

Cradle Cracker

July 14th 2024

5KM RESULTS					
Position	Race #	Name	Surname	Gender	Time
1	CCWINT050	Marciano	Capazorio	Male	48:24:58.084
2	CCWINT075	Richard	Greeff	Male	48:25:13.249
3	CCWINT497	Hayden	Hart	Male	48:25:47.177
4	CCWINT051	Caleb	Aitken	Male	48:25:56.696
5	CCWINT077	Cara	Greeff	Female	48:27:03.365
6	CCWINT033	David	Bushney	Male	48:27:18.840
7	CCWINT096	Sanchia-Lee	Esterhuyse	Female	48:28:04.219
8	CCWINT498	Bailey	Hart	Male	48:28:10.526
9	CCWINT094	Matthew	Kruger	Male	48:28:12.750
10	CCWINT040	Nanga	Kwinana	Male	48:28:56.861
11	CCWINT003	Laken	Folster	Female	48:29:19.028
12	CCWINT063	Devoney	Edwards	Female	48:29:45.967
13	CCWINT056	Benjamin	Hart	Male	48:30:21.414
14	CCWINT022	Daniel	McCauley	Male	48:30:23.350
15	CCWINT487	alan	mccauley	Male	48:30:25.435
16	CCWINT080	Kerry	Jenkinson	Female	48:30:37.926
17	CCWINT509	Matthew	Whitlow	Male	48:31:08.038
18	CCWINT046	Nicky	Prollius	Male	48:31:15.160
19	CCWINT064	Kim	Kumar	Female	48:31:17.998
20	CCWINT093	Sean	Bartrum	Male	48:31:34.379
21	CCWINT006	Donn�	Swiegelaar	Female	48:31:42.005
22	CCWINT661	keagan	Roberts	Male	48:32:08.075
23	CCWINT511	Trey	Coetzee	Male	48:32:45.879
24	CCWINT579	Bernelee	De Lange	Female	48:32:50.385
25	CCWINT584	Ethan	O'Neil	Male	48:32:55.474
26	CCWINT095	Jeanika	Wiid	Female	48:33:06
27	CCWINT581	Kimberly	O'Neil	Female	48:33:18.001
28	CCWINT585	Matthew	O'Neil	Male	48:33:19.668
29	CCWINT100	Nathan	Smith	Male	48:33:20.838
30	CCWINT067	Tanna	Griggs	Female	48:33:52.593
31	CCWINT068	Barry	Griggs	Male	48:33:53.659
32	CCWINT510	Michael	Whitlow	Male	48:33:57.092
33	CCWINT102	Liesel	Whitlow	Female	48:34:02.718
34	CCWINT101	Liam	Whitlow	Male	48:34:04.132
35	CCWINT104	Rachel	Neyt	Female	48:34:11.063
36	CCWINT076	Zoe	Greeff	Female	48:34:13.129
37	CCWINT583	Ricco	De Lange	Male	48:34:28.992
38	CCWINT002	Malcolm	Wright	Male	48:34:33.916
39	CCWINT021	Thaven	Pillay	Male	48:34:38.194
40	CCWINT125	Carien�	de Vries	Female	48:35:11.310
41	CCWINT085	Grant	McDonald	Male	48:35:26.810
42	CCWINT601	Jaqueline	Cooper	Female	48:35:39.202

43	CCWINT086	Jordan	Nash	Female	48:35:40.410
44	CCWINT084	Jessica	Erasmus	Female	48:35:43.994
45	CCWINT079	Melanie	Strelec	Female	48:35:50.524
46	CCWINT034	Elisna	van Wyk	Female	48:36:02.641
47	CCWINT036	Christa	Piater	Female	48:36:03.575
48	CCWINT042	Meghan	Rogers	Female	48:36:05.757
49	CCWINT512	Tyler	Coetzee	Male	48:36:12.193
50	CCWINT105	Helen	Coetzee	Female	48:36:13.874
51	CCWINT643	Charles	Pratley	Male	48:36:50.479
52	CCWINT082	Lize	greyling	Female	48:36:54.405
53	CCWINT081	MonnÃ©	van der Linde	Female	48:36:57.201
54	CCWINT500	Wren	Van zyl	Male	48:37:32.185
55	CCWINT142	Leo	Erlank	Male	48:37:34.965
56	CCWINT642	Travis	Pratley	Male	48:37:41.694
57	CCWINT060	Joel	Van zyl	Male	48:37:42.983
58	CCWINT025	Janie	Opperman	Female	48:37:57.081
