

OverallPos	RaceNo	Name	Time	GenCateg	From	Swim	T1	Cycle	T2	Run
1	2	Raynard TISSINK	08:23:28	MPro	South Africa	00:50:27	00:01:38	04:37:03	00:02:10	02:52:08
2	13	Mathias HECHT	08:28:53	MPro	Switzerland	00:47:44	00:01:39	04:33:52	00:02:18	03:03:18
3	9	Daniel FONTANA	08:33:48	MPro	Italy	00:47:46	00:01:41	04:39:08	00:01:51	03:03:21
4	51	Jason SHORTIS	08:34:52	MPro	Gold coast ()	00:55:04	00:01:48	04:44:01	00:02:10	02:51:46
5	1	Stephen BAYLISS	08:40:28	MPro	England	00:47:39	00:01:20	04:48:32	00:01:43	03:01:12
6	25	Jan RAPHAEL	08:42:46	MPro	Germany	00:50:00	00:01:39	04:45:51	00:02:12	03:03:02
7	26	Max RENKO	08:51:19	MPro	Austria	00:56:24	00:01:47	04:42:37	00:01:38	03:08:53
8	117	Trevor DELSAUT	08:53:32	M25-29	France	00:59:31	00:02:48	04:47:08	00:02:12	03:01:51
9	7	Simon BILLEAU	08:53:49	MPro	France	00:52:03	00:01:25	04:45:24	00:01:46	03:13:10
10	28	Aleksandar SØRENSEN-MARKOVIC	08:56:06	MPro	Denmark	00:56:40	00:02:05	04:50:26	00:02:31	03:04:23
11	625	Nicolas BEYELER	09:05:31	M35-39	Switzerland	00:59:56	00:02:20	04:53:47	00:01:42	03:07:44
12	331	Raoul DE JONGH	09:11:18	M30-34	South Africa	00:52:01	00:02:23	04:57:51	00:02:52	03:16:08
13	814	Jaime MENENDEZ DE LUARCA	09:11:57	M35-39	Spain	00:55:39	00:01:58	04:57:21	00:01:59	03:14:59
14	5	Brad STORM	09:15:22	MPro	South Africa	00:47:40	00:01:24	04:36:27	00:02:18	03:47:31
15	283	Ivan ALVAREZ GOMEZ	09:15:42	M30-34	Spain	01:01:09	00:03:39	05:02:48	00:01:59	03:06:05
16	35	Sonja TAJSICH	09:16:55	FPro	Germany	01:02:02	00:02:17	05:01:55	00:03:26	03:07:13
17	14	Kent HORNER	09:19:32	MPro	South Africa	00:49:58	00:01:44	04:59:20	00:03:37	03:24:51
18	47	Caroline STEFFEN	09:22:00	FPro	Switzerland	00:53:58	00:01:54	05:06:15	00:02:02	03:17:50
19	103	Kyle BUCKINGHAM	09:24:09	M25-29	South Africa	00:53:35	00:01:45	05:02:38	00:02:47	03:23:22
20	417	Michal KULICH	09:25:33	M30-34	Slovak republic	01:05:51	00:04:33	04:54:46	00:03:03	03:17:18
21	851	Sven PERSCHNECK	09:26:04	M35-39	South Africa	00:56:41	00:02:32	05:03:16	00:03:27	03:20:06
22	884	Wolfgang SEIDL	09:28:30	M35-39	Austria	01:05:34	00:03:07	05:04:49	00:02:02	03:12:56
23	1320	Jason VAN DER BURGT	09:29:37	M40-44	Netherlands	01:00:57	00:02:31	05:04:49	00:02:38	03:18:38
24	32	Jozef VRABEL	09:29:48	MPro	Slovakia	00:59:52	00:02:48	04:58:25	00:02:57	03:25:44
25	397	Marco INFANTE	09:29:52	M30-34	Italy	01:01:01	00:02:56	04:54:54	00:01:58	03:29:01
26	40	Tine DECKERS	09:29:58	FPro	Belgium	00:59:17	00:02:26	05:04:58	00:02:02	03:21:13
27	1359	Richard WRIGHT	09:30:48	M40-44	South Africa	00:55:32	00:02:24	05:05:33	00:01:52	03:25:26
28	1071	Edoardo BERNASCHI	09:31:27	M40-44	Italy	01:00:51	00:02:33	05:04:13	00:02:04	03:21:44
29	12	Dion HARRISON	09:32:15	MPro	Great Britain	00:50:25	00:01:36	04:58:11	00:02:00	03:40:00
30	505	Doc SNOOK	09:32:15	M30-34	Channel Islands	00:52:24	00:02:05	04:51:09	00:02:23	03:44:11
31	334	Pj DELMONT	09:34:18	M30-34	South Africa	00:58:11	00:02:23	05:01:36	00:01:41	03:30:26

<b>32</b>	136	Philipp GUBLER	09:35:36	M25-29	Switzerland	01:00:27	00:02:31	05:02:13	00:02:31	03:27:52
<b>33</b>	891	Dominik SPYCHER	09:36:53	M35-39	Switzerland	00:57:36	00:03:03	05:01:51	00:02:06	03:32:15
<b>34</b>	179	Urs MÜLLER	09:37:20	M25-29	Switzerland	00:56:52	00:02:07	05:02:53	00:03:09	03:32:16
<b>35</b>	50	Mirjam WEERD	09:37:24	FPro	Netherlands	00:56:20	00:02:19	05:09:56	00:03:37	03:25:10
<b>36</b>	907	Christophe TERZI	09:37:34	M35-39	France	01:02:05	00:02:11	04:58:50	00:03:41	03:30:44
<b>37</b>	719	Jose GONZALEZ	09:37:34	M35-39	Chile	01:08:21	00:02:27	04:52:37	00:02:18	03:31:49
<b>38</b>	299	Samuel BLAZQUEZ GOMEZ	09:37:42	M30-34	Spain	00:59:59	00:04:17	05:18:43	00:01:42	03:13:00
<b>39</b>	328	Gordon CROUCHER	09:39:06	M30-34	England	01:04:46	00:03:03	04:59:51	00:02:41	03:28:44
<b>40</b>	135	Justin GRAY	09:39:24	M25-29	South Africa	01:04:41	00:02:56	05:10:05	00:01:55	03:19:45
<b>41</b>	29	Jason SPONG	09:40:04	MPro	South Africa	01:02:24	00:02:23	05:21:55	00:01:41	03:11:39
<b>42</b>	788	Gustavo LÓPEZ	09:40:28	M35-39	Argentina	01:09:11	00:02:53	04:59:04	00:01:52	03:27:26
<b>43</b>	718	René GÖLDNER	09:41:19	M35-39	Germany	01:10:55	00:02:46	05:15:12	00:01:32	03:10:51
<b>44</b>	45	Sonja JAARVELD	09:42:20	FPro	Netherlands	01:05:26	00:02:27	05:06:27	00:02:04	03:25:54
<b>45</b>	878	Mark SACK	09:42:52	M35-39	South Africa	00:58:13	00:03:40	05:11:31	00:02:52	03:26:34
<b>46</b>	1562	Markus ROTH	09:43:00	M45-49	Germany	01:01:52	00:03:19	05:03:03	00:03:46	03:30:58
<b>47</b>	10	Bryn FREEMAN	09:43:45	MPro	South Africa	00:52:09	00:01:58	05:08:54	00:02:35	03:38:06
<b>48</b>	46	Meike KREBS	09:44:02	FPro	Germany	00:56:02	00:02:06	05:14:17	00:01:45	03:29:51
<b>49</b>	437	Daniel MANNWEILER	09:46:07	M30-34	Germany	01:06:08	00:03:01	05:04:21	00:02:39	03:29:57
<b>50</b>	802	Lloyd MARSHALL	09:46:52	M35-39	South Africa	01:01:43	00:03:54	05:21:28	00:03:07	03:16:38
<b>51</b>	957	Garren WATKINS	09:47:04	M35-39	United Arab Emirates	00:57:11	00:03:30	05:06:32	00:02:16	03:37:34
<b>52</b>	509	Rainer STEINBERGER	09:47:17	M30-34	Germany	01:07:55	00:03:16	04:45:59	00:03:08	03:46:57
<b>53</b>	16	Jerzy KASEMIER	09:47:54	MPro	Netherlands	00:52:04	00:01:44	04:48:25	00:02:56	04:02:42
<b>54</b>	41	Martina DOGANA	09:48:13	FPro	Italy	01:00:04	00:02:15	05:10:07	00:01:42	03:34:03
<b>55</b>	49	Bree WEE	09:49:19	FPro	United States	00:52:43	00:01:50	05:07:34	00:02:02	03:45:08
<b>56</b>	379	Robin GRIFFITHS	09:50:03	M30-34	England	01:06:58	00:04:43	04:52:59	00:02:10	03:43:11
<b>57</b>	317	Martin CHAPOCHNIKOFF	09:50:07	M30-34	Argentina	00:57:12	00:02:03	05:04:19	00:02:49	03:43:42
<b>58</b>	1055	Michael ALBERT	09:50:20	M40-44	Switzerland	01:12:24	00:04:09	05:16:50	00:02:16	03:14:39
<b>59</b>	19	Terrence LOWE	09:50:22	MPro	South Africa	01:08:49	00:02:53	05:13:13	00:01:42	03:23:43
<b>60</b>	433	Mxolisi LUTHULI	09:51:29	M30-34	South Africa	00:59:49	00:03:10	05:15:51	00:02:28	03:30:10
<b>61</b>	852	Steven PETTITT	09:52:03	M35-39	South Africa	01:05:39	00:03:31	04:59:49	00:02:22	03:40:41
<b>62</b>	556	Helen BULEY	09:53:19	F30-34	South Africa	01:03:38	00:03:00	05:19:48	00:02:58	03:23:53
<b>63</b>	606	Wael ADLOUNI	09:53:39	M35-39	Denmark	01:05:58	00:03:53	05:09:03	00:02:54	03:31:50
<b>64</b>	644	Lance CHAPMAN	09:53:56	M35-39	South Africa	01:01:11	00:02:45	05:26:18	00:01:53	03:21:47

65	301	Andre BOOYENS	09:53:56	M30-34	South Africa	00:59:04	00:03:21	05:23:01	00:02:58	03:25:30
66	108	Andre CALITZ	09:55:57	M25-29	South Africa	00:51:59	00:03:24	05:07:19	00:03:11	03:50:02
67	475	Morne' PIENAAR	09:57:01	M30-34	South Africa	01:10:58	00:02:42	05:07:58	00:02:12	03:33:10
68	318	Brett CHILCOTT	09:57:26	M30-34	South Africa	00:55:45	00:03:22	04:59:25	00:04:26	03:54:26
69	1246	Russell NUGENT	09:57:52	M40-44	South Africa	01:04:15	00:02:39	05:19:34	00:01:38	03:29:44
70	8	Andres DARRICAU	09:58:15	MPro	Argentina	00:55:47	00:03:15	05:01:02	00:04:44	03:53:25
71	1724	Alec RIDDLE	09:58:55	M50-54	South Africa	01:00:55	00:03:41	05:15:36	00:02:51	03:35:49
72	1203	Martin LIEBECK	10:00:25	M40-44	France	00:57:03	00:02:39	05:08:22	00:02:47	03:49:32
73	413	Sven KOGLIN	10:00:31	M30-34	Germany	01:02:21	00:03:09	05:02:11	00:03:12	03:49:35
74	441	Ross MCEWAN	10:01:03	M30-34	South Africa	00:57:06	00:02:10	05:09:59	00:02:45	03:49:01
75	189	Barry RANKIN	10:03:31	M25-29	South Africa	01:04:03	00:02:24	05:27:09	00:01:57	03:27:57
76	803	Carlos MARTIN	10:04:14	M35-39	Spain	01:11:04	00:02:45	05:31:00	00:02:10	03:17:14
77	166	Marco MAURER	10:04:44	M25-29	Germany	00:57:26	00:02:21	04:56:28	00:02:29	04:05:59
78	1749	Jacques VAN LEEUWEN	10:04:52	M50-54	Netherlands	01:00:17	00:02:56	05:15:53	00:03:57	03:41:46
79	1231	Terence MITCHELL	10:05:14	M40-44	South Africa	01:09:26	00:03:54	05:16:56	00:03:39	03:31:17
80	363	Juan GALARRAGA	10:07:25	M30-34	Argentina	00:58:35	00:03:11	05:20:12	00:03:24	03:42:01
81	1757	James WELSH	10:08:36	M50-54	South Africa	01:08:52	00:04:18	05:16:16	00:02:21	03:36:48
82	1304	Johan STEMMET	10:10:13	M40-44	South Africa	01:09:38	00:02:40	05:11:24	00:01:52	03:44:38
83	87	Michiel VERVISCH	10:10:31	M18-24	Belgium	01:08:58	00:03:08	05:10:42	00:02:42	03:44:59
84	71	Philip HATZIS	10:10:55	M18-24	Great Britain	01:00:03	00:02:19	05:18:42	00:01:43	03:48:06
85	670	John DE BRUYN	10:10:57	M35-39	South Africa	00:57:38	00:02:46	05:22:10	00:02:27	03:45:54
86	265	Kathrin MANNWEILER	10:11:13	F25-29	Germany	01:02:07	00:02:22	05:21:15	00:02:25	03:43:02
87	903	Andrew TANNER	10:11:23	M35-39	Zimbabwe	01:01:12	00:02:43	05:16:50	00:02:07	03:48:29
88	761	Dale KENNEDY	10:11:33	M35-39	South Africa	01:04:01	00:03:01	05:19:46	00:02:22	03:42:21
89	253	Dianne EMERY	10:12:23	F25-29	South Africa	01:00:08	00:02:36	05:27:37	00:02:35	03:39:25
90	1687	Andrew FREEMANTLE	10:12:39	M50-54	Zimbabwe	00:58:11	00:02:36	05:22:03	00:02:15	03:47:32
91	1045	Carla VAN ROOIJEN	10:14:56	F35-39	Netherlands	01:18:28	00:04:03	05:18:39	00:02:36	03:31:08
92	175	Dean MOORE	10:16:00	M25-29	South Africa	00:54:20	00:02:22	05:14:24	00:02:15	04:02:38
93	1548	Milan PEKAREK	10:16:51	M45-49	Czech Republic	01:09:45	00:02:26	05:17:12	00:01:56	03:45:31
94	1723	Manfred REINHART	10:17:19	M50-54	South Africa	01:10:18	00:02:58	05:06:15	00:02:29	03:55:17
95	1106	Bruno DE DECKER	10:18:45	M40-44	Belgium	01:05:35	00:03:52	05:04:16	00:04:17	04:00:42
96	296	Chad BISHOP	10:19:35	M30-34	Great Britain	01:00:00	00:03:20	05:34:15	00:02:45	03:39:13
97	1139	Michael FAIRON	10:20:17	M40-44	South Africa	01:08:17	00:04:51	05:13:17	00:03:06	03:50:44
98	930	Lawrence VAN LINGEN	10:20:53	M35-39	South Africa	00:50:23	00:02:05	05:06:06	00:02:28	04:19:48

<b>99</b>	1250	Andrew PAYNE	10:20:53	M40-44	South Africa	01:01:14	00:04:40	05:06:38	00:03:14	04:05:05
<b>100</b>	1465	Ricardo FARINA	10:22:52	M45-49	Argentina	01:05:58	00:04:02	05:19:43	00:03:13	03:49:55
<b>101</b>	501	Caspar SICKEL	10:22:59	M30-34	Switzerland	01:16:53	00:04:27	05:21:30	00:01:51	03:38:15
<b>102</b>	785	Thomas LIPPIK	10:23:13	M35-39	Germany	01:14:19	00:04:04	05:23:38	00:03:19	03:37:50
<b>103</b>	411	Ross KOCH	10:23:17	M30-34	South Africa	00:57:59	00:03:18	05:21:14	00:02:38	03:58:06
<b>104</b>	1475	Stephen GLYNN	10:23:29	M45-49	South Africa	01:07:13	00:04:08	05:18:25	00:02:33	03:51:09
<b>105</b>	180	Kevin MUTLOW	10:24:20	M25-29	South Africa	01:01:31	00:04:29	05:17:01	00:03:57	03:57:20
<b>106</b>	36	Caroline KOLL	10:24:25	FPro	South Africa	00:57:26	00:01:47	05:37:26	00:02:36	03:45:08
<b>107</b>	1510	Gunter KUNZE	10:27:00	M45-49	Germany	01:10:14	00:02:18	05:23:14	00:03:57	03:47:14
<b>108</b>	677	Louis DE VILLIERS	10:27:42	M35-39	South Africa	01:05:26	00:02:36	05:10:10	00:02:04	04:07:24
<b>109</b>	1856	Stefaan VERVISCH	10:27:46	M45-49	Belgium	01:06:32	00:02:59	05:13:17	00:02:41	04:02:15
<b>110</b>	831	Christian NEUHOLD	10:28:15	M35-39	Austria	01:08:55	00:03:18	05:12:58	00:03:41	03:59:21
<b>111</b>	284	Deon APPOLLIS	10:28:29	M30-34	South Africa	01:24:12	00:03:13	05:44:18	00:02:14	03:14:29
<b>112</b>	578	Michelle MILOT	10:28:46	F30-34	Canada	01:06:09	00:04:53	05:46:16	00:02:23	03:29:03
<b>113</b>	740	Oliver IMFELD	10:28:53	M35-39	Switzerland	01:14:56	00:03:37	05:19:17	00:02:24	03:48:37
<b>114</b>	1815	Neil RIDLEY	10:29:35	M55-59	South Africa	01:12:18	00:02:35	05:28:03	00:02:04	03:44:33
<b>115</b>	1115	Marc DE ROOY	10:29:37	M40-44	South Africa	01:05:15	00:02:28	05:24:25	00:02:10	03:55:17
<b>116</b>	198	Ian SCHWABSKY	10:30:03	M25-29	South Africa	01:02:18	00:03:08	05:18:20	00:02:14	04:04:02
<b>117</b>	109	Travis CAMPBELL	10:30:05	M25-29	South Africa	00:57:25	00:02:14	05:29:37	00:03:41	03:57:06
<b>118</b>	1342	Franna VORSTER	10:30:57	M40-44	South Africa	01:01:56	00:03:50	05:31:03	00:02:30	03:51:36
<b>119</b>	1554	Timothy POPE	10:31:16	M45-49	South Africa	01:08:04	00:04:33	05:32:02	00:02:49	03:43:46
<b>120</b>	125	Mark ELLIOTT	10:32:15	M25-29	South Africa	01:12:06	00:04:17	05:11:50	00:02:46	04:01:14
<b>121</b>	1711	Adrian MORRIS	10:32:34	M50-54	South Africa	01:16:42	00:05:37	05:23:25	00:03:26	03:43:21
<b>122</b>	1038	Samantha SPONG	10:33:03	F35-39	South Africa	01:02:08	00:03:15	05:38:19	00:04:16	03:45:03
<b>123</b>	1635	Catherine HOUSEAUX	10:33:32	F45-49	France	01:10:25	00:03:54	05:24:25	00:05:02	03:49:43
<b>124</b>	203	Giuliano SOLDATI	10:33:43	M25-29	Switzerland	01:10:18	00:02:53	05:07:07	00:02:31	04:10:52
<b>125</b>	882	John SCHUBACH	10:34:40	M35-39	South Africa	01:15:31	00:06:46	05:27:14	00:03:56	03:41:11
<b>126</b>	832	Shaun NEVELING	10:35:12	M35-39	South Africa	00:57:32	00:03:35	05:05:01	00:03:05	04:25:56
<b>127</b>	1311	Daniel TAGWERKER	10:35:25	M40-44	Austria	01:06:37	00:04:04	05:10:28	00:03:03	04:11:11
<b>128</b>	1091	Guy CLUVER	10:36:41	M40-44	South Africa	00:59:57	00:03:19	05:38:30	00:02:17	03:52:36
<b>129</b>	1712	Christopher MORTIMER	10:36:41	M50-54	South Africa	01:00:13	00:04:02	05:39:09	00:04:01	03:49:14
<b>130</b>	1664	Marc BENOIST	10:36:44	M50-54	France	01:05:43	00:02:50	05:25:07	00:02:57	04:00:06
<b>131</b>	1589	Daniel THALMANN	10:37:24	M45-49	Switzerland	01:04:40	00:04:26	05:20:29	00:03:20	04:04:26
<b>132</b>	353	Jonathan FEARNE	10:37:32	M30-34	Great Britain	01:06:47	00:03:02	05:23:11	00:02:23	04:02:07

<b>133</b>	850	Felipe PEREZ	10:37:37	M35-39	Chile	01:12:55	00:04:15	05:25:11	00:02:28	03:52:45
<b>134</b>	1512	Ludwig LILLIE	10:37:44	M45-49	South Africa	01:14:24	00:03:56	05:34:19	00:03:09	03:41:54
<b>135</b>	1261	Bruce PYE	10:37:50	M40-44	Hong Kong	01:12:15	00:04:26	05:21:12	00:05:00	03:54:56
<b>136</b>	838	Andrew O'FLAHERTY	10:38:02	M35-39	South Africa	00:51:59	00:03:51	05:29:26	00:03:38	04:09:05
<b>137</b>	1086	Christian CALLEBAUT	10:38:14	M40-44	South Africa	00:51:52	00:03:04	05:38:15	00:02:47	04:02:13
<b>138</b>	107	Rowan CAIRNS	10:38:17	M25-29	South Africa	01:05:52	00:04:13	05:29:17	00:03:06	03:55:47
<b>139</b>	1825	Tim BRISCOE	10:38:23	M60-64	South Africa	01:14:31	00:05:49	05:39:55	00:03:15	03:34:51
<b>140</b>	367	Wayne GERBER	10:38:34	M30-34	South Africa	01:19:39	00:04:18	05:25:27	00:03:00	03:46:08
<b>141</b>	1837	Hennie WENTZEL	10:38:41	M60-64	South Africa	01:17:08	00:06:14	05:14:00	00:02:02	03:59:15
<b>142</b>	1698	Evan JONES	10:39:24	M50-54	South Africa	01:09:05	00:06:26	05:26:18	00:04:13	03:53:20
<b>143</b>	1278	Mario SAUDER	10:39:35	M40-44	Mozambique	01:23:46	00:06:00	05:28:06	00:02:37	03:39:04
<b>144</b>	619	Robert BATEMAN	10:39:37	M35-39	South Africa	01:09:49	00:05:52	05:21:55	00:02:58	03:59:01
<b>145</b>	1122	Christo DU PLESSIS	10:39:58	M40-44	South Africa	01:10:53	00:08:24	05:31:08	00:06:27	03:43:03
<b>146</b>	1117	Richard DE VILLIERS	10:40:35	M40-44	South Africa	00:55:03	00:03:23	05:26:13	00:03:16	04:12:39
<b>147</b>	1274	Clive SACK	10:40:48	M40-44	South Africa	01:06:20	00:06:22	05:20:04	00:05:17	04:02:42
<b>148</b>	419	Grant LAPPING	10:41:20	M30-34	South Africa	01:08:35	00:06:36	05:22:22	00:03:12	04:00:33
<b>149</b>	754	Daniel JOUBERT	10:41:28	M35-39	South Africa	01:17:39	00:05:18	05:09:43	00:04:29	04:04:16
<b>150</b>	735	Gavin HORTON	10:41:50	M35-39	South Africa	01:03:12	00:03:31	05:54:05	00:03:04	03:37:56
<b>151</b>	384	Andrew HALL	10:42:21	M30-34	South Africa	01:08:53	00:06:30	05:28:10	00:07:55	03:50:51
<b>152</b>	1316	John TOWSE	10:43:07	M40-44	England	01:11:02	00:06:32	05:42:58	00:02:58	03:39:36
<b>153</b>	958	Grant WATSON	10:43:10	M35-39	South Africa	01:08:48	00:03:59	05:36:40	00:02:14	03:46:27
<b>154</b>	388	Elmar HEGER	10:43:40	M30-34	Germany	00:54:08	00:02:16	05:20:23	00:03:31	04:23:20
<b>155</b>	177	Xolani MTSHALI	10:44:29	M25-29	South Africa	01:09:10	00:04:04	05:37:03	00:03:40	03:50:30
<b>156</b>	387	Zoog HAYNES	10:44:35	M30-34	South Africa	01:05:55	00:05:09	05:52:07	00:04:04	03:37:18
<b>157</b>	1058	Matias ALVAREZ PIRIS	10:44:47	M40-44	Argentina	01:05:25	00:04:09	05:26:54	00:02:59	04:05:17
<b>158</b>	748	Mauritz JANSEN VAN RENSBURG	10:44:58	M35-39	South Africa	01:05:42	00:03:53	05:19:27	00:02:26	04:13:28
<b>159</b>	818	Peter MOSS	10:45:01	M35-39	Brazil	01:19:01	00:03:32	05:32:08	00:02:05	03:48:12
<b>160</b>	1314	George THOM	10:45:03	M40-44	South Africa	01:10:39	00:07:38	05:31:05	00:04:24	03:51:15
<b>161</b>	408	Joost KESSELS	10:45:12	M30-34	South Africa	01:05:48	00:02:26	05:33:13	00:01:59	04:01:45
<b>162</b>	137	Richard HALL	10:45:16	M25-29	South Africa	00:59:39	00:04:06	05:19:19	00:02:58	04:19:11
<b>163</b>	448	Garron MOSLEY	10:45:18	M30-34	South Africa	01:01:14	00:03:25	05:53:26	00:03:13	03:43:57
<b>164</b>	297	Matthew BLAKE	10:45:23	M30-34	South Africa	01:09:07	00:05:40	05:28:47	00:04:01	03:57:46
<b>165</b>	172	Gavin MOFSOWITZ	10:45:25	M25-29	South Africa	01:10:28	00:04:33	05:18:50	00:02:23	04:09:09

