F	Veteran	02:34:53	44	19
76705	Individual	JASON RATHBONE	M	Senior	02:35:02	280	26
78156	Individual	MARTIN PEPLER	M	Veteran	02:35:03	281	95
17270	Individual	NEVILL GETKATE	M	Veteran	02:35:05	282	96
16252	Individual	CHRIS BRIGGS	M	Master	02:35:06	283	55
95551	Individual	GEORGE WILSENACH	M	Master	02:35:08	284	56
52618	Individual	DEAN ISAACS	M	Veteran	02:35:09	285	97
71576	Individual	JOY RICKARDS	F	Sub Veteran	02:35:10	45	10
78123	Individual	WADE FRENCH	M	Sub Veteran	02:35:11	286	68
13650	Individual	JEAN LE ROUX	M	Sub Veteran	02:35:12	287	69
56760	Individual	MARK HIGGS	M	Veteran	02:35:14	288	98
70900	Individual	DANIEL FERGUSON	M	Sub Veteran	02:35:23	289	70
19074	Individual	JIMMY (DIMITRI) VELISSARIOU	M	Master	02:35:25	290	57
62019	Individual	NICK GREVILLE	M	Grand Master	02:35:34	291	20
50566	Individual	RUSSELL HOVE	M	Veteran	02:35:39	292	99
50560	Individual	ROBERT MULLER	M	Master	02:35:41	293	58
80281	Individual	DANIE BEYLEVELD	M	Veteran	02:35:47	294	100
9339	Individual	MARK MOWAT	M	Veteran	02:35:47	295	101
80832	Individual	GARY NILSON	M	Veteran	02:35:50	296	102

# Overall Results

## 40km

63906	Individual	WILLIAM LANGFORD	M	Sub Veteran	02:35:53	297	71
40455	Individual	NIC WENTINK	M	Senior	02:36:06	298	27
91342	Individual	WAYNE FOORD	M	Veteran	02:36:09	299	103
95402	Individual	MATTHEW SMITH	M	Sub Veteran	02:36:25	300	72
54068	Individual	MEGANDRAN NAIDOO	M	Veteran	02:36:26	301	104
91044	Individual	ADAM DU PLESSIS	M	Sub Veteran	02:36:33	302	73
70546	Individual	ROLAND BEZUIDENHOUT	M	Master	02:36:34	303	59
57713	Individual	BONGANI NTIMBA	M	Sub Veteran	02:36:34	304	74
95810	Individual	PADDY BOMFORD	M	Grand Master	02:36:37	305	21
7630	Individual	CHRIS PENNELL	M	Veteran	02:36:43	306	105
14680	Individual	JOHN CUMMINS	M	Grand Master	02:36:43	307	22
59260	Individual	DARREN MISKIN	M	Veteran	02:36:56	308	106
6427	Individual	SIMON ANTHONY ALLEN	M	Master	02:37:04	309	60
1110	Individual	DAVID HAMILTON	M	Master	02:37:11	310	61
1108	Individual	BRIGETTA HAMILTON	F	Veteran	02:37:17	46	20
