

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
Women Overall	1	1	769	SW	Bubela Msagi	01.29.46	1	
	2	2	766	SW	Nomvuyisi Seti	01.29.49	1	
	3	1	770	JW	Skabalanjana Asiphe	01.30.14	1	
	4	1	156	VW	Ester Brink	01.32.57	1	
	5	2	296	VW	Jacoline Haasbroek	01.34.42	1	
	6	3	225	SW	Coriaan De Villiers	01.36.06	1	
	7	4	749	SW	Lesyl Potgieter	01.38.22	1	
	8	3	412	VW	Ronelle Marshall	01.38.45	1	
	9	4	782	VW	Charlotte Noble	01.39.50	1	
	10	5	301	SW	Karoline Hanks	01.40.03	1	
	11	6	765	SW	April Thozama	01.40.08	1	
	12	5	452	VW	Zahn Munch	01.41.01	1	
	13	7	401	SW	Helen Macdonald	01.42.38	1	
	14	8	166	SW	Amanda Bullmore	01.44.33	1	
	15	6	127	VW	Tracy Baxter	01.46.02	1	
	16	9	739	SW	Michelle Macgregor	01.47.01	1	
	17	10	194	SW	Philippa Coleman	01.48.01	1	
	18	11	450	SW	Inari Mulke	01.48.08	1	
	19	12	672	SW	Karen Versfeld	01.48.13	1	
	20	13	471	SW	Sam Oconnor	01.48.17	1	
	21	14	519	SW	Cecile Reed	01.49.17	1	
	22	15	357	SW	Caryn Kennedy	01.49.38	1	
	23	7	713	VW	Suzanna Winter	01.49.44	1	
	24	8	389	VW	Marcy Loubser	01.50.36	1	
	25	9	287	VW	Gisela Goodhew	01.50.44	1	
	26	10	646	VW	Noeleen Van Der Leek	01.51.49	1	
	27	16	692	SW	Michelle Wells	01.51.57	1	
	28	17	316	SW	Gerda Henn	01.52.21	1	
	29	18	154	SW	Katarina Bova	01.52.23	1	
	30	11	751	VW	Lynne Davis	01.52.35	1	
	31	12	115	VW	India Baird	01.52.36	1	
	32	19	396	SW	Katinka Waagsaether	01.53.02	1	
	33	20	132	SW	Marianne Berry	01.53.31	1	
	34	13	586	VW	Jacqueline Smith	01.54.36	1	
	35	14	104	VW	Lisa Alcock	01.55.47	1	
	36	21	179	SW	Elizabeth Casey	01.55.51	1	
	37	15	243	VW	Nicky Eckstein	01.56.47	1	
	38	22	741	SW	Sue Powell	01.56.51	1	
	39	16	413	VW	Dianne Martin	01.58.22	1	
	40	23	229	SW	Keri Delpont	01.58.40	1	
	41	17	414	VW	Sally Martindale-Tucker	01.58.42	1	
	42	24	329	SW	Anna Hug	01.58.45	1	
	43	18	258	VW	Fiona Fewell	01.59.20	1	
	44	19	442	VW	Margaret Moller	01.59.28	1	
	45	20	467	VW	Jenny O' Hanlon	01.59.30	1	
	46	25	236	SW	Anneke Du Plessis	01.59.46	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	47	21	110	VW	Gill Anderson	02.00.37	1	
	48	22	740	VW	Potgieter Wendy	02.01.08	1	
	49	23	363	VW	Bettina Koeditz	02.02.05	1	
	50	26	507	SW	Jeannie Pretorius	02.02.23	1	
	51	27	328	SW	Ludivine Huet-Haupt	02.02.36	1	
	52	24	404	VW	Patrick Madden	02.02.38	1	
	53	28	277	SW	Lisa George	02.02.46	1	
	54	25	356	VW	Sandra Kendall	02.02.57	1	
	55	26	665	VW	Louise Van Riet	02.02.58	1	
	56	29	395	SW	Michaela Luger	02.03.01	1	
	57	30	198	SW	Rebecca Constable	02.03.09	1	
	58	27	670	VW	Shelsley Van Zijl	02.03.27	1	
	59	31	617	SW	Belinda Swanepoel	02.03.42	1	
	60	28	703	VW	Estelle Wiid	02.04.22	1	
	61	1	424	MW	Sandy May	02.04.30	1	
	62	32	151	SW	Velma Botha	02.04.32	1	
	63	33	758	SW	Candice Winterboer	02.04.34	1	
	64	2	686	MW	Lynette Voight	02.04.36	1	
	65	34	190	SW	Jessica Clinning	02.04.39	1	
	66	35	480	SW	Catherine Parker	02.04.41	1	
	67	36	624	SW	Anneliese Thomas	02.04.49	1	
	68	29	434	VW	Jill Mckeith	02.04.54	1	
	69	30	746	VW	Conterato Elena	02.05.08	1	
	70	3	470	MW	Lois O'Brien	02.05.21	1	
	71	37	387	SW	Dawn Lottering	02.05.23	1	
	72	31	427	VW	Lynne Mc Clean Anderson	02.05.25	1	
	73	4	321	MW	Bridgid Hill	02.05.45	1	
	74	38	422	SW	Kelly May	02.06.04	1	
	75	39	191	SW	Denise Coetzee	02.06.34	1	
	76	40	182	SW	Stephanie Cherry	02.06.40	1	
	77	41	265	SW	Sarah Frazee	02.06.58	1	
	78	42	410	SW	Sarshen Marais	02.07.05	1	
	79	43	295	SW	Lauren Guthrie	02.07.06	1	
	80	32	719	VW	Kerry Wyatt	02.07.19	1	
	81	44	526	SW	Sarah Rice	02.07.38	1	
	82	33	148	VW	Eva Botha	02.08.32	1	
	83	45	234	SW	Jane Downing	02.08.51	1	
	84	34	323	VW	Felicity Hinton	02.09.05	1	
	85	46	319	SW	Samantha Hewett	02.09.13	1	
	86	35	676	VW	Marelize Visser	02.09.32	1	
	87	47	461	SW	Marguerite Nel	02.09.46	1	
	88	36	730	VW	Sharon Bull	02.09.53	1	
	89	48	742	SW	Burton Tarryn	02.10.00	1	
	90	49	436	SW	Eloise Meindl	02.10.15	1	
	91	50	204	SW	Rebecca Cronje	02.10.19	1	
	92	51	511	SW	Janice Probyn	02.10.21	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	93	52	139	SW	Lisa Blomerus	02.10.34	1	
	94	37	551	VW	Judith Scheepers	02.10.38	1	
	95	38	615	VW	Colleen Sutherland	02.10.41	1	
	96	39	382	VW	Meere Lemmer	02.10.43	1	
	97	53	211	SW	Jezebel Da Mota Ribeiro	02.10.55	1	
	98	1	777	GW	Brita Unite	02.11.28	1	
	99	54	186	SW	Andrea Chilcott	02.12.00	1	
	100	40	531	VW	Silke Rittershaus	02.12.21	1	
	101	55	502	SW	Taryn Player	02.12.29	1	
	102	56	473	SW	Tolullah Oni	02.12.59	1	
	103	57	678	SW	Johanna Von Braun	02.13.01	1	
	104	41	589	VW	Nicola Smith	02.13.11	1	
	105	42	339	VW	Alison Jamieson	02.13.14	1	
	106	58	538	SW	Gabrielle Ross	02.13.17	1	
	107	5	737	MW	Michelle Priestman	02.13.48	1	
	108	43	397	VW	Melanie Lunn	02.14.14	1	
	109	59	600	SW	Tasia Spheris	02.14.29	1	
	110	60	212	SW	Emma Da Silva	02.15.04	1	
	111	61	113	SW	Olga Backeberg	02.15.31	1	
	112	62	418	SW	Elizabeth Matthews	02.15.43	1	
	113	63	728	SW	Tracy Shaw	02.16.17	1	
	114	64	256	SW	Donna Fergus	02.16.35	1	
	115	44	675	VW	Louise Visser	02.16.48	1	
	116	65	441	SW	Sandra Mitchell	02.16.50	1	
	117	66	227	SW	Katherine Degenaar	02.17.16	1	
	118	67	691	SW	Jacqueline Wells	02.17.52	1	
	119	45	593	VW	Debbie Sneddon	02.18.18	1	
	120	46	431	VW	Julia Mcurrach	02.19.10	1	
	121	47	613	VW	Hela Strez	02.19.28	1	
	122	48	125	VW	Helen Bauriedl	02.19.52	1	
	123	6	754	MW	Ronelle Duncan	02.20.07	1	
	124	7	521	MW	Jeanette Rennie	02.20.14	1	
	125	49	313	VW	Shane Heerden	02.20.28	1	
	126	68	445	SW	Monika Moser	02.20.28	1	
	127	2	279	JW	Nichola Gilbert	02.20.28	1	
	128	3	346	JW	Naomi Johnson	02.20.28	1	
	129	69	560	SW	Stacey Scott	02.20.43	1	
