

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>
1	Otilia Mwape		1502	107	3:11:41.29
2	Lesego Hlako		1167	137	3:18:55.79
3	Bronwyn Strydom		1680	149	3:21:00.56
4	Elize Douglas		1098	164	3:24:19.56
5	Elmarie Janse van		1179	171	3:25:44.36
6	Natasja Kask		2022	173	3:25:53.87
7	Wilmarie Du Plessis		1108	202	3:32:25.23
8	Anel Viljoen		1759	215	3:34:36.08
9	Laoyiso Moumakoe		1478	217	3:34:44.15
10	Rashika Rampersadh		1600	221	3:35:02.01
11	Modiesi Makwarela		1303	236	3:37:12.93
12	Melanie Delainey		1084	250	3:39:28.33
13	Thandi Banda		1006	256	3:41:34.67
14	Hazel Moller		2310	269	3:45:24.10
15	Mariette Douwenga		1099	284	3:46:43.35
16	Elza Botes		2003	295	3:47:50.18
17	Jackoline Nel		1524	307	3:49:19.86
18	Lou-Ann Smit		2065	318	3:50:25.24
19	Jessica Du Plessis		1107	341	3:53:54.74
20	Letitia Geldenhuys		2148	342	3:53:55.22
21	Rene Yiangou		1775	343	3:53:55.37
22	Lorne Van der Merwe		1726	344	3:53:55.95
23	Mulalo Muluvhu		1498	348	3:54:30.49
24	Maretha Steyn		2097	371	3:56:51.96
25	Rohanda Oosthuizen		2312	372	3:56:56.13
26	Nicolette Pearson		2162	384	3:57:48.56
27	Silindile Sithole		1652	387	3:58:25.70
28	Salome Du Toit		1114	388	3:58:25.90
29	Mausley Pilane		1579	397	3:59:27.45
30	Tamlyn Futter		2019	408	4:01:53.51
31	Gladness Nkuna		2289	416	4:02:44.42
32	Maryke Odendaal		2140	420	4:03:16.50
33	Mapute Manyama		2173	433	4:05:25.80
34	Charlet-Marie Kleynhans		1214	450	4:08:09.51
35	Nombuso Shabalala		1636	458	4:09:09.70
36	Anthea Van der Byl		1794	465	4:10:10.76
37	Petro Louw		2122	467	4:10:12.36
38	Isabel Esterhuyzen		1127	472	4:10:58.08
39	Joy-Ann Nicholl		1534	489	4:12:53.13
40	Lindi Motau		1468	496	4:13:32.65
41	Goitsemang Maotoe		1320	497	4:13:33.02
42	Stephnie Loedolff		1255	506	4:14:08.35
43	Yolandi Toua		2068	508	4:14:09.13
44	Corline Van Rooyen		1742	509	4:14:09.95

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>
45	Hilary Lease		2027	513	4:14:46.43
46	Mmangwato Mabusela		1273	515	4:14:57.79
47	Keri-Ann Nash		2051	535	4:16:05.90
48	Pumza Jabane		1176	545	4:17:03.81
49	Tsholofelo Tsiane-Tease		1710	559	4:18:53.55
50	Smeree Rogers		1611	562	4:19:16.37
51	Marsha Davids		1075	568	4:19:45.39
52	Madeleine Lubbe		2125	569	4:19:47.13
53	Norma Du Plessis		1103	590	4:23:01.89
54	Mahlangu Lerato		1820	606	4:24:11.02
55	Mapaseka Moroke		1460	609	4:24:53.93
56	Isabel Roux		1615	618	4:25:58.99
57	Eloise Van der Merwe		2069	619	4:25:59.31
58	Charlotte Helm		1164	628	4:27:22.75
59	Sphiwo Sibanyoni		1801	630	4:27:27.67
60	Azwi Tshitereke		1708	634	4:27:43.59
61	Maritza Hartkopf		1161	657	4:29:21.58
62	Portia Joja		2253	666	4:31:36.40
63	Zoliswa Diko		1090	668	4:32:22.04
64	Esme Cilliers		1055	677	4:33:13.87
65	Bonny Makgopela		1296	696	4:34:47.51
66	Lisa Naude		2052	701	4:35:04.02
67	Kholofelo Masunga		1348	718	4:36:44.96
68	Annemarie Kotzee		1226	734	4:39:25.35
69	Phumeza Zungula		1780	739	4:39:26.87
70	Tanya Small-Myburg		1657	742	4:39:27.27
71	Nomsa Joan Mlambo		1409	744	4:39:27.68
72	Norah Maithufi		1291	752	4:39:29.58
73	Fallon Ismail		1174	760	4:39:53.24
74	Neo Mogohloane		1427	761	4:39:53.49
75	Bernadette Ehlers		2017	763	4:41:09.36
76	Phephile Mahlangu		1288	768	4:42:21.54
77	Ulla Muqohy		2266	777	4:43:19.29
78	Vuyokazi Ndzamela		1520	779	4:44:06.35
79	Makhosazane Nirghin		1536	782	4:44:14.60
80	Zanele Thulane		2631	793	4:45:15.05
81	Tanya Carter		1043	797	4:45:55.18
82	Carika Nagel		1505	808	4:46:57.58
83	Marika Van Heerden		2071	811	4:47:10.51
84	Portia Malinga		1313	813	4:47:15.08
85	Madelein Olivier		1560	814	4:47:15.22
86	Carolina Pullen		1586	815	4:47:45.17
87	Nomsa Mandere		2038	817	4:48:07.83
88	Bianca Dahl		1068	833	4:49:55.93

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>
89	Eldene Anderson		2001	848	4:51:40.70
90	Donna Meyerson		2116	851	4:51:56.53
91	Jaqui Van der Walt		2070	853	4:51:57.41
92	Van Tonder		1815	855	4:52:05.88
93	Lettan Sibanda		2299	861	4:52:20.78
94	Mmabatho Pheladi		1575	863	4:52:31.63
95	Reinette De Beer		1078	872	4:53:50.60
96	Tamsin Murphy		1501	878	4:55:17.26
97	Zandi Mbense		2211	880	4:55:21.43
98	Kutlwano Makgwa		1297	881	4:55:24.08
99	Feroza Moosa		1455	882	4:55:26.98
100	Nothando Baloyi		2002	885	4:56:01.26
101	Thandi Jiyane		1181	899	4:57:10.80
102	Goodwin Sandra		2356	902	4:58:49.29
103	Marietjie Stoltz		1675	906	4:59:08.15
104	Sanelisiwe Mqadi		1484	916	5:04:27.95
105	Sponono Ntuli		1554	917	5:04:37.84
106	Linda Motsumi		2304	918	5:04:38.19
107	Ntshinogang Gaorongwe		1136	920	5:05:34.10
108	Khumbuzile Lephalala		1246	921	5:05:35.94
109	Namhla Zondani		1809	927	5:06:27.94
110	Esther Pilane		1580	942	5:11:31.27
111	Refilwe Mogale		2202	946	5:11:46.85
112	Makgotso Mafafane		2214	948	5:11:54.96
113	Tshepiso Majoro		2174	949	5:11:55.31
114	Hester Oberholzer		1557	957	5:17:02.84
115	Bontle Radodice		2327	961	5:18:20.94
116	Phuti Boshomane		1024	967	5:22:26.64
117	Juanita Venter		1752	968	5:22:29.06
118	Zaheera Lambat		1234	983	5:24:23.77
119	Lindie Kruger		2200	989	5:25:27.16
120	Julia Kgwedi		2303	996	5:25:44.71
121	Melissa Barnard		2291	1003	5:27:29.32
122	Samukelrsiwe Mdlalose		1383	1007	5:29:11.93
123	Leanne Webster		1765	1010	5:30:07.29
124	Mosimu Ngubane		2181	1014	5:33:55.89
125	Thembehle Masondo		2328	1015	5:33:56.38
126	Fulufhelo Dagada		1067	1017	5:34:18.51
127	Jeanetta Mothoa		1475	1019	5:34:54.46
128	Ntebaleng Mashaba		2040	1020	5:34:54.52
129	Kervina Stemar		1673	1025	5:45:05.06
130	Rene Graham		1148	1030	5:49:12.90
131	Dorah Mokgoka		1440	1031	5:49:40.54
132	Martina Lechelele		2212	1036	5:53:07.05

