

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Remarks
All Women 60km	1	1	44	SWL	Samantha Sanders	03.39.07	
	2	1	49	SXL	Robyn Assad	04.04.16	
	3	2	42	SXL	Nadine Nunes	05.05.29	
	4	3	82	SXL	Kirsten Schweiger	05.10.28	
	5	2	53	SWL	Mirandie Rossouw	05.25.38	
	6	1	67	MWL	Elizabeth Delpont	05.28.47	
Category	All	Cat	No	Cat	Name	Time	Remarks
All Men 60km	1	1	1	SML	Max Knox	02.54.00	
	2	2	55	SML	Lourens Luus	02.54.02	
	3	3	65	SML	Shaun Silver	03.21.24	
	4	4	71	SML	Jp Jung	03.24.26	
	5	1	25	SVL	Johan Steyn	03.35.11	
	6	2	84	SVL	Igna De Villiers	03.41.38	
	7	1	77	MML	Sieg Hamman	03.41.46	
	8	5	60	SML	Fana Mentani	03.45.39	
	9	1	18	VML	Mark Prince	03.45.41	
	10	3	16	SVL	Riaan Van Niekerk	03.47.18	
	11	4	72	SVL	Sean Barker	03.50.17	
	12	2	80	VML	Lance Cooper	03.52.36	
	13	5	35	SVL	Morne Ferreira	03.53.27	
	14	6	85	SVL	Gareth Boyd	03.54.02	
	15	6	57	SML	Hein Engelbrecht	03.59.18	
	16	7	50	SML	Hardus Joubert	04.00.58	
	17	3	83	VML	Marc Schweiger	04.01.25	
	18	4	58	VML	Shaene Tintinger	04.07.51	
	19	5	63	VML	Brian Soderlund	04.07.58	
	20	7	70	SVL	Herman Raath	04.10.30	
	21	2	48	MML	George Bell	04.14.56	
	22	8	45	SVL	Willie Versfeld	04.20.22	
	23	8	14	SML	Edrich Ferreira	04.21.03	
	24	9	20	SML	Graham Chrystal	04.22.47	
	25	6	73	VML	Graham Brankin	04.26.56	
	26	9	21	SVL	Johan Viljoen	04.29.33	
	27	10	74	SVL	Dion Guy	04.31.24	
	28	3	28	MML	Chris Davel	04.31.40	
	29	4	81	MML	Marinus Bekker	04.31.58	
	30	7	33	VML	Martijn Mellaart	04.32.14	
	31	10	64	SML	Jacques Lasnibat	04.34.30	
	32	11	41	SVL	Donovan Nunes	04.39.02	
	33	12	62	SVL	Barry Spies	04.40.05	
	34	8	17	VML	Paul Middleton	04.51.47	
	35	13	69	SVL	Robert Stark	04.57.46	
	36	14	68	SVL	Marc Grannun	04.57.48	
	37	15	15	SVL	Cor Carelsen	04.57.49	
	38	5	66	MML	Jan Delpont	05.02.10	
	39	16	19	SVL	Jaco Smit	05.05.05	

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Remarks
	40	17	23	SVL	Andreas Saayman	05.08.41	
	41	18	59	SVL	Dewald Grunewald	05.08.43	
	42	19	79	SVL	Mervyn Dinkleman	05.09.13	
	43	20	78	SVL	Giles Fourie	05.09.16	
	44	21	61	SVL	Riaan Potgieter	05.10.33	
	45	22	38	SVL	Jurie Greyling	05.12.02	
	46	9	11	VML	Roderick Benard	05.12.13	
	47	23	13	SVL	Allen Young	05.12.16	
	48	10	37	VML	Mark Werner	05.16.58	
	49	24	29	SVL	Mike Trafoyer	05.24.28	
	50	6	51	MML	Tim Van Coller	05.27.38	
	51	25	39	SVL	Hendrik Tryhou	05.30.35	
	52	26	22	SVL	Marius Scheepers	05.38.39	
