

1	Lindilo	Tokota	Liberty Life	02:25:27	602	42	Male	39	SV
2	Julio	Saaiers	Liberty Nike	02:33:16	601	42	Male	37	SV
3	Eddie	Lambert	Harmony	02:38:23	232	42	Male	29	S
4	Johan	Stemmet	Bonnievale, SWD	02:52:05	871	42	Male	32	S
5	Dewald	Kleinhans	Langeberg	02:53:14	959	42	Male	24	S
6	Hermanus	Jonkerman	Outeniqua Harriers	02:57:32	54	42	Male	47	V
7	Daniel	Wijsbroek	Helderberg Harriers	03:05:06	7370	42	Male	47	V
8	André	Barnard	Outeniqua Harriers	03:08:28	20	42	Male		
9	Michelle	Murry	Mr Price Celtics	03:15:05	886	42	Female	44	V
10	Frikkie	Ellis	Outeniqua Harriers	03:15:06	45	42	Male	45	V
11	Jacob	Karelse	Mosselbaai Harriers	03:19:25	366	42	Male	48	V
12	Annatjie	Botes	Outeniqua Harriers	03:20:36	145	42	Female	48	V
13	Eddie	Mouton	Outeniqua Harriers	03:24:36	14	42	Male	32	
14	Godfrey	Swartz	Hangklip Atletiek	03:25:31	1336	42	Male	35	
15	Veronica	van Niekerk	Elgin Grabouw	03:25:41	1333	42	Female	61	GM
16	Arthur	Valasis	Jeppe Quondam	03:31:16	9696	42	Male	55	
17	Ian	Gillespie	Worcester	03:35:16	1371	42	Male	40	
18	Lisl	Grobler	Knysna, SWD	03:37:54	659	42	Female	30	S
19	Sonia	Harock		03:39:54	6843	42	Female	43	V
20	Casper	Greeff	Atlantic Athletic Club	03:43:58	3264	42	Male	71	
21	Jaco	Wolfaardt	Langeberg	03:46:13	556	42	Male	33	
22	Annemarie	Matthysen	Langeberg	03:46:14	555	42	Female	49	V
23	Arina	Cilliers	ORAK	03:46:19	1638	42	Female	38	SV
24	Johnny	Dhlamini	Mosselbaai Harriers, SWD	03:46:24	378	42	Male	44	
25	Pieter	Muller		03:51:15	690	42	Male	31	
26	Una	Saayman	Mosselbaai Harriers	03:55:57	384	42	Female		
27	Mariette	de Haan	Outeniqua Harriers	03:57:35	107	42	Female	52	M
28	Malcolm	Marks	Hewat Athletic Club	03:58:34	7500	42	Male	50	
29	Johan	de Kock	Whalers Athletic Club	03:58:43	409	42	Male	35	
30	Christa	Smit	Mosselbaai Harriers	03:59:01	457	42	Female	39	SV
31	Maryke	Sass	Mosselbaai Harriers	04:00:49	383	42	Female	35	SV
32	Barbara	Hage	Eden Athletic Club	04:04:29	715	42	Female	39	SV
33	Ad	Cole	Eden Athletic Club	04:09:16	714	42	Female	39	SV
34	Peter	Koedyk	Fit 2000, WP	04:13:26	7499	42	Male	40	V
35	Dorothy	Faught	Brackenfell	04:13:53	101	42	Female	43	V
36	Rosa	Schoeman	Langeberg	04:14:13	575	42	Female	30	S
37	Julian	Maggott	Metropolitan	04:16:21	7716	42	Male	46	V
38	Gerald	Jantjies		04:16:37	692	42	Male		
39	Max	Visagie	Mosselbaai Harriers	04:22:15	376	42	Female	34	S
40	Willie	De Wet	Langeberg	04:25:01	567	42	Male	39	SV
41	Chris	Leggatt	Eden	04:30:06	222	42	Male	35	SV
42	Isabeau	Brönn	Bonnievale	04:55:02	880	42	Female	45	V
43	Elizka Corlia	Hendrikse	Durbanville	04:55:03	5670	42	Female	36	SV
44	Justine	Sharples	Eden Athletic Club	04:59:03	716	42	Female	33	S
	Desmore	Orpel	Durbac	DNS	5809	42	Male	46	V
	Ian	Kirton	Outeniqua Harriers	DNF	147	42	Male		
	Jean	Burgher	Hewat Athletic Club	DNS	7489	42	Female	43	V
	Johan	Keuler	CGA	DNS	5676	42	Male	62	GM
	Kathleen	Kirton	Outeniqua Harriers	DNF	149	42	Female	28	S
	Keith	Solomon	Hewat Athletic Club	DNS	7501	42	Male	45	V
	Nicky	McGee	Harmony Gold WP	DNS	4252	42	Male	43	V
	Nicky	Payne	Whalers Athletic Club	DNS	351	42	Female	41	V
	Petros	Mahlangu	Mosselbaai Harriers	DNS	364	42	Male	41	V
	Quintus	Schumann	Langeberg	DNS	947	42	Male	56	M