

**Kosmos 3-in-1****Junior Female 18 and under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Michelle dunn		5125	279	59:03.59
2	HAPPINESS SIMELANE		5659	315	1:00:50.92
3	Laura-Lee vermeulen		5120	675	1:13:43.43
4	Nadia van dyk		5114	716	1:14:56.29
5	Elreze van Kradenburg		5202	906	1:23:22.77

**Open Female 19 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	HELENA JOUBERT		5077	57	45:39.18
2	MONOTOKOZO DLAMINI		5451	80	47:20.76
3	NOMSA THABETHED		5696	81	47:38.26
4	NURSE MASUKU		5484	108	49:28.37
5	HANNETJIE PRETORIUS		5493	113	50:03.15
6	ANNEMARIE GRUTIUS		5508	129	51:01.26
7	Phuti Boshomane		1024	134	51:31.04
8	Lesego Hlako		1167	135	51:34.15
9	Cindy Gillman		5016	154	52:51.80
10	Rashika Rampersadh		1600	174	53:59.22
11	Wilmarie Du Plessis		1108	175	54:04.72
12	PEARL MHLAMBI		5267	181	54:27.04
13	ILIDIA LAMBRECHTS		5634	182	54:27.25
14	Elize Douglas		1098	194	55:11.14
15	Thandi Banda		1006	207	56:06.27
16	Elmarie Janse van		1179	208	56:09.33
17	Malienka Hammon		5134	212	56:11.16
18	Laoyiso Moumakoe		1478	229	57:03.12
19	ANITA KOLBE		5337	233	57:13.81
20	Leoni Burger		5192	243	57:30.62
21	Natasja Kask		5018	245	57:39.86
22	Maryke Odendaal		5174	246	57:40.16
23	Mariette Douwenga		1099	259	58:01.58
24	Modiesi Makwarela		1303	269	58:36.22
25	Rene Yiangou		1775	271	58:38.09
26	Bronwyn Strydom		1680	274	58:43.04
27	Mapule Manyama		5029	278	58:59.46
28	VICKI VAN DER MERWE		5461	285	59:05.07
29	Hilary Lease		5025	287	59:08.57
30	Mapaseka Moroke		1460	301	59:58.74
31	Gladness Nkuna		5294	303	59:59.42
32	VANA VISAGIE		5650	324	1:01:23.09
33	ELZETTE DU TOIT		5488	337	1:01:50.23
34	DORIS MOTSIELOA		5264	342	1:01:55.55

**Kosmos 3-in-1****Open Female 19 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
35	Lize-Marie richter		5143	349	1:02:07.12
36	Charlet-Marie Kleynhans		1214	355	1:02:23.34
37	Annemarie Kotzee		1226	361	1:02:35.61
38	MATLALE MPHAHLELE		5509	378	1:03:20.14
39	Joy-Ann Nicholl		1534	384	1:03:24.22
40	Elizabeth Claassen		5289	406	1:04:16.49
41	KEOLEBOGILE		5439	411	1:04:45.34
42	Jessica Du Plessis		1107	412	1:04:46.67
43	Zanele Thulare		5351	421	1:05:09.70
44	Salome Du Toit		1114	423	1:05:11.39
45	Susan du toit		5152	425	1:05:15.45
46	Zanele Nelly Mguni		5112	428	1:05:22.31
47	NB Dlamini		5111	429	1:05:22.58
48	Melanie Delainey		1084	433	1:05:29.95
49	Bianca jordan		5129	439	1:05:49.73
50	JOLENE CARSTENS		5506	452	1:06:24.02
51	Tsholofelo Tsiane-Tease		1710	455	1:06:29.44
52	Eldene Anderson		5000	463	1:06:45.25
53	Sandra Maboe		5218	469	1:07:02.81
54	Hesti Prinsloo		5295	478	1:07:15.35
55	Mmangwato Mabusela		1273	488	1:07:34.57
56	KIRSTEN VAN		5707	490	1:07:36.36
57	Charlotte Helm		1164	492	1:07:36.97
58	Thiemuli Ramanenzehe		5180	495	1:07:52.41
59	Goitsewang Maotoe		1320	503	1:08:19.16
60	Janette Alberts		5175	505	1:08:26.33
61	ZANDI MBENSE		5491	510	1:08:37.95
62	Zelda Bezuidenhout		5133	517	1:08:46.67
63	MARINETTE STRYDOM		5444	527	1:09:10.17
64	Anthea Van der Byl		1794	531	1:09:23.40
65	Nombuso Shabalala		1636	533	1:09:27.94
66	Mandisa Duze		5011	543	1:09:43.19
67	RACHEL DAVIES		5394	548	1:09:47.78
68	MOIIZANNE AUGUSTINOS		5647	549	1:09:48.13
69	NADINE DUNN		5689	551	1:09:49.54
70	Cassandra carter		5157	568	1:10:34.51
71	Silindile Sithole		1652	574	1:10:49.86
72	ULLA MUGHY		5340	583	1:11:01.76
73	ANNELINE VAN ZYL		5450	588	1:11:18.06
74	Pumza Jabane		1176	591	1:11:27.49
75	Nomsa Joan Mlambo		1409	594	1:11:28.09
76	GABILSLE MAULANGU		5378	602	1:11:30.32
77	Patricia Smit		5158	610	1:11:39.36
78	BERNADETTE EHLERS		5448	613	1:11:40.45

**Kosmos 3-in-1**

## Open Female 19 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
79	Duduzile Silubane		5302	618	1:11:56.78
80	HEIDI VERMAAK		5773	627	1:12:00.64
81	ELZAAN VAN HEERDEN		5772	628	1:12:00.86
82	Samantha wright		5132	630	1:12:08.41
83	PORTIA JOJA		5242	632	1:12:08.95
84	nazneen karbanee		5156	635	1:12:11.72
85	Sammy Loots		5160	638	1:12:14.34
86	Tina Pretorius		5058	640	1:12:17.37
87	SLI MTSHALI		5344	647	1:12:38.74
88	Jackoline Nel		1524	649	1:12:41.08
89	Carika Nagel		1505	650	1:12:47.11
90	Stephnie Loedolff		1255	651	1:12:47.59
91	Tumi Kgang		5172	656	1:13:08.24
92	Anel Viljoen		1759	659	1:13:18.63
93	Feroza Moosa		1455	661	1:13:28.94
94	Mulalo Muluvhu		1498	666	1:13:37.13
95	Fikile Mabuza		1274	696	1:14:27.96
96	Smeree Rogers		1611	712	1:14:50.40
97	LIZETTE VISSER		5631	718	1:14:59.05
98	ELAINE KOTZE		5339	719	1:14:59.59
99	KIM BUBU		5637	721	1:15:05.17
100	Nokuthula nkosi		5154	722	1:15:08.97
101	Norah Maithufi		1291	727	1:15:19.19
102	Nthabiseng Mkwanzazi		5037	739	1:15:54.09
103	SIXOLILE DLAMINI		5495	742	1:15:58.39
104	nicole coppo		5003	747	1:16:03.65
105	Mahlangu Lerato		1820	753	1:16:25.00
106	Vuyokazi Ndzamela		1520	754	1:16:26.17
107	Leanne Webster		1765	762	1:16:44.89
108	LIANNE LEVENSTEIN		5363	763	1:16:47.38
109	Pam madikane		5117	765	1:16:51.86
110	SMAKI MAILULA		5379	766	1:16:53.56
111	NONCEDO SIBIYA		5463	769	1:17:02.95
112	Marisa Van Niekerk		5315	773	1:17:23.26
113	NTHABISENG		5494	775	1:17:34.11
114	Ntebaleng Mashaba		5030	776	1:17:35.28
115	GIANNA BRIEL		5471	783	1:17:40.88
116	Noko Thamaga		5066	791	1:18:03.63
117	Zoliswa Diko		1090	793	1:18:16.04
118	MANDRI SUTHERLAND		5400	797	1:18:22.81
119	Bianca Dahl		1068	800	1:18:27.12
120	Busi Sambo		5314	810	1:18:55.01
121	LIEZL BELL		5459	811	1:18:55.95
122	Xoliswa Khumalo		5106	812	1:18:56.75

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## Open Female 19 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
123	JUDY BOTHA		5455	821	1:19:09.69
124	TANIA OELOFSE		5230	827	1:19:24.79
125	Rachelle Pretorius		5057	832	1:19:28.14
126	NKALI RALEFU		5513	838	1:19:44.23
127	THULI MOKHATLE		5457	842	1:20:23.67
128	Adrie Theron		5113	848	1:20:33.36
129	ELIZE WINKLER		5710	851	1:20:36.53
130	ANGELIQUE BRENAM		5232	853	1:21:03.03
131	Tanya Carter		1043	858	1:21:06.58
132	Taryn-Lee Joubert		5017	859	1:21:07.65
133	Yolisa Kubeka		5022	864	1:21:27.30
134	Mausley Pilane		1579	866	1:21:47.33
135	Renette DeWaal		5006	870	1:21:56.88
136	ELMA MACROBERT		5465	872	1:22:06.50
137	Lindi Motau		1468	873	1:22:08.09
138	Azwi Tshitereke		1708	880	1:22:34.39
139	NOTHANDO NALOYI		5474	887	1:22:37.30
140	JULIA KGWEDI		5406	890	1:22:39.10
141	Violet Khumalo		5188	895	1:23:09.74
142	Mpho Mokonyane		5184	897	1:23:10.26
143	THERESA JOUBERT		5357	904	1:23:20.46
144	Serma Joubert		5200	908	1:23:24.50
145	Elsna van Kradenburg		5201	909	1:23:25.02
146	Fallon Ismail		1174	911	1:23:25.39
147	Lorne Van der Merwe		1726	913	1:23:26.67
148	Neo Mogohloane		1427	920	1:24:02.32
149	Kholofelo Masunga		1348	921	1:24:02.36
150	Bonny Makgopela		1296	924	1:24:03.36
151	Refiloe Mogale		5299	926	1:24:03.77
152	Tamsin Murphy		1501	941	1:24:06.45
153	Madelein Olivier		1560	945	1:24:07.54
154	NADIA GLEESON		5243	958	1:24:12.33
155	Norma Du Plessis		1103	961	1:24:14.04
156	PHINDILE NKAMBULE		5247	962	1:24:14.43
157	LESEGO HLANGANGANA		5377	967	1:24:43.75
158	Maritza Hartkopf		1161	972	1:24:57.46
159	Marsha Davids		1075	976	1:25:08.26
160	Boitumulo Sekokope		1628	984	1:25:40.91
161	Namhla Zondani		1809	991	1:25:57.62
162	Esme Cilliers		1055	992	1:26:01.59
163	Lilly Beukes		5101	993	1:26:02.02
164	MARTINA LECHLELE		5385	995	1:26:03.31
165	Marietjie Stoltz		1675	999	1:26:15.26
166	Prudence Mohono		5155	1001	1:26:27.04

