

8km (7km) Results

Overall Position	Name	M/F Position	Time
1st	Lindani Ngcobo	1st M	0:32:27
2nd	Charly Mlotshwa	2nd M	0:32:53
3rd	Matthew Murray	3rd M	0:33:55
4th	Tusen O'Sullivan	4th M	0:34:15
5th	Andre Wolmarans	5th M	0:34:56
6th	Abbey Solms	1st F	0:35:19
7th	Sarah Arnott	2nd F	0:36:24
8th	Kirsty Bomford	3rd F	0:36:43
9th	Craig Alison	6th M	0:38:42
10th	Laura Cole	4th F	0:41:55
11th	Tinus Buys	7th M	0:42:41
12th	George Carr	8th M	0:42:53
13th	Logan Reece	9th M	0:42:53
14th	Linda Wolhuter	5th F	0:43:12
15th	Shannon Watkins	6th F	0:44:49
16th	Douglas Arnott	10th M	0:46:43
17th	Victoria Soutar	7th F	0:48:24
18th	Siobhan Hopkins	8th F	0:49:18
19th	Debbie Preston	9th F	0:49:18
20th	Mollie Alison	10th F	0:50:59
21st	Frankie Carr	11th F	0:50:59
22nd	Zander Grove	11th M	0:51:48
23rd	Fergus Johnson	12th M	0:52:16
24th	Mark Aling	13th M	0:52:16
25th	Beth Johnson	12th F	0:52:16
26th	Kirsten Humbolt	13th F	0:53:20
27th	Carol Phipson	14th F	0:53:30
28th	Chris Slater	14th M	0:59:33
29th	Michelle Alber	15th F	0:59:48

30th	Siyabonga Ndlovu	15th M	01:00:28
31st	Rebecca Wood	16th F	01:03:22
32nd	Isabella Hutton	17th F	01:03:22
33rd	Harry Wellbeloved	16th M	01:03:22
34th	Angus Alison	17th M	01:03:22
35th	Mike Alben	18th M	01:04:56
36th	Ashley Taylor	18th F	01:07:39
37th	Steph Renchen	19th M	01:08:44
38th	Megan Renken	19th F	01:08:44
39th	Paul Renken	20th M	01:08:46
40th	Zelda Grove	20th F	01:15:31
41st	Dona Bungane	21st F	01:16:09
42nd	Vicky Alison	22nd F	01:19:02
43rd	Shelley Wellbeloved	23rd F	01:19:02
44th	Ashton Hansmeyer	21st M	01:19:02
45th	Emily Webster	24th F	01:20:00
46th	Christine Renchen	25th F	01:20:00
47th	Keegan Evans	26th M	01:20:00
48th	Fenella Speed	26th F	01:22:00
49th	Anri Welsh	27th F	01:22:00
59th	Nigel Murray	27th M	01:22:00
60yh	Kirsten Cromhout	28th F	01:29:00
61st	Barry Cromhout	28th M	01:29:00
62nd	Mario Buys	29th M	01:31:00