

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	Melanie Frommjohan		3313	165	1:50:39.94
2	Sibongile Ngwenya		3340	261	2:00:00.63
3	Margaret Mahlangu		3269	265	2:00:43.49

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	Nonhokozi Dlamini		3278	53	1:35:25.16
2	Denise Maré		3105	84	1:39:47.98
3	Cindy Gillman		3015	96	1:41:25.47
4	Zikhale Nzima		1819	98	1:41:32.24
5	Miné van Zyl		3131	110	1:43:00.96
6	Lesego Hlako		1167	116	1:44:20.07
7	Wilmarie Du Plessis		1108	124	1:44:55.79
8	Jacqueline Porteus		3308	130	1:45:37.44
9	Rashika Rampersadh		1600	156	1:50:01.31
10	Khumbuzile Lephala		1246	158	1:50:11.68
11	Marieka Hannon		3076	161	1:50:26.27
12	Elize Douglas		1098	167	1:50:48.74
13	Mandisa Duze		3013	195	1:53:32.45
14	Cassandra Carter		3099	207	1:54:21.70
15	Laoyiso Moumakoe		1478	220	1:55:26.57
16	Zanele Thulare		3343	221	1:55:26.71
17	Bronwyn Strydom		1680	243	1:58:05.91
18	Modiesi Makwarela		1303	244	1:58:06.83
19	Rene Yiangou		1775	249	1:59:09.41
20	Elmarie Janse van		1179	255	1:59:36.99
21	Patricia Smit		3102	260	1:59:50.80
22	Anel Viljoen		1759	270	2:01:13.72
23	Mariette Douwenga		1099	272	2:01:18.50
24	Joy-Ann Nicholl		1534	281	2:02:33.92
25	NADIA GLEESON		3246	296	2:04:38.73
26	Thandi Banda		1006	297	2:04:47.41
27	Gladness Nkuna		3306	322	2:08:00.31
28	Annemarie Kotzee		1226	328	2:08:42.73
29	Jackoline Nel		1524	332	2:09:33.53
30	Sandra Maboe		3022	338	2:09:47.14
31	Rachel Davis		3304	342	2:10:09.08
32	Nicole Coppo		3005	367	2:12:01.28
33	Jabane Pumza		1176	374	2:12:02.24
34	Tsholofelo Tsiane-Tease		1710	379	2:12:09.55
35	Norma Du Plessis		1103	382	2:13:10.65
36	Salome Du Toit		1114	395	2:14:00.49

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>
37	Mariette Strydom		3305	396	2:14:06.42
38	Jessica Du Plessis		1107	401	2:14:28.30
39	Goitsehang Maotoe		1320	405	2:14:35.83
40	Charlet-Marie Kleynhans		1214	412	2:15:04.19
41	Rochelle Pretorius		3108	421	2:15:37.40
42	Marsha Davids		1075	426	2:15:45.31
43	Mulalo Muluvhu		1498	428	2:16:01.36
44	palesa Matela		3248	11	2:17:27.47
45	Kirsten Van Gardsenhoven		3350	448	2:18:11.96
46	Elmarie Streoker		3065	453	2:18:34.65
47	Sixolile Dlamini		3150	457	2:19:03.44
48	ELAINE KOTZE		3147	473	2:19:52.32
49	Silindile Sithole		1652	486	2:20:51.18
50	Elri Scholtz		3314	491	2:21:18.40
51	Lorne Van der Merwe		1726	495	2:21:40.08
52	Kerry-Leigh Smith		3048	503	2:21:58.79
53	SBONGILE BAAMTJIES		3228	506	2:22:08.92
54	Lindi Motau		1468	514	2:22:43.54
55	Freda Kritzinger		3061	519	2:22:54.65
56	Fikile Mabuza		1274	531	2:24:14.62
57	Azwi Tshitereke		1708	543	2:25:14.84
58	MCENDO SIBIYA		3208	546	2:25:16.71
59	Charlotte Helm		1164	556	2:25:38.11
60	Melanie Delainey		1084	557	2:25:38.69
61	Nkaki Ralieta		3094	561	2:25:48.83
62	Madelein Olivier		1560	562	2:25:56.30
63	Mahlangu Lerato		1820	567	2:26:17.73
64	Fallon Ismail		1174	581	2:27:47.27
65	Neo Mogohloane		1427	582	2:27:47.98
66	Nombuso Shabalala		1636	585	2:27:50.43
67	Nomsa Joan Mlambo		1409	599	2:28:48.54
68	Anthea Van der Byl		1794	600	2:28:50.53
69	Zoliswa Diko		1090	601	2:28:55.30
70	Vuyokazi Ndzamela		1520	602	2:28:56.17
71	Stephnie Loedolff		1255	617	2:30:10.39
72	Carika Nagel		1505	621	2:30:17.67
73	Noko Thamaka		3051	628	2:30:40.14
74	Ulrike Murphy		3180	635	2:31:06.37
75	Joanne Jackson		3082	657	2:33:08.27
76	Bathabile Nyambi		3329	661	2:33:27.56
77	Esme Cilliers		1055	666	2:34:10.45
78	Namhla Zondani		1809	668	2:34:16.20
79	Smeree Rogers		1611	673	2:34:26.56
80	Mausley Pilane		1579	677	2:34:38.58

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>
81	Phephile Mahlangu		1288	679	2:34:46.50
82	Norah Maithufi		1291	690	2:35:16.88
83	Tanya Carter		1043	700	2:36:02.40
84	Portia Joja		3239	21	2:36:06.13
85	MTHABISENG		3174	710	2:36:47.16
86	Boitumulo Sekokope		1628	715	2:36:57.52
87	Bianca Dahl		1068	716	2:36:58.67
88	PHINDILE NKAMBULE		3189	720	2:37:12.10
89	Maritza Hartkopf		1161	721	2:37:13.81
90	Portia Malinga		1313	728	2:37:56.04
91	Kholofelo Masunga		1348	738	2:39:36.23
92	Feroza Moosa		1455	744	2:39:37.32
93	Bonny Makgopela		1296	748	2:39:38.35
94	Phumeza Zungula		1780	749	2:39:38.43
95	Hester Van der Walt		3291	752	2:39:38.84
96	Tanya Small-Myburg		1657	759	2:39:41.58
97	Vicki van der Merwe		3084	763	2:39:43.50
98	Isabel Roux		1615	764	2:39:43.77
99	E-Louise van der Merwe		3088	765	2:39:43.95
100	Cathy Richter		3073	766	2:39:44.13
101	Sphiwo Sibanyoni		1801	769	2:39:57.66
102	Portia Ntissa		3216	778	2:41:14.63
103	Tintswalo Suzan Nkuna		1543	779	2:41:25.02
104	Mtombukajse tswoba		3245	24	2:41:45.75
105	Letitia Geldenhuys		3121	792	2:41:47.00
106	Isabel Esterhuyzen		1127	798	2:42:07.14
107	Elzanne Burger		3294	801	2:42:52.41
108	Thandi Jiyane		1181	803	2:42:54.89
109	Bongekile Khoza		3089	816	2:44:48.69
110	DUDUZILE NKOZI		3218	818	2:44:57.91
111	Ntshinogang Gaorongwe		1136	825	2:45:54.13
112	Tamsin Murphy		1501	831	2:46:10.51
113	Mmabatho Pheladi		1575	832	2:46:11.29
114	Juanita Venter		1752	835	2:46:29.32
115	Marietjie Stoltz		1675	842	2:46:57.62
116	Tania Oelofse		3257	850	2:47:48.04
117	Leanne Webster		1765	861	2:49:13.71
118	ELIZABETH DU PLESSIS		3202	884	2:52:06.65
119	FATIMA AFRIKANER		3169	891	2:52:53.54
120	Phuti Boshomane		1024	897	2:53:40.72
121	Refilwe Mogale		3328	898	2:53:43.78
122	Carolina Pullen		1586	905	2:54:47.92
123	Reinette De Beer		1078	906	2:54:49.81
124	Dorah Mokgoka		1440	907	2:54:57.61

