



2017 SA National Cross Country Cup # 3
Happy Valley Conservancy - Bloemfontein - 6th May 2017



Group or Category	Athlete Details					Split Times						Final Results		
	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Nipper Girls	1	651	NG	Hannah	Elliott	00.13.57	00.14.20					00.28.17	2	
	2	654	NG	Danel	De Jager	00.14.42	00.15.57					00.30.39	2	
	3	652	NG	Megan	Botha	00.15.02	00.15.52					00.30.54	2	
	4	653	NG	Delsia	Janse Van Vuuren	00.15.20	00.15.59					00.31.19	2	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Nipper Boys	1	608	NB	Logan	Stander	00.11.51	00.12.17	00.11.42				00.35.50	3	
	2	603	NB	Alessandro	Fanicchi	00.11.50	00.12.18	00.11.50				00.35.58	3	
	3	604	NB	Roger	Suren	00.12.57	00.13.08	00.12.39				00.38.44	3	
	4	601	NB	Luca	Zietsman	00.12.47	00.13.00	00.12.59				00.38.46	3	
	5	607	NB	Jed	Bridger	00.12.48	00.13.02	00.13.03				00.38.53	3	
	6	606	NB	Marco	Thiel	00.13.16	00.13.47	00.13.49				00.40.52	3	
	7	614	NB	Dian	Serfontein	00.14.26	00.14.46	00.14.49				00.44.01	3	
	8	613	NB	Liam	Badenhorst	00.14.37	00.14.52	00.14.41				00.44.10	3	
	9	610	NB	Matthew	Horter	00.14.45	00.15.06	00.16.42				00.46.33	3	
	10	611	NB	Cade	Smith	00.16.30	00.16.45	00.17.14				00.50.29	3	
	11	609	NB	Taylon	Stander	00.16.25	00.17.54	00.16.24				00.50.43	3	
	12	605	NB	Sean	Lowe	00.13.15	00.26.09	00.14.29				00.53.53	3	
	13	612	NB	Usisipho	Mnqeta	00.27.32	00.30.30					00.58.02	2	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Sprog Girls	1	552	SG	Lilian	Baber	00.12.14	00.12.44	00.12.58				00.37.56	3	
	2	555	SG	Riley	Smith	00.14.05	00.14.46	00.15.34				00.44.25	3	
	3	554	SG	Ada	Kahl	00.16.11	00.16.18	00.16.29				00.48.58	3	
	4	551	SG	Carla	Kotze	00.16.09	00.18.04	00.18.31				00.52.44	3	
	5	553	SG	Sarah-Dene	Wyllie	00.16.07	00.20.37	00.20.20				00.57.04	3	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Sprog Boys	1	501	SB	Alec	Coleske	00.10.47	00.10.43	00.10.53	00.10.45			00.43.08	4	
	2	511	SB	Kevin	Lowe	00.10.54	00.10.59	00.11.28	00.11.14			00.44.35	4	
	3	504	SB	Hendre	De Villiers	00.10.55	00.11.30	00.11.26	00.11.28			00.45.19	4	
	4	502	SB	Ernest	Roets	00.10.52	00.11.28	00.12.00	00.11.48			00.46.08	4	
	5	512	SB	Francois	De Jager	00.11.07	00.11.56	00.11.45	00.11.21			00.46.09	4	
	6	510	SB	Daniel	Hahn	00.11.45	00.11.39	00.12.08	00.12.11			00.47.43	4	
	7	506	SB	Philip	Van Schalkwyk	00.11.44	00.12.20	00.11.59	00.12.01			00.48.04	4	
	8	505	SB	Hendre	Schoeman	00.11.56	00.12.09	00.12.00	00.12.04			00.48.09	4	
	9	503	SB	Andre	Van Rooyen	00.12.22	00.12.39	00.13.15	00.12.33			00.50.49	4	
	10	507	SB	Jomar	Prinsloo	00.12.51	00.12.58	00.12.56	00.13.25			00.52.10	4	
