



**ENDURO**  
WESTERN CAPE

**EWC#2 Hoogekraal**

21 July 2019

**RESULTS**



ID	Position	Cat. Pos.	Name	Gender	Cat.	Laps	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Total Time	Rider Gap	Gap to 1st
173	1	1	Matt Lombardi	M	U23 Men	5	00:04:02.1 (1)	00:02:43.0 (1)	00:03:04.7 (2)	00:03:50.3 (1)	00:02:58.8 (2)	00:16:38.881	00:00:00.000	00:00:00.000
131	2	2	Jason Boule	M	U23 Men	5	00:04:09.9 (2)	00:02:47.8 (4)	00:03:03.2 (1)	00:03:56.7 (4)	00:02:59.8 (3)	00:16:57.512	00:19	00:19
43	3	1	Adrian Van Der Merwe	M	Senior men	5	00:04:10.2 (3)	00:02:45.7 (2)	00:03:05.7 (3)	00:03:56.8 (5)	00:03:05.0 (9)	00:17:03.226	00:06	00:24
1	4	1	Robert Starke	M	Sub Vet Men	5	00:04:12.3 (4)	00:02:50.2 (6)	00:03:12.4 (8)	00:03:59.2 (8)	00:02:58.3 (1)	00:17:12.367	00:09	00:33
162	5	1	Luca Ruwiel	M	Youth Men	5	00:04:15.6 (7)	00:02:46.9 (3)	00:03:10.4 (6)	00:03:59.9 (10)	00:03:13.0 (30)	00:17:25.858	00:13	00:47
160	6	2	Louw Kriel	M	Senior men	5	00:04:13.7 (5)	00:02:52.1 (10)	00:03:20.2 (30)	00:03:53.1 (2)	00:03:07.5 (15)	00:17:26.604	00:01	00:48
3	7	3	Dane Olsen	M	Senior men	5	00:04:17.9 (9)	00:02:53.3 (15)	00:03:12.4 (9)	00:04:02.1 (13)	00:03:02.8 (5)	00:17:28.462	00:02	00:50
232	8	2	Rupert Von Tutschek	M	Sub Vet Men	5	00:04:21.5 (15)	00:02:50.9 (7)	00:03:12.7 (10)	00:04:00.0 (11)	00:03:05.4 (12)	00:17:30.563	00:02	00:52
5	9	3	Henlu Starke	M	Sub Vet Men	5	00:04:19.9 (13)	00:02:52.1 (11)	00:03:14.6 (13)	00:04:02.2 (14)	00:03:02.7 (4)	00:17:31.470	00:01	00:53
174	10	1	Matthew Lochner	M	Junior Men	5	00:04:22.1 (18)	00:02:52.8 (14)	00:03:09.3 (5)	00:03:58.8 (6)	00:03:08.9 (17)	00:17:31.921	00:00	00:53
103	11	1	Gary Barnard	M	Vet Men	5	00:04:21.8 (16)	00:02:52.2 (12)	00:03:19.3 (27)	00:03:56.2 (3)	00:03:02.9 (6)	00:17:32.415	00:00	00:54
192	12	4	Nils Hansen	M	Sub Vet Men	5	00:04:19.7 (12)	00:02:55.2 (17)	00:03:16.1 (15)	00:03:59.0 (7)	00:03:03.7 (8)	00:17:33.792	00:01	00:55
34	13	5	Craig Mackintosh	M	Sub Vet Men	5	00:04:19.2 (11)	00:02:51.6 (8)	00:03:15.1 (14)	00:04:01.8 (12)	00:03:07.3 (14)	00:17:35.030	00:01	00:56
157	14	3	Liam Du Plessis	M	U23 Men	5	00:04:18.1 (10)	00:02:50.0 (5)	00:03:14.2 (11)	00:04:08.7 (30)	00:03:05.0 (10)	00:17:36.166	00:01	00:57
80	15	2	Daniel Dobinson	M	Vet Men	5	00:04:21.9 (17)	00:02:53.6 (16)	00:03:14.3 (12)	00:04:03.8 (18)	00:03:08.7 (16)	00:17:42.325	00:06	01:03
69	16	6	Cobus Esterhuysen	M	Sub Vet Men	5	00:04:17.4 (8)	00:02:57.0 (21)	00:03:17.2 (20)	00:04:05.3 (24)	00:03:05.4 (11)	00:17:42.337	00:00	01:03
122	17	7	Jacobus Johannes Veldsman	M	Sub Vet Men	5	00:04:20.6 (14)	00:02:51.7 (9)	00:03:17.0 (17)	00:04:13.4 (44)	00:03:03.6 (7)	00:17:46.336	00:04	01:07
132	18	8	Jason Gorman	M	Sub Vet Men	5	00:04:23.5 (21)	00:02:56.3 (20)	00:03:19.8 (29)	00:04:03.1 (16)	00:03:05.8 (13)	00:17:48.399	00:02	01:10
61	19	4	Cameron Roach	M	U23 Men	5	00:04:22.9 (19)	00:02:57.8 (22)	00:03:12.0 (7)	00:04:04.8 (21)	00:03:11.4 (22)	00:17:48.811	00:00	01:10
140	20	1	Julien Louw	M	Master men	5	00:04:23.3 (20)	00:02:55.6 (18)	00:03:20.4 (32)	00:03:59.6 (9)	00:03:11.1 (21)	00:17:50.128	00:01	01:11
185	21	2	Morgan Louw	M	Youth Men	5	00:04:24.2 (23)	00:02:52.7 (13)	00:03:21.4 (34)	00:04:04.0 (19)	00:03:09.5 (19)	00:17:51.742	00:02	01:13
82	22	9	Dayle Holmes	M	Sub Vet Men	5	00:04:24.4 (24)	00:02:58.2 (25)	00:03:17.9 (21)	00:04:06.1 (25)	00:03:09.0 (18)	00:17:55.571	00:04	01:17
151	23	3	Kevin De Kock	M	Youth Men	5	00:04:23.5 (22)	00:02:58.1 (23)	00:03:16.6 (16)	00:04:09.2 (33)	00:03:13.5 (31)	00:18:00.889	00:05	01:22
55	24	10	Bradley Stow	M	Sub Vet Men	5	00:04:14.8 (6)	00:02:55.8 (19)	00:03:25.9 (50)	00:04:14.3 (47)	00:03:11.7 (23)	00:18:02.429	00:02	01:24
146	25	4	Kai Von During	M	Youth Men	5	00:04:29.5 (29)	00:03:01.2 (33)	00:03:17.1 (18)	00:04:04.2 (20)	00:03:12.4 (26)	00:18:04.298	00:02	01:25
33	26	3	Andrew John Savage	M	Vet Men	5	00:04:28.5 (28)	00:02:58.1 (24)	00:03:23.0 (39)	00:04:08.5 (28)	00:03:12.5 (27)	00:18:10.637	00:06	01:32
7	27	1	Hendre De Villiers	M	Sub Junior Boys	5	00:04:31.9 (33)	00:02:58.9 (29)	00:03:24.3 (42)	00:04:06.6 (26)	00:03:10.8 (20)	00:18:12.478	00:02	01:34
86	28	11	Donovan Le Cok	M	Sub Vet Men	5	00:04:30.2 (30)	00:02:58.5 (28)	00:03:19.2 (26)	00:04:05.0 (22)	00:03:19.8 (53)	00:18:12.681	00:00	01:34
