



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
ALL MEN 45km MTB	1	1	515	SM	Jurgens Uys	01.54.35	1	
	2	1	506	JM	Matthew Lombardi	01.55.51	1	
	3	2	833	JM	Nicol Carstens	01.55.53	1	
	4	1	573	SV	Mike Posthumus	02.01.03	1	
	5	2	511	SM	Edward Best	02.05.20	1	
	6	1	840	VM	Andy Davies	02.06.20	1	
	7	3	853	SM	Johannes Scribante	02.06.59	1	
	8	2	619	SV	Chris Botha	02.09.05	1	
	9	3	821	SV	Glen Norrie	02.11.56	1	
	10	4	615	SV	Jacques Van Zyl	02.12.15	1	
	11	2	722	VM	Oliver Goebel	02.13.08	1	
	12	3	861	VM	Paul Lagesse	02.13.52	1	
	13	5	607	SV	Klaus Ritschewald	02.14.15	1	
	14	3	848	JM	Matthew Ravenscroft	02.16.25	1	
	15	6	648	SV	Liam Graham	02.18.15	1	
	16	4	666	VM	Bradley Hemphill	02.19.48	1	
	17	7	643	SV	Konrad Wentzel	02.21.46	1	
	18	1	763	MM	Erik Knoetze	02.22.21	1	
	19	8	824	SV	Jason Pienaar	02.23.02	1	
	20	2	844	MM	Brian Gelling	02.23.03	1	
	21	4	508	JM	Karel Keyser	02.23.05	1	
	22	9	583	SV	Andrew Dewey	02.23.09	1	
	23	10	563	SV	Gabri Steyn	02.23.30	1	
	24	5	669	VM	Jacques Van Zyl	02.25.04	1	
	25	11	641	SV	Ryan Van Huyssteen	02.25.28	1	
	26	4	940	SM	Scott Watermeyer	02.25.44	1	
	27	5	502	JM	Heinrich Sullwald	02.26.46	1	
	28	12	613	SV	Pablo Morales	02.27.36	1	
	29	13	586	SV	Dirk Kotze	02.27.41	1	
	30	6	693	VM	Pierre Nothard	02.27.47	1	
	31	3	852	MM	Theo Scribante	02.28.34	1	
	32	5	513	SM	Andre Joubert	02.28.39	1	
	33	7	683	VM	Frans Snyman	02.28.50	1	
	34	8	816	VM	Marius Sullwald	02.31.35	1	
	35	14	554	SV	Mark Macsymon	02.32.19	1	
	36	9	871	VM	Lukas Janse Van Vuuren	02.32.38	1	
	37	6	520	SM	Hilton Rossenrode	02.32.47	1	
	38	6	501	JM	Hein Zeeman	02.33.01	1	
	39	7	517	SM	Andy Hetherington	02.33.36	1	
	40	10	677	VM	Neville Chester	02.33.39	1	
	41	15	812	SV	Morne Van Greunen	02.34.04	1	
	42	11	846	VM	Petrus Senekal	02.34.10	1	
	43	4	795	MM	Ian Hadlow	02.34.11	1	
	44	5	764	MM	Nick Erasmus	02.34.15	1	
	45	8	837	SM	Francois Van Eck	02.34.25	1	
	46	9	837	SM	Francois Van Eck	02.34.25	1	
	47	16	618	SV	Irene Bester	02.35.18	1	
	48	12	701	VM	David Cohen	02.35.39	1	
	49	17	569	SV	Sean Fraenkel	02.36.19	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
ALL MEN 45km MTB	50	1	786	GM	Bruce Mccracken	02.36.20	1	
	51	13	682	VM	Howard Simms	02.38.31	1	
	52	14	737	VM	Paul De Klerk	02.38.55	1	
	53	18	818	SV	John Heatley	02.39.00	1	
	54	15	712	VM	Chris Hofmeyr	02.39.10	1	
	55	19	605	SV	Gilbert Preston	02.39.19	1	
	56	20	597	SV	David Coupar	02.39.29	1	
	57	16	792	VM	Jacques Turck	02.39.31	1	
	58	17	717	VM	Digby Webb	02.39.45	1	
	59	10	847	SM	Ricus Pretorius	02.39.53	1	
	60	21	558	SV	Divan Marais	02.41.27	1	
	61	18	742	VM	Tristram Wilson	02.42.31	1	
	62	6	760	MM	Neels Zeeman	02.42.38	1	
	63	11	514	SM	Jurie Swart	02.43.01	1	
	64	22	830	SV	Nizaam Essa	02.43.21	1	
	65	7	843	JM	Johan Theron	02.43.36	1	
	66	23	580	SV	Renaldo Wessels	02.43.40	1	
	67	19	685	VM	Erick Zulch	02.44.15	1	
	68	20	801	VM	Anthony Dicey	02.44.27	1	
	69	12	813	SM	Henko Roukema	02.44.37	1	
	70	21	732	VM	Craig Mchendrie	02.44.59	1	
	71	22	746	VM	Craig Fussell	02.45.25	1	
	72	23	842	VM	Paul Horsford	02.45.27	1	
	73	24	614	SV	Gideon Smit	02.45.42	1	
	74	25	800	SV	Hendrik De Kock	02.45.45	1	
