

SA CROSS COUNTRY CHAMPIONSHIPS 2014

Race Date
September 13, 2014

Final Team Results**Men****E1-M30/8**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):18		Average Time: 25:46.2				
1	2945 PULE TJAOANA	1	1	25:19.4	25:19.4	0:00.0
2	2943 LUCKY MTSHALI	2	3	25:25.2	50:44.7	0:05.8
3	2946 WALTER MADUBUNG	7	10	26:07.4	1:16:52.1	0:48.0
4	2942 ELIYAH MOGOBOYA	8	18	26:13.0	1:43:05.1	0:53.6
Team - North West North		Finish Position - 2				
Team Score (places):39		Average Time: 26:37.5				
1	1691 JOSEPH MANYEDI	4	4	25:33.3	25:33.3	0:00.0
2	1693 KAGISO MOTYALE	5	9	25:51.7	51:25.0	0:18.3
3	1690 COLLEN MASEGE	14	23	27:25.7	1:18:50.7	1:52.3
4	1689 SARTIEL PULE	16	39	27:39.6	1:46:30.3	2:06.2
Team - Kwazulu Natal		Finish Position - 3				
Team Score (places):59		Average Time: 27:38.0				
1	1188 LUCKY MADLALA	11	11	26:55.8	26:55.8	0:00.0
2	1191 THUTHO SAWANA	13	24	27:13.3	54:09.1	0:17.5
3	1189 KHANYISA NKINKQA	15	39	27:37.1	1:21:46.2	0:41.2
4	1203 ROBERT GCABA	20	59	28:45.7	1:50:31.9	1:49.8
Team - Gauteng North		Finish Position - 4				
Team Score (places):88		Average Time: 30:51.1				
1	2238 GINO NKOE	17	17	27:43.6	27:43.6	0:00.0
2	2237 LUCAS MANUEL	22	39	31:21.8	59:05.5	3:38.2
3	2239 CHRISTOPHER	23	62	31:33.7	1:30:39.2	3:50.0
4	2235 PULENG MAKEKE	26	88	32:45.5	2:03:24.7	5:01.8
Team - Mpumalanga		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1119 EMMANUEL MABASO	19	19	28:22.7	28:22.7	0:00.0
Team - South Western Districts		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3223 LLEWELLYN BLAAUW	25	25	32:33.8	32:33.8	0:00.0
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				

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Final Team Results

Men

E1-M30/8

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	360 CHRISTIAAN CLOETE	24	24	32:31.9	32:31.9	0:00.0
Team - Border		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1770 SIVUYILE DLONGWANA	9	9	26:14.5	26:14.5	0:00.0
2	1772 LWANDILE NGOBE	21	30	29:56.1	56:10.6	3:41.6
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1801 ANDRE KETCHEM	3	3	25:31.7	25:31.7	0:00.0
2	1805 RICARDO PLAATJIES	10	13	26:46.1	52:17.8	1:14.3
Team - South African Police Service		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	278 WILFRED LEEUW	6	6	25:58.3	25:58.3	0:00.0
2	283 MUZIKAYISE KOZA	12	18	27:09.4	53:07.8	1:11.0
3	282 ISAAC MOGAPI	18	36	27:55.0	1:21:02.8	1:56.6

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Final Team Results**Men****E1-M35/8**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):31		Average Time: 26:44.3				
1	2949 JAMES MGCINA	5	5	26:25.9	26:25.9	0:00.0
2	2948 MTHETHO GOXO	7	12	26:44.8	53:10.7	0:18.8
3	2947 ACTION RAMASHABA	8	20	26:47.0	1:19:57.7	0:21.0
4	2952 TSHOKOLO LETLOTLO	11	31	26:59.7	1:46:57.4	0:33.8
Team - Kwazulu Natal		Finish Position - 2				
Team Score (places):51		Average Time: 27:11.9				
1	1195 SIMPIWE ZULU	1	1	25:16.1	25:16.1	0:00.0
2	1194 NKOSINATHI NGCONGO	15	16	27:35.2	52:51.3	2:19.1
3	1196 THUBALETHU PHAKU	17	33	27:44.5	1:20:35.8	2:28.4
4	1192 BHEKITHEMBA	18	51	28:12.1	1:48:47.9	2:56.0
Team - Gauteng North		Finish Position - 3				
Team Score (places):58		Average Time: 27:50.4				
1	2242 RICHARD MAVUSO	4	4	25:46.3	25:46.3	0:00.0
2	2247 EDWARD SETSHEDI	14	18	27:26.2	53:12.6	1:39.8
3	2248 WILHELM STEYN	19	37	28:29.6	1:21:42.3	2:43.3
4	2240 LINCOLN KEETON	21	58	29:39.4	1:51:21.7	3:53.0
Team - Mpumalanga		Finish Position - 4				
Team Score (places):83		Average Time: 29:56.5				
1	1124 SIMON SIBISI	9	9	26:54.2	26:54.2	0:00.0
2	1123 SAMUEL MAKAMU	20	29	28:32.7	55:26.9	1:38.4
3	1121 FANIE BEKKER	26	55	31:44.3	1:27:11.3	4:50.1
4	1125 WERNER RICHTER	28	83	32:35.0	1:59:46.3	5:40.7
Team - North West North		Finish Position - 5				
Team Score (places):103		Average Time: 32:04.1				
1	1700 VICTOR DIAMOND	13	13	27:10.0	27:10.0	0:00.0
2	1699 WILLEM ODENDAAL	27	40	31:49.3	58:59.3	4:39.2
3	1698 GIDEON CHIKO KHUNOU	31	71	33:46.9	1:32:46.3	6:36.9
4	1697 JOHANNES DU PLESSIS	32	103	35:30.0	2:08:16.4	8:20.0
Team - Central North West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2786 TSEKISO VANSTREYIER	22	22	30:29.7	30:29.7	0:00.0

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Final Team Results**Men****E1-M35/8**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Free State		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	583 KGOTSO MASIMONG	25	25	31:22.2	31:22.2	0:00.0
Team - South Western Districts		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3225 LOUIS PLAATJIES	29	29	32:43.0	32:43.0	0:00.0
2	3226 WHAYN WINDWAAI	30	59	32:53.1	1:05:36.1	0:10.1
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	361 PAUL RAMOKOPU	3	3	25:34.2	25:34.2	0:00.0
2	362 SAMPIE MOKGATLA	16	19	27:38.5	53:12.7	2:04.2
Team - Border		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1771 MBUYELISELI MEMA	23	23	31:00.5	31:00.5	0:00.0
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1806 ANELE MALIZA	10	10	26:57.6	26:57.6	0:00.0
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	772 VAKALISA KOPOLO	12	12	27:02.7	27:02.7	0:00.0
Team - Griqualand West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	273 XWAZI SIHLALO	2	2	25:28.9	25:28.9	0:00.0
Team - South African Police Service		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	279 MPHUTHUMI NGEDLE	6	6	26:41.8	26:41.8	0:00.0
Team - Individual		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				

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Men

E1-M35/8

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - Individual		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
1	1817	ANTONIO SECONDS	24	24	31:18.9	31:18.9	0:00.0

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Final Team Results**Men****E1-M40/8**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng				Finish Position - 1		
Team Score (places):32				Average Time: 27:08.9		
1	2958 SIMON MPHULO	2	2	25:43.1	25:43.1	0:00.0
2	2959 TIMOTHY MAKOFANE	4	6	26:42.4	52:25.5	0:59.3
3	2957 SELLO MOILOA	8	14	27:26.0	1:19:51.5	1:42.9
4	2956 KENNETH BALOYI	18	32	28:44.1	1:48:35.7	3:01.0
Team - Western Province				Finish Position - 2		
Team Score (places):41				Average Time: 27:37.0		
1	773 GRAHAM KATZEN	5	5	26:53.8	26:53.8	0:00.0
2	774 SHAUN ABRAHAMS	6	11	27:06.8	54:00.7	0:12.9
3	776 ROGER DICKSON	11	22	27:41.4	1:21:42.1	0:47.5
4	775 SABELO NGCWAMA	19	41	28:46.1	1:50:28.2	1:52.2
Team - Gauteng North				Finish Position - 3		
Team Score (places):54				Average Time: 27:35.2		
1	2250 SHADRACK HOFF	1	1	24:36.3	24:36.3	0:00.0
2	2251 LOVERBOY KHOZA	14	15	27:59.7	52:36.0	3:23.3
3	2254 PIET MOSEBEDI	17	32	28:40.1	1:21:16.1	4:03.7
4	2253 GRAHAM MEGAW	22	54	29:04.9	1:50:21.1	4:28.6
Team - South African Defense Force				Finish Position - 4		
Team Score (places):67				Average Time: 28:32.6		
1	849 SAMSON MKHIZE	9	9	27:27.7	27:27.7	0:00.0
2	852 FLIP JORAPETSTE	10	19	27:40.3	55:08.0	0:12.6
3	850 ENRICO FLUSK	21	40	29:03.0	1:24:11.0	1:35.2
4	851 ONKABETSE THOLE	27	67	29:59.4	1:54:10.5	2:31.7
Team - Kwazulu Natal				Finish Position - 5		
Team Score (places):77				Average Time: 29:01.6		
1	1200 EPHRAIM XABA	7	7	27:23.6	27:23.6	0:00.0
2	1198 NICHOLAS MJADU	16	23	28:35.8	55:59.4	1:12.1
3	1197 XOLANI NONCANDA	26	49	29:51.1	1:25:50.6	2:27.5
4	1201 AMOS MFUDUKO	28	77	30:16.0	1:56:06.7	2:52.3
Team - Mpumalanga				Finish Position - 6		
Team Score (places):99				Average Time: 30:26.9		
1	1136 SIPHO HLUMBANE	12	12	27:48.9	27:48.9	0:00.0

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Team - Mpumalanga		Finish Position - 6				
Team Score (places):99		Average Time: 30:26.9				
2	1128 EZEKIEL	25	37	29:29.9	57:18.9	1:40.9
3	1127 DOUGLAS LONG	30	67	32:00.1	1:29:19.0	4:11.1
4	1131 JOSEPH JOUBERT	32	99	32:28.7	2:01:47.8	4:39.7
Team - Central North West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2790 PIETER BURGER	29	29	31:46.6	31:46.6	0:00.0
2	2789 MEKHOA RAMPI	33	62	33:20.9	1:05:07.6	1:34.2
3	2791 JACQUES LIEBENBERG	38	100	37:31.2	1:42:38.8	5:44.5
Team - Free State		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	587 MATUMPULE MAGAGE	24	24	29:28.0	29:28.0	0:00.0
Team - North West North		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1708 THOMAS HENRY	37	37	36:53.3	36:53.3	0:00.0
Team - South Western Districts		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3228 ZUZILE NTSHINIYABO	13	13	27:54.7	27:54.7	0:00.0
2	3227 DAWID MATROOS	34	47	33:33.4	1:01:28.1	5:38.7
Team - Transkei		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1744 BONGANI LEPHEANA	15	15	28:25.9	28:25.9	0:00.0
2	1745 THABISO MOHOTO	20	35	28:59.2	57:25.1	0:33.3
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	367 THABO MASHINO	3	3	26:32.2	26:32.2	0:00.0
Team - Border		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1773 ZOLANI MYATHAZA	35	35	33:52.2	33:52.2	0:00.0

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Men

E1-M40/8

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.				Average Time:		
1	1809 MALIBONGWE MBELU	23	23	29:09.1	29:09.1	0:00.0
Team - Limpopo		Finish Position - Inc.				
Team Score (places):Inc.				Average Time:		
1	183 RAMPEDI FRANS	31	31	32:10.3	32:10.3	0:00.0
2	184 SAMSON MABIYA	36	67	36:18.6	1:08:28.9	4:08.3

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Final Team Results

Men

E1-M45/8

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):15		Average Time: 27:37.3				
1	2965 PETER MASIA	2	2	27:15.9	27:15.9	0:00.0
2	2964 MOEKETSI MOAGI	3	5	27:29.2	54:45.2	0:13.2
3	2961 GEORGE MOOI	4	9	27:35.0	1:22:20.2	0:19.0
4	2963 LAWRENCE	6	15	28:09.1	1:50:29.4	0:53.2
Team - South African Defense Force		Finish Position - 2				
Team Score (places):60		Average Time: 30:50.0				
1	3 THOLANG MOLOI	8	8	29:18.7	29:18.7	0:00.0
2	854 PAMPIRI MOKHOBHO	11	19	29:44.0	59:02.7	0:25.3
3	853 KOOS APHANE	16	35	31:00.9	1:30:03.7	1:42.2
4	855 SIPHOSAKHE DUBE	25	60	33:16.3	2:03:20.1	3:57.6
Team - Gauteng North		Finish Position - 3				
Team Score (places):94		Average Time: 33:16.6				
1	2265 FANIE VAN VUUREN	15	15	30:48.0	30:48.0	0:00.0
2	2257 GRAHAM BURNETT	23	38	32:52.8	1:03:40.9	2:04.8
3	2259 ANDRÉ ERASMUS	26	64	33:27.7	1:37:08.7	2:39.7
4	2258 WILLIE DU PREEZ	30	94	35:57.9	2:13:06.6	5:09.8
Team - Mpumalanga		Finish Position - 4				
Team Score (places):96		Average Time: 34:42.7				
1	1141 SEAN HENRY	9	9	29:34.1	29:34.1	0:00.0
2	1138 C SWANEPOEL	27	36	34:37.6	1:04:11.7	5:03.5
3	1139 DOCTOR MASEMULA	28	64	35:42.9	1:39:54.6	6:08.8
4	1140 JOSEPH KLUYTS	32	96	38:56.2	2:18:50.9	9:22.1
Team - Central North West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2792 NICO DEERLING	5	5	27:59.3	27:59.3	0:00.0
2	2793 MPOLOKENG SEGWE	13	18	30:19.3	58:18.6	2:19.9
3	2794 SHADREK KHALI	18	36	31:39.7	1:29:58.4	3:40.3
Team - Free State		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	589 PULE LEEPO	14	14	30:31.3	30:31.3	0:00.0
2	590 FLIPPIE KOTZE	22	36	32:47.6	1:03:19.0	2:16.3

Final Team Results

Men
E1-M45/8

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - North West North		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1719 SELLO MOKONE	19	19	32:12.6	32:12.6	0:00.0
2	1718 GERHARD OLIVIER	29	48	35:43.5	1:07:56.2	3:30.8
3	1717 CARL HUBSCH	31	79	37:31.7	1:45:27.9	5:19.0
Team - South Western Districts		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3230 MARIUS SCHLECHTER	12	12	30:02.5	30:02.5	0:00.0
2	3229 ALFRED NISE	21	33	32:30.8	1:02:33.4	2:28.2
Team - Transkei		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1746 THEMBILE NYOKANA	20	20	32:19.2	32:19.2	0:00.0
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	368 LUCAS VANTO	17	17	31:06.9	31:06.9	0:00.0
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1813 FREEMAN VUTU	24	24	33:07.4	33:07.4	0:00.0
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	777 PETRUS OLYN	7	7	29:10.5	29:10.5	0:00.0
Team - Griqualand West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	274 MANUS RAS	33	33	43:19.7	43:19.7	0:00.0
Team - South African Police Service		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	277 MLULEKI NOBANDA	1	1	24:56.9	24:56.9	0:00.0

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Team - Individual		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
1	823	BRUCE STEWART	10	10	29:39.0	29:39.0	0:00.0

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Final Team Results**Men****E1-M50/8**

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Team - Central Gauteng		Finish Position - 1				
Team Score (places):16		Average Time: 29:35.4				
1	2981 REFORM NDLOVU	1	1	28:58.1	28:58.1	0:00.0
2	2982 TONY SILVA	2	3	29:08.3	58:06.5	0:10.1
3	2978 ARTHUR WOOLDRIDGE	3	6	29:11.5	1:27:18.0	0:13.3
4	2979 AVRIL BARKHUYSEN	10	16	31:03.8	1:58:21.9	2:05.6
Team - Kwazulu Natal		Finish Position - 2				
Team Score (places):44		Average Time: 31:18.8				
1	1206 WILLIE MAJOMBOZI	7	7	30:33.8	30:33.8	0:00.0
2	1208 WAYNE SCOTT	8	15	30:39.9	1:01:13.7	0:06.1
3	1209 ALLAN HARMS	14	29	31:55.2	1:33:09.0	1:21.4
4	1205 KEN CULVERWELL	15	44	32:06.2	2:05:15.2	1:32.4
Team - South African Defense Force		Finish Position - 3				
Team Score (places):60		Average Time: 32:53.2				
1	857 SANNEYA SHONGOANE	9	9	30:57.4	30:57.4	0:00.0
2	856 PELE SINDANA	13	22	31:50.8	1:02:48.3	0:53.4
3	859 EDWARD SIBANDA	17	39	33:17.5	1:36:05.8	2:20.1
4	858 JEFFREY MONGWEGI	21	60	35:27.2	2:11:33.0	4:29.7
Team - Gauteng North		Finish Position - 4				
Team Score (places):88		Average Time: 35:52.6				
1	2269 ROB HUDSON	19	19	33:30.1	33:30.1	0:00.0
2	2268 GERT BRITS	22	41	35:29.4	1:08:59.6	1:59.3
3	2266 HENNIE BARNARD	23	64	36:44.4	1:45:44.0	3:14.2
4	2272 JAPIE VENTER	24	88	37:46.6	2:23:30.6	4:16.5
Team - Central North West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2795 ADAM MOTLAGALE	5	5	30:00.0	30:00.0	0:00.0
2	2796 BEN MOKOTEDI	25	30	41:17.0	1:11:17.0	11:17.0
Team - Free State		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	593 SYDNEY LONDON	12	12	31:42.5	31:42.5	0:00.0

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Final Team Results**Men****E1-M50/8**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Mpumalanga		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1142 CONRAD VAN DEN	16	16	32:48.5	32:48.5	0:00.0
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	369 PAULUS MOFOKENG	18	18	33:29.0	33:29.0	0:00.0
Team - Border		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1774 RODWELL SIMMS	6	6	30:26.5	30:26.5	0:00.0
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1810 ALFRED SPIERS	11	11	31:17.6	31:17.6	0:00.0
2	3285 ZWELAKHE KUTTA	20	31	34:05.8	1:05:23.5	2:48.1
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	778 CHRIS MITCHELL	4	4	29:59.7	29:59.7	0:00.0

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Final Team Results

Men

E1-M55/8

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):27		Average Time: 32:17.9				
1	2986 JOHANNES PIETERSE	2	2	30:39.0	30:39.0	0:00.0
2	2984 ANDRE BREDEKAMP	6	8	32:01.6	1:02:40.6	1:22.6
3	2989 WILSON MOLOTO	8	16	32:53.6	1:35:34.2	2:14.6
4	2934 ANDRE JANSEN	11	27	33:37.5	2:09:11.8	2:58.5
Team - Kwazulu Natal		Finish Position - 2				
Team Score (places):35		Average Time: 32:52.5				
1	1211 AUBREY ROBERTS	4	4	31:12.7	31:12.7	0:00.0
2	1212 ANDREW DALY	7	11	32:22.3	1:03:35.0	1:09.5
3	1213 NORMAN BOWKER	10	21	33:32.4	1:37:07.4	2:19.6
4	1210 FREDDY MHLONG	14	35	34:22.8	2:11:30.3	3:10.0
Team - Gauteng North		Finish Position - 3				
Team Score (places):74		Average Time: 38:05.2				
1	2279 COLIN MCGEER	15	15	35:09.4	35:09.4	0:00.0
2	2277 LEN LORENZEN	17	32	36:24.2	1:11:33.6	1:14.7
3	2274 DIRK BRINK	20	52	39:30.8	1:51:04.5	4:21.4
4	2278 BERTIE MATTHYSEN	22	74	41:16.5	2:32:21.0	6:07.0
Team - Free State		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	594 ERNST VAN DER BERG	18	18	37:33.6	37:33.6	0:00.0
Team - Mpumalanga		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1145 JOHAN MAKANYA	13	13	34:16.9	34:16.9	0:00.0
2	1144 FANIE NELSON	21	34	40:47.3	1:15:04.2	6:30.4
Team - North West North		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1725 WERNER WEIDEMANN	19	19	38:10.4	38:10.4	0:00.0
Team - South Western Districts		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3233 SIDWELL OKTOBER	12	12	33:43.6	33:43.6	0:00.0
2	3232 DIRK JOUBERT	16	28	35:18.5	1:09:02.2	1:34.9

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Final Team Results**Men****E1-M55/8**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - South Western Districts		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
3	3231 CYRIL SHEEN	23	51	42:00.0	1:51:02.2	8:16.3
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	370 MOALOSI TJELA	9	9	33:00.2	33:00.2	0:00.0
Team - Boland		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1383 THOMAS MOSES	5	5	31:23.7	31:23.7	0:00.0
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	779 JULIAN PAUL	1	1	29:37.1	29:37.1	0:00.0
2	780 MPENDULA MPUKANE	3	4	30:46.8	1:00:23.9	1:09.6

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Final Team Results**Women****E2-W30/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Kwazulu Natal		Finish Position - 1				
Team Score (places):25		Average Time: 15:15.0				
1	1215 DANIELLE ADLAM	4	4	14:33.5	14:33.5	0:00.0
2	1216 CARY-ANN SMITH	5	9	14:42.7	29:16.3	0:09.1
3	1217 NOMCEBO MTHETHWA	6	15	15:05.0	44:21.3	0:31.4
4	1218 SONJA BOYD	10	25	16:39.0	1:01:00.3	2:05.4
Team - Gauteng North		Finish Position - 2				
Team Score (places):40		Average Time: 17:17.5				
1	2380 ANDREA STEYN	1	1	14:10.8	14:10.8	0:00.0
2	2377 CHANTAL KRIEL	8	9	15:56.4	30:07.2	1:45.6
3	2431 KARIEN KENNEDY	15	24	19:14.1	49:21.4	5:03.3
4	2381 ADRI VAN ROOYEN	16	40	19:48.9	1:09:10.3	5:38.1
Team - Central North West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2617 LIEZEL FAUL	14	14	19:09.6	19:09.6	0:00.0
Team - Mpumalanga		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1171 PRECIOUS TSHABALALA	9	9	16:14.0	16:14.0	0:00.0
2	1170 GOODNESS LUBISI	13	22	19:08.0	35:22.0	2:54.0
Team - North West North		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1686 LEILANI SCHEFFER	3	3	14:29.6	14:29.6	0:00.0
2	1687 HERME VISSER	11	14	16:49.2	31:18.8	2:19.6
3	1685 ERIKA BOSCH	17	31	25:35.8	56:54.7	11:06.2
Team - Boland		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1391 MANDIE BRANDT	2	2	14:13.1	14:13.1	0:00.0
Team - Border		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1769 ZANDILE RUBUSHE	12	12	16:55.6	16:55.6	0:00.0

