

<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
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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
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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
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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
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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