

CAPE TOWN FESTIVAL OF RUNNING
21ST CAPE TOWN 21KM CLASSIC HALF MARATHON
HEWAT ATHLETIC CLUB
SUPPORTED BY THE CITY OF CAPE TOWN
SUNDAY 21 JULY 2019



PLEASE NOTE THE CC

| POS | SURNAME | NAME | CLUB | AGE | SEX | CAT | LIC No | TIME |
|-----|--------------|------------|-----------------|-----|-----|-----|-----------|---------|
| 1 | NOBAKADA | LUKHANYO | AAC | 22 | M | SEN | 8429 | 1:09:46 |
| 2 | MAKILA | AKHONA | SANLAM | 27 | M | SEN | 15249 | 1:09:58 |
| 3 | MWANENGENI | TSUNGAI | RCS GUGS | 45 | M | 45 | 11622 | 1:10:22 |
| 4 | SIXASO | VUYANI | AAC | 45 | M | 45 | 16677 | 1:10:40 |
| 5 | MARAI | JUSTIN | LANGEBERG AC | 23 | M | SEN | 0587 SWD | 1:11:21 |
| 6 | BOTHMA | ANNIE | NEDBANK WP | 23 | F | SEN | 2255 | 1:12:56 |
| 7 | NO CARD | | TEMP | | M | SEN | T | 1:13:04 |
| 8 | DEL FANTE | DAVID | ATC | 32 | M | SEN | 4323 | 1:13:19 |
| 9 | GOODALL | GREG | ATC | 39 | M | 35 | 10155 | 1:13:38 |
| 10 | DISQUALIFIED | | TEMP | 36 | F | 35 | T | 1:17:14 |
| 11 | BASS | NELSON | K-WAY VOB | 40 | M | 40 | 1119 | 1:17:25 |
| 12 | TOUA | PAOLO | ATC | 25 | M | SEN | | 1:17:57 |
| 13 | HANKIN | MARK | ATC | 30 | M | SEN | 10177 | 1:18:32 |
| 14 | HOPF | DEAN | ATC | 32 | M | SEN | 10910 | 1:18:52 |
| 15 | MOTAU | STEPHEN | ITHEKO | 53 | M | 50 | 3565 | 1:19:03 |
| 16 | PARKER | AASHIEK | ATC | 41 | M | 40 | 10234 | 1:19:42 |
| 17 | PIKKER | MARK | K-WAY VOB | 36 | M | 35 | 0624 | 1:19:55 |
| 18 | REEVE | BYRON | K-WAY VOB | 31 | M | SEN | 1307 | 1:20:15 |
| 19 | LOW | JONTY | ATC | 36 | M | 35 | 14030 | 1:20:52 |
| 20 | JUMBE | GRANT | AAC | 39 | M | 35 | 8322 | 1:21:09 |
| 21 | NEL | KELLY | LANGA | 25 | F | SEN | 8296 | 1:21:10 |
| 22 | WEAVER | LEE | SANDF WP | 46 | M | 35 | 7822 | 1:21:23 |
| 23 | SEPTEMBER | JOHN | ITHEKO | | M | SEN | 3430 | 1:21:44 |
| 24 | VAN DER WAL | HANS | AAC | 25 | M | SEN | 16381 | 1:21:57 |
| 25 | PIETERSEN | DESMOND | SANDF WP | 50 | M | 50 | 7823 | 1:23:02 |
| 26 | STEYN | MARK | CAPE MULTISPORT | 49 | M | 45 | 7360 | 1:23:21 |
| 27 | PENNELL | ROSS | ATC | 41 | M | 40 | | 1:23:25 |
| 28 | HATTINGH | CHRISTELLE | MSM | 35 | F | 35 | 12629 | 1:23:29 |
| 29 | SIMKHOSI | SIBONGILE | KHAYELITSHA | 39 | M | 35 | 13437 | 1:23:38 |
| 30 | MATTHYSEN | NARDUS | TEMP | 29 | M | SEN | T | 1:23:52 |
| 31 | ALLIE | FAROEK | ARD | 32 | M | SEN | 10800 | 1:23:54 |
| 32 | NEILL | J | ATC | 33 | M | SEN | 14060 | 1:24:13 |
| 33 | WILLEMSE | LEE-SHAY | VELOCITY | | F | SEN | 14580 | 1:24:19 |
| 34 | TOLA | SIBONGILE | RCS GUGS | 33 | M | SEN | 11918 | 1:24:46 |
| 35 | HENDRICKS | RUSHDI | TOP FORM | 39 | M | 35 | 3959 | 1:24:49 |
| 36 | MBANYARHU | EBRAHIM | RCS GUGS | 41 | M | 40 | 11847 | 1:25:19 |
| 37 | OBERY | MICHAEL | FAT CATS | 33 | M | SEN | 35389 CGA | 1:25:23 |

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|----|---------------|--------------|-------------------|----|---|-----|-----------|---------|--|--|
| 38 | ANTONAKIS | ALEXANDRA | ATC | 32 | F | SEN | 10278 | 1:25:24 | | |
| 39 | FELDMANN | DANEIL | ATC | 32 | F | SEN | 4424 | 1:25:35 | | |
| 40 | KAJEE | MUJEEB | ITHEKO | 38 | M | 35 | 3556 | 1:25:44 | | |
| 41 | NO RETURN | | TEMP | | M | SEN | T | 1:25:51 | | |
| 42 | RYKLIEF | SHAMIEG | VODACOM STRIDERS | 43 | M | 40 | 11014 | 1:26:01 | | |
| 43 | KREBS | ALEX | ATC | 27 | M | SEN | | 1:26:19 | | |
| 44 | BEDFORD | RICHARD | K-WAY VOB | 48 | M | 45 | 1155 | 1:26:22 | | |
| 45 | KOORTS | WILLEM | TEMP | 51 | M | 50 | T | 1:26:55 | | |
| 46 | KOOYMAN | BEN | CELTIC | 31 | M | SEN | 3750 | 1:27:14 | | |
| 47 | KRAUSE | ANDRIES | ATC | 40 | M | 40 | 10170 | 1:27:24 | | |
| 48 | WISBEACH | JAMES | TEMP | 59 | M | 55 | T | 1:27:27 | | |
| 49 | COLLYER | BRANDON | K-WAY VOB | 51 | M | 50 | 1140 | 1:28:31 | | |
| 50 | WITKOWSKY | SERGE | ATC | 36 | M | 35 | 14018 | 1:28:38 | | |
| 51 | MENTOR | NATHANIEL | ARD | 33 | M | SEN | 10720 | 1:28:48 | | |
| 52 | CASSIEM | SHAFIG | ITHEKO | 58 | M | 55 | 9776 | 1:29:00 | | |
| 53 | JOUBERT | CHRISTO | BRACKENFELL | 18 | M | JUN | | 1:29:00 | | |
| 54 | VISSER | LIZA | ATC | 26 | F | SEN | 10133 | 1:29:02 | | |
| 55 | FREDRICKS | SADICK | WALMERS AC | 48 | M | 45 | 6758 | 1:29:03 | | |
| 56 | CALOTHI | GREG | WPCC | 31 | M | SEN | 12091 | 1:29:33 | | |
| 57 | MATIWANE | BUSISIWE | LANGA | 44 | F | 40 | 12683 | 1:29:36 | | |
| 58 | BOUCHER | GREG | WEST COAST | 37 | M | 35 | 5844 | 1:29:40 | | |
| 59 | MCIVOR | SUZETTE | DURBAC | 50 | F | 50 | 2750 | 1:29:42 | | |
| 60 | METHERELL | CRAIG | ATC | 32 | M | SEN | 10262 | 1:29:52 | | |
| 61 | WESTVIG | ERIK | WILD RUNNER | 47 | M | 45 | 0666 | 1:29:56 | | |
| 62 | BERNER | GERRIE | SANLAM | 39 | M | 35 | 4568 | 1:30:05 | | |
| 63 | VANDEMOORTELE | NICOLAS | ATC | 38 | M | 35 | 16970 | 1:30:11 | | |
| 64 | PARKER | WAHEED | ATC | 39 | M | 35 | 10264 | 1:30:24 | | |
| 65 | GOVENDER | WOLAGANATHAN | TEAM VITALITY KZN | 53 | M | 50 | 14980 KZN | 1:30:30 | | |
| 66 | DISQUALIFIED | | WILD RUNNER | | F | SEN | | 1:30:38 | | |
| 67 | CASSIEM | ANWAR | ITHEKO | 48 | M | 45 | 3255 | 1:30:59 | | |
| 68 | YUILL | DAVE | WEST COAST | 45 | M | 45 | 5708 | 1:31:06 | | |
| 69 | KRIGE | ZAYIN | CHAPPIES RC | 40 | M | 40 | 4015 CGA | 1:31:13 | | |
| 70 | KOTZE | MARITSA | BELLVILLE | 36 | F | 35 | 12606 | 1:31:19 | | |
| 71 | HEDLEY | GILES | RAC | 30 | M | SEN | 33567 | 1:31:33 | | |
| 72 | NO CARD | | | | M | SEN | | 1:31:34 | | |
| 73 | NO CARD | | | | M | SEN | | 1:31:35 | | |
| 74 | WATERMEYER | ASH;EIGH | MY TRAINING DAY | 28 | F | SEN | 9332 | 1:31:36 | | |
| 75 | NUKU | LISTER | MELKBOS | 48 | M | 45 | 9183 | 1:32:18 | | |
| 76 | COOKE | MATTHEW | STELLENBOSCH | 42 | M | 40 | 0832 BOL | 1:32:27 | | |
| 77 | MAFENTILE | STEMBELE | WHALERS AC | 34 | M | SEN | 0420 BOL | 1:32:31 | | |
| 78 | CAKETT | JENNA | FAKU CHIEFS | 25 | F | SEN | 2601 KZN | 1:32:37 | | |
| 79 | CAKETT | LEE | FAKU CHIEFS | 25 | F | SEN | 2605 KZN | 1:32:38 | | |
| 80 | MASEMOLA | MASHORO | SANDF WP | 32 | M | SEN | 7828 | 1:32:38 | | |
| 81 | SAHIB | ZAINUL | TOP FORM | 18 | M | JUN | 20428 | 1:32:43 | | |
| 82 | PARKER | FAGHRY | ARD | 31 | M | SEN | 10719 | 1:32:43 | | |

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|-----|--------------------|------------|-------------------|----|---|-----|--------|---------|--|--|
| 83 | NO RETURN | | TEMP | | M | SEN | T | 1:32:48 | | |
| 84 | KNIGHT | KERI | AAC | 27 | F | SEN | 15821 | 1:32:55 | | |
| 85 | MISROLL | HEIMIE | PINELANDS | 48 | M | 45 | 4396 | 1:33:07 | | |
| 86 | SCHMIDT | WERNER | CAPE MULTISPORT | 47 | M | 45 | 7547 | 1:33:07 | | |
| 87 | NO CARD | | LANGA | | M | SEN | | 1:33:20 | | |
| 88 | DE KOCK | BRADLEY | GOODWOOD HARRIERS | 18 | M | JUN | 20591 | 1:33:27 | | |
| 89 | RONDGANGER | STEPHEN | EASTERNS | 41 | M | 40 | 8814 | 1:33:28 | | |
| 90 | BEUKES | RUSSELL | VODACOM STRIDERS | 35 | M | 35 | 14837 | 1:33:31 | | |
| 91 | BABOO | RASHAAD | OMMIEDRAAI | 45 | M | 45 | 15623 | 1:33:42 | | |
| 92 | KAYSER | WILLIAM | WILD RUNNER | 40 | M | 40 | 0415 | 1:33:53 | | |
| 93 | BENJAMIN | DANIELLE | ITHEKO | 26 | F | SEN | 6036 | 1:34:06 | | |
| 94 | ASKEW | DAVE | CELTIC | 45 | M | 45 | 5709 | 1:34:12 | | |
| 95 | JAY | KEAGAN | K-WAY VOB | 34 | M | SEN | 1426 | 1:34:17 | | |
| 96 | NORRIS | LESLIE | CAPE MULTISPORT | 58 | M | 55 | 7548 | 1:34:21 | | |
| 97 | MCNAUGHTON | XAVIER | TEMP | 24 | M | SEN | T41152 | 1:34:22 | | |
| 98 | VIMBELA | VUKILE | GOODWOOD HARRIERS | 31 | M | SEN | 6740 | 1:34:26 | | |
| 99 | MUGARI | DEAN | TEMP | 22 | M | SEN | T | 1:34:28 | | |
| 100 | ABDULLAH | IEKRAAM | KENFAC | 37 | M | 35 | 4793 | 1:34:28 | | |
| 101 | GRIMBEEK | JACQUES | STRAND | 50 | M | 50 | 2917 | 1:34:29 | | |
| 102 | HAIKNEY | BRYCE | TEMP | 30 | F | SEN | T | 1:34:30 | | |
| 103 | JURIES | JP | WILD RUNNER | 35 | M | 35 | 0374 | 1:34:31 | | |
| 104 | WEIDEMAN | ANDREA | TEMP | 30 | F | SEN | T | 1:34:32 | | |
| 105 | KOLBE | VERUSHKE | WILD RUNNER | 41 | F | 40 | 0373 | 1:34:32 | | |
| 106 | EBRAHIM | SHABEER | ITHEKO | 48 | M | 45 | 3371 | 1:34:34 | | |
| 107 | REDLINGTON | MICHAEL | ATC | 35 | M | 35 | 14050 | 1:34:42 | | |
| 108 | PANA | VUYO | ADVENTIST | 42 | M | 40 | 12158 | 1:34:45 | | |
| 109 | ARENDSE | ALLISTER | TEMP | 38 | M | 35 | T40915 | 1:34:46 | | |
| 110 | MILES | NICK | WEST COAST | 60 | M | 60 | 5773 | 1:34:51 | | |
| 111 | BARBIERI | MARCO | ATC | 38 | M | 35 | 13982 | 1:34:54 | | |
| 112 | GRAHAM | WESLEY | MY TRAINING DAY | 29 | M | SEN | 9334 | 1:35:11 | | |
| 113 | MALAWU | BONGINKOSI | ADVENTIST | 35 | M | 35 | 12148 | 1:35:26 | | |
| 114 | LANGENHOVEN | CHRIS | BRACKENFELL | 60 | M | 60 | 9586 | 1:35:31 | | |
| 115 | SCHOLTZ | JS | MELKBOS | 33 | M | SEN | 9180 | 1:35:39 | | |
| 116 | JAKO | LUVO | | 31 | M | SEN | 16586 | 1:35:57 | | |
| 117 | FREDERICKS | CLIVE | SPARTAN | 45 | M | 45 | 1687 | 1:36:11 | | |
| 118 | LESSEM | IAN | MY TRAINING DAY | 34 | M | SEN | | 1:36:19 | | |
| 119 | MANSURA | MOHAMED | TEMP | 32 | M | SEN | T | 1:36:20 | | |
| 120 | HECHT | PINI | TEMP | 41 | M | 40 | T | 1:36:26 | | |
| 121 | NO CARD | | NEDBANK WP | | M | SEN | | 1:36:26 | | |
| 122 | CROSS | KASH | ATC | 37 | M | 35 | 10180 | 1:36:32 | | |
| 123 | SOLIOMONS | GRANT | TEMP | 32 | M | SEN | T | 1:36:32 | | |
| 124 | STARK | JASON | TOP FORM | 31 | M | SEN | 4009 | 1:36:44 | | |
| 125 | VAN DER WESTHUIZEN | CHRIS | TEMP | 24 | M | SEN | T41327 | 1:36:51 | | |
| 126 | SMITH | CLIVE | FISH HOEK | 39 | M | 35 | 6463 | 1:36:57 | | |
| 127 | EASOM | GARETH | EDGEMEAD | 36 | M | 35 | 5326 | 1:36:59 | | |

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| 128 | RATOMBO | AUBREY | DURBAC | 41 | M | 40 | 2572 | 1:37:01 | | |
| 129 | BEZANA | MLULEKI | RCS GUGS | 38 | M | 35 | 11644 | 1:37:02 | | |
| 130 | FRIESLICH | QUINTON | FISH HOEK | 43 | M | 40 | 6489 | 1:37:03 | | |
| 131 | SCOTT | RENEE | K-WAY VOB | 57 | F | 55 | 0643 | 1:37:07 | | |
| 132 | TANKMAR | JASON | K-WAY VOB | 37 | M | 35 | 0984 | 1:37:32 | | |
| 133 | BOTHA | WESSEL | TEMP | 34 | M | SEN | T | 1:37:33 | | |
| 134 | WOUDBERG | NICK | BELLVILLE | 28 | M | SEN | 4989 | 1:37:35 | | |
| 135 | ALEXANDER | JOHN | K-WAY VOB | 40 | M | 40 | 0823 | 1:37:36 | | |
| 136 | KARAKAYA | TEKIN | TEMP | 31 | M | SEN | T | 1:37:50 | | |
| 137 | SHORTT | GARETH | CELTIC | 36 | M | 35 | 3746 | 1:37:52 | | |
| 138 | BEZUIDENHOUT | ELTON | CARBINEERS WP | 40 | M | 40 | 9876 | 1:37:57 | | |
| 139 | HALL | CANDYCE | CARBINEERS WP | 35 | F | 35 | 9019 | 1:37:58 | | |
| 140 | | MEGAN | AAC | 26 | F | SEN | 8290 | 1:38:02 | | |
| 141 | GORDON | ROWAN | WPCC | 49 | M | 45 | 12102 | 1:38:03 | | |
| 142 | JANKS | JOSHUA | TEMP | 35 | M | 35 | T | 1:38:10 | | |
| 143 | MALHERBE | MEGAN | UCT | 25 | F | SEN | 10557 | 1:38:17 | | |
| 144 | VERMAAK | JONATHAN | TEMP | 39 | M | 35 | T | 1:38:19 | | |
| 145 | WELTHAGEN | HEIN | TEMP | 49 | M | 45 | T | 1:38:25 | | |
| 146 | DE GOEDE | JOHAN | LANGEBAAN STRANDLOOPERS | 50 | M | 50 | 7177 | 1:38:26 | | |
| 147 | NO CARD | | TEMP | | M | SEN | T | 1:38:27 | | |
| 148 | ERWEE | KOTIE | TEMP | 31 | M | SEN | T | 1:38:35 | | |
| 149 | NO RETURN | | | | M | SEN | | 1:38:36 | | |
| 150 | ROYAL | CANDICE | TEMP | 35 | F | 35 | T | 1:38:37 | | |
| 151 | DE KOCK | HAYDN | CELTIC | 32 | M | SEN | 3872 | 1:38:38 | | |
| 152 | SOCHEN | MARK | ATC | 39 | M | 35 | 15817 | 1:38:39 | | |
| 153 | ABDUROAF | MUHAMMAD | ITHEKO | 40 | M | 40 | 3189 | 1:38:46 | | |
| 154 | BURTON | | STANDARD BANK | | M | SEN | 6892 CGA | 1:38:47 | | |
| 155 | SCOTT | DAYNE | AAC | 30 | M | SEN | 16669 | 1:38:58 | | |
| 156 | BOTHA | DEAN | TEMP | 20 | M | SEN | T | 1:39:01 | | |
| 157 | PEDDLE | IAIN | STRAND | 38 | M | 35 | 2931 | 1:39:05 | | |
| 158 | DAVIDS | MUBEEN | ARD | 34 | M | SEN | 10901 | 1:39:09 | | |
| 159 | PAYNE | KELLY | TEMP | 26 | F | SEN | T | 1:39:13 | | |
| 160 | DE OLIVEIRA | CHRIS | EDGEMEAD | 49 | M | 45 | 5187 | 1:39:14 | | |
| 161 | ROBERTSON | KIRK | TEMP | 36 | M | 35 | T | 1:39:23 | | |
| 162 | VAN DER MERWE | DANIE | STELLENBOSCH | 51 | M | 50 | 0673 BOL | 1:39:27 | | |
| 163 | PRINSLOO | RIANA | DURBAC | 42 | F | 40 | 2636 | 1:39:30 | | |
| 164 | MOOSA | ABDURAHMAN | CELTIC | 58 | M | 55 | 3687 | 1:39:31 | | |
| 165 | BEKKER | RENIER | BOXER AC | 35 | M | 35 | 11971 | 1:39:32 | | |
| 166 | NO CARD | | TEMP | | M | SEN | T | 1:39:38 | | |
| 167 | JOUBERT | JOZUA | BRACKENFELL | 44 | M | 40 | 9674 | 1:39:39 | | |
| 168 | EMSLIE | KEVIN | TEMP | 32 | M | SEN | T40740 | 1:39:46 | | |
| 169 | BRITS | PIETER | ATC | 33 | M | SEN | 13815 | 1:39:56 | | |
| 170 | MACDONALD | SEAN | TEMP | 42 | M | 40 | T41108 | 1:39:57 | | |
| 171 | SCHEFFERS | MALCOLM | TOP FORM | 38 | M | 35 | 4109 | 1:39:59 | | |
| 172 | CARPENTER | EMMA | AAC | 42 | F | 40 | 8383 | 1:40:03 | | |

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| 173 | LUTZ | THOMAS | TEMP | 48 | F | 45 | T | 1:40:05 | | |
| 174 | GALLISPIE | LAWRENCE | TYGERBERG | 39 | M | 35 | 5360 | 1:40:06 | | |
| 175 | MAIER | STEVEN | TEMP | 46 | M | 45 | T41147 | 1:40:09 | | |
| 176 | MOWAT | ANDREW | STRAND | 33 | M | SEN | 2846 | 1:40:16 | | |
| 177 | VAN DER WESTHUIZEN | JAPIE | STRAND | 29 | M | SEN | 2844 | 1:40:17 | | |
| 178 | PRICE | CHAZ | TEMP | 33 | M | SEN | T | 1:40:20 | | |
| 179 | WAIT | SHAUN | TEMP | 44 | M | 40 | T41354 | 1:40:21 | | |
| 180 | GRUZD | MATTHEW | AAC | 40 | M | 40 | 8096 | 1:40:23 | | |
| 181 | JAFFE | ASHLEY | ATC | 34 | M | SEN | 16047 | 1:40:24 | | |
| 182 | FOURIE | TANIA | WEST COAST | 45 | F | 45 | 5879 | 1:40:25 | | |
| 183 | GORDON | KEARON | OMMIEDRAAI | 30 | M | SEN | 16901 | 1:40:28 | | |
| 184 | MEINTJES | GRAEME | RCS GUGS | 48 | M | 45 | 11867 | 1:40:28 | | |
| 185 | COURTNEY | JACOB | TEMP | 16 | M | JUN | T | 1:40:42 | | |
| 186 | GARVEY | CHRIS | TEMP | 38 | M | 35 | T40748 | 1:40:45 | | |
| 187 | MIDGLEY | SIMON | AAC | 28 | M | SEN | 8348 | 1:40:48 | | |
| 188 | MISROLL | JACKY | PINELANDS | 49 | F | 45 | 4169 | 1:40:55 | | |
| 189 | MALAUDZI | MAANDA | ITHEKO | 60 | M | 60 | 3538 | 1:40:55 | | |
| 190 | FICK | LOURENS | TEMP | 28 | M | SEN | T | 1:40:59 | | |
| 191 | FALING | JACO | TEMP | 38 | M | 35 | T | 1:41:14 | | |
| 192 | POTGIETER | LESLYL | ATC | 44 | F | 40 | 10249 | 1:41:15 | | |
| 193 | BESSELAAR | CARMEN | TEMP | 22 | F | SEN | T | 1:41:15 | | |
| 194 | DUFFY | LOGAN | TEMP | 23 | M | SEN | T | 1:41:16 | | |
| 195 | WYNGAARD | KURT | K-WAY VOB | 34 | M | SEN | 1361 | 1:41:17 | | |
| 196 | SHADWELL | JULIE | TEAM VITALITY CG | 57 | F | 55 | 32356 CGA | 1:41:19 | | |
| 197 | THOMPSON | PAUL | IN TOUCH | 31 | M | SEN | 13070 | 1:41:22 | | |
| 198 | ENGELBRECHT | ANITA | BELLVILLE | 26 | F | SEN | 12538 | 1:41:29 | | |
| 199 | MURRAY | HILTON | BELLVILLE | 52 | M | 50 | 12521 | 1:41:29 | | |
| 200 | HOFMEYER | ZAAHIR | ITHEKO | 41 | M | 40 | 3466 | 1:41:38 | | |
| 201 | HASTIE | SACHIN | UCT | 20 | M | SEN | 10569 | 1:41:40 | | |
| 202 | LEE PAN | MARTIN | ATC | 30 | M | SEN | 10146 | 1:41:45 | | |
| 203 | PATON | SIMON | CARBINEERS WP | 34 | M | SEN | 9007 | 1:41:46 | | |
| 204 | RAWLINS | BRAD | TEMP | 27 | M | SEN | T | 1:41:47 | | |
| 205 | VAN ZYL | TIAAN | TEMP | 28 | M | SEN | T | 1:41:49 | | |
| 206 | GAMILDIEN | MAJDI | OMMIEDRAAI | 35 | M | 35 | 8671 | 1:41:51 | | |
| 207 | HENDRICKS | EBRAHIEM | WALMERS AC | 40 | M | 40 | 6828 | 1:41:51 | | |
| 208 | BERG | BYRON | MSM | 31 | M | SEN | 12632 | 1:41:56 | | |
| 209 | MOLUMBA | DAVID | ARD | 17 | M | JUN | 20573 | 1:41:59 | | |
| 210 | NO RETURN | | | | M | SEN | | 1:42:01 | | |
| 211 | O'Haughey | JAMES | AAC | 40 | M | 40 | 8291 | 1:42:02 | | |
| 212 | OSMAN | EBRAHIM | ITHEKO | 50 | M | 50 | 3369 | 1:42:03 | | |
| 213 | HENDRICKS | ALASTAIR | TEMP | 26 | M | SEN | T | 1:42:05 | | |
| 214 | DE GREEF | NIEK | TEMP | 37 | M | 35 | T41092 | 1:42:07 | | |
| 215 | REN | WEIGUO | WEST COAST | 48 | M | 45 | 5789 | 1:42:08 | | |
| 216 | DE VRIES | MICHAEL | TEMP | 34 | M | SEN | T40997 | 1:42:08 | | |
| 217 | DE VRIES | GRAHAM | TEMP | 32 | M | SEN | T40998 | 1:42:09 | | |

