

31st Riebeeck Wes Berg Marathon

Provisional Results

Based on Runners with ChampionChips

10km

| Pos | RaceNo | Name | Age | Distance | Gender | Category | Club | Km/Hr | RaceTime | MinKm | Remarks |
|-----|--------|-----------------------|-----|----------|--------|--------------|----------------------|-------|----------|----------|---------|
| 1 | 8416 | Heinrich Wagner | 20 | 10 | Male | Open | PPC | 18.91 | 00:31:48 | 00:03:11 | |
| 2 | 8359 | Akhona Mdaka | 23 | 10 | Male | Open | ELGIN GRABOUW | 18.91 | 00:31:48 | 00:03:11 | |
| 3 | 8162 | Justin Fritz | 22 | 10 | Male | Open | CERES AC | 18.69 | 00:32:10 | 00:03:13 | |
| 4 | 8201 | Vakalisa Kopolo | 39 | 10 | Male | Open | NEDBANK | 17.48 | 00:34:24 | 00:03:27 | |
| 5 | 8243 | Abrahams Afrika | 41 | 10 | Male | Veteran | SWARTLAND AC | 16.92 | 00:35:32 | 00:03:34 | |
| 6 | 8237 | Norman Smith | 29 | 10 | Male | Open | WELLINGTON AC | 16.05 | 00:37:27 | 00:03:45 | |
| 7 | 8295 | Owen Smith | 45 | 10 | Male | Veteran | WELLINGTON AC | 15.98 | 00:37:38 | 00:03:46 | |
| 8 | 8117 | Jafta Hendricks | 48 | 10 | Male | Veteran | SWARTLAND AC | 15.22 | 00:39:30 | 00:03:57 | |
| 9 | 5700 | Jason Beukes | 30 | 10 | Male | Open | SWARTLAND AC | 14.92 | 00:40:17 | 00:04:02 | |
| 10 | 8290 | Mzwandile R Madosi | 57 | 10 | Male | Master | | 14.06 | 00:42:45 | 00:04:17 | |
| 11 | 8267 | Arrie Goliath | 40 | 10 | Male | Veteran | NEDBANK | 13.96 | 00:43:07 | 00:04:19 | |
| 12 | 8375 | Ashwill Swarts | 19 | 10 | Male | Juniors | | 13.91 | 00:43:18 | 00:04:20 | |
| 13 | 8189 | Sakkie Du Toit | 46 | 10 | Male | Veteran | SWARTLAND AC | 13.74 | 00:43:49 | 00:04:23 | |
| 14 | 8399 | Piet Geduld | 43 | 10 | Male | Veteran | NEDBANK | 13.64 | 00:44:09 | 00:04:25 | |
| 15 | 8161 | Mariette Strauss | 54 | 10 | Female | Master | TYGERBERG AC | 13.41 | 00:44:48 | 00:04:29 | |
| 16 | 8247 | Elfranco Fortuin | 14 | 10 | Male | Juniors | MONTAGU AC | 13.14 | 00:45:52 | 00:04:36 | |
| 17 | 8366 | Klaas Nehro | 50 | 10 | Male | Master | HELDERBERG HARRIERS | 13.01 | 00:46:32 | 00:04:40 | |
| 18 | 8184 | Lisa C Nevitt | 32 | 10 | Female | Open | | 12.93 | 00:46:33 | 00:04:40 | |
| 19 | 8111 | Franette Van Der Walt | 38 | 10 | Female | Open | | 12.84 | 00:46:49 | 00:04:41 | |
| 20 | 8298 | Ester Van Der Merwe | 18 | 10 | Female | Juniors | PAARL ATHLETICS CLUB | 12.49 | 00:48:14 | 00:04:50 | |
| 21 | 8229 | Petro Bower | 20 | 10 | Female | Open | ACNW | 12.33 | 00:48:51 | 00:04:54 | |
| 22 | 8254 | Sibulele S Nokama | 35 | 10 | Male | Open | | 12.22 | 00:49:11 | 00:04:56 | |
| 23 | 8343 | Denika Burger | 18 | 10 | Female | Juniors | TYGERBERG AC | 12.22 | 00:49:25 | 00:04:57 | |
| 24 | 8275 | Hilton Siebritz | 33 | 10 | Male | Open | | 12.13 | 00:49:44 | 00:04:59 | |
| 25 | 8278 | Frederick Truter | 58 | 10 | Male | Master | SWARTLAND AC | 11.9 | 00:50:34 | 00:05:04 | |
| 26 | 8086 | Renelda Scholtz | 19 | 10 | Female | Juniors | | 11.9 | 00:50:37 | 00:05:04 | |
