

**Event 1: Boys 13 And Younger**

Position	Number	Time	Surname	Name	Age	* Special needs
1	1503	14:09.5	Beetge	Altus	12	
2	1508	15:15.0	Van Rooyen	Luc	12	
3	1526	15:31.4	Lifshitz	Joshua	11	
4	1507	15:33.5	Jacobs	Steffan	13	
5	1517	15:46.5	Roeloffze	Rialdo	12	
6	1502	15:51.7	Trollope	Jayden	12	
7	1523	16:39.7	De Kock	Christiaan	11	
8	1509	17:04.9	Holtzkamp	Misha	11	
9	1514	17:08.0	Smith	Michael	19	*
10	1504	17:32.0	De Bruyn	Quintus	13	
11	1522	19:22.7	Vanderwagen	Mark	12	
12	1510	19:32.8	Clark	Daniel	9	
13	1521	19:36.7	Snyckers	Dieter	10	
14	1511	23:02.8	Bird	Lauren	17	*
15	1516	25:44.8	Tuson	Andrew	22	*
16	1515	31:41.1	di Giandomenico	Takara	19	*
17	1528	32:30.6	Rania	Haffejee	8	Youngest boy
18	1513	33:18.8	Schotel	Siobhan	17	*

Event 2: Girls 13 And Younger						
Position	Number	Time	Surname	Name	Age	* Special needs
1	1205	12:47.7	Zietsman	Andria	12	
2	1209	12:50.3	Engelbrecht	Charlize	13	
3	1222	13:43.0	Hadebe	Mmeli	13	
4	1224	14:02.3	Fourie	Ema	13	
5	1210	15:08.9	Snyckers	Kirstin	13	
6	1221	15:55.9	Oosthuizen	Danika	11	
7	1203	16:21.8	Friend	Deborah	12	
8	1215	17:10.9	Van der Spuy	Caterina	11	
9	1208	17:49.5	Aird	Claudia	11	
10	1226	19:58.6	Naude	Carla	13	
11	1219	20:17.1	van Rensburg	Catherine	9	
12	1220	20:21.2	Willemse	Jaruschka	9	
13	1201	20:48.3	Schmidt	Paisley	11	
14	1202	25:14.3	Kruger	Shume	10	
15	1207	25:18.4	Cave	Anuschke	11	
16	1212	25:28.5	Le Roux	Donnella	12	
17	1211	25:32.1	Young	Jordan	12	
18	1213	26:00.5	Van der Walt	Tina	12	
19	1214	26:09.6	Tonkin	Jamie-Leigh	13	
20	1225	26:55.3	Naude	Erica	12	
21	1206	29:00.9	Zietsman	Ennés	8	Youngest girl

