

Overall Results

9km

| Race No | Name | Sex | Age Cat | Race Time | Ov Pos | Age Pos |
|---------|-----------------------------|-----|----------|-----------|--------|---------|
| 27398 | HLELANI RADEBE | M | 20 to 29 | 0:35:51 | 1 | 1 |
| 4044 | KHUMBULANI NZIMANDE | M | 20 to 29 | 0:35:51 | 2 | 2 |
| 65608 | DUMISANI SHABALALA | M | 20 to 29 | 0:35:51 | 3 | 3 |
| 60686 | RAYMOND RADEBE | M | 20 to 29 | 0:39:31 | 4 | 4 |
| 6286 | BONGANI MAKHATHINI | M | 30 to 39 | 0:40:23 | 5 | 1 |
| 95424 | TRISTAN SEBIRE | M | 10 to 19 | 0:42:07 | 6 | 1 |
| 98904 | MZAMO ZONDI | M | 20 to 29 | 0:42:18 | 7 | 5 |
| 95421 | ANDREW SEBIRE | M | 10 to 19 | 0:46:04 | 8 | 2 |
| 35223 | ROBYN COOPER | F | 20 to 29 | 0:46:08 | 1 | 1 |
| 35474 | FRANSCOIS GOOSEN | M | 20 to 29 | 0:46:54 | 9 | 6 |
| 8399 | SHAUN CHAMBLER | M | 30 to 39 | 0:47:14 | 10 | 2 |
| 61554 | NEIL DU PLESSIS | M | 30 to 39 | 0:48:15 | 11 | 3 |
| 98962 | JONATHAN DE GUISTI | M | 30 to 39 | 0:49:00 | 12 | 4 |
| 4809 | CALLAN DEACON | M | 20 to 29 | 0:50:21 | 13 | 7 |
| 42316 | PAULA COMRIE | F | 30 to 39 | 0:50:27 | 2 | 1 |
| 8491 | PETRONEL WILMIEN WALKER | F | 30 to 39 | 0:50:32 | 3 | 2 |
| 30149 | JANA JORDAAN | F | 20 to 29 | 0:50:33 | 4 | 2 |
| 96249 | BYRON UGLJANIN | M | 50 to 59 | 0:50:43 | 14 | 1 |
| 62134 | HAYLEY MACKINNON | F | 40 to 49 | 0:51:14 | 5 | 1 |
| 61433 | ANDRE GERMISHUIZEN | M | 40 to 49 | 0:52:07 | 15 | 1 |
| 8984 | JUSTIN NAIDOO | M | 30 to 39 | 0:53:12 | 16 | 5 |
| 2944 | VICTORIA COETZEE | F | 40 to 49 | 0:54:07 | 6 | 2 |
| 58931 | REYNAULD VAN ROOYEN | M | 30 to 39 | 0:54:29 | 17 | 6 |
| 5280 | JENNA FYVIE | F | 10 to 19 | 0:54:33 | 7 | 1 |
| 57278 | HANS ROGOTZKI | M | 50 to 59 | 0:54:50 | 18 | 2 |
| 9006 | MUNISAMY NAIDOO | M | 50 to 59 | 0:54:59 | 19 | 3 |
| 69386 | ANDREW SIMPSON | M | 20 to 29 | 0:55:05 | 20 | 8 |
| 96446 | EPHLAIM NGCEBO | M | 40 to 49 | 0:55:44 | 21 | 2 |
| 25585 | HANA NEWLANDS | F | 10 to 19 | 0:55:52 | 8 | 2 |
| 51780 | CANDICE MCLELLAN | F | 30 to 39 | 0:56:06 | 9 | 3 |
| 98297 | LLOYD MELROSE | M | 40 to 49 | 0:56:34 | 22 | 3 |
| 42611 | EMMA LOCKHART | F | 30 to 39 | 0:57:16 | 10 | 4 |
| 96447 | SIPHO MZILA | M | 30 to 39 | 0:57:19 | 23 | 7 |
| 92824 | KENDALL MULLANY-SNYMAN | F | 30 to 39 | 0:57:19 | 11 | 5 |
| 1966 | SHAWN MEYER | M | 40 to 49 | 0:57:21 | 24 | 4 |
| 2315 | GOODWILL BONGINKOSI MHLONGO | M | 20 to 29 | 0:57:21 | 25 | 9 |
| 81213 | KENDALL GURNEY | F | 10 to 19 | 0:57:40 | 12 | 3 |
| 46977 | TYLER BROWN | M | 10 to 19 | 0:57:42 | 26 | 3 |
| 46975 | CATHY BROWN | F | 40 to 49 | 0:57:44 | 13 | 3 |
| 86728 | BRITTANY ALLAN | F | 10 to 19 | 0:58:33 | 14 | 4 |
| 52181 | BELLA HACKLAND | F | 10 to 19 | 0:59:05 | 15 | 5 |
| 12820 | JULIA HACKLAND | F | 40 to 49 | 0:59:06 | 16 | 4 |
| 13064 | JOSH HACKLAND | M | 40 to 49 | 0:59:10 | 27 | 5 |
| 6131 | PETER LOWRY | M | 40 to 49 | 0:59:25 | 28 | 6 |