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>
1	Vanessa Bowman		1031	99	3:08:46.20
2	Berdene Smit		1659	103	3:09:47.39
3	Mari Bruwer		1036	135	3:18:30.12
4	Ronel Du Plessis		2297	165	3:25:00.11
5	Thandi Dlangamandla		1096	230	3:36:49.08
6	Elizabeth Nomgq Mlaba		1791	277	3:45:47.30
7	Petro Steenkamp		2270	301	3:48:25.63
8	Busisiwe Khumalo		1211	309	3:49:20.39
9	Lorraine Boshoff		1022	320	3:50:31.12
10	Sibongile Shongwe		1645	325	3:50:48.09
11	Charmaine Van der Merwe		1727	332	3:52:01.35
12	Joanne De Beer		2105	339	3:53:37.70
13	Hannelie Dunn		1117	353	3:55:02.98
14	Annelize Jonck		1183	363	3:56:06.02
15	Erika Owens		1562	366	3:56:31.45
16	Retha Strydom		1682	383	3:57:46.90
17	Marinda Coetzee		1059	391	3:59:01.21
18	Monica Erasmus		1124	413	4:02:27.59
19	Jennifer Rogers		1610	461	4:09:39.07
20	Elize Van der Merwe		1725	482	4:12:05.15
21	Frances Lezar		1251	488	4:12:52.93
22	Theodi Crouch		1064	500	4:13:41.03
23	Sbliti Mabena		1266	519	4:15:12.25
24	Amanda Bothma		2006	526	4:15:58.33
25	Stella Madlala		1279	544	4:16:54.07
26	Sonja Aucamp		1003	550	4:17:46.65
27	Natascha Plani		1581	551	4:17:46.69
28	Didi Britz		2007	578	4:21:18.32
29	Santie Kelsey		1191	587	4:22:29.96
30	Christine Williamson		1784	614	4:25:55.88
31	Nkosi Yvonne		1813	636	4:27:44.78
32	Anette Stillianou		2215	646	4:28:10.32
33	Hilda Kotze		1225	647	4:28:13.04
34	Magriet Hattingh		1162	653	4:29:09.72
35	Gail Elliot-Wilson		1122	703	4:35:19.68
36	Vinny Manaka		1315	725	4:37:44.25
37	Cleopatra Motaung		1470	743	4:39:27.41
38	Elsabe Lombard		1257	765	4:41:28.26
39	Martie Brits		1034	767	4:42:12.26
40	Michelle Fookwe		1132	769	4:42:37.78
41	Karin Kruger		1227	776	4:43:19.08
42	Antoinette Danster		1072	780	4:44:08.65
43	Marlene Kapp		1188	801	4:45:55.90
44	Sharon Booyesen		1178	805	4:45:58.24

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>
45	Nomsa Khumalo		1210	807	4:46:57.21
46	Maryna Van Aswegen		1719	812	4:47:11.31
47	Masi Sibiya		1649	816	4:47:56.49
48	Nompumelelo Mkhize		1406	820	4:48:29.95
49	Charlotte Boshoff		1021	821	4:48:30.24
50	n'Tombi Ndlovu		1515	825	4:48:50.97
51	Rika Smith		1663	832	4:49:55.68
52	Mary-Ann Henning		1166	834	4:50:00.88
53	Nello Dick		1796	839	4:50:32.75
54	Grace Masango		1332	841	4:50:43.62
55	Malefu Molefe		1449	865	4:52:40.69
56	Maria Glockle		2075	866	4:53:05.12
57	Magda Botha		1026	893	4:56:37.24
58	Goodwin Emma		2348	901	4:58:44.93
59	Alta Kloppers		1215	907	4:59:08.22
60	Wendy Darling		1073	911	5:01:10.11
61	Niolizwi Mgodana		1385	935	5:10:41.30
62	Lillian Mthembu		1488	939	5:10:45.77
63	Peter Steyn		1674	941	5:10:54.13
64	Given Leshabane		1248	943	5:11:39.26
65	Millicent Nxumalo		1555	944	5:11:39.27
66	Martha Skosana		2336	951	5:12:10.45
67	Christie Martins		1798	962	5:19:38.47
68	Estelle Wessels		1767	971	5:22:30.83
69	Ellen Botha		2201	990	5:25:27.35
70	Virginia Matshaba		1365	992	5:25:44.07
71	Penny Mlungwana		2219	993	5:25:44.25
72	Amanda Kuun		1229	1006	5:28:21.13
73	Retha Theunissen		1697	1008	5:29:27.09
74	June Mbatha		2249	1011	5:31:50.13
75	Rene Visser		1761	1012	5:32:32.68
76	Bernadette Teixeira		1691	1013	5:32:33.31
77	Aniah Mahlake		1284	1028	5:48:25.18

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	Marina Coetzee		2012	426	4:04:13.01
2	Andra Muller		1496	435	4:05:41.94
3	Norma Page		1563	485	4:12:47.70
4	Valerie Geldenhuys		1138	498	4:13:34.79
5	Frieda Muir		1495	643	4:28:08.72
6	Bernadette Isaacs		1173	730	4:38:37.74

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>
7	Marilyn Kamp		2020	759	4:39:34.42
8	Lynette De Beer		1077	772	4:43:06.46
9	Lemanda Engelbrecht		2103	802	4:45:56.85
10	Irma Liebenberg		1252	830	4:49:41.57
11	Annemarie Breytenbach		1033	838	4:50:32.54
12	Marthie Van der Walt		1732	874	4:54:21.44
13	Corrie Fourie		1133	875	4:54:42.88
14	Tlale Kgame		1195	938	5:10:44.99
15	Mathilda Van Zyl		2149	958	5:17:03.08
16	Mpumi Nala		2334	960	5:17:52.20
17	Hannelie Van den Berg		1722	975	5:22:32.22
18	Lesley Vermeulen		1754	977	5:22:41.48
19	Angi Danster		1795	982	5:24:23.64
20	Marina Van Deventer		2114	987	5:25:01.57
21	Dikeledi Ledwaba		1240	998	5:26:08.54
22	Nicolene Gericke		1139	1001	5:27:02.31
23	Nettie Victor		1755	1009	5:29:27.22
24	Amina Adam		1001	1032	5:49:41.29
25	Sipho Ntuli		1552	1035	5:51:45.32

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	Nomsa Jane Hadebe		1158	473	4:11:33.16
2	Anna Sonnendecker		1670	924	5:05:54.41
3	Amanda Economon		1119	1000	5:26:19.71
4	Pam Clark		1057	1005	5:27:48.71

