



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
Youth Women 15km	1	1	582	YW	Sarah Krumbock	01.02.01	1	
	2	2	574	YW	Lieze Van Heerden	01.07.37	1	
	3	3	503	YW	Lucia Niland	01.22.11	1	
	4	4	502	YW	Meaghan Moore	01.41.02	1	
	5	5	501	YW	Melissa Holroyd	01.45.13	1	
	6	6	557	YW	Carrie Pike	02.08.12	1	
	7	7	504	YW	Claudia Rudman	02.09.14	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Youth Men 15km	1	1	576	YM	Jean-Louis Strydom	00.48.05	1	
	2	2	550	YM	James Tredrea	00.53.11	1	
	3	3	581	YM	Vaughn Krumbock	00.53.48	1	
	4	4	520	YM	Eben Basson	00.53.50	1	
	5	5	565	YM	Peter Saal	00.58.11	1	
	6	6	526	YM	Stephen Laemmle	00.58.18	1	
	7	7	523	YM	Tommy Osrin	01.01.09	1	
	8	8	570	YM	Sared Lammerinks	01.11.06	1	
	9	9	584	YM	Liam Clarke	01.22.01	1	
	10	10	524	YM	Junior Rowe	01.23.32	1	
	11	11	521	YM	Ulrich Ferreira	01.25.10	1	
	12	12	522	YM	Joseph Moore	01.25.32	1	
	13	13	527	YM	Dean Pretorius	01.35.54	1	
	14	14	552	YM	Andre Coppoolse	01.43.07	1	
	15	15	579	YM	Alex Falcon	01.45.11	1	
	16	16	558	YM	Kevin Pike	02.14.01	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Fun Women 15km	1	1	505	FW	Johané Botes	00.59.51	1	
	2	2	513	FW	Lisa-Ann Kaestner	01.03.11	1	
	3	3	510	FW	Ilse Langhout	01.04.12	1	
	4	4	6	FW	Marlize Engelbrecht	01.08.10	1	
	5	5	512	FW	Marinda Pienaar	01.09.03	1	
	6	6	508	FW	Nicole Wonfor	01.14.08	1	
	7	7	515	FW	Lucy Ho	01.16.08	1	
	8	8	575	FW	Marlene Van Heerden	01.17.04	1	
	9	9	509	FW	Miri Smit	01.17.55	1	
	10	10	516	FW	Heidi Rowe	01.23.35	1	
	11	11	560	FW	Ronell Wiid	01.23.41	1	
	12	12	517	FW	Natalie Moore	01.25.57	1	
	13	13	566	FW	Deone Van Loggerenberg	01.27.31	1	
	14	14	567	FW	Charlotte Van Loggerenberg	01.27.34	1	
	15	15	506	FW	Suné Stapelberg	01.27.37	1	
	16	16	572	FW	Dee Terblanche	01.31.21	1	
	17	17	577	FW	Olesya Loubser	01.33.34	1	
	18	18	519	FW	Wendy Holroyd	01.45.13	1	
	19	19	514	FW	Chantal Pretorius	02.08.31	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Fun Men 15km	1	1	529	FM	Wian Stapelberg	00.53.38	1	
	2	2	530	FM	Marthinus Kok	00.56.59	1	
	3	3	538	FM	Vernon Rudman	00.57.53	1	
	4	4	542	FM	Paul Laemmle	00.58.20	1	
	5	5	128	FM	Gerhard Van Rensburg	00.58.47	1	
	6	6	580	FM	John Pietrzak	01.01.04	1	
	7	7	536	FM	Tim Osrin	01.01.12	1	
	8	8	544	FM	Fernando Rueda	01.01.47	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	9	9	548	FM	Jan Delpont	01.04.11	1	
	10	10	561	FM	Johan Van Dyk	01.07.15	1	
	11	11	568	FM	Phillip Joone	01.07.16	1	
	12	12	573	FM	Herman Van Heerden	01.07.38	1	
	13	13	553	FM	David Fanti	01.08.13	1	
	14	14	559	FM	Andrew Beattie	01.08.26	1	
	15	15	583	FM	David Krumbock	01.10.32	1	
	16	16	569	FM	Andrew Lammerinks	01.11.06	1	
