

Cape Summer Trail Series® Championship 2019

NOTE: The results below are for the Cape Summer Trail Series® 2019 Championship and only include the runners competing in the LONG course. Three race scores count towards the final score. Updated 01/02/2019. For any queries please email info@wildrunner.co.za

Open Men

| Position | Race # | Batch | Name | Surname | Category | Sex | Age | Race #1: | | Race #2: | | Race #3: | | TOTAL | | TOTAL AFTER DISCARD | |
|----------|--------|-------|----------|----------------------|----------|------|-----|-------------------|----------|-------------------|----------|-------------------|----------|--------|----------|---------------------|----------|
| | | | | | | | | Position & Points | Time | Position & Points | Time | Position & Points | Time | Points | Time | Points | Time |
| 1 | 88 | A | Sivive | Nkombi | Open | Male | 30 | 1 | 00:38:48 | 1 | 00:52:42 | 1 | 00:33:13 | 3 | 02:04:43 | 2 | 01:12:02 |
| 2 | 69 | A | Peter | Tsawayo | Open | Male | 39 | 3 | 00:39:32 | 2 | 00:55:32 | 2 | 00:35:15 | 7 | 02:10:18 | 4 | 01:14:47 |
| 3 | 58 | A | Drew | Romans | Open | Male | 21 | 10 | 00:44:40 | 5 | 00:59:16 | 6 | 00:38:01 | 21 | 02:21:57 | 11 | 01:22:41 |
| 4 | 1 | A | Lucas | Adams | Open | Male | 30 | 12 | 00:45:13 | 4 | 00:59:08 | 7 | 00:38:02 | 23 | 02:22:24 | 11 | 01:23:15 |
| 5 | 85 | A | Jamie | Holtzhausen | Open | Male | 35 | 11 | 00:45:11 | 6 | 01:02:12 | 9 | 00:38:41 | 26 | 02:26:03 | 15 | 01:23:51 |
| 6 | 29 | A | Wesley | Johnston | Open | Male | 34 | 17 | 00:46:52 | 7 | 01:02:29 | 12 | 00:39:55 | 36 | 02:29:16 | 19 | 01:26:46 |
| 7 | 25 | A | Jeremy | Gray | Open | Male | 31 | 23 | 00:48:24 | 8 | 01:02:55 | 16 | 00:41:09 | 47 | 02:32:29 | 24 | 01:29:34 |
| 8 | 80 | A | Yashin | Raghavjee | Open | Male | 37 | 300 | 03:00:00 | 11 | 01:04:18 | 13 | 00:40:37 | 324 | 04:44:56 | 24 | 01:31:26 |
| 9 | 17 | A | James | Day | Open | Male | 33 | 24 | 00:48:55 | 9 | 01:02:57 | 17 | 00:41:28 | 50 | 02:33:20 | 26 | 01:30:23 |
| 10 | 1051 | B | Warren | Hawkins | Open | Male | 39 | 18 | 00:46:54 | 10 | 01:03:20 | 300 | 03:00:00 | 328 | 04:50:14 | 28 | 01:50:14 |
| 11 | 1159 | B | Luhan | Verwey | Open | Male | 25 | 26 | 00:49:42 | 12 | 01:07:22 | 18 | 00:41:44 | 56 | 02:38:48 | 30 | 01:31:26 |
| 12 | 4 | A | Nick | Beste | Open | Male | 28 | 22 | 00:48:01 | 300 | 03:00:00 | 11 | 00:39:48 | 333 | 04:27:49 | 33 | 01:27:49 |
| 13 | 65 | A | Jonathan | Sydow | Open | Male | 39 | 35 | 00:54:07 | 19 | 01:14:00 | 22 | 00:45:52 | 76 | 02:53:59 | 41 | 01:39:59 |
| 14 | 67 | A | Shen | Tian | Open | Male | 34 | 28 | 00:50:11 | 300 | 03:00:00 | 15 | 00:40:53 | 343 | 04:31:04 | 43 | 01:31:04 |
| 15 | 38 | A | Aubrey | Makhubo | Open | Male | 28 | 85 | 01:02:16 | 33 | 01:18:15 | 10 | 00:39:18 | 128 | 02:59:50 | 43 | 01:41:34 |
| 16 | 62 | A | Rouen | Smit | Open | Male | 29 | 40 | 00:55:11 | 18 | 01:13:53 | 26 | 00:46:39 | 84 | 02:55:42 | 44 | 01:41:49 |
| 17 | 70 | A | Robert | Turner | Open | Male | 26 | 47 | 00:56:47 | 21 | 01:15:30 | 28 | 00:46:43 | 96 | 02:59:00 | 49 | 01:43:30 |
| 18 | 1066 | B | Francois | Jooste | Open | Male | 36 | 37 | 00:54:20 | 24 | 01:15:52 | 29 | 00:46:55 | 90 | 02:57:08 | 53 | 01:41:15 |
| 19 | 6 | A | Joakim | Blackadder Immenkamp | Open | Male | 34 | 57 | 00:57:58 | 15 | 01:11:30 | 39 | 00:48:03 | 111 | 02:57:31 | 54 | 01:46:01 |
| 20 | 1057 | B | Justin | Hewitt | Open | Male | 29 | 53 | 00:57:12 | 22 | 01:15:38 | 33 | 00:47:28 | 108 | 03:00:18 | 55 | 01:44:40 |
| 21 | 73 | A | Jarno | Vorster | Open | Male | 26 | 73 | 01:00:11 | 26 | 01:16:05 | 32 | 00:47:18 | 131 | 03:03:34 | 58 | 01:47:29 |
| 22 | 1151 | B | Sierd | van der Bij | Open | Male | 30 | 39 | 00:55:01 | 300 | 03:00:00 | 21 | 00:45:14 | 360 | 04:40:15 | 60 | 01:40:15 |
| 23 | 1065 | B | Charl | Jooste | Open | Male | 34 | 49 | 00:56:49 | 25 | 01:15:54 | 35 | 00:47:41 | 109 | 03:00:25 | 60 | 01:44:31 |
| 24 | 1271 | B | Jonathan | Edwards | Open | Male | 34 | 300 | 03:00:00 | 29 | 01:16:21 | 34 | 00:47:31 | 363 | 05:03:53 | 63 | 02:03:53 |
| 25 | 40 | A | Hilton | McCall | Open | Male | 35 | 44 | 00:55:59 | 20 | 01:14:53 | 300 | 03:00:00 | 364 | 05:10:52 | 64 | 02:10:52 |
