

Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>Sub Junior Girls 10km</b>	1	1	1016	JG	Emma Walker	00.54.52	1	
	2	2	1014	JG	Emily Wilson	00.55.05	1	
	3	3	1112	JG	Catherien Viljoen	01.03.25	1	
	4	4	1094	JG	Josie Barrett	01.05.50	1	
	5	5	1004	JG	Kate Coleman	01.06.22	1	
	6	6	1123	JG	Jessica Greagor	01.13.00	1	
	7	7	1088	JG	Claudia De Klerk	01.27.14	1	
	8	8	1005	JG	Jenny Coleman	01.28.43	1	
	9	9	1025	JG	Cailynn Burgess	01.34.09	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>Sub Junior Boys 10km</b>	1	1	1007	JB	Caleb Henderson	00.40.05	1	
	2	2	1033	JB	Cameron Hart	00.48.25	1	
	3	3	1030	JB	Ulrich Ferreira	00.48.49	1	
	4	4	1110	JB	Christopher Dicey	00.49.14	1	
	5	5	1013	JB	Daneel Van Niekerk	00.49.14	1	
	6	6	1109	JB	Charles Lotter	00.49.46	1	
	7	7	1104	JB	Mitchell Du Preez	00.49.50	1	
	8	8	1119	JB	Simon Bean	00.50.35	1	
	9	9	1009	JB	Luka Bryce	00.51.34	1	
	10	10	1113	JB	Robiie Dicey	00.53.13	1	
	11	11	1039	JB	Ruan Delpport	00.53.33	1	
	12	12	1107	JB	Coenraad Van Der Stoep	00.53.40	1	
	13	13	1085	JB	Russel De Klerk	00.54.57	1	
	14	14	1116	JB	Werner Snyman	00.55.54	1	
	15	15	1108	JB	Tiaan Van Der Stoep	00.56.30	1	
	16	16	1012	JB	Keanan O'Keefe	00.59.31	1	
	17	17	1011	JB	Nathan Henderson	01.02.08	1	
	18	18	1106	JB	Oue Dunsdon	01.02.29	1	
	19	19	1038	JB	Tyron Visser	01.02.47	1	
	20	20	1115	JB	Johan Snyman	01.06.40	1	
	21	21	1122	JB	Simon Greagor	01.12.11	1	
	22	22	1043	JB	Luke Carter	01.13.08	1	
	23	23	1086	JB	Ethan Mc Leod	01.18.04	1	
	24	24	1026	JB	Ethan Burgess	01.33.51	1	
	25	25	1092	JB	James Barrett	01.38.55	1	
	26	26	1092	JB	Alexander Winfield	01.38.55	1	
	27	27	1042	JB	Duncan Carter	01.46.21	1	
	28	28	1010	JB	Maximilian Downing	02.05.54	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>Open Women 10km</b>	1	1	1017	SW	Claire Commins	00.43.59	1	
	2	2	1114	SW	Caitlin Van Den Berg	00.45.31	1	
	3	3	1090	SW	Shelley Loots	00.46.48	1	
	4	4	1031	SW	Katharina Thieme	00.49.36	1	
	5	5	1008	SW	Chantelle Whitehead	00.53.44	1	
	6	6	1029	SW	Lisa Wilson	00.58.14	1	
	7	7	1121	SW	Michele Koen	00.59.38	1	
	8	8	1040	SW	Donne Deacon	01.02.15	1	
	9	9	1022	SW	Heike Victor	01.04.52	1	
	10	10	1095	SW	Heather Barrett	01.05.53	1	
	11	11	1103	SW	Bonita Odendaal	01.07.21	1	
	12	12	1032	SW	Samantha Payne	01.09.00	1	
	13	13	1102	SW	Anne Pienaar	01.10.38	1	
	14	14	1101	SW	Caroline Kirkham	01.10.41	1	

Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	15	15	1089	SW	Jacqueline Leatt	01.12.48	1	
	16	16	1118	SW	Samantha O'Keefe	01.18.15	1	
	17	17	1125	SW	Corlia Van Heerden	01.23.23	1	
	18	18	1087	SW	Marlene De Klerk	01.27.17	1	
	19	19	1001	SW	Judy Fuller	01.28.53	1	
	20	20	1024	SW	Angela Burgess	01.33.54	1	
	21	21	1091	SW	Janine Winfield	01.39.00	1	
	22	22	1021	SW	Bridget Carter	01.46.20	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>Open Men 10km</b>	1	1	1036	SM	Johann Van Dyk	00.36.02	1	
	2	2	1120	SM	Andrew Bean	00.50.36	1	
	3	3	1023	SM	James Reade-Jahn	00.57.23	1	
	4	4	1027	SM	Danie Joubert	00.58.53	1	
	5	5	1142	SM	David Vermeulen	00.59.51	1	
	6	6	1096	SM	Brian Vermeulen	01.00.00	1	
	7	7	1041	SM	Ian Deacon	01.02.18	1	
	8	8	1105	SM	Rolnd Dunsdon	01.02.29	1	
	9	9	1037	SM	Alan Lovegrove	01.02.48	1	
	10	10	1003	SM	Gary Coleman	01.06.24	1	
	11	11	1002	SM	Bruce Fuller	01.11.25	1	
	12	12	1028	SM	Barend Naude	01.12.13	1	
	13	13	1020	SM	Bruce Carter	01.12.22	1	
	14	14	1084	SM	Sean Mc Leod	01.18.07	1	
	15	15	1124	SM	Willie Van Heerden	01.23.24	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>All Women 10km</b>	1	1	1017	SW	Claire Commins	00.43.59	1	
	2	2	1114	SW	Caitlin Van Den Berg	00.45.31	1	
	3	3	1090	SW	Shelley Loots	00.46.48	1	
	4	4	1031	SW	Katharina Thieme	00.49.36	1	
	5	5	1008	SW	Chantelle Whitehead	00.53.44	1	
	6	1	1016	JG	Emma Walker	00.54.52	1	
	7	2	1014	JG	Emily Wilson	00.55.05	1	
	8	6	1029	SW	Lisa Wilson	00.58.14	1	
	9	7	1121	SW	Michele Koen	00.59.38	1	
	10	8	1040	SW	Donne Deacon	01.02.15	1	
	11	3	1112	JG	Catherien Viljoen	01.03.25	1	
	12	9	1022	SW	Heike Victor	01.04.52	1	
	13	4	1094	JG	Josie Barrett	01.05.50	1	
	14	10	1095	SW	Heather Barrett	01.05.53	1	
	15	5	1004	JG	Kate Coleman	01.06.22	1	
	16	11	1103	SW	Bonita Odendaal	01.07.21	1	
	17	12	1032	SW	Samantha Payne	01.09.00	1	
	18	13	1102	SW	Anne Pienaar	01.10.38	1	
	19	14	1101	SW	Caroline Kirkham	01.10.41	1	
	20	15	1089	SW	Jacqueline Leatt	01.12.48	1	
	21	6	1123	JG	Jessica Greagor	01.13.00	1	
	22	16	1118	SW	Samantha O'Keefe	01.18.15	1	
	23	17	1125	SW	Corlia Van Heerden	01.23.23	1	
	24	7	1088	JG	Claudia De Klerk	01.27.14	1	
	25	18	1087	SW	Marlene De Klerk	01.27.17	1	
	26	8	1005	JG	Jenny Coleman	01.28.43	1	
	27	19	1001	SW	Judy Fuller	01.28.53	1	
	28	20	1024	SW	Angela Burgess	01.33.54	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	29	9	1025	JG	Cailynn Burgess	01.34.09	1	
	30	21	1091	SW	Janine Winfield	01.39.00	1	
	31	22	1021	SW	Bridget Carter	01.46.20	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>All Men 10km</b>	1	1	1036	SM	Johann Van Dyk	00.36.02	1	
	2	1	1007	JB	Caleb Henderson	00.40.05	1	
	3	2	1033	JB	Cameron Hart	00.48.25	1	
	4	3	1030	JB	Ulrich Ferreira	00.48.49	1	
	5	4	1110	JB	Christopher Dicey	00.49.14	1	
	6	5	1013	JB	Daneel Van Niekerk	00.49.14	1	
	7	6	1109	JB	Charles Lotter	00.49.46	1	
