

2023 West Coast MTB & Trail Run

| NR | NAME | SURNAME | START | FIN | TIME | POS |
|--------------|------------|----------------|----------|----------|----------|-----|
| 15KM MEN RUN | | | | | | |
| | Ananias | Ambunda | 08:10:38 | 09:17:56 | 01:07:18 | 1 |
| | Raphael | Ntanda | 08:10:38 | 09:18:22 | 01:07:44 | 2 |
| | William | Lazarus | 08:10:38 | 09:23:06 | 01:12:28 | 3 |
| | Kamil | Rozmus | 08:10:38 | 09:23:26 | 01:12:48 | 4 |
| | Berno | Fourie | 08:10:38 | 09:46:32 | 01:35:54 | 5 |
| | Willem | Linde | 08:10:38 | 09:47:14 | 01:36:36 | 6 |
| | Adolf | Burger | 08:10:38 | 09:48:12 | 01:37:34 | 7 |
| | Christiaan | Horn | 08:10:38 | 09:49:03 | 01:38:25 | 8 |
| | Deon | Van Zyl | 08:10:38 | 09:49:20 | 01:38:43 | 9 |
| 15KM WOM RUN | | | | | | |
| | Louise | Breed | 08:10:38 | 09:21:36 | 01:10:58 | 1 |
| | Kirsty | Brits | 08:10:38 | 09:30:42 | 01:20:04 | 2 |
| | Desiree | Marais | 08:10:38 | 09:31:00 | 01:20:22 | 3 |
| | Michelle | Burger | 08:10:38 | 09:44:10 | 01:33:32 | 4 |
| | Adri | Badenhorst | 08:10:38 | 09:47:14 | 01:36:36 | 5 |
| | Christine | Haupt | 08:10:38 | 09:47:47 | 01:37:10 | 6 |
| | Maryna | Mans | 08:10:38 | 09:47:50 | 01:37:12 | 7 |
| | Renette | Van Den Heever | 08:10:38 | 09:48:28 | 01:37:50 | 8 |
| | Joyce | Verschuur | 08:10:38 | 09:52:50 | 01:42:12 | 9 |
| | Naomi | Milne | 08:10:38 | 10:08:09 | 01:57:31 | 10 |
| | Anja | Kreiner | 08:10:38 | 10:08:10 | 01:57:32 | 11 |
| | Ruth | Davis | 08:10:38 | 10:11:48 | 02:01:10 | 12 |

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|--------------|------------|-----------------|----------|----------|----------|-----|
| 5 KM MEN RUN | | | | | | |
| | Tomas | Andeas | 08:10:38 | 08:36:10 | 00:25:32 | 1 |
| | Johannes | Uupindi | 08:10:38 | 08:38:40 | 00:28:02 | 2 |
| | Colwyn | Haupt | 08:10:38 | 08:47:05 | 00:36:27 | 3 |
| | Lucymay | Lubrani Slabber | 08:10:38 | 08:50:12 | 00:39:34 | 4 |
| | De Viliers | Nel | 08:10:38 | 08:59:18 | 00:48:40 | 5 |
| | Nicholas | Du Plessis | 08:10:38 | 09:02:33 | 00:51:55 | 6 |
| 5KM WOM RUN | | | | | | |
| | Leandri | Snyman | 08:10:38 | 08:46:14 | 00:35:36 | 1 |
| | Alina | Flachberger | 08:10:38 | 08:50:08 | 00:39:30 | 2 |
| | Petra | Mösslacher | 08:10:38 | 08:50:08 | 00:39:30 | 3 |
| | Christine | De Klerk | 08:10:38 | 08:52:05 | 00:41:27 | 4 |
| | Bettie | Mouton | 08:10:38 | 08:55:27 | 00:44:49 | 5 |
| | Bernadine | Coetzee | 08:10:38 | 08:59:17 | 00:48:39 | 6 |
| | Jacqueline | Du Plessis | 08:10:38 | 09:02:33 | 00:51:55 | 7 |
| | Nelia | Koegelenberg | 08:10:38 | 09:07:30 | 00:56:52 | 8 |
| 20 OWOM | | | | | | |
| 2003 | Anja | Boshoff | 07:59:57 | 09:17:41 | 01:17:44 | 1 |
| 2004 | Molly | Baumgartner | 07:59:57 | 09:19:25 | 01:19:29 | 2 |
| 2012 | Jade | Viljoen | 07:59:57 | 09:29:05 | 01:29:09 | 3 |
| 2008 | Annamarie | Lategan | 07:59:57 | 10:12:00 | 02:12:03 | 4 |
| 2002 | Lizete | Viljoen | 07:59:57 | #N/A | DNF | DNF |
| 2001 | Carren | Van Wyk | 00:00:00 | 00:00:00 | 00:00:00 | |

