

Name	Time	Pos-All	Year
Kevin Evans	5:43:52	1	2010
David George	5:47:43	2	2010
Max Knox	5:48:15	3	2010
Ben-Melt Swanepoel	5:55:31	4	2010
Adrien Niyonshuti	6:00:13	5	2010
Matthys Beukes	6:03:08	6	2010
Brandon Stewart	6:05:06	7	2010
Olivier Munnik	6:11:34	8	2010
Rourke Croeser	6:11:37	9	2010
Renay Groustra	6:11:41	10	2010
Willie Brink	6:11:44	11	2010
Philip Buys	6:22:06	12	2010
Cornelius Muller	6:22:41	13	2010
Dave Morison	6:23:52	14	2010
Neil Macdonald	6:28:28	15	2010
Tiaan Kannemeyer	6:30:29	16	2010
Sakkie Hanekom	6:31:25	17	2010
Nicholas White	6:34:18	18	2010
Yolande Speedy	6:36:16	19	2010
Petrus Malherbe	6:39:58	21	2010
Dennis Du Toit	6:40:01	22	2010
Wayne Collin	6:40:10	23	2010
Shaunnick Bester	6:40:16	24	2010
Geddan Ruddock	6:41:51	25	2010
Andrew Ross-Innes	6:41:55	26	2010
Marc Bassingthwaighte	6:42:17	27	2010
Nico Bell	6:42:33	28	2010
Andre Cordes	6:42:35	29	2010
Franso Steyn	6:42:35	30	2010
Hannes Hanekom	6:44:07	31	2010
Paul Cordes	6:45:51	32	2010
Simon Raubenheimer	6:47:51	33	2010
Schalk Louw	6:48:38	34	2010
Shane Thomson	6:49:35	35	2010
Staurt Anderson	6:49:35	36	2010
F A Meiring	6:51:08	37	2010
Hendrick Kruger	6:52:01	38	2010
Marcel Deacon	6:52:10	39	2010
Daniel Paul	6:52:11	40	2010
J P Jung	6:52:19	41	2010
Chris Nel	6:55:24	42	2010
Lieb Loots	6:56:00	43	2010
Ischen Stopforth	7:07:11	45	2010

Rohan Kennedy	7:07:21	46	2010
Johannes Scannell	7:07:22	47	2010
Kobus Barnard	7:07:23	48	2010
Chris Brand	7:09:14	49	2010
Danie Marais	7:11:58	50	2010
Andre Kotze	7:12:26	51	2010
Jason Whyte	7:13:32	52	2010
Travis Saunders	7:14:39	53	2010
Colin Myers	7:14:51	54	2010
Vickus Boshoff	7:16:59	55	2010
Arie Olivier	7:17:06	56	2010
Peter Stopforth	7:17:52	57	2010
Willie Roux	7:17:53	58	2010
Corne Swart	7:17:55	59	2010
Hennie Kriek	7:17:58	60	2010
Neville Ackermann	7:19:48	61	2010
Retief Joubert	7:19:52	62	2010
Hendrik De Kock	7:20:24	63	2010
Hanlie Booyens	7:20:59	64	2010
Gert Coetzee	7:23:44	65	2010
Nico Van Zyl	7:24:03	66	2010
Leon Erasmus	7:24:37	67	2010
Neil Geldenhuys	7:25:54	68	2010
George Du Toit	7:25:55	69	2010
Willie Du Toit	7:25:55	70	2010
Robert Van Staden	7:25:58	71	2010
Charl Du Plessis 1	7:26:01	72	2010
Grey Van Tonder	7:26:06	73	2010
Timo Cooper	7:26:10	74	2010
Jason Eldridge	7:27:44	75	2010
Riaan Meintjes	7:31:19	76	2010
Gideon Joubert	7:32:19	77	2010
Paul Micklewood	7:32:29	78	2010
Frikkie Hartog	7:32:46	79	2010
Esther Lategan	7:32:58	80	2010
Noel Droomer	7:34:51	81	2010
Woudie Saaiman	7:34:52	82	2010
Tony Walker	7:35:12	83	2010
Rouan Van Der Leek	7:35:16	84	2010
Jaco De Villiers	7:35:29	85	2010
Brent Russell	7:38:03	86	2010
Brian Gelling	7:38:06	87	2010
Niel Van Zyl	7:38:50	88	2010
Craig Fussell	7:40:47	89	2010
Nick Bester	7:40:56	90	2010