	17	17	564	FM	Ian Cahmbers	01.11.09	1	
	18	18	547	FM	Jochen Schuette	01.16.12	1	
	19	19	531	FM	Stephan Smit	01.17.53	1	
	20	20	541	FM	Faadiel Cloete	01.19.45	1	
	21	21	585	FM	Mike Clarke	01.22.01	1	
	22	22	540	FM	Bruce Niland	01.22.11	1	
	23	23	535	FM	Adrian Anthony	01.33.40	1	
	24	24	549	FM	Daniel Joubert	01.36.33	1	
	25	25	571	FM	Jacques Terblanche	01.40.40	1	
	26	26	543	FM	Darren Moore	01.41.03	1	
	27	27	551	FM	Rob Coppoolse	01.43.08	1	
	28	28	578	FM	Stefan Falcon	01.45.16	1	
	29	29	537	FM	Nico Kleynhans	02.08.32	1	
	30	30	554	FM	Melony Pike	02.09.09	1	
	31	31	504	FM	Tiaan Kotze	02.09.14	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Men 15km	1	1	576	YM	Jean-Louis Strydom	00.48.05	1	
	2	2	550	YM	James Tredrea	00.53.11	1	
	3	1	529	FM	Wian Stapelberg	00.53.38	1	
	4	3	581	YM	Vaughn Krumbock	00.53.48	1	
	5	4	520	YM	Eben Basson	00.53.50	1	
	6	2	530	FM	Marthinus Kok	00.56.59	1	
	7	3	538	FM	Vernon Rudman	00.57.53	1	
	8	5	565	YM	Peter Saal	00.58.11	1	
	9	6	526	YM	Stephen Laemmle	00.58.18	1	
	10	4	542	FM	Paul Laemmle	00.58.20	1	
	11	5	128	FM	Gerhard Van Rensburg	00.58.47	1	
	12	6	580	FM	John Pietrzak	01.01.04	1	
	13	7	523	YM	Tommy Osrin	01.01.09	1	
	14	7	536	FM	Tim Osrin	01.01.12	1	
	15	8	544	FM	Fernando Rueda	01.01.47	1	
	16	9	548	FM	Jan Delpont	01.04.11	1	
	17	10	561	FM	Johan Van Dyk	01.07.15	1	
	18	11	568	FM	Phillip Joone	01.07.16	1	
	19	12	573	FM	Herman Van Heerden	01.07.38	1	
	20	13	553	FM	David Fanti	01.08.13	1	
	21	14	559	FM	Andrew Beattie	01.08.26	1	
	22	15	583	FM	David Krumbock	01.10.32	1	
	23	8	570	YM	Sared Lammerinks	01.11.06	1	
	24	16	569	FM	Andrew Lammerinks	01.11.06	1	
	25	17	564	FM	Ian Cahmbers	01.11.09	1	
	26	18	547	FM	Jochen Schuette	01.16.12	1	
	27	19	531	FM	Stephan Smit	01.17.53	1	
	28	20	541	FM	Faadiel Cloete	01.19.45	1	
	29	9	584	YM	Liam Clarke	01.22.01	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	30	21	585	FM	Mike Clarke	01.22.01	1	
	31	22	540	FM	Bruce Niland	01.22.11	1	
	32	10	524	YM	Junior Rowe	01.23.32	1	
	33	11	521	YM	Ulrich Ferreira	01.25.10	1	
	34	12	522	YM	Joseph Moore	01.25.32	1	
	35	23	535	FM	Adrian Anthony	01.33.40	1	
	36	13	527	YM	Dean Pretorius	01.35.54	1	
	37	24	549	FM	Daniel Joubert	01.36.33	1	
	38	25	571	FM	Jacques Terblanche	01.40.40	1	
	39	26	543	FM	Darren Moore	01.41.03	1	
	40	14	552	YM	Andre Coppoolse	01.43.07	1	
	41	27	551	FM	Rob Coppoolse	01.43.08	1	
	42	15	579	YM	Alex Falcon	01.45.11	1	
	43	28	578	FM	Stefan Falcon	01.45.16	1	
	44	29	537	FM	Nico Kleynhans	02.08.32	1	
	45	30	554	FM	Melony Pike	02.09.09	1	
	46	31	504	FM	Tiaan Kotze	02.09.14	1	
	47	16	558	YM	Kevin Pike	02.14.01	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Women 15km	1	1	505	FW	Johané Botes	00.59.51	1	