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|-------------|--------------|------------------|----------|----------|----------|----|
| Qara | Qara | Volschenk | 00:00:00 | 00:00:00 | 00:00:00 | |
| 2010 | Kavin | Le Grange | 00:00:00 | 00:00:00 | 00:00:00 | |
| 20 OMEN | | | | | | |
| 2027 | Johann | Van Niekerk | 07:59:57 | 09:16:42 | 01:16:45 | 1 |
| 2025 | Desmund | Nawaseb | 07:59:57 | 09:17:52 | 01:17:55 | 2 |
| 2024 | Andre | Van Zyl | 07:59:57 | 09:18:57 | 01:19:01 | 3 |
| 2022 | Bernhard | Van Zyl | 07:59:57 | 09:18:58 | 01:19:01 | 4 |
| 2026 | David | Botha | 07:59:57 | 09:22:39 | 01:22:42 | 5 |
| 2028 | Martin | Nghilifavali | 07:59:57 | 09:22:48 | 01:22:51 | 6 |
| 2015 | Jaco | Eloff | 07:59:57 | 09:25:39 | 01:25:42 | 7 |
| 2016 | Dawie | Greeff | 07:59:57 | 09:26:07 | 01:26:10 | 8 |
| 2023 | DJ | Slabbert | 07:59:57 | 09:36:53 | 01:36:56 | 9 |
| 2019 | Jaydin | Davis | 07:59:57 | 10:07:40 | 02:07:43 | 10 |
| 2009 | Frik | Engelbrecht | 07:59:57 | 10:09:32 | 02:09:35 | 11 |
| 2014 | Jacques | Burger | 07:59:57 | 10:09:32 | 02:09:35 | 12 |
| 2018 | Florian | Flachberger | 07:59:57 | 10:25:00 | 02:25:03 | 13 |
| 2020 | Tim | Flachberger | 07:59:57 | 10:25:00 | 02:25:03 | 14 |
| 2013 | Jeanne | Lowe | 00:00:00 | 00:00:00 | 00:00:00 | |
| 40 JWOM | | | | | | |
| Delsia | Delsia | Janse Van Vuuren | 07:44:55 | 09:20:40 | 01:35:45 | 1 |
| 3002 | Rosemarie | Thiel | 07:44:55 | 09:21:00 | 01:36:05 | 2 |
| 3003 | Kylie | Dickerson | 07:44:55 | 09:27:11 | 01:42:16 | 3 |
| 3001 | Bianca | Nell | 07:44:55 | 09:31:17 | 01:46:22 | 4 |
| OWOM 17-34 | | | | | | |
| 3022 | HANDRIE | GOUS | 07:44:55 | 09:33:08 | 01:48:13 | 1 |
| 3018 | Marsha | Nel | 07:44:55 | 09:36:55 | 01:52:00 | 2 |
| 3016 | Corné | Van Wyk | 07:44:55 | 09:46:29 | 02:01:34 | 3 |
| 3006 | Cindy | Rowland | 07:44:55 | 09:48:01 | 02:03:05 | 4 |
| 3007 | Carmen | Janik | 07:44:55 | 09:50:29 | 02:05:33 | 5 |
| 1009 | Jodi | Schumacher | 07:44:55 | 10:02:43 | 02:17:48 | 6 |
| 3017 | Roline | Meyer | 07:44:55 | 10:04:42 | 02:19:46 | 7 |
| 3019 | Loren | Green | 07:44:55 | 10:09:18 | 02:24:22 | 8 |
| 3042 | Leandre | Kurz | 07:44:55 | 11:53:23 | 04:08:27 | 9 |
| 3004 | Eden | Spangenberg | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3008 | Claudea | Bosch | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3009 | Jonie | Peters | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3021 | Nastassja | Strauss | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3024 | Susan | Pieters | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3025 | Lana | Joubert | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3191 | Stephanie | Maree | 00:00:00 | 00:00:00 | 00:00:00 | |
| OWOM 35 -49 | | | | | | |
| 3011 | Jana | Von Backström | 07:44:55 | 09:23:19 | 01:38:23 | 1 |
| 3047 | Sonja | Obholzer | 07:44:55 | 09:26:26 | 01:41:30 | 2 |
| 3134 | Gabriela | Raith | 07:44:55 | 09:27:11 | 01:42:16 | 3 |
| 3045 | Beverley-Rae | Henckert | 07:44:55 | 09:35:03 | 01:50:07 | 4 |
| 3033 | Michelle | Steenkamp | 07:44:55 | 09:35:03 | 01:50:08 | 5 |
