

Overall Results

Place	Bib #	Last Name	First Name	Time	Pace	Type	Division
1	489	Marikeni	Zingisile	2:28:04	3:31	Run	(M) 35+
2	74	Mfowentsizwei	Simphiwe	2:30:25	3:34	Run	(M) Open
3	488	Nzingo	Nkosinathi	2:30:50	3:34	Run	(M) Open
4	330	Edwards	Thomas	2:31:58	3:36	Run	(M) 35+
5	75	Rhafuza	Thandabantu	2:37:10	3:43	Run	(M) Open
6	280	Kidgell	Warren	2:38:21	3:45	Run	(M) 35+
7	274	Noluhlazana	Bonginkosi	2:41:17	3:49	Run	(M) 40+
8	456	Eichert	Paul	2:41:28	3:50	Run	(M) 35+
9	379	Zondi	Mdumiseni	2:42:21	3:51	Run	(M) 35+
10	245	Mema	Mbuyiseli	2:43:51	3:53	Run	(M) 35+
11	30	Mbelu	Silveret	2:44:18	3:54	Run	(M) 40+
12	428	Luqongo	Samuel	2:44:45	3:54	Run	(M) Open
13	60	Hadebe	Nkosinathi	2:45:35	3:55	Run	(M) 35+
14	434	Eshetu	Beyene	2:46:33	3:57	Run	(M) Open
15	396	Tomas	Lizo	2:47:11	3:58	Run	(M) 50+
16	155	Masumpa	Makaya	2:47:35	3:58	Run	(M) 40+
17	303	Paul	Gary	2:48:16	3:59	Run	(M) Open
18	200	Mashicila	Xolile	2:48:46	4:00	Run	(M) 35+
19	453	December	Vuyani	2:49:12	4:01	Run	(M) 40+
20	538	Mdyogolo	Thembinkosi	2:52:08	4:05	Run	(M) 40+
21	449	Mtoli	Edumisa	2:53:33	4:07	Run	(M) 35+
22	485	Doran	Fritz	2:53:43	4:07	Run	(M) 40+
23	176	Kebeni	Mzukisi	2:54:20	4:08	Run	(M) 35+
24	142	Bashe	Bongani	02:54:40	4:08	Run	(M) 0-34
25	126	Smith	Stephanie	02:55:12	4:09	Run	(F) Open
26	231	Gqeba	Sibongile	2:56:31	4:11	Run	(M) 35+
27	378	Jele	Khawulani	2:57:30	4:12	Run	(M) 35+
28	199	Lwando	Jack	2:58:36	4:14	Run	(M) Open
29	114	De Klerk	Raymond	2:59:05	4:15	Run	(M) Open
30	209	Ntamo	Vincent	3:00:01	4:16	Run	(M) 40+
31	256	Emslie	Vaughan	3:00:20	4:16	Run	(M) 40+
32	479	Tishini	Welcome	3:01:47	4:18	Run	(M) 40+
33	212	Zulu	Mndeni	3:02:13	4:19	Run	(M) 35+
34	188	Mpalala	Mzoli	3:02:28	4:19	Run	(M) 50+
35	51	Mashimane	Sibonelo	3:02:36	4:20	Run	(M) 35+
36	273	Martin	Craig	3:02:40	4:20	Run	(M) 40+
37	346	Retyu	Zakuthini	3:04:22	4:22	Run	(M) 40+
38	525	Jass	Bongani	3:05:20	4:24	Run	(M) Open
39	237	Yose	Mcebisi	3:06:12	4:25	Run	(M) 35+
40	356	Franz	Dean	3:06:28	4:25	Run	(M) 35+
41	205	Meijers	Stephen	3:07:28	4:27	Run	(M) 50+
42	329	Morgan	Wendy	3:08:34	4:28	Run	(F) 40+
43	539	Mackenzie	Andrew	3:08:55	4:29	Run	(M) 40+
44	123	Mnyamana	Thozamile	3:09:33	4:30	Run	(M) 40+
45	424	Wright	Matthew	3:09:47	4:30	Run	(M) Open
46	242	Mbotyeni	Ayanda	3:10:28	4:31	Run	(M) Open
47	547	Rantjie	Tshepo	3:10:35	4:31	Run	(M) 35+
48	234	Melame	Mlungiseleli	3:11:25	4:32	Run	(M) Open
49	445	Burse	Peter	3:11:50	4:33	Run	(M) 35+
50	134	Ndabeni	Vukile	3:13:18	4:35	Run	(M) 35+
51	448	Madlavana	Sakhumzi	3:13:25	4:35	Run	(M) 50+
52	531	Westbrook	Roger	3:13:33	4:35	Run	(M) 35+
53	331	Nyokana	Thembile	3:15:06	4:37	Run	(M) 40+
54	69	Galela	Mzwanele	3:16:42	4:40	Run	(M) 40+
55	31	Banfield	Jené	3:17:15	4:40	Run	(F) 40+
56	321	Gous	Kevin	3:18:10	4:42	Run	(M) 35+
57	554	Bara	Sabelo	3:19:44	4:44	Run	(M) 40+

58	386	Venter	Marcel	3:19:58	4:44	Run	(M) 50+
59	61	Hewetson	Shaun	3:19:59	4:44	Run	(M) Open
