

**ASWD Outeniqua Marathon 21.1km / 42.2km / 50k**  
**Outeniqua Marathon Overall Results**  
**April 26, 2014**  
**ASWD IPICO TIMING**

**21km**

Place	Name	Club	Age Group	Chip Time	Division
1	Lloyd Bosman	Nedbank SWD	M 20-39	1:07:56	21km
2	Elfonzo Pieterse	Nedbank SWD	M 20-39	1:14:13	21km
3	Heinrich Sauls	De Rust Striders	M 20-39	1:17:14	21km
4	Roger Dickson	VOB	M 40-49	1:18:26	21km
5	Elton Botha	Knysna Marathon	M 20-39	1:24:08	21km
6	Hermanus Jonkerman	Nedbank SWD	M 50-59	1:28:04	21km
7	Francois du Toit	Outeniqua Harriers	M 20-39	1:28:19	21km
8	Jaco Botha	Wingate	M 40-49	1:29:00	21km
9	Granville Gelant	Nedbank SWD	M 15-19	1:30:48	21km
10	Elphus Maweza	New Balance MS	M 40-49	1:30:48	21km
11	Cornelius Bewee	Sedgefield Striders	M 50-59	1:31:03	21km
12	Helga Mathee	Nedbank SWD	F 20-39	1:31:46	21km
13	Marsel Roos	Knysna Marathon	M 20-39	1:32:02	21km
14	Sipho Stulo	Outeniqua Harriers	M 40-49	1:32:12	21km
15	Kyle van Vuuren	Temp	M 15-19	1:33:06	21km
16	Sanet Brits	Nedbank SWD	F 50-59	1:33:18	21km
17	Gavin Jantjies	Sedgefield	M 20-39	1:33:32	21km
18	Arno du Plessis	Outeniqua Harriers	M 20-39	1:33:39	21km
19	Dudley April	Nedbank SWD	M 15-19	1:34:40	21km
20	Cecilia Nel	Hartenbos Drawwers	F 20-39	1:34:43	21km
21	Louis Plaatjies	Sedgefield	M 20-39	1:34:47	21km
22	Rico Groenewald	Outeniqua Harriers	M 20-39	1:34:56	21km
23	Wesley van der Merwe	RCS Gugs	M 20-39	1:35:05	21km
24	Allan Ryninks	Wild Runners	M 50-59	1:35:13	21km
25	Malan du Preez	Outeniqua Harriers	M 40-49	1:35:55	21km
26	Greg Kerr	Outeniqua Harriers	M 50-59	1:36:25	21km
27	Bheki Maphanga	New Balance MS	M 20-39	1:36:43	21km
28	Matthew Cook	Stand AC	M 20-39	1:37:24	21km
29	Louis Brink	Wild Runner	M 40-49	1:39:54	21km
30	Charmaine Lamprecht	Nedbank SWD	F 20-39	1:40:27	21km
31	Angelo Malgas	Temp	M 20-39	1:41:58	21km
32	Kyle Smith	Temp	M 20-39	1:42:06	21km
33	Georgie Minopetros	Plett AC	M 20-39	1:42:06	21km
34	Johan van der Berg	Outeniqua Harriers	M 20-39	1:42:07	21km
35	Cornel Wright	Outeniqua Harriers	M 20-39	1:42:29	21km
36	Gerda Henn	Wild Runners	F 20-39	1:43:10	21km
37	Michael jansen van Vuuren	Plett AC	M 50-59	1:44:07	21km
38	Marie Wolmarans	Nedbank SWD	F 50-59	1:44:12	21km
39	Jo Tanner	Temp	F 40-49	1:45:30	21km
40	Alfred Nise	Knysna Marathon	M 40-49	1:45:51	21km
41	Thabu Bester	Outeniqua Harriers	M 20-39	1:46:17	21km
42	Harish Subramanien	Temp	M 20-39	1:46:18	21km
