

Pos	Cat Pc	First Name	Last Name	Number	Category	Laps	Time	Speed
10 km								
1	1	Fayyaadh	Hendricks	R29	u/15-M	1	20:06	29.9 km/h
2	2	Adriaan Albert	Van Zyl	R24	u/15-M	1	20:07	29.8 km/h
3	3	Daniel	Grobbelaar	R25	u/15-M	1	20:08	29.8 km/h
4	4	Ashton	Miller	R30	u/15-M	1	20:40	29.0 km/h
5	5	Ethan	Kulsen	R28	u/15-M	1	21:02	28.5 km/h
6	1	Julia	Marx	G54	u/17-F	1	21:38	27.7 km/h
7	6	Tawfeeq	Shira	R27	u/15-M	1	21:43	27.6 km/h
8	2	Sophia	Friedrich	G55	u/17-F	1	22:09	27.1 km/h
9	1	Luke	Oldale	R37	u/13-M	1	22:15	27.0 km/h
10	1	Anna	Marx	G58	u/15-F	1	22:22	26.8 km/h
11	2	Justin	Naude	R36	u/13-M	1	22:30	26.7 km/h
12	7	Zareef	Green	R31	u/15-M	1	22:47	26.3 km/h
13	1	Jessie	Munton	G69	u/13-F	1	23:08	25.9 km/h
14	1	Marié	Roelofse	G53	50-54-F	1	23:09	25.9 km/h
15	8	Luthando	Mdunyelwa	R33	u/15-M	1	23:59	25.0 km/h
16	9	Zakariyyaa	Martin	R26	u/15-M	1	24:03	24.9 km/h
17	1	Camaron	Wilcox	R42	u/11-M	1	24:04	24.9 km/h
18	3	Sizwe	Mdhluli	R39	u/13-M	1	24:37	24.4 km/h
19	2	Kevin	Naude	R43	u/11-M	1	26:23	22.7 km/h
20	10	Mikhail	Green	R35	u/15-M	1	27:17	22.0 km/h
21	2	Mine	van der Walt	G59	u/13-F	1	27:22	21.9 km/h
22	1	Jana	van der Walt	G70	u/11-F	1	28:20	21.2 km/h
23	4	Sima	Mandla	R40	u/13-M	1	28:28	21.1 km/h
24	11	Kraya	Khanyisa	R32	u/15-M	1	29:27	20.4 km/h
25	3	Mughammad	Arnold	R44	u/11-M	1	29:53	20.1 km/h
26	12	Likhona	Maweyi	R34	u/15-M	1	31:27	19.1 km/h
27	5	Siphesihle	Gobelo	R41	u/13-M	1	34:42	17.3 km/h
28	6	Wandile	Sigidi	R38	u/13-M	1	37:05	16.2 km/h
29	3	Miché	Dipper	G56	u/17-F	1	51:04	11.7 km/h
16 km								
1	1	Jonathan	Bouwer	R22	u/17-M	1	27:32	34.9 km/h
2	2	Bobby	Troskie	R11	u/17-M	1	27:34	34.8 km/h
3	3	Rayaan	Fataar	R19	u/17-M	1	28:17	33.9 km/h
4	4	Samuel	Swart	R7	u/17-M	1	28:42	33.4 km/h
5	5	Zack	Aaron	R23	u/17-M	1	29:18	32.8 km/h
6	6	Alchan	Nelson	R2	u/17-M	1	29:26	32.6 km/h
7	7	Alex	Goetham	R17	u/17-M	1	29:50	32.2 km/h
8	8	Vuyani	Sebonyane	R8	u/17-M	1	30:03	31.9 km/h
9	9	Alexander	Craddock	R20	u/17-M	1	30:05	31.9 km/h
10	1	Carla	Steyn	G47	Junior-F	1	30:12	31.8 km/h
11	10	Nicholas	Friedrich	R18	u/17-M	1	30:13	31.8 km/h
12	11	Stefan	Marais	R1	u/17-M	1	30:15	31.7 km/h
13	12	Chanton	Perrins	R4	u/17-M	1	30:15	31.7 km/h
14	13	Hlumelo	Ngqobongwana	R10	u/17-M	1	31:05	30.9 km/h
15	14	Richard	Torrington	R3	u/17-M	1	31:32	30.4 km/h
16	15	Deubarin	Van West	R14	u/17-M	1	32:33	29.5 km/h
17	16	Tyrese	Swartz	R6	u/17-M	1	33:22	28.8 km/h
18	17	Bjorn	Horne	R15	u/17-M	1	33:35	28.6 km/h
19	1	Mia	de Villiers	G52	Junior-F	1	33:54	28.3 km/h

