

| <u>Race No</u> | <u>Laps</u> | <u>Birthdate</u> | <u>Name</u> | <u>Surname</u> | <u>Reg No</u> | <u>Lap1</u> | <u>Lap2</u> | <u>Lap3</u> | <u>Lap4</u> | <u>Lap5</u> | <u>Lap6</u> | <u>Lap7</u> | <u>Lap8</u> | <u>Pos</u> | <u>Total</u> |
|----------------|-------------|------------------|-------------|----------------|---------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|------------|--------------|
| 14 | 3 | 15/12/1993 | Jarryd | Cooke | | 00:25:08 | 01:21:49 | 00:38:37 | | | | | | 3 | 02:25:34 |
| 50 | 3 | 01/01/1993 | Geoffrey | Glanvill | | 00:31:50 | 01:13:57 | 00:41:09 | | | | | | 4 | 02:26:56 |
| 67 | 3 | 01/01/1992 | Phil | Heine | | 00:29:13 | 01:16:36 | 00:42:39 | | | | | | 5 | 02:28:28 |
| 40 | 3 | 01/01/1993 | Merrick | Fairall | | 00:22:50 | 01:20:26 | 00:45:35 | | | | | | 6 | 02:28:51 |
| 82 | 3 | 17/05/1991 | Justin | Butler | | 00:31:43 | 01:20:02 | 00:42:02 | | | | | | 7 | 02:33:47 |
| 89 | 3 | 01/01/1994 | Shane | Kemp | | 00:30:35 | 01:14:54 | 00:48:37 | | | | | | 8 | 02:34:06 |
| 15 | 3 | 20/11/1992 | James | Helliwell | | 00:27:39 | 01:23:33 | 00:50:33 | | | | | | 9 | 02:41:45 |
| 73 | 3 | 01/01/1995 | Yazeed | Cupp | | 00:33:22 | 01:17:13 | 01:02:38 | | | | | | 10 | 02:53:13 |

Age Group (m) (25 - 29)

| | | | | | | | | | | | | | | | |
|----|---|------------|--------------|---------------|--|----------|----------|----------|--|--|--|--|--|----|----------|
| 44 | 3 | 01/04/1990 | Richard | Lawrie | | 00:23:58 | 01:06:43 | 00:39:33 | | | | | | 1 | 02:10:14 |
| 16 | 3 | 07/07/1987 | Ross | Helliwell | | 00:26:11 | 01:08:58 | 00:37:20 | | | | | | 2 | 02:12:29 |
| 62 | 3 | 26/06/1987 | Bruce | Campbell | | 00:21:26 | 01:12:29 | 00:41:13 | | | | | | 3 | 02:15:08 |
| 76 | 3 | 01/01/1987 | Byron | Bronkhorst | | 00:26:25 | 01:09:00 | 00:45:14 | | | | | | 4 | 02:20:39 |
| 17 | 3 | 11/01/1988 | tim | toovey | | 00:25:29 | 01:08:15 | 00:50:05 | | | | | | 5 | 02:23:49 |
| 18 | 3 | 15/05/1987 | BRENDAN DEAN | HAYWARD | | 00:25:15 | 01:13:24 | 00:46:52 | | | | | | 6 | 02:25:31 |
| 66 | 3 | 04/06/1990 | Daneel | Claassen | | 00:31:22 | 01:12:57 | 00:46:12 | | | | | | 7 | 02:30:31 |
| 80 | 3 | 29/01/1989 | Shavandre | Coleman | | 00:27:38 | 01:17:18 | 00:46:15 | | | | | | 8 | 02:31:11 |
| 42 | 3 | 01/01/1989 | Warren | Witte | | 00:25:24 | 01:20:52 | 00:49:10 | | | | | | 9 | 02:35:26 |
| 46 | 3 | 13/07/1987 | Dylan | Benyon | | 00:29:09 | 01:21:30 | 00:49:42 | | | | | | 10 | 02:40:21 |
| 68 | 3 | 01/01/1987 | James | Crawford | | 00:25:12 | 01:22:49 | 00:53:45 | | | | | | 11 | 02:41:46 |
| 96 | 3 | 01/01/1989 | Tiaan | Conradie | | 00:30:30 | 01:19:40 | 00:53:11 | | | | | | 12 | 02:43:21 |
| 94 | 3 | 01/01/1989 | Scott | Zenbononi | | 00:26:43 | 01:21:06 | 00:55:33 | | | | | | 13 | 02:43:22 |
| 83 | 3 | 01/01/1988 | Luke | Coyle Dowling | | 00:27:22 | 01:30:44 | | | | | | | 14 | 01:58:06 |
| 37 | 3 | 31/08/1989 | Joshua | McGrath | | 00:23:56 | | | | | | | | 15 | 00:23:56 |

