

SATURDAY 13TH FEB

TIME	NAME	SURNAME	GROUP	RACE NO
07:00	Janus	Potgieter	Vet Men 40-44	400
119KM	Alasdair	Garnett	Vet Men 40-44	401
	BRADLEY	LEACH	Vet Men 40-44	402
	Pieter	Strobos	Vet Men 40-44	403
	Werner	Heinrich	Vet Men 40-44	404
	Thys	van Jaarsveld	Vet Men 40-44	405
	Bernhard	Westra	Vet Men 40-44	406
	Luke	Pheiffer	Vet Men 40-44	407
	Sean	George	Vet Men 40-44	408
	Robby	Rodrigues	Vet Men 40-44	409
	Thys	Oosthuizen	Vet Men 40-44	410
	Kent	Kirkwood	Vet Men 40-44	411
	Johann	Naude	Vet Men 40-44	412
	Dirk	Barnard	Vet Men 40-44	413
	Carl	Lotter	Vet Men 40-44	414
	Fernando	Silva	Vet Men 40-44	415
	Tat	Brummer	Vet Men 40-44	416
	Mojo	Kldp	Vet Men 40-44	417
	Ryno	Potgieter	Vet Men 40-44	418
	Warren	Foyn	Vet Men 40-44	419
	Moederick	Salie	Vet Men 40-44	420
	Dana	Schutte	Vet Men 40-44	421
	Darryl	Fox	Vet Men 40-44	422
	Willem	Groenewald	Vet Men 40-44	423
	Philip	Rutkiewicz	Vet Men 40-44	424
	Philani	Ndwandwe	Vet Men 40-44	425
	Angus	Mcfarlane	Vet Men 40-44	426
	Shaun	Scott	Vet Men 40-44	427
	Rudi	du Randt	Vet Men 40-44	428
	Craig	Harvey	Vet Men 40-44	429
	Martyn	Davies	Vet Men 40-44	430
	Sean	Stanton	Vet Men 40-44	431
	Julien	Van der Pluym	Vet Men 40-44	432
	chris	quinton	Vet Men 40-44	433
	Ewan	Cochran	Vet Men 40-44	434
	Darryl	Fox	Vet Men 40-44	435
	Anton	Van Tonder	Vet Men 40-44	436
	Winston	Clark	Vet Men 40-44	437
	Lyle	Nielsen	Vet Men 40-44	438
	Gary	Coulson	Vet Men 40-44	439
	Andrew	Fuller	Vet Men 40-44	440
	Janus	Potgieter	Vet Men 40-44	441
	Charles	Adriaanse	Vet Men 40-44	442
	Daniel	Marais	Vet Men 45-49	450
	craig	Ridgard	Vet Men 45-49	451
	Brad	Waksman	Vet Men 45-49	452

	Andrew	Westaway	Vet Men 45-49	453
	Alfonzo	Swanepoel	Vet Men 45-49	454
	Guy	Le Ray-Cook	Vet Men 45-49	455
	Shirley	Steven	Vet Men 45-49	456
	attie	botha	Vet Men 45-49	457
	jasper	fourie	Vet Men 45-49	458
	David	Rogers	Vet Men 45-49	459
	Marthinus	Scheepers	Vet Men 45-49	460
	Mark	Spencer	Vet Men 45-49	461
	Grant	Hall	Vet Men 45-49	462
	Norman	Bester	Vet Men 45-49	463
	Casper	Badenhorst	Vet Men 45-49	464
	Samuel	De Swardt	Vet Men 45-49	465
	Martin	Van Wyk	Vet Men 45-49	466
	Dan	Owens	Vet Men 45-49	467
	Greg	Wittstock	Vet Men 45-49	468
	Werner	Moolman	Vet Men 45-49	469
	Rynard	Van Hoven	Vet Men 45-49	470
	Craig	Ogilvy	Vet Men 45-49	471
	Ivor	Jones	Vet Men 45-49	472
	Conor	McGrath	Vet Men 45-49	473
	roland	loewke	Vet Men 45-49	474
	martin	Atterbury	Vet Men 45-49	475
	Roger	Correia	Vet Men 45-49	476
	Patrice	Gautier	Vet Men 45-49	477
	Erich	Meintjes	Vet Men 45-49	478
	Stefano	Madies	Vet Men 45-49	479
	Mervin	Scorgie	Vet Men 45-49	480
	Alex	Otto	Vet Men 45-49	481
	Bruce	Ellison	Vet Men 45-49	482
	Byran	Cusack	Vet Men 45-49	483
07:05	Elmari	De wet	Elite Ladies	804
119KM	Jana	Schoeman	Elite Ladies	805
	Anriette	Schoeman	Elite Ladies	806
	Lynette	Burger	Elite Ladies	803
	Carla	Oberholzer	Elite Ladies	807
	Annemie	Kruger	Elite Ladies	808
	Ashleigh	Moffatt	Elite Ladies	809
	Samantha	Sanders	Elite Ladies	810
	Ashleigh	Moolman	Elite Ladies	801
	Gabrielle	Webber	Elite Ladies	811
	Zanele	Tshoko	Elite Ladies	812
	Charlene	Roux	Elite Ladies	813
	Andrea	De Boer	Elite Ladies	814
	Rozalia	Kubyana	Elite Ladies	815
	Cashandra	Slingerland	Elite Ladies	816
	Mandy	De Beer	Elite Ladies	817
	natascha	pretorius	Elite Ladies	818
	Tamaryn	Kietzmann	Elite Ladies	819