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>
1	Ntuthuko Maseko		2146	1	2:23:23.91
2	Herbert Mokgala		2319	3	2:27:17.16
3	Mzikayitian Mdladla		2237	4	2:28:07.68
4	Lucky Mahlangu		1289	5	2:31:16.55
5	Lovers Hlatshwayo		2167	6	2:33:39.86
6	Karel Burger		1038	7	2:33:57.13
7	Craig Cynkin		2282	8	2:35:24.08
8	Kadisegwane Maleka		1309	9	2:35:33.83
9	Ben Breyntzis		2183	10	2:37:08.44
10	Donald Mohlahlo		2276	11	2:37:42.94
11	Ken Mwape		1503	12	2:38:37.60
12	Elvis Mazibuko		1374	13	2:38:50.66
13	Japie Jele		2280	14	2:39:50.20
14	Innocent Malinga		2232	15	2:40:15.54
15	Agent Moagi		1416	16	2:40:22.93
16	H Maphakge		1322	17	2:40:37.10
17	Ntheleng Mosine		1464	18	2:41:34.81
18	Thako Lephoto		2332	19	2:41:46.37
19	Ntenne Petrus Moeletsane		2180	20	2:42:07.02
20	Nare Makgakga		2246	21	2:43:39.87
21	Meshack Monareng		1453	23	2:43:50.57
22	George Phetla		1576	24	2:44:44.51
23	Morel Pome		2160	25	2:45:10.07
24	Sydney Maisa		2143	26	2:45:56.73
25	Frank Ramaputla		1597	27	2:46:01.04
26	Jabulani Nkosi		2300	29	2:47:06.77
27	Pula Kheitsane		1204	31	2:47:41.13
28	Lucky Dladla		2177	32	2:48:05.50
29	Gideon Mafukane		1799	33	2:48:26.42
30	Khumbulani Dlamini		2341	34	2:48:32.78
31	Sipho Ngomane		2170	35	2:48:46.48
32	Andrew Maphakge		1321	36	2:48:48.99
33	Shabiso Bonisi		2175	38	2:50:31.76
34	Hlasa Seng		2294	39	2:51:07.20
35	Gavin Munyu		1500	44	2:52:36.54
36	Gustav Roos		1613	45	2:52:43.72
37	Xolani Dhladhla		2329	46	2:52:49.49
38	Thabiso Mataboge		1350	47	2:53:05.43
39	Ryan Gibson		1141	49	2:53:33.11
40	December Masilela		2233	51	2:56:42.69
41	Segatane Makuwa		1302	53	2:56:49.58
42	Mmeli Dubanzana		2301	56	2:57:07.20
43	William Stroebel		1678	57	2:57:16.04
44	Gideon Joubert		1187	58	2:57:16.54

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>
45	Sipho Mhaga		1396	59	2:57:17.92
46	Ronnie Mathebula		1357	60	2:57:29.99
47	Frans Moyane		2166	62	2:57:50.21
48	Elias Mashego		2041	63	2:58:05.29
49	Robert Lephoto		2331	65	2:58:18.72
50	Josiah Mokoena		2269	67	2:58:40.39
51	Prince Mathumbu		1360	68	2:59:06.60
52	Johannes Choma		1054	71	3:01:50.98
53	Wilhelm Du Plessis		1106	72	3:02:04.04
54	Shaun Saraiva		1618	74	3:02:32.91
55	Mpho Sekese		2172	75	3:03:11.34
56	Johan Van der Westhuizen		2309	79	3:03:44.34
57	Jabulane Sibande		2137	81	3:04:13.17
58	Mluleki Ndosi		1516	82	3:04:27.28
59	Thabo Msibi		2231	83	3:04:43.87
60	Sifiso Khumalo		2187	85	3:05:19.17
61	Sibusiso Solomo		1411	86	3:05:42.80
62	Ryan Mathaba		1353	88	3:06:36.04
63	Kgomotso Moumakoe		2182	89	3:06:52.21
64	Victor Mathole		1359	90	3:07:02.56
65	Thabo Mothipe		2169	92	3:07:57.24
66	Taetse Vorster		2242	93	3:08:20.99
67	Zikhale Nzima		1819	94	3:08:26.36
68	Melusi Maseko		2235	96	3:08:40.82
69	Vuyane Magobongo		1282	97	3:08:45.08
70	Martin Vilukazi		1760	98	3:08:45.93
71	Delani Njapha		1538	100	3:09:11.81
72	Linda Shembe		1641	102	3:09:32.46
73	Tshinyadzo Mudau		2178	109	3:12:39.31
74	Edison Motlhono		1476	111	3:12:52.54
75	Chris Mahungo		1290	113	3:13:52.13
76	Antonie Mans		1318	114	3:14:06.69
77	Fanilakhe Ntshangase		1550	115	3:15:09.02
78	Charles Takalan Selowa		2227	116	3:15:30.86
79	Lindsay Noel		2056	121	3:16:44.89
80	Herkie Nel		2210	125	3:17:05.97
81	Simon Ngwenya		2102	126	3:17:15.50
82	Thabane Cele		1046	127	3:17:18.60
83	Muzi Khumalo		1208	128	3:17:19.15
84	Rhangani Kasanavko		1189	130	3:17:37.50
85	Sipho Dumakude		2217	134	3:18:28.54
86	Ofentse Mokgale		1438	136	3:18:54.70
87	Lebogang Mooketsi		1454	138	3:18:57.52
88	Jaco Van der Merwe		1728	140	3:19:28.19

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>
89	Phillip Uys		1716	141	3:19:28.46
90	Garron Moslut		2127	142	3:19:34.01
91	Bennie Roux		1616	144	3:19:42.61
92	Themba Ngubane		2203	145	3:19:50.74
93	Jack Mokoena		2144	152	3:21:14.80
94	Sylvester Shange		1639	153	3:22:02.28
95	Teboho Matseke		1364	156	3:23:06.86
96	Elben de Bruin		2226	157	3:23:09.19
97	S Ngoepe		1530	158	3:23:10.57
98	July Mavuso		1371	160	3:23:39.80
99	Tshepo Mokonyane		1445	161	3:23:45.49
100	Happyboy Mhloleli		1398	166	3:25:00.64
101	Motsamai Monareng		1452	167	3:25:01.54
102	Thabo Mofokeng		1422	174	3:26:06.41
103	Johannes Van den Berg		1723	175	3:26:44.53
104	Thabo Nakeli		1507	176	3:26:49.39
105	Benny Moloko		1451	178	3:27:13.84
106	Landani Mavunda		1370	180	3:27:42.08
107	Christopher Bell		1010	183	3:28:45.97
108	Khehla Molefe		1448	184	3:28:52.62
109	Matome Rasekgala		1604	185	3:29:15.21
110	Hennie Lotz		1787	186	3:29:47.27
111	Thys Blom		2265	187	3:29:59.64
112	Muntonezwi Khanyile		1203	192	3:30:51.67
113	Simphiwe Cele		1047	193	3:31:27.92
114	Michael Mbatha		1375	194	3:31:33.86
115	Lucky Sekwane		1630	196	3:31:44.98
116	Hammond Black		1015	205	3:33:25.66
117	Jean-Claude		1115	206	3:33:26.11
118	Moleela Chidi		1052	207	3:33:29.99
119	Binda Mpostolic		1817	208	3:33:33.85
120	Corne Loedolff		1256	209	3:33:45.48
121	Erik Neethling		1522	210	3:33:45.64
122	Adolph Gaza		1137	214	3:34:29.89
123	Phillip Ralehlaka		2152	218	3:34:44.15
124	Mahlongonolo Rabodiba		1590	219	3:34:44.57
125	Wayne McBowles		1380	220	3:35:01.77
126	Sibusiso Mkhize		1405	222	3:35:21.78
127	Brandon Paschal		1566	225	3:35:42.01
128	Mark Dowdeswell		1101	226	3:35:42.29
129	Bathande Quvane		1587	228	3:36:17.00
130	Bradley Studdard		1685	233	3:36:54.22
131	Sipho Noaba		1544	235	3:37:12.88
132	Mark Nilsen		2318	237	3:37:18.77

