

Cradle Cracker

July 14th 2024

5KM RESULTS					
Position	Race #	Name	Surname	Gender	Time
1	CCWINT050	Marciano	Capazorio	Male	24:58.084
2	CCWINT075	Richard	Greeff	Male	25:13.249
3	CCWINT497	Hayden	Hart	Male	25:47.177
4	CCWINT051	Caleb	Aitken	Male	25:56.696
5	CCWINT077	Cara	Greeff	Female	27:03.365
6	CCWINT033	David	Bushney	Male	27:18.840
7	CCWINT096	Sanchia-Lee	Esterhuysen	Female	28:04.219
8	CCWINT498	Bailey	Hart	Male	28:10.526
9	CCWINT094	Matthew	Kruger	Male	28:12.750
10	CCWINT040	Nanga	Kwinana	Male	28:56.861
11	CCWINT003	Laken	Folster	Female	29:19.028
12	CCWINT063	Devoney	Edwards	Female	29:45.967
13	CCWINT056	Benjamin	Hart	Male	30:21.414
14	CCWINT022	Daniel	McCauley	Male	30:23.350
15	CCWINT487	alan	mccauley	Male	30:25.435
16	CCWINT080	Kerry	Jenkinson	Female	30:37.926
17	CCWINT702	Daleen	Swanepoel	Female	30:39.134
18	CCWINT509	Matthew	Whitlow	Male	31:08.038
19	CCWINT046	Nicky	Prollius	Male	31:15.160
20	CCWINT064	Kim	Kumar	Female	31:17.998
21	CCWINT093	Sean	Bartrum	Male	31:34.379
22	CCWINT006	Donna	Swiegelaar	Female	31:42.005
23	CCWINT661	keagan	Roberts	Male	32:08.075
24	CCWINT511	Trey	Coetzee	Male	32:45.879
25	CCWINT579	Bernelee	De Lange	Female	32:50.385
26	CCWINT584	Ethan	O'Neil	Male	32:55.474
27	CCWINT095	Jeanika	Wiid	Female	33:06
28	CCWINT581	Kimberly	O'Neil	Female	33:18.001
29	CCWINT585	Matthew	O'Neil	Male	33:19.668
30	CCWINT100	Nathan	Smith	Male	33:20.838
31	CCWINT067	Tanna	Griggs	Female	33:52.593
32	CCWINT068	Barry	Griggs	Male	33:53.659
33	CCWINT510	Michael	Whitlow	Male	33:57.092
34	CCWINT102	Liesel	Whitlow	Female	34:02.718
35	CCWINT101	Liam	Whitlow	Male	34:04.132
36	CCWINT104	Rachel	Neyt	Female	34:11.063
37	CCWINT076	Zoe	Greeff	Female	34:13.129
38	CCWINT583	Ricco	De Lange	Male	34:28.992
39	CCWINT002	Malcolm	Wright	Male	34:33.916
40	CCWINT021	Thaven	Pillay	Male	34:38.194
41	CCWINT125	Carien	de Vries	Female	35:11.310
42	CCWINT085	Grant	McDonald	Male	35:26.810

43	CCWINT601	Jaqueline	Cooper	Female	35:39.202
44	CCWINT086	Jordan	Nash	Female	35:40.410
45	CCWINT084	Jessica	Erasmus	Female	35:43.994
46	CCWINT079	Melanie	Strelec	Female	35:50.524
47	CCWINT034	Elisna	van Wyk	Female	36:02.641
48	CCWINT036	Christa	Piater	Female	36:03.575
49	CCWINT042	Meghan	Rogers	Female	36:05.757
50	CCWINT512	Tyler	Coetzee	Male	36:12.193
51	CCWINT105	Helen	Coetzee	Female	36:13.874
52	CCWINT643	Charles	Pratley	Male	36:50.479
53	CCWINT082	Lize	greyling	Female	36:54.405
54	CCWINT081	MonnÃ©	van der Linde	Female	36:57.201
55	CCWINT500	Wren	Van zyl	Male	37:32.185
56	CCWINT142	Leo	Erlank	Male	37:34.965
57	CCWINT642	Travis	Pratley	Male	37:41.694
58	CCWINT060	Joel	Van zyl	Male	37:42.983
59	CCWINT025	Janie	Opperman	Female	37:57.081
60	CCWINT055	Diane	Kee	Female	38:14.814
61	CCWINT502	Connor	Keulemans	Male	39:32.786
62	CCWINT065	Nick	Keulemans	Male	39:33.989
63	CCWINT103	Monique	Dinkelmann	Female	39:53.798
64	CCWINT088	Eunsook	Seol	Female	40:38.651
65	CCWINT023	Carol	Posthumus	Female	40:44.246
66	CCWINT035	Anna	Van Rooyen	Female	40:45.022
67	CCWINT016	Gabriella	Nell	Female	40:47.702
68	CCWINT580	Charmaine	Freeman	Female	42:01.823
69	CCWINT048	Bianca	Fourie	Female	42:49.508
70	CCWINT505	Manqoba	Mhlanga	Male	42:59.596
71	CCWINT032	Bruce	talbot	Male	43:03.541
72	CCWINT659	Shayna	Harvey	Female	43:21.124
73	CCWINT499	Hunter	Hart	Male	43:27.089
74	CCWINT057	Sabrina	Hart	Female	43:28.595
75	CCWINT012	Robyn	Kapral	Female	43:30.678
76	CCWINT486	Zachary	Venter	Male	43:32.714
77	CCWINT043	Stephen	Rogers	Male	43:33.525
78	CCWINT041	Angela	Rogers	Female	43:36.124
79	CCWINT106	Clement	Coetzee	Male	43:45.049
80	CCWINT027	Michelle	Van den Heever	Female	44:21.488
81	CCWINT621	VLAM	GOUWS	Female	44:22.807
82	CCWINT083	Lizanne	van Eeden	Female	44:26.336
83	CCWINT026	Lee-Anne	Van den Heever	Female	44:27.323
84	CCWINT073	Francois	van Loggerenberg	Male	44:30.259
85	CCWINT072	Zelda	Prinsloo	Female	45:38.053
86	CCWINT658	Kasey	Armstrong	Female	45:45.310
87	CCWINT061	Nandi	Xulu	Female	46:01.874
88	CCWINT496	Arefa-Africa	Sadiki	Male	46:53.130
89	CCWINT030	Alma	Brits	Female	47:16.217
90	CCWINT029	Marius	Cloete	Male	47:17.028

