

col01
SA Cross Country Championchips 2022
Overall Finish List
September 17, 2022
Prottime Sport - Powered By TimingSA www.prottime.co.za

col02

col03

col04

col05

col07

E1 - M35-39_8

Place	Name	Team	Bib No	Age	Total Time
1	MOOROSI SOKE	AFS	536	39	26:22.3
2	RIRHANDZU RHANGANI	CGA	2684	39	26:24.5
3	SAMUEL SEGOABA	AGN	1176	39	26:41.5
4	GENO NKOE	AGN	1174	39	26:52.5
5	MAHLOMULA SEKHONYANA	KZNA	2978	36	26:58.4
6	TUMELO MOKOATSI	WPA	3363	35	27:07.4
7	AUBREY NTHANKO	AGN	1170	37	27:09.0
8	MOELETSI MOLETSANE	CGA	2681	36	27:16.4
9	GERSWIN JONES	ASWD	2101	35	27:34.3
10	JETRO SITHOLE	AMPU	1692	38	27:44.3
11	ITUMLENG DINTWA	ANWN	2017	37	28:00.2
12	LESLEY CHIFUMBI	ANWN	2016	36	28:09.7
13	TSHEPO NYAPOTSE	AFS	534	35	28:23.0
14	MACALENI MAHLANGU	AMPU	1687	35	28:25.6
15	THABISO LETHABANE	CGA	2682	36	28:27.2
16	HOPEWELL JABAVU	EPA	2791	39	28:58.0
17	POGISO SEKGABEBE	ANWN	2018	38	29:00.4
18	DALE KRETZINGER	CGA	2679	36	29:11.9
19	LEHLOHONOLO LUC RAMPHALE	CGA	2683	36	29:15.5
20	ANDRIES MALETE	LIMA	3291	37	29:26.9
21	PIENAAR JANSE VAN RENSBURG	AMPU	1689	37	30:06.1
22	DOCTOR SIBANYONI	AMPU	1691	38	30:28.9
23	DEWALD ROSSOUW	AGN	1169	36	30:30.4
24	LOUIS VAN DEVENTER	AFS	535	38	31:15.4
25	THOMAS RAMOGALE	LIMA	3292	39	31:42.8
26	JOLANE AFRIKA	ASWD	2102	36	32:10.9
27	MOSHIRA PIET SEKGALBI	LIMA	3290	35	32:30.0
28	THABO MOHLOVA	AVT	2314	39	32:53.0
29	HERMANN VENTER	ACNW	259	37	32:54.1
30	PIETER PETZER	AGN	1172	38	33:32.6
31	KAU MATHEBE	AGN	1175	39	34:48.4
32	CHRISTO VAN DER MERWE	AMPU	1688	35	34:49.4
33	SIHLE NOABANE	AGN	1168	35	34:52.0
34	TESWILL MITCHELL	ASWD	2103	38	35:05.1
35	KGASHANE MATHIPA	AMPU	1690	37	37:44.4
36	CHARLES GOLDSWAIN	AGN	1173	38	39:03.3
DQ	JABULANE NHLAPO	CGA	2680	36	---

E1 - M40-44_8

Place	Name	Team	Bib No	Age	Total Time
1	PULE TJAOANA	CGA	2685	40	27:07.2
2	MOTSAMAI MOTONE	AGN	1180	42	27:24.8
3	DOCTOR MATHOLE	AGN	1177	40	27:52.3
4	SELLO MALEKA	AGN	1187	44	28:08.7
5	LUCKY MIYA	CGA	2686	41	28:09.4
6	PHUMLANI XOLO	KZNA	2986	44	28:32.5
7	ALBERT NTSOANE	LIMA	3293	40	28:36.8
8	MAFIKA NGIDI	CGA	2690	44	28:42.4
9	SHADRACK SELALEDI	AGW	1285	40	28:43.6
10	ADAM MAROKO	CGA	2689	44	28:49.0
11	PIET MPHETENG	AFS	537	44	28:53.6
12	KWENA PHOOKO	CGA	2688	43	28:59.6
13	LUCKY MADLALA	KZNA	2984	43	29:08.3
14	PHILANE MKHWANAZI	AMPU	1696	42	29:11.3
15	MENZI NGCOBO	KZNA	2988	44	29:39.5
16	SIFISO NGCOBO	AGN	1165	32	29:56.4
17	ANELE MALIZA	EPA	2792	44	30:20.5
18	SIPHO MOITSE	AGW	1286	43	30:33.8
19	EMMANUEL MABASO	AMPU	1695	41	30:49.4
20	INNOCENT NYAWOSE	KZNA	2985	43	31:12.4
21	EDWARD SHABANGU	AGN	1188	44	31:16.4
22	JOHAN LUCAS	AVT	2315	42	31:22.8
23	WILHELM STEYN	AGN	1182	43	31:35.7
24	SARTIEL PULE	ANWN	2020	41	31:43.8
25	VUKANI MAHUMULO	AMPU	1693	40	31:55.9
26	MOTLATSIS SESING	AMPU	1697	42	32:20.2
27	PHILANI MBATHA	KZNA	2983	42	32:37.4
28	THEUNIS VAN DER MERWE	LIMA	3294	43	32:40.7
29	SAMUEL MARX	ASWD	2104	41	32:55.2
30	HENDRIK MAREE	AMPU	1699	44	33:06.9
31	JOHAN DE VENDE	AGN	1178	40	33:45.5
32	BOYSEN BOTYA	AGN	1185	43	34:13.7
33	NICK DEKKER	AGN	1192	45	34:15.7
34	JACO STASSEN	AGN	1186	43	34:36.0
35	MARTIN PLATT	AMPU	1694	40	34:43.3
36	ALBERTUS DIPPENAAR	AGN	1189	44	34:51.6
37	MARK KING	AGN	1190	44	34:54.9

38	ANDRE JACOBS	ASWD	2105	42	35:14.4
39	MICHAEL LENHOFF	AGN	1183	43	36:01.4
40	ANDRIES VAN WYNGAARD	AMPU	1700	44	36:10.3
41	AARON BOYISI	AGN	1179	40	36:35.5
42	MARTIN RAS	ANWN	2019	40	36:47.6
43	WILLIE VAN JAARSVELD	AFS	538	44	37:58.4
44	ANTON DE VILLIERS	AGN	1184	43	38:21.4
45	FRANCOIS ERASMUS	AGN	1191	44	38:57.3
46	DEWALD VAN ROOYEN	AFS	539	44	39:31.4
47	DE WET HOLTZHAUSEN	AMPU	1698	44	46:21.8
48	PIETER PRETORIUS	AGN	1193	45	51:12.0
DQ	XOLANI HADEBE	KZNA	2982	41	---

E1 - M45-49_8

Place	Name	Team	Bib No	Age	Total Time
1	SIMPHIWE ZULU	KZNA	2987	45	27:06.2
2	MKHUHLANE JAMES MGCINA	CGA	2693	47	27:38.8
3	PAUL RAMOKOPU	AVT	2317	45	27:46.7
4	OMO HLUNGWANE	CGA	2692	45	27:49.7
5	PHILLIP PHAKWAGO	CGA	2694	47	28:32.4
6	MOLAMO JOEL NKADIMENG	CGA	2691	45	28:52.9
7	PETER MEDUPE	AGN	1198	47	29:41.8
8	PHILIMON MANYAKA	AGN	1205	49	29:45.8
9	THABISO MOEKETSI	AVT	2318	45	30:16.9
10	MELIKHAYA KEPE	EPA	2793	46	30:43.6
11	JOHNNY YOUNG	ANWN	2023	48	30:53.5
12	SECHABA QHOAISA	CGA	2695	47	31:00.1
13	SELLO MOILOA	CGA	2696	49	31:02.6
14	CLIVE THUSO MOLIFI	AGW	1287	46	31:19.3
15	RUPERT GROENEWALD	AGN	1206	49	31:34.1
16	CONRAD CHAMANE	KZNA	2991	47	32:14.2
17	BHEKITHEMBA NGUBANE	KZNA	2992	48	32:21.5
18	FILIP DICHABA	AFS	542	48	32:43.5
19	JEFFREY SIPHO SIBIYA	LIMA	3295	47	32:59.4
20	GERHARD BEUKES	AGN	1195	46	33:03.1
21	HEIN DE KLERK	KZNA	2990	46	33:39.6
22	PATRICK NTIMANE	AMPU	1704	49	33:39.6
23	MOTSHWARWA MOOKETSI	ANWN	2024	48	33:39.9
24	WILLIE WILKINSON	AGN	1199	47	33:55.5
25	RIKUS HATTINGH	ACNW	264	48	35:06.5
26	PAULO DE FREITAS	AGN	1203	48	35:27.5
27	WIEKES COETZER	AFS	541	46	35:47.2
28	RAMPEDI FRANS RAMAILA	LIMA	3297	48	36:13.1
29	ETTIENE BOSSERT	AFS	466	46	36:28.4
30	HENDRIK MATTHEUS	AGN	1208	49	36:28.5
31	PEET STEYNBERG	AFS	543	48	36:41.4
32	MARIUS MARITZ	ACNW	263	46	36:58.3
33	ALWYN LIEBENBERG	AMPU	1701	45	37:10.7
34	FRANNA BENADÉ	AGN	1197	46	37:41.4
35	SEFAKO MONTSHO	AGN	1194	45	38:11.5
36	MELVIN DIEDERICKS	ACNW	265	49	38:13.4
37	SAMSON MABIYA	LIMA	3296	48	38:30.4
38	HANNES HENNING	ANWN	2022	46	38:45.3
39	JAMES VIVIER	AGN	1207	49	39:28.4
40	MANDLA LUKHELE	AMPU	1702	45	39:57.2
41	CHRISTO FERREIRA	ACNW	262	46	40:57.5
42	NICO LIGTHELM	AMPU	1703	48	42:14.5
43	HENDRIK MIENIE	AGN	1200	47	43:31.3
44	ZIMASA NTAME	AMPU	1705	49	43:59.8
45	JOHAN DE BEER	AGN	1204	48	44:18.0
46	CHRISTOPHER MORELAND	AGN	1201	47	49:26.0

E1 - M50-54_8

Place	Name	Team	Bib No	Age	Total Time
1	PETER MASIA	CGA	2702	54	28:42.2
2	VUSI NKOSI	CGA	2698	51	29:01.7
3	PIET MOSEBEDI	AGN	1215	52	29:10.3
4	SIMON SEGAU	CGA	2699	52	29:21.3
5	SPENCER MORAOPE	ANWN	2025	50	29:30.0
6	PHILLIP BESTER	AGN	1216	52	29:48.0
7	MOEKETSI MOAGI	CGA	2700	53	30:11.6
8	NOEL ADAMS	EPA	2794	50	30:50.5
9	TSIETSI MOKOENA	AVT	2320	53	31:05.5
10	LUCKY MABUZA	CGA	2697	50	31:09.6
11	ELIAS BOKABA	CGA	2701	54	31:16.2
12	MIKE SELAMOLELA	LIMA	3300	51	31:18.3
13	GIDEON JOUBERT	AGN	1211	50	31:41.3
14	GARETH GREER	AGN	1218	54	31:49.1
15	BENJAMIN SENOKOANE	AFS	546	52	31:50.5
16	ZWELIHLE NDAWONDE	KZNA	2994	52	31:52.4
17	ANDRIES TAAIBOS	AFS	547	52	32:00.6
18	THOMAS THEMA	LIMA	3301	52	32:16.4
19	MANDLAKHE HLONGWA	KZNA	2995	52	32:36.4
20	COR LEIJENAAR	ACNW	267	52	32:39.4
21	JOHAN JOUBERT	LIMA	3298	50	33:42.6

22	GRAHAM BURNETT	AGN	1220	54	34:04.6
23	JACOBUS PETRUS JONKER	ANWN	2026	50	34:31.4
24	SEKEPE MOGALE	ACNW	268	53	34:53.0
25	SHADRIACK KHALI	ACNW	269	54	35:09.5
26	WILLIAM MATOME MATLHASOLA	LIMA	3302	53	35:51.5
27	NKOSANA HLONGWANE	AFS	544	52	35:54.3
28	PEET LOURENS	ACNW	266	51	36:12.6
29	FLIPPIE KOTZE	AFS	548	53	37:33.4
30	STUART COX	KZNA	2997	52	37:38.4
31	STEFANUS BEUKES	ANWN	2028	53	37:40.4
32	LOUIS FAASEN	AGN	1217	52	37:46.2
33	ISMAEL MOTWANE	ANWN	2029	54	38:16.8
34	JEREMIA MOKABA	LIMA	3299	51	38:18.4
35	WOUTER VAN DER WESTHUIZEN	ANWN	2027	51	41:06.6
36	GERARD PRETORIUS	AGN	1212	50	48:13.1
37	LEON BOOYSEN	AGN	1214	51	1:06:24.6

E1 - M55-59_8

Place	Name	Team	Bib No	Age	Total Time
1	GEORGE MOOI	CGA	2703	56	29:37.4
2	IAN BROWN	CGA	2704	56	30:56.4
3	WAYNE SCOTT	KZNA	3002	59	31:00.4
4	DAWIE DE VILLIERS	AGN	1223	56	31:33.1
5	WELCOME LOLIWE	EPA	2796	58	31:41.2
6	MOSES LETLHAKU	AGN	1226	58	32:03.7
7	THABO HLAKO	CGA	2707	59	32:22.5
8	NALA CLEOPUS MASHAMAITE	LIMA	3303	57	32:34.4
9	MBULAWA MASHILOGNE	AMPU	1708	55	32:50.4
10	SIDNEY NKOSIYET NALA	CGA	2705	56	32:57.4
11	DAWID ANDREWS	BOLA	2345	57	33:29.3
12	PEDRI COETZEE	AGN	1224	56	33:52.4
13	DANIEL JORDAAN	ANWN	2030	55	34:32.8
14	CHRISTOPHER MABENGEZA	EPA	2795	56	34:35.6
15	KABELO TSHABALALA	CGA	2706	58	34:43.0
16	WILLIE MAJOMBOZI	KZNA	3003	59	34:52.9
17	SELLO MOKOENA	KZNA	3001	57	35:45.4
18	GERHARD MARE	AGN	1227	58	37:07.7
19	FREEMAN VUTU	BORA	3388	57	37:22.9
20	ALFRED MAMABOLO	LIMA	3304	58	38:40.7
21	GLEN ATTWELL	AGN	1228	59	41:22.4
22	ANDRE VAN KASTEROP	AGN	1229	59	41:38.4
23	PITSO TSEHLE	AFS	549	56	42:32.1
24	IAIN SMIDT	AVT	2321	55	43:01.4
25	PRINCE RAPHALALANI	AGN	1230	59	44:32.0
26	THABO TAU	ANWN	2031	59	1:37:31.9

E2 - W35-39_4

Place	Name	Team	Bib No	Age	Total Time
1	RONÉ REYNEKE	ANWN	1841	36	14:53.6
2	KATE VAN JAARSVELD	CGA	2487	35	15:01.4
3	LEILANI SCHEFFER	AGN	832	39	15:11.1
4	ANDREA STEYN	AGN	831	39	15:34.0
5	KOBIE GRIFFITHS	WPA	3336	37	15:44.0
6	CHANTELLE BREYTENBACH	AGN	817	35	15:53.0
7	ESTÉ VAN TONDER	AFS	380	37	16:03.4
8	ZANDILE RUBUSHE	BORA	3379	38	16:38.4
9	MARYKE CARSTENS	LIMA	3123	37	16:41.0
10	LETHO LETSOALO	KZNA	2877	39	16:46.3
11	SLINDILE BIYELA	KZNA	2874	36	16:53.7
12	KAMOGÉLO BOSCH	AGN	824	36	16:55.6
13	MABUSI MAKHUNGA	KZNA	2876	39	17:11.4
14	MARIETTE BOTHA	CGA	2490	38	17:46.4
15	ELSMARIE KING	AGN	826	37	17:46.7
16	ONGEZIWE BOYISI	AGN	833	39	17:52.5
17	SHONA VAN DER MERWE	AGN	818	35	18:14.4
18	THANDI MADUNA	KZNA	2875	37	18:27.9
19	STACEY PRETORIUS	KZNA	2873	35	18:56.4
20	THANDY MATLAILA	CGA	2488	35	18:59.6
21	CHANTELLE MAREE	AGN	819	35	19:02.0
22	DEIDRE VAN DEVENTER	AFS	379	37	19:11.3
23	NKEDISANG MOLONGOANA	ATRA	2124	36	19:14.9
24	AYANDA GWALA	KZNA	2878	40	19:20.4
25	CHARLOTTE VENTER	CGA	2489	37	19:33.7
26	LISA DE CLERCO	AVT	2216	38	20:32.0
27	DEZIREE DU PLESSIS	AGN	827	37	20:34.7
28	ALICIA BULLEN	AMPU	1458	35	20:55.1
29	YOLANDA VAN HEERDEN	AGN	830	38	20:56.6
30	CHRISTINE KRUGER	AMPU	1463	39	21:17.6
31	LULEKA KHUMALO	AMPU	1459	37	21:47.3
32	MARIETA MARX	ASWD	2060	38	22:35.0
33	JORINA VIVIERS	ACNW	102	40	23:10.2
34	JENNIFER VISAGIE	LIMA	3124	38	23:17.3
35	NOLIGWA MKUNGEKA	AGN	828	37	23:23.5
36	SURPRISE MAZWI	AGN	829	37	23:40.6
37	NADIA DU PLESSIS	ANWN	1843	38	23:57.8

38	THEMBI MABASO	AMPU	1460	37	24:35.7
39	ELSIE MIENIE	AGN	820	35	24:55.5
40	MICHELLE FOURIE	AGN	821	35	25:44.2
41	LINDY MOREMI	AGN	822	35	35:41.3

E2 - W40-44_4

Place	Name	Team	Bib No	Age	Total Time
1	NICOLENE HANEKOM	CGA	2496	43	15:15.6
2	MINETTE BELL	ACNW	105	44	15:40.4
3	CATHERINE SKOSANA	AGN	840	42	16:02.4
4	REFELOE SOLOMONS	EPA	2757	41	16:17.5
5	LEANDRI CLAASSEN	AGN	849	44	16:22.3
6	CALINKA KOTZE	CGA	2493	41	16:28.7
7	TEBOGO REBECCA MOKGOSINYANE	CGA	2495	41	16:38.0
8	GIZELA VAN DEN BERG	ANWN	1844	40	16:39.2
9	HELENE VAN ROOYEN	AVT	2217	41	16:41.5
10	LIZA MARITZ	BOLA	2332	43	16:48.2
11	NOMCEBO MTHETHWA	KZNA	2879	40	16:51.4
12	FIKILE MBUTHUMA	KZNA	2880	42	16:53.5
13	MAPHUTI PHAKA	CGA	2497	44	16:54.2
14	SIMONÉ BOTHA	AGN	837	41	17:09.4
15	MONIQUE ROBERTS	WPA	3337	40	17:12.4
16	MARIZELLE RAUBENHEIMER	AGN	848	43	17:22.5
17	HESTER KINGWILL	EPA	2758	41	17:35.1
18	SEIPATHI PEO	AVT	2218	41	17:37.4
19	ANTIONETTE ESTEVES	ANWN	1847	44	17:46.7
20	MARCELLE COETZEE	AGN	841	42	17:48.2
21	ADÈLE VAN NIEKERK	ACNW	104	42	18:05.4
22	CORLI FOWLER	AGN	835	40	18:11.3
23	KARINA PAUER	AMPU	1465	42	18:13.4
24	SANTIE CROTS	ACNW	106	44	18:17.5
25	CHARMAINE DE KLERK	AGN	897	41	18:20.2
26	LENA VAN ROOYEN	AFS	382	45	18:22.4
27	KEDIBONE PHATI	AVT	2221	44	18:25.3
28	PRUDENCE BONGIW SIMELANE	CGA	2494	41	18:26.1
29	TSHIAMO MOTAUNG	AVT	2220	43	18:36.4
30	ALICHIA WILLERING	AGN	846	43	18:41.0
31	VICTORIA COETZEE	KZNA	2882	45	19:37.4
32	RIKA VAN VUUREN	AGN	850	44	19:37.4
33	ILONA VAN HEERDEN	AVT	2219	42	19:41.4
34	CHARLENE ASCANI	AGN	834	40	19:58.0
35	MAGRIET VAN DER MERWE	AGN	842	42	20:19.8
36	KEDITLWAITSE PHELEU	ACNW	103	41	20:21.9
37	FLORENCE BRUWER	ANWN	1845	41	20:36.7
38	SAN-MARI LOOTS	AFS	381	42	20:41.4
39	ELZETTE SCHUSTER	AGN	838	41	20:57.1
40	ELMARIE POTGIETER	AGN	836	40	21:44.7
41	CHANTELLE BARKHUIZEN	ASWD	2061	42	22:03.4
42	THAOLI ZULU	AGN	844	42	22:07.9
43	ANNA MALAHLELA	AGN	845	42	22:15.3
44	LIZELLE MENTZ	AGN	843	42	22:21.8
45	ELANÉ ANDERSON	LIMA	3125	43	22:55.3
46	JEANINE SNYDERS	ASWD	2062	44	23:02.0
47	ESTELLE HENNING	ANWN	1846	43	23:13.4
48	HELEN VAN DER MERWE	LIMA	3126	43	24:41.4
49	TANYA SMAL	AGN	839	41	24:43.2
50	MICHELLE PRETORIUS	AGN	847	43	28:52.1
51	LETICIA ELLIS	AMPU	1464	40	32:57.5

E2 - W45-49_4

Place	Name	Team	Bib No	Age	Total Time
1	RIKA ROSSOUW	AGN	851	45	16:05.3
2	ELIZABETH LIZZY DLHIWAYO	ANWN	1849	47	16:06.4
3	CHANTAL MIDDEL-BOVEE	AMPU	1466	45	16:19.4
4	CORNÉ PRINSLOO	AGN	852	46	16:35.0
5	SUNET EYBERS	AGN	863	49	16:49.7
6	JACKIE MARITZ	ACNW	107	45	16:59.0
7	STEPHANIE VERMEULEN	CGA	2503	47	17:15.3
8	MARLIZE VIENINGS	WPA	3338	47	17:18.4
9	HILDEGARD SNYMAN	LIMA	3128	47	17:41.5
10	MARIA VILAKAZI	CGA	2501	47	17:45.3
11	LEIGH PRIVETT	CGA	2500	45	17:51.2
12	LEANA ESTERHUIZEN	AFS	383	48	17:59.1
13	CARIN PIENAAR	ANWN	1848	45	18:04.8
14	AMANDA LIGTHELM	AMPU	1470	48	18:06.4
15	DEBBIE O'LEARY	CGA	2498	45	18:27.7
16	LYDIA KUBHEKA	AVT	2223	49	18:46.5
17	TESSA DE WET	AGN	858	47	18:49.9
18	RINA DE KLERK	AFS	386	50	19:04.2
19	KEMAINE BOTHA	AFS	385	49	19:07.2
20	SANNAH MPHUKULA	AVT	2224	49	19:18.4
21	PATRICIA DE MEYER	CGA	2502	47	19:26.4
22	FRANCIS ROGAN	CGA	2499	45	19:53.0
23	JEANETTE NELL	AFS	384	48	19:57.0
24	WILLEMEN VAN DER LINDE	ACNW	108	47	20:09.2

25	KARON MURLEY	ANWN	1850	49	20:17.0
26	DALEEN VAN DER MERWE	ACNW	109	47	20:27.4
27	SESI MOTSIE	AVT	2222	46	20:28.4
28	MARIEKE BAASCH	AGN	864	49	20:34.0
29	NELIA GROBLER	AMPU	1471	49	21:05.1
30	NATACHA SMITH	KZNA	2883	45	21:06.6
31	VERA VENTER	AGN	853	46	21:18.5
32	ANNALIZE JANSEN VAN RENSBURG	AGN	861	48	21:31.8
33	ADELLE COERTZE	AGN	865	49	21:52.4
34	LOUISE OPPERMAN	AGN	859	47	21:57.3
35	GRACE NKADIMENG	LIMA	3127	47	22:04.8
36	ANNEMARIE VAN ZYL	AMPU	1467	45	22:05.0
37	MARIANA BOSCH	AMPU	1468	47	22:25.6
38	DIEKETSENA VILAKAZI	AMPU	1472	49	23:15.1
39	THOLAKELE NGCOBO	KZNA	2884	48	23:15.7
40	BEVERLEY MORELAND	AGN	860	47	24:01.8
41	MARSJA BENADÉ	AGN	856	46	25:58.5
42	RIETTE THERON	AGN	866	49	27:45.3
43	JOHANNA OLTWAGE	AGN	857	46	29:07.8
44	GWEN REITZ	AGN	862	48	29:10.4
45	EMLY TSHESANE	AMPU	1469	47	35:32.5

E2 - W50-54_4

Place	Name	Team	Bib No	Age	Total Time
1	MARILI MUNNIK	AGN	870	53	16:09.1
2	ANNA MAPONYA	LIMA	3130	52	16:43.3
3	ELIZABETH POTTER	CGA	2505	52	17:06.7
4	JENE BANFIELD	EPA	2759	52	17:49.0
5	SHARON SUNDERLAND	WPA	3339	50	18:18.8
6	MARIETTE HITGE	ACNW	111	51	18:31.9
7	FLORENCE MOLAWA	AVT	2227	54	18:51.8
8	URSULA COCKBAIN	KZNA	2887	52	18:54.3
9	IRENE JACOBS	CGA	2509	54	18:57.4
10	REBECCA LETHOKO	AFS	387	50	19:08.4
11	ASELINA NYATHI	CGA	3367	53	19:35.4
12	FIONA HARRISON	CGA	2508	54	19:55.6
13	JOLANDA ROSIN	ACNW	112	53	20:00.4
14	BEAULAH VALENTIN	AVT	2225	53	20:12.1
15	DAWN MACKAY	KZNA	2886	50	20:48.3
16	KEBITSAMANG MOKWATSI	CGA	2504	51	21:31.6
17	KEKETSO KARALA	CGA	2506	52	21:50.4
18	ELME YOUNG	LIMA	3129	51	21:54.5
19	BEULAH PRETORIUS	AGN	868	52	21:56.7
20	CONCELIA MALULEKA	AGN	871	53	22:02.2
21	NANA SIGUBUDU	KZNA	2889	54	22:07.4
22	TRUDI GREER	AGN	869	52	22:27.6
23	TALITHA BEHRENS	ASWD	2063	51	22:39.5
24	LOUISE BRITZ	AVT	2226	53	23:01.5
25	ZODWA NKOSI	AMPU	1475	52	24:01.3
26	AGNIETA PRETORIUS	AMPU	1473	50	24:27.7
27	ALET FRANCK	AGN	873	54	24:39.6
28	CATHERINE VAN NIEKERK	CGA	2507	53	25:10.5
29	YVONNE LETLHAKU	AGN	872	53	27:37.1
30	MARENTIA VAN KASTEROP	AGN	874	54	28:20.5

E2 - W55-59_4

Place	Name	Team	Bib No	Age	Total Time
1	MICHELLE SIMS	KZNA	2890	56	17:26.0
2	ELMARIE PRETORIUS	ANWN	1851	56	17:47.3
3	KYLIE GRIFFIN	KZNA	2893	58	18:35.4
4	MARTHA HARMSE	AMPU	1478	57	19:31.7
5	RIA MARITZ	ANWN	1853	59	19:42.4
6	KAREN RAUTENBACH	AGN	879	57	19:55.9
7	TANIA JENKINSON	WPA	3340	55	19:58.1
8	DALENE SONNEKUS	AGN	878	57	19:58.4
9	GAIL BABICH	KZNA	2892	58	19:59.5
10	LIEN VAN DER MERWE	ACNW	113	58	20:06.3
11	RITA LOOTS	CGA	2516	59	20:19.3
12	SARAH MAHLANGU	CGA	2512	56	20:47.6
13	SALOME VERMEULEN	AGN	876	56	21:09.8
14	WINNIE DE WINNAAAR	CGA	2510	55	21:39.9
15	MARIAAN MALAN	BOLA	2333	55	21:53.9
16	NTOMBIFUTHI MKHIZE	CGA	2514	58	22:02.8
17	ELSIE ESTERHUIZEN	ANWN	1854	59	22:06.2
18	JOHANNA SCHUTTE	LIMA	3131	55	22:20.0
19	QUEEN MAFOKOSHO	CGA	2515	58	22:27.5
20	SHARON WILLIAMS	KZNA	2891	56	22:40.8
21	MICHELLE HADLOW	CGA	2511	56	23:33.3
22	TERESA LE ROUX	AGN	880	59	23:33.3
23	LINDA DE BRUYN	AMPU	1712	57	23:45.4
24	STELLA MADLALA	CGA	2513	56	24:01.0
25	FRIEDA WASSENAAR	AMPU	1476	55	26:31.9
26	ZONDI LUSIBANE	AMPU	1479	58	27:35.7
27	CHARMAINE OLIVIER	ANWN	1852	58	27:50.3
28	LEANA OBERHOLZER	ANWN	1855	59	30:28.6