129	29	5	Janiel De Villiers	M	U23 Men	5	00:04:28.1 (27)	00:02:58.4 (26)	00:03:18.4 (23)	00:04:08.2 (27)	00:03:19.6 (52)	00:18:12.683	00:00	01:34
127	30	4	Jamie Smith	M	Vet Men	5	00:04:26.0 (25)	00:02:59.7 (31)	00:03:18.9 (25)	00:04:09.6 (34)	00:03:19.0 (50)	00:18:13.274	00:01	01:34
78	31	12	Danie Van Tonder	M	Sub Vet Men	5	00:04:33.0 (40)	00:03:02.0 (35)	00:03:21.5 (36)	00:04:05.3 (23)	00:03:12.7 (28)	00:18:14.529	00:01	01:36
144	32	13	Justin Tuck	M	Sub Vet Men	5	00:04:32.6 (39)	00:03:03.2 (38)	00:03:21.3 (33)	00:04:03.2 (17)	00:03:16.1 (40)	00:18:16.415	00:02	01:38
72	33	4	Corbin Mann	M	Senior men	5	00:04:33.8 (41)	00:02:58.5 (27)	00:03:19.7 (28)	00:04:13.0 (41)	00:03:13.6 (32)	00:18:18.594	00:02	01:40
24	34	1	Paul Combrinck	M	EBike M	5	00:04:31.6 (32)	00:03:04.8 (41)	00:03:25.0 (48)	00:04:02.4 (15)	00:03:14.9 (37)	00:18:18.627	00:00	01:40
199	35	5	Quinton Van Der Westhuizen	M	Vet Men	5	00:04:26.4 (26)	00:03:00.7 (32)	00:03:32.5 (82)	00:04:08.5 (29)	00:03:17.2 (44)	00:18:25.266	00:07	01:46
220	36	2	Tyler Flanagan	M	Junior Men	5	00:04:30.5 (31)	00:03:05.6 (45)	00:03:24.5 (43)	00:04:14.9 (49)	00:03:11.9 (24)	00:18:27.407	00:02	01:49
203	37	14	Richard Botes	M	Sub Vet Men	5	00:04:32.5 (38)	00:03:04.1 (39)	00:03:27.9 (62)	00:04:13.4 (43)	00:03:14.1 (34)	00:18:31.967	00:05	01:53
209	38	15	Stephan Wessels	M	Sub Vet Men	5	00:04:32.0 (35)	00:03:06.1 (47)	00:03:32.1 (80)	00:04:11.8 (37)	00:03:13.7 (33)	00:18:35.692	00:04	01:57
206	39	6	Roger Kerr	M	Vet Men	5	00:04:44.0 (77)	00:03:04.9 (42)	00:03:20.2 (31)	00:04:09.0 (31)	00:03:19.4 (51)	00:18:37.527	00:02	01:59
251	40	7	Nic Lamond	M	Vet Men	5	00:04:31.9 (34)	00:03:10.5 (76)	00:03:18.1 (22)	00:04:19.4 (64)	00:03:18.0 (46)	00:18:37.751	00:00	01:59
212	41	16	Stiaan Swart	M	Sub Vet Men	5	00:04:38.8 (57)	00:03:06.3 (49)	00:03:23.7 (41)	00:04:13.1 (42)	00:03:16.6 (41)	00:18:38.410	00:01	02:00
182	42	6	Mitch Lolliot	M	U23 Men	5	00:04:36.9 (48)	00:03:03.2 (37)	00:03:27.2 (57)	00:04:17.9 (56)	00:03:15.0 (38)	00:18:40.304	00:02	02:01
149	43	7	Karl Pferdekamper	M	U23 Men	5	00:04:38.0 (53)	00:03:05.9 (46)	00:03:25.9 (51)	00:04:16.9 (52)	00:03:14.3 (35)	00:18:41.092	00:01	02:02
250	44	5	David Goosen	M	Senior men	5	00:04:37.9 (51)	00:03:07.0 (53)	00:03:18.9 (24)	00:04:11.5 (36)	00:03:26.9 (87)	00:18:42.187	00:01	02:03
92	45	3	Dylan Lamb	M	Junior Men	5	00:04:53.5 (109)	00:02:59.4 (30)	00:03:22.5 (38)	00:04:12.1 (38)	00:03:16.0 (39)	00:18:43.586	00:01	02:05
218	46	17	Tristan Sandwith	M	Sub Vet Men	5	00:04:32.4 (37)	00:03:08.1 (58)	00:03:25.8 (49)	00:04:15.1 (50)	00:03:22.3 (63)	00:18:43.752	00:00	02:05

226	47	18 Wesley Jones	M	Sub Vet Men	5 00:04:35.7 (46)	00:03:09.1 (67)	00:03:28.4 (66)	00:04:13.7 (45)	00:03:18.6 (49)	00:18:45.543	00:02	02:07
58	48	2 Bryan Le Roux	M	EBike M	5 00:04:39.4 (59)	00:03:06.5 (50)	00:03:26.0 (52)	00:04:10.3 (35)	00:03:24.1 (71)	00:18:46.325	00:01	02:07
22	49	8 Timothy Carthew	M	Vet Men	5 00:04:34.2 (42)	00:03:06.8 (51)	00:03:28.3 (64)	00:04:18.8 (61)	00:03:18.4 (47)	00:18:46.589	00:00	02:08
85	50	4 Dillan Rix	M	Junior Men	5 00:04:34.3 (44)	00:03:05.4 (44)	00:03:24.5 (44)	00:04:17.7 (54)	00:03:26.9 (86)	00:18:48.972	00:02	02:10
71	51	9 Conrad Stoltz	M	Vet Men	5 00:04:38.7 (56)	00:03:10.8 (77)	00:03:21.5 (35)	00:04:12.9 (39)	00:03:25.9 (81)	00:18:49.735	00:01	02:11
16	52	19 Theuns Louw	M	Sub Vet Men	5 00:04:37.8 (50)	00:03:06.2 (48)	00:03:24.9 (47)	00:04:24.3 (81)	00:03:21.5 (58)	00:18:54.609	00:05	02:16
76	53	20 Cuan Lohrentz	M	Sub Vet Men	5 00:04:38.0 (52)	00:03:07.7 (55)	00:03:27.4 (59)	00:04:19.3 (63)	00:03:23.1 (65)	00:18:55.458	00:01	02:17
25	54	21 Shaun Matthews	M	Sub Vet Men	5 00:04:34.3 (43)	00:03:09.5 (69)	00:03:33.4 (89)	00:04:17.4 (53)	00:03:22.7 (64)	00:18:57.257	00:02	02:18
54	55	5 Ben De Swardt	M	Junior Men	5 00:04:50.9 (101)	00:03:04.7 (40)	00:03:26.2 (55)	00:04:20.5 (69)	00:03:16.7 (43)	00:18:59.007	00:02	02:20
200	56	10 Quinton Hughes	M	Vet Men	5 00:04:40.2 (60)	00:03:06.9 (52)	00:03:22.1 (37)	00:04:27.0 (88)	00:03:23.4 (66)	00:18:59.620	00:01	02:21
166	57	22 Malcolm Isaacs	M	Sub Vet Men	5 00:04:41.2 (62)	00:03:11.0 (78)	00:03:30.7 (76)	00:04:13.0 (40)	00:03:24.3 (72)	00:19:00.145	00:01	02:21
44	58	5 Adrian Louw	M	Youth Men	5 00:04:52.2 (105)	00:03:01.9 (34)	00:03:26.1 (54)	00:04:18.4 (59)	00:03:21.6 (59)	00:19:00.282	00:00	02:21
