

## Freshpak Triathlon

### Team results

Pos	Team	Time	Team Cat.
1	Kate, Kim & Simone	1:18:35	Female
2	Moose Knuckles	1:26:11	Male
3	Team Mc Team	2:26:11	Male
4	Juluka	1:26:33	Mixed
5	TBA	1:29:27	Mixed
6	Hooligans	1:30:58	Male
7	Gin Chasers	1:33:55	Mixed
8	Belsta	1:34:57	Female
9	Team Indigo	1:35:17	Male
10	ClanWilliam	1:35:41	Mixed
11	pending	1:37:39	Mixed
12	The A Team	1:41:37	Female
13	Kickstart	1:44:05	Female
14	LLE	1:49:11	Mixed
15	Tri Harder	1:55:52	Mixed
16	Thunder Down Under	2:00:23	Male
17	ALS	2:01:38	Mixed
18	Realtor of Excellence	2:04:02	Female
19	Melkbos Trio	2:05:24	Female
20	Moons girls	2:12:05	Mixed
21	VTW Clayzi Properties	2:26:35	Male
22	Wilko-tron	2:34:04	Female

## Freshpak Triathlon

### Junior males

Pos	Name	Surname	Time	Age	Gender
1	Herbert	Peters	1:14:26	19	M
2	Hector	Burger	1:43:05	18	M
3	Mark	Anderson	1:43:51	0	M

### Junior females

Pos	Name	Surname	Time	Age	Gender
1	Linda	Detering	1:21:06	19	F
2	Caylan	Bromley	1:23:05	18	F

## Freshpak Triathlon

### Senior males

Pos	Name	Surname	Time	Age	Gender
1	Nick	Quenet	1:04:04	20	M
2	Michael	Lord	1:06:51	21	M
3	Rohan	Meyer	1:08:15	26	M
4	Dylan	Pivo	1:08:28	23	M
5	Riaan	Shaw	1:09:41	22	M
6	Tyron	Ingle	1:10:13	29	M
7	Gary	Muller	1:10:37	31	M
8	Matthew Richard	Daneel	1:12:21	30	M
9	Rudolf	Visser	1:13:13	21	M
10	TRAVYS	WILKINS	1:13:30	31	M
11	Dylan	van Zyl	1:14:00	22	M
12	Chris	Barrett	1:14:59	27	M
13	Steve	Attwell	1:15:21	39	M
14	Miguel	Netto	1:15:37	31	M
15	Alex	Krebs	1:15:59	25	M
16	Jonathan	Colledge	1:16:20	34	M
17	brendon	leask	1:16:22	33	M
18	Willem Adriaan Delarey	Ribbens	1:17:02	30	M
19	Andre	Brand	1:18:34	36	M
20	David	Durham	1:19:23	33	M
21	Andre	van Wyk	1:19:50	27	M
22	Ben	Nortier	1:21:16	38	M
23	Dean	Smorrenburg	1:21:47	30	M
24	Nathanael	Boullé	1:23:22	22	M
25	Dean	Hopf	1:23:28	31	M
26	Gareth	Dragt	1:23:45	39	M
27	Gavin	Cilliers	1:25:21	31	M
28	James	Kaiser	1:25:39	30	M
29	Russell	Smedley	1:26:32	35	M
30	Ian	Wolmarans	1:26:36	34	M
31	Rikus	Geldenhuis	1:26:39	26	M
32	Janno	Smit	1:26:43	27	M
33	Philip	Malan	1:27:08	28	M
34	Mark	Smith	1:27:57	30	M
35	Richard	Armstrong	1:28:00	24	M
36	Niel	Michau	1:28:02	29	M
37	Bruce	Harington	1:28:03	37	M
38	Nicolas	Cardenas	1:29:05	30	M
39	David	Fish	1:29:51	39	M
40	Thomas	Bergh	1:30:05	30	M
41	Marco	Barbieri	1:31:11	36	M
42	Robert	Bergh	1:32:14	30	M
43	paul	marais	1:32:39	36	M
44	Matthew	Troost	1:32:59	21	M
45	Dirk	Nieuwoudt	1:33:56	39	M