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>
133	Mpho Jeremia Lephoto		2204	239	3:37:33.15
134	Francois Steenkamp		1672	240	3:37:50.21
135	Darren Nash		2050	242	3:38:03.54
136	Ledwaba Malose		1821	243	3:38:04.18
137	Tiaan Van Aswegen		1718	244	3:38:06.63
138	Moosa Kola		1219	246	3:38:07.53
139	Leonard Maseko		1334	247	3:38:55.54
140	Julian Blonski		1017	249	3:39:12.12
141	Joseph Mahlaba		2031	253	3:40:04.81
142	Mbongeni Mdunge		1386	254	3:40:55.50
143	T Blackadder		2234	261	3:43:05.51
144	Simon Kotze		1224	262	3:43:24.67
145	Gerald Snell		2255	263	3:43:31.78
146	Lennox Mathebula		1354	264	3:44:00.99
147	Conwell Mkhongo		2346	265	3:44:24.98
148	Dewald Van Niekerk		1741	268	3:45:23.75
149	Teboho Malatsi		1304	271	3:45:28.81
150	Justin Sher		1643	273	3:45:33.17
151	Nkosana Mabunda		1272	275	3:45:37.85
152	Mpho Lamola		1236	276	3:45:40.75
153	Colin Louw		1261	278	3:46:16.66
154	Martin Lekgoye		1242	281	3:46:28.89
155	Lucky Mokotheedi		1446	286	3:46:52.17
156	Juan Van der Walt		1734	287	3:46:53.09
157	Theron Nkhensan Miyeni		1402	289	3:46:57.09
158	Theo Mostert		1465	290	3:47:05.78
159	Noan Wright		1772	292	3:47:29.97
160	G Van Vuuren		2296	297	3:48:01.14
161	Pieter Botha		2136	300	3:48:23.27
162	Luzuko Ntissa		1548	303	3:48:46.10
163	Andries Ndabeni		1512	306	3:49:19.18
164	Andries Manyaka		1319	308	3:49:20.18
165	Lesiba Selaki Tshabalala		1707	310	3:49:32.99
166	Bongani Mthimunye		2191	311	3:49:44.58
167	Amos Manda		1317	314	3:50:05.49
168	Mitesh Bhoola		1014	315	3:50:05.85
169	Bongani Musina		2357	319	3:50:30.18
170	Bheki Mnisi		1412	322	3:50:34.96
171	Jacques Burger		1039	330	3:51:39.41
172	Chris Du Plessis		1105	331	3:52:01.07
173	Dirk Du Plessis		1104	333	3:52:08.54
174	Thembalihle Baloyi		2171	335	3:53:19.49
175	Andre Le Grange		2026	350	3:54:41.65
176	Samuel Sibiyi		1650	357	3:55:39.33

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>
177	Tembekile Shenxane		1642	359	3:55:50.36
178	Sibusiso Ngwenya		2163	360	3:55:52.34
179	Jacques De Monuy		2259	362	3:55:54.92
180	Jarred Lloyd		1254	367	3:56:34.00
181	Muller Janse van Rensburg		2094	368	3:56:37.13
182	Fisokuhle Mhlongo		1805	369	3:56:37.61
183	Lehaka Tsotetsi		1712	370	3:56:47.71
184	Takalani Ramawa		1598	373	3:57:06.15
185	H Mokoka		1444	378	3:57:23.77
186	Themba Radebe		2344	385	3:57:49.28
187	Johan De Bruin		1079	392	3:59:13.03
188	Deon Smit		2307	393	3:59:15.21
189	Kevin Afrikaner		1002	394	3:59:18.10
190	Thabo Moeketsi		1419	395	3:59:19.78
191	Philemon Hailu		1160	401	4:00:50.53
192	Jonas Mobena		2261	406	4:01:44.96
193	Don Masasanya		1333	410	4:02:21.15
194	Stephen Rondganger		1612	411	4:02:22.68
195	Nico-Wayne Weweje		1769	412	4:02:24.43
196	Japie De La Rosa		1082	414	4:02:33.43
197	Hannes Visser		2115	415	4:02:33.87
198	Andre Douwenga		1100	419	4:03:16.39
199	Masebenla Matueka		2343	421	4:03:23.39
200	Tiyane Sondlane		1669	423	4:04:05.27
201	Mpitye Somo		1668	424	4:04:06.79
202	Kgopecommando Matlawa		1362	425	4:04:06.93
203	Griffiths Makgwale		1298	431	4:05:25.44
204	Ngcungama Godfrey		1825	434	4:05:25.93
205	Christopher Tsolanku		1711	437	4:05:52.32
206	J.P De Morney		2308	440	4:06:14.94
207	Dané van Eyk		2236	441	4:06:30.43
208	Julius Mothate		1474	442	4:06:40.63
209	Victor Mohau		2285	443	4:06:52.72
210	Bernard Tabane		1689	446	4:07:59.88
211	Kgetjepe Maredi		1326	447	4:08:02.39
212	Samuel Sithole		1651	448	4:08:02.64
213	Marcelino De Gouveia		1080	452	4:08:11.33
214	Rohit Bhoola		1013	454	4:08:23.90
215	Volkenius Mashabela		1336	456	4:08:37.41
216	Mgcineni Mokoena		1443	460	4:09:35.26
217	Selby Mtsweni		2298	462	4:10:03.78
218	Mzikayise Mdlalose		2188	469	4:10:42.01
219	Karabo Nakeli		1508	470	4:10:56.47
220	Pieter Grobbelaar		1151	475	4:11:43.31

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>
221	Selby Rasoesoe		1605	478	4:11:50.98
222	Mosehla Nakene		1509	481	4:11:58.74
223	Tebogo Chake		1049	499	4:13:40.93
224	Robert Avery		1004	503	4:13:47.30
225	Wayne Thomas		1700	512	4:14:31.06
226	Luthbert Tembedza		1693	520	4:15:28.50
227	William Barfoot		1007	521	4:15:39.53
228	Dingane Ramokhele		2258	522	4:15:54.65
229	Hendrik Pretorius		1584	523	4:15:56.93
230	Gregory Odigeng		1558	524	4:15:57.45
231	Elliot Maila		2278	525	4:15:58.27
232	Fortune Howard		1171	527	4:16:03.99
233	Khakhu Mulaudzi		1807	528	4:16:04.46
234	Chris Kubeka		1806	530	4:16:04.67
235	Jeffrey Ramaroka		1808	531	4:16:04.88
236	Jan-Hendrik Putter		2060	540	4:16:18.00
237	Segopotso Koloje		1220	543	4:16:47.88
238	Abed Masinga		1345	549	4:17:46.01
239	Alfie Venter		2072	552	4:18:12.86
240	Azar Shah		1637	553	4:18:17.64
241	Calvin Pedi		1571	554	4:18:32.93
242	Vincent Farrell		1129	556	4:18:33.57
243	Jeremiah Mosotho		2147	560	4:19:12.97
244	Ntloko Ntloko		1785	561	4:19:13.37
245	Jan Masombuka		1346	563	4:19:19.04
246	Randall Norman		1546	564	4:19:23.25
247	Stephan De Lange		2124	571	4:20:00.00
248	Nico Du Preez		2264	575	4:20:56.95
249	Marthinus Lamprecht		2025	577	4:21:14.34
250	Nhlanhla Mathebula		1355	580	4:21:20.99
251	Elly Malinda		1312	581	4:21:32.44
252	Kaizer Motaung		1472	582	4:21:50.63
253	Andre Dercksen		1085	585	4:22:28.70
254	William Khumalo		2224	588	4:22:46.50
255	Henno Senekal		2063	591	4:23:01.98
256	Vusi Ngobeni		1528	596	4:23:25.99
257	Jean Malan		2267	598	4:23:27.97
258	Chuma Diniso		1093	599	4:23:28.47
259	Alkant Claassens		2268	600	4:23:28.51
260	Kobe Mojapelo		1437	602	4:23:32.43
261	Morwape Patjane		1570	607	4:24:14.54
262	Vincent Qwabe		1589	608	4:24:24.64
263	Schalk Strombeck		1679	621	4:26:24.00
264	Thabo Ramela		1599	623	4:26:52.67

