

Male Athletes

	ATHLETE	RANK	AGE	SWIM	BIKE	RUN	TOTAL
1	TISSINK, Raynard	8/2/1	34	00:19:25	02:15:08	01:25:09	04:03:02
2	VAN LIERDE, Frederik	2/3/2	28	00:18:41	02:19:09	01:23:25	04:04:25
3	CARTMELL, Fraser	1/4/3	25	00:18:33	02:27:46	01:21:01	04:10:40
4	BACHOR, Konstantin	9/5/4	23	00:19:25	02:26:59	01:24:01	04:13:37
5	STORM, Carl	5/9/5	28	00:18:49	02:30:35	01:27:57	04:21:40
6	CUNNAMA, James	21/11/6	24	00:21:22	02:32:10	01:25:54	04:23:11
7	AMBROSE, Paul	11/7/7	23	00:19:27	02:28:26	01:32:53	04:24:00
8	PERTUSATI, Gabriele	4/8/8	34	00:18:46	02:29:09	01:33:45	04:25:17
9	LAMPRET, Freddy	17/13/9	29	00:21:07	02:34:43	01:30:33	04:31:01
10	COURTNEY, Stephen	27/12/10	31	00:21:39	02:33:46	01:34:23	04:33:41
11	WRIGHT, Richard	18/15/11	37	00:21:09	02:38:23	01:33:49	04:37:35
12	KEET, Charl	10/10/12	22	00:19:26	02:33:38	01:41:56	04:38:43
13	STORM, Anton	6/21/13	23	00:18:50	02:45:45	01:30:50	04:40:41
14	CHOWLES, Clive Allen	30/16/14	36	00:22:02	02:39:25	01:35:38	04:42:36
15	VAN LINGEN, Lawrence	7/14/15	36	00:19:24	02:40:37	01:39:28	04:43:05
16	GRAY, Justin	233/33/16	25	00:27:07	02:40:20	01:30:53	04:44:52
17	GUBLER, Philipp	46/18/17	26	00:22:58	02:38:58	01:37:52	04:44:55
18	FOSTER, Quentin	90/51/18	43	00:24:21	02:50:39	01:25:38	04:46:07
19	SHIRLEY, Steven	92/22/20	38	00:24:25	02:40:14	01:39:54	04:49:18
20	BAND, Jason	105/28/21	32	00:24:42	02:42:01	01:38:24	04:50:56
21	CEDERWALL, Jason	39/23/22	28	00:22:33	02:42:07	01:41:28	04:51:27
22	FINLAY, Francois	22/24/23	37	00:21:22	02:44:04	01:41:49	04:51:34
23	VAN DER WALT, Andrie	155/41/24	35	00:25:48	02:43:33	01:35:12	04:51:46
24	BASEL, Hugh	24/19/25	43	00:21:32	02:41:36	01:44:30	04:52:33
25	MCEWAN, Ross	44/27/26	29	00:22:55	02:43:08	01:40:23	04:52:42
26	LEMMEN, Hugo	38/31/27	43	00:22:28	02:45:45	01:39:43	04:52:55
27	KENNEDY, Rohan Phillip	158/43/28	27	00:25:55	02:45:58	01:36:40	04:53:50
28	DUNLEY-OWEN, Mark	37/39/29	33	00:22:21	02:47:59	01:38:12	04:54:19
29	NEL, Edwin	68/32/30	33	00:23:48	02:43:49	01:40:32	04:54:42
30	MITCHELL, Terence	81/57/31	41	00:24:11	02:50:42	01:34:57	04:56:12
31	THOMSON, Brendan	314/50/32	30	00:28:28	02:45:02	01:37:46	04:57:05
32	STORM, Brad	12/6/33	27	00:19:38	02:27:17	02:06:46	04:57:43
33	PETER, Ryan	28/128/35	24	00:21:51	03:03:00	01:26:09	04:59:14
34	DE VILLIERS, Louis	48/17/36	34	00:22:58	02:39:31	01:54:22	05:01:19
35	LOOTS, Jaco	107/38/37	41	00:24:43	02:44:11	01:46:15	05:01:40
36	FULLER, Thomas	16/37/38	28	00:21:01	02:48:06	01:46:20	05:01:43
37	BOTMA, Christo	450/61/40	30	00:30:35	02:45:18	01:41:16	05:02:32
38	SEDDON, Tim	413/67/41	38	00:30:01	02:47:20	01:39:21	05:02:44
39	HOUGAARD, Emil	83/73/42	43	00:24:13	02:54:48	01:38:32	05:02:49
40	LUTHULI, Mxolisi	73/87/43	30	00:23:57	02:55:38	01:37:11	05:02:57
41	MPENGESI, Siyabulela	255/84/44	25	00:27:27	02:52:41	01:37:13	05:02:57
42	DE KORT, Jack	14/26/45	45	00:20:40	02:46:00	01:51:42	05:03:24