	130	50	438	VW	Sharron Midgley	02.20.43	1	
	131	51	373	VW	Allison Lamb	02.20.43	1	
	132	52	393	VW	Lize Louw	02.20.43	1	
	133	53	142	VW	Anthea Boehmke	02.21.01	1	
	134	70	634	SW	Katherine Tracey	02.21.01	1	
	135	71	563	SW	Barbara Seele	02.21.01	1	
	136	72	684	SW	Cyrill Walters	02.21.32	1	
	137	73	170	SW	Carron Cale	02.21.40	1	
	138	74	368	SW	Samantha Kriger	02.22.00	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	139	75	311	SW	Annabel Heaney	02.22.27	1	
	140	54	250	VW	Karen Ervens	02.23.53	1	
	141	76	371	SW	Susanna Kuun	02.24.04	1	
	142	77	150	SW	Steph Botha	02.24.10	1	
	143	78	611	SW	Tinet Stols	02.24.26	1	
	144	55	700	VW	Joan Whitehouse	02.24.32	1	
	145	79	760	SW	Shelva Carstens	02.24.32	1	
	146	8	598	MW	Wendy Sorrell	02.24.39	1	
	147	56	459	VW	Lydia Myers	02.25.38	1	
	148	80	238	SW	Karen Du Preez	02.25.41	1	
	149	9	390	MW	Tombi Loubser	02.26.23	1	
	150	81	630	SW	Elmarie Thorpe	02.26.29	1	
	151	57	699	VW	Tracy Whitehead	02.26.53	1	
	152	58	428	VW	Lee Mc Queen	02.27.18	1	
	153	82	145	SW	Tanja Bosch	02.27.21	1	
	154	59	320	VW	Sue Heymans	02.29.14	1	
	155	60	402	VW	Allie Macfarlane	02.29.39	1	
	156	10	216	MW	Jenny Dawson	02.29.39	1	
	157	11	488	MW	Lesley-Anne Peck	02.29.40	1	
	158	61	484	VW	Theresa Parsraman	02.30.24	1	
	159	62	780	VW	Sunette Swart	02.30.26	1	
	160	83	497	SW	Lee-Anne Pienaar	02.30.57	1	
	161	84	778	SW	Christine Briedehann	02.30.58	1	
	162	85	743	SW	Nicola De Jager	02.31.14	1	
	163	63	671	VW	Franciska Venter	02.31.36	1	
	164	12	575	MW	Liz Shochot	02.31.36	1	
	165	86	140	SW	Amanda Boardman	02.33.20	1	
	166	87	652	SW	Tanya Van Der Westhuizen	02.33.34	1	
	167	13	659	MW	Judith Van Rensburg	02.33.59	1	
	168	88	448	SW	Kuhle Mpepo-Hlongwane	02.34.03	1	
	169	64	499	VW	Lynne Pilkington	02.34.36	1	
	170	89	475	SW	Lailah Orrie	02.35.06	1	
	171	65	432	VW	Melodie Mcgeoch	02.35.56	1	
	172	66	655	VW	Yvette Van Driel	02.36.20	1	
	173	67	310	VW	Marianne Hay	02.36.40	1	
	174	90	706	SW	Ali Williams	02.37.15	1	
	175	68	233	VW	Pamela Dormehl	02.37.47	1	
	176	69	481	VW	Paula Parkin	02.37.47	1	
	177	91	344	SW	Nokwazi Jobela	02.38.37	1	
	178	70	195	VW	Lanesse Collins	02.39.15	1	
	179	92	573	SW	Julia Shepherd	02.39.39	1	
	180	71	558	VW	Susanne Schubert	02.40.06	1	
	181	72	381	VW	Virna Leaner	02.45.41	1	
	182	4	343	JW	Chanele Jenkinson	02.45.42	1	
	183	93	172	SW	Shelley Carmichael	02.48.42	1	
	184	2	105	GW	Isa Alexander	02.50.30	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	185	14	658	MW	Adelina Van Niekerk	02.50.31	1	
	186	94	365	SW	Lee-Anne Koller	02.52.39	1	
	187	95	423	SW	Maria May	02.55.44	1	
	188	15	685	MW	Selma Walters	02.56.29	1	
	189	96	272	SW	Louise Gammage	02.56.29	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Men Overall	1	1	398	SM	Tom Lusaseni	01.11.13	1	
	2	2	282	SM	Anthony Godongwana	01.11.38	1	
	3	3	449	SM	Lindikhaya Mthangayi	01.13.10	1	
	4	4	399	SM	Velani Lusaseni	01.13.49	1	
	5	1	771	JM	Ndzanga Luxolo	01.14.53	1	
	6	2	513	JM	Nande Qhamgwane	01.15.07	1	
	7	5	409	SM	Luyanda Mapoyi	01.17.36	1	
	8	6	773	SM	Mayiji Bathandwa	01.19.19	1	
	9	7	135	SM	Zolani Bhitane	01.20.38	1	
	10	8	565	SM	Enrico September	01.24.22	1	
	11	1	144	VM	Thamsanqa Bolilitye	01.24.42	1	
	12	2	779	VM	Chris Mitchell	01.25.22	1	
	13	9	599	SM	Charl Souma	01.26.25	1	
	14	3	639	JM	Lonwabo Tsele	01.31.55	1	
	15	3	183	VM	Anton Chevalier	01.32.07	1	
	16	10	571	SM	Ashley Shaw	01.32.33	1	
	17	1	303	MM	Malcolm Harrington	01.32.59	1	
	18	11	747	SM	Gillett Stuart	01.33.38	1	
	19	12	291	SM	Robert Graham	01.34.44	1	
	20	13	625	SM	Gerald Thompson	01.35.21	1	
	21	14	542	SM	Roger Rudolph	01.37.56	1	
	22	4	674	VM	Gerard Visser	01.38.15	1	
	23	5	604	VM	Piers Stead	01.38.34	1	
	24	15	669	SM	Dirk Van Zijl	01.38.36	1	
	25	6	483	VM	Campbell Parry	01.39.18	1	
	26	4	768	JM	Maliti Makhosandile	01.39.21	1	
	27	16	429	SM	Nicholas Mccarthy	01.39.28	1	
	28	17	130	SM	Jason Bell-Leask	01.39.58	1	
	29	18	358	SM	John Kennedy	01.40.00	1	
	30	7	640	VM	Marc Tudhope	01.40.17	1	
	31	19	657	SM	Jean Van Lierop	01.40.37	1	
	32	8	168	VM	Ian Burton	01.40.59	1	
	33	9	651	VM	Jaco Van Der Westhuizen	01.41.09	1	
	34	20	469	SM	Ryan O'Donoghue	01.41.40	1	
	35	2	772	MM	Jenete Mandithini	01.42.02	1	
	36	10	171	VM	Greg Cale	01.42.05	1	
	37	3	478	MM	Bert Ouweneel	01.42.21	1	
	38	21	437	SM	Jon Meinking	01.42.39	1	
	39	11	576	VM	Cameron Sihluku	01.43.05	1	
	40	22	555	SM	Thilo Schmiedekenct	01.43.09	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	41	23	618	SM	Andre Swart	01.43.13	1	
	42	24	260	SM	Malcolm Fiellies	01.43.26	1	
	43	25	230	SM	Andrew Dewey	01.43.28	1	
	44	26	112	SM	Luke Apteker	01.43.50	1	
	45	27	330	SM	Andre Hugo	01.44.15	1	
	46	28	763	SM	Craig Nolan	01.44.20	1	
	47	4	580	MM	Roy Slack	01.44.35	1	
	48	29	349	SM	Eugene Julyan	01.44.37	1	
	49	12	312	VM	Hans-Jurg Heckel	01.45.27	1	
	50	13	530	VM	Axel Rittershaus	01.45.37	1	
	51	30	220	SM	Eoghan De Barra	01.46.18	1	
	52	31	759	SM	Warren Knezovich	01.46.29	1	
	53	14	297	VM	Mark Hall	01.46.40	1	
	54	15	733	VM	Raju Vrm	01.46.43	1	
	55	16	355	VM	John Kendall	01.46.47	1	
	56	32	482	SM	Marlon Parring	01.47.19	1	
	57	17	433	VM	John Mcgillan	01.47.23	1	
	58	18	340	VM	Hielko Jelsma	01.47.45	1	
	59	19	556	VM	Eckhard Scholtz	01.48.11	1	
	60	20	500	VM	David Pitt	01.48.19	1	
	61	21	533	VM	Brian Rogers	01.48.28	1	
	62	33	547	SM	Robert Schaaf	01.48.43	1	
	63	34	476	SM	Ross Orwin	01.48.55	1	
	64	35	616	SM	Robert Sutherland	01.48.59	1	
	65	36	269	SM	Greg Frost	01.49.19	1	
	66	22	224	VM	Alwyn De Kock	01.49.50	1	
	67	23	318	VM	Marthinus Heunis	01.49.52	1	
	68	37	415	SM	Kelvin Massingham	01.49.53	1	