20036	Individual	DERRICK REIN	M	Veteran	02:37:21	311	107
59679	Individual	JOHN STEVENS	M	Grand Master	02:37:22	312	23
53546	Individual	TIMOTHY SLABBERT	M	Veteran	02:37:25	313	108
54753	Individual	INGRID FLINT	F	Master	02:37:40	47	10
4670	Individual	MICHELLE CROOK	F	Sub Veteran	02:37:48	48	11
7360	Individual	JACKIE CUNNIFFE	F	Veteran	02:37:51	49	21
13567	Individual	WAYNE BOWDEN	M	Veteran	02:37:53	314	109
8874	Individual	CHRIS WALFORD	M	Veteran	02:37:55	315	110
44293	Individual	ANTON MOSTERT	M	Veteran	02:38:04	316	111
3676	Individual	CARL WRIGHT	M	Veteran	02:38:09	317	112
50850	Individual	MNQANDI MJABU MNCWANGO	M	Sub Veteran	02:38:14	318	75
4272	Individual	JUDITH GROVE	F	Grand Master	02:38:29	50	2
60117	Individual	NICK SCHALLER	M	Senior	02:38:47	319	28
2391	Individual	GARETH JEAREY	M	Sub Veteran	02:38:52	320	76
63592	Individual	CHARL VAN DYK	M	Veteran	02:38:56	321	113
74946	Individual	CLIVE BRADLEY	M	Grand Master	02:39:13	322	24
7832	Individual	JENNIFER RIGBY	F	Master	02:39:21	51	11
99724	Individual	ESHWARA DINESH	M	Master	02:39:27	323	62
61428	Individual	RYNO NEL	M	Veteran	02:40:04	324	114
8825	Individual	STEVE SADLER	M	Veteran	02:40:08	325	115
12677	Individual	DALE BRAUM	M	Veteran	02:40:54	326	116
99057	Individual	LYNNE MACKEY	F	Sub Veteran	02:40:55	52	12
99464	Individual	KAREN CROOKES	F	Veteran	02:40:59	53	22
76358	Individual	GAVIN EASTWOOD	M	Master	02:41:04	327	63
50539	Individual	STELLA MACLEOD-HENDERSON	F	Veteran	02:41:19	54	23
50527	Individual	STUART MACLEOD-HENDERSON	M	Veteran	02:41:21	328	117
99326	Individual	CHARLES CREBO	M	Grand Master	02:41:35	329	25
40698	Individual	LUKE MCFARLAND	M	Senior	02:41:46	330	29
3128	Individual	CRAIG MOFFITT	M	Veteran	02:41:49	331	118
55564	Individual	JURGENS LOMBARD	M	Sub Veteran	02:41:51	332	77
6306	Individual	EDDIE SCHULER	M	Master	02:42:03	333	64
43931	Individual	SCOTT HOUSTON	M	Veteran	02:42:19	334	119
1630	Individual	FLAVIO SCARPA	M	Master	02:42:34	335	65
8923	Individual	RICHARD FOLKES	M	Grand Master	02:42:36	336	26