59	CCWINT055	Diane	Kee	Female	48:38:14.814
60	CCWINT516	Neil	Labuschagne	Male	48:38:20.340
61	CCWINT502	Connor	Keulemans	Male	48:39:32.786
62	CCWINT065	Nick	Keulemans	Male	48:39:33.989
63	CCWINT103	Monique	Dinkelmann	Female	48:39:53.798
64	CCWINT088	Eunsook	Seol	Female	48:40:38.651
65	CCWINT023	Carol	Posthumus	Female	48:40:44.246
66	CCWINT035	Anna	Van Rooyen	Female	48:40:45.022
67	CCWINT016	Gabriella	Nell	Female	48:40:47.702
68	CCWINT580	Charmaine	Freeman	Female	48:42:01.823
69	CCWINT048	Bianca	Fourie	Female	48:42:49.508
70	CCWINT505	Manqoba	Mhlanga	Male	48:42:59.596
71	CCWINT032	Bruce	talbot	Male	48:43:03.541
72	CCWINT659	Shayna	Harvey	Female	48:43:21.124
73	CCWINT499	Hunter	Hart	Male	48:43:27.089
74	CCWINT057	Sabrina	Hart	Female	48:43:28.595
75	CCWINT012	Robyn	Kapral	Female	48:43:30.678
76	CCWINT486	Zachary	Venter	Male	48:43:32.714
77	CCWINT043	Stephen	Rogers	Male	48:43:33.525
78	CCWINT041	Angela	Rogers	Female	48:43:36.124
79	CCWINT106	Clement	Coetzee	Male	48:43:45.049
80	CCWINT027	Michelle	Van den Heever	Female	48:44:21.488
81	CCWINT621	VLAM	GOUWS	Female	48:44:22.807
82	CCWINT083	Lizanne	van Eeden	Female	48:44:26.336
83	CCWINT026	Lee-Anne	Van den Heever	Female	48:44:27.323
84	CCWINT073	Francois	van Loggerenberg	Male	48:44:30.259
85	CCWINT072	Zelda	Prinsloo	Female	48:45:38.053
86	CCWINT658	Kasey	Armstrong	Female	48:45:45.310
87	CCWINT061	Nandi	Xulu	Female	48:46:01.874
88	CCWINT496	Arefa-Africa	Sadiki	Male	48:46:53.130
89	CCWINT030	Alma	Brits	Female	48:47:16.217
90	CCWINT029	Marius	Cloete	Male	48:47:17.028

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

139	CCWINT645	JILL	DIAL	Female	48:58:34.904
140	CCWINT070	Cindy	Neethling	Female	48:58:41.771
141	CCWINT504	Tokkie	Lottering	Female	48:58:44.974
142	CCWINT018	Rufaro	Chamisa	Male	48:58:50.984
143	CCWINT017	Rudo	Chamisa	Female	48:58:53.918
144	CCWINT494	Ella	Meldrum-Talbot	Female	49:00:04.268
145	CCWINT495	Leruo	Sadiki	Male	49:02:08.292
146	CCWINT039	Matshela	Sadiki	Female	49:02:18.553
147	CCWINT062	Bunny	Majaja	Female	49:02:28.844
148	CCWINT052	Nicola	Venter	Female	49:02:30.385
149	CCWINT004	Pierre	Botha	Male	49:03:33.239
150	CCWINT031	Jackie	Du Toit	Female	49:05:54.683
151	CCWINT019	Mudiwa	Chamisa	Female	49:06:58.517
152	CCWINT059	Tendai	Chamisa	Female	49:06:59.227
153	CCWINT049	Pieter	van Jaarsveldt	Male	49:08:29.692
154	CCWINT024	Elrisa	Taljaard	Female	49:08:30.882
155	CCWINT490	Maria	Coetsee	Female	49:08:38.582
156	CCWINT489	Kate	Pretorius	Female	49:08:40.712
157	CCWINT488	Moirra	Strydom	Female	49:08:41.334
158	CCWINT492	Kobus	Van Staden	Male	49:09:05.131
159	CCWINT014	Sally Jane	Fourie	Female	49:10:07.438
160	CCWINT503	Isla	Keulemans	Female	49:10:30.428
161	CCWINT066	Ann	Baker-Keulemans	Female	49:10:59.969
162	CCWINT091	Ansone	Engelbrecht	Female	49:12:22.768
163	CCWINT665	Iumka	Dlomo	Female	49:15:29.362