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>
125	Sanelisiwe Mqadi		1484	909	2:55:05.52
126	Carmen Snygans		3276	911	2:55:10.58
127	CORA SCHULTZ		3201	914	2:55:53.46
128	Sponono Ntuli		1554	920	2:56:15.31
129	KIM BOBO		3223	921	2:56:18.94
130	Pearl Mhlambi		3188	923	2:56:21.57
131	Boitshoko Matsapola		3029	924	2:56:22.26
132	RAMADIMETJA		3173	926	2:56:30.78
133	Renette De Waal		3007	939	2:58:59.97
134	Kutlwano Makgwa		1297	950	3:02:25.99
135	Lefo Lebohou		3351	955	3:03:48.96
136	Linda Notsumi		3191	957	3:04:07.21
137	Makhosazane Nirghin		1536	958	3:04:07.71
138	Thembi Mokgethwa		3034	962	3:06:30.36
139	Zaheera Lambat		1234	963	3:06:30.37
140	Elisa Mohosho		3200	35	3:07:12.65
141	Samukelrsiwe Mdlalose		1383	970	3:09:24.32
142	Rene Graham		1148	972	3:09:45.20
143	Jeanetta Mothoa		1475	975	3:10:15.31
144	Marie Kock		3075	977	3:11:10.25
145	DUMAZILE SOBINASE		3262	985	3:14:19.65
146	Fulufhelo Dagada		1067	997	3:23:35.97
147	Melissa Barnrd		3592	1003	3:25:45.11
148	Hester Oberholzer		1557	1005	3:25:47.82

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	Linah Mhlongo		3297	33	1:29:53.46
2	Vanessa Bowman		1031	59	1:36:01.02
3	Berdene Smit		1659	64	1:37:03.18
4	Thandi Dlangamandla		1097	120	1:44:26.91
5	Mari Bruwer		1036	224	1:55:29.19
6	Sibongile Shongwe		1645	233	1:56:52.50
7	Lorraine Boshoff		1022	241	1:57:57.26
8	Martha Harmse		3016	250	1:59:18.56
9	Elizabeth Nomgq Mlaba		1791	253	1:59:22.54
10	Sonja Aucamp		1003	257	1:59:44.27
11	Retha Strydom		1682	302	2:05:15.48
12	Hannelie Dunn		1117	320	2:07:28.38
13	Marinda Coetzee		1059	321	2:07:28.46
14	Monica Erasmus		1124	323	2:08:09.26
15	Maryna Van Aswegen		1719	355	2:11:21.46

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>
16	Nadene Visser		3057	388	2:13:23.28
17	Elize Van der Merwe		1725	399	2:14:21.37
18	Erika Owens		1562	403	2:14:35.31
19	Annelize Jonck		1183	404	2:14:35.49
20	Ilona Beets		3000	407	2:14:45.30
21	Theodi Crouch		1064	408	2:14:56.49
22	Charmaine Van der Merwe		1727	424	2:15:38.41
23	Christine Williamson		1784	433	2:16:43.87
24	Natascha Plani		1581	467	2:19:41.46
25	Michelle Fookwe		1132	489	2:21:05.29
26	Santie Kelsey		1191	492	2:21:21.39
27	Busisiwe Khumalo		1211	507	2:22:09.67
28	Sharon Booysen		1178	513	2:22:37.77
29	Daphne Passmore		3043	521	2:23:03.84
30	Martie Brits		1034	522	2:23:09.68
31	Connie Ratsela		1606	528	2:24:07.19
32	Nkosi Yvonne		1813	548	2:25:17.43
33	Gail Elliot-Wilson		1122	564	2:26:03.97
34	MARTHIE WESSELS		3166	605	2:29:09.83
35	n'Tombi Ndlovu		1515	612	2:29:40.69
36	Masi Sibiyi		1649	614	2:29:48.09
37	Karin Kruger		1227	634	2:31:06.20
38	Jennifer Rogers		1610	674	2:34:27.07
39	Antoinette Danster		1072	680	2:34:55.90
40	Sbliti Mabena		1266	692	2:35:25.18
41	Marlene Kapp		1188	699	2:36:02.21
42	Charlotte Boshoff		1021	713	2:36:55.07
43	Rika Smith		1663	717	2:36:58.94
44	Linda Prinsloo		1585	727	2:37:48.16
45	Wendy Darling		1073	772	2:40:19.37
46	Christie Martins		1798	780	2:41:32.18
47	Lillian Mthembu		1488	785	2:41:44.83
48	Cleopatra Motaung		1470	793	2:41:47.41
49	Hilda Kotze		1225	804	2:42:59.01
50	Mariette Botha		3090	811	2:44:10.95
51	Mary-Ann Henning		1166	814	2:44:31.42
52	Frances Lezar		1251	815	2:44:31.44
53	Magriet Hattingh		1162	834	2:46:29.26
54	Nomsa Khumalo		1210	838	2:46:40.44
55	Alta Kloppers		1215	841	2:46:57.22
56	Magda Botha		1026	849	2:47:43.52
57	Rentia Van Rooyen		1743	852	2:47:59.20
58	Stella Madlala		1279	858	2:48:51.38
59	Grace Masango		1332	872	2:51:34.38

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>
60	Joyce Mahutsi		3024	876	2:51:54.67
61	Estelle Wessels		1767	880	2:52:05.77
62	Elsabe Lombard		1257	889	2:52:32.47
63	Peter Steyn		1674	892	2:52:54.69
64	Nompumelelo Mkhize		1406	900	2:53:47.77
65	Amanda Kuun		1229	901	2:53:48.39
66	Millicent Nxumalo		1555	908	2:54:57.81
67	Dikomang Seriteng		3071	927	2:56:34.20
68	CYNTHIA DUBE		3078	933	2:57:42.37
69	Annaretha Fourie		3014	938	2:58:59.92
70	Monica van Zyl		3055	940	2:59:17.02
71	Rene Visser		1761	941	2:59:26.65
72	Bernadette Teixeira		1691	942	2:59:53.35
73	Esme van Dyk		3077	943	3:00:55.75
74	Given Leshabane		1248	946	3:01:25.44
75	Virginia Matshaba		1365	952	3:02:28.47
76	Tello Letawane		3352	953	3:03:37.13
77	Niolizwi Mgodana		1385	954	3:03:42.22
78	Nello Dick		1796	965	3:06:41.60
79	Aniah Mahlake		1284	974	3:09:58.06
80	Nonkie Ditlhong		1094	978	3:11:41.35
81	Malefu Molefe		1449	984	3:14:17.26
82	Vinny Manaka		1315	990	3:18:45.37
83	Tholakele Xulu		3177	995	3:23:25.20

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	400	2:14:21.49
2	Andra Muller		1496	409	2:15:01.74
3	Valerie Geldenhuys		1138	410	2:15:02.00
4	Norma Page		1563	416	2:15:22.72
5	FIA COETZEE		3144	510	2:22:26.26
6	Marthie Van der Walt		1732	588	2:28:01.74
7	Susan Galitz		3236	17	2:28:20.82
8	Bernadette Isaacs		1173	603	2:29:07.88
9	Irma Liebenberg		1252	632	2:30:46.77
10	CAROL WALLACE		3273	640	2:31:43.60
11	Erika Anna-Mari Swart		3115	643	2:31:48.00
12	Corrie Fourie		1133	653	2:33:01.25
13	Annemarie Breytenbach		1033	698	2:35:52.63
14	Dikeledi Ledwaba		1240	775	2:40:54.44
15	Dudu Dlamini		3110	784	2:41:44.44