43	HOFER, Patrick	20/59/46	41	00:21:21	02:55:39	01:40:53	05:03:36
44	BOOYENS, Andrew Tredoux	23/30/48	33	00:21:29	02:45:10	01:50:23	05:04:19
45	VAN GREUNEN, Morne	171/107/50	26	00:26:11	02:56:13	01:33:29	05:05:14
46	PRICE, Marc	33/34/51	28	00:22:11	02:46:44	01:51:12	05:05:21
47	SMIT, Werner	311/66/52	38	00:28:27	02:47:32	01:42:34	05:06:06
48	PAMPALONI, Cosimo	47/71/53	22	00:22:58	02:56:13	01:42:49	05:06:11
49	GARTON, Rory	216/47/54	29	00:26:50	02:46:52	01:47:27	05:06:15
50	KNIGHT, Denbeigh	50/29/56	36	00:23:03	02:43:54	01:54:22	05:07:06
51	PALFRAMAN, Mike	151/76/57	39	00:25:45	02:52:46	01:42:06	05:07:24
52	AMOS, Steve	369/137/58	43	00:29:28	02:58:19	01:34:22	05:07:42
53	KENNEDY, Dale	124/45/59	32	00:25:04	02:47:48	01:49:25	05:08:55

54	<u>VAN DER NEST, Graeme</u>	101/52/60	34	00:24:39	02:49:18	01:49:45	05:09:48
55	<u>GRIEVE, Bruce</u>	98/44/62	29	00:24:30	02:48:10	01:52:39	05:10:29
56	<u>GROBBELAAR, Gavin</u>	379/85/63	25	00:29:36	02:50:50	01:44:41	05:10:50
57	<u>FARRER, Mike</u>	93/65/64	43	00:24:25	02:51:16	01:48:20	05:11:15
58	<u>ESTERHUYSEN, Abel</u>	234/54/65	40	00:27:08	02:46:55	01:52:00	05:12:39
59	<u>GREY, Kevin</u>	56/35/66	36	00:23:14	02:45:33	01:58:23	05:12:51
60	<u>WADDELL, Ian</u>	86/98/68	34	00:24:17	02:56:35	01:44:52	05:13:30
61	<u>RANKIN, Barry</u>	154/138/69	24	00:25:46	03:02:56	01:40:24	05:14:11
62	<u>MTSHALI, Xolani</u>	267/115/70	23	00:27:35	02:57:23	01:44:05	05:14:26
63	<u>MORRIS, Adrian</u>	376/136/71	48	00:29:34	02:56:42	01:39:44	05:14:36
64	<u>HART, Andrew</u>	315/114/72	36	00:28:29	02:55:06	01:43:10	05:14:59
65	<u>O'HALLORAN, Michael</u>	35/46/73	34	00:22:14	02:49:57	01:56:21	05:15:08
66	<u>COETZEE, Andy</u>	280/96/74	52	00:27:51	02:53:17	01:48:22	05:15:23
67	<u>MAGSON, Michael</u>	183/165/75	31	00:26:17	03:03:57	01:38:05	05:15:36
68	<u>THORNTON, Terry</u>	195/146/76	40	00:26:33	03:01:26	01:40:39	05:16:14
69	<u>WICHT, Darrell</u>	354/249/78	44	00:29:04	03:07:14	01:29:43	05:17:13
70	<u>APPOLLIS, Deon</u>	599/247/79	28	00:35:31	03:05:17	01:31:32	05:17:18
71	<u>REDELINGHUYNS, Willem</u>	435/121/81	36	00:30:21	02:55:02	01:45:43	05:17:22
72	<u>GREYVENSTEYN, Pierre</u>	258/108/82	53	00:27:30	02:56:00	01:46:36	05:17:29
73	<u>ALLIN, Collin</u>	72/63/83	28	00:23:54	02:53:51	01:54:47	05:17:40
74	<u>GRAVETT, Clinton</u>	32/58/85	19	00:22:09	02:53:33	01:54:10	05:17:49
75	<u>DANOHER, Scott</u>	130/141/86	38	00:25:19	03:00:54	01:42:02	05:18:31
76	<u>FAURE, Brett</u>	118/104/87	31	00:24:59	02:58:34	01:48:44	05:18:38
77	<u>SWART, Ben</u>	115/82/88	45	00:24:54	02:54:35	01:52:20	05:18:59
78	<u>ARNAUD, Wilfrid</u>	223/93/89	39	00:27:00	02:53:36	01:51:56	05:19:15
79	<u>BROWN, Wayne</u>	444/88/90	36	00:30:27	02:48:46	01:52:37	05:19:52
80	<u>KOLBE, Richard</u>	214/101/91	32	00:26:49	02:55:19	01:51:28	05:20:05
81	<u>AVIDON, Anthony</u>	351/103/92	49	00:29:02	02:55:04	01:49:47	05:20:24