| 27 | 8365 | Johnny De Koker | 60 | 10 | Male | Grand Master | MONTAGU AC | 11.86 | 00:50:43 | 00:05:05 | |
| 28 | 8250 | Petro Rossouw | 19 | 10 | Female | Juniors | SWARTLAND AC | 11.82 | 00:50:58 | 00:05:06 | |

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|----|---------|---------------------------|----|----|--------|--------------|-----------------------------|-------|----------|----------|
| 29 | 8345 | Chris Roberts | 29 | 10 | Male | Open | | 11.77 | 00:51:08 | 00:05:07 |
| 30 | 8203 | Derek Reissenzahn | 16 | 10 | Male | Juniors | BISHOPS | 11.86 | 00:51:13 | 00:05:08 |
| 31 | 8191 | Judith Grove | 63 | 10 | Female | Grand Master | TYGERBERG AC | 11.54 | 00:52:05 | 00:05:13 |
| 32 | 8256 | Sanda Gxamza | 33 | 10 | Male | Open | | 11.54 | 00:52:20 | 00:05:14 |
| 33 | 8154 | Graham Hough | 60 | 10 | Male | Grand Master | WEST COAST ATHLETIC CLUB | 11.33 | 00:53:19 | 00:05:20 |
| 34 | 8394 | Andre Scott | 50 | 10 | Male | Master | SWARTLAND AC | 11.29 | 00:53:55 | 00:05:24 |
| 35 | 4AK9MZW | Shelley Whiffler | 39 | 10 | Female | Open | | 11.18 | 00:53:57 | 00:05:24 |
| 36 | 8356 | Ivan Marais | 67 | 10 | Male | Grand Master | DURBANVILLE | 11.24 | 00:54:09 | 00:05:25 |
| 37 | 8188 | Marie- Dalene Van Niekerk | 49 | 10 | Female | Veteran | SWARTLAND AC | 11.13 | 00:54:40 | 00:05:28 |
| 38 | 8397 | Dirk J Visser | 60 | 10 | Male | Grand Master | | 10.93 | 00:55:20 | 00:05:32 |
| 39 | 8218 | Elaine Matthee | 47 | 10 | Female | Veteran | TYGERBERG AC | 10.87 | 00:55:21 | 00:05:33 |
| 40 | 8340 | Marie Fourie | 36 | 10 | Female | Open | STRAND AC | 10.91 | 00:55:27 | 00:05:33 |
| 41 | 8097 | Craig Van Der Westhuizen | 41 | 10 | Male | Veteran | MODERN ATHLETE | 10.8 | 00:55:43 | 00:05:35 |
| 42 | 8014 | Spencer Wheaton | 40 | 10 | Male | Veteran | CELTIC HARRIERS | 10.88 | 00:55:53 | 00:05:36 |
| 43 | 8382 | Shireen Louw | 32 | 10 | Female | Open | | 10.93 | 00:55:55 | 00:05:36 |
| 44 | 8360 | Suerette M Duminy | 31 | 10 | Female | Open | | 10.93 | 00:55:56 | 00:05:36 |
| 45 | 8338 | Hendrik Hugo | 40 | 10 | Male | Veteran | | 10.76 | 00:55:58 | 00:05:36 |
| 46 | 8181 | Kyla Clark | 14 | 10 | Female | Juniors | STELLENBOSCH ATHLETICS CLUB | 10.71 | 00:56:08 | 00:05:37 |
| 47 | 8131 | Nicolaas Van Rensburg | 26 | 10 | Male | Open | | 10.74 | 00:56:11 | 00:05:38 |
| 48 | 8354 | Godfrey Goslett | 54 | 10 | Male | Master | CMC | 10.59 | 00:56:52 | 00:05:42 |
| 49 | 8239 | Jonathan E Witness | 45 | 10 | Male | Veteran | | 10.58 | 00:57:02 | 00:05:43 |
| 50 | 8110 | Jo-Anne Duffett | 36 | 10 | Female | Open | SANLAM | 10.51 | 00:57:31 | 00:05:46 |
| 51 | 8206 | Carmen O'connor | 28 | 10 | Male | Open | | 10.43 | 00:58:00 | 00:05:48 |
| 52 | 8174 | Edward Faro | 46 | 10 | Male | Veteran | | 10.19 | 00:59:02 | 00:05:55 |
| 53 | 8262 | Sandy Hood | 56 | 10 | Female | Master | VOB | 10.17 | 00:59:11 | 00:05:56 |
| 54 | 8087 | Marita Coetzee | 63 | 10 | Female | Grand Master | | 10.16 | 00:59:16 | 00:05:56 |
| 55 | 8124 | Albert Minassian | 58 | 10 | Male | Master | AAC | 10.17 | 00:59:28 | 00:05:57 |