	75	13	535	SM	Harry Orr	02.45.56	1	
	76	24	709	VM	Richard Bruhin	02.45.56	1	
	77	7	767	MM	Derek Mcewan	02.46.02	1	
	78	25	727	VM	Robert Nicolella	02.48.06	1	
	79	26	672	VM	James Kymdell	02.48.07	1	
	80	2	787	GM	Niel Boulton	02.50.22	1	
	81	27	867	VM	Johan Meyer	02.50.26	1	
	82	26	592	SV	Simon Alston	02.50.46	1	
	83	3	784	GM	Ian Robertson	02.50.47	1	
	84	27	595	SV	Mike Brown	02.50.52	1	
	85	28	860	SV	Jethro Geysler	02.51.46	1	
	86	8	850	MM	Jack Hodkin	02.52.32	1	
	87	28	725	VM	Burger Malherbe	02.52.41	1	
	88	29	726	VM	Craig Mclagan	02.52.50	1	
	89	14	839	SM	Luke Duncan	02.53.11	1	
	90	15	838	SM	Gary Muller	02.53.11	1	
	91	4	779	GM	Bruce Stevens	02.53.52	1	
	92	30	686	VM	Ray Brederode	02.54.50	1	
	93	31	864	VM	Ryan Gomes	02.55.00	1	
	94	29	568	SV	Vian Espost	02.55.24	1	
	95	30	603	SV	Bart Niemczynski	02.55.42	1	
	96	16	834	SM	Simon Oosthuizen	02.56.08	1	
	97	31	639	SV	Anton Oosthuizen	02.56.09	1	
98	32	553	SV	Matti Lubkoll	02.56.48	1		



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
ALL MEN 45km MTB	99	33	621	SV	Braam Gericke	02.56.54	1	
	100	17	543	SM	Jacques Möhr	02.58.24	1	
	101	32	856	VM	Tc Botha	02.58.40	1	
	102	18	532	SM	Stefan Sander	02.58.59	1	
	103	34	652	SV	Jac Steyn	02.59.01	1	
	104	33	702	VM	Johannes Engelbrecht	02.59.34	1	
	105	35	596	SV	Justin Caldwell	02.59.38	1	
	106	34	663	VM	David Bacher	03.00.00	1	
	107	35	740	VM	Bruce Niland	03.00.21	1	
	108	36	714	VM	Dawid Potgieter	03.00.24	1	
	109	37	870	VM	Jacques	03.00.26	1	
	110	19	849	SM	Riaan Vorster	03.01.00	1	
	111	36	845	SV	Pietman Hugo	03.01.06	1	
	112	9	776	MM	Dudley De Reuck	03.02.48	1	
	113	10	778	MM	Mark Dunkley	03.02.59	1	
	114	37	804	SV	Guzman Figar	03.03.19	1	
	115	8	503	JM	Jacobus Bruwer	03.03.37	1	
	116	38	851	VM	Lee Middleton	03.04.07	1	
	117	38	656	SV	Murray Van Schalkwyk	03.05.00	1	
	118	39	859	VM	Fritz Otto	03.05.00	1	
	119	39	564	SV	Andrew Van Wijk	03.05.09	1	
	120	11	868	MM	Markus Martini	03.05.40	1	
	121	40	700	VM	James Wrench	03.05.41	1	
	122	41	738	VM	Clive Leader	03.06.59	1	
	123	42	696	VM	Douglas Sheridan	03.07.40	1	
	124	5	789	GM	Paul Koning	03.07.54	1	
	125	40	587	SV	Stephan Pienaar	03.09.08	1	
	126	43	836	VM	Justin Mudge	03.09.10	1	
	127	12	768	MM	Erhard Wolf	03.09.18	1	
	128	44	699	VM	Malden Warren	03.10.33	1	
	129	41	548	SV	Michael Anderson	03.10.35	1	
	130	6	780	GM	Roger Goldsbrough	03.13.41	1	
	131	45	729	VM	Anton Newbury	03.13.50	1	
	132	13	811	MM	Christian Bowker	03.13.52	1	
	133	42	660	SV	Henk Wynjeterp	03.15.04	1	
	134	46	664	VM	Craig Bosman	03.15.28	1	
	135	47	832	VM	Fritz George	03.15.30	1	
	136	20	526	SM	Louis Grundlingh	03.15.50	1	
	137	43	635	SV	Heinrich Grobbelaar	03.16.33	1	
	138	44	649	SV	Abraham Naude	03.18.02	1	
	139	48	716	VM	Charles Wait	03.18.03	1	
	140	45	630	SV	Peter Griffiths	03.18.40	1	
	141	46	602	SV	Nicolas Lightbody	03.18.41	1	
	142	47	549	SV	Richard De Villiers	03.18.44	1	
	143	49	806	VM	Jan Odendaal	03.19.08	1	
	144	50	681	VM	Gordon Ridge	03.19.11	1	
	145	48	647	SV	Charl Goussard	03.20.37	1	
146	49	620	SV	Gareth Dragt	03.21.03	1		
147	50	661	SV	Jacques Zietsman	03.21.05	1		



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