60	145	Hockly	Mario	3:19:59	4:44	Run	(M) 50+
61	139	Van Der Merwe	Brandon	3:20:40	4:45	Run	(M) 35+
62	146	Mbalekwa	Luyanda	3:20:52	4:46	Run	(M) 35+
63	435	Kutta	Zwelakhwe	3:20:58	4:46	Run	(M) 50+
64	203	Moolman	Nandus	3:21:12	4:46	Run	(M) 40+
65	148	Phumlani	Sikweza	03:22:10		Run	(M) Open
66	284	Quinn	Matthew	3:22:16	4:48	Run	(M) 35+
67	224	Mphoswa	Roseman	3:22:22	4:48	Run	(M) Open
68	136	Dumisa	Masixole	3:22:26	4:48	Run	(M) Open
69	125	Smith	Travis	3:23:16	4:49	Run	(M) Open
70	540	Ndzundzu	Simphiwe	3:23:23	4:49	Run	(M) 40+
71	543	Hunter	Sandy	3:23:34	4:49	Run	(F) 35+
72	63	Nesi	Mzwabantu	3:23:44	4:50	Run	(M) Open
73	208	Mgangato	Xolani	3:23:45	4:50	Run	(M) Open
74	327	Kriel	Gabriel	3:24:30	4:51	Run	(M) Open
75	497	Baddis	Demetrious	3:24:35	4:51	Run	(M) 40+
76	451	Fowles	Oliver	3:24:41	4:51	Run	(M) 40+
77	228	Spelo	Bobotyana	3:24:51	4:51	Run	(M) 40+
78	127	Mbambisa	Mpumzi	3:25:12	4:52	Run	(M) 35+
79	152	Arentsen	Wesley	3:25:51	4:53	Run	(M) Open
80	112	Maart	Wayne	3:25:57	4:53	Run	(M) 35+
81	439	Heurlin	Jarl	3:27:02	4:54	Run	(M) 40+
82	47	Mthethwa	Lindani	3:27:14	4:55	Run	(M) Open
83	409	Webber	Ingrid	3:27:34	4:55	Run	(F) Open
84	156	Langeni	Ayabonga	3:27:50	4:55	Run	(M) Open
85	299	Van Staden	Boysie	3:28:03	4:56	Run	(M) 60+
86	552	Maso	Vuyani	3:28:13	4:56	Run	(M) 50+
87	220	Booyens	Andrew	3:28:15	4:56	Run	(M) 40+
88	519	Lolwana	Colbert	3:28:17	4:56	Run	(M) 40+
89	412	Adams	Eric	3:28:20	4:56	Run	(M) 50+
90	138	Myataza	Zolani	3:28:30	4:56	Run	(M) 40+
91	403	Burns	James	3:28:40	4:57	Run	(M) Open
92	64	Calaza	Sizwe	3:28:43	4:57	Run	(M) 40+
93	411	Makapela	Craig	3:29:02	4:57	Run	(M) 35+
94	115	Mtshabe	Ntsikane	3:29:45	4:58	Run	(M) 50+
95	235	Dlisanani	Manelisi Gift	3:30:17	4:59	Run	(M) Open
96	536	Louw	Dap	3:30:19	4:59	Run	(M) Open
97	293	Abdool	Sabra	3:31:09	5:00	Run	(F) 50+
98	167	Ncana	Lundi	3:31:12	5:00	Run	(M) 35+
99	484	Skepu	Zolani	3:31:18	5:00	Run	(M) 35+
100	471	Hanafey	Craig	3:31:56	5:01	Run	(M) 40+
101	557	Muller	Giddo	3:33:16	5:03	Run	(M) Open
102	149	Rautini	Mzotheni	3:33:37	5:04	Run	(M) 35+
103	302	Botha	Pieter	3:34:00	5:04	Run	(M) 40+
104	401	Petersen	Brett	3:34:24	5:05	Run	(M) 35+
105	376	Beltrame	Vic	3:34:25	5:05	Run	(M) 40+
106	322	Tshecwa	Patric	3:34:28	5:05	Run	(M) Open
107	76	Chiwaya	Peter	3:35:08	5:06	Run	(M) Open
108	344	Ndzandza	Luyanda	3:35:15	5:06	Run	(M) Open
109	308	Grindlay	Cynthia	3:35:33	5:06	Run	(F) 50+
110	262	Lionnet	Christopher	3:36:17	5:08	Run	(M) Open
111	183	Petyt	Terence	3:36:28	5:08	Run	(M) 35+
112	82	Sambane	Thobela	3:36:37	5:08	Run	(M) Open
113	278	Hislop	John	3:36:50	5:08	Run	(M) 40+
114	283	Lehmann	Timo	3:37:31	5:09	Run	(M) Open
115	52	Ntoni	Khayaletu	3:37:40	5:09	Run	(M) 40+
116	357	Labuschagne	Jan	3:37:55	5:10	Run	(M) 35+

117	219	Wadge	Ric	3:38:00	5:10	Run	(M) Open
118	165	Worley	Scott	3:38:20	5:10	Run	(M) 40+
119	533	Nomwa	Malungisa	3:38:29	5:11	Run	(M) 50+
120	541	Wilson	Scott	3:38:47	5:11	Run	(M) 40+