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

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
16	Tlale Kgame		1195	787	2:41:45.67
17	Wilma Geldenhuys		3122	791	2:41:46.72
18	Lynette De Beer		1077	802	2:42:54.50
19	Kedibone Mokubela		3035	839	2:46:46.39
20	Margaret Mohulatsi		1436	866	2:50:33.32
21	Em Peyper		3083	871	2:51:34.36
22	Amina Adam		1001	895	2:53:18.09
23	Lesley Vermeulen		1754	913	2:55:52.74
24	Lena Craven		3063	918	2:56:09.74
25	Amanda Thomas		3062	934	2:58:14.63
26	Nicolene Gericke		1139	935	2:58:14.84
27	Angi Danster		1795	964	3:06:40.40
28	Shonisile Dubazana		3011	1002	3:25:12.75

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	Linda Vickers		3096	671	2:34:25.09
2	Anna Sonnendecker		1670	672	2:34:26.25
3	Nomsa Jane Hadebe		1158	819	2:45:00.00

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	Goodwill Shabangu		3267	1	1:24:05.73
2	Barry Crouch		3006	72	1:38:10.88
3	Welcome Khoza		3155	79	1:39:08.07
4	Dakota Murphy		3039	90	1:40:21.54
5	Theo Van Rensburg		3198	274	2:01:42.75
6	alexanderlouis visser		3058	389	2:13:23.52
7	Tiantle Ren		3325	642	2:31:47.34

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	Seun Moleshida		3286	1	1:04:05.64
2	Amos Thantekwaxo		3271	2	1:04:37.25
3	TEBOGO SITHOLE		3151	3	1:11:36.30
4	Elias Malinga		3320	4	1:12:15.10
5	Brand Du Plessis		1109	5	1:14:18.08
6	Mokhothu Khalime		3167	7	1:15:54.23
7	CRAIG CYNKIN		3224	8	1:16:23.57
8	THEMBA MIYA		3160	9	1:16:24.44
9	HERBERT MOKGALA		3163	11	1:18:05.25
10	Monbay Mabuza		3140	14	1:22:23.07
11	Kadisegwane Maleka		1309	15	1:22:37.75
12	Petrus Moletsane		3215	16	1:23:40.78
13	Mlungisi Mtshali		3154	17	1:23:49.83
14	Elvis Mazibuko		1374	19	1:24:37.36
15	Meshack Monareng		1453	20	1:24:56.36
16	Gideon Mafukane		1799	21	1:25:34.12
17	Jabulani Nkosi		3152	22	1:25:53.36
18	Agent Moagi		1416	23	1:26:01.37
19	Ryan Gibson		1141	24	1:26:19.43
20	William Stroebel		1678	26	1:27:27.65
21	Thabiso Bontsi		3214	27	1:27:47.44
22	Ben Breyntzis		3168	28	1:28:23.51
23	Ken Mwape		1503	29	1:28:53.25
24	Lordrick Mathonsi		3261	30	1:29:08.99
25	Gavin Munyu		1500	31	1:29:17.12
26	Ntheleng Mosine		1464	32	1:29:37.86
27	Frank Ramaputla		1597	34	1:29:53.83
28	Karel Burger		1038	35	1:31:25.95
29	BRAAM VAN ZYL		3186	37	1:31:28.14
30	Sifiso Mhlabane		3129	38	1:31:29.83
31	Gideon Joubert		1187	39	1:31:37.09
32	Mare Makgakga		3190	41	1:32:04.24

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>
33	PULP MANIOBA		3205	42	1:32:11.68
34	Iniel Hattingh		3284	43	1:32:51.84
35	Lucky Mahlangu		1289	45	1:33:23.25
36	Pula Kheitsane		1204	46	1:33:23.86
37	Mluleki Ndosi		1516	47	1:33:34.97
38	Andries van der Vyver		3093	48	1:33:36.20
39	Mxolisi Shirindza		3326	51	1:34:28.95
40	Sipho Ngomane		3142	54	1:35:25.62
41	BUTI STEPHAN		3149	55	1:35:30.58
42	Vusi Mngumi		3347	56	1:35:31.94
43	Johannes Choma		1054	58	1:35:56.75
44	NTLANTA ZONDO		3199	61	1:36:20.40
45	Mmeli Dudazana		3238	63	1:36:54.55
46	Khumbulani Dlamini		3249	65	1:37:07.74
47	Andrew Maphakge		1321	67	1:37:19.91
48	Morel Pume		3136	68	1:37:30.65
49	Thako Lephoto		3237	69	1:37:39.24
50	Benny Moloko		1451	73	1:38:11.58
51	Segatane Makuwa		1302	74	1:38:22.66
52	Gert Fourie		3069	75	1:38:27.71
53	George Phetla		1576	76	1:38:34.31
54	Muzi Khumalo		1208	77	1:38:36.18
55	Sbusiso Monarcng		3170	82	1:39:43.39
56	Jaco Van Vuuren		3319	83	1:39:47.47
57	Christo Meyer		1391	85	1:39:53.13
58	Ronnie Mathebula		1357	86	1:40:05.86
59	Delani Njapha		1538	87	1:40:16.33
60	Shaun Saraiva		1618	92	1:40:40.78
61	Ofentse Mokgale		1438	93	1:40:41.44
62	Justin Sher		1643	94	1:41:14.64
63	PAULUS LESLIHLO		3194	95	1:41:20.09
64	Phillip Uys		1716	100	1:41:53.00
65	Happyboy Mhloleli		1398	102	1:42:05.04
66	Motsamai Monareng		1452	103	1:42:05.08
67	Tokolane Selowa		3207	108	1:42:54.61
68	Mpho Ngoepe		1529	109	1:42:57.41
69	Bennie Roux		1616	111	1:43:31.73
70	Jaco Van der Merwe		1728	113	1:43:41.34
71	Martin Ntobela		3081	115	1:44:02.31
72	Taetse Vorster		3315	117	1:44:23.16
73	Leon Marais		3317	118	1:44:23.65
74	Linda Shembe		1641	119	1:44:26.85
75	Mpho Sekese		3143	121	1:44:28.31
76	Vuyane Magobongo		1282	122	1:44:28.72

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Open Male 19 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
77	Sipho Mhaga		1396	123	1:44:29.57
78	THEMBA NGUBANE		3219	125	1:44:55.97
79	Nsia Mathabathe		3027	126	1:45:07.13
80	Victor Mathole		1359	128	1:45:21.75
81	Robert Dephoto		3250	129	1:45:25.09
82	Deon van Zyl		3130	132	1:45:50.83
83	Andre Rossouw		3277	133	1:45:51.60
84	Hennie Lotz		1787	134	1:46:05.26
85	Sibusiso Mkhize		1405	135	1:46:15.99
86	Clayton Passmore		1568	136	1:46:22.63
87	Vincent Madonsela		3321	137	1:46:23.96
88	Theo Mostert		1465	139	1:46:37.18
89	Sifiso Khumolo		3243	140	1:46:40.04
90	Sibusiso Solomo		1411	144	1:47:54.67
91	Kgomotso Mouxnakoe		3234	3	1:48:39.53
92	Conwell Mlhonso		3182	150	1:49:16.19
93	Bradley Bock		3001	153	1:49:46.62
94	Binda Mpostolic		1817	155	1:49:59.93
95	Francois Steenkamp		1672	157	1:50:06.66
96	Wilhelm Du Plessis		1106	162	1:50:26.44
97	Rhangani Kasanavko		1189	163	1:50:26.74
98	Sipho Noaba		1544	170	1:51:20.45
99	Lebogang Mooketsi		1454	171	1:51:20.61
100	Danie Du Toit		3097	172	1:51:20.98
101	Antonie Mans		1318	175	1:51:55.97
102	Hammond Black		1015	176	1:51:56.17
103	Simphiwe Cele		1047	177	1:51:59.83
104	Azar Shah		1637	180	1:52:20.43
105	BHEKI THOMAS		3185	182	1:52:24.09
106	Boeta Van Tonder		3256	184	1:52:34.98
107	Stephen Rondganger		1612	186	1:52:39.46
108	Christopher Bell		1010	188	1:52:45.83
109	MAFKA MOSES TSH		3178	193	1:53:22.10
110	Lucky Sekwane		1630	196	1:53:38.87
111	Erik Neethling		1522	197	1:53:39.27
112	Corne Loedolff		1256	198	1:53:44.35
113	Gustav Roos		1613	199	1:53:56.28
114	Fanilakhe Ntshangase		1550	202	1:54:09.21
115	Martin Vilukazi		1760	204	1:54:19.50
116	SIPHO DUMKHENDE		3146	206	1:54:21.63
117	Douglas Miller		3335	212	1:54:47.40
118	Venile Motau		3354	214	1:55:00.44
119	Van Tonder Johan		1814	216	1:55:06.73
120	Teboho Matseke		1364	219	1:55:14.76