**Kosmos 3-in-1**

## Open Female 19 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
167	Isabel Esterhuyzen		1127	1003	1:26:28.61
168	Juanita Venter		1752	1005	1:26:29.37
169	LINDA DERCKSEN		5469	1006	1:26:30.27
170	EKKE ODENDAAL		5256	1025	1:28:55.97
171	JANIKA BREED		5255	1026	1:28:56.03
172	Candice		5054	1035	1:29:47.88
173	Bongekile Khoza		5019	1037	1:29:50.11
174	Tintswalo Suzan Nkuna		1543	1049	1:30:54.42
175	CHRISTELLE DERCKSEN		5366	1050	1:31:13.37
176	NALO MOKOENA		5374	1054	1:31:36.21
177	Sphiwo Sibanyoni		1801	1061	1:32:02.22
178	Phumeza Zungula		1780	1063	1:32:33.77
179	Sanelisiwe Mqadi		1484	1064	1:32:34.56
180	Carolina Pullen		1586	1073	1:33:10.66
181	THEWBI MXUMALO		5654	1076	1:33:13.11
182	Carla-Machere van der		5165	1083	1:33:44.92
183	Boitshoko Matsapola		5033	1090	1:34:11.52
184	Adele van der Westhuizen		5166	1094	1:34:17.81
185	Phephile Mahlangu		1288	1097	1:34:23.61
186	Mmabatho Pheladi		1575	1098	1:34:23.65
187	Nonkie tsatsire		5128	1112	1:35:49.11
188	Isabel Roux		1615	1124	1:36:51.94
189	E-Louise van der merwe		5141	1125	1:36:52.39
190	JILLIAN STEWART		5223	1129	1:37:20.04
191	MOSIMIA NGUBENE		5671	1132	1:37:38.59
192	Nita Van Wyk		5070	1138	1:37:53.64
193	Kerry-Leigh Smith		5065	1140	1:37:54.82
194	Tanya Small-Myburg		1657	1143	1:38:02.87
195	Thandi Jiyane		1181	1144	1:38:02.93
196	MARI LOUISE RAATH		5222	1146	1:38:12.49
197	Suyen Du Preez		5211	1149	1:38:14.72
198	Elizabeth Du Plessis		5010	1156	1:38:38.45
199	Thembi Mokgethwa		5040	1160	1:38:43.81
200	leboha Lefo		5310	1168	1:39:58.87
201	Zaheera Lambat		1234	1169	1:39:59.50
202	ANGLIQUE VAN		5407	1177	1:40:42.78
203	Hester Oberholzer		1557	1178	1:40:55.12
204	FREDA KRITZINGER		5774	1181	1:41:08.66
205	Samukelrsiwe Mdlalose		1383	1185	1:41:37.35
206	LINDA MOTSUMI		5246	1186	1:42:04.66
207	Makhosazane Nirghin		1536	1187	1:42:05.32
208	MARUZE ALBEAS		5500	1189	1:42:42.04
209	Jeanetta Mothoa		1475	1193	1:42:48.85
210	Rene Graham		1148	1195	1:42:55.91

**Kosmos 3-in-1****Open Female 19 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
211	MARETHE STEYN		5480	1198	1:43:15.55
212	SONIA KRIEL		5479	1199	1:43:15.92
213	Reinette De Beer		1078	1203	1:43:59.77
214	Ntshinogang Gaorongwe		1136	1206	1:44:59.67
215	DUMAZILE SOBINASE		5233	1208	1:45:00.50
216	Khumbuzile Lephala		1246	1209	1:45:08.27
217	Dorah Mokgoka		1440	1211	1:46:14.51
218	Kutlwano Makgwa		1297	1219	1:47:50.78
219	Fulufhelo Dagada		1067	1221	1:48:47.34
220	MELISSA BARNARD		5643	1228	1:50:24.32
221	L MOGOROSI		5636	1234	1:53:42.97
222	CIKIZWA MAFANYA		5087	1238	1:56:09.47
223	Sponono Ntuli		1554	1239	2:04:29.24

**Veteran Female 40 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Vanessa Bowman		1031	63	45:55.38
2	LINAU MHLONGO		5353	67	46:17.82
3	Monica Erasmus		1124	190	54:58.81
4	Thandi Dlangamandla		1097	210	56:10.74
5	Sibongile Shongwe		1645	225	56:56.87
6	Berdene Smit		1659	299	59:51.27
7	Retha Strydom		1682	322	1:01:21.65
8	Joanne De Beer		5137	357	1:02:29.68
9	Mari Bruwer		1036	359	1:02:33.64
10	Theodi Crouch		1064	381	1:03:22.80
11	Charmaine Van der Merwe		1727	390	1:03:28.90
12	JACQUELINE STANDER		5642	396	1:03:55.40
13	SIDOME VIKTOR		5486	408	1:04:32.13
14	SIPHWE CHABALALA		5686	427	1:05:19.22
15	Marinda Coetzee		1059	431	1:05:27.70
16	Christine Williamson		1784	435	1:05:36.28
17	Elize Van der Merwe		1725	443	1:05:55.87
18	Elizabeth Nomgq Mlaba		1791	447	1:06:10.05
19	Hannelie Dunn		1117	458	1:06:31.54
20	Erika Owens		1562	459	1:06:31.65
21	Annelize Jonck		1183	460	1:06:31.99
22	Ilona Beets		5001	465	1:06:45.79
23	Maryna Van Aswegen		1719	477	1:07:14.71
24	ELMA WEBB		5682	501	1:08:02.95
25	Martie Brits		1034	514	1:08:45.58
26	Michelle Fookwe		1132	519	1:08:50.23

**Kosmos 3-in-1****Veteran Female 40 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
27	Busisiwe Khumalo		1211	526	1:09:10.01
28	Sbliti Mabena		1266	539	1:09:39.39
29	Masi Sibiyi		1649	542	1:09:42.20
30	LINDIWE MOROPA		5426	569	1:10:42.51
31	Sharon Booysen		1178	572	1:10:46.76
32	Karin Kruger		1227	581	1:11:01.42
33	HELENA THERON		5626	585	1:11:04.72
34	LORAINNE JANSE VAN		5672	589	1:11:18.15
35	Hilda Kotze		1225	607	1:11:33.05
36	ELAINNE KAPP		5644	645	1:12:35.62
37	n'Tombi Ndlovu		1515	662	1:13:29.63
38	DESIREE SMITH		5386	667	1:13:37.55
39	GWYNETH BADENHORST		5425	671	1:13:40.82
40	Antoinette Danster		1072	679	1:13:54.60
41	JACKIE SEDDON		5279	682	1:13:55.43
42	Natascha Plani		1581	688	1:13:59.50
43	Sonja Aucamp		1003	689	1:14:00.66
44	Santie Kelsey		1191	706	1:14:46.91
45	Jennifer Rogers		1610	713	1:14:50.55
46	LOUISE BRITS		5769	726	1:15:18.08
47	IGNA BEUKES		5504	732	1:15:26.66
48	Lisa Edgumbe		5012	735	1:15:33.27
49	JOELINE WILLIAMS		5443	785	1:17:43.56
50	Phyllis ndlovu		5148	788	1:17:54.24
51	REMONA SUTHERLAND		5399	798	1:18:23.11
52	Charlotte Boshoff		1021	799	1:18:24.88
53	Rika Smith		1663	801	1:18:27.20
54	Christie Martins		1798	816	1:19:05.78
55	Peter Steyn		1674	825	1:19:24.58
56	SUSAN CALITZ		5502	844	1:20:25.39
57	Stella Madlala		1279	846	1:20:30.00
58	Marlene Kapp		1188	855	1:21:05.17
59	MARTHIE WESSELS		5257	862	1:21:15.99
60	Annaretha Fourie		5014	871	1:21:57.06
61	Grace Masango		1332	876	1:22:21.79
62	Nkosi Yvonne		1813	883	1:22:34.89
63	PENNY MLUNGWANA		5490	889	1:22:38.70
64	May Van der Walt		5307	894	1:22:59.98
65	YVONNE DU PLOOY		5416	898	1:23:10.59
66	BRUNO PRUIS		5475	901	1:23:13.08
67	Magriet Hattingh		1162	917	1:24:00.44
68	Linda Prinsloo		1585	944	1:24:07.04
69	CATHY RICHTER		5503	948	1:24:08.42
70	RETHA WRIGHT		5234	955	1:24:11.15

