



Meals on Wheels road cycle

30 September 2018

Photos: <https://presentmoments.photofrog.co.za/>



| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
|-------------|-------|-------|------------|-------|---------|------------------------|----------------------|-----|------|-------------|-----|------------|
| 90Km | | | | | | | | | | | | |
| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
| 1 | 1 | 1 | 02:26:38 | 36.83 | 5260 | Smith | Pierre | M | 90 | Senior M | | 1992/03/25 |
| 2 | 2 | 2 | 02:26:44 | 36.80 | 593 | Swanepoel | Wessel | M | 90 | Senior M | 19 | 1998/11/10 |
| 3 | 1 | 3 | 02:26:48 | 36.78 | 5178 | Greeff | Jacques | M | 90 | Sub-Vet M | 34 | 1984/08/02 |
| 4 | 1 | 4 | 02:26:49 | 36.78 | 5248 | De Swardt | Samuel | M | 90 | Master M | 49 | 1968/10/21 |
| 5 | 1 | 5 | 02:26:50 | 36.78 | 281 | Salie | Moederick | M | 90 | Vet M | 45 | 1973/05/12 |
| 6 | 2 | 6 | 02:26:51 | 36.77 | 5256 | Avenant | Pieter | M | 90 | Vet M | 40 | 1978/07/10 |
| 7 | 3 | 7 | 02:26:52 | 36.77 | 5618 | Laubscher | Piet | M | 90 | Vet M | | 1971/05/11 |
| 8 | 2 | 8 | 02:26:58 | 36.74 | 508 | Westaway | Andrew Stevens | M | 90 | Master M | 49 | 1968/10/10 |
| 9 | 1 | 1 | 02:27:06 | 36.71 | 273 | Oberholzer / Swanepoel | Stefan / Juan | T | 90 | Tandem | | |
| 10 | 4 | 9 | 02:27:31 | 36.61 | 579 | Lloyd | Justin | M | 90 | Vet M | 42 | 1975/12/24 |
| 11 | 2 | 10 | 02:27:54 | 36.51 | 156 | Schoeman | Ruanne William | M | 90 | Sub-Vet M | 32 | 1986/02/22 |
| 12 | 5 | 11 | 02:28:29 | 36.37 | 569 | Van Rooyen | Johan | M | 90 | Vet M | 40 | 1978/08/09 |
| 13 | 3 | 12 | 02:31:27 | 35.66 | 5961 | Groenewald | Christo | M | 90 | Sub-Vet M | 36 | 1982/01/02 |
| 14 | 4 | 13 | 02:31:36 | 35.62 | 170 | Smit | Ruan | M | 90 | Sub-Vet M | 39 | 1979/09/18 |
| 15 | 3 | 14 | 02:31:36 | 35.62 | 5495 | Brown | Shane | M | 90 | Master M | 55 | 1963/05/20 |
| 16 | 5 | 15 | 02:31:37 | 35.62 | 673 | Falch | Gerhard | M | 90 | Sub-Vet M | 34 | 1984/05/18 |
| 17 | 6 | 16 | 02:31:42 | 35.60 | 5865 | Kitching | Matthew | M | 90 | Sub-Vet M | 33 | 1985/05/09 |
| 18 | 3 | 17 | 02:31:42 | 35.60 | 5788 | Reddy | Bevan | M | 90 | Senior M | 20 | 1998/03/05 |
| 19 | 6 | 18 | 02:31:43 | 35.59 | 595 | Joubert | Johannes | M | 90 | Vet M | 40 | 1978/09/14 |
| 20 | 7 | 19 | 02:31:52 | 35.56 | 5732 | Coetzer | Duanne | M | 90 | Vet M | 47 | 1971/07/28 |
| 21 | 4 | 20 | 02:31:53 | 35.55 | 160 | Malan | Etienne | M | 90 | Master M | 50 | 1968/07/20 |
| 22 | 7 | 21 | 02:31:55 | 35.55 | 5881 | Latini | Stephane | M | 90 | Sub-Vet M | 35 | 1983/09/16 |
| 23 | 8 | 22 | 02:32:07 | 35.50 | 288 | Liebenberg | Willie | M | 90 | Vet M | 42 | 1975/10/13 |
| 24 | | 23 | 02:32:07 | 35.50 | 698 | No Data | No Data | M | 90 | No Cat | | |
| 25 | 5 | 24 | 02:32:45 | 35.35 | 5954 | Gnudi | Roberto | M | 90 | Master M | 56 | 1962/09/30 |
| 26 | 8 | 25 | 02:32:57 | 35.31 | 437 | Arewa | BeeJay | M | 90 | Sub-Vet M | 34 | 1984/09/20 |
| 27 | 9 | 26 | 02:33:56 | 35.08 | 5218 | Cronje | Robert | M | 90 | Sub-Vet M | 32 | 1985/12/08 |
| 28 | 9 | 27 | 02:36:10 | 34.58 | 303 | Shackleton | Jason | M | 90 | Vet M | 41 | 1977/06/26 |
| 29 | 10 | 28 | 02:37:11 | 34.35 | 291 | Bishop | Anton | M | 90 | Vet M | 47 | 1971/02/15 |
| 30 | 4 | 29 | 02:38:28 | 34.08 | 427 | Malan | Dewald | M | 90 | Senior M | 24 | 1994/02/19 |
| 31 | 6 | 30 | 02:38:28 | 34.08 | 408 | Alberts | Fanus | M | 90 | Master M | 51 | 1967/05/03 |
| 32 | 11 | 31 | 02:38:28 | 34.08 | 637 | Williams | Maurice | M | 90 | Vet M | 44 | 1973/12/12 |
| 33 | 10 | 32 | 02:39:44 | 33.81 | 484 | Venter | Nlco | M | 90 | Sub-Vet M | 33 | 1985/09/16 |
| 34 | 11 | 33 | 02:39:45 | 33.80 | 204 | Imiolo | Lukasz | M | 90 | Sub-Vet M | | 1983/04/08 |
| 35 | 7 | 34 | 02:39:46 | 33.80 | 227 | Hansen | Frans | M | 90 | Master M | 51 | 1967/09/15 |
| 36 | 5 | 35 | 02:39:46 | 33.80 | 728 | Naude | Eckhardt | M | 90 | Senior M | 23 | 1994/10/18 |
| 37 | 2 | 2 | 02:39:52 | 33.78 | 5509 | Strydom/Lerm | Johan/Riaan | T | 90 | Tandem | | 1974/10/04 |
| 38 | 3 | 3 | 02:39:56 | 33.76 | 5264 | Salzmann / Salzmann | Siegfried / Claudine | T | 90 | Tandem | 44 | 1974/08/04 |
| 39 | 12 | 36 | 02:40:58 | 33.55 | 589 | Kruger | Frederik | M | 90 | Vet M | 41 | 1977/07/12 |
| 40 | 13 | 37 | 02:41:57 | 33.34 | 5319 | Da Silva | Paulo | M | 90 | Vet M | 44 | 1974/01/22 |
| 41 | 8 | 38 | 02:42:05 | 33.32 | 671 | Jansen Van Vuuren | Kobus | M | 90 | Master M | 53 | 1965/09/15 |
| 42 | 1 | 1 | 02:42:16 | 33.28 | 633 | Gnudi | Claudia | F | 90 | Senior F | 23 | |
| 43 | 6 | 39 | 02:42:19 | 33.27 | 387 | Scholtz | Reinhardt | M | 90 | Senior M | 22 | 1997/06/30 |
| 44 | 12 | 40 | 02:43:40 | 32.99 | 5340 | De Bruin | Dirk | M | 90 | Sub-Vet M | 32 | 1986/02/27 |
| 45 | 7 | 41 | 02:44:27 | 32.84 | 5840 | Maluleke | Nyiko | M | 90 | Senior M | 27 | 1991/01/14 |
| 46 | 14 | 42 | 02:44:37 | 32.80 | 153 | Heinrich | Werner | M | 90 | Vet M | 46 | 1972/07/06 |
| 47 | 8 | 43 | 02:44:41 | 32.79 | 186 | Pickup | Brandon | M | 90 | Senior M | 22 | 1995/10/08 |
| 48 | 9 | 44 | 02:44:58 | 32.73 | 509 | Jansen Van Vuuren | Joseph JJ | M | 90 | Senior M | 27 | 1991/03/18 |
| 49 | 13 | 45 | 02:45:12 | 32.69 | 5943 | Jacobs | Johann | M | 90 | Sub-Vet M | 36 | 1981/10/08 |
| 50 | 15 | 46 | 02:45:35 | 32.61 | 724 | White | Dennis | M | 90 | Vet M | 41 | 1977/01/28 |
| 51 | 9 | 47 | 02:45:36 | 32.61 | 666 | Irwin | Wesley | M | 90 | Master M | 54 | 1964/02/23 |
| 52 | 14 | 48 | 02:45:37 | 32.61 | 239 | Beckett | Matt | M | 90 | Sub-Vet M | 33 | 1985/06/05 |
| 53 | | 49 | 02:46:08 | 32.50 | 713 | No Data | No Data | M | 90 | No Cat | | |
| 54 | 16 | 50 | 02:46:15 | 32.48 | 379 | Chowels | Clive | M | 90 | Vet M | 46 | 1972/01/03 |
| 55 | 17 | 51 | 02:46:25 | 32.45 | 483 | Frost | Gareth | M | 90 | Vet M | 44 | 1974/06/14 |
| 56 | 18 | 52 | 02:46:33 | 32.42 | 432 | Bornman | Nardo | M | 90 | Vet M | 47 | 1971/01/14 |
| 57 | 15 | 53 | 02:46:55 | 32.35 | 5813 | Mackintosh | Paul | M | 90 | Sub-Vet M | 36 | 1982/02/10 |
| 58 | 2 | 2 | 02:46:58 | 32.34 | 523 | Berry | Jodie | F | 90 | Senior F | 23 | |
| 59 | 1 | 54 | 02:47:05 | 32.32 | 377 | Pyle | Jarryd | M | 90 | Junior M | 16 | 2002/03/12 |
| 60 | 10 | 55 | 02:47:05 | 32.32 | 373 | Ferreira | Antois | M | 90 | Senior M | 26 | 1991/10/08 |
| 61 | 19 | 56 | 02:48:19 | 32.08 | 613 | Van Der Merwe | Jacques | M | 90 | Vet M | 42 | 1976/04/06 |
| 62 | 1 | 3 | 02:48:52 | 31.98 | 217 | Lester | Desiree | F | 90 | Sub-Vet F | 36 | |
| 63 | 20 | 57 | 02:49:26 | 31.87 | 391 | Caldwell | Andrew | M | 90 | Vet M | 40 | 1978/03/26 |
| 64 | 4 | 4 | 02:49:31 | 31.86 | 5039 | vd Merwe / vd Merwe | Christo / Milanie | T | 90 | Tandem | 42 | 1976/07/18 |
| 65 | 1 | 58 | 02:49:52 | 31.79 | 678 | Favo | Roberto | M | 90 | Gr Master M | 62 | 1955/11/20 |
| 66 | 1 | 4 | 02:49:55 | 31.78 | 336 | Koster | Mirelle | F | 90 | Vet F | 49 | |

| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
|--------|-------|-------|------------|-------|---------|-------------------------|------------------------|-----|------|-------------|-----|------------|
| 67 | 21 | 59 | 02:50:19 | 31.71 | 455 | Lotter | Shane | M | 90 | Vet M | 47 | 1970/12/14 |
| 68 | 11 | 60 | 02:50:30 | 31.67 | 300 | Odendaal | Pieter Juan | M | 90 | Senior M | 22 | 1996/06/16 |
| 69 | 3 | 5 | 02:50:31 | 31.67 | 5831 | Mclean | Mariske | F | 90 | Senior F | 28 | 1990/03/07 |
| 70 | 10 | 61 | 02:50:33 | 31.66 | 461 | Tromp | Jaob | M | 90 | Master M | 53 | 1965/08/01 |
| 71 | 16 | 62 | 02:50:36 | 31.65 | 5175 | Ngwenya | Mdngeli | M | 90 | Sub-Vet M | 38 | 1980/11/03 |
| 72 | 11 | 63 | 02:50:38 | 31.65 | 354 | Buchler | Brian | M | 90 | Master M | 51 | 1966/12/18 |
| 73 | 22 | 64 | 02:50:44 | 31.63 | 5327 | Robertson | Derek Grant | M | 90 | Vet M | 45 | 1973/02/16 |
| 74 | 2 | 6 | 02:50:45 | 31.63 | 5487 | Van Graan | Danielle | F | 90 | Sub-Vet F | 36 | 1982/07/17 |
| 75 | 23 | 65 | 02:50:48 | 31.62 | 5912 | Davis | Quinton Isidor | M | 90 | Vet M | 49 | 1969/02/05 |
| 76 | 12 | 66 | 02:50:59 | 31.58 | 416 | Van Rensburg | Johann | M | 90 | Senior M | 23 | 1995/01/16 |
| 77 | 24 | 67 | 02:50:59 | 31.58 | 5619 | Jordaan | Lionel Peter | M | 90 | Vet M | 43 | 1974/12/28 |
| 78 | 17 | 68 | 02:50:59 | 31.58 | 5839 | De Bruin | Coenraad | M | 90 | Sub-Vet M | 35 | 1983/01/29 |
| 79 | 12 | 69 | 02:51:12 | 31.54 | 381 | Janse Van Rensburg | Louis | M | 90 | Master M | 58 | 1959/12/11 |
| 80 | 25 | 70 | 02:51:28 | 31.49 | 596 | James | Bradley | M | 90 | Vet M | 42 | 1976/08/21 |
| 81 | 13 | 71 | 02:51:28 | 31.49 | 243 | Monteiro | Carlos | M | 90 | Master M | 56 | 1962/09/04 |
| 82 | 14 | 72 | 02:52:07 | 31.37 | 601 | Aggett | Nicholas | M | 90 | Master M | 58 | 1960/05/20 |
| 83 | 26 | 73 | 02:52:47 | 31.25 | 430 | Lambropoulos | Alexi | M | 90 | Vet M | 45 | 1972/10/20 |
| 84 | 5 | 5 | 02:53:13 | 31.17 | 515 | Potgieter / Van Heerden | Pieter / Carol | T | 90 | Tandem | 36 | 1982/02/28 |
| 85 | 27 | 74 | 02:53:19 | 31.16 | 118 | Maartens | Rigardt | M | 90 | Vet M | 42 | 1975/10/28 |
| 86 | 28 | 75 | 02:53:40 | 31.09 | 592 | Cipriano | Marcelino | M | 90 | Vet M | 47 | 1970/12/23 |
| 87 | 29 | 76 | 02:53:45 | 31.08 | 395 | Makhonjwa | Mandla | M | 90 | Vet M | 41 | 1976/12/03 |
| 88 | 13 | 77 | 02:53:59 | 31.04 | 5882 | Parker | Rachenzo Renaldo | M | 90 | Senior M | 21 | 1997/05/17 |
| 89 | 18 | 78 | 02:54:06 | 31.02 | 718 | Griessel | Neels | M | 90 | Sub-Vet M | 38 | 1980/02/20 |
| 90 | 15 | 79 | 02:54:18 | 30.98 | 647 | Krisch | Edgar | M | 90 | Master M | 56 | 1962/01/26 |
| 91 | 30 | 80 | 02:54:32 | 30.94 | 612 | Van Der Merwe | Rudi | M | 90 | Vet M | 44 | 1974/02/19 |