	8	7	1104	JB	Mitchell Du Preez	00.49.50	1	
	9	8	1119	JB	Simon Bean	00.50.35	1	
	10	2	1120	SM	Andrew Bean	00.50.36	1	
	11	9	1009	JB	Luka Bryce	00.51.34	1	
	12	10	1113	JB	Robiie Dicey	00.53.13	1	
	13	11	1039	JB	Ruan Delport	00.53.33	1	
	14	12	1107	JB	Coenraad Van Der Stoep	00.53.40	1	
	15	13	1085	JB	Russel De Klerk	00.54.57	1	
	16	14	1116	JB	Werner Snyman	00.55.54	1	
	17	15	1108	JB	Tiaan Van Der Stoep	00.56.30	1	
	18	3	1023	SM	James Reade-Jahn	00.57.23	1	
	19	4	1027	SM	Danie Joubert	00.58.53	1	
	20	16	1012	JB	Keanan O'Keefe	00.59.31	1	
	21	5	1142	SM	David Vermeulen	00.59.51	1	
	22	6	1096	SM	Brian Vermeulen	01.00.00	1	
	23	17	1011	JB	Nathan Henderson	01.02.08	1	
	24	7	1041	SM	Ian Deacon	01.02.18	1	
	25	8	1105	SM	Rolnd Dunsdon	01.02.29	1	
	26	18	1106	JB	Oue Dunsdon	01.02.29	1	
	27	19	1038	JB	Tyron Visser	01.02.47	1	
	28	9	1037	SM	Alan Lovegrove	01.02.48	1	
	29	10	1003	SM	Gary Coleman	01.06.24	1	
	30	20	1115	JB	Johan Snyman	01.06.40	1	
	31	11	1002	SM	Bruce Fuller	01.11.25	1	
	32	21	1122	JB	Simon Greagor	01.12.11	1	
	33	12	1028	SM	Barend Naude	01.12.13	1	
	34	13	1020	SM	Bruce Carter	01.12.22	1	
	35	22	1043	JB	Luke Carter	01.13.08	1	
	36	23	1086	JB	Ethan Mc Leod	01.18.04	1	
	37	14	1084	SM	Sean Mc Leod	01.18.07	1	
	38	15	1124	SM	Willie Van Heerden	01.23.24	1	
	39	24	1026	JB	Ethan Burgess	01.33.51	1	
	40	25	1092	JB	Alexander Winfield	01.38.55	1	
	41	26	1092	JB	James Barrett	01.38.55	1	
	42	27	1042	JB	Duncan Carter	01.46.21	1	
	43	28	1010	JB	Maximilian Downing	02.05.54	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>Youth Women 21km</b>	1	1	676	YW	Nadia Redelinghuis	01.59.41	1	
	2	2	521	YW	Meaghan Moore	03.15.01	1	
	3	3	568	YW	Jessica Haines	03.38.19	1	
	4	4	524	YW	Melissa Holroyd	03.38.25	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>Youth Men 21km</b>	1	1	634	YM	Edward Boshoff	01.09.35	1	
	2	2	604	YM	Heinrich Sullwald	01.25.07	1	
	3	3	677	YM	Henk Bester	01.30.13	1	
	4	4	506	YM	Dillan Wilken	01.30.13	1	
	5	5	621	YM	Nicholas James	01.35.20	1	
	6	6	600	YM	Jamie Horsford	01.39.23	1	
	7	7	582	YM	Heinrich Grobler	01.42.46	1	
	8	8	569	YM	Dieter Zeier	01.44.30	1	
	9	9	572	YM	Morne Greeff	01.49.51	1	
	10	10	700	YM	Liam Conradie	01.49.53	1	
	11	11	614	YM	Johnnie Solms	01.57.04	1	
	12	12	694	YM	Dylan Mitchell	02.13.45	1	
	13	13	515	YM	Matthew Wilson	02.14.18	1	
	14	14	501	YM	Stephan Malherbe	02.17.32	1	
	15	15	693	YM	Byron Mitchell	02.19.17	1	
	16	16	682	YM	Gary Chambers	02.24.20	1	
	17	17	680	YM	Steven Calderwood	02.33.11	1	
	18	18	532	YM	Abdu-Daiyaan October	02.45.45	1	
	19	19	520	YM	Joseph Moore	02.46.04	1	
	20	20	624	YM	Evan Wrench	02.52.53	1	
	21	21	679	YM	Sebastian Ercher	02.57.38	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>Fun Women 21km</b>	1	1	644	FW	Kirsten Kingma	01.31.50	1	
	2	2	667	FW	Elizabeth Holloway	01.38.02	1	
	3	3	688	FW	Isa Viljoen	01.41.11	1	
	4	4	630	FW	Sally Munro	01.45.17	1	
	5	5	631	FW	Katie Law	01.48.59	1	
	6	6	536	FW	Gay-Lynn Herman	01.55.23	1	
	7	7	503	FW	Minette Weirich	01.57.12	1	
	8	8	808	FW	Lydia Gildenhuis	01.59.07	1	
	9	9	594	FW	Cinde Swart	01.59.31	1	
	10	10	675	FW	Ronelle Bester	01.59.41	1	
	11	11	579	FW	Elana Nel	02.01.33	1	
	12	12	607	FW	Mine Nel	02.03.44	1	
	13	13	589	FW	Hildegard Bruwer	02.05.52	1	
	14	14	563	FW	Jacolise Barnard	02.11.23	1	
	15	15	553	FW	Sally Saunders	02.11.48	1	
	16	16	699	FW	Michelle Dicey	02.11.50	1	
	17	17	683	FW	Haneen Van Der Stoep	02.12.28	1	
	18	18	686	FW	Joy Stevens	02.12.42	1	
	19	19	559	FW	Taaliah Pereira	02.12.53	1	
	20	20	660	FW	Dorette Oosthuizen	02.17.01	1	
	21	21	558	FW	Sandra Du Toit	02.17.26	1	
	22	22	653	FW	Ronel De Klerk	02.17.29	1	
	23	23	502	FW	Jana Basson	02.17.31	1	
	24	24	670	FW	Stephanie Vegter	02.18.34	1	
	25	25	696	FW	Mia Burger	02.18.56	1	
	26	26	804	FW	Paula Hirschfeld	02.19.47	1	
	27	27	609	FW	Samantha Lagesse	02.19.48	1	
	28	28	685	FW	Alice Jakins	02.19.53	1	
	29	29	659	FW	Silke Roth-Jones	02.20.13	1	
	30	30	616	FW	Elsarie De Ath	02.21.10	1	
	31	31	623	FW	Helma Fritz	02.22.18	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	32	32	666	FW	Heidi Mostert	02.22.19	1	
	33	33	632	FW	Tamaryn Fourie	02.23.27	1	
	34	34	510	FW	Reinette Wiechers	02.25.26	1	
	35	35	534	FW	Annerie Du Plessis	02.25.30	1	
	36	36	544	FW	Charmaine Morris	02.26.18	1	
	37	37	551	FW	Cath Coupar	02.26.21	1	
	38	38	638	FW	Charmaine Steyn	02.27.05	1	
	39	39	695	FW	Liane Mulder	02.27.41	1	
	40	40	611	FW	Carline Van Niekerk	02.29.33	1	
	41	41	646	FW	Carol Trimmer	02.30.17	1	
	42	42	643	FW	Nikki Fuller	02.31.31	1	
	43	43	602	FW	Liza Baker	02.33.31	1	
	44	44	698	FW	Wilene Collins	02.34.24	1	
	45	45	629	FW	Phia Stopforth	02.34.36	1	
	46	46	541	FW	Anne Stubbs	02.35.32	1	
	47	47	588	FW	Willow Constantine	02.37.12	1	
	48	48	540	FW	Greta Graham	02.37.25	1	
	49	49	647	FW	Estelle Truter	02.38.31	1	
	50	50	612	FW	Fransie Solms	02.38.33	1	
	51	51	519	FW	Natalie Moore	02.46.02	1	
	52	52	652	FW	Brenda Du Preez	02.47.24	1	
	53	53	672	FW	Elze Lamprechts	02.50.24	1	
	54	54	583	FW	Diana De Klerk	02.52.51	1	
	55	55	803	FW	Belinda Mutti	03.04.49	1	
	56	56	628	FW	Kate Scott	03.29.08	1	
	57	57	549	FW	Lisa Haines	03.38.21	1	
	58	58	523	FW	Wendy Holroyd	03.38.23	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>Fun Men 21km</b>	1	1	809	FM	P J Nel	01.18.36	1	