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Final Team Results

Women

E2-W30/4

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - Central Gauteng		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
1	3017	POPPY MLAMBO	7	7	15:08.5	15:08.5	0:00.0
2	3016	MPHO MABUZA	18	25	27:27.0	42:35.5	12:18.4

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Final Team Results

Women

E2-W35/4

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):31		Average Time: 15:22.4				
1	3023 MARIA VILAKAZI	3	3	14:34.2	14:34.2	0:00.0
2	3022 MAPHUTHI PHAKA	5	8	15:14.5	29:48.7	0:40.3
3	3021 LEIGH PRIVETT	11	19	15:47.6	45:36.3	1:13.4
4	3024 MICHELLE MEYER	12	31	15:53.2	1:01:29.6	1:19.0
Team - Gauteng North		Finish Position - 2				
Team Score (places):58		Average Time: 16:37.4				
1	2383 NADINE BREYTENBACH	10	10	15:42.3	15:42.3	0:00.0
2	2385 ALICIA HEYNS	13	23	16:35.1	32:17.4	0:52.8
3	2386 MILLECENT PENNEKAN	16	39	17:00.6	49:18.1	1:18.3
4	2387 CORNÉ PRINSLOO	19	58	17:11.8	1:06:29.9	1:29.4
Team - Mpumalanga		Finish Position - 3				
Team Score (places):102		Average Time: 18:46.7				
1	1172 BELINDA BREET	22	22	17:45.6	17:45.6	0:00.0
2	1175 PHUMZILE MAKAMA	25	47	18:40.7	36:26.4	0:55.0
3	1173 DINA PRINSLOO	27	74	19:07.8	55:34.2	1:22.1
4	1174 LIZEL DE LANGE	28	102	19:32.5	1:15:06.8	1:46.9
Team - Limpopo		Finish Position - 4				
Team Score (places):105		Average Time: 19:19.5				
1	186 ANEL SWART	20	20	17:19.9	17:19.9	0:00.0
2	187 ANKIA BOTHA	24	44	17:50.5	35:10.4	0:30.6
3	190 ZELDA KATZKE	29	73	20:14.3	55:24.8	2:54.4
4	188 ERIKA MACCONNEL	32	105	21:53.1	1:17:18.0	4:33.2
Team - Central North West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2618 ELANE ANDERSON	14	14	16:43.7	16:43.7	0:00.0
Team - Free State		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	757 SANTIE CROTS	18	18	17:11.5	17:11.5	0:00.0
Team - North West North		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				

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Final Team Results**Women****E2-W35/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - North West North		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1696 ELIZABETH DHLIWAYO	8	8	15:35.3	15:35.3	0:00.0
2	1694 CARIN PIENAAR	17	25	17:10.0	32:45.3	1:34.7
3	1695 RENE VAN DER WALT	26	51	18:44.5	51:29.9	3:09.2
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	346 NATALIE VAN ROOYEN	7	7	15:29.6	15:29.6	0:00.0
Team - Boland		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1394 LIESL D PLOOY	6	6	15:25.6	15:25.6	0:00.0
Team - Border		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1776 NWABISA MAGQABI	31	31	21:11.8	21:11.8	0:00.0
2	1777 VUYIKAZI YENGILE	33	64	26:41.8	47:53.6	5:30.0
Team - Kwazulu Natal		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1220 PRECIOUS DUMA	15	15	16:47.7	16:47.7	0:00.0
2	1223 SINDISIWE JALI	21	36	17:36.5	34:24.3	0:48.8
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	791 BULELWA SIMAE	1	1	13:51.2	13:51.2	0:00.0
2	792 CHRISTIANE	2	3	14:19.3	28:10.5	0:28.1
Team - Griqualand West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	219 MARISA KRUGER	4	4	14:37.9	14:37.9	0:00.0
2	218 HEIDI COETZER	30	34	21:08.0	35:46.0	6:30.1
Team - South African Police Service		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	287 DUDU ZULU	9	9	15:39.4	15:39.4	0:00.0

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Final Team Results

Women

E2-W35/4

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - South African Police Service		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
2	291	MOTHEO KGAPHOLA	23	32	17:47.2	33:26.6	2:07.7

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Final Team Results**Women****E2-W40/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):33		Average Time: 16:15.5				
1	3029 NOMASONTO SKOSANA	2	2	15:30.0	15:30.0	0:00.0
2	3027 ASSALINA NYATHI	6	8	15:55.6	31:25.6	0:25.6
3	3030 THULI MBATHA	7	15	16:02.5	47:28.1	0:32.5
4	3025 ABIA SEKWALO	18	33	17:34.1	1:05:02.3	2:04.1
Team - Kwazulu Natal		Finish Position - 2				
Team Score (places):51		Average Time: 16:55.9				
1	1227 CHRISTINE DLAMINI	4	4	15:49.1	15:49.1	0:00.0
2	1228 SIBONGILE ZIQUBU	11	15	16:47.2	32:36.4	0:58.1
3	1229 NATASJA AMBROSIO	13	28	16:59.7	49:36.1	1:10.6
4	1230 LUNGILE NKOSI	23	51	18:07.4	1:07:43.6	2:18.3
Team - North West North		Finish Position - 3				
Team Score (places):53		Average Time: 16:49.3				
1	1702 CHARMAINE HARTMAN	8	8	16:06.5	16:06.5	0:00.0
2	1706 KARON MURLEY	9	17	16:07.2	32:13.8	0:00.6
3	1703 ALDA-LOUISE LOURENS	15	32	17:13.1	49:27.0	1:06.5
4	1704 ELSABE LUBBE	21	53	17:50.4	1:07:17.4	1:43.8
Team - Gauteng North		Finish Position - 4				
Team Score (places):75		Average Time: 18:52.4				
1	2394 RONEL THOMAS	1	1	14:32.3	14:32.3	0:00.0
2	2389 KARIN HILLHOUSE	10	11	16:41.2	31:13.5	2:08.8
3	2391 CAREN MEIRING	29	40	20:11.5	51:25.1	5:39.2
4	2393 LIESEL OBERHOLZER	35	75	24:04.4	1:15:29.6	9:32.1
Team - Free State		Finish Position - 5				
Team Score (places):99		Average Time: 19:13.4				
1	758 ZELDA PRINSLOO	12	12	16:51.8	16:51.8	0:00.0
2	761 SOMARIÉ	24	36	18:14.3	35:06.1	1:22.5
3	762 KARLIEN VAN DER	30	66	20:25.6	55:31.8	3:33.8
4	763 BYTJIE KOTZE	33	99	21:21.9	1:16:53.8	4:30.1
Team - Mpumalanga		Finish Position - 6				
Team Score (places):100		Average Time: 19:15.9				
1	1178 RETHA JANSE VAN	16	16	17:19.2	17:19.2	0:00.0

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Final Team Results**Women****E2-W40/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Mpumalanga		Finish Position - 6				
Team Score (places):100		Average Time: 19:15.9				
2	1177 MELISSA BIGGS	25	41	19:06.2	36:25.4	1:47.0
3	1176 AGNIETA PRETORIUS	27	68	19:31.2	55:56.6	2:12.0
4	1179 SANET JACOBS	32	100	21:07.2	1:17:03.9	3:48.0
Team - Central North West		Finish Position - 7				
Team Score (places):108		Average Time: 19:39.2				
1	2619 MARIETTE HITGE	20	20	17:47.6	17:47.6	0:00.0
2	2621 ANET VAN HEERDEN	26	46	19:20.4	37:08.1	1:32.8
3	2622 JOHANNI DE JAGER	28	74	19:43.4	56:51.5	1:55.7
4	2626 FLORENTINA MEINTJES	34	108	21:45.3	1:18:36.8	3:57.6
Team - South Western Districts		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3243 LANA THEUNISSEN	5	5	15:51.7	15:51.7	0:00.0
2	3242 ELIZABETH KLOPPERS	17	22	17:27.8	33:19.5	1:36.1
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1807 JENE BANFIELD	3	3	15:41.4	15:41.4	0:00.0
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	794 CHANTAL SIMPSON	14	14	17:05.8	17:05.8	0:00.0
Team - Griqualand West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	220 CHARMAIN RAS	31	31	20:40.0	20:40.0	0:00.0
Team - South African Defense Force		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	843 DIPUO MOGATLE	19	19	17:45.6	17:45.6	0:00.0
Team - Individual		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2442 MARGARET	22	22	17:56.7	17:56.7	0:00.0

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Final Team Results**Women****E2-W45/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Western Province		Finish Position - 1				
Team Score (places):23		Average Time: 15:48.2				
1	793 WILNA EYBERS	2	2	15:11.9	15:11.9	0:00.0
2	795 SANDRA VAN GRAAN	4	6	15:31.5	30:43.5	0:19.5
3	796 SHERYL DE LANGE	5	11	15:45.6	46:29.1	0:33.6
4	797 MARIAAN MALAN	12	23	16:43.7	1:03:12.9	1:31.8
Team - Kwazulu Natal		Finish Position - 2				
Team Score (places):27		Average Time: 16:02.0				
1	1231 LISE MUCHNA	1	1	15:09.3	15:09.3	0:00.0
2	1235 KYLIE GRIFFIN	7	8	15:54.6	31:03.9	0:45.3
3	1233 MCHELLE SIMS	8	16	16:23.6	47:27.6	1:14.3
4	1232 FIONA BALDWIN	11	27	16:40.7	1:04:08.3	1:31.4
Team - Gauteng North		Finish Position - 3				
Team Score (places):72		Average Time: 17:47.4				
1	2406 SALOME VERMEULEN	3	3	15:18.1	15:18.1	0:00.0
2	2403 LETTIE SAAYMAN	17	20	17:24.2	32:42.4	2:06.1
3	2396 LETMARI DREECKMEIER	21	41	18:03.5	50:45.9	2:45.3
4	2405 JS VAN TONDER	31	72	20:23.6	1:11:09.5	5:05.4
Team - Central Gauteng		Finish Position - 4				
Team Score (places):76		Average Time: 17:45.1				
1	3036 SARAH MAHLANGU	13	13	16:50.6	16:50.6	0:00.0
2	3035 RENE STRYDOM	15	28	17:01.9	33:52.5	0:11.3
3	3034 MONICA REIS	22	50	18:12.0	52:04.6	1:21.4
4	3033 LAURA VENTER	26	76	18:55.9	1:11:00.5	2:05.3
Team - North West North		Finish Position - 5				
Team Score (places):104		Average Time: 19:19.8				
1	1713 MARTHA (MAGDA)	19	19	17:33.2	17:33.2	0:00.0
2	1711 LINDA AUCAMP	25	44	18:54.5	36:27.7	1:21.2
3	1712 SORETHA GILLILAND	27	71	18:59.4	55:27.2	1:26.2
4	1714 PAULINA HEILA HORN	33	104	21:52.1	1:17:19.4	4:18.9
Team - Central North West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2627 ANNELENE DE KOCK	24	24	18:53.2	18:53.2	0:00.0

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Final Team Results

Women

E2-W45/4

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Free State		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	764 MADELEINE PIETERSE	10	10	16:24.5	16:24.5	0:00.0
2	765 SAUGHRETTE	23	33	18:42.0	35:06.5	2:17.4
Team - Mpumalanga		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1183 MARTIE NAUDÉ	14	14	16:56.5	16:56.5	0:00.0
2	1182 ELZARIE JORDAAN	28	42	19:21.8	36:18.4	2:25.3
Team - South Western Districts		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3245 SUSANNE VORSTER	32	32	21:27.7	21:27.7	0:00.0
2	3244 MARIETJIE JOUBERT	34	66	23:24.6	44:52.3	1:56.9
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	347 FLORENCE MOLAWA	16	16	17:22.4	17:22.4	0:00.0
2	348 PAULINA MOKOENA	18	34	17:28.0	34:50.5	0:05.6
Team - Boland		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1395 LIESEL WESSELS	6	6	15:49.7	15:49.7	0:00.0
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1808 GRIZELDA PETERSON	9	9	16:24.4	16:24.4	0:00.0
Team - Limpopo		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	191 JOHANNA SCHUTTE	20	20	17:37.4	17:37.4	0:00.0
Team - Griqualand West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	221 CHRISTEL PELSER	29	29	19:39.6	19:39.6	0:00.0
2	222 ANNE LEWIS	30	59	19:43.7	39:23.4	0:04.1

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Final Team Results

Women

E2-W50/4

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Gauteng North		Finish Position - 1				
Team Score (places):27		Average Time: 17:50.8				
1	2414 CONNIE VD	2	2	16:56.4	16:56.4	0:00.0
2	2408 DEBBIE BREDEKAMP	6	8	17:34.8	34:31.3	0:38.3
3	2412 EMMARIE THEUNISSEN	8	16	17:42.0	52:13.4	0:45.5
4	2413 THEA VAN DER MERWE	11	27	19:10.1	1:11:23.5	2:13.6
Team - Central Gauteng		Finish Position - 2				
Team Score (places):28		Average Time: 17:40.2				
1	3045 LINDA VAN DER GRYP	4	4	17:08.9	17:08.9	0:00.0
2	3044 JACKIE FREY	5	9	17:16.7	34:25.6	0:07.8
3	3047 RITA LOOTS	9	18	17:54.1	52:19.8	0:45.2
4	3048 THEMBEKA KETSEKILE	10	28	18:21.0	1:10:40.8	1:12.1
Team - Kwazulu Natal		Finish Position - 3				
Team Score (places):43		Average Time: 18:58.2				
1	1236 JANINE ENGELS	3	3	17:06.2	17:06.2	0:00.0
2	1237 LIZ BROWN	12	15	19:13.5	36:19.7	2:07.3
3	1239 FRANKIE CRANDRY	13	28	19:17.7	55:37.5	2:11.5
4	1238 JOLANDA BROODRYK	15	43	20:15.3	1:15:52.9	3:09.1
Team - North West North		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1720 ELIZABETH (ELIZ	14	14	19:18.3	19:18.3	0:00.0
2	1721 AMANDA VILJOEN	16	30	26:59.3	46:17.6	7:41.0
3	1722 LEANA OBERHOLZER	17	47	27:26.5	1:13:44.2	8:08.2
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1811 JANETTE	7	7	17:36.0	17:36.0	0:00.0
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	798 MARIËTTE STRAUSS	1	1	15:50.5	15:50.5	0:00.0

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Final Team Results

Women

E2-W60/4

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Kwazulu Natal		Finish Position - 1				
Team Score (places):13		Average Time: 18:28.5				
1	1244 JUDITH GROVE	1	1	17:27.0	17:27.0	0:00.0
2	1245 JANE DICKENSON	3	4	17:49.2	35:16.2	0:22.2
3	1246 SANDY FISMER	4	8	18:43.1	53:59.3	1:16.1
4	1247 PAM RASMUSSEN	5	13	19:54.9	1:13:54.2	2:27.9
Team - Central Gauteng		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3058 NONHLANHLA	6	6	23:22.4	23:22.4	0:00.0
2	3057 ITUMELENG BOSHOE	7	13	23:34.8	46:57.2	0:12.4
3	3056 ANNA MOSOLE	8	21	24:15.5	1:11:12.8	0:53.1
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	801 NANCY WILL	2	2	17:39.7	17:39.7	0:00.0

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Final Team Results

Women

E2-W65/4

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Gauteng North		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2425 ESMÉ KLOPPERS	5	5	23:15.7	23:15.7	0:00.0
2	2426 RITA LAKER	8	13	27:09.0	50:24.8	3:53.3
Team - South Western Districts		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3248 SHIRLEY LOTTERING	7	7	26:53.6	26:53.6	0:00.0
Team - Central Gauteng		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3059 ELAINE GREENBALTT	3	3	20:50.0	20:50.0	0:00.0
2	3060 MARIA VISSER	4	7	22:50.5	43:40.5	2:00.5
3	3061 RACHEL LEDWABA	6	13	25:14.2	1:08:54.8	4:24.2
Team - Kwazulu Natal		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1248 JAN PHELAN	1	1	20:29.3	20:29.3	0:00.0
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	802 AILEEN SPARG	2	2	20:40.3	20:40.3	0:00.0

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Final Team Results

Women

E2-W70/4

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - Free State		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
1	766	WILLEMIEN SMUTS	1	1	21:34.5	21:34.5	0:00.0
Team - North West North		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
1	1727	CATHARINA (KYTI	3	3	38:50.1	38:50.1	0:00.0
Team - Kwazulu Natal		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
1	1250	GILL TREGENNA	2	2	22:32.0	22:32.0	0:00.0

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Race Date

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Final Team Results

Women

E2-W75/4

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - Gauteng North		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
1	2428	ANNETTE VAN ROOYEN	2	2	34:31.7	34:31.7	0:00.0
Team - Central Gauteng		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
1	3062	LESAYA SEABI	1	1	26:53.7	26:53.7	0:00.0

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Final Team Results**Men****E3-M60/6**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Kwazulu Natal		Finish Position - 1				
Team Score (places):27		Average Time: 26:13.2				
1	1253 LAWRIE	4	4	24:18.3	24:18.3	0:00.0
2	1254 ERIC QUIBELL	5	9	24:27.1	48:45.4	0:08.7
3	1252 DEVILLIERS	8	17	27:27.5	1:16:13.0	3:09.2
4	1255 BONGANI NDLOVU	10	27	28:39.7	1:44:52.8	4:21.4
Team - Central North West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2799 EDDIE MONG	12	12	30:25.2	30:25.2	0:00.0
Team - Free State		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	595 BASIL KINGHORN	9	9	27:31.7	27:31.7	0:00.0
Team - Gauteng North		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2284 TOMMY BREEDT	13	13	31:08.8	31:08.8	0:00.0
2	2283 MINKIE ADOONS	14	27	34:28.9	1:05:37.7	3:20.1
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	355 PETRUS MOHALAJENG	3	3	23:50.1	23:50.1	0:00.0
2	356 THEO VORSTER	11	14	29:00.0	52:50.1	5:09.8
Team - Central Gauteng		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2993 WILLIE MAISELA	6	6	25:16.3	25:16.3	0:00.0
2	2992 STEPHEN MOAGI	7	13	25:33.0	50:49.4	0:16.7
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	781 CLIVE OWEN	1	1	23:42.0	23:42.0	0:00.0
2	782 AWIE VELDSMAN	2	3	23:46.5	47:28.5	0:04.4

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Final Team Results**Men****E3-M65/6**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Gauteng North		Finish Position - 1				
Team Score (places):28		Average Time: 28:50.1				
1	2288 DON CHARLES	1	1	25:26.5	25:26.5	0:00.0
2	2292 PIETER ROSSOUW	7	8	29:35.3	55:01.8	4:08.7
3	2291 ALLAN KLUGE	9	17	30:00.0	1:25:01.8	4:33.4
4	2290 ANTON HARROP-ALLIN	11	28	30:18.5	1:55:20.4	4:51.9
Team - Kwazulu Natal		Finish Position - 2				
Team Score (places):34		Average Time: 30:01.7				
1	1259 LES SMITH	2	2	27:44.1	27:44.1	0:00.0
2	1257 RAYMOND MEYER	8	10	29:38.5	57:22.6	1:54.4
3	1258 RON SAYER	10	20	30:09.8	1:27:32.5	2:25.7
4	1256 PIETER BADENHORST	14	34	32:34.6	2:00:07.1	4:50.5
Team - Mpumalanga		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1147 GABRIEL JOUBERT	4	4	28:10.1	28:10.1	0:00.0
Team - South Western Districts		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3234 LAMPIES LAMPRECHT	15	15	33:22.3	33:22.3	0:00.0
Team - Central Gauteng		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2998 VINCENT LENTSOENYA	5	5	28:17.1	28:17.1	0:00.0
2	2997 NICODEMUS NGWENYA	12	17	30:52.1	59:09.3	2:34.9
3	2996 MALCOLM ELSWORH	13	30	31:10.8	1:30:20.2	2:53.7
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	783 JOHAN VAN ZYL	6	6	29:23.4	29:23.4	0:00.0
Team - Individual		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	824 IAN BOCOCK	3	3	27:45.0	27:45.0	0:00.0

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Final Team Results

Men

E3-M70/6

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central North West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2798 HANS LEIJENAAR	4	4	31:10.1	31:10.1	0:00.0
Team - Gauteng North		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2294 MIKE KLEINSMIT	3	3	31:02.4	31:02.4	0:00.0
2	2296 ANDRIES VAN DER	5	8	32:09.4	1:03:11.9	1:07.0
3	2295 ASSIE VAN ASWEGEN	6	14	33:30.0	1:36:41.9	2:27.5
Team - Kwazulu Natal		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1260 NOEL SAVILLE	2	2	30:54.4	30:54.4	0:00.0
Team - Individual		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	825 PETER DONALD	1	1	30:02.1	30:02.1	0:00.0

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Final Team Results

Men

E3-M75/6

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - Gauteng North		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
1	2301	DION HEIGERS	1	1	42:09.9	42:09.9	0:00.0
2	2298	MARTIN COETZEE	2	3	47:02.4	1:29:12.3	4:52.5
3	2297	NEVILLE MUIR	3	6	56:10.9	2:25:23.3	14:01.0

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Final Team Results**Women****E4-G8/1**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Gauteng North				Finish Position - 1		
Team Score (places):38				Average Time: 4:12.6		
1	2150 NIAZELL GRABE	4	4	3:59.8	3:59.8	0:00.0
2	2161 TLHOLOHELO SEMONYA	10	14	4:16.5	8:16.4	0:16.6
3	2158 DANITA OPPERMAN	11	25	4:16.9	12:33.3	0:17.0
4	2162 MADELIE VORSTER	13	38	4:17.3	16:50.7	0:17.5
Team - South Western Districts				Finish Position - 2		
Team Score (places):54				Average Time: 4:14.2		
1	3207 DANEIL TIETIES	1	1	3:54.1	3:54.1	0:00.0
2	3210 TAMLYN SWARTS	12	13	4:17.2	8:11.3	0:23.0
3	3206 ANGELIQUE NUWEGELD	20	33	4:22.5	12:33.9	0:28.3
4	3208 LUCHANAY TELLES	21	54	4:22.8	16:56.8	0:28.7
Team - Free State				Finish Position - 3		
Team Score (places):64				Average Time: 4:18.1		
1	597 CARLÉ	2	2	3:56.4	3:56.4	0:00.0
2	598 PULENG MALEBO	14	16	4:18.2	8:14.7	0:21.7
3	599 DIPOLELO MOSESI	17	33	4:19.5	12:34.2	0:23.1
4	603 KUTLOANO MOLOI	31	64	4:38.2	17:12.5	0:41.8
Team - Mpumalanga				Finish Position - 4		
Team Score (places):72				Average Time: 4:20.6		
1	1073 LIKA OLIVIER	5	5	4:02.1	4:02.1	0:00.0
2	1079 TANYA PIETERSE	16	21	4:19.2	8:21.3	0:17.0
3	1069 ANDELIN GROBLER	23	44	4:24.8	12:46.2	0:22.6
4	1076 MPUMI NTULI	28	72	4:36.1	17:22.3	0:34.0
Team - Central North West				Finish Position - 5		
Team Score (places):75				Average Time: 4:24.3		
1	2451 AME KEYSER	6	6	4:11.6	4:11.6	0:00.0
2	2453 AMONE LE ROUX	19	25	4:21.1	8:32.7	0:09.5
3	2454 ELDANE DU TOIT	24	49	4:30.9	13:03.7	0:19.3
4	2457 HESRIE VAN WYK	26	75	4:33.4	17:37.2	0:21.8
Team - Limpopo				Finish Position - 6		
Team Score (places):79				Average Time: 4:24.7		
1	21 TSWAI KGOSANA	3	3	3:58.1	3:58.1	0:00.0