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>
265	Andries Motsai		1802	624	4:26:54.26
266	Gerald Modiga		1417	633	4:27:43.48
267	Abbas Kigganda		1213	640	4:27:50.46
268	Zakhele Gumede		1153	641	4:28:03.42
269	David Lubisi		1263	648	4:28:13.20
270	Joseph Thekiso		1696	652	4:29:09.33
271	Bheki Ntuli		2222	659	4:29:40.18
272	JJ Kerry		1193	661	4:29:50.44
273	Obopeng Mosesane		1462	664	4:31:26.44
274	Innocent Gumede		2244	667	4:31:50.97
275	Ricky Chauke		1050	679	4:33:22.85
276	Thabo Mkhasibe		1404	682	4:33:45.51
277	Gustav Vandermalen		1748	683	4:33:45.52
278	Kallie Badenhorst		2091	686	4:34:01.46
279	Fanus van Wyk		2090	687	4:34:01.57
280	Mahlubandile Vuba		1763	694	4:34:46.57
281	Edwin Oupa Senamela		1632	698	4:34:49.14
282	Zolani Twani		1715	699	4:34:53.48
283	Agmat Badat		1005	704	4:35:25.76
284	Pieter La Grange		1232	713	4:36:15.64
285	Junaid Mohammed		1430	715	4:36:29.99
286	Tommy Nel		2054	720	4:37:19.47
287	Michael Phillips		2221	721	4:37:26.34
288	Heinrich Lemmer		2029	723	4:37:42.95
289	Christo Meyer		1391	724	4:37:43.57
290	Shaun Steyn		2194	726	4:37:51.11
291	Jaundre Jackson		1175	727	4:38:05.01
292	Riaan Van der Walt		1735	729	4:38:33.05
293	K2 Mapasa		2326	736	4:39:25.96
294	Ndwamato Livhuw		1368	737	4:39:26.23
295	Lefa Gewu		1140	738	4:39:26.30
296	Percival Teta		1694	740	4:39:27.00
297	Michael Moremi		1459	741	4:39:27.15
298	Manape Malebana		1307	749	4:39:28.82
299	Itumeleng Mataboge		1349	751	4:39:29.31
300	Tsietsi Mofokeng		1424	756	4:39:31.30
301	Piet Adams		2283	762	4:40:24.13
302	Giepie Van Tonder		1746	766	4:41:28.74
303	Wynand Van der		1736	770	4:42:39.35
304	Bhobhoza Mashinini		1341	781	4:44:09.17
305	Tolamo Maubane		1367	783	4:44:24.02
306	Riaan Kruger		2198	786	4:44:27.17
307	Diren Govinder		1146	789	4:44:56.09
308	Lourens Kaltwasser		2150	794	4:45:54.11

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>
309	Stephan Janse van		2151	795	4:45:54.31
310	Noko Setati		2113	796	4:45:54.70
311	Corne Janse van Rensburg		2112	799	4:45:55.45
312	Brad Carter		1044	800	4:45:55.82
313	Crispin Chetty		1051	803	4:45:57.27
314	Matsobane Setlatjile		1635	823	4:48:42.74
315	Gregg Palm		1564	824	4:48:44.44
316	Zuhir Mohammed		1431	828	4:49:29.27
317	Vusi Skosana		2138	829	4:49:31.34
318	Cylent Makofane		2036	843	4:51:18.07
319	Grant Voget		2274	844	4:51:18.10
320	Thomas Roos		1614	849	4:51:41.05
321	Sam Ralieta		2121	850	4:51:43.00
322	Van Tonder Johan		1814	856	4:52:06.08
323	Sietse Van der Wal		1731	860	4:52:16.85
324	Bartel Kotze		2130	864	4:52:33.97
325	Francois Erasmus		1126	871	4:53:39.67
326	William Jiyane		1180	884	4:55:45.57
327	Willy Boloko		1020	889	4:56:35.83
328	Jan Barnard		1008	891	4:56:36.26
329	Jeremiah Gumede		1152	894	4:56:43.51
330	Fanny Manana		2228	898	4:56:55.99
331	Stefan Bothma		1029	910	5:01:03.33
332	Camillus Fourie		1134	914	5:02:55.53
333	Bongani Mbatha		1376	922	5:05:36.40
334	Mlamuli Mkalipi		1403	926	5:06:06.55
335	Warren Graham		1149	932	5:08:33.98
336	Phineas Mokoena		2256	934	5:10:08.14
337	Mark Voget		2275	936	5:10:42.51
338	Nico Oelofse		1559	940	5:10:53.86
339	Thabo Manyane		2141	953	5:14:16.71
340	Mandla Coka		1783	954	5:14:17.35
341	Mxolisi Mtshali		1493	959	5:17:33.82
342	Nsizwa Charles Makhanya		1792	964	5:21:06.53
343	Joseph Maartens		1265	970	5:22:29.72
344	Kobus Van Wyk		1747	973	5:22:31.91
345	Teboho Morobi		2209	980	5:22:52.26
346	Nicholas Yiangou		1776	984	5:24:38.88
347	Siyabonga Peter		1573	991	5:25:43.04
348	Tumelo Ragedi		2207	997	5:26:00.81
349	Shakir Dudumia		2292	1002	5:27:28.54
350	Denge Denge		1786	1018	5:34:54.08
351	Thubalethu Gasa		2076	1027	5:46:47.36
352	Bongani Hlatshwayo		2159	1033	5:49:41.99

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>
353	Peba Joel		1812	1034	5:49:42.60

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 Ncube		2099	2	2:26:34.05
2	Peter Masia		1342	28	2:47:05.07
3	Tebogo Seroka		1634	37	2:50:24.37
4	Wynand Strydom		1681	40	2:51:16.90
5	Mpho Ngoepe		1529	41	2:51:38.89
6	Paul Mabena		1267	42	2:52:15.58
7	Jerry Maseko		2260	43	2:52:33.00
8	Patrick Snyman		2066	48	2:53:32.88
9	Absalom Mthimunye		1491	52	2:56:43.49
10	Wonder Dlangamandla		1097	54	2:56:50.89
11	Tsholo Kgaphola		1196	55	2:57:01.96
12	Jakobus De Jager		1081	61	2:57:49.71
13	Ezekiel Kgopodimetse		1200	64	2:58:09.48
14	Simeon Nkosi		2324	69	3:01:18.11
15	Matlhasela Matome		1363	70	3:01:41.60
16	Dean Passmore		1567	73	3:02:32.88
17	Luleka Goso		1144	76	3:03:23.72
18	Anthony Kgano		2195	80	3:03:51.83
19	Michael Shongwe		1646	84	3:05:11.88
20	George Manamela		2252	91	3:07:42.79
21	Theuns Coetzee		1060	95	3:08:39.53
22	Themba Skosana		1655	105	3:11:31.89
23	Niel Jacobs Dan Kritzinger		1789	106	3:11:33.47
24	Anwer Madhi		1277	108	3:12:28.22
25	Lawrence Maphosa		1324	110	3:12:45.52
26	Hendrik Kotze		1223	112	3:13:29.69
27	Sibusiso Vilane		1758	117	3:16:07.88
28	Jonas Fabo Nkam		1128	118	3:16:20.31
29	Abel Dlamini		1095	119	3:16:30.63
30	Simon Makunyane		1301	120	3:16:42.22
31	Mike Edgcumbe		1121	122	3:16:45.08
32	Dan Sekhu		1626	123	3:16:53.30
33	Kristian Carlson		1041	129	3:17:23.78
34	Willie Du Preez		2120	131	3:17:41.92
35	Benzi Tenza		2251	133	3:18:11.44
36	Nakedi Mashao		1338	139	3:19:13.38
37	Jacob Motsoane		2199	143	3:19:41.64
38	Zakhele Mdlalose		1384	146	3:19:53.99