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| 5733 | BEVERLEY DA COSTA | F | 50 to 59 | 0:59:27 | 17 | 1 |
| 8003 | LAUREN LOWRY | F | 40 to 49 | 0:59:30 | 18 | 5 |
| 99887 | LUKE BARNES | M | 20 to 29 | 1:00:19 | 29 | 10 |
| 17581 | MEGAN HOBBS | F | 50 to 59 | 1:00:37 | 19 | 2 |
| 81257 | ISABELLA DE BILLOT | F | 10 to 19 | 1:01:09 | 20 | 6 |
| 72304 | GILLIAN TREDGOLD | F | 40 to 49 | 1:01:34 | 21 | 6 |
| 63731 | CLAIRE SYMONS | F | 40 to 49 | 1:01:39 | 22 | 7 |
| 6656 | JACKI CULLEN | F | 30 to 39 | 1:01:51 | 23 | 6 |
| 96151 | NELIA VAN SCHALKWYK | F | 40 to 49 | 1:01:57 | 24 | 8 |
| 42313 | CLINT ROBSON | M | 30 to 39 | 1:02:18 | 30 | 8 |
| 70386 | JESSICA JACOBS | F | 30 to 39 | 1:02:22 | 25 | 7 |
| 4853 | WARREN BENN | M | 50 to 59 | 1:02:29 | 31 | 4 |
| 95110 | DARREN SLAUGHTER | M | 30 to 39 | 1:02:32 | 32 | 9 |
| 96573 | ANKI ROSSOUW | F | 40 to 49 | 1:02:34 | 26 | 9 |
| 6526 | AMY DIACK | F | 20 to 29 | 1:03:24 | 27 | 3 |
| 12888 | ANTHONY HOWES | M | 50 to 59 | 1:03:43 | 33 | 5 |
| 50706 | KEITH HAWYES | M | 40 to 49 | 1:03:55 | 34 | 7 |
| 7925 | ALFRED KREBS | M | 20 to 29 | 1:04:22 | 35 | 11 |
| 97969 | SENZO MEYIWA | M | 30 to 39 | 1:04:50 | 36 | 10 |
| 43028 | CARLA MANION | F | 30 to 39 | 1:05:27 | 28 | 8 |
| 71420 | JANA DAMMANN | F | 10 to 19 | 1:05:33 | 29 | 7 |
| 79541 | JANA BARFF | F | 40 to 49 | 1:05:40 | 30 | 10 |
| 98420 | JAPIE VAN SCHALKWYK | M | 40 to 49 | 1:05:44 | 37 | 8 |
| 30324 | JAN SMUTS | M | 40 to 49 | 1:05:44 | 38 | 9 |
| 8879 | TARRYN PAYNE | F | 30 to 39 | 1:05:45 | 31 | 9 |
| 58536 | JILL MORRIS | F | 40 to 49 | 1:05:46 | 32 | 11 |
| 75152 | MICHELLE SLAUGHTER | F | 30 to 39 | 1:05:53 | 33 | 10 |
| 5155 | HANNAH CROOKES | F | 10 to 19 | 1:05:57 | 34 | 8 |
| 41485 | BRITANNIE HOHLS | F | 10 to 19 | 1:05:58 | 35 | 9 |
| 88186 | BRANDON LOURENS | M | 20 to 29 | 1:06:02 | 39 | 12 |
| 43219 | VICTORIA BISSETT | F | 30 to 39 | 1:06:25 | 36 | 11 |
| 5557 | CANDICE ROE-SCOTT | F | 30 to 39 | 1:06:27 | 37 | 12 |
| 4150 | SHAE MCGAW | F | 20 to 29 | 1:06:48 | 38 | 4 |
| 91488 | GREG MACCRIMMON | M | 30 to 39 | 1:06:49 | 40 | 11 |
| 53298 | DARREN LOVE | M | 30 to 39 | 1:06:50 | 41 | 12 |
| 70475 | LULU DLADLA | F | 30 to 39 | 1:06:57 | 39 | 13 |
| 4006 | SKUMBUZO LEO | F | 20 to 29 | 1:07:09 | 40 | 5 |
| 34307 | GARRETH DOVEY | M | 30 to 39 | 1:07:21 | 42 | 13 |
| 68622 | JUANITA UGLJANIN | F | 40 to 49 | 1:07:29 | 41 | 12 |
| 90346 | MARK HOHLS | M | 50 to 59 | 1:07:50 | 43 | 6 |
| 87970 | MEGAN JANE GAZE | F | 20 to 29 | 1:08:42 | 42 | 6 |
| 81255 | HANNAH DE BILLOT | F | 10 to 19 | 1:08:47 | 43 | 10 |
| 37178 | TENILLE ROUX | F | 10 to 19 | 1:09:05 | 44 | 11 |
| 91527 | KERRILEE MILLAR | F | 30 to 39 | 1:09:33 | 45 | 14 |
| 91970 | KEVIN MILLAR | M | 30 to 39 | 1:09:35 | 44 | 14 |
| 7694 | COURTNEY WEST | F | 10 to 19 | 1:10:00 | 46 | 12 |