	An-Li	Kacelhoffer	Elite Ladies	802
	Machelle	Bremer	Elite Ladies	820
	Ronet	Human	Elite Ladies	821
	Catherine	Colyn	Elite Ladies	822
	Mirè	Herbst	Elite Ladies	823
	Sahar	Funis	Elite Ladies	824
	Heidi	Dalton	Elite Ladies	825
	Brittany	Petersen	Elite Ladies	826
	Liezel	Jordaan	Elite Ladies	827
	Genevieve	Van Coller	Elite Ladies	828
	Michelle	Benson	Elite Ladies	829
	Chante	Van der Merwe	Elite Ladies	830
	Hayley	Smith	Elite Ladies	831
	Frankie	Du Toit	Elite Ladies	832
	Hazel	Magill	Elite Ladies	833
07:10	Sean	Wheeler	Vet Men 50-54	500
85KM	Carel	Van Heerden	Vet Men 50-54	501
	Colin-Allan	Germis	Vet Men 50-54	502
	Kelson	Da Cruz	Vet Men 50-54	503
	Helmut	Engelbrecht	Vet Men 50-54	504
	Bill	Nicolson	Vet Men 50-54	505
	Anthony	Bennett	Vet Men 50-54	506
	Leon	Viljoen	Vet Men 50-54	507
	Gary	Beneke	Vet Men 50-54	508
	Eugene	Beck	Vet Men 50-54	509
	Shane	Cullum	Vet Men 50-54	510
	Jose	Antunes	Vet Men 50-54	511
	Wayne	Booyesen	Vet Men 50-54	512
	Franscois	Engels	Vet Men 50-54	513
	Jackie	Van Eeden	Vet Men 50-54	514
	Pascal	Pau	Vet Men 50-54	515
	Simon	Cleminson	Vet Men 50-54	516
	Dean	Barry	Vet Men 50-54	517
	Keith	Donaldson	Vet Men 50-54	518
	Enzo	Lezzi	Vet Men 50-54	519
	Paul	Scott	Vet Men 50-54	520
	Chris	Prinsloo	Vet Men 50-54	521
	Brian	Osborne	Vet Men 50-54	522
	Brown	Shane	Vet Men 50-54	523
	Jasper	van Vesseem	Vet Men 50-54	524
	Cloete	Murray	Vet Men 50-54	525
	Jose	Santos	Vet Men 50-54	526
	Martin	Pretorius	Vet Men 50-54	527
	Ettienne	Soekoe	Vet Men 50-54	528
	Alwyn	Steenkamp	Vet Men 50-54	529
	Shane	Daniel	Vet Men 50-54	530
	Robert	Wilkie	Vet Men 50-54	531
	Jacques	Burger	Vet Men 50-54	532
	Ian	Martin	Vet Men 50-54	533