Rudi De Wet	7:40:59	91	2010
Grant Williams	7:41:00	92	2010
Simon Van Blerk	7:41:14	93	2010
Christiaan Bezuidenhout	7:41:26	94	2010
Marthinus Esmeyer	7:43:55	95	2010
Henning Van Wyk	7:43:59	96	2010
Riaan Senekal	7:44:07	97	2010
Carel Le Roux	7:47:04	98	2010
Craig Edwards	7:47:13	99	2010
Alan Cotton	7:47:14	100	2010
Zane De Decker	7:48:14	101	2010
Mike Vomund	7:48:28	102	2010
Stephan Janse Van Rensburg	7:48:35	103	2010
Cobus Louw	7:48:40	104	2010
Jason Peach	7:49:28	105	2010
Nicky Van Blerk	7:49:37	106	2010
Rex Benson	7:49:38	107	2010
Riaan Derks	7:49:38	108	2010
Shawn Kirschner	7:49:40	109	2010
Joe Izeboud	7:50:05	110	2010
Izak Du Plessis	7:51:04	111	2010
Justin Bouwer	7:53:31	112	2010
Steve Van Der Merwe	7:53:32	113	2010
Etienne Joubert	7:54:43	114	2010
Jandri Ferreira	7:55:22	115	2010
Arne Purves	7:55:23	116	2010
Ellane Van Wyk	7:55:25	117	2010
Craig Sales	7:55:40	118	2010
Wayne Booysen	7:58:09	119	2010
Wynand Mulder	8:00:39	120	2010
Pieter De Vos	8:00:41	121	2010
Lawrence Lindeque	8:00:42	122	2010
Spiro Yaffes	8:01:05	123	2010
Kevin Spratley	8:01:54	124	2010
Sean Kristafor	8:04:07	125	2010
Ben Herholdt	8:06:51	126	2010
Johann Le Roux	8:06:53	127	2010
Karien Van Jaarsveld	8:07:01	128	2010
Renier Van Greunen	8:07:18	129	2010
Warren Robertson	8:07:41	130	2010
Andrew Robertson	8:07:42	131	2010
Ferdi Dick	8:08:42	132	2010
Hein De Villiers	8:10:10	133	2010
Ian Bester	8:10:28	134	2010
Clayton Hindle	8:10:29	135	2010

Tim James	8:10:33	136	2010
Harald Zumpt	8:10:45	137	2010
Hasie Lourens	8:10:50	138	2010
Jan-Paul Gerber	8:11:32	139	2010
Wayne Mcduling	8:14:24	140	2010
Martin Nel	8:15:07	141	2010
Leana De Jager	8:15:26	142	2010
Michael Talbot	8:15:32	143	2010
Samantha Oosthuysen	8:16:01	144	2010
Colin Donian	8:16:02	145	2010
Colin Bouwer	8:16:31	146	2010
Sarah Van Heerden	8:16:40	147	2010
Adele Drake	8:17:39	148	2010
Tossie Steyn	8:17:41	149	2010
Kevin Taljaard	8:19:27	150	2010
Richard Chesterton	8:19:27	151	2010
Pieter Carstens	8:19:36	152	2010
Martin Epstein	8:19:45	153	2010
Lubbe Donovan	8:19:49	154	2010
Charl Cooper	8:20:05	155	2010
Christo Viljoen	8:21:15	156	2010
Lise Olivier	8:21:21	157	2010
Julius Oosthuizen	8:21:58	158	2010
Sholto Douglas	8:22:44	159	2010
Paul Hartmann	8:22:45	160	2010
Henry Swart	8:22:56	161	2010
Bernie Stopforth	8:23:41	162	2010
Noddis Uys	8:24:18	163	2010
Jacobus Diener	8:24:19	164	2010
Tanya Rabie	8:25:48	165	2010
George Oertel	8:26:03	166	2010
Werner Hartman	8:26:29	167	2010
Bennie Pretorius	8:26:39	168	2010
Deon Wilkins	8:26:55	169	2010
Adrian Cooney	8:26:56	170	2010
Neill Marsilio	8:26:58	171	2010
Pierre Rocher	8:27:02	172	2010
C D Du Toit	8:27:06	173	2010
Dawie Van Rensburg	8:31:19	174	2010
Marius Boshoff	8:31:21	175	2010
Richard Young	8:31:21	176	2010
Richard Muller	8:31:22	177	2010
Dean Hahn	8:31:23	178	2010
Pieter Van Der Merwe	8:31:44	179	2010
Johann Raubenheimer	8:32:31	180	2010