**Kosmos 3-in-1****Veteran Female 40 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
71	Mary-Ann Henning		1166	968	1:24:49.18
72	Frances Lezar		1251	969	1:24:49.28
73	MATHAPELO XHASA		5382	973	1:25:03.84
74	Magda Botha		1026	975	1:25:08.10
75	Nompumelelo Mkhize		1406	997	1:26:04.57
76	Malefu Molefe		1449	1007	1:26:47.38
77	Gail Elliot-Wilson		1122	1011	1:26:59.62
78	Esme van dyk		5177	1021	1:28:06.56
79	JENNIFER MOTSAI		5259	1022	1:28:06.88
80	Rentia Van Rooyen		1743	1027	1:28:56.26
81	Estelle Wessels		1767	1030	1:29:23.80
82	Daphne Passmore		5053	1036	1:29:48.02
83	Dikomang Peggy seiteng		5122	1038	1:29:51.26
84	Millicent Nxumalo		1555	1039	1:30:14.43
85	URSULA BRIDGENS		5431	1045	1:30:47.69
86	Connie Ratsela		1606	1046	1:30:48.03
87	Maureen Mavuso		5290	1047	1:30:49.65
88	OLGA BOOI		5249	1072	1:33:05.70
89	Elsabe Lombard		1257	1074	1:33:11.29
90	Bernadette Teixeira		1691	1077	1:33:19.16
91	CAROL WALLACE		5220	1078	1:33:19.19
92	Rene Visser		1761	1079	1:33:19.26
93	Lillian Mthembu		1488	1080	1:33:20.75
94	LESLEY EALAND		5334	1087	1:33:51.30
95	Vinny Manaka		1315	1089	1:33:52.73
96	Alta Kloppers		1215	1100	1:34:33.20
97	Aniah Mahlake		1284	1105	1:35:28.23
98	Nkosinathi Masango		1330	1106	1:35:28.62
99	DOREEN KHUMALO		5691	1111	1:35:48.12
100	Amanda Kuun		1229	1121	1:36:36.42
101	LANA BORCH		5244	1126	1:36:56.47
102	Given Leshabane		1248	1128	1:37:19.11
103	Nomsa Khumalo		1210	1164	1:39:17.85
104	HANNELIE VAN		5408	1176	1:40:42.41
105	Cleopatra Motaung		1470	1188	1:42:25.45
106	LINDA VAN DER BANK		5352	1190	1:42:42.75
107	Marietha Rautenbach		5103	1192	1:42:43.40
108	Nonkie Ditlhong		1094	1196	1:42:56.37
109	EMERA MALELE		5434	1204	1:44:03.25
110	Lindiwe Mokgoro		5181	1207	1:45:00.12
111	Deborah Tshabalala		5316	1210	1:45:13.31
112	Nello Dick		1796	1215	1:46:25.57
113	Virginia Matshaba		1365	1220	1:47:52.03
114	Retha Theunissen		1697	1230	1:52:51.43



**Kosmos 3-in-1****Veteran Female 40 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
115	BEVERLEY FELDMAN		5335	1233	1:53:42.39
116	Niolizwi Mgodana		1385	1236	1:53:55.59

**Master Female 50 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Frieda Muir		1495	377	1:02:57.99
2	Andra Muller		1496	413	1:04:46.68
3	Norma Page		1563	499	1:08:00.30
4	Valerie Geldenhuys		1138	525	1:09:07.35
5	Annaline Weweje		5074	699	1:14:37.81
6	Bernadette Isaacs		1173	749	1:16:14.28
7	Corrie Fourie		1133	820	1:19:07.69
8	Irma Liebenberg		1252	823	1:19:16.50
9	Francis Fisher		5013	860	1:21:08.31
10	Annemarie Breytenbach		1033	868	1:21:50.98
11	Marthie Van der Walt		1732	888	1:22:38.13
12	Angi Danster		1795	935	1:24:05.33
13	Dikeledi Ledwaba		1240	959	1:24:13.28
14	Nicolene Gericke		1139	1017	1:27:21.48
15	Carina Bornman		5303	1029	1:29:22.79
16	Dudzile Mofolo		1426	1055	1:31:37.28
17	Lynette De Beer		1077	1059	1:31:54.56
18	Margaret Mohulatsi		1436	1060	1:32:01.89
19	Tlale Kgame		1195	1081	1:33:21.14
20	Elna dreyer		5146	1082	1:33:35.08
21	EMF Peyper		5135	1115	1:35:54.89
22	Hettie Du Preez		5212	1141	1:37:55.07
23	Lesley Vermeulen		1754	1154	1:38:30.88
24	Hannelie Van den Berg		1722	1157	1:38:38.46
25	Amina Adam		1001	1162	1:38:46.88
26	Nettie Victor		1755	1179	1:41:03.66
27	Sylvia Lourens		5311	1222	1:48:47.60
28	Sipho Ntuli		1552	1237	1:54:20.70

**Kosmos 3-in-1**

G-Master Female 60 and over

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Anna Sonnendecker		1670	733	1:15:32.64
2	Amanda Economon		1119	761	1:16:43.71
3	PRISCILLA VD SCHYFF		5089	910	1:23:25.07
4	ANNETTE VAN ROOYEN		5384	1051	1:31:17.11
5	PHYLLIS MAARTENS		5421	1057	1:31:38.85
6	Linda vickers		5149	1120	1:36:30.04
7	ANNETJIE KRITSINGER		5775	1180	1:41:08.33

**Kosmos 3-in-1****Junior Male 18 and under**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	MARCO WILLIAMS		5442	176	54:16.21
2	JACO VAN TONDER		5364	187	54:36.10
3	NATHAN WEBB		5683	240	57:24.29
4	Barry Crouch		5004	252	57:46.06
5	PATRICK DE PONTSA		5331	295	59:35.66
6	ELANDRE VAN NIEKERK		5681	344	1:01:59.68
7	James Riddell		5063	382	1:03:23.37
8	Bongani Gumede		5217	393	1:03:39.48
9	THEO VAN RENSBURG		5263	442	1:05:55.68
10	FRANCO DERCKSEN		5365	498	1:07:53.95
11	HENDRIK DEBEER		5438	523	1:09:02.64
12	HENCO BOTHA		5449	554	1:10:01.17
13	THEO JOOSTE		5445	555	1:10:02.60
14	MARTINA ODENDAAL		5447	556	1:10:03.65
15	JULIAN VISSER		5633	813	1:18:58.96
16	Mphumzi Jikeka		5126	925	1:24:03.66
17	Dakota Murphy		5045	939	1:24:05.99
18	Ruan Neethling		5319	1042	1:30:16.45
19	Gerhard Visser		5163	1084	1:33:45.15
20	Ryan Shepstone		5164	1095	1:34:17.86
21	Burhaan Fakir		5173	1123	1:36:47.49

**Open Male 19 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	LUCAS JANI		5392	1	30:49.62
2	NKOSINATH VILAKAZI		5227	2	31:42.80
3	DANIEL F S SEHOHLE		5355	3	32:06.71
4	THEMBA MIYTA		5418	4	32:56.66
5	ELIAS MALINGA		5470	5	33:25.23
6	HWASA VINCENT SENG		5481	6	34:10.53
7	DOCTOR ZWANE		5345	7	34:56.94
8	TEBOGO SITHOLE		5390	8	35:00.60
9	Simon Sibisi		5199	9	35:03.62
10	VICTOR THWALA		5656	10	35:50.08
11	REUBEN MALATHJI		5501	11	35:51.86
12	ABEDNKO MASHABA		5354	12	36:19.43
13	PULE MASILELA		5415	14	36:33.06
14	Innocent Malinga		5286	16	37:47.44
15	MILTON MABUNDA		5497	17	38:04.28
16	XOLANI MNGOMETLU		5404	18	38:13.56
17	Sphiwe Mtlane		5288	19	38:28.61
18	SCARA MAUVSO		5680	20	38:36.35

**Kosmos 3-in-1**

## Open Male 19 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
19	WILLEM HEYMAN		5467	21	38:37.45
20	Ken Mwape		1503	23	38:58.90
21	CRAIG CYNKIN		5091	24	39:35.25
22	THABANG NJOLO		5658	25	39:44.56
23	Kadisegwane Maleka		1309	26	39:49.21
24	Morel Pume		5197	27	40:01.58
25	HERTBERT MOKOTALA		5436	28	40:29.08
26	PETRUS NTOPENG		5482	30	40:46.86
27	Meshack Monareng		1453	31	40:53.96
28	JERRY LIEBENBERG		5349	32	41:02.28
29	Elvis Mazibuko		1374	33	41:14.37
30	Sipho Ngomane		5214	34	41:15.13
31	HANE MAKGAKGA		5383	35	41:50.77
32	Agent Moagi		1416	36	42:02.36
33	Ronnie Mathebula		1357	37	42:26.84
34	Segatane Makuwa		1302	38	42:32.59
35	THAKO LEPHOTO		5097	39	43:06.51
36	KHUMBULSNI DLAMINI		5423	40	43:12.94
37	Ntheleng Mosine		1464	42	43:34.30
38	JABULANI ELIAS NKOSI		5346	43	44:00.89
39	Prince Mathumbu		1360	44	44:10.17
40	AYANELE KUBHEKA		5076	46	44:29.89
41	George Phetla		1576	47	44:41.69
42	NTLANTLA ZONDO		5082	48	44:44.89
43	Justin Sher		1643	50	44:52.27
44	PETRUS MOELETSANE		5401	51	44:53.98
45	NTOKOZO NGWENYA		5692	53	45:08.27
46	THABISO BONTSI		5402	56	45:37.62
47	Gavin Munyu		1500	59	45:45.13
48	Andrew Maphakge		1321	60	45:45.79
49	ROBERT CEPHOTO		5240	61	45:46.68
50	Lucky Mahlangu		1289	62	45:51.02
51	Frank Ramaputla		1597	64	45:59.39
52	Lucas Mathibela		5298	66	46:05.40
53	MMELI DUBAZANA		5496	68	46:22.11
54	Pula Kheitsane		1204	69	46:31.94
55	DUMINSANI NKOMO		5272	70	46:36.95
56	THAMSANDRA		5253	73	47:05.87
57	Mpho Ngoepe		1529	75	47:13.27
58	Ryan Gibson		1141	76	47:14.40
59	William Stroebel		1678	77	47:15.07
60	Gert Fourie		5110	78	47:16.86
61	Gideon Joubert		1187	79	47:19.08
62	CHRIS MYNHAARDT		5086	84	47:48.57

