

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
Senior Women 80km	1	461	SWL	Lizelle Cloete	03.27.13	1	
	2	226	SWL	Enge Knoetze	03.41.53	1	
	3	307	SWL	Helene Rabie	04.22.43	1	
	4	543	SWL	Liza-Mari Giliomee	04.22.47	1	
	5	470	SWL	Antoinette Bruwer	05.37.33	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Senior Men 80km	1	957	SML	Denzil Afrika	02.52.50	1	
	2	906	SML	Jason Peach	02.53.33	1	
	3	494	SML	Marthinus Kruger	02.56.27	1	
	4	946	SML	Grant Flattery	02.57.36	1	
	5	356	SML	Jannas Du Plessis	03.02.33	1	
	6	947	SML	Billy Flattery	03.02.39	1	
	7	366	SML	Dirk Muller Jnr	03.09.16	1	
	8	492	SML	Martin Cilliers	03.15.07	1	
	9	327	SML	Stephan Du Toit	03.18.13	1	
	10	915	SML	Chris Snyman	03.21.38	1	
	11	577	SML	Morne Klopper	03.21.38	1	
	12	453	SML	Alan Rosewall	03.23.45	1	
	13	123	SML	Gabri Steyn	03.24.49	1	
	14	956	SML	Emile Boshoff	03.27.16	1	
	15	931	SML	Izak Van Der Vyver	03.28.08	1	
	16	586	SML	Hermias Vollgraaff	03.28.09	1	
	17	525	SML	Elrich Boucher	03.37.40	1	
	18	393	SML	Frans Le Roux	03.41.54	1	
	19	913	SML	Zane Schmahl	03.45.20	1	
	20	573	SML	Matt Wilkinson	03.51.13	1	
	21	402	SML	Aldert Du Toit	04.00.34	1	
	22	948	SML	Theunis Oberholster	04.06.00	1	
	23	481	SML	Kyle Symons	04.07.54	1	
	24	516	SML	Robert Hewitt	04.20.17	1	
	25	544	SML	L J Giliomee	04.22.46	1	
	26	950	SML	Marthinus Nortier	04.36.54	1	
	27	518	SML	Francois Hansen	04.37.46	1	
	28	204	SML	J P Du Toit	04.48.31	1	
	29	203	SML	Stefan Du Toit	04.52.36	1	
	30	953	SML	Gideon Knoetze	05.08.17	1	
	31	407	SML	Hugo La Grange	05.41.39	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Sub Vet Women 80km	1	550	SXL	Fienie Barnard	03.03.54	1	
	2	329	SXL	Joritha Prins	03.26.31	1	
	3	350	SXL	Diane Jonker	03.45.11	1	
	4	111	SXL	Janette Coetzee	03.59.56	1	
	5	458	SXL	Isabella Du Preez	04.20.52	1	
	6	108	SXL	Mienke Koen	04.20.55	1	
	7	399	SXL	Amanda De Beer	04.24.59	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	8	581	SXL	Ilse Van Wyk	04.25.01	1	
	9	308	SXL	Retha Engelbrecht	04.25.29	1	
	10	487	SXL	Helena Smuts	04.26.59	1	
	11	152	SXL	Annemart Agenbag	04.36.50	1	
	12	534	SXL	Nadine Wakefield	04.45.24	1	
	13	450	SXL	Yolanda Walsh	04.45.26	1	
	14	499	SXL	Cizanie Van Zyl	04.49.31	1	
	15	265	SXL	Cecilia Vockins	04.55.46	1	
	16	214	SXL	Talita Van Zyl	04.58.53	1	
	17	488	SXL	Vanessa Liebetrau	05.00.03	1	
	18	336	SXL	Adel Ferreira	05.01.45	1	
	19	548	SXL	Catherine Hanauer	05.01.56	1	
	20	209	SXL	Bonte Betts	05.03.30	1	
	21	121	SXL	Alice Le Roux	05.33.46	1	
	22	431	SXL	Petra Treurnicht	05.57.27	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Sub Vet Men 80km	1	954	SVL	Vickus Boshoff	02.46.59	1	
	2	567	SVL	Rob Doirmehl	02.47.02	1	
	3	345	SVL	Charl Du Plessis	02.54.57	1	
	4	230	SVL	George De Kock	03.00.36	1	
	5	359	SVL	Hans Hendriks	03.02.30	1	
	6	196	SVL	Lloyd Schmidt	03.09.36	1	
	7	317	SVL	Lawrence Lindeque	03.11.37	1	
	8	139	SVL	Jaco Botha	03.12.39	1	
	9	426	SVL	Jan-Pieter Redelinghuys	03.13.56	1	
	10	113	SVL	Jaco Burger	03.14.07	1	
	11	497	SVL	Francois Swart	03.16.13	1	
	12	539	SVL	De Villiers Van Zyl	03.17.13	1	
	13	127	SVL	Johan Gelderblom	03.19.07	1	
	14	491	SVL	Nicol Russouw	03.19.47	1	
	15	566	SVL	Derick Van Staden	03.21.39	1	
	16	378	SVL	Darren Kelly	03.22.23	1	
	17	555	SVL	Philip Nel	03.22.25	1	
	18	530	SVL	Ryan Vogt	03.23.42	1	
	19	269	SVL	Wiehahn Smit	03.23.55	1	
	20	398	SVL	Simon Van Blerk	03.24.15	1	
	21	427	SVL	Christoff Botha	03.28.04	1	
	22	542	SVL	Henk Botes	03.29.52	1	
	23	949	SVL	Werner Kriel	03.30.40	1	
	24	354	SVL	Konrad Wentzel	03.31.35	1	
	25	532	SVL	Sebastian De Romijn	03.31.44	1	
	26	910	SVL	Staff Roelofse	03.33.24	1	
	27	153	SVL	James Hagen	03.33.38	1	
	28	414	SVL	Bennie Hamman	03.34.42	1	
	29	285	SVL	Willie Van Heerden	03.35.08	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	30	165	SVL	Alwyn Oberholzer	03.35.17	1	
	31	170	SVL	Deon Latsky	03.40.17	1	
	32	944	SVL	Charl Bleach	03.41.06	1	
	33	927	SVL	Zee Ismail	03.41.58	1	
	34	546	SVL	Cobie Theron	03.45.18	1	
	35	278	SVL	Theron Van Wyk	03.47.29	1	
	36	157	SVL	Clive Berry	03.47.32	1	
	37	514	SVL	Josef Labuschagne	03.47.37	1	
	38	377	SVL	Andre Walters	03.48.13	1	
	39	235	SVL	Francois Kemp	03.48.24	1	
	40	489	SVL	Vincent Hill	03.49.37	1	
	41	556	SVL	Guillaume Liebenberg	03.52.06	1	
	42	933	SVL	Martin Du Toit	03.52.11	1	
	43	382	SVL	Johann Vos	03.52.21	1	
	44	384	SVL	Christie Koch	03.52.28	1	
	45	456	SVL	Jean Nortier	03.54.39	1	
	46	418	SVL	Johan La Grange	03.56.04	1	
	47	549	SVL	Oeloff Badenhorst	03.56.57	1	
	48	298	SVL	Hannes Gildenhuys	03.56.58	1	
	49	580	SVL	Jan Scannell	03.57.31	1	
	50	596	SVL	Hendrik Fourie	03.59.55	1	
	51	504	SVL	Roelof Joubert	04.00.45	1	
	52	149	SVL	Henk Klopper	04.03.26	1	
	53	531	SVL	Roelof Botes	04.08.08	1	
	54	171	SVL	Yano Fanoudis	04.08.10	1	
	55	295	SVL	Adrian Hammond	04.10.05	1	
	56	349	SVL	Duan Jonker	04.12.15	1	
	57	328	SVL	Omar Jonker	04.12.16	1	
	58	101	SVL	Charl Goussard	04.13.34	1	
	59	515	SVL	Stephanus Naude	04.15.26	1	
	60	373	SVL	Justin Haupt	04.19.11	1	
	61	466	SVL	Gideon Smit	04.19.42	1	
	62	404	SVL	Aldo Visser	04.21.38	1	
	63	250	SVL	Petrus De Waal	04.21.40	1	
	64	107	SVL	Craig Middleton	04.22.58	1	
	65	540	SVL	Theunis Mostert	04.24.58	1	
	66	929	SVL	Philip Olivier	04.25.16	1	
	67	520	SVL	Andre Kellerman	04.25.16	1	
	68	305	SVL	Bruwer Engelbrecht	04.25.31	1	
	69	508	SVL	Morne Groenewald	04.35.09	1	
	70	297	SVL	Craig Harris	04.35.13	1	
	71	266	SVL	Charl Van Niekerk	04.35.55	1	
	72	375	SVL	Lourens Erasmus	04.38.24	1	
	73	252	SVL	Christoff Brand	04.39.05	1	
	74	116	SVL	Eddie Wilkinson	04.46.36	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	75	439	SVL	Wikus Theunissen	04.58.16	1	
	76	215	SVL	Theo Van Zyl	04.58.50	1	
	77	268	SVL	Christo Botha	05.01.03	1	
	78	270	SVL	Jacques Van Rooyen	05.01.06	1	
	79	401	SVL	Jacques Quinot	05.09.00	1	
	80	411	SVL	Albert Goosen	05.18.53	1	
	81	469	SVL	Christiaan Barnard	05.19.04	1	
	82	180	SVL	Stefan Dreyer	05.56.54	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Veteran Women 80km	1	916	VWL	Hannele Steyn	02.58.09	1	
	2	509	VWL	Phelia Burger	03.16.11	1	
	3	940	VWL	Anneke Jacobs	03.25.49	1	
	4	340	VWL	Carina Van Der Merwe	03.54.18	1	
	5	314	VWL	Mia Mostert	03.54.51	1	
	6	925	VWL	Claere Crowther	03.56.55	1	
	7	391	VWL	Kanya Hunt	04.00.31	1	
	8	338	VWL	Marie Van Der Walt	04.14.11	1	
	9	365	VWL	Anzel Du Plessis	04.18.47	1	
	10	372	VWL	Lisa Vermaak	04.19.10	1	
	11	562	VWL	Kathryn Van Deventer	04.23.14	1	
	12	162	VWL	Kate Bihl	04.34.23	1	
	13	146	VWL	Herbie Mabin	04.34.25	1	
	14	476	VWL	Kim-Ann Weidemann	04.45.11	1	
	15	565	VWL	Mienie Rossouw	04.49.28	1	
	16	478	VWL	Sonja Van Staden	05.01.16	1	
	17	444	VWL	Mariette Fourie	05.03.10	1	
	18	436	VWL	Marie Viljoen	05.05.32	1	
	19	435	VWL	Magna Van Schalkwyk	05.28.09	1	
	20	296	VWL	Jacqueline Harris	05.46.03	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Veteran Men 80km	1	482	VML	Henri Meyer	02.55.05	1	
	2	364	VML	Christo Du Plessis	02.57.07	1	
	3	575	VML	Richard Du Toit	02.57.10	1	
	4	292	VML	Riaan Van Niekerk	02.59.43	1	
	5	460	VML	Edwin Van Der Vyver	02.59.56	1	
	6	225	VML	Willie Roux	02.59.58	1	
	7	239	VML	Johann Le Roux	03.01.04	1	
	8	454	VML	Pieter De Vos	03.01.06	1	
	9	137	VML	Henning Blaauw	03.04.57	1	
	10	132	VML	Johan Marais	03.05.00	1	
	11	413	VML	Andrew Marshall	03.05.03	1	
	12	474	VML	Anthony De Jager	03.09.14	1	
	13	291	VML	Allister Arenson	03.09.59	1	
	14	417	VML	Bob Schuiling	03.11.31	1	