| 26 | 91 | A | Adam | van Niekerk | Open | Male | 28 | 29 | 00:50:27 | 36 | 01:19:07 | 300 | 03:00:00 | 365 | 05:09:34 | 65 | 02:09:34 |
| 27 | 2046 | C | Leon | du Toit | Open | Male | 37 | 76 | 01:00:51 | 32 | 01:17:07 | 40 | 00:48:04 | 148 | 03:06:02 | 72 | 01:48:55 |
| 28 | 1154 | B | Japie | van der Westhuizen | Open | Male | 29 | 56 | 00:57:33 | 27 | 01:16:10 | 72 | 00:55:26 | 155 | 03:09:08 | 83 | 01:52:59 |
| 29 | 1018 | B | Julian | Burke | Open | Male | 37 | 55 | 00:57:28 | 28 | 01:16:16 | 300 | 03:00:00 | 383 | 05:13:44 | 83 | 02:13:44 |
| 30 | 1073 | B | Jacques | le Roux | Open | Male | 37 | 71 | 00:59:53 | 42 | 01:20:24 | 44 | 00:49:36 | 157 | 03:09:53 | 86 | 01:49:28 |
| 31 | 1164 | B | Stuart | Walsh | Open | Male | 37 | 300 | 03:00:00 | 38 | 01:19:26 | 49 | 00:50:39 | 387 | 05:10:05 | 87 | 02:10:05 |
| 32 | 1253 | B | Chris | Garbers | Open | Male | 29 | 46 | 00:56:04 | 300 | 03:00:00 | 42 | 00:48:28 | 388 | 04:44:32 | 88 | 01:44:32 |
| 33 | 15 | A | Quintin | Combrink | Open | Male | 31 | 51 | 00:56:57 | 300 | 03:00:00 | 38 | 00:47:59 | 389 | 04:44:56 | 89 | 01:44:56 |
| 34 | 1153 | B | Darius | van der Walt | Open | Male | 38 | 48 | 00:56:48 | 300 | 03:00:00 | 41 | 00:48:26 | 389 | 04:45:14 | 89 | 01:45:14 |
| 35 | 1053 | B | Martin | Henning | Open | Male | 30 | 79 | 01:01:18 | 43 | 01:20:31 | 48 | 00:50:28 | 170 | 03:12:16 | 91 | 01:51:45 |
| 36 | 1162 | B | Stian | Visagie | Open | Male | 29 | 89 | 01:02:42 | 51 | 01:23:32 | 51 | 00:50:47 | 191 | 03:17:01 | 102 | 01:53:29 |
| 37 | 1112 | B | Douglas | Parker | Open | Male | 31 | 84 | 01:02:07 | 55 | 01:24:05 | 50 | 00:50:45 | 189 | 03:16:57 | 105 | 01:52:52 |
| 38 | 1072 | B | Willie | Le Grange | Open | Male | 25 | 59 | 00:58:35 | 300 | 03:00:00 | 47 | 00:50:12 | 406 | 04:48:47 | 106 | 01:48:47 |
| 39 | 1244 | B | Will | Chennels | Open | Male | 27 | 63 | 00:59:03 | 300 | 03:00:00 | 45 | 00:49:52 | 408 | 04:48:54 | 108 | 01:48:54 |
| 40 | 1160 | B | David | Vinton | Open | Male | 31 | 122 | 01:07:43 | 49 | 01:22:53 | 60 | 00:51:48 | 231 | 03:22:24 | 109 | 01:59:30 |
| 41 | 1095 | B | Richard | Mee | Open | Male | 34 | 62 | 00:58:55 | 50 | 01:23:08 | 68 | 00:53:18 | 180 | 03:15:22 | 112 | 01:52:14 |
| 42 | 1161 | B | Niel | Visagie | Open | Male | 32 | 80 | 01:01:50 | 47 | 01:21:57 | 65 | 00:53:00 | 192 | 03:16:47 | 112 | 01:54:50 |
| 43 | 1245 | B | Devin | Pribut | Open | Male | 27 | 106 | 01:05:02 | 60 | 01:25:30 | 54 | 00:51:05 | 220 | 03:21:37 | 114 | 01:56:07 |
| 44 | 2035 | C | Craig | Corbett | Open | Male | 24 | 109 | 01:05:35 | 52 | 01:23:51 | 64 | 00:53:00 | 225 | 03:22:26 | 116 | 01:58:35 |
| 45 | 1085 | B | Michael | Mafu | Open | Male | 30 | 94 | 01:03:00 | 54 | 01:24:03 | 63 | 00:52:32 | 211 | 03:19:35 | 117 | 01:55:32 |
| 46 | 1059 | B | Pieter | Holtzhausen | Open | Male | 36 | 96 | 01:03:28 | 48 | 01:22:06 | 71 | 00:54:08 | 215 | 03:19:42 | 119 | 01:57:36 |
| 47 | 1056 | B | Kyle | Heugh | Open | Male | 32 | 111 | 01:05:54 | 53 | 01:24:01 | 69 | 00:53:51 | 233 | 03:23:47 | 122 | 01:59:45 |
| 48 | 1156 | B | Clifford | van Rooyen | Open | Male | 38 | 70 | 00:59:41 | 300 | 03:00:00 | 53 | 00:50:52 | 423 | 04:50:33 | 123 | 01:50:33 |
| 49 | 1254 | B | David | Hanly | Open | Male | 28 | 67 | 00:59:24 | 300 | 03:00:00 | 56 | 00:51:22 | 423 | 04:50:46 | 123 | 01:50:46 |
| 50 | 3013 | D | Ryan | Ferreira | Open | Male | 29 | 82 | 01:01:57 | 300 | 03:00:00 | 43 | 00:49:31 | 425 | 04:51:28 | 125 | 01:51:28 |
| 51 | 1049 | B | Matthew | Hall | Open | Male | 33 | 68 | 00:59:25 | 70 | 01:28:30 | 62 | 00:52:18 | 200 | 03:20:14 | 130 | 01:51:43 |
| 52 | 2089 | C | Jonathon | Matthysen | Open | Male | 33 | 88 | 01:02:33 | 45 | 01:20:49 | 300 | 03:00:00 | 433 | 05:23:22 | 133 | 02:23:22 |
| 53 | 1149 | B | Ruan | Van den Berg | Open | Male | 33 | 83 | 01:02:05 | 300 | 03:00:00 | 52 | 00:50:48 | 435 | 04:52:54 | 135 | 01:52:54 |
| 54 | 1125 | B | Warric | Ritchie | Open | Male | 30 | 100 | 01:04:08 | 65 | 01:26:45 | 75 | 00:55:53 | 240 | 03:26:46 | 140 | 02:00:01 |
| 55 | 1043 | B | Thaabit | Fataar | Open | Male | 36 | 118 | 01:07:23 | 56 | 01:24:10 | 86 | 00:57:30 | 260 | 02:29:02 | 142 | 02:04:52 |
| 56 | 2284 | C | Cas | Hulsbosch | Open | Male | 37 | 300 | 03:00:00 | 64 | 01:26:13 | 80 | 00:56:42 | 444 | 05:22:55 | 144 | 02:22:55 |