82	<u>PEPLER, Andre</u>	251/149/93	44	00:27:26	03:00:54	01:44:33	05:20:32
83	<u>WALKER, Quinton</u>	215/120/94	34	00:26:50	02:58:27	01:48:35	05:20:41
84	<u>SNYMAN, Cobus</u>	129/106/95	25	00:25:16	02:58:03	01:51:30	05:20:43
85	<u>HADENHAM, David</u>	15/49/96	34	00:20:58	02:54:17	02:00:56	05:20:47
86	<u>CHARTERS, Bryan</u>	254/172/97	33	00:27:27	03:01:21	01:43:10	05:21:43
87	<u>SINGAPHI, Hanson</u>	446/154/98	30	00:30:30	02:59:12	01:45:46	05:22:55
88	<u>SCHWABSKY, Ian</u>	200/95/99	25	00:26:36	02:52:58	01:55:30	05:23:13
89	<u>DARKE, Chris</u>	517/124/101	39	00:32:34	02:50:54	01:49:32	05:23:24
90	<u>UPTON, Barry</u>	274/64/102	38	00:27:43	02:48:03	02:00:57	05:23:50
91	<u>ASHBY, Brenton</u>	242/142/103	38	00:27:18	03:01:34	01:49:20	05:23:57
92	<u>ASHWORTH, Justin</u>	43/90/104	30	00:22:54	02:58:18	01:57:25	05:24:06
93	<u>FUBBS, Matthew</u>	166/92/106	35	00:26:03	02:53:47	01:57:53	05:24:47
94	<u>GERBER, Wayne</u>	490/178/107	21	00:31:37	02:52:54	01:44:59	05:25:19
95	<u>MORISON, John</u>	91/42/108	35	00:24:22	02:46:07	02:09:02	05:25:58
96	<u>SLABBERT, Brendon</u>	330/181/109	36	00:28:38	03:02:25	01:47:25	05:26:07
97	<u>CONFAIT, Paul</u>	290/161/110	43	00:28:01	03:02:17	01:48:27	05:26:20
98	<u>FLEMINGTON, Spurgeon</u>	185/145/111	33	00:26:19	03:02:25	01:51:16	05:26:29
99	<u>ROHTBART, Justin</u>	203/139/112	29	00:26:40	03:02:00	01:52:52	05:26:55
100	<u>LOEDOLFF, Anton</u>	61/70/113	29	00:23:26	02:53:41	02:04:23	05:27:55
101	<u>BUTTON, Anthony</u>	602/176/114	45	00:35:40	02:55:34	01:49:40	05:27:58
102	<u>FOURIE, Braam</u>	188/197/115	33	00:26:27	03:05:44	01:47:30	05:29:42
103	<u>MEYER, Russell</u>	268/147/117	31	00:27:37	02:58:51	01:53:12	05:30:20
104	<u>SCHROPPL, Bernhard</u>	137/143/119	49	00:25:32	03:03:42	01:55:25	05:30:54
105	<u>BOWLER, Sean</u>	49/97/120	39	00:23:01	02:58:58	02:01:52	05:30:59
106	<u>STOTT, Douglas</u>	131/89/121	32	00:25:23	02:55:42	02:05:12	05:31:45
107	<u>DICKSON, Craig</u>	54/55/122	41	00:23:09	02:52:58	02:10:17	05:32:32
108	<u>HORTON, Gavin</u>	146/155/123	35	00:25:38	03:04:37	01:55:15	05:32:41
109	<u>ERASMUS, Jaco</u>	217/81/124	38	00:26:50	02:52:18	02:07:22	05:32:43
110	<u>GILL, Graeme</u>	225/224/125	32	00:27:01	03:09:29	01:48:56	05:33:00

111	<u>HARWOOD, Craig</u>	96/168/127	41	00:24:29	03:06:18	01:55:32	05:33:27
112	<u>VOSLOO, Derick</u>	135/99/128	35	00:25:27	02:55:44	02:05:45	05:33:30
113	<u>NORRIS, Shane</u>	265/122/129	33	00:27:35	02:57:05	02:02:26	05:33:34
114	<u>KOCH, Ross</u>	121/79/130	31	00:25:02	02:52:37	02:07:27	05:33:41
115	<u>STEPHENSON, Nick</u>	116/75/132	37	00:24:57	02:54:23	02:09:38	05:34:29
116	<u>PARKER, David</u>	85/117/133	37	00:24:15	02:57:41	02:03:04	05:34:53
117	<u>DE VILLIERS, Pk</u>	156/156/134	37	00:25:52	03:03:37	01:58:29	05:35:12
118	<u>ARCHIBALD, Colin</u>	95/118/135	38	00:24:28	02:58:58	02:01:47	05:35:14