	69	38	656	SM	Werner Van Kets	01.49.56	1	
	70	39	720	SM	Gordon Wykeham	01.50.08	1	
	71	24	493	VM	Lionel Phillips	01.51.34	1	
	72	25	360	VM	Edden Kift	01.52.02	1	
	73	40	136	SM	Ross Biggs	01.52.04	1	
	74	26	169	VM	Mike Buys	01.52.07	1	
	75	41	176	SM	Henk Carstens	01.52.12	1	
	76	5	762	MM	Stephen Granger	01.52.16	1	
	77	1	744	GM	Richardson Steve	01.52.27	1	
	78	42	635	SM	Jo Trafford	01.52.29	1	
	79	43	528	SM	Tim Richman	01.52.32	1	
	80	27	394	VM	Bradford Lubbe	01.52.45	1	
	81	6	347	MM	Peter Johnstone	01.53.17	1	
	82	44	603	SM	Hein Stander	01.53.28	1	
	83	45	633	SM	Neil Townsend	01.53.34	1	
	84	46	690	SM	Thomas Webb	01.53.38	1	
	85	28	430	VM	Brian Mccurrach	01.54.15	1	
	86	7	601	MM	Anthony Staak	01.54.24	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	87	47	546	SM	Darrel Sander	01.54.28	1	
	88	48	231	SM	Mike Dixon	01.54.38	1	
	89	49	492	SM	Roberto Pharo	01.54.40	1	
	90	50	581	SM	John Slingsby	01.54.45	1	
	91	51	213	SM	Wilhelm Dannheimer	01.55.50	1	
	92	5	425	JM	Hazen Mbakaza	01.55.55	1	
	93	52	317	SM	Michael Hessling	01.56.38	1	
	94	8	367	MM	Gerhard Koornhof	01.57.20	1	
	95	53	735	SM	Bunnie Loubser	01.57.40	1	
	96	54	252	SM	Kim Farham	01.57.54	1	
	97	55	380	SM	Gavin Lay	01.58.00	1	
	98	56	370	SM	Riaan Kunz	01.58.08	1	
	99	29	202	VM	Paul Crawford	01.58.10	1	
	100	57	352	SM	De Witt Kamfer	01.58.19	1	
	101	58	138	SM	Edward Bisschop	01.58.28	1	
	102	30	704	VM	Johan Wilke	01.58.35	1	
	103	31	369	VM	Rob Kuipers	01.58.38	1	
	104	59	109	SM	Mohammed Allie	01.59.11	1	
	105	32	178	VM	Steve Carter	01.59.16	1	
	106	33	453	VM	Craig Munnick	01.59.34	1	
	107	34	775	VM	Paddy Gordon	01.59.50	1	
	108	35	308	VM	Graham Hawthorn	02.00.11	1	
	109	36	128	VM	Roberto Beffa	02.00.18	1	
	110	60	494	SM	Andrew Pickering	02.00.41	1	
	111	61	208	SM	Dave Curry	02.00.44	1	
	112	37	750	VM	Anthony Walter	02.00.57	1	
	113	38	523	VM	Steve Revell	02.01.13	1	
	114	39	374	VM	Doug Lamb	02.01.16	1	
	115	62	162	SM	Paul Broxis	02.01.26	1	
	116	63	271	SM	Gary Gahagan	02.01.54	1	
	117	64	508	SM	Tiaan Pretorius	02.02.21	1	
	118	65	564	SM	Raymond Selokela	02.02.26	1	
	119	40	159	VM	Richard Broome	02.03.12	1	
	120	66	221	SM	Ian De Beer	02.03.18	1	
	121	2	417	GM	Jeremy Mathers	02.03.31	1	
	122	67	455	SM	Darren Murphy	02.03.46	1	
	123	68	416	SM	Michael Massingham	02.04.35	1	
	124	69	509	SM	Casey Prince	02.04.36	1	
	125	70	124	SM	Bradley Bastian	02.04.52	1	
	126	71	597	SM	Ricki Sorrell	02.05.42	1	
	127	41	472	VM	Marc Olivier	02.06.17	1	
	128	9	662	MM	Richard Van Rensburg	02.06.47	1	
	129	10	636	MM	Terry Trinder-Smith	02.06.56	1	
	130	72	403	SM	Roan Mackintosh	02.07.08	1	
	131	73	237	SM	Christof Du Plessis	02.07.15	1	
	132	42	557	VM	Alexander Schubert	02.07.26	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	133	43	525	VM	James Rice	02.07.36	1	
	134	44	116	VM	Peter Baird	02.08.10	1	
	135	74	718	SM	Russell Wright	02.08.23	1	
	136	45	149	VM	Johannes Botha	02.08.29	1	
	137	75	569	SM	Jeffrey Shapiro	02.08.48	1	
	138	46	157	VM	Louis Brink	02.09.11	1	
	139	76	644	SM	Louis Van As	02.09.23	1	
	140	47	276	VM	Pieter Geldenhuys	02.09.26	1	
	141	77	270	SM	David Frylinck	02.09.43	1	
	142	78	239	SM	Shaun Dunbar	02.09.56	1	
	143	48	594	VM	Gregg Sneddon	02.10.02	1	
	144	79	614	SM	Robert Surgison	02.10.05	1	
	145	80	566	SM	Ricky Serfontein	02.10.07	1	
	146	11	131	MM	Greg Berg	02.10.10	1	
	147	81	458	SM	Dana Myers	02.10.17	1	
	148	82	512	SM	Michael Probyn	02.10.23	1	
	149	49	203	VM	Jacques Cronje	02.10.24	1	
	150	50	155	VM	Sheldon Brandt	02.10.55	1	
	151	12	288	MM	Mike Goodhew	02.11.57	1	
	152	51	612	VM	Aleks Strez	02.12.42	1	
	153	52	726	VM	Rivolino Dos Santos	02.12.51	1	
	154	83	705	SM	Wayne Willets	02.13.03	1	
	155	84	689	SM	Ian Weavind	02.13.05	1	
	156	85	761	SM	Sello Leshope	02.13.07	1	
	157	86	264	SM	Shaun Fourie	02.14.00	1	
	158	87	232	SM	Warwick Donaldson	02.14.26	1	
	159	13	273	MM	Ernesto Marques	02.14.59	1	
	160	88	218	SM	Sanjay Daya	02.15.13	1	
	161	14	141	MM	Joachim Bodenstein	02.16.14	1	
	162	89	727	SM	Anthony Shaw	02.16.21	1	
	163	53	486	VM	Derek Patrick	02.16.28	1	
	164	3	724	GM	Gerry Groll	02.16.44	1	
	165	15	196	MM	Shawn Combrink	02.16.46	1	
	166	90	725	SM	Nirder Desai	02.17.14	1	
	167	54	642	VM	Tony Tunar	02.17.32	1	
	168	16	587	MM	Jonathan Smith	02.17.48	1	
	169	55	173	VM	Mark Carmichael-Green	02.17.50	1	
	170	56	592	VM	Bruce Sneddon	02.18.20	1	
	171	91	731	SM	Michael Frylink	02.19.24	1	
	172	92	161	SM	John Broxis	02.19.33	1	
	173	93	114	SM	Donovan Baguley	02.20.30	1	
	174	94	572	SM	Andrew Shepherd	02.20.43	1	
	175	57	158	VM	Anthony Briton	02.20.43	1	
	176	95	255	SM	Michael Featherstone	02.21.01	1	
	177	96	205	SM	Caspar Crous	02.21.19	1	
	178	97	688	SM	Brian Watermeyer	02.21.32	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	179	17	781	MM	Andre Swart	02.22.16	1	
	180	58	748	VM	Robert De Reuck	02.22.25	1	
	181	4	359	GM	Bryan Kent	02.23.04	1	
	182	59	353	VM	Graeme Keehn	02.23.30	1	
	183	98	246	SM	Bruwer Engelbrecht	02.24.26	1	
	184	60	540	VM	Ian Rossouw	02.25.51	1	
	185	61	235	VM	Ian Dry	02.25.59	1	
	186	99	350	SM	Hoosain Kagee	02.26.00	1	
	187	100	629	SM	Alfred Thorpe	02.26.28	1	
	188	101	259	SM	Michael Fichardt	02.27.19	1	
	189	102	223	SM	Nicholas De Klerk	02.28.52	1	
	190	103	375	SM	Nic Lamond	02.33.20	1	
	191	104	653	SM	Warren Van Der Westhuizen	02.33.34	1	
	192	105	550	SM	Jens Schatke	02.34.51	1	
	193	106	226	SM	Shaheem De Vries	02.35.06	1	
	194	62	654	VM	Jeff Van Driel	02.36.20	1	
	195	63	309	VM	Eric Hay	02.36.40	1	
	196	64	354	VM	Barry Kendall	02.37.47	1	
	197	65	474	VM	Paul Oriordan	02.45.11	1	