46	Jacques	Collins	1:34:37	32	M
47	Roger	Downes	1:35:26	32	M
48	Thomas	Slootmans	1:36:10	21	M
49	Bernard	Niemand	1:37:00	35	M
50	Andrew	Tucker	1:37:18	29	M
51	Jacques	Rykaart	1:37:28	38	M
52	Mohamed	Mansura	1:37:34	30	M
53	Andrew	Van den Honert	1:37:40	28	M
54	Hugo	Hall	1:37:54	30	M
55	Niel	Thiart	1:37:56	34	M
56	Johan	van den Berg	1:38:18	38	M
57	Myles	Kritzinger	1:38:27	33	M
58	Paul	Kuiper	1:38:55	25	M
59	Mario	Penso	1:39:16	28	M
60	Michael	Saunders	1:40:07	31	M
61	Clinton	Kelly	1:41:36	39	M
62	Euan	Jonker	1:41:41	37	M
63	Rodet	Yila	1:41:42	27	M
64	Clinton	Hill	1:42:04	34	M
65	Wynand	Blom	1:42:04	39	M
66	Jason	Marais	1:42:50	39	M
67	Alex	Wörz	1:43:30	35	M
68	Ettienne	Ludick	1:44:17	22	M
69	Dan	Marcus	1:44:20	35	M
70	Pierre	van Zyl	1:44:30	29	M
71	Logan	Baynham	1:45:19	35	M
72	David	Petersen	1:49:35	33	M
73	Wesley	Graham	1:50:03	28	M
74	Clyde	Lewis	1:51:47	30	M
75	Ryan	Chowles	1:52:13	29	M
76	Willelem	Steenkamp	1:53:58	26	M
77	Ivor	Nel	1:54:27	27	M
78	Jona	Coetzee	1:56:20	29	M
79	Auren	Freitas Dos Santos	1:56:48	28	M
80	Janine	George	1:56:55	36	F
81	Raees Ahmed	Dalvie	1:57:13	29	M
82	Warwick	Cross	1:57:24	26	M
83	Alan	Shepherd	1:58:12	36	M
84	Rainer	Karsten	2:02:09	29	M
85	Richard	Leatherby	2:03:13	30	M
86	Steven	Nagel	2:03:56	35	M
87	Roland	Evans	2:08:47	29	M
88	Iloyd	Evans	2:08:49	27	M
89	Ameen	Stemmet	2:09:50	37	M
90	Coenie	Labuschagne	2:13:38	34	M
91	Luke	Glendinging	2:17:24	26	M
92	Nicholas	Glendinging	2:17:25	22	M
93	Danie	Swart	2:22:15	36	M

94	Marnitz	Jacobs	2:24:58	28	M
95	Marius	Du Preez	2:25:36	30	M
96	Johann	Nieder-Heitmann	2:25:38	29	M
97	Hassan	Tayob	2:28:01	29	M
98	sharief	shabodien	2:31:35	39	M
99	Mark	Stares	2:39:29	34	M