	2	2	656	FM	Cobus Van Den Berg	01.23.43	1	
	3	3	806	FM	Marcus Hoelper	01.29.16	1	
	4	4	811	FM	Robert Bloom	01.33.02	1	
	5	5	816	FM	Neel Snyman	01.35.15	1	
	6	6	617	FM	Nico De Ath	01.35.17	1	
	7	7	636	FM	Dawid Malan	01.36.10	1	
	8	8	641	FM	Gideon Smit	01.37.13	1	
	9	9	815	FM	Salmon Beethling	01.37.59	1	
	10	10	527	FM	David Fox	01.38.40	1	
	11	11	662	FM	Werner Loots	01.43.18	1	
	12	12	813	FM	Schalk Van Westhuizen	01.43.35	1	
	13	13	648	FM	Colin Gibb	01.44.56	1	
	14	14	690	FM	Charles Woodward-Fisher	01.44.59	1	
	15	15	622	FM	Chris Fowles	01.45.42	1	
	16	16	539	FM	James Ord	01.46.03	1	
	17	17	684	FM	Brett Jakins	01.46.49	1	
	18	18	603	FM	Marius Sullwald	01.48.35	1	
	19	19	564	FM	Fernando Rueda	01.48.36	1	
	20	20	633	FM	Heinrich Van Heerden	01.48.46	1	
	21	21	689	FM	Alwyn De Vos	01.49.16	1	
	22	22	619	FM	Mark Payne	01.50.02	1	
	23	23	505	FM	Hennie Wilken	01.51.38	1	
	24	24	590	FM	Dieter Prinsloo	01.54.12	1	
	25	25	810	FM	Mike Smit	01.54.13	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	26	26	504	FM	Stefan Van Rooyen	01.54.18	1	
	27	27	671	FM	Gaffie Le Roux	01.54.20	1	
	28	28	687	FM	Andrew Pearson	01.54.22	1	
	29	29	692	FM	Gordon Mitchell	01.54.30	1	
	30	30	508	FM	Richard Perrie	01.54.49	1	
	31	31	597	FM	Rainer Kloos	01.55.32	1	
	32	32	530	FM	Renaldo Wessels	01.55.33	1	
	33	33	573	FM	Gert Ehlers	01.55.40	1	
	34	34	814	FM	Francois Van Zyl	01.56.37	1	
	35	35	595	FM	Willie Swart	01.59.32	1	
	36	36	664	FM	Wikus Theunissen	02.00.26	1	
	37	37	525	FM	Ewald Beukes	02.01.06	1	
	38	38	557	FM	Alexander Johnstone	02.01.27	1	
	39	39	554	FM	Robert Bell	02.01.29	1	
	40	40	618	FM	Chrstopher Bellingham	02.01.31	1	
	41	41	578	FM	Werner Nel	02.01.35	1	
	42	42	661	FM	Haydn Heydenrych	02.02.31	1	
	43	43	654	FM	Thabo Khojane	02.03.03	1	
	44	44	678	FM	Sidney Van Dyk	02.03.29	1	
	45	45	674	FM	Donald Anderson	02.03.44	1	
	46	46	552	FM	Patrick Burls	02.04.47	1	
	47	47	571	FM	Pieter Greeff	02.05.07	1	
	48	48	535	FM	Bernhard Bailey	02.06.46	1	
	49	49	651	FM	John Graham	02.09.00	1	
	50	50	548	FM	Heino Reuling	02.09.27	1	
	51	51	560	FM	Gerard Reuling	02.09.28	1	
	52	52	691	FM	Jan Nuttall	02.09.35	1	
	53	53	565	FM	Marcel Zeier	02.09.40	1	
	54	54	570	FM	Peter Gilder	02.11.46	1	
	55	55	575	FM	Wallace Albertyn	02.11.56	1	
	56	56	528	FM	Bruce Grieve	02.12.22	1	
	57	57	665	FM	Anesh Naidoo	02.12.26	1	
	58	58	586	FM	Quintus Roos	02.12.53	1	
	59	59	55	FM	Kashif October	02.13.58	1	
	60	60	514	FM	Shane Wilson	02.14.20	1	
	61	61	533	FM	Stuart Wallis-Brown	02.16.59	1	
	62	62	507	FM	David Moller	02.17.35	1	
	63	63	805	FM	Michael Hirschfeld	02.19.46	1	
	64	64	587	FM	Tertius Roos	02.20.44	1	
	65	65	635	FM	Willem Wentzel	02.22.39	1	
	66	66	625	FM	Peter Haude	02.22.50	1	
	67	67	681	FM	Paul Chambers	02.24.21	1	
	68	68	509	FM	Wesley Reyneke	02.25.28	1	
	69	69	526	FM	Jan Reyneke	02.25.29	1	
	70	70	640	FM	Jens Herf	02.25.33	1	
	71	71	576	FM	Daniel Alves	02.29.38	1	
	72	72	601	FM	Paul Van Rensburg	02.33.32	1	
	73	73	697	FM	Philip Collins	02.34.20	1	
	74	74	599	FM	Peter Johannes	02.34.26	1	
	75	75	650	FM	Frederick Von Heyer	02.37.12	1	
	76	76	517	FM	Andrew Slater	02.37.27	1	
	77	77	673	FM	David Odendaal	02.42.33	1	
	78	78	801	FM	Quartus Du Preez	02.47.15	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	79	79	669	FM	Uys Kruger	02.49.49	1	
	80	80	668	FM	Anton Smuts	02.49.50	1	
	81	81	550	FM	Adu Fakier	02.52.49	1	
	82	82	802	FM	Andrew Smith	03.04.51	1	
	83	83	518	FM	Darren Moore	03.14.59	1	
	84	84	538	FM	Robert Kotze	03.18.48	1	
	85	85	610	FM	Jacobus Du Bruyn	03.18.55	1	
	86	86	537	FM	Ryno Oosthuizen	03.19.59	1	
	87	87	627	FM	Rob Scott	03.29.05	1	
	88	88	547	FM	Rashied Amien	03.30.48	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>All Women 21km</b>	1	1	644	FW	Kirsten Kingma	01.31.50	1	
	2	2	667	FW	Elizabeth Holloway	01.38.02	1	
	3	3	688	FW	Isa Viljoen	01.41.11	1	
	4	4	630	FW	Sally Munro	01.45.17	1	
	5	5	631	FW	Katie Law	01.48.59	1	
	6	6	536	FW	Gay-Lynn Herman	01.55.23	1	
	7	7	503	FW	Minette Weirich	01.57.12	1	
	8	8	808	FW	Lydia Gildenhuis	01.59.07	1	
	9	9	594	FW	Cinde Swart	01.59.31	1	
	10	1	676	YW	Nadia Redelinghuis	01.59.41	1	
	11	10	675	FW	Ronelle Bester	01.59.41	1	
	12	11	579	FW	Elana Nel	02.01.33	1	
	13	12	607	FW	Mine Nel	02.03.44	1	
	14	13	589	FW	Hildegard Bruwer	02.05.52	1	
	15	14	563	FW	Jacolise Barnard	02.11.23	1	
	16	15	553	FW	Sally Saunders	02.11.48	1	
	17	16	699	FW	Michelle Dicey	02.11.50	1	
	18	17	683	FW	Haneen Van Der Stoep	02.12.28	1	
	19	18	686	FW	Joy Stevens	02.12.42	1	
	20	19	559	FW	Taaliah Pereira	02.12.53	1	
	21	20	660	FW	Dorette Oosthuizen	02.17.01	1	
	22	21	558	FW	Sandra Du Toit	02.17.26	1	
	23	22	653	FW	Ronel De Klerk	02.17.29	1	
	24	23	502	FW	Jana Basson	02.17.31	1	
	25	24	670	FW	Stephanie Vegter	02.18.34	1	
	26	25	696	FW	Mia Burger	02.18.56	1	
	27	26	804	FW	Paula Hirschfeld	02.19.47	1	
	28	27	609	FW	Samantha Lagesse	02.19.48	1	
	29	28	685	FW	Alice Jakins	02.19.53	1	
	30	29	659	FW	Silke Roth-Jones	02.20.13	1	
	31	30	616	FW	Elsarie De Ath	02.21.10	1	
	32	31	623	FW	Helma Fritz	02.22.18	1	
	33	32	666	FW	Heidi Mostert	02.22.19	1	
	34	33	632	FW	Tamaryn Fourie	02.23.27	1	
	35	34	510	FW	Reinette Wiechers	02.25.26	1	
	36	35	534	FW	Annerie Du Plessis	02.25.30	1	
	37	36	544	FW	Charmaine Morris	02.26.18	1	