# Overall Results

## 40km

56114	Individual	SIMON ACKERMAN	M	Sub Veteran	02:42:44	337	78
4317	Individual	ANDRE BOOYSEN	M	Grand Master	02:42:49	338	27
4322	Individual	LIZ BROWN	F	Master	02:42:49	55	12
5261	Individual	EDWARD JOHN HATTINGH	M	Grand Master	02:42:51	339	28
4242	Individual	GLYNTON REED	M	Veteran	02:42:59	340	120
16713	Individual	GUY KAY-HARDS	M	Master	02:43:01	341	66
10014	Individual	IAN ROBINSON	M	Grand Master	02:43:09	342	29
99641	Individual	NEIL PELLOW-JARMAN	M	Master	02:43:15	343	67
63481	Individual	STEVEN BROMFIELD	M	Veteran	02:43:21	344	121
50534	Individual	JACKIE HOOIJBERG	F	Veteran	02:43:24	56	24
53561	Individual	CURRIE TREVOR	M	Grand Master	02:43:39	345	30
6600	Individual	COLIN MERCER	M	Grand Master	02:43:42	346	31
53571	Individual	GUIDO VAN BESOUW	M	Grand Master	02:43:42	347	32
95789	Individual	BASIL HOFFMAN	M	Master	02:44:04	348	68
3877	Individual	PHILIPPA TUCKER	F	Grand Master	02:44:10	57	3
3389	Individual	NOEL BAKER	M	Grand Master	02:44:11	349	33
4201	Individual	ROBERT MATTHEWS	M	Master	02:44:14	350	69
4554	Individual	MITCHELL BROOKE	M	Veteran	02:44:23	351	122
59303	Individual	CHRIS DE WIT	M	Veteran	02:44:27	352	123
81364	Individual	MANDY WALLACE	F	Veteran	02:44:36	58	25
1623	Individual	CHRIS BRAND	M	Grand Master	02:44:54	353	34
93705	Individual	DAVID PATTISON	M	Master	02:44:56	354	70
20055	Individual	MALCOLM KOHRS	M	Grand Master	02:45:16	355	35
9185	Individual	SARAH RICH	F	Sub Veteran	02:45:36	59	13
44737	Individual	ROBYN GILFILLAN	F	Sub Veteran	02:45:38	60	14
86362	Individual	MELISSA RICHARDSON	F	Senior	02:45:53	61	7
77785	Individual	MOUTON BADENHORST	M	Sub Veteran	02:46:04	356	79
8772	Individual	HENRY COXWELL	M	Master	02:46:06	357	71
90529	Individual	MARK BAPTIE	M	Master	02:46:07	358	72
3328	Individual	GARY FLINT	M	Sub Veteran	02:46:15	359	80
92592	Individual	MEGAN TYLER	F	Sub Veteran	02:46:25	62	15
52958	Individual	RHYS HORSLEY	M	Veteran	02:46:33	360	124
13550	Individual	DENISE BAXTER	F	Master	02:46:48	63	13
13549	Individual	GEOFFREY BAXTER	M	Master	02:46:49	361	73
4417	Individual	BRADLEY BRUMMAGE	M	Senior	02:46:58	362	30
98653	Individual	COENRAAD MOOLMAN	M	Veteran	02:47:08	363	125
51736	Individual	ATTIE BOTHA	M	Master	02:47:34	364	74
5084	Individual	NEIL TOMLIN	M	Master	02:47:37	365	75
19102	Individual	JANET EDMONDS	F	Sub Veteran	02:47:46	64	16
58667	Individual	JOHNNY BEGGS	M	Master	02:47:52	366	76
46164	Individual	ASHLEY BEGGS	M	Sub Veteran	02:47:52	367	81
72107	Individual	ELTON DORKIN	M	Veteran	02:48:14	368	126
72526	Individual	MATT VAN ROOYEN	M	Senior	02:48:17	369	31
4779	Individual	BRENDON LONGHURST	M	Veteran	02:48:18	370	127
54685	Individual	GREG MASKELL	M	Veteran	02:48:18	371	128
72077	Individual	CLIVE JELF	M	Master	02:48:24	372	77
75258	Individual	ROXANNE STANDER	F	Sub Veteran	02:48:56	65	17
59292	Individual	LUKE BUTTERWORTH	M	Senior	02:49:03	373	32
99325	Individual	GLEN LEWIS	M	Master	02:49:31	374	78

