

### XL course overall

Name	Gender	Categ	C/Sort	No Races	Series Totals	Results	Results	Results	TSSL#6 Paarl Nature Reserve -- 20km	TSSL #2 Kogelberg Biosphere - 23.5km	TSSL#3 Oak Valley - 22.5km
					Time	Overall	Gender	Categ	Time	Time	Time
Kevin SPRATLEY	Male	Master	3	3	05:36:19	1	1	1	01:33:45	02:19:07	01:43:27
Munyaradzi MUSVOSVI	Male	Open	10	3	08:34:31	2	2	1	02:17:36	03:38:16	02:38:39
Ryan BROWN	Male	Veteran	2	3	08:37:38	3	3	1	02:25:46	03:39:41	02:32:11
Sean LOURENS	Male	Open	10	3	08:54:41	4	4	2	02:09:58	04:13:31	02:31:12
Paul TRUSCOTT	Male	Veteran	2	3	09:04:32	5	5	2	02:27:23	04:04:22	02:32:47
Simon JENKINS	Male	Veteran	2	3	09:17:20	6	6	3	02:25:42	04:07:21	02:44:17
Muzaffar PARKER	Male	Open	10	3	09:20:45	7	7	3	02:28:55	04:16:20	02:35:30
Donovan BRANDT	Male	Veteran	2	3	10:08:37	8	8	4	02:45:37	04:22:47	03:00:13
Benjamin KAGINA	Male	Veteran	2	3	10:16:59	9	9	5	02:40:15	04:39:19	02:57:25

### LONG course overall

Name	Gender	Categ	C/Sort	No Races	Series Totals	Results	Results	Results	TSSL#6 Paarl Nature Reserve - 13.5km	TSSL #2 Kogelberg Biosphere Kleinmond - 14km	TSSL#3 Oak Valley - Long
					Time	Overall	Gender	Categ	Time	Time	Time
Lambert BRINK	Male	Open	10	3	03:27:44	1	1	1	01:10:42	01:15:58	01:01:04
Neil HERMANN	Male	Master	3	3	03:44:07	2	2	1	01:10:15	01:27:12	01:06:40
Cliff Kuadkwasho	Male	Grand Ma	7	3	03:55:49	3	3	1	01:14:35	01:28:59	01:12:15
Charl JOOSTE	Male	Open	10	3	03:58:32	4	4	2	01:21:50	01:33:17	01:03:25
Leslie CHIVELL	Male	Grand Ma	7	3	04:03:20	5	5	2	01:28:35	01:28:30	01:06:15
Japie SWANEPOEL	Male	Master	3	3	04:16:21	6	6	2	01:18:46	01:38:47	01:18:48
Desmond LABUSCHAGN	Male	Grand Ma	7	3	05:03:07	7	7	3	01:41:12	01:57:59	01:23:56
Sydney ROBERTS	Male	Veteran	2	3	05:07:24	8	8	1	01:38:14	01:57:09	01:32:01

### SHORT course overall

Name	Gender	Categ	C/Sort	No Races	Series Totals	Results	Results	Results	TSSL#6 Paarl Nature Reserve - 7.5km	TSSL #2 Kogelberg Biosphere Kleinmond - 7.3km	TSSL#3 Oak Valley - Short
					Time	Overall	Gender	Categ	Time	Time	Time
Liam Clarke	Male	Junior	4	3	01:43:11	1	1	1	00:44:01	00:34:48	00:24:22
Ian VISAGIE	Male	Veteran	2	3	01:58:56	2	2	1	00:48:17	00:43:41	00:26:58
Donald LOUBSER	Male	Open	10	3	02:12:09	3	3	1	00:54:52	00:48:44	00:28:33
Justin HOWLETT	Male	Open	10	3	02:28:48	4	4	2	00:51:27	00:47:11	00:50:10
Charl MARAIS	Male	Grand Ma	7	3	02:29:45	5	5	1	01:01:27	00:54:29	00:33:49
Gertruida JOOSTE	Female	Grand Ma	7	3	02:36:44	6	1	1	01:01:26	00:59:01	00:36:17
Shelley MARAIS	Female	Grand Ma	7	3	02:44:20	7	2	2	01:09:19	00:58:42	00:36:19
Elsa SWART	Female	Veteran	2	3	02:57:41	8	3	1	01:22:19	00:57:08	00:38:14
Natasha DE JAGER	Female	Open	10	3	04:01:24	9	4	1	01:44:17	01:25:32	00:51:35