	Anton	Duvenage	Vet Men 50-54	534
	Dirk	Nel	Vet Men 50-54	535
	Douw Gerbrant Hug	Grundling	Vet Men 50-54	536
	John	Campbell	Vet Men 50-54	537
	Paul	Kraus	Vet Men 50-54	538
	Bruce	Viljoen	Vet Men 50-54	539
	Kobus	Venter	Vet Men 50-54	540
	Peter	Elliott	Vet Men 50-54	541
	Fredrick	Viljoen	Vet Men 50-54	542
	Jorge	Faria	Vet Men 50-54	543
	Wesley	Irwin	Vet Men 50-54	544
	Gwyn	Pine	Vet Men 50-54	545
	Benny	Pearson	Vet Men 50-54	546
	John	Horn	Vet Men 50-54	547
	Ken	Hill	Vet Men 50-54	548
	Theuns	Davidtz	Vet Men 50-54	549
	Roberto	Gnudi	Vet Men 50-54	550
	TERENCE	SHORTT	Vet Men 50-54	551
	Mark Anthony	Moretti	Vet Men 50-54	552
	DIRK	V D MERewe	Vet Men 50-54	553
	Jannie	Schoeman	Vet Men 50-54	554
	Euan	Ormiston	Vet Men 50-54	555
	Charles	Nienaber	Vet Men 55-59	560
	GERHARD	STRYDOM	Vet Men 55-59	561
	Michael	Murphy	Vet Men 55-59	562
	Tony	Frisoli	Vet Men 55-59	563
	Neville	Ackermann	Vet Men 55-59	564
	Bruce	Reyneke	Vet Men 55-59	565
	John	Ferreira	Vet Men 55-59	566
	Jan	Buscop	Vet Men 55-59	567
	Jose	Rocha	Vet Men 55-59	568
	Francois	Du Toit	Vet Men 55-59	569
	herman	wessels	Vet Men 55-59	570
	Marcello	Pompa	Vet Men 55-59	571
	George	Van Rooyen	Vet Men 55-59	572
	Johan	Voges	Vet Men 55-59	573
	Kevin	Record	Vet Men 55-59	574
	Rassie	Smit	Vet Men 55-59	575
	Joe	Visser	Vet Men 55-59	576
	Mark	Thijs	Vet Men 55-59	577
	Klaus Christian	Wiemann	Vet Men 55-59	578
	Paul	Lancaster	Vet Men 55-59	579
	Johan	Prinsloo	Vet Men 55-59	580
	Luis	De Araujo	Vet Men 55-59	581
	Phillip	Janse van Rensburg	Vet Men 55-59	582
	Michele	Orselli	Vet Men 55-59	583
	Adriaan	Beukes	Vet Men 55-59	584
	Johan	Geyser	Vet Men 55-59	585
	Hendrik Leon	Olivier	Vet Men 55-59	586

	Anton	Rossouw	Vet Men 55-59	587
	Mark	Langmn	Vet Men 55-59	588
	Bobby	Nefdt	Vet Men 60-64	600
	marius	viljoen	Vet Men 60-64	601
	Julio	Sanfona	Vet Men 60-64	602
	Johan	Spies	Vet Men 60-64	603
	Reginald	Piper	Vet Men 60-64	604
	Alec	Brough	Vet Men 60-64	605
	Neil	Fourie	Vet Men 60-64	606
	Pierre	Van Hell	Vet Men 60-64	607
	Athol	Dand	Vet Men 60-64	608
	Sameul James	Cochrane	Vet Men 60-64	609
	Bruce	Mcdonald	Vet Men 60-64	610
	Robert	Alexander	Vet Men 60-64	611
	Johan	Van Zyl	Vet Men 60-64	612
07:12	Sya	Giles	Vet Ladies 65-70+	219
51KM	Jan	Phelan	Vet Ladies 65-70+	220
	Vincent	Kelly	Vet Men 75-80+	710
	Mike	Smith	Vet Men 75-80+	711
	Arthur	Duncan	Vet Men 75-80+	712
		EXPECTED FINISH TIM	09:30	
			PRIZE GIVING 10:00	
10:30	Travis	Stedman	U14 Boys	240
51KM	Luhandre	Ludik	U14 Boys	241
	Dillon	Geary	U14 Boys	242
	Keagan	Van Wyk	U14 Boys	243
	Callum	Osborne	U14 Boys	244
	Mitchel	Potgieter	U14 Boys	245
	Tyler	Lange	U14 Boys	246
	Nicholas	Van Rooyen	U14 Boys	247
	Benjamin	Brown	U14 Boys	248
	Ashleigh	Mayhead	U14 Boys	249
	Partige	Chimwendo	U14 Boys	250
	Keagan	Lottering	U14 Boys	251
	Christiaan	Klopper	U14 Boys	252
	charl	botes	U14 Boys	253
	Eric	Kros	U14 Boys	254
	Stephanus David (St	Maartens	U14 Boys	255
	Jerovian	Francis	U14 Boys	256
	bradley	Bosman	U14 Boys	257
	Stefan	Marais	U14 Boys	258
	Jacho	Kotze	U14 Boys	259
	Warren	Moolman	U14 Boys	260
	Aphiwe	Msimang	U14 Boys	261