	15	370	VML	Gideon Joubert	03.12.10	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	16	376	VML	Lance Sinequan	03.12.50	1	
	17	133	VML	Craig Wicker	03.13.09	1	
	18	490	VML	Lukas Janse Van Vuuren	03.13.57	1	
	19	242	VML	Michael Van Den Heerik	03.16.13	1	
	20	408	VML	Pierre Conradie	03.19.37	1	
	21	256	VML	Claude Van Cuyck	03.19.39	1	
	22	257	VML	Ricco Friedrich	03.19.42	1	
	23	371	VML	Harald Zumpt	03.19.50	1	
	24	144	VML	Mark Mahoney	03.21.35	1	
	25	216	VML	Bennie Steyn	03.21.36	1	
	26	115	VML	Coenie Thomas	03.22.28	1	
	27	459	VML	Neill Clark	03.22.31	1	
	28	143	VML	Charles Gerber	03.22.35	1	
	29	420	VML	Jannie Du Plessis	03.24.47	1	
	30	528	VML	Christoffel Odendaal	03.25.11	1	
	31	585	VML	Andre Van Wyk	03.25.14	1	
	32	245	VML	Bruwer Janse Van Rensburg	03.25.44	1	
	33	177	VML	Anton Terblanche	03.26.24	1	
	34	389	VML	Andre Carinus	03.26.31	1	
	35	424	VML	Mike Ehret	03.28.05	1	
	36	952	VML	Jacobus Le Roux	03.28.07	1	
	37	302	VML	Wim De Vos	03.29.15	1	
	38	924	VML	Marius Van Der Mescht	03.29.17	1	
	39	496	VML	D.J. Bezuidenhout	03.31.37	1	
	40	582	VML	Peet Van Staden	03.33.14	1	
	41	551	VML	Okkie Slabbert	03.35.26	1	
	42	559	VML	Andre Wiid	03.36.23	1	
	43	403	VML	Anthony Dicey	03.37.58	1	
	44	928	VML	Fanie Roux	03.40.36	1	
	45	526	VML	Andrew Cherrington	03.41.08	1	
	46	318	VML	Johan Compion	03.41.56	1	
	47	313	VML	Altus Mostert	03.42.24	1	
	48	529	VML	Albert Murphy	03.43.18	1	
	49	315	VML	Burger Malherbe	03.45.13	1	
	50	339	VML	Gregory September	03.45.23	1	
	51	547	VML	Andre Du Toit	03.45.27	1	
	52	205	VML	Maruis Slabbert	03.47.27	1	
	53	521	VML	Herbie Oosthuizen	03.47.37	1	
	54	312	VML	Johan Cilliers	03.50.20	1	
	55	324	VML	Gideon Malherbe	03.50.20	1	
	56	523	VML	Willem Daniel Joubert	03.50.50	1	
	57	400	VML	Martin Versfeld	03.52.09	1	
	58	106	VML	Edwin Le Roux	03.53.21	1	
	59	945	VML	Marius Van Der Westhuizen	03.54.00	1	
	60	131	VML	Ben Swanepoel	03.54.10	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	61	561	VML	Ricus Serfontein	03.54.13	1	
	62	337	VML	Lombard Steyn	03.55.52	1	
	63	904	VML	Andre Malherbe	03.56.26	1	
	64	471	VML	Toit Haasbroek	03.57.24	1	
	65	388	VML	Barend Ferreira	03.57.28	1	
	66	568	VML	Jaco Steyn	03.57.34	1	
	67	557	VML	Steyn De Jager	03.57.36	1	
	68	465	VML	Jean-Louis Geldenhuys	03.58.33	1	
	69	385	VML	Nico Van Rensburg	03.59.17	1	
	70	912	VML	Rudi Rossouw	03.59.48	1	
	71	922	VML	Jason Smit	04.00.30	1	
	72	919	VML	Nicolaas Van Wyk	04.02.34	1	
	73	150	VML	Jacques Muller	04.03.28	1	
	74	321	VML	Shawn Kirschner	04.03.59	1	
	75	110	VML	Walter Diezel	04.05.05	1	
	76	932	VML	Hennie Walters	04.05.08	1	
	77	574	VML	Morne Botha	04.05.13	1	
	78	538	VML	Jaco Bruwer	04.05.32	1	
	79	219	VML	Chris Opperman	04.07.21	1	
	80	512	VML	Louis Van Noordwyk	04.08.01	1	
	81	524	VML	Dennis Van Der Merwe	04.08.44	1	
	82	552	VML	Spencer Smith	04.09.49	1	
	83	554	VML	Colin Bellew	04.09.51	1	
	84	381	VML	Gys Green	04.10.08	1	
	85	570	VML	Douwe Vellema	04.11.21	1	
	86	572	VML	Victor Van Der Watt	04.11.24	1	
	87	166	VML	Jaco Theron	04.12.17	1	
	88	136	VML	Riaan Muller	04.12.31	1	
	89	273	VML	Stephen Brown	04.12.35	1	
	90	905	VML	Petrus Marx	04.14.12	1	
	91	109	VML	Carel Van Heerden	04.14.50	1	
	92	282	VML	Graham Campbell	04.16.31	1	
	93	558	VML	Ernst Scriba	04.17.05	1	
	94	553	VML	Garth Harcombe	04.17.05	1	
	95	513	VML	Isak Marais	04.18.30	1	
	96	104	VML	Norman Pope	04.20.42	1	
	97	195	VML	Gerrie Van Der Walt	04.21.55	1	
	98	392	VML	Johan Karsten	04.22.20	1	
	99	238	VML	Herman Kriel	04.23.02	1	
	100	564	VML	Paul Leger	04.23.04	1	
	101	258	VML	Gary Leeuw	04.23.05	1	
	102	229	VML	Frikkie Rademan	04.23.07	1	
	103	322	VML	Niel Smith	04.23.08	1	
	104	493	VML	Jack Van Zyl	04.23.17	1	
	105	319	VML	Jiggs Van Der Merwe	04.30.02	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	106	287	VML	Andre Slabbert	04.31.27	1	
	107	560	VML	Celestino Delle Donne	04.32.39	1	
	108	446	VML	Michael O' Grady	04.34.28	1	
	109	410	VML	Craig Thorne	04.34.31	1	
	110	903	VML	Cobus Louw	04.35.08	1	
	111	522	VML	Andre Botha	04.37.44	1	
	112	498	VML	Freddie King	04.38.21	1	
	113	421	VML	Axel Hirschberg	04.39.54	1	
	114	938	VML	Ivan Devenish	04.40.48	1	
	115	937	VML	Heinrich Huysamer	04.40.48	1	
	116	475	VML	Simon Weidemann	04.45.09	1	
	117	126	VML	Barry Van T Slot	04.51.24	1	
	118	423	VML	Johan Stopforth	04.53.46	1	
	119	457	VML	Christoff Jooste	04.55.14	1	
	120	563	VML	Francois Rossouw	04.55.48	1	
	121	428	VML	Heinrich Lubbe	04.55.51	1	
	122	930	VML	Abrie Du Preez	04.55.58	1	
	123	281	VML	Stadler Kirsten	04.56.38	1	
	124	477	VML	Charles Van Staden	05.01.19	1	
	125	140	VML	Clayton Hindle	05.02.49	1	
	126	125	VML	Stephan Kotze	05.03.13	1	
	127	437	VML	Steyn Viljoen	05.05.29	1	
	128	390	VML	Darryl Hunt	05.08.26	1	
	129	576	VML	Mark Bleloch	05.12.57	1	
	130	311	VML	Frans Stopforth	05.16.13	1	
	131	357	VML	Wynand Du Toit	05.18.43	1	
	132	118	VML	Claus-Peter Mette	05.41.46	1	
	133	911	VML	Marius Rossouw	05.42.58	1	
	134	943	VML	Johannes Pretorius	05.44.42	1	
	135	433	VML	Jan Brand	05.57.14	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Master Women 80km	1	274	MWL	Michele Van Niekerk	04.02.37	1	
	2	130	MWL	Suz Phillips	04.02.44	1	
	3	485	MWL	Mare Malherbe	04.03.53	1	
	4	260	MWL	Jeanne Livingstone	04.18.32	1	
	5	387	MWL	Senobi Joubert	04.38.11	1	
	6	174	MWL	Maria Louw	04.38.22	1	
	7	331	MWL	Ria Viljoen	04.43.18	1	
	8	300	MWL	Valerie Van Deventer	05.03.44	1	
	9	251	MWL	Corneel Van Wijk	05.40.20	1	
	10	202	MWL	Marietha De Villiers	05.45.32	1	
	11	588	MWL	Trudie Joubert	05.45.34	1	
	12	259	MWL	Magriet Treurnicht	05.57.30	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Master Men 80km	1	936	MML	Tossie Steyn	02.59.46	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	2	210	MML	Erik Knoetze	03.09.39	1	
	3	221	MML	Julian Conrad	03.09.41	1	
	4	178	MML	Hein Kroff	03.11.29	1	
	5	445	MML	Danie Erasmus	03.12.16	1	
	6	184	MML	Franco Oosthuizen	03.13.07	1	
	7	199	MML	Gerard Genis	03.17.04	1	
	8	449	MML	Jan Van Der Berg	03.19.44	1	
	9	119	MML	Johan Bothma	03.21.12	1	
	10	505	MML	Piet Du Toit	03.23.31	1	
	11	363	MML	Dirk Muller	03.24.52	1	
	12	495	MML	Graham Slater	03.26.30	1	
	13	447	MML	Tielman Myburgh	03.28.10	1	
	14	448	MML	Dusan Navratil	03.28.12	1	
	15	341	MML	Andre Van Der Merwe	03.29.21	1	
	16	344	MML	Daan Van Der Sijde	03.29.22	1	
	17	342	MML	Billy Sendin	03.35.10	1	
	18	213	MML	Andy Wright	03.36.20	1	
	19	179	MML	Cyril Knottenbelt	03.36.39	1	
	20	160	MML	Ignatius Wentzel	03.38.37	1	
	21	332	MML	Robbie Viljoen	03.39.23	1	
	22	569	MML	Johann Crous	03.41.55	1	
	23	169	MML	Anton Botes	03.44.22	1	
	24	541	MML	Alan Macintosh	03.45.16	1	
	25	218	MML	Dion Joubert	03.45.38	1	
	26	303	MML	Zaak Swart	03.47.03	1	
	27	151	MML	Jack Kussendrager	03.47.06	1	
	28	316	MML	Geoffrey Minnitt	03.47.10	1	
	29	517	MML	Paul Kruger	03.47.56	1	
	30	923	MML	George Oertel	03.48.10	1	
	31	380	MML	Petie Viljoen	03.48.18	1	
	32	206	MML	Thomas Hickman	03.49.34	1	
	33	164	MML	Andre Dippenaar	03.50.21	1	
	34	176	MML	Frederick Henning	03.50.52	1	
	35	211	MML	Braam Rust	03.52.14	1	
	36	289	MML	Kevin Cordner	03.53.12	1	
	37	527	MML	Niel Louwrens	03.54.15	1	
	38	231	MML	Harold Basson	03.54.30	1	
	39	429	MML	Wilfrid Grundill	03.54.33	1	
	40	335	MML	Pierre Mostert	03.57.29	1	
	41	502	MML	Gerald De Kock	04.00.32	1	
	42	325	MML	Fanie Roux	04.02.42	1	
	43	464	MML	Peter Diesel-Reynolds	04.03.57	1	
	44	463	MML	Alan Van Den Handel	04.05.21	1	
	45	181	MML	Tony Pushman	04.06.12	1	
	46	353	MML	Derek Goosen	04.07.57	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	47	343	MML	Paul Owen	04.10.52	1	