Event 3: Ladies 31 And Older						
Position	Number	Time	Surname	Name	Age	* Special needs
1	985	13:36.3	Dresster	Annemarie H	50	
2	901	13:48.8	Bouwer	Marieke	48	
3	910	15:53.9	Britz	Maret	36	
4	931	16:23.9	Landman	Ingrid	47	
5	956	16:38.8	du Toit	Jacqueline	42	
6	902	17:14.2	Grobler	Jana	48	
7	997	17:17.0	Bruining	Carol	54	
8	988	17:55.8	Naude	Robin	46	
9	963	18:01.9	Navarria	Jackie	57	
10	922	18:23.9	Mathews	Corlia	53	
11	977	18:35.9	Carlo	Martie	34	
12	933	18:41.4	Kotze	Debra	52	
13	960	18:52.4	Coetzee	Martini	43	
14	932	19:45.2	Schulz	Cheryl	42	
15	934	20:02.5	Garnett-Bennett	Louise	35	
16	979	20:19.1	Dama	Karyn	28	
17	953	20:25.6	Eksteen	Mariette	32	
18	920	20:34.0	Bezuidenhout	Hanli	35	
19	992	20:39.5	Malan	Anita	54	
20	961	20:41.6	Richards	Michelle	44	
21	930	21:03.2	Van der Merwe	Riani	49	
22	995	21:05.8	Quinnell	Veronique	33	
23	957	21:11.4	Diedericks	Sarina	47	
24	971	21:13.8	de Jager	Liana	32	
25	924	21:25.7	Fyfe	Joyce	66	
26	996	21:27.3	Coni	Catherine	48	
27	980	21:33.0	Hellwig-Drews	Sigrum	53	
28	909	21:36.3	Sieling	Drienie	55	
29	943	21:43.5	Dravillas	Anthea	45	
30	935	21:46.0	Dumas	Janine	31	
31	938	21:47.7	Van Schalkwyk	Amanda	30	
32	972	21:49.7	Becker	Liesle	39	
33	989	21:52.3	Tours	Margie	36	
34	903	21:58.6	Van der Linde	Luisa	38	
35	969	22:17.2	Crutchley	Marilyn	31	
36	915	22:27.3	Engelbrecht	Janine	37	
37	925	22:32.1	Hanson	Ann	76	Oldest lady
38	945	22:39.1	Rust	Louise	42	
39	946	22:42.1	Meyer	Carola	35	
40	990	23:09.2	Swanepoel.	Emsie	44	
41	984	23:42.0	Venter	Marli	47	
42	968	24:54.0	Crutchley	Liz	56	
43	917	25:16.6	Kruger	Lorika	38	
44	905	25:26.2	Jay	Mandy	43	
45	991	26:38.4	Gurney	Petra	44	
46	940	26:42.0	Bester	Jenny	69	
47	937	27:02.2	Burger	Rita	68	
48	975	27:07.2	Corinne	Oosthuizen	63	
49	947	27:18.0	Evans	Signa	61	
50	912	27:24.5	Schmidt	Peta-Ann	40	
51	981	27:52.1	Sieburg	Astrid	55	
52	923	28:09.6	Volschenk	Elsa	33	
53	987	30:30.7	Bredenkamp	Aletta P	47	
54	952	33:35.7	Kok	Mareanna	56	
55	978	34:54.9	Pieterse	Petro	58	
56	983	35:00.6	Misselbrook	Caryl	66	
57	939	41:51.4	Bester	Amanda	39	
58	965	42:56.6	Venter	Janet Marié	31	