Age Group (m) (30 - 34)

| | | | | | | | | | | | | | | | |
|----|---|------------|--------|----------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 79 | 3 | 01/01/1981 | Gawie | Henning | | 00:24:13 | 01:08:20 | 00:37:51 | | | | | | 1 | 02:10:24 |
| 19 | 3 | 25/07/1985 | JC | VISSER | | 00:30:19 | 01:05:57 | 00:36:57 | | | | | | 2 | 02:13:13 |
| 90 | 3 | 10/09/1985 | Shane | D'Arcy | | 00:24:19 | 01:12:20 | 00:44:32 | | | | | | 3 | 02:21:11 |
| 99 | 3 | 23/06/1985 | Yousef | Arendse | | 00:26:31 | 01:14:29 | 00:42:40 | | | | | | 4 | 02:23:40 |
| 41 | 3 | 09/06/1983 | Justin | Fraenkel | | 00:25:35 | 01:08:39 | 00:50:22 | | | | | | 5 | 02:24:36 |
| 65 | 3 | 01/01/1985 | Greg | Smith | | 00:26:40 | 01:12:53 | 00:49:43 | | | | | | 6 | 02:29:16 |
| 51 | 3 | 01/01/1981 | Dale | Moulton | | 00:26:45 | 01:21:30 | 00:42:41 | | | | | | 7 | 02:30:56 |
| 81 | 3 | 01/01/1982 | Gavin | Thorne | | 00:30:14 | 01:20:33 | 00:43:14 | | | | | | 8 | 02:34:01 |

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|----------------|-------------|------------------|-------------|----------------|---------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|------------|--------------|
| 95 | 3 | 25/12/1985 | Tauriq | Agherdien | | 00:29:09 | 01:16:00 | 00:51:13 | | | | | | 9 | 02:36:22 |
| 78 | 3 | 01/01/1982 | Dean | Wilson | | 00:29:15 | 01:20:33 | 00:49:59 | | | | | | 10 | 02:39:47 |
| 102 | 3 | 13/05/1981 | Damian | Giulietti | | 00:35:47 | 01:15:15 | 00:55:23 | | | | | | 11 | 02:46:25 |
| 70 | 3 | 09/08/1981 | Zuko | Njokweni | | 00:38:01 | 01:28:57 | 00:53:18 | | | | | | 12 | 03:00:16 |
| 98 | 3 | 01/01/1982 | Renier | Botha | | 00:31:09 | 01:26:17 | 01:04:28 | | | | | | 13 | 03:01:54 |
| 59 | 3 | 01/01/1981 | Lennon | Fisher | | 00:42:21 | 01:28:26 | 00:51:21 | | | | | | 14 | 03:02:08 |
| 60 | 3 | 01/01/1985 | Warren | Andrews | | 00:38:36 | 01:35:08 | 00:52:08 | | | | | | 15 | 03:05:52 |

Age Group (m) (35 - 39)