	48	254	MML	Leon De Wit	04.12.27	1	
	49	583	MML	Alexander O'Connell	04.13.59	1	
	50	200	MML	Stephen Weyers	04.14.21	1	
	51	286	MML	Tappies Smit	04.14.56	1	
	52	304	MML	Gert Kotze	04.14.57	1	
	53	468	MML	Neil Frew	04.16.25	1	
	54	579	MML	Errol Pretorius	04.18.30	1	
	55	261	MML	Harold Pribut	04.18.34	1	
	56	163	MML	Danie Van Der Westhuizen	04.19.13	1	
	57	330	MML	Geo De Kock	04.20.17	1	
	58	452	MML	Josef Van Der Westhuizen	04.20.53	1	
	59	416	MML	Burns Brand	04.20.57	1	
	60	394	MML	Bernard De Villiers	04.23.01	1	
	61	472	MML	Kevin Rowlands	04.23.16	1	
	62	112	MML	Jantjie Van Niekerk	04.23.26	1	
	63	326	MML	Stiffie Du Toit	04.23.26	1	
	64	142	MML	Jos Van Eeden	04.24.29	1	
	65	175	MML	Lennie Louw	04.24.32	1	
	66	511	MML	Hugo Lambrechts	04.24.44	1	
	67	422	MML	Lawrence Blane	04.25.02	1	
	68	222	MML	Sean Gannon	04.25.24	1	
	69	223	MML	Rudolph Geldenhuys	04.25.26	1	
	70	367	MML	Rian Briedenhann	04.25.28	1	
	71	220	MML	Jackie Pieterse	04.25.32	1	
	72	486	MML	Rene Theron	04.26.32	1	
	73	237	MML	Piet Taljaard	04.30.02	1	
	74	451	MML	Hennie Strauss	04.35.30	1	
	75	232	MML	Charl Du Plessis	04.35.55	1	
	76	589	MML	Anton Basson	04.36.05	1	
	77	172	MML	Dekker Vermeulen	04.36.52	1	
	78	275	MML	Frans Els	04.37.02	1	
	79	117	MML	Oscar Ferreira	04.37.02	1	
	80	395	MML	Jean Joubert	04.38.12	1	
	81	187	MML	Andre Matthysen	04.38.25	1	
	82	519	MML	Errol Pretorius	04.40.53	1	
	83	519	MML	Rob De Swardt	04.40.53	1	
	84	351	MML	Cecil Hambridge	04.41.35	1	
	85	355	MML	Maurice Van Den Aardweg	04.41.36	1	
	86	383	MML	Freddie La Grange	04.43.17	1	
	87	412	MML	Andre Erasmus	04.49.26	1	
	88	958	MML	Alwyn Burger	04.54.07	1	
	89	264	MML	Johann Kistner	04.55.41	1	
	90	320	MML	Stephan Brandt	04.55.44	1	
	91	438	MML	Hennie Terblanche	04.55.53	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	92	396	MML	Jurg Stals	04.56.40	1	
	93	951	MML	Gideon Knoetze	05.08.15	1	
	94	571	MML	Craig Lellyett	05.09.13	1	
	95	455	MML	Marius Bester	05.09.40	1	
	96	284	MML	Friedel Meisenholl	05.13.20	1	
	97	537	MML	Peter De Vries	05.16.16	1	
	98	419	MML	Howard Blane	05.17.28	1	
	99	434	MML	Lionel Van Schalkwyk	05.28.12	1	
	100	122	MML	Willem Burger	05.33.49	1	
	101	262	MML	Ater Mcdonald	05.40.19	1	
	102	907	MML	David Phelp	05.42.56	1	
	103	406	MML	Petrus Smidt	05.57.16	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Gr Master Women 80km	1	141	GWL	Anna Oberholzer	05.02.47	1	
	2	182	GWL	Marda Norris	05.05.13	1	
	--	247	GWL	Hester Kruger			
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Gr Master Men 80km	1	358	GML	Ian Robertson	03.14.09	1	
	2	503	GML	Bob Clayton	03.23.57	1	
	3	288	GML	Hennie Wentzel	03.25.26	1	
	4	120	GML	Johan Nicol	03.38.38	1	
	5	134	GML	Wickaum Smith	03.38.38	1	
	6	155	GML	Jan Van Der Westhuizen	03.40.12	1	
	7	323	GML	Dave Symm	03.41.10	1	
	8	374	GML	Johan Van Heerden	03.45.25	1	
	9	506	GML	Pieter Bronkhorst	03.51.49	1	
	10	397	GML	Willem Van Niekerk	03.52.16	1	
	11	156	GML	William Carter	04.02.32	1	
	12	309	GML	Danie Lombard	04.05.58	1	
	13	190	GML	Colin Shave	04.10.50	1	
	14	240	GML	Hennie Van Der Merwe	04.18.35	1	
	15	415	GML	Jordaan Paul	04.20.56	1	
	16	183	GML	Clive Rennie	04.24.30	1	
	17	480	GML	Sam Nienaber	04.25.44	1	
	18	914	GML	Jacobus Scott	04.28.53	1	
	19	409	GML	Peter Plath	04.29.01	1	
	20	942	GML	Pieter Roux	04.31.41	1	
	21	479	GML	Fanie Redelinghuys	04.32.15	1	
	22	442	GML	George Smith	04.33.44	1	
	23	135	GML	Johann Gouws	04.37.38	1	
	24	249	GML	Hennie De Vos	04.43.34	1	
	25	243	GML	Henk Delport	04.45.36	1	
	26	129	GML	Jan Hendrikse	04.51.29	1	
	27	533	GML	Eugene Knottenbelt	04.58.48	1	
	28	352	GML	Johan De La Rey	05.07.31	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	29	536	GML	Steve Shapiro	05.12.59	1	
	30	246	GML	Elbert Kruger	05.17.08	1	
	31	310	GML	Paul Godwin	05.20.01	1	
	32	425	GML	Kobus Louw	05.41.36	1	
	33	228	GML	Dawie Bothma	06.03.07	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
All Women 80km	1	916	VWL	Hannele Steyn	02.58.09	1	
	2	550	SXL	Fienie Barnard	03.03.54	1	
	3	509	VWL	Phelia Burger	03.16.11	1	
	4	940	VWL	Anneke Jacobs	03.25.49	1	
	5	329	SXL	Joritha Prins	03.26.31	1	
	6	461	SWL	Lizelle Cloete	03.27.13	1	
	7	226	SWL	Enge Knoetze	03.41.53	1	
	8	350	SXL	Diane Jonker	03.45.11	1	
	9	340	VWL	Carina Van Der Merwe	03.54.18	1	
	10	314	VWL	Mia Mostert	03.54.51	1	
	11	925	VWL	Claere Crowther	03.56.55	1	
	12	111	SXL	Janette Coetzee	03.59.56	1	
	13	391	VWL	Kanya Hunt	04.00.31	1	
	14	274	MWL	Michele Van Niekerk	04.02.37	1	
	15	130	MWL	Suz Phillips	04.02.44	1	
	16	485	MWL	Mare Malherbe	04.03.53	1	
	17	338	VWL	Marie Van Der Walt	04.14.11	1	
	18	260	MWL	Jeanne Livingstone	04.18.32	1	
	19	365	VWL	Anzel Du Plessis	04.18.47	1	
	20	372	VWL	Lisa Vermaak	04.19.10	1	
	21	458	SXL	Isabella Du Preez	04.20.52	1	
	22	108	SXL	Mienke Koen	04.20.55	1	
	23	307	SWL	Helene Rabie	04.22.43	1	
	24	543	SWL	Liza-Mari Giliomee	04.22.47	1	
	25	562	VWL	Kathryn Van Deventer	04.23.14	1	
	26	399	SXL	Amanda De Beer	04.24.59	1	
	27	581	SXL	Ilse Van Wyk	04.25.01	1	
	28	308	SXL	Retha Engelbrecht	04.25.29	1	
	29	487	SXL	Helena Smuts	04.26.59	1	
	30	162	VWL	Kate Bihl	04.34.23	1	
	31	146	VWL	Herbie Mabin	04.34.25	1	
	32	152	SXL	Annemart Agenbag	04.36.50	1	
	33	387	MWL	Senobi Joubert	04.38.11	1	
	34	174	MWL	Maria Louw	04.38.22	1	
	35	331	MWL	Ria Viljoen	04.43.18	1	
	36	476	VWL	Kim-Ann Weidemann	04.45.11	1	
	37	534	SXL	Nadine Wakefield	04.45.24	1	
	38	450	SXL	Yolanda Walsh	04.45.26	1	
	39	565	VWL	Mienie Rossouw	04.49.28	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	40	499	SXL	Cizanie Van Zyl	04.49.31	1	
	41	265	SXL	Cecilia Vockins	04.55.46	1	
	42	214	SXL	Talita Van Zyl	04.58.53	1	
	43	488	SXL	Vanessa Liebetrau	05.00.03	1	
	44	478	VWL	Sonja Van Staden	05.01.16	1	
	45	336	SXL	Adel Ferreira	05.01.45	1	
	46	548	SXL	Catherine Hanauer	05.01.56	1	
	47	141	GWL	Anna Oberholzer	05.02.47	1	
	48	444	VWL	Mariette Fourie	05.03.10	1	
	49	209	SXL	Bonte Betts	05.03.30	1	
	50	300	MWL	Valerie Van Deventer	05.03.44	1	
	51	182	GWL	Marda Norris	05.05.13	1	
	52	436	VWL	Marie Viljoen	05.05.32	1	
	53	435	VWL	Magna Van Schalkwyk	05.28.09	1	
	54	121	SXL	Alice Le Roux	05.33.46	1	
	55	470	SWL	Antoinette Bruwer	05.37.33	1	
	56	251	MWL	Corneel Van Wijk	05.40.20	1	
	57	202	MWL	Marietha De Villiers	05.45.32	1	
	58	588	MWL	Trudie Joubert	05.45.34	1	
	59	296	VWL	Jacqueline Harris	05.46.03	1	
	60	431	SXL	Petra Treurnicht	05.57.27	1	
	61	259	MWL	Magriet Treurnicht	05.57.30	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
All Men 80km	1	954	SVL	Vickus Boshoff	02.46.59	1	
	2	567	SVL	Rob Doirmehl	02.47.02	1	
	3	957	SML	Denzil Afrika	02.52.50	1	
	4	906	SML	Jason Peach	02.53.33	1	
	5	345	SVL	Charl Du Plessis	02.54.57	1	
	6	482	VML	Henri Meyer	02.55.05	1	
	7	494	SML	Marthinus Kruger	02.56.27	1	
	8	364	VML	Christo Du Plessis	02.57.07	1	
	9	575	VML	Richard Du Toit	02.57.10	1	
	10	946	SML	Grant Flattery	02.57.36	1	
	11	292	VML	Riaan Van Niekerk	02.59.43	1	
	12	936	MML	Tossie Steyn	02.59.46	1	
	13	460	VML	Edwin Van Der Vyver	02.59.56	1	
	14	225	VML	Willie Roux	02.59.58	1	
	15	230	SVL	George De Kock	03.00.36	1	
	16	239	VML	Johann Le Roux	03.01.04	1	
	17	454	VML	Pieter De Vos	03.01.06	1	
	18	359	SVL	Hans Hendriks	03.02.30	1	
	19	356	SML	Jannas Du Plessis	03.02.33	1	
	20	947	SML	Billy Flattery	03.02.39	1	
	21	137	VML	Henning Blaauw	03.04.57	1	
	22	132	VML	Johan Marais	03.05.00	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	23	413	VML	Andrew Marshall	03.05.03	1	