91	CCWINT097	Daniella	de Freitas	Female	47:29.741
92	CCWINT013	Nicole	Power	Female	47:51.566
93	CCWINT582	Monica	Fiandeiro	Female	47:56.118
94	CCWINT074	Leandi	Greeff	Female	47:58.156
95	CCWINT038	Atlarelang	Tlhoaele	Female	48:00.777
96	CCWINT047	Kirstie	Weber	Female	48:50.914
97	CCWINT053	Keyler	Valiatham	Female	48:53.525
98	CCWINT001	Natasha	Matthee	Female	49:44.805
99	CCWINT107	Hentus	Matthee	Male	49:45.879
100	CCWINT655	Lynne	Armstrong	Female	50:07.039
101	CCWINT657	Leonard	Armstrong	Male	50:08.287
102	CCWINT089	Mila	Benn	Female	50:15.265
103	CCWINT090	Jocelyn	Meyer	Female	50:18.945
104	CCWINT660	daniel	Harvey	Male	50:32.888
105	CCWINT501	Lynette	Talbot	Female	50:37.939
106	CCWINT493	Lienke	Jacobs	Female	50:48.802
107	CCWINT028	Judy	Lourens	Female	51:05.064
108	CCWINT656	Zahraa	Roberts	Female	51:26.735
109	CCWINT009	Sandra	Gower	Female	51:54.491
110	CCWINT662	Jason	Roberts	Male	51:59.043
111	CCWINT058	Gazelle	Capazorio	Female	52:04.161
112	CCWINT037	NATALIE LYNN	VAN EUNEN	Female	52:04.870
113	CCWINT663	Nazlie	Roberts	Female	52:05.818
114	CCWINT640	KRISTIE	ATKINSON	Female	54:31.917
115	CCWINT485	Bronwen	Sweetman	Female	54:45.048
116	CCWINT078	Sylvia	Mhlanga	Female	55:12.243
117	CCWINT506	Unathi	Mhlanga	Female	55:13.571
118	CCWINT092	Robyn	Wentzel	Female	55:19.324
119	CCWINT508	Paige	Wentzel	Female	55:20.193
120	CCWINT517	Jenny	Fung	Female	55:25.057
121	CCWINT507	Denise	King	Female	55:26.962
122	CCWINT639	Dominique	de matteis	Female	55:29.210
123	CCWINT654	Christine	Fouche	Female	55:33.236
124	CCWINT638	Anna	Lambropoulos	Female	55:34.417
125	CCWINT005	John	Marshall	Male	56:00.125
126	CCWINT010	Neil	Scott	Male	56:09.360
127	CCWINT011	Nina	Bezuidenhout	Female	56:11.543
128	CCWINT044	Berenice	Jacobs	Female	56:14.881
129	CCWINT099	Sanchia	de Freitas	Female	56:20.650
130	CCWINT098	Craig	de Freitas	Male	56:23.956
131	CCWINT594	RONELLE	MARAIS	Female	56:29.929
132	CCWINT596	DALEEN	VAN DER MERWE	Female	56:32.740
133	CCWINT020	Mingo	Malefane	Female	56:35.108
134	CCWINT008	Angela	Booyesen	Female	56:47.339
135	CCWINT007	Anet	Erasmus	Female	56:48.282
136	CCWINT513	Stephen	Sweetman	Male	58:04.182
137	CCWINT633	Raisa	Neluheni	Female	58:10.838
138	CCWINT664	Palesa	Molomo	Female	58:12.521

139	CCWINT645	JILL	DIAL	Female	58:34.904
140	CCWINT070	Cindy	Neethling	Female	58:41.771
141	CCWINT504	Tokkie	Lottering	Female	58:44.974
142	CCWINT018	Rufaro	Chamisa	Male	58:50.984
143	CCWINT017	Rudo	Chamisa	Female	58:53.918
144	CCWINT494	Ella	Meldrum-Talbot	Female	1:00:04.268
145	CCWINT495	Leruo	Sadiki	Male	1:02:08.292
146	CCWINT039	Matshela	Sadiki	Female	1:02:18.553
147	CCWINT062	Bunny	Majaja	Female	1:02:28.844
148	CCWINT052	Nicola	Venter	Female	1:02:30.385
149	CCWINT004	Pierre	Botha	Male	1:03:33.239
150	CCWINT031	Jackie	Du Toit	Female	1:05:54.683
151	CCWINT019	Mudiwa	Chamisa	Female	1:06:58.517
152	CCWINT059	Tendai	Chamisa	Female	1:06:59.227
153	CCWINT049	Pieter	van Jaarsveldt	Male	1:08:29.692
154	CCWINT024	Elrisa	Taljaard	Female	1:08:30.882
155	CCWINT490	Maria	Coetzee	Female	1:08:38.582
156	CCWINT489	Kate	Pretorius	Female	1:08:40.712
157	CCWINT488	Moira	Strydom	Female	1:08:41.334
158	CCWINT492	Kobus	Van Staden	Male	1:09:05.131
159	CCWINT014	Sally Jane	Fourie	Female	1:10:07.438
160	CCWINT503	Isla	Keulemans	Female	1:10:30.428
161	CCWINT066	Ann	Baker-Keulemans	Female	1:10:59.969
162	CCWINT091	Ansone	Engelbrecht	Female	1:12:22.768
163	CCWINT665	lumka	Dlomo	Female	1:15:29.362
164	CCWINT666	nolizo	Pemba	Female	1:15:30.780

