

Houtkapper Trail Run 2018 Results

27KM

| Position | Race Number | First Name | Last Name | Gender | Club | Race Time |
|----------|-------------|-----------------------|-----------------|--------|----------------------|-----------|
| 1 | 53 | Sean | McGibbon | male | Temp | 02:16:04 |
| 2 | 48 | Ryan | Winter | male | Pinelands AC | 02:29:54 |
| 3 | 70 | David | McGibbon | male | Temp | 02:33:08 |
| 4 | 25 | Theunis | Botha | male | Temp | 02:35:16 |
| 5 | 119 | Wayne | Liddell | male | Temp | 02:38:02 |
| 6 | 47 | Andrew | Van Blommestein | male | Temp | 02:43:49 |
| 7 | 75 | Jonathan James Andrew | Bell | male | Carbineers AC | 02:44:01 |
| 8 | 131 | Erik | Williamson | male | Brackenfell AC | 02:44:08 |
| 9 | 97 | Danie | van Zyl | male | Wellington AC | 02:45:07 |
| 10 | 126 | Jo | Mackenzie | female | Plett AC | 02:45:41 |
| 11 | 125 | Georgie | Minopetros | male | Plett AC | 02:45:41 |
| 12 | 141 | André | Hugo | male | Temp | 02:49:10 |
| 13 | 91 | Andries | van Rhyn | male | Paarl AC | 02:50:41 |
| 14 | 124 | Ryan | Morawski | male | Temp | 02:54:39 |
| 15 | 117 | Duncan | Rennie | male | Knysna Marathon Club | 02:55:02 |
| 16 | 68 | Marcel | du Plessis | male | Carbineers AC | 02:56:38 |
| 17 | 69 | Callum | Kilpin | male | Temp | 02:57:22 |
| 18 | 42 | Jeannette | Wylie | female | Temp | 02:57:23 |
| 19 | 16 | Brad | Nelson | male | Pirates Running Club | 02:58:08 |
| 20 | 110 | Reynars | Van straat | male | RWFL | 02:58:37 |
| 21 | 114 | Jennifer Lee | Hofmeyr | female | Temp | 03:02:06 |
| 22 | 118 | Laura | Peddle | female | Strand AC | 03:03:12 |
| 23 | 109 | Neel | Breitenbach | female | Temp | 03:05:57 |
| 24 | 46 | Andrea | Van Blommestein | female | Temp | 03:07:21 |
| 25 | 136 | Gerrit | Fyver | male | Charlo AC | 03:11:35 |

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|----|-----|------------|-------------|--------|------------------------------------|----------|
| 26 | 82 | Robyn | Taylor | female | Knysna Marathon Club | 03:12:47 |
| 27 | 24 | Prieur | du Plessis | male | Atlantic AC | 03:14:00 |
| 28 | 104 | Nico | Smith | male | Warriors Running Club | 03:14:02 |
| 29 | 58 | Emily | Aitken | female | Temp | 03:14:53 |
| 30 | 90 | Stephanus | Lombard | male | Temp | 03:16:20 |
| 31 | 129 | Rudolf | Schroder | male | Temp | 03:16:56 |
| 32 | 73 | James | Robey | male | Temp | 03:20:36 |
| 33 | 44 | Clayton | Kensley | male | Temp | 03:21:09 |
| 34 | 45 | Marieke | Kensley | female | Temp | 03:21:09 |
| 35 | 121 | Ighsaan | Isaacs | male | Malabar Athletic Club | 03:22:00 |
| 36 | 122 | Sameer | Agherdien | male | Temp | 03:22:47 |
| 37 | 135 | Vanessa | Salisbury | female | Temp | 03:23:17 |
| 38 | 11 | Kevin | Gillmer | male | Muirite Striders | 03:23:27 |
| 39 | 101 | Tyron | Evans | male | Temp | 03:23:34 |
| 40 | 33 | nick | woodhead | male | Temp | 03:23:35 |
| 41 | 36 | Monica | Taylor | female | Plett AC | 03:23:35 |
| 42 | 116 | Renscha | van Heerden | female | Cape Multi Sport Club | 03:24:17 |
| 43 | 40 | Rodger | Ayton | male | Knysna Marathon Club | 03:24:19 |
| 44 | 130 | Jacqueline | Dersley | female | Temp | 03:25:54 |
| 45 | 74 | Joanne | Stead | female | Plett AC | 03:27:30 |
| 46 | 38 | Raoul | de Villiers | male | Temp | 03:28:13 |
| 47 | 85 | Bernardt | Kotze | male | Temp | 03:28:53 |
| 48 | 123 | Philip | Botha | male | Nedbank Running Club – East London | 03:29:10 |
| 49 | 57 | Chandre | Boshoff | female | Outeniqua Harriers | 03:30:45 |
| 50 | 106 | Shirley | Bosman | male | Temp | 03:31:03 |
| 51 | 65 | Marius | du Plessis | male | Temp | 03:31:20 |
| 52 | 100 | Geanne | Darke | female | St Francis Runners | 03:31:32 |
| 53 | 134 | Keith | Buhr | male | Body Concept Road Warriors | 03:31:33 |
| 54 | 28 | Jason | Stark | male | Temp | 03:34:21 |
| 55 | 92 | Freddie | La Grange | male | Nedbank Running Club - SWD | 03:34:26 |