| 92 | 6 | 6 | 02:54:55 | 30.87 | 454 | Michie / Williams | Ian / Soelanie | T | 90 | Tandem | 64 | 1954/04/19 |
| 93 | 16 | 81 | 02:55:36 | 30.75 | 762 | De Agrela | Adelino | M | 90 | Master M | 50 | 1968/02/05 |
| 94 | 19 | 82 | 02:55:47 | 30.72 | 749 | Fairlie | Craig | M | 90 | Sub-Vet M | 34 | 1984/07/05 |
| 95 | 20 | 83 | 02:55:47 | 30.72 | 561 | Eckerman | Bret | M | 90 | Sub-Vet M | 36 | 1982/02/19 |
| 96 | 1 | 7 | 02:56:36 | 30.58 | 368 | Vorster | Vanessa | F | 90 | Master F | 53 | 1965/06/06 |
| 97 | 21 | 84 | 02:56:43 | 30.56 | 287 | Vorster | Kyle | M | 90 | Sub-Vet M | 31 | 1987/02/16 |
| 98 | 2 | 85 | 02:56:43 | 30.56 | 5378 | Cronje | Dan | M | 90 | Gr Master M | 60 | 1958/04/16 |
| 99 | 22 | 86 | 02:57:04 | 30.50 | 301 | Shovlin | Philip | M | 90 | Sub-Vet M | 38 | 1979/10/06 |
| 100 | 2 | 8 | 02:57:08 | 30.49 | 5100 | Cronje | Annelie | F | 90 | Vet F | 45 | 1973/05/10 |
| 101 | 3 | 87 | 02:57:24 | 30.44 | 477 | Keulder | Lukas | M | 90 | Gr Master M | 61 | 1957/01/15 |
| 102 | 23 | 88 | 02:57:25 | 30.44 | 452 | Rodrigues | Daniel | M | 90 | Sub-Vet M | 33 | 1985/02/15 |
| 103 | 24 | 89 | 02:57:31 | 30.42 | 704 | Badenhorst | Nicolaas | M | 90 | Sub-Vet M | 39 | 1979/04/16 |
| 104 | 31 | 90 | 02:57:31 | 30.42 | 5554 | Dick | Michael Bruce | M | 90 | Vet M | 46 | 1972/09/09 |
| 105 | 4 | 9 | 02:57:33 | 30.41 | 789 | Howard | Leigh | F | 90 | Senior F | 27 | |
| 106 | 3 | 10 | 02:57:33 | 30.41 | 429 | Walker | Jenni | F | 90 | Sub-Vet F | 34 | 1984/05/01 |
| 107 | 3 | 11 | 02:58:41 | 30.22 | 425 | Botha | Natasha | F | 90 | Vet F | 41 | 1977/03/23 |
| 108 | 17 | 91 | 02:59:31 | 30.08 | 272 | Fennell | Calvin Bruce | M | 90 | Master M | 52 | 1966/08/09 |
| 109 | 18 | 92 | 02:59:31 | 30.08 | 758 | Lotter | Matt | M | 90 | Master M | 56 | 1962/08/20 |
| 110 | 25 | 93 | 03:00:47 | 29.87 | 5720 | Ribbens | Willem Adriaan DelaRey | M | 90 | Sub-Vet M | 30 | 1987/12/01 |
| 111 | 7 | 7 | 03:01:42 | 29.72 | 5682 | Fisher / Conradie | Lynn / Johan | T | 90 | Tandem | 55 | 1963/09/12 |
| 112 | 26 | 94 | 03:02:10 | 29.64 | 761 | Jansen Van Vuuren | Robert Albert | M | 90 | Sub-Vet M | 37 | 1981/03/09 |
| 113 | 8 | 8 | 03:03:42 | 29.40 | 791 | Rutkiewicz / Jones | Paul / Helen | T | 90 | Tandem | 48 | 1969/10/29 |
| 114 | 2 | 95 | 03:03:59 | 29.35 | 497 | Williams | Bjorn Cole | M | 90 | Junior M | 16 | 2001/11/09 |
| 115 | 9 | 9 | 03:04:04 | 29.34 | 219 | Lees / De Jager | Herby / Johanna | T | 90 | Tandem | 45 | 1973/04/15 |
| 116 | 10 | 10 | 03:04:06 | 29.33 | 270 | Bester / Bester | Anton / Sonet | T | 90 | Tandem | 54 | 1964/01/15 |
| 117 | 27 | 96 | 03:04:46 | 29.23 | 616 | Van Der Merwe | Francois | M | 90 | Sub-Vet M | 37 | 1981/07/22 |
| 118 | 4 | 97 | 03:05:09 | 29.17 | 492 | Hopwood | Gregory | M | 90 | Gr Master M | 62 | 1955/12/30 |
| 119 | 19 | 98 | 03:05:23 | 29.13 | 5124 | Till | Mark | M | 90 | Master M | 54 | 1964/05/02 |
| 120 | 4 | 12 | 03:05:37 | 29.09 | 725 | Snyman | Irma | F | 90 | Sub-Vet F | 34 | 1984/07/14 |
| 121 | 32 | 99 | 03:05:37 | 29.09 | 402 | Greyling | Johannes Andries | M | 90 | Vet M | 44 | 1973/10/28 |
| 122 | 28 | 100 | 03:05:38 | 29.09 | 200 | Cronje | Jacobus Christiaan | M | 90 | Sub-Vet M | 33 | 1985/02/14 |
| 123 | 29 | 101 | 03:05:55 | 29.05 | 443 | Louw | Ruan | M | 90 | Sub-Vet M | 32 | 1986/05/10 |
| 124 | 5 | 13 | 03:05:55 | 29.05 | 773 | Van Den Heever | Adri | F | 90 | Sub-Vet F | 38 | 1980/04/30 |
| 125 | 2 | 14 | 03:06:18 | 28.99 | 5295 | Dannler | Susan J | F | 90 | Master F | 50 | 1967/10/03 |
| 126 | 20 | 102 | 03:06:19 | 28.98 | 5657 | Van Der Berg | André | M | 90 | Master M | 59 | 1959/09/25 |
| 127 | 21 | 103 | 03:06:22 | 28.98 | 594 | du Plessis | Nico | M | 90 | Master M | 59 | 1959/07/20 |
| 128 | 14 | 104 | 03:06:39 | 28.93 | 539 | Kiti | Reginald | M | 90 | Senior M | 28 | 1990/04/05 |
| 129 | 22 | 105 | 03:07:09 | 28.85 | 214 | Pienaar | Bennie | M | 90 | Master M | 57 | 1961/05/30 |
| 130 | 23 | 106 | 03:07:12 | 28.85 | 191 | Basson | Jan | M | 90 | Master M | 58 | 1960/02/17 |
| 131 | 24 | 107 | 03:07:21 | 28.82 | 5521 | Moriarty | Mike | M | 90 | Master M | 52 | 1966/02/23 |
| 132 | 30 | 108 | 03:07:21 | 28.82 | 5801 | Carvalho | Robert | M | 90 | Sub-Vet M | 31 | 1987/08/25 |
| 133 | 25 | 109 | 03:08:51 | 28.59 | 5013 | Chan | Mark Andre | M | 90 | Master M | 51 | 1967/05/30 |
| 134 | 26 | 110 | 03:08:55 | 28.58 | 206 | Kruger | Kobus | M | 90 | Master M | 50 | 1967/11/16 |
| 135 | 33 | 111 | 03:09:10 | 28.55 | 777 | Viviers | Clint | M | 90 | Vet M | 49 | 1969/09/06 |
| 136 | 27 | 112 | 03:09:11 | 28.54 | 5869 | Bezuidenhout | Abraham Johannes | M | 90 | Master M | 53 | 1964/11/03 |
| 137 | 34 | 113 | 03:09:43 | 28.46 | 436 | Thackwell | Darryn | M | 90 | Vet M | 41 | 1976/11/18 |
| 138 | 35 | 114 | 03:10:22 | 28.37 | 431 | Willems | Willem | M | 90 | Vet M | 44 | 1974/06/03 |
| 139 | 6 | 15 | 03:10:25 | 28.36 | 242 | Schaper | Lynsey | F | 90 | Sub-Vet F | 34 | 1984/05/26 |
| 140 | 36 | 115 | 03:11:20 | 28.22 | 769 | Paulse | Breyton Jonthan | M | 90 | Vet M | 42 | 1976/04/25 |

| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
|--------|-------|-------|------------|-------|---------|--------------------|------------------|-----|------|-------------|-----|------------|
| 141 | 37 | 116 | 03:11:26 | 28.21 | 5191 | Bellet | Loic | M | 90 | Vet M | 42 | 1976/03/30 |
| 142 | 38 | 117 | 03:11:33 | 28.19 | 380 | Schworer | Werner | M | 90 | Vet M | 46 | 1972/07/22 |
| 143 | 39 | 118 | 03:11:33 | 28.19 | 5887 | Chen | Wun Yi | M | 90 | Vet M | 47 | 1971/09/07 |
| 144 | 31 | 119 | 03:12:16 | 28.09 | 599 | Cook | Bruce | M | 90 | Sub-Vet M | 39 | 1979/06/08 |
| 145 | 15 | 120 | 03:12:36 | 28.04 | 5156 | Vilakazi | Thabo | M | 90 | Senior M | 23 | 1995/07/11 |
| 146 | 16 | 121 | 03:12:42 | 28.02 | 745 | Pfahl | Gert Martinus | M | 90 | Senior M | 29 | 1989/03/22 |
| 147 | 40 | 122 | 03:12:53 | 28.00 | 312 | Jada | Rafiek | M | 90 | Vet M | 43 | 1974/11/23 |
| 148 | 17 | 123 | 03:13:00 | 27.98 | 756 | Matsemela | Ephraim | M | 90 | Senior M | 26 | 1992/09/21 |
| 149 | 3 | 16 | 03:13:07 | 27.96 | 658 | Bow | Charnell | F | 90 | Master F | 50 | 1967/11/06 |
| 150 | 18 | 124 | 03:13:40 | 27.88 | 5936 | Schoeman | Johann | M | 90 | Senior M | 29 | 1989/07/14 |
| 151 | 5 | 125 | 03:14:11 | 27.81 | 5841 | Verhoef | Nicolaas | M | 90 | Gr Master M | 68 | 1950/02/15 |
| 152 | 28 | 126 | 03:14:12 | 27.81 | 5389 | Furter | Renen | M | 90 | Master M | 57 | 1961/05/06 |
| 153 | 19 | 127 | 03:14:28 | 27.77 | 236 | Girad | Benoit | M | 90 | Senior M | 23 | 1995/04/11 |
| 154 | 32 | 128 | 03:14:31 | 27.76 | 670 | Coetzee | Mark | M | 90 | Sub-Vet M | 36 | 1982/03/31 |
| 155 | 33 | 129 | 03:14:37 | 27.75 | 491 | Glover | Kyran | M | 90 | Sub-Vet M | 30 | 1988/07/19 |
| 156 | 20 | 130 | 03:14:54 | 27.71 | 357 | Knight | Dylan | M | 90 | Senior M | 25 | 1993/08/05 |
| 157 | 29 | 131 | 03:15:02 | 27.69 | 5407 | Steyn | Andre | M | 90 | Master M | 57 | 1961/07/24 |
| 158 | 41 | 132 | 03:15:11 | 27.67 | 304 | Petersen | Wayne | M | 90 | Vet M | 49 | 1969/05/13 |
| 159 | 42 | 133 | 03:15:11 | 27.67 | 526 | Strydom | Hans Jurie | M | 90 | Vet M | 44 | 1974/04/10 |
| 160 | 43 | 134 | 03:15:11 | 27.67 | 238 | Sello | Molefi Daniel | M | 90 | Vet M | | 1975/02/14 |
| 161 | 30 | 135 | 03:15:14 | 27.66 | 688 | Jones | Ian | M | 90 | Master M | 58 | 1960/01/16 |
| 162 | 34 | 136 | 03:15:46 | 27.58 | 652 | Edwards | Timothy James | M | 90 | Sub-Vet M | 32 | 1985/11/17 |
| 163 | 5 | 17 | 03:15:54 | 27.57 | 591 | Meyer | Melantha | F | 90 | Senior F | 23 | 1994/11/22 |
| 164 | 6 | 137 | 03:15:54 | 27.57 | 578 | McArthur | Ken | M | 90 | Gr Master M | 67 | 1951/05/25 |
| 165 | 7 | 18 | 03:16:16 | 27.51 | 302 | Gerber | Nicole | F | 90 | Sub-Vet F | 30 | 1987/11/25 |
| 166 | 3 | 138 | 03:16:21 | 27.50 | 349 | Janse Van Rensburg | Marco | M | 90 | Junior M | 16 | 2001/11/12 |
| 167 | 35 | 139 | 03:16:34 | 27.47 | 271 | Pillay | Russell Mervin | M | 90 | Sub-Vet M | 39 | 1979/01/17 |
| 168 | 31 | 140 | 03:16:35 | 27.47 | 197 | Shaikjee | Mohamed Salim | M | 90 | Master M | 57 | 1961/09/05 |
| 169 | 6 | 19 | 03:16:52 | 27.43 | 659 | Lotter | Robyn | F | 90 | Senior F | 29 | 1989/01/27 |
| 170 | 7 | 141 | 03:16:52 | 27.43 | 5144 | Hellyer | Kevin | M | 90 | Gr Master M | 63 | 1955/09/19 |
| 171 | 36 | 142 | 03:16:53 | 27.43 | 5042 | Botes | Evan | M | 90 | Sub-Vet M | 35 | 1983/04/10 |
| 172 | 32 | 143 | 03:16:58 | 27.42 | 466 | Rocher | Graham | M | 90 | Master M | 56 | 1962/08/03 |
| 173 | 44 | 144 | 03:17:07 | 27.39 | 193 | Fouche | Jaco | M | 90 | Vet M | 45 | 1973/09/02 |
| 174 | 33 | 145 | 03:17:37 | 27.33 | 453 | Thacker | Howard | M | 90 | Master M | 56 | 1962/09/22 |
| 175 | 34 | 146 | 03:18:14 | 27.24 | 183 | Van Heerden | Lionel Ernest | M | 90 | Master M | 56 | 1962/04/02 |
| 176 | 37 | 147 | 03:18:44 | 27.17 | 537 | Smouse | Noel | M | 90 | Sub-Vet M | 34 | 1984/03/13 |
| 177 | 45 | 148 | 03:18:44 | 27.17 | 615 | Howe | Stephen | M | 90 | Vet M | 41 | 1977/08/22 |
| 178 | 46 | 149 | 03:19:15 | 27.10 | 520 | Van Tonder | Wentzel | M | 90 | Vet M | 47 | 1971/03/08 |
| 179 | 35 | 150 | 03:19:26 | 27.08 | 5794 | Evans | Nigel David | M | 90 | Master M | 51 | 1967/07/27 |
| 180 | 38 | 151 | 03:19:51 | 27.02 | 264 | Siwele | Thembokuhle | M | 90 | Sub-Vet M | 35 | 1983/04/15 |
| 181 | 4 | 152 | 03:19:59 | 27.00 | 266 | Jardim | Tomé Cruz | M | 90 | Junior M | 16 | 2001/12/03 |
| 182 | 47 | 153 | 03:20:18 | 26.96 | 216 | Harrison | Shawn William | M | 90 | Vet M | 49 | 1969/09/23 |