10KM RESULTS					
Position	Race #	Name	Surname	Gender	Time
1	CCWINT224	Ryno	Owen	Male	40:56.081
2	CCWINT214	Keion	Venter	Male	44:20.394
3	CCWINT069	Stefan	Labuschagne	Male	44:22.659
4	CCWINT140	Molefi	Malefane	Male	47:13.814
5	CCWINT516	Neil	Labuschagne	Male	48:20.340
6	CCWINT133	Tshepiso	Mkhonto	Male	48:23.704
7	CCWINT200	Annabell	Jones	Female	50:00.645
8	CCWINT204	JACQUES	LABUSCHAGNE	Male	50:42.229
9	CCWINT216	Sikelela	Mhlanga	Male	54:14.907
10	CCWINT237	Kayla	Doman	Female	54:24.332
11	CCWINT186	AJ	De Beer	Male	55:02.204
12	CCWINT211	Paul	Schutte	Male	55:22.878
13	CCWINT145	Craig	Grant	Male	56:00.470
14	CCWINT238	Pieter	Doman	Male	56:06.240
15	CCWINT123	Crescandra	Barnes	Female	56:16.438
16	CCWINT196	Neville	Wah	Male	58:08.006
17	CCWINT188	Janet	Ernst	Female	58:48.395
18	CCWINT244	Corn�	Labuschagne	Male	59:41.025
19	CCWINT185	Johan	De Beer	Male	1:00:36.839
20	CCWINT228	Juan	Dannhauser	Male	1:01:14.688

21	CCWINT242	Stacey	Farinha	Female	1:01:35.936
22	CCWINT629	Lenzo	Hoffman	Male	1:01:50.259
23	CCWINT112	Francois	Du Toit	Male	1:01:51.395
24	CCWINT115	Hannah	Hardman	Female	1:02:06.788
25	CCWINT173	Brendon	Da Silva	Male	1:02:16.179
26	CCWINT641	Diaan	kruger	Male	1:02:37.636
27	CCWINT213	Amber	Brand	Female	1:04:37.072
28	CCWINT636	Bradley	Yudelowitz	Male	1:04:48.249
29	CCWINT273	Marlies	de Vries	Female	1:05:06.879
30	CCWINT558	Nick	Bekker	Male	1:05:18.405
31	CCWINT435	Kim	Kruger	Female	1:05:36.654
32	CCWINT184	Kirsten	Bushney	Female	1:06:12.922
33	CCWINT240	Stephen	Morrison	Male	1:06:19.782
34	CCWINT220	Andy	Searle	Male	1:06:40.833
35	CCWINT554	Daniela	Cronje	Female	1:06:50.047
36	CCWINT176	Gavin	McElroy	Male	1:06:52.737
37	CCWINT553	Mia	KÄhn	Female	1:07:24.481
38	CCWINT226	Byeonghwa	Bark	Male	1:07:53.364
39	CCWINT234	Sarita	Friguglietti	Female	1:08:01.602
40	CCWINT212	Machiel	Carstens	Male	1:08:05.747
41	CCWINT555	Marieke	Odendaal	Female	1:08:31.184
42	CCWINT111	Ger-Marie	Wessels	Female	1:08:40.059
43	CCWINT207	Keith	Matthews	Male	1:08:47.594
44	CCWINT563	Chris	Reed	Male	1:08:55.983
45	CCWINT198	Arye	Kellman	Male	1:09:41.441
46	CCWINT215	De Wet	Swart	Male	1:09:57.346
47	CCWINT706	Lizal	Fourie	Female	1:10:02.136
48	CCWINT158	Ruben	Cloete	Male	1:10:07.865
49	CCWINT245	Adriaan	Esterhuysen	Male	1:11:25.100
50	CCWINT634	Tyron	Leroux	Male	1:11:38.883
51	CCWINT247	Wikus	Hoffman	Male	1:11:41.160
52	CCWINT227	Karl	Benn	Male	1:11:52.765
53	CCWINT241	John Jeffrey	Morrison	Male	1:11:53.989
54	CCWINT131	Wilrie	Wiersma	Female	1:11:56.535
55	CCWINT556	Corlia	Coetzee	Female	1:12:00.490
56	CCWINT183	CÄlene	Joseph	Female	1:12:01.364
57	CCWINT174	Shane	Van Rooyen	Female	1:12:16.860
58	CCWINT147	Diana	Neille	Female	1:12:23.775
59	CCWINT210	RenÄ	Schutte	Female	1:12:26.478
60	CCWINT307	Tracey	Viede	Female	1:12:38.389
61	CCWINT193	Reiner	Vollmer	Male	1:12:41.535
62	CCWINT229	Jaco	Keeve	Male	1:12:44.524
63	CCWINT164	Adele	Bloem	Female	1:13:06.080
64	CCWINT706	Courteny	Barnes	Female	1:13:12.376
65	CCWINT152	Matthew	Fitzgerald	Male	1:13:18.946
66	CCWINT605	Patrick	Pittard	Male	1:13:25.372
67	CCWINT246	Hugene	Koekemoer	Male	1:13:36.901
68	CCWINT197	Dalene	Wah	Female	1:13:38.052
69	CCWINT128	ChanÄ	Chambers	Female	1:14:03.526
70	CCWINT254	Alexa	Vorster	Female	1:14:05.003
71	CCWINT236	Esmerelda	Doman	Female	1:14:05.714
72	CCWINT230	Victoria	Boshoff	Female	1:14:15.713
73	CCWINT155	Bailey	Hawkes	Female	1:14:17.104
74	CCWINT209	Rob	Hallaby	Male	1:14:28.716
75	CCWINT206	Chris	Matthews	Male	1:15:04.837
76	CCWINT130	Roy	Fletcher	Male	1:15:06.587