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|-----|------|---|----------------|---------------|------|------|----|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|
| 57 | 1046 | B | Haydn | George | Open | Male | 31 | 133 | 01:09:53 | 71 | 01:29:06 | 74 | 00:55:33 | 278 | 03:34:32 | 145 | 02:05:26 |
| 58 | 2127 | C | Sameer | Singh | Open | Male | 33 | 101 | 01:04:15 | 46 | 01:21:24 | 300 | 03:00:00 | 447 | 05:25:39 | 147 | 02:25:39 |
| 59 | 1016 | B | Stuart | Buchanan | Open | Male | 28 | 87 | 01:02:33 | 300 | 03:00:00 | 61 | 00:52:09 | 448 | 04:54:42 | 148 | 01:54:42 |
| 60 | 2216 | C | Renier | van Jaarsveld | Open | Male | 32 | 117 | 01:07:12 | 69 | 01:27:31 | 82 | 00:56:59 | 268 | 03:31:42 | 151 | 02:04:11 |
| 61 | 2003 | C | Adnaan | Ajam | Open | Male | 34 | 132 | 01:09:48 | 78 | 01:31:43 | 77 | 00:56:20 | 287 | 03:37:52 | 155 | 02:06:09 |
| 62 | 35 | A | Murray | Le Roux | Open | Male | 29 | 102 | 01:04:16 | 300 | 03:00:00 | 55 | 00:51:12 | 457 | 04:55:28 | 157 | 01:55:28 |
| 63 | 1248 | B | Matthew | Metz | Open | Male | 27 | 124 | 01:08:13 | 34 | 01:18:46 | 300 | 03:00:00 | 458 | 05:26:59 | 158 | 02:26:59 |
| 64 | 2146 | C | Algurnon Steve | van Rooyen | Open | Male | 30 | 142 | 01:11:20 | 85 | 01:34:06 | 76 | 00:56:18 | 303 | 03:41:45 | 161 | 02:07:38 |
| 65 | 1091 | B | Paul | Mavrocoles | Open | Male | 37 | 143 | 01:12:12 | 79 | 01:32:50 | 88 | 00:57:37 | 310 | 03:42:38 | 167 | 02:09:48 |
| 66 | 1039 | B | Werner | Du Toit | Open | Male | 37 | 130 | 01:09:30 | 87 | 01:34:42 | 81 | 00:56:49 | 298 | 03:41:02 | 168 | 02:06:19 |
| 67 | 1061 | B | Darryn | Howes | Open | Male | 26 | 86 | 01:02:21 | 300 | 03:00:00 | 89 | 00:57:46 | 475 | 05:00:07 | 175 | 02:00:07 |
| 68 | 2130 | C | Henry | Steel | Open | Male | 29 | 112 | 01:06:11 | 63 | 01:26:12 | 300 | 03:00:00 | 475 | 05:32:22 | 175 | 02:32:22 |
| 69 | 3040 | D | Adam | van Heerden | Open | Male | 27 | 300 | 03:00:00 | 88 | 01:34:44 | 90 | 00:57:52 | 478 | 05:32:37 | 178 | 02:32:37 |
| 70 | 2101 | C | Gideon | Nieuwoudt | Open | Male | 34 | 110 | 01:05:53 | 72 | 01:30:09 | 123 | 01:14:56 | 305 | 03:50:58 | 182 | 02:20:49 |
| 71 | 2098 | C | Alexander | Ncube | Open | Male | 28 | 134 | 01:09:56 | 83 | 01:33:38 | 102 | 01:02:13 | 319 | 03:45:47 | 185 | 02:12:09 |
| 72 | 1012 | B | David | Bloom | Open | Male | 39 | 154 | 01:13:51 | 86 | 01:34:33 | 99 | 01:02:02 | 339 | 03:50:26 | 185 | 02:15:53 |
| 73 | 1097 | B | Ross | Middleton | Open | Male | 26 | 164 | 01:17:11 | 93 | 01:38:17 | 92 | 00:58:54 | 349 | 03:54:23 | 185 | 02:16:06 |
| 74 | 1003 | B | Phillip | Abiort-Morgan | Open | Male | 33 | 116 | 01:06:57 | 73 | 01:30:42 | 300 | 03:00:00 | 489 | 05:37:39 | 189 | 02:37:39 |
| 75 | 1047 | B | Max | Goldin | Open | Male | 34 | 171 | 01:18:27 | 92 | 01:37:51 | 98 | 01:01:26 | 361 | 03:57:44 | 190 | 02:19:53 |
| 76 | 2137 | C | Jaco | Swart | Open | Male | 30 | 161 | 01:15:54 | 98 | 01:40:51 | 96 | 01:00:40 | 355 | 03:57:25 | 194 | 02:16:34 |
| 77 | 2153 | C | Saleigh | Waggie | Open | Male | 39 | 158 | 01:15:29 | 91 | 01:37:27 | 104 | 01:03:33 | 353 | 03:56:28 | 195 | 02:19:01 |
| 78 | 2043 | C | Ryan | De Villiers | Open | Male | 24 | 135 | 01:10:00 | 62 | 01:26:10 | 300 | 03:00:00 | 497 | 05:36:10 | 197 | 02:36:10 |
| 79 | 2215 | C | Alec | van Niekerk | Open | Male | 32 | 150 | 01:13:25 | 102 | 01:43:19 | 97 | 01:01:06 | 349 | 03:57:50 | 199 | 02:14:30 |
| 80 | 3033 | D | Adriaan | Stander | Open | Male | 26 | 163 | 01:16:09 | 100 | 01:41:17 | 100 | 01:02:06 | 363 | 03:59:31 | 200 | 02:18:15 |
| 81 | 1122 | B | Ruhan | Rheeder | Open | Male | 29 | 123 | 01:08:01 | 300 | 03:00:00 | 78 | 00:56:34 | 501 | 05:04:35 | 201 | 02:04:35 |
| 82 | 2018 | C | Raubie | Brink | Open | Male | 33 | 172 | 01:18:29 | 95 | 01:39:50 | 106 | 01:03:49 | 373 | 04:02:08 | 201 | 02:22:18 |
| 83 | 2158 | C | Timothy | Young | Open | Male | 37 | 165 | 01:17:21 | 99 | 01:41:00 | 103 | 01:02:59 | 367 | 04:01:20 | 202 | 02:20:20 |
| 84 | 3021 | D | Roland | Jurd | Open | Male | 31 | 159 | 01:15:33 | 94 | 01:39:37 | 111 | 01:06:27 | 364 | 04:01:37 | 205 | 02:22:00 |
| 85 | 1076 | B | Justin | Leslie | Open | Male | 37 | 182 | 01:23:09 | 101 | 01:42:21 | 108 | 01:05:33 | 391 | 04:11:04 | 209 | 02:28:43 |
| 86 | 1138 | B | Johan | Swart | Open | Male | 29 | 138 | 01:10:50 | 300 | 03:00:00 | 73 | 00:55:32 | 511 | 05:06:22 | 211 | 02:06:22 |
| 87 | 1080 | B | Grant | Lloyd | Open | Male | 37 | 145 | 01:12:29 | 67 | 01:26:58 | 300 | 03:00:00 | 512 | 05:39:27 | 212 | 02:39:27 |
| 88 | 2011 | C | Jeremy | Beckley | Open | Male | 37 | 175 | 01:20:37 | 104 | 01:47:44 | 115 | 01:07:33 | 394 | 04:15:54 | 219 | 02:28:10 |
| 89 | 2005 | C | Kenneth | Anthony | Open | Male | 36 | 178 | 01:21:20 | 107 | 01:57:54 | 118 | 01:09:26 | 403 | 04:28:40 | 225 | 02:30:47 |
| 90 | 2253 | C | Jared | Barker | Open | Male | 32 | 300 | 03:00:00 | 105 | 01:50:39 | 120 | 01:12:47 | 525 | 06:03:26 | 225 | 03:03:26 |
| 91 | 2260 | C | Jonathan | Grant | Open | Male | 30 | 300 | 03:00:00 | 108 | 02:17:17 | 121 | 01:12:48 | 529 | 06:30:06 | 229 | 03:30:06 |
| 92 | 2149 | C | Erhardt | Van Zyl | Open | Male | 25 | 137 | 01:10:40 | 300 | 03:00:00 | 93 | 00:59:25 | 530 | 05:10:05 | 230 | 02:10:05 |
| 93 | 1150 | B | Daniël | van den Bergh | Open | Male | 33 | 136 | 01:10:20 | 300 | 03:00:00 | 105 | 01:03:42 | 541 | 05:14:02 | 241 | 02:14:02 |
| 94 | 3008 | D | Charl | Cilliers | Open | Male | 30 | 148 | 01:13:06 | 97 | 01:40:07 | 300 | 03:00:00 | 545 | 05:53:13 | 245 | 02:53:13 |
| 95 | 3016 | D | Andrew | Gravett | Open | Male | 27 | 155 | 01:13:58 | 300 | 03:00:00 | 91 | 00:58:16 | 546 | 05:12:15 | 246 | 02:12:15 |
| 96 | 3023 | D | Johandre | le Roux | Open | Male | 28 | 167 | 01:17:55 | 300 | 03:00:00 | 101 | 01:02:13 | 568 | 05:20:07 | 268 | 02:20:07 |
| 97 | 2092 | C | Paul | Meeser | Open | Male | 33 | 166 | 01:17:39 | 300 | 03:00:00 | 110 | 01:06:15 | 576 | 05:23:54 | 276 | 02:23:54 |
| 98 | 2206 | C | Henry | McGregor | Open | Male | 31 | 168 | 01:17:55 | 300 | 03:00:00 | 112 | 01:06:37 | 580 | 05:24:32 | 280 | 02:24:32 |
| 99 | 2063 | C | Krayvasan | Govender | Open | Male | 35 | 186 | 01:30:10 | 106 | 01:56:44 | 300 | 03:00:00 | 592 | 06:26:54 | 292 | 03:26:54 |
| 100 | 2076 | C | Francois | Koen | Open | Male | 32 | 180 | 01:22:37 | 300 | 03:00:00 | 117 | 01:08:30 | 597 | 05:31:07 | 297 | 02:31:07 |
| 101 | 2062 | C | Kamlen | Govender | Open | Male | 31 | 176 | 01:20:39 | 300 | 03:00:00 | 124 | 01:16:27 | 600 | 05:37:05 | 300 | 02:37:05 |
| 102 | 3000 | D | Richard | Anderson | Open | Male | 37 | 184 | 01:27:29 | 300 | 03:00:00 | 119 | 01:11:05 | 603 | 05:38:34 | 303 | 02:38:34 |