	38	37	551	FW	Cath Coupar	02.26.21	1	
	39	38	638	FW	Charmaine Steyn	02.27.05	1	
	40	39	695	FW	Liane Mulder	02.27.41	1	
	41	40	611	FW	Carline Van Niekerk	02.29.33	1	
	42	41	646	FW	Carol Trimmer	02.30.17	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	43	42	643	FW	Nikki Fuller	02.31.31	1	
	44	43	602	FW	Liza Baker	02.33.31	1	
	45	44	698	FW	Wilene Collins	02.34.24	1	
	46	45	629	FW	Phia Stopforth	02.34.36	1	
	47	46	541	FW	Anne Stubbs	02.35.32	1	
	48	47	588	FW	Willow Constantine	02.37.12	1	
	49	48	540	FW	Greta Graham	02.37.25	1	
	50	49	647	FW	Estelle Truter	02.38.31	1	
	51	50	612	FW	Fransie Solms	02.38.33	1	
	52	51	519	FW	Natalie Moore	02.46.02	1	
	53	52	652	FW	Brenda Du Preez	02.47.24	1	
	54	53	672	FW	Elze Lamprechts	02.50.24	1	
	55	54	583	FW	Diana De Klerk	02.52.51	1	
	56	55	803	FW	Belinda Mutti	03.04.49	1	
	57	2	521	YW	Meaghan Moore	03.15.01	1	
	58	56	628	FW	Kate Scott	03.29.08	1	
	59	3	568	YW	Jessica Haines	03.38.19	1	
	60	57	549	FW	Lisa Haines	03.38.21	1	
	61	58	523	FW	Wendy Holroyd	03.38.23	1	
	62	4	524	YW	Melissa Holroyd	03.38.25	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>All Men 21km</b>	1	1	634	YM	Edward Boshoff	01.09.35	1	
	2	1	809	FM	P J Nel	01.18.36	1	
	3	2	656	FM	Cobus Van Den Berg	01.23.43	1	
	4	2	604	YM	Heinrich Sullwald	01.25.07	1	
	5	3	806	FM	Marcus Hoelper	01.29.16	1	
	6	3	677	YM	Henk Bester	01.30.13	1	
	7	4	506	YM	Dillan Wilken	01.30.13	1	
	8	4	811	FM	Robert Bloom	01.33.02	1	
	9	5	816	FM	Neel Snyman	01.35.15	1	
	10	6	617	FM	Nico De Ath	01.35.17	1	
	11	5	621	YM	Nicholas James	01.35.20	1	
	12	7	636	FM	Dawid Malan	01.36.10	1	
	13	8	641	FM	Gideon Smit	01.37.13	1	
	14	9	815	FM	Salmon Beethling	01.37.59	1	
	15	10	527	FM	David Fox	01.38.40	1	
	16	6	600	YM	Jamie Horsford	01.39.23	1	
	17	7	582	YM	Heinrich Grobler	01.42.46	1	
	18	11	662	FM	Werner Loots	01.43.18	1	
	19	12	813	FM	Schalk Van Westhuizen	01.43.35	1	
	20	8	569	YM	Dieter Zeier	01.44.30	1	
	21	13	648	FM	Colin Gibb	01.44.56	1	
	22	14	690	FM	Charles Woodward-Fisher	01.44.59	1	
	23	15	622	FM	Chris Fowles	01.45.42	1	
	24	16	539	FM	James Ord	01.46.03	1	
	25	17	684	FM	Brett Jakins	01.46.49	1	
	26	18	603	FM	Marius Sullwald	01.48.35	1	
	27	19	564	FM	Fernando Rueda	01.48.36	1	
	28	20	633	FM	Heinrich Van Heerden	01.48.46	1	
	29	21	689	FM	Alwyn De Vos	01.49.16	1	
	30	9	572	YM	Morne Greeff	01.49.51	1	
	31	10	700	YM	Liam Conradie	01.49.53	1	
	32	22	619	FM	Mark Payne	01.50.02	1	





Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	33	23	505	FM	Hennie Wilken	01.51.38	1	
	34	24	590	FM	Dieter Prinsloo	01.54.12	1	
	35	25	810	FM	Mike Smit	01.54.13	1	
	36	26	504	FM	Stefan Van Rooyen	01.54.18	1	
	37	27	671	FM	Gaffie Le Roux	01.54.20	1	
	38	28	687	FM	Andrew Pearson	01.54.22	1	
	39	29	692	FM	Gordon Mitchell	01.54.30	1	
	40	30	508	FM	Richard Perrie	01.54.49	1	
	41	31	597	FM	Rainer Kloos	01.55.32	1	
	42	32	530	FM	Renaldo Wessels	01.55.33	1	
	43	33	573	FM	Gert Ehlers	01.55.40	1	
	44	34	814	FM	Francois Van Zyl	01.56.37	1	
	45	11	614	YM	Johnnie Solms	01.57.04	1	
	46	35	595	FM	Willie Swart	01.59.32	1	
	47	36	664	FM	Wikus Theunissen	02.00.26	1	
	48	37	525	FM	Ewald Beukes	02.01.06	1	
	49	38	557	FM	Alexander Johnstone	02.01.27	1	
	50	39	554	FM	Robert Bell	02.01.29	1	
	51	40	618	FM	Chrstopher Bellingham	02.01.31	1	
	52	41	578	FM	Werner Nel	02.01.35	1	
	53	42	661	FM	Haydn Heydenrych	02.02.31	1	
	54	43	654	FM	Thabo Khojane	02.03.03	1	
	55	44	678	FM	Sidney Van Dyk	02.03.29	1	
	56	45	674	FM	Donald Anderson	02.03.44	1	
	57	46	552	FM	Patrick Burls	02.04.47	1	
	58	47	571	FM	Pieter Greeff	02.05.07	1	
	59	48	535	FM	Bernhard Bailey	02.06.46	1	
	60	49	651	FM	John Graham	02.09.00	1	
	61	50	548	FM	Heino Reuling	02.09.27	1	
	62	51	560	FM	Gerard Reuling	02.09.28	1	
	63	52	691	FM	Jan Nuttall	02.09.35	1	
	64	53	565	FM	Marcel Zeier	02.09.40	1	
	65	54	570	FM	Peter Gilder	02.11.46	1	
	66	55	575	FM	Wallace Albertyn	02.11.56	1	
	67	56	528	FM	Bruce Grieve	02.12.22	1	
	68	57	665	FM	Anesh Naidoo	02.12.26	1	
	69	58	586	FM	Quintus Roos	02.12.53	1	
	70	12	694	YM	Dylan Mitchell	02.13.45	1	
	71	59	55	FM	Kashif October	02.13.58	1	
	72	13	515	YM	Matthew Wilson	02.14.18	1	
	73	60	514	FM	Shane Wilson	02.14.20	1	
	74	61	533	FM	Stuart Wallis-Brown	02.16.59	1	
	75	14	501	YM	Stephan Malherbe	02.17.32	1	
	76	62	507	FM	David Moller	02.17.35	1	
	77	15	693	YM	Byron Mitchell	02.19.17	1	
	78	63	805	FM	Michael Hirschfeld	02.19.46	1	
	79	64	587	FM	Tertius Roos	02.20.44	1	
	80	65	635	FM	Willem Wentzel	02.22.39	1	
	81	66	625	FM	Peter Haude	02.22.50	1	
	82	16	682	YM	Gary Chambers	02.24.20	1	
	83	67	681	FM	Paul Chambers	02.24.21	1	
	84	68	509	FM	Wesley Reyneke	02.25.28	1	
	85	69	526	FM	Jan Reyneke	02.25.29	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	86	70	640	FM	Jens Herf	02.25.33	1	
	87	71	576	FM	Daniel Alves	02.29.38	1	
	88	17	680	YM	Steven Calderwood	02.33.11	1	
	89	72	601	FM	Paul Van Rensburg	02.33.32	1	
	90	73	697	FM	Philip Collins	02.34.20	1	
	91	74	599	FM	Peter Johannes	02.34.26	1	
	92	75	650	FM	Frederick Von Heyer	02.37.12	1	
	93	76	517	FM	Andrew Slater	02.37.27	1	
	94	77	673	FM	David Odendaal	02.42.33	1	
	95	18	532	YM	Abdu-Daiyaan October	02.45.45	1	
	96	19	520	YM	Joseph Moore	02.46.04	1	
	97	78	801	FM	Quartus Du Preez	02.47.15	1	