202	59	6 Remi Malherbe	M	Junior Men	5 00:04:43.2 (72)	00:03:07.3 (54)	00:03:29.5 (73)	00:04:21.9 (73)	00:03:18.6 (48)	00:19:00.534	00:00	02:22
183	60	7 Mitchell Fussell	M	Junior Men	5 00:04:38.3 (54)	00:03:09.7 (71)	00:03:30.5 (75)	00:04:19.2 (62)	00:03:24.0 (70)	00:19:01.726	00:01	02:23
188	61	8 Nicholas Bunn	M	U23 Men	5 00:04:41.5 (63)	00:03:11.4 (79)	00:03:29.5 (72)	00:04:16.8 (51)	00:03:24.7 (76)	00:19:03.872	00:02	02:25
77	62	8 Damen Savvi	M	Junior Men	5 00:04:41.7 (64)	00:03:13.5 (91)	00:03:24.8 (46)	00:04:19.8 (66)	00:03:24.4 (73)	00:19:04.205	00:00	02:25
217	63	6 Thomas Van Der Ploeg	M	Senior men	5 00:04:39.2 (58)	00:03:08.8 (64)	00:03:27.7 (61)	00:04:23.8 (78)	00:03:26.5 (84)	00:19:06.030	00:02	02:27
29	64	11 Olivier Van Maasdijk	M	Vet Men	5 00:04:49.1 (92)	00:03:10.1 (73)	00:03:23.0 (40)	00:04:23.9 (79)	00:03:21.6 (60)	00:19:07.727	00:02	02:29
96	65	9 Ethan Paton	M	Junior Men	5 00:04:35.4 (45)	00:03:07.8 (56)	00:03:32.7 (85)	00:04:22.7 (74)	00:03:30.0 (103)	00:19:08.601	00:01	02:30
81	66	12 Dave George	M	Vet Men	5 00:04:46.9 (83)	00:03:07.8 (57)	00:03:28.3 (65)	00:04:17.9 (55)	00:03:28.2 (95)	00:19:09.210	00:01	02:30
28	67	6 Zander Venter	M	Youth Men	5 00:04:47.5 (84)	00:03:10.2 (74)	00:03:26.1 (53)	00:04:23.9 (80)	00:03:21.7 (61)	00:19:09.420	00:00	02:31
219	68	10 Troy Sullivan	M	Junior Men	5 00:04:38.5 (55)	00:03:08.6 (62)	00:03:26.3 (56)	00:04:31.7 (100)	00:03:24.9 (78)	00:19:10.023	00:01	02:31
11	69	7 Henning Venter	M	Youth Men	5 00:05:26.6 (173)	00:03:05.4 (43)	00:03:17.1 (19)	00:04:09.1 (32)	00:03:12.0 (25)	00:19:10.267	00:00	02:31
50	70	13 Anthony Lai Lam	M	Vet Men	5 00:04:42.0 (67)	00:03:14.6 (94)	00:03:38.3 (114)	00:04:14.4 (48)	00:03:22.0 (62)	00:19:11.289	00:01	02:32
211	71	23 Stephen Kelbrick	M	Sub Vet Men	5 00:04:37.1 (49)	00:03:12.5 (85)	00:03:35.9 (105)	00:04:19.8 (65)	00:03:27.5 (91)	00:19:12.843	00:02	02:34
246	72	14 Bennet Nel	M	Vet Men	5 00:04:41.8 (65)	00:03:08.9 (66)	00:03:38.3 (115)	00:04:20.5 (68)	00:03:24.5 (74)	00:19:14.073	00:01	02:35
40	73	15 Andrew Morrison	M	Vet Men	5 00:04:49.5 (94)	00:03:11.5 (80)	00:03:36.3 (109)	00:04:18.4 (58)	00:03:20.6 (55)	00:19:16.383	00:02	02:38
236	74	9 Dyson Trisos	M	U23 Men	5 00:05:01.8 (127)	00:03:08.4 (60)	00:03:27.4 (58)	00:04:20.1 (67)	00:03:20.9 (57)	00:19:18.466	00:02	02:40
223	75	24 Tyrone Rawlins	M	Sub Vet Men	5 00:04:43.5 (73)	00:03:08.9 (65)	00:03:35.4 (101)	00:04:25.7 (84)	00:03:28.1 (93)	00:19:21.611	00:03	02:43
32	76	25 Sven Duncker	M	Sub Vet Men	5 00:04:40.3 (61)	00:03:17.7 (105)	00:03:36.1 (106)	00:04:21.3 (70)	00:03:28.9 (99)	00:19:24.127	00:03	02:45
2	77	1 Frankie Du Toit	F	U23 Women	5 00:04:44.0 (75)	00:03:12.9 (88)	00:03:33.1 (87)	00:04:28.0 (92)	00:03:26.6 (85)	00:19:24.628	00:01	02:46
143	78	26 Justin Rix	M	Sub Vet Men	5 00:04:41.9 (66)	00:03:13.6 (93)	00:03:34.4 (74)	00:04:32.8 (105)	00:03:27.3 (89)	00:19:26.076	00:01	02:47
239	79	10 Joshua Scherer	M	U23 Men	5 00:04:42.4 (70)	00:03:08.7 (63)	00:03:43.4 (130)	00:04:25.7 (85)	00:03:26.1 (82)	00:19:26.316	00:00	02:47
156	80	16 Lester Grovers	M	Vet Men	5 00:04:44.9 (78)	00:03:08.6 (61)	00:03:28.0 (63)	00:04:44.4 (140)	00:03:20.9 (56)	00:19:26.730	00:00	02:48
70	81	27 Coenie Van Niekerk	M	Sub Vet Men	5 00:05:00.5 (124)	00:03:08.4 (59)	00:03:29.4 (71)	00:04:24.7 (83)	00:03:23.9 (69)	00:19:26.845	00:00	02:48
112	82	2 Henry Owens	M	Sub Junior Boys	5 00:04:42.1 (68)	00:03:17.5 (104)	00:03:30.7 (77)	00:04:33.4 (108)	00:03:23.4 (67)	00:19:27.082	00:00	02:48
107	83	11 Grant Hiscock	M	U23 Men	5 00:04:49.6 (95)	00:03:09.3 (68)	00:03:35.3 (99)	00:04:21.5 (71)	00:03:33.2 (112)	00:19:28.807	00:02	02:50
167	84	2 Marc Ruwiel	M	Master men	5 00:04:46.2 (82)	00:03:11.7 (82)	00:03:34.2 (95)	00:04:27.4 (90)	00:03:30.0 (102)	00:19:29.443	00:01	02:51
105	85	7 Gerrit Visser	M	Senior men	5 00:04:53.5 (110)	00:03:12.4 (84)	00:03:31.1 (78)	00:04:23.6 (76)	00:03:29.4 (101)	00:19:30.028	00:01	02:51
134	86	28 Jean-Pierre Malherbe	M	Sub Vet Men	5 00:05:09.2 (152)	00:03:26.0 (139)	00:03:24.7 (45)	00:04:14.2 (46)	00:03:17.2 (45)	00:19:31.232	00:01	02:52
133	87	29 Jean Hirst	M	Sub Vet Men	5 00:04:49.8 (96)	00:03:12.8 (86)	00:03:35.6 (102)	00:04:25.9 (86)	00:03:28.2 (94)	00:19:32.303	00:01	02:53
