

Group or Category	Pos in		Runner Details				Final Results		
	All	Cat	No	Cat	First Name	Last Name	Total	Lps	Remarks
Open Wom MTB 41km	1	1	109	LW	Belinda	Marais	02.31.41	1	
	2	2	218	LW	Frances	Ruddock	02.33.35	1	
	3	3	215	LW	Baredeen	Zietsman	02.36.14	1	
	4	4	199	LW	Karin	Steyn	02.43.16	1	
	5	5	120	LW	Rosa	Cilliers	02.48.36	1	
	6	6	163	LW	Annelie	De Bruijn	03.05.32	1	
	7	7	103	LW	Irmela	Alberts-Swart	03.12.46	1	
	8	8	200	LW	Sue	Stroh	03.18.44	1	
	9	9	182	LW	Elrita	Rooa	03.46.04	1	
	10	10	112	LW	Johanita	Binns	04.11.23	1	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Lps	Remarks
Open Men MTB 41km	1	1	174	LM	John	O'Connor	01.58.16	1	
	2	2	212	LM	Moolman	Welgemoed	01.58.20	1	
	3	3	188	LM	Wilfried	Schwabe	02.00.39	1	
	4	4	180	LM	Ryan	Richens	02.03.00	1	
	5	5	136	LM	Erik	Knoetze	02.03.00	1	
	6	6	175	LM	Mike	O'Donovan	02.04.59	1	
	7	7	179	LM	Andreas	Pyper	02.06.36	1	
	8	8	140	LM	Haydn	Franckeiss	02.06.59	1	
	9	9	172	LM	Erik	Minnie	02.07.04	1	
	10	10	134	LM	Michael	Dundulakis	02.07.09	1	
	11	11	189	LM	Peter	Schwellnus	02.07.11	1	
	12	12	198	LM	Christoff	Steyn	02.10.10	1	
	13	13	110	LM	James	Berry	02.10.37	1	
	14	14	107	LM	Daniel	Behm	02.16.06	1	
	15	15	106	LM	Anthony	Avidon	02.16.21	1	
	16	16	167	LM	Giuseppe	Lorusso	02.16.34	1	
	17	17	121	LM	Albert	Coetzee	02.17.17	1	
	18	18	147	LM	Dieter	Gutschow	02.18.06	1	
	19	19	224	LM	M L	Carstens	02.19.36	1	
	20	20	128	LM	Dawie	De Villiers	02.19.37	1	
	21	21	141	LM	George	McNulty	02.21.37	1	
	22	22	225	LM	Rudi	Van Rooyen	02.21.37	1	
	23	23	125	LM	Alto	De Kock	02.21.52	1	
	24	24	132	LM	George	Du Toit	02.22.01	1	
	25	25	190	LM	Craig	Shillaw	02.23.13	1	
	26	26	187	LM	Hendrik	Scholtz	02.24.53	1	
	27	27	206	LM	Robert	Van Staden	02.25.39	1	
	28	28	151	LM	Alton	Hodson	02.29.10	1	
	29	29	168	LM	Jannie	Louw	02.30.02	1	
	30	30	117	LM	Hein	Carse	02.31.12	1	
	31	31	213	LM	William	Marais	02.31.41	1	
	32	32	162	LM	Tiaan	Kriegler	02.36.14	1	
	33	33	196	LM	Casper	Steenkamp	02.39.10	1	
	34	34	127	LM	Lourens	De Paiva	02.39.10	1	
	35	35	230	LM	Conrad	Prins	02.40.00	1	
	36	36	123	LM	Chris	Conradie	02.40.47	1	
	37	37	178	LM	Heinrich	Punt	02.43.04	1	
	38	38	177	LM	Theo	Oosthuizen	02.43.40	1	
	39	39	208	LM	Pieter	Venter	02.44.55	1	
	40	40	157	LM	Fanus	Keyter	02.45.26	1	

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	All	Cat	No	Cat	First Name	Last Name	Total	Lps	Remarks
	41	41	214	LM	Warren	Young	02.47.48	1	
	42	42	165	LM	Hugo	Lambrechts	02.49.10	1	
	43	43	146	LM	Ricus	Groenewald	02.49.17	1	
	44	44	217	LM	Eddie	Erda	02.49.38	1	
	45	45	105	LM	Clive	Atterbury	02.49.43	1	
	46	46	143	LM	Wayne	Gibson	02.50.06	1	
	47	47	194	LM	Gawie	Spies	02.50.13	1	
	48	48	101	LM	Brent	Abrahamse	02.50.36	1	
	49	49	207	LM	Dawie	Van Wyk	02.51.08	1	
