

Distance	Overall Pos	Category	Cat Pos	RaceNumber	First Name	Surname	RaceTime
300m	1	Adults - Men	1	49	Juan	van der Vyver	00:06:50
300m	2	Adults - Men	2	53	Henrico	Harris	00:06:53
300m	3	Adults - Men	3	59	Jaco	Venter	00:07:15
300m	4	Adults - Men	4	108	Bjorn	Lerm	00:07:23
300m	5	Adults - Men	5	112	Chris	Kruger	00:07:25
300m	6	Adults - Ladies	1	102	Maaike	Stiglingh	00:07:28
300m	7	Adults - Ladies	2	90	Magan	Hanekom	00:07:30
300m	8	Adults - Men	6	43	Andreij	Horn	00:07:32
300m	9	Adults - Ladies	3	100	Uleen	Lategaan	00:07:41
300m	10	Adults - Men	7	47	James	Muller	00:07:43
300m	11	Adults - Ladies	4	45	Marikie	Bruwer	00:07:45
300m	12	Adults - Men	8	42	Francois	Nell	00:07:47
300m	13	Adults - Men	9	41	Isaac	Coetzee	00:07:50
300m	14	Adults - Ladies	5	46	Eline	van Coller	00:07:52
300m	15	Adults - Men	10	83	Pieter	Labuschagne	00:07:56
300m	16	Adults - Men	11	38	Daniel	van Zyl	00:07:59
300m	17	Adults - Men	12	37	Hannes	Brink	00:08:01
300m	18	Adults - Ladies	6	71	Nina	Reynolds	00:08:10
300m	19	Adults - Men	13	6	Craig	Scholtz	00:08:17
300m	20	Adults - Ladies	7	106	Mari	Human	00:08:25
300m	21	Adults - Men	14	13	Christian	van Amstel	00:08:27
300m	22	Adults - Ladies	8	54	Carli	Groenewald	00:08:29
300m	23	Adults - Men	15	94	Johan	Zeeman	00:08:31
300m	24	Adults - Ladies	9	10	Deandi	van der Vyver	00:08:33
300m	25	Adults - Ladies	10	17	Leila	Blom	00:08:34
300m	26	Adults - Ladies	11	78	Surita	Linde	00:08:36
300m	27	Adults - Men	16	97	Hein	Kritzinger	00:08:38
300m	28	Adults - Men	17	58	Rudolph	Schaefer	00:08:43
300m	29	Adults - Men	18	30	Pieter	de Waal	00:08:44
300m	30	Adults - Men	19	5	Stefanus	Malherbe	00:08:47
300m	31	Adults - Men	20	55	Richardt	Rall	00:08:48
300m	32	Adults - Men	21	2	Jacques	Wolmarans	00:08:49
300m	33	Adults - Men	22	29	Pierre	Kotze	00:08:51
300m	34	Adults - Men	23	73	Justin	Baty	00:08:53
300m	35	Adults - Men	24	107	Ritzema	de la Bat	00:08:59
300m	36	Adults - Men	25	35	Joa	Swart	00:09:03
300m	37	Adults - Men	26	111	Beyers	van Zyl	00:09:06
300m	38	Adults - Men	27	26	Michael	Pretorius	00:09:10
300m	39	Adults - Men	28	91	Dirk	Swanepoel	00:09:12
300m	40	Adults - Ladies	12	25	Kyla	Kruger	00:09:15
300m	41	Adults - Men	29	11	Johan	Otto	00:09:16
300m	42	Adults - Men	30	70	Nicolaas	de Jongh	00:09:19
300m	43	Adults - Men	31	82	Pieter	Ruthven	00:09:20
300m	44	Adults - Men	32	7	Derick	Louw	00:09:22
300m	45	Adults - Men		27			00:09:24
300m	46	Adults - Men	33	99	Theunis	Duminy	00:09:26
300m	47	Adults - Men	34	85	Justin	Smith	00:09:31
300m	48	Adults - Men	35	51	Philip	Jonker	00:09:33
300m	49	Adults - Ladies	13	96	Andrea	du Toit	00:09:35
300m	50	Adults - Ladies	14	9	Christel	van Tonder	00:09:36
300m	51	Adults - Men	36	20	Pieter Smith	James	00:09:38
