

Pos	Name	Surname	Race #	Race Time
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25 Km Males

1	Travis	Barrett	3000	00:53:39
2	Aaron	Heyneke	3066	00:53:40
3	John-William	Lang	3037	00:56:17
4	Caleb	Van Der Veen	3109	00:57:21
5	Matthew	Greer	3006	00:57:25
6	Boela	Van Staden	3032	00:57:42
7	Jarryd	Horn	3151	00:57:49

25 Km Females

1	Chloe	Gardner	3028	01:04:44
2	Natalie	Long	3071	01:05:47
3	Natalie	Strydom	3118	01:05:50

55 Km Males

1	Wessel	Botha	5	01:55:40
2	Jan	Withaar	1	01:57:05
3	Pieter	Du Toit	2	01:57:57

55 Km Females

1	Sam	Sanders	222	02:10:03
2	Theresa	Ralph	106	02:16:18
3	Danielle	Strydom	132	02:22:10