77	CCWINT208	Erin	Hallaby	Female	1:15:12.132
78	CCWINT253	Rhyder	Szemerei	Male	1:15:13.309
79	CCWINT168	Anton	Botha	Male	1:15:17.274
80	CCWINT120	Neil	King	Male	1:15:28.820
81	CCWINT249	rae	Harrison	Male	1:15:30.839
82	CCWINT225	Melina	Dalle Ave	Female	1:15:48.207
83	CCWINT179	Zenon	van Deventer	Male	1:15:49.689
84	CCWINT135	Cindy	Nell	Female	1:16:22.497
85	CCWINT189	Mpuse	Pule	Female	1:16:32.757
86	CCWINT134	Glen Mitchell	Barbour	Male	1:18:15.281
87	CCWINT163	Carla	Wolber	Female	1:18:36.935
88	CCWINT161	Neil	Slabbert	Male	1:18:44.458
89	CCWINT195	Charlene	Jeffery	Female	1:18:54.728
90	CCWINT194	Justin	Jeffery	Male	1:18:57.288
91	CCWINT609	Anita	Maritz	Female	1:18:59.492
92	CCWINT632	lesego	ngwenya	Female	1:19:21.495
93	CCWINT175	Etta	Ferreira	Female	1:19:26.641
94	CCWINT201	Jacqueline	Engelbrecht	Female	1:20:21.711
95	CCWINT202	AnnemÅ©	de Klerk	Female	1:20:23.213
96	CCWINT191	Zelda	Fourie	Female	1:20:24.156
97	CCWINT235	Kaelyn	Friguglietti	Female	1:20:25.404
98	CCWINT141	Dirvaan Thaven	Pillay	Male	1:20:26.375
99	CCWINT231	Alison	Venter	Female	1:20:52.047
100	CCWINT567	Thinus	Kruger	Male	1:20:52.952
101	CCWINT243	Ambre	Nell	Female	1:20:55.092
102	CCWINT169	shani	merli	Female	1:21:20.402
103	CCWINT165	Charmaine	Payne	Female	1:21:41.651
104	CCWINT187	Zandile	Malangwane	Female	1:21:48.665
105	CCWINT153	Klarissa	Holloway	Female	1:22:30.579
106	CCWINT221	Marelize	Van Breda	Female	1:22:42.430
107	CCWINT222	Francois	Van Breda	Male	1:22:43.600
108	CCWINT251	Paul	Szemerei	Male	1:23:09.234
109	CCWINT256	Taryn	Toerien	Female	1:23:28.535
110	CCWINT255	Jacoline	Jones	Female	1:23:29.468
111	CCWINT199	Sanet	van der Merwe	Female	1:23:52.105
112	CCWINT218	Chris	Kennedy	Male	1:24:02.736
113	CCWINT127	Deidre	Graham	Female	1:24:50.438
114	CCWINT143	Asanda	Mkhonto	Female	1:24:56.550
115	CCWINT192	Vaughn	Venter	Male	1:24:57.870
116	CCWINT248	Mijean Gerber	Gerber	Female	1:25:13.037
117	CCWINT182	Vincent	Morris	Male	1:25:17.092
118	CCWINT122	Georgie	Bowen	Female	1:25:23.998
119	CCWINT170	Chrismi	Jacobs	Female	1:25:45.796
120	CCWINT108	Marina	Cockcroft	Female	1:25:46.859
121	CCWINT560	Zayne`	Barkhuizen	Male	1:26:05.177
122	CCWINT561	Selda	Barkhuizen	Female	1:26:28.795
123	CCWINT559	Arista	Hannaway	Female	1:26:30.999
124	CCWINT552	Grant	Johnson	Male	1:26:51.009
125	CCWINT649	mthokozisi	msibi	Male	1:26:53.532
126	CCWINT109	Teresa	Coetzee	Female	1:27:05.886
127	CCWINT121	Edna	Hinrichsen	Female	1:27:07.148
128	CCWINT299	Bronwyn Helen	George	Female	1:27:13.908
129	CCWINT154	Claire	Anderson	Female	1:27:29.142
130	CCWINT515	Moira	Terwey	Female	1:27:29.207
131	CCWINT117	Mia	Jurgens	Female	1:27:42.807
132	CCWINT264	Lindi	Hendrikse	Female	1:28:25.519

133	CCWINT113	Rowen	Hendrikse	Male	1:28:27.374
134	CCWINT205	Cohen	Grootboom	Male	1:29:03.285
135	CCWINT177	Khumo	Kekana	Female	1:29:09.592
136	CCWINT219	Kean	Cloete	Male	1:29:49.713
137	CCWINT118	Carolyn	White	Female	1:29:57.028
138	CCWINT119	Nicole	Caelers	Female	1:29:57.980
139	CCWINT190	Jonathan	Cosslett	Male	1:30:36.456
140	CCWINT132	Tamrin	Haverly	Female	1:30:40.270
141	CCWINT146	Jerusha	Raath	Female	1:31:57.415
142	CCWINT136	Bianca	De Wet	Female	1:32:03.392
143	CCWINT149	Eleni	Christodoulou	Female	1:33:07.373
144	CCWINT148	David	Rozen	Male	1:33:08.319
145	CCWINT151	Koketso	Seomane	Female	1:34:01.164
146	CCWINT156	Edna	Bunga	Female	1:34:42.062
147	CCWINT110	Alri	Van Den Berg	Female	1:35:44.037
148	CCWINT172	Mike	Van Til	Male	1:35:55.109
149	CCWINT171	Nikki	Van Til	Female	1:35:56.427
150	CCWINT239	yinhle	mdlalose	Female	1:36:19.264
151	CCWINT557	Nthabiseng	Kometsi	Female	1:36:21.905
152	CCWINT129	Kerith	Sweetman	Female	1:36:43.537
153	CCWINT620	Thuli	ndlovu	Female	1:37:31.719
154	CCWINT181	Sherilee	van Coppenhagen	Female	1:37:45.165
155	CCWINT565	Ockert	Brits	Male	1:38:43.838
156	CCWINT562	Brandon	Pereira	Male	1:39:16.918
157	CCWINT178	Kabelo	Selebogo	Female	1:41:26.922
158	CCWINT564	Ellen	Reed	Female	1:41:32.731
159	CCWINT203	Olga	Sambo	Female	1:41:59.992
160	CCWINT619	Thando	Ndlovu	Female	1:42:52.362
161	CCWINT126	Innocentia	Mngqete	Female	1:45:47.136
162	CCWINT252	Deidre	Szemerei	Female	1:50:18.627
163	CCWINT157	Marlize	Cloete	Female	1:50:19.908
164	CCWINT180	Leon	Sadiki	Male	1:50:59.772
165	CCWINT116	Ruth	Pike	Female	1:56:11.877
166	CCWINT138	Rudelle	Schoeman	Female	1:58:42.218
167	CCWINT137	Nadia	de Lange	Female	1:58:44.335
168	CCWINT139	Tirana	Sithole	Female	2:01:09.069
169	CCWINT166	Danie	Mare	Male	2:04:54.268
170	CCWINT167	Brent	Wright	Male	2:04:56.174
171	CCWINT162	Edith	Sambo	Female	2:06:57.993
172	CCWINT233	Sophie	van Riet	Female	2:07:36.702
173	CCWINT232	Frances	van der Bilt	Female	2:07:42.065
174	CCWINT160	Sandra	Mathye	Female	2:10:08.281
175	CCWINT159	Hlamarisa	Baloyi	Female	2:10:09.902