121	143	Ncapai	Phumzile	3:38:54	5:11	Run	(M) 40+
122	113	Ndakisa	Luvumile	3:38:56	5:11	Run	(M) 50+
123	369	Webster	Antony	3:38:59	5:11	Run	(M) 50+
124	8	Mateo	Faro	3:39:10	5:12	Run	(M) 40+
125	191	Sibanda	Mloyiswa	3:39:32	5:12	Run	(M) 35+
126	427	Graham	Brenda	3:39:32	5:12	Run	(F) Open
127	298	Cilliers	Elize	3:39:34	5:12	Run	(F) 50+
128	333	Pienaar	Charl	3:39:35	5:12	Run	(M) 50+
129	35	Mekeni	Sinethemba	3:39:37	5:12	Run	(M) Open
130	215	Matika	Themba	3:39:45	5:12	Run	(M) 40+
131	179	Mufamadi	Tendani	3:39:56	5:13	Run	(M) 35+
132	495	Novukela	Cawe	3:40:10	5:13	Run	(M) 50+
133	387	De Barros	Rui	3:40:30	5:14	Run	(M) 35+
134	239	Josi	Msindisi	3:42:17	5:16	Run	(M) Open
135	441	Tinhof	Uwe-Franz	3:42:25	5:16	Run	(M) 40+
136	175	Chelesi	Collet	3:42:40	5:17	Run	(M) 35+
137	1	Smit	Nicky	3:43:00	5:17	Run	(M) 60+
138	433	Mdwayi	Nolukhanyo	3:43:09	5:17	Run	(F) Open
139	222	Jekana	Bolly	3:43:29	5:18	Run	(M) 40+
140	106	Majiki	Simphiwe	3:44:02	5:19	Run	(M) Open
141	160	Tyopo	Ede	3:44:14	5:19	Run	(M) Open
142	537	Sibaca	Loyiso	3:44:14	5:19	Run	(M) 35+
143	559	Ndzima	Elvis	3:44:18	5:19	Run	(M) 40+
144	522	Powell	Craig	3:44:39	5:19	Run	(M) 40+
145	290	Bosch	Colin	3:44:43	5:20	Run	(M) 50+
146	418	Collins	Paddy	3:44:45	5:20	Run	(M) 60+
147	476	Stapelberg	Mariette	3:44:54	5:20	Run	(F) 35+
148	157	Thoresen	Jason	3:44:57	5:20	Run	(M) Open
149	467	Makalima	Vukani	3:45:17	5:20	Run	(M) Open
150	437	Yazbek	Matthew	3:45:22	5:20	Run	(M) 40+
151	415	Mandell	David	3:45:28	5:21	Run	(M) 50+
152	292	Buchner	Jo-Anne	3:46:15	5:22	Run	(F) 40+
153	291	Midlane	Christopher	3:46:16	5:22	Run	(M) 40+
154	88	Mtati	Nkululeko	3:47:09	5:23	Run	(M) 35+
155	486	Gxotani	Sikelelwe	3:47:20	5:23	Run	(M) Open
156	119	De La Querra	Ernest	3:47:22	5:23	Run	(M) Open
157	452	Langtree	Alison	3:47:24	5:23	Run	(M) 50+
158	178	Menze	Vuyo	3:47:30	5:23	Run	(M) 35+
159	301	Bosch	Adele	3:47:53	5:24	Run	(F) 50+
160	395	Petersen	Jenni	3:47:53	5:24	Run	(F) Open
161	68	Smit	Zelda	3:47:54	5:24	Run	(F) 40+
162	507	Ngetu	Siyambulela	3:48:42	5:25	Run	(M) Open
163	380	Hendrikse	Kevin	3:48:50	5:25	Run	(M) 40+
164	266	Viljoen	Nikki	3:48:56	5:25	Run	(F) 35+
165	38	Neerunjan	Rishi	3:49:07	5:26	Run	(M) 35+
166	316	Govender	Ronnie	3:49:12	5:26	Run	(M) 40+
167	446	Bottoman	Lindelo	3:49:17	5:26	Run	(M) 40+
168	67	Hlophe	Sifiso Justice	3:49:36	5:26	Run	(M) 35+
169	159	Mgandela	Nkululeko	3:49:56	5:27	Run	(M) 35+
170	464	Victor	Martin	3:50:02	5:27	Run	(M) 40+
171	267	Brotherton	Buster	3:50:13	5:27	Run	(M) Open
172	524	Sikweza	Phumlani	3:50:24	5:28	Run	(M) Open
173	353	Mandla	Mbuyiseli	3:51:07	5:29	Run	(M) 40+
174	504	Dennill	Craig	3:51:15	5:29	Run	(M) 40+
175	87	Xabakashe	Ayanda	3:51:20	5:29	Run	(M) 35+

176	317	Webb	Michael	3:52:12	5:30	Run	(M) 40+
177	496	Pienaar	Morne	3:52:17	5:30	Run	(M) Open
178	150	Gwexa	Ashington	3:52:57	5:31	Run	(M) 35+
179	192	Ndonga	Ncedisa	3:53:28	5:32	Run	(F) 35+
180	432	Le Roux	Rudi	3:53:47	5:32	Run	(M) Open