	198	107	447	SM	Mandlenkosi Moyo	02.45.41	1	
	199	5	574	GM	John Shochot	02.50.41	1	
	200	6	421	GM	John May	02.55.44	1	
	201	108	420	SM	Gregory May	02.55.44	1	
	202	18	756	MM	Trevor Adams	02.56.29	1	
	203	66	757	VM	Rodney Maharage	02.56.29	1	
	204	109	498	SM	Keith Pilkington	02.57.51	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Junior Women	1	1	770	JW	Skabalanjana Asiphe	01.30.14	1	
	2	2	279	JW	Nichola Gilbert	02.20.28	1	
	3	3	346	JW	Naomi Johnson	02.20.28	1	
	4	4	343	JW	Chanele Jenkinson	02.45.42	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Junior Men	1	1	771	JM	Ndzanga Luxolo	01.14.53	1	
	2	2	513	JM	Nande Qhamgwane	01.15.07	1	
	3	3	639	JM	Lonwabo Tsele	01.31.55	1	
	4	4	768	JM	Maliti Makhosandile	01.39.21	1	
	5	5	425	JM	Hazen Mbakaza	01.55.55	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Senior Women Group	1	1	769	SW	Bubela Msagi	01.29.46	1	
	2	2	766	SW	Nomvuyisi Seti	01.29.49	1	
	3	1	770	JW	Skabalanjana Asiphe	01.30.14	1	
	4	1	156	VW	Ester Brink	01.32.57	1	
	5	2	296	VW	Jacoline Haasbroek	01.34.42	1	
	6	3	225	SW	Coriaan De Villiers	01.36.06	1	
	7	4	749	SW	Lesyl Potgieter	01.38.22	1	
	8	3	412	VW	Ronelle Marshall	01.38.45	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	9	4	782	VW	Charlotte Noble	01.39.50	1	
	10	5	301	SW	Karoline Hanks	01.40.03	1	
	11	6	765	SW	April Thozama	01.40.08	1	
	12	5	452	VW	Zahn Munch	01.41.01	1	
	13	7	401	SW	Helen Macdonald	01.42.38	1	
	14	8	166	SW	Amanda Bullmore	01.44.33	1	
	15	6	127	VW	Tracy Baxter	01.46.02	1	
	16	9	739	SW	Michelle Macgregor	01.47.01	1	
	17	10	194	SW	Philippa Coleman	01.48.01	1	
	18	11	450	SW	Inari Mulke	01.48.08	1	
	19	12	672	SW	Karen Versfeld	01.48.13	1	
	20	13	471	SW	Sam Oconnor	01.48.17	1	
	21	14	519	SW	Cecile Reed	01.49.17	1	
	22	15	357	SW	Caryn Kennedy	01.49.38	1	
	23	7	713	VW	Suzanna Winter	01.49.44	1	
	24	8	389	VW	Marcy Loubser	01.50.36	1	
	25	9	287	VW	Gisela Goodhew	01.50.44	1	
	26	10	646	VW	Noeleen Van Der Leek	01.51.49	1	
	27	16	692	SW	Michelle Wells	01.51.57	1	
	28	17	316	SW	Gerda Henn	01.52.21	1	
	29	18	154	SW	Katarina Bova	01.52.23	1	
	30	11	751	VW	Lynne Davis	01.52.35	1	
	31	12	115	VW	India Baird	01.52.36	1	
	32	19	396	SW	Katinka Waagsaether	01.53.02	1	
	33	20	132	SW	Marianne Berry	01.53.31	1	
	34	13	586	VW	Jacqueline Smith	01.54.36	1	
	35	14	104	VW	Lisa Alcock	01.55.47	1	
	36	21	179	SW	Elizabeth Casey	01.55.51	1	
	37	15	243	VW	Nicky Eckstein	01.56.47	1	
	38	22	741	SW	Sue Powell	01.56.51	1	
	39	16	413	VW	Dianne Martin	01.58.22	1	
	40	23	229	SW	Keri Delport	01.58.40	1	
	41	17	414	VW	Sally Martindale-Tucker	01.58.42	1	
	42	24	329	SW	Anna Hug	01.58.45	1	
	43	18	258	VW	Fiona Fewell	01.59.20	1	
	44	19	442	VW	Margaret Moller	01.59.28	1	
	45	20	467	VW	Jenny O' Hanlon	01.59.30	1	
	46	25	236	SW	Anneke Du Plessis	01.59.46	1	
	47	21	110	VW	Gill Anderson	02.00.37	1	
	48	22	740	VW	Potgieter Wendy	02.01.08	1	
	49	23	363	VW	Bettina Koeditz	02.02.05	1	
	50	26	507	SW	Jeannie Pretorius	02.02.23	1	
	51	27	328	SW	Ludivine Huet-Haupt	02.02.36	1	
	52	24	404	VW	Patrick Madden	02.02.38	1	
	53	28	277	SW	Lisa George	02.02.46	1	
	54	25	356	VW	Sandra Kendall	02.02.57	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	55	26	665	VW	Louise Van Riet	02.02.58	1	
	56	29	395	SW	Michaela Luger	02.03.01	1	
	57	30	198	SW	Rebecca Constable	02.03.09	1	
	58	27	670	VW	Shelsley Van Zijl	02.03.27	1	
	59	31	617	SW	Belinda Swanepoel	02.03.42	1	
	60	28	703	VW	Estelle Wiid	02.04.22	1	
	61	1	424	MW	Sandy May	02.04.30	1	
	62	32	151	SW	Velma Botha	02.04.32	1	
	63	33	758	SW	Candice Winterboer	02.04.34	1	
	64	2	686	MW	Lynette Voight	02.04.36	1	
	65	34	190	SW	Jessica Clinning	02.04.39	1	
	66	35	480	SW	Catherine Parker	02.04.41	1	
	67	36	624	SW	Anneliese Thomas	02.04.49	1	
	68	29	434	VW	Jill Mckeith	02.04.54	1	
	69	30	746	VW	Conterato Elena	02.05.08	1	
	70	3	470	MW	Lois Obrien	02.05.21	1	
	71	37	387	SW	Dawn Lottering	02.05.23	1	
	72	31	427	VW	Lynne Mc Clean Anderson	02.05.25	1	
	73	4	321	MW	Bridgid Hill	02.05.45	1	
	74	38	422	SW	Kelly May	02.06.04	1	
	75	39	191	SW	Denise Coetzee	02.06.34	1	
	76	40	182	SW	Stephanie Cherry	02.06.40	1	
	77	41	265	SW	Sarah Frazee	02.06.58	1	
	78	42	410	SW	Sarshen Marais	02.07.05	1	
	79	43	295	SW	Lauren Guthrie	02.07.06	1	
	80	32	719	VW	Kerry Wyatt	02.07.19	1	
	81	44	526	SW	Sarah Rice	02.07.38	1	
	82	33	148	VW	Eva Botha	02.08.32	1	
	83	45	234	SW	Jane Downing	02.08.51	1	
	84	34	323	VW	Felicity Hinton	02.09.05	1	
	85	46	319	SW	Samantha Hewett	02.09.13	1	
	86	35	676	VW	Marelize Visser	02.09.32	1	
	87	47	461	SW	Marguerite Nel	02.09.46	1	
	88	36	730	VW	Sharon Bull	02.09.53	1	
	89	48	742	SW	Burton Tarryn	02.10.00	1	
	90	49	436	SW	Eloise Meindl	02.10.15	1	
	91	50	204	SW	Rebecca Cronje	02.10.19	1	
	92	51	511	SW	Janice Probyn	02.10.21	1	
	93	52	139	SW	Lisa Blomerus	02.10.34	1	
	94	37	551	VW	Judith Scheepers	02.10.38	1	
	95	38	615	VW	Colleen Sutherland	02.10.41	1	
	96	39	382	VW	Meere Lemmer	02.10.43	1	
	97	53	211	SW	Jezebel Da Mota Ribeiro	02.10.55	1	
	98	1	777	GW	Brita Unite	02.11.28	1	
	99	54	186	SW	Andrea Chilcott	02.12.00	1	
	100	40	531	VW	Silke Rittershaus	02.12.21	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	101	55	502	SW	Taryn Player	02.12.29	1	
	102	56	473	SW	Tolullah Oni	02.12.59	1	
	103	57	678	SW	Johanna Von Braun	02.13.01	1	
	104	41	589	VW	Nicola Smith	02.13.11	1	
	105	42	339	VW	Alison Jamieson	02.13.14	1	
	106	58	538	SW	Gabrielle Ross	02.13.17	1	
	107	5	737	MW	Michelle Priestman	02.13.48	1	
	108	43	397	VW	Melanie Lunn	02.14.14	1	
	109	59	600	SW	Tasia Spheris	02.14.29	1	
	110	60	212	SW	Emma Da Silva	02.15.04	1	