	11	509	SB	Teo	Bosazza	00.13.34	00.14.48	00.14.40	00.14.46			00.57.48	4	
	12	513	SB	Azizipho	Mnqeta	00.18.31	00.19.19	00.20.50				00.58.40	3	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Sub Junior Girls	1	451	JG	Chante	Olivier	00.21.53	00.22.45					00.44.38	2	
	2	452	JG	Chloe	Bateson	00.24.31	00.25.58					00.50.29	2	
	3	454	JG	Madison	Mann	00.25.21	00.27.34					00.52.55	2	
	4	455	JG	Anvia	Bredenkamp	00.29.27	00.32.37					01.02.04	2	
	5	453	JG	Danielle	Barnard	00.31.21	00.34.37					01.05.58	2	
	6	456	JG	Monique	Du Plessis	00.31.48	00.36.33					01.08.21	2	
	7	459	JG	Fiona	Vorster	00.34.00	00.44.22					01.18.22	2	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Sub Junior Boys	1	401	JB	Luca	Ruwiel	00.20.20	00.20.37	00.19.26				01.00.23	3	
	2	403	JB	Marcell	Swartz	00.20.20	00.20.53	00.21.00				01.02.13	3	
	3	402	JB	Ben	Du Plessis	00.20.39	00.22.02	00.22.30				01.05.11	3	
	4	412	JB	Justin	Vosloo	00.21.58	00.22.56	00.23.03				01.07.57	3	
	5	407	JB	Jooste	Coetzee	00.22.18	00.22.57	00.23.30				01.08.45	3	
	6	406	JB	Jordan	Bold	00.21.49	00.24.18	00.23.26				01.09.33	3	
	7	419	JB	Ruan	Jansen Van Vuuren	00.22.42	00.24.30	00.24.39				01.11.51	3	
	8	409	JB	Erik	Van Rooyen	00.23.15	00.24.56	00.24.31				01.12.42	3	
	9	418	JB	Neil	Macloed	00.23.55	00.24.25	00.24.23				01.12.43	3	
	10	416	JB	Luhan	Serfontein	00.23.56	00.26.08	00.27.09				01.17.13	3	



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	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
	11	422	JB	S W	Kruger	00:23.50	00:27.17	00:28.27				01:19.34	3	
	12	424	JB	Gerhard	Alberts	00:24.22	00:28.03	00:27.53				01:20.18	3	
	13	417	JB	Ethan	L'Estrange	00:25.04	00:26.58	00:28.35				01:20.37	3	
	14	405	JB	Lourens	Spies	00:24.43	00:28.46	00:27.11				01:20.40	3	
	15	404	JB	Mauritz	Kotze	00:25.00	00:27.34	00:28.09				01:20.43	3	
	16	410	JB	Dillon	Botha	00:26.00	00:28.27	00:28.15				01:22.42	3	
	17	420	JB	Nicholas	De Bruin	00:24.04	00:25.50	00:35.16				01:25.10	3	
	18	408	JB	Joshua	Baber	00:22.42	00:35.00	00:27.29				01:25.11	3	
	19	415	JB	Nico	Kleynhans	00:27.41	00:33.38					01:01.19	2	LPD
	20	414	JB	Vermaak	Myburgh	00:27.52	00:35.01					01:02.53	2	LPD
	21	413	JB	Johann	Visser	00:32.20	00:40.21					01:12.41	2	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Youth Women	1	351	YW	Zandri	Strydom	00:20.19	00:21.53	00:22.16				01:04.28	3	
	2	358	YW	Sabine	Thies	00:22.02	00:24.07	00:23.34				01:09.43	3	
	3	356	YW	Emma	Van Coller	00:22.43	00:24.03	00:23.43				01:10.29	3	
	4	354	YW	Andrea	De Waal	00:24.29	00:26.53	00:28.40				01:20.02	3	