Kasha Dickie	8:32:32	181	2010
Henry Fagan	8:32:33	182	2010
Wynand Du Toit	8:34:32	183	2010
Neel Saayman	8:35:35	184	2010
Stefan Hofmeyr	8:36:27	185	2010
Frans Du Preez	8:36:52	186	2010
Louise Van Rooyen	8:36:52	187	2010
Etienne Van Cuyck	8:38:58	188	2010
Gary Lyttle	8:38:58	189	2010
Louis Groenewald	8:40:53	190	2010
Christo Groenewald	8:41:58	191	2010
Ludwig Swanepoel	8:41:58	192	2010
Noel Whitehead	8:42:41	193	2010
Barend Herbst	8:42:43	194	2010
Johan Fourie	8:42:48	195	2010
Robert Vosloo	8:42:48	196	2010
Carl Crous	8:43:05	197	2010
Gert Muller	8:43:08	198	2010
Francois Malherbe	8:43:40	199	2010
Cecil Baker	8:43:41	200	2010
Leanne Brownwaterson	8:43:41	201	2010
Bevan Newton-Johnson	8:47:12	202	2010
Cecil Munch	8:47:39	203	2010
Jaco Oosthuizen	8:48:27	204	2010
Philip Erasmus	8:49:42	205	2010
Matthew Cheney	8:50:51	206	2010
Janet Lightley	8:52:53	207	2010
Jazz Kuschke	8:53:37	208	2010
Michael Petersen	8:53:44	209	2010
Jeremy Sanders	8:53:49	210	2010
Andries Aucamp	8:54:50	211	2010
Ingrid Serritslev	8:55:10	212	2010
Theuns Visser	8:55:50	213	2010
Danie Erasmus	8:55:53	214	2010
Andrew White	8:57:11	215	2010
Rupert Barnard	8:57:11	216	2010
Ian Seggie	8:57:20	217	2010
Anton Smal	8:58:47	218	2010
Colin Du Plessis	9:00:42	219	2010
Dean Horne	9:00:43	220	2010
Wim Botha	9:00:59	221	2010
Willem Van Niekerk	9:01:57	222	2010
Pierre Winshaw	9:01:58	223	2010
Henk Pepler	9:04:36	224	2010
Bridget O'Meara	9:05:20	225	2010

Willem Groenewald	9:06:10	226	2010
Cornel Botha	9:06:20	227	2010
Jos Van Eeden	9:06:52	228	2010
Ruan Lamprecht	9:07:48	229	2010
Ivan Marais	9:07:49	230	2010
Colleen Jacobs	9:08:00	231	2010
Jaco Du Toit	9:08:27	232	2010
Chris Odendaal	9:08:37	233	2010
Theo Bezuidenhout	9:09:46	234	2010
Alewyn Vorster	9:09:47	235	2010
Malcolm Searle	9:09:54	236	2010
Sendin William	9:09:54	237	2010
Jacques Botha	9:10:23	238	2010
P K De Villiers	9:10:26	239	2010
Grant Clack	9:11:16	240	2010
Sean Thistleton	9:11:18	241	2010
Hein Scheffler	9:12:04	242	2010
Edwin Van Der Vyver	9:12:17	243	2010
Pieter Conradie	9:12:17	244	2010
Michael Van Niekerk	9:12:18	245	2010
Antony Steven	9:12:21	246	2010
Nelis Venter	9:12:40	247	2010
Geoff Laughton	9:12:41	248	2010
Natie Ferreira	9:13:45	249	2010
Andre Immelman	9:13:54	250	2010
Erica Green	9:15:35	251	2010
Andrew Paterson	9:15:38	252	2010
Lizl Hobson	9:15:39	253	2010
Ryall Daniells	9:15:39	254	2010
Marius Fourie	9:15:41	255	2010
Morne Klopper	9:17:19	256	2010
Tatum Prins	9:18:25	257	2010
Jeannette Walder	9:18:26	258	2010
Clayton Prins	9:18:27	259	2010
Hanno Smit	9:18:28	260	2010
Graham Bird	9:18:29	261	2010
Christiaan Le Roux	9:18:30	262	2010
Herman Nieuwoudt	9:19:41	263	2010
Jacques Coetzer	9:21:29	264	2010
Johan Van Wyk	9:21:32	265	2010
John Bailey	9:21:32	266	2010
Ivor Potgieter	9:23:08	267	2010
Johan Malherbe	9:24:08	268	2010
Richard Edwards	9:24:09	269	2010
Eugene Orton	9:26:48	270	2010

