

MENS ABANGENI	06:00:00	363	keyter	anton	M	0:24:10
		391	Cooke	Darryl	M	0:25:00
		533	Taute	William	M	0:25:40
		462	Grobbelaar	Linden	M	0:26:11
		394	Visser	Dawid	M	0:26:25
		518	Craggs	Stephanus	M	0:26:30
		419	Allen	Guy	M	0:26:45
		490	Wessels	Philip	M	0:26:46
		432	du Plessis	Jan-Hendrik	M	0:26:59
		530	Marshall	Vaughan	M	0:27:07
		522	Klopper	Thabo	M	0:27:15
		464	Boezaart	Marcel	M	0:27:15
		408	Maree	Frans	M	0:28:28
		488	Christiane	Peter-John	M	0:28:37
		517	Pienaar	Stephan	M	0:28:38
		384	Stewart	Craig	M	0:28:46
		376	De Villiers	Chris	M	0:28:50
		456	Okennedy	kenney	M	0:28:51
		486	Sugarman	Perry	M	0:29:01
		495	Thompson	Raymond	M	0:29:04
396	Nolte	Dean	M	0:29:24		
386	van Tonder	Dan	M	0:29:29		
503	Barnard	Robert	M	0:29:45		
375	Wagner	Chris	M	0:29:52		
LADIES ABANGENI	06:00:00	606	Van Blommest	Andrea	F	0:29:59
		643	Ruffels	Jeannine	F	0:30:33
		660	Eckard	Lourensa	F	0:30:46
		674	Muller	Nora	F	0:30:57
		667	van Rooyen	Mia	F	0:31:03
		77	Hofmeyr Hall-I	Catherina	F	0:31:21
		17	Collins	Jean	F	0:31:33
		628	Brown	Emma	F	0:31:41
		662	Shlesinger	Magdalena	F	0:31:41
		631	Van Heerden	Estie	F	0:31:46
		633	Botha	Evelyn	F	0:32:15
		664	Strauss	Marinda	F	0:32:47

1	06:10:00	471	simpson	matthew	M	0:30:06
		521	Green	Stuart	M	0:30:08
		472	Brewis	Michael	M	0:30:26
		438	Coetzee	Johan	M	0:30:28
2	06:10:30	362	Lindeque	Anton	M	0:30:29
		499	Brown	Richard Sean	M	0:30:32
		509	Brennon	Roy	M	0:30:49
		85	Valjalo	Clinton	M	0:30:50
3	06:11:00	366	Pienaar	Arthur	M	0:30:50
		402	Gordon	Elton	M	0:31:02
		443	Harman	John	M	0:31:04
		430	le Roux	Jacques	M	0:31:11
4	06:11:30	420	Wiltshire	Harry	M	0:31:12
		448	Basson	Josias	M	0:31:15
		358	Le Grange	Andre	M	0:31:18
		525	Pattinson	Thomas	M	0:31:24
5	06:12:00	421	Fourie	Hendrik	M	0:31:30
		520	Fish	Steven	M	0:31:35
		483	Venter	Paul	M	0:31:42
		395	Oelschig	Dean	M	0:31:49
6	06:12:30	457	Hurwitz	Kevin	M	0:31:49
		367	rosenzweig	Asa	M	0:31:54
		418	Baptiste	Glen	M	0:31:55
		516	Lloyd	Simon	M	0:31:56
7	06:13:00	400	Strauss	Dirk	M	0:31:58
		484	Jason	Paul	M	0:32:07
		514	Feinberg	shai	M	0:32:11
		527	Muller	Tobie	M	0:32:21
8	06:13:30	469	Taylor	Martin	M	0:32:24
		515	Smee	Shaun Jeromy	M	0:32:26
		387	Rossouw	Danie	M	0:32:30
		359	Wright	Andrew	M	0:32:32
9	06:14:00	356	Dierks	Alexander	M	0:32:35
		404	Annandale	Emile	M	0:32:38
		364	Guccio	Antonio	M	0:32:50
		365	Feinberg	Ari	M	0:32:51