## Freshpak Triathlon

### Senior females

Pos	Name	Surname	Time	Age	Gender
1	Michelle	Krebs	1:21:26	23	F
2	Alexandra	Antonakis	1:26:27	31	F
3	Angela	Van Wyk	1:27:20	33	F
4	Ash	Watermeyer	1:30:31	26	F
5	Simone	Faulmann	1:30:46	20	F
6	Lene	Du Bois	1:31:40	24	F
7	Shelley	Faulmann	1:31:57	26	F
8	Monique	Van Wyk	1:32:36	27	F
9	Almari	De Milander	1:32:36	36	F
10	Amy	Wessels	1:33:03	27	F
11	Robin	Bolten	1:33:15	22	F
12	Gerrida	Uys	1:34:41	34	F
13	Leigh	Charlton	1:36:48	32	F
14	Elizabeth	Orchison	1:37:52	30	F
15	Taschyana	Hurter	1:38:08	38	F
16	Ané	Ferreira	1:38:12	27	F
17	Marlize	Schoeman	1:38:59	38	F
18	Tarryn	Corlett	1:40:24	32	F
19	Angelique	Edwards	1:42:05	30	F
20	Hilary	Fenet	1:43:08	33	F
21	Ros	Netto	1:44:44	30	F
22	MARIE	FOURIE	1:45:25	37	F
23	Shelley	Heunes	1:45:35	36	F
24	Kirsty	Colledge	1:46:37	31	F
25	LARA	BROWNE	1:47:03	33	F
26	Lynnae	Endersby	1:47:26	36	F
27	Clare	Schenk	1:50:02	38	F
28	Kathryn	Nurse	1:50:03	38	F
29	Angela	Stevens	1:50:38	30	F
30	Elzane	Lotz	1:52:04	32	F
31	Marlie	Freitas Dos Santos	1:52:31	26	F
32	Bronwyn	Maree	1:52:51	34	F
33	Thera	van 't Hof	1:53:10	33	F
34	Caitlin	van Niekerk	1:53:38	22	F
35	Lauren	Todd	1:55:03	25	F
36	Danielle	Mascher	1:55:05	34	F
37	Genevieve	Van Gysen	1:55:28	31	F
38	Kate	Neill	1:55:31	31	F
39	Annelet	Rossouw	1:57:40	22	F
40	Emma	Donovan	1:57:47	32	F
41	Michaela	van den Honert	1:58:04	25	F
42	Anel	Botha	2:01:35	38	F
43	Clare	Holing	2:03:25	29	F
44	Keely-Dara	Wagner	2:03:28	25	F
45	Georgia	Veale	2:03:31	32	F

46	Stacey	Holland	2:03:53	34	F
47	Jeanine	Engelbrecht	2:04:15	37	F
48	Lo	Linden	2:05:13	36	F
49	monique	hearn	2:06:00	38	F
50	Cherisse	van den Berg	2:06:20	31	F
51	Meghan	Dormehl	2:06:43	24	F
52	Jenna	Holmwood	2:09:13	22	F
53	Genine	Manchip	2:09:15	29	F
54	Lianda	Kramer	2:09:20	31	F
55	Gill	Bowen	2:09:48	29	F
56	Rogeema	Kenny	2:13:46	37	F
57	Lindsay	Hendricks	2:15:10	37	F
58	Jonel	Jacobs	2:18:02	28	F
59	Janelle	Thirsk	2:19:56	31	F
60	Lindsay	Cilliers	2:20:26	31	F
61	Nicole	Lupton	2:34:44	31	F
62	Samantha	von Brandis	2:35:23	36	F

## Freshpak Triathlon

### Vet males

Pos	Name	Surname	Time	Age	Gender
1	Douglas	Burger	1:16:32	50	M
2	Ludwig	Lillie	1:18:02	56	M
3	Eckhardt	Visser	1:20:29	51	M
4	Marco	De Vincenzo	1:21:45	41	M
5	mark	quinlan	1:22:20	51	M
6	Craig	Jagga	1:24:54	52	M
7	cobus	fourie	1:26:09	41	M
8	Jacobus	Leibbrandt	1:27:02	42	M
9	Etienne	van Wyk	1:28:08	56	M
10	Willie	De Witt	1:29:05	41	M
11	Dave	Chapman	1:29:29	46	M
12	Lindsay	Cowan	1:30:29	40	M
13	Morné	Theron	1:30:33	44	M
14	Roy	Gordon	1:32:07	46	M
15	Andro	Theart	1:32:40	44	M
16	Patrick	Lawson	1:32:43	46	M
17	Andre	Le Grange	1:35:09	49	M
18	Gerhardt	Van Niekerk	1:35:20	50	M
19	shaheed	adams	1:35:58	42	M
20	Simon	Thirsk	1:36:27	40	M
21	Johan	Cilliers	1:36:42	42	M
22	Johan	Krige	1:37:17	48	M
23	Kevin	McKinney	1:39:13	46	M
24	Michael	Scott	1:39:56	43	M
25	Anthony	Pearse	1:40:45	48	M
26	Colin	Van Zyl	1:40:48	48	M
27	Gary	Macdonald	1:40:59	49	M
28	Alan	Bradley	1:41:29	49	M
29	Sean	Featonby	1:41:45	40	M
30	CL	Slootmans	1:42:47	52	M
31	Howard	Markham	1:43:16	59	M
32	Ant	Moore	1:44:12	43	M
33	Pieter	Louw	1:45:02	43	M
34	Cameron	Burt	1:45:03	57	M
35	ashraf	orrie	1:45:30	49	M
36	Japie	Ludick	1:46:35	49	M
37	Isaac	Malgas	1:47:13	45	M
38	Gert	Wilkins	1:49:38	55	M
39	Kent	Cockcroft	1:50:08	44	M
40	Garth Neil	Lary	1:50:49	45	M
41	Syd	Dollman	1:51:20	43	M
42	Ryan	Lloyd	1:52:19	41	M
43	Mike	Moriarty	1:52:34	51	M
44	Stuart	Harper	1:53:02	41	M
45	Daniel	Hayes	1:53:03	41	M