181	544	Hunter	Stuart	3:53:48	5:32	Run	(M) 40+
182	361	Pretorius	Schoombee	3:53:52	5:33	Run	(M) 50+
183	431	Collins	Greg	3:54:13	5:33	Run	(M) 35+
184	65	Mba	Mluleki	3:54:18	5:33	Run	(M) 35+
185	246	Mahlali	Mvuso	3:54:20	5:33	Run	(M) Open
186	551	Mxabo	Zolani	3:54:50	5:34	Run	(M) 35+
187	521	Ally	Wayde	3:55:02	5:34	Run	(M) Open
188	294	Quinlan	Andrew	3:55:18	5:35	Run	(M) 40+
189	515	Badenhorst	Glenda	3:55:19	5:35	Run	(F) 50+
190	236	Qwethu	Amos	3:55:25	5:35	Run	(M) 40+
191	358	Van Gent	Charlie	3:55:26	5:35	Run	(M) 35+
192	261	Ford	Clinton	3:55:27	5:35	Run	(M) 40+
193	122	Forword	Shane	3:55:28	5:35	Run	(M) Open
194	328	Forgan	Sarah-Jane	3:56:16	5:36	Run	(F) Open
195	40	Morgan	Mike	3:56:48	5:37	Run	(M) 40+
196	186	Mbambo	Simphiwe	3:56:56	5:37	Run	(M) 40+
197	116	Mtshabe	Ntsikelelo	3:56:57	5:37	Run	(M) 50+
198	457	UNKNOWN	UNKNOWN	3:57:08	5:37	Run	
199	492	Genu	Noloyiso	3:57:25	5:38	Run	(F) 35+
200	271	Lilford	Craig	3:57:28	5:38	Run	(M) 40+
201	520	Gibson	Peter	3:57:37	5:38	Run	(M) 35+
202	335	Des Tombe	Paul	3:57:42	5:38	Run	(M) 50+
203	211	Nyemba	Pearl	3:57:49	5:38	Run	(F) 35+
204	477	O Reilly	Peter	3:58:23	5:39	Run	(M) 40+
205	141	Mdingi	Zakhele	3:58:32	5:39	Run	(M) 40+
206	530	Evans	Mark	3:58:34	5:39	Run	(M) Open
207	373	Swift	Keri	3:58:39	5:39	Run	(F) 35+
208	337	Pretorius	Louis	3:58:40	5:39	Run	(M) 50+
209	392	Mashimane	Nontuthuko	3:58:41	5:39	Run	(F) Open
210	466	Carr	Mike	3:58:42	5:39	Run	(M) 40+
211	421	Franzen	Irmgard	3:58:46	5:39	Run	(F) 40+
212	450	Masuch	Holger	3:59:05	5:40	Run	(M) Open
213	73	Van Staaden	Garrion	3:59:16	5:40	Run	(M) Open
214	59	Bekker	Cyril	3:59:45	5:41	Run	(M) 60+
215	502	Magadca	Phila	4:00:18	5:42	Run	(M) 40+
216	103	Mpolweni	Nkosana	4:00:20	5:42	Run	(M) 50+
217	169	Dabi	Mbuyiselo	4:00:22	5:42	Run	(M) 35+
218	362	Pearse	Peter	4:01:00	5:43	Run	(M) 50+
219	90	Ranger	Peter	4:01:48	5:44	Run	(M) 35+
220	41	Vermeulen	Lindy	4:01:49	5:44	Run	(F) Open
221	394	Mtiya	Bongani	4:02:17	5:44	Run	(M) 35+
222	352	Pardy	Bruce	4:02:35	5:45	Run	(M) 40+
223	320	Nyangeni	Emmanuel	4:03:11	5:46	Run	(M) 40+
224	402	Ranger	Bryan	4:03:12	5:46	Run	(M) 35+
225	443	Ackermann	Henke	4:03:19	5:46	Run	(M) 50+
226	264	Krause	Lindy	4:03:29	5:46	Run	(F) Open
227	342	Sparg	Justin	4:03:32	5:46	Run	(M) Open
228	349	Wiseman	Andrew	4:03:59	5:47	Run	(M) 40+
229	481	Flynn	Cristin	4:04:11	5:47	Run	(F) Open
230	508	Landu	Vuyo	4:04:11	5:47	Run	(M) 40+
231	447	Muller	Tracey	4:04:12	5:47	Run	(F) Open
232	494	Siboto	Jabulani	4:04:13	5:47	Run	(M) Open
233	58	Maclachlan	Andrew	4:04:17	5:47	Run	(M) Open
234	81	Nkosi	Lungile	4:04:52	5:48	Run	(F) 40+

235	121	Kirsten	Neville	4:05:13	5:49	Run	(M) 60+
236	408	Tiltmann	Brenden	4:05:15	5:49	Run	(M) 40+
237	506	Annesley	Shane	4:05:15	5:49	Run	(M) 50+
238	336	Meier	Nigel	4:05:17	5:49	Run	(M) 40+
239	416	Qumntu	Mbulelo	4:05:53	5:50	Run	(M) Open
240	100	Gazi	Mandisi	4:06:50	5:51	Run	(M) 40+
241	500	Van Wyk	Michael	4:06:55	5:51	Run	(M) Open