	24	474	VML	Anthony De Jager	03.09.14	1	
	25	366	SML	Dirk Muller Jnr	03.09.16	1	
	26	196	SVL	Lloyd Schmidt	03.09.36	1	
	27	210	MML	Erik Knoetze	03.09.39	1	
	28	221	MML	Julian Conrad	03.09.41	1	
	29	291	VML	Allister Arenson	03.09.59	1	
	30	178	MML	Hein Kroff	03.11.29	1	
	31	417	VML	Bob Schuiling	03.11.31	1	
	32	317	SVL	Lawrence Lindeque	03.11.37	1	
	33	370	VML	Gideon Joubert	03.12.10	1	
	34	445	MML	Danie Erasmus	03.12.16	1	
	35	139	SVL	Jaco Botha	03.12.39	1	
	36	376	VML	Lance Sinequan	03.12.50	1	
	37	184	MML	Franco Oosthuizen	03.13.07	1	
	38	133	VML	Craig Wicker	03.13.09	1	
	39	426	SVL	Jan-Pieter Redelinghuys	03.13.56	1	
	40	490	VML	Lukas Janse Van Vuuren	03.13.57	1	
	41	113	SVL	Jaco Burger	03.14.07	1	
	42	358	GML	Ian Robertson	03.14.09	1	
	43	492	SML	Martin Cilliers	03.15.07	1	
	44	242	VML	Michael Van Den Heerik	03.16.13	1	
	45	497	SVL	Francois Swart	03.16.13	1	
	46	199	MML	Gerard Genis	03.17.04	1	
	47	539	SVL	De Villiers Van Zyl	03.17.13	1	
	48	327	SML	Stephan Du Toit	03.18.13	1	
	49	127	SVL	Johan Gelderblom	03.19.07	1	
	50	408	VML	Pierre Conradie	03.19.37	1	
	51	256	VML	Claude Van Cuyck	03.19.39	1	
	52	257	VML	Ricco Friedrich	03.19.42	1	
	53	449	MML	Jan Van Der Berg	03.19.44	1	
	54	491	SVL	Nicol Russouw	03.19.47	1	
	55	371	VML	Harald Zumpt	03.19.50	1	
	56	119	MML	Johan Bothma	03.21.12	1	
	57	144	VML	Mark Mahoney	03.21.35	1	
	58	216	VML	Bennie Steyn	03.21.36	1	
	59	915	SML	Chris Snyman	03.21.38	1	
	60	577	SML	Morne Klopper	03.21.38	1	
	61	566	SVL	Derick Van Staden	03.21.39	1	
	62	378	SVL	Darren Kelly	03.22.23	1	
	63	555	SVL	Philip Nel	03.22.25	1	
	64	115	VML	Coenie Thomas	03.22.28	1	
	65	459	VML	Neill Clark	03.22.31	1	
	66	143	VML	Charles Gerber	03.22.35	1	
	67	505	MML	Piet Du Toit	03.23.31	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	68	530	SVL	Ryan Vogt	03.23.42	1	
	69	453	SML	Alan Rosewall	03.23.45	1	
	70	269	SVL	Wiehahn Smit	03.23.55	1	
	71	503	GML	Bob Clayton	03.23.57	1	
	72	398	SVL	Simon Van Blerk	03.24.15	1	
	73	420	VML	Jannie Du Plessis	03.24.47	1	
	74	123	SML	Gabri Steyn	03.24.49	1	
	75	363	MML	Dirk Muller	03.24.52	1	
	76	528	VML	Christoffel Odendaal	03.25.11	1	
	77	585	VML	Andre Van Wyk	03.25.14	1	
	78	288	GML	Hennie Wentzel	03.25.26	1	
	79	245	VML	Bruwer Janse Van Rensburg	03.25.44	1	
	80	177	VML	Anton Terblanche	03.26.24	1	
	81	495	MML	Graham Slater	03.26.30	1	
	82	389	VML	Andre Carinus	03.26.31	1	
	83	956	SML	Emile Boshoff	03.27.16	1	
	84	427	SVL	Christoff Botha	03.28.04	1	
	85	424	VML	Mike Ehret	03.28.05	1	
	86	952	VML	Jacobus Le Roux	03.28.07	1	
	87	931	SML	Izak Van Der Vyver	03.28.08	1	
	88	586	SML	Hermias Vollgraaff	03.28.09	1	
	89	447	MML	Tielman Myburgh	03.28.10	1	
	90	448	MML	Dusan Navratil	03.28.12	1	
	91	302	VML	Wim De Vos	03.29.15	1	
	92	924	VML	Marius Van Der Mescht	03.29.17	1	
	93	341	MML	Andre Van Der Merwe	03.29.21	1	
	94	344	MML	Daan Van Der Sijde	03.29.22	1	
	95	542	SVL	Henk Botes	03.29.52	1	
	96	949	SVL	Werner Kriel	03.30.40	1	
	97	354	SVL	Konrad Wentzel	03.31.35	1	
	98	496	VML	D.J. Bezuidenhout	03.31.37	1	
	99	532	SVL	Sebastian De Romijn	03.31.44	1	
	100	582	VML	Peet Van Staden	03.33.14	1	
	101	910	SVL	Staff Roelofse	03.33.24	1	
	102	153	SVL	James Hagen	03.33.38	1	
	103	414	SVL	Bennie Hamman	03.34.42	1	
	104	285	SVL	Willie Van Heerden	03.35.08	1	
	105	342	MML	Billy Sendin	03.35.10	1	
	106	165	SVL	Alwyn Oberholzer	03.35.17	1	
	107	551	VML	Okkie Slabbert	03.35.26	1	
	108	213	MML	Andy Wright	03.36.20	1	
	109	559	VML	Andre Wiid	03.36.23	1	
	110	179	MML	Cyril Knottenbelt	03.36.39	1	
	111	525	SML	Elrich Boucher	03.37.40	1	
	112	403	VML	Anthony Dicey	03.37.58	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	113	160	MML	Ignatius Wentzel	03.38.37	1	
	114	120	GML	Johan Nicol	03.38.38	1	
	115	134	GML	Wickaum Smith	03.38.38	1	
	116	332	MML	Robbie Viljoen	03.39.23	1	
	117	155	GML	Jan Van Der Westhuizen	03.40.12	1	
	118	170	SVL	Deon Latsky	03.40.17	1	
	119	928	VML	Fanie Roux	03.40.36	1	
	120	944	SVL	Charl Bleach	03.41.06	1	
	121	526	VML	Andrew Cherrington	03.41.08	1	
	122	323	GML	Dave Symm	03.41.10	1	
	123	393	SML	Frans Le Roux	03.41.54	1	
	124	569	MML	Johann Crous	03.41.55	1	
	125	318	VML	Johan Compion	03.41.56	1	
	126	927	SVL	Zee Ismail	03.41.58	1	
	127	313	VML	Altus Mostert	03.42.24	1	
	128	529	VML	Albert Murphy	03.43.18	1	
	129	169	MML	Anton Botes	03.44.22	1	
	130	315	VML	Burger Malherbe	03.45.13	1	
	131	541	MML	Alan Macintosh	03.45.16	1	
	132	546	SVL	Cobie Theron	03.45.18	1	
	133	913	SML	Zane Schmahl	03.45.20	1	
	134	339	VML	Gregory September	03.45.23	1	
	135	374	GML	Johan Van Heerden	03.45.25	1	
	136	547	VML	Andre Du Toit	03.45.27	1	
	137	218	MML	Dion Joubert	03.45.38	1	
	138	303	MML	Zaak Swart	03.47.03	1	
	139	151	MML	Jack Kussendrager	03.47.06	1	
	140	316	MML	Geoffrey Minnitt	03.47.10	1	
	141	205	VML	Maruis Slabbert	03.47.27	1	
	142	278	SVL	Theron Van Wyk	03.47.29	1	
	143	157	SVL	Clive Berry	03.47.32	1	
	144	514	SVL	Josef Labuschagne	03.47.37	1	
	145	521	VML	Herbie Oosthuizen	03.47.37	1	
	146	517	MML	Paul Kruger	03.47.56	1	
	147	923	MML	George Oertel	03.48.10	1	
	148	377	SVL	Andre Walters	03.48.13	1	
	149	380	MML	Petie Viljoen	03.48.18	1	
	150	235	SVL	Francois Kemp	03.48.24	1	
	151	206	MML	Thomas Hickman	03.49.34	1	
	152	489	SVL	Vincent Hill	03.49.37	1	
	153	312	VML	Johan Cilliers	03.50.20	1	
	154	324	VML	Gideon Malherbe	03.50.20	1	
	155	164	MML	Andre Dippenaar	03.50.21	1	
	156	523	VML	Willem Daniel Joubert	03.50.50	1	
	157	176	MML	Frederick Henning	03.50.52	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	158	573	SML	Matt Wilkinson	03.51.13	1	
	159	506	GML	Pieter Bronkhorst	03.51.49	1	
	160	556	SVL	Guillaume Liebenberg	03.52.06	1	
	161	400	VML	Martin Versfeld	03.52.09	1	
	162	933	SVL	Martin Du Toit	03.52.11	1	
	163	211	MML	Braam Rust	03.52.14	1	
	164	397	GML	Willem Van Niekerk	03.52.16	1	
	165	382	SVL	Johann Vos	03.52.21	1	
	166	384	SVL	Christie Koch	03.52.28	1	
	167	289	MML	Kevin Cordner	03.53.12	1	
	168	106	VML	Edwin Le Roux	03.53.21	1	
	169	945	VML	Marius Van Der Westhuizen	03.54.00	1	
	170	131	VML	Ben Swanepoel	03.54.10	1	
	171	561	VML	Ricus Serfontein	03.54.13	1	
	172	527	MML	Niel Louwrens	03.54.15	1	
	173	231	MML	Harold Basson	03.54.30	1	
	174	429	MML	Wilfrid Grundill	03.54.33	1	
	175	456	SVL	Jean Nortier	03.54.39	1	
	176	337	VML	Lombard Steyn	03.55.52	1	
	177	418	SVL	Johan La Grange	03.56.04	1	
	178	904	VML	Andre Malherbe	03.56.26	1	
	179	549	SVL	Oeloff Badenhorst	03.56.57	1	
	180	298	SVL	Hannes Gildenhuys	03.56.58	1	
	181	471	VML	Toit Haasbroek	03.57.24	1	
	182	388	VML	Barend Ferreira	03.57.28	1	
	183	335	MML	Pierre Mostert	03.57.29	1	
	184	580	SVL	Jan Scannell	03.57.31	1	
	185	568	VML	Jaco Steyn	03.57.34	1	
	186	557	VML	Steyn De Jager	03.57.36	1	
	187	465	VML	Jean-Louis Geldenhuys	03.58.33	1	
	188	385	VML	Nico Van Rensburg	03.59.17	1	
	189	912	VML	Rudi Rossouw	03.59.48	1	
	190	596	SVL	Hendrik Fourie	03.59.55	1	
	191	922	VML	Jason Smit	04.00.30	1	
	192	502	MML	Gerald De Kock	04.00.32	1	
	193	402	SML	Aldert Du Toit	04.00.34	1	
	194	504	SVL	Roelof Joubert	04.00.45	1	
	195	156	GML	William Carter	04.02.32	1	
	196	919	VML	Nicolaas Van Wyk	04.02.34	1	
	197	325	MML	Fanie Roux	04.02.42	1	
	198	149	SVL	Henk Klopper	04.03.26	1	
	199	150	VML	Jacques Muller	04.03.28	1	
	200	464	MML	Peter Diesel-Reynolds	04.03.57	1	
	201	321	VML	Shawn Kirschner	04.03.59	1	
	202	110	VML	Walter Diezel	04.05.05	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	203	932	VML	Hennie Walters	04.05.08	1	
