

Category: Master Male										
1	1834	JEAN DU PREEZ	00:14:37	00:15:12	00:15:31	00:16:36				01:01:56
2	1835	COLIN GIBBINGS	00:14:42	00:16:24	00:16:09	00:16:40				01:03:55
3	1832	JOHAN STEYN	00:19:15	00:21:54	00:23:29	00:23:40				01:28:18
4	1836	BRIAN BONTEKONING	00:14:34	00:15:50	00:22:23					00:52:47
Category: Nipper Boys										
1	145	PIETER VENTER	00:14:11	00:14:42						00:28:53
2	146	ZIAN SMITH	00:27:37	00:16:11						00:43:48
Category: Sprog Boys										
1	227	HENDRE SCHOEMAN	00:09:59	00:10:21	00:10:21					00:30:40
2	221	MARCO STRYDOM	00:10:00	00:10:22	00:13:05					00:33:27
3	226	MARCEL MOORE	00:10:06	00:12:29	00:11:51					00:34:25
4	219	DANIEL JOHNS	00:13:26	00:13:44	00:14:47					00:41:57
5	220	DUNCAN SHIVAS	00:13:21	00:16:59	00:14:56					00:45:16
6	229	KELEBOGILE MAKABELA	00:13:59	00:20:25						DNF
7	228	DEVON MACLEOD								DNF
Category: Sprog Girls										
1	218	CAITLIN MCCOY	00:13:40	00:14:17	00:14:11					00:42:08
Category: Sub Junior Female										
1	468	MARJONE STRYDOM	00:15:56	00:17:49						00:33:44
2	461	KATHLEEN BAKER	00:17:10	00:18:01						00:35:11
3	459	LAURIESIAN BRETT	00:21:02	00:26:14						00:47:16
Category: Sub Junior Male										
1	475	IAN ELS	00:13:55	00:15:02	00:15:21					00:44:19
2	471	ETHAN KNIPE	00:15:38	00:16:00	00:15:17					00:46:55
3	462	RUDOLPH LABUSCHAGNE	00:14:59	00:16:32	00:16:41					00:48:13
4	463	LIAM MCCOY	00:15:18	00:16:46	00:16:28					00:48:31
5	473	INUS DU PREEZ	00:15:04	00:16:30	00:17:00					00:48:34
6	458	BERTIE ANDERSON	00:16:34	00:18:09	00:17:35					00:52:19
7	460	RUAN DU TOIT	00:17:48	00:18:30	00:19:15					00:55:32
8	464	CODY SULLIVAN	00:17:19	00:19:01	00:20:17					00:56:38
9	467	FRANCO BOTHA	00:17:50	00:19:07	00:19:42					00:56:39
10	437	JARED TERLOUW	00:23:44	00:25:04	00:39:58					01:28:45
11	470	ANTON STEENKAMP	00:22:18	00:24:19						LPD
12	472	TISETSO MODISELLE	00:22:20	00:24:46						LPD
13	469	BENNARD DORFLING	00:17:22							DNF
14	474	JAYDEN ODENDAAL	00:17:49							DNF
15	466	RUAN BEZUIDENHOUT	00:23:32							DNF
16	465	EDUARD STEYN								DNF
Category: Sub Vet Male										
1	1322	BRUCE LYWOOD	00:13:18	00:14:21	00:15:10	00:15:43	00:17:16			01:15:49
2	1356	CHRIS KUUN	00:15:02	00:16:36	00:17:43	00:18:55	00:18:26			01:26:42
3	1366	JAN-ALBERT DE KOCK	00:18:49	00:27:04	00:28:49					01:14:41
4	1362	JURIE SPYKERMAN								DNF
Category: U23 Female										
1	2163	JULIA KOTZE	00:13:49	00:15:09	00:15:27	00:15:30	00:21:17			01:21:11
2	2159	JESSICA ALCOCK	00:13:51	00:15:32	00:15:00	00:15:45	00:21:30			01:21:37
3	2150	MELANIE ROUX	00:15:51	00:18:03	00:19:01	00:19:32	00:18:48			01:31:15
Category: U23 Male										
1	2162	FRANS NEL	00:10:49	00:11:43	00:14:10					00:36:43
2	2166	WESSEL BOTHA	00:10:41	00:13:22	00:12:42					00:36:44
3	2160	COBUS VAN DEN BERG	00:11:54	00:13:01	00:13:42					00:38:37
4	2164	VINCENT MEIDI	00:15:07	00:19:47	00:19:56					00:54:50
5	2161	JACQUES PRETORIUS	00:11:46							DNF
6	2165	RAYNARD CLAASSENS								DNF
7	2158	MARTIEN VENTER								DNF
Category: Vet Female										
1	1577	TRACEY REYNOLDS	00:20:26	00:22:41	00:22:28	00:23:14				01:28:49

2	1587	SHARON SPILLER	00:20:53	00:23:45	00:26:43	00:24:25				01:35:46
Category: Vet Male										
1	1417	JOHAN MAARTENS	00:13:21	00:13:50	00:14:10	00:14:31	00:13:13			01:09:05