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>
121	Jeremiah Mokgar Mosotho		3120	222	1:55:27.32
122	Tshepo Mokonyane		1445	225	1:55:31.09
123	Luzuko Ntissa		1548	226	1:55:32.82
124	Andries Manyaka		1319	230	1:56:39.33
125	Sibusiso Ngwena		3137	231	1:56:47.86
126	David Mogohloane		1428	234	1:56:55.12
127	Edison Motlhono		1476	235	1:57:16.54
128	Njabulo Mayisela		3064	236	1:57:26.13
129	Johan Kleyn		3128	237	1:57:30.49
130	Simon Nguenya		3080	238	1:57:31.01
131	Muntonezwi Khanyile		1203	239	1:57:31.72
132	Marius Joubert		3263	245	1:58:15.10
133	Gavin Levenstein		3298	247	1:58:16.35
134	Thabane Cele		1046	248	1:58:39.75
135	Edmund Du Toit		3095	251	1:59:20.37
136	Jimmy Tsatsire		3085	252	1:59:21.84
137	Johannes Van den Berg		1723	254	1:59:29.09
138	Martin Lekgoye		1242	258	1:59:50.26
139	July Mavuso		1371	262	2:00:03.88
140	Marcus Mosotho		3187	264	2:00:21.34
141	Dewald Van Niekerk		1741	267	2:00:56.08
142	Mahlongonolo Rabodiba		1590	269	2:01:09.39
143	Wayne McBowles		1380	271	2:01:17.81
144	Landani Mavunda		1370	273	2:01:36.81
145	Moleela Chidi		1052	275	2:01:54.55
146	Bathande Quvane		1587	276	2:02:03.16
147	Juan Van der Walt		1734	277	2:02:04.45
148	Sylvester Shange		1639	285	2:03:04.53
149	Chris Mahungo		1290	286	2:03:04.94
150	Jean-Claude		1115	287	2:03:05.39
151	Mbongeni Mdunge		1386	290	2:03:24.05
152	Nkosana Mabunda		1272	292	2:03:50.72
153	Matome Rasekgala		1604	299	2:04:53.94
154	Ryan Mathaba		1353	300	2:04:59.62
155	Hendrik Lombard		3300	309	2:05:47.61
156	Kaizer Motaung		1472	310	2:06:11.02
157	Phillip Ralehlaka		3124	312	2:06:17.24
158	Mpho Lamola		1236	319	2:07:15.92
159	Dion van der Merwe		3100	324	2:08:10.07
160	Isaac Bosmielo		3079	326	2:08:28.99
161	Bradley Studdard		1685	327	2:08:35.21
162	Andre Douwenga		1100	329	2:08:43.24
163	Willem Niesing		3333	331	2:09:17.87
164	Livitu Magidimisa		3331	333	2:09:35.10

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Open Male 19 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
165	Theron Nkhensan Miyeni		1402	337	2:09:45.58
166	CHRISTO BRITS		3251	340	2:09:58.11
167	Bongani Mtmimunje		3259	343	2:10:16.80
168	Werner Odendaal		3113	346	2:10:26.36
169	Wayne Hay		3349	359	2:11:27.83
170	Tankiso Pitso		3098	362	2:11:37.91
171	Khakhu Mulaudzi		1807	365	2:12:00.76
172	Chris Kubeka		1806	370	2:12:01.49
173	Jeffrey Ramaroka		1808	371	2:12:01.89
174	Fortune Howard		1171	372	2:12:01.98
175	Thabiso Mataboge		1350	373	2:12:02.12
176	Kgopecommando Matlawa		1362	376	2:12:03.26
177	Gregory Odigeng		1558	378	2:12:04.48
178	Khehla Molefe		1448	380	2:12:24.84
179	Colin Louw		1261	381	2:12:46.82
180	Niel Viviers		3161	383	2:13:10.65
181	J VOSLOO		3303	384	2:13:15.88
182	Marcelino De Gouveia		1080	386	2:13:20.01
183	GERMARN VAN NIEKERK		3213	392	2:13:48.92
184	Ernst Fourie		3289	394	2:13:57.31
185	Julian Blonski		1017	397	2:14:08.24
186	Lucky Mokothedi		1446	398	2:14:20.49
187	Philemon Hailu		1160	402	2:14:28.51
188	Lennox Mathebula		1354	406	2:14:40.11
189	FANNY DLAMINI		3206	411	2:15:02.56
190	Mzikayise Ndlalose		3244	414	2:15:04.72
191	Thabo Ramela		1599	417	2:15:23.74
192	Andries Motsai		1802	419	2:15:29.86
193	Dirk Du Plessis		1104	420	2:15:36.96
194	Chris Du Plessis		1105	422	2:15:38.10
195	Tiaan Van Aswegen		1718	423	2:15:38.28
196	Bhobhoza Mashinini		1341	434	2:16:48.11
197	Victor Mohau		3344	435	2:16:54.18
198	Tshinyadzo Mudau		3247	12	2:17:27.72
199	Randall Norman		1546	441	2:17:40.33
200	Itumeleng Mataboge		1349	442	2:17:50.54
201	Adolph Gaza		1137	443	2:17:53.75
202	Schalk Strombeck		1679	444	2:17:55.26
203	Nico-Wayne Weweje		1769	447	2:18:02.06
204	Bongani Mbatha		1376	452	2:18:32.80
205	Brandon Paschal		1566	455	2:18:57.69
206	Leonard Maseko		1334	459	2:19:03.85
207	Nhlanhla Mathebula		1355	462	2:19:14.86
208	Thabo Moeketsi		1419	463	2:19:14.98

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>
209	Griffiths Makgwale		1298	464	2:19:32.95
210	SPHESIHLE NGOBO		3280	465	2:19:33.19
211	K2 Mopasa		3332	468	2:19:41.53
212	Corne Janse van Rensburg		3353	469	2:19:47.62
213	Deon Van der Merwe		3310	470	2:19:47.74
214	Simon Kotze		1224	474	2:19:52.60
215	Mandla Coka		1783	476	2:19:57.88
216	Divan Pretorius		3107	477	2:19:58.34
217	Samkelo Sentane		3158	483	2:20:39.18
218	Tiyane Sondlane		1669	485	2:20:42.78
219	Andre Dercksen		1085	494	2:21:21.84
220	Tembekile Shenxane		1642	498	2:21:53.20
221	Lehaka Tsotetsi		1712	499	2:21:55.91
222	Marnus van Wyk		3054	502	2:21:58.60
223	Japie De La Rosa		1082	504	2:22:00.64
224	Gerald Modiga		1417	505	2:22:01.57
225	Jarred Lloyd		1254	512	2:22:27.53
226	Matsobane Setlatjile		1635	515	2:22:48.41
227	Fisokuhle Mhlongo		1805	520	2:22:56.93
228	Danie Maré		3104	526	2:23:49.70
229	Bheki Mnisi		1412	527	2:23:50.02
230	Moosa Kola		1219	537	2:24:42.42
231	Jan Masombuka		1346	538	2:24:42.88
232	Tebogo Chake		1049	544	2:25:15.61
233	Abbas Kigganda		1213	545	2:25:16.64
234	Abed Masinga		1345	551	2:25:24.54
235	Wayne Thomas		1700	552	2:25:25.41
236	Thomas Roos		1614	553	2:25:25.53
237	JJ Kerry		1193	554	2:25:27.42
238	Mark Dowdeswell		1101	558	2:25:39.07
239	Ntloko Ntloko		1785	559	2:25:39.99
240	Mitesh Bhoola		1014	563	2:25:58.46
241	Takalani Ramawa		1598	573	2:26:58.11
242	Calvin Pedi		1571	576	2:27:10.48
243	Mahlubandile Vuba		1763	578	2:27:12.96
244	Elly Malinda		1312	579	2:27:19.64
245	Luthbert Tembedza		1693	580	2:27:35.18
246	Mgcineni Mokoena		1443	583	2:27:49.33
247	Volkenius Mashabela		1336	584	2:27:50.21
248	Corne Steurer		3334	586	2:27:56.88
249	Samuel Sithole		1651	592	2:28:13.27
250	Kgetjepe Maredi		1326	593	2:28:15.89
251	Johan De Bruin		1079	594	2:28:30.61
252	Obopeng Mosesane		1462	598	2:28:48.53

