

Start Time 06:35:40

24km

Position	Elapsed Time	Athlete's Number	Athlete's Name
1	01:39:29	60	Prodigal Khumalo
2	01:41:05	148	Phumlani Xolo
3	01:50:11	90	Zothile Moto
4	02:02:40	22	Mngqobi Cebekhulu
5	02:02:44	175	Mkhanyiso Sibiya
6	02:02:45	65	Peter Lamont
7	02:07:45	70	Linda Magwaza
8	02:10:33	159	Brian Lamb
9	02:11:25	67	Linda Muyikayise
10	02:11:25	16	Amy Burger
11	02:16:43	163	Doctor Bhengu
12	02:16:51	84	Zisandele Mkhize
13	02:17:55	127	PY Shandu
14	02:23:48	166	Elisha Gqamane
15	02:25:56	52	Michael Hind
16	02:26:09	174	Sizwe Mthabela
17	02:29:54	24	Brian Chedzy
18	02:31:12	41	Michael Frankish
19	02:33:22	64	Casper Kriel
20	02:33:24	35	Nicolaas Engelbrecht
21	02:34:28	104	John Ngwenya
22	02:35:04	179	Daniel Gildenhuys
23	02:35:40	34	Phakamile Dube
24	02:37:16	81	Nkosinathi Mhlongo
25	02:37:35	32	Thamsanqa Dube
26	02:37:48	18	David Campbell
27	02:39:57	1	Michael Abraham
28	02:46:02	183	Joshua van Blerk
29	02:48:23	23	Andile Cebekhulu
30	02:49:51	53	Angela Hullet
31	02:49:57	180	Bradley Sanders
32	02:49:57	182	Philip Walsh
33	02:49:58	184	Oliver Sclanders
34	02:50:25	181	Ashley Maclachlan
35	02:50:26	123	Daniel Schnargl
36	02:50:32	146	Brett Weyer
37	02:50:56	9	Arthur Bertram
38	02:51:05	69	Mfihlakalo Mabuyakhulu
39	02:51:07	88	Daniel Moody
40	02:56:28	126	Brett Schwikkard
41	02:59:37	135	Dale Thomas
42	02:59:47	131	Craig Stewart
43	03:00:08	76	Mark Mattson
44	03:01:40	61	Xolani Khumalo
45	03:03:49	173	Jess Nicholson
46	03:03:54	111	Cally Patchitt
47	03:03:54	178	Chris Brits
48	03:04:53	130	Grant Stewart
49	03:05:04	164	Bonginkosi Mtshali
50	03:07:21	36	Candice Farland
51	03:08:26	5	Gail Arnell
52	03:08:40	162	Khulekani Mhlongo
53	03:09:44	87	Sabelo Mncwango
54	03:10:55	57	Nitsa Kanarachos
55	03:10:55	172	Roy Singh
56	03:12:47	145	Izel Wessels
57	03:12:48	177	Telaine Grobler
58	03:12:50	86	Nokuthula Mncube
59	03:12:58	25	Gwynne Chedzy
60	03:13:56	78	Sifiso Mbuyazi
61	03:13:56	129	Menzi Sibiya
62	03:16:20	176	Gerald Scheepers
63	03:16:41	99	Nicolas Nell
64	03:18:40	140	Chris vd Westhuisen
65	03:22:12	95	Jabulani Mtonsi
66	03:22:14	46	Sethabile Gwala

