

Elite, U23 and Junior Men Junior Men Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	149	Dean Woolley	M	4: M	18	03:15:35.39	41.8 kph
2	144	Frederick Botha	M	5: M	17	03:15:35.40	41.8 kph
3	5021	BenjAmin Fourie	M	7: M	18	03:15:36.00	41.8 kph
4	125	Faraz Khatieb	M	9: M	18	03:15:36.30	41.8 kph
5	5039	Camaron Wilcox	M	32: M	17	03:26:07.45	39.6 kph
6	5028	Daniel le Roux	M	33: M	18	03:26:07.45	39.6 kph
7	147	Joshua Heigers	M	40: M	18	03:30:20.96	38.8 kph
8	129	Yahjaa Martin	M	46: M	17	03:35:51.49	37.8 kph
9	146	Christopher Claassens	M	47: M	17	03:39:42.44	37.2 kph
10	50316	Andr� Smit	M	49: M	17	03:43:52.84	36.4 kph
11	5034	Zain Solomons	M	50: M	18	03:45:24.70	36.2 kph
12	50148	Kael Williams	M	51: M	17	03:46:14.08	36.1 kph
13	135	Noah September	M	52: M	18	03:46:14.10	36.1 kph
14	136	Mihlali Mashiloane	M	54: M	17	03:49:44.24	35.6 kph

Elite, U23 and Junior Men U23 Men Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	117	Carlo Engelbrecht	M	8: M	21	03:15:36.30	41.7 kph
2	50403	Cobus Marais	M	11: M	22	03:15:37.89	41.8 kph
3	50142	Morgan Jones	M	12: M	19	03:15:38.06	41.7 kph
4	124	Willem Visagie	M	15: M	21	03:15:42.30	41.8 kph
5	50413	Luc White	M	18: M	20	03:15:50.89	41.7 kph
6	123	Mikael Smith	M	19: M	19	03:15:52.91	41.7 kph
7	50318	Francois Hofmeyr	M	20: M	22	03:15:53.94	41.7 kph
8	50143	Phillip Hendrik Rousseau	M	28: M	20	03:20:41.96	40.7 kph
9	1227	Imtiyaaz Schultz	M	30: M	19	03:24:44.88	39.9 kph
10	50317	Jean-Pierre du Plessis	M	38: M	21	03:26:12.22	39.6 kph
11	1206	Janco Louw	M	42: M	21	03:32:18.47	38.4 kph
12	1120	Benjamin Avraham Herring	M	43: M	21	03:34:06.95	38.1 kph
13	50402	Ethan Garth Kulsen	M	45: M	21	03:35:51.48	37.8 kph
14	50406	Siphathele Sotomela Sotomela	M	48: M	22	03:42:49.28	36.7 kph
15	50301	Aadam Esa	M	53: M	21	03:46:49.60	36 kph
16	1115	Dawid Oosthuizen	M	58: M	22	04:16:33.88	31.8 kph

Elite, U23 and Junior Men Elite Men Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	667	Tyler Lange	M	1: M	23	03:15:31.04	41.8 kph
2	656	Hanro Geldenhuys	M	2: M	27	03:15:34.69	41.8 kph
3	5001	Jaco Venter	M	3: M	29	03:15:35.22	41.8 kph
4	655	Ben Fish	M	6: M	29	03:15:35.77	41.8 kph
5	50118	Charles Mac Fall	M	10: M	29	03:15:36.46	41.7 kph
6	662	Wynand Hofmeyr	M	13: M	29	03:15:38.60	41.8 kph
7	104	Luca Stermin	M	14: M	29	03:15:41.96	41.7 kph
8	171	Jaco Roets	M	16: M	29	03:15:44.01	41.7 kph
9	660	Alex Heward	M	17: M	29	03:15:49.99	41.7 kph
10	50314	Dutoit van den Bergh	M	21: M	29	03:15:54.28	41.7 kph
11	1729	Freddie Visser	M	22: M	26	03:15:56.31	41.7 kph
12	1112	Pierre Cronje	M	23: M	29	03:16:04.70	41.6 kph
13	1717	William Piat	M	24: M	23	03:16:24.56	41.6 kph
14	1726	Johann Trotzky	M	25: M	27	03:16:36.16	41.5 kph
15	1728	Flavio Venceslau	M	26: M	29	03:16:37.71	41.5 kph
16	663	Nick James	M	27: M	27	03:20:41.96	40.7 kph
17	1702	Jamie Moses	M	29: M	23	03:24:32.24	39.9 kph
18	101	Carl Bonthuys	M	31: M	29	03:24:45.40	39.9 kph
19	670	Vuyo Mavuya	M	34: M	29	03:26:11.30	39.6 kph
20	669	Etnard Louw	M	35: M	29	03:26:11.48	39.6 kph
21	651	Abulele Dyasi	M	36: M	27	03:26:11.65	39.6 kph
22	111	Wilco Strydom	M	37: M	29	03:26:12.03	39.6 kph
23	1701	Jason Bruintjies	M	39: M	23	03:28:53.65	39.1 kph
24	657	Alex Goetham	M	41: M	24	03:30:26.78	38.8 kph
25	668	Daniel Loubser	M	44: M	27	03:35:50.93	37.8 kph
26	658	Gio Hartman	M	55: M	27	03:57:08.91	34.4 kph
27	50149	Enzo Smal	M	56: M	25	04:14:54.00	32 kph
28	112	John Samuels	M	57: M	29	04:14:54.00	32 kph
29	5002	Aidan Whittles	M	59: M	26	04:29:57.98	30.3 kph