164	CCWINT666	nolizo	Pemba	Female	49:15:30.780
165	CCWINT515	Moirra	Terwey	Female	49:27:29.207
166	CCWINT399	Nickie	van der Merwe	Male	49:48:53.958

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	CCWINT133	Tshepiso	Mkhonto	Male	48:23.704
6	CCWINT200	Annabell	Jones	Female	50:00.645
7	CCWINT204	JACQUES	LABUSCHAGNE	Male	50:42.229
8	CCWINT216	Sikelela	Mhlanga	Male	54:14.907
9	CCWINT237	Kayla	Doman	Female	54:24.332
10	CCWINT186	AJ	De Beer	Male	55:02.204
11	CCWINT211	Paul	Schutte	Male	55:22.878
12	CCWINT145	Craig	Grant	Male	56:00.470
13	CCWINT238	Pieter	Doman	Male	56:06.240
14	CCWINT123	Crescandra	Barnes	Female	56:16.438
15	CCWINT196	Neville	Wah	Male	58:08.006
16	CCWINT188	Janet	Ernst	Female	58:48.395
17	CCWINT244	Corn��	Labuschagne	Male	59:41.025
18	CCWINT185	Johan	De Beer	Male	1:00:36.839
19	CCWINT228	Juan	Dannhauser	Male	1:01:14.688

20	CCWINT242	Stacey	Farinha	Female	1:01:35.936
21	CCWINT629	Lenzo	Hoffman	Male	1:01:50.259
22	CCWINT112	Francois	Du Toit	Male	1:01:51.395
23	CCWINT115	Hannah	Hardman	Female	1:02:06.788
24	CCWINT173	Brendon	Da Silva	Male	1:02:16.179
25	CCWINT641	Diaan	kruger	Male	1:02:37.636
26	CCWINT213	Amber	Brand	Female	1:04:37.072
27	CCWINT636	Bradley	Yudelowitz	Male	1:04:48.249
28	CCWINT273	Marlies	de Vries	Female	1:05:06.879
29	CCWINT558	Nick	Bekker	Male	1:05:18.405
30	CCWINT435	Kim	Kruger	Female	1:05:36.654
31	CCWINT184	Kirsten	Bushney	Female	1:06:12.922
32	CCWINT240	Stephen	Morrison	Male	1:06:19.782
33	CCWINT220	Andy	Searle	Male	1:06:40.833
34	CCWINT554	Daniela	Cronje	Female	1:06:50.047
35	CCWINT176	Gavin	McElroy	Male	1:06:52.737
36	CCWINT553	Mia	KÄ¼hn	Female	1:07:24.481
37	CCWINT226	Byeonghwa	Bark	Male	1:07:53.364
38	CCWINT234	Sarita	Friguglietti	Female	1:08:01.602
39	CCWINT212	Machiel	Carstens	Male	1:08:05.747
40	CCWINT555	Marieke	Odendaal	Female	1:08:31.184
41	CCWINT111	Ger-Marie	Wessels	Female	1:08:40.059
42	CCWINT207	Keith	Matthews	Male	1:08:47.594
43	CCWINT563	Chris	Reed	Male	1:08:55.983
44	CCWINT198	Arye	Kellman	Male	1:09:41.441
45	CCWINT215	De Wet	Swart	Male	1:09:57.346
46	CCWINT158	Ruben	Cloete	Male	1:10:07.865
47	CCWINT245	Adriaan	Esterhuyse	Male	1:11:25.100
48	CCWINT634	Tyron	Leroux	Male	1:11:38.883
49	CCWINT247	Wikus	Hoffman	Male	1:11:41.160
50	CCWINT227	Karl	Benn	Male	1:11:52.765
51	CCWINT241	John Jeffrey	Morrison	Male	1:11:53.989
52	CCWINT131	Wilrie	Wiersma	Female	1:11:56.535
53	CCWINT556	Corlia	Coetzee	Female	1:12:00.490
54	CCWINT183	CÄ©lene	Joseph	Female	1:12:01.364
55	CCWINT174	Shane	Van Rooyen	Female	1:12:16.860
56	CCWINT147	Diana	Neille	Female	1:12:23.775
57	CCWINT210	RenÄ©	Schutte	Female	1:12:26.478
58	CCWINT307	Tracey	Viede	Female	1:12:38.389
59	CCWINT193	Reiner	Vollmer	Male	1:12:41.535
60	CCWINT229	Jaco	Keeve	Male	1:12:44.524
61	CCWINT164	Adele	Bloem	Female	1:13:06.080