242	42	Arthur	Graham	4:07:06	5:51	Run	(M) 50+
243	43	Arnott	Katharine	4:07:10	5:51	Run	(F) Open
244	407	Fourie	Dale	4:07:10	5:51	Run	(M) 35+
245	249	Matshikiza	Basanda	4:07:11	5:51	Run	(M) 35+
246	201	Madwabi	Sicelo	4:07:21	5:52	Run	(M) 35+
247	560	Chotsheni	Wiseman	4:07:48	5:52	Run	(M) 35+
248	375	Ryan	Cillian	4:08:01	5:53	Run	(M) Open
249	91	Loxton	Melanie	4:08:22	5:53	Run	(F) 35+
250	13	Louw	Yvette	4:09:40	5:55	Run	(F) 35+
251	268	Rolfe	Lauren	4:09:50	5:55	Run	(F) 35+
252	422	Conlon	Harland	4:09:53	5:55	Run	(M) 35+
253	550	Miza	Vuyisile	4:10:31	5:56	Run	(M) 40+
254	440	Heurlin	Catherine	4:10:49	5:57	Run	(F) 40+
255	474	Buitendag	Paul	4:11:01	5:57	Run	(F) 40+
256	462	Murray	Steve	4:11:07	5:57	Run	(M) Open
257	393	Thusi	Scelo	4:11:09	5:57	Run	(M) 40+
258	232	Mkhokeli	Sivuyile	4:11:10	5:57	Run	(M) Open
259	338	Burton	Silvia	4:11:33	5:58	Run	(F) 50+
260	311	Spooner	Matthew	4:12:58	6:00	Run	(M) Open
261	374	Mercer	Maria	4:12:58	6:00	Run	(F) 50+
262	463	Mbedhli	Moses	4:12:58	6:00	Run	(M) 35+
263	84	Van Riel	Douw	4:14:41	6:02	Run	(M) 35+
264	348	Seddon	Patrick	4:14:41	6:02	Run	(M) 50+
265	350	Casey	Talitha	4:14:41	6:02	Run	(F) Open
266	204	Mqoqi	Zolani	4:14:50	6:02	Run	(M) 35+
267	404	Donaldson	Janine	4:16:43	6:05	Run	(F) 35+
268	505	Van Der Spuy	Suegnet	4:16:45	6:05	Run	(F) Open
269	413	Krause	Suzette	4:16:47	6:05	Run	(F) 50+
270	383	Hucklesby	Louise	4:17:28	6:06	Run	(M) 50+
271	417	Qweleka	Sazile	4:17:29	6:06	Run	(M) Open
272	461	Mgubuli	Zuko	4:17:29	6:06	Run	(M) Open
273	390	Nongauza	Sinalo	4:17:39	6:06	Run	(F) Open
274	430	Whitaker	Brendan	4:17:42	6:06	Run	(M) Open
275	130	Mbulawa	Zukiswa	4:18:22	6:07	Run	(M) 40+
276	254	Visser	Marlize	4:18:22	6:07	Run	(F) Open
277	185	Kolisile	Mpumelelo	4:19:30	6:09	Run	(M) 40+
278	97	Cochran	Anthony	4:20:09	6:10	Run	(M) 40+
279	168	Khumalo	Khumbulani	4:20:28	6:10	Run	(M) Open
280	233	Thisani	Maureen	4:20:28	6:10	Run	(F) 35+
281	377	Rennie	Charles	4:20:59	6:11	Run	(M) 50+
282	99	Moumakwa	Boifang	4:22:06	6:13	Run	(M) 35+
283	101	Butt	Nic	4:22:20	6:13	Run	(M) 40+
284	272	Lilford	Louise	4:23:06	6:14	Run	(F) 40+
285	518	Hina	Mbuyiselo	4:23:15	6:14	Run	(M) 50+
286	490	Chan	Neville	4:23:30	6:15	Run	(M) 60+
287	44	Khoza	Bongani	4:23:40	6:15	Run	(M) Open
288	382	Janse Van Vuuren	Ria	4:23:43	6:15	Run	(F) 50+
289	289	Eldridge	Sharon	4:23:50	6:15	Run	(F) 50+
290	129	Minnie	Gregory	4:23:55	6:15	Run	(M) 40+
291	171	Meje	Dingalakhe	4:23:56	6:15	Run	(M) 40+
292	326	Richards	Mark	4:23:58	6:15	Run	(M) 50+
293	36	Bentley	Margie	4:24:00	6:15	Run	(F) 40+

294	368	Els	Stephan	4:24:38	6:16	Run	(M) 35+
295	154	Pitt	Maureen	4:24:40	6:16	Run	(F) 50+
296	512	Pauls	Shaun	4:24:45	6:16	Run	(M) Open
297	117	Babu	Mathew	4:25:04	6:17	Run	(M) Open
298	514	Shirley	Barrington	4:25:06	6:17	Run	(M) 35+
299	206	Greener	Andrew	4:25:17	6:17	Run	(M) 40+
300	296	Edwards	Robert	4:25:20	6:17	Run	(M) 50+
301	300	Horner	Grant	4:25:24	6:17	Run	(M) 40+