E2 - W60-64_4

Place	Name	Team	Bib No	Age	Total Time
1	JACQUELINE FREY	CGA	2519	61	18:59.7
2	ERICA HAMILTON	AVT	2228	64	19:21.6
3	LYNETTE FISCHER	AGN	888	64	20:29.1
4	MERIAM GAFANE	LIMA	3133	63	21:09.6
5	AMANDA LOTTER	AGN	882	60	21:13.3
6	HENRIËTTE VAN DEN BERG	ANWN	1856	60	21:15.0
7	MARIET GEYER	AGN	885	63	21:58.3
8	JUNE WATSON	KZNA	2894	63	22:20.9
9	ROSEMARY VAN WYK	CGA	2520	64	22:29.7
10	LIZ BOOYSEN	KZNA	2901	62	22:46.4
11	TERESA SCOTT	KZNA	2895	65	22:53.9
12	CAROLINE MAKGOBA	LIMA	3132	61	22:57.1
13	ESMÉ COTTY	AGN	883	61	23:14.4
14	EMMA BALEBOGENG RAKHALAKANE	CGA	2518	61	24:10.8
15	MAGDA NEL	AGN	884	63	24:18.3
16	ILSE FERREIRA	AGN	881	60	26:10.5
17	LINAH MHLANGAU	AGN	886	63	28:14.4
18	GERDA VERMAAK	ANWN	1858	63	28:36.2
19	ELSIE MATONE	AGN	887	63	29:13.9
20	AMANDA VILJOEN	ANWN	1857	61	31:10.9
21	NOMASWAZI KHUMALO	CGA	2517	60	31:22.8

E2 - W65-69_4

Place	Name	Team	Bib No	Age	Total Time
1	CATHARINA JACOB SCOFFER	ANWN	1859	66	20:20.9
2	MARTIE BOESENBERG	AGN	890	65	20:28.8
3	BLANCHE MOILA	KZNA	2896	65	22:00.9
4	MMTATLABE MARGA MOTSEI	CGA	2521	66	22:09.2
5	JANE DICKINSON	KZNA	2899	69	23:00.7
6	JOEY CLOETE	AGN	891	66	23:05.6
7	CHARMAINE WRIGHT	ACNW	114	66	23:34.8
8	SEWELE MAPONYA	CGA	2522	66	23:51.9
9	ESME PEREIRA	CGA	2523	67	23:54.0
10	ANNA-MARIE FERREIRA	AFS	388	69	24:04.1
11	ADEL MATOTOKA	LIMA	3134	66	24:14.4
12	SHEREEN KIRSTEN	KZNA	2898	67	24:32.1
13	ESTELLE BULLEN	AMPU	1480	66	29:46.9
14	CHRISTA MOUTON	AGN	892	66	30:07.3
15	DENISE JOHANISEN	KZNA	2897	66	31:20.5
16	ANNA MOSOLE	CGA	2525	68	32:02.8
DQ	RACHEL LEKALAKE	CGA	2524	67	---

E2 - W70-74_4

Place	Name	Team	Bib No	Age	Total Time
1	VERONICA VON GORDON	AGN	893	70	24:05.3
2	PAMELA RASMUSSEN	KZNA	2900	70	24:11.8
3	STEPHANIE CLAASSEN	AGN	894	71	26:52.2
4	ISABEL MCLAREN	AGN	895	73	31:36.2
5	RACHEL LEDWABA	CGA	2526	74	32:38.9

E2 - W75-79_4

Place	Name	Team	Bib No	Age	Total Time
1	RITA LAKER	AGN	896	75	32:46.0
2	MARIA VISSER	CGA	2527	76	34:28.9

E2 - W80-84_4

Place	Name	Team	Bib No	Age	Total Time
1	KYTIE BURGER	ANWN	1860	81	57:37.5

E2 - M75-79_4

Place	Name	Team	Bib No	Age	Total Time
1	GABRIEL JOUBERT	AMPU	1718	76	21:14.5
2	JABLUNI NICODE NGWENYA	CGA	2727	75	22:01.6
3	HARRY VAN DER MERWE	LIMA	3305	77	22:03.4
4	RAYMOND MEYER	KZNA	3013	75	23:52.4
5	GERRIT VAN NIEKERK	AGN	1252	77	26:46.2
6	ALLAN KLUGE	AGN	1251	75	26:51.3
7	JOHAN BOSSAU	ANWN	2038	79	40:58.2

E2 - M80-84_4

Place	Name	Team	Bib No	Age	Total Time
1	ANDRIES VAN DER MERWE	AGN	1253	82	27:55.3
2	FRED MOODLEY	KZNA	3014	82	34:41.3
3	NEVILLE MUIR	AGN	1254	84	41:17.3

E3 - M60-64_6

Place	Name	Team	Bib No	Age	Total Time
1	STUART MC COLL	ACNW	271	62	23:36.4
2	REFORM NDLOVU	CGA	2708	60	24:12.2
3	AMBROSE KLASSEN	CGA	2710	62	24:44.8
4	NHLANHLA DANIEL HLONGWA	CGA	2712	62	26:04.3
5	CHRIS FULLER	CGA	2713	63	26:14.9

6	CHARLES VILAKAZI	CGA	2711	62	26:49.3
7	ANDRE WENTZEL	AGN	1234	62	26:56.0
8	JAPIE BADENHORST	AGN	1236	62	27:02.7
9	ALFRED REID	AVT	2322	62	27:12.4
10	DIRK KOTZE	ASWD	2106	61	27:15.3
11	PIET LOTTER	AGN	1235	62	27:15.5
12	SYDNEY GREGAN	AGN	1231	60	27:27.2
13	MAX RUPPERT	WPA	3364	61	27:37.1
14	THEO DE VILLIERS	AGN	1237	62	27:58.0
15	STEPHAN NEL	AVT	2324	64	28:58.0
16	JAN BESTER	AGN	1239	63	29:09.0
17	JOHNNIE JONKER	AGN	1241	64	29:12.7
18	EUGENE MARTINS	AFS	551	64	29:22.0
19	GERT STEYN	AGN	1238	62	30:25.8
20	WILLEM FRANCK	AGN	1232	60	30:29.1
21	HENNIE JOOSTE	AGN	1233	61	31:21.0
22	DIRK BRINK	AGN	1242	64	35:13.2
23	JOHAN STRYDOM	AVT	2323	63	36:22.0
24	FANIE NELSON	AMPU	1711	64	39:53.7
25	WILLEM BILLINGHAM	AGN	1240	63	41:46.0

E3 - M65-69_6

Place	Name	Team	Bib No	Age	Total Time
1	GIDEON RADEBE	AMPU	1715	66	24:24.9
2	DAVID MAPHANGULO	AGN	1247	69	24:43.7
3	HANSIE KRUGER	ACNW	272	66	27:12.9
4	LESLIE CHIVELL	WPA	3366	67	27:21.8
5	WARREN SCHMELZER	ANWN	2033	68	27:25.9
6	NTHUSANG MOSES MOTSHABI	CGA	2719	67	27:50.4
7	VERNON ANLEY	KZNA	3007	66	28:07.0
8	ANDRE BOOYSEN	KZNA	3009	67	28:48.0
9	COBUS FOURIE	AMPU	1713	65	29:15.5
10	PETRUS MOHALAJENG	AVT	2325	68	29:46.4
11	CHARLES BAATJIES	EPA	2797	66	30:07.0
12	JOHAN STRYDOM	AGN	1246	68	30:35.3
13	PETRUS LEFINE	CGA	2718	67	31:07.4
14	LEBOHANG SEGOE	CGA	2717	67	31:11.4
15	MOTENEHI JACOB MJANDANA	ANWN	2034	69	31:12.9
16	ALOYSIUS EYBERS	CGA	2720	68	31:30.4
17	DESMOND JELLIMAN	AMPU	1716	69	32:05.1
18	PIET SWANEPOEL	AMPU	1714	65	33:16.8
19	WERNER WEIDEMANN	ANWN	2032	65	33:17.7
20	EUGENE NELL	ASWD	2107	67	34:22.2
21	EGBERT DE BRUYN	AMPU	1477	65	34:39.8
22	JAN GABRIEL ROTHMAN	AFS	552	69	34:50.0
23	BERRY BRADLEY - guide	AFS	475	15	35:01.4
24	ROBERT KHUMALO	KZNA	3008	66	36:13.4
25	HENNIE PRINSLOO	AGN	1244	67	38:29.3

E3 - M70-74_6

Place	Name	Team	Bib No	Age	Total Time
1	CYRIL VERGIE	CGA	2722	71	28:16.9
2	BONGANI NDLOVU	KZNA	3010	70	29:52.0
3	ERIC QUIBELL	KZNA	3012	72	30:15.0
4	RESEMATE HLONGWANE	AGN	1248	70	30:23.7
5	TREVOR PARRY	ANWN	2036	73	30:30.5
6	MICHAEL ROOS	AFS	553	70	31:45.5
7	BRIAN CURRIE	CGA	2725	73	32:26.0
8	MAXWELL TEFFO	CGA	2724	72	32:47.8
9	MACHIEL VAN NIEKERK	AGN	1249	71	33:13.5
10	CHARLES RALL	ANWN	2037	73	33:14.5
11	KENNETH TULK	CGA	2723	71	34:02.7
12	AZWIHANGWISI WI MAGURU	CGA	2721	71	34:20.0
13	PHILLEMON ZULU	CGA	2726	73	36:05.0
14	BUTIKI NGUBANE	ACNW	274	72	37:17.5
15	VIVIAN TROLLIP	AMPU	1717	71	37:28.4
16	FRIK STRYDOM	ACNW	273	70	39:35.3
17	BOBBY SMITH	KZNA	3011	71	43:39.0

E4 - G8_1

Place	Name	Team	Bib No	Age	Total Time
1	MOTSHIDISANA CHISA	AFS	275	8	4:01.5
2	IMKE SWANEPOEL	ACNW	4	8	4:03.6
3	MAHLATSE MAROGA	CGA	2353	8	4:08.6
4	ENTLE MADIKIZELA	ATRA	2108	8	4:08.7
5	LILIKA FOURIE	ACNW	1	7	4:10.9
6	LIANE VAN WYK	AGN	556	8	4:12.3
7	EMMA DE CLERCQ	AVT	2156	8	4:13.7
8	LEA CILLIERS	AFS	276	8	4:15.6
9	ORATILWE RALEKAOTA	AFS	282	8	4:15.9
10	AMOHELANG MONKOANE	AFS	278	8	4:16.0
11	ENTLE RATHOBOTHA	ANWN	1725	8	4:16.6
12	KARMEN VAN DEN BERG	ANWN	1726	8	4:17.4
13	AMIRA POTGIETER	AFS	281	8	4:20.1
14	JOANNE KHAMA	CGA	2351	8	4:22.7

15	ANINE GROENEWALD	AGN	559	8	4:24.0
16	KARI NEL	AGN	557	8	4:24.7
17	PRIYA ZOWITSKY	AGN	560	8	4:25.2
18	MILA SCHOLTZ	CGA	2347	7	4:26.8
19	ALEXA JUNGBLUTH	AGN	555	7	4:27.6
20	LOUISE-MARIE VAN ZYL	EPA	2729	8	4:28.1
21	CISKE DU PLESSIS	AGN	564	8	4:28.4
22	ANNELIEN LE ROUX	AGN	561	8	4:28.4
23	JOANÉ CRONJE	AGN	567	8	4:28.7
24	RETHABILE NAKEDI	AFS	279	8	4:29.3
25	ANDRIËTTE STANDER	ANWN	1729	8	4:29.5
26	HANNAH MORGADO	AMPU	1299	8	4:30.2
27	EMMA ROETS	AGN	565	8	4:30.6
28	ELMIEN KRIEK	ANWN	1727	8	4:31.2
29	MAWANDE MTAKELWA	CGA	2354	8	4:31.5
30	BOIKANO MANALA	LIMA	3021	8	4:32.7
31	AMOHELANG KGAILE	AMPU	1297	8	4:33.6
32	MELICKE BLIGNAUT	ANWN	1728	8	4:33.8
33	LO-ANNE HEYNEKE	AGN	562	8	4:35.7
34	APHELELE NGCOBO	KZNA	2801	8	4:36.2
35	JANIEKE VAN DER MERWE	AMPU	1303	8	4:36.3
36	MIKAL GROENEWALD	AFS	277	8	4:39.1
37	LUKA NEUHOFF	AGN	563	8	4:39.4
38	ANÉ DE VILLIERS	AGN	569	8	4:39.9
39	OLERATO NYATHELA	CGA	2355	8	4:40.0
40	MADISON LOXTON	AGN	571	8	4:41.2
41	EMMA DU PLESSIS	AMPU	1293	8	4:41.5
42	LIANKE THERON	AFS	283	8	4:41.8
43	BADUMETSE MASAIGO	AGN	568	8	4:42.1
44	LEXIE CARSTENS	AGN	570	8	4:42.3
45	ZILNE NIEUWOUTD	AMPU	1301	8	4:42.6
46	AVAH BROWNLIE	CGA	2349	8	4:42.9
47	DANIEKE OTTO	LIMA	3023	8	4:42.9
48	INDIA COCROFT	EPA	2730	8	4:43.4
49	TINEKE MC MASTER	ACNW	8	8	4:43.8
50	ZNEY PIECHACZEK	AFS	280	8	4:43.9
51	NOLUTHANDO JOHA	ACNW	9	8	4:45.0
52	YANDINGCEBO MAZIBUKO	KZNA	2798	7	4:45.3
53	LELANIE MARTENS	ACNW	6	8	4:45.5
54	OLIVIA EL MOHAMADI	AMPU	1294	8	4:46.2
55	OLIVIA VAN DER WALT	AFS	284	8	4:47.4
56	ZANELLE GEERTSEMA	AGN	558	8	4:47.8
57	LEANDRI VAN DER BIJL	AGN	566	8	4:48.3
58	LEA BONNEMA	AGN	554	7	4:48.5
59	UNATHI SITOLOTOLO	ANWN	1731	8	4:48.7
60	LEE ANNE BOTHA	AMPU	1288	7	4:48.8
61	ORATILE THUPANA	AMPU	1302	8	4:48.8
62	ELSE-LEE SMIT	ACNW	2	7	4:53.1
63	LINÉ VAN STADEN	ACNW	5	8	4:53.1
64	LILLIEKE HILL	ACNW	7	8	4:54.1
65	CARLA FOURIE	AMPU	1295	8	4:55.1
66	SIGANGA INAKHE	BORA	3369	8	4:55.6
67	LIANKE RAATH	LIMA	3024	8	4:56.3
68	ANCHE BIBBEY	ACNW	10	8	4:56.4
69	ALAINA VAN DER WALT	AMPU	1290	7	4:57.3
70	CHARLOTTE GELDENHUYS	AMPU	1296	8	4:57.8
71	KAYLIE ASPELING	ANWN	1720	7	4:57.8
72	INA-MARIE FOUCHE	LIMA	3020	8	4:58.2
73	NANELIA MAKISI	BORA	3370	8	5:00.0
74	RODÉ HERBST	ACNW	12	8	5:00.2
75	MI-ANN VAN DER WALT	ANWN	1734	8	5:01.0
76	ELANDRI JANSEN	ANWN	1723	7	5:02.5
77	DANÉ VAN DER MESCHT	ANWN	1733	8	5:03.7
78	KARLIEN BOTHA	CGA	2352	8	5:03.9
79	AVA VAN DER NEST	ANWN	1721	7	5:05.9
80	JANNELL BLIGNAUT	ANWN	1719	6	5:06.5
81	JOHARENE VAN DER MERWE	AMPU	1289	7	5:06.7
82	JESSICA GRIESEL	EPA	2731	8	5:07.2
83	ZAYLEE RISI	ACNW	3	7	5:07.8
84	MILA KOCH	AMPU	1298	8	5:10.6
85	KATELYN COOKS	ANWN	1730	8	5:11.0
86	ARIANA ALEXANDER	ACNW	11	8	5:11.7
87	MILANÉ GOUWS	CGA	2348	7	5:13.3
88	JOHANETTE TALJAARD	LIMA	3016	7	5:15.3
89	REABETSWE NGOEPE	ANWN	1732	8	5:18.2
90	LEANE STEENKAMP	ANWN	1724	7	5:18.3
91	LARA MINNAAR	LIMA	3022	8	5:21.3
92	ANKE BROEKMAN	AMPU	1292	8	5:26.4
93	JOMARIE DE BEER	ANWN	1735	8	5:26.7
94	CHRISTI VENTER	LIMA	3017	7	5:27.6
95	TIFFANY JANSE VAN RENSBURG	ANWN	1722	7	5:29.3
96	JANIEKE DU PLESSIS	LIMA	3019	8	5:30.1
97	MARIANEY DU PLESSIS	LIMA	3015	7	5:30.8
98	KARI VENTER	AMPU	1291	7	5:33.4
99	ELMÉ JANSE VAN RENSBURG	ANWN	1736	8	5:35.2

100	NIKA-MARI VAN DER MERWE	AMPU	1304	8	5:35.6
101	LIENKE MYBURGH	AMPU	1300	8	5:40.3
102	NELIA-ANNE LOOCK	EPA	2728	7	5:48.1
103	ELEEN VENTER	LIMA	3025	8	5:53.4
104	ANJE COMBRINK	LIMA	3018	8	5:54.0
105	NOTHANDO KHUMALO	KZNA	2799	8	6:06.6
DQ	BASWABILE MOLOBELA	CGA	2350	8	---

E5 - B8_1

Place	Name	Team	Bib No	Age	Total Time
1	EUGENE SAAVMAN	ASWD	2065	8	3:45.6
2	JUNIOR MWA	CGA	2529	7	3:46.4
3	ALEX VAN ALLEMANN	ACNW	123	8	3:46.5
4	JUDAH SPIES	AGN	904	8	3:52.0
5	LUKE ANNANDALE	AGN	903	8	3:53.5
6	NEILL VAN TONDER	AGN	906	8	3:56.3
7	KEAGAN DU PREEZ	AMPU	1488	8	3:56.7
8	STEFAN AUGUSTYN	AMPU	1484	8	3:56.8
9	PABATSO PHATLANE	LIMA	3146	8	3:56.9
10	ITUMELENG MALEHO	AFS	390	8	3:59.9
11	DRIAN DE JAGER	AGN	898	7	4:00.4
12	NATHAN CALLDO	AVT	2231	8	4:00.7
13	GIDEON CRONJE	AGN	899	8	4:01.3
14	ETIENE VAN STADEN	AGN	909	8	4:01.6
15	JAN JANSEN VAN VUUREN	AGN	905	8	4:02.9
16	ZANRU SWANEPOEL	ANWN	1862	8	4:05.3
17	RUARD BOSHOFF	ACNW	122	8	4:06.1
18	MIHLAYAKHE SABELO	ATRA	2125	8	4:06.9
19	LETHABO PHILISA GEBASHE	CGA	2533	8	4:07.2
20	BOHLALE MOHALE	AFS	394	8	4:07.9
21	BOTLHALE MOJAPLE	ANWN	1866	8	4:08.2
22	IVAN MOCKE	ANWN	1865	8	4:08.3
23	REYNARD LANGERVELDT	AGN	902	8	4:09.6
24	HANS DU TOIT	LIMA	3140	8	4:12.3
25	JOHN BOSHOFF	AFS	389	8	4:12.7
26	KHETHULWAZI MHLANGA	AFS	391	8	4:13.3
27	JEAN ROUX	AGN	908	8	4:14.0
28	NICO VAN DER POLL	AGN	913	8	4:14.3
29	NJABULO NKABINDE	CGA	2535	8	4:14.5
30	LEO NKOSI	AMPU	1482	7	4:14.7
31	JOHANNES CARL ACKERMAN	AGW	1259	8	4:14.7
32	KEHAN ROACH	EPA	2762	8	4:15.0
33	SNETHEMBA MDALOSE	AMPU	1492	8	4:15.5
34	GERHARD DE BEER	AGN	914	8	4:15.5
35	ABNER LUKHELE	AMPU	1490	8	4:16.0
36	BRADLEY SIDELL	AMPU	1498	8	4:17.4
37	FC DUROW	AGN	912	8	4:17.4
38	GOMOTSEGANG MOOKETSI	ANWN	1863	8	4:17.9
39	SCHALK W NEETHLING	AMPU	1494	8	4:18.8
40	JUVAN JOUBERT	ANWN	1864	8	4:19.0
41	KABELO NTAKE	LIMA	3145	8	4:19.5
42	TAYRON NORTJE	AMPU	1495	8	4:20.0
43	THEO SCHERMAN	AMPU	1497	8	4:21.1
44	TUMISHO MABELANE	AMPU	1491	8	4:21.1
45	SIPHOSKOSI NXUMALO	ANWN	1874	8	4:21.5
46	HENDRICO W MEYER	AMPU	1493	8	4:21.8
47	JANCO CRONJE	AMPU	1486	8	4:22.0
48	DAWIE JANSE VAN RENSBURG	ANWN	1868	8	4:23.4
49	KAMOHELO MHLUNGULANA	AFS	392	8	4:23.7
50	OLEBOGENG KUJANE	CGA	2536	8	4:23.8
51	LIAM VAN ZYL	AGN	900	8	4:23.9
52	ARLO SMITH	ACNW	115	7	4:23.9
53	JC LE CLUS	ASWD	2066	8	4:24.0
54	BRAAM STRAUSS	ACNW	127	8	4:24.3
55	JOMAR UYS	ACNW	124	8	4:24.8
56	PIETER VAN RENSBURG	CGA	2530	7	4:24.9
57	REECE JUNIOR STEENKAMP	AGW	1258	8	4:25.5
58	JJ COETZER	AMPU	1485	8	4:26.1
59	STIAN PRETORIUS	AMPU	1483	7	4:26.6
60	VINCENT THERON	AFS	398	8	4:26.6
61	ZAYDEN FRASER	ACNW	118	7	4:27.9
62	GIFT MKHONDO	LIMA	3144	8	4:28.0
63	KELELLO KHUMALO	ANWN	1871	8	4:28.0
64	CHRISTO JURGENS	AMPU	1489	8	4:28.1
65	BOKAMOSI MAPHISA	AVT	2229	7	4:28.2
66	JACOBUS WILLEM VERMEULEN	AGW	1260	8	4:28.4
67	WESTIAAN WHITFIELD	ANWN	1870	8	4:28.9
68	JOHANN RICHTER KRUGER	ANWN	1869	8	4:28.9
69	JESSE KOKETSO MONARENG	CGA	2528	7	4:29.1
70	AMKELWA MTOLO	KZNA	2902	8	4:29.1
71	NAKHANE MALULEKA	EPA	2760	7	4:29.2
72	KANANELO MOLEBATS	CGA	2532	8	4:29.8
73	EHLERS VAN ZYL	ACNW	117	7	4:30.0
74	MARCEL LUDIKE	AMPU	1481	7	4:30.4
75	FREDRICH LIEBENBERG	ACNW	116	7	4:30.7

76	LEONARD DE KOK	AGN	907	8	4:30.9
77	LEROUX VAN NIEKERK	ANWN	1873	8	4:31.3
78	JACOBUS WIGGETT	AFS	400	8	4:31.5
79	BEHAN DIPPENAAR	AGN	910	8	4:32.4
80	WALDO VAN ROOYEN	AFS	399	8	4:33.3
81	MOOKETSI MATOME RAMANNYA	CGA	2534	8	4:33.4
82	LOUIS OOSTHUIZEN	AFS	395	8	4:35.0
83	JORDAN DANIELS	EPA	2763	8	4:35.7
84	BRANDT LUUS	LIMA	3141	8	4:36.8
85	WILCO RADEMEYER	AMPU	1496	8	4:36.9
86	ERHARD VOSSER	ANWN	1872	8	4:37.2
87	BOITSHEPO MODISE	AFS	393	8	4:38.1
88	BOBBY HOFFMAN	ACNW	129	8	4:38.3
89	REUBEN BULL	ANWN	1875	8	4:39.5
90	MARCO VAN DE WALL	ACNW	125	8	4:40.0
91	GIOVANNI VAN DE WALL	ACNW	130	8	4:40.7
92	CG BARNARD	LIMA	3139	8	4:41.0
93	REINHARD NAUDE	ACNW	132	8	4:41.1
94	BOFELO TAU	AVT	2230	7	4:42.3
95	AMOGELANG MASUKU	LIMA	3143	8	4:42.4
96	ADRIAAN KRIEL	ANWN	1867	8	4:43.3
97	JOHAN BESTER	ACNW	121	7	4:43.9
98	LOGAN DU PLESSIS	AVT	2233	8	4:44.3
99	CHRISTIAN THIEBAUT	AGN	911	8	4:44.6
100	BISMARCK DU PLOOY	AMPU	1487	8	4:44.9
101	EBEN NIEUWOUDT	ACNW	120	7	4:45.2
102	LESIA MALOKA	AVT	2232	8	4:45.6
103	CHAIDEN ROSS	ACNW	128	8	4:46.5
104	DUAN PRETORIUS	ANWN	1861	7	4:46.7
105	LANDON DA SILVA	ACNW	126	8	4:46.8
106	CHRIS VAN DER MERWE	ACNW	119	7	4:48.3
107	NATHAN KINGWILL	EPA	2761	8	4:50.5
108	OMPHILE MAGEDI	LIMA	3142	8	4:50.0
109	BOKAMOSO MATHIPA	LIMA	3137	7	4:55.8
110	RORISANG MOTLHABANE	ACNW	131	8	4:56.1
111	OLOTHANDO NTANTISO	BORA	3380	8	4:56.6
112	KGANYA MOLEME	ANWN	1876	8	4:58.7
113	RELEBOHA RANYAKANE	AFS	396	8	5:00.0
114	JEAN LE ROUX	AGN	901	8	5:05.4
115	JOHANRUD VAN DER MERWE	LIMA	3138	7	5:10.7
116	REGHARDT REINECKE	LIMA	3147	8	5:17.2
117	JANRO BARNARD	LIMA	3136	7	5:38.8

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Place	Name	Team	Bib No	Age	Total Time
1	REFILOE MASHEGOANE	LIMA	3027	9	1:56.9
2	BONOLO MAJORO	AFS	288	9	8:15.6
3	ANIKA BOTHA	AGN	572	9	8:16.8
4	ELLIE GRUENENFELDER	AGN	574	9	8:18.0
5	KEAMOGETSWE MORAPEDI	AGN	576	9	8:19.6
6	KARABO SOBUZA	CGA	2359	9	8:24.0
7	ZANELE SOMPANE	CGA	2364	9	8:24.3
8	MOSA MOHLOMI	AFS	289	9	8:25.8
9	LEA VAN DER MERWE	AGN	573	9	8:27.6
10	MINKE SCHOLTZ	CGA	2362	9	8:28.3
11	LEA VAN DER MERWE	AFS	293	9	8:28.6
12	MIEKE MÜLLER	AGN	954	9	8:31.1
13	MIENJE STRAUSS	AGN	581	9	8:33.2
14	KLARA VENTER	ACNW	15	9	8:33.5
15	MILLA HOMAN	AGN	580	9	8:33.7
16	SEFANYETSO TSHETLHANE	ANWN	1741	9	8:35.5
17	SIMONE HERSELMAN	ACNW	14	9	8:37.6
18	MARLI DE BEER	AGN	575	9	8:37.8
19	LINCKE BOTHA	AGN	577	9	8:40.8
20	LEHLOGONOLO MATJOMANE	LIMA	3028	9	8:41.9
21	KAYLA BOTHA	CGA	2360	9	8:43.2
22	ANDREA DU PLESSIS	AMPU	1309	9	8:43.5
23	LARIZE DE JAGER	AVT	2158	9	8:43.8
24	LILAMARI DE VILLIERS	AFS	286	9	8:44.3
25	ELIHLE NYEZI	CGA	2358	9	8:45.1
26	THEMBISILE TAU	AVT	2162	10	8:47.6
27	BONTLE RAKAKI	AFS	290	9	8:49.7
28	OLIVIA STEYNBERG	AGN	582	9	8:50.7
29	EURIKA HENDRIKS	AGN	584	9	8:50.8
30	LENÉ VAN BERGEN	AGN	583	9	8:51.1
31	MARTINETTE RAS	AFS	291	9	8:56.1
32	BASETSANA MORE	CGA	2357	9	8:56.6
33	LAYLA VILJOEN	ACNW	20	9	8:56.9
34	SUMAY HEYMANS	CGA	2363	9	8:57.7
35	ASHLYNN PRINS	ASWD	2040	9	8:57.8
36	LA-ROCHELLE DU PLESSIS	AFS	287	9	8:57.9
37	DITHAPELO MODISE	LIMA	3029	9	8:58.3
38	EMMANUELLA PETKOU	ANWN	1738	9	8:59.5
39	KEITUMETSE SEMENYA	LIMA	3032	9	9:00.4
40	ALRIE ELOF	ASWD	2039	9	9:02.3