	Simone	Farber	U16 Girls	221
	Melandri	Meyer	U16 Girls	222
	Carla	Steyn	U16 Girls	223
	Nadia	Van Niekerk	U16 Girls	224
	Tiffany	Keep	U16 Girls	225
	Thana	Groenewald	U16 Girls	226
	Hanje	Nel	U16 Girls	227
	Kelsey	Van Schoor	U16 Girls	228
	Courtney	Smith	U16 Girls	229
	Deney	Poole	U16 Girls	230
	ashleigh	parsons	U16 Girls	231
10:33	Shaun	Wolfaardt	U12 Boys	270
34KM	Jayden	Moolman	U12 Boys	271
	Simon	Ferreira	U12 Boys	272
	Blaise	Stainbank	U12 Boys	273
	jaydon	botes	U12 Boys	274
	Etienne	Kros	U12 Boys	275
	Zakariyyaa	Martin	U12 Boys	276
	Ronan	Hill	U12 Boys	277
	marcel	moore	U12 Boys	278
	Sarah	Ryan	U14 Girls	262
	Chante	Olivier	U14 Girls	263
	Chloe	Bateson	U14 Girls	264
	Mischka	Strydom	U14 Girls	265
	Naomi	Africa	U14 Girls	266
	Sonica	Klopper	U14 Girls	267
	Chante	Dixon	U14 Girls	268
10:35	NATHAN LUKE	HATTINGH	U10 Boys	284
17KM	Armand	Dixon	U10 Boys	285
	Jessie	Munton	U10 Boys	286
	BRYCE	FOX	U10 Boys	287
	Evan	Moolman	U10 Boys	288
	Danel	de Jager	U10 Girls	289
	Kyla	Uys	U10 Girls	290
	chanica	botes	U10 Girls	291
	Lalique	Broxham	U12 Girls	279
	Mia	Fortuin	U12 Girls	280
	Marli	Nel	U12 Girls	281
	Kita	Uys	U12 Girls	282
	Emma	Clipstone	U12 Girls	283
		EXPECTED FINISH TIME: 11:30		
			PRIZEGIVING 12:15	
12 Noon	Adrian	Green	Single Start Tander	900
85KM	Diane	Green	Single Start Tander	901

	Rinus	Maarsingh	Single Start Tander	902
	Dirk	Maarsingh	Single Start Tander	903
	Piet	Laubscher	Single Start Tander	904
	Zanri	Rossouw	Single Start Tander	905
	Quentin	Gordon	Single Start Tander	906
	Pia	Fuller	Single Start Tander	907
	Petri	Strydom	Single Start Tander	908
	Charlene	Roux	Single Start Tander	909
	Carla	Oberholzer	Single Start Tander	910
	Stefan	Oberholzer	Single Start Tander	911
	Casper	Kruger	Single Start Tander	912
	Christo	van der Merwe	Single Start Tander	913
	Jay	Spendley	Single Start Tander	914
	Werner	Roux	Single Start Tander	915
	Mark	Elliott	Single Start Tander	916
	Kirsten	Schut	Single Start Tander	917
	Bennie	Coetzer	Single Start Tander	918
	Gerhard	Germishuis	Single Start Tander	919
12:03	Cameron	Adriaanse	U16 Boys	150
85KM	Cian	Leveridge	U16 Boys	151
	Brendan	Phillips	U16 Boys	152
	Robert	Hooper	U16 Boys	153
	BEN	BRITZ	U16 Boys	154
	Devon	Baird	U16 Boys	155
	Keagan	Bontekoning	U16 Boys	156
	Jacques	Bredenkamp	U16 Boys	157
	Rickardo	Broxham	U16 Boys	158
	Imraan	Gasant	U16 Boys	159
	Matthew	Fortuin	U16 Boys	160
	Dain	Tribe	U16 Boys	161
	Aidan	Geary	U16 Boys	162
	Hammaad	Akoojee	U16 Boys	163
	Siphiwe	Mbatha	U16 Boys	164
	Christopher	Cheze	U16 Boys	165
	James	Haw	U16 Boys	166
	Jean-Pierre	Lloyd	U16 Boys	167
	Reece	Mc Callum	U16 Boys	168
	Daniel	Knauer	U16 Boys	169
	Yusuf	Evans	U16 Boys	170
	Daniel John	Skews	U16 Boys	171
	Cameron	Adriaanse	U16 Boys	172
	Franco	Boshoff	U16 Boys	173
	CAMERON	WHITTINGTON	U16 Boys	174
	Ernest	Botha	U16 Boys	175
	Evan	Rex	U16 Boys	176
	Ryno	Owen	U16 Boys	177
	Raymond	Prinsloo	U16 Boys	178
	jeandre	gautier	U16 Boys	179