| 3041 | Adele | Oosthuizen | 07:44:55 | 09:40:01 | 01:55:06 | 6 |
| 3026 | Surina | De Wit | 07:44:55 | 09:46:28 | 02:01:33 | 7 |
| 3040 | Leanda | De Bruin | 07:44:55 | 09:47:20 | 02:02:24 | 8 |
| 3036 | Esmé | Sheehan | 07:44:55 | 09:48:31 | 02:03:36 | 9 |

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|------------|------------|------------------|----------|----------|----------|----|
| 3050 | Charlene | Pesch | 07:44:55 | 09:57:37 | 02:12:42 | 10 |
| 3035 | Miriam | Meyer | 07:44:55 | 09:57:38 | 02:12:42 | 11 |
| 3038 | Bianca | Salamon | 07:44:55 | 09:58:15 | 02:13:20 | 12 |
| 3046 | Sherley | Kaiyamo | 07:44:55 | 10:08:34 | 02:23:38 | 13 |
| 3030 | Karin | De Beer | 07:44:55 | 10:09:05 | 02:24:10 | 14 |
| 3039 | Claudia | Coetzee | 07:44:55 | 10:28:16 | 02:43:20 | 15 |
| 3070 | Natasha | Mc Loud | 07:44:55 | 10:53:24 | 03:08:29 | 16 |
| 3048 | Charmain | Du Preez | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3049 | Rina | Engelbrecht | 00:00:00 | 00:00:00 | 00:00:00 | |
| OWOM 50+ | | | | | | |
| Christiane | Christiane | Beulker | 07:44:55 | 09:24:14 | 01:39:18 | 1 |
| 3197 | Wanda | Tattersall | 07:44:55 | 09:24:27 | 01:39:32 | 2 |
| 3067 | Gisela | Noci | 07:44:55 | 09:35:59 | 01:51:03 | 3 |
| 3059 | Marlene | Reichel | 07:44:55 | 09:39:36 | 01:54:41 | 4 |
| 3054 | Aletti | Lowe | 07:44:55 | 09:40:27 | 01:55:32 | 5 |
| 3195 | Susanne | Borg | 07:44:55 | 09:40:28 | 01:55:32 | 6 |
| 3184 | Esther | Smith | 07:44:55 | 09:43:00 | 01:58:05 | 7 |
| 3068 | KOTA | VIVIERS | 07:44:55 | 09:46:23 | 02:01:28 | 8 |
| 3069 | Berrit | Graf | 07:44:55 | 09:48:39 | 02:03:44 | 9 |
| 3185 | Sigi | Bassingthwaighte | 07:44:55 | 09:54:11 | 02:09:15 | 10 |
| 3062 | Adele | Slabbert | 07:44:55 | 09:55:36 | 02:10:40 | 11 |
| 3060 | Erna | Opperman | 07:44:55 | 10:02:43 | 02:17:48 | 12 |
| 3058 | Janda | Nel | 07:44:55 | 10:03:48 | 02:18:52 | 13 |
| 3063 | Susanne | Jaspert | 07:44:55 | 10:15:00 | 02:30:05 | 14 |
| 3061 | Rita | Maree | 07:44:55 | 10:27:41 | 02:42:45 | 15 |
| 3053 | Rene | Strauss | 07:44:55 | 10:39:19 | 02:54:23 | 16 |
| 3065 | Adrie | Van Der Merwe | 07:44:55 | 11:02:18 | 03:17:22 | 17 |
| 3057 | Annemarie | Roets | 00:00:00 | 00:00:00 | 00:00:00 | |
| 40 JMEN | | | | | | |
| 3186 | Roger | Suren | 07:44:55 | 09:07:44 | 01:22:48 | 1 |
| 3080 | Marco | Thiel | 07:44:55 | 09:07:44 | 01:22:49 | 2 |
| 3088 | Nathan | Chase | 07:44:55 | 09:08:02 | 01:23:06 | 3 |
| 3084 | Walter | Alpers | 07:44:55 | 09:08:44 | 01:23:48 | 4 |
| 3081 | Julius | Braun | 07:44:55 | 09:16:38 | 01:31:43 | 5 |
| 3087 | Micah | Chase | 07:44:55 | 09:19:06 | 01:34:11 | 6 |
| 3083 | Matti | Lukaschik | 07:44:55 | 09:22:29 | 01:37:34 | 7 |
| 3082 | Theodor | Janse Van Vuuren | 07:44:55 | 09:22:29 | 01:37:34 | 8 |
| 3079 | Franco | Thiel | 07:44:55 | 09:25:28 | 01:40:33 | 9 |
| 3097 | Stefan | Kruger | 07:44:55 | 09:30:54 | 01:45:59 | 10 |
| 3073 | Christo | Nell | 07:44:55 | 09:31:27 | 01:46:31 | 11 |
| 3136 | Liam | Bruys | 07:44:55 | 09:35:19 | 01:50:24 | 12 |
| 3085 | Arno | Steenkamp | 07:44:55 | 09:44:14 | 01:59:19 | 13 |
