

Athlete name	Age group	Race km	Pts
Andries Huyser	35-39	891.3	167
Michael Hind	40-49	726.4	153
Aaron Engelbrecht	20-34	736.9	151
Evidence Mwando	35-39	463.0	148
Grant Marais	40-49	433.6	111
Lester Daniels	40-49	527.3	111
Herve Rougier-Lagane	60+	494.6	105
Corbyn Marais	0-19 (J)	141.0	103
Tony de Freitas	35-39	534.2	86
Blair Thompson	20-34	209.4	76
Sonnyboy Nkabini	40-49	283.7	71
Leon Campher	40-49	286.8	67
Gareth de Broize	20-34	413.0	65
Jay Oliviera	20-34	318.0	64
Jarid Sherwood	20-34	338.9	64
Clint Nortje	20-34	352.7	63
Denver Subramany	35-39	346.6	58
Deon Viljoen	20-34	305.6	57
Alan Phillips	40-49	242.4	54
Innocent Ngubane	20-34	236.3	50
Nhlanhla Thembani	20-34	273.7	49
Mitch Dufourq	20-34	95.0	49
Charles Bishop	40-49	261.5	48
Shane Greyling	35-39	195.5	47
Siboniso Shange	35-39	224.2	44
King Chipara	40-49	153.4	43
Justin Ducler des Rauches	20-34	186.4	40
Shane Westermeyer	35-39	192.7	38
Zipho Mdletshe	20-34	140.5	38
Martino Malembe	35-39	167.7	37
Rob Kaletsch	40-49	141.6	35
Malcolm Hunter	20-34	81.0	34
Gregory Whitehead	50-59	161.6	33
Gary Roberts	40-49	175.5	33
Simon Weakley	20-34	169.6	31
Joseph Nxumalo	50-59	188.1	31
James Codner	20-34	188.1	31
Shawn Meyer	40-49	101.1	29
Mark Carter	40-49	94.2	29
Jarred Coffin-Grey	40-49	102.2	28
Warren Jansen van Vuuren	20-34	188.1	26
Lalelani Shange	35-39	127.1	26
Josh Nimmo	20-34	88.3	25
Kewen van Rensburg	20-34	174.3	25
Carlyle van Rensburg	20-34	174.3	25
Dave Gould	50-59	108.3	23
Lovemore Mhindu	35-39	159.9	23

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30
- 31
- 32
- 33
- 34
- 35
- 36
- 37
- 38
- 39
- 40
- 41
- 42
- 43
- 44
- 45
- 46
- 47

Athlete name	Age group	Race km	Pts
Sam Gould	40-49	572.2	174
Tanya Ungerer	40-49	549.2	157
Robyn Greyling	35-39	304.5	143
Vicki Hicken	35-39	717.2	134
Samantha Nightingale	20-34	534.6	116
Bronwyn Marais	35-39	299.5	112
Terri Anne Bossy	20-34	257.3	94
Silvia de Freitas	35-39	518.2	91
Sue St Leger-Stretch	50-59	464.6	86
Catherine Roberts	40-49	264.9	67
Monica de Kleyn	35-39	271.3	65
Louise Dunford	40-49	299.6	57
Shannon Browning	40-49	276.2	56
Jandi Hallett	40-49	182.0	54
Tammy Woodroffe	40-49	282.4	53
Chantelle Fuchs	40-49	208.7	52
Elisha Reddy	20-34	211.6	52
Liesel Phillips	40-49	161.1	51
Linda Feher	60+	239.7	51
Kayley Daly	20-34	300.9	47
Amanda Meyer	40-49	137.1	46
Lisa Sutton	35-39	202.3	45
Robyn Hewitt	50-59	241.5	45
Lesley Leagas	40-49	206.3	43
Surita van Vuuren	20-34	216.5	40
Lesley Jones	20-34	167.1	39
Kate Howitz	35-39	73.3	39
Denise Towell	50-59	214.1	39
Wendy Becket	40-49	197.1	36
Clare Gillespie	40-49	140.3	32
Vicky Falkson	40-49	144.1	32
Nicole Ducler des Rauches	20-34	161.6	31
Tertia Emerson	40-49	171.6	29
Sonya Rougier-Lagane	50-59	123.1	29
Samantha Bugwandin	35-39	129.3	29
Cindy Valentine	35-39	139.0	27
Aileen Forbes	40-49	104.4	26
Nicole Potgieter	35-39	91.1	26
Nicola Hewitt	20-34	109.4	25
Vanessa Mayo	35-39	87.2	25
Kerri Lyn Coffin-Grey	20-34	109.1	24
Melissa Lopes	40-49	105.5	24
Penny Constant	40-49	94.4	24
Monique van den Busken	35-39	157.1	24
Claire Moffatt	35-39	100.2	24
Shantal Matthysen	20-34	96.1	21
Refiloe Matshaba	40-49	60.0	21