119	<u>GERSTNER, De Waal</u>	363/219/136	22	00:29:23	03:05:57	01:51:31	05:35:28
120	<u>PERSENS, Brendon</u>	505/213/138	33	00:32:10	03:03:17	01:53:02	05:36:02
121	<u>MOORE, Gavin</u>	359/222/139	40	00:29:18	03:04:52	01:50:52	05:36:03
122	<u>BREWER, Myles</u>	111/150/140	35	00:24:48	03:02:52	01:58:53	05:36:37
123	<u>ROSENSTEIN, Simon</u>	134/86/141	24	00:25:24	02:54:42	02:11:02	05:37:13
124	<u>CONRADIE, Jaco</u>	263/113/142	23	00:27:33	02:56:34	02:06:26	05:37:13
125	<u>COETZEE, Jaco</u>	106/186/143	24	00:24:42	03:07:23	01:57:55	05:37:14
126	<u>VAN RIEL, Douw</u>	430/162/144	32	00:30:16	02:57:24	01:58:04	05:37:22
127	<u>LOOTS, Michel</u>	88/212/145	45	00:24:18	03:09:19	01:55:18	05:37:49
128	<u>CURRIE, Neil</u>	529/194/146	43	00:32:56	03:00:10	01:56:55	05:37:51
129	<u>MAINSTONE, Craig</u>	108/160/147	31	00:24:44	03:05:08	01:59:22	05:38:10
130	<u>FULS, Heinrich</u>	84/68/148	36	00:24:14	02:52:35	02:15:57	05:38:53
131	<u>JOUBERT, Gottfried</u>	82/140/149	23	00:24:12	03:01:20	02:04:36	05:39:23
132	<u>LE ROUX, Jason</u>	226/192/150	25	00:27:03	03:05:14	01:59:38	05:39:28
133	<u>WAIT, Deon</u>	343/134/152	44	00:28:51	02:55:40	02:03:40	05:39:38
134	<u>SUMMERS, Blake</u>	169/189/153	36	00:26:10	03:05:20	02:00:04	05:39:40
135	<u>WAGNER, Jason</u>	25/116/154	29	00:21:35	03:04:08	02:08:09	05:39:45
136	<u>HERMAN, Kurt</u>	136/102/155	31	00:25:28	02:57:21	02:08:58	05:39:49
137	<u>VENTER, Coenraad</u>	410/174/157	25	00:30:00	03:00:46	02:00:37	05:39:57
138	<u>COETZEE-ANDREW, Mark</u>	389/208/158	52	00:29:44	03:03:47	01:57:35	05:40:07
139	<u>KLEYNHANS, Andre</u>	42/100/159	45	00:22:49	02:59:23	02:11:12	05:40:50
140	<u>HALL, Richard</u>	53/204/160	25	00:23:09	03:08:46	01:59:01	05:41:13
141	<u>NEL, Wilhelm</u>	264/200/161	36	00:27:34	03:05:11	02:00:57	05:41:19
142	<u>KNOWLES, Steven</u>	329/239/162	37	00:28:37	03:06:14	01:53:51	05:41:42
143	<u>WURMS, Yorck</u>	79/60/163	43	00:24:07	02:50:47	02:19:38	05:41:44
144	<u>WOLFF, Grant</u>	76/358/164	41	00:24:04	03:27:15	01:41:56	05:41:54
145	<u>LEGG, Richard</u>	211/223/165	37	00:26:46	03:08:22	01:57:36	05:42:15
146	<u>DANCER, Rowan</u>	276/246/167	29	00:27:47	03:11:05	01:53:20	05:42:17
147	<u>ERIKSEN, Sean</u>	429/341/168	43	00:30:14	03:17:28	01:44:35	05:42:23
148	<u>KINGSTON, Michael</u>	167/157/169	34	00:26:05	03:03:19	02:05:35	05:42:30
149	<u>MFULA, Wonga</u>	627/383/170	35	00:36:56	03:17:08	01:42:24	05:42:52
150	<u>SEDDON, Patrick</u>	370/284/171	45	00:29:31	03:12:23	01:51:30	05:43:11
151	<u>VAN ZYL, Ya'kov</u>	378/270/173	40	00:29:35	03:09:18	01:54:22	05:43:30
152	<u>REES, Gareth</u>	64/112/174	32	00:23:33	02:59:12	02:12:30	05:44:01
153	<u>MELNICK, Barry</u>	150/164/175	39	00:25:44	03:03:40	02:05:43	05:44:12
154	<u>O'BREE, Ray</u>	149/83/177	34	00:25:43	02:54:54	02:18:33	05:44:38
155	<u>HENDRICKS, Glenn</u>	164/279/179	31	00:26:01	03:14:16	01:54:29	05:44:46