	Charl	Swanepoel	U16 Boys	180
	Ceajay	Bosman	U16 Boys	181
	Imtiyaz	van der Hoven	U16 Boys	182
	Joshua	Clipstone	U16 Boys	183
	Divan	Barnard	U16 Boys	184
	Tashreeq	Fataar	U16 Boys	185
	AMMAAR	Dollie	U16 Boys	186
	Abdul Muttalib	Sauls	U16 Boys	187
	Callum	Ormiston	U16 Boys	188
	Whayde	Davids	U16 Boys	189
12:05				
102KM	Lauren	Coleman	Vet Ladies 30-34	860
	Jeri	Moran	Vet Ladies 30-34	861
	Adel	Delpert	Vet Ladies 30-34	862
	Tanya	Barnes	Vet Ladies 30-34	863
	Lasqu�ve	Raubenheimer	Vet Ladies 30-34	864
	Meghan	Brinkley	Vet Ladies 30-34	865
	Lauren	Snell	Vet Ladies 30-34	866
	Yzette	Oelofse	Vet Ladies 30-34	867
	Tess	McCloughlin	Vet Ladies 30-34	868
	Lise	Olivier	Vet Ladies 30-34	869
	Janine	Rawlinson	Vet Ladies 30-34	870
	Riana	Robertson	Vet Ladies 30-34	871
	Monique	King	Vet Ladies 35-39	872
	ESTELLE	GOUS	Vet Ladies 35-39	873
	Suzan	Bowman	Vet Ladies 35-39	874
	Desray	Sebregts	Vet Ladies 35-39	875
	Nadine	Nunes	Vet Ladies 35-39	876
	Jo-Anne	Botha Callaghan	Vet Ladies 35-39	877
	Rika	Rossouw	Vet Ladies 35-39	878
	BIANCA	HOLTZKAMPF	Vet Ladies 35-39	879
	Hesmarie	Bester	Vet Ladies 35-39	880
	Nicolene	Naude	Vet Ladies 35-39	881
	Lee-Zaan	Hinrichsen	Vet Ladies 40-44	882
	Adele	JANSEN VAN VUUREN	Vet Ladies 40-44	883
	Mira	Spring	Vet Ladies 40-44	884
	veronica	botes	Vet Ladies 40-44	885
	Tracy	Watcham	Vet Ladies 40-44	886
	Gillian	Fourie	Vet Ladies 45-49	887
	Lauren	Wolff	Vet Ladies 45-49	888
	Monica	Glover	Vet Ladies 45-49	889
	Mireille	Koster	Vet Ladies 45-49	890
	Christina	Momos Osborne	Vet Ladies 45-49	891
	Vivien	Sa Joe	Vet Ladies 45-49	892
	Nicolene	Thiebaut	Vet Ladies 45-49	893

