



PROLOGUE STARTING TIMES - 2018

NAME	SURNAME	TEAMNAME	TIME	RACE NO	TEAM CATEGORY
LAUREN	LAUREN NEETHLING		16:15:00	1	
HILARY	CAMPBELL		16:15:00	2	
SANDY	DAMANT		16:15:30	3	
MARISE	OBERHOLZER		16:15:30	4	
YOLANDE	BARTON		16:16:00	5	
KAREN	KAREN LORD		16:16:00	6	
TANIA	ROSSOUW		16:16:30	7	
MARGUERITE	KING		16:16:30	8	
CARO	SANDS		16:17:00	9	
LIESEL	HUGO		16:17:00	10	
LYNN	JOHNSON		16:17:30	11	
LIZEL	VISSER		16:17:30	12	
RONELL	VERSTER		16:18:00	13	
NICOLETTE	BROUWER		16:18:00	14	
JANET	ADAM		16:18:30	15	
THEKLA	TEUNIS		16:18:30	16	
CORAL	HEYDENRYCH		16:19:00	17	
MANDY BANKS	BANKS		16:19:00	18	
KARIN	VAN NIEKERK		16:19:30	19	
HELEN	HALL		16:19:30	20	
ESTIE	HERHOLDT		16:20:00	21	
CANDICE	KATER		16:20:00	22	
SANDY	WELTAN		16:20:30	23	
TANIA	ERASMUS		16:20:30	24	
ESNA	ROUX		16:21:00	25	
MARILIZE	RAATH		16:21:00	26	
MARGARET	BIRKETT		16:21:30	27	
NATASJA	KASK		16:21:30	28	
ELIDA	HATTINGH		16:22:00	29	
CARMEN	FRONEMAN		16:22:00	30	
ELAINE	VISSER		16:22:30	31	
DOMINIQUE	JOUSSERAND		16:22:30	32	
ILSE	JORDAN		16:23:00	33	
SARIE	DE WET		16:23:00	34	
MONA-MARE	GRIFFIOEN		16:23:30	35	
INA	MAREE		16:23:30	36	
JOHNEL	VAN DER WESTHUIZEN		16:24:00	37	
LIESL	JONKER		16:24:00	38	
ZANI	SMITH		16:24:30	39	
LOUISA-ANN	UNGERER		16:24:30	40	
LETLHOGONOLO JOAN	MONAKEDI		16:25:00	41	
CHANEL	ROOD		16:25:00	42	
HENRIETTE	SAUNDERS		16:25:30	43	
TANIA	DURR		16:25:30	44	

NAME	SURNAME	TEAMNAME	TIME	RACE NO	TEAM CATEGORY
JO	VAN DYK		16:26:00	45	
ROZANNE	MOUTON		16:26:00	46	
KIKA	CROUS		16:26:30	47	
TANYA	MOLLER		16:26:30	48	
FRANJA	VISSER		16:27:00	49	
HENDA	VAN DEVENTER		16:27:00	50	
JO	MACKENZIE		16:27:30	51	
ANINE	CLAASEN		16:27:30	52	
LAUREN	KELLY		16:28:00	53	
DEBBY	HENDRICKS		16:28:00	54	
KATHERINE	VAN DER WALT		16:28:30	55	
LINDI	GEORGIU		16:28:30	56	
CLAUDIA	HARCUS		16:29:00	57	
CLAIRE	VAN DER NEST		16:29:00	58	
LYNNE	WOODS		16:29:30	59	
ANNELIE	GREGORY		16:29:30	60	
MARGUERITE	YOUNG		16:30:00	61	
CHERYL	STEVENSON		16:30:00	62	
NATALIE	GOEDHALS		16:30:30	63	
NICOLA	MOULTON		16:30:30	64	
ANITA	BOEHMKE		16:31:00	65	
BRENDA	GREYBE		16:31:00	66	
LIEZEL	POTGIETER		16:31:30	67	
TRICIA	DANIEL		16:31:30	68	
SEENA	AZMUTH		16:32:00	69	
SANRI	IMMELMAN		16:32:00	70	
VERA-LIZE	GELDERBLOM		16:32:30	71	
DIRKIE	KAUFMANN		16:32:30	72	