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|----|-----|----------|---------------|--------|-------------------------|----------|
| 56 | 99 | Lucelle | Theron | female | Crusaders AC | 03:36:20 |
| 57 | 113 | Amri | Williamson | female | Brackenfell AC | 03:36:21 |
| 58 | 27 | Darren | Mc roberts | male | Temp | 03:37:53 |
| 59 | 142 | Clynton | Tarboton | male | Temp | 03:37:55 |
| 60 | 52 | Marius | du Plessis | male | Temp | 03:39:22 |
| 61 | 30 | Tania | Erasmus | female | Temp | 03:41:45 |
| 62 | 17 | Gerry | Greyling | male | Pirates Running Club | 03:43:26 |
| 63 | 39 | Marie | Ayton | female | Knysna Marathon Club | 03:43:26 |
| 64 | 96 | Danielle | Shaw | female | St Francis Runners Club | 03:47:27 |
| 65 | 14 | elri | agenbag | female | Temp | 03:48:14 |
| 66 | 67 | Monica | Neethling | female | Temp | 03:48:41 |
| 67 | 144 | Deborah | Buckley | female | Temp | 03:48:51 |
| 68 | 112 | Jeffrey | Willcocks | male | Outeniqe Harris | 03:50:14 |
| 69 | 138 | Jacques | Nel | male | Temp | 03:50:21 |
| 70 | 127 | Carol | Jordaan | female | Temp | 03:51:09 |
| 71 | 128 | sonja | viljoen | female | Temp | 03:51:10 |
| 72 | 54 | Nadine | Smith | female | Temp | 03:51:18 |
| 73 | 1 | Mihan | Roos | Male | KMC | 03:51:18 |
| 74 | 4 | Johan | Reheeders | Male | Temp | 03:51:19 |
| 75 | 76 | Alan | Shepherd | male | Temp | 03:52:56 |
| 76 | 10 | Leon | Visser | male | Brackenfell AC | 03:54:45 |
| 77 | 108 | Elaine | Olivier | male | Warriors Running Club | 03:55:16 |
| 78 | 107 | Du Raan | Badenhorst | female | Temp | 03:58:37 |
| 79 | 98 | Justine | Sharples | female | Outeniqua Harriers | 03:59:43 |
| 80 | 115 | Wessel | van Niekerk | male | Temp | 03:59:44 |
| 81 | 21 | Andrew | Hollely | male | Temp | 04:04:16 |
| 82 | 81 | Philippa | Skowno | female | Harfield Harriers | 04:04:32 |
| 83 | 41 | Gerda | van Schalkwyk | female | ATC Running | 04:04:42 |
| 84 | 56 | Maryke | Mouton | female | ATC Running | 04:04:43 |
| 85 | 132 | Marli | Auret | female | Temp | 04:05:15 |

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|-----|-----|---------------|--------------------|--------|----------------------------|----------|
| 86 | 83 | Jo-Anne | Jansen van Vuuren | female | Plett AC | 04:10:49 |
| 87 | 88 | Yazeed | Cupp | male | Temp | 04:11:04 |
| 88 | 103 | Kurt | Basson | male | Cape Multi Sport Club | 04:11:32 |
| 89 | 15 | Danie | Bruwer | male | Cape Multi Sport Club | 04:11:33 |
| 90 | 18 | Riaan | Janse van Rensburg | male | Cape Multi Sport Club | 04:11:33 |
| 91 | 71 | Clifford | Blake | male | Belville AC | 04:11:33 |
| 92 | 145 | Duian | Beaton | male | Charlo AC | 04:12:42 |
| 93 | 29 | Esme-Marie | Louw | female | Knysna Marathon Club | 04:13:03 |
| 94 | 13 | Julian | Veermeer | male | Stellenbosch AC | 04:13:34 |
| 95 | 12 | Liam | Gannon | male | Stellenbosch AC | 04:13:34 |
| 96 | 95 | Louise | Ackerman | female | St Francis Runners Club | 04:14:11 |
| 97 | 77 | Braden | Murphy | male | Cape Multi Sport Club | 04:18:59 |
| 98 | 22 | Meagan | Geyer | female | Plett AC | 04:20:16 |
| 99 | 94 | Luana | Landman | female | Knysna Marathon Club | 04:26:19 |
| 100 | 8 | Casper | Scholly | Male | Outeniqua Harriers | 04:27:38 |
| 101 | 31 | Patrick James | Elson | male | Gonubie Harriers | 04:30:41 |
| 102 | 32 | Colleen Mandy | Durant | female | Gonubie Harriers | 04:30:41 |
| 103 | 49 | Marina | Devine | female | Temp | 04:40:29 |
| 104 | 84 | Andrea | Smook | female | Satori AC | 04:48:17 |
| 105 | 7 | Muzi | Skosana | Male | Team Vitality Running Club | 04:48:18 |
| 106 | 59 | Tertia | Bruwer | female | Nedbank Running Club - WP | 04:51:52 |
| 107 | 140 | Alexandra | Jongens | female | Temp | 04:51:52 |
| 108 | 139 | Nicholas | Wiltshire | male | Observatory Running Club | 04:51:52 |
| 109 | 50 | Jo-ane | Paulsen | female | Cape Multisport Club Eden | 04:51:53 |
| 110 | 51 | Monique | du Toit | female | RWFL - WP | 04:54:01 |