	2	1	582	YW	Sarah Krumbock	01.02.01	1	
	3	2	513	FW	Lisa-Ann Kaestner	01.03.11	1	
	4	3	510	FW	Ilse Langhout	01.04.12	1	
	5	2	574	YW	Lieze Van Heerden	01.07.37	1	
	6	4	6	FW	Marlize Engelbrecht	01.08.10	1	
	7	5	512	FW	Marinda Pienaar	01.09.03	1	
	8	6	508	FW	Nicole Wonfor	01.14.08	1	
	9	7	515	FW	Lucy Ho	01.16.08	1	
	10	8	575	FW	Marlene Van Heerden	01.17.04	1	
	11	9	509	FW	Miri Smit	01.17.55	1	
	12	3	503	YW	Lucia Niland	01.22.11	1	
	13	10	516	FW	Heidi Rowe	01.23.35	1	
	14	11	560	FW	Ronell Wiid	01.23.41	1	
	15	12	517	FW	Natalie Moore	01.25.57	1	
	16	13	566	FW	Deone Van Loggerenberg	01.27.31	1	
	17	14	567	FW	Charlotte Van Loggerenberg	01.27.34	1	
	18	15	506	FW	Suné Stapelberg	01.27.37	1	
	19	16	572	FW	Dee Terblanche	01.31.21	1	
	20	17	577	FW	Olesya Loubser	01.33.34	1	
	21	4	502	YW	Meaghan Moore	01.41.02	1	
	22	5	501	YW	Melissa Holroyd	01.45.13	1	
	23	18	519	FW	Wendy Holroyd	01.45.13	1	
	24	6	557	YW	Carrie Pike	02.08.12	1	
	25	19	514	FW	Chantal Pretorius	02.08.31	1	
	26	7	504	YW	Claudia Rudman	02.09.14	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Junior Men 42km	1	1	118	JM	Matthew Lombardi	02.09.09	1	
	2	2	19	JM	Janlu Uys	02.33.32	1	
	3	3	17	JM	Theuns Swart	03.18.46	1	
	4	4	18	JM	Eckaard Le Roux	03.47.40	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Open Women 42km	1	1	11	OW	Desiree Loubser	02.40.01	1	
	2	2	123	OW	Katja Steenkamp	02.53.45	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	3	3	14	OW	Monique Beattie	02.54.15	1	
	4	4	7	OW	Marinda Bruwer	03.19.29	1	
	5	5	9	OW	Amanda Landon	03.48.03	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
Open Men 42km	1	1	21	OM	Jurgens Uys	02.00.33	1	
	2	2	116	OM	Simon Van Helsdingen	02.19.04	1	
	3	3	115	OM	Scott Watermeyer	02.19.04	1	
	4	4	80	OM	Colin Van Zyl	02.23.13	1	
	5	5	82	OM	Ian Loos	02.26.14	1	
	6	6	114	OM	Willem Vegter	02.27.15	1	
	7	7	36	OM	Eugene Du Plessis	02.27.19	1	
	8	8	90	OM	Mike Du Toit	02.27.50	1	
	9	9	119	OM	Christo Nimb	02.33.01	1	
	10	10	29	OM	Dudley De Reuck	02.38.54	1	
	11	11	34	OM	Carlos Rodrigues	02.38.56	1	
	12	12	111	OM	Morgan Mullur	02.40.30	1	
	13	13	76	OM	Stephan Human	02.43.41	1	
	14	14	39	OM	Lurich Smith	02.45.10	1	
	15	15	117	OM	Martin Lombardi	02.46.50	1	
	16	16	120	OM	Grant Clark	02.48.53	1	
	17	17	102	OM	Clive Gaven	02.51.40	1	
	18	18	74	OM	Conrad Scholtz	02.53.12	1	
	19	19	122	OM	Pierre Steenkamp	02.53.46	1	
	20	20	37	OM	Dean Garrett	02.54.35	1	
	21	21	75	OM	Gawie De Villiers	02.57.18	1	
	22	22	24	OM	Driekus Nel	02.59.04	1	
	23	23	104	OM	Coenraad Deetlefs	03.00.13	1	
	24	24	81	OM	David Bland	03.00.20	1	
	25	25	86	OM	Johan Kleyn	03.00.23	1	