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September 13, 2014

Final Team Results**Women****E4-G8/1**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Limpopo		Finish Position - 6				
Team Score (places):79		Average Time: 4:24.7				
2	17 ELIZABETH SMIT	15	18	4:18.5	8:16.7	0:20.3
3	16 DE-GRACIA LETSOALO	27	45	4:34.3	12:51.1	0:36.1
4	19 LOHANDI SCHUTTE	34	79	4:47.8	17:38.9	0:49.6
Team - North West North		Finish Position - 7				
Team Score (places):111		Average Time: 4:36.3				
1	1408 MIA JOOSTE	18	18	4:20.0	4:20.0	0:00.0
2	1407 SIMONE HENNING	25	43	4:31.0	8:51.0	0:10.9
3	1406 CARMEN DICKS	33	76	4:44.7	13:35.8	0:24.7
4	1413 JANESKE VAN DER	35	111	4:49.4	18:25.3	0:29.4
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	294 TSHWANELO MOTUBA	7	7	4:11.8	4:11.8	0:00.0
2	295 LERATO MOFOKENG	8	15	4:14.8	8:26.7	0:03.0
3	296 TIANE STEYN	22	37	4:23.1	12:49.8	0:11.2
Team - Central Gauteng		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2915 ZANELE THWALA	9	9	4:15.2	4:15.2	0:00.0
2	2911 HELEN COCKERAN	29	38	4:36.3	8:51.5	0:21.1
3	2913 SELINA MAGUVO	30	68	4:37.2	13:28.7	0:22.0
Team - Individual		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2447 MAYA VAN GREUNEN	32	32	4:39.4	4:39.4	0:00.0

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Race Date
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Final Team Results**Men****E5-B8/1**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central North West				Finish Position - 1		
Team Score (places):20				Average Time: 3:45.6		
1	2628 JD VAN DER	2	2	3:39.5	3:39.5	0:00.0
2	2629 ANDRE VISSER	3	5	3:41.3	7:20.8	0:01.7
3	2630 RUAN BRITZ	4	9	3:43.4	11:04.2	0:03.9
4	2632 CHRISTOFF RETIEF	11	20	3:58.2	15:02.4	0:18.7
Team - Gauteng North				Finish Position - 2		
Team Score (places):28				Average Time: 3:48.1		
1	1971 REINARDT GROBLER	5	5	3:45.0	3:45.0	0:00.0
2	1978 TIAAN SWANEPOEL	6	11	3:45.4	7:30.5	0:00.3
3	1967 LUANDRÉ	8	19	3:48.7	11:19.3	0:03.6
4	1966 HANLU BRONKHORST	9	28	3:53.4	15:12.7	0:08.3
Team - South Western Districts				Finish Position - 3		
Team Score (places):58				Average Time: 4:00.5		
1	3150 EULINE SWARTS	1	1	3:39.0	3:39.0	0:00.0
2	3153 NTANDO GEORGE	16	17	4:05.1	7:44.1	0:26.1
3	3151 JERMAINE MURRAY	17	34	4:05.8	11:49.9	0:26.8
4	3149 ELNITO ESBACH	24	58	4:12.0	16:02.0	0:33.0
Team - Central Gauteng				Finish Position - 4		
Team Score (places):71				Average Time: 4:06.2		
1	2851 OMUHLE MABUZA	10	10	3:58.2	3:58.2	0:00.0
2	2849 GEORGE WALDICK	14	24	4:02.5	8:00.7	0:04.2
3	3071 TSHEPO BOROKELO	21	45	4:09.8	12:10.5	0:11.5
4	2852 PRINCE FAYO	26	71	4:14.3	16:24.8	0:16.1
Team - Mpumalanga				Finish Position - 5		
Team Score (places):73				Average Time: 4:05.9		
1	975 JORDAN WEBB	12	12	3:59.6	3:59.6	0:00.0
2	980 XANDER HERBST	19	31	4:06.6	8:06.3	0:07.0
3	977 MARNO DU PLESSIS	20	51	4:07.0	12:13.3	0:07.3
4	971 HENDRE SCHOEMAN	22	73	4:10.3	16:23.6	0:10.7
Team - Free State				Finish Position - 6		
Team Score (places):105				Average Time: 4:14.9		
1	380 THABANG MOTAUNG	23	23	4:10.8	4:10.8	0:00.0

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Final Team Results**Men****E5-B8/1**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Free State		Finish Position - 6				
Team Score (places):105		Average Time: 4:14.9				
2	372 JOHAN DU PLESSIS	25	48	4:13.9	8:24.8	0:03.1
3	373 RUBEN CROUS	28	76	4:15.3	12:40.2	0:04.4
4	376 JURIE WESSELS	29	105	4:19.4	16:59.6	0:08.5
Team - North West North		Finish Position - 7				
Team Score (places):109		Average Time: 4:19.7				
1	1432 LUCAS MARAIS	18	18	4:06.0	4:06.0	0:00.0
2	1434 HENDRE NAUDE	27	45	4:15.1	8:21.1	0:09.1
3	1433 JONATHAN SCHEEPERS	30	75	4:20.8	12:42.0	0:14.8
4	1419 LODEWIKUS CLAASSEN	34	109	4:36.9	17:18.9	0:30.9
Team - Limpopo		Finish Position - 8				
Team Score (places):131		Average Time: 4:31.4				
1	4 ETHAN SWART	31	31	4:25.1	4:25.1	0:00.0
2	7 JUAN RADEMEYER	32	63	4:25.8	8:50.9	0:00.7
3	13 TRISTAN BRETT	33	96	4:35.6	13:26.6	0:10.5
4	5 GERDU DE LANGE	35	131	4:39.2	18:05.8	0:14.1
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	293 SIMPHIWE MBONGO	13	13	4:01.3	4:01.3	0:00.0
2	292 MLUNGISI GUMEDE	36	49	4:43.1	8:44.4	0:41.8
Team - Kwazulu Natal		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1262 BYRON CHANDLER	7	7	3:45.9	3:45.9	0:00.0
2	1261 KYLE FARNDELL	15	22	4:04.1	7:50.0	0:18.1
Team - South African Police Service		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	285 SAMUEL MONAISA	39	39	5:12.6	5:12.6	0:00.0
Team - Individual		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1816 JOSHUA HUFKIE	37	37	4:51.3	4:51.3	0:00.0
2	275 FLORIS DAUTH	38	75	4:55.4	9:46.7	0:04.1

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Final Team Results

Men

E5-B8/1

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - Individual		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
3	276	HEINRICH DAUTH	40	115	5:13.3	15:00.1	0:22.0

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Final Team Results**Women****E6-G9/2**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - South Western Districts		Finish Position - 1				
Team Score (places):41		Average Time: 7:56.8				
1	3214 MURSHA JOOSTE	1	1	7:27.3	7:27.3	0:00.0
2	3212 CASLINE SNYERS	7	8	7:57.4	15:24.8	0:30.0
3	3213 LEANNE JACOBS	11	19	8:04.0	23:28.8	0:36.6
4	3211 CARMEN SNELL	22	41	8:18.5	31:47.3	0:51.2
Team - Gauteng North		Finish Position - 2				
Team Score (places):49		Average Time: 8:06.7				
1	2180 MARLENE VD LINDE	8	8	7:58.8	7:58.8	0:00.0
2	2176 KEITUMETSE PITSI	12	20	8:08.1	16:06.9	0:09.3
3	2167 SAMANTHA JOHANNES	14	34	8:08.8	24:15.7	0:10.0
4	2171 NATASHA MATTHEE	15	49	8:11.2	32:27.0	0:12.4
Team - Free State		Finish Position - 3				
Team Score (places):65		Average Time: 8:11.1				
1	607 BAYANDA MAKAPELA	10	10	8:02.8	8:02.8	0:00.0
2	605 BOITUMELO DEBES	16	26	8:12.0	16:14.8	0:09.1
3	608 ANKE HEYNS	19	45	8:14.3	24:29.2	0:11.5
4	610 KARLA VICTOR	20	65	8:15.5	32:44.7	0:12.7
Team - Mpumalanga		Finish Position - 4				
Team Score (places):73		Average Time: 8:12.9				
1	1087 NTOMBIFUTHI	9	9	7:59.8	7:59.8	0:00.0
2	1080 ANÉ BOTHA	18	27	8:13.8	16:13.6	0:14.0
3	1085 MECEILA BRITS	21	48	8:16.0	24:29.6	0:16.1
4	1084 LIANE PARKES	25	73	8:21.9	32:51.6	0:22.1
Team - Central Gauteng		Finish Position - 5				
Team Score (places):82		Average Time: 8:24.6				
1	2921 ZANELE MOLALA	6	6	7:56.1	7:56.1	0:00.0
2	2916 CLARINAH NTSALI	13	19	8:08.7	16:04.9	0:12.5
3	2917 JULIA NKOANE	26	45	8:23.9	24:28.9	0:27.7
4	2919 SENAMILE ZULU	37	82	9:09.4	33:38.4	1:13.2
Team - Limpopo		Finish Position - 6				
Team Score (places):96		Average Time: 8:31.2				
1	35 NOMTHANDASO	2	2	7:33.0	7:33.0	0:00.0

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Final Team Results**Women****E6-G9/2**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Limpopo				Finish Position - 6		
Team Score (places):96				Average Time: 8:31.2		
2	33 ELANDRI JANSE VAN	27	29	8:25.4	15:58.4	0:52.4
3	32 ANIKA DU TOIT	29	58	8:28.1	24:26.6	0:55.1
4	34 ELANDRI GELDENHUYS	38	96	9:38.1	34:04.8	2:05.1
Team - North West North				Finish Position - 7		
Team Score (places):105				Average Time: 8:28.6		
1	1444 VERONICA VAN	4	4	7:48.4	7:48.4	0:00.0
2	1439 ELSCHÉ FUHRI	30	34	8:29.4	16:17.8	0:40.9
3	1445 ZANDRI TERBLANCHE	35	69	8:47.6	25:05.5	0:59.2
4	1441 ANKE PIENAAR	36	105	8:49.0	33:54.5	1:00.6
Team - Central North West				Finish Position - 8		
Team Score (places):115				Average Time: 8:33.9		
1	2467 JULISKA ERASMUS	17	17	8:13.6	8:13.6	0:00.0
2	2468 EMILY KGAJE	31	48	8:37.5	16:51.2	0:23.9
3	2470 DANIELLE NIENABER	33	81	8:41.4	25:32.6	0:27.7
4	2469 SUHANE VISAGIE	34	115	8:42.9	34:15.5	0:29.3
Team - Vaal Triangle				Finish Position - Inc.		
Team Score (places):Inc.				Average Time:		
1	300 PABALLO RADEBE	5	5	7:55.6	7:55.6	0:00.0
2	299 KARABO SEHLOHO	24	29	8:20.4	16:16.1	0:24.8
Team - Griqualand West				Finish Position - Inc.		
Team Score (places):Inc.				Average Time:		
1	193 PALESA KOPONG	28	28	8:25.7	8:25.7	0:00.0
2	192 CARLA RUFFINI	32	60	8:38.3	17:04.0	0:12.5
Team - South African Police Service				Finish Position - Inc.		
Team Score (places):Inc.				Average Time:		
1	290 EMMANUELLA	23	23	8:19.3	8:19.3	0:00.0
Team - Individual				Finish Position - Inc.		
Team Score (places):Inc.				Average Time:		
1	1402 CHLOE LOTTERING	3	3	7:41.3	7:41.3	0:00.0

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Final Team Results

Men
E7-B9/2

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Gauteng North		Finish Position - 1				
Team Score (places):25		Average Time: 7:18.7				
1	1983 IVAN DU PLESSIS	2	2	7:12.0	7:12.0	0:00.0
2	1998 LUHAN VERMEULEN	4	6	7:16.3	14:28.3	0:04.3
3	1985 ROUX HEYNS	7	13	7:20.0	21:48.3	0:07.9
4	1989 THANDO MANYIKE	12	25	7:26.6	29:15.0	0:14.6
Team - Free State		Finish Position - 2				
Team Score (places):44		Average Time: 7:25.3				
1	387 NEO SEATE	3	3	7:13.2	7:13.2	0:00.0
2	404 JEAN-JACQUES	11	14	7:24.3	14:37.5	0:11.0
3	401 SEBUSISO DAIL	14	28	7:28.4	22:06.0	0:15.2
4	389 KATLEHO MPHETENG	16	44	7:35.1	29:41.2	0:21.9
Team - South Western Districts		Finish Position - 3				
Team Score (places):53		Average Time: 7:29.7				
1	3155 ABUNATHI NTULI	8	8	7:22.1	7:22.1	0:00.0
2	3159 JEFFREY WILLEMSE	10	18	7:23.6	14:45.8	0:01.4
3	3161 WILLIAM DE WEE	17	35	7:36.0	22:21.8	0:13.8
4	3156 ANTONIO OLIVIER	18	53	7:37.0	29:58.8	0:14.8
Team - Central Gauteng		Finish Position - 4				
Team Score (places):56		Average Time: 7:31.9				
1	2855 CORNE DE FOUW	1	1	7:09.5	7:09.5	0:00.0
2	2857 LINDOKUHLE RALARALA	9	10	7:22.9	14:32.4	0:13.4
3	2859 MARCO PRINCE	21	31	7:41.0	22:13.5	0:31.5
4	3074 DIWAN VAN EMMENS	25	56	7:54.0	30:07.6	0:44.5
Team - Mpumalanga		Finish Position - 5				
Team Score (places):66		Average Time: 7:36.2				
1	999 ZAKHELE MATHEBULA	6	6	7:19.5	7:19.5	0:00.0
2	988 KIAN MOUTON	13	19	7:27.9	14:47.5	0:08.4
3	998 WIHAN GELDENHUYS	23	42	7:48.6	22:36.2	0:29.1
4	983 BANELE MTHOMBENI	24	66	7:48.8	30:25.0	0:29.2
Team - North West North		Finish Position - 6				
Team Score (places):92		Average Time: 7:49.8				
1	1447 RUHARDT CLOETE	15	15	7:33.8	7:33.8	0:00.0

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Final Team Results

Men E7-B9/2

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - North West North		Finish Position - 6				
Team Score (places):92		Average Time: 7:49.8				
2	1455 BARNARDUS	22	37	7:45.1	15:19.0	0:11.3
3	1459 SCHALK PIENAAR	26	63	7:56.9	23:15.9	0:23.0
4	1461 HENCO PIETERSE	29	92	8:03.4	31:19.4	0:29.6
Team - Central North West		Finish Position - 7				
Team Score (places):107		Average Time: 8:01.5				
1	2663 ASHTON DIEDERICKS	5	5	7:19.1	7:19.1	0:00.0
2	2647 PHILIP DU PLESSIS	32	37	8:09.6	15:28.8	0:50.5
3	2646 LOUJIE ROOTMAN	34	71	8:15.8	23:44.6	0:56.7
4	2648 WIAN CALITZ	36	107	8:21.3	32:06.0	1:02.1
Team - Limpopo		Finish Position - 8				
Team Score (places):110		Average Time: 7:58.8				
1	24 JACK STEWART	19	19	7:38.0	7:38.0	0:00.0
2	25 JOHN RAKOENA	28	47	8:01.8	15:39.8	0:23.8
3	23 DRIKUS DU TOIT	30	77	8:04.0	23:43.9	0:26.0
4	30 SURPRISE SEOLWANA	33	110	8:11.3	31:55.2	0:33.3
Team - Kwazulu Natal		Finish Position - 9				
Team Score (places):125		Average Time: 8:11.1				
1	1263 TRISTAN GOWDY	20	20	7:40.9	7:40.9	0:00.0
2	1266 LUC DU TOIT	27	47	7:58.2	15:39.1	0:17.3
3	1264 BLAISE CORMACK	37	84	8:22.4	24:01.6	0:41.5
4	1265 MICHAEL CAPES	41	125	8:43.0	32:44.7	1:02.1
Team - Griqualand West		Finish Position - 10				
Team Score (places):144		Average Time: 8:22.0				
1	226 GERHARDUS VD	31	31	8:06.3	8:06.3	0:00.0
2	223 GIANCARLO VD MERWE	35	66	8:17.3	16:23.6	0:11.0
3	224 MATTHYS FOURIE	38	104	8:27.2	24:50.9	0:20.9
4	225 LEHLOHONOLO	40	144	8:37.0	33:28.0	0:30.7
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	297 NEO MOSIA	39	39	8:29.0	8:29.0	0:00.0
2	298 JAN - HENDRIK DU TOIT	42	81	8:52.6	17:21.7	0:23.6

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Final Team Results

Men

E7-B9/2

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - Individual		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
1	1778	LUKHANYO VEMILE	43	43	9:04.9	9:04.9	0:00.0

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Final Team Results**Women****E8-G10/2**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - South Western Districts		Finish Position - 1				
Team Score (places):16		Average Time: 7:15.4				
1	3165 HENRIETTA VD ROS	2	2	7:07.8	7:07.8	0:00.0
2	3166 JANDRI SNYDERS	3	5	7:13.9	14:21.8	0:06.0
3	3164 EBIGAIL KAPTEIN	4	9	7:14.7	21:36.5	0:06.8
4	3167 JOHANDRI-ANN BOTHA	7	16	7:25.0	29:01.5	0:17.1
Team - Central Gauteng		Finish Position - 2				
Team Score (places):34		Average Time: 7:24.4				
1	2864 MMARONA MATEA	1	1	7:01.7	7:01.7	0:00.0
2	2861 CAROLINE STUURMAN	5	6	7:19.5	14:21.3	0:17.7
3	3070 EMMA BISEMAN	12	18	7:32.7	21:54.0	0:30.9
4	2863 JOLANDI DE BEER	16	34	7:43.7	29:37.8	0:42.0
Team - Free State		Finish Position - 3				
Team Score (places):55		Average Time: 7:39.2				
1	622 CHRIS-MARI	9	9	7:28.8	7:28.8	0:00.0
2	627 MARJOLIJN VISSER	13	22	7:38.3	15:07.2	0:09.5
3	624 CARISSA ERASMUS	15	37	7:43.1	22:50.4	0:14.2
4	623 IDA-MARI HATLEY	18	55	7:46.4	30:36.8	0:17.6
Team - Kwazulu Natal		Finish Position - 4				
Team Score (places):79		Average Time: 7:49.0				
1	1270 NOSIPHO TSHABALALA	10	10	7:31.2	7:31.2	0:00.0
2	1269 MERCOLEY REID	14	24	7:42.4	15:13.6	0:11.2
3	1267 TAYLOR ADLAM	26	50	7:57.2	23:10.8	0:26.0
4	1268 CODI MAARTENS	29	79	8:05.1	31:15.9	0:33.9
Team - Mpumalanga		Finish Position - 5				
Team Score (places):80		Average Time: 7:48.0				
1	1004 FELICITY SIBANDA	6	6	7:24.3	7:24.3	0:00.0
2	1010 SHARONA SWARTS	8	14	7:27.3	14:51.7	0:02.9
3	1001 CHARMAINE MTSHWENI	32	46	8:09.1	23:00.9	0:44.8
4	1003 EMMARENTIA VILJOEN	34	80	8:11.0	31:11.9	0:46.7
Team - Gauteng North		Finish Position - 6				
Team Score (places):81		Average Time: 7:49.7				
1	2013 MARZÉ VAN BREDA	11	11	7:32.4	7:32.4	0:00.0

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Final Team Results**Women****E8-G10/2**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Gauteng North				Finish Position - 6		
Team Score (places):81				Average Time: 7:49.7		
2	2009 IZANNE PRINSLOO	20	31	7:49.9	15:22.4	0:17.4
3	2011 VERONIQUE ROSSOUW	22	53	7:53.0	23:15.4	0:20.6
4	1999 JONÉ BESTER	28	81	8:03.5	31:19.0	0:31.0
Team - Limpopo				Finish Position - 7		
Team Score (places):105				Average Time: 7:58.6		
1	57 NQOBISILE SHINGANE	19	19	7:46.5	7:46.5	0:00.0
2	51 DIKELEDI MARAKALALA	25	44	7:56.6	15:43.1	0:10.0
3	58 PONTSHO THEBE	30	74	8:05.4	23:48.6	0:18.8
4	54 KATLEGO MAREBANE	31	105	8:05.9	31:54.5	0:19.3
Team - North West North				Finish Position - 8		
Team Score (places):135				Average Time: 8:14.0		
1	1471 REGOMODITSWE (R	24	24	7:55.7	7:55.7	0:00.0
2	1467 RIANDRE BOTHA	35	59	8:12.6	16:08.4	0:16.9
3	1474 KAYLEN SCHOLTZ	37	96	8:16.2	24:24.6	0:20.4
4	1475 HES-MARIE VAN	39	135	8:31.6	32:56.3	0:35.8
Team - Central North West				Finish Position - 9		
Team Score (places):141				Average Time: 8:22.8		
1	2485 ZANELLE WINTER	27	27	8:00.6	8:00.6	0:00.0
2	2484 ISONE BOOYEN	33	60	8:09.2	16:09.8	0:08.6
3	2490 JANINA ACKERMAN	40	100	8:37.6	24:47.4	0:37.0
4	2486 JANE BOOYEN	41	141	8:44.0	33:31.5	0:43.4
Team - Vaal Triangle				Finish Position - Inc.		
Team Score (places):Inc.				Average Time:		
1	306 DANZELLE MARX	17	17	7:44.7	7:44.7	0:00.0
2	307 REFILWE MAINE	36	53	8:14.4	15:59.1	0:29.7
3	308 RETHABILE	38	91	8:25.0	24:24.2	0:40.3
Team - Griqualand West				Finish Position - Inc.		
Team Score (places):Inc.				Average Time:		
1	196 RUE-ELLYNN JANTJIES	21	21	7:52.5	7:52.5	0:00.0
2	195 MARICELLE KRUGER	23	44	7:54.5	15:47.0	0:02.0