46	Anton	Neethling	1:53:56	42	M
47	George	October	1:54:01	55	M
48	Nico	Claase	1:54:06	59	M
49	March	Turnbull	1:54:31	51	M
50	Evan	Cory	1:56:06	42	M
51	Trevor	Hodgson	1:57:04	44	M
52	Riaan	Van Eeden	1:57:10	41	M
53	Simon	Kandlin	1:57:48	45	M
54	Allan	Ketterer	1:57:52	54	M
55	Martin	Giles	1:59:45	52	M
56	lindsay	fortune	1:59:52	59	M
57	Rob	Gardner	2:02:36	53	M
58	Shaun	Banfield	2:03:09	49	M
59	Deon	Vermeulen	2:03:44	43	M
60	Carel	Matthee	2:06:00	48	M
61	Francois	Van Heerden	2:06:20	48	M
62	Dean John	Scott	2:06:42	41	M
63	Manny	Pereira	2:09:42	49	M
64	Alec	Van Wyk	2:10:14	42	M
65	Andrew	Van Eeden	2:13:10	46	M
66	Andre	Burkett	2:13:12	44	M
67	Marlu	Lennox	2:16:49	41	M
68	Khaliq	Dollie	2:27:11	44	M
69	Eckehardt	Ficinus	2:34:32	55	M
70	Hasie	Terblanche	2:55:13	67	M
71	Robert	OBrien	2:56:32	47	M

## Freshpak Triathlon

### Vet females

Pos	Name	Surname	Time	Age	Gender
1	Herlien	Van Zyl	1:24:25	43	F
2	Nadine	Mostert	1:34:20	41	F
3	Jane	Fisher	1:36:30	45	F
4	Francis	Matthee	1:37:43	44	F
5	Gail	Moriarty	1:40:59	53	F
6	Pinnie	Hearn	1:46:30	45	F
7	Taryn	Bradley	1:48:52	41	F
8	Carol	Van Eeden	1:49:17	40	F
9	Julia	Kearns	1:49:27	45	F
10	Ashleigh-Jane	Fairweather	1:49:47	54	F
11	Melanie	Novitzkas	1:50:09	46	F
12	Susan	de Wet	1:51:58	42	F
13	Dawn	Clarke	1:53:01	58	F
14	beyra	rossouw	1:56:12	48	F
15	Marcelle	Stiemens	1:57:42	50	F
16	Cornelia	Liebenberg	1:59:13	42	F
17	Tracey	Brown	2:02:46	42	F
18	Petro	Neethling	2:03:33	41	F
19	Liezel	Potgieter	2:04:45	49	F
20	Marcelle	Salida	2:08:06	42	F
21	Robyn Lindsey	Smith	2:10:54	42	F
22	Erika	Ketterer	2:11:05	48	F
23	Lisa (Elize) Frederique	van Niekerk	2:12:28	52	F
24	Karen	Thomas	2:15:39	45	F
25	Cheryl	Petersen	2:20:04	60	F
26	Charmiane	Kruger	2:24:41	46	F
27	Alet	Mouton	2:24:44	40	F
28	Lisa	Lawson	2:25:34	43	F
29	Linzi	Cowley	2:26:38	41	F
30	Mary-Ann	Kearns	2:27:12	45	F
31	giselle	hon	2:27:30	41	F
32	Kerry	Burkett	2:37:47	42	F
33	Patricia Anne	Ralph	2:37:52	44	F
34	Catharina	Krynauw	2:42:06	43	F
35	Llyris	Berry	2:43:27	60	F
36	Rosalind	Fairbanks	2:51:43	45	F
37	Shirley	Quinlan	3:02:10	60	F