	26	26	64	OM	Justin Johnson	03.01.57	1	
	27	27	67	OM	Ben Fouche	03.02.17	1	
	28	28	106	OM	James Rimell	03.02.27	1	
	29	29	110	OM	Andy Hetherington	03.05.42	1	
	30	30	100	OM	Dudley De Reuck	03.06.26	1	
	31	31	127	OM	Johan Kriegler	03.07.25	1	
	32	32	55	OM	Kobus Maré	03.07.38	1	
	33	33	109	OM	Raphael Dornier	03.07.44	1	
	34	34	78	OM	James Wrench	03.07.54	1	
	35	35	108	OM	Neil Richardson	03.08.18	1	
	36	36	66	OM	Sheldon Rosslee	03.09.56	1	
	37	37	46	OM	Lock Gous	03.10.18	1	
	38	38	30	OM	Zaine Nichols	03.11.00	1	
	39	39	126	OM	J D Malan	03.11.54	1	
	40	40	63	OM	Chris Bakker	03.14.18	1	
	41	41	45	OM	Stuart Geldenhuys	03.19.29	1	
	42	42	23	OM	Alto De Kock	03.21.54	1	
	43	43	107	OM	Andreas Pyper	03.21.55	1	
	44	44	79	OM	Wynand Louw	03.23.49	1	
	45	45	105	OM	Johan Swart	03.24.20	1	
	46	46	77	OM	Ashraf Kathrada	03.26.09	1	
	47	47	73	OM	Gerhard Prins	03.28.29	1	
	48	48	70	OM	Mark Holroyd	03.32.55	1	
	49	49	95	OM	Neil Kirkwood	03.32.56	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	50	50	61	OM	Darrin Hofmeyr	03.34.01	1	
	51	51	121	OM	Mark Raffanelli	03.34.17	1	
	52	52	44	OM	Cobus Fourie	03.35.20	1	
	53	53	89	OM	Martin Horn	03.37.09	1	
	54	54	50	OM	Paul Wilson	03.39.00	1	
	55	55	96	OM	Erhard Wolf	03.40.04	1	
	56	56	57	OM	Irene Bester	03.41.20	1	
	57	57	88	OM	Eben Nel	03.42.48	1	
	58	58	83	OM	Sanjay Tewary	03.47.38	1	
	59	59	124	OM	Brian Hoffman	03.48.57	1	
	60	60	94	OM	Nick Austin	03.50.01	1	
	61	61	52	OM	Paul Galatis	03.50.26	1	
	62	62	72	OM	Pieter Kock	03.51.08	1	
	63	63	99	OM	Dick Oliemans	03.51.57	1	
	64	64	27	OM	Ludi Mouton	03.56.02	1	
	65	65	43	OM	Nico Coetzee	03.58.40	1	
	66	66	54	OM	Samora Adams	04.02.24	1	
	67	67	42	OM	Quintus Roos	04.03.21	1	
	68	68	69	OM	Steve Swartz	04.05.32	1	
	69	69	125	OM	Chris Boonzaaier	04.29.15	1	
	70	70	49	OM	Reinhardt Scholtz	04.32.12	1	
	71	71	48	OM	Eben Louw	04.32.12	1	
	72	72	53	OM	Terius Roos	04.45.03	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Men 42km	1	1	21	OM	Jurgens Uys	02.00.33	1	
	2	1	118	JM	Matthew Lombardi	02.09.09	1	
	3	2	116	OM	Simon Van Helsdingen	02.19.04	1	
	4	3	115	OM	Scott Watermeyer	02.19.04	1	
	5	4	80	OM	Colin Van Zyl	02.23.13	1	
	6	5	82	OM	Ian Loos	02.26.14	1	
	7	6	114	OM	Willem Vegter	02.27.15	1	
	8	7	36	OM	Eugene Du Plessis	02.27.19	1	
	9	8	90	OM	Mike Du Toit	02.27.50	1	
	10	9	119	OM	Christo Nimb	02.33.01	1	
	11	2	19	JM	Janlu Uys	02.33.32	1	
	12	10	29	OM	Dudley De Reuck	02.38.54	1	
	13	11	34	OM	Carlos Rodrigues	02.38.56	1	
	14	12	111	OM	Morgan Mullur	02.40.30	1	
	15	13	76	OM	Stephan Human	02.43.41	1	
	16	14	39	OM	Lurich Smith	02.45.10	1	
	17	15	117	OM	Martin Lombardi	02.46.50	1	
	18	16	120	OM	Grant Clark	02.48.53	1	
