

PROTYRE 10KM - PORT ELIZABETH - 2002/01/18

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|------------|---------------|-------------|----------------|-------------|------------|------------|------------|------------|
| 1 | 568 | SIMPHIWE | NTANTISO | ABERCAB | M | 31 | SM | 0.30.08 |
| 2 | 559 | LAWRENCE | NTANTISO | TEMP | M | 29 | SM | 0.30.08 |
| 3 | 2828 | WAYNE | GALLANT | LIBNIKE | M | 27 | SM | 0.30.21 |
| 4 | 2827 | DESMOND | ZIBI | LIBNIKE | M | 38 | SVM | 0.31.04 |
| 5 | 466 | GEORGE | NTSHILIZA | NEWBAL | M | 22 | SM | 0.31.39 |
| 6 | 2831 | DESMOND | WITBOOI | LIBNIKE | M | 29 | SM | 0.31.52 |
| 7 | 2814 | KEVIN | GASEBO | LIBNIKE | M | 21 | SM | 0.31.54 |
| 8 | 455 | ERIC | SIGXASHE | NEWBAL | M | 23 | SM | 0.32.00 |
| 9 | 464 | MASIXOLE | DLAKU | NEWBAL | M | 23 | SM | 0.32.10 |
| 10 | 127 | LEWIS | SKADE | ATALAAC | M | 23 | SM | 0.32.24 |
| 11 | 462 | ZACHARIAH | MOSALA | NEWBAL | M | 41 | VM | 0.32.30 |
| 12 | 480 | XOLILE | ZAKE | NEWBAL | M | 26 | SM | 0.32.33 |
| 13 | 2826 | MPUMELELO | NDLUMBINI | LIBNIKE | M | 26 | SM | 0.32.36 |
| 14 | 545 | | DISQUALIFIED | TEMP | M | 21 | SM | 0.32.43 |
| 15 | 2052 | CHRISTOPHER | GOUWS | NOKIA | M | 25 | SM | 0.33.00 |
| 16 | 1574 | THEMBINKOSI | TSHOTYANA | RFLPE | M | 28 | SM | 0.33.19 |
| 17 | 476 | DARRELL | WICHT | NEWBAL | M | 38 | SVM | 0.33.25 |
| 18 | 2139 | QUENTIN | JEWATZCHEWITZ | NOKIA | M | 21 | SM | 0.33.28 |
| 19 | 1628 | MAXWELL | QUSHEKA | WILLARD | M | 26 | SM | 0.33.33 |
| 20 | 1715 | BENJAMIN | SESING | PETECH | M | 21 | SM | 0.33.48 |
| 21 | 428 | KGOTSO | MAJARA | RISE | M | 21 | SM | 0.33.53 |
| 22 | 2824 | HANS | JACOBS | LIBNIKE | M | 33 | SM | 0.33.54 |
| 23 | 1261 | LUVUYO | STEPHEN | MPUPE | M | 31 | SM | 0.33.57 |
| 24 | 2740 | SHADRICK | FLIP | ELITEAC | M | 22 | SM | 0.34.05 |
| 25 | 561 | THEMBEKILE | MSIPA | TEMP | M | 27 | SM | 0.34.10 |
| 26 | 465 | DAVID | CHAWANE | NEWBAL | M | 42 | VM | 0.34.17 |
| 27 | 122 | CHRISTOPHER | MABENGEZA | ATALAAC | M | 35 | SVM | 0.34.28 |
| 28 | 546 | ZUKISA | NAMA | TEMP | M | 16 | JM | 0.34.33 |
| 29 | 1879 | VUSUMZI | MTONGANA | PPCRR | M | 31 | SM | 0.34.36 |
| 30 | 451 | SIZWE | SOLANI | TEMP | M | 23 | SM | 0.34.39 |
| 31 | 562 | TOZAMILE | VAKAZA | TEMP | M | 27 | SM | 0.34.43 |
| 32 | 471 | MARIUS | STANDER | NEWBAL | M | 33 | SM | 0.34.44 |
| 33 | 2076 | SIDWEL | ROBOSHI | NOKIA | M | 42 | VM | 0.34.46 |
| 34 | 1425 | AUGUST | ESAU | SAPPE | M | 31 | SM | 0.34.49 |
| 35 | 1709 | THOZAMILE | BOKOLO | PETECH | M | 39 | SVM | 0.34.51 |
| 36 | 565 | LUVUYO | DYANI | ABERCAB | M | 31 | SM | 0.35.04 |
| 37 | 53 | THOBILE | XATA | TEMP | M | 27 | SM | 0.35.18 |
| 38 | 541 | HANSON | SINGAPHI | TEMP | M | 24 | SM | 0.35.31 |
| 39 | 277 | ANDILE | GO | CSEP | M | 30 | SM | 0.35.35 |
| 40 | 257 | COLLIN | DANI | CSEP | M | 34 | SM | 0.35.42 |
| 41 | 461 | ANDREW | SCHEEPERS | NEWBAL | M | 27 | SM | 0.35.43 |
| 42 | 1321 | XOLILE | SOMBALO | MPUPE | M | 29 | SM | 0.35.44 |
| 43 | 2825 | CHASLIN | PETERS | LIBNIKE | M | 25 | SM | 0.35.52 |
| 44 | 2095 | ANTHONY | GREEN | NOKIA | M | 20 | SM | 0.35.55 |
| 45 | 2092 | DEON | APPOLLIS | NOKIA | M | 22 | SM | 0.35.58 |
| 46 | 547 | SIYABONGA | MKAZA | TEMP | M | 17 | JM | 0.36.19 |
| 47 | 1576 | WELLINGTON | TYEKE | RFLPE | M | 47 | VM | 0.36.20 |
| 48 | 568 | VUYANI | KULA | TEMP | M | 27 | SM | 0.36.22 |
| 49 | 579 | XOLILE | FULELO | ABERCAB | M | 33 | SM | 0.36.22 |
| 50 | 463 | ANDRIES | MOSS | NEWBAL | M | 24 | SM | 0.36.25 |
| 51 | 522 | RANDALL | CUNNINGHAM | TEMP | M | 40 | VM | 0.36.26 |
| 52 | 572 | DEREK | CREED | TEMP | M | 30 | SM | 0.36.27 |
| 53 | 1500 | PIETER | KAPP | SAPPE | M | 41 | VM | 0.36.29 |
| 54 | 21 | COLBEN | NGCUPE | PEAAC | M | 38 | SVM | 0.36.33 |
| 55 | 1457 | STEPHAN | BOTHA | SAPPE | M | 33 | SM | 0.36.34 |
| 56 | 2177 | FERDINAND | GROBLER | NOKIA | M | 43 | VM | 0.36.34 |
| 57 | 1624 | MERVYN | JOHNSON | WILLARD | M | 28 | SM | 0.36.35 |
| 58 | 452 | ANDRE | PIEHL | TEMP | M | 31 | SM | 0.36.36 |
| 59 | 1032 | JACOB | ABRAHAM | BODYCON | M | 35 | SVM | 0.36.37 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|--------|-------------|--------------|---------|-----|-----|-----|---------|
| 60 | 1903 | AARON | MATYUMZA | BLUEBAY | M | 33 | SM | 0.36.41 |
| 61 | 2154 | TAMSANQA | JUSAYI | NOKIA | M | 59 | MM | 0.36.42 |
| 62 | 1602 | ERROL | KOERT | WILLARD | M | 25 | SM | 0.36.43 |
| 63 | 1332 | NEIL | DE MEILLON | NEWBAL | M | 38 | SVM | 0.36.47 |
| 64 | 527 | MICHAEL | HENDRICKS | TEMP | M | 25 | SM | 0.36.48 |
| 65 | 2153 | BILLY BOY | KIETAS | NOKIA | M | 27 | SM | 0.36.49 |
| 66 | 2355 | GILROY | DOMINGO | VWAC | M | 29 | SM | 0.36.50 |
| 67 | 571 | ZUKILE | PIPE | TEMP | M | 23 | SM | 0.36.54 |
| 68 | 565 | CHRIS | ANTONIE | TEMP | M | 33 | SM | 0.36.58 |
| 69 | 235 | MBULELO | SAMPIES | CSEP | M | 34 | SM | 0.37.01 |
| 70 | 2953 | GEDDES | GALLANT | SANDFEP | M | 35 | SVM | 0.37.03 |
| 71 | 2658 | ANTHONY | BUTTON | ELITEAC | M | 39 | SVM | 0.37.05 |
| 72 | 134 | SITHEMBELE | NDLUMBINI | ATALAAC | M | 26 | SM | 0.37.11 |
| 73 | 1627 | KAASHIF | PIETERSEN | WILLARD | M | 25 | SM | 0.37.25 |
| 74 | 2820 | EDGAR | VAN REENEN | LIBNIKE | M | 25 | SM | 0.37.28 |
| 75 | 460 | LUNGA | JAVU | TEMP | M | 28 | SM | 0.37.29 |
| 76 | 580 | RONNIE | SEPTEMBER | ABERCAB | M | 35 | SVM | 0.37.30 |
| 77 | 482 | NKOHLA | ZUKO | TEMP | M | 24 | SM | 0.37.30 |
| 78 | 474 | LINDSAY | PETERS | TEMP | M | 27 | SM | 0.37.33 |
| 79 | 2957 | NELSON | VLAKBOK | SANDFEP | M | 37 | SVM | 0.37.34 |
| 80 | 250 | JOHANNES | JONCK | CSEP | M | 28 | SM | 0.37.35 |
| 81 | 581 | VUYANI | MATEBESE | ABERCAB | M | 17 | JM | 0.37.38 |
| 82 | 42 | MZIMASI | MODI | TEMP | M | 21 | SM | 0.37.38 |
| 83 | 2451 | JEREMY | LANGEVELD | X-CEL | M | 33 | SM | 0.37.39 |
| 84 | 2708 | LEONARD | CARELS | ELITEAC | M | 35 | SVM | 0.37.41 |
| 85 | 448 | KENNETH | PAKADE | TEMP | M | 29 | SM | 0.37.43 |
| 86 | 2126 | GLADWELL | RUSELO | NOKIA | M | 35 | SVM | 0.37.44 |
| 87 | 2027 | FANIE | CLAASSEN | NOKIA | M | 44 | VM | 0.37.45 |
| 88 | 2147 | IGGY | FERREIRA | NOKIA | M | 29 | SM | 0.37.46 |
| 89 | 1197 | ANDREW | MACKENZIE | ACH | M | 28 | SM | 0.37.47 |
| 90 | 2809 | MTHAKAZELI | MNYANDA | LIBNIKE | M | 16 | JM | 0.37.50 |
| 91 | 2146 | ASHLEY | VAN DER WATT | NOKIA | M | 37 | SVM | 0.37.52 |
| 92 | 1163 | ROBIN | FOURIE | ACH | M | 38 | SVM | 0.37.56 |
| 93 | 2830 | JOSEPH | SKEI | LIBNIKE | M | 43 | VM | 0.37.58 |
| 94 | 453 | ADRIAN | GOUWS | NEWBAL | M | 28 | SM | 0.37.59 |
| 95 | 136 | CLIFF | COMMONS | ATALAAC | M | 27 | SM | 0.38.01 |
| 96 | 2143 | MAKHAYA | MAGADA | NOKIA | M | 37 | SVM | 0.38.02 |
| 97 | 543 | HUGH | TEMBO | TEMP | M | 17 | JM | 0.38.07 |
| 98 | 503 | SLULAMI | JACK | TEMP | M | 26 | SM | 0.38.12 |
| 99 | 1885 | BUNTU | JINA | PPCRR | M | 23 | SM | 0.38.12 |
| 100 | 2353 | TERENCE | TITUS | VWAC | M | 18 | JM | 0.38.12 |
| 101 | 1577 | STEVEN | FANELLA | RFLPE | M | 38 | SVM | 0.38.13 |
| 102 | 1226 | PATRICK | KLAAS | MPUPE | M | 37 | SVM | 0.38.15 |
| 103 | 2818 | CEDRIC | LIBERTY | LIBNIKE | M | 24 | SM | 0.38.16 |
| 104 | 1673 | MARTIN | ADAMS | WILLARD | M | 37 | SVM | 0.38.21 |
| 105 | 1604 | JEROME | PLAATJIES | WILLARD | M | 43 | VM | 0.38.33 |
