SHORT RESULTS (7KM)						
Position	Race #	Name	Surname	Gender	Time	
1	CCTSEP084	Nathan	Coertze	Male	33:38.694	
2	CCTSEP075	Mathew	Coertze	Male	33:39.406	
3	CCTSEP119	Wessel	Coertze	Male	33:39.963	
4	CCTSEP058	Lawrence	Jatho	Male	36:03.220	
5	CCTSEP061	Leonardo	Jordaan	Male	38:09.498	
6	CCTSEP067	Marc	van der Sluys	Male	38:43.747	
7	CCTSEP002	Alison	Laurent	Female	40:09.358	
8	CCTSEP122	Yvonne	Strydom	Female	40:13.373	
9	CCTSEP036	Gaur	Radebe	Male	40:38.527	
10	CCTSEP051	Kiara	Jordaan	Female	42:07.383	
11	CCTSEP047	Johanna	Groesser	Female	42:27.516	
12	CCTSEP059	Leah	Du Plooy	Female	44:02.450	
13	CCTSEP073	Mark	Pasterkamp	Male	44:25.393	
14	CCTSEP109	Sameul	Shaw	Male	48:51.444	
15	CCTSEP098	Pierre	du Plooy	Male	49:15.780	
16	CCTSEP060	Leila	Geldenhuys	Female	50:09.813	
17	CCTSEP029	Dylan	Booth	Male	51:44.391	
18	CCTSEP096	Peyton	Booth	Female	51:48.919	
19	CCTSEP072	Mark	Mansfield	Male	53:19.114	
20	CCTSEP057	Lauren	Clark	Female	56:53.031	
21	CCTSEP121	Yvette	Ellis	Female	1:00:52.928	
22	CCTSEP004	Andrew	Shaw	Male	1:03:44.928	
23	CCTSEP091	Olivia	Shaw	Male	1:03:46.014	
24	CCTSEP074	Mark	Paps	Male	1:04:30.064	
25	CCTSEP064	Lynette	Ferreira	Female	1:05:32.806	
26	CCTSEP014	CANDICE	COTTON	Female	1:08:12.641	
27	CCTSEP034	Francesca	Kilfoil	Female	1:08:17.816	
28	CCTSEP066	Malaika	Radebe	Female	1:14:07.515	
29	CCTSEP117	Vuyelwa	Radebe	Female	1:14:11.385	
30	CCTSEP069	Mari	Kruger	Female	1:20:59.123	
31	CCTSEP088	Niki	Booth	Female	1:21:00.299	
32	CCTSEP010	Belinda	Fourie	Female	1:22:23.229	
33	CCTSEP021	Crowther	Fourie	Male	1:22:24.525	

MEDIUM RESULTS (11KM)					
Position	Race #	Name	Surname	Gender	Time
1	CCTSEP081	Mike	Hewan	Male	55:55.904
2	CCTSEP082	Mike	Trafoyer	Male	56:04.685
3	CCTSEP071	Marius	Botha	Male	56:09.780
4	CCTSEP018	Charlene	Mansfield	Female	1:01:23.525
5	CCTSEP110	Selaotswe	Tlhakuli	Male	1:03:58.555
6	CCTSEP045	Jazmin	Antonie-Skelton	Female	1:04:26.067
7	CCTSEP053	Kimberleigh	Pasterkamp	Female	1:05:25.461
8	CCTSEP120	Yolande	Schwegmann	Female	1:06:03.052
9	CCTSEP062	Lwando	Sgalelana	Male	1:08:10.678
10	CCTSEP107	Sacha	Zeeman	Female	1:08:12.785
11	CCTSEP035	Francesco	Leonardi	Male	1:11:11.410
12	CCTSEP083	Nadine	Uys	Female	1:11:31.528
13	CCTSEP003	Andrew	Gaylord	Male	1:12:56.021
14	CCTSEP087	Nicole	Antonie	Female	1:13:24.032
15	CCTSEP056	Lauren	Griffiths	Female	1:13:28.927
16	CCTSEP039	Henri	Robert	Male	1:13:39.767
17	CCTSEP019	Christopher	Brand	Male	1:15:37.680
18	CCTSEP033	Ezile	Sgalelana	Female	1:17:06.258
19	CCTSEP031	elise	herreveld	Female	1:17:21.193
20	CCTSEP101	Rachelle	Orfanidis	Female	1:17:47.036
21	CCTSEP024	David	Naylor	Male	1:19:36.127
22	CCTSEP100	Rachel	Silber	Female	1:21:03.699
23	CCTSEP012	Bron	George	Female	1:21:04.613
24	CCTSEP108	Samantha	Munro	Female	1:21:29.096
25	CCTSEP079	Michael	Eloff	Male	1:21:38.137
26	CCTSEP017	Carla	Herbst	Female	1:24:14.380
27	CCTSEP040	Imraan	Lahar	Male	1:24:30.320
28	CCTSEP097	Phethile	Sgalelana	Female	1:25:43.179
29	CCTSEP026	dennis	jones	Male	1:28:35.600
30	CCTSEP042	Jacoline	Jones	Female	1:28:37.434
31	CCTSEP089	Nonceba	Raphalalani	Female	1:33:48.423
32	CCTSEP041	Iwano	van Rooyen	Male	1:34:04.808
33	CCTSEP015	Caprice	van Rooyen	Female	1:34:21.307
34	CCTSEP055	Laura	Pycraft	Female	1:34:48.009