166	525	Carl VAN DER MERWE	10:45:44	M30-34	South Africa	01:02:05	00:03:58	05:21:50	00:04:35	04:13:14
167	848	Mark PELLEW	10:45:49	M35-39	South Africa	01:13:03	00:04:59	05:11:59	00:02:20	04:13:26
168	1338	Eckhardt VISSER	10:46:52	M40-44	South Africa	01:13:00	00:05:58	05:38:05	00:04:03	03:45:45
169	1176	Alejandro ITHURRIAGUE	10:47:01	M40-44	Argentina	01:04:49	00:03:27	05:38:01	00:05:02	03:55:41
170	1098	Pierre CONRADIE	10:47:25	M40-44	South Africa	01:14:32	00:05:50	05:12:11	00:03:28	04:11:23
171	943	Arnin VENTER	10:47:35	M35-39	South Africa	01:12:55	00:09:08	05:20:58	00:07:39	03:56:52
172	285	Juan ARANO	10:47:49	M30-34	Argentina	01:03:12	00:03:37	05:43:35	00:03:35	03:53:49
173	1445	Blair COX	10:47:54	M45-49	New Zealand	01:06:50	00:03:37	05:11:53	00:03:19	04:22:14
174	1352	Frederick WHITE	10:48:10	M40-44	South Africa	01:21:57	00:06:39	05:36:27	00:02:08	03:40:58
175	44	Claire HORNER	10:48:27	FPro	South Africa	01:04:23	00:02:49	05:34:50	00:05:42	04:00:42
176	1440	Claude CHEROUX	10:48:38	M45-49	France	01:05:16	00:07:18	05:38:28	00:03:25	03:54:08
177	1616	Craig WEST	10:49:01	M45-49	South Africa	01:19:36	00:07:05	05:46:47	00:03:18	03:32:12
178	162	Pedro MACHADO	10:49:03	M25-29	South Africa	01:06:38	00:05:27	05:25:40	00:04:02	04:07:14
179	544	Tom WETTON	10:49:12	M30-34	South Africa	01:09:10	00:06:10	05:27:44	00:04:07	04:01:59
180	1048	Robyn WOODWARD	10:49:18	F35-39	South Africa	01:07:53	00:04:54	05:56:40	00:03:45	03:36:04
181	1111	Andries DE KOCK	10:49:44	M40-44	South Africa	01:08:42	00:04:43	05:19:06	00:02:24	04:14:47
182	1264	Renaud REGO DE SEBES	10:50:38	M40-44	France	01:05:05	00:02:05	05:13:02	00:04:39	04:25:45
183	1195	Rick KROGH	10:51:01	M40-44	South Africa	00:59:27	00:02:18	05:23:27	00:02:44	04:23:02
184	760	Konstantinos KAVVATHAS	10:51:11	M35-39	Greece	01:03:09	00:04:55	05:31:09	00:03:11	04:08:45
185	431	Brendan LOWEN	10:51:27	M30-34	South Africa	01:00:01	00:05:27	05:15:23	00:05:51	04:24:43
186	673	Marcel DE JAGER	10:52:01	M35-39	South Africa	01:17:08	00:05:41	05:09:22	00:02:07	04:17:41
187	1202	Derek LEWITTON	10:52:37	M40-44	South Africa	01:18:47	00:02:58	05:12:41	00:03:05	04:15:04
188	1736	Frank SMUTS	10:52:45	M50-54	South Africa	01:14:58	00:03:48	05:30:20	00:03:00	04:00:38
189	126	Rasmus EMBORG	10:53:35	M25-29	Denmark	01:27:49	00:05:06	05:18:41	00:03:28	03:58:30
190	618	Andres BASTIDA	10:53:38	M35-39	Argentina	01:11:47	00:04:23	05:36:36	00:03:47	03:57:03
191	1665	Robert BIENZ	10:53:48	M50-54	Switzerland	01:18:27	00:04:21	05:21:32	00:04:18	04:05:08
192	1360	Bernard WYATT	10:54:14	M40-44	South Africa	01:00:36	00:03:04	05:29:09	00:02:25	04:18:57
193	242	Sean WILSON	10:54:53	M25-29	South Africa	01:06:54	00:06:19	05:57:10	00:03:35	03:40:53
194	830	Rudi NELL	10:55:26	M35-39	South Africa	01:20:03	00:04:52	05:35:33	00:03:00	03:51:57
195	901	Deon SWART	10:55:27	M35-39	South Africa	01:02:34	00:05:12	05:33:07	00:03:28	04:11:04
196	871	Roberto RICCARDI	10:55:33	M35-39	South Africa	00:58:53	00:02:51	05:42:43	00:04:07	04:06:57
197	954	Ian WADDELL	10:55:40	M35-39	South Africa	01:05:12	00:04:20	05:48:04	00:04:53	03:53:09
198	1197	Oswald KYDD	10:56:07	M40-44	South Africa	01:19:44	00:09:11	05:57:01	00:09:56	03:20:13
199	422	Eldon LEONARD	10:56:13	M30-34	South Africa	00:54:17	00:03:30	05:26:57	00:01:54	04:29:33

200	358	Andrew FOSTER	10:56:21	M30-34	South Africa	01:05:13	00:04:10	05:44:13	00:02:53	03:59:49
201	598	Hein VAN ROOYEN	10:56:26	M30-34	South Africa	00:57:13	00:03:53	05:37:42	00:03:07	04:14:30
202	1786	Robbie COULSON	10:56:31	M55-59	South Africa	01:08:04	00:04:15	05:33:41	00:03:43	04:06:46
203	1116	Chris DE VILLIERS	10:56:40	M40-44	South Africa	01:12:21	00:05:41	05:28:50	00:04:27	04:05:19
204	1425	Hugh BASEL	10:57:16	M45-49	South Africa	00:57:39	00:04:17	05:28:45	00:03:19	04:23:14
205	758	Mike KANE-SMITH	10:57:26	M35-39	South Africa	00:56:02	00:04:09	05:37:41	00:02:52	04:16:41
206	986	Jean BILBROUGH	10:57:33	F35-39	South Africa	01:01:49	00:03:31	05:51:34	00:02:26	03:58:11
207	976	Johnny YOUNG	10:57:33	M35-39	South Africa	00:59:21	00:03:24	05:40:10	00:04:15	04:10:21
208	654	Piers CONSTABLE	10:57:37	M35-39	England	01:16:26	00:06:34	05:35:51	00:02:36	03:56:09
209	829	Heinrich NELL	10:57:39	M35-39	South Africa	01:19:29	00:04:31	05:20:02	00:04:35	04:09:00
210	1569	Tobias SCHNEIDER	10:57:42	M45-49	Germany	01:12:52	00:03:09	05:31:57	00:03:25	04:06:18
211	1455	Anton DU PLESSIS	10:57:43	M45-49	South Africa	01:09:31	00:06:33	05:29:33	00:04:26	04:07:38
212	660	Paul CULLEN	10:57:45	M35-39	Ireland	01:23:43	00:04:45	05:06:20	00:04:09	04:18:47
213	485	Jean RAUBENHEIMER	10:57:49	M30-34	South Africa	01:10:53	00:04:42	05:36:15	00:05:33	04:00:24
214	333	Andrew DELMONT	10:57:55	M30-34	South Africa	01:05:27	00:04:23	05:33:47	00:02:30	04:11:46
215	535	Jozef VANUS	10:57:57	M30-34	Slovakia	01:30:54	00:04:38	05:29:27	00:07:32	03:45:25
216	781	Andre LESS	10:58:24	M35-39	South Africa	01:20:51	00:06:53	05:22:03	00:04:43	04:03:52
217	255	Samantha FERREIRA	10:58:30	F25-29	South Africa	01:04:57	00:02:59	05:34:07	00:04:24	04:12:01
218	1449	Andre DE BEER	10:59:00	M45-49	South Africa	01:09:32	00:05:10	05:22:57	00:08:14	04:13:04
219	1313	Spyros THEODOROU	10:59:06	M40-44	Greece	01:10:38	00:04:00	05:35:51	00:02:56	04:05:39
220	749	Mark JASON	10:59:29	M35-39	South Africa	01:05:22	00:05:26	05:34:23	00:04:14	04:10:02
221	249	Riana DE LANGE	11:02:02	F25-29	South Africa	01:00:44	00:01:58	05:48:28	00:03:30	04:07:20
222	775	David LABUSCHAGNE	11:02:30	M35-39	South Africa	01:25:25	00:04:10	05:15:09	00:03:18	04:14:25
223	990	Ingrid BROWN	11:02:31	F35-39	South Africa	01:09:40	00:05:11	05:29:45	00:04:02	04:13:52
224	869	Thomas REILLY	11:02:38	M35-39	South Africa	01:22:56	00:06:32	05:19:19	00:05:08	04:08:41
225	1467	Bruce FIELDS	11:02:53	M45-49	South Africa	01:05:51	00:04:43	05:30:44	00:03:12	04:18:22
226	458	Emile NELL	11:03:01	M30-34	South Africa	01:12:00	00:03:21	05:38:27	00:02:34	04:06:37
227	308	Greg BRISCOE	11:03:23	M30-34	South Africa	01:00:47	00:04:02	05:43:01	00:03:52	04:11:39
228	946	Benjamin VIDAL MAESTRE	11:03:37	M35-39	Spain	01:05:24	00:03:44	05:24:32	00:02:04	04:27:51
229	1170	Alan HENRY	11:04:01	M40-44	South Africa	00:55:21	00:03:18	05:39:15	00:03:27	04:22:38
230	1133	Stephen EID	11:04:11	M40-44	Thailand	00:58:59	00:05:03	05:54:40	00:06:48	03:58:39
231	1318	Barry UPTON	11:04:56	M40-44	South Africa	01:12:39	00:04:50	05:22:19	00:03:48	04:21:18
232	471	Christopher PAXTON	11:05:21	M30-34	South Africa	01:11:09	00:04:37	05:32:43	00:03:42	04:13:08
233	1355	Wollie WOLMARANS	11:05:37	M40-44	South Africa	01:06:43	00:04:55	05:32:32	00:03:21	04:18:04

234	174	Philipp MONTWILL	11:06:39	M25-29	Switzerland	01:06:57	00:04:37	05:31:14	00:02:05	04:21:43
235	507	Neville STANTON	11:07:30	M30-34	South Africa	01:11:03	00:05:15	05:36:00	00:04:25	04:10:45
236	631	Vickus BOSHOFF	11:07:41	M35-39	South Africa	01:25:03	00:05:20	05:27:33	00:05:05	04:04:38
237	426	Andre LIEBETRAU	11:07:46	M30-34	South Africa	01:11:06	00:07:07	05:42:07	00:03:15	04:04:10
238	1220	Duncan MAYNE	11:07:48	M40-44	South Africa	00:59:48	00:06:40	05:35:35	00:06:34	04:19:09
239	468	Michele PAGANO	11:08:16	M30-34	Italy	01:28:51	00:04:26	05:08:01	00:02:03	04:24:53
240	1821	Miroslav VRASTIL	11:09:00	M55-59	Czech Republic	01:14:41	00:04:29	05:32:16	00:04:08	04:13:24
241	701	Gericke FOURIE	11:10:03	M35-39	South Africa	01:12:17	00:04:59	05:47:42	00:02:46	04:02:18
242	329	Rowan DANCER	11:10:34	M30-34	South Africa	01:10:10	00:06:38	05:48:05	00:03:17	04:02:21
243	1500	Mark KAPNOUDHIS	11:11:13	M45-49	South Africa	01:17:11	00:06:38	05:38:35	00:03:56	04:04:50
244	923	Johann VAN DER VYVER	11:11:17	M35-39	South Africa	01:05:14	00:04:31	05:36:19	00:03:27	04:21:44
245	1632	Mariëtte HATTINGH	11:11:18	F45-49	South Africa	01:17:23	00:04:31	05:48:22	00:05:13	03:55:46
246	382	Cesar GUERRERO AZUELA	11:11:25	M30-34	Mexico	01:13:53	00:04:06	05:48:24	00:02:18	04:02:43
247	1378	Michelle ENSLIN	11:12:14	F40-44	South Africa	01:16:27	00:05:12	05:43:52	00:03:46	04:02:55
248	1482	Alfredo GUTIÉRREZ	11:12:55	M45-49	Argentina	01:07:56	00:04:45	05:24:34	00:02:25	04:33:12
249	897	Blake SUMMERS	11:13:34	M35-39	South Africa	01:18:59	00:03:15	05:21:05	00:03:45	04:26:29
250	1153	Michael GARDINER	11:13:39	M40-44	South Africa	01:09:04	00:07:16	05:45:37	00:05:05	04:06:36
251	116	Jeremy CROWDER	11:13:56	M25-29	South Africa	01:08:20	00:04:20	05:31:06	00:02:37	04:22:31
252	1089	Andy CHASE	11:13:58	M40-44	Namibia	01:07:57	00:06:04	05:16:42	00:02:53	04:40:21
253	178	Lee MULLER	11:14:10	M25-29	South Africa	01:10:43	00:05:04	05:27:56	00:03:04	04:27:21
254	1190	Chris KOCH	11:14:17	M40-44	South Africa	01:14:13	00:05:56	05:52:12	00:04:01	03:57:54
255	615	Andrew BARNES	11:14:29	M35-39	South Africa	01:11:29	00:03:49			
256	636	David BOYER	11:15:06	M35-39	South Africa	01:18:37	00:08:22	05:41:11	00:05:14	04:01:41
257	306	Jonathan BOYER	11:15:06	M30-34	South Africa	01:08:00	00:04:19	05:33:05	00:04:12	04:25:29
258	1269	Wane ROSSOUW	11:15:22	M40-44	South Africa	01:05:15	00:06:41	05:41:38	00:08:09	04:13:35
259	1506	Andre KLEYNHANS	11:15:39	M45-49	South Africa	01:00:01	00:04:14	05:41:42	00:04:26	04:25:14
260	1742	Geoff SUTHERNS	11:15:44	M50-54	South Africa	01:20:16	00:08:20	05:31:49	00:04:56	04:10:21
261	702	Warren FOYN	11:15:47	M35-39	South Africa	01:19:05	00:03:54	05:45:19	00:03:19	04:04:08
262	1382	Louise FERREIRA	11:16:00	F40-44	South Africa	01:18:34	00:06:42	06:00:04	00:04:17	03:46:21
263	1105	Pieterman DE BRUIN	11:16:23	M40-44	South Africa	01:10:13	00:03:44	05:35:42	00:03:12	04:23:30
264	1167	Michael HAWTHORNE	11:16:32	M40-44	South Africa	01:09:50	00:06:02	05:37:31	00:05:37	04:17:30
265	461	Martin NIENABER	11:16:53	M30-34	South Africa	01:14:38	00:09:50	05:40:34	00:07:16	04:04:33
266	256	Lindy-lee FOLSCHER	11:16:56	F25-29	South Africa	01:10:52	00:06:12	06:12:15	00:05:17	03:42:18
267	868	Darren REID	11:17:27	M35-39	South Africa	01:14:06	00:08:36	05:55:11	00:06:28	03:53:04

268	922	Julien VAN DER PLUYM	11:17:28	M35-39	South Africa	01:40:47	00:12:23	05:24:25	00:03:33	03:56:18
269	1695	Roger HOOKE	11:17:34	M50-54	South Africa	01:04:01	00:03:40			
270	707	Tim FRASER	11:18:31	M35-39	South Africa	01:04:43	00:03:29	05:29:29	00:03:34	04:37:12
271	254	Britta ETZBACH	11:18:39	F25-29	Germany	01:11:36	00:02:59	05:54:32	00:02:50	04:06:40
272	1422	Luis ALVAREZ	11:18:56	M45-49	Mexico	01:07:15	00:05:54	05:22:29	00:06:14	04:37:02
273	698	Kristian FESEL	11:19:46	M35-39	South Africa	01:14:21	00:05:25	05:34:16	00:04:28	04:21:13
274	460	Shaun NICHOLSON	11:20:08	M30-34	South Africa	01:10:59	00:07:38	05:48:56	00:03:17	04:09:18
275	706	Adam FRASER	11:20:21	M35-39	South Africa	01:11:33	00:05:24	06:06:42	00:04:20	03:52:22
276	1719	Paul PELSNER	11:20:33	M50-54	South Africa	01:22:56	00:06:46	05:45:28	00:03:50	04:01:31
277	39	Julia BOHN	11:21:01	FPro	Germany	01:05:17	00:03:10	05:33:01	00:06:09	04:33:21
278	793	Peter MAI	11:21:02	M35-39	Germany	01:16:10	00:05:41	05:36:17	00:03:29	04:19:23
279	1257	Andrew POOLE	11:21:08	M40-44	South Africa	01:08:03	00:05:18	05:37:11	00:04:05	04:26:29
280	287	Duncan BAND	11:21:16	M30-34	South Africa	01:04:58	00:03:08	05:38:49	00:03:02	04:31:17
281	966	Tyrone WHITFIELD	11:21:26	M35-39	South Africa	01:06:30	00:02:46	05:32:33	00:03:15	04:36:20
282	286	Justin ASHWORTH	11:21:47	M30-34	South Africa	00:55:13	00:02:46	05:33:53	00:03:21	04:46:33
283	953	Derick VOSLOO	11:22:04	M35-39	South Africa	01:11:56	00:04:31	05:29:13	00:03:23	04:32:59
284	669	Gary DE BLOE	11:22:07	M35-39	South Africa	01:06:04	00:04:42	05:54:04	00:03:48	04:13:27
285	1284	Eckhard SCHOLTZ	11:22:11	M40-44	South Africa	01:14:59	00:04:41	05:59:02	00:03:12	04:00:15
286	1062	Brenton ASHBY	11:22:11	M40-44	South Africa	01:11:37	00:04:35	05:37:14	00:04:09	04:24:34
287	872	Daniel ROBUS	11:22:20	M35-39	South Africa	01:05:34	00:08:28	05:56:41	00:04:09	04:07:26
288	1272	Ian ROY	11:22:22	M40-44	South Africa	01:05:07	00:05:47	05:41:28	00:05:15	04:24:43
289	489	Stewart REW	11:22:36	M30-34	South Africa	00:55:46	00:05:21	05:43:33	00:05:13	04:32:41
290	1082	Mark BRINKMANN	11:22:39	M40-44	Namibia	01:02:02	00:05:56	05:42:43	00:05:09	04:26:46
291	226	Morne VAN GREUNEN	11:23:08	M25-29	South Africa	01:09:54	00:05:06	05:44:56	00:07:18	04:15:52
292	624	Gerhard BEUKES	11:23:51	M35-39	South Africa	01:07:00	00:03:53	06:00:27	00:03:24	04:09:06
293	726	Wayne HARPUR	11:24:01	M35-39	South Africa	01:12:59	00:04:44	05:47:41	00:04:41	04:13:54
294	97	Gary BARNES	11:24:06	M25-29	Canada	00:57:23	00:02:33	05:25:48	00:04:56	04:53:25
295	1206	Pierre LOUBSER	11:24:17	M40-44	South Africa	01:15:37	00:08:22	05:46:00	00:07:48	04:06:28
296	1200	Jose LEAL	11:24:22	M40-44	United States	01:12:13	00:03:29	05:58:21	00:02:57	04:07:20
297	898	Clinton SUMMERS	11:24:32	M35-39	South Africa	01:09:07	00:03:53	05:30:35	00:04:08	04:36:48
298	1546	Richard PAYNE	11:24:41	M45-49	South Africa	01:23:01	00:06:56	05:48:01	00:03:40	04:03:01
299	921	Clint VAN DER MESCHT	11:24:45	M35-39	South Africa	01:12:04	00:07:08	05:59:15	00:03:28	04:02:48
300	766	Denbeigh KNIGHT	11:24:48	M35-39	South Africa	01:06:06	00:06:16	05:36:28	00:04:56	04:31:01
301	840	Leander OPPERMAN	11:24:52	M35-39	South Africa	01:12:26	00:12:35	05:39:57	00:03:09	04:16:43

302	288	A.j. BARNARD	11:25:20	M30-34	South Africa	01:12:25	00:11:07	05:38:44	00:07:07	04:15:55
303	511	Brendan STEVENSON	11:25:35	M30-34	South Africa	01:11:15	00:04:12	05:57:08	00:03:27	04:09:32
304	1543	Etienne OLIVIER	11:25:58	M45-49	South Africa	01:18:06	00:08:18	05:45:47	00:06:08	04:07:38
305	300	Mike BLEYENHEUFT	11:26:05	M30-34	South Africa	01:08:45	00:04:04	06:14:08	00:02:20	03:56:46
306	420	Rowan LE ROUX	11:27:09	M30-34	South Africa	01:04:51	00:05:49	05:48:54	00:04:11	04:23:22
307	845	Jerome PASSMORE	11:27:17	M35-39	South Africa	01:05:00	00:09:44	05:45:36	00:06:25	04:20:30
308	428	Anton LOEDOLFF	11:27:35	M30-34	South Africa	01:04:04	00:03:34	05:43:28	00:02:49	04:33:38
309	1827	Hans EGLI	11:27:41	M60-64	South Africa	01:20:47	00:06:53	05:42:33	00:03:41	04:13:46
310	1287	Michael SELIKSON	11:27:52	M40-44	South Africa	01:16:25	00:06:50	05:42:39	00:04:10	04:17:46
311	186	Sam PEARSON	11:27:53	M25-29	South Africa	01:19:22	00:08:13	05:50:55	00:04:45	04:04:36
312	327	Andy CROLY	11:27:58	M30-34	South Africa	01:06:07	00:04:18	05:50:30	00:03:09	04:23:51
313	1175	Kevin HURWITZ	11:28:00	M40-44	South Africa	01:12:54	00:04:54	05:52:07	00:04:34	04:13:29
314	759	John KARANTGES	11:28:01	M35-39	South Africa	01:16:00	00:07:27	05:49:09	00:03:36	04:11:47
315	1832	Denis KENNEDY	11:28:05	M60-64	South Africa	01:14:32	00:04:49	05:49:39	00:02:58	04:16:05
316	75	Dan HOWITZ	11:28:07	M18-24	South Africa	01:05:16	00:04:07	05:34:00	00:04:03	04:40:39
317	324	Izak COETZER	11:28:15	M30-34	South Africa	01:06:40	00:05:52	05:36:29	00:04:54	04:34:17
318	710	Matthew FUBBS	11:28:47	M35-39	South Africa	01:06:45	00:04:16	05:40:27	00:04:49	04:32:28
319	1224	Angus MCGUFFOG	11:29:04	M40-44	South Africa	01:20:29	00:07:24	05:32:41	00:04:18	04:24:09
320	1551	Trevor PETERSEN	11:29:37	M45-49	South Africa	00:56:08	00:04:22	06:00:20	00:03:23	04:25:22
321	796	Brad MANSFIELD	11:29:38	M35-39	South Africa	01:08:29	00:04:42	05:59:39	00:03:53	04:12:54
322	826	Philipp NAGEL	11:29:40	M35-39	Germany	01:12:58	00:03:08	05:23:40	00:02:21	04:47:31
323	1754	Cliff WALLACE	11:29:46	M50-54	South Africa	01:02:14	00:04:47	06:05:41	00:03:37	04:13:25
324	700	Spurgeon FLEMINGTON	11:29:48	M35-39	South Africa	01:05:17	00:02:44	06:27:11	00:04:08	03:50:26
325	393	Louis HOLTZHAUSEN	11:29:53	M30-34	South Africa	01:15:39	00:09:47	05:44:39	00:08:23	04:11:24
326	1857	Jacopo D'AMELIO	11:30:01	M35-39	Zimbabwe	01:09:31	00:05:02	05:58:29	00:03:20	04:13:36
327	1223	Kevin MCEVOY	11:30:08	M40-44	South Africa	01:17:03	00:06:23	05:54:29	00:04:15	04:07:57
328	516	David TALBOT	11:30:21	M30-34	South Africa	01:12:50	00:06:42	05:58:47	00:04:21	04:07:39
329	693	David EADIE	11:30:35	M35-39	South Africa	01:04:47	00:04:43	05:40:02	00:04:15	04:36:46
330	212	Brad SYMONS	11:30:38	M25-29	South Africa	01:02:43	00:05:59	05:40:53	00:07:29	04:33:32
331	691	Shawn DU TOIT	11:30:41	M35-39	South Africa	01:06:21	00:04:45	05:32:28	00:02:36	04:44:30
332	711	David GARDNER	11:30:51	M35-39	Zimbabwe	01:00:07	00:04:18	05:41:31	00:03:38	04:41:15
333	1620	Alison BALL	11:31:21	F45-49	South Africa	01:15:16	00:05:58	05:58:11	00:03:36	04:08:18
334	196	Alroy SAVIDES	11:31:29	M25-29	South Africa	01:27:01	00:03:12	05:45:33	00:02:09	04:13:32
335	185	Matthew PALMER	11:31:52	M25-29	South Africa	00:51:52	00:03:12	05:48:09	00:06:42	04:41:55