| 106 | 1906 | ANTON | DE FREITAS | BLUEBAY | M | 46 | VM | 0.38.42 |
| 107 | 1564 | SHAKESPEARE | MAGAGA | RFLPE | M | 45 | VM | 0.38.45 |
| 108 | 1606 | ANDREW | JONAS | WILLARD | M | 37 | SVM | 0.38.47 |
| 109 | 2097 | KENNETH | SCOUT | NOKIA | M | 42 | VM | 0.38.51 |
| 110 | 524 | SIMON | UNKNOWN | TEMP | M | 34 | SM | 0.38.58 |
| 111 | 722 | BARON | NAUDE | CRUSADE | M | 24 | SM | 0.38.58 |
| 112 | 48 | PRINCE | PHILLIPS | TEMP | M | 38 | SVM | 0.39.02 |
| 113 | 2858 | MAUREEN | DLADLA | LIBNIKE | F | 22 | SF | 0.39.08 |
| 114 | 2183 | HENDRIK | VAN WYK | NOKIA | M | 37 | SVM | 0.39.14 |
| 115 | 1180 | SHAUN | KORKIE | ACH | M | 18 | JM | 0.39.18 |
| 116 | 544 | KURT | FORBES | TEMP | M | 17 | JM | 0.39.26 |
| 117 | 2962 | FIKILE | SEYA | SANDFEP | M | 48 | VM | 0.39.28 |
| 118 | 434 | QUINTON | FOURIE | TEMP | M | 33 | SM | 0.39.29 |
| 119 | 1138 | KEITH | WRIGHT | ACH | M | 44 | VM | 0.39.35 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|--------|------------|------------|---------|-----|-----|-----|---------|
| 120 | 2823 | WILLIAM | JULIUS | LIBNIKE | M | 29 | SM | 0.39.40 |
| 121 | 1462 | CARL | TERBLANCHE | SAPPE | M | 31 | SM | 0.39.40 |
| 122 | 560 | RONALD | JACOBS | TEMP | M | 32 | SM | 0.39.42 |
| 123 | 2956 | RICHARD | JONKERS | SANDFEP | M | 34 | SM | 0.39.43 |
| 124 | 2217 | MICHAEL | MAGSON | FITEP | M | 25 | SM | 0.39.45 |
| 125 | 2736 | PLAATJIE | HENDRICKS | ELITEAC | M | 32 | SM | 0.39.46 |
| 126 | 559 | CYRIL | UNKNOWN | TEMP | M | 18 | JM | 0.39.47 |
| 127 | 1431 | CISCE | COETZEE | SAPPE | M | 32 | SM | 0.39.48 |
| 128 | 1103 | CHRIS | TERBLANCHE | ACH | M | 46 | VM | 0.39.48 |
| 129 | 2112 | DUANE | LERM | NOKIA | M | 30 | SM | 0.39.50 |
| 130 | 2104 | JOSEPH | HOTATA | NOKIA | M | 52 | MM | 0.39.52 |
| 131 | 1254 | GEORGE | BUKA | MPUPE | M | 31 | SM | 0.39.53 |
| 132 | 239 | MZIWABANTU | NYATI | CSEP | M | 28 | SM | 0.39.55 |
| 133 | 207 | GRAHAM | BUBB | CSEP | M | 33 | SM | 0.39.55 |
| 134 | 526 | LEONARD | ERASMUS | TEMP | M | 43 | VM | 0.39.57 |
| 135 | 2655 | IVAN | SLABBERT | ELITEAC | M | 37 | SVM | 0.40.01 |
| 136 | 2816 | TONY | BECK | LIBNIKE | M | 41 | VM | 0.40.09 |
| 137 | 2525 | WAYNE | GOLIATH | SOMEAST | M | 28 | SM | 0.40.10 |
| 138 | 1516 | DEON | PRETORIUS | SAPPE | M | 36 | SVM | 0.40.12 |
| 139 | 1708 | MONDE | BEKAPHI | PETECH | M | 26 | SM | 0.40.13 |
| 140 | 1409 | SHARON | ZEELIE | SAPPE | F | 30 | SVF | 0.40.14 |
| 141 | 2039 | DONEVIN | LESCH | NOKIA | M | 28 | SM | 0.40.21 |
| 142 | 501 | WELLINGTON | MATISO | TEMP | M | 45 | VM | 0.40.24 |
| 143 | 1044 | CHRISTELLE | DE JAGER | BODYCON | F | 40 | VF | 0.40.26 |
| 144 | 51 | ZWAI | VENA | TEMP | M | 30 | SM | 0.40.36 |
| 145 | 264 | DONOVAN | PEO | CSEP | M | 21 | SM | 0.40.42 |
| 146 | 1113 | REG | FRIDEY | ACH | M | 37 | SVM | 0.40.42 |
| 147 | 2181 | PIET | MEYER | NOKIA | M | 52 | MM | 0.40.43 |
| 148 | 472 | NKOSINATHI | GALA | TEMP | M | 26 | SM | 0.40.45 |
| 149 | 548 | TIMOTHY | NJOKWENI | TEMP | M | 32 | SM | 0.40.48 |
| 150 | 505 | MICHAEL | BARNARDO | TEMP | M | 34 | SM | 0.40.49 |
| 151 | 465 | CHRIS | MEYER | TEMP | M | 25 | SM | 0.41.01 |
| 152 | 2030 | HELGARD | POTGIETER | NOKIA | M | 29 | SM | 0.41.05 |
| 153 | 1077 | GARRETH | JACOBSON | BODYCON | M | 26 | SM | 0.41.06 |
| 154 | 2206 | HANNES | ELS | FITEP | M | 52 | MM | 0.41.07 |
| 155 | 600 | VUYO | VIMBAYO | ABERCAB | M | 20 | SM | 0.41.08 |
| 156 | 2427 | LAWRENCE | CUNNINGHAM | X-CEL | M | 34 | SM | 0.41.08 |
| 157 | 2716 | LAWRENCE | PRINCE | ELITEAC | M | 33 | SM | 0.41.15 |
| 158 | 1148 | PERCY | DALTON | ACH | M | 53 | MM | 0.41.16 |
| 159 | 1672 | PETER | BASHELA | WILLARD | M | 49 | VM | 0.41.26 |
| 160 | 2474 | TOMMY | FALTAIN | X-CEL | M | 39 | SVM | 0.41.29 |
| 161 | 2620 | WARREN | GRIFFITHS | MUIRITE | M | 36 | SVM | 0.41.30 |
| 162 | 1287 | MONWABISI | MPULU | MPUPE | M | 42 | VM | 0.41.30 |
| 163 | 2955 | BETHUEL | NOMKHALA | SANDFEP | M | 39 | SVM | 0.41.31 |
| 164 | 473 | ISAAC | WILLIAMS | TEMP | M | 38 | SVM | 0.41.32 |
| 165 | 1641 | SIZINZO | KAMA | WILLARD | M | 50 | MM | 0.41.32 |
| 166 | 1530 | JACO | VAN ZYL | SAPPE | M | 36 | SVM | 0.41.32 |
| 167 | 1036 | KEITH | WATTRUS | BODYCON | M | 43 | VM | 0.41.34 |
| 168 | 2454 | DAVID | SWANEPOEL | X-CEL | M | 42 | VM | 0.41.35 |
| 169 | 1156 | BRUCE | MCEWAN | ACH | M | 48 | VM | 0.41.35 |
| 170 | 1090 | ANDRE | LOOTS | BODYCON | M | 39 | SVM | 0.41.36 |
| 171 | 1529 | PIERRE | KNOESEN | SAPPE | M | 47 | VM | 0.41.41 |
| 172 | 772 | JAMES | PARKER | CRUSADE | M | 35 | SVM | 0.41.42 |
| 173 | 2232 | SHANE | NORRIS | FITEP | M | 27 | SM | 0.41.46 |
| 174 | 2481 | WILLIAM | REINTJIES | X-CEL | M | 48 | VM | 0.41.47 |
| 175 | 454 | XOLILE | GUQAZA | TEMP | M | 44 | VM | 0.41.48 |
| 176 | 456 | MARGIE | SAUNDERS | NEWBAL | F | 48 | MF | 0.41.48 |
| 177 | 1467 | JEFFREY | STRAUSS | SAPPE | M | 52 | MM | 0.41.49 |
| 178 | 1168 | ANDREW | PORTER | ACH | M | 30 | SM | 0.41.50 |
| 179 | 2211 | ALLAN | BRIDGETT | FITEP | M | 34 | SM | 0.41.50 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|--------|------------|-------------|---------|-----|-----|-----|---------|
| 180 | 1548 | WAYNE | DE LANGE | RFLPE | M | 27 | SM | 0.41.51 |
| 181 | 1582 | JANNIE | VAN GREUNEN | RFLPE | M | 45 | VM | 0.41.51 |
| 182 | 1420 | HEIN | BADENHORST | SAPPE | M | 32 | SM | 0.41.53 |
| 183 | 2225 | JANE | LEVY | FITEP | F | 26 | SF | 0.41.53 |
| 184 | 1551 | ALAN | TAYLOR | RFLPE | M | 44 | VM | 0.41.55 |
| 185 | 1111 | GRAHAM | CHANNON | ACH | M | 52 | MM | 0.41.55 |
| 186 | 481 | TONY | KLAASEN | TEMP | M | 40 | VM | 0.42.11 |
| 187 | 855 | MICHAEL | WITTHUHN | ALBANY | M | 40 | VM | 0.42.13 |
| 188 | 555 | SHAWN | DU TOIT | TEMP | M | 29 | SM | 0.42.18 |
| 189 | 2724 | GIDEON | VAN ZYL | ELITEAC | M | 50 | MM | 0.42.21 |
| 190 | 2058 | WERNER | CLAASSEN | NOKIA | M | 37 | SVM | 0.42.21 |
| 191 | 429 | SITHEMBILE | MPAKO | RISE | M | 41 | VM | 0.42.23 |
| 192 | 1538 | DANIEL | RABIE | RFLPE | M | 31 | SM | 0.42.26 |
| 193 | 2216 | BASIL | MC LEAN | FITEP | M | 42 | VM | 0.42.28 |
| 194 | 2741 | CONRAD | CLOETE | ELITEAC | M | 30 | SM | 0.42.29 |
| 195 | 1330 | MARINDA | CRONJE | MPUPE | F | 37 | VF | 0.42.30 |
| 196 | 1412 | LOUIS | SWIEGELAAR | SAPPE | M | 35 | SVM | 0.42.31 |
| 197 | 1421 | FRANCOIS | SMITH | SAPPE | M | 30 | SM | 0.42.32 |
| 198 | 570 | JUAN | VAN EYK | TEMP | M | 26 | SM | 0.42.33 |
| 199 | 221 | NEVILLE | MULLER | CSEP | M | 35 | SVM | 0.42.35 |
| 200 | 1439 | SAM | ERASMUS | SAPPE | M | 44 | VM | 0.42.37 |
| 201 | 269 | JOHAN | BARNARD | CSEP | M | 46 | VM | 0.42.39 |
| 202 | 2452 | ARTHUR | GROOTBOOM | X-CEL | M | 46 | VM | 0.42.40 |
| 203 | 1652 | DERRICK | HOSHE | WILLARD | M | 43 | VM | 0.42.41 |
| 204 | 1003 | MARIUS | VAN EYK | BODYCON | M | 37 | SVM | 0.42.43 |
| 205 | 1314 | DAVID | ENSLIN | MPUPE | M | 43 | VM | 0.42.50 |
| 206 | 10 | MZUKISI | HOGWANA | TEMP | M | 32 | SM | 0.42.51 |
| 207 | 1142 | TONY | KILROE | ACH | M | 46 | VM | 0.42.53 |
| 208 | 2801 | BRIAN | MRWETYANA | LIBNIKE | M | 46 | VM | 0.42.55 |
| 209 | 1612 | CHARLES | BARMAN | WILLARD | M | 43 | VM | 0.42.56 |
| 210 | 2358 | WILFRED | FRASER | VWAC | M | 45 | VM | 0.42.57 |