# Overall Results

## 40km

52053	Individual	LUNGELO KHOMO	M	Senior	02:49:53	375	33
60783	Individual	TRE NAIDOO	M	Sub Veteran	02:50:01	376	82
76307	Individual	BRIAN DENNY	M	Master	02:50:07	377	79
76678	Individual	DONOVAN CAVANAGH	M	Sub Veteran	02:50:13	378	83
61499	Individual	MICHAEL MCGRATH	M	Master	02:50:32	379	80
5860	Individual	MICHAEL DRIVER	M	Master	02:50:33	380	81
92048	Individual	PETE WHITEHOUSE	M	Veteran	02:50:34	381	129
3192	Individual	RICHARD BUTLER	M	Master	02:50:34	382	82
3967	Individual	WAYNE SHELLEY	M	Veteran	02:50:40	383	130
19926	Individual	RICHARD GREEFF	M	Grand Master	02:50:40	384	36
64826	Individual	BRUCE KNOWLES	M	Master	02:50:42	385	83
65802	Individual	PHUMULANI MGOBOZI	M	Sub Veteran	02:50:45	386	84
70551	Individual	CHERYL MURPHY	F	Veteran	02:50:57	66	26
20950	Individual	ROB VEALE	M	Grand Master	02:51:04	387	37
14347	Individual	NADINE SMITH	F	Sub Veteran	02:51:17	67	18
62276	Individual	CRAIG NAUDE	M	Sub Veteran	02:51:18	388	85
60028	Individual	MARGIE HUTTON	F	Master	02:51:24	68	14
57484	Individual	JOHN HUTTON	M	Master	02:51:24	389	84
55974	Individual	BRETT BUCHAN-SWANSON	M	Veteran	02:51:54	390	131
55984	Individual	CLINT COX	M	Veteran	02:51:55	391	132
76689	Individual	IGNUS MARAIS	M	Sub Veteran	02:52:09	392	86
99404	Individual	JUSTIN OLIVER	M	Sub Veteran	02:52:17	393	87
85612	Individual	CHARLTON NEITSKI	M	Sub Veteran	02:52:18	394	88
14626	Individual	JULIAN SCHLEMMER	M	Master	02:52:22	395	85
17098	Individual	CHARMAINE ELEFThERIOU	F	Master	02:52:23	69	15
78390	Individual	GAVIN VAN HEUSDEN	M	Veteran	02:52:39	396	133
61866	Individual	ZAIN VAN KERKEN	M	Sub Veteran	02:52:40	397	89
5672	Individual	GAVIN HILL	M	Veteran	02:52:54	398	134
8669	Individual	DARYL COOPER	M	Master	02:53:02	399	86
4367	Individual	JEFF FOBB	M	Grand Master	02:53:12	400	38
2044	Individual	DEAN KENNEDY	M	Veteran	02:53:42	401	135
63852	Individual	ROBYN BRAND	F	Junior	02:53:53	70	1
44903	Individual	KIRSTEN MARTEGOUTTE	F	Veteran	02:53:58	71	27
70126	Individual	SEAN WATKINS	M	Sub Veteran	02:54:01	402	90
16537	Individual	CHRISTOPHER BLYTH	M	Veteran	02:54:04	403	136
71002	Individual	LOUISE VAN STUYVESANT MEIJEN	F	Master	02:54:24	72	16
98621	Individual	TYRON NEL	M	Senior	02:54:29	404	34
44571	Individual	VIVIENNE QUANN	F	Master	02:54:37	73	17
75069	Individual	RICHARD HOUGHTING	M	Grand Master	02:54:43	405	39
41212	Individual	MICHAEL DE VRIES	M	Sub Veteran	02:54:50	406	91
85338	Individual	JON ROBINSON	M	Veteran	02:55:22	407	137
56332	Individual	CARLA FERREIRA	F	Sub Veteran	02:55:38	74	19
56334	Individual	CLAUDIO MARTINS	M	Sub Veteran	02:55:38	408	92
8692	Individual	PETER KIRSTEN	M	Master	02:55:57	409	87
1894	Individual	BRUCE KOLL	M	Grand Master	02:56:32	410	40
16441	Individual	JUSTIN CHADWICK	M	Master	02:56:49	411	88
98632	Individual	JUAN STEMMET	M	Veteran	02:56:52	412	138
51865	Individual	ZANE "BIGSHOW" DU PLESSIS	M	Sub Veteran	02:57:14	413	93
95668	Individual	NICHOLAS POTGIETER	M	Sub Veteran	02:57:23	414	94