336	275	Laura TRIMBLE	11:31:55	F25-29	England	01:22:56	00:07:56	05:48:48	00:05:04	04:07:08
337	98	Bradley BIRKHOLTZ	11:32:03	M25-29	South Africa	01:12:14	00:04:26	05:41:01	00:03:26	04:30:54
338	728	Hayden HARTLEY	11:32:14	M35-39	South Africa	01:05:32	00:04:27	05:36:04	00:05:17	04:40:53
339	490	Devan RICK	11:32:29	M30-34	South Africa	01:13:46	00:03:50	06:06:06	00:02:19	04:06:27
340	1299	Pieter SMITH	11:32:42	M40-44	South Africa	01:35:32	00:06:58	05:13:12	00:05:34	04:31:25
341	743	Hasan ITANI	11:32:58	M35-39	United Arab Emirates	01:16:01	00:05:30	05:36:58	00:07:05	04:27:23
342	1511	Mark LEMMON	11:33:21	M45-49	South Africa	01:13:49	00:05:54	05:43:46	00:03:00	04:26:51
343	341	Willie DU PLOOY	11:33:50	M30-34	South Africa	01:31:16	00:07:19	05:36:19	00:06:01	04:12:54
344	332	Antonie DE KLERK	11:34:08	M30-34	South Africa	01:05:50	00:03:42	06:02:38	00:03:28	04:18:27
345	459	Bryan NICHOLSON	11:34:43	M30-34	South Africa	01:07:30	00:05:09	05:27:09	00:04:11	04:50:41
346	1266	Alberto RICCARDI	11:35:07	M40-44	South Africa	01:09:54	00:05:15	06:09:50	00:03:20	04:06:45
347	1803	Chris LEE	11:35:07	M55-59	South Africa	01:15:26	00:06:09	05:44:09	00:02:31	04:26:50
348	810	Torsten MEIER	11:35:34	M35-39	Germany	01:24:03	00:06:59	05:31:17	00:03:20	04:29:52
349	1256	Bernard PLAYDON	11:35:42	M40-44	South Africa	01:14:58	00:04:58	05:45:19	00:03:49	04:26:36
350	607	Mark ANDERSON	11:35:59	M35-39	South Africa	01:18:56	00:07:12	05:47:50	00:07:22	04:14:37
351	729	Paul HAWKINS	11:36:16	M35-39	South Africa	01:12:34	00:02:25	05:48:17	00:03:01	04:29:57
352	727	Andrew HART	11:36:17	M35-39	South Africa	01:16:29	00:05:16	05:50:55	00:03:27	04:20:08
353	204	Steffan SONNTAG	11:36:19	M25-29	South Africa	01:05:04	00:05:45	06:10:01	00:03:32	04:11:55
354	1535	Sean MURRAY	11:36:21	M45-49	South Africa	01:01:05	00:06:26	06:01:46	00:08:24	04:18:38
355	224	Robin VAN DER PLOEG	11:36:22	M25-29	South Africa	01:12:31	00:04:37	05:52:20	00:05:28	04:21:25
356	1180	Jacques JANSEN VAN RENSBURG	11:36:45	M40-44	South Africa	01:12:47	00:08:18	05:45:58	00:05:14	04:24:26
357	156	Jason LE ROUX	11:36:47	M25-29	South Africa	01:12:42	00:06:44	05:44:21	00:05:44	04:27:14
358	844	Adrian PARDO	11:36:49	M35-39	Argentina	01:01:23	00:02:27	05:17:56	00:02:18	05:12:45
359	372	Nicolas GONZALEZ PIANA	11:36:53	M30-34	Argentina	01:10:48	00:05:08	05:49:03	00:03:07	04:28:46
360	499	Rudolf SCHRODER	11:37:00	M30-34	South Africa	01:18:22	00:05:43	05:15:45	00:04:29	04:52:38
361	364	Aurelio GARCIA TEJERA	11:37:18	M30-34	Spain	01:12:20	00:04:20	05:34:27	00:03:31	04:42:38
362	291	Byron BEKKER	11:37:48	M30-34	South Africa	01:05:28	00:04:39	05:50:46	00:06:02	04:30:50
363	78	Ruan NAUDE	11:37:52	M18-24	South Africa	01:06:02	00:04:36	05:09:32	00:03:19	05:14:21
364	1715	Charles NAUDE	11:37:52	M50-54	South Africa	01:13:32	00:06:43	05:12:08	00:03:34	05:01:54
365	231	Hercules VENTER	11:38:09	M25-29	South Africa	01:07:27	00:08:43	05:31:38	00:06:21	04:43:59
366	1056	Mark ALDERMAN	11:38:21	M40-44	South Africa	01:05:21	00:03:56	05:43:09	00:04:02	04:41:51
367	659	Derek CREED	11:38:29	M35-39	South Africa	01:06:59	00:06:55	05:34:22	00:04:31	04:45:39
368	523	Joaquin VALVERDE	11:38:36	M30-34	South Africa	01:12:37	00:04:22	05:35:01	00:04:12	04:42:21

<b>369</b>	1421	Jeanine WILLIAMS	11:38:41	F40-44	South Africa	01:14:25	00:08:50	06:02:37	00:04:53	04:07:53
<b>370</b>	593	Angelique TOSTEE	11:39:18	F30-34	South Africa	01:18:49	00:05:14	06:03:49	00:03:43	04:07:40
<b>371</b>	443	Brandon MCWILLIAMS	11:39:26	M30-34	South Africa	00:57:15	00:03:57	05:45:08	00:02:49	04:50:16
<b>372</b>	841	Eugene OWEN	11:39:34	M35-39	South Africa	01:21:59	00:05:01	05:33:42	00:04:04	04:34:47
<b>373</b>	675	Pieter DE LA REY	11:39:40	M35-39	South Africa	01:09:29	00:07:07	05:48:32	00:07:41	04:26:49
<b>374</b>	1187	Thomas KEITEL	11:39:48	M40-44	Germany	01:07:55	00:07:50	05:45:00	00:06:23	04:32:38
<b>375</b>	1325	Francois VAN HEERDEN	11:39:53	M40-44	South Africa	01:04:23	00:04:46	05:45:13	00:05:09	04:40:21
<b>376</b>	984	Nicolette BARNARD	11:39:55	F35-39	South Africa	01:05:13	00:06:13	05:59:22	00:05:55	04:23:09
<b>377</b>	667	Henry DE BEER	11:40:28	M35-39	South Africa	01:06:26	00:04:50	05:36:03	00:04:31	04:48:36
<b>378</b>	295	Simon BICK	11:40:33	M30-34	South Africa	01:09:34	00:07:30	05:54:50	00:06:21	04:22:16
<b>379</b>	349	Enrico ELS	11:40:37	M30-34	South Africa	01:18:12	00:06:56	05:46:57	00:05:23	04:23:08
<b>380</b>	1130	Warren DUFFIELD	11:40:39	M40-44	South Africa	01:13:49	00:06:23	05:47:22	00:05:28	04:27:35
<b>381</b>	863	David PRYOR	11:40:55	M35-39	England	01:04:16	00:05:28	05:55:15	00:05:00	04:30:53
<b>382</b>	112	Rudi COOKE	11:41:09	M25-29	South Africa	01:29:44	00:03:46	05:55:35	00:03:29	04:08:33
<b>383</b>	980	Sergio ARIAS	11:41:43	M35-39	Argentina	01:11:34	00:06:51	05:40:41	00:03:27	04:39:07
<b>384</b>	1515	Michel LOOTS	11:41:51	M45-49	South Africa	01:01:38	00:07:22	05:53:01	00:04:20	04:35:28
<b>385</b>	1121	Adrian DU PLESSIS	11:41:58	M40-44	South Africa	01:24:44	00:06:25	05:36:37	00:03:45	04:30:24
<b>386</b>	1177	Sven IVERSEN	11:41:59	M40-44	South Africa	01:17:23	00:09:31	05:40:55	00:08:32	04:25:37
<b>387</b>	911	Gerald THOMPSON	11:42:16	M35-39	South Africa	01:12:09	00:06:07	06:05:12	00:02:51	04:15:55
<b>388</b>	1677	Ronald DRIBBIN	11:42:31	M50-54	South Africa	01:19:50	00:12:11	06:10:26	00:06:30	03:53:31
<b>389</b>	643	Stéphane CAZOTTES	11:42:35	M35-39	France	01:25:24	00:10:41	05:59:50	00:04:20	04:02:19
<b>390</b>	1212	Glenn MACNAMARA	11:42:55	M40-44	South Africa	01:06:49	00:12:46	05:45:38	00:06:56	04:30:44
<b>391</b>	920	Schalk VAN DER MERWE	11:42:56	M35-39	South Africa	01:33:18	00:07:46	05:47:02	00:03:55	04:10:53
<b>392</b>	763	Andrew KILIAN	11:43:08	M35-39	South Africa	01:14:19	00:06:06	05:44:42	00:03:41	04:34:18
<b>393</b>	1608	Georges VIDEAU	11:43:14	M45-49	France	01:07:40	00:03:15	05:49:04	00:03:57	04:39:16
<b>394</b>	163	Jevan MALAN	11:43:17	M25-29	South Africa	01:14:17	00:07:24	06:02:55	00:07:10	04:11:28
<b>395</b>	82	Deon SCHWABSKY	11:43:38	M18-24	South Africa	01:06:20	00:04:19	05:33:35	00:05:45	04:53:38
<b>396</b>	76	Enoch KATU	11:44:30	M18-24	South Africa	01:18:47	00:04:28	06:08:17	00:02:55	04:10:01
<b>397</b>	1097	Louis CONRADIE	11:44:34	M40-44	South Africa	01:06:11	00:08:23	06:04:58	00:06:10	04:18:50
<b>398</b>	1321	Casey VAN DER LEEK	11:44:42	M40-44	South Africa	01:01:58	00:07:41	05:51:23	00:05:17	04:38:22
<b>399</b>	608	Davide ARMANINI	11:44:55	M35-39	Italy	01:23:09	00:03:43	06:00:50	00:03:29	04:13:43
<b>400</b>	1508	Harold KREIPL	11:45:05	M45-49	South Africa	01:03:10	00:03:15	05:38:07	00:03:44	04:56:47
<b>401</b>	627	Riaan BEZUIDENHOUT	11:45:20	M35-39	South Africa	01:10:09	00:07:40	05:40:54	00:06:11	04:40:25
<b>402</b>	113	Diego CORREA	11:45:25	M25-29	Argentina	01:06:20	00:07:07	05:57:54	00:08:15	04:25:47

403	777	Willie LANDMAN	11:45:28	M35-39	South Africa	01:16:18	00:08:51	05:43:57	00:05:49	04:30:31
404	1310	Aubrey SYMINGTON	11:45:29	M40-44	South Africa	01:05:37	00:05:30	05:40:09	00:05:19	04:48:52
405	119	Paul DOUGLAS-JONES	11:45:30	M25-29	South Africa	01:09:18	00:04:19	05:53:05	00:03:32	04:35:14
406	1183	Marius JOUBERT	11:45:33	M40-44	South Africa	01:27:41	00:08:57	05:46:55	00:07:01	04:14:57
407	446	Scott MESSENGER	11:45:43	M30-34	South Africa	01:06:01	00:08:24	05:59:57	00:05:37	04:25:42
408	1450	Mike DE HAAST	11:45:57	M45-49	South Africa	01:01:16	00:06:03	06:25:16	00:04:38	04:08:42
409	695	Craig EDWARDS	11:46:30	M35-39	South Africa	01:12:43	00:04:20	05:17:54	00:04:14	05:07:17
410	155	Andrew LE ROUX	11:46:45	M25-29	South Africa	01:05:15	00:04:30	05:51:02	00:03:49	04:42:07
411	1596	Andre VAN DER MERWE	11:47:12	M45-49	South Africa	01:08:27	00:07:13	05:38:34	00:05:29	04:47:27
412	424	Shawn LETTS	11:47:27	M30-34	South Africa	01:14:35	00:06:17	05:48:29	00:06:14	04:31:51
413	1549	Andre PEPLER	11:47:34	M45-49	South Africa	01:14:45	00:05:05	05:46:40	00:05:11	04:35:52
414	1087	Alan CARRINGTON	11:47:37	M40-44	South Africa	01:08:39	00:05:31	05:49:21	00:03:41	04:40:23
415	1461	Dries ERASMUS	11:47:40	M45-49	South Africa	01:16:02	00:08:54	06:20:39	00:07:43	03:54:20
416	272	Catherine SHAW	11:47:56	F25-29	South Africa	01:09:26	00:08:22	06:03:01	00:06:54	04:20:11
417	1067	Hein BECKER	11:48:04	M40-44	South Africa	01:11:53	00:06:37	05:28:24	00:04:28	04:56:40
418	1550	Greg PERRETT	11:48:05	M45-49	South Africa	01:07:04	00:08:52	05:50:31	00:06:15	04:35:21
419	862	Johann PRINSLOO	11:48:14	M35-39	South Africa	01:00:56	00:01:03	05:26:28	00:04:12	05:15:34
420	1567	Fabio SANTINI	11:48:19	M45-49	Italy	01:06:42	00:05:00	06:20:19	00:03:13	04:13:01
421	1855	Felix BAETTIG	11:48:30	M60-64	Switzerland	01:20:26	00:12:50	05:40:22	00:05:27	04:29:23
422	1655	Mari VISAGIE	11:48:37	F45-49	South Africa	01:12:05	00:08:41	06:25:19	00:03:24	03:59:06
423	934	Ernest VAN ROOYEN	11:48:43	M35-39	South Africa	01:12:36	00:04:18	05:47:30	00:01:49	04:42:28
424	623	James BEST	11:48:45	M35-39	South Africa	01:10:38	00:04:59	06:04:37	00:03:29	04:25:00
425	164	Liaan MARAIS	11:49:06	M25-29	South Africa	01:34:45	00:07:02	05:36:13	00:04:25	04:26:39
426	1125	Pieter DU PLESSIS	11:49:09	M40-44	South Africa	01:15:09	00:03:53	06:01:43	00:02:31	04:25:50
427	1312	Graham TAYLOR	11:49:21	M40-44	South Africa	01:02:46	00:05:39	05:29:00	00:04:49	05:07:04
428	842	Stephen OWENS	11:49:38	M35-39	South Africa	01:11:04	00:06:15	05:53:09	00:05:25	04:33:43
429	1305	Douw STEYN	11:49:56	M40-44	South Africa	01:08:43	00:05:08	05:29:18	00:03:33	05:03:12
430	407	Sean KERR	11:49:58	M30-34	South Africa	01:20:11	00:11:01	06:02:45	00:11:57	04:04:02
431	1707	Peter LINES	11:50:10	M50-54	Vale park ()	01:10:59	00:04:59	05:38:55	00:04:56	04:50:18
432	508	Luke STEENKAMP	11:50:12	M30-34	South Africa	01:01:55	00:02:59	05:55:10	00:04:33	04:45:33
433	1619	Gabriela ARNEJO	11:50:14	F45-49	Argentina	01:32:19	00:09:40	06:00:08	00:05:18	04:02:47
434	522	Neil VALLANCE	11:50:17	M30-34	South Africa	01:07:37	00:07:34	05:43:05	00:07:31	04:44:29
435	1487	Ray HARRAWAY	11:50:23	M45-49	South Africa	01:18:55	00:08:05	06:03:26	00:06:47	04:13:08
436	410	Gordon KNOESEN	11:50:36	M30-34	South Africa	01:13:23	00:06:56	05:45:05	00:06:43	04:38:28

437	1466	Eric FAYARD	11:50:57	M45-49	France	01:19:38	00:04:59	06:11:28	00:03:13	04:11:38
438	1794	Hans GÖTKE-HANSEN	11:51:43	M55-59	Denmark	01:25:21	00:09:26	05:46:12	00:04:21	04:26:21
439	326	Stephan CORTHING	11:52:13	M30-34	South Africa	01:18:09	00:07:04	05:53:04	00:07:47	04:26:07
440	130	Dane GAVIN	11:52:16	M25-29	South Africa	01:15:59	00:07:00	05:47:39	00:05:58	04:35:37
441	247	Angela BOTT	11:52:22	F25-29	South Africa	01:16:32	00:04:55	06:14:19	00:04:02	04:12:31
442	1094	Willem COETZER	11:52:25	M40-44	South Africa	01:09:01	00:05:39	05:45:01	00:04:15	04:48:27
443	1356	Henry WOLSTENHOLME	11:52:27	M40-44	South Africa	01:31:59	00:13:27	05:44:36	00:05:15	04:17:07
444	187	Kyle POPPLETON	11:52:34	M25-29	Botswana	01:08:41	00:06:02	05:50:10	00:03:44	04:43:55
445	1154	Mark GAUDIN	11:52:39	M40-44	South Africa	01:07:59	00:07:42	05:55:24	00:06:28	04:35:04
446	1561	Jose RODRIGUES	11:52:40	M45-49	South Africa	01:15:09	00:08:12	05:58:48	00:08:31	04:21:58
447	812	Malcolm MEINTJES	11:52:43	M35-39	South Africa	01:10:07	00:04:08	05:50:37	00:02:21	04:45:28
448	1759	Brian WHEAL	11:52:47	M50-54	South Africa	01:28:31	00:07:36	05:34:46	00:04:31	04:37:21
449	313	Simon BUTLER	11:52:50	M30-34	South Africa	01:19:20	00:11:38	05:37:43	00:09:15	04:34:52
450	893	Peter STOCK	11:52:57	M35-39	South Africa	01:07:56	00:05:57	05:53:50	00:04:59	04:40:14
451	1296	Tim SMIT	11:52:59	M40-44	United States	01:08:44	00:05:11	05:21:30	00:03:17	05:14:14
452	1012	Paula JANDRELL	11:53:02	F35-39	South Africa	01:22:24	00:10:42	06:22:29	00:05:16	03:52:09
453	466	Gerhard OLIVIER	11:53:34	M30-34	South Africa	01:04:36	00:06:26	05:33:49	00:06:39	05:02:02
454	770	Shamus KREUGER	11:53:38	M35-39	South Africa	01:00:40	00:06:57	05:53:26	00:06:55	04:45:38
455	994	Jo COOMBE	11:53:51	F35-39	Melbourne ()	01:18:58	00:07:05	06:10:17	00:04:19	04:13:11
456	909	Patrick THOMAS	11:53:58	M35-39	South Africa	01:09:32	00:06:43	05:48:35	00:04:31	04:44:34
457	634	Willie BOTHA	11:54:18	M35-39	South Africa	01:28:02	00:07:28	06:06:49	00:05:54	04:06:03
458	194	Mark ROWLES	11:54:21	M25-29	South Africa	01:05:07	00:06:55	06:17:54	00:06:22	04:18:01
459	236	Mark WARD	11:54:24	M25-29	South Africa	01:04:55	00:02:46	05:22:59	00:02:19	05:21:23
460	1690	Aart GEYER	11:54:41	M50-54	South Africa	01:21:23	00:11:36	05:53:17	00:05:55	04:22:28
461	1241	Dawid NEL	11:54:41	M40-44	South Africa	01:14:09	00:07:13	05:51:37	00:04:35	04:37:05
462	739	Michael IBRAHIM	11:54:43	M35-39	United States	01:17:17	00:03:59	05:37:08	00:03:08	04:53:09
463	1533	Brent MORRIS	11:54:46	M45-49	South Africa	01:05:56	00:05:48	05:31:15	00:06:03	05:05:43
464	776	Anton LAMBRECHTS	11:54:56	M35-39	South Africa	01:12:32	00:09:41	06:08:44	00:08:29	04:15:27
465	377	Anthony GREYLING	11:55:11	M30-34	South Africa	01:00:49	00:06:07	05:58:02	00:05:31	04:44:40
466	916	Chris TZANOS	11:55:12	M35-39	South Africa	01:23:00	00:06:12	06:04:02	00:05:16	04:16:40
467	215	Stephen TOICH	11:55:19	M25-29	South Africa	01:08:04	00:05:31	05:56:46	00:04:39	04:40:16
468	910	David THOMPSON	11:55:21	M35-39	South Africa	01:08:03	00:03:53	05:59:15	00:06:39	04:37:30
469	725	Theunis HANEKOM	11:55:26	M35-39	South Africa	01:04:10	00:04:55	05:51:11	00:06:55	04:48:13
470	1732	Johann SEYFFERT	11:55:28	M50-54	South Africa	01:20:46	00:07:25	05:38:20	00:05:48	04:43:08

471	1135	Brink EKSTEEN	11:55:38	M40-44	South Africa	01:15:37	00:08:46	05:41:18	00:10:17	04:39:38
472	495	Ryan RUTHVEN	11:55:44	M30-34	South Africa	01:04:18	00:05:10	05:57:52	00:06:02	04:42:21
473	486	Sean RAYMOND	11:55:53	M30-34	United Arab Emirates	01:25:16	00:06:12	05:36:53	00:06:06	04:41:24
474	843	Adam-troy PALMER	11:56:00	M35-39	South Africa	01:19:06	00:05:39	06:05:22	00:03:56	04:21:55
475	1502	Brian KERBY	11:56:06	M45-49	South Africa	01:13:51	00:08:35	05:48:18	00:06:17	04:39:03
476	1333	Ken VENN	11:56:13	M40-44	South Africa	01:19:07	00:10:33	05:42:00	00:06:35	04:37:56
477	1210	Alistair MACKENZIE	11:56:35	M40-44	Zimbabwe	01:12:02	00:05:39	06:07:12	00:04:44	04:26:56
478	1628	Elize FOURIE	11:56:46	F45-49	South Africa	01:28:31	00:10:04	05:55:11	00:04:47	04:18:11
479	1103	Nick DAVIDSON	11:57:05	M40-44	South Africa	01:16:53	00:07:54	05:44:13	00:08:31	04:39:33
480	1626	Erica DUEGER	11:57:20	F45-49	United States	01:19:52	00:04:15	06:02:14	00:04:53	04:26:04
481	1150	Greg FYFE	11:57:26	M40-44	South Africa	01:06:33	00:06:05	05:42:33	00:04:15	04:57:57
482	1192	Carl KOTZENBERG	11:58:03	M40-44	South Africa	01:00:28	00:03:33	05:48:09	00:06:54	04:58:56
483	1692	Danie GOUS	11:58:15	M50-54	South Africa	01:26:41	00:08:14	06:01:01	00:07:14	04:15:03
484	1447	Neil CURRIE	11:58:30	M45-49	South Africa	01:18:50	00:05:35	05:52:27	00:03:28	04:38:08
485	234	Malcolm VORSTER	11:58:47	M25-29	South Africa	01:06:28	00:05:04	05:56:32	00:04:57	04:45:45
486	617	Philip BARTLETT	11:59:03	M35-39	South Africa	01:06:05	00:08:44	06:03:39	00:06:45	04:33:48
487	928	Jasper VAN HEESCH	11:59:07	M35-39	South Africa	01:10:23	00:04:19	05:50:35	00:06:07	04:47:41
488	521	Dirk UYS	11:59:13	M30-34	South Africa	01:26:10	00:06:14	06:00:23	00:02:36	04:23:48
489	1748	Andre VAN HEERDEN	11:59:16	M50-54	South Africa	01:18:56	00:07:35	06:03:36	00:05:08	04:23:59
490	1060	Leon ANDERSON	11:59:25	M40-44	South Africa	01:04:10	00:06:57	05:40:00	00:03:11	05:05:06
491	1357	Kevin WOODIWISS	12:00:21	M40-44	South Africa	01:24:19	00:06:31	05:55:38	00:04:02	04:29:50
492	640	Jules CARDINAEL	12:00:42	M35-39	Belgium	01:10:57	00:03:28	05:18:06	00:03:22	05:24:48
493	1774	Pat THOMSON	12:00:43	F50-54	South Africa	01:19:07	00:07:06	06:04:44	00:06:10	04:23:34
494	1245	David GARCIA	12:00:48	M40-44	Spain	01:14:21	00:13:10	06:26:54	00:09:07	03:57:13
495	1429	Andre BESTER	12:00:57	M45-49	South Africa	01:20:29	00:06:10	06:05:28	00:04:21	04:24:27
496	526	Izak VAN DER MERWE	12:01:34	M30-34	South Africa	01:12:57	00:05:25	05:58:43	00:02:37	04:41:50
497	1124	Henk DU PLESSIS	12:01:44	M40-44	South Africa	01:13:29	00:05:10	06:10:27	00:03:51	04:28:44
498	666	Hennie DE BEER	12:02:14	M35-39	South Africa	01:14:18	00:06:25	05:15:06	00:04:23	05:22:00
499	642	Brett CAUDWELL	12:02:30	M35-39	South Africa	01:07:46	00:06:01	05:50:56	00:05:04	04:52:41
500	352	Brett FAURE	12:02:39	M30-34	South Africa	01:09:57	00:04:00	06:08:45	00:03:53	04:36:02
501	447	Marc MOORE	12:02:48	M30-34	South Africa	00:55:47	00:03:53	06:27:34	00:03:43	04:31:48
502	568	Emmy HUME	12:02:54	F30-34	South Africa	01:14:03	00:05:10	05:57:43	00:03:35	04:42:21
503	778	James LAWSON -SMITH	12:03:13	M35-39	South Africa	01:08:30	00:06:25	06:03:33	00:08:42	04:36:01

