| NELSON MANDELA BAY HALF MARATHON INCORPORATING ASA CHAMPIONSHIPS - GQEBERHA - 2022/06/04 | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| **POS** | **RNO** | **NAME** | **SURNAME** | **CLUB** | **SEX** | **AGE** | **CAT** | **HMS** | **PTS** |
| 1 | 17 | NAMAKOE | NKHASI | NEDRCLES | M | 29 | SM | 1.01.01 | 0 |
| 2 | 29 | MELIKHAYA | FRANS | EPA/IKHAMVA | M | 32 | SM | 1.01.03 | 5 |
| 3 | 18 | DANIEL | PAULUS | NEDRCNAM | M | 25 | SM | 1.01.09 | 0 |
| 4 | 24 | PRECIOUS | MASHELE | CGA | M | 31 | SM | 1.01.12 | 0 |
| 5 | 27 | STEPHEN | MOKOKA | AGN | M | 37 | 35-39M | 1.01.13 | 0 |
| 6 | 3 | DEJENE HAILU | BIKILA | NEDRCETH | M | 18 | JM | 1.01.16 | 0 |
| 7 | 99 | DESMOND | MOKGOBU | CGA | M | 33 | SM | 1.01.22 | 0 |
| 8 | 157 | TEBELLO | RAMAKONGOANA | TEMP | M | 25 | SM | 1.01.22 | 0 |
| 9 | 43 | REGHEN | MAGWAI | AGN | M | 30 | SM | 1.01.23 | 0 |
| 10 | 183 | REFERA | MERGA | NEDRCETH | M | 24 | SM | 1.01.30 | 0 |
| 11 | 22 | MOSES | TARAKINYUI | NEDRCZIM | M | 27 | SM | 1.01.37 | 0 |
| 12 | 28 | SIBUSISO | NZIMA | CGA | M | 35 | 35-39M | 1.01.37 | 0 |
| 13 | 59 | ABEDNICO | MASHABA | AMPU | M | 31 | SM | 1.02.09 | 0 |
| 14 | 44 | COLLEN | MULAUDZI | AGN | M | 31 | SM | 1.02.14 | 0 |
| 15 | 42 | MILTON | KEKANA | AGN | M | 26 | SM | 1.02.38 | 0 |
| 16 | 23 | RAINHOLD | TOMAS | NEDRCNAM | M | 31 | SM | 1.02.38 | 0 |
| 17 | 19 | PAULUS | SIMON | NEDRCNAM | M | 24 | SM | 1.02.50 | 0 |
| 18 | 1 | YOSEF GETAHUN | ABEBE | NEDRCETH | M | 22 | SM | 1.02.53 | 0 |
| 19 | 172 | IAN | SLINGER | ACNW | M | 26 | SM | 1.02.54 | 0 |
| 20 | 12 | MESHACK | KIPTOO | KENYA | M | 25 | SM | 1.02.59 | 0 |
| 21 | 13 | PAUL | MATHEYA | KENYA | M | 28 | SM | 1.03.05 | 0 |
| 22 | 168 | ONALENNA | KHONKHOBI | ACNW | M | 26 | SM | 1.03.12 | 0 |
| 23 | 138 | BONGINKOSI | ZWANE | KZNA | M | 32 | SM | 1.03.21 | 0 |
| 24 | 171 | THABANG | MOSIAKO | ACNW | M | 27 | SM | 1.03.35 | 0 |
| 25 | 69 | LLOYD | BOSMAN | ASWD | M | 34 | SM | 1.03.8 | 0 |
| 26 | 98 | LUCKY | MOHALE | CGA | M | 36 | 35-39M | 1.03.42 | 0 |
| 27 | 15 | NGONIDZASHE | NCUBE | NEDRCZIM | M | 35 | 35-39M | 1.03.42 | 0 |
| 28 | 170 | TUMELO | MOTLAGALE | ACNW | M | 35 | 35-39M | 1.03.54 | 0 |
| 29 | 100 | GLADWIN | MZAZI | CGA | M | 34 | SM | 1.03.55 | 0 |
| 30 | 145 | RAYDON | BALIE | WPA | M | 27 | SM | 1.04.06 | 0 |
| 31 | 169 | MATHEWS | LEETO | ACNW | M | 31 | SM | 1.04.11 | 0 |
| 32 | 97 | DAVID | MANJA | CGA | M | 30 | SM | 1.04.13 | 0 |
| 33 | 161 | NTSEBENZO | NAKE | TRA | M | 30 | SM | 1.04.20 | 0 |
| 34 | 112 | ANDILE | MOTWANA | EPA/NEDBANK | M | 25 | SM | 1.04.22 | 5 |
| 35 | 20 | TEGEGN TAMERAT | TANGA | NEDRCETH | M | 27 | SM | 1.04.26 | 0 |
| 36 | 177 | Lebenya | Nkoka | TEMP | M | 39 | 35-39M | 1.04.38 | 0 |
| 37 | 7 | MATHEUS | JESAYA | NEDRCNAM | M | 29 | SM | 1.04.47 | 0 |
| 38 | 152 | ELVIS | TAU | MAXEDCG | M | 26 | SM | 1.04.55 | 0 |
| 39 | 184 | KHOARAHLANE | SEUTLOALI | LESOTHO | M | 30 | SM | 1.04.55 | 0 |
| 40 | 16 | KORNELIUS | NGHILYEENDELE | NEDRCNAM | M | 29 | SM | 1.05.07 | 0 |
| 41 | 1491 | ANELE | DLAMINI | PHANTANE | M | 39 | 35-39M | 1.05.13 | 0 |
| 42 | 83 | MALIXOLE | KALIDENI | BORA | M | 29 | SM | 1.05.22 | 0 |
| 43 | 45 | TEBOGO | SEKGALAKGALA | AGN | M | 29 | SM | 1.05.30 | 0 |
| 44 | 147 | THOMAS | STRUIS | WPA | M | 27 | SM | 1.05.48 | 0 |
| 45 | 185 | KABELO | MELAMU | MURRYROB | M | 25 | SM | 1.05.56 | 0 |
| 46 | 10 | MARKO | BUCARIZZA | EASYEQ | M | 33 | SM | 1.06.00 | 0 |
| 47 | 151 | ANDRIES | SESEDI | COLOSSUS | M | 21 | SM | 1.06.01 | 0 |
| 48 | 144 | ANDRE | AFRIKA | WPA | M | 28 | SM | 1.06.06 | 0 |
| 49 | 60 | PRINCE | NDLOVU | AMPU | M | 28 | SM | 1.06.13 | 0 |
| 50 | 115 | LUYANDA | TSHANGANA | EPA/IKHAMVA | M | 38 | 35-39M | 1.06.22 | 5 |
| 51 | 58 | SIBONGINKOSI | MASEKO | AMPU | M | 23 | SM | 1.06.25 | 0 |
| 52 | 101 | SIMON | SIBEKO | CGA | M | 27 | SM | 1.06.26 | 0 |
| 53 | 173 | TUMISANG | MONNATLALA | ACNW | M | 27 | SM | 1.06.39 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 54 | 25 | ADAM | LIPSCHITZ | KZNA | M | 28 | SM | 1.06.44 | 0 |
| 55 | 139 | MASEMOLA | MAKGOBA | LIMA | M | 21 | SM | 1.06.52 | 0 |
| 56 | 201 | FTAW | BEZABH | ETHIOPIA | F | 24 | SF | 1.06.56 | 0 |
| 57 | 103 | JOHANNES | KEKANA | CGA | M | 50 | 50-54M | 1.07.12 | 0 |
| 58 | 46 | JACOB | TSEKO | AGN | M | 28 | SM | 1.07.27 | 0 |
| 59 | 78 | CHABELI | NYEDIMANE | AVT | M | 39 | 35-39M | 1.07.29 | 0 |
| 60 | 652 | TSHEPISO | KHATI | OLDED | M | 25 | SM | 1.07.41 | 0 |
| 61 | 179 | Puseletso | Mofokeng | BOXER | M | 29 | SM | 1.07.45 | 0 |
| 62 | 70 | BERNARDO | FREDERICKS | ASWD | M | 35 | 35-39M | 1.07.47 | 0 |
| 63 | 207 | HELALIA | JOHANNES | NEDRCNAM | F | 41 | 40-44F | 1.07.48 | 0 |
| 64 | 205 | TADU | NARE | NEDRCETH | F | 20 | SF | 1.07.54 | 0 |
| 65 | 1057 | FOTOI | FOTOI | COLUSSUS | M | 25 | SM | 1.08.04 | 0 |
| 66 | 21 | SACKARIA | TANGENI | NEDRCNAM | M | 27 | SM | 1.08.12 | 0 |
| 67 | 71 | FRANCIOS | MAQUASSA | ASWD | M | 26 | SM | 1.08.21 | 0 |
| 68 | 140 | ANANIAS | MASILA | LIMA | M | 31 | SM | 1.08.28 | 0 |
| 69 | 111 | MARIANO | EESOU | EPA/NEDBANK | M | 30 | SM | 1.08.29 | 5 |
| 70 | 49 | SHADRACK | HOFF | AGN | M | 49 | 45-49M | 1.08.37 | 0 |
| 71 | 146 | MALUSI | JUDASE | WPA | M | 33 | SM | 1.08.38 | 0 |
| 72 | 76 | TANKISO | RADEBE | AVT | M | 30 | SM | 1.08.43 | 0 |
| 73 | 181 | MTHANDAZO | QHINA | NEDWP | M | 44 | 40-44M | 1.08.52 | 0 |
| 74 | 62 | NTUTHUKO | MASEKO | AMPU | M | 45 | 45-49M | 1.08.59 | 0 |
| 75 | 65 | MOHAU | RASOGO | ANWN | M | 22 | SM | 1.09.06 | 0 |
| 76 | 84 | VUYOLETHU | MADIKIZA | BORA | M | 28 | SM | 1.09.11 | 0 |
| 77 | 208 | ZINASHWORK YENE | AMBI | NEDRCETH | F | 28 | SF | 1.09.15 | 0 |
| 78 | 72 | SELWYN | MATTHWES | ASWD | M | 23 | SM | 1.09.20 | 0 |
| 79 | 159 | HABTAMU | MASHIMO | BUFFALO | M | 30 | SM | 1.09.21 | 0 |
| 80 | 175 | JEREMIAH | MOSHWETSI | ANWN | M | 33 | SM | 1.09.38 | 0 |
| 81 | 61 | LOVERS | HLATSHWAYO | AMPU | M | 40 | 40-44M | 1.09.38 | 0 |
| 82 | 209 | SELAM FENTE | GEBRE | NEDRCETH | F | 19 | JF | 1.09.39 | 0 |
| 83 | 142 | ZEINEL | TSIPA | LIMA | M | 28 | SM | 1.09.41 | 0 |
| 84 | 1415 | ZUKISA | WANGA | FORTHARE | M | 25 | SM | 1.09.42 | 0 |
| 85 | 1470 | SIBUSISO | MADIKIZELA | MANONI | M | 32 | SM | 1.09.42 | 0 |
| 86 | 4114 | XOLISA | NDLUMBINI | EPA/VUKANI | M | 39 | 35-39M | 1.09.47 | 5 |
| 87 | 77 | SAMUEL | SIBEKO | AVT | M | 23 | SM | 1.09.51 | 0 |
| 88 | 294 | NEHENG | KHATALA | LESOTHO | F | 29 | SF | 1.09.57 | 0 |
| 89 | 999 | MOTSAMAI | RANTSHO | WATER | M | 37 | 35-39M | 1.10.04 | 0 |
| 90 | 89 | ZINGISILE | MARIKENI | BORA | M | 46 | 45-49M | 1.10.19 | 0 |
| 91 | 75 | THABISO | MOSEKILI | AVT | M | 34 | SM | 1.10.22 | 0 |
| 92 | 47 | DOCTOR | MATHOLE | AGN | M | 40 | 40-44M | 1.10.23 | 0 |
| 93 | 88 | KHANYA | YALI | BORA | M | 21 | SM | 1.10.26 | 0 |
| 94 | 211 | GLENROSE | XABA | AGN | F | 27 | SF | 1.10.40 | 0 |
| 95 | 4113 | KHAYA | GQWETHA | EPA/VUKANI | M | 37 | 35-39M | 1.10.44 | 5 |
| 96 | 186 | ABDI | MOHAMMES | NEDRCAGN | M | 24 | SM | 1.10.57 | 0 |
| 97 | 66 | KGAUGELO | RASOGO | ANWN | M | 22 | SM | 1.11.03 | 0 |
| 98 | 212 | IRVETTE | VAN ZYL | AGN | F | 34 | SF | 1.11.18 | 0 |
| 99 | 31 | VICTOR | MAKHEBESELA | AFS | M | 24 | SM | 1.11.41 | 0 |
| 100 | 11 | ROBERT | KAXUXUENA | NEDRCNAM | M | 46 | 45-49M | 1.11.41 | 0 |
| 101 | 86 | LITHOBE | MENZELELI | BORA | M | 22 | SM | 1.11.45 | 0 |
| 102 | 148 | RICARDO | BLAUW | WPA | M | 40 | 40-44M | 1.11.47 | 0 |
| 103 | 4117 | ANELE | MALIZA | EPA/NEDBANK | M | 44 | 40-44M | 1.11.48 | 5 |
| 104 | 4116 | MELIKHAYA | KEPE | EPA/NEDBANK | M | 45 | 45-49M | 1.11.55 | 5 |
| 105 | 4118 | MZWANELE | MAPHEKULA | EPA/IKHAMVA | M | 45 | 45-49M | 1.12.16 | 5 |
| 106 | 102 | THULANE | MAGAGULA | CGA | M | 45 | 45-49M | 1.12.21 | 0 |
| 107 | 90 | XOLILE | NDABENI | BORA | M | 42 | 40-44M | 1.12.23 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 108 | 50 | PETER | MEDUPE | AGN | M | 47 | 45-49M | 1.12.30 | 0 |
| 109 | 709 | SINETHEMBA | MIRELE | NEDBANK | M | 25 | SM | 1.12.34 | 5 |
| 110 | 92 | MBULELO | SPEELMAN | BORA | M | 45 | 45-49M | 1.12.38 | 0 |
| 111 | 4126 | DESMOND | ZIBI | EPA/IKHAMVA | M | 58 | 55-59M | 1.12.42 | 5 |
| 112 | 32 | KELOBOGILE | MAKEPE | AFS | M | 21 | SM | 1.12.43 | 0 |
| 113 | 87 | BULELANI | MGUBO | BORA | M | 39 | 35-39M | 1.12.52 | 0 |
| 114 | 957 | LESEGO | MABILETSA | MAXEDCG | M | 37 | 35-39M | 1.13.05 | 0 |
| 115 | 293 | LAKECH GIRMA | SEBA | NEDRCETH | F | 26 | SF | 1.13.22 | 0 |
| 116 | 1477 | TANDISILE | XOSHOMBA | ACT AC | M | 26 | SM | 1.13.24 | 5 |
| 117 | 64 | KGOMOTSO | MOSIANE | ANWN | M | 25 | SM | 1.13.34 | 0 |
| 118 | 1146 | SICELO | MASHABA | MADIBAZ | M | 21 | SM | 1.14.03 | 5 |
| 119 | 34 | GODFREY | RAMOKONE | AFS | M | 37 | 35-39M | 1.14.05 | 0 |
| 120 | 180 | CRAIG | CYNKIN | MAXEDCG | M | 36 | 35-39M | 1.14.05 | 0 |
| 121 | 48 | MOTSAMAI | MOTONE | AGN | M | 41 | 40-44M | 1.14.06 | 0 |
| 122 | 56 | SHADRACK | MOTHIBI | AGW | M | 39 | 35-39M | 1.14.14 | 0 |
| 123 | 4119 | GEORGE | NTSHILIZA | EPA/NEDBANK | M | 42 | 40-44M | 1.14.21 | 5 |
| 124 | 4121 | MILA | PASIYA | EPA/NEDBANK | M | 42 | 40-44M | 1.14.22 | 5 |
| 125 | 4106 | OYAMA | NTANTISO | EPA/MOTHER | M | 17 | JM | 1.14.22 | 5 |
| 126 | 213 | DIANA LEBO | PHALULA | CGA | F | 38 | 35-39F | 1.14.22 | 0 |
| 127 | 33 | MLONDOLOZI | NJOKO | AFS | M | 23 | SM | 1.14.25 | 0 |
| 128 | 1487 | SIM | MOJIKI | TEMP | M | 38 | 35-39M | 1.14.32 | 0 |
| 129 | 264 | JENET | MBHELE | KZNA | F | 27 | SF | 1.14.39 | 0 |
| 130 | 79 | SAMPIE | MOKGATLA | AVT | M | 43 | 40-44M | 1.14.43 | 0 |
| 131 | 38 | DANIE | CORNELISSEN | AGN | M | 19 | JM | 1.14.52 | 0 |
| 132 | 1414 | LUSANDA | DLUME | FORTH | M | 25 | SM | 1.15.05 | 0 |
| 133 | 57 | OBAKENG | RIET | AGW | M | 41 | 40-44M | 1.15.05 | 0 |
| 134 | 91 | ROBERT | PETSCHEL | BORA | M | 43 | 40-44M | 1.15.09 | 0 |
| 135 | 1101 | SINOKHANYO | DUMAXAKE | BOXER AC | M | 24 | SM | 1.15.12 | 0 |
| 136 | 862 | DAVID | VAN DER VEEN | HOWICK | M | 25 | SM | 1.15.21 | 0 |
| 137 | 1056 | GARETH | FORD | NEDRCKZN | M | 33 | SM | 1.15.24 | 0 |
| 138 | 548 | TAWANDA | CHIKOTI | NEDBANK | M | 23 | SM | 1.15.29 | 5 |
| 139 | 143 | ARTHUR | REYNOLDS | LIMA | M | 45 | 45-49M | 1.15.46 | 0 |
| 140 | 226 | STELLA | MARAIS | AGN | F | 29 | SF | 1.16.13 | 0 |
| 141 | 267 | ANEL | TERBLANCHE | WPA | F | 35 | 35-39F | 1.16.35 | 0 |
