

Position	Race Nr	Name	Lap1	Lap2	Lap3	Total Time	Comments
Category: ELITE MALE 60KM							
1	1004	NEL FRANS	00:41:00	00:40:45	00:42:39	02:04:23	
2	1003	CHRISTOPHER SMIT	00:45:05	00:46:18	00:48:05	02:19:29	
Category: GRAND MASTER FEMALE 40KM							
	1994	NICKY VAN HEERDEN	01:17:57			01:17:57	DNF
Category: JUNIOR FEMALE 40km							
1	802	KAYLA HODGMAN	00:49:08	00:53:17		01:42:25	
2	801	ANNEKE VAN DER WALT	00:58:35	01:04:25		02:03:00	
Category: JUNIOR MALE 40km							
1	809	JORDAN BOSHOFF	00:38:37	00:43:25		01:22:02	
2	807	BERTIE ANDERSON	00:38:39	00:43:37		01:22:16	
3	810	KYLE ROBERTSON	00:42:33	00:47:23		01:29:56	
4	808	JOHAN DE KLERK	00:43:57	00:51:25		01:35:22	
5	805	DEWALDT STREICHER	00:44:30	00:55:30		01:40:00	
6	806	JOHNATHAN ROBB	00:46:27	00:55:21		01:41:48	
Category: MASTER MALE 60KM							
1	1806	LEON MEIJER	00:45:07	00:46:10	00:48:01	02:19:18	
2	1808	DARYLL HARDING	00:45:08	00:46:09	00:49:01	02:20:19	
3	1804	GRANT KERR	00:49:43	00:47:25	00:49:56	02:27:04	
4	1805	ERNST HORN	00:48:35	00:51:58	00:55:41	02:36:14	
5	1807	BERTUS ANDERSON	00:46:51	01:04:07	00:48:09	02:39:08	
Category: OPEN FEMALE 20km							
1	702	MEGAN BOSHOFF	00:52:06			00:52:06	
2	700	ALISON CRICHTON	01:00:06			01:00:06	
3	701	TIDIMALO MOKGATLE	01:24:56			01:24:56	
Category: OPEN FEMALE 40KM							
1	757	ADINE ROODE	00:59:17	01:05:51		02:05:08	
2	754	HILLARY DE BEER	01:04:25	01:05:19		02:09:44	
3	752	YOULANDE ERWEE	01:06:13	01:10:54		02:17:06	
	753	CHARLENE OLIVIER	01:08:31			01:08:31	DNF
Category: OPEN MALE 20km							
1	703	GAVIN COETZEE	00:49:21			00:49:21	
2	706	SEBASTIAN BOTHA	00:51:06			00:51:06	
3	704	ADRIAAN VENTER	00:52:11			00:52:11	
Category: OPEN MALE 40KM							
1	756	FRANCOIS KEMP	00:59:15	01:05:54		02:05:09	
	755	TYRON GREENBLAT	01:15:50			01:15:50	DNF
Category: SUB JUNIOR FEMALE 20km							
1	538	ANAIS HUYSER	00:48:53			00:48:53	
2	540	SARAH HEHER	00:51:43			00:51:43	
3	539	CARA CRICHTON	01:16:31			01:16:31	
Category: SUB JUNIOR MALE 20km							
1	542	XANDER ERASMUS	00:45:42			00:45:42	
2	543	WIUM DU TOIT	00:50:37			00:50:37	
3	544	CHRISTIANO GOUVEIA	00:51:41			00:51:41	
4	541	AYDEN THUYNSMA	00:57:58			00:57:58	
Category: SUB VET FEMALE 60KM							
1	1401	NONTOBEKO BEAUTY NGOBESE	00:51:26	00:56:02	00:54:36	02:42:04	
Category: SUB VET MALE 60KM							
1	1403	DEWALD LOTTER	00:40:58	00:40:45	00:42:46	02:04:29	
2	1402	WALDO DE BEER	00:43:42	00:45:02	00:45:19	02:14:02	
3	1405	MARNUS PUTTER	00:43:46	00:44:59	00:46:45	02:15:30	
4	1404	WESLEY BOSHOFF	00:48:21	00:50:23	00:50:39	02:29:23	
Category: VET MALE 60KM							
1	1602	NICO VERLOOP	00:46:49	00:48:22	00:50:11	02:25:22	
2	1604	LONWABO MASETI	00:50:18	00:48:26	00:50:40	02:29:24	
Category: YOUTH FEMALE 40km							
1	601	SHANA VAN HEERDEN	00:53:51	00:57:50		01:51:41	
2	602	SIMONE MARITZ	01:16:09	01:12:44		02:28:53	
Category: YOUTH MALE 40km							
1	608	BEON VAN STADEN	00:45:15	00:43:49		01:29:04	
2	603	HERMAN BRAND	00:44:35	00:44:44		01:29:18	
3	609	STEFAN VAN JAARVELD	00:45:27	00:44:31		01:29:57	
4	605	MATTHEW FRATTAROLI	00:45:22	00:47:37		01:32:59	

Position	Race Nr	Name	Lap1	Lap2	Lap3	Total Time	Comments
5	607	ANDRE STEENEKAMP	00:44:55	00:50:35		01:35:30	
6	606	ECKHARD DEDNAM	00:43:56	00:53:42		01:37:37	
	604	GHIAN MULLER	00:44:36			00:44:36	DNF