67	03:23:50	74	Themba Masuku
68	03:25:24	171	Mayibongwe Qwabe
69	03:25:31	77	Buhle Mazibuko
70	03:25:40	56	Dylan Jones
71	03:26:33	158	Nkosinathi Cele
72	03:26:50	54	Yvonne Irmischer
73	03:26:56	85	Nobahle Mncube
74	03:26:59	98	Rittah Nchabeleng
75	03:27:37	154	Sibusiso Zungu
76	03:28:19	42	Igna Freysen
77	03:28:22	4	Dalleen Appel
78	03:28:23	132	Rialine Steyn
79	03:32:19	50	Megan Herbst
80	03:32:19	49	Coenie Herbst
81	03:32:32	112	Dalene Pohl
82	03:36:22	167	Vusi Ndlovu
83	03:37:25	17	Nomfundo Buthelezi
84	03:38:15	96	Katelyn Mullon
85	03:38:34	11	Adri Booysen
86	03:38:46	19	Matthew Campbell
87	03:38:46	20	Tim Campbell
88	03:40:06	68	Theresa Lots
89	03:43:35	169	Ntombi Ndaba
90	03:43:36	170	Gwdo Gwala
91	03:47:28	107	Karl Rottcher
92	03:47:29	119	Keri Rottcher
93	03:48:33	133	Esmeraldo Stuart
94	03:50:13	168	Clarence Magwaza
95	03:50:39	156	Mfowethu Zungu
96	03:58:25	102	Justice Ngwane
97	03:58:25	103	Teresa Ngwenya
98	03:58:48	100	Makhosi Ngidi
99	03:59:18	186	Nokuthula Mhlungu
100	03:59:31	51	Vicki Hicken
101	03:59:48	144	Alan Waller
102	03:59:48	143	Natalie Waller
103	04:03:15	114	Joanita Pretorius
104	04:03:15	48	Ron Heathcote
105	04:04:31	185	Khanyiso Khumalo
106	04:07:35	59	Rudolph Kay
107	04:08:24	28	Tania de Klerk
108	04:08:24	27	Nicola Cox
109	04:08:45	62	Magugu Khuzwayo
110	04:08:45	108	Moruti Ntholeng
111	04:08:46	165	Lucas Buthelezi
112	04:08:47	122	Sibongakonke Sabele
113	04:08:47	150	Shadile Zulu
114	04:11:17	63	Daniel Kotze
115	04:12:32	93	Phindile Mthembu
116	04:15:03	113	Sari Pretorius
117	04:24:22	141	Andre Venter
118	04:24:28	142	Sian Venter
119	04:25:41	37	Denham Ferguson
120	04:25:57	13	Kate Brading
121	04:26:00	125	Annalize Schouten
122	04:26:47	139	Joshua van Wyk
123	04:26:47	136	Melissa van Biljon
124	04:28:40	66	Nadia Lee
125	04:28:41	71	Futhi Mahaye
126	04:30:25	39	Des Ferreria
127	04:30:25	116	Angela Rediniger
128	04:30:26	117	Jessica Redinger
129	04:32:29	157	Khethekuhle Zungu
130	04:33:27	92	Ndileka Msweli
131	04:33:28	151	Vusi Zuma
132	04:44:41	121	Cheryl Russouw
133	04:45:47	72	Jackie Marais
134	04:45:48	73	Sharleen Martin
135	04:46:40	137	Anthony van Wyk
136	04:46:41	138	Sanette van Wyk

137	04:50:01	101	Nomusa Ngonyama
138	05:04:07	89	Derek Moor
139	05:04:56	3	Ileen Andrews
140	05:04:57	26	Lenora Covele
141	05:06:04	134	Bernie Swartz
142	05:07:37	161	Nosipho Vezi
143	05:07:37	33	Nonhle Dube
144	05:12:23	155	Andile Zungu
145	05:17:18	75	Silindile Masuku
146	05:18:20	160	Sizakele Ngcobo
147	05:19:28	118	Craig Rosen
148	05:19:28	12	Maritza Borain
149	05:26:59	45	Cheryl Grant
150	05:32:52	80	Nonto Mfeka
151	05:44:18	149	Thobeka Zonde
152	06:23:26	31	Sheila Dry
153	06:23:27	40	Cheryl Forte
154	06:28:55	15	Jenny Brits
155	06:28:56	7	Megan Balzer
156	07:06:06	58	Darcia Kay
157	07:06:12	91	Hazeldene Mouton
158		Did not start	Monique Badenhorst