| 142 | 153 | DEVIN | VINCENT | RUNZONE | M | 29 | SM | 1.16.38 | 0 |
| 143 | 894 | MANDISI | ZAMANI | NEDBANK | M | 29 | SM | 1.16.57 | 5 |
| 144 | 4107 | APHELELE | SEPTEMBER | EPA/ACT AC | M | 17 | JM | 1.17.02 | 5 |
| 145 | 265 | ZINHLE | SHABALALA | KZNA | F | 32 | SF | 1.17.12 | 0 |
| 146 | 1366 | RYAN | PETER | PRAC | M | 38 | 35-39M | 1.17.18 | 0 |
| 147 | 270 | HANLIE | BOTHA | BORA | F | 43 | 40-44F | 1.17.20 | 0 |
| 148 | 268 | ZINTLE | XINIWE | WPA | F | 35 | 35-39F | 1.17.32 | 0 |
| 149 | 1139 | NIKELO | LOLWANA | BOXER AC | M | 26 | SM | 1.17.35 | 0 |
| 150 | 1384 | SIBUSISO | MOYAKHE | TEMP | M | 25 | SM | 1.17.45 | 0 |
| 151 | 516 | LLEWELLYN | BARNARD | MURRYROB | M | 32 | SM | 1.17.48 | 0 |
| 152 | 82 | SINONELE | TYS | BORA | M | 17 | JM | 1.18.04 | 0 |
| 153 | 713 | TUMELO | MOCHELENYANE | NEDBANK | M | 39 | 35-39M | 1.18.15 | 5 |
| 154 | 80 | TSIETSI | MOKOENA | AVT | M | 52 | 50-54M | 1.18.27 | 0 |
| 155 | 4104 | SIBUSISO | COLEPI | EPA/MOTHER | M | 17 | JM | 1.18.43 | 5 |
| 156 | 4120 | XOLANI | NTEYI | EPA/VUKANI | M | 43 | 40-44M | 1.18.44 | 5 |
| 157 | 4109 | KEANU | WELCH | EPA/CSEP | M | 17 | JM | 1.18.46 | 5 |
| 158 | 266 | JANIE | GRUNDLING | KZNA | F | 42 | 40-44F | 1.18.46 | 0 |
| 159 | 39 | KHAYA | PABAYA | AGN | M | 18 | JM | 1.18.55 | 0 |
| 160 | 93 | MAKHAYA | MASUMPA | BORA | M | 56 | 55-59M | 1.18.56 | 0 |
| 161 | 1238 | PAUL | WOLFF | ACH | M | 54 | 50-54M | 1.18.58 | 5 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 162 | 4187 | MASANDE | MLONYENI | EPA/CHARLO | M | 41 | 40-44M | 1.19.00 | 5 |
| 163 | 40 | SANELE | ZWANE | AGN | M | 19 | JM | 1.19.01 | 0 |
| 164 | 4243 | KELLY | VAN VLIET | EPA/NEDBANK | F | 34 | SF | 1.19.09 | 5 |
| 165 | 273 | MEGAN | DEMPSTER | MURRYROB | F | 34 | SF | 1.19.40 | 0 |
| 166 | 1107 | WANDILE | FUNDA | NEDBANK | M | 46 | 45-49M | 1.19.45 | 5 |
| 167 | 37 | KARABO | MALAHLELA | AGN | M | 18 | JM | 1.20.12 | 0 |
| 168 | 4123 | SANDISO | NGXISHE | EPA/NMBMUN | M | 52 | 50-54M | 1.20.13 | 5 |
| 169 | 642 | NCEDO | joors | INGOMSO | M | 31 | SM | 1.20.17 | 4 |
| 170 | 1290 | SANKIKO | WORKAFERA | MOTHER | M | 31 | SM | 1.20.35 | 4 |
| 171 | 941 | THABO | JOZANA | NYANDEN | M | 35 | 35-39M | 1.20.41 | 0 |
| 172 | 888 | DENYS | WOLMARANS | NEDBANK | M | 43 | 40-44M | 1.20.52 | 5 |
| 173 | 593 | DEAN | FEBRUARY | ITHEKO | M | 33 | SM | 1.20.52 | 0 |
| 174 | 63 | AMANTLE | MODINGOANE | ANWN | M | 22 | SM | 1.21.00 | 0 |
| 175 | 223 | ANNA | MOEKETSI | AFS | F | 36 | 35-39F | 1.21.01 | 0 |
| 176 | 1218 | ZUKILE | TOKWE | BOXER AC | M | 36 | 35-39M | 1.21.03 | 0 |
| 177 | 214 | LEBOGANG | PHALULA | CGA | F | 38 | 35-39F | 1.21.10 | 0 |
| 178 | 182 | SIYABO | RHAFUZA | NEDBANK | M | 17 | JM | 1.21.10 | 4 |
| 179 | 217 | JEANNIE | HENDERSON | CGA | F | 42 | 40-44F | 1.21.12 | 0 |
| 180 | 1285 | YUSUF | ARENDSE | TEMP | M | 36 | 35-39M | 1.21.13 | 0 |
| 181 | 616 | MONRIQUE | GOLIATH | ITHEKO | M | 32 | SM | 1.21.23 | 0 |
| 182 | 705 | LUVUYO | DYANI | MOTHER | M | 51 | 50-54M | 1.21.28 | 5 |
| 183 | 232 | EBETH | MARAIS | ASWD | F | 26 | SF | 1.22.01 | 0 |
| 184 | 1413 | ERROL | WHITTAL | ELITEAC | M | 46 | 45-49M | 1.22.15 | 5 |
| 185 | 219 | RENE | KALMER | CGA | F | 41 | 40-44F | 1.22.34 | 0 |
| 186 | 1310 | BATHANDWA | MOOI | RUN4C | M | 37 | 35-39M | 1.22.58 | 4 |
| 187 | 819 | CHARLES | SEGALO | CHARLO | M | 35 | 35-39M | 1.23.09 | 4 |
| 188 | 227 | CHRISTINA | ROBERTS | AGN | F | 35 | 35-39F | 1.23.20 | 0 |
| 189 | 4124 | MUTEKILE | RASMENI | EPA/NEDBANK | M | 57 | 55-59M | 1.23.23 | 5 |
| 190 | 556 | HENRY | CRAUSE | NEDBANK | M | 39 | 35-39M | 1.23.27 | 4 |
| 191 | 1271 | LESLEY | KOESEBA | NEDBANK | M | 49 | 45-49M | 1.23.35 | 5 |
| 192 | 1409 | PERFECT | MBONENI | SAPPE | M | 37 | 35-39M | 1.23.40 | 4 |
| 193 | 900 | WELCOME | LOLIWE | NEDBANK | M | 57 | 55-59M | 1.23.52 | 5 |
| 194 | 1075 | SHAUN | ATTENBOROUGH | CHARLO | M | 53 | 50-54M | 1.24.00 | 5 |
| 195 | 1403 | TRUST | MTETWA | VUKANI | M | 32 | SM | 1.24.05 | 3 |
| 196 | 1176 | JOSHUA | NUTTALL | TEMP | M | 29 | SM | 1.24.14 | 0 |
| 197 | 1171 | VUYISANI | NOBI | VOLO | M | 30 | SM | 1.24.20 | 3 |
| 198 | 4122 | CHRISTOPHER | MABENGEZA | EPA/NEDBANK | M | 55 | 55-59M | 1.24.32 | 5 |
| 199 | 1060 | ANDREW | LOIZOU | TEMP | M | 31 | SM | 1.24.47 | 0 |
| 200 | 803 | JEAN-PIERE | ROUX | NEDBANK | M | 35 | 35-39M | 1.24.49 | 4 |
| 201 | 1257 | NOEL | ADAMS | GELVAN | M | 49 | 45-49M | 1.24.53 | 5 |
| 202 | 95 | MZOLI | MPALALA | BORA | M | 60 | 60-64M | 1.24.55 | 0 |
| 203 | 1430 | SHANE | MOSES | ESKOM | M | 39 | 35-39M | 1.25.11 | 0 |
| 204 | 1334 | OLWETHU | NOBATANA | 32GI | M | 36 | 35-39M | 1.25.14 | 4 |
| 205 | 55 | DAVID | MAPHANGULO | AGN | M | 68 | 65-69M | 1.25.31 | 0 |
| 206 | 222 | LUZAAN | COETZEE | AFS | F | 29 | SF | 1.25.33 | 0 |
| 207 | 30 | ESTEAN | BADENHORST | AFS | M | 27 | SM | 1.25.33 | 0 |
| 208 | 52 | RAMOROA | MOLOSE | AGN | M | 54 | 50-54M | 1.25.33 | 0 |
| 209 | 54 | KHEITH | REYNOLDS | AGN | M | 55 | 55-59M | 1.25.37 | 0 |
| 210 | 1062 | DALE | MOULTON | TEMP | M | 42 | 40-44M | 1.25.39 | 0 |
| 211 | 671 | SABELA | MAKHAYE | BUFFALO | M | 35 | 35-39M | 1.25.52 | 0 |
| 212 | 1408 | CHRISTOPHER | VOSLOO | RAC | M | 56 | 55-59M | 1.26.02 | 0 |
| 213 | 1321 | JAN | VAN NIEKERK | TEMP | M | 43 | 40-44M | 1.26.06 | 0 |
| 214 | 51 | GERHARD | CALITZ | AGN | M | 54 | 50-54M | 1.26.07 | 0 |
| 215 | 149 | FRIEDL | VAN DER MERWE | WPA | M | 62 | 60-64M | 1.26.08 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 216 | 1115 | NATIA | GOUS | TEMP | F | 30 | SF | 1.26.08 | 0 |
| 217 | 271 | SANDISWA | KUNDULU | BORA | F | 30 | SF | 1.26.19 | 0 |
| 218 | 4242 | KAYLA | NELL | EPA/CHARLO | F | 28 | SF | 1.26.28 | 5 |
| 219 | 717 | SEITSHIRO | MOLEMI | SANDFEP | M | 38 | 35-39M | 1.26.38 | 3 |
| 220 | 158 | AUGUST | ESAU | NEDBANK | M | 51 | 50-54M | 1.26.49 | 5 |
| 221 | 225 | BEAUTY | MALOBA | AGN | F | 28 | SF | 1.26.56 | 0 |
| 222 | 696 | AKHONA | MATYOBENI | BCMAC | M | 35 | 35-39M | 1.26.56 | 0 |
| 223 | 960 | SIYABONGA | MANYUBE | MADIBA | M | 28 | SM | 1.27.01 | 3 |
| 224 | 996 | NATHAN | HEGGIE | TEMP | M | 24 | SM | 1.27.23 | 0 |
| 225 | 1486 | LUZUKO | MPEKULA | INGOMSO | M | 39 | 35-39M | 1.27.39 | 3 |
| 226 | 834 | NICO | SMITH | MADIBA | M | 37 | 35-39M | 1.27.49 | 3 |
| 227 | 53 | MOSES | LETLHAKU | AGN | M | 57 | 55-59M | 1.27.58 | 0 |
| 228 | 1216 | GAVIN | THORNE | NMBMUN | M | 40 | 40-44M | 1.27.59 | 3 |
| 229 | 1270 | JOHN | DU PREEZ | NEDBANK | M | 56 | 55-59M | 1.28.12 | 5 |
| 230 | 726 | THEMBEKILE | MSIPA | CHARLO | M | 47 | 45-49M | 1.28.13 | 4 |
| 231 | 1150 | THEMBINKOSI | MDYOGOLO | NEDBANK | M | 53 | 50-54M | 1.28.14 | 5 |
| 232 | 4247 | ANNALISE | SCHOLTZ | EPA/MADIBA | F | 39 | 35-39F | 1.28.16 | 5 |
| 233 | 1114 | ANDRIES | GOUS | TEMP | M | 30 | SM | 1.28.20 | 0 |
| 234 | 1064 | NYAMENDE | BUBELE | CSEP | M | 27 | SM | 1.28.35 | 3 |
| 235 | 693 | LUYANDA | MATIWANA | SPAREC | M | 43 | 40-44M | 1.28.41 | 3 |
| 236 | 4249 | NOKHOLO | HLEZUPONDO | EPA/SANDFEP | F | 43 | 40-44F | 1.28.56 | 5 |
| 237 | 1378 | ROBBIE | STANDER | MADIBA | M | 42 | 40-44M | 1.28.58 | 3 |
| 238 | 763 | LINDEN | NZEZA | NEDBANK | M | 38 | 35-39M | 1.29.06 | 3 |
| 239 | 1367 | LEON | WEITSZ | DESPATCH | M | 48 | 45-49M | 1.29.07 | 4 |
| 240 | 945 | EVAN | LABUSCHAGNE | DESPATCH | M | 34 | SM | 1.29.08 | 3 |
| 241 | 274 | AZELLE | GROVE | NEDRCAGN | F | 32 | SF | 1.29.12 | 0 |
| 242 | 228 | MATHAPELO | SKOSANA | AGN | F | 41 | 40-44F | 1.29.15 | 0 |
| 243 | 285 | SHANI | SILVER | BOXER | F | 51 | 50-54F | 1.29.16 | 0 |
| 244 | 269 | ROLANDI | SCHUTTE | WPA | F | 41 | 40-44F | 1.29.22 | 0 |
| 245 | 729 | DARYL | MULDER | LYDIARD | M | 42 | 40-44M | 1.29.25 | 0 |
| 246 | 1182 | MUHAMMED | PETERSEN | VWAC | M | 38 | 35-39M | 1.29.28 | 3 |
| 247 | 4125 | SITHEMBISO | YOZO | EPA/NEDBANK | M | 58 | 55-59M | 1.29.29 | 5 |
| 248 | 230 | PETRONELLA | THOMAS | AGN | F | 50 | 50-54F | 1.29.31 | 0 |
| 249 | 73 | ANTON | CHEVALIER | ASWD | M | 57 | 55-59M | 1.29.35 | 0 |
| 250 | 81 | ALFRED ERIC | REID | AVT | M | 62 | 60-64M | 1.29.40 | 0 |
| 251 | 1407 | NGELEKANYO | LUVHIMBI | MADIBAZ | M | 19 | JM | 1.29.47 | 3 |
| 252 | 940 | BRENDON | JORDAAN | TEMP | M | 32 | SM | 1.29.48 | 0 |
| 253 | 956 | SIVE | MABANI | TEMP | M | 32 | SM | 1.29.58 | 0 |
| 254 | 154 | MOTLATSI | SESING | NKANGALA | M | 42 | 40-44M | 1.30.02 | 0 |
| 255 | 1436 | NTSIKELELO | SEBE | NEDBANK | M | 39 | 35-39M | 1.30.02 | 3 |
| 256 | 710 | GRANT | MISKIN | TEMP | M | 28 | SM | 1.30.03 | 0 |
| 257 | 229 | CORNE | PRINSLOO | AGN | F | 45 | 45-49F | 1.30.04 | 0 |
| 258 | 1474 | TIMOTHY | HEINE | CHARLO | M | 31 | SM | 1.30.04 | 3 |
| 259 | 1268 | DEAN | HOYLE | CHARLO | M | 52 | 50-54M | 1.30.08 | 5 |
| 260 | 220 | ELIZABETH | POTTER | CGA | F | 51 | 50-54F | 1.30.11 | 0 |
| 261 | 1237 | Kaitlyn | Wolff | ACH | F | 19 | SF | 1.30.34 | 4 |
| 262 | 224 | MARYNA | SWANEPOEL | AFS | F | 35 | 35-39F | 1.30.35 | 0 |
| 263 | 1255 | MANELISI | MFECANE | YOUTH | M | 35 | 35-39M | 1.30.36 | 3 |
| 264 | 969 | ZAKHELE | MKHIZE | ENTSIKA | M | 43 | 40-44M | 1.30.36 | 0 |
| 265 | 926 | STANTON | FREEMAN | ACT AC | M | 44 | 40-44M | 1.30.48 | 3 |
| 266 | 1168 | SAPHO | NKATA | CSEP | M | 44 | 40-44M | 1.31.00 | 3 |
| 267 | 4108 | RONAN | VAN DER VAART | EPA/NEDBANK | M | 16 | JM | 1.31.09 | 3 |
| 268 | 952 | HEIN | LODEWYKS | MADIBA | M | 39 | 35-39M | 1.31.18 | 3 |
| 269 | 822 | MATTHEW | SHEDLOCK | TEMP | M | 34 | SM | 1.31.25 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 270 | 750 | TIAAN | NIEMANN | TEMP | M | 27 | SM | 1.31.36 | 0 |
| 271 | 704 | CHARL | MEISTRE | MADIBA | M | 37 | 35-39M | 1.31.39 | 3 |
| 272 | 231 | ELMARIE | PRETORIUS | ANWN | F | 56 | 55-59F | 1.31.42 | 0 |
| 273 | 1204 | BRAD | SAUNDERS | TEMP | M | 59 | 55-59M | 1.31.44 | 0 |
| 274 | 775 | FRANK | PIRON | CHARLO | M | 59 | 55-59M | 1.31.51 | 5 |
| 275 | 673 | PATRIC | MAKWENKWE | CHARLO | M | 56 | 55-59M | 1.32.06 | 5 |
| 276 | 221 | JUDY | BIRD | CGA | F | 60 | 60-64F | 1.32.29 | 0 |
| 277 | 1159 | VUSI | MSUTHWANA | BLUEBAY | M | 50 | 50-54M | 1.32.37 | 4 |
| 278 | 1350 | DARREN | VAN VLIET | NEDBANK | M | 38 | 35-39M | 1.32.39 | 3 |
| 279 | 1133 | DUMISA | KINQANA | VOLO | M | 32 | SM | 1.32.42 | 2 |
| 280 | 1406 | GLENN | HENDRICKS | TEMP | M | 45 | 45-49M | 1.32.45 | 0 |
| 281 | 1070 | TSEPISO | NZAYO | INGOMSO | M | 37 | 35-39M | 1.32.56 | 3 |