Damian Bradley	40-49	105.2	22	48	Gay Tilbury	50-59	51.1	20
Alpheus Magcaba	40-49	141.9	22	49	Valerie Webb	50-59	84.4	19
Justin Dunford	40-49	137.5	21	50	Tracy Simpson	35-39	132.1	19
Wayne Thompson	40-49	109.4	20	51	Alison Schnell	35-39	46.1	19
Jason Howitz	40-49	73.3	19	52	Michelle Coskey	50-59	72.2	18
Shai Selani	20-34	142.1	19	53	Amanda Seidler	40-49	62.2	17
Barclay Hallet	50-59	82.0	19	54	Jenine Dwarika	20-34	72.2	16
Brendan Tarpey	50-59	98.2	17	55	Aimee Clayton	20-34	78.3	16
Gary Cawood	40-49	91.1	17	56	Cayla Hallett	20-34	77.0	16
Mike Posnot	50-59	48.0	17	57	Taryn Ford Davel	35-39	67.2	15
Duncan Havenga	20-34	76.3	16	58	Alishea Hodges	20-34	76.1	13
Joe Viljoen	50-59	66.1	14	59	Anne Erasmus	60+	52.2	13
Craig Shiller	50-59	67.2	14	60	Nicola Schroeder	40-49	40.0	13
Gavin Hall	50-59	66.1	14	61	Kendal Antz	35-39	15.0	12
Jacques Vieira	20-34	63.3	13	62	Benita Thomson	40-49	56.1	12
Rasen Naidoo	35-39	61.1	12	63	Alison Moor	40-49	28.0	12
Brett Edwards	20-34	38.0	12	64	Michelle Haarhoff	20-34	46.1	11
Graeme Schnell	35-39	63.3	12	65	Lauren Bradley	20-34	51.1	11
Julius Wallace	40-49	69.2	12	66	Belinda Le Roux	40-49	30.0	11
Matt Swemmer	20-34	31.1	11	67	Michelle Sinclair	40-49	52.2	11
Jean Feuilhaerde	20-34	73.3	11	68	Celeste Grant	20-34	41.1	11
Geoff Goble	20-34	41.1	11	69	Leah Escreet	40-49	63.3	10
Wade Foster	20-34	33.1	11	70	Jennifer Bloch	20-34	41.1	10
Matthew Dunford	0-19 (J)	55.0	9	71	Jami Klumper	20-34	0.0	10
Philip Duze	20-34	21.1	9	72	Philippa Charlesworth	40-49	43.0	10
Craig Hallett	20-34	13.0	9	73	Kirsten Mulder	20-34	44.0	9
Chris Goldstone	20-34	31.1	8	74	Heather Tallis	50-59	41.0	9
James Barker	20-34	42.2	7	75	Zandile Shange	35-39	50.0	9
Andre Kruger	35-39	42.2	7	76	Deborah Sweby	40-49	113.3	8
Garth Thomson	40-49	46.1	6	77	Elaine Naicker	40-49	20.0	8
Thavasan Asari	35-39	36.1	6	78	Lee Havenga	20-34	10.0	8
Krishna Pillay	50-59	31.1	6	79	Laura Grant	20-34	31.1	8
Gareth Hall	35-39	21.1	5	80	Sophia Allison	40-49	30.0	8
Herman van den Berg	20-34	21.1	5	81	Eloise Sykes	20-34	31.1	7
Satish Bugwandin	35-39	34.0	4	82	Paige Marais	0-19 (J)	15.0	6
Andre Kerdachi	40-49	21.1	4	83	Robyn Bruce	20-34	21.1	6
Wayne Bunyard	35-39	10.0	4	84	Kerry-Lee Morris	20-34	20.0	6
Sean le Roux	40-49	20.0	4	85	Megan Thomas	35-39	20.0	6
Alex Reichle	20-34	21.1	3	86	Kirsten Glen	35-39	35.0	6
Haydn Rencken	40-49	21.1	3	87	Jade Tallis	0-19 (J)	11.0	5
Gary Escreet	50-59	21.1	3	88	Bronwyn Freese	35-39	57.1	5
Andrew Beach	20-34	21.1	3	89	Julie Ladner	40-49	25.0	5
Craig du Plessis	40-49	21.1	3	90	Tracey Olivier	40-49	25.0	5
Brendon Westwood	20-34	10.0	2	91	Chantelle Kett	20-34	10.0	5
Jonathan Acutt	20-34	10.0	2	92	Jennifer Lott	20-34	0.0	5
Garth Moffatt	35-39	10.0	2	93	Claudelle Diedricks	20-34	31.1	5
Conrad Baasden	50-59	0.0	2	94	Celeste van den Berg	20-34	20.0	5
				95	Kirsten Weir	35-39	21.1	5
				96	Annelie Landman	35-39	21.1	5

				97	Natasha Dube	40-49	17.0	4
				98	Zoe Potgieter	0-19 (J)	10.0	4
				99	Jenny Viljoen	35-39	10.0	4
				100	Beatrice Sierra	50-59	10.0	4
				101	Natalie Dennis	20-34	21.1	4
				102	Carin Hall	20-34	12.0	4
				103	Shannon Hall	50-59	15.0	4
				104	Carolynne Bornhutter	40-49	20.0	4
				105	Rachel Manzie	40-49	21.1	3
				106	Lesley Jansen van Vuuren	20-34	21.1	3
				107	Nadine Smith	35-39	10.0	3
				108	Jocelyn Ford	40-49	10.0	2
				109	Lana Challenor	35-39	10.0	2
				110	Anita Roberts	40-49	10.0	2