15KM RESULTS					
Position	Race #	Name	Surname	Gender	Time
1	CCWINT281	Tiisetso	Sebata	Male	55:30.392
2	CCWINT569	Geordan	Harris	Male	56:40.286
3	CCWINT316	Lukas	Schoeman	Male	1:06:47.749
4	CCWINT301	CinÃ©	Fraser	Female	1:07:00.854
5	CCWINT702	Kathryn	Du Buisson	Female	1:10:05.157
6	CCWINT369	Mike	Hewan	Male	1:15:02.627
7	CCWINT370	Jannika	Koortzen	Female	1:15:35.163
8	CCWINT317	Dawid	Opperman	Male	1:15:38.802
9	CCWINT310	Amukelwa	Gumede	Male	1:16:21.109

10	CCWINT306	Alicia	Adendorff	Female	1:17:20.405
11	CCWINT300	Kele	Pule	Male	1:17:34.417
12	CCWINT320	Ruth	Manda	Female	1:18:54.736
13	CCWINT341	Nadia	Maritz	Female	1:19:11.636
14	CCWINT377	Edwin	Watson	Male	1:19:40.255
15	CCWINT285	Emma	Marx	Female	1:23:26.439
16	CCWINT336	Anathi	Pefile	Male	1:23:46.243
17	CCWINT339	Pierre	Du Buisson	Male	1:24:54.693
18	CCWINT338	Mikayla	Ernst	Female	1:25:33.527
19	CCWINT288	Marco	Campos	Male	1:26:00.874
20	CCWINT302	Alistair	Fisher	Male	1:27:26.010
21	CCWINT372	Guy	Drew	Male	1:27:28.443
22	CCWINT571	Nikita	Tessendorf	Female	1:28:19.238
23	CCWINT374	Manica	Sanders	Female	1:28:26.790
24	CCWINT359	Jenna	Malcolm	Female	1:28:32.575
25	CCWINT343	Andrew	Blane	Male	1:28:34.469
26	CCWINT304	Mihlali	Mantyi	Male	1:29:51.723
27	CCWINT366	Kirby	Steyn	Male	1:30:00.504
28	CCWINT368	Richard	Howard	Male	1:30:01.364
29	CCWINT272	Bjorn	Solot	Male	1:30:06.063
30	CCWINT371	Johnny	Koortzen	Male	1:30:26.909
31	CCWINT294	Bryan	Townsend	Male	1:30:37.268
32	CCWINT570	Nicole	Grimbeek	Female	1:31:03.049
33	CCWINT344	Monique	Cronje	Female	1:31:52.268
34	CCWINT375	Jessica	Bates	Female	1:32:18.426
35	CCWINT362	Jordan	Toy	Male	1:32:44.185
36	CCWINT361	Julia	van Eunen	Female	1:32:46.828
37	CCWINT296	Kgothatso	Tloubatla	Male	1:32:53.930
38	CCWINT543	Amanda	Van der Westhuizen	Female	1:32:56.090
39	CCWINT628	Ally	Samakosky	Female	1:33:26.268
40	CCWINT631	yaron	Herr	Male	1:33:29.391
41	CCWINT293	Simphiwe	Ntuli	Male	1:34:11.510
42	CCWINT379	Sam	Bull	Female	1:34:52.714
43	CCWINT376	Darryl	Smith	Male	1:35:06.924
44	CCWINT613	Nolan	Govender	Male	1:35:14.996
45	CCWINT347	Thabo	Malatji	Male	1:35:15.728
46	CCWINT367	Desiree'	Howard	Female	1:35:26.144
47	CCWINT303	Claire	Fisher	Female	1:35:42.981
48	CCWINT334	Dina	Venter	Female	1:35:56.108
49	CCWINT289	Celeste	Janse van Rensburg	Female	1:35:57.557
50	CCWINT358	Kirsten	Havenga	Female	1:36:03.194
51	CCWINT363	Tiffany	Uys	Female	1:36:04.878
52	CCWINT269	Thomas	Little	Male	1:36:11.910
53	CCWINT270	Lily	Robinson	Female	1:36:15.406
54	CCWINT283	Claudia	Schaberg	Female	1:36:21.251
55	CCWINT286	Robyn	Dodds	Female	1:36:23.645
56	CCWINT381	Bryony	Van zyl	Female	1:36:48.015
57	CCWINT321	Petro	Maritz	Female	1:36:52.370
58	CCWINT568	Chris	Kucharski	Male	1:36:53.298
59	CCWINT586	Izabella	Klein	Female	1:36:58.272
60	CCWINT390	Doug	Klein	Male	1:37:07.123
61	CCWINT389	Elize	Klein	Female	1:37:39.643
62	CCWINT614	Riaan	Saaiman	Male	1:38:10.917
63	CCWINT590	Ben	Mokgwamma	Male	1:38:22.866
64	CCWINT309	Chantelle	de la Porte	Female	1:38:47.914
65	CCWINT291	John	Vermeulen	Male	1:39:07.352