	111	61	113	SW	Olga Backeberg	02.15.31	1	
	112	62	418	SW	Elizabeth Matthews	02.15.43	1	
	113	63	728	SW	Tracy Shaw	02.16.17	1	
	114	64	256	SW	Donna Fergus	02.16.35	1	
	115	44	675	VW	Louise Visser	02.16.48	1	
	116	65	441	SW	Sandra Mitchell	02.16.50	1	
	117	66	227	SW	Katherine Degenaar	02.17.16	1	
	118	67	691	SW	Jacqueline Wells	02.17.52	1	
	119	45	593	VW	Debbie Sneddon	02.18.18	1	
	120	46	431	VW	Julia Mcurrach	02.19.10	1	
	121	47	613	VW	Hela Strez	02.19.28	1	
	122	48	125	VW	Helen Bauriedl	02.19.52	1	
	123	6	754	MW	Ronelle Duncan	02.20.07	1	
	124	7	521	MW	Jeanette Rennie	02.20.14	1	
	125	49	313	VW	Shane Heerden	02.20.28	1	
	126	68	445	SW	Monika Moser	02.20.28	1	
	127	2	279	JW	Nichola Gilbert	02.20.28	1	
	128	3	346	JW	Naomi Johnson	02.20.28	1	
	129	69	560	SW	Stacey Scott	02.20.43	1	
	130	50	438	VW	Sharron Midgley	02.20.43	1	
	131	51	373	VW	Allison Lamb	02.20.43	1	
	132	52	393	VW	Lize Louw	02.20.43	1	
	133	53	142	VW	Anthea Boehmke	02.21.01	1	
	134	70	634	SW	Katherine Tracey	02.21.01	1	
	135	71	563	SW	Barbara Seele	02.21.01	1	
	136	72	684	SW	Cyrill Walters	02.21.32	1	
	137	73	170	SW	Carron Cale	02.21.40	1	
	138	74	368	SW	Samantha Kriger	02.22.00	1	
	139	75	311	SW	Annabel Heaney	02.22.27	1	
	140	54	250	VW	Karen Ervens	02.23.53	1	
	141	76	371	SW	Susanna Kuun	02.24.04	1	
	142	77	150	SW	Steph Botha	02.24.10	1	
	143	78	611	SW	Tinet Stols	02.24.26	1	
	144	55	700	VW	Joan Whitehouse	02.24.32	1	
	145	79	760	SW	Shelva Carstens	02.24.32	1	
	146	8	598	MW	Wendy Sorrell	02.24.39	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	147	56	459	VW	Lydia Myers	02.25.38	1	
	148	80	238	SW	Karen Du Preez	02.25.41	1	
	149	9	390	MW	Tombi Loubser	02.26.23	1	
	150	81	630	SW	Elmarie Thorpe	02.26.29	1	
	151	57	699	VW	Tracy Whitehead	02.26.53	1	
	152	58	428	VW	Lee Mc Queen	02.27.18	1	
	153	82	145	SW	Tanja Bosch	02.27.21	1	
	154	59	320	VW	Sue Heymans	02.29.14	1	
	155	60	402	VW	Allie Macfarlane	02.29.39	1	
	156	10	216	MW	Jenny Dawson	02.29.39	1	
	157	11	488	MW	Lesley-Anne Peck	02.29.40	1	
	158	61	484	VW	Theresa Parsraman	02.30.24	1	
	159	62	780	VW	Sunette Swart	02.30.26	1	
	160	83	497	SW	Lee-Anne Pienaar	02.30.57	1	
	161	84	778	SW	Christine Briedehann	02.30.58	1	
	162	85	743	SW	Nicola De Jager	02.31.14	1	
	163	63	671	VW	Franciska Venter	02.31.36	1	
	164	12	575	MW	Liz Shochot	02.31.36	1	
	165	86	140	SW	Amanda Boardman	02.33.20	1	
	166	87	652	SW	Tanya Van Der Westhuizen	02.33.34	1	
	167	13	659	MW	Judith Van Rensburg	02.33.59	1	
	168	88	448	SW	Kuhle Mpepo-Hlongwane	02.34.03	1	
	169	64	499	VW	Lynne Pilkington	02.34.36	1	
	170	89	475	SW	Lailah Orrie	02.35.06	1	
	171	65	432	VW	Melodie Mcgeoch	02.35.56	1	
	172	66	655	VW	Yvette Van Driel	02.36.20	1	
	173	67	310	VW	Marianne Hay	02.36.40	1	
	174	90	706	SW	Ali Williams	02.37.15	1	
	175	68	233	VW	Pamela Dormehl	02.37.47	1	
	176	69	481	VW	Paula Parkin	02.37.47	1	
	177	91	344	SW	Nokwazi Jobela	02.38.37	1	
	178	70	195	VW	Lanesse Collins	02.39.15	1	
	179	92	573	SW	Julia Shepherd	02.39.39	1	
	180	71	558	VW	Susanne Schubert	02.40.06	1	
	181	72	381	VW	Virna Leaner	02.45.41	1	
	182	4	343	JW	Chanele Jenkinson	02.45.42	1	
	183	93	172	SW	Shelley Carmichael	02.48.42	1	
	184	2	105	GW	Isa Alexander	02.50.30	1	
	185	14	658	MW	Adelina Van Niekerk	02.50.31	1	
	186	94	365	SW	Lee-Anne Koller	02.52.39	1	
	187	95	423	SW	Maria May	02.55.44	1	
	188	15	685	MW	Selma Walters	02.56.29	1	
	189	96	272	SW	Louise Gammage	02.56.29	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Senior Men Group	1	1	398	SM	Tom Lusaseni	01.11.13	1	
	2	2	282	SM	Anthony Godongwana	01.11.38	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	3	3	449	SM	Lindikhaya Mthangayi	01.13.10	1	
	4	4	399	SM	Velani Lusaseni	01.13.49	1	
	5	1	771	JM	Ndzanga Luxolo	01.14.53	1	
	6	2	513	JM	Nande Qhamgwane	01.15.07	1	
	7	5	409	SM	Luyanda Mapoyi	01.17.36	1	
	8	6	773	SM	Mayiji Bathandwa	01.19.19	1	
	9	7	135	SM	Zolani Bhitane	01.20.38	1	
	10	8	565	SM	Enrico September	01.24.22	1	
	11	1	144	VM	Thamsanqa Bolilitye	01.24.42	1	
	12	2	779	VM	Chris Mitchell	01.25.22	1	
	13	9	599	SM	Charl Souma	01.26.25	1	
	14	3	639	JM	Lonwabo Tsele	01.31.55	1	
	15	3	183	VM	Anton Chevalier	01.32.07	1	
	16	10	571	SM	Ashley Shaw	01.32.33	1	
	17	1	303	MM	Malcolm Harrington	01.32.59	1	
	18	11	747	SM	Gillett Stuart	01.33.38	1	
	19	12	291	SM	Robert Graham	01.34.44	1	
	20	13	625	SM	Gerald Thompson	01.35.21	1	
	21	14	542	SM	Roger Rudolph	01.37.56	1	
	22	4	674	VM	Gerard Visser	01.38.15	1	
	23	5	604	VM	Piers Stead	01.38.34	1	
	24	15	669	SM	Dirk Van Zijl	01.38.36	1	
	25	6	483	VM	Campbell Parry	01.39.18	1	
	26	4	768	JM	Maliti Makhosandile	01.39.21	1	
	27	16	429	SM	Nicholas Mccarthy	01.39.28	1	
	28	17	130	SM	Jason Bell-Leask	01.39.58	1	
	29	18	358	SM	John Kennedy	01.40.00	1	
	30	7	640	VM	Marc Tudhope	01.40.17	1	
	31	19	657	SM	Jean Van Lierop	01.40.37	1	
	32	8	168	VM	Ian Burton	01.40.59	1	
	33	9	651	VM	Jaco Van Der Westhuizen	01.41.09	1	
	34	20	469	SM	Ryan O'Donoghue	01.41.40	1	
	35	2	772	MM	Jenete Mandithini	01.42.02	1	
	36	10	171	VM	Greg Cale	01.42.05	1	
	37	3	478	MM	Bert Ouweneel	01.42.21	1	
	38	21	437	SM	Jon Meinking	01.42.39	1	
	39	11	576	VM	Cameron Sihluku	01.43.05	1	
	40	22	555	SM	Thilo Schmiedekenct	01.43.09	1	
	41	23	618	SM	Andre Swart	01.43.13	1	
	42	24	260	SM	Malcolm Fiellies	01.43.26	1	
	43	25	230	SM	Andrew Dewey	01.43.28	1	
	44	26	112	SM	Luke Apteker	01.43.50	1	
	45	27	330	SM	Andre Hugo	01.44.15	1	
	46	28	763	SM	Craig Nolan	01.44.20	1	
	47	4	580	MM	Roy Slack	01.44.35	1	
	48	29	349	SM	Eugene Julyan	01.44.37	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	49	12	312	VM	Hans-Jurg Heckel	01.45.27	1	