ALL MEN 45km MTB	148	51	565	SV	Wouter Kriegler	03.21.08	1	
	149	14	817	MM	Mark Bleloch	03.22.01	1	
	150	51	692	VM	Christopher Mullineux	03.25.06	1	
	151	52	827	VM	Anton Jansen	03.25.07	1	
	152	53	827	VM	Anton Jansen	03.25.07	1	
	153	54	680	VM	Ross Macgillivray	03.26.14	1	
	154	52	616	SV	Greg Wessels	03.26.21	1	
	155	15	803	MM	Wayne Farrell	03.26.49	1	
	156	21	538	SM	Sebastian Rupieper	03.26.50	1	
	157	55	814	VM	Jan Van Schalkwyk	03.26.53	1	
	158	7	831	GM	Peter Von Gunten	03.27.46	1	
	159	16	761	MM	Douglas Austin	03.27.59	1	
	160	56	733	VM	Sanjay Tewary	03.30.05	1	
	161	53	572	SV	Jan Pickard	03.30.07	1	
	162	54	653	SV	Wikus Theunissen	03.32.20	1	
	163	57	687	VM	Deon Brenner	03.33.18	1	
	164	58	866	VM	Neethling Neethling	03.33.33	1	
	165	17	815	MM	Conrad Spamer	03.35.30	1	
	166	22	796	SM	Johann Strombeck	03.35.45	1	
	167	23	521	SM	Florian Rupieper	03.35.46	1	
	168	59	720	VM	Deon Engelke	03.36.58	1	
	169	24	810	SM	Raymond Rouessart	03.37.13	1	
	170	55	571	SV	Nicholas Mcconnachie	03.37.37	1	
	171	56	566	SV	Kevin Merifield	03.37.38	1	
	172	57	658	SV	Sjaak Nelson	03.37.46	1	
	173	60	855	VM	Ezra De Beer	03.38.24	1	
	174	8	822	GM	Jerry Pienaar	03.38.38	1	
	175	18	774	MM	Gert Ehlers	03.40.06	1	
	176	58	662	SV	Mike De Villiers	03.41.12	1	
	177	61	721	VM	Marco Garuti	03.41.18	1	
	178	62	723	VM	Chris Leatt	03.41.19	1	
	179	25	542	SM	Andries Le Roux	03.41.22	1	
	180	63	707	VM	Daryl Sher	03.43.20	1	
	181	19	758	MM	Neil Markovitz	03.43.21	1	
	182	64	678	VM	Mervyn Christoffels	03.44.22	1	
	183	65	679	VM	Thabo Khojane	03.44.23	1	
184	26	523	SM	Petrus Van Niekerk	03.44.34	1		
185	66	671	VM	Franz Hirschberg	03.44.36	1		
186	67	841	VM	M C Coetzer	03.44.40	1		
187	68	667	VM	Carel Van Der Merwe	03.44.49	1		
188	59	599	SV	Emile Du Preez	03.51.55	1		
189	60	593	SV	Erhard Blom	03.51.58	1		
190	20	858	MM	Bennie Smit	03.52.01	1		
191	61	655	SV	Wally Van Rensburg	03.53.15	1		
192	21	857	MM	Philip Venter	03.55.18	1		
193	9	782	GM	Neville Murray	03.56.03	1		
194	69	798	VM	Al Harris	04.04.37	1		
195	70	690	VM	Wynand Haywood	04.05.16	1		
196	62	588	SV	Darren Pierce	04.08.38	1		



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>ALL MEN 45km MTB</b>	197	10	788	GM	Peter Gilder	04.12.08	1	
	198	11	783	GM	Keith Swart	04.13.55	1	
	199	71	826	VM	Wynand Viljoen	04.17.37	1	
	200	63	561	SV	Ben Snyman	04.30.23	1	
	201	64	626	SV	Daniel Steenkamp	04.30.24	1	
	202	72	697	VM	Johann Smit	04.30.51	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>ALL WOMEN 45km MTB</b>	1	1	724	VW	Michelle Lombardi	02.23.11	1	
	2	1	147	SX	Katerina Slegrova	02.27.44	1	
	3	2	694	VW	Tanya Rabie	02.30.08	1	
	4	3	862	VW	Ann Harrison	02.33.05	1	
	5	1	828	SW	Carmen Buchacher	02.33.57	1	
	6	4	676	VW	Melanie Brenner	02.35.09	1	
	7	5	793	VW	Miriam Stronkhorst	02.36.32	1	
	8	2	823	SX	Emma Pienaar	02.40.09	1	
	9	2	794	SW	Cherise Stander	02.45.55	1	
	10	3	657	SX	Karin Winterbach	02.48.12	1	
	11	3	829	SW	Famke Allan	02.49.10	1	
	12	4	598	SX	Joanna Dobinson	02.51.56	1	
	13	1	748	MW	Monique Beattie	02.51.59	1	
	14	5	582	SX	Diane Obree	02.59.18	1	
	15	4	863	SW	Tarryn Povey	02.59.27	1	