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| 218 | JOHNSTON | NICOLA | K-WAY VOB | 31 | F | SEN | 0927 | 1:42:10 | | |
| 219 | VAN WYK | BRIAN | EDGEMEAD | 46 | M | 45 | 5338 | 1:42:11 | | |
| 220 | HAIKNEY | TARRY | TEMP | 27 | F | SEN | T | 1:42:12 | | |
| 221 | LEVITT | MARC | AAC | 23 | M | SEN | 15140 | 1:42:15 | | |
| 222 | NEVELING | KELLY | CARBINEERS WP | 42 | F | 40 | 8880 | 1:42:16 | | |
| 223 | RINQUEST | SHANE | SACS OBS | 40 | M | 40 | 6277 | 1:42:21 | | |
| 224 | MOLE | CALVIN | CELTIC | 29 | M | SEN | 14326 | 1:42:24 | | |
| 225 | NKOMO | MPUMI | TEMP | 38 | M | 35 | T | 1:42:28 | | |
| 226 | JOHNSTON | SEAN | TEMP | 33 | M | SEN | T | 1:42:30 | | |
| 227 | DIXON | MIKE | TEMP | | M | SEN | T | 1:42:33 | | |
| 228 | NO RETURN | | TEMP | | M | SEN | T | 1:42:37 | | |
| 229 | BOTHMA | CANDICE | CENTURY CITY | 35 | F | 35 | 12911 | 1:42:40 | | |
| 230 | MUSERA | KANGAI | TEMP | 22 | M | SEN | T | 1:42:44 | | |
| 231 | SAUNDERS | REGGIE | K-WAY VOB | 64 | M | 60 | 0522 | 1:43:07 | | |
| 232 | DU TOIT | JESSICA | AAC | 34 | F | SEN | T | 1:43:10 | | |
| 233 | DUNCKER | CARYN | K-WAY VOB | 39 | F | 35 | 1264 | 1:43:14 | | |
| 234 | LESCH | JURGEN | TEMP | 38 | M | 35 | T | 1:43:15 | | |
| 235 | SNYMAN | STIAAN | HELDERBERG | 34 | M | SEN | 6944 | 1:43:15 | | |
| 236 | HWANDE | ALEXANDER | TEMP | 16 | M | JUN | T40866 | 1:43:17 | | |
| 237 | GERBER | ERHARDT | NEDBANK SWD | 41 | M | 40 | 1416 SWD | 1:43:21 | | |
| 238 | JENKINSON | TANIA | MELKBOS | 52 | F | 50 | 9181 | 1:43:22 | | |
| 239 | OLIVEIRA | MIGUEL | WEST COAST | 48 | M | 45 | 15708 | 1:43:24 | | |
| 240 | SACKS | ALEXIS | CARBINEERS WP | 50 | F | 50 | 8888 | 1:43:27 | | |
| 241 | RUSSON | ILAN | AAC | 33 | M | SEN | 8403 | 1:43:29 | | |
| 242 | WOLF | GRANTLEY | TEMP | 24 | M | SEN | T41258 | 1:43:34 | | |
| 243 | MOORE | JONATHAN | EDGEMEAD | 38 | M | 35 | 5312 | 1:43:50 | | |
| 244 | TARBOCK | NICK | CENTURY CITY | 31 | M | SEN | 12879 | 1:43:56 | | |
| 245 | NO CARD | | MSM | | M | SEN | | 1:43:58 | | |
| 246 | SALIE | GASANT | BO-KAAP ATHLETICS | 34 | M | SEN | 11072 | 1:44:02 | | |
| 247 | KEMPE | DAVID | TEMP | 29 | M | SEN | T | 1:44:03 | | |
| 248 | RAWRAWAY | PAUL | AAC | 43 | M | 40 | 8191 | 1:44:03 | | |
| 249 | LAVERY | SEAN | WPCC | 47 | M | 45 | 12078 | 1:44:03 | | |
| 250 | COETZER | RORY | STRAND | 33 | M | SEN | 16360 | 1:44:04 | | |
| 251 | NO CARD | | | | M | SEN | | 1:44:04 | | |
| 252 | LEHMAN | LIMONT | TEMP | 42 | M | 40 | T | 1:44:05 | | |
| 253 | COURTNEY-CLARKE | NICCI | TEMP | 43 | F | 40 | T | 1:44:06 | | |
| 254 | GREEN | RONAN | RUN WALK 4 LIFE | 16 | M | JUN | 20278 | 1:44:07 | | |
| 255 | NGONO | SIM | CORR SERVICES WP | 38 | M | 35 | 9409 | 1:44:10 | | |
| 256 | OLIPHANT | BRIGHT | SANLAM | 39 | M | 35 | 4725 | 1:44:20 | | |
| 257 | HEYNS | MARIKE | TEMP | 28 | F | SEN | T | 1:44:20 | | |
| 258 | GAYIYA | ST | OLD MUTUAL | 30 | M | SEN | 0282 | 1:44:21 | | |
| 259 | CALITZ | FREDDIE | CENTURY CITY | 65 | M | 65 | 16613 | 1:44:23 | | |
| 260 | MANTHOKO | DOMONIC | TEMP | 23 | M | SEN | T41238 | 1:44:29 | | |
| 261 | MIDDLEMOST | ELME | BRACKENFELL | 40 | F | 40 | 9778 | 1:44:31 | | |
| 262 | DE WET | REZAAN | ATC | 30 | F | SEN | 10116 | 1:44:33 | | |

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|-----|------------------|-------------|---------------|----|---|-----|----------|---------|--|--|
| 263 | KHAN | REZA | ATC | 43 | M | 40 | 10101 | 1:44:34 | | |
| 264 | BOOYSEN | JACUES | OMMIEDRAAI | 46 | M | 45 | 8506 | 1:44:36 | | |
| 265 | HUMAN | ANUZKA | CARBINEERS WP | 29 | F | SEN | 8929 | 1:44:37 | | |
| 266 | SABAN | ILHAAM | OMMIEDRAAI | 36 | F | 35 | 8505 | 1:44:38 | | |
| 267 | KRIEL | CARIKE | TEMP | 28 | F | SEN | T | 1:44:40 | | |
| 268 | KRIEL | DEON | CPUT BOL | 29 | M | SEN | 1584 BOL | 1:44:40 | | |
| 269 | TOBIN | TARA | CELTIC | 24 | F | SEN | 3721 | 1:44:44 | | |
| 270 | FOURIE | KALEO | STRAND | 36 | F | 35 | 2834 | 1:44:45 | | |
| 271 | BALIWE | LUNGILE | TEMP | 24 | M | SEN | T40927 | 1:44:49 | | |
| 272 | PILOTT | RYAN | TEMP | 33 | M | SEN | T40817 | 1:44:49 | | |
| 273 | HOON | SCHALK | HELDERBERG | 70 | M | 70 | 6921 | 1:44:54 | | |
| 274 | NO RETURN | | | | M | SEN | | 1:44:58 | | |
| 275 | BRYANS | SHAUN | TEMP | 46 | M | 45 | T40976 | 1:44:59 | | |
| 276 | WEBSTER | SHANE | K-WAY VOB | 46 | M | 45 | 1373 | 1:45:00 | | |
| 277 | LOKER | CHRIS | ATC | 51 | M | 50 | 14041 | 1:45:03 | | |
| 278 | BERRY | KRISTY | K-WAY VOB | 34 | F | SEN | 1169 | 1:45:05 | | |
| 279 | BUNTING | COMFORT | AAC | 47 | M | 45 | 8406 | 1:45:06 | | |
| 280 | REYNOLDS | JULIAN | TEMP | 40 | M | 40 | T40847 | 1:45:10 | | |
| 281 | DU TOIT | MADELEINE | DURBAC | 40 | F | 40 | 2362 | 1:45:14 | | |
| 282 | HANEKOM | IZAK | TEMP | 40 | M | 40 | T | 1:45:14 | | |
| 283 | STEENKAMP | MARLIZE | TEMP | 35 | F | 35 | T | 1:45:20 | | |
| 284 | STANLEY | JOSHUA | TEMP | 27 | M | SEN | T | 1:45:20 | | |
| 285 | MANSHON | KEENAN | TEMP | 31 | M | SEN | T | 1:45:28 | | |
| 286 | GROENEWALD | PETRUS | BRACKENFELL | 31 | M | SEN | 9588 | 1:45:29 | | |
| 287 | DOUGLAS | LIESEL | SACS OBS | 45 | F | 45 | 6266 | 1:45:32 | | |
| 288 | SIBANDA | MANDLENKOSI | OLD MUTUAL | 48 | M | 45 | 0338 | 1:45:34 | | |
| 289 | PENNELL | LISA | TEMP | 41 | F | 40 | T | 1:45:37 | | |
| 290 | DE HAAST | JAMES | K-WAY VOB | 26 | M | SEN | 1282 | 1:45:37 | | |
| 291 | ARNTZ | ALBERT | K-WAY VOB | 48 | M | 45 | 1228 | 1:45:38 | | |
| 292 | BEVISS-CHALLINOR | HERNA | TEMP | 28 | F | SEN | T | 1:45:42 | | |
| 293 | NO RETURN | | TEMP | | M | SEN | T | 1:45:44 | | |
| 294 | SMITH | MERVIN | CELTIC | 65 | M | 65 | 3754 | 1:45:49 | | |
| 295 | BOSSERT | NOAH | TEMP | 23 | M | SEN | T | 1:45:50 | | |
| 296 | BUTTON | LINDSAY | TEMP | 31 | F | SEN | T | 1:45:54 | | |
| 297 | GRIFFIN | LINDSAY | FAKU CHIEFS | 31 | F | SEN | 2482 KZN | 1:45:54 | | |
| 298 | POTGIETER | JAN | TEMP | 32 | M | SEN | T | 1:45:55 | | |
| 299 | SMALBERGER | MARISA | AAC | 48 | F | 35 | 8180 | 1:45:56 | | |
| 300 | SPECK | SIMON | CARBINEERS WP | 56 | M | 55 | 8915 | 1:45:57 | | |
| 301 | TALJAARD | ADRIAAN | | 52 | M | 50 | 15858 | 1:46:00 | | |
| 302 | MITCHELL | DOUGLAS | PINELANDS | 51 | M | 50 | 4255 | 1:46:03 | | |
| 303 | JOE | WARRICK | OBS RC | 47 | M | 45 | 11399 | 1:46:04 | | |
| 304 | VAN GENSEN | ALAIN | TEMP | 29 | M | SEN | T | 1:46:04 | | |
| 305 | NO CARD | | | | M | SEN | | 1:46:18 | | |
| 306 | NO CARD | | | | M | SEN | | 1:46:19 | | |
| 307 | NO RETURN | | | | M | SEN | | 1:46:25 | | |

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| 308 | MANLEY | IAIN | AAC | 36 | M | 35 | 8264 | 1:46:26 | | |
| 309 | HENDRICKS | SHAHEEM | ITHEKO | 44 | M | 40 | 15891 | 1:46:27 | | |
| 310 | RABIN | SIRAAJ | ITHEKO | 45 | M | 45 | | 1:46:28 | | |
| 311 | SALIE | OMAR | OMMIEDRAAI | 45 | M | 45 | 14657 | 1:46:28 | | |
| 312 | GRIFFITH | NICOLE | K-WAY VOB | 47 | F | 45 | 1056 | 1:46:30 | | |
| 313 | SANDERS | NATALIE | FOURWAYS RR LONEHILL | 60 | F | 60 | 12002 CGA | 1:46:31 | | |
| 314 | DREYER | CHAD | AAC | 57 | M | 55 | 8148 | 1:46:35 | | |
| 315 | BOONZAAIER | HEINRICH | TEMP | 41 | M | 40 | T | 1:46:36 | | |
| 316 | LUGULWANA | MXOLISI | RCS GUGS | 51 | M | 50 | 11764 | 1:46:40 | | |
| 317 | PERREARD | JULIEN | TEMP | 35 | M | 35 | T | 1:46:42 | | |
| 318 | JENKINS | DAVID | FISH HOEK | 52 | M | 50 | 6569 | 1:46:44 | | |
| 319 | ZIEHL | CHARLES | BELLVILLE | 33 | M | SEN | 5178 | 1:46:46 | | |
| 320 | ETHERIDGE | LYNN | K-WAY VOB | 53 | F | 50 | 1419 | 1:46:51 | | |
| 321 | LOISELET | AUDREY | TEMP | 23 | F | SEN | T41194 | 1:46:54 | | |
| 322 | JACKSON | RONEN | TEMP | 41 | M | 40 | T | 1:46:55 | | |
| 323 | MBELA IKETE | PACIFIC | TEMP | 37 | M | 35 | T | 1:46:57 | | |
| 324 | KALIS | DION | FISH HOEK | 51 | M | 50 | 6383 | 1:47:02 | | |
| 325 | KELDERMAN | GARY | SPARTAN | 56 | M | 55 | 1801 | 1:47:05 | | |
| 326 | SOLOMON | AMAANOELAAH | ARD | 52 | M | 50 | 10659 | 1:47:13 | | |
| 327 | GELDENHUYS | KAREN | HELDERBERG | 35 | F | 35 | 6967 | 1:47:14 | | |
| 328 | PURNELL | MIEKE | TEMP | 27 | F | SEN | T | 1:47:15 | | |
| 329 | LEMON | GEORGE | WEST COAST | 51 | M | 50 | 5714 | 1:47:17 | | |
| 330 | MCKEITH | JILL | K-WAY VOB | 50 | F | 50 | | 1:47:18 | | |
| 331 | CRUICKSHANK | LOUISA | DURBAN HIGH OBS | 40 | F | 40 | 8765 KZN | 1:47:19 | | |
| 332 | CRAWFORD | MICHAEL | TEMP | 28 | M | SEN | T41131 | 1:47:21 | | |
| 333 | MCCUNE | JENNA | TEMP | 28 | F | SEN | T41167 | 1:47:22 | | |
| 334 | CRAWCOUR | SHANE | WEST COAST | 52 | M | 50 | 5653 | 1:47:23 | | |
| 335 | STOREY | ALAN | TEMP | | M | SEN | T41060 | 1:47:24 | | |
| 336 | HUMAN-DUMINY | KAREN | TEMP | 38 | F | 35 | T | 1:47:25 | | |
| 337 | TWEMLOW | HELEN | AAC | 47 | F | 45 | 16180 | 1:47:28 | | |
| 338 | PIEK | ETIENNE | STRAND | 50 | M | 50 | 2828 | 1:47:29 | | |
| 339 | PATERSON | MONICA | WEST COAST | 57 | F | 55 | 5814 | 1:47:30 | | |
| 340 | KOOPMAN | SHIERAAJ | CARBINEERS WP | 41 | M | 40 | 8956 | 1:47:31 | | |
| 341 | NAUDE | THELMA | WEST COAST | 56 | F | 55 | 5859 | 1:47:32 | | |
| 342 | BOTHMA | ANDRE | CENTURY CITY | 36 | M | 35 | 12912 | 1:47:33 | | |
| 343 | SLINGERS | JT | BELLVILLE | 41 | M | 40 | 13146 | 1:47:34 | | |
| 344 | WILLIAMS | NAOMI | OMMIEDRAAI | 38 | F | 35 | 14644 | 1:47:35 | | |
| 345 | PETSE | UVIWE | TEAM VITALITY CG | 43 | M | 40 | 18895 CGA | 1:47:36 | | |
| 346 | BARFORD | GARETH | ATC | 30 | M | SEN | 13991 | 1:47:37 | | |
| 347 | AUSTIN | ANDREW | TEMP | 37 | M | 35 | T | 1:47:49 | | |
| 348 | STANDAAR | NATALIE | WEST COAST | 42 | F | 40 | 5882 | 1:47:50 | | |
| 349 | GREVE | BRAD | TEMP | 25 | M | SEN | T | 1:47:56 | | |
| 350 | GENIS | GERHARD | TEMP | 26 | M | SEN | T40751 | 1:48:03 | | |
| 351 | HYLDEN | DAVID | TEMP | 36 | M | 35 | T | 1:48:05 | | |
| 352 | SPRINGER | DAWN | SPARTAN | 57 | F | 55 | 1782 | 1:48:08 | | |

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| 353 | VENTER | RAOUL | TEMP | 37 | M | 35 | T | 1:48:11 | | |
| 354 | KONTOGHIORGHE | CHRISTINA | TEMP | 29 | F | SEN | T41117 | 1:48:15 | | |
| 355 | BORMAN | DEON | TEMP | 42 | M | 40 | T | 1:48:19 | | |
| 356 | VILJOEN | ANIKA | ATC | 28 | F | SEN | T41347 | 1:48:23 | | |
| 357 | PIENAAR | JIHAAD | CARBINEERS WP | 27 | M | SEN | 9002 | 1:48:30 | | |
| 358 | NO RETURN | | TEMP | | F | SEN | T | 1:48:31 | | |
| 359 | MAYILA | MPHUMEZI | | 44 | M | 40 | 12214 | 1:48:35 | | |
| 360 | VAN ZYL | ANNA | ARCELOR MITTAL | 34 | F | SEN | 7141 | 1:48:38 | | |
| 361 | MALSHE | SIDHARTT | TEMP | 38 | M | 35 | T | 1:48:40 | | |
| 362 | WOEKE | ILANA | STRAND | 46 | F | 45 | 3151 | 1:48:45 | | |
| 363 | PETSE | SIZWE | SANLAM | 42 | M | 40 | 4681 | 1:48:46 | | |
| 364 | WALKER | JASON | STELLENBOSCH | 23 | M | SEN | 1418 BOL | 1:48:47 | | |
| 365 | MATTHEWS | BEVAN | CENTURY CITY | 32 | M | SEN | 12851 | 1:48:49 | | |
| 366 | SANGLAY | FARZEEN | TOP FORM | 27 | M | SEN | 12970 | 1:48:51 | | |
| 367 | ALLIE | YASEEN | TEMP | 27 | M | SEN | T | 1:48:51 | | |
| 368 | FORD | NATHEER | SPARTAN | 28 | M | SEN | 14925 | 1:48:53 | | |
| 369 | KOEGELENBERG | ARNO | TEMP | 38 | M | 35 | T | 1:48:59 | | |
| 370 | MEAD | MATT | TEMP | 37 | M | 35 | T | 1:49:02 | | |
| 371 | KOOPMAN | EDWIN | SANDF WP | 35 | M | 35 | 7684 | 1:49:07 | | |
| 372 | PILLEY | ADRIAN | TEMP | 63 | M | 60 | T40816 | 1:49:09 | | |
| 373 | CASSIEM | AS-AD | BO-KAAP ATHLETICS | 26 | M | SEN | 11050 | 1:49:09 | | |
| 374 | DU TOIT | CHANDRE | TEMP | 30 | F | SEN | T | 1:49:15 | | |
| 375 | ALBERTYN | DE WET | TEMP | 35 | M | 35 | T | 1:49:16 | | |
| 376 | ARENDZE | LEONARD | TEMP | 39 | M | 35 | T | 1:49:16 | | |
| 377 | CLOETE | NATHALIE | K-WAY VOB | 50 | F | 50 | 1338 | 1:49:17 | | |
| 378 | SMITH | SONIA | CELTIC | 61 | F | 60 | 3757 | 1:49:18 | | |
| 379 | OLIVER | DEAN | TEMP | 23 | M | SEN | T | 1:49:20 | | |
| 380 | BRANSGROVE | LEE | TEMP | 26 | M | SEN | T | 1:49:21 | | |
| 381 | COLLOP | STEVE | TEMP | 49 | M | 45 | T | 1:49:25 | | |
| 382 | NOLL | ANTON | AAC | 31 | M | SEN | 15824 | 1:49:25 | | |
| 383 | CHURCH | WARREN | TEMP | 36 | M | 35 | T | 1:49:26 | | |
| 384 | SMIT | MARIUS | ATC | 56 | M | 55 | 15957 | 1:49:28 | | |
| 385 | SALIE | FADL | OMMIEDRAAI | 35 | M | 35 | 8483 | 1:49:29 | | |
| 386 | NO RETURN | | | | M | SEN | | 1:49:30 | | |
| 387 | TORR | KENYON | TEMP | 23 | M | SEN | T | 1:49:31 | | |
| 388 | JACOBS | FARANAAZ | ITHEKO | 31 | F | SEN | 3557 | 1:49:31 | | |
| 389 | ROELOFSE | PIETER | CAPITEC | 46 | M | 45 | 1973 BOL | 1:49:32 | | |
| 390 | FILLMORE | TRACY-LEE | ATC | 38 | F | 35 | 10245 | 1:49:35 | | |
| 391 | THORNE | MICHAEL | TEMP | 47 | M | 45 | T41078 | 1:49:36 | | |
| 392 | MOORE | BRIDGET | TEMP | 20 | F | SEN | T | 1:49:37 | | |
| 393 | MPUTLE | MPHO | TEMP | 28 | M | SEN | T | 1:49:39 | | |
| 394 | MCMULLEN | CLARE | TEMP | 34 | F | SEN | T | 1:49:44 | | |
| 395 | CERES | ISMAIL | OMMIEDRAAI | 48 | M | 45 | 8610 | 1:49:45 | | |
| 396 | BUCHANAN | ROSE | TEMP | 34 | F | SEN | T | 1:49:45 | | |
| 397 | LOVINO | ASHLEIGH | TEMP | 35 | F | 35 | T | 1:49:46 | | |

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| 398 | ABRAHAMS | ROBIN | OLD MUTUAL | 26 | M | SEN | 0303 | 1:49:47 | | |
| 399 | MALAN | JEANNE | CAPE MULTISPORT | 52 | F | 50 | 14202 | 1:49:47 | | |
| 400 | ROSSITER | MEGAN | TEMP | 21 | F | SEN | T41007 | 1:49:48 | | |
| 401 | MALAN | PIETER | CAPE MULTISPORT | 53 | M | 50 | 14201 | 1:49:49 | | |
| 402 | HAMLYN | JONATHAN | K-WAY VOB | 70 | M | 70 | 0986 | 1:49:49 | | |
| 403 | LEONARD | BRYDON | TEMP | 23 | M | SEN | T41188 | 1:49:50 | | |
| 404 | ANDRIES | JOHAN | SAPS WP | 42 | M | 40 | 16727 | 1:49:51 | | |
| 405 | BURGER | DERICK | DURBAC | 43 | M | 40 | 15326 | 1:49:51 | | |
| 406 | BEY | MICHELLE | CELTIC | 48 | F | 45 | 8726 | 1:49:54 | | |
| 407 | BUCHANAN | STUART | TEMP | 29 | M | SEN | T | 1:49:56 | | |
| 408 | JACOBS | LEZIL | STELLENBOSCH | 27 | F | SEN | 2079 BOL | 1:49:56 | | |
| 409 | SMITH | ANDREW | CELTIC | 44 | M | 40 | 3781 | 1:50:00 | | |
| 410 | MUSTAPHA | RIDWAAN | ITHEKO | 46 | M | 45 | 3477 | 1:50:01 | | |
| 411 | SALIE | MAAHIR | ATC | 30 | M | SEN | 10099 | 1:50:02 | | |
| 412 | APPOLLIS | ANGELO | CENTRAL AC | 41 | M | 40 | 9082 | 1:50:02 | | |
| 413 | KRUGER | KARRIEN | EDGEMEAD | 31 | F | SEN | 5342 | 1:50:03 | | |
| 414 | BULANA | AVELA | ADVENTIST | 35 | F | 35 | 12145 | 1:50:05 | | |
| 415 | NGXONONO | PHUMELELO | PINELANDS | 42 | M | 40 | 4530 | 1:50:06 | | |
| 416 | CROWIE | SIERAAJ | OMMIEDRAAI | 34 | M | SEN | 8642 | 1:50:10 | | |
| 417 | CLARK | KIM | CAPE MULTISPORT | 40 | M | 40 | 14171 | 1:50:11 | | |
| 418 | DE JONCH | BRUCE | TEMP | 28 | M | SEN | T | 1:50:12 | | |
| 419 | ROBERT | JEAN-LUC | TEMP | 23 | M | SEN | T | 1:50:15 | | |
| 420 | GOOSEN | MICHELLE | BRACKENFELL | 37 | F | 35 | 9826 | 1:50:15 | | |
| 421 | VAN SITTEERT | ALBERTUS | CAPE MULTISPORT | 44 | M | 40 | 7304 | 1:50:16 | | |
| 422 | SARDIEN | KASHIEF | OMMIEDRAAI | 63 | M | 60 | 8551 | 1:50:17 | | |
| 423 | HATTAS | ACHMAT | OMMIEDRAAI | 58 | M | 55 | 8458 | 1:50:19 | | |
| 424 | GILLMER | CALVIN | AAC | 29 | M | SEN | 8190 | 1:50:21 | | |
| 425 | GILLMER | KEVIN | MUIRITE STRIDERS | 58 | M | 55 | 0271 EPA | 1:50:22 | | |
| 426 | MASITE | LESEGO | TEAM VITALITY CG | 40 | M | 40 | 34024 CGA | 1:50:23 | | |
| 427 | WALKER | REBECCA | TEMP | 39 | F | SEN | T | 1:50:24 | | |
| 428 | LANZ | ERNEST | CELTIC | 33 | M | SEN | 3886 | 1:50:25 | | |
| 429 | SAUNDERS | DAWN | HELDERBERG | 61 | F | 60 | 6929 | 1:50:27 | | |
| 430 | IMRIE | PETER | TEMP | 40 | M | 40 | T | 1:50:29 | | |
| 431 | URISOHN | VINODA | OMMIEDRAAI | 44 | F | 40 | 8728 | 1:50:32 | | |
| 432 | GUMPO | THAMI | ATC | 34 | M | SEN | | 1:50:36 | | |
| 433 | ISAACS | DAVID | PINELANDS | 48 | M | 45 | 4248 | 1:50:41 | | |
| 434 | NO RETURN | | TEMP | | F | SEN | T | 1:50:46 | | |
| 435 | LIDZHADE | FHULU | LANGA | 49 | M | 45 | 12691 | 1:50:48 | | |
| 436 | EBRAHIM | MEHBOOB | ITHEKO | 38 | M | 35 | 3154 | 1:50:51 | | |
| 437 | RELTON | CLAIRE | TEMP | 30 | F | SEN | T | 1:50:52 | | |
| 438 | KRUGER | ERENA | TEMP | 27 | F | SEN | T | 1:50:54 | | |
| 439 | SACKS | | AAC | 65 | M | 65 | 16185 | 1:50:55 | | |
| 440 | PARKER | REDEWAAN | TOP FORM | 43 | M | 40 | 4007 | 1:50:57 | | |
| 441 | HEYL | CLAUDIA | CELTIC | 48 | F | 45 | 14329 | 1:51:03 | | |
| 442 | PETERSEN | GARY | CENTURY CITY | 39 | M | 35 | 6126 | 1:51:04 | | |