156	<u>ROSCOE, Gary</u>	237/126/181	47	00:27:12	02:57:32	02:12:33	05:45:17
157	<u>JOUBERT, Bradley</u>	122/210/182	45	00:25:02	03:09:20	02:03:03	05:45:38
158	<u>LE ROUX, Rowan</u>	109/153/183	31	00:24:45	03:03:11	02:09:42	05:46:11
159	<u>BOSCH, Craig</u>	262/175/184	46	00:27:32	03:00:00	02:05:18	05:46:15
160	<u>DE SWARDT, Mark</u>	307/166/185	34	00:28:24	03:01:09	02:08:43	05:46:19
161	<u>BETTS, Richard John</u>	317/269/186	42	00:28:29	03:11:05	01:56:58	05:46:44
162	<u>JACOBSON, Garreth</u>	221/125/188	32	00:26:55	02:58:30	02:14:44	05:47:16
163	<u>BARNARDO, Dallas</u>	252/163/189	33	00:27:26	03:02:31	02:09:23	05:47:16
164	<u>LARSEN, Don</u>	514/152/190	37	00:32:31	02:56:05	02:09:42	05:47:24
165	<u>SCHULTZ, Ross</u>	397/203/191	22	00:29:50	03:04:28	02:05:59	05:47:42
166	<u>GERAKARIS, Yiannis</u>	475/300/192	30	00:31:14	03:14:17	01:54:49	05:47:57
167	<u>LE ROUX, Andrew</u>	179/206/193	22	00:26:15	03:08:21	02:06:31	05:48:01

168	<u>GODDARD, Trevor</u>	126/158/194	35	00:25:08	03:04:25	02:10:09	05:48:06
169	<u>MCCLURE, Clifford</u>	278/111/195	38	00:27:49	02:55:01	02:16:29	05:48:08
170	<u>RAFFERTY, Kevin</u>	316/309/197	38	00:28:29	03:14:48	01:54:08	05:48:24
171	<u>TAYLOR, Daniel</u>	94/74/198	35	00:24:27	02:53:21	02:22:13	05:48:51
172	<u>JANSE VAN RENSBURG,</u> <u>Jaco</u>	284/266/199	26	00:27:55	03:11:02	02:00:49	05:48:53
173	<u>OLDNALL, Chris</u>	198/319/200	20	00:26:34	03:18:52	01:53:16	05:48:54
174	<u>SUMMERS, Clinton</u>	282/190/202	33	00:27:53	03:04:15	02:09:20	05:49:05
175	<u>STEMMET, Johan</u>	433/91/203	37	00:30:20	02:50:44	02:22:04	05:49:26
176	<u>STROEBEL, Waldemar</u>	139/202/205	31	00:25:34	03:07:15	02:08:31	05:49:41
177	<u>SMITH, Martin</u>	141/216/206	38	00:25:36	03:08:56	02:04:16	05:49:44
178	<u>PURCELL, Rodger</u>	384/151/207	43	00:29:39	02:58:31	02:12:32	05:50:05
179	<u>AGHERDIEN, Tashreeq</u>	301/254/208	27	00:28:11	03:08:32	02:02:29	05:50:49
180	<u>STEELE, Roger</u>	325/286/209	50	00:28:34	03:14:21	01:59:28	05:51:04
181	<u>NASH, Darren</u>	338/325/210	29	00:28:44	03:16:07	01:55:50	05:51:14
182	<u>PRICE, Justin</u>	260/187/211	35	00:27:31	03:01:40	02:11:00	05:51:45
183	<u>BOSCH, Mike</u>	346/199/212	51	00:28:52	03:02:33	02:10:05	05:51:48
184	<u>ROSSOUW, Tiaan</u>	218/36/213	29	00:26:51	02:43:10	02:36:12	05:51:53
185	<u>HENNING, Gawie</u>	62/259/214	27	00:23:29	03:15:43	02:02:11	05:52:00
186	<u>BOSHOFF, David</u>	87/109/215	37	00:24:17	02:58:13	02:21:38	05:52:05
187	<u>PEACH, Jason</u>	297/271/216	20	00:28:08	03:11:52	02:03:04	05:52:45
188	<u>LELLO, Arthur</u>	331/211/217	39	00:28:38	03:03:53	02:10:17	05:52:49
189	<u>BELL, Robert</u>	414/258/218	37	00:30:01	03:07:33	02:03:12	05:52:50
190	<u>ABDO, Andrew</u>	160/244/219	31	00:25:56	03:12:44	02:06:08	05:52:58
191	<u>NORTIER, Vincent</u>	63/119/221	27	00:23:31	03:00:48	02:21:09	05:53:27