Open Ladies

| Open Ladies | | | | | | | | Race #1: | | Race #2: | | Race #3: | | TOTAL | | TOTAL AFTER DISCARD | |
|-------------|--------|-------|----------|---------------|----------|--------|-----|-------------------|----------|-------------------|----------|-------------------|----------|--------|----------|---------------------|----------|
| Position | Race # | Batch | Name | Surname | Category | Sex | Age | Position & Points | Time | Position & Points | Time | Position & Points | Time | Points | Time | Points | Time |
| 1 | 74 | A | Carla | Whitehead | Open | Female | 34 | 2 | 00:52:36 | 4 | 01:10:54 | 1 | 00:44:40 | 7 | 02:48:10 | 3 | 01:37:16 |
| 2 | 86 | A | Mags | Wright | Open | Female | 37 | 1 | 00:52:20 | 300 | 03:00:00 | 3 | 00:45:50 | 304 | 04:38:10 | 4 | 01:38:10 |
| 3 | 49 | A | Tanya | Posthumus-Fox | Open | Female | 38 | 5 | 00:54:10 | 3 | 01:09:48 | 2 | 00:45:45 | 10 | 02:49:43 | 5 | 01:39:55 |
| 4 | 1120 | B | Rentia | Retief | Open | Female | 26 | 4 | 00:54:01 | 5 | 01:13:46 | 4 | 00:46:33 | 13 | 02:54:21 | 8 | 01:40:34 |
| 5 | 1036 | B | Emily | Djock | Open | Female | 30 | 7 | 00:57:31 | 6 | 01:15:35 | 6 | 00:48:03 | 19 | 03:01:09 | 12 | 01:45:34 |
| 6 | 1079 | B | Jada | Linstrom | Open | Female | 23 | 10 | 00:59:47 | 300 | 03:00:00 | 5 | 00:48:01 | 315 | 04:47:48 | 15 | 01:47:48 |
| 7 | 1282 | B | Victoria | Stevens | Open | Female | 29 | 300 | 03:00:00 | 8 | 01:19:50 | 7 | 00:50:59 | 315 | 05:10:49 | 15 | 02:10:49 |
| 8 | 66 | A | Andrea | Teagle | Open | Female | 30 | 6 | 00:57:13 | 300 | 03:00:00 | 11 | 00:52:28 | 317 | 04:49:41 | 17 | 01:49:41 |
| 9 | 1005 | B | Marisa | Agnello | Open | Female | 39 | 8 | 00:59:22 | 300 | 03:00:00 | 13 | 00:52:35 | 321 | 04:51:57 | 21 | 01:51:57 |
| 10 | 50 | A | Elnari | Potgieter | Open | Female | 29 | 14 | 01:01:58 | 7 | 01:19:39 | 15 | 00:53:13 | 36 | 03:14:50 | 21 | 01:55:11 |
| 11 | 1288 | B | Jade | Bremner | Open | Female | 16 | 300 | 03:00:00 | 12 | 01:23:15 | 9 | 00:51:43 | 321 | 05:14:59 | 21 | 02:14:59 |
| 12 | 1104 | B | Nadia | Mulder | Open | Female | 22 | 15 | 01:02:00 | 300 | 03:00:00 | 8 | 00:51:36 | 323 | 04:53:37 | 23 | 01:53:37 |
| 13 | 1251 | B | Samantha | Holtzhausen | Open | Female | 29 | 18 | 01:03:30 | 14 | 01:24:49 | 12 | 00:52:29 | 44 | 03:20:48 | 26 | 01:55:59 |
| 14 | 2095 | C | Michelle | Mentz | Open | Female | 24 | 21 | 01:05:37 | 13 | 01:24:00 | 14 | 00:52:58 | 48 | 03:22:35 | 27 | 01:58:36 |
| 15 | 1152 | B | Jana | van der Merwe | Open | Female | 37 | 12 | 01:01:15 | 16 | 01:26:46 | 300 | 03:00:00 | 328 | 05:28:02 | 28 | 02:28:02 |
| 16 | 2045 | C | Jessica | du Toit | Open | Female | 29 | 19 | 01:05:10 | 11 | 01:22:44 | 18 | 00:56:12 | 48 | 03:24:06 | 29 | 02:01:22 |
| 17 | 2103 | C | Kaylyn | Novak | Open | Female | 21 | 20 | 01:05:24 | 18 | 01:28:14 | 16 | 00:53:31 | 54 | 03:27:09 | 34 | 01:58:55 |
| 18 | 8 | A | Xoliswe | Booi | Open | Female | 34 | 23 | 01:06:15 | 17 | 01:26:48 | 21 | 00:56:55 | 61 | 03:29:58 | 38 | 02:03:09 |
| 19 | 1113 | B | Jeanine | Peck | Open | Female | 34 | 34 | 01:09:26 | 25 | 01:34:41 | 19 | 00:56:47 | 78 | 03:40:54 | 44 | 02:06:14 |
| 20 | 1092 | B | Josie | McCann | Open | Female | 22 | 35 | 01:09:32 | 21 | 01:31:36 | 24 | 01:00:07 | 80 | 03:41:15 | 45 | 02:09:39 |