All Women Female Junior Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	620	Nadia Van Wyk	F	6: F	18	02:33:27.35	34 kph
2	605	Catalina Rose Lamers	F	15: F	17	02:37:16.77	33.2 kph
3	5052	Hannie Vreken	F	25: F	18	02:47:31.76	31.2 kph

All Women Female U23 Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	599	Anya du Plessis	F	3: F	21	02:30:53.71	34.6 kph
2	50415	Silke Bester	F	8: F	20	02:33:28.91	34 kph
3	50404	Devinque Cleophas	F	27: F	19	03:28:47.60	25 kph

All Women Female Elite Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	586	Tiffany Keep	F	1: F	26	02:30:51.83	34.6 kph
2	590	Liezel Jordaan	F	2: F	29	02:30:52.18	34.6 kph
3	5012	Michaela Lubbe	F	4: F	25	02:33:23.36	34.1 kph
4	5018	Layla Schwellnus	F	16: F	26	02:37:58.18	33.1 kph
5	5009	Jennifer Cleary	F	17: F	29	02:37:58.90	33.1 kph
6	5006	Ella Cheminais	F	24: F	25	02:47:08.14	31.3 kph
7	1114	Anke Claassen	F	26: F	23	02:59:22.88	29.1 kph

All Women Female 30 - 34 Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	50249	Erika Potgieter	F	7: F	33	02:33:28.03	34.1 kph
2	50248	Storm Middleton	F	9: F	32	02:33:30.11	34.1 kph
3	50250	Nina Van der Berg	F	12: F	31	02:33:39.87	34 kph
4	50247	Leanda Du Bruyn	F	14: F	32	02:36:37.23	33.4 kph

All Women Female 35 - 39 Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	1119	Midee Potgieter	F	10: F	37	02:33:32.13	34 kph
2	50228	Chanel Hannah	F	20: F	37	02:38:09.92	33 kph
3	50225	Claire David	F	22: F	39	02:39:26.08	32.8 kph
4	50241	Annemie Kruger	F	23: F	36	02:45:31.39	31.6 kph

All Women Female 40 - 44 Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	1050	Nicola Walker	F	13: F	44	02:36:29.26	33.4 kph
2	50304	Rochelle Burger	F	21: F	42	02:38:37.01	33 kph

All Women Female 45 - 49 Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	1053	Bronwyn Timm	F	18: F	45	02:37:59.06	33.1 kph
2	1052	Almari De Milander	F	19: F	45	02:38:07.89	33 kph

All Women Female 50 - 54 Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	1057	Liesel Prentis	F	5: F	52	02:33:25.35	34.1 kph

All Women Female 60 - 64 Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	1763	Elizabeth Janse van Rensburg	F	11: F	63	02:33:35.18	34 kph

Masters 30-49 Men Male 30 - 34 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	5053	Miguel Carvalho	M	3: M	33			03:29:53.76	03:29:37.60	38.9 kph
2	5059	Corbin Mann	M	4: M	30			03:32:13.70	03:32:04.21	38.5 kph
3	5060	Stefano Marcia	M	8: M	33			03:35:04.94	03:34:47.86	38 kph
4	163	Keenan Carr	M	13: M	33			03:36:35.71	03:36:23.53	37.7 kph
5	50219	Johannes Viljoen	M	21: M	31			03:46:39.46	03:46:30.91	36 kph
6	162	Irefaan Isaacs	M	23: M	30			03:46:49.49	03:46:36.28	36 kph