	50	13	530	VM	Axel Rittershaus	01.45.37	1	
	51	30	220	SM	Eoghan De Barra	01.46.18	1	
	52	31	759	SM	Warren Knezovich	01.46.29	1	
	53	14	297	VM	Mark Hall	01.46.40	1	
	54	15	733	VM	Raju Vrm	01.46.43	1	
	55	16	355	VM	John Kendall	01.46.47	1	
	56	32	482	SM	Marlon Parring	01.47.19	1	
	57	17	433	VM	John Mcgillan	01.47.23	1	
	58	18	340	VM	Hielko Jelsma	01.47.45	1	
	59	19	556	VM	Eckhard Scholtz	01.48.11	1	
	60	20	500	VM	David Pitt	01.48.19	1	
	61	21	533	VM	Brian Rogers	01.48.28	1	
	62	33	547	SM	Robert Schaaf	01.48.43	1	
	63	34	476	SM	Ross Orwin	01.48.55	1	
	64	35	616	SM	Robert Sutherland	01.48.59	1	
	65	36	269	SM	Greg Frost	01.49.19	1	
	66	22	224	VM	Alwyn De Kock	01.49.50	1	
	67	23	318	VM	Marthinus Heunis	01.49.52	1	
	68	37	415	SM	Kelvin Massingham	01.49.53	1	
	69	38	656	SM	Werner Van Kets	01.49.56	1	
	70	39	720	SM	Gordon Wykeham	01.50.08	1	
	71	24	493	VM	Lionel Phillips	01.51.34	1	
	72	25	360	VM	Edden Kift	01.52.02	1	
	73	40	136	SM	Ross Biggs	01.52.04	1	
	74	26	169	VM	Mike Buys	01.52.07	1	
	75	41	176	SM	Henk Carstens	01.52.12	1	
	76	5	762	MM	Stephen Granger	01.52.16	1	
	77	1	744	GM	Richardson Steve	01.52.27	1	
	78	42	635	SM	Jo Trafford	01.52.29	1	
	79	43	528	SM	Tim Richman	01.52.32	1	
	80	27	394	VM	Bradford Lubbe	01.52.45	1	
	81	6	347	MM	Peter Johnstone	01.53.17	1	
	82	44	603	SM	Hein Stander	01.53.28	1	
	83	45	633	SM	Neil Townsend	01.53.34	1	
	84	46	690	SM	Thomas Webb	01.53.38	1	
	85	28	430	VM	Brian Mcurrach	01.54.15	1	
	86	7	601	MM	Anthony Staak	01.54.24	1	
	87	47	546	SM	Darrel Sander	01.54.28	1	
	88	48	231	SM	Mike Dixon	01.54.38	1	
	89	49	492	SM	Roberto Pharo	01.54.40	1	
	90	50	581	SM	John Slingsby	01.54.45	1	
	91	51	213	SM	Wilhelm Dannheimer	01.55.50	1	
	92	5	425	JM	Hazen Mbakaza	01.55.55	1	
	93	52	317	SM	Michael Hessling	01.56.38	1	
	94	8	367	MM	Gerhard Koornhof	01.57.20	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	95	53	735	SM	Bunnie Loubser	01.57.40	1	
	96	54	252	SM	Kim Farham	01.57.54	1	
	97	55	380	SM	Gavin Lay	01.58.00	1	
	98	56	370	SM	Riaan Kunz	01.58.08	1	
	99	29	202	VM	Paul Crawford	01.58.10	1	
	100	57	352	SM	De Witt Kamfer	01.58.19	1	
	101	58	138	SM	Edward Bisschop	01.58.28	1	
	102	30	704	VM	Johan Wilke	01.58.35	1	
	103	31	369	VM	Rob Kuipers	01.58.38	1	
	104	59	109	SM	Mohammed Allie	01.59.11	1	
	105	32	178	VM	Steve Carter	01.59.16	1	
	106	33	453	VM	Craig Munnick	01.59.34	1	
	107	34	775	VM	Paddy Gordon	01.59.50	1	
	108	35	308	VM	Graham Hawthorn	02.00.11	1	
	109	36	128	VM	Roberto Beffa	02.00.18	1	
	110	60	494	SM	Andrew Pickering	02.00.41	1	
	111	61	208	SM	Dave Curry	02.00.44	1	
	112	37	750	VM	Anthony Walter	02.00.57	1	
	113	38	523	VM	Steve Revell	02.01.13	1	
	114	39	374	VM	Doug Lamb	02.01.16	1	
	115	62	162	SM	Paul Broxis	02.01.26	1	
	116	63	271	SM	Gary Gahagan	02.01.54	1	
	117	64	508	SM	Tiaan Pretorius	02.02.21	1	
	118	65	564	SM	Raymond Selokela	02.02.26	1	
	119	40	159	VM	Richard Broome	02.03.12	1	
	120	66	221	SM	Ian De Beer	02.03.18	1	
	121	2	417	GM	Jeremy Mathers	02.03.31	1	
	122	67	455	SM	Darren Murphy	02.03.46	1	
	123	68	416	SM	Michael Massingham	02.04.35	1	
	124	69	509	SM	Casey Prince	02.04.36	1	
	125	70	124	SM	Bradley Bastian	02.04.52	1	
	126	71	597	SM	Ricki Sorrell	02.05.42	1	
	127	41	472	VM	Marc Olivier	02.06.17	1	
	128	9	662	MM	Richard Van Rensburg	02.06.47	1	
	129	10	636	MM	Terry Trinder-Smith	02.06.56	1	
	130	72	403	SM	Roan Mackintosh	02.07.08	1	
	131	73	237	SM	Christof Du Plessis	02.07.15	1	
	132	42	557	VM	Alexander Schubert	02.07.26	1	
	133	43	525	VM	James Rice	02.07.36	1	
	134	44	116	VM	Peter Baird	02.08.10	1	
	135	74	718	SM	Russell Wright	02.08.23	1	
	136	45	149	VM	Johannes Botha	02.08.29	1	
	137	75	569	SM	Jeffrey Shapiro	02.08.48	1	
	138	46	157	VM	Louis Brink	02.09.11	1	
	139	76	644	SM	Louis Van As	02.09.23	1	
	140	47	276	VM	Pieter Geldenhuys	02.09.26	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	141	77	270	SM	David Frylinck	02.09.43	1	
	142	78	239	SM	Shaun Dunbar	02.09.56	1	
	143	48	594	VM	Gregg Sneddon	02.10.02	1	
	144	79	614	SM	Robert Surgison	02.10.05	1	
	145	80	566	SM	Ricky Serfontein	02.10.07	1	
	146	11	131	MM	Greg Berg	02.10.10	1	
	147	81	458	SM	Dana Myers	02.10.17	1	
	148	82	512	SM	Michael Probyn	02.10.23	1	
	149	49	203	VM	Jacques Cronje	02.10.24	1	
	150	50	155	VM	Sheldon Brandt	02.10.55	1	
	151	12	288	MM	Mike Goodhew	02.11.57	1	
	152	51	612	VM	Aleks Strez	02.12.42	1	
	153	52	726	VM	Rivolino Dos Santos	02.12.51	1	
	154	83	705	SM	Wayne Willets	02.13.03	1	
	155	84	689	SM	Ian Weavind	02.13.05	1	
	156	85	761	SM	Sello Leshope	02.13.07	1	
	157	86	264	SM	Shaun Fourie	02.14.00	1	
	158	87	232	SM	Warwick Donaldson	02.14.26	1	
	159	13	273	MM	Ernesto Marques	02.14.59	1	
	160	88	218	SM	Sanjay Daya	02.15.13	1	
	161	14	141	MM	Joachim Bodenstein	02.16.14	1	
	162	89	727	SM	Anthony Shaw	02.16.21	1	
	163	53	486	VM	Derek Patrick	02.16.28	1	
	164	3	724	GM	Gerry Groll	02.16.44	1	
	165	15	196	MM	Shawn Combrink	02.16.46	1	
	166	90	725	SM	Nirder Desai	02.17.14	1	
	167	54	642	VM	Tony Tunar	02.17.32	1	
	168	16	587	MM	Jonathan Smith	02.17.48	1	
	169	55	173	VM	Mark Carmichael-Green	02.17.50	1	
	170	56	592	VM	Bruce Sneddon	02.18.20	1	
	171	91	731	SM	Michael Frylink	02.19.24	1	
	172	92	161	SM	John Broxis	02.19.33	1	
	173	93	114	SM	Donovan Baguley	02.20.30	1	
	174	94	572	SM	Andrew Shepherd	02.20.43	1	
	175	57	158	VM	Anthony Briton	02.20.43	1	
	176	95	255	SM	Michael Featherstone	02.21.01	1	
	177	96	205	SM	Caspar Crous	02.21.19	1	
	178	97	688	SM	Brian Watermeyer	02.21.32	1	
	179	17	781	MM	Andre Swart	02.22.16	1	