| 211 | 484 | CELESTE | SWART | NEWBAL | F | 32 | SVF | 0.42.59 |
| 212 | 1063 | BRIAN | MCKAY | BODYCON | M | 47 | VM | 0.43.00 |
| 213 | 1416 | MERVYN | MALGAS | SAPPE | M | 40 | VM | 0.43.00 |
| 214 | 852 | ELSPETH | WITTHUHN | ALBANY | F | 33 | SVF | 0.43.02 |
| 215 | 22 | EVERT | VAN TONDER | TEMP | M | 24 | SM | 0.43.03 |
| 216 | 310 | SHAUN | LATOLA | KAROO | M | 26 | SM | 0.43.03 |
| 217 | 2089 | ANDRE | BARNARD | NOKIA | M | 40 | VM | 0.43.04 |
| 218 | 1658 | VERNON | NEWFELDT | WILLARD | M | 35 | SVM | 0.43.07 |
| 219 | 2124 | PAUL | STEFFENS | NOKIA | M | 50 | MM | 0.43.10 |
| 220 | 2464 | MFUNDO | MUSA | X-CEL | M | 34 | SM | 0.43.11 |
| 221 | 1064 | PAULETTE | FRASER | BODYCON | F | 36 | VF | 0.43.11 |
| 222 | 1419 | CHARLES | CAMPHER | SAPPE | M | 45 | VM | 0.43.12 |
| 223 | 23 | SHANE | BROWN | PEAAC | M | 41 | VM | 0.43.15 |
| 224 | 494 | FRITZ | KOCH | TEMP | M | 33 | SM | 0.43.19 |
| 225 | 75 | MARK | ROCKMAN | PEAAC | M | 33 | SM | 0.43.20 |
| 226 | 1957 | EDDIE | GILLMORE | BLUEBAY | M | 44 | VM | 0.43.21 |
| 227 | 2214 | DAVERA | MAGSON | FITEP | F | 27 | SF | 0.43.22 |
| 228 | 1189 | TONY | BOARDMAN | ACH | M | 42 | VM | 0.43.23 |
| 229 | 63 | ELIAS | KASE | PEAAC | M | 32 | SM | 0.43.28 |
| 230 | 1022 | BRUCE | BARKER | TEMP | M | 43 | VM | 0.43.30 |
| 231 | 1923 | COLIN | PARKINS | BLUEBAY | M | 48 | VM | 0.43.30 |
| 232 | 2142 | PIETER | STRYDOM | NOKIA | M | 40 | VM | 0.43.32 |
| 233 | 496 | RICHARD | LIBERTY | TEMP | M | 22 | SM | 0.43.33 |
| 234 | 786 | PAULA | WILSON | CRUSADE | F | 25 | SF | 0.43.34 |
| 235 | 759 | RICK | ALLSOPP | CRUSADE | M | 41 | VM | 0.43.35 |
| 236 | 2063 | DANIEL | PIETERSE | NOKIA | M | 39 | SVM | 0.43.35 |
| 237 | 2975 | MARIUS | BOTHA | SANDFEP | M | 43 | VM | 0.43.38 |
| 238 | 1474 | JOHN | WINDVOGEL | SAPPE | M | 36 | SVM | 0.43.39 |
| 239 | 225 | KERNEELS | MEINTJIES | CSEP | M | 42 | VM | 0.43.41 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|--------|-------------|--------------|---------|-----|-----|-----|---------|
| 240 | 1430 | RIAN | SMALBERGER | SAPPE | M | 47 | VM | 0.43.43 |
| 241 | 2110 | DANIE | NEL | NOKIA | M | 64 | GM | 0.43.43 |
| 242 | 2737 | PIETER | DRAGHOENDER | ELITEAC | M | 55 | MM | 0.43.48 |
| 243 | 1055 | ALAN | PIETERSE | PDAC | M | 41 | VM | 0.43.50 |
| 244 | 657 | GERHARD | LEMMER | WAC | M | 35 | SVM | 0.43.51 |
| 245 | 1216 | LINDILE | VEZILE | MPUPE | M | 34 | SM | 0.43.53 |
| 246 | 1621 | MARIUS | PRINCE | WILLARD | M | 27 | SM | 0.43.54 |
| 247 | 1346 | GERARD | VON LEVETZOW | MPUPE | M | 45 | VM | 0.44.00 |
| 248 | 431 | LUPUMLO | NDZUBE | TEMP | M | 31 | SM | 0.44.06 |
| 249 | 258 | HARODENE | COLEMAN | CSEP | M | 31 | SM | 0.44.13 |
| 250 | 229 | CHRIS | MULLER | CSEP | M | 46 | VM | 0.44.21 |
| 251 | 2854 | DUNCAN | BOEZAAK | LIBNIKE | M | 33 | SM | 0.44.22 |
| 252 | 791 | CHRISTOFF | OPPERMAN | CRUSADE | M | 31 | SM | 0.44.23 |
| 253 | 1506 | MORNAY | VAN DER WATT | SAPPE | M | 32 | SM | 0.44.24 |
| 254 | 514 | JOHAN | MELLWESEN | TEMP | M | 27 | SM | 0.44.25 |
| 255 | 1144 | KEN | BARWOOD | ACH | M | 46 | VM | 0.44.31 |
| 256 | 1104 | ROY | CARTMEL | ACH | M | 60 | GM | 0.44.36 |
| 257 | 449 | BRETT | SCHEEPERS | TEMP | M | 29 | SM | 0.44.38 |
| 258 | 1062 | PADDY | HODGSON | BODYCON | M | 38 | SVM | 0.44.43 |
| 259 | 1553 | LES | BRIGHTMAN | RFLPE | M | 53 | MM | 0.44.47 |
| 260 | 254 | RONALD | COLEMAN | CSEP | M | 32 | SM | 0.44.54 |
| 261 | 230 | JOHN | PEO | CSEP | M | 52 | MM | 0.44.56 |
| 262 | 34 | SHARON | JESSOP | TEMP | F | 31 | SVF | 0.44.57 |
| 263 | 2072 | CHRISTOPHER | COCKCROFT | NOKIA | M | 45 | VM | 0.44.57 |
| 264 | 2237 | GORDON | SMART | FITEP | M | 44 | VM | 0.44.58 |
| 265 | 456 | PATRICK | BILLSON | TEMP | M | 39 | SVM | 0.44.58 |
| 266 | 2155 | AUBREY | LE ROUX | NOKIA | M | 48 | VM | 0.44.59 |
| 267 | 2738 | GEORGE | BOTHA | ELITEAC | M | 48 | VM | 0.45.01 |
| 268 | 433 | DAVID | PELLS | TEMP | M | 41 | VM | 0.45.09 |
| 269 | 1129 | LARRY | RICHARDSON | ACH | M | 59 | MM | 0.45.10 |
| 270 | 1486 | JACQUES | SNYMAN | SAPPE | M | 33 | SM | 0.45.12 |
| 271 | 2492 | CHESTER | BROOKS | X-CEL | M | 43 | VM | 0.45.12 |
| 272 | 260 | BENNIE | THYSSE | CSEP | M | 44 | VM | 0.45.14 |
| 273 | 2065 | ARTHUR | WILLIAMS | NOKIA | M | 39 | SVM | 0.45.15 |
| 274 | 483 | BUYELWA | KOBOKANA | TEMP | F | 36 | VF | 0.45.18 |
| 275 | 2148 | FREDERIK | SWANEPOEL | NOKIA | M | 34 | SM | 0.45.19 |
| 276 | 2422 | JEROME | MAY | X-CEL | M | 35 | SVM | 0.45.23 |
| 277 | 504 | FRANCOIS | MYBURTH | TEMP | M | 15 | JM | 0.45.29 |
| 278 | 1049 | STEPHEN | FRASER | BODYCON | M | 37 | SVM | 0.45.29 |
| 279 | 2455 | EBRAHIM | FANTON | X-CEL | M | 40 | VM | 0.45.34 |
| 280 | 2486 | DEAN | KIVIDO | X-CEL | M | 30 | SM | 0.45.36 |
| 281 | 2974 | LARRIGAN | DEVINE | SANDFEP | M | 36 | SVM | 0.45.37 |
| 282 | 751 | GRANT | BRETTZKE | CRUSADE | M | 43 | VM | 0.45.41 |
| 283 | 1423 | VURDEN | VAN NIEKERK | RFLPE | M | 33 | SM | 0.45.42 |
| 284 | 2463 | DAVID | O'RIELLY | X-CEL | M | 54 | MM | 0.45.43 |
| 285 | 2973 | PIERRE | DU PLESSIS | SANDFEP | M | 39 | SVM | 0.45.44 |
| 286 | 2870 | NANDIPHA | ZAKE | LIBNIKE | F | 24 | SF | 0.45.44 |
| 287 | 2060 | BARNEY | KRUGER | NOKIA | M | 49 | VM | 0.45.48 |
| 288 | 1006 | SEAN | BILLSON | BODYCON | M | 38 | SVM | 0.45.51 |
| 289 | 510 | MORNE | BOTHA | TEMP | M | 15 | JM | 0.45.53 |
| 290 | 2091 | ELVIDGE | WHITEHEAD | NOKIA | M | 52 | MM | 0.45.54 |
| 291 | 62 | CORNELIUS | KLUE | PEAAC | M | 49 | VM | 0.45.54 |
| 292 | 1199 | CAREL | BOSHOFF | ACH | M | 53 | MM | 0.45.58 |
| 293 | 2726 | REGINALD | NIEMAND | ELITEAC | M | 31 | SM | 0.46.00 |
| 294 | 1164 | JOHN | KOTZE | ACH | M | 50 | MM | 0.46.00 |
| 295 | 556 | WAYNE | MAGSON | TEMP | M | 31 | SM | 0.46.06 |
| 296 | 1525 | CALLIE | VAN NIEKERK | SAPPE | M | 34 | SM | 0.46.06 |
| 297 | 2061 | RUBIN | CLAASSEN | NOKIA | M | 50 | MM | 0.46.08 |
| 298 | 2192 | GERALD | STRUWIG | NOKIA | M | 33 | SM | 0.46.09 |
| 299 | 1482 | ANDRIES | FERREIRA | SAPPE | M | 18 | JM | 0.46.09 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|--------|-----------|--------------|---------|-----|-----|-----|---------|
| 300 | 477 | ZOLILE | POTI | TEMP | M | 40 | VM | 0.46.14 |
| 301 | 597 | JULIUS | SHOGOLE | ABERCAB | M | 49 | VM | 0.46.14 |
| 302 | 74 | JOHAN | KRIEL | PEAAC | M | 60 | GM | 0.46.17 |
| 303 | 2352 | BERES | GOLIATH | VWAC | M | 37 | SVM | 0.46.18 |
| 304 | 994 | GREGORY | BAUER | CHARLO | M | 42 | VM | 0.46.18 |
| 305 | 2619 | NEIL | GROBLER | MUIRITE | M | 41 | VM | 0.46.20 |
| 306 | 1068 | PAUL | JOHNSON | BODYCON | M | 34 | SM | 0.46.21 |
| 307 | 709 | SAMANTHA | COCHRANE | CRUSADE | F | 30 | SVF | 0.46.23 |
| 308 | 1194 | MARK | HUNTER-SMITH | ACH | M | 37 | SVM | 0.46.23 |
| 309 | 539 | BASIL | TYLER | TEMP | M | 40 | VM | 0.46.24 |
| 310 | 2613 | LIZ | GRUNDLINGH | MUIRITE | F | 55 | GF | 0.46.25 |
| 311 | 1619 | HUMAN | VAN GENT | WILLARD | M | 37 | SVM | 0.46.25 |
| 312 | 1013 | FRANS | VAN HEUSDEN | BODYCON | M | 52 | MM | 0.46.26 |
| 313 | 1101 | GERALD | BOUWER | ACH | M | 58 | MM | 0.46.26 |
| 314 | 2022 | PIERRE | STANDER | NOKIA | M | 38 | SVM | 0.46.30 |
| 315 | 2025 | BEYERS | LAMPRECHT | NOKIA | M | 33 | SM | 0.46.30 |
