

Pos	Cat	Pos	First Name	Last Name	Number	Category	Laps	Total Time	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6
150km														
1	1		Simon	Andreassen	R62	u/23-M	6	3:53:54.086	40:53.416	39:42.124	41:13.807	37:07.778	37:33.598	37:23.363
2	1		Rohan	Du Plooy	W1	Elite-M	6	3:53:54.185	10:09.086	10:09.085	10:09.085	10:09.085	10:09.085	3:03:08.759
3	2		Ivan	Venter	W8	u/23-M	6	3:55:17.217	39:12.872	39:12.869	39:12.869	39:12.869	39:12.869	39:12.869
4	2		Craig	Boyes	W25	Elite-M	6	3:56:14.430	39:22.405	39:22.405	39:22.405	39:22.405	39:22.405	39:22.405
5	3		Brad	Gouveris	R71	u/23-M	6	3:56:28.970	40:53.842	39:41.793	41:13.183	37:08.495	37:33.225	39:58.432
6	4		Aidan	Van Niekerk	R88	u/23-M	6	3:56:29.227	41:02.895	36:10.992	40:01.149	41:18.404	38:57.894	38:57.893
7	5		Greg	de Vink	W7	u/23-M	6	3:56:29.425	40:53.435	39:41.817	41:13.748	37:09.015	37:32.543	39:58.867
8	3		Jarrood	Venter	W46	Elite-M	6	3:57:19.558	40:55.107	39:42.164	41:12.710	38:55.489	38:17.044	38:17.044
9	4		Chris	Cronje	W29	Elite-M	6	3:58:55.407	40:53.160	39:01.444	41:55.609	37:06.911	38:17.471	41:40.812
10	5		Nicol	Carstens	R66	Elite-M	6	3:58:55.432	39:32.836	39:32.835	39:32.835	39:32.835	39:32.835	41:11.256
11	1		Etnard	Louw	W20	30-34-M	6	3:59:21.452	40:53.788	39:44.163	41:12.575	37:07.656	38:16.751	42:06.519
12	6		Carl	Bonthuys	R64	u/23-M	6	4:03:14.605	40:52.842	39:45.777	41:10.784	38:52.028	40:35.044	41:58.130
13	6		Mark	Daly	W30	Elite-M	6	4:03:15.192	40:54.839	39:42.699	41:13.339	38:55.726	40:29.308	41:59.281
14	7		Benjamin	Fish	R69	u/23-M	6	4:03:17.452	40:57.979	39:43.278	41:16.169	38:51.754	40:29.078	41:59.194
15	8		Rossouw	Bekker	R63	u/23-M	6	4:03:17.776	40:33.013	40:05.980	41:00.044	39:08.394	40:28.163	42:02.182
16	7		Rinaldo	Kruger	W38	Elite-M	6	4:03:18.111	40:56.964	39:43.347	41:11.966	38:49.406	40:35.632	42:00.796
17	8		Reece	Piper	W40	Elite-M	6	4:03:18.771	40:33.131	40:06.335	40:59.921	39:07.736	40:29.569	42:02.079
18	9		Alex	Parsons	R80	u/23-M	6	4:03:18.832	40:33.142	40:33.138	40:33.138	40:33.138	40:33.138	40:33.138
19	10		Rocco	King	R74	u/23-M	6	4:03:20.506	40:55.137	39:44.102	41:11.234	38:57.220	40:29.577	42:03.236
20	9		Brandon	Christiaans	W28	Elite-M	6	4:03:20.855	40:54.017	39:23.229	41:31.579	38:58.315	40:28.867	42:04.848
21	11		George jacobus	Perrins	R81	u/23-M	6	4:03:21.871	40:53.321	39:42.879	41:13.573	38:56.932	40:28.665	42:06.501
40	22		Phillip	Botha	R65	u/23-M	1	4:03:30.048	4:03:30.048					
22	10		Jaco	Pelser	W39	Elite-M	6	4:03:40.615	40:54.502	39:44.568	41:11.309	38:56.882	41:26.677	41:26.677
41	15		Jonathan	Van Gesselleen	W45	Elite-M	1	4:03:46.833	4:03:46.833					
23	12		Hennie	Roux	R82	u/23-M	6	4:04:12.581	40:54.899	39:42.755	41:12.568	45:58.255	38:07.020	38:17.084
24	11		Max	Sullivan	W44	Elite-M	6	4:04:18.464	38:23.150	39:22.708	39:22.707	41:14.927	39:46.865	46:08.107
25	13		Abdul Muttalib	Sauls	R83	u/23-M	6	4:20:36.575	40:54.393	39:00.559	41:55.266	38:56.881	41:35.133	58:14.343
26	14		Luca	Stermin	R86	u/23-M	6	4:28:13.618	40:53.711	39:44.945	41:11.656	44:27.509	48:57.607	52:58.190
27	15		Wynand	Hofmeyr	R73	u/23-M	6	4:31:55.556	40:54.434	39:42.090	41:18.555	53:46.125	48:07.176	48:07.176
29	12		Lubabalo	Begala	W24	Elite-M	5	4:00:36.913	40:55.120	43:36.124	50:45.816	51:21.800	53:58.053	
35	3		Alex	Heward	W35	30-34-M	4	4:09:05.296	38:23.866	22:33.264	1:00:57.130	2:07:11.036	-	
36	13		Shaun	Glover	W34	Elite-M	4	4:25:50.288	40:55.143	39:22.850	41:34.069	2:23:58.226		
28	16		Byron	Munton	W11	u/23-M	5	3:28:27.596	40:46.396	39:54.833	41:10.404	37:05.905	49:30.058	
30	17		Jarrett	West	R89	u/23-M	4	2:47:25.195	40:54.114	39:41.852	41:13.436	45:35.793		
31	12		Evan	Carstens	W27	Elite-M	4	2:47:53.411	40:53.671	39:42.383	41:13.547	46:03.810		

