

EVENT RESULTS : 3000m

POSITION	RACE #	AGE	NAME	SURNAME	TIME
1	901	24	Alexis	Homveld	32:16.2
2	102	24	Abdul	Railoun	35:16.2
3	955	18	Samantha	Randle	36:51.4
4	615	17	Dirk	Bonnema	42:45.0
5	942	17	Leone	Gouws	45:06.3
6	931	17	Gizelde	Strauss	45:30.7
7	1525	53	Annemarie	Dressler	46:03.8
8	656	21	Wian	Smit	46:24.3
9	86	38	Rory	Gatron	50:15.3
10	343	38	Louise	Garnett-Bennett	51:36.3
11	70	56	Mc	Wessels	53:45.4
12	59	40	Justin	Fletcher	53:49.8
13	322	51	Ingrid	Terblanche	54:26.2
14	323	50	Jade	Homveld	54:30.6
15	95	32	Wayne	Lotter	56:24.2
16	32	38	Francois	Schenck	56:31.0
17	936	30	Joanna	Pieters	56:48.6
18	908	28	Carla Dessels	Dessels	56:51.4
19	84	57	Rion	Fullard	57:09.4
20	49	46	Ian	Faller	57:40.9
21	609	29	Conradie	Ernst	57:54.9
22	5	61	Andre	Kachelhoffer	58:27.9
23	336	40	Lee-Ann	Jacobs	58:46.9
24	56	35	Johan	Rens	58:53.1
25	948	29	Melissa	Lotter	60:11.1
26	93	58	Tienie	Bosman	61:22.6
27	353	42	Nikki	Adams	61:36.3
28	36	57	Gerhard	Wilsnach	61:45.5
29	917	25	Charlotte	Bosman	63:09.8
30	944	30	Lillian	Glen	63:43.4
31	88	64	Sam	Selmer Olsen	65:21.1
32	661	45	Francios	Du Tiot	65:48.4
33	604	17	Bevan	Lewis	71:07.2
34	327	31	Jeanne	Joubert	71:52.6
35	46	37	Holger	Schonfeld	72:53.8
36	305	43	Anne-marie	Pretorius	75:04.6
37	309	44	Cornia	Van Eyssen	75:41.7
38	318	38	Hanli	Smit	75:47.4
39	344	41	Luisa	van der Linde	76:57.3
40	339	55	Linda	Fullard	78:39.5