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>
39	Mdutywa Mpondo		1481	147	3:20:14.25
40	Andre de Villiers		2128	150	3:21:03.69
41	Tseko Mabote Mabote		1269	155	3:22:37.18
42	Bongane Mabuza		1275	162	3:23:59.10
43	Rasmus Swartz		1688	168	3:25:01.55
44	Andreas Seliger		2100	170	3:25:33.76
45	Maraile Mashabela		1337	172	3:25:53.39
46	Bashier Mokoena		2153	181	3:28:12.45
47	James Vena		1751	182	3:28:19.23
48	Hlupho Mthabela		1487	188	3:30:06.42
49	Amon Sithole		2064	190	3:30:27.23
50	Alpheus Methula		2305	191	3:30:49.29
51	Samuel Skeva		1654	195	3:31:34.21
52	Julian Vand Der Lith		2095	199	3:31:57.24
53	Ansa Strydom		1684	200	3:32:05.00
54	Cyprian Mtshali		1494	201	3:32:21.09
55	Nisi Kgomo		1197	211	3:33:50.40
56	Benjamin Mekgoe		1388	212	3:33:51.57
57	Welright Fourie		2271	223	3:35:24.12
58	Mokgong Masike		1343	224	3:35:30.02
59	BP De Beer		2106	227	3:36:03.52
60	Benjy Mfola		1393	231	3:36:50.71
61	Musa Mdluli		2302	232	3:36:51.84
62	Burnette Smook		2205	234	3:36:57.75
63	Reinier Nel		1525	241	3:37:50.92
64	Mehmood Patel		1569	245	3:38:07.38
65	Cherryboy Nirghin		1537	252	3:39:47.90
66	Musawenkosi Vilakazi		1757	255	3:41:23.34
67	Segoati Mahlangu		1287	257	3:41:38.94
68	Dumisane Mkhwanazi		1407	258	3:41:49.80
69	Isaiah Peete		1572	259	3:42:09.88
70	Mpho Tsotetsi		2279	266	3:44:50.81
71	Maxwell Sodwana		1667	267	3:45:14.45
72	Arthur Radebe		1592	270	3:45:27.75
73	Petros Vilakazi		1756	282	3:46:29.22
74	D Jacobs		2086	283	3:46:37.08
75	Sello Maema		1280	291	3:47:26.97
76	Itumeleng Matshaba		1810	296	3:47:53.68
77	Piet Schoeman		1622	298	3:48:16.36
78	Joseph Msiza		2186	299	3:48:17.19
79	Jeremia Heiman		1163	302	3:48:34.51
80	Siphiwe Hope Selepe		1631	305	3:49:00.42
81	Patrick Davids		1076	313	3:49:54.23
82	Siphiwe Mchunu		1381	317	3:50:25.22

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>
83	Johannes Malaza		1306	324	3:50:48.04
84	Nhlanhla Nkosi		2196	326	3:51:01.22
85	Cyprian Mngadi		1410	328	3:51:28.63
86	Godfrey Makgatholela		1294	329	3:51:29.82
87	Ernest Majiya		1292	336	3:53:20.05
88	Oscar Maculuke		2133	338	3:53:23.74
89	May Mnisi		1413	340	3:53:39.72
90	Thabani Mhlongo		1400	349	3:54:37.96
91	Pule Mothibe		2087	356	3:55:33.45
92	Kotokwane Nelson		1824	358	3:55:44.99
93	Thandwangubani Nxumalo		2058	361	3:55:52.54
94	Willem Kersaai		1194	374	3:57:08.85
95	Tokyo Mavubo		1369	376	3:57:13.79
96	Vusumuzi Gumede		1154	377	3:57:22.47
97	Pieter Mokgomogane		1441	380	3:57:37.42
98	Lazarus Masako		1329	381	3:57:41.85
99	Jerome Van Boomen		1720	389	3:58:27.15
100	Njingama Malaza		1305	402	4:00:59.15
101	Nkosana Mabizela		1268	403	4:01:20.07
102	Lwazi Mosheqane		1463	404	4:01:41.94
103	Moses Mbethe		1377	405	4:01:43.00
104	Monde Quvane		1588	409	4:02:13.90
105	Louis Visser		2073	422	4:03:39.02
106	Innocent Xaba		1773	427	4:04:20.50
107	Joseph Neniels		2093	428	4:04:22.05
108	Martin Swate		2084	429	4:04:57.27
109	Tobie Reyneke		2345	430	4:05:22.76
110	Didimalang Senna		1633	432	4:05:25.65
111	Martin Cawood		1045	436	4:05:51.67
112	Russell Thomas		2185	439	4:06:02.92
113	Austin Budeli		2218	444	4:07:50.84
114	Mojalefa Mohoto		1435	445	4:07:56.03
115	Richard Sibeko		2189	449	4:08:04.11
116	Mike Meyer		1392	451	4:08:09.63
117	Chaka Ndou		1518	453	4:08:22.31
118	Shane Crampton		1062	455	4:08:29.30
119	Meshack-oupa Ndhlovu		1514	459	4:09:18.06
120	Dumisani Ngcobo		2241	464	4:10:09.31
121	Andy Danster		1071	466	4:10:11.21
122	Motlatsi Ramakatana		1596	468	4:10:31.29
123	Tony Green		1150	474	4:11:39.03
124	Jonathan Kekana		1190	476	4:11:50.57
125	Baphiwe Ngubane		1531	477	4:11:50.80
126	Emmanuel Shezi		1644	479	4:11:51.33

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>
127	Malose Lebezo		1239	480	4:11:53.95
128	Mafihle Phasha		1574	483	4:12:40.20
129	Jonas Ndlovu		2286	484	4:12:40.64
130	Chris Koch		1217	487	4:12:52.36
131	George Tema		1692	490	4:12:55.54
132	Musa Mgemane		1394	493	4:13:05.81
133	Mabowe Sekhukhune		1627	494	4:13:13.19
134	Solomon Hadebe		1159	495	4:13:17.69
135	Mkhabela William		1816	504	4:13:55.38
136	Anton Nieuwoudt		2085	505	4:13:59.15
137	Darryl Goosen		1142	516	4:15:05.30
138	Maxwell Williams		1770	529	4:16:04.67
139	Molsi Lehobo		2157	532	4:16:05.12
140	Donald Shai		1638	533	4:16:05.35
141	Doctor Patrick Masina		1344	534	4:16:05.75
142	Donovan De Leeuw		1083	536	4:16:06.32
143	Stanley Thompson		1702	537	4:16:06.74
144	Koos Vaughan		1750	541	4:16:18.95
145	Scobbie Scobbie		2284	542	4:16:27.11
146	Nkosinathi Ndlovu		2245	546	4:17:05.07
147	Gys Van Hyde		2293	548	4:17:11.83
148	Success Stanley Zitha		1777	555	4:18:33.16
149	Bernard Matela		1352	557	4:18:52.07
150	Wikus Erasmus		1125	558	4:18:53.29
151	Chris du Toit		2220	566	4:19:24.04
152	Calvin Smith		1662	567	4:19:45.18
153	Jacob Tihaabye		2077	570	4:19:47.15
154	Solomon Mkhwanazi		2225	574	4:20:47.43
155	Peter Ramaboa		2155	576	4:21:08.11
156	Walter Dhlamini		1088	583	4:22:09.57
157	Tshepo Mahlangu		2272	584	4:22:22.41
158	Sizo Moshe		1461	589	4:22:46.80
159	Samuel Khosa		1206	594	4:23:24.31
160	Azwinndini Khampha		1201	595	4:23:24.37
161	Francis Tease		1690	601	4:23:32.32
162	Kingsley Malebo		1308	603	4:23:47.12
163	Simon Joseph Dhlamini		2240	605	4:23:57.05
164	Wayne Crouch		1065	612	4:25:26.61
165	Vusumuzi Macu		1276	613	4:25:48.22
166	Dennis Nduli		1519	616	4:25:56.45
167	Petros Sibeko		2315	617	4:25:58.88
168	Tsatsi Mokgotsi		1793	625	4:26:55.67
169	Simphiwe Zuma		1779	626	4:27:00.62
170	Matlabe Mokgoro		1442	627	4:27:07.20