| 183 | 48 | 154 | 03:20:48 | 26.89 | 650 | Van Der Linde | Jaco | M | 90 | Vet M | 43 | 1975/08/28 |
| 184 | 21 | 155 | 03:21:02 | 26.86 | 752 | Forbes | Kevin | M | 90 | Senior M | 24 | 1993/11/08 |
| 185 | 49 | 156 | 03:21:17 | 26.83 | 225 | De Andrade | Andrew | M | 90 | Vet M | 45 | 1973/08/02 |
| 186 | 50 | 157 | 03:21:39 | 26.78 | 5116 | Botha | Hendrik | M | 90 | Vet M | 41 | 1977/07/06 |
| 187 | 39 | 158 | 03:21:51 | 26.75 | 5152 | Sibanyoni | Shibhana Sabie | M | 90 | Sub-Vet M | 38 | 1980/01/03 |
| 188 | 40 | 159 | 03:21:52 | 26.75 | 705 | Vorster | Johan | M | 90 | Sub-Vet M | 35 | 1982/11/21 |
| 189 | 4 | 20 | 03:21:54 | 26.75 | 5194 | Robinson | Colleen | F | 90 | Master F | 51 | 1967/08/01 |
| 190 | 51 | 160 | 03:21:55 | 26.74 | 680 | Fiorot | Denis | M | 90 | Vet M | 46 | 1972/09/08 |
| 191 | 8 | 161 | 03:21:55 | 26.74 | 5616 | Rayfield | Deryck | M | 90 | Gr Master M | 64 | 1954/04/09 |
| 192 | 36 | 162 | 03:21:56 | 26.74 | 5844 | Robinson | Andre | M | 90 | Master M | 57 | 1960/11/06 |
| 193 | 5 | 21 | 03:22:44 | 26.64 | 435 | Madeley | Deborah Lynn | F | 90 | Master F | 53 | 1965/08/30 |
| 194 | 52 | 163 | 03:23:13 | 26.57 | 173 | Smith | Alan | M | 90 | Vet M | 48 | 1970/03/01 |
| 195 | | 164 | 03:23:43 | 26.51 | 168 | No Data | No Data | M | 90 | No Cat | | |
| 196 | 53 | 165 | 03:24:11 | 26.45 | 230 | Branford | Sheldon | M | 90 | Vet M | 47 | 1971/08/24 |
| 197 | 54 | 166 | 03:24:34 | 26.40 | 333 | Venter | Wessel Hendrik | M | 90 | Vet M | 49 | 1969/07/17 |
| 198 | 41 | 167 | 03:24:49 | 26.37 | 167 | Roberts | Oliver | M | 90 | Sub-Vet M | 39 | 1979/06/07 |
| 199 | 42 | 168 | 03:25:05 | 26.33 | 426 | Vreugdenburg | Zaack | M | 90 | Sub-Vet M | 32 | 1985/11/03 |
| 200 | 43 | 169 | 03:25:06 | 26.33 | 386 | Lofstedt | Logan | M | 90 | Sub-Vet M | 38 | 1980/04/21 |
| 201 | 37 | 170 | 03:25:12 | 26.32 | 614 | Van Der Walt | Mike | M | 90 | Master M | 56 | 1961/11/23 |
| 202 | 38 | 171 | 03:25:30 | 26.28 | 5846 | Sindhi | Muhammed | M | 90 | Master M | 51 | 1967/02/27 |
| 203 | 39 | 172 | 03:25:44 | 26.25 | 531 | Venter | Dawid Skalk | M | 90 | Master M | 52 | 1966/02/10 |
| 204 | 40 | 173 | 03:26:16 | 26.18 | 172 | Nel | Frik | M | 90 | Master M | 50 | 1968/02/11 |
| 205 | 44 | 174 | 03:27:25 | 26.03 | 527 | Ansell | John | M | 90 | Sub-Vet M | 37 | 1980/11/04 |
| 206 | 7 | 22 | 03:27:55 | 25.97 | 5816 | Keulder | Danelle | F | 90 | Senior F | 28 | 1990/09/12 |
| 207 | 45 | 175 | 03:28:25 | 25.91 | 165 | Engelbrecht | Johan | M | 90 | Sub-Vet M | 34 | 1983/10/16 |
| 208 | 9 | 176 | 03:29:33 | 25.77 | 199 | Botha | Christiaan | M | 90 | Gr Master M | 63 | 1955/09/01 |
| 209 | 55 | 177 | 03:30:19 | 25.68 | 586 | Muire | John | M | 90 | Vet M | 48 | 1970/01/19 |
| 210 | 56 | 178 | 03:30:24 | 25.67 | 5959 | Jacobs | Francois | M | 90 | Vet M | 47 | 1971/07/13 |
| 211 | 8 | 23 | 03:30:33 | 25.65 | 5181 | Fölscher | Lindy-Lee | F | 90 | Sub-Vet F | 37 | 1981/05/15 |
| 212 | 10 | 179 | 03:30:34 | 25.65 | 5102 | Grantham | Douglas | M | 90 | Gr Master M | 64 | 1954/04/28 |
| 213 | 46 | 180 | 03:30:56 | 25.60 | 384 | Mfinci | Vuyisa Sikululwe | M | 90 | Sub-Vet M | 39 | 1979/04/23 |
| 214 | 41 | 181 | 03:31:44 | 25.50 | 5150 | Els | Paul J | M | 90 | Master M | 49 | 1968/12/06 |

| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
|--------|-------|-------|------------|-------|---------|-------------------|---------------------|-----|------|-------------|-----|------------|
| 215 | 47 | 182 | 03:31:51 | 25.49 | 5468 | Ferreira | Roberto | M | 90 | Sub-Vet M | 34 | 1984/05/30 |
| 216 | 8 | 24 | 03:32:15 | 25.44 | 5529 | Laidlaw | Michaela | F | 90 | Senior F | 23 | 1995/09/01 |
| 217 | 42 | 183 | 03:32:15 | 25.44 | 5438 | Kraitzick | David Paul | M | 90 | Master M | 50 | 1968/03/18 |
| 218 | 48 | 184 | 03:32:21 | 25.43 | 684 | Crawford | Adrian Edward | M | 90 | Sub-Vet M | 35 | 1983/06/23 |
| 219 | 11 | 185 | 03:32:40 | 25.39 | 628 | O'Leary | Keith | M | 90 | Gr Master M | 73 | 1945/05/28 |
| 220 | 43 | 186 | 03:33:00 | 25.35 | 784 | Steenekamp | Casper | M | 90 | Master M | 53 | 1965/06/15 |
| 221 | 44 | 187 | 03:33:02 | 25.35 | 5134 | Hyde | Warren | M | 90 | Master M | 50 | 1968/09/16 |
| 222 | 49 | 188 | 03:33:10 | 25.33 | 5587 | Winterburn | Alexander Kyle | M | 90 | Sub-Vet M | 32 | 1985/10/12 |
| 223 | 9 | 25 | 03:33:13 | 25.33 | 641 | Barnard | Maria | F | 90 | Sub-Vet F | 37 | 1980/10/30 |
| 224 | 57 | 189 | 03:33:17 | 25.32 | 611 | Staniforth | Mark | M | 90 | Vet M | 47 | 1971/05/29 |
| 225 | 45 | 190 | 03:33:46 | 25.26 | 644 | Vlietman | Kevin | M | 90 | Master M | 52 | 1966/03/23 |
| 226 | 50 | 191 | 03:33:51 | 25.25 | 399 | Rautenbach | Nico | M | 90 | Sub-Vet M | 33 | 1985/01/13 |
| 227 | 51 | 192 | 03:34:15 | 25.20 | 341 | Kotze | Neil | M | 90 | Sub-Vet M | 39 | 1979/09/15 |
| 228 | 58 | 193 | 03:34:27 | 25.18 | 796 | Craggs | Duncan | M | 90 | Vet M | 48 | 1969/11/22 |
| 229 | | 194 | 03:34:32 | 25.17 | 609 | No Data | No Data | M | 90 | No Cat | | |
| 230 | 46 | 195 | 03:34:37 | 25.16 | 154 | Engelbrecht | Willie | M | 90 | Master M | 58 | 1959/10/15 |
| 231 | 59 | 196 | 03:34:50 | 25.14 | 755 | Jansen Van Vuuren | Izak | M | 90 | Vet M | 48 | 1969/10/24 |
| 232 | 12 | 197 | 03:34:51 | 25.13 | 390 | Bosch | Thomas George | M | 90 | Gr Master M | 64 | 1954/07/04 |
| 233 | 6 | 26 | 03:34:52 | 25.13 | 556 | Kotze | Gezina Dolores | F | 90 | Master F | 59 | 1959/08/13 |
| 234 | 60 | 198 | 03:35:06 | 25.10 | 344 | Beyers | Graham | M | 90 | Vet M | 45 | 1972/11/06 |
| 235 | 4 | 27 | 03:35:10 | 25.10 | 474 | Beyers | Jade | F | 90 | Vet F | 42 | 1976/04/28 |
| 236 | 13 | 199 | 03:35:16 | 25.09 | 5940 | Cronje | John | M | 90 | Gr Master M | 60 | 1958/05/25 |
| 237 | 47 | 200 | 03:35:17 | 25.08 | 759 | Hughes | Ross Christiaan | M | 90 | Master M | 50 | 1968/09/01 |
| 238 | 61 | 201 | 03:35:19 | 25.08 | 231 | Pryor | Bertie | M | 90 | Vet M | 43 | 1975/04/04 |
| 239 | 10 | 28 | 03:35:22 | 25.07 | 656 | Wecke | Mandy | F | 90 | Sub-Vet F | 36 | 1982/04/13 |
| 240 | 62 | 202 | 03:35:33 | 25.05 | 716 | Pickup | Neil | M | 90 | Vet M | 48 | 1969/12/20 |
| 241 | 52 | 203 | 03:35:34 | 25.05 | 567 | Hewitt | Sean Colin | M | 90 | Sub-Vet M | 37 | 1981/05/07 |
| 242 | 48 | 204 | 03:35:43 | 25.03 | 340 | Van Schie | Paul | M | 90 | Master M | 50 | 1968/09/08 |
| 243 | 7 | 29 | 03:35:44 | 25.03 | 338 | Van Staden | Elmie | F | 90 | Master F | 52 | 1966/07/07 |
| 244 | 63 | 205 | 03:35:53 | 25.01 | 241 | Victor | Morne | M | 90 | Vet M | 46 | 1971/12/23 |
| 245 | | 206 | 03:35:54 | 25.01 | 5784 | Pena | Carlos | M | 90 | No Cat | | |
| 246 | 22 | 207 | 03:36:18 | 24.97 | 5629 | Erasmus | Johan | M | 90 | Senior M | 26 | 1992/07/31 |
| 247 | 64 | 208 | 03:36:25 | 24.95 | 5009 | Peters | Greame | M | 90 | Vet M | 41 | 1977/04/22 |
| 248 | 49 | 209 | 03:36:27 | 24.95 | 549 | Vermaak | Brynard Jordaan | M | 90 | Master M | 54 | 1964/08/27 |
| 249 | 50 | 210 | 03:36:53 | 24.90 | 388 | Dyssel | Anton | M | 90 | Master M | 52 | 1966/07/30 |
| 250 | 23 | 211 | 03:37:05 | 24.88 | 5071 | De Bruin | Pieter - Raymond | M | 90 | Senior M | 26 | 1992/01/24 |
| 251 | 9 | 30 | 03:37:05 | 24.88 | 5192 | Heenop | Ansa | F | 90 | Senior F | 26 | 1992/06/25 |
| 252 | 53 | 212 | 03:37:22 | 24.84 | 677 | Mastnak | Michael | M | 90 | Sub-Vet M | 31 | 1987/03/03 |
| 253 | 51 | 213 | 03:37:44 | 24.80 | 5463 | Muller | Frans | M | 90 | Master M | 54 | 1963/11/07 |
| 254 | 5 | 31 | 03:38:14 | 24.74 | 5775 | Kask | Natasja | F | 90 | Vet F | 44 | 1974/06/02 |
| 255 | 65 | 214 | 03:38:14 | 24.74 | 5842 | Qamata | Gcinulwazi | M | 90 | Vet M | 42 | 1976/04/20 |
| 256 | 6 | 32 | 03:38:14 | 24.74 | 5060 | Dixon | Tammy | F | 90 | Vet F | | 1974/06/03 |
| 257 | 66 | 215 | 03:38:41 | 24.69 | 662 | Buck | Graham Willis | M | 90 | Vet M | 48 | 1970/08/19 |
| 258 | 7 | 33 | 03:38:43 | 24.69 | 660 | Muire | Edna | F | 90 | Vet F | 45 | 1973/08/10 |
| 259 | 14 | 216 | 03:38:48 | 24.68 | 702 | Garvey | Brian Christopher | M | 90 | Gr Master M | 74 | 1944/04/20 |
| 260 | 54 | 217 | 03:38:56 | 24.67 | 5712 | Kaudi | Mduduzi Mxolisi | M | 90 | Sub-Vet M | 34 | 1984/08/26 |
| 261 | 52 | 218 | 03:38:58 | 24.66 | 646 | Swanepoel | Deon | M | 90 | Master M | 59 | 1959/04/27 |
| 262 | | 219 | 03:38:59 | 24.66 | 295 | No Data | No Data | M | 90 | No Cat | | |
| 263 | 8 | 34 | 03:39:17 | 24.63 | 382 | Lang | Irma | F | 90 | Vet F | 42 | 1975/11/05 |
| 264 | 67 | 220 | 03:39:18 | 24.62 | 575 | Charles | Louallen | M | 90 | Vet M | 44 | 1973/12/10 |
| 265 | 53 | 221 | 03:39:23 | 24.61 | 376 | Dixon | Norman | M | 90 | Master M | | 1964/04/01 |
| 266 | 9 | 35 | 03:39:25 | 24.61 | 311 | Ferrie | Petronella Hermiena | F | 90 | Vet F | 47 | 1971/08/30 |
| 267 | 54 | 222 | 03:39:45 | 24.57 | 5034 | Kaudi | Themba | M | 90 | Master M | 55 | 1963/06/26 |
| 268 | 55 | 223 | 03:39:53 | 24.56 | 570 | Ferreira | Jose | M | 90 | Master M | 56 | 1962/01/07 |
| 269 | 68 | 224 | 03:40:01 | 24.54 | 747 | Botha | Philip | M | 90 | Vet M | 49 | 1969/06/11 |
| 270 | 55 | 225 | 03:40:20 | 24.51 | 5503 | Majosi | Donald | M | 90 | Sub-Vet M | 36 | 1982/04/14 |
| 271 | 10 | 36 | 03:40:23 | 24.50 | 400 | Mare | Rene | F | 90 | Vet F | 44 | 1974/03/24 |
| 272 | 56 | 226 | 03:40:24 | 24.50 | 221 | Mare | Wouter | M | 90 | Master M | 53 | 1965/02/10 |
| 273 | 69 | 227 | 03:40:24 | 24.50 | 573 | Erasmus | Monty | M | 90 | Vet M | 49 | 1969/02/08 |
| 274 | 70 | 228 | 03:40:24 | 24.50 | 727 | Mare | Koot | M | 90 | Vet M | 48 | 1970/08/13 |
| 275 | 56 | 229 | 03:40:25 | 24.50 | 205 | Imiolo | Lukasz | M | 90 | Sub-Vet M | 35 | 1983/04/08 |