192	<u>VAN AARDE, Jacques</u>	347/214/222	31	00:28:54	03:05:50	02:09:23	05:53:29
193	<u>VAN WYK, Chris</u>	373/292/223	34	00:29:32	03:13:37	02:00:12	05:53:33
194	<u>GILL, Mathew</u>	172/252/224	34	00:26:11	03:12:09	02:04:26	05:53:37
195	<u>DE MONK, Robert</u>	510/336/225	40	00:32:22	03:16:57	01:57:56	05:54:02
196	<u>TERBLANCHE, Morne</u>	417/277/226	37	00:30:04	03:10:48	02:03:45	05:54:13
197	<u>BESTER, Andr</u>	383/184/228	44	00:29:39	02:58:33	02:13:32	05:54:19
198	<u>KENNEDY, Denis</u>	565/333/229	57	00:34:00	03:13:47	01:58:38	05:54:47
199	<u>TOMS, Mike</u>	125/94/230	30	00:25:04	02:56:45	02:28:24	05:54:49
200	<u>SHANGE, Sandile</u>	34/230/231	26	00:22:13	03:15:53	02:09:39	05:55:13
201	<u>UYS, Dirk</u>	522/182/232	31	00:32:43	02:58:46	02:16:23	05:55:15
202	<u>RUITER, Dave</u>	579/308/233	33	00:34:42	03:10:27	02:01:55	05:55:17
203	<u>FARRELL, Stephen</u>	305/234/234	37	00:28:21	03:08:13	02:09:14	05:55:26
204	<u>BALDWIN, Mike</u>	339/196/235	41	00:28:46	03:04:58	02:15:22	05:55:43
205	<u>TEIXEIRA, Miguel</u>	584/144/236	36	00:34:55	02:50:17	02:18:33	05:55:51
206	<u>COOMBER, Stephen</u>	367/227/237	25	00:29:26	03:06:28	02:10:28	05:56:12
207	<u>STRYDOM, Danna</u>	438/218/239	47	00:30:26	03:03:19	02:08:56	05:56:17
208	<u>DU PLESSIS, Johan</u>	213/167/240	45	00:26:48	03:02:28	02:16:34	05:56:36
209	<u>ETTER, Braydon</u>	270/250/241	40	00:27:40	03:10:31	02:08:08	05:56:51
210	<u>LOKER, Chris</u>	110/291/242	39	00:24:45	03:18:08	02:02:10	05:56:52
211	<u>HOLLAND, Richard</u>	296/243/243	25	00:28:07	03:11:59	02:10:49	05:57:00
212	<u>HANCOCK, Grant</u>	665/1/244	20	00:51:55	01:25:41	02:38:57	05:57:06
213	<u>FERREIRA, Juan</u>	459/131/245	29	00:30:51	02:55:10	02:23:30	05:57:15
214	<u>MAGSON, Wayne</u>	291/148/246	37	00:28:01	02:59:46	02:19:39	05:57:16
215	<u>GOATE, Adrian</u>	26/123/247	33	00:21:37	03:02:51	02:24:20	05:57:21
216	<u>WILLIAMS, Dale</u>	114/264/248	40	00:24:54	03:13:39	02:07:16	05:57:26
217	<u>EDWARDS, Kelvin</u>	165/241/249	29	00:26:03	03:08:08	02:11:20	05:58:00
218	<u>JANSEN VAN RENSBURG,</u> <u>Andrew</u>	375/237/250	25	00:29:33	03:08:03	02:12:16	05:58:03
219	<u>JOLLY, Wayne</u>	279/261/251	40	00:27:50	03:10:12	02:09:05	05:58:15
220	<u>MCAUGHEY, Andy</u>	422/324/252	41	00:30:09	03:12:26	02:00:16	05:58:19
221	<u>GERBER, David</u>	477/421/253	38	00:31:18	03:26:26	01:52:26	05:58:21
222	<u>OBREE, Richard</u>	576/328/254	29	00:34:32	03:13:22	02:00:50	05:58:25

223	<u>HOY, Stu</u>	173/315/255	33	00:26:12	03:17:01	02:00:50	05:58:25
224	<u>VORSTER, Morne</u>	588/311/256	35	00:34:58	03:09:24	02:03:53	05:58:32
225	<u>PEO, Rayno</u>	212/77/258	35	00:26:48	02:51:40	02:33:19	05:59:10
226	<u>MARINARI, Stefan</u>	206/220/259	45	00:26:42	03:09:48	02:15:05	05:59:15
227	<u>RENSBURG, Craig</u>	408/321/260	31	00:29:58	03:15:42	02:05:11	05:59:44
228	<u>VEENIS, Ron</u>	286/185/261	44	00:27:56	03:04:14	02:18:57	05:59:54