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>
171	Lesibana Matome		2190	631	4:27:27.71
172	Samuel Modise		1418	637	4:27:47.09
173	Madoda Skosana		2339	638	4:27:47.98
174	Terence Ndzumeni		1521	639	4:27:49.36
175	Bobby Letsoalo		1249	642	4:28:08.46
176	Setty Ndaba		1511	644	4:28:09.25
177	Renock Ntanzu		2156	649	4:28:21.68
178	Theuns Strecker		1677	654	4:29:10.15
179	Jacob Leduaba		2263	658	4:29:33.61
180	Eric Rahn		1594	660	4:29:50.43
181	Riaan Haas		1157	662	4:30:33.80
182	Corne Boshoff		1023	665	4:31:34.59
183	Velod Govindsamy		1147	673	4:33:02.76
184	Charl Cilliers		1056	678	4:33:14.06
185	Johannes Masilela		2142	680	4:33:23.01
186	Craig Waite		1764	685	4:33:50.61
187	Sean McKay		1382	690	4:34:13.65
188	Victor Ngobeni		1527	691	4:34:31.74
189	Thomas Motaung		1473	692	4:34:35.03
190	Letshego Komane		1221	693	4:34:46.05
191	D Dlamini		2135	695	4:34:47.38
192	Grobler Grobler		2248	705	4:35:35.17
193	Simon Motau		1469	707	4:35:46.92
194	Thomas Lambani		1233	709	4:36:04.92
195	Petrus Molefe		1447	711	4:36:09.47
196	Itumeleng Mathameca		2126	716	4:36:30.73
197	Ramatsobane Mahlangu		2165	719	4:36:53.99
198	Hennie Broscham		2223	722	4:37:27.04
199	Brendan Damons		1070	728	4:38:24.87
200	Nokuthula Matunjwa		1366	732	4:39:25.06
201	Yasien Sarlie		1619	745	4:39:28.18
202	Jaftha Mphahlani		2164	746	4:39:28.20
203	Dawid Mohlala		1432	747	4:39:28.51
204	Stephan Bothma		2005	748	4:39:28.63
205	Nazeer Bulbulia		1037	750	4:39:29.06
206	Pieter Olivier		2132	755	4:39:30.72
207	Matthys Pretorius		1583	758	4:39:32.30
208	Obakeng Pienaar		1578	764	4:41:26.19
209	Jabulani Makhoba		1299	771	4:42:44.69
210	Matthews Masiwe		2273	773	4:43:06.73
211	Nkoro Molepo		1450	774	4:43:15.86
212	Otto Knabl		1216	775	4:43:18.95
213	Nhleko Isaac		1826	784	4:44:25.72
214	Oupa Mphutmi		2247	785	4:44:25.77

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>
215	Sibusiso Mazibuko		1373	788	4:44:39.07
216	Norman Caroll		1042	792	4:45:02.19
217	Peet Neethling		1523	804	4:45:57.86
218	Bafana Makhubela		2358	809	4:47:00.00
219	Samfana Mahlangu		1286	818	4:48:09.91
220	Themba Twala		1714	819	4:48:22.05
221	Collen Williams		1771	822	4:48:37.40
222	Harry Hlatywayo		1169	826	4:48:52.69
223	Jimmy Masango		1331	827	4:49:23.87
224	Khashane Manamela		1316	835	4:50:08.27
225	Sehlabi Lesese		1247	836	4:50:09.88
226	Jan Smith		1664	837	4:50:29.32
227	Patrick Simmons		2096	842	4:51:16.95
228	Mzwandile Khoba		1205	845	4:51:23.46
229	Ntshangase Sibusiso		2342	847	4:51:26.88
230	Boissie Mbha		1378	854	4:51:59.41
231	Andre Smith		2306	858	4:52:09.94
232	Amos Doctor		2320	859	4:52:16.37
233	Bongani Memela		1390	862	4:52:31.43
234	Mahlangu DaddyAlfred		1066	868	4:53:09.74
235	Sikhumbuzo Nhantsi		2208	877	4:55:14.98
236	Kevin Feldman		1130	886	4:56:03.25
237	Thamsanqa Sidzamba		1811	890	4:56:36.13
238	Marjus Botha		1027	892	4:56:37.16
239	Leon Schoenfeldt		1623	895	4:56:47.77
240	Brian Moholo		2154	896	4:56:47.98
241	Edwin Bruce		1035	900	4:58:12.04
242	Cyprian Nzama		2059	905	4:59:04.58
243	Mboneni Khumalo		1803	913	5:02:26.81
244	Pascal Le Roux		2129	915	5:03:48.84
245	Jacques Rabie		2192	919	5:05:08.44
246	Sipho Mtolo		1492	925	5:06:05.96
247	Vuyo Mbuli		2230	929	5:07:51.51
248	Joseph Nkosi		1541	930	5:07:59.12
249	Eddie Thwala		1703	931	5:08:33.93
250	Wellington Morapeli		1458	933	5:09:39.96
251	Gambu Nombisuthu		1818	965	5:21:16.80
252	Mzwandile Chris Ngcobo		1526	966	5:22:26.37
253	Saville Riberts		1608	985	5:24:39.60
254	Mogie Moodley		2047	988	5:25:13.60
255	Vusumuzi Thwala		1704	995	5:25:44.70
256	Donovan Williams		2158	1016	5:34:08.16
257	Duma Nkosi		2168	1022	5:34:56.66
258	Abraham G Sobinase		1666	1023	5:36:58.94

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>
259	Vulindlela Manda		2206	1026	5:45:05.27
260	Victor Maringa		1327	1029	5:48:25.39

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	Israel Madibana		1278	22	2:43:40.27
2	Themba Phulu		2098	30	2:47:25.25
3	Mondli Gungubele		1156	50	2:54:57.61
4	A Barkhuysen		2193	66	2:58:20.19
5	Steve Hugo		2123	77	3:03:31.91
6	Moses Motshabi		1477	78	3:03:34.68
7	Babu/Petrus Kutumela		1228	101	3:09:15.65
8	Sonny Leopeng		1244	104	3:10:59.31
9	Collin Palmer		1565	124	3:17:01.14
10	Abram Mahlongo		2355	132	3:18:06.67
11	Lukas Van der Merwe		1730	148	3:20:21.96
12	Thabiso Motaung		1471	151	3:21:08.07
13	Jonas Kelerwa		2322	154	3:22:17.52
14	Theo Bohnen		1018	159	3:23:26.50
15	John Lebakeng		1238	163	3:24:07.72
16	Bethuel Mlambo		1408	169	3:25:02.81
17	Flip Ferreira		2107	177	3:26:53.36
18	Sydney Radebe		1591	179	3:27:29.36
19	Charlie Tholo		1699	189	3:30:26.00
20	Eric Wright		2281	197	3:31:50.76
21	Stephan Moagi		1414	203	3:32:35.09
22	Moshabane Tladi		2184	204	3:32:48.41
23	Angus Hudson		1172	213	3:33:59.23
24	Wessel Bhayi		1012	216	3:34:36.14
25	Johan Makhanya		2295	229	3:36:32.65
26	Meshack Nkopane		1800	238	3:37:29.98
27	Matome Radmaotswa		1593	248	3:39:07.27
28	Bheki Msimango		1486	251	3:39:47.76
29	Neels Schoeman		1621	260	3:42:20.06
30	Stephen Meijers		1387	272	3:45:32.63
31	James Kwena		1230	274	3:45:34.14
32	Lethekgal Kgomo		1199	279	3:46:28.26
33	Nkeke Ranamane		1601	280	3:46:28.65
34	Thabo Chabane		1048	285	3:46:49.53
35	Peter Van der Spuy		2323	288	3:46:55.44
36	Bernard Ndou		1517	294	3:47:34.24
37	Titus Vala		1717	304	3:48:46.23