	5	357	YW	Sarah	Ledingham	00:31.50	00:36.43	00:40.45				01:49.18	3	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Youth Men	1	301	YM	Luke	Moir	00:16.53	00:17.27	00:17.21				00:51.41	3	
	2	302	YM	Jamie	Penfold	00:16.56	00:17.29	00:17.34				00:51.59	3	
	3	309	YM	Daniel	Van Der Walt	00:17.08	00:17.53	00:18.02				00:53.03	3	
	4	310	YM	Joshua	Laughton	00:17.10	00:18.02	00:18.19				00:53.31	3	
	5	303	YM	Tristan	Nortje	00:17.26	00:18.20	00:18.59				00:54.45	3	
	6	312	YM	Nathan	Kurensky	00:18.52	00:19.17	00:19.10				00:57.19	3	
	7	313	YM	Reinhart	Viljoen	00:18.54	00:19.32	00:19.54				00:58.20	3	
	8	308	YM	Andreas	Schalekamp	00:18.53	00:19.48	00:20.15				00:58.56	3	
	9	306	YM	Camelius	Van Der Riet	00:19.17	00:19.46	00:20.08				00:59.11	3	
	10	953	YM	Jean-Louis	Trichard	00:19.42	00:19.59	00:19.57				00:59.38	3	
	11	315	YM	Matteo	Damilano	00:19.39	00:20.43	00:19.53				01:00.15	3	
	12	314	YM	Zander	Kruger	00:19.40	00:20.18	00:20.33				01:00.31	3	
	13	322	YM	Marnus	Prinsloo	00:19.30	00:20.19	00:20.48				01:00.37	3	
	14	333	YM	Dieter	Koen	00:20.12	00:20.03	00:20.24				01:00.39	3	
	15	321	YM	Rayé	Moolman	00:19.18	00:20.21	00:21.08				01:00.47	3	
	16	320	YM	Liam	Edwards	00:19.24	00:20.39	00:21.00				01:01.03	3	
	17	305	YM	Hennie	Van Wyk	00:21.32	00:20.08	00:20.08				01:01.48	3	
	18	323	YM	Estian	Schoeman	00:20.05	00:20.58	00:21.09				01:02.12	3	
	19	316	YM	Juan	Van Rooyen	00:20.24	00:21.25	00:22.26				01:04.15	3	
	20	332	YM	Bernard	Van Jaarsveld	00:21.06	00:21.48	00:22.10				01:05.04	3	
	21	318	YM	Benjamin	Baber	00:20.00	00:22.45	00:22.51				01:05.36	3	
	22	319	YM	Franco	Mcleod	00:20.51	00:24.05	00:21.47				01:06.43	3	
	23	957	YM	Ferreira	Swanepoel	00:22.13	00:22.19	00:22.17				01:06.49	3	
	24	317	YM	Thys	Van Der Riet	00:21.36	00:22.51	00:22.23				01:06.50	3	
	25	330	YM	Luan	Fischer	00:21.53	00:23.07	00:22.19				01:07.19	3	
	26	329	YM	Marco	Visser	00:22.19	00:22.09	00:22.58				01:07.26	3	
	27	311	YM	Francois	Oosthuizen	00:22.54	00:22.24	00:22.57				01:08.15	3	
	28	338	YM	Hugo	Hahn	00:22.38	00:22.16	00:23.21				01:08.15	3	
	29	336	YM	Anrich	Du Plessis	00:20.41	00:24.16	00:23.41				01:08.38	3	
	30	324	YM	Mitchel	Potgieter	00:22.15	00:23.29	00:22.55				01:08.39	3	
	31	325	YM	Pieter-Jan	Pretorius	00:21.28	00:23.43	00:23.35				01:08.46	3	
	32	961	YM	Jaco	Keeve	00:22.32	00:22.25	00:23.53				01:08.50	3	
	33	326	YM	Pieter	Coetzee	00:22.37	00:23.32	00:24.58				01:11.07	3	
	34	954	YM	Petrus	Le Roux	00:21.48	00:23.24	00:26.21				01:11.33	3	
	35	334	YM	Janru	Beneke	00:23.28	00:24.24	00:24.38				01:12.30	3	
	36	307	YM	Travis	Stedman	00:29.23	00:20.54	00:22.47				01:13.04	3	
	37	328	YM	Andre	Gouws	00:26.09	00:24.22	00:26.09				01:16.40	3	