	180	58	748	VM	Robert De Reuck	02.22.25	1	
	181	4	359	GM	Bryan Kent	02.23.04	1	
	182	59	353	VM	Graeme Keehn	02.23.30	1	
	183	98	246	SM	Bruwer Engelbrecht	02.24.26	1	
	184	60	540	VM	Ian Rossouw	02.25.51	1	
	185	61	235	VM	Ian Dry	02.25.59	1	
	186	99	350	SM	Hoosain Kagee	02.26.00	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	187	100	629	SM	Alfred Thorpe	02.26.28	1	
	188	101	259	SM	Michael Fichardt	02.27.19	1	
	189	102	223	SM	Nicholas De Klerk	02.28.52	1	
	190	103	375	SM	Nic Lamond	02.33.20	1	
	191	104	653	SM	Warren Van Der Westhuizen	02.33.34	1	
	192	105	550	SM	Jens Schatke	02.34.51	1	
	193	106	226	SM	Shaheem De Vries	02.35.06	1	
	194	62	654	VM	Jeff Van Driel	02.36.20	1	
	195	63	309	VM	Eric Hay	02.36.40	1	
	196	64	354	VM	Barry Kendall	02.37.47	1	
	197	65	474	VM	Paul Oriordan	02.45.11	1	
	198	107	447	SM	Mandlenkosi Moyo	02.45.41	1	
	199	5	574	GM	John Shochot	02.50.41	1	
	200	6	421	GM	John May	02.55.44	1	
	201	108	420	SM	Gregory May	02.55.44	1	
	202	18	756	MM	Trevor Adams	02.56.29	1	
	203	66	757	VM	Rodney Maharage	02.56.29	1	
	204	109	498	SM	Keith Pilkington	02.57.51	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Master Women 40+ Group	1	1	156	VW	Ester Brink	01.32.57	1	
	2	2	296	VW	Jacoline Haasbroek	01.34.42	1	
	3	3	412	VW	Ronelle Marshall	01.38.45	1	
	4	4	782	VW	Charlotte Noble	01.39.50	1	
	5	5	452	VW	Zahn Munch	01.41.01	1	
	6	6	127	VW	Tracy Baxter	01.46.02	1	
	7	7	713	VW	Suzanna Winter	01.49.44	1	
	8	8	389	VW	Marcy Loubser	01.50.36	1	
	9	9	287	VW	Gisela Goodhew	01.50.44	1	
	10	10	646	VW	Noeleen Van Der Leek	01.51.49	1	
	11	11	751	VW	Lynne Davis	01.52.35	1	
	12	12	115	VW	India Baird	01.52.36	1	
	13	13	586	VW	Jacqueline Smith	01.54.36	1	
	14	14	104	VW	Lisa Alcock	01.55.47	1	
	15	15	243	VW	Nicky Eckstein	01.56.47	1	
	16	16	413	VW	Dianne Martin	01.58.22	1	
	17	17	414	VW	Sally Martindale-Tucker	01.58.42	1	
	18	18	258	VW	Fiona Fewell	01.59.20	1	
	19	19	442	VW	Margaret Moller	01.59.28	1	
	20	20	467	VW	Jenny O' Hanlon	01.59.30	1	
	21	21	110	VW	Gill Anderson	02.00.37	1	
	22	22	740	VW	Potgieter Wendy	02.01.08	1	
	23	23	363	VW	Bettina Koeditz	02.02.05	1	
	24	24	404	VW	Patrick Madden	02.02.38	1	
	25	25	356	VW	Sandra Kendall	02.02.57	1	
	26	26	665	VW	Louise Van Riet	02.02.58	1	
	27	27	670	VW	Shelsley Van Zijl	02.03.27	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	28	28	703	VW	Estelle Wiid	02.04.22	1	
	29	1	424	MW	Sandy May	02.04.30	1	
	30	2	686	MW	Lynette Voight	02.04.36	1	
	31	29	434	VW	Jill Mckeith	02.04.54	1	
	32	30	746	VW	Conterato Elena	02.05.08	1	
	33	3	470	MW	Lois Obrien	02.05.21	1	
	34	31	427	VW	Lynne Mc Clean Anderson	02.05.25	1	
	35	4	321	MW	Bridgid Hill	02.05.45	1	
	36	32	719	VW	Kerry Wyatt	02.07.19	1	
	37	33	148	VW	Eva Botha	02.08.32	1	
	38	34	323	VW	Felicity Hinton	02.09.05	1	
	39	35	676	VW	Marelize Visser	02.09.32	1	
	40	36	730	VW	Sharon Bull	02.09.53	1	
	41	37	551	VW	Judith Scheepers	02.10.38	1	
	42	38	615	VW	Colleen Sutherland	02.10.41	1	
	43	39	382	VW	Meere Lemmer	02.10.43	1	
	44	1	777	GW	Brita Unite	02.11.28	1	
	45	40	531	VW	Silke Rittershaus	02.12.21	1	
	46	41	589	VW	Nicola Smith	02.13.11	1	
	47	42	339	VW	Alison Jamieson	02.13.14	1	
	48	5	737	MW	Michelle Priestman	02.13.48	1	
	49	43	397	VW	Melanie Lunn	02.14.14	1	
	50	44	675	VW	Louise Visser	02.16.48	1	
	51	45	593	VW	Debbie Sneddon	02.18.18	1	
	52	46	431	VW	Julia Mcurrach	02.19.10	1	
	53	47	613	VW	Hela Strez	02.19.28	1	
	54	48	125	VW	Helen Bauriedl	02.19.52	1	
	55	6	754	MW	Ronelle Duncan	02.20.07	1	
	56	7	521	MW	Jeanette Rennie	02.20.14	1	
	57	49	313	VW	Shane Heerden	02.20.28	1	
	58	50	438	VW	Sharron Midgley	02.20.43	1	
	59	51	373	VW	Allison Lamb	02.20.43	1	
	60	52	393	VW	Lize Louw	02.20.43	1	
	61	53	142	VW	Anthea Boehmke	02.21.01	1	
	62	54	250	VW	Karen Ervens	02.23.53	1	
	63	55	700	VW	Joan Whitehouse	02.24.32	1	
	64	8	598	MW	Wendy Sorrell	02.24.39	1	
	65	56	459	VW	Lydia Myers	02.25.38	1	
	66	9	390	MW	Tombi Loubser	02.26.23	1	
	67	57	699	VW	Tracy Whitehead	02.26.53	1	
	68	58	428	VW	Lee Mc Queen	02.27.18	1	
	69	59	320	VW	Sue Heymans	02.29.14	1	
	70	60	402	VW	Allie Macfarlane	02.29.39	1	
	71	10	216	MW	Jenny Dawson	02.29.39	1	
	72	11	488	MW	Lesley-Anne Peck	02.29.40	1	
	73	61	484	VW	Theresa Parsraman	02.30.24	1	
	74	62	780	VW	Sunette Swart	02.30.26	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	75	63	671	VW	Franciska Venter	02.31.36	1	
	76	12	575	MW	Liz Shochot	02.31.36	1	
	77	13	659	MW	Judith Van Rensburg	02.33.59	1	
	78	64	499	VW	Lynne Pilkington	02.34.36	1	
	79	65	432	VW	Melodie Mcgeoch	02.35.56	1	
	80	66	655	VW	Yvette Van Driel	02.36.20	1	
	81	67	310	VW	Marianne Hay	02.36.40	1	
	82	68	233	VW	Pamela Dormehl	02.37.47	1	
	83	69	481	VW	Paula Parkin	02.37.47	1	
	84	70	195	VW	Lanesse Collins	02.39.15	1	
	85	71	558	VW	Susanne Schubert	02.40.06	1	
	86	72	381	VW	Virna Leaner	02.45.41	1	
	87	2	105	GW	Isa Alexander	02.50.30	1	
	88	14	658	MW	Adelina Van Niekerk	02.50.31	1	
	89	15	685	MW	Selma Walters	02.56.29	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Master Men 40+ Group	1	1	144	VM	Thamsanqa Bolilitye	01.24.42	1	
	2	2	779	VM	Chris Mitchell	01.25.22	1	
	3	3	183	VM	Anton Chevalier	01.32.07	1	
	4	1	303	MM	Malcolm Harrington	01.32.59	1	
	5	4	674	VM	Gerard Visser	01.38.15	1	
	6	5	604	VM	Piers Stead	01.38.34	1	
	7	6	483	VM	Campbell Parry	01.39.18	1	
	8	7	640	VM	Marc Tudhope	01.40.17	1	
	9	8	168	VM	Ian Burton	01.40.59	1	
	10	9	651	VM	Jaco Van Der Westhuizen	01.41.09	1	
	11	2	772	MM	Jenete Mandithini	01.42.02	1	
	12	10	171	VM	Greg Cale	01.42.05	1	
	13	3	478	MM	Bert Ouweneel	01.42.21	1	