	98	79	669	FM	Uys Kruger	02.49.49	1	
	99	80	668	FM	Anton Smuts	02.49.50	1	
	100	81	550	FM	Adu Fakier	02.52.49	1	
	101	20	624	YM	Evan Wrensch	02.52.53	1	
	102	21	679	YM	Sebastian Ercher	02.57.38	1	
	103	82	802	FM	Andrew Smith	03.04.51	1	
	104	83	518	FM	Darren Moore	03.14.59	1	
	105	84	538	FM	Robert Kotze	03.18.48	1	
	106	85	610	FM	Jacobus Du Bruyn	03.18.55	1	
	107	86	537	FM	Ryno Oosthuizen	03.19.59	1	
	108	87	627	FM	Rob Scott	03.29.05	1	
	109	88	547	FM	Rashied Amien	03.30.48	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>Junior Men 48km</b>	1	1	294	JM	Michael Viljoen	02.56.50	1	
	2	2	222	JM	Matteo Bidoli	03.01.47	1	
	3	3	318	JM	Jacques Grobler	03.16.53	1	
	4	4	120	JM	Janlu Uys	03.22.33	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>Open Women 48km</b>	1	1	299	OW	Lara Woolley	02.44.36	1	
	2	2	194	OW	Caren Henschel	02.48.35	1	
	3	3	217	OW	Desiree Loubser	02.54.25	1	
	4	4	124	OW	Monique Beattie	03.03.34	1	
	5	5	338	OW	Katja Steenkamp	03.06.47	1	
	6	6	268	OW	Candice Beattie	03.09.45	1	
	7	7	128	OW	Emma Pienaar	03.10.11	1	
	8	8	305	OW	Nina Sender	03.16.26	1	
	9	9	213	OW	Nina Swiegelaar	03.16.42	1	
	10	10	178	OW	Tanya Rosch	03.18.14	1	
	11	11	148	OW	Hilke Rode	03.24.09	1	
	12	12	67	OW	Amy Foster	03.26.50	1	
	13	13	239	OW	Dene Conroy-De Wet	03.29.30	1	
	14	14	180	OW	Elizna Wiese	03.30.48	1	
	15	15	35	OW	Jen Honnet	03.32.33	1	
	16	16	118	OW	Mariska Groenewald	03.35.05	1	
	17	17	134	OW	Heidi Dietstein	03.36.24	1	
	18	18	263	OW	Marinda Bruwer	03.40.29	1	
	19	19	359	OW	Bernette Beyers	03.43.08	1	
	20	20	196	OW	Jacolet Steenkamp	03.46.19	1	
	21	21	157	OW	Nina Du Plessis	03.46.27	1	
	22	22	343	OW	Mare Malherbe	03.47.29	1	
	23	23	254	OW	Ella Lob	03.52.35	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	24	24	251	OW	Zanie Cilliers	03.54.32	1	
	25	25	89	OW	Michele Lewis	04.04.02	1	
	26	26	139	OW	Sarah Alexander	04.04.55	1	
	27	27	334	OW	Kati Pearson	04.16.50	1	
	28	28	14	OW	Claire Rockliffe-Fidler	04.17.34	1	
	29	29	209	OW	Vasti Geldenhuys	04.20.49	1	
	30	30	72	OW	Janet Lightbody	04.22.20	1	
	31	31	165	OW	Celia Pienaar	04.24.36	1	
	32	32	85	OW	Dawn Clarke	04.29.35	1	
	33	33	323	OW	Michelle Kruger	04.30.42	1	
	34	34	202	OW	Yolandé Pienaar	04.30.45	1	
	35	35	22	OW	Karen Lottering	04.36.40	1	
	36	36	291	OW	Melissa Van Rensburg	04.50.38	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>Open Men 48km</b>	1	1	308	OM	Jarryd Haley	02.14.19	1	
	2	2	329	OM	Tim Osrin	02.23.42	1	
	3	3	198	OM	Jacques Van Zyl	02.23.42	1	
	4	4	353	OM	Pablo Morales	02.23.46	1	
	5	5	349	OM	Warren Robertson	02.26.02	1	
	6	6	1	OM	Michael Van Den Heerik	02.26.58	1	
	7	7	225	OM	Reimer Berner	02.30.21	1	
	8	8	214	OM	Paul Lagesse	02.32.33	1	
	9	9	20	OM	Tim Ellerbeck	02.33.22	1	
	10	10	131	OM	Henk Blom	02.35.31	1	
	11	11	281	OM	Colin Van Zyl,	02.36.29	1	
	12	12	140	OM	Willem Vegter	02.38.42	1	
	13	13	88	OM	Nichol Jordaan	02.39.36	1	
	14	14	6	OM	Andeon Louw	02.39.37	1	
	15	15	161	OM	Christo Nimb	02.40.53	1	
	16	16	276	OM	Klaus Ritschewald	02.41.03	1	
	17	17	301	OM	Mark Pienaar	02.41.03	1	
	18	18	129	OM	Jason Pienaar	02.42.03	1	
	19	19	45	OM	Andrew Dewey	02.43.23	1	
	20	20	321	OM	Sean Grobler	02.44.19	1	
	21	21	348	OM	Michael Van Niekerk	02.45.10	1	
	22	22	358	OM	James Jacobs	02.45.50	1	
	23	23	184	OM	Henry Fagan	02.46.29	1	
	24	24	37	OM	Neil Brown	02.47.26	1	
	25	25	275	OM	Johan Fourie	02.47.27	1	
	26	26	147	OM	Gerhard Maritz	02.50.56	1	
	27	27	113	OM	David Coupar	02.51.09	1	
	28	28	195	OM	Alto De Kock	02.53.10	1	
	29	29	316	OM	Francois Mostert	02.54.24	1	
	30	30	33	OM	Craig Macgillivray	02.54.29	1	
	31	31	260	OM	Angus Powers	02.54.49	1	
	32	32	181	OM	Jacques Maritz	02.56.34	1	
	33	33	174	OM	Riaan Loubser	02.57.10	1	
	34	34	32	OM	Robert Nicolella	02.57.27	1	
	35	35	54	OM	Mike Brown	02.58.24	1	
	36	36	232	OM	Gavin Slabbert	03.00.01	1	
	37	37	143	OM	Justin Wilson	03.00.54	1	
	38	38	280	OM	Wouter Kriegler	03.02.30	1	
	39	39	346	OM	Steve Roberts	03.02.31	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	40	40	188	OM	Thomas Stapley	03.03.16	1	
	41	41	96	OM	Erick Zulch	03.03.36	1	
	42	42	169	OM	Johan Kleyn	03.04.01	1	
	43	43	179	OM	Rob Swiel	03.04.36	1	
	44	44	342	OM	Johan Malherbe	03.04.39	1	
	45	45	12	OM	Sim Swart	03.04.43	1	
	46	46	4	OM	Christo Kaufmann	03.04.44	1	
	47	47	109	OM	Neville Chester	03.04.47	1	
	48	48	71	OM	Nick Stubbs	03.05.20	1	
	49	49	234	OM	Ian Greager	03.05.43	1	
	50	50	339	OM	Pierre Steenkamp	03.05.56	1	
	51	51	15	OM	Charl Van Der Merwe	03.06.33	1	
	52	52	221	OM	Oliver Bidoli	03.06.39	1	
	53	53	277	OM	Brendan Bell	03.06.43	1	
	54	54	306	OM	Braam Geendel	03.08.41	1	
	55	55	116	OM	Muller Du Preez	03.09.32	1	
	56	56	344	OM	Patrick Bell	03.09.38	1	
	57	57	204	OM	Andre Slabbert	03.09.49	1	
	58	58	107	OM	Jacques Zietsman	03.10.20	1	
	59	59	136	OM	Kootjie Viljoen	03.11.58	1	
	60	60	261	OM	Hein Boshoff	03.12.25	1	
	61	61	315	OM	Chad Philip	03.13.44	1	
	62	62	112	OM	Andries De Vos	03.14.52	1	
	63	63	340	OM	Grant Clark	03.15.08	1	
	64	64	304	OM	Jako Robbertse	03.15.13	1	
	65	65	185	OM	Gilbert Preston	03.16.53	1	
	66	66	155	OM	Marius Bronkhorst	03.18.13	1	
	67	67	3	OM	Burger Malherbe	03.18.15	1	
	68	68	2	OM	Jacques Turck	03.18.17	1	
	69	69	360	OM	Willie Punt	03.18.44	1	
	70	70	314	OM	Graydon George	03.19.39	1	