229	<u>MCCAUGHEY, Ryan</u>	229/334/262	22	00:27:06	03:20:49	02:02:46	06:00:01
230	<u>COLANANNI, Quinn</u>	345/265/263	34	00:28:52	03:11:55	02:10:33	06:00:06
231	<u>KUJAWA, Thomas</u>	494/231/264	44	00:31:41	03:04:40	02:13:58	06:00:15
232	<u>MANSON-KULLIN, Bernhard</u>	540/229/266	36	00:33:17	03:02:26	02:15:17	06:01:09
233	<u>MEYER, Gerard</u>	309/274/268	38	00:28:25	03:12:21	02:11:58	06:01:52
234	<u>MCCAUGHEY, Kevin</u>	204/314/269	46	00:26:40	03:19:59	02:07:38	06:01:56
235	<u>VAN DER WALT, Biggles</u>	324/209/271	49	00:28:34	03:03:51	02:19:15	06:01:59
236	<u>MILDENHALL, Alan</u>	128/352/272	30	00:25:14	03:18:32	02:00:53	06:02:05
237	<u>HARRINGTON, Malcolm</u>	157/382/273	49	00:25:53	03:27:23	02:00:11	06:02:11
238	<u>BAKER, Sean</u>	170/207/275	25	00:26:11	03:07:57	02:19:52	06:02:34
239	<u>EVANS, Andre</u>	152/248/276	36	00:25:45	03:11:01	02:12:34	06:02:44
240	<u>DE JAGER, Jaco</u>	624/283/277	29	00:36:50	03:04:42	02:11:27	06:02:45
241	<u>GROENEVELD, Dirk</u>	564/262/278	39	00:33:57	03:05:52	02:13:40	06:02:52
242	<u>WHEELER, Dave</u>	605/391/280	57	00:35:45	03:14:46	01:58:23	06:02:55
243	<u>KERBY, Brian</u>	257/217/281	44	00:27:29	03:05:14	02:17:42	06:03:01
244	<u>FAIRON, Mike</u>	153/253/282	37	00:25:46	03:11:50	02:14:11	06:03:05
245	<u>VENTER, Eugene</u>	508/278/283	38	00:32:16	03:07:07	02:12:53	06:03:05
246	<u>VICTOR, Liam</u>	143/255/284	39	00:25:37	03:13:20	02:13:31	06:03:07
247	<u>MOORE, Sean</u>	407/263/285	42	00:29:58	03:08:21	02:13:21	06:03:20
248	<u>HAGEDORN-HANSEN, Erik</u>	356/304/286	37	00:29:08	03:12:56	02:08:25	06:03:25
249	<u>KATU, Xolani-Enock</u>	401/294/287	21	00:29:55	03:13:17	02:10:50	06:03:26
250	<u>O HAHER, Kyle</u>	103/201/288	39	00:24:41	03:09:16	02:22:52	06:03:26
251	<u>MURRAY, Steven</u>	275/305/289	28	00:27:45	03:15:58	02:09:15	06:03:28
252	<u>SMITH, William</u>	197/180/290	36	00:26:34	03:02:27	02:22:42	06:03:36
253	<u>DIAMOND, Andrew</u>	99/257/291	33	00:24:34	03:13:00	02:13:54	06:03:43
254	<u>SWANEPOEL, Pieter</u>	485/445/292	35	00:31:29	03:31:11	01:54:15	06:03:50
255	<u>LETTS, Shawn</u>	507/226/293	29	00:32:13	03:04:30	02:18:24	06:04:08
256	<u>VOSLOO, Gerhard</u>	245/256/296	49	00:27:21	03:11:54	02:16:59	06:04:35
257	<u>VAN KASTEROP, Lukas</u>	159/195/299	34	00:25:55	03:08:18	02:24:39	06:05:15
258	<u>GIBBS, James</u>	58/177/300	32	00:23:20	03:08:09	02:25:03	06:05:56
259	<u>BEZUIDENHOUT, Jan</u> <u>Albertus</u>	341/348/301	54	00:28:47	03:20:48	02:05:25	06:05:58
260	<u>QUINN, Michael</u>	352/322/302	24	00:29:03	03:16:27	02:09:31	06:06:09
261	<u>BEARY, Casey</u>	269/245/304	32	00:27:38	03:11:28	02:19:22	06:06:44
262	<u>SELIKSON, Michael</u>	220/183/305	41	00:26:55	03:04:00	02:25:23	06:06:55
263	<u>WEBB, Arthur</u>	506/233/306	36	00:32:12	03:03:45	02:19:12	06:07:15
264	<u>SPEIRS, Ralph</u>	177/293/308	28	00:26:14	03:18:01	02:15:36	06:07:41