	204	574	VML	Morne Botha	04.05.13	1	
	205	463	MML	Alan Van Den Handel	04.05.21	1	
	206	538	VML	Jaco Bruwer	04.05.32	1	
	207	309	GML	Danie Lombard	04.05.58	1	
	208	948	SML	Theunis Oberholster	04.06.00	1	
	209	181	MML	Tony Pushman	04.06.12	1	
	210	219	VML	Chris Opperman	04.07.21	1	
	211	481	SML	Kyle Symons	04.07.54	1	
	212	353	MML	Derek Goosen	04.07.57	1	
	213	512	VML	Louis Van Noordwyk	04.08.01	1	
	214	531	SVL	Roelof Botes	04.08.08	1	
	215	171	SVL	Yano Fanoudis	04.08.10	1	
	216	524	VML	Dennis Van Der Merwe	04.08.44	1	
	217	552	VML	Spencer Smith	04.09.49	1	
	218	554	VML	Colin Bellew	04.09.51	1	
	219	295	SVL	Adrian Hammond	04.10.05	1	
	220	381	VML	Gys Green	04.10.08	1	
	221	190	GML	Colin Shave	04.10.50	1	
	222	343	MML	Paul Owen	04.10.52	1	
	223	570	VML	Douwe Vellema	04.11.21	1	
	224	572	VML	Victor Van Der Watt	04.11.24	1	
	225	349	SVL	Duan Jonker	04.12.15	1	
	226	328	SVL	Omar Jonker	04.12.16	1	
	227	166	VML	Jaco Theron	04.12.17	1	
	228	254	MML	Leon De Wit	04.12.27	1	
	229	136	VML	Riaan Muller	04.12.31	1	
	230	273	VML	Stephen Brown	04.12.35	1	
	231	101	SVL	Charl Goussard	04.13.34	1	
	232	583	MML	Alexander O'Connell	04.13.59	1	
	233	905	VML	Petrus Marx	04.14.12	1	
	234	200	MML	Stephen Weyers	04.14.21	1	
	235	109	VML	Carel Van Heerden	04.14.50	1	
	236	286	MML	Tappies Smit	04.14.56	1	
	237	304	MML	Gert Kotze	04.14.57	1	
	238	515	SVL	Stephanus Naude	04.15.26	1	
	239	468	MML	Neil Frew	04.16.25	1	
	240	282	VML	Graham Campbell	04.16.31	1	
	241	558	VML	Ernst Scriba	04.17.05	1	
	242	553	VML	Garth Harcombe	04.17.05	1	
	243	513	VML	Isak Marais	04.18.30	1	
	244	579	MML	Errol Pretorius	04.18.30	1	
	245	261	MML	Harold Pribut	04.18.34	1	
	246	240	GML	Hennie Van Der Merwe	04.18.35	1	
	247	373	SVL	Justin Haupt	04.19.11	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	248	163	MML	Danie Van Der Westhuizen	04.19.13	1	
	249	466	SVL	Gideon Smit	04.19.42	1	
	250	516	SML	Robert Hewitt	04.20.17	1	
	251	330	MML	Geo De Kock	04.20.17	1	
	252	104	VML	Norman Pope	04.20.42	1	
	253	452	MML	Josef Van Der Westhuizen	04.20.53	1	
	254	415	GML	Jordaan Paul	04.20.56	1	
	255	416	MML	Burns Brand	04.20.57	1	
	256	404	SVL	Aldo Visser	04.21.38	1	
	257	250	SVL	Petrus De Waal	04.21.40	1	
	258	195	VML	Gerrie Van Der Walt	04.21.55	1	
	259	392	VML	Johan Karsten	04.22.20	1	
	260	544	SML	L J Giliomee	04.22.46	1	
	261	107	SVL	Craig Middleton	04.22.58	1	
	262	394	MML	Bernard De Villiers	04.23.01	1	
	263	238	VML	Herman Kriel	04.23.02	1	
	264	564	VML	Paul Leger	04.23.04	1	
	265	258	VML	Gary Leeuw	04.23.05	1	
	266	229	VML	Frikkie Rademan	04.23.07	1	
	267	322	VML	Niel Smith	04.23.08	1	
	268	472	MML	Kevin Rowlands	04.23.16	1	
	269	493	VML	Jack Van Zyl	04.23.17	1	
	270	112	MML	Jantjie Van Niekerk	04.23.26	1	
	271	326	MML	Stiffie Du Toit	04.23.26	1	
	272	142	MML	Jos Van Eeden	04.24.29	1	
	273	183	GML	Clive Rennie	04.24.30	1	
	274	175	MML	Lennie Louw	04.24.32	1	
	275	511	MML	Hugo Lambrechts	04.24.44	1	
	276	540	SVL	Theunis Mostert	04.24.58	1	
	277	422	MML	Lawrence Blane	04.25.02	1	
	278	929	SVL	Philip Olivier	04.25.16	1	
	279	520	SVL	Andre Kellerman	04.25.16	1	
	280	222	MML	Sean Gannon	04.25.24	1	
	281	223	MML	Rudolph Geldenhuys	04.25.26	1	
	282	367	MML	Rian Briedenhann	04.25.28	1	
	283	305	SVL	Bruwer Engelbrecht	04.25.31	1	
	284	220	MML	Jackie Pieterse	04.25.32	1	
	285	480	GML	Sam Nienaber	04.25.44	1	
	286	486	MML	Rene Theron	04.26.32	1	
	287	914	GML	Jacobus Scott	04.28.53	1	
	288	409	GML	Peter Plath	04.29.01	1	
	289	319	VML	Jiggs Van Der Merwe	04.30.02	1	
	290	237	MML	Piet Taljaard	04.30.02	1	
	291	287	VML	Andre Slabbert	04.31.27	1	
	292	942	GML	Pieter Roux	04.31.41	1	
	293	479	GML	Fanie Redelinghuys	04.32.15	1	
	294	560	VML	Celestino Delle Donne	04.32.39	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	295	442	GML	George Smith	04.33.44	1	
	296	446	VML	Michael O' Grady	04.34.28	1	
	297	410	VML	Craig Thorne	04.34.31	1	
	298	903	VML	Cobus Louw	04.35.08	1	
	299	508	SVL	Morne Groenewald	04.35.09	1	
	300	297	SVL	Craig Harris	04.35.13	1	
	301	451	MML	Hennie Strauss	04.35.30	1	
	302	266	SVL	Charl Van Niekerk	04.35.55	1	
	303	232	MML	Charl Du Plessis	04.35.55	1	
	304	589	MML	Anton Basson	04.36.05	1	
	305	172	MML	Dekker Vermeulen	04.36.52	1	
	306	950	SML	Marthinus Nortier	04.36.54	1	
	307	275	MML	Frans Els	04.37.02	1	
	308	117	MML	Oscar Ferreira	04.37.02	1	
	309	135	GML	Johann Gouws	04.37.38	1	
	310	522	VML	Andre Botha	04.37.44	1	
	311	518	SML	Francois Hansen	04.37.46	1	
	312	395	MML	Jean Joubert	04.38.12	1	
	313	498	VML	Freddie King	04.38.21	1	
	314	375	SVL	Lourens Erasmus	04.38.24	1	
	315	187	MML	Andre Matthysen	04.38.25	1	
	316	252	SVL	Christoff Brand	04.39.05	1	
	317	421	VML	Axel Hirschberg	04.39.54	1	
	318	938	VML	Ivan Devenish	04.40.48	1	
	319	937	VML	Heinrich Huysamer	04.40.48	1	
	320	519	MML	Rob De Swardt	04.40.53	1	
	321	519	MML	Errol Pretorius	04.40.53	1	
	322	351	MML	Cecil Hambridge	04.41.35	1	
	323	355	MML	Maurice Van Den Aardweg	04.41.36	1	
	324	383	MML	Freddie La Grange	04.43.17	1	
	325	249	GML	Hennie De Vos	04.43.34	1	
	326	475	VML	Simon Weidemann	04.45.09	1	
	327	243	GML	Henk Delpport	04.45.36	1	
	328	116	SVL	Eddie Wilkinson	04.46.36	1	
	329	204	SML	J P Du Toit	04.48.31	1	
	330	412	MML	Andre Erasmus	04.49.26	1	
	331	126	VML	Barry Van T Slot	04.51.24	1	
	332	129	GML	Jan Hendrikse	04.51.29	1	
	333	203	SML	Stefan Du Toit	04.52.36	1	
	334	423	VML	Johan Stopforth	04.53.46	1	
	335	958	MML	Alwyn Burger	04.54.07	1	
	336	457	VML	Christoff Jooste	04.55.14	1	
	337	264	MML	Johann Kistner	04.55.41	1	
	338	320	MML	Stephan Brandt	04.55.44	1	
	339	563	VML	Francois Rossouw	04.55.48	1	
	340	428	VML	Heinrich Lubbe	04.55.51	1	
	341	438	MML	Hennie Terblanche	04.55.53	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	342	930	VML	Abrie Du Preez	04.55.58	1	
	343	281	VML	Stadler Kirsten	04.56.38	1	
	344	396	MML	Jurg Stals	04.56.40	1	
	345	439	SVL	Wikus Theunissen	04.58.16	1	
	346	533	GML	Eugene Knottenbelt	04.58.48	1	
	347	215	SVL	Theo Van Zyl	04.58.50	1	
	348	268	SVL	Christo Botha	05.01.03	1	
	349	270	SVL	Jacques Van Rooyen	05.01.06	1	
	350	477	VML	Charles Van Staden	05.01.19	1	
	351	140	VML	Clayton Hindle	05.02.49	1	
	352	125	VML	Stephan Kotze	05.03.13	1	
	353	437	VML	Steyn Viljoen	05.05.29	1	
	354	352	GML	Johan De La Rey	05.07.31	1	
	355	951	MML	Gideon Knoetze	05.08.15	1	
	356	953	SML	Gideon Knoetze	05.08.17	1	
	357	390	VML	Darryl Hunt	05.08.26	1	
	358	401	SVL	Jacques Quinot	05.09.00	1	
	359	571	MML	Craig Lellyett	05.09.13	1	
	360	455	MML	Marius Bester	05.09.40	1	
	361	576	VML	Mark Bleloch	05.12.57	1	
	362	536	GML	Steve Shapiro	05.12.59	1	
	363	284	MML	Friedel Meisenholl	05.13.20	1	
	364	311	VML	Frans Stopforth	05.16.13	1	
	365	537	MML	Peter De Vries	05.16.16	1	
	366	246	GML	Elbert Kruger	05.17.08	1	
	367	419	MML	Howard Blane	05.17.28	1	
	368	357	VML	Wynand Du Toit	05.18.43	1	
	369	411	SVL	Albert Goosen	05.18.53	1	
	370	469	SVL	Christiaan Barnard	05.19.04	1	
	371	310	GML	Paul Godwin	05.20.01	1	
	372	434	MML	Lionel Van Schalkwyk	05.28.12	1	
	373	122	MML	Willem Burger	05.33.49	1	
	374	262	MML	Ater Mcdonald	05.40.19	1	
	375	425	GML	Kobus Louw	05.41.36	1	
	376	407	SML	Hugo La Grange	05.41.39	1	
	377	118	VML	Claus-Peter Mette	05.41.46	1	
	378	907	MML	David Phelp	05.42.56	1	
	379	911	VML	Marius Rossouw	05.42.58	1	
	380	943	VML	Johannes Pretorius	05.44.42	1	
	381	180	SVL	Stefan Dreyer	05.56.54	1	
	382	433	VML	Jan Brand	05.57.14	1	
	383	406	MML	Petrus Smidt	05.57.16	1	