| 276 | 8 | 37 | 03:40:26 | 24.50 | 218 | Swanepoel | Dorothea Maria | F | 90 | Master F | 49 | 1968/10/28 |
| 277 | 9 | 38 | 03:40:26 | 24.50 | 572 | Smal | Magaretha Magdalena | F | 90 | Master F | 52 | 1966/04/18 |
| 278 | 57 | 230 | 03:40:27 | 24.50 | 519 | De Villiers | Ruan | M | 90 | Sub-Vet M | 33 | 1985/08/17 |
| 279 | 57 | 231 | 03:40:27 | 24.50 | 274 | Swanepoel | Michael Johann | M | 90 | Master M | 52 | 1966/07/29 |
| 280 | 10 | 39 | 03:40:27 | 24.50 | 5871 | Gnudi | Alessandra | F | 90 | Senior F | 27 | 1991/06/09 |
| 281 | 24 | 232 | 03:40:28 | 24.49 | 714 | Swanepoel | Josias Johann | M | 90 | Senior M | 26 | 1991/11/23 |
| 282 | 71 | 233 | 03:40:40 | 24.47 | 360 | Moeletsi | Neville | M | 90 | Vet M | 43 | 1975/08/08 |
| 283 | 10 | 40 | 03:41:22 | 24.39 | 321 | De Lange | Liz | F | 90 | Master F | 58 | 1960/09/13 |
| 284 | 58 | 234 | 03:41:23 | 24.39 | 717 | Asher | Herman | M | 90 | Master M | 50 | 1967/11/13 |
| 285 | 72 | 235 | 03:41:29 | 24.38 | 5382 | Esack | Fahiem | M | 90 | Vet M | 42 | 1976/03/29 |
| 286 | 58 | 236 | 03:41:54 | 24.34 | 798 | Janse van Vuuren | Shawn | M | 90 | Sub-Vet M | 38 | 1980/05/28 |
| 287 | 11 | 41 | 03:42:02 | 24.32 | 5482 | Fourie | Louise | F | 90 | Sub-Vet F | 31 | 1987/08/25 |
| 288 | 59 | 237 | 03:42:08 | 24.31 | 493 | Maree | Michiel | M | 90 | Master M | 57 | 1960/11/02 |

| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
|--------|-------|-------|------------|-------|---------|--------------------|---------------------|-----|------|-------------|-----|------------|
| 289 | 73 | 238 | 03:42:34 | 24.26 | 5036 | Chisiwidi | Ernest | M | 90 | Vet M | 48 | 1970/12/24 |
| 290 | 74 | 239 | 03:42:43 | 24.25 | 5205 | De Kock | Wybrand | M | 90 | Vet M | 47 | 1971/08/24 |
| 291 | 59 | 240 | 03:42:53 | 24.23 | 739 | Wecke | Brendon | M | 90 | Sub-Vet M | 38 | 1980/03/20 |
| 292 | 11 | 42 | 03:43:13 | 24.19 | 603 | Potgieter | Anita | F | 90 | Master F | 58 | 1960/06/11 |
| 293 | 75 | 241 | 03:43:45 | 24.13 | 598 | Janse Van Rensburg | Jacques Louis | M | 90 | Vet M | 49 | 1969/02/28 |
| 294 | 76 | 242 | 03:44:21 | 24.07 | 588 | Chotoki | Nashil | M | 90 | Vet M | 45 | 1972/11/03 |
| 295 | 60 | 243 | 03:44:46 | 24.02 | 5331 | Mtshweneng | Moses | M | 90 | Sub-Vet M | 34 | 1984/06/27 |
| 296 | 77 | 244 | 03:44:51 | 24.02 | 348 | Nash | Brendon | M | 90 | Vet M | 41 | 1976/11/18 |
| 297 | 78 | 245 | 03:46:05 | 23.88 | 5493 | Oberholzer | Daniel | M | 90 | Vet M | 47 | 1971/06/19 |
| 298 | 11 | 43 | 03:46:13 | 23.87 | 5381 | Hepburn | Aletta Adriana | F | 90 | Vet F | 40 | 1978/02/11 |
| 299 | 60 | 246 | 03:47:39 | 23.72 | 196 | Morland | Clifford | M | 90 | Master M | 51 | 1967/09/20 |
| 300 | 12 | 44 | 03:48:02 | 23.68 | 208 | Tomaz | Sarah | F | 90 | Master F | 51 | 1967/09/20 |
| 301 | 25 | 247 | 03:48:26 | 23.64 | 5798 | De Kock | Niel | M | 90 | Senior M | 19 | 1999/09/23 |
| 302 | 61 | 248 | 03:49:24 | 23.54 | 5126 | Scott | Jayson | M | 90 | Sub-Vet M | 35 | 1983/02/04 |
| 303 | 79 | 249 | 03:49:28 | 23.53 | 5782 | Liversage | Samuel | M | 90 | Vet M | 47 | 1971/03/09 |
| 304 | 13 | 45 | 03:50:11 | 23.46 | 587 | Hardman | Sharon Elaine | F | 90 | Master F | 56 | 1962/09/16 |
| 305 | 14 | 46 | 03:50:12 | 23.46 | 712 | Oosthuizen | Annette | F | 90 | Master F | 57 | 1961/07/01 |
| 306 | 15 | 250 | 03:50:21 | 23.44 | 465 | Potgieter | Carel | M | 90 | Gr Master M | 60 | 1958/02/15 |
| 307 | 61 | 251 | 03:50:54 | 23.39 | 175 | Wilkins | Alastair | M | 90 | Master M | 58 | 1960/07/03 |
| 308 | 80 | 252 | 03:51:01 | 23.37 | 5158 | Steenbergen | Rocco | M | 90 | Vet M | 48 | 1970/08/06 |
| 309 | 81 | 253 | 03:51:15 | 23.35 | 597 | Huma | Aubrey | M | 90 | Vet M | 41 | 1976/12/12 |
| 310 | 16 | 254 | 03:51:30 | 23.33 | 584 | Smit | Johann | M | 90 | Gr Master M | 59 | 1958/11/22 |
| 311 | 17 | 255 | 03:52:02 | 23.27 | 385 | Lamb | Ian | M | 90 | Gr Master M | 66 | 1951/10/20 |
| 312 | 82 | 256 | 03:52:26 | 23.23 | 785 | Simelane | Thabani | M | 90 | Vet M | 40 | 1978/05/15 |
| 313 | 12 | 47 | 03:52:30 | 23.23 | 5574 | Ferreira | Charell | F | 90 | Sub-Vet F | 34 | 1984/04/15 |
| 314 | 62 | 257 | 03:52:40 | 23.21 | 456 | Khumalo | Zamokuhle | M | 90 | Sub-Vet M | 37 | 1981/03/31 |
| 315 | 63 | 258 | 03:52:42 | 23.21 | 254 | Ncube | Owen | M | 90 | Sub-Vet M | 39 | 1979/06/06 |
| 316 | 83 | 259 | 03:52:44 | 23.20 | 476 | Fourie | Rian | M | 90 | Vet M | 40 | 1978/04/01 |
| 317 | 62 | 260 | 03:53:32 | 23.12 | 181 | Arewa | Abdul Rasaq Olawale | M | 90 | Master M | 54 | 1964/08/25 |
| 318 | 18 | 261 | 03:53:48 | 23.10 | 178 | Duvenage | Wilhelmus Harnoldus | M | 90 | Gr Master M | 60 | 1958/02/12 |
| 319 | 12 | 48 | 03:53:48 | 23.10 | 473 | Fouche | Clarisa | F | 90 | Vet F | 43 | 1975/06/18 |
| 320 | 5 | 262 | 03:53:49 | 23.10 | 298 | Fouche | Juan-Jacques | M | 90 | Junior M | 14 | 2003/11/19 |
| 321 | 84 | 263 | 03:53:57 | 23.08 | 441 | Clifford | Gary | M | 90 | Vet M | 42 | 1975/10/17 |
| 322 | 1 | 49 | 03:54:26 | 23.03 | 530 | Crabtree | Ellen | F | 90 | Gr Master F | 59 | 1958/12/29 |
| 323 | 63 | 264 | 03:54:57 | 22.98 | 771 | Stanislavljevic | Dobri | M | 90 | Master M | 53 | 1965/01/25 |
| 324 | 13 | 50 | 03:55:50 | 22.90 | 694 | Terblanche | Paula | F | 90 | Vet F | 48 | 1970/07/24 |
| 325 | 85 | 265 | 03:56:43 | 22.81 | 581 | Mbhokota | Vongani | M | 90 | Vet M | 40 | 1977/12/21 |
| 326 | 26 | 266 | 03:57:14 | 22.76 | 732 | Rollinson | Kyle | M | 90 | Senior M | 28 | 1990/07/31 |
| 327 | 64 | 267 | 03:57:15 | 22.76 | 693 | Ungerer | Sean | M | 90 | Sub-Vet M | 34 | 1983/11/25 |
| 328 | 14 | 51 | 03:57:49 | 22.71 | 697 | Chamberlain | Helena | F | 90 | Vet F | 47 | 1971/07/04 |
| 329 | 86 | 268 | 03:57:50 | 22.70 | 720 | Kirsten | Luke | M | 90 | Vet M | 45 | 1972/11/05 |
| 330 | 15 | 52 | 03:57:50 | 22.70 | 334 | Basson | Martie | F | 90 | Master F | 51 | 1967/03/15 |
| 331 | 64 | 269 | 03:58:20 | 22.66 | 5700 | Van Der Wath | Deon | M | 90 | Master M | 56 | 1962/03/16 |
| 332 | 13 | 53 | 03:58:50 | 22.61 | 5063 | Joseph | Dianne | F | 90 | Sub-Vet F | 37 | 1981/03/23 |
| 333 | 87 | 270 | 03:59:20 | 22.56 | 699 | Bhayroo | Rishi | M | 90 | Vet M | 44 | 1973/11/08 |
| 334 | 88 | 271 | 03:59:35 | 22.54 | 5262 | Stoop | Heinrich Julius | M | 90 | Vet M | 48 | 1970/01/27 |
| 335 | 16 | 54 | 03:59:57 | 22.50 | 313 | Brons | Glenda | F | 90 | Master F | 52 | 1965/11/07 |
| 336 | 89 | 272 | 04:01:10 | 22.39 | 5398 | Rebello | Glenton | M | 90 | Vet M | 44 | 1974/04/25 |
| 337 | 65 | 273 | 04:01:24 | 22.37 | 192 | Pinheiro | Michael | M | 90 | Sub-Vet M | 35 | 1983/05/23 |
| 338 | 90 | 274 | 04:01:41 | 22.34 | 490 | Visagie | Gerhard | M | 90 | Vet M | 48 | 1970/02/07 |
| 339 | 27 | 275 | 04:01:42 | 22.34 | 262 | Zwane | Sizwe | M | 90 | Senior M | 26 | 1992/06/24 |
| 340 | 66 | 276 | 04:01:59 | 22.32 | 284 | Griffiths | Neil | M | 90 | Sub-Vet M | 38 | 1979/10/19 |
| 341 | 19 | 277 | 04:01:59 | 22.32 | 640 | Griffiths | Alan | M | 90 | Gr Master M | 70 | 1948/09/27 |
| 342 | 65 | 278 | 04:02:08 | 22.30 | 162 | Van Der Berg | Gary | M | 90 | Master M | 57 | 1961/04/12 |
| 343 | 20 | 279 | 04:02:24 | 22.28 | 499 | Oliver | Johannes | M | 90 | Gr Master M | 65 | 1952/12/14 |
| 344 | 67 | 280 | 04:02:53 | 22.23 | 618 | Hollander | Wim | M | 90 | Sub-Vet M | 34 | 1984/02/02 |
| 345 | 68 | 281 | 04:04:03 | 22.13 | 605 | Hoeys | Brendan | M | 90 | Sub-Vet M | 33 | 1985/07/12 |
| 346 | 91 | 282 | 04:04:03 | 22.13 | 424 | Hillcoat | Martin | M | 90 | Vet M | 45 | 1973/03/09 |
| 347 | 2 | 55 | 04:04:12 | 22.11 | 642 | Aggett | Hazel | F | 90 | Gr Master F | 61 | 1957/02/07 |
| 348 | 15 | 56 | 04:04:12 | 22.11 | 538 | Hillcoat | Candice | F | 90 | Vet F | 45 | 1973/01/19 |
| 349 | 28 | 283 | 04:04:13 | 22.11 | 5728 | Van Der Mescht | Hein | M | 90 | Senior M | 26 | 1992/06/26 |
| 350 | 92 | 284 | 04:04:39 | 22.07 | 683 | Marlowe | Langa | M | 90 | Vet M | 41 | |
| 351 | 6 | 285 | 04:04:53 | 22.05 | 751 | De Villiers | Jonathan | M | 90 | Junior M | 15 | 2002/10/04 |
| 352 | 69 | 286 | 04:04:57 | 22.05 | 513 | Ungerer | Morne | M | 90 | Sub-Vet M | 36 | 1982/01/13 |
| 353 | 14 | 57 | 04:05:43 | 21.98 | 546 | Seagram | Tarryn | F | 90 | Sub-Vet F | 37 | 1981/09/21 |
| 354 | 21 | 287 | 04:05:48 | 21.97 | 661 | Croucamp | Petrus Jacobus | M | 90 | Gr Master M | 59 | 1958/12/14 |
| 355 | 93 | 288 | 04:07:19 | 21.83 | 5573 | Steffen | Izak | M | 90 | Vet M | 47 | 1971/09/01 |
| 356 | 16 | 58 | 04:07:22 | 21.83 | 5392 | Steffen | Amanda | F | 90 | Vet F | 42 | 1975/10/18 |
| 357 | 15 | 59 | 04:07:26 | 21.82 | 503 | Msibi | Delane | F | 90 | Sub-Vet F | | |
| 358 | 11 | 60 | 04:08:13 | 21.76 | 767 | Nienaber | Madelein | F | 90 | Senior F | 28 | 1990/08/06 |
| 359 | 22 | 289 | 04:08:26 | 21.74 | 627 | Green | Craig | M | 90 | Gr Master M | 60 | 1958/09/14 |
| 360 | 66 | 290 | 04:09:08 | 21.68 | 326 | Mahange | Jabulani | M | 90 | Master M | 57 | 1960/11/08 |
| 361 | 94 | 291 | 04:09:46 | 21.62 | 776 | Kendrick | Andrew Paul | M | 90 | Vet M | 40 | 1977/12/07 |
| 362 | 95 | 292 | 04:09:48 | 21.62 | 195 | Wales | Adam | M | 90 | Vet M | 41 | 1977/05/23 |

| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
|--------|-------|-------|------------|-------|---------|-------------------------|--------------------|-----|------|-------------|-----|------------|
| 363 | 96 | 293 | 04:10:43 | 21.54 | 463 | Guiducci | Peter | M | 90 | Vet M | 43 | 1974/12/27 |
| 364 | 97 | 294 | 04:11:22 | 21.48 | 481 | Pitchers | Craig | M | 90 | Vet M | 49 | 1969/06/22 |
| 365 | 12 | 61 | 04:11:29 | 21.47 | 401 | Klue | Nicola | F | 90 | Senior F | 28 | 1989/12/05 |