| 56 | 8145 | Mariette Steenkamp | 40 | 10 | Female | Veteran | | 10.1 | 00:59:45 | 00:05:59 |
| 57 | 8222 | John Durr | 66 | 10 | Male | Grand Master | SWARTLAND AC | 10.07 | 00:59:59 | 00:06:00 |
| 58 | 8408 | Liz Brink | 55 | 10 | Female | Master | VOB | 10.03 | 01:00:01 | 00:06:01 |
| 59 | 8413 | Michelle Swart | 0 | 10 | Female | Unknown | | 10.01 | 01:00:07 | 00:06:01 |
| 60 | 8138 | Basil Nieuwoudt | 61 | 10 | Male | Grand Master | SWARTLAND AC | 10.08 | 01:00:10 | 00:06:01 |
| 61 | 8047 | Beulah Du Plessis | 46 | 10 | Female | Veteran | | 10.02 | 01:00:17 | 00:06:02 |
| 62 | 8062 | Marie Bekeer | 44 | 10 | Female | Veteran | | 10.02 | 01:00:27 | 00:06:03 |
| 63 | 8127 | Nick Roux | 55 | 10 | Male | Master | | 9.96 | 01:00:35 | 00:06:04 |

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| 64 | 8378 | Jeanne-Lett Hall | 29 | 10 | Female | Open | | 10.02 | 01:00:38 | 00:06:04 |
| 65 | 8313 | John Hartnick | 63 | 10 | Male | Grand Master | PAARL ATHLETICS CLUB | 9.91 | 01:00:58 | 00:06:06 |
| 66 | 8139 | Marietjie Nieuwoudt | 57 | 10 | Female | Master | SWARTLAND AC | 9.85 | 01:01:33 | 00:06:10 |
| 67 | 8057 | Caru Greeff | 27 | 10 | Male | Open | | 9.8 | 01:01:40 | 00:06:10 |
| 68 | 8341 | Elmarie Meyer | 33 | 10 | Female | Open | | 9.76 | 01:01:45 | 00:06:11 |
| 69 | 8362 | Minkie Swanepoel | 34 | 10 | Female | Open | | 9.76 | 01:01:45 | 00:06:11 |
| 70 | 8367 | Margarete Heese | 50 | 10 | Female | Master | LANGEBAAAN STRANDLOPERS | 9.77 | 01:01:46 | 00:06:11 |
| 71 | 8361 | Cara Carstens | 30 | 10 | Female | Open | | 9.76 | 01:01:47 | 00:06:11 |
| 72 | 8012 | Marcel Mundt | 26 | 10 | Male | Open | | 9.8 | 01:01:51 | 00:06:12 |
| 73 | 8116 | Lisa Du Plessis | 34 | 10 | Female | Open | STELLENBOSCH ATHLETICS CLUB | 9.73 | 01:02:07 | 00:06:13 |
| 74 | 8002 | Yvette Smit | 32 | 10 | Female | Open | | 9.72 | 01:02:16 | 00:06:14 |
| 75 | 8001 | Corne Bester | 34 | 10 | Female | Open | | 9.72 | 01:02:17 | 00:06:14 |
| 76 | 8115 | Con Brink | 50 | 10 | Male | Master | | 9.69 | 01:02:23 | 00:06:15 |
| 77 | 8155 | Jeani Louw | 28 | 10 | Female | Open | | 9.67 | 01:02:40 | 00:06:16 |
| 78 | 8255 | Bonile Sandi | 56 | 10 | Male | Master | | 9.57 | 01:02:48 | 00:06:17 |
| 79 | 8320 | Theresa Van Riet | 47 | 10 | Female | Veteran | SWARTLAND AC | 9.59 | 01:03:13 | 00:06:20 |
| 80 | 8171 | Conrad J Bekeer | 52 | 10 | Male | Master | CORRECTIONAL SERVICES | 9.45 | 01:03:39 | 00:06:22 |
| 81 | 8380 | Denver Kleynhans | 31 | 10 | Male | Open | ACCENTURE AC | 9.52 | 01:03:46 | 00:06:23 |
| 82 | 5004 | Malcolm Feldman | 29 | 10 | Male | Open | DURBANVILLE | 9.5 | 01:03:54 | 00:06:24 |
| 83 | 8098 | Dewald Hesse | 38 | 10 | Male | Open | BRACKENFELL | 9.46 | 01:04:15 | 00:06:26 |
| 84 | 8202 | Edna Brand | 64 | 10 | Female | Grand Master | LANGEBAAAN STRANDLOPERS | 9.35 | 01:04:16 | 00:06:26 |
| 85 | 8389 | Lydia Bester | 34 | 10 | Female | Open | | 9.37 | 01:04:16 | 00:06:26 |