NAOMI	POTGIETER		16:33:00	73	
WILLEMIEN	VAN ZYL		16:33:00	74	
MARIETHA	MARITZ		16:33:30	75	
GILLIAN ANN	LUPTON-SMITH		16:33:30	76	
MEL	VISSER		16:36:00	77	
CAREL ANDRIES	VAN DER MERWE		16:36:00	78	
RIAAN	PRETORIUS		16:36:30	79	
BLAISE	WITNEY		16:36:30	80	
PIETER	VISSER		16:37:00	81	
NATHAN	MENGEL		16:37:00	82	
PIERS	STEAD		16:37:30	83	
MARIUS	HARMSSEN		16:37:30	84	
ANDRE	FRIESLAAR		16:38:00	85	
ABRAM	BUIJS		16:38:00	86	
PIER	DU PLESSIS		16:38:30	87	
HENRY	THOMSON		16:38:30	88	
AHMED ZAID	MAHOMED		16:39:00	89	
MARK	WATT		16:39:00	90	
HELGARD	MULLER		16:39:30	91	
RICHARD	PHILLIPS		16:39:30	92	
HENRI	LAAS		16:40:00	93	
GRANT	BUSER		16:40:00	94	
TERRICK	HUBBARD		16:40:30	95	
PAUL	VAN COLLER		16:40:30	96	
RYAN	MCCORMICK		16:41:00	97	
CHRISTO	DU PLESSIS		16:41:00	98	
JONATHAN	BERNING		16:41:30	99	
DARRYN	MCCORMICK		16:41:30	100	
JIAN	REIS		16:42:00	101	
WA	VAN NIEKERK		16:42:00	102	

NAME	SURNAME	TEAMNAME	TIME	RACE NO	TEAM CATEGORY
THYS	VIS		16:42:30	103	
JANNUS (P.J.A.)	VISSER		16:42:30	104	
JAN-HENDRIK	BARNARD		16:43:00	105	
DAVID	MCKINNON		16:43:00	106	
JOHAN	VD WESTHUIZEN		16:43:30	107	
HEIN	JONKER		16:43:30	108	
FRANCOIS	GENIS		16:44:00	109	
ALVARO	DE NOBREGA		16:44:00	110	
GARETH	RAMSDEN		16:44:30	111	
MARIUS	DU PLESSIS		16:44:30	112	
ROBERT	SAMUEL		16:45:00	113	
WESLEY	JACOBS		16:45:00	114	
FERDINAND PIETER	STEGMANN		16:45:30	115	
DONALD	MOUTON		16:45:30	116	
GREG	KELLY		16:46:00	117	
GLENN	HENDRICKS		16:46:00	118	
LEIGH	L SHEPHERD		16:46:30	119	
BRUCE	GRIEVE		16:46:30	120	
MICHAEL	BESTER		16:47:00	121	
DALE	MOULTON		16:47:00	122	
GRANT	AUTHS		16:47:30	123	
CRAIG	BESTER		16:47:30	124	
RYAN	TUDHOPE		16:48:00	125	
CHRIS	VAN DER WALT		16:48:00	126	
CHARLES	BATAILLE		16:48:30	127	
LUKAS	VAN DER WESTHUIZEN		16:48:30	128	
IAN	STEVENSON		16:49:00	129	
WAYNE	ARTHUR		16:49:00	130	
EDEN	GRUNDLINGH		16:49:30	131	
DAVID	RADLOFF		16:49:30	132	
DEAN	HOYLE		16:50:00	133	
MIKE	BOEHMKE		16:50:00	134	
STEVE	MENDES		16:50:30	135	
JOHN	THOLE		16:50:30	136	
OWEN	HODGES		16:51:00	137	
ALLAN	GRACE		16:51:00	138	
COURTENAY	CORNELISSEN		16:51:30	139	
MICHAEL GODFREY	MEYER		16:51:30	140	
HENRÉ	NORTJE		16:52:00	141	
NICHOL	DU TOIT		16:52:00	142	
EHRICH	KRUGER		16:52:30	143	
GEORGIE	MINOPETROS		16:52:30	144	