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Final Team Results**Men****E9-B10/2**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng				Finish Position - 1		
Team Score (places):21				Average Time: 6:57.0		
1	2812 VUYO RAYI	2	2	6:47.9	6:47.9	0:00.0
2	2809 NKOSINATHI MTSHWENI	3	5	6:48.2	13:36.1	0:00.3
3	2808 NHLANHLA SESHIBE	5	10	7:02.9	20:39.1	0:15.0
4	2807 KOKETSO LEGOALE	11	21	7:08.9	27:48.0	0:21.0
Team - South Western Districts				Finish Position - 2		
Team Score (places):35				Average Time: 7:06.3		
1	3106 SHAYLON LOMBAARD	4	4	6:54.3	6:54.3	0:00.0
2	3104 GARETH KRUGER	7	11	7:06.1	14:00.5	0:11.8
3	3105 NATHAN OLIVIER	9	20	7:07.5	21:08.0	0:13.1
4	3103 ELRICH PEDRO	15	35	7:17.2	28:25.2	0:22.9
Team - Gauteng North				Finish Position - 3		
Team Score (places):45				Average Time: 7:10.8		
1	1826 STEPHAN HAVINGA	8	8	7:06.5	7:06.5	0:00.0
2	1825 ERNST GOUWS	10	18	7:07.7	14:14.2	0:01.1
3	1831 SIMPHIWE MAHLANGU	13	31	7:14.0	21:28.3	0:07.5
4	1836 CONNOR TITUS	14	45	7:14.8	28:43.2	0:08.3
Team - Mpumalanga				Finish Position - 4		
Team Score (places):89				Average Time: 7:27.1		
1	863 JAN MOKOENA	19	19	7:21.3	7:21.3	0:00.0
2	872 OWEN LONG	21	40	7:27.3	14:48.6	0:06.0
3	861 DRIKUS GREEFF	24	64	7:29.6	22:18.3	0:08.3
4	876 TIAAN BARKHUIZEN	25	89	7:30.2	29:48.6	0:08.9
Team - Free State				Finish Position - 5		
Team Score (places):93				Average Time: 7:27.2		
1	406 KATLEHO MOFOKENG	16	16	7:17.9	7:17.9	0:00.0
2	410 KATISO MOTJOPI	22	38	7:27.9	14:45.8	0:09.9
3	423 MARKO-MIKA VAN DEN	26	64	7:31.1	22:17.0	0:13.2
4	411 TSHEPANG LEMAO	29	93	7:32.0	29:49.0	0:14.1
Team - Vaal Triangle				Finish Position - 6		
Team Score (places):107				Average Time: 7:29.2		
1	302 MPHO MOLAETSA	1	1	6:46.6	6:46.6	0:00.0

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Final Team Results**Men****E9-B10/2**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Vaal Triangle				Finish Position - 6		
Team Score (places):107				Average Time: 7:29.2		
2	303 TUMELO SEREME	30	31	7:32.6	14:19.3	0:46.0
3	304 IVAN (HENDRIK J	35	66	7:39.3	21:58.6	0:52.7
4	305 NIHANN (NICHOLA	41	107	7:58.4	29:57.1	1:11.7
Team - Limpopo				Finish Position - 7		
Team Score (places):130				Average Time: 7:43.8		
1	41 HJ VAN DER NEST	23	23	7:28.3	7:28.3	0:00.0
2	49 TEMOSHO MAMOLEKA	28	51	7:32.0	15:00.3	0:03.7
3	38 DEWALD NEL	39	90	7:57.0	22:57.3	0:28.7
4	37 DEVON COAD	40	130	7:57.9	30:55.3	0:29.6
Team - Central North West				Finish Position - 8		
Team Score (places):133				Average Time: 7:39.1		
1	2661 BLAKE BOTES	31	31	7:33.1	7:33.1	0:00.0
2	2659 BONGANI NKOSI	32	63	7:33.5	15:06.7	0:00.3
3	2660 ARVAHN BURGER	33	96	7:37.0	22:43.7	0:03.8
4	2667 KAMOHELO LESHOMO	37	133	7:53.0	30:36.7	0:19.8
Team - Griqualand West				Finish Position - 9		
Team Score (places):141				Average Time: 7:48.6		
1	232 ENRICO ISAACS	18	18	7:20.6	7:20.6	0:00.0
2	230 ZEALON KLAASTE	38	56	7:53.8	15:14.5	0:33.2
3	231 FREDDY STEENKAMP	42	98	7:59.6	23:14.2	0:39.0
4	235 CLIVINALDO	43	141	8:00.4	31:14.6	0:39.8
Team - North West North				Finish Position - 10		
Team Score (places):155				Average Time: 8:00.3		
1	1484 GUSTAF SMIT	20	20	7:26.8	7:26.8	0:00.0
2	1486 EMILE VAN VUUREN	44	64	8:07.6	15:34.5	0:40.7
3	1480 HENRICO JOUBERT	45	109	8:09.5	23:44.0	0:42.6
4	1479 MARCO JANEKE	46	155	8:17.4	32:01.4	0:50.5
Team - Kwazulu Natal				Finish Position - Inc.		
Team Score (places):Inc.				Average Time:		
1	1272 CARL KNOBLAUCH	27	27	7:31.4	7:31.4	0:00.0
2	1271 LUKE FARNDELL	34	61	7:37.6	15:09.1	0:06.2

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Final Team Results

Men

E9-B10/2

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - Kwazulu Natal		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
3	1274	LIHLE KHANYASE	36	97	7:39.8	22:49.0	0:08.4
Team - Individual		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
1	1779	LIYEMA NDLAZI	6	6	7:05.5	7:05.5	0:00.0
2	1403	NICO VAN ZYL	12	18	7:10.5	14:16.0	0:05.0
3	2443	HANNES LOUW	17	35	7:20.1	21:36.1	0:14.6

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Final Team Results**Men****E10-SM/12**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Gauteng North		Finish Position - 1				
Team Score (places):14		Average Time: 36:33.0				
1	2311 STEPHEN MOKOKA	1	1	35:55.8	35:55.8	0:00.0
2	2314 GLADWIN MZAZI	3	4	36:35.9	1:12:31.7	0:40.1
3	2307 PRECIOUS MASHELE	4	8	36:47.4	1:49:19.2	0:51.6
4	2308 BENEDICT MOENG	6	14	36:52.8	2:26:12.1	0:57.0
Team - Central Gauteng		Finish Position - 2				
Team Score (places):37		Average Time: 37:46.9				
1	2939 SIBUSISO NZIMA	7	7	37:15.9	37:15.9	0:00.0
2	2935 ABRAM KHUMALO	9	16	37:52.4	1:15:08.4	0:36.4
3	2936 DEROCIOUS	10	26	37:59.3	1:53:07.7	0:43.3
4	2940 TUMELO MAHLANGU	11	37	37:59.9	2:31:07.6	0:43.9
Team - Kwazulu Natal		Finish Position - 3				
Team Score (places):58		Average Time: 38:21.2				
1	1278 SILINDILE GUBESE	12	12	38:08.0	38:08.0	0:00.0
2	1279 SIYABONGA NKONDE	13	25	38:11.6	1:16:19.7	0:03.6
3	1275 BONGINKOSI ZWANE	15	40	38:20.8	1:54:40.5	0:12.8
4	1280 AYANDA MNCUBE	18	58	38:44.2	2:33:24.7	0:36.1
Team - Central North West		Finish Position - 4				
Team Score (places):71		Average Time: 39:02.6				
1	2783 ELROY GALANT	2	2	36:27.6	36:27.6	0:00.0
2	2778 DEAN BRUMMER	8	10	37:24.9	1:13:52.5	0:57.2
3	2779 TSETSO MOEKETSE	19	29	38:52.8	1:52:45.4	2:25.1
4	2781 NTITI KONANA	42	71	43:25.0	2:36:10.4	6:57.3
Team - Western Province		Finish Position - 5				
Team Score (places):89		Average Time: 39:16.3				
1	767 NKOSINATHI MADYO	17	17	38:41.5	38:41.5	0:00.0
2	770 HEIN CAMPHOR	21	38	39:06.5	1:17:48.0	0:24.9
3	768 UNATHI NTETA	22	60	39:22.8	1:57:10.8	0:41.2
4	769 XOLISA BATALA	29	89	39:54.4	2:37:05.2	1:12.8
Team - Free State		Finish Position - 6				
Team Score (places):90		Average Time: 39:11.0				
1	574 EMMANUEL MKHABELA	14	14	38:14.8	38:14.8	0:00.0

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Final Team Results**Men****E10-SM/12**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Free State				Finish Position - 6		
Team Score (places):90				Average Time: 39:11.0		
2	573 KHOTHATSO MOKONE	20	34	38:53.6	1:17:08.4	0:38.7
3	576 TSHEPO MOTSEHELA	25	59	39:33.0	1:56:41.4	1:18.2
4	579 MATSELISO TSHOLO	31	90	40:02.8	2:36:44.3	1:48.0
Team - North West North				Finish Position - 7		
Team Score (places):140				Average Time: 41:19.3		
1	1682 OBED KOPONG	28	28	39:47.6	39:47.6	0:00.0
2	1678 MATHEWS LEETO	34	62	41:09.0	1:20:56.6	1:21.4
3	1677 GOODWILL LEBURU	38	100	41:50.5	2:02:47.2	2:02.9
4	1679 OFENTSE	40	140	42:29.9	2:45:17.2	2:42.3
Team - South African Defense Force				Finish Position - 8		
Team Score (places):171				Average Time: 43:38.8		
1	844 MOHAPI LEBUSHO	32	32	40:40.0	40:40.0	0:00.0
2	845 SEMPE SHONGOANE	44	76	43:36.9	1:24:17.0	2:56.8
3	846 PRETTYBOY MASANGO	46	122	44:32.0	2:08:49.0	3:51.9
4	848 VUSANI MAPHAPHULI	49	171	45:46.4	2:54:35.5	5:06.3
Team - South Western Districts				Finish Position - 9		
Team Score (places):186				Average Time: 45:17.7		
1	3235 BERNARDO	36	36	41:37.0	41:37.0	0:00.0
2	3238 VICTOR GUGUSHE	48	84	45:02.8	1:26:39.8	3:25.7
3	3236 ELTON BOTHA	50	134	46:11.3	2:12:51.2	4:34.2
4	3237 JEUGENE MAART	52	186	48:19.5	3:01:10.8	6:42.4
Team - Mpumalanga				Finish Position - Inc.		
Team Score (places):Inc.				Average Time:		
1	1152 LUCKY SITHOLE	39	39	42:27.2	42:27.2	0:00.0
2	1150 FREEDOM MAKHUBELA	43	82	43:32.5	1:25:59.8	1:05.3
3	1149 FOLAVIO SEHOHLE	53	135	1:33:42.4	2:59:42.2	51:15.1
Team - Transkei				Finish Position - Inc.		
Team Score (places):Inc.				Average Time:		
1	1742 ANDILE NGQWANGI	26	26	39:39.4	39:39.4	0:00.0
2	1741 ANDILE MAQELE	30	56	39:58.3	1:19:37.7	0:18.9

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Final Team Results**Men****E10-SM/12**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	357 COLLEN MULAUDZI	24	24	39:24.8	39:24.8	0:00.0
2	358 PUSELETSO	27	51	39:43.9	1:19:08.7	0:19.0
3	359 JOSEPH PAMA	35	86	41:28.1	2:00:36.9	2:03.2
Team - Boland		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1377 WILLIAM KAPTEIN	5	5	36:51.7	36:51.7	0:00.0
Team - Border		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1766 TEBELLO PONI	37	37	41:39.1	41:39.1	0:00.0
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1799 MARIANIO EESOU	16	16	38:21.2	38:21.2	0:00.0
2	1800 RODNEY PRINS	23	39	39:23.0	1:17:44.2	1:01.7
Team - Limpopo		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	182 SIMON MAHLO	45	45	43:59.4	43:59.4	0:00.0
2	181 EPHRAIM MALATJI	47	92	44:36.8	1:28:36.2	0:37.3
Team - Griqualand West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	272 PULE BOTSANE	33	33	40:55.2	40:55.2	0:00.0
Team - South African Police Service		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	284 WALTER MPONDI	41	41	42:59.5	42:59.5	0:00.0
2	280 ABRAM MOFOKENG	51	92	47:04.4	1:30:04.0	4:04.8

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Final Team Results

Women

E11-SW/4

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng				Finish Position - 1		
Team Score (places):16				Average Time: 14:27.1		
1	3094 MAMPHELO SIBANDA	1	1	13:45.1	13:45.1	0:00.0
2	3007 ANELDA PYPERS	4	5	14:27.4	28:12.6	0:42.3
3	3008 ANET COETZEE	5	10	14:43.7	42:56.4	0:58.5
4	3009 ASHLEIGH SCHNETLER	6	16	14:52.1	57:48.5	1:06.9
Team - Gauteng North				Finish Position - 2		
Team Score (places):31				Average Time: 15:05.2		
1	2346 THITSHAAMBA	2	2	14:06.2	14:06.2	0:00.0
2	2342 PALESA MADOA	3	5	14:19.4	28:25.7	0:13.2
3	2337 THEMBI BALOYI	11	16	15:45.9	44:11.6	1:39.6
4	2343 ANNELIEN MOTLHALA	15	31	16:09.2	1:00:20.9	2:03.0
Team - Free State				Finish Position - 3		
Team Score (places):50				Average Time: 15:57.6		
1	750 RIZANI VAN ASWEGEN	7	7	15:03.2	15:03.2	0:00.0
2	749 MARIETJIE FLORES	9	16	15:26.1	30:29.3	0:22.8
3	751 DOLORIS BONDIS	16	32	16:13.7	46:43.0	1:10.4
4	752 MARTHA MABASO	18	50	17:07.3	1:03:50.4	2:04.0
Team - North West North				Finish Position - 4		
Team Score (places):101				Average Time: 22:10.7		
1	1667 BOITSHOKO PHELOANE	22	22	18:38.8	18:38.8	0:00.0
2	1671 GLORIA SEABI	24	46	21:31.7	40:10.6	2:52.9
3	1669 JACOBA (JACKIE) SMITH	27	73	24:04.6	1:04:15.2	5:25.8
4	1668 ILZE THERON	28	101	24:27.8	1:28:43.1	5:49.0
Team - Central North West				Finish Position - Inc.		
Team Score (places):Inc.				Average Time:		
1	2610 PALESE LEHASA	10	10	15:27.9	15:27.9	0:00.0
2	2611 ARISTA VAN ZYL	20	30	17:59.1	33:27.1	2:31.1
3	2613 CHANTELE SLAMBERT	21	51	18:35.2	52:02.4	3:07.3
Team - Mpumalanga				Finish Position - Inc.		
Team Score (places):Inc.				Average Time:		
1	1161 BUSISIWE NHLEKO	23	23	19:00.0	19:00.0	0:00.0
2	1162 MONIQUE DU TOIT	26	49	23:23.0	42:23.0	4:23.0

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Final Team Results

Women

E11-SW/4

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Mpumalanga		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
3	1169 FIKILE SEDIBE	29	78	27:14.7	1:09:37.8	8:14.7
Team - Transkei		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1738 NANGAMSO NKONYENI	19	19	17:40.0	17:40.0	0:00.0
2	1743 NOSISA MAQASHALALA	25	44	23:04.9	40:44.9	5:24.9
Team - Boland		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1393 RIA LABUSCHAGNE	12	12	15:53.6	15:53.6	0:00.0
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	790 ANEL TERBLANCHE	8	8	15:18.1	15:18.1	0:00.0
2	789 LEE-SHAY WILLEMSE	14	22	16:06.0	31:24.2	0:47.9
Team - South African Defense Force		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	841 BOIKHUTSO KELEBONE	13	13	15:58.2	15:58.2	0:00.0
2	842 MKATEKO MAGANYI	17	30	16:55.7	32:54.0	0:57.5

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Final Team Results**Women****E11-W23/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Gauteng North		Finish Position - 1				
Team Score (places):20		Average Time: 14:29.1				
1	2360 MURENDWA DOVHANA	1	1	13:58.0	13:58.0	0:00.0
2	2364 ALICIA LABUSCHAGNE	4	5	14:32.2	28:30.2	0:34.2
3	2369 MICHELLE	7	12	14:43.0	43:13.2	0:45.0
4	2367 HAPPINESS MKHIZE	8	20	14:43.2	57:56.4	0:45.2
Team - Central Gauteng		Finish Position - 2				
Team Score (places):30		Average Time: 14:54.2				
1	3042 THATO MAKHAFOLA	5	5	14:36.9	14:36.9	0:00.0
2	3037 GOODNESS LICHABA	6	11	14:42.5	29:19.4	0:05.6
3	3038 MICHELLE STRYDOM	9	20	14:47.6	44:07.0	0:10.7
4	3041 SUSANNNA JUNKER	10	30	15:30.0	59:37.0	0:53.0
Team - Central North West		Finish Position - 3				
Team Score (places):47		Average Time: 15:41.9				
1	2601 GIRA CARSTENS	2	2	14:07.3	14:07.3	0:00.0
2	2602 KARIN-MARI DOTZE	11	13	15:40.9	29:48.2	1:33.6
3	2604 CLAUDINE MARAIS	16	29	16:27.6	46:15.9	2:20.3
4	2603 JOLENE RABIE	18	47	16:31.9	1:02:47.9	2:24.6
Team - Free State		Finish Position - 4				
Team Score (places):75		Average Time: 16:51.0				
1	741 CHERISE SIMS	3	3	14:24.9	14:24.9	0:00.0
2	743 EZANNE KLEYNHANS	21	24	16:53.8	31:18.7	2:28.8
3	747 PORTIA	25	49	17:50.3	49:09.1	3:25.3
4	748 MAMELLO MOLAOA	26	75	18:14.9	1:07:24.0	3:49.9
Team - Mpumalanga		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1167 MONDI THIPE	12	12	15:49.5	15:49.5	0:00.0
2	1168 THANDEKA SIBANYONI	19	31	16:34.8	32:24.3	0:45.2
Team - North West North		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1653 JANKE WHEELER	29	29	23:11.5	23:11.5	0:00.0
2	1654 SCHANIKA GUBA	30	59	24:35.7	47:47.3	1:24.1
3	1652 MELANIE VILJOEN	31	90	25:31.9	1:13:19.3	2:20.3

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Final Team Results**Women****E11-W23/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Transkei		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1737 KHONZENI GWEGWA	22	22	17:12.4	17:12.4	0:00.0
2	3297 BUDA MILISA	27	49	19:23.0	36:35.4	2:10.6
3	3298 MFANEKISO MWABISA	28	77	21:39.0	58:14.5	4:26.6
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	350 PALESA SEDIANE	17	17	16:29.5	16:29.5	0:00.0
Team - Boland		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1392 HELEEN MALAN	13	13	15:53.8	15:53.8	0:00.0
Team - Border		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1764 AKHONA SOGINGQI	23	23	17:33.7	17:33.7	0:00.0
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1794 SIPHOKAZI NOJOKO	15	15	16:03.6	16:03.6	0:00.0
Team - Kwazulu Natal		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1283 NOKUTHULA	14	14	15:58.4	15:58.4	0:00.0
2	3293 NONDUMELELO	24	38	17:36.2	33:34.6	1:37.8
Team - Griqualand West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	217 KEHILWE MOTHIBE	20	20	16:36.5	16:36.5	0:00.0

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Final Team Results**Women****E12-G16/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Gauteng North				Finish Position - 1		
Team Score (places):15				Average Time: 14:39.6		
1	2112 MEGAN CAPPER	2	2	14:33.0	14:33.0	0:00.0
2	2125 CARLA VENTER	3	5	14:35.0	29:08.0	0:01.9
3	2111 ZELMA BOTHA	4	9	14:41.7	43:49.7	0:08.6
4	2122 TSHEGOFATSO	6	15	14:48.8	58:38.6	0:15.7
Team - Free State				Finish Position - 2		
Team Score (places):48				Average Time: 15:06.3		
1	716 PULENG MATLOSA	7	7	14:53.0	14:53.0	0:00.0
2	714 MAKHAUTSE MONELO	12	19	15:03.8	29:56.8	0:10.8
3	713 WELMARI VOLSCHENK	14	33	15:12.1	45:08.9	0:19.0
4	722 JAMEY-SUE VERMAAS	15	48	15:16.4	1:00:25.3	0:23.3
Team - Kwazulu Natal				Finish Position - 3		
Team Score (places):72				Average Time: 15:32.4		
1	1287 ANDISWE NJUNGUZA	13	13	15:11.4	15:11.4	0:00.0
2	1289 FUNDISWA SOSIBO	16	29	15:17.9	30:29.3	0:06.5
3	1286 NOMCEBO MTSHALI	20	49	15:37.1	46:06.4	0:25.7
4	1285 CANA PEEK	23	72	16:03.3	1:02:09.8	0:51.9
Team - Mpumalanga				Finish Position - 4		
Team Score (places):126				Average Time: 16:58.7		
1	1055 DALLEEN BRAND	27	27	16:19.2	16:19.2	0:00.0
2	1057 REENE-MARI LUUS	30	57	16:33.7	32:52.9	0:14.5
3	1054 ANTHEA LEES	34	91	17:27.0	50:19.9	1:07.7
4	1056 LEATITIA VOLSCHENK	35	126	17:34.8	1:07:54.8	1:15.6
Team - South Western Districts				Finish Position - 5		
Team Score (places):137				Average Time: 17:27.4		
1	3199 ELVINA DIEDERICKS	24	24	16:11.6	16:11.6	0:00.0
2	3197 CLARISHA PIETERSE	32	56	16:58.1	33:09.8	0:46.5
3	3198 DOMONIQUE KERSPUY	38	94	17:56.6	51:06.4	1:45.0
4	3202 WILLODEAN SAMUELS	43	137	18:43.1	1:09:49.6	2:31.5
Team - North West North				Finish Position - 6		
Team Score (places):144				Average Time: 18:01.7		
1	1613 ROCHELLE MENEZIES	18	18	15:32.7	15:32.7	0:00.0