	384	228	GML	Dawie Bothma	06.03.07	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Youth Women 40km	1	713	YW	Amy Williams	01.48.03	1	
	2	766	YW	Morgan Watson	03.04.34	1	
	--	729	YW	Kendra Underwood			

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Youth Men 40km	1	677	YM	Jason Campbell	01.26.19	1	
	2	704	YM	Morne Hollander	01.34.26	1	
	3	768	YM	Marten Van Staden	01.44.58	1	
	4	694	YM	Lemar Meyer	01.46.26	1	
	5	736	YM	Janko Du Toit	01.47.08	1	
	6	641	YM	W F Roux	02.03.08	1	
	7	635	YM	Christian Compion	02.07.32	1	
	8	620	YM	Gerard Zondagh	02.10.49	1	
	9	606	YM	Luan Briedenhann	02.14.57	1	
	10	699	YM	Lian Combrinck	02.15.00	1	
	11	654	YM	Isaac Van Zyl	02.17.10	1	
	12	651	YM	Reynard Stals	02.24.30	1	
	13	735	YM	Verdun Van Der Watt	02.27.32	1	
	14	632	YM	Christiaan Windt	02.36.52	1	
	15	617	YM	Christiaan Smuts	02.51.42	1	
	16	730	YM	Kyle Underwood	03.04.36	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Junior Women 40km	1	650	JW	Mikayla Oliver	01.36.35	1	
	2	692	JW	Simone Weidemann	02.18.14	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Junior Men 40km	1	786	JM	Frans Grotepass	01.25.31	1	
	2	777	JM	Martin Freyer	01.26.00	1	
	3	602	JM	Jason Van T'Slot	01.40.08	1	
	4	745	JM	Johan Blignaut	02.17.32	1	
	5	601	JM	Bernard Stals	02.24.27	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Senior Women 40km	1	655	SWM	Katie Muller	02.16.44	1	
	2	702	SWM	Liezani Kotze	02.17.49	1	
	3	634	SWM	Phia Stopforth	02.58.53	1	
	4	642	SWM	Adriana Saayman	03.00.42	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Senior Men 40km	1	649	SMM	Werner Morkel-Brink	01.39.22	1	
	2	717	SMM	Dihan Venter	02.03.48	1	
	3	769	SMM	Emile Bruce	02.08.00	1	
	4	790	SMM	Burger Briedenhann	02.14.11	1	
	5	764	SMM	Aulwin Bosman	02.15.17	1	
	6	741	SMM	Charles Bruce	02.17.24	1	
	7	785	SMM	Manna Zwane	02.28.21	1	
	8	788	SMM	Daneel Brink	02.33.36	1	
	9	787	SMM	Wimpie Hugo	02.33.44	1	
	10	719	SMM	Schalk Stander	02.38.44	1	
	11	640	SMM	Driaan Ruppung	02.42.36	1	
	12	639	SMM	Louis Coetzee	02.42.52	1	
	13	636	SMM	Arno Blom	02.57.43	1	
	14	773	SMM	Kobus Smit	02.57.45	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Sub Vet Women 40km	1	671	SXM	Adriette Richter	02.01.56	1	
	2	689	SXM	Maryka Burger	02.06.29	1	
	3	690	SXM	Michelle Groenewald	02.07.57	1	
	4	708	SXM	Rozanne Schreiber	02.11.21	1	
	5	665	SXM	Gina Kleynhans	02.25.51	1	
	6	691	SXM	Annette Janse Van Rensburg	02.37.46	1	
	7	776	SXM	Renske Malherbe	02.41.36	1	
	8	748	SXM	Vera-Lize Geldenblom	02.52.55	1	
	9	710	SXM	Sonja Mostert	02.52.58	1	
	10	659	SXM	Heidi Cilliers	03.07.29	1	
	11	666	SXM	Nelrie Haasbroek	03.11.39	1	
	12	613	SXM	Elrina Brand	03.25.28	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Sub Vet Men 40km	1	791	SVM	Nico Steyn	01.59.25	1	
	2	683	SVM	Deon Van Antwerp	02.14.20	1	
	3	740	SVM	Coert Postma	02.16.31	1	
	4	759	SVM	Leon Van Der Westhuizen	02.20.51	1	
	5	678	SVM	Jacques Van Der Mescht	02.26.08	1	
	6	732	SVM	Daniel Southey	02.26.32	1	
	7	657	SVM	George Chimenya	02.28.24	1	
	8	725	SVM	Marinus Barnard	02.31.20	1	
	9	765	SVM	Nicolaas Ras	02.31.30	1	
	10	737	SVM	Panna Dekler	02.32.01	1	
	11	746	SVM	Stiuan Dreyer	02.36.44	1	
	12	664	SVM	Christiaan Swart	02.38.41	1	
	13	721	SVM	Eduan Hauman	02.41.42	1	
	14	662	SVM	Roelof Duminy	02.43.15	1	
	15	784	SVM	Wilhelm Barnard	02.46.03	1	
	16	720	SVM	Steph Kleynhans	02.46.06	1	
	17	727	SVM	Carl Snyman	02.46.08	1	
	18	714	SVM	Pat Hopkins	02.54.07	1	
	19	685	SVM	Jan Badenhorst	02.54.10	1	
	20	726	SVM	Gerhard Van Der Westhuizen	02.56.08	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Veteran Women 40km	1	621	VWM	Rina Wray	02.03.12	1	
	2	758	VWM	Jessica Pansegrouw	02.14.20	1	
	3	755	VWM	Maryke Marx	02.16.43	1	
	4	625	VWM	Christine Van Der Walt	02.17.41	1	
	5	688	VWM	Marietjie Rootman	02.23.26	1	
	6	624	VWM	Jane Greenwood	02.36.41	1	
	7	779	VWM	Helena Conradie	02.36.57	1	
	8	711	VWM	Karen Van Jaarsveld	02.40.07	1	
	9	608	VWM	Janette Wright	02.40.23	1	
	10	628	VWM	Bernita Meneses	02.41.34	1	
	11	679	VWM	Atasjha Nortje	02.42.23	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	12	630	VWM	Elize Swart	02.49.18	1	
	13	674	VWM	Charlotte Stopforth	02.49.21	1	
	14	724	VWM	Hannelie De Jager	02.53.50	1	
	15	793	VWM	Ruth Goodman	02.55.49	1	
	16	615	VWM	Estelle Smuts	02.58.51	1	
	17	718	VWM	Caryn Cherrington	02.59.54	1	
	18	607	VWM	Renate Van T Slot	03.03.12	1	
	19	774	VWM	Catherine Schultz	03.32.08	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Veteran Men 40km	1	648	VMM	Johannes Bisschoff	01.41.35	1	
	2	728	VMM	Dave Underwood	01.48.02	1	
	3	695	VMM	Johann Groenewald	01.48.20	1	
	4	705	VMM	Christoph Hollander	01.50.46	1	
	5	739	VMM	Nico De Ath	02.07.20	1	
	6	670	VMM	Kennett Sinclair	02.07.57	1	
	7	763	VMM	Ryno Geldenhuys	02.11.39	1	
	8	772	VMM	Mark Wentzel	02.13.31	1	
	9	698	VMM	Johan Giliomee	02.14.17	1	
	10	775	VMM	Hennie Vry	02.15.07	1	
	11	673	VMM	Anton Jansen	02.15.58	1	
	12	760	VMM	Dirk Visser	02.16.26	1	
	13	614	VMM	Fanus Fourie	02.23.22	1	
	14	684	VMM	Louis Lategan	02.24.25	1	
	15	722	VMM	Wihan Lombard	02.26.30	1	
	16	682	VMM	Chris Mullineux	02.28.46	1	
	17	619	VMM	Craig Zondagh	02.28.50	1	
	18	653	VMM	Pierre Van Zyl	02.31.35	1	
	19	780	VMM	Dewald Du Toit	02.36.54	1	
	20	701	VMM	Corne Botha	02.39.46	1	
	21	734	VMM	Marchant Maasdorp	02.39.52	1	
	22	700	VMM	Gert Van Jaarsveld	02.42.08	1	
	23	645	VMM	Kenneth Roberts	02.42.55	1	
	24	703	VMM	Kerneels Brummer	02.47.20	1	
	25	716	VMM	Stefaans Brummer	02.47.23	1	
	26	656	VMM	Gus Van Niekerk	02.47.29	1	
	27	658	VMM	Stefan Hartlief	02.47.31	1	
	28	723	VMM	Hendrie Brink	02.47.34	1	
	29	647	VMM	Gerhard Koen	02.59.56	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Master Women 40km	1	646	MWM	Cheryl Moolman	02.28.43	1	
	2	609	MWM	Irene Lotter	02.53.04	1	
	3	712	MWM	Janet Scholtz	02.59.51	1	
	4	660	MWM	Marietjie Scannell	03.21.19	1	
	5	706	MWM	Anna-Marie De Vos	03.58.21	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Master Men 40km	1	782	MMM	Cobus Du Plessis	01.57.01	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	2	792	MMM	Chris Ras	01.57.16	1	
	3	781	MMM	Karl Meissner-Roloff	01.59.34	1	
	4	697	MMM	Chris Du Preez	02.02.57	1	
	5	778	MMM	Charles Hofmeyr	02.04.30	1	
	6	693	MMM	Dawie Du Preez	02.09.47	1	
	7	661	MMM	Jan Scannell	02.12.09	1	
	8	605	MMM	Dupreez Briedenhann	02.14.09	1	
	9	743	MMM	Johan Uys	02.17.30	1	
	10	744	MMM	Pieter Blignaut	02.17.31	1	
	11	652	MMM	Jacques Basson	02.17.35	1	
	12	771	MMM	Jan Ellis	02.17.51	1	
	13	672	MMM	Rob Schagen	02.19.52	1	
	14	715	MMM	Louwrens Van Zyl	02.22.49	1	
	15	747	MMM	Ulrich Sturmer	02.27.35	1	
	16	681	MMM	Peter Loubser	02.30.41	1	
	17	623	MMM	John Newton	02.36.38	1	
	18	627	MMM	Charles Gosling	02.37.23	1	
	19	733	MMM	Herman Neethling	02.39.55	1	
	20	707	MMM	Eugene Eloff	02.42.57	1	
	21	633	MMM	Frans Kotze	02.46.01	1	
	22	622	MMM	Mike Wray	02.48.18	1	
	23	767	MMM	Arbaw Stopforth	02.58.56	1	
	24	669	MMM	Brian Cross	03.01.15	1	
	25	731	MMM	Heindroe Lochner	03.20.19	1	
	26	668	MMM	Neno Haasbroek	04.03.28	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
All Women 40km	1	650	JW	Mikayla Oliver	01.36.35	1	
	2	713	YW	Amy Williams	01.48.03	1	
	3	671	SXM	Adriette Richter	02.01.56	1	
	4	621	VWM	Rina Wray	02.03.12	1	
	5	689	SXM	Maryka Burger	02.06.29	1	
	6	690	SXM	Michelle Groenewald	02.07.57	1	
	7	708	SXM	Rozanne Schreiber	02.11.21	1	
	8	758	VWM	Jessica Pansegrouw	02.14.20	1	
	9	755	VWM	Maryke Marx	02.16.43	1	
	10	655	SWM	Katie Muller	02.16.44	1	