	Charmaine	Mc Callum	Vet Ladies 45-49	894
	Brenda	Potts	Vet Ladies 45-49	895
	tessa	hesse	Vet Ladies 45-49	896
	Heidi	Burger	Vet Ladies 45-49	897
12:08	Tim	Oglesby	Vet Men 65-69	650
68KM	Paul	Pelser	Vet Men 65-69	651
	Corne	Taljaard	Vet Men 65-69	652
	Willie	de Jong	Vet Men 65-69	653
	Michael Anthony	Lombard	Vet Men 65-69	654
	Leslie	Massey	Vet Men 65-69	655
	Chris	Van Vuuren	Vet Men 65-69	656
	Anthony	Mcfarlane	Vet Men 65-69	657
	Derrick	Tivers	Vet Men 65-69	658
	Jan	van den Berg	Vet Men 70-74	700
	Gavin	Brown	Vet Men 70-74	701
	Peter	Goble	Vet Men 70-74	702
	Bob	Clayton	Vet Men 70-74	703
	John Hilton	Passmore	Vet Men 70-74	704
12:10	Elize	Janse van Rensburg	Vet Ladies 50-54	200
68KM	Jillian	Jacobs	Vet Ladies 50-54	201
	Cynthia	Ramsey	Vet Ladies 50-54	202
	Chandre	Aymes	Vet Ladies 50-54	203
	Nataschka	Mowat	Vet Ladies 50-54	204
	Tina	Brenzel	Vet Ladies 50-54	205
	Christa	Botha	Vet Ladies 50-54	206
	Heather	Watson	Vet Ladies 50-54	207
	Elize	Fouche	Vet Ladies 55-59	210
	Belinda	Stein	Vet Ladies 55-59	211
	Hester	de Klerk	Vet Ladies 55-59	212
	Alma	Bester	Vet Ladies 55-59	213
	Sonet	Matheson	Vet Ladies 55-59	214
	Jill	Edwardes	Vet Ladies 60-64	215
	Wendy	Bloom	Vet Ladies 60-64	216
	Marlene	van Heerden	Vet Ladies 60-64	217
	ilna	lemmer	Vet Ladies 60-64	218
		EXPECTED FINISH TIME 14:30		
		PRIZE GIVING 15:00		
	SUNDAY 14TH FEB ROAD RACE			

07:00				
170KM	Robin	Huntley	Elite Men	4
	Louis	Meintjes	Elite Men	5
	TANDAZO	KOYO	Elite Men	6
	Daryl	Impey	Elite Men	2
	James	Barnes	Elite Men	7
	Steven (Sj)	Van Heerden	Elite Men	8
	Myles	Van Musschenbroek	Elite Men	9
	Adriaan	Davel	Elite Men	10
	JC	Nel	Elite Men	11
	Kevin	Patten	Elite Men	12
	James	Burne	Elite Men	13
	Stuart	Fitzpatrick	Elite Men	14
	Brad	Potgieter	Elite Men	15
	Clint	Hendricks	Elite Men	16
	Brad Matthew	Edwards	Elite Men	17
	Hans-Werner	Heuer	Elite Men	18
	David	Maree	Elite Men	19
	Marco	Abrahams	Elite Men	20
	Calvin	Beneke	Elite Men	21
	James	Fourie	Elite Men	22
	Luthando	Kaka	Elite Men	23
	Zuko	Nonxuba	Elite Men	24
	Simphiwe	Mhlakaza	Elite Men	25
	Thando	Zothe	Elite Men	26
	Siyabonga	Somchiza	Elite Men	27
	Mthetheleli	Boya	Elite Men	28
	Dion	Ross	Elite Men	29
	Barend	Burger	Elite Men	30
	Neal	Corbett	Elite Men	31
	Nicholas	Porteous	Elite Men	32
	Brendon	Davids	Elite Men	33
	Riaan	Benson	Elite Men	34
	Andrew	Warr	Elite Men	35
	Brandon	Downes	Elite Men	36
	Reinardt	J V Rensburg	Elite Men	3
	Jaco	Venter	Elite Men	37
	Johann	Van Zyl	Elite Men	38
	Nicolas	Douglas	Elite Men	39
	Jacques	J V Rensburg	Elite Men	1
	Songezo	Jim	Elite Men	40
	Jayde	Julius	Elite Men	41
	SIPHAMANDLA	POTO	U23 Men	50
	Michael-Tristan	Schutte	U23 Men	51
	Alwyn Jnr	Steenkamp	U23 Men	52
	Reece	Piper	U23 Men	53
	alex	odendaal	U23 Men	54
	Neil	Robinson	U23 Men	55