	38	335	YM	Jerovian	Francis	00:25.45	00:27.48	00:29.04				01:22.37	3	



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	39	956	YM	Johan	Ferreira	00.26.07	00.28.50	00.29.01				01.23.58	3	
	40	958	YM	Jimmy	Smith	00.21.16	00.22.20	00.40.46				01.24.22	3	
	41	955	YM	Nathan	Calitz	00.25.57	00.29.29					00.55.26	2	LPD
	42	337	YM	Ryan	Scrimgeour	00.26.16	00.29.11					00.55.27	2	LPD
	43	959	YM	Henry	Keyter	00.30.50	00.39.08					01.09.58	2	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Junior Women	1	272	JW	Tiffany	Keep	00.20.15	00.21.20	00.22.33				01.04.08	3	
	2	271	JW	Danielle	Strydom	00.20.16	00.22.40	00.22.18				01.05.14	3	
	3	277	JW	Azulde	Britz	00.22.48	00.24.54	00.23.16				01.10.58	3	
	4	278	JW	Steffanie	Grossman	00.23.05	00.23.50	00.25.03				01.11.58	3	
	5	274	JW	Mia	De Villiers	00.23.55	00.24.10	00.25.03				01.13.08	3	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Junior Men	1	202	JM	Pieter	Du Toit	00.16.29	00.17.23	00.17.29	00.17.28			01.08.49	4	
	2	201	JM	Johann	Trotzky	00.16.38	00.17.44	00.18.06	00.18.22			01.10.50	4	
	3	207	JM	Alex	Miller	00.17.20	00.17.44	00.18.10	00.17.37			01.10.51	4	
	4	206	JM	Dawie	Grobbelaar	00.17.23	00.18.08	00.18.35	00.18.43			01.12.49	4	
	5	204	JM	Rossouw	Bekker	00.17.22	00.18.22	00.18.40	00.18.40			01.13.04	4	
	6	205	JM	Keagan	Bontekoning	00.17.01	00.18.53	00.18.30	00.18.40			01.13.04	4	
	7	211	JM	Brendan	Van Eeden	00.17.41	00.19.18	00.19.23	00.19.09			01.15.31	4	
	8	237	JM	Chris	Du Plessis	00.18.43	00.18.47	00.18.54	00.20.35			01.16.59	4	
	9	208	JM	Marcel	Holtz	00.19.09	00.19.06	00.20.22	00.19.58			01.18.35	4	
	10	212	JM	Zachary	Swart	00.19.29	00.19.43	00.20.07	00.19.23			01.18.42	4	
	11	218	JM	Jared	Cowan	00.17.39	00.19.54	00.20.31	00.22.05			01.20.09	4	
	12	240	JM	Constant	Furstenberg	00.19.53	00.19.55	00.20.25	00.20.14			01.20.27	4	
	13	213	JM	Gerrit	Rautenbach	00.19.07	00.21.34	00.20.20	00.19.55			01.20.56	4	
	14	239	JM	Rudi	Koen	00.19.51	00.20.21	00.20.50	00.20.06			01.21.08	4	
	15	214	JM	Hendrik	Bester	00.19.06	00.20.24	00.20.42	00.20.58			01.21.10	4	
	16	220	JM	Cian	Leveridge	00.19.08	00.20.00	00.20.40	00.21.36			01.21.24	4	
	17	210	JM	Chad	Fikkert	00.18.24	00.20.26	00.21.47	00.21.16			01.21.53	4	
	18	215	JM	Lehan	Janse Van Vuuren	00.19.04	00.20.04	00.21.16	00.21.34			01.21.58	4	
	19	209	JM	Mulder	Oosthuizen	00.18.23	00.19.46	00.22.24	00.21.46			01.22.19	4	
	20	229	JM	Johan	Kruger	00.20.02	00.20.44	00.20.43	00.20.56			01.22.25	4	
	21	216	JM	Josh	Bester	00.20.18	00.20.41	00.20.49	00.21.42			01.23.30	4	
	22	227	JM	Evan	Prinsloo	00.20.48	00.20.50	00.20.42	00.21.57			01.24.17	4	