15km

| Position | Race Number | First Name | Last Name | Gender | Club | Race Time |
|----------|-------------|------------|-----------|--------|------|-----------|
| 1 | 224 | Rohan | Swanepoel | male | Temp | 01:19:52 |

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|----|-----|-------------|---------------|--------|----------------------------|----------|
| 2 | 374 | Anthony | Vertue | male | Temp | 01:25:06 |
| 3 | 375 | Willem | Smit | male | Stellenbosch AC | 01:27:15 |
| 4 | 255 | Christopher | Venter | male | Team Vitality Running Club | 01:29:07 |
| 5 | 253 | Reinhard | Otto | male | Team Vitality | 01:29:54 |
| 6 | 310 | nanette | evenhuis | female | Temp | 01:31:45 |
| 7 | 395 | Barry | de Kock | male | Temp | 01:32:43 |
| 8 | 378 | Christiaan | Paulsen | male | Temp | 01:34:04 |
| 9 | 355 | Chrissie | Viljoen | female | Temp | 01:35:13 |
| 10 | 369 | Misha | Teasdale | male | Temp | 01:36:24 |
| 11 | 334 | Adalein | Maritz | female | Uppington Crusaders | 01:36:36 |
| 12 | 333 | Marietha | Maritz | female | Uppington Crusaders | 01:36:38 |
| 13 | 382 | Alexandra | Ligeti | female | Temp | 01:38:44 |
| 14 | 225 | Clinton | Hill | male | Carbineers AC | 01:39:13 |
| 15 | 314 | Marzahn | Theart | female | Arcelor Mittal Saldanha AC | 01:39:42 |
| 16 | 376 | Leozette | Roode | female | Cape Multi Sport Club | 01:40:19 |
| 17 | 236 | Annelie | Gregory | female | Body Concept Road Warriors | 01:41:53 |
| 18 | 205 | Marc | Cornwell | male | Temp | 01:42:16 |
| 19 | 389 | Toni | Arnold | female | Temp | 01:43:52 |
| 20 | 354 | Jacques | Viljoen | male | Temp | 01:44:32 |
| 21 | 304 | Andrew | Stead | male | Plett AC | 01:45:07 |
| 22 | 267 | Chris | Beneka | male | Temp | 01:47:01 |
| 23 | 402 | Riaz | Orrie | male | Lion of Africa Itheko AC | 01:47:04 |
| 24 | 385 | Schalk | Smit | male | Strand AC | 01:47:06 |
| 25 | 260 | James | Brusatori | male | Temp | 01:48:00 |
| 26 | 331 | Leon | Bester | male | Kouga Multi Sport | 01:48:33 |
| 27 | 339 | Kashief | Martin | male | K-Way VOB Running Club | 01:49:01 |
| 28 | 330 | Abby | Malan | female | Temp | 01:49:12 |
| 29 | 372 | Joseph | van der Merwe | male | Temp | 01:50:14 |
| 30 | 272 | Rudi | Benn | male | Temp | 01:50:24 |
| 31 | 230 | Jaco | Steynberg | male | Temp | 01:52:02 |