302	34	Xalisa	Elvis	4:25:27	6:17	Run	(M) 40+
303	527	Wilson	Dean	4:25:33	6:18	Run	(M) Open
304	384	Koen	Riaan	4:25:38	6:18	Run	(M) 40+
305	153	Mpemvushe	Gladman	4:25:39	6:18	Run	(M) 50+
306	459	Kaplan	Saul	4:25:42	6:18	Run	(M) Open
307	28	Becker	Richard	4:25:51	6:18	Run	(M) 50+
308	32	Siyengo	Sphetho	4:25:51	6:18	Run	(M) 40+
309	429	Syed Cassim	Aslam	4:26:00	6:18	Run	(M) 40+
310	7	Webber	Brian	4:26:05	6:18	Run	(M) 60+
311	314	Spooner	Kate	4:26:11	6:18	Run	(F) Open
312	229	Mteyise	Nomapa Pretty	4:26:25	6:19	Run	(F) 35+
313	198	Jizana	Pambili	4:26:37	6:19	Run	(M) 50+
314	196	Mnqandi	Philisa	4:26:42	6:19	Run	(M) 50+
315	174	Jita	Ntembiso	4:27:14	6:20	Run	(M) 50+
316	458	Njengele	Vukile	4:27:23	6:20	Run	(M) 50+
317	161	Naude	Samantha	4:27:29	6:20	Run	(F) 40+
318	162	Naude	Greig	4:27:30	6:20	Run	(M) 40+
319	438	Ridley	Bryan	4:28:01	6:21	Run	(M) Open
320	62	Douthwaite	Vauneen	4:28:24	6:22	Run	(F) 50+
321	11	Sissing	Nick	4:28:56	6:22	Run	(M) 50+
322	305	Walters	Shantelle	4:29:06	6:23	Run	(F) 40+
323	247	Tshuku	Bongani Huizerman	4:29:20	6:23	Run	(M) 40+
324	14	Roux	Christine	4:30:07	6:24	Run	(F) 40+
325	210	Dingi	Nceba	4:30:35	6:25	Run	(M) 35+
326	491	Mahomed	Sihaan	4:30:45	6:25	Run	(M) 50+
327	72	Simons	Selwyn	4:31:08	6:25	Run	(M) Open
328	170	Fitzpatrick	Bernard	4:31:29	6:26	Run	(M) 50+
329	217	Whitfield	Jason	4:31:35	6:26	Run	(M) Open
330	50	Hunt	Roxanne	4:31:43	6:26	Run	(F) Open
331	360	Mbebe	Nombuliso	4:32:09	6:27	Run	(F) 50+
332	548	Mckerry	Janice	4:32:38	6:28	Run	(F) 40+
333	120	Mancoba	Ndabezitha	4:32:56	6:28	Run	(M) Open
334	295	Sparg	Derek	4:33:12	6:28	Run	(M) 50+
335	509	Rodgers	Randolph	4:33:23	6:29	Run	(M) 40+
336	288	Ngonyama	Fikiswa	4:33:47	6:29	Run	(F) Open
337	325	Dimba	Bafana	4:33:51	6:29	Run	(M) 40+
338	287	Acton	Annamarie	4:34:36	6:30	Run	(F) 40+
339	371	Anderson	Steve	4:34:41	6:31	Run	(M) 40+
340	71	Buthelezi	Ncmusa	4:34:53	6:31	Run	(F) Open
341	166	Klose	Trevor	4:35:00	6:31	Run	(M) 60+
342	173	Pina	Monwabisi	4:35:20	6:31	Run	(M) 35+
343	85	Maxhayi	Andile Patrick	4:35:25	6:32	Run	(M) 40+
344	367	Rooney	Antony	4:35:56	6:32	Run	(M) 50+
345	468	Ahlschlager	Stephen	4:35:57	6:32	Run	(M) 40+
346	391	Preston	Geoff	4:36:02	6:32	Run	(M) 60+
347	355	Johnson	Shaileen	4:36:04	6:33	Run	(F) 40+
348	202	Hofart	Gregory	4:36:17	6:33	Run	(M) Open
349	341	Ngwadla	Ncediwe	4:36:26	6:33	Run	(M) 40+
350	323	Kemp	Michelle	4:36:38	6:33	Run	(F) 35+
351	260	Hanes	Cuan	4:37:20	6:34	Run	(M) 40+
352	244	Mbila	Vusumzi	4:37:25	6:34	Run	(M) 40+

353	251	Phillips	Dena	4:37:30	6:35	Run	(F) 40+
354	181	Duffey	David	4:37:35	6:35	Run	(M) 50+
355	33	Coetzee	Maryna	4:37:40	6:35	Run	(F) 40+
356	503	Toni	Simthandile	4:37:45	6:35	Run	(M) Open
357	226	Barnes	Mongezi	4:37:50	6:35	Run	(M) 35+
358	92	Matokazi	Nosipho	4:38:29	6:36	Run	(F) Open
359	410	Sidloyi	Bulelani C	4:38:31	6:36	Run	(M) Open
360	182	Kambule	Alex	4:38:32	6:36	Run	(M) 40+