**Kosmos 3-in-1**

## Open Male 19 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
63	SIFISO KHUMALO		5477	85	47:51.79
64	Mluleki Ndosi		1516	86	48:00.94
65	RUDI FILMALTER		5356	88	48:07.70
66	ZAKAE ZUNGU		5260	89	48:10.71
67	Muzi Khumalo		1208	91	48:27.54
68	Delani Njapha		1538	94	48:35.24
69	Ofentse Mokgale		1438	96	48:36.18
70	VINCENT MADONSELA		5373	98	48:43.43
71	XOLANI NHLOPO		5271	99	48:49.29
72	David Mogohloane		1428	101	48:51.15
73	Bennie Roux		1616	103	49:06.71
74	VUSUMUZI MAUNI		5380	104	49:09.64
75	BEN BREYNTZIS		5342	107	49:20.29
76	FICK LIEBENBERG		5350	110	49:41.74
77	THEMBA NGUBANE		5094	112	49:50.66
78	Shaun Saraiva		1618	116	50:06.07
79	ETIRNNE J V D		5685	117	50:18.23
80	Benny Moloko		1451	119	50:21.72
81	Nsia Mathabathe		5031	120	50:24.22
82	THAPELO DHLAMINI		5398	121	50:34.13
83	CHARLES SELOWA		5083	122	50:34.41
84	ROOI MAHLANGU		5708	125	50:41.14
85	Teboho Matseke		1364	127	50:44.59
86	ITUMELENG PHINISI		5393	128	50:49.11
87	Fanilakhe Ntshangase		1550	130	51:15.67
88	Jacques Burger		1039	132	51:21.90
89	Ryan Mathaba		1353	138	51:43.02
90	ALEX TOMGS		5320	140	52:08.77
91	Gert van den berg		5178	143	52:22.06
92	Christo Meyer		1391	144	52:22.07
93	Sipho Mhaga		1396	146	52:29.05
94	Rhangani Kasanavko		1189	149	52:39.16
95	INIEL HATTINGH		5391	151	52:43.76
96	BOETA VAN TONDER		5405	152	52:45.29
97	Hennie Lotz		1787	153	52:50.82
98	Linda Shembe		1641	156	52:56.81
99	Mpho Sekese		5216	157	52:56.95
100	VENILE STEVEN MOTAU		5397	159	53:01.46
101	Gideon Mafukane		1799	162	53:09.36
102	Phillip Uys		1716	163	53:09.39
103	Corne Loedolff		1256	167	53:26.47
104	Theo Mostert		1465	168	53:26.64
105	Conwell Mlhonto		5296	169	53:30.43
106	Thabo Nakeli		1507	170	53:37.31

**Kosmos 3-in-1****Open Male 19 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
107	Martin ntobela		5123	171	53:44.09
108	Lebogang Mooketsi		1454	172	53:51.53
109	TERTIUS BAART		5430	173	53:58.68
110	Motsamai Monareng		1452	179	54:25.52
111	Happyboy Mhloleli		1398	180	54:25.77
112	Thabo Mofokeng		1422	183	54:31.59
113	KOBUS GREEN		5323	185	54:33.71
114	Martin Vilukazi		1760	188	54:37.71
115	Simon Kotze		1224	189	54:44.72
116	Renier fourie		5121	192	54:59.12
117	Jeremiah Mokgal Mosotho		5179	193	55:11.12
118	WONDER GALU		5270	197	55:30.14
119	Binda Mpostolic		1817	198	55:34.27
120	Victor Mathole		1359	199	55:35.38
121	Edison Motlhono		1476	205	55:54.86
122	Luzuko Ntissa		1548	206	56:02.61
123	Wilhelm Du Plessis		1106	209	56:10.59
124	Vuyane Magobongo		1282	211	56:10.84
125	Christopher Bell		1010	213	56:13.35
126	Johannes Van den Berg		1723	217	56:35.41
127	JACO VAN VUUREN		5697	218	56:35.75
128	Divan Olivier		5183	220	56:49.73
129	Stephen Rondganger		1612	221	56:50.37
130	MAFIKA MOSES		5387	223	56:51.10
131	July Mavuso		1371	230	57:04.22
132	CULES KOLBE		5336	231	57:04.93
133	CYLENT MAKOFANE		5396	232	57:10.10
134	Elly Malinda		1312	234	57:17.07
135	Tshepo Mokonyane		1445	235	57:18.97
136	Khehla Molefe		1448	236	57:21.20
137	riaan Pretorius		5055	239	57:23.82
138	Muntonezwi Khanyile		1203	247	57:42.14
139	Sibusiso Mkhize		1405	248	57:43.38
140	SIMON MHLANGU		5709	254	57:46.82
141	Thabane Cele		1046	260	58:02.79
142	Francois Steenkamp		1672	263	58:23.16
143	DRIKUS LOMBARD		5327	264	58:23.63
144	Gustav Roos		1613	265	58:23.91
145	Wayne McBowles		1380	266	58:24.27
146	Edmund du toit		5151	267	58:25.28
147	JOELINE ZULDERSMA		5362	268	58:28.36
148	Sipho Noaba		1544	270	58:36.34
149	Lourens botha		5144	272	58:42.31
150	Clayton Passmore		1568	273	58:42.97

**Kosmos 3-in-1**

## Open Male 19 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
151	AIDEN STOOP		5085	275	58:44.97
152	MARTIN BOTHA		5678	277	58:57.78
153	BHEKI THOMAS		5075	280	59:03.59
154	Jacques Burger		5193	288	59:11.70
155	LEON GRAAFF		5690	289	59:11.97
156	PULE MANIOBA		5081	290	59:14.60
157	Andries Manyaka		1319	292	59:30.55
158	Marcelino De Gouveia		1080	293	59:31.09
159	Sibusiso Solomo		1411	294	59:33.61
160	Theron Nkhensan Miyeni		1402	296	59:38.72
161	Nkosana Mabunda		1272	297	59:46.14
162	Simon Mgwanya		5140	298	59:50.06
163	NHLANWA NKOSI		5096	300	59:55.23
164	SIPHO DUMAKUDE		5381	302	59:59.14
165	HAPPY MASEMOLA		5376	305	1:00:15.21
166	Erik Neethling		1522	306	1:00:19.47
167	Don Masasanya		1333	307	1:00:20.76
168	GAWIE DE JAGER		5266	308	1:00:22.44
169	TSHINTADZO MUDAU		5473	311	1:00:33.99
170	DEON SCHOEMAN		5358	312	1:00:36.83
171	Kaizer Motaung		1472	316	1:01:01.53
172	Jarred Lloyd		1254	317	1:01:05.04
173	Mbongeni Mdunge		1386	318	1:01:05.28
174	Johannes Choma		1054	319	1:01:06.14
175	ADRIAN MOORE		5326	323	1:01:22.98
176	JANIS VISAGIE		5649	325	1:01:23.15
177	Martin Lekgoye		1242	327	1:01:26.96
178	Moleela Chidi		1052	328	1:01:27.39
179	Kevin Afrikaner		1002	330	1:01:38.78
180	ANDREW HARRISON		5466	333	1:01:47.92
181	F MARTINS		5771	334	1:01:48.29
182	MOSES KOTSOKOANE		5237	339	1:01:51.11
183	Sibuso Hsweha		5206	346	1:02:03.06
184	Dean van Niekerk		5203	347	1:02:06.35
185	Johan Malepe		5306	350	1:02:08.06
186	Chris Mahungo		1290	351	1:02:11.04
187	Moosa Kola		1219	353	1:02:19.93
188	Andre Douwenga		1100	362	1:02:35.62
189	Lehaka Tsotetsi		1712	363	1:02:35.88
190	Warren Gallow		5204	365	1:02:37.87
191	Simphiwe Cele		1047	367	1:02:39.11
192	Bradley Studdard		1685	371	1:02:52.44
193	Antonie Mans		1318	373	1:02:56.69
194	Jean-Claude		1115	374	1:02:56.89

**Kosmos 3-in-1****Open Male 19 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
195	Bhobhoza Mashinini		1341	379	1:03:20.44
196	Schalk Strombeck		1679	385	1:03:24.33
197	Karel Burger		1038	386	1:03:26.69
198	Lesiba Selaki Tshabalala		1707	387	1:03:26.89
199	Chris Du Plessis		1105	389	1:03:28.72
200	Thabo Moeketsi		1419	391	1:03:33.80
201	Mpho Lamola		1236	392	1:03:34.05
202	VELAPHI MATHEBALA		5269	394	1:03:42.86
203	Karabo Nakeli		1508	397	1:03:55.47
204	SAMKELO SENTANE		5261	398	1:03:55.83
205	VICTOR MAPOTSOANE		5359	399	1:03:58.85
206	JOHN GREEN		5324	400	1:04:06.10
207	Landani Mavunda		1370	405	1:04:09.79
208	MZIKAYISE MDLADOSE		5476	409	1:04:33.38
209	ALFIE VENTER		5446	410	1:04:45.06
210	JS Viviers		5073	414	1:04:48.42
211	MARTINA SWANEPOEL		5478	415	1:04:48.43
212	Thabo Ramela		1599	417	1:05:00.27
213	RYNO POTGIETER		5348	419	1:05:05.48
214	Van Tonder Johan		1814	420	1:05:05.88
215	Ntloko Ntloko		1785	422	1:05:10.70
216	Janie du toit		5153	426	1:05:15.73
217	Mark Dowdeswell		1101	432	1:05:29.88
218	Mahlongonolo Rabodiba		1590	436	1:05:41.62
219	Juan Van der Walt		1734	441	1:05:55.52
220	LIVHU MGIDIMISA		5630	446	1:06:06.52
221	Mosehla Nakene		1509	448	1:06:13.74
222	Itumeleng Mataboge		1349	453	1:06:24.22
223	Matsobane Setlatjile		1635	456	1:06:30.21
224	Matome Rasekgala		1604	457	1:06:30.66
225	Gustav Vandermalen		1748	461	1:06:32.34
226	Samuel Sithole		1651	462	1:06:42.13
227	Lucky Mokothehi		1446	466	1:06:48.88
228	Luthbert Tembedza		1693	468	1:06:50.59
229	Jan Masombuka		1346	471	1:07:03.57
230	CHRISTO BRITS		5238	474	1:07:05.25
231	KGOTMOTSO		5389	475	1:07:05.32
232	Taetse Vorster		5297	479	1:07:15.70
233	Andries Motsai		1802	484	1:07:23.46
234	Bongani Mbatha		1376	485	1:07:30.04
235	Bethuel Mogotsi		1429	487	1:07:34.57
236	WAYNE HAY		5706	491	1:07:36.57
237	Amos Manda		1317	496	1:07:53.36
238	Hendrik Jobus M Alberts		5176	504	1:08:25.96