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|----|-----|-----------|--------------------|--------|----------------------------|----------|
| 32 | 404 | Arnold | Pegram | male | Temp | 01:52:29 |
| 33 | 302 | Philip | Pieterse | male | Temp | 01:52:29 |
| 34 | 213 | Bernard | Zaayman | male | Temp | 01:52:30 |
| 35 | 392 | Ben | Kooyman | male | Celtic Harriers | 01:52:49 |
| 36 | 393 | elizma | van lill | female | Temp | 01:52:52 |
| 37 | 400 | Roldah | Orrie | female | Lion of Africa Itheko AC | 01:52:55 |
| 38 | 252 | Lukas | Van Der Westhuizen | male | Temp | 01:52:57 |
| 39 | 327 | Petrus | van Niekerk | male | Temp | 01:53:21 |
| 40 | 381 | DELON | BARNARD | male | Knysna Marathon Club | 01:53:36 |
| 41 | 319 | Rudolph | Koekemoer | male | RWFL | 01:54:00 |
| 42 | 242 | Gareth | Cork | male | RWFL - WP | 01:55:04 |
| 43 | 399 | Ashraf | Orrie | male | Lion of Africa Itheko AC | 01:55:08 |
| 44 | 232 | Neville | Lodewyks | male | Temp | 01:55:09 |
| 45 | 363 | Mujhahid | Dickson | male | Central AC | 01:55:30 |
| 46 | 365 | Ubaid | Sauls | male | Central AC | 01:55:31 |
| 47 | 379 | Cari | Niehaus | female | Temp | 01:57:40 |
| 48 | 356 | Chimoné | Otto | female | Nedbank Running Club - SWD | 01:57:47 |
| 49 | 349 | Jess | Quinn | female | Temp | 01:57:49 |
| 50 | 294 | Guillaume | de Swardt | male | Temp | 01:58:31 |
| 51 | 209 | Belinda | Taylor | female | Temp | 01:59:18 |
| 52 | 254 | Jaicee | Bam | male | Team Vitality | 02:00:01 |
| 53 | 237 | Peter | Szeili | male | Knysna Marathon Club | 02:00:10 |
| 54 | 316 | Maryke | Moolman | female | Temp | 02:00:11 |
| 55 | 397 | Matthew | Rose | male | Temp | 02:00:29 |
| 56 | 398 | Chris | Matthee | male | Temp | 02:00:30 |
| 57 | 221 | Johanna | Toerien | female | Temp | 02:00:36 |
| 58 | 220 | Willi | von Borstel | male | Temp | 02:00:37 |
| 59 | 228 | Corrie | de Witt | female | 32gi | 02:01:16 |
| 60 | 219 | Willem | Dafel | male | Elite AC | 02:01:17 |
| 61 | 276 | Christine | Greybe | female | ATC Running | 02:01:17 |

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|----|-----|-------------|-----------------|--------|----------------------------|----------|
| 62 | 239 | Anine | CLAASEN | female | Temp | 02:01:56 |
| 63 | 238 | Brenda | Greybe | female | Temp | 02:01:59 |
| 64 | 256 | Louis | van der Walt | male | Team Vitality Running Club | 02:02:00 |
| 65 | 289 | Michaela | Swanson | female | Temp | 02:03:03 |
| 66 | 292 | Carmen | Schwellnus | female | Temp | 02:03:19 |
| 67 | 278 | Christopher | Schnehage | male | Pinelands AC | 02:03:43 |
| 68 | 300 | Marike | Pieterse | female | Nedbank Running Club - WP | 02:03:58 |
| 69 | 377 | kevin | brown | male | Cape Multisport Club Eden | 02:04:07 |
| 70 | 248 | Nigel | Grey | male | Knysna Marathon Club | 02:04:17 |
| 71 | 324 | Melaina | Gross | female | Hartenbos Drawwers | 02:04:19 |
| 72 | 262 | Minrie | Steyn | female | Durbanville AC | 02:05:06 |
| 73 | 361 | lee | smith | female | Cape Multi Sport Club | 02:05:09 |
| 74 | 326 | nabeel | soeker | male | Lion of Africa Itheko AC | 02:05:12 |
| 75 | 384 | Fayyaadh | Bassier | male | Lion of Africa Itheko AC | 02:05:13 |
| 76 | 301 | Megan | Anderson | female | Temp | 02:06:01 |
| 77 | 227 | Megan | Mitchell | female | Temp | 02:06:18 |
| 78 | 342 | Charlene | De Jager | female | Temp | 02:06:21 |
| 79 | 305 | Janke | Taljaard | male | Temp | 02:06:22 |
| 80 | 210 | Thelma | Roberts-Boucher | female | Temp | 02:08:45 |
| 81 | 258 | Jacques | Booyesen | male | Lion of Africa Itheko AC | 02:08:46 |
| 82 | 311 | Renett | Odendaal | female | Strand AC | 02:08:47 |
| 83 | 312 | Jandri | Rochussen | male | Temp | 02:08:47 |
| 84 | 351 | Lerene | van Niekerk | female | Temp | 02:08:47 |
| 85 | 352 | Delene | Brink | female | Temp | 02:08:48 |
| 86 | 353 | ELISE | PRETORIUS | female | Temp | 02:09:30 |
| 87 | 322 | Peter | Hill | male | Temp | 02:09:32 |
| 88 | 246 | Chris | van Wyk | male | Boksburg AC | 02:10:05 |
| 89 | 287 | dean | gow | male | 32GI | 02:10:56 |
| 90 | 306 | Fazlin | Martin | female | K-Way VOB Running Club | 02:10:59 |
| 91 | 357 | Bertus | van Niekerk | male | Nedbank Running Club - SWD | 02:11:50 |