62	CCWINT152	Matthew	Fitzgerald	Male	1:13:18.946
63	CCWINT605	Patrick	Pittard	Male	1:13:25.372
64	CCWINT246	Hugene	Koekemoer	Male	1:13:36.901
65	CCWINT197	Dalene	Wah	Female	1:13:38.052
66	CCWINT128	ChanÄ©	Chambers	Female	1:14:03.526
67	CCWINT254	Alexa	Vorster	Female	1:14:05.003
68	CCWINT236	Esmerelda	Doman	Female	1:14:05.714
69	CCWINT230	Victoria	Boshoff	Female	1:14:15.713
70	CCWINT155	Bailey	Hawkes	Female	1:14:17.104
71	CCWINT209	Rob	Hallaby	Male	1:14:28.716
72	CCWINT206	Chris	Matthews	Male	1:15:04.837
73	CCWINT130	Roy	Fletcher	Male	1:15:06.587
74	CCWINT208	Erin	Hallaby	Female	1:15:12.132
75	CCWINT253	Rhyder	Szemerei	Male	1:15:13.309

76	CCWINT168	Anton	Botha	Male	1:15:17.274
77	CCWINT120	Neil	King	Male	1:15:28.820
78	CCWINT249	rae	Harrison	Male	1:15:30.839
79	CCWINT225	Melina	Dalle Ave	Female	1:15:48.207
80	CCWINT179	Zenon	van Deventer	Male	1:15:49.689
81	CCWINT135	Cindy	Nell	Female	1:16:22.497
82	CCWINT189	Mpuse	Pule	Female	1:16:32.757
83	CCWINT134	Glen Mitchell	Barbour	Male	1:18:15.281
84	CCWINT163	Carla	Wolber	Female	1:18:36.935
85	CCWINT161	Neil	Slabbert	Male	1:18:44.458
86	CCWINT195	Charlene	Jeffery	Female	1:18:54.728
87	CCWINT194	Justin	Jeffery	Male	1:18:57.288
88	CCWINT609	Anita	Maritz	Female	1:18:59.492
89	CCWINT632	lesego	ngwenya	Female	1:19:21.495
90	CCWINT175	Etta	Ferreira	Female	1:19:26.641
91	CCWINT201	Jacqueline	Engelbrecht	Female	1:20:21.711
92	CCWINT202	AnnemÃ©	de Klerk	Female	1:20:23.213
93	CCWINT191	Zelda	Fourie	Female	1:20:24.156
94	CCWINT235	Kaelyn	Friguglietti	Female	1:20:25.404
95	CCWINT141	Dirvaan Thaven	Pillay	Male	1:20:26.375
96	CCWINT231	Alison	Venter	Female	1:20:52.047
97	CCWINT567	Thinus	Kruger	Male	1:20:52.952
98	CCWINT243	Ambre	Nell	Female	1:20:55.092
99	CCWINT169	shani	merli	Female	1:21:20.402
100	CCWINT165	Charmaine	Payne	Female	1:21:41.651
101	CCWINT187	Zandile	Malangwane	Female	1:21:48.665
102	CCWINT153	Klarissa	Holloway	Female	1:22:30.579
103	CCWINT221	Marelize	Van Breda	Female	1:22:42.430
104	CCWINT222	Francois	Van Breda	Male	1:22:43.600
105	CCWINT251	Paul	Szemerei	Male	1:23:09.234
106	CCWINT256	Taryn	Toerien	Female	1:23:28.535
107	CCWINT255	Jacoline	Jones	Female	1:23:29.468
108	CCWINT199	Sanet	van der Merwe	Female	1:23:52.105
109	CCWINT218	Chris	Kennedy	Male	1:24:02.736
110	CCWINT127	Deidre	Graham	Female	1:24:50.438
111	CCWINT143	Asanda	Mkhonto	Female	1:24:56.550
112	CCWINT192	Vaughn	Venter	Male	1:24:57.870
113	CCWINT248	Mijean Gerber	Gerber	Female	1:25:13.037
114	CCWINT182	Vincent	Morris	Male	1:25:17.092
115	CCWINT122	Georgie	Bowen	Female	1:25:23.998
116	CCWINT170	Chrismi	Jacobs	Female	1:25:45.796
117	CCWINT108	Marina	Cockcroft	Female	1:25:46.859
118	CCWINT560	Zayne`	Barkhuizen	Male	1:26:05.177
119	CCWINT561	Selda	Barkhuizen	Female	1:26:28.795
120	CCWINT559	Arista	Hannaway	Female	1:26:30.999
121	CCWINT552	Grant	Johnson	Male	1:26:51.009