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|----|------|---|-----------|---------------|------|--------|----|----|----------|-----|----------|-----|----------|-----|----------|-----|----------|
| 21 | 2060 | C | Tinne | Gils | Open | Female | 33 | 32 | 01:08:52 | 24 | 01:33:03 | 23 | 00:57:47 | 79 | 03:39:43 | 47 | 02:06:39 |
| 22 | 1098 | B | Anika | Mikkelson | Open | Female | 31 | 78 | 01:25:52 | 34 | 01:39:14 | 26 | 01:02:01 | 138 | 04:07:07 | 60 | 02:27:53 |
| 23 | 2075 | C | Siyasanga | Khongo | Open | Female | 33 | 46 | 01:13:15 | 31 | 01:37:02 | 30 | 01:02:26 | 107 | 03:52:43 | 61 | 02:15:41 |
| 24 | 1013 | B | Lindsay | Bloom | Open | Female | 35 | 50 | 01:13:50 | 32 | 01:37:25 | 29 | 01:02:25 | 111 | 03:53:41 | 61 | 02:16:15 |
| 25 | 2097 | C | Ella | Morran | Open | Female | 24 | 36 | 01:09:59 | 37 | 01:40:54 | 300 | 03:00:00 | 373 | 05:50:52 | 73 | 02:50:52 |
| 26 | 2023 | C | Sarah | Camp | Open | Female | 20 | 59 | 01:17:16 | 40 | 01:43:30 | 34 | 01:05:07 | 133 | 04:05:52 | 74 | 02:22:22 |
| 27 | 2140 | C | Maryka | Treurnich | Open | Female | 35 | 63 | 01:19:43 | 39 | 01:42:41 | 38 | 01:07:20 | 140 | 04:09:44 | 77 | 02:27:03 |
| 28 | 1008 | B | Azaria | Beukes | Open | Female | 31 | 48 | 01:13:47 | 300 | 03:00:00 | 33 | 01:05:02 | 381 | 05:18:49 | 81 | 02:18:49 |
| 29 | 3116 | D | Catherine | Robbertse | Open | Female | 28 | 73 | 01:24:05 | 45 | 01:06:43 | 37 | 01:06:43 | 155 | 04:20:58 | 82 | 02:30:48 |
| 30 | 2211 | C | Fazlin | Martin | Open | Female | 37 | 56 | 01:16:21 | 300 | 03:00:00 | 28 | 01:02:08 | 384 | 05:18:29 | 84 | 02:18:29 |
| 31 | 2156 | C | Nicole | Woodman | Open | Female | 31 | 54 | 01:16:03 | 44 | 01:48:19 | 44 | 01:12:19 | 142 | 04:16:41 | 88 | 02:28:22 |
| 32 | 2197 | C | Melissa | Thomas | Open | Female | 36 | 71 | 01:23:37 | 49 | 01:51:48 | 42 | 01:09:17 | 162 | 04:24:42 | 91 | 02:32:54 |
| 33 | 3039 | D | Aletia | van Antwerpen | Open | Female | 35 | 57 | 01:16:51 | 300 | 03:00:00 | 35 | 01:05:19 | 392 | 05:22:10 | 92 | 02:22:10 |
| 34 | 3114 | D | Caitlin | Procter | Open | Female | 32 | 70 | 01:22:30 | 54 | 01:57:01 | 39 | 01:07:52 | 163 | 04:27:24 | 93 | 02:30:22 |
| 35 | 3012 | D | Theari | Fernhout | Open | Female | 33 | 77 | 01:25:33 | 50 | 01:52:03 | 43 | 01:11:32 | 170 | 04:29:08 | 93 | 02:37:06 |
| 36 | 2145 | C | Jennifer | van Niekerk | Open | Female | 27 | 55 | 01:16:13 | 38 | 01:42:02 | 300 | 03:00:00 | 393 | 05:58:15 | 93 | 02:58:15 |
| 37 | 3018 | D | Taryn | Heywood | Open | Female | 38 | 67 | 01:20:39 | 43 | 01:48:11 | 300 | 03:00:00 | 410 | 06:08:50 | 110 | 03:08:50 |
| 38 | 2134 | C | Marie | Swanepoel | Open | Female | 38 | 81 | 01:27:37 | 300 | 03:00:00 | 41 | 01:08:08 | 422 | 05:35:45 | 122 | 02:35:45 |
| 39 | 2209 | C | Samantha | Beckley | Open | Female | 28 | 85 | 01:32:59 | 55 | 01:59:16 | 300 | 03:00:00 | 440 | 06:32:15 | 140 | 03:32:15 |
| 40 | 3010 | D | Colleen | Cross | Open | Female | 38 | 88 | 01:46:16 | 59 | 02:15:30 | 300 | 03:00:00 | 447 | 07:01:46 | 147 | 04:01:46 |
| 41 | 3017 | D | Shahnaaz | Hendricks | Open | Female | 35 | 89 | 01:48:54 | 60 | 02:20:09 | 300 | 03:00:00 | 449 | 07:09:03 | 149 | 04:09:03 |