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9km

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| 4757 | FIONA BENN | F | 40 to 49 | 1:10:03 | 47 | 13 |
| 37188 | AMY-LEIGH MEIER | F | 20 to 29 | 1:10:13 | 48 | 7 |
| 8989 | DIANA CURRIE | F | 40 to 49 | 1:10:20 | 49 | 14 |
| 3901 | VANESSA STOTT | F | 30 to 39 | 1:10:21 | 50 | 15 |
| 3871 | NICOLA KENDALL | F | 30 to 39 | 1:10:21 | 51 | 16 |
| 69795 | MANUEL GONSALVES | M | 40 to 49 | 1:10:40 | 45 | 10 |
| 69767 | BELINDA JACOBS | F | 30 to 39 | 1:10:49 | 52 | 17 |
| 14340 | MARTINE PAREDIS | F | 50 to 59 | 1:11:00 | 53 | 3 |
| 81235 | JACQUELINE DE BILLOT | F | 40 to 49 | 1:11:26 | 54 | 15 |
| 62729 | WENDY CONSTANTINE | F | 50 to 59 | 1:11:26 | 55 | 4 |
| 40305 | VANESSA GURNEY | F | 40 to 49 | 1:11:27 | 56 | 16 |
| 40304 | BRETT GURNEY | M | 40 to 49 | 1:11:28 | 46 | 11 |
| 69767 | BELINDA JACOBS | F | 30 to 39 | 1:11:57 | 57 | 18 |
| 59175 | CASSY BINNEMAN | F | 20 to 29 | 1:12:07 | 58 | 8 |
| 55988 | DENE HEY | M | 20 to 29 | 1:12:09 | 47 | 13 |
| 21714 | DEBRA BLOFIELD | F | 40 to 49 | 1:12:14 | 59 | 17 |
| 1973 | AMANDA KELLY | F | 40 to 49 | 1:12:14 | 60 | 18 |
| 21502 | JENNY FULLER | F | 50 to 59 | 1:12:17 | 61 | 5 |
| 3355 | MICHAEL BOUWER | M | 20 to 29 | 1:12:53 | 48 | 14 |
| 3312 | MICHAEL ORAM | M | 40 to 49 | 1:12:59 | 49 | 12 |
| 7933 | JESSICA NAGEL | F | 20 to 29 | 1:13:06 | 62 | 9 |
| 87357 | JONATHAN ENGELBRECHT | M | 30 to 39 | 1:13:31 | 50 | 15 |
| 69558 | SAMANTHA ENGELBRECHT | F | 30 to 39 | 1:13:31 | 63 | 19 |
| 7066 | GARETH THOMSON | M | 70 to 79 | 1:13:31 | 51 | 1 |
| 85721 | MARTIN DAMMANN | M | 40 to 49 | 1:13:48 | 52 | 13 |
| 17439 | MIKE FORSYTH | M | 60 to 69 | 1:13:56 | 53 | 1 |
| 71096 | ASHLEIGH BOTHA | F | 40 to 49 | 1:14:37 | 64 | 19 |
| 19879 | SALLY VEENMAN | F | 40 to 49 | 1:14:39 | 65 | 20 |
| 37567 | GEORGE SCHULTZ | M | 50 to 59 | 1:16:24 | 54 | 7 |
| 72871 | JULIE-ANN KRUGER | F | 50 to 59 | 1:16:28 | 66 | 6 |
| 59087 | CARMEN BARNES | F | 40 to 49 | 1:18:18 | 67 | 21 |
| 59071 | BRIAN BARNES | M | 50 to 59 | 1:18:20 | 55 | 8 |
| 38474 | SAM LAAS | F | 40 to 49 | 1:18:38 | 68 | 22 |
| 38481 | ANDREW LAAS | M | 40 to 49 | 1:18:41 | 56 | 14 |
| 48512 | AUDREY WALKER | F | 30 to 39 | 1:18:42 | 69 | 20 |
| 35498 | CHRISTINE BEATTIE | F | 20 to 29 | 1:19:36 | 70 | 10 |
| 20300 | JOAO DE JESUS | M | 30 to 39 | 1:20:31 | 57 | 16 |
| 16848 | SUE ST.LEGER | F | 50 to 59 | 1:20:57 | 71 | 7 |
| 35840 | SHARNA OGDEN | F | 30 to 39 | 1:22:26 | 72 | 21 |
| 25642 | SHARLEEN LUPKE | F | 30 to 39 | 1:23:08 | 73 | 22 |
| 41514 | HAPPY LEMBETHE | F | 40 to 49 | 1:23:17 | 74 | 23 |
| 60830 | KEVIN BOUWER | M | 50 to 59 | 1:26:29 | 58 | 9 |
| 61069 | VICTORIA BOUWER | F | 40 to 49 | 1:27:05 | 75 | 24 |
| 75454 | NICHOLAS BOUWER | M | 20 to 29 | 1:27:05 | 59 | 15 |
| 42158 | CHANTALLE WILSON | F | 40 to 49 | 1:29:35 | 76 | 25 |
| 86726 | DEBBIE ALLAN | F | 50 to 59 | 1:30:15 | 77 | 8 |