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| 443 | DU PLESSIS | KEITH | TEMP | 45 | M | 45 | T | 1:51:10 | | |
| 444 | SCHULTZ | BRADLEY | VITAL FITNESS AC | 27 | M | SEN | 24902 AGN | 1:51:12 | | |
| 445 | NO RETURN | | TEMP | | M | SEN | T | 1:51:13 | | |
| 446 | LOURENS | RAYNO | TEMP | 38 | M | 35 | T | 1:51:14 | | |
| 447 | JACKSON | LYNDSAY | K-WAY VOB | 61 | F | 60 | 0621 | 1:51:17 | | |
| 448 | FURTER | LAUREN | K-WAY VOB | 24 | F | SEN | 0708 | 1:51:19 | | |
| 449 | HEIL | STEFAN | BELLVILLE | 46 | M | 45 | 5104 | 1:51:23 | | |
| 450 | SOKUPA | UZUBENATHI | CELTIC | 31 | M | SEN | 3870 | 1:51:28 | | |
| 451 | KITCHING | NATHAN | AAC | 34 | M | SEN | 8143 | 1:51:28 | | |
| 452 | MASEKO | BONGI | TEMP | 25 | M | SEN | T | 1:51:30 | | |
| 453 | RUSSAK | STEVEN | AAC | 55 | M | 55 | 16189 | 1:51:31 | | |
| 454 | HAWINKELS | SARAH | TEMP | 23 | F | SEN | T | 1:51:33 | | |
| 455 | DISQUALIFIED | | | | F | SEN | | 1:51:33 | | |
| 456 | BUITENDACH | SHANDRE | MELKBOS | 32 | F | SEN | 9189 | 1:51:34 | | |
| 457 | JANSEN | MORNAY | EDGEMEAD | 30 | M | SEN | 5341 | 1:51:35 | | |
| 458 | PRESTON | MEGAN | TEMP | 25 | F | SEN | T40826 | 1:51:45 | | |
| 459 | STEFAN | DONOVAN | TEMP | 27 | M | SEN | T41054 | 1:51:46 | | |
| 460 | O'CONNOR | SUSAN | WILD RUNNER | 41 | F | 40 | 0450 | 1:51:48 | | |
| 461 | ASMAL | UWAIS | OMMIEDRAAI | 33 | M | SEN | 8622 | 1:51:51 | | |
| 462 | PAGE | MICHELLE | CELTIC | 30 | F | SEN | 3871 | 1:51:57 | | |
| 463 | NYAZEMA | TEURAI | TEMP | 24 | M | SEN | T | 1:52:01 | | |
| 464 | HILL | NICKI | CARBINEERS WP | 52 | F | 50 | 8936 | 1:52:02 | | |
| 465 | DELPORT | KANDI | CAPE MULTISPORT | | F | SEN | 7588 | 1:52:02 | | |
| 466 | TRUTER | ANJE | TEMP | 26 | F | SEN | T | 1:52:04 | | |
| 467 | BUTLER | WARREN | TEMP | 32 | M | SEN | T | 1:52:05 | | |
| 468 | SEPTEMBER | CARL JOHN | TEMP | 55 | M | 55 | T | 1:52:05 | | |
| 469 | NTSILA | SITHEMBELE | SANLAM | 35 | M | 35 | 16500 | 1:52:08 | | |
| 470 | SALIE | MOGAMAT | ITHEKO | 40 | M | 40 | 3338 | 1:52:12 | | |
| 471 | HARKETT | TINA | AAC | 60 | F | 60 | 8260 | 1:52:14 | | |
| 472 | HORNE | ROBERT | 32GI RC | 43 | M | 40 | 24668CGA | 1:52:19 | | |
| 473 | HENRY | CONITA | STELLENBOSCH | 56 | F | 55 | 0865 BOL | 1:52:21 | | |
| 474 | GROENEWALD | MARCO | ATC | 48 | M | 45 | 14048 | 1:52:29 | | |
| 475 | NGOBESE | NDUMISO | LANGEBAAN STRANDLOOPERS | 31 | M | SEN | 16471 | 1:52:36 | | |
| 476 | KEPPEL | JENS | NO CLUB | 35 | M | 35 | 11384 | 1:52:38 | | |
| 477 | BAUST | KATHARINA | NO CLUB | 36 | F | 35 | 11383 | 1:52:38 | | |
| 478 | MNGUNI | CETSHWAYO | WEST COAST | 35 | M | 35 | 15716 | 1:52:39 | | |
| 479 | CORNFIELD | JON | TEMP | 42 | M | 40 | T | 1:52:40 | | |
| 480 | GALBRAITH | LEIGH | TEMP | 35 | F | 35 | T | 1:52:42 | | |
| 481 | MALLET | ALEX | K-WAY VOB | 46 | F | 45 | 1047 | 1:52:42 | | |
| 482 | VEERMEER | JULIAN | STELLENBOSCH | 37 | M | 35 | 1401 BOL | 1:52:44 | | |
| 483 | THOMAS | RICHARD | K-WAY VOB | 40 | M | 40 | 1180 | 1:52:45 | | |
| 484 | THOMAS | ANNELIZE | TEMP | 36 | F | 35 | T | 1:52:45 | | |
| 485 | JACOBS | ANTHEA | IN TOUCH | 50 | F | 50 | 7982 | 1:52:47 | | |
| 486 | VAN REENEN | ASHLEY | TEMP | 26 | M | SEN | T41335 | 1:52:49 | | |
| 487 | ATANASOVA | MIRA | AAC | 33 | F | SEN | 8330 | 1:52:55 | | |

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| 488 | IDAS | MARIO | BRACKENFELL | 47 | M | 45 | 9714 | 1:53:00 | | |
| 489 | STEMMET | WALEED | OMMIEDRAAI | 46 | M | 45 | 8530 | 1:53:04 | | |
| 490 | SANDERS | KYLE | TEMP | 31 | M | SEN | T | 1:53:05 | | |
| 491 | JOHAAR | ARMIEN | ARD | 57 | M | 55 | 10657 | 1:53:06 | | |
| 492 | MABUZA | THANDO | RCS GUGS | 30 | M | SEN | 11830 | 1:53:07 | | |
| 493 | MOULDER | BRANDON | AAC | 29 | M | SEN | 8315 | 1:53:10 | | |
| 494 | CLARENCE | JUAN | BELLVILLE | 48 | M | 45 | 4991 | 1:53:12 | | |
| 495 | DE MONK | ELYDIA | K-WAY VOB | 52 | F | 50 | 1166 | 1:53:12 | | |
| 496 | COLLINS | MALCOLM | K-WAY VOB | 53 | M | 50 | 0704 | 1:53:13 | | |
| 497 | CUPIDO | CHARMAINE | NEDBANK WP | 63 | F | 60 | 2263 | 1:53:15 | | |
| 498 | DRY | AMANDA | TEMP | 25 | F | SEN | T40986 | 1:53:16 | | |
| 499 | RADLOFF | BARRY | WEST COAST | 44 | M | 40 | 15732 | 1:53:17 | | |
| 500 | POTGIETER | BAREND | TEMP | 36 | M | 35 | T | 1:53:18 | | |
| 501 | MGAGULI | MASILAKHE | KHAYELITSHA | 27 | M | SEN | 13430 | 1:53:19 | | |
| 502 | VORSTER | SCHALK | TEMP | 36 | M | 35 | T | 1:53:21 | | |
| 503 | DIEDERICKS | PAUL | K-WAY VOB | 48 | M | 45 | 0797 | 1:53:22 | | |
| 504 | ROBERTS | ROCHELLE | ARD | 37 | F | 35 | 10651 | 1:53:24 | | |
| 505 | NO RETURN | | ARD | | F | SEN | | 1:53:24 | | |
| 506 | ADAMS | JIHAD | ARD | 17 | M | JUN | 20574 | 1:53:27 | | |
| 507 | LEWIN | ABDUL-MUIZH | ARD | 39 | M | 35 | 10737 | 1:53:28 | | |
| 508 | VAN NIEKERK | DIRK | TEMP | 25 | M | SEN | T | 1:53:29 | | |
| 509 | NO RETURN | | | | M | SEN | | 1:53:31 | | |
| 510 | BARGE | JESS | TEMP | 32 | F | SEN | T40929 | 1:53:32 | | |
| 511 | CILLIERS | AMY | STELLENBOSCH | 27 | F | SEN | 2087 BOL | 1:53:33 | | |
| 512 | DAVIDS | HILTON | OMMIEDRAAI | 51 | M | 50 | 8596 | 1:53:36 | | |
| 513 | GELDENHUYS | GERDA | HELDERBERG | 39 | F | 35 | 15110 | 1:53:36 | | |
| 514 | COZYN | FAREED | OMMIEDRAAI | 47 | M | 45 | 8460 | 1:53:37 | | |
| 515 | JAKOET | SHAHEED | CENTRAL AC | 57 | M | 55 | 9087 | 1:53:37 | | |
| 516 | STEYL | MORNAY | TEMP | 46 | M | 45 | T41057 | 1:53:38 | | |
| 517 | FLETCHER | RAE | NO CLUB | 37 | F | 35 | 12676 | 1:53:39 | | |
| 518 | XABA | XOLANI | DRDLR AC | 34 | M | SEN | 11213 | 1:53:40 | | |
| 519 | PETERSEN | SAMIR | TEMP | 41 | M | 40 | T | 1:53:42 | | |
| 520 | DE JONGH | AMY | HOUT BAY | 27 | F | SEN | 6160 | 1:53:43 | | |
| 521 | VAN LILL | ELIZMA | CELTIC | 34 | F | SEN | 3749 | 1:53:43 | | |
| 522 | NO RETURN | | PINELANDS | | M | SEN | | 1:53:46 | | |
| 523 | MORRELL | ROBERT | UCT | 63 | M | 60 | 10587 | 1:53:46 | | |
| 524 | DOWN | BERNICE | PINELANDS | 41 | F | 40 | 13938 | 1:53:48 | | |
| 525 | GENSICKE | ANDREAS | PINELANDS | 51 | M | 50 | 4268 | 1:53:48 | | |
| 526 | CHRISTIE-SMITH | HYLTON | PINELANDS | 37 | M | 35 | 4320 | 1:53:52 | | |
| 527 | BEDFORD | DENVER | ARD | 39 | M | 35 | 10650 | 1:53:53 | | |
| 528 | LINSSEN | JANINE | WEST COAST | 47 | F | 45 | 5697 | 1:53:54 | | |
| 529 | LEVIN | MITCH | WEST COAST | 56 | M | 55 | 5750 | 1:53:54 | | |
| 530 | GODWANA | MAXWELL | RCS GUGS | 48 | M | 45 | 11497 | 1:53:54 | | |
| 531 | AMLAY | RIEDWAAN | ITHEKO | 41 | M | 40 | 3644 | 1:53:55 | | |
| 532 | GALANT | TAAHIR | ITHEKO | 36 | M | 35 | 3201 | 1:53:55 | | |

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| 533 | NO RETURN | | TEMP | | M | SEN | T | 1:54:00 | | |
| 534 | DAVIDSE | JUDITH | PINELANDS | 38 | F | 35 | 4181 | 1:54:05 | | |
| 535 | MAHARAGE | BERYL | CELTIC | 53 | F | 50 | 3800 | 1:54:13 | | |
| 536 | WARD | COLIN | WEST COAST | 41 | M | 40 | 5770 | 1:54:18 | | |
| 537 | KIRO | LYNN | TEMP | 23 | F | SEN | T | 1:54:22 | | |
| 538 | CAMPBELL | KATE | TEMP | | F | SEN | T | 1:54:23 | | |
| 539 | CROUKAMP | NICO | DURBAC | 47 | M | 45 | 2328 | 1:54:24 | | |
| 540 | BALLANTYNE | JESSICA | NO CLUB | 34 | F | SEN | 12678 | 1:54:24 | | |
| 541 | NDLEBE | SANDISWA | CELTIC | 38 | F | 35 | 3894 | 1:54:25 | | |
| 542 | KRUGER | NATASHA | SANLAM | 45 | F | 45 | 4727 | 1:54:25 | | |
| 543 | BENADIE | DEWALD | TEMP | 30 | M | SEN | T | 1:54:27 | | |
| 544 | NTSWAYI | SIPHOSETHU | RCS GUGS | 27 | F | SEN | 11432 | 1:54:29 | | |
| 545 | RETHMAN | STACEY | AAC | 34 | F | SEN | 8391 | 1:54:29 | | |
| 546 | SWART | KAREN | TEMP | 37 | F | 35 | T | 1:54:33 | | |
| 547 | DUNCAN | ANDY | PINELANDS | 43 | M | 40 | 4400 | 1:54:34 | | |
| 548 | GALIMBERTI | MARIAGRAZIA | OBS RC | 41 | F | 40 | 11400 | 1:54:36 | | |
| 549 | PYE | ANTHONY | TEMP | 43 | M | 40 | T | 1:54:40 | | |
| 550 | TAUTE | JACO | TEMP | 39 | M | 35 | T | 1:54:41 | | |
| 551 | SINDI | BULELANI | ADVENTIST | 49 | M | 45 | 12143 | 1:54:42 | | |
| 552 | KNAGGS | RICHARD | WEST COAST | 50 | M | 50 | 5820 | 1:54:44 | | |
| 553 | PULKER | JEFF | K-WAY VOB | 64 | M | 60 | 1146 | 1:54:47 | | |
| 554 | GOWER | BRETT | TEMP | 29 | M | SEN | T | 1:54:51 | | |
| 555 | ARENDSE | ROGER | RCS GUGS | 61 | M | 60 | 11899 | 1:54:54 | | |
| 556 | NO RETURN | | TEMP | | M | SEN | T | 1:54:54 | | |
| 557 | DAWES | JOHN | PINELANDS | 59 | M | 55 | 4191 | 1:54:59 | | |
| 558 | GABIER | MISHQAH | OMMIEDRAAI | 32 | F | SEN | 8656 | 1:55:05 | | |
| 559 | VAN ZYL | CHANTELLE | K-WAY VOB | 44 | F | 40 | 1376 | 1:55:06 | | |
| 560 | JATTIEM | NAASHIEF | ARD | 40 | M | 40 | 10763 | 1:55:10 | | |
| 561 | NO CARD | | | | M | SEN | | 1:55:12 | | |
| 562 | NO RETURN | | | | M | SEN | | 1:55:13 | | |
| 563 | HESS | MARIUS | TYGERBERG | 55 | M | 55 | 5598 | 1:55:14 | | |
| 564 | NORMINTON | PAUL | TEMP | 40 | M | 40 | T | 1:55:15 | | |
| 565 | MUSHANGANYISI | KANAKANA | PINELANDS | 43 | M | 40 | 4310 | 1:55:18 | | |
| 566 | NTLOKWANA | MALIBONGWE | HARFIELD | 35 | M | 35 | 14592 | 1:55:19 | | |
| 567 | COERT | SULEIMAN | BO-KAAP ATHLETICS | 40 | M | 40 | 14099 | 1:55:19 | | |
| 568 | MARTIN | ARDIEL | ARD | 43 | M | 40 | 10699 | 1:55:19 | | |
| 569 | LOUW | PETER | ARD | 37 | M | 35 | 10713 | 1:55:21 | | |
| 570 | RADEMEYER | GARETH | TEMP | 41 | M | 40 | T | 1:55:22 | | |
| 571 | DUFFAUT | LAURANNE | TEMP | 32 | F | SEN | T | 1:55:27 | | |
| 572 | KARONGA | TATENDA | METROPOLITAN | 26 | M | SEN | 12496 | 1:55:28 | | |
| 573 | DE GRAAF | ADRIAN | TEMP | 27 | M | SEN | T | 1:55:29 | | |
| 574 | NO RETURN | | | | M | SEN | | 1:55:30 | | |
| 575 | SASSOLI | YOLANDI | TEMP | 27 | F | SEN | T | 1:55:31 | | |
| 576 | DE WAAL | RENEE | TEMP | 40 | F | 40 | T | 1:55:33 | | |
| 577 | DE KLERK | TELANIE | TEMP | 37 | F | 35 | T41096 | 1:55:34 | | |

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| 578 | KANA | FAIROOS | VODACOM KIMBERLEY RR | 49 | F | 45 | 0390 AGW | 1:55:37 | | |
| 579 | NO RETURN | | MP TITANS | | M | SEN | | 1:55:37 | | |
| 580 | DYAKALASHE | NYAMEKA | WEST COAST | 40 | M | 40 | 5739 | 1:55:45 | | |
| 581 | SCHNEHAGE | MERVIN | PINELANDS | 44 | M | 40 | 4375 | 1:55:52 | | |
| 582 | BERGSTIEDT | ANDREW | TEMP | 48 | M | 45 | T40943 | 1:56:03 | | |
| 583 | NAZO | TASH | TEMP | 30 | M | SEN | T | 1:56:05 | | |
| 584 | CLOETE | BETHWILL | TEMP | 31 | F | SEN | T | 1:56:06 | | |
| 585 | TANDY | FELICIA | WEST COAST | 38 | F | 35 | 5795 | 1:56:09 | | |
| 586 | JENEKER | WAYNE | SPARTAN | 51 | M | 50 | 1891 | 1:56:11 | | |
| 587 | ABBAS | NIZAAMUDIEN | NO CLUB | 37 | M | 35 | 14767 | 1:56:12 | | |
| 588 | JOHNSON | LUCY | TEMP | 30 | F | SEN | T | 1:56:13 | | |
| 589 | MSUMZA | NOMANINZI | RCS GUGS | 35 | F | 35 | 15654 | 1:56:17 | | |
| 590 | BERG | LYLANIE | MELKBOS | 37 | F | 35 | 9230 | 1:56:19 | | |
| 591 | NO RETURN | | | | F | SEN | | 1:56:23 | | |
| 592 | NTOZINI | BUYILE | KHAYELITSHA | 32 | M | SEN | 15689 | 1:56:25 | | |
| 593 | HEINRICH | PETER | TEMP | 50 | M | 50 | T40887 | 1:56:28 | | |
| 594 | HOEDEMAKER | CLINTON | K-WAY VOB | 35 | M | 35 | 1341 | 1:56:33 | | |
| 595 | LOURENS | PHILLIP | BELLVILLE | 49 | M | 45 | 12602 | 1:56:34 | | |
| 596 | MOFFETT | MICHAEL | TEMP | 26 | M | SEN | T | 1:56:35 | | |
| 597 | WESSELS | HENK | TEMP | 44 | M | 40 | T | 1:56:36 | | |
| 598 | MEYER | JEAN | ARD | 18 | M | JUN | 20575 | 1:56:41 | | |
| 599 | JOHNSON | PAULA | EDGEMEAD | 41 | F | 40 | 5477 | 1:56:46 | | |
| 600 | MAY | CARL | ATC | 60 | M | 60 | 10255 | 1:56:50 | | |
| 601 | KOTZE | CHRIS | ARCELOR MITTAL | 40 | M | 40 | 7137 | 1:56:55 | | |
| 602 | ADAMS | VERA | PINELANDS | 48 | F | 45 | 4361 | 1:56:56 | | |
| 603 | STUBBS | SHANNON | K-WAY VOB | 27 | F | SEN | 1197 | 1:57:00 | | |
| 604 | NELL | MARK | RUN ZONE | 34 | M | SEN | 24601 AGN | 1:57:01 | | |
| 605 | GULER | MATHILDA | PINELANDS | 39 | F | 35 | 4340 | 1:57:02 | | |
| 606 | DHANSAY | AFZAL | K-WAY VOB | 58 | M | 55 | 0919 | 1:57:03 | | |
| 607 | VESTER | DUNCAN | TEMP | 23 | M | SEN | T | 1:57:10 | | |
| 608 | GOLA | SINALO | SANLAM | 41 | F | 40 | 4571 | 1:57:13 | | |
| 609 | BOSHOFF | EMMA | AAC | 27 | F | SEN | 8286 | 1:57:14 | | |
| 610 | NO RETURN | | | | M | SEN | | 1:57:14 | | |
| 611 | GREEFF | LAMBERT | TEMP | 26 | M | SEN | T40784 | 1:57:15 | | |
| 612 | DREYER | GAIL | ARD | 48 | F | 45 | 10652 | 1:57:20 | | |
| 613 | MARTIN | JAMIE-RYAN | ITHEKO | 27 | M | SEN | 6035 | 1:57:24 | | |
| 614 | ACKER | MARNI | NEDBANK WP | 28 | F | SEN | 1053 | 1:57:33 | | |
| 615 | BADENHORST | PIETER | TEMP | 26 | M | SEN | T40925 | 1:57:33 | | |
| 616 | ROUX | CARINA | TEMP | 27 | M | SEN | T41010 | 1:57:34 | | |
| 617 | MATLAPENG | SEWAGODIMO | TEMP | 24 | F | SEN | T | 1:57:38 | | |
| 618 | NO RETURN | | CAPE MULTISPORT | | F | SEN | | 1:57:39 | | |
| 619 | PHILIPS | LAUREN | DURBAC | 35 | F | 35 | 2799 | 1:57:42 | | |
| 620 | HERSELMAN | PAUL | WILD RUNNER | 32 | M | SEN | 0469 | 1:57:50 | | |
| 621 | PRESTON | DONNA | TEMP | 36 | F | 35 | T | 1:57:51 | | |
| 622 | BREDENKAMP | CAILEY | PAARL | 56 | F | 55 | 0215 BOL | 1:57:52 | | |

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| 623 | SIHLUKU | MTHOBISI | LANGA | 48 | M | 45 | 9531 | 1:57:54 | | |
| 624 | MCLAREN | RUSSELL | WEST COAST | 42 | M | 40 | 5747 | 1:57:57 | | |
| 625 | SHADWELL | PETER | TEAM VITALITY CG | 59 | M | 55 | 25028 CGA | 1:58:06 | | |
| 626 | MARTIN | LAUREN | EDGEMEAD | 37 | F | 35 | 5402 | 1:58:18 | | |
| 627 | RODHIRAN | SUJITRA | EDGEMEAD | 43 | F | 40 | 5208 | 1:58:19 | | |
| 628 | SALIE | NU-HA | WALMERS AC | 29 | F | SEN | 6787 | 1:58:22 | | |
| 629 | CERES | QUDSIYYAH | OMMIEDRAAI | 21 | F | SEN | 8611 | 1:58:22 | | |
| 630 | HEUNES | SHELLEY | STELLENBOSCH | 37 | F | 35 | 2083 BOL | 1:58:25 | | |
| 631 | HERBST | MIRE | TEMP | 22 | F | SEN | T | 1:58:25 | | |
| 632 | NYANDA | VICTOR | | 48 | M | 45 | 16159 | 1:58:29 | | |
| 633 | HENDRICKS | SHAHEED | OMMIEDRAAI | 51 | M | 50 | 8454 | 1:58:36 | | |
| 634 | XULU | SIHAWU | TEMP | 20 | M | SEN | T | 1:58:41 | | |
| 635 | MUKONA | RENDANI | SANDF WP | 40 | M | 40 | 7655 | 1:58:43 | | |
| 636 | KIRSHENBAUM | ELAD | TEMP | 40 | M | 40 | T | 1:58:43 | | |
| 637 | SHADWELL | JO | TEAM VITALITY CG | 28 | F | SEN | 32461 CGA | 1:58:46 | | |
| 638 | KIERNAN | NATALIE | CARBINEERS WP | 22 | F | SEN | 8974 | 1:58:49 | | |
| 639 | ALLIE | IRFAAN | ARD | 32 | M | SEN | 10767 | 1:58:54 | | |
| 640 | ROBERTSON | JARRED | TEMP | 32 | M | SEN | T | 1:58:54 | | |
| 641 | MCBRIDE | SINDI-LEIGH | TEAM VITALITY CG | 31 | F | SEN | 34274 CGA | 1:58:55 | | |
| 642 | SCHERMAN | AMANDA | ARCELOR MITTAL | 50 | F | 50 | 7142 | 1:58:59 | | |
| 643 | HOLMES | SAMANTHA | WEST COAST | 28 | F | SEN | 5821 | 1:58:59 | | |
| 644 | DESAI | URVESH | TEMP | 38 | M | 35 | T40992 | 1:59:05 | | |
| 645 | SCHREINER | WILLIAM | TEMP | 62 | M | 60 | T | 1:59:06 | | |
| 646 | ROBAK | PAUL | TEMP | 31 | M | SEN | T40852 | 1:59:07 | | |
| 647 | STAAK | ANTHONY | SPARTAN | 63 | M | 60 | 1547 | 1:59:14 | | |
| 648 | ADAMS | YASSER | BO-KAAP ATHLETICS | 32 | M | SEN | 11046 | 1:59:17 | | |
| 649 | WHITE | LISA | WILD RUNNER | 54 | F | 50 | 0370 | 1:59:18 | | |
| 650 | HERBERT | MARIETHA | BELLVILLE | 74 | F | 70 | 12580 | 1:59:18 | | |
| 651 | WILLIAMSON | KAREN | HOUT BAY | 50 | F | 50 | 6250 | 1:59:20 | | |
| 652 | ENGLBRECHT | LEILA | TEMP | 16 | F | JUN | T40727 | 1:59:20 | | |
| 653 | FITSCHEN | ULLA | NO CLUB | 44 | F | 40 | 12818 | 1:59:21 | | |
| 654 | SILKE | HOWARD | AAC | 63 | M | 60 | 8364 | 1:59:22 | | |
| 655 | SHARIPOV | AIRAT | TEMP | 36 | M | 35 | T41029 | 1:59:25 | | |
| 656 | CUPIDO | JEROME | TEMP | 39 | M | 35 | T41128 | 1:59:25 | | |
| 657 | CLAPHAM | JARED | ATC | 35 | M | 35 | 10207 | 1:59:26 | | |
| 658 | BANGO | LIZO | RCS GUGS | 41 | M | 40 | 11555 | 1:59:29 | | |
| 659 | VAN STADEN | LEON | TEMP | 34 | M | SEN | T | 1:59:31 | | |
| 660 | MCKECHNIE | RAMEEZ | ITHEKO | 53 | M | 50 | 3405 | 1:59:32 | | |
| 661 | WOLMARANS | LAETITIA | MILITARY SPORTS CLUB OUDTSHOORN | 41 | F | 40 | | 1:59:34 | | |
| 662 | SCOTT | MANDY | HARFIELD | 54 | F | 50 | 4904 | 1:59:40 | | |
| 663 | MUZANYA | TRUST | TEMP | 51 | M | 50 | T41208 | 1:59:44 | | |
| 664 | GOUWS | ANITA | RUN WALK 4 LIFE | 57 | F | 55 | 12808 | 1:59:45 | | |
| 665 | NO CARD | | | | M | SEN | | 1:59:45 | | |
| 666 | VERREYNNE | MICHELLE | EDGEMEAD | 51 | F | 50 | 11348 | 1:59:48 | | |
| 667 | NO RETURN | | | | F | SEN | | 1:59:51 | | |

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| 668 | NO RETURN | | | | M | SEN | | 1:59:52 | | |
| 669 | MGOLOZELI | BABALO | WEST COAST | 29 | M | SEN | 5862 | 1:59:54 | | |
| 670 | AKOKPARI | HANNA | CARBINEERS WP | 54 | F | 50 | 8848 | 1:59:56 | | |
| 671 | PEINKE | MICHAEL | TEMP | 36 | M | 35 | T | 1:59:57 | | |
| 672 | ADAMS | EREFAAN | ARD | 47 | M | 45 | 10747 | 1:59:58 | | |
| 673 | GILDENHUYS | ISOLDE | TEMP | 22 | F | SEN | T | 2:00:00 | | |
| 674 | GOUWS | CARMEN | ARCELOR MITTAL | 29 | F | SEN | 7140 | 2:00:01 | | |
| 675 | BARENDSE | BAARICK | WALMERS AC | 36 | M | 35 | 6829 | 2:00:02 | | |
| 676 | BUYS | KOBIE | STRAND | 47 | F | 45 | 3143 | 2:00:03 | | |
| 677 | STUURMAN | LLOYD | CENTURY CITY | 28 | M | SEN | 12907 | 2:00:03 | | |
| 678 | MULLER | SABINE | HOUT BAY | 54 | F | 50 | 6555 | 2:00:07 | | |
| 679 | DAVIDS | SHAMEEL | OMMIEDRAAI | 35 | M | 35 | 8563 | 2:00:10 | | |
| 680 | BARDAY | ASHRIF | TOP FORM | 52 | M | 50 | 4116 | 2:00:15 | | |
| 681 | AMLAY | QUANITA | ITHEKO | 35 | F | 35 | 3655 | 2:00:17 | | |
| 682 | GAWRONSKY | JESS | | 29 | F | SEN | | 2:00:19 | | |
| 683 | DLAMINI | NOMPENDULO | DRDLR AC | 47 | F | 45 | 11210 | 2:00:20 | | |
| 684 | JOHNSTON | CHANTALL | EDGEMEAD | 43 | F | 40 | 5531 | 2:00:21 | | |
| 685 | HALL | CHELSEA | EDGEMEAD | 25 | F | SEN | 5468 | 2:00:21 | | |
| 686 | SHEPLEY | GRANT | TEMP | 33 | M | SEN | T40842 | 2:00:31 | | |
| 687 | MCDONALD | EDWARD | SANLAM | 33 | M | SEN | 4646 | 2:00:32 | | |
| 688 | NYITANA | MFUNDO | KHAYELITSHA | 38 | M | 35 | 14715 | 2:00:37 | | |
| 689 | SMITH | BRADLEY | NO CLUB | 33 | M | SEN | 9910 | 2:00:37 | | |
| 690 | ALLIE | GHAAZIM | BO-KAAP ATHLETICS | 40 | M | 40 | 14108 | 2:00:39 | | |
| 691 | ASCOTT-EVANS | BYRON | TEMP | 32 | M | SEN | T40919 | 2:00:42 | | |
| 692 | MHIZHA | JUSTICE | CELTIC | 37 | M | 35 | 3777 | 2:00:44 | | |
| 693 | ADAM | ABDURAHMAN | TEMP | 52 | M | 50 | T40906 | 2:00:50 | | |
| 694 | MULDER | ALBERT | TEMP | 30 | M | SEN | T41256 | 2:00:51 | | |
| 695 | NO RETURN | | | | F | SEN | | 2:00:52 | | |
| 696 | JOHNSTON | FRANKIE | MATES | 58 | F | 55 | 10308 | 2:00:55 | | |
| 697 | FLORENCE | GABRIELLA | AAC | 23 | F | SEN | 13467 | 2:00:57 | | |
| 698 | FLORENCE | ARLENE | AAC | 52 | F | 50 | 13469 | 2:00:58 | | |
| 699 | NO RETURN | | | | F | SEN | | 2:01:00 | | |
| 700 | JOHNSON | MATTHEW | TEMP | 19 | M | SEN | T40892 | 2:01:01 | | |
| 701 | NO RETURN | | TEMP | | F | SEN | T | 2:01:05 | | |
| 702 | ISMAIL | ASHRAF | OMMIEDRAAI | 36 | M | 35 | 8572 | 2:01:07 | | |
| 703 | KULKARNI | MAYURESH | K-WAY VOB | 32 | M | SEN | 1447 | 2:01:13 | | |
| 704 | VAN STADEN | HELENA | WEST COAST | 33 | F | SEN | 5798 | 2:01:14 | | |
| 705 | ELZEBETH | TANIA | BELLVILLE | 47 | F | 45 | 5140 | 2:01:16 | | |
| 706 | GERTZE | NIEZAAM | WALMERS AC | 46 | M | 45 | 6765 | 2:01:17 | | |
| 707 | SANDLER | ELANA | AAC | 38 | F | 35 | 8222 | 2:01:18 | | |
| 708 | CLARKE | LENA | STRAND | 40 | F | 40 | 2926 | 2:01:19 | | |
| 709 | CLARKE | MICHAEL | STRAND | 49 | M | 45 | 2925 | 2:01:20 | | |
| 710 | SULAIMAN | AZIEM | MSA MULTISPORT | 45 | M | 45 | | 2:01:20 | | |
| 711 | VAN DEN HEUVEL | COLIN | STRAND | 57 | M | 55 | 2897 | 2:01:25 | | |
| 712 | LUYT | CATHERINE | WPCC | 26 | F | SEN | 12082 | 2:01:26 | | |

