

Group or Category	Pos in		Athlete Details				Final Results	
	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Sub Junior Boys 12-15</b>	1	1	303	SB	Jaco	Wolstenholme	00.35.20	
	2	2	155	SB	Berno	Van Den Berg	00.35.54	
	3	3	304	SB	Hugo	Wolstenholme	00.38.04	
	4	4	147	SB	Matteo	Greyling	00.39.10	
	5	5	154	SB	Team	Albe And Michael	00.40.15	
	6	6	153	SB	Conrad	Maroon	00.41.16	
	7	7	133	SB	Fischer	George	00.43.32	
	8	8	143	SB	Maed	Kael	00.46.10	
	9	9	136	SB	Benjamin	Tewater	00.47.55	
	10	10	137	SB	Tommaso	De Nova	00.55.40	
	11	11	145	SB	Wykerd	Daniel	00.57.21	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Total</b>	<b>Remarks</b>
<b>Sub Junior Girls 12-15</b>	1	1	142	SG	Tatum	Maher	00.40.30	
	2	2	146	SG	Anja	De Bod	00.41.53	
	3	3	152	SG	Krijt	Ariane	00.48.32	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Total</b>	<b>Remarks</b>
<b>Junior Men 16-19</b>	1	1	339	JM	Nicholas	Quenet	01.05.48	
	2	2	135	JM	Jarod	Van Blerk	01.13.26	
	3	3	337	JM	Tim	Langerman	01.18.09	
	4	4	134	JM	Jarrett	West	01.20.30	
	5	5	341	JM	David	Jones	01.24.04	
	6	6	139	JM	Matthew	Harris	01.33.37	
	7	7	342	JM	Sofie	Moens	01.57.17	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Total</b>	<b>Remarks</b>
<b>Junior Women 16-19</b>	1	1	340	JW	Anja	Wolstenholme	01.20.42	
	2	2	335	JW	Simone	Faulmann	01.23.16	
	3	3	330	JW	Caylan	Bromley	01.33.09	
	4	4	138	JW	Jade	De Monk	01.48.34	
	5	5	140	JW	Teagan	Maher	02.34.50	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Total</b>	<b>Remarks</b>
<b>Senior Men A: 20-24</b>	1	1	89	SMA	Rinaldo	Morgia	02.06.59	
	2	2	83	SMA	Riaan	Shaw	02.07.51	
	3	3	122	SMA	Dylan	Pivo	02.10.40	
	4	4	82	SMA	Russell	Gaynor	02.12.37	
	5	5	80	SMA	Duane	Muller	02.59.26	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Total</b>	<b>Remarks</b>
<b>Senior Men B: 25-29</b>	1	1	77	SMB	Tyron	Ingle	02.08.53	
	2	2	92	SMB	Philipp	Sassie	02.14.06	
	3	3	119	SMB	Simon	Starck	02.18.20	
	4	4	84	SMB	Louis	Pretorius	02.28.17	
	5	5	74	SMB	Mark	Raa	02.31.14	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Total</b>	<b>Remarks</b>
<b>Senior Women A: 20-24</b>	1	1	81	SWA	Celeste	Renaud	02.21.18	
	2	2	94	SWA	Alexandra	Quenet	02.29.39	
	3	3	132	SWA	Shelley	Faulmann	02.54.41	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Total</b>	<b>Remarks</b>
<b>Senior Women B: 25-29</b>	1	1	121	SWB	Colleen	De Oliveira	02.26.26	
	2	2	76	SWB	Nicole	Faulmann	03.01.01	
	3	3	78	SWB	Chanel	Hannah	03.13.43	

Group or Category	Pos in		Athlete Details				Final Results	
	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
Category	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Sub Vet Men A: 30-34</b>	1	1	107	SVA	Matt	Trautman	01.59.57	
	2	2	60	SVA	Jean	De Villiers	02.06.09	
	3	3	72	SVA	J D	Neill	02.10.10	
	4	4	97	SVA	Jonty	Low	02.14.04	
	5	5	59	SVA	Ryan	Kemp	02.17.12	
	6	6	114	SVA	Andrew	Le Roux	02.17.46	
	7	7	73	SVA	Miguel	Netto	02.38.36	
	8	8	70	SVA	Gareth	Price	02.40.22	
	9	9	56	SVA	Jaco-Cilliers	Van Den Berg	02.41.34	
	10	10	129	SVA	Leighton	Ronne	02.43.32	