66	CCWINT380	Mpho	Morobi	Male	1:40:05.466
67	CCWINT378	Trevor	Kennedy	Male	1:40:37.477
68	CCWINT549	Byron	De Villiers	Male	1:40:40.327
69	CCWINT546	Joshua	Kronenberg	Male	1:40:41.194
70	CCWINT550	Michelle	Mostert	Female	1:40:42.189
71	CCWINT548	Philippa	De Villiers	Female	1:40:43.331
72	CCWINT588	Jander	Badenhorst	Male	1:40:46.246
73	CCWINT326	Debbie	De Jager	Female	1:40:50.201
74	CCWINT572	Sophia	Grimbeek	Female	1:41:16.908
75	CCWINT337	Nadia	Maguire	Female	1:42:24
76	CCWINT349	Cameron	Penn-Clarke	Male	1:42:55.851
77	CCWINT342	Lauren	Malcolm	Female	1:43:14.866
78	CCWINT258	Jeanine	Zweep	Female	1:43:29.255
79	CCWINT274	Kim	Nemeti	Female	1:43:35.967
80	CCWINT312	Cheryl	Griffiths	Female	1:44:14.964
81	CCWINT351	Suzelle	Nothnagel	Female	1:44:51.527
82	CCWINT330	James	Schlebusch	Male	1:44:55.794
83	CCWINT331	Gene	Schlebusch	Female	1:44:56.537
84	CCWINT356	Mlandeni	Ntsibande	Male	1:45:00.635
85	CCWINT354	Graeme	Toach	Male	1:45:01.859
86	CCWINT284	Stephanie	Baker	Female	1:45:03.259
87	CCWINT311	Samantha	Hawkes	Female	1:45:11.004
88	CCWINT352	Jan	Ackerman	Male	1:45:16.448
89	CCWINT353	Justin	Ellis	Male	1:45:17.355
90	CCWINT327	Tanja	Klee	Female	1:45:27.164
91	CCWINT547	Kerryn	Futcher	Female	1:46:13.340
92	CCWINT292	Christopher	Bee	Male	1:46:24.818
93	CCWINT551	Jacques	De Villiers	Male	1:46:51.847
94	CCWINT357	Katrien	Fouche	Female	1:47:40.283
95	CCWINT608	Sebastiaan	Buisman	Male	1:47:43.176
96	CCWINT262	Janine	Du Toit	Female	1:47:58.070
97	CCWINT365	Muhammad Haaroon	Sacoor	Male	1:48:04.380
98	CCWINT705	Craig	Botha	Male	1:48:51.520
99	CCWINT348	Lechelle	Penn-Clarke	Female	1:49:23.224
100	CCWINT704	Zandri	Rad	Female	1:49:33.134
101	CCWINT323	Maraloe	Lightfoot	Female	1:50:00.194
102	CCWINT324	Quinton	Lightfoot	Male	1:50:01.828
103	CCWINT261	Wendy	Magumela	Female	1:51:05.522
104	CCWINT373	Blake	Delpport	Male	1:51:09.687
105	CCWINT325	Gretchen	Anker	Female	1:52:25.758
106	CCWINT544	Retha	Diedericks	Female	1:52:34.219
107	CCWINT355	Luke	Zacharias	Male	1:53:27.025
108	CCWINT290	Brenda	Blake	Female	1:54:35.138
109	CCWINT360	Nhlanhla	Mphuthi	Male	1:54:59.601
110	CCWINT308	Lusanda	Nkonki	Female	1:55:06.371
111	CCWINT280	Peter	Brincker	Male	1:55:42.058
112	CCWINT279	Mila	Ottavini	Female	1:55:45.375
113	CCWINT268	Hannah	Du Toit	Female	1:55:54.978
114	CCWINT313	Nicoline	D'Oliveira	Female	1:56:01.628
115	CCWINT335	Kagiso	Mekoa	Male	1:56:14.486
116	CCWINT278	Bridgette	Heath	Female	1:56:53.773
117	CCWINT350	Magriet	De Bruyn	Female	1:57:19.521
118	CCWINT345	Bonolo	Sinobolo	Female	1:57:59.448
119	CCWINT346	Heleen	Bezuidenhout	Female	1:58:05.468
120	CCWINT305	Lwethu	Skosana	Female	1:58:24.342
121	CCWINT318	Michael	Eloff	Male	1:59:32.642

122	CCWINT319	Christine	Pratley	Female	1:59:35.620
123	CCWINT265	Hannah	Ainsley	Female	2:00:52.544
124	CCWINT263	Simone	Thomson	Female	2:01:37.287
125	CCWINT315	Bernice	McKee	Female	2:05:18.913
126	CCWINT314	Lynda	Rhodes	Female	2:05:20.974
127	CCWINT257	Tony	Taljaard	Male	2:06:23.863
128	CCWINT282	Thato	Mahuma	Female	2:07:12.301
129	CCWINT322	Bawinile	Njoko	Female	2:07:52.491
130	CCWINT635	Doug	Ericson	Male	2:10:27.409
131	CCWINT637	Nell	Erikson	Male	2:10:30.989
132	CCWINT277	Patricia	Kanono	Female	2:11:53.149
133	CCWINT295	Keneilwe	Tloubatla	Female	2:12:01.157
134	CCWINT602	Anthea	Lourens	Female	2:12:27.872
135	CCWINT276	Makie	Lebona	Female	2:12:30.203
136	CCWINT297	Corne	Roux-Pieterse	Female	2:12:32.036
137	CCWINT328	Gerhard	Mcllwaine-Wright	Male	2:13:30.176
138	CCWINT329	Charmaine Ann	Van Heerden	Female	2:13:32.758
139	CCWINT275	Rozanne	De Beer	Female	2:16:41.807
140	CCWINT591	Letlhogololo	Baas	Male	2:17:04.206
141	CCWINT298	Nicole	Townsend	Female	2:17:46.170
142	CCWINT542	Karen	Gordon Davis	Female	2:26:21.606
143	CCWINT333	Boipelo	Kekana	Female	2:32:45.422
144	CCWINT332	Ntsebeng	Tlhoele	Female	2:36:23.113
145	CCWINT271	Kathleen	Schnetler	Female	2:38:15.913
146	CCWINT267	Tony	Ferguson	Male	2:59:27.224
147	CCWINT266	Lisa	Ferguson	Female	2:59:28.246
148	CCWINT260	Gideon	Van Der Walt	Male	3:00:01.930
149	CCWINT259	Azin	Alikhani	Female	3:00:03.115