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Women

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - North West North		Finish Position - 6					
Team Score (places):144		Average Time: 18:01.7					
2	1617	BASETSANA RAKUBA	40	58	18:13.9	33:46.6	2:41.1
3	1614	MICAELA MURLEY	41	99	18:35.9	52:22.5	3:03.2
4	1615	KLARISA VAN HEERDEN	45	144	19:44.3	1:12:06.9	4:11.6
Team - Central North West		Finish Position - 7					
Team Score (places):145		Average Time: 17:48.7					
1	2575	NADINE GOUWS	26	26	16:16.6	16:16.6	0:00.0
2	2576	TSIDI MANTEWA	33	59	16:59.6	33:16.3	0:43.0
3	2577	KENYADITSWE MARCH	42	101	18:36.0	51:52.3	2:19.3
4	2579	KARIEN VAN DER	44	145	19:22.6	1:11:14.9	3:06.0
Team - Limpopo		Finish Position - 8					
Team Score (places):168		Average Time: 19:07.7					
1	147	PHOMELELO	25	25	16:14.7	16:14.7	0:00.0
2	144	HUNADI MASHILO	46	71	19:45.5	36:00.2	3:30.7
3	146	LINDI LESO	48	119	20:12.8	56:13.1	3:58.1
4	148	TSHIAMO MOLALA	49	168	20:18.0	1:16:31.1	4:03.2
Team - Transkei		Finish Position - Inc.					
Team Score (places):Inc.		Average Time:					
1	1729	ANDISWA MFINCI	28	28	16:23.6	16:23.6	0:00.0
2	1728	NANDI KHENITHI	31	59	16:36.3	33:00.0	0:12.6
Team - Vaal Triangle		Finish Position - Inc.					
Team Score (places):Inc.		Average Time:					
1	343	KABELO KHUTSOANE	36	36	17:35.2	17:35.2	0:00.0
2	344	SEIPATI MOTLOUNG	39	75	18:10.0	35:45.3	0:34.8
3	345	MEGAN OLIVIER	47	122	19:46.0	55:31.3	2:10.7
Team - Boland		Finish Position - Inc.					
Team Score (places):Inc.		Average Time:					
1	1387	SHARLAN BOER	9	9	14:57.9	14:57.9	0:00.0
2	1385	CARLYN SOENIES	17	26	15:19.9	30:17.8	0:21.9
3	1386	CLAIRIECE SLINGERS	22	48	15:53.0	46:10.9	0:55.0

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Women

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Team - Border		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1748 LELETHU DAMBISA	29	29	16:33.5	16:33.5	0:00.0
Team - Central Gauteng		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2903 NOCOLE VAN DER	1	1	14:28.6	14:28.6	0:00.0
2	2899 BRIDGETTE NKABINDE	8	9	14:57.3	29:26.0	0:28.7
3	2900 CARLA DURANDT	19	28	15:32.7	44:58.8	1:04.1
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1787 NOMAKHOSI NTIZIYO	37	37	17:46.2	17:46.2	0:00.0
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	817 HAYLEY PREEN	10	10	15:00.1	15:00.1	0:00.0
Team - Individual		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	837 ASSNIQUE ROBINSON	5	5	14:41.8	14:41.8	0:00.0
2	835 SIMONÉ LINKS	11	16	15:02.3	29:44.2	0:20.5
3	836 ASHLEY SIMONIS	21	37	15:43.0	45:27.2	1:01.1

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Final Team Results**Women****E12-G17/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):22		Average Time: 14:34.2				
1	2905 HANLI ESTEBETH	1	1	13:46.1	13:46.1	0:00.0
2	2908 ROBYN KALTENBRUIN	3	4	14:34.9	28:21.0	0:48.8
3	3098 JESSICA AYLWARD	7	11	14:49.4	43:10.5	1:03.2
4	2909 SALVATION BABEDI	11	22	15:06.5	58:17.0	1:20.3
Team - Gauteng North		Finish Position - 2				
Team Score (places):24		Average Time: 14:49.3				
1	2130 DIMPHO DIALE	4	4	14:44.9	14:44.9	0:00.0
2	2138 LETHABO SEEMA	5	9	14:46.7	29:31.6	0:01.7
3	2136 MEGAN ODENDAAL	6	15	14:47.0	44:18.6	0:02.0
4	2127 LIZE BOTHA	9	24	14:58.9	59:17.5	0:13.9
Team - Kwazulu Natal		Finish Position - 3				
Team Score (places):48		Average Time: 15:12.3				
1	1290 CALEY ELLERO	8	8	14:53.9	14:53.9	0:00.0
2	1292 THENJIWE GUMEDE	10	18	14:59.7	29:53.6	0:05.7
3	1294 CACISILE SOSIBO	13	31	15:15.8	45:09.5	0:21.9
4	1293 NONDUMISO KHOZA	17	48	15:39.7	1:00:49.2	0:45.8
Team - Free State		Finish Position - 4				
Team Score (places):91		Average Time: 16:07.3				
1	728 RETHABILE JABAONE	18	18	15:42.1	15:42.1	0:00.0
2	726 AMY MOFOKENG	19	37	15:47.5	31:29.7	0:05.4
3	727 MANYEOE MOKOENA	21	58	15:56.1	47:25.8	0:13.9
4	730 JODY YORK	33	91	17:03.6	1:04:29.4	1:21.4
Team - Mpumalanga		Finish Position - 5				
Team Score (places):94		Average Time: 16:07.1				
1	1063 INGE BREWIS	20	20	15:52.9	15:52.9	0:00.0
2	1066 NADINE VAN COLLER	23	43	16:00.4	31:53.4	0:07.5
3	1064 MARTINIQUE STOLTZ	25	68	16:16.9	48:10.3	0:23.9
4	1062 CARLU MEYER	26	94	16:18.2	1:04:28.5	0:25.3
Team - Griqualand West		Finish Position - 6				
Team Score (places):121		Average Time: 16:45.9				
1	216 BRONWYN BROWN	16	16	15:38.7	15:38.7	0:00.0

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Women

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Team - Griqualand West		Finish Position - 6					
Team Score (places):121		Average Time: 16:45.9					
2	215	IGNIZA WHITE	24	40	16:00.9	31:39.6	0:22.2
3	213	MIA NEL	38	78	17:26.3	49:06.0	1:47.6
4	214	CHARLIZE ZARA	43	121	17:57.9	1:07:03.9	2:19.1
Team - Central North West		Finish Position - 7					
Team Score (places):124		Average Time: 16:51.0					
1	2587	STORM BARKAS	27	27	16:19.2	16:19.2	0:00.0
2	2590	JEANETT DLOMO	31	58	16:57.4	33:16.7	0:38.1
3	2586	MARTHA NKOSI	32	90	16:59.2	50:16.0	0:40.0
4	2589	LIEZEL POTGIETER	34	124	17:08.0	1:07:24.0	0:48.7
Team - Limpopo		Finish Position - 8					
Team Score (places):126		Average Time: 16:54.2					
1	158	ABIGAIL BALOYI	28	28	16:22.9	16:22.9	0:00.0
2	160	JOHANÉ SCHUTTE	29	57	16:46.2	33:09.2	0:23.2
3	161	MAKGOMO MAGORO	30	87	16:56.9	50:06.1	0:33.9
4	162	MART-MARI VAN DER	39	126	17:30.8	1:07:36.9	1:07.8
Team - North West North		Finish Position - 9					
Team Score (places):157		Average Time: 17:45.6					
1	1631	VIVIAN BOIPELO	35	35	17:11.8	17:11.8	0:00.0
2	1629	NICOLE CAMARA	36	71	17:16.5	34:28.3	0:04.7
3	1634	MARLIA VERSTER	40	111	17:33.9	52:02.3	0:22.1
4	1630	WIANDA GILLILAND	46	157	19:00.0	1:11:02.3	1:48.2
Team - South Western Districts		Finish Position - Inc.					
Team Score (places):Inc.		Average Time:					
1	3205	MARRIDA LEEN	2	2	13:59.3	13:59.3	0:00.0
2	3204	MACNITA SAMUELS	22	24	15:59.2	29:58.6	1:59.8
3	3203	JANA BOLESLAWSKY	44	68	18:29.4	48:28.0	4:30.0
Team - Transkei		Finish Position - Inc.					
Team Score (places):Inc.		Average Time:					
1	1732	THEMBISA NOBOMVU	42	42	17:55.7	17:55.7	0:00.0

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Women

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Boland		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1388 VERNOSCHKA	14	14	15:15.9	15:15.9	0:00.0
Team - Border		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1751 HANNAH VINCENT	45	45	18:47.7	18:47.7	0:00.0
2	1754 ZITHINI DLONGWANA	47	92	19:13.9	38:01.6	0:26.2
3	1752 DENIKA PETZER	48	140	21:13.4	59:15.0	2:25.7
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1789 ZUSIPHE NKALA	41	41	17:43.7	17:43.7	0:00.0
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	822 LAUREN JONATHAN	12	12	15:15.0	15:15.0	0:00.0
2	818 BUSISIWE GWALA	15	27	15:25.4	30:40.5	0:10.3
Team - Individual		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	838 ROSHNIE RHODES	37	37	17:19.2	17:19.2	0:00.0

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Final Team Results**Men****E13-M23/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Gauteng North		Finish Position - 1				
Team Score (places):30		Average Time: 11:49.2				
1	2221 MOSES DIRANE	6	6	11:46.2	11:46.2	0:00.0
2	2227 SIMON MOKONYAMA	7	13	11:49.0	23:35.2	0:02.8
3	2222 BAFANA DUBE	8	21	11:50.0	35:25.2	0:03.8
4	2220 JONATHAN	9	30	11:51.6	47:16.8	0:05.4
Team - Central Gauteng		Finish Position - 2				
Team Score (places):30		Average Time: 11:44.4				
1	3069 SAMUEL MATHABATHA	2	2	11:29.6	11:29.6	0:00.0
2	2971 THABANG MAFA	4	6	11:40.7	23:10.4	0:11.1
3	2968 HENRY MAKANE	5	11	11:41.0	34:51.4	0:11.3
4	2972 DUNCAN MOLAUDZI	19	30	12:06.1	46:57.6	0:36.5
Team - Free State		Finish Position - 3				
Team Score (places):41		Average Time: 11:52.0				
1	548 ANDRICO WILLIAMS	3	3	11:39.1	11:39.1	0:00.0
2	551 JABOLANE NCAMANE	10	13	11:53.5	23:32.7	0:14.3
3	550 SELLO MASIA	12	25	11:55.0	35:27.7	0:15.8
4	549 THABANG MOJANAGA	16	41	12:00.4	47:28.1	0:21.2
Team - Central North West		Finish Position - 4				
Team Score (places):50		Average Time: 11:52.0				
1	2763 RANTSO MOKOPANE	1	1	11:22.6	11:22.6	0:00.0
2	2764 THEODORE NOTHLING	13	14	11:56.7	23:19.4	0:34.1
3	2769 HENCO UYS	15	29	11:59.6	35:19.1	0:37.0
4	3287 JOHARDT VAN	21	50	12:08.9	47:28.1	0:46.3
Team - Kwazulu Natal		Finish Position - 5				
Team Score (places):80		Average Time: 12:16.6				
1	1298 SIPHO MBANJWA	11	11	11:54.0	11:54.0	0:00.0
2	1297 NKOSIKHONA	14	25	11:58.2	23:52.3	0:04.1
3	1295 MONWABISISI CELE	20	45	12:07.9	36:00.2	0:13.8
4	1299 SANELE MADIBA	35	80	13:06.5	49:06.7	1:12.4
Team - Mpumalanga		Finish Position - 6				
Team Score (places):120		Average Time: 12:47.9				
1	1113 PRINCE NDLOVU	23	23	12:17.1	12:17.1	0:00.0

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Mpumalanga				Finish Position - 6		
Team Score (places):120				Average Time: 12:47.9		
2	1112 NKOSINATHI SINDANE	26	49	12:26.9	24:44.0	0:09.8
3	1115 THULANI MANANA	34	83	13:00.1	37:44.1	0:43.0
4	1116 GODFREY DLAMINI	37	120	13:27.7	51:11.9	1:10.6
Team - Limpopo				Finish Position - 7		
Team Score (places):135				Average Time: 13:18.0		
1	178 THATO KEKANA	25	25	12:24.0	12:24.0	0:00.0
2	176 JOHN KUPA	33	58	12:57.9	25:21.9	0:33.9
3	173 ANDRIES HLARAKA	36	94	13:27.0	38:48.9	1:03.0
4	177 MANHLANE MODIBA	41	135	14:23.4	53:12.3	1:59.4
Team - North West North				Finish Position - 8		
Team Score (places):146				Average Time: 13:40.7		
1	1657 TSHEPO PHOKOJE	29	29	12:37.9	12:37.9	0:00.0
2	1664 FRANS MOENG	38	67	13:53.1	26:31.1	1:15.1
3	1659 OMPHEMETSE MOLEFE	39	106	14:05.7	40:36.8	1:27.7
4	1655 RUAN SOEKOE	40	146	14:06.0	54:42.8	1:28.0

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Final Team Results**Men****E13-SM/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):11		Average Time: 11:38.5				
1	2976 STEVEN MHLONGO	1	1	11:22.8	11:22.8	0:00.0
2	3003 PAULOS RADEBE	2	3	11:35.6	22:58.4	0:12.8
3	3002 MARKO BUCARIZZA	3	6	11:42.0	34:40.4	0:19.1
4	3004 PRINCE JALI	5	11	11:53.8	46:34.2	0:30.9
Team - Free State		Finish Position - 2				
Team Score (places):43		Average Time: 12:12.5				
1	564 JONAS SOKE	4	4	11:51.7	11:51.7	0:00.0
2	568 SPRINKAAN SMONS	6	10	12:02.1	23:53.8	0:10.4
3	566 APRIL MEKO	16	26	12:27.2	36:21.0	0:35.5
4	565 MALEFETSANE	17	43	12:29.2	48:50.3	0:37.5
Team - Gauteng North		Finish Position - 3				
Team Score (places):45		Average Time: 12:11.1				
1	2320 JOHANN BERRANGE	8	8	12:05.8	12:05.8	0:00.0
2	2336 ANELE SONQIBIDO	11	19	12:10.1	24:15.9	0:04.3
3	2332 VICTOR PHEEHA	12	31	12:10.6	36:26.6	0:04.8
4	2321 REPELANG KGAJE	14	45	12:18.1	48:44.7	0:12.3
Team - Mpumalanga		Finish Position - 4				
Team Score (places):86		Average Time: 12:48.0				
1	1117 MOSES MAHLANGU	9	9	12:08.4	12:08.4	0:00.0
2	1158 LEONARD MAKHANYE	19	28	12:37.7	24:46.1	0:29.3
3	1159 MACALENI MAHLANGU	28	56	13:11.4	37:57.5	1:03.0
4	1118 VUSI MTSWENI	30	86	13:14.5	51:12.1	1:06.1
Team - North West North		Finish Position - 5				
Team Score (places):110		Average Time: 13:06.7				
1	1658 POGISO FARTEIN	23	23	12:44.2	12:44.2	0:00.0
2	1660 JACOB MORUA	26	49	13:00.7	25:44.9	0:16.5
3	1673 ORAPELENG	29	78	13:11.6	38:56.6	0:27.4
4	1675 SAM MASHA	32	110	13:30.1	52:26.7	0:45.9

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Final Team Results**Women****E14-G11/3**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng				Finish Position - 1		
Team Score (places):17				Average Time: 11:14.0		
1	2868 BERNEDETTE WILSON	2	2	11:05.5	11:05.5	0:00.0
2	2872 WENDY SHONGWE	3	5	11:06.0	22:11.5	0:00.4
3	2870 NANDIPHA THWALA	4	9	11:07.5	33:19.1	0:02.0
4	2869 ELZAAN VAN DER	8	17	11:36.8	44:55.9	0:31.3
Team - Gauteng North				Finish Position - 2		
Team Score (places):46				Average Time: 11:41.1		
1	2026 CHANELLE KRUGER	7	7	11:32.6	11:32.6	0:00.0
2	2031 NADIA POTGIETER	12	19	11:42.0	23:14.6	0:09.4
3	2022 NADIA FOURIE	13	32	11:44.0	34:58.7	0:11.4
4	2020 JUANIKE CRONJE	14	46	11:45.9	46:44.6	0:13.3
Team - Free State				Finish Position - 3		
Team Score (places):46				Average Time: 11:41.6		
1	639 TSHOLOFELO DIKOKO	5	5	11:30.6	11:30.6	0:00.0
2	641 MODIEHI MACHELI	10	15	11:37.8	23:08.5	0:07.2
3	643 MOTSHEWA KHESWA	15	30	11:46.9	34:55.4	0:16.3
4	640 LERATO SEBOHODI	16	46	11:51.0	46:46.4	0:20.4
Team - South Western Districts				Finish Position - 4		
Team Score (places):92				Average Time: 12:07.8		
1	3171 JADRE-ANN HUMAN	11	11	11:38.4	11:38.4	0:00.0
2	3169 ABIGAIL NELSON	22	33	12:03.4	23:41.8	0:25.0
3	3173 MONIQUE JANTJIES	26	59	12:16.8	35:58.7	0:38.4
4	3172 LETITIA WILSON	33	92	12:32.6	48:31.3	0:54.2
Team - Mpumalanga				Finish Position - 5		
Team Score (places):95				Average Time: 12:06.0		
1	1016 EMMARENCA MASINA	1	1	10:49.6	10:49.6	0:00.0
2	1014 CARLA NIEBUHR	24	25	12:08.4	22:58.1	1:18.7
3	1019 NADIA KLUYTS	32	57	12:31.3	35:29.4	1:41.6
4	1015 DEONELL GROBLER	38	95	12:54.8	48:24.2	2:05.1
Team - Kwazulu Natal				Finish Position - 6		
Team Score (places):98				Average Time: 12:21.0		
1	1306 NOLUTHANDO DLAMINI	6	6	11:32.3	11:32.3	0:00.0

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Women

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Kwazulu Natal		Finish Position - 6				
Team Score (places):98		Average Time: 12:21.0				
2	1302 NONKULULEKE SHANGE	18	24	11:55.2	23:27.5	0:22.8
3	1304 JENNA FYVIE	30	54	12:23.4	35:50.9	0:51.1
4	1303 NONTSHIKELELO	44	98	13:33.0	49:23.9	2:00.6
Team - Central North West		Finish Position - 7				
Team Score (places):101		Average Time: 12:12.3				
1	2499 TERIZIA VAN DER	19	19	11:55.5	11:55.5	0:00.0
2	2497 DANIELLE VERSTER	21	40	11:58.1	23:53.6	0:02.6
3	2498 KAMOGETSWE SEILANE	27	67	12:17.2	36:10.9	0:21.7
4	2496 SUNEL SMIT	34	101	12:38.3	48:49.2	0:42.8
Team - North West North		Finish Position - 8				
Team Score (places):110		Average Time: 12:21.0				
1	1492 AMOGELANG MALATSI	17	17	11:54.2	11:54.2	0:00.0
2	1500 CHRISNA VENTER	25	42	12:09.2	24:03.4	0:15.0
3	1501 NICOLE VISSER	29	71	12:23.2	36:26.6	0:28.9
4	1491 BOIKHUTSO KOPONG	39	110	12:57.6	49:24.3	1:03.4
Team - Vaal Triangle		Finish Position - 9				
Team Score (places):120		Average Time: 12:35.8				
1	314 NTHEKELENG TAU	9	9	11:37.7	11:37.7	0:00.0
2	315 ALEXIS LIGTHELM	28	37	12:18.6	23:56.3	0:40.9
3	317 ROUX - CHE ROUX	40	77	13:06.4	37:02.8	1:28.7
4	316 ZANELE SKEKETE	43	120	13:20.6	50:23.4	1:42.8
Team - Limpopo		Finish Position - 10				
Team Score (places):144		Average Time: 12:58.5				
1	77 THATO SURPRISE	20	20	11:55.5	11:55.5	0:00.0
2	76 POLOKEGO MOLAPO	37	57	12:54.6	24:50.1	0:59.0
3	70 EUREKA SELEPE	42	99	13:17.2	38:07.4	1:21.6
4	74 KGADI MADUTLELA	45	144	13:46.7	51:54.1	1:51.1
Team - Griqualand West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	199 KEDIEMETSE	36	36	12:48.0	12:48.0	0:00.0
2	197 MERÁÑLISE FUMBANI	41	77	13:11.5	25:59.6	0:23.5

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Women

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - Individual		Finish Position - Inc.					
Team Score (places):Inc.				Average Time:			
1	1396	VERONIQUE VISAGIE	23	23	12:07.0	12:07.0	0:00.0
2	1397	MICHAID BOTHA	31	54	12:30.6	24:37.6	0:23.5
3	2440	KARINA PRETORIUS	35	89	12:41.0	37:18.6	0:33.9

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Final Team Results**Men****E15-B11/3**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng				Finish Position - 1		
Team Score (places):30				Average Time: 10:40.5		
1	2813 DECLAND WRIGHT	1	1	10:15.5	10:15.5	0:00.0
2	2817 SINOKUHLE MKHEFU	3	4	10:28.0	20:43.5	0:12.5
3	2814 MUSA MBATHA	12	16	10:58.9	31:42.4	0:43.4
4	3091 IAN DE FOUW	14	30	10:59.5	42:41.9	0:44.0
Team - Free State				Finish Position - 2		
Team Score (places):32				Average Time: 10:47.3		
1	424 THAPELO	2	2	10:27.1	10:27.1	0:00.0
2	427 HLASWA KONDILE	5	7	10:44.8	21:11.9	0:17.7
3	426 TSHEPISO LEMAO	6	13	10:47.7	31:59.7	0:20.6
4	428 NKOSINATHI NCAPHAYI	19	32	11:09.7	43:09.5	0:42.6
Team - South Western Districts				Finish Position - 3		
Team Score (places):60				Average Time: 11:03.6		
1	3111 DYLAN SMIT	7	7	10:49.9	10:49.9	0:00.0
2	3114 LUTHER BLAAUW	9	16	10:51.0	21:41.0	0:01.1
3	3109 BERBETO JANSEN	10	26	10:55.6	32:36.6	0:05.6
4	3112 JAIDEN VAN REENEN	34	60	11:37.8	44:14.5	0:47.9
Team - Gauteng North				Finish Position - 4		
Team Score (places):63				Average Time: 11:04.0		
1	1846 KEMOSI TSHEITSHEI	4	4	10:44.6	10:44.6	0:00.0
2	1854 STIAN VAN GREUNEN	18	22	11:07.7	21:52.3	0:23.1
3	1849 CHRISTIAAN	20	42	11:10.0	33:02.3	0:25.3
4	1841 INUS DU PREEZ	21	63	11:13.7	44:16.1	0:29.1
Team - Vaal Triangle				Finish Position - 5		
Team Score (places):70				Average Time: 11:07.6		
1	312 LERATO MPHORE	11	11	10:55.8	10:55.8	0:00.0
2	311 THABANG MOKONE	13	24	10:58.9	21:54.7	0:03.1
3	309 EUGENE BOTHA	15	39	11:03.2	32:58.0	0:07.4
4	310 MPHONGILO NDLOVU	31	70	11:32.4	44:30.4	0:36.6
Team - Kwazulu Natal				Finish Position - 6		
Team Score (places):74				Average Time: 11:08.8		
1	1308 MATTHEW GIBSON	8	8	10:50.5	10:50.5	0:00.0