	11	11	68	SVA	Jacques	Bouwer	02.47.47	
	12	12	67	SVA	Willem	Van Der Merwe	02.52.24	
	13	13	55	SVA	Danie	Maré	02.54.31	
	14	14	112	SVA	Freddy	Kruger	03.00.28	
	15	15	63	SVA	Randall	Moosajie	03.41.26	
	16	16	87	SVA	Coenie	Labuschagne	04.12.33	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Sub Vet Men B: 35-39</b>	1	1	40	SVB	Nick	Turner	02.16.23	
	2	2	91	SVB	Steve	Attwell	02.23.17	
	3	3	46	SVB	Troy	Squires	02.24.13	
	4	4	42	SVB	David	Talbot	02.26.09	
	5	5	51	SVB	Tiaan	Pretorius	02.28.09	
	6	6	38	SVB	Darrin	Hofmeyr	02.29.54	
	7	7	159	SVB	Higginbotham	Andy	02.30.49	
	8	8	47	SVB	Morne	Botha	02.38.51	
	9	9	100	SVB	Jacobus	Van Aardt	02.39.30	
	10	10	103	SVB	Mark	Sochen	02.42.38	
	11	11	45	SVB	Jacques	Wentzel	02.49.51	
	12	12	41	SVB	Eduard	Van Den Heever	02.50.36	
	13	13	98	SVB	Matt	Durrans	03.01.54	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Sub Vet Women A: 30-34</b>	1	1	62	SXA	Olga	Koorts	02.34.07	
	2	2	69	SXA	Paula	Armstrong	02.37.24	
	3	3	61	SXA	Candice	Morrison	02.41.28	
	4	4	58	SXA	Eileen	Ketterer	02.42.05	
	5	5	64	SXA	Christelle	Hattingh	02.45.35	
	6	6	131	SXA	Lindie	Bouwer	03.03.25	
	7	7	65	SXA	Keri	Delpont	03.06.52	
	8	8	71	SXA	Monique	Myburgh	03.11.06	
	9	9	95	SXA	Elena	Cremasco	03.13.46	
	10	10	109	SXA	Roxanne	De Krielen	03.17.17	
	11	11	127	SXA	Ilze	Van Wyk	03.29.41	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Sub Vet Women B: 35-39</b>	1	1	52	SXB	Lorran	Paxton	02.36.09	
	2	2	36	SXB	Bianca	Tait	02.41.45	
	3	3	44	SXB	Kelly	Jenkinson	02.44.48	
	4	4	125	SXB	Jacqui	Roberts	02.50.16	
	5	5	160	SXB	Visagie-Hopking	Hildy	02.56.32	

Group or Category	Pos in		Athlete Details				Final Results	
	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
	6	6	130	SXB	Kerri	Lowrie	02.59.36	
	7	7	50	SXB	Helen	Van Niekerk	03.02.38	
	8	8	48	SXB	Jennifer	Hughes	03.16.27	
	9	9	49	SXB	Chantel	Rall	03.24.44	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Veteran Men A: 40-44</b>	1	1	93	VMA	Morne	Kemp	02.19.17	
	2	2	108	VMA	Trevor	Rolfe	02.21.58	
	3	3	34	VMA	Kobus	Meyer	02.22.14	
	4	4	101	VMA	Robert	Zive	02.27.05	
	5	5	31	VMA	Scott	Tait	02.29.51	
	6	6	102	VMA	Guy	Krige	02.31.27	
	7	7	158	VMA	Cartmel	Paul	02.31.42	
	8	8	28	VMA	John	Rice	02.38.23	
	9	9	96	VMA	Malcolm	Hall	02.44.16	
	10	10	35	VMA	Camm	Van Rensburg	02.50.34	
	11	11	118	VMA	Jos	Balk	03.01.49	
	12	12	156	VMA	Briers	Daniel	03.02.49	
	13	13	33	VMA	Leon	Dickson	03.04.36	
	14	14	117	VMA	Alec	Van Wyk	03.05.34	
	15	15	26	VMA	Thys	Stoltz	03.11.35	
	16	16	25	VMA	Jan	Ackermann	03.22.31	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Veteran Men B: 45-49</b>	1	1	105	VMB	Franna	Vorster	02.14.39	
	2	2	21	VMB	Chris	De Villiers	02.17.23	
	3	3	10	VMB	Richard	De Villiers	02.18.29	
	4	4	115	VMB	Paul	Ingpen	02.19.27	
	5	5	20	VMB	Christo	Du Plessis	02.22.22	
	6	6	99	VMB	Henry	Wolstenholme	02.29.21	
	7	7	106	VMB	Mark	Wright	02.30.16	
	8	8	14	VMB	Neil	Mulder	02.32.42	
	9	9	19	VMB	Anthony	Shaw	02.41.22	
	10	10	15	VMB	Patrick	Kilkenny	02.51.09	
	11	11	104	VMB	David	Wolhuter	02.55.31	