32	18	Ryan	Lenferna	R76	u/23-M	4 2:51:16.105	40:54.724	39:44.482	41:11.536	49:25.363
33	2	Thabo Manu	Koetsier	W37	30-34-M	4 2:57:56.745	40:56.450	41:08.416	47:39.397	48:12.482
34	19	Tristan	Hamilton	R72	u/23-M	4 3:21:03.959	45:09.476	48:51.529	53:05.699	53:57.255
37	20	Kylu	Kotze	R75	u/23-M	3 1:30:36.798	40:58.110	42:36.363	07:02.325	
38	14	Christopher	Engel	W2	Elite-M	3 2:08:48.254	40:53.548	40:44.099	47:10.607	
39	21	Spencer	Schultz	R84	u/23-M	2 1:29:32.166	40:58.397	48:33.769		

100km Vets

1	1	Theuns	Van Der Bank	B1	30-34-M	4 2:32:26.339	37:22.627	37:47.825	38:25.567	38:50.320
2	1	Raymond	Cox	B34	35-39-M	4 2:33:13.729	37:22.469	37:49.057	38:24.728	39:37.475
3	2	Ignus	Oosthuizen	B59	35-39-M	4 2:33:15.365	37:21.195	37:49.843	38:24.453	39:39.874
4	2	Charl	van wyk	B3	30-34-M	4 2:33:25.320	37:22.121	37:48.962	38:24.830	39:49.407
5	1	Tom	Briggs	B13	40-44-M	4 2:36:27.799	37:22.811	37:47.985	38:25.415	42:51.588
6	3	Paul-Dean	Rorich	B61	35-39-M	4 2:37:33.589	37:22.037	37:49.430	38:24.995	43:57.127
7	4	Neil	Timm	B5	35-39-M	4 2:38:33.135	37:22.058	37:49.098	38:24.372	44:57.607
8	2	David	Garret	B39	40-44-M	4 2:40:39.265	38:57.105	39:42.860	41:55.060	40:04.240
9	1	Moolman	Welgemoed	B75	45-49-M	4 2:40:46.772	38:57.271	39:43.039	41:54.434	40:12.028
10	2	Andreas	Studer	B15	45-49-M	4 2:40:58.539	38:57.395	39:42.638	41:55.847	40:22.659
11	5	Izak	Hanekom	B43	35-39-M	4 2:41:48.065	38:57.795	39:42.407	41:56.982	41:10.881
12	3	Dale	Haupt	B49	30-34-M	4 2:42:16.394	37:22.176	37:48.369	42:01.014	45:04.835
13	6	Wesley	Willenburg	B78	35-39-M	4 2:42:21.268	38:56.284	39:43.676	41:56.658	41:44.650
14	7	Ian	Naude	B7	35-39-M	4 2:42:26.515	39:20.361	39:20.360	41:55.475	41:50.319
15	3	Quinten	Oliver	B57	45-49-M	4 2:42:35.012	39:19.559	39:19.559	41:55.616	42:00.278
16	4	Petri	Strydom	B69	30-34-M	4 2:42:35.579	38:57.872	39:42.566	41:53.993	42:01.148