| 316 | 233 | HENDRIK | LOUW | CSEP | M | 38 | SVM | 0.46.31 |
| 317 | 2131 | JACOBUS | WYATT | NOKIA | M | 38 | SVM | 0.46.32 |
| 318 | 2170 | ADELE | NEL | NOKIA | F | 28 | SF | 0.46.37 |
| 319 | 2081 | DONOVAN | SCHUIN | NOKIA | M | 15 | JM | 0.46.38 |
| 320 | 248 | GERRIT | WELGEMOED | CSEP | M | 38 | SVM | 0.46.39 |
| 321 | 1029 | MARK | BERRY | BODYCON | M | 41 | VM | 0.46.43 |
| 322 | 1035 | GRAHAM | ELBOURNE | BODYCON | M | 49 | VM | 0.46.43 |
| 323 | 1021 | IAN | ROSS | BODYCON | M | 45 | VM | 0.46.43 |
| 324 | 1929 | BOKKIE | HYMAN | BLUEBAY | M | 49 | VM | 0.46.45 |
| 325 | 1174 | STUART | ALLEN | ACH | M | 48 | VM | 0.46.46 |
| 326 | 2471 | GERONIMO | PIEDT | X-CEL | M | 35 | SVM | 0.46.47 |
| 327 | 2218 | JOSEPH | FISCHER | FITEP | M | 60 | GM | 0.46.49 |
| 328 | 1407 | PATRICK | MUNNICK | SAPPE | M | 45 | VM | 0.46.52 |
| 329 | 1045 | WARREN | COLLIER | BODYCON | M | 43 | VM | 0.46.54 |
| 330 | 2127 | WILMA | STANDER | NOKIA | F | 37 | VF | 0.46.56 |
| 331 | 1567 | DEON | ZEELIE | RFLPE | M | 33 | SM | 0.46.58 |
| 332 | 1433 | ROLAN | LOTTERING | SAPPE | M | 34 | SM | 0.46.59 |
| 333 | 1466 | IVAN | COWLEY | SAPPE | M | 41 | VM | 0.47.01 |
| 334 | 702 | PETER | NEWTON | CRUSADE | M | 44 | VM | 0.47.04 |
| 335 | 1944 | WEMIEN | BRAND | BLUEBAY | F | 35 | VF | 0.47.04 |
| 336 | 713 | PAUL | SCHEWITZ | CRUSADE | M | 32 | SM | 0.47.07 |
| 337 | 778 | MIKE | BURGER | CRUSADE | M | 48 | VM | 0.47.07 |
| 338 | 1534 | LUNDEN | MEYER | RFLPE | M | 30 | SM | 0.47.08 |
| 339 | 1940 | XENOPHON | FERREIRA | BLUEBAY | M | 40 | VM | 0.47.10 |
| 340 | 1182 | PAT | THOMPSON | ACH | F | 41 | VF | 0.47.12 |
| 341 | 1404 | PIETER | VOSLOO | SAPPE | M | 50 | MM | 0.47.17 |
| 342 | 1122 | BOB | STEDMAN | ACH | M | 52 | MM | 0.47.18 |
| 343 | 2034 | DEON | DOBSON | NOKIA | M | 38 | SVM | 0.47.18 |
| 344 | 1132 | DAVID | PATON | ACH | M | 47 | VM | 0.47.18 |
| 345 | 2074 | GUSTAV | GRASMAN | NOKIA | M | 41 | VM | 0.47.19 |
| 346 | 2429 | DUANE | HARTLIEF | X-CEL | M | 32 | SM | 0.47.20 |
| 347 | 270 | AMANDA | VAN WYK | CSEP | F | 32 | SVF | 0.47.23 |
| 348 | 457 | SCOTT | TRUING | TEMP | M | 30 | SM | 0.47.23 |
| 349 | 37 | LESLIE | KRETMANN | TEMP | M | 32 | SM | 0.47.26 |
| 350 | 2137 | DORIS | LIBERTY | NOKIA | F | 41 | VF | 0.47.26 |
| 351 | 2130 | DANIEL | FERREIRA | NOKIA | M | 43 | VM | 0.47.28 |
| 352 | 1185 | CHRISTINE | SENEKAL | ACH | F | 37 | VF | 0.47.30 |
| 353 | 2040 | RONALDO | HARDING | NOKIA | M | 16 | JM | 0.47.31 |
| 354 | 710 | MARIA | MILNE | CRUSADE | F | 43 | VF | 0.47.34 |
| 355 | 36 | MICHAEL | COLLINS | PEAAC | M | 63 | GM | 0.47.35 |
| 356 | 2552 | JOHN | FACEY | WOFRC | M | 44 | VM | 0.47.37 |
| 357 | 2083 | KENNETH | MANLEY | NOKIA | M | 29 | SM | 0.47.39 |
| 358 | 1056 | BRADLEY | WANWIG | BODYCON | M | 37 | SVM | 0.47.44 |
| 359 | 2423 | EUGENE | VAN WYK | X-CEL | M | 30 | SM | 0.47.52 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|--------|-----------|--------------------|---------|-----|-----|-----|---------|
| 360 | 2078 | FREDERICK | ALLERS | NOKIA | M | 17 | JM | 0.47.52 |
| 361 | 1037 | CATHY | BULLOCK | BODYCON | F | 48 | MF | 0.47.53 |
| 362 | 549 | ANNIE | LABUSCHAGNE | TEMP | F | 34 | SVF | 0.47.54 |
| 363 | 1904 | ERIC | LOUW | BLUEBAY | M | 43 | VM | 0.47.56 |
| 364 | 517 | DEAN | FINLAY | TEMP | M | 35 | SVM | 0.47.58 |
| 365 | 2491 | JOHANNES | GESWINDT | X-CEL | M | 42 | VM | 0.48.01 |
| 366 | 2460 | MERVIN | FORTUIN | X-CEL | M | 36 | SVM | 0.48.01 |
| 367 | 1995 | CISCO | STRYDOM | HDORP | M | 31 | SM | 0.48.02 |
| 368 | 784 | TRACEY | BRINK | CRUSADE | F | 31 | SVF | 0.48.02 |
| 369 | 1146 | GERALD | HOXLEY | ACH | M | 61 | GM | 0.48.03 |
| 370 | 1141 | HEIDI | JANSEN | ACH | F | 34 | SVF | 0.48.06 |
| 371 | 551 | DAVID | COFFEY | TEMP | M | 38 | SVM | 0.48.08 |
| 372 | 2432 | SHALINE | JANSEN | X-CEL | M | 30 | SM | 0.48.11 |
| 373 | 32 | JAN | BEKKER | PEAAC | M | 69 | GM | 0.48.12 |
| 374 | 253 | REON | VAN RENSBURG | CSEP | M | 29 | SM | 0.48.15 |
| 375 | 1563 | PAUL | GELDENHUYS | RFLPE | M | 47 | VM | 0.48.15 |
| 376 | 508 | ETIENNE | STEENKAMP | TEMP | M | 36 | SVM | 0.48.18 |
| 377 | 755 | FRED | ALLIBONE | CRUSADE | M | 32 | SM | 0.48.20 |
| 378 | 2470 | FRANCIOS | PETERSE | X-CEL | M | 36 | SVM | 0.48.22 |
| 379 | 1011 | ROLF | KORDES | BODYCON | M | 61 | GM | 0.48.27 |
| 380 | 232 | HERMIEN | KEYSER | CSEP | F | 36 | VF | 0.48.27 |
| 381 | 2174 | EGBERT | OOSTHUIZEN | NOKIA | M | 43 | VM | 0.48.29 |
| 382 | 567 | TIM | HEWIT-COLEMAN | TEMP | M | 33 | SM | 0.48.33 |
| 383 | 1024 | GLEN | KLOPPER | BODYCON | M | 39 | SVM | 0.48.36 |
| 384 | 1281 | MICHAEL | SLATER | MPUPE | M | 31 | SM | 0.48.39 |
| 385 | 2725 | GREG | SCOTT | ELITEAC | M | 39 | SVM | 0.48.40 |
| 386 | 2115 | ANDRE | SWART | NOKIA | M | 36 | SVM | 0.48.43 |
| 387 | 2475 | CHARLES | JANTJIES | X-CEL | M | 41 | VM | 0.48.46 |
| 388 | 2562 | ANNELIE | NEL | WOFRC | F | 27 | SF | 0.48.48 |
| 389 | 1179 | PETER | POHLMANN | ACH | M | 38 | SVM | 0.48.54 |
| 390 | 1054 | SALOME | LOOTS | BODYCON | F | 39 | VF | 0.48.57 |
| 391 | 1001 | ROBIN | CLARK | BODYCON | M | 60 | GM | 0.48.57 |
| 392 | 1413 | COLIN | HERMANUS | SAPPE | M | 43 | VM | 0.49.00 |
| 393 | 205 | ALBERT | KLEYN | CSEP | M | 37 | SVM | 0.49.01 |
| 394 | 1504 | PETER | SMITH | SAPPE | M | 47 | VM | 0.49.06 |
| 395 | 729 | RUSSELL | WESTERMAN | CRUSADE | M | 38 | SVM | 0.49.06 |
| 396 | 2064 | JOHAN | NORTJE | NOKIA | M | 27 | SM | 0.49.08 |
| 397 | 2114 | GERT | DEYZEL | NOKIA | M | 52 | MM | 0.49.15 |
| 398 | 1440 | MICHAEL | DEKKER | SAPPE | M | 29 | SM | 0.49.18 |
| 399 | 39 | RUBERTO | MAY | TEMP | M | 24 | SM | 0.49.20 |
| 400 | 1570 | RUSSELL | MOORE | RFLPE | M | 31 | SM | 0.49.21 |
| 401 | 651 | JANNIE | BOSCH | WAC | M | 42 | VM | 0.49.22 |
| 402 | 758 | SUZANNA | TERBLANCHE | CRUSADE | F | 40 | VF | 0.49.23 |
| 403 | 1937 | JANNIE | VAN VUUREN | BLUEBAY | M | 47 | VM | 0.49.24 |
| 404 | 2046 | APIE | VAN STADEN | NOKIA | M | 49 | VM | 0.49.24 |
| 405 | 1656 | TYRONE | RENSBURG | WILLARD | M | 30 | SM | 0.49.25 |
| 406 | 1126 | TOM | D'ARCY | ACH | M | 55 | MM | 0.49.28 |
| 407 | 2674 | WILLIAM | GROBLER | ELITEAC | M | 53 | MM | 0.49.28 |
| 408 | 470 | MONDE | BEKWA | TEMP | M | 31 | SM | 0.49.29 |
| 409 | 467 | ANDRE | BOTHA | TEMP | M | 29 | SM | 0.49.32 |
| 410 | 210 | ALEC | OLIVIER | CSEP | M | 29 | SM | 0.49.35 |
| 411 | 7 | DAVID | GOODE | TEMP | M | 26 | SM | 0.49.37 |
| 412 | 1198 | MILKA | BOSHOFF | ACH | F | 48 | MF | 0.49.38 |
| 413 | 1219 | BERNETT | JANSE VAN RENSBURG | MPUPE | M | 45 | VM | 0.49.42 |
| 414 | 247 | MARIUS | SNYMAN | CSEP | M | 37 | SVM | 0.49.44 |
| 415 | 512 | DRIKUS | VAN ROOYEN | TEMP | M | 37 | SVM | 0.49.45 |
| 416 | 2563 | EDDIE | NEL | WOFRC | M | 30 | SM | 0.49.48 |
| 417 | 1125 | COLIN | KORKIE | ACH | M | 44 | VM | 0.49.51 |
| 418 | 1657 | GLADWYN | JACKSON | WILLARD | M | 43 | VM | 0.49.54 |
| 419 | 2111 | LECLUE | LOURENS | NOKIA | M | 17 | JM | 0.49.54 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|--------|----------|---------------|---------|-----|-----|-----|---------|
| 420 | 1633 | KEITH | NAZER | WILLARD | M | 43 | VM | 0.49.54 |
| 421 | 2122 | VERNA | CLAASSEN | NOKIA | F | 39 | VF | 0.49.55 |