	50	50	148	LM	Cobus	Haasbroek	02.52.31	1	
	51	51	160	LM	Niel	Koch	02.52.33	1	
	52	52	171	LM	Riaan	Marais	02.52.34	1	
	53	53	142	LM	Shaun	Gerber	02.52.36	1	
	54	54	221	LM	Francois	Geldenhuis	02.53.19	1	
	55	55	108	LM	Martin	Behm	02.53.21	1	
	56	56	169	LM	Johan	Ludik	02.53.23	1	
	57	57	144	LM	Tinus	Gouws	02.54.10	1	
	58	58	226	LM	Carl	Roothman	02.54.16	1	
	59	59	173	LM	Craig	Mockford	02.54.24	1	
	60	60	114	LM	Cor	Booyesen	02.55.40	1	
	61	61	161	LM	Johan	Kriegler	02.56.12	1	
	62	62	104	LM	Andre	Rheeder	02.57.12	1	
	63	63	130	LM	Gavin	Downard	02.57.17	1	
	64	64	181	LM	Anthony	Rissik	02.59.36	1	
	65	65	166	LM	Jamey	Lipschitz	03.02.24	1	
	66	66	149	LM	Micah	Hattingh	03.02.31	1	
	67	67	113	LM	Christo	Bisschoff	03.08.10	1	
	68	68	197	LM	Durr	Steenkamp	03.08.41	1	
	69	69	159	LM	Chris	Koch	03.10.53	1	
	70	70	126	LM	Gerald	De Kock	03.18.37	1	
	71	71	192	LM	Johan	Smith	03.22.19	1	
	72	72	191	LM	Christo	Slabber	03.22.19	1	
	73	73	119	LM	Marc	Cash	03.26.37	1	
	74	74	158	LM	Gerhard	Kitching	03.26.41	1	
	75	75	153	LM	Vivien	Jonck	03.26.42	1	
	76	76	195	LM	Jan	Stander	03.26.44	1	
	77	77	231	LM	Jacques	Bekker	03.30.57	1	
	78	78	183	LM	Bertus	Roos	03.46.03	1	
	79	79	222	LM	Jaco	Van Der Westhuizen	03.58.06	1	
	80	80	116	LM	Jan	Burger	03.58.26	1	
	81	81	111	LM	Eugene	Binns	04.11.19	1	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Lps	Remarks
Open Wom MTB 14km	1	1	369	SW	Soreen	Gouws	00.50.26	1	
	2	2	351	SW	Nina	Adlem	00.53.07	1	
	3	3	152	SW	Ina	Knoetze	00.58.33	1	
	4	4	324	SW	Trudie	Lambrechts	00.58.34	1	
	5	5	306	SW	Zelda	De Paiva	00.58.36	1	
	6	6	325	SW	Nicole	Le Riche	01.01.36	1	
	7	7	331	SW	Amy	Rawlings	01.06.01	1	
	8	8	350	SW	Yolande	West	01.07.43	1	
	9	9	254	SW	Anneke	Prins	01.09.04	1	

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	All	Cat	No	Cat	First Name	Last Name	Total	Lps	Remarks
	10	10	154	SW	Ann-Mari	Joyce	01.12.20	1	
	11	11	193	SW	Ansulaine	Spies	01.14.57	1	
	12	12	314	SW	Magdel	Hougaard	01.15.23	1	
	13	13	312	SW	Anneline	Horn	01.22.14	1	
	14	14	360	SW	Taiani	Lange	01.22.21	1	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Lps	Remarks
Open Men MTB 14km	1	1	321	SM	Nardus	Krause	00.37.33	1	
	2	2	343	SM	Enrique	Van Rooyen	00.37.33	1	
	3	3	368	SM	Reagon	Graig	00.43.46	1	
	4	4	339	SM	Coen	Swart	00.43.50	1	
	5	5	315	SM	Nico	Hougaard	00.45.23	1	
	6	6	355	SM	Heinrich	Haasbroek	00.45.38	1	
	7	7	233	SM	Joshua	Du Toit	00.46.03	1	
	8	8	322	SM	Werner	Krause	00.46.49	1	
	9	9	336	SM	Johan	Smith	00.47.04	1	
	10	10	352	SM	Zach	De Kock	00.48.20	1	
	11	11	635	SM	Kyle	De Villiers	00.48.21	1	
	12	12	255	SM	Graham	Whitaker	00.50.57	1	
	13	13	102	SM	Dawie	Adlem	00.53.09	1	
	14	14	327	SM	Ruan	Louw	00.54.08	1	
	15	15	137	SM	Solly	Ferreira	00.54.46	1	
	16	16	234	SM	James	Du Toit	00.55.21	1	