	71	71	320	OM	Peter Grobler	03.20.08	1	
	72	72	105	OM	Dudley De Reuck Snr	03.20.09	1	
	73	73	216	OM	Louis Loubser	03.20.14	1	
	74	74	99	OM	Stompie Venter	03.20.15	1	
	75	75	218	OM	Christian Schiess	03.20.18	1	
	76	76	27	OM	Luke Farrenkothen	03.20.20	1	
	77	77	11	OM	Lourens Van Der Westhuizen	03.20.21	1	
	78	78	357	OM	Johnny Heatie	03.20.26	1	
	79	79	300	OM	Grant Hendriks	03.21.37	1	
	80	80	298	OM	Andreas Pyper	03.22.34	1	
	81	81	264	OM	Johan La Grange	03.23.15	1	
	82	82	219	OM	Gawie De Villiers	03.23.17	1	
	83	83	28	OM	Devilliers Odendaal	03.23.44	1	
	84	84	183	OM	Nicolas Lightbody	03.23.45	1	
	85	85	226	OM	Wesley Johnston	03.23.59	1	
	86	86	333	OM	Marc Erasmus	03.24.05	1	
	87	87	117	OM	Warner Trimmer	03.24.07	1	
	88	88	141	OM	Pieter Hundersmarck	03.24.59	1	
	89	89	249	OM	Charl Goussard	03.25.00	1	
	90	90	212	OM	James Wrench	03.25.10	1	
	91	91	98	OM	Stephen Moorcroft	03.26.01	1	
	92	92	94	OM	Renaldo Wessels	03.26.02	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	93	93	246	OM	Mark Van Niekerk	03.26.35	1	
	94	94	163	OM	Juan Hugo	03.28.02	1	
	95	95	103	OM	Michael Anderson	03.28.07	1	
	96	96	272	OM	Gideon Redelinghuis	03.29.07	1	
	97	97	146	OM	Niel Boulton	03.29.12	1	
	98	98	297	OM	Ross Macgillivray	03.29.40	1	
	99	99	243	OM	Andries De Wet	03.29.41	1	
	100	100	26	OM	Daniel Palm	03.30.30	1	
	101	101	42	OM	Luke Lanterme	03.30.46	1	
	102	102	48	OM	Paul Schaefer	03.31.02	1	
	103	103	259	OM	Aiyaz Dollie	03.31.25	1	
	104	104	36	OM	Simon Honnet	03.32.36	1	
	105	105	351	OM	Philip Dicey	03.32.40	1	
	106	106	250	OM	Schalk Fourie	03.33.46	1	
	107	107	166	OM	Kobus Burger	03.34.04	1	
	108	108	102	OM	David Bland	03.34.27	1	
	109	109	7	OM	F C Serdyn	03.34.39	1	
	110	110	253	OM	Jay Margolis	03.34.56	1	
	111	111	307	OM	Frank Lubbe	03.35.12	1	
	112	112	137	OM	Allan Barrett	03.36.35	1	
	113	113	206	OM	Paul Horsford	03.37.15	1	
	114	114	149	OM	Stuart Geldenhuys	03.37.16	1	
	115	115	176	OM	Dirk Kotze	03.37.20	1	
	116	116	144	OM	Philip Brand	03.37.22	1	
	117	117	220	OM	Paul Galatis	03.37.57	1	
	118	118	248	OM	Jonathan Adams	03.37.57	1	
	119	119	123	OM	Darren Vd Merwe	03.38.21	1	
	120	120	313	OM	Johan De Wet	03.38.39	1	
	121	121	24	OM	Mark Horsford	03.38.59	1	
	122	122	59	OM	Andre Du Plessis	03.38.59	1	
	123	123	326	OM	Jerry Pienaar	03.39.01	1	
	124	124	162	OM	Mark Mall	03.39.20	1	
	125	125	293	OM	Andrew Cairns	03.39.53	1	
	126	126	175	OM	Robert Uphill	03.40.09	1	
	127	127	172	OM	Jac Steyn	03.40.10	1	
	128	128	240	OM	John Hanekom	03.40.31	1	
	129	129	265	OM	Francois Auret	03.41.24	1	
	130	130	247	OM	Neville Murray	03.41.28	1	
	131	131	199	OM	Theo De Klerk	03.41.43	1	
	132	132	73	OM	Erhard Wolf	03.41.44	1	
	133	133	337	OM	Jacques Du Plessis	03.41.44	1	
	134	134	122	OM	Frans Te Groen	03.41.45	1	
	135	135	21	OM	Henry Whitehead	03.42.41	1	
	136	136	197	OM	Timothy Pienaar	03.43.08	1	
	137	137	356	OM	Guzman Figar	03.44.00	1	
	138	138	79	OM	Christian Bowker	03.45.00	1	
	139	139	57	OM	Jaco Fourie	03.46.49	1	
	140	140	350	OM	Rob Wild	03.47.03	1	
	141	141	126	OM	Frederick Greeff	03.47.26	1	
	142	142	119	OM	Cris Ingram	03.47.28	1	
	143	143	167	OM	Deon Brenner	03.48.59	1	
	144	144	312	OM	Ben Paine	03.49.58	1	
	145	145	142	OM	Christo Lategan	03.50.50	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	146	146	244	OM	Petrus Bosman	03.51.21	1	
	147	147	292	OM	Grahame Fogell	03.51.39	1	
	148	148	159	OM	Johan Grobler	03.52.38	1	
	149	149	317	OM	Pieter De Kock	03.53.11	1	
	150	150	335	OM	Danie Goosen	03.53.13	1	
	151	151	255	OM	Lance Aylward	03.54.34	1	
	152	152	267	OM	Pierre Auret	03.54.38	1	
	153	153	331	OM	Tielman Walters	03.54.50	1	
	154	154	34	OM	Mark Holroyd	03.57.15	1	
	155	155	173	OM	Dan Meyer	03.58.02	1	
	156	156	90	OM	Niel Lotter	03.58.08	1	
	157	157	354	OM	Gian Palermo	03.58.41	1	
	158	158	64	OM	Jon Lai Lam	04.00.25	1	
	159	159	330	OM	Sanjay Tewary	04.00.53	1	
	160	160	324	OM	Mario-Pierre Le Roux	04.03.00	1	
	161	161	86	OM	Gareth Dragt	04.04.00	1	
	162	162	29	OM	Matthew Blake	04.04.53	1	
	163	163	82	OM	Samora Adams	04.05.06	1	
	164	164	192	OM	Garth Burgess	04.07.37	1	
	165	165	182	OM	Jannie Nel	04.10.24	1	
	166	166	158	OM	Johannes Du Toit	04.10.31	1	
	167	167	80	OM	Marco Garuti	04.11.27	1	
	168	168	70	OM	Bryan Finlay	04.11.34	1	
	169	169	77	OM	Douglas Morris	04.11.34	1	
	170	170	245	OM	George Fritz	04.13.38	1	
	171	171	228	OM	Roger Goldsbrough	04.15.12	1	
	172	172	257	OM	Louis Du Plessis	04.17.19	1	
	173	173	231	OM	Louis Van Niekerk	04.17.21	1	
	174	174	13	OM	Gary Rockliffe-Fidler	04.17.35	1	
	175	175	38	OM	William Trengove	04.18.28	1	
	176	176	133	OM	Riaan Kok	04.21.48	1	
	177	177	177	OM	Frans Snyman	04.22.04	1	
	178	178	309	OM	Daniel Lourens	04.22.19	1	
	179	179	345	OM	Raymond Heldsinger	04.22.49	1	
	180	180	341	OM	Johan O'Kennedy	04.22.50	1	
	181	181	325	OM	Lodewyk Van Dyk	04.24.01	1	
	182	182	258	OM	Jacques Du Preez	04.25.58	1	
	183	183	25	OM	Matthew Maclennan	04.28.52	1	
	184	184	327	OM	Pieter Laubscher	04.30.18	1	
	185	185	311	OM	Wyndand Jacobs	04.30.39	1	
	186	186	310	OM	Morne Van Tonder	04.30.40	1	
	187	187	201	OM	Johann Pienaar	04.30.44	1	
	188	188	193	OM	Herman Jolink	04.41.35	1	
	189	189	58	OM	Jesse Pereira	04.44.36	1	
	190	190	236	OM	Charles Wait	04.45.35	1	