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|-----|-----|-----------|-------------|--------|----------------------------|----------|
| 92 | 341 | Godfrey | Goslett | male | Cape Multi Sport Club | 02:12:24 |
| 93 | 360 | Trish | Cook | female | Somerset Striders | 02:12:25 |
| 94 | 336 | Marika | Nel | female | Upington Crusaders | 02:12:55 |
| 95 | 337 | Pierre | Nel | male | Upington Crusaders | 02:13:14 |
| 96 | 387 | Kim | Hall | female | Temp | 02:13:35 |
| 97 | 313 | Esmé | Beamish | female | Temp | 02:13:41 |
| 98 | 247 | Rita | van Wyk | female | Boksburg | 02:14:53 |
| 99 | 328 | Bryony | van Niekerk | female | Temp | 02:15:05 |
| 100 | 347 | Terri | Pautz | female | Temp | 02:15:08 |
| 101 | 286 | Eva | Rienhardt | female | Nedbank Running Club - WP | 02:15:15 |
| 102 | 283 | Leatitia | du Toit | female | Nedbank Running Club - SWD | 02:15:28 |
| 103 | 323 | Chantel | Steenberg | female | Run Walk For Life | 02:16:04 |
| 104 | 386 | Ceri | Tustin | female | Charlo AC | 02:16:28 |
| 105 | 271 | Stephanie | Crossland | female | Temp | 02:16:35 |
| 106 | 273 | Leah | Thompson | female | Temp | 02:17:10 |
| 107 | 257 | brian | conrad | male | Temp | 02:17:18 |
| 108 | 265 | Diane | Steenkamp | female | Knysna Marathon Club | 02:17:47 |
| 109 | 362 | Gideon | Nieuwoudt | male | Cape Multi Sport Club | 02:17:54 |
| 110 | 315 | paul | huish | male | Satori AC | 02:17:57 |
| 111 | 296 | Anja | Lareman | female | Temp | 02:18:34 |
| 112 | 270 | Jaco | Swart | male | Temp | 02:19:15 |
| 113 | 226 | jacques | brink | male | Temp | 02:19:17 |
| 114 | 367 | Jan | Le Roux | male | Warriors Running Club | 02:20:03 |
| 115 | 216 | Zeta | Booyesen | female | Fish Hoek AC | 02:20:04 |
| 116 | 215 | Kim | Mocke | female | Temp | 02:20:07 |
| 117 | 217 | Johan | Mocke | male | Temp | 02:21:22 |
| 118 | 282 | William | Woods | male | Temp | 02:21:39 |
| 119 | 390 | Waseem | Samodien | male | Temp | 02:21:47 |
| 120 | 338 | Ezna | Kennedy | female | St Francis Runners | 02:21:48 |
| 121 | 359 | Laeq | Paulsen | male | Lion of Africa Itheko AC | 02:22:25 |