41	ELMIA ROELOFFZE	ACNW	21	9	9:02.9
42	MARNI SNYMAN	LIMA	3033	9	9:03.8
43	MERCY RAMAJI	LIMA	3030	9	9:03.9
44	ANKE DE VOS	AMPU	1308	9	9:05.0
45	MIA RICHTER	AGN	589	9	9:05.2
46	MIKITA CAROLINE PIENAAR	ANWN	1743	9	9:06.0
47	AMOHELANG MOLOI	AVT	2160	9	9:08.3
48	AMELIE TERBLANCHE	ANWN	1740	9	9:09.6
49	HADASSAH CLARKE	AFS	285	9	9:10.2
50	MILLA OBERHOLZER	ACNW	17	9	9:10.9
51	ZANDRY DEALE	AVT	2253	12	9:12.6
52	MAIA MOODIE	ACNW	18	9	9:12.7
53	ELIN PIENAAR	AMPU	1314	9	9:17.1
54	ASHLEY MATHESON	CGA	2356	9	9:18.1
55	MELIENKE VAN DER MERWE	AVT	2159	9	9:19.2
56	KARLA VENTER	AGN	587	9	9:21.0
57	NADINE OPPERMAN	AGN	579	9	9:23.0
58	TSHEGOFATSO MHAHLE	ANWN	1739	9	9:23.1
59	ZILONE VAN DER MERWE	ACNW	23	9	9:24.5
60	ALMY WESSELS	AFS	294	9	9:24.8
61	BONGIWE MASEKO	AMPU	1312	9	9:24.8
62	SANELE NDLOVU	KZNA	2803	9	9:25.4
63	KARLIESE SCHEEPERS	AFS	292	9	9:29.4
64	ISABELLA WESSELS	AGN	588	9	9:32.6
65	GRIZELDA JANSE VAN RENSBURG	ACNW	19	9	9:35.5
66	BOKANG KOBE	ACNW	24	9	9:38.5
67	LIENKE DU PREEZ	LIMA	3026	9	9:41.6
68	MIANE JANSEN VAN RENSBURG	ACNW	16	9	9:44.2
69	CAITLYN SNYMAN	ACNW	22	9	9:44.9
70	ZANKE DE LANGE	AMPU	1307	9	9:46.1
71	TSHOLOFELO MOLEMA	ANWN	1752	9	9:47.4
72	ONALERONA TSHEN RAMPUDI	ANWN	1747	9	9:53.4
73	MARIZE MAREE	ANWN	1745	9	10:01.1
74	MASEGO SUPING	ANWN	1751	9	10:04.6
75	MELISSA SCHUTTE	LIMA	3031	9	10:10.4
76	KATIE VAN ZYL	AGN	585	9	10:13.7
77	MARONE ENGELBRECHT	ANWN	1737	9	10:14.8
78	BEA PIENAAR	ANWN	1749	9	10:16.0
79	MIEKE STOLTZ	AMPU	1318	9	10:17.9
80	LUA PIENAAR	AMPU	1315	9	10:18.4
81	LILLIAN PRETORIUS	AMPU	1316	9	10:19.4
82	DANICA VAN DER MESCHT	ANWN	1748	9	10:20.6
83	ELANDRI PITZER	AGN	586	9	10:21.0
84	TINEKE FRASER	ANWN	1742	9	10:21.7
85	CIARA MOSTERT	ANWN	1744	9	10:38.1
86	LEA LABUSCHAGNE	AMPU	1311	9	10:39.4
87	ARIANNA COETZEE	AMPU	1306	9	10:40.8
88	ELNETTE BURGERS	ACNW	25	9	10:41.4
89	DIANNÉ BOTHA	ANWN	1750	9	10:51.1
90	DANIELLE GREYVENSTEIN	AMPU	1310	9	10:57.1
91	THANDUYISE MOTH	AMPU	1313	9	11:00.3
92	HANNA BADENHORST	AMPU	1305	9	11:00.7
93	LIAMÉ OOSTHUIZEN	CGA	2361	9	11:03.3
94	LANA LIEBENBERG	ANWN	1746	9	11:04.9
95	JULIET SMIT	AMPU	1317	9	11:11.6
96	TYD Shezi	KZNA	2804	9	11:31.3

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Place	Name	Team	Bib No	Age	Total Time
1	DIETER KRIEK	AGN	917	9	7:21.9
2	JOSHUA VILJOEN	AGN	916	9	7:24.7
3	PHILANI LUTHULI	CGA	2544	9	7:32.6
4	RUBEN-ROY OPPERMAN	AGN	918	9	7:34.2
5	CHRISTIAAN LEWIS	AVT	2234	9	7:34.8
6	MPHO MPHETENG	AFS	407	9	7:36.8
7	IW FERREIRA	AGN	919	9	7:38.4
8	QHAMA NGEDWA	AFS	408	9	7:42.1
9	SEBASTIAN FOUCHE	AGN	920	9	7:43.6
10	LIHANN KEMP	ACNW	138	9	7:44.6
11	BLESSING SELIKANE	AFS	409	9	7:50.4
12	JANCO PROCTOR	ACNW	136	9	7:50.7
13	DANIEL LESCH	AMPU	1502	9	7:52.2
14	MASON JORDAAN	AFS	403	9	7:54.2
15	JADEN JADE VAN ROOYEN	AGW	1262	9	7:54.3
16	PIERRE FOUCHE	AGN	922	9	7:56.9
17	CJ DARTNALL	AGN	921	9	7:58.4
18	COENRAAD J MEYER	AMPU	1505	9	7:58.9
19	BOKOMOSA RAMOLOTSI	AVT	2243	10	7:59.1
20	DAWID VAN DER LINDE	ACNW	135	9	8:00.5
21	ERICH HORN	AGN	929	9	8:00.7
22	JANKO CLAASSEN	AGN	924	9	8:02.2
23	MEDUPE BAAS	ACNW	134	9	8:04.5
24	HLELOWENKOSI MOKONE	AMPU	1507	9	8:05.8
25	GERICK BOTHA	AFS	401	9	8:06.0
26	KAGO SHEBA	ACNW	133	9	8:06.3

27	NIELEN RODEWELL	AGN	926	9	8:07.0
28	THATO BUWCA	ACNW	139	9	8:10.6
29	LEONARD ALEXAND SMITH	AGW	1261	9	8:11.8
30	WANRU HAASBROEK	ASWD	2067	9	8:14.2
31	MURENDENI PHAHLAHLA	CGA	2543	9	8:15.0
32	REGHARDT JOOSTE	AGN	931	9	8:16.2
33	THAMSANOJA MLAMBO	CGA	2545	9	8:17.4
34	MERTON JACOBS	ANWN	1878	9	8:17.8
35	JANU LUBBE	AMPU	1503	9	8:18.2
36	JOHAN VAN DER MERWE	AGN	925	9	8:20.4
37	ALDO VILJOEN	ACNW	141	9	8:21.2
38	WH KILIAN	AFS	404	9	8:22.1
39	TSHWETSO TSHETLHANE	ANWN	1880	9	8:22.1
40	FREDERICK CHRIS JANSEN VAN RENSBURG	CGA	2538	9	8:23.7
41	ALBERT ZIETSMAN	AFS	410	9	8:28.5
42	JONATHAN MATTHEW	AFS	406	9	8:28.9
43	METHU JESEYA DUBE	AGW	1263	9	8:31.0
44	JOMAR VAN ROOYEN	ANWN	1879	9	8:33.2
45	SLOAN VAN WYK	ACNW	140	9	8:34.4
46	NYTHON WELMAN	EPA	2765	9	8:34.6
47	CHRISTIAAN BOSMAN	AGN	927	9	8:35.0
48	RIWAN VAN DER MERWE	AMPU	1513	9	8:35.9
49	ZAYDEN BORNMAN	AGN	928	9	8:36.5
50	LUAN WOHLFAHRT	CGA	2541	9	8:37.3
51	JORDAN VILJOEN	AMPU	1516	9	8:40.7
52	ANDRE PRETORIUS	AMPU	1511	9	8:41.5
53	KEKETSO MADUMISA	AFS	405	9	8:42.2
54	GIDEON VAN RENSBURG	CGA	2539	9	8:42.5
55	MATTHEW STRYDOM	CGA	2542	9	8:44.8
56	LEONARD HIRSELMAN	ACNW	137	9	8:45.3
57	KEVIN ELLIS	AMPU	1500	9	8:45.4
58	BEN-G VAN DER HEEVER	ANWN	1877	9	8:46.1
59	TSHEPANG MMELA	LIMA	3154	9	8:47.4
60	CHRISTIAN KRUGER	ANWN	1884	9	8:49.5
61	KEFILWE TSUKULU	CGA	2540	9	8:49.9
62	HENRAY AUBREY BOTHA	ANWN	1883	9	8:51.5
63	CHRISTIAAN (MC) VAN DEN HEEVER	AMPU	1512	9	8:55.0
64	ZIHAN WIGGIL	LIMA	3159	9	8:56.5
65	TLHALEFANG BANKIES	ANWN	1881	9	8:57.9
66	LIDILE TLHAKO	LIMA	3155	9	8:58.1
67	MARCUS VISSER	ANWN	1885	9	8:59.7
68	ROUSSEAU SLABERT	AGN	930	9	9:00.2
69	LUAN BOTHA	ANWN	1886	9	9:00.5
70	DANIEL MUNDT	AGN	923	9	9:02.0
71	KARABO MASEDI	AVT	2235	9	9:03.7
72	ATLEGANG MOKGOTHU	ANWN	1882	9	9:03.9
73	ALEXANDER VILJOEN	AGN	932	9	9:06.4
74	MERWE VAN STADEN	AMPU	1515	9	9:08.3
75	HANROUX VAN GRAAN	AMPU	1514	9	9:09.7
76	LETHABO MASHITISHO	ANWN	1888	9	9:10.9
77	AYANDA DLAMINI	CGA	2537	9	9:13.6
78	SIYA KABINI	AMPU	1501	9	9:13.9
79	ARNO ROSSOUW	AGW	1264	9	9:15.2
80	TOKELO MPHIRIME	AMPU	1509	9	9:17.2
81	LETHABO KGATLE	ANWN	1887	9	9:19.6
82	STEPH DE BEER	EPA	2767	9	9:21.1
83	FG RISCHMULLER	AGN	933	9	9:22.6
84	WIAN VAN DER WALT	LIMA	3157	9	9:24.5
85	MLINDLELI NGCANI	ANWN	1890	9	9:25.6
86	TSHIMOLOH MOTSHWENENG	AVT	2236	9	9:26.0
87	REFENTSE CHOKOE	LIMA	3149	9	9:26.5
88	ROWAN BOLTON	AVT	2237	9	9:26.6
89	MAZIBOKO MBUZO	ANWN	1891	9	9:26.8
90	DECLAN LEVY	ANWN	1892	9	9:30.3
91	MICHAEL MARAIS	LIMA	3152	9	9:36.9
92	TUMISHO MABOTJA	LIMA	3151	9	9:38.8
93	PIETER BRIEL	AMPU	1499	9	9:45.0
94	GOSIAME MOGALE	AMPU	1506	9	9:48.6
95	MEHAN VAN DER WESTHUIZEN	ACNW	142	9	9:50.2
96	LEFA MASHEBELA	LIMA	3153	9	9:53.4
97	PATRICK MALONEY	ANWN	1889	9	10:04.7
98	EDWARD OOSTHUIZEN	AVT	2238	9	10:05.1
99	WILLEM BOTHA	LIMA	3148	9	10:23.9
100	RUBEN MOOLMAN	AMPU	1508	9	10:44.4
101	HANNES VENTER	LIMA	3158	9	10:47.7
102	LOUIS JOUBERT	LIMA	3150	9	10:49.6
103	JAERIQUIN SLAWERS	ASWD	2068	9	11:10.9
104	MARKUS V D MERWE	LIMA	3156	9	21:53.9

E8 - JW_6

Place	Name	Team	Bib No	Age	Total Time
1	KARABO MOTSOENENG	AGN	771	19	22:40.4
2	AMOGELANG SHABALALA	AGN	750	18	22:52.4
3	TOKELO MATEBANE	CGA	2462	19	23:37.6
4	AMANDA DETSHE	ATRA	2123	18	23:46.1

5	NTOKOZO GUMEDE	CGA	2451	18	23:48.3
6	SIMANGALISO MADLALA	KZNA	2853	19	24:37.8
7	CHENIQUE SAS	BOLA	2328	18	24:39.9
8	NTLOHELENG THELEJANE	AGN	717	16	24:43.2
9	THEMBISILE MTHETHO	CGA	2461	19	25:03.9
10	MOHAUOA LEKHELEBANE	AFS	365	18	25:09.9
11	NERIZE DE BEER	AGN	751	18	25:16.0
12	SHARONA KLEIN	AMPU	1437	18	25:27.6
13	CORLIZE STOLTZ	CGA	2449	18	25:31.2
14	NOLUTHANDO MAMPANE	CGA	2460	19	25:38.3
15	MICHELLE PARKES	AMPU	1442	19	25:39.4
16	POLENAH MOKGALA	CGA	2452	18	25:44.8
17	RACHEL WOODBURN	KZNA	2849	18	26:03.9
18	CARRISSA ERASMUS	AFS	363	18	26:12.9
19	ZANTHE TALJAARD	AVT	2207	19	26:23.2
20	RIANA NEL	ACNW	87	18	26:26.4
21	FAITH MABHENA	CGA	2450	18	26:33.4
22	FEZILE THANGO	KZNA	2850	18	26:40.3
23	JESSIKA ADLEM	ANWN	1828	18	26:42.3
24	UALIZE TRUTER	AGN	744	17	27:01.7
25	JANDRÉ SNYDERS	ASWD	2057	18	27:20.3
26	CAITY O'CUINNEAGAIN	WPA	3330	18	27:20.9
27	MAKI LESENYEGO	CGA	2459	19	27:21.5
28	CAROL CHITEDZE	AGN	753	18	27:51.9
29	BANELE NONYAWO	AGN	768	19	27:52.8
30	SIWAPHIWE MABENTSELA	WPA	3313	18	28:07.9
31	KGOPOTSO MURQA	LIMA	3117	19	28:23.6
32	TAYLA BOSMAN	CGA	2453	18	28:37.0
33	BONTLENG TAENG	ANWN	1829	18	28:52.4
34	MERIAM BOPAPE	LIMA	3113	18	28:57.9
35	ANE JANSE VAN RENSBURG	ANWN	1830	18	29:04.4
36	CINDY DE KOKER	AGN	718	16	29:37.7
37	NOLUTHANDO DLAMINI	AGN	767	19	29:43.5
38	CARLA ACKERMAN	AGN	719	16	29:46.5
39	KATE VAN ZYL	AGN	745	17	29:55.7
40	NDAZI MABENA	AGN	756	18	30:13.3
41	EUREKA SELEPE	AFS	366	19	30:18.9
42	BOITUMELO MASHIANOKE	LIMA	3116	19	30:32.9
43	MARLIEN DU PREEZ	AGN	754	18	30:37.6
44	JAMIE-LEE DE BRUIN	WPA	3329	18	30:59.4
45	MARIETJIE CILLIERS	WPA	3328	18	31:12.9
46	SAMANTHA HYDE	ASWD	2058	18	31:37.5
47	CARMIEN SMAL	AGN	757	18	31:38.6
48	TSHONTI KOKETSO	AGN	755	18	31:48.3
49	ZELDA NIEMAND	AGN	720	16	32:37.6
50	JOHANE MARITZ	AGN	769	19	33:09.6
51	CHRISTIE VELDTMAN	AMPU	1440	18	34:29.5
52	GOMOTSEGANG MOSIAKO	AMPU	1441	19	36:09.1
53	CARINA PRETORIUS	AGN	770	19	36:43.1
54	BONEKA SITHOLE	AMPU	1439	18	38:15.4
55	JONE GROBLER	AMPU	1436	18	40:55.8

E9 - JM_8

Place	Name	Team	Bib No	Age	Total Time
1	REATLEGILE MOSWEU	CGA	2637	18	25:44.7
2	GEELBOOI KONDILE	AFS	500	19	26:12.1
3	LUBABALO XOZA	CGA	2636	18	26:23.9
4	SIYABONGA XOWANA	AMPU	1648	18	26:29.9
5	JAYDE ROSSLEE	CGA	2634	18	26:48.7
6	SIMPHIWE THOMBELA	CGA	2647	19	26:51.2
7	NHLANHLA MNOTHOZA	AVT	2291	18	27:05.1
8	SIBUSISO MSIBI	CGA	2638	18	27:05.3
9	LEFA KWANELE	CGA	2635	18	27:07.3
10	SHAUN DA CAMARA	AGN	1103	19	27:09.3
11	ENOCH BOKABA	CGA	2643	19	27:18.8
12	LUCKY MAILA	AGN	1102	19	27:26.0
13	SICELO MKHWANAZI	KZNA	2951	18	27:29.4
14	KOKETSO LEKAKA	LIMA	3263	19	27:32.2
15	NIEL VAN DER MERWE	AGN	1099	19	27:33.9
16	TYRON-LEE ANDRIES	ASWD	2093	18	27:36.7
17	MARNU VERMAAK	CGA	2646	19	27:37.7
18	KARABO MASIRE	ACNW	235	18	27:41.2
19	LETSEPA PRINCE MADUME	CGA	2642	19	27:42.0
20	GIFT BIFA	AFS	499	19	27:47.9
21	NTSOKOLO NKOSINDINA	AVT	2295	19	27:52.6
22	DYLAN PIENAAR	CGA	2633	18	27:58.1
23	BOHLALE SEPHULA	AVT	2296	19	27:58.7
24	SPHIWE LETHUNYA	AMPU	1641	18	28:06.3
25	DANIE CORNELISSEN	AGN	1101	19	28:13.7
26	CHARLTON JAFTA	WPA	3306	18	28:21.9
27	KHAYA PABAYA	AGN	1104	19	28:30.3
28	NKOSINATHI NCAPHAYI	AFS	504	19	28:44.3
29	NATHAN HAYLOCK	KZNA	2955	19	28:47.7
30	NKOSINATHI SKOSANA	AGN	1093	18	28:54.2
31	LUKHANYO MAKHIVA	ATRA	2143	18	28:59.5

32	VUYO MKUMBENI	AFS	501	19	29:02.8
33	LEPHOI BOITSHOKO	ACNW	238	18	29:05.2
34	THABO TAILLE	AFS	505	19	29:08.9
35	SANELE ZWANE	AGN	1105	19	29:13.4
36	THOKOZANE NCONGWANE	AMPU	1644	18	29:14.3
37	RAYMONDO HARRIS	ASWD	2094	18	29:14.8
38	KARABO NTHOLENG	CGA	2645	19	29:18.1
39	ROBERT ORROCK	AFS	497	18	29:20.9
40	TSHEPO SHABALALA	AVT	2290	18	29:21.8
41	JUNIOR MUKWEVHO	AGN	1092	18	29:27.5
42	LUCKY TSOTETSI	AMPU	1646	18	29:28.2
43	PHALATSI LEBELO	AGN	1088	18	29:28.9
44	MBUSO THOBEJANE	AMPU	1654	19	29:37.4
45	MPHO JACK	AGN	1089	18	29:40.5
46	UZUKHANYE MAKHONXA	WPA	3350	18	29:41.9
47	LUCKY MOTITIMI	ACNW	234	18	29:45.2
48	EMMANUEL FREDERICKS	BOLA	2341	19	29:56.0
49	SAKHILE MNISI	AMPU	1652	19	30:06.2
50	NKATA MADONA	AFS	496	18	30:16.7
51	KGOMOTSO SEKAILWE	ANWN	1987	19	30:20.7
52	KARABO SELEBANO	AGN	1087	18	30:23.4
53	ANDILE VILAKAZI	AMPU	1647	18	30:26.1
54	NEO MILE	ACNW	236	18	30:28.7
55	SANELE DLADLA	KZNA	2950	18	30:34.0
56	AYANDA JALI	WPA	3352	19	30:34.9
57	SIBUSISO MALAPANE	AMPU	1642	18	30:36.2
58	THAPELO MPHELA	LIMA	3264	19	30:48.1
59	MARKUS VAN DER VYFER	AVT	2292	18	30:55.9
60	KUTLWANO ENSLIN	AFS	494	18	31:04.4
61	LIYAKHANYA NOHE	ATRA	2142	18	31:12.8
62	THABO MAKHALEMELA	AVT	2293	18	31:13.0
63	REFUWE MOSAE	AFS	503	19	31:19.6
64	SOLOMON LEDWABA	LIMA	3262	19	31:25.2
65	NICKY LEPHALALA	LIMA	3257	18	31:27.5
66	PHUTI MATLABO	ANWN	1988	19	31:32.9
67	THATO MASHILOANE	AMPU	1643	18	31:49.0
68	NAYLAN DREYER	WPA	3308	19	32:10.9
69	BOITUMELO MTHELEBOFU	LIMA	3258	18	32:21.9
70	ANDILE NDLALA	AMPU	1645	18	32:33.7
71	PHUTI OWEN KGARE	LIMA	3256	18	33:10.0
72	SAMUEL GROBLER	AMPU	1649	19	33:43.7
73	LETLHOGONOLO LETHOKO	ANWN	1981	18	34:43.1
74	BUKHOSI KHOZA	AMPU	1651	19	35:41.4
75	PAT JIYANA	AMPU	1650	19	35:46.4
76	NELSON MASHABA	ANWN	1982	18	36:34.8
77	MAHOMED BATSI	ACNW	237	18	42:14.4
DQ	LUNGANI NGCOBO	KZNA	2948	18	---
DQ	FUSI NTOLOANE	CGA	2644	19	---

E10 - SW_10

Place	Name	Team	Bib No	Age	Total Time
1	GLENROSE XABA	AGN	809	28	35:03.0
2	CACISILE SOSIBO	CGA	2478	25	36:14.9
3	KESA MOLOTSANE	AFS	377	30	37:27.6
4	KYLA JACOBS	WPA	3332	28	38:36.9
5	NWABISA MJOLI	KZNA	2871	30	39:10.9
6	LEBOGANG PHALULA-LUTHULI	CGA	2491	39	39:46.7
7	MARIA SHAI	CGA	2485	35	40:11.8
8	CORNELIA JOUBERT	CGA	2483	34	40:25.9
9	LEANI POTGIETER	WPA	3335	29	40:32.9
10	TSHOLOFELO MASHIGO	AGN	800	25	40:41.5
11	KARABO MAILULA	AGN	772	20	40:55.4
12	CHRIZELL ROBERTS	AGN	816	35	41:46.4
13	KATAZA SHIPALANA	AGN	823	36	42:31.4
14	SLINDILE CHILI	KZNA	2868	28	42:42.9
15	BEAUTY MOLOBA	AGN	810	28	42:54.9
16	PALESA LEHASA	ACNW	99	34	44:27.1
17	NOKUTHULA NTSHANGASE	KZNA	2872	30	44:31.5
18	TSOLOFELO PHAKOE	AVT	2211	22	45:04.9
19	MICHELLE REDELINGHUYS	AGN	806	27	45:05.4
20	MALIFE SEBEKO	KZNA	2862	24	45:20.6
21	VALENTIA MODIBA	AGN	803	26	45:52.5
22	MARYNA SWANEPOEL	AFS	378	36	46:32.9
23	SISTER GAMEDE	KZNA	2865	26	47:14.3
24	MARELIZE REITZ	AGN	792	23	50:17.0
25	CINDY SIMELANE	AMPU	1455	33	50:25.9
26	PALESA NKOADI	AGN	780	21	52:00.1
27	NATASHA SIKISI	AGN	773	20	54:01.6
28	DESINDA LEHOBBO	AGN	785	22	1:04:06.3
29	DIBUSENG KHAMPEPE	ANWN	1834	21	1:05:37.2
DQ	KENALEONE KUMILE	CGA	2465	20	---

E11 - SM_10

Place	Name	Team	Bib No	Age	Total Time
1	MBULELI MATHANGA	KZNA	2972	29	31:05.0

2	LEEOTO MATTEWS	ACNW	257	32	31:27.1
3	KABELO SEBOKO	CGA	2664	24	32:01.6
4	BONGINKOSI ZWANE	KZNA	2974	31	32:08.3
5	DEON-LEE HENDRICKS	BOLA	2343	25	32:12.5
6	MILTON KEKANA	AGN	1145	27	32:19.3
7	TEBOGO SEGALAGALA	AGN	1160	29	32:22.7
8	SAKHILE SANGWENI	CGA	2585	22	32:25.5
9	TISETSO MOKHOMA	ACNW	251	23	32:49.7
10	DIKOTSI LEKOPA	AGN	1166	34	33:01.1
11	JEREMIA MOSHWETI	ANWN	2014	34	33:03.9
12	SAMEUL MATSEPE	ANWN	2015	34	33:17.2
13	SANDILE THATO PULE	CGA	2665	25	33:24.1
14	JANKIE MOLELE	LIMA	3275	21	33:24.9
15	VICTOR MAKHEBESELA	AFS	521	25	33:26.3
16	NTSEBENZO NAKE	ATRA	2154	30	33:26.4
17	THOMAS STRUIS	WPA	3360	28	33:32.9
18	KAMOGELO MASEMOLA	CGA	2670	26	33:41.5
19	MANDLA NKABINDE	AMPU	1683	32	33:46.9
20	TSHEPISO KHATI	CGA	2666	25	33:58.7
21	ELVIS TAU	CGA	2669	26	34:00.5
22	THABISO MOSEKILI	AVT	2313	34	34:13.7
23	TEBOHO SELOLO	AGN	1136	24	34:14.7
24	DAVID HLALELE	ANWN	2013	33	34:25.2
25	LUTHANDO NDONYELA	ATRA	2152	25	34:26.3
26	MICHAEL DUBE	ANWN	2002	23	34:31.6
27	ANDRE AFRIKA	WPA	3358	28	34:36.9
28	ANANIUS MASILA	LIMA	3287	32	34:38.9
29	BONGANI BANDA	EPA	2790	23	34:42.8
30	FRANCOIS MAQUASSA	ASWD	2099	27	34:47.2
31	HLANHLA MABUZA	AMPU	1664	20	34:49.9
32	OLEBOGILE SELOKELA	AGN	1131	23	34:55.2
33	TANKI MOSOEU	AFS	530	29	34:56.4
34	KGOMOTSO MOSIANE	ANWN	2007	25	34:58.0
35	TSHIAMO LEPHOTO	AMPU	1670	21	35:01.4
36	ITUMELENG PHALA	ANWN	2011	32	35:01.5
37	LEHLOHONOLO LUSITI	CGA	2651	20	35:05.5
38	APIWE SIBUTA	ANWN	2008	26	35:22.5
39	PHOLOSHO PHALADI	LIMA	3288	32	35:29.3
40	KEATON LOTT	WPA	3361	29	35:31.5
41	SOGAYISSI NATHI	ACNW	258	34	35:33.8
42	GERSHWIN VAN STADEN	WPA	3356	26	35:46.9
43	MLONDLOZI NJOKO	AFS	519	24	36:01.2
44	JAFTA MASOENYANE	AVT	2312	32	36:03.8
45	ITUMELENG MOITSE	ANWN	2010	31	36:05.4
46	ZEINEL TSIPA	LIMA	3284	28	36:12.6
47	NEO SEGOPOLO	AFS	522	25	36:21.1
48	MFANAFUTHI LUSHABA	AGN	1122	22	36:40.9
49	TUMELO MOGOMOTSI	ANWN	2005	24	36:52.8
50	TUMISHO MAGAKWE	CGA	2675	33	36:56.1
51	MERWYN STEENKAMP	ASWD	2100	34	37:03.1
52	DONOVAN JANTJIES	ASWD	2098	26	37:17.7
53	MASILO RONALD SEKONYANA	LIMA	3271	20	37:18.9
54	SIPHIWE JONA	ATRA	2148	21	37:22.0
55	JANUARY LUZUKO	ACNW	252	23	37:50.4
56	HUNGUANA THAMSANQA	AMPU	1675	24	38:00.2
57	VINCENT GAOPEKWA	AVT	2311	31	38:11.3
58	MADIBO JABULANE	AFS	517	22	38:22.2
59	NATHANIEL MASHIANOKE	LIMA	3277	22	39:34.9
60	TEBOGO TLAKA	LIMA	3272	20	40:48.3
61	SIMON MATELA	AMPU	1684	34	42:35.2
62	CHARLIE NGHONDWENI	ANWN	2006	24	51:11.6
63	RAOUL MABIRIMISA	AGW	1284	29	5:23:57.8