504	1362	Deon ZEELIE	12:03:18	M40-44	South Africa	01:30:22	00:04:34	05:41:28	00:06:06	04:40:45
505	151	Jurie KOTZE	12:03:20	M25-29	South Africa	01:02:58	00:04:49	06:15:01	00:04:33	04:35:58
506	1008	Natalie HANSEN	12:03:25	F35-39	South Africa	01:17:03	00:05:36	06:09:51	00:04:39	04:26:15
507	1418	Adele VAN DE VENTER	12:03:37	F40-44	South Africa	01:07:58	00:06:15	06:06:48	00:04:45	04:37:50
508	514	Konstantin STOLYAROV	12:03:51	M30-34	Russia	01:39:35	00:07:03	06:08:53	00:06:52	04:01:25
509	1597	Andre VAN DER MERWE	12:03:53	M45-49	South Africa	01:23:40	00:09:36	05:31:17	00:08:26	04:50:53
510	895	Matthew STRIDE	12:04:00	M35-39	South Africa	01:09:41	00:07:19	06:20:34	00:03:15	04:23:09
511	1823	Reinhard BÖRNER	12:04:26	M60-64	Germany	01:35:52	00:05:15	06:10:03	00:06:44	04:06:30
512	1439	Alan CAMPBELL	12:04:39	M45-49	South Africa	01:19:23	00:07:19	06:14:29	00:03:54	04:19:32
513	927	Gert VAN EEDEN	12:06:40	M35-39	South Africa	01:14:27	00:07:50	05:51:35	00:03:57	04:48:50
514	1642	Marietha MARITZ	12:06:49	F45-49	South Africa	01:25:06	00:07:15	06:13:37	00:03:17	04:17:33
515	1432	Bossie BOSHOFF	12:07:00	M45-49	South Africa	01:19:13	00:04:53	05:53:56	00:04:16	04:44:40
516	685	Sholto DOUGLAS	12:07:39	M35-39	South Africa	01:05:11	00:06:26	05:52:47	00:05:21	04:57:52
517	933	Daniel VAN ROOYEN	12:07:53	M35-39	South Africa	01:10:53	00:05:19	05:51:36	00:06:21	04:53:42
518	1123	Dionisius DU PLESSIS	12:08:09	M40-44	South Africa	01:18:49	00:07:07	06:13:32	00:04:31	04:24:08
519	887	Andrew SKOWNO	12:08:26	M35-39	South Africa	00:51:58	00:03:27	05:36:45	00:03:19	05:32:56
520	1151	Douglas GAGIANO	12:08:39	M40-44	South Africa	01:26:07	00:10:27	06:21:50	00:06:09	04:04:03
521	764	Langley KIRKWOOD	12:08:39	M35-39	South Africa	01:11:13	00:10:27	06:18:41	00:07:24	04:20:52
522	937	Jp VAN WYK	12:08:44	M35-39	South Africa	01:16:59	00:10:43	06:45:08	00:06:35	03:49:18
523	1268	Emmanuel ROCCAS	12:09:17	M40-44	South Africa	01:23:20	00:08:59	06:04:32	00:05:10	04:27:13
524	658	Craig COTHILL	12:09:18	M35-39	South Africa	01:17:39	00:06:03	05:43:25	00:04:03	04:53:06
525	1541	Allen NICOLSON	12:09:26	M45-49	South Africa	01:05:20	00:04:09	05:57:28	00:05:57	04:56:31
526	1501	Rob KELLOCK	12:09:28	M45-49	South Africa	01:16:34	00:08:59	06:13:27	00:05:57	04:24:29
527	1307	Thomas STOW	12:09:35	M40-44	South Africa	01:19:26	00:06:34	05:57:37	00:04:37	04:41:19
528	1324	Andre VAN HEERDEN	12:09:50	M40-44	South Africa	01:12:30	00:08:01	05:49:59	00:05:51	04:53:26
529	325	Keith CONNELLY	12:09:55	M30-34	South Africa	01:23:19	00:12:05	06:07:28	00:09:32	04:17:29
530	940	Dalein VAN ZYL	12:10:09	M35-39	South Africa	01:13:36	00:04:59	05:52:38	00:06:02	04:52:52
531	786	Kevin LOMAX	12:10:22	M35-39	South Africa	01:09:06	00:05:41	06:22:56	00:03:55	04:28:42
532	158	Matias LOPEZ	12:10:38	M25-29	Argentina	01:06:34	00:03:20	05:45:52	00:03:20	05:11:31
533	560	Jenifer GAFFORD	12:11:02	F30-34	United States	01:14:54	00:04:29	05:58:50	00:03:40	04:49:06
534	724	Andrew HAGEMANN	12:11:19	M35-39	South Africa	01:19:40	00:09:07	05:57:01	00:05:45	04:39:43
535	1694	Stephen GREGORY	12:11:28	M50-54	South Africa	01:18:58	00:10:46	05:51:10	00:06:11	04:44:21
536	537	Lourens VISSER	12:11:34	M30-34	South Africa	01:08:21	00:06:22	06:03:42	00:04:25	04:48:42
537	1259	Gerhard PRETORIUS	12:11:43	M40-44	South Africa	01:18:17	00:06:25	05:56:11	00:04:11	04:46:36

538	477	Joe PIETERSE	12:11:51	M30-34	South Africa	01:10:16	00:05:02	05:29:29	00:05:49	05:21:13
539	858	Roberto PRAVISANO	12:11:58	M35-39	Italy	01:07:54	00:06:21	05:40:29	00:06:33	05:10:40
540	206	Dean STOCKENSTROM	12:12:00	M25-29	South Africa	01:20:04	00:05:56	05:49:49	00:06:12	04:49:57
541	1841	Martin METZ	12:12:03	M65-69	Germany	01:31:54	00:04:29	05:57:40	00:03:27	04:34:31
542	681	Pierre DIAZ	12:12:30	M35-39	Reunion	01:24:46	00:07:04	05:54:25	00:09:22	04:36:51
543	589	Shana SANDRI	12:12:33	F30-34	South Africa	01:05:31	00:09:10	06:10:14	00:06:39	04:40:56
544	1756	Michael WEBB	12:12:34	M50-54	South Africa	01:25:58	00:07:20	06:06:34	00:05:12	04:27:29
545	570	Vanessa LESSING	12:12:48	F30-34	South Africa	01:11:36	00:05:17	06:02:26	00:03:53	04:49:33
546	1238	Deon MULLER	12:12:53	M40-44	South Africa	01:11:59	00:04:22	05:55:22	00:04:33	04:56:36
547	416	Lance KROWITZ	12:12:57	M30-34	South Africa	01:15:15	00:06:56	05:54:11	00:06:52	04:49:42
548	1286	John SEARLE	12:13:04	M40-44	South Africa	01:14:26	00:08:07	05:57:26	00:08:36	04:44:28
549	483	Pierre PUREN	12:13:22	M30-34	South Africa	01:00:20	00:05:38	06:08:17	00:06:40	04:52:25
550	813	Facundo MENDOZA	12:13:34	M35-39	Argentina	01:05:33	00:03:23	06:20:45	00:06:11	04:37:40
551	1148	Warren FRANKLIN	12:13:38	M40-44	South Africa	01:14:51	00:05:02	06:05:48	00:04:51	04:43:05
552	1842	Ken POOLE	12:13:43	M65-69	South Africa	01:19:58	00:06:30	06:01:29	00:05:53	04:39:52
553	1107	Daniel DE GOEDE	12:13:52	M40-44	South Africa	01:01:10	00:05:49	05:46:49	00:06:04	05:13:59
554	1610	Stephan VOLSCHENK	12:13:54	M45-49	South Africa	01:19:19	00:09:58	06:06:48	00:05:35	04:32:12
555	696	Alex ELWORTHY	12:14:10	M35-39	South Africa	01:05:46	00:07:42	05:53:14	00:04:24	05:03:02
556	153	Johann KRUGER	12:14:19	M25-29	South Africa	01:13:27	00:07:56	06:19:35	00:12:02	04:21:17
557	683	Edwin DILLON	12:14:42	M35-39	South Africa	01:07:35	00:07:15	06:07:48	00:05:20	04:46:42
558	238	Ryno WEITZ	12:15:01	M25-29	South Africa	01:17:21	00:08:12	06:30:35	00:12:07	04:06:44
559	430	Willie LOUW	12:15:16	M30-34	South Africa	01:09:52	00:10:51	05:58:57	00:14:15	04:41:19
560	1409	Sue PETERKIN	12:15:31	F40-44	South Africa	01:16:19	00:07:44	06:09:18	00:07:14	04:34:54
561	336	Stuart DIAMOND	12:15:43	M30-34	South Africa	01:00:38	00:04:31	06:08:06	00:04:08	04:58:18
562	752	Brett JOHNSTON	12:15:44	M35-39	South Africa	01:17:07	00:10:44	06:28:46	00:05:06	04:13:59
563	1027	Melany PORTER	12:15:53	F35-39	South Africa	01:11:21	00:10:13	06:27:41	00:05:13	04:21:23
564	1143	Damon FORBES	12:15:57	M40-44	South Africa	01:02:07	00:04:28	05:48:34	00:05:24	05:15:23
565	1713	Colin MULLER	12:16:19	M50-54	South Africa	01:24:09	00:05:55	05:41:11	00:06:00	04:59:02
566	747	Martin JANSEN VAN RENSBURG	12:16:34	M35-39	South Africa	01:14:30	00:10:05	05:53:33	00:08:40	04:49:44
567	1452	Giovanni DEL CASTELLO	12:16:42	M45-49	South Africa	01:18:35	00:06:35	06:13:11	00:06:45	04:31:34
568	1499	Joe KADWELL	12:16:44	M45-49	South Africa	01:22:44	00:05:52	05:53:04	00:03:37	04:51:24
569	237	Justin WEBSTER	12:16:51	M25-29	South Africa	01:28:59	00:12:35	06:34:46	00:09:25	03:51:04
570	1605	Clene VAN WYK	12:17:32	M45-49	South Africa	01:19:04	00:05:27	06:06:13	00:07:35	04:39:11

571	85	Shaun TIMM	12:17:49	M18-24	South Africa	01:10:45	00:05:20	06:09:47	00:06:10	04:45:46
572	1684	Alan FLEETWOOD	12:18:05	M50-54	South Africa	01:18:24	00:10:16	06:01:09	00:15:14	04:32:59
573	1020	Elzabé LIEBENBERG	12:18:20	F35-39	South Africa	01:24:44	00:07:00	06:18:19	00:04:29	04:23:45
574	1142	Niel FIVAZ	12:18:40	M40-44	South Africa	01:21:56	00:07:21	06:07:21	00:10:43	04:31:16
575	67	Timothy FAIR	12:18:46	M18-24	South Africa	01:41:41	00:09:28	06:13:36	00:05:35	04:08:23
576	737	Stu HOY	12:19:01	M35-39	South Africa	01:16:28	00:05:35	06:10:09	00:04:31	04:42:17
577	854	Lawrence POLKINGHORNE	12:19:02	M35-39	South Africa	01:08:39	00:06:59	06:07:06	00:07:48	04:48:29
578	925	Pieter VAN DEVENTER	12:19:08	M35-39	South Africa	01:07:19	00:06:21	05:54:05	00:04:33	05:06:49
579	715	Adrian GOATE	12:19:28	M35-39	South Africa	00:59:02	00:06:27	05:47:51	00:08:00	05:18:06
580	1064	Marc BATAILLE	12:19:30	M40-44	Brazil	01:17:09	00:05:43	06:18:29	00:04:24	04:33:43
581	1414	Annalie SMITH	12:19:46	F40-44	South Africa	01:18:38	00:08:12	06:32:31	00:04:36	04:15:46
582	1519	Jonathan MANDELL	12:20:00	M45-49	South Africa	01:12:19	00:06:22	06:20:52	00:05:02	04:35:23
583	1404	Marusa MASON	12:20:51	F40-44	South Africa	01:05:48	00:03:48	06:19:35	00:04:28	04:47:10
584	824	Oswald MYERS	12:20:52	M35-39	South Africa	01:15:13	00:04:38	06:01:08	00:03:24	04:56:27
585	1239	Martin MULLER	12:21:08	M40-44	South Africa	01:17:24	00:06:03	06:01:06	00:03:26	04:53:08
586	616	Iain BARROW	12:21:36	M35-39	South Africa	01:06:41	00:08:52	06:24:25	00:04:44	04:36:51
587	742	Warren IRONSIDE	12:21:40	M35-39	South Africa	01:07:48	00:06:52	06:08:54	00:09:08	04:48:56
588	293	Stephane BERLY	12:21:46	M30-34	France	01:26:37	00:06:35	05:49:10	00:03:15	04:56:08
589	1322	Grant VAN DER WAL	12:21:46	M40-44	South Africa	01:18:59	00:09:27	05:56:02	00:06:59	04:50:17
590	597	Catherine VAN LIENDEN	12:21:48	F30-34	South Africa	01:17:05	00:06:46	06:16:34	00:03:13	04:38:08
591	1415	Belinda SOPER	12:21:48	F40-44	Zimbabwe	01:11:37	00:05:55	06:12:12	00:07:03	04:44:59
592	682	Chris DICKENS	12:21:52	M35-39	South Africa	01:15:45	00:07:00	05:50:46	00:09:35	04:58:43
593	482	Rich PRINSLOO	12:21:56	M30-34	South Africa	01:09:15	00:05:32	06:03:36	00:03:50	04:59:41
594	1186	Wayne KAMINSKY	12:22:07	M40-44	South Africa	01:19:20	00:08:15	05:39:24	00:07:36	05:07:29
595	452	Steven MURRAY	12:22:10	M30-34	South Africa	01:13:03	00:04:32	06:02:23	00:03:58	04:58:12
596	86	Danillo VAN ECK	12:22:16	M18-24	South Africa	01:08:43	00:04:26	06:23:01	00:03:14	04:42:49
597	1542	Matt NORVAL	12:22:18	M45-49	South Africa	01:16:14	00:13:56	06:26:50	00:10:03	04:15:13
598	1544	Ian PATTERSON	12:22:22	M45-49	South Africa	01:25:39	00:10:16	05:59:50	00:06:06	04:40:29
599	396	Chris HUSTED	12:22:35	M30-34	South Africa	01:15:06	00:09:13	06:11:31	00:07:41	04:39:02
600	550	Romy ANDERSON	12:22:37	F30-34	South Africa	01:18:34	00:07:40	06:14:34	00:09:52	04:31:55
601	406	Joe KAWKABANI	12:22:44	M30-34	United Arab Emirates	01:23:38	00:07:11	06:15:07	00:05:42	04:31:03
602	554	Sarah BRISCOE	12:22:44	F30-34	South Africa	01:14:34	00:06:51	06:33:41	00:05:13	04:22:24
603	1037	Jillian SOTTO CORONA	12:22:54	F35-39	South Africa	01:14:17	00:04:58	06:19:07	00:05:15	04:39:15

604	1169	Grant HENDRIKS	12:23:07	M40-44	South Africa	01:11:58	00:06:53	06:09:13	00:08:29	04:46:33
605	1271	Paul ROWE	12:23:13	M40-44	South Africa	01:10:14	00:10:00	06:25:54	00:08:48	04:28:15
606	678	Nico DE WAAL	12:23:25	M35-39	South Africa	01:11:12	00:06:54	05:49:33	00:04:09	05:11:35
607	1720	Boeta PRETORIUS	12:23:31	M50-54	South Africa	01:17:06	00:05:11	05:42:58	00:05:28	05:12:47
608	873	Mornay ROUX	12:23:41	M35-39	South Africa	01:18:21	00:09:26	06:13:02	00:05:54	04:36:55
609	1108	Andries DE JAGER	12:23:50	M40-44	South Africa	01:03:09	00:08:26	05:57:00	00:07:00	05:08:14
610	734	Ian HORN	12:24:04	M35-39	South Africa	01:12:22	00:09:34	06:14:10	00:07:40	04:40:17
611	1120	Mark DE WET	12:24:31	M40-44	South Africa	01:15:04	00:07:02	06:35:04	00:05:44	04:21:34
612	1015	Anne KARLE	12:24:38	F35-39	South Africa	01:06:03	00:06:48	06:35:31	00:05:43	04:30:31
613	1476	Leon GOOSEN	12:24:43	M45-49	Great Britain	01:24:56	00:10:48	05:51:48	00:09:00	04:48:08
614	1470	Quentin FOSTER	12:24:53	M45-49	South Africa	01:05:47	00:06:04	05:47:57	00:04:56	05:20:06
615	395	Mark HUPPELSCHOTEN	12:24:56	M30-34	South Africa	01:12:56	00:07:10	06:16:21	00:05:09	04:43:18
616	999	Tamsin ELSLEY	12:25:08	F35-39	South Africa	01:07:34	00:05:24	06:50:46	00:05:04	04:16:17
617	1417	Shawna THUNDER	12:25:11	F40-44	South Africa	01:11:40	00:06:39	06:00:57	00:06:41	04:59:14
618	1379	Karen FAIRLEY	12:25:14	F40-44	Hong Kong	01:11:35	00:07:17	06:09:08	00:06:37	04:50:35
619	251	Eulogy DU PLESSIS	12:25:17	F25-29	South Africa	01:20:13	00:07:39	06:10:12	00:05:07	04:42:04
620	1166	Barend HARMSE	12:25:18	M40-44	South Africa	01:17:10	00:08:08	06:11:17	00:06:19	04:42:22
621	530	Ewald VAN HEERDEN	12:25:20	M30-34	South Africa	01:08:04	00:07:41	06:15:09	00:09:28	04:44:56
622	1673	Johannes DAVEL	12:25:31	M50-54	South Africa	01:12:27	00:03:53	05:48:08	00:03:57	05:17:05
623	1178	Martin JACOBS	12:25:37	M40-44	South Africa	01:00:33	00:04:26	05:46:35	00:04:31	05:29:30
624	815	Ran MEY-RAZ	12:25:40	M35-39	Israel	01:15:30	00:07:41	06:13:08	00:08:33	04:40:46
625	783	Cobus LIAKOS	12:26:00	M35-39	South Africa	01:19:35	00:08:17	05:54:45	00:04:22	04:58:58
626	1553	Keith PLATEEL	12:26:08	M45-49	South Africa	01:17:55	00:07:32	05:41:21	00:05:38	05:13:40
627	1765	Ilse FRITZ	12:26:09	F50-54	South Africa	01:18:07	00:12:08	06:40:50	00:08:27	04:06:35
628	1654	Tina VAN WYK	12:26:24	F45-49	South Africa	01:15:21	00:07:41	05:55:02	00:05:13	05:03:05
629	1666	Mervyn BOSWORTH SMITH	12:26:32	M50-54	South Africa	01:23:54	00:05:29	05:57:56	00:03:48	04:55:24
630	690	Rudolf DU PLOOY	12:26:43	M35-39	South Africa	01:19:21	00:07:37	06:03:49	00:05:39	04:50:15
631	686	Grant DOWNHAM	12:26:44	M35-39	South Africa	01:20:45	00:10:22	06:12:41	00:08:21	04:34:32
632	977	Freek ZEELIE	12:26:50	M35-39	South Africa	01:29:19	00:07:32	05:47:42	00:08:13	04:54:02
633	1042	Lelane VAN DER MERWE	12:26:58	F35-39	South Africa	01:18:30	00:09:35	06:35:11	00:05:37	04:18:03
634	1514	Andre LOMBARD	12:27:06	M45-49	South Africa	01:09:21	00:07:17	06:07:47	00:05:02	04:57:38
635	200	Stephen SMIT	12:27:07	M25-29	South Africa	01:15:40	00:04:46	05:53:44	00:06:07	05:06:48
636	1503	Grant KERR	12:27:11	M45-49	South Africa	01:20:35	00:09:32	05:57:34	00:06:10	04:53:18
637	906	Johann TERBLANCHE	12:27:18	M35-39	South Africa	00:56:03	00:04:48	06:26:08	00:05:06	04:55:10

638	1270	Etienne ROUX	12:27:26	M40-44	South Africa	01:19:59	00:11:26	06:19:57	00:07:36	04:28:26
639	582	Elin NIMARK	12:27:54	F30-34	Sweden	01:19:06	00:04:08	05:55:28	00:04:53	05:04:18
640	1080	Christopher BRAMMER	12:28:01	M40-44	South Africa	01:16:26	00:05:34	05:18:06	00:04:45	05:43:09
641	789	Sylvain LORIOT	12:28:13	M35-39	France	01:05:30	00:08:51	05:39:05	00:05:23	05:29:22
642	1385	Gisela GOODHEW	12:28:42	F40-44	South Africa	01:44:17	00:07:52	06:23:36	00:05:58	04:06:57
643	140	Tom HORBURY	12:28:56	M25-29	England	01:32:19	00:08:14	06:17:51	00:05:05	04:25:25
644	641	Andrew CASALI	12:29:03	M35-39	South Africa	01:09:24	00:07:38	06:21:22	00:05:51	04:44:47
645	371	Jason GOEDHALS	12:29:06	M30-34	South Africa	01:09:02	00:06:18	06:13:29	00:11:02	04:49:13
646	915	Heath TURNER	12:29:27	M35-39	South Africa	01:14:51	00:10:36	05:51:13	00:07:48	05:04:57
647	1485	Tommy HANEKOM	12:29:52	M45-49	South Africa	01:52:14	00:10:55	06:16:39	00:10:01	03:55:01
648	359	Jacques FOURIE	12:29:54	M30-34	South Africa	01:12:33	00:04:55	06:23:29	00:03:20	04:45:35
649	601	Karen VERSFELD	12:29:57	F30-34	South Africa	01:14:37	00:06:42	06:20:58	00:06:07	04:41:31
650	1102	Danie CRONJE	12:30:26	M40-44	South Africa	01:36:12	00:14:30	05:49:39	00:08:58	04:41:04
651	1228	David MILLER	12:30:40	M40-44	South Africa	01:14:52	00:06:19	06:17:28	00:05:22	04:46:37
652	1826	Daniele BULLO	12:30:51	M60-64	Italy	01:23:11	00:08:47	06:13:12	00:03:58	04:41:42
653	134	Seva GORLACH	12:31:01	M25-29	South Africa	01:19:55	00:04:23	06:01:56	00:05:28	04:59:16
654	481	Tiaan PRETORIUS	12:31:13	M30-34	South Africa	01:20:46	00:07:21	06:11:55	00:05:18	04:45:50
655	381	Charles GROVES	12:31:33	M30-34	South Africa	01:18:52	00:09:18	06:04:56	00:13:25	04:45:00
656	1014	Michelle JOSEPH	12:31:39	F35-39	South Africa	01:14:19	00:05:34	06:22:19	00:05:06	04:44:18
657	694	Andrew EDDLES	12:31:42	M35-39	South Africa	01:05:49	00:05:30	05:55:26	00:05:54	05:19:01
658	1617	Gert WILKINS	12:31:55	M45-49	South Africa	01:17:49	00:13:02	05:47:30	00:10:06	05:03:26
659	77	James LOGAN	12:32:01	M18-24	South Africa	01:06:37	00:06:21	06:17:05	00:06:03	04:55:53
660	1609	Constantin VLACHOS	12:32:07	M45-49	Switzerland	01:21:01	00:10:55	06:36:19	00:19:27	04:04:23
661	1768	Sutra MARIANNE	12:32:14	F50-54	France	01:18:23	00:03:57	06:06:56	00:04:45	04:58:11
662	1495	Chris HOWES	12:32:35	M45-49	South Africa	01:06:23	00:05:46	05:34:48	00:03:41	05:41:54
663	207	Fred STROMBECK	12:32:40	M25-29	South Africa	01:11:55	00:10:14	06:06:35	00:11:33	04:52:21
664	1081	Roy BRENNON	12:32:43	M40-44	South Africa	01:29:25	00:09:57	05:31:51	00:10:29	05:10:59
665	1518	Danie MALAN	12:32:46	M45-49	South Africa	01:20:55	00:10:03	06:13:07	00:12:54	04:35:45
666	1119	Kobus DE VOS	12:32:49	M40-44	South Africa	01:17:16	00:05:39	05:12:41	00:02:08	05:55:04
667	374	Paul GOOSEN	12:32:54	M30-34	South Africa	01:01:18	00:05:12	06:09:11	00:06:16	05:10:55
668	1068	Jay BEHRMANN	12:32:59	M40-44	South Africa	01:13:06	00:05:17	05:51:01	00:05:20	05:18:13
669	918	Stephen VAN DEN BERG	12:33:37	M35-39	South Africa	01:20:15	00:06:36	06:29:43	00:04:17	04:32:44
670	510	Noel STEVENS	12:33:51	M30-34	South Africa	01:28:57	00:04:10	06:07:05	00:06:27	04:47:09
671	1411	Liesl RIBEIRO	12:34:05	F40-44	South Africa	01:28:45	00:10:17	06:21:49	00:08:25	04:24:47