| 86 | 8282 | Janine Du Toit | 31 | 10 | Female | Open | | 9.32 | 01:04:54 | 00:06:30 |
| 87 | 8187 | Adel Smit | 33 | 10 | Female | Open | WEST COAST ATHLETICS CLUB | 9.28 | 01:05:03 | 00:06:31 |
| 88 | 8109 | Lionie Van Den Bergh | 27 | 10 | Female | Open | | 9.25 | 01:05:06 | 00:06:31 |
| 89 | 8108 | Leandrie De Bruyn | 26 | 10 | Female | Open | | 9.24 | 01:05:06 | 00:06:31 |
| 90 | 8327 | Leslie T Smith | 55 | 10 | Male | Master | | 9.32 | 01:05:10 | 00:06:31 |
| 91 | 8291 | Meshack Ndaba | 32 | 10 | Male | Open | | 9.21 | 01:05:17 | 00:06:32 |
| 92 | 8258 | Heidi Kotze | 41 | 10 | Female | Veteran | WHALERS AC | 9.24 | 01:05:24 | 00:06:33 |
| 93 | 8353 | Gillease De Villiers | 43 | 10 | Female | Veteran | | 9.26 | 01:05:31 | 00:06:34 |
| 94 | 8180 | Suzaan Schoeman | 38 | 10 | Female | Open | | 9.22 | 01:05:34 | 00:06:34 |
| 95 | 8281 | Nicolaas F Swanepoel | 59 | 10 | Male | Master | | 9.26 | 01:05:37 | 00:06:34 |
| 96 | 8146 | Dudley Abrahams | 32 | 10 | Male | Open | | 9.22 | 01:05:44 | 00:06:35 |
| 97 | 8079 | Lionel Hill | 75 | 10 | Male | Grand Master | CERES AC | 9.14 | 01:05:45 | 00:06:35 |
| 98 | 8224 | Richard Cullis | 53 | 10 | Male | Master | WESTERN PROVINCE CRICKET CLUB | 9.14 | 01:06:11 | 00:06:38 |

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| 99 | 8305 | Rene Engelbrecht | 25 | 10 | Female | Open | | 9.1 | 01:06:18 | 00:06:38 |
| 100 | 8177 | Louise Stander | 26 | 10 | Female | Open | | 9.07 | 01:06:20 | 00:06:38 |
| 101 | 8165 | Mareza Smit | 47 | 10 | Female | Veteran | SWARTLAND AC | 9.04 | 01:06:33 | 00:06:40 |
| 102 | 8168 | Derick Losper | 49 | 10 | Male | Veteran | BOLAND CORRECTIONAL SERVICES | 9.07 | 01:06:34 | 00:06:40 |
| 103 | 8099 | Marionette Maart | 49 | 10 | Female | Veteran | PAARL ATHLETICS CLUB | 9.05 | 01:06:37 | 00:06:40 |
| 104 | 8100 | Johanna Harmse | 43 | 10 | Female | Veteran | ARCELOR MITTAL | 9.01 | 01:06:58 | 00:06:42 |
| 105 | 8386 | Mariana Coetzee | 52 | 10 | Female | Master | | 8.93 | 01:07:20 | 00:06:44 |
| 106 | 8004 | Leonore Watts | 39 | 10 | Female | Open | NAMAQUA ATLETIEK KLUB | 8.96 | 01:07:23 | 00:06:45 |
| 107 | 8084 | Hanneke Van Der Merwe | 27 | 10 | Female | Open | STELLENBOSCH ATHLETICS CLUB | 8.99 | 01:07:29 | 00:06:45 |
| 108 | 8160 | Cecile Kidson | 75 | 10 | Female | Grand Master | LANGEBAAAN STRANDLOPERS | 8.88 | 01:07:39 | 00:06:46 |
| 109 | 8352 | Jean-Pierre Du Buisson | 47 | 10 | Male | Veteran | | 8.88 | 01:07:57 | 00:06:48 |
| 110 | 8212 | Hetta Van Zyl | 44 | 10 | Female | Veteran | | 8.88 | 01:07:58 | 00:06:48 |
| 111 | 8211 | Karin Winterbach | 40 | 10 | Female | Veteran | | 8.87 | 01:07:59 | 00:06:48 |
| 112 | 8056 | Hilton Booisen | 36 | 10 | Male | Open | | 8.9 | 01:08:00 | 00:06:48 |
| 113 | 8307 | Tiekie Van Heerden | 64 | 10 | Male | Grand Master | ARCELOR MITTAL | 8.82 | 01:08:09 | 00:06:49 |
| 114 | 8355 | Retha Theron | 37 | 10 | Female | Open | BORN2RUN | 8.84 | 01:08:10 | 00:06:49 |
| 115 | 8285 | Celeste Prinsloo | 34 | 10 | Female | Open | | 8.75 | 01:08:47 | 00:06:53 |