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| 122 | 401 | Nabeelah | Orrie | female | Lion of Africa Itheko AC | 02:22:26 |
| 123 | 293 | Andries | Talaard | male | Temp | 02:22:29 |
| 124 | 200 | Lindi | Van Tonder | female | Charlo AC | 02:24:04 |
| 125 | 308 | Nelmie | Kirsten | female | Temp | 02:24:05 |
| 126 | 371 | Magdel | van der Merwe | female | Temp | 02:24:08 |
| 127 | 366 | Annalien | van der Merwe | female | Temp | 02:24:58 |
| 128 | 318 | Nicolaas | Fouche | male | Run walk for life and team vitality | 02:25:40 |
| 129 | 391 | Ameer | Abrahams | male | Lion of Africa Itheko AC | 02:25:42 |
| 130 | 211 | Santie | Rude | female | run walk for life | 02:25:55 |
| 131 | 212 | Charlie | Rude | male | Run Walk For Life | 02:25:58 |
| 132 | 240 | Mariska | Labuschagne | female | Nedbank Running Club - SWD | 02:26:13 |
| 133 | 261 | Moose | Burger | male | Goodwood Harriers Running Club | 02:26:40 |
| 134 | 277 | Megan | de Villiers | female | Spartan Harriers | 02:26:41 |
| 135 | 243 | Rudi | Witteveen | male | Vodashop Runners | 02:26:42 |
| 136 | 214 | Frances | Nel | female | Kimberley Pirates AC | 02:26:42 |
| 137 | 383 | Christel | Victor | female | Kimberley Harriers | 02:26:42 |
| 138 | 275 | Austin | Kelsey | male | Striders athletic club | 02:28:27 |
| 139 | 274 | Santie | Kelsey | female | Striders athletic club | 02:28:29 |
| 140 | 204 | Hilton | Ehrenreich | male | Brackenfell AC | 02:29:24 |
| 141 | 234 | Surita | Van der Berg | female | Durbanville AC | 02:29:41 |
| 142 | 290 | Ibtisaam | van der Schyff | female | Ommiedraai Friends AC | 02:29:54 |
| 143 | 332 | Jackie | Calitz | female | Nedbank Running Club - SWD | 02:33:08 |
| 144 | 263 | Anna | Watkins | female | Durbanville AC | 02:36:34 |
| 145 | 295 | Amouret | Cornthwaite | female | Langeberg AC | 02:38:02 |
| 146 | 396 | Malikah | Patel | female | Ommiedraai Friends AC | 02:42:23 |
| 147 | 201 | Sam | Olivier | female | Temp | 02:44:01 |
| 148 | 264 | Douglas | Smith | male | Sanlam AC | 02:45:41 |
| 149 | 249 | Kylie | James | female | Temp | 02:45:41 |
| 150 | 208 | Khutso | Makokwe | female | Team Vitality Running Club | 02:50:41 |
| 151 | 370 | Carmen | Froneman | female | Temp | 02:55:02 |

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| 152 | 303 | Elizabeth | Milne | female | Kimberley Harriers | 02:56:00 |
| 153 | 229 | Frans | Schutte | male | Temp | 02:59:47 |
| 154 | 373 | Monique | Schutte | female | Durbanville AC | 03:02:06 |
| 155 | 231 | Gerhard | le Roux | male | Durbanville AC | 03:02:28 |
| 156 | 291 | Rushdie | Lagardien | male | Temp | 03:03:12 |
| 157 | 297 | Karin | Loretz | female | Temp | 03:03:44 |
| 158 | 309 | Anton | Munro | male | Team Vitality | 03:05:35 |
| 159 | 320 | Idonette | Jansen van Vuuren | female | Temp | 03:05:57 |
| 160 | 321 | Mandy | Van Den Berg | female | Temp | 03:06:14 |
| 161 | 281 | Marie | Janse van vuuren | female | Temp | 03:07:21 |
| 162 | 317 | Carmelia | Fouche | female | Run walk for life and Team vitality | 03:09:46 |
| 163 | 380 | Karen | Smith | female | Temp | 03:11:35 |
| 164 | 202 | Molene | Scheepers | female | Solidarity AC | 03:12:47 |
| 165 | 288 | Liesl | Koch | female | Randburg Harriers | 03:14:02 |
| 166 | 268 | Srikanth Reddy | Karumuri | male | Brackenfell AC | 03:14:51 |
| 167 | 218 | Marianne | Nelson | female | Durbanville AC | 03:14:52 |
| 168 | 269 | Michelle | Williams | female | Ommiedraai Friends AC | 03:14:52 |
| 169 | 284 | Sanet | Du toit | female | Brackenfell AC | 03:14:53 |
| 170 | 280 | SOPHIA | LOUW | female | Brackenfell AC | 03:16:20 |
| 171 | 403 | Micyla | Michaels | female | Temp | 03:21:09 |

9KM

| Position | Race Number | First Name | Last Name | Gender | Club | Race Time |
|----------|-------------|------------|-------------|--------|------------------------|-----------|
| 1 | 636 | Yashin | Raghavjee | male | Century City Athletics | 00:47:02 |
| 2 | 627 | Jess | Devine | female | Temp | 00:50:50 |
| 3 | 560 | Linel | Engelbrecht | female | Temp | 00:51:16 |
| 4 | 571 | Philip | Wessels | male | Temp | 00:55:45 |
| 5 | 607 | Jana | Nel | female | Upington Crusaders | 00:59:04 |
| 6 | 645 | Leonie | Cooper | female | Temp | 00:59:37 |