300m	52	Adults - Men	37	66	John	Villiers	00:09:41
300m	53	Adults - Men	38	40	Gerrit	Smit	00:09:42
300m	54	Adults - Men	39	44	Jacques	De Klerk	00:09:44
300m	55	Adults - Men	40	104	Wesley	Vos	00:09:47

300m	56	Adults - Men	41	74	Louis	van Wyk	00:09:52
300m	57	Adults - Men	42	52	Stiaan	Louw	00:09:54
300m	58	Adults - Ladies	15	63	Jeanette	Hofmeyr	00:10:00
300m	59	Adults - Men	43	76	Christiaan	Honiball	00:10:06
300m	60	Adults - Men	44	36	Johannes	Schoonwinkel	00:10:09
300m	61	Adults - Men	45	86	Werner	van der Merwe	00:10:13
300m	62	Adults - Men	46	87	Gabriel	du Bois	00:10:15
300m	63	Adults - Men	47	23	Harry	Burger	00:10:18
300m	64	Adults - Ladies	16	110	Michelle	Jenna	00:10:20
300m	65	Adults - Men	48	64	Deon	Pienaar	00:10:23
300m	66	Adults - Men	49	67	Mark	Troy	00:10:25
300m	67	Adults - Men	50	31	Jean	Beukes	00:10:27
300m	68	Adults - Men	51	92	Chris	Redelinghuys	00:10:29
300m	69	Adults - Ladies	17	18	Anke	Geldenhuis	00:10:31
300m	70	Adults - Men	52	50	Francois	Louw	00:10:33
300m	71	Adults - Ladies	18	48	Robyn	Hartman	00:10:36
300m	72	Adults - Men	53	28	Riaan-Erik	Truter	00:10:41
300m	73	Adults - Men	54	77	Brendan	de Villiers	00:10:43
300m	74	Adults - Men	55	61	Cobus	Carstens	00:10:46
300m	75	Adults - Men	56	22	Hubert Mulder	Weyers	00:10:54
300m	76	Adults - Men	57	56	Francois	Snyder	00:10:57
300m	77	Adults - Men	58	103	Daniel	du Toit	00:11:00
300m	78	Adults - Men	59	95	Ludwig	de la Bat	00:11:02
300m	79	Adults - Men	60	3	Goran	Blevi	00:11:05
300m	80	Adults - Ladies	19	8	Robyn	Hepburn-Brown	00:11:07
300m	81	Adults - Ladies	20	65	Lumari	Pretorius	00:11:09
300m	82	Adults - Men	61	68	Xander	Malan	00:11:11
300m	83	Adults - Men	62	89	Pieter Leon	van Schoor	00:11:15
300m	84	Adults - Men	63	12	Dawid-Ben	Saayman	00:11:17
300m	85	Adults - Ladies	21	72	Annique	Ganzevoort	00:11:19
300m	86	Adults - Ladies	22	32	Emma	du Plessis	00:11:21
300m	87	Adults - Men	64	16	Jan-Hendrik	Malan	00:11:35
300m	88	Adults - Men	65	1	Christo	van der Merwe	00:11:37
300m	89	Adults - Men	66	101	Juan	van Tonder	00:11:40
300m	90	Adults - Ladies	23	81	Janke	Calitz	00:11:42
300m	91	Adults - Men	70	84	Adrian	Wesson	00:11:45
300m	92	Adults - Men	71	21	Dyn	Bartie	00:11:47
300m	93	Adults - Men	67	60	Jan-Hendrik	Ryke	00:11:49
300m	94	Adults - Men	68	4	Leon	Bartel	00:11:53
300m	95	Adults - Men	69	105	Chris	du Toit	00:11:56
300m	96	Adults - Ladies	24	93	Lize-May	Mouton	00:11:59
300m	97	Adults - Ladies	25	98	Andri	Louw	00:12:01
300m	98	Adults - Ladies	26	33	Care	de Wet	00:12:03
300m	99	Adults - Men	72	79	Wynand	du Plessis	00:12:08
300m	100	Adults - Ladies	27	304	Alet	Engelbrecht	00:12:15
300m	101	Adults - Men	74	19	Bennie	van Eeden	00:12:29
300m	102	Adults - Ladies	73	302	Ruanda	Downing	00:12:45
300m	103	Adults - Men	75	5	Stefanus	Malherbe	00:12:47