| 282 | 898 | SONWABILE | ZOKOZA | SPAREC | M | 40 | 40-44M | 1.32.59 | 3 |
| 283 | 160 | CHARL | PIENAAR | OLDSELB | M | 66 | 65-69M | 1.33.03 | 0 |
| 284 | 1076 | SIDWELL | BALIWE | NEDBANK | M | 50 | 50-54M | 1.33.06 | 4 |
| 285 | 280 | ELA | MEIRING | WILD | F | 19 | JF | 1.33.08 | 0 |
| 286 | 1325 | JEMAIN | WILSON | XCEL | M | 34 | SM | 1.33.10 | 2 |
| 287 | 4240 | ANKE | SERFONTEIN | SCHOOL | F | 17 | JF | 1.33.27 | 0 |
| 288 | 1241 | SIYABONGA | ZULU | CHILLIEP | M | 40 | 40-44M | 1.33.35 | 3 |
| 289 | 757 | SIMTHILE | NQOKO | TINARHA | M | 32 | SM | 1.33.40 | 2 |
| 290 | 512 | JODY | BAMBIE | NMBMUN | M | 27 | SM | 1.33.40 | 2 |
| 291 | 667 | MARIO | PLAATJIES | GELVAN | M | 41 | 40-44M | 1.33.40 | 3 |
| 292 | 4251 | DAVERA | MAGSON | EPA/NEDBANK | F | 47 | 45-49F | 1.33.46 | 5 |
| 293 | 1029 | BULELANI | MTSHWANE | SPAREC | M | 30 | SM | 1.33.48 | 2 |
| 294 | 761 | ANDILE | NYOKA | CHARLO | M | 49 | 45-49M | 1.33.51 | 3 |
| 295 | 1256 | KHUMBULA | MANQANA | YOUTH | M | 21 | SM | 1.33.56 | 2 |
| 296 | 4128 | STEPHEN | MCCARTHY | EPA/CRUSADE | M | 61 | 60-64M | 1.33.59 | 5 |
| 297 | 715 | LIZO | MOHAPI | IKHAMVA | M | 32 | SM | 1.34.06 | 2 |
| 298 | 921 | LOUIS | ELLIS | TEMP | M | 27 | SM | 1.34.09 | 0 |
| 299 | 4133 | HANNES | ELS | EPA/MADIBA | M | 72 | 70+M | 1.34.09 | 5 |
| 300 | 1211 | MAX | SOFUTE | CHILLIEP | M | 43 | 40-44M | 1.34.20 | 3 |
| 301 | 858 | SIYABONGA | TUNZI | BUFFALO | M | 38 | 35-39M | 1.34.24 | 0 |
| 302 | 288 | LUSANDA | BOMVANA | TRA | F | 30 | SF | 1.34.27 | 0 |
| 303 | 233 | BENITA | JOUBERT | ASWD | F | 46 | 45-49F | 1.34.32 | 0 |
| 304 | 542 | LEIGH | CALLAGHAN | TEMP | F | 27 | SF | 1.34.41 | 0 |
| 305 | 976 | TINASHE | MUMBIRE | REALGIJ | M | 39 | 35-39M | 1.34.48 | 0 |
| 306 | 1250 | BASIL | STEVENS | GELVAN | M | 50 | 50-54M | 1.35.03 | 4 |
| 307 | 4248 | ASANDA | ZAMISA | EPA/SIBALEKA | F | 38 | 35-39F | 1.35.09 | 4 |
| 308 | 287 | ANELISA | WEDUWEDU | TRA | F | 21 | SF | 1.35.11 | 0 |
| 309 | 1007 | ROBERT | SLABBERT | MUIRITE | M | 35 | 35-39M | 1.35.16 | 2 |
| 310 | 889 | SEBASTIAN | KLEU | RUN4C | M | 46 | 45-49M | 1.35.16 | 3 |
| 311 | 820 | MUSA | SENTI | BLUEBAY | M | 29 | SM | 1.35.27 | 2 |
| 312 | 558 | DANE | CRONJE | CHARLO | F | 24 | SF | 1.35.47 | 3 |
| 313 | 4127 | CHARLES | BAATJIES | EPA/GELVAN | M | 65 | 65-69M | 1.35.55 | 5 |
| 314 | 1173 | BISHO | NOMBEWU | NEDBANK | M | 56 | 55-59M | 1.36.08 | 5 |
| 315 | 1215 | THABO | TAU | RWFLNWN | M | 59 | 55-59M | 1.36.14 | 0 |
| 316 | 852 | KESETSELEMANG | THAGAKANE | HOLLYWOO | M | 38 | 35-39M | 1.36.15 | 2 |
| 317 | 1342 | JOHNSTON | JUMBA | JBAY | M | 48 | 45-49M | 1.36.16 | 3 |
| 318 | 1292 | TAWFEEQ | VYVER | NEDBANK | M | 23 | SM | 1.36.20 | 2 |
| 319 | 1389 | RICHARD | MAZUNGULA | NEDBANK | M | 45 | 45-49M | 1.36.34 | 3 |
| 320 | 950 | URAN | LE ROUX | VWAC | M | 55 | 55-59M | 1.36.44 | 4 |
| 321 | 573 | JACQUELINE | DERSLEY | LYDIARD | F | 43 | 40-44F | 1.36.46 | 0 |
| 322 | 513 | LUVUYO | BANGAZI | IKHAMVA | M | 45 | 45-49M | 1.36.52 | 3 |
| 323 | 1109 | GEDDES | GALLANT | SANDFEP | M | 55 | 55-59M | 1.37.09 | 4 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 324 | 1498 | MALIBONGWE | MBELU | NEDBANK | M | 49 | 45-49M | 1.37.09 | 3 |
| 325 | 798 | GAVIN | ROGERS | CRUSADE | M | 57 | 55-59M | 1.37.12 | 4 |
| 326 | 4292 | MICHELLE | HOWES | EPA/IKHAMVA | F | 53 | 50-54F | 1.37.21 | 5 |
| 327 | 1382 | CRAIG | WEST | BED | M | 57 | 55-59M | 1.37.21 | 0 |
| 328 | 1167 | NKOSIPHENDULE | NGCOZA | MPOX | M | 25 | SM | 1.37.22 | 0 |
| 329 | 1480 | NTSIKELELO | MAGAWU | TINARHA | M | 47 | 45-49M | 1.37.27 | 3 |
| 330 | 1305 | THAPELO | LESIA | CHILLIEP | M | 37 | 35-39M | 1.37.33 | 2 |
| 331 | 1113 | PHAPHAMA | GLADILE | HOLLYWOO | M | 32 | SM | 1.37.34 | 2 |
| 332 | 4253 | ROMMANY | ROGERS | EPA/32GI | F | 40 | 40-44F | 1.37.54 | 4 |
| 333 | 908 | BETH | BUCHANAN | TEMP | F | 31 | SF | 1.38.00 | 0 |
| 334 | 1054 | CHRISTIAN | DU PREEZ | XCEL | M | 52 | 50-54M | 1.38.18 | 3 |
| 335 | 788 | TSIETSI | RAMATSASA | NEDBANK | M | 46 | 45-49M | 1.38.22 | 3 |
| 336 | 4244 | THERESA | BUCHNER | EPA/32GI | F | 37 | 35-39F | 1.38.23 | 3 |
| 337 | 1441 | MARTIN | JANSEN | NEDBANK | M | 54 | 50-54M | 1.38.26 | 3 |
| 338 | 825 | SAMKELO | SINYONGO | ASPEN | M | 40 | 40-44M | 1.38.36 | 2 |
| 339 | 1097 | CALLAN | DEWAR | TEMP | M | 25 | SM | 1.38.41 | 0 |
| 340 | 975 | MPHO | MUDZUDZANYI | TEMP | M | 25 | SM | 1.38.41 | 0 |
| 341 | 1152 | WERNER | MEYER | NEDBANK | M | 48 | 45-49M | 1.38.42 | 3 |
| 342 | 766 | IGSHAAN | KENNY | OMMIE | M | 40 | 40-44M | 1.38.47 | 0 |
| 343 | 272 | SASCHA | MORTIMER | BORA | F | 18 | JF | 1.38.49 | 0 |
| 344 | 552 | PIERRE | CILLIERS | TEMP | M | 25 | SM | 1.38.54 | 0 |
| 345 | 551 | CAMRYN | CILLIERS | TEMP | F | 24 | SF | 1.38.54 | 0 |
| 346 | 1003 | RONALD | SCHEFFER | TEMP | M | 47 | 45-49M | 1.38.56 | 0 |
| 347 | 859 | OLATHA | TUSWA | VITALITY | M | 36 | 35-39M | 1.39.15 | 0 |
| 348 | 643 | KELVIN | JOOSTE | CHARLO | M | 35 | 35-39M | 1.39.18 | 2 |
| 349 | 1442 | KEVIN | TOERIEN | TEMP | M | 21 | SM | 1.39.23 | 0 |
| 350 | 790 | PIERRE | RENSHAW | CHARLO | M | 48 | 45-49M | 1.39.28 | 2 |
| 351 | 178 | Sidwell | Oktober | RAINBOW | M | 64 | 60-64M | 1.39.28 | 0 |
| 352 | 1434 | MARK | HUPPELSCHOTEN | BODYCON | M | 43 | 40-44M | 1.39.39 | 2 |
| 353 | 4238 | INDIPHILE | MKHOSANA | EPA/ACT AC | F | 16 | JF | 1.39.46 | 3 |
| 354 | 1319 | DANE | SWEET | TEMP | M | 40 | 40-44M | 1.39.47 | 0 |
| 355 | 1160 | LONWABO | MTSHAKE | SPAREC | M | 51 | 50-54M | 1.39.47 | 3 |
| 356 | 1136 | KAHN | LANGFORD | VWAC | M | 43 | 40-44M | 1.39.51 | 2 |
| 357 | 278 | HESTER | KINGWILL | RUN4C | F | 41 | 40-44F | 1.39.56 | 3 |
| 358 | 944 | MATTHEW | KETTLES | TEMP | M | 24 | SM | 1.40.01 | 0 |
| 359 | 237 | ANNATJIE | BOTES | ASWD | F | 64 | 60-64F | 1.40.07 | 0 |
| 360 | 1392 | KHANYISO | MGOLOZELWA | OMAC | M | 36 | 35-39M | 1.40.09 | 0 |
| 361 | 935 | JOHAN | HOOGEWEEGEN | MORNING | M | 62 | 60-64M | 1.40.13 | 0 |
| 362 | 1205 | NADINE | SCHOEMAN | NEDBANK | F | 24 | SF | 1.40.17 | 2 |
| 363 | 849 | GRAHAM | TERBLANCHE | MADIBAZ | M | 57 | 55-59M | 1.40.27 | 3 |
| 364 | 1251 | ANDRE | OWNHOUSE | GELVAN | M | 54 | 50-54M | 1.40.28 | 3 |
| 365 | 1071 | XYLON | VAN EYCK | TEMP | M | 37 | 35-39M | 1.40.30 | 0 |
| 366 | 4250 | NELIA | JACOBS | EPA/JBAY | F | 43 | 40-44F | 1.40.36 | 3 |
| 367 | 1358 | DAVID | MAMA | HOLLYWOO | M | 46 | 45-49M | 1.40.49 | 2 |
| 368 | 579 | PHILLIP | DU PLESSIS | XCEL | M | 51 | 50-54M | 1.41.07 | 3 |
| 369 | 507 | JOHANNES | ARRIES | TRANSNET | M | 48 | 45-49M | 1.41.35 | 2 |
| 370 | 1214 | Lulama | Tanatu | CSEP | M | 42 | 40-44M | 1.41.39 | 2 |
| 371 | 1132 | LEYDEN | KIECK | TEMP | M | 20 | SM | 1.41.46 | 0 |
| 372 | 1412 | FREDERIK | VAN DER WESTHUIZEN | TEMP | M | 28 | SM | 1.41.49 | 0 |
| 373 | 746 | COLBEN | NGCUPE | CHARLO | M | 58 | 55-59M | 1.41.50 | 3 |
| 374 | 1198 | LYLE | ROCKMAN | TEMP | M | 27 | SM | 1.41.53 | 0 |
| 375 | 1332 | RAYNO | KUSTERER | TEMP | M | 33 | SM | 1.41.57 | 0 |
| 376 | 36 | NYIKO | MASHAKENI | AGN | M | 17 | JM | 1.41.57 | 0 |
| 377 | 698 | JEROME | MAY | XCEL | M | 55 | 55-59M | 1.41.58 | 3 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 378 | 508 | Kevin | Attwell | 32GI | M | 54 | 50-54M | 1.42.01 | 3 |
| 379 | 970 | KHULEKANI | MLAMBO | BCMAC | M | 47 | 45-49M | 1.42.01 | 0 |
| 380 | 1372 | MARIE-LOUISE | VORSTER | TEMP | F | 27 | SF | 1.42.05 | 0 |
| 381 | 4165 | CLIFFORD | HICKEN | EPA/NEDBANK | M | 65 | 65-69M | 1.42.11 | 5 |
| 382 | 1282 | CAILIN | DUGMORE | TEMP | F | 20 | SF | 1.42.14 | 0 |
| 383 | 1397 | GORDON | VAN DER VLIES | TEMP | M | 28 | SM | 1.42.15 | 0 |
| 384 | 873 | EUGENE | VAN WYK | XCEL | M | 50 | 50-54M | 1.42.19 | 2 |
| 385 | 1278 | HAMILTON | MAZOMBA | NEDBANK | M | 68 | 65-69M | 1.42.25 | 5 |
| 386 | 793 | SHAHEEN | RISPEL | ITHEKO | M | 39 | 35-39M | 1.42.30 | 0 |
| 387 | 1066 | HENRY | PIENAAR | BLUEBAY | M | 50 | 50-54M | 1.42.32 | 2 |
| 388 | 659 | ROBIN | LAKE | ASPEN | M | 32 | SM | 1.42.37 | 2 |
| 389 | 966 | PHATHULUVO | MGULI | CLUBMYK | M | 37 | 35-39M | 1.42.5 | 0 |
| 390 | 587 | CARLA | EDWORTHY | TEMP | F | 30 | SF | 1.43.07 | 0 |
| 391 | 4246 | Sibongile | Mgqeba | EPA/VUKANI | F | 35 | 35-39F | 1.43.13 | 2 |
| 392 | 640 | ANDREW | JONAS | MUIRITE | M | 58 | 55-59M | 1.43.17 | 3 |
| 393 | 1337 | JENNA | PARRY | TEMP | F | 21 | SF | 1.43.18 | 0 |
| 394 | 848 | NDODOMZI | TAKANE | CSEP | M | 39 | 35-39M | 1.43.21 | 2 |
| 395 | 749 | ZANDISILE | NGXONONO | HOLLYWOO | M | 48 | 45-49M | 1.43.29 | 2 |
| 396 | 94 | TONY | DUBBER | BORA | M | 63 | 60-64M | 1.43.31 | 0 |
| 397 | 1221 | MNQWENO | TYOKOLO | CHILLIEP | M | 39 | 35-39M | 1.43.32 | 2 |
| 398 | 735 | SAMORA | MZALAZALA | NEDBOR | M | 39 | 35-39M | 1.43.45 | 0 |
| 399 | 1264 | MAZALENI | TEYISE | ACT AC | M | 17 | JM | 1.43.47 | 2 |
| 400 | 1026 | JENS | KRAUSE | TEMP | M | 23 | SM | 1.43.47 | 0 |
| 401 | 1093 | JONAS | VOGEL | TEMP | M | 31 | SM | 1.43.46 | 0 |
| 402 | 1390 | SEAN | POOLEY | TEMP | M | 29 | SM | 1.43.47 | 0 |
| 403 | 836 | SIZWE | SOLANI | TEMP | M | 46 | 45-49M | 1.43.48 | 0 |
| 404 | 4245 | THELMA | MCOPELO | EPA/NEDBANK | F | 39 | 35-39F | 1.43.52 | 2 |
| 405 | 1493 | MARIUS | VAN EYK | BODYCON | M | 57 | 55-59M | 1.43.53 | 3 |
| 406 | 792 | CANDICE | RICHARDS | 32GI | F | 29 | SF | 1.43.56 | 2 |
| 407 | 1186 | HELGARD | POTGIETER | DESPATCH | M | 50 | 50-54M | 1.44.01 | 2 |
| 408 | 1277 | ZOLILE | MADYO | NEDBANK | M | 44 | 40-44M | 1.44.09 | 2 |
| 409 | 1295 | SIPHIWO | BUKANI | REALGIJ | M | 41 | 40-44M | 1.44.33 | 0 |
| 410 | 1476 | ZUKILE | MQWEBEDU | BUFFALO | M | 39 | 35-39M | 1.44.33 | 0 |
| 411 | 585 | MICHAEL | DURRHEIM | TEMP | M | 25 | SM | 1.44.36 | 0 |
| 412 | 4255 | PAIGE | LEE | EPA/32GI | F | 56 | 55-59F | 1.44.38 | 5 |
| 413 | 1068 | LUIS | SAMPAIO | TEMP | M | 42 | 40-44M | 1.44.44 | 0 |
| 414 | 1111 | GODFREY | GELDERBLOEM | NMBMUN | M | 54 | 50-54M | 1.44.44 | 2 |
| 415 | 731 | DEVON | MULLER | TEMP | M | 38 | 35-39M | 1.44.45 | 0 |
| 416 | 236 | MARYKE | SASS | ASWD | F | 51 | 50-54F | 1.44.45 | 0 |
| 417 | 961 | MPUMZI | MAPASA | CSEP | M | 31 | SM | 1.44.48 | 2 |
| 418 | 692 | DAVID | MASTERTON | CHARLO | M | 51 | 50-54M | 1.44.48 | 2 |
| 419 | 1011 | SHANE | ANNANDALE | TEMP | M | 38 | 35-39M | 1.45.06 | 0 |
| 420 | 861 | JEN | VALLANCE | TEMP | F | 35 | 35-39F | 1.45.12 | 0 |