## Freshpak Triathlon

### Overall results

Pos	Name	Surname	Time	Age	Gender
1	Nick	Quenet	1:04:04	20	M
2	Michael	Lord	1:06:51	21	M
3	Rohan	Meyer	1:08:15	26	M
4	Dylan	Pivo	1:08:28	23	M
5	Riaan	Shaw	1:09:41	22	M
6	Tyron	Ingle	1:10:13	29	M
7	Gary	Muller	1:10:37	31	M
8	Matthew Richard	Daneel	1:12:21	30	M
9	Rudolf	Visser	1:13:13	21	M
10	TRAVYS	WILKINS	1:13:30	31	M
11	Dylan	van Zyl	1:14:00	22	M
12	Herbert	Peters	1:14:26	19	M
13	Chris	Barrett	1:14:59	27	M
14	Steve	Attwell	1:15:21	39	M
15	Miguel	Netto	1:15:37	31	M
16	Alex	Krebs	1:15:59	25	M
17	Jonathan	Colledge	1:16:20	34	M
18	brendon	leask	1:16:22	33	M
19	Douglas	Burger	1:16:32	50	M
20	Willem Adriaan Delarey	Ribbens	1:17:02	30	M
21	Ludwig	Lillie	1:18:02	56	M
22	Andre	Brand	1:18:34	36	M
23	David	Durham	1:19:23	33	M
24	Andre	van Wyk	1:19:50	27	M
25	Eckhardt	Visser	1:20:29	51	M
26	Linda	Detering	1:21:06	19	F
27	Ben	Nortier	1:21:16	38	M
28	Michelle	Krebs	1:21:26	23	F
29	Marco	De Vincenzo	1:21:45	41	M
30	Dean	Smorrenburg	1:21:47	30	M
31	mark	quinlan	1:22:20	51	M
32	Caylan	Bromley	1:23:05	18	F
33	Nathanael	Boullé	1:23:22	22	M
34	Dean	Hopf	1:23:28	31	M
35	Gareth	Dragt	1:23:45	39	M
36	Herlien	Van Zyl	1:24:25	43	F
37	Craig	Jagga	1:24:54	52	M
38	Gavin	Cilliers	1:25:21	31	M
39	James	Kaiser	1:25:39	30	M
40	cobus	fourie	1:26:09	41	M
41	Alexandra	Antonakis	1:26:27	31	F
42	Russell	Smedley	1:26:32	35	M
43	Ian	Wolmarans	1:26:36	34	M
44	Rikus	Geldenhuys	1:26:39	26	M
45	Janno	Smit	1:26:43	27	M