122	CCWINT649	mthokozisi	msibi	Male	1:26:53.532
123	CCWINT109	Teresa	Coetzee	Female	1:27:05.886
124	CCWINT121	Edna	Hinrichsen	Female	1:27:07.148
19	CCWINT299	Bronwyn Helen	George	Female	1:27:13.908
125	CCWINT154	Claire	Anderson	Female	1:27:29.142
126	CCWINT117	Mia	Jurgens	Female	1:27:42.807
127	CCWINT264	Lindi	Hendrikse	Female	1:28:25.519
128	CCWINT113	Rowen	Hendrikse	Male	1:28:27.374
129	CCWINT205	Cohen	Grootboom	Male	1:29:03.285
130	CCWINT177	Khumo	Kekana	Female	1:29:09.592

131	CCWINT219	Kean	Cloete	Male	1:29:49.713
132	CCWINT118	Carolyn	White	Female	1:29:57.028
133	CCWINT119	Nicole	Caelers	Female	1:29:57.980
134	CCWINT190	Jonathan	Cosslett	Male	1:30:36.456
135	CCWINT132	Tamrin	Haverly	Female	1:30:40.270
136	CCWINT146	Jerusha	Raath	Female	1:31:57.415
137	CCWINT136	Bianca	De Wet	Female	1:32:03.392
138	CCWINT149	Eleni	Christodoulou	Female	1:33:07.373
139	CCWINT148	David	Rozen	Male	1:33:08.319
140	CCWINT151	Koketso	Seomane	Female	1:34:01.164
141	CCWINT156	Edna	Bunga	Female	1:34:42.062
142	CCWINT110	Alri	Van Den Berg	Female	1:35:44.037
143	CCWINT172	Mike	Van Til	Male	1:35:55.109
144	CCWINT171	Nikki	Van Til	Female	1:35:56.427
145	CCWINT239	yinhle	mdlalose	Female	1:36:19.264
146	CCWINT557	Nthabiseng	Kometsi	Female	1:36:21.905
147	CCWINT129	Kerith	Sweetman	Female	1:36:43.537
148	CCWINT620	Thuli	ndlovu	Female	1:37:31.719
149	CCWINT181	Sherilee	van Coppenhagen	Female	1:37:45.165
150	CCWINT565	Ockert	Brits	Male	1:38:43.838
151	CCWINT562	Brandon	Pereira	Male	1:39:16.918
152	CCWINT178	Kabelo	Selebogo	Female	1:41:26.922
153	CCWINT564	Ellen	Reed	Female	1:41:32.731
154	CCWINT203	Olga	Sambo	Female	1:41:59.992
155	CCWINT619	Thando	Ndlovu	Female	1:42:52.362
156	CCWINT126	Innocentia	Mngqete	Female	1:45:47.136
157	CCWINT252	Deidre	Szemerei	Female	1:50:18.627
158	CCWINT157	Marlize	Cloete	Female	1:50:19.908
159	CCWINT180	Leon	Sadiki	Male	1:50:59.772
160	CCWINT116	Ruth	Pike	Female	1:56:11.877
161	CCWINT138	Rudelle	Schoeman	Female	1:58:42.218
162	CCWINT137	Nadia	de Lange	Female	1:58:44.335
163	CCWINT139	Tirana	Sithole	Female	2:01:09.069
164	CCWINT166	Danie	Mare	Male	2:04:54.268
165	CCWINT167	Brent	Wright	Male	2:04:56.174
166	CCWINT162	Edith	Sambo	Female	2:06:57.993
167	CCWINT233	Sophie	van Riet	Female	2:07:36.702
168	CCWINT232	Frances	van der Bilt	Female	2:07:42.065
169	CCWINT160	Sandra	Mathye	Female	2:10:08.281
170	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	CinÄ©	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	Sacoor	Male	1:48:04.380
98	CCWINT348	Lechelle	Penn-Clarke	Female	1:49:23.224
99	CCWINT323	Maraloe	Lightfoot	Female	1:50:00.194
100	CCWINT324	Quinton	Lightfoot	Male	1:50:01.828
101	CCWINT261	Wendy	Magumela	Female	1:51:05.522
102	CCWINT373	Blake	Delpport	Male	1:51:09.687
103	CCWINT325	Gretchen	Anker	Female	1:52:25.758