CAREL	BOSMAN		16:53:00	145	
DINILESIZWE	GUDLINDLU		16:53:00	146	
ROBERT	RORICH		16:53:30	147	
BERT	VERLINDE		16:53:30	148	
GERSHWILL	JACOBS		16:54:00	149	
KATHLEEN	SHUTTLEWORTH	ACTIVE4LIFE	16:56:30	500-1	MIXED TEAM
ANTONIE	VAN DER WESTHUIZEN	ACTIVE4LIFE	16:56:30	500-2	MIXED TEAM
MART-MERIE	REYNEKE	TEAM VASBYT	16:57:00	501-1	MIXED TEAM
PETER	BOTHA	TEAM VASBYT	16:57:00	501-2	MIXED TEAM
ANTON	GILDENHUYS	BUFFALOS	16:57:30	502-2	MIXED TEAM
CARIN	GILDENHUYS	BUFFALOS	16:57:30	502-1	MIXED TEAM
BRIAN	WHEAL	SPOKE IN THE WHEEL	16:58:00	503-2	MIXED TEAM
LAUREN	WHEAL	SPOKE IN THE WHEEL	16:58:00	503-1	MIXED TEAM
MARK	MARK MILLER	REDBERRY	16:58:30	504-2	MIXED TEAM
JANELLE	MARK MILLER	REDBERRY	16:58:30	504-1	MIXED TEAM
BRONWYN	MYERS	SUICIDE SQUAD	16:59:00	505-1	MIXED TEAM

NAME	SURNAME	TEAMNAME	TIME	RACE NO	TEAM CATEGORY
ANTON	FRANCHI	SUICIDE SQUAD	16:59:00	505-2	MIXED TEAM
MARK	OOSTHUIZEN	THE SPEEDOS	16:59:30	506-2	MIXED TEAM
JOHANNETTE	OOSTHUIZEN	THE SPEEDOS	16:59:30	506-1	MIXED TEAM
BRONWYN	HASTINGS	BOOMSHAKALAKA	17:00:00	507-1	MIXED TEAM
JOSHUA	KENNEDY	BOOMSHAKALAKA	17:00:00	507-2	MIXED TEAM
COENIE	LOUW	PATIENCE AND HER FRIEND	17:00:30	508-2	MIXED TEAM
BELINDA	LOUW	PATIENCE AND HER FRIEND	17:00:30	508-1	MIXED TEAM
JUSTIN	SWARTS	SWARTS	17:01:00	509-2	MIXED TEAM
NANDIE	SWARTS	SWARTS	17:01:00	509-1	MIXED TEAM
LOUIS	OOSTHUIZEN	WORST PACE SCENARIO	17:01:30	510-2	MIXED TEAM
JOSEPHINE	OOSTHUIZEN	WORST PACE SCENARIO	17:01:30	510-1	MIXED TEAM
RAE	FLETCHER	#MOVE4MS	17:02:00	511-1	MIXED TEAM
EUGENE	LENFORD	#MOVE4MS	17:02:00	511-2	MIXED TEAM
TAMMY	VAN ZYL	THE VANS	17:02:30	512-1	MIXED TEAM
MARCO	VAN ZYL	THE VANS	17:02:30	512-2	MIXED TEAM
HENNIE	MADELEINE MILES	MILES HIGH CLUB	17:03:00	513-2	MIXED TEAM
MADELEINE	MILES	MILES HIGH CLUB	17:03:00	513-1	MIXED TEAM
BEN	KOOYMAN	JUST WING IT	17:03:30	514-2	MIXED TEAM
ELIZMA	VAN LILL	JUST WING IT	17:03:30	514-1	MIXED TEAM
ROSS	PENNELL	FEEL THE LOVE	17:04:00	515-2	MIXED TEAM
LISA	PENNELL	FEEL THE LOVE	17:04:00	515-1	MIXED TEAM
CAITLIN	WOLSTENHOLME	BEERKAT	17:04:30	516-1	MIXED TEAM
JACQUES	MAREE	BEERKAT	17:04:30	516-2	MIXED TEAM
PIETER	VORSTER	BOER JAAG SY VROU	17:05:00	517-2	MIXED TEAM
LINDIE	VORSTER	BOER JAAG SY VROU	17:05:00	517-1	MIXED TEAM
SANDRA	LOMBARD	WHK SWAT	17:05:30	518-1	MIXED TEAM