	23	217	JM	Casper	Pretorius	00.19.19	00.23.30	00.21.26	00.21.22			01.25.37	4	
	24	219	JM	Eric	Ramohano	00.19.52	00.22.02	00.21.54	00.23.43			01.27.31	4	
	25	222	JM	Riku	Le Roux	00.21.22	00.20.39	00.21.51	00.23.47			01.27.39	4	
	26	224	JM	Brydan	Liebenberg	00.20.36	00.21.26	00.23.26	00.24.09			01.29.37	4	
	27	233	JM	Luhan	Maritz	00.21.23	00.22.10	00.22.58	00.25.49			01.32.20	4	
	28	242	JM	Bendeon	Myburgh	00.20.29	00.23.23	00.25.05				01.08.57	3	LPD
	29	236	JM	Wynand	Brits	00.21.51	00.23.47	00.24.42				01.10.20	3	LPD
	30	238	JM	Gerno	Visser	00.22.19	00.24.30	00.25.56				01.12.45	3	LPD
	31	231	JM	Wian	Smith	00.19.56	00.20.49	00.34.02				01.14.47	3	LPD
	32	230	JM	Chrisjan	Naude	00.22.24	00.28.13	00.24.10				01.14.47	3	LPD
	33	232	JM	Jaco	Uys	00.24.23	00.53.25					01.17.48	2	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Elite Women	1	101	EW	Mariske	Strauss	00.18.41	00.19.36	00.19.42	00.20.18	00.20.34		01.38.51	5	
	2	102	EW	Ariane	Luethi	00.19.39	00.20.01	00.20.25	00.20.56	00.21.14		01.42.15	5	
	3	111	EW	Michelle	Vorster	00.19.38	00.20.44	00.21.29	00.22.09	00.21.50		01.45.50	5	
	4	104	EW	Sarah	Hill	00.20.20	00.21.55	00.22.14	00.22.39	00.23.08		01.50.16	5	
	5	113	EW	Frances	Du Toit	00.20.44	00.22.20	00.23.20	00.24.31	00.24.39		01.55.34	5	
	6	110	EW	Julia	Kotze	00.22.17	00.24.06	00.23.52	00.25.01	00.24.49		02.00.05	5	
	7	109	EW	Nora	Richards	00.23.13	00.24.36	00.25.40	00.26.34			01.40.03	4	LPD
	8	112	EW	Rozalia	Kubyana	00.24.39	00.25.29	00.27.21	00.28.18			01.45.47	4	LPD
	9	103	EW	Likeleli	Masitise	00.25.25	00.26.33	00.28.29	00.29.40			01.50.07	4	LPD
	10	107	EW	Stacey	Hyslop	00.27.43	00.30.50	00.33.02	00.35.53			02.07.28	4	LPD



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Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Elite Men	1	1	EM	Alan	Hatherly	00.14.51	00.15.36	00.15.51	00.16.04	00.16.09	00.16.14	01.34.45	6	
	2	7	EM	Jan	Withaar	00.15.35	00.16.30	00.16.12	00.16.33	00.16.48	00.16.59	01.38.37	6	
	3	3	EM	Stuart	Marais	00.15.35	00.16.29	00.16.22	00.16.47	00.17.08	00.16.50	01.39.11	6	
	4	15	EM	Dominic	Calitz	00.16.14	00.16.21	00.16.33	00.17.06	00.16.51	00.16.35	01.39.40	6	
	5	8	EM	Arno	Du Toit	00.15.02	00.17.23	00.17.37	00.16.47	00.16.26	00.17.09	01.40.24	6	
	6	4	EM	Julian	Jessop	00.16.20	00.16.54	00.16.41	00.16.54	00.18.25	00.18.40	01.43.54	6	
	7	9	EM	Tristan	De Lange	00.16.49	00.17.44	00.17.27	00.17.51	00.18.06	00.18.12	01.46.09	6	
	8	20	EM	Jason	Meaton	00.17.07	00.17.44	00.17.35	00.17.58	00.18.18	00.18.09	01.46.51	6	
	9	16	EM	Wessel	Botha	00.16.17	00.18.08	00.17.56	00.18.49	00.18.00	00.18.35	01.47.45	6	