E12 - G16_4

Place	Name	Team	Bib No	Age	Total Time
1	WIEPKE SCHOEMAN	AGN	722	16	15:19.9
2	HLENGIWE GIFT NKOSI	CGA	2429	16	15:25.5
3	DANTÉ FERREIRA	AGN	700	16	15:32.8
4	ALRI VERSTER	ACNW	79	16	15:35.4
5	KENEILWE MAWELA	AGN	703	16	15:38.8
6	MART-MARIE JORDAAN	AGN	704	16	15:39.9
7	IZANDRI JACOBS	AGN	701	16	15:40.9
8	ABULELE DWATSHELA	ATRA	2119	16	15:44.8
9	LIKA OLIVIER	AMPU	1424	16	15:56.3
10	VANESSA DA SILVA	LIMA	3101	16	15:56.8
11	NOLUTHANDO DHLAMINI	AGN	706	16	16:13.7
12	IVIWE HLANJWA	AGN	709	16	16:17.2
13	JACKIE COERTZE	AGN	702	16	16:24.0
14	LIKA STRYDOM	CGA	2432	16	16:24.1
15	COURTNEY SOLE	CGA	2427	16	16:26.5
16	NONHLANHLA DLAMINI	CGA	2433	16	16:26.5
17	DIEKETSENG MOTSOENENG	CGA	2428	16	16:31.7
18	ABIGAIL SWEENEY	CGA	2422	16	16:34.6
19	ABIGAIL BESTER	WPA	3326	16	16:37.4
20	CAMRYN DE MEYER	CGA	2424	16	16:55.2

21	LIANÉ SMIT	AGN	705	16	16:59.2
22	CARI JACOBS	AGN	710	16	17:09.7
23	CHENELLE AXSEL	CGA	2425	16	17:10.4
24	OYAMA MZAMA	ATRA	2120	16	17:12.2
25	CHANTELLE VAN NIEKERK	AGN	712	16	17:14.9
26	CARA ESTERHUIZEN	AGN	707	16	17:20.6
27	KIARA BESTER	WPA	2326	16	17:21.8
28	CINE FRASER	CGA	2426	16	17:26.3
29	RETHABILE MOTLOUNG	KZNA	2923	16	17:29.4
30	KAMOGELO MAKGOKA	CGA	2430	16	17:32.8
31	HANNAH VILJOEN	KZNA	2837	16	17:33.8
32	KAYLA SCHEPPEL	ACNW	80	16	17:35.2
33	BRONWYN NEL	CGA	2423	16	17:43.8
34	ZOE RUDOLPH	WPA	3314	16	17:44.6
35	LWANDILE NTULI	KZNA	2838	16	17:44.9
36	ABBYGALE HAVENGA	ANWN	1817	16	17:46.8
37	TANIA MARAIS	ANWN	1818	16	17:49.0
38	MEGAN MULLER	AGN	713	16	17:53.1
39	MAHLAHLA KHANYI	KZNA	2839	16	17:55.3
40	PRECIOUS BULLUNGWA	CGA	2434	16	17:56.0
41	CLAIRESSE MOSES	ASWD	2054	16	18:11.2
42	NOMVULA KLAAS	AFS	346	16	18:15.8
43	MICHEALA MBASA	WPA	3327	16	18:23.9
44	DESIRÉ ENGELBRECHT	ACNW	81	16	18:28.2
45	ARNE ROBBERTSE	AGN	716	16	18:28.4
46	CHÉRRI MIENIE	AGN	715	16	18:35.4
47	LANE VAN ROOYEN	AFS	354	16	18:36.6
48	ZABINE VON WESTERNHAGEN	AGN	711	16	18:41.3
49	TRACY VISSER	AVT	2194	16	18:47.7
50	TIANE STEYN	AFS	352	16	18:48.4
51	STEPHANIE VERSCHOOR	AGN	708	16	18:48.5
52	MASETJHABA MAFRIKA	AVT	2193	16	19:07.3
53	PALESA NTOZONKO	AFS	351	16	19:08.6
54	DINEO SILINZA	ANWN	1819	16	19:11.2
55	OFENTSE KETALO	ACNW	82	16	19:22.2
56	ZOE BEESLLAR	AGN	714	16	19:25.4
57	DEJANE HOLTZHAUSEN	AMPU	1419	16	19:33.6
58	ABIGAIL EVITTS	AVT	2192	16	19:44.4
59	PALESA LAMOLA	LIMA	3102	16	19:46.0
60	KIARA MONTGOMERY	AFS	348	16	19:46.1
61	ANJA LE GRANGE	AFS	347	16	20:03.9
62	AUDREY MATEMA	LIMA	3105	16	20:06.6
63	MATSHIDISO MOTOLO	AFS	349	16	20:15.8
64	CARISSA TREDOUX	AFS	353	16	20:18.7
65	BONGIWE MASONDO	KZNA	2840	16	20:28.9
66	LENE VAN DER MERWE	AMPU	1426	16	20:38.3
67	JENNIFER KRUGER	AMPU	1420	16	20:44.6
68	LUFUNO MAGOVHANI	LIMA	3104	16	20:50.0
69	DANIELLE BARRETT	AFS	345	16	20:51.9
70	CARLA VAN ROOYEN	AMPU	1428	16	20:52.9
71	ELZAAN VAN WYK	ANWN	1821	16	20:55.6
72	SYLVIA VAN ROOYEN	ANWN	1820	16	20:59.9
73	JUANE STUART	AMPU	1425	16	21:17.9
74	CADEY VAN DER MERWE	AMPU	1427	16	21:21.9
75	GEANE ANDERSON	LIMA	3100	16	21:23.9
76	SHAFIEKA DU PREEZ	ASWD	2053	16	21:27.4
77	MART-MARI LOURENS	AMPU	1421	16	21:44.5
78	KABELO NTLABO	AFS	350	16	22:01.9
79	OLWETHU MEMELA	AMPU	1422	16	22:18.8
80	HLOGI MODIBA	LIMA	3106	16	22:44.2
81	CARA LOUW	LIMA	3103	16	23:12.1
82	MICHELLE MYBURGH	AMPU	1423	16	23:34.9
DQ	LEBOGANG NKANYANI	CGA	2431	16	---

E12 - G17_4

Place	Name	Team	Bib No	Age	Total Time
1	NALEDI MAKGATHA	CGA	2442	17	14:33.9
2	PHEMELO MATSABA	AGN	727	17	14:53.4
3	LI-MARI DEKKER	AGN	726	17	14:55.2
4	PABALLO RADEBE	AGN	728	17	15:18.1
5	TINYIKO NDALA	AGN	730	17	15:21.7
6	CHLOË PIENAAR	AGN	729	17	15:43.0
7	LUFHUNO MAKHUVHA	AGN	731	17	16:00.8
8	NANA GANTANE	CGA	2443	17	16:08.1
9	KOKETSO MOLOTO	AGN	732	17	16:10.5
10	KHUNEDI MASHISHI	CGA	2439	17	16:18.0
11	SHANIKE JORDAAN	AGN	734	17	16:18.6
12	ILANE HERBST	ACNW	83	17	16:33.8
13	KGOPOTSO SHOKANE	CGA	2438	17	16:38.4
14	MPHO HLAKO	AGN	733	17	16:39.2
15	SUNE SNYMAN	AVT	2195	17	16:41.0
16	MELISSA VAN NIEKERK	CGA	2440	17	16:41.8
17	MISCHKE STEENKAMP	AGN	736	17	16:46.8
18	WILMARIE NOLTE	AGN	735	17	16:52.1
19	CHARISSA BOTHA	AGN	740	17	17:03.3

20	INDIPHILE DLESI	ATRA	2121	17	17:11.0
21	MIEKE SMIT	AVT	2196	17	17:19.4
22	DANIKA ZWAHLEN	AFS	362	17	17:19.9
23	EMMA KRUSE	EPA	2751	17	17:20.6
24	MICHAELA VAN VUUREN	ANWN	1823	17	17:22.1
25	HANNÉ HAYES	AFS	356	17	17:24.9
26	JACOBETH NTSEMI	LIMA	3110	17	17:26.1
27	AME VAN BREDA	AGN	737	17	17:31.2
28	TENIKE BLUNDEN	AVT	2197	17	17:32.8
29	LIANE PARKES	AMPU	1433	17	17:35.9
30	MIA SWANEPOEL	AGN	739	17	17:37.4
31	RACHEL VAN DENTER	KZNA	2842	17	17:53.2
32	KAMOGELO THALE	ACNW	85	17	17:55.5
33	MOSALE THOBEJANE	CGA	2441	17	17:56.8
34	NATASHA VAN NIEKERK	AGN	743	17	17:57.8
35	KARABO SEHLOHO	AVT	2199	17	18:03.3
36	JORDAN LUND	WPA	3319	17	18:09.4
37	DESIREE STEYNBERG	AGN	738	17	18:09.9
38	EMMA GUSH	EPA	2752	17	18:14.6
39	CHRISTENE KNOESEN	AGN	741	17	18:17.7
40	MIEKE WILHELM	AGN	742	17	18:18.2
41	SAMUKELISIWE DLADLA	KZNA	2845	17	18:23.0
42	HAILEY-JADE BAINBRIDGE	AMPU	1429	17	18:23.4
43	JANELLE STRYDOM	AVT	2198	17	18:25.5
44	JULISKA ERASMUS	ACNW	86	17	18:31.6
45	AMOGELANG THALE	ACNW	84	17	18:39.3
46	TSEBO SEKHOTO	AFS	361	17	18:39.9
47	KARABO NKANE	AFS	359	17	18:44.5
48	AME PRETORIUS	ASWD	2055	17	18:45.1
49	KAYLA COETZEE	AMPU	1430	17	18:45.5
50	DAISY MAHLOKO	AFS	357	17	18:46.4
51	ITUMELENG SEMENYA	LIMA	3111	17	18:55.2
52	NIKIZIWE DLADLA	KZNA	2844	17	19:20.2
53	MASILO RENLOE	AFS	360	17	19:39.5
54	LISA VAN DER WESTHUIZEN	ANWN	1825	17	19:51.9
55	MIA-CARA HART	EPA	2754	17	19:58.2
56	ELANCA VAN JAARSVELD	EPA	2753	17	20:01.9
57	ZANDILE PLAATJIE	AFS	355	17	20:08.0
58	MMATHAPELO MALONGANE	LIMA	3108	17	20:08.0
59	LONDEKA MAVIMBELA	KZNA	2843	17	20:11.7
60	NTOKOZO TLOU	CGA	2444	17	20:13.7
61	PHUTI MOKABA	LIMA	3109	17	21:02.6
62	ELISMA HUYSER	ASWD	2056	17	21:05.9
63	DIONÉ ODENDAL	ANWN	1826	17	21:09.8
64	NICKY THOMPSON	AMPU	1435	17	21:38.0
65	NADIA VAN STADEN	LIMA	3112	17	22:09.9
66	ONALERONA MODIBEDI	CGA	2445	17	23:55.7
67	CARLA FERREIRA	ANWN	1824	17	24:28.9
68	SINETHEMBA MLAMBU	AMPU	1431	17	31:07.9

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Place	Name	Team	Bib No	Age	Total Time
1	REALEBOGA SMITH	CGA	2611	16	19:56.1
2	AMGEOLANG TATAI	ACNW	216	16	20:14.0
3	KHOTSO SEBOTSA	AFS	483	16	20:21.8
4	JOHAN ROELOFSE	AGN	1042	16	20:31.0
5	LUTHO TIMATI	CGA	2607	16	20:50.5
6	NENI NDLOVU	AMPU	1620	16	20:52.8
7	GIFT SETSETSE	ACNW	220	16	21:04.0
8	LUSHET MFOKAZANE	AFS	481	16	21:07.3
9	ZANE STRYDOM	CGA	2614	16	21:14.9
10	MATTHEWS MACUACUA	AGN	1046	16	21:15.4
11	XAVIER VAN DER LEEK	AGN	1061	16	21:20.4
12	DIVAN-PIETER DE VRIES	AGN	1050	16	21:24.1
13	ALFONZO JORDAAN	BOLA	2337	16	21:33.3
14	MARCELINO BOOYSEN	WPA	3345	16	21:38.0
15	BEYON PRINS	BOLA	2338	16	21:39.0
16	NANKANA CHEGO	CGA	2608	16	21:48.6
17	NANI NDLOVU	AMPU	1621	16	21:52.6
18	LINDEN BOSMAN	ASWD	2089	16	21:56.8
19	LUAN MARAIS	ANWN	1965	16	21:59.0
20	SCHALK FOURIE	AGN	1056	16	22:00.8
21	LINDOKUHLE BOYCE	ATRA	2139	16	22:02.4
22	MATTHYS/NAAS DE BEER	AGN	1049	16	22:02.7
23	RUAN TALJAARD	ACNW	223	16	22:02.7
24	SIMPHIWE SHABANGU	AMPU	1623	16	22:05.2
25	SPHESIHLE MADZIBA	KZNA	2936	16	22:06.2
26	MSINDISI CIMANI	WPA	3346	16	22:07.7
27	ROWHALDO CORNELIUS	BOLA	2340	16	22:09.6
28	PABALLO MMUTLE	CGA	2610	16	22:12.5
29	LEEHANDRO ARENDSE	BOLA	2336	16	22:21.1
30	LUTHABO MPONGWANA	WPA	3343	16	22:22.0
31	ANTON STASSEN	AGN	1058	16	22:23.8
32	MZWANDILE XALABILE	AFS	484	16	22:26.5
33	SKHUMBUZO MGWENYA	AVT	2281	16	22:27.8

34	THABO NOGOALA	ATRA	2138	16	22:28.8
35	SANELE DZANIBE	KZNA	2938	16	22:29.1
36	FRANCOIS VISAGIE	CGA	2603	16	22:32.3
37	BOIKETLO MAKHUNDU	AGN	1047	16	22:34.5
38	KEVIN MARAIS	CGA	2606	16	22:35.3
39	JUAN BREYTENBACH	AGN	1048	16	22:36.4
40	INAM MBATSA	WPA	3344	16	22:39.8
41	KATLEHO RAMPA	CGA	2605	16	22:48.0
42	CARLOS CAMARA	AGN	1054	16	22:50.0
43	LITHEMBA MPHEKANA	ATRA	2137	16	22:51.3
44	HIRO KEET	AGN	1053	16	22:53.6
45	JAUN-PIERRE VAN DER BERG	CGA	2604	16	22:56.2
46	RIGARDT CILLIERS	AGN	1051	16	23:06.4
47	EDUARD VAN DRIEL	AGN	1055	16	23:17.1
48	NYIKO SIBIYA	ANWN	1966	16	23:17.4
49	TSHWARO MAILANE	AFS	479	16	23:25.8
50	PC SCHUTTE	ACNW	224	16	23:27.7
51	DITEKO MOTSHABI	ACNW	221	16	23:30.1
52	CALVIN DIAS	LIMA	3241	16	23:31.4
53	KHULANI KHATE	AFS	477	16	23:39.1
54	MOTSAMAI TSHABALALA	AVT	2282	16	23:49.2
55	KATLEHO MAZIBUKO	AFS	480	16	23:49.6
56	JONATHAN BOTHA	AGN	1059	16	23:50.0
57	ANDRÉ VISSER	ACNW	217	16	24:00.2
58	RYAN FERREIRA	CGA	2612	16	24:01.9
59	BRANDON JOUBERT	AMPU	1615	16	24:05.6
60	STEFAN JACOBS	KZNA	2937	16	24:08.0
61	ANDRIES MOSOTHO	LIMA	3244	16	24:13.7
62	ALEXANDER KRUGER	ANWN	1969	16	24:14.2
63	DUNCAN FRITZ	ACNW	218	16	24:14.8
64	SEAN KLEYNHANS	ACNW	219	16	24:15.0
65	TRISTAN KLEYNHANS	ACNW	227	16	24:21.0
66	SIYABONGA MAGAGULA	AMPU	1616	16	24:27.8
67	GOODMAN THEMBA	AMPU	1624	16	24:32.0
68	SANELISO MAMBA	AMPU	1617	16	24:44.5
69	BANELE JIYANE	AMPU	1614	16	24:51.2
70	LLEWELLYN DU TOIT	ASWD	2087	16	24:51.8
71	MARCUS VAN DER WALT	LIMA	3245	16	25:01.0
72	ORATHILE GALENG	ACNW	225	16	25:03.5
73	JONATHAN WERTH	KZNA	2939	16	25:11.2
74	RETHABILE MOTAUNG	AVT	2284	16	25:21.8
75	ISAK HITGE	ACNW	222	16	25:22.7
76	TSHENOLO DICKENS	ANWN	1968	16	25:31.5
77	SPHAKAMISO KHUMALO	KZNA	2935	16	25:48.5
78	LETHABO KAGISO	ANWN	1970	16	25:54.6
79	CHRISTIANO KLAZEN	BOLA	2339	16	25:55.5
80	NICOLAS VREY	ASWD	2088	16	25:57.2
81	BONGANI GOODWIL MATSEPE	LIMA	3242	16	26:00.7
82	DAVID NKOSI	ANWN	1971	16	26:10.3
83	KWENA MOCHITELLE	LIMA	3243	16	26:39.6
84	MELUSI MANDLAZI	AMPU	1618	16	26:44.2
85	TEBOGO MATSIMELA	CGA	2613	16	26:50.6
86	WIEHAN MAREE	EPA	2782	16	27:11.0
87	PIETER VENTER	AMPU	1625	16	27:52.9
88	MASEGO MOKGOPE	AMPU	1619	16	28:59.5
89	GERRIE OOSTHUIZEN	ANWN	1972	16	29:10.4
DQ	ORATILE MASHIGO	CGA	2609	16	---

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Place	Name	Team	Bib No	Age	Total Time
1	DINO NAKO	ACNW	232	17	19:06.0
2	MUSAWENKOSI MNISI	AMPU	1632	17	19:30.5
3	RICO LEJENAAR	ACNW	228	17	19:33.4
4	ZENZILE TUMELO PHEKO	CGA	2628	17	19:54.5
5	LESLIE MOKOENA	AVT	2285	17	20:10.1
6	CORNÉ DE FOUW	CGA	2618	17	20:15.5
7	TSEPO SEDISE	AGN	1070	17	20:29.3
8	KEVIN HICKLEY	CGA	2623	17	20:33.2
9	TUMISANG MORE	AFS	491	17	20:39.5
10	SIFISO MAKOLOMAKWA	AGN	1064	17	20:43.3
11	KATLEGO KHELEMETHI	CGA	2622	17	20:48.7
12	QWANE MACANA	ATRA	2140	17	20:54.7
13	ZAKHELE MATHEBULA	AMPU	1629	17	20:55.4
14	LETHABO SIMANGO	LIMA	3253	17	20:58.0
15	TSHIDISO SEBATA	LIMA	3250	17	21:01.5
16	FRANCOIS VAN ZYL	CGA	2620	17	21:10.7
17	NICO DE VILLIERS	AGN	1071	17	21:12.1
18	MICHAEL MUCAVELI	AMPU	1634	17	21:14.1
19	RUDUAN ROUX	AMPU	1637	17	21:16.3
20	ALISANDRO CLOETE	CGA	2617	17	21:20.7
21	MATTHEW MACKAY	CGA	2624	17	21:20.8
22	MATTHEW ENDRODY	AGN	1069	17	21:21.8
23	DIVAN VAN ROOYEN	AGN	1080	17	21:25.5
24	INNOCENT PELA	AGN	1066	17	21:28.4
25	JEAN-PIERRE PRETORIOUS	AGN	1073	17	21:33.5

26	PIET MAKHATA	AFS	489	17	21:37.2
27	LEBOHANG VALTEIN	AVT	2287	17	21:42.5
28	THSEPO MPELE	CGA	2626	17	21:44.2
29	CUAN VENTER	CGA	2619	17	21:44.4
30	MKHUMBENI MPUMELELO	AGN	1072	17	21:48.1
31	JUNIOR MOTSITSI	AVT	2289	17	21:49.7
32	OMPHILE LETSHABO	AFS	487	17	21:49.9
33	IVAN DU PLESSIS	AGN	1074	17	21:54.3
34	AMOGELANG LOBELO	AFS	488	17	21:55.0
35	ANDRE PIETERS	AGN	1076	17	21:55.7
36	SPHAMANDLA SHEZI	KZNA	2940	17	21:58.5
37	CHARLTON TITUS	WPA	3347	17	22:04.0
38	KEANU QWILI	ASWD	2091	17	22:09.8
39	DION SEBELA	LIMA	3251	17	22:12.5
40	KAGISO MOKHELE	AVT	2288	17	22:12.8
41	OMPHEMETSE MOTSWENYANE	ANWN	1977	17	22:21.2
42	KEAGAN VD MERWE	AGN	1079	17	22:25.0
43	SBONELE MNXASANA	AGN	1078	17	22:25.0
44	NDOTO JEKANA	EPA	2783	17	22:31.5
45	KAMOHELO MBELE	AFS	490	17	22:33.0
46	SIBUSISO LUKHELE	LIMA	3247	17	22:39.3
47	KATLEHO MPHETENG	AFS	492	17	22:40.1
48	BONGMUSA VILAKAZI	AMPU	1639	17	22:43.8
49	YOMELELA MAGADE	CGA	2627	17	22:47.3
50	SINOVUYO MATIWANE	ATRA	2141	17	22:49.6
51	JUNIOR MOLEBOGE MOKGOSI	ANWN	1975	17	22:58.0
52	KEANU FOURIE	AFS	485	17	23:00.3
53	KABELO TLADI	AFS	493	17	23:02.9
54	DUEWAYNE DAMON	WPA	3309	17	23:11.4
55	SIPHIWE MTOLO	AVT	2286	17	23:12.2
56	MAHLATSE MASHAPHU	LIMA	3248	17	23:14.0
57	WILLIAM VAN TONDER	ASWD	2092	17	23:14.1
58	TSHEDZA NDOU	AMPU	1635	17	23:15.8
59	KAMOHELO RAMATSEBE	AGN	1065	17	23:20.2
60	LD DEKKER	AGN	1081	17	23:26.1
61	MOATSHE NENE	ANWN	1976	17	23:30.1
62	MIHLALI THOMSON	CGA	2625	17	23:33.5
63	KEANU WELCH	EPA	2784	17	23:37.8
64	RORISANG MOKOROANE	ACNW	230	17	23:41.8
65	MATOME TIABINIA	LIMA	3254	17	23:45.0
66	EBEN DE WIT	AGN	1075	17	23:51.6
67	GIVEN RITHURI	LIMA	3249	17	23:52.1
68	KGOTSO MACHETE	AMPU	1627	17	24:06.1
69	WILLEM SNYDER	AGN	1077	17	24:10.7
70	MPHO MASHEGO	AMPU	1628	17	24:12.8
71	THATOFATSO MARAKE	ACNW	233	17	24:38.0
72	LOPANG TIKANE	ACNW	226	16	24:38.4
73	RIVHAWE NETSHITUNGULU	AMPU	1636	17	24:58.9
74	WAYLON JOOSTE	WPA	3348	17	25:20.8
75	SCHALK PIENAAR	ANWN	1978	17	25:51.2
76	BENJAMIN SWART	ANWN	1979	17	25:51.5
77	TLAMELO SELEKO	ACNW	231	17	25:54.4
78	UGRANDIC WILLIAMS	WPA	3349	17	25:58.0
79	ABONGWE NHLANGULELA	KZNA	2944	17	26:15.9
80	LIFA MKHALIPI	AMPU	1631	17	26:27.0
81	LEON VAN ZYL	AMPU	1638	17	26:38.1
82	NTANDO ZWANE	AMPU	1640	17	26:46.7
83	TREVOR CASSADY	LIMA	3246	17	27:31.8
84	THAPELO MTHETHWA	AMPU	1633	17	27:54.9
85	KOKETSO TABILE	ACNW	229	17	27:57.9
86	RIKUS MEIRING	AMPU	1630	17	29:40.3
87	LWANDO NGQOTSHE	KZNA	2945	17	29:54.6
DQ	LAZRO LOUW	ASWD	2090	17	---
DQ	JOHANNES MOREPE	CGA	2621	17	---

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Place	Name	Team	Bib No	Age	Total Time
1	JANÉ SIEBERHAGEN	AGN	590	10	7:47.0
2	ANAM MADIKIZELA	ATRA	2110	10	7:51.9
3	MISHA JACOBSZ	AGN	593	10	7:57.6
4	SIBONGILE MPELAZWE	KZNA	2806	10	7:58.6
5	KEITUMETSE SEHUME	ANWN	1753	10	8:02.7
6	BIANCA MASEMOLA	LIMA	3038	10	8:02.9
7	JANAE VAN ZYL	AGN	591	10	8:04.6
8	KANANELO AMOHEL MAHLATSI	AFS	299	10	8:09.9
9	MIANE DE CLERCO	AVT	2161	10	8:10.9
10	BONTLE NGWENYA	LIMA	3040	10	8:13.0
11	SIPHSIHLE BUTHLELEZI	AFS	295	10	8:13.8
12	THAKGALO BOSHILO	LIMA	3034	10	8:15.8
13	ALRIKE HATTINGH	ACNW	26	10	8:17.4
14	ROUBAIX REYNECKE	ACNW	27	10	8:18.4
15	MOHLAPA LETSOALO	LIMA	3036	10	8:19.7
16	QLERATO LETHABANE	ANWN	1756	10	8:24.5
17	LEA NEL	AGN	595	10	8:26.6
18	KAMOGELO LEGODI	LIMA	3035	10	8:28.3

19	KARMI VERSTER	AFS	302	10	8:31.4
20	MOKETE MATHABATHE	LIMA	3039	10	8:32.4
21	NELLY LONGWE	CGA	2372	10	8:33.7
22	KWINDA MUNAKA	AGN	602	10	8:35.9
23	MIHLALI KHALIPA	ACNW	28	10	8:38.4
24	DEMAINE VAN DEVENTER	AFS	301	10	8:39.2
25	EMILY VILJOEN	AFS	303	10	8:42.3
26	MILANÉ MOOLMAN	AGN	594	10	8:44.1
27	MILLICENT MAKGATA	LIMA	3037	10	8:44.9
28	FRANCISKA VAN DER MERWE	AMPU	1335	10	8:46.5
29	LISA RAATH	AMPU	1329	10	8:47.6
30	ESTI RAATH	AMPU	1330	10	8:47.7
31	NTANDO VILIKAZI	AMPU	1336	10	8:47.8
32	EMINATHI MALULEKE	ANWN	1755	10	8:48.0
33	MILÉ DE SWARDT	AGN	603	10	8:49.4
34	AFUZWE MFLATELA	AGN	597	10	8:50.4
35	MIEKE VAN ROOYEN	CGA	2370	10	8:51.0
36	BONOLO TSEBO MAFOOA	AFS	298	10	8:54.8
37	ONKE MAKHANYA	KZNA	2808	10	8:55.0
38	BOKANG MAKITLA	CGA	2365	10	9:00.1
39	HAILEY EVANS	AGN	598	10	9:00.1
40	LEANDRI BOSMAN	AGN	605	10	9:00.9
41	LIANKE KOTZE	CGA	2369	10	9:02.0
42	KARLIEN LIEBENBERG	ANWN	1754	10	9:02.2
43	ZANTÉ JONCK	ACNW	32	10	9:02.7
44	MINKE FERREIRA	AFS	296	10	9:03.1
45	CARALIZE REYNEKE	ACNW	29	10	9:04.3
46	MARLI JOUBERT	AGN	600	10	9:04.5
47	NTOMBEHLE SHONGWE	AMPU	1332	10	9:05.3
48	LIENKA VAN NIEKERK	AGN	599	10	9:07.0
49	ELIANA CANDIOTES	AGN	607	10	9:07.1
50	LARISSA THIEBAUT	AGN	596	10	9:10.1
51	MIEKE BARNARD	AGN	606	10	9:12.2
52	MILEY STYLES	ANWN	1758	10	9:12.3
53	KAYLIN JANSE VAN RENSBURG	ANWN	1760	10	9:14.1
54	KARA-MARI MATTHEE	AGN	601	10	9:14.6
55	ELISA MAKHATA	AFS	300	10	9:17.5
56	ELIZABETH STEHLIK	ACNW	35	10	9:17.9
57	YOLINDI VISAGIE	LIMA	3042	10	9:18.5
58	ALANDRI BEZUIDENHOUT	AMPU	1320	10	9:18.8
59	MICHAELLA BEZUIDENHOUT	AMPU	1319	10	9:19.1
60	NADIA SCHONEFELD	ANWN	1759	10	9:19.9
61	MIA MAREE	AMPU	1325	10	9:20.3
62	DANICA KRUGER	ANWN	1757	10	9:22.5
63	ELTONAY HERMAANS	CGA	2366	10	9:24.4
64	TIANAY SMIT	AMPU	1333	10	9:24.4
65	ANKE SNYMAN	AVT	2164	10	9:25.4
66	MERCY OFOMA	ANWN	1765	10	9:26.0
67	MINENTLE OOBO	CGA	2371	10	9:29.2
68	LESEDI MOTSWARI	CGA	2368	10	9:32.2
69	MIENKE STRYDOM	ACNW	30	10	9:35.3
70	MADELÉ DU PLESSIS	ANWN	1761	10	9:36.2
71	LARISSA LAMBRECHTS	ACNW	31	10	9:38.0
72	TEEGHAN JADE SAWYER	CGA	2373	10	9:38.3
73	AMAHLE THWALA	AMPU	1334	10	9:38.6
74	DANE VAN DER WALT	AVT	2163	10	9:39.1
75	SINDISWA MBATHA	KZNA	2809	10	9:41.2
76	NIOAMA NGCOBO	KZNA	2807	10	9:43.4
77	MARYANA HATTER	AGN	604	10	9:44.6
78	RICHELLE BURGER	AMPU	1321	10	9:45.9
79	LENÉ BESTER	ACNW	34	10	9:46.9
80	DANIELLE TERBLANCHE	LIMA	3041	10	9:46.9
81	HAYLEY REYNOLDS	CGA	2367	10	9:48.5
82	ANDISWA MSHENGU	AMPU	1327	10	9:52.6
83	SAMKELO MBEKO	KZNA	2810	10	9:53.9
84	SIMPHIWE MASHININI	AMPU	1326	10	9:55.1
85	KATE PAPPAS	EPA	2732	10	9:56.6
86	BIANCA SWEMMER	ANWN	1762	10	9:57.2
87	MUCKE JANSEN VAN RENSBURG	AMPU	1322	10	10:00.0
88	KARLIEN OOSTHUYSEN	AMPU	1328	10	10:02.1
89	ANATHI ANTONI	EPA	2733	10	10:05.9
90	IMPKE VAN WYK	ACNW	33	10	10:14.6
91	KALEY KNOETZE	AMPU	1323	10	10:16.3
92	JONÉ BIBBEY	ACNW	36	10	10:35.0
93	RESEGOFETSE SETLODI	ANWN	1763	10	10:38.4
94	LILLY KOCH	AMPU	1324	10	10:40.8
95	STELLA RAINIER	AMPU	1331	10	10:42.2
96	CELINKA FERREIRA	ACNW	37	10	10:42.9
97	KYLIE DORFLING	EPA	2734	10	11:29.6
98	ANÉ MARX	ANWN	1768	10	11:37.3
99	ZELRI VORSTER	ANWN	1764	10	11:47.2
100	CHEZELLE STOKES	ANWN	1769	10	12:08.6
101	MUJA BAYER	ANWN	1766	10	12:48.2
102	ELIANA LOURENS	ANWN	1767	10	16:46.6