| 116 | 8261 | Geoffrey Posnack | 70 | 10 | Male | Grand Master | EDGEMEAD RUNNERS | 8.74 | 01:08:50 | 00:06:53 |
| 117 | 8173 | Sannie Manewel | 43 | 10 | Female | Veteran | | 8.72 | 01:09:00 | 00:06:54 |
| 118 | 8011 | Elsje Mundt | 26 | 10 | Female | Open | | 8.76 | 01:09:04 | 00:06:55 |
| 119 | 8028 | Lauren Purchase | 28 | 10 | Male | Open | | 8.76 | 01:09:05 | 00:06:55 |
| 120 | 8219 | Arne Bester | 25 | 10 | Female | Open | | 8.69 | 01:09:17 | 00:06:56 |
| 121 | 8417 | Juanita Bergman | 49 | 10 | Female | Veteran | PPC | 8.67 | 01:09:26 | 00:06:57 |
| 122 | 8038 | Jerry Ghany | 66 | 10 | Male | Grand Master | GUGULETHU AC | 8.69 | 01:09:37 | 00:06:58 |
| 123 | 8009 | Kate Carkeek | 33 | 10 | Female | Open | | 8.67 | 01:09:38 | 00:06:58 |
| 124 | 8284 | Paul Prinsloo | 36 | 10 | Male | Open | | 8.64 | 01:09:41 | 00:06:59 |
| 125 | 8324 | Jacob C Small | 37 | 10 | Male | Open | | 8.64 | 01:09:44 | 00:06:59 |
| 126 | 8096 | Faffa Joubert | 73 | 10 | Male | Grand Master | PAARL ATHLETICS CLUB | 8.66 | 01:09:51 | 00:07:00 |
| 127 | 8348 | Minnie Von Zeuner | 60 | 10 | Female | Grand Master | ARCELOR MITTAL | 8.62 | 01:09:58 | 00:07:00 |
| 128 | 8101 | Megan None | 31 | 10 | Female | Open | | 8.61 | 01:10:26 | 00:07:03 |
| 129 | 8102 | Sean None | 31 | 10 | Male | Open | | 8.61 | 01:10:26 | 00:07:03 |
| 130 | 8321 | Matthew Van Riet | 20 | 10 | Male | Open | SWARTLAND AC | 8.59 | 01:10:27 | 00:07:03 |
| 131 | 8322 | Lize Labuschagne | 19 | 10 | Female | Juniors | | 8.6 | 01:10:27 | 00:07:03 |
| 132 | 8213 | Stephanus Steyn | 61 | 10 | Male | Grand Master | PAARL ATHLETICS CLUB | 8.56 | 01:10:41 | 00:07:05 |
| 133 | 8209 | Sakkie Van Niekerk | 60 | 10 | Male | Grand Master | | 8.51 | 01:10:51 | 00:07:06 |

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| 134 | 8033 | Carl Walker | 45 | 10 | Male | Veteran | SPARTAN HARRIERS | 8.46 | 01:11:03 | 00:07:07 |
| 135 | 8235 | Richard Butcher | 67 | 10 | Male | Grand Master | SWARTLAND AC | 8.49 | 01:11:28 | 00:07:09 |
| 136 | 8144 | Lara Hill | 28 | 10 | Female | Open | CAPE MULTISPORT | 8.39 | 01:11:46 | 00:07:11 |
| 137 | 8073 | Debbie Stadler | 41 | 10 | Female | Veteran | EDGEMEAD RUNNERS | 8.42 | 01:11:49 | 00:07:11 |
| 138 | 8074 | Caine Stadler | 41 | 10 | Male | Veteran | EDGEMEAD RUNNERS | 8.42 | 01:11:50 | 00:07:11 |
| 139 | 8126 | Ines Mars | 19 | 10 | Female | Juniors | | 8.41 | 01:11:50 | 00:07:11 |
| 140 | 8125 | Lucinda Van Rooyen | 46 | 10 | Female | Veteran | | 8.41 | 01:11:50 | 00:07:11 |
| 141 | 8385 | Dolla Geldenhuys | 68 | 10 | Female | Grand Master | CERES AC | 8.33 | 01:12:08 | 00:07:13 |
| 142 | 8054 | Minke Van Zyl | 52 | 10 | Female | Master | | 8.34 | 01:12:39 | 00:07:16 |
| 143 | 8114 | Quendoline Van Wyk | 43 | 10 | Female | Veteran | | 8.26 | 01:12:57 | 00:07:18 |
| 144 | 8257 | Marilise Janse Van Rensburg | 30 | 10 | Female | Open | | 8.27 | 01:13:16 | 00:07:20 |
| 145 | 8301 | Nazeem Fredericks | 26 | 10 | Male | Open | | 8.25 | 01:13:17 | 00:07:20 |