	191	191	237	OM	Hans Engelbrecht	04.45.37	1	
	192	192	50	OM	Mervyn Christoffels	04.48.26	1	
	193	193	200	OM	Werner Du Plessis	04.50.24	1	
	194	194	290	OM	Stephan Kruger	04.50.36	1	
	195	195	215	OM	John Brunskill	04.59.49	1	
	196	196	160	OM	Nick Austin	05.01.11	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Women 48km	1	1	299	OW	Lara Woolley	02.44.36	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	2	2	194	OW	Caren Henschel	02.48.35	1	
	3	3	217	OW	Desiree Loubser	02.54.25	1	
	4	4	124	OW	Monique Beattie	03.03.34	1	
	5	5	338	OW	Katja Steenkamp	03.06.47	1	
	6	6	268	OW	Candice Beattie	03.09.45	1	
	7	7	128	OW	Emma Pienaar	03.10.11	1	
	8	8	305	OW	Nina Sender	03.16.26	1	
	9	9	213	OW	Nina Swiegelaar	03.16.42	1	
	10	10	178	OW	Tanya Rosch	03.18.14	1	
	11	11	148	OW	Hilke Rode	03.24.09	1	
	12	12	67	OW	Amy Foster	03.26.50	1	
	13	13	239	OW	Dene Conroy-De Wet	03.29.30	1	
	14	14	180	OW	Elizna Wiese	03.30.48	1	
	15	15	35	OW	Jen Honnet	03.32.33	1	
	16	16	118	OW	Mariska Groenewald	03.35.05	1	
	17	17	134	OW	Heidi Dietstein	03.36.24	1	
	18	18	263	OW	Marinda Bruwer	03.40.29	1	
	19	19	359	OW	Bernette Beyers	03.43.08	1	
	20	20	196	OW	Jacolet Steenkamp	03.46.19	1	
	21	21	157	OW	Nina Du Plessis	03.46.27	1	
	22	22	343	OW	Mare Malherbe	03.47.29	1	
	23	23	254	OW	Ella Lob	03.52.35	1	
	24	24	251	OW	Zanie Cilliers	03.54.32	1	
	25	25	89	OW	Michele Lewis	04.04.02	1	
	26	26	139	OW	Sarah Alexander	04.04.55	1	
	27	27	334	OW	Kati Pearson	04.16.50	1	
	28	28	14	OW	Claire Rockliffe-Fidler	04.17.34	1	
	29	29	209	OW	Vasti Geldenhuys	04.20.49	1	
	30	30	72	OW	Janet Lightbody	04.22.20	1	
	31	31	165	OW	Celia Pienaar	04.24.36	1	
	32	32	85	OW	Dawn Clarke	04.29.35	1	
	33	33	323	OW	Michelle Kruger	04.30.42	1	
	34	34	202	OW	Yolandé Pienaar	04.30.45	1	
	35	35	22	OW	Karen Lottering	04.36.40	1	
	36	36	291	OW	Melissa Van Rensburg	04.50.38	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
<b>All Men 48km</b>	1	1	308	OM	Jarryd Haley	02.14.19	1	
	2	2	329	OM	Tim Osrin	02.23.42	1	
	3	3	198	OM	Jacques Van Zyl	02.23.42	1	
	4	4	353	OM	Pablo Morales	02.23.46	1	
	5	5	349	OM	Warren Robertson	02.26.02	1	
	6	6	1	OM	Michael Van Den Heerik	02.26.58	1	
	7	7	225	OM	Reimer Berner	02.30.21	1	
	8	8	214	OM	Paul Lagesse	02.32.33	1	
	9	9	20	OM	Tim Ellerbeck	02.33.22	1	
	10	10	131	OM	Henk Blom	02.35.31	1	
	11	11	281	OM	Colin Van Zyl,	02.36.29	1	
	12	12	140	OM	Willem Vegter	02.38.42	1	
	13	13	88	OM	Nichol Jordaan	02.39.36	1	
	14	14	6	OM	Andeon Louw	02.39.37	1	
	15	15	161	OM	Christo Nimb	02.40.53	1	
	16	16	276	OM	Klaus Ritschewald	02.41.03	1	
	17	17	301	OM	Mark Pienaar	02.41.03	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	18	18	129	OM	Jason Penaar	02.42.03	1	
	19	19	45	OM	Andrew Dewey	02.43.23	1	
	20	20	321	OM	Sean Grobler	02.44.19	1	
	21	21	348	OM	Michael Van Niekerk	02.45.10	1	
	22	22	358	OM	James Jacobs	02.45.50	1	
	23	23	184	OM	Henry Fagan	02.46.29	1	
	24	24	37	OM	Neil Brown	02.47.26	1	
	25	25	275	OM	Johan Fourie	02.47.27	1	
	26	26	147	OM	Gerhard Maritz	02.50.56	1	
	27	27	113	OM	David Coupar	02.51.09	1	
	28	28	195	OM	Alto De Kock	02.53.10	1	
	29	29	316	OM	Francois Mostert	02.54.24	1	
	30	30	33	OM	Craig Macgillivray	02.54.29	1	
	31	31	260	OM	Angus Powers	02.54.49	1	
	32	32	181	OM	Jacques Maritz	02.56.34	1	
	33	1	294	JM	Michael Viljoen	02.56.50	1	
	34	33	174	OM	Riaan Loubser	02.57.10	1	
	35	34	32	OM	Robert Nicolella	02.57.27	1	
	36	35	54	OM	Mike Brown	02.58.24	1	
	37	36	232	OM	Gavin Slabbert	03.00.01	1	
	38	37	143	OM	Justin Wilson	03.00.54	1	
	39	2	222	JM	Matteo Bidoli	03.01.47	1	
	40	38	280	OM	Wouter Kriegler	03.02.30	1	
	41	39	346	OM	Steve Roberts	03.02.31	1	
	42	40	188	OM	Thomas Stapley	03.03.16	1	
	43	41	96	OM	Erick Zulch	03.03.36	1	
	44	42	169	OM	Johan Kleyn	03.04.01	1	
	45	43	179	OM	Rob Swiel	03.04.36	1	
	46	44	342	OM	Johan Malherbe	03.04.39	1	
	47	45	12	OM	Sim Swart	03.04.43	1	
	48	46	4	OM	Christo Kaufmann	03.04.44	1	
	49	47	109	OM	Neville Chester	03.04.47	1	
	50	48	71	OM	Nick Stubbs	03.05.20	1	
	51	49	234	OM	Ian Greager	03.05.43	1	
	52	50	339	OM	Pierre Steenkamp	03.05.56	1	
	53	51	15	OM	Charl Van Der Merwe	03.06.33	1	
	54	52	221	OM	Oliver Bidoli	03.06.39	1	
	55	53	277	OM	Brendan Bell	03.06.43	1	
	56	54	306	OM	Braam Geendel	03.08.41	1	
	57	55	116	OM	Muller Du Preez	03.09.32	1	
	58	56	344	OM	Patrick Bell	03.09.38	1	
	59	57	204	OM	Andre Slabbert	03.09.49	1	
	60	58	107	OM	Jacques Zietsman	03.10.20	1	
	61	59	136	OM	Kootjie Viljoen	03.11.58	1	
	62	60	261	OM	Hein Boshoff	03.12.25	1	
	63	61	315	OM	Chad Philip	03.13.44	1	
	64	62	112	OM	Andries De Vos	03.14.52	1	
	65	63	340	OM	Grant Clark	03.15.08	1	
	66	64	304	OM	Jako Robbertse	03.15.13	1	
	67	65	185	OM	Gilbert Preston	03.16.53	1	
	68	3	318	JM	Jacques Grobler	03.16.53	1	
	69	66	155	OM	Marius Bronkhorst	03.18.13	1	
	70	67	3	OM	Burger Malherbe	03.18.15	1	





Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	71	68	2	OM	Jacques Turck	03.18.17	1	
	72	69	360	OM	Willie Punt	03.18.44	1	
	73	70	314	OM	Graydon George	03.19.39	1	
	74	71	320	OM	Peter Grobler	03.20.08	1	
	75	72	105	OM	Dudley De Reuck Snr	03.20.09	1	
	76	73	216	OM	Louis Loubser	03.20.14	1	
	77	74	99	OM	Stompie Venter	03.20.15	1	
	78	75	218	OM	Christian Schiess	03.20.18	1	
	79	76	27	OM	Luke Farrenkothen	03.20.20	1	