Veteran Men

| Position | Race # | Batch | Name | Surname | Category | Sex | Age | Race #1: | | Race #2: | | Race #3: | | TOTAL | | TOTAL AFTER DISCARD | |
|----------|--------|-------|----------|-------------|----------|------|-----|-------------------|----------|-------------------|----------|-------------------|----------|--------|----------|---------------------|----------|
| | | | | | | | | Position & Points | Time | Position & Points | Time | Position & Points | Time | Points | Time | Points | Time |
| 1 | 10 | A | Pieter | Calitz | Veteran | Male | 43 | 1 | 00:44:54 | 1 | 01:01:10 | 300 | 03:00:00 | 302 | 04:46:04 | 2 | 01:46:04 |
| 2 | 18 | A | Awie | De Swardt | Veteran | Male | 43 | 8 | 00:53:26 | 2 | 01:06:40 | 2 | 00:42:52 | 12 | 02:42:58 | 4 | 01:36:18 |
| 3 | 1163 | B | Jan-Heyn | Vorster | Veteran | Male | 45 | 17 | 01:00:02 | 4 | 01:13:28 | 5 | 00:47:27 | 26 | 03:00:57 | 9 | 01:47:29 |
| 4 | 1077 | B | Hugo | Leuenberger | Veteran | Male | 41 | 16 | 00:59:27 | 7 | 01:17:30 | 8 | 00:49:20 | 31 | 03:06:18 | 15 | 01:48:48 |
| 5 | 1050 | B | John | Hanekom | Veteran | Male | 46 | 11 | 00:56:02 | 5 | 01:17:03 | 300 | 03:00:00 | 316 | 05:13:04 | 16 | 02:13:04 |
| 6 | 1025 | B | Herman | Crause | Veteran | Male | 48 | 21 | 01:02:31 | 11 | 01:20:13 | 11 | 00:51:33 | 43 | 03:14:17 | 22 | 01:54:04 |
| 7 | 2224 | C | Brent | Morhenrood | Veteran | Male | 47 | 33 | 01:05:05 | 10 | 01:18:07 | 12 | 00:51:55 | 55 | 03:15:07 | 22 | 01:57:00 |
| 8 | 36 | A | Stefan | Lindeque | Veteran | Male | 45 | 14 | 00:58:46 | 8 | 01:17:36 | 300 | 03:00:00 | 322 | 05:16:22 | 22 | 02:16:22 |
| 9 | 2144 | C | Carlo | Van Niekerk | Veteran | Male | 41 | 32 | 01:05:00 | 13 | 01:22:00 | 10 | 00:51:20 | 55 | 03:18:20 | 23 | 01:56:20 |
| 10 | 2024 | C | Peter | Carrick | Veteran | Male | 48 | 18 | 01:00:46 | 15 | 01:22:40 | 16 | 00:53:07 | 49 | 03:16:33 | 31 | 01:53:53 |
| 11 | 1134 | B | Simon | Sonn | Veteran | Male | 45 | 27 | 01:03:06 | 14 | 01:22:15 | 19 | 00:53:44 | 60 | 03:19:05 | 33 | 01:56:50 |
| 12 | 2231 | C | Anthony | McLea | Veteran | Male | 43 | 35 | 01:05:08 | 19 | 01:26:34 | 18 | 00:53:33 | 72 | 03:25:15 | 37 | 01:58:41 |
| 13 | 2143 | C | Uys | Van Heerden | Veteran | Male | 45 | 300 | 03:00:00 | 20 | 01:27:23 | 21 | 00:54:31 | 341 | 05:21:55 | 41 | 02:21:55 |
| 14 | 2221 | C | Andrew | Wright | Veteran | Male | 44 | 30 | 01:04:27 | 300 | 03:00:00 | 14 | 00:52:05 | 344 | 04:56:32 | 44 | 01:56:32 |
| 15 | 2064 | C | Paul | Grapendaal | Veteran | Male | 41 | 41 | 01:07:50 | 22 | 01:30:07 | 22 | 00:55:30 | 85 | 03:33:27 | 44 | 02:03:20 |
| 16 | 1247 | B | Alastair | Hops | Veteran | Male | 47 | 51 | 01:10:41 | 22 | 01:29:40 | 28 | 00:57:29 | 101 | 03:37:50 | 50 | 02:08:10 |
| 17 | 2093 | C | Anton | Meiring | Veteran | Male | 43 | 54 | 01:12:39 | 25 | 01:31:24 | 30 | 00:57:53 | 109 | 03:41:56 | 55 | 02:10:32 |
| 18 | 1144 | B | Henry | Thomson | Veteran | Male | 44 | 50 | 01:10:30 | 30 | 01:35:40 | 26 | 00:56:54 | 106 | 03:43:04 | 56 | 02:07:24 |
| 19 | 2058 | C | Mark | Fuller | Veteran | Male | 44 | 57 | 01:13:50 | 26 | 01:32:44 | 32 | 00:58:11 | 115 | 03:44:45 | 58 | 02:12:01 |
| 20 | 2110 | C | Burgess | Patterson | Veteran | Male | 47 | 300 | 03:00:00 | 28 | 01:35:18 | 33 | 00:58:17 | 361 | 05:33:35 | 61 | 02:33:35 |
| 21 | 1011 | B | Ross | Biggs | Veteran | Male | 44 | 45 | 01:08:43 | 300 | 03:00:00 | 17 | 00:53:15 | 362 | 05:01:58 | 62 | 02:01:58 |
| 22 | 1004 | B | Grant | Achilles | Veteran | Male | 47 | 48 | 01:10:16 | 27 | 01:34:48 | 36 | 01:00:12 | 111 | 03:45:16 | 63 | 02:10:28 |
| 23 | 1101 | B | Mohammed | Moolla | Veteran | Male | 45 | 43 | 01:08:05 | 300 | 03:00:00 | 23 | 00:55:36 | 366 | 05:03:41 | 66 | 02:03:41 |
| 24 | 2088 | C | Otto | Marte | Veteran | Male | 43 | 59 | 01:14:26 | 31 | 01:36:20 | 38 | 01:01:14 | 128 | 03:52:00 | 69 | 02:15:40 |
| 25 | 2066 | C | Steve | Heldzingen | Veteran | Male | 46 | 64 | 01:17:59 | 33 | 01:38:46 | 37 | 01:01:02 | 134 | 03:57:47 | 70 | 02:19:01 |
| 26 | 2232 | C | Jason | Rattray | Veteran | Male | 43 | 52 | 01:11:00 | 300 | 03:00:00 | 20 | 00:53:48 | 372 | 05:04:48 | 72 | 02:04:48 |
| 27 | 1135 | B | Spencer | Sonn | Veteran | Male | 48 | 69 | 01:23:13 | 35 | 01:40:26 | 39 | 01:02:46 | 143 | 04:06:26 | 74 | 02:26:00 |
| 28 | 1027 | B | Edwin | Cross | Veteran | Male | 42 | 46 | 01:08:52 | 300 | 03:00:00 | 34 | 00:58:51 | 380 | 05:07:43 | 80 | 02:07:43 |
| 29 | 2102 | C | Andrew | Nixon | Veteran | Male | 46 | 72 | 01:29:58 | 37 | 01:45:17 | 43 | 01:09:36 | 152 | 04:24:51 | 80 | 02:39:34 |
| 30 | 2006 | C | Sedick | Arendse | Veteran | Male | 48 | 55 | 01:12:42 | 32 | 01:37:11 | 300 | 03:00:00 | 387 | 05:49:53 | 87 | 02:49:53 |
| 31 | 2086 | C | Alphonso | Malgas | Veteran | Male | 45 | 68 | 01:22:15 | 39 | 01:47:47 | 300 | 03:00:00 | 407 | 06:10:02 | 107 | 03:10:02 |
| 32 | 2053 | C | Shaheed | Essa | Veteran | Male | 48 | 70 | 01:26:32 | 41 | 01:53:56 | 300 | 03:00:00 | 411 | 06:20:28 | 111 | 03:20:28 |
| 33 | 3028 | D | Mogamat | Nazier | Veteran | Male | 41 | 73 | 01:48:52 | 43 | 02:20:11 | 300 | 03:00:00 | 416 | 07:09:03 | 116 | 04:09:03 |