242	88	17 Brandon Tuck	M	Vet Men	5 00:04:49.3 (93)	00:03:16.0 (100)	00:03:27.7 (60)	00:04:29.6 (94)	00:03:30.8 (105)	00:19:33.419	00:01	02:55
60	89	8 Calvin Pagel	M	Senior men	5 00:04:45.1 (79)	00:03:11.5 (81)	00:03:36.8 (111)	00:04:32.1 (104)	00:03:28.7 (97)	00:19:34.231	00:01	02:55
197	90	30 Pierre Louw	M	Sub Vet Men	5 00:04:45.8 (80)	00:03:09.7 (70)	00:03:33.6 (91)	00:04:27.8 (91)	00:03:39.7 (129)	00:19:36.631	00:02	02:58
37	91	18 John Rostance	M	Vet Men	5 00:04:43.8 (74)	00:03:12.1 (83)	00:03:35.8 (104)	00:04:38.0 (122)	00:03:28.8 (98)	00:19:38.617	00:02	03:00
222	92	31 Tyron Kansley	M	Sub Vet Men	5 00:04:50.1 (97)	00:03:13.3 (90)	00:03:34.1 (94)	00:04:30.5 (97)	00:03:31.1 (106)	00:19:39.167	00:01	03:00
245	93	32 Jaco Conradie	M	Sub Vet Men	5 00:04:52.8 (107)	00:03:21.2 (121)	00:03:35.4 (100)	00:04:24.5 (82)	00:03:25.6 (80)	00:19:39.606	00:00	03:01
79	94	33 Daniel Blaser	M	Sub Vet Men	5 00:05:04.6 (142)	00:03:12.9 (87)	00:03:34.1 (93)	00:04:21.5 (72)	00:03:27.4 (90)	00:19:40.491	00:01	03:02
59	95	8 Bryce Carter	M	Youth Men	5 00:04:46.0 (81)	00:03:13.6 (92)	00:03:33.2 (88)	00:04:39.4 (128)	00:03:28.5 (96)	00:19:40.667	00:00	03:02
240	96	9 Marcus Esterhuysen	M	Youth Men	5 00:04:53.4 (108)	00:03:15.8 (98)	00:03:38.7 (116)	00:04:28.6 (93)	00:03:24.9 (79)	00:19:41.307	00:01	03:02
142	97	34 Justin Feurer	M	Sub Vet Men	5 00:04:36.0 (47)	00:03:10.4 (75)	00:03:35.2 (98)	00:04:18.8 (60)	00:04:01.5 (169)	00:19:42.002	00:01	03:03
62	98	35 Carlos Neves	M	Sub Vet Men	5 00:04:48.8 (90)	00:03:16.6 (102)	00:03:34.5 (96)	00:04:31.9 (102)	00:03:30.3 (104)	00:19:42.101	00:00	03:03
172	99	19 Mark De Kock	M	Vet Men	5 00:04:51.1 (103)	00:03:31.8 (154)	00:03:28.6 (67)	00:04:34.0 (110)	00:03:16.7 (42)	00:19:42.138	00:00	03:03

38	100	20 Jason Whyte	M	Vet Men	5 00:04:55.2 (115)	00:03:21.8 (124)	00:03:40.7 (124)	00:04:31.9 (103)	00:03:12.9 (29)	00:19:42.621	00:00	03:04
51	101	36 Antonie Kriegler	M	Sub Vet Men	5 00:04:49.0 (91)	00:03:15.2 (97)	00:03:34.7 (97)	00:04:31.7 (99)	00:03:32.8 (110)	00:19:43.438	00:01	03:05
248	102	3 Nic Johnson	M	Sub Junior Boys	5 00:04:43.0 (71)	00:03:20.2 (117)	00:03:37.3 (113)	00:04:34.6 (111)	00:03:29.1 (100)	00:19:44.308	00:01	03:05
168	103	37 Marcel Bester	M	Sub Vet Men	5 00:04:52.0 (104)	00:03:19.0 (111)	00:03:40.1 (120)	00:04:29.6 (95)	00:03:26.5 (83)	00:19:47.213	00:03	03:08
88	104	10 Drew Herrmann	M	Youth Men	5 00:04:48.1 (87)	00:03:19.7 (114)	00:03:32.5 (83)	00:04:33.1 (107)	00:03:38.1 (122)	00:19:51.447	00:04	03:13
66	105	11 Christian Badenhorst	M	Youth Men	5 00:04:44.0 (76)	00:03:27.9 (143)	00:03:57.1 (168)	00:04:22.9 (75)	00:03:20.2 (54)	00:19:52.072	00:01	03:13
225	106	38 Warren Riley	M	Sub Vet Men	5 00:04:48.6 (88)	00:03:21.8 (123)	00:03:36.3 (107)	00:04:27.1 (89)	00:03:39.0 (125)	00:19:52.743	00:01	03:14
235	107	12 Charel Bruwer	M	Youth Men	5 00:04:50.4 (98)	00:03:18.5 (110)	00:03:32.4 (81)	00:04:31.2 (98)	00:03:40.9 (134)	00:19:53.423	00:01	03:15
148	108	39 Karl Schmidt	M	Sub Vet Men	5 00:04:48.7 (89)	00:03:16.3 (101)	00:03:29.4 (70)	00:04:39.9 (130)	00:03:39.4 (127)	00:19:53.592	00:00	03:15
97	109	40 Fc Steenkamp	M	Sub Vet Men	5 00:04:54.3 (113)	00:03:27.9 (143)	00:03:41.8 (125)	00:04:35.1 (113)	00:03:31.3 (107)	00:19:57.288	00:04	03:18
41	110	21 Adam Jack	M	Vet Men	5 00:04:55.6 (116)	00:03:14.9 (96)	00:03:33.6 (90)	00:04:40.5 (132)	00:03:33.3 (113)	00:19:57.849	00:01	03:19
186	111	13 Neo Dekker	M	Youth Men	5 00:04:42.2 (69)	00:03:44.6 (174)	00:03:39.1 (118)	00:04:30.0 (96)	00:03:28.0 (92)	00:20:04.020	00:06	03:25
17	112	3 Steph Bekker	M	EBike M	5 00:05:21.9 (169)	00:03:22.0 (126)	00:03:32.6 (84)	00:04:23.7 (77)	00:03:24.9 (77)	00:20:05.057	00:01	03:26
207	113	41 Sean Tickner	M	Sub Vet Men	5 00:04:50.8 (100)	00:03:22.9 (129)	00:03:40.6 (122)	00:04:37.7 (119)	00:03:34.2 (117)	00:20:06.106	00:01	03:27
120	114	42 Jaco Van Der Linde	M	Sub Vet Men	5 00:04:59.7 (121)	00:03:19.2 (113)	00:03:36.3 (108)	00:04:39.7 (129)	00:03:33.9 (116)	00:20:08.862	00:03	03:30
75	115	3 Craig Fussell	M	Master men	5 00:05:00.4 (123)	00:03:17.3 (103)	00:03:44.4 (133)	00:04:35.6 (114)	00:03:33.8 (115)	00:20:11.507	00:03	03:33
179	116	43 Michael Rixen	M	Sub Vet Men	5 00:04:59.6 (120)	00:03:17.8 (106)	00:03:40.4 (121)	00:04:41.1 (134)	00:03:32.6 (109)	00:20:11.554	00:00	03:33