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Final Team Results**Men****E15-B11/3**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Kwazulu Natal		Finish Position - 6				
Team Score (places):74		Average Time: 11:08.8				
2	1310 CEBO MBA	16	24	11:07.2	21:57.8	0:16.7
3	1309 NJABULO KHAMBULE	22	46	11:14.1	33:11.9	0:23.5
4	1311 MTHANDI ZONDI	28	74	11:23.5	44:35.4	0:32.9
Team - Limpopo		Finish Position - 7				
Team Score (places):108		Average Time: 11:23.6				
1	67 THAPELO TJIE	17	17	11:07.6	11:07.6	0:00.0
2	64 LETLOTLO MOHUBEDU	27	44	11:22.0	22:29.6	0:14.4
3	66 TETELO MATHABATHE	29	73	11:25.6	33:55.2	0:18.0
4	68 TUMISHO SEBOKO	35	108	11:39.2	45:34.4	0:31.6
Team - Central North West		Finish Position - 8				
Team Score (places):120		Average Time: 11:32.6				
1	2675 TSHEPISO	23	23	11:15.3	11:15.3	0:00.0
2	2676 ZANDRE STRYDOM	25	48	11:17.3	22:32.6	0:01.9
3	2677 CARLO CHADINHA	30	78	11:26.0	33:58.7	0:10.6
4	2681 BRADLEY JACOBS	42	120	12:11.6	46:10.3	0:56.3
Team - North West North		Finish Position - 9				
Team Score (places):138		Average Time: 11:43.1				
1	1510 OBAKENG MOTSOMI	26	26	11:21.8	11:21.8	0:00.0
2	1506 NATHAN ESTERHUIZEN	33	59	11:34.7	22:56.5	0:12.9
3	1505 LOURENS BESTER	36	95	11:40.0	34:36.5	0:18.2
4	1511 ICON NKHULANG	43	138	12:15.8	46:52.4	0:54.0
Team - Mpumalanga		Finish Position - 10				
Team Score (places):150		Average Time: 11:50.6				
1	887 WESSEL VAN ZYL	32	32	11:34.0	11:34.0	0:00.0
2	888 WILCO GELDENHUYIS	38	70	11:49.5	23:23.6	0:15.4
3	889 SAMUEL GROBLER	39	109	11:51.4	35:15.1	0:17.3
4	886 THANDO KHOZA	41	150	12:07.5	47:22.6	0:33.4
Team - Griqualand West		Finish Position - 11				
Team Score (places):175		Average Time: 12:34.7				
1	238 SHELTON BASSIE	40	40	12:00.0	12:00.0	0:00.0
2	242 TOBIAS DUIKER	44	84	12:18.4	24:18.4	0:18.4

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Men

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Griqualand West		Finish Position - 11				
Team Score (places):175		Average Time: 12:34.7				
3	236 LUNDI MAHALA	45	129	12:59.9	37:18.4	0:59.9
4	240 STEFAN GREYLING	46	175	13:00.4	50:18.8	1:00.4
Team - North Western Cape		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3254 EVIN FREEMAN	37	37	11:43.8	11:43.8	0:00.0
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3276 CHANDEN ADAMS	24	24	11:16.2	11:16.2	0:00.0

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Final Team Results**Women****E16-SW/8**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - Central Gauteng				Finish Position - 1			
Team Score (places):14				Average Time: 28:40.8			
1	3015	LEBOGANG PHALULA	1	1	27:39.9	27:39.9	0:00.0
2	3066	LEBO DINA PHALULA	2	3	27:56.1	55:36.0	0:16.2
3	3067	LORRAINE NOVELA	3	6	29:00.9	1:24:36.9	1:20.9
4	3065	KENEILWE SESING	8	14	30:06.3	1:54:43.2	2:26.3
Team - Kwazulu Natal				Finish Position - 2			
Team Score (places):44				Average Time: 31:13.0			
1	1314	MAKHOSI MHLONGO	4	4	29:26.8	29:26.8	0:00.0
2	1282	SLINDILE CHILI	11	15	31:30.6	1:00:57.5	2:03.7
3	1313	LINDOKUHLE GABELA	13	28	31:43.3	1:32:40.8	2:16.4
4	1315	PUSELETSO DLADA	16	44	32:11.2	2:04:52.1	2:44.3
Team - Gauteng North				Finish Position - 3			
Team Score (places):55				Average Time: 31:57.9			
1	2354	KATAZA SHIPALANA	7	7	30:05.1	30:05.1	0:00.0
2	2349	NANDIPHA DYWILI	10	17	31:10.7	1:01:15.9	1:05.6
3	2351	PATIENCE KHUMALO	17	34	32:44.4	1:34:00.4	2:39.3
4	2350	VUYOKAZI GEBE	21	55	33:51.3	2:07:51.8	3:46.1
Team - Mpumalanga				Finish Position - 4			
Team Score (places):64				Average Time: 33:07.0			
1	1163	GLENROSE XABA	5	5	29:42.3	29:42.3	0:00.0
2	1164	NONTOKOZO DLAMINI	12	17	31:31.1	1:01:13.4	1:48.7
3	1165	NORIA SIBANDA	14	31	32:01.8	1:33:15.2	2:19.5
4	1166	NTOMBIZODWA	33	64	39:13.0	2:12:28.2	9:30.6
Team - Western Province				Finish Position - 5			
Team Score (places):76				Average Time: 33:15.0			
1	785	BULELWA SIMAE	6	6	29:43.0	29:43.0	0:00.0
2	787	BUSISIWE MATIWANE	22	28	33:58.1	1:03:41.1	4:15.1
3	786	HANLIE JORDAAN	23	51	34:11.2	1:37:52.4	4:28.2
4	788	SHERYL DE LANGE	25	76	35:07.6	2:13:00.1	5:24.6
Team - Eastern Province				Finish Position - 6			
Team Score (places):82				Average Time: 33:52.9			
1	1795	NTOMBESINTU MFUNZI	9	9	31:03.2	31:03.2	0:00.0

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Final Team Results**Women****E16-SW/8**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Eastern Province		Finish Position - 6				
Team Score (places):82		Average Time: 33:52.9				
2	1797 BABALWA NGCOKO	18	27	32:48.3	1:03:51.5	1:45.1
3	1796 THABISA SIRAYI	26	53	35:11.7	1:39:03.3	4:08.5
4	1798 FREEDAH NCUBE	29	82	36:28.2	2:15:31.6	5:25.0
Team - Central North West		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	2615 CHANTE VENTER	32	32	39:12.4	39:12.4	0:00.0
2	2616 JENEKE VOSLOO	34	66	48:35.8	1:27:48.2	9:23.3
Team - Free State		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	756 MARYNA SWANEPOEL	20	20	32:55.3	32:55.3	0:00.0
Team - South Western Districts		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3241 MAURICA LA GRANGE	27	27	36:00.6	36:00.6	0:00.0
Team - Transkei		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1740 LUSANDA BOMVANA	15	15	32:07.9	32:07.9	0:00.0
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	371 MASABATA MATOANE	19	19	32:52.5	32:52.5	0:00.0
Team - South African Police Service		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	286 IVY SOGIBA	28	28	36:23.7	36:23.7	0:00.0
2	289 MARIA TJAOANE	30	58	38:45.3	1:15:09.0	2:21.6
3	288 MMAHLONA SEABELA	31	89	38:50.0	1:53:59.1	2:26.3
Team - Individual		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3093 MAKOMA BATJIE	24	24	34:41.9	34:41.9	0:00.0

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Final Team Results**Men****E17-B16/6**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):12		Average Time: 19:12.8				
1	2841 SONGEZO NJUBANE	1	1	19:02.1	19:02.1	0:00.0
2	2839 KABELO SEBOKO	2	3	19:04.7	38:06.8	0:02.5
3	2842 THAMSANQA KHONCO	3	6	19:07.4	57:14.3	0:05.3
4	2840 SIPHIWE MOHLOMI	6	12	19:37.0	1:16:51.3	0:34.8
Team - Gauteng North		Finish Position - 2				
Team Score (places):33		Average Time: 19:43.2				
1	1942 ROMANO SLINGER	4	4	19:22.4	19:22.4	0:00.0
2	1929 GEORGE KUSCHE	8	12	19:42.5	39:05.0	0:20.1
3	1941 RONALDO SLINGER	9	21	19:47.4	58:52.4	0:24.9
4	1932 THAPELO MAKOFANE	12	33	20:00.5	1:18:53.0	0:38.1
Team - Free State		Finish Position - 3				
Team Score (places):65		Average Time: 20:14.0				
1	506 NOPE MOLEJANE	5	5	19:30.4	19:30.4	0:00.0
2	507 LUNGA GADALA	13	18	20:01.0	39:31.4	0:30.5
3	509 SENQUE KOMO	15	33	20:04.1	59:35.5	0:33.6
4	517 LOUIS BOTHA	32	65	21:20.5	1:20:56.1	1:50.0
Team - Mpumalanga		Finish Position - 4				
Team Score (places):80		Average Time: 20:24.7				
1	953 VUNI MADONSELA	7	7	19:39.7	19:39.7	0:00.0
2	952 THULANE LEKHULENI	19	26	20:13.2	39:52.9	0:33.5
3	954 WANDLA NKOSI	24	50	20:36.9	1:00:29.9	0:57.2
4	950 LE ROUX GROENEWALD	30	80	21:08.9	1:21:38.9	1:29.2
Team - Kwazulu Natal		Finish Position - 5				
Team Score (places):125		Average Time: 21:22.0				
1	1318 SIYETHEMBA HADEBE	25	25	20:50.0	20:50.0	0:00.0
2	1316 MVELO KHOMO	27	52	20:58.1	41:48.1	0:08.0
3	1319 THABANI MBANJWA	34	86	21:33.1	1:03:21.2	0:43.0
4	1317 EDMOND MTHETHWA	39	125	22:07.0	1:25:28.3	1:17.0
Team - North West North		Finish Position - 6				
Team Score (places):131		Average Time: 21:31.6				
1	1625 KEABETSWE TONE	21	21	20:27.0	20:27.0	0:00.0

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - North West North		Finish Position - 6				
Team Score (places):131		Average Time: 21:31.6				
2	1618 WILHELM BERRANGE	29	50	21:07.8	41:34.9	0:40.8
3	1621 OMPHEMETSE	40	90	22:13.3	1:03:48.3	1:46.3
4	1623 LUZUKO JUNIOR	41	131	22:18.3	1:26:06.7	1:51.3
Team - Limpopo		Finish Position - 7				
Team Score (places):133		Average Time: 21:40.9				
1	136 JACOB KHOMOLA	11	11	19:54.1	19:54.1	0:00.0
2	138 PEET LORETZ	37	48	21:57.9	41:52.0	2:03.7
3	140 THABILE KEKANA	42	90	22:20.9	1:04:13.0	2:26.8
4	137 LAWERENCE MARUMA	43	133	22:30.7	1:26:43.8	2:36.6
Team - South Western Districts		Finish Position - 8				
Team Score (places):141		Average Time: 21:48.1				
1	3142 DULLAN SOLOMONS	26	26	20:51.0	20:51.0	0:00.0
2	3143 GODWIN HEYNS	35	61	21:45.9	42:36.9	0:54.9
3	3144 THABISO PANDA	36	97	21:54.3	1:04:31.3	1:03.3
4	3141 BRADLEY WITBOOI	44	141	22:41.0	1:27:12.3	1:50.0
Team - Central North West		Finish Position - 9				
Team Score (places):174		Average Time: 22:52.6				
1	2740 DAVID MAMPE	31	31	21:15.3	21:15.3	0:00.0
2	2741 FRANCO BOTES	38	69	22:04.8	43:20.1	0:49.5
3	2742 DANIEL WENTZEL	52	121	23:24.4	1:06:44.6	2:09.1
4	2744 BRANDON GOLDEN	53	174	24:46.0	1:31:30.7	3:30.7
Team - Griqualand West		Finish Position - 10				
Team Score (places):194		Average Time: 23:04.8				
1	254 HENDRIK ABRAAMS	46	46	22:49.2	22:49.2	0:00.0
2	253 JOHANNES MORAKE	47	93	22:58.2	45:47.5	0:09.0
3	258 DONOVAN SEDUMEDI	50	143	23:15.1	1:09:02.6	0:25.8
4	257 SIMSON OLYN	51	194	23:16.8	1:32:19.5	0:27.6
Team - Transkei		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1730 NKULULEKO MGUBHELA	18	18	20:13.0	20:13.0	0:00.0
2	1731 APHELELE NKONYENI	23	41	20:36.2	40:49.3	0:23.1

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Final Team Results

Men

E17-B16/6

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	351 JOSEPH TEBOHO	20	20	20:18.0	20:18.0	0:00.0
2	352 DILLAN VAN ROOYEN	28	48	20:59.8	41:17.8	0:41.8
Team - Boland		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1369 ADRIAN WILDSCHUTT	16	16	20:07.8	20:07.8	0:00.0
2	1370 TOBIE LEWIES	17	33	20:08.5	40:16.4	0:00.7
Team - Border		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1749 THABILE MKHUPHENI	14	14	20:02.3	20:02.3	0:00.0
2	1750 LUTHANDO KWEYIYA	33	47	21:28.8	41:31.1	1:26.4
Team - Eastern Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1788 SIMAMKELE ROOI	45	45	22:44.2	22:44.2	0:00.0
Team - North Western Cape		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3265 MARIO KOOPER	48	48	23:07.8	23:07.8	0:00.0
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	806 ROWHALDO RATZ	10	10	19:52.8	19:52.8	0:00.0
Team - Individual		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	831 ALANTINO BELILLIE	22	22	20:33.9	20:33.9	0:00.0
2	2433 NKOSINATHI NKOSI	49	71	23:08.8	43:42.8	2:34.9
3	2449 KOBUS KRIEL	54	125	26:33.7	1:10:16.5	5:59.7

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Final Team Results**Men****E17-B17/6**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):37		Average Time: 19:23.8				
1	2848 WILLIAM POTGIETER	6	6	19:18.8	19:18.8	0:00.0
2	2845 IKAGENG GAOREKWE	7	13	19:18.9	38:37.8	0:00.0
3	2844 DYLAN VD MERWE	11	24	19:26.1	58:04.0	0:07.2
4	2846 ISAAC LESIA	13	37	19:31.5	1:17:35.5	0:12.6
Team - Free State		Finish Position - 2				
Team Score (places):44		Average Time: 19:16.3				
1	519 ARMIN FILLIES	1	1	18:00.0	18:00.0	0:00.0
2	521 SIPHO RAMOHOTSI	4	5	19:16.7	37:16.7	1:16.7
3	520 NEO SEGOPOLO	10	15	19:25.1	56:41.9	1:25.1
4	532 MOEKETSI	29	44	20:23.3	1:17:05.2	2:23.3
Team - Kwazulu Natal		Finish Position - 3				
Team Score (places):47		Average Time: 19:24.5				
1	1322 ANELE HADEBE	2	2	18:53.0	18:53.0	0:00.0
2	1320 LINDOKUHLE	14	16	19:35.0	38:28.1	0:41.9
3	1323 APHELELE PHUNGULE	15	31	19:35.0	58:03.1	0:41.9
4	1321 XOLANI MKHIZE	16	47	19:35.1	1:17:38.3	0:42.0
Team - South Western Districts		Finish Position - 4				
Team Score (places):55		Average Time: 19:37.9				
1	3148 RUBEN DLEPU	3	3	18:58.0	18:58.0	0:00.0
2	3146 JEREMY SEEKOEI	8	11	19:23.1	38:21.1	0:25.0
3	3147 LIONEL JACOBS	18	29	19:50.0	58:11.1	0:51.9
4	3145 JAMIE-LEE VAN REENEN	26	55	20:20.7	1:18:31.9	1:22.7
Team - Gauteng North		Finish Position - 5				
Team Score (places):98		Average Time: 20:09.5				
1	1960 TOMRIN VLOK	17	17	19:40.9	19:40.9	0:00.0
2	1952 KWANELE MTHEMBU	19	36	19:52.5	39:33.4	0:11.5
3	1946 MARNU DU PLESSIS	25	61	20:19.2	59:52.7	0:38.2
4	1951 MAPIET MODIBA	37	98	20:45.4	1:20:38.1	1:04.4
Team - Mpumalanga		Finish Position - 6				
Team Score (places):143		Average Time: 20:52.3				
1	967 SIBUSISO KUBHEKA	20	20	19:52.8	19:52.8	0:00.0

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Men

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Mpumalanga				Finish Position - 6		
Team Score (places):143				Average Time: 20:52.3		
2	969 TSHEPO MORAKE	38	58	20:54.2	40:47.1	1:01.3
3	960 ELIJAH MASEKO	41	99	21:11.8	1:01:58.9	1:18.9
4	962 GRONIGHAN GROBLER	44	143	21:30.3	1:23:29.3	1:37.4
Team - North West North				Finish Position - 7		
Team Score (places):162				Average Time: 21:26.7		
1	1637 VINCENTIOUS KAT	23	23	20:12.3	20:12.3	0:00.0
2	1639 ODIRILE MODIBEDI	36	59	20:38.0	40:50.3	0:25.6
3	1640 KAEBARILENG MOLEFE	49	108	22:06.7	1:02:57.0	1:54.4
4	1641 GERT JAKOBUS	54	162	22:50.0	1:25:47.0	2:37.6
Team - Limpopo				Finish Position - 8		
Team Score (places):176				Average Time: 21:27.9		
1	153 PONTSO NGOBENI	39	39	20:54.7	20:54.7	0:00.0
2	152 PETER TAU	42	81	21:14.4	42:09.1	0:19.7
3	151 MICHAEL LESO	45	126	21:31.2	1:03:40.4	0:36.5
4	154 POTEGO MATHABOTLA	50	176	22:11.3	1:25:51.7	1:16.6
Team - Griqualand West				Finish Position - 9		
Team Score (places):179				Average Time: 21:46.7		
1	264 WERNER ISAACS	28	28	20:22.9	20:22.9	0:00.0
2	262 JEAN-CLAUDE	47	75	21:52.6	42:15.5	1:29.6
3	260 LORENZO VD	51	126	22:11.5	1:04:27.1	1:48.6
4	261 DALANTINO AFRIKA	53	179	22:40.0	1:27:07.1	2:17.0
Team - Central North West				Finish Position - 10		
Team Score (places):190				Average Time: 22:51.0		
1	2748 ONTIRETSE	22	22	20:03.0	20:03.0	0:00.0
2	2750 DYLAN KRUGER	55	77	23:19.5	43:22.5	3:16.4
3	2749 THATO MODISE	56	133	23:23.1	1:06:45.6	3:20.0
4	2751 BOITUMELO MONAHENG	57	190	24:38.3	1:31:24.0	4:35.3
Team - Transkei				Finish Position - Inc.		
Team Score (places):Inc.				Average Time:		
1	1734 MONGEZI NGOBE	12	12	19:28.1	19:28.1	0:00.0
2	1733 LUTHANDO NDONYELA	24	36	20:15.0	39:43.1	0:46.8

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Men

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Transkei		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
3	1735 AYANDA NDIZANA	27	63	20:22.4	1:00:05.5	0:54.3
Team - Vaal Triangle		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	353 PATRIC MFENE	31	31	20:28.7	20:28.7	0:00.0
2	354 CAMERON GRANT	35	66	20:34.7	41:03.5	0:06.0
Team - Boland		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1371 HENRICO DAVIDS	5	5	19:17.0	19:17.0	0:00.0
2	1372 JASON KOOPMAN	21	26	19:54.2	39:11.2	0:37.2
Team - Border		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	1757 ASAVELA MKHWAMBI	30	30	20:27.6	20:27.6	0:00.0
2	1756 MONDE POLISITI	33	63	20:34.1	41:01.8	0:06.5
3	1755 YANGA MALUSI	43	106	21:15.8	1:02:17.6	0:48.1
Team - North Western Cape		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3264 HENRY JOUBERT	40	40	21:10.8	21:10.8	0:00.0
2	3268 ROBERT BESTER	46	86	21:35.3	42:46.2	0:24.4
3	3267 LOUW-GINO GREEN	48	134	22:01.5	1:04:47.7	0:50.6
Team - Western Province		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	808 LUKHANYO NOBAKADA	9	9	19:24.5	19:24.5	0:00.0
2	807 MCMARSHALL	32	41	20:32.0	39:56.6	1:07.5
Team - Individual		Finish Position - Inc.				
Team Score (places):Inc.		Average Time:				
1	3095 THATO PULE	34	34	20:34.3	20:34.3	0:00.0
2	2448 CHARL COETZER	52	86	22:35.0	43:09.3	2:00.7