	17	17	232	SM	Dennis	Du Toit	00.55.24	1	
	18	18	337	SM	Liam	Stander	00.57.26	1	
	19	19	115	SM	Kooi	Botha	00.58.47	1	
	20	20	363	SM	Johan	Botha	00.58.54	1	
	21	21	345	SM	David	Van Wyk	00.59.03	1	
	22	22	353	SM	Reuben	Kruger	00.59.52	1	
	23	23	164	SM	Francois	Krüger	00.59.55	1	
	24	24	305	SM	Lood	Conradie	01.00.22	1	
	25	25	311	SM	Danie	Hattingh	01.05.22	1	
	26	26	313	SM	Jacques	Horn	01.06.04	1	
	27	27	303	SM	Marius	Brand	01.06.05	1	
	28	28	304	SM	Johan	Brasler	01.07.17	1	
	29	29	344	SM	Martin	Van Rooyen	01.07.19	1	
	30	30	319	SM	Pieter	Kotze	01.07.37	1	
	31	31	335	SM	Izak	Smith	01.07.42	1	
	32	32	340	SM	Johann	Taljaard	01.07.45	1	
	33	33	253	SM	Andre	Prins	01.09.00	1	
	34	34	186	SM	Martin	Scheepers	01.09.54	1	
	35	35	156	SM	Freddie	Kamfer	01.09.54	1	
	36	36	334	SM	Shane	Samaai	01.10.47	1	
	37	37	150	SM	Brian	Heunis	01.10.48	1	
	38	38	332	SM	Luke	Rissik	01.10.49	1	
	39	39	316	SM	Dean	Howburg	01.10.52	1	
	40	40	356	SM	Cherwyn	Marcus	01.11.25	1	
	41	41	155	SM	Guy	Joyce	01.12.23	1	
	42	42	328	SM	Brendon	Lucke	01.23.28	1	
	43	43	229	SM	J C	Bekker	02.20.21	1	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Lps	Remarks
Open Wom RUN 8km	1	1	401	RW	Adriette	Booyesen	00.42.33	1	

Group or Category	Pos in		Runner Details				Final Results		
	All	Cat	No	Cat	First Name	Last Name	Total	Lps	Remarks
	2	2	439	RW	Karen	Wentzel	00.44.30	1	
	3	3	444	RW	Roxy	Louw	00.44.35	1	
	4	4	418	RW	Shirley	Milne	00.46.32	1	
	5	5	420	RW	Neda	O'Donovan	00.48.03	1	
	6	6	428	RW	Hannelle	Smith	00.48.16	1	
	7	7	415	RW	Rosemary	Jonck	00.48.28	1	
	8	8	424	RW	Katherine	Rissik	00.48.48	1	
	9	9	442	RW	Lindie	Rudman	00.52.26	1	
	10	10	411	RW	Claire	Gibson	00.52.31	1	
	11	11	427	RW	Tania	Schwabe	00.53.50	1	
	12	12	426	RW	Karla	Roux	00.55.19	1	
	13	13	458	RW	Lita	Roux	01.00.40	1	
	14	14	414	RW	Brigitte	Haasbroek	01.01.42	1	
	15	15	431	RW	Lizel	Visser	01.03.18	1	
	16	16	410	RW	Pauli	Geldenhuis	01.04.11	1	
	17	17	436	RW	Jeanmarie	Conradie	01.14.46	1	
	18	18	445	RW	Yolandie	Ramsden	01.19.55	1	
	19	19	429	RW	Michele	Taljaard	01.23.15	1	
	20	20	404	RW	Delmarie	Cash	01.23.15	1	
Category	All	Cat	No	Cat	First Name	Last Name	Total	Lps	Remarks
Open Men RUN 8km	1	1	402	RM	Richard	Bray	00.41.48	1	
	2	2	425	RM	J P	Roux	00.41.56	1	
	3	3	459	RM	Lodric	Roux	00.44.11	1	
	4	4	406	RM	Jaco	Coetzee	00.45.40	1	
	5	5	440	RM	Rassie	Wentzel	00.47.34	1	
	6	6	416	RM	Conrad	Koorts	00.48.23	1	
	7	7	438	RM	Craig	Hoom	00.49.05	1	
	8	8	460	RM	Robert	Roux	00.50.14	1	
	9	9	433	RM	Cornelius	Vivier	00.50.27	1	
	10	10	409	RM	Johan	Geldenhuis	00.54.27	1	
	11	11	419	RM	Charles	Nel	00.56.25	1	
	12	12	437	RM	Danie	Conradie	00.56.39	1	
	13	13	432	RM	Simon	Visser	01.03.18	1	
	14	14	413	RM	Reagon	Graig	01.18.36	1	
	15	15	443	RM	Gareth	Ramsden	01.20.01	1	