RIAAN	MULLER	WHK SWAT	17:05:30	518-2	MIXED TEAM
ANDREW	CRONJE	TOGETHERNESS	17:06:00	519-2	MIXED TEAM
WENDY	CRONJE	TOGETHERNESS	17:06:00	519-1	MIXED TEAM
MAGDA	MARSHALL	THE MARSHALLS	17:06:30	520-1	MIXED TEAM
VAUGHAN	MARSHALL	THE MARSHALLS	17:06:30	520-2	MIXED TEAM
CECILE	BLIGNAUT	TOGETHER4EVER	17:07:00	521-1	MIXED TEAM
DOLF	BLIGNAUT	TOGETHER4EVER	17:07:00	521-2	MIXED TEAM
MICHAEL	DUNCAN	MIKE AND THE CHICK	17:07:30	522-2	MIXED TEAM
VELIA	DUNCAN	MIKE AND THE CHICK	17:07:30	522-1	MIXED TEAM
DANEL	STEENKAMP	SKAAPTJOPS	17:08:00	523-1	MIXED TEAM
JOHAN	STEENKAMP	SKAAPTJOPS	17:08:00	523-2	MIXED TEAM
TIENIE	BREDELL	DIE BREDELLS	17:08:30	524-2	MIXED TEAM
LIRINA	BREDELL	DIE BREDELLS	17:08:30	524-1	MIXED TEAM
RYAN	CROSSMAN	THE CROSSIE CRAWLERS	17:09:00	525-2	MIXED TEAM
JENNIFER	CROSSMAN	THE CROSSIE CRAWLERS	17:09:00	525-1	MIXED TEAM
ANDY	DUNCAN	RUNNING AMOK	17:09:30	526-2	MIXED TEAM
CATH	DUNCAN	RUNNING AMOK	17:09:30	526-1	MIXED TEAM
TELANA	PIETERSE	DOUBLE TROUBLE	17:10:00	527-1	MIXED TEAM
FERDI	PIETERSE	DOUBLE TROUBLE	17:10:00	527-2	MIXED TEAM
DELANI	SPIES	SPIES&PLESIER	17:10:30	528-1	MIXED TEAM
CHRISTO	SPIES	SPIES&PLESIER	17:10:30	528-2	MIXED TEAM
LUZAAN	PAPENFUS	WALKER DRYLAND RANGERS	17:11:00	529-1	MIXED TEAM
ZAK	VORSTER	WALKER DRYLAND RANGERS	17:11:00	529-2	MIXED TEAM
MARIE	AYTON	THE MISUNDERSTANDINGS	17:11:30	530-1	MIXED TEAM
ZACH	DE BEER	THE MISUNDERSTANDINGS	17:11:30	530-2	MIXED TEAM
DAVE	YEOWART	YEOWART	17:12:00	531-2	MIXED TEAM
CORDULA	WINKLER	YEOWART	17:12:00	531-1	MIXED TEAM
CARIN	DU PREEZ	JBAY JETS	17:12:30	532-1	MIXED TEAM
RYNO	DU PREEZ	JBAY JETS	17:12:30	532-2	MIXED TEAM
JOHAN	MOCKE	THE MOKKIES	17:13:00	533-2	MIXED TEAM
KIM	CARTER	THE MOKKIES	17:13:00	533-1	MIXED TEAM
SANDRA	BERNING	SPRINGVALE	17:13:30	534-1	MIXED TEAM

NAME	SURNAME	TEAMNAME	TIME	RACE NO	TEAM CATEGORY
JAMES	BERNING	SPRINGVALE	17:13:30	534-2	MIXED TEAM
CHRIS	STURDY	STURDY	17:14:00	535-2	MIXED TEAM
JOLINE	STURDY	STURDY	17:14:00	535-1	MIXED TEAM
LAUREN	BROWN	THE MARRIAGE TESTER	17:14:30	536-1	MIXED TEAM
KENRICK	BROWN	THE MARRIAGE TESTER	17:14:30	536-2	MIXED TEAM
CHRISTINE	DU PREEZ	THE DU PREEZ'S	17:15:00	537-1	MIXED TEAM
EMILE	DU PREEZ	THE DU PREEZ'S	17:15:00	537-2	MIXED TEAM
COLLIN	ALBERTYN	ABSOLUTE WAGYU	17:15:30	538-2	MIXED TEAM