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|-----|----------------|-----------|---------------|----|---|-----|----------|---------|--|--|
| 713 | CLARKE | TRENT | CELTIC | 49 | M | 45 | 3674 | 2:01:27 | | |
| 714 | MATTHEW | BARRY | CELTIC | 50 | M | 50 | 3438 | 2:01:28 | | |
| 715 | DANIELS | DEON | OMMIEDRAAI | 39 | M | 35 | 8780 | 2:01:29 | | |
| 716 | HANSEN | ANDREW | TEMP | 36 | M | 35 | T | 2:01:30 | | |
| 717 | THURMAN | ALLISTER | TEMP | 42 | M | 40 | T | 2:01:31 | | |
| 718 | SCHUTTE | FRANCOIS | DURBAC | 60 | M | 60 | 2602 | 2:01:32 | | |
| 719 | FROST | SHAWN | CENTURY CITY | 40 | M | 40 | 14777 | 2:01:33 | | |
| 720 | HAFFEJEE | FARHAAD | K-WAY VOB | 47 | M | 45 | 1272 | 2:01:34 | | |
| 721 | MTIWETAFA | SIPHO | RCS GUGS | 47 | M | 45 | 11897 | 2:01:35 | | |
| 722 | RUTHENBERG | SHANE | K-WAY VOB | 42 | M | 40 | | 2:01:36 | | |
| 723 | DU PREEZ | ETIENNE | TEMP | 32 | M | SEN | T | 2:01:37 | | |
| 724 | BUCHNER | CHARMAINE | ADVENTIST | 49 | F | 45 | | 2:01:38 | | |
| 725 | ADAMS | NICOLE | SPARTAN | 45 | F | 45 | 1923 | 2:01:39 | | |
| 726 | SHOKO | TAFADZWA | OMMIEDRAAI | 35 | F | 35 | 8459 | 2:01:43 | | |
| 727 | JAFFER | MUHSIEN | OMMIEDRAAI | 49 | M | 45 | 8495 | 2:01:43 | | |
| 728 | POLORIGNI | CHRISTIAN | TEMP | 24 | M | SEN | T | 2:01:47 | | |
| 729 | NO CARD | | | | M | SEN | | 2:01:49 | | |
| 730 | NO RETURN | | | | M | SEN | | 2:01:50 | | |
| 731 | NO CARD | | | | F | SEN | | 2:01:51 | | |
| 732 | BERRIDGE | ELISHA | AAC | 46 | F | 45 | 8273 | 2:01:52 | | |
| 733 | SOLOMON | SIRAAJ | ITHEKO | 35 | M | 35 | 3213 | 2:01:53 | | |
| 734 | NORVAL | LIEZE | TEMP | 39 | F | 35 | T | 2:01:54 | | |
| 735 | KOTZE | DIRK | TEMP | | M | SEN | T | 2:01:55 | | |
| 736 | FIVAZ | NIKKIE | TEMP | 29 | F | SEN | T | 2:01:56 | | |
| 737 | FAKIER | TASKEEN | ITHEKO | 42 | F | 40 | 3190 | 2:01:56 | | |
| 738 | SHILL | RYAN | TEMP | 29 | M | SEN | T | 2:01:59 | | |
| 739 | KARIEL | NADIA | ITHEKO | 40 | F | 40 | 15192 | 2:02:01 | | |
| 740 | VAN DER SCHYFF | FATIMA | ITHEKO | 36 | F | 35 | 9880 | 2:02:02 | | |
| 741 | SALIE | SIRAJ | ITHEKO | 46 | M | 45 | 15222 | 2:02:04 | | |
| 742 | FURNESS | NICOLETTE | TEMP | 41 | F | 40 | T | 2:02:05 | | |
| 743 | WARRINGTON | HOWARD | STRAND | 54 | M | 50 | 3137 | 2:02:06 | | |
| 744 | DU PLESSIS | CHARL | STRAND | 49 | M | 45 | 3136 | 2:02:07 | | |
| 745 | MARRA | CARLO | RCS GUGS | 36 | M | 35 | 11565 | 2:02:09 | | |
| 746 | NO RETURN | | | | M | SEN | | 2:02:14 | | |
| 747 | LUYT | MARTIN | WPCC | 57 | M | 55 | 12080 | 2:02:15 | | |
| 748 | PEDERSON | JANE | FISH HOEK | 39 | F | 35 | 6491 | 2:02:15 | | |
| 749 | ALBERTUS | GREGORY | CARBINEERS WP | 54 | M | 50 | | 2:02:16 | | |
| 750 | BLOM | CHRISILLE | PAARL | 35 | F | 35 | 0917 BOL | 2:02:17 | | |
| 751 | MKHITHI | PAM | METROPOLITAN | 34 | F | SEN | 12482 | 2:02:17 | | |
| 752 | GREEN | CARMEN | TEMP | 23 | F | SEN | T | 2:02:18 | | |
| 753 | MEYER | SUZANNE | MELKBOS | 50 | F | 50 | 9256 | 2:02:18 | | |
| 754 | MACKRILL | BRONWEN | HELDERBERG | 56 | F | 55 | 6909 | 2:02:28 | | |
| 755 | SVENDSEN | TESSA | TEMP | 24 | F | SEN | T | 2:02:30 | | |
| 756 | GANIEF | WISAHL | FAKU CHIEFS | 40 | F | 40 | 2497 KZN | 2:02:31 | | |
| 757 | LEMORE | NADINE | MP TITANS | 34 | F | SEN | 14445 | 2:02:34 | | |

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| 758 | ORBAN | VERONIQUE | SPARTAN | 42 | F | 40 | 1956 | 2:02:35 | | |
| 759 | ZIHLE | PELISA | AAC | 27 | F | SEN | 15141 | 2:02:35 | | |
| 760 | BRITTAIN | NICOLE | UCT | 24 | F | SEN | 10574 | 2:02:36 | | |
| 761 | JACOBS | KOUTHAR | ARD | 35 | F | 35 | 10762 | 2:02:37 | | |
| 762 | KRAUPNER | KAYLEIGH | TEMP | 23 | F | SEN | T | 2:02:38 | | |
| 763 | HASSAN | EBRAHIM | NO CLUB | 37 | M | 35 | 10838 | 2:02:38 | | |
| 764 | VANKER | ASHRAF | EDGEMEAD | 37 | M | 35 | 5355 | 2:02:41 | | |
| 765 | NO RETURN | | | | M | SEN | | 2:02:42 | | |
| 766 | NO RETURN | | | | F | SEN | | 2:02:43 | | |
| 767 | RIDGE | KATE | TEMP | 36 | F | 35 | T40851 | 2:02:44 | | |
| 768 | RIDGE | ANDY | TEMP | 36 | M | 35 | T40850 | 2:02:44 | | |
| 769 | GARDINER | LEIGH | DURBAC | 29 | F | SEN | 2364 | 2:02:48 | | |
| 770 | SPENCER | CARENI | TEMP | 38 | F | 35 | T | 2:02:53 | | |
| 771 | MARX | ERIKA | BRACKENFELL | 35 | F | 35 | 9683 | 2:02:54 | | |
| 772 | EVARD | LINDSAY | AAC | 52 | F | 50 | 8155 | 2:02:55 | | |
| 773 | LE ROUX | JANA | AAC | 38 | F | 35 | 8301 | 2:02:56 | | |
| 774 | VOS | JUANNE | TEMP | 56 | F | 55 | T41353 | 2:02:56 | | |
| 775 | WILLIAMS | ALBERT | TOP FORM | 66 | M | 65 | 3973 | 2:02:58 | | |
| 776 | EZENDAM | ZASKIA | AAC | 28 | F | SEN | 15142 | 2:02:58 | | |
| 777 | NO RETURN | | | | F | SEN | | 2:02:59 | | |
| 778 | REES | SAMANTHA | TEMP | 26 | F | SEN | T | 2:03:04 | | |
| 779 | PURNELL | MATTHEW | TEMP | 29 | M | SEN | T | 2:03:05 | | |
| 780 | LE SUEUR | MICHAEL | PINELANDS | 71 | M | 70 | 4531 | 2:03:05 | | |
| 781 | HALDANE | LISA | WEST COAST | 41 | F | 40 | 12345 | 2:03:09 | | |
| 782 | VAHED | ANWAR | CENTURY CITY | 35 | M | 35 | 6143 | 2:03:10 | | |
| 783 | ACKER | ENRICO | NEDBANK WP | 28 | M | SEN | 1054 | 2:03:17 | | |
| 784 | KELLY | HARUN | ITHEKO | 44 | M | 40 | 14525 | 2:03:18 | | |
| 785 | CRUIKSHANKS | MARYANNE | TEMP | 38 | F | 35 | T | 2:03:19 | | |
| 786 | JAFFER | GOOLAM | TOP FORM | 59 | M | 55 | 4043 | 2:03:21 | | |
| 787 | EARDLEY | SANDRA | K-WAY VOB | 63 | F | 60 | 1139 | 2:03:24 | | |
| 788 | DAMONS | FUAD | K-WAY VOB | 48 | M | 45 | 1368 | 2:03:25 | | |
| 789 | ALEMBONG | OSWALD | TEMP | 31 | M | SEN | T | 2:03:25 | | |
| 790 | DAVIDS | ABDUL | OMMIEDRAAI | 44 | M | 40 | 8497 | 2:03:28 | | |
| 791 | BASSON | ILZE | HELDERBERG | 44 | F | 40 | 6968 | 2:03:29 | | |
| 792 | BOTHMA | HEINRICH | HOUT BAY | 43 | M | 40 | 6251 | 2:03:33 | | |
| 793 | NELUKALO | KHATHUTSHELO | DEA AC | 41 | M | 40 | 8728 AGN | 2:03:34 | | |
| 794 | ZIMMERMAN | ANNE | AAC | 56 | F | 55 | 8356 | 2:03:38 | | |
| 795 | CROWSTER | REGANALD | TYGERBERG | 56 | M | 55 | 5599 | 2:03:40 | | |
| 796 | SHAW | CRAIG | TEMP | 31 | M | SEN | T | 2:03:41 | | |
| 797 | BLEAZARD | LANCE | TEMP | 32 | M | SEN | T40951 | 2:03:43 | | |
| 798 | JOUBERT | LELANI | DURBAC | 24 | F | SEN | 2414 | 2:03:48 | | |
| 799 | PRETORIUS | LEA | CAPE MULTISPORT | 27 | F | SEN | 16144 | 2:03:49 | | |
| 800 | NO RETURN | | | | F | SEN | | 2:03:50 | | |
| 801 | MANACK | UMAR | ITHEKO | 28 | M | SEN | 3506 | 2:03:52 | | |
| 802 | PERIN | UNIS | CENTRAL AC | 34 | M | SEN | 9112 | 2:03:53 | | |

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| 803 | EBRAHIM | TAARIQ | TEMP | 27 | M | SEN | T | 2:03:55 | | |
| 804 | MARAIS | ANNIE | TEMP | 24 | F | SEN | T41239 | 2:03:55 | | |
| 805 | BEGG | SHAMEEMAH | ARD | 39 | F | 35 | 10673 | 2:04:00 | | |
| 806 | NO RETURN | | ARD | | F | SEN | | 2:04:01 | | |
| 807 | MCCORMACK | SEAN | EDGEMEAD | 62 | M | 60 | 5470 | 2:04:04 | | |
| 808 | MCCORMACK | RYAN | EDGEMEAD | 27 | M | SEN | 5471 | 2:04:05 | | |
| 809 | KARLIE | RAYHANA | ITHEKO | 42 | F | 40 | 3428 | 2:04:06 | | |
| 810 | SNYMAN | STEPHAN | TEMP | 24 | M | SEN | T41044 | 2:04:07 | | |
| 811 | BENNETT | ANDREA | NO CLUB | 28 | F | SEN | 10186 | 2:04:08 | | |
| 812 | MENTOOR | SANDRA | NO CLUB | 38 | F | 35 | 20054 | 2:04:13 | | |
| 813 | ADAMS | USAAMAH | TEMP | 27 | M | SEN | T | 2:04:16 | | |
| 814 | MSUSENI | WENDY | ADVENTIST | 53 | F | 50 | 12164 | 2:04:17 | | |
| 815 | CHIBAYA | GIRLAND | RUN ZONE | 44 | M | 40 | 27417 AGN | 2:04:18 | | |
| 816 | VAN SCHALKWYK | ALTA | ARCELOR MITTAL | 26 | F | SEN | 7070 | 2:04:20 | | |
| 817 | OPPEL | KIM | TEMP | 33 | F | SEN | T40770 | 2:04:22 | | |
| 818 | ACKERMAN | MARI | BRACKENFELL | 44 | F | 40 | 9820 | 2:04:24 | | |
| 819 | NAIDOO | MARELDEA | ARD | 53 | F | 50 | 10745 | 2:04:25 | | |
| 820 | PETERSEN | NAWAWIE | ARD | 48 | M | 45 | 10654 | 2:04:25 | | |
| 821 | HOWE | MELANIE | HOUT BAY | 42 | F | 40 | 6163 | 2:04:27 | | |
| 822 | VAN DER WESTHUIZEN | JOSIAS | TEMP | 58 | M | 55 | T41328 | 2:04:28 | | |
| 823 | MUSHANGANYISI | PUMZA | PINELANDS | 45 | F | 45 | 4510 | 2:04:31 | | |
| 824 | SAFODIEN | MARWAAN | NANTES | 58 | M | 55 | 12800 | 2:04:32 | | |
| 825 | CHIPPENDALE | NATALIE | ARD | 37 | F | 35 | 10689 | 2:04:33 | | |
| 826 | GRAVETT | ANDREW | TEMP | 27 | M | SEN | T40782 | 2:04:34 | | |
| 827 | NO RETURN | | | | M | SEN | | 2:04:36 | | |
| 828 | NO RETURN | | | | F | SEN | | 2:04:38 | | |
| 829 | KROHNERT | CHANTAL | SPARTAN | 43 | F | 40 | 1655 | 2:04:38 | | |
| 830 | RHODE | KHANITA | STELLENBOSCH | 52 | F | 50 | 0855 BOL | 2:04:40 | | |
| 831 | GIBBON | BRIAN | THE COUNTRY CLUB JOBURG | 58 | M | 55 | 18581 CGA | 2:04:43 | | |
| 832 | BACKEBERG | OLGA | TEMP | 45 | F | 45 | T | 2:04:44 | | |
| 833 | NTABANKULU | MAXWELL | RCS GUGS | 36 | M | 35 | 11594 | 2:04:45 | | |
| 834 | NO RETURN | | | | M | SEN | | 2:04:45 | | |
| 835 | ASSENHEIM | JARROD | AAC | 52 | M | 50 | 8170 | 2:04:52 | | |
| 836 | HOLGATE | SANDI | TEMP | 47 | F | 45 | T | 2:04:53 | | |
| 837 | BRINK | KIM | EDGEMEAD | 42 | F | 40 | | 2:04:54 | | |
| 838 | MALHERBE | ADELE | DURBAC | 47 | F | 45 | 2371 | 2:04:55 | | |
| 839 | KARUMURI | SRI | BRACKENFELL | 31 | M | SEN | 9695 | 2:04:56 | | |
| 840 | DE JAGER | JURGENS | TEMP | 42 | M | 40 | T | 2:04:57 | | |
| 841 | DE WAAL | JEANINE | TEMP | 36 | F | 35 | T | 2:04:58 | | |
| 842 | MATHER | NICOLE | TEMP | 20 | F | SEN | T | 2:05:00 | | |
| 843 | NO RETURN | | TEMP | | M | SEN | T | 2:05:01 | | |
| 844 | NO RETURN | | TEMP | | M | SEN | T | 2:05:01 | | |
| 845 | RAMAKUWELA | MULISA | TEMP | 23 | M | SEN | T | 2:05:06 | | |
| 846 | BROOKS | ARLENE | K-WAY VOB | 43 | F | 40 | 1310 | 2:05:12 | | |
| 847 | ISMAIL | GOOLAM | TEMP | 45 | M | 45 | T40870 | 2:05:13 | | |

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| 848 | DUTHIE | MELISSA | STELLENBOSCH | 23 | F | SEN | 1419 BOL | 2:05:14 | | |
| 849 | JODAAR | RASHARD | OMMIEDRAAI | 32 | M | SEN | 8590 | 2:05:14 | | |
| 850 | NO RETURN | | | | M | SEN | | 2:05:15 | | |
| 851 | TERRELL | NICKIE | MELKBOS | 40 | M | 40 | 9231 | 2:05:15 | | |
| 852 | WYNGAARD | ANTHEA | SPARTAN | 44 | F | 40 | 1913 | 2:05:16 | | |
| 853 | WOOLF | RASHIED | OMMIEDRAAI | 49 | M | 45 | 8591 | 2:05:16 | | |
| 854 | LOUW | LIEZEL | TEMP | 38 | F | 35 | T | 2:05:18 | | |
| 855 | BRINK | LUCILLE | TEMP | 40 | F | 40 | T | 2:05:18 | | |
| 856 | ROSCHER | ROBYN-LEIGH | HOUT BAY | 38 | F | 35 | 6161 | 2:05:19 | | |
| 857 | MOHAMED | NEEZAAM | OMMIEDRAAI | 41 | M | 40 | 8494 | 2:05:19 | | |
| 858 | MARAI | IRVIN | TEMP | 54 | F | 50 | T | 2:05:20 | | |
| 859 | KNIGHTON-FITT | DEBBIE | TEMP | 35 | F | 35 | T41114 | 2:05:21 | | |
| 860 | SWART | NATALIE | TEMP | 37 | F | 35 | T | 2:05:21 | | |
| 861 | PIETERSEN | MARK | TEMP | 42 | M | 40 | T | 2:05:22 | | |
| 862 | BLANKFIELD | TANEILL | TEMP | 42 | F | 40 | T | 2:05:23 | | |
| 863 | HLUNGWANE | GUMI | KHAYELITSHA | 34 | M | SEN | 12383 | 2:05:23 | | |
| 864 | FURNESS | KEVERN | TEMP | 45 | M | 45 | T | 2:05:24 | | |
| 865 | STEEL | WALLY | HOUT BAY | 74 | M | 70 | 6181 | 2:05:28 | | |
| 866 | BOSCH | DEE-ANNE | TEMP | 38 | F | 35 | T | 2:05:30 | | |
| 867 | BREYTENBACH | BETTIE | TEMP | 36 | F | 35 | T | 2:05:31 | | |
| 868 | MINNAAR | CONRAD | TEMP | 37 | M | 35 | T41229 | 2:05:31 | | |
| 869 | PRELLER | LIESL | MELKBOS | 45 | F | 45 | | 2:05:31 | | |
| 870 | ERASMUS | TANYA | BRACKENFELL | 41 | F | 40 | 9742 | 2:05:32 | | |
| 871 | BOTHA | MELISSA-JANE | ATC | 34 | F | SEN | 16600 | 2:05:33 | | |
| 872 | BARRATT | BRUCE | TEMP | 43 | M | 40 | T | 2:05:36 | | |
| 873 | HEWITT | DEAN | BRACKENFELL | | M | SEN | 9575 | 2:05:38 | | |
| 874 | SONNTAG | KIM | CELTIC | 37 | F | 35 | | 2:05:41 | | |
| 875 | ENGELBY | DION | WEST COAST | 46 | M | 45 | 5928 | 2:05:45 | | |
| 876 | MULLER | NINA | BRACKENFELL | 41 | F | 40 | 9633 | 2:05:54 | | |
| 877 | FEBRUARY | CANDICE | TEMP | 32 | F | SEN | T | 2:05:57 | | |
| 878 | PELSTON | WARREN | SPARTAN | 42 | M | 40 | 1894 | 2:05:59 | | |
| 879 | ERICKSON | GRAEME | OLD MUTUAL | 48 | M | 45 | 0271 | 2:06:00 | | |
| 880 | HENDRICKS | BRETT | DURBAC | 44 | M | 40 | 2582 | 2:06:03 | | |
| 881 | GAY | LORNA | EDGEMEAD | 51 | F | 50 | 5301 | 2:06:04 | | |
| 882 | VERMEULEN | CARLA | GOODWOOD HARRIERS | 41 | F | 40 | 6692 | 2:06:05 | | |
| 883 | MEYER | BEATRI | AAC | 47 | F | 45 | 8128 | 2:06:07 | | |
| 884 | PIETERSEN | TANIA | ARD | 41 | F | 40 | 10725 | 2:06:08 | | |
| 885 | BROGNERI | LINO | TEMP | 40 | M | 40 | T40975 | 2:06:08 | | |
| 886 | KAMROODIEN | AHMED | TEMP | 43 | M | 40 | T40896 | 2:06:15 | | |
| 887 | MHURU | TARUONA | EDGEMEAD | 38 | M | 35 | 5259 | 2:06:17 | | |
| 888 | KUYIMBA | BIGGIE | TEMP | 39 | M | 35 | T | 2:06:19 | | |
| 889 | ROBINSON | CAREL | RUN ZONE | 37 | M | 35 | 24650 AGN | 2:06:20 | | |
| 890 | DIAMOND | CARIN | TEMP | 49 | F | 45 | T | 2:06:21 | | |
| 891 | BURMAN | KAREN | WILD RUNNER | 43 | F | 40 | 0402 | 2:06:21 | | |
| 892 | ELLIS | JAN | OLD MUTUAL | 37 | M | 35 | 16589 | 2:06:22 | | |

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| 893 | STEVENSON | BRENDA | PINELANDS | 64 | F | 60 | 4355 | 2:06:23 | | |
| 894 | DAVEL | LIZL | TEMP | 54 | F | 50 | T | 2:06:24 | | |
| 895 | HARTLAND | WARREN | TEMP | 31 | M | SEN | T | 2:06:24 | | |
| 896 | OAKLEY | RICHARD | AAC | 31 | M | SEN | 8257 | 2:06:25 | | |
| 897 | RORICH | ADRIAN | TEMP | 43 | M | 40 | T | 2:06:37 | | |
| 898 | NO RETURN | | | | M | SEN | | 2:06:40 | | |
| 899 | VAN EEDEN | ETTIENNE | BELLVILLE | 35 | M | 35 | 5042 | 2:06:42 | | |
| 900 | PRICE | EMMA | DURBAC | 35 | F | 35 | 2641 | 2:06:43 | | |
| 901 | SEDEMAN | COLLIN | AAC | 56 | M | 55 | 8245 | 2:06:44 | | |
| 902 | TANNER | MAUREEN | CELTIC | 38 | F | 35 | 3828 | 2:06:48 | | |
| 903 | WIENAND | LEE | STELLENBOSCH | 36 | F | 35 | 1409 BOL | 2:06:49 | | |
| 904 | WHITE | JOHNY | TEMP | 30 | M | SEN | T41365 | 2:06:52 | | |
| 905 | NO CARD | | | | M | SEN | | 2:06:52 | | |
| 906 | SMIDT | HEIDI-ANNE | CARBINEERS WP | 47 | F | 45 | 8947 | 2:06:53 | | |
| 907 | HENRY | GAVIN | CARBINEERS WP | 52 | M | 50 | 8937 | 2:06:56 | | |
| 908 | DAVIDS | JP | TEMP | 43 | M | 40 | T41098 | 2:06:56 | | |
| 909 | VAN HEERDEN | STOFF | TEMP | 34 | M | SEN | T | 2:06:57 | | |
| 910 | ABBAS | MUSTAQ | OLD MUTUAL | 43 | M | 40 | 13015 | 2:06:57 | | |
| 911 | BOLTEN | ROBIN | AAC | 24 | F | SEN | | 2:06:57 | | |
| 912 | DE VOS | PENNY | TEMP | 56 | F | 55 | T | 2:06:58 | | |
| 913 | ARBUTHNOT | GRANT | RUN WALK 4 LIFE | 61 | M | 60 | 0070 | 2:07:00 | | |
| 914 | DUNSTAN | DIANE | K-WAY VOB | 60 | F | 60 | 0764 | 2:07:00 | | |
| 915 | HARLOCK | SONIA | FISH HOEK | 56 | F | 55 | 6367 | 2:07:01 | | |
| 916 | NO CARD | | | | M | SEN | | 2:07:03 | | |
| 917 | DAVIDS | NAZREEN | ITHEKO | 47 | F | 45 | 3650 | 2:07:15 | | |
| 918 | JARDINE | NATALIE | BO-KAAP ATHLETICS | 33 | F | SEN | 16980 | 2:07:18 | | |
| 919 | HUMPHREYS | LEAH | TEMP | 43 | F | 40 | T | 2:07:18 | | |
| 920 | GRIFFITH-RICHARDS | STEPHANIE | DURBAC | 49 | F | 45 | 2505 | 2:07:19 | | |
| 921 | DE JAGER | JACO | BRACKENFELL | 18 | M | JUN | | 2:07:22 | | |
| 922 | THOM | SARAH | DURBAC | 36 | F | 35 | 2458 | 2:07:23 | | |
| 923 | LOCKETZ | CANDICE | TEMP | 34 | F | SEN | T41193 | 2:07:28 | | |
| 924 | GAY | SAMANTHA | EDGEMEAD | 23 | F | SEN | 5300 | 2:07:30 | | |
| 925 | KOTZE | NATASHIA | ARCELOR MITTAL | 38 | F | 35 | 7136 | 2:07:30 | | |
| 926 | NO RETURN | | | | M | SEN | | 2:07:31 | | |
| 927 | NO RETURN | | | | M | SEN | | 2:07:32 | | |
| 928 | LATCHMAN | ANGIE | K-WAY VOB | 47 | F | 45 | 1448 | 2:07:35 | | |
| 929 | HUGO | LIESEL | LANGA | 44 | F | 40 | 12677 | 2:07:36 | | |
| 930 | MOYO | ELSABE | RCS GUGS | 59 | F | 55 | 11819 | 2:07:40 | | |
| 931 | ADAMS | AMIEN | CENTRAL AC | 65 | M | 65 | | 2:07:41 | | |
| 932 | OMAR | ANWAR | PINELANDS | 57 | M | 55 | 4210 | 2:07:41 | | |
| 933 | KAPLAN | JONATHAN | AAC | 52 | M | 50 | 8181 | 2:07:43 | | |
| 934 | DE LA CRUZ | TY | TEMP | 33 | M | SEN | T | 2:07:43 | | |
| 935 | KNUTSEN | CHRISTI | TEMP | 31 | F | SEN | T | 2:07:44 | | |
| 936 | JENKINS | MEGAN | K-WAY VOB | 32 | F | SEN | 1262 | 2:07:45 | | |
| 937 | JENKINS | KAREN | K-WAY VOB | 59 | F | 55 | 1029 | 2:07:46 | | |