104	CCWINT544	Retha	Diedericks	Female	1:52:34.219
105	CCWINT355	Luke	Zacharias	Male	1:53:27.025
106	CCWINT290	Brenda	Blake	Female	1:54:35.138
107	CCWINT360	Nhlanhla	Mphuthi	Male	1:54:59.601
108	CCWINT308	Lusanda	Nkonki	Female	1:55:06.371
109	CCWINT280	Peter	Brincker	Male	1:55:42.058
110	CCWINT279	Mila	Ottavini	Female	1:55:45.375
111	CCWINT268	Hannah	Du Toit	Female	1:55:54.978
112	CCWINT313	Nicoline	D'Oliveira	Female	1:56:01.628
113	CCWINT335	Kagiso	Mekoa	Male	1:56:14.486
114	CCWINT278	Bridgette	Heath	Female	1:56:53.773
115	CCWINT350	Magriet	De Bruyn	Female	1:57:19.521
116	CCWINT345	Bonolo	Sinobolo	Female	1:57:59.448
117	CCWINT346	Heleen	Bezuidenhout	Female	1:58:05.468
118	CCWINT305	Lwethu	Skosana	Female	1:58:24.342
119	CCWINT318	Michael	Eloff	Male	1:59:32.642
120	CCWINT319	Christine	Pratley	Female	1:59:35.620
121	CCWINT265	Hannah	Ainsley	Female	2:00:52.544
122	CCWINT263	Simone	Thomson	Female	2:01:37.287
123	CCWINT315	Bernice	McKee	Female	2:05:18.913
124	CCWINT314	Lynda	Rhodes	Female	2:05:20.974

125	CCWINT257	Tony	Taljaard	Male	2:06:23.863
126	CCWINT282	Thato	Mahuma	Female	2:07:12.301
127	CCWINT322	Bawinile	Njoko	Female	2:07:52.491
128	CCWINT635	Doug	Ericson	Male	2:10:27.409
129	CCWINT637	Nell	Erikson	Male	2:10:30.989
130	CCWINT277	Patricia	Kanono	Female	2:11:53.149
131	CCWINT295	Keneilwe	Tloubatla	Female	2:12:01.157
132	CCWINT602	Anthea	Lourens	Female	2:12:27.872
133	CCWINT276	Makie	Lebona	Female	2:12:30.203
134	CCWINT297	Corne	Roux-Pieterse	Female	2:12:32.036
135	CCWINT328	Gerhard	Mcllwaine-Wright	Male	2:13:30.176
136	CCWINT329	Charmaine Ann	Van Heerden	Female	2:13:32.758
137	CCWINT275	Rozanne	De Beer	Female	2:16:41.807
138	CCWINT591	Letlhogololo	Baas	Male	2:17:04.206
139	CCWINT298	Nicole	Townsend	Female	2:17:46.170
140	CCWINT542	Karen	Gordon Davis	Female	2:26:21.606
141	CCWINT333	Boipelo	Kekana	Female	2:32:45.422
142	CCWINT332	Ntsebeng	Tlhoele	Female	2:36:23.113
143	CCWINT271	Kathleen	Schnetler	Female	2:38:15.913
144	CCWINT267	Tony	Ferguson	Male	2:59:27.224
145	CCWINT266	Lisa	Ferguson	Female	2:59:28.246
146	CCWINT260	Gideon	Van Der Walt	Male	3:00:01.930
147	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	CCWINT413	Simon	Oliver	Male	1:49:04.343
10	CCWINT575	Kevin	Forsyth	Male	1:50:47.327
11	CCWINT420	Jurie	Janse van Vuuren	Male	1:50:51.206
12	CCWINT438	Dylan	Conradie	Male	1:51:55.034
13	CCWINT437	Ivanna	Balanco	Female	1:52:09.276
14	CCWINT404	Andreas	Trafoyer	Male	1:52:38.224
15	CCWINT534	WJ	KÃ¼hn	Male	1:53:43.306
16	CCWINT430	Waldo	Erasmus	Male	1:55:09.478
17	CCWINT425	Mxolisi	Gamede	Male	1:55:58.504
18	CCWINT617	Sipho	Nzama	Male	1:58:16.375
19	CCWINT408	Kristin	Viljoen	Female	1:59:11.927
20	CCWINT644	michele	stampanoi	Male	2:01:22.590
21	CCWINT432	Marelize	Van Ryneveld	Female	2:02:14.610
22	CCWINT652	Aaron	Kadango	Male	2:02:20.759