21KM RESULTS					
Position	Race #	Name	Surname	Gender	Time
1	CCWINT402	Alexander	Jinde	Male	1:25:10.607
2	CCWINT250	Shannon	Swartz	Female	1:30:53.925
3	CCWINT610	THOR	VAN EUNEN	Male	1:31:38.137
4	CCWINT433	Wesley	Roberts	Male	1:35:04.088
5	CCWINT440	Regan	Turnbull	Male	1:38:02.879
6	CCWINT592	Montaque	Swanepoel	Male	1:39:44.767
7	CCWINT598	Zander	Struwig	Male	1:42:29.609
8	CCWINT401	Bekker	Oosthuizen	Male	1:42:47.281
9	CCWINT399	Nickie	van der Merwe	Male	1:48:53.958
10	CCWINT413	Simon	Oliver	Male	1:49:04.343
11	CCWINT575	Kevin	Forsyth	Male	1:50:47.327
12	CCWINT420	Jurie	Janse van Vuuren	Male	1:50:51.206
13	CCWINT438	Dylan	Conradie	Male	1:51:55.034
14	CCWINT437	Ivanna	Balanco	Female	1:52:09.276
15	CCWINT404	Andreas	Trafoyer	Male	1:52:38.224
16	CCWINT534	WJ	KÄ¼hn	Male	1:53:43.306
17	CCWINT430	Waldo	Erasmus	Male	1:55:09.478
18	CCWINT425	Mxolisi	Gamede	Male	1:55:58.504
19	CCWINT617	Sipho	Nzama	Male	1:58:16.375
20	CCWINT408	Kristin	Viljoen	Female	1:59:11.927
21	CCWINT644	michele	stampanoi	Male	2:01:22.590
22	CCWINT432	Marelize	Van Ryneveld	Female	2:02:14.610
23	CCWINT652	Aaron	Kadango	Male	2:02:20.759
24	CCWINT412	Samantha	Botha	Female	2:03:01.798

25	CCWINT667	Andrew	Pike	Male	2:03:03.510
26	CCWINT538	Anthony	George	Male	2:03:33.385
27	CCWINT423	Happy	Sinobolo	Male	2:04:20.290
28	CCWINT428	Thuli	Mkhize	Female	2:04:21.353
29	CCWINT434	Jessica	Hamuy Blanco	Female	2:05:40.676
30	CCWINT388	Kirsten	Townsend	Female	2:05:49.482
31	CCWINT415	Brett	Atkinson	Male	2:06:05.743
32	CCWINT410	James	Rowson	Male	2:06:07.002
33	CCWINT422	Fabien	Langlois	Male	2:06:07.710
34	CCWINT421	Marni	Henning	Female	2:07:02.584
35	CCWINT392	ASAMI	NAKAHARA	Female	2:07:12.710
36	CCWINT533	Reimer	Klintworth	Male	2:07:25.793
37	CCWINT426	Greg	Cousens	Male	2:07:55.796
38	CCWINT398	Stephen	Bishop	Male	2:07:57.378
39	CCWINT405	Henriete	Steyn	Female	2:10:29.503
40	CCWINT406	Kobus	Steyn	Male	2:10:30.595
41	CCWINT646	LOUIS	LABUSCHAGNE	Male	2:10:37.803
42	CCWINT611	CHELSEA	STROOBACH	Female	2:11:51.799
43	CCWINT612	ROXANNE	ZONE	Female	2:11:52.815
44	CCWINT531	Yollie	Davies	Female	2:12:09.156
45	CCWINT391	Kelly	de Vos	Female	2:12:20.429
46	CCWINT436	Melissa	Kemper	Female	2:12:57.670
47	CCWINT441	Kevin	Hendrikse	Male	2:12:58.756
48	CCWINT397	Aniss	Krid	Male	2:13:31.233
49	CCWINT403	Louise	Gierschick	Female	2:14:48.928
50	CCWINT541	Michael	Bond	Male	2:14:50.696
51	CCWINT456	Johan	winnem van der Westhuizen	Male	2:15:32.417
52	CCWINT400	Inchien	Chamisa	Male	2:16:00.398
53	CCWINT393	Ryo	Osuga	Male	2:16:22.133
54	CCWINT536	Shandi	Pan	Female	2:17:32.746
55	CCWINT396	Sarah	Schulze	Female	2:18:57.795
56	CCWINT424	Takeyuki	Kowada	Male	2:20:11.082
57	CCWINT385	AdÃ©le	Rothmann	Female	2:20:32.990
58	CCWINT431	Morne	Owen	Male	2:21:21.126
59	CCWINT524	Lyn	Matthews	Female	2:22:12.271
60	CCWINT419	Tshitso	Moloi	Male	2:22:36.806
61	CCWINT382	Simone	von Helden	Female	2:23:55.533
62	CCWINT537	julia	lin	Female	2:23:56.716
63	CCWINT223	Elsabe	Owen	Female	2:24:03.674
64	CCWINT418	Dominik	Krob	Male	2:24:43.067
65	CCWINT540	Charles	Dlamini	Male	2:24:48.819
66	CCWINT573	Benjamin	O'Neil	Male	2:25:13.152
67	CCWINT539	Junko	George	Female	2:27:21.270
68	CCWINT383	Andrea	Jeffery	Female	2:27:39.589
69	CCWINT647	caryn	jennison	Female	2:27:59.940
70	CCWINT427	Gontse	Makhetha	Female	2:28:34.240
71	CCWINT387	Handri	Bezuidenhout	Male	2:28:59.048
72	CCWINT595	Angelique	Van der Berg	Female	2:29:10.093
73	CCWINT532	Tania	Klintworth	Female	2:31:14.119
74	CCWINT525	Ashleigh	Dietrichsen	Female	2:31:18.916
75	CCWINT648	Mike	Ncube	Male	2:31:25.610
76	CCWINT439	Heinrich	Dinkelmann	Male	2:32:30.785
77	CCWINT414	Linda	Wicks	Female	2:33:28.953
78	CCWINT409	Tom	Salmon	Male	2:33:41.401
79	CCWINT574	Cindy	O'Neil	Female	2:34:18.682
80	CCWINT603	Rachel	Modise	Female	2:34:28.991