| 421 | 569 | WERNER | DE LANGE | CRUSADE | M | 34 | SM | 1.45.14 | 2 |
| 422 | 1036 | MIEKE | SCHOLTZ | RUN4C | F | 26 | SF | 1.45.16 | 2 |
| 423 | 1244 | SITHEMBILE | MPAKO | NEDBANK | M | 61 | 60-64M | 1.45.33 | 3 |
| 424 | 683 | CINDY | MARAIS | CHARLO | F | 44 | 40-44F | 1.45.39 | 2 |
| 425 | 1191 | Seve | Rademeyer | XCEL | M | 37 | 35-39M | 1.45.42 | 2 |
| 426 | 1318 | SIYA | SWAPI | BUFFALO | M | 42 | 40-44M | 1.45.46 | 0 |
| 427 | 1287 | MATTHEW | MYERS | TEMP | M | 18 | JM | 1.45.51 | 0 |
| 428 | 1411 | NDYEBO | QWAKANISA | SAPPE | M | 35 | 35-39M | 1.45.51 | 2 |
| 429 | 814 | ROCHENDA | SCHMIDT | TEMP | F | 25 | SF | 1.45.58 | 0 |
| 430 | 1431 | TANIA | KITCHING | TEMP | F | 44 | 40-44F | 1.46.07 | 0 |
| 431 | 694 | KIDWELL | MATSHOTYANA | NEDBOR | M | 43 | 40-44M | 1.46.16 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 432 | 1363 | DEON | VERSTER | JBAY | M | 34 | SM | 1.46.22 | 2 |
| 433 | 4257 | AMANDA | SHAW | EPA/IKHAMVA | F | 57 | 55-59F | 1.46.29 | 5 |
| 434 | 1496 | SITHA | SIGENU | REALGIJ | F | 38 | 35-39F | 1.46.32 | 0 |
| 435 | 1418 | CATHY | CURTAIN | MUIRITE | F | 51 | 50-54F | 1.46.39 | 4 |
| 436 | 1165 | ALDRÃ© | NEL | TEMP | M | 30 | SM | 1.46.42 | 0 |
| 437 | 714 | JUSTIN | MOGRIDGE | CHARLO | M | 33 | SM | 1.46.49 | 2 |
| 438 | 4131 | PERCY | DALTON | EPA/ACH | M | 73 | 70+M | 1.46.54 | 5 |
| 439 | 1450 | JEAN-PIERRE | VAN DER MERWE | MUIRITE | M | 25 | SM | 1.46.56 | 2 |
| 440 | 612 | ETIENNE | GERBER | CHARLO | M | 52 | 50-54M | 1.46.57 | 2 |
| 441 | 1460 | SIMCELILE | SITHEMBU | SAPPE | M | 31 | SM | 1.47.04 | 2 |
| 442 | 1291 | MICHAEL | PRINCE | NEDBANK | M | 48 | 45-49M | 1.47.05 | 2 |
| 443 | 767 | SIYABONGA | PANDLE | XCEL | M | 53 | 50-54M | 1.47.08 | 2 |
| 444 | 1481 | PRINCE | RADEBE | KHAYALIT | M | 41 | 40-44M | 1.47.10 | 0 |
| 445 | 691 | ANDREW | MARRIOTT | MADIBAZ | M | 40 | 40-44M | 1.47.15 | 2 |
| 446 | 1421 | LUZUKO | MAQAGA | TEMP | M | 26 | SM | 1.47.16 | 0 |
| 447 | 4129 | KOOS | OLIVIER | EPA/NEDBANK | M | 64 | 60-64M | 1.47.20 | 3 |
| 448 | 1063 | CANDICE | NORDEN | TEMP | F | 40 | 40-44F | 1.47.24 | 0 |
| 449 | 604 | GCOBANI | GANTSHO | KHULANI | M | 42 | 40-44M | 1.47.24 | 0 |
| 450 | 747 | LUNGISA | NGQINA | REALGIJ | M | 36 | 35-39M | 1.47.25 | 0 |
| 451 | 565 | DERRICK | DAWSON | TEMP | M | 41 | 40-44M | 1.77.26 | 0 |
| 452 | 1490 | SABELO | NDUDE | CHILLI | F | 42 | 40-44F | 1.47.27 | 0 |
| 453 | 995 | ROME | PHILLIPSON | 32GI | F | 40 | 40-44F | 1.47.28 | 2 |
| 454 | 937 | ASHWIN | JACOBS | TEMP | M | 28 | SM | 1.47.30 | 0 |
| 455 | 938 | CARMEN | JAQUIRE | TEMP | F | 29 | SF | 1.47.30 | 0 |
| 456 | 1116 | AYANDA | GROOTBOOM | HOLLYWOO | M | 37 | 35-39M | 1.47.33 | 2 |
| 457 | 1261 | JACOBUS | JULIUS | GELVAN | M | 47 | 45-49M | 1.47.37 | 2 |
| 458 | 1326 | WILLIAM | WILSON | TEMP | M | 45 | 45-49M | 1.47.39 | 0 |
| 459 | 998 | PETRUS | RADEMEYER | RUN4C | M | 47 | 45-49M | 1.47.40 | 2 |
| 460 | 524 | MALCOLM | BLANDY | CHARLO | M | 40 | 40-44M | 1.47.43 | 2 |
| 461 | 874 | GERHARD | VERMAAK | JBAY | M | 27 | SM | 1.47.54 | 2 |
| 462 | 1317 | PIETER | STRYDON | TEMP | M | 35 | 35-39M | 1.47.56 | 0 |
| 463 | 1466 | TEMBELANI | MABONGO | NEDBANK | M | 44 | 40-44M | 1.48.02 | 2 |
| 464 | 805 | ZANDILE | RUBUSHE | BOXER AC | F | 37 | 35-39F | 1.48.15 | 0 |
| 465 | 801 | GREGORY | ROSS | CHARLO | M | 48 | 45-49M | 1.48.19 | 2 |
| 466 | 1308 | VUSIKAYA | MANCAPA | MOTHER | M | 56 | 55-59M | 1.48.31 | 2 |
| 467 | 1465 | BULELANI | MINI | VWAC | M | 31 | SM | 1.48.35 | 1 |
| 468 | 1004 | WILLEM | SCHOEMAN | TEMP | M | 41 | 40-44M | 1.48.48 | 0 |
| 469 | 1135 | ANDILE | KUME | TEMP | M | 56 | 55-59M | 1.48.50 | 0 |
| 470 | 964 | KERNEELS | MEINTJIES | MUIRITE | M | 62 | 60-64M | 1.48.52 | 3 |
| 471 | 4258 | BURNITA | STRYDOM | EPA/RUN4C | F | 53 | 50-54F | 1.48.52 | 3 |
| 472 | 1137 | JACQUES | LANGLEY | RUN4C | M | 33 | SM | 1.48.54 | 1 |
| 473 | 1446 | NIGEL | DANIELS | XCEL | M | 46 | 45-49M | 1.48.55 | 2 |
| 474 | 1130 | JACQUES | JOUBERT | TEMP | M | 54 | 50-54M | 1.48.56 | 0 |
| 475 | 923 | MIRIAM | FINSCHOW | TEMP | F | 22 | SF | 1.49.07 | 0 |
| 476 | 1049 | Nicolette | Blignault | ELITEAC | F | 33 | SF | 1.49.08 | 2 |
| 477 | 782 | TERRAY | POTHIER | ELITEAC | F | 31 | SF | 1.49.08 | 2 |
| 478 | 561 | ALEXANDER | DALEMAN | NEDBANK | M | 22 | SM | 1.49.09 | 1 |
| 479 | 1331 | AFRIKA | MHLOPHE | TEMP | M | 43 | 40-44M | 1.49.10 | 0 |
| 480 | 1395 | RUAN | WELGEMOED | DESPATCH | M | 27 | SM | 1.49.14 | 1 |
| 481 | 549 | ANOLD | CHIYAMA | TEMP | M | 37 | 35-39M | 1.49.19 | 0 |
| 482 | 568 | KIRWIN | DE KLERK | ASPEN | M | 40 | 40-44M | 1.49.30 | 2 |
| 483 | 984 | SHAUN | NEL | ELITEAC | M | 47 | 45-49M | 1.49.32 | 2 |
| 484 | 1024 | SILAS | KHANYUNDI | VUKANI | M | 44 | 40-44M | 1.49.34 | 2 |
| 485 | 1197 | KATE | ROBERTS | TEMP | F | 28 | SF | 1.49.36 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 486 | 1286 | JOANNE | HOYLE | TEMP | F | 53 | 50-54F | 1.49.37 | 0 |
| 487 | 1077 | WELCOME | BASKITI | CHARLO | M | 54 | 50-54M | 1.49.37 | 2 |
| 488 | 1202 | LORENZO | SAMUELS | MUIRITE | M | 37 | 35-39M | 1.49.46 | 1 |
| 489 | 4259 | SUZETTE | VICTOR | EPA/NEDBANK | F | 52 | 50-54F | 1.49.49 | 3 |
| 490 | 1231 | THULANI | VENGE | TEMP | M | 43 | 40-44M | 1.49.55 | 0 |
| 491 | 282 | MARIE | PETRELIS | NEDRCSWD | F | 46 | 45-49F | 1.50.09 | 0 |
| 492 | 669 | FRANS | LOOTS | TEMP | M | 65 | 65-69M | 1.50.09 | 0 |
| 493 | 1253 | MIRACLE | CHAUKE | MOTHER | M | 38 | 35-39M | 1.50.15 | 1 |
| 494 | 1365 | ATHINI | MABALA | VUKANI | M | 28 | SM | 1.50.18 | 1 |
| 495 | 1098 | CHANEL | DEWAR | TEMP | F | 28 | SF | 1.50.19 | 0 |
| 496 | 1266 | ROLAND | DACE | GELVAN | M | 67 | 65-69M | 1.50.21 | 3 |
| 497 | 813 | HERMAN | SCHEEPERS | CHARLO | M | 46 | 45-49M | 1.50.29 | 2 |
| 498 | 1252 | VERNON | NEWFELDT | GELVAN | M | 56 | 55-59M | 1.50.34 | 2 |
| 499 | 1012 | NICO | BACHER | TEMP | M | 23 | SM | 1.50.50 | 0 |
| 500 | 1151 | GIDEON | MENGO | NEDBANK | M | 44 | 40-44M | 1.50.51 | 2 |
| 501 | 1322 | PATRICK | VIANELLO | TEMP | M | 37 | 35-39M | 1.50.53 | 0 |
| 502 | 977 | WADE | MURISON | TEMP | M | 32 | SM | 1.50.57 | 0 |
| 503 | 854 | THABO | TIRO | HOLLYWOO | M | 35 | 35-39M | 1.50.59 | 1 |
| 504 | 559 | MATTHEW | CULLIS | CHARLO | M | 41 | 40-44M | 1.51.07 | 1 |
| 505 | 635 | PIETER | HUYSAMEN | TEMP | M | 41 | 40-44M | 1.51.09 | 0 |
| 506 | 781 | ETIENNE | POTGIETER | TEMP | M | 39 | 35-39M | 1.51.09 | 0 |
| 507 | 547 | PATRICK | CHIKOTI | TEMP | M | 40 | 40-44M | 1.51.12 | 0 |
| 508 | 841 | MARLENE | STOLACZYK | TEMP | F | 25 | SF | 1.51.13 | 0 |
| 509 | 1083 | KEZIA | BOWMAKER | TEMP | F | 29 | SF | 1.51.15 | 0 |
| 510 | 1164 | BONGANI | NDZOMBANE | NEDBANK | M | 46 | 45-49M | 1.51.22 | 2 |
| 511 | 586 | JOHN | EDWARDS | TEMP | M | 55 | 55-59M | 1.51.33 | 0 |
| 512 | 1055 | MKHANYISI | DHINGWE | CSEP | M | 30 | SM | 1.51.38 | 1 |
| 513 | 630 | ROBERT | HILL | TEMP | M | 22 | SM | 1.51.38 | 0 |
| 514 | 1260 | LYNNE | NEUBERT | CHARLO | F | 49 | 45-49F | 1.51.42 | 2 |
| 515 | 1189 | ARINDA | PRITCHARD | TEMP | F | 43 | 40-44F | 1.51.42 | 0 |
| 516 | 718 | CHANTELLE | MOLL | NEDAGN | F | 22 | SF | 1.51.46 | 0 |
| 517 | 1201 | SABIR | SALIE | VWAC | M | 34 | SM | 1.51.47 | 1 |
| 518 | 1400 | WYNAND | DU PREEZ | TEMP | M | 49 | 45-49M | 1.51.47 | 0 |
| 519 | 35 | FLIPPIE | KOTZÉ | AFS | M | 53 | 50-54M | 1.51.49 | 0 |
| 520 | 946 | ISCHKE | LAMBRECHTS | DESPATCH | F | 38 | 35-39F | 1.52.03 | 2 |
| 521 | 755 | CONROY | NOTLEY | BLUEBAY | M | 41 | 40-44M | 1.52.10 | 1 |
| 522 | 1065 | MALEBO | PHOLO | TEMP | M | 60 | 60-64M | 1.52.12 | 0 |
| 523 | 759 | LINDIKHAYA | NTEYI | TINARHA | M | 43 | 40-44M | 1.52.19 | 1 |
| 524 | 818 | TALITHA | SEDDON | CRUSADE | F | 37 | 35-39F | 1.52.22 | 2 |
| 525 | 1265 | LEONARD | GROVES | GELVAN | M | 58 | 55-59M | 1.52.27 | 2 |
| 526 | 1149 | THANTASWA | MAVOVANA | BCMAC | F | 31 | SF | 1.52.34 | 0 |
| 527 | 865 | EBEN | VAN JAARSVELD | CHARLO | M | 39 | 35-39M | 1.52.45 | 1 |
| 528 | 615 | MARK | GODDARD | ASPEN | M | 25 | SM | 1.52.48 | 1 |
| 529 | 742 | DAVID | NEL | ASPEN | M | 34 | SM | 1.52.50 | 1 |
| 530 | 1420 | MADODA | BAMBALAZA | VUKANI | M | 39 | 35-39M | 1.53.01 | 1 |
| 531 | 772 | BRANDON | PHILLIPS | TEMP | M | 24 | SM | 1.53.01 | 0 |
| 532 | 530 | MAUDY | BOTES | DESPATCH | F | 40 | 40-44F | 1.53.01 | 2 |
| 533 | 810 | AMY-LEE | SANSOM | TEMP | F | 21 | SF | 1.53.05 | 0 |
| 534 | 1000 | KYLIE | RIDDIN | TEMP | F | 37 | 35-39F | 1.53.07 | 0 |
| 535 | 905 | MARIANA | BORNMAN | JBAY | F | 67 | 65-69F | 1.53.14 | 5 |
| 536 | 1053 | BRAD | DOLLEY | TEMP | M | 29 | SM | 1.53.15 | 0 |
| 537 | 1281 | CORBYN | DOLLEY | TEMP | M | 34 | SM | 1.53.15 | 0 |
| 538 | 840 | KIRSTI | DOLINSCHEK | 32GI | F | 41 | 40-44F | 1.53.31 | 2 |
| 539 | 1051 | LEONARD | CONRADIE | BLUEBAY | M | 68 | 65-69M | 1.53.33 | 2 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 540 | 657 | DENZIL | KOOPMAN | INFINITY | M | 51 | 50-54M | 1.53.37 | 2 |
| 541 | 741 | THUTHUKANI | NDLOVU | TEMP | M | 34 | SM | 1.53.39 | 0 |
| 542 | 1341 | CRAIG | WARD | TEMP | M | 45 | 45-49M | 1.53.40 | 0 |
| 543 | 994 | MORNE | OWEN | JBAY | M | 49 | 45-49M | 1.53.40 | 1 |
| 544 | 1387 | CARIKA | BURTON | TEMP | F | 42 | 40-44F | 1.53.46 | 0 |
| 545 | 1192 | Corne | Ras | 32GI | F | 43 | 40-44F | 1.53.46 | 2 |
| 546 | 958 | LOYISO | MADIKANE | TEMP | M | 22 | SM | 1.53.49 | 0 |
| 547 | 1380 | DAVID | BAINS | XCEL | M | 56 | 55-59M | 1.53.49 | 2 |
| 548 | 1336 | NATALIE | PARRY | TEMP | F | 50 | 50-54F | 1.53.58 | 0 |
| 549 | 519 | HISHAAN | BHANA | CHARLO | M | 25 | SM | 1.54.00 | 1 |
| 550 | 866 | JANET | VAN NIEKERK | CHARLO | F | 45 | 45-49F | 1.54.09 | 2 |
| 551 | 1110 | REBECCA | GATANGI | VUKANI | F | 36 | 35-39F | 1.54.15 | 2 |
| 552 | 914 | CHARLES | CORBY | RUN4C | M | 51 | 50-54M | 1.54.18 | 2 |
| 553 | 4132 | EDDIE | EADES | EPA/NEDBANK | M | 73 | 70+M | 1.54.18 | 3 |
| 554 | 649 | LISA | GUSCOTT | TEMP | F | 31 | SF | 1.54.38 | 0 |
| 555 | 509 | Nicola | Attwell | 32GI | F | 42 | 40-44F | 1.54.39 | 2 |
| 556 | 875 | PETER | VOGEL | TEMP | M | 33 | SM | 1.54.39 | 0 |
| 557 | 1085 | SIPHO | BREAKFAST | BCMAC | M | 39 | 35-39M | 1.54.39 | 0 |
| 558 | 289 | LIYASANGA | BREAKFAST | EASYEQ | F | 16 | JF | 1.54.40 | 0 |
| 559 | 614 | ZENE | GERBER | CHARLO | F | 20 | SF | 1.54.43 | 1 |