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| 7442 | VIMLA REDDY | F | 40 to 49 | 1:31:53 | 78 | 26 |
| 5973 | JOHN DE HAAS | M | 70 to 79 | 1:31:58 | 60 | 2 |
| 35263 | BRENDA HALSE | F | 60 to 69 | 1:32:18 | 79 | 1 |
| 21206 | VICKI DANIELS | F | 50 to 59 | 1:33:36 | 80 | 9 |
| 71590 | CHARMAINE NEL | F | 50 to 59 | 1:37:26 | 81 | 10 |
| 56509 | TANIA BLAKEMAN | F | 50 to 59 | 1:37:28 | 82 | 11 |
| 19881 | JAMIE-LEAH FELGATE | F | 10 to 19 | 1:37:29 | 83 | 13 |
| 9805 | AMMI SVERRE | F | 10 to 19 | 1:37:34 | 84 | 14 |
| 6894 | SHARON MAYHEW | F | 50 to 59 | 1:43:09 | 85 | 12 |
| 9117 | SIYAH BRAMBHA | F | 20 to 29 | 1:45:25 | 86 | 11 |
| 9094 | JASON KOEN | M | 20 to 29 | 1:45:31 | 61 | 16 |
| 61976 | ROBYN MCMENEMEY | F | 50 to 59 | 1:55:31 | 87 | 13 |
| 8046 | GIZELLE VAN RYNEVELD | F | 10 to 19 | 2:11:43 | 88 | 15 |
| 10822 | DIRK VAN RYNEVELD | M | 50 to 59 | 2:11:52 | 62 | 10 |
| 10842 | WENDY VAN RYNEVELD | F | 40 to 49 | 2:11:55 | 89 | 27 |
| 71031 | SHELLEY HUTTON | F | 40 to 49 | 2:23:59 | 90 | 28 |
| 86408 | MAHOMED BILAAL BAKSH | M | 30 to 39 | 2:29:34 | 63 | 17 |
| 69687 | WAJEEDA NABEE | F | 30 to 39 | 2:29:34 | 91 | 23 |