43	Petrus Groenewald	Oudtshoorn AAC	M 40-49	1:46:20	21km

44	Peter Veysie	Outeniqua Harriers	M 50-59	1:46:24	21km
45	Aiden Ryan	Temp	M 40-49	1:46:32	21km
46	Janet Woodhead	Plett AC	F 20-39	1:46:41	21km
47	Eugene Marais	New Balance MS	M 40-49	1:46:45	21km
48	Jan du Toit	Hartenbos Drawwers	M 60-99	1:47:05	21km
49	Carla Coetzee	Nedbank SWD	F 20-39	1:48:28	21km
50	Vicki van der Walt	Temp	F 40-49	1:48:56	21km
51	Lloyd Martindale	Temp	M 40-49	1:49:35	21km
52	Manie Steenkamp	Nedbank SWD	M 60-99	1:50:05	21km
53	Helgard Muller	Nedbank SWD	M 40-49	1:50:31	21km
54	Helene van Eeden	Temp	F 40-49	1:50:36	21km
55	Gerhardt Roux	New Balance MS	M 20-39	1:50:41	21km
56	John Ford	Plett AC	M 50-59	1:50:56	21km
57	Paul Manson-Kullin	Nedbank SWD	M 40-49	1:51:26	21km
58	Warren Webster	Plett AC	M 50-59	1:51:49	21km
59	Sunett de Jager	Nedbank SWD	F 40-49	1:52:00	21km
60	Anton Stockenstrom	RWFL	M 50-59	1:52:25	21km
61	Naretha Sockenstrom	RWFL	F 40-49	1:52:31	21km
62	Paul Bredell	Temp	M 40-49	1:53:06	21km
63	Lorcan McHarry	VOB	M 20-39	1:53:13	21km
64	Antonio de Oliveira	New Balance MS	M 50-59	1:53:43	21km
65	Chris de Jager	Outeniqua Harriers	M 20-39	1:53:43	21km
66	Willie Lategan	Randburg Harriers	M 40-49	1:53:53	21km
67	Carike Jacobs	Nedbank SWD	F 20-39	1:53:54	21km
68	Helen Brink	Hartenbos Drawwers	F 40-49	1:54:22	21km
69	Johannes Brink	Outeniqua Harriers	M 20-39	1:54:35	21km
70	Tania Erasmus	Temp	M 20-39	1:54:37	21km
71	Robin Cook	Stand AC	F 20-39	1:54:54	21km
72	John Hartnick	Paarl AC	M 60-99	1:55:02	21km
73	Morne Gericke	Outeniqua Harriers	M 40-49	1:56:02	21km
74	Matty Boshoff	Temp	F 20-39	1:56:24	21km
75	Suzanne Barnes	Plett AC	F 50-59	1:56:24	21km
76	Claire Badenhorst	Plett AC	F 40-49	1:56:24	21km
77	Ken de Ligneris	Temp	M 60-99	1:56:40	21km
78	Karin Pauw	Nedbank SWD	F 40-49	1:56:59	21km
79	Henry Rhoode	Mosselbay Harriers	M 50-59	1:56:59	21km
80	Kathleen Kirton	Nedbank SWD	F 20-39	1:57:04	21km
81	Hester de Haan	Nedbank SWD	F 50-59	1:57:05	21km
82	Liam Hendrickse	Edgemead Runner	M 20-39	1:57:05	21km
83	Gillian Webster	Temp	F 40-49	1:57:44	21km
84	Candice Kelton	Outeniqua Harriers	F 20-39	1:57:54	21km
85	Jo-anne jansen van Vuuren	Plett AC	F 40-49	1:58:16	21km
86	Catherine Holland	Wild Runners	F 20-39	1:58:19	21km
87	Neo Muller	Temp	M 40-49	1:58:21	21km
88	Kobus Botes	Coacrust	M 60-99	1:58:24	21km
89	Louis Visser	Irene	M 40-49	1:58:24	21km
90	Nadene Visser	Irene	F 40-49	1:58:25	21km