| 3074 | Hendrik | Baartman | 07:44:55 | 09:44:58 | 02:00:03 | 14 |
| OMEN 17-34 | | | | | | |
| 3096 | Vetumbiavi | Ketjijere | 07:44:55 | 09:09:25 | 01:24:30 | 1 |
| 3105 | Arno | Reyneke | 07:44:55 | 09:21:01 | 01:36:05 | 2 |
| 3113 | BORIS | KULIKOWSKI | 07:44:55 | 09:29:01 | 01:44:06 | 3 |
| 3095 | Aaron N | Immanuel | 07:44:55 | 09:29:53 | 01:44:57 | 4 |
| 3117 | Luke | Schmidt | 07:44:55 | 09:37:14 | 01:52:19 | 5 |
| 3183 | Joubert | Snyman | 07:44:55 | 09:39:12 | 01:54:16 | 6 |

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|------------|-------------|---------------|----------|----------|----------|----|
| 3089 | Stefan | Prinsloo | 07:44:55 | 09:41:36 | 01:56:40 | 7 |
| 3116 | Efraim | Uakumbua | 07:44:55 | 09:42:31 | 01:57:35 | 8 |
| 3108 | Ryno | Barnard | 07:44:55 | 09:44:16 | 01:59:20 | 9 |
| 3090 | Justin | Brown | 07:44:55 | 09:51:07 | 02:06:11 | 10 |
| 3104 | Michael | Reichel | 07:44:55 | 09:59:49 | 02:14:54 | 11 |
| 3111 | Leon-Andre | Swartz | 07:44:55 | 10:00:20 | 02:15:24 | 12 |
| 3190 | Riaan | Kleiman | 07:44:55 | 10:07:31 | 02:22:35 | 13 |
| 3115 | Howard | Rukoro | 07:44:55 | 10:08:39 | 02:23:44 | 14 |
| 3172 | Taree | Nependa | 07:44:55 | 10:39:05 | 02:54:10 | 15 |
| Marco | Marco | Augustyn | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3091 | Mathys | Du Preez | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3093 | Simon | Johannes | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3099 | Maarten | Van Der Merwe | 00:00:00 | 00:00:00 | 00:00:00 | |
| OMEN 35-49 | | | | | | |
| 3123 | Brandon | Stiger | 07:44:55 | 09:08:28 | 01:23:32 | 1 |
| 3137 | Louis | Prins | 07:44:55 | 09:16:38 | 01:31:43 | 2 |
| Craig | Craig | Cloete | 07:44:55 | 09:18:16 | 01:33:21 | 3 |
| Ryno | Ryno | Engelbrecht | 07:44:55 | 09:18:45 | 01:33:49 | 4 |
| 3192 | Oliver | Quarmay | 07:44:55 | 09:19:49 | 01:34:53 | 5 |
| 3127 | Ettiene | Steenkamp | 07:44:55 | 09:20:56 | 01:36:01 | 6 |
| 3150 | Jerome | KISTING | 07:44:55 | 09:23:59 | 01:39:03 | 7 |
| 3189 | Franz | Maree | 07:44:55 | 09:25:57 | 01:41:02 | 8 |
| 3154 | James | Cutts | 07:44:55 | 09:27:53 | 01:42:57 | 9 |
| 3152 | Dieter | Pesch | 07:44:55 | 09:30:51 | 01:45:56 | 10 |
| 1134 | Bas | Rijnen | 07:44:55 | 09:31:17 | 01:46:22 | 11 |
| 3153 | Morne | Nell | 07:44:55 | 09:31:26 | 01:46:30 | 12 |
| 3125 | Arno | Möhr | 07:44:55 | 09:31:35 | 01:46:39 | 13 |
| 3106 | Mark | Stanton | 07:44:55 | 09:34:08 | 01:49:13 | 14 |
| 3135 | Riaan | De Witt | 07:44:55 | 09:34:28 | 01:49:33 | 15 |
| 3146 | Christian | Jagla | 07:44:55 | 09:35:20 | 01:50:25 | 16 |
| 3141 | Alaric | Britz | 07:44:55 | 09:36:25 | 01:51:30 | 17 |
| 3144 | Wilber | Slabber | 07:44:55 | 09:37:04 | 01:52:09 | 18 |
| 3151 | Charles | Van Eeden | 07:44:55 | 09:38:36 | 01:53:41 | 19 |
| 3128 | JD | Visser | 07:44:55 | 09:41:00 | 01:56:05 | 20 |
| 3142 | Paul | Basson | 07:44:55 | 09:41:00 | 01:56:05 | 21 |
| 3187 | Elton | Nicanor | 07:44:55 | 09:41:56 | 01:57:01 | 22 |
| 3155 | Anton | Roets | 07:44:55 | 09:43:42 | 01:58:47 | 23 |