672	69	Matthew GERTENBACH	12:34:11	M18-24	South Africa	01:08:09	00:17:32	06:13:45	00:12:31	04:42:12
673	94	Peter ALING	12:34:12	M25-29	South Africa	01:13:33	00:09:33	06:25:37	00:08:24	04:37:03
674	414	Travis KRAUSE	12:34:22	M30-34	South Africa	01:14:57	00:06:04	06:15:16	00:06:04	04:51:59
675	1341	Sean VON ABO	12:34:33	M40-44	South Africa	01:07:50	00:05:17	05:55:19	00:04:45	05:21:20
676	1423	Grant BACON	12:34:42	M45-49	South Africa	01:21:37	00:08:45	06:21:29	00:07:38	04:35:11
677	833	Jason NICHOL	12:34:52	M35-39	South Africa	01:07:16	00:05:25	06:35:58	00:05:26	04:40:46
678	1185	Mark KAHN	12:34:56	M40-44	South Africa	01:09:46	00:06:30	05:56:05	00:05:21	05:17:12
679	992	Paddy CLOETE	12:35:03	F35-39	South Africa			05:52:00	00:02:33	05:00:29
680	995	Leoni DE JAGER	12:35:31	F35-39	South Africa	01:12:01	00:08:29	06:41:05	00:07:12	04:26:42
681	671	Stephen DE COITO	12:36:05	M35-39	South Africa	01:12:54	00:04:56	05:56:08	00:03:27	05:18:37
682	653	Tiaan CONRADIE	12:36:13	M35-39	South Africa	01:56:33	00:11:14	06:31:32	00:05:17	03:51:36
683	926	Stefan VAN DOORN	12:36:16	M35-39	Namibia	01:17:16	00:07:27	06:24:12	00:04:24	04:42:55
684	913	Graham TOMS	12:36:18	M35-39	South Africa	01:08:23	00:09:17	05:58:10	00:08:49	05:11:37
685	373	Neil GOOSEN	12:36:22	M30-34	South Africa	01:16:30	00:07:25	06:12:12	00:07:08	04:53:06
686	220	Brian VAN ASWEGEN	12:36:44	M25-29	South Africa	01:10:46	00:05:31	06:20:06	00:09:58	04:50:22
687	281	Tashreeq AGHERDIEN	12:36:54	M30-34	South Africa	01:15:50	00:07:39	06:26:38	00:06:38	04:40:08
688	470	Bryan PATTISON	12:36:59	M30-34	South Africa	01:10:36	00:06:06	06:26:34	00:04:22	04:49:19
689	357	Lester FORTUIN	12:36:59	M30-34	South Africa	01:16:56	00:04:13	06:26:19	00:03:04	04:46:25
690	399	Kevin JACKSON	12:37:05	M30-34	South Africa	01:05:12	00:07:41	06:12:30	00:02:57	05:08:42
691	343	Stephan DU TOIT	12:37:28	M30-34	South Africa	01:40:59	00:11:50	06:22:38	00:12:28	04:09:32
692	1040	San-marie STANDER	12:37:44	F35-39	South Africa	01:27:29	00:11:32	06:21:44	00:07:08	04:29:49
693	551	Gill BARBOUR	12:37:46	F30-34	South Africa	01:13:38	00:09:27	06:31:39	00:06:21	04:36:39
694	1222	Clifford MCCLURE	12:38:36	M40-44	South Africa	01:09:50	00:04:50	05:34:15	00:04:49	05:44:49
695	581	Jacqueline NEWLING	12:38:43	F30-34	South Africa	01:02:56	00:06:29	06:22:58	00:07:28	04:58:51
696	188	Ryan PRETORIUS	12:38:48	M25-29	South Africa	01:15:11	00:12:08	06:15:10	00:08:13	04:48:04
697	668	Jonathan DE BEER	12:38:52	M35-39	South Africa	01:21:26	00:10:50	05:37:02	00:09:48	05:19:44
698	248	Terené DANIEL	12:38:53	F25-29	South Africa	01:24:13	00:03:52	06:30:22	00:04:10	04:36:15
699	148	Joshua JORGENSEN	12:39:02	M25-29	South Africa	01:21:00	00:06:02	06:22:04	00:03:26	04:46:29
700	1004	Megan GILL	12:39:04	F35-39	South Africa	01:14:21	00:09:13	06:31:26	00:07:24	04:36:38
701	1400	Lona MARAIS	12:39:06	F40-44	South Africa	01:19:48	00:07:27	06:11:22	00:06:21	04:54:06
702	1741	Franzt STRUWIG	12:39:09	M50-54	South Africa	01:23:23	00:14:37	06:36:27	00:08:31	04:16:10
703	1688	Nigel GARFITT	12:39:11	M50-54	England	01:38:54	00:11:08	06:11:55	00:09:08	04:28:03
704	1182	Wayne JOLLY	12:39:25	M40-44	South Africa	01:18:06	00:07:55	05:56:43	00:08:37	05:08:01
705	1521	Niel MARITZ	12:39:27	M45-49	South Africa	01:17:44	00:06:18	06:16:45	00:06:31	04:52:08

<b>706</b>	149	Gottfried JOUBERT	12:39:29	M25-29	South Africa	01:05:08	00:05:11	05:58:13	00:04:53	05:26:03
<b>707</b>	1801	David JANSE VAN VUUREN	12:39:32	M55-59	South Africa	01:25:04	00:08:24	06:03:54	00:05:28	04:56:40
<b>708</b>	697	Trevor FERRIER	12:39:53	M35-39	South Africa	01:18:08	00:09:02	06:10:57	00:05:28	04:56:17
<b>709</b>	716	Gary GOEDHALS	12:39:58	M35-39	South Africa	01:02:08	00:05:26	06:05:40	00:08:02	05:18:41
<b>710</b>	152	Jaco KRUGER	12:40:00	M25-29	South Africa	01:09:16	00:10:43	06:13:10	00:07:25	04:59:24
<b>711</b>	996	Annie DICEY	12:40:03	F35-39	South Africa	01:20:01	00:06:33	06:15:41	00:06:08	04:51:37
<b>712</b>	165	Willem MAREE	12:40:08	M25-29	South Africa	01:08:46	00:03:52	06:15:00	00:06:27	05:06:02
<b>713</b>	500	Marc SCHROEDER	12:40:21	M30-34	South Africa	01:07:50	00:14:38	06:00:01	00:10:32	05:07:18
<b>714</b>	72	Bryan HELLON	12:40:31	M18-24	South Africa	01:16:22	00:07:11	06:33:10	00:03:53	04:39:52
<b>715</b>	176	Rodger MORLEY	12:40:38	M25-29	England	01:18:42	00:08:12	06:41:06	00:07:23	04:25:15
<b>716</b>	519	Clayton TIMCKE	12:40:54	M30-34	South Africa	01:15:10	00:08:41	06:22:21	00:07:05	04:47:36
<b>717</b>	857	Craig POTTINGER	12:41:04	M35-39	South Africa	01:10:21	00:06:27	06:12:33	00:05:47	05:05:53
<b>718</b>	661	Llewelyn CURLEWIS	12:41:06	M35-39	South Africa	01:26:38	00:11:43	06:59:21	00:07:42	03:55:40
<b>719</b>	935	Inus VAN ROOYEN	12:41:24	M35-39	South Africa	01:05:54	00:05:18	06:18:34	00:05:23	05:06:13
<b>720</b>	950	Johan VOLSCHENK	12:41:25	M35-39	South Africa	01:39:12	00:06:29	05:50:21	00:07:02	04:58:19
<b>721</b>	558	Kathy CRABBE	12:41:45	F30-34	South Africa	01:09:40	00:04:28	06:10:52	00:06:19	05:10:24
<b>722</b>	768	Jaco KOTZE	12:41:47	M35-39	South Africa	01:17:01	00:11:07	06:05:20	00:09:37	04:58:40
<b>723</b>	599	Karen VAN STADEN	12:41:58	F30-34	South Africa	01:18:16	00:12:18	06:20:18	00:10:26	04:40:38
<b>724</b>	886	Chris SIEBERT	12:42:14	M35-39	South Africa	01:13:20	00:04:30	06:20:20	00:06:12	04:57:50
<b>725</b>	870	Nico RETIEF	12:42:19	M35-39	South Africa	01:19:11	00:06:18	05:58:01	00:05:28	05:13:19
<b>726</b>	972	Ralf WITTROWSKI	12:42:52	M35-39	South Africa	01:11:12	00:07:50	05:55:37	00:08:22	05:19:49
<b>727</b>	1581	Brett STRAATEMEIER	12:42:52	M45-49	Hong Kong	01:09:35	00:06:36	05:33:46	00:07:04	05:45:49
<b>728</b>	757	Jaco KAMFER	12:43:03	M35-39	South Africa	01:17:26	00:06:45	05:47:04	00:04:01	05:27:46
<b>729</b>	412	Greg KOCKOTT	12:43:30	M30-34	South Africa	01:20:44	00:07:07	06:09:14	00:07:43	04:58:41
<b>730</b>	1598	Theunis VAN DER MERWE	12:43:34	M45-49	South Africa	01:31:27	00:08:20	05:56:35	00:07:17	04:59:52
<b>731</b>	1477	Eugene GOUWS	12:43:44	M45-49	South Africa	01:11:29	00:08:01	05:36:24	00:08:17	05:39:31
<b>732</b>	1230	Lorenzo MISSIO	12:44:28	M40-44	South Africa	01:19:27	00:08:53	06:11:59	00:10:28	04:53:39
<b>733</b>	1443	Johan CONRADIE	12:44:33	M45-49	South Africa	01:30:13	00:09:19	06:16:06	00:05:58	04:42:55
<b>734</b>	1090	Jindra CIBULKA	12:44:34	M40-44	South Africa	01:23:13	00:06:46	06:00:08	00:03:32	05:10:52
<b>735</b>	1525	Kevin MCCAUGHEY	12:44:41	M45-49	South Africa	01:10:58	00:06:23	06:16:29	00:04:52	05:05:57
<b>736</b>	221	Paul VAN ASWEGEN	12:44:42	M25-29	South Africa	01:12:08	00:08:06	06:13:30	00:12:37	04:58:19
<b>737</b>	1137	Riaan ESTERHUIZEN	12:44:44	M40-44	South Africa	01:32:36	00:10:18	06:05:38	00:08:27	04:47:44
<b>738</b>	93	Louw ALBERTS	12:44:45	M25-29	South Africa	01:17:01	00:10:12	06:11:36	00:07:40	04:58:13
<b>739</b>	866	Neil RATCLIFFE	12:44:49	M35-39	South Africa	01:24:47	00:08:57	06:01:45	00:08:24	05:00:54

<b>740</b>	365	Rory GARTON	12:44:54	M30-34	South Africa	01:09:38	00:03:38	06:00:29	00:06:54	05:24:12
<b>741</b>	142	Theunis HUMAN	12:45:14	M25-29	South Africa	01:10:57	00:05:43	06:03:55	00:06:29	05:18:09
<b>742</b>	84	Jesse TERNENT	12:45:21	M18-24	South Africa	00:54:49	00:05:40	06:16:10	00:21:28	05:07:12
<b>743</b>	1292	Richard SIEBERT	12:45:22	M40-44	South Africa	01:26:43	00:06:55	05:42:15	00:06:08	05:23:21
<b>744</b>	1766	Linda LEVISKA-BETZ	12:45:23	F50-54	United Arab Emirates	01:27:36	00:10:30	06:17:26	00:04:32	04:45:17
<b>745</b>	298	Kevin BLANN	12:45:49	M30-34	South Africa	01:22:53	00:11:59	06:06:12	00:11:13	04:53:31
<b>746</b>	846	Mark PATERSON	12:45:50	M35-39	South Africa	01:04:00	00:09:48	06:18:44	00:10:39	05:02:37
<b>747</b>	330	Jaco DE JAGER	12:45:54	M30-34	South Africa	01:38:14	00:06:21	06:11:36	00:09:19	04:40:21
<b>748</b>	825	Derrian NADAULD	12:45:57	M35-39	South Africa	01:15:52	00:09:22	06:33:25	00:07:47	04:39:30
<b>749</b>	1242	Jan NEL	12:46:24	M40-44	South Africa	01:13:21	00:10:26	05:46:00	00:06:42	05:29:53
<b>750</b>	464	Ed O'SULLIVAN	12:46:30	M30-34	South Africa	01:12:51	00:06:48	06:12:34	00:07:14	05:07:01
<b>751</b>	370	Brett GLEN	12:46:34	M30-34	South Africa	01:05:41	00:04:27	06:28:23	00:06:58	05:01:03
<b>752</b>	1005	Barbara GINN	12:46:45	F35-39	South Africa	01:17:22	00:06:27	06:27:26	00:05:42	04:49:45
<b>753</b>	998	Lana DYER	12:47:08	F35-39	South Africa	01:24:23	00:11:55	06:10:15	00:06:28	04:54:04
<b>754</b>	645	Nick CHAPMAN	12:47:16	M35-39	South Africa	01:14:40	00:05:38	05:52:57	00:08:19	05:25:40
<b>755</b>	962	Craig WEDGE	12:47:22	M35-39	South Africa	00:59:59	00:08:12	05:59:43	00:09:11	05:30:15
<b>756</b>	1599	Andre VAN DER WESTHUIZEN	12:47:23	M45-49	South Africa	01:24:57	00:08:03	05:50:26	00:06:42	05:17:14
<b>757</b>	260	Annemarie HUMAN	12:47:25	F25-29	South Africa	01:13:07	00:05:24	06:40:34	00:03:49	04:44:29
<b>758</b>	638	Daniel BRIERS	12:47:26	M35-39	South Africa	01:16:47	00:09:10	06:29:36	00:06:14	04:45:36
<b>759</b>	1196	Willie KRUGER	12:47:57	M40-44	South Africa	01:20:41	00:07:52	06:04:24	00:05:23	05:09:36
<b>760</b>	1780	Johan BARNARD	12:48:01	M55-59	South Africa	01:33:39	00:05:33	06:15:07	00:05:42	04:47:58
<b>761</b>	488	Brent RENYARD	12:48:03	M30-34	South Africa	01:08:48	00:05:31	06:15:09	00:07:48	05:10:45
<b>762</b>	1538	Stompie NEL	12:48:08	M45-49	South Africa	01:23:28	00:07:02	06:24:06	00:04:46	04:48:44
<b>763</b>	454	Darren NASH	12:48:12	M30-34	South Africa	01:19:01	00:07:02	06:10:11	00:09:00	05:02:57
<b>764</b>	1331	Appel VAN ZYL	12:48:13	M40-44	South Africa	01:26:08	00:09:45	06:21:58	00:05:23	04:44:57
<b>765</b>	1491	Paddy HODGSON	12:48:22	M45-49	South Africa	01:23:58	00:05:39	06:10:40	00:02:10	05:05:54
<b>766</b>	199	Sandile SHANGE	12:48:41	M25-29	South Africa	00:56:56	00:04:17	06:45:52	00:03:51	04:57:43
<b>767</b>	502	Timothy SINCLAIR	12:49:03	M30-34	Namibia	01:19:37	00:10:01	06:36:30	00:06:17	04:36:36
<b>768</b>	1808	Kevin MILLAR	12:49:08	M55-59	South Africa	01:17:18	00:10:59	06:27:42	00:09:44	04:43:23
<b>769</b>	1215	Jaco MALAN	12:49:14	M40-44	South Africa	01:25:38	00:08:43	05:55:27	00:07:41	05:11:44
<b>770</b>	1822	Susan WALLIS	12:49:20	F55-59	United States	01:20:01	00:07:32	06:28:17	00:04:53	04:48:35
<b>771</b>	423	Otto LESSING	12:49:36	M30-34	South Africa	01:11:14	00:11:02	06:32:52	00:10:24	04:44:01
<b>772</b>	1753	Gerhard VOSLOO	12:50:08	M50-54	South Africa	01:13:54	00:06:23	06:11:32	00:04:46	05:13:32

<b>773</b>	1671	Bill COOP	12:50:15	M50-54	South Africa	01:23:13	00:10:12	06:27:14	00:06:37	04:42:59
<b>774</b>	982	Lizette BANNISTER	12:50:23	F35-39	South Africa	01:14:27	00:08:38	06:23:11	00:07:59	04:56:06
<b>775</b>	931	Leon VAN NIEKERK	12:50:29	M35-39	South Africa	01:43:04	00:09:14	06:12:18	00:06:33	04:39:18
<b>776</b>	1161	Conrad GREER	12:50:29	M40-44	South Africa	01:16:31	00:05:02	06:23:12	00:04:17	05:01:25
<b>777</b>	1516	Charles LOSPER	12:50:35	M45-49	South Africa	01:14:28	00:06:35	06:25:14	00:04:33	04:59:42
<b>778</b>	908	Francois THERON	12:50:37	M35-39	South Africa	01:16:11	00:06:50	05:58:23	00:12:16	05:16:54
<b>779</b>	956	Kevin WARREN	12:50:58	M35-39	South Africa	01:15:56	00:08:18	06:08:05	00:05:47	05:12:51
<b>780</b>	1336	Gert VILJOEN	12:51:01	M40-44	South Africa	01:15:58	00:08:06	05:49:19	00:06:41	05:30:54
<b>781</b>	809	Warren MEDCALF	12:51:09	M35-39	South Africa	01:05:03	00:07:14	06:38:45	00:06:48	04:53:16
<b>782</b>	652	Quinn COLANANNI	12:51:13	M35-39	South Africa	01:26:07	00:05:39	06:16:26	00:09:15	04:53:44
<b>783</b>	539	Argiris VLASTOS	12:51:18	M30-34	South Africa	01:14:15	00:12:41	06:16:32	00:09:31	04:58:17
<b>784</b>	96	Brendan BARNES	12:51:47	M25-29	South Africa	01:00:10	00:05:44	05:58:38	00:05:04	05:42:10
<b>785</b>	457	Morne NEL	12:51:51	M30-34	South Africa	01:23:10	00:10:55	05:59:57	00:11:40	05:06:08
<b>786</b>	60	Wayde BAKER	12:51:52	M18-24	South Africa	01:10:58	00:05:10	06:16:02	00:04:08	05:15:32
<b>787</b>	1000	Emma ENGLISH	12:52:22	F35-39	England	01:20:44	00:09:07	06:36:35	00:05:48	04:40:06
<b>788</b>	536	Duane VILJOEN	12:52:37	M30-34	South Africa	01:11:03	00:07:39	06:17:13	00:06:51	05:09:49
<b>789</b>	1204	Fredrik LINTON	12:52:42	M40-44	Sweden	01:33:50	00:09:59	06:22:15	00:06:48	04:39:49
<b>790</b>	1337	Fernando VILLANUEVA	12:52:51	M40-44	Argentina	01:21:46	00:07:10	05:50:22	00:06:19	05:27:11
<b>791</b>	1113	Michael DE MENDONCA	12:52:57	M40-44	South Africa	01:07:17	00:10:07	06:15:08	00:07:18	05:13:05
<b>792</b>	806	Robert MCGAFFIN	12:53:12	M35-39	South Africa	01:22:02	00:14:07	06:48:39	00:06:14	04:22:07
<b>793</b>	1009	Megan HOBSON	12:53:17	F35-39	South Africa	01:10:33	00:03:13	06:20:57	00:03:21	05:15:11
<b>794</b>	1059	Bruce ANDERSON	12:53:19	M40-44	South Africa	01:02:42	00:10:35	06:38:32	00:10:32	04:45:56
<b>795</b>	595	Sally VAN DER RIET	12:53:21	F30-34	South Africa	01:20:00	00:08:38	06:21:52	00:06:34	04:56:16
<b>796</b>	225	Nico VAN DER WALT	12:53:25	M25-29	South Africa	01:34:00	00:15:16	06:52:14	00:04:41	04:07:12
<b>797</b>	1592	Gary TULLIS	12:53:28	M45-49	South Africa	01:18:24	00:08:37	06:21:34	00:13:27	04:51:25
<b>798</b>	405	Andre JORDAAN	12:53:32	M30-34	South Africa	01:21:06	00:03:53	05:55:00	00:03:03	05:30:28
<b>799</b>	170	Nico-louis MINNIE	12:53:38	M25-29	South Africa	01:00:24	00:05:55	06:06:26	00:04:55	05:35:56
<b>800</b>	1211	Wayne MACKENZIE	12:53:40	M40-44	South Africa	01:17:08	00:11:51	06:00:25	00:05:54	05:18:21
<b>801</b>	1847	Hoening ADALBERT	12:53:41	M70-74	Germany	01:24:38	00:10:35	06:07:20	00:10:43	05:00:23
<b>802</b>	1033	Pikkie SAUNDERS	12:53:42	F35-39	South Africa	01:10:36	00:08:45	06:21:12	00:07:10	05:05:57
<b>803</b>	1281	Max SCHAFER	12:53:46	M40-44	Namibia	01:20:23	00:09:01	06:20:54	00:04:57	04:58:29
<b>804</b>	959	Andrew WATT	12:53:49	M35-39	South Africa	01:14:15	00:11:31	06:35:41	00:07:20	04:45:00
<b>805</b>	1156	Mark GELMAN	12:53:58	M40-44	South Africa	01:18:45	00:12:09	06:14:51	00:08:21	04:59:49
<b>806</b>	123	Russell DUNKLEY	12:54:10	M25-29	South Africa	01:14:54	00:09:34	06:52:36	00:11:44	04:25:19

<b>807</b>	118	Dale DEN DULK	12:54:10	M25-29	South Africa	01:07:55	00:16:33	06:52:27	00:11:53	04:25:20
<b>808</b>	611	Dean BARCLAY	12:54:14	M35-39	South Africa	01:35:19	00:06:39	06:24:03	00:07:48	04:40:22
<b>809</b>	1391	Trish HODGSON	12:54:22	F40-44	South Africa	01:12:16	00:09:25	06:03:54	00:07:49	05:20:57
<b>810</b>	985	Dorita BESTER	12:54:30	F35-39	South Africa	01:19:03	00:08:54	06:36:47	00:07:27	04:42:16
<b>811</b>	1308	Andrew STUART	12:54:31	M40-44	South Africa	01:31:38	00:11:54	06:42:47	00:08:01	04:20:10
<b>812</b>	1436	Stephen BRAMMER	12:54:49	M45-49	South Africa	01:15:14	00:09:02	06:04:52	00:07:27	05:18:13
<b>813</b>	1739	Louis STEPHENSON	12:54:50	M50-54	United States	01:25:05	00:06:11	06:14:20	00:03:56	05:05:15
<b>814</b>	1454	Marc DORL	12:54:50	M45-49	South Africa	01:15:05	00:12:01	06:01:59	00:09:29	05:16:15
<b>815</b>	245	Chantelle BLAKE	12:54:59	F25-29	South Africa	01:25:42	00:12:40	06:51:36	00:06:23	04:18:35
<b>816</b>	795	Michael MANDY	12:55:01	M35-39	South Africa	01:29:15	00:04:03	05:57:46	00:04:16	05:19:40
<b>817</b>	1782	Jan BEZUIDENHOUT	12:55:23	M55-59	South Africa	01:29:37	00:06:22	06:22:50	00:07:35	04:48:57
<b>818</b>	479	Gregory PLAYER	12:55:33	M30-34	South Africa	01:14:07	00:04:57	06:24:39	00:07:03	05:04:45
<b>819</b>	563	Claire GIBSON	12:55:37	F30-34	South Africa	01:14:50	00:06:42	06:31:53	00:04:35	04:57:36
<b>820</b>	823	Hp MULLER	12:55:59	M35-39	South Africa	01:34:11	00:07:01	06:19:36	00:06:28	04:48:40
<b>821</b>	145	Lulamile JONAS	12:56:09	M25-29	South Africa	01:55:32	00:04:15	06:39:29	00:03:55	04:12:57
<b>822</b>	1689	David GEE	12:56:41	M50-54	South Africa	01:16:21	00:06:47	06:03:17	00:04:27	05:25:47
<b>823</b>	552	Debbie BATES	12:56:49	F30-34	South Africa	01:26:48	00:11:11	06:28:09	00:09:06	04:41:33
<b>824</b>	1276	Adrian SAFFY	12:56:59	M40-44	South Africa	01:19:19	00:06:28	06:14:12	00:09:54	05:07:04
<b>825</b>	65	Matthew DE HAAST	12:57:00	M18-24	South Africa	01:17:31	00:09:40	06:52:17	00:10:27	04:27:03
<b>826</b>	1364	Colleen BLOEM	12:57:06	F40-44	South Africa	01:28:17	00:08:23	06:39:04	00:06:45	04:34:34
<b>827</b>	309	Johan BRITZ	12:57:25	M30-34	South Africa	01:16:04	00:07:36	05:53:07	00:04:38	05:35:58
<b>828</b>	730	Renier HEINE	12:57:37	M40-44	South Africa	01:17:46	00:16:02	06:53:27	00:08:41	04:21:39
<b>829</b>	1659	Vernon ANLEY	12:57:50	M50-54	South Africa	01:22:54	00:08:58	06:47:23	00:10:40	04:27:52
<b>830</b>	1273	Bradley RYDER	12:57:58	M40-44	South Africa	01:32:07	00:06:34	06:45:37	00:07:49	04:25:49
<b>831</b>	1657	Riana WERNICH	12:58:05	F45-49	South Africa	01:37:59	00:08:00	06:28:22	00:06:59	04:36:44
<b>832</b>	150	Shaun KORKIE	12:58:15	M25-29	South Africa	01:06:51	00:04:21	06:07:04	00:05:35	05:34:22
<b>833</b>	1132	Grant EDWARDS	12:58:17	M40-44	South Africa	01:20:18	00:06:45	06:38:58	00:05:06	04:47:09
<b>834</b>	1456	Jan DU PLESSIS	12:58:19	M45-49	South Africa	01:10:17	00:05:49	06:08:26	00:05:04	05:28:41
<b>835</b>	1611	Deon WAIT	12:58:25	M45-49	South Africa	01:17:43	00:10:06	05:44:48	00:10:52	05:34:55
<b>836</b>	1601	Etienne VAN HEERDEN	12:58:36	M45-49	South Africa	01:17:30	00:13:08	06:41:17	00:07:56	04:38:43
<b>837</b>	1498	Mick JOYCE	12:58:42	M45-49	South Africa	01:22:07	00:11:16	06:45:46	00:09:36	04:29:55
<b>838</b>	1649	Mandy STEPHENS	12:58:42	F45-49	South Africa	01:22:06	00:11:15	06:45:40	00:09:44	04:29:54
<b>839</b>	143	Andrew JANSEN VAN RENSBURG	12:58:48	M25-29	South Africa	01:22:26	00:07:21	06:33:49	00:07:07	04:48:02