10	06:14:30	470	Van der Walt	Martin	M	0:32:51
		455	Gollner	Ken	M	0:32:57
		383	Rodney	Craig	M	0:33:04
		532	Stone	Wayne	M	0:33:08
11	06:15:00	409	La Grange	Freddie	M	0:33:11
		416	Greyling	Gerry	M	0:33:16
		513	Aspoas	Sean	M	0:33:16
		466	Anderson	Mark	M	0:33:17
12	06:15:30	393	Bradshaw	David	M	0:33:20
		429	Brink	Jaco	M	0:33:21
		654	Hall	Lindsay	F	0:33:23
		523	Muller	Theunis	M	0:33:23
13	06:16:00	433	Coleman	Jason	M	0:33:23
		423	Benade	Howard	M	0:33:23
		451	Bark	Justin	M	0:33:24
		511	van der Merwe	S.J.	M	0:33:24
14	06:16:30	468	Pedersen	Mark	M	0:33:24
		434	Becker	Jason	M	0:33:24
		609	Louw	Anja	F	0:33:25
		646	Muller	Julia	F	0:33:26
15	06:17:00	370	Hoffmann	Brendan	M	0:33:26
		446	Turner	Jonathan	M	0:33:28
		668	Neethling	Monica	F	0:33:38
		447	Borthwick	Jonathan	M	0:33:38
16	06:17:30	529	Evans	Tyron	M	0:33:39
		401	Bevacqua	Dominic	M	0:33:39
		697	Craig	Wayne	M	0:33:41
		377	de Zeeuw	Christopher	M	0:33:42
17	06:18:00	683	Lysholm	Sara	F	0:33:47
		685	Worner	Stella Tanya	F	0:33:47
		378	Venter	Cobus	M	0:33:47
		354	Berning	Albert	M	0:33:51
18	06:18:30	410	Muller	Frederik	M	0:33:52
		678	scholtz	Rezani	F	0:33:53
		441	Smit	Johann	M	0:33:53
		427	Venter	Izak	M	0:33:54

19	06:19:00	601	Morgan	Alet	F	0:33:56
		612	potgieter	brigit	F	0:33:56
		656	Stephens	Lise	F	0:33:57
		431	Stewart	James	M	0:34:01
20	06:19:30	500	Meghnagi	Rino	M	0:34:07
		498	Izsak	Richard	M	0:34:15
		392	Sinclair	David	M	0:34:16
		353	Wilson	Alan	M	0:34:16
21	06:20:00	693	Scheffer	Zonia	F	0:34:30
		398	Slabbert	Devan	M	0:34:30
		608	Boehmke	Anita	F	0:34:32
		508	Stead	Rouviere	M	0:34:34
22	06:20:30	496	Borole	Reka	M	0:34:39
		485	Mavrocoleas	Paul	M	0:34:43
		481	Loubser	Nicolaas	M	0:34:55
		621	Black	Dawn	F	0:35:02
23	06:21:00	413	Jackson	Gavin	M	0:35:03
		506	Meyer	Ross	M	0:35:03
		480	le Roux	Nico	M	0:35:07
		453	Meissner-Rolo	Karl	M	0:35:08
24	06:21:30	351	Tregoning	Adrian	M	0:35:12
		688	Van der merwe	Tanya	F	0:35:15
		700	Jordaan	Dorothy-Jo	F	0:35:16
		491	le Roux	Pieter	M	0:35:22
25	06:22:00	412	Morris	Gavin	M	0:35:37
		407	Theron	Francois	M	0:35:44
		415	Linnell	Geoff	M	0:35:45
		482	Theron	Paul	M	0:35:46
26	06:22:30	679	Cilliers	Robyn	F	0:35:49
		677	Vollgraaff	Rene	F	0:35:50
		625	Bradfield	Elmarie	F	0:35:50
		600	Dornbrack	Adri	F	0:35:53
27	06:23:00	526	Yates	Tmothy	M	0:35:53
		435	Glick	Jason	M	0:35:57
		607	Ghemo	Angela	F	0:35:58
		534	Moore	Yanai	M	0:36:03

28	06:23:30	507	Hofmeyr	Ross	M	0:36:05
		449	Marais	JP	M	0:36:05
		670	Solari	Natasha	F	0:36:07
		417	Louw	Gideon	M	0:36:21
29	06:24:00	618	Richard	Claudia	F	0:36:23
		371	Holmes	Brian	M	0:36:24
		605	Cilliers	Amanda	F	0:36:40
		474	Barrow	Michael	M	0:36:45
30	06:24:30	501	McDonald	Rob	M	0:36:47
		497	Steyn	Riaan	M	0:36:53
		489	Whelan	PG	M	0:36:53
		476	Lombard	Morne	M	0:36:54
31	06:25:00	440	Nortje	Johann	M	0:36:57
		437	van Heerden	Johan	M	0:36:58
		684	Theron	Schizelle	F	0:37:21
		657	Jacobs	Lochie	F	0:37:22
32	06:25:30	422	Wessels	Hermann	M	0:37:22
		665	Geyer	Meagan	F	0:37:23
		655	Main	Lisa	F	0:37:23
		372	Falcon	Bruce	M	0:37:30
33	06:26:00	478	Butcher	Neil	M	0:37:31
		350	Romberg	Marc	M	0:37:31
		414	Bricker	Gavriel Tsvi	M	0:37:33
		673	Lloyd	Nicola	F	0:37:38
34	06:26:30	380	Burger	Conrad	M	0:37:44
		352	McGrath	Alan	M	0:37:50
		473	Farquhar	Michael	M	0:37:52
		360	Shaw	Anthony	M	0:38:06
35	06:27:00	502	van Breukelen	Robert	M	0:38:06
		389	Sander	Darrel	M	0:38:07
		613	Paul	Carike	F	0:38:12
		373	Paul	Bruno	M	0:38:13
36	06:27:30	406	Koch	Francois	M	0:38:15
		454	Turton	Kate	M	0:38:16
		675	Koch	Odette	F	0:38:19
		658	Malherbe	Louise	F	0:38:21