	53	11	34	VML	John Neave	05.40.20	
	54	7	27	MML	Jonathon Williams	05.46.53	
	55	27	26	SVL	Gary Hayter	05.52.23	
	56	11	32	SML	Shaun Seeliger	05.58.58	
	57	28	12	SVL	Jock Seeliger	05.59.00	
	58	8	31	MML	Herbert Trafoyer	07.16.00	
	59	12	30	VML	Andreas Trafoyer	07.16.01	
Category	All	Cat	No	Cat	Name	Time	Remarks
All Women 35km	1	1	532	JWM	Savannah Vosloo	02.08.26	
	2	2	533	JWM	Simone Vosloo	02.08.27	
	3	1	306	SWM	Claudia Slattery	02.18.50	
	4	2	389	SWM	Juanita Kammeyer	02.21.26	
	5	1	425	SXM	Christelle Meyer	02.25.27	
	6	3	446	SWM	Kerri Dunshea	02.27.22	
	7	1	410	VWM	Lucinda Bride	02.39.49	
	8	2	402	SXM	Karin Cilliers	02.41.55	
	9	1	476	MWM	Heidi De Bruin	02.42.22	
	10	3	344	SXM	Charmaine Steyn	02.47.36	
	11	4	531	SXM	Heila Meintjes	02.56.21	
	12	2	414	VWM	Mariet Look	03.02.34	
	13	5	419	SXM	Ananda Bosch	03.11.09	
	14	4	397	SWM	Tamaryn Van Bergen	03.12.19	
	15	5	451	SWM	Alison Walker	03.14.01	
	16	3	468	VWM	Renschea Niemand	03.18.18	
	17	3	485	JWM	Kirsten Gillespie	03.20.49	
	18	6	305	SXM	Nanette Smit	03.21.00	
	19	4	491	VWM	Cathy Retief	03.23.14	
	20	2	474	MWM	Betts Koegelenberg	03.24.22	
	21	6	415	SWM	Menanteaux-Madeleine Raubenheimer	03.24.27	
	22	7	486	SXM	Sarah-Jane Koekemoer	03.26.29	
	23	8	483	SXM	Bronwyn Thomson	03.29.09	
	24	9	321	SXM	Driekie Heyns	03.34.44	
	25	5	427	VWM	Madeleen Willers	03.34.48	

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Remarks
	26	10	376	SXM	Esther Janson	03.38.29	
	27	11	301	SXM	Heather Slabbert	03.43.28	
	28	7	309	SWM	Maria Jacoba Van Der Merwe	03.45.32	
	29	12	506	SXM	Lezette Hamann	03.47.04	
	30	3	509	MWM	Francis Van Tonder	03.47.05	
	31	13	392	SXM	Orcelia Enslin	03.48.12	
	32	6	538	VWM	Shirley Emmerick	04.01.59	
	33	7	522	VWM	Sonja Hogewind	04.02.02	
	34	8	417	VWM	Gill Shuttleworth	04.02.56	
	35	4	435	JWM	Lezanne Rossouw	04.07.42	
	36	14	544	SXM	Kobie Smit	04.32.13	
	37	15	426	SXM	Sarah Anderson	04.38.01	
	38	9	496	VWM	Tania Vos	04.47.17	
	39	16	304	SXM	Lona-Mariä^ Botha	04.47.21	
	40	8	449	SWM	Jaen-Mari Nell	04.51.23	
	41	9	535	SWM	Elsie Wentzel	04.55.03	
	42	4	313	MWM	Madeleine Potgieter	05.33.59	
	43	10	343	SWM	Gloudina Coetzer	05.52.27	
	44	11	441	SWM	Janet Vermaak	05.52.53	
Category	All	Cat	No	Cat	Name	Time	Remarks
All Men 35km	1	1	443	JMM	P J Luus	01.44.10	
	2	2	356	JMM	Johnny Diedericks	01.46.06	
	3	3	537	JMM	Mathew Scholfield	01.47.47	
	4	4	511	JMM	Declan Sidey	01.48.57	