| 146 | 8051 | Yolande Stevens | 38 | 10 | Female | Open | | 8.23 | 01:13:32 | 00:07:22 |
| 147 | 8182 | Eveline J Sauls | 59 | 10 | Female | Master | | 8.19 | 01:13:36 | 00:07:22 |
| 148 | 8043 | Analize Rossouw | 42 | 10 | Female | Veteran | | 8.19 | 01:13:49 | 00:07:23 |
| 149 | 8058 | Mariaan Rossouw | 43 | 10 | Female | Veteran | | 8.19 | 01:13:49 | 00:07:23 |
| 150 | 8198 | Anneli Meeding | 36 | 10 | Female | Open | | 8.13 | 01:14:10 | 00:07:25 |
| 151 | 8379 | Jane Doubell | 27 | 10 | Female | Open | ACCENTURE AC | 8.17 | 01:14:11 | 00:07:26 |
| 152 | 8259 | Paul Van Der Merwe | 31 | 10 | Male | Open | | 8.09 | 01:14:22 | 00:07:27 |
| 153 | 8329 | Minette Burger | 45 | 10 | Female | Veteran | NEDBANK | 8.08 | 01:14:22 | 00:07:27 |
| 154 | 8142 | Floripes De Gois | 62 | 10 | Female | Grand Master | LANGEBAAAN STRANDLOPERS | 8.07 | 01:14:30 | 00:07:27 |
| 155 | 8303 | Sarah Eiman | 40 | 10 | Female | Veteran | | 8.13 | 01:14:30 | 00:07:27 |
| 156 | 8172 | Leana Sass | 30 | 10 | Female | Open | | 8.05 | 01:14:39 | 00:07:28 |
| 157 | 8185 | Jean-Paul Duminy | 32 | 10 | Male | Open | | 8.04 | 01:14:45 | 00:07:29 |
| 158 | 8287 | Darryll Castle | 47 | 10 | Male | Veteran | | 8.04 | 01:14:47 | 00:07:29 |
| 159 | 8402 | Rob Rein | 41 | 10 | Male | Veteran | | 8.04 | 01:14:48 | 00:07:29 |
| 160 | 8280 | Marietjie M Theron | 22 | 10 | Female | Open | | 8.03 | 01:15:22 | 00:07:33 |
| 161 | 8223 | Portia Rhode | 46 | 10 | Female | Veteran | CPUT ATHLETIC CLUB | 7.98 | 01:15:28 | 00:07:33 |
| 162 | 8302 | Morne Du Plessis | 66 | 10 | Male | Grand Master | | 7.9 | 01:16:06 | 00:07:37 |
| 163 | 8357 | Hennie Vlok | 68 | 10 | Male | Grand Master | SWARTLAND AC | 7.9 | 01:16:06 | 00:07:37 |
| 164 | 8299 | Lester Burrow | 61 | 10 | Male | Grand Master | WESTERN PROVINCE CRICKET CLUB | 7.9 | 01:16:29 | 00:07:39 |
| 165 | 8264 | Elizabeth Louw | 51 | 10 | Female | Master | GUGULETHU AC | 7.86 | 01:16:38 | 00:07:40 |
| 166 | 8344 | Mapule Maragea | 36 | 10 | Female | Open | RCS GUGULETU ATHLETIC CLUB | 7.89 | 01:16:39 | 00:07:40 |
| 167 | 8390 | Wayne Coughlan | 53 | 10 | Male | Master | | 7.88 | 01:16:45 | 00:07:41 |
| 168 | 8248 | Christa Marais | 54 | 10 | Female | Master | | 7.78 | 01:17:32 | 00:07:46 |

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| 169 | 8200 | Jolita Joseph | 51 | 10 | Male | Master | | 7.77 | 01:17:39 | 00:07:46 |
| 170 | 8122 | Nazeerah Beghardien | 25 | 10 | Female | Open | | 7.74 | 01:17:41 | 00:07:47 |
| 171 | 8350 | Katinka Burger | 46 | 10 | Female | Veteran | | 7.77 | 01:17:53 | 00:07:48 |
| 172 | 8042 | Margriet Geustyn | 53 | 10 | Female | Master | BELLVILLE | 7.64 | 01:19:09 | 00:07:55 |
| 173 | 8342 | Nicolette Beffels | 37 | 10 | Female | Open | PAARL ATHLETICS CLUB | 7.6 | 01:19:12 | 00:07:56 |
| 174 | 8034 | Estie Thirion | 36 | 10 | Female | Open | | 7.56 | 01:19:36 | 00:07:58 |
| 175 | 8220 | Retha Louw | 55 | 10 | Female | Master | | 7.53 | 01:19:52 | 00:08:00 |