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|----|-----|-----------|-----------|--------|----------------------|----------|
| 7 | 639 | Luke | van As | male | Temp | 01:01:00 |
| 8 | 582 | Deidre | Conradie | female | Temp | 01:01:13 |
| 9 | 603 | Alice | Maritz | female | Temp | 01:01:19 |
| 10 | 553 | Gert | Schoeman | male | Temp | 01:03:30 |
| 11 | 588 | Elzette | Bennett | female | Temp | 01:04:56 |
| 12 | 608 | Claudia | Sassoli | female | Temp | 01:05:12 |
| 13 | 576 | charl | van zyl | female | Temp | 01:05:44 |
| 14 | 567 | Ilhaam | Saban | female | ARD AC | 01:05:49 |
| 15 | 554 | VICKY | ROOS | female | Knysna Marathon Club | 01:05:58 |
| 16 | 624 | Dean Alan | Bartie | male | Temp | 01:07:53 |
| 17 | 549 | Ritha | Steenkamp | female | Temp | 01:07:54 |
| 18 | 550 | Louise | Coetzee | female | Temp | 01:07:55 |
| 19 | 518 | Arthur | Field | male | Temp | 01:08:34 |
| 20 | 623 | Nirene | Bartie | female | Temp | 01:08:42 |
| 21 | 584 | Nicki | Bester | female | Temp | 01:08:46 |
| 22 | 548 | Louis | Hoffman | male | Temp | 01:09:12 |
| 23 | 541 | Henri | De Wet | male | Temp | 01:09:34 |
| 24 | 540 | Tayla | Mills | female | Temp | 01:09:35 |
| 25 | 601 | Marlene | De wet | female | Queenstown Harriers | 01:11:14 |
| 26 | 612 | Marilize | du Toit | female | Temp | 01:11:56 |
| 27 | 580 | Yvette | Smuts | female | Temp | 01:12:11 |
| 28 | 632 | Katherine | Hyman | female | Temp | 01:13:05 |
| 29 | 573 | Sue | Barnes | female | Temp | 01:13:35 |
| 30 | 543 | Morne | Veitch | male | Temp | 01:14:17 |
| 31 | 544 | Marile | Veitch | female | Temp | 01:14:18 |
| 32 | 521 | Laetitia | Wolmarans | female | Temp | 01:14:20 |
| 33 | 547 | Ronel | Hoffman | female | Temp | 01:14:41 |
| 34 | 631 | Senovia | De Bruin | female | Queenstown Harriers | 01:15:35 |
| 35 | 602 | Chris | Smuts | male | Temp | 01:15:37 |
| 36 | 600 | Sianne | Bond | female | Temp | 01:16:00 |

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| 37 | 637 | Victoria | Goodall | female | The Country Club Johannesburg | 01:17:02 |
| 38 | 538 | Olwen | Swart | female | Temp | 01:17:09 |
| 39 | 638 | Peter | Allnutt | male | Temp | 01:17:16 |
| 40 | 644 | Lelia | Tyrrell | female | Temp | 01:17:40 |
| 41 | 635 | ZOI | KAZAKOSHUNZIKER | female | Temp | 01:17:41 |
| 42 | 555 | Caroline | Raubenheimer | female | Nedbank Running Club - SWD | 01:18:16 |
| 43 | 556 | Mike | Erasmus | male | Temp | 01:18:17 |
| 44 | 620 | Zoe | Kooyman | female | Temp | 01:18:46 |
| 45 | 509 | Mervin | Schnehage | male | Pinelands AC | 01:19:03 |
| 46 | 527 | Annelize | King | female | Temp | 01:19:04 |
| 47 | 522 | Matthys | Du Plessis | male | Temp | 01:19:06 |
| 48 | 563 | Luigi | Tollon | male | Temp | 01:19:07 |
| 49 | 619 | Adelynn | Smith | female | Outeniqua Harriers | 01:19:19 |
| 50 | 539 | Alain | van der Wath | female | Knysna Marathon Club | 01:19:28 |
| 51 | 611 | Zahiedah | Toefy | female | Celtic Harriers | 01:19:45 |
| 52 | 513 | Melissa | Lucas | female | Knysna Marathon Club | 01:19:52 |
| 53 | 512 | Fuzlan | Gamiel dien | female | Lion of Africa Itheko AC | 01:19:58 |
| 54 | 615 | Wian | le Roux | male | Temp | 01:20:22 |
| 55 | 629 | Stefan | Swanepoel | male | Cape Multi Sport Club | 01:20:58 |
| 56 | 630 | Gayle | Swanepoel | female | Cape Multi Sport Club | 01:21:00 |
| 57 | 530 | Cornelia | Giliomee | female | Langeberg AC | 01:21:31 |
| 58 | 520 | Catherine | Van Deventer | female | Temp | 01:22:17 |
| 59 | 531 | marizanne | lombard | female | Paarl AC | 01:25:06 |
| 60 | 596 | Tanya | Koekemoer | female | Temp | 01:25:08 |
| 61 | 650 | NEIL | CALDER | male | Temp | 01:25:08 |
| 62 | 575 | Elrika | Pieterse | male | Temp | 01:25:20 |
| 63 | 586 | Phillip Mauritz | Lazenby | male | Temp | 01:25:37 |
| 64 | 583 | Midee | Buizer | female | Temp | 01:25:38 |
| 65 | 579 | Sadia | Jakoet-Sedick | female | Temp | 01:26:03 |
| 66 | 613 | Barend | du Toit | male | Temp | 01:26:16 |