	11	625	VWM	Christine Van Der Walt	02.17.41	1	
	12	702	SWM	Liezani Kotze	02.17.49	1	
	13	692	JW	Simone Weidemann	02.18.14	1	
	14	688	VWM	Marietjie Rootman	02.23.26	1	
	15	665	SXM	Gina Kleynhans	02.25.51	1	
	16	646	MWM	Cheryl Moolman	02.28.43	1	
	17	624	VWM	Jane Greenwood	02.36.41	1	
	18	779	VWM	Helena Conradie	02.36.57	1	
	19	691	SXM	Annette Janse Van Rensburg	02.37.46	1	
	20	711	VWM	Karen Van Jaarsveld	02.40.07	1	
	21	608	VWM	Janette Wright	02.40.23	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	22	628	VWM	Bernita Meneses	02.41.34	1	
	23	776	SXM	Renske Malherbe	02.41.36	1	
	24	679	VWM	Atasjha Nortje	02.42.23	1	
	25	630	VWM	Elize Swart	02.49.18	1	
	26	674	VWM	Charlotte Stopforth	02.49.21	1	
	27	748	SXM	Vera-Lize Geldenblom	02.52.55	1	
	28	710	SXM	Sonja Mostert	02.52.58	1	
	29	609	MWM	Irene Lotter	02.53.04	1	
	30	724	VWM	Hannelie De Jager	02.53.50	1	
	31	793	VWM	Ruth Goodman	02.55.49	1	
	32	615	VWM	Estelle Smuts	02.58.51	1	
	33	634	SWM	Phia Stopforth	02.58.53	1	
	34	712	MWM	Janet Scholtz	02.59.51	1	
	35	718	VWM	Caryn Cherrington	02.59.54	1	
	36	642	SWM	Adriana Saayman	03.00.42	1	
	37	607	VWM	Renate Van T Slot	03.03.12	1	
	38	766	YW	Morgan Watson	03.04.34	1	
	39	659	SXM	Heidi Cilliers	03.07.29	1	
	40	666	SXM	Nelrie Haasbroek	03.11.39	1	
	41	660	MWM	Marietjie Scannell	03.21.19	1	
	42	613	SXM	Elrina Brand	03.25.28	1	
	43	774	VWM	Catherine Schultz	03.32.08	1	
	44	706	MWM	Anna-Marie De Vos	03.58.21	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
All Men 40km	1	786	JM	Frans Grotepass	01.25.31	1	
	2	777	JM	Martin Freyer	01.26.00	1	
	3	677	YM	Jason Campbell	01.26.19	1	
	4	704	YM	Morne Hollander	01.34.26	1	
	5	649	SMM	Werner Morkel-Brink	01.39.22	1	
	6	602	JM	Jason Van T'Slot	01.40.08	1	
	7	648	VMM	Johannes Bisschoff	01.41.35	1	
	8	768	YM	Marten Van Staden	01.44.58	1	
	9	694	YM	Lemar Meyer	01.46.26	1	
	10	736	YM	Janko Du Toit	01.47.08	1	
	11	728	VMM	Dave Underwood	01.48.02	1	
	12	695	VMM	Johann Groenewald	01.48.20	1	
	13	705	VMM	Christoph Hollander	01.50.46	1	
	14	782	MMM	Cobus Du Plessis	01.57.01	1	
	15	792	MMM	Chris Ras	01.57.16	1	
	16	791	SVM	Nico Steyn	01.59.25	1	
	17	781	MMM	Karl Meissner-Roloff	01.59.34	1	
	18	697	MMM	Chris Du Preez	02.02.57	1	
	19	641	YM	W F Roux	02.03.08	1	
	20	717	SMM	Dihan Venter	02.03.48	1	
	21	778	MMM	Charles Hofmeyr	02.04.30	1	
	22	739	VMM	Nico De Ath	02.07.20	1	
	23	635	YM	Christian Compion	02.07.32	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	24	670	VMM	Kennett Sinclair	02.07.57	1	
	25	769	SMM	Emile Bruce	02.08.00	1	
	26	693	MMM	Dawie Du Preez	02.09.47	1	
	27	620	YM	Gerard Zondagh	02.10.49	1	
	28	763	VMM	Ryno Geldenhuys	02.11.39	1	
	29	661	MMM	Jan Scannell	02.12.09	1	
	30	772	VMM	Mark Wentzel	02.13.31	1	
	31	605	MMM	Dupreez Briedenhann	02.14.09	1	
	32	790	SMM	Burger Briedenhann	02.14.11	1	
	33	698	VMM	Johan Giliomee	02.14.17	1	
	34	683	SVM	Deon Van Antwerp	02.14.20	1	
	35	606	YM	Luan Briedenhann	02.14.57	1	
	36	699	YM	Lian Combrinck	02.15.00	1	
	37	775	VMM	Hennie Vry	02.15.07	1	
	38	764	SMM	Aulwin Bosman	02.15.17	1	
	39	673	VMM	Anton Jansen	02.15.58	1	
	40	760	VMM	Dirk Visser	02.16.26	1	
	41	740	SVM	Coert Postma	02.16.31	1	
	42	654	YM	Isaac Van Zyl	02.17.10	1	
	43	741	SMM	Charles Bruce	02.17.24	1	
	44	743	MMM	Johan Uys	02.17.30	1	
	45	744	MMM	Pieter Blignaut	02.17.31	1	
	46	745	JM	Johan Blignaut	02.17.32	1	
	47	652	MMM	Jacques Basson	02.17.35	1	
	48	771	MMM	Jan Ellis	02.17.51	1	
	49	672	MMM	Rob Schagen	02.19.52	1	
	50	759	SVM	Leon Van Der Westhuizen	02.20.51	1	
	51	715	MMM	Louwrens Van Zyl	02.22.49	1	
	52	614	VMM	Fanus Fourie	02.23.22	1	
	53	684	VMM	Louis Lategan	02.24.25	1	
	54	601	JM	Bernard Stals	02.24.27	1	
	55	651	YM	Reynard Stals	02.24.30	1	
	56	678	SVM	Jacques Van Der Mescht	02.26.08	1	
	57	722	VMM	Wihan Lombard	02.26.30	1	
	58	732	SVM	Daniel Southey	02.26.32	1	
	59	735	YM	Verdun Van Der Watt	02.27.32	1	
	60	747	MMM	Ulrich Sturmer	02.27.35	1	
	61	785	SMM	Manna Zwane	02.28.21	1	
	62	657	SVM	George Chimenya	02.28.24	1	
	63	682	VMM	Chris Mullineux	02.28.46	1	
	64	619	VMM	Craig Zondagh	02.28.50	1	
	65	681	MMM	Peter Loubser	02.30.41	1	
	66	725	SVM	Marinus Barnard	02.31.20	1	
	67	765	SVM	Nicolaas Ras	02.31.30	1	
	68	653	VMM	Pierre Van Zyl	02.31.35	1	
	69	737	SVM	Panna Dekler	02.32.01	1	
	70	788	SMM	Daneel Brink	02.33.36	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	71	787	SMM	Wimpie Hugo	02.33.44	1	
	72	623	MMM	John Newton	02.36.38	1	
	73	746	SVM	Stiuan Dreyer	02.36.44	1	
	74	632	YM	Christiaan Windt	02.36.52	1	
	75	780	VMM	Dewald Du Toit	02.36.54	1	
	76	627	MMM	Charles Gosling	02.37.23	1	
	77	664	SVM	Christiaan Swart	02.38.41	1	
	78	719	SMM	Schalk Stander	02.38.44	1	
	79	701	VMM	Corne Botha	02.39.46	1	
	80	734	VMM	Marchant Maasdorp	02.39.52	1	
	81	733	MMM	Herman Neethling	02.39.55	1	
	82	721	SVM	Eduan Hauman	02.41.42	1	
	83	700	VMM	Gert Van Jaarsveld	02.42.08	1	
	84	640	SMM	Driaan Ruppung	02.42.36	1	
	85	639	SMM	Louis Coetzee	02.42.52	1	
	86	645	VMM	Kenneth Roberts	02.42.55	1	
	87	707	MMM	Eugene Eloff	02.42.57	1	
	88	662	SVM	Roelof Duminy	02.43.15	1	
	89	633	MMM	Frans Kotze	02.46.01	1	
	90	784	SVM	Wilhelm Barnard	02.46.03	1	
	91	720	SVM	Steph Kleynhans	02.46.06	1	
	92	727	SVM	Carl Snyman	02.46.08	1	
	93	703	VMM	Kerneels Brummer	02.47.20	1	
	94	716	VMM	Stefaans Brummer	02.47.23	1	
	95	656	VMM	Gus Van Niekerk	02.47.29	1	
	96	658	VMM	Stefan Hartlief	02.47.31	1	
	97	723	VMM	Hendrie Brink	02.47.34	1	
	98	622	MMM	Mike Wray	02.48.18	1	
	99	617	YM	Christiaan Smuts	02.51.42	1	
	100	714	SVM	Pat Hopkins	02.54.07	1	
	101	685	SVM	Jan Badenhorst	02.54.10	1	
	102	726	SVM	Gerhard Van Der Westhuizen	02.56.08	1	
	103	636	SMM	Arno Blom	02.57.43	1	
	104	773	SMM	Kobus Smit	02.57.45	1	
	105	767	MMM	Arbaw Stopforth	02.58.56	1	
	106	647	VMM	Gerhard Koen	02.59.56	1	
	107	669	MMM	Brian Cross	03.01.15	1	
	108	730	YM	Kyle Underwood	03.04.36	1	
	109	731	MMM	Heindroe Lochner	03.20.19	1	
	110	668	MMM	Neno Haasbroek	04.03.28	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Sprog Girls 25km	1	1105	SG	Carla Hollander	01.27.06	1	
	2	1050	SG	Sonique Louw	01.31.19	1	
	3	1048	SG	Inge Weidemann	01.50.22	1	
	4	1078	SG	Tillana Eyssen	02.29.49	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
Sprog Boys 25km	1	1016	SB	Calla De Vos	01.09.57	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	2	1175	SB	Daniel Van Der Walt	01.10.00	1	
	3	986	SB	Riaan Fortuin	01.28.35	1	
	4	1031	SB	Stephan Maritz	01.29.47	1	
	5	1182	SB	Tjaart Van Der Walt	01.32.30	1	
	6	1192	SB	J J Van Der Vyver	01.33.31	1	
	7	985	SB	Kerrighan Aries	01.36.13	1	
	8	991	SB	Stehan Malherbe	01.42.35	1	
	9	1017	SB	Leon De Vos	01.48.04	1	
	10	1168	SB	Jan-Ullrich Groenewald	01.52.43	1	
	11	1111	SB	Johann Thiar	02.00.05	1	
	12	1089	SB	Reagan Olivier	02.00.27	1	
	13	1045	SB	Carlo Coetzee	02.01.37	1	
	14	1082	SB	Petre Brewis	02.08.57	1	
	15	1027	SB	Reghard Koen	02.10.00	1	
	16	1093	SB	Duwayne Hoffman	02.14.20	1	
	17	1092	SB	Rico Julies	02.14.43	1	
	18	964	SB	Storm King	02.21.47	1	
	19	1064	SB	Rayden Ntselungo	02.29.25	1	
	20	1086	SB	Dominic Tuffin	02.32.43	1	
	21	1036	SB	Wikus Du Plessis	02.34.49	1	
	22	1056	SB	Johann Meyer	02.42.30	1	
	23	1091	SB	Gilliano Pieters	03.09.06	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
All Women 25km	1	1105	SG	Carla Hollander	01.27.06	1	
	2	1050	SG	Sonique Louw	01.31.19	1	
	3	1190	FW	Lize Van Der Mescht	01.32.02	1	
	4	1088	JG	Nadia Bruce	01.32.25	1	
	5	1165	FW	Carmen Schmahl	01.39.56	1	
	6	1058	FW	Alriette Swart	01.40.42	1	