	5	1	366	SMM	Jacques Kammeyer	01.49.55	
	6	1	404	SVM	Jaco Lubbe	01.50.12	
	7	2	499	SMM	Werner Kammeyer	01.52.53	
	8	2	546	SVM	Manus De Waal	01.53.10	
	9	3	430	SVM	Dirk Lourens	01.54.08	
	10	3	432	SMM	Leonard Northcote	01.54.39	
	11	4	457	SMM	Gcina Khumalo	01.56.37	
	12	5	482	JMM	Jan-Harm Steenekamp	01.59.32	
	13	6	341	JMM	Alastair Stedman	02.00.01	
	14	4	375	SVM	Teunis Janson	02.01.21	
	15	7	318	JMM	Willie Du Preez	02.02.32	
	16	8	338	JMM	Henk Du Plessis	02.03.57	
	17	5	460	SMM	Andre Swart	02.04.40	
	18	1	543	MMM	Cobus Verster	02.06.02	
	19	5	445	SVM	Victor Compton	02.07.04	
	20	6	331	SVM	Christo Willemse	02.07.15	
	21	7	364	SVM	Johan Moller	02.07.58	
	22	8	391	SVM	Kevin Michaelis	02.09.41	
	23	9	340	JMM	Clinton Cogzell	02.12.39	
	24	10	394	JMM	Gregory Lekhuleni	02.12.44	
	25	11	459	JMM	Jaco Du Plooy	02.13.07	
	26	1	458	VMM	Kobie Du Plooy	02.13.08	

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Remarks
	27	2	442	MMM	Dennis Lawrie	02.13.52	
	28	3	541	MMM	Peter Bakker	02.14.26	
	29	2	351	VMM	Johannes Van Der Walt	02.14.50	
	30	12	372	JMM	Zach Oberholzer	02.15.16	
	31	9	488	SVM	Jannie Prinsloo	02.15.39	
	32	3	518	VMM	Jorge Cordeiro	02.15.46	
	33	13	525	JMM	Johan Verster	02.16.43	
	34	4	481	MMM	Egbert De Bruin	02.16.48	
	35	4	332	VMM	Martin Buchler	02.18.35	
	36	5	384	VMM	Hano Van Loggerenberg	02.18.37	
	37	14	368	JMM	Alexander Kuhn	02.18.53	
	38	5	487	MMM	Wyndand Van Der Nest	02.19.04	
	39	6	371	MMM	Christiaan Mostert	02.21.28	
	40	7	365	MMM	Heinrich Kammeyer	02.22.26	
	41	6	431	SMM	Greg Hodgskin	02.22.29	
	42	15	374	JMM	Roelof Dewald Coertze	02.23.27	
	43	6	475	VMM	Pierre Veldtman	02.23.45	
	44	7	399	SMM	Aj Hand	02.24.02	
	45	16	354	JMM	Hanno Kruger	02.24.46	
	46	17	395	JMM	Stefan Sikhwari	02.27.59	
	47	10	333	SVM	Pieter Janson	02.28.48	
	48	7	405	VMM	Alvin Bronkhorst	02.28.50	
	49	8	373	VMM	Ozzi Buchner	02.30.47	
	50	11	377	SVM	Jurie Grobler	02.31.12	
	51	8	502	SMM	Wikus Botha	02.32.25	
	52	12	330	SVM	Collin Simon	02.32.42	
	53	18	369	JMM	Rory Van Bergen	02.33.01	
	54	19	469	JMM	Shaun Gillespie	02.33.09	
	55	9	467	VMM	Todd Slingerland	02.33.51	
	56	10	463	VMM	Willie Britz	02.33.57	
	57	13	429	SVM	Charl Enslin	02.35.07	
	58	9	462	SMM	Gary Markgraaf	02.36.07	
	59	20	380	JMM	Hadrick Willem Coertze	02.38.15	
	60	11	498	VMM	Whity Whiteman	02.38.17	
	61	14	342	SVM	Sean Gray	02.38.33	
	62	12	357	VMM	Andrew Sparrow	02.38.36	