# Overall Results

## 40km

4731	Individual	CAROL DU RAND	F	Sub Veteran	02:58:00	75	20
4220	Individual	CAROL JESSOP	F	Master	02:58:02	76	18
61530	Individual	RUDI KRUGER	M	Master	02:58:06	415	89
61063	Individual	PAUL FRYER	M	Sub Veteran	02:58:13	416	95
70125	Individual	RAVEN PAICE	M	Veteran	02:58:33	417	139
49310	Individual	NICK BASS	M	Veteran	02:58:48	418	140
62421	Individual	CHRIS WATKINS	M	Master	02:59:13	419	90
13619	Individual	NEILL BRAND	M	Master	02:59:13	420	91
57583	Individual	ELAINE STEYN	F	Veteran	02:59:15	77	28
4999	Individual	LAURETTE BRAND	F	Veteran	02:59:38	78	29
2689	Individual	LEE CUMMING	F	Sub Veteran	03:00:01	79	21
71232	Individual	DAVE PIKE	M	Veteran	03:01:35	421	141
3670	Individual	ADRIAN SMITH	M	Veteran	03:01:36	422	142
7465	Individual	STEPH PONS	F	Veteran	03:01:43	80	30
46438	Individual	SLADE BOTHA	M		03:01:54	423	1
8126	Individual	CHRISTOPHER CUMMING	M	Grand Master	03:01:58	424	41
77215	Individual	MICHELLE CHELIUS	F	Veteran	03:01:58	81	31
59063	Individual	DION HAMMAN	M	Veteran	03:02:50	425	143
4294	Individual	CRAIG PERRITT	M	Veteran	03:02:53	426	144
4295	Individual	ANGELA PERRITT	F	Veteran	03:02:54	82	32
58997	Individual	CAITLIN SCOTT	F	Senior	03:03:16	83	8
46992	Individual	ANGELA MAUD	F	Sub Veteran	03:03:43	84	22
44332	Individual	JENNY LAVERS	F	Veteran	03:03:44	85	33
51622	Individual	COBUS ADAMS	M	Sub Veteran	03:04:16	427	96
98103	Individual	CHERYL HOFFMAN	F	Master	03:04:29	86	19
59110	Individual	RYAN KEEVE	M	Sub Veteran	03:04:38	428	97
14448	Individual	JASON STEVENS	M	Grand Master	03:04:46	429	42
59364	Individual	CHRISTOPHER ROGERS	M	Grand Master	03:04:49	430	43
2394	Individual	HAYLEY JEAREY	F	Sub Veteran	03:04:57	87	23
54584	Individual	TREVOR HAGEMANN	M	Grand Master	03:05:14	431	44
14613	Individual	IAIN RECH	M	Veteran	03:06:12	432	145
95584	Individual	TIMOTHY HODKINSON	M	Master	03:06:45	433	92
9903	Individual	COLIN MCCABE	M	Master	03:06:46	434	93
52075	Individual	CHANELLE ROETS	F	Senior	03:06:55	88	9
52074	Individual	JUSTIN MOSS	M	Senior	03:06:59	435	35
90759	Individual	ADRIAN CULLINGWORTH	M	Master	03:07:07	436	94
55956	Individual	CAMERON ODENDAAL	M	Senior	03:07:08	437	36
7485	Individual	BRIAN HOWARTH	M	Master	03:07:12	438	95
58946	Individual	GLENN HARBORTH	M	Sub Veteran	03:07:16	439	98
77485	Individual	MICHAEL SUTTON	M	Master	03:07:16	440	96
14053	Individual	SHAWN PIETERSE	M	Sub Veteran	03:07:46	441	99
6443	Individual	SUSAN J RIC-HANSEN	F	Veteran	03:08:02	89	34
93022	Individual	STEPHEN ALLEN	M	Senior	03:08:42	442	37
4618	Individual	LYNDA WEIR	F	Master	03:09:13	90	20
20058	Individual	KATHY SCOTT	F	Master	03:09:15	91	21
48603	Individual	KEVIN MACK	M	Senior	03:09:19	443	38
7831	Individual	DAVE RIGBY	M	Master	03:09:22	444	97
19929	Individual	COLLEEN GREEFF	F	Grand Master	03:09:37	92	4
43732	Individual	JONATHAN SCHEIBY	M	Veteran	03:10:25	445	146

