

Overall Results

7.5km

Race No	Name	Sex	Age Cat	Race Time	Ov Pos	Age Pos
381	JOSEPH MANGULA	M	20 to 29	0:26:39	1	1
379	JAMES FOURIE	M	20 to 29	0:27:14	2	2
91	CHRIS MULLER	M	30 to 39	0:27:22	3	1
371	DANIEL ELLIS	M	13 to 19	0:27:30	4	1
5	TRENT BAUER	M	20 to 29	0:29:16	5	3
82	SIMPHIWE MHLONGO	M	40 to 49	0:30:46	6	1
106	PAUL PEARCE	M	40 to 49	0:31:32	7	2
370	ALISTER REID	M	30 to 39	0:31:43	8	2
31	WYNAND DU PLESSIS	M	40 to 49	0:32:09	9	3
143	BYRON UGLJANIN	M	50 to 59	0:33:35	10	1
134	NIGEL SHERIFF	M	40 to 49	0:33:58	11	4
148	IAN VAN ROOYEN	M	30 to 39	0:34:08	12	3
159	ANDREW WILLIAMS	M	13 to 19	0:34:32	13	2
380	MARTIN CLEMENT	M	40 to 49	0:35:19	14	5
21	MARTIN DAM	M	40 to 49	0:36:25	15	6
4	LAUREN BAUER	F	20 to 29	0:36:36	1	1
160	CAMERON WILLIAMS	M	20 to 29	0:38:06	16	4
374	BUZZ BOLTON	M	60 to 69	0:38:08	17	1
124	HERVE ROUGIER-LAGANE	M	60 to 69	0:40:02	18	2
24	CAMERON DELANEY	M	20 to 29	0:40:14	19	5
157	KIRSTY WAUGH	F	20 to 29	0:40:16	2	2
377	WENDY FROST	F	50 to 59	0:41:47	3	1
378	GARY SWART	M	50 to 59	0:41:48	20	2
17	HEATHER COLLIS	F	30 to 39	0:42:17	4	1
146	LYNNE VAN DEN HEUWEL	F	50 to 59	0:43:14	5	2
158	GREGORY WHITEHEAD	M	50 to 59	0:43:15	21	3
151	FAIZAL VARACHIA	M	30 to 39	0:43:22	22	4
367	KERRY EVERETT	F	40 to 49	0:44:06	6	1
373	DAVID WILLIAMS	M	60 to 69	0:44:27	23	3
144	JAUNITA UGLJANIN	F	40 to 49	0:46:02	7	2
132	MAGGIE SEYMORE	F	50 to 59	0:46:21	8	3
39	JACO FOURIE	M	50 to 59	0:46:22	24	4
20	NICOLA COX	F	30 to 39	0:46:31	9	2
50	TARRYN GREEN	F	30 to 39	0:47:58	10	3
369	JACLYNNE EVERETT	F	13 to 19	0:50:44	11	1
145	LAUREN VAN DEN HEUWEL	F	20 to 29	0:51:31	12	3
116	HEATHER POWELL	F	30 to 39	0:52:11	13	4
117	JASON POWELL	M	30 to 39	0:52:12	25	5
366	KIRSTY GROBLER	F	30 to 39	0:52:35	14	5
368	CAYLEE MEADOWS	F	20 to 29	0:52:42	15	4
86	CATHERINE MOODIE	F	40 to 49	0:53:38	16	3
140	TILDA TEARLE	F	50 to 59	0:54:20	17	4
85	RUTH MOKOATLE	M	40 to 49	0:55:25	26	7
52	LEE GROENEWALD	F	30 to 39	0:55:27	18	6

Overall Results

7.5km

126	JONATHAN SAMPSON	M	30 to 39	0:55:29	27	6
138	COLLETTE TANNER	F	40 to 49	0:55:32	19	4
372	TYLA FRANK	F	13 to 19	1:06:54	20	2
63	MICHELLE KERR	F	50 to 59	1:06:58	21	5
77	KIRSTEN MC DONALD	F	50 to 59	1:11:14	22	6
127	SARAH SAMSUNDER	F	30 to 39	1:11:16	23	7
357	BYRON MEUGENS	M	20 to 29	1:14:32	28	6
356	TRACEY MEUGENS	F	20 to 29	1:14:35	24	5