	16	6	617	SX	Tanya Bronkhorst	03.02.49	1	
	17	7	601	SX	Bianca Grobbelaar	03.02.56	1	
	18	6	835	VW	Colette Bastard	03.10.31	1	
	19	5	545	SW	Helene Rabie	03.12.52	1	
	20	8	805	SX	Sascha Mare	03.19.10	1	
	21	7	673	VW	Michele Lewis	03.21.04	1	
	22	6	533	SW	Marinda Bruwer	03.21.09	1	
	23	2	751	MW	Christelle Le Roux	03.31.18	1	
	24	9	612	SX	Janet Lightbody	03.32.33	1	
	25	7	797	SW	Ulindi Van Heerden	03.35.43	1	
	26	8	745	VW	Nicky Webb	03.38.58	1	
	27	8	516	SW	Mikayla Webb	03.38.59	1	
	28	10	551	SX	Cormarie Felton	03.39.43	1	
	29	11	585	SX	Maryke Hough	03.42.38	1	
	30	12	654	SX	Wanda Van Der Merwe	03.44.48	1	
	31	13	560	SX	Sally Saunders	03.52.39	1	
	32	14	651	SX	Alexis Scholtz	03.55.11	1	
	33	3	750	MW	Teresa Erasmus	03.56.26	1	
	34	4	773	MW	Suzette Stiglingh	04.13.06	1	
	35	5	766	MW	Dawn Clarke	04.14.37	1	
	36	9	825	VW	Arlten Matthews	04.17.35	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>ALL MEN 21km MTB</b>	1	1	219	YM	Adriaan Van Der Merwe	01.04.04	1	
	2	1	221	OM	Mornay Wandrag	01.04.11	1	
	3	2	155	YM	Johann Van Dyk	01.06.33	1	
	4	3	133	YM	Jamie Penfold	01.06.39	1	
	5	4	137	YM	Morne Greeff	01.11.49	1	





Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
ALL MEN 21km MTB	6	5	117	YM	Peter Saal	01.13.20	1	
	7	2	30	OM	Tommy Strachan	01.13.23	1	
	8	6	157	YM	Henk Bester	01.13.49	1	
	9	7	163	YM	Jamie Horsford	01.13.50	1	
	10	8	165	YM	Franco Pretorius	01.15.34	1	
	11	9	1	YM	Johan Lotz	01.16.52	1	
	12	3	162	OM	Blair Halkett	01.18.59	1	
	13	10	164	YM	Jandre Theron	01.19.26	1	
	14	11	154	YM	Konrad Blumers	01.19.26	1	
	15	12	131	YM	Kieran Horsford	01.22.02	1	
	16	4	3	OM	Oscar Downing	01.25.44	1	
	17	5	62	OM	Jerry Kennedy	01.25.58	1	
	18	6	139	OM	Andrew Dicey	01.26.52	1	
	19	7	173	OM	Stefanus Le Roux	01.28.04	1	
	20	8	138	OM	Christiaan Coetzee	01.30.51	1	
	21	9	161	OM	Theo Denton	01.30.59	1	
	22	10	110	OM	Walter Buntin	01.31.01	1	
	23	11	60	OM	Willie Swart	01.31.25	1	
	24	12	143	OM	Brett Jakins	01.31.26	1	
	25	13	144	OM	Grant Hendriks	01.31.27	1	
	26	14	77	OM	Brenton Ellis	01.33.13	1	
	27	15	94	OM	Pieter Greeff	01.33.14	1	
	28	16	115	OM	Fred Christopher	01.33.15	1	
	29	17	130	OM	Neil Harrison	01.33.39	1	
	30	18	39	OM	Thiaan Lotter	01.33.58	1	
	31	19	37	OM	Christo Lotter	01.33.59	1	
	32	20	171	OM	Ricky Reynolds	01.34.09	1	
	33	21	172	OM	Daniel Etherington	01.34.10	1	
	34	22	45	OM	Wesley White	01.34.13	1	
	35	13	128	YM	Carlo Van Dyk	01.34.43	1	
	36	23	6	OM	Caleb Henderson	01.34.55	1	
	37	24	170	OM	Herman Language	01.35.50	1	
	38	25	61	OM	Greig Wibberley	01.36.02	1	
	39	26	33	OM	Alan Graysmark	01.36.20	1	
	40	14	2	YM	Duncan Stuart	01.38.45	1	
	41	27	96	OM	John Graham	01.38.53	1	
	42	28	74	OM	Leon Kotze	01.39.20	1	
	43	29	135	OM	Morne Van Schoor	01.39.22	1	
	44	30	156	OM	Steve Davis	01.40.27	1	
	45	31	92	OM	Rolf Kickhöfel	01.41.12	1	
	46	32	208	OM	Theunis Gous	01.41.38	1	
	47	33	210	OM	Erhardt De Kock	01.41.42	1	
	48	34	55	OM	Neil Tillemans	01.42.54	1	
	49	35	214	OM	Dino Marx	01.43.10	1	
	50	36	299	OM	Blake Dyason	01.43.11	1	
	51	37	79	OM	Thomas Newbury	01.43.23	1	
	52	38	688	OM	Gawie De Villiers	01.43.43	1	
	53	39	168	OM	Ilze Meissner	01.43.45	1	