23	CCWINT412	Samantha	Botha	Female	2:03:01.798
24	CCWINT667	Andrew	Pike	Male	2:03:03.510
25	CCWINT538	Anthony	George	Male	2:03:33.385
26	CCWINT423	Happy	Sinobolo	Male	2:04:20.290
27	CCWINT428	Thuli	Mkhize	Female	2:04:21.353
28	CCWINT434	Jessica	Hamuy Blanco	Female	2:05:40.676
29	CCWINT388	Kirsten	Townsend	Female	2:05:49.482

30	CCWINT415	Brett	Atkinson	Male	2:06:05.743
31	CCWINT410	James	Rowson	Male	2:06:07.002
32	CCWINT422	Fabien	Langlois	Male	2:06:07.710
33	CCWINT421	Marni	Henning	Female	2:07:02.584
34	CCWINT392	ASAMI	NAKAHARA	Female	2:07:12.710
35	CCWINT533	Reimer	Klintworth	Male	2:07:25.793
36	CCWINT426	Greg	Cousens	Male	2:07:55.796
37	CCWINT398	Stephen	Bishop	Male	2:07:57.378
38	CCWINT405	Henriete	Steyn	Female	2:10:29.503
39	CCWINT406	Kobus	Steyn	Male	2:10:30.595
40	CCWINT646	LOUIS	LABUSCHAGNE	Male	2:10:37.803
41	CCWINT611	CHELSEA	STROOBACH	Female	2:11:51.799
42	CCWINT612	ROXANNE	ZONE	Female	2:11:52.815
43	CCWINT531	Yollie	Davies	Female	2:12:09.156
44	CCWINT391	Kelly	de Vos	Female	2:12:20.429
45	CCWINT436	Melissa	Kemper	Female	2:12:57.670
46	CCWINT441	Kevin	Hendrikse	Male	2:12:58.756
47	CCWINT397	Aniss	Krid	Male	2:13:31.233
48	CCWINT403	Louise	Gierschick	Female	2:14:48.928
49	CCWINT541	Michael	Bond	Male	2:14:50.696
50	CCWINT456	Johan	Wilhelm van der	Male	2:15:32.417
51	CCWINT400	Inchien	Chamisa	Male	2:16:00.398
52	CCWINT393	Ryo	Osuga	Male	2:16:22.133
53	CCWINT536	Shandi	Pan	Female	2:17:32.746
54	CCWINT396	Sarah	Schulze	Female	2:18:57.795
55	CCWINT424	Takeyuki	Kowada	Male	2:20:11.082
56	CCWINT385	AdÃ©le	Rothmann	Female	2:20:32.990
57	CCWINT431	Morne	Owen	Male	2:21:21.126
58	CCWINT524	Lyn	Matthews	Female	2:22:12.271
59	CCWINT419	Tshitso	Moloi	Male	2:22:36.806
60	CCWINT382	Simone	von Helden	Female	2:23:55.533
61	CCWINT537	julia	lin	Female	2:23:56.716
62	CCWINT223	Elsabe	Owen	Female	2:24:03.674
63	CCWINT418	Dominik	Krob	Male	2:24:43.067
64	CCWINT540	Charles	Dlamini	Male	2:24:48.819
65	CCWINT573	Benjamin	O'Neil	Male	2:25:13.152
66	CCWINT539	Junko	George	Female	2:27:21.270
67	CCWINT383	Andrea	Jeffery	Female	2:27:39.589
68	CCWINT647	caryn	jennison	Female	2:27:59.940
69	CCWINT427	Gontse	Makhetha	Female	2:28:34.240
70	CCWINT387	Handri	Bezuidenhout	Male	2:28:59.048
71	CCWINT595	Angelique	Van der Berg	Female	2:29:10.093
72	CCWINT532	Tania	Klintworth	Female	2:31:14.119
73	CCWINT525	Ashleigh	Dietrichsen	Female	2:31:18.916
74	CCWINT648	Mike	Ncube	Male	2:31:25.610
75	CCWINT439	Heinrich	Dinkelmann	Male	2:32:30.785
76	CCWINT414	Linda	Wicks	Female	2:33:28.953
77	CCWINT409	Tom	Salmon	Male	2:33:41.401
78	CCWINT574	Cindy	O'Neil	Female	2:34:18.682
79	CCWINT603	Rachel	Modise	Female	2:34:28.991
80	CCWINT411	CherylAnn	Moolman	Female	2:38:56.762
81	CCWINT527	Adele	Romanis	Female	2:42:14.681
82	CCWINT529	Stewart	Romanis	Male	2:42:23.345
83	CCWINT526	Angela	Conway	Female	2:46:23.028