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Open Male 19 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
253	WILLIAM KHUMALO		3227	608	2:29:20.74
254	Jacques Burger		1039	615	2:29:50.92
255	William Barfoot		1007	616	2:29:54.43
256	Martin Shongwe		3279	620	2:30:17.28
257	Sietse Van der Wal		1731	623	2:30:17.89
258	Michael Moremi		1459	629	2:30:41.58
259	Morwape Patjane		1570	633	2:30:51.41
260	Agmat Badat		1005	639	2:31:30.17
261	Marius Koekemoer		3017	641	2:31:43.85
262	Amos Manda		1317	644	2:31:53.12
263	Lesiba Selaki Tshabalala		1707	646	2:32:17.00
264	Cheng Lai		3324	647	2:32:28.34
265	Karabo Nakeli		1508	648	2:32:49.56
266	Rohit Bhoola		1013	649	2:32:49.58
267	Andries Ndabeni		1512	650	2:32:50.83
268	Diren Govinder		1146	655	2:33:04.64
269	Kevin Afrikaner		1002	656	2:33:04.83
270	THEMBA RADEBE		3231	669	2:34:17.97
271	Ledwaba Malose		1821	670	2:34:18.44
272	Chuma Diniso		1093	678	2:34:42.14
273	Ricky Chauke		1050	681	2:34:55.99
274	Wessel Nagel		3179	682	2:34:56.97
275	Tsietsi Mofokeng		1424	683	2:34:57.38
276	Don Masasanya		1333	684	2:34:57.92
277	Samuel Sibiya		1650	687	2:35:06.39
278	Riaan Van der Walt		1735	691	2:35:19.09
279	Tolamo Maubane		1367	693	2:35:29.17
280	Manape Malebana		1307	696	2:35:34.99
281	Brad Carter		1044	701	2:36:02.46
282	Papi Mzizi		3323	703	2:36:16.57
283	Percival Teta		1694	711	2:36:47.38
284	Camillus Fourie		1134	712	2:36:47.81
285	Sello Mantlase		3025	714	2:36:56.42
286	Ngcungama Godfrey		1825	718	2:37:04.07
287	Teboho Malatsi		1304	724	2:37:21.04
288	Lefa Gewu		1140	730	2:38:14.67
289	Segopotso Koloje		1220	733	2:38:20.15
290	Hendrik Pretorius		1584	734	2:38:28.26
291	Pieter Grobelaar		1151	735	2:38:28.78
292	Sikhumbuzo Mpila		3283	740	2:39:36.53
293	Bernard Tabane		1689	743	2:39:37.03
294	Sinyayisky Mathobela		3028	745	2:39:37.75
295	Thabo Nakeli		1507	747	2:39:38.30
296	Ndwamato Livhuw		1368	750	2:39:38.47

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Open Male 19 to 39

<u>Place</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
297	LANCELOT GUMEDE		3153	751	2:39:38.67
298	Abetnego Hlugwana		3293	754	2:39:39.92
299	Wynand Van der		1736	760	2:39:42.22
300	Steven Bell		3103	762	2:39:43.27
301	Vincent Qwabe		1589	773	2:40:40.89
302	William Jiyane		1180	774	2:40:41.25
303	Vusi Skosana		3111	782	2:41:32.76
304	Edwin Oupa Senamela		1632	786	2:41:45.00
305	Zolani Twani		1715	788	2:41:46.11
306	Masebenza Matyeke		3339	789	2:41:46.57
307	Willy Boloko		1020	794	2:41:50.79
308	Kobe Mojapelo		1437	795	2:41:50.80
309	Francois Erasmus		1126	799	2:42:49.54
310	Zuhir Mohammed		1431	813	2:44:25.29
311	David Lubisi		1263	817	2:44:48.87
312	Selby Rasoesoe		1605	820	2:45:29.74
313	Mpitye Somo		1668	823	2:45:53.87
314	Michael Mbatha		1375	824	2:45:54.11
315	Christopher Tsolanku		1711	828	2:45:55.32
316	Jeremiah Gumede		1152	829	2:45:56.97
317	Robert Avery		1004	830	2:46:01.75
318	Dingane Ramoldele		3230	833	2:46:25.99
319	Noan Wright		1772	843	2:47:01.39
320	Bongani Masina		3193	845	2:47:33.90
321	Jaundre Jackson		1175	846	2:47:35.43
322	Shayn Steyn		3252	26	2:47:48.56
323	DIKGWADI BAMPOWE		3162	857	2:48:17.47
324	Michael Phillips		3255	27	2:48:45.80
325	Vincent Farrell		1129	862	2:49:14.27
326	Nicholas Yiangou		1776	865	2:49:29.71
327	Gregg Palm		1564	867	2:51:00.26
328	Junaid Mohammed		1430	874	2:51:54.23
329	Joseph Maartens		1265	877	2:52:03.39
330	Kobus Van Wyk		1747	883	2:52:06.40
331	Mosehla Nakene		1509	886	2:52:15.10
332	Nico Oelofse		1559	893	2:52:54.95
333	Joseph Thekiso		1696	902	2:53:48.40
334	Jan Barnard		1008	903	2:53:57.79
335	Zakhele Gumede		1153	904	2:54:47.82
336	Warren Graham		1149	930	2:57:20.45
337	Stefan Bothma		1029	936	2:58:22.32
338	Mxolisi Mtshali		1493	937	2:58:38.80
339	Crispin Chetty		1051	944	3:01:18.96
340	Giepie Van Tonder		1746	945	3:01:24.96

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>
341	Pieter La Grange		1232	948	3:01:27.86
342	Serufe Kweyama		3019	959	3:04:54.07
343	Denge Denge		1786	967	3:06:47.13
344	Vuyisa Mfinci		3138	979	3:12:27.73
345	Mlamuli Mkalipi		1403	981	3:13:14.71
346	Thabo Manyane		3114	983	3:14:17.02
347	Nsizwa Charles Makhanya		1792	986	3:14:22.01
348	Thabo Mkhasibe		1404	993	3:19:42.31
349	Julius Mothate		1474	999	3:24:59.99
350	Shakir Dudhia		3241	1004	3:25:45.51