17	4	Luke	Pheiffer	B14	45-49-M	4 2:42:38.127	38:56.149	39:44.101	41:56.742	42:01.135
18	3	Scott	Corry	B33	40-44-M	4 2:42:38.929	38:58.005	39:41.014	41:57.057	42:02.853
19	8	Dewald	Nienaber	W71	35-39-M	4 2:42:40.150	37:22.602	41:17.466	41:55.777	42:04.305
20	9	Jacques	Van Zyl	B73	35-39-M	4 2:42:40.462	38:56.078	39:43.844	41:57.596	42:02.944
21	4	Riaan	Marais	B11	40-44-M	4 2:42:41.537	38:57.309	39:42.059	42:00.075	42:02.094
22	5	Hermias	Schreuder	B64	30-34-M	4 2:42:43.476	38:57.466	39:41.585	41:57.741	42:06.684
23	5	Henk	van der Watt	B70	45-49-M	4 2:42:56.287	39:19.462	39:19.462	41:56.425	42:20.938
24	10	Andre	du Toit	B36	35-39-M	4 2:43:04.634	38:58.144	39:42.577	41:57.109	42:26.804
25	11	Azri	Sassman	B63	35-39-M	4 2:45:43.712	38:57.097	39:43.538	41:57.670	45:05.407
26	5	Robin	Harris	B45	40-44-M	4 2:45:59.263	38:56.964	39:42.955	41:57.899	45:21.445
27	6	Danie	Marais	B16	45-49-M	4 2:46:10.960	39:20.696	39:20.695	42:02.541	45:27.028
28	12	Ebrahim	Samodien	B62	35-39-M	4 2:50:57.308	42:05.244	42:57.356	42:57.354	42:57.354
29	13	Josh	Gray	B41	35-39-M	4 2:51:47.223	38:57.917	39:43.402	41:58.038	51:07.866
30	6	Oscar	Cloete	B31	40-44-M	4 2:51:56.175	38:56.821	39:43.872	41:58.229	51:17.253

31	7	Marko	Marais	B12	40-44-M	4 2:54:03.183	38:57.911	39:42.777	44:58.094	50:24.401
32	14	Egan	Grantham	B40	35-39-M	4 3:01:33.253	42:04.446	44:59.843	47:42.396	46:46.568
33	8	Hannes	Wessels	B76	40-44-M	4 3:01:36.673	41:20.277	45:01.587	47:17.003	47:57.806
34	15	Arno	Cilliers	B30	35-39-M	4 3:02:46.714	41:40.318	45:24.536	47:42.557	47:59.303
35	16	Juan	Isaacs	B51	35-39-M	4 3:02:59.049	38:57.996	39:42.916	49:20.896	54:57.241
36	17	Adrian	Whiteboyd	B77	35-39-M	4 3:02:59.138	41:20.205	44:53.889	47:23.699	49:21.345
37	7	Ian	Mostert	B55	45-49-M	4 3:04:27.761	43:32.302	43:32.301	47:42.567	49:40.591