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|-----|--------------------|-------------|----------------------------|----|---|-----|----------|---------|--|--|
| 938 | SANGLAY | MUHAMMAD | TOP FORM | 32 | M | SEN | 4104 | 2:07:47 | | |
| 939 | PARKER | ASHIQ | TOP FORM | 32 | M | SEN | 4103 | 2:07:47 | | |
| 940 | SULAIMAN | SADIYAH | MSA MULTISPORT | 44 | F | 40 | | 2:07:48 | | |
| 941 | LOUW | DU PRE | TEMP | 38 | M | 35 | T | 2:07:49 | | |
| 942 | RYMER | SUE | TEMP | 67 | F | 65 | T | 2:07:53 | | |
| 943 | ABRAHAMS | FELICIA | PINELANDS | 46 | F | 45 | 4324 | 2:07:56 | | |
| 944 | HOCTOR | JARENDA | NO CLUB | 46 | F | 45 | 9904 | 2:07:58 | | |
| 945 | GOLDSTEIN | DAVID | PINELANDS | 45 | M | 45 | 4240 | 2:07:59 | | |
| 946 | PAYTON | LINDA | SPARTAN | 56 | F | 55 | 1594 | 2:08:01 | | |
| 947 | ABRAHAMS | ISMAIL | OMMIEDRAAI | 45 | M | 45 | 8587 | 2:08:03 | | |
| 948 | NO RETURN | | | | M | SEN | | 2:08:05 | | |
| 949 | ROBBERTZE | KELLY | TEMP | 30 | F | SEN | T | 2:08:05 | | |
| 950 | YILDIZ | CIGDEM | AAC | 36 | F | 35 | | 2:08:09 | | |
| 951 | CLARK | SHARON | SPORTS CONNECTION STRIDERS | 55 | F | 55 | 3810 CGA | 2:08:12 | | |
| 952 | VAN DER WESTHUIZEN | KATHY | CARBINEERS WP | 49 | F | 45 | 8916 | 2:08:12 | | |
| 953 | LANGENHOVEN | WILLIAM | CARBINEERS WP | 51 | M | 50 | 8917 | 2:08:14 | | |
| 954 | DLADLA | QINISO | DRDLR AC | 27 | M | SEN | 11208 | 2:08:15 | | |
| 955 | SKELTON | KIRSTY | TEMP | 42 | F | 40 | T41038 | 2:08:16 | | |
| 956 | SHIMIZU | SAPHIRIA | TEMP | 23 | F | SEN | T | 2:08:17 | | |
| 957 | VILJOEN | ANNAMARIE | DURBAC | 54 | F | 50 | 2443 | 2:08:18 | | |
| 958 | BESTER | LYDIA | OLD MUTUAL | 36 | F | 35 | 0188 | 2:08:27 | | |
| 959 | BESTER | JOHAN | OLD MUTUAL | 37 | M | 35 | 0189 | 2:08:27 | | |
| 960 | ROYKER | AYESHA | TOP FORM | 43 | F | 40 | 2347 | 2:08:35 | | |
| 961 | LAMBRECHTS | JUANITA | MELKBOS | 48 | F | 45 | 9244 | 2:08:37 | | |
| 962 | POSTMA | JOHANNES | MELKBOS | 46 | M | 45 | 13500 | 2:08:38 | | |
| 963 | VALLOO | PRISCILLA | EDGEMEAD | 44 | F | 40 | 5374 | 2:08:48 | | |
| 964 | ABRAHAMS | LIESL | TEMP | 37 | F | 35 | T | 2:08:48 | | |
| 965 | MUDENGE | NGONIDZASHE | NANTES | 38 | M | 35 | 12768 | 2:08:49 | | |
| 966 | DENTLINGER | LINDSAY | AAC | 43 | F | 40 | 8316 | 2:08:54 | | |
| 967 | JACOBS | LAUREN | TEMP | 29 | F | SEN | T | 2:08:55 | | |
| 968 | FILIES | KIM | PINELANDS | 47 | F | 45 | 13874 | 2:08:58 | | |
| 969 | LUCAS | LLOYD | GOODWOOD HARRIERS | 45 | M | 45 | 13161 | 2:08:59 | | |
| 970 | DANIELS | SHANNON | PINELANDS | 31 | M | SEN | 4428 | 2:08:59 | | |
| 971 | CHARLES | PAMELA | MP TITANS | 62 | F | 60 | 11124 | 2:09:03 | | |
| 972 | CAISLEY | ANT | DURBAC | 35 | M | 35 | 2504 | 2:09:04 | | |
| 973 | MOULT | DANIELLE | STRAND | 35 | F | 35 | 16359 | 2:09:07 | | |
| 974 | TSHAKA | | TEMP | 29 | M | SEN | T | 2:09:12 | | |
| 975 | WILLIAMS | FRANKLIN | TEMP | 39 | M | 35 | T | 2:09:14 | | |
| 976 | ABDULLAH | KAY | KENFAC | 43 | M | 40 | 4794 | 2:09:17 | | |
| 977 | DANIELS | WENDY ANN | TYGERBERG | 46 | F | 45 | 5546 | 2:09:17 | | |
| 978 | HAVENGA | AMANDA | TYGERBERG | 55 | F | 55 | 5564 | 2:09:20 | | |
| 979 | DIXON | MATHILDA | TEMP | 42 | F | 40 | T | 2:09:21 | | |
| 980 | NO RETURN | | | | F | SEN | | 2:09:22 | | |
| 981 | NO RETURN | | TEMP | | M | SEN | T | 2:09:23 | | |
| 982 | KANA | IRFAAN | TEMP | 24 | M | SEN | T40897 | 2:09:26 | | |

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| 983 | LEVERTON | RUTH | PINELANDS | 66 | F | 65 | 4452 | 2:09:30 | | |
| 984 | HILL | HEATHER | PINELANDS | 42 | F | 40 | 4477 | 2:09:30 | | |
| 985 | BUBU | BLUEZ | SANDB WP | 28 | M | SEN | 7969 | 2:09:35 | | |
| 986 | JONKER | ANDRE | BELLVILLE | 49 | M | 45 | 16093 | 2:09:35 | | |
| 987 | MOHAMED | KHADIJA | ITHEKO | 35 | F | 35 | 3415 | 2:09:37 | | |
| 988 | MDLALOSE | NOZIPHO | GOODWOOD HARRIERS | 30 | F | SEN | 13165 | 2:09:37 | | |
| 989 | KERAAN | MOGAMAT | OMMIEDRAAI | 37 | M | 35 | 8567 | 2:09:38 | | |
| 990 | DAVIDS | SHUAB | ARD | 49 | M | 45 | 10702 | 2:09:39 | | |
| 991 | KOKS | LEON | MIDAS SPARTANS | 59 | M | 55 | 12331 | 2:09:39 | | |
| 992 | SOULES | KAREN | SPARTAN | 40 | F | 40 | 15550 | 2:09:40 | | |
| 993 | JACOBS | MUSTAPHA | CENTRAL AC | 28 | M | SEN | 9122 | 2:09:41 | | |
| 994 | ADAMS | RAMEEZ | ITHEKO | 30 | M | SEN | 13350 | 2:09:42 | | |
| 995 | MASHAPPIE | OOM BY | AAC | 55 | M | 55 | 8408 | 2:09:42 | | |
| 996 | CLAVERT | MARK | TEMP | 35 | M | 35 | T | 2:09:43 | | |
| 997 | BENJAMIN | SHAFIEK | CENTRAL AC | 44 | M | 40 | 9167 | 2:09:44 | | |
| 998 | TOFFAR | ASLAM | ARD | 48 | M | 45 | 10778 | 2:09:46 | | |
| 999 | RUPPERT | ANNETTE | STRAND | 55 | F | 55 | 3004 | 2:09:46 | | |
| 1000 | RUPPERT | MAX | STRAND | 58 | M | 55 | 3003 | 2:09:47 | | |
| 1001 | SILKE | MELVILLE | AAC | 69 | M | 65 | 8269 | 2:09:48 | | |
| 1002 | GESCHKE | PAYTON | TEMP | 20 | F | SEN | T40750 | 2:09:49 | | |
| 1003 | WYLLIE | MARC | K-WAY VOB | 39 | M | 35 | 1161 | 2:09:50 | | |
| 1004 | NAUDE | CLIFFORD | WEST COAST | 50 | M | 50 | 5897 | 2:09:51 | | |
| 1005 | KENNY | FADEELAH | KENFAC | 35 | F | 35 | 4876 | 2:09:52 | | |
| 1006 | RICH | SIMONE | TEMP | 28 | F | SEN | T | 2:09:53 | | |
| 1007 | QUDALELE | ELVIS | TEMP | 37 | M | 35 | T40832 | 2:09:55 | | |
| 1008 | STUBBS | BRENDAN | WILD RUNNER | 30 | M | SEN | 0413 | 2:09:57 | | |
| 1009 | NO RETURN | | | | M | SEN | | 2:10:00 | | |
| 1010 | PILLAY | MERVIN | WEST COAST | 51 | M | 50 | 5752 | 2:10:06 | | |
| 1011 | VAN DEN HEEVER | CLAIRE | AAC | 37 | F | 35 | 8265 | 2:10:07 | | |
| 1012 | SMITH | SANDRA | K-WAY VOB | 50 | F | 50 | 0622 | 2:10:08 | | |
| 1013 | NO RETURN | | | | M | SEN | | 2:10:11 | | |
| 1014 | SENTWA | KUHLE | TEMP | 26 | F | SEN | T | 2:10:12 | | |
| 1015 | MLOTSHWA | PHUMI | TEMP | 29 | F | SEN | T | 2:10:13 | | |
| 1016 | NEL | MARTIN | BRACKENFELL | 52 | M | 50 | 9808 | 2:10:14 | | |
| 1017 | KOKS | GRANT | PINELANDS | 38 | M | 35 | 4170 | 2:10:15 | | |
| 1018 | BECKETT | JANA | K-WAY VOB | 59 | F | 55 | 0626 | 2:10:16 | | |
| 1019 | TOBIAS | CESAIRE | EDGEMEAD | 28 | M | SEN | 16792 | 2:10:18 | | |
| 1020 | SNYGANS | DENVOR | TEMP | 51 | M | 50 | T | 2:10:21 | | |
| 1021 | MILLER | KAREN | CARBINEERS WP | 38 | F | 35 | 8993 | 2:10:23 | | |
| 1022 | LOUW | JOHANNES | TEMP | 33 | M | SEN | T | 2:10:25 | | |
| 1023 | LOUW | HANSIE | HERBALIFE | 62 | M | 60 | 9555 | 2:10:26 | | |
| 1024 | GRIFFITHS | MICHAEL | TEMP | 44 | M | 40 | T | 2:10:27 | | |
| 1025 | COETZEE | LINDA | PINELANDS | 58 | F | 55 | 4161 | 2:10:30 | | |
| 1026 | WILKE | MARELIZE | CELTIC | 32 | F | SEN | 3766 | 2:10:31 | | |
| 1027 | RIST | DELYSE | PINELANDS | 57 | F | 55 | 4162 | 2:10:32 | | |

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| 1028 | JENKINS | PIERRE | MELKBOS | 46 | M | 45 | 15501 | 2:10:33 | | |
| 1029 | NO RETURN | | | | M | SEN | | 2:10:34 | | |
| 1030 | NO RETURN | | | | F | SEN | | 2:10:35 | | |
| 1031 | EMSLIE | ROXANNE | TEMP | 30 | F | SEN | T40726 | 2:10:38 | | |
| 1032 | MARTENS | MONIQUE | WEST COAST | 55 | F | 55 | 6002 | 2:10:40 | | |
| 1033 | WEBER | RYAN | METROPOLITAN | 43 | M | 40 | 12468 | 2:10:42 | | |
| 1034 | PHIHLELA | DIKOSHA | WEST COAST | 47 | M | 45 | 5723 | 2:10:43 | | |
| 1035 | BAMFORTH | GINA | SPARTAN | 46 | F | 45 | 1577 | 2:10:50 | | |
| 1036 | RADEMEYER | ANGELIQUE | TEMP | 37 | F | 35 | T | 2:10:51 | | |
| 1037 | SOLOMON | ABDULLAH | ITHEKO | 62 | M | 60 | 3210 | 2:10:53 | | |
| 1038 | SOLOMON | ZIYAAD | ITHEKO | 26 | M | SEN | 3214 | 2:10:54 | | |
| 1039 | NO RETURN | | | | M | SEN | | 2:10:57 | | |
| 1040 | LUND | TANYA | PINELANDS | 45 | F | 45 | 4173 | 2:10:58 | | |
| 1041 | EDWARDS | RAGMAH | ITHEKO | 28 | F | SEN | 3487 | 2:10:59 | | |
| 1042 | MWAI | MARY | FAT CATS | 38 | F | 35 | 35357 CGA | 2:11:04 | | |
| 1043 | MWAI | MERCY | FAT CATS | 40 | F | 40 | 35368 CGA | 2:11:05 | | |
| 1044 | NO RETURN | | | | F | SEN | | 2:11:09 | | |
| 1045 | LAMB | KIM | RUN WALK 4 LIFE | 54 | F | 50 | 11193 | 2:11:09 | | |
| 1046 | LAMB | CONNOR | TEMP | 23 | M | SEN | T | 2:11:11 | | |
| 1047 | SCHOUTEN | MEGAN | K-WAY VOB | 31 | F | SEN | 1012 | 2:11:12 | | |
| 1048 | DE KOKER | LESLEY | K-WAY VOB | 34 | F | SEN | 0736 | 2:11:14 | | |
| 1049 | NO RETURN | | | | F | SEN | | 2:11:18 | | |
| 1050 | HOWARD-PAIN | BRIDGET | EDGEMEAD | 28 | F | SEN | 5448 | 2:11:18 | | |
| 1051 | EHLERS | KOBUS | AAC | 34 | M | SEN | 8410 | 2:11:21 | | |
| 1052 | ROWE | TEGAN | PINELANDS | 26 | F | SEN | 4392 | 2:11:26 | | |
| 1053 | BEZUIDENHOUT | TERENCE | BELLVILLE | 52 | M | 50 | 14123 | 2:11:28 | | |
| 1054 | ISAACS | LAMEEZ | KENFAC | 46 | F | 45 | 4976 | 2:11:30 | | |
| 1055 | NEL | HERMIEN | DURBAC | 39 | F | 35 | 2540 | 2:11:31 | | |
| 1056 | GENSICKE | RENATA | PINELANDS | 45 | F | 45 | 4273 | 2:11:32 | | |
| 1057 | ACHMAD | ASMA | ARD | 46 | F | 45 | 10656 | 2:11:33 | | |
| 1058 | SOLOMON | HISHAAM | OMMIEDRAAI | 33 | M | SEN | 8655 | 2:11:34 | | |
| 1059 | AUGUST | NORMAN | VODACOM STRIDERS | 44 | M | 40 | 11035 | 2:11:38 | | |
| 1060 | KADALIE | DAVID | OLD MUTUAL | 37 | M | 35 | 0344 | 2:11:39 | | |
| 1061 | JOHNSTONE | PETER | SANDF WP | 66 | M | 65 | 7688 | 2:11:43 | | |
| 1062 | SALIE | FARIED | TEMP | 44 | M | 40 | T41064 | 2:11:43 | | |
| 1063 | DIKOLOTHELA | BUTINYANE | CORR SERVICES WP | 44 | M | 40 | 9401 | 2:11:45 | | |
| 1064 | OOSTHUIZEN ROETS | NICOLEEN | CARBINEERS WP | 37 | F | 35 | 8869 | 2:11:48 | | |
| 1065 | NO CARD | | | | F | SEN | | 2:11:49 | | |
| 1066 | PRETORIUS | CLARE | CARBINEERS WP | 32 | F | SEN | 8967 | 2:11:50 | | |
| 1067 | SLABBERT | MELISSA | WEST COAST | 25 | F | SEN | 4992 | 2:11:53 | | |
| 1068 | COETZEE | GRETCHEN | CAPE MULTISPORT | 43 | F | 40 | 16143 | 2:11:56 | | |
| 1069 | ERASMUS | ERICA | CAPE MULTISPORT | 41 | F | 40 | 7472 | 2:11:56 | | |
| 1070 | YELL | ALEXANDRA | TEMP | 25 | F | SEN | T | 2:11:58 | | |
| 1071 | PALK | ANDREA | AAC | 45 | F | 45 | 8443 | 2:11:58 | | |
| 1072 | FORTUIN | CRAIG | CARBINEERS WP | 51 | M | 50 | 8951 | 2:12:00 | | |

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| 1073 | GAMIET | NAZLIYAH | ITHEKO | 52 | F | 50 | 3382 | 2:12:02 | | |
| 1074 | CUPIDO | JOY | PINELANDS | 46 | F | 45 | 4515 | 2:12:03 | | |
| 1075 | COLLINS | FABIAN | OMMIEDRAAI | 51 | M | 50 | 8755 | 2:12:04 | | |
| 1076 | CROWDER | INGRID | EDGEMEAD | 51 | F | 50 | 5199 | 2:12:04 | | |
| 1077 | ABRAHAMS | AMEEN | MSA MULTISPORT | 40 | M | 40 | 10378 | 2:12:05 | | |
| 1078 | FREDERICKS | BONITA | SPARTAN | 46 | F | 45 | 1602 | 2:12:06 | | |
| 1079 | GOTTLIEB | KATIE | TEMP | 34 | F | SEN | T | 2:12:07 | | |
| 1080 | AJAM | SHAHEEM | MP TITANS | 34 | M | SEN | 11095 | 2:12:12 | | |
| 1081 | LE ROUX | CRAIG | TEMP | 28 | M | SEN | T | 2:12:13 | | |
| 1082 | NO RETURN | | | | M | SEN | | 2:12:14 | | |
| 1083 | NO RETURN | | | | M | SEN | | 2:12:18 | | |
| 1084 | ADONIS | JIMMY | RCS GUGS | 66 | M | 65 | 11445 | 2:12:21 | | |
| 1085 | PRETORIUS | PIA | RUN WALK 4 LIFE | 47 | F | 45 | 11008 | 2:12:27 | | |
| 1086 | BERGA | JO | SOUTH STRIDERS | 46 | F | 45 | 9072 | 2:12:28 | | |
| 1087 | JABAAR | FAIZEL | WALMERS AC | 27 | M | SEN | 6772 | 2:12:33 | | |
| 1088 | WARRINGTON | ELMARIE | STRAND | 50 | F | 50 | 3138 | 2:12:34 | | |
| 1089 | RICHARDS | LOVERBOY | ARD | 34 | M | SEN | 10669 | 2:12:34 | | |
| 1090 | MADLOLO | AYANDA | EDGEMEAD | 36 | F | 35 | 5293 | 2:12:39 | | |
| 1091 | MADLOLO | MBULELO | EDGEMEAD | 39 | M | 35 | 5292 | 2:12:40 | | |
| 1092 | NO RETURN | | | | F | SEN | | 2:12:41 | | |
| 1093 | NO RETURN | | TEMP | | F | SEN | T | 2:12:42 | | |
| 1094 | MORRIS | GLYNIS | K-WAY VOB | 59 | F | 55 | 1457 | 2:12:45 | | |
| 1095 | MAIMANE | ANDIE | KHAYELITSHA | 33 | F | SEN | 14963 | 2:12:46 | | |
| 1096 | NO RETURN | | | | F | SEN | | 2:12:50 | | |
| 1097 | HOOGENHOUT | NIEL | TEMP | 37 | M | 35 | T40860 | 2:12:53 | | |
| 1098 | MASWANA | VUYISA | LANGA | 38 | M | 35 | 9544 | 2:12:54 | | |
| 1099 | DE VILLIERS | CHRIS | TYGERBERG | 50 | M | 50 | 5588 | 2:12:54 | | |
| 1100 | WILLIAMS | KAREN | ITHEKO | 45 | F | 45 | 3469 | 2:12:55 | | |
| 1101 | MILLS | TAYLA | TEMP | 28 | F | SEN | T | 2:12:57 | | |
| 1102 | MONGWE | SYKIE | RCS GUGS | 35 | M | 35 | 26487 | 2:13:02 | | |
| 1103 | LAY | JASON | TOP FORM | 29 | M | SEN | 4077 | 2:13:04 | | |
| 1104 | PIENAAR | AAMINAH | CARBINEERS WP | 27 | F | SEN | 9001 | 2:13:05 | | |
| 1105 | FELLIES | HEYLEY | RCS GUGS | 35 | F | 35 | 11727 | 2:13:07 | | |
| 1106 | LASKEY | HENK | K-WAY VOB | 53 | M | 50 | 1190 | 2:13:08 | | |
| 1107 | JAMES | MARLENE | PINELANDS | 75 | F | 75 | 4401 | 2:13:09 | | |
| 1108 | PHEIFFER | TANIA | CAPE MULTISPORT | 43 | F | 40 | 7425 | 2:13:09 | | |
| 1109 | BRAND | CELESTE | NO CLUB | 26 | F | SEN | 14314 | 2:13:10 | | |
| 1110 | BASSON | ALETTA | NO CLUB | 52 | F | 50 | 4552 | 2:13:14 | | |
| 1111 | FRANKEN | LISA | SANDEF WP | 48 | F | 45 | 7900 | 2:13:15 | | |
| 1112 | JANSEN | ILSE | EDGEMEAD | 38 | F | 35 | 5411 | 2:13:16 | | |
| 1113 | GEEL | CARL | EDGEMEAD | 29 | M | SEN | 5263 | 2:13:17 | | |
| 1114 | GLENDAY | SARAH | ATC | 33 | F | SEN | | 2:13:18 | | |
| 1115 | NO RETURN | | TEMP | | F | SEN | T | 2:13:19 | | |
| 1116 | NO RETURN | | TEMP | | F | SEN | T | 2:13:20 | | |
| 1117 | MURRY | MICHELE | EDGEMEAD | 57 | F | 55 | 5062 | 2:13:23 | | |

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| 1118 | HARVEY | DAVID | DURBAC | 22 | M | SEN | 2775 | 2:13:26 | | |
| 1119 | KRIEL | MICAELA | NO CLUB | 22 | F | SEN | 3066 | 2:13:27 | | |
| 1120 | PHILANDER | DELLA-REESE | PINELANDS | 42 | F | 40 | 4164 | 2:13:28 | | |
| 1121 | JAPPIE | RIAAZ | OMMIEDRAAI | 47 | M | 45 | 8520 | 2:13:28 | | |
| 1122 | COLLER | WESLEY | BELLVILLE | 36 | M | 35 | 16084 | 2:13:29 | | |
| 1123 | HEYNEKE | DAVID | CARBINEERS WP | 49 | M | 45 | 8885 | 2:13:31 | | |
| 1124 | HEYNEKE | LYNDA | CARBINEERS WP | 42 | F | 40 | 8886 | 2:13:31 | | |
| 1125 | DAVIDS | FAWAAZ | TEMP | 27 | M | SEN | T41099 | 2:13:35 | | |
| 1126 | STEWART | KIRSTIN | TEMP | 37 | F | 35 | T | 2:13:36 | | |
| 1127 | ARELLANO | NICOLE | SACS OBS | 38 | F | 35 | 6255 | 2:13:39 | | |
| 1128 | PEET | BELINDA | EGEMEAD | 59 | F | 55 | 15157 | 2:13:39 | | |
| 1129 | MASLIN | TRICIA | TEMP | 55 | F | 55 | T | 2:13:40 | | |
| 1130 | JOUBERT | KAREN | CAPE MULTISPORT | 43 | F | 40 | 13559 | 2:13:41 | | |
| 1131 | KOK | MARCEL | BELLVILLE | 43 | M | 40 | 5079 | 2:13:41 | | |
| 1132 | STEYN | JANDRE | DURBAC | 42 | M | 40 | 2450 | 2:13:42 | | |
| 1133 | KANSLEY | LAUREN | RUN WALK 4 LIFE | 38 | F | 35 | 11181 | 2:13:43 | | |
| 1134 | HENDRICKS | EDWINA | ARD | 48 | F | 45 | 10679 | 2:13:44 | | |
| 1135 | DONACHIE | STEPHANIE | AAC | 24 | F | SEN | 8295 | 2:13:45 | | |
| 1136 | NO RETURN | | | | F | SEN | | 2:13:46 | | |
| 1137 | DE KOCK | MARE | DURBAC | 18 | F | JUN | 2441 | 2:13:46 | | |
| 1138 | DELPORT | BOET | WEST COAST | 63 | M | 60 | 6003 | 2:13:47 | | |
| 1139 | MENTOOR | ANDRE | PHOENIX | 46 | M | 45 | 12428 | 2:13:49 | | |
| 1140 | NO RETURN | | | | F | SEN | | 2:13:50 | | |
| 1141 | SCHUTTE | MONIUE | DURBAC | 31 | F | SEN | 2568 | 2:13:51 | | |
| 1142 | ADIEL CERES | MOEGAMAT | PINELANDS | 53 | M | 50 | 13904 | 2:13:52 | | |
| 1143 | JOHNSON | AMBER | TEMP | 25 | F | SEN | T40752 | 2:13:53 | | |
| 1144 | KOLBE | JOHN | SPARTAN | 62 | M | 60 | 1884 | 2:13:53 | | |
| 1145 | MEYER | DONFREY | TEMP | 41 | M | 40 | T41225 | 2:13:54 | | |
| 1146 | VAN STADEN | RENE | BRACKENFELL | 32 | F | SEN | 9640 | 2:13:55 | | |
| 1147 | DU PLESSIS | HELEN | BRACKENFELL | 67 | F | 65 | 9867 | 2:13:56 | | |
| 1148 | VAN DER MERWE | FRANCOIS | TEMP | 37 | M | 35 | T | 2:13:57 | | |
| 1149 | TOMBS | SAM | STRAND | 28 | F | SEN | 3144 | 2:13:58 | | |
| 1150 | SWARTS | VANESSA | HEWAT | 29 | F | SEN | 15419 | 2:14:00 | | |
| 1151 | GAMIELDIEN | YUSUF | TEMP | 46 | M | 45 | T | 2:14:08 | | |
| 1152 | PEDERSEN | DEREK | FISH HOEK | 37 | M | 35 | 6492 | 2:14:09 | | |
| 1153 | OPPEL | SILLENE | GOODWOOD HARRIERS | 61 | F | 60 | 4506 | 2:14:12 | | |
| 1154 | NETTA | LUCIELLE | K-WAY VOB | 47 | F | 45 | 3101 | 2:14:13 | | |
| 1155 | GUMEDE | SINENHLANHLA | GOODWOOD HARRIERS | 31 | F | SEN | 13168 | 2:14:14 | | |
| 1156 | PIETERSE | THEO | BELLVILLE | 52 | M | 50 | 5162 | 2:14:23 | | |
| 1157 | LILLIE | DEBBIE | WILD RUNNER | 48 | F | 45 | 0422 | 2:14:27 | | |
| 1158 | WEGNER | GEENA | TEMP | 19 | F | SEN | T | 2:14:28 | | |
| 1159 | RISPEL | SHAHEEN | ITHEKO | | F | SEN | 3234 | 2:14:34 | | |
| 1160 | HUMAN | WALDO | TEMP | 43 | M | 40 | T40863 | 2:14:36 | | |
| 1161 | VAN NIEKERK | LIEZL | MY TRAINING DAY | 36 | F | 35 | 9323 | 2:14:38 | | |
| 1162 | JUTZEN | BREVIN | GOODWOOD HARRIERS | 36 | M | 35 | 6700 | 2:14:46 | | |