| 560 | 1220 | DAVE | TUDOR | TEMP | M | 49 | 45-49M | 1.54.43 | 0 |
| 561 | 540 | LESLEY-ANN | BUSH | DESPATCH | F | 49 | 45-49F | 1.54.44 | 2 |
| 562 | 730 | COLLEEN | MULLER | TEMP | F | 38 | 35-39F | 1.54.45 | 0 |
| 563 | 629 | CYNTHIA | HEYNS | CHARLO | F | 38 | 35-39F | 1.54.50 | 2 |
| 564 | 936 | CECILE | VAN SCHALKWYK | TEMP | F | 31 | SF | 1.54.51 | 0 |
| 565 | 1276 | DANNY | SAULS | TEMP | M | 35 | 35-39M | 1.54.51 | 0 |
| 566 | 1343 | LOUISE | AXON | CHARLO | F | 44 | 40-44F | 1.54.51 | 2 |
| 567 | 591 | YANDISA | FAKU | NMMUMAD | M | 34 | SM | 1.54.51 | 0 |
| 568 | 1457 | MAGZ | DE LA KETHULLE | TEMP | F | 34 | SF | 1.54.53 | 0 |
| 569 | 1456 | PAUL | JACOBS | TEMP | M | 36 | 35-39M | 1.54.53 | 0 |
| 570 | 1447 | MPITILE | TSOKA | HOLLYWOO | M | 41 | 40-44M | 1.55.01 | 1 |
| 571 | 608 | SIYABONGA | GAZIYA | HOLLYWOO | M | 37 | 35-39M | 1.55.01 | 1 |
| 572 | 835 | SIMPHIWE | SOCI | HOLLYWOO | M | 56 | 55-59M | 1.55.02 | 2 |
| 573 | 1108 | SIYABONGA | GADU | ENGCOBO | M | 40 | 40-44M | 1.55.04 | 0 |
| 574 | 1381 | MELUMZI | NORUSHU | HOLLYWOO | M | 53 | 50-54M | 1.55.09 | 2 |
| 575 | 1022 | SHARON | JESSOP | TEMP | F | 52 | 50-54F | 1.55.14 | 0 |
| 576 | 1443 | RYAN | VAN DER MESCHT | NEDBANK | M | 41 | 40-44M | 1.55.17 | 1 |
| 577 | 1483 | JOHANNETTE | OOSTHUIZEN | BODYCON | F | 57 | 55-59F | 1.55.21 | 3 |
| 578 | 1455 | SCHOOMBEE | PRETORIUS | MADIBA | M | 64 | 60-64M | 1.55.36 | 2 |
| 579 | 501 | SAMIER | ABRAHAMS | NEDBANK | M | 51 | 50-54M | 1.55.39 | 2 |
| 580 | 719 | SIOBHAN | MOMBERG | MAVERICK | F | 32 | SF | 1.55.41 | 0 |
| 581 | 794 | ALAN | ROBB | GCH | M | 68 | 65-69M | 1.55.41 | 0 |
| 582 | 1311 | MEGAN | NEWMAN | TEMP | F | 31 | SF | 1.55.41 | 0 |
| 583 | 1035 | MAROLIEN | SCHMIDT | TEMP | F | 38 | 35-39F | 1.55.42 | 0 |
| 584 | 1312 | LANCE | OAKES | XCEL | M | 45 | 45-49M | 1.55.50 | 1 |
| 585 | 504 | SUSAN | ALCOCK | MADIBA | F | 56 | 55-59F | 1.55.52 | 3 |
| 586 | 872 | LINDI | VAN TONDER | CHARLO | F | 44 | 40-44F | 1.55.56 | 2 |
| 587 | 1050 | JENNIE | BOERSMA | TEMP | F | 32 | SF | 1.56.00 | 0 |
| 588 | 768 | GRANT | PATTINSON | 32GI | M | 46 | 45-49M | 1.56.03 | 1 |
| 589 | 915 | KEN | CRAIG | BODYCON | M | 47 | 45-49M | 1.56.06 | 1 |
| 590 | 1495 | WARREN | PARIS | CHARLO | M | 39 | 35-39M | 1.56.09 | 1 |
| 591 | 997 | ALEXANDRA | PRESTON | TEMP | F | 37 | 35-39F | 1.56.10 | 0 |
| 592 | 1422 | GARY | NORTJE | TEMP | M | 53 | 50-54M | 1.56.10 | 0 |
| 593 | 1377 | ASANDA | TINA | PUMPKINS | F | 36 | 35-39F | 1.56.16 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 594 | 1294 | TOEGEDA | VYVER | NEDBANK | F | 50 | 50-54F | 1.56.23 | 2 |
| 595 | 1033 | SERGIO | PETERSEN | RUN4C | M | 44 | 40-44M | 1.56.24 | 1 |
| 596 | 1376 | GRAEME | TING CHONG | NEDBANK | M | 53 | 50-54M | 1.56.29 | 1 |
| 597 | 654 | STEPHEN | KLUE | ELITEAC | M | 63 | 60-64M | 1.56.32 | 2 |
| 598 | 672 | TONY | MAKRIS | MEDIHELP | M | 24 | SM | 1.56.45 | 0 |
| 599 | 277 | ALETTA | JOUBERT | CRUSADE | F | 60 | 60-64F | 1.56.45 | 3 |
| 600 | 523 | MIGNON | BLACK | TEMP | F | 24 | SF | 1.56.45 | 0 |
| 601 | 916 | MARITZA | CRAIG | BODYCON | F | 46 | 45-49F | 1.56.51 | 2 |
| 602 | 986 | MELANIE | NELL | TEMP | F | 39 | 35-39F | 1.56.55 | 0 |
| 603 | 1272 | ANESCA | ZEHMKE | TEMP | F | 41 | 40-44F | 1.56.55 | 0 |
| 604 | 1100 | CHRISTELLE | DU PLESSIS | TEMP | F | 38 | 35-39F | 1.56.58 | 0 |
| 605 | 1386 | MONDRE | GALLANT | TEMP | M | 34 | SM | 1.57.05 | 0 |
| 606 | 1236 | BRUCHANE | WILLIAMS | TEMP | M | 36 | 35-39M | 1.57.06 | 0 |
| 607 | 539 | MIKE | BURGER | CHARLO | M | 62 | 60-64M | 1.57.09 | 2 |
| 608 | 1425 | S'LULAMI | JACK | TRANSNET | M | 46 | 45-49M | 1.57.10 | 1 |
| 609 | 1388 | THEMBALETHU | MANA | VARSITY | M | 46 | 45-49M | 1.57.13 | 1 |
| 610 | 1458 | STEVE | MKASI | PHUMA | M | 48 | 45-49M | 1.57.14 | 0 |
| 611 | 595 | LESLIE | FERREIRA | CRUSADE | M | 26 | SM | 1.57.15 | 1 |
| 612 | 933 | Julia | Hofart | MADIBA | F | 39 | 35-39F | 1.57.20 | 1 |
| 613 | 883 | JANINE | WHITTAL | ELITEAC | F | 41 | 40-44F | 1.57.22 | 2 |
| 614 | 4256 | ANGELA | ROGERS | EPA/CRUSADE | F | 52 | 50-54F | 1.57.25 | 2 |
| 615 | 1157 | VUYA | MPANGE | TEMP | M | 19 | SM | 1.57.25 | 0 |
| 616 | 700 | XOLILE | MBALI | HOLLYWOO | M | 46 | 45-49M | 1.57.26 | 1 |
| 617 | 927 | JUANITA | FULLER | ALBANY | F | 45 | 45-49F | 1.57.27 | 2 |
| 618 | 4254 | BUYELWA | KOBOKANA | EPA/NEDBANK | F | 57 | 55-59F | 1.57.38 | 2 |
| 619 | 599 | JO-ANNE | FORSON | ASPEN | F | 34 | SF | 1.57.45 | 1 |
| 620 | 517 | SERGEI | BENJAMIN | VUKANI | M | 35 | 35-39M | 1.57.47 | 1 |
| 621 | 953 | KERRI | LOGAN | TEMP | F | 27 | SF | 1.57.52 | 0 |
| 622 | 910 | LESLEY | CALITZ | BORN | F | 50 | 50-54F | 1.57.56 | 0 |
| 623 | 988 | GUILLAUME | NIRERE | TEMP | M | 36 | 35-39M | 1.58.05 | 0 |
| 624 | 690 | ALLISTER | MARRAN | CHARLO | M | 46 | 45-49M | 1.58.07 | 1 |
| 625 | 1499 | RAIEES | KHAN | TEMP | M | 29 | SM | 1.58.08 | 0 |
| 626 | 1019 | SAM | ERASMUS | NEDBANK | M | 64 | 60-64M | 1.58.09 | 2 |
| 627 | 1369 | MELANIE | WEIDEMANN | MUIRITE | F | 36 | 35-39F | 1.58.13 | 1 |
| 628 | 846 | HANRO | SWANEPOEL | TEMP | M | 21 | SM | 1.58.14 | 0 |
| 629 | 1014 | MARTIN | BUDAY | TEMP | M | 44 | 40-44M | 1.58.20 | 0 |
| 630 | 896 | MARIUS | ZEELIE | MADIBA | M | 57 | 55-59M | 1.58.22 | 1 |
| 631 | 276 | ALISON | HOOGEWEEGEN | MORNING | F | 62 | 60-64F | 1.58.22 | 0 |
| 632 | 1042 | HANNA | WERNER | TEMP | F | 22 | SF | 1.58.25 | 0 |
| 633 | 1081 | AYANDA | BOTHA | GREENS | M | 43 | 40-44M | 1.58.29 | 0 |
| 634 | 1219 | LIZELLE | TRUTER | TEMP | F | 42 | 40-44F | 1.58.32 | 0 |
| 635 | 1106 | ANDRIES | FOURIE | TEMP | M | 49 | 45-49M | 1.58.32 | 0 |
| 636 | 1399 | MHLENGI | MAHLABA | HOLLY | M | 30 | SM | 1.58.40 | 0 |
| 637 | 877 | LAURIKA | VON ALLEMANN | NEDBANK | F | 39 | 35-39F | 1.58.40 | 1 |
| 638 | 1309 | NICOLA | MONGOMERY | TEMP | F | 35 | 35-39F | 1.58.45 | 0 |
| 639 | 880 | BONITA | WEITSZ | DESPATCH | F | 50 | 50-54F | 1.58.46 | 2 |
| 640 | 740 | PHUNYEZWA | NDEVU | SABC | F | 55 | 55-59F | 1.58.48 | 0 |
| 641 | 1438 | FASEEG | ABRAHAMS | TEMP | M | 40 | 40-44M | 1.58.50 | 0 |
| 642 | 596 | GARETH | FLETCHER | CHARLO | M | 47 | 45-49M | 1.58.53 | 1 |
| 643 | 1393 | KIM | DRINKWATER | TEMP | F | 45 | 45-49F | 1.58.54 | 0 |
| 644 | 842 | MARY-ANNE | STOTT | TEMP | F | 44 | 40-44F | 1.58.55 | 0 |
| 645 | 1172 | CINGA | NOHAJI | TEMP | M | 33 | SM | 1.59.59 | 0 |
| 646 | 1023 | VANESSA | JOUBERT | TEMP | F | 43 | 40-44F | 1.59.59 | 0 |
| 647 | 1017 | SIZAKELE | DAMBA | GUGS | M | 44 | 40-44M | 1.59.07 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 648 | 786 | TEGAN | PURDON | TEMP | F | 29 | SF | 1.59.13 | 0 |
| 649 | 1246 | MICHAEL | DEKKER | SAPPE | M | 49 | 45-49M | 1.59.14 | 1 |
| 650 | 738 | DOINA | NAUDE | MADIBAZ | F | 40 | 40-44F | 1.59.16 | 1 |
| 651 | 993 | SCHOLTZ | OPPERMAN | 32GI | M | 47 | 45-49M | 1.59.17 | 1 |
| 652 | 668 | LIZE | LOMBARD | TEMP | F | 26 | SF | 1.59.18 | 0 |
| 653 | 1302 | ANNIQUE | GANZEVOORT | TEMP | F | 26 | SF | 1.59.18 | 0 |
| 654 | 871 | MARTIE | VAN SCHALKWYK | NEDBANK | F | 57 | 55-59F | 1.59.24 | 2 |
| 655 | 850 | RIKA | TERBLANCHE | NEDBANK | F | 45 | 45-49F | 1.59.31 | 2 |
| 656 | 1156 | PAKISO | MOEKETSI | TEMP | M | 41 | 40-44M | 1.59.31 | 0 |
| 657 | 1444 | NKULULEKO | CETYWAYO | TEMP | M | 45 | 45-49M | 1.59.37 | 0 |
| 658 | 1048 | TIMOTHY | BENN | TEMP | M | 30 | SM | 1.59.40 | 0 |
| 659 | 1347 | LUCA | LA MONICA | CHARLO | M | 21 | SM | 1.59.44 | 1 |
| 660 | 1078 | LINDA | BLANDFORD | TEMP | F | 45 | 45-49F | 1.59.47 | 0 |
| 661 | 1086 | KIRSTY | BROWN | TEMP | F | 24 | SF | 1.59.47 | 0 |
| 662 | 721 | DAMON | MOODALEY | TEMP | M | 23 | SM | 1.59.47 | 0 |
| 663 | 1196 | IAN | ROBERTS | TEMP | M | 30 | SM | 1.59.49 | 0 |
| 664 | 1118 | JESSICA | HAZELL | TEMP | F | 25 | SF | 1.59.50 | 0 |
| 665 | 777 | Sherwin | Plaatjies | CHARLO | M | 41 | 40-44M | 2.00.00 | 1 |
| 666 | 1119 | TERESA | HEASLEY | TEMP | F | 48 | 45-49F | 2.00.01 | 0 |
| 667 | 1134 | CAREL | KITCHING | RUN4C | M | 46 | 45-49M | 2.00.06 | 1 |
| 668 | 791 | ANDRE | REYNECKE | TEMP | M | 25 | SM | 2.00.08 | 0 |
| 669 | 1371 | RUAAN | WATSON | TEMP | M | 25 | SM | 2.00.08 | 0 |
| 670 | 680 | VUYO | MAQUTU | TEMP | M | 43 | 40-44M | 2.00.08 | 0 |
| 671 | 832 | CLINTON | SMITH | CHARLO | M | 36 | 35-39M | 2.00.12 | 1 |
| 672 | 1174 | NOSITO | NQWATA | CHILLIEP | F | 39 | 35-39F | 2.00.13 | 1 |
| 673 | 1258 | ELIZE | ADAMS | GELVAN | F | 47 | 45-49F | 2.00.17 | 1 |
| 674 | 756 | LIZELLE | NOTLEY | BLUEBAY | F | 39 | 35-39F | 2.00.19 | 1 |
| 675 | 1112 | NOLUKHANYO | MADLINGOZI | TEMP | F | 30 | SF | 2.00.23 | 0 |
| 676 | 1419 | LENNON | FISHER | TEMP | M | 42 | 40-44M | 2.00.23 | 0 |
| 677 | 1492 | ROGER | REDCLIFFE | MUIRITE | M | 31 | SM | 2.00.26 | 1 |
| 678 | 1245 | JODI | PIENAAR | WALMER | M | 28 | SM | 2.00.29 | 1 |
| 679 | 796 | CURT | ROBERTS | ELITEAC | M | 37 | 35-39M | 2.00.30 | 1 |
| 680 | 809 | KELVIN | SAMUEL | 32GI | M | 38 | 35-39M | 2.00.30 | 1 |
| 681 | 951 | IGOR | LESKO | TEMP | M | 42 | 40-44M | 2.00.32 | 0 |
| 682 | 1138 | MARGARET | LLOYD | CRUSADE | F | 58 | 55-59F | 2.00.34 | 2 |
| 683 | 1329 | ANTON | VERWEY | TEMP | M | 47 | 45-49M | 2.00.34 | 0 |
| 684 | 743 | DELWYN | NEL | CHARLO | M | 50 | 50-54M | 2.00.47 | 1 |
| 685 | 1122 | TRACEY-LYNNE | HERMAN | WALMER | F | 50 | 50-54F | 2.00.48 | 2 |
| 686 | 1300 | DANNY | COCKLEN | MERCEDEZ | M | 30 | SM | 2.00.49 | 0 |
| 687 | 610 | CHARL | GERBER | NEDBANK | M | 45 | 45-49M | 2.00.53 | 1 |
| 688 | 653 | ADEL | KLEYNHANS | TEMP | F | 43 | 40-44F | 2.00.53 | 0 |
| 689 | 972 | DEDREI | MOOLMAN | TEMP | F | 45 | 45-49F | 2.00.54 | 0 |
| 690 | 827 | JUSTINE | SMART | TEMP | F | 33 | SF | 2.00.56 | 0 |
| 691 | 1061 | COLLEN | MOTSEPE | TEMP | M | 37 | 35-39M | 2.00.56 | 0 |
| 692 | 528 | DEAN | BOSMAN | VWAC | M | 40 | 40-44M | 2.00.58 | 1 |
| 693 | 1323 | BRENTON | VON WALTSLEBEN | TEMP | M | 44 | 40-44M | 2.01.05 | 0 |
| 694 | 885 | NICOLE | WILSON | TEMP | F | 25 | SF | 2.01.08 | 0 |
| 695 | 1170 | SIPHOSETHU | NKOHLA | BUFFALO | F | 31 | SF | 2.01.10 | 0 |
| 696 | 1025 | REBECCA | KING | TEMP | F | 22 | SF | 2.01.11 | 0 |
| 697 | 934 | CRAIG | HOLMES | NEDBANK | M | 46 | 45-49M | 2.01.13 | 1 |
| 698 | 1228 | WENDY | VAN EYCK | TEMP | F | 39 | 35-39F | 2.01.17 | 0 |
| 699 | 545 | KESVAL | CHETTY | CHARLO | M | 57 | 55-59M | 2.01.19 | 1 |