100km - Ladies - Jnr Men

1	1	Linwill C	Jansen	W14	Junior-M	4 2:53:09.435	44:15.831	42:47.746	43:06.269	42:59.589
2	2	Matthew	fortuin	W15	Junior-M	4 2:53:10.299	44:13.893	42:48.961	43:07.608	42:59.837
3	3	Ethan	Warrin	W17	Junior-M	4 2:54:18.225	44:13.580	42:50.516	43:06.400	44:07.729
4	4	Imraan	Gasant	W18	Junior-M	4 2:56:05.831	44:14.546	42:48.240	43:07.586	45:55.459
5	5	Imtiyaz	van der Hoven	W62	Junior-M	4 2:56:22.293	44:14.791	42:48.989	43:07.193	46:11.320
6	6	Whayde	Davids	W48	Junior-M	4 2:57:14.950	44:14.405	42:49.083	43:07.885	47:03.577
7	7	Charl	Swanepoel	W13	Junior-M	4 2:57:15.284	44:13.675	43:12.178	45:29.172	44:20.259
8	8	Brannon	Miller	W16	Junior-M	4 2:57:53.122	44:14.952	43:00.583	45:39.829	44:57.758
9	9	Andre	Du preez	W50	Junior-M	4 2:57:55.012	44:14.394	43:00.851	45:39.924	44:59.843
10	10	Tashreeq	Fataar	W21	Junior-M	4 2:58:15.129	44:13.228	42:49.555	43:08.410	48:03.936
11	1	Maroesjka	Matthee	G60	Elite-F	4 3:04:23.085	44:14.825	43:11.653	50:51.970	46:04.637
12	2	Liezel	Jordaan	G40	Elite-F	4 3:04:23.712	46:05.928	46:05.928	46:05.928	46:05.928
13	1	Courteney	Webb	G76	u/23-F	4 3:04:30.086	44:15.552	43:37.087	50:24.786	46:12.661
14	11	Kerrighan	Aries	W47	Junior-M	4 3:04:46.360	44:14.556	43:00.698	45:40.319	51:50.787
15	12	Morneal	Esau	W51	Junior-M	4 3:04:47.182	44:15.570	42:49.119	45:51.233	51:51.260
16	1	Annemie	Koen	G77	30-34-F	4 3:15:06.151	45:40.145	50:24.190	49:15.596	49:46.220
17	1	Bianca	Holtzkampf	G45	40-44-F	4 3:15:07.597	44:18.269	49:44.772	51:18.081	49:46.475
18	1	Chanel	Hannah	G41-309	Elite-F	4 3:15:08.101	44:22.311	51:42.206	49:15.962	49:47.622
19	13	Jacques	Bredenkamp	W23	Junior-M	4 3:15:08.453	46:09.810	49:28.743	49:42.252	49:47.648
20	14	Dimitri	Muller	W60	Junior-M	4 3:22:31.828	44:15.335	43:21.680	1:18:34.974	36:19.839
21	15	Tyrone	Filander	W52	Junior-M	4 3:42:49.181	42:11.244	43:00.331	52:11.511	1:25:26.095
22	16	Aviwe	Matina	W57	Junior-M	3 2:26:07.891	45:37.490	50:01.371	50:29.030	
23	17	Vuyo	Motsopi	W59	Junior-M	2 1:30:37.544	44:14.413	46:23.131		
24	1	Jean-Marié	Roelofse	G42	u/23-F	2 1:43:21.600	48:12.593	55:09.007		

75km Vets

1	1	Rassie	Smit	B92	60-64-M	3 2:10:36.432	43:32.144	43:32.144	43:32.144	
2	1	Pete	Nelson	B86	50-54-M	3 2:10:37.290	42:28.363	46:03.908	42:05.019	
3	2	Eugene	Ruiters	B88	50-54-M	3 2:10:37.364	43:32.298	43:32.298	43:32.768	
4	3	Kelson	Da Cruz	B18	50-54-M	3 2:10:37.588	42:28.987	46:02.688	42:05.913	