| | | | | | | | | | | | | | | | |
|-----|---|------------|-------------|---------------|--|----------|----------|----------|--|--|--|--|--|----|----------|
| 34 | 3 | 01/01/1976 | Sascha | Braendle | | 00:25:03 | 01:04:57 | 00:39:38 | | | | | | 1 | 02:09:38 |
| 56 | 3 | 07/02/1980 | Johan | Heath | | 00:24:06 | 01:09:49 | 00:45:32 | | | | | | 2 | 02:19:27 |
| 21 | 3 | 26/07/1978 | Donavon | Kohne | | 00:29:00 | 01:11:10 | 00:47:10 | | | | | | 3 | 02:27:20 |
| 20 | 3 | 01/12/1978 | Grant | Williamson | | 00:24:16 | 01:13:55 | 00:51:04 | | | | | | 4 | 02:29:15 |
| 105 | 3 | 26/11/1976 | William | Wilson | | 00:29:34 | 01:16:38 | 00:43:47 | | | | | | 5 | 02:29:59 |
| 75 | 3 | 28/07/1979 | Duian | Beaton | | 00:35:35 | 01:13:47 | 00:50:06 | | | | | | 6 | 02:39:28 |
| 77 | 3 | 01/01/1976 | Lyal | Blom | | 00:31:35 | 01:20:56 | 00:55:00 | | | | | | 7 | 02:47:31 |
| 108 | 3 | 25/06/1976 | Shuaib | Abrahams | | 00:35:32 | 01:23:22 | 00:55:37 | | | | | | 8 | 02:54:31 |
| 103 | 3 | 01/01/1976 | Gary | Lewis | | 00:34:29 | 01:29:28 | 01:01:21 | | | | | | 9 | 03:05:18 |
| 101 | 3 | 18/10/1980 | Martin Mark | Von Allermann | | 00:26:47 | 01:06:11 | | | | | | | 10 | 01:32:58 |

Age Group (m) (40 - 44)

| | | | | | | | | | | | | | | | |
|----|---|------------|----------|-------------|-------|----------|----------|----------|--|--|--|--|--|----|----------|
| 23 | 3 | 08/11/1973 | Louis | De Villiers | | 00:24:50 | 01:03:28 | 00:39:12 | | | | | | 1 | 02:07:30 |
| 58 | 3 | 30/01/1972 | Nicholas | Chapman | | 00:27:30 | 01:15:15 | 00:46:13 | | | | | | 2 | 02:28:58 |
| 38 | 3 | 05/10/1972 | Graeme | Van Zyl | | 00:26:31 | 01:17:56 | 00:48:32 | | | | | | 3 | 02:32:59 |
| 48 | 3 | 19/09/1973 | Brad | Boonzaier | | 00:33:48 | 01:14:12 | 00:46:31 | | | | | | 4 | 02:34:31 |
| 52 | 3 | 11/10/1971 | STEPHEN | VAN NIEKERK | | 00:27:07 | 01:20:12 | 00:47:46 | | | | | | 5 | 02:35:05 |
| 22 | 3 | 08/10/1975 | Bernus | Olivier | | 00:26:33 | 01:21:59 | 00:49:23 | | | | | | 6 | 02:37:55 |
| 91 | 3 | 31/07/1973 | Bruce | Gie | 87248 | 00:28:58 | 01:20:23 | 00:52:57 | | | | | | 7 | 02:42:18 |
| 33 | 3 | 22/09/1973 | Jacques | Botha | | 00:26:56 | 01:25:17 | 00:52:35 | | | | | | 8 | 02:44:48 |
| 24 | 3 | 12/09/1974 | Johan | Herselman | | 00:43:11 | 01:28:20 | 00:57:18 | | | | | | 9 | 03:08:49 |
| 69 | 3 | 01/01/1973 | Tjaart | Van Zyl | | 00:43:12 | 01:24:50 | 01:03:58 | | | | | | 10 | 03:12:00 |
| 87 | 3 | 01/01/1972 | Cornelis | Campher | | 00:38:44 | 01:30:05 | 01:09:28 | | | | | | 11 | 03:18:17 |

Age Group (m) (45 - 49)

| | | | | | | | | | | | | | | | |
|----|---|------------|------|----------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 55 | 3 | 25/06/1969 | Mark | Alderman | | 00:26:15 | 01:10:36 | 00:42:00 | | | | | | 1 | 02:18:51 |
|----|---|------------|------|----------|--|----------|----------|----------|--|--|--|--|--|---|----------|