91	Dalene Brink	Temp	F 20-39	1:58:41	21km
92	Richard Hughes	Military Sport	M 40-49	1:58:49	21km
93	Toekie Steenkamp	Nedbank SWD	F 60-99	1:59:04	21km

94	Margaret von Zeil	Outeniqua Harriers	F 40-49	1:59:21	21km
95	Pedro Kapank	Rainbow	M 40-49	1:59:24	21km
96	Tyronne Farrell	Temp	M 20-39	1:59:48	21km
97	Leigh Myburgh	Military Sport	F 40-49	2:01:23	21km
98	Liesl Barnard	Temp	F 20-39	2:02:19	21km
99	Renee Moll	Nedbank SWD	F 40-49	2:02:28	21km
100	Eddie Moll	Temp	M 50-59	2:02:30	21km
101	Burnett Zaayman	Hartenbos Drawwers	M 60-99	2:03:12	21km
102	Ria Mattheus	Plett AC	F 50-59	2:03:26	21km
103	Rachel Boshoff	Nedbank SWD	F 20-39	2:03:48	21km
104	Gary Herbst	Nedbank SWD	M 50-59	2:04:44	21km
105	Tarryn Anelli	Wild Runners	F 20-39	2:04:46	21km
106	Hannes Kooij	Outeniqua Harriers	M 40-49	2:05:07	21km
107	Johan van Aarde	Temp	M 20-39	2:05:19	21km
108	Willem Lubbe	Nedbank SWD	M 50-59	2:05:39	21km
109	Sarita van Heerden	Run Walk for life	F 50-59	2:05:55	21km
110	Mignon Roodt	Nedbank SWD	F 40-49	2:05:56	21km
111	Diana Mouton	Nedbank SWD	F 20-39	2:06:23	21km
112	Evangeline Treurnicht	Nedbank SWD	F 40-49	2:06:42	21km
113	Brendon Jacobs	Temp	M 20-39	2:06:47	21km
114	Herman Botha	Knysna Marathon	M 40-49	2:06:47	21km
115	Lynette Chapman	Outeniqua Harriers	F 40-49	2:07:08	21km
116	Cornelia Burger	Run Walk for life	F 50-59	2:07:12	21km
117	Jane Vincent	Temp	F 40-49	2:07:37	21km
118	Charmaine Meyer	Plett AC	F 40-49	2:09:07	21km
119	Ad Cole	Knysna Marathon	F 40-49	2:09:08	21km
120	Monique Myburgh	Temp	F 20-39	2:09:14	21km
121	Ferdinand Schreck	Military Sport	M 40-49	2:09:25	21km
122	Hela Strez	Wild Runners	F 50-59	2:10:14	21km
123	Michael Pretorius	Nedbank SWD	M 20-39	2:10:15	21km
124	Nadia Terblanche	Run Walk for life	F 50-59	2:10:25	21km
125	Claudia Upham	Warriors AC	F 20-39	2:10:25	21km
126	Gillian Lupton-Smith	Fish Hoek	F 20-39	2:10:58	21km
127	Greg Raaff	Temp	M 40-49	2:11:50	21km
128	Kathy Cillie	RWFL	F 50-59	2:11:51	21km
129	Liedie Coetzee	Plett AC	F 60-99	2:12:36	21km
130	Fiona Katergarakis	Temp	F 20-39	2:12:55	21km
131	Emma Algatsson	Temp	F 40-49	2:12:59	21km
132	Lucy Kaplan	Temp	F 40-49	2:12:59	21km
133	Roelien Odendaal	Outeniqua Harriers	F 20-39	2:13:14	21km
134	Gail Cooper	Temp	F 40-49	2:14:03	21km
135	Hennie Smit	Oudtshoorn AAC	M 40-49	2:14:16	21km
136	Anne Smith	Nedbank SWD	F 20-39	2:14:57	21km
137	Samantha Brink	Wild Runner	F 20-39	2:16:15	21km