5	4	John	Horn	B21-308	50-54-M	3	2:10:37.626	42:28.374	46:02.571	42:06.681
6	5	Andrew	Wheeldon	B19	50-54-M	3	2:10:38.744	42:28	46:04.165	42:06.579
7	1	Terence	Shortt	B89	55-59-M	3	2:10:42.072	43:34.024	43:34.024	43:34.024
8	6	Guy	Le Ray-Cook	B22	50-54-M	3	2:10:49.131	42:29.008	46:03.009	42:17.114
9	7	Riaan	Joubert	B84	50-54-M	3	2:13:31.172	42:29.419	46:20.610	44:41.143
10	8	Matthew	Ferguson	B23	50-54-M	3	2:14:40.684	44:53.562	44:53.561	44:53.561
11	2	Riccardo	Stermin	B93	55-59-M	3	2:14:40.948	44:53.650	44:53.649	44:53.649
12	3	Selwyn	Maggott	B85	55-59-M	3	2:14:41.245	44:53.749	44:53.748	44:53.748
13	1	Desiree	Strydom	G79	45-49-F	3	2:25:53.330	43:46.276	47:29.852	54:37.202
14	1	Luetta	Van der Westhuizen	G67	50-54-F	3	2:29:10.226	45:14.085	51:34.128	52:22.013
15	9	Graeme	Warrin	B95	50-54-M	3	2:30:34.571	43:45.953	49:54.877	56:53.741
16	1	Cathy	Carstens	G78	55-59-F	3	2:31:01.727	50:20.577	50:20.575	50:20.575
17	2	Marié	Roelofse	G53	50-54-F	3	2:52:28.554	55:34.821	57:23.984	59:29.749
18	10	Rory	Florence	B20	50-54-M	2	1:31:15.176	43:46.160	47:29.016	
19	2	Pierre-Yves	Jeanrenaud	B26	60-64-M	2	1:32:55.161	42:29.321	50:25.840	
20	1	Ian	Gordon	B79	75+-M	2	1:32:55.161	46:27.581	46:27.580	
21	4	Stephen	Stefano	B25	55-59-M	2	1:54:35.621	54:23.664	1:00:11.957	
22	11	Hayden	Wroughton	B24-310	50-54-M	1	44:02.475	44:02.475		
23	5	Pierre	Slabbert	B91	55-59-M	1	48:55.183	48:55.183		

75km Jnr Ladies - u/17 Buys

1	1	Bobby	Troskie	R11	u/17-M	3	2:20:46.528	47:21.696	49:14.071	44:10.761
2	2	Alchan	Nelson	R2	u/17-M	3	2:20:53.561	47:21.330	49:15.459	44:16.772
3	3	Samuel	Swart	R7	u/17-M	3	2:20:55.812	46:58.604	46:58.604	46:58.604
4	4	Rayaan	Fataar	R19	u/17-M	3	2:21:00.517	47:00.173	47:00.172	47:00.172
5	5	Deubarin	Van West	R14	u/17-M	3	2:21:05.177	47:21.373	49:15.308	44:28.496
6	6	Tashreeq	Abrahams	R51	u/17-M	3	2:21:06.130	47:21.432	49:15.781	44:28.917
7	7	Alex	Goetham	R17	u/17-M	3	2:21:10.303	47:21.737	49:13.499	44:35.067
8	8	Chanton	Perrins	R4	u/17-M	3	2:21:10.775	47:21.069	49:14.444	44:35.262
9	1	Carla	Steyn	G47	Junior-F	3	2:21:11.059	47:20.741	49:14.691	44:35.627
10	9	Justin	Chesterton	R52	u/17-M	3	2:21:18.993	48:10.693	48:10.692	44:57.608
11	10	Vuyani	Sebonyane	R8	u/17-M	3	2:21:36.892	47:20.121	49:07.537	45:09.234
12	11	Jason	Bruintjies	R21	u/17-M	3	2:21:46.399	47:21.562	49:14.725	45:10.112
13	12	Bjorn	Horne	R15	u/17-M	3	2:21:49.183	47:21.126	49:14.673	45:13.384
14	1	Mia	de Villiers	G52	Junior-F	3	2:21:53.582	47:22.104	49:14.335	45:17.143
15	13	Breyton	Hendricks	R54	u/17-M	3	2:21:58.756	47:19.898	49:15.504	45:23.354
16	14	Benino	Hans	R53	u/17-M	3	2:21:59.394	47:20.133	47:36.901	47:02.360
17	15	Stefan	Marais	R1	u/17-M	3	2:22:01.358	47:19.719	49:16.272	45:25.367