| 700 | 284 | AMANDA | PIETERSE | TEMP | F | 45 | 45-49F | 2.01.26 | 0 |
| 701 | 1103 | JASON | ENSOR | TEMP | M | 44 | 40-44M | 2.01.26 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 702 | 1153 | NELSON | MGUBASI | NEDBANK | M | 64 | 60-64M | 2.01.30 | 1 |
| 703 | 1016 | LARA | CUNNINGHAM | TEMP | F | 22 | SF | 2.01.32 | 0 |
| 704 | 1143 | CLARENCE | MANUEL | TEMP | M | 27 | SM | 2.01.32 | 0 |
| 705 | 688 | NADEANE | MARITZ | TEMP | F | 21 | SF | 2.01.43 | 0 |
| 706 | 1242 | GAVIN | SCHONKNECHT | ACH | M | 54 | 50-54M | 2.02.06 | 1 |
| 707 | 1404 | JOSE | DAVIS | BLUEBAY | M | 29 | SM | 2.02.23 | 1 |
| 708 | 807 | SANETTE | RYAN | ELITEAC | F | 52 | 50-54F | 2.02.24 | 2 |
| 709 | 1232 | ANITA | VISAGIE | SAPPE | F | 44 | 40-44F | 2.02.24 | 1 |
| 710 | 1423 | VUYISEKA | NTSALU | MADIBAZ | F | 29 | SF | 2.02.27 | 1 |
| 711 | 1338 | MARK | HEADBUSH | CCJHB | M | 77 | 70+M | 2.02.35 | 0 |
| 712 | 521 | ENRICO | BIKO | JBAY | M | 47 | 45-49M | 2.02.41 | 1 |
| 713 | 971 | PIET | MOKOENA | SAPSAGW | M | 53 | 50-54M | 2.02.46 | 0 |
| 714 | 981 | CELESTIN | NDHLOVU | CRUSADE | M | 50 | 50-54M | 2.02.51 | 1 |
| 715 | 992 | THERESA | OOSTHUIZEN | DESPATCH | F | 51 | 50-54F | 2.02.52 | 1 |
| 716 | 1346 | LARA | VAN HEERDEN | CHARLO | F | 46 | 45-49F | 2.02.54 | 1 |
| 717 | 1094 | PADDY | CLOETE | TEMP | F | 49 | 45-49F | 2.02.56 | 0 |
| 718 | 1129 | SACHA | JONES | SAPPE | F | 47 | 45-49F | 2.02.57 | 1 |
| 719 | 554 | TONY | CLARKE | CHARLO | M | 61 | 60-64M | 2.03.04 | 1 |
| 720 | 702 | TRACY | MCINTYRE | VUKANI | F | 46 | 45-49F | 2.03.10 | 1 |
| 721 | 555 | TIMOTHY | CLOUGH | TEMP | M | 29 | SM | 2.03.15 | 0 |
| 722 | 1162 | LUTHANDO | NDZAMBA | TEMP | M | 38 | 35-39M | 2.03.17 | 0 |
| 723 | 708 | THANDEKA | MHLANGA | OTHER | F | 32 | SF | 2.03.20 | 0 |
| 724 | 1034 | LEANDRA | ROSSLEE | TEMP | F | 38 | 35-39F | 2.03.24 | 0 |
| 725 | 678 | YANGA | MANI | TEMP | M | 28 | SM | 2.03.31 | 0 |
| 726 | 1307 | ANELISA | MAGAMA | TEMP | F | 35 | 35-39F | 2.03.34 | 0 |
| 727 | 566 | TENIELLE | DE ANDRADE | 32GI | F | 37 | 35-39F | 2.03.41 | 1 |
| 728 | 511 | LIZ | BAIN | TEMP | F | 41 | 40-44F | 2.03.41 | 0 |
| 729 | 753 | ROBIN | NOMDOE | GELVAN | M | 34 | SM | 2.03.52 | 1 |
| 730 | 1224 | THOMAS | VAN DER KOLF | TEMP | M | 32 | SM | 2.03.58 | 0 |
| 731 | 1469 | SALLY | MCNAUGHTON | TEMP | F | 37 | 35-39F | 2.04.08 | 0 |
| 732 | 1354 | PIETER | STRYDOM | DESPATCH | M | 61 | 60-64M | 2.04.09 | 1 |
| 733 | 503 | NEVAL | ACKERMANN | 32GI | M | 52 | 50-54M | 2.04.09 | 1 |
| 734 | 1002 | DONNA-MAE | RUSSELL | TEMP | F | 26 | SF | 2.04.13 | 0 |
| 735 | 1067 | AMANDA | PRIDEAUX | BLUEBAY | F | 46 | 45-49F | 2.04.20 | 1 |
| 736 | 687 | VENESSA | MAREE | TEMP | F | 39 | 35-39F | 2.04.20 | 0 |
| 737 | 619 | DANIELLE | GREEN | TEMP | F | 39 | 35-39F | 2.04.20 | 0 |
| 738 | 623 | FREDERIK | GRUNDLINGH | TEMP | M | 28 | SM | 2.04.20 | 0 |
| 739 | 675 | LIZO | MANELI | CHILLI | M | 54 | 50-54M | 2.04.27 | 0 |
| 740 | 1475 | REBECCA | JOPSON | TEMP | F | 34 | SF | 2.04.34 | 0 |
| 741 | 1473 | TIM | JOPSON | TEMP | M | 36 | 35-39M | 2.04.35 | 0 |
| 742 | 1248 | LOUIS | PRETORIUS | MADIBA | M | 64 | 60-64M | 2.04.35 | 1 |
| 743 | 1362 | HEIDI | JANSEN | ACH | F | 55 | 55-59F | 2.04.36 | 2 |
| 744 | 1233 | MIKE | WEBB | TEMP | M | 62 | 60-64M | 2.04.36 | 0 |
| 745 | 783 | MAHENDRA | PRAHALADH | TEMP | M | 55 | 55-59M | 2.04.37 | 0 |
| 746 | 1373 | LIZANNE | PIETERSE | TEMP | F | 35 | 35-39F | 2.04.37 | 0 |
| 747 | 1102 | MONICA | EBERT | BODYCON | F | 31 | SF | 2.04.38 | 1 |
| 748 | 617 | RAY | GORDON | TEMP | M | 30 | SM | 2.04.39 | 0 |
| 749 | 1187 | LYDIA | POTGIETER | DESPATCH | F | 47 | 45-49F | 2.04.40 | 1 |
| 750 | 529 | GEORGE | BOTES | DESPATCH | M | 48 | 45-49M | 2.04.41 | 1 |
| 751 | 720 | CAMERON | MOODALEY | TEMP | M | 19 | SM | 2.04.45 | 0 |
| 752 | 638 | SURITA | JANSEN VAN VUUREN | CHARLO | F | 30 | SF | 2.04.49 | 1 |
| 753 | 826 | DANIELLE | SMART | TEMP | F | 39 | 35-39F | 2.04.5 | 0 |
| 754 | 1340 | RENE | SWART | DESPATCH | F | 51 | 50-54F | 2.04.5 | 1 |
| 755 | 939 | YVETTE | JONKER | DESPATCH | F | 50 | 50-54F | 2.04.53 | 1 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 756 | 1080 | CAROL | BOOYSEN | MUIRITE | F | 53 | 50-54F | 2.04.53 | 1 |
| 757 | 1296 | STEPHEN | BURGESS | CRUSADE | M | 39 | 35-39M | 2.05.05 | 1 |
| 758 | 1181 | EFESE | PETER | BUFFALO | M | 62 | 60-64M | 2.05.05 | 0 |
| 759 | 918 | GEORGINA | DAVIDSON | TEMP | F | 19 | SF | 2.05.11 | 0 |
| 760 | 829 | IMKE | SMIT | CHARLO | F | 33 | SF | 2.05.12 | 1 |
| 761 | 876 | MIGNON | VOGES | TEMP | F | 23 | SF | 2.05.13 | 0 |
| 762 | 531 | RAYHAAN | BOTHA | TEMP | M | 20 | SM | 2.05.15 | 0 |
| 763 | 1039 | VERONICA | SMITH | RUN4C | F | 55 | 55-59F | 2.05.27 | 1 |
| 764 | 576 | Liesel | Dorothy | CRUSADE | F | 38 | 35-39F | 2.05.38 | 1 |
| 765 | 597 | FIONA | FLEUR | CRUSADE | F | 37 | 35-39F | 2.05.39 | 1 |
| 766 | 833 | NATASHA | SMITH | MADIBA | F | 35 | 35-39F | 2.05.40 | 1 |
| 767 | 765 | JANENE | OOSTHUIZEN | JBAY | F | 43 | 40-44F | 2.05.42 | 1 |
| 768 | 924 | ALEXANDRA | FLEMMING | TEMP | F | 30 | SF | 2.05.51 | 0 |
| 769 | 1353 | CHARL | DE KLERK | TEMP | M | 41 | 40-44M | 2.05.52 | 0 |
| 770 | 574 | DEWALD | DEYSEL | ELITEAC | M | 39 | 35-39M | 2.06.17 | 1 |
| 771 | 639 | XOLILE | JANUARY | VITALITY | M | 43 | 40-44M | 2.06.17 | 0 |
| 772 | 932 | KIRK | HELLIKER | TEMP | M | 66 | 65-69M | 2.06.21 | 0 |
| 773 | 1452 | MASEDI | PAPALA | TEMP | M | 33 | SM | 2.06.28 | 0 |
| 774 | 581 | FRANCISCA | DU TOIT | TEMP | F | 57 | 55-59F | 2.06.33 | 0 |
| 775 | 583 | YOLANDA | DUGMORE | TEMP | F | 49 | 45-49F | 2.06.34 | 0 |
| 776 | 626 | ALLISON | HARRISON | 32GI | F | 39 | 35-39F | 2.06.35 | 1 |
| 777 | 942 | BRENT | JULIE | TEMP | M | 36 | 35-39M | 2.06.36 | 0 |
| 778 | 506 | MANIVASAN | APPALSAMI | TEMP | M | 38 | 35-39M | 2.06.41 | 0 |
| 779 | 1375 | MBULELO | SOBIKWA | NEDBANK | M | 68 | 65-69M | 2.06.44 | 1 |
| 780 | 1494 | LYNN-LUEEN | WELMAN | TEMP | F | 42 | 40-44F | 2.06.45 | 0 |
| 781 | 722 | MICHELE | MOOLMAN | NEDBANK | F | 37 | 35-39F | 2.06.46 | 1 |
| 782 | 1185 | MONGEZI | PLANK | TEMP | M | 37 | 35-39M | 2.06.53 | 0 |
| 783 | 689 | CHRISTOPHER | MARLIN | 32GI | M | 46 | 45-49M | 2.07.07 | 1 |
| 784 | 1435 | WESTLEY | COCKRELL | TEMP | M | 33 | SM | 2.07.14 | 0 |
| 785 | 929 | CAROLYN | GRANT | ALBANY | F | 56 | 55-59F | 2.07.15 | 1 |
| 786 | 1126 | ANTOINETTE | HUMAN | GELVAN | F | 54 | 50-54F | 2.07.29 | 1 |
| 787 | 1335 | THANDUXOLO | MAGAQA | TEMP | M | 42 | 40-44M | 2.07.31 | 0 |
| 788 | 656 | DAMIAN | KOEBERG | TEMP | M | 25 | SM | 2.07.33 | 0 |
| 789 | 1090 | ROSS | CAMPBELL | TEMP | M | 31 | SM | 2.07.52 | 0 |
| 790 | 1121 | SHARON | HERMAANS | TEMP | F | 45 | 45-49F | 2.07.54 | 0 |
| 791 | 279 | DIANA | MARAIS | TEMP | F | 64 | 60-64F | 2.07.58 | 0 |
| 792 | 4261 | JANETTE | VAN DER KOLF | EPA/PEAAC | F | 62 | 60-64F | 2.07.59 | 1 |
| 793 | 1222 | HENNIE | VAN DER KOLF | RUN4C | M | 63 | 60-64M | 2.08.00 | 1 |
| 794 | 589 | DEON | ENGELBRECHT | NMBMUN | M | 54 | 50-54M | 2.08.04 | 1 |
| 795 | 931 | KATE | HAWKES | TEMP | F | 21 | SF | 2.08.14 | 0 |
| 796 | 627 | JUSTYN | HARRISON | 32GI | M | 45 | 45-49M | 2.08.15 | 1 |
| 797 | 1298 | RODNEY | BUTTERS | TEMP | M | 60 | 60-64M | 2.08.27 | 0 |
| 798 | 4263 | LIZ | JENKERSON | EPA/MUIRITE | F | 75 | 70+F | 2.08.29 | 2 |
| 799 | 758 | AKHONA | NTANJANA | VUKANI | F | 34 | SF | 2.08.31 | 1 |
| 800 | 1297 | SIMPHIWE | BUSO | TEMP | M | 30 | SM | 2.08.33 | 0 |
| 801 | 1484 | JABU | NGUBANE | CHILLIEP | M | 52 | 50-54M | 2.08.38 | 1 |
| 802 | 1087 | ROBERT | BUTTON | OLDSELB | M | 63 | 60-64M | 2.08.39 | 0 |
| 803 | 1095 | MICHELLE | CREMER | TEMP | F | 32 | SF | 2.08.49 | 0 |
| 804 | 1385 | LUVUYO | CAMAGU | PEAAC | M | 31 | SM | 2.08.52 | 1 |
| 805 | 1015 | NJONGO | COKOTHO | NEDBANK | M | 34 | SM | 2.08.52 | 1 |
| 806 | 1451 | ESTELLE | VAN DER MERWE | MUIRITE | F | 56 | 55-59F | 2.08.53 | 1 |
| 807 | 662 | JAN | LE ROUX | NEDBANK | M | 62 | 60-64M | 2.09.05 | 1 |
| 808 | 773 | NELLY | PHIRI | KOWIE | F | 31 | SF | 2.09.15 | 1 |
| 809 | 1303 | MARITZA | HANEKOM | TEMP | F | 40 | 40-44F | 2.09.26 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 810 | 1223 | MARIKE | VAN DER KOLF | TEMP | F | 30 | SF | 2.09.35 | 0 |
| 811 | 1099 | PATRICK | DOWLING | TEMP | M | 27 | SM | 2.09.52 | 0 |
| 812 | 605 | KEVIN | GARDNER | TEMP | M | 42 | 40-44M | 2.09.53 | 0 |
| 813 | 751 | LISO | NIKELO | BUFFALO | F | 41 | 40-44F | 2.09.53 | 0 |
| 814 | 1472 | ROBIN JOHN | COYLE-DOWLING | TEMP | M | 56 | 55-59M | 2.09.53 | 0 |
| 815 | 1361 | MPUMELELO | MBALI | TEMP | M | 31 | SM | 2.09.53 | 0 |
| 816 | 1203 | YUSUF | SAMUELS | XCEL | M | 63 | 60-64M | 2.09.56 | 1 |
| 817 | 991 | TAZZ | ODENDAAL | TEMP | F | 29 | SF | 2.10.00 | 0 |
| 818 | 1313 | TARYN | SMITH | TEMP | F | 34 | SF | 2.10.01 | 0 |
| 819 | 1052 | LARA | DIPPENAAR | TEMP | F | 31 | SF | 2.10.03 | 0 |
| 820 | 867 | ALISON | VAN RENSBURG | TEMP | F | 20 | SF | 2.10.13 | 0 |
| 821 | 868 | INA | VAN RENSBURG | TEMP | F | 49 | 45-49F | 2.10.1 | 0 |
| 822 | 1145 | SHEPARD | MASASA | SPAREC | M | 40 | 40-44M | 2.10.17 | 1 |
| 823 | 1394 | SIYOLO | DICK | SPAREC | M | 44 | 40-44M | 2.10.18 | 1 |
| 824 | 1008 | MICHAEL | SLATER | VWAC | M | 51 | 50-54M | 2.10.23 | 1 |
| 825 | 812 | SHANE | SAUNDERS | PEAAC | M | 54 | 50-54M | 2.10.25 | 1 |
| 826 | 860 | KEITH | VALENTINE | MADIBA | M | 31 | SM | 2.10.28 | 1 |
| 827 | 919 | JANI | DEYZEL | MADIBA | F | 28 | SF | 2.10.29 | 1 |
| 828 | 1368 | WENDY | SORENSEN | NEDBANK | F | 47 | 45-49F | 2.10.41 | 1 |
| 829 | 598 | ADRIAN | FONTEIN | TEMP | M | 36 | 35-39M | 2.10.42 | 0 |
| 830 | 1005 | MARICIA | SCHULPFORT | MAZARS | F | 35 | 35-39F | 2.10.44 | 0 |
| 831 | 1190 | BULALI | QOSE | TEMP | M | 26 | SM | 2.10.50 | 0 |
| 832 | 1359 | LEANNE | NAIDOO | TEMP | F | 49 | 45-49F | 2.10.53 | 0 |
| 833 | 1183 | DANIEL | PIETERSE | BLUEBAY | M | 59 | 55-59M | 2.10.57 | 1 |
| 834 | 1069 | MARIANNE | STIGLINGH | KOWIE | F | 56 | 55-59F | 2.11.00 | 1 |
| 835 | 1461 | STEFAN | TAIT | TEMP | M | 26 | SM | 2.11.06 | 0 |
| 836 | 646 | JACQUI | VAN DER VYVER | ELITEAC | F | 53 | 50-54F | 2.11.08 | 1 |
| 837 | 776 | ATTIE | ELS | TEMP | M | 63 | 60-64M | 2.11.08 | 0 |
| 838 | 1445 | LUDINE | WILLIAMS | CSEP | F | 34 | SF | 2.11.14 | 1 |
| 839 | 1339 | RICHARD | ZUNGU | SAPPE | M | 55 | 55-59M | 2.11.18 | 1 |