	19	17	102	OM	Clive Gaven	02.51.40	1	
	20	18	74	OM	Conrad Scholtz	02.53.12	1	
	21	19	122	OM	Pierre Steenkamp	02.53.46	1	
	22	20	37	OM	Dean Garrett	02.54.35	1	
	23	21	75	OM	Gawie De Villiers	02.57.18	1	
	24	22	24	OM	Driekus Nel	02.59.04	1	
	25	23	104	OM	Coenraad Deetlefs	03.00.13	1	
	26	24	81	OM	David Bland	03.00.20	1	
	27	25	86	OM	Johan Kleyn	03.00.23	1	
	28	26	64	OM	Justin Johnson	03.01.57	1	
	29	27	67	OM	Ben Fouche	03.02.17	1	



Group or Category	Pos in		Rider Details			Final Results		
	All	Cat	No	Cat	Name	Time	Laps	Remarks
	30	28	106	OM	James Rimell	03.02.27	1	
	31	29	110	OM	Andy Hetherington	03.05.42	1	
	32	30	100	OM	Dudley De Reuck	03.06.26	1	
	33	31	127	OM	Johan Kriegler	03.07.25	1	
	34	32	55	OM	Kobus Maré	03.07.38	1	
	35	33	109	OM	Raphael Dornier	03.07.44	1	
	36	34	78	OM	James Wrench	03.07.54	1	
	37	35	108	OM	Neil Richardson	03.08.18	1	
	38	36	66	OM	Sheldon Rosslee	03.09.56	1	
	39	37	46	OM	Lock Gous	03.10.18	1	
	40	38	30	OM	Zaine Nichols	03.11.00	1	
	41	39	126	OM	J D Malan	03.11.54	1	
	42	40	63	OM	Chris Bakker	03.14.18	1	
	43	3	17	JM	Theuns Swart	03.18.46	1	
	44	41	45	OM	Stuart Geldenhuys	03.19.29	1	
	45	42	23	OM	Alto De Kock	03.21.54	1	
	46	43	107	OM	Andreas Pyper	03.21.55	1	
	47	44	79	OM	Wynand Louw	03.23.49	1	
	48	45	105	OM	Johan Swart	03.24.20	1	
	49	46	77	OM	Ashraf Kathrada	03.26.09	1	
	50	47	73	OM	Gerhard Prins	03.28.29	1	
	51	48	70	OM	Mark Holroyd	03.32.55	1	
	52	49	95	OM	Neil Kirkwood	03.32.56	1	
	53	50	61	OM	Darrin Hofmeyr	03.34.01	1	
	54	51	121	OM	Mark Raffanelli	03.34.17	1	
	55	52	44	OM	Cobus Fourie	03.35.20	1	
	56	53	89	OM	Martin Horn	03.37.09	1	
	57	54	50	OM	Paul Wilson	03.39.00	1	
	58	55	96	OM	Erhard Wolf	03.40.04	1	
	59	56	57	OM	Irene Bester	03.41.20	1	
	60	57	88	OM	Eben Nel	03.42.48	1	
	61	58	83	OM	Sanjay Tewary	03.47.38	1	
	62	4	18	JM	Eckard Le Roux	03.47.40	1	
	63	59	124	OM	Brian Hoffman	03.48.57	1	
	64	60	94	OM	Nick Austin	03.50.01	1	
	65	61	52	OM	Paul Galatis	03.50.26	1	
	66	62	72	OM	Pieter Kock	03.51.08	1	
	67	63	99	OM	Dick Oliemans	03.51.57	1	
	68	64	27	OM	Ludi Mouton	03.56.02	1	
	69	65	43	OM	Nico Coetzee	03.58.40	1	
	70	66	54	OM	Samora Adams	04.02.24	1	
	71	67	42	OM	Quintus Roos	04.03.21	1	
	72	68	69	OM	Steve Swartz	04.05.32	1	
	73	69	125	OM	Chris Boonzaaier	04.29.15	1	
	74	70	49	OM	Reinhardt Scholtz	04.32.12	1	
	75	71	48	OM	Eben Louw	04.32.12	1	
	76	72	35	OM	Pierre Taljaard	04.45.03	1	
Category	All	Cat	No	Cat	Name	Time	Laps	Remarks
All Women 42km	1	1	11	OW	Desiree Loubser	02.40.01	1	
	2	2	123	OW	Katja Steenkamp	02.53.45	1	
	3	3	14	OW	Monique Beattie	02.54.15	1	
	4	4	7	OW	Marinda Bruwer	03.19.29	1	
	5	5	9	OW	Amanda Landon	03.48.03	1	