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Place	Name	Team	Bib No	Age	Total Time
1	ANTON NDUNGU	AGW	1266	10	7:15.5
2	PULE MALEHO	AFS	414	10	7:18.1
3	MPILO KHOMO	KZNA	2903	10	7:20.5
4	WILLEM VAN DER MERWE	AGN	934	10	7:25.8
5	MOEKETSI LOUW	AFS	413	10	7:26.8
6	THEKO KEKANA	LIMA	3162	10	7:31.9
7	OFENTSE UTLWA	AFS	419	10	7:32.0
8	LANCE GRAY	CGA	2550	10	7:32.2
9	AVELA MBHELE	KZNA	2904	10	7:40.7
10	MODERIC ARRIES	ASWD	2069	10	7:40.8
11	THEKGO MAKOFANE	LIMA	3165	10	7:41.0
12	ITUMELENG KOMANE	LIMA	3163	10	7:41.9
13	MARCEL VAN DER LEEK	AGN	935	10	7:42.1
14	KADE BOOYSEN	CGA	2549	10	7:44.5
15	ABONGILE NYAREDI	AFS	417	10	7:45.5
16	SIYA XOKOZELA	ATRA	2126	10	7:46.8
17	ZWONAKA KWINDA	AGN	939	10	7:48.1
18	LEHLOHONOLO MOILOA	AFS	415	10	7:48.2
19	TEDRICH HATTINGH	ACNW	145	10	7:50.2
20	JANCO FERREIRA	AFS	412	10	7:51.3
21	AWIE DE JAGER	AMPU	1517	10	7:52.0
22	WILLIE-UYS JANSE VAN RENSBURG	AMPU	1523	10	7:52.9
23	GIFT HABILE	AMPU	1522	10	7:53.1
24	SIPHESIHLE NKOSI	AMPU	1530	10	7:53.1
25	ARMAND BOTHA	CGA	2547	10	7:53.4
26	BANIE CLAASEN	AGN	937	10	7:53.6
27	STEYN VAN DEN BERG	ANWN	1893	10	7:53.8
28	NDUMISO MASEKO	AMPU	1526	10	7:58.9
29	ARNO BESTER	AGN	943	10	7:59.4
30	ATLEGANG MOTHIBI	ANWN	1897	10	8:00.1
31	SHAUN SEHLOHO	AFS	418	10	8:00.4
32	LIAM STASSEN	AGN	946	10	8:00.9
33	RALPH BURLS	AFS	411	10	8:01.5
34	FRANCO MYBURGH	AGN	948	10	8:01.6
35	CORNE GENIS	AMPU	1521	10	8:04.3
36	CHRISTIAAN LIEBENBERG	ACNW	146	10	8:06.2
37	JC VAN DER BIJL	AGN	945	10	8:06.7
38	GJ ERASMUS	ACNW	148	10	8:06.7
39	LEO WYBENGA	AGN	947	10	8:07.9
40	LINDOKUHLE Maduna	KZNA	2907	10	8:10.1
41	THUSO MOLEFE	KZNA	2906	10	8:11.0
42	YISO MASANGWANA	KZNA	2905	10	8:11.1
43	LEVI LOMBARD	AGN	944	10	8:12.2
44	RHYS CONNOR SAWYER	CGA	2552	10	8:12.3
45	STEPH BEYERS	AGN	938	10	8:13.0
46	LOUIS DU PLESSIS	AMPU	1518	10	8:13.0
47	MARNO HATTINGH	ACNW	147	10	8:15.3
48	COHEN ZACHARY MOODLEY	CGA	2548	10	8:16.3
49	LWAGCOBA TOBOYI	BORA	3381	10	8:17.1
50	NICOLAS STORM	AGN	941	10	8:17.3
51	MACLYNN BRUINERS	ASWD	2070	10	8:17.7
52	LUBABALO NKINQA	AFS	416	10	8:17.7
53	OLWETHU RAMASODI	CGA	2551	10	8:18.0
54	TBOGO MOSETE	ACNW	152	10	8:20.0
55	SAMKELO MPHOGELA	ACNW	144	10	8:20.2
56	OLIVER OOSTHUIZEN	ANWN	1896	10	8:20.7
57	JUSTIN SCHOOMBEE	AGN	949	10	8:20.9
58	KGOTSOFALO LEBOTSA	LIMA	3164	10	8:22.0
59	MPHO DIBETSO	LIMA	3160	10	8:23.4
60	NATHAN ROELOFSE	AMPU	1532	10	8:23.8
61	REFENTSE MAKWATI	ACNW	149	10	8:26.2
62	MIGUEL NORTJE	AMPU	1531	10	8:26.5
63	KHOLOFELO MOTSWENE	LIMA	3168	10	8:27.7
64	REOTSHEPILE MOTHALE	ANWN	1898	10	8:28.3
65	VIRAAN STEYN	EPA	2764	9	8:28.3
66	REMOTSHEPILE DITHUPE	ANWN	1899	10	8:28.7
67	MICHAIL COETZER	ACNW	151	10	8:30.1
68	DECLAN DU PREEZ	AMPU	1519	10	8:30.2
69	OGODISENG MOEPI	ANWN	1895	10	8:30.7
70	KHANYA NDLELA	AVT	2240	10	8:34.2
71	ADRIAN VENTER	CGA	2546	10	8:34.7
72	MICHAEL DELPORT	AGN	940	10	8:35.1
73	WIHANRU ASPELING	ANWN	1894	10	8:35.5
74	MIHLALI NGODWANA	AMPU	1529	10	8:37.8
75	RUBEN LE ROUX	ANWN	1900	10	8:38.5
76	KGABISO MARUMA	LIMA	3166	10	8:39.3
77	ELRICO KUPIDO	AGW	1270	10	8:39.4
78	THABANG SHABANGU	AMPU	1533	10	8:40.2
79	ABRAHAM WILLEM JACOBS	AGW	1268	10	8:40.7
80	REFENTSE CYRIL LOUW	AGW	1269	10	8:40.7
81	JAYDEN DU PLESSIS	LIMA	3161	10	8:41.2
82	HATTINGH MOLLER	ACNW	153	10	8:41.7
83	EDWARD JOHANNES MULKE	AGW	1271	10	8:44.0

84	INAM NTANTISO	BORA	3382	10	8:44.1
85	EUGENE SNIJDERS	AGN	950	10	8:46.6
86	ENRIQUE ESTEVES	ANWN	1905	10	8:47.8
87	THIMINA VELAPI	BORA	3383	10	8:48.7
88	ORATILE SEHOLO	AVT	2241	10	8:51.9
89	KUHLULA KHOSA	AMPU	1524	10	8:52.1
90	CAMERON MCEWAN	ASWD	2071	10	8:52.4
91	LUAN V D SCHYFF	LIMA	3170	10	8:53.2
92	SEAN GREEFF	ACNW	154	10	8:54.3
93	AIDEN NEL	AMPU	1528	10	8:55.7
94	RHULANI NGUNDUZA	ACNW	150	10	8:55.8
95	HENSHALL WHITFIELD	ANWN	1901	10	8:57.7
96	FRANS VAN DEN HEEVER	AMPU	1534	10	9:00.4
97	MOGAU MELEPO	LIMA	3167	10	9:01.4
98	ALEXANDER DU PLESSIS	AVT	2242	10	9:01.7
99	NIKLAS LIGTHELM	AMPU	1525	10	9:02.9
100	ANDRIES NIEMAND	ANWN	1904	10	9:08.0
101	VUTLHARI MASINGI	ANWN	1908	10	9:08.7
102	PAULUS JACOBUS KRUGER	ANWN	1903	10	9:09.0
103	ULRICH WEBER	ANWN	1906	10	9:15.8
104	ZACHARY RISI	ACNW	155	10	9:18.0
105	RUBEN DU TOIT	AMPU	1520	10	9:20.4
106	LESIBA MALANG SEMENYA	LIMA	3169	10	9:26.0
107	TUMELO KGATSE	CGA	2554	10	9:33.0
108	DARIUS MILLIGAN	ANWN	1907	10	9:39.9
109	ZANDER WILLIAMSON	ANWN	1902	10	9:54.9
110	SINETHEMBA BILA	CGA	2553	10	9:58.9
111	CALEB NICOLLS	EPA	2766	9	13:58.9

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Place	Name	Team	Bib No	Age	Total Time
1	XANTE HARRIS	AVT	2165	11	11:26.1
2	HAYLEY LUES	ACNW	38	11	11:34.8
3	GLORIA MOYO	AGN	609	11	11:35.6
4	MAMELO HANKANA	AFS	430	11	11:35.8
5	LEE-HANÉ MIENIE	AGN	608	11	11:41.0
6	MNUSHKE SMITH	ACNW	39	11	11:43.8
7	BELINDA BEZUIDENHOUT	AGN	611	11	11:44.6
8	CHANENE BARNARD	AGN	610	11	11:52.3
9	CHELSEA VAN DYK	CGA	2375	11	11:54.6
10	REITUMETSE MOTSAENG	AFS	309	11	11:56.1
11	KEABOTSWÉ MAFANE	LIMA	3047	11	11:59.9
12	MATSHIDISO MOKAKE	AFS	307	11	12:06.4
13	BONANG MOKWENA	LIMA	3051	11	12:07.8
14	AYANDA SEMETSANE	LIMA	3053	11	12:08.5
15	LUMARI DE BEER	AGN	614	11	12:09.3
16	MINETTE VAN DEN BERG	AMPU	1352	11	12:09.8
17	ADIANCA BRUMMER	AMPU	1339	11	12:21.3
18	JANA DE JAGER	AGN	612	11	12:21.3
19	KGODISO TJABADI	LIMA	3054	11	12:23.0
20	LERATO BEUKES	AFS	304	11	12:27.6
21	ZOE MORGADO	AMPU	1348	11	12:29.1
22	BOIPELO MAROGA	CGA	2374	11	12:30.2
23	SUBRINAH CHILOANE	LIMA	3044	11	12:30.8
24	REFILWE MOJELA	CGA	2381	11	12:31.9
25	KEFILWE KGOSIEMANG	ANWN	1770	11	12:37.4
26	EBETH STRYDOM	AFS	311	11	12:40.9
27	NTOMBENHLE PANDELA	AFS	310	11	12:43.6
28	NATALIE STRYDOM	CGA	2379	11	12:43.7
29	FAITH MASEMOLA	LIMA	3049	11	12:48.9
30	LIZE MARIE JANSE VAN RENSBURG	AGN	613	11	12:54.5
31	NONCEBA SHERLEE QOBO	CGA	2380	11	12:55.0
32	THANDIWE MALINGA	AMPU	1347	11	12:57.3
33	ANIKA DU TOIT	AGN	618	11	13:02.6
34	ZOE RISI	ACNW	40	11	13:04.5
35	LESEDI MAHUBANE	LIMA	3048	11	13:07.5
36	NALEDI THEBEHAE	AFS	312	11	13:08.2
37	MEGAN VAN DER WALT	AGN	615	11	13:09.2
38	TRINITY HENNING	CGA	2384	11	13:09.8
39	KIMBERLY JOHNSON	KZNA	2815	11	13:10.4
40	DANÉ BECKER	CGA	2376	11	13:11.5
41	MARLI LANGEVELDT	AGN	620	11	13:14.0
42	PABALLO SITHOLE	AVT	2167	11	13:14.4
43	KOKETSO MOKOMANE	LIMA	3050	11	13:16.1
44	ZEKHETHELO CELE	KZNA	2814	11	13:16.8
45	LONDEKA NGCOBO	KZNA	2811	11	13:17.2
46	LEANE BOTHA	ACNW	41	11	13:17.9
47	KARABO MAJAKE	AFS	306	11	13:19.0
48	NTHABISENG MOLUSI	ACNW	45	11	13:20.1
49	CAMERON FRANCIES	ASWD	2041	11	13:26.1
50	OMOGOLO NGUENHA	ANWN	1771	11	13:26.7
51	LINA DISHI	ATRA	2111	11	13:26.8
52	TIDIMALLO DIGAOTO	LIMA	3045	11	13:28.8
53	NEO MONGAULA	AFS	308	11	13:29.1
54	MIA MARÉ	AGN	619	11	13:30.5

55	LUKHANYO MJALI	CGA	2378	11	13:32.6
56	MISHA DE WET	AGN	621	11	13:35.9
57	ANNIE BESTER	AMPU	1337	11	13:37.9
58	ROCHELLE PITZER	AGN	616	11	13:41.1
59	ANZELL VAN LINGEN	AGN	622	11	13:45.9
60	KWANELE MHLONGO	ACNW	44	11	13:48.8
61	DOMINIQUE SMIT	AGN	624	11	13:50.4
62	DANICKA GROENEWALD	AMPU	1341	11	13:52.0
63	RIPFUMELO MUSHOMA	CGA	2382	11	13:53.2
64	DIVANÉ PELSER	ANWN	1775	11	13:57.2
65	ONTSHIRELEDITSE MASILO	ANWN	1772	11	13:57.3
66	ALANA DU BRUIN	AGN	623	11	13:58.2
67	NONTANDO SHEZI	KZNA	2812	11	13:58.5
68	MIANKE LIEBENBERG	ANWN	1776	11	13:58.5
69	DUNÉ VAN NIEKERK	ACNW	42	11	14:00.7
70	FAITH GOLIATH	EPA	2735	11	14:01.0
71	TENE PIENAAR	AMPU	1350	11	14:02.6
72	KAYLENE STOLTZ	AMPU	1351	11	14:04.0
73	KARA-LEE GELDENHUYS	AGN	617	11	14:04.4
74	LEZÉ PRINSLOO	CGA	2377	11	14:06.0
75	MOTLALEPULE ROS LEBESA	AFS	305	11	14:07.6
76	LIZE DU PLESSIS	ACNW	43	11	14:07.8
77	RIHANKÉ ROENTGEN	LIMA	3052	11	14:07.9
78	TINYIKO MKHAWANI	CGA	2383	11	14:11.3
79	SHANI LOMBARD	AMPU	1346	11	14:11.6
80	PHEMELO MAHABANE	AVT	2168	11	14:13.2
81	LEVONNE DU PLOOY	AMPU	1340	11	14:14.7
82	KIANA VISAGIE	AMPU	1354	11	14:15.9
83	MINAY BOTHA	ASWD	2042	11	14:17.0
84	ANSUNE BEAUMONT	ACNW	46	11	14:17.6
85	JAY-DEE VAN DER WALT	AMPU	1353	11	14:18.4
86	JOARE SYMINGTON	ANWN	1773	11	14:24.8
87	ILKE JANSEN	AMPU	1343	11	14:25.5
88	CARLI JORDAAN	AMPU	1344	11	14:25.5
89	DANICA JANSE VAN VUUREN	AMPU	1342	11	14:32.2
90	JACINDA JORDAAN	AGN	625	11	14:39.3
91	ALICE MARUMO	ANWN	1782	11	14:43.6
92	MILAN YOUNG	ANWN	1774	11	14:46.7
93	TALITHA V D SCHYFF	LIMA	3056	11	14:49.9
94	ANNIQUE DE BEER	EPA	2736	11	14:54.1
95	KARMI ALBERTYN	LIMA	3043	11	14:56.5
96	NTANDO NTOMBELA	AMPU	1349	11	15:00.5
97	TENAY FERREIRA	ANWN	1777	11	15:02.4
98	MILÉ VAN DER HEEVER	ANWN	1778	11	15:06.2
99	PRINCESS BIKANDOU	AMPU	1338	11	15:23.4
100	TSHEPISO MOTHAKAMA	AVT	2169	11	15:30.4
101	KAYLA VAN DER MERWE	LIMA	3057	11	15:41.0
102	TEBOGO TLADI	LIMA	3055	11	15:47.7
103	ROSEMARY NGWU	ANWN	1781	11	15:56.9
104	ZINGCE XHAMNTWANA	BORA	3372	11	16:01.9
105	LOMELELE WAYIZA	BORA	3373	11	16:07.8
106	LU-ELLE PIENAAR	ANWN	1780	11	16:12.9
107	LICA JORDAAN	AMPU	1345	11	17:12.6
108	MIA-MINE DU PLESSIS	LIMA	3046	11	18:28.9
109	SHENODENE SNYDERS	ANWN	1779	11	18:35.4

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Place	Name	Team	Bib No	Age	Total Time
1	SIYANDA MADLABANE	CGA	2563	11	10:37.5
2	BRAND DU PLESSIS	AMPU	1535	11	10:40.1
3	THALENTE JWARA	KZNA	2908	11	10:40.5
4	MANTLE TSHEHLANA	AFS	428	11	10:49.0
5	NICOLAAS BOTHA	AGN	952	11	10:49.0
6	MATTIAS KIELBLOCK	AGN	961	11	10:51.6
7	ADRIAAN COETZEE	AVT	2244	11	10:59.9
8	TSHEGOFATSO SELALA	LIMA	3183	11	11:05.4
9	OTLOTLENG SEKAT	AGN	960	11	11:10.9
10	RUHAN CILLIERS	AFS	422	11	11:12.8
11	PHENYO KGATITSE	ANWN	1909	11	11:14.4
12	CALEB VAN NIEKERK	AGN	953	11	11:19.1
13	HUDSON SAMBO	CGA	2564	11	11:22.4
14	RUBEN CLAASSEN	AGN	956	11	11:25.5
15	EDUAN BOOYSEN	AFS	420	11	11:26.8
16	THABISO GIFT MASEMOLA	LIMA	3178	11	11:28.5
17	RETLAFENYA MAKWATI	ACNW	156	11	11:28.9
18	TOMMIE CRONJE	AGN	955	11	11:29.1
19	KUTLWANO KOBELI	AGN	965	11	11:29.4
20	TSHEPO SEWE	AFS	427	11	11:29.8
21	DRIES VAN TONDER	AFS	429	11	11:29.8
22	HANCO MENTZ	CGA	2556	11	11:35.7
23	THEMBINKOSI MDULI	AFS	424	11	11:38.0
24	IHVAN PRETORIUS	AMPU	1544	11	11:38.1
25	SIHLE NYEZI	CGA	2561	11	11:41.9
26	LENSHWIN MFENGU	AGW	1272	11	11:42.9
27	MATLOPO LEFA MACHAI	LIMA	3175	11	11:44.4

28	MLUNGISELELI MBUKULA	ATRA	2128	11	11:44.8
29	KENNEDY EMMANUE JACOBS	AGW	1274	11	11:46.3
30	RUDOLF FOURIE	ACNW	159	11	11:47.9
31	DEHAN CILLIERS	AFS	421	11	11:51.6
32	BEKILANGA LUTHO	ATRA	2122	11	11:55.5
33	WILLIAM MAGABANE	LIMA	3176	11	11:55.8
34	SIPHOSAKHE MLAMBO	CGA	2562	11	11:59.6
35	MOHAU TLOU RAMANNYA	CGA	2558	11	11:59.8
36	GELDEN ERASMUS	ACNW	158	11	12:00.6
37	MHLENGI MENZELWA	KZNA	2910	11	12:03.9
38	OMPABALETSE MONARE	ANWN	1911	11	12:04.3
39	NICO GILDENHUYTS	AGN	962	11	12:04.8
40	MARINUS RUBEN RADEMAN	AFS	426	11	12:06.0
41	POTSO MATONA	AFS	423	11	12:08.8
42	MPENDULO SIMELANE	AMPU	1546	11	12:08.8
43	EDWARD BEZUIDENHOUT	AGN	958	11	12:08.9
44	BOTLHLALE KOJOANA	ANWN	1912	11	12:11.0
45	EBEN VAN WYK	WPA	3321	11	12:11.1
46	LOVE-JOY MAGAGULA	AMPU	1539	11	12:11.4
47	JADEN DE KOCK	AGN	957	11	12:12.5
48	MJ GRANT VENTER	ANWN	1910	11	12:14.0
49	STIAN BESTER	AGN	963	11	12:15.6
50	MPHO MAKGATA	LIMA	3177	11	12:15.8
51	ELMAR KRIEL	AGN	964	11	12:17.6
52	TISETSO MARUMO	ANWN	1914	11	12:20.5
53	SIBONGAKONKE MTSHALI	KZNA	2909	11	12:20.7
54	NHLANZEXO ZONDO	KZNA	2912	11	12:21.4
55	WANDILE GWIJI	AMPU	1537	11	12:21.4
56	LEE-OLIN SEPTEMBER	ASWD	2073	11	12:21.5
57	LUAN LOUW	CGA	2557	11	12:21.6
58	MC PRINSLOO	EPA	2770	11	12:22.3
59	KEAGAN VAN DER WALT	AMPU	1550	11	12:22.8
60	AEDAN STEYN	AGN	968	11	12:26.6
61	ATLOTLENG MALULEKE	ANWN	1916	11	12:28.4
62	LUMIKUTHI POSWAYO	ANWN	1917	11	12:28.9
63	JANDRÉ KRUGER	ANWN	1913	11	12:29.8
64	PHENYO KGOMO	LIMA	3173	11	12:30.0
65	REAObAKA MODISE	ANWN	1915	11	12:32.9
66	NEO NKEANE	CGA	2559	11	12:33.7
67	JOHRNE PRETORIUS	AMPU	1543	11	12:35.7
68	JANCO BRITS	AGN	966	11	12:36.6
69	LOUIS VAN DER LINDE	ACNW	165	11	12:37.6
70	DAMIAN PRETORIUS	ACNW	164	11	12:39.2
71	LUAN STOLTZ	AMPU	1548	11	12:40.4
72	EWAN COETZER	AGN	959	11	12:42.5
73	OREGOLELE MOTLHALE	AFS	425	11	12:46.7
74	CAREL BOTHA	AGN	969	11	12:49.5
75	MIGAULWON MACKELINA	EPA	2768	11	12:51.5
76	DEWYK LOUW	AVT	2246	11	12:51.7
77	MISCHAN SCHOONWINKEL	AMPU	1545	11	12:51.8
78	BOKAMOSO MAHLOKO	AMPU	1540	11	12:52.9
79	KEITUMETSE MATHIPA	LIMA	3179	11	12:56.0
80	EDWIN VENTER	ACNW	161	11	12:57.1
81	IAN DU TOIT	AMPU	1536	11	12:59.8
82	JARRED WATT	ANWN	1923	11	13:01.6
83	PRINCE SHAWN MOSIANE	AGW	1273	11	13:01.7
84	OLIVER WESTERMEYER	CGA	2560	11	13:02.1
85	MIGAEL VILJOEN	ACNW	166	11	13:04.0
86	EUGENE BARNARD	LIMA	3171	11	13:04.9
87	COSTODIO MUVALE	CGA	2555	11	13:05.7
88	LUCIANO MONGO	ASWD	2072	11	13:06.7
89	RUBEN MARAIS	AVT	2245	11	13:07.1
90	DIVAN LE ROUX	ANWN	1924	11	13:08.5
91	KOOS MSIZA	AMPU	1541	11	13:09.0
92	WADE STRYDOM	AMPU	1549	11	13:09.1
93	SHAWN MARX	ACNW	167	11	13:09.3
94	LETHLOGONOLO MAKGOGOA	ANWN	1921	11	13:11.6
95	HEFER CONRADIE	ACNW	163	11	13:13.6
96	DWIGHT STAPELBERG	AGN	967	11	13:13.8
97	THATO MOENG	LIMA	3180	11	13:13.8
98	IZAK NIEUWOUDT	ACNW	169	11	13:15.2
99	GAONE MOGOBYE	ANWN	1918	11	13:16.9
100	CHRISTIAAN VAN JAARSVELD	ACNW	160	11	13:20.8
101	MORWA MOSAMA	LIMA	3181	11	13:22.4
102	PIETER LOUW	AVT	2247	11	13:23.0
103	VIAN VERREYNNE	AMPU	1552	11	13:24.1
104	ZIMPENDULO SIMELANE	AMPU	1547	11	13:25.2
105	HENDRO GERBER	LIMA	3172	11	13:27.7
106	CEBELENKOSI ZULU	KZNA	2911	11	13:29.2
107	RIKUS LE ROUX	ACNW	162	11	13:29.6
108	KOPANO MOEPYE	ANWN	1919	11	13:33.2
109	SHAYDEN DE VOS	EPA	2769	11	13:40.3
110	WALDO SENEKAL	ACNW	157	11	13:41.8
111	LESEGO MABITLA	LIMA	3174	11	13:44.0
112	AMYOLI CUTU	BORA	3371	11	13:44.9

113	ASHTON OCTOBER	LIMA	3182	11	13:46.2
114	SEBASTIAN HENNING	ANWN	1922	11	13:48.0
115	SIYABONGA KUNENE	AMPU	1538	11	14:02.1
116	JOSHUA VAN ROOYEN	ACNW	168	11	15:36.8
117	EVAN MACMILLAN	ANWN	1920	11	17:13.5
118	KATLEGO MOKOBANE	ACNW	170	12	42:13.9