| 3149 | Mike H | Baartman | 07:44:55 | 09:44:58 | 02:00:03 | 24 |
| 3132 | Ryan | Fitzpatrick | 07:44:55 | 09:45:28 | 02:00:33 | 25 |
| 3140 | Rudie | De Bruin | 07:44:55 | 09:47:20 | 02:02:24 | 26 |
| 3124 | Craigen | Bester | 07:44:55 | 09:49:29 | 02:04:33 | 27 |
| 3044 | Robert | Mutenda | 07:44:55 | 10:16:38 | 02:31:43 | 28 |
| 3143 | Rapiugua | Shituleni | 07:44:55 | 10:39:06 | 02:54:10 | 29 |
| 3147 | Phillip | Mouton | 07:44:55 | 10:39:19 | 02:54:24 | 30 |
| 3075 | Stanley Mac | Mc Loud | 07:44:55 | 10:53:24 | 03:08:29 | 31 |
| 3032 | Cicero | Links | 07:44:55 | 11:53:22 | 04:08:27 | 32 |
| 3129 | Nathanael | Nuuyoma | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3131 | Barend | Horn | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3145 | Jean-Carlo | Krohne | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3148 | Andre | Christensen | 00:00:00 | 00:00:00 | 00:00:00 | |

| OMEN 50+ | | | | | | |
|-------------|----------|----------------|----------|----------|----------|----|
| | Tiaan | Nel | 07:44:55 | 09:16:38 | 01:31:42 | 1 |
| 3158 | Greg | Chase | 07:44:55 | 09:19:07 | 01:34:11 | 2 |
| 3169 | Arno | Kok | 07:44:55 | 09:21:21 | 01:36:25 | 3 |
| 3193 | Leander | Borg | 07:44:55 | 09:24:14 | 01:39:19 | 4 |
| 3198 | Jacques | Tattersall | 07:44:55 | 09:24:28 | 01:39:33 | 5 |
| 3133 | Leon Snr | Swartz | 07:44:55 | 09:25:36 | 01:40:40 | 6 |
| 3098 | Marius | Kruger | 07:44:55 | 09:26:25 | 01:41:29 | 7 |
| 3161 | Axel | Theissen | 07:44:55 | 09:26:25 | 01:41:30 | 8 |
| 3031 | Mark | Brinkmann | 07:44:55 | 09:26:26 | 01:41:31 | 9 |
| 3188 | Andre | Huysamen | 07:44:55 | 09:31:01 | 01:46:05 | 10 |
| 3174 | Gino | Viljoen | 07:44:55 | 09:31:43 | 01:46:47 | 11 |
| 3159 | Scharl | Möller | 07:44:55 | 09:35:52 | 01:50:56 | 12 |
| 3171 | Dereck | Reichel | 07:44:55 | 09:37:10 | 01:52:15 | 13 |
| 3164 | Piet | Neethling | 07:44:55 | 09:39:53 | 01:54:58 | 14 |
| 3157 | Marius | Steenkamp | 07:44:55 | 09:44:15 | 01:59:19 | 15 |
| 3175 | Hennie | Horn | 07:44:55 | 09:45:34 | 02:00:38 | 16 |
| 1103 | Wouter | Steenkamp | 07:44:55 | 09:45:42 | 02:00:47 | 17 |
| 3163 | Sean | Brown | 07:44:55 | 09:48:35 | 02:03:40 | 18 |
| 3180 | Servaas | Tap | 07:44:55 | 09:50:47 | 02:05:52 | 19 |
| 3020 | Jeanne | Lowe | 07:44:55 | 09:52:14 | 02:07:19 | 20 |
| 3179 | Eric | Botha | 07:44:55 | 09:52:14 | 02:07:19 | 21 |
| 3177 | Johan | Le Roux | 07:44:55 | 09:53:07 | 02:08:12 | 22 |
| 3160 | Thinus | Prinsloo | 07:44:55 | 09:54:01 | 02:09:06 | 23 |
| 3199 | Niel | Walker | 07:44:55 | 09:54:50 | 02:09:54 | 24 |
| 3182 | Izak | Van Schalkwyk | 07:44:55 | 10:01:37 | 02:16:42 | 25 |
| 3167 | Wolf | Troh | 07:44:55 | 10:12:15 | 02:27:20 | 26 |
| 3170 | Andrew | Milne | 07:44:55 | 10:12:15 | 02:27:20 | 27 |
| 3178 | André | Burger | 07:44:55 | 10:28:21 | 02:43:25 | 28 |
| 3168 | Kobus | Boshoff | 07:44:55 | 10:55:57 | 03:11:02 | 29 |
| 3162 | Eugene | Spangenberg | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3166 | Michael | Jandrell | 00:00:00 | 00:00:00 | 00:00:00 | |