	63	13	516	VMM	Cornelius Cronje	02.39.30	
	64	8	510	MMM	Gab Van Tonder	02.39.56	
	65	15	508	SVM	Ernest Coetzee	02.39.58	
	66	14	493	VMM	Danie Joubert	02.41.46	
	67	16	312	SVM	Danie Botha	02.41.50	
	68	15	408	VMM	Geoffrey Good	02.41.57	
	69	9	540	MMM	Tony Hulett	02.42.07	
	70	17	396	SVM	Theo Sikhwari	02.42.49	
	71	18	480	SVM	Dumsani Nkiosi	02.43.12	
	72	10	319	SMM	Mornã% Kitchen	02.44.28	

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Remarks
	73	16	353	VMM	Sven Seltmann	02.44.33	
	74	19	422	SVM	John Vermeulen	02.44.39	
	75	11	513	SMM	Bradley Clark	02.44.41	
	76	12	320	SMM	Rudi Spoor	02.44.43	
	77	13	358	SMM	Dj Barnes	02.45.04	
	78	17	359	VMM	Mohamed Asvat	02.46.33	
	79	18	428	VMM	J B Willers	02.47.10	
	80	20	325	SVM	Tobie Steyn	02.47.31	
	81	21	346	SVM	Gert Van Der Merwe	02.47.38	
	82	10	386	MMM	Gert Nienaber	02.47.56	
	83	22	349	SVM	Charles Theron	02.48.01	
	84	23	433	SVM	Clinton Hodgskin	02.48.07	
	85	19	355	VMM	Stefanus Kruger	02.49.22	
	86	24	539	SVM	Gerald Roux	02.49.27	
	87	25	334	SVM	Craig Gebhart	02.49.28	
	88	26	505	SVM	Jannie Muller	02.50.40	
	89	20	492	VMM	Henk Labuschagne	02.50.42	
	90	14	420	SMM	Peter Surendorff	02.50.44	
	91	11	406	MMM	Cliff Barker	02.50.48	
	92	12	409	MMM	Neville Victor	02.50.59	
	93	13	472	MMM	J C Greyling	02.51.14	
	94	15	545	SMM	Devon Venske	02.51.16	
	95	27	528	SVM	Oscar Tait	02.51.19	
	96	21	471	JMM	Christian Greyling	02.51.23	
	97	14	529	MMM	Johan Van Zyl	02.51.39	
	98	28	489	SVM	Neels Malan	02.51.41	
	99	15	400	MMM	Jan Frylinck	02.52.02	
	100	16	339	MMM	Peter Smit	02.52.33	
	101	21	456	VMM	Mbusi Mothsa	02.52.36	
	102	29	520	SVM	M Modiba	02.53.27	
	103	22	515	VMM	Ig Labuschagne	02.53.34	
	104	23	382	VMM	Conrad Grobbelaar	02.54.40	
	105	24	381	VMM	Stephan Roux	02.54.40	
	106	16	324	SMM	Eben Van Niekerk	02.55.28	
	107	30	478	SVM	Glenn Harnden	02.55.38	
	108	25	501	VMM	Charles Compton	02.56.16	
	109	26	388	VMM	Bradley Shuttleworth	02.58.15	
	110	17	494	SMM	Braam Le Grange	02.59.26	
	111	18	495	SMM	Pierre Du Plessis	02.59.56	
	112	31	497	SVM	Russell Pillay	02.59.58	
	113	17	490	MMM	Thys Labuschagne	03.01.20	
	114	27	507	VMM	Andre Mountjoy	03.02.56	
	115	28	517	VMM	Marcus Birch	03.04.19	
	116	32	336	SVM	Donovan Crickmore	03.04.54	
	117	18	367	MMM	Ian Milne	03.05.19	
	118	33	500	SVM	Frank Gay	03.05.48	

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Remarks
	119	19	362	MMM	Eddie Shrives	03.06.42	