| 366 | 70 | 295 | 04:11:29 | 21.47 | 343 | Armstrong | Robert | M | 90 | Sub-Vet M | 38 | 1979/11/25 |
| 367 | 67 | 296 | 04:12:07 | 21.42 | 488 | Heyl | Tyrone | M | 90 | Master M | 50 | 1968/01/16 |
| 368 | 68 | 297 | 04:12:13 | 21.41 | 687 | Nicholls | Gary Edwin | M | 90 | Master M | 53 | 1965/04/21 |
| 369 | 98 | 298 | 04:13:22 | 21.31 | 750 | Swart | Markus Dawid | M | 90 | Vet M | 48 | 1970/08/08 |
| 370 | 23 | 299 | 04:13:22 | 21.31 | 541 | Olivier | Jan | M | 90 | Gr Master M | 61 | 1957/05/16 |
| 371 | 16 | 62 | 04:13:44 | 21.28 | 433 | Hoffman | Riana | F | 90 | Sub-Vet F | 36 | 1982/04/21 |
| 372 | 71 | 300 | 04:13:44 | 21.28 | 307 | Hoffman | Aleck John Godfrey | M | 90 | Sub-Vet M | 36 | 1982/05/14 |
| 373 | 24 | 301 | 04:14:16 | 21.24 | 5722 | Ferreira | Fernando Gomes | M | 90 | Gr Master M | 62 | 1955/10/31 |
| 374 | 1 | 63 | 04:14:22 | 21.23 | 498 | De Villiers | Jessica | F | 90 | Junior F | 18 | 2000/03/12 |
| 375 | 69 | 302 | 04:14:28 | 21.22 | 5812 | Kirker | Stephen | M | 90 | Master M | 50 | 1968/09/25 |
| 376 | 70 | 303 | 04:14:36 | 21.21 | 202 | Naidoo | Ricky | M | 90 | Master M | 53 | 1965/04/15 |
| 377 | 72 | 304 | 04:14:48 | 21.19 | 258 | Booyen | Michael | M | 90 | Sub-Vet M | 34 | 1983/11/23 |
| 378 | 17 | 64 | 04:14:48 | 21.19 | 440 | Melnick | Sandi | F | 90 | Vet F | 47 | 1971/02/27 |
| 379 | 73 | 305 | 04:14:48 | 21.19 | 696 | Hewett | Morne | M | 90 | Sub-Vet M | 35 | 1983/01/15 |
| 380 | 25 | 306 | 04:14:49 | 21.19 | 534 | Ferreira | Geoffrey Alan | M | 90 | Gr Master M | 70 | 1948/03/14 |
| 381 | 13 | 65 | 04:15:25 | 21.14 | 5422 | Kirker | Aimã@e | F | 90 | Senior F | 24 | 1993/11/24 |
| 382 | 99 | 307 | 04:15:43 | 21.12 | 5993 | Pretorius | Alwyn | M | 90 | Vet M | 45 | 1972/10/02 |
| 383 | 18 | 66 | 04:15:44 | 21.12 | 5706 | Pretorius | Nolene | F | 90 | Vet F | 43 | 1975/05/24 |
| 384 | 71 | 308 | 04:16:10 | 21.08 | 795 | Downes | Terence | M | 90 | Master M | 57 | 1961/07/29 |
| 385 | 74 | 309 | 04:16:16 | 21.07 | 701 | Spoelstra | Russell | M | 90 | Sub-Vet M | 37 | 1981/08/20 |
| 386 | 19 | 67 | 04:16:33 | 21.05 | 668 | O Neill | Lisa | F | 90 | Vet F | 48 | 1970/05/11 |
| 387 | 17 | 68 | 04:16:47 | 21.03 | 403 | Krisch | Sharon | F | 90 | Master F | 55 | 1963/07/08 |
| 388 | 20 | 69 | 04:16:50 | 21.03 | 695 | Stanisavljevic | Anne-Marie | F | 90 | Vet F | 47 | 1971/07/12 |
| 389 | 18 | 70 | 04:17:42 | 20.95 | 157 | Poulton | Belinda | F | 90 | Master F | 51 | 1967/03/22 |
| 390 | 11 | 11 | 04:17:45 | 20.95 | 682 | Barnard / Barnard | Magda / Jannie | T | 90 | Tandem | 51 | 1966/11/19 |
| 391 | 21 | 71 | 04:18:35 | 20.88 | 375 | Lombard | Elsabe | F | 90 | Vet F | 47 | 1971/09/01 |
| 392 | 75 | 310 | 04:19:03 | 20.85 | 5179 | Roux | Werner | M | 90 | Sub-Vet M | 34 | 1984/08/08 |
| 393 | 17 | 72 | 04:19:03 | 20.85 | 5898 | Denton | Michelle | F | 90 | Sub-Vet F | 38 | 1980/06/11 |
| 394 | 18 | 73 | 04:19:30 | 20.81 | 787 | Stasch | Michelle | F | 90 | Sub-Vet F | 37 | 1980/12/17 |
| 395 | 76 | 311 | 04:19:31 | 20.81 | 331 | Stasch | Renier | M | 90 | Sub-Vet M | 33 | 1985/04/01 |
| 396 | 26 | 312 | 04:20:01 | 20.77 | 5044 | Scott | Robert James | M | 90 | Gr Master M | 64 | 1954/03/01 |
| 397 | 72 | 313 | 04:20:05 | 20.76 | 289 | Grey | Cor | M | 90 | Master M | 55 | 1963/07/07 |
| 398 | 29 | 314 | 04:20:13 | 20.75 | 5313 | Oosthuizen | Dian | M | 90 | Senior M | 23 | 1995/09/05 |
| 399 | 30 | 315 | 04:20:19 | 20.74 | 5819 | Vos | Ryan Terence | M | 90 | Senior M | 27 | 1991/01/23 |
| 400 | 100 | 316 | 04:20:33 | 20.73 | 564 | Mokomele | Vincent | M | 90 | Vet M | 43 | 1975/04/21 |
| 401 | 14 | 74 | 04:21:57 | 20.61 | 229 | Ferrie | Kirstin | F | 90 | Senior F | 21 | 1997/06/01 |
| 402 | 12 | 12 | 04:22:12 | 20.59 | 5094 | Gaberthuel / Gaberthuel | Magda / Roland | T | 90 | Tandem | 56 | 1962/09/18 |
| 403 | 13 | 13 | 04:24:16 | 20.43 | 439 | Schmidt / Schmidt | Marcha / Janko | T | 90 | Tandem | 49 | 1968/12/25 |
| 404 | 31 | 317 | 04:24:24 | 20.42 | 190 | De Lange | Thomas Martin | M | 90 | Senior M | 28 | 1990/04/02 |
| 405 | 73 | 318 | 04:24:39 | 20.40 | 117 | Page | Johannes | M | 90 | Master M | 52 | 1966/05/22 |
| 406 | 101 | 319 | 04:25:41 | 20.32 | 686 | Zeelie | Jacques | M | 90 | Vet M | 48 | 1970/08/21 |
| 407 | 19 | 75 | 04:26:24 | 20.27 | 636 | Britz | Naftali | F | 90 | Sub-Vet F | 33 | 1985/02/01 |
| 408 | 102 | 320 | 04:26:24 | 20.27 | 444 | Wilsenach | Gideon | M | 90 | Vet M | 46 | 1972/04/28 |
| 409 | 27 | 321 | 04:26:46 | 20.24 | 643 | Van Der Walt | Anton | M | 90 | Gr Master M | 60 | 1958/05/11 |
| 410 | 28 | 322 | 04:27:04 | 20.22 | 356 | Lamb | Ian | M | 90 | Gr Master M | 66 | 1951/10/20 |
| 411 | 19 | 76 | 04:27:08 | 20.21 | 244 | Seddon | Jackie | F | 90 | Master F | 57 | 1961/07/23 |
| 412 | 74 | 323 | 04:27:09 | 20.21 | 297 | Van Der Sandt | Schalk | M | 90 | Master M | 58 | 1960/05/06 |
| 413 | 32 | 324 | 04:27:27 | 20.19 | 5241 | Fourie | Schalk | M | 90 | Senior M | 21 | 1997/04/24 |
| 414 | 77 | 325 | 04:27:28 | 20.19 | 5625 | Verheem | Wayne | M | 90 | Sub-Vet M | 32 | 1985/10/16 |
| 415 | 15 | 77 | 04:27:29 | 20.19 | 5281 | Fourie | Alecia | F | 90 | Senior F | 22 | 1996/01/09 |
| 416 | 20 | 78 | 04:27:31 | 20.19 | 317 | Bonner | Tania | F | 90 | Sub-Vet F | 35 | 1982/11/16 |
| 417 | 22 | 79 | 04:27:41 | 20.17 | 5253 | September | Lynette | F | 90 | Vet F | 44 | 1973/10/31 |
| 418 | 33 | 326 | 04:28:15 | 20.13 | 5849 | Marais | Marchant | M | 90 | Senior M | 22 | 1996/05/20 |
| 419 | 16 | 80 | 04:28:16 | 20.13 | 5368 | Niksch | Carla | F | 90 | Senior F | 21 | 1997/02/17 |
| 420 | 23 | 81 | 04:28:19 | 20.13 | 542 | Jay | Chrissie | F | 90 | Vet F | 46 | 1972/03/11 |
| 421 | 29 | 327 | 04:28:20 | 20.12 | 286 | Erasmus | Barend | M | 90 | Gr Master M | 60 | 1958/04/02 |
| 422 | 24 | 82 | 04:28:20 | 20.12 | 778 | Vanderwagen | Judy | F | 90 | Vet F | 46 | 1971/10/30 |
| 423 | 103 | 328 | 04:28:32 | 20.11 | 507 | Bantom | Wayne | M | 90 | Vet M | 47 | 1971/05/09 |
| 424 | 104 | 329 | 04:30:07 | 19.99 | 422 | Seagram | Rob | M | 90 | Vet M | 41 | 1977/01/19 |
| 425 | 75 | 330 | 04:30:18 | 19.98 | 5791 | Strydom | Renier | M | 90 | Master M | 52 | 1965/12/28 |
| 426 | 20 | 83 | 04:31:07 | 19.92 | 265 | Darling | Wendy | F | 90 | Master F | 54 | 1963/10/17 |
| 427 | 78 | 331 | 04:31:30 | 19.89 | 722 | Nkwinika | Lacia | M | 90 | Sub-Vet M | 37 | 1981/05/22 |
| 428 | 79 | 332 | 04:31:34 | 19.88 | 246 | Swart | Daniel | M | 90 | Sub-Vet M | 30 | 1988/01/10 |
| 429 | 30 | 333 | 04:31:45 | 19.87 | 726 | Swart | Norman N | M | 90 | Gr Master M | 64 | 1954/08/06 |
| 430 | 31 | 334 | 04:31:57 | 19.86 | 706 | Van Der Walt | Hermanus | M | 90 | Gr Master M | 78 | 1939/11/02 |
| 431 | 32 | 335 | 04:32:02 | 19.85 | 445 | Woolard | Clive | M | 90 | Gr Master M | 69 | 1948/12/07 |
| 432 | 17 | 84 | 04:32:08 | 19.84 | 434 | Bouwer | Leanri | F | 90 | Senior F | 28 | 1990/01/30 |
| 433 | 76 | 336 | 04:32:41 | 19.80 | 723 | Cilliers | Johan | M | 90 | Master M | 56 | 1962/04/23 |
| 434 | 105 | 337 | 04:34:44 | 19.66 | 316 | Janse Van Rensburg | Barend Rudolf | M | 90 | Vet M | 40 | 1978/02/10 |
| 435 | 21 | 85 | 04:35:31 | 19.60 | 764 | Holderness | Marty | F | 90 | Master F | 56 | 1961/11/30 |
| 436 | 106 | 338 | 04:41:50 | 19.16 | 786 | Sedikwe | Lawrence | M | 90 | Vet M | 41 | 1976/12/15 |

| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
|--------|-------|-------|------------|-------|---------|----------------|--------------------------|-----|------|-------------|-----|------------|
| 437 | 77 | 339 | 04:42:25 | 19.12 | 631 | Bouwer | Marius | M | 90 | Master M | 56 | 1961/12/25 |
| 438 | 107 | 340 | 04:43:00 | 19.08 | 504 | Thabethe | Moses | M | 90 | Vet M | 48 | 1970/05/07 |
| 439 | 108 | 341 | 04:43:58 | 19.02 | 675 | Freeman | Chris | M | 90 | Vet M | 47 | 1971/06/26 |
| 440 | 25 | 86 | 04:44:09 | 19.00 | 5267 | Jardine | Patricia | F | 90 | Vet F | 47 | 1970/11/13 |
| 441 | 109 | 342 | 04:44:58 | 18.95 | 224 | Collinson | Francois | M | 90 | Vet M | 44 | 1974/03/12 |
| 442 | 26 | 87 | 04:45:00 | 18.95 | 259 | Van Wyk | Charmaine | F | 90 | Vet F | 44 | 1974/04/16 |
| 443 | 80 | 343 | 04:46:30 | 18.85 | 179 | Alexander | Leondo | M | 90 | Sub-Vet M | 36 | 1982/05/27 |
| 444 | 21 | 88 | 04:46:30 | 18.85 | 309 | Alexander | Natasha | F | 90 | Sub-Vet F | 33 | 1984/10/29 |
| 445 | 78 | 344 | 04:48:16 | 18.73 | 514 | Landman | Anton | M | 90 | Master M | 51 | 1967/06/13 |
| 446 | 22 | 89 | 04:49:03 | 18.68 | 551 | Hundermark | Carina | F | 90 | Sub-Vet F | 31 | 1987/09/17 |
| 447 | 27 | 90 | 04:49:04 | 18.68 | 158 | Botha | Erika | F | 90 | Vet F | 49 | 1969/03/30 |
| 448 | 34 | 345 | 04:50:36 | 18.58 | 5148 | Jessop | Graham | M | 90 | Senior M | 25 | 1993/05/13 |
| 449 | 18 | 91 | 04:50:37 | 18.58 | 5829 | Wagner | Tarryn | F | 90 | Senior F | 24 | 1993/10/25 |
| 450 | 110 | 346 | 04:51:06 | 18.55 | 188 | Mngadi | Dumisani | M | 90 | Vet M | 41 | 1977/03/07 |
| 451 | 23 | 92 | 04:52:40 | 18.45 | 5086 | Germishuys | Jozann | F | 90 | Sub-Vet F | 34 | 1983/10/25 |
| 452 | 81 | 347 | 04:52:46 | 18.44 | 480 | Jordan | Nwabisa | M | 90 | Sub-Vet M | 36 | 1982/05/16 |
| 453 | 22 | 93 | 04:53:11 | 18.42 | 211 | Gardiner | Yvonne | F | 90 | Master F | 59 | 1959/06/12 |
| 454 | 23 | 94 | 04:53:14 | 18.42 | 511 | Lawrence | Mady | F | 90 | Master F | 51 | 1967/09/17 |
| 455 | 111 | 348 | 04:54:01 | 18.37 | 5572 | Theologides | Christos | M | 90 | Vet M | 46 | 1972/03/04 |
| 456 | 24 | 95 | 04:54:10 | 18.36 | 346 | Goosen | Susanna Magdalena Venter | F | 90 | Master F | 57 | 1960/12/20 |