361	354	Johnson	Darron	4:38:33	6:36	Run	(M) 40+
362	172	Yanta	Titiba	4:38:34	6:36	Run	(M) 40+
363	45	Lepman	Boitumelo	4:38:35	6:36	Run	(M) Open
364	193	Zwane	Bongani	4:38:36	6:36	Run	(M) 40+
365	96	Ngcayicibi	Sonwabo	4:38:37	6:36	Run	(M) 40+
366	419	Birch	Chester	4:38:37	6:36	Run	(M) Open
367	483	Norris	Dale	4:38:38	6:36	Run	(M) Open
368	94	Landu	Nomvuyo	4:38:39	6:36	Run	(F) 40+
369	6	Guest	Ryan	4:38:48	6:36	Run	(M) Open
370	83	Minnie	Graham	4:38:50	6:36	Run	(M) 40+
371	207	Daniso	Samkelisiwe	4:39:32	6:37	Run	(M) Open
372	475	Yengwa	Nosipho	4:39:52	6:38	Run	(F) Open
373	555	Pefola	Tsepo	4:40:06	6:38	Run	(M) 35+
374	473	Stapelberg	Willem	4:40:31	6:39	Run	(M) 40+
375	93	Sam	Vuka	4:40:39	6:39	Run	(M) 35+
376	545	Jones	Vanessa	4:41:41	6:40	Run	(F) 50+
377	140	Mguba	Anathi	4:41:52	6:41	Run	(F) Open
378	108	Gogela	Mmampho	4:42:00	6:41	Run	(F) 40+
379	56	Wilcock	Chris	4:42:11	6:41	Run	(M) 50+
380	257	Botha	Mark	4:42:12	6:41	Run	(M) 50+
381	86	Kwinama	Thembela	4:42:48	6:42	Run	(M) 50+
382	397	Lottering	Abigail	4:42:49	6:42	Run	(F) Open
383	309	Torgius	Shaun	4:42:52	6:42	Run	(M) 40+
384	184	Ngamlana	Mncedi	4:43:01	6:42	Run	(M) 40+
385	370	Mafongosi	Sipelele	4:43:43	6:43	Run	(F) Open
386	190	Mabala	Siyasanga	4:44:06	6:44	Run	(F) 35+
387	164	Kirton	Kevin	4:44:07	6:44	Run	(M) 50+
388	553	Maye	Mandla	4:44:45	6:45	Run	(M) 40+
389	189	Zazini	Vuyokazi	4:45:29	6:46	Run	(M) 35+
390	111	Bowman	Dave	4:45:31	6:46	Run	(M) 50+
391	135	Jameson	Mahalweni	4:45:33	6:46	Run	(M) 50+
392	265	Jones	Russell	4:45:37	6:46	Run	(M) Open
393	133	Pook	Charmaine	4:45:54	6:46	Run	(F) 40+
394	132	Pook	Shaun	4:45:56	6:47	Run	(M) 50+
395	286	Rolfe	Mike	4:46:00	6:47	Run	(M) 60+
396	499	Green	Johannes Dick	4:46:46	6:48	Run	(M) 50+
397	460	Bieske	Steven	4:47:05	6:48	Run	(M) Open
398	351	Wasserfall	John	4:47:18	6:48	Run	(M) 60+
399	339	Burton	Peter	4:47:42	6:49	Run	(M) 50+
400	498	Venter	Joey	4:48:07	6:50	Run	(F) 35+
401	107	Stander	Joseph	4:48:28	6:50	Run	(M) 60+
402	532	Zingo	Amosi	4:49:11	6:51	Run	(M) 50+
403	37	Booyesen	Pieter	4:49:23	6:51	Run	(M) 60+
404	102	Henderson	Neil	4:49:24	6:51	Run	(M) 50+
405	128	Robertson	Stuart	4:49:25	6:51	Run	(M) 35+
406	158	Smit	Mike	4:49:26	6:52	Run	(M) 50+
407	312	Burger	Marizanne	4:51:01	6:54	Run	(F) 40+
408	313	Burger	Morne	4:51:03	6:54	Run	(M) 40+
409	230	Jayiya	Sabelo Bantwini	4:51:25	6:54	Run	(M) 50+
410	54	Mlangeni	Kholiwe	4:51:48	6:55	Run	(F) 40+
411	478	Mtyobile	Gcobisa	4:52:27	6:56	Run	(F) 35+

412	307	Foord	Margie	4:52:39	6:56	Run	(F) 40+
413	243	Allan	Carlos	4:53:22	6:57	Run	(M) 35+
414	118	Stringer	Deborah	4:53:23	6:57	Run	(F) 35+
415	324	Dennill	Tammy	4:53:24	6:57	Run	(F) 40+
416	465	Julyan	Morne	4:53:37	6:57	Run	(M) Open
417	12	Cormack	Roger	4:53:39	6:58	Run	(M) 60+
418	252	Rielly	Andrew	4:53:39	6:58	Run	(M) 40+
419	469	Botha	Degert	4:53:40	6:58	Run	(M) Open
420	197	Mdakane	Musa	4:53:54	6:58	Run	(M) Open
421	46	Seymore	Althea	4:54:46	6:59	Run	(F) 40+