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| 1163 | ABRAHAMS | NAIEMA | TOP FORM | 39 | F | 35 | 4113 | 2:14:47 | | |
| 1164 | ANDREWS | NICOLENE | EDGEMEAD | 60 | F | 60 | 5229 | 2:14:53 | | |
| 1165 | SMITH | RONEL | EDGEMEAD | 48 | F | 45 | 5405 | 2:14:54 | | |
| 1166 | NDZHUKULE | RHANDZU | RUN WALK 4 LIFE | 35 | F | 35 | 11009 | 2:14:57 | | |
| 1167 | BOOLEY | OHNAH | OMMIEDRAAI | 28 | F | SEN | 8498 | 2:15:12 | | |
| 1168 | NO RETURN | | | | F | SEN | | 2:15:13 | | |
| 1169 | DE VILLIERS | FRANCOIS | TEMP | 31 | M | SEN | T41001 | 2:15:13 | | |
| 1170 | DAVIDS | RUCHANA | NANTES | 34 | F | SEN | 12779 | 2:15:14 | | |
| 1171 | CLARK | ROXXI | K-WAY VOB | 32 | F | SEN | | 2:15:15 | | |
| 1172 | KOTZE | CLIVE | CENTURY CITY | 41 | M | 40 | 6102 | 2:15:17 | | |
| 1173 | SOEKER | GHALIEL | OMMIEDRAAI | 30 | M | SEN | 8657 | 2:15:19 | | |
| 1174 | KARAMBA | ROSELYN | GOODWOOD HARRIERS | 41 | F | 40 | 6697 | 2:15:22 | | |
| 1175 | ELLMAN | KIM | GOODWOOD HARRIERS | 35 | F | 35 | 6613 | 2:15:23 | | |
| 1176 | GUWA | MBASA | RCS GUGS | 35 | M | 35 | 11628 | 2:15:23 | | |
| 1177 | SINGH | SUMI | GOODWOOD HARRIERS | 43 | F | 40 | 6662 | 2:15:24 | | |
| 1178 | SITHOLE | IVY | CARBINEERS WP | 39 | F | 35 | 8849 | 2:15:25 | | |
| 1179 | BARTLETT | DENZIL | CARBINEERS WP | 47 | M | 45 | 8907 | 2:15:42 | | |
| 1180 | MULDER | GERHARD | TEMP | 38 | M | 35 | T | 2:15:45 | | |
| 1181 | LEWIS | LIEZL | CARBINEERS WP | 43 | F | 40 | 8997 | 2:15:58 | | |
| 1182 | BRINK | LUSCHCA | TEMP | 27 | F | SEN | T40973 | 2:15:59 | | |
| 1183 | FRAZER | JASON | TEMP | 29 | M | SEN | T40742 | 2:15:59 | | |
| 1184 | FORGAN | NICOLA | FISH HOEK | 34 | F | SEN | 6420 | 2:16:00 | | |
| 1185 | SWARTZ | SANDRA | PINELANDS | 60 | F | 60 | 4280 | 2:16:01 | | |
| 1186 | CLOETE | ULINDI | TEMP | 29 | F | SEN | T41211 | 2:16:02 | | |
| 1187 | KAYE | ASHLYNNE | OXFORD STRIDERS | 31 | F | SEN | 0156 BOR | 2:16:10 | | |
| 1188 | NO RETURN | | | | M | SEN | | 2:16:16 | | |
| 1189 | SALT | JOHN | CAPE MULTISPORT | 62 | M | 60 | 13530 | 2:16:18 | | |
| 1190 | SAMODIEN | GANIEF | ARD | 53 | M | 50 | 16541 | 2:16:25 | | |
| 1191 | NAIDOO | ABUBAKAR | ARD | 57 | M | 55 | 10744 | 2:16:25 | | |
| 1192 | SAMPSON | LESLIE | ARD | 59 | M | 55 | 10660 | 2:16:26 | | |
| 1193 | WILLIAMS | CATHY | FISH HOEK | 49 | F | 45 | 6352 | 2:16:29 | | |
| 1194 | VISSER | LEON | BRACKENFELL | 49 | M | 45 | 9700 | 2:16:30 | | |
| 1195 | DU TOIT | BENNIE | BRACKENFELL | 46 | M | 45 | 9810 | 2:16:31 | | |
| 1196 | NO RETURN | | | | M | SEN | | 2:16:32 | | |
| 1197 | NO RETURN | | | | F | SEN | | 2:16:32 | | |
| 1198 | LOGAN | KERRI | KNYSNA | 24 | F | SEN | 0788 SWD | 2:16:33 | | |
| 1199 | NO CARD | | | | M | SEN | | 2:16:34 | | |
| 1200 | WEBER | KEVYN | TEMP | 47 | M | 45 | T | 2:16:40 | | |
| 1201 | NO CARD | | | | F | SEN | | 2:16:40 | | |
| 1202 | ALBERTYN | RENE | AAC | 30 | F | SEN | 8185 | 2:16:42 | | |
| 1203 | JAMODIEN | SAMIA | OMMIEDRAAI | 28 | F | SEN | 8598 | 2:16:43 | | |
| 1204 | ABRAHAMS | BRENTON | PINELANDS | 50 | M | 50 | 4325 | 2:16:45 | | |
| 1205 | EWERS | SEYMOUR | OLD MUTUAL | 41 | M | 40 | 0272 | 2:16:47 | | |
| 1206 | GAMIELDIEN | YUSUF | ITHEKO | 78 | M | 75 | | 2:16:47 | | |
| 1207 | RHODA | KAYLIN | CARBINEERS WP | 26 | F | SEN | 8863 | 2:16:48 | | |

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| 1208 | ALSTON | COLLEEN | EDGEMEAD | 51 | F | 50 | 15373 | 2:16:49 | | |
| 1209 | THEBUS | KAMI | OMMIEDRAAI | 49 | F | 45 | | 2:16:54 | | |
| 1210 | ABRAHAMS | WALEED | OMMIEDRAAI | 44 | M | 40 | 8457 | 2:16:59 | | |
| 1211 | NO CARD | | | | M | SEN | | 2:17:00 | | |
| 1212 | LESCH | LEHMAN | MSA MULTISPORT | 63 | M | 60 | 10344 | 2:17:02 | | |
| 1213 | NCHABELENG | MATHAPELO | RCS GUGS | 28 | F | SEN | 11759 | 2:17:02 | | |
| 1214 | KRIGER | SAMANTHA | CELTIC | 47 | F | 45 | 3691 | 2:17:11 | | |
| 1215 | SHIBURI | BONAKALA | NKOWANKOWA AC | 28 | F | SEN | 1579 LIM | 2:17:13 | | |
| 1216 | NO CARD | | | | F | SEN | | 2:17:18 | | |
| 1217 | JENEKER | TASNIM | OMMIEDRAAI | 37 | F | 35 | 8527 | 2:17:19 | | |
| 1218 | LARKIN | SANDI | FISH HOEK | 53 | F | 50 | 6361 | 2:17:34 | | |
| 1219 | STEEL | CHIPPY | HOUT BAY | 73 | F | 70 | 6182 | 2:17:36 | | |
| 1220 | POTE | DAVE | TEMP | 50 | M | 50 | | 2:17:36 | | |
| 1221 | GWADISO | SAPHO | TEMP | 33 | M | SEN | T | 2:17:39 | | |
| 1222 | MTSEWU | PHELISA | CPUT | 30 | F | SEN | 6861 | 2:17:40 | | |
| 1223 | WEBER | GRETCHEN | AAC | 27 | F | SEN | 8297 | 2:17:43 | | |
| 1224 | HERDIEN | DENISE | TYGERBERG | 59 | F | 55 | 5597 | 2:17:46 | | |
| 1225 | KHAN | TARIQ | PICK 'n PAY | 56 | M | 55 | 11222 | 2:17:47 | | |
| 1226 | DU PLOOY | LEZANE | WELLINGTON | 32 | F | SEN | 1433 BOL | 2:17:48 | | |
| 1227 | LA VITA | TONY | IN TOUCH | 58 | M | 55 | | 2:17:58 | | |
| 1228 | BOUGARDT | DEON | IN TOUCH | 53 | M | 50 | 13072 | 2:17:59 | | |
| 1229 | CAMERON | CATHERINE | SPARTAN | 53 | F | 50 | | 2:18:02 | | |
| 1230 | HERBST | RIETTE | METROPOLITAN | 37 | F | 35 | 12470 | 2:18:05 | | |
| 1231 | NO RETURN | | | | M | SEN | | 2:18:11 | | |
| 1232 | WILSON | NATALIE | TEMP | 42 | F | 40 | T41207 | 2:18:12 | | |
| 1233 | SANDRAS | JEN | TEMP | 38 | F | 35 | T41016 | 2:18:13 | | |
| 1234 | LAKAY | GERALDINE | NANTES | 56 | F | 55 | 14610 | 2:18:20 | | |
| 1235 | NO RETURN | | | | F | SEN | | 2:18:23 | | |
| 1236 | VAN DER VALK | JOANNE | CELTIC | 64 | F | 60 | 3666 | 2:18:25 | | |
| 1237 | EBRAHIM | REZA | ARD | 52 | M | 50 | 10726 | 2:18:25 | | |
| 1238 | PETERSEN | SHAUNA | CARBINEERS WP | 46 | F | 45 | 8946 | 2:18:26 | | |
| 1239 | BOSCH | MARITSA | GOODWOOD HARRIERS | 40 | F | 40 | 6709 | 2:18:29 | | |
| 1240 | SYDOW | MALIKAH | OMMIEDRAAI | 35 | F | 35 | 8566 | 2:18:36 | | |
| 1241 | MALALE | DITSIETSI | CENTURY CITY | 31 | F | SEN | 12920 | 2:18:38 | | |
| 1242 | HENDRICKS | VERNA | DURBAC | 37 | F | 35 | 2583 | 2:18:39 | | |
| 1243 | PERRY | YVONNE | WEST COAST | 44 | F | 40 | 5710 | 2:18:43 | | |
| 1244 | NO CARD | | | | F | SEN | | 2:18:46 | | |
| 1245 | VIVIERS | DANIEL | TEMP | 28 | M | SEN | T | 2:18:49 | | |
| 1246 | THOMAS | EVANGELIQUE | EDGEMEAD | 24 | F | SEN | 5310 | 2:18:50 | | |
| 1247 | TOBIAS | EDEN | EDGEMEAD | 22 | F | SEN | 5432 | 2:18:51 | | |
| 1248 | RHODA | FERDI | OMMIEDRAAI | 44 | M | 40 | 8733 | 2:18:55 | | |
| 1249 | CHRISTIE-SMITH | TARYN | PINELANDS | 36 | F | 35 | 4319 | 2:18:57 | | |
| 1250 | MAHOTE | NOZIPHO | EASTERNS | 37 | F | 35 | 8818 | 2:19:00 | | |
| 1251 | JENEKER | REDAH | OMMIEDRAAI | 37 | M | 35 | 8526 | 2:19:01 | | |
| 1252 | NOORDIEN | PARVEEN | OMMIEDRAAI | 31 | F | SEN | 8581 | 2:19:02 | | |

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| 1253 | JOSEPH | ZELDA | TYGERBERG | 58 | F | 55 | 13730 | 2:19:06 | | |
| 1254 | RAUTENBACH | ALWYN | TEMP | 39 | M | 35 | T | 2:19:09 | | |
| 1255 | HOLTROYD | MARK | TEMP | 46 | M | 45 | T | 2:19:10 | | |
| 1256 | SMIT | ERIKA | ATC | 56 | F | 55 | 15958 | 2:19:13 | | |
| 1257 | NO RETURN | | | | F | SEN | | 2:19:16 | | |
| 1258 | SALIE | ACHMAT | ARD | 65 | M | 65 | 10670 | 2:19:19 | | |
| 1259 | ROGERS | VICKY | WILD RUNNER | 32 | F | SEN | 0417 | 2:19:19 | | |
| 1260 | CRABBE | KATHY | TEMP | 40 | F | 40 | T41133 | 2:19:21 | | |
| 1261 | SAMSODIEN-ORRIE | KARIEMA | ARD | 44 | F | 40 | 10709 | 2:19:25 | | |
| 1262 | BOTHA | GRAHAM | HOUT BAY | 65 | M | 65 | 6166 | 2:19:28 | | |
| 1263 | JOHAADIEN | IELAAM | OMMIEDRAAI | 33 | F | SEN | 8565 | 2:19:34 | | |
| 1264 | GOOCH | TRACY | TEMP | 43 | F | 40 | T | 2:19:34 | | |
| 1265 | JONKERS | MELANIE | NO CLUB | 34 | F | SEN | 14213 | 2:19:35 | | |
| 1266 | APOLLIS | MEGAN | SPARTAN | 42 | F | 40 | 1677 | 2:19:36 | | |
| 1267 | TAYLOR | MICHELLE | EDGEMEAD | 50 | F | 50 | 5368 | 2:19:38 | | |
| 1268 | MARINI | RIC | RAC | 64 | M | 60 | 3186 | 2:19:39 | | |
| 1269 | TSHOKO | SIYANDA | KHAYELITSHA | 30 | F | SEN | 15989 | 2:19:43 | | |
| 1270 | NO CARD | | | | F | SEN | | 2:19:44 | | |
| 1271 | NO CARD | | | | M | SEN | | 2:19:45 | | |
| 1272 | SIKUTSHWA | LIKHO | RCS GUGS | 27 | F | SEN | 11671 | 2:19:46 | | |
| 1273 | NO RETURN | | TEMP | | F | SEN | T | 2:19:51 | | |
| 1274 | BEUKES | KIRK | SANDEF WP | 55 | M | 55 | 7864 | 2:19:52 | | |
| 1275 | BARNARD | CHRISTIAAN | TEMP | 30 | M | SEN | T | 2:19:56 | | |
| 1276 | HOWARD | JOANIE | TEMP | 26 | F | SEN | T | 2:19:57 | | |
| 1277 | NO RETURN | | | | F | SEN | | 2:19:58 | | |
| 1278 | SALIE | SORAYA | ITHEKO | 47 | F | 45 | 15889 | 2:20:10 | | |
| 1279 | NETTA | HILTON | K-WAY VOB | 50 | M | 50 | 1300 | 2:20:17 | | |
| 1280 | FORTUINE | CANDICE | PINELANDS | 48 | F | 45 | 4254 | 2:20:20 | | |
| 1281 | BRAND | ERNEST | DURBAC | 34 | M | SEN | 2506 | 2:20:21 | | |
| 1282 | FORBES | CLIVE | DURBAC | 39 | M | 35 | 2337 | 2:20:21 | | |
| 1283 | JANTJES | TREVOR | NANTES | 46 | M | 45 | 14631 | 2:20:22 | | |
| 1284 | MCLAUGHLIN | TAMLYN | RUN WALK 4 LIFE | 39 | F | 35 | 14608 | 2:20:23 | | |
| 1285 | WILLIAMS | ANNE | PICK 'n PAY | 63 | F | 60 | 12648 | 2:20:26 | | |
| 1286 | MORGAN | GREG | TEMP | 35 | M | 35 | T41252 | 2:20:28 | | |
| 1287 | BADENHORST | COBUS | TEMP | 33 | M | SEN | T40924 | 2:20:33 | | |
| 1288 | BADENHORST | SANTA | TEMP | 31 | F | SEN | T40926 | 2:20:34 | | |
| 1289 | NO RETURN | | | | F | SEN | | 2:20:56 | | |
| 1290 | ECKLETON | JAMES | K-WAY VOB | 54 | M | 50 | 0728 | 2:20:57 | | |
| 1291 | WARD | CHANTEL | GOODWOOD HARRIERS | 40 | F | 40 | 6736 | 2:20:59 | | |
| 1292 | EMILINE | | EASTERNS | 23 | F | SEN | | 2:21:00 | | |
| 1293 | NAIDOO | MICHAEL | CELTIC | 40 | M | 40 | 3741 | 2:21:04 | | |
| 1294 | ABRAHAMS | LYLE | TEMP | 34 | M | SEN | T40905 | 2:21:05 | | |
| 1295 | VAN DER MERWE | NICOLETTE | TEMP | 33 | F | SEN | T | 2:21:06 | | |
| 1296 | KOEKEMOER | TAMAR | K-WAY VOB | 33 | F | SEN | 1117 | 2:21:08 | | |
| 1297 | COLLINS | JUDY | K-WAY VOB | 65 | F | 65 | 0665 | 2:21:11 | | |

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| 1298 | KRAM | IRMA | TYGERBERG | 38 | F | 35 | 5539 | 2:21:12 | | |
| 1299 | LUZIPO | PHINDIWE | SANDB WP | 36 | F | 35 | 7959 | 2:21:17 | | |
| 1300 | ROSSOUW | ANEL | ARCELOR MITTAL | 37 | F | 35 | | 2:21:18 | | |
| 1301 | ZIMRI | NADIA | DURBAC | 32 | F | SEN | 14303 | 2:21:22 | | |
| 1302 | CARELSE | MEGAN | OMMIEDRAAI | 34 | F | SEN | 8785 | 2:21:26 | | |
| 1303 | ROSS | ANITHA | METROPOLITAN | 40 | F | 40 | 12465 | 2:21:29 | | |
| 1304 | EBDEN | TIFFANY | CARBINEERS WP | 40 | F | 40 | 8923 | 2:21:32 | | |
| 1305 | BAKER | ZAAKIYAH | CARBINEERS WP | 45 | F | 45 | 8949 | 2:21:33 | | |
| 1306 | EYERS | MARGQUX | CARBINEERS WP | 42 | F | 40 | 8924 | 2:21:34 | | |
| 1307 | KONICK | DEBBIE | NO CLUB | 50 | F | 50 | 12281 | 2:21:38 | | |
| 1308 | MATEBELE | FUMANE | WEST COAST | 39 | F | 35 | 5736 | 2:21:40 | | |
| 1309 | BREDENKAMP | CHANE | TEMP | 25 | F | SEN | T | 2:21:42 | | |
| 1310 | NO RETURN | | | | F | SEN | | 2:21:43 | | |
| 1311 | LAKAY | ISABEL | PINELANDS | 55 | F | 55 | 4302 | 2:21:50 | | |
| 1312 | VERSTER | MAUREEN | EDGEMEAD | 67 | F | 65 | 5352 | 2:21:51 | | |
| 1313 | ORPEN-LYALL | WENDY | TEMP | 46 | F | 45 | T | 2:21:52 | | |
| 1314 | HARTMAN | CATHY | TEMP | 48 | F | 45 | T | 2:21:53 | | |
| 1315 | MOHAMED | ADNAAN | CENTRAL AC | 52 | M | 50 | 9090 | 2:21:53 | | |
| 1316 | CLOETE | DELORES | TYGERBERG | 44 | F | 40 | 5596 | 2:21:56 | | |
| 1317 | MAHARAGE | RODNEY | CELTIC | 56 | M | 55 | 3700 | 2:21:57 | | |
| 1318 | CELE | MBALI | VODACOM STRIDERS | 28 | F | SEN | 11027 | 2:21:58 | | |
| 1319 | MBATHA | SIBUSISO | NO CLUB | 32 | M | SEN | 11212 | 2:21:59 | | |
| 1320 | MANUNGUFALA | THELMA | CENTURY CITY | 31 | F | SEN | 6136 | 2:22:00 | | |
| 1321 | LEE | CHRISTOPHER | TEMP | 45 | M | 45 | T41186 | 2:22:05 | | |
| 1322 | DAWARE | ESACK | OMMIEDRAAI | 41 | M | 40 | 8481 | 2:22:06 | | |
| 1323 | DE ABREU AIRES | DANIEL | TEMP | 23 | M | SEN | T41097 | 2:22:07 | | |
| 1324 | RAKATANA | DIEKETSO | RCS GUGS | 33 | F | SEN | 11793 | 2:22:11 | | |
| 1325 | NO RETURN | | | | F | SEN | | 2:22:20 | | |
| 1326 | BOOLEY | RIDAH | SANDB WP | 39 | M | 35 | 7914 | 2:22:21 | | |
| 1327 | JACOBS-TAPE | ROEGSHANA | ITHEKO | 40 | F | 40 | 3315 | 2:22:22 | | |
| 1328 | STEPHENS | LUCRETIA | NO CLUB | 44 | F | 40 | 6040 | 2:22:23 | | |
| 1329 | FRIZLAR | YUSRY | ITHEKO | 61 | M | 60 | 3460 | 2:22:23 | | |
| 1330 | BARDIEN | KULSUM | ITHEKO | 37 | F | 35 | 3429 | 2:22:24 | | |
| 1331 | PEPERTUAL | CHIVHERE | ITHEKO | 26 | F | SEN | 3182 | 2:22:25 | | |
| 1332 | LAMPRECHT | DIANIE | DURBAC | 44 | F | 40 | 15363 | 2:22:25 | | |
| 1333 | HARPER | NAZREEN | TEMP | 37 | F | 35 | T | 2:22:26 | | |
| 1334 | ABDUL | MARWAAN | ITHEKO | 48 | M | 45 | | 2:22:27 | | |
| 1335 | BEDFORD | TAPE | ITHEKO | 41 | M | 40 | 14999 | 2:22:27 | | |
| 1336 | DAVIDS | SHIREEN | ITHEKO | 44 | F | 40 | 3432 | 2:22:28 | | |
| 1337 | WAGGIE | SHANAAZ | ITHEKO | 42 | F | 40 | 3537 | 2:22:29 | | |
| 1338 | GALANT | ASLAM | ITHEKO | 58 | M | 55 | 3200 | 2:22:30 | | |
| 1339 | SOLOMON | MARC | TEMP | 58 | M | 55 | T41046 | 2:22:31 | | |
| 1340 | JACKSON | IGSHAAN | ITHEKO | 55 | M | 55 | 3203 | 2:22:32 | | |
| 1341 | SALIE | FUAD | ITHEKO | 53 | M | 50 | 3435 | 2:22:33 | | |
| 1342 | JARDINE | GALIEL | ITHEKO | 52 | M | 50 | 3456 | 2:22:34 | | |

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| 1343 | JAMODIEN | SARAH | OMMIEDRAAI | 28 | F | SEN | 8599 | 2:22:35 | | |
| 1344 | WAGGIE | ADLEE | ITHEKO | 61 | M | 60 | 3258 | 2:22:40 | | |
| 1345 | NUNE | RENE | OMMIEDRAAI | 37 | F | 35 | 8714 | 2:22:42 | | |
| 1346 | GOOCH | NICK | TEMP | 44 | M | SEN | T | 2:22:48 | | |
| 1347 | FILLMORE | LYNDA | EDGEMEAD | 70 | F | 70 | 5215 | 2:22:49 | | |
| 1348 | DYERS | NATASHA | DURBAC | 40 | F | 40 | 15319 | 2:22:55 | | |
| 1349 | WYNGAARD | RUSHAN | STRAGGLERS | 45 | F | 45 | 9919 | 2:22:56 | | |
| 1350 | DAMONS | VICTORIA | NO CLUB | 43 | F | 40 | 9916 | 2:22:56 | | |
| 1351 | LEWIS | CHERYL | STELLENBOSCH | 49 | F | 45 | 0840 BOL | 2:22:57 | | |
| 1352 | MURRAY | LIZET | BELLVILLE | 47 | F | 45 | 12522 | 2:23:00 | | |
| 1353 | ENGELBRECHT | LIEZEL | BELLVILLE | 52 | F | 50 | 12539 | 2:23:01 | | |
| 1354 | JAFFER | SHANAAZ | OMMIEDRAAI | 46 | F | 45 | 8496 | 2:23:06 | | |
| 1355 | COZYN | AYESHA | OMMIEDRAAI | 46 | F | 45 | 8461 | 2:23:07 | | |
| 1356 | BAILEY | CARLA | OMMIEDRAAI | 35 | F | 35 | 16388 | 2:23:07 | | |
| 1357 | DUGGAN | DI | MELKBOS | 66 | F | 65 | 9191 | 2:23:13 | | |
| 1358 | LOURENS | NICOLENE | BRACKENFELL | 42 | F | 40 | 9677 | 2:23:15 | | |
| 1359 | COCHIUS | JARRYD | TEMP | 26 | M | SEN | T | 2:23:15 | | |
| 1360 | ADAMS | FAIZEL | WALMERS AC | 48 | M | 45 | 6767 | 2:23:21 | | |
| 1361 | RATNER | MEGAN | EDGEMEAD | 30 | F | SEN | 5458 | 2:23:23 | | |
| 1362 | ALBERTYN | CINDY | AAC | 38 | F | 35 | 8184 | 2:23:34 | | |
| 1363 | VAN DER MERWE | PAULA | WEST COAST | 55 | F | 55 | 5712 | 2:23:36 | | |
| 1364 | LEWIS | ANEL | CELTIC | 44 | F | 40 | 3854 | 2:23:36 | | |
| 1365 | KREBS | CHRISTINA | TEMP | 53 | F | 50 | T | 2:23:40 | | |
| 1366 | MUROVHI | PERTUNIA | BELLVILLE | 41 | F | 40 | 12519 | 2:23:43 | | |
| 1367 | MUROVHI | MASHUDU | BELLVILLE | 40 | M | 40 | 12519 | 2:23:44 | | |
| 1368 | SHEIK | ADELA | ITHEKO | 56 | F | 55 | 3163 | 2:23:45 | | |
| 1369 | GLADDEN | LESLEY-ANN | OLD MUTUAL | 38 | F | 35 | 0320 | 2:23:46 | | |
| 1370 | EDWARDS | RUGAYA | ITHEKO | 56 | F | 55 | 3263 | 2:23:46 | | |
| 1371 | MCCALLUM | FAZLIN | NO CLUB | 49 | F | 45 | 3270 | 2:23:47 | | |
| 1372 | MCCALLUM | ZAIDA | ITHEKO | 51 | F | 50 | 3268 | 2:23:47 | | |
| 1373 | MOHEDEEN | NAZLIE | ITHEKO | 57 | F | 55 | 3517 | 2:23:48 | | |
| 1374 | MANUEL | REYANAH | ITHEKO | 39 | F | 35 | 16939 | 2:23:49 | | |
| 1375 | THEUNISSEN | PT | TOP FORM | 61 | M | 60 | 4000 | 2:23:50 | | |
| 1376 | DAVIS | BRONWYN | FISH HOEK | 42 | F | 40 | 6377 | 2:23:51 | | |
| 1377 | PADYA | ROSE | MSA MULTISPORT | 47 | F | 45 | 10340 | 2:23:51 | | |
| 1378 | MAQUNGO | SITHOMBO | PINELANDS | 42 | M | 40 | 4546 | 2:23:52 | | |
| 1379 | VEENENDAAL | KAREN | PINELANDS | 40 | F | 40 | 4279 | 2:23:54 | | |
| 1380 | PEARMAN | MICHELLE | PINELANDS | 33 | F | SEN | 4293 | 2:23:55 | | |
| 1381 | GREYVENSTEIN | TAMMY | PICK 'n PAY | 30 | F | SEN | T41277 | 2:24:03 | | |
| 1382 | DUNCKER | TIM | K-WAY VOB | 41 | M | 40 | 1265 | 2:24:06 | | |
| 1383 | COLLINS | ROB | HILLCREST VILLAGERS AC | 74 | M | 70 | 1777 KZN | 2:24:06 | | |
| 1384 | LEONG | GABI | TEMP | 22 | F | SEN | T | 2:24:12 | | |
| 1385 | LOYSON | JOSH | TEMP | 22 | M | SEN | T41202 | 2:24:13 | | |
| 1386 | LOUW | AZELLE | TEMP | 33 | F | SEN | T | 2:24:14 | | |
| 1387 | MARTIN | SANDRA | PINELANDS | 53 | F | 50 | 4305 | 2:24:15 | | |