	7	1011	FW	Mire Herbst	01.42.04	1	
	8	981	FW	Erika Grotepass	01.42.50	1	
	9	1183	FW	Danina Blaauw	01.44.27	1	
	10	1155	FW	Jonelle Nel	01.46.26	1	
	11	1154	FW	Marion Nel	01.46.54	1	
	12	1004	FW	Tillie Schmidt	01.49.15	1	
	13	998	FW	Rita Theron	01.49.35	1	
	14	996	FW	Annali Van Zyl	01.49.35	1	
	15	1048	SG	Inge Weidemann	01.50.22	1	
	16	1148	FW	Elsarie De Ath	01.55.11	1	
	17	1042	FW	Theanita Johnston	01.55.56	1	
	18	1047	FW	Kayla-Ann Weidemann	01.56.41	1	
	19	993	FW	Mary-Ann Fourie	01.58.07	1	
	20	1002	FW	Christa Bothma	01.58.29	1	
	21	1172	FW	Michelle Feldman	01.58.31	1	
	22	1024	FW	Marina Herbst	01.59.07	1	
	23	1113	FW	Sanette Labuschagne	02.01.22	1	
	24	966	FW	Marieta Pretorius	02.01.47	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	25	984	FW	Suzaan Venter	02.01.57	1	
	26	1198	FW	Baslyn Steyn	02.02.53	1	
	27	1112	FW	Ronel Van Zyl	02.03.17	1	
	28	1180	FW	Therese Roux	02.05.25	1	
	29	1170	JG	Nelmari Saayman	02.05.56	1	
	30	1171	FW	Marlize Rosslee	02.05.57	1	
	31	1034	FW	Felicity Cross	02.07.05	1	
	32	1037	FW	Bia Geldenhuys	02.08.12	1	
	33	1152	FW	Erina Groenewald	02.08.59	1	
	34	1046	FW	Angela Coetzee	02.11.22	1	
	35	1119	FW	Marcelle Southey	02.11.35	1	
	36	1160	FW	Arina Basson	02.12.39	1	
	37	1006	FW	Marelise Du Toit	02.14.16	1	
	38	992	FW	Angelique Kruger	02.18.30	1	
	39	1079	JG	Anel-Mari Du Toit	02.19.02	1	
	40	1028	FW	Christelle Koen	02.22.05	1	
	41	1023	FW	Rosa Du Preez	02.23.59	1	
	42	1159	FW	Elizca Ellis	02.24.30	1	
	43	1020	JG	Almaz Jacobs	02.25.02	1	
	44	1021	FW	Sarie Esser	02.25.05	1	
	45	980	FW	Madelein Hamman	02.28.30	1	
	46	1078	SG	Tillana Eyssen	02.29.49	1	
	47	1167	FW	Stephanie Stopforth	02.32.12	1	
	48	1195	FW	Mariza Van Der Mescht	02.32.39	1	
	49	1007	FW	Madeleine Du Toit	02.36.27	1	
	50	1176	FW	Caron Watson	02.40.06	1	
	51	1054	FW	Sunet Meyer	02.47.53	1	
	52	1001	FW	Annette Stals	03.07.20	1	
	53	1188	FW	Mari Hollander	03.07.22	1	
	54	1039	FW	Elmarie Van Der Mescht	03.09.21	1	
	55	1115	FW	Lynne Porrill	03.22.34	1	
	56	1116	FW	Adele Stander	03.22.37	1	
Category	Pos	No	Cat	Name	Time	Laps	Remarks
All Men 25km	1	995	FM	Marshall Hendricks	01.07.07	1	
	2	983	FM	Dominic Miller	01.07.13	1	
	3	994	FM	Andre Olckers	01.07.23	1	
	4	1016	SB	Calla De Vos	01.09.57	1	
	5	1175	SB	Daniel Van Der Walt	01.10.00	1	
	6	1173	FM	Stephen Van Der Walt	01.10.02	1	
	7	1033	FM	Jacques Hoffman	01.11.02	1	
	8	1035	JB	Duan Du Plessis	01.12.34	1	
	9	1041	JB	Rainhardt Marais	01.18.00	1	
	10	1000	FM	Franzsen Tertius	01.18.17	1	
	11	1128	FM	Philip-Lee Kidelo	01.21.34	1	
	12	1141	FM	Dwayne Fortuin	01.22.50	1	
	13	960	JB	Rococe King	01.24.40	1	
	14	1125	FM	Stefano Barnard	01.25.14	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	15	1143	FM	Jackquin Roodman	01.26.14	1	
	16	1146	FM	Willrian Adams	01.26.21	1	
	17	1153	FM	George Rysley	01.26.29	1	
	18	1118	JB	Jacques Grobler	01.27.37	1	
	19	1193	FM	Chris Pollock	01.27.52	1	
	20	986	SB	Riaan Fortuin	01.28.35	1	
	21	989	FM	Attie Fortuin	01.28.36	1	
	22	1200	FM	Christo Hamman	01.29.39	1	
	23	1135	FM	Arnold Plaatjies	01.29.46	1	
	24	1031	SB	Stephan Maritz	01.29.47	1	
	25	1189	FM	Jacobus Hough	01.29.55	1	
	26	1134	FM	Alvandre Daniels	01.31.07	1	
	27	1049	FM	Schalk Louw	01.31.21	1	
	28	1084	JB	Van Zyl Bruwer	01.31.59	1	
	29	1182	SB	Tjaart Van Der Walt	01.32.30	1	
	30	1182	FM	Leonardo Minnaar	01.32.30	1	
	31	1102	JB	Pierre Blignaut	01.32.32	1	
	32	1096	JB	Jean Dixon	01.32.35	1	
	33	1104	FM	Rewarden Malan	01.32.35	1	
	34	1129	FM	Raymond Cederstroom	01.33.16	1	
	35	1192	SB	J J Van Der Vyver	01.33.31	1	
	36	1059	JB	Lindenberg Tomlinson	01.35.20	1	
	37	985	SB	Kerrighan Aries	01.36.13	1	
	38	987	FM	Daclon Aries	01.36.13	1	
	39	1179	FM	Denzil Stuurman	01.36.31	1	
	40	1085	JB	Wian Krynauw	01.38.23	1	
	41	1150	FM	Wim Krynauw	01.38.24	1	
	42	1130	FM	Dimitri Buys	01.38.32	1	
	43	1136	FM	Ettiene Bobbejee	01.38.33	1	
	44	1061	FM	Jos Nel	01.39.29	1	
	45	982	FM	Pedro Galant	01.39.34	1	
	46	1178	JB	Johnathan Botha	01.40.11	1	
	47	1057	JB	Luan Lategan	01.40.12	1	
	48	999	FM	Gerrit Van Zyl	01.40.14	1	
	49	997	FM	Jacques Theron	01.40.24	1	
	50	1142	FM	Denzel Oosthuizen	01.40.51	1	
	51	1062	FM	Josua Nel	01.41.27	1	
	52	1120	FM	Evert Van Jaarsveld	01.41.45	1	
	53	1191	FM	Japie Du Plessis	01.42.15	1	
	54	991	SB	Stehan Malherbe	01.42.35	1	
	55	1040	FM	Izak Du Toit	01.42.46	1	
	56	1015	FM	Trevor Larson	01.42.48	1	
	57	1177	FM	Johan Coetzee	01.44.32	1	
	58	1090	FM	Geraldo Booyesen	01.45.16	1	
	59	1095	FM	Gideon Ellis	01.47.09	1	
	60	1185	FM	Jaco Denkema	01.47.17	1	
	61	1186	FM	Ben Kotze	01.47.17	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	62	1098	JB	Theunis Steyn	01.48.00	1	
	63	1017	SB	Leon De Vos	01.48.04	1	
	64	1147	FM	Maurice Stevens	01.48.09	1	
	65	1144	FM	Sereno Buys	01.48.27	1	
	66	1174	FM	Jan Viljoen	01.49.15	1	
	67	1158	FM	Alie Le Grange	01.49.22	1	
	68	1094	JB	Geraldo Lucas	01.49.40	1	
	69	1069	FM	Ceneil Stanley	01.50.20	1	
	70	1164	FM	Hennie Rall	01.51.48	1	
	71	1197	FM	Lorenzo Stefanus	01.51.51	1	
	72	1038	FM	Danie Geldenhuys	01.52.35	1	
	73	1168	SB	Jan-Ullrich Groenewald	01.52.43	1	
	74	1161	FM	William Bussell	01.53.11	1	
	75	1181	FM	Riaan Steyn	01.53.33	1	
	76	1117	FM	Marius Henn	01.53.51	1	
	77	1099	FM	Rayno Oosthuizen	01.54.32	1	
	78	1100	FM	Jean-Jacques Jelandar	01.54.32	1	
	79	1108	FM	Ruduwaan Hess	01.54.50	1	
	80	1043	FM	Gordon Johnston	01.55.55	1	
	81	1131	FM	Andre Jonas	01.56.30	1	
	82	1109	FM	Fanie Smit	01.59.13	1	
	83	967	FM	James Smit	01.59.55	1	
	84	1111	SB	Johann Thiar	02.00.05	1	
	85	1089	SB	Reagan Olivier	02.00.27	1	
	86	1114	FM	Casper Labuschagne	02.01.23	1	
	87	1065	FM	Christiaan Muller	02.01.29	1	
	88	1045	SB	Carlo Coetzee	02.01.37	1	
	89	965	FM	Mauritz Pretorius	02.01.48	1	
	90	1138	FM	Theunis Snyman	02.03.11	1	
	91	1025	FM	Harry De Jager	02.03.38	1	
	92	1026	FM	Randall Farao	02.03.49	1	
	93	1073	FM	Elvis De Waal	02.03.59	1	
	94	990	FM	Charles Mackay	02.04.00	1	
	95	1010	FM	Frikkie Herbst	02.04.16	1	
	96	1068	JB	Ulrich Snyman	02.05.18	1	
	97	1103	JB	Coenie Blignaut	02.06.06	1	
	98	1101	JB	Eric Torr	02.06.07	1	
	99	1107	FM	Nigel Delo	02.07.44	1	
	100	1082	SB	Petre Brewis	02.08.57	1	
	101	1070	JB	Andrew Verandah	02.09.23	1	
	102	1027	SB	Reghard Koen	02.10.00	1	
	103	1044	FM	Lorenzo Van Deventer	02.10.38	1	
	104	1196	FM	Neil Thwaites	02.11.38	1	
	105	1093	SB	Duwayne Hoffman	02.14.20	1	
	106	1092	SB	Rico Julies	02.14.43	1	
	107	1157	FM	Petrus Hough	02.15.34	1	
	108	988	FM	Deon Briedenhann	02.18.33	1	

Group or Category	Athlete Details				Final Results		
	Pos	No	Cat	Name	Time	Laps	Remarks
	109	1097	FM	Jasson Roodman	02.18.51	1	
	110	1126	FM	Peter Roodman	02.18.54	1	
	111	1060	FM	Gerhard Du Toit	02.19.05	1	
	112	964	SB	Storm King	02.21.47	1	
	113	963	FM	Richard King	02.21.49	1	
	114	1087	JB	Thomas Tuffin	02.23.52	1	
	115	1019	FM	Lesley Jacobs	02.25.10	1	
	116	1199	FM	Tebello Nduo	02.25.59	1	
	117	979	FM	Christo Hamman	02.28.28	1	
	118	1076	JB	Faizel Van Rooi	02.29.22	1	
	119	1064	SB	Rayden Ntselungo	02.29.25	1	
	120	1156	FM	Roland Eyssen	02.29.51	1	
	121	1086	SB	Dominic Tuffin	02.32.43	1	
	122	1036	SB	Wikus Du Plessis	02.34.49	1	
	123	1005	FM	Hennie De Villiers	02.36.45	1	
	124	1055	FM	Carl Meyer	02.40.32	1	
	125	1056	SB	Johann Meyer	02.42.30	1	
	126	939	FM	Christoff Marais	02.42.35	1	
	127	1149	JB	Carian Buys	02.44.26	1	
	128	1053	FM	Niel Meyer	02.47.55	1	
	129	1151	FM	Chris Blignaut	03.01.12	1	
	130	1091	SB	Gilliano Pieters	03.09.06	1	
	131	1169	FM	Willie Geldenhuys	03.09.19	1	