MANDY	ALBERTYN	ABSOLUTE WAGYU	17:15:30	538-1	MIXED TEAM
MAGDELENA MAY	VENTER	ARRHYTHMIA	17:18:00	539-1	LADIES TEAM
CHRIS MARE	SCHOEMAN	ARRHYTHMIA	17:18:00	539-2	LADIES TEAM
ELZABE	LIEBENBERG	TEAM F R O G	17:18:30	540-1	LADIES TEAM
RYKIE	ERASMUS	TEAM F R O G	17:18:30	540-2	LADIES TEAM
MELANI	DU TOIT	MELBE'S	17:19:00	541-1	LADIES TEAM
BETHAN	PHILP	MELBE'S	17:19:00	541-2	LADIES TEAM
ANELLE	VORSTER	JALAPENO HOTTIES	17:19:30	542-1	LADIES TEAM
ETRESHIA	COETZEE	JALAPENO HOTTIES	17:19:30	542-2	LADIES TEAM
SONJA	BRITZ	TEAM MCC	17:20:00	543-1	LADIES TEAM
MANDI	BELL	TEAM MCC	17:20:00	543-2	LADIES TEAM
LENEE	CASTELYN	THE SURVIVORS	17:20:30	544-1	LADIES TEAM
LIZAAAN	VAN DEN HEEVER	THE SURVIVORS	17:20:30	544-2	LADIES TEAM
NASTASSJA	HOWARD	HOWARD SISTERS	17:21:00	545-1	LADIES TEAM
KERRY	HOWARD	HOWARD SISTERS	17:21:00	545-2	LADIES TEAM
GEANNE	DARKE	SOLE SISTERS	17:21:30	546-1	LADIES TEAM
JACQUELINE	DERSLEY	SOLE SISTERS	17:21:30	546-2	LADIES TEAM
TRACEY	HUTTON	VIRGIN TRAILERS	17:22:00	547-2	LADIES TEAM
NATALIE	MACLOED	VIRGIN TRAILERS	17:22:00	547-1	LADIES TEAM
LEIGH	HENDERSON	HOT TO TROT	17:22:30	548-2	LADIES TEAM
JACKIE	STRYDOM	HOT TO TROT	17:22:30	548-1	LADIES TEAM
SANDY	GLOVER	YOUNG AND BANG	17:23:00	549-2	LADIES TEAM
MICHELLE	GLOVER	YOUNG AND BANG	17:23:00	549-1	LADIES TEAM
MARLET	PEARSON	OWLS	17:23:30	550-2	LADIES TEAM
RENE	FOURIE	OWLS	17:23:30	550-1	LADIES TEAM
ANIKA	BARNARD	BARNARDBLOEM	17:24:00	551-2	LADIES TEAM
LENE	BLOEM	BARNARDBLOEM	17:24:00	551-1	LADIES TEAM
JACOLINE	DELPORT	MOUNTAIN DAISIES	17:24:30	552-2	LADIES TEAM
MAGDALENA	DU PLESSIS	MOUNTAIN DAISIES	17:24:30	552-1	LADIES TEAM
ELAINE	DIPPENAAR	TEAM TURTLE	17:25:00	553-2	LADIES TEAM
ELZERI	NEL	TEAM TURTLE	17:25:00	553-1	LADIES TEAM
RENE GINA	STEYN	NAUGHTY 90'S	17:25:30	554-2	LADIES TEAM
MARIETTE	STEYTLER	NAUGHTY 90'S	17:25:30	554-1	LADIES TEAM
KAREN	DORFLING	CHAMPTRAMPS	17:26:00	555-2	LADIES TEAM
NERISSA	WALTON	CHAMPTRAMPS	17:26:00	555-1	LADIES TEAM
WARDA	ARYA	TEAM FORRIES	17:26:30	556-2	LADIES TEAM
MEESHA	ABOO	TEAM FORRIES	17:26:30	556-1	LADIES TEAM
AMOURET	CORNTHWAITE	ARTEMIS	17:27:00	557-2	LADIES TEAM
LARISSA	OLIVIER	ARTEMIS	17:27:00	557-1	LADIES TEAM
MARI-LU	ROLLER	ROCKIN' ROLLERS	17:27:30	558-1	LADIES TEAM