265	<u>MPOLONGWANA, Zwelandile</u>	357/439/311	36	00:29:12	03:29:16	01:57:00	06:08:28
266	<u>GEE, David</u>	228/290/312	49	00:27:03	03:17:09	02:15:43	06:08:32
267	<u>BOTES, Hannes</u>	415/327/313	48	00:30:01	03:16:18	02:12:54	06:08:40
268	<u>ATTREE, Warwick</u>	440/331/314	35	00:30:26	03:13:34	02:09:25	06:08:45
269	<u>KOCH, Mark</u>	337/188/315	38	00:28:44	03:00:47	02:28:07	06:08:57
270	<u>STUBBINGS, Jeff</u>	190/338/317	27	00:26:28	03:23:18	02:12:05	06:09:01
271	<u>HOWES, Chris</u>	123/129/318	42	00:25:03	03:01:05	02:36:53	06:09:33
272	<u>MCLEAN-ANDERSON, Trevor</u>	483/307/319	38	00:31:26	03:11:22	02:15:28	06:09:58
273	<u>NOBUMBA, Mbongeni</u>	618/562/321	33	00:36:32	03:35:51	01:41:53	06:10:39
274	<u>CRAWFORD, Mark</u>	635/514/324	27	00:37:24	03:28:27	01:50:20	06:11:38
275	<u>BRADFIELD, Jarad</u>	55/235/325	20	00:23:11	03:16:11	02:26:12	06:11:45
276	<u>JENNINGS, Grant</u>	148/238/326	35	00:25:43	03:13:03	02:25:00	06:11:58
277	<u>FERREIRA, Calvyn</u>	235/179/328	32	00:27:08	03:03:15	02:31:37	06:12:23
278	<u>GRENFELL, Duncan</u>	189/343/329	42	00:26:27	03:20:55	02:13:48	06:12:24

279	<u>NGOBO, Thembani</u>	396/448/330	27	00:29:50	03:31:14	02:03:01	06:12:27
280	<u>STOCK, Francois</u>	312/332/331	30	00:28:27	03:17:05	02:13:51	06:12:28
281	<u>UYS, Herman</u>	392/329/332	25	00:29:45	03:16:19	02:15:00	06:12:56
282	<u>LE ROUX, Adrian</u>	119/169/333	36	00:24:59	03:04:58	02:34:33	06:13:20
283	<u>BECKLEY, John Mark</u>	476/242/335	46	00:31:17	03:06:33	02:26:21	06:13:22
284	<u>NELSON, Paul</u>	168/193/337	33	00:26:05	03:05:39	02:30:38	06:13:47
285	<u>CARR, Bevan</u>	398/362/338	33	00:29:51	03:22:08	02:14:58	06:14:04
286	<u>BAILIE, Craig</u>	465/364/339	24	00:30:59	03:19:04	02:12:14	06:14:17
287	<u>VENTER, Andre</u>	326/357/340	47	00:28:35	03:22:36	02:15:11	06:14:19
288	<u>STONE, Philip</u>	487/276/342	34	00:31:32	03:09:12	02:23:43	06:15:05
289	<u>VAN WYK, Hendrik</u>	594/367/343	41	00:35:13	03:16:01	02:16:12	06:15:23
290	<u>TROLLIP, Neil</u>	147/335/344	49	00:25:39	03:21:47	02:15:44	06:16:05
291	<u>TIMMS, David</u>	442/342/345	42	00:30:26	03:17:01	02:18:04	06:16:06
292	<u>PRETORIUS, Daniel</u>	592/366/346	32	00:35:10	03:17:21	02:15:38	06:16:12
293	<u>BLIGNAUT, Brenton</u>	219/268/348	42	00:26:53	03:12:15	02:25:19	06:16:41
294	<u>PITT, Grant</u>	186/323/349	36	00:26:23	03:17:55	02:20:33	06:16:46
295	<u>PICKERING, Anthony</u>	538/236/351	44	00:33:13	03:04:10	02:30:12	06:16:59
296	<u>HERMAN, Dane</u>	607/419/352	41	00:35:49	03:22:35	02:11:42	06:17:07
297	<u>SCHICKERLING, Morne</u>	350/371/353	36	00:29:00	03:18:50	02:12:33	06:17:21
298	<u>KOTZE, Jurie</u>	100/521/354	25	00:24:36	03:44:50	01:57:09	06:17:31
299	<u>SPARKS, Paul</u>	224/442/355	52	00:27:00	03:30:26	02:05:20	06:17:42
300	<u>MESSENGER, Scott</u>	404/339/357	28	00:29:57	03:15:40	02:20:15	06:18:16