	54	40	113	OM	Alan Barnes	01.46.06	1	



Group or Category	Pos in		Rider Details			Final Results			
	All	Cat	No	Cat	Name	Time	Laps	Remarks	
<b>ALL MEN 21km MTB</b>	55	41	102	OM	Cassy Vivier	01.46.21	1		
	56	42	87	OM	Daniel Alves	01.47.36	1		
	57	43	159	OM	Daan Bloemart	01.48.12	1		
	58	44	220	OM	Elizma Conradie	01.49.21	1		
	59	45	122	OM	Ernst Brunke	01.49.57	1		
	60	46	106	OM	Walter Andraos	01.51.24	1		
	61	47	216	OM	Gavin Dotchin	01.52.20	1		
	62	15	202	YM	Samuel Kingwill	01.54.48	1		
	63	48	204	OM	Fric Kingwill	01.54.52	1		
	64	49	42	OM	David Loubser	01.56.12	1		
	65	50	126	OM	Andrew Swain	01.56.24	1		
	66	51	104	OM	Phil Bristow	01.56.26	1		
	67	16	146	YM	Campbell Bowker	02.02.54	1		
	68	52	116	OM	Neil Mcdougall	02.11.35	1		
	69	53	123	OM	Viv Reyneke	02.11.35	1		
	70	54	869	OM	Benre Rathbone	02.11.35	1		
	71	55	212	OM	Pablo Korte	02.14.24	1		
	72	56	217	OM	Jaco Marais	02.14.39	1		
	73	57	52	OM	Wesley Reyneke	02.14.57	1		
	74	58	11	OM	Bruce Anderson	02.15.27	1		
	75	59	82	OM	Pierre Van Helden	02.19.30	1		
	76	60	88	OM	Lisa De Chalain	02.19.32	1		
	77	61	114	OM	Phil Chapman	02.29.38	1		
	78	62	31	OM	Jens Zwick	02.29.41	1		
	79	63	121	OM	Dudley Smith	02.29.52	1		
	80	64	119	OM	Bob Halland	02.34.37	1		
	81	65	865	OM	Riaan De Villiers	02.42.36	1		
	Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
	<b>ALL WOMEN 21km MTB</b>	1	1	150	OW	Mikey Hendler	01.19.47	1	
		2	2	167	OW	Marie Heatlie	01.19.52	1	
		3	3	44	OW	Kim Mccracken	01.24.12	1	
4		4	153	OW	Michelle Matthews	01.30.31	1		
5		5	48	OW	Cindè Swart	01.31.24	1		
6		6	142	OW	Madele Van Heerden	01.31.31	1		
7		7	20	OW	Karin Roos	01.40.13	1		
8		8	78	OW	Maryann Fourie	01.40.24	1		
9		9	71	OW	Tessa Loftus	01.40.25	1		
10		10	16	OW	Nikita Zietsman	01.42.23	1		
11		11	209	OW	Alicia Fourie	01.42.29	1		
12		12	26	OW	Roche Olivier	01.42.53	1		
13		13	109	OW	Julie Oosthuizen	01.44.54	1		
14		14	24	OW	Katherine Handley	01.45.59	1		
15		15	57	OW	Jacolise Barnard	01.46.56	1		
16		16	158	OW	Derryn Hollida	01.48.10	1		
17		17	134	OW	Jenny Dunkley	01.49.17	1		
18		18	98	OW	Georgina Sinclair	01.52.57	1		
19		19	107	OW	Greta Graham	01.53.40	1		
20		20	36	OW	Tanya Lombard	01.53.48	1		
21		21	14	OW	Anrika De Jager	01.53.50	1		



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>ALL WOMEN 21km MTB</b>	22	22	23	OW	Phia Goussard	01.53.54	1	
	23	23	34	OW	Esther Jordaan	01.53.55	1	
	24	24	38	OW	Cornel Loubser	01.56.13	1	
	25	25	166	OW	Candy Beaton	01.56.18	1	
	26	26	85	OW	Salome Sullwald	01.58.33	1	
	27	27	108	OW	Patricia Bruhin	01.58.54	1	
	28	28	169	OW	Samantha Lagesse	02.00.04	1	
	29	29	148	OW	Reinette Wiechers	02.02.07	1	
	30	30	22	OW	Nikki Depene	02.04.44	1	
	31	31	149	OW	Leigh De Decker	02.06.10	1	
	32	32	215	OW	Marelize Raubenheimer	02.07.33	1	
	33	33	17	OW	Charlotte Caesar	02.08.05	1	
	34	34	69	OW	Tracey Naude	02.08.45	1	
	35	35	211	OW	Silke Schmidt-Dumant	02.09.34	1	
	36	36	101	OW	Netta Theron	02.12.07	1	
	37	37	213	OW	Birgit Korte	02.14.22	1	
	38	38	7	OW	Sarah-Lee Tinney	02.15.25	1	
	39	39	75	OW	Amanda Stergianos	02.16.38	1	
	40	40	76	OW	Nikki Swain	02.17.11	1	
	41	41	27	OW	Louise Engelbrecht	02.17.14	1	