	120	34	311	SVM	Willem Van Den Berg	03.09.07	
	121	22	524	JMM	Eugene Verster	03.09.10	
	122	29	350	VMM	Paul Lehanie	03.09.31	
	123	19	534	SMM	Hannes Botha	03.09.37	
	124	23	352	JMM	Cedric Seltmann	03.10.01	
	125	35	418	SVM	Hela Stroh	03.11.11	
	126	36	477	SVM	Pierre Van Der Westhuizen	03.11.14	
	127	20	370	MMM	Andre Van Bergen	03.11.19	
	128	30	385	VMM	Freddie Chatterton	03.11.52	
	129	31	542	VMM	Fanie Kroukamp	03.12.18	
	130	21	423	MMM	Hennie Nel	03.12.53	
	131	24	523	JMM	Andre Du Plessis Jnr	03.13.02	
	132	22	514	MMM	Kobus Koekemoer	03.15.14	
	133	32	521	VMM	Andre Du Plessis Snr	03.15.23	
	134	33	398	VMM	Marius Van Heerden	03.17.30	
	135	20	361	SMM	Nelson Agostinho	03.18.14	
	136	37	466	SVM	Nick Niemandt	03.18.20	
	137	38	390	SVM	Louis Paquet	03.18.23	
	138	39	393	SVM	Andre Van Zyl	03.18.25	
	139	23	412	MMM	Robert De Lange	03.20.24	
	140	25	519	JMM	Eugene Cambell	03.24.09	
	141	40	473	SVM	Danie Van Niekerk	03.24.20	
	142	41	378	SVM	Peter Schon	03.24.29	
	143	24	444	MMM	Johann Jansen Van Vuuren	03.24.32	
	144	42	452	SVM	Wynand Le Roux	03.24.34	
	145	34	484	VMM	Dave Thomson	03.25.45	
	146	26	348	JMM	Reghardt Wiehman	03.26.06	
	147	43	328	SVM	Chris Potgieter	03.26.34	
	148	35	316	VMM	Helmuth De Lange	03.28.52	
	149	44	434	SVM	Iwan Johnson	03.30.35	
	150	45	437	SVM	Wynand Nieuwenhuisen	03.30.36	
	151	21	453	SMM	Danie Coetzee	03.31.52	
	152	46	347	SVM	Konrad Wiehman	03.34.40	
	153	22	455	SMM	Mduduzi Mkhasela	03.34.42	
	154	25	314	MMM	Hein Reitmann	03.36.34	
	155	36	436	VMM	Johan Rossouw	03.39.25	
	156	37	527	VMM	Colin Hume	03.40.25	
	157	47	526	SVM	Willem Kotze	03.41.01	
	158	48	447	SVM	Warwick Smith	03.42.12	
	159	49	308	SVM	Jaco Slabbert	03.43.31	
	160	26	401	MMM	Tommy Bolt	03.43.39	
	161	27	464	MMM	Sam Mawson	03.44.06	
	162	28	479	MMM	Cecil Delport	03.44.08	
	163	29	512	MMM	Ernst Vermaak	03.45.34	
	164	30	345	MMM	David Van Der Merwe	03.45.37	

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Remarks
	165	23	530	SMM	Thinus Snyman	03.45.56	
	166	38	360	VMM	Marcos Fernandes	03.49.13	
	167	31	470	MMM	Dave Gillespie	03.54.33	
	168	50	465	SVM	Gerhard Strobos	03.54.39	
	169	39	503	VMM	Mohamed Dindar	03.54.50	
	170	40	461	VMM	Jose De Jesus	04.01.44	
	171	41	421	VMM	Jacques Geldenhuys	04.02.08	
	172	32	335	MMM	Arthur Reynolds	04.06.38	
	173	27	504	JMM	Yusuf Dindar	04.08.34	
	174	51	438	SVM	Wynand Oosthuyzen	04.13.38	