840	1640	Amelia LINCOLN	12:58:48	F45-49	South Africa	01:27:45	00:08:44	06:16:28	00:04:57	05:00:53
841	587	Dominique PROVOYEUR	12:58:54	F30-34	South Africa	01:20:19	00:08:23	06:19:48	00:07:42	05:02:41
842	807	Dean MCKELVEY	12:59:00	M35-39	South Africa	01:16:07	00:11:14	06:10:39	00:05:07	05:15:52
843	1462	Johan ERWEE	12:59:17	M45-49	South Africa	01:18:50	00:06:42	06:20:00	00:04:46	05:08:57
844	902	David TABATA	12:59:22	M35-39	South Africa	01:34:02	00:13:33	06:42:08	00:04:39	04:19:58
845	1577	Kassie STANDER	12:59:23	M45-49	South Africa	01:33:59	00:12:32	07:01:27	00:06:26	04:04:58
846	376	Stephan GOUWS	12:59:26	M30-34	South Africa	01:26:55	00:05:05	06:31:26	00:07:05	04:48:53
847	949	Dirk VISSER	12:59:32	M35-39	South Africa	01:16:47	00:10:25	06:38:08	00:06:30	04:47:39
848	244	Monya BASSINGTHWAIGHTE	12:59:42	F25-29	South Africa	01:26:49	00:09:16	06:47:17	00:08:26	04:27:52
849	1504	Nadirshah KHAN	12:59:57	M45-49	South Africa	01:27:44	00:09:48	06:27:43	00:03:44	04:50:56
850	1294	Malcolm SIGGEMANN	13:00:16	M40-44	South Africa	01:17:34	00:06:34	06:17:59	00:05:26	05:12:41
851	974	Darren WORDON	13:01:33	M35-39	South Africa	01:22:36	00:10:22	06:16:37	00:08:20	05:03:36
852	1010	Jennifer HOUSTON	13:01:45	F35-39	South Africa	01:25:40	00:10:17	06:31:18	00:06:57	04:47:32
853	230	Cobus VAN WYK	13:01:50	M25-29	South Africa	01:15:35	00:05:47	06:19:10	00:05:00	05:16:16
854	208	Francois STRYDOM	13:02:02	M25-29	South Africa	01:23:50	00:05:25	06:20:38	00:06:24	05:05:44
855	1854	Roberto LAMPERTI	13:02:30	M55-59	Italy	01:24:21	00:09:29	06:39:05	00:06:17	04:43:16
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857	1405	Mari MATTHEUS	13:03:07	F40-44	South Africa	01:31:49	00:09:43	06:46:51	00:07:53	04:26:49
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862	905	Danrich TERBLANCHE	13:03:39	M35-39	South Africa	01:16:53	00:07:07	06:06:47	00:06:36	05:26:14
863	1700	Martin KLEIN	13:04:07	M50-54	England	01:20:27	00:14:10	06:41:24	00:11:42	04:36:21
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867	241	Ainsley WILLIAMS	13:05:31	M25-29	South Africa	01:16:26	00:08:18	06:26:41	00:07:20	05:06:44
868	1375	Lee DEN HOND	13:05:33	F40-44	South Africa	01:17:25	00:15:10	07:07:54	00:08:11	04:16:52
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926	191	Peter ROBERTS	13:16:02	M25-29	England	01:30:44	00:01:15	06:27:00	00:02:47	05:14:14
927	890	David SPENCER	13:16:04	M35-39	Knoxfield ()	01:36:00	00:11:20	06:13:32	00:07:32	05:07:38
928	1574	Hennie SENEKAL	13:16:10	M45-49	South Africa	01:23:54	00:10:44	06:25:32		
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934	90	Robyn RAY	13:18:39	F18-24	South Africa	01:11:26	00:07:36	07:03:11	00:07:32	04:48:52
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937	1393	Heidi JANSEN	13:19:31	F40-44	South Africa	01:23:06	00:07:07	06:23:00	00:08:36	05:17:39
938	138	Wes HERBERT	13:19:31	M25-29	South Africa	01:14:32	00:11:07	06:42:33	00:07:42	05:03:35
939	855	Warren PORTEOUS	13:19:41	M35-39	South Africa	01:15:34	00:07:46	06:15:06	00:17:14	05:23:59
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941	127	Kyle FELIX	13:19:57	M25-29	South Africa	01:10:52	00:10:25	06:31:46	00:14:17	05:12:35

942	418	Marius LAMPRECHT	13:20:01	M30-34	South Africa	01:28:05	00:10:55	05:59:40	00:08:33	05:32:46
943	518	Brendan THOMSON	13:20:03	M30-34	South Africa	01:14:53	00:03:44	05:48:16	00:09:28	06:03:40
944	771	Carl KRITZINGER	13:20:09	M35-39	South Africa	01:17:22	00:09:45	06:07:36	00:09:31	05:35:53
945	612	Joseph BARENDSE	13:20:09	M35-39	South Africa	01:19:59	00:05:47	06:43:07	00:03:25	05:07:48
946	1735	Simon SILKIEWICZ	13:20:13	M50-54	South Africa	01:28:40	00:08:47	06:26:36	00:08:52	05:07:16
947	429	Jc LOTTER	13:20:25	M30-34	South Africa	01:15:48	00:13:29	06:38:17	00:06:07	05:06:43
948	1537	Ferreira NEL	13:20:27	M45-49	South Africa	01:32:52	00:06:41	06:48:52	00:06:01	04:45:58
949	229	Altus VAN WYK	13:20:31	M25-29	South Africa	01:17:38	00:06:43	06:21:53	00:06:59	05:27:17
950	1263	Richard RAYMOND	13:20:37	M40-44	South Africa	01:22:00	00:07:49	06:39:35	00:06:36	05:04:36
951	1021	Erica LIJTZAIN	13:20:41	F35-39	Argentina	01:23:00	00:11:17	06:50:58	00:09:20	04:46:04
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955	952	Morne VORSTER	13:22:13	M35-39	South Africa	01:35:40	00:08:03	06:31:24	00:05:40	05:01:24
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965	1446	Dominic CULLINAN	13:25:00	M45-49	South Africa	01:18:54	00:09:51	06:09:32	00:06:30	05:40:10
966	945	Riaan VENTER	13:25:07	M35-39	South Africa	01:18:03	00:12:21	06:18:16	00:08:55	05:27:30
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968	1283	David SCHOLTZ	13:25:25	M40-44	South Africa	01:14:04	00:08:36	06:26:08	00:08:31	05:28:03
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971	736	Pierre HOUGH	13:26:03	M35-39	South Africa	01:30:04	00:11:13	06:36:52	00:07:32	05:00:20
972	1674	Johan DE BEER	13:26:22	M50-54	South Africa	01:26:06	00:07:51	06:33:54	00:07:19	05:11:11
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979	1668	Marthinus BRIERS	13:27:16	M50-54	South Africa	01:15:39	00:04:54	06:45:04	00:06:16	05:15:21
980	1484	Erik HALLENDORFF	13:27:25	M45-49	South Africa	01:33:16	00:11:10	06:17:05	00:08:42	05:17:10
981	1194	Stephen KRIEL	13:27:27	M40-44	South Africa	01:42:13	00:07:25	07:02:44	00:06:41	04:28:21
982	1444	Grant COWEN	13:27:42	M45-49	South Africa	01:14:48	00:06:03	06:17:57	00:08:39	05:40:13
983	1160	Grant GREEFF	13:27:53	M40-44	South Africa	01:22:09	00:06:42	06:40:24	00:06:35	05:12:02
984	1179	Anthony JANKOVICH-BESAN	13:28:23	M40-44	South Africa	01:15:26	00:12:05	06:33:12	00:06:34	05:21:05
985	1675	Coenraad DE MILANDER	13:28:47	M50-54	South Africa	01:47:48	00:11:43	06:47:08	00:10:36	04:31:30
986	1388	Debbie GREY	13:28:59	F40-44	South Africa	01:30:36	00:09:21	06:41:05	00:09:12	04:58:43
987	721	Kevin GREY	13:29:00	M35-39	South Africa	01:30:43	00:09:13	06:41:02	00:09:16	04:58:44
988	257	Claire HAUSER	13:29:07	F25-29	South Africa	01:15:43	00:09:08	06:49:00	00:08:09	05:07:05
989	269	Jacquelyn PATERSON	13:29:07	F25-29	South Africa	01:14:31	00:12:59	06:42:31	00:10:10	05:08:55
990	314	Kerry CAIRNS	13:29:31	M30-34	South Africa	01:23:48	00:11:37	06:50:21	00:07:04	04:56:39
991	917	Enslin VAN BLERK	13:29:45	M35-39	South Africa	01:35:22	00:15:19	06:53:04	00:09:04	04:36:55
992	1092	Anton COETZEE	13:29:57	M40-44	South Africa	01:12:53	00:11:59	06:20:07	00:17:10	05:27:46
993	997	Michelle DICKENS	13:30:03	F35-39	South Africa	01:17:41	00:09:15	06:45:32	00:06:49	05:10:43
994	1300	Leon SPAMERS	13:30:06	M40-44	South Africa	01:28:46	00:08:45	06:49:15	00:05:27	04:57:51
995	989	Michelle BRISTOW	13:30:08	F35-39	South Africa	01:23:53	00:12:04	06:56:17	00:08:52	04:48:59
996	1031	Gerda RHEEDER	13:30:38	F35-39	South Africa	01:19:36	00:14:48	06:29:45	00:09:51	05:16:36
997	753	Etienne JORDAAN	13:30:47	M35-39	South Africa	01:41:51	00:13:39	06:01:53	00:10:54	05:22:27
998	765	Gustav KLINGBIEL	13:30:52	M35-39	South Africa	01:17:17	00:10:57	06:14:22	00:06:26	05:41:49
999	362	Patrick GABLER	13:31:08	M30-34	Germany	01:34:46	00:09:49	06:24:48	00:05:42	05:16:02
1000	1340	Jan VIVIERS	13:31:20	M40-44	South Africa	01:12:18	00:08:24	06:32:28		
1001	1582	Justin STRYDOM	13:31:34	M45-49	South Africa	01:11:38	00:06:54	06:19:11	00:04:15	05:49:33
1002	1392	Michelle HOGG	13:31:56	F40-44	Zimbabwe	01:15:09	00:08:44	06:41:54	00:05:24	05:20:43
1003	1243	Johan NEL	13:32:31	M40-44	South Africa	01:26:33	00:10:31	06:27:29	00:04:55	05:23:01
1004	1306	Martin STEYN	13:32:34	M40-44	South Africa	01:26:26	00:06:43	06:35:39	00:04:16	05:19:28
1005	1244	Nicolas NORTON	13:32:48	M40-44	France	01:32:21	00:07:00	05:48:50	00:05:28	05:59:08
1006	1252	Freddie PETERS	13:33:01	M40-44	South Africa	01:19:10	00:07:27	06:33:37	00:08:25	05:24:19
1007	876	Wimpie SAAYMAN	13:33:18	M35-39	South Africa	01:39:04	00:11:30	06:27:19	00:08:50	05:06:34
1008	1077	Barrie BOTHA	13:33:31	M40-44	South Africa	01:28:22	00:08:40	06:52:27	00:06:09	04:57:50
1009	827	Lionel NEL	13:33:55	M35-39	South Africa	01:18:30	00:10:08	06:16:54	00:05:32	05:42:48

1010	232	Werner VENTER	13:34:22	M25-29	South Africa	01:22:33	00:09:23	06:40:45	00:08:37	05:13:01
1011	1128	Jaco DU TOIT	13:34:24	M40-44	South Africa	01:11:46	00:06:42	05:51:11	00:06:37	06:18:05
1012	1025	Elmien NEL	13:34:25	F35-39	South Africa	01:42:26	00:14:38	06:34:46	00:12:13	04:50:20
1013	1680	Tim ELLIS	13:34:36	M50-54	South Africa	01:25:17	00:08:45	06:58:55	00:11:45	04:49:52
1014	1219	Glenn MATHEWS	13:34:41	M40-44	England	01:23:57	00:13:32	05:58:09	00:11:25	05:47:37
1015	704	Rory FRANCIS	13:35:23	M35-39	South Africa	01:28:43	00:12:46	06:34:29	00:04:51	05:14:32
1016	965	Peter WHEELER	13:35:28	M35-39	South Africa	01:37:21	00:15:51	06:35:54	00:13:47	04:52:32
1017	529	Carel VAN HEERDEN	13:35:48	M30-34	South Africa	01:17:18	00:11:52	06:10:28	00:09:54	05:46:14
1018	312	Paul BURGER	13:35:50	M30-34	South Africa	01:14:02	00:09:56	06:16:54	00:08:38	05:46:17
1019	279	Kerrin WATSON-SMITH	13:36:12	F25-29	South Africa	01:20:40	00:15:36	07:08:24	00:09:42	04:41:48
1020	1575	Leigh SHEPHERD	13:36:21	M45-49	South Africa	01:39:28	00:10:20	06:18:11	00:09:10	05:19:11
1021	1303	Jaco STEENKAMP	13:36:35	M40-44	South Africa	01:13:15	00:07:06	06:23:29	00:03:49	05:48:54
1022	480	Peter PRETORIUS	13:36:59	M30-34	South Africa	01:32:18	00:12:18	06:48:58	00:08:04	04:55:21
1023	1328	Andre VAN ROOYEN	13:37:06	M40-44	South Africa	01:26:38	00:09:32	06:30:02	00:09:02	05:21:50
1024	205	Adam SORENSEN	13:37:29	M25-29	South Africa	01:22:13	00:10:39	06:28:19	00:07:31	05:28:46
1025	1198	Lappies LABUSCHAGNE	13:37:58	M40-44	South Africa	01:20:49	00:11:09	06:21:14	00:16:26	05:28:19
1026	201	Fabian SMITH	13:38:07	M25-29	South Africa	01:13:45	00:05:56	06:12:46	00:10:36	05:55:02
1027	1293	Riaan SIEBRITZ	13:38:30	M40-44	South Africa	01:32:53	00:11:22	06:35:38	00:08:06	05:10:29
1028	1298	Greg SMITH	13:38:39	M40-44	South Africa	01:13:10	00:11:47	06:29:31	00:08:55	05:35:14
1029	1034	Melani SCHOLTZ	13:38:41	F35-39	South Africa	01:46:47	00:14:00	06:34:57	00:08:36	04:54:19
1030	146	Vaughan JONES	13:38:57	M25-29	South Africa	01:25:57	00:10:52	06:46:34	00:07:52	05:07:40
1031	936	Phillip VAN SITTERT	13:38:59	M35-39	South Africa	01:23:05	00:06:04	06:36:41	00:04:20	05:28:47
1032	1158	Marcello GNUDI	13:39:15	M40-44	South Africa	01:42:53	00:09:14	06:27:38	00:08:57	05:10:31
1033	1591	Brendon THORPE	13:39:19	M45-49	South Africa	01:27:19	00:07:31	06:10:32	00:12:53	05:41:01
1034	1644	Karen O'LEARY	13:39:23	F45-49	South Africa	01:17:14	00:09:54	06:54:32	00:08:17	05:09:23
1035	1678	Albert DU TOIT	13:39:26	M50-54	South Africa	01:13:18	00:14:02	06:19:30	00:10:27	05:42:06
1036	1796	Rod HASTIE	13:39:38	M55-59	South Africa	01:14:53	00:14:54	06:06:08	00:12:58	05:50:43
1037	1648	Lynn ROCHE	13:40:24	F45-49	South Africa	01:18:29	00:16:18	07:02:58	00:10:23	04:52:13
1038	1073	Stef BOSCIA	13:40:27	M40-44	South Africa	01:16:50	00:08:32	07:11:32	00:04:21	04:59:10
1039	277	Inge VAN SCHALKWYK	13:40:34	F25-29	South Africa	01:15:05	00:10:34	06:45:37	00:10:34	05:18:40
1040	1412	Mary ROBINSON	13:40:37	F40-44	South Africa	01:26:21	00:06:35	06:40:00	00:06:36	05:21:02
1041	1387	Carmen GRANGER	13:41:00	F40-44	South Africa	01:16:33	00:11:36	06:41:45	00:05:58	05:25:06
1042	1394	Anke KREIPL	13:41:06	F40-44	South Africa	01:22:49	00:06:07	06:32:18	00:07:31	05:32:20
1043	941	Jeremy VAN ZYL	13:41:08	M35-39	South Africa	01:36:55	00:04:50	06:28:02	00:04:02	05:27:16

<b>1044</b>	1431	Johan BJORKEGREN	13:41:12	M45-49	Sweden	01:28:13	00:09:30	06:27:49	00:07:18	05:28:19
<b>1045</b>	338	Ricardo DOS RAMOS	13:41:14	M30-34	South Africa	01:32:02	00:08:04	06:43:50	00:06:18	05:10:58
<b>1046</b>	290	Charles BEAURAIN	13:41:25	M30-34	South Africa	00:55:39	00:03:22	06:01:41	00:04:51	06:35:49
<b>1047</b>	1696	André HUGO	13:41:25	M50-54	South Africa	01:18:26	00:09:32	06:24:29	00:08:11	05:40:45
<b>1048</b>	1233	Warren MONTANO	13:41:26	M40-44	South Africa	01:12:36	00:13:06	06:22:51	00:10:02	05:42:50
<b>1049</b>	267	Meghan MCAULIFFE	13:41:26	F25-29	South Africa	01:22:34	00:13:59	06:42:33	00:08:47	05:13:31
<b>1050</b>	839	Hano OBERHOLZER	13:41:29	M35-39	South Africa	01:16:14	00:07:45	06:31:52	00:05:54	05:39:43
<b>1051</b>	520	Stefan ULLAND	13:41:37	M30-34	South Africa	01:21:17	00:11:50	06:39:05	00:10:54	05:18:28
<b>1052</b>	1579	Gary STEPHENSON	13:41:58	M45-49	South Africa	01:14:46	00:09:08	06:56:28	00:08:03	05:13:31
<b>1053</b>	1590	Andrew THOMSON	13:42:20	M45-49	South Africa	01:33:51	00:11:52	06:35:24	00:10:17	05:10:54
<b>1054</b>	222	Dewan VAN BERGEN	13:42:25	M25-29	South Africa	01:25:47	00:09:20	06:34:01	00:09:52	05:23:23
<b>1055</b>	1334	Chris VILJOEN	13:42:47	M40-44	South Africa	01:28:29	00:08:02	06:54:16	00:06:43	05:05:15
<b>1056</b>	1410	Lizel POTGIETER	13:42:47	F40-44	South Africa	01:28:35	00:08:12	06:59:47	00:06:51	04:59:20
<b>1057</b>	969	David WILSENACH	13:43:01	M35-39	South Africa	01:14:28	00:08:14	06:26:11	00:14:41	05:39:26
<b>1058</b>	1035	Melanie SINCLAIR	13:43:02	F35-39	South Africa	01:27:17	00:09:45	06:35:22	00:07:54	05:22:42
<b>1059</b>	1208	David MAC DONALD	13:43:06	M40-44	South Africa	01:16:29	00:08:52	06:43:30	00:07:15	05:26:58
<b>1060</b>	837	Tim O'BRIEN	13:43:33	M35-39	South Africa	01:08:31	00:05:49	05:33:25	00:06:17	06:49:30
<b>1061</b>	80	Anthonie PIENAAR	13:44:15	M18-24	South Africa	01:19:27	00:13:56	06:53:56	00:12:34	05:04:20
<b>1062</b>	444	Carlos MENDES	13:44:26	M30-34	South Africa	01:32:32	00:09:50	06:17:02	00:09:18	05:35:42
<b>1063</b>	227	Coen VAN HEERDEN	13:44:28	M25-29	South Africa	01:25:59	00:03:30	06:30:06	00:06:55	05:37:55
<b>1064</b>	1188	Henrik KIHLEBERG	13:44:29	M40-44	Sweden	01:31:51	00:06:08	06:27:45	00:04:29	05:34:14
<b>1065</b>	613	Patrick BARLOW-JONES	13:44:47	M35-39	South Africa	01:09:06	00:06:53	06:19:29	00:10:05	05:59:12
<b>1066</b>	1457	Pierre DU PREEZ	13:44:58	M45-49	South Africa	01:16:11	00:12:56	06:48:03	00:07:06	05:20:39
<b>1067</b>	168	Dean MELLOWS	13:45:12	M25-29	South Africa	01:14:02	00:09:59	06:17:38	00:08:13	05:55:17
<b>1068</b>	1807	Tony MELLOWS	13:45:12	M55-59	South Africa	01:20:07	00:10:15	06:24:56	00:08:11	05:41:41
<b>1069</b>	899	Chris SWANEPOEL	13:45:26	M35-39	South Africa	01:18:51	00:15:08	06:24:54	00:16:17	05:30:14
<b>1070</b>	662	Carlo DASHWOOD	13:45:30	M35-39	South Africa	01:15:42	00:06:45	06:27:22	00:07:59	05:47:41
<b>1071</b>	542	Renier WELGEMOED	13:46:00	M30-34	South Africa	01:30:19	00:16:46	06:49:11	00:15:39	04:54:04
<b>1072</b>	124	Greg ELLIOTT	13:46:05	M25-29	England	01:18:48	00:08:05	06:46:17	00:07:23	05:25:30
<b>1073</b>	548	Simon YOUNG	13:46:08	M30-34	South Africa	01:18:38	00:08:45	06:54:05	00:06:20	05:18:18
<b>1074</b>	1368	Chantal CHEGWIDDEN	13:46:26	F40-44	South Africa	01:38:31	00:07:03	06:35:29	00:07:01	05:18:21
<b>1075</b>	1332	Stoffel VAN ZYL	13:46:39	M40-44	South Africa	01:17:29	00:08:56	06:31:23	00:06:11	05:42:38
<b>1076</b>	1451	Brian DEGRAAF	13:46:46	M45-49	United States	01:14:39	00:07:51	06:14:04	00:07:25	06:02:45
<b>1077</b>	804	Mbongeni NOBUMBA	13:46:48	M35-39	South Africa	01:55:07	00:08:24	07:15:42	00:05:58	04:21:35

<b>1078</b>	1384	Chrisna GEYER	13:46:49	F40-44	South Africa	01:44:03	00:13:35	07:01:24	00:10:16	04:37:29
<b>1079</b>	575	Vanessa MARLE	13:48:02	F30-34	South Africa	01:24:53	00:05:10	06:44:22	00:11:16	05:22:18
<b>1080</b>	1435	Robert BOX	13:48:10	M45-49	United States	01:45:49	00:08:37	06:23:04	00:06:42	05:23:56
<b>1081</b>	1101	Graham COX	13:48:18	M40-44	South Africa	01:20:41	00:11:09	06:22:56	00:05:27	05:48:04
<b>1082</b>	104	Wade BURMEISTER	13:48:24	M25-29	South Africa	01:13:17	00:12:31	06:24:58	00:09:22	05:48:15
<b>1083</b>	856	Barrie PORTER	13:48:33	M35-39	South Africa	01:19:14	00:15:55	06:47:47	00:09:50	05:15:46
<b>1084</b>	703	James FRANCIS	13:48:48	M35-39	South Africa	01:09:45	00:07:32	06:31:51	00:07:57	05:51:40
<b>1085</b>	211	Kemp SWANEPOEL	13:48:51	M25-29	South Africa	01:14:00	00:07:34	07:06:11	00:26:47	04:54:16
<b>1086</b>	1523	Mike MARTIN	13:48:51	M45-49	South Africa	01:26:40	00:08:14	06:56:36	00:09:26	05:07:53
<b>1087</b>	1817	Michael SUNSHINE	13:49:06	M55-59	South Africa	01:19:47	00:12:35	06:39:13	00:07:56	05:29:33
<b>1088</b>	708	Nizaam FREDERICKS	13:49:08	M35-39	South Africa	01:07:16	00:07:33	06:32:57	00:08:13	05:53:07
<b>1089</b>	573	Amanda MACKRIDGE	13:49:23	F30-34	South Africa	01:18:59	00:07:56	07:10:59	00:09:17	05:02:09
<b>1090</b>	1085	Dean BUSH	13:49:58	M40-44	South Africa	01:18:48	00:10:38	06:48:04	00:11:32	05:20:54
<b>1091</b>	865	Melvyn QUAN	13:50:02	M35-39	South Africa	01:24:46	00:08:18	06:33:41	00:05:44	05:37:31
<b>1092</b>	1207	Kobus LOURENS	13:50:45	M40-44	South Africa	01:11:52	00:10:09	06:22:14	00:12:22	05:54:07
<b>1093</b>	356	Jody FORRESTER	13:50:50	M30-34	South Africa	01:26:13	00:16:09	07:01:09	00:15:45	04:51:32
<b>1094</b>	1249	Grant PANTER	13:50:50	M40-44	South Africa	01:17:06	00:11:02	06:49:14	00:10:21	05:23:05
<b>1095</b>	195	Lorenzo SAMUELS	13:50:58	M25-29	South Africa	01:22:59	00:08:58	07:03:45	00:08:26	05:06:49
<b>1096</b>	912	Brenden TILTMANN	13:51:07	M35-39	South Africa	01:24:41	00:17:37	06:40:48	00:16:48	05:11:11
<b>1097</b>	1705	Wayne LAND	13:51:08	M50-54	South Africa	02:08:12	00:15:04	06:17:45	00:07:57	05:02:08
<b>1098</b>	1018	Carna KRIEL	13:51:15	F35-39	South Africa	01:15:17	00:06:47	06:24:52	00:06:26	05:57:51
<b>1099</b>	1604	Gerhard VAN SCHALKWYK	13:51:30	M45-49	South Africa	01:24:34	00:12:52	06:45:56	00:08:07	05:19:59
<b>1100</b>	1783	Paul BRINK	13:51:41	M55-59	South Africa	01:14:54	00:07:06	06:09:34	00:10:57	06:09:09
<b>1101</b>	1326	Mark VAN HOUTEN	13:51:49	M40-44	South Africa	01:21:02	00:06:54	07:00:07	00:07:07	05:16:36
<b>1102</b>	1481	Stef GROBBELAAR	13:51:59	M45-49	South Africa	01:14:57	00:08:28	06:28:07	00:06:46	05:53:39
<b>1103</b>	105	Denver BURNS	13:52:03	M25-29	South Africa	00:56:45	00:10:30	06:25:12	00:10:35	06:03:59
<b>1104</b>	784	Christo LIEBENBERG	13:52:11	M35-39	South Africa	01:19:15	00:05:57	06:28:12	00:04:19	05:54:26
<b>1105</b>	1323	Kobus VAN DER WESTHUIZEN	13:52:29	M40-44	South Africa	01:21:44	00:11:22	06:46:45	00:05:58	05:26:38
<b>1106</b>	1419	Elmarie VENTER	13:52:35	F40-44	South Africa	01:13:23	00:00:02	07:02:47	00:12:27	05:23:55
<b>1107</b>	1781	Deon BEKKER	13:52:36	M55-59	South Africa	01:22:20	00:08:35	06:58:33	00:06:43	05:16:23
<b>1108</b>	836	Ray O'BREE	13:52:41	M35-39	South Africa	01:13:24	00:07:08	06:21:41	00:11:43	05:58:43
<b>1109</b>	1309	Ronald SUTHERLAND	13:52:42	M40-44	South Africa	01:08:47	00:10:32	07:12:42	00:12:41	05:07:59
<b>1110</b>	983	Daleen BARLOW-JONES	13:52:55	F35-39	South Africa	01:26:20	00:13:34	06:30:46	00:04:28	05:37:45