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Final Team Results**Women****E18-JW/6**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):21		Average Time: 23:07.1				
1	2904 CARINA VILJOEN	1	1	22:23.9	22:23.9	0:00.0
2	2932 JEANETTE BOKADI	2	3	22:41.7	45:05.6	0:17.7
3	2930 THANDI SEHOHLE	6	9	23:11.0	1:08:16.7	0:47.0
4	2929 FARIDA ZWANE	12	21	24:11.7	1:32:28.5	1:47.7
Team - Gauteng North		Finish Position - 2				
Team Score (places):35		Average Time: 23:39.4				
1	2208 THANDEKA MANZANA	4	4	22:57.4	22:57.4	0:00.0
2	2209 MARN? MENTZ	5	9	22:58.4	45:55.8	0:01.0
3	2200 SONEL BEZUIDENHOUT	10	19	24:03.8	1:09:59.7	1:06.4
4	2212 APHIWE SIBENYA	16	35	24:37.9	1:34:37.6	1:40.5
Team - Kwazulu Natal		Finish Position - 3				
Team Score (places):59		Average Time: 24:31.7				
1	1326 THOBILE MKHIZE	11	11	24:04.0	24:04.0	0:00.0
2	1327 NOMUSA XABA	13	24	24:23.8	48:27.8	0:19.8
3	3294 STHEMBILE HADEBE	17	41	24:46.7	1:13:14.5	0:42.7
4	1325 ONGEZIWE GEBASHE	18	59	24:52.4	1:38:06.9	0:48.4
Team - Central North West		Finish Position - 4				
Team Score (places):88		Average Time: 25:44.9				
1	2598 BERNADENE MCLLOUD	14	14	24:27.9	24:27.9	0:00.0
2	2600 SUNELLE COETZEE	22	36	25:26.4	49:54.4	0:58.4
3	2599 DUANNE FOURIE	24	60	26:11.0	1:16:05.4	1:43.0
4	2594 ANNICA HABIG	28	88	26:54.3	1:42:59.8	2:26.3
Team - Mpumalanga		Finish Position - 5				
Team Score (places):101		Average Time: 27:55.7				
1	1108 SHERILENE	8	8	23:35.7	23:35.7	0:00.0
2	1109 THATO MOKHESENG	30	38	28:20.3	51:56.0	4:44.5
3	1107 LERATO NTSHWANE	31	69	28:32.7	1:20:28.8	4:57.0
4	1110 THEMBEKA NGWENYA	32	101	31:14.1	1:51:43.0	7:38.4

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Final Team Results**Women****E19-G12/3**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng				Finish Position - 1		
Team Score (places):23				Average Time: 11:15.8		
1	2873 AYANDA SEBETHA	1	1	10:48.9	10:48.9	0:00.0
2	2877 MICHAELA MURAT	2	3	11:00.0	21:48.9	0:11.1
3	2878 RESEGO THAPEDI	3	6	11:15.7	33:04.7	0:26.8
4	2874 BAXOLILE RAKHUDU	17	23	11:58.8	45:03.5	1:09.9
Team - Gauteng North				Finish Position - 2		
Team Score (places):25				Average Time: 11:30.6		
1	2040 ANRIETTE HAASBROEK	4	4	11:26.0	11:26.0	0:00.0
2	2037 MILLA COETZEE	6	10	11:31.1	22:57.1	0:05.0
3	2038 LESHAN CURLEWIS	7	17	11:32.5	34:29.7	0:06.5
4	2042 SHALEEN JANSE VAN	8	25	11:32.7	46:02.5	0:06.7
Team - Free State				Finish Position - 3		
Team Score (places):80				Average Time: 12:02.4		
1	658 LERATO LESIA	16	16	11:57.8	11:57.8	0:00.0
2	659 REFILWE MOTSOENENG	19	35	12:00.4	23:58.2	0:02.5
3	657 TEBELLO MOHLOKI	21	56	12:02.5	36:00.8	0:04.6
4	660 XOLISWA RAPULANE	24	80	12:08.8	48:09.6	0:10.9
Team - Individual				Finish Position - 4		
Team Score (places):82				Average Time: 12:03.7		
1	1398 LEONE PIETERSE	10	10	11:41.1	11:41.1	0:00.0
2	1399 MOESHA EKSTEEN	14	24	11:49.6	23:30.7	0:08.5
3	2800 RUANDI VAN DYK	22	46	12:06.2	35:37.0	0:25.1
4	1818 KAYLA FERREIRA	36	82	12:38.0	48:15.1	0:56.9
Team - Central North West				Finish Position - 5		
Team Score (places):84				Average Time: 12:05.1		
1	2515 MARYKE VAN ASWEGEN	9	9	11:39.1	11:39.1	0:00.0
2	2513 NELLIE HETZEL	13	22	11:47.5	23:26.7	0:08.3
3	2514 LILICIA BURGER	27	49	12:22.1	35:48.8	0:42.9
4	2516 LEONORE LUBBE	35	84	12:31.8	48:20.6	0:52.6
Team - Limpopo				Finish Position - 6		
Team Score (places):103				Average Time: 12:13.6		
1	91 LERATO MALEPE	5	5	11:27.8	11:27.8	0:00.0

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Limpopo				Finish Position - 6		
Team Score (places):103				Average Time: 12:13.6		
2	95 SEREY MOKOO	31	36	12:25.4	23:53.3	0:57.6
3	94 PALESA APHANE	33	69	12:29.4	36:22.7	1:01.5
4	90 CYLA KNOX	34	103	12:31.7	48:54.4	1:03.8
Team - South Western Districts				Finish Position - 7		
Team Score (places):119				Average Time: 12:23.1		
1	3176 AYANDA WILDSCHUT	18	18	12:00.3	12:00.3	0:00.0
2	3175 AGNES DE BRUYN	29	47	12:22.5	24:22.8	0:22.2
3	3179 KAYLENE MAJOLA	30	77	12:22.6	36:45.5	0:22.3
4	3178 DESEREE KERSPUY	42	119	12:47.1	49:32.7	0:46.8
Team - North West North				Finish Position - 8		
Team Score (places):122				Average Time: 12:22.9		
1	1525 CARLA VERMAAK	20	20	12:01.0	12:01.0	0:00.0
2	1524 LILAINE VAN ROOYEN	23	43	12:06.9	24:07.9	0:05.9
3	1522 LAURIKA OLIVIER	39	82	12:41.1	36:49.1	0:40.1
4	1528 MICHELLE SWANEPOEL	40	122	12:42.5	49:31.7	0:41.5
Team - Mpumalanga				Finish Position - 9		
Team Score (places):124				Average Time: 12:28.0		
1	1022 ANGELIQUE NEL	25	25	12:18.2	12:18.2	0:00.0
2	1029 SELAMA BIGGS	26	51	12:19.5	24:37.8	0:01.2
3	1024 CHANÉ GREY	32	83	12:29.3	37:07.1	0:11.0
4	1027 LILIAN VELDMAN	41	124	12:44.9	49:52.0	0:26.6
Team - Vaal Triangle				Finish Position - 10		
Team Score (places):129				Average Time: 12:29.0		
1	321 NKULULEKO MAPHOSA	11	11	11:44.0	11:44.0	0:00.0
2	323 TARENE LABUSCHAGNE	37	48	12:39.3	24:23.3	0:55.2
3	324 SARIEN BOTHA	38	86	12:40.4	37:03.8	0:56.3
4	322 RETHABILE NOTANA	43	129	12:52.5	49:56.3	1:08.4
Team - Griqualand West				Finish Position - 11		
Team Score (places):182				Average Time: 13:29.5		
1	201 RUCHELLE PIETERSEN	44	44	13:01.4	13:01.4	0:00.0
2	203 LEONE V ZYL	45	89	13:17.0	26:18.4	0:15.6

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Final Team Results

Women

E19-G12/3

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>	
Team - Griqualand West		Finish Position - 11					
Team Score (places):182		Average Time: 13:29.5					
3	200	CLAUDINE BROWN	46	135	13:30.0	39:48.5	0:28.6
4	204	FRANCES VD MERWE	47	182	14:09.5	53:58.0	1:08.1

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):22		Average Time: 10:17.9				
1	2801 BANELE ZWANE	1	1	10:00.4	10:00.4	0:00.0
2	2804 KARABO MASHILO	2	3	10:05.6	20:06.0	0:05.2
3	2805 MZWAKHE MASHABA	8	11	10:30.3	30:36.3	0:29.9
4	2802 CAMEROON CURTIS	11	22	10:35.4	41:11.8	0:35.0
Team - South Western Districts		Finish Position - 2				
Team Score (places):32		Average Time: 10:21.9				
1	3118 MALVIN VISSER	3	3	10:06.0	10:06.0	0:00.0
2	3121 SHANE FREDERICKS	5	8	10:07.0	20:13.0	0:01.0
3	3117 LAZLO PAULSEN	10	18	10:33.0	30:46.0	0:27.0
4	3116 ELDIGO JONAS	14	32	10:41.9	41:27.9	0:35.9
Team - Free State		Finish Position - 3				
Team Score (places):63		Average Time: 10:43.8				
1	443 MARNUS PRINSLOO	9	9	10:31.1	10:31.1	0:00.0
2	442 RETHABILE MOKHOTHU	13	22	10:36.3	21:07.4	0:05.2
3	444 RETHABILE THOABALA	19	41	10:51.5	31:58.9	0:20.3
4	449 MOEKETSI LUPONDO	22	63	10:56.2	42:55.2	0:25.1
Team - Gauteng North		Finish Position - 4				
Team Score (places):70		Average Time: 10:47.3				
1	1870 CLAIVEN SCOTT	15	15	10:42.2	10:42.2	0:00.0
2	1873 XAIDON WITBOOI	17	32	10:44.7	21:26.9	0:02.5
3	1864 SABBATH MFUNO	18	50	10:49.4	32:16.4	0:07.2
4	1868 WALDO PIETERSE	20	70	10:52.8	43:09.3	0:10.6
Team - North West North		Finish Position - 5				
Team Score (places):109		Average Time: 11:07.5				
1	1539 ORATILE SELEMELA	21	21	10:56.0	10:56.0	0:00.0
2	1536 HENDRIK (HENNIE NEL	26	47	11:02.9	21:59.0	0:06.8
3	1532 ISHMAEL ANDREW	27	74	11:06.1	33:05.2	0:10.1
4	1535 JOHANNES HENDRI	35	109	11:25.0	44:30.2	0:28.9
Team - Mpumalanga		Finish Position - 6				
Team Score (places):120		Average Time: 11:18.9				
1	892 JUNIOR MOKHESENG	6	6	10:27.2	10:27.2	0:00.0

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Final Team Results**Men****E20-B12/3**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Mpumalanga		Finish Position - 6				
Team Score (places):120		Average Time: 11:18.9				
2	893 LEKOKO NKADIMENG	30	36	11:12.8	21:40.0	0:45.6
3	1521 THULANE MTSWENI	38	74	11:30.1	33:10.2	1:02.9
4	891 DE WET BRITZ	46	120	12:05.7	45:15.9	1:38.5
Team - Limpopo		Finish Position - 7				
Team Score (places):144		Average Time: 11:23.4				
1	78 CLEMENT MOGAWANE	24	24	10:59.2	10:59.2	0:00.0
2	89 WILLEM SMIT	37	61	11:26.6	22:25.9	0:27.4
3	87 PAUL MOSENA	39	100	11:30.5	33:56.4	0:31.2
4	80 FUFU MOLOKOMME	44	144	11:37.2	45:33.7	0:37.9
Team - Griqualand West		Finish Position - 8				
Team Score (places):152		Average Time: 11:35.7				
1	245 ELLOHIM V NELL	28	28	11:06.6	11:06.6	0:00.0
2	243 COHEN MONGALE	34	62	11:19.3	22:25.9	0:12.7
3	241 HENDRIK BADENHORST	43	105	11:36.0	34:01.9	0:29.4
4	244 THABISHO	47	152	12:21.1	46:23.1	1:14.5
Team - Central North West		Finish Position - 9				
Team Score (places):156		Average Time: 11:30.0				
1	2690 KAGISO MASIGO	33	33	11:18.7	11:18.7	0:00.0
2	2692 TSEPETSI MONTSO	40	73	11:32.7	22:51.5	0:14.0
3	2693 GALALETSANG	41	114	11:32.8	34:24.3	0:14.0
4	2691 NANTES BOOYSEN	42	156	11:35.9	46:00.2	0:17.2

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Team - Central Gauteng		Finish Position - 1				
Team Score (places):44		Average Time: 25:30.1				
1	2927 TUMISANG MONATLALA	1	1	24:48.9	24:48.9	0:00.0
2	2924 NJABULO TSHABALALA	6	7	25:21.0	50:09.9	0:32.0
3	2925 SIYABONGA MABENA	14	21	25:39.3	1:15:49.3	0:50.4
4	2923 EDWIN MAJWAFI	23	44	26:11.1	1:42:00.4	1:22.2
Team - Western Province		Finish Position - 2				
Team Score (places):59		Average Time: 25:45.1				
1	809 BRUCE-LYNN DAMONS	7	7	25:23.1	25:23.1	0:00.0
2	811 ASHLEY SMITH	13	20	25:35.2	50:58.3	0:12.0
3	810 KALEB BEUKES	18	38	25:59.4	1:16:57.8	0:36.3
4	813 ANTHONY TIMOTEUS	21	59	26:02.7	1:43:00.6	0:39.6
Team - Limpopo		Finish Position - 3				
Team Score (places):70		Average Time: 25:55.4				
1	169 THABANG NKUNA	2	2	24:56.3	24:56.3	0:00.0
2	168 MOKOFUNE MILTON	3	5	24:59.4	49:55.7	0:03.1
3	165 KAMEGOLO MASEMOLA	15	20	25:43.6	1:15:39.4	0:47.2
4	164 JOEL KEKANA	50	70	28:02.2	1:43:41.6	3:05.9
Team - Gauteng North		Finish Position - 4				
Team Score (places):81		Average Time: 26:01.5				
1	2197 IAN SLINGER	8	8	25:24.0	25:24.0	0:00.0
2	2188 THOBILE MOSITO	10	18	25:28.4	50:52.4	0:04.4
3	2194 HENCO SCHOEMAN	31	49	26:34.8	1:17:27.2	1:10.8
4	2193 FUKAMA RAMAKOKOBO	32	81	26:38.9	1:44:06.2	1:14.9
Team - South Western Districts		Finish Position - 5				
Team Score (places):90		Average Time: 26:09.7				
1	3221 JANSEN DARRIES	9	9	25:24.5	25:24.5	0:00.0
2	3220 FRANCOIS MAQUASSA	16	25	25:46.0	51:10.5	0:21.5
3	3218 BRYSON VAN WYK	22	47	26:07.6	1:17:18.1	0:43.1
4	3215 ARCHIE BOOME	43	90	27:21.0	1:44:39.1	1:56.5
Team - Free State		Finish Position - 6				
Team Score (places):98		Average Time: 26:16.1				
1	533 XABA MAVUSO	12	12	25:33.0	25:33.0	0:00.0

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Final Team Results**Men****E21-JM/8**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Free State				Finish Position - 6		
Team Score (places):98				Average Time: 26:16.1		
2	538 TSHEHLA RALEKHETLA	27	39	26:25.4	51:58.5	0:52.4
3	537 VELAPI QWALANE	29	68	26:32.0	1:18:30.6	0:58.9
4	539 XOLISA MADI	30	98	26:34.0	1:45:04.6	1:00.9
Team - Kwazulu Natal				Finish Position - 7		
Team Score (places):109				Average Time: 26:29.9		
1	1338 NDUMISO SOKHELA	5	5	25:06.2	25:06.2	0:00.0
2	1339 STHEMBISO NDLOVU	11	16	25:29.2	50:35.4	0:23.0
3	1336 APHELELE FANEKHO	45	61	27:30.0	1:18:05.5	2:23.8
4	1340 BULELANI MADLALA	48	109	27:54.3	1:45:59.8	2:48.1
Team - Boland				Finish Position - 8		
Team Score (places):110				Average Time: 26:28.4		
1	1373 JOHANNES JANSEN	17	17	25:52.7	25:52.7	0:00.0
2	1376 NADEEL WILDSCHUTT	25	42	26:18.8	52:11.6	0:26.0
3	1375 CHESLIN AFFORD	26	68	26:21.3	1:18:33.0	0:28.6
4	1374 LORENZO PIETERS	42	110	27:20.7	1:45:53.8	1:28.0
Team - Mpumalanga				Finish Position - 9		
Team Score (places):137				Average Time: 26:49.7		
1	1095 JUNIOR NDZEKENI	24	24	26:16.2	26:16.2	0:00.0
2	1103 SUNDAY MKHATSHWA	34	58	26:44.5	53:00.7	0:28.3
3	1104 TEBOGO NDANDWE	38	96	27:03.6	1:20:04.4	0:47.4
4	1090 ALBERT ZIKODE	41	137	27:14.6	1:47:19.1	0:58.4
Team - Central North West				Finish Position - 10		
Team Score (places):172				Average Time: 27:37.8		
1	2757 CASPER DE VILLIERS	28	28	26:26.0	26:26.0	0:00.0
2	2759 PIETER MONG	36	64	26:54.1	53:20.1	0:28.1
3	2758 KAMOGELO MONCHO	53	117	28:30.7	1:21:50.9	2:04.7
4	2753 JOHNNY WILLIAMS	55	172	28:40.4	1:50:31.3	2:14.4
Team - Griqualand West				Finish Position - 11		
Team Score (places):188				Average Time: 28:27.5		
1	267 NATHAN EDWARDS	20	20	26:00.8	26:00.8	0:00.0
2	265 LETLHOGONOLO	51	71	28:11.3	54:12.2	2:10.4

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Final Team Results**Men****E21-JM/8**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Griqualand West				Finish Position - 11		
Team Score (places):188				Average Time: 28:27.5		
3	269 DEVON PORTMAN	57	128	29:17.0	1:23:29.2	3:16.2
4	268 EMILE KOCK	60	188	30:21.0	1:53:50.3	4:20.1
Team - North West North				Finish Position - 12		
Team Score (places):206				Average Time: 28:26.4		
1	1649 KARABO MPEDI	47	47	27:53.8	27:53.8	0:00.0
2	1647 POLOKO MMAKGOLANE	49	96	27:55.5	55:49.4	0:01.7
3	1650 TEFO MOSOMANE	52	148	28:13.3	1:24:02.7	0:19.4
4	1648 GODFREY MOLEFE	58	206	29:43.0	1:53:45.7	1:49.1
Team - North Western Cape				Finish Position - 13		
Team Score (places):245				Average Time: 31:08.9		
1	3270 VIRGIL VAN DER BYL	59	59	30:20.7	30:20.7	0:00.0
2	3269 HANS ESAU	61	120	30:56.3	1:01:17.0	0:35.5
3	3272 DYLON MOUTON	62	182	31:11.2	1:32:28.3	0:50.5
4	3271 JANRO LINE	63	245	32:07.4	2:04:35.8	1:46.7

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Final Team Results**Women****E22-G13/3**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):10		Average Time: 10:39.6				
1	2883 NTOMBENHLE SEABI	1	1	10:34.8	10:34.8	0:00.0
2	2881 KELETSO SENOSI	2	3	10:34.9	21:09.7	0:00.0
3	2879 CASEY BOSMAN	3	6	10:42.0	31:51.8	0:07.2
4	2880 CHANTE WILSON	4	10	10:46.8	42:38.7	0:12.0
Team - Gauteng North		Finish Position - 2				
Team Score (places):40		Average Time: 11:13.8				
1	2061 ANKE GREYLING	6	6	11:04.8	11:04.8	0:00.0
2	2072 LIZETH VAN WYK	7	13	11:05.0	22:09.8	0:00.2
3	2066 PHOMOLELO	13	26	11:22.6	33:32.4	0:17.8
4	2055 JEANNE DE BEER	14	40	11:22.7	44:55.2	0:17.9
Team - South Western Districts		Finish Position - 3				
Team Score (places):63		Average Time: 11:26.8				
1	3186 LISMA JACOBS	8	8	11:06.0	11:06.0	0:00.0
2	3185 JOLENE BALIE	11	19	11:17.6	22:23.6	0:11.6
3	3188 ZAINAL SPOGTER	21	40	11:40.0	34:03.6	0:34.0
4	3187 NATASHA KRUGER	23	63	11:43.5	45:47.2	0:37.5
Team - Free State		Finish Position - 4				
Team Score (places):68		Average Time: 11:29.5				
1	675 CHANDRÉ ERASMUS	9	9	11:12.8	11:12.8	0:00.0
2	677 NADINE KEMP	18	27	11:29.1	22:41.9	0:16.3
3	679 MEGAN PRINSLOO	19	46	11:32.9	34:14.9	0:20.0
4	674 KEDIBONE SETHUNISHA	22	68	11:43.4	45:58.3	0:30.6
Team - Kwazulu Natal		Finish Position - 5				
Team Score (places):88		Average Time: 11:49.8				
1	1342 LEE ANN BLAKE	10	10	11:13.3	11:13.3	0:00.0
2	1343 AMBER SCHLEBUSCH	17	27	11:28.0	22:41.3	0:14.6
3	1341 LEAH KRIEL	27	54	12:10.7	34:52.1	0:57.3
4	1344 LIKHONA MSHENGU	34	88	12:27.1	47:19.2	1:13.7
Team - Central North West		Finish Position - 6				
Team Score (places):110		Average Time: 12:07.2				
1	2530 LIENGE LAMPBRECT	16	16	11:25.9	11:25.9	0:00.0

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Final Team Results

Women

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central North West		Finish Position - 6				
Team Score (places):110		Average Time: 12:07.2				
2	2531 MEANRI ERASMUS	26	42	12:10.3	23:36.2	0:44.3
3	2533 ANN VAN AARDE	31	73	12:23.0	35:59.2	0:57.0
4	2532 ALEXIA CHADINHA	37	110	12:29.8	48:29.1	1:03.8
Team - Mpumalanga		Finish Position - 7				
Team Score (places):120		Average Time: 12:21.3				
1	1033 NAFTILEEN GROBLER	15	15	11:25.6	11:25.6	0:00.0
2	1035 SINENHLANHLA	20	35	11:39.1	23:04.7	0:13.5
3	1034 NOMONDE NDUZE	42	77	13:08.5	36:13.3	1:42.9
4	1030 ANUSHKA WARDECK	43	120	13:12.0	49:25.3	1:46.4
Team - Limpopo		Finish Position - 8				
Team Score (places):125		Average Time: 12:34.2				
1	109 CHRISTELLE COETZER	5	5	10:56.6	10:56.6	0:00.0
2	111 MONENE MOLAPO	29	34	12:18.4	23:15.1	1:21.8
3	108 CARA COETZEE	45	79	13:27.1	36:42.3	2:30.5
4	110 MARCELLE DE JAGER	46	125	13:34.8	50:17.1	2:38.1
Team - North West North		Finish Position - 9				
Team Score (places):137		Average Time: 12:39.5				
1	1543 MICHELLE GEDULD	28	28	12:13.0	12:13.0	0:00.0
2	1544 KENEILWE SYLVIA JAS	30	58	12:22.0	24:35.0	0:09.0
3	1547 MASEGO MMOPE	32	90	12:23.9	36:58.9	0:10.9
4	1548 ZENELDI VAN HEERDEN	47	137	13:39.4	50:38.3	1:26.4
Team - Griqualand West		Finish Position - 10				
Team Score (places):143		Average Time: 12:40.3				
1	206 LORENZIA WHITE	24	24	11:49.6	11:49.6	0:00.0
2	210 MARIONETTE HUGO	38	62	12:54.7	24:44.4	1:05.0
3	205 MARNE RAS	40	102	12:58.0	37:42.4	1:08.4
4	207 MARTHEA V HEERDEN	41	143	12:59.0	50:41.4	1:09.3