Event 4: Men 31 And Older						
Position	Number	Time	Surname	Name	Age	* Special needs
1	746	12:20.4	Tustin	Royden	51	
2	741	12:25.3	Du Toit	Gideon	43	
3	602	12:30.9	Conradie	Louis	47	
4	671	13:33.6	Zielsman	Johan	42	
5	720	13:57.4	Van der Spuy	Andrew	54	
6	714	14:19.2	Coetzee	Francois	43	
7	710	14:44.0	Ferreira	Rick	50	
8	713	14:47.0	Retief	Daniel	31	
9	638	14:51.1	Fyfe	Derek	73	
10	682	15:11.0	Van Huyssteen	Gerhard	43	
11	695	15:13.8	Gnesin	Craig	37	
12	688	15:22.3	De Lange	Stefan	37	
13	729	15:46.6	Potgieter	Wim	45	
14	744	16:03.7	Green	Steven	35	
15	660	16:06.3	Pritchard	Brinley	41	
16	751	16:35.5	Reynolds	Martin	44	
17	657	16:44.1	Westra	Bernhard	41	
18	609	16:51.3	Van Straten	Gys	48	
19	628	16:59.2	Van Niekerk	JP	60	
20	756	17:11.0	Schurmann	George	47	
21	611	17:17.7	Shaw	Leonard	49	
22	652	17:27.7	Swanepoel	Werner	40	
23	675	17:32.1	Fourie	Philip	37	
24	668	17:40.1	George	Paul	56	
25	650	17:54.0	van der Westhuizen	Gert	53	
26	627	18:02.0	Engelbrecht	John	35	
27	667	18:05.3	Koegelenberg	Deon	37	
28	649	18:30.3	Duncombe	Bill	71	
29	686	18:35.2	De Bruyn	Arnold	33	
30	640	19:01.1	Bouwer	Marius	52	
31	731	19:08.8	Swart	Andre	47	
32	736	19:12.6	Du Toit	Francois	41	
33	712	19:16.5	Du Toit	Stephanus	41	
34	711	19:18.4	Van Meygaarden	Marius	42	
35	651	19:21.0	Jacobs	Henk	41	
36	664	19:29.8	Burger	Francois	64	
37	994	20:01.4	Joffe	Kevin	40	
38	732	20:06.3	Fourie	Johan	40	
39	614	20:08.6	Naudé	Gideon	33	
40	719	20:13.6	Harrop-Allin	Anton	68	
41	678	20:21.9	Meyer	Koos	74	
42	639	20:32.9	Van Zyl	Nicolaas	31	
43	748	20:35.2	Labuschagne	Lappies	41	
44	705	20:46.3	Eloff	David	50	
45	87	20:54.4	Mephus	Graham	53	
46	647	20:56.4	Thompson	Mark	50	
47	621	21:05.5	Visser	Andre	49	
48	739	21:07.6	De Sousa	Daniel	42	
49	743	21:09.8	Bisschop	Shahn	47	
50	644	21:17.3	Estrela	Paulo	39	
51	659	21:30.9	Sapsford	Neil	62	
52	699	21:33.3	Cloete	Laurens	47	
53	754	21:41.9	Swanepoel	Sidney	52	
54	641	22:14.5	Mostert	Danie	31	
55	679	22:26.5	Merritt	Charles	65	
56	706	22:35.0	Govender	Puven	39	
57	735	22:46.2	Snyman	Gawie	39	
58	733	22:48.2	Schoeman	Neels	55	
59	755	22:59.5	Joubert	Francois	59	
60	747	23:01.6	van Staden	JJ	39	
61	612	23:10.5	Swanepoel	Dawid	47	
62	734	23:13.8	Van Niekerk	Nick	40	
63	636	23:18.0	Friedman	Avron	33	
64	740	23:22.5	Bosch	Manie	58	
65	703	23:24.4	Spamers	Jan	38	
66	680	23:26.8	Da Cruz	Wilson	38	
67	683	23:28.9	Van der Linde	Raymond	40	
68	684	23:32.0	Homewood	Arthur	37	
69	718	23:35.9	Van Niekerk	Jakobus O	31	
70	737	23:51.4	Nel	Jaap	43	
71	702	24:12.4	Eksteen	Theuns	32	
72	689	24:18.9	Nel	Henk	38	
73	635	24:34.7	Smit	Rudi	43	
74	669	24:39.1	Labuschagne	Jean-Pierre	33	
75	604	24:46.8	Marnewick 54	Johan	59	
76	619	24:54.3	McKay	Stuart	40	
77	620	24:56.4	Bowie	Evan	41	
78	681	24:58.1	Marnewick 81	Johan	32	
79	626	25:26.7	Conradie	Franz	56	
80	700	25:58.8	Kruger	Timus	56	
81	617	26:04.6	De Lange	Stef	65	
82	749	27:53.7	Pretorius	Barend	39	
83	658	30:02.5	Cassim	Abu	34	
84	726	30:49.0	Becker	Johan	48	
85	707	34:01.2	Harvey	Bruce	66	
86	717	34:03.0	Brown	Tony	40	
87	752	34:49.2	Brown	Roy	37	
88	601	37:00.8	Beukes	Arnold	83	Oldest man