	80	77	11	OM	Lourens Van Der Westhuizen	03.20.21	1	
	81	78	357	OM	Johnny Heatlie	03.20.26	1	
	82	79	300	OM	Grant Hendriks	03.21.37	1	
	83	4	120	JM	Janlu Uys	03.22.33	1	
	84	80	298	OM	Andreas Pyper	03.22.34	1	
	85	81	264	OM	Johan La Grange	03.23.15	1	
	86	82	219	OM	Gawie De Villiers	03.23.17	1	
	87	83	28	OM	Devilliers Odendaal	03.23.44	1	
	88	84	183	OM	Nicolas Lightbody	03.23.45	1	
	89	85	226	OM	Wesley Johnston	03.23.59	1	
	90	86	333	OM	Marc Erasmus	03.24.05	1	
	91	87	117	OM	Warner Trimmer	03.24.07	1	
	92	88	141	OM	Pieter Hundersmarck	03.24.59	1	
	93	89	249	OM	Charl Goussard	03.25.00	1	
	94	90	212	OM	James Wrench	03.25.10	1	
	95	91	98	OM	Stephen Moorcroft	03.26.01	1	
	96	92	94	OM	Renaldo Wessels	03.26.02	1	
	97	93	246	OM	Mark Van Niekerk	03.26.35	1	
	98	94	163	OM	Juan Hugo	03.28.02	1	
	99	95	103	OM	Michael Anderson	03.28.07	1	
	100	96	272	OM	Gideon Redelinghuis	03.29.07	1	
	101	97	146	OM	Niel Boulton	03.29.12	1	
	102	98	297	OM	Ross Macgillivray	03.29.40	1	
	103	99	243	OM	Andries De Wet	03.29.41	1	
	104	100	26	OM	Daniel Palm	03.30.30	1	
	105	101	42	OM	Luke Lanterme	03.30.46	1	
	106	102	48	OM	Paul Schaefer	03.31.02	1	
	107	103	259	OM	Aiyaz Dollie	03.31.25	1	
	108	104	36	OM	Simon Honnet	03.32.36	1	
	109	105	351	OM	Philip Dicey	03.32.40	1	
	110	106	250	OM	Schalk Fourie	03.33.46	1	
	111	107	166	OM	Kobus Burger	03.34.04	1	
	112	108	102	OM	David Bland	03.34.27	1	
	113	109	7	OM	F C Serdyn	03.34.39	1	
	114	110	253	OM	Jay Margolis	03.34.56	1	
	115	111	307	OM	Frank Lubbe	03.35.12	1	
	116	112	137	OM	Allan Barrett	03.36.35	1	
	117	113	206	OM	Paul Horsford	03.37.15	1	
	118	114	149	OM	Stuart Geldenhuys	03.37.16	1	
	119	115	176	OM	Dirk Kotze	03.37.20	1	
	120	116	144	OM	Philip Brand	03.37.22	1	
	121	117	220	OM	Paul Galatis	03.37.57	1	
	122	118	248	OM	Jonathan Adams	03.37.57	1	
	123	119	123	OM	Darren Vd Merwe	03.38.21	1	
	124	120	313	OM	Johan De Wet	03.38.39	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	125	121	24	OM	Mark Horsford	03.38.59	1	
	126	122	59	OM	Andre Du Plessis	03.38.59	1	
	127	123	326	OM	Jerry Pienaar	03.39.01	1	
	128	124	162	OM	Mark Mall	03.39.20	1	
	129	125	293	OM	Andrew Cairns	03.39.53	1	
	130	126	175	OM	Robert Uphill	03.40.09	1	
	131	127	172	OM	Jac Steyn	03.40.10	1	
	132	128	240	OM	John Hanekom	03.40.31	1	
	133	129	265	OM	Francois Auret	03.41.24	1	
	134	130	247	OM	Neville Murray	03.41.28	1	
	135	131	199	OM	Theo De Klerk	03.41.43	1	
	136	132	73	OM	Erhard Wolf	03.41.44	1	
	137	133	337	OM	Jacques Du Plessis	03.41.44	1	
	138	134	122	OM	Frans Te Groen	03.41.45	1	
	139	135	21	OM	Henry Whitehead	03.42.41	1	
	140	136	197	OM	Timothy Pienaar	03.43.08	1	
	141	137	356	OM	Guzman Figar	03.44.00	1	
	142	138	79	OM	Christian Bowker	03.45.00	1	
	143	139	57	OM	Jaco Fourie	03.46.49	1	
	144	140	350	OM	Rob Wild	03.47.03	1	
	145	141	126	OM	Frederick Greeff	03.47.26	1	
	146	142	119	OM	Cris Ingram	03.47.28	1	
	147	143	167	OM	Deon Brenner	03.48.59	1	
	148	144	312	OM	Ben Paine	03.49.58	1	
	149	145	142	OM	Christo Lategan	03.50.50	1	
	150	146	244	OM	Petrus Bosman	03.51.21	1	
	151	147	292	OM	Grahame Fogell	03.51.39	1	
	152	148	159	OM	Johan Grobler	03.52.38	1	
	153	149	317	OM	Pieter De Kock	03.53.11	1	
	154	150	335	OM	Danie Goosen	03.53.13	1	
	155	151	255	OM	Lance Aylward	03.54.34	1	
	156	152	267	OM	Pierre Auret	03.54.38	1	
	157	153	331	OM	Tielman Walters	03.54.50	1	
	158	154	34	OM	Mark Holroyd	03.57.15	1	
	159	155	173	OM	Dan Meyer	03.58.02	1	
	160	156	90	OM	Niel Lotter	03.58.08	1	
	161	157	354	OM	Gian Palermo	03.58.41	1	
	162	158	64	OM	Jon Lai Lam	04.00.25	1	
	163	159	330	OM	Sanjay Tewary	04.00.53	1	
	164	160	324	OM	Mario-Pierre Le Roux	04.03.00	1	
	165	161	86	OM	Gareth Dragt	04.04.00	1	
	166	162	29	OM	Matthew Blake	04.04.53	1	
	167	163	82	OM	Samora Adams	04.05.06	1	
	168	164	192	OM	Garth Burgess	04.07.37	1	
	169	165	182	OM	Jannie Nel	04.10.24	1	
	170	166	158	OM	Johannes Du Toit	04.10.31	1	
	171	167	80	OM	Marco Garuti	04.11.27	1	
	172	168	70	OM	Bryan Finlay	04.11.34	1	
	173	169	77	OM	Douglas Morris	04.11.34	1	
	174	170	245	OM	George Fritz	04.13.38	1	
	175	171	228	OM	Roger Goldsbrough	04.15.12	1	
	176	172	257	OM	Louis Du Plessis	04.17.19	1	
	177	173	231	OM	Louis Van Niekerk	04.17.21	1	
	178	174	13	OM	Gary Rockliffe-Fidler	04.17.35	1	
	179	175	38	OM	William Trengove	04.18.28	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	180	176	133	OM	Riaan Kok	04.21.48	1	
	181	177	177	OM	Frans Snyman	04.22.04	1	
	182	178	309	OM	Daniel Lourens	04.22.19	1	
	183	179	345	OM	Raymond Heldsinger	04.22.49	1	
	184	180	341	OM	Johan O'Kennedy	04.22.50	1	
	185	181	325	OM	Lodewyk Van Dyk	04.24.01	1	
	186	182	258	OM	Jacques Du Preez	04.25.58	1	
	187	183	25	OM	Matthew Maclennan	04.28.52	1	
	188	184	327	OM	Pieter Laubscher	04.30.18	1	
	189	185	311	OM	Wyndand Jacobs	04.30.39	1	
	190	186	310	OM	Morne Van Tonder	04.30.40	1	
	191	187	201	OM	Johann Pienaar	04.30.44	1	
	192	188	193	OM	Herman Jolink	04.41.35	1	
	193	189	58	OM	Jesse Pereira	04.44.36	1	
	194	190	236	OM	Charles Wait	04.45.35	1	
	195	191	237	OM	Hans Engelbrecht	04.45.37	1	
	196	192	50	OM	Mervyn Christoffels	04.48.26	1	
	197	193	200	OM	Werner Du Plessis	04.50.24	1	
	198	194	290	OM	Stephan Kruger	04.50.36	1	
	199	195	215	OM	John Brunskill	04.59.49	1	
	200	196	160	OM	Nick Austin	05.01.11	1	