18	16	Richard	Torrington	R3	u/17-M	3	2:22:05.108	47:20.974	49:15.846	45:28.288
19	17	Tyrese	Swartz	R6	u/17-M	3	2:22:19.170	47:21.333	49:14.530	45:43.307
20	18	Devontey	Schuller	R61	u/17-M	3	2:22:31.464	47:22.328	49:14.145	45:54.991
21	19	Alexander	Craddock	R20	u/17-M	3	2:22:32.719	46:02.600	38:51.271	57:38.848
22	20	Hlumelo	Ngqobongwana	R10	u/17-M	3	2:23:58.537	47:20.629	49:15.004	47:22.904
23	2	Ashleigh	Parsons	M9048	Junior-F	3	2:25:51.098	48:37.034	48:37.032	48:37.032
24	3	Kirstin	Roelofse	G49	Junior-F	3	2:34:20.817	49:54.437	51:39.596	52:46.784
25	4	Imaan	Phillips	G75	Junior-F	3	2:34:20.976	49:54.857	51:37.950	52:48.169
26	21	Lefa	Tale	R5	u/17-M	3	2:36:58.716	47:20.682	49:14.177	1:00:23.857
27	22	Waderick	Pienaar	R60	u/17-M	3	2:48:32.923	47:21.177	50:22.306	1:10:49.440
28	23	Jo-Niel	Titus	R9	u/17-M	3	3:07:41.601	51:06.888	59:52.728	1:16:41.985

50 km

1	1	Adriaan Albert	Van Zyl	R24	u/15-M	2	1:37:52.401	47:06.421	50:45.980	
2	2	Fayyaadh	Hendricks	R29	u/15-M	2	1:38:03.579	48:07.829	49:55.750	
3	3	Ethan	Kulsen	R28	u/15-M	2	1:41:04.323	49:02.697	52:01.626	
4	4	Ashton	Miller	R30	u/15-M	2	1:41:04.895	49:03.106	52:01.789	
5	5	Tawfeeq	Shira	R27	u/15-M	2	1:41:09.111	50:34.556	50:34.555	
6	6	Daniel	Grobbelaar	R25	u/15-M	2	1:41:15.598	49:02.261	52:13.337	
7	1	Julia	Marx	G54	u/17-F	2	1:46:13.714	50:08.905	56:04.809	
8	2	Sophia	Friedrich	G55	u/17-F	2	1:46:27.602	50:07.649	56:19.953	
9	3	Nienke	Mostert	G74	u/17-F	2	1:47:48.213	50:47.151	57:01.062	
10	7	Zakariyyaa	Martin	R26	u/15-M	2	1:48:11.229	49:02.882	59:08.347	
11	4	Miché	Dipper	G56	u/17-F	2	1:48:45.402	52:00.756	56:44.646	
12	1	Attie	Botha	W91	Para	2	1:49:12.973	54:36.487	54:36.486	
13	2	Phillo	Verlaat	W94	Para	2	1:49:13.277	51:39.741	57:33.536	
14	3	Clayton	Hindle	W90	Para	2	1:50:28.732	53:10.428	57:18.304	
15	8	Mikhail	Green	R35	u/15-M	1	56:19.899	56:19.899		
16	9	Likhona	Maweyi	R34	u/15-M	1	1:14:22.586	1:14:22.586		

25 km

1	1	Justin	Naude	R36	u/13-M	1	56:17.725	56:17.725		
2	1	Anna	Marx	G58	u/15-F	1	57:21.014	57:21.014		
3	2	Sizwe	Mdhuli	R39	u/13-M	1	57:51.022	57:51.022		
4	3	Luke	Oldale	R37	u/13-M	1	58:04.307	58:04.307		
5	2	Chandre	Present	G71	u/15-F	1	1:04:32.074	1:04:32.074		

20 km

1	1	Camaron	Wilcox	R42	u/11-M	1	46:15.524	46:15.524		
2	2	Kevin	Naude	R43	u/11-M	1	46:15.590	46:15.590		

3	1	Jessie	Munton	G69	u/13-F	1 50:09.966	50:09.966
4	2	Mine	van der Walt	G59	u/13-F	1 50:10.006	50:10.006
5	3	Chloe	Chesterton	G68	u/13-F	1 51:30.604	51:30.604
6	0	Jana	van der Walt	G70		1 52:03.077	52:03.077
7	3	Mughammad	Arnold	R44	u/11-M	1 1:03:34.010	1:03:34.010