PAULA-MARI	ROLLER	ROCKIN' ROLLERS	17:27:30	558-2	LADIES TEAM
LIZE	DU PLESSIS	EXTREME LIGHTS	17:28:00	559-1	LADIES TEAM
RIETTE	VAN RENSBURG	EXTREME LIGHTS	17:28:00	559-2	LADIES TEAM
CHLOE	SMITH	VICTORIOUS SECRET	17:28:30	560-1	LADIES TEAM
HAYLEY	MASON	VICTORIOUS SECRET	17:28:30	560-2	LADIES TEAM
NIQUITA	UYS	BIOGEN GIRLS	17:29:00	561-1	LADIES TEAM
CAREY	STRAITON	BIOGEN GIRLS	17:29:00	561-2	LADIES TEAM
TANYA	SMITH	TEAM XTREME	17:29:30	562-1	LADIES TEAM
XANTHE	HOLMES	TEAM XTREME	17:29:30	562-2	LADIES TEAM
MATLAKALA QUEEN	MOSENOGI	TEAM NAME RHODES LADIES	17:30:00	563-1	LADIES TEAM

NAME	SURNAME	TEAMNAME	TIME	RACE NO	TEAM CATEGORY
LETLHOGONOLO JOAN	MONAKEDI	TEAM NAME RHODES LADIES	17:30:00	563-2	LADIES TEAM
GERDA	VAN SCHALKWYK	HERE FOR THE VIEW	17:30:30	564-1	LADIES TEAM
DELIDA	NUGENT	HERE FOR THE VIEW	17:30:30	564-2	LADIES TEAM
KERRIN	WATSON-SMITH	UNFINISHED BUSINESS	17:31:00	565-1	LADIES TEAM
ELANI	ECKERT	UNFINISHED BUSINESS	17:31:00	565-2	LADIES TEAM
BONNIE	BOSHOFF	WALKIE TALKIES	17:31:30	566-1	LADIES TEAM
MARITA	BOUWER	WALKIE TALKIES	17:31:30	566-2	LADIES TEAM
THIA	LANDSBERG	BIG FOOT	17:32:00	567-1	LADIES TEAM
JOANI	KONICK	BIG FOOT	17:32:00	567-2	LADIES TEAM
SUNEL	BOTHA	SUMO	17:32:30	568-1	LADIES TEAM
MONIQUE	DU TOIT	SUMO	17:32:30	568-2	LADIES TEAM
REZA	DU PLOOY	MR	17:33:00	569-1	LADIES TEAM
MARIESE	VAN DER LINDE	MR	17:33:00	569-2	LADIES TEAM
MARIANNE	REABOW	GONUBIE GALS	17:33:30	570-1	LADIES TEAM
HELOISE	UYS	GONUBIE GALS	17:33:30	570-2	LADIES TEAM
TESSA	DE WET	WILLE VREDE	17:34:00	571-1	LADIES TEAM
RECHELLE	RECHELLE VERMAAK	WILLE VREDE	17:34:00	571-2	LADIES TEAM
DANIELLE	SHAW	DANLOU	17:34:30	572-1	LADIES TEAM
LOUISE	ACKERMAN	DANLOU	17:34:30	572-2	LADIES TEAM
ANE	SPIES	BLESSINGBUCKS	17:35:00	573-1	LADIES TEAM
MARZANNE	SWANEPOEL	BLESSINGBUCKS	17:35:00	573-2	LADIES TEAM
MARIANNA	DREYER	BATSHIT CRAZIES	17:35:30	574-1	LADIES TEAM
RITA-LIEZL	DREYER	BATSHIT CRAZIES	17:35:30	574-2	LADIES TEAM
MICHIEL	HERHOLDT	DIE KALAHARI DUIN KAMELE	17:38:00	575-1	MENS TEAM
PIETER	KARSTEN	DIE KALAHARI DUIN KAMELE	17:38:00	575-2	MENS TEAM
TIM	BELLAIRS	MASTERS OF THE BAR	17:38:30	576-1	MENS TEAM
ANDREW	HISHIN	MASTERS OF THE BAR	17:38:30	576-2	MENS TEAM
CONRAD	MEIER	STEFXTREEM	17:39:00	577-1	MENS TEAM
RUAN	LAMPRECHT	STEFXTREEM	17:39:00	577-2	MENS TEAM