**Kosmos 3-in-1**

## Open Male 19 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
239	WIKUS CLASSENS		5369	507	1:08:31.37
240	CHRISTOPHER WILLIAMS		5414	508	1:08:37.21
241	Phillip Balkehlaka		5182	509	1:08:37.47
242	Noan Wright		1772	520	1:08:50.39
243	JJ Kerry		1193	522	1:08:57.76
244	Chuma Diniso		1093	528	1:09:17.20
245	NGEMA SIBONISO		5278	530	1:09:18.92
246	Gregory Odigeng		1558	535	1:09:28.13
247	WELLINGTON KARENG		5375	536	1:09:31.55
248	Randall Norman		1546	538	1:09:39.16
249	Butana Ntshabelle		5050	541	1:09:40.30
250	Sylvester Shange		1639	545	1:09:46.80
251	BONGANI MTHINUANE		5229	546	1:09:46.81
252	JOHAN SCHEEPERS		5646	547	1:09:47.76
253	J VOSLOO		5291	550	1:09:48.38
254	Colin Louw		1261	552	1:09:53.58
255	NICO BEZUIDENHOUT		5338	553	1:09:56.78
256	Bathande Quvane		1587	559	1:10:11.78
257	KEVIN STEYN		5428	560	1:10:13.60
258	JOHAN JANSE VAN		5388	561	1:10:14.04
259	Dewald Van Niekerk		1741	563	1:10:25.72
260	Yusuf Bhyat		5284	566	1:10:31.91
261	Tyrone Incendiario		5205	567	1:10:34.42
262	Griffiths Makgwale		1298	578	1:10:52.31
263	WILLIAM KLUMELO		5092	579	1:10:56.36
264	Philemon Hailu		1160	584	1:11:04.16
265	Jeffrey Ramaroka		1808	590	1:11:26.98
266	Fortune Howard		1171	595	1:11:28.19
267	Mandla Coka		1783	597	1:11:28.70
268	Japie De La Rosa		1082	608	1:11:33.07
269	Andries Ndabeni		1512	609	1:11:35.67
270	Julian Blonski		1017	615	1:11:47.79
271	Mpitye Somo		1668	617	1:11:56.33
272	Teboho Malatsi		1304	621	1:11:57.80
273	Michael Mbatha		1375	622	1:11:57.98
274	Tebogo Chake		1049	624	1:11:58.90
275	Kgetjepe Maredi		1326	625	1:11:59.03
276	DINGANZI RAMAKHELE		5468	629	1:12:02.44
277	David Lubisi		1263	633	1:12:09.96
278	Bongani Thow		5107	634	1:12:11.23
279	Ruan Gerber		5161	637	1:12:14.23
280	NEIL VIVIERS		5639	643	1:12:19.13
281	Tembekile Shenxane		1642	644	1:12:22.80
282	Dirk Du Plessis		1104	652	1:13:00.99

**Kosmos 3-in-1****Open Male 19 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
283	FRIK VAN DER MERWE		5429	653	1:13:04.07
284	Lucky Sekwane		1630	654	1:13:06.58
285	Obopeng Mosesane		1462	655	1:13:06.62
286	Piet Retief bosch		5116	657	1:13:09.77
287	Chris Kubeka		1806	663	1:13:36.12
288	Khakhu Mulaudzi		1807	664	1:13:36.36
289	Adolph Gaza		1137	665	1:13:36.97
290	KZ MAPASA		5629	670	1:13:40.78
291	Manape Malebana		1307	677	1:13:48.18
292	Morwape Patjane		1570	680	1:13:54.60
293	Nkonazi Mathebula		1356	683	1:13:56.21
294	Calvin Pedi		1571	686	1:13:58.91
295	Abed Masinga		1345	687	1:13:59.36
296	Riaan Van der Walt		1735	692	1:14:05.83
297	Kgopecommando Matlawa		1362	693	1:14:14.28
298	Segopotso Koloje		1220	695	1:14:25.37
299	Takalani Ramawa		1598	697	1:14:29.74
300	SPHESIHLE NGOBO		5282	700	1:14:38.45
301	Nico-Wayne Weweje		1769	701	1:14:41.81
302	Andre Dercksen		1085	705	1:14:46.50
303	Ledwaba Malose		1821	708	1:14:47.20
304	Nhlanhla Mathebula		1355	720	1:15:05.14
305	Fisokuhle Mhlongo		1805	723	1:15:10.36
306	Mgcineni Mokoena		1443	724	1:15:13.16
307	Bheki Mnisi		1412	729	1:15:21.61
308	William Jiyane		1180	738	1:15:44.93
309	Glen Mkwanzazi		5038	740	1:15:54.37
310	Leonard Maseko		1334	744	1:15:58.79
311	Wynand Van der		1736	746	1:15:59.96
312	Hammond Black		1015	748	1:16:04.26
313	Bongani Mkwanzazi		5036	752	1:16:24.21
314	BONGANI HLATAWAYO		5341	755	1:16:29.43
315	Christopher Tsolanku		1711	758	1:16:34.62
316	Brandon Paschal		1566	764	1:16:47.68
317	MASERENZA MATYEKA		5705	767	1:17:00.70
318	FANNY DLAMINI		5462	770	1:17:15.92
319	Chris Olivier		5052	772	1:17:18.94
320	Vincent Qwabe		1589	774	1:17:31.05
321	WYNAND LE TOUX		5472	782	1:17:40.56
322	Thomas Roos		1614	786	1:17:49.97
323	Agmat Badat		1005	787	1:17:51.90
324	Volkenius Mashabela		1336	789	1:17:59.01
325	Ngcungama Godfrey		1825	790	1:18:03.35
326	OAGENEG LEKABE		5454	792	1:18:10.34

**Kosmos 3-in-1**

## Open Male 19 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
327	Lennox Mathebula		1354	807	1:18:42.97
328	JUAN SCHIZZAROTTS		5372	814	1:19:00.13
329	vusi skosana		5170	818	1:19:06.25
330	Nico Oelofse		1559	826	1:19:24.61
331	STEVEN BELL		5460	828	1:19:24.94
332	Ndwamato Livhuw		1368	830	1:19:27.43
333	Divan Pretorius		5056	833	1:19:28.36
334	Pieter Grobbelaar		1151	834	1:19:29.32
335	Sietse Van der Wal		1731	835	1:19:37.87
336	G WINKLER		5701	850	1:20:34.84
337	Brad Carter		1044	857	1:21:06.11
338	THEMBA RADEBE		5093	865	1:21:47.31
339	Jacques van tonder		5169	867	1:21:49.58
340	Gerald Modiga		1417	881	1:22:34.48
341	Abbas Kigganda		1213	886	1:22:36.34
342	TONKISO PITSO		5512	891	1:22:40.66
343	Selby Rasoesoe		1605	900	1:23:12.45
344	Lefa Gewu		1140	902	1:23:13.18
345	Giepie Van Tonder		1746	905	1:23:21.12
346	MARTIN SHONGWE		5675	915	1:23:28.81
347	Jaco Van der Merwe		1728	916	1:23:28.95
348	Jeremiah Gumede		1152	919	1:24:02.07
349	SIKHUMBUZO MPILA		5456	922	1:24:02.85
350	Werner Beukes		5102	928	1:24:04.07
351	Michael Moremi		1459	931	1:24:04.69
352	Jimmy tsatsire		5127	934	1:24:05.25
353	HLUGWANA ABEDNEGO		5273	942	1:24:06.80
354	Diren Govinder		1146	952	1:24:09.74
355	Johan De Bruin		1079	957	1:24:11.96
356	HENNO SENEKAL		5655	960	1:24:13.88
357	Hendrik Pretorius		1584	963	1:24:17.26
358	Willy Boloko		1020	964	1:24:28.47
359	Tiaan Van Aswegen		1718	965	1:24:31.46
360	William Barfoot		1007	966	1:24:40.13
361	Marius Koekemoer		5020	971	1:24:57.45
362	LANCELOT GUMEDE		5254	978	1:25:08.99
363	Ricky Chauke		1050	979	1:25:09.55
364	Nicholas Yiangou		1776	982	1:25:18.19
365	Sello Mantlase		5028	986	1:25:50.38
366	Tiyane Sondlane		1669	989	1:25:54.47
367	Joseph Thekiso		1696	998	1:26:05.88
368	Francois Erasmus		1126	1004	1:26:29.25
369	Zuhir Mohammed		1431	1008	1:26:51.81
370	Kobe Mojapelo		1437	1009	1:26:58.23