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|----------------|-------------|------------------|--------------|----------------|---------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|------------|--------------|
| 88 | 3 | 18/07/1969 | Bernard | PLAYDON | 71072 | 00:33:10 | 01:17:12 | 00:46:33 | | | | | | 2 | 02:36:55 |
| 36 | 3 | 01/01/1970 | Mark Leonard | Jeaocks | | 00:33:34 | 01:22:39 | 00:45:30 | | | | | | 3 | 02:41:43 |
| 27 | 3 | 27/01/1969 | Wayne | Venter | | 00:38:11 | 01:23:58 | 00:48:52 | | | | | | 4 | 02:51:01 |
| 26 | 3 | 11/09/1968 | Derek | Smith | | 00:35:45 | 01:24:06 | 00:57:57 | | | | | | 5 | 02:57:48 |
| 47 | 3 | 01/01/1968 | Paul | Johnson | | 00:38:41 | 01:26:54 | 00:52:17 | | | | | | 6 | 02:57:52 |
| 28 | 3 | 20/01/1968 | Paul | Bester | | 00:31:17 | 01:29:05 | 01:03:13 | | | | | | 7 | 03:03:35 |
| 25 | 3 | 13/07/1966 | Jacob | Abraham | | 00:48:34 | | | | | | | | 8 | 00:48:34 |

Age Group (m) (50 - 54)

| | | | | | | | | | | | | | | | |
|----|---|------------|--------|---------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 43 | 3 | 13/12/1965 | George | Winship | | 00:31:47 | 01:16:51 | 00:50:05 | | | | | | 1 | 02:38:43 |
| 30 | 3 | 01/01/1964 | Craig | Shillaw | | 00:27:52 | 01:17:03 | 00:56:29 | | | | | | 2 | 02:41:24 |
| 29 | 3 | 14/11/1963 | Jose | Neves | | 00:34:07 | 01:25:19 | 00:49:42 | | | | | | 3 | 02:49:08 |

Age Group (m) (55 - 59)

| | | | | | | | | | | | | | | | |
|----|---|------------|-------|---------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 93 | 3 | 25/11/1960 | Roger | Hooke | | 00:28:55 | 01:13:36 | 00:46:44 | | | | | | 1 | 02:29:15 |
| 92 | 3 | 23/03/1960 | Deon | Boshoff | | 00:27:36 | 01:20:38 | 00:54:56 | | | | | | 2 | 02:43:10 |
| 72 | 3 | 27/09/1960 | Alec | Riddle | | 00:25:04 | | | | | | | | 3 | 00:25:04 |

Age Group (m) (60 - 64)

| | | | | | | | | | | | | | | | |
|----|---|------------|--------|--------------------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 45 | 3 | 06/03/1955 | Johan | Barnard | | 00:42:19 | 01:19:19 | 00:56:54 | | | | | | 1 | 02:58:32 |
| 49 | 3 | 17/04/1955 | Rob | Ermes | | 00:40:06 | 01:18:33 | 01:07:25 | | | | | | 2 | 03:06:04 |
| 39 | 3 | 01/01/1955 | Helder | De Almeida E Silva | | 00:40:24 | 01:27:40 | 01:02:54 | | | | | | 3 | 03:10:58 |
| 35 | 3 | 01/01/1952 | Armin | Brandle | | 00:31:35 | 01:30:28 | 01:09:02 | | | | | | 4 | 03:11:05 |

Age Group (m) (70+)

| | | | | | | | | | | | | | | | |
|----|---|------------|---------|----------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 32 | 3 | 18/03/1942 | Michael | Copeland | | 00:37:43 | 01:24:16 | 01:09:04 | | | | | | 1 | 03:11:03 |
|----|---|------------|---------|----------|--|----------|----------|----------|--|--|--|--|--|---|----------|

Junior (f) (14 - 15)

| | | | | | | | | | | | | | | | |
|-----|---|------------|-----------|--------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 301 | 3 | 28/07/2000 | Martelize | Kruger | | 00:07:22 | 00:20:16 | 00:15:41 | | | | | | 1 | 00:43:19 |
| 303 | 3 | 21/03/2000 | Tarien | Bester | | 00:08:52 | 00:22:46 | 00:20:57 | | | | | | 2 | 00:52:35 |

Junior (m) (12 - 13)

| | | | | | | | | | | | | | | | |
|-----|---|------------|---------|------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 304 | 3 | 22/10/2002 | Michael | Gill | | 00:07:20 | 00:21:56 | 00:11:17 | | | | | | 1 | 00:40:33 |
|-----|---|------------|---------|------|--|----------|----------|----------|--|--|--|--|--|---|----------|