# Overall Results

## 40km

43722	Individual	KELLIE SCHEIBY	F	Veteran	03:10:27	93	35
51810	Individual	EDWARD JONES	M	Veteran	03:10:35	446	147
98811	Individual	MATTHEW ROSE	M	Veteran	03:10:37	447	148
99524	Individual	ROY LEISEGANG	M	Master	03:10:52	448	98
45005	Individual	FRANCES MARY RAWLINS	F	Grand Master	03:10:53	94	5
46930	Individual	MARY ANNE BOWDEN	F	Veteran	03:11:31	95	36
14548	Individual	DAVID PEGG	M	Veteran	03:11:33	449	149
75315	Individual	JOHAN RAUTENBACH	M	Master	03:11:34	450	99
49790	Individual	KERRIN PASS	F	Senior	03:12:18	96	10
3373	Individual	JONATHAN PASS	M	Grand Master	03:12:19	451	45
60991	Individual	PETER MC DERMOTT	M	Grand Master	03:12:25	452	46
6473	Individual	PETER PROCTOR	M	Grand Master	03:12:59	453	47
93644	Individual	RUDOLF COETSER	M	Grand Master	03:13:32	454	48
47160	Individual	JARRYD NEL	M	Senior	03:14:31	455	39
3235	Individual	ALAN ETCHELLS	M	Grand Master	03:15:11	456	49
52278	Individual	GAVIN DALGLEISH	M	Master	03:16:18	457	100
75521	Individual	JASON LANDMAN	M	Veteran	03:16:24	458	150
64202	Individual	NEVILLE MCGREGOR	M	Grand Master	03:18:02	459	50
92766	Individual	TYRON WALKER	M	Veteran	03:20:07	460	151
47228	Individual	CHRIS CARTWRIGHT	M	Junior	03:21:06	461	10
59124	Individual	SANDY MOLLER	F	Master	03:21:14	97	22
56002	Individual	JOHN KASSNER	M	Grand Master	03:21:20	462	51
9200	Individual	ANDREW CANNING	M	Veteran	03:22:07	463	152
7399	Individual	CHRISTINE PICKUP	F	Master	03:23:02	98	23
73629	Individual	SHUAIB PEER	M	Senior	03:23:14	464	40
72642	Individual	MICHELLE LUIZ	F	Senior	03:24:30	99	11
4727	Individual	PAULA TEDDER	F	Veteran	03:24:30	100	37
13221	Individual	BRUCE DEMPSTER	M	Veteran	03:24:31	465	153
4724	Individual	SANDRA LUIZ	F	Master	03:24:31	101	24
47761	Individual	RUSSELL CARTWRIGHT	M	Veteran	03:26:22	466	154
70267	Individual	CHRIS GOODALL	M	Grand Master	03:26:32	467	52
7428	Individual	JOHN PICKUP	M	Grand Master	03:28:18	468	53
92767	Individual	ALAN WALKER	M	Grand Master	03:30:52	469	54
58819	Individual	KENDALL JAMES	M	Veteran	03:31:40	470	155
40423	Individual	KEITH MOULDER	M	Grand Master	03:31:59	471	55
4395	Individual	JAROD DOUST	M	Youth	03:32:17	472	12
5520	Individual	ALLYSON DU PLOOY	F	Veteran	03:33:03	102	38
76210	Individual	ZWELANI BIYASE	M	Senior	03:34:43	473	41
76246	Individual	MFANAFUTHI KHANYILE	M	Youth	03:34:45	474	13
11128	Individual	RICKEY HULLEY	M	Veteran	03:34:52	475	156
76247	Individual	MNOTHO LUTHULI	M	Youth	03:34:54	476	14
92337	Individual	SUSAN ROSS-SMITH	F	Master	03:38:19	103	25
61923	Individual	MICHELLE ALBERS	F	Master	03:39:09	104	26
63772	Individual	MAREUIL MORTON	F	Master	03:42:11	105	27
98952	Individual	DIANE LUCK	F	Sub Veteran	03:46:01	106	24
6517	Individual	CHRIS MECKLENBORG	M	Master	03:55:00	477	101
77143	Individual	GAVIN BENECKE	M	Veteran	03:57:09	478	157
77145	Individual	CATRIEN BENECKE	F	Sub Veteran	03:57:10	107	25
75774	Individual	LAUREN DAVISON	F	Senior	04:00:16	108	12

# Overall Results

## 40km

57697	Individual	LEON MUNDRI	M	Veteran	04:02:02	479	158
77976	Individual	CARLA LOWE	F	Sub Veteran	04:04:24	109	26
71463	Individual	KIM GOWAR	F	Sub Veteran	04:04:46	110	27
5938	Individual	ARUM BYDAWELL	F	Sub Veteran	04:11:48	111	28
41010	Individual	LOUISE WHITTAL	F	Sub Veteran	04:12:48	112	29
5108	Individual	SHOSHANNA JACKSON	F	Sub Veteran	04:14:01	113	30
56960	Individual	PIERRE ELS	M	Master	04:14:53	480	102
77058	Individual	TYRAN RAMNATH	M	Sub Veteran	04:15:04	481	100
92452	Individual	ANTHONY TOPHAM	M	Sub Veteran	04:25:42	482	101
55941	Individual	ZANE ODENDAAL	M	Senior	04:26:44	483	42
77894	Individual	EMMA JANE KNEPSCHELD	F	Senior	04:28:58	114	13
70255	Individual	DEIDRE VAN DER MERWE	F	Sub Veteran	04:29:06	115	31
35397	Individual	ALAN BEALL	M	Grand Master	04:34:16	484	56
64429	Individual	ANDREW HATHORN	M	Grand Master	04:34:19	485	57