| 422 | 2101 | JOHAN | NEL | NOKIA | M | 45 | VM | 0.49.56 |
| 423 | 563 | BELINDA | MCFADZEAN | TEMP | F | 31 | SVF | 0.49.57 |
| 424 | 490 | ERNEST | KAPP | TEMP | M | 43 | VM | 0.49.57 |
| 425 | 43 | JACOBUS | NEL | TEMP | M | 31 | SM | 0.49.58 |
| 426 | 44 | KAREN | NEL | TEMP | F | 29 | SF | 0.49.59 |
| 427 | 564 | CINDY | KLASSEN | TEMP | F | 17 | JF | 0.49.59 |
| 428 | 459 | JOHN | PARRY | TEMP | M | 34 | SM | 0.50.00 |
| 429 | 443 | REYNIER | STANDER | TEMP | M | 35 | SVM | 0.50.00 |
| 430 | 1471 | LEINADU | ADAMS | SAPPE | M | 33 | SM | 0.50.01 |
| 431 | 2233 | LIZELLE | NORRIS | FITEP | F | 25 | SF | 0.50.06 |
| 432 | 2223 | HERMIE | FISHER | FITEP | F | 34 | SVF | 0.50.08 |
| 433 | 1097 | PATRICK | FERGUSON | BODYCON | M | 63 | GM | 0.50.09 |
| 434 | 466 | KURT | HORN | TEMP | M | 14 | JM | 0.50.22 |
| 435 | 2735 | GIDION | VAN DER MERWE | ELITEAC | M | 35 | SVM | 0.50.24 |
| 436 | 1544 | JAMES | BRIGHTMAN | RFLPE | M | 57 | MM | 0.50.28 |
| 437 | 223 | SHARON | SMUTS | CSEP | F | 35 | VF | 0.50.28 |
| 438 | 2073 | DIRK | JANSEN | NOKIA | M | 52 | MM | 0.50.29 |
| 439 | 1422 | EUGENE | MULDER | SAPPE | M | 56 | MM | 0.50.35 |
| 440 | 245 | SHIRLEY | BRENT | CSEP | F | 37 | VF | 0.50.37 |
| 441 | 792 | BRENDAN | CREIGHTON | CRUSADE | M | 27 | SM | 0.50.39 |
| 442 | 553 | HUGHAN | ASSAM | TEMP | M | 22 | SM | 0.50.41 |
| 443 | 2042 | RUSSEL | BAILEY | X-CEL | M | 14 | JM | 0.50.43 |
| 444 | 2425 | YOLANDA | BAATJES | X-CEL | F | 27 | SF | 0.50.44 |
| 445 | 2473 | YUSUF | SAMUELS | X-CEL | M | 42 | VM | 0.50.46 |
| 446 | 2029 | HANSIE | CLAASSEN | NOKIA | M | 46 | VM | 0.50.46 |
| 447 | 1178 | STEPHEN | DOUGLAS | ACH | M | 42 | VM | 0.50.47 |
| 448 | 513 | EUGENE | VAN TONDER | TEMP | M | 22 | SM | 0.50.48 |
| 449 | 2036 | LYDIA | POTGIETER | NOKIA | F | 27 | SF | 0.50.50 |
| 450 | 17 | ANTON | MYBURGH | TEMP | M | 19 | JM | 0.50.51 |
| 451 | 2035 | DANIEL | SCHUIN | NOKIA | M | 38 | SVM | 0.50.59 |
| 452 | 464 | RAYNO | BOSMAN | TEMP | M | 15 | JM | 0.51.01 |
| 453 | 56 | ARI | WEGNER | PEAAC | M | 56 | MM | 0.51.02 |
| 454 | 540 | HILTON | JOHNSON | TEMP | M | 33 | SM | 0.51.03 |
| 455 | 1098 | NICK | MULLINS | BODYCON | M | 45 | VM | 0.51.06 |
| 456 | 2834 | REECE | MAARMAN | LIBNIKE | M | 37 | SVM | 0.51.08 |
| 457 | 202 | LOUIS | RUDMAN | CSEP | M | 45 | VM | 0.51.13 |
| 458 | 2136 | CHRIS | BEKKER | NOKIA | M | 49 | VM | 0.51.18 |
| 459 | 1151 | LIZ | AUSTIN | ACH | F | 43 | VF | 0.51.19 |
| 460 | 2224 | MICHELLE | SMITH | FITEP | F | 32 | SVF | 0.51.23 |
| 461 | 996 | GAVIN | VAN VLIET | CHARLO | M | 44 | VM | 0.51.24 |
| 462 | 1201 | URSULA | KUHN | MPUPE | F | 20 | SF | 0.51.27 |
| 463 | 643 | ANTHONY | HORNABROOK | WAC | M | 35 | SVM | 0.51.29 |
| 464 | 44 | HENDRIK | DE BEER | PEAAC | M | 34 | SM | 0.51.29 |
| 465 | 1145 | KEITH | BAYLIS | ACH | M | 43 | VM | 0.51.32 |
| 466 | 1133 | ASHLEY | ARTHUR | ACH | M | 41 | VM | 0.51.34 |
| 467 | 2622 | BRENDAN | BOSMAN | MUIRITE | M | 51 | MM | 0.51.38 |
| 468 | 2028 | NICOLAAS | CLAASSEN | NOKIA | M | 48 | VM | 0.51.39 |
| 469 | 2614 | MARK | EDMEADES | MUIRITE | M | 33 | SM | 0.51.42 |
| 470 | 1119 | TREMAINE | WESSON | ACH | M | 41 | VM | 0.51.42 |
| 471 | 2094 | IAN | FERREIRA | NOKIA | M | 35 | SVM | 0.51.43 |
| 472 | 2551 | DONALD | FLYNN | WOFRC | M | 64 | GM | 0.51.49 |
| 473 | 1061 | KAREN | SIMPSON | BODYCON | F | 36 | VF | 0.51.52 |
| 474 | 2424 | SYLVAN | BLIGNAUT | X-CEL | M | 42 | VM | 0.51.54 |
| 475 | 2079 | SUSAN | BOTHA | NOKIA | F | 34 | SVF | 0.51.56 |
| 476 | 480 | KEVIN | BRITO | TEMP | M | 43 | VM | 0.51.56 |
| 477 | 2047 | JOHAN | BARNARD | NOKIA | M | 49 | VM | 0.51.58 |
| 478 | 1670 | GRIZELDA | JAFTHA | WILLARD | F | 33 | SVF | 0.52.00 |
| 479 | 1135 | MOF | BOTHA | ACH | M | 46 | VM | 0.52.02 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|--------|-----------|---------------|---------|-----|-----|-----|---------|
| 480 | 542 | JACKIE | HUTTON | TEMP | F | 44 | VF | 0.52.12 |
| 481 | 246 | ERICA | FOREMAN | CSEP | F | 31 | SVF | 0.52.14 |
| 482 | 436 | LOUIS | KLEU | TEMP | M | 35 | SVM | 0.52.14 |
| 483 | 1861 | MPHO | RANCHO | PPCRR | M | 18 | JM | 0.52.16 |
| 485 | 704 | GRAHAM | BOTHA | CRUSADE | M | 42 | VM | 0.52.18 |
| 486 | 14 | BULELANI | MAGWADI | TEMP | M | 28 | SM | 0.52.30 |
| 487 | 2621 | MORGAN | FORBES | MUIRITE | M | 38 | SVM | 0.52.30 |
| 488 | 538 | JOSEPH | SOLDAAT | TEMP | M | 28 | SM | 0.52.31 |
| 489 | 33 | J | JANSEN | TEMP | M | 37 | SVM | 0.52.32 |
| 490 | 430 | FRANCOIS | VAN CHALKWYK | TEMP | M | 14 | JM | 0.52.33 |
| 491 | 204 | SCHEPETRA | BEZUIDENHOUT | CSEP | F | 34 | SVF | 0.52.39 |
| 492 | 45 | ADRIAN | PILZ | PEAAC | M | 39 | SVM | 0.52.40 |
| 493 | 2557 | BARRY | NELSON | WOFRC | M | 50 | MM | 0.52.43 |
| 494 | 500 | RYAN | BRADFIELD | TEMP | M | 19 | JM | 0.52.46 |
| 495 | 2601 | JOHNDAVID | METCALF | MUIRITE | M | 44 | VM | 0.52.48 |
| 496 | 2070 | FREDDIE | JONES | NOKIA | M | 41 | VM | 0.52.48 |
| 497 | 243 | YVONNE | VAN ZYL | CSEP | F | 44 | VF | 0.52.50 |
| 498 | 2187 | WEHRNER | SMITH | NOKIA | M | 38 | SVM | 0.52.54 |
| 499 | 1507 | ANTON | SMIT | SAPPE | M | 33 | SM | 0.52.57 |
| 500 | 2055 | LOUISA | JANSEN | NOKIA | F | 49 | MF | 0.52.59 |
| 501 | 1071 | BRIAN | HODGSON | BODYCON | M | 54 | MM | 0.52.59 |
| 502 | 297 | MCDONALD | NDIKA | CADBURY | M | 35 | SVM | 0.53.02 |
| 503 | 506 | KEVIN | EAGLETON | TEMP | M | 13 | JM | 0.53.03 |
| 504 | 488 | HELMUT | TERBLANS | TEMP | M | 36 | SVM | 0.53.07 |
| 505 | 478 | NOLEEN | NORRIS | TEMP | F | 44 | VF | 0.53.08 |
| 506 | 438 | HERMANUS | NEL | TEMP | M | 36 | SVM | 0.53.09 |
| 507 | 224 | JACQUES | VORSTER | CSEP | M | 35 | SVM | 0.53.12 |
| 508 | 1455 | HERMAN | VAN JAARVELDT | SAPPE | M | 42 | VM | 0.53.13 |
| 509 | 453 | CLINTON | BROWN | TEMP | M | 32 | SM | 0.53.13 |
| 510 | 71 | FRANZ | VAN DER LINDE | PEAAC | M | 27 | SM | 0.53.19 |
| 511 | 1936 | MARKUS | KUNNEKE | BLUEBAY | M | 32 | SM | 0.53.23 |
| 512 | 1047 | PAUL | DOORLY-JONES | BODYCON | M | 58 | MM | 0.53.26 |
| 513 | 2162 | JOHN | ERASMUS | NOKIA | M | 59 | MM | 0.53.27 |
| 514 | 1547 | LYN | SYMONS | RFLPE | F | 56 | GF | 0.53.27 |
| 515 | 2699 | PETRA | DICKER | ELITEAC | F | 37 | VF | 0.53.27 |
| 516 | 1560 | MARCEL | TALBOT | RFLPE | M | 39 | SVM | 0.53.29 |
| 517 | 1497 | HESTER | DEKKER | SAPPE | F | 29 | SF | 0.53.33 |
| 518 | 2069 | CATHY | ALLERS | NOKIA | F | 39 | VF | 0.53.34 |
| 519 | 2151 | SCOTT | VERWEY | NOKIA | M | 51 | MM | 0.53.38 |
| 520 | 1335 | CHARMAINE | GREEFF | MPUPE | F | 38 | VF | 0.53.42 |
| 521 | 1405 | ANDREW | MOSES | SAPPE | M | 28 | SM | 0.53.51 |
| 522 | 1160 | CLIFF | MACKENZIE | ACH | M | 54 | MM | 0.53.58 |
| 523 | 1549 | CHRIS | VERMAAK | RFLPE | M | 36 | SVM | 0.53.59 |
| 524 | 2100 | JUAN | BOSMAN | NOKIA | M | 39 | SVM | 0.53.59 |
| 525 | 1444 | SANNIE | SMIT | SAPPE | F | 51 | MF | 0.54.00 |
| 526 | 469 | YOLANDE | NEETHLING | TEMP | F | 22 | SF | 0.54.01 |
| 527 | 234 | OOSIE | OOSTHUIZEN | CSEP | M | 52 | MM | 0.54.04 |
| 528 | 151 | PETRUS | HATTINGH | OXFORD | M | 35 | SVM | 0.54.05 |
| 529 | 2021 | NIKKI | VAN NIEKERK | NOKIA | F | 47 | MF | 0.54.06 |
| 530 | 2056 | RITA | BOUCHER | NOKIA | F | 51 | MF | 0.54.08 |