Masters 30-49 Men Male 35 - 39 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	164	Theuns Van Der Bank	M	2: M	36			03:29:53.75	03:29:42.21	38.9 kph
2	50313	Pieter Malan	M	6: M	37			03:34:16.86	03:34:16.86	38.1 kph
3	50311	Pieter Herbst	M	10: M	35			03:35:11.35	03:34:58.24	38 kph
4	1222	Delano Rasmus	M	12: M	35			03:36:35.36	03:36:20.24	37.7 kph
5	1226	Kobus Cronje	M	14: M	38			03:36:36.43	03:36:21.86	37.7 kph
6	156	Zane Zandberg	M	18: M	36			03:36:44.42	03:36:35.13	37.7 kph
7	157	Kyle Correia	M	25: M	36			03:46:59.03	03:46:45.44	36 kph

Masters 30-49 Men Male 40 - 44 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	50202	Waldo Zevenster	M	1: M	44			03:29:53.74	03:29:41.76	38.9 kph
2	50245	Gadi Chait	M	5: M	40			03:33:30.95	03:33:22.41	38.2 kph
3	515	Bert Verlinde	M	7: M	40			03:34:41.00	03:34:29.89	38 kph
4	50310	Philipp Schmid	M	11: M	41			03:36:34.35	03:36:23.76	37.7 kph
5	1211	Jaco Du Preez	M	16: M	43			03:36:42.34	03:36:28.23	37.7 kph
6	50243	Clint Armino	M	19: M	41			03:36:45.79	03:36:33.25	37.7 kph
7	50309	Steven Sutherland	M	22: M	43			03:46:45.14	03:46:28.89	36 kph
8	1208	Jacques Collins	M	24: M	41			03:46:58.87	03:46:49.06	36 kph
9	50303	Paul-Dean RÄ¶rich	M	26: M	44			03:47:00.09	03:46:44.32	36 kph
10	179	Paul Sean Daniels	M	27: M	40			04:03:29.56	04:03:18.79	33.5 kph
11	50201	Azri Sassman	M	28: M	43			04:04:44.83	04:04:33.45	33.4 kph

Masters 30-49 Men Male 45 - 49 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	510	Erik Steyl	M	9: M	45			03:35:10.64	03:35:02.71	37.9 kph
2	50127	Stephen Tillemans	M	15: M	49			03:36:40.96	03:36:27.87	37.7 kph
3	50112	Johan Elliot	M	17: M	46			03:36:43.37	03:36:29.66	37.7 kph
4	50116	Ryan Lea	M	20: M	45			03:39:36.11	03:39:28.09	37.2 kph

Masters 50+ Men Male 50 - 54 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	50204	David Garrett	M	1: M	52			02:20:19.31	02:20:12.26	37.2 kph
2	50210	Callan Sexton	M	3: M	54			02:23:14.62	02:23:06.93	36.5 kph
3	50205	Franz Lamers	M	4: M	50			02:23:15.63	02:23:05.95	36.5 kph
4	520	Ken Prentis	M	5: M	54			02:23:15.80	02:23:15.80	36.4 kph
5	50208	Mark Pretorius	M	7: M	52			02:23:16.85	02:23:08.89	36.5 kph
6	50308	Dirk Weideman	M	11: M	51			02:23:18.43	02:23:10.19	36.5 kph
7	1107	Deon Barnard	M	14: M	50			02:23:18.62	02:23:11.46	36.5 kph
8	50306	Jonavan Jacobs	M	18: M	53			02:23:19.39	02:23:19.39	36.4 kph
9	1242	Chrispin Fourie	M	20: M	50			02:23:20.30	02:23:08.97	36.5 kph
10	50307	Brandon Barnes	M	21: M	50			02:23:22.32	02:23:12.45	36.5 kph
11	1240	Charl Fourie	M	22: M	54			02:23:22.84	02:23:19.42	36.4 kph
12	519	Gus Pauw	M	29: M	50			02:29:52.28	02:29:42.60	34.9 kph
13	528	Quintin February	M	31: M	50			02:32:50.40	02:32:34.44	34.2 kph
14	531	Lorenzo Cupido	M	32: M	51			02:35:59.42	02:35:59.42	33.5 kph