	14	11	576	VM	Cameron Sihluku	01.43.05	1	
	15	4	580	MM	Roy Slack	01.44.35	1	
	16	12	312	VM	Hans-Jurg Heckel	01.45.27	1	
	17	13	530	VM	Axel Rittershaus	01.45.37	1	
	18	14	297	VM	Mark Hall	01.46.40	1	
	19	15	733	VM	Raju Vrm	01.46.43	1	
	20	16	355	VM	John Kendall	01.46.47	1	
	21	17	433	VM	John Mcgillan	01.47.23	1	
	22	18	340	VM	Hielko Jelsma	01.47.45	1	
	23	19	556	VM	Eckhard Scholtz	01.48.11	1	
	24	20	500	VM	David Pitt	01.48.19	1	
	25	21	533	VM	Brian Rogers	01.48.28	1	
	26	22	224	VM	Alwyn De Kock	01.49.50	1	
	27	23	318	VM	Marthinus Heunis	01.49.52	1	
	28	24	493	VM	Lionel Phillips	01.51.34	1	
	29	25	360	VM	Edden Kift	01.52.02	1	
	30	26	169	VM	Mike Buys	01.52.07	1	
	31	5	762	MM	Stephen Granger	01.52.16	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	32	1	744	GM	Richardson Steve	01.52.27	1	
	33	27	394	VM	Bradford Lubbe	01.52.45	1	
	34	6	347	MM	Peter Johnstone	01.53.17	1	
	35	28	430	VM	Brian Mcurrach	01.54.15	1	
	36	7	601	MM	Anthony Staak	01.54.24	1	
	37	8	367	MM	Gerhard Koornhof	01.57.20	1	
	38	29	202	VM	Paul Crawford	01.58.10	1	
	39	30	704	VM	Johan Wilke	01.58.35	1	
	40	31	369	VM	Rob Kuipers	01.58.38	1	
	41	32	178	VM	Steve Carter	01.59.16	1	
	42	33	453	VM	Craig Munnick	01.59.34	1	
	43	34	775	VM	Paddy Gordon	01.59.50	1	
	44	35	308	VM	Graham Hawthorn	02.00.11	1	
	45	36	128	VM	Roberto Beffa	02.00.18	1	
	46	37	750	VM	Anthony Walter	02.00.57	1	
	47	38	523	VM	Steve Revell	02.01.13	1	
	48	39	374	VM	Doug Lamb	02.01.16	1	
	49	40	159	VM	Richard Broome	02.03.12	1	
	50	2	417	GM	Jeremy Mathers	02.03.31	1	
	51	41	472	VM	Marc Olivier	02.06.17	1	
	52	9	662	MM	Richard Van Rensburg	02.06.47	1	
	53	10	636	MM	Terry Trinder-Smith	02.06.56	1	
	54	42	557	VM	Alexander Schubert	02.07.26	1	
	55	43	525	VM	James Rice	02.07.36	1	
	56	44	116	VM	Peter Baird	02.08.10	1	
	57	45	149	VM	Johannes Botha	02.08.29	1	
	58	46	157	VM	Louis Brink	02.09.11	1	
	59	47	276	VM	Pieter Geldenhuys	02.09.26	1	
	60	48	594	VM	Gregg Sneddon	02.10.02	1	
	61	11	131	MM	Greg Berg	02.10.10	1	
	62	49	203	VM	Jacques Cronje	02.10.24	1	
	63	50	155	VM	Sheldon Brandt	02.10.55	1	
	64	12	288	MM	Mike Goodhew	02.11.57	1	
	65	51	612	VM	Aleks Strez	02.12.42	1	
	66	52	726	VM	Rivolino Dos Santos	02.12.51	1	
	67	13	273	MM	Ernesto Marques	02.14.59	1	
	68	14	141	MM	Joachim Bodenstein	02.16.14	1	
	69	53	486	VM	Derek Patrick	02.16.28	1	
	70	3	724	GM	Gerry Groll	02.16.44	1	
	71	15	196	MM	Shawn Combrink	02.16.46	1	
	72	54	642	VM	Tony Tunar	02.17.32	1	
	73	16	587	MM	Jonathan Smith	02.17.48	1	
	74	55	173	VM	Mark Carmichael-Green	02.17.50	1	
	75	56	592	VM	Bruce Sneddon	02.18.20	1	
	76	57	158	VM	Anthony Briton	02.20.43	1	
	77	17	781	MM	Andre Swart	02.22.16	1	
	78	58	748	VM	Robert De Reuck	02.22.25	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	79	4	359	GM	Bryan Kent	02.23.04	1	
	80	59	353	VM	Graeme Keehn	02.23.30	1	
	81	60	540	VM	Ian Rossouw	02.25.51	1	
	82	61	235	VM	Ian Dry	02.25.59	1	
	83	62	654	VM	Jeff Van Driel	02.36.20	1	
	84	63	309	VM	Eric Hay	02.36.40	1	
	85	64	354	VM	Barry Kendall	02.37.47	1	
	86	65	474	VM	Paul Oriordan	02.45.11	1	
	87	5	574	GM	John Shochot	02.50.41	1	
	88	6	421	GM	John May	02.55.44	1	
	89	18	756	MM	Trevor Adams	02.56.29	1	
	90	66	757	VM	Rodney Maharage	02.56.29	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Master Women 50+ Group	1	1	424	MW	Sandy May	02.04.30	1	
	2	2	686	MW	Lynette Voight	02.04.36	1	
	3	3	470	MW	Lois Obrien	02.05.21	1	
	4	4	321	MW	Bridgid Hill	02.05.45	1	
	5	1	777	GW	Brita Unite	02.11.28	1	
	6	5	737	MW	Michelle Priestman	02.13.48	1	
	7	6	754	MW	Ronelle Duncan	02.20.07	1	
	8	7	521	MW	Jeanette Rennie	02.20.14	1	
	9	8	598	MW	Wendy Sorrell	02.24.39	1	
	10	9	390	MW	Tombi Loubser	02.26.23	1	
	11	10	216	MW	Jenny Dawson	02.29.39	1	
	12	11	488	MW	Lesley-Anne Peck	02.29.40	1	
	13	12	575	MW	Liz Shochot	02.31.36	1	
	14	13	659	MW	Judith Van Rensburg	02.33.59	1	
	15	2	105	GW	Isa Alexander	02.50.30	1	
	16	14	658	MW	Adelina Van Niekerk	02.50.31	1	
	17	15	685	MW	Selma Walters	02.56.29	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Master Men 50+ Group	1	1	303	MM	Malcolm Harrington	01.32.59	1	
	2	2	772	MM	Jenete Mandithini	01.42.02	1	
	3	3	478	MM	Bert Ouweneel	01.42.21	1	
	4	4	580	MM	Roy Slack	01.44.35	1	
	5	5	762	MM	Stephen Granger	01.52.16	1	
	6	1	744	GM	Richardson Steve	01.52.27	1	
	7	6	347	MM	Peter Johnstone	01.53.17	1	
	8	7	601	MM	Anthony Staak	01.54.24	1	
	9	8	367	MM	Gerhard Koornhof	01.57.20	1	
	10	2	417	GM	Jeremy Mathers	02.03.31	1	
	11	9	662	MM	Richard Van Rensburg	02.06.47	1	
	12	10	636	MM	Terry Trinder-Smith	02.06.56	1	
	13	11	131	MM	Greg Berg	02.10.10	1	
	14	12	288	MM	Mike Goodhew	02.11.57	1	
	15	13	273	MM	Ernesto Marques	02.14.59	1	
	16	14	141	MM	Joachim Bodenstein	02.16.14	1	

Group or Category	Pos in		Athlete Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	17	3	724	GM	Gerry Groll	02.16.44	1	
	18	15	196	MM	Shawn Combrink	02.16.46	1	
	19	16	587	MM	Jonathan Smith	02.17.48	1	
	20	17	781	MM	Andre Swart	02.22.16	1	
	21	4	359	GM	Bryan Kent	02.23.04	1	
	22	5	574	GM	John Shochot	02.50.41	1	
	23	6	421	GM	John May	02.55.44	1	
	24	18	756	MM	Trevor Adams	02.56.29	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Master Women 60+ Group	1	1	777	GW	Brita Unite	02.11.28	1	
	2	2	105	GW	Isa Alexander	02.50.30	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Master Men 60+ Group	1	1	744	GM	Richardson Steve	01.52.27	1	
	2	2	417	GM	Jeremy Mathers	02.03.31	1	
	3	3	724	GM	Gerry Groll	02.16.44	1	
	4	4	359	GM	Bryan Kent	02.23.04	1	
	5	5	574	GM	John Shochot	02.50.41	1	
	6	6	421	GM	John May	02.55.44	1	