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| 1388 | FORSYTH-GITHAHU | JAMIL | OMMIEDRAAI | 42 | F | 40 | 8507 | 2:24:17 | | |
| 1389 | ARNOLD | AMEER | OMMIEDRAAI | 33 | M | SEN | 8559 | 2:24:17 | | |
| 1390 | GUGWANA | WANDILE | TEMP | 24 | M | SEN | T | 2:24:20 | | |
| 1391 | DAVIDS | SHEYAAM | CENTRAL AC | 33 | F | SEN | 8564 | 2:24:21 | | |
| 1392 | NO RETURN | | | | F | SEN | | 2:24:21 | | |
| 1393 | NO RETURN | | | | M | SEN | | 2:24:22 | | |
| 1394 | DAVIDS | SAEED | OMMIEDRAAI | 33 | M | SEN | 8568 | 2:24:23 | | |
| 1395 | KRIEL | SHUAIB | OMMIEDRAAI | 33 | M | SEN | 8580 | 2:24:24 | | |
| 1396 | DAVIDS | ZURAINAH | GOODWOOD HARRIERS | 44 | F | 40 | 6646 | 2:24:24 | | |
| 1397 | DUBULA | KHOLIWE | LANGA | 37 | F | 35 | 9540 | 2:24:25 | | |
| 1398 | TAYOB | FATZ | WALMERS AC | 40 | F | 40 | 6770 | 2:24:26 | | |
| 1399 | SEDICK | SADIA | ITHEKO | 52 | F | 50 | 3367 | 2:24:26 | | |
| 1400 | BREWER | SIRAJ | ITHEKO | 43 | M | 40 | 0333 | 2:24:27 | | |
| 1401 | WILSON | BRUCE | TEMP | 56 | M | 55 | T41206 | 2:24:30 | | |
| 1402 | RYKLIEF | MUBARAQ | CELTIC | 23 | M | SEN | 3882 | 2:24:32 | | |
| 1403 | JARDINE | CELESTE | CELTIC | 44 | F | 40 | 3922 | 2:24:38 | | |
| 1404 | LOUTHER | LUCILLE | CELTIC | 55 | F | 55 | 3811 | 2:24:38 | | |
| 1405 | JEFTHA | BASIL | TEMP | 65 | M | 65 | T | 2:24:48 | | |
| 1406 | SOLOMON | SHANAAZ | ITHEKO | 38 | F | 35 | 3212 | 2:24:53 | | |
| 1407 | HERRING | NICOLETTE | ITHEKO | 46 | F | 45 | 3217 | 2:24:54 | | |
| 1408 | NO RETURN | | TEMP | | M | SEN | T | 2:25:00 | | |
| 1409 | NO RETURN | | | | M | SEN | | 2:25:04 | | |
| 1410 | NO RETURN | | | | F | SEN | | 2:25:04 | | |
| 1411 | JEHRING | DAVID | PINELANDS | 71 | M | 70 | 4547 | 2:25:05 | | |
| 1412 | VAN DER SCHOLTZ | RAY | PINELANDS | 49 | F | 45 | 4469 | 2:25:06 | | |
| 1413 | SCHUTTE | MARQUERITE | DURBAC | 29 | F | SEN | 2567 | 2:25:07 | | |
| 1414 | BURNS | AMANDA | BELLVILLE | 46 | F | 45 | 5072 | 2:25:16 | | |
| 1415 | DALTON | MEYER | BELLVILLE | 35 | F | 35 | 5101 | 2:25:17 | | |
| 1416 | MATTHEWS | TASNEEM | ITHEKO | 37 | F | 35 | 3131 | 2:25:20 | | |
| 1417 | VISSER | NIKKI | K-WAY VOB | 33 | F | SEN | 0824 | 2:25:22 | | |
| 1418 | EVSTINGNEEVA | OXANA | TEMP | 38 | F | 35 | T40729 | 2:25:24 | | |
| 1419 | FIELIES | TROY | NO CLUB | 48 | M | 45 | 13935 | 2:25:24 | | |
| 1420 | CLIFF | MARK | TEMP | 49 | M | 45 | T | 2:25:26 | | |
| 1421 | GROBLER | ZOE | PINELANDS | 26 | F | SEN | 4548 | 2:25:28 | | |
| 1422 | GROBLER | DANE | TEMP | 26 | M | SEN | T | 2:25:30 | | |
| 1423 | TIPPOO | MIKAEEL | NO CLUB | 34 | M | SEN | 2498 | 2:25:38 | | |
| 1424 | GANIEF | ABDULLAH | PARLIAMENT | 43 | M | 40 | 12208 | 2:25:38 | | |
| 1425 | MCLEAN | AMANDA | CARBINEERS WP | 46 | F | 45 | 8972 | 2:25:40 | | |
| 1426 | QUINTARD | ODILE | NO CLUB | 62 | F | 60 | 14916 | 2:25:41 | | |
| 1427 | FOOKWE | MICHELLE | CARBINEERS WP | 51 | F | 50 | 8881 | 2:25:43 | | |
| 1428 | FISHER | HASSIEM | ITHEKO | 50 | M | 50 | 3051 | 2:25:51 | | |
| 1429 | JASSIEM | ACHMAT | ARD | 67 | M | 65 | 10765 | 2:25:55 | | |
| 1430 | NAIDOO | YAZEED | ARD | 32 | M | SEN | 10743 | 2:25:56 | | |
| 1431 | NORODIEN | NAZEEM | PINELANDS | 49 | M | 45 | 4202 | 2:25:58 | | |
| 1432 | SMITH | WENDAL | PINELANDS | 51 | M | 50 | 4168 | 2:25:59 | | |

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| 1433 | PHILANDER | NICOLETTE | OMMIEDRAAI | 45 | F | 45 | 8508 | 2:25:59 | | |
| 1434 | ROMAN | MICHAEL | PINELANDS | 31 | M | SEN | 4499 | 2:26:00 | | |
| 1435 | DANIEL | FRANCISCA | STELLENBOSCH | 24 | F | SEN | | 2:26:04 | | |
| 1436 | NO CARD | | LANGA | | M | SEN | | 2:26:07 | | |
| 1437 | BARNES | LEE | NO CLUB | 41 | F | 40 | 12630 | 2:26:25 | | |
| 1438 | DE FREITAS | THERESA | CARBINEERS WP | 48 | F | 45 | 8893 | 2:26:32 | | |
| 1439 | GAXELA | ZUKISWA | RCS GUGS | 46 | F | 45 | | 2:26:34 | | |
| 1440 | SCHOUTEN | SHARON | K-WAY VOB | 56 | F | 55 | 1010 | 2:26:34 | | |
| 1441 | ABRAHAMS | GLEN | ARD | 58 | M | 55 | 10700 | 2:26:42 | | |
| 1442 | PRETORIUS | RASSIE | SANLAM | 52 | M | 50 | 4666 | 2:26:43 | | |
| 1443 | MYCROFT | CHAEI | CHAEI SPORTS & REC CLUB | 24 | F | SEN | 12171 | 2:26:47 | | |
| 1444 | FISHER | CHANTAL | CHAEI SPORTS & REC CLUB | 42 | F | 40 | 12174 | 2:26:48 | | |
| 1445 | NDUME | BARUANI | CHAEI SPORTS & REC CLUB | 26 | M | SEN | 12179 | 2:26:48 | | |
| 1446 | VAN SCHALKWYK | NIKKI | EDGEMEAD | 40 | F | 40 | 5315 | 2:26:49 | | |
| 1447 | MAJIKIJA | ZINGISA | TEMP | 27 | F | SEN | T | 2:26:55 | | |
| 1448 | GREEFF | CASPAR | AAC | 84 | M | 80 | 8284 | 2:27:04 | | |
| 1449 | NO RETURN | | | | M | SEN | | 2:27:13 | | |
| 1450 | ISAACS | EILEEN | KENFAC | 53 | F | 50 | 4823 | 2:27:14 | | |
| 1451 | NO RETURN | | TEMP | | M | SEN | T | 2:27:18 | | |
| 1452 | ARMIEN | RIDHAA | ARD | 17 | F | JUN | 20213 | 2:27:19 | | |
| 1453 | NO RETURN | | TEMP | | F | SEN | T | 2:27:31 | | |
| 1454 | CLAASE | SAMANTHA | TEMP | 31 | F | SEN | T | 2:27:32 | | |
| 1455 | ERASMUS | HANNA | VODACOM KIMBERLEY RR | 65 | F | 65 | 0394 AGW | 2:27:37 | | |
| 1456 | TOYER | RIQAH | AAC | 37 | F | 35 | 8238 | 2:27:37 | | |
| 1457 | SMITH | INGRID | SPARTAN | 50 | F | 50 | 1840 | 2:27:39 | | |
| 1458 | WEBB | KIM | NO CLUB | 25 | F | SEN | 14164 | 2:27:41 | | |
| 1459 | MARAIS | SABERI | OMMIEDRAAI | 39 | M | 35 | 14654 | 2:27:43 | | |
| 1460 | NO CARD | | | | F | SEN | | 2:27:44 | | |
| 1461 | NO RETURN | | | | M | SEN | | 2:27:44 | | |
| 1462 | GAMIET | AISHA | ITHEKO | 39 | F | 35 | 3579 | 2:27:49 | | |
| 1463 | HINE | MICHELLE | DURBAC | 40 | F | 40 | 2596 | 2:27:51 | | |
| 1464 | MADER | URSINA | TEMP | 29 | F | SEN | T41109 | 2:27:59 | | |
| 1465 | MENDEL | MARCO | TEMP | 30 | M | SEN | T41222 | 2:27:59 | | |
| 1466 | HELFENBERGER | LUZIA | TEMP | 29 | M | SEN | T40886 | 2:28:00 | | |
| 1467 | BUTSCH | EUGEN | TEMP | 32 | M | SEN | T40982 | 2:28:00 | | |
| 1468 | TISEKER | NISAR | WALMERS AC | 52 | M | 50 | 6786 | 2:28:01 | | |
| 1469 | BONGANI | SITHOLE | NO CLUB | 45 | M | 45 | 16485 | 2:28:04 | | |
| 1470 | FERREIRA | NATASHA | RCS GUGS | 38 | F | 35 | 11453 | 2:28:14 | | |
| 1471 | HEWSON | GRAYDON | TEMP | 42 | M | 40 | T | 2:28:16 | | |
| 1472 | FOURIE | LISE | DURBAC | 28 | F | SEN | 14252 | 2:28:21 | | |
| 1473 | THERON | ALET | NO CLUB | 45 | F | 45 | 13266 | 2:28:23 | | |
| 1474 | SANDRAS | BEVIN | TEMP | 40 | M | 40 | T41015 | 2:28:27 | | |
| 1475 | ABRAHAMS | SHANAAZ | ITHEKO | 53 | F | 50 | 14512 | 2:28:32 | | |
| 1476 | SWARTZ-EMANDIEN | BASHEERAH | TOP FORM | 63 | F | 60 | 3964 | 2:28:33 | | |
| 1477 | ACKERDIEN | REYAAD | OMMIEDRAAI | 46 | M | 45 | 15628 | 2:28:43 | | |

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| 1478 | GERTSER | MOGAMAT | ITHEKO | 53 | M | 50 | 3354 | 2:28:51 | | |
| 1479 | WHITTINGTON | BRAD | TEMP | 37 | M | 35 | T | 2:29:07 | | |
| 1480 | STANLEY | NATALIE | FISH HOEK | 32 | F | SEN | 6588 | 2:29:11 | | |
| 1481 | FERREIRA | DAVID | FISH HOEK | 33 | M | SEN | 6587 | 2:29:12 | | |
| 1482 | DOLLIE | FAIEK | OMMIEDRAAI | 64 | M | 60 | 8518 | 2:29:15 | | |
| 1483 | NO RETURN | | | | M | SEN | | 2:29:18 | | |
| 1484 | SALASA | HAFIZ | OLD MUTUAL | 40 | M | 40 | 0304 | 2:29:32 | | |
| 1485 | MANGXOLA | WANDILE | RCS GUGS | 46 | M | 45 | 11880 | 2:29:38 | | |
| 1486 | KLIEM | GREG | TEMP | 43 | M | 40 | T41121 | 2:29:39 | | |
| 1487 | KOWARZ | MARIO | TEMP | 31 | M | SEN | T41171 | 2:29:41 | | |
| 1488 | NO RETURN | | | | M | SEN | | 2:29:43 | | |
| 1489 | COZYN | ISMA-EEL | OMMIEDRAAI | 19 | M | SEN | 20230 | 2:29:44 | | |
| 1490 | WHITE | ALETTA | PINELANDS | 47 | F | 45 | 4271 | 2:29:50 | | |
| 1491 | NO RETURN | | ITHEKO | | F | SEN | | 2:29:53 | | |
| 1492 | REJH | JESSE | TEMP | 23 | M | SEN | T40837 | 2:30:06 | | |
| 1493 | PILLAY | CHARMAINE | WEST COAST | 51 | F | 50 | 5751 | 2:30:08 | | |
| 1494 | ADAMS | BRONWYN | WEST COAST | 44 | F | 40 | 5796 | 2:30:09 | | |
| 1495 | JASSIEM | NASIMA | CAPE MULTISPORT | 39 | F | 35 | | 2:30:14 | | |
| 1496 | BOYD | ERNIE | TEMP | 42 | M | 40 | T | 2:30:19 | | |
| 1497 | SWART | PATRICIA | PINELANDS | 28 | F | SEN | 4264 | 2:30:19 | | |
| 1498 | MBUTUMA | ZEE | LANGA | 35 | F | 35 | 9548 | 2:30:30 | | |
| 1499 | MBAMBALALA | ANDA | LANGA | 28 | F | SEN | 12688 | 2:30:31 | | |
| 1500 | WILLIE | NOLUTHANDO | LANGA | 28 | F | SEN | 13623 | 2:30:31 | | |
| 1501 | JANSEN | CARMEN | STRAND | 36 | F | 35 | 2916 | 2:30:36 | | |
| 1502 | PETERS | WASEEMA | TOP FORM | 40 | F | 40 | 12986 | 2:30:45 | | |
| 1503 | SMALL | KAY | EDGEMEAD | 31 | F | SEN | 11358 | 2:30:49 | | |
| 1504 | NO CARD | | | | F | SEN | | 2:30:50 | | |
| 1505 | KUSSIE | MIKE | RCS GUGS | 48 | M | 45 | 11464 | 2:30:51 | | |
| 1506 | EBRAHIM | ZAHID | ARD | 64 | M | 60 | 10769 | 2:30:54 | | |
| 1507 | SPELL | PUMEZA | RCS GUGS | 41 | F | 40 | 11690 | 2:30:59 | | |
| 1508 | LATIMER | BERNIE | DURBAC | 49 | F | 45 | 2499 | 2:31:09 | | |
| 1509 | BOYD | LIEZL | TEMP | 44 | F | 40 | T | 2:31:19 | | |
| 1510 | KRUGER | STEVEN | CENTURY CITY | 53 | M | 50 | 15432 | 2:31:19 | | |
| 1511 | ESTERHUIZEN | | SWARTLAND | 25 | F | SEN | 0124 BOL | 2:31:26 | | |
| 1512 | JAMODIEN | AADIL | OMMIEDRAAI | 58 | M | 55 | 8597 | 2:31:31 | | |
| 1513 | RYKLIEF | TAHIERAH | CELTIC | 20 | F | SEN | 3801 | 2:31:41 | | |
| 1514 | SCHNETLER | SUSAN | PINELANDS | 59 | F | 55 | 13893 | 2:31:45 | | |
| 1515 | MALLON | LINDA | PINELANDS | 57 | F | 55 | 4362 | 2:31:46 | | |
| 1516 | KIRBY | ALLOUISE | TYGERBERG | 37 | F | 35 | 5603 | 2:31:48 | | |
| 1517 | LEONARD | JARED | TEMP | 30 | M | SEN | T41139 | 2:31:51 | | |
| 1518 | ROBERTSON | STACY | DURBAC | 31 | F | SEN | 16352 | 2:31:52 | | |
| 1519 | ISMAIL | NURAAN | ARD | 34 | F | SEN | 16533 | 2:31:54 | | |
| 1520 | SIGADLA | WENDY | CENTURY CITY | 37 | F | 35 | 12909 | 2:31:59 | | |
| 1521 | MOSHWESHWE | MONGI | ADVENTIST | 37 | F | 35 | 12156 | 3:31:02 | | |
| 1522 | MOSHWESHWE | MODISAOTSILE | EERSTERIVIER | 37 | M | 35 | 13149 | 2:32:02 | | |

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| 1523 | SHA | AYESHA | GOODWOOD HARRIERS | 40 | F | 40 | 6637 | 2:32:05 | | |
| 1524 | MCGEE | TRACEY | GOODWOOD HARRIERS | 55 | F | 55 | 6673 | 2:32:05 | | |
| 1525 | CHALKEY | TESSA | MSA MULTISPORT | 54 | F | 50 | 10343 | 2:32:16 | | |
| 1526 | KARIEM | YASMIN | MSM | 55 | F | 55 | 10368 | 2:32:17 | | |
| 1527 | HOOK | SUE | FORESTERS | 62 | F | 60 | 7620 | 2:32:21 | | |
| 1528 | WILLIAMS | THERESA | TEMP | 44 | F | 40 | T41370 | 2:32:21 | | |
| 1529 | NO RETURN | | TEMP | | M | SEN | T | 2:32:26 | | |
| 1530 | COERECIUS | WILMA | DURBAC | 46 | F | 45 | 2609 | 2:32:34 | | |
| 1531 | MARTIN | PENNY | GOODWOOD HARRIERS | 55 | F | 55 | 13173 | 2:32:36 | | |
| 1532 | BENJAMIN | LIZEL | GOODWOOD HARRIERS | 39 | F | 35 | 6710 | 2:32:37 | | |
| 1533 | KOLLEN | JOHN | RAC | 60 | M | 60 | 6199 | 2:32:42 | | |
| 1534 | NO RETURN | | CAPE MULTISPORT | | F | SEN | | 2:33:00 | | |
| 1535 | ABADER | SANIEYA | OMMIEDRAAI | 48 | F | 45 | 8552 | 2:33:00 | | |
| 1536 | SHAW | ANNIEN | CARBINEERS WP | 37 | F | 35 | 8904 | 2:33:03 | | |
| 1537 | NO CARD | | MSA MULTISPORT | | M | SEN | | 2:33:15 | | |
| 1538 | TOEFFIE | YASMIN | ITHEKO | 61 | F | 60 | 3370 | 2:33:27 | | |
| 1539 | NO RETURN | | TEMP | | F | SEN | T | 2:33:35 | | |
| 1540 | EBRAHIM | REHANA | TOP FORM | 45 | F | 45 | 4044 | 2:33:48 | | |
| 1541 | NO RETURN | | | | F | SEN | | 2:33:49 | | |
| 1542 | OLDEY | ABDUL | OMMIEDRAAI | 30 | M | SEN | 8558 | 2:33:51 | | |
| 1543 | HARGEY | RASHEED | CELTIC | 62 | M | 60 | 3852 | 2:33:52 | | |
| 1544 | STOKELL | MARK | CAPE MULTISPORT | 58 | M | 55 | 7390 | 2:33:53 | | |
| 1545 | STACEY | NEAL | FISH HOEK | 65 | M | 65 | 6566 | 2:34:01 | | |
| 1546 | MARTHINUS | ELIZABETH | WILD RUNNER | 47 | F | 45 | 0401 | 2:34:05 | | |
| 1547 | NO RETURN | | TEMP | | F | SEN | T | 2:34:10 | | |
| 1548 | HENDLER | SASHA | TEMP | 39 | F | 35 | T40884 | 2:34:12 | | |
| 1549 | PARKER | HASSEN | ARD | 41 | M | 40 | 10642 | 2:34:20 | | |
| 1550 | VERMAAK | SONJA | RUN WALK 4 LIFE | 50 | F | 50 | 15791 | 2:34:32 | | |
| 1551 | HENDLER | MANDY | TEMP | 40 | F | 40 | T40885 | 2:34:34 | | |
| 1552 | DAVIDS | NASHREEN | OMMIEDRAAI | 32 | F | SEN | 8487 | 2:34:37 | | |
| 1553 | MARTIN | CARINA | PAARL | 42 | F | 40 | 0895 BOL | 2:34:41 | | |
| 1554 | PARKER | MUNA | ARD | 41 | F | 40 | 10643 | 2:34:49 | | |
| 1555 | DAMONZE | SHARON | SPARTAN | 43 | F | 40 | 16375 | 2:34:51 | | |
| 1556 | HOLMES | CELESTE | CAPE MULTISPORT | 46 | F | 45 | 7456 | 2:34:55 | | |
| 1557 | NO RETURN | | | | M | SEN | | 2:35:02 | | |
| 1558 | GRIFFIN | NICK | TEMP | 29 | M | SEN | T | 2:35:02 | | |
| 1559 | JORDAAN | THERESA | K-WAY VOB | 63 | F | 60 | 0550 | 2:35:04 | | |
| 1560 | CRONJE | ANTHONY | K-WAY VOB | 64 | M | 60 | 1234 | 2:35:04 | | |
| 1561 | NO CARD | | ADVENTIST | | F | SEN | | 2:35:17 | | |
| 1562 | SAULS | JOAN | MIDAS SPARTANS | 58 | F | 55 | 15422 | 2:35:23 | | |
| 1563 | MALAN | DAN | TEMP | 61 | M | 60 | T41150 | 2:35:33 | | |
| 1564 | MANNING | LAURA | TEMP | 20 | F | SEN | T | 2:35:46 | | |
| 1565 | SHAPIRO | WARREN | TEMP | 44 | F | 40 | T41028 | 2:35:48 | | |
| 1566 | NO RETURN | | | | F | SEN | | 2:35:52 | | |
| 1567 | PATON | CLAUDETTE | CARBINEERS WP | 34 | F | SEN | 9006 | 2:36:00 | | |

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| 1568 | NASSIEP | SALIE | ARD | 42 | M | 40 | 10777 | 2:36:01 | | |
| 1569 | BASSI | MONIQUE | K-WAY VOB | 37 | F | 35 | 0677 | 2:36:04 | | |
| 1570 | PATTERSON | MANUELA | CENTURY CITY | 58 | F | 55 | 6042 | 2:36:12 | | |
| 1571 | A | BERNADETTE | MP TITANS | 50 | M | 50 | 11130 | 2:36:25 | | |
| 1572 | DE BEER | CHRISTA | WEST COAST | 47 | F | 45 | 5615 | 2:36:28 | | |
| 1573 | STAAK | WENDY | TEMP | 61 | F | 60 | T41051 | 2:36:28 | | |
| 1574 | MOOSA | IGHSAAN | ITHEKO | 60 | M | 60 | 3507 | 2:36:30 | | |
| 1575 | FIELIES | SABRINA | PINELANDS | 49 | F | 45 | 13934 | 2:36:30 | | |
| 1576 | ESAU | ANNABELLE | OMMIEDRAAI | 56 | F | 55 | 8741 | 2:36:33 | | |
| 1577 | BREYTENBACH | MARITZA | GOODWOOD HARRIERS | 34 | F | SEN | 6670 | 2:36:37 | | |
| 1578 | MJENXANA | SIYABONGA | EDGEMEAD | 37 | F | 35 | 13241 | 2:36:44 | | |
| 1579 | DELANI | NOMFUNKEO | RCS GUGS | 49 | F | 45 | 11616 | 2:36:58 | | |
| 1580 | MRUPHY | BIANCA | TEMP | 23 | F | SEN | T | 2:37:01 | | |
| 1581 | STANDER | ABI | NO CLUB | 22 | F | SEN | 6018 | 2:37:03 | | |
| 1582 | SAVAGE | DAVID | TEMP | 47 | M | 45 | T | 2:37:03 | | |
| 1583 | RABBIPAL | NADHIRA | TEMP | 49 | F | 45 | T | 2:37:04 | | |
| 1584 | GELDENHUYS | FATI | OLD MUTUAL | 52 | F | 50 | 0219 | 2:37:11 | | |
| 1585 | GROENEWALD | CHANTAL | SPARTAN | 41 | F | 40 | 1877 | 2:37:14 | | |
| 1586 | HASSEN | EBRAHIM | TOP FORM | 54 | M | 50 | 4115 | 2:37:16 | | |
| 1587 | SYKES | ELIZABETH | EDGEMEAD | 30 | F | SEN | 13236 | 2:37:18 | | |
| 1588 | NO RETURN | | | | F | SEN | | 2:37:19 | | |
| 1589 | OMAR | ILHAM | TEMP | 33 | F | SEN | T | 2:37:21 | | |
| 1590 | OMAR | RAHIMA | OMMIEDRAAI | 34 | F | SEN | 16907 | 2:37:21 | | |
| 1591 | OMAR | RASHIED | ILLEGIBLE | 60 | M | 60 | 4407 | 2:37:22 | | |
| 1592 | PILLAY | WINSTON | OMMIEDRAAI | 54 | M | 50 | 8586 | 2:37:23 | | |
| 1593 | KYLE | JO | MELKBOS | 42 | F | 40 | 9197 | 2:37:35 | | |
| 1594 | NAPOLEON | HILARY | UCT | 41 | F | 40 | 10595 | 2:37:43 | | |
| 1595 | DOYLE | DOLIN | TEMP | 59 | M | 55 | T | 2:37:47 | | |
| 1596 | ROSSOUW | TATJANA | TEMP | 36 | F | 35 | T41009 | 2:37:50 | | |
| 1597 | ROSSOUW | RIKUS | TEMP | 34 | M | SEN | T41008 | 2:37:51 | | |
| 1598 | MANDONDO | SINAZO | PINELANDS | 36 | F | 35 | 13911 | 2:38:05 | | |
| 1599 | NTSHOKOMA | BONGIE | TEMP | 39 | F | 35 | T | 2:38:06 | | |
| 1600 | NO RETURN | | | | F | SEN | | 2:38:07 | | |
| 1601 | SHERRIFF | SADIYA | GOODWOOD HARRIERS | 35 | F | 35 | 13180 | 2:38:10 | | |
| 1602 | ABSALOM | MUNEEF | GOODWOOD HARRIERS | 36 | M | 35 | 15520 | 2:38:11 | | |
| 1603 | KAGEE | SHAMEEM | SPARTAN | 51 | F | 50 | 1592 | 2:38:22 | | |
| 1604 | BLIGNAUT | FRIEDA | SANLAM | 69 | F | 65 | 4573 | 2:38:23 | | |
| 1605 | COLLINS | MARYKE | EDGEMEAD | 48 | F | 45 | 5452 | 2:38:31 | | |
| 1606 | NO RETURN | | ITHEKO | | F | SEN | | 2:38:47 | | |
| 1607 | NO CARD | | TEMP | | M | SEN | T | 2:38:51 | | |
| 1608 | LE ROUX | ANJA | TEMP | 27 | F | SEN | T41184 | 2:38:51 | | |
| 1609 | MQIKELA | THULETU | LWANDLE AC | 39 | F | 35 | 16486 | 2:38:52 | | |
| 1610 | FREDERICKS | NATASSIA | CARBINEERS WP | 33 | F | SEN | 8900 | 2:38:57 | | |
| 1611 | DIERGAARDT | ADRIAN | CARBINEERS WP | 32 | M | SEN | 9009 | 2:38:58 | | |
| 1612 | DU PLESSIS | MELANY | PINELANDS | 48 | F | 45 | 4521 | 2:39:02 | | |