| 457 | 25 | 96 | 04:55:45 | 18.26 | 742 | Kreissel | Jennifer Doreen | F | 90 | Master F | 49 | 1968/10/31 |
| 458 | 112 | 349 | 04:57:05 | 18.18 | 634 | Makhanya | Simphiwe | M | 90 | Vet M | 41 | 1976/12/01 |
| 459 | 26 | 97 | 04:58:27 | 18.09 | 5507 | Louwrens | Rinette | F | 90 | Master F | 55 | 1963/08/16 |
| 460 | 79 | 350 | 04:58:27 | 18.09 | 5301 | Louwrens | Herman | M | 90 | Master M | 59 | 1959/09/09 |
| 461 | 33 | 351 | 04:58:43 | 18.08 | 770 | Liebenberg | Louis | M | 90 | Gr Master M | 67 | 1951/02/13 |
| 462 | 27 | 98 | 04:58:46 | 18.07 | 212 | Liebenberg | Melony | F | 90 | Master F | 57 | 1961/07/30 |
| 463 | 35 | 352 | 05:00:26 | 17.97 | 780 | Thwala | Thabang Martin | M | 90 | Senior M | 27 | 1991/09/24 |
| 464 | 19 | 99 | 05:01:08 | 17.93 | 788 | Smal | Christa | F | 90 | Senior F | 21 | 1997/02/17 |
| 465 | 20 | 100 | 05:01:09 | 17.93 | 576 | Smal | Elma | F | 90 | Senior F | 26 | 1992/01/14 |
| 466 | 82 | 353 | 05:03:08 | 17.81 | 203 | Geel | Cornelius Johannes | M | 90 | Sub-Vet M | 35 | 1983/03/17 |
| 467 | 36 | 354 | 05:04:54 | 17.71 | 237 | Mashile | Thereso | M | 90 | Senior M | 27 | 1991/07/07 |
| 468 | 113 | 355 | 05:06:32 | 17.62 | 464 | Ntanzi | Malusi | M | 90 | Vet M | 40 | 1977/12/20 |
| 469 | 83 | 356 | 05:09:49 | 17.43 | 5707 | Passmore | Clayton | M | 90 | Sub-Vet M | 34 | 1984/09/29 |
| 470 | 28 | 101 | 05:12:29 | 17.28 | 393 | Goddard | Natasja | F | 90 | Vet F | 40 | 1978/04/10 |
| 471 | 84 | 357 | 05:12:49 | 17.26 | 166 | Loubser | Timothy | M | 90 | Sub-Vet M | 34 | 1984/08/17 |
| 472 | 24 | 102 | 05:13:29 | 17.23 | 5195 | Houseman | Jacqueline | F | 90 | Sub-Vet F | 39 | 1979/06/30 |
| 473 | 85 | 358 | 05:16:53 | 17.04 | 337 | Sehoole | Lebogang | M | 90 | Sub-Vet M | 38 | 1980/04/13 |
| 474 | 80 | 359 | 05:18:04 | 16.98 | 324 | Maduna | Joe | M | 90 | Master M | 58 | 1960/08/15 |
| 475 | 81 | 360 | 05:24:06 | 16.66 | 228 | De Oliveira | Julio | M | 90 | Master M | 52 | 1965/12/01 |
| 476 | 25 | 103 | 05:24:31 | 16.64 | 553 | Tshisikhawe | Lalo | F | 90 | Sub-Vet F | 30 | 1988/03/21 |
| 477 | 86 | 361 | 05:25:20 | 16.60 | 5662 | Du Toit | Antonie | M | 90 | Sub-Vet M | 39 | 1979/03/18 |
| 478 | 26 | 104 | 05:25:21 | 16.60 | 5820 | Smith | Michelle | F | 90 | Sub-Vet F | 35 | 1983/09/14 |
| 479 | 82 | 362 | 05:28:41 | 16.43 | 320 | Mullan | Francis | M | 90 | Master M | 51 | 1967/06/16 |
| 480 | 114 | 363 | 05:29:13 | 16.40 | 529 | Booyesen | Hendrik Daniel Dames | M | 90 | Vet M | 41 | 1977/06/23 |
| 481 | 115 | 364 | 05:29:46 | 16.38 | 5756 | Odysseos | Michael | M | 90 | Vet M | 43 | 1975/03/19 |
| 482 | 87 | 365 | 05:29:57 | 16.37 | 585 | Govender | Sashen | M | 90 | Sub-Vet M | 32 | 1986/05/08 |
| 483 | 29 | 105 | 05:30:42 | 16.33 | 152 | Dry | Michelle | F | 90 | Vet F | 48 | 1969/10/01 |
| 484 | 88 | 366 | 05:31:14 | 16.30 | 485 | Skhosana | Johnson | M | 90 | Sub-Vet M | 32 | 1986/06/14 |
| 485 | 89 | 367 | 05:32:14 | 16.25 | 625 | Yssel | Ryno Boshoff | M | 90 | Sub-Vet M | 29 | 1988/12/05 |
| 486 | 90 | 368 | 05:34:36 | 16.14 | 741 | Mokgosi | Sello | M | 90 | Sub-Vet M | 32 | 1986/01/19 |
| 487 | 83 | 369 | 06:03:05 | 14.87 | 213 | Lewis | Jacob | M | 90 | Master M | 54 | 1964/04/08 |
| 488 | 84 | 370 | 06:11:28 | 14.54 | 414 | Mosokotso | Ishmael | M | 90 | Master M | 57 | 1960/11/12 |
| 489 | 1 | 106 | 07:20:35 | - | 638 | Manaleng | Palesa | F | 90 | Hand Cycle | 31 | 1987/03/20 |
| | | | DNF | - | 327 | Bigmore | Stuart Raymond | M | 90 | Gr Master M | 62 | 1956/08/02 |
| | | | DNF | - | 544 | Botha | Sharon | F | 90 | Master F | 55 | 1963/03/04 |
| | | | DNF | - | 245 | Delys | Luc | M | 90 | Master M | 52 | 1966/07/15 |
| | | | DNF | - | 543 | Gouws | Tanya | F | 90 | Vet F | 41 | 1976/10/13 |
| | | | DNF | - | 458 | Holme | Joy | F | 90 | Master F | 54 | 1963/12/17 |
| | | | DNF | - | 743 | Lewis | Terrie | F | 90 | Master F | 52 | 1966/08/30 |
| | | | DNF | - | 548 | Marais | Wandra | F | 90 | Master F | 53 | 1964/10/30 |
| | | | DNF | - | 719 | Mead | Gillian | F | 90 | Vet F | 45 | 1973/09/26 |
| | | | DNF | - | 5985 | Moyo | Letson | M | 90 | Sub-Vet M | 34 | |
| | | | DNF | - | 5805 | Moyo | Thabo Carlman | M | 90 | Vet M | 48 | 1969/10/10 |
| | | | DNF | - | 689 | No Data | No Data | M | 90 | No Cat | | |
| | | | DNF | - | 715 | Ntshalintshali | Mpumelelo | M | 90 | Vet M | 40 | 1977/11/07 |
| | | | DNF | - | 423 | Rodrigues | Fabio | M | 90 | Sub-Vet M | 33 | 1985/04/27 |
| | | | DNF | - | 255 | Snyman | Hein | M | 90 | Sub-Vet M | 35 | 1983/05/02 |
| | | | DNF | - | 774 | Tshabalala | Revelation | M | 90 | Sub-Vet M | 31 | 1986/11/06 |
| | | | DNF | - | 446 | Van Wyk | Chomp | M | 90 | Vet M | 42 | 1976/06/11 |
| | | | DNF | - | 169 | Vermaak | Bridgette | F | 90 | Sub-Vet F | 34 | 1983/10/17 |
| | | | DNF | - | 620 | Vermaak | Ethan Reece | M | 90 | Junior M | 12 | 2005/12/29 |

| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
|-------------|-------|-------|------------|-------|---------|---------------------|-------------------------|-----|------|-------------|-----|------------|
| 40Km | | | | | | | | | | | | |
| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
| 1 | 1 | 1 | 01:08:32 | 35.02 | 5677 | Spencer / Spencer | Mark / Luke | T | 40 | Tandem | 46 | 1971/10/22 |
| 2 | 1 | 1 | 01:13:03 | 32.85 | 5736 | Weyers | Patrick | M | 40 | Senior M | 29 | 1989/06/06 |
| 3 | 1 | 2 | 01:13:06 | 32.83 | 5387 | Janse Van Rensburg | Jonathan Jacobus | M | 40 | Sub-Vet M | 35 | 1983/04/07 |
| 4 | 1 | 3 | 01:14:14 | 32.33 | 5206 | Mathysen | Stefanus | M | 40 | Vet M | 40 | 1978/04/01 |
| 5 | 2 | 4 | 01:14:15 | 32.32 | 5224 | Oosthuizen | Rudie | M | 40 | Sub-Vet M | 38 | 1980/05/05 |
| 6 | 1 | 1 | 01:18:32 | 30.56 | 5553 | Malhou | Elista | F | 40 | Vet F | 41 | 1977/03/21 |
| 7 | 2 | 5 | 01:18:53 | 30.42 | 5496 | Van Der Westhuizen | Erasmus | M | 40 | Senior M | 29 | 1989/04/05 |
| 8 | 2 | 2 | 01:18:54 | 30.42 | 5767 | Wheeler | Elizma | F | 40 | Vet F | 48 | 1970/05/17 |
| 9 | 1 | 6 | 01:19:12 | 30.30 | 5888 | Greyling | Jan | M | 40 | Gr Master M | 71 | 1947/08/30 |
| 10 | 2 | 7 | 01:19:24 | 30.23 | 5976 | Augustyn | Gabriel Eduard | M | 40 | Vet M | 47 | 1971/06/07 |
| 11 | 3 | 3 | 01:19:24 | 30.23 | 5792 | Du Toit | Anél | F | 40 | Vet F | 40 | 1978/02/03 |
| 12 | 2 | 2 | 01:19:28 | 30.20 | 5169 | Van Zyl / Van Zyl | Simoni /Riaan | T | 40 | Tandem | 36 | 1982/04/13 |
| 13 | 3 | 8 | 01:21:10 | 29.57 | 5999 | Jacobs | Wally | M | 40 | Sub-Vet M | 30 | 1988/03/10 |
| 14 | 1 | 9 | 01:21:15 | 29.54 | 5589 | Steyn | Hendry | M | 40 | Master M | 52 | 1966/07/07 |
| 15 | 3 | 10 | 01:21:58 | 29.28 | 5008 | Hefer | Morne | M | 40 | Senior M | 25 | 1993/05/13 |
| 16 | 1 | 11 | 01:22:16 | 29.17 | 5973 | Mendes | Dequlan | M | 40 | Junior M | 17 | 2000/11/10 |
| 17 | 4 | 12 | 01:22:51 | 28.97 | 5593 | Billing | Alastair | M | 40 | Sub-Vet M | 34 | 1984/09/11 |
| 18 | 2 | 13 | 01:22:56 | 28.94 | 5547 | Hawla | David | M | 40 | Master M | 50 | 1968/05/04 |
| 19 | 5 | 14 | 01:24:25 | 28.43 | 5524 | Swanepoel | Braam | M | 40 | Sub-Vet M | 33 | 1985/05/18 |
| 20 | 1 | 4 | 01:24:26 | 28.42 | 5439 | Swanepoel | Bernice | F | 40 | Sub-Vet F | 29 | 1988/12/08 |
| 21 | 3 | 3 | 01:24:59 | 28.24 | 5773 | Streicher / Wessels | Madeleine / Anna | T | 40 | Tandem | 45 | 1973/03/20 |
| 22 | 3 | 15 | 01:25:43 | 28.00 | 5670 | Crowley | Derry Timothy | M | 40 | Master M | 59 | 1959/05/16 |
| 23 | 4 | 16 | 01:26:18 | 27.81 | 5369 | Rossouw | Petrus Stephanus | M | 40 | Master M | 56 | 1962/02/12 |
| 24 | 6 | 17 | 01:27:02 | 27.58 | 5361 | Koen | Werner | M | 40 | Sub-Vet M | 30 | 1987/11/01 |
| 25 | 1 | 5 | 01:27:17 | 27.50 | 5797 | Scheppel | Val | F | 40 | Master F | 57 | 1961/04/22 |
| 26 | 3 | 18 | 01:27:33 | 27.41 | 5615 | Marais | Gavin | M | 40 | Vet M | 46 | 1972/07/10 |
| 27 | 7 | 19 | 01:27:37 | 27.39 | 5702 | Oosthuizen | Fred | M | 40 | Sub-Vet M | 37 | 1981/09/20 |
| 28 | 1 | 6 | 01:27:39 | 27.38 | 5837 | Jansen Van Rensburg | Cha Maune | F | 40 | Senior F | 22 | 1996/01/30 |
| 29 | 2 | 7 | 01:29:02 | 26.96 | 5127 | du plessis | christa | F | 40 | Master F | 49 | 1968/11/03 |
| 30 | 4 | 20 | 01:29:20 | 26.87 | 5875 | Nel | Ludick | M | 40 | Senior M | 24 | 1994/07/16 |
| 31 | 5 | 21 | 01:29:44 | 26.75 | 5334 | Bowles | Clifford | M | 40 | Master M | 59 | 1959/02/19 |
| 32 | 6 | 22 | 01:30:06 | 26.64 | 5578 | Johnson | Athol | M | 40 | Master M | 53 | 1964/11/12 |
| 33 | 2 | 8 | 01:30:16 | 26.59 | 5748 | Stols | Elizma | F | 40 | Senior F | 25 | 1993/07/21 |
| 34 | 4 | 4 | 01:31:00 | 26.37 | 5254 | Mendes / Mendes | Daryl / Alloutte | T | 40 | Tandem | 47 | 1970/12/18 |
| 35 | 4 | 9 | 01:31:33 | 26.22 | 5246 | Kotze | Charlene Elizabeth Anne | F | 40 | Vet F | 40 | 1978/06/02 |
| 36 | 2 | 23 | 01:31:35 | 26.21 | 5598 | Vermeulen | Johan | M | 40 | Gr Master M | 63 | 1955/09/12 |
| 37 | 5 | 10 | 01:31:46 | 26.15 | 5470 | Clare | Jessica | F | 40 | Vet F | 41 | 1977/02/15 |
| 38 | 3 | 24 | 01:31:48 | 26.14 | 5836 | Lourens | Abraham | M | 40 | Gr Master M | 68 | 1950/07/05 |
| 39 | 4 | 25 | 01:31:49 | 26.14 | 5850 | Trafoyer | Herbert | M | 40 | Gr Master M | 75 | 1943/01/30 |
| 40 | 2 | 11 | 01:31:52 | 26.12 | 5908 | Lerm | Pam | F | 40 | Sub-Vet F | 39 | 1979/09/11 |
| 41 | 8 | 26 | 01:32:11 | 26.04 | 5639 | Lange | Wayne Alan | M | 40 | Sub-Vet M | 34 | 1984/03/31 |
| 42 | 3 | 12 | 01:32:14 | 26.02 | 5982 | Gilfillan | Lizelle | F | 40 | Sub-Vet F | 38 | 1980/08/28 |
| 43 | 7 | 27 | 01:34:27 | 25.41 | 5436 | Hersov | Chris | M | 40 | Master M | 55 | 1963/06/24 |