Masters 50+ Men Male 55 - 59 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	1749	Johan Rousseau	M	9: M	55			02:23:17.38	02:23:04.46	36.5 kph
2	50218	Guy Le Ray-Cook	M	12: M	59			02:23:18.59	02:23:12.97	36.4 kph
3	1111	Pierre Cronje	M	13: M	59			02:23:18.60	02:23:06.33	36.5 kph
4	50215	Pieter de Vos	M	15: M	58			02:23:18.79	02:23:12.05	36.5 kph
5	1751	Nico Vreken	M	19: M	56			02:23:19.40	02:23:08.43	36.5 kph
6	50213	Russel Clarence	M	24: M	58			02:23:24.10	02:23:13.86	36.4 kph
7	524	Danie Marais	M	27: M	57			02:23:31.82	02:23:27.41	36.4 kph
8	1748	Craig John Ogilvy	M	28: M	55			02:27:18.35	02:27:06.17	35.5 kph
9	530	Zahier Davis	M	36: M	57			02:49:45.55	02:49:33.56	30.8 kph
10	1113	Stephen Howarth	M	37: M	58			03:01:19.38	03:01:09.05	28.8 kph
11	527	Abbas Harris	M	40: M	55			03:31:48.08	03:31:34.03	24.7 kph

Masters 50+ Men Male 60 - 64 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	535	Kelson Da Cruz	M	2: M	60			02:21:22.86	02:21:16.39	36.9 kph
2	1757	Ian Martin	M	6: M	60			02:23:16.15	02:23:16.15	36.4 kph
3	1753	Clifford Coxwell	M	8: M	60			02:23:17.38	02:23:08.34	36.5 kph
4	1758	Paul Scott	M	17: M	61			02:23:19.00	02:23:14.88	36.4 kph
5	541	Vaughan Ulyate	M	23: M	64			02:23:23.16	02:23:17.45	36.4 kph
6	1755	Philip Kannemeyer	M	25: M	60			02:23:24.28	02:23:18.02	36.4 kph
7	539	Danie van Onselen	M	35: M	64			02:47:19.77	02:47:14.52	31.2 kph

Masters 50+ Men Male 65 - 69 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	556	Frederic Dauboin	M	10: M	65			02:23:17.55	02:23:09.60	36.5 kph
2	1201	Steven Ing	M	16: M	65			02:23:18.99	02:23:13.76	36.4 kph
3	1764	Derwyn Oxley	M	26: M	67			02:23:25.18	02:23:16.05	36.4 kph
4	549	Pierre-Yves Jeanrenaud	M	30: M	68			02:30:54.44	02:30:43.37	34.6 kph
5	546	Petrus Botha	M	33: M	65			02:36:00.62	02:35:47.30	33.5 kph

Masters 50+ Men Male 70 - 74 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	557	Keith Jones	M	34: M	70			02:40:23.35	02:40:23.35	32.5 kph

Masters 50+ Men Male 75+ Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	560	Mike Lombard	M	38: M	75			03:08:21.78	03:08:12.56	27.7 kph
2	559	Mike Fairbank	M	39: M	75			03:31:47.72	03:31:31.57	24.7 kph

U17 Boys Overall Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time
1	565	Tristan Mc Given	M	1: M	16	02:22:11.78
2	563	Jandre Welgemoed	M	2: M	15	02:22:14.78
3	566	Dewald Welgemoed	M	3: M	16	02:22:29.49
4	1745	Jandre van Lill	M	4: M	15	02:38:25.45
5	578	Gerschen Pretorius	M	5: M	16	02:39:11.84
6	584	Anda Nqumse	M	6: M	15	02:39:14.03
7	582	Siphosihle Lucas	M	7: M	15	02:39:20.84
8	570	William Scott Ruthven	M	8: M	15	02:39:27.83
9	567	Mughammad Arnold	M	9: M	16	02:39:28.56
10	1739	Zaheer Delcarme	M	10: M	15	02:43:33.02
11	583	Hakeem Mallum	M	11: M	16	02:45:42.39
12	1706	Zack Solomons	M	12: M	15	02:47:43.00
13	574	Tyrone Fabrick	M	13: M	16	02:54:09.13