| 3176 | Hannes | Minders | 00:00:00 | 00:00:00 | 00:00:00 | |
| 40 EB MEN | | | | | | |
| 3181 | Danie | Myburgh | 07:44:55 | 09:19:36 | 01:34:41 | 1 |
| 3173 | HANNES | AUCAMP | 07:44:55 | 09:19:36 | 01:34:41 | 2 |
| 3156 | Mario | Katzur | 07:44:55 | 09:27:12 | 01:42:16 | 3 |
| 3100 | Luke | Smith | 07:44:55 | 09:34:08 | 01:49:13 | 4 |
| 40 EB WOMEN | | | | | | |
| 3071 | Tracey | Rowland | 07:44:55 | 09:48:00 | 02:03:05 | 1 |
| Elite Women | | | | | | |
| 1005 | Anri | Krugel | 07:30:35 | 10:33:14 | 03:02:39 | 1 |
| 1002 | Monique | Du Plessis | 07:30:35 | 10:53:28 | 03:22:53 | 2 |
| 1158 | Luanne | Van Der Schyff | 07:30:35 | 10:58:33 | 03:27:58 | 3 |
| 1048 | Anique | Schoeman | 07:30:35 | 11:14:37 | 03:44:03 | 4 |
| 1004 | Sone | Kuhn | 07:30:35 | 13:14:00 | 05:43:25 | 5 |

| Sub Vet Women | | | | | | |
|---------------|-----------|--------------|----------|----------|----------|-----|
| 1006 | Binette | Klein | 07:30:35 | 10:58:52 | 03:28:18 | 1 |
| 1007 | Nicola | Fester | 07:30:35 | 10:59:32 | 03:28:57 | 2 |
| 1072 | Silke | Bean | 07:30:35 | 11:01:38 | 03:31:04 | 3 |
| 1008 | Monja | Scholtz | 07:30:35 | 11:18:32 | 03:47:57 | 4 |
| 1094 | Marcelle | Eloff | 07:30:35 | 11:29:23 | 03:58:49 | 5 |
| Vet Women | | | | | | |
| Jeanne | Jeanne | Heunis | 07:30:35 | 10:41:14 | 03:10:39 | 1 |
| 1012 | Marissa | Mouton | 07:30:35 | 10:58:43 | 03:28:09 | 2 |
| 1014 | Maike | Bochert | 07:30:35 | 11:09:27 | 03:38:52 | 3 |
| 1016 | Anna-Mart | Kruger | 07:30:35 | 11:14:31 | 03:43:56 | 4 |
| 1017 | Anneke | Steenkamp | 07:30:35 | 11:28:54 | 03:58:19 | 5 |
| Master Women | | | | | | |
| 1019 | Elanor | Grassow | 07:30:35 | 10:53:50 | 03:23:16 | 1 |
| Elite Men | | | | | | |
| 1156 | Alan | Hatharly | 07:30:35 | 09:57:29 | 02:26:54 | 1 |
| 1155 | Simon | Andreassen | 07:30:35 | 09:57:30 | 02:26:55 | 2 |
| 1085 | Alex | Miller | 07:30:35 | 09:57:30 | 02:26:55 | 3 |
| 1154 | Daniel | Van Der Walt | 07:30:35 | 10:04:44 | 02:34:09 | 4 |
| Hardus | Hardus | Nel | 07:30:35 | 10:23:11 | 02:52:37 | 5 |
| 1034 | Xavier | Papo | 07:30:35 | 10:31:09 | 03:00:35 | 6 |
| 1032 | Tristan | de Lange | 07:30:35 | 10:31:55 | 03:01:20 | 7 |
| 1031 | FC | Smith | 07:30:35 | 10:47:35 | 03:17:01 | 8 |
| 1030 | Nicolaas | Swart | 07:30:35 | 10:52:44 | 03:22:10 | 9 |
| 1025 | Hugo | Hahn | 07:30:35 | 11:02:03 | 03:31:28 | 10 |
| 1028 | Jaco | Anthonissen | 07:30:35 | 11:06:32 | 03:35:57 | 11 |
| 1152 | Geano | Ekela | 07:30:35 | 13:14:00 | 05:43:25 | 12 |
| 1023 | Andre | Cornelissen | 07:30:35 | #N/A | DNF | DNF |
| 1022 | Adrian | Key | 00:00:00 | 00:00:00 | 00:00:00 | |
| 1027 | Simon | Kaita | 00:00:00 | 00:00:00 | 00:00:00 | |
| 1033 | Lesslouw | Goreseb | 00:00:00 | 00:00:00 | 00:00:00 | |
| Danzel | Danzel | De Koe | 00:00:00 | 00:00:00 | 00:00:00 | |

| Sub Vet Men | | | | | | |
|-------------|------------|--------------|----------|----------|----------|----|
| Gerhard | Gerhard | Mans | 07:30:35 | 10:04:42 | 02:34:08 | 1 |
| 1036 | Drikus | Coetzee | 07:30:35 | 10:08:41 | 02:38:07 | 2 |