Steve Van Eck	9:26:48	271	2010
Nicolaas Smit	9:26:50	272	2010
Wickaum Smith	9:26:52	273	2010
Franco Van Schalkwyk	9:26:55	274	2010
Ian Robertson	9:26:57	275	2010
Rodney Pedro	9:27:42	276	2010
Nicholas Mulder	9:27:45	277	2010
Wielie Frick	9:27:47	278	2010
George Evans	9:28:33	279	2010
Dirkie Krohn	9:28:53	280	2010
Stanley Van Wyk	9:29:02	281	2010
Anka Martin	9:29:59	282	2010
Anthony Priday	9:33:22	283	2010
Deon Carstens 1	9:33:40	284	2010
Martin Ciolkosz	9:34:01	285	2010
Tandi Kitching	9:34:02	286	2010
Peter Boardman	9:34:06	287	2010
Gerhard Le Roux	9:34:32	288	2010
Hannes Grey	9:34:43	289	2010
Lester Grovers	9:34:44	290	2010
Werner Engelbrecht	9:34:44	291	2010
Dane Walsh	9:35:12	292	2010
Wynand Basson	9:35:47	293	2010
Wally Fernandes	9:35:49	294	2010
Trudi Du Plessis	9:36:08	295	2010
John Croasdale	9:37:14	296	2010
John Gale	9:37:36	297	2010
Johnny Marais	9:38:14	298	2010
Elzaan Visser	9:38:47	299	2010
Liesbet Kristafor	9:39:03	300	2010
Jean De Villiers 1	9:39:08	301	2010
Gavin Wood	9:40:44	302	2010
Johann Loubser	9:41:47	303	2010
Jeremy Shaw	9:42:21	304	2010
Leon Kilian	9:42:43	305	2010
Alan Dawson	9:43:29	306	2010
Carlo Marra	9:43:29	307	2010
Martin Jansen Van Rensburg	9:43:32	308	2010
Mike Powell	9:43:54	309	2010
Alex Kruger	9:43:55	310	2010
Almero Barnard	9:43:55	311	2010
Pieter Breytenbach	9:44:43	312	2010
Manus Geyer	9:44:48	313	2010
Marike Vreken	9:44:58	314	2010
Andrew Mclagan	9:45:14	315	2010

John Versfeld	9:45:14	316	2010
Anton Lambrechts	9:45:44	317	2010
Jan-Hendrik Hofmeyr	9:45:57	318	2010
Wentzel Van Der Merwe	9:45:58	319	2010
Fanie Roux	9:45:59	320	2010
Helmi Muller	9:46:44	321	2010
Andrew Cherrington	9:48:53	322	2010
Marinus Bekker	9:50:12	323	2010
Dirk Fyfe	9:50:25	324	2010
Dewald Van Eyk	9:53:57	325	2010
Graham Taylor	9:54:22	326	2010
Jaco Nieman	9:55:57	327	2010
Heinrich Richter	9:55:58	328	2010
Moller Nel	9:55:58	329	2010
Marchand Van Rooyen	9:56:00	331	2010
Stephen Van Schoor	9:56:08	332	2010
Stephen Mills	9:56:09	333	2010
Niel Oconnel	9:57:22	334	2010
Petrus Senekal	10:00:09	335	2010
Marius Lategan	10:00:10	336	2010
Gary Stevens	10:00:38	337	2010
Bruce Dickson	10:01:42	338	2010
Frederik Dreyer	10:01:58	339	2010
Alex Van Rensburg	10:02:09	340	2010
Chris Herbst	10:02:09	341	2010
Maartin Van Rensburg	10:02:09	342	2010
Nick Allanson	10:02:10	343	2010
Izak Bezuidenhout	10:02:11	344	2010
Adrian Vardy	10:02:17	345	2010
Kyle O'Haher	10:02:18	346	2010
Lawrence Bernard	10:02:19	347	2010
John Sparks	10:04:41	348	2010
Morne Bester	10:05:08	349	2010
Bernard Feinauer	10:05:11	350	2010
Thomas Naude	10:05:12	351	2010
Frans De Beer	10:05:29	352	2010
Nicholas Watson	10:07:51	353	2010
Kurt Balzun	10:09:18	354	2010
Michael Childes	10:10:54	355	2010
Michael Nielsen	10:10:54	356	2010
Danie Cronje	10:11:00	357	2010
James Stewart	10:12:12	358	2010
Leon Havenga	10:12:21	359	2010
Robert Du Preez	10:12:35	360	2010
Tony Buteux	10:14:36	361	2010

