

Athlete name	Age group	Race km	Points
King Chipara	40-49	658.7	492
Mitch Dufourq	20-34	207.4	341
Herve Rougier-Lagane	60+	433.7	327
Evidence Mwando	35-39	366.0	246
Martino Malembe	35-39	373.0	219
Shane Greyling	35-39	290.7	218
Shawn Meyer	40-49	202.4	217
Ryan Meszaros	20-34	237.7	214
Denver Subramany	35-39	276.6	200
Tony de Freitas	35-39	337.9	198
Grant Marais	40-49	254.7	187
Charles Bishop	40-49	386.1	173
Philip Duze	20-34	305.1	161
Alan Phillips	40-49	122.3	159
Rob Kaletsch	40-49	139.4	157
Jay Oliviera	35-39	313.8	156
Jarid Sherwood	20-34	292.7	146
Nhlanhla Thembani	35-39	284.0	145
Gareth de Broize	35-39	327.7	141
Michael Hind	40-49	277.9	137
Wayne Bunyard	40-49	208.8	137
Gary Roberts	40-49	173.4	136
Robin Edwards	50-59	178.5	134
Shane Westermeyer	35-39	242.6	132
Corbyn Marais	0-19	68.0	124
Alpheus Magcaba	50-59	256.8	116
Sphamandla Mngoma	20-34	226.8	115
Lester Daniels	40-49	205.6	114
Clint Nortje	20-34	260.8	109
Thavi Asari	40-49	146.5	109
Grant Ladner	40-49	289.9	108
Shai Selani	20-34	336.1	107
Aaron Engelbrecht	20-34	207.6	107
Kuben Govender	40-49	213.8	105
Deon Viljoen	20-34	293.8	100
Nash Panday	20-34	189.9	100
Joseph Nxumalo	50-59	237.9	96
Julius Wallace	40-49	89.2	96
Matt Swemmer	20-34	237.9	94
Sonnyboy Nkabini	40-49	195.7	92
Damian Bradley	40-49	165.4	91
Josh Nimmo	20-34	247.7	91
Lalelani Shange	35-39	149.3	90
Innocent Ngubane	20-34	195.7	89
Herman van den Berg	35-39	130.5	80
Ryan Turner	20-34	119.4	79
Gary Cawood	40-49	161.6	78
Kewen van Rensburg	20-34	195.7	77

Athlete name	Age group	Race km	Points
Sam Gould	50-59	578.5	513
Robyn Greyling	35-39	286.9	361
Katie Roberts	40-49	425.8	344
Kirsten McDonald	35-39	457.0	308
Vicki Hicken	35-39	392.1	302
Tanya Ungerer	40-49	419.0	318
Aimee Clayton	20-34	288.2	318
Mandy Meyer	40-49	174.3	234
Bronwyn Marais	35-39	317.8	230
Jandi Hallett	50-59	163.4	215
Silvia de Freitas	40-49	328.0	213
Gay Tilbury	50-59	100.0	211
Elisha Reddy	20-34	189.6	207
Varsha Heera	35-39	214.8	193
Michelle Kerr	20-34	253.6	187
Sue St Leger-Stretch	50-59	241.7	167
Jenny Viljoen	35-39	208.8	166
Kathleen Oliveira	35-39	271.6	150
Liesel Phillips	40-49	155.6	146
Beaujolais Keary	35-39	172.7	144
Denise Towell	50-59	284.0	141
Tertia Emerson	40-49	169.5	141
Sonya Rougier-Lagane	60+	132.2	140
Vanessa Mayo	35-39	266.8	139
Aileen Forbes	40-49	261.8	139
Chloe Fortmann	20-34	139.4	136
Samantha Engelbrecht	20-34	159.5	136
Nicole Freese	35-39	116.1	134
Marcelle McLean	60+	169.4	132
Shantal Matthysen	35-39	114.0	123
Donna McCulloch	35-39	136.6	121
Tracy Cawood	40-49	251.8	117
Angelique Meszaros	20-34	84.2	112
Lauren Bradley	20-34	197.4	101
Lesley Leagas	50-59	114.4	101
Michelle Coskey	50-59	151.6	100
Samantha Bugwandin	35-39	160.5	100
Angela Westermeyer	35-39	110.2	97
Monique van den Busken	40-49	220.7	92
Alison Moor	50-59	63.1	88
Terri-Anne Bossy	20-34	88.4	87
Sarah Bekker	50-59	102.2	85
Tammy Woodroffe	40-49	99.4	84
Michelle Haarhoff	20-34	213.4	82
Kirsten Mulder	20-34	85.2	80
Sophia Allison	50-59	86.1	80
Monica de Kleyn	35-39	102.3	78
Clare Gillespie	40-49	71.2	76