2	1570	ANDRE TERLOUW	00:12:51	00:13:46	00:14:32	00:14:22	00:13:53			01:09:25
3	1588	STEWART MCLEOD	00:12:56	00:14:24	00:14:16	00:14:55	00:15:16			01:11:47
4	1580	BERTUS ANDERSON	00:15:10	00:16:01	00:17:18	00:19:25				01:07:54
5	1449	DOUG LANG	00:14:31	00:16:53	00:19:36	00:19:10				01:10:10
6	1448	ALAN TODD	00:15:42	00:21:07	00:21:39	00:19:23				01:17:52
7	1585	DEON STRYDOM	00:13:37	00:14:53	00:15:26					DNF
8	1450	FRANCOIS BOTHA	00:16:46	00:19:00	00:20:27					LPD
Category: Youth Female										
1	830	MONIQUE DU TOIT	00:15:21	00:16:28	00:17:11					00:49:00
2	828	KELLY RANDLE	00:16:37	00:17:44	00:18:09					00:52:29
3	822	CHRISTI MARAIS	00:18:05	00:17:20	00:19:01					00:54:26
4	804	LENKA LABUSCHAGNE	00:17:48	00:20:38	00:20:55					00:59:21
5	829	SUNIQUE VAN DER WALT	00:17:46	00:21:03	00:22:53					01:01:43
Category: Youth Male										
1	819	HENNIE VAN WYK	00:11:40	00:12:38	00:13:03	00:13:22				00:50:44
2	810	ANDREAS SCHALEKAMP	00:12:06	00:12:57	00:13:07	00:13:21				00:51:31
3	820	LIAM EDWARDS	00:12:08	00:12:56	00:14:10	00:14:00				00:53:15
4	807	PAUL KOEDOODER	00:13:30	00:13:40	00:13:49	00:13:03				00:54:02
5	798	MIGUEL MOTINHO	00:12:57	00:13:44	00:14:08	00:13:58				00:54:48
6	800	MATTEO DAMILANO	00:12:55	00:13:44	00:14:09	00:14:01				00:54:48
7	797	JAEDON TERLOUW	00:13:36	00:14:00	00:14:12	00:14:19				00:56:07
8	806	DIAN JANJETICH	00:13:31	00:14:03	00:14:18	00:14:18				00:56:10
9	654	FRANCOIS BOTHA	00:13:23	00:14:09	00:14:17	00:14:22				00:56:11
10	793	AARON HEYNEKE	00:13:43	00:14:26	00:14:18	00:14:23				00:56:50
11	827	ESTIAN SCHOEMAN	00:13:52	00:14:29	00:14:29	00:14:39				00:57:28
12	600	KIAN VICTOR	00:13:49	00:14:22	00:14:36	00:15:08				00:57:55
13	801	DEAN SHIVAS	00:13:32	00:16:09	00:16:09	00:13:16				00:59:06
14	813	KEVIN SCHOLTZ	00:13:58	00:15:33	00:15:25	00:14:25				00:59:21
15	817	ADRIAAN STRYDOM	00:13:45	00:15:02	00:16:25	00:14:50				01:00:02
16	814	DUVAN ROUSSEAU	00:13:33	00:14:45	00:15:48	00:16:19				01:00:26
17	803	XANDER DUVENHAGE	00:14:08	00:15:24	00:15:47	00:15:09				01:00:29
18	809	JANRU BENEKE	00:14:47	00:15:17	00:15:22	00:15:09				01:00:35
19	805	DANIEL COETZEE	00:15:48	00:15:09	00:15:01	00:14:43				01:00:41
20	826	PIETER JAN PRETORIUS	00:13:50	00:15:17	00:15:58	00:16:45				01:01:50
21	602	HENCO MARAIS	00:15:50	00:16:18	00:16:24	00:15:49				01:04:20
22	818	AIDAN GEARY	00:15:43	00:16:57	00:16:17	00:17:41				01:06:38
23	790	MIKEN MAYHEW	00:16:08	00:16:47	00:16:59	00:17:20				01:07:13
24	791	CHRISTIAAN BAUMAN	00:16:10	00:17:05	00:17:30					LPD
25	799	MORNE MALAN	00:17:41	00:17:30	00:17:19					LPD
26	802	NATHAN CALITZ	00:17:26	00:18:16	00:18:26					LPD
27	603	BAILEY WILSON	00:15:51	00:17:01	00:23:12					LPD
28	792	MINNAAR BRAND	00:17:44	00:18:31	00:19:58					LPD
29	812	CHRISTO WILLEMSE	00:15:20	00:22:27	00:19:33					LPD
30	795	DILLON GEARY	00:18:09	00:19:48	00:20:38					LPD
31	796	RYAN SCRIMGEOUR	00:18:07	00:21:19	00:21:11					LPD
32	815	RAINIER JOUBERT	00:18:11	00:21:13	00:21:14					LPD
33	821	JERAN-PIERRE BOLTON	00:19:11	00:20:30	00:24:51					LPD
34	658	DONOVAN LUBBE	00:20:24	00:23:07	00:25:09					LPD
35	604	DYLAN SERFONTEIN	00:26:54	00:21:01	00:22:47					LPD
36	649	DANIE HYMAN	00:17:01	00:19:37						LPD
37	816	JAYDEN LANG	00:14:45	00:38:07						LPD
38	601	JONATHAN RIBEIRO	00:17:51							DNF
39	825	JAHNCO STEENKAMP	00:26:57							DNF