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		3010	6	1:15:15.29
2	May Sithole		3281	10	1:16:51.69
3	Boy Koen		3337	12	1:18:51.64
4	Niel Jacobs Dan Kritzinger		1789	18	1:24:18.86
5	Luleka Goso		1144	44	1:33:07.20
6	Absalom Mthimunye		1491	49	1:33:38.62
7	Jakobus De Jager		1081	50	1:33:46.83
8	Petrus Ntobeng		3346	57	1:35:47.72
9	Donald Maenetja		3183	60	1:36:12.41
10	Paul Mabena		1267	66	1:37:18.19
11	Themba Skosana		1655	70	1:37:46.85
12	Mdutywa Mpondo		1481	71	1:37:57.65
13	Star Mashego		3296	78	1:38:56.47
14	Matlhasela Matome		1363	80	1:39:16.56
15	Abel Dlamini		1095	88	1:40:16.41
16	Michael Shongwe		1646	89	1:40:16.73
17	Dean Passmore		1567	91	1:40:40.74
18	Dan Sekhu		1626	99	1:41:35.79
19	Ezekiel Kgopodimetse		1200	101	1:42:01.46
20	Willie Du Preez		3295	104	1:42:17.25
21	Lawrence Maphosa		1324	105	1:42:36.59
22	Hendrik Kotze		1223	106	1:42:40.17
23	Simon Makunyane		1301	112	1:43:37.68
24	Ansa Strydom		1684	131	1:45:38.05
25	Tebogo Seroka		1634	138	1:46:24.27
26	George Manamela		3270	141	1:47:16.77
27	Theuns Coetzee		1060	142	1:47:51.32
28	Mike Edgcumbe		1121	145	1:48:03.53
29	Bashier Mokoena		3125	146	1:48:17.69

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>
30	Dumisane Mkhwanazi		1407	147	1:48:35.95
31	Peter Masia		1342	149	1:48:40.19
32	Sibusiso Vilane		1758	152	1:49:24.73
33	Jonas Fabo Nkam		1128	154	1:49:47.77
34	Tsholo Kgaphola		1196	166	1:50:45.43
35	Bongane Mabuza		1275	169	1:50:55.51
36	Tseko Mabote Mabote		1269	173	1:51:54.99
37	Hlupho Mthabela		1487	174	1:51:55.13
38	James Vena		1751	178	1:52:06.95
39	Rasmus Swartz		1688	179	1:52:07.05
40	Jacob Motswane		3322	181	1:52:23.22
41	Itumeleng Matshaba		1810	183	1:52:27.36
42	Benjamin Mekgoe		1388	187	1:52:40.02
43	Mabowe Sekhukhune		1627	189	1:52:45.84
44	Isaiah Peete		1572	192	1:53:18.48
45	ANTHONY V GANO		3220	194	1:53:23.85
46	Setty Ndaba		1511	201	1:54:09.01
47	Mike Matlala		1361	203	1:54:12.70
48	Benjy Mfola		1393	205	1:54:20.80
49	Musawenkosi Vilakazi		1757	208	1:54:21.94
50	Wonder Dlangamandla		1096	211	1:54:45.63
51	Reinier Nel		1525	223	1:55:28.81
52	Andy Danster		1071	227	1:55:58.46
53	Maraile Mashabela		1337	229	1:56:37.57
54	Jacob Tlhaabye		3196	232	1:56:52.26
55	Wynand Strydom		1681	242	1:58:05.80
56	Mokgong Masike		1343	256	1:59:42.72
57	Cyprian Mtshali		1494	263	2:00:12.20
58	Nkosi Nhlanhla		3233	5	2:00:29.96
59	Deon Van Deventer		1737	266	2:00:55.95
60	Hugo van Rooyen		3070	278	2:02:04.47
61	Siphiwe Hope Selepe		1631	279	2:02:11.19
62	Chris Koch		1217	280	2:02:33.79
63	Vu Rajuili		1595	282	2:02:34.46
64	Samuel Skeva		1654	283	2:02:40.50
65	Cherryboy Nirghin		1537	288	2:03:07.88
66	Piet Schoeman		1622	291	2:03:49.52
67	Zakhele Mdlalose		1384	293	2:03:54.66
68	Segoati Mahlangu		1287	294	2:04:06.01
69	Jeremia Heiman		1163	298	2:04:49.13
70	Andre Strydom		3050	303	2:05:15.66
71	Sello Maema		1280	308	2:05:43.17
72	John Malepe		3348	313	2:06:25.94
73	Phehello Tsotetsi		3052	314	2:06:35.37

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>
74	Fillix Chiloane		3133	315	2:06:43.07
75	Nkosana Mabizela		1268	316	2:06:56.95
76	Martin Cawood		1045	330	2:08:46.15
77	Francois Du Toit		3301	335	2:09:38.68
78	Jonathan Kekana		1190	336	2:09:44.50
79	Jerry Ledwaba		3336	345	2:10:23.43
80	Themba Twala		1714	347	2:10:27.72
81	Pieter Mokgomogane		1441	349	2:10:39.76
82	Bernard Matela		1352	352	2:11:04.87
83	Didimalang Senna		1633	353	2:11:07.16
84	ANDREW DHLIWAYO		3292	356	2:11:22.86
85	Vusumuzi Gumede		1154	360	2:11:29.01
86	Wikus Erasmus		1125	361	2:11:32.84
87	Moisi Lehobo		3134	363	2:11:38.82
88	Oscar Maculuke		3109	369	2:12:01.44
89	Patrick Davids		1076	375	2:12:02.67
90	Arthur Radebe		1592	377	2:12:03.60
91	Vusumuzi Macu		1276	390	2:13:24.77
92	Mike Meyer		1392	413	2:15:04.28
93	Tobie Reyneke		3288	415	2:15:09.03
94	Donovan De Leeuw		1083	425	2:15:45.17
95	Mpho Tsetetsi		3217	427	2:15:49.23
96	VULIMDLELA MANDA		3274	429	2:16:07.51
97	Maxwell Williams		1770	430	2:16:07.85
98	Thabani Mhlongo		1400	438	2:17:38.73
99	Mafihle Phasha		1574	446	2:17:55.97
100	Johan van der Walt		3086	449	2:18:19.09
101	May Mnisi		1413	451	2:18:23.47
102	Theuns Strecker		1677	454	2:18:34.84
103	Maxwell Sodwana		1667	456	2:18:58.71
104	Innocent Xaba		1773	458	2:19:03.55
105	Koos Vaughan		1750	466	2:19:40.40
106	Hentie Van der Berg		3311	471	2:19:48.55
107	Marnus Porteus		3309	472	2:19:48.57
108	Mojalefa Mohoto		1435	478	2:20:02.13
109	Sabelo Maseko		3316	482	2:20:21.65
110	Lazarus Masako		1329	484	2:20:42.18
111	Monde Quvane		1588	487	2:21:03.11
112	Jerome Van Boomen		1720	488	2:21:03.12
113	Leopeng Matlhomola		1822	490	2:21:10.18
114	Doctor Patrick Masina		1344	496	2:21:40.39
115	Mkhabela William		1816	508	2:22:11.34
116	Darryl Goosen		1142	511	2:22:26.84
117	Emmanuel Shezi		1644	516	2:22:48.68

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>
118	Cyprian Mngadi		1410	517	2:22:49.09
119	Baphiwe Ngubane		1531	518	2:22:50.02
120	Louis Ndubane		3041	523	2:23:42.59
121	Patrick Nyathi		3132	524	2:23:42.72
122	Napo Ntoane		3106	525	2:23:45.51
123	Peter Ramaboa		3127	529	2:24:09.02
124	Nakedi Mashao		1338	530	2:24:12.55
125	Siphiwe Mchunu		1381	534	2:24:26.51
126	Thandwangubani Nxumalo		3042	535	2:24:35.79
127	Mehmood Patel		1569	536	2:24:41.76
128	Anwer Madhi		1277	539	2:24:44.81
129	Bobby Letsoalo		1249	549	2:25:23.90
130	Dharmesh Chanthkarun		3209	550	2:25:24.36
131	Eric Rahn		1594	555	2:25:27.54
132	Sikhumbuzo Nhantsi		3260	14	2:25:33.75
133	Walter Dhlamini		1088	565	2:26:07.88
134	Tony Green		1150	566	2:26:11.00
135	VICTOR MABASA		3258	569	2:26:27.66
136	Tokyo Mavubo		1369	570	2:26:29.39
137	Simon Dhlamini		3345	571	2:26:31.54
138	Victor Ngobeni		1527	572	2:26:53.30
139	Samuel Modise		1418	574	2:27:03.20
140	Musa Mgemane		1394	577	2:27:10.64
141	Terence Ndzumeni		1521	587	2:28:00.62
142	Chaka Ndou		1518	589	2:28:06.03
143	Nazeer Bulbulia		1037	590	2:28:12.17
144	Dennis Nduli		1519	595	2:28:39.40
145	Shane Crampton		1062	610	2:29:27.28
146	Soloman Hadebe		1159	613	2:29:47.14
147	Vusumuzi Thwala		1704	618	2:30:16.92
148	Success Stanley Zitha		1777	622	2:30:17.86
149	Nhleko Isaac		1826	624	2:30:17.94
150	Matlabe Mokgoro		1442	626	2:30:31.23
151	Petrus Molefe		1447	630	2:30:45.71
152	Otto Knabl		1216	636	2:31:06.64
153	James Barnard		1009	637	2:31:24.22
154	Stanley Thompson		1702	638	2:31:28.78
155	Simphiwe Zuma		1779	645	2:31:56.12
156	Mzwandile Khoba		1205	651	2:32:57.83
157	Malose Lebezo		1239	652	2:33:00.60
158	Leon Schoenfeldt		1623	654	2:33:01.32
159	VUYO MBULI		3222	658	2:33:21.89
160	Khashane Manamela		1316	659	2:33:22.05
161	Sehlabi Lesese		1247	660	2:33:24.27