Jaco Weideman	10:15:04	362	2010
Hein Janse Van Rensburg	10:15:05	363	2010
Cobus Van Der Colff	10:15:06	364	2010
Garth Shaw	10:15:09	365	2010
Vincent Shaw	10:15:09	366	2010
Leigh McCluskey	10:17:09	367	2010
Andre Ferreira	10:17:10	368	2010
Mark Lamb	10:17:12	369	2010
Thys Botha	10:17:51	370	2010
Keith Scott	10:17:52	371	2010
Jody Baumgarten	10:17:59	372	2010
Jacques Booysen	10:18:30	373	2010
Mark Cryans	10:19:15	374	2010
Sean Mccarthy	10:19:17	375	2010
Regardt Lotter	10:19:19	376	2010
Braam Rust	10:19:23	377	2010
Ernst Viljoen	10:19:23	378	2010
Johan Jacobs	10:20:26	379	2010
Jan Havenga	10:20:40	380	2010
Dewald Meyer	10:20:42	381	2010
Meyer Jordaan	10:20:59	382	2010
Moritz Thilo	10:23:10	383	2010
Erhardt Van Reenen Du Toit	10:23:13	384	2010
Fred Lingenfelder	10:23:47	385	2010
George Fourie	10:24:21	386	2010
Brandon Iverach	10:24:23	387	2010
Pieter Frick	10:25:09	388	2010
Carel De Villiers	10:25:11	389	2010
Ernst Jordaan	10:25:12	390	2010
Chris De Beer	10:25:17	391	2010
Roald Brosius	10:27:13	392	2010
Blaine Robson	10:27:34	393	2010
Pieter Van Rooyen	10:27:34	394	2010
Caroline Halvorsen	10:28:01	395	2010
Jurg Streicher	10:28:15	396	2010
Johan Van Heerden	10:28:16	397	2010
Brandon Woolley	10:29:12	398	2010
Noel Wright	10:29:12	399	2010
Paul Marais	10:32:16	400	2010
Stephan Zeelie	10:32:16	401	2010
Chris Lester	10:33:21	402	2010
Gerhard Schwarzer	10:33:47	403	2010
Chris Snyman	10:33:56	404	2010
Christoff Marais	10:33:56	405	2010
Jacques Butler	10:34:36	406	2010