Event 5: Ladies 14 - 30						
Position	Number	Time	Surname	Name	Age	* Special needs
1	355	11:16.1	Hadebe	Khethiwe	15	
2	301	11:42.1	Gomes	Megan	21	
3	302	12:45.2	Behrens	Leigh-Anne	15	
4	363	13:45.0	Penman	Abigail	21	
5	369	14:01.2	Tshabalala	Mjabulo	14	
6	324	14:06.8	Kotze	Taryn	18	
7	323	14:08.6	Kotze	Nadene	20	
8	303	14:14.2	Coetzee	Michelle	14	
9	350	14:19.6	Barnett	Hayley	15	
10	345	14:22.1	Prinsloo	Mercia	22	
11	370	15:33.5	Beverley	Michelle	16	
12	367	16:16.4	Swart	Simone	16	
13	364	16:32.9	Malloy	Tyla	17	
14	312	16:53.5	Visser	Kayla	14	
15	331	17:04.6	Henn	Nicole	24	
16	328	17:07.6	Van Schoor	Rosslyn	16	
17	305	17:39.0	Steenkamp	Rene	24	
18	337	17:43.2	Prinsloo	Danelle	23	
19	321	17:52.7	Dessels	Carla	25	
20	317	17:55.3	De Klerk	Renette	26	
21	336	18:13.1	Prinsloo	Nadia	25	
22	348	18:31.1	Van Heerden	Chené	16	
23	362	18:38.0	Patao	Nicole	14	
24	352	18:44.8	Van Wyk	Christine	14	
25	340	18:46.8	Cumming	Marie-Victoire	26	
26	349	19:00.5	Manson	Brittnay	15	
27	329	19:15.6	Storey	Catherine	18	
28	352	19:18.3	Van Wyk	Christine	14	
29	344	19:25.1	Nunes	Claudia	26	
30	341	19:32.1	Coetzee	Danielle	16	
31	347	19:40.7	Genricks	Kerry-Anne	16	
32	327	19:44.7	Main	Lisa	27	
33	326	19:47.9	Leach	Cornelle	14	*
34	359	19:53.2	Green	Sian Leigh	28	
35	333	21:09.2	Erasmus	Nerina	28	
36	320	22:13.7	Appleson	Lauren	25	
37	332	22:28.2	van Niekerk	Izelle	29	
38	366	22:30.1	Stapelberg	Cheryl	16	
39	307	22:42.6	Jacobsen	Nadine	23	
40	365	22:51.5	Qubu	Naledi	17	
41	357	22:54.1	Bosch	Malanie	15	
42	316	23:35.9	Purchase	Catherine	23	
43	353	25:57.9	Howell	Elsie	26	
44	361	26:39.0	Mitchell	Chloe	16	
45	313	32:40.9	Hurrell	Claire	30	