Elias Mchunu	35-39	216.8	75
Wayne Thompson	50-59	109.4	72
Dave Gould	50-59	89.3	62
Buyani Dladla	35-39	195.7	60
Leon Campher	40-49	71.1	59
Carlyle van Rensburg	20-34	174.6	59
Malcolm Hunter	20-34	39.1	57
Blair Thompson	20-34	50.2	57
Lovemore Mhindu	40-49	184.4	53
Zipho Mdletshe	20-34	26.0	53
Hilary Greenwood	60+	77.1	47
James McKenna	60+	77.2	46
Jason Howitz	40-49	46.1	46
Preggie Pillay	50-59	126.6	43
Warren Cooper	20-34	52.2	42
Matthew Searle	20-34	132.4	40
Andre Kerdachi	40-49	52.2	40
Jacques Vieira	20-34	132.4	39
Joe Viljoen	50-59	71.1	39
Brett Edwards	20-34	39.0	38
Braden Parker	40-49	98.2	37
Brendon Westwood	20-34	41.1	37
Duncan Havenga	20-34	42.2	36
Jonathan Acutt	35-39	56.1	34
Craig du Plessis	40-49	98.2	33
Graeme Schnell	35-39	52.2	33
Keagen Mathews	20-34	52.2	33
Brendan Tarpey	50-59	36.1	32
Jason Vickery	35-39	52.2	32
Gavin Hall	60+	36.0	31
Charl Rautenbach	20-34	42.2	29
Oliver Sinclair	40-49	31.1	26
Moeletsi Matshaba	0-19	30.0	26
Reg Sumner	35-39	31.1	25
Garth Thomson	40-49	42.2	23
Steven Hanson	35-39	30.0	22
Ross Wetherston	20-34	90.2	21
Barclay Hallett	50-59	14.0	20
Patrick Mthembu	20-34	10.0	19
Garth Moffatt	35-39	42.2	16
Geoffrey Goble	20-34	21.1	16
Nash Murengwa	20-34	21.1	16
Greg Whitehead	50-59	21.1	15
Daniel Wexler	20-34	8.0	15
Chris Goldstone	20-34	21.1	14
Graeme Kruger	20-34	42.2	14
Richard Browning	40-49	21.1	12
Michael Hodges	40-49	10.0	10
Sean Le Roux	40-49	10.0	9
Satish Bugwandin	35-39	46.1	9

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Nicola Schroeder	40-49	152.4	76
Chantelle Kett	35-39	50.0	74
Shannon Browning	40-49	172.4	73
Megan Thomas	40-49	103.3	71
Chantelle Fuchs	40-49	77.2	70
Claire Imrie	20-34	174.6	70
Wendy Storey	20-34	77.1	69
Sandy Naylor	35-39	64.0	64
Bronwyn Freese	35-39	188.4	63
Kayley Daly	20-34	157.4	63
Riley McCabe	20-34	80.0	56
Jacqueline Sutherland	40-49	57.2	56
Katherine Bhogal	35-39	94.4	55
Kirsten Nicholson	35-39	34.0	55
Alishea Hodges	35-39	64.0	54
Louise Dunford	40-49	109.4	52
Lana van der Zee	20-34	35.0	52
Nontokozo Gumede	20-34	65.1	51
Lisa Younghusband	40-49	73.3	49
Claire Moffatt	35-39	67.2	49
Dorothy Gallagher	50-59	63.3	48
Sharon Hanson	35-39	34.0	47
Michelle Sinclair	40-49	52.2	45
Lee Havenga	20-34	42.2	45
Cayla Hallett	20-34	26.0	42
Lisa Sutton	40-49	30.0	41
Jessica Kelly	0-19	24.0	39
Taryn Ford	35-39	63.3	37
Zoe Potgieter	0-19	35.0	37
Melissa Lopes	40-49	42.2	36
Cindy Valentine	40-49	36.1	34
Natalie Dennis	20-34	42.2	34
Kendall Wurdemann	20-34	41.1	34
Refiloe Matshaba	40-49	52.2	34
Courtney Kruger	20-34	63.3	33
Lauren Holl	20-34	42.2	31
Vicky Falkson	40-49	42.2	31
Shannon Hall	50-59	31.1	28
Paige Marais	0-19	14.0	28
Kirsten Glen	40-49	41.1	27
Lana Challenor	35-39	14.0	26
Annette Lacon-Allin	40-49	14.0	24
Claudelle Diedricks	20-34	42.2	24
Emily Sumner	35-39	20.0	23
Deborah Sweby	50-59	31.1	18
Alison Schnell	35-39	21.1	18
Hayleigh Belman	20-34	10.0	18
Carin Hall	20-34	21.1	17
Annelie Landman	40-49	42.2	16
Charlene Stander	35-39	10.0	16

Anthony Manning	60+	21.1	7
Karthy Govender	50-59	10.0	7
Craig Jennings	40-49	21.1	7
Donovan Pillai	35-39	10.0	7
Yesh Govender	20-34	10.0	7
Darryn Bonsor	40-49	21.1	5

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Vanessa Brackett	35-39	10.0	16
Zandile Shange	35-39	40.0	15
Kirsten Weir	40-49	42.2	14
Eloise Sykes	20-34	21.1	14
Nadine Smith	35-39	10.0	13
Nicole Sharratt	20-34	10.0	13
Vimla Govender	40-49	21.1	12
Wendy Marks	40-49	10.0	12
Justine Du Plessis	35-39	21.1	12
Babs Zulu	20-34	10.0	12
Mia Acutt	35-39	10.0	11
Belinda Le Roux	40-49	10.0	9
Beatrice Sierra	50-59	15.0	8