46	Jacobus	Leibbrandt	1:27:02	42	M
47	Philip	Malan	1:27:08	28	M
48	Angela	Van Wyk	1:27:20	33	F
49	Mark	Smith	1:27:57	30	M
50	Richard	Armstrong	1:28:00	24	M
51	Niel	Michau	1:28:02	29	M
52	Bruce	Harington	1:28:03	37	M
53	Etienne	van Wyk	1:28:08	56	M
54	Nicolas	Cardenas	1:29:05	30	M
55	Willie	De Witt	1:29:05	41	M
56	Dave	Chapman	1:29:29	46	M
57	David	Fish	1:29:51	39	M
58	Thomas	Bergh	1:30:05	30	M
59	Lindsay	Cowan	1:30:29	40	M
60	Ash	Watermeyer	1:30:31	26	F
61	Morné	Theron	1:30:33	44	M
62	Simone	Faulmann	1:30:46	20	F
63	Marco	Barbieri	1:31:11	36	M
64	Lene	Du Bois	1:31:40	24	F
65	Shelley	Faulmann	1:31:57	26	F
66	Roy	Gordon	1:32:07	46	M
67	Robert	Bergh	1:32:14	30	M
68	Monique	Van Wyk	1:32:36	27	F
69	Almari	De Milander	1:32:36	36	F
70	paul	marais	1:32:39	36	M
71	Andro	Theart	1:32:40	44	M
72	Patrick	Lawson	1:32:43	46	M
73	Matthew	Troost	1:32:59	21	M
74	Amy	Wessels	1:33:03	27	F
75	Robin	Bolten	1:33:15	22	F
76	Dirk	Nieuwoudt	1:33:56	39	M
77	Nadine	Mostert	1:34:20	41	F
78	Jacques	Collins	1:34:37	32	M
79	Gerrida	Uys	1:34:41	34	F
80	Andre	Le Grange	1:35:09	49	M
81	Gerhardt	Van Niekerk	1:35:20	50	M
82	Roger	Downes	1:35:26	32	M
83	shaheed	adams	1:35:58	42	M
84	Thomas	Slootmans	1:36:10	21	M
85	Simon	Thirsk	1:36:27	40	M
86	Jane	Fisher	1:36:30	45	F
87	Johan	Cilliers	1:36:42	42	M
88	Leigh	Charlton	1:36:48	32	F
89	Bernard	Niemand	1:37:00	35	M
90	Johan	Krige	1:37:17	48	M
91	Andrew	Tucker	1:37:18	29	M
92	Jacques	Rykaart	1:37:28	38	M
93	Mohamed	Mansura	1:37:34	30	M

94	Andrew	Van den Honert	1:37:40	28	M
95	Francis	Matthee	1:37:43	44	F
96	Elizabeth	Orchison	1:37:52	30	F
97	Hugo	Hall	1:37:54	30	M
98	Niel	Thiart	1:37:56	34	M
99	Taschyana	Hurter	1:38:08	38	F
100	Ané	Ferreira	1:38:12	27	F
101	Johan	van den Berg	1:38:18	38	M
102	Myles	Kritzinger	1:38:27	33	M
103	Paul	Kuiper	1:38:55	25	M
104	Marlize	Schoeman	1:38:59	38	F
105	Kevin	McKinney	1:39:13	46	M
106	Mario	Penso	1:39:16	28	M
107	Michael	Scott	1:39:56	43	M
108	Michael	Saunders	1:40:07	31	M
109	Tarryn	Corlett	1:40:24	32	F
110	Anthony	Pearse	1:40:45	48	M
111	Colin	Van Zyl	1:40:48	48	M
112	Gary	Macdonald	1:40:59	49	M
113	Gail	Moriarty	1:40:59	53	F
114	Alan	Bradley	1:41:29	49	M
115	Clinton	Kelly	1:41:36	39	M
116	Euan	Jonker	1:41:41	37	M
117	Rodet	Yila	1:41:42	27	M
118	Sean	Featonby	1:41:45	40	M
119	Clinton	Hill	1:42:04	34	M
120	Wynand	Blom	1:42:04	39	M
121	Angelique	Edwards	1:42:05	30	F
122	CL	Slootmans	1:42:47	52	M
123	Jason	Marais	1:42:50	39	M
124	Hector	Burger	1:43:05	18	M
125	Hilary	Fenet	1:43:08	33	F
126	Howard	Markham	1:43:16	59	M
127	Alex	Wörz	1:43:30	35	M
128	Mark	Anderson	1:43:51	0	M
129	Ant	Moore	1:44:12	43	M
130	Ettienne	Ludick	1:44:17	22	M
131	Dan	Marcus	1:44:20	35	M
132	Pierre	van Zyl	1:44:30	29	M
133	Ros	Netto	1:44:44	30	F
134	Pieter	Louw	1:45:02	43	M
135	Cameron	Burt	1:45:03	57	M
136	Logan	Baynham	1:45:19	35	M
137	MARIE	FOURIE	1:45:25	37	F
138	ashraf	orrie	1:45:30	49	M
139	Shelley	Heunes	1:45:35	36	F
140	Pinnie	Hearn	1:46:30	45	F
141	Japie	Ludick	1:46:35	49	M