115	117	22 Ian Saker	M	Vet Men	5 00:04:58.7 (119)	00:03:15.9 (99)	00:03:35.6 (103)	00:04:46.3 (141)	00:03:36.4 (119)	00:20:12.898	00:01	03:34
139	118	44 Julian Burke	M	Sub Vet Men	5 00:04:57.9 (117)	00:03:26.5 (140)	00:03:47.6 (143)	00:04:31.8 (101)	00:03:31.9 (108)	00:20:15.582	00:03	03:37
204	119	9 Rigardt Griessel	M	Senior men	5 00:04:50.7 (99)	00:03:21.8 (125)	00:03:46.9 (141)	00:04:35.0 (112)	00:03:43.3 (142)	00:20:17.702	00:02	03:39
68	120	23 Clyde Hayward	M	Vet Men	5 00:05:03.7 (138)	00:03:20.8 (120)	00:03:39.4 (119)	00:04:38.0 (123)	00:03:38.6 (124)	00:20:20.555	00:03	03:42
228	121	45 Wynand Voigt	M	Sub Vet Men	5 00:04:59.9 (122)	00:03:18.0 (107)	00:03:43.6 (131)	00:04:39.0 (127)	00:03:40.1 (132)	00:20:20.709	00:00	03:42
83	122	4 Deon Van Der Merwe	M	Master men	5 00:04:58.4 (118)	00:03:23.2 (130)	00:03:49.3 (147)	00:04:37.1 (118)	00:03:33.3 (114)	00:20:21.353	00:01	03:42
36	123	1 Leorine De Wet	F	Sub Vet Women	5 00:05:03.3 (136)	00:03:24.4 (135)	00:03:40.7 (123)	00:04:33.8 (109)	00:03:39.2 (126)	00:20:21.452	00:00	03:43
210	124	46 Stephan Venter	M	Sub Vet Men	5 00:05:02.7 (133)	00:03:19.9 (115)	00:03:37.3 (112)	00:04:38.9 (126)	00:03:44.3 (145)	00:20:23.036	00:02	03:44
94	125	24 Andrew Ratcliff	M	Vet Men	5 00:05:04.0 (140)	00:03:22.8 (128)	00:03:33.7 (92)	00:04:40.5 (133)	00:03:42.6 (140)	00:20:23.660	00:01	03:45
229	126	25 Yazied Baker	M	Vet Men	5 00:04:53.8 (111)	00:03:18.4 (109)	00:03:38.9 (117)	00:04:36.6 (117)	00:03:58.5 (167)	00:20:25.968	00:02	03:47
171	127	4 Mark Mahoney	M	EBike M	5 00:05:03.1 (135)	00:03:25.4 (137)	00:03:42.8 (129)	00:04:38.2 (124)	00:03:36.9 (120)	00:20:26.424	00:00	03:48
106	128	5 Grant Tyler	M	Master men	5 00:05:05.1 (145)	00:03:10.1 (72)	00:03:54.0 (157)	00:04:53.8 (156)	00:03:24.7 (75)	00:20:27.793	00:01	03:49
49	129	26 Andrew Kenny	M	Vet Men	5 00:04:54.1 (112)	00:03:19.0 (112)	00:03:59.7 (182)	00:04:41.7 (135)	00:03:35.0 (118)	00:20:29.474	00:02	03:51
130	130	10 Jarryd Metzler	M	Senior men	5 00:04:47.8 (86)	00:03:41.2 (168)	00:03:46.2 (140)	00:04:32.8 (106)	00:03:42.4 (139)	00:20:30.458	00:01	03:52
153	131	2 Kylie Hanekom	F	Sub Vet Women	5 00:05:02.9 (134)	00:03:22.3 (127)	00:03:49.6 (148)	00:04:36.1 (116)	00:03:42.9 (141)	00:20:33.739	00:03	03:55
116	132	27 Ian Petzer	M	Vet Men	5 00:05:01.7 (126)	00:03:25.7 (138)	00:03:45.0 (137)	00:04:41.7 (136)	00:03:44.2 (144)	00:20:38.225	00:04	03:59
234	133	47 Adriano Silver	M	Sub Vet Men	5 00:05:03.5 (137)	00:03:18.3 (108)	00:03:56.5 (165)	00:04:58.2 (163)	00:03:27.1 (88)	00:20:43.620	00:05	04:05
89	134	14 Dreyer Botma	M	Youth Men	5 00:05:05.5 (147)	00:03:28.7 (146)	00:03:44.1 (132)	00:04:46.4 (142)	00:03:39.8 (130)	00:20:44.495	00:01	04:06
27	135	4 Zivan Venter	M	Sub Junior Boys	5 00:04:54.4 (114)	00:03:30.1 (150)	00:03:47.9 (145)	00:04:51.4 (150)	00:03:41.2 (137)	00:20:45.114	00:01	04:06
12	136	48 Beavin De Kock	M	Sub Vet Men	5 00:05:05.8 (149)	00:03:23.3 (131)	00:03:57.2 (170)	00:04:38.3 (125)	00:03:41.0 (135)	00:20:45.543	00:00	04:07
65	137	49 Chrisman De Jager	M	Sub Vet Men	5 00:05:06.6 (150)	00:03:24.2 (134)	00:03:44.6 (134)	00:04:51.8 (152)	00:03:45.8 (149)	00:20:52.901	00:07	04:14
137	138	5 Joachim Frederick Cilliers	M	Sub Junior Boys	5 00:04:47.7 (85)	00:03:20.5 (119)	00:03:29.4 (69)	00:04:35.8 (115)	00:04:42.8 (214)	00:20:56.179	00:03	04:17
4	139	3 Colleen De Oliveira	F	Sub Vet Women	5 00:05:01.9 (129)	00:03:30.8 (151)	00:03:49.9 (188)	00:04:40.3 (131)	00:03:40.1 (131)	00:20:56.934	00:01	04:18
13	140	50 Archie Quevedo	M	Sub Vet Men	5 00:05:03.9 (139)	00:03:27.5 (142)	00:03:46.1 (139)	00:04:55.0 (158)	00:03:44.6 (146)	00:20:57.197	00:00	04:18
73	141	28 Cornelis Batten	M	Vet Men	5 00:05:02.2 (131)	00:03:32.8 (155)	00:03:56.4 (164)	00:04:51.5 (151)	00:03:41.0 (136)	00:21:03.824	00:07	04:25
169	142	15 Marco Matthysen	M	Youth Men	5 00:04:52.4 (106)	00:03:13.2 (89)	00:03:33.0 (86)	00:04:18.3 (57)	00:05:08.0 (222)	00:21:04.867	00:01	04:26
145	143	11 Justin Tyler	M	Senior men	5 00:05:02.0 (130)	00:03:25.4 (136)	00:04:01.7 (185)	00:04:48.9 (145)	00:03:46.9 (153)	00:21:04.875	00:00	04:26
111	144	6 Henk Van Huyssteen	M	Master men	5 00:05:00.7 (125)	00:03:23.6 (132)	00:03:55.8 (162)	00:04:41.8 (137)	00:04:04.2 (175)	00:21:06.092	00:01	04:27