84	CCWINT384	Cara	Benetti-Longhini	Female	2:49:56.800
85	CCWINT394	Berlinda	Jeffrey	Female	3:12:48.374

86	CCWINT429	Neil	Parker	Male	3:14:39.917
87	CCWINT407	Erick	Msibi	Male	3:33:55.721
88	CCWINT535	Paula	Josiah	Female	3:38:03.242
89	CCWINT530	Debbie	McLaren	Female	3:53:08.072
90	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	CCWINT462	Nick	Wolber	Male	2:30:46.186
6	CCWINT518	Robyn	Ward	Female	2:34:45.986
7	CCWINT454	Janko	van Jaarsveldt	Male	2:40:17.725
8	CCWINT459	Madie	Bapela	Male	2:41:32.688
9	CCWINT701	Rob	Reid	Male	2:43:42.138
10	CCWINT522	Bethel	Sanza	Male	2:45:01.997
11	CCWINT466	Philip	Seimenis	Male	2:47:40.849
12	CCWINT484	Aiden	Carvalho	Male	2:48:17.724
13	CCWINT444	Sifiso	Nhlapo	Male	2:54:13.713
14	CCWINT480	Seropane	Ramaila	Male	2:54:31.180
15	CCWINT468	Arthur	Moseley	Male	2:55:24.018
16	CCWINT587	Dalton	Vivian	Male	2:56:06.258
17	CCWINT443	Sergio	Cieverts	Male	2:58:47.113
18	CCWINT470	Andre	Geel	Male	2:59:30.589
19	CCWINT445	Ryan	Peyper	Male	2:59:41.281
20	CCWINT623	Kathrine	Munroe	Female	3:01:00.646
21	CCWINT479	Andrew	Abodoh	Male	3:03:20.792
22	CCWINT599	Antoinette	Hartsliefz	Female	3:04:10.539
23	CCWINT520	Tebogo	Mahange	Male	3:09:16.882
24	CCWINT460	Desiree	Rudman	Female	3:11:08.072
25	CCWINT449	Sharif	Quiblier	Male	3:11:40.455
26	CCWINT576	Andrew	Morrison-Young	Male	3:11:52.690
27	CCWINT577	Jeff	Forsyth	Male	3:15:09.563
28	CCWINT578	Maria	Forsyth	Female	3:15:10.280
29	CCWINT481	Sipho	matsimbi	Male	3:17:33.307
30	CCWINT464	Sufnan	Smith	Female	3:18:01.820
31	CCWINT463	Antonio	De Franca	Male	3:18:10.853
32	CCWINT451	Alan	Nemeti	Male	3:18:13.832
33	CCWINT604	Tobie	Reineke	Male	3:18:32.155
34	CCWINT448	Chalissa	Meintjes	Female	3:19:22.545
35	CCWINT483	Lynne	Jones	Female	3:21:55.695
36	CCWINT471	Stefan	Ulland	Male	3:21:59.218
37	CCWINT519	Ming-Yu	Hu	Female	3:22:25.343
38	CCWINT455	Linda	Calore	Female	3:23:17.862
39	CCWINT469	Daniel	Hafner	Male	3:23:31.672
40	CCWINT630	John	Meda	Male	3:23:44.465
41	CCWINT476	Vernon	Naude	Male	3:23:48.853
42	CCWINT521	Kerry	Exelby	Female	3:25:47.447
43	CCWINT589	Karabo	Mailula	Male	3:26:15.986
44	CCWINT457	Graeme	Codrington	Male	3:27:33.249
45	CCWINT474	Tsietsi	Majang	Male	3:30:37.783
46	CCWINT450	Yandi	Makaula	Female	3:31:10.119
47	CCWINT458	Oscar	Sekonyela	Male	3:34:30.306

48	CCWINT477	Brendan	Behr	Male	3:34:59.956
49	CCWINT461	Tebogo	Kganane	Male	3:39:02.700
50	CCWINT446	Walter	Gurajena	Male	3:40:45.475
51	CCWINT622	Iino	Nkuna	Male	3:41:44.573
52	CCWINT447	Hannes	van der Merwe	Male	3:42:35.898
53	CCWINT523	Kghothatso	Rasehlo	Male	3:48:39.532
54	CCWINT473	Sebako	Mantome	Female	3:54:15.140
55	CCWINT475	Patricia Aleta	Nkuna	Female	3:54:20.168
56	CCWINT482	Deirdre	Wilson	Female	4:07:36.013
57	CCWINT465	Riaan	Van Den Berg	Male	4:07:37.021
58	CCWINT593	Quenton	Laeschagne	Male	TBC