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Final Team Results**Men****E23-B13/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - South Western Districts		Finish Position - 1				
Team Score (places):21		Average Time: 13:05.8				
1	3126 WALDO KAPTEIN	2	2	12:59.0	12:59.0	0:00.0
2	3122 ELNICO PIETERS	5	7	13:02.7	26:01.7	0:03.7
3	3249 ZAVIAN LE ROUX	6	13	13:08.8	39:10.5	0:09.8
4	3127 WESLEY OLVIER	8	21	13:12.7	52:23.2	0:13.7
Team - Central Gauteng		Finish Position - 2				
Team Score (places):32		Average Time: 13:12.2				
1	2821 NTUTHUKO NDIMANDE	4	4	13:01.0	13:01.0	0:00.0
2	2824 SANDILE MATJENI	7	11	13:11.5	26:12.5	0:10.4
3	2819 KHOTSO MAKOFANE	10	21	13:14.0	39:26.5	0:12.9
4	2823 REALEBOGA	11	32	13:22.3	52:48.9	0:21.3
Team - Free State		Finish Position - 3				
Team Score (places):55		Average Time: 13:29.9				
1	459 TEBOHO MATSOSO	3	3	12:59.3	12:59.3	0:00.0
2	466 ITUMELENG MOKOENA	16	19	13:36.5	26:35.9	0:37.2
3	461 VUYO BOSMAN	17	36	13:36.7	40:12.7	0:37.4
4	463 THABO HOELEJANE	19	55	13:47.2	53:59.9	0:47.8
Team - Vaal Triangle		Finish Position - 4				
Team Score (places):87		Average Time: 13:50.2				
1	328 MOALOSI RAMOLOTSI	9	9	13:13.9	13:13.9	0:00.0
2	331 JOHN LETAGENG	15	24	13:34.9	26:48.8	0:20.9
3	332 ANDRU LAUW	27	51	14:06.5	40:55.4	0:52.6
4	329 KARABO SEREME	36	87	14:25.5	55:20.9	1:11.5
Team - Kwazulu Natal		Finish Position - 5				
Team Score (places):88		Average Time: 13:55.6				
1	1347 S'MPHISISO HADEBE	13	13	13:34.2	13:34.2	0:00.0
2	1348 SMANGALISO MPINDA	14	27	13:34.7	27:08.9	0:00.5
3	1349 ZAMANI KHUZWAYO	21	48	13:52.5	41:01.5	0:18.3
4	1345 LUCKY GUMEDE	40	88	14:40.9	55:42.4	1:06.7
Team - Gauteng North		Finish Position - 6				
Team Score (places):96		Average Time: 13:59.7				
1	1890 LESLIE-JOHN VILJOEN	22	22	13:55.8	13:55.8	0:00.0

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Final Team Results**Men****E23-B13/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Gauteng North		Finish Position - 6				
Team Score (places):96		Average Time: 13:59.7				
2	1881 TRAVIS KOEKEMOER	23	45	13:56.0	27:51.8	0:00.1
3	1882 VOLDIVAIN MBOMA	25	70	14:02.3	41:54.1	0:06.4
4	1879 MATTHEW FORRESTER	26	96	14:04.6	55:58.8	0:08.8
Team - Limpopo		Finish Position - 7				
Team Score (places):101		Average Time: 14:01.3				
1	105 NOLID MABELA	12	12	13:23.0	13:23.0	0:00.0
2	103 MARVIN MATHABA	20	32	13:52.5	27:15.5	0:29.5
3	102 KENNY RAMAGWELE	31	63	14:20.3	41:35.8	0:57.3
4	98 EVANS MELLO	38	101	14:29.4	56:05.2	1:06.4
Team - Mpumalanga		Finish Position - 8				
Team Score (places):108		Average Time: 14:03.5				
1	901 ALEX MADLALA	18	18	13:36.8	13:36.8	0:00.0
2	912 SKHUMBUZO NDLOVU	24	42	13:59.7	27:36.6	0:22.8
3	902 ANDREAS VAN	29	71	14:10.9	41:47.6	0:34.0
4	913 THEUNS LUUS	37	108	14:26.5	56:14.1	0:49.6
Team - Central North West		Finish Position - 9				
Team Score (places):148		Average Time: 14:33.9				
1	2708 STAFAANS MOTHOBHI	28	28	14:10.0	14:10.0	0:00.0
2	2707 THABISO MOHEI	30	58	14:12.3	28:22.3	0:02.3
3	2717 GRANT PHILLIP	44	102	14:55.7	43:18.1	0:45.7
4	2716 VUYOLWETHU KUNENE	46	148	14:57.6	58:15.7	0:47.6
Team - Griqualand West		Finish Position - 10				
Team Score (places):157		Average Time: 14:41.5				
1	247 ROMEO V WYK	32	32	14:21.5	14:21.5	0:00.0
2	248 REWALDO ISAACS	34	66	14:22.9	28:44.4	0:01.3
3	246 CHRISTOPHER	43	109	14:50.4	43:34.9	0:28.8
4	249 CHADWIN WILLIAMS	48	157	15:11.1	58:46.0	0:49.5
Team - North West North		Finish Position - 11				
Team Score (places):177		Average Time: 14:55.2				
1	1555 HLOKOMELANG	41	41	14:43.5	14:43.5	0:00.0
2	1552 TIAAN JANEKE	42	83	14:46.2	29:29.7	0:02.7

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Final Team Results

Men

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - North West North		Finish Position - 11				
Team Score (places):177				Average Time: 14:55.2		
3	1563 STEHAN WOLMARANS	45	128	14:57.3	44:27.1	0:13.8
4	1554 TUMELO KGWALE	49	177	15:13.6	59:40.8	0:30.1

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Final Team Results**Women****E24-G14/4**

<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):10		Average Time: 13:40.2				
1	2889 TSHWANELO MARUPING	1	1	13:33.4	13:33.4	0:00.0
2	2890 YANDISWA SHANGE	2	3	13:38.2	27:11.7	0:04.7
3	2888 LETHABO MAKGOGA	3	6	13:38.5	40:50.3	0:05.0
4	2891 YANDISWA	4	10	13:50.6	54:40.9	0:17.1
Team - Gauteng North		Finish Position - 2				
Team Score (places):34		Average Time: 14:52.1				
1	2087 CORNEL STEYN	7	7	14:42.9	14:42.9	0:00.0
2	2084 ISABEL MAKHURA	8	15	14:48.6	29:31.6	0:05.7
3	2074 ALICIA COCHRANE	9	24	14:57.5	44:29.1	0:14.6
4	2075 JANA COETZER	10	34	14:59.5	59:28.7	0:16.6
Team - Kwazulu Natal		Finish Position - 3				
Team Score (places):56		Average Time: 15:14.0				
1	1351 LUNGELO GAMEDE	6	6	14:40.7	14:40.7	0:00.0
2	1352 PHIWANGUBANI	15	21	15:16.6	29:57.3	0:35.9
3	3292 PHIWE NTSHAMGASE	17	38	15:29.1	45:26.4	0:48.4
4	1353 SISANDA DUMISA	18	56	15:29.7	1:00:56.2	0:49.0
Team - Free State		Finish Position - 4				
Team Score (places):67		Average Time: 15:22.9				
1	692 NTSWAKI MOLAHLOE	11	11	15:02.5	15:02.5	0:00.0
2	693 PIENKIE TOUTO	12	23	15:03.2	30:05.7	0:00.6
3	695 VUYISWA KHAUTA	20	43	15:37.1	45:42.8	0:34.5
4	698 MICHELLE DYKMAN	24	67	15:49.0	1:01:31.9	0:46.5
Team - Mpumalanga		Finish Position - 5				
Team Score (places):103		Average Time: 16:03.1				
1	1042 THULISILE SIBIYA	19	19	15:34.3	15:34.3	0:00.0
2	1039 LIZAAAN DE BLANCHÉ	21	40	15:38.6	31:13.0	0:04.3
3	1040 MICHELLE JACOBS	28	68	16:03.1	47:16.2	0:28.7
4	1044 ZINHLE NGOMANE	35	103	16:56.4	1:04:12.6	1:22.0
Team - South Western Districts		Finish Position - 6				
Team Score (places):110		Average Time: 16:24.2				
1	3189 BRITNEY-ANN MEYER	5	5	14:31.0	14:31.0	0:00.0

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Team - South Western Districts		Finish Position - 6				
Team Score (places):110		Average Time: 16:24.2				
2	3190 CANDICE VAN BEULEN	27	32	15:55.2	30:26.2	1:24.2
3	3191 CHRISCELLE MIGGELS	34	66	16:37.8	47:04.1	2:06.8
4	3192 KAYLA MEYER	44	110	18:33.0	1:05:37.1	4:02.0
Team - North West North		Finish Position - 7				
Team Score (places):120		Average Time: 16:29.0				
1	1569 CHANTELE DE WET	22	22	15:47.0	15:47.0	0:00.0
2	1570 BEAUTY OMPHEMET	25	47	15:49.2	31:36.2	0:02.2
3	1571 REFILWE MORAKE	36	83	17:07.9	48:44.2	1:20.9
4	1572 ANSOPHIE OLIVIER	37	120	17:11.9	1:05:56.1	1:24.8
Team - Central North West		Finish Position - 8				
Team Score (places):122		Average Time: 16:24.1				
1	2549 DANE HOLTZHAUSEN	23	23	15:49.0	15:49.0	0:00.0
2	2550 NEO MOGAPI	29	52	16:06.9	31:56.0	0:17.9
3	2548 CATHIRINE WILLIAMS	31	83	16:11.0	48:07.0	0:21.9
4	2552 JO-ANN ANNANDALE	39	122	17:29.6	1:05:36.7	1:40.6
Team - Limpopo		Finish Position - 9				
Team Score (places):156		Average Time: 17:25.2				
1	124 LORINDA SWANEPOEL	32	32	16:34.0	16:34.0	0:00.0
2	127 RENEILWE KGANYAGO	40	72	17:32.2	34:06.2	0:58.1
3	123 GISELA BEKKER	41	113	17:41.5	51:47.8	1:07.5
4	125 MION SCHOEMAN	43	156	17:53.2	1:09:41.0	1:19.1

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Team - Central Gauteng		Finish Position - 1				
Team Score (places):13		Average Time: 13:56.2				
1	2895 SIMONAY WEITZ	1	1	13:30.6	13:30.6	0:00.0
2	2894 LIZA KELLERMAN	3	4	13:57.2	27:27.9	0:26.5
3	2897 THOBILE VILAKAZI	4	8	14:08.2	41:36.1	0:37.6
4	2893 LESEGO MPSHE	5	13	14:09.0	55:45.1	0:38.3
Team - Gauteng North		Finish Position - 2				
Team Score (places):41		Average Time: 14:43.2				
1	2097 LETLHOGONOLO	7	7	14:21.1	14:21.1	0:00.0
2	2101 BONOLO MPURU	8	15	14:32.5	28:53.6	0:11.4
3	2102 MICHAELA OOSTHUIZEN	12	27	14:51.0	43:44.6	0:29.9
4	2100 MASIGITA MOTHA	14	41	15:08.4	58:53.0	0:47.3
Team - Mpumalanga		Finish Position - 3				
Team Score (places):71		Average Time: 15:19.4				
1	1052 THOBILE AMON	10	10	14:46.4	14:46.4	0:00.0
2	1053 THULISILE AMON	11	21	14:50.9	29:37.4	0:04.5
3	1048 MIA ERASMUS	21	42	15:35.0	45:12.5	0:48.6
4	1046 DESSIRÉ VAN STADEN	29	71	16:05.2	1:01:17.8	1:18.8
Team - Kwazulu Natal		Finish Position - 4				
Team Score (places):73		Average Time: 15:15.2				
1	1357 NONTLANTLA GCINA	2	2	13:51.0	13:51.0	0:00.0
2	1355 NOBUHLE SHANGE	15	17	15:12.6	29:03.6	1:21.6
3	1354 NOKWANDA GUGE	26	43	15:50.2	44:53.9	1:59.2
4	1358 NOKULUNGA MKWANAZI	30	73	16:07.0	1:01:00.9	2:16.0
Team - North West North		Finish Position - 5				
Team Score (places):83		Average Time: 15:27.6				
1	1594 MARIE-TINKA OLIVIER	6	6	14:16.8	14:16.8	0:00.0
2	1593 JOLANDI HORN	16	22	15:13.7	29:30.5	0:56.9
3	1588 DOMINIQUE BARNARD	24	46	15:46.1	45:16.6	1:29.3
4	1590 MARLE KRUGER	37	83	16:33.7	1:01:50.3	2:16.9
Team - Free State		Finish Position - 6				
Team Score (places):106		Average Time: 15:51.9				
1	701 MMAMOSUWE LEPHAILA	20	20	15:28.9	15:28.9	0:00.0

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Team - Free State					Finish Position - 6	
Team Score (places):106					Average Time: 15:51.9	
2	703 CARIEN SANDER	25	45	15:49.6	31:18.6	0:20.6
3	705 NTHABISENG MOLEKO	28	73	15:55.2	47:13.8	0:26.2
4	708 ZELDA VAN DER	33	106	16:13.9	1:03:27.8	0:44.9
Team - South Western Districts					Finish Position - 7	
Team Score (places):107					Average Time: 16:01.9	
1	3195 GITHE STANDER	13	13	14:57.3	14:57.3	0:00.0
2	3194 ELZYNE WARNICK	23	36	15:38.9	30:36.3	0:41.6
3	3193 BIANCA LE GRANGE	31	67	16:07.7	46:44.0	1:10.4
4	3196 JANOLENE BOESAK	40	107	17:23.5	1:04:07.5	2:26.2
Team - Central North West					Finish Position - 8	
Team Score (places):132					Average Time: 16:18.7	
1	2562 MARISKA KLEYN	27	27	15:51.4	15:51.4	0:00.0
2	2565 ANE SCHOEMAN	34	61	16:22.8	32:14.3	0:31.3
3	2564 LENE DE KOCK	35	96	16:28.4	48:42.7	0:36.9
4	2563 NTHABELENG	36	132	16:32.3	1:05:15.1	0:40.8

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):34		Average Time: 12:52.0				
1	2828 FRANS RAMMUTLA	1	1	12:28.8	12:28.8	0:00.0
2	2825 CALEB BEUKES	4	5	12:37.2	25:06.0	0:08.3
3	2827 DYLAN CURTIS	14	19	13:10.1	38:16.2	0:41.3
4	2830 TUMI LEPHOTHO	15	34	13:11.8	51:28.0	0:42.9
Team - Free State		Finish Position - 2				
Team Score (places):35		Average Time: 12:59.3				
1	480 LEBOHANG MAHLOANE	7	7	12:55.5	12:55.5	0:00.0
2	482 NGCONDE MATWEBU	8	15	12:58.0	25:53.5	0:02.4
3	478 SANELE MOKOENA	9	24	13:00.8	38:54.3	0:05.2
4	479 VUYO KAMLANE	11	35	13:02.9	51:57.2	0:07.3
Team - Gauteng North		Finish Position - 3				
Team Score (places):41		Average Time: 12:59.1				
1	1906 JONNY VORSTER	6	6	12:45.6	12:45.6	0:00.0
2	1904 CHRISTOPHER SWART	10	16	13:01.7	25:47.3	0:16.0
3	1892 KEEGAN DALLY	12	28	13:04.3	38:51.7	0:18.7
4	1900 THABANG PHUTIAGAE	13	41	13:04.8	51:56.6	0:19.2
Team - North West North		Finish Position - 4				
Team Score (places):75		Average Time: 13:27.3				
1	1576 OMPHILE MOLOTSI	2	2	12:31.8	12:31.8	0:00.0
2	1578 RONEN OOSTHUIZEN	18	20	13:21.6	25:53.4	0:49.7
3	1574 AMANTLE	22	42	13:38.9	39:32.4	1:07.1
4	1577 KHUNWANE ORORIS	33	75	14:17.0	53:49.5	1:45.1
Team - Mpumalanga		Finish Position - 5				
Team Score (places):86		Average Time: 13:38.4				
1	916 ALDRIN WILLEMSE	3	3	12:36.2	12:36.2	0:00.0
2	923 NHLANHLA MAGULA	20	23	13:26.2	26:02.4	0:49.9
3	927 WILLEAN J VAN	29	52	14:09.0	40:11.4	1:32.7
4	924 RAINER SPRUYT	34	86	14:22.2	54:33.7	1:46.0
Team - Kwazulu Natal		Finish Position - 6				
Team Score (places):107		Average Time: 14:02.9				
1	1360 MFANUFIKILE MKHIZE	16	16	13:18.8	13:18.8	0:00.0

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Team - Kwazulu Natal		Finish Position - 6				
Team Score (places):107		Average Time: 14:02.9				
2	3291 PHELELANI MTHEMBU	19	35	13:24.2	26:43.1	0:05.4
3	1362 THOMAS GIBSON	31	66	14:11.5	40:54.6	0:52.6
4	1361 SPHESIHLE MGAGA	41	107	15:16.9	56:11.5	1:58.1
Team - South Western Districts		Finish Position - 7				
Team Score (places):118		Average Time: 14:03.5				
1	3134 TIRIQUE THERON	25	25	13:46.6	13:46.6	0:00.0
2	3131 LEONARDO JONKERS	26	51	13:47.9	27:34.5	0:01.3
3	3129 DARRYL SOLOMONS	28	79	13:57.0	41:31.5	0:10.4
4	3132 MONRAY MAPOE	39	118	14:42.5	56:14.1	0:55.9
Team - Limpopo		Finish Position - 8				
Team Score (places):124		Average Time: 14:10.1				
1	120 STEWARD MOKOENA	27	27	13:51.3	13:51.3	0:00.0
2	114 JOSIA NYAWENI	30	57	14:09.3	28:00.6	0:18.0
3	115 KARABO MARIPA	32	89	14:13.5	42:14.2	0:22.2
4	117 LUCKY MAKOPO	35	124	14:26.2	56:40.4	0:34.9
Team - Central North West		Finish Position - 9				
Team Score (places):132		Average Time: 14:21.2				
1	2721 TIAAN VAN ASWEGEN	21	21	13:34.7	13:34.7	0:00.0
2	2725 JOHAN JANSEN VAN	36	57	14:36.3	28:11.0	1:01.5
3	2723 JORGEN MOTUBATSI	37	94	14:36.9	42:47.9	1:02.1
4	2722 LETSATSI MOFOLO	38	132	14:36.9	57:24.8	1:02.2

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - Central Gauteng		Finish Position - 1				
Team Score (places):18		Average Time: 12:23.0				
1	2836 THABO MASINA	2	2	12:12.0	12:12.0	0:00.0
2	2832 KATLEGO SEGONE	4	6	12:21.9	24:34.0	0:09.9
3	2833 LIZO SIBEKO	5	11	12:24.4	36:58.5	0:12.3
4	2834 ONKABETSE SEBOLA	7	18	12:33.4	49:32.0	0:21.3
Team - Free State		Finish Position - 2				
Team Score (places):38		Average Time: 12:37.5				
1	490 JOSEPH MOKOTELI	3	3	12:13.0	12:13.0	0:00.0
2	492 KGOTSOFALO	6	9	12:29.0	24:42.0	0:16.0
3	494 JUNIOR TSOEUTE	11	20	12:49.8	37:31.8	0:36.8
4	493 MBUYISELI MTSHITSHI	18	38	12:58.5	50:30.3	0:45.5
Team - Gauteng North		Finish Position - 3				
Team Score (places):46		Average Time: 12:43.0				
1	1918 DAIS MALEBANE	1	1	12:08.0	12:08.0	0:00.0
2	1925 JASON WINDVOGEL	10	11	12:47.3	24:55.3	0:39.2
3	1912 KAMOGELO KHUZWAYO	15	26	12:54.1	37:49.4	0:46.0
4	1923 LEEPILE TAUNYANE	20	46	13:02.5	50:52.0	0:54.4
Team - North West North		Finish Position - 4				
Team Score (places):77		Average Time: 13:04.6				
1	1604 LETLHOGONOLO MORE	13	13	12:52.1	12:52.1	0:00.0
2	1606 JP VAN DER MERWE	17	30	12:57.6	25:49.7	0:05.4
3	1602 NYICO MARRENGUE	23	53	13:14.3	39:04.0	0:22.2
4	1603 LAWRENCE MOKOBANA	24	77	13:14.3	52:18.4	0:22.2
Team - Mpumalanga		Finish Position - 5				
Team Score (places):81		Average Time: 13:09.0				
1	932 FRANCOIS HATTING	9	9	12:46.2	12:46.2	0:00.0
2	929 BEN MAHLANGU	16	25	12:55.9	25:42.2	0:09.6
3	934 JACQUES KEULDER	27	52	13:25.7	39:07.9	0:39.4
4	935 JUAN NIEBUHR	29	81	13:28.2	52:36.2	0:42.0
Team - South Western Districts		Finish Position - 6				
Team Score (places):113		Average Time: 13:29.8				
1	3139 LUZANE PIETERSEN	21	21	13:11.4	13:11.4	0:00.0

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Men

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<u>Bib No</u>	<u>Name</u>	<u>Overall Place</u>	<u>Cumulative Place</u>	<u>Time</u>	<u>Cumulative Time</u>	<u>Time Back</u>
Team - South Western Districts		Finish Position - 6				
Team Score (places):113		Average Time: 13:29.8				
2	3137 JUVANDRE JOOSTE	25	46	13:24.5	26:35.9	0:13.0
3	3135 AVIWE KINANA	32	78	13:38.3	40:14.3	0:26.8
4	3138 LEVERN STUURMAN	35	113	13:45.0	53:59.4	0:33.6
Team - Individual		Finish Position - 7				
Team Score (places):117		Average Time: 13:30.4				
1	829 JAMIEL SOLOMONS	22	22	13:12.3	13:12.3	0:00.0
2	2434 OMPHILE TLADI	28	50	13:27.9	26:40.3	0:15.6
3	828 LEE-ROY CAMERON	33	83	13:38.4	40:18.7	0:26.0
4	830 RONALDO SHARWOOD	34	117	13:42.8	54:01.6	0:30.4
Team - Central North West		Finish Position - 8				
Team Score (places):161		Average Time: 14:32.0				
1	2731 DE ANDRE ERASMUS	37	37	14:09.4	14:09.4	0:00.0
2	2733 KELETSO MOFOKENG	38	75	14:14.2	28:23.6	0:04.8
3	2732 TSHEPO	41	116	14:22.0	42:45.6	0:12.5
4	2734 STEPHAN NIEMAND	45	161	15:22.4	58:08.1	1:13.0