**Kosmos 3-in-1****Open Male 19 to 39**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
371	Vincent Farrell		1129	1013	1:27:00.06
372	JOSEPH STEYN		5361	1019	1:27:50.51
373	Vuyisa Mfinci		5207	1028	1:29:19.66
374	Joseph Maartens		1265	1031	1:29:23.91
375	Nsizwa Charles Makhanya		1792	1058	1:31:49.47
376	SHAYNE STEYN		5228	1062	1:32:28.47
377	Azar Shah		1637	1067	1:32:42.34
378	Mitesh Bhoola		1014	1068	1:32:42.40
379	Rohit Bhoola		1013	1069	1:32:51.97
380	Tolamo Maubane		1367	1070	1:32:52.60
381	Samuel Sibiya		1650	1071	1:33:04.39
382	Warren Graham		1149	1085	1:33:48.28
383	Tsietsi Mofokeng		1424	1091	1:34:12.28
384	Jan Barnard		1008	1092	1:34:13.11
385	Mahlubandile Vuba		1763	1096	1:34:23.53
386	Mxolisi Mtshali		1493	1101	1:35:17.71
387	Robert Avery		1004	1102	1:35:19.47
388	Jackson Jaundre		1175	1103	1:35:20.22
389	Zolani Twani		1715	1108	1:35:29.71
390	Zakhele Gumede		1153	1116	1:35:58.42
391	Camillus Fourie		1134	1127	1:37:07.76
392	ANTHONY STEWART		5224	1130	1:37:20.35
393	Marnus Van Wyk		5072	1136	1:37:48.18
394	Herman Du Preez		5210	1137	1:37:52.72
395	Wayne Thomas		1700	1139	1:37:53.98
396	JAN DE BEER		5627	1145	1:38:08.25
397	MARIUS JOUBERT		5221	1147	1:38:12.60
398	Tinus Du Preez		5209	1148	1:38:14.31
399	Thabo Mkhasibe		1404	1150	1:38:22.53
400	Kobus Van Wyk		1747	1155	1:38:37.85
401	Junaid Mohammed		1430	1163	1:38:47.16
402	Stefan Bothma		1029	1170	1:40:11.72
403	Bernard Tabane		1689	1171	1:40:23.53
404	Percival Teta		1694	1172	1:40:24.05
405	Serufe Kweyama		5024	1194	1:42:54.94
406	Mlamuli Mkalipi		1403	1200	1:43:28.19
407	Thabiso Mataboge		1350	1205	1:44:57.16
408	Denge Denge		1786	1212	1:46:14.71
409	Crispin Chetty		1051	1213	1:46:24.28
410	Thabo Manyane		5171	1224	1:48:53.55
411	Edwin Oupa Senamela		1632	1225	1:48:53.82
412	Gregg Palm		1564	1232	1:53:42.33

**Kosmos 3-in-1****Veteran Male 40 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	SIPHO DLAMINI		5410	15	36:39.21
2	BOY KOEN		5483	22	38:49.37
3	ISAAC MOFOKENG		5333	29	40:30.69
4	Tebogo Seroka		1634	41	43:22.42
5	SERAME MOSHOETIE		5268	45	44:22.62
6	Paul Mabena		1267	52	44:54.49
7	Niel Jacobs Dan Kritzinger		1789	54	45:13.56
8	JOHAN JOUBERT		5679	58	45:40.28
9	Luleka Goso		1144	71	46:47.00
10	Flip nel		5130	72	46:58.90
11	Sibusiso Vilane		1758	74	47:13.00
12	VUSI SIGUDU		5403	82	47:38.60
13	J W BOTHA		5343	83	47:47.95
14	Dan Sekhu		1626	87	48:07.44
15	THOMAS CONRADIE		5245	90	48:16.47
16	Michael Shongwe		1646	93	48:34.97
17	Abel Dlamini		1095	95	48:35.41
18	Jakobus De Jager		1081	97	48:36.85
19	MPHO TSOTETSI		5424	100	48:50.02
20	Mdutywa Mpondo		1481	102	49:02.42
21	Absalom Mthimunye		1491	105	49:13.97
22	Hendrik Kotze		1223	106	49:16.44
23	Matlhasela Matome		1363	109	49:41.11
24	Bonnie De Beer		5138	111	49:43.44
25	Dumisane Mkhwanazi		1407	114	50:05.74
26	Dean Passmore		1567	115	50:06.05
27	Bashier Mokoena		5185	118	50:19.26
28	Mike Matlala		1361	126	50:42.71
29	Simon Makunyane		1301	131	51:20.14
30	Lawrence Maphosa		1324	133	51:25.32
31	Ansa Strydom		1684	136	51:36.72
32	GEORGE MANAMELA		5640	137	51:42.99
33	WILLIE DU PREEZ		5371	141	52:14.87
34	William Douglas		5008	142	52:17.01
35	JAN HENDRIK STANDER		5641	150	52:43.19
36	JULIAN VAN DER LITH		5360	155	52:56.18
37	CORNELIUS GROTIUS		5427	158	53:00.11
38	Setty Ndaba		1511	166	53:22.86
39	Rasmus Swartz		1688	177	54:25.09
40	James Vena		1751	178	54:25.30
41	Tsholo Kgaphola		1196	186	54:35.65
42	Wikus Erasmus		1125	191	54:58.98
43	Andy Danster		1071	195	55:16.33
44	DONALD MAGENETJA		5251	200	55:38.91

**Kosmos 3-in-1****Veteran Male 40 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
45	Cherryboy Nirghin		1537	201	55:43.33
46	Nkosana Mabizela		1268	204	55:54.36
47	Jonathan Kekana		1190	216	56:24.69
48	Hlupho Mthabela		1487	222	56:50.42
49	Musawenkosi Vilakazi		1757	224	56:52.29
50	JSCOB CHAOBGE		5078	226	56:57.10
51	Benjy Mfolo		1393	227	57:02.25
52	Wonder Dlangamandla		1096	228	57:03.02
53	Ezekiel Kgopodimetse		1200	237	57:21.45
54	Mokgong Masike		1343	238	57:23.31
55	Vu Rajuli		1595	241	57:27.46
56	Bongane Mabuza		1275	242	57:28.02
57	Mike Edgcumbe		1121	244	57:34.10
58	Itumeleng Matshaba		1810	249	57:43.57
59	Kristian Carlson		1041	250	57:43.72
60	Patrick Nyathi		5191	251	57:45.51
61	Cyprian Mtshali		1494	255	57:57.85
62	Eric Rahn		1594	257	57:59.35
63	Siphiwe Mchunu		1381	258	58:00.51
64	Segoati Mahlangu		1287	262	58:19.49
65	PETROS SIBEKO		5325	281	59:03.90
66	Piet Schoeman		1622	282	59:04.31
67	Johan dunn		5124	283	59:04.84
68	Theuns Coetzee		1060	284	59:04.88
69	Tseko Mabote Mabote		1269	286	59:06.99
70	Maraile Mashabela		1337	291	59:27.05
71	Martin Cawood		1045	304	1:00:09.13
72	ANDREW DHLIWAYO		5275	310	1:00:32.58
73	Samuel Skeva		1654	320	1:01:16.68
74	ROBERT DHLAMINI		5347	326	1:01:26.13
75	Bernard Matela		1352	329	1:01:31.60
76	Fillix Edwin Chiloane		5194	332	1:01:46.57
77	H W ALBERTS		5499	335	1:01:48.30
78	ZACHARIA SIBANDE		5329	336	1:01:48.31
79	Jonas Fabo Nkam		1128	341	1:01:55.48
80	Koos Vaughan		1750	348	1:02:06.97
81	Mehmood Patel		1569	352	1:02:18.55
82	Anwer Madhi		1277	354	1:02:21.26
83	Mike Meyer		1392	356	1:02:23.34
84	Reinier Nel		1525	360	1:02:34.34
85	Hugo Van Rooyen		5301	364	1:02:36.55
86	Isaiah Peete		1572	366	1:02:38.88
87	Pieter Mokgomogane		1441	368	1:02:44.93
88	Jeremia Heiman		1163	372	1:02:52.63

**Kosmos 3-in-1****Veteran Male 40 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
89	Benjamin Mekgoe		1388	375	1:02:57.51
90	Chris Koch		1217	383	1:03:24.04
91	Vusumuzi Macu		1276	401	1:04:06.19
92	Moisi Lehobo		5196	402	1:04:06.40
93	Tobie Reyneke		5285	416	1:04:55.79
94	Doctor Patrick Masina		1344	418	1:05:02.10
95	Sello Maema		1280	424	1:05:12.55
96	WILLIAM PHAHKATNI		5328	430	1:05:26.50
97	Thabani Mhlongo		1400	440	1:05:54.94
98	VICTOR MNBASA		5276	444	1:05:57.20
99	Joseph Msiza		5293	445	1:06:06.43
100	Nakedi Mashao		1338	454	1:06:28.83
101	Theuns Strecker		1677	464	1:06:45.51
102	Themba Twala		1714	467	1:06:50.54
103	Didimalang Senna		1633	470	1:07:02.88
104	Siphiwe Hope Selepe		1631	472	1:07:03.58
105	ANDREW CARSTENS		5507	473	1:07:04.71
106	Donald Shai		1638	480	1:07:16.72
107	SIKHUMBUZO NHANTSI		5498	481	1:07:18.37
108	Mabowe Sekhukhune		1627	486	1:07:33.74
109	Mafihle Phasha		1574	489	1:07:35.37
110	BRAAM VISSER		5632	493	1:07:50.13
111	Patrick Mtuli		5043	513	1:08:42.91
112	Sean McKay		1382	518	1:08:47.33
113	Cyprian Mngadi		1410	524	1:09:05.37
114	Maxwell Williams		1770	532	1:09:23.56
115	May Mnisi		1413	534	1:09:27.97
116	Musa Mgemane		1394	537	1:09:33.23
117	Peter Ramaboa		5187	540	1:09:40.30
118	Thandwangubani Nxumalo		5051	544	1:09:45.70
119	Martin Swate		5100	557	1:10:04.12
120	Victor Ngobeni		1527	558	1:10:10.43
121	Deon Van Deventer		1737	564	1:10:25.76
122	Louis Ndubane		5047	565	1:10:27.86
123	JAN CHABALALA		5687	570	1:10:42.74
124	Boissie Mbha		1378	571	1:10:44.43
125	Baphiwe Ngubane		1531	575	1:10:50.32
126	Jerome Van Boomen		1720	576	1:10:51.17
127	Success Stanley Zitha		1777	577	1:10:52.07
128	Otto Knabl		1216	582	1:11:01.47
129	KOOS J V VUUREN		5673	587	1:11:15.49
130	Patrick Davids		1076	593	1:11:28.04
131	Arthur Radebe		1592	596	1:11:28.19
132	Terence Ndzumeni		1521	598	1:11:29.19