Neil Mckenzie	10:34:39	407	2010
Graeme Green	10:39:25	408	2010
Philip Ben Kotze	10:39:34	409	2010
Fred Van Zyl	10:39:37	410	2010
Waleed Baker	10:39:42	411	2010
Sam Nienaber	10:40:04	412	2010
Grant Noble	10:40:09	413	2010
Chris Rohwer	10:40:11	414	2010
Jason Lind	10:40:25	415	2010
Paul Kotze	10:40:25	416	2010
Adrian De Jange	10:40:26	417	2010
Louis Strydom	10:40:39	418	2010
Riaan Muller	10:40:40	419	2010
Caren Henschel	10:40:48	420	2010
Ahmed Mahomed	10:41:42	421	2010
Tony Azevedo	10:43:34	422	2010
Wilhelm Punt	10:43:34	423	2010
Gerrie Olivier	10:43:35	424	2010
Marisu Rocher	10:43:37	425	2010
Dirk Krohn	10:43:43	426	2010
Johan Zeelie	10:43:43	427	2010
Marius Van Der Sandt	10:43:45	428	2010
Baredeen Zietsman	10:44:33	429	2010
Lourens Van Der Westhuizen	10:44:34	430	2010
Jacques Vermeulen	10:44:56	431	2010
Daryl Wilson	10:44:57	432	2010
Matthew Evans	10:45:05	433	2010
Peter Allanson	10:45:53	434	2010
Henco Jordaan	10:47:21	435	2010
Louis Strijdom	10:47:21	436	2010
Jan Van Der Bijl	10:49:48	437	2010
Pieter Erasmus	10:49:50	438	2010
Hector Viljoen	10:51:00	439	2010
Johan Koekemoer	10:51:01	440	2010
Craig Gerstner	10:51:52	441	2010
Tess De Wet	10:51:53	442	2010
Hein Ehlers	10:51:57	443	2010
Steve Armstrong	10:51:58	444	2010
Schalk Burger	10:55:28	445	2010
David Stuthard	10:55:31	446	2010
Niel Dercksen	10:55:32	447	2010
Anton Sparks	10:55:49	448	2010
Bennie Rheeder	10:58:29	449	2010
Pieter Wolmarans	10:58:53	450	2010
Selwin Young	10:58:55	451	2010

Stephen Drew	10:59:26	452	2010
Cor Louw	11:01:04	453	2010
Henry Van Der Westhuizen	11:01:04	454	2010
Kris Van Heerden	11:01:34	455	2010
Johannes Van Niekerk	11:02:05	456	2010
Niel Steenekamp	11:02:05	457	2010
Francois Le Grange	11:02:26	458	2010
Hannes Zietsman	11:02:29	459	2010
Pieter Roux	11:04:07	460	2010
Deon Carstens 2	11:05:12	461	2010
Michael Jacobs	11:05:13	462	2010
Sebastian Whelan	11:06:46	463	2010
Fietie Rocher	11:06:48	464	2010
Du Toit Louw	11:07:03	465	2010
Christiaan Nel	11:07:04	466	2010
Johann Sohnge	11:07:06	467	2010
Gregory Dixon	11:07:10	468	2010
Hennie Venter	11:07:21	469	2010
Erik Knoetze	11:07:29	470	2010
Freddie King	11:07:37	471	2010
Dean Griffin	11:08:56	472	2010
Grant Parkes	11:09:48	473	2010
Marius Venter	11:09:48	474	2010
Suretha Kotze	11:09:49	475	2010
Petrus Hattingh	11:10:09	476	2010
Anton Meyer	11:10:24	477	2010
Johann Michau	11:10:24	478	2010
Danie Kotze	11:10:25	479	2010
Eric Starke	11:10:26	480	2010
Caroline Voigts	11:11:34	481	2010
Johan De Villiers	11:12:57	482	2010
Kim Rew	11:12:58	483	2010
Marius Strydom	11:15:46	484	2010
Willem Daffue	11:16:40	485	2010
Thys Benson	11:18:40	486	2010
Ryno Stander	11:18:41	487	2010
Gappi Le Roux	11:18:44	488	2010
Francois Hamman	11:19:08	489	2010
Simon Hough	11:20:33	490	2010
Gert Botes	11:21:18	491	2010
Niel Gerryts	11:21:54	492	2010
Danie Van Der Merwe	11:24:31	493	2010
Pieter Alberts	11:25:52	494	2010
Dennis Nathrass	11:28:13	495	2010
Cobus Du Plessis	11:28:34	496	2010

Gawie Spies	11:28:37	497	2010
Geert De Decker	11:32:37	498	2010
Timo Le Roux	11:33:46	499	2010
Kate Le Roux	11:34:46	500	2010
Dick During	11:34:47	501	2010
Frank Lawrence	11:37:30	502	2010
Gavin Walsh	11:41:00	503	2010
Colin Hendriks	11:41:50	504	2010
Trevor Versfeld	11:43:01	505	2010
Bernhard Beutel	11:47:19	506	2010
David Pienaar	11:47:26	507	2010
Victor Timkoe	12:00:05	508	2010