138	Joan Cuthbert	Knysna Marathon	F 40-49	2:16:37	21km
139	Vicky Meggersee	Plett AC	F 40-49	2:17:23	21km
140	Marelize Claassen	Hartenbos Drawwers	F 20-39	2:17:55	21km
141	Liesl Jonker	Oudtshoorn AAC	F 40-49	2:18:12	21km
142	Herman Myburgh	Oudtshoorn AAC	M 40-49	2:18:12	21km
143	Glenville Retief	Temp	M 20-39	2:18:13	21km

144	Tertius Steyn	New Balance MS	M 20-39	2:19:34	21km
145	Andreas Essel	Nedbank SWD	M 50-59	2:19:41	21km
146	Nicolene Jansen	Nedbank SWD	F 20-39	2:19:41	21km
147	Henry Fritz	Tygerberg AC	M 20-39	2:19:42	21km
148	Martin Bongers	Carbineers	M 20-39	2:20:39	21km
149	Patrick Brindley	VOB	M 50-59	2:21:31	21km
150	Maurice Wicomb	Oudtshoorn AAC	M 60-99	2:23:19	21km
151	Henning Janse van Rensburg	Nedbank SWD	M 40-49	2:24:52	21km
152	Jean Visser	Outeniqua Harriers	F 40-49	2:26:38	21km
153	Mandie Zietsman	Nedbank SWD	F 40-49	2:26:47	21km
154	Sandra du Toit	Nedbank SWD	F 60-99	2:28:13	21km
155	Marina Heroldt	Nedbank SWD	F 20-39	2:28:21	21km
156	Nicole Visser	Temp	F 20-39	2:28:47	21km
157	Frikkie Werner	Assegai	M 50-59	2:28:49	21km
158	Maria Brand	VOB	F 40-49	2:34:28	21km
159	Suzaene Vorster-Bormann	Nedbank SWD	F 20-39	2:36:07	21km
160	Dirk Bornebusd	Old Eds	M 50-59	2:37:14	21km
161	Luis Frasco	Temp	M 50-59	2:39:46	21km
162	Greta Brock	Temp	F 50-59	2:39:49	21km
163	Max Brock	Temp	M 60-99	2:39:49	21km
164	Roert Meyer	Tygerberg AC	M 60-99	2:40:02	21km
165	Melissa Van Rooyen	Military Sport	F 20-39	2:40:37	21km
166	Frederick Swanepoel	Military Sport	M 40-49	2:40:37	21km
167	Gerald Scheepers	PEAAE	M 60-99	2:41:06	21km
168	Pat Scheepers	PEAAE	M 60-99	2:41:16	21km
170	Craig Brown	VOB	M 60-99	2:43:13	21km
171	Ivanka Frasco	Temp	F 40-49	2:43:26	21km
172	Jacques Lamprecht	Nedbank SWD	M 40-49	2:43:37	21km
173	Ria Bouwer	Hartenbos Drawwers	F 60-99	2:43:42	21km
174	Jackie Anderson	Strand AC	F 40-49	2:44:47	21km
175	Kara Magainaes	Temp	F 20-39	2:44:48	21km
176	Nadeema Marks	Pinelands	F 40-49	2:48:19	21km
177	Petro Miller	Brackenfell	F 40-49	2:51:54	21km
179	David Klein	Knysna Marathon	M 50-59	3:06:06	21km
185	Pamela Duarte	Metropolitan	F 20-39	3:28:24	21km
<b>42.2km</b>					
<b>Place</b>	<b>Name</b>	<b>Club</b>	<b>Age Group</b>	<b>Chip Time</b>	<b>Division</b>
1	Melikhaya Msizi	Knysna Marathon	M 20-39	2:43:06	42.2km
2	Vuyo Witbooi	Outeniqua Harriers	M 20-39	2:59:33	42.2km
3	Dawid Matroos	Rainbow	M 40-49	3:12:18	42.2km
4	Jason Jafta	Run Walk for life	M 50-59	3:12:23	42.2km