	175	52	337	SVM	Zunaid Jassat	04.33.55	
	176	24	536	SMM	Carel Wentzel	04.34.11	
	177	53	450	SVM	Francois Smit	04.51.05	
	178	42	310	VMM	Pieter Van Der Merwe	05.36.23	
Category	All	Cat	No	Cat	Name	Time	Remarks
All Women 12km	1	1	882	FW	Ronet De Bruyn	00.48.27	
	2	1	907	SG	Saffron Vosloo	00.49.12	
	3	2	897	SG	Sarah Mc Queen	00.54.15	
	4	2	901	FW	Paige Schweiger	00.56.49	
	5	3	808	FW	Tamryn Sparrow	00.57.07	
	6	4	829	FW	Candice Richardson	00.58.19	
	7	5	880	FW	Mandie Swart	00.59.28	
	8	3	826	SG	Kirsty Shuttleworth	00.59.34	
	9	6	877	FW	Elana Harnden	00.59.48	
	10	7	886	FW	Carline Prinsloo	01.05.39	
	11	8	840	FW	Santie Vd Westhuizen	01.06.01	
	12	9	841	FW	Louisanne Vd Westhuizen	01.06.04	
	13	10	889	FW	Leandri Labuschagne	01.08.20	
	14	4	832	SG	Rylee Bronkhorst	01.09.01	
	15	11	910	FW	Jade Mckinnon	01.10.51	
	16	12	831	FW	Rialda Bronkhorst	01.10.52	
	17	13	821	FW	Natasha Van Der Berg	01.10.53	
	18	14	904	FW	Madri Bell	01.11.58	
	19	15	842	FW	Laurette Lemmer	01.14.57	
	20	16	803	FW	Erin Da Silva	01.15.14	
	21	17	908	FW	Annah Vosloo	01.15.22	
	22	5	813	SG	Rochel Oberholzer	01.15.45	
	23	18	863	FW	Charmaine Korb	01.16.26	
	24	19	867	FW	Marlise Kroukamp	01.22.44	
	25	6	809	SG	Claire Sparrow	01.23.11	
	26	20	845	FW	Anne-Marie Geldenhuys	01.23.36	
	27	7	873	SG	Ainsli De Beer	01.24.48	
	28	21	916	FW	Bronwyn Stander	01.25.19	
	29	22	814	FW	Christine Cogzell	01.28.12	
	30	23	875	FW	Marlies Van Niekerk	01.29.44	
	31	8	909	SG	Rebecca Mckinnon	01.29.46	

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Remarks
	32	24	888	FW	Hester Labuschagne	01.30.15	
	33	25	899	FW	Amanda Van Heerden	01.30.19	
	34	26	812	FW	Adri Van Den Berg	01.30.44	
	35	27	811	FW	Elsie Fourie	01.30.51	
	36	9	856	SG	Cherise De Klerk	01.31.19	
	37	28	890	FW	Magda Labuschagne	01.31.22	
	38	29	853	FW	Nicolette Van Den Berg	01.31.27	
	39	10	860	SG	Elzette Gerber	01.31.34	
	40	30	810	FW	Jeanette Van Bergen	01.31.53	
	41	31	913	FW	Hayley Stylianou	01.32.20	
	42	11	881	SG	Monique Swart	01.42.04	
	43	32	854	FW	Marissa Janson	01.42.59	
	44	33	807	FW	Annelise Le Hanie	01.43.45	
	45	12	852	SG	Jade Watermeyer	01.45.00	
	46	13	869	SG	Annika Prinsloo	01.48.09	
	47	34	802	FW	Kate Da Silva	01.49.19	
	48	35	801	FW	Lynn Da Silva	01.49.59	
	49	36	870	FW	Amanda Prinsloo	01.51.42	
	50	14	884	SG	Yannike Malan	01.53.37	
	51	37	885	FW	Yvette Malan	01.53.39	
	52	15	850	SG	Jade Slabbert	01.58.27	