Veteran Ladies

| Position | Race # | Batch | Name | Surname | Category | Sex | Age | Race #1: | | Race #2: | | Race #3: | | TOTAL | | TOTAL AFTER DISCARD | |
|----------|--------|-------|----------|------------|----------|--------|-----|-------------------|----------|-------------------|----------|-------------------|----------|--------|----------|---------------------|----------|
| | | | | | | | | Position & Points | Time | Position & Points | Time | Position & Points | Time | Points | Time | Points | Time |
| 1 | 1052 | B | Nicola | Hendriks | Veteran | Female | 42 | 7 | 01:03:59 | 1 | 01:23:29 | 1 | 00:55:02 | 9 | 03:22:30 | 2 | 01:59:01 |
| 2 | 1078 | B | Sandra | Leyck | Veteran | Female | 45 | 2 | 00:59:58 | 2 | 01:26:18 | 300 | 03:00:00 | 304 | 05:26:16 | 4 | 02:26:16 |
| 3 | 2094 | C | Kate | Meiring | Veteran | Female | 41 | 17 | 01:12:32 | 5 | 01:31:26 | 2 | 00:57:54 | 24 | 03:41:52 | 7 | 02:10:26 |
| 4 | 1103 | B | Lynette | Morris | Veteran | Female | 41 | 14 | 01:09:55 | 10 | 01:33:44 | 3 | 00:58:58 | 24 | 03:42:37 | 10 | 02:08:53 |
| 5 | 1157 | B | Elize | van staden | Veteran | Female | 42 | 21 | 01:14:06 | 7 | 01:37:56 | 4 | 01:02:44 | 35 | 03:54:46 | 14 | 02:16:50 |
| 6 | 1252 | B | Cathrine | Morris | Veteran | Female | 40 | 11 | 01:09:36 | 3 | 01:29:56 | 300 | 03:00:00 | 314 | 05:39:32 | 14 | 02:39:32 |
| 7 | 2015 | C | Joanne | Boswell | Veteran | Female | 46 | 27 | 01:17:20 | 13 | 01:39:48 | 5 | 01:05:13 | 45 | 04:02:21 | 18 | 02:22:33 |
| 8 | 1100 | B | Leanne | Mitchell | Veteran | Female | 42 | 12 | 01:09:41 | 9 | 01:37:07 | 300 | 03:00:00 | 321 | 05:46:49 | 21 | 02:46:49 |
| 9 | 1086 | B | Michelle | Maree | Veteran | Female | 46 | 16 | 01:11:23 | 6 | 01:32:01 | 300 | 03:00:00 | 322 | 05:43:24 | 22 | 02:43:24 |

| | | | | | | | | | | | | | | | | | |
|----|------|---|-----------|---------|---------|--------|----|-----|----------|----|----------|-----|----------|-----|----------|----|----------|
| 10 | 1272 | B | Taskeen | Fakier | Veteran | Female | 41 | 300 | 03:00:00 | 16 | 01:50:05 | 6 | 01:06:28 | 322 | 05:56:33 | 22 | 02:56:33 |
| 11 | 2059 | C | Juanita | Geyer | Veteran | Female | 45 | 33 | 01:24:27 | 19 | 01:52:47 | 7 | 01:09:32 | 59 | 04:26:46 | 26 | 02:33:59 |
| 12 | 3122 | D | Charlotte | Schreve | Veteran | Female | 49 | 300 | 03:00:00 | 23 | 02:00:36 | 8 | 01:17:47 | 331 | 06:18:24 | 31 | 03:18:24 |
| 13 | 2037 | C | Reneé | Cupido | Veteran | Female | 45 | 34 | 01:24:41 | 24 | 02:01:02 | 10 | 01:23:24 | 68 | 04:49:07 | 34 | 02:48:05 |
| 14 | 2118 | C | Joanne | Price | Veteran | Female | 46 | 46 | 01:41:28 | 27 | 02:08:43 | 9 | 01:22:53 | 82 | 05:13:04 | 36 | 03:04:21 |
| 15 | 3011 | D | Martha | Evans | Veteran | Female | 44 | 30 | 01:24:12 | 15 | 01:50:03 | 300 | 03:00:00 | 345 | 06:14:16 | 45 | 03:14:16 |
| 16 | 2007 | C | Shafeeka | Arendse | Veteran | Female | 47 | 39 | 01:26:31 | 18 | 01:51:20 | 300 | 03:00:00 | 357 | 06:17:51 | 57 | 03:17:51 |
| 17 | 2056 | C | Helene | Fouche | Veteran | Female | 45 | 41 | 01:27:50 | 20 | 01:54:53 | 300 | 03:00:00 | 361 | 06:22:43 | 61 | 03:22:43 |
| 18 | 2081 | C | Mufeeda | Lewis | Veteran | Female | 45 | 43 | 01:30:18 | 21 | 01:58:34 | 300 | 03:00:00 | 364 | 06:28:52 | 64 | 03:28:52 |
| 19 | 2052 | C | Faldelha | Essa | Veteran | Female | 45 | 42 | 01:30:14 | 26 | 02:07:02 | 300 | 03:00:00 | 368 | 06:37:15 | 68 | 03:37:15 |

Master Men

| Position | Race # | Batch | Name | Surname | Category | Sex | Age |
|----------|--------|-------|---------|------------|----------|------|-----|
| 1 | 60 | A | Duncan | Siegfried | Master | Male | 52 |
| 2 | 2 | A | Robert | Austin | Master | Male | 50 |
| 3 | 1145 | B | Andre | Treurnich | Master | Male | 51 |
| 4 | 1069 | B | Richard | Kruger | Master | Male | 51 |
| 5 | 1109 | B | Vaughn | Oickers | Master | Male | 53 |
| 6 | 1001 | B | Antony | Abate | Master | Male | 52 |
| 7 | 45 | A | Ivor | Norval | Master | Male | 51 |
| 8 | 1044 | B | Philip | Fouche | Master | Male | 50 |
| 9 | 1118 | B | Emeraan | Railoun | Master | Male | 51 |
| 10 | 2061 | C | Chris | Goodwin | Master | Male | 51 |
| 11 | 1030 | B | Erol | Cunnama | Master | Male | 63 |
| 12 | 1141 | B | Brett | Tessendorf | Master | Male | 52 |
| 13 | 1093 | B | Patrick | McCann | Master | Male | 55 |
| 14 | 1263 | B | Steve | Akester | Master | Male | 57 |
| 15 | 2091 | C | Scott | Mclvor | Master | Male | 64 |
| 16 | 1142 | B | Johann | Theron | Master | Male | 61 |
| 17 | 56 | A | David | Rodseth | Master | Male | 63 |
| 18 | 2055 | C | Andre | Filander | Master | Male | 54 |
| 19 | 2279 | C | Andrew | Reynolds | Master | Male | 59 |
| 20 | 2138 | C | Gregory | Swartz | Master | Male | 52 |
| 21 | 2129 | C | David | Smith | Master | Male | 51 |
| 22 | 2225 | C | Bradley | Koen | Master | Male | 52 |

| Race #1: | |
|-------------------|----------|
| Position & Points | Time |
| 1 | 00:49:45 |
| 3 | 00:53:10 |
| 5 | 00:56:19 |
| 6 | 00:56:38 |
| 19 | 01:07:30 |
| 10 | 00:58:37 |
| 9 | 00:58:05 |
| 15 | 01:02:27 |
| 12 | 01:00:19 |
| 8 | 00:57:54 |
| 14 | 01:02:22 |
| 11 | 00:59:44 |
| 13 | 01:02:02 |
| 300 | 03:00:00 |
| 18 | 01:04:35 |
| 22 | 01:08:34 |
| 20 | 01:07:57 |
| 23 | 01:09:52 |
| 300 | 03:00:00 |
| 28 | 01:16:01 |
| 26 | 01:14:48 |
| 25 | 01:13:00 |