5	Sidwell Oktober	Rainbow	M 50-59	3:24:29	42.2km
6	Elrick Spiers	Rainbow	M 50-59	3:26:36	42.2km
7	Kirsty Weir	Nedbank SWD	F 20-39	3:28:45	42.2km
8	Andre van Gend	Nedbank SWD	M 20-39	3:41:17	42.2km
9	George Batchelor	Outeniqua Harriers	M 20-39	3:43:28	42.2km
10	Darren Dukes	Strand AC	M 40-49	3:44:45	42.2km
11	Peter Jaehne	Outeniqua Harriers	M 40-49	3:45:15	42.2km
12	Justin Kruger	Fit 2000	M 40-49	3:47:07	42.2km

13	Charl Bingle	NBMC	M 20-39	3:48:56	42.2km
14	James Ngxale	Knysna Marathon	M 50-59	3:51:01	42.2km
15	Reganald Crowster	Tygerberg AC	M 50-59	3:53:18	42.2km
16	Andrew Cronje	Nedbank SWD	M 40-49	3:54:34	42.2km
17	Suzaan Kruger	Outeniqua Harriers	F 20-39	3:57:08	42.2km
18	Elmien Nel	Nedbank SWD	F 40-49	3:57:08	42.2km
19	David McGibbon	Temp	M 20-39	3:57:23	42.2km
20	Lee Schoombie	Temp	M 20-39	3:57:23	42.2km
21	Brent Harris	Nedbank SWD	M 20-39	3:57:51	42.2km
22	Rome Phillipson-Meyer	Hartenbos Drawwers	F 20-39	3:58:34	42.2km
23	Mario Meyer	Hartenbos Drawwers	M 20-39	3:58:34	42.2km
24	Chanelle Hoffman	Strand AC	F 40-49	4:00:51	42.2km
25	Marike van Dyk	RAC	F 40-49	4:01:30	42.2km
26	Daniel Wijsbroek	West Coast	M 50-59	4:04:19	42.2km
27	Erenst Neethling	Worcester	M 50-59	4:05:38	42.2km
28	Antionette Du Preez	Hartenbos Drawwers	F 40-49	4:05:39	42.2km
29	Peter Berry	New Balance MS	M 20-39	4:05:40	42.2km
30	Gareth Griffiths	Outeniqua Harriers	M 50-59	4:07:00	42.2km
31	Ingrid Dukes	Strand AC	F 40-49	4:08:28	42.2km
32	Maryna Bingle	De Doorns	F 40-49	4:09:25	42.2km
33	Bronwyn Kroon	Temp	F 40-49	4:10:20	42.2km
34	Andre Barnardo	Nedbank SWD	M 50-59	4:13:05	42.2km
35	Roman Wildeman	Nedbank SWD	M 50-59	4:13:27	42.2km
36	Steven Apostolis	Body Concept	M 20-39	4:14:13	42.2km
37	Marali Olen	Nedbank SWD	F 20-39	4:15:11	42.2km
38	Chris de Wet	Hartenbos Drawwers	M 50-59	4:15:11	42.2km
39	Jacques Hofsta	Nedbank SWD	M 20-39	4:16:18	42.2km
40	Johan Le Roux	Chappies RC	M 40-49	4:16:29	42.2km
41	Eugene-Fef Gericke	Outeniqua Harriers	M 20-39	4:18:01	42.2km
42	Vera Nagtegaal	Melkbos AC	F 20-39	4:19:20	42.2km
43	Maryke Sass	PetroSA Running	F 40-49	4:20:37	42.2km
44	Chantell Barkhuizen	Nedbank SWD	F 20-39	4:20:37	42.2km
45	Hannes Labuschagne	Nedbank SWD	M 20-39	4:20:38	42.2km
46	Rina van Schalkwyk	Hartenbos Drawwers	F 50-59	4:20:38	42.2km
47	Jacques Tulleken	Outeniqua Harriers	M 40-49	4:24:49	42.2km
48	Bentley Sederstroom	Run Walk for Life	M 40-49	4:27:58	42.2km