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| 67 | 532 | Riniel | Gresse | male | Temp | 01:26:32 |
| 68 | 533 | Henriete | Mellet | female | Temp | 01:26:34 |
| 69 | 594 | Tanja | Koekemoer | female | RWFL | 01:27:08 |
| 70 | 519 | Lucy | Beneka | female | Temp | 01:27:15 |
| 71 | 526 | Kulthum | Fataar | female | Temp | 01:27:23 |
| 72 | 501 | Kayleigh | Bauer | female | Temp | 01:28:22 |
| 73 | 511 | Charl | Gouws | male | Aspen Pharmacare AC | 01:28:41 |
| 74 | 634 | Martine | Basson | female | Temp | 01:28:51 |
| 75 | 557 | Lee-ann | Harris | female | Pinelands AC | 01:29:53 |
| 76 | 558 | Sean | Harris | male | Pinelands AC | 01:29:54 |
| 77 | 564 | Anda | Tollon | female | Temp | 01:29:59 |
| 78 | 595 | Quinton | Koekemoer | male | Temp | 01:30:00 |
| 79 | 649 | Roulien | Stahnke | female | Outeniqua Harriers | 01:31:37 |
| 80 | 599 | Andre | Steenberg | male | Run Walk For Life | 01:31:45 |
| 81 | 552 | Susan | du Plessis | female | Temp | 01:31:50 |
| 82 | 570 | ELBE | BINDEMAN | female | Temp | 01:31:58 |
| 83 | 504 | Sonja | Van der westhuizen | female | Temp | 01:32:04 |
| 84 | 605 | GERALDINE | LOFTIE-EATON | female | Nedbank Running Club - SWD | 01:32:40 |
| 85 | 561 | Barbara | Pretorius | female | Temp | 01:32:43 |
| 86 | 559 | Thersia | Grobbelaar | female | Durbanville AC | 01:33:28 |
| 87 | 628 | Gavin | Brown | male | Run Walk For Life George | 01:34:04 |
| 88 | 565 | Johanna | Von Brandis | female | Temp | 01:34:28 |
| 89 | 577 | Marna | Bright | male | Lion of Africa Itheko AC | 01:35:13 |
| 90 | 566 | Altha | Brink | female | Temp | 01:35:15 |
| 91 | 590 | PW | Steinberg | male | Temp | 01:35:33 |
| 92 | 589 | Adrie | Steinberg | female | Temp | 01:35:34 |
| 93 | 516 | Daleen | Rennie | female | Temp | 01:36:36 |
| 94 | 606 | Linda | Smit | female | Nedbank Running Club - SWD | 01:36:38 |
| 95 | 614 | Lize | le Roux | female | Temp | 01:36:42 |
| 96 | 647 | Amanda | van der Berg | female | Nedbank Running Club - SWD | 01:38:23 |

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| 97 | 648 | Cathy | de Ridder | female | Temp | 01:41:53 |
| 98 | 626 | Gavin | Warner | male | Run/Walk for Life | 01:43:52 |
| 99 | 503 | Suzanne | Twentyman-Jones | female | Brackenfell AC | 01:45:04 |
| 100 | 517 | Lizelle | Janse van Rensburg | female | Temp | 01:46:45 |
| 101 | 523 | Anthony | Caisley | male | Temp | 01:50:24 |
| 102 | 514 | Marquerite | Schutte | female | Temp | 01:50:26 |
| 103 | 515 | Gino | Gottardo | male | Temp | 01:50:27 |
| 104 | 562 | Susan | Pretorius | female | Temp | 01:50:44 |
| 105 | 651 | RENEE | CALDER | female | Temp | 01:53:36 |
| 106 | 593 | Nazeema | Daniels | female | RCS Gugulethu AC | 01:55:30 |
| 107 | 500 | Moegsien | Ebrahim | male | Cape Multi Sport Club | 01:55:31 |
| 108 | 643 | Marisa | Janse van Vuuren | female | Temp | 01:57:49 |
| 109 | 545 | Joan | Erasmus | female | Team Vitality Running Club | 02:05:12 |
| 110 | 546 | Elsa | Erasmus | female | Team Vitality Running Club | 02:05:13 |
| 111 | 508 | Petro | Miller | female | Brackenfell AC | 02:06:21 |
| 112 | 587 | Michelle | Cupido | female | Pinelands AC | 02:06:22 |
| 113 | 551 | johannes | wagener | male | Brackenfell AC | 02:07:27 |
| 114 | 578 | Ashraf | Sedick | female | Lion of Africa Itheko AC | 02:07:28 |
| 115 | 646 | Emily | Marais | female | Temp | 02:15:15 |