422	98	Mooka	Ramosweu	4:54:46	6:59	Run	(M) 35+
423	218	Whitfield	Steven	4:54:46	6:59	Run	(M) 40+
424	248	Fele	Babalwa	4:54:46	6:59	Run	(F) Open
425	546	Pupuma	Tandisa	4:54:46	6:59	Run	(F) 35+
426	213	Lobese	Vuyiswa	4:54:47	6:59	Run	(F) Open
427	131	Pottinger	Tonja	4:55:20	7:00	Run	(F) 40+
428	472	Mpange	Pamela	4:55:20	7:00	Run	(F) 40+
429	318	Lucouw	Nadia	4:55:22	7:00	Run	(F) Open
430	195	Bridger	Bronwyn	4:55:25	7:00	Run	(F) 35+
431	240	Booi	Sibongile	4:56:26	7:01	Run	(F) 40+
432	528	Bottcher	Vicki	4:57:17	7:03	Run	(F) 40+
433	277	Lauten	Amy	4:57:32	7:03	Run	(F) 35+
434	250	Ndaba	Bua	4:58:06	7:04	Run	(M) Open
435	9	Lincoln	Lauren	4:58:18	7:04	Run	(F) 40+
436	78	Greeff	Niel	4:58:30	7:04	Run	(M) 35+
437	79	Jwili	Immaculate	4:58:53	7:05	Run	(F) 40+
438	55	Bonela	Zweli	4:58:55	7:05	Run	(M) 40+
439	426	Naidu	Thavantharan	4:58:57	7:05	Run	(M) 50+
440	80	Madlala	Priscilla	4:59:25	7:06	Run	(F) 40+
441	501	Scheepers	Alec	5:00:21	7:07	Run	(M) Open
442	482	Mtshala	Gabs	5:00:39	7:07	Run	(M) 40+
443	49	Rogers	Annetjie	5:01:25	7:09	Walk	(F) 40+
444	255	Botton	Patricia	5:03:01	7:11	Run	(F) 50+
445	124	Qolo	Thembi	5:03:13	7:11	Run	(F) Open
446	454	Mabalekoa	Sentsele	5:04:15	7:13	Run	(M) Open
447	556	Botha	Siyabulela	5:05:02	7:14	Run	(M) 35+
448	70	Abrams	Rianus	5:07:16	7:17	Run	(M) Open
449	39	Drake	Brendon	5:07:47	7:18	Run	(M) 40+
450	315	Govender	Michelle	5:08:06	7:18	Run	(F) 40+
451	238	Sigcawu	Nomaxhosa	5:09:06	7:19	Run	(F) 50+
452	194	Sipika	Ntombi	5:10:50	7:22	Run	(F) 35+
453	177	Bowen	Jason	5:11:50	7:23	Run	(M) 35+
454	343	Tabiso	Mbiyozo	5:12:10	7:24	Run	(F) 50+
455	310	Herbst	Robyn	5:12:12	7:24	Run	(F) 40+
456	241	Magobiane	Zimbini	5:13:17	7:25	Run	(F) 35+
457	187	Brooks	Errol	5:13:49	7:26	Run	(M) 50+
458	225	Buwa	Fikile	5:15:20	7:28	Run	(M) 50+
459	109	Beling	Brian	5:15:39	7:29	Run	(M) 60+
460	163	Els	Clinton	5:19:41	7:35	Run	(M) 35+
461	542	Diedricks	Nicolet	5:20:15	7:35	Run	(F) 40+
462	493	Behrens	Dru	5:21:21	7:37	Run	(F) 35+
463	263	Mcloughlin	Monica	5:21:42	7:37	Run	(F) Open
464	442	Cohen	Linda	5:22:06	7:38	Run	(F) 50+
465	517	Anthony	Xolile	5:23:53	7:40	Walk	(M) 50+
466	414	Mohlakoana	Ntombifuthi	5:23:54	7:41	Run	(F) Open
467	26	Rossouw	Clinton	5:25:54	7:43	Run	(M) Open
468	400	Vawda	Junaid	5:28:51	7:48	Run	(M) Open
469	48	Muller	Petro	5:35:07	7:56	Run	(F) 50+
470	425	Pook	Lorraine	5:36:02	07:57	Run	(F) 40+

471	516	Lottering	Louise	5:36:57	7:59	Walk	(F) Open
472	57	Claassen	Darryl	5:38:20	8:01	Run	(M) Open
473	534	Ngcikhwe	Xolani	5:50:37	8:19	Run	(M) 40+
474	270	Sikhakhane	Nomvula	5:50:42	8:19	Run	(F) 40+
475	535	Lutshaba	Fanelwa	5:50:44	8:19	Run	(F) 35+
476	436	Zitumane	Vuyo	5:54:49	8:24	Run	(F) 40+
477	510	Pretorius	Quinton	5:55:46	8:26	Run	(M) Open
478	306	Landsman	Karen	5:57:36	8:28	Run	(F) 40+
479	281	Lombard	Solette	6:05:23	8:40	Run	(F) 40+
480	282	Lombard	Hendrik	6:05:25	8:40	Run	(M) 40+
481	27	Rossouw	Smartryk	6:06:27	8:41	Walk	(M) 60+