MEDIUM RESULTS (14KM)					
Position	Race #	Name	Surname	Gender	Time
1	CCTSEP113	Stefan	Van Der Merwe	Male	1:38:10.503
2	CCTSEP103	Roberto	Cinti	Male	1:38:12.140
3	CCTSEP050	Keenan	Tarr	Male	1:41:06.294
4	CCTSEP104	Romain	Mougel	Male	1:52:55.100
5	CCTSEP068	Margaux	Schaubroeck	Female	1:53:03.996
6	CCTSEP028	Durrel	Ramrathan	Male	1:53:07.782
7	CCTSEP078	Merlyn	Alexander	Female	1:55:05.516
8	CCTSEP112	SK	Sithole	Female	2:14:15.473
9	CCTSEP005	Anne	Reynolds	Female	2:31:40.206
10	CCTSEP115	Sue	Holden	Female	2:31:41.022

LONG RESULTS (20KM)						
Position	Race #	Name	Surname	Gender	Time	
1	CCTSEP020	Cornelius	Rall	Male	1:26:46.828	
2	CCTSEP092	Patrick	Kinsey	Male	1:36:50.570	
3	CCTSEP093	Paul	Scrutton	Male	1:36:52.920	
4	CCTSEP125	Aubrey	Tshabalala	Male	1:37:00.120	
5	CCTSEP022	Dale	Scrutton	Male	1:40:04.435	
6	CCTSEP011	Brendan	Greenaway	Male	1:42:49.332	
7	CCTSEP076	Matthews	Sealetsa	Male	1:43:07.929	
8	CCTSEP099	Putsoane	Mashita	Male	1:48:32.363	
9	CCTSEP044	James	Webster	Male	1:49:23.712	
10	CCTSEP085	Ngoako	Ramakgapola	Male	1:49:45.659	
11	CCTSEP065	Magda	Coertze	Female	1:50:30.948	
12	CCTSEP106	Rudiger	Dusselberg	Male	1:52:28.529	
13	CCTSEP037	Graeme	Cook	Male	1:53:09.423	
14	CCTSEP023	Daniele	Ambro	Male	1:54:20	
15	CCTSEP080	Michele	Stampanoni	Male	1:56:10.402	
16	CCTSEP008	Ashley	Cook	Male	1:57:07.967	
17	CCTSEP025	Debbie	McCallum	Female	1:59:16.041	
18	CCTSEP049	Juilana	Ambrosi	Male	1:59:16.883	
19	CCTSEP032	Emily	Feher	Female	1:59:49.411	
20	CCTSEP016	Carl	De Brein	Male	2:03:06.495	
21	CCTSEP063	Lyndre	Kruger	Female	2:07:03.320	
22	CCTSEP102	Richard	Harris	Male	2:10:33.012	
23	CCTSEP007	Ashleigh	Van De Vyver	Female	2:10:33.492	
24	CCTSEP001	Aaron	Kadango	Male	2:11:00.908	
25	CCTSEP046	Jessica	Hemer	Female	2:11:02.433	
26	CCTSEP054	Klaus	Leschner	Male	2:11:30.292	
27	CCTSEP105	Ron	Van Eck	Male	2:11:34.177	
28	CCTSEP030	Elana	Shaw	Female	2:11:42.661	
29	CCTSEP095	Petruschka	Constancon	Female	2:12:24.617	
30	CCTSEP114	Stephan	Pieterse	Male	2:32:42.687	
31	CCTSEP077	Mbekwa	Mncube	Male	2:36:39.299	
32	CCTSEP013	Camilo	Ramada	Male	2:47:09.973	
33	CCTSEP052	Kim	Porteous	Male	2:47:10.570	
34	CCTSEP116	Thulani	Mncube	Male	3:00:39.513	
35	CCTSEP090	Ntandose	Gamede	Female	3:00:44.105	