Junior (m) (14 - 15)

| | | | | | | | | | | | | | | | |
|-----|---|------------|----------|------------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 214 | 3 | 26/06/2000 | Jamie | Riddle | | 00:05:00 | 00:15:54 | 00:09:53 | | | | | | 1 | 00:30:47 |
| 302 | 3 | 01/01/2001 | Francois | O' Kennedy | | 00:06:47 | 00:18:33 | 00:22:24 | | | | | | 2 | 00:47:44 |

Open Sprint (f)

| | | | | | | | | | | | | | | | |
|-----|---|------------|--------------|-------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 215 | 3 | 01/01/2016 | Natalie Anne | Britz | | 00:13:50 | 00:37:54 | 00:22:35 | | | | | | 1 | 01:14:19 |
|-----|---|------------|--------------|-------|--|----------|----------|----------|--|--|--|--|--|---|----------|

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|----------------|-------------|------------------|-------------|----------------|---------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|------------|--------------|
| 216 | 3 | 01/01/1982 | Claire | Van Der Nest | | 00:19:02 | 00:45:38 | 00:21:37 | | | | | | 2 | 01:26:17 |

Open Sprint (m)

| | | | | | | | | | | | | | | | |
|-----|---|------------|--------|----------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 209 | 3 | 01/01/1995 | Widmer | Olivier | | 00:11:52 | 00:34:19 | 00:16:50 | | | | | | 1 | 01:03:01 |
| 213 | 3 | 01/01/1994 | Alex | Blumberg | | 00:13:59 | 00:38:19 | 00:20:47 | | | | | | 2 | 01:13:05 |

Sprint (f) (16 - 17)

| | | | | | | | | | | | | | | | |
|----|---|------------|--------|------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 84 | 3 | 07/10/1999 | Tamlyn | Gill | | 00:13:57 | 00:46:45 | 00:26:14 | | | | | | 1 | 01:26:56 |
|----|---|------------|--------|------|--|----------|----------|----------|--|--|--|--|--|---|----------|

Sprint (f) (18 - 19)

| | | | | | | | | | | | | | | | |
|-----|---|------------|------------|----------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 208 | 3 | 01/01/1997 | Alissa | Konig | | 00:11:40 | 00:36:23 | 00:19:13 | | | | | | 1 | 01:07:16 |
| 201 | 3 | 08/04/1997 | Taryn-Maie | Wille | | 00:13:09 | 00:43:27 | 00:24:23 | | | | | | 2 | 01:20:59 |
| 207 | 3 | 26/03/1997 | Shannon | Bradford | | 00:16:39 | 00:43:24 | 00:26:38 | | | | | | 3 | 01:26:41 |

Sprint (m) (16 - 17)

| | | | | | | | | | | | | | | | |
|-----|---|------------|------|--------|--|----------|----------|----------|--|--|--|--|--|---|----------|
| 202 | 3 | 23/04/1998 | Nico | Bester | | 00:13:48 | 00:38:35 | 00:27:40 | | | | | | 1 | 01:20:03 |
|-----|---|------------|------|--------|--|----------|----------|----------|--|--|--|--|--|---|----------|

Sprint (m) (18 - 19)

| | | | | | | | | | | | | | | | |
|-----|---|------------|----------------|-----------|-------|----------|----------|----------|--|--|--|--|--|---|----------|
| 210 | 3 | 01/01/1997 | Pio-Loce | Matteo | | 00:10:41 | 00:35:25 | 00:17:34 | | | | | | 1 | 01:03:40 |
| 204 | 3 | 31/01/1997 | Keegan | Cooke | | 00:11:14 | 00:36:14 | 00:17:36 | | | | | | 2 | 01:05:04 |
| 212 | 3 | 01/01/1997 | Munro | Ferreira | | 00:11:38 | 00:35:47 | 00:20:28 | | | | | | 3 | 01:07:53 |
| 203 | 3 | 24/03/1996 | Jason Duncombe | Campbell | | 00:12:09 | 00:35:15 | 00:20:47 | | | | | | 4 | 01:08:11 |
| 205 | 3 | 24/03/1997 | Malan | Steenkamp | | 00:11:54 | 00:35:28 | 00:22:11 | | | | | | 5 | 01:09:33 |
| 97 | 3 | 22/08/1997 | Irwin | De Meyer | 89891 | 00:15:50 | 00:40:51 | 00:28:01 | | | | | | 6 | 01:24:42 |