| Race #2: | |
|-------------------|----------|
| Position & Points | Time |
| 300 | 03:00:00 |
| 1 | 01:08:20 |
| 3 | 01:15:00 |
| 300 | 03:00:00 |
| 5 | 01:17:41 |
| 6 | 01:17:43 |
| 4 | 01:16:38 |
| 11 | 01:20:27 |
| 7 | 01:18:34 |
| 10 | 01:19:59 |
| 9 | 01:19:57 |
| 8 | 01:19:05 |
| 12 | 01:22:12 |
| 18 | 01:30:05 |
| 16 | 01:29:16 |
| 17 | 01:29:44 |
| 22 | 01:33:38 |
| 20 | 01:31:59 |
| 19 | 01:31:21 |
| 24 | 01:35:54 |
| 28 | 01:40:35 |
| 23 | 01:35:48 |

| Race #3: | |
|-------------------|----------|
| Position & Points | Time |
| 1 | 00:42:32 |
| 2 | 00:43:29 |
| 3 | 00:47:39 |
| 5 | 00:48:50 |
| 6 | 00:49:04 |
| 7 | 00:49:45 |
| 300 | 03:00:00 |
| 4 | 00:48:30 |
| 8 | 00:51:53 |
| 300 | 03:00:00 |
| 10 | 00:55:23 |
| 300 | 03:00:00 |
| 9 | 00:52:59 |
| 11 | 00:56:31 |
| 15 | 00:59:08 |
| 14 | 00:58:02 |
| 12 | 00:56:40 |
| 13 | 00:56:42 |
| 17 | 01:02:11 |
| 19 | 01:05:11 |
| 20 | 01:23:27 |
| 300 | 03:00:00 |

| TOTAL | |
|--------|----------|
| Points | Time |
| 302 | 04:32:17 |
| 6 | 02:44:59 |
| 11 | 02:58:58 |
| 311 | 04:45:28 |
| 30 | 03:14:16 |
| 23 | 03:06:05 |
| 313 | 05:14:43 |
| 30 | 03:11:24 |
| 27 | 03:10:46 |
| 318 | 05:17:54 |
| 33 | 03:17:42 |
| 319 | 05:18:49 |
| 34 | 03:17:12 |
| 329 | 05:26:35 |
| 49 | 03:33:00 |
| 53 | 03:36:21 |
| 54 | 03:38:15 |
| 56 | 03:38:33 |
| 336 | 05:33:32 |
| 71 | 03:57:06 |
| 74 | 04:18:50 |
| 348 | 05:48:47 |

| TOTAL AFTER DISCARD | |
|---------------------|----------|
| Points | Time |
| 2 | 01:32:17 |
| 3 | 01:36:39 |
| 6 | 01:43:59 |
| 11 | 01:45:28 |
| 11 | 01:56:34 |
| 13 | 01:48:22 |
| 13 | 02:14:43 |
| 15 | 01:50:57 |
| 15 | 01:52:12 |
| 18 | 02:17:54 |
| 19 | 01:57:45 |
| 19 | 02:18:49 |
| 21 | 01:55:00 |
| 29 | 02:26:35 |
| 31 | 02:03:43 |
| 31 | 02:06:37 |
| 32 | 02:04:37 |
| 33 | 02:06:35 |
| 36 | 02:33:32 |
| 43 | 02:21:12 |
| 46 | 02:38:15 |
| 48 | 02:48:47 |

Master Ladies

| Position | Race # | Batch | Name | Surname | Category | Sex | Age |
|----------|--------|-------|-----------|------------|----------|--------|-----|
| 1 | 98 | A | Julie | Huckle | Master | Female | 50 |
| 2 | 41 | A | Suzette | Mclvor | Master | Female | 50 |
| 3 | 1292 | B | Lollos | Rodseth | Master | Female | 59 |
| 4 | 2117 | C | Sheila | Prestage | Master | Female | 56 |
| 5 | 2100 | C | Lorraine | Nevin | Master | Female | 56 |
| 6 | 2016 | C | Liz | Brash | Master | Female | 59 |
| 7 | 2009 | C | Togieda | Bassadien | Master | Female | 58 |
| 8 | 3024 | D | Marizanne | Lombard | Master | Female | 53 |
| 9 | 2001 | C | Carin | Abramovitz | Master | Female | 57 |
| 10 | 2079 | C | Kim | Lamb | Master | Female | 54 |
| 11 | 3025 | D | Cathy | Mackenzie | Master | Female | 50 |
| 12 | 2027 | C | Ruwayda | Christians | Master | Female | 50 |
| 13 | 2124 | C | Rene | Schuller | Master | Female | 51 |

| Race #1: | |
|-------------------|----------|
| Position & Points | Time |
| 300 | 03:00:00 |
| 3 | 00:58:44 |
| 7 | 01:07:54 |
| 11 | 01:15:03 |
| 17 | 01:21:37 |
| 18 | 01:21:39 |
| 5 | 01:02:48 |
| 23 | 01:25:00 |
| 28 | 01:44:27 |
| 20 | 01:22:06 |
| 22 | 01:24:10 |
| 26 | 01:31:16 |
| 25 | 01:30:13 |

| Race #2: | |
|-------------------|----------|
| Position & Points | Time |
| 2 | 01:10:21 |
| 1 | 01:09:36 |
| 3 | 01:32:52 |
| 6 | 01:43:07 |
| 12 | 01:56:39 |
| 11 | 01:56:34 |
| 16 | 02:11:24 |
| 14 | 01:58:22 |
| 17 | 02:18:00 |
| 8 | 01:49:04 |
| 9 | 01:49:59 |
| 13 | 01:57:40 |
| 19 | 02:22:57 |

| Race #3: | |
|-------------------|----------|
| Position & Points | Time |
| 1 | 00:46:23 |
| 300 | 03:00:00 |
| 2 | 00:56:37 |
| 6 | 01:05:00 |
| 7 | 01:10:02 |
| 8 | 01:10:05 |
| 300 | 03:00:00 |
| 9 | 01:12:53 |
| 10 | 01:26:42 |
| 300 | 03:00:00 |
| 300 | 03:00:00 |
| 300 | 03:00:00 |
| 300 | 03:00:00 |

| TOTAL | |
|--------|----------|
| Points | Time |
| 303 | 04:56:44 |
| 304 | 05:08:20 |
| 12 | 03:37:23 |
| 23 | 04:03:11 |
| 36 | 04:28:18 |
| 37 | 04:28:19 |
| 321 | 06:14:11 |
| 46 | 04:36:15 |
| 55 | 05:29:09 |
| 328 | 06:11:10 |
| 331 | 06:14:09 |
| 339 | 06:28:56 |
| 344 | 06:53:10 |

| TOTAL AFTER DISCARD | |
|---------------------|----------|
| Points | Time |
| 3 | 01:56:44 |
| 4 | 02:08:20 |
| 5 | 02:04:31 |
| 12 | 02:20:03 |
| 19 | 02:31:39 |
| 19 | 02:31:45 |
| 21 | 03:14:11 |
| 23 | 02:37:53 |
| 27 | 03:11:09 |
| 28 | 03:11:10 |
| 31 | 03:14:09 |
| 39 | 03:28:56 |
| 44 | 03:53:10 |