| 44 | 6 | 13 | 01:34:27 | 25.41 | 5968 | Hersov | Bianca | F | 40 | Vet F | 47 | 1971/07/17 |
| 45 | 1 | 28 | 01:34:38 | 25.36 | 5879 | Pieters | Nathen | M | 40 | Youth M | 16 | 2002/08/25 |
| 46 | 8 | 29 | 01:35:08 | 25.23 | 5577 | Nortman | Hendrik | M | 40 | Master M | 56 | 1961/12/30 |
| 47 | 9 | 30 | 01:35:19 | 25.18 | 220 | De Jager | David | M | 40 | Master M | 52 | 1966/03/13 |
| 48 | 5 | 31 | 01:35:31 | 25.13 | 5428 | Pyle | Justin | M | 40 | Senior M | 19 | 1998/10/23 |
| 49 | 6 | 32 | 01:35:57 | 25.01 | 5180 | Kotze | John-Ben | M | 40 | Senior M | 25 | 1993/01/24 |
| 50 | 9 | 33 | 01:37:13 | 24.69 | 5469 | Hechter | Carel David | M | 40 | Sub-Vet M | 36 | 1982/07/19 |
| 51 | 10 | 34 | 01:37:16 | 24.67 | 5402 | Do Carmo | Manuel Nunes | M | 40 | Master M | 51 | 1967/09/16 |
| 52 | 5 | 35 | 01:37:20 | 24.66 | 5628 | Groenewald | Pieter | M | 40 | Gr Master M | 62 | 1956/04/24 |
| 53 | 7 | 14 | 01:37:39 | 24.58 | 5379 | Delpoort | Eduard | F | 40 | Vet F | 42 | 1976/02/06 |
| 54 | 6 | 36 | 01:38:15 | 24.43 | 5069 | Stasch | Danie | M | 40 | Gr Master M | 63 | 1955/08/30 |
| 55 | 4 | 37 | 01:38:52 | 24.28 | 5518 | Mokhanoi | Semoli | M | 40 | Vet M | 40 | 1977/11/29 |
| 56 | 5 | 38 | 01:39:03 | 24.23 | 5708 | Verhoef | Nicolaas | M | 40 | Vet M | 42 | 1976/02/08 |
| 57 | 7 | 39 | 01:39:04 | 24.23 | 5536 | Jacobs | Dwayne | M | 40 | Senior M | 28 | 1989/11/20 |
| 58 | 7 | 40 | 01:39:40 | 24.08 | 5004 | Van Der Merwe | Johannes Lodewikus | M | 40 | Gr Master M | 62 | 1956/01/18 |
| 59 | 10 | 41 | 01:40:16 | 23.94 | 5861 | Siame | Chitongwa | M | 40 | Sub-Vet M | 33 | 1984/10/17 |
| 60 | 8 | 42 | 01:40:26 | 23.90 | 5385 | Rossouw | Mornay | M | 40 | Senior M | 28 | 1990/08/13 |
| 61 | 2 | 43 | 01:40:26 | 23.90 | 5609 | Kriel | Johannes Jacobus | M | 40 | Junior M | 18 | 2000/06/30 |
| 62 | 8 | 15 | 01:40:35 | 23.86 | 5089 | Wharton-Hood | Terry | F | 40 | Vet F | 48 | 1970/08/17 |
| 63 | 4 | 16 | 01:40:35 | 23.86 | 5952 | Napier | Tama | F | 40 | Sub-Vet F | 34 | 1984/09/10 |
| 64 | 9 | 44 | 01:40:37 | 23.85 | 5065 | Myburgh | Ruan | M | 40 | Senior M | 26 | 1992/01/14 |
| 65 | 11 | 45 | 01:41:09 | 23.73 | 5043 | Hau | Gary | M | 40 | Master M | 54 | 1963/12/27 |
| 66 | 3 | 46 | 01:42:12 | 23.48 | 5431 | Myburgh | Marcel | M | 40 | Junior M | 17 | 2000/11/16 |
| 67 | 9 | 17 | 01:43:11 | 23.26 | 5972 | Pickup | Tracey | F | 40 | Vet F | 46 | 1972/08/31 |
| 68 | 1 | 18 | 01:43:21 | 23.22 | 5548 | Losper | Alta | F | 40 | Gr Master F | 60 | 1957/10/22 |
| 69 | 1 | 47 | 01:43:32 | 23.18 | 5446 | Van Der Merwe | De Wet | M | 40 | Sub-Jun M | 13 | 2005/04/28 |
| 70 | 6 | 48 | 01:44:26 | 22.98 | 5635 | Peenz | Danie | M | 40 | Vet M | 43 | 1975/08/02 |
| 71 | 10 | 19 | 01:44:31 | 22.96 | 5374 | Peenz | Nicolette | F | 40 | Vet F | 41 | 1977/07/12 |
| 72 | 12 | 49 | 01:45:26 | 22.76 | 5146 | Labuschagne | Francois | M | 40 | Master M | 56 | 1961/11/03 |

| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
|--------|-------|-------|------------|-------|---------|--------------------|--------------------|-----|------|-------------|-----|------------|
| 73 | 2 | 50 | 01:45:33 | 22.74 | 5994 | Duvenage | Dewald Jan-hendrik | M | 40 | Sub-Jun M | 13 | 2005/05/07 |
| 74 | 13 | 51 | 01:45:33 | 22.74 | 5683 | Duvenage | Jan Hendrik | M | 40 | Master M | 55 | 1963/03/05 |
| 75 | 3 | 20 | 01:45:33 | 22.74 | 5766 | Duvenage | Jacqueline | F | 40 | Senior F | 26 | 1991/12/13 |
| 76 | 10 | 52 | 01:45:34 | 22.73 | 5779 | Swanepoel | Ruan | M | 40 | Senior M | 29 | 1989/04/13 |
| 77 | 4 | 21 | 01:45:35 | 22.73 | 5349 | Labuschagne | Chantelle | F | 40 | Senior F | 24 | 1994/05/06 |
| 78 | 7 | 53 | 01:45:55 | 22.66 | 5151 | Van Eeden | Andre | M | 40 | Vet M | 46 | 1972/08/03 |
| 79 | 3 | 22 | 01:46:26 | 22.55 | 5538 | Jones | Mary | F | 40 | Master F | | 1962/09/05 |
| 80 | 14 | 55 | 01:46:27 | 22.55 | 5021 | Forshaw | Mike | M | 40 | Master M | 56 | 1962/01/14 |
| 81 | 8 | 56 | 01:46:41 | 22.50 | 5664 | Mataruse | Jed | M | 40 | Vet M | 45 | 1973/06/20 |
| 82 | 5 | 23 | 01:46:44 | 22.49 | 5153 | Bam | Hendrieka | F | 40 | Senior F | 24 | 1994/01/26 |
| 83 | 11 | 57 | 01:46:44 | 22.49 | 5284 | Labuschagne | Rudi | M | 40 | Senior M | 24 | 1994/02/22 |
| 84 | 5 | 24 | 01:46:45 | 22.48 | 5226 | Hoffman | Madeleine / Anna | F | 40 | Sub-Vet F | 31 | 1987/01/20 |
| 85 | 12 | 58 | 01:46:45 | 22.48 | 5460 | Bam | Steven | M | 40 | Senior M | 24 | 1994/09/18 |
| 86 | 4 | 25 | 01:46:56 | 22.44 | 5213 | Pena | Faye | F | 40 | Master F | 55 | 1963/01/14 |
| 87 | | 59 | 01:47:04 | 22.42 | 5946 | No Data | No Data | M | 40 | No Cat | | |
| 88 | 11 | 60 | 01:47:34 | 22.31 | 5363 | Joubert | Raymond | M | 40 | Sub-Vet M | 33 | 1985/05/12 |
| 89 | 9 | 61 | 01:47:39 | 22.29 | 5723 | Wills | Arthur | M | 40 | Vet M | 46 | 1972/02/17 |
| 90 | 11 | 26 | 01:47:42 | 22.28 | 5372 | Yirrell | Pamela | F | 40 | Vet F | 39 | 1978/10/11 |
| 91 | 15 | 62 | 01:47:43 | 22.28 | 5263 | Stoop | Carel | M | 40 | Master M | 53 | 1965/07/16 |
| 92 | 6 | 27 | 01:48:16 | 22.17 | 5519 | Naylor | Kay | F | 40 | Senior F | 26 | 1992/02/24 |
| 93 | 10 | 63 | 01:48:40 | 22.09 | 5209 | Dowie | Patrick | M | 40 | Vet M | 43 | 1975/01/01 |
| 94 | 6 | 28 | 01:48:40 | 22.09 | 5223 | Kock | Robyn | F | 40 | Sub-Vet F | 36 | 1981/12/31 |
| 95 | 12 | 64 | 01:48:40 | 22.09 | 5081 | Kock | Conrad | M | 40 | Sub-Vet M | 37 | 1980/12/15 |
| 96 | 13 | 65 | 01:48:44 | 22.07 | 5535 | Jingura | Valentine | M | 40 | Sub-Vet M | 32 | 1985/11/20 |
| 97 | 11 | 66 | 01:48:57 | 22.03 | 5030 | Jivan | Deepash Jakison | M | 40 | Vet M | 45 | 1972/10/16 |
| 98 | 16 | 67 | 01:49:04 | 22.00 | 5055 | Rieters | Gideon | M | 40 | Master M | 57 | 1961/03/11 |
| 99 | 5 | 29 | 01:49:20 | 21.95 | 5855 | Smit | Lorraine | F | 40 | Master F | 50 | 1968/07/27 |
| 100 | 17 | 68 | 01:49:38 | 21.89 | 5017 | Goncalves | Walter | M | 40 | Master M | 52 | 1966/08/03 |
| 101 | 8 | 69 | 01:50:03 | 21.81 | 5183 | Fourie | Pieter | M | 40 | Gr Master M | 61 | 1957/02/12 |
| 102 | 18 | 70 | 01:50:05 | 21.80 | 5588 | White | Willie | M | 40 | Master M | 56 | 1961/10/12 |
| 103 | 4 | 71 | 01:50:22 | 21.75 | 5149 | Magee | Christopher | M | 40 | Junior M | 17 | 2000/12/11 |
| 104 | 5 | 72 | 01:50:24 | 21.74 | 5068 | Magee | Donovan | M | 40 | Junior M | 17 | 2000/12/11 |
| 105 | 12 | 73 | 01:50:35 | 21.70 | 5566 | Magee | James | M | 40 | Vet M | 43 | 1974/11/21 |
| 106 | 14 | 74 | 01:51:40 | 21.49 | 5041 | Grobbelaar | Marius | M | 40 | Sub-Vet M | 39 | 1979/02/20 |
| 107 | 13 | 75 | 01:52:15 | 21.38 | 5621 | Heyl | Jared | M | 40 | Senior M | 23 | 1995/06/23 |
| 108 | 15 | 76 | 01:52:58 | 21.25 | 5906 | Cronje | Heinrich Werner | M | 40 | Sub-Vet M | 34 | 1984/04/14 |
| 109 | 16 | 77 | 01:53:03 | 21.23 | 5324 | Mariah | Dineshan | M | 40 | Sub-Vet M | 36 | 1982/07/03 |
| 110 | 9 | 78 | 01:53:05 | 21.22 | 5056 | De Koningh | Hugo | M | 40 | Gr Master M | 69 | 1949/02/02 |
| 111 | 10 | 79 | 01:53:50 | 21.08 | 5022 | Pretorius | Jan | M | 40 | Gr Master M | 63 | 1955/04/24 |
| 112 | 7 | 30 | 01:53:50 | 21.08 | 5530 | Booyesen | Mache Berenice | F | 40 | Senior F | 28 | 1990/02/21 |
| 113 | 6 | 31 | 01:53:54 | 21.07 | 5427 | Asher | Maria | F | 40 | Master F | 54 | 1964/01/24 |
| 114 | 11 | 80 | 01:54:18 | 21.00 | 5977 | Van Zyl | Gert Diederick | M | 40 | Gr Master M | 60 | 1958/01/13 |
| 115 | 17 | 81 | 01:54:43 | 20.92 | 5475 | Janse Van Rensburg | Rikus | M | 40 | Sub-Vet M | 35 | 1983/02/16 |
| 116 | 7 | 32 | 01:54:43 | 20.92 | 5543 | Janse Van Rensburg | Nadia | F | 40 | Sub-Vet F | 35 | 1983/01/26 |
| 117 | 18 | 82 | 01:54:43 | 20.92 | 5006 | Stapelberg | Quintin | M | 40 | Sub-Vet M | 35 | 1983/02/13 |
| 118 | 8 | 33 | 01:54:43 | 20.92 | 5592 | Stapelberg | Yolandi | F | 40 | Sub-Vet F | 32 | 1985/12/19 |
| 119 | 9 | 34 | 01:54:48 | 20.91 | 5091 | Jacobs | Nastassia | F | 40 | Sub-Vet F | 34 | 1983/10/16 |
| 120 | 13 | 83 | 01:54:52 | 20.89 | 5163 | Audier | Ettienne | M | 40 | Vet M | 40 | 1978/03/14 |
| 121 | | 84 | 01:55:17 | 20.82 | 5227 | Andrews | Narman | M | 40 | No Cat | | |
| 122 | 12 | 35 | 01:55:17 | 20.82 | 5586 | Fourie | Henna | F | 40 | Vet F | 42 | 1975/12/04 |
| 123 | 14 | 85 | 01:55:21 | 20.81 | 5787 | Thompson | Brian | M | 40 | Vet M | 48 | 1970/02/17 |
| 124 | 12 | 86 | 01:55:22 | 20.80 | 5282 | Schoeman | Christiaan | M | 40 | Gr Master M | 65 | 1952/12/21 |
| 125 | 8 | 36 | 01:55:23 | 20.80 | 5897 | Bergstedt | Melissa-anne | F | 40 | Senior F | 26 | 1991/10/18 |
| 126 | 10 | 37 | 01:55:26 | 20.79 | 5432 | Pieters | Natasha | F | 40 | Sub-Vet F | 37 | 1981/07/22 |
| 127 | 9 | 38 | 01:55:26 | 20.79 | 5746 | Pieters | Vernette | F | 40 | Senior F | 23 | 1994/11/21 |
| 128 | 19 | 87 | 01:55:37 | 20.76 | 5653 | Borges | Francisco | M | 40 | Master M | 52 | 1965/12/18 |
| 129 | 15 | 88 | 01:56:40 | 20.57 | 5646 | Myburgh | Almiros George | M | 40 | Vet M | 47 | 1971/07/17 |
| 130 | 16 | 89 | 01:56:42 | 20.57 | 5857 | Gattesco | Gino | M | 40 | Vet M | 46 | 1971/10/16 |
| 131 | 20 | 90 | 01:56:45 | 20.56 | 5883 | Weyers | Jan | M | 40 | Master M | 55 | 1962/12/10 |
| 132 | 11 | 39 | 01:57:11 | 20.48 | 5095 | Myburgh | Rizindi | F | 40 | Sub-Vet F | 32 | 1986/04/19 |
| 133 | 2 | 40 | 01:57:13 | 20.47 | 5975 | Ellis | Hanlie | F | 40 | Gr Master F | 66 | 1952/06/17 |
| 134 | 17 | 91 | 01:57:18 | 20.46 | 5678 | Kanetsi | Teboho | M | 40 | Vet M | 49 | 1969/06/29 |
| 135 | 12 | 41 | 01:57:53 | 20.36 | 5314 | Marais | Michelle | F | 40 | Sub-Vet F | 35 | 1983/06/10 |
| 136 | 10 | 42 | 01:58:03 | 20.33 | 5652 | Fourie | Jeanine | F | 40 | Senior F | 29 | 1989/01/13 |