124	145	11 Jacques Pickard	M	Junior Men	5 00:05:04.9 (143)	00:03:29.8 (149)	00:03:42.0 (127)	00:04:57.1 (160)	00:03:55.6 (164)	00:21:09.492	00:03	04:31
189	146	6 Nicholas Kenny	M	Sub Junior Boys	5 00:05:01.8 (128)	00:03:20.4 (118)	00:04:10.0 (194)	00:04:53.3 (154)	00:03:46.0 (150)	00:21:11.599	00:02	04:33
126	147	51 Jako De Wet	M	Sub Vet Men	5 00:05:25.0 (172)	00:03:21.7 (122)	00:03:44.7 (135)	00:04:49.2 (146)	00:03:52.0 (159)	00:21:12.560	00:01	04:34
84	148	52 Des Loubser	M	Sub Vet Men	5 00:05:05.1 (144)	00:03:28.9 (147)	00:03:49.8 (149)	00:05:06.0 (173)	00:03:45.3 (148)	00:21:15.162	00:03	04:36
14	149	4 Aimee Glisson	F	Sub Vet Women	5 00:05:09.0 (151)	00:03:29.3 (148)	00:03:55.7 (161)	00:04:48.7 (144)	00:03:52.7 (161)	00:21:15.278	00:00	04:36
46	150	53 Alexander De Jongh	M	Sub Vet Men	5 00:05:02.3 (132)	00:03:23.6 (133)	00:03:56.7 (167)	00:05:15.2 (183)	00:03:45.0 (147)	00:21:22.772	00:07	04:44
67	151	54 Christof Bezuidenhout	M	Sub Vet Men	5 00:05:12.4 (154)	00:03:34.4 (157)	00:03:50.1 (150)	00:04:56.1 (159)	00:03:54.1 (163)	00:21:27.150	00:04	04:48
264	152	5 Zynn Grondein	M	EBike M	5 00:05:24.1 (171)	00:03:41.0 (167)	00:03:47.8 (144)	00:05:01.1 (168)	00:03:48.7 (156)	00:21:42.743	00:16	05:04

216	153	6 Thomas Elliott	M	EBike M	5 00:05:14.9 (155)	00:03:41.0 (166)	00:03:58.8 (174)	00:05:00.2 (165)	00:03:50.3 (157)	00:21:45.262	00:03	05:06
52	154	7 Armando Traverso	M	Master men	5 00:05:16.1 (157)	00:03:35.2 (158)	00:04:08.4 (192)	00:05:02.6 (170)	00:03:51.0 (158)	00:21:53.390	00:08	05:15
244	155	12 Robert Knoop	M	U23 Men	5 00:05:35.0 (180)	00:03:37.0 (160)	00:03:45.0 (136)	00:04:54.9 (157)	00:04:01.6 (170)	00:21:53.457	00:00	05:15
141	156	55 Justin Priday	M	Sub Vet Men	5 00:05:19.3 (165)	00:03:39.1 (164)	00:03:51.6 (154)	00:05:01.6 (169)	00:04:04.0 (174)	00:21:55.573	00:02	05:17
48	157	12 Andrew Liebenberg	M	Senior men	5 00:05:21.0 (168)	00:03:46.4 (180)	00:03:55.0 (159)	00:05:00.9 (167)	00:03:52.5 (160)	00:21:55.759	00:00	05:17
6	158	5 Marinda Bruwer	F	Sub Vet Women	5 00:05:05.4 (146)	00:04:27.7 (197)	00:03:45.0 (138)	00:04:52.4 (153)	00:03:47.2 (154)	00:21:57.688	00:02	05:19
208	159	7 Simon Elliott	M	EBike M	5 00:05:20.6 (167)	00:03:42.7 (171)	00:03:59.5 (178)	00:04:58.5 (164)	00:03:57.3 (165)	00:21:58.605	00:01	05:20
19	160	56 George Thom	M	Sub Vet Men	5 00:06:28.4 (194)	00:03:27.3 (141)	00:03:42.1 (128)	00:04:43.6 (138)	00:03:38.0 (121)	00:21:59.457	00:01	05:21
63	161	29 Charl Joubert	M	Vet Men	5 00:05:17.0 (159)	00:03:37.2 (161)	00:03:56.7 (166)	00:05:06.8 (174)	00:04:03.5 (173)	00:22:01.071	00:02	05:22
87	162	57 Doug Bird	M	Sub Vet Men	5 00:04:32.2 (36)	00:03:02.8 (36)	00:03:28.9 (68)	00:07:27.7 (226)	00:03:32.9 (111)	00:22:04.466	00:03	05:26
181	163	6 Michelle George	F	Sub Vet Women	5 00:05:27.2 (175)	00:03:32.9 (156)	00:04:11.1 (195)	00:04:50.4 (148)	00:04:03.4 (172)	00:22:05.033	00:01	05:26
150	164	1 Kathryn Rennie	F	Senior Women	5 00:05:16.6 (158)	00:03:38.0 (163)	00:03:58.3 (172)	00:05:03.1 (171)	00:04:09.7 (180)	00:22:05.750	00:01	05:27
180	165	1 Michael Lazarus	M	Lite M	5 00:05:10.8 (153)	00:03:31.5 (153)	00:04:06.3 (190)	00:05:11.2 (181)	00:04:16.6 (196)	00:22:16.429	00:11	05:38
224	166	58 Warren Smith	M	Sub Vet Men	5 00:05:15.4 (156)	00:03:42.6 (170)	00:03:51.1 (151)	00:05:18.2 (189)	00:04:11.1 (185)	00:22:17.470	00:01	05:39
138	167	30 Jonathan Visser	M	Vet Men	5 00:05:17.5 (160)	00:03:31.0 (152)	00:03:58.9 (175)	00:05:07.0 (175)	00:04:25.2 (202)	00:22:19.573	00:02	05:41
214	168	7 Sune Henning	F	Sub Vet Women	5 00:05:32.5 (178)	00:03:37.3 (162)	00:04:02.1 (186)	00:05:03.4 (172)	00:04:09.8 (182)	00:22:25.179	00:06	05:46
114	169	31 Ian Bowker	M	Vet Men	5 00:05:19.2 (163)	00:03:39.8 (165)	00:03:56.3 (163)	00:05:11.8 (182)	00:04:23.8 (200)	00:22:30.904	00:06	05:52
247	170	32 Cobus Nel	M	Vet Men	5 00:05:23.1 (170)	00:03:44.0 (173)	00:03:58.6 (173)	00:05:17.7 (188)	00:04:10.7 (183)	00:22:34.118	00:03	05:55
155	171	1 Leigh Haskins	F	Vet Women	5 00:05:19.3 (164)	00:03:49.3 (182)	00:04:21.2 (208)	00:05:10.6 (179)	00:03:57.4 (166)	00:22:37.752	00:04	05:59
104	172	13 George Erasmus	M	U23 Men	5 00:05:20.2 (166)	00:03:54.5 (185)	00:03:59.7 (181)	00:05:16.1 (186)	00:04:13.6 (189)	00:22:44.152	00:06	06:05
18	173	59 Andro Nel	M	Sub Vet Men	5 00:05:29.4 (176)	00:03:46.0 (178)	00:04:09.6 (193)	00:05:19.6 (191)	00:04:01.1 (168)	00:22:45.566	00:01	06:07