142	Kirsty	Colledge	1:46:37	31	F
143	LARA	BROWNE	1:47:03	33	F
144	Isaac	Malgas	1:47:13	45	M
145	Lynnae	Endersby	1:47:26	36	F
146	Taryn	Bradley	1:48:52	41	F
147	Carol	Van Eeden	1:49:17	40	F
148	Julia	Kearns	1:49:27	45	F
149	David	Petersen	1:49:35	33	M
150	Gert	Wilkins	1:49:38	55	M
151	Ashleigh-Jane	Fairweather	1:49:47	54	F
152	Clare	Schenk	1:50:02	38	F
153	Wesley	Graham	1:50:03	28	M
154	Kathryn	Nurse	1:50:03	38	F
155	Kent	Cockcroft	1:50:08	44	M
156	Melanie	Novitzkas	1:50:09	46	F
157	Angela	Stevens	1:50:38	30	F
158	Garth Neil	Lary	1:50:49	45	M
159	Syd	Dollman	1:51:20	43	M
160	Clyde	Lewis	1:51:47	30	M
161	Susan	de Wet	1:51:58	42	F
162	Elzane	Lotz	1:52:04	32	F
163	Ryan	Chowles	1:52:13	29	M
164	Ryan	Lloyd	1:52:19	41	M
165	Marlie	Freitas Dos Santos	1:52:31	26	F
166	Mike	Moriarty	1:52:34	51	M
167	Bronwyn	Maree	1:52:51	34	F
168	Dawn	Clarke	1:53:01	58	F
169	Stuart	Harper	1:53:02	41	M
170	Daniel	Hayes	1:53:03	41	M
171	Thera	van 't Hof	1:53:10	33	F
172	Caitlin	van Niekerk	1:53:38	22	F
173	Anton	Neethling	1:53:56	42	M
174	Willem	Steenkamp	1:53:58	26	M
175	George	October	1:54:01	55	M
176	Nico	Claase	1:54:06	59	M
177	Ivor	Nel	1:54:27	27	M
178	March	Turnbull	1:54:31	51	M
179	Lauren	Todd	1:55:03	25	F
180	Danielle	Mascher	1:55:05	34	F
181	Genevieve	Van Gysen	1:55:28	31	F
182	Kate	Neill	1:55:31	31	F
183	Evan	Cory	1:56:06	42	M
184	beyra	rossouw	1:56:12	48	F
185	Jona	Coetzee	1:56:20	29	M
186	Auren	Freitas Dos Santos	1:56:48	28	M
187	Janine	George	1:56:55	36	F
188	Trevor	Hodgson	1:57:04	44	M
189	Riaan	Van Eeden	1:57:10	41	M