| 531 | 2045 | DALINA | MANLEY | NOKIA | F | 27 | SF | 0.54.21 |
| 532 | 1476 | DANIE | STEYN | SAPPE | M | 40 | VM | 0.54.27 |
| 533 | 26 | HENNIE | OOSTHUIZEN | PEAAC | M | 44 | VM | 0.54.30 |
| 534 | 27 | GESINA | OOSTHUIZEN | PEAAC | F | 43 | VF | 0.54.30 |
| 535 | 1678 | SHARON | JAFTHA | WILLARD | F | 39 | VF | 0.54.35 |
| 536 | 1610 | PIETER | WILLIAMS | WILLARD | M | 46 | VM | 0.54.35 |
| 537 | 206 | RONALD | STURGISS | CSEP | M | 35 | SVM | 0.54.42 |
| 538 | 1116 | PETER | GIDDY | ACH | M | 51 | MM | 0.54.48 |
| 539 | 1081 | ECKART | SCHUMANN | BODYCON | M | 56 | MM | 0.54.49 |
| 540 | 2239 | MARK | SANAN | FITEP | M | 48 | VM | 0.54.50 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|--------|------------|----------------|---------|-----|-----|-----|---------|
| 541 | 5 | RONALD | FIELD | TEMP | M | 54 | MM | 0.54.51 |
| 542 | 1188 | LEX | MITCHELL | ACH | M | 51 | MM | 0.54.52 |
| 543 | 450 | EDUARD | SCHOLTZ | TEMP | M | 26 | SM | 0.54.59 |
| 544 | 174 | SADICK | PATHER | MALABAR | M | 38 | SVM | 0.55.00 |
| 545 | 509 | DANIEL JNR | PIETERSE | TEMP | M | 13 | JM | 0.55.00 |
| 546 | 741 | BRYAN | DRAKE | CRUSADE | M | 57 | MM | 0.55.01 |
| 547 | 203 | MARTIE | VAN SCHALKWYK | CSEP | F | 37 | VF | 0.55.04 |
| 548 | 2680 | ANNENARIE | FOUCHE | ELITEAC | F | 34 | SVF | 0.55.04 |
| 549 | 1040 | COLIN | MURRAY | BODYCON | M | 46 | VM | 0.55.07 |
| 550 | 740 | NEALE | EMSLIE | CRUSADE | M | 43 | VM | 0.55.15 |
| 551 | 1463 | GLEN | CLAASEN | SAPPE | M | 41 | VM | 0.55.23 |
| 552 | 554 | TONY | VAN DER MESCHT | TEMP | M | 34 | SM | 0.55.23 |
| 553 | 2727 | MILLY | NIEMAND | ELITEAC | F | 29 | SF | 0.55.25 |
| 554 | 2175 | HENRY | DANIELSON | NOKIA | M | 36 | SVM | 0.55.28 |
| 555 | 715 | HILARY | PRITCHARD | CRUSADE | M | 67 | GM | 0.55.29 |
| 556 | 495 | GERRIE | VAN DE MERWE | TEMP | M | 39 | SVM | 0.55.30 |
| 557 | 2209 | ABIE | OLIVIER | FITEP | M | 57 | MM | 0.55.32 |
| 558 | 11 | ALF | ZEHMKE | OUTENH | M | 62 | GM | 0.55.33 |
| 559 | 1162 | PETER | WHATLEY | ACH | M | 36 | SVM | 0.55.37 |
| 560 | 1403 | COLLEEN | MOSES | SAPPE | F | 26 | SF | 0.55.44 |
| 561 | 2207 | JOS | ELS | FITEP | F | 49 | MF | 0.55.47 |
| 562 | 671 | GAVIN | ZIMMERMAN | WAC | M | 27 | SM | 0.55.47 |
| 563 | 98 | JACOBUS | BLOM | PEAAC | M | 51 | MM | 0.55.51 |
| 564 | 249 | LINDIE | STEYN | CSEP | F | 14 | JF | 0.55.53 |
| 565 | 2163 | CORNELIUS | NEL | NOKIA | M | 51 | MM | 0.55.54 |
| 566 | 1009 | MARCELLE | HARRAN | BODYCON | F | 47 | MF | 0.55.55 |
| 567 | 2128 | MADELEINE | ACKERMAN | NOKIA | F | 26 | SF | 0.55.57 |
| 568 | 1046 | ROBIN | ELBOURNE | BODYCON | F | 44 | VF | 0.55.57 |
| 569 | 493 | WILHELM | HURTER | TEMP | M | 36 | SVM | 0.55.58 |
| 570 | 1680 | SHAHEED | ABRAHAMS | WILLARD | M | 40 | VM | 0.55.58 |
| 571 | 1920 | JENNIFER | PRETORIUS | BLUEBAY | F | 26 | SF | 0.56.03 |
| 572 | 476 | HENNIE | PRETORIUS | TEMP | M | 25 | SM | 0.56.03 |
| 573 | 432 | DOMINIC | RIMMER | TEMP | M | 40 | VM | 0.56.06 |
| 574 | 2043 | ROZITA | BAILEY | X-CEL | F | 40 | VF | 0.56.08 |
| 575 | 1118 | RODNEY | MAGGOTT | ACH | M | 43 | VM | 0.56.09 |
| 576 | 1110 | NICK | KLICHOWICZ | ACH | M | 44 | VM | 0.56.15 |
| 577 | 2090 | TERTIA | COETZEE | NOKIA | F | 42 | VF | 0.56.17 |
| 578 | 28 | RUDY | BUYS | TEMP | M | 25 | SM | 0.56.18 |
| 579 | 2161 | ANGELO | ELS | NOKIA | M | 29 | SM | 0.56.20 |
| 580 | 2093 | MARYKA | LAMPRECHT | NOKIA | F | 25 | SF | 0.56.21 |
| 581 | 2098 | FELICITY | JONES | NOKIA | F | 43 | VF | 0.56.22 |
| 582 | 1411 | HENDRIK | SWART | SAPPE | M | 43 | VM | 0.56.24 |
| 583 | 439 | DARRYL | VORSTER | TEMP | M | 22 | SM | 0.56.27 |
| 584 | 446 | RIAAN | HUMPEL | TEMP | M | 37 | SVM | 0.56.28 |
| 585 | 228 | ELNA | JONCK | CSEP | F | 26 | SF | 0.56.30 |
| 586 | 732 | NEIL | CALDER | CRUSADE | M | 50 | MM | 0.56.32 |
| 587 | 701 | SELWYN | SOLOMON | CRUSADE | M | 63 | GM | 0.56.33 |
| 588 | 641 | ZANE | STEVENS | WAC | M | 17 | JM | 0.56.34 |
| 589 | 2197 | RONDA | DEYZEL | NOKIA | F | 51 | MF | 0.56.34 |
| 590 | 489 | KARIN | VORSTER | TEMP | F | 27 | SF | 0.56.36 |
| 591 | 1130 | RON | PASK | ACH | M | 48 | VM | 0.56.38 |
| 592 | 1557 | WILLIAM | WALTON | RFLPE | M | 43 | VM | 0.56.39 |
| 593 | 1951 | TANIA | KLOPPER | BLUEBAY | F | 23 | SF | 0.56.40 |
| 594 | 1915 | ANDRE | KLOPPER | BLUEBAY | M | 49 | VM | 0.56.41 |
| 595 | 1109 | SUSAN | BAYLIS | ACH | F | 42 | VF | 0.56.41 |
| 596 | 1926 | JANINE | BARNARD | BLUEBAY | F | 35 | VF | 0.56.42 |
| 597 | 1338 | GLYNN | BODILL | MPUPE | F | 29 | SF | 0.56.42 |
| 598 | 1712 | ELIZE | LYELL | PETECH | F | 44 | VF | 0.56.43 |
| 599 | 1690 | ERNIE | VERRALL | PETECH | M | 67 | GM | 0.56.44 |
| 600 | 721 | PHILIP | NIMAN | CRUSADE | M | 47 | VM | 0.56.44 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|--------|-------------|---------------|---------|-----|-----|-----|---------|
| 601 | 727 | JAMES | HAY | CRUSADE | M | 46 | VM | 0.56.44 |
| 602 | 1583 | SONJA | OLIVIER | RFLPE | F | 34 | SVF | 0.56.45 |
| 603 | 492 | MARELIZE | HEATHER | TEMP | F | 37 | VF | 0.56.57 |
| 604 | 19 | JENNIFER | PARKER | TEMP | F | 39 | VF | 0.56.58 |
| 605 | 1515 | YOLANDE | WATSON | SAPPE | F | 39 | VF | 0.57.00 |
| 606 | 1434 | SYLMA | WATKINS | SAPPE | F | 33 | SVF | 0.57.01 |
| 607 | 462 | FELIX | ASHWELL | TEMP | M | 12 | JM | 0.57.01 |
| 608 | 2199 | RIA | HISCOCK | NOKIA | F | 46 | MF | 0.57.03 |
| 609 | 36 | CHRISTOPHER | KIDSON | TEMP | M | 27 | SM | 0.57.10 |
| 610 | 105 | TANIA | COWLEY | PEAAC | F | 35 | VF | 0.57.11 |
| 611 | 2165 | REINETTE | HAYWARD | NOKIA | F | 40 | VF | 0.57.11 |
| 612 | 491 | MELANIE | HAYWARD | TEMP | F | 15 | JF | 0.57.12 |
| 613 | 2705 | MARIAAN | LANDMAN | ELITEAC | F | 37 | VF | 0.57.13 |
| 614 | 1599 | LESLEY | EVANS | RFLPE | M | 34 | SM | 0.57.14 |
| 615 | 1480 | ANNA | STEYN | SAPPE | F | 37 | VF | 0.57.21 |
| 616 | 1196 | BRIAN | JAMES | ACH | M | 42 | VM | 0.57.25 |
| 617 | 1167 | MARTIN | GIERZ | ACH | M | 46 | VM | 0.57.26 |
| 618 | 1613 | RODNEY | FRIESLAAR | WILLARD | M | 41 | VM | 0.57.26 |
| 619 | 11 | DIANE | JOLLY | TEMP | F | 40 | VF | 0.57.38 |
| 620 | 2967 | KAREN | FOURIE | SANDFEP | F | 39 | VF | 0.57.47 |
| 621 | 2096 | BEN | HARDING | NOKIA | M | 53 | MM | 0.57.50 |
| 622 | 1165 | BILLY | SCHEPERS | ACH | M | 42 | VM | 0.58.03 |
| 623 | 2732 | RUNETTE | GROBLER | ELITEAC | F | 22 | SF | 0.58.08 |
| 624 | 2071 | ANDRIES | BOUCHER | NOKIA | M | 53 | MM | 0.58.14 |
| 625 | 519 | FLORIS | BOTHA | TEMP | M | 40 | VM | 0.58.26 |
| 626 | 760 | ALETTA | JOUBERT | CRUSADE | F | 40 | VF | 0.58.29 |
| 627 | 719 | RENE | VAN DER MERWE | CRUSADE | F | 40 | VF | 0.58.30 |
| 628 | 779 | ELAINE | BURGER | CRUSADE | F | 46 | MF | 0.58.30 |
| 629 | 738 | ADRIAN | SMITH | CRUSADE | M | 52 | MM | 0.58.30 |
| 630 | 2739 | BURNITA | STRYDOM | ELITEAC | F | 33 | SVF | 0.58.34 |
| 631 | 2603 | ANDRE | VOSLOO | MUIRITE | M | 33 | SM | 0.58.53 |
| 632 | 159 | ANTHONY | GWILT | RAC | M | 35 | SVM | 0.58.53 |
| 633 | 2 | VIVIAN | BAATJES | TEMP | F | 40 | VF | 0.58.59 |
| 634 | 27 | ELZETTE | ZEELIE | TEMP | F | 33 | SVF | 0.59.01 |
| 635 | 26 | MARIUS | ZEELIE | TEMP | M | 36 | SVM | 0.59.01 |
| 636 | 1086 | BENNY | HARMSE | BODYCON | M | 36 | SVM | 0.59.09 |