49	Liezel Leonard	Outeniqua Harriers	F 20-39	4:28:35	42.2km
50	Leander Classen	Nedbank SWD	M 20-39	4:28:35	42.2km
51	Danie Leonard	Outeniqua Harriers	M 20-39	4:28:37	42.2km
52	Berrie Geldenhuys	Hartenbos Drawwers	M 40-49	4:29:02	42.2km
53	Salman James	Outeniqua Harriers	M 50-59	4:30:01	42.2km
54	Israel Jacobs	Outeniqua Harriers	M 40-49	4:30:18	42.2km
55	Dianne Peel	Discovery CG	F 40-49	4:30:19	42.2km
56	Andre Fourie	Kimberley Harriers	M 40-49	4:30:58	42.2km
57	Liezl van Rooyen	Strand AC	F 20-39	4:31:21	42.2km
58	Moses Frauis	Outeniqua Harriers	M 40-49	4:33:57	42.2km
59	John Armstrong	Dainfern	M 50-59	4:40:35	42.2km
60	Diane Heyman	Jeppe Ovondam	F 40-49	4:43:58	42.2km
61	Jan Adriaan Venter	Hartenbos Drawwers	M 40-49	4:49:20	42.2km
62	Linda Jooste	Hartenbos Drawwers	F 20-39	4:49:20	42.2km

63	Rudy Koen	Outeniqua Harriers	M 20-39	4:49:59	42.2km
64	Michelle Taylor	RAC	F 40-49	4:50:29	42.2km
65	Ric Marini	RAC	M 50-59	4:50:30	42.2km
66	Hester Fortune	Brackenfell	F 50-59	4:51:06	42.2km
67	Sharon Brown	Knysna Marathon	F 50-59	4:53:45	42.2km
68	Danie Brown	Knysna Marathon	M 50-59	4:53:45	42.2km
69	Ben Boucher	Hartenbos Drawwers	M 60-99	4:53:48	42.2km
70	Wayne Lawson	Fish Hoek	M 20-39	4:54:32	42.2km
71	Matie Stanler	Secunda	M 50-59	4:54:56	42.2km
72	Elre Fredericks	NBMC	F 20-39	4:55:29	42.2km
73	Rene Schuller	Top Form	F 40-49	4:55:36	42.2km
74	ABJ Abrahams	Top Form	M 40-49	4:55:37	42.2km
75	Brenda Kritzingner	Hartenbos Drawwers	F 50-59	4:55:38	42.2km
76	Nippy Gripivell	PMMC	M 60-99	4:55:59	42.2km
77	Martin Coetzer	Hartenbos Drawwers	M 60-99	4:56:07	42.2km
78	Tony Tunar	Edgemead	M 50-59	4:56:57	42.2km
79	Ebrahim Abrahams	Itheke AC	M 40-49	4:59:02	42.2km
80	Anver Yasij	Top Form	M 50-59	4:59:39	42.2km
81	Taswell Schuller	Top Form	M 40-49	4:59:41	42.2km
82	Jessica Bell	Fish Hoek	F 20-39	5:04:10	42.2km
83	Bruce Bell	Fish Hoek	M 50-59	5:04:10	42.2km
84	Marisha Trout	New Balance MS	F 40-49	5:07:57	42.2km
85	Magedie Theunissen	Top Form	M 50-59	5:10:14	42.2km
86	Malcolm Haye	Metropolitan AC	M 40-49	5:23:30	42.2km
87	Saiedien Milward	Pinelands	M 50-59	5:25:25	42.2km

### 50km

Place	Name	Club	Age Group	Chip Time	Division
1	Johnny Young	Run Walk for life	M 20-39	3:25:45	50km
2	Lindile Tokota	Nedbank SWD	M 40-49	3:30:04	50km
3	Keith Clark	Outeniqua Harriers	M 20-39	3:34:14	50km
4	Jacques Mouton	Outeniqua Harriers	M 20-39	3:39:23	50km
5	Rodney Halom	Outeniqua Harriers	M 20-39	3:46:31	50km