	Mitchell	Eliot	U23 Men	56
	Tristan	Van Niekerk	U23 Men	57
	Maurice	Moller	U23 Men	58
	Jandrich	Kotze	U23 Men	59
	Sheldon	Lahner	U23 Men	60
	Wesley	Eslick	U23 Men	61
	Gustav	Basson	U23 Men	62
	Mornay	Van Heerden	U23 Men	63
	Du Toit	Hanekom	U23 Men	64
	Flavio	Venceslau	U23 Men	65
	Kent	Main	U23 Men	66
	Jan Andre	Storm	U23 Men	67
	John	Vlok	U23 Men	68
	Nicol	Carstens	U23 Men	69
	Graeme	Ockhuis	U23 Men	70
	Wian-David	Slabbert	U23 Men	71
	Jarrood	Hattingh	U23 Men	72
	Aidan	Van Niekerk	U23 Men	73
	morne	van niekerk	U23 Men	74
	Dirk	Nel	U23 Men	75
	Carl	Bonthuys	U23 Men	76
	Rohan	du Plooy	U23 Men	77
	Stefan	Ihlenfeldt	U23 Men	78
	James	Tennent	U23 Men	79
	Chris	Jooste	U23 Men	80
	Thulasizwe	Mxenge	U23 Men	81
	Thobani	Shabalala	U23 Men	82
	Jaco	Pelser	U23 Men	83
	Daniël	Stroebel	U23 Men	84
	Jared	Poulton	U23 Men	85
	Bevan	Reddy	U23 Men	86
	Sbongiseni	Zondi	U23 Men	87
	Joshua	Abbott	U23 Men	88
	Julian	Jessop	U23 Men	89
	Kellan	Gouveris	U23 Men	90
	Armandt	Jacobs	U23 Men	91
	Fabian	Valsecchi	U23 Men	92
	Devon	Smith	U23 Men	93
	Marco	Joubert	U23 Men	94
	Corne	Bence	U23 Men	95
	marchal	hendricks	U23 Men	96
	Corne	Bence	U23 Men	97
	Armandt	Jacobs	U23 Men	98
	Ryan	Gibbons	U23 Men	49
	Stefan	De Bod	U23 Men	48
	Keagan	Girdlestone	U23 Men	47
	Shameeg	Salie	U23 Men	46

07:04	Hendrik	Du Toit	Jnr Men	101
119KM	Dhishan	Adriaanse	Jnr Men	102
	Dylan	Le Roux	Jnr Men	103
	Travis	Barrett	Jnr Men	104
	Gregory	de Vink	Jnr Men	105
	Ryan	Harris	Jnr Men	106
	Rennie	Anthony	Jnr Men	107
	Romaan	Theba	Jnr Men	108
	Johann	Bredenkamp	Jnr Men	109
	Demarco	Pillay	Jnr Men	110
	Jayde	Davies	Jnr Men	111
	Ruben	Pearson	Jnr Men	112
	Wessel	Redelinghuys	Jnr Men	113
	Rocco	King	Jnr Men	114
	Joshua	Van Wyk	Jnr Men	115
	Eben	Hartslief	Jnr Men	116
	Wynand	Dippenaar	Jnr Men	117
	Wagaarud-Deen	Ismail	Jnr Men	118
	Jarrad	Clark	Jnr Men	119
	Ethan	Parker	Jnr Men	120
	Louis	Visser	Jnr Men	121
	Gregory	de Vink	Jnr Men	122
	Duncan	De Waal	Jnr Men	123
	Jacques	van Niekerk	Jnr Men	124
	Enno Albertus	Swanepoel	Jnr Men	125
	Rainhardt	Marais	Jnr Men	126
	Dhishan	Adriaanse	Jnr Men	127
	Wessel	Swanepoel	Jnr Men	128
	Michael	Pretorius	Jnr Men	129
	Damean	Oosthuizen	Jnr Men	130
	Rinus	Maarsingh	Jnr Men	131
	Tye	Stainbank	Jnr Men	132
	Muhammad Irshaad	Mayet	Jnr Men	133
	Jarrett	West	Jnr Men	134
	Byron	Munton	Jnr Men	135
	Daniyal	Matthews	Jnr Men	136
	dylan	howard	Jnr Men	137
	Kieran	Correia	Jnr Men	138
	Brad	Gouveris	Jnr Men	139
	Thomas	Jessop	Jnr Men	140
	Branwill	Blaauw	Jnr Men	141
	Andrew	Edwards	Jnr Men	142
	Jarrood	Van den Heever	Jnr Men	143
	DEVIN	SHORTT	Jnr Men	144
	Eckhard	Binding	Jnr Men	145
	Luke	Samson	Jnr Men	146
	Brandon	Engelbrecht	Jnr Men	147