| 840 | 1301 | LYNN-HAY | FREWEN | TEMP | F | 36 | 35-39F | 2.11.21 | 0 |
| 841 | 4134 | ALBERT | NGCANGA | EPA/XCEL | M | 72 | 70+M | 2.11.34 | 1 |
| 842 | 699 | JEROME | MAY | NEDBANK | M | 55 | 55-59M | 2.11.41 | 1 |
| 843 | 514 | GARETH | BARBOUR | MPOX | M | 44 | 40-44M | 2.11.46 | 0 |
| 844 | 928 | ALISON | GOOCH | TEMP | F | 42 | 40-44F | 2.11.51 | 0 |
| 845 | 1440 | KHULILE | SIQITI | TEMP | M | 35 | 35-39M | 2.11.53 | 0 |
| 846 | 572 | SALWYN | DENNIS | XCEL | M | 44 | 40-44M | 2.11.56 | 1 |
| 847 | 811 | DESTIN | SAUER | VWAC | M | 41 | 40-44M | 2.11.57 | 1 |
| 848 | 912 | JULIAN | COETZEE | TEMP | M | 41 | 40-44M | 2.11.57 | 0 |
| 849 | 1432 | WARREN | KNOTT | TEMP | M | 45 | 45-49M | 2.11.57 | 0 |
| 850 | 1254 | ZAMILE | FUTA | YOUTH | M | 64 | 60-64M | 2.12.04 | 1 |
| 851 | 1141 | ASHENDA | MAKONIE | VWAC | F | 46 | 45-49F | 2.12.08 | 1 |
| 852 | 575 | SEAN | DIXON | TEMP | M | 50 | 50-54M | 2.12.17 | 0 |
| 853 | 799 | DEAN | ROHRBECK | TEMP | M | 21 | SM | 2.12.26 | 0 |
| 854 | 917 | GANIEF | DANIELS | TEMP | M | 56 | 55-59M | 2.12.41 | 0 |
| 855 | 522 | ILANA | BISSSCHOFF | JQ | F | 54 | 50-54F | 2.12.43 | 0 |
| 856 | 963 | ANNEMARIE | MATTHEUS | TEMP | F | 49 | 45-49F | 2.12.46 | 0 |
| 857 | 1273 | ANSA | VON HAGEN | TEMP | F | 50 | 50-54F | 2.12.46 | 0 |
| 858 | 1059 | NYAKALLO | KHIBA | TEMP | F | 33 | SF | 2.12.48 | 0 |
| 859 | 954 | ZIKHONA | LUTSHETU | INGOMSO | F | 29 | SF | 2.12.58 | 1 |
| 860 | 967 | GEROME | MINTOOR | ATLANTIC | M | 54 | 50-54M | 2.12.59 | 1 |
| 861 | 4262 | JOS | ELS | EPA/MADIBA | F | 70 | 70+F | 2.13.14 | 1 |
| 862 | 1352 | PRISSILLA | DE KLERK | TEMP | F | 41 | 40-44F | 2.13.26 | 0 |
| 863 | 1428 | KIM | VENTER | CHARLO | F | 37 | 35-39F | 2.13.33 | 1 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 864 | 1429 | PETER | VENTER | CHARLO | M | 41 | 40-44M | 2.13.33 | 1 |
| 865 | 1140 | NOYISE | LUVALO | NEDBANK | F | 42 | 40-44F | 2.13.35 | 1 |
| 866 | 723 | GRANT | MORTON | TEMP | M | 36 | 35-39M | 2.13.36 | 0 |
| 867 | 1374 | MARINE | BELTRAN | CRUSADE | F | 32 | SF | 2.13.36 | 1 |
| 868 | 724 | KELLY | MORTON | TEMP | F | 32 | SF | 2.13.37 | 0 |
| 869 | 959 | SISA | MAFU | TEMP | M | 36 | 35-39M | 2.34.3 | 0 |
| 870 | 1013 | OCTAVIA | BOSHOFF | CRUSADE | F | 52 | 50-54F | 2.13.44 | 1 |
| 871 | 1396 | THANDEKILE | GAXAMBA | VWAC | M | 51 | 50-54M | 2.13.50 | 1 |
| 872 | 563 | MARK | DARE | JQ | M | 61 | 60-64M | 2.13.54 | 0 |
| 873 | 706 | APHIWE | MGIJIMA | TEMP | M | 24 | SM | 2.13.59 | 0 |
| 874 | 1207 | ZANDILE | SIYATA | TEMP | F | 43 | 40-44F | 2.14.24 | 0 |
| 875 | 1364 | HANNES | BISSCHOFF | JBAY | M | 77 | 70+M | 2.14.31 | 1 |
| 876 | 816 | JACQUELINE | SCHOEMAN | MADIBA | F | 32 | SF | 2.14.32 | 1 |
| 877 | 732 | NADIA | MULLER | CHARLO | F | 32 | SF | 2.14.39 | 1 |
| 878 | 1179 | JACQUI | PEACOCK | TEMP | F | 42 | 40-44F | 2.14.46 | 0 |
| 879 | 1324 | KEITH | VOSLOO | CRUSADE | M | 59 | 55-59M | 2.15.02 | 1 |
| 880 | 1288 | NKOSINATHI | MABUNU | TEMP | M | 30 | SM | 2.15.04 | 0 |
| 881 | 769 | PAULA | PEARCE | CHARLO | F | 53 | 50-54F | 2.15.09 | 1 |
| 882 | 904 | SHAUN | BENN | TEMP | M | 40 | 40-44M | 2.15.10 | 0 |
| 883 | 808 | THEUNIS | SAAYMAN | TEMP | M | 27 | SM | 2.15.16 | 0 |
| 884 | 525 | CHRISTELLE | BLUME | TEMP | F | 54 | 50-54F | 2.15.16 | 0 |
| 885 | 682 | CHARNE | MARAIS | TEMP | F | 31 | SF | 2.15.33 | 0 |
| 886 | 1195 | LIEZEL | RISTOW | TEMP | F | 47 | 45-49F | 2.15.41 | 0 |
| 887 | 847 | CAROLINE | SWART | TEMP | F | 46 | 45-49F | 2.15.42 | 0 |
| 888 | 1010 | RAEEZ | ABRAHAMS | TEMP | M | 31 | SM | 2.15.55 | 0 |
| 889 | 1262 | DESIREE | TITUS | GELVAN | F | 56 | 55-59F | 2.16.02 | 1 |
| 890 | 534 | NEAL | BROPHY | TEMP | M | 26 | SM | 2.16.12 | 0 |
| 891 | 821 | LISA | SHARP | DESPATCH | F | 41 | 40-44F | 2.16.17 | 1 |
| 892 | 577 | LETA | DOS SANTOS | INFINITY | F | 57 | 55-59F | 2.16.28 | 1 |
| 893 | 1027 | NTEMESHA | MASEKA | TEMP | F | 28 | SF | 2.16.31 | 0 |
| 894 | 1330 | MARINET | VAN TONDER | DESPATCH | F | 44 | 40-44F | 2.16.41 | 1 |
| 895 | 887 | GEORGE | WINSHIP | CHARLO | M | 56 | 55-59M | 2.16.41 | 1 |
| 896 | 679 | THEMBELA | MANYA | NMBMUN | F | 38 | 35-39F | 2.16.49 | 1 |
| 897 | 824 | NORMAN | SILKE | TEMP | M | 44 | 40-44M | 2.17.00 | 0 |
| 898 | 594 | GERARD | FELIX | TEMP | M | 44 | 40-44M | 2.17.00 | 0 |
| 899 | 1433 | CHRISS | KALE | CHILLI | M | 52 | 50-54M | 2.17.27 | 0 |
| 900 | 1427 | KAREL | JANSE VAN RENSBURG | TEMP | M | 52 | 50-54M | 2.17.36 | 0 |
| 901 | 1180 | DAVID | O'REILLY | NEDBANK | M | 74 | 70+M | 2.17.37 | 1 |
| 902 | 943 | PUMZA | KAYINGANA | TEMP | F | 39 | 35-39F | 2.17.46 | 0 |
| 903 | 1468 | LAZOLA | TUTANI | TEMP | M | 29 | SM | 2.17.46 | 0 |
| 904 | 1074 | AUBREY | APRIL | TEMP | M | 38 | 35-39M | 2.18.05 | 0 |
| 905 | 1315 | NICOLA | SPARKS | TEMP | F | 28 | SF | 2.18.13 | 0 |
| 906 | 1314 | KEITH | SPARKS | TEMP | M | 31 | SM | 2.18.13 | 0 |
| 907 | 897 | WALTER | ZIMBEVA | SPAREC | M | 42 | 40-44M | 2.18.14 | 1 |
| 908 | 533 | ARMIN | BRANDLE | CHARLO | M | 70 | 70+M | 2.18.17 | 1 |
| 909 | 684 | THOMAS | MARAIS | CHARLO | M | 35 | 35-39M | 2.18.21 | 1 |
| 910 | 1213 | KIMM | TALJAARD | TEMP | F | 29 | SF | 2.18.37 | 0 |
| 911 | 845 | KOOT | SWANEPOEL | JBAY | M | 69 | 65-69M | 2.18.37 | 1 |
| 912 | 1178 | CARINA | O'NEILL | TEMP | F | 28 | SF | 2.18.38 | 0 |
| 913 | 1229 | FANUS | VAN MOLENDORFF | TEMP | M | 43 | 40-44M | 2.18.48 | 0 |
| 914 | 1230 | MARISCHELLE | VAN MOLENDORFF | TEMP | F | 40 | 40-44F | 2.18.49 | 0 |
| 915 | 764 | RENEE | OLIVIER | TEMP | F | 54 | 50-54F | 2.18.55 | 0 |
| 916 | 557 | LYNETTE | CRAUSE | INFINITY | F | 62 | 60-64F | 2.19.09 | 1 |
| 917 | 1320 | WOUTER | VAN DER WESTHUIZEN | TEMP | M | 57 | 55-59M | 2.19.17 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 918 | 989 | XOLISILE | NOMDATYA | DEPTLA | M | 41 | 40-44M | 2.19.18 | 0 |
| 919 | 1289 | SIVIWE | MEVENI | TEMP | M | 35 | 35-39M | 2.19.40 | 0 |
| 920 | 1188 | SUNE | POTGIETER | MADIBA | F | 40 | 40-44F | 2.19.46 | 1 |
| 921 | 1360 | MANDY | VAN DER MERWE | TEMP | F | 51 | 50-54F | 2.19.58 | 0 |
| 922 | 1104 | SEVOULLA | FLOUDIOTIS | TEMP | F | 27 | SF | 2.19.59 | 0 |
| 923 | 1482 | MUHAMMAD | ESSACK | MADIBAZ | M | 18 | JM | 2.19.59 | 1 |
| 924 | 789 | ANNELINE | RAUTENBACH | NEDBANK | F | 54 | 50-54F | 2.20.00 | 1 |
| 925 | 886 | IVOR | WINDVOGEL | TEMP | M | 53 | 50-54M | 2.20.08 | 0 |
| 926 | 882 | ZANDILE | DLOVA | BCMAC | F | 50 | 50-54F | 2.20.10 | 0 |
| 927 | 697 | SIVENATHI | MATYOBENI | BCMAC | F | 36 | 35-39F | 2.20.11 | 0 |
| 928 | 620 | JASON | GROBBELAAR | TEMP | M | 42 | 40-44M | 2.20.32 | 0 |
| 929 | 1020 | CHELSEA | GLEAVES | TEMP | F | 21 | SF | 2.20.57 | 0 |
| 930 | 520 | NEELESH | BHANA | CHARLO | M | 51 | 50-54M | 2.21.09 | 1 |
| 931 | 1117 | BANDILE | GWAMANDA | VWAC | M | 52 | 50-54M | 2.21.12 | 1 |
| 932 | 1402 | YENZILE | MDODANA | NMBMUN | F | 30 | SF | 2.21.16 | 1 |
| 933 | 650 | GARY | KELLEHER | CHARLO | M | 64 | 60-64M | 2.21.20 | 1 |
| 934 | 1306 | DANIELLE | LUDEN | ACH | F | 37 | 35-39F | 2.21.20 | 1 |
| 935 | 1092 | DON | CHARLES | MURRYROB | M | 73 | 70+M | 2.21.28 | 0 |
| 936 | 1073 | RENETTE | ACKERMANN | TEMP | F | 58 | 55-59F | 2.22.12 | 0 |
| 937 | 637 | ADELE | JANSE VAN RENSBURG | DESPATCH | F | 52 | 50-54F | 2.22.35 | 1 |
| 938 | 920 | VUYOKAZI | DUBE | CHILLIEP | F | 45 | 45-49F | 2.22.35 | 1 |
| 939 | 580 | WILLEMIEN | DU RANDT | TEMP | F | 47 | 45-49F | 2.22.35 | 0 |
| 940 | 535 | CHRISTOPHER | BRUINTJIES | VWAC | M | 50 | 50-54M | 2.22.56 | 1 |
| 941 | 828 | CAITLIN | SMIT | TEMP | F | 24 | SF | 2.22.57 | 0 |
| 942 | 830 | LEIGH-ANN | SMIT | TEMP | F | 24 | SF | 2.22.57 | 0 |
| 943 | 879 | CHRISTINE | WALE | ASPEN | F | 41 | 40-44F | 2.22.59 | 1 |
| 944 | 1082 | MARTYN | BOWERS | TEMP | M | 53 | 50-54M | 2.23.10 | 0 |
| 945 | 636 | CLAYTON | ISAACS | TEMP | M | 24 | SM | 2.23.12 | 0 |
| 946 | 891 | FREDERIKA | Woolley | JBAY | F | 22 | SF | 2.23.20 | 1 |
| 947 | 1417 | DENVER | HUME | MUIRITE | M | 44 | 40-44M | 2.23.20 | 1 |
| 948 | 1096 | TOM | D'ARCY | ACH | M | 76 | 70+M | 2.23.43 | 1 |
| 949 | 1028 | NDILEKA | NGCUWE | VUKANI | F | 44 | 40-44F | 2.23.59 | 1 |
| 950 | 1357 | SHANNON | CHAMBERLAIN | JBAY | F | 56 | 55-59F | 2.24.07 | 1 |
| 951 | 1079 | SIYAMTEMBA | BOMVU | TEMP | M | 30 | SM | 2.24.26 | 0 |
| 952 | 1293 | DEON | VYVER | NEDBANK | M | 55 | 55-59M | 2.24.26 | 1 |
| 953 | 1449 | HENRY | MASCHAKA | GELVAN | M | 55 | 55-59M | 2.24.28 | 1 |
| 954 | 645 | CHRISTO | MINNAAR | TEMP | M | 49 | 45-49M | 2.25.11 | 0 |
| 955 | 1274 | Dwain | Strydom | 32GI | M | 39 | 35-39M | 2.25.13 | 1 |
| 956 | 1275 | GAYLE | STRYDOM | TEMP | F | 40 | 40-44F | 2.25.14 | 0 |
| 957 | 1453 | SBONELO | DLAMINI | NEDRCKZN | M | 42 | 40-44M | 2.25.15 | 0 |
| 958 | 544 | EVA | CHETTY | CHARLO | F | 53 | 50-54F | 2.25.18 | 1 |
| 959 | 909 | RUDY | BUYS | BLUEBAY | M | 45 | 45-49M | 2.25.22 | 1 |
| 960 | 955 | JACKI | LYLE | BLUEBAY | F | 41 | 40-44F | 2.25.23 | 1 |
| 961 | 774 | KRISH | PILLAY | CHARLO | M | 60 | 60-64M | 2.26.00 | 1 |
| 962 | 1041 | MONICA | VENTER | TEMP | F | 40 | 40-44F | 2.26.11 | 0 |
| 963 | 1166 | KHULISO | NEPHALAMA | TEMP | M | 31 | SM | 2.26.18 | 0 |
| 964 | 1120 | BUKEKA | HELA | NEDBANK | F | 49 | 45-49F | 2.26.33 | 1 |
| 965 | 748 | BUYISWA | NGXONONO | HOLLYWOO | F | 45 | 45-49F | 2.26.35 | 1 |
| 966 | 1391 | JOHANN | VAN DER MERWE | MADIBAZ | M | 58 | 55-59M | 2.26.41 | 1 |
| 967 | 1489 | PEARL | DAMONS | GELVAN | F | 58 | 55-59F | 2.27.04 | 1 |
| 968 | 1349 | ANTON | VAN WYK | CHARLO | M | 54 | 50-54M | 2.27.12 | 1 |
| 969 | 752 | KHAKA | NJOZELA | TEMP | M | 35 | 35-39M | 2.27.25 | 0 |
| 970 | 4283 | JEANETTE | PIENAAR | EPA/PEAAC | F | 74 | 70+F | 2.27.28 | 1 |
| 971 | 592 | APHIWE | FAYINDLALA | DEPTLA | F | 36 | 35-39F | 2.27.29 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 972 | 588 | DENVER | ELLIE | VWAC | M | 41 | 40-44M | 2.27.30 | 1 |
| 973 | 1142 | XHANDI | MANTSHIYO | MOTHER | M | 54 | 50-54M | 2.27.41 | 1 |
| 974 | 1209 | MARILYN | SMITH | TEMP | F | 38 | 35-39F | 2.27.55 | 0 |
| 975 | 518 | DUANE | BERNARD | TEMP | M | 42 | 40-44M | 2.28.02 | 0 |
| 976 | 1200 | KELLY | ROSE | TEMP | F | 43 | 40-44F | 2.28.05 | 0 |
| 977 | 1344 | GRAHAM | BROOM | CHARLO | M | 51 | 50-54M | 2.28.13 | 1 |
| 978 | 1001 | CYNTHIA | TOERIEN | TEMP | F | 57 | 55-59F | 2.29.31 | 0 |
| 979 | 1088 | BANDLAKAZI | CABA | ASPEN | F | 35 | 35-39F | 2.29.33 | 1 |