| 637 | 2608 | SANDRA | BUTTERS | MUIRITE | F | 36 | VF | 0.59.25 |
| 638 | 1521 | GERHARD | FERREIRA | SAPPE | M | 13 | JM | 0.59.26 |
| 639 | 1460 | CHRISTEL | SMUTS | SAPPE | F | 25 | SF | 0.59.26 |
| 640 | 1172 | GARY | POHLMANN | ACH | M | 40 | VM | 0.59.30 |
| 641 | 18 | RIAN | OLIVIER | TEMP | M | 31 | SM | 0.59.37 |
| 642 | 12 | NICO | KOEN | TEMP | M | 30 | SM | 0.59.38 |
| 643 | 475 | HANS | KOEN | TEMP | M | 15 | JM | 0.59.39 |
| 644 | 32 | SAMUEL | GOVENDER | TEMP | M | 27 | SM | 0.59.46 |
| 645 | 2697 | GLENYS | JOUBERT | ELITEAC | F | 50 | MF | 0.59.47 |
| 646 | 2051 | ANGELIQUE | BEKKER | NOKIA | F | 16 | JF | 0.59.49 |
| 647 | 1667 | KEITH | HARRIS | WILLARD | M | 31 | SM | 1.00.00 |
| 648 | 468 | DAVID | RENSBURG | TEMP | M | 36 | SVM | 1.00.02 |
| 649 | 569 | STEPHANIE | VAN EYK | TEMP | F | 27 | SF | 1.00.03 |
| 650 | 446 | RIAN | HUMPEL | TEMP | M | 37 | SVM | 1.00.03 |
| 651 | 2971 | ALDO | GOUWS | SANDFEP | M | 27 | SM | 1.00.15 |
| 652 | 705 | ANDREW | BRADFIELD | CRUSADE | M | 48 | VM | 1.00.35 |
| 653 | 2453 | JANET | FANTON | X-CEL | F | 39 | VF | 1.00.41 |
| 654 | 31 | JEAN-PIERRE | FERREIRA | TEMP | M | 35 | SVM | 1.00.43 |
| 655 | 2478 | MOGAMAT | JAGGERS | X-CEL | M | 39 | SVM | 1.00.45 |
| 656 | 552 | LOUISE | WESTERMAN | TEMP | F | 39 | VF | 1.00.46 |
| 657 | 276 | PIETER | STEYN | CSEP | M | 43 | VM | 1.00.55 |
| 658 | 1928 | HENRIETTE | MYBURGH | BLUEBAY | F | 38 | VF | 1.00.59 |
| 659 | 2132 | HENRY | BOTHA | NOKIA | M | 74 | GM | 1.01.00 |
| 660 | 2623 | MARK | LOTTERING | MUIRITE | M | 33 | SM | 1.01.04 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|--------|------------|-----------------|---------|-----|-----|-----|---------|
| 661 | 743 | MARY-LOU | EMSLIE | CRUSADE | F | 38 | VF | 1.01.05 |
| 662 | 1554 | MAUREEN | ROGERS | RFLPE | F | 44 | VF | 1.01.07 |
| 663 | 47 | BENJAMIN | NYSCHENS | TEMP | M | 27 | SM | 1.01.18 |
| 664 | 1930 | GLYNIS | SCOTT | BLUEBAY | F | 41 | VF | 1.01.21 |
| 665 | 38 | ALLEN | LEO | TEMP | M | 37 | SVM | 1.01.21 |
| 666 | 2235 | JENICE | VAN WYK | FITEP | F | 33 | SVF | 1.01.29 |
| 667 | 753 | CHRIS | JOUBERT | CRUSADE | M | 45 | VM | 1.01.29 |
| 668 | 550 | THYRON | BERMOSKY | TEMP | M | 43 | VM | 1.01.31 |
| 669 | 765 | ELEANORE | GOOSEN | CRUSADE | F | 35 | VF | 1.01.38 |
| 670 | 427 | NEVILLE | ALLY | TEMP | M | 44 | VM | 1.01.42 |
| 671 | 2033 | HENDRINA | CLAASSEN | NOKIA | F | 45 | MF | 1.01.43 |
| 672 | 429 | ERROL | ALLY | TEMP | M | 39 | SVM | 1.01.45 |
| 673 | 20 | MORNE | RUSSELL | TEMP | M | 30 | SM | 1.01.46 |
| 674 | 224 | HANNETJIE | LAUBSCHER | PAARL | F | 46 | MF | 1.01.54 |
| 675 | 2611 | RAYMOND | BLAND | MUIRITE | M | 55 | MM | 1.02.00 |
| 676 | 30 | RONNIE | FAGAN | TEMP | M | 52 | MM | 1.02.04 |
| 677 | 2430 | COREEN | BURGINS | X-CEL | F | 28 | SF | 1.02.21 |
| 678 | 90 | PHINEAS | MHLAULI | PEAAC | M | 51 | MM | 1.02.31 |
| 679 | 220 | TANYA | MOSTERT | CSEP | F | 26 | SF | 1.02.55 |
| 680 | 219 | JOHAN | MOSTERT | CSEP | M | 27 | SM | 1.02.55 |
| 681 | 2037 | ERIKA | STRUWIG | NOKIA | F | 33 | SVF | 1.03.02 |
| 682 | 2218 | JOSEPH | FISCHER | FITEP | M | 60 | GM | 1.03.08 |
| 683 | 2480 | GREGORY | APPOLLIS | X-CEL | M | 38 | SVM | 1.03.12 |
| 684 | 2180 | DEBBIE | OELOFSE | NOKIA | F | 55 | GF | 1.03.14 |
| 685 | 72 | AUDIE | CLAASSEN | PEAAC | M | 50 | MM | 1.03.21 |
| 686 | 2023 | BERNADETTE | BARNARD | NOKIA | F | 17 | JF | 1.03.23 |
| 687 | 498 | JADE | HOOKE | TEMP | F | 12 | JF | 1.03.24 |
| 688 | 1084 | JENNIFER | HOOKE | BODYCON | F | 40 | VF | 1.03.34 |
| 689 | 515 | ANTON | BASSON | TEMP | M | 27 | SM | 1.03.36 |
| 690 | 516 | LOUWRENS | BASSON | TEMP | M | 39 | SVM | 1.04.03 |
| 691 | 2144 | SANDRA | OOSTHUIZEN | NOKIA | F | 36 | VF | 1.04.09 |
| 692 | 2351 | KEVIN | KOLL | VWAC | M | 38 | SVM | 1.04.20 |
| 693 | 41 | KIM | VAN STRATEN | PEAAC | F | 20 | SF | 1.04.25 |
| 694 | 1637 | PEARL | DAMONS | WILLARD | F | 38 | VF | 1.04.39 |
| 695 | 119 | GAWIE | REYNECKE | PEAAC | M | 28 | SM | 1.04.41 |
| 696 | 222 | JOHANNES | GOUWS | CSEP | M | 25 | SM | 1.04.46 |
| 697 | 998 | ROBERT | GALLOWAY | CHARLO | M | 50 | MM | 1.04.59 |
| 698 | 766 | PETER | DUFFELL-CANHAM | CRUSADE | M | 49 | VM | 1.05.07 |
| 699 | 77 | ELMARIE | IKONOMOU | PEAAC | F | 53 | MF | 1.05.28 |
| 700 | 558 | LOUI | FRANK | TEMP | M | 33 | SM | 1.05.33 |
| 701 | 1566 | YOLANDE | JORDAAN | RFLPE | F | 32 | SVF | 1.05.38 |
| 702 | 788 | TISH | FILMER | CRUSADE | F | 55 | GF | 1.05.41 |
| 703 | 447 | ODETTE | VOSLOO | TEMP | F | 45 | MF | 1.05.42 |
| 704 | 1556 | TRACEY | VAN WYK | RFLPE | F | 12 | JF | 1.05.49 |
| 705 | 1555 | RALPH | BOTHA | RFLPE | M | 64 | GM | 1.05.49 |
| 706 | 507 | GARY | BLUEMIERS | TEMP | M | 33 | SM | 1.06.05 |
| 707 | 1539 | CATHRINE | ANDERSON | RFLPE | F | 35 | VF | 1.06.12 |
| 708 | 2044 | BONNIE | PENNEY | NOKIA | F | 48 | MF | 1.06.19 |
| 709 | 707 | CRAIG | MILNE | CRUSADE | M | 38 | SVM | 1.06.19 |
| 710 | 2615 | KOSIMA | BUSING-ANDERSON | MUIRITE | F | 24 | SF | 1.06.21 |
| 711 | 2459 | MERILYN | MULLER | X-CEL | F | 30 | SVF | 1.06.29 |
| 712 | 16 | LIEZEL | MEIRING | TEMP | F | 24 | SF | 1.06.36 |
| 713 | 730 | RENEE | CALDER | CRUSADE | F | 47 | MF | 1.06.37 |
| 714 | 2431 | ALTHEA | JANSEN | X-CEL | F | 32 | SVF | 1.06.51 |
| 715 | 461 | DAMIAN | CHRISTIAN | TEMP | M | 13 | JM | 1.06.58 |
| 716 | 2067 | MARIETJIE | SMITH | NOKIA | F | 40 | VF | 1.07.11 |
| 717 | 523 | CHARMYNE | MYBURGH | TEMP | F | 50 | MF | 1.07.24 |
| 718 | 2129 | NOEL | MURPHY | NOKIA | M | 47 | VM | 1.07.25 |
| 719 | 2564 | DENISE | CARNEY | WOFRC | F | 44 | VF | 1.07.27 |
| 720 | 3 | CLIVE | BENECKE | TEMP | M | 36 | SVM | 1.07.47 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|-----|--------|-----------|--------------------|---------|-----|-----|-----|---------|
| 721 | 24 | DIANNE | WEITZ | TEMP | F | 24 | SF | 1.07.49 |
| 722 | 471 | HENRY | GALLANT | TEMP | M | 33 | SM | 1.07.51 |
| 723 | 41 | BOTWEKAZI | MGUDLWA | TEMP | F | 42 | VF | 1.07.58 |
| 724 | 2479 | DIANA | APPOLLIS | X-CEL | F | 37 | VF | 1.08.01 |
| 725 | 986 | GLADYS | NASH | CHARLO | F | 59 | GF | 1.08.06 |
| 726 | 2320 | MARTIE | VAN DER WESTHUIZEN | JEFFBAY | F | 62 | GF | 1.08.34 |
| 727 | 499 | LIEZEL | OLIVIER | TEMP | F | 33 | SVF | 1.08.35 |
| 728 | 1393 | WILLIAM | VAN DER MERWE | MPUPE | M | 60 | GM | 1.08.47 |
| 729 | 2556 | TANIALEE | ERASMUS | WOFRC | F | 31 | SVF | 1.09.04 |
| 730 | 1532 | MICHAEL | VAN DER MERWE | RFLPE | M | 55 | MM | 1.09.04 |
| 731 | 208 | ANNA | WELGEMOED | CSEP | F | 32 | SVF | 1.09.11 |
| 732 | 2472 | FILIDA | PIEDT | X-CEL | F | 33 | SVF | 1.09.12 |
| 733 | 458 | MADIE | WELMANS | TEMP | F | 33 | SVF | 1.09.13 |
| 734 | 2951 | LUCILLE | PETERSON | SANDFEP | F | 29 | SF | 1.09.20 |
| 735 | 2117 | SALOME | FERREIRA | NOKIA | F | 32 | SVF | 1.09.35 |
| 736 | 212 | YVETTE | JONKER | CSEP | F | 29 | SF | 1.09.38 |
| 737 | 241 | RONNIE | JONKER | CSEP | M | 32 | SM | 1.09.39 |
| 738 | 2230 | CHERYL | WITTE | FITEP | F | 39 | VF | 1.09.53 |
| 739 | 52 | ARNOLD | WITTE | TEMP | M | 46 | VM | 1.10.16 |
| 740 | 497 | KENDAL | HOOKE | TEMP | F | 12 | JF | 1.11.06 |
| 741 | 1042 | ROBYN | LONG | BODYCON | F | 34 | SVF | 1.11.07 |