	53	38	805	FW	Natalie Stevenson	02.01.01	
	54	39	894	FW	Lindy Forbes	02.04.14	
	55	40	865	FW	Benita Kroukamp	02.05.05	
	56	41	906	FW	Marina Good	02.14.49	
	57	42	804	FW	Marlize Louw	02.16.22	
	58	43	858	FW	Susan Breedt	02.43.52	
Category	All	Cat	No	Cat	Name	Time	Remarks
All Men 12km	1	1	837	SB	Keegan Clark	00.39.20	
	2	2	839	SB	Rohan Du Toit	00.43.53	
	3	1	893	FM	Xolani Gininva	00.47.54	
	4	2	917	FM	Brad Pryer	00.49.15	
	5	3	861	SB	Graham Lawrie	00.53.09	
	6	3	820	FM	Jaap Van Der Berg	00.53.11	
	7	4	895	FM	Angus Mc Queen	00.53.26	
	8	4	843	SB	Hadrack Coertze	00.54.04	
	9	5	851	SB	Tian De Bruin	00.54.07	
	10	5	859	FM	Francois Gerber	00.56.43	
	11	6	868	FM	Aren Van Wyk	00.57.11	
	12	7	911	FM	Peter Mckinnon	00.57.30	
	13	8	874	FM	John Jacobs	00.57.40	
	14	6	833	SB	Alvin Gillespie Bronkhorst	00.59.25	
	15	7	864	SB	Reinhart Viljoen	00.59.41	
	16	9	836	FM	Patrick Flynn	01.05.09	
	17	10	898	FM	Wouteer Retief	01.06.28	
	18	11	878	FM	Reyno Beukes	01.07.56	

Group or Category	Pos in		Athlete Details			Final Results	
	All	Cat	No	Cat	Name	Time	Remarks
	19	12	879	FM	Henk Beukes	01.08.02	
	20	13	815	FM	Jorge Da Silva	01.09.07	
	21	14	818	FM	Peter Stansfield	01.10.36	
	22	15	817	FM	Pieter Knipschild	01.10.38	
	23	8	830	SB	Mark Van Heerden	01.11.13	
	24	16	887	FM	Conrad Groenewald	01.14.54	
	25	17	824	FM	Zoon Oberholzer	01.15.47	
	26	9	892	SB	Demarco Pillay	01.19.37	
	27	18	918	FM	Reynard Van Der Berg	01.21.55	
	28	10	835	SB	Jethro Good	01.22.18	
	29	11	891	SB	Bo Mellaart	01.23.19	
	30	19	844	FM	Albert Gouws	01.23.41	
	31	20	872	FM	Andre De Beer	01.24.49	
	32	21	900	FM	Nqabayomzi Belewa	01.24.56	
	33	22	915	FM	Willie Stander	01.25.17	
	34	23	825	FM	Dennis Cogzell	01.27.38	
	35	12	883	SB	Cornel Malan	01.27.42	
	36	24	871	FM	Johan Prinsloo	01.29.28	
	37	13	876	SB	Juan Van Niekerk	01.29.42	
	38	14	834	SB	Liam Good	01.30.26	
	39	15	849	SB	Alain Slabbert	01.31.28	
	40	25	912	FM	Alexey Stylianou	01.32.21	
	41	16	903	SB	Dylan Nel	01.33.16	
	42	26	902	FM	Louis Nel	01.33.17	
	43	17	855	SB	Charles Janson	01.42.55	
	44	27	905	FM	Gerhard Goosen	01.43.48	
	45	18	848	SB	Jarrood Simon	01.43.50	
	46	28	866	FM	Stephan Kroukamp	01.48.25	
	47	19	847	SB	Clifford Simon	01.50.29	
	48	20	896	SB	Justin Vos	01.51.16	
	49	21	914	SB	Pieter Smith	01.51.20	
	50	22	827	SB	Liam Enslin	01.58.02	
	51	23	816	SB	Dillon Botha	02.04.12	
	52	29	857	FM	Jopie Breedt	02.43.52	