07:08	Ruanne	schoeman	Vet Men 30-34	300
119KM	Patrick	Rasedimo	Vet Men 30-34	301
	Ruan	Van Antwerpen	Vet Men 30-34	302
	Grant	Shepherd	Vet Men 30-34	303
	Jaco	Cronje	Vet Men 30-34	304
	Patrick	Birkett	Vet Men 30-34	305
	jacques	greeff	Vet Men 30-34	306
	Dewald	Lotter	Vet Men 30-34	307
	Andrew	Stockwell	Vet Men 30-34	308
	Neil	Bolton	Vet Men 30-34	309
	Robert	Cronje	Vet Men 30-34	310
	Dillon	Holm	Vet Men 30-34	311
	Stefan	Oberholzer	Vet Men 30-34	312
	Quintin	Myburgh	Vet Men 30-34	313
	Egon Firth	Campbell	Vet Men 30-34	314
	Louis	Snygans	Vet Men 30-34	315
	Jean	Mouton	Vet Men 30-34	316
	Carl	Pasio	Vet Men 30-34	317
	Werner	Roux	Vet Men 30-34	318
	Neil	Timm	Vet Men 30-34	319
	Petri	Strydom	Vet Men 30-34	320
	Mark	Elliott	Vet Men 30-34	321
	Kevin	Benkenstein	Vet Men 30-34	322
	Bryan	Powell	Vet Men 30-34	323
	Martin	Hillermann	Vet Men 30-34	324
	Stephen	Swanepoel	Vet Men 30-34	325
	Franco	Ferreira	Vet Men 30-34	326
	Alex	Pavlov	Vet Men 30-34	327
	Mike	Hewan	Vet Men 30-34	328
	Martin	Pieterse	Vet Men 30-34	329
	Frederick	Rossouw	Vet Men 30-34	330
	Martin	Pieterse	Vet Men 30-34	331
	Richard	Baxter	Vet Men 30-34	332
	Gadi	Chait	Vet Men 30-34	333
	Abel	de Almeida	Vet Men 35-39	350
	Kris	van Straaten	Vet Men 35-39	351
	Gabriel	Van Deventer	Vet Men 35-39	352
	Julius	Cobbett	Vet Men 35-39	353
	Dave	Leiman	Vet Men 35-39	354
	Pieter James	Avenant	Vet Men 35-39	355
	Deno	Van Heerden	Vet Men 35-39	356
	Calvin	Louw	Vet Men 35-39	357
	Francisco	Arce	Vet Men 35-39	358
	Daneel	Liebenberg	Vet Men 35-39	359
	Green	Groenewald	Vet Men 35-39	360
	Stephen	Cooke	Vet Men 35-39	361
	Jacques	van Staden	Vet Men 35-39	362
	Johan	Deysel	Vet Men 35-39	363
	Justin	Short	Vet Men 35-39	364

	Petrus	Oelofse	Vet Men 35-39	365
	Stu	Rawlinson	Vet Men 35-39	366
	Nicholas	Cape	Vet Men 35-39	367
	Anthony	Field Buss	Vet Men 35-39	368
	Julius	Cobbett	Vet Men 35-39	369
	Paul	Klimczak	Vet Men 35-39	370
	Jaco	Ferreira	Vet Men 35-39	371
	Gary	Doyle	Vet Men 35-39	372
	Miguel	Dos Santos	Vet Men 35-39	373
	Sean	Merredew	Vet Men 35-39	374
	Cecil	Callaghan	Vet Men 35-39	375
	Johan Mario	janse van rensburg	Vet Men 35-39	376
	Trevor	Rowe	Vet Men 35-39	377
	Dean	Puntis	Vet Men 35-39	378
	Waldek	Wasowicz	Vet Men 35-39	379
	William	James	Vet Men 35-39	380
	Morne	Groenewald	Vet Men 35-39	381
	Gavin	Van Aswegen	Vet Men 35-39	382
	Michael	Viljoen	Vet Men 35-39	383
07:10	Nicolene	Marais	Jnr Women	840
85KM	Danielle	Strydom	Jnr Women	841
	Nicole	Hebblethwaite	Jnr Women	842
	Chantelle	Van Staden	Jnr Women	843
	Anja	Gerber	Jnr Women	844
	Danielle	van Niekerk	Jnr Women	845
	Jayme Sue	Vermaas	Jnr Women	846
	Lynette	Benson	Jnr Women	847
	Elné	Owen	Jnr Women	848
	Jessica	Gerber	Jnr Women	849
	Christie-Leigh	Hearder	Jnr Women	850
	Jessica Margaret	Brown	Jnr Women	851
	Sabrina	Van Wyk	Jnr Women	852
		EXPECTED FINISH TIME 11:30		
			PRIZE GIVING 12:30	
	Jason	Oosthuizen	To be batched according to Ag	

To be batched according to Age Category