**Kosmos 3-in-1**

## Veteran Male 40 to 49

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
133	Jims De Vos		5292	600	1:11:29.93
134	Ernest Majiya		1292	603	1:11:31.59
135	Nazeer Bulbulia		1037	605	1:11:32.16
136	Mandla Mkhalidhi		5035	611	1:11:39.45
137	Chaka Ndou		1518	614	1:11:45.81
138	Peabo Kurata		5023	616	1:11:48.42
139	Njingama Malaza		1305	619	1:11:57.10
140	Zakhele Mdlalose		1384	620	1:11:57.49
141	Lwazi Mosheqane		1463	626	1:12:00.02
142	Calvin Smith		1662	641	1:12:17.57
143	LEON KAPP		5645	646	1:12:35.80
144	Petros Vilakazi		1756	648	1:12:40.83
145	Solomon Hadebe		1159	658	1:13:17.94
146	JOSEPH NENIELS		5330	660	1:13:27.60
147	Walter Dhlamini		1088	668	1:13:38.94
148	Tokyo Mavubo		1369	669	1:13:39.25
149	Johan van der walk		5139	672	1:13:40.83
150	Monde Quvane		1588	673	1:13:41.11
151	Tony Green		1150	676	1:13:45.14
152	LESIBANA MATOME		5262	678	1:13:49.76
153	PETRUS MAKGOBA		5274	684	1:13:57.40
154	Maxwell Sodwana		1667	691	1:14:03.41
155	Simphiwe Zuma		1779	694	1:14:17.00
156	Dennis Nduli		1519	698	1:14:29.74
157	Simon Motau		1469	702	1:14:42.65
158	Riaan Haas		1157	703	1:14:43.09
159	Stanley Thompson		1702	711	1:14:50.03
160	Emmanuel Shezi		1644	717	1:14:57.49
161	Brendan Damons		1070	725	1:15:15.49
162	Obakeng Pienaar		1578	730	1:15:24.81
163	RYNO BEUKES		5505	731	1:15:25.70
164	Joseph Nkosi		1541	734	1:15:32.96
165	Innocent Xaba		1773	743	1:15:58.72
166	Leon Schoenfeldt		1623	745	1:15:59.86
167	Mojalefa Mohoto		1435	751	1:16:23.41
168	Corne Boshoff		1023	759	1:16:36.05
169	Ronnie Mmotong		5039	760	1:16:36.90
170	LEON BRITS		5766	771	1:17:18.66
171	Malose Lebezo		1239	778	1:17:36.38
172	Yasien Sarlie		1619	779	1:17:37.76
173	KOBUS ROETS		5684	780	1:17:38.63
174	James Barnard		1009	781	1:17:38.77
175	Samuel Modise		1418	784	1:17:41.46
176	Sehlabi Lesese		1247	794	1:18:17.27



**Kosmos 3-in-1****Veteran Male 40 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
177	Khashane Manamela		1316	795	1:18:18.12
178	Kedibone Mahlangu		5317	804	1:18:31.34
179	Mkhabela William		1816	809	1:18:54.63
180	Godfrey Makgatholela		1294	817	1:19:06.06
181	PIETER BADENHORST		5435	822	1:19:13.11
182	Matthys Pretorius		1583	829	1:19:25.37
183	Vusumuzi Thwala		1704	836	1:19:38.31
184	Sizo Moshe		1461	837	1:19:42.36
185	Meshack Ndlamgamandla		5198	839	1:19:45.40
186	Shane Crampton		1062	840	1:19:50.42
187	Letshego Komane		1221	849	1:20:33.58
188	HENDRIK BROXHAM		5231	852	1:21:03.01
189	Darryl Goosen		1142	854	1:21:03.55
190	IAN STRATFORD		5241	856	1:21:05.22
191	Kingsley Malebo		1308	875	1:22:15.31
192	Bobby Letsoalo		1249	879	1:22:33.53
193	Mzwandile Khoba		1205	884	1:22:35.81
194	Thomas Motaung		1473	896	1:23:10.19
195	Moses Sebogodi		5226	903	1:23:13.67
196	Tsatsi Mokgotsi		1793	918	1:24:00.88
197	Jafta Mphahlani		5208	923	1:24:03.12
198	Samuel Khosa		1206	927	1:24:03.95
199	Harry Hlatywayo		1169	933	1:24:05.04
200	Nhleko Isaac		1826	936	1:24:05.46
201	Nkoro Molepo		1450	937	1:24:05.56
202	Petrus Molefe		1447	938	1:24:05.98
203	DAVSON MATHABHATNA		5413	940	1:24:06.06
204	Bongani Memela		1390	946	1:24:07.82
205	Esali Sikhosana		5064	947	1:24:08.19
206	Nokuthula Matunjwa		1366	950	1:24:09.03
207	Velod Govindsamy		1147	951	1:24:09.36
208	Dawid Mohlala		1432	953	1:24:10.67
209	Marjus Botha		1027	974	1:25:07.55
210	Donovan De Leeuw		1083	977	1:25:08.46
211	Moses Mbethe		1377	981	1:25:10.41
212	Lazarus Masako		1329	987	1:25:52.42
213	Vusumuzi Gumede		1154	988	1:25:53.68
214	Azwinndini Khampha		1201	990	1:25:54.60
215	Charl Cilliers		1056	994	1:26:02.08
216	CYPRIAN MZAMA		5452	1000	1:26:24.76
217	Francis Tease		1690	1010	1:26:58.97
218	JACOB LEDWABA		5764	1014	1:27:09.16
219	Craig Waite		1764	1015	1:27:20.47
220	Peet Neethling		1523	1041	1:30:16.24

**Kosmos 3-in-1****Veteran Male 40 to 49**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
221	Mzwandile Chris Ngcobo		1526	1048	1:30:53.69
222	Mahlangu DaddyAlfred		1066	1052	1:31:20.73
223	George Tema		1692	1056	1:31:37.44
224	SIBUSISO NTSHANGOSE		5084	1065	1:32:36.57
225	Motlatsi Ramakatana		1596	1075	1:33:11.47
226	Marius Stoltz		1676	1099	1:34:33.02
227	Victor Maringa		1327	1104	1:35:27.97
228	Jimmy Masango		1331	1107	1:35:29.27
229	Collen Williams		1771	1109	1:35:30.33
230	Mandisi Rusa		5215	1110	1:35:31.31
231	Abraham G Sobinase		1666	1117	1:36:00.60
232	NIMROD BODI		5248	1118	1:36:02.71
233	Meshack-oupa Ndhlovu		1514	1133	1:37:42.65
234	Peter Masia		1342	1134	1:37:43.05
235	Kotokwane Nelson		1824	1158	1:38:41.05
236	Thomas Lambani		1233	1159	1:38:41.68
237	Samfana Mahlangu		1286	1161	1:38:44.70
238	Napo Ntoane		5162	1165	1:39:17.89
239	Sipho Mtolo		1492	1166	1:39:18.92
240	Jabulani Makhoba		1299	1173	1:40:35.56
241	Donovan Williams		5195	1182	1:41:25.82
242	Saville Riberts		1608	1183	1:41:25.84
243	Rautenbach		5104	1191	1:42:42.97
244	Wellington Morapeli		1458	1201	1:43:42.68
245	Thamsanqa Sidzamba		1811	1214	1:46:24.59
246	VUYO MBULI		5638	1218	1:47:46.77
247	Mboneni Khumalo		1803	1223	1:48:52.99
248	Matlabe Mokgoro		1442	1227	1:48:56.26
249	Johannes Malaza		1306	1229	1:51:01.47
250	Kevin Feldman		1130	1231	1:53:41.94
251	Gambu Nombisuthu		1818	1235	1:53:54.97

**Master Male 50 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	ISAAC MAHLANGU		5441	13	36:27.66
2	DICK JOUBERT		5225	49	44:46.69
3	CHARLES VILAKAZI		5489	55	45:33.65
4	Aaron Mahlangu		1285	92	48:30.22
5	Frans Moraba		1456	123	50:38.40
6	Joos Massym		1347	124	50:38.42
7	Bethuel Mlambo		1408	139	51:50.79
8	JOHAN VAN ASWEGEN		5409	145	52:28.03