	12	12	11	VMB	Malcolm	Rapson	03.01.54	
	13	13	111	VMB	John	Davidson	03.41.40	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Veteran Women A: 40-44</b>	1	1	27	VWA	Natalie	Fox	02.47.49	
	2	2	32	VWA	Tracy	Shaw	03.02.09	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Veteran Women B: 45-49</b>	1	1	16	VWB	Diana	Macpherson	02.29.32	
	2	2	85	VWB	Lara	Fury	02.42.01	
	3	3	120	VWB	Claire	Louw	02.42.12	
	4	4	12	VWB	Anzel	Du Plessis	02.49.18	
	5	5	110	VWB	Debbie	Hibbert	03.12.10	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Master Men A: 50-54</b>	1	1	9	MMA	Alexander	Pringle	02.27.32	
	2	2	6	MMA	Andre	Pepler	02.34.42	
	3	3	126	MMA	Ralf	Bochnig	02.54.01	
	4	4	90	MMA	Gert	Wilkins	02.54.34	

Group or Category	Pos in		Athlete Details				Final Results	
	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Master Men B: 55-59</b>	1	1	1	MMB	Rolf	Muller	02.39.31	
	2	2	2	MMB	Gavin	Magrath	03.10.52	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Total</b>	<b>Remarks</b>
<b>Master Women A: 50-54</b>	1	1	4	MWA	Vivienne	Williams	02.24.30	
	2	2	8	MWA	Elizma	Goldenhuis	03.12.11	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Total</b>	<b>Remarks</b>
<b>Master Women B: 55-59</b>	1	1	3	MWB	Celia	Pienaar	02.54.29	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Total</b>	<b>Remarks</b>
<b>Overall Men 20 - 39</b>	1	1	107	SVA	Matt	Trautman	01.59.57	
	2	2	60	SVA	Jean	De Villiers	02.06.09	
	3	1	89	SMA	Rinaldo	Morgia	02.06.59	
	4	2	83	SMA	Riaan	Shaw	02.07.51	
	5	1	77	SMB	Tyron	Ingle	02.08.53	
	6	3	72	SVA	J D	Neill	02.10.10	
	7	3	122	SMA	Dylan	Pivo	02.10.40	
	8	4	82	SMA	Russell	Gaynor	02.12.37	
	9	4	97	SVA	Jonty	Low	02.14.04	
	10	2	92	SMB	Philipp	Sassie	02.14.06	
	11	1	40	SVB	Nick	Turner	02.16.23	
	12	5	59	SVA	Ryan	Kemp	02.17.12	
	13	6	114	SVA	Andrew	Le Roux	02.17.46	
	14	3	119	SMB	Simon	Starck	02.18.20	
	15	2	91	SVB	Steve	Attwell	02.23.17	
	16	3	46	SVB	Troy	Squires	02.24.13	
	17	4	42	SVB	David	Talbot	02.26.09	
	18	5	51	SVB	Tiaan	Pretorius	02.28.09	
	19	4	84	SMB	Louis	Pretorius	02.28.17	
	20	6	38	SVB	Darrin	Hofmeyr	02.29.54	
	21	7	159	SVB	Higginbotham	Andy	02.30.49	
	22	5	74	SMB	Mark	Raa	02.31.14	
	23	7	73	SVA	Miguel	Netto	02.38.36	
	24	8	47	SVB	Morne	Botha	02.38.51	
	25	9	100	SVB	Jacobus	Van Aardt	02.39.30	
	26	8	70	SVA	Gareth	Price	02.40.22	
	27	9	56	SVA	Jaco-Cilliers	Van Den Berg	02.41.34	
	28	10	103	SVB	Mark	Sochen	02.42.38	
	29	10	129	SVA	Leighton	Ronne	02.43.32	
	30	11	68	SVA	Jacques	Bouwer	02.47.47	
	31	11	45	SVB	Jacques	Wentzel	02.49.51	
	32	12	41	SVB	Eduard	Van Den Heever	02.50.36	
	33	12	67	SVA	Willem	Van Der Merwe	02.52.24	
	34	13	55	SVA	Danie	Maré	02.54.31	
	35	5	80	SMA	Duane	Muller	02.59.26	
	36	14	112	SVA	Freddy	Kruger	03.00.28	
	37	13	98	SVB	Matt	Durrans	03.01.54	
	38	15	63	SVA	Randall	Moosajie	03.41.26	
	39	16	87	SVA	Coenie	Labuschagne	04.12.33	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Total</b>	<b>Remarks</b>

Group or Category	Pos in		Athlete Details				Final Results	