1111	679	Fouche DE WET	13:52:59	M35-39	South Africa	01:09:03	00:07:56	06:21:39	00:12:31	06:01:49
1112	689	Pieter DU PLESSIS	13:53:01	M35-39	South Africa	01:12:00	00:06:29	05:49:36	00:04:26	06:40:28
1113	73	Jan HIDDEMA	13:53:03	M18-24	South Africa	01:29:31	00:10:06	06:42:46	00:09:02	05:21:36
1114	1024	Linda MUIRE	13:53:08	F35-39	South Africa	01:23:29	00:06:33	07:05:14	00:04:12	05:13:38
1115	904	Miguel TEIXEIRA	13:53:21	M35-39	South Africa	01:22:17	00:07:55	06:05:28	00:04:34	06:13:04
1116	1072	Heinrich BEZUDENHOUT	13:53:22	M40-44	South Africa	01:16:34	00:10:45	06:49:47	00:10:12	05:26:02
1117	1433	Wilhelm BOSMAN	13:53:31	M45-49	South Africa	01:42:54	00:12:47	06:42:35	00:07:56	05:07:16
1118	580	Verena MONTWILL	13:53:42	F30-34	Germany	01:16:59	00:07:16	06:50:33	00:05:11	05:33:42
1119	637	Myles BREWER	13:53:48	M35-39	South Africa	01:13:50	00:10:35	06:29:45	00:07:13	05:47:23
1120	1319	Neill UPTON	13:53:49	M40-44	South Africa	01:18:16	00:11:52	05:46:13	00:10:51	06:26:35
1121	626	Awie BEZUIDENHOUT	13:54:17	M35-39	South Africa	01:22:03	00:08:55	06:18:16	00:06:30	05:58:31
1122	346	Wian DUNN	13:54:19	M30-34	South Africa	01:36:36	00:11:29	06:07:57	00:11:09	05:47:05
1123	1297	Andrew SMITH	13:54:33	M40-44	South Africa	01:16:45	00:12:33	07:08:49	00:16:54	04:59:31
1124	1771	Celia PIENAAR	13:54:49	F50-54	South Africa	01:28:57	00:13:00	06:51:33	00:07:14	05:14:03
1125	971	Russell WINTER	13:55:14	M35-39	South Africa	01:18:15	00:17:36	06:46:19	00:12:32	05:20:29
1126	782	Garth LEZARD	13:55:16	M35-39	South Africa	01:28:06	00:11:23	07:12:30	00:07:37	04:55:38
1127	805	Gavin MCDERMID	13:55:28	M35-39	South Africa	01:29:29	00:10:37	06:25:08	00:13:41	05:36:31
1128	345	John DUNN	13:55:30	M30-34	South Africa	01:19:27	00:09:24	06:50:48	00:05:38	05:30:13
1129	351	Mark EWING	13:55:37	M30-34	South Africa	01:12:29	00:08:37	06:34:47	00:04:43	05:54:57
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1134	1752	Wessel VISSER	13:56:38	M50-54	Namibia	01:15:37	00:12:04	06:39:37	00:07:04	05:42:14
1135	404	Francois JOOSTE	13:57:16	M30-34	Botswana	01:18:35	00:10:55	06:38:35	00:07:51	05:41:18
1136	335	Rob DENSEM	13:57:16	M30-34	South Africa	01:14:09	00:08:52	06:45:08	00:05:43	05:43:23
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1143	1836	Gerd WEBER	13:57:58	M60-64	United States	01:17:07	00:06:02	06:18:00	00:05:01	06:11:45
1144	731	Stephen HELDZINGEN	13:58:01	M35-39	South Africa	01:12:10	00:11:06	06:29:48	00:10:27	05:54:26

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1149	307	Grant BRIGHTON	13:58:59	M30-34	South Africa	01:24:14	00:06:52	06:44:02	00:07:30	05:36:19
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1155	586	Zelda PRINSLOO	14:00:36	F30-34	South Africa	01:27:00	00:08:48	06:52:04	00:07:51	05:24:51
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1158	1473	Alan GIBB	14:00:55	M45-49	South Africa	01:08:26	00:07:43	07:00:05	00:07:43	05:36:56
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1163	750	Jonathan JOB	14:03:10	M35-39	South Africa	01:20:26	00:12:30	07:18:25	00:09:10	05:02:37
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1178	1819	Nick TRAFFORD	14:06:59	M55-59	Zimbabwe	01:19:17	00:09:22	06:24:29	00:07:48	06:06:00

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1194	74	Ryan HOLDER	14:09:01	M18-24	South Africa	01:30:48	00:06:47	06:44:54	00:06:47	05:39:43
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1204	1348	Jim WARDLAW	14:12:58	M40-44	South Africa	01:18:59	00:09:31	06:52:20	00:06:59	05:45:07
1205	1731	George SCOTT	14:13:43	M50-54	South Africa	01:19:45	00:04:53	06:40:55	00:04:29	06:03:39
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1207	1634	Toni HESP	14:13:49	F45-49	South Africa	01:52:35	00:11:20	07:12:48	00:08:00	04:49:04
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1209	202	Wesley SNEYD	14:14:01	M25-29	South Africa	01:12:39	00:11:17	06:58:43	00:08:38	05:42:41
1210	368	Carsten GERTZ	14:14:09	M30-34	South Africa	01:21:07	00:14:53	07:01:33	00:09:43	05:26:51
1211	664	Sean DAVIDS	14:14:26	M35-39	South Africa	01:16:54	00:10:40	06:43:06	00:12:42	05:51:03
1212	445	Sandro MENDES	14:15:03	M30-34	South Africa	01:13:04	00:11:50	06:27:10	00:13:27	06:09:30

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1214	1805	Frans LOTTER	14:15:24	M55-59	South Africa	01:40:11	00:10:15	06:45:50	00:08:24	05:30:43
1215	963	Johan WESSELS	14:15:46	M35-39	South Africa	01:23:33	00:08:53	07:13:47	00:08:45	05:20:45
1216	425	Francois LIEBENBERG	14:16:17	M30-34	South Africa	01:39:06	00:07:28	06:46:08	00:07:08	05:36:25
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1239	1401	Erica MAREE	14:20:44	F40-44	South Africa	01:42:57	00:10:09	07:19:36	00:07:31	05:00:29
1240	879	Andrew SANVIDO	14:20:47	M35-39	South Africa	01:33:53	00:07:04	06:31:33	00:06:21	06:01:54
1241	1327	Bertus VAN JAARSVELD	14:20:50	M40-44	South Africa	01:27:06	00:13:43	07:10:02	00:06:54	05:23:04
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1244	415	Corne KROGSCHEEPERS	14:21:31	M30-34	South Africa	01:22:30	00:12:37	07:07:40	00:06:38	05:32:05
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1254	1838	Karen O'RIORDAN	14:24:23	F60-64	United States	01:33:06	00:08:48	06:44:57	00:07:19	05:50:11
1255	1350	Wayne WEYER	14:24:26	M40-44	South Africa	01:28:39	00:10:01	06:42:24	00:10:24	05:52:57
1256	1824	John BRAND	14:24:44	M60-64	South Africa	01:29:08	00:14:17	07:03:14	00:16:58	05:21:05
1257	1532	Gregory MIDDUP	14:24:47	M45-49	South Africa	01:04:12	00:06:48	08:07:18	00:04:07	05:02:20
1258	1463	Paul FAIRHURST	14:24:51	M45-49	South Africa	01:22:59	00:08:05	06:44:12	00:10:38	05:58:55
1259	1685	Cobus FOURIE	14:25:07	M50-54	South Africa	01:49:21	00:16:10	06:50:46	00:16:50	05:11:58
1260	979	Ian ZONDAGH	14:25:14	M35-39	South Africa	01:15:09	00:14:17	07:01:07	00:14:42	05:39:58
1261	210	Shaun SUTTON	14:25:33	M25-29	South Africa	01:30:59	00:11:26	06:48:25	00:14:43	05:39:58
1262	773	Grant KUNNEKE	14:25:48	M35-39	South Africa	01:51:50	00:12:16	07:03:15	00:10:31	05:07:54
1263	360	Ismail FREDERICKS	14:26:17	M30-34	South Africa	01:08:28	00:09:46	06:55:26	00:11:57	06:00:40
1264	1607	Luigi VENTRESCA	14:26:22	M45-49	South Africa	01:42:45	00:17:57	06:35:44	00:14:40	05:35:15
1265	849	Rayno PEO	14:26:56	M35-39	South Africa	01:24:25	00:07:27	06:01:43	00:07:24	06:45:54
1266	1593	Hughie TURNER	14:26:57	M45-49	South Africa	01:16:21	00:13:13	07:32:27	00:12:44	05:12:10
1267	1727	Joel ROYSTON	14:27:27	M50-54	United States	01:45:30	00:05:34	07:24:56	00:07:04	05:04:22
1268	1016	Helen KERNOHAN	14:27:43	F35-39	South Africa	01:25:18	00:10:51	07:00:28	00:08:18	05:42:46
1269	144	Chris JOHNSON	14:27:47	M25-29	South Africa	01:37:24	00:11:19	06:47:19	00:10:10	05:41:33
1270	1777	Nicole WU TIU YEN	14:27:49	F50-54	Reunion	01:23:45	00:06:23	07:11:34	00:08:13	05:37:52
1271	197	Clinton SCHULTZ	14:28:19	M25-29	South Africa	01:17:43	00:13:04	06:45:43	00:11:28	06:00:19
1272	1345	Arvid WALLGREN	14:28:33	M40-44	Sweden	01:26:08	00:11:02	07:10:58	00:06:30	05:33:53
1273	70	Simon GRAY	14:28:42	M18-24	South Africa	01:10:55	00:05:49	06:42:21	00:06:04	06:23:31
1274	835	Christopher NORTON	14:29:03	M35-39	South Africa	01:15:55	00:11:46	07:03:43	00:04:44	05:52:53
1275	337	David DIPPENAAR	14:29:11	M30-34	South Africa	01:34:07	00:11:06	07:05:58	00:07:09	05:30:48
1276	102	Cobus BREYTENBACH	14:29:22	M25-29	South Africa	01:18:27	00:08:05	06:57:15	00:07:16	05:58:17
1277	557	Joanna BURGERS	14:29:25	F30-34	South Africa	01:29:57	00:14:51	07:36:31	00:08:55	04:59:10
1278	1670	Nicolaas CLAASSEN	14:29:27	M50-54	South Africa	01:26:54	00:06:13	07:24:02	00:03:34	05:28:41
1279	280	Christiaan VAN DEN HEEVER	14:29:59	M30-34	South Africa	01:18:51	00:11:25	06:42:56	00:15:03	06:01:41
1280	1565	Dan SALMON	14:30:22	M45-49	South Africa	01:26:46	00:15:56	07:01:44	00:09:54	05:36:01

1281	95	Darryl BARK	14:30:39	M25-29	South Africa	01:10:19	00:05:05	06:09:34	00:11:35	06:54:04
1282	1053	Costantinos AIDONIDIS	14:30:45	M40-44	Greece	01:31:53	00:01:59	07:16:07	00:03:50	05:36:54
1283	892	Deon STEENKAMP	14:31:18	M35-39	South Africa	01:22:16	00:09:58	06:50:58	00:12:55	05:55:10
1284	938	Wessel VAN WYK	14:31:19	M35-39	South Africa	01:31:27	00:06:17	06:47:58	00:05:23	06:00:11
1285	604	Andres GONZALEZ	14:31:53	M35-39	Spain	01:32:33	00:06:10	06:03:47	00:05:49	06:43:31
1286	92	Miguel ALONSO	14:31:53	M25-29	Spain	01:28:24	00:10:32	06:17:56	00:07:12	06:27:47
1287	1614	Howard WARRINGTON	14:32:02	M45-49	South Africa	01:13:15	00:07:06	06:32:09	00:10:09	06:29:21
1288	1540	James NEVILLE	14:32:18	M45-49	South Africa	01:25:37	00:12:04	07:15:39	00:10:41	05:28:15
1289	1813	Michael PRETORIUS	14:32:38	M55-59	South Africa	01:24:31	00:10:32	07:31:46	00:14:09	05:11:38
1290	246	Carri-ann BOTHA	14:32:49	F25-29	South Africa	01:25:44	00:08:25	06:48:49	00:06:03	06:03:45
1291	181	Sean NONE	14:32:56	M25-29	South Africa	01:28:16	00:19:53	07:05:04	00:13:26	05:26:16
1292	1787	Reenen DE VILLIERS	14:33:04	M55-59	South Africa	01:34:10	00:18:06	07:05:38	00:11:59	05:23:10
1293	160	Pieter LOUW	14:33:11	M25-29	South Africa	01:26:23	00:10:14	07:23:48	00:12:35	05:20:09
1294	432	Nkosinathi LUGALO	14:33:18	M30-34	South Africa	01:46:48	00:08:50	07:07:27	00:10:06	05:20:05
1295	1280	Steven SCHAEFER	14:33:41	M40-44	South Africa	01:24:36	00:10:00	06:55:41	00:07:04	05:56:18
1296	948	Carl VISAGE	14:33:45	M35-39	South Africa	01:32:43	00:09:35	06:42:07	00:08:24	06:00:54
1297	504	Gerhard SMIT	14:33:54	M30-34	South Africa	01:12:55	00:10:56	06:51:25	00:06:13	06:12:23
1298	1458	Dries DU TOIT	14:34:01	M45-49	South Africa	01:23:56	00:08:14	06:35:10	00:04:33	06:22:05
1299	1003	Lou FURSTENBERG	14:34:04	F35-39	South Africa	01:26:36	00:06:57	06:52:57	00:03:21	06:04:10
1300	1358	Ian WRIGHT	14:34:04	M40-44	South Africa	01:17:28	00:15:25	06:43:53	00:19:05	05:58:10
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1302	1624	Philda DE JAGER	14:34:33	F45-49	South Africa	01:16:17	00:16:06	06:41:14	00:10:50	06:10:05
1303	1205	John LOOS	14:35:34	M40-44	South Africa	01:39:44	00:16:13	07:03:14	00:09:07	05:27:15
1304	128	Ockert FOURIE	14:35:38	M25-29	South Africa	01:46:51	00:09:31	06:58:42	00:07:16	05:33:16
1305	1069	Robert BELL	14:35:42	M40-44	South Africa	01:40:56	00:10:54	06:48:44	00:16:29	05:38:36
1306	1377	Colleen DURANT	14:35:42	F40-44	South Africa	01:28:47	00:11:27	07:23:05	00:07:08	05:25:13
1307	380	Brandon GROENER	14:35:47	M30-34	South Africa	01:46:49	00:13:16	07:03:51	00:09:15	05:22:33
1308	1820	Peter VAUGHAN	14:35:49	M55-59	Charlestown ()	01:24:09	00:11:42	06:55:07	00:09:26	05:55:22
1309	1380	Colleen FANDAM	14:35:54	F40-44	South Africa	01:23:04	00:08:29	06:29:50	00:06:14	06:28:15
1310	1464	Grant FANDAM	14:35:54	M45-49	South Africa	01:26:27	00:06:47	06:08:21	00:04:52	06:49:24
1311	1265	Walter REYNECKE	14:36:30	M40-44	South Africa	01:08:19	00:10:23	07:23:13	00:08:27	05:46:06
1312	629	Pieter BLAAUW	14:36:52	M35-39	South Africa	01:33:23	00:07:35	05:55:01	00:06:12	06:54:39
1313	1802	Dimitri KAVALLINEAS	14:37:36	M55-59	South Africa	01:44:16	00:13:41	07:25:28	00:08:53	05:05:15
1314	1159	Anthony GOUVEIA	14:38:08	M40-44	South Africa	01:15:08	00:17:56	06:00:23	00:13:10	06:51:28

1315	1235	Julian MORENO CHAN	14:38:27	M40-44	South Africa	01:34:22	00:08:58	07:03:54	00:08:15	05:42:57
1316	745	Mahomed JADWAT	14:38:46	M35-39	South Africa	01:32:29	00:15:09	07:18:05	00:19:55	05:13:05
1317	133	Damian GIULIETTI	14:39:07	M25-29	South Africa	01:22:07	00:09:42	06:36:10	00:06:57	06:24:08
1318	141	Keith HOSKIN	14:39:08	M25-29	South Africa	01:19:32	00:06:08	06:27:08	00:08:27	06:37:52
1319	99	Raymond BOOYSEN	14:39:35	M25-29	South Africa	01:26:51	00:10:59	07:18:31	00:08:39	05:34:34
1320	1811	Jan PIENAAR	14:40:11	M55-59	South Africa	01:42:01	00:14:06	07:01:42	00:09:05	05:33:16
1321	1386	Joanne GOUVEIA	14:40:53	F40-44	South Africa	01:31:25	00:12:55	06:58:09	00:06:15	05:52:07
1322	919	Charl VAN DER MERWE	14:41:02	M35-39	South Africa	01:26:30	00:12:22	07:10:23	00:10:30	05:41:14
1323	122	Marcel DU PREEZ	14:41:09	M25-29	South Africa	01:20:00	00:04:33	06:11:54	00:06:26	06:58:13
1324	469	Justin PALM	14:41:23	M30-34	South Africa	01:17:14	00:12:38	07:01:41	00:13:41	05:56:06
1325	266	Fundiswa MBANDE	14:41:31	F25-29	South Africa	01:19:06	00:04:12	08:07:47	00:03:17	05:07:08
1326	456	Luvuyo NCANYWA	14:41:31	M30-34	South Africa	01:40:39	00:05:11	07:28:56	00:04:13	05:22:30
1327	1522	Derrick MARKUS	14:41:38	M45-49	South Africa	01:25:15	00:10:43	06:39:26	00:07:43	06:18:29
1328	559	Abby DE BEER	14:41:43	F30-34	South Africa	01:30:57	00:11:18	07:06:04	00:06:13	05:47:09
1329	1046	Marsha WESSELS	14:41:46	F35-39	South Africa	01:40:00	00:08:40	07:41:52	00:05:01	05:06:11
1330	1209	Clive MACASKILL	14:42:23	M40-44	South Africa	01:20:05	00:28:50	07:07:42	00:10:37	05:35:06
1331	820	Emile MOUTON	14:42:53	M35-39	South Africa	01:21:03	00:08:01	07:13:41	00:08:58	05:51:09
1332	409	Paul KLOPPERS	14:42:58	M30-34	South Africa	01:09:38	00:06:31	07:05:45	00:06:14	06:14:48
1333	366	Johan GELDENHUYS	14:43:04	M30-34	South Africa	01:16:57	00:11:52	06:57:54	00:07:15	06:09:04
1334	214	Stephen THOMPSON	14:43:24	M25-29	South Africa	01:36:25	00:15:02	07:08:38	00:16:33	05:26:44
1335	1576	Riaan SPANGENBERG	14:43:43	M45-49	South Africa	01:50:52	00:16:01	07:21:53	00:10:27	05:04:28
1336	532	Rico VAN STADEN	14:43:51	M30-34	South Africa	01:37:17	00:07:59	07:05:49	00:08:08	05:44:35
1337	1818	Leonard SUTTON	14:43:56	M55-59	South Africa	01:41:16	00:13:12	07:00:05	00:16:38	05:32:43
1338	213	Wes TERBLANCHE	14:45:35	M25-29	South Africa	01:03:21	00:08:27	06:49:52	00:15:21	06:28:32
1339	853	Gavin PFISTER	14:46:02	M35-39	South Africa	01:25:46	00:12:19	07:09:47	00:12:23	05:45:45
1340	442	John MCLAREN	14:46:04	M30-34	South Africa	01:20:28	00:09:52	07:12:24	00:07:10	05:56:08
1341	1660	Yves BARBREAU	14:46:30	M50-54	France	01:47:08	00:05:03	07:06:08	00:06:19	05:41:50
1342	1775	Irene VAN DEN BERG	14:47:15	F50-54	South Africa	01:25:42	00:14:21	07:43:43	00:10:32	05:12:55
1343	1262	Andre RAHL	14:47:28	M40-44	South Africa	01:11:47	00:09:39	06:52:23	00:12:56	06:20:41
1344	1806	Nic LOUW	14:47:34	M55-59	South Africa	01:26:46	00:11:30	07:02:21	00:13:54	05:53:02
1345	738	Adam HUDGSON	14:48:15	M35-39	South Africa	01:28:36	00:12:29	06:58:21	00:09:55	05:58:52
1346	173	Dawie MONG	14:49:04	M25-29	South Africa	01:19:21	00:09:20	06:58:39	00:14:05	06:07:37
1347	1006	Lisa GOWER	14:49:13	F35-39	South Africa	01:22:55	00:11:45	07:27:14	00:09:11	05:38:06
1348	1343	Johan VREY	14:50:00	M40-44	South Africa	01:36:50	00:10:38	07:35:42	00:07:35	05:19:13

1349	1681	Keith FAIRHURST	14:50:14	M50-54	South Africa	01:07:13	00:09:40	06:58:30	00:10:27	06:24:22
1350	579	Kim MOCKE	14:50:39	F30-34	South Africa	01:28:59	00:14:59	07:01:51	00:08:38	05:56:10
1351	1834	Colin MCALL	14:50:46	M60-64	South Africa	01:16:53	00:08:58	07:21:59	00:11:34	05:51:20
1352	1769	Sharmyn MEYER	14:50:58	F50-54	South Africa	01:46:09	00:11:46	07:14:01	00:08:36	05:30:23
1353	1398	Charmaine LOTRIET	14:51:02	F40-44	South Africa	01:31:15	00:12:21	06:50:14	00:11:48	06:05:22
1354	648	Chun cheong CHONG	14:51:30	M35-39	Singapore	01:56:54	00:08:12	07:14:08	00:07:04	05:25:09
1355	219	Pieter UYS	14:51:33	M25-29	South Africa	01:22:23	00:14:05	07:00:35	00:18:19	05:56:08
1356	1114	Rogério DE MENDONCA	14:52:02	M40-44	South Africa	01:19:20	00:21:59	06:42:00	00:15:23	06:13:18
1357	592	Michelle THERON	14:52:57	F30-34	South Africa	01:26:43	00:19:44	07:41:39	00:12:58	05:11:51
1358	663	Elton DAVIDS	14:53:04	M35-39	South Africa	02:03:25	00:07:55	06:52:16	00:06:10	05:43:16
1359	1145	Malcolm FOURE	14:53:48	M40-44	South Africa	01:38:25	00:09:45	07:17:25	00:11:23	05:36:48
1360	110	Charlie CLOETE	14:53:51	M25-29	South Africa	01:30:16	00:10:39	06:30:50	00:13:55	06:28:10
1361	1434	Coenie BOTHA	14:54:20	M45-49	South Africa	01:31:53	00:08:21	07:31:43	00:06:41	05:35:41
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1363	1702	Eddy KOOS	14:55:21	M50-54	United States	01:49:18	00:09:28	07:16:43	00:10:22	05:29:28
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1366	1571	Carl SCHULTZ	14:55:43	M45-49	South Africa	01:04:42	00:09:44	07:00:53	00:09:38	06:30:44
1367	1373	Linda DAVIES	14:55:49	F40-44	South Africa	01:29:53	00:12:44	07:27:08	00:07:14	05:38:49
1368	762	Yaseen KHAN	14:55:58	M35-39	South Africa	01:29:06	00:16:23	07:14:38	00:25:32	05:30:16
1369	1370	Ad COLE	14:55:58	F40-44	South Africa	01:43:28	00:19:40	07:53:58	00:16:41	04:42:10
1370	378	Jakes GREYLING	14:56:06	M30-34	South Africa	01:14:53	00:13:07	07:33:06	00:10:02	05:44:56
1371	1078	Craig BOTHA	14:56:14	M40-44	South Africa	01:49:35	00:11:38	06:55:42	00:07:02	05:52:15
1372	81	Michael POWER	14:56:22	M18-24	South Africa	01:32:48	00:15:10	07:02:16	00:16:24	05:49:41
1373	524	Tian VAN DEN HEEVER	14:56:32	M30-34	South Africa	01:05:35	00:09:30	07:06:39	00:09:18	06:25:28
1374	1697	Peter JOHNSTON	14:56:41	M50-54	South Africa	01:13:08	00:08:38	07:30:22	00:07:41	05:56:50
1375	289	Riaan BARNARD	14:56:53	M30-34	South Africa	01:23:11	00:13:31	07:14:14	00:17:59	05:47:56
1376	657	Doug CORNISH	14:56:56	M35-39	South Africa	01:26:20	00:14:53	07:25:31	00:09:20	05:40:48
1377	1011	Ruth HUDGSON	14:56:56	F35-39	South Africa	01:55:02	00:08:20	07:24:16	00:10:05	05:19:11
1378	1513	Mike LOEWE	14:56:58	M50-54	South Africa	01:25:30	00:09:19	07:20:00	00:08:24	05:53:44
1379	779	Rocco LE ROUX	14:57:34	M35-39	South Africa	01:38:52	00:06:15	07:01:06	00:04:13	06:07:05
1380	687	Hugo DU PLESSIS	14:57:39	M35-39	South Africa	01:36:27	00:12:12	07:13:20	00:13:47	05:41:51
1381	1636	Karen JAMES	14:58:04	F45-49	South Africa	01:30:54	00:14:54	07:28:27	00:08:40	05:35:07
1382	1066	Ray BATTY	14:58:14	M40-44	South Africa	01:41:17	00:11:14	07:07:42	00:08:44	05:49:14