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Place	Name	Team	Bib No	Age	Total Time
1	AMAHLE MTHETHWA	KZNA	2816	12	11:30.6
2	PHEMLO MADIGAGE	LIMA	3061	12	11:33.7
3	SUNÉ-LOUISE PRINSLOO	CGA	2390	12	11:38.2
4	HEYLINN NELSON	CGA	2388	12	11:43.4
5	TSHOGANYETSO MORE	CGA	2393	12	11:46.1
6	OMATLA MORULE	ANWN	1783	12	11:50.8
7	LEANDRI PRETORIUS	AGN	626	12	11:51.6
8	JUNE VAN WYK	AMPU	1371	12	11:54.7
9	MAH FOUCHÉ	AGN	627	12	11:58.7
10	THATO ATLEHANG SESOKO	CGA	2392	12	12:03.7
11	TAYA PELSER	CGA	2391	12	12:09.0
12	ANNEKE STEYNBERG	AGN	634	12	12:12.3
13	LEBOHANG MADIKANE	CGA	2389	12	12:12.5
14	KEDIBONE MOREMI	AGN	630	12	12:12.9
15	TSWAI MATLALA	CGA	2394	12	12:14.5
16	LANÉ VAN DER WESTHUIZEN	AGN	633	12	12:16.6
17	MOLEBOHENG BOGOSI	AFS	313	12	12:17.7
18	ITUMELENG JAMPI	AFS	315	12	12:17.9
19	LIANÉ VAN DER MERWE	AMPU	1368	12	12:20.4
20	LIANDRI RADEMAN	ANWN	1784	12	12:25.1
21	MELANESIA LEHMAN	ASWD	2064	12	12:28.7
22	AMORE ROETS	AMPU	1365	12	12:30.4
23	BOITUMELO SOMPANE	CGA	2385	12	12:32.8
24	XANTE LUCAS	AVT	2172	12	12:35.5
25	CELESTE PIENAAR	AFS	320	12	12:35.7
26	KGOTLELELO MAMETJA	LIMA	3063	12	12:37.1
27	LU KEYSA SELELO	AGN	635	12	12:37.9
28	CELIA HUMAN	AGN	637	12	12:39.1
29	RICHENDA ROSSITER	ACNW	48	12	12:39.6
30	JANKE STEENKAMP	AMPU	1366	12	12:42.1
31	KGOPOTSO MOKWANA	LIMA	3064	12	12:42.2
32	BOITLHOMAMISO TAOTE	AVT	2173	12	12:42.4
33	VIDETTE LOUW	AFS	317	12	12:43.2
34	ASIPHE DIDI	KZNA	2819	12	12:43.4
35	LENEY MAREE	AMPU	1360	12	12:45.1
36	GABRIELLA DE OLIVEIRA	AMPU	1356	12	12:45.4
37	LEILA DE KLERK	AGN	628	12	12:46.1
38	DUNÉ HAASBROEK	ASWD	2043	12	12:46.5
39	PABALLO TSAUTSE	AFS	321	12	12:48.5
40	CAITLIN ROWAN	CGA	2386	12	12:49.5
41	LIESA KRUGER	AFS	316	12	12:52.1
42	KEMISSETSO MAKALENG	LIMA	3062	12	12:52.4
43	KWANELE NCWANE	KZNA	2817	12	12:52.6
44	MILA HAMMAN	AFS	314	12	12:53.4
45	DESNAY O'GRADY	EPA	2737	12	12:54.1
46	ABIGAIL MONAKEDI	LIMA	3065	12	12:55.0
47	MICHAELA HOBKIRK	AMPU	1357	12	12:57.1
48	NIANÉ VAN NIEKERK	AGN	632	12	13:02.0
49	MEG GRAHAM	KZNA	2820	12	13:02.5
50	BEU-ANNE BESTER	AVT	2174	12	13:03.8
51	PHENYO TJIE	LIMA	3069	12	13:07.4
52	NDLANDLA VILAKAZI	LIMA	3070	12	13:07.5
53	JEANNE BADENHORST	AMPU	1355	12	13:07.7
54	HOPE MAAKE	LIMA	3059	12	13:08.2
55	LARISSA PRETORIUS	AGN	636	12	13:08.3
56	LIANE FOURIE	ANWN	1785	12	13:10.1
57	MARUZE MARAIS	AVT	2171	12	13:12.9
58	JESSE DE VILLIERS	AGN	639	12	13:13.0
59	LEIGH-ANNE MEYER	AFS	319	12	13:18.0
60	MOKGADI MAAKE	LIMA	3060	12	13:19.1
61	MILAN BOTHA	AGN	643	12	13:20.2
62	CHRISTIE COETZEE	AGN	642	12	13:21.0
63	RIANCA JONKER	ACNW	49	12	13:22.7
64	MIA BOTHA	LIMA	3058	12	13:25.7
65	MIEKE PAUER	AMPU	1364	12	13:27.7
66	NATALIE BOLTON	AVT	2176	12	13:31.4
67	MIZE RAUBENHEIMER	AGN	640	12	13:32.1
68	INNEKE LIEBENBERG	ACNW	53	12	13:37.1
69	ISABELLA VD MERWE	AGN	629	12	13:37.8
70	MINKIE BESTER	ACNW	54	12	13:38.4
71	RENEILWE MOTSHABI	ACNW	52	12	13:38.7
72	MIKAYLA VAN TONDER	AMPU	1370	12	13:39.6
73	ANGEL RAMPEDI	LIMA	3066	12	13:41.8
74	CHANÉL LE ROUX	CGA	2387	12	13:47.2
75	ANGELIQUE KIDSON	AGN	638	12	13:47.7
76	NOMPUMELELO HADEBE	KZNA	2818	12	13:56.1

77	DAMARI MOUTON	AGN	641	12	13:57.5
78	CHANE VENTER	AGN	631	12	13:57.5
79	LONDIWE MAHLANGU	AMPU	1359	12	14:02.0
80	LUDINE HENDRICKS	ANWN	1789	12	14:03.5
81	SOMILA VUNATI	BORA	3374	12	14:05.6
82	HLOMPHO THLAKE	LIMA	3068	12	14:06.2
83	GIVENESS MORAKE	ACNW	47	12	14:09.7
84	TSHIRELETSO MOKOBANE	ACNW	50	12	14:09.7
85	XANDRI DREYER	ACNW	51	12	14:10.2
86	JESSICA MATTHYSEN	AMPU	1361	12	14:15.6
87	NOOBILE MLOTHA	AMPU	1362	12	14:18.7
88	MCKAYLA NAGEL	AMPU	1363	12	14:19.7
89	SYDI SWANEPOEL	ANWN	1791	12	14:22.6
90	ORENEILE TATAI	ACNW	56	12	14:26.5
91	LUYANDA DLADLA	KZNA	2821	12	14:27.4
92	SADIE BOTHMA	ANWN	1786	12	14:28.7
93	DANICA HOLTZHAUSEN	AMPU	1358	12	14:34.3
94	ESMI VILJOEN	AMPU	1372	12	14:34.9
95	MELANDRI LATEGAN	ANWN	1790	12	14:35.6
96	BOKOLOSHE AHLUMA	BORA	3377	12	14:37.5
97	REBECCA PAPPAS	EPA	2740	12	14:40.9
98	TAMARA SIGANGA	BORA	3375	12	14:47.7
99	RERATILWE NGOEPE	ANWN	1793	12	14:55.9
100	RUANE VAN DER MERWE	AMPU	1369	12	14:58.1
101	JAYDENE TEE	AMPU	1367	12	15:12.2
102	SHARELLE NORTJE	ANWN	1788	12	15:14.4
103	KAYLOM JANSEN	EPA	2738	12	15:16.6
104	BAXOLILE ANTONI	EPA	2739	12	15:19.8
105	AKHONA MBANGO	ACNW	55	12	15:27.0
106	LERATO MAHAMOTSA	AFS	318	12	15:30.2
107	HELGA VAN WYK	ANWN	1787	12	15:35.2
108	ONELITHA MPOFU	BORA	3376	12	16:31.1
109	DANÉ MOSTERT	ANWN	1792	12	17:09.4

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Place	Name	Team	Bib No	Age	Total Time
1	JEAN VISAGIE	CGA	2575	12	10:22.5
2	CHRISTIAAN BRITS	AGN	970	12	10:36.1
3	TISETSO MALUNGANE	AGN	971	12	10:41.6
4	DAWSON SAMBO	CGA	2565	12	10:47.0
5	ISIPHILE LUYENGE	ATRA	2113	12	10:55.9
6	JOHN XOKOZELA	ATRA	2131	12	11:00.7
7	WIAN BOSHOFF	ACNW	171	12	11:03.3
8	MUKELO MOREMA	AMPU	1562	12	11:05.9
9	MOEKOA MOSALA	AFS	435	12	11:08.8
10	JOSH LEE	AGN	972	12	11:09.6
11	JANCO JACOBS	AGN	974	12	11:10.3
12	SITHEMBISO ZULU	AFS	440	12	11:20.0
13	JANSU DE BEER	ACNW	174	12	11:20.5
14	JULIUS JAMES ARRIES	AGW	1277	12	11:21.4
15	RIAN VAN EEDEN	AMPU	1567	12	11:21.5
16	TSHIRILETISO THEMA	AGN	973	12	11:24.2
17	KUTLO KGWADI	ACNW	176	12	11:26.4
18	KHUMALO MATHUNYANE	CGA	2571	12	11:26.5
19	KOPANO ZITHA	ACNW	173	12	11:26.7
20	TSHEPHANG NGOBENI	LIMA	3195	12	11:27.7
21	LEHLOHONOLO LETIKA	AFS	431	12	11:28.3
22	MFUNDO THLAKALA	AFS	438	12	11:29.2
23	JULIAN MIDDEL	AMPU	1561	12	11:29.4
24	THATO MANYAENE	AFS	432	12	11:31.6
25	HLONI MOTAUNG	ACNW	177	12	11:32.6
26	IZEKIEL NDLOVU	AVT	2248	12	11:33.0
27	HERMENIGILDO BERNARDO	ACNW	182	12	11:34.0
28	HANRU HERBST	AGN	977	12	11:35.0
29	DECO MABUZA	CGA	2566	12	11:35.2
30	RANDALL KAT	AGW	1276	12	11:37.8
31	LINDANI NKABINI	CGA	2572	12	11:38.9
32	NTANDO NGWENYA	AVT	2249	12	11:39.4
33	HLOMPHO LEKGOTHOANE	LIMA	3186	12	11:41.0
34	KITSO KHAOLE	AVT	2252	12	11:41.2
35	NHLANHLA XABA	AGN	976	12	11:41.9
36	MARTHINUS CHRIS PIENAAR	ANWN	1926	12	11:43.7
37	ORSULAR MAHLABA	LIMA	3188	12	11:44.9
38	HEINO SCHUSTER	AGN	978	12	11:46.8
39	GOPOLANG MOTSAMAI	ANWN	1925	12	11:47.0
40	EGBERT PALMER	ACNW	178	12	11:47.9
41	TRISTAN VAN WYK	AVT	2250	12	11:48.5
42	JAN-HENDRIK SLABBERT	AGW	1275	12	11:48.8
43	WIHAN STRYDOM	ACNW	172	12	11:49.6
44	PHILLIP VAN HEERDEN	AGN	979	12	11:51.6
45	TLOU KHALO	LIMA	3184	12	11:52.1
46	KATLEHO SELLO	AFS	437	12	11:52.4
47	ADAM VAN STADEN	AVT	2251	12	11:54.0
48	DYLAN KRAAMWINKEL	AGN	985	12	11:54.9
49	OMATLA LEGALAMITLWA	ANWN	1933	12	11:56.0

50	EMILE BLANCHE	AGN	982	12	11:56.1
51	THABANG MABASO	AMPU	1559	12	11:56.6
52	KATLEGO MOTSUMI	ACNW	175	12	11:57.9
53	HAPPINESS SEHULWANA	LIMA	3196	12	11:58.9
54	DAMIAN BOTHA	AMPU	1554	12	11:58.9
55	OREKHAHLILE MORAKILE	AFS	434	12	11:59.5
56	JANILIO VAN HEERDEN	EPA	2772	12	12:04.8
57	ZANTEY DEALE	AVT	2157	9	12:05.6
58	BETHUEL MATLALA	LIMA	3191	12	12:05.8
59	PERSEVERANCE MODILA	LIMA	3193	12	12:07.0
60	JANRYR BLIGNAUT	ACNW	183	12	12:07.5
61	MIHLALI MKHUNGO	KZNA	2916	12	12:10.7
62	TUMELO MALIKA	LIMA	3190	12	12:11.9
63	TUMELO RUITERS	AFS	436	12	12:13.7
64	CHRISTIANO WYERS	ASWD	2075	12	12:16.0
65	THABISO LEGODI	LIMA	3185	12	12:16.1
66	RORISANG MAHLAELA	LIMA	3189	12	12:16.2
67	JOHANKO COETZER	ACNW	179	12	12:17.8
68	BEN VAN JAARSVELD	LIMA	3198	12	12:18.9
69	ARMAND MENTZ	AGN	983	12	12:21.1
70	MOTLATSI SESING	AMPU	1564	12	12:22.2
71	XANDER DU PREEZ	AGN	980	12	12:25.0
72	LIMPHO MOHLOBOLANE	AFS	433	12	12:25.1
73	JAMIEL PRESENT	CGA	2567	12	12:26.6
74	MATTHEW KINGWILL	EPA	2771	12	12:27.9
75	THATO SAMBO	CGA	2573	12	12:30.2
76	LWAZI NHLEKO	AMPU	1563	12	12:30.5
77	EPHRAIM SEPONYE MAGEDI	LIMA	3187	12	12:30.9
78	JAN KRUGER	CGA	2568	12	12:31.5
79	JACOBUS DANIEL JORDAAN	ANWN	1928	12	12:33.0
80	OTLOTLENG MOTSAMAI	ANWN	1935	12	12:33.0
81	DIVAN KRUGER	ACNW	184	12	12:34.2
82	JASON GOUWS	ACNW	185	12	12:36.3
83	JEAN VILJOEN	AGN	984	12	12:37.8
84	KGOLAGANO LEBURU	ANWN	1931	12	12:38.3
85	CHERE OUTLWILE	ANWN	1930	12	12:40.5
86	WIEHAHN PIENAAR	ANWN	1932	12	12:41.1
87	LITHA SONJICA	AMPU	1565	12	12:42.1
88	KEVIN FORRSMAN	AMPU	1557	12	12:42.2
89	EP SCHOLTZ	ACNW	181	12	12:42.3
90	THANDOLWETHU NDLOVU	KZNA	2915	12	12:43.0
91	CHRIS MEYER	LIMA	3192	12	12:44.9
92	RIAAN LABUSCHAGNE	AGN	981	12	12:45.4
93	NUAN SNYMAN	LIMA	3197	12	12:47.3
94	LWANELE DLAMINI	AMPU	1556	12	12:47.5
95	TSHIRELETSO MOTSAMAI	ANWN	1927	12	12:48.7
96	AVIWE KWANGA	BORA	3384	12	12:49.2
97	MUHLAYISI MAKHUBELE	AGN	987	12	12:49.9
98	NICOLAS GREEVE	ACNW	180	12	12:50.9
99	AGCOBILE BLIE	BORA	3385	12	12:51.9
100	MFUNDO GWALA	KZNA	2917	12	12:54.8
101	LIAN KOK	AVT	2254	12	12:57.3
102	CHRISTIAAN DE WIT	ANWN	1934	12	12:58.2
103	JUANDRE HESSELL	AMPU	1558	12	12:59.5
104	EVENCE ZWANE	AMPU	1569	12	13:00.6
105	RUBEN VAN WYNGAARD	LIMA	3199	12	13:01.6
106	DRIAN KOTZE	ANWN	1929	12	13:03.0
107	TSHWARELO BUTHELEZI	AMPU	1555	12	13:06.2
108	CHRISTIAN BENADE	AGN	986	12	13:15.6
109	BOKGANG MPHEROANE	LIMA	3194	12	13:16.4
110	JENOVAN BONEPARTE	EPA	2773	12	13:18.5
111	GE SMITH	ANWN	1938	12	13:18.8
112	LINDOKUHLE MASHIYANE	AMPU	1560	12	13:20.0
113	CHARL DE BRUIN	AGN	975	12	13:20.1
114	SAKHIWE NKANYE	ANWN	1937	12	13:22.1
115	DANIEL VENTER	AMPU	1568	12	13:24.0
116	CJ BOTES	AMPU	1553	12	13:24.1
117	KHOTHATSO SEJAKI	ACNW	187	12	13:27.3
118	KGOSIETSILE GABAYA	CGA	2570	12	13:32.7
119	HUGO VILJOEN	ACNW	186	12	13:34.0
120	QUENTIN SWEMMER	ANWN	1936	12	14:10.6
121	SCELIMPILO ZULU	KZNA	2914	12	14:18.9
122	AMO NTWAMPE	LIMA	3071	12	14:22.9
123	TESWILL WILLEMSE	ASWD	2074	12	14:27.5
124	SIZWE TSHABALALA	AFS	439	12	15:23.4
125	THUSO KGONYANE	CGA	2574	12	16:16.5
126	AMTHOBELE LILANI	ATRA	2129	12	17:58.2
DQ	KELEBOGILE MTHOMBENI	CGA	2569	12	---

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Place	Name	Team	Bib No	Age	Total Time
1	MINKE DEKKER	AGN	644	13	11:03.3
2	JANA VAN SCHALKWYK	AGN	645	13	11:12.4
3	CAITLYN CAWOOD	ASWD	2044	13	11:28.1
4	LINE DE VILLIERS	AGN	647	13	11:39.5

5	CARLA BRITZ	AFS	322	13	11:40.7
6	MICHELLE RELEBO KEKANA	LIMA	3135	13	11:42.8
7	GISELLE TALJAARD	ACNW	57	13	11:45.8
8	MIRRIAM MOEKETSI	CGA	2403	13	11:45.9
9	KATELIN HEYMANS	CGA	2400	13	11:50.3
10	KATLEGO SESING	AMPU	1387	13	11:54.2
11	ANAAMIKA MAHARAJ	CGA	2396	13	11:54.9
12	HALALELO MKANSI	CGA	2398	13	11:57.7
13	NYAPOTSE NTHABISENG	AGN	649	13	12:00.0
14	CALVOIAH MADHIABA	LIMA	3073	13	12:02.6
15	KAYLIE DE BRUYN	AFS	324	13	12:04.0
16	ELANDRI COETZEE	AGN	652	13	12:06.7
17	ROZELIN VAN NIEKERK	AGN	655	13	12:12.3
18	BIANCA STOLTZ	AGN	646	13	12:14.2
19	ANNEBELL MCEWAN	ASWD	2045	13	12:17.9
20	KELLY-LYNN BARKLEY	CGA	2401	13	12:18.0
21	LIANDRI KRIEL	CGA	2402	13	12:18.7
22	MOKGAETJI MAEKELA	LIMA	3074	13	12:19.1
23	KARABO NTSIBANDE	CGA	2399	13	12:19.2
24	DIPHETOGO SEMENYA	LIMA	3081	13	12:19.5
25	INGANATHI NGUBO	KZNA	2822	13	12:23.9
26	CHANEL GROENEWALD	AGN	648	13	12:25.0
27	ZANELE NYILONGO	AMPU	1385	13	12:27.2
28	BOHIALE MAHIAELA	LIMA	3075	13	12:27.9
29	LUYANDA ZWANE	AGN	656	13	12:28.6
30	RETHABILE NTONI	AFS	329	13	12:29.5
31	KAELA DE WET	AGN	653	13	12:29.8
32	AKHONA MALEBO	CGA	2395	13	12:31.7
33	ALETHA KLOPPERS	AMPU	1379	13	12:34.6
34	ANE PRINSLOO	AGN	657	13	12:35.7
35	ANGEL KHOZA	CGA	2397	13	12:40.1
36	DANANKIA LESCH	AMPU	1382	13	12:40.8
37	MARLENE GROENEWALD	AGN	654	13	12:44.8
38	MAHLATSE MODILA	LIMA	3077	13	12:44.9
39	ANIKA BOTHA	AGN	651	13	12:45.9
40	VEANI SLABBERT	AGN	650	13	12:46.7
41	NOKUBONGA DLAMINI	KZNA	2824	13	12:48.4
42	TSHEPISO BUCWA	ACNW	58	13	12:55.8
43	NOMCEBO MFUSI	KZNA	2825	13	12:56.5
44	ANNÉ MARAIS	LIMA	3076	13	12:58.3
45	OTLOTLENG MONNATLALA	ANWN	1795	13	13:05.0
46	NTHABELENG PETER	ACNW	60	13	13:07.6
47	CAILTIN ARENDSE	AGN	661	13	13:09.2
48	MABAKOENA NTSULI	AVT	2177	13	13:10.2
49	MAGRIETJIE RABIE	AGN	658	13	13:10.8
50	MATHAPELO MODISE	ACNW	59	13	13:16.0
51	KARABO TJABADI	LIMA	3082	13	13:16.0
52	CAMILYN PARKIN	AFS	330	13	13:16.9
53	ZULEIKA VAN HEERDEN	AVT	2180	13	13:17.0
54	NININTHA MAJAVU	ATRA	2127	13	13:19.0
55	LENE BADENHORST	AGN	660	13	13:19.4
56	KATLEGO SEBAKE	LIMA	3080	13	13:20.0
57	DIANEL SCHOLTZ	ACNW	63	13	13:20.0
58	ZIMONÉ ROOS	ACNW	61	13	13:23.4
59	KGOTLELELO MANKGE	AMPU	1383	13	13:25.0
60	PELONTLE LEPHOKO	AMPU	1381	13	13:26.9
61	QUENNE BOTHA	ANWN	1794	13	13:28.6
62	ZINGCE RUBUSHE	BORA	3378	13	13:33.1
63	ITUMELENG LELIMO	AFS	326	13	13:34.9
64	LISA VISSER	ACNW	62	13	13:35.6
65	TEAGAN HUDSON	WPA	3318	16	13:37.0
66	NTSWAKI MOKHELE	AFS	327	13	13:40.9
67	PALESA CHALALE	AFS	323	13	13:44.1
68	AYANDA KHOSA	AFS	325	13	13:45.1
69	SIMONÉ VAN DER LINDE	ACNW	66	13	13:46.7
70	NEO MOGALE	ACNW	64	13	13:48.0
71	ZARA RASSATO	ANWN	1803	13	13:48.1
72	OWETHU MBHELE	KZNA	2823	13	13:48.9
73	APHIWE NXASANE	KZNA	2826	13	13:50.3
74	KWENA MODISE	LIMA	3078	13	13:53.1
75	RANDZO VOMA	AMPU	1390	13	13:53.9
76	KIM SHAY GOLIATH	EPA	2741	13	14:00.0
77	MERCELES VAN ZYL	AVT	2179	13	14:06.1
78	CHRISTINA CHABALALA	WPA	3322	13	14:07.8
79	GIZELLE ALEXANDER	AGN	659	13	14:08.3
80	MARIANKA SCHRAMM	ANWN	1797	13	14:13.6
81	SUZAAN THOMAS	AMPU	1389	13	14:14.8
82	KUTLO MORULE	AMPU	1384	13	14:16.0
83	CHANI KOEN	EPA	2742	13	14:21.1
84	KARA DU PREEZ	AMPU	1376	13	14:21.1
85	ISABELLA ENGELBRECHT	ANWN	1801	13	14:21.4
86	CHARNE BESTER	AMPU	1373	13	14:21.6
87	DIZHANE THERON	AMPU	1388	13	14:22.4
88	KAYLA ELLIS	AMPU	1377	13	14:23.6
89	TATIANA PIETERSE	ANWN	1796	13	14:23.7

90	DANIELLE JOUBERT	ANWN	1805	13	14:27.2
91	AMOREY STADLER	ANWN	1800	13	14:31.5
92	SISANDA GWAMBE	AMPU	1378	13	14:32.9
93	JAYLIN JERLING	ACNW	67	13	14:43.4
94	LIANCA OOSTHUYSEN	AMPU	1386	13	14:48.0
95	MIA VILJOEN	WPA	3323	13	14:48.2
96	JESSICA KRUGER	AMPU	1380	13	14:51.5
97	ELRI VAN DEN BERGH	ANWN	1799	13	14:52.0
98	REYABETSWE KUBJANA	LIMA	3072	13	14:53.7
99	ANSUNÉ KOEN	ANWN	1798	13	15:11.9
100	CLERISE CRONJE	ACNW	65	13	15:18.8
101	SIMONE SCHUTTE	LIMA	3079	13	15:39.0
102	CHARNE COETSEE	AMPU	1374	13	16:02.8
103	KUTLWANA MOTSIE	AVT	2178	13	16:42.4
104	LILLANIE CLAUDI ELOFF	ANWN	1804	13	18:31.2
105	KARABO MOSIKIDI	AFS	328	13	19:24.0
DQ	STANILISA ALEXANDER	ASWD	2046	13	---

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Place	Name	Team	Bib No	Age	Total Time
1	EMIL ELS	AGN	989	13	13:45.7
2	ROGENE WARD	ACNW	189	13	13:53.5
3	RUPERT GROENEWALD	AGN	988	13	13:55.0
4	SIYANDA MALONE	CGA	2583	13	14:19.4
5	HANNO BESTER	AGN	990	13	14:19.8
6	KEELAN TIETUS	ACNW	188	13	14:27.9
7	CYRIL MOREMI	CGA	2577	13	14:34.1
8	KHUTSO MVUNDLELA	LIMA	3211	13	14:39.6
9	PHEKO REITUMETSE	ACNW	190	13	14:41.1
10	KATLEHO MOKHOTU	AFS	446	13	14:41.7
11	VUSI YEDWA	AGN	992	13	14:45.8
12	SCHALK ERASMUS	AGN	999	13	14:48.0
13	JOHANN LORETZ	AGN	993	13	14:48.3
14	ZENZELE NXUMALO	ANWN	1942	13	14:49.4
15	KWAMKELO DLUDLU	CGA	2580	13	14:50.5
16	VHUTSHILO MOSHOPE	AVT	2255	13	14:52.4
17	REAMOLEBOGA MOJAPELE	ANWN	1943	13	14:53.8
18	THANDOLWETHU DLAMINI	KZNA	2919	13	14:54.3
19	ORATILWE KGANYAGO	AGN	991	13	14:56.4
20	HLOMPHO MOKHESENG	AMPU	1581	13	14:56.5
21	NEO LETUBE	AFS	443	13	15:02.5
22	AYANDA MATSOTSO	AFS	445	13	15:03.1
23	TLOTISANG MODUMO	ANWN	1940	13	15:04.7
24	BONGANE MOTHOLO	AFS	448	13	15:06.4
25	PULE NYALELA	AFS	451	13	15:06.6
26	TSHEPANG TLOME	ANWN	1945	13	15:07.7
27	RHUMUTSO MOHLOAKONA	KZNA	2918	13	15:08.9
28	SIYANDA SOMAKAHLE	KZNA	2920	13	15:11.3
29	ASHLEY DAMON	ASWD	2076	13	15:13.5
30	CHARLES MICHAEL ROBINSON	CGA	2576	13	15:16.0
31	BOTSHILO LETHABANE	ANWN	1941	13	15:17.0
32	NATHAN HAVENGA	ANWN	1939	13	15:18.5
33	EWAN KIELBLOCK	AGN	998	13	15:19.1
34	MANNY WILSON	AFS	452	13	15:20.1
35	CONRAD SCHEEPERS	AGN	994	13	15:20.7
36	MOREMI MAKOFANE	LIMA	3205	13	15:21.9
37	ERWEE BLOM	AGN	1002	13	15:23.4
38	LESEDI NKHOBO	AFS	450	13	15:26.8
39	JAN-DANIEL BEESLAAR	AGN	996	13	15:29.9
40	MARIUS VAN DEN BERG	ANWN	1944	13	15:31.8
41	MARDUS HATTINGH	AMPU	1576	13	15:34.8
42	MANOKO MABOTJA	LIMA	3203	13	15:36.3
43	TSELETSO MASENYA	AGN	1004	13	15:36.6
44	JULIUS HATTINGH	AMPU	1575	13	15:37.9
45	KATLEHO MTHOMBENI	AFS	449	13	15:38.7
46	VELOKHLE MAGUBANE	KZNA	2921	13	15:41.6
47	KATLEHO LIHLABI	AFS	444	13	15:43.2
48	CONNOR JANSE VAN RENSBURG	AMPU	1577	13	15:44.3
49	KGANYA GRUTA JO MATLALA	LIMA	3223	14	15:48.8
50	DAYLEN VAN VUREN	AMPU	1585	13	15:50.0
51	KEEGAN COETZEE	CGA	2578	13	15:54.0
52	KHOMOTSO LEGONG	CGA	2579	13	15:58.1
53	NEO MONTSHO	AGN	1005	13	15:59.0
54	LIBONE SISWANA	WPA	3341	13	15:59.3
55	KOKETSO MAKGOTS MOPHUTHA	LIMA	3210	13	16:01.3
56	THABANG LENTSOANE	LIMA	3202	13	16:02.4
57	ETIENNE JANSE VAN VUUREN	AVT	2259	13	16:02.5
58	MARCO FIVAZ	AGN	1000	13	16:06.0
59	FC JONCK	ACNW	192	13	16:07.9
60	KEARABETSWE MOKOENA	AFS	447	13	16:11.3
61	JOHANNES HENDRI JACOBS	AGW	1278	13	16:12.6
62	LLEWELLYN VAN HEERDEN	CGA	2581	13	16:13.7
63	AMOGELANG TOMPANE	LIMA	3215	13	16:15.1
64	JJ VAN WYNGAARD	LIMA	3216	13	16:15.3
65	HANU VAN ZYL	AGN	1003	13	16:15.8