| 980 | 895 | ELZETTE | ZEELIE | MADIBA | F | 54 | 50-54F | 2.29.42 | 1 |
| 981 | 1084 | NOLUNDI | BREAKFAST | BCMAC | F | 37 | 35-39F | 2.30.06 | 0 |
| 982 | 550 | JANINE | CHRISTIAN | TEMP | F | 37 | 35-39F | 2.30.08 | 0 |
| 983 | 155 | ANDRE | FOURIE | ELITEAC | M | 75 | 70+M | 2.30.08 | 1 |
| 984 | 745 | LANICE | NEWTON | TEMP | F | 33 | SF | 2.30.09 | 0 |
| 985 | 1299 | LENEE | CASTELYN | TEMP | F | 37 | 35-39F | 2.30.09 | 0 |
| 986 | 1463 | NEIL | ABRAHAMS | VWAC | M | 43 | 40-44M | 2.30.22 | 1 |
| 987 | 1351 | LULAMILE | PHONGOLA | TEMP | M | 65 | 65-69M | 2.03.5 | 0 |
| 988 | 502 | LISA | ACHILLEOS | TEMP | F | 32 | SF | 2.30.44 | 0 |
| 989 | 1177 | SONJA | OLIVIER | BLUEBAY | F | 54 | 50-54F | 2.30.49 | 1 |
| 990 | 716 | PHATHEKA | MOKGWETSI | IKHAMVA | F | 30 | SF | 2.30.58 | 1 |
| 991 | 906 | MARTIE | BOTHA | TEMP | F | 53 | 50-54F | 2.31.04 | 0 |
| 992 | 1464 | BULELWA | SIKAMPULA | TEMP | F | 37 | 35-39F | 2.31.05 | 0 |
| 993 | 922 | MARIANNA | FERREIRA | TEMP | F | 60 | 60-64F | 2.31.06 | 0 |
| 994 | 1424 | CATHERINE | FORTUIN | TEMP | F | 64 | 60-64F | 2.31.13 | 0 |
| 995 | 1462 | ANNARLI | ABRAHAMS | VWAC | F | 43 | 40-44F | 2.34.10 | 1 |
| 996 | 1199 | MELINDA | ROIG-VARELA | CRUSADE | F | 52 | 50-54F | 2.34.17 | 1 |
| 997 | 903 | MICHELLE | BENN | TEMP | F | 39 | 35-39F | 2.34.51 | 0 |
| 998 | 1488 | JASMINE | JACK | GELVAN | F | 51 | 50-54F | 2.34.53 | 1 |
| 999 | 703 | EMELISA | MEIRING | CRUSADE | F | 30 | SF | 2.35.05 | 1 |
| 1000 | 907 | WINSLOW | BOUWER | CRUSADE | M | 38 | 35-39M | 2.35.05 | 1 |
| 1001 | 1345 | CELEST | JOYCE | CHARLO | F | 53 | 50-54F | 2.35.11 | 1 |
| 1002 | 1234 | CHANDRE | WEST | CRUSADE | F | 46 | 45-49F | 2.35.14 | 1 |
| 1003 | 1383 | ALEX | KHUZWAYO | SAPPE | M | 59 | 55-59M | 2.36.10 | 1 |
| 1004 | 647 | LISE | JOUBERT | TEMP | F | 23 | SF | 2.36.14 | 0 |
| 1005 | 1009 | BERENICE | SMITH | NEDBANK | F | 57 | 55-59F | 2.36.23 | 1 |
| 1006 | 902 | ROBERTO | ARDUINI | TEMP | M | 36 | 35-39M | 2.36.35 | 0 |
| 1007 | 901 | MEGAN | ALBERTS | TEMP | F | 26 | SF | 2.36.36 | 0 |
| 1008 | 1240 | CAROLINE | ZINTO | NEDBANK | F | 41 | 40-44F | 2.36.44 | 1 |
| 1009 | 1175 | THEMBU | NTSUKUNYANE | TEMP | F | 43 | 40-44F | 2.37.02 | 0 |
| 1010 | 538 | CHARMAINE | BURGER | TEMP | F | 21 | SF | 2.37.18 | 0 |
| 1011 | 1154 | NOZIE | MKHABELA | SPAREC | F | 43 | 40-44F | 2.37.38 | 1 |
| 1012 | 582 | JOHAN | DU TOIT | TEMP | M | 68 | 65-69M | 2.37.44 | 0 |
| 1013 | 1333 | ANDREA | KUSTERER | TEMP | F | 33 | SF | 2.37.48 | 0 |
| 1014 | 663 | ISABEL | LEASK | TEMP | F | 54 | 50-54F | 2.38.34 | 0 |
| 1015 | 664 | WAYNE | LEASK | TEMP | M | 57 | 55-59M | 2.83.5 | 0 |
| 1016 | 1355 | TATIANE | SAMPAIO | TEMP | F | 41 | 40-44F | 2.38.54 | 0 |
| 1017 | 1328 | ZAHEER | SOOMAN | TEMP | M | 51 | 50-54M | 2.38.56 | 0 |
| 1018 | 881 | NITIKSHA | WESLEY | TEMP | F | 29 | SF | 2.38.57 | 0 |
| 1019 | 1169 | SIYABONGA | NKAYI | TEMP | M | 34 | SM | 2.39.04 | 0 |
| 1020 | 762 | MICHAEL | NYONI | TEMP | M | 46 | 45-49M | 2.40.02 | 0 |
| 1021 | 609 | MICHELLE | GEIGER | CRUSADE | F | 49 | 45-49F | 2.40.07 | 1 |
| 1022 | 553 | FANIE | CLAASSEN | DESPATCH | M | 64 | 60-64M | 2.40.49 | 1 |
| 1023 | 658 | NADIA | KRIEL | TEMP | F | 24 | SF | 2.41.28 | 0 |
| 1024 | 510 | BELINDA | BAIN | CHARLO | F | 60 | 60-64F | 2.42.00 | 1 |
| 1025 | 1459 | CHRISTELLE | SLABBERT | TEMP | F | 50 | 50-54F | 2.42.03 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 1026 | 1127 | JOEL | HUMAN | RUN4C | M | 49 | 45-49M | 2.42.04 | 1 |
| 1027 | 1161 | NANDIPA | MYELEYELE | SPAREC | F | 34 | SF | 2.42.39 | 1 |
| 1028 | 795 | MARIETJIE | ROBB | KOWIE | F | 65 | 65-69F | 2.42.46 | 1 |
| 1029 | 606 | ZUKISWA | GAXELA | GUGS | F | 48 | 45-49F | 2.43.09 | 0 |
| 1030 | 1479 | VUYILE | SONANDZI | KHAYEL | M | 48 | 45-49M | 2.43.09 | 0 |
| 1031 | 1478 | LUBABALO | BADI | KHAYEL | M | 38 | 35-39M | 2.43.09 | 0 |
| 1032 | 733 | ROGER | MULLER | TEMP | M | 48 | 45-49M | 2.43.20 | 0 |
| 1033 | 851 | SICELO | THABETHE | SIBALEKA | M | 48 | 45-49M | 2.43.37 | 1 |
| 1034 | 1124 | DERRICK | HOSHE | ATLANTIC | M | 63 | 60-64M | 2.43.56 | 1 |
| 1035 | 784 | GRACE | DU PREEZ | CRUSADE | F | 39 | 35-39F | 2.44.01 | 1 |
| 1036 | 728 | NOLUBABALO | MTSHAKAZI | MUTUAL | F | 42 | 40-44F | 2.44.21 | 0 |
| 1037 | 979 | ZAHEERA | NANABHAY | TEMP | F | 40 | 40-44F | 2.44.35 | 0 |
| 1038 | 983 | PLACXEDES | NDHLOVU | CRUSADE | F | 48 | 45-49F | 2.44.42 | 1 |
| 1039 | 1125 | ALEXANDER | HUGO | BRACKEN | M | 52 | 50-54M | 2.45.18 | 0 |
| 1040 | 1040 | MORNE | STEYN | TEMP | M | 42 | 40-44M | 2.46.51 | 0 |
| 1041 | 1284 | ASHLYNNE | ABRAHAMS | TEMP | F | 40 | 40-44F | 2.47.00 | 0 |
| 1042 | 1283 | CLYDE | ABRAHAMS | TEMP | M | 43 | 40-44M | 2.47.01 | 0 |
| 1043 | 1131 | TAMMY | KEET | TEMP | F | 43 | 40-44F | 2.47.27 | 0 |
| 1044 | 1123 | MEGAN | HOLDEN | TEMP | F | 41 | 40-44F | 2.47.29 | 0 |
| 1045 | 980 | ANUSHA | NATHOO | TEMP | F | 49 | 45-49F | 2.47.30 | 0 |
| 1046 | 1158 | NWABISA | MSUTHWANA | BLUEBAY | F | 42 | 40-44F | 2.48.01 | 1 |
| 1047 | 1021 | NOTOZOLA | JAM JAM | VUKANI | F | 40 | 40-44F | 2.48.27 | 1 |
| 1048 | 537 | GISELA | BUDLER | ASPEN | F | 33 | SF | 2.48.39 | 1 |
| 1049 | 286 | DENISE | TERBLANCHE | INFINITY | F | 74 | 70+F | 2.48.49 | 1 |
| 1050 | 787 | JOHN | RAMABOEA | TEMP | M | 40 | 40-44M | 2.49.07 | 0 |
| 1051 | 930 | DIANNE | HARTZENBERG | NEDBANK | F | 63 | 60-64F | 2.49.41 | 1 |
| 1052 | 1448 | THABISA | TSOKA | TEMP | M | 33 | SM | 2.50.12 | 0 |
| 1053 | 1426 | SOSULWE | MADIBA | TEMP | F | 30 | SF | 2.50.16 | 0 |
| 1054 | 607 | BONELWA | GAZIYA | HOLLYWOO | F | 38 | 35-39F | 2.50.24 | 1 |
| 1055 | 648 | LOUISE | JOUBERT | 32GI | F | 47 | 45-49F | 2.50.46 | 1 |
| 1056 | 831 | VONETTE | SMIT | TEMP | F | 30 | SF | 2.50.48 | 0 |
| 1057 | 562 | NTOKOZO | DAMBUZA | CRUSADE | F | 43 | 40-44F | 2.50.52 | 1 |
| 1058 | 711 | JASON | MITCHELL | TEMP | M | 24 | SM | 2.51.07 | 0 |
| 1059 | 857 | VICKY | TSOUKNIDAS | CHARLO | F | 44 | 40-44F | 2.52.09 | 1 |
| 1060 | 1047 | ANNA-JADE | BADIER | TEMP | F | 24 | SF | 2.52.41 | 0 |
| 1061 | 634 | ROUXLE | HORN | TEMP | F | 28 | SF | 2.52.46 | 0 |
| 1062 | 532 | SILKE | BOTHA | RUN4C | F | 25 | SF | 2.52.46 | 1 |
| 1063 | 1105 | DAVID | FORTEIN | SAPPE | M | 57 | 55-59M | 2.53.00 | 1 |
| 1064 | 1089 | EMILIO | CAMPBELL | TEMP | M | 30 | SM | 2.53.48 | 0 |
| 1065 | 878 | WARREN | WAGENAAR | VWAC | M | 46 | 45-49M | 2.54.22 | 1 |
| 1066 | 611 | DEIDRE | GERBER | MADIBAZ | F | 50 | 50-54F | 2.55.08 | 1 |
| 1067 | 899 | MBALI | ZUMA | DEPTLA | F | 39 | 35-39F | 2.55.11 | 0 |
| 1068 | 1044 | AMANDA | WOLMARANS | INFINITY | F | 63 | 60-64F | 2.55.20 | 1 |
| 1069 | 1045 | MARIUS | WOLMARANS | INFINITY | M | 64 | 60-64M | 2.55.23 | 1 |
| 1070 | 618 | NOMBEKO | GQETYWA | BCMAC | F | 38 | 35-39F | 2.56.06 | 0 |
| 1071 | 1212 | BRONWYN | STEPHENS | TEMP | F | 46 | 45-49F | 2.56.08 | 0 |
| 1072 | 739 | SHANDRY | NAZER | TEMP | F | 33 | SF | 2.56.54 | 0 |
| 1073 | 737 | ANUSHA | NAIDU | CHARLO | F | 55 | 55-59F | 2.58.06 | 1 |
| 1074 | 1327 | SUMAYA | SOOMAR | TEMP | F | 43 | 40-44F | 2.58.58 | 0 |
| 1075 | 536 | ELJOAN | DAMONS | TEMP | M | 29 | SM | 2.59.04 | 0 |
| 1076 | 844 | KEITH | STRYDOM | TEMP | M | 42 | 40-44M | 2.59.15 | 0 |
| 1077 | 1437 | NEIL | GROBLER | MUIRITE | M | 62 | 60-64M | 2.59.22 | 1 |
| 1078 | 677 | WANDILE | MANGXOLA | GUGS | M | 49 | 45-49M | 2.59.54 | 0 |
| 1079 | 1208 | CHANEL | SMAILES | TEMP | F | 49 | 45-49F | 3.00.04 | 0 |

| POS | RNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|---|---|---|---|---|---|---|---|---|---|
| 1080 | 853 | NDILEKA | THOMPSON | CRUSADE | F | 44 | 40-44F | 3.02.14 | 1 |
| 1081 | 1091 | BRENDA | CARSTENS | TEMP | F | 44 | 40-44F | 3.02.24 | 0 |
| 1082 | 695 | LIRIKEN | MATTHEWS | TEMP | F | 28 | SF | 3.04.05 | 0 |
| 1083 | 1454 | GODFREY | KARIEM | GELVAN | M | 81 | 70+M | 3.11.04 | 1 |
| **HELPERS RUN** | | | | | | | | | |
| H1 | 5002 | ENRICO | ELS | MADIBA | M | 43 | 40-44M | 1.35.43 | 2 |
| H2 | 5003 | WARREN | BAARTZES | TEMP | M | 51 | 50-54M | 1.40.00 | 0 |
| H3 | 5004 | MZWANELE | NQOQO | VUKANI | M | 44 | 40-44M | 1.40.42 | 2 |
| H4 | 5005 | BRUCE | KING | ACH | M | 55 | 55-59M | 1.48.10 | 2 |
| H5 | 5006 | ARTHUR | WILLIAMS | RUN4C | M | 59 | 55-59M | 1.49.46 | 2 |
| H6 | 5007 | RODGER | GYSMAN | RUN4C | M | 48 | 45-49M | 1.50.07 | 2 |
| H7 | 5008 | ASHWELL | JONAS | ACH | M | 49 | 45-49M | 1.51.53 | 2 |
| H8 | 5009 | MICHAEL | FOWLER | 32GI | M | 56 | 55-59M | 1.54.56 | 2 |
| H9 | 5010 | BENNIE | THYSSE | CSEP | M | 64 | 60-64M | 1.55.12 | 2 |
| H10 | 869 | PETER | VAN RENSBURG | ELITEAC | M | 63 | 60-64M | 1.55.12 | 2 |
| H11 | 5012 | JONATHAN | MANDELL | 32GI | M | 57 | 55-59M | 1.55.23 | 2 |
| H12 | 5014 | NDABA | NDZOMBANE | VUKANI | M | 62 | 60-64M | 2.01.02 | 1 |
| H13 | 5015 | YASEEN | ABRAHAMS | MALABAR | M | 50 | 50-54M | 2.01.38 | 1 |
| H14 | 5016 | FRANKLIN | HUMAN | VWAC | M | 46 | 45-49M | 2.03.07 | 1 |
| H15 | 5017 | DORIS | GERBER | MADIBA | F | 51 | 50-54F | 2.03.42 | 1 |
| H16 | 5018 | SIZINZO | KAMA | ACH | M | 70 | 70+M | 2.08.29 | 1 |
| H17 | 1058 | LEZELLE | HALL | TEMP | F | 39 | 35-39F | 2.10.24 | 0 |
| H18 | 5020 | IRMA | INGRAM | MADIBA | F | 56 | 55-59F | 2.10.30 | 1 |
| H19 | 815 | BRENTON | SCHNETLER | CHARLO | M | 47 | 45-49M | 2.13.24 | 1 |
| H20 | 5024 | AMEERA | CAMPBELL | GELVAN | F | 48 | 45-49F | 2.18.16 | 1 |
| H21 | 5025 | WENDY | CAMERON | MADIBAZ | F | 44 | 40-44F | 2.21.36 | 1 |
| H22 | 5026 | GIANNI | TISTELLI | RUN4C | M | 51 | 50-54M | 2.23.36 | 1 |
| H23 | 5028 | GAVIN | SILLS | RUN4C | M | 49 | 45-49M | 2.27.22 | 1 |
| H24 | 5027 | LINDA | SILLS | RUN4C | F | 40 | 40-44F | 2.27.22 | 1 |
| H25 | 5029 | SHUKRY | KAFAAR | MALABAR | M | 36 | 35-39M | 2.29.25 | 1 |
| H26 | 5030 | SEEMOLA | MADLOKAZI | VUKANI | F | 31 | SF | 2.33.21 | 1 |
| H27 | 1225 | ARINDA | VAN DER LINDE | MADIBA | F | 32 | SF | 2.34.27 | 1 |
| H28 | 5031 | XOLANI | MGIJIMA | VWAC | M | 39 | 35-39M | 2.41.07 | 1 |
| H29 | 5032 | BERNADETTE | LOOCK | RUN4C | F | 42 | 40-44F | 2.41.20 | 1 |
| H30 | 5033 | EUSENTHA | PILLAY | CHARLO | F | 56 | 55-59F | 2.48.19 | 1 |
| H31 | 5034 | THURAYA | PILLAY | CHARLO | F | 20 | SF | 2.48.19 | 1 |
| H32 | 5035 | ANDRE | PIENAAR | RUN4C | M | 59 | 55-59M | 2.49.10 | 1 |
| H33 | 600 | HELEN | FOURIE | ELITEAC | F | 52 | 50-54F | 2.59.59 | 1 |