<b>1383</b>	1492	Gary HOEK	14:58:29	M45-49	South Africa	01:53:59	00:18:07	06:52:09	00:09:35	05:44:37
<b>1384</b>	1792	Ian GEORGESON	14:58:29	M55-59	South Africa	01:14:43	00:11:15	07:21:30	00:14:46	05:56:13
<b>1385</b>	344	Willem DU TOIT	14:59:05	M30-34	South Africa	01:40:42	00:14:28	07:08:03	00:09:13	05:46:36
<b>1386</b>	1559	Robert RABIE	14:59:10	M45-49	South Africa	01:53:27	00:09:58	07:31:03	00:11:11	05:13:29
<b>1387</b>	1828	Butch GROBBELAAR	14:59:43	M60-64	South Africa	01:36:50	00:17:40	07:28:44	00:10:16	05:26:11
<b>1388</b>	1799	Giles HOBSON	14:59:58	M55-59	South Africa	01:52:27	00:10:52	07:08:55	00:14:17	05:33:25
<b>1389</b>	723	Peter GROVE	15:01:19	M35-39	South Africa	01:17:15	00:08:11	06:39:02	00:07:20	06:49:29
<b>1390</b>	1065	Peter BATH	15:02:00	M40-44	Bulimba (QLD)					
<b>1391</b>	182	Morne OBBES	15:02:36	M25-29	South Africa	01:34:11	00:08:32	07:41:24	00:11:04	05:27:24
<b>1392</b>	491	Clinton ROCK	15:03:27	M30-34	South Africa	01:18:53	00:11:48	07:14:49	00:13:05	06:04:50
<b>1393</b>	1399	Sarah LUMSDEN	15:03:38	F40-44	Zimbabwe	01:39:29	00:10:01	07:34:12	00:10:39	05:29:15
<b>1394</b>	484	Patrick RANGER	15:04:35	M30-34	South Africa	01:26:33	00:10:16	06:56:21	00:09:11	06:22:13
<b>1395</b>	1773	Karin SCHULD	15:05:18	F50-54	South Africa	01:19:50	00:14:14	07:18:43	00:09:57	06:02:33
<b>1396</b>	294	Juan BESTER	15:06:23	M30-34	South Africa	01:36:46	00:13:11	07:44:48	00:10:55	05:20:41
<b>1397</b>	1413	Jacqueline SCHONKEN	15:06:31	F40-44	Zimbabwe	01:25:16	00:13:31	07:05:47	00:10:03	06:11:52
<b>1398</b>	964	Jurie WESSELS	15:06:41	M35-39	South Africa	01:46:08	00:08:19	07:07:30	00:06:32	05:58:11
<b>1399</b>	1710	Humberto MARQUEZ	15:06:48	M50-54	United States	01:22:45	00:10:35	07:01:19	00:13:53	06:18:15
<b>1400</b>	1778	Michael ALLPASS	15:07:16	M55-59	South Africa	01:28:28	00:13:32	06:30:26	00:11:20	06:43:28
<b>1401</b>	1793	Michael GOODHEW	15:07:42	M55-59	South Africa	01:43:51	00:13:34	07:26:21	00:10:38	05:33:16
<b>1402</b>	1438	Fernando CAIN	15:08:06	M45-49	South Africa	01:19:10	00:09:35	07:13:21	00:06:04	06:19:54
<b>1403</b>	1267	Astrie RIEDWAAN	15:08:12	M40-44	South Africa	01:21:57	00:10:33	06:48:23	00:09:21	06:37:55
<b>1404</b>	1602	Haldane VAN HOREN	15:08:21	M45-49	South Africa	01:19:39	00:08:11	06:49:22	00:20:53	06:30:14
<b>1405</b>	1623	Laura CAPARROS	15:08:26	F45-49	Argentina	01:34:23	00:11:03	07:55:25	00:08:35	05:18:59
<b>1406</b>	258	Katjana HOSKIN	15:08:52	F25-29	South Africa	01:43:42	00:06:52	07:29:34	00:05:39	05:43:02
<b>1407</b>	1721	Deon PRETORIUS	15:09:02	M50-54	South Africa	01:32:22	00:08:14	07:09:03	00:09:25	06:09:56
<b>1408</b>	1168	Michael HENDERSON	15:09:45	M40-44	South Africa	01:24:58	00:11:35	06:42:45	00:07:27	06:42:57
<b>1409</b>	594	Roelene UYS	15:10:14	F30-34	South Africa	01:18:34	00:13:31	07:52:15	00:10:35	05:35:18
<b>1410</b>	274	Roxane THERON	15:10:34	F25-29	South Africa	01:30:40	00:11:40	07:06:37	00:08:18	06:13:16
<b>1411</b>	1812	Richard PRESTON	15:11:34	M55-59	South Africa	01:30:21	00:10:30	07:49:06	00:09:43	05:31:54
<b>1412</b>	120	Jacques DU PLESSIS	15:12:24	M25-29	South Africa	01:26:14	00:14:07	07:32:37	00:09:19	05:50:05
<b>1413</b>	83	Roma SWANEPOEL	15:12:28	F18-24	South Africa	01:48:00	00:06:49	07:55:26	00:04:05	05:18:06
<b>1414</b>	63	Jp BROOKS	15:12:34	M18-24	South Africa	01:20:12	00:06:32	07:24:38	00:06:09	06:15:01
<b>1415</b>	268	Carene MOLLER	15:12:35	F25-29	South Africa	01:26:55	00:06:59	07:11:15	00:07:03	06:20:22
<b>1416</b>	628	Willem BEZUIDENHOUT	15:12:35	M35-39	South Africa	01:24:48	00:08:43	06:04:39	00:06:14	07:28:09

1417	968	Darryl WILLIAMS	15:12:39	M35-39	South Africa	01:26:39	00:14:13	06:52:40	00:11:58	06:27:06
1418	282	Travis ALLISON	15:13:14	M30-34	South Africa	01:40:49	00:08:54	07:20:31	00:09:09	05:53:49
1419	1251	Andre PEERS	15:14:17	M40-44	South Africa	01:13:15	00:21:29	07:00:37	00:15:42	06:23:12
1420	1536	Lee NAKAN	15:15:28	M45-49	South Africa	01:23:19	00:13:46	07:26:59	00:12:04	05:59:18
1421	561	Dominique GAINES	15:16:28	F30-34	South Africa	01:18:18	00:23:12	06:52:08	00:19:42	06:23:05
1422	993	Anella CONRADIE	15:17:07	F35-39	South Africa	01:48:26	00:19:19	07:30:25	00:12:46	05:26:09
1423	1733	Faizel SHAIKJEE	15:17:25	M50-54	South Africa	01:42:14	00:09:33	07:34:01	00:06:35	05:45:00
1424	1131	Carlo DUTTON	15:17:50	M40-44	South Africa	01:37:22	00:06:50	07:13:51	00:09:26	06:10:20
1425	62	Justin BESWICK	15:17:52	M18-24	South Africa	01:18:07	00:15:14	07:03:04	00:13:03	06:28:22
1426	888	Freddie SMUTS	15:18:29	M35-39	South Africa	01:18:51	00:11:18	06:48:14	00:09:55	06:50:09
1427	538	Melville VISSER	15:18:49	M30-34	South Africa	01:22:40	00:07:34	07:06:13	00:10:38	06:31:41
1428	1603	Barry VAN HUYSTEEN	15:18:50	M45-49	South Africa	01:33:44	00:08:59	07:17:22	00:06:32	06:12:11
1429	1389	Marijke GUEST	15:18:53	F40-44	South Africa	01:28:28	00:09:05	07:22:40	00:06:25	06:12:13
1430	1848	Derek FYFE	15:19:59	M70-74	South Africa	01:09:48	00:20:15	07:46:30	00:11:29	05:51:55
1431	774	Sedar LABARRE	15:20:12	M35-39	United States	01:24:32	00:07:23	07:05:53	00:09:37	06:32:46
1432	1669	Okkie CILLIERS	15:20:31	M50-54	South Africa	01:57:40	00:10:53	07:28:25	00:06:34	05:36:56
1433	455	Marcel NAUDE	15:20:57	M30-34	South Africa	01:41:18	00:11:13	06:49:41	00:15:20	06:23:23
1434	1396	Audrey LANGENEGGER	15:21:05	F40-44	South Africa	01:19:30	00:12:46	07:44:31	00:10:05	05:54:12
1435	348	Shawn EHLERT	15:21:42	M30-34	South Africa			07:13:00	00:02:08	06:26:33
1436	1351	Craig WHITCOMB	15:21:42	M40-44	South Africa	01:40:53	00:08:34	06:57:28	00:04:40	06:30:05
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1438	1229	Gerhard MINNIE	15:22:21	M40-44	South Africa	01:34:09	00:04:24	07:38:04	00:03:44	06:01:59
1439	1788	Patrick ELSON	15:22:27	M55-59	South Africa	01:55:15	00:08:53	07:51:40	00:08:16	05:18:22
1440	1621	Shona BELL	15:22:54	F45-49	South Africa	01:18:10	00:10:24	07:35:18	00:08:07	06:10:53
1441	427	Gideon LIVERSAGE	15:22:55	M30-34	South Africa	01:41:11	00:15:37	07:20:24	00:13:44	05:51:58
1442	217	Ferdie UNGERER	15:23:54	M25-29	South Africa	01:23:43	00:08:31	07:24:08	00:07:49	06:19:41
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1446	924	Craig VAN DER WESTHUIZEN	15:27:59	M35-39	South Africa	01:22:57	00:07:08	06:35:17	00:05:40	07:16:55
1447	1152	Gavin GAZLEY	15:28:10	M40-44	South Africa	01:23:27	00:10:15	07:40:41	00:09:28	06:04:17
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1449	1216	Andrew MARK	15:28:46	M40-44	South Africa	01:25:32	00:11:50	07:11:30	00:09:27	06:30:26
1450	1652	Deidre TRACEY	15:29:18	F45-49	South Africa	01:41:25	00:12:48	07:29:04	00:09:11	05:56:49

1451	1728	Stanley SANSOM	15:29:38	M50-54	South Africa	01:54:09	00:11:39	07:11:00	00:09:46	06:03:01
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1454	1580	Wietze STEYN	15:30:14	M45-49	South Africa	01:16:33	00:09:15	07:09:24	00:07:24	06:47:36
1455	316	Nico CASTELYN	15:30:37	M30-34	South Africa	01:17:04	00:21:41	06:54:10	00:21:01	06:36:38
1456	161	Stuart LUBBE	15:30:38	M25-29	South Africa	01:25:02	00:13:43	07:04:26	00:10:47	06:36:39
1457	1254	Koenraad PIETERSE	15:30:43	M40-44	South Africa	01:45:20	00:21:17	07:29:29	00:13:22	05:41:13
1458	169	Salo MINNAAR	15:31:19	M25-29	South Africa	01:34:32	00:11:01	07:14:47	00:12:40	06:18:18
1459	1174	Marius HURTER	15:31:29	M40-44	South Africa	01:43:42	00:15:08	06:48:47	00:12:52	06:30:58
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1461	304	Jan BOTHA	15:32:56	M30-34	South Africa	01:28:33	00:14:19	08:13:57	00:08:13	05:27:52
1462	1236	Mike MORIARTY	15:34:27	M40-44	South Africa	01:50:01	00:10:38	06:21:23	00:10:33	07:01:49
1463	100	Dawid BORSTEN	15:35:06	M25-29	South Africa	01:14:08	00:09:45	06:57:08	00:12:59	07:01:04
1464	1084	Lindsay BROWN	15:36:49	M40-44	South Africa	01:44:45	00:07:54	07:30:16	00:09:26	06:04:27
1465	639	Duncan BROWN	15:36:49	M35-39	South Africa	01:34:19	00:09:15	07:37:44	00:11:04	06:04:25
1466	794	Richard MALAKA	15:37:08	M35-39	South Africa	01:39:31	00:05:16	07:21:01	00:05:30	06:25:48
1467	278	Lindsay WALLIS	15:37:19	F25-29	South Africa	01:45:25	00:08:47	07:04:21	00:05:07	06:33:36
1468	1039	Annelise STANDER	15:37:26	F35-39	South Africa	01:45:39	00:18:59	08:09:54	00:09:53	05:13:00
1469	322	Christoff COETZER	15:38:41	M30-34	South Africa	01:07:45	00:09:08	07:26:10	00:09:51	06:45:44
1470	1679	Achmat ELLIE	15:38:55	M50-54	South Africa	01:39:44	00:15:35	07:20:32	00:07:59	06:15:03
1471	512	Dave STIGLINGH	15:39:06	M30-34	South Africa	01:15:26	00:10:51	07:57:41	00:13:43	06:01:22
1472	1330	Leon VAN WYK	15:39:21	M40-44	Swaziland	01:33:54	00:10:37	07:19:32	00:09:36	06:25:40
1473	394	Warren HOOLE	15:40:11	M30-34	South Africa	01:17:31	00:07:35	07:03:53	00:06:17	07:04:54
1474	1613	Ian WALTON	15:42:27	M45-49	South Africa	01:41:23	00:12:29	07:45:04	00:08:42	05:54:47
1475	1531	Reinard MICHAU	15:42:42	M45-49	South Africa	01:35:48	00:14:12	07:48:46	00:08:51	05:55:03
1476	1061	Ljubivoje ARSIC	15:43:12	M40-44	South Africa	01:12:27	00:09:16	06:38:51	00:05:15	07:37:21
1477	1725	Ian ROSS	15:43:52	M50-54	South Africa	01:33:51	00:13:16	07:16:35	00:14:36	06:25:32
1478	633	Marius BOTHA	15:44:45	M35-39	South Africa	01:30:08	00:11:32	07:12:12	00:08:22	06:42:29
1479	1814	Tony RICHINGS	15:45:45	M55-59	South Africa	01:40:10	00:12:09	08:10:03	00:08:54	05:34:28
1480	874	Pieter RUDOLPH	15:46:29	M35-39	South Africa	01:58:30	00:14:36	07:16:04	00:09:36	06:07:40
1481	259	Samantha HUDSON	15:46:59	F25-29	South Africa	01:24:16	00:09:29	07:28:38	00:08:06	06:36:27
1482	1804	Ming T LIU	15:47:36	M55-59	Hong Kong	01:36:54	00:12:16	07:32:37	00:12:53	06:12:54
1483	574	Catherina BASSITT	15:48:49	F30-34	England	01:21:59	00:06:53	07:20:18	00:09:44	06:49:52
1484	967	Warren WILKINSON	15:49:23	M35-39	South Africa	01:20:32	00:08:47	07:29:23	00:14:59	06:35:40

1485	1809	Richard MORLEY	15:50:12	M55-59	South Africa	01:15:49	00:08:38	07:17:23	00:11:00	06:57:20
1486	438	Roger MASSEY-HICKS	15:50:40	M30-34	South Africa	01:29:28	00:19:38	07:19:30	00:16:02	06:25:59
1487	1047	Chanelle WOLFF	15:51:15	F35-39	South Africa	01:54:10	00:15:17	07:20:11	00:10:23	06:11:11
1488	273	Christine SIMPSON	15:51:24	F25-29	South Africa	01:16:34	00:08:29	07:53:33	00:08:54	06:23:52
1489	347	Jeremie DUPONT	15:51:46	M30-34	South Africa	01:44:01	00:14:37	07:19:52	00:11:37	06:21:37
1490	1496	Gregory JAMES	15:51:52	M45-49	South Africa	01:33:48	00:08:16	07:07:04	00:11:21	06:51:21
1491	1074	Andrew BOSHOFF	15:51:53	M40-44	South Africa	01:25:40	00:18:09	07:39:37	00:14:11	06:14:14
1492	1070	Kevin BENADE	15:52:43	M40-44	South Africa	01:24:21	00:06:15	07:01:55	00:15:19	07:04:51
1493	1645	Jeanne OLIVIER	15:52:45	F45-49	South Africa	01:26:44	00:22:35	08:19:39	00:11:55	05:31:51
1494	1363	Deirdre BEZUIDENHOUT	15:53:57	F40-44	South Africa	01:31:56	00:12:27	07:44:44	00:08:59	06:15:47
1495	1030	Colleen REES	15:54:02	F35-39	South Africa	01:47:00	00:08:11	07:34:40	00:08:32	06:15:37
1496	243	Robyn BALL	15:54:58	F25-29	South Africa	01:43:05	00:17:22	07:46:27	00:09:35	05:58:28
1497	562	Chantell GERBER	15:55:25	F30-34	South Africa	01:29:34	00:11:04	07:35:18	00:10:36	06:28:52
1498	1459	Jean DU TOIT	15:56:35	M45-49	South Africa	01:41:31	00:15:45	07:00:18	00:10:41	06:48:19
1499	1376	Marie DU TOIT	15:56:35	F40-44	South Africa	02:05:40	00:10:51	07:30:15	00:08:13	06:01:35
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1501	1221	Robert MCAULEY	15:57:41	M40-44	South Africa	01:38:14	00:15:45	07:50:23	00:11:15	06:02:02
1502	896	Morne STRYDOM	15:58:05	M35-39	South Africa	01:14:41	00:11:58	07:35:22	00:11:49	06:44:13
1503	1109	Henk DE JAGER	15:58:28	M40-44	South Africa	01:36:49	00:07:52	07:14:25	00:17:00	06:42:19
1504	89	Nicole HORSLEY	15:58:33	F18-24	South Africa	01:41:25	00:08:02	07:43:06	00:05:04	06:20:54
1505	1584	Adolph SWART	15:59:19	M45-49	South Africa	01:25:59	00:09:39	07:16:19	00:10:15	06:57:05
1506	228	George VAN ROOYEN	15:59:42	M25-29	South Africa	01:31:18	00:15:09	08:05:37	00:09:08	05:58:27
1507	821	Pierre MOUTON	15:59:52	M35-39	South Africa	01:39:27	00:10:32	07:30:11	00:10:48	06:23:51
1508	859	Cornel PRETORIUS	16:00:03	M35-39	South Africa	01:35:21	00:13:47	07:15:06	00:22:12	06:33:34
1509	1403	Linda MARITZ	16:00:13	F40-44	South Africa	01:32:14	00:09:11	07:41:56	00:07:18	06:29:32
1510	651	David COETZER	16:00:45	M35-39	South Africa	01:14:24	00:13:20	07:36:42	00:13:50	06:42:27
1511	262	Imke KUMM	16:00:46	F25-29	South Africa	01:37:53	00:09:55	07:36:31	00:10:40	06:25:45
1512	646	James CHATWIND	16:02:02	M35-39	South Africa	01:53:16	00:13:38	07:17:17	00:12:05	06:25:43
1513	800	Stefan MARITZ	16:04:59	M35-39	South Africa	01:53:12	00:08:21	07:32:59	00:09:58	06:20:27
1514	635	Gavin BOUCHER	16:06:21	M35-39	South Africa	01:31:37	00:06:48	07:13:43	00:13:33	07:00:39
1515	1651	Michelle THOMPSON	16:08:49	F45-49	South Africa	01:59:58	00:11:39	07:32:26	00:08:48	06:15:56
1516	1797	Christopher HATTON	16:09:07	M55-59	South Africa	01:48:14	00:14:25	07:49:18	00:08:06	06:09:02
1517	235	Jeff WALSH	16:11:06	M25-29	South Africa	01:42:51	00:22:21	07:50:11	00:14:12	06:01:30
1518	1234	Anant MORAR	16:11:16	M40-44	South Africa	01:35:07	00:10:51	08:21:28	00:10:34	05:53:14

1519	1302	Marlon STARR	16:11:38	M40-44	South Africa	01:39:40	00:12:24	07:43:28	00:08:00	06:28:05
1520	115	Roanne CROUSE	16:11:50	M25-29	South Africa	01:36:59	00:07:23	07:10:33	00:14:00	07:02:53
1521	1155	Leroy GELDENHUYS	16:12:02	M40-44	South Africa	01:22:41	00:10:21	08:00:33	00:07:40	06:30:45
1522	478	Johan PIETERSE	16:12:51	M30-34	South Africa	01:53:28	00:12:04	07:29:07	00:15:19	06:22:52
1523	1755	Matthew WALTON	16:15:01	M50-54	South Africa	01:25:03	00:15:06	07:19:04	00:21:55	06:53:50
1524	1226	Andre MILES	16:15:51	M40-44	South Africa	01:58:07	00:09:15	07:51:31	00:06:18	06:10:38
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1526	1026	Sune NEL	16:17:05	F35-39	South Africa	02:15:59	00:12:22	06:55:40	00:09:45	06:43:17
1527	192	Rowan ROBINSON	16:17:25	M25-29	South Africa	01:32:25	00:07:27	07:14:14	00:10:59	07:12:18
1528	656	Peter COOMBE	16:18:51	M35-39	Melbourne ()	01:25:59	00:14:37	06:55:27	00:19:25	07:23:21
1529	808	Rodney MCQUIRK	16:19:39	M35-39	South Africa	01:30:48	00:10:54	07:41:01	00:13:49	06:43:05
1530	596	Liezel VAN DER WESTHUIZEN	16:19:55	F30-34	South Africa	01:30:42	00:18:39	07:42:35	00:13:44	06:34:14
1531	1534	Themba MTHETHWA	16:22:39	M45-49	South Africa	01:31:05	00:07:50	08:28:17	00:08:30	06:06:55
1532	1730	Michael SCHONEGEVEL	16:23:58	M50-54	South Africa	01:43:19	00:12:47	07:41:25	00:09:10	06:37:15
1533	1629	Lisa GIBBON	16:24:16	F45-49	South Africa	01:57:25	00:11:43	07:10:16	00:13:03	06:51:47
1534	1630	Cheryl GIBSON-DICKS	16:25:58	F45-49	South Africa	01:29:10	00:20:45	08:28:03	00:15:36	05:52:23
1535	1615	Kevin WATSON	16:28:11	M45-49	South Africa	01:01:30	00:05:31	07:30:38	00:05:34	07:44:57
1536	88	Cingean WATSON	16:28:12	M18-24	South Africa	01:15:31	00:06:59	07:55:47	00:06:57	07:02:56
1537	894	Paul STOOP	16:28:15	M35-39	South Africa	02:05:40	00:10:44	07:52:36	00:06:53	06:12:20
1538	154	Calvin KUNNEKE	16:28:26	M25-29	South Africa	01:49:48	00:17:03	07:46:27	00:11:42	06:23:24
1539	1829	Seiichi HATTORI	16:31:10	M60-64	Japan	01:45:10	00:10:17	06:56:04	00:05:59	07:33:39
1540	610	Regan ATKINS	16:33:34	M35-39	South Africa	01:13:05	00:09:29	07:27:09	00:07:48	07:35:59
1541	1507	Philip KOH	16:35:21	M45-49	Singapore	01:42:25	00:09:48	07:30:43	00:07:41	07:04:42
1542	932	Reon VAN RENSBURG	16:37:50	M35-39	South Africa	01:40:46	00:10:09	08:00:20	00:13:20	06:33:12
1543	323	Henko COETZER	16:38:27	M30-34	South Africa	01:22:58	00:11:32	07:15:56	00:08:43	07:39:15
1544	1547	Alastair PEACOCK	16:42:33	M45-49	South Africa	01:58:01	00:09:17	07:58:09	00:05:42	06:31:22
1545	1850	Rolf KORDES	16:42:40	M70-74	South Africa	01:39:30	00:09:03	07:46:28	00:06:42	07:00:55
1546	1750	Michael VAN MOORST	16:42:57	M50-54	South Africa	02:00:52	00:09:14	07:33:39	00:10:15	06:48:57
1547	1852	Vivian FRANCIS	16:44:05	M75-79	South Africa	01:50:55	00:12:44	07:43:30	00:12:56	06:43:58
1548	1442	Luigi CIARROCCI	16:48:50	M45-49	South Africa	01:44:10	00:13:07	07:53:42	00:05:41	06:52:08
1549	1099	Mark COOPER	16:50:24	M40-44	South Africa	01:40:38	00:11:43	07:57:45	00:09:06	06:51:11
1550	1371	Carol COOPER	16:50:26	F40-44	South Africa	01:40:38	00:11:43	07:57:45	00:09:06	06:51:12
1551	450	Courtney MULLER	16:53:05	M30-34	South Africa	01:54:42	00:10:58	07:39:17	00:07:34	07:00:33
1552	250	Ammari DE VILLIERS	16:54:31	F25-29	South Africa	02:08:56	00:10:44	07:56:13	00:09:30	06:29:05