6	Jacobus Boshoff	Nedbank SWD	M 40-49	3:47:17	50km
7	Candyce Hall	Carbineers	F 20-39	4:04:46	50km
8	Stephan Joubert	Outeniqua Harriers	M 20-39	4:10:05	50km
9	Kevi Levin	Temp	M 50-59	4:14:14	50km
10	Eddie Mouton	Nedbank SWD	M 40-49	4:23:37	50km
11	Joey Klaasen	Nedbank SWD	M 40-49	4:24:16	50km
12	Andries Greyling	Brackenfell	M 40-49	4:31:46	50km
13	George Upham	Sunward AC	M 50-59	4:42:04	50km
14	Gregory Hawley	Knysna Marathon	M 40-49	4:45:16	50km
15	Stephen Meijers	Temp	M 50-59	4:48:34	50km
16	Arthur Valasis	Hamlett AC	M 60-99	4:48:34	50km
17	Greg Slade	Temp	M 20-39	4:49:42	50km
18	Monica Taylor	Plett AC	F 20-39	4:52:59	50km
19	Leon van der Merwe	Hartenbos Drawwers	M 50-59	4:54:13	50km
20	Ruweida Du Preez	Run Walk for Life	F 40-49	4:54:13	50km
21	Cheryl Witte	Warriors AC	F 50-59	4:55:21	50km
22	Paul Bowen	Temp	M 20-39	4:58:47	50km

23	Jacob Oliphant	Transnet AC	M 40-49	4:59:17	50km
24	Johnny Dhlamini	PetroSA Running	M 50-59	4:59:38	50km
25	Carmen Marx	Hartenbos Drawwers	F 20-39	4:59:39	50km
26	Virginia van Schalkwyk	Hartenbos Drawwers	F 50-59	4:59:39	50km
27	Edward Potzee	Transnet AC	M 40-49	5:01:23	50km
28	Annelie Nel	Temp	F 20-39	5:03:46	50km
29	Renate Wagener	Beaufortwes Drawwers	F 20-39	5:12:51	50km
30	Yolind Strydom	Nedbank SWD	F 20-39	5:15:20	50km
31	Julian Karp	Temp	M 50-59	5:15:32	50km
32	Morne Henning	Body Concept	M 40-49	5:18:20	50km
33	Martie Swanepoel	NBMC	F 40-49	5:18:22	50km
34	Dumisani Nyandeni	PetroSA Running	M 40-49	5:23:08	50km
35	Jacky Scholtz	Douglas AC	F 40-49	5:38:43	50km
36	Lee Paige	Temp	F 40-49	5:41:03	50km
37	Michael Fowler	Temp	M 40-49	5:41:04	50km
38	Jonathan Mandell	Charlo AC	M 40-49	5:41:04	50km
39	Johanna Taylor	Fish Hoek	F 50-59	5:43:18	50km
40	Leon Visser	Brackenfell	M 40-49	5:43:35	50km
41	Xavier Janse van Rensburg	Nedbank SWD	M 20-39	5:44:17	50km
42	Heinrich Botha	Irene	M 40-49	5:50:08	50km
43	Theresa Lillis	Greenshields Park	F 50-59	5:52:53	50km
44	Caroline Sands	Houtbay Harriers	F 50-59	5:53:35	50km
45	Louise Visser	BN AC	F 50-59	5:53:35	50km
46	Marilyn Bull	Temp	F 20-39	5:54:08	50km
47	Sarah Martins	Metropolitan	F 50-59	5:54:42	50km
48	Jaco Ekkerd	Hartenbos Drawwers	M 40-49	5:54:44	50km
49	Andreas Lampret	Rockies	M 20-39	5:59:51	50km
50	Bilal Ahad	PetroSA Running	M 40-49	6:01:07	50km
51	Joseph Stoffels	Run Walk for Life	M 50-59	6:01:35	50km
52	Laetitia Laubscher	Hartenbos Drawwers	F 40-49	6:03:42	50km