	42	42	103	OW	Carol Mostert	02.29.58	1	
	43	43	118	OW	Yvonne Halland	02.35.19	1	
	Category	All	Cat	No	Cat	Name	Time	Laps
<b>ALL MEN 10km MTB</b>	1	1	1030	JB	Aidan Penfold	00.32.04	1	
	2	2	1033	JB	Maximilian Downing	00.41.13	1	
	3	3	1032	JB	Petrus Delpont	00.43.25	1	
	4	4	1059	JB	Werna Snyman	00.43.27	1	
	5	1	1015	FM	Gary Coleman	00.50.51	1	
	6	5	1058	JB	Cristian Van Zyl	00.50.58	1	
	7	2	1057	FM	Bertus Van Zyl	00.50.59	1	
	8	6	1054	JB	Que Dunsdon	00.54.15	1	
	9	3	1053	FM	Roland Dunsdon	00.54.17	1	
	10	7	1055	JB	Cristoff Snyman	00.55.16	1	
	11	8	1045	JB	Benjamin Loots	00.59.04	1	
	12	4	1046	FM	Werner Loots	00.59.07	1	
	13	5	1052	FM	Fred Cronje	00.59.13	1	
	14	6	1049	FM	Karl Beaton	01.02.08	1	
	15	7	1024	FM	Bruce Fuller	01.02.41	1	
	16	8	1042	FM	Oliver Winfield	01.02.58	1	
	17	9	1043	FM	Alexander Winfield	01.05.05	1	
	18	10	1026	FM	Andrew Smith	01.07.40	1	
	19	11	1034	FM	Laureen Le Roux	01.12.45	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>ALL WOMEN 10km MTB</b>	1	1	1050	JG	Michaela Beaton	00.43.29	1	
	2	2	1028	JG	Emily Wilson	00.46.43	1	
	3	1	1002	FW	Kate Coleman	00.50.49	1	
	4	2	1048	FW	Anne Pienaar	00.59.19	1	
	5	3	1040	FW	Karen Lumakis	01.00.52	1	
	6	4	1004	FW	Abigail Mcdougall	01.01.58	1	





Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>ALL WOMEN 10km MTB</b>	7	5	1038	FW	Catherina Truys	01.01.59	1	
	8	3	1051	JG	Chloe Beaton	01.02.07	1	
	9	6	1023	FW	Olivia Penfold	01.02.12	1	
	10	7	1044	FW	Janine Winfield	01.05.03	1	
	11	8	1021	FW	Ella Wilson	01.07.35	1	
	12	9	1017	FW	Alessandra Mutti-Smith	01.07.37	1	
	13	10	1039	FW	Juliet Wilson	01.07.42	1	
	14	11	1018	FW	Belinda Mutti	01.07.43	1	
	15	12	1007	FW	Danelle Ehlers	01.47.15	1	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>Name</b>	<b>Time</b>	<b>Laps</b>	<b>Remarks</b>
<b>ALL MEN 21km TRAIL RUN</b>	1	1	545	MT	Werner Bruckner	01.43.44	1	
	2	1	600	MV	Louis Claassen	01.46.44	1	
	3	2	560	MV	Dean Ollis	01.47.45	1	
	4	2	503	MT	Philippus Hanekom	01.59.56	1	
	5	3	554	MT	Nick Turner	02.00.09	1	
	6	4	553	MT	Marco Prinsloo	02.06.48	1	
	7	3	561	MV	Deon Paulsen	02.13.31	1	
	8	4	594	MV	Wikus Hanekom	02.14.30	1	
	9	5	587	MV	Ken Stuart	02.15.37	1	
	10	6	581	MV	Andre Visser	02.16.02	1	
	11	7	625	MV	Mark Berning	02.17.31	1	
	12	8	583	MV	Hennie Longland	02.22.48	1	
	13	9	565	MV	Morne Nel	02.22.50	1	
	14	10	562	MV	Alan Struthers	02.28.29	1	
	15	5	634	MT	Ewan Potgieter	02.30.44	1	
	16	11	584	MV	Douglas Rossouw	02.37.18	1	
	17	12	559	MV	Chris Liebenberg	02.37.23	1	
	18	13	638	MV	Simon Wilson	02.39.30	1	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>Name</b>	<b>Time</b>	<b>Laps</b>	<b>Remarks</b>
<b>ALL WOMEN 21km TRAIL RUN</b>	1	1	530	WT	Megan Beckett	01.51.03	1	
	2	2	542	WT	Anneke Du Plessis	02.06.46	1	
	3	3	611	WT	Helene Muller	02.12.08	1	
	4	1	630	WV	Jocelyn Warrington	02.13.28	1	
	5	4	605	WT	Bowker Toni	02.15.20	1	
	6	2	590	WV	Necia Beckett	02.15.38	1	
	7	5	615	WT	Caroline De Villiers	02.20.11	1	
	8	6	552	WT	Wilma Kruger Steyn	02.20.13	1	
	9	7	528	WT	Carrie Barr	02.22.44	1	
	10	3	568	WV	Yvonne Lerm	02.22.59	1	
	11	4	573	WV	Jeanne Austin	02.25.46	1	