42	174	12 Aden Bredekamp	M	Junior Men	5 00:05:32.5 (177)	00:03:52.2 (184)	00:03:53.9 (156)	00:05:19.4 (190)	00:04:09.2 (179)	00:22:47.120	00:02	06:08
119	175	7 Heinrich Fourie	M	Sub Junior Boys	5 00:05:19.2 (162)	00:03:45.9 (177)	00:04:01.0 (183)	00:05:29.5 (200)	00:04:13.9 (190)	00:22:49.513	00:02	06:11
193	176	2 Nina Hind	F	Vet Women	5 00:05:33.1 (179)	00:03:46.0 (179)	00:03:59.7 (180)	00:05:26.9 (196)	00:04:13.4 (188)	00:22:59.069	00:10	06:20
121	177	16 Jacobus Mouton	M	Youth Men	5 00:05:46.9 (184)	00:03:45.0 (175)	00:04:03.8 (187)	00:05:22.1 (194)	00:04:11.0 (184)	00:23:08.754	00:10	06:30
243	178	3 Rochelle Malherbe	F	Vet Women	5 00:05:40.9 (183)	00:03:43.4 (172)	00:04:06.3 (191)	00:05:28.2 (199)	00:04:13.2 (187)	00:23:12.070	00:03	06:33
98	179	33 Francois Dreyer	M	Vet Men	5 00:05:40.1 (181)	00:03:59.5 (189)	00:04:26.3 (212)	00:05:10.0 (178)	00:04:12.4 (186)	00:23:28.483	00:16	06:50
201	180	60 Reme Le Hane	M	Sub Vet Men	5 00:06:10.1 (192)	00:03:49.4 (183)	00:04:12.6 (197)	00:05:08.4 (177)	00:04:15.0 (191)	00:23:35.324	00:07	06:56
100	181	34 Gadi Perl	M	Vet Men	5 00:05:17.6 (161)	00:03:41.5 (169)	00:03:55.4 (160)	00:06:28.5 (224)	00:04:15.0 (192)	00:23:38.070	00:03	06:59
93	182	61 Dylon Van Schalkwyk	M	Sub Vet Men	5 00:05:27.1 (174)	00:03:56.5 (186)	00:04:01.0 (184)	00:05:58.4 (213)	00:04:22.3 (199)	00:23:45.274	00:07	07:06
237	183	2 Jess Gwynne-Evans	F	U23 Women	5 00:06:22.2 (193)	00:03:45.5 (176)	00:03:59.1 (174)	00:05:25.0 (195)	00:04:18.4 (197)	00:23:50.184	00:05	07:11
190	184	17 Nicolas Lipinski	M	Youth Men	5 00:05:54.6 (186)	00:04:04.2 (191)	00:04:18.0 (202)	00:05:28.0 (198)	00:04:21.1 (198)	00:24:05.961	00:16	07:27
147	185	8 Karin Nordhoff	F	Sub Vet Women	5 00:05:58.1 (190)	00:04:00.1 (190)	00:04:19.0 (204)	00:05:42.9 (208)	00:04:36.8 (209)	00:24:36.790	00:31	07:58
125	186	18 Jake Hayward	M	Youth Men	5 00:05:55.3 (189)	00:04:07.1 (194)	00:04:18.1 (203)	00:05:36.3 (204)	00:04:44.1 (215)	00:24:40.838	00:04	08:02
135	187	9 Jenna Brown	F	Sub Vet Women	5 00:05:40.9 (182)	00:03:57.3 (187)	00:04:15.0 (199)	00:05:40.8 (207)	00:05:10.8 (224)	00:24:44.696	00:04	08:06
241	188	8 Oliver Levinthal	M	Sub Junior Boys	5 00:05:55.1 (188)	00:04:05.0 (192)	00:04:21.7 (209)	00:05:48.6 (211)	00:04:44.3 (216)	00:24:54.611	00:10	08:16
56	189	8 Brandon Swartz	M	EBike M	5 00:06:08.3 (191)	00:04:06.2 (193)	00:04:15.2 (200)	00:06:20.9 (221)	00:04:38.4 (210)	00:25:29.114	00:35	08:50
213	190	62 Stuart Spence	M	Sub Vet Men	5 00:05:55.1 (187)	00:04:14.1 (195)	00:04:20.3 (206)	00:06:12.3 (218)	00:05:00.8 (219)	00:25:42.621	00:14	09:04
35	191	63 Adam Bethlehem	M	Sub Vet Men	5 00:05:51.4 (185)	00:03:57.8 (188)	00:04:30.5 (216)	00:06:24.0 (222)	00:05:11.4 (225)	00:25:55.057	00:12	09:16
15	192	64 Myles Mayhew	M	Sub Vet Men	5 00:14:00.0 (197)	00:03:56.8 (159)	00:04:35.5 (146)	00:04:50.5 (149)	00:03:43.7 (143)	00:29:59.403	04:04	13:21
20	193	35 Aladdin Morgan	M	Vet Men	5 00:13:33.9 (196)	00:03:47.2 (181)	00:03:57.4 (171)	00:05:15.8 (185)	00:04:02.7 (171)	00:30:36.933	00:38	13:58
164	194	65 Luke Apteker	M	Sub Vet Men	5 00:04:51.0 (102)	00:03:20.0 (116)	00:03:36.5 (110)	00:04:38.0 (120)	00:37:20.9 (230)	00:53:46.357	23:09	37:07
205	195	2 Robert Schepel	M	Lite M	3 DNS/DNF ()	DNS/DNF ()	00:03:31.7 (79)	00:04:26.4 (87)	00:03:23.5 (68)	00:11:21.544	N/A	N/A
10	196	1 Pieter Venter	M	Sprog Boys	3 DNS/DNF ()	DNS/DNF ()	00:03:41.9 (126)	00:04:43.9 (139)	00:03:42.0 (138)	00:12:07.852	00:46	N/A
99	197	3 Frikkie Van Zyl	M	Lite M	3 DNS/DNF ()	DNS/DNF ()	00:03:50.2 (152)	00:04:38.0 (121)	00:03:48.4 (155)	00:12:16.584	00:09	N/A
161	198	2 Luca Wiese	M	Sprog Boys	3 DNS/DNF ()	DNS/DNF ()	00:03:47.5 (142)	00:04:49.8 (147)	00:03:39.5 (128)	00:12:16.746	00:00	N/A
74	199	36 Cornelis Dumas	M	Vet Men	3 00:05:04.1 (141)	00:03:27.9 (144)	DNS/DNF ()	DNS/DNF ()	00:03:46.9 (152)	00:12:18.844	00:02	N/A
118	200	4 Iwan Naude	M	Lite M	3 DNS/DNF ()	DNS/DNF ()	00:03:06.5 (4)	00:04:57.5 (161)	00:04:15.9 (193)	00:12:19.989	00:01	N/A
233	201	3 Zak Jones	M	Sprog Boys	3 DNS/DNF ()	DNS/DNF ()	00:03:52.3 (155)	00:04:58.2 (162)	00:03:40.4 (133)	00:12:30.878	00:11	N/A
57	202	5 Brian Dickinson	M	Lite M	3 DNS/DNF ()	DNS/DNF ()	00:03:54.3 (158)	00:04:48.1 (143)	00:03:54.0 (162)	00:12:36.414	00:06	N/A