20	18 Lefa	Tale	R5	u/17-M	1 34:12	28.1 km/h
21	19 Jason	Bruintjies	R21	u/17-M	1 34:20	28.0 km/h
22	20 Surprise	Gwenzi	R16	u/17-M	1 34:29	27.8 km/h
23	21 Sibusiso	Mtsopo	R12	u/17-M	1 34:38	27.7 km/h
24	2 Kirstin	Roelofse	G49	Junior-F	1 35:03	27.4 km/h
25	22 Iviwe	Mazwana	R13	u/17-M	1 35:59	26.7 km/h
26	1 Clayton	Hindle	W90	45-49-M	1 37:01	25.9 km/h
27	23 Jo-Niel	Titus	R9	u/17-M	1 39:16	24.4 km/h
20 km						
1	1 Tashreeq	Fataar	W21	Junior-M	1 26:47	44.8 km/h
2	2 Ethan	Warrin	W17	Junior-M	1 31:41	37.9 km/h
3	3 Matthew	fortuin	W15	Junior-M	1 32:27	37.0 km/h
4	4 Imraan	Gasant	W18	Junior-M	1 32:47	36.6 km/h
5	1 John	Horn	B21	50-54-M	1 32:53	36.5 km/h
6	5 Charl	Swanepoel	W13	Junior-M	1 32:55	36.5 km/h
7	6 Linwill C	Jansen	W14	Junior-M	1 33:24	35.9 km/h
8	2 Guy	Le Ray-Cook	B22	50-54-M	1 33:36	35.7 km/h
9	3 Kelson	Da Cruz	B18	50-54-M	1 34:03	35.2 km/h
10	1 Liezel	Jordaan	G40	Elite-F	1 34:13	35.1 km/h
11	1 Stephen	Stefano	B25	55-59-M	1 34:47	34.5 km/h
12	7 Jamie	Penfold	W19	Junior-M	1 34:51	34.4 km/h
13	4 Matthew	Ferguson	B23	50-54-M	1 34:52	34.4 km/h
14	5 Andrew	Wheeldon	B19	50-54-M	1 36:49	32.6 km/h
15	1 Bianca	Holtzkampf	G45	40-44-F	1 36:49	32.6 km/h
16	2 Elfriede	Wolfaardt	G46	40-44-F	1 37:16	32.2 km/h
17	1 Pierre-Yves	Jeanrenaud	B26	60-64-M	1 37:17	32.2 km/h
18	6 Rory	Florence	B20	50-54-M	1 37:47	31.8 km/h
19	1 Chanel	Hannah	G41	Elite-F	1 38:10	31.4 km/h
20	8 Brannon	Miller	W16	Junior-M	1 38:31	31.2 km/h
21	9 Jacques	Bredenkamp	W23	Junior-M	1 39:41	30.2 km/h
22	1 Heloize	Visser	G43	30-34-F	1 42:10	28.5 km/h
23	1 Jean-Marié	Roelofse	G42	u/23-F	1 42:34	28.2 km/h
24	7 Hayden	Wroughton	B24	50-54-M	1 43:05	27.9 km/h
30 km						
1	1 Theuns	Van Der Bank	B1	30-34-M	3 44:42	40.3 km/h
2	1 Tom	Briggs	B13	40-44-M	3 45:11	39.8 km/h
3	1 Andreas	Studer	B15	45-49-M	3 46:08	39.0 km/h
4	2 Luke	Pheiffer	B14	45-49-M	3 46:17	38.9 km/h
5	1 Bennie	Viljoen	B6	35-39-M	3 47:00	38.3 km/h
6	3 Danie	Marais	B16	45-49-M	3 47:10	38.2 km/h
7	2 Charl	van wyk	B3	30-34-M	3 48:37	37.0 km/h
8	2 Kevin	Malan	B8	35-39-M	3 49:18	36.5 km/h
9	2 Riaan	Marais	B11	40-44-M	3 51:10	35.2 km/h
10	3 Marko	Marais	B12	40-44-M	3 52:20	34.4 km/h
11	4 Kotie	Terblanche	B10	40-44-M	3 53:07	33.9 km/h
12	3 Rafiq	Kamaldien	B4	30-34-M	3 57:32	31.3 km/h
13	3 Neil	Timm	B5	35-39-M	3 58:48	30.6 km/h
40 km						
1	1 Stefan Jaco	de Bod	W6	u/23-M	3 47:55	45.1 km/h
2	2 Byron	Munton	W11	u/23-M	3 50:52	42.5 km/h
3	1 Rohan	Du Plooy	W1	Elite-M	3 53:11	40.6 km/h

4	2 Christopher	Engel	W2	Elite-M	3 56:52	38.0 km/h
5	3 Reich	Lategan	W4	Elite-M	3 1:02:09	34.8 km/h
6	3 Siphumezo	Plaatjie	W12	u/23-M	3 1:10:11	30.8 km/h