	12	5	586	WV	Jacomi Hanekom	02.26.12	1	
	13	8	546	WT	Jessie Hattingh	02.27.34	1	
	14	9	627	WT	Naomi Potgiete	02.30.42	1	
	15	10	557	WT	Katie Law	02.34.05	1	
	16	11	501	WT	Magan Hanekom	02.34.30	1	
	17	12	502	WT	Jana Bezuidenhout	02.34.35	1	
	18	6	580	WV	Merril Rossouw	02.37.20	1	
	19	7	599	WV	Sarah Webb	02.40.11	1	
	20	8	616	WV	Michelle Fookwe	02.52.14	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>ALL WOMEN 21km TRAIL RUN</b>	21	13	623	WT	Amber-Jane Pearson	03.17.12	1	
	22	9	578	WV	Joan Bennett	03.17.19	1	
	23	14	551	WT	Leslie Pienaar	03.22.48	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>ALL MEN 10km TRAIL RUN</b>	1	1	146	MO	Tim Pienaar	00.35.04		
	2	1	182	MJ	Pieter Longland	00.35.32		
	3	2	183	MO	Daniel Anderson	00.35.49		
	4	3	39	MO	Lloyd Lewis	00.36.22		
	5	2	165	MJ	Andrew Pegg	00.36.46		
	6	4	192	MO	W Kritzinger	00.36.56		
	7	5	133	MO	Brennan Davis	00.37.07		
	8	6	173	MO	Albert Van Niekerk	00.37.17		
	9	3	6	MJ	Maxwell Newbury	00.38.10		
	10	7	113	MO	Brendon Neumann	00.38.26		
	11	8	161	MO	Pieter Carstens	00.39.20		
	12	9	41	MO	Andrew Louw	00.39.49		
	13	10	141	MO	David Warmerdam	00.40.14		
	14	11	178	MO	Leonard Strydom	00.40.51		
	15	12	163	MO	Basie Potgieter	00.42.18		
	16	13	193	MO	Christelle Leuvenink	00.42.32		
	17	14	179	MO	Warren Erasmus	00.42.58		
	18	15	172	MO	Nicholas Pelser	00.44.06		
	19	16	116	MO	James Bayhack	00.44.37		
	20	4	169	MJ	Anthony Dorrington	00.45.10		
	21	17	59	MO	Jonathan Mckie	00.46.18		
	22	18	114	MO	Ryno Uys	00.46.47		
	23	19	174	MO	Christo Appelgrein	00.48.45		
	24	20	12	MO	Jonathan Horlor	00.48.47		
	25	21	186	MO	Philip Bornman	00.50.31		
	26	22	15	MO	Aaron Vardi	00.50.50		
	27	23	32	MO	M C Uys	00.52.40		
	28	24	184	MO	Etai Even-Zahan	00.52.52		
	29	25	37	MO	Dustin Kelly	00.57.50		
	30	26	85	MO	Michael Dabrowski	00.57.51		
	31	27	115	MO	Vian Oelofsen	01.12.10		
	32	28	971	MO	Henry Potgieter	01.28.59		
	33	5	973	MJ	Benjamin Pienaar	01.29.03		
	34	29	970	MO	Stef Mostert	01.59.40		
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>ALL WOMEN 10km TRAIL RUN</b>	1	1	180	WO	Hanlie Jordaan	00.34.26	1	
	2	2	86	WO	Liezel De Vos	00.35.06	1	
	3	3	250	WO	Nina Van Der Heever	00.36.54	1	
	4	4	53	WO	Sybil Bruckner	00.40.06	1	
	5	5	159	WO	Anneke Jacobs	00.40.20	1	
	6	1	2	WJ	Courteney Webb	00.40.28	1	
	7	6	176	WO	Isa Viljoen	00.40.40	1	
	8	7	177	WO	Constance Bekker	00.40.54	1	
	9	8	88	WO	Jennifer Neumann	00.40.59	1	
	10	9	134	WO	Jacqui Davis	00.41.00	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>ALL WOMEN 10km TRAIL RUN</b>	11	10	67	WO	Donna Preston	00.42.37	1	
	12	11	191	WO	Driekie Van Zyl	00.43.12	1	
	13	12	138	WO	Lize Preez	00.44.04	1	
	14	2	1	WJ	Juliet Wilson	00.44.18	1	
	15	13	155	WO	Andrea Carlitz	00.44.20	1	
	16	14	110	WO	Anne Alessandri	00.44.56	1	
	17	3	170	WJ	Cindy Dorrington	00.45.09	1	
	18	15	71	WO	Hayley Dickson	00.45.18	1	
	19	16	158	WO	Joy Stevens	00.45.21	1	
	20	17	157	WO	Amy Stevens	00.45.26	1	
	21	18	190	WO	Pourina Linpe	00.45.41	1	
	22	19	33	WO	Helen Van Der Horst	00.45.56	1	
	23	20	69	WO	Shani Van Der Merwe	00.46.31	1	
	24	21	48	WO	Jessica Hopley	00.47.22	1	
	25	22	89	WO	Melika Chiswell	00.47.53	1	