Event 6: Men 14 - 30						
Position	Number	Time	Surname	Name	Age	* Special needs
1	1	10:52.6	Van Niekerk	Oostewald	18	
2	2	11:27.1	Van Heerden	Dylan	16	
3	71	11:33.2	Oberholzer	Louw	14	
4	57	11:34.9	du Toit	Martin	15	
5	24	11:36.3	Van Coller	Johan	18	
6	55	11:38.8	Fechter	Hermann	17	
7	84	12:04.3	Marais	Ruan Jacobus	21	
8	70	12:14.4	Grobler	Dylan	16	
9	32	12:20.0	Demmer	Gareth	15	
10	96	12:48.0	Loubser	Francois	24	
11	48	13:00.3	Engelbrecht	Diaan	16	
12	100	13:01.8	Van zyl	Ruan	15	
13	78	13:21.1	Thorburn	Jean Paul	15	
14	3	13:46.4	Bonnema	Dirk	14	
15	89	14:06.6	van Biljon	Dylan	16	
16	79	14:15.2	Swanepoel	Rikus	16	
17	15	14:16.6	Van Niekerk	Handre	24	
18	28	14:53.5	Conradie	Brandon	18	
19	90	14:54.9	Pellizzon	Fabio	13 x	
20	16	14:57.6	van Dyk	Gerrit	25	
21	98	15:14.2	De Lange	Kobus	27	
22	69	15:36.6	Kotzé	Andre	30	
23	54	15:38.4	Kok	Christoff	26	
24	61	15:40.6	Schreiber	Mika	14	
25	66	15:55.4	Geyser	Gerhard	27	
26	53	16:05.1	Kok	Coetzer	27	
27	51	16:58.3	Gailey	Chad	20	
28	104	17:47.0	Wolvaart	Francois	24	
29	77	17:53.0	Prinsloo	Jaco	31	
30	50	17:59.0	Muller	Dayne	28	
31	85	18:17.9	de Klerk	Marthinus	16	
32	73	18:21.5	Barnett	Stuart	15	
33	75	18:25.3	Learmont	Connor	14	
34	76	18:31.8	Post	Byron	27	
35	106	18:47.1	Mulder	Jan-Gawie	25	
36	56	18:50.1	Grimshaw	Jarrod	29	
37	88	19:39.8	McCarter	Wayne	16	
38	101	19:41.2	Skirrow	Daniel	14	
39	10	19:58.1	De Bruyn	Duan	15	
40	99	20:02.6	Van der Merwe	Phillip	29	
41	92	20:20.1	Wilkinson	Rogan	22	
42	67	20:37.2	Strydom	Pieter	23	
43	95	20:43.8	Murphy	Damian	25	
44	60	20:58.8	Eise	Justin	28	
45	81	21:00.7	Prinsloo	Stefan	28	
46	13	21:36.0	Burger	Berndt	24	
47	97	22:00.0	Rautenbach	Frederick	24	
48	18	22:01.3	Lourenco	Joao	26	
49	20	22:02.7	Waddington	Andrew	25	
50	44	22:11.7	Henn	Adriaan	26	
51	19	22:46.7	Beevers	Gregory	26	
52	23	22:49.1	Visser	Matthys	19	
53	5	22:56.8	Steenkamp	Hendrik	25	
54	68	23:14.2	Theron	Pieter	25	
55	91	25:18.0	Kalil	Brandon	16	
56	108	25:23.7	Seevinck	Henk	26	
57	80	25:26.6	Muller	Carl	29	
58	52	25:37.2	Coetzer	Theuns	24	
59	102	25:41.2	Thiart	Gerrit	28	
60	9	27:00.1	Geldenhuis	Drikus	18	
61	93	29:16.3	Ruiters	Ronaldo	15	
62	6	33:49.6	Kusel	Wiehan	30	

Out of category - Event 1						
	27	18:26.2	Van Niekerk	Calvin	27	
	964	19:25.5	Vanderwagen	Judy	42	
	916	23:12.1	Loubser	Hannelie	55	
	919	26:23.6	Tuson	Mary-Rose	52	
	979	32:33.3	Dama	Karyn	28	

Out of category - Event 4						
	36	14:38.8	Van Schoor	Jason	16	
	17	15:18.2	Van der Merwe	Pieterjan	17	
	94	15:43.8	Needham-Clark	Joshua	16	
	37	16:02.2	Van Schoor	Alistair G	19	
	30	17:07.9	Geysler	Johannes	30	
	25	18:43.2	Buys	Ockert	30	
	985	23:54.2	Dressler	Annemarie H	50	
	738	19:25.4	Nel	Jan-Louis	15	
	745	29:45.5	Nortje	Claud	29	
	757	21:24.6	Botha	Luan	30	



Out of category - Event 5						
	710	17:20.0	Ferreira	Rick	50	

Out of category - Event 6						
	684	28:26.1	Homewood	Arthur	37	
	683	28:28.0	Van der Linde	Raymond	40	
	751	30:10.6	Reynolds	Martin	44	
	107	30:02.3	Reynold	Oliver	10	

**Boys 13 And Younger**

Position	Number	Time	Surname	Name	Age	* Special needs
45	1501	28:01.7	Brink	Christian	11	
51	1502	28:41.5	Trollope	Jayden	12	
67	1506	30:02.0	Moodley	Jeremy	13	
79	1518	31:12.2	Moodley	Jessie	13	
101	1505	33:52.7	Friend	Nathanael	10	
102	1524	34:02.2	Bierman	Johan	10	
125	1520	36:55.8	Flowers	Connor	11	

**Girls 13 And Younger**

Position	Number	Time	Surname	Name	Age	* Special needs
11	1205	23:17.8	Zietsman	Andria	12	
117	1216	36:05.1	Bierman	Marne	14	