37	06:28:00	494	Bochnig	Ralf	M	0:38:22
		368	Van Heerden	Barney	M	0:38:29
		637	Fry	Isabella	F	0:38:30
		603	Foster	Allison	F	0:38:31
38	06:28:30	639	van Dyk	Jane	F	0:38:32
		374	Visagie	Callie	M	0:38:41
		645	Scheuer	Jolene	F	0:38:47
		680	trollip	robyn	F	0:38:48
39	06:29:00	611	Trollip	Bridgette	F	0:38:48
		390	Sosnovik	Darren	M	0:38:51
		682	Schmidt	Ruth	F	0:38:54
		459	Merifield	Kevin Patrick	M	0:39:01
40	06:29:30	649	Jack	Kerry	F	0:39:03
		139	Maingard	Jeffrey	M	0:39:14
		627	Agenbag	Elri	F	0:39:15
		666	Volschenk	Mercia	F	0:39:15
41	06:30:00	397	Schulenburg	Deon	M	0:39:16
		610	McIntyre	Belinda	F	0:39:31
		659	De Jager	Louise	F	0:39:33
		624	Wessels	Elize	F	0:39:33
42	06:30:30	620	Macquet	Daniela	F	0:39:34
		602	Fletcher	Allison	F	0:39:34
		619	Terblanche	Colette	F	0:39:40
		638	Mostert	Izette	F	0:39:41
43	06:31:00	614	Joubert	Catharina	F	0:39:41
		676	Naicker	Peresha	F	0:39:47
		460	Ellens	Kian	M	0:39:47
		411	Briggs	Gavin	M	0:39:48
44	06:31:30	617	Dixon	Catri	F	0:39:52
		653	Roux	Lindie	F	0:39:58
		467	van Houten	Mark	M	0:40:10
		382	Spalding	Craig	M	0:40:11
45	06:32:00	493	Uys	Pieter	M	0:40:21
		399	Uys	Dirk	M	0:40:21
		644	Tanner	Jo	F	0:40:24
		663	devine	marina	F	0:40:28

46	06:32:30	369	Sevitt	Benjamin	M	0:40:32
		361	De Klerk	Anton	M	0:40:33
		479	McLaren	Neil	M	0:40:38
		504	Cinti	Roberto	M	0:40:48
47	06:33:00	692	Shaw	Tracy	F	0:40:50
		385	Spagnuolo	Damien	M	0:40:53
		642	Kleu	Jeanne	F	0:40:57
		444	Greeff	John	M	0:40:57
48	06:33:30	669	Smith	Nadine	F	0:41:08
		604	Annandale Bel	Amanda	F	0:41:34
		651	Swartz	Letitia	F	0:41:43
		487	Du Toit	Peter	M	0:41:51
49	06:34:00	442	Van Eck	Johannes	M	0:42:10
		425	Hirayama	Isao	M	0:42:11
		661	stumpf	madeleine	F	0:42:21
		686	Willemse	Sunet	F	0:42:23
50	06:34:30	450	Schroeder	Julian	M	0:42:34
		630	Ellis	Esmerelda	F	0:42:35
		388	Schmidt	Daniel	M	0:42:41
		463	Meiring	Louis	M	0:43:02
51	06:35:00	632	Luck	Eugenie	F	0:43:09
		652	Van Hemert	Linda	F	0:43:15
		379	Nel	Coenie	M	0:43:26
		355	Otto	Alex	M	0:43:45
52	06:35:30	505	Grobbelaar	Ronald	M	0:43:46
		681	Forbes	Ruth	F	0:43:47
		640	Otto	Janet	F	0:43:49
		465	De Lange	Marius	M	0:44:07
53	06:36:00	690	Khumalo	Thembi	F	0:44:30
		623	Valjalo	Dina	F	0:44:36
		439	Van der Vyver	Johann	M	0:44:56
		636	Mostert	Ilse	F	0:45:02
54	06:36:30	691	Ueta	Tomoko	F	0:45:09
		687	Gouws	Tania	F	0:45:39
		405	Gouws	Ernst	M	0:45:39
		492	Venter	Pieter	M	0:45:51

55	06:37:00	672	Venter	Nicky	F	0:45:55
		616	Attenborough	Cathy	F	0:46:41
		528	Weys	Tommie	M	0:46:46
		381	Barratt	Craig	M	0:47:17
56	06:37:30	650	Barratt	Leanne	F	0:47:21
		689	Els	Thea	F	0:48:07
		648	Coertze	Karen	F	0:54:02
			Terblanche	Erika	F	no time