190	Raees Ahmed	Dalvie	1:57:13	29	M
191	Warwick	Cross	1:57:24	26	M
192	Annelet	Rossouw	1:57:40	22	F
193	Marcelle	Stiemens	1:57:42	50	F
194	Emma	Donovan	1:57:47	32	F
195	Simon	Kandlin	1:57:48	45	M
196	Allan	Ketterer	1:57:52	54	M
197	Michaela	van den Honert	1:58:04	25	F
198	Alan	Shepherd	1:58:12	36	M
199	Cornelia	Liebenberg	1:59:13	42	F
200	Martin	Giles	1:59:45	52	M
201	lindsay	fortune	1:59:52	59	M
202	Anel	Botha	2:01:35	38	F
203	Rainer	Karsten	2:02:09	29	M
204	Rob	Gardner	2:02:36	53	M
205	Tracey	Brown	2:02:46	42	F
206	Shaun	Banfield	2:03:09	49	M
207	Richard	Leatherby	2:03:13	30	M
208	Clare	Holing	2:03:25	29	F
209	Keely-Dara	Wagner	2:03:28	25	F
210	Georgia	Veale	2:03:31	32	F
211	Petro	Neethling	2:03:33	41	F
212	Deon	Vermeulen	2:03:44	43	M
213	Stacey	Holland	2:03:53	34	F
214	Steven	Nagel	2:03:56	35	M
215	Jeanine	Engelbrecht	2:04:15	37	F
216	Liezel	Potgieter	2:04:45	49	F
217	Lo	Linden	2:05:13	36	F
218	monique	hearn	2:06:00	38	F
219	Carel	Matthee	2:06:00	48	M
220	Cherisse	van den Berg	2:06:20	31	F
221	Francois	Van Heerden	2:06:20	48	M
222	Dean John	Scott	2:06:42	41	M
223	Meghan	Dormehl	2:06:43	24	F
224	Marcelle	Salida	2:08:06	42	F
225	Roland	Evans	2:08:47	29	M
226	lloyd	Evans	2:08:49	27	M
227	Jenna	Holmwood	2:09:13	22	F
228	Genine	Manchip	2:09:15	29	F
229	Lianda	Kramer	2:09:20	31	F
230	Manny	Pereira	2:09:42	49	M
231	Gill	Bowen	2:09:48	29	F
232	Ameen	Stemmet	2:09:50	37	M
233	Alec	Van Wyk	2:10:14	42	M
234	Robyn Lindsey	Smith	2:10:54	42	F
235	Erika	Ketterer	2:11:05	48	F
236	Lisa (Elize) Frederique	van Niekerk	2:12:28	52	F
237	Andrew	Van Eeden	2:13:10	46	M

238	Andre	Burkett	2:13:12	44	M
239	Coenie	Labuschagne	2:13:38	34	M
240	Rogeema	Kenny	2:13:46	37	F
241	Lindsay	Hendricks	2:15:10	37	F
242	Karen	Thomas	2:15:39	45	F
243	Marlu	Lennox	2:16:49	41	M
244	Luke	Glendining	2:17:24	26	M
245	Nicholas	Glendining	2:17:25	22	M
246	Jonel	Jacobs	2:18:02	28	F
247	Janelle	Thirsk	2:19:56	31	F
248	Cheryl	Petersen	2:20:04	60	F
249	Lindsay	Cilliers	2:20:26	31	F
250	Danie	Swart	2:22:15	36	M
251	Charmiane	Kruger	2:24:41	46	F
252	Alet	Mouton	2:24:44	40	F
253	Marnitz	Jacobs	2:24:58	28	M
254	Lisa	Lawson	2:25:34	43	F
255	Marius	Du Preez	2:25:36	30	M
256	Johann	Nieder-Heitmann	2:25:38	29	M
257	Linzi	Cowley	2:26:38	41	F
258	Khaliq	Dollie	2:27:11	44	M
259	Mary-Ann	Kearns	2:27:12	45	F
260	giselle	hon	2:27:30	41	F
261	Hassan	Tayob	2:28:01	29	M
262	sharief	shabodien	2:31:35	39	M
263	Eckehardt	Ficinus	2:34:32	55	M
264	Nicole	Lupton	2:34:44	31	F
265	Samantha	von Brandis	2:35:23	36	F
266	Kerry	Burkett	2:37:47	42	F
267	Patricia Anne	Ralph	2:37:52	44	F
268	Mark	Stares	2:39:29	34	M
269	Catharina	Krynauw	2:42:06	43	F
270	Llyris	Berry	2:43:27	60	F
271	Rosalind	Fairbanks	2:51:43	45	F
272	Hasie	Terblanche	2:55:13	67	M
273	Robert	OBrien	2:56:32	47	M
274	Shirley	Quinlan	3:02:10	60	F