Ladies 31 & Older						
Position	Number	Time	Surname	Name	Age	* Special needs
6	913	20:48.9	Mee	Haylee	39	
8	967	22:24.2	Mackenzie	Lizanne	33	
10	914	23:11.4	Mee	Genee	41	
35	976	27:05.3	Roux	Hanneke	35	
38	931	27:18.3	Landman	Ingrid	47	
66	950	29:57.8	Christie	Vanessa	41	
73	936	30:43.0	Van der Walt	Estee	37	
74	963	30:50.0	Navarria	Jackie	57	
75	960	31:01.2	Coetzee	Martini	43	
84	954	31:32.5	Grassie	Jacque	42	
86	955	31:39.2	De Kock	Riette	45	
87	944	31:42.0	Skelton	Sarah	31	
89	929	32:01.5	Oosthuizen	Sarianne	34	
91	948	32:43.2	Wagner	Ashley	33	
93	966	32:50.6	Maree	Amanda	45	
95	932	32:56.9	Schulz	Cheryl	42	
107	962	34:33.2	Rudolph	Margot	50	
110	930	34:53.3	Van der Merwe	Riani	49	
120	949	36:19.4	Grant	Heather	50	
128	911	39:41.7	Reilly	Eralda	41	
132	942	42:06.1	van der merwe	Charis	38	
134	927	42:32.6	Ueta	Tomoko	44	
135	973	43:02.9	Bierman	Nicolene	34	
137	905	43:30.1	Jay	Mandy	43	
140	951	44:20.1	Flowers	Tracey	42	
141	918	44:24.5	Murch	Heather	53	
142	906	45:25.4	Bronkhorst	Aminda	43	

Men 31 & older						
Position	Number	Time	Surname	Name	Age	* Special needs
9	602	22:50.9	Conradie	Louis	47	
13	633	23:53.3	Ford	Coillard	39	
16	720	24:23.1	Van der Spuy	Andrew	54	
19	671	25:06.3	Zietsman	Johan	42	
20	670	25:25.5	Vernon	Howard	40	
21	657	25:37.5	Westra	Bernhard	41	
22	606	25:39.7	Eksteen	Tiaan	31	
26	630	26:11.9	Coulson	Robbie	61	
28	710	26:25.6	Ferreira	Rick	50	
29	698	26:38.6	Bannatyne	Dale	35	
30	634	26:40.4	Swart	Lukas	31	
31	694	26:42.8	Henrey	Stephen	35	
37	682	27:12.3	Van Huyssteen	Gerhard	43	
39	623	27:29.5	Reilly	Desmond	39	
40	677	27:31.5	van der Merwe	Carel	39	
42	725	27:36.7	Kelly	Vaunn	38	
46	693	28:06.8	Puzicha	Tiaan	36	
48	640	28:30.7	Bouwer	Marius	52	
49	690	28:35.6	Nauhaus	Marius	36	
53	641	28:57.1	Mostert	Danie	31	
54	676	29:02.9	Pretorius	Wessel	33	
55	692	29:07.5	Cugnolio	Raymond	56	
57	629	29:14.7	Wieselthaler	Peter	35	
58	622	29:19.0	Schmidt	Rob	42	
59	615	29:21.7	Potgieter	Carel	31	
60	708	29:35.7	Kirstein	Dian	46	
62	653	29:42.0	Germishuys	Willem	49	
63	716	29:43.0	Rudolph	David	45	
65	604	29:52.3	Mamewick 54	Johan	59	
68	613	30:06.2	Scheepers	Rikus	33	
69	730	30:10.7	Mole	Norton	30	
70	673	30:25.7	Hutcheon	Kevin	42	
71	632	30:29.4	Dodding	Ross	53	
77	625	31:08.3	Van den Berg	Conrad	54	
78	608	31:10.3	Erasmus	Beyers	31	
83	672	31:19.6	Olivier	Gerrit	47	
85	701	31:34.4	Flowers	Frank	43	
88	654	31:56.8	Opie	Darryl	37	
94	642	32:54.3	Hirayama	Isao	42	
96	631	33:10.1	Poole	Ken	71	
97	711	33:24.0	Van Meygaarden	Marius	42	
98	607	33:26.3	Bronkhorst	Johan	46	
99	643	33:45.4	Connell	Andre	37	
100	644	33:48.7	Estrela	Paulo	39	
103	724	34:07.6	Mackenzie	Kenneth	32	
104	674	34:17.7	De Meillon	Stefan	35	
106	656	34:31.4	Boyens	Ryno	31	
109	709	34:48.0	Grobbelaar	Pierre	35	
111	662	34:59.6	Van der Merwe	Koos	57	
114	705	35:21.9	Eloff	David	50	
116	655	35:48.4	Friend	Warren	41	
118	727	36:07.1	Bierman	Johan	44	
119	646	36:17.1	Crichton	Kevin	40	
121	691	36:21.6	Rudman	Anton	38	
122	620	36:23.9	Bowie	Euan	41	
126	618	37:00.2	Davies	Ralph	44	
127	645	39:15.6	Stroebe	Louis	39	
130	661	41:21.4	Bezuidenhout	Carel	55	
131	605	42:03.6	Jay	Peter	39	
136	626	43:06.4	Conradie	Franz	56	
139	624	44:11.7	Cusack	Matthew	37	