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>
162	Kotokwane Nelson		1824	665	2:34:02.56
163	Charl Cilliers		1056	667	2:34:10.48
164	Moses Mbethe		1377	675	2:34:32.65
165	Ernest Majiya		1292	676	2:34:32.81
166	Letshego Komane		1221	685	2:34:58.23
167	Simon Motau		1469	686	2:35:06.34
168	Johannes Malaza		1306	688	2:35:07.11
169	Velod Govindsamy		1147	694	2:35:31.50
170	Obakeng Pienaar		1578	697	2:35:47.12
171	Corne Boshoff		1023	702	2:36:05.25
172	Kingsley Malebo		1308	704	2:36:22.38
173	Riaan Haas		1157	705	2:36:22.78
174	Calvin Smith		1662	706	2:36:23.22
175	Peet Neethling		1523	707	2:36:42.29
176	Jabulani Makhoba		1299	709	2:36:46.14
177	Moses Sebogodi		3275	723	2:37:19.52
178	Tsatsi Mokgotsi		1793	726	2:37:43.50
179	Matthys Pretorius		1583	729	2:38:05.56
180	Azwinndini Khampha		1201	731	2:38:16.81
181	Samuel Khosa		1206	732	2:38:17.42
182	Motlatsi Ramakatana		1596	736	2:38:39.72
183	Brendan Damons		1070	737	2:38:51.38
184	Harry Hlatywayo		1169	741	2:39:37.00
185	Jaftha Mphahlani		3139	742	2:39:37.01
186	George Tema		1692	753	2:39:39.20
187	DAVSON MATHABATHA		3171	755	2:39:40.35
188	Dawid Mohlala		1432	756	2:39:40.98
189	Donald Shai		1638	757	2:39:40.99
190	Meshack-oupa Ndhlovu		1514	767	2:39:45.35
191	Martin Swate		3060	768	2:39:57.40
192	Godfrey Makgatholela		1294	781	2:41:32.31
193	Francis Tease		1690	796	2:41:51.05
194	Sean McKay		1382	808	2:43:22.89
195	JACOB LEDWABA		3156	809	2:43:40.59
196	Sizo Moshe		1461	810	2:44:09.90
197	Lwazi Mosheqane		1463	826	2:45:54.58
198	Njingama Malaza		1305	827	2:45:55.19
199	Marius Stoltz		1676	847	2:47:39.92
200	Marjus Botha		1027	848	2:47:42.70
201	Nkoro Molepo		1450	855	2:48:10.64
202	Jimmy Masango		1331	856	2:48:14.63
203	Hendrik Broxham		3254	28	2:48:45.85
204	Bongani Memela		1390	859	2:49:08.62
205	Craig Waite		1764	860	2:49:12.66

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>
206	Sibusiso Mazibuko		1373	863	2:49:23.35
207	Thomas Lambani		1233	864	2:49:25.82
208	Kevin Feldman		1130	868	2:51:00.35
209	CYPRIAN NZAMA		3210	869	2:51:13.84
210	Victor Maringa		1327	873	2:51:44.64
211	Yasien Sarlie		1619	875	2:51:54.51
212	Mzwandile Chris Ngcobo		1526	885	2:52:14.64
213	Nokuthula Matunjwa		1366	887	2:52:15.35
214	SIBUSISO NTSHANGASE		3204	910	2:55:06.96
215	Collen Williams		1771	916	2:56:02.14
216	Petros Vilakazi		1756	922	2:56:19.43
217	Donovan Williams		3135	932	2:57:42.20
218	Samfana Mahlangu		1286	951	3:02:26.84
219	Thamsanqa Sidzamba		1811	961	3:06:22.81
220	Duma Nkosi		3141	971	3:09:41.01
221	Gambu Nombisuthu		1818	973	3:09:46.88
222	DAVID MALAZA		3184	976	3:11:00.02
223	Abraham G Sobinase		1666	980	3:13:02.77
224	Sipho Mtolo		1492	982	3:13:14.88
225	Saville Riberts		1608	987	3:15:21.79
226	Thomas Motaung		1473	994	3:22:20.04
227	Mahlangu DaddyAlfred		1066	996	3:23:26.10
228	Mosala Seduku		1625	998	3:24:44.89
229	Edgar Ntuli		1553	1000	3:25:00.35
230	Wellington Morapeli		1458	1001	3:25:12.09
231	Lindiwe Shabangu		3047	1006	3:27:28.18

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	Charles Vilakazi		3299	13	1:20:19.23
2	Israel Madibana		1278	25	1:27:02.32
3	Aaron Mahlangu		1285	36	1:31:27.71
4	Moses Motshabi		1477	52	1:34:58.36
5	Arrigo Ferri		3282	62	1:36:25.85
6	Mondli Gungubele		1156	81	1:39:29.04
7	Frans Moraba		1456	97	1:41:29.93
8	Sonny Leopeng		1244	107	1:42:46.38
9	Sydney Radebe		1591	114	1:43:46.97
10	Bethuel Mlambo		1408	127	1:45:20.61
11	Neels Schoeman		1621	143	1:47:51.42
12	Joos Massym		1347	148	1:48:39.99
13	Theo Bohnen		1018	151	1:49:18.54

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>
14	Collin Palmer		1565	160	1:50:19.14
15	Dick Joubert		1185	164	1:50:28.79
16	Bheki Msimango		1486	168	1:50:49.60
17	AG Beukes		3287	185	1:52:38.68
18	Lukas Van der Merwe		1730	190	1:53:03.66
19	Stephan Moagi		1414	191	1:53:15.10
20	Angus Hudson		1172	209	1:54:30.47
21	Moshabane Tladi		3266	210	1:54:41.35
22	James Kwena		1230	213	1:54:57.19
23	Louis Odendaal		3112	215	1:55:01.28
24	Isaak Mabula		1271	217	1:55:06.80
25	Thabiso Motaung		1471	218	1:55:07.41
26	Stephen Meijers		1387	228	1:56:15.31
27	Wicus Van de Venter		1721	240	1:57:39.13
28	D Joubert		3264	246	1:58:15.45
29	John Hamlett		3101	259	1:59:50.61
30	Riaan Venter		1753	268	2:01:04.22
31	John McGowan		3268	284	2:02:47.50
32	Madinga Dube		1116	289	2:03:08.14
33	Meshack Nkopane		1800	295	2:04:34.46
34	Christian Goosen		1143	304	2:05:17.00
35	Andre Kok		1218	305	2:05:18.44
36	Titus Vala		1717	306	2:05:26.20
37	Bernard Ndou		1517	307	2:05:26.67
38	Matome Radmaotswa		1593	311	2:06:14.22
39	Abram Mahlangu		3265	8	2:06:43.89
40	Elvis Niekerk		1535	317	2:07:00.38
41	John Lebakeng		1238	318	2:07:06.20
42	Eric Wright		3318	325	2:08:22.62
43	Buthi Ngwenya		1533	334	2:09:37.37
44	Steven Van Dyk		1739	339	2:09:53.66
45	Wessel Bhayi		1012	341	2:10:01.88
46	David Dilebo		1091	344	2:10:20.48
47	Hennie Oosthuizen		1561	348	2:10:30.79
48	Keith Fisher		1131	350	2:10:40.89
49	Eric Economon		1120	351	2:10:41.15
50	Willie Fourie		3290	354	2:11:21.10
51	Amos Rangata		1602	358	2:11:27.77
52	Mkhulu Mosothwana		3240	364	2:11:59.66
53	Fanyana Mehloimakulu		3232	366	2:12:01.01
54	Thabo Chabane		1048	368	2:12:01.31
55	Kebualemang Kotola		1222	385	2:13:18.60
56	Nkeke Ranamane		1601	391	2:13:28.33
57	Toine Van den Oever		1724	393	2:13:51.01

