

Position	Place Number	First Name	Surname	Age	Gender	Time
1	F053	Thomas	Minter	35	M	00:30.03
2	F067	Adam	Roberts	29	M	00:32.58
3	F023	Werner	Els	40	M	00:39.50
4	F020	Carina	du Plessis	38	F	00:40.12
5	F005	Rian	Basson	36	M	00:40.15
6	F029	James	Frazer	51	M	00:40.17
7	F036	Angus	Herwels	40	M	00:42.50
8	F016	Mawande	Dekeni	33	M	00:45.04
9	F073	Teresa	Rooney	62	F	00:47.27
10	F044	Greydon	Jurgens	30	M	00:47.35
11	F058	Eddie	Obery	45	M	00:49.30
12	F030	Barry	Goliath	47	M	00:50.01
13	F083	Norman	Taylor	63	M	00:52.53
14	F064	Barry	Radloff	46	M	00:53.18
15	F025	Marzanne	Esterhuizen	41	F	00:54.02
16	F071	Chris	Rooney	31	M	00:54.26
17	F088	Hilgard	van Rooyen	36	M	00:54.41
18	F008	werner	boucher	30	M	00:54.56
19	F087	Ryan	Van Der Nest	43	M	00:55.07
20	F061	Haley	Payten	37	F	00:55.08
21	F068	Heidi	Rohr	39	F	00:59.05
22	F021	Andree	Du Toit	38	F	01:02.07
23	F092	Ashlynn	Wilkins	20	F	01:02.32
24	F010	Aldine	Bronkhorst	32	F	01:03.52
25	F091	Jean	Wiese	48	F	01:04.29
26	F065	Jason	Ricketts	44	M	01:04.32
27	F078	Amanda	Simmons	45	F	01:04.35
28	F019	Terence	Drake	43	M	01:05.06
29	F059	Chamelle	Opperman	30	F	01:10.30
30	F045	Brendon	Kessell	24	M	01:10.40
31	F052	Thandeka	Mehlo	31	F	01:11.15
32	F077	saseka	sihlwayi	42	F	01:11.28
33	F041	Jurie	Jackson	29	M	01:11.36
34	F079	Samantha	Smit-Mattison	48	F	01:13.42
35	F037	Liesl	Hirst	47	F	01:13.44
36	F069	Claire	Roodt	48	F	01:13.59
37	F070	Stefan	Roodt	57	M	01:14.01
38	F096	Lisa	Ziegler	28	F	01:14.28
39	F086	Callie	van der Merwe	31	M	01:14.30
40	F089	Karla	van Zyl	31	F	01:14.30
41	F002	Sharon	Atkins	52	F	01:14.58

42	F057	Ulanda	Neveling	57	F	01:16.01
43	F047	Reinhardt	Kolver	54	M	01:16.03
44	F051	Sinethemba	Madikizela	38	F	01:16.44
45	F075	Jason	Scott-smith	45	M	01:16.50
46	F084	David	Uys	36	M	01:16.52
47	F046	Marlie	KOCH	41	F	01:17.50
48	F040	Bronwyn	Jackson	41	F	01:22.11
49	F082	Sharon	Stockdale	44	F	01:23.03
50	F081	Bryan	Smith	64	M	01:23.13
51	F012	Fennet	Cilliers	44	F	01:27.31
52	F055	Wanga	Mxuthu	32	M	01:28.29
53	F022	Simone	Ehlers	44	F	01:29.00
54	F054	Lobke	Minter	35	F	01:30.07
55	F007	Jeanine	Botha	58	F	01:32.20
56	F049	Michelle	Lewis	47	F	01:35.05
57	F032	Jeanette	Hendriks	39	F	01:50.49
58	F001	Gina	Anthony	28	F	01:52.10
59	F050	Petro	Liebenberg	40	F	02:43.00
60	F017	Tania	Delpport	46	F	02:43.19