Ladies 14 - 30						
Position	Number	Time	Surname	Name	Age	* Special needs
23	303	25:42.4	Coetzee	Michelle	14	
24	338	25:53.7	Holdt	Lauren	30	
36	339	27:08.2	De Kock	Leandri	16	
43	346	27:39.8	Knoetze	Martmarie	23	
56	306	29:11.5	Kelfkens	Jesse	17	
72	317	30:35.9	De Klerk	Renette	26	
76	354	31:06.3	Jadine	Mole	28	
81	342	31:16.1	Du Toit	Marique	13	
82	343	31:17.7	Burger	Madia	13	
108	325	34:37.8	Barnard	Justine	28	
112	351	35:04.6	Dunlop	Candice	26	
113	318	35:14.3	Lategan	Ilke	27	
123	335	36:31.7	Grant	Tanith	19	
124	334	36:33.3	Grant	Shelby	22	

Men 14 - 30						
Position	Number	Time	Surname	Name	Age	* Special needs
1	1	18:46.7	Van Niekerk	Oostewald	18	
2	40	19:45.6	Storey	Christopher	15	
3	71	19:58.1	Oberholzer	Louw	14	
4	24	20:16.6	Van Coller	Johan	18	
5	41	20:35.4	Horn	Joubert	28	
7	64	21:05.0	Rudolph	Duncan	14	
12	78	23:28.2	Thorburn	Jean Paul	15	
14	47	24:14.3	Conway	Eric	23	
15	3	24:20.8	Bonnema	Dirk	14	
17	58	24:46.0	Badenhorst	Albert	21	
18	34	24:53.9	Crowther	Peet	25	
25	22	25:56.2	de Villiers	Jan-Hendrik	25	
27	15	26:15.5	Van Niekerk	Handre	24	
32	16	26:50.5	van Dyk	Gerrit	25	
33	43	26:54.1	Burger	Stian	28	
34	27	27:02.1	Van Niekerk	Calvin	27	
41	17	27:34.0	Van der Merwe	Pieterjan	17	
44	83	27:59.0	Landman	Jan	30	
47	30	28:11.0	Geyser	Johannes	30	
50	62	28:39.8	Van den Berg	Franco	17	
52	26	28:44.3	De Vos	Steyn	25	
61	12	29:40.9	Jordaan	Johein	28	
64	31	29:45.1	Viljoen	Gerhard	27	
80	63	31:14.5	Joubert	Martin	21	
90	21	32:08.8	Bos	PJ	27	
92	49	32:47.3	Wesley	Lynn	25	
105	42	34:24.5	Mouton	Hugo	26	
115	23	35:26.5	Visser	Matthys	19	
129	14	41:00.5	Potgieter	Willem	27	
133	39	42:17.4	White	Colin	25	
138	35	44:01.3	Maritz	Juvan	19	