300m	104	Adults - Men	28	57	Janco	van der Wateren	00:12:51
300m	105	Adults - Ladies	29	24	Mieke	de Wet	00:14:08
300m	106	Adults - Men	76	62	Kevin	Johnson	00:14:13
300m	107	Adults - Ladies	30	65	Lumari	Pretorius	00:14:17
300m	108	Adults - Ladies	31	306	Denielle	de Bruyn	00:14:20
300m	109	Adults - Men	77	30	Pieter	de Waal	00:15:33
300m	110	Adults - Ladies	32	303	Elsabe	Brink	00:15:37
300m	111	Adults - Men	78	75	Bradley	Bourne	00:16:17

Distance	Overall Pos	Category	Cat Pos	RaceNumber	First Name	Surname	RaceTime
750m	1	Adults - Men	1	116	Pieter-Daniel	van Rooyen	00:10:10
750m	2	Adults - Ladies	1	122	Louisa	de Jongh	00:10:24
750m	3	Adults - Men	2	120	Petri	Venter	00:10:53
750m	4	Adults - Men	3	113	Barnu	Botha	00:10:54
750m	5	Adults - Ladies	2	121	Olivia	de Waal	00:11:07
750m	6	Adults - Men	4	123	Emile	Linde	00:11:10
750m	6	Adults - Men	4	123	Emile	Linde	00:11:10
750m	8	Adults - Men	6	115	Malan	Bartleman	00:11:46
750m	9	Adults - Men	7	751	Peter	Emslie	00:12:00
750m	10	Adults - Men	8	753	Eben	Karsten	00:12:14
750m	11	Adults - Men	9	755	Andrew	Burrell	00:12:41
750m	12	Adults - Ladies	3	119	Danielle	Burger	00:12:58
750m	12	Adults - Ladies	3	119	Danielle	Burger	00:12:58
750m	14	Adults - Ladies	5	752	Rita	Terblanche	00:14:48
750m	15	Adults - Ladies	6	307	Driekie	van Dyk	00:17:28
750m	16	Adults - Ladies	7	756	Joanne	Michou	00:19:00
750m	17	Adults - Men	10	118	Wiaan	van der Merwe	00:20:34
750m	18	Adults - Men	11	116	Pieter-Daniel	van Rooyen	00:26:39
750m	19	Adults - Men	12	757	Luke	Taylor	00:29:59
750m	20	Adults - Ladies	8	154	Anzel	du Plessis	00:38:56
750m	21	Adults - Ladies	9	201	Mia	Uys	00:49:16
750m	22	Adults - Men	13	204	David	Kinghorn	00:50:04
750m	23	Adults - Men	14	202	Morne	Bester	00:50:32
750m	24	Adults - Men	15	200	Austin	Kitching	00:50:39
750m	25	Adults - Men	16	203	Christopher	Kruger	00:51:58

Distance	Overall Pos	Category	Cat Pos	RaceNumber	First Name	Surname	RaceTime
1500m	1	Adults - Ladies	1	160	Amanda	Louw	00:20:54
1500m	2	Adults - Ladies	2	152	Sarah	Dreyer	00:25:11
1500m	3	Adults - Men	1	151	Theunis	Hanekom	00:26:10
1500m	4	Adults - Men	2	162	Allan	Taylor	00:26:56
1500m	5	Adults - Men	3	156	Howard	Warrington	00:27:05
1500m	6	Adults - Men	4	165	Christo	du Plessis	00:27:20
1500m	7	Adults - Ladies	3	153	Johannes	Kummert	00:27:59
1500m	8	Adults - Men	5	155	Stiaan	Prinsloo	00:30:12
1500m	9	Adults - Men	6	158	Gareth	Munnick	00:30:44
1500m	10	Adults - Men	7	157	Cuan	Mills	00:30:47
1500m	11	Adults - Men	8	159	Kobus	Terblanche	00:31:11
1500m	12	Adults - Men	9	163	Robin	Samuel	00:33:56
1500m	13	Adults - Ladies	4	164	Bettina	Taylor	00:34:54
1500m	14	Adults - Ladies	5	161	Ilonka	Louw	00:38:41
1500m	15	Adults - Men	10	166	Daniel	Erasmus	00:47:46