| 1049 | Jurgen | Sander | 07:30:35 | 10:15:58 | 02:45:23 | 3 |
| 1046 | Gerhard | Breed | 07:30:35 | 10:19:56 | 02:49:21 | 4 |
| 1052 | Christiaan | Bean | 07:30:35 | 10:25:01 | 02:54:27 | 5 |
| 1035 | Marckernzy | Eiseb | 07:30:35 | 10:26:14 | 02:55:40 | 6 |
| Jafet | Jafet | Amukushu | 07:30:35 | 10:31:39 | 03:01:04 | 7 |
| 1045 | Frank | Klosta | 07:30:35 | 10:38:19 | 03:07:44 | 8 |
| 1062 | Konrad | Marais | 07:30:35 | 10:49:20 | 03:18:45 | 9 |
| 1053 | Hardus | Burger | 07:30:35 | 11:13:49 | 03:43:14 | 10 |
| 1153 | Danie | Slabbert | 07:30:35 | 11:33:36 | 04:03:01 | 11 |
| 1059 | Andrew | Moster | 07:30:35 | 11:34:56 | 04:04:22 | 12 |
| 1050 | Russouw | Van Der Spuy | 07:30:35 | 11:55:09 | 04:24:34 | 13 |
| 1150 | Theo | Halukilo | 07:30:35 | 11:59:31 | 04:28:56 | 14 |

| | | | | | | |
|------------------|-------------|--------------------|----------|----------|----------|-----|
| 1141 | Herman | Karimbue | 07:30:35 | 12:49:00 | 05:18:25 | 15 |
| 1040 | Marnus | Van Wyk | 07:30:35 | 00:00:00 | DNF | DNF |
| 1041 | Theo | Steenkamp | 07:30:35 | 00:00:00 | DNF | DNF |
| 1038 | Herman | Karimbue | 00:00:00 | 00:00:00 | 00:00:00 | |
| Ruhan | Ruhan | Gous | 00:00:00 | 00:00:00 | 00:00:00 | |
| 1047 | Ananias | Ananias | 00:00:00 | 00:00:00 | 00:00:00 | |
| 1051 | Andre | Vermeulen | 00:00:00 | 00:00:00 | 00:00:00 | |
| Vet Men | | | | | | |
| Ingrim | Ingram | Cuff | 07:30:35 | 10:04:43 | 02:34:08 | 1 |
| 1075 | Tyrone | Kotze | 07:30:35 | 10:26:05 | 02:55:30 | 2 |
| 1071 | Theo | Klein | 07:30:35 | 10:30:46 | 03:00:11 | 3 |
| 1084 | FANIE | STEENKAMP | 07:30:35 | 10:30:47 | 03:00:13 | 4 |
| 1066 | Ruan | Kotze | 07:30:35 | 10:38:06 | 03:07:31 | 5 |
| 1067 | Zeroman | Nathaniel Henckert | 07:30:35 | 10:40:42 | 03:10:08 | 6 |
| 1082 | Stephan | Schoeman (Snr) | 07:30:35 | 10:45:47 | 03:15:12 | 7 |
| 1061 | Michiel | Greeff | 07:30:35 | 10:46:25 | 03:15:51 | 8 |
| 1086 | Jaco | Lamprecht | 07:30:35 | 10:49:20 | 03:18:46 | 9 |
| 1068 | Ian | Stadler | 07:30:35 | 10:58:00 | 03:27:25 | 10 |
| 1065 | Danie | Van Dyk | 07:30:35 | 10:58:00 | 03:27:25 | 11 |
| 1070 | Johann | Pretorius | 07:30:35 | 10:58:14 | 03:27:39 | 12 |
| 1055 | Lester | Meyer | 07:30:35 | 11:15:28 | 03:44:53 | 13 |
| 1069 | Miguel | Santos | 07:30:35 | 11:55:09 | 04:24:34 | 14 |
| 1064 | Gavin | Classens | 07:30:35 | 12:19:11 | 04:48:37 | 15 |
| 1078 | Brandon | Brock | 07:30:35 | 13:01:00 | 05:30:25 | 16 |
| 1112 | Sydney | Karimbue | 07:30:35 | 13:14:00 | 05:43:25 | 17 |
| 1077 | Sven | Strohmenger | 00:00:00 | 00:00:00 | 00:00:00 | |
| 1081 | Danny | Beukes | 00:00:00 | 00:00:00 | 00:00:00 | |
| Master Men | | | | | | |
| 1089 | Clinton | Hilfiker | 07:30:35 | 10:12:22 | 02:41:47 | 1 |
| 1090 | Ian | Grassow | 07:30:35 | 10:31:55 | 03:01:20 | 2 |
| 1108 | Stefan | Bohlke | 07:30:35 | 10:35:16 | 03:04:41 | 3 |
| 1003 | THERALD | MURCH | 07:30:35 | 10:35:31 | 03:04:57 | 4 |
| 1101 | George | Thiele | 07:30:35 | 10:42:43 | 03:12:08 | 5 |
| 1076 | Clauss | Beukes | 07:30:35 | 10:45:53 | 03:15:19 | 6 |