	26	23	50	WO	Siobhan Thatcher	00.50.17	1	
	27	24	123	WO	Jeanne-Marie Webb	00.50.20	1	
	28	25	181	WO	Liezani Kotze	00.50.49	1	
	29	26	143	WO	Donna Vardi	00.50.52	1	
	30	27	147	WO	Jill Strelitz	00.50.54	1	
	31	28	76	WO	Annette Theron	00.51.40	1	
	32	29	189	WO	Chantel Dickerson	00.52.01	1	
	33	30	28	WO	Suzanne Uys	00.52.39	1	
	34	31	612	WO	Colin Gibb	00.52.54	1	
	35	32	136	WO	Keelan Wilson	00.53.12	1	
	36	33	151	WO	Alice Jakins	00.53.47	1	
	37	34	152	WO	Jenny Bright	00.53.48	1	
	38	35	96	WO	Juliet Ollis	00.53.53	1	
	39	36	166	WO	Gayle Dicey	00.54.22	1	
	40	37	160	WO	Liezl De Kock	00.54.38	1	
	41	38	62	WO	Lynette Caldwell	00.56.28	1	
	42	39	23	WO	Maggie Van Wulfften Palthe	00.56.31	1	
	43	40	130	WO	Retha Zietsman	00.56.34	1	
	44	4	9	WJ	Hannah Wilson	00.56.55	1	
	45	41	99	WO	Merle Adam	00.57.13	1	
	46	42	64	WO	Jeanell Kelly	00.57.52	1	
	47	43	22	WO	Sarah Kelly	00.57.56	1	
	48	44	52	WO	Marion Van Wulfften Palthe	00.58.12	1	
	49	45	168	WO	Sonja Dorrington-Turck	00.58.19	1	
	50	46	63	WO	Riana Goosen	00.58.47	1	
	51	47	36	WO	Christina Belo	00.59.53	1	
	52	48	119	WO	Zelnita Dennis	01.00.10	1	
	53	49	58	WO	Lara Hayes	01.00.27	1	
	54	50	49	WO	Katharine James	01.00.28	1	
	55	51	965	WO	Anina Potgieter	01.29.01	1	
	56	52	964	WO	Natalie Simpson	01.33.31	1	
	57	53	962	WO	Andrea Meyer	01.33.33	1	
	58	54	968	WO	Marianne Ehlers	01.37.55	1	
	59	55	131	WO	Michelle Connan	01.38.46	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>ALL WOMEN 10km TRAIL RUN</b>	60	56	120	WO	Justine Macdonald	01.38.56	1	
	61	57	981	WO	Adri Longland	01.43.52	1	
	62	58	963	WO	Anuschke Pilzweger	01.44.24	1	
	63	59	972	WO	Karin Sentinella	01.44.26	1	
	64	60	40	WO	Abigail Louw	01.44.29	1	
	65	5	153	WJ	Annabella Davidson	01.56.13	1	
	66	61	966	WO	Anthea Newbury	01.58.34	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>Open Men MTB-TR Duo</b>	1	1	921	DM	Tim Ellerbeck	01.41.01	2	
	2	2	941	DM	Coenie Van Niekerk	01.59.27	2	
	3	3	942	DM	Niel Loawrens	02.04.40	2	
	4	4	930	DM	Dave Chapman	02.04.43	2	
	5	5	947	DM	Peter Van Wyk	02.08.41	2	
	6	6	943	DM	Frederick Giliomee	02.10.22	2	
	7	7	927	DM	Grant Quixley	02.13.44	2	
	8	8	902	DM	Trevor Muller	02.17.40	2	
	9	9	907	DM	Clayten Gouws	02.19.05	2	
	10	10	901	DM	Jarred Knapp	02.19.07	2	
	11	11	929	DM	Douglas Penfold	02.24.03	2	
	12	12	934	DM	Olivier De Blois	02.25.06	2	
	13	13	906	DM	Henk Oosthuizen	02.26.38	2	
	14	14	909	DM	Ryno Lawson	02.28.37	2	
	15	15	933	DM	Benoit Taberlet	02.42.15	2	
	16	16	938	DM	Hugo Beukes	02.53.39	2	
	17	17	939	DM	Rinus Beukes	02.53.46	2	
	18	18	949	DM	David Conradie	03.05.54	2	
	19	19	911	DM	Thomas Vardy	03.09.54	2	
	20	20	912	DM	Justin Hulme	01.17.11	1	
	21	21	908	DM	Thys Franken	02.42.01	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>Open Wom MTB-TR Duo</b>	1	1	913	DW	Marguerite Van Niekerk	02.02.53	2	
	2	2	903	DW	Sanja Murray	02.12.36	2	
	3	3	926	DW	Jann Penfold	02.33.18	2	
	4	4	905	DW	Hanneke Botha	02.46.27	2	
	5	5	944	DW	Herma Hugo	02.47.41	2	
	6	6	916	DW	Natalie Swart	02.52.26	2	
	7	7	904	DW	Bryony Taberlet	03.05.50	2	
	8	8	924	DW	Chloe Lotter	03.17.19	2	
	9	9	914	DW	Elizna Wiese	01.26.58	1	