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>
58	Chico Subramanian		1687	431	2:16:09.04
59	Andrew Chiloane		1053	432	2:16:43.79
60	Johnny Van der Walt		1733	436	2:17:10.06
61	Dawie Du Toit		1113	437	2:17:24.86
62	Deon Stumke		1686	440	2:17:40.01
63	Werner Buys		1790	445	2:17:55.39
64	Frans Steyn		3307	450	2:18:19.11
65	Dave Sathikge		1620	460	2:19:09.20
66	Eddie Dalbock		1069	461	2:19:10.47
67	Lethekgal Kgomo		1199	475	2:19:54.37
68	Tsepiso Mpuru		1483	479	2:20:06.71
69	Nathaniel Thage		1695	480	2:20:12.76
70	Stephen Meko		1389	481	2:20:20.87
71	Austin Kelsey		1192	493	2:21:21.75
72	Shadrack Khoza		1207	497	2:21:53.00
73	Erios Malele		1310	500	2:21:56.27
74	George Seriteng		3074	501	2:21:56.73
75	JOHANN COETZEE		3145	509	2:22:26.05
76	Bonginkosi Nkabinde		1539	533	2:24:20.46
77	Ric Marini		1328	541	2:24:58.37
78	Lawrence Dhlamini		1089	547	2:25:17.14
79	Richard Metsoamere		1395	560	2:25:40.21
80	Sipho Mashinini		1340	568	2:26:22.80
81	MOSES MOTSADI		3157	575	2:27:10.10
82	Happy Ntshingila		1551	591	2:28:13.07
83	Chris Zondi		1778	596	2:28:44.34
84	Goonaseelan Reddy		1607	604	2:29:09.23
85	Jan Wessels		1766	606	2:29:09.87
86	Bobby Govender		1145	607	2:29:10.34
87	Letsoge Ramatja		3229	609	2:29:20.97
88	Riet Godfrey		1823	611	2:29:28.19
89	Isaac Moetseloa		1421	619	2:30:17.08
90	Kgomotso Lelaka		1243	625	2:30:23.33
91	Ronnie Lapshe		1237	627	2:30:39.13
92	BAFANA NGWENYA		1830	19	2:32:59.40
93	Tsolo Mosola		3211	662	2:33:35.33
94	Rammurthi Naidoo		1999	664	2:33:56.76
95	Neil Hoffman		1170	689	2:35:16.75
96	Kuban Naidoo		1506	695	2:35:32.04
97	Magane Sunny		1827	719	2:37:04.27
98	Johan Liebenberg		1253	722	2:37:15.63
99	THAMI MASUKU		3192	739	2:39:36.33
100	David Eloff		1123	746	2:39:37.82
101	Marius Deon Small		1656	758	2:39:41.55

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>
102	Luc Vangoidsenhoven		1749	770	2:40:07.94
103	Noa Ndhlovu		1513	771	2:40:12.56
104	Bee Gumede		1155	776	2:40:56.72
105	TOM BRITS		3253	783	2:41:34.08
106	Trevor Lamprecht		3123	790	2:41:46.68
107	FRED BURLEY		3164	797	2:41:52.79
108	Kweyama Dumisani		1829	805	2:43:04.84
109	Clayton Ealand		1118	806	2:43:21.00
110	David James		1177	807	2:43:22.33
111	Louis Botha		3091	812	2:44:11.19
112	SANDISI PAULA		3212	822	2:45:47.15
113	Peter Ntloge		1549	836	2:46:34.89
114	Brian Moholo		3126	837	2:46:35.20
115	Jan Shaw		1640	840	2:46:51.45
116	Jonas Mhlarhi		1397	844	2:47:28.20
117	Louis Schoenfeldt		1624	851	2:47:58.32
118	Martin Van Rooyen		1744	853	2:48:00.22
119	Kgosi Lekabe		1241	854	2:48:06.35
120	Thomas Smith		1660	870	2:51:15.36
121	Frank Wessels		1768	878	2:52:03.64
122	Deon Lubbe		1262	879	2:52:04.63
123	Joseph Khumalo		1212	888	2:52:22.13
124	Johan Dreyer		1102	890	2:52:34.53
125	Yussuf Lambat		1235	894	2:53:05.33
126	Frik Du Preez		1111	896	2:53:31.57
127	Abie Smit		1658	912	2:55:52.72
128	Abednego Sibanyoni		1648	915	2:56:01.16
129	Simon Nene		3330	917	2:56:03.54
130	MANIE BOSCH		3242	919	2:56:12.71
131	Gavin Du Plooy		1110	929	2:57:14.68
132	Keith Levenstein		1250	931	2:57:26.28
133	Pieter La Grange		1231	947	3:01:27.25
134	Nimrod Booi		3181	960	3:05:23.23
135	Andrew Buys		1797	966	3:06:41.92
136	Lloyd Tshabalala		3159	968	3:07:22.24
137	Sewele Maponya		1325	969	3:08:32.21
138	Jacobus Snyman		1665	991	3:19:14.45
139	Nico Bloem		1016	992	3:19:35.59

Kosmos 3-in-1**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		3226	40	1:31:46.01
2	Phuti Mabothe		1270	159	1:50:13.96
3	WG Du Plessis		3272	200	1:54:07.39
4	Walter Sonnendecker		1671	301	2:05:00.32
5	Daniel Mamaila		1314	357	2:11:26.99
6	KOBUS BOTES		3195	387	2:13:20.17
7	Nkosana Nkosi		1540	418	2:15:25.76
8	Coach Makhongoza		1300	439	2:17:39.29
9	Silas Maepane		1281	532	2:24:16.46
10	Arthur Boyce		1032	540	2:24:45.21
11	Serame Mbha		1379	542	2:25:14.51
12	John Craven		1063	597	2:28:46.98
13	Motlatsi Motake		1467	631	2:30:46.55
14	Molefe J Mohlamonvane		1433	663	2:33:47.99
15	Colin Thomas		1701	708	2:36:44.14
16	Dumisani Mhlongo		1399	725	2:37:33.89
17	Andre Lourens		1260	761	2:39:42.72
18	Mkhombeni Mthimkhulu		1490	777	2:41:09.76
19	Pierre Jordaan		1184	800	2:42:50.26
20	Giel Steyn		3235	821	2:45:43.45
21	Johan Bensch		1011	881	2:52:05.92
22	Poonsamy Munisamy		1499	882	2:52:06.27
23	Tyrone Leoto		1245	899	2:53:45.74
24	Johan Pienaar		3302	925	2:56:24.13
25	Laurence Mpela		1479	928	2:56:35.63
26	MARTHINUS PRINSLOO		3165	949	3:02:25.82
27	Phillip Mofokeng		1423	956	3:03:53.36
28	Johannes Msimang		1485	988	3:15:37.89
29	Norman Sanders		1617	989	3:18:08.91