| 137 | 21 | 92 | 01:58:25 | 20.27 | 5480 | Prinsloo | Hennie | M | 40 | Master M | 51 | 1966/10/05 |
| 138 | 19 | 93 | 01:58:28 | 20.26 | 5631 | Valente | Miguel | M | 40 | Sub-Vet M | 31 | 1987/02/04 |
| 139 | 3 | 94 | 01:58:32 | 20.25 | 5403 | Bierman | Nathan | M | 40 | Sub-Jun M | 12 | 2006/11/09 |
| 140 | 20 | 95 | 01:58:36 | 20.24 | 5380 | Ten Napel | Gerhard | M | 40 | Sub-Vet M | 34 | 1984/08/21 |
| 141 | 13 | 43 | 01:58:38 | 20.23 | 5236 | Du Preez | Nicolene | F | 40 | Vet F | 39 | 1978/10/08 |
| 142 | 14 | 44 | 01:58:43 | 20.22 | 5852 | Prinsloo | Anita | F | 40 | Vet F | 39 | 1978/10/04 |
| 143 | 7 | 45 | 01:58:53 | 20.19 | 5215 | Strassburg | Charmaine | F | 40 | Master F | 51 | 1967/06/08 |
| 144 | 15 | 46 | 01:59:34 | 20.07 | 5032 | Storey | Sharon | F | 40 | Vet F | 43 | 1975/05/27 |
| 145 | 16 | 47 | 01:59:35 | 20.07 | 5303 | Marillier | Michelle | F | 40 | Vet F | 39 | 1978/11/02 |
| 146 | 21 | 96 | 01:59:40 | 20.06 | 5738 | Scheepers | Mark | M | 40 | Sub-Vet M | 35 | 1983/04/28 |

| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
|--------|-------|-------|------------|-------|---------|------------------|---------------------|-----|------|-------------|-----|------------|
| 147 | 22 | 97 | 01:59:56 | 20.01 | 5061 | Barlevy | Hanan | M | 40 | Sub-Vet M | 38 | 1980/01/08 |
| 148 | 18 | 98 | 02:00:30 | 19.92 | 5049 | Mataruse | Robin Tendai | M | 40 | Vet M | 42 | 1976/02/11 |
| 149 | 17 | 48 | 02:00:57 | 19.84 | 5234 | Vogel Du Plessis | Retha | F | 40 | Vet F | 49 | 1969/07/05 |
| 150 | 8 | 49 | 02:00:57 | 19.84 | 5184 | Bosch | Elena | F | 40 | Master F | 52 | 1966/04/03 |
| 151 | 22 | 99 | 02:01:13 | 19.80 | 5426 | De Beer | Samuel Jacobus | M | 40 | Master M | 59 | 1959/01/11 |
| 152 | 19 | 100 | 02:01:39 | 19.73 | 5145 | Mtshali | Mthandeni | M | 40 | Vet M | 45 | 1973/02/23 |
| 153 | 23 | 101 | 02:01:53 | 19.69 | 5864 | Carvalho | Miguel | M | 40 | Sub-Vet M | 36 | 1982/08/28 |
| 154 | 11 | 50 | 02:02:06 | 19.66 | 5570 | O Neill | Skye | F | 40 | Senior F | 22 | 1996/04/10 |
| 155 | 13 | 51 | 02:02:38 | 19.57 | 5785 | Goodburn | Adele | F | 40 | Sub-Vet F | 34 | 1984/03/10 |
| 156 | 24 | 102 | 02:02:41 | 19.56 | 5565 | Du Plessis | Cornelius | M | 40 | Sub-Vet M | 39 | 1979/03/10 |
| 157 | 14 | 103 | 02:03:24 | 19.45 | 5612 | Senekal | Wayne | M | 40 | Senior M | 26 | 1992/06/02 |
| 158 | 18 | 52 | 02:04:17 | 19.31 | 5557 | Louw | Tanya | F | 40 | Vet F | 40 | 1977/11/25 |
| 159 | 23 | 104 | 02:05:11 | 19.17 | 5957 | Lesch | Susan | M | 40 | Master M | | 1965/08/28 |
| 160 | 20 | 105 | 02:05:15 | 19.16 | 5302 | Olivier | Tinus | M | 40 | Vet M | 42 | 1976/07/02 |
| 161 | 13 | 106 | 02:05:17 | 19.16 | 5790 | Stirk | Jimmy | M | 40 | Gr Master M | 71 | 1947/08/09 |
| 162 | 21 | 107 | 02:05:49 | 19.08 | 5685 | Lettape | Sizwe | M | 40 | Vet M | 40 | 1977/12/09 |
| 163 | 24 | 108 | 02:06:18 | 19.00 | 5486 | Do Couto | Basil | M | 40 | Master M | 51 | 1967/08/24 |
| 164 | 15 | 109 | 02:06:20 | 19.00 | 5960 | Gonsalves | Johan | M | 40 | Senior M | 24 | 1994/05/07 |
| 165 | 22 | 110 | 02:06:29 | 18.97 | 5329 | George | Coetzee | M | 40 | Vet M | 39 | 1978/02/02 |
| 166 | 14 | 111 | 02:06:37 | 18.95 | 5795 | Botes | Koos | M | 40 | Gr Master M | 66 | 1951/11/01 |
| 167 | 12 | 53 | 02:06:42 | 18.94 | 5753 | Kroon | Jade | F | 40 | Senior F | 26 | 1991/10/23 |
| 168 | 9 | 54 | 02:07:19 | 18.85 | 5763 | Van Heerden | Amanda | F | 40 | Master F | 56 | 1961/12/02 |
| 169 | 15 | 112 | 02:07:20 | 18.85 | 5523 | Van Heerden | Pieter | M | 40 | Gr Master M | 63 | 1955/09/13 |
| 170 | 25 | 113 | 02:07:23 | 18.84 | 5604 | Wright | Athol | M | 40 | Master M | 55 | 1963/05/10 |
| 171 | 25 | 114 | 02:08:09 | 18.73 | 5552 | Khoza | Vincent | M | 40 | Sub-Vet M | 39 | 1979/05/02 |
| 172 | 26 | 115 | 02:08:32 | 18.67 | 5370 | Taunyane | Esaia | M | 40 | Master M | 50 | 1968/09/13 |
| 173 | 10 | 55 | 02:09:27 | 18.54 | 5516 | Horstink | Ina | F | 40 | Master F | 56 | 1962/01/05 |
| 174 | 19 | 56 | 02:10:09 | 18.44 | 5417 | De Kock | Karin | F | 40 | Vet F | 47 | 1971/06/03 |
| 175 | 11 | 57 | 02:10:13 | 18.43 | 5084 | Froneman | Maretha | F | 40 | Master F | 56 | 1962/08/25 |
| 176 | 23 | 116 | 02:10:40 | 18.37 | 5200 | Scholtz | Johan | M | 40 | Vet M | 48 | 1970/09/06 |
| 177 | 16 | 117 | 02:11:07 | 18.30 | 5165 | Du Toit | Daniel Jacobus | M | 40 | Senior M | 22 | 1995/11/02 |
| 178 | 13 | 58 | 02:11:07 | 18.30 | 5513 | De Bruyn | Maruschka Vianka | F | 40 | Senior F | 22 | 1996/04/19 |
| 179 | 20 | 59 | 02:11:26 | 18.26 | 5549 | Botha | Santie | F | 40 | Vet F | 48 | 1970/08/27 |
| 180 | 24 | 118 | 02:11:38 | 18.23 | 5755 | Booyens | Dale | M | 40 | Vet M | 39 | 1978/11/12 |
| 181 | 5 | 5 | 02:11:42 | 18.22 | 5730 | Campbell / Hefer | Christopher / Ansie | T | 40 | Tandem | 46 | 1972/02/16 |
| 182 | 21 | 60 | 02:12:11 | 18.16 | 5508 | Sequeira | Jacinta | F | 40 | Vet F | 48 | 1970/03/29 |
| 183 | | 119 | 02:12:43 | 18.08 | 5216 | No Data | No Data | M | 40 | No Cat | | |
| 184 | 25 | 120 | 02:12:43 | 18.08 | 5317 | Myburgh | Barrie | M | 40 | Vet M | 40 | 1978/03/22 |
| 185 | 12 | 61 | 02:13:08 | 18.03 | 5440 | Passmore | Daphne | F | 40 | Master F | 52 | 1966/02/26 |
| 186 | 26 | 121 | 02:13:29 | 17.98 | 610 | Mkansi | Remember | M | 40 | Sub-Vet M | 31 | 1987/07/27 |
| 187 | | 62 | 02:13:33 | 17.97 | 5228 | Andrews | Gail | F | 40 | No Cat | | |
| 188 | 14 | 63 | 02:13:36 | 17.96 | 5029 | Ekermans | Cassandra | F | 40 | Sub-Vet F | 39 | 1979/09/24 |
| 189 | 27 | 122 | 02:13:37 | 17.96 | 5057 | Muller | Werner | M | 40 | Sub-Vet M | 37 | 1981/03/27 |
| 190 | 15 | 64 | 02:14:43 | 17.82 | 5992 | Swart | Chantel | F | 40 | Sub-Vet F | 34 | 1984/08/06 |
| 191 | 22 | 65 | 02:14:53 | 17.79 | 5886 | Manga | Christine Marina | F | 40 | Vet F | 43 | 1975/09/25 |
| 192 | 17 | 123 | 02:16:18 | 17.61 | 164 | Hlalukane | Lungelo | M | 40 | Senior M | 25 | 1993/08/02 |
| 193 | 27 | 124 | 02:16:20 | 17.60 | 5273 | Du Plessis | Daniel | M | 40 | Master M | 53 | 1964/10/27 |
| 194 | 18 | 125 | 02:17:58 | 17.40 | 790 | Makhubele | Agreement | M | 40 | Senior M | 28 | 1989/12/23 |
| 195 | 19 | 126 | 02:18:02 | 17.39 | 420 | Mthembu | Sibongiseni | M | 40 | Senior M | 22 | 1996/04/16 |
| 196 | 16 | 66 | 02:19:10 | 17.25 | 5173 | Meyer | Mellissa | F | 40 | Sub-Vet F | 38 | 1980/03/04 |
| 197 | 23 | 67 | 02:20:37 | 17.07 | 5680 | Weyers | Charmaine | F | 40 | Vet F | 46 | 1972/07/31 |
| 198 | 13 | 68 | 02:20:42 | 17.06 | 5197 | Linkenheil | Sabine | F | 40 | Master F | 53 | 1965/09/17 |
| 199 | 14 | 69 | 02:21:44 | 16.93 | 5161 | Bow | Charnell | F | 40 | Master F | 50 | 1967/11/06 |
| 200 | 24 | 70 | 02:23:18 | 16.75 | 5802 | Schoeman | Carike | F | 40 | Vet F | 44 | 1973/10/01 |
| 201 | 15 | 71 | 02:23:19 | 16.75 | 5373 | O'Hare | Jackie | F | 40 | Master F | 50 | 1968/09/19 |
| 202 | 28 | 127 | 02:25:30 | 16.49 | 5079 | Lion Cachet | Steven | M | 40 | Master M | 50 | 1968/10/15 |
| 203 | 16 | 72 | 02:26:32 | 16.38 | 5435 | Els | Cheryll | F | 40 | Master F | 53 | 1964/10/20 |
| 204 | 26 | 128 | 02:29:29 | 16.06 | 5012 | Kroukamp | Martin | M | 40 | Vet M | 49 | 1969/08/02 |
| 205 | 27 | 129 | 02:31:21 | 15.86 | 5823 | Jonker | Peon | M | 40 | Vet M | 43 | 1975/08/24 |
| 206 | 17 | 73 | 02:36:16 | 15.36 | 5135 | Burnett | Debbie | F | 40 | Master F | 50 | 1968/08/25 |
| 207 | 29 | 130 | 02:38:26 | 15.15 | 5758 | Shakung | Tumisang | M | 40 | Master M | 55 | 1963/01/31 |
| 208 | 28 | 131 | 02:42:16 | 14.79 | 5545 | Skosana | Christopher | M | 40 | Vet M | 46 | 1972/08/14 |
| 209 | 29 | 132 | 02:48:34 | 14.24 | 5534 | Bierman | Jaco | M | 40 | Vet M | 48 | 1970/02/07 |
| 210 | 17 | 74 | 02:49:09 | 14.19 | 5675 | Wright | Latoya | F | 40 | Sub-Vet F | 33 | 1985/07/20 |
| 211 | 16 | 133 | 02:49:11 | 14.19 | 5157 | Wright | Godfrey | M | 40 | Gr Master M | 61 | 1956/12/07 |
| 212 | | 134 | 02:49:21 | 14.17 | 5821 | No Data | No Data | M | 40 | No Cat | | |
| 213 | 17 | 135 | 02:52:41 | 13.90 | 5571 | Bow | Paul Adrian | M | 40 | Gr Master M | 61 | 1957/08/03 |
| 214 | 30 | 136 | 02:53:40 | 13.82 | 5965 | Marubini | Livhuwani Emmanuel | M | 40 | Vet M | 46 | 1972/09/18 |
| 215 | 3 | 75 | 02:54:05 | 13.79 | 5719 | Roux | Audrey | F | 40 | Gr Master F | 63 | 1955/08/26 |
| 216 | 31 | 137 | 02:55:38 | 13.66 | 5544 | Akintola | Dele | M | 40 | Vet M | 40 | 1977/12/13 |
| 217 | 20 | 138 | 02:56:33 | 13.59 | 5868 | Birkner | Heinrich | M | 40 | Senior M | 25 | 1993/08/24 |
| 218 | 28 | 139 | 03:54:46 | 10.22 | 5343 | Dube | Ishmael | M | 40 | Sub-Vet M | 33 | 1984/10/27 |
| | | | DNF | - | 421 | Vermaak | Tyron | M | 40 | Sub-Vet M | 37 | 1981/04/17 |

| P_Dist | P_Cat | P_Sex | FinishTime | Ave | Race No | Surname | Name | Sex | Dist | Category | Age | Birthdate |
|--------|-------|-------|------------|-----|---------|------------|---------------|-----|------|-------------|-----|------------|
| | | | DNF | - | 5546 | Soares | Jose | M | 40 | Master M | 56 | 1962/05/07 |
| | | | DNF | - | 310 | Finlay | Rodney Frank | M | 40 | Gr Master M | 74 | 1944/02/28 |
| | | | DNF | - | 325 | Williams | Pieter | M | 40 | Gr Master M | 69 | 1948/10/24 |
| | | | DNF | - | 5010 | Carvalho | Adamastor | M | 40 | Master M | 54 | 1964/02/03 |
| | | | DNF | - | 757 | Diedericks | Gert Johannes | M | 40 | Vet M | 44 | 1974/06/13 |
| | | | DNF | - | 198 | Gaothaelwe | Sannah | F | 40 | Senior F | 28 | 1990/08/06 |
| | | | DNF | - | 5190 | Wright | Rita | F | 40 | Vet F | 49 | 1969/03/14 |
| | | | DNF | - | 5336 | Roth | Antoinette | F | 40 | Sub-Vet F | 37 | 1981/03/14 |