| 1092 | Christopher | Du Plessis | 07:30:35 | 10:46:25 | 03:15:51 | 7 |
| 1110 | Jan Matthys | Nel | 07:30:35 | 10:51:37 | 03:21:03 | 8 |
| 1105 | Nick | Du Plessis | 07:30:35 | 10:53:29 | 03:22:54 | 9 |
| 1100 | Barry | Jones | 07:30:35 | 11:03:08 | 03:32:34 | 10 |
| 1109 | Niels | Serrer | 07:30:35 | 11:12:10 | 03:41:35 | 11 |
| 1104 | David | Garrard | 07:30:35 | 11:32:15 | 04:01:40 | 12 |
| 1095 | Werner | Moolman | 07:30:35 | 11:37:12 | 04:06:37 | 13 |
| 1098 | Wynand | Holtz | 07:30:35 | 11:40:01 | 04:09:26 | 14 |
| 1096 | Uwe | Trümper | 07:30:35 | 10:51:50 | DNF | DNF |
| Grand Master Men | | | | | | |
| 1119 | Ben | Dauth | 07:30:35 | 11:09:27 | 03:38:52 | 1 |
| Peter | Peter | Sander | 07:30:35 | 11:15:44 | 03:45:09 | 2 |
| 1087 | Aidan | De Lange | 07:30:35 | 11:17:19 | 03:46:45 | 3 |
| 1093 | Herklaas | Viljoen | 07:30:35 | 11:17:20 | 03:46:45 | 4 |
| 1121 | Jens | Adam | 07:30:35 | 11:22:12 | 03:51:37 | 5 |
| 1123 | Roland | Graf | 07:30:35 | 11:30:06 | 03:59:31 | 6 |

| | | | | | | |
|-------------|------------|--------------------|----------|----------|----------|----|
| 1120 | Gabor | Salamon | 07:30:35 | 11:32:29 | 04:01:55 | 7 |
| 1117 | Gunter | Brettschneider | 07:30:35 | 11:44:08 | 04:13:33 | 8 |
| 1159 | Thomas | Wright | 07:30:35 | 12:06:27 | 04:35:52 | 9 |
| 1118 | Andreas | Adler | 07:30:35 | 12:19:12 | 04:48:37 | 10 |
| RHINO | | | | | | |
| 1148 | Morne | Honibal | 07:30:35 | 10:31:15 | 03:00:40 | 1 |
| 1138 | Fana | Lambert | 07:30:35 | 10:38:38 | 03:08:04 | 2 |
| 1126 | Dian | La Cock | 07:30:35 | 10:49:14 | 03:18:39 | 3 |
| 1135 | Conrad | Wagner | 07:30:35 | 11:07:06 | 03:36:31 | 4 |
| Antony | Antony | Drebes | 07:30:35 | 11:08:51 | 03:38:17 | 5 |
| 1042 | Johannes | Kotze | 07:30:35 | 11:09:15 | 03:38:40 | 6 |
| 1125 | Jaques | Hanekom | 07:30:35 | 11:13:40 | 03:43:05 | 7 |
| 1139 | Riaan | Gerber | 07:30:35 | 11:15:14 | 03:44:39 | 8 |
| 1140 | Pieter | Kruger | 07:30:35 | 11:22:09 | 03:51:34 | 9 |
| 1144 | Dirk | Louw | 07:30:35 | 11:24:54 | 03:54:19 | 10 |
| 1132 | Wouter | Joubert | 07:30:35 | 11:31:55 | 04:01:20 | 11 |
| Grant | Grant | Mitchell | 07:30:35 | 11:32:12 | 04:01:37 | 12 |
| 1136 | Marius | Janse Van Rensburg | 07:30:35 | 11:37:12 | 04:06:37 | 13 |
| 1143 | Nico | Badenhorst | 07:30:35 | 11:48:48 | 04:18:14 | 14 |
| 1130 | Riaan | De Beer | 07:30:35 | 12:20:45 | 04:50:11 | 15 |
| 1146 | Maximilian | Buchner | 07:30:35 | 12:40:37 | 05:10:03 | 16 |
| 1128 | Geronne | Davis-Hannibal | 07:30:35 | 00:00:00 | 00:00:00 | |
| 1131 | Sibastiaan | Shituleni | 00:00:00 | 00:00:00 | 00:00:00 | |
| 1142 | Russell | Paschke | 00:00:00 | 00:00:00 | 00:00:00 | |
| 75 EB MEN | | | | | | |
| 1113 | Brendan | Dickerson | 07:30:35 | 10:27:23 | 02:56:49 | 1 |
| 1088 | Frederick | Van Greunen | 07:30:35 | 10:27:23 | 02:56:49 | 2 |
| 1124 | Brian | Hollick | 07:30:35 | 11:24:50 | 03:54:15 | 3 |
| 75 EB WOMEN | | | | | | |
| 1013 | Lionie | Meyer | 07:30:35 | 10:54:52 | 03:24:17 | 1 |
| 1021 | Elvira | Dickerson | 07:30:35 | 09:54:26 | 02:23:51 | DQ |