81	CCWINT411	CherylAnn	Moolman	Female	2:38:56.762
82	CCWINT527	Adele	Romanis	Female	2:42:14.681
83	CCWINT529	Stewart	Romanis	Male	2:42:23.345
84	CCWINT526	Angela	Conway	Female	2:46:23.028
85	CCWINT384	Cara	Benetti-Longhini	Female	2:49:56.800
86	CCWINT394	Berlinda	Jeffrey	Female	3:12:48.374
87	CCWINT429	Neil	Parker	Male	3:14:39.917
88	CCWINT407	Erick	Msibi	Male	3:33:55.721
89	CCWINT535	Paula	Josiah	Female	3:38:03.242
90	CCWINT530	Debbie	McLaren	Female	3:53:08.072
91	CCWINT528	Julie	Romanis	Female	3:53:13.543

28KM RESULTS					
Position	Race #	Name	Surname	Gender	Time
1	CCWINT627	BONGANI	DLAMINI	Male	1:54:21.866
2	CCWINT606	Musa	Zweni	Male	2:05:18.867
3	CCWINT478	Wessel	Swart	Male	2:14:13.634
4	CCWINT616	Sibonelo	Makama	Male	2:18:49.915
5	CCWINT706	Unathi	Mkhize	Female	2:29:12.415
6	CCWINT462	Nick	Wolber	Male	2:30:46.186
7	CCWINT518	Robyn	Ward	Female	2:34:45.986
8	CCWINT454	Janko	van Jaarsveldt	Male	2:40:17.725
9	CCWINT459	Madie	Bapela	Male	2:41:32.688
10	CCWINT701	Rob	Reid	Male	2:43:42.138
11	CCWINT522	Bethel	Sanza	Male	2:45:01.997
12	CCWINT466	Philip	Seimenis	Male	2:47:40.849
13	CCWINT484	Aiden	Carvalho	Male	2:48:17.724
14	CCWINT444	Sifiso	Nhlapo	Male	2:54:13.713
15	CCWINT480	Seropane	Ramaila	Male	2:54:31.180
16	CCWINT468	Arthur	Moseley	Male	2:55:24.018
17	CCWINT587	Dalton	Vivian	Male	2:56:06.258
18	CCWINT443	Sergio	Cieverts	Male	2:58:47.113
19	CCWINT470	Andre	Geel	Male	2:59:30.589
20	CCWINT445	Ryan	Peyper	Male	2:59:41.281
21	CCWINT623	Kathrine	Munroe	Female	3:01:00.646
22	CCWINT479	Andrew	Abodoh	Male	3:03:20.792
23	CCWINT599	Antoinette	Hartslielz	Female	3:04:10.539
24	CCWINT520	Tebogo	Mahange	Male	3:09:16.882
25	CCWINT460	Desiree	Rudman	Female	3:11:08.072
26	CCWINT449	Sharif	Quiblier	Male	3:11:40.455
27	CCWINT576	Andrew	Morrison-Young	Male	3:11:52.690
28	CCWINT577	Jeff	Forsyth	Male	3:15:09.563
29	CCWINT578	Maria	Forsyth	Female	3:15:10.280
30	CCWINT481	Sipho	matsimbi	Male	3:17:33.307
31	CCWINT464	Sufran	Smith	Female	3:18:01.820
32	CCWINT463	Antonio	De Franca	Male	3:18:10.853
33	CCWINT451	Alan	Nemeti	Male	3:18:13.832
34	CCWINT604	Tobie	Reineke	Male	3:18:32.155
35	CCWINT448	Chalissa	Meintjes	Female	3:19:22.545
36	CCWINT483	Lynne	Jones	Female	3:21:55.695
37	CCWINT471	Stefan	Ulland	Male	3:21:59.218
38	CCWINT519	Ming-Yu	Hu	Female	3:22:25.343
39	CCWINT455	Linda	Calore	Female	3:23:17.862
40	CCWINT469	Daniel	Hafner	Male	3:23:31.672
41	CCWINT630	John	Meda	Male	3:23:44.465

42	CCWINT476	Vernon	Naude	Male	3:23:48.853
43	CCWINT521	Kerry	Exelby	Female	3:25:47.447
44	CCWINT589	Karabo	Mailula	Male	3:26:15.986
45	CCWINT457	Graeme	Codrington	Male	3:27:33.249
46	CCWINT474	Tsietsi	Majang	Male	3:30:37.783
47	CCWINT450	Yandi	Makaula	Female	3:31:10.119
48	CCWINT458	Oscar	Sekonyela	Male	3:34:30.306
49	CCWINT477	Brendan	Behr	Male	3:34:59.956
50	CCWINT461	Tebogo	Kganane	Male	3:39:02.700
51	CCWINT446	Walter	Gurajena	Male	3:40:45.475
52	CCWINT622	Iino	Nkuna	Male	3:41:44.573
53	CCWINT447	Hannes	van der Merwe	Male	3:42:35.898
54	CCWINT523	Kghoatso	Rasehlo	Male	3:48:39.532
55	CCWINT473	Sebako	Mantome	Female	3:54:15.140
56	CCWINT475	Patricia Aleta	Nkuna	Female	3:54:20.168
57	CCWINT482	Deirdre	Wilson	Female	4:07:36.013
58	CCWINT465	Riaan	Van Den Berg	Male	4:07:37.021
59	CCWINT593	Quenton	Laeschagne	Male	TBC