**Kosmos 3-in-1****Master Male 50 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
9	Moses Motshabi		1477	147	52:29.80
10	Christian Goosen		1143	148	52:31.91
11	Thabiso Motaung		1471	160	53:04.13
12	Sonny Leopeng		1244	161	53:08.60
13	Sydney Radebe		1591	164	53:15.18
14	Lukas Van der Merwe		1730	184	54:33.71
15	WILLEM VAN DER WALT		5677	196	55:25.09
16	Bheki Msimango		1486	202	55:43.36
17	MOSHABANE TLADI		5219	203	55:51.72
18	Neels Schoeman		1621	214	56:17.17
19	Theo Bohnen		1018	215	56:23.01
20	LOUIS BOSCH		5765	219	56:35.92
21	Stephen Meijers		1387	253	57:46.53
22	Wicus Van de Venter		1721	256	57:58.76
23	Hennie Oosthuizen		1561	261	58:10.34
24	Elvis Niekerk		1535	276	58:56.61
25	Riaan Venter		1753	309	1:00:31.71
26	James Kwena		1230	313	1:00:37.06
27	Toine Van den Oever		1724	314	1:00:50.26
28	Madinga Dube		1116	321	1:01:21.00
29	Werner Buys		1790	331	1:01:45.11
30	Isaak Mabula		1271	338	1:01:50.51
31	Israel Madibana		1278	340	1:01:55.09
32	Wessel Bhayi		1012	345	1:02:00.55
33	Amos Rangata		1602	358	1:02:31.71
34	ZULU HOPEWELL		5277	370	1:02:49.42
35	Thabo Chabane		1048	376	1:02:57.98
36	Meshack Nkopane		1800	380	1:03:22.16
37	PAUL GOUWS		5492	388	1:03:28.17
38	Nico richter		5119	395	1:03:44.69
39	Keith Fisher		1131	403	1:04:07.13
40	Eric Economon		1120	404	1:04:07.14
41	FRANS CRONJE		5422	407	1:04:22.03
42	Nathaniel Thage		1695	434	1:05:36.24
43	Collin Palmer		1565	437	1:05:44.10
44	Lawrence Dhlamini		1089	438	1:05:46.94
45	HENNIE VIKTOR		5485	449	1:06:16.74
46	Ric Marini		1328	450	1:06:18.24
47	David Dilebo		1091	451	1:06:21.80
48	Nomer saif		5115	476	1:07:13.52
49	Titus Vala		1717	482	1:07:19.43
50	Tsepiso Mpuru		1483	483	1:07:22.79
51	Johnny Van der Walt		1733	494	1:07:51.27
52	MKHULU MOSOTHWANA		5420	497	1:07:53.65

**Kosmos 3-in-1****Master Male 50 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
53	BEN ESPACH		5321	502	1:08:14.53
54	CHRIS CLASSENS		5370	506	1:08:31.26
55	Matome Radmaotswa		1593	511	1:08:38.19
56	BAFANA NGWENYA		1830	512	1:08:42.28
57	Dawie Du Toit		1113	515	1:08:45.59
58	Deon Stumke		1686	516	1:08:46.18
59	Kebualemang Kotola		1222	521	1:08:54.84
60	Bonginkosi Nkabinde		1539	562	1:10:18.94
61	Dave Sathikge		1620	573	1:10:47.60
62	LETSGE RAMATAJA		5098	580	1:10:56.69
63	Kgomotso Lelaka		1243	586	1:11:11.05
64	Andrew Chiloane		1053	592	1:11:27.52
65	Yussuf Lambat		1235	599	1:11:29.26
66	Charlie Tholo		1699	601	1:11:29.98
67	Lethekgal Kgomo		1199	604	1:11:31.81
68	GERT KOTZE		5281	606	1:11:32.29
69	John Hamlett		5159	612	1:11:39.52
70	Stephen Meko		1389	623	1:11:58.43
71	Shadrack Khoza		1207	636	1:12:12.07
72	Joseph Khumalo		1212	639	1:12:14.95
73	ANNA URBANSKI		5676	642	1:12:19.11
74	Buthi Ngwenya		1533	674	1:13:43.11
75	JOHN MCGOWAN		5419	681	1:13:55.33
76	John Lebakeng		1238	685	1:13:58.85
77	David Eloff		1123	690	1:14:00.70
78	George Seriteng		5131	704	1:14:43.61
79	Austin Kelsey		1192	707	1:14:47.02
80	Eddie Dalbock		1069	709	1:14:47.48
81	Richard Metsoamere		1395	710	1:14:48.85
82	Chris Zondi		1778	714	1:14:51.54
83	BERTUS JACOBS		5694	715	1:14:56.15
84	MOSES MOTSAI		5258	737	1:15:35.25
85	Nkeke Ranamane		1601	741	1:15:56.08
86	Bobby Govender		1145	756	1:16:31.45
87	Goonaseelan Reddy		1607	757	1:16:31.64
88	Ronnie Lapshe		1237	768	1:17:00.91
89	Erios Malele		1310	777	1:17:35.58
90	Andre Kok		1218	802	1:18:28.00
91	Bernard Ndou		1517	805	1:18:34.54
92	Jonas Mhlarhi		1397	808	1:18:51.57
93	Johan Liebenberg		1253	824	1:19:21.42
94	Magane Sunny		1827	831	1:19:27.64
95	ROY SAJIWAN		5458	843	1:20:23.67
96	Sewele Maponya		1325	845	1:20:29.36

**Kosmos 3-in-1****Master Male 50 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
97	Ben Peyper		5136	847	1:20:31.70
98	Jan Wessels		1766	861	1:21:15.95
99	Abednego Sibanyoni		1648	863	1:21:24.69
100	Louis Schoenfeldt		1624	869	1:21:54.34
101	VERNON MCENVOY		5280	874	1:22:12.45
102	David James		1177	878	1:22:24.81
103	Arnold Monyai		5318	885	1:22:36.28
104	Bee Gumede		1155	892	1:22:47.81
105	Luc Vangoidsenhoven		1749	893	1:22:59.33
106	J DU PLOOY		5417	899	1:23:11.51
107	Steven Van Dyk		1739	912	1:23:25.93
108	THAMI MASUKU		5453	929	1:24:04.32
109	STEVE HDCOUG		5395	930	1:24:04.64
110	Rammurthi Naidoo		1999	932	1:24:04.77
111	Kgosi Lekabe		1241	943	1:24:07.04
112	Thomas Smith		5411	949	1:24:08.96
113	Chico Subramanian		1687	954	1:24:11.02
114	Kuban Naidoo		1506	956	1:24:11.23
115	Noa Ndhlovu		1513	983	1:25:27.37
116	Peter Ntloge		1549	996	1:26:04.10
117	Martin Van Rooyen		1744	1012	1:26:59.90
118	TOK GERICKE		5367	1016	1:27:20.51
119	Angus Hudson		1172	1020	1:27:51.19
120	Marius Deon Small		1656	1024	1:28:33.81
121	Frank Wessels		1768	1032	1:29:24.05
122	Deon Lubbe		1262	1034	1:29:24.88
123	Sipho Mashinini		1340	1040	1:30:14.47
124	KOOT TROLLIP		5322	1043	1:30:16.74
125	Johan Dreyer		1102	1044	1:30:26.23
126	Isaac Moetseloa		1421	1053	1:31:27.10
127	JEANETTE WHEELER		5770	1066	1:32:41.58
128	Gavin Du Plooy		1110	1086	1:33:48.98
129	Clayton Ealand		1118	1088	1:33:51.34
130	Jan Shaw		1640	1093	1:34:13.90
131	Neil Hoffman		1170	1113	1:35:50.68
132	Alan Smith		1661	1114	1:35:50.70
133	MANIE BOSCH		5099	1122	1:36:46.38
134	Frik Du Preez		1111	1131	1:37:29.55
135	Martin Van Wyk		5071	1135	1:37:47.27
136	G DE BRUIN		5688	1142	1:37:58.14
137	Keith Levenstein		1250	1151	1:38:24.57
138	Abie Smit		1658	1153	1:38:30.54
139	Nico Bloem		1016	1174	1:40:36.10
140	Duma Nkosi		5213	1184	1:41:29.57

**Kosmos 3-in-1****Master Male 50 to 59**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
141	Jacobus Snyman		1665	1202	1:43:57.55
142	Andrew Buys		1797	1216	1:46:26.19
143	Kweyama Dumisani		1829	1226	1:48:54.74

**G-Master Male 60 and over**

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	ISAAC MANYIKA		5487	65	46:01.05
2	Phuti Mabothe		1270	165	53:18.86
3	NEELS NAUTA		5628	343	1:01:57.63
4	Theuns De Goede		5283	369	1:02:48.55
5	Walter Sonnendecker		1671	500	1:08:01.19
6	Nkosana Nkosi		1540	529	1:09:17.32
7	FRANK WRIGHT		5235	631	1:12:08.44
8	Andre Lourens		1260	728	1:15:19.77
9	Silas Maepane		1281	736	1:15:35.02
10	TONY DOS SANTS		5674	750	1:16:14.70
11	Mkhombeni Mthimkhulu		1490	796	1:18:20.11
12	Molefe J Mohlamonvane		1433	803	1:18:28.33
13	Dumisani Mhlongo		1399	806	1:18:40.30
14	Colin Thomas		1701	815	1:19:04.44
15	Coach Makhongoza		1300	819	1:19:06.79
16	PHILLIP MENACHE		5464	841	1:20:09.46
17	Motlatsi Motake		1467	877	1:22:24.75
18	Serame Mbha		1379	882	1:22:34.65
19	GIEL STEYN		5090	907	1:23:23.90
20	John Craven		1063	914	1:23:26.84
21	LOUIS SCHOEMAN		5252	970	1:24:52.12
22	Daniel Mamaila		1314	980	1:25:09.90
23	Tyrone Leoto		1245	985	1:25:49.78
24	Pierre Jordaan		1184	1002	1:26:28.28
25	Johannes Msimang		1485	1018	1:27:43.17
26	Arthur Boyce		1032	1023	1:28:19.51
27	Johan Bensch		1011	1033	1:29:24.86
28	Trevor vickers		5150	1119	1:36:29.82
29	GLONDIE HOLALA		5767	1152	1:38:28.46
30	Poonsamy Munisamy		1499	1167	1:39:23.64
31	Laurence Mpela		1479	1175	1:40:36.15
32	Phillip Mofokeng		1423	1197	1:42:57.24
33	Norman Sanders		1617	1217	1:47:39.95