U15 Boys & U17 Girls Female U17 Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	1109	Ella Barnard	F	1: F	16	01:22:56.64	30.4 kph
2	1065	Kendra Kitching	F	2: F	16	01:22:59.80	39.5 kph
3	1064	Alandri Steyn	F	3: F	15	01:23:00.19	39.5 kph
4	1090	Zayaan Clarke	F	4: F	16	01:23:05.96	39.4 kph
5	1092	Amber Roos	F	5: F	16	01:23:13.82	39.4 kph
6	1747	Jordin Rose Newman	F	6: F	16	01:23:24.83	39.2 kph
7	1097	Gabriella Nikolopoulos	F	7: F	15	01:38:38.82	31.9 kph
8	1062	Zuri Green	F	8: F	15	01:43:30.46	30.3 kph

U15 Boys & U17 Girls Male U15 Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time	Pace
1	1010	Steffan Moolman	M	1: M	14	01:22:52.07	39.6 kph
2	1004	Zachariah Williams	M	2: M	14	01:22:55.74	39.5 kph
3	1012	Skyler Bruintjies	M	3: M	14	01:22:56.63	39.5 kph
4	1016	Matthew Marais	M	4: M	14	01:22:59.26	39.5 kph
5	50315	Tyler van Gesselteen	M	5: M	13	01:23:00.18	30.4 kph
6	1737	Elliot Minster	M	6: M	14	01:23:05.24	39.4 kph
7	1106	Connor Roebuck	M	7: M	14	01:23:07.25	30.3 kph
8	1002	Spencer Smuts van Zyl	M	8: M	14	01:23:19.38	39.3 kph
9	1009	Declan Pedro	M	9: M	13	01:23:21.83	30.2 kph
10	1007	Rj van Lill	M	10: M	13	01:24:52.31	38.4 kph
11	1013	Logan Carelse	M	11: M	14	01:43:38.79	24.3 kph
12	1001	Aqeel Clarke	M	12: M	13	01:44:17.02	30.3 kph
13	1017	Musaab Ebrahiem	M	13: M	14	01:48:58.89	30 kph

U11 U13 Boys & U11 U13 U15 Girls Female U11 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	1035	Rahmah Kelly	F	3: F	9			01:05:23.94	01:05:10.44	18.4 kph

U11 U13 Boys & U11 U13 U15 Girls Female U13 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	1736	Leena Delcarme	F	1: F	12			00:46:48.00	00:46:48.00	25.6 kph
2	1032	Rabia Kelly	F	2: F	12			00:47:01.56	00:46:50.54	25.6 kph

U11 U13 Boys & U11 U13 U15 Girls Male U11 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	1036	Euan Pauw	M	8: M	10			00:55:53.36	00:55:42.98	21.5 kph
2	1110	Jandro Barnard	M	9: M	9			01:04:31.34	01:04:31.34	18.6 kph
3	1033	Johan Dirkse-van Schalkwyk	M	10: M	10			01:04:31.52	01:04:20.05	18.7 kph
4	1034	Fayyad Davis	M	11: M	10			01:12:35.08	01:12:23.66	16.6 kph

U11 U13 Boys & U11 U13 U15 Girls Male U13 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	1020	Mughamad Yaqeen Arnold	M	1: M	12			00:46:42.85	00:46:32.61	25.8 kph
2	1031	Maxx Ludescher	M	2: M	11			00:46:43.57	00:46:34.03	25.8 kph
3	1030	Maleagi Malherbe	M	3: M	11			00:46:43.93	00:46:43.93	25.7 kph
4	1025	Kayden Marias	M	4: M	12			00:46:44.87	00:46:33.67	25.8 kph
5	1026	Caeden Pauw	M	5: M	12			00:46:58.35	00:46:49.40	25.6 kph
6	1024	Imaad Isaacs	M	6: M	11			00:46:58.53	00:46:58.53	25.5 kph
7	1028	Lourens Johannes Smith	M	7: M	11			00:53:26.66	00:53:15.73	22.5 kph

Para T Overall Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time
1	1041	Siyambonga Ketelo	M	1: M	25	02:07:13.76

Para H Overall Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time
1	1039	Lyndon Van Wyk	M	1: M	46	01:53:26.16
2	1203	Johann Marais	M	2: M	36	02:45:35.07

Para C Overall Results

Place	Bib	Name	Gender	Gender Place	Age	Clock Time
1	1104	Clinton Madgwick	M	1: M	44	01:17:58.58
2	1103	Deon van der Berg	M	2: M	57	01:26:47.60
3	1105	Vernon Treu	M	3: M	24	01:28:46.87