102	203	6 Gareth Jones	M	Lite M	3 DNS/DNF ()	DNS/DNF ()	00:03:59.4 (177)	00:04:53.4 (155)	00:03:46.3 (151)	00:12:39.143	00:03	N/A
53	204	7 Ashley Martin	M	Lite M	3 DNS/DNF ()	DNS/DNF ()	00:03:51.4 (153)	00:05:15.5 (184)	00:03:38.2 (123)	00:12:45.179	00:06	N/A
8	205	4 Gian Van Eeden	M	Sprog Boys	3 DNS/DNF ()	DNS/DNF ()	00:03:59.6 (179)	00:05:11.1 (180)	00:04:06.2 (176)	00:13:16.910	00:32	N/A



198	206	8 Pieter C R Venter	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:05.8 (189)	00:05:07.0 (176)	00:04:09.7 (181)	00:13:22.488	00:06	N/A
175	207	9 Matthew Carter	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:03:57.1 (169)	00:05:00.6 (166)	00:04:35.0 (207)	00:13:32.805	00:10	N/A
9	208	1 Zak Van Eeden	M	Nipper Boys	3	DNS/DNF ()	DNS/DNF ()	00:04:12.6 (198)	00:05:16.7 (187)	00:04:07.5 (177)	00:13:36.804	00:04	N/A
47	209	5 Andrew De Kock	M	Sprog Boys	3	DNS/DNF ()	DNS/DNF ()	00:04:11.8 (196)	00:05:20.0 (192)	00:04:16.5 (195)	00:13:48.315	00:12	N/A
64	210	10 Charles Vieira	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:26.2 (211)	00:05:27.7 (197)	00:04:24.5 (201)	00:14:18.398	00:30	N/A
108	211	11 Heinrich Van Rooyen	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:29.8 (214)	00:05:32.8 (201)	00:04:16.0 (194)	00:14:18.633	00:00	N/A
91	212	12 Duncan Sephton	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:17.1 (201)	00:05:40.1 (206)	00:04:28.7 (205)	00:14:25.882	00:07	N/A
252	213	13 Mark Christopher De Kock	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:21.2 (207)	00:05:38.6 (205)	00:04:35.4 (208)	00:14:35.170	00:09	N/A
110	214	14 Heinrich Theron	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:20.2 (205)	00:05:44.3 (209)	00:04:32.6 (206)	00:14:37.144	00:02	N/A
170	215	1 Michelle Witteven	F	Lite F	3	DNS/DNF ()	DNS/DNF ()	00:04:41.8 (221)	00:05:20.5 (193)	00:04:40.1 (211)	00:14:42.379	00:05	N/A
45	216	15 Alan Chait	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:30.0 (215)	00:05:35.3 (203)	00:04:41.8 (212)	00:14:47.091	00:05	N/A
221	217	16 Tyler Pearce Denovan	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:28.0 (213)	00:05:56.5 (212)	00:04:25.3 (203)	00:14:49.840	00:03	N/A
196	218	17 Pierre Spence	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:39.0 (220)	00:05:46.1 (210)	00:04:27.7 (204)	00:14:52.793	00:03	N/A
154	219	18 Lafras Du Plessis	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:31.1 (217)	00:05:34.9 (202)	00:04:53.8 (218)	00:14:59.783	00:07	N/A
184	220	19 Mitchell Carter	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:36.6 (219)	00:06:04.3 (215)	00:04:42.5 (213)	00:15:23.314	00:24	N/A
31	221	19 Scott Meredith	M	Youth Men	3	DNS/DNF ()	DNS/DNF ()	00:04:36.6 (218)	00:06:18.9 (220)	00:04:50.2 (217)	00:15:45.642	00:22	N/A
249	222	10 Shannon Goosen	F	Sub Vet Women	3	00:06:38.3 (195)	00:04:21.8 (196)	DNS/DNF ()	DNS/DNF ()	00:05:08.0 (223)	00:16:08.142	00:23	N/A
95	223	2 Emogene Prinsloo	F	Lite F	3	DNS/DNF ()	DNS/DNF ()	00:04:52.8 (223)	00:06:17.5 (219)	00:05:05.6 (221)	00:16:15.872	00:08	N/A
158	224	20 Llewellyn Truter	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:51.0 (222)	00:06:06.6 (217)	00:05:21.0 (226)	00:16:18.644	00:03	N/A
187	225	21 Nicholas Scholtz	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:04:21.7 (210)	00:06:06.3 (216)	00:06:03.4 (227)	00:16:31.494	00:13	N/A
30	226	37 Simon Meredith	M	Vet Men	3	DNS/DNF ()	DNS/DNF ()	00:04:56.7 (224)	00:07:03.2 (225)	00:05:05.0 (220)	00:17:04.857	00:33	00:26
90	227	22 Driko Venter	M	Lite M	3	DNS/DNF ()	DNS/DNF ()	00:05:12.7 (225)	00:06:27.2 (223)	00:06:05.3 (228)	00:17:45.176	00:40	01:06
123	228	3 Jacomine Grobler	F	Lite F	3	DNS/DNF ()	DNS/DNF ()	00:05:17.6 (226)	00:07:53.9 (227)	00:06:43.1 (229)	00:19:54.619	02:09	03:16
253	229				2	00:05:05.8 (148)	00:03:27.9 (145)	DNS/DNF ()	DNS/DNF ()	DNS/DNF ()	00:08:33.724	N/A	N/A
231	230	66 James Dawson	M	Sub Vet Men	2	DNS/DNF ()	DNS/DNF ()	DNS/DNF ()	00:06:03.4 (214)	00:04:09.0 (178)	00:10:12.373	01:39	N/A
195	231	67 Philip Viljoen	M	Sub Vet Men	1	DNS/DNF ()	DNS/DNF ()	DNS/DNF ()	DNS/DNF ()	00:03:14.7 (36)	00:03:14.719	N/A	N/A
21	232	68 Malan Morkel	M	Sub Vet Men	0	DNS/DNF ()	DNS/DNF ()	DNS/DNF ()	DNS/DNF ()	DNS/DNF ()	00:00:00.000	N/A	N/A