| 176 | 8197 | Hanneli Van Zyl | 36 | 10 | Male | Open | | 7.52 | 01:20:08 | 00:08:01 |
| 177 | 8123 | Sheulene Claasen | 38 | 10 | Female | Open | WELLINGTON AC | 7.49 | 01:20:29 | 00:08:03 |
| 178 | 8315 | Lynette Engledoe | 47 | 10 | Male | Veteran | | 7.49 | 01:20:31 | 00:08:04 |
| 179 | 8080 | Marie Hill | 71 | 10 | Female | Grand Master | CERES AC | 7.44 | 01:20:45 | 00:08:05 |
| 180 | 8199 | Bianca Joseph | 32 | 10 | Female | Open | MATIES | 7.46 | 01:20:54 | 00:08:06 |
| 181 | 8414 | Deon Viljoen | 58 | 10 | Male | Master | SWARTLAND AC | 7.49 | 01:20:54 | 00:08:06 |
| 182 | 8286 | Siobhan Mccarthy | 46 | 10 | Female | Veteran | | 7.46 | 01:21:02 | 00:08:07 |
| 183 | 8128 | Jean Roux | 52 | 10 | Female | Master | | 7.45 | 01:21:04 | 00:08:07 |
| 184 | 8121 | Sarah Bukkies | 47 | 10 | Female | Veteran | | 7.46 | 01:21:09 | 00:08:07 |
| 185 | 8215 | Jana Nelson | 17 | 10 | Female | Juniors | BELLVILLE | 7.42 | 01:21:13 | 00:08:08 |
| 186 | 8204 | Martha Oliver | 32 | 10 | Female | Open | BELLVILLE | 7.43 | 01:21:13 | 00:08:08 |
| 187 | 8214 | Niel Nelson | 14 | 10 | Male | Juniors | BELLVILLE | 7.42 | 01:21:14 | 00:08:08 |
| 188 | 8205 | Zander Oliver | 33 | 10 | Male | Open | BELLVILLE | 7.43 | 01:21:14 | 00:08:08 |
| 189 | 8370 | Anna C De Beer | 49 | 10 | Female | Veteran | RWFL WESTERN PROVINCE | 7.4 | 01:21:23 | 00:08:09 |
| 190 | 8381 | Jeanne Mocke | 47 | 10 | Female | Veteran | | 7.44 | 01:21:28 | 00:08:09 |
| 191 | 8388 | Marietjie Viljoen | 60 | 10 | Female | Grand Master | SWARTLAND AC | 7.41 | 01:21:43 | 00:08:11 |
| 192 | 8089 | Shoneen Wendzich | 49 | 10 | Female | Veteran | LANGEBAAAN STRANDLOPERS | 7.24 | 01:23:07 | 00:08:19 |
| 193 | 8153 | Dale Whiffler | 42 | 10 | Male | Veteran | | 7.08 | 01:25:00 | 00:08:30 |
| 194 | 8020 | Louise Heyns | 27 | 10 | Female | Open | | 7 | 01:26:27 | 00:08:39 |
| 195 | 8149 | Annetjie Claassen | 60 | 10 | Female | Grand Master | SANLAM | 6.9 | 01:27:07 | 00:08:43 |
| 196 | 8346 | Jeremy Cranna | 61 | 10 | Male | Grand Master | | 6.84 | 01:28:16 | 00:08:50 |
| 197 | 8251 | Hanlie Rossouw | 52 | 10 | Female | Master | SWARTLAND AC | 6.81 | 01:28:16 | 00:08:50 |
| 198 | 8015 | Ann Bosman | 58 | 10 | Female | Master | | 6.81 | 01:28:31 | 00:08:52 |
| 199 | 8000 | Rodney Buchanan | 59 | 10 | Male | Master | | 6.78 | 01:28:51 | 00:08:54 |
| 200 | 8041 | Jo-Anne Asia | 34 | 10 | Female | Open | | 6.66 | 01:30:44 | 00:09:05 |
| 201 | 8036 | Mary Speelman | 49 | 10 | Female | Veteran | | 6.65 | 01:30:49 | 00:09:05 |
| 202 | 8272 | Beatrix Jansen | 56 | 10 | Female | Master | MONTAGU AC | 6.59 | 01:31:18 | 00:09:08 |
| 203 | 8167 | Marietjie Visser | 65 | 10 | Female | Grand Master | | 6.59 | 01:31:28 | 00:09:09 |

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|-----|---------|--------------------------|----|----|--------|--------------|----------------------------|------|----------|----------|
| 204 | 8368 | Heinrich Strydom | 32 | 10 | Male | Open | | 6.53 | 01:31:59 | 00:09:12 |