	10	18	EM	Thomas	Jessop	00.16.39	00.17.52	00.18.10	00.18.29	00.18.45	00.19.23	01.49.18	6	
	11	2	EM	Phetsetso	Monese	00.17.26	00.18.39	00.18.24	00.18.14	00.19.26	00.19.59	01.52.08	6	
	12	19	EM	Ryan	Ellis	00.17.47	00.18.25	00.18.16	00.18.12	00.19.00	00.21.23	01.53.03	6	
	13	30	EM	Henry	Liebenberg	00.16.58	00.18.13	00.18.34	00.19.19	00.19.34	00.20.37	01.53.15	6	
	14	28	EM	Sithembiso	Masango	00.18.16	00.18.35	00.18.58	00.19.35	00.18.59	00.21.06	01.55.29	6	
	15	6	EM	Tumelo	Makae	00.17.57	00.19.25	00.19.37	00.18.30	00.19.11		01.34.40	5	LPD
	16	17	EM	Frans	Nel	00.17.33	00.18.29	00.18.58	00.19.40	00.20.46		01.35.26	5	LPD
	17	5	EM	Paseka	Makhebesela	00.18.02	00.18.51	00.19.37	00.19.17	00.20.06		01.35.53	5	LPD
	18	32	EM	Martin	Van Der Westhuizen	00.18.41	00.19.38	00.19.53	00.20.12	00.20.24		01.38.48	5	LPD
	19	38	EM	Pieter	Korkie	00.19.22	00.19.59	00.20.21	00.20.44	00.20.42		01.41.08	5	LPD
	20	27	EM	Mboneni	Ngcobo	00.19.13	00.19.52	00.19.53	00.19.12	00.24.14		01.42.24	5	LPD
	21	24	EM	William	Mokgopo	00.18.13	00.20.57	00.19.41	00.20.34	00.23.15		01.42.40	5	LPD
	22	11	EM	Malefetsane	Lesofe	00.17.48	00.18.38	00.22.31	00.22.32	00.22.32		01.44.01	5	LPD
	23	31	EM	Katleho	Manasi	00.19.17	00.21.15	00.20.43	00.22.21	00.22.39		01.46.15	5	LPD
	24	13	EM	Tseko	Shelile	00.20.57	00.21.24	00.22.09	00.22.12	00.22.48		01.49.30	5	LPD
	25	35	EM	Anele	Mtalana	00.19.43	00.21.31	00.23.11	00.22.48	00.23.22		01.50.35	5	LPD
	26	25	EM	Michael	Maine	00.18.16	00.19.41	00.19.56	00.31.12	00.23.27		01.52.32	5	LPD
	27	29	EM	Christiaan	Lamprecht	00.19.02	00.21.04	00.21.44	00.23.18	00.31.07		01.56.15	5	LPD
	28	23	EM	Joseph	Daka	00.22.19	00.24.29	00.25.40	00.26.39			01.39.07	4	LPD
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Sub Vet Women	1	751	SW	Ronel	Odendaal	00.41.01	00.48.18					01.29.19	2	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Sub Vet Men	1	703	SV	Jacques	Malherbe	00.18.12	00.19.38	00.19.31	00.20.07			01.17.28	4	
	2	701	SV	Duane	Stander	00.19.21	00.20.41	00.20.54	00.21.26			01.22.22	4	
	3	702	SV	Justice	Makhale	00.22.49	00.25.07	00.26.08	00.26.22			01.40.26	4	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Veteran Men	1	801	VM	Mark	Moir	00.19.14	00.20.22	00.21.16	00.20.36			01.21.28	4	
	2	806	VM	David	Walsh	00.21.33	00.24.10	00.22.26	00.23.06			01.31.15	4	
	3	803	VM	Marcel	Suren	00.22.25	00.23.48	00.23.42	00.23.26			01.33.21	4	
Category	Pos	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Remarks
Master Men	1	902	MM	Dirk	Maarsingh	00.19.41	00.21.16	00.21.59				01.02.56	3	
	2	905	MM	Alan	Van Coller	00.22.47	00.20.45	00.21.54				01.05.26	3	
	3	901	MM	Marc	Ruwiel	00.24.35	00.27.19	00.27.02				01.18.56	3	