66	SEAMOGÉ MASEMOLA	LIMA	3207	13	16:16.1
67	LUZAY TANGO	WPA	3317	13	16:23.5
68	EMILIO ESTEVES	ANWN	1946	13	16:24.4
69	REABETSWÉ NALE	AVT	2257	13	16:25.8
70	KARABO LESEBA	AFS	441	13	16:26.4
71	RORISANG MASEMOLA	LIMA	3206	13	16:27.3
72	KGETHO NKWANA	LIMA	3212	13	16:29.2
73	KGANYA SHILAKWE	AGN	995	13	16:29.8
74	SIWAKHILE DLAMINI	AMPU	1572	13	16:33.0
75	ANDREW DAUTH	LIMA	3200	13	16:35.4
76	DOMINIK GARACKI	AVT	2261	13	16:36.8
77	WILLEM MARITZ	AMPU	1578	13	16:37.9
78	CHRISNER GOUWS	AGN	1001	13	16:40.5
79	JD VAN WYK	ACNW	191	13	16:44.9
80	KARABO MACHAI	LIMA	3204	13	16:46.6
81	MUSA SHADUNG	LIMA	3214	13	16:46.7
82	FLIP HATTINGH	AMPU	1574	13	16:56.7
83	LIAN KRUGEL	ACNW	195	13	17:01.9
84	THABO MATSANE	AMPU	1579	13	17:08.1
85	RUBEN HAASBROEK	ACNW	194	13	17:08.9
86	TIAAN BYLEVELD	AMPU	1570	13	17:10.6
87	BRADLEY HARMSE	AMPU	1573	13	17:14.7
88	WIAN PRETORIUS	AMPU	1582	13	17:15.8
89	TANKISO DHLAMINI	AVT	2260	13	17:17.5
90	JUNIOR MASHILO	LIMA	3208	13	17:18.9
91	KAMOHELO MAKHOA	AVT	2256	13	17:21.7
92	OWENKOSI BLOM	BORA	3386	13	17:23.6
93	LIKHONA NGQOLANA	WPA	3316	13	17:23.7
94	TIAAN VAN DER WALT	AVT	2262	13	17:27.8
95	MATIMBA MKHABELA	AMPU	1580	13	17:35.0
96	THUPETSI ALEC SAKO	LIMA	3213	13	17:37.7
97	COENRAD HUGO	LIMA	3201	13	17:45.5
98	SPHELELE MAGUBANE	KZNA	2922	13	17:46.6
99	RELEBOHILE MOLOTSI	AVT	2258	13	17:52.8
100	MARNUS LAUBSCHER	AGN	997	13	18:19.1
101	PABALELO MATSOMANE	LIMA	3209	13	18:40.1
102	CHRISTIAAN VAN ZYL	AMPU	1586	13	18:41.5
103	MICHAEL REDELINGHUIS	AVT	2263	13	18:42.7
104	NIRAD SUKHNANDAN	AMPU	1584	13	18:52.7
105	LINDOKUHLE KHASIBE	EPA	2774	13	19:09.2
106	MATJAN COETZEE	AMPU	1571	13	20:26.9
107	JOSHUA STRYDOM	AMPU	1583	13	20:29.8
DQ	SIHAWU MLAMBO	CGA	2582	13	---

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Place	Name	Team	Bib No	Age	Total Time
1	CHEMENÉ MENTZ	CGA	2404	14	15:01.9
2	ANOXOLO MCETYWA	ATRA	2116	14	15:22.5
3	PABALLO DLOTHI	ATRA	2115	14	15:30.6
4	SELNA VAN AS	AVT	2182	14	15:34.9
5	KAITLYN VAN ROOYEN	AGN	663	14	15:44.8
6	DANELLOELOFSE	AFS	336	14	15:54.1
7	ELRI DIRKSE VAN SCHALKWYK	AGN	662	14	16:02.4
8	LU-MARI DU PLESSIS	AMPU	1394	14	16:08.9
9	LERATO MASHILO	CGA	2408	14	16:15.8
10	LICHEN BOOI	EPA	2743	14	16:17.9
11	LENÉ MAARTENS	AGN	665	14	16:20.9
12	SIMONE DE KOKER	AGN	667	14	16:22.9
13	JENNA WESTERMEYER	CGA	2405	14	16:23.9
14	ZWIVHUYA SIKHAU	LIMA	3091	14	16:25.3
15	MINJUNET SMIT	AVT	2181	14	16:29.9
16	LEANDRI BOTHA	AGN	677	14	16:30.9
17	POLITE MBOKANE	CGA	2412	14	16:33.0
18	MARICHELLE DE JAGER	AFS	333	14	16:34.0
19	ANNARI BLIGNAUT	AFS	332	14	16:36.3
20	DANÉ MARITZ	ACNW	71	14	16:36.6
21	MATHILDA LIEBENBERG	ACNW	68	14	16:47.3
22	IZELLE NEL	AGN	664	14	16:48.4
23	ANKE GUNTHER	AFS	334	14	16:50.4
24	LUHANE SMITH	AGN	668	14	16:51.5
25	MEGAN ROOME	CGA	2410	14	16:56.1
26	LUCHÉ VAN DEN BERG	ACNW	72	14	16:59.2
27	CARLI VISSER	ACNW	69	14	17:02.9
28	PABALLO MGWANGQA	CGA	2411	14	17:06.6
29	JAIME SMIDT	AVT	2184	14	17:11.9
30	NATALIE MORELAND	AGN	666	14	17:18.4
31	YAMKELA NDLOVU	KZNA	2831	14	17:19.4
32	KAMOGÉLO LETHABANE	ANWN	1806	14	17:23.7
33	KEDIEMETSE MOTSAMAI	ANWN	1807	14	17:24.0
34	SIONÉ NEL	AGN	673	14	17:24.3
35	OLWETHU HLOPE	KZNA	2829	14	17:26.5
36	ANELE ZULU	KZNA	2830	14	17:26.8
37	KARABO TLHAPI	CGA	2406	14	17:30.1
38	KOKETSO MASHEGOANE	LIMA	3088	14	17:32.8
39	CHANTÉ KRUGER	ANWN	1811	14	17:33.1

40	LANA DEKKER	AVT	2183	14	17:36.2
41	ELSMARIE KUPERUS	AGN	672	14	17:37.9
42	AYABONGA HLANGU	KZNA	2827	14	17:38.1
43	KEAMOGETSE PHETOE	CGA	2407	14	17:40.0
44	LISA VISMER-BARTMAN	CGA	2409	14	17:40.2
45	AVA OOSTHUIZEN	AMPU	1402	14	17:41.6
46	GABI ROOS	AGN	675	14	17:45.7
47	JANESCA MICHEALS	ASWD	2050	14	17:52.0
48	RULANDE WEYERS	ANWN	1809	14	17:53.4
49	MIKE SMIT	AGW	1255	14	17:54.6
50	NEO RAMPAI	AFS	337	14	17:56.0
51	LIANDRIE ROUX	AGN	670	14	17:56.1
52	LISA STEYN	AFS	339	14	17:58.7
53	REBEKAH BRAACK	AMPU	1393	14	17:59.9
54	MEA VAN HEERDEN	AMPU	1406	14	18:01.9
55	JOANE KEYSER	AGN	679	14	18:02.8
56	ZANTE YOUNG	ANWN	1808	14	18:05.9
57	ADDISON GILLEPSIE	ASWD	2048	14	18:09.2
58	DIENEKE BEUKES	AGN	674	14	18:10.9
59	CHINELLE THERON	AGN	678	14	18:12.7
60	SIPHOSETHU MOLOI	AGN	669	14	18:16.6
61	KERATILE KEKANA	LIMA	3085	14	18:16.9
62	MOLEBOHENG SELEPE	AFS	338	14	18:17.7
63	DEONE DE BEER	AGN	676	14	18:27.9
64	ASANDE SINGWANE	AMPU	1404	14	18:31.5
65	THAROLLO PHOGOLE	LIMA	3090	14	18:35.6
66	JASMINE NEL	ACNW	73	14	18:35.7
67	ELANDI VAN STADEN	LIMA	3093	14	18:35.8
68	SHANTEL MALATJI	LIMA	3086	14	18:36.4
69	ANIENKE HERBST	ACNW	70	14	18:36.9
70	ANGANATHI MVAKWENDLU	EPA	2744	14	18:39.3
71	NIKITA KAPP	LIMA	3084	14	18:40.3
72	TSHEPANG TSHESANE	AMPU	1405	14	18:40.8
73	RIENKE BLIGNAUT	AFS	331	14	18:41.3
74	INGEMARI ODENDAAL	AMPU	1401	14	18:42.6
75	PALESA MONAHENG	AFS	335	14	18:54.2
76	NIKA SNYMAN	LIMA	3092	14	19:05.9
77	VELMA MAHLANGU	AMPU	1400	14	19:17.6
78	YUNÉ BOTHA	ANWN	1810	14	19:33.4
79	KAYLEIGH COOKS	ANWN	1812	14	19:35.2
80	CAILYN BOTHA	ANWN	1813	14	19:49.3
81	DANIELLE LAMPRECHT	AMPU	1398	14	20:12.2
82	MIA BOTHA	ASWD	2049	14	20:20.2
83	GUGU MTHEMBU	KZNA	2828	14	20:47.3
84	KHAYELIHE LUBISI	AMPU	1399	14	20:50.8
85	ELBE JANSE VAN VUUREN	AMPU	1395	14	20:53.5
86	DANELLE OTTO	LIMA	3089	14	21:02.8
87	LIANE VAN ZYL	AMPU	1407	14	21:16.9
88	JANE BUITENDAG	LIMA	3083	14	21:32.2
89	ANEL BOOYSE	AMPU	1392	14	21:41.3
90	SIBULELO KHANYILE	AMPU	1397	14	21:44.7
91	PRETTY KABINI	AMPU	1396	14	21:45.0
92	PHUTHEGO MASEMOLA	LIMA	3087	14	21:53.7
93	THEMBEKA MJWARA	KZNA	2930	14	21:54.0
94	ESTELLE NEETHLING	ANWN	1814	14	22:05.6

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Place	Name	Team	Bib No	Age	Total Time
1	ZECA TIBANA	CGA	2593	14	13:34.5
2	SIGCOBILE LUBUZO	ATRA	2133	14	13:45.3
3	SILINDEKHULE MBHOBHANA	ATRA	2134	14	13:45.8
4	OLESEGO MALETSWA	ANWN	1950	14	13:48.3
5	JAIDEN OPPERMAN	WPA	3311	14	13:54.6
6	JUAN-PEAR DELPORT	AGN	1007	14	13:55.1
7	JM MARITZ	AGN	1009	14	14:05.0
8	SCOTT WILLIAMSON	ANWN	1948	14	14:05.3
9	ENDINAKO JOLA	EPA	2776	14	14:11.1
10	AQHAMA NORUSHE	CGA	2586	14	14:12.3
11	NICHOLAS HORNE	CGA	2589	14	14:12.7
12	MARTHINUS BOUWER	CGA	2587	14	14:14.9
13	ZIAN BRENKMAN	AGN	1006	14	14:17.9
14	ABUU MKIWANE	AGN	1014	14	14:27.7
15	LERATO MOLOI	AFS	461	14	14:28.8
16	THAPELO MOGOJE	AMPU	1595	14	14:29.3
17	NATHAN WALSH	CGA	2588	14	14:31.4
18	CHRISTIANO BROWN	EPA	2775	14	14:31.8
19	TSHEPANG MALEBO	AVT	2266	14	14:32.1
20	WILCO STEVEN WILLIAMS	AGW	1282	14	14:32.2
21	LUKE SCHWULST	AGN	1012	14	14:33.1
22	REANETSE NDULULA	CGA	2591	14	14:36.7
23	HENRICO KRUGER	ANWN	1949	14	14:36.8
24	SIHLE DZANIBE	KZNA	2925	14	14:40.2
25	SIMTHANDILE GOLIATH	EPA	2778	14	14:40.6
26	BOITUMELO MOKHAOTSE	AFS	460	14	14:42.9
27	ITUMELENG MARETLWA	ACNW	198	14	14:45.7

28	THABISO MOKOTO	ACNW	197	14	14:46.7
29	KGTHEGO MATLOU	LIMA	3224	14	14:47.9
30	LEBOHANG MLANGENI	AFS	458	14	14:49.3
31	LEON STOLTZ	AGN	1013	14	14:50.1
32	JAY-CEE COETZEE	ACNW	199	14	14:50.9
33	LERATO THABE	AVT	2267	14	14:51.9
34	THEMBA NKOSI	AVT	2264	14	14:52.2
35	BJORN ERLANK	AGN	1008	14	14:52.5
36	QUAN WILDEMAN	ASWD	2077	14	14:53.4
37	SIYABONGA SEERI	AVT	2265	14	14:53.7
38	SERAME LUKAS	AGW	1281	14	14:54.2
39	KETUMILE DIALE	AGN	1018	14	14:54.6
40	TSHEPO MASIKATSANE	AFS	457	14	14:59.2
41	SHON-DRE SCHEUN	AGN	1020	14	15:00.3
42	MORNE DE VILLIERS	AGN	1010	14	15:04.6
43	ALWANDE SIBIYA	KZNA	2924	14	15:05.6
44	MONDLI GWETHU	KZNA	2927	14	15:06.2
45	WIHAN VELLOEN	AGN	1019	14	15:06.5
46	OLEBOGENG MOGAPI	CGA	2590	14	15:09.6
47	INNOCENT MARCOUS	ACNW	205	14	15:09.8
48	REINHARDT COETZEE	AMPU	1587	14	15:10.4
49	KGABISA GEORGE MATLALA	LIMA	3222	14	15:15.1
50	FRANCESCO CONTE	AVT	2270	14	15:15.3
51	ANDILE ZULU	KZNA	2926	14	15:16.7
52	THUBALETHU PHAKU	KZNA	2929	14	15:17.3
53	LEATILE TSOTETSI	AFS	463	14	15:19.0
54	JANO JORDAAN	AGN	1016	14	15:20.1
55	EDUAN RADEMAN	AVT	2268	14	15:20.4
56	DIAN BARKHUIZEN	ASWD	2080	14	15:20.7
57	JANGO LANDMAN	EPA	2777	14	15:22.0
58	JACO LE ROUX	AGN	1023	14	15:22.6
59	RELEBOHILE MADONDO	AFS	456	14	15:23.2
60	THABO KGWETE	CGA	2592	14	15:23.8
61	DANIEL ESTERHUIZEN	AGN	1011	14	15:25.6
62	MBUSO BUTHELEZI	AGN	1017	14	15:30.0
63	PRINCELY MHANGANA	AMPU	1594	14	15:35.8
64	THATO MOLOI	AFS	462	14	15:37.7
65	RETHABILE MAKOLOKWE	ANWN	1951	14	15:39.0
66	THOMAS PRINSLOO	AMPU	1596	14	15:41.4
67	TSHEPOFATSO SEOKAMELA	LIMA	3227	14	15:42.5
68	THABO MOTHIBI	ACNW	200	14	15:43.7
69	THATO MOCHELA	AFS	459	14	15:44.0
70	COLBI PIENAAR	AGN	1015	14	15:48.7
71	ATLEHANG ERASMUS	AFS	453	14	15:49.5
72	HEIRAM MEIRING	ASWD	2079	14	15:52.8
73	DIKETSO MORAMAGA	LIMA	3226	14	15:53.7
74	LEFA SERURUBELE	ACNW	201	14	15:59.3
75	DE VILLIERS LAMPRECHT	AFS	455	14	16:03.9
76	NDUDUZO MGANDA	AMPU	1593	14	16:09.9
77	LEHLOHONOLO CHABELI	AVT	2269	14	16:19.2
78	KEAGAN DREWES	AMPU	1588	14	16:19.8
79	BONGANI MATHEBULA	AMPU	1592	14	16:27.9
80	LIAN JANSEN	AMPU	1590	14	16:28.0
81	AEDEN ANDERSON	LIMA	3217	14	16:29.6
82	REARABEKSWA DIKOBE	ANWN	1952	14	16:29.7
83	SITHEMBISO HADEBE	KZNA	2928	14	16:31.6
84	DYLAN UYS	ACNW	203	14	16:32.9
85	DANIEL LANDSBERG	LIMA	3219	14	16:34.4
86	HENRU HERBST	AMPU	1589	14	16:42.9
87	SURPRISE MAILOLA	LIMA	3221	14	16:46.9
88	TIAAN HAASBROEK	LIMA	3218	14	16:47.7
89	ROLAND SCHEEPERS	AGN	1021	14	16:52.2
90	TSHEGOFATSO MSIBI	AGN	1022	14	17:00.9
91	LEHLOHONOLO MOKOENA	ACNW	202	14	17:24.6
92	RAPELANG MODISANE	ANWN	1964	15	17:36.1
93	ANDRÉ NEL	ANWN	1953	14	17:36.7
94	LEKGOLO MAAKE	LIMA	3220	14	17:54.9
95	SAMUEL TRYHOU	AMPU	1597	14	18:14.4
96	ORATHILE SENYATSO	ACNW	204	14	18:47.2
97	LESEGO MMAKAU	LIMA	3225	14	20:35.9
98	KHAYA MATIKA	ASWD	2081	14	21:44.6

E24 - G15_4

Place	Name	Team	Bib No	Age	Total Time
1	OMAAATLA DIKAU	AGN	681	15	15:10.3
2	LUCA DE WAAL	AGN	682	15	15:16.2
3	LOGHAN GRAY	CGA	2419	15	15:35.9
4	SHEBBA SITHOLE	AMPU	1414	15	15:59.4
5	ANDREA STEYNBERG	AFS	342	15	16:10.9
6	MIEKE-LOUISE BRITZ	AFS	340	15	16:19.0
7	MPHO KATISO	AGN	684	15	16:20.9
8	HANNELEEN CONRADIE	AGN	685	15	16:25.2
9	LEBOGANG MUDUNGWA	AGN	687	15	16:28.5
10	HANRI PRETORIUS	CGA	2414	15	16:28.8
11	ABBIGAIL VILJOEN	ACNW	76	15	16:36.0

12	LEE SUE NYATHI	CGA	2418	15	16:39.1
13	KARA FOURIE	EPA	2745	15	16:39.2
14	ELIZMA LE ROUX	AGN	689	15	16:44.9
15	ANÉ BESTER	ASWD	2047	14	16:51.4
16	LOHANDI SCHUTTE	LIMA	3097	15	16:51.8
17	LENTE GROENEWALD	AGN	692	15	17:01.1
18	ANALE NDAWONDE	KZNA	2832	15	17:03.2
19	JADE HARTZENBURG	AGN	686	15	17:04.9
20	JASMEN PIENAAR	AGN	688	15	17:08.6
21	HAYLEY JOSE	CGA	2415	15	17:15.9
22	KAMOGELO MOSWANE	LIMA	3095	15	17:21.2
23	BRONWYN WAGNER	CGA	2413	15	17:21.3
24	MAUDI MOTSEPE	AGN	694	15	17:24.2
25	NOOBILE MASEKO	CGA	2420	15	17:24.9
26	MICHELLE PRINSLOO	AGN	691	15	17:31.9
27	MARNE KOEN	EPA	2747	15	17:33.9
28	NOMTHANAZO TIKWAYO	AVT	2186	15	17:34.8
29	LEAH EDWARDS	KZNA	2834	15	17:36.1
30	SHEILA MASEKO	AFS	341	15	17:37.4
31	CATHERINE VAN AARDT	AFS	343	15	17:38.4
32	MIENKE BLIGNAUT	ACNW	77	15	17:43.9
33	CHANELLE BESTER	ASWD	2051	15	17:50.7
34	CARISE VAN ROOYEN	AFS	344	15	17:56.1
35	NTSWAKI RAMAFIKENG	AVT	2189	15	17:57.8
36	JANÉ MALE	AGN	690	15	17:58.0
37	MIA LIGTHELM	AMPU	1410	15	17:58.9
38	AMKELE MHALI	WPA	3315	15	18:01.4
39	CHIE-ANN GRAHAN	AGN	693	15	18:01.9
40	ANCHEN SCHUTTE	ACNW	74	15	18:02.9
41	APHELELE MNCWANGO	KZNA	2833	15	18:06.9
42	ESMARI KLOPPERS	AMPU	1409	15	18:11.4
43	SASKIA HEYDENRYCH	CGA	2421	15	18:13.4
44	KELEBOGILE MAKHALE	AVT	2190	15	18:13.9
45	REFILWE RAMOKOPU	AVT	2185	15	18:15.1
46	CHANEL DU PLESSIS	WPA	3324	15	18:16.1
47	CARLA CLOTZ	EPA	2746	15	18:16.2
48	THANE Van breda	AGN	683	15	18:22.8
49	MUKUNDI TSHABALALA	LIMA	3098	15	18:27.1
50	ESMERI OBERSHAUSER	EPA	2748	15	18:28.3
51	ILKE WOLMARANS	EPA	2750	15	18:33.3
52	TIHANNA LE ROUX	WPA	3325	15	18:33.9
53	MIKAH FALCHI	EPA	2749	15	18:34.6
54	XANDRI PALMER	ACNW	78	15	18:37.6
55	AMANDA NTSHANGULA	AMPU	1416	15	18:40.8
56	HANNAH KOREND	AVT	2188	15	18:45.5
57	ROSINAH PHALANE	LIMA	3096	15	18:50.8
58	KAYLIN BAASCH	AGN	695	15	18:56.9
59	ANIKA VAN DER MERWE	AGW	1256	15	19:04.4
60	KAMOGELO LEONA MNISI	CGA	2416	15	19:07.1
61	SIPHUMELELE NDLOVU	KZNA	2836	15	19:08.2
62	FIKILE KHOSA	AMPU	1408	15	19:12.9
63	PETRA WASSENAAR	AMPU	1418	15	19:14.9
64	NOLUTHANDO MLAMBO	AMPU	1412	15	19:15.9
65	EZMERELDA VIVIER	AGN	697	15	19:16.9
66	MICAELA ROSSITER	ACNW	75	15	19:18.0
67	CHARNE STRYDOM	AVT	2191	15	19:19.4
68	ANELE MANZI	KZNA	2835	15	19:33.3
69	GOGOLETHO LUBISI	AMPU	1411	15	19:50.9
70	JARIANCA DU PLESSIS	LIMA	3094	15	20:08.6
71	ANNELET BREYTENBACH	AGN	696	15	20:20.7
72	ELSEMARI VAN ZYL	AMPU	1417	15	20:30.9
73	KATELYNN VAN WYK	AVT	2187	15	20:41.7
74	NIKITA NETO	ANWN	1815	15	21:04.3
75	MEGAN NEL	AMPU	1413	15	21:30.9
76	MEGAN VAN DER MERWE	LIMA	3099	15	21:59.3
77	ANJA STAPELBERG	AMPU	1415	15	22:56.9
DQ	MARILI DUVENHAGE	ASWD	2052	15	---

E25 - B15_4

Place	Name	Team	Bib No	Age	Total Time
1	BONGILE MBUWENI	ATRA	2135	15	13:00.1
2	MARCEL BRITS	AGN	1025	15	13:13.4
3	THANDOLWETHU MATSALO	EPA	2779	15	13:25.9
4	TSHEPANG TSHIVULA	AGN	1027	15	13:28.1
5	DANTE RAATH	AGN	1039	15	13:29.0
6	SABELO SEGOLA	AFS	474	15	13:35.5
7	GERHARD BOSSERT	AFS	540	15	13:43.5
8	GORDON SCHOOMBEE	AGN	1028	15	13:51.2
9	DIVANO FALLET	BOLA	2334	15	13:51.9
10	SIVE BHEBHA	WPA	3310	15	13:52.5
11	MALEHO KEOTSHEPILE	AGN	1026	15	13:54.3
12	RHYN LEKOKO MATSEALEPOO	LIMA	3233	15	13:55.4
13	MMATLI MPHATSENG	AFS	469	15	14:01.2
14	BENKOSI MAQWARA	CGA	2594	15	14:02.8
15	FRANCOIS SCHEEPERS	AGN	1029	15	14:05.6

16	JACK MALAHLELA	LIMA	3230	15	14:05.6
17	IRISH JONKER	ANWN	1956	15	14:06.5
18	PAKISO RALETHOALANA	AFS	473	15	14:07.3
19	LEAN SCHOLTZ	ANWN	1955	15	14:07.3
20	JAMAUL JOHNSON	WPA	3342	15	14:12.1
21	PC MARITZ	ACNW	213	15	14:12.4
22	DIAN BECKER	CGA	2595	15	14:12.6
23	RICO COETZER	AGN	1024	15	14:13.9
24	RHULANI LWAZI MKANSI	CGA	2600	15	14:18.4
25	EWAN LOURENS	AGN	1035	15	14:19.8
26	KUTULLO SEKOKOTLA	LIMA	3238	15	14:20.9
27	ADRIAN BEKKER	AVT	2280	15	14:22.0
28	TUMELO MABOTE	AGN	1033	15	14:22.1
29	OUPA XABA	AVT	2271	15	14:23.5
30	TIHARD STRYDOM	ACNW	208	15	14:23.9
31	ITUMELENG SEBOA	CGA	2596	15	14:25.4
32	NEO MOTHAE	CGA	2598	15	14:26.1
33	XOLANI MOKHUMA	CGA	2601	15	14:27.4
34	AVELA RUBUSHE	BORA	3387	15	14:28.4
35	PULE MABASO	AMPU	1603	15	14:28.9
36	TIAAN VAN EEDEN	AMPU	1612	15	14:30.9
37	MOJALEFA MALEKE	AVT	2272	15	14:33.0
38	REAMOHEITSE MOTSEMME	AVT	2273	15	14:35.0
39	DIAN MARAIS	AGN	1036	15	14:35.5
40	DIAN NIENABER	ANWN	1954	15	14:36.5
41	MARCO ERASMUS	AGN	1040	15	14:36.7
42	VALENTINO BEUKES	BOLA	2335	15	14:37.8
43	WEGE VILJOEN	AMPU	1613	15	14:38.2
44	REGARDT HATTINGH	AGN	1032	15	14:39.9
45	LEHAN ROUX	AMPU	1610	15	14:40.3
46	AFIKILE MFLATELA	AGN	1041	15	14:40.6
47	OMPHEMOTSUMI MOFSUMI	ACNW	207	15	14:42.9
48	IDDO VAN DAALLEN	AGN	1031	15	14:44.4
49	ZANDER NEETHLING	CGA	2602	15	14:48.0
50	DANVILLE WILLEMSE	ASWD	2085	15	14:50.0
51	LUAN KOEN	AGN	1038	15	14:51.8
52	SIYABONGA MDLALOSE	AMPU	1604	15	14:59.1
53	HARDUS HEYMANS	AVT	2275	15	15:00.4
54	NJABULO HLATSWAYO	AGN	1034	15	15:03.4
55	JORDAN-LEE PIETERSE	ASWD	2084	15	15:03.9
56	TSEPO SIBANDE	AMPU	1611	15	15:05.9
57	ANDRE PIENAAR	ANWN	1957	15	15:07.9
58	OMPILE AMOGELAN TSHIKANE	LIMA	3239	15	15:10.5
59	ANELE MKHONTO	AMPU	1605	15	15:10.6
60	MOJALEFA NTEMA	AVT	2274	15	15:11.0
61	SEMANGA BOCHEDI	AFS	465	15	15:11.1
62	OMPHEMETSE MOTLHANKANE	CGA	2599	15	15:13.0
63	MKHIWANE NKOSINATHI	AFS	471	15	15:14.8
64	TLETISO MAHE	KZNA	2934	15	15:15.5
65	PHILA MNDAI	AMPU	1606	15	15:16.2
66	MARCEGHILLE WAKEFIELD	CGA	2597	15	15:18.3
67	MARQUES JAMES	ASWD	2083	15	15:20.9
68	ANATHI DLAMINI	KZNA	2933	15	15:21.0
69	DIAN KOEN	AGN	1037	15	15:22.3
70	AMUKELANI NYATHI	AMPU	1609	15	15:22.7
71	RUWAYDEN OLIVIER	ASWD	2086	15	15:23.0
72	ITUMELENG NGEXE	AFS	470	15	15:25.3
73	SEHULARO TLHALEFANG	ANWN	1959	15	15:25.8
74	ARMAND JANSE VAN RENSBURG	ANWN	1961	15	15:27.0
75	TUMELO MOTATI	AFS	464	15	15:27.1
76	INATHI SODLADLA	KZNA	2931	15	15:27.3
77	BERTUS VAN DER LINDE	ACNW	210	15	15:31.4
78	JAY-DEE COMBRINK	AMPU	1599	15	15:34.5
79	TIEHO MOLOI	AFS	468	15	15:37.4
80	THABANE RAMALEPE	LIMA	3236	15	15:48.9
81	RAINHARDT BEHRENS	ASWD	2082	15	15:49.3
82	LE-RAY KOEN	AVT	2278	15	15:50.5
83	ALEX MARAIS	LIMA	3232	15	15:53.5
84	JOSHUA YOUNG	LIMA	3240	15	15:55.9
85	WERNER GOUWS	AGN	1030	15	15:59.4
86	JOHN-D HESSELL	AMPU	1601	15	16:01.5
87	SHAUN MSITHINI	AMPU	1607	15	16:06.7
88	MAOTO MAPHOTHOMA	LIMA	3231	15	16:10.3
89	WYNAND DE GOEDE	AVT	2276	15	16:11.5
90	RUAN VAN NIEKERK	ACNW	209	15	16:14.3
91	MOTUNGWASE NOKERI	LIMA	3235	15	16:19.1
92	DALLIAN OERSON	EPA	2781	15	16:22.3
93	GUILAUME FOURIE	ANWN	1962	15	16:25.3
94	SIMBONGILE MCUTHA	ATRA	2136	15	16:25.5
95	WIAN BASSON	ANWN	1958	15	16:29.3
96	ANDRIES NKANYANE	LIMA	3234	15	16:33.6
97	CEBO NZUZA	KZNA	2932	15	16:39.9
98	TRISTAN DEMOSER	ACNW	212	15	16:42.9
99	AMOHELANG THAMOETHATA	ACNW	215	15	16:44.9
100	TUMELO RAMALEPE	LIMA	3237	15	16:47.4