| 742 | 13 | SARIE | LOFTIE-EATON | TEMP | F | 49 | MF | 1.11.12 |
| 743 | 8 | MARTIN | GROBLER | TEMP | M | 32 | SM | 1.11.13 |
| 744 | 2703 | LINDA | RUDMAN | ELITEAC | F | 42 | VF | 1.11.39 |
| 745 | 463 | CECIL | RUDMAN | TEMP | M | 15 | JM | 1.11.39 |
| 746 | 644 | DERIC | DERBYSHIRE | WAC | M | 56 | MM | 1.11.54 |
| 747 | 2467 | LYALL | FROSLER | X-CEL | M | 14 | JM | 1.12.23 |
| 748 | 2107 | LIESL | DOUBELL | NOKIA | F | 28 | SF | 1.12.51 |
| 749 | 437 | ALMARIE | KLEU | TEMP | F | 32 | SVF | 1.13.14 |
| 750 | 435 | ADEL | MCLEAVY | TEMP | F | 32 | SVF | 1.13.15 |
| 751 | 706 | MARGARET | NEWTON | CRUSADE | F | 41 | VF | 1.13.40 |
| 752 | 754 | GLEN | VAN DER MERWE | CRUSADE | M | 45 | VM | 1.13.41 |
| 753 | 2678 | SANDRE | SHARE | ELITEAC | F | 36 | VF | 1.13.54 |
| 754 | 94 | ROWELLAN | DICKS | PEAAC | M | 29 | SM | 1.14.06 |
| 755 | 95 | ASTRID | DICKS | PEAAC | F | 29 | SF | 1.14.07 |
| 756 | 1015 | BEV | CARRINGTON-HALL | BODYCON | F | 43 | VF | 1.14.10 |
| 757 | 2031 | JENNIFER | BARNARD | NOKIA | F | 39 | VF | 1.14.30 |
| 758 | 739 | SYLVIA | PRITCHARD | CRUSADE | F | 68 | GF | 1.16.05 |
| 759 | 455 | MARISKA | LEPPAN | TEMP | F | 26 | SF | 1.16.05 |
| 760 | 21 | PETRO | SHAW | TEMP | F | 19 | JF | 1.16.07 |
| 761 | 445 | DUANE | MCLOUGHLIN | TEMP | M | 21 | SM | 1.16.15 |
| 762 | 4 | DESIRE | CARELSE | TEMP | F | 25 | SF | 1.16.31 |
| 763 | 2157 | MAUREEN | DICKASON | NOKIA | F | 45 | MF | 1.17.33 |
| 764 | 46 | MELANIE | NEL | TEMP | F | 47 | MF | 1.17.42 |
| 765 | 9 | ANNA | SCHNETLER | PEAAC | F | 54 | MF | 1.18.47 |
| 766 | 2465 | IGNATIUS | FROSLER | X-CEL | M | 40 | VM | 1.18.48 |
| 767 | 2566 | GAVIN | BURROWS | WOFRC | M | 57 | MM | 1.19.06 |
| 768 | 238 | SUSAN | SCHMIDT | CSEP | F | 59 | GF | 1.19.35 |
| 769 | 81 | ILENE | ERASMUS | PEAAC | F | 45 | MF | 1.19.37 |
| 770 | 9 | LEZANDA | HATTINGH | TEMP | F | 36 | VF | 1.19.38 |
| 771 | 53 | BELINDA | DE BEER | PEAAC | F | 30 | SVF | 1.19.59 |
| 772 | 82 | DIHANNA | CLAASSEN | PEAAC | F | 44 | VF | 1.20.04 |
| 773 | 708 | MAREE | KOCH | CRUSADE | F | 31 | SVF | 1.20.24 |
| 774 | 2075 | GINNY | CRONJE | NOKIA | F | 42 | VF | 1.21.13 |
| 775 | 1542 | GAIL | NEL | RFLPE | F | 45 | MF | 1.21.56 |
| 776 | 1541 | ANGUS | NEL | RFLPE | M | 46 | VM | 1.21.57 |
| 777 | 15 | CAROL | MALLET | TEMP | F | 33 | SVF | 1.22.41 |
| 778 | 2476 | CHARYLL | JANTJIES | X-CEL | F | 42 | VF | 1.24.11 |
| 779 | 23 | ENGELA | VON MOLLENDORF | TEMP | F | 54 | MF | 1.31.02 |
| 780 | 50 | ETIENNE | SHAMLEY | TEMP | M | 42 | VM | 1.34.41 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|--------------------|--------|-----------|----------------|---------|-----|-----|-----|---------|
| 781 | 29 | MALINDA | COETZEE | TEMP | F | 25 | SF | 1.34.58 |
| 782 | 2108 | PIERRE | OOSTHUIZEN | NOKIA | M | 39 | SVM | 1.35.35 |
| 783 | 2251 | JUANITA | VAN ROOYEN | JEFFBAY | F | 50 | MF | 1.35.45 |
| 784 | 84 | OLIVE | WILLIAMS | PEAAC | F | 52 | MF | 1.35.45 |
| 785 | 511 | CELESTE | HUTTON | TEMP | F | 28 | SF | 1.36.01 |
| 786 | 102 | JANET | MYBURG | PEAAC | F | 35 | VF | 1.38.17 |
| 787 | 18 | MARIETJIE | VAN DER LINDE | PEAAC | F | 53 | MF | 1.49.56 |
| HELPERS RUN | | | | | | | | |
| H1 | 2702 | CHARLES | BAATJIES | ELITEAC | M | 45 | VM | 0.35.41 |
| H2 | 2709 | ALFRED | SPIERS | ELITEAC | M | 41 | VM | 0.36.11 |
| H3 | 2707 | GERT | HOLTZHAUSEN | ELITEAC | M | 26 | SM | 0.38.04 |
| H4 | 2675 | FREDDIE | MICHAELS | ELITEAC | M | 42 | VM | 0.38.57 |
| H5 | 2694 | DEREK | PRICE | ELITEAC | M | 46 | VM | 0.39.12 |
| H6 | 2730 | DANNY | MINNIES | ELITEAC | M | 38 | SVM | 0.39.27 |
| H7 | 2684 | CLIFFORD | HICKEN | ELITEAC | M | 44 | VM | 0.39.35 |
| H8 | 2234 | THEUNS | HATTINGH | FITEP | M | 39 | SVM | 0.39.38 |
| H9 | 2722 | ANTHONY | HAYWARD | ELITEAC | M | 41 | VM | 0.39.47 |
| H10 | 2673 | KEVIN | GILLMER | ELITEAC | M | 41 | VM | 0.39.52 |
| H11 | 2654 | STEPHEN | KLUE | ELITEAC | M | 43 | VM | 0.40.19 |
| H12 | 2701 | RAYMOND | WEITZ | ELITEAC | M | 47 | VM | 0.40.44 |
| H13 | 2651 | COLIN | INGRAM | ELITEAC | M | 41 | VM | 0.41.06 |
| H14 | 2704 | LEANNE | FINLAY | ELITEAC | F | 33 | SVF | 0.41.23 |
| H15 | 2683 | PETER | VAN RENSBURG | ELITEAC | M | 43 | VM | 0.41.23 |
| H16 | 2201 | CHARLES | ROSE | FITEP | M | 48 | VM | 0.41.32 |
| H17 | 1010 | JAN | VAN EEDEN | BODYCON | M | 43 | VM | 0.41.35 |
| H18 | 2734 | CLIVE | WEWERS | ELITEAC | M | 41 | VM | 0.41.53 |
| H19 | 2711 | WYNAND | DE GOEDE | ELITEAC | M | 26 | SM | 0.42.42 |
| H20 | 2733 | HUBERT | OLIVIER | ELITEAC | M | 42 | VM | 0.42.45 |
| H21 | 211 | MARIETTE | HATTINGH | CSEP | F | 36 | VF | 0.42.46 |
| H22 | 2681 | WILLIE | VAN JAARVELD | ELITEAC | M | 50 | MM | 0.42.51 |
| H23 | 2706 | HERMANN | ZEELIE | ELITEAC | M | 29 | SM | 0.43.04 |
| H24 | 2679 | PETRA | ZIKMAN | ELITEAC | F | 32 | SVF | 0.44.27 |
| H25 | 2728 | JAN | MEIRING | ELITEAC | M | 33 | SM | 0.44.31 |
| H26 | 2723 | WILLEM | DAFEL | ELITEAC | M | 33 | SM | 0.45.03 |
| H27 | 2720 | LESLEY | WOOD | ELITEAC | F | 44 | VF | 0.45.29 |
| H28 | 2685 | JOHANN | DORFLING | ELITEAC | M | 44 | VM | 0.45.29 |
| H29 | 2712 | JOHAN | FOURIE | ELITEAC | M | 46 | VM | 0.45.41 |
| H30 | 2666 | ANDRE | VAN COLLER | ELITEAC | M | 36 | SVM | 0.45.46 |
| H31 | 2677 | DESMOND | FOUCHE | ELITEAC | M | 36 | SVM | 0.45.47 |
| H32 | 2659 | ANDRE | FOURIE | ELITEAC | M | 54 | MM | 0.45.57 |
| H33 | 2700 | ANDRE | PIENAAR | ELITEAC | M | 39 | SVM | 0.46.00 |
| H34 | 2687 | JOHANN | POSTMA | ELITEAC | M | 36 | SVM | 0.46.12 |
| H35 | 2690 | PETRA | STRYDOM | ELITEAC | M | 48 | VM | 0.46.22 |
| H36 | 2713 | LENEL | OOSTHUIZEN | ELITEAC | M | 47 | VM | 0.46.26 |
| H37 | 209 | DORA | DE BRUIN | CSEP | F | 50 | MF | 0.46.43 |
| H38 | 2719 | RAJAN | NAIDOO | ELITEAC | M | 39 | SVM | 0.46.49 |
| H39 | 2663 | JAN | LE ROUX | ELITEAC | M | 42 | VM | 0.47.48 |
| H40 | 2695 | JAN | VON MOLLENDORF | ELITEAC | M | 56 | MM | 0.48.42 |
| H41 | 2660 | JAKKIE | GERBER | ELITEAC | M | 41 | VM | 0.48.46 |
| H42 | 2710 | DAVID | GALLANT | ELITEAC | M | 48 | VM | 0.49.54 |
| H43 | 2670 | PIETER | VOGES | ELITEAC | M | 36 | SVM | 0.50.09 |
| H44 | 2671 | HELEN | FOURIE | ELITEAC | F | 32 | SVF | 0.50.41 |
| H45 | 2715 | MIEMSIE | SWANEPOEL | ELITEAC | F | 40 | VF | 0.50.59 |
| H46 | 2668 | ANNA-LIZE | DU PREEZ | ELITEAC | F | 33 | SVF | 0.51.43 |
| H47 | 2692 | RINA | BARNARD | ELITEAC | F | 48 | MF | 0.52.41 |
| H48 | 2667 | DANIE | NIEUWOUDT | ELITEAC | M | 36 | SVM | 0.54.48 |
| H49 | 2686 | ROZELLE | VON MOLENDORFF | ELITEAC | F | 37 | VF | 0.54.52 |
| H50 | 2657 | TERRENCE | REID | ELITEAC | M | 54 | MM | 0.59.51 |
| H51 | 2665 | ANTONIE | GROBLER | ELITEAC | M | 49 | VM | 1.00.37 |
| H52 | 2664 | LAURA | LE ROUX | ELITEAC | F | 38 | VF | 1.00.37 |

| POS | LIC NO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS |
|------------|---------------|-------------|----------------|-------------|------------|------------|------------|------------|
| H53 | 2676 | ERNA | VAN ZYL | ELITEAC | F | 29 | SF | 1.01.24 |
| H54 | 2662 | CHARLOTTE | VAN COLLER | ELITEAC | F | 33 | SVF | 1.01.24 |
| H55 | 2661 | ENID | GERBER | ELITEAC | F | 40 | VF | 1.01.24 |
| H56 | 2652 | GOOFEY | FOUCHE | ELITEAC | M | 44 | VM | 1.01.31 |