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>
38	Johannes Magudulela		1283	312	3:49:51.48
39	Kebualemang Kotola		1222	316	3:50:22.47
40	Wicus Van de Venter		1721	327	3:51:25.49
41	Lloyd Broughton		2008	334	3:52:31.00
42	Livhu Magidimisa		2325	337	3:53:21.65
43	Tsepiso Mpuru		1483	345	3:54:08.37
44	Joos Massym		1347	346	3:54:09.29
45	Steven Van Dyk		1739	347	3:54:21.94
46	Riaan Venter		1753	351	3:54:49.16
47	Madinga Dube		1116	352	3:54:52.61
48	Julian Kapp		2314	354	3:55:10.32
49	Elvis Niekerk		1535	355	3:55:15.11
50	James Owens		2134	365	3:56:09.53
51	Johannes Mthimunye		2340	375	3:57:12.29
52	Richard Metsoamere		1395	379	3:57:30.41
53	Micheal Phogole		1577	382	3:57:44.57
54	Nathaniel Thage		1695	386	3:58:12.38
55	Christian Mofokeng		2243	396	3:59:20.65
56	Andrew Chiloane		1053	398	3:59:38.51
57	Buthi Ngwenya		1533	399	3:59:39.27
58	Buks Saaiman		2250	400	3:59:57.65
59	Toine Van den Oever		1724	407	4:01:51.40
60	Ezra Mpongo		2176	417	4:02:49.61
61	Johann Botes		1025	418	4:02:49.92
62	Dave Sathikge		1620	438	4:05:55.51
63	Dawie Du Toit		1113	457	4:08:52.95
64	Johnny Van der Walt		1733	471	4:10:58.07
65	Amos Rangata		1602	486	4:12:47.81
66	Raymond Van Tonder		2088	492	4:13:01.59
67	Brain Searle		2316	501	4:13:45.56
68	Alan Smith		1661	502	4:13:47.00
69	Hennie Oosthuizen		1561	507	4:14:08.78
70	Mehlomakum Fanyana		2347	510	4:14:13.33
71	George seriteng		2101	511	4:14:28.08
72	Jonas Mhlarhi		1397	514	4:14:54.58
73	Christian Goosen		1143	517	4:15:05.71
74	Johan Van Aswegen		2092	518	4:15:07.86
75	Mkhulu Mosothwana		2238	538	4:16:09.23
76	Patrick Msibi		2048	547	4:17:08.31
77	Deon Stumke		1686	565	4:19:23.62
78	Andre Kok		1218	573	4:20:40.98
79	David Dilebo		1091	579	4:21:20.76
80	Austin Kelsey		1192	586	4:22:28.87
81	Happy Ntshingila		1551	592	4:23:23.97

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>
82	Riet Godfrey		1823	593	4:23:24.17
83	Sipho Mashinini		1340	597	4:23:25.99
84	Ronnie Lapshe		1237	604	4:23:56.81
85	Eric Economon		1120	610	4:24:58.88
86	Keith Fisher		1131	611	4:24:59.33
87	Kiaran Allen		2089	615	4:25:56.00
88	Marius Deon Small		1656	620	4:26:11.92
89	Lawrence Dhlamini		1089	629	4:27:22.80
90	Kgosi Lekabe		1241	635	4:27:43.68
91	Neo Stillianou		2213	645	4:28:10.24
92	Shadrack Khoza		1207	650	4:28:46.15
93	Mogorosi Makena		2035	655	4:29:11.38
94	Werner Buys		1790	656	4:29:21.13
95	Joseph Khumalo		1212	669	4:32:29.50
96	Japie Kruger		2197	670	4:32:44.79
97	Aaron Mahlangu		1285	671	4:32:55.50
98	Stewart Douglas		2111	672	4:33:00.25
99	Goonaseelan Reddy		1607	674	4:33:03.15
100	Bobby Govender		1145	675	4:33:03.26
101	Chico Subramanian		1687	676	4:33:03.51
102	Martin Van Rooyen		1744	684	4:33:46.67
103	Peter Miller		2139	688	4:34:04.36
104	Jan Shaw		1640	689	4:34:07.60
105	Gavin Du Plooy		1110	697	4:34:47.91
106	Gerhardt Smuts		2287	700	4:34:57.68
107	Wimpie Mouton		2311	702	4:35:15.81
108	Jan Wessels		1766	706	4:35:39.62
109	Guy Shepston		2288	708	4:35:57.04
110	Kweyama Dumisani		1829	710	4:36:06.74
111	Pieter La Grange		1231	712	4:36:12.79
112	Rammurthi Naidoo		1999	717	4:36:32.49
113	Clayton Ealand		1118	731	4:39:13.07
114	Bonginkosi Nkabinde		1539	733	4:39:25.34
115	Napo Ntoane Ntoane		2131	735	4:39:25.93
116	Neil Hoffman		1170	753	4:39:29.59
117	Chris Zondi		1778	754	4:39:30.05
118	Daysan Matharaina		2362	757	4:39:32.06
119	Ric Marini		1328	787	4:44:29.94
120	Kuban Naidoo		1506	790	4:44:56.12
121	Jan Kooyman		2083	798	4:45:55.41
122	Noa Ndhlovu		1513	806	4:46:44.48
123	Kgomotso Lelaka		1243	810	4:47:02.72
124	Johan Liebenberg		1253	831	4:49:42.22
125	Andrew Buys		1797	840	4:50:33.28

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>
126	Bafana Ngwenya		2262	846	4:51:23.82
127	Eddie Dalbock		1069	852	4:51:56.84
128	Isaak Mabula		1271	857	4:52:06.09
129	Luc Vangoidsenhoven		1749	869	4:53:38.95
130	Keith Levenstein		1250	873	4:53:55.58
131	Sewele Maponya		1325	876	4:55:12.52
132	Solly Mogotsi		2044	879	4:55:20.94
133	Michael Caripis		1040	883	4:55:34.45
134	Moses Motsai		2277	887	4:56:35.36
135	Peter Ntloge		1549	888	4:56:35.68
136	Magane Sunny		1827	897	4:56:48.69
137	Thami Masuku		2321	903	4:59:01.96
138	Stephen Meko		1389	904	4:59:03.95
139	Louis Schoenfeldt		1624	908	4:59:19.99
140	Abednego Sibanyoni		1648	909	4:59:23.85
141	David James		1177	945	5:11:43.22
142	Frik Du Preez		1111	947	5:11:51.35
143	Samson Skhosana		2361	950	5:12:06.33
144	Thomas Smith		1660	952	5:13:54.40
145	David Eloff		1123	955	5:15:50.60
146	Steve Ndlovu		2179	956	5:15:54.62
147	Yussuf Lambat		1235	963	5:20:21.50
148	Frank Wessels		1768	969	5:22:29.60
149	Deon Lubbe		1262	972	5:22:31.43
150	Abie Smit		1658	976	5:22:41.14
151	Johan Dreyer		1102	978	5:22:42.39
152	Bee Gumede		1155	979	5:22:46.65
153	Nico Bloem		1016	981	5:23:14.26
154	Isaac Moetseloa		1421	994	5:25:44.68
155	Jacobus Snyman		1665	1004	5:27:45.85
156	Erios Malele		1310	1021	5:34:55.36

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	Frans Moraba		1456	87	3:05:44.52
2	Phuti Mabothe		1270	198	3:31:55.83
3	Daniel Mamaila		1314	293	3:47:33.72
4	Hanspeter Stebler		2254	321	3:50:32.32
5	Johan Lamprecht		2024	323	3:50:46.69
6	Dumisani Mhlongo		1399	364	3:56:07.97
7	Walter Sonnendecker		1671	390	3:58:36.85
8	Silas Maepane		1281	463	4:10:05.26

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>
9	Motlatsi Motake		1467	491	4:12:57.05
10	Nkosana Nkosi		1540	539	4:16:13.97
11	Colin Thomas		1701	572	4:20:04.09
12	Molefe J Mohlamonvane		1433	622	4:26:45.68
13	Serame Mbha		1379	632	4:27:42.39
14	Tyrone Leoto		1245	651	4:29:07.69
15	John Craven		1063	663	4:30:46.88
16	Arthur Boyce		1032	681	4:33:31.10
17	Frikkie Botha		2216	714	4:36:26.26
18	Laurence Mpela		1479	778	4:43:37.40
19	Poonsamy Munisamy		1499	791	4:44:56.34
20	Andre Lourens		1260	867	4:53:05.45
21	Pierre Jordaan		1184	870	4:53:39.06
22	Joshua Moloji		2046	912	5:01:49.52
23	Johannes Msimang		1485	923	5:05:51.35
24	Phillip Mofokeng		1423	928	5:06:39.18
25	Coach Makhongoza		1300	937	5:10:44.86
26	Johan Bensch		1011	974	5:22:32.21
27	Claude Fredereicks		1135	986	5:24:40.95
28	Mkhombeni Mthimkhulu		1490	999	5:26:15.23
29	Norman Sanders		1617	1024	5:37:18.13
30	Lucas Nyalunga		1556	1037	5:58:59.40