101	PRINCE NKOSI	AMPU	1608	15	16:50.0
102	ALEXANDER VISSER	ANWN	1960	15	16:58.1
103	CHRISTIAAN JONKER	AMPU	1602	15	16:59.5
104	KATLEGO KENALEMANG	ACNW	211	15	17:05.0
105	NEO MOKOENA	AVT	2277	15	17:06.0
106	GRANT TSHABADIRA	ACNW	206	15	17:19.9
107	EDUAN FORSSMAN	AMPU	1600	15	17:26.9
108	TSHEPO LEBOTSA	LIMA	3229	15	17:30.9
109	JANDRE BOTHA	AMPU	1598	15	17:35.8
110	LUHANDRO GRUNDLINGH	ANWN	1963	15	18:21.6

E26 - SW_4

Place	Name	Team	Bib No	Age	Total Time
1	MOKGADI SEMENYA	AGN	813	31	13:55.0
2	SIMONAY WEITSZ	AGN	788	23	15:02.9
3	LIZANDRE MULDER	AFS	376	25	15:23.9
4	LEANIE POTGIETER	WPA	2327	29	15:39.9
5	CARINA SWIEGERS	AGN	804	27	15:50.1
6	KARIN-MARI PRETORIUS	AVT	2215	27	15:59.5
7	KAYLA NELL	EPA	2756	28	16:00.5
8	KEFILWE MOLEFE	CGA	2484	34	16:11.3
9	ROBYN KALTENBRUNN	AGN	796	25	16:13.2
10	BOTLENYANA TSUPUDI	CGA	2476	23	16:16.6
11	SIMONE ADAMS	CGA	2477	23	16:23.4
12	OBAKENG LENGWENG	AGN	797	25	16:27.5
13	LEE-SHAY WILLEMSE	WPA	3334	29	16:48.4
14	REFILOE KARREEBOS	KZNA	2864	25	16:58.9
15	ALICIA BODENSTEIN	AGN	801	26	17:04.1
16	NADIA LOMBAARD	CGA	2479	25	17:09.9
17	CAELIN VAN DER WESTHUIZEN	AGN	794	24	17:13.9
18	PHUMZILE GWALA	KZNA	2866	27	17:15.2
19	MTHETHO NOCWAKA	BOLA	2331	28	17:20.1
20	CINDY VAN BERS	AGN	790	23	17:20.1
21	SAMANTHA JULIES	WPA	3312	24	17:21.7
22	SINOTHILE MTHIYANE	KZNA	2870	28	17:24.5
23	JEANNIE DE BEER	AGN	802	26	17:26.3
24	ZELDA VAN DER MERWE	AFS	374	23	17:28.8
25	MIRELLE FRANCK	AGN	814	32	17:35.3
26	ANDISIWE NJUNGUZA	KZNA	2863	24	17:37.7
27	SEIPATI SEROBE	AVT	2214	23	18:20.7
28	IMKE VAN ROOYEN	ACNW	95	24	18:22.3
29	MOKHUTSO MANASWE	LIMA	3121	23	18:24.7
30	THOBKILE GUMEDE	KZNA	2861	23	18:24.9
31	TAMLYN STEVENS	CGA	2481	28	18:25.7
32	RENATHA BOTHA	AMPU	1457	34	18:26.2
33	TANIA RHEEDER	AMPU	1454	27	18:43.2
34	CARIEN SANDER	AFS	373	23	18:48.1
35	RENEILWE DIBAKWANE	AVT	2213	23	18:59.9
36	SHARLAN BOER	WPA	3331	24	19:01.9
37	TSHEPISO MOTSEI	AFS	375	24	19:21.3
38	CHARINE KRUGER	CGA	2486	35	19:32.9
39	MICHELLE VOS	LIMA	3122	30	19:54.9
40	JACOME LAMONT	ACNW	97	27	20:08.9
41	JOANÉ FRASER	ACNW	98	32	20:10.9
42	KAYLA McMASTER	AGN	798	25	20:18.5
43	CARLA GIESSING	AGN	791	23	20:51.0
44	BOTHOBOILE CHAKANYUKA	LIMA	3120	22	21:07.9
45	ANIKA LAMONT	ACNW	96	25	21:40.0
46	ELSIE KOEKEMOER	ANWN	1840	34	21:52.3
47	DINEO TSHEHLA	ACNW	94	23	21:52.8
48	GIRLY MTSHWENI	AGN	799	25	22:05.7
49	INA MARIE BURGER	ANWN	1835	25	23:50.9
50	ALICIA VAN NIEKERK	ANWN	1838	30	24:15.9
51	SONE NEL	AGN	805	27	24:20.5
52	PETRA BERNADET VERMAAK	ANWN	1839	33	26:21.8
53	NTHABISENG SEKHWELA	AMPU	1456	33	26:36.6
54	CARINDA IMMELMAN	AMPU	1453	26	27:43.0
DQ	SILINDILE HLATSHWAYO	KZNA	2869	28	---

E26 - W23_4

Place	Name	Team	Bib No	Age	Total Time
1	JANIE JANSE VAN RENSBURG	AGN	786	22	14:56.5
2	SISANDA DUMISA	CGA	2475	22	15:10.9
3	CHARNE SWART	AGN	775	20	15:19.1
4	KIRSTI BELL	AGN	774	20	15:30.8
5	HESTER LOMBARD	ACNW	93	22	15:31.1
6	MATHAPELO MAVUSO	AGN	758	18	15:53.9
7	ZOTHILE MBHAMALI	CGA	2471	21	16:00.5
8	FINA DUBE	CGA	2473	22	16:02.9
9	INA DU PLESSIS	AVT	2208	20	16:05.9
10	SIMPHIWE MABUZA	CGA	2474	22	16:06.7
11	NTOMBENHLE SEABI	CGA	2470	21	16:12.0
12	NOMVULA SITHOLE	AMPU	1451	23	16:19.9
13	STEPHANY PETRO	ACNW	88	20	16:35.4
14	AMBER RAYNERS	EPA	2755	21	16:40.9

15	LEONORE LUBBE	ACNW	89	20	16:50.9
16	JALITA DELPORT	AGN	698	15	16:54.1
17	CARINA MABER	AGN	782	21	17:07.9
18	NADIA STEYNBERG	AFS	370	20	17:16.9
19	JENNA KIMBER	AGN	779	20	17:21.7
20	SHAEN MACDEVETTE	AGN	784	21	17:27.0
21	MEGAN SWANEPOEL	WPA	3320	21	17:27.1
22	CHANEL DU PLESSIS	AGN	778	20	17:30.2
23	AMOGELANG Lesiza	AGN	776	21	17:30.9
24	ELMÉ MIENIE	AGN	759	18	17:32.0
25	ZANDILE COSSA	AMPU	1443	20	17:44.6
26	IZABEL STICKELLS	AGN	783	21	17:46.2
27	JOLANDI DE BEER	CGA	2458	18	17:49.3
28	FEZILE THANGO	KZNA	2851	18	17:52.1
29	LOUISE BRUWER	AGN	761	18	18:02.8
30	LIENKE SNYMAN	ACNW	90	20	18:11.9
31	MBALI MASHABA	KZNA	2860	22	18:15.4
32	SIPHOKAZI SMITH	KZNA	2856	20	18:18.9
33	HELENE KRUGER	AGN	763	18	18:19.0
34	ZENADE OCTOBER	BOLA	2329	18	18:22.4
35	MONIQUE VAN DER SCHYFF	AGN	777	20	18:22.9
36	DELAINE WILLEMSE	AVT	2205	18	18:23.2
37	IZÉ RAUTENBACH	AGN	760	18	18:26.6
38	BELLAMY KRUGER	BOLA	2330	20	18:29.9
39	LELANIE JANSEN VAN VUUREN	ANWN	1831	18	18:33.0
40	MANTOA KHUMALO	AVT	2210	22	18:33.5
41	SNETHEMBA DLAMINI	AMPU	1449	23	18:35.2
42	ELISKA VAN DER WESTHUIZEN	AGN	762	18	18:38.7
43	RUNE DE BEER	ACNW	92	21	18:42.6
44	SUMARI VAN STADEN	AMPU	1445	20	18:43.3
45	PRINCESS MABUNDA	AMPU	1448	22	18:55.9
46	LERATO MNGOMEZULU	AFS	372	22	19:04.7
47	TINÉ NEU	ACNW	91	20	19:12.9
48	MPHO MOKOALEDI	AFS	369	20	19:44.8
49	BONGIWE NKOSI	KZNA	2859	21	19:59.9
50	MIANDA NEL	AFS	367	19	20:05.3
51	KABELO PERTNIA MAGORO	LIMA	3118	22	21:26.4
52	THOLAKELE MNYANDA	KZNA	2857	20	21:34.2
53	KARABO MABASO	KZNA	2858	20	21:35.9
54	KATINKA SMIT	LIMA	3115	18	22:41.4
55	ANNECIA ENGELBRECHT	LIMA	3114	18	25:01.7
56	SITHEMBISO ZAMELA	AMPU	1446	21	27:07.9

E27 - SM_4

Place	Name	Team	Bib No	Age	Total Time
1	KABELO MELAMU	CGA	2667	25	12:10.5
2	MODUPI TLADI	AGN	1127	23	12:10.7
3	NKOSINATHI SIBIYA	CGA	2673	28	12:17.2
4	APHELELE NKONYENI	ATRA	2149	24	12:25.2
5	POLOKO MAPHUNYE	ANWN	1999	23	12:27.0
6	THABANG NKUNA	AGN	1144	27	12:30.1
7	TSEGOFATASO PILANE	AGN	1132	24	12:36.3
8	NATANIEL KOTOLE	AVT	2307	23	12:37.7
9	MARKO BUCARIZZA	CGA	2678	34	12:40.4
10	ONKABETSE SEBOLA	CGA	2663	23	12:40.6
11	AWETHU NTSOTHO	ATRA	2150	25	12:40.9
12	MONGEZI NGOBE	ATRA	2151	25	12:42.9
13	MTHOKOZISI MAZIBUKO	KZNA	2968	26	12:44.4
14	MAPHUTI GREGORY MOHOLOLA	CGA	2662	23	12:50.1
15	MMUSO FOTOI	CGA	2668	25	12:52.7
16	SELWYN MATTHEWS	ASWD	2097	24	12:54.4
17	ANDILE HLEBO	CGA	2677	34	12:57.4
18	ANDRE AFRIKA	WPA	3359	28	12:57.7
19	KIM MDUMISENI	ACNW	249	23	12:59.2
20	MOHAU RASOGO	ANWN	1998	23	12:59.7
21	SIYABONGA NDLOVU	KZNA	2966	25	13:03.7
22	MANDLA MAHLANGU	AGN	1134	24	13:04.6
23	PRINCE NDLOVU	AMPU	1682	29	13:07.3
24	SIPHELELE MACAKATHI	ATRA	2153	27	13:07.7
25	ITUMELENG SESIKO	ACNW	250	23	13:09.1
26	KANANELO THULO	WPA	3355	23	13:13.2
27	GODWIN SWARTZ	WPA	3362	30	13:13.3
28	LEBOHANG TSOTETSI	AFS	529	28	13:14.7
29	MARIO VAN SCHALKWYK	ASWD	2096	22	13:15.5
30	TEFO MONTOEDI	ANWN	2009	27	13:17.3
31	FELIX NOMZANA	AFS	526	26	13:20.1
32	JAMES MUNNIK	AGN	1138	25	13:21.2
33	KGAUGELO RASOGO	ANWN	2000	23	13:21.6
34	DERRICK MSTWENI	AGN	1159	29	13:21.9
35	ANDRE VENTER	AVT	2310	30	13:23.9
36	AFRICA NENE	KZNA	2967	25	13:25.2
37	SIBONGINKOSI MASEKO	AMPU	1677	24	13:25.4
38	KWENA MATLALA	AGN	1128	23	13:26.5
39	LLEWELLYN COLEMAN	AFS	520	24	13:28.1
40	ALEXANDRO DA SILVA	BOLA	2342	21	13:30.1

41	LINDOKUHLE CHILIZA	KZNA	2970	28	13:30.6
42	NOAH MOTIMEDI	LIMA	3282	26	13:36.2
43	PHUMLANI KHANY	KZNA	2969	26	13:37.8
44	PETRUS MOGOLANA	LIMA	3286	30	13:42.9
45	BENJAMIN SELEPE	AGN	1142	26	13:44.9
46	BHEKI NKOSI	AMPU	1685	34	13:45.8
47	GOITSEMDIMO MOAGI	AGW	1283	23	13:48.6
48	TEBOGO MASHIYA	AFS	524	26	13:49.9
49	BONGANI NKOSI	AGN	1140	26	13:55.7
50	DILLAN VAN ROOYEN	ACNW	253	24	13:56.0
51	MAMATSHA PRECIO TAKALO	LIMA	3281	23	13:58.1
52	SIRMANE LEBALLO	AGN	1129	23	14:09.1
53	ZEVIAN LE ROUX	ASWD	2095	21	14:10.0
54	RECHAJEN CHARLIE	AFS	531	29	14:10.8
55	OSCAR BESTENBIER	WPA	3357	26	14:10.9
56	RANTSO MOKOPANE	AGN	1149	28	14:16.2
57	DOCTOR MADALANE	AMPU	1678	26	14:18.7
58	AMMIEL SMITH	ACNW	255	31	14:18.9
59	OFENTSE MOTHOGAGAE	ANWN	2001	23	14:22.1
60	SEGOMOLO MOGOMOTSI	ACNW	254	26	14:23.4
61	HANNES NAUDE	AFS	533	32	14:23.6
62	ANDILE MDI	AFS	523	25	14:25.7
63	HENRY ENSLIN	AGN	1133	24	14:29.4
64	KARABO MAPHAKA	LIMA	3278	23	14:35.7
65	LETHABO NTJIE	LIMA	3280	23	14:43.6
66	BONGUMUSA NKOSI	AGN	1139	25	14:48.8
67	ALCATRAS MASEBE	LIMA	3279	23	15:15.7
68	PHILIP MPHAKA	LIMA	3283	28	15:39.9
69	SANDILE MATSANE	AMPU	1681	28	16:05.5
70	BUBELE MAGAQA	AMPU	1680	28	18:22.7

E27 - M23_4

Place	Name	Team	Bib No	Age	Total Time
1	SAMKELO NGOBESO	KZNA	2960	20	
2	CWENGA NOSE	EPA	2789	22	12:12.5
3	CHRIS MHLANGA	CGA	2654	21	12:20.5
4	CHRISTOPHER SWART	ACNW	247	22	12:34.7
5	AMANTLE NEVILLE MODINGWANE	ACNW	261	22	12:41.3
6	ANDRIES SESEDI	CGA	2652	21	12:43.2
7	PHEMELO NTOE	CGA	2657	21	12:45.4
8	THEMBEKILE KUPISO	ACNW	248	23	12:58.1
9	ITUMELENG NGXABAZI	AGN	1111	20	12:59.3
10	SINAWO POTI	EPA	2788	21	13:00.4
11	TEDDY DERISON	AFS	508	21	13:04.6
12	MIGAEL LOUBSER	AGN	1112	20	13:05.2
13	NICHOLAS WHITTAKER	CGA	2656	21	13:06.9
14	KAMOGELO THIPE	AVT	2294	19	13:08.7
15	MZIWAMADODA NONJIKO	WPA	3354	21	13:08.8
16	TUMELO PHAGO	LIMA	3274	21	13:08.9
17	MPHO DIAKO	CGA	2655	21	13:10.9
18	NGCONDE MATWEBU	KZNA	2963	22	13:12.1
19	ORATILE MOGALE	AGN	1114	20	13:15.2
20	STEFAN OBERHOLZER	AGN	1120	21	13:15.7
21	DERICK HLAKO	AVT	2305	22	13:17.7
22	BONGANI MGCINA	AVT	2300	20	13:18.0
23	ROUXAN LE ROUX	ACNW	242	21	13:19.3
24	LEBOHANG PHAKAMILE	AFS	510	21	13:20.3
25	ABRIE KRUGER	ACNW	246	21	13:20.6
26	TSHEPISO MAKOBE	AVT	2301	21	13:21.9
27	RETHABILE MOKHUTHU	AFS	506	20	13:21.9
28	PETRUS PHETLA	AMPU	1671	22	13:23.5
29	BHEKIZULU KHUMALO	CGA	2661	22	13:23.9
30	PHUMISA PAPA	AVT	2304	22	13:25.3
31	MBASI MACI	WPA	3353	20	13:28.0
32	KWAZI NOGCANTSI	AGN	1124	22	13:28.2
33	BENATHI MGQUBA	AMPU	1673	23	13:28.8
34	AYANDA JALI	WPA	3351	19	13:32.7
35	MFANAFUTHI LUSHABA	AGN	1126	22	13:35.0
36	SIBONELO KHUMALO	KZNA	2959	20	13:36.6
37	ZUZILE NGEJANE	ATRA	2147	21	13:36.7
38	TLOTLISO MOTSOENENG	AFS	509	21	13:37.6
39	BANELE MKHABELA	CGA	2653	21	13:37.9
40	GARRICK REES	AGN	1095	18	13:39.0
41	BOITSHEPO MALATJIE	LIMA	3259	18	13:39.2
42	KEANU DOMINGO	ACNW	241	20	13:41.3
43	THEMBA THINGANE	AVT	2298	20	13:41.8
44	MICHAEL GAIT-SMITH	AGN	1119	20	13:42.0
45	SINETHEMBA JILINGISI	EPA	2786	20	13:42.8
46	CLAIVEN SCOTT	AGN	1115	20	13:43.3
47	MZUZILE NGEJANE	ATRA	2146	21	13:45.5
48	HANKO CRONJE	AMPU	1657	20	13:46.9
49	ABRAHAM BHANDA	AMPU	1656	20	13:47.1
50	TEBOHO MOLOI	AVT	2299	20	13:47.2
51	ANDREW MUNNIK	ACNW	240	19	13:47.8
52	SIBAHLE MAQWARA	EPA	2787	21	13:48.2

53	LAZARUS MAKGOBA	LIMA	3276	22	13:48.4
54	TSHEGOFATSO MODISELLA	AGN	1107	19	13:48.6
55	ALEX MADLALA	AGN	1121	21	13:49.1
56	SONGEZO MJOKI	ATRA	2144	20	13:49.2
57	AMOS NTULI	AGN	1116	20	13:49.3
58	POSILE MIHLALI	AGN	1096	18	13:51.0
59	THABISO MASHAPHU	AGN	1125	22	13:52.8
60	GARETH SMITH	AGN	1118	20	13:55.1
61	PIET PHAHEAGAE	AVT	2306	22	13:58.2
62	KAMOHELO SEFOTHA	AFS	511	21	13:58.2
63	ANDREAS VAN HEERDEN	ACNW	243	21	13:58.5
64	EDWARD TLALI	AFS	512	21	13:58.5
65	SMISO KHOMO	KZNA	2957	19	13:58.8
66	NICHOLAS DE SCALLY	ACNW	245	21	14:00.3
67	FUFI MOLOKOMME	LIMA	3269	20	14:00.9
68	MAKWENA MPATI	LIMA	3273	21	14:01.0
69	SHERWIN JOOSTE	WPA	3307	20	14:01.7
70	GERHARD SWANEPOEL	AGN	1117	20	14:04.1
71	NKOSINATHI THWALA	AMPU	1669	21	14:05.3
72	THULISANG KHAMBULE	KZNA	2956	19	14:05.5
73	NTOKOZO SIBIYA	ANWN	1995	22	14:11.0
74	ADAM J REYNEKE	ANWN	1992	21	14:12.3
75	THOMAS M MOLOPE	LIMA	3270	20	14:14.3
76	MFUNGELWA GULE	AMPU	1660	20	14:20.1
77	THABANG TSHUTA	ACNW	244	21	14:22.3
78	WESSEL SWART	ANWN	1984	18	14:22.4
79	BONGINKOSI NDLOVU	AMPU	1662	20	14:56.1
80	HAWARD MGWENYA	AMPU	1661	20	14:58.6
81	MAX-LEE PEDRO	ASWD	2059	21	15:02.4
82	SURPRISE MATSOMANE	LIMA	3260	18	15:04.2
83	ISHMAEL PHIRI	AMPU	1667	21	15:04.3
84	MOLATELO PHEFAFU	LIMA	3266	19	15:12.3
85	REACH SILINDA	AMPU	1668	21	15:20.8
86	MARCO JANSEN VAN RENSBURG	AMPU	1658	20	15:22.4
87	KWENAMORE MONNAPULA	ANWN	1996	22	15:46.4
88	LUXOLO CANDLOVU	ATRA	2145	20	15:51.5
89	KATLEGO MAMABOLO	ANWN	1991	20	15:56.8
90	JOGGIE GEDULD	LIMA	3265	19	15:58.1
91	CANDY LUKHELE	AMPU	1659	20	16:21.1
92	TEBOGO MADONSELA	AMPU	1672	23	16:22.3
93	JANCO VAN DER WALT	LIMA	3261	18	16:30.3
94	MOSES SCHATZ	AMPU	1655	19	17:08.4
95	ERIC JACOBS	ANWN	1997	22	18:53.5
96	DAWSON STOLTZ	AMPU	1663	20	21:30.5

E28 - SW_2

Place	Name	Team	Bib No	Age	Total Time
1	RONÉ REYNEKE	ANWN	1836	25	7:03.0
2	SIMONAY WEITSZ	AGN	793	23	7:12.1
3	LEBOGANG RAMELA	CGA	2472	22	7:35.1
4	TSOLOFELO PHAKOE	AVT	2212	22	7:56.4
5	KHANYISILE THWALA	CGA	2467	20	8:16.5
6	MAKOMA BATJI	CGA	2482	29	8:19.0
7	PALESA RAMATLADI	CGA	2468	21	8:40.6
8	FELICIA RONEWA NDOU	CGA	2466	20	8:58.8
9	PHINDILE MDLULI	CGA	2469	21	9:06.6
10	KAMOGELO MAMELANGIDI	AVT	2209	20	10:08.9
DQ	CARINA SWIEGERS	AGN	807	27	7:40.9

E28 - JW_2

Place	Name	Team	Bib No	Age	Total Time
1	MAHLATSI NGWENYA	CGA	2456	18	7:32.6
2	NERIZE DE BEER	AGN	765	18	7:56.3
3	SNETHEMBA NDIMA	KZNA	2854	19	8:17.1
4	ELANA MAKAMU	CGA	2463	19	8:20.0
5	KARABO MOKWENA	CGA	2464	19	8:22.7
6	BEATRICE SIBUSI HADEBE	CGA	2454	18	8:33.1
7	JENNIFER SIBIYA	CGA	2455	18	8:42.6
8	LELANIE JANSEN VAN VUUREN	ANWN	1832	18	8:54.6
9	RETHABILE TJALE	CGA	2457	18	9:15.7
10	SAMUKELISIWE SIBISI	KZNA	2855	19	9:54.8
11	NOSIPHO ZUMA	KZNA	2852	18	11:35.5

E28 - YW_2

Place	Name	Team	Bib No	Age	Total Time
1	LI-MARI DEKKER	AGN	746	17	7:15.5
2	IZANDRI JACOBS	AGN	724	16	7:20.2
3	VANESSA DA SILVA	LIMA	3107	16	7:32.5
4	JACKIE COERTZE	AGN	725	16	7:47.7
5	TENIKE BLUNDEN	AVT	2202	17	8:14.7
6	MICHAELA VAN VUUREN	ANWN	1827	17	8:16.8
7	CHANTE PRINSLOO	CGA	2446	17	8:18.0
8	PORTIA MOSIMA RAMAOKA	CGA	2448	17	8:26.8
9	NTOMBI GUMEDE	CGA	2437	16	8:34.3
10	AMAHLE NGIDI	KZNA	2847	17	8:38.7

11	KARABO SEHLOHO	AVT	2204	17	8:48.0
12	CHANTÉ VILJOEN	CGA	2435	16	8:54.3
13	ANELE KHESWA	KZNA	2841	16	9:00.4
14	JANELLE STRYDOM	AVT	2203	17	9:01.3
15	MBALI MALEBO	CGA	2447	17	9:34.4
16	IPELENG MOKHUANE	CGA	2436	16	9:43.0
17	ANELISWA MNCWANGO	KZNA	2848	17	10:01.1
18	TSHIDISO SEBATA	LIMA	3255	17	16:38.4
DQ	RADEBE PABALLO	AGN	748	17	7:06.9
DQ	WIEPKE SCHOEMAN	AGN	699	16	7:32.9

E29 - SM_2

Place	Name	Team	Bib No	Age	Total Time
1	BOIKANYO MOTLHAMME	CGA	2671	27	5:54.3
2	NEO HLALUKANE	CGA	2660	22	6:02.7
3	POLOKO MAPHUNYE	ANWN	2004	23	6:02.9
4	DEROCIOUS MAKHOBALO	CGA	2676	34	6:04.2
5	ZEINEL TSIPIA	LIMA	3285	28	6:10.8
6	BENNETT MOLEFE	CGA	2659	22	6:13.1
7	MOHAU RASOGO	ANWN	2003	23	6:17.1
8	SIMPHIWE SIBIYA	KZNA	2976	31	6:19.6
9	TSHEPANG TLAMAMO	AVT	2303	21	6:22.6
10	MPUMELELO MOKOENA	CGA	2672	28	6:27.1
11	APHENDULE VUSANI	KZNA	2971	28	6:31.2
12	MORENA TSOTETSI	AVT	2309	29	6:33.6
13	ANANIUS MASILA	LIMA	3289	32	6:47.9
14	SIBENAKALISO MBATHA	AVT	2302	21	6:50.4
15	MPHO ACHUSE	AVT	2297	19	6:52.8
DQ	SIFISO BUTHELEZI	CGA	2674	32	6:27.5

E29 - JM_2

Place	Name	Team	Bib No	Age	Total Time
1	THAROLLO MAJA	CGA	2641	18	6:03.7
2	JASON VERMEULEN	CGA	2649	19	6:11.7
3	CAYDE DE WAAL	CGA	2648	19	6:15.6
4	JACOB MALESELA TUUBA	CGA	2639	18	6:28.4
5	SOLOMON LEDWABA	LIMA	3267	19	6:31.5
6	KOKETSO LEKAKA	LIMA	3268	19	6:38.3
7	NGCALI MAQOKOLO	CGA	2650	19	6:47.1
8	LEHLOHONOLO MONYAMANE	CGA	2640	18	7:14.5

E29 - YM_2

Place	Name	Team	Bib No	Age	Total Time
1	JADEN DE WET	CGA	2629	17	6:14.6
2	SAMKELO MBESA	AGN	1062	16	6:21.0
3	JOHAN ROELOFSE	AGN	1060	16	6:31.9
4	SABELOSETHU MAHLABA	KZNA	2946	17	6:32.9
5	TSHEPANG CHEGO	CGA	2632	17	6:44.4
6	TAKONDWA LONGWE	CGA	2615	16	6:49.3
7	THAPELO MATIKANE	CGA	2631	17	6:56.3
8	TYLER NELSON	CGA	2616	16	7:01.9
9	MARCO PRINS	CGA	2630	17	7:09.5
DQ	SFISO MAKOLOMAKWA	AGN	1082	17	6:11.9

Bandits

Place	Name	Team	Bib No	Age	Total Time
1	ABEDNICO CHOBA	AGN	1110	20	1:34:02.0
2	Unknown Chip: 8000001ad		10001		5:49:39.3
3	Unknown Chip: 80000068f		10002		5:59:00.8
4	Unknown Chip: 000092a64		10003		6:26:40.7
5	Unknown Chip: 800000030		10004		6:28:31.8
6	WESSEL FOURIE	AGN	942	10	7:38:41.6
7	Unknown Chip: 800000131		10005		9:30:49.0
8	Unknown Chip: 000000000		10006		10:01:51.2
9	Unknown Chip: 4a87dc89e		10007		10:13:48.7
10	MPHO MATJILA	AGN	1141	26	10:25:52.2