| 205 | 8163 | Xavier E Goeieman | 31 | 10 | Male | Open | | 6.53 | 01:32:04 | 00:09:13 |
| 206 | 8170 | Vuyokazi Mavikela | 35 | 10 | Female | Open | RCS GUGULETU ATHLETIC CLUB | 6.5 | 01:32:54 | 00:09:18 |
| 207 | 8150 | Carine Strydom | 58 | 10 | Female | Master | SWARTLAND AC | 6.48 | 01:33:02 | 00:09:19 |
| 208 | 8196 | Lydia-Anne Carstens | 29 | 10 | Female | Open | RUNWALK FOR LIFE | 6.47 | 01:33:02 | 00:09:19 |
| 209 | 8151 | Esmá Spangenberg | 62 | 10 | Female | Grand Master | SWARTLAND AC | 6.48 | 01:33:04 | 00:09:19 |
| 210 | 8095 | Marlene Smit | 57 | 10 | Female | Master | | 6.46 | 01:33:22 | 00:09:21 |
| 211 | 8300 | Eloise Rickett | 38 | 10 | Female | Open | | 6.45 | 01:33:30 | 00:09:21 |
| 212 | 8395 | Joe Klue | 59 | 10 | Male | Master | | 6.4 | 01:34:25 | 00:09:27 |
| 213 | 8231 | James E Williams | 47 | 10 | Male | Veteran | | 6.36 | 01:34:57 | 00:09:30 |
| 214 | 8075 | Emma Doubell | 26 | 10 | Female | Open | CELTIC HARRIERS | 6.34 | 01:35:22 | 00:09:33 |
| 215 | 8112 | Elna Steyn | 50 | 10 | Female | Master | CAPE MULTI SPORT | 6.29 | 01:35:43 | 00:09:35 |
| 216 | 8113 | Helene Steyn | 45 | 10 | Female | Veteran | CAPE MULTI SPORT | 6.29 | 01:35:43 | 00:09:35 |
| 217 | 8129 | Joanne Roux | 22 | 10 | Female | Open | | 6.23 | 01:36:52 | 00:09:42 |
| 218 | 8190 | Willem Du Randt | 29 | 10 | Male | Open | | 6.23 | 01:36:54 | 00:09:42 |
| 219 | 8273 | Valery Theart | 53 | 10 | Female | Master | WORCESTER AC | 6.13 | 01:38:37 | 00:09:52 |
| 220 | 8274 | Tersia Lourens | 67 | 10 | Female | Grand Master | WORCESTER AC | 6.13 | 01:38:37 | 00:09:52 |
| 221 | 8406 | Rosia Petersen | 0 | 10 | Female | Unknown | | 6.05 | 01:39:27 | 00:09:57 |
| 222 | 8072 | Ernest E Van Heerden | 59 | 10 | Male | Master | | 6.06 | 01:39:29 | 00:09:57 |
| 223 | 8061 | Marlene M Voges | 61 | 10 | Female | Grand Master | | 6.06 | 01:39:29 | 00:09:57 |
| 224 | 8216 | Gloria Arendse | 66 | 10 | Female | Grand Master | | 6.04 | 01:39:43 | 00:09:59 |
| 225 | 8332 | Zarina Meyer-Brewer | 37 | 10 | Female | Open | ITHEKO AC | 5.98 | 01:41:06 | 00:10:07 |
| 226 | 8194 | Tereza Burger | 44 | 10 | Female | Veteran | | 5.78 | 01:44:32 | 00:10:28 |
| 227 | 8007 | Marcel Villet | 38 | 10 | Male | Open | | 5.76 | 01:44:51 | 00:10:30 |
| 228 | 8006 | Lise-Marie Greeff-Villet | 43 | 10 | Female | Veteran | | 5.76 | 01:44:51 | 00:10:30 |
| 229 | 8063 | Hester Rothman | 60 | 10 | Female | Grand Master | BRACKENFELL | 5.72 | 01:45:05 | 00:10:31 |
| 230 | 8316 | Nawaal Jacobs | 35 | 10 | Female | Open | | 5.67 | 01:46:02 | 00:10:37 |
| 231 | 8246 | Mary Langebrink | 42 | 10 | Female | Veteran | TEAM VITALITY | 5.66 | 01:46:16 | 00:10:38 |
| 232 | 8192 | Gillian Grobbelaar | 47 | 10 | Female | Veteran | RUNWALK FOR LIFE | 5.64 | 01:46:34 | 00:10:40 |
| 233 | 4WNM0S2 | Isabel Fourie | 40 | 10 | Female | Veteran | | 5.65 | 01:46:50 | 00:10:41 |
| 234 | 8010 | Selina Smit | 34 | 10 | Female | Open | CAPE MULTISPORT | 5.55 | 01:48:50 | 00:10:53 |

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