	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Overall Women 20 - 39</b>	1	1	81	SWA	Celeste	Renaud	02.21.18	
	2	1	121	SWB	Colleen	De Oliveira	02.26.26	
	3	2	94	SWA	Alexandra	Quenet	02.29.39	
	4	1	62	SXA	Olga	Koorts	02.34.07	
	5	1	52	SXB	Lorran	Paxton	02.36.09	
	6	2	69	SXA	Paula	Armstrong	02.37.24	
	7	3	61	SXA	Candice	Morrison	02.41.28	
	8	2	36	SXB	Bianca	Tait	02.41.45	
	9	4	58	SXA	Eileen	Ketterer	02.42.05	
	10	3	44	SXB	Kelly	Jenkinson	02.44.48	
	11	5	64	SXA	Christelle	Hattingh	02.45.35	
	12	4	125	SXB	Jacqui	Roberts	02.50.16	
	13	3	132	SWA	Shelley	Faulmann	02.54.41	
	14	5	160	SXB	Visagie-Hopking	Hildy	02.56.32	
	15	6	130	SXB	Kerri	Lowrie	02.59.36	
	16	2	76	SWB	Nicole	Faulmann	03.01.01	
	17	7	50	SXB	Helen	Van Niekerk	03.02.38	
	18	6	131	SXA	Lindie	Bouwer	03.03.25	
	19	7	65	SXA	Keri	Delport	03.06.52	
	20	8	71	SXA	Monique	Myburgh	03.11.06	
	21	3	78	SWB	Chanel	Hannah	03.13.43	
	22	9	95	SXA	Elena	Cremasco	03.13.46	
	23	8	48	SXB	Jennifer	Hughes	03.16.27	
	24	10	109	SXA	Roxanne	De Krielen	03.17.17	
	25	9	49	SXB	Chantel	Rall	03.24.44	
	26	11	127	SXA	Ilze	Van Wyk	03.29.41	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Overall Men 40 +</b>	1	1	105	VMB	Franna	Vorster	02.14.39	
	2	2	21	VMB	Chris	De Villiers	02.17.23	
	3	3	10	VMB	Richard	De Villiers	02.18.29	
	4	1	93	VMA	Morne	Kemp	02.19.17	
	5	4	115	VMB	Paul	Ingpen	02.19.27	
	6	2	108	VMA	Trevor	Rolfe	02.21.58	
	7	3	34	VMA	Kobus	Meyer	02.22.14	
	8	5	20	VMB	Christo	Du Plessis	02.22.22	
	9	4	101	VMA	Robert	Zive	02.27.05	
	10	1	9	MMA	Alexander	Pringle	02.27.32	
	11	6	99	VMB	Henry	Wolstenholme	02.29.21	
	12	5	31	VMA	Scott	Tait	02.29.51	
	13	7	106	VMB	Mark	Wright	02.30.16	
	14	6	102	VMA	Guy	Krige	02.31.27	
	15	7	158	VMA	Cartmel	Paul	02.31.42	
	16	8	14	VMB	Neil	Mulder	02.32.42	
	17	2	6	MMA	Andre	Pepler	02.34.42	
	18	8	28	VMA	John	Rice	02.38.23	
	19	1	1	MMB	Rolf	Muller	02.39.31	
	20	9	19	VMB	Anthony	Shaw	02.41.22	
	21	9	96	VMA	Malcolm	Hall	02.44.16	
	22	10	35	VMA	Camm	Van Rensburg	02.50.34	

Group or Category	Pos in		Athlete Details				Final Results	
	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
	23	10	15	VMB	Patrick	Kilkenny	02.51.09	
	24	3	126	MMA	Ralf	Bochnig	02.54.01	
	25	4	90	MMA	Gert	Wilkins	02.54.34	
	26	11	104	VMB	David	Wolhuter	02.55.31	
	27	11	118	VMA	Jos	Balk	03.01.49	
	28	12	11	VMB	Malcolm	Rapson	03.01.54	
	29	12	156	VMA	Briers	Daniel	03.02.49	
	30	13	33	VMA	Leon	Dickson	03.04.36	
	31	14	117	VMA	Alec	Van Wyk	03.05.34	
	32	2	2	MMB	Gavin	Magrath	03.10.52	
	33	15	26	VMA	Thys	Stoltz	03.11.35	
	34	16	25	VMA	Jan	Ackermann	03.22.31	
	35	13	111	VMB	John	Davidson	03.41.40	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Remarks
<b>Overall Women 40 +</b>	1	1	4	MWA	Vivienne	Williams	02.24.30	
	2	1	16	VWB	Diana	Macpherson	02.29.32	
	3	2	85	VWB	Lara	Fury	02.42.01	
	4	3	120	VWB	Claire	Louw	02.42.12	
	5	1	27	VWA	Natalie	Fox	02.47.49	
	6	4	12	VWB	Anzel	Du Plessis	02.49.18	
	7	1	3	MWB	Celia	Pienaar	02.54.29	
	8	2	32	VWA	Tracy	Shaw	03.02.09	
	9	5	110	VWB	Debbie	Hibbert	03.12.10	
	10	2	8	MWA	Elizma	Geldenhuys	03.12.11	