JACQUES	ROLLER	SWAERTEKRAG	17:39:30	578-1	MENS TEAM
RETIEF	LAMPRECHT	SWAERTEKRAG	17:39:30	578-2	MENS TEAM
HENNIE	LONGLAND	TEAM TRAIL BUSTERS	17:40:00	579-1	MENS TEAM
MORNE	NEL	TEAM TRAIL BUSTERS	17:40:00	579-2	MENS TEAM
HENRY	NORMAN	TEAM RHODES FOOD GROUP	17:40:30	580-1	MENS TEAM
DIETER	SCHRODER	TEAM RHODES FOOD GROUP	17:40:30	580-2	MENS TEAM
SIBABALWE	MLINDI	BLUE CATS 1	17:41:00	581-1	MENS TEAM
ALFRED	DE BRUYN	BLUE CATS 1	17:41:00	581-2	MENS TEAM
DIRK	KOTZE	KRUMMEL EN BAKSTEEN	17:41:30	582-2	MENS TEAM
DEON	GREENWOOD	KRUMMEL EN BAKSTEEN	17:41:30	582-1	MENS TEAM
GLEN	BRITTIN	SCRAMBLED LEGS	17:42:00	583-2	MENS TEAM
WESSEL	ZIETSMAN	SCRAMBLED LEGS	17:42:00	583-1	MENS TEAM
RICK	BRIERS-DANKS	MULDERSVLEI VROT VOETE	17:42:30	584-1	MENS TEAM
TYRREL	MYBURGH	MULDERSVLEI VROT VOETE	17:42:30	584-2	MENS TEAM
JUSTIN	BEHRENDT	THE BEHRENDT BROTHERS	17:43:00	585-1	MENS TEAM
DARREN	BEHRENDT	THE BEHRENDT BROTHERS	17:43:00	585-2	MENS TEAM
CLIFFORD	BLAKE	THE VIKINGS	17:43:30	586-1	MENS TEAM
RIAAN	JANSE VAN RENSBURG	THE VIKINGS	17:43:30	586-2	MENS TEAM
STEVE	AKESTER	VLOCITY	17:44:00	587-1	MENS TEAM
BRAD	STRAITON	VLOCITY	17:44:00	587-2	MENS TEAM
GARETH	CUNNINGHAM	DREAMERS	17:44:30	588-1	MENS TEAM
JONATHAN	VAN WYK	DREAMERS	17:44:30	588-2	MENS TEAM
DIRK	VAN VLAANDEREN	TEAM VANV	17:45:00	589-1	MENS TEAM
DAVID	ALFORD	TEAM VANV	17:45:00	589-2	MENS TEAM
WILLEM	KITSHOFF	PIENK SLIPPES	17:45:30	590-1	MENS TEAM
THINUS	SLABBER	PIENK SLIPPES	17:45:30	590-2	MENS TEAM
JANNAS	DU PLESSIS	VERREAUX MOUNTAIN&TRAIL	17:46:00	591-1	MENS TEAM
HANNES	LAUBSCHER	VERREAUX MOUNTAIN&TRAIL	17:46:00	591-2	MENS TEAM
MAURITZ	JANSEN VAN RENSBURG	TEAM SOUL RUNNING	17:46:30	592-1	MENS TEAM

NAME	SURNAME	TEAMNAME	TIME	RACE NO	TEAM CATEGORY
JC	VISSER	TEAM SOUL RUNNING	17:46:30	592-2	MENS TEAM
HENDRIK	KRIEL	HEAT AND STROKE	17:47:00	593-1	MENS TEAM
JANNIE	HEATH	HEAT AND STROKE	17:47:00	593-2	MENS TEAM
PHAKAMANI	NGACAMANGO	BLUE CATZ 2	17:47:30	594-1	MENS TEAM
MVUYISI	MATAYI	BLUE CATZ 2	17:47:30	594-2	MENS TEAM
ANDERSON	NCUBE	TEAM NAME RHODES MEN 2	17:48:00	595-1	MENS TEAM
FRANCOIS	MASSAQUA	TEAM NAME RHODES MEN 2	17:48:00	595-2	MENS TEAM
ETTIENE	PLAATJIES	TEAM NAME RHODES MEN 1	17:48:30	596-1	MENS TEAM
JOHN	APRIL	TEAM NAME RHODES MEN 1	17:48:30	596-2	MENS TEAM