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| 1613 | VAN ZYL | BOET | SPARTAN | 77 | M | 75 | 1942 | 2:39:07 | | |
| 1614 | TOFFAR | NUR | UCT | 51 | M | 50 | 10419 | 2:39:13 | | |
| 1615 | ISMAIL | SHAHIEMAH | TOP FORM | 49 | F | 45 | 4101 | 2:39:24 | | |
| 1616 | ISMAIL | SHAHMIE | TOP FORM | 54 | M | 50 | 4100 | 2:39:24 | | |
| 1617 | GILDENHUYS | HESTER | TEMP | 63 | F | 60 | T40755 | 2:39:28 | | |
| 1618 | HENNING | JEANINE | TEMP | 41 | F | 40 | T | 2:39:30 | | |
| 1619 | NAGTEGAAL | VERA | TEMP | 40 | F | 40 | T | 2:39:31 | | |
| 1620 | LEWIN | AEESHA | ARD | 37 | F | 35 | 10736 | 2:39:34 | | |
| 1621 | THEBUS | JUDY | MSA MULTISPORT | 58 | F | 55 | 10347 | 2:39:46 | | |
| 1622 | NO RETURN | | TEMP | | F | SEN | T | 2:39:47 | | |
| 1623 | KIERNAN | SHANE | PINELANDS | 53 | M | 50 | 13879 | 2:40:02 | | |
| 1624 | NO CARD | | CARBINEERS WP | | F | SEN | | 2:40:06 | | |
| 1625 | BESSELING | CHRISTAN | TEMP | 25 | F | SEN | T40945 | 2:40:16 | | |
| 1626 | DU PLESSIS | ROXANNE | SPARTAN | 31 | F | SEN | 1835 | 2:40:19 | | |
| 1627 | NOSSEK | CHRISTEL | SPARTAN | 36 | F | 35 | 1850 | 2:40:20 | | |
| 1628 | NO RETURN | | TEMP | | F | SEN | T | 2:40:23 | | |
| 1629 | MAIER | LEE ANN | TEMP | 46 | F | 45 | T41145 | 2:40:28 | | |
| 1630 | MAIER | MADDY | TEMP | 19 | F | SEN | T41146 | 2:40:29 | | |
| 1631 | LOURENS | NEOLENE | BELLVILLE | 49 | F | 45 | 4995 | 2:40:32 | | |
| 1632 | LOURENS | DANIE | BELLVILLE | 55 | M | 55 | 4996 | 2:40:33 | | |
| 1633 | COURTNEY | SHAUN | TEMP | 52 | M | 50 | T41135 | 2:40:34 | | |
| 1634 | STONIER | TOB | TEMP | 52 | M | 50 | T41059 | 2:40:39 | | |
| 1635 | BUTSHINGI | ZUKISWA | RCS GUGS | 52 | F | 50 | 11649 | 2:41:00 | | |
| 1636 | ABRAHAMS | JANINE | OMMIEDRAAI | 29 | F | SEN | 8602 | 2:41:14 | | |
| 1637 | THEIODORE | ROBIN | TEMP | 36 | M | 35 | T41076 | 2:41:15 | | |
| 1638 | MOEKETSI | RETHABILE | MSA MULTISPORT | 46 | F | 45 | 10373 | 2:41:16 | | |
| 1639 | BALOYI | MKATEKO | TEMP | 38 | M | 35 | T40928 | 2:41:25 | | |
| 1640 | DAMONS | MISQAH | K-WAY VOB | 46 | F | 45 | 1367 | 2:41:27 | | |
| 1641 | NGXONONO | LUSANDA | PINELANDS | 40 | F | 40 | 4518 | 2:41:47 | | |
| 1642 | BEKKER | ANNATJIE | BORN 2 RUN | 47 | F | 45 | 9267 | 2:41:57 | | |
| 1643 | SHORT | BRIAN | SATORI | 40 | M | 40 | 12292 | 2:42:01 | | |
| 1644 | SHORT | ELIZABETH | SATORI | 39 | F | 35 | 12293 | 2:42:01 | | |
| 1645 | VAN ALMELO | BENNIE | TYGERBERG | 50 | M | 50 | 5550 | 2:42:18 | | |
| 1646 | MAGERMAN | ADRIENNE | ITHEKO | 60 | F | 60 | 15201 | 2:42:25 | | |
| 1647 | NO RETURN | | | | F | SEN | | 2:42:28 | | |
| 1648 | MCALLISTER | INA-MARI | TEMP | 32 | F | SEN | T41165 | 2:42:29 | | |
| 1649 | MCALLISTER | BRYAN | TEMP | 37 | M | 35 | T | 2:42:31 | | |
| 1650 | SAMAAI | SHOUNEEZ | DRDLR AC | 42 | F | 40 | 11204 | 2:42:47 | | |
| 1651 | STEENKAMP | DUSTY | METROPOLITAN | 26 | M | SEN | 12469 | 2:42:54 | | |
| 1652 | STEENKAMP | SHIREEN | METROPOLITAN | 41 | F | 40 | 12471 | 2:42:55 | | |
| 1653 | NO RETURN | | TEMP | | F | SEN | T | 2:42:59 | | |
| 1654 | KLAASSEN | NEELS | GOODWOOD HARRIERS | 59 | M | 55 | 6607 | 2:43:02 | | |
| 1655 | VAN DER MERWE | DIANE | CARBINEERS WP | 37 | F | 35 | 8966 | 2:43:13 | | |
| 1656 | NGOBENI | SEBENZILE | SANDF WP | 28 | F | SEN | 15997 | 2:43:26 | | |
| 1657 | BESSELING | NATASHA | TEMP | 23 | F | SEN | T | 2:43:27 | | |

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| 1658 | BARDIEN | ZULFA | CENTRAL AC | 47 | F | 45 | 9109 | 2:43:34 | | |
| 1659 | DICK | RENE | K-WAY VOB | 54 | F | 50 | 1350 | 2:43:44 | | |
| 1660 | SCHWARTZ | BARRY | FIT 2000 | 71 | M | 70 | 4973 | 2:43:45 | | |
| 1661 | RYAN | ANTHEA | SPARTAN | 52 | F | 50 | 1621 | 2:43:51 | | |
| 1662 | ACKERS | SERAJ | TOP FORM | 60 | M | 60 | 4112 | 2:43:57 | | |
| 1663 | MEYER | MELANY | VODACOM KIMBERLEY RR | 49 | F | 45 | 0395 AGW | 2:44:20 | | |
| 1664 | SAMODIEN | HASSIEM | ARD | 57 | M | 55 | 10721 | 2:44:23 | | |
| 1665 | JACKSON | MIRANDA | NANTES | 55 | F | 55 | 10825 | 2:44:25 | | |
| 1666 | MOLOABI | MASABATA | TEMP | 31 | F | SEN | T | 2:44:33 | | |
| 1667 | CHAPMAN | MARK | WEST COAST | 39 | M | 35 | 5961 | 2:44:43 | | |
| 1668 | MAYCOCK | BILL | RUN WALK 4 LIFE | 76 | M | 75 | 10053 | 2:44:46 | | |
| 1669 | HARDRES-WILLIAMS | GAVIN | RUN WALK 4 LIFE | 75 | M | 75 | 10077 | 2:44:46 | | |
| 1670 | KLAASSEN | CHARLOTTE | GOODWOOD HARRIERS | 57 | F | 55 | 6608 | 2:45:09 | | |
| 1671 | HEIL | CORNE | BELLVILLE | 47 | F | 45 | 5103 | 2:45:21 | | |
| 1672 | BHIKOO | SHARIF | METROPOLITAN | 66 | M | 65 | 12499 | 2:45:22 | | |
| 1673 | LEKOMA | NTOMBOZUKO | RCS GUGS | 49 | F | 45 | 11660 | 2:45:25 | | |
| 1674 | KING | LYNETTE | EDGEMEAD | 55 | F | 55 | 5253 | 2:45:28 | | |
| 1675 | ENGELBRECHT | SARIETHA | AAC | 34 | F | SEN | 8430 | 2:46:04 | | |
| 1676 | NO RETURN | | TEMP | | F | SEN | T | 2:46:27 | | |
| 1677 | STEENKAMP | SHARON | WEST COAST | 45 | F | 45 | 5711 | 2:46:28 | | |
| 1678 | NO RETURN | | | | M | SEN | | 2:46:33 | | |
| 1679 | SAULS | JEREMIAH | MIDAS SPARTANS | 59 | M | 55 | 15421 | 2:46:36 | | |
| 1680 | FLORENCE | LAUREN | MP TITANS | 30 | F | SEN | 11096 | 2:46:37 | | |
| 1681 | PRINS | REAGAN | MP TITANS | 37 | M | 35 | 11097 | 2:46:37 | | |
| 1682 | NO RETURN | | TEMP | | F | SEN | T | 2:46:42 | | |
| 1683 | COGILL | RICHARD | SPARTAN | 67 | M | 65 | 1952 | 2:47:10 | | |
| 1684 | WALKER | AMIENA | NANTES | 52 | F | 50 | 13704 | 2:47:11 | | |
| 1685 | BLAKE | TANIA | CELTIC | 51 | F | 50 | 39321 | 2:47:16 | | |
| 1686 | MPENGEZI | THIZEKA | RCS GUGS | 31 | F | SEN | 15634 | 2:47:19 | | |
| 1687 | FAKIER | SHARIFA | ARD | 48 | F | 45 | 10904 | 2:47:29 | | |
| 1688 | NO RETURN | | | | F | SEN | | 2:47:29 | | |
| 1689 | ARENDSE | CHARMAINE | ARD | 52 | F | 50 | 10731 | 2:47:30 | | |
| 1690 | MASWANA | THULILE | LANGA | 34 | F | SEN | 9547 | 2:47:31 | | |
| 1691 | XOZA | NOMTHANDAZO | BRACKENFELL | 29 | F | SEN | 9842 | 2:47:32 | | |
| 1692 | MGIJIMA | AVIWE | NO CLUB | 31 | M | SEN | 14951 | 2:47:32 | | |
| 1693 | LEVER-CLOETE | PHILLIPA | PINELANDS | 52 | F | 50 | 4266 | 2:47:35 | | |
| 1694 | BUFFEL | BIANCA | OMMIEDRAAI | 28 | F | SEN | 8778 | 2:47:39 | | |
| 1695 | KEMP | WILLIE | GOODWOOD HARRIERS | 65 | M | 65 | 0660 | 2:47:48 | | |
| 1696 | NEWTON | RICHARD | TEMP | 55 | M | 55 | T | 2:47:58 | | |
| 1697 | HENDRICKS | ZAHRA | ITHEKO | 52 | F | 50 | 3476 | 2:48:12 | | |
| 1698 | BUCHANAN | ERIN | TEAM VITALITY CG | 21 | F | SEN | 15296 CGA | 2:48:19 | | |
| 1699 | NEETHLING | MARIUS | BELLVILLE | 43 | M | 40 | 5060 | 2:48:57 | | |
| 1700 | LE ROUX | ILZE | BELLVILLE | 43 | F | 40 | 5062 | 2:48:58 | | |
| 1701 | GANTANA | BERNARD | RAVENSMEAD | 55 | M | 55 | 10002 | 2:49:18 | | |
| 1702 | PRETORIUS | KAREN | GOODWOOD HARRIERS | 45 | F | 45 | 6727 | 2:49:20 | | |

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| 1703 | DU PLESSIS | HENRY | PINELANDS | 53 | M | 50 | 4523 | 2:49:21 | | |
| 1704 | MATHEWS | KAASHIEF | KENFAC | 45 | M | 45 | 4869 | 2:49:27 | | |
| 1705 | BOUCHER | TERRI-LEE | DURBAC | 28 | F | SEN | 14267 | 2:49:35 | | |
| 1706 | DE WET | ILSE | CELTIC | 42 | F | 40 | 3660 | 2:49:37 | | |
| 1707 | CORRELA | ARRON | TEMP | 22 | F | SEN | T41138 | 2:50:12 | | |
| 1708 | SIBANDA | BHEKO | OLD MUTUAL | 45 | F | 45 | 0337 | 2:50:13 | | |
| 1709 | BEHARDIEN | ROEKSHANA | OLD MUTUAL | 36 | F | 35 | 0242 | 2:50:14 | | |
| 1710 | WESSELS | ANNEKE | BELLVILLE | 43 | F | 40 | | 2:50:21 | | |
| 1711 | CORNELISSEN | LIANCA | NO CLUB | 28 | F | SEN | 14162 | 2:50:28 | | |
| 1712 | CORNELISSEN | RENIER | ALPHA CENTURION RUNNERS | 32 | M | SEN | 14163 AGN | 2:50:28 | | |
| 1713 | EBRAHIM | AMMAARAH | ARD | 16 | F | JUN | 20590 | 2:50:30 | | |
| 1714 | MARQUARD | DEIDRE | SPARTAN | 45 | F | 45 | 1524 | 2:50:48 | | |
| 1715 | NO RETURN | | SPARTAN | | F | SEN | | 2:50:57 | | |
| 1716 | NORTJE | CARLA | SPARTAN | 40 | F | 40 | 1978 | 2:50:58 | | |
| 1717 | LIEBENBERG | BELINDA | TEMP | 46 | F | 45 | T41192 | 2:51:13 | | |
| 1718 | SHEMBE | MPUME | TEMP | 42 | F | 40 | T | 2:51:17 | | |
| 1719 | CASSIEM | AISHA | RCS GUGS | 53 | F | 50 | 11916 | 2:51:21 | | |
| 1720 | CUPIDO | KIM | CARBINEERS WP | 49 | F | 45 | 9016 | 2:51:25 | | |
| 1721 | GLOVER | AUDREY | CARBINEERS WP | 54 | F | 50 | 9889 | 2:51:33 | | |
| 1722 | MASELA | ZUKO | MAZARS AC | 44 | M | 40 | 12039 | 2:51:37 | | |
| 1723 | AALIES | LYNN | EDGEMEAD | 43 | F | 40 | 11334 | 2:51:39 | | |
| 1724 | ADRIAANS | LISA | TEMP | 31 | F | SEN | T | 2:51:56 | | |
| 1725 | SEPTEMBER | JEANDRE | TEMP | 36 | F | 35 | T | 2:52:04 | | |
| 1726 | MACGREGOR | ROY | PINELANDS | 64 | M | 60 | 4322 | 2:52:06 | | |
| 1727 | PIO | LUCY MILLER | CARBINEERS WP | 41 | F | 40 | | 2:52:08 | | |
| 1728 | BERNTZEN | ANNATJIE | GOODWOOD HARRIERS | 77 | F | 75 | 6642 | 2:52:09 | | |
| 1729 | MEYER | SIMONE | OLD MUTUAL | 43 | F | 40 | 0275 | 2:52:41 | | |
| 1730 | MATROSE | LOVEY | RCS GUGS | 42 | F | 40 | 11501 | 2:52:42 | | |
| 1731 | MASHAPPIE | JOOSI | AAC | 48 | F | 45 | 8409 | 2:52:43 | | |
| 1732 | RHODE | CHANTAL | PINELANDS | 40 | F | 40 | 4403 | 2:52:51 | | |
| 1733 | HARRIS | LEE-ANN | PINELANDS | 52 | F | 50 | 4467 | 2:52:52 | | |
| 1734 | STELLENBOOM | FALDELAH | OMMIEDRAAI | 62 | F | 60 | 8533 | 2:52:52 | | |
| 1735 | BAKER | MELISSA | GOODWOOD HARRIERS | 40 | F | 40 | 13171 | 2:52:56 | | |
| 1736 | THOBELA | CHQAYITA | RCS GUGS | 23 | F | SEN | 11771 | 2:53:06 | | |
| 1737 | MAFOLO | PETUNIA | LANGA | 33 | F | SEN | 13614 | 2:53:40 | | |
| 1738 | NO RETURN | | TEMP | | F | SEN | T | 2:53:40 | | |
| 1739 | NO CARD | | TEMP | | F | SEN | T | 2:53:41 | | |
| 1740 | BARRETT | LINDSAY | SPARTAN | 36 | F | 35 | 1882 | 2:54:27 | | |
| 1741 | NIEUWENHUYNS | FATIMA | CENTRAL AC | 71 | F | 70 | 9144 | 2:54:47 | | |
| 1742 | MATHEWS | MAJDAH | ITHEKO | 38 | F | 35 | 3330 | 2:54:48 | | |
| 1743 | CARSTENS | BARBARA | SPARTAN | 46 | F | 45 | 1712 | 2:54:49 | | |
| 1744 | JACOBS | FAIZEL | CAPE MULTISPORT | 45 | M | 45 | 7453 | 2:54:49 | | |
| 1745 | RADUE | LYNN | SPARTAN | 52 | F | 50 | 1666 | 2:54:50 | | |
| 1746 | THEBUS | RUWAYHIDA | ARD | 56 | F | 55 | 10653 | 2:55:03 | | |
| 1747 | ALBERTYN | SAGHWE | ARD | 39 | M | 35 | 15528 | 2:55:40 | | |

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| 1748 | JACOBS | SHUAIB | ARD | 34 | M | SEN | 10920 | 2:55:41 | | |
| 1749 | MOHAMMED | FAWWAZ | KENFAC | 27 | M | SEN | 15904 | 2:55:42 | | |
| 1750 | DLELANA | ZIYANDA | RCS GUGS | 29 | F | SEN | 15647 | 2:56:48 | | |
| 1751 | STEVENS | MARIETA | FISH HOEK | 43 | F | 40 | 6388 | 2:56:59 | | |
| 1752 | SIMELANE | SYLVIA | HOUT BAY | 46 | F | 45 | 6206 | 2:57:06 | | |
| 1753 | DEYSEL | ZELDA | BRACKENFELL | 36 | F | 35 | 9850 | 2:57:09 | | |
| 1754 | CARELSE | NEIL | NANTES | 55 | M | 55 | 12775 | 2:57:26 | | |
| 1755 | ADAMS | MARIAM | ARD | 38 | F | 35 | 11165 | 2:57:31 | | |
| 1756 | JASSIEM | SORAYA | ARD | 59 | F | 55 | 10764 | 2:57:54 | | |
| 1757 | FORTUIN | THERSIA | ITHEKO | 36 | F | 35 | 3505 | 2:57:57 | | |
| 1758 | MOHAMMED-FAKIER | ZARINA | ITHEKO | 43 | F | 40 | 3176 | 2:58:19 | | |
| 1759 | THOMAS | ASHLEY | EDGEMEAD | 58 | M | 55 | 5303 | 2:58:19 | | |
| 1760 | LEETZ | HIESHAAM | CENTRAL AC | 47 | M | 45 | 9129 | 2:58:21 | | |
| 1761 | HANSEN | CAROL-ANN | SPARTAN | 53 | F | 50 | 1585 | 2:58:54 | | |
| 1762 | LIVESEY | LAUREN-LEIGH | RCS GUGS | 38 | F | 35 | | 2:59:28 | | |
| 1763 | SNYMAN | GERHARD | BELLVILLE | 60 | M | 60 | 5109 | 2:59:30 | | |
| 1764 | MARIANO | ANDRE | BELLVILLE | 47 | M | 45 | 5000 | 2:59:30 | | |
| 1765 | HIDER | CHERISE | RCS GUGS | 31 | F | SEN | | 2:59:35 | | |
| 1766 | VAN HEERDEN | LEIGH | ATC | 38 | F | 35 | 10208 | 2:59:36 | | |
| 1767 | THOMAS | FATIMA | MP TITANS | 67 | F | 65 | 11108 | 2:59:49 | | |
| 1768 | BELL | SAM | WEST COAST | 46 | F | 45 | 17131 | 2:59:57 | | |
| 1769 | FERREIRA | NADINE | BRACKENFELL | 46 | F | 45 | 9775 | 3:00:26 | | |
| 1770 | JOSEPHS | JENNIFER | OMMIEDRAAI | 72 | F | 70 | 8758 | 3:00:50 | | |
| 1771 | GOOSEN | JACKIE | BRACKENFELL | 57 | F | 55 | 9824 | 3:00:56 | | |
| 1772 | GRAVETT | LAUREN | TEMP | 31 | F | SEN | T | 3:01:24 | | |
| 1773 | NGXOZA | NOLUVO | RCS GUGS | 28 | F | SEN | 11745 | 3:01:47 | | |
| 1774 | RHODES | BELINDA | PINELANDS | 48 | F | 45 | 4343 | 3:01:55 | | |
| 1775 | BOUGARDT | JACQUELINE | IN TOUCH | 50 | F | 50 | 13071 | 3:01:59 | | |
| 1776 | JAFTHA | WALTER | STRAGGLERS | 69 | M | 65 | 9918 | 3:03:32 | | |
| 1777 | WILLIAMS | FARIEDA | CENTRAL AC | 60 | F | 60 | 9061 | 3:03:40 | | |
| 1778 | GEORGE | URSULA | MP TITANS | 67 | F | 65 | 1114 | 3:04:11 | | |
| 1779 | WAGENAAR | CASSANDRA | MP TITANS | 31 | F | SEN | 11169 | 3:04:12 | | |
| 1780 | WEBER | MELISSA | AAC | 31 | F | SEN | 8346 | 3:04:14 | | |
| 1781 | NGINQI | NAMHLA | KHAYELITSHA | 38 | F | 35 | 9500 | 3:04:17 | | |
| 1782 | NO RETURN | | TEMP | | F | SEN | T | 3:04:18 | | |
| 1783 | AVES | LOUISE | RUN WALK 4 LIFE | 40 | F | 40 | 10399 | 3:04:47 | | |
| 1784 | RAKATANA | MAMELLO | RCS GUGS | 27 | F | SEN | 11792 | 3:05:00 | | |
| 1785 | ZIDE | NOZI | RCS GUGS | 47 | F | 45 | 11709 | 3:05:01 | | |
| 1786 | SINDI | TANTASWA | NO CLUB | 40 | F | 40 | 12142 | 3:05:11 | | |
| 1787 | MNTUYEDWA | VALENCIA | ADVENTIST | 47 | F | 45 | 12161 | 3:06:18 | | |
| 1788 | MATIHAKOLA | MMETJA | TEMP | 30 | F | SEN | T41266 | 3:06:29 | | |
| 1789 | BVUMA | KUMBI | TEMP | 34 | M | SEN | T40984 | 3:06:30 | | |
| 1790 | GREEFF | NADIA | K-WAY VOB | 25 | F | SEN | 0584 | 3:07:42 | | |
| 1791 | MOONSAMY | STEPHANIE | SPARTAN | 35 | F | 35 | 1983 | 3:07:42 | | |
| 1792 | SCHADE | MARI | CENTURY CITY | 50 | F | 50 | 6096 | 3:07:58 | | |

| | | | | | | | | | | |
|------|---------------|------------|-------------------------|----|---|-----|--------|---------|--|--|
| 1793 | KUBHEKA | NOMONDE | PINELANDS | 40 | F | 40 | 4220 | 3:08:02 | | |
| 1794 | NORODIEN | JOSEPHINE | PINELANDS | 43 | F | 40 | 4201 | 3:08:02 | | |
| 1795 | WAGNER | JOHANNES | BRACKENFELL | 47 | M | 45 | 9666 | 3:08:23 | | |
| 1796 | MUNNIK | CHRISTINE | NO CLUB | 54 | F | 50 | 14780 | 3:09:06 | | |
| 1797 | MILLER | PETRO | BRACKENFELL | 53 | F | 50 | 9663 | 3:09:06 | | |
| 1798 | LAACA | MITTAH | LANGA | 30 | F | SEN | 9535 | 3:09:10 | | |
| 1799 | MZIMELA | JABU | DURBAC | 42 | F | 40 | 14297 | 3:09:24 | | |
| 1800 | FAFUDI | NKELETSENG | TEMP | 28 | F | SEN | T | 3:10:24 | | |
| 1801 | ODENDAAL | TANJA | BRACKENFELL | 28 | F | SEN | 9751 | 3:10:25 | | |
| 1802 | ARENDSE | PETER | PINELANDS | 52 | M | 50 | 4367 | 3:10:28 | | |
| 1803 | HENKEMAN | CHERYL | NANTES | 52 | F | 50 | 16029 | 3:10:34 | | |
| 1804 | ELISSAC | MARIAM | ITHEKO | 58 | F | 55 | 3296 | 3:10:48 | | |
| 1805 | DANIELS | NAZEEMA | RCS GUGS | 50 | F | 50 | 11915 | 3:10:50 | | |
| 1806 | SMIT | ELMORA | BRACKENFELL | 66 | F | 65 | 9866 | 3:10:57 | | |
| 1807 | VON SCHLICHT | LIZE | TEMP | 34 | F | SEN | T | 3:11:08 | | |
| 1808 | KEMP | NIKKI | CHAEI SPORTS & REC CLUB | 30 | F | SEN | 12186 | 3:11:48 | | |
| 1809 | PIETERS | K | GOODWOOD HARRIERS | 63 | M | 60 | 6690 | 3:11:49 | | |
| 1810 | FALAKAHLA | ONELA | RCS GUGS | 34 | F | SEN | 11713 | 3:11:59 | | |
| 1811 | COLLINS | NICOLEEN | OMMIEDRAAI | 49 | F | 45 | 8744 | 3:12:02 | | |
| 1812 | JACKSON | HAYLEY | PINELANDS | 47 | F | 45 | 4241 | 3:12:03 | | |
| 1813 | MOKADAM | NAWAAL | NO CLUB | 33 | F | SEN | 9302 | 3:12:05 | | |
| 1814 | THORNE-VICARS | LAUREN | PINELANDS | 41 | F | 40 | 4282 | 3:12:06 | | |
| 1815 | ISMAIL | ROSEMARY | OMMIEDRAAI | 62 | F | 60 | 8746 | 3:12:18 | | |
| 1816 | NO RETURN | | CENTURY CITY | | F | SEN | | 3:12:32 | | |
| 1817 | MAYEKISO | SIBULELO | ADVENTIST | 43 | F | 40 | 13423 | 3:13:47 | | |
| 1818 | ADONISI | ADELAIDE | ADVENTIST | 44 | F | 40 | 13400 | 3:13:47 | | |
| 1819 | HARGREAVES | JEAN | SPARTAN | 63 | F | 60 | 1483 | 3:15:28 | | |
| 1820 | SIGIDI | YOLANDA | NO CLUB | 33 | F | SEN | 11645 | 3:15:56 | | |
| 1821 | MJENXANE | NATHI | TEMP | 39 | M | 35 | T41279 | 3:17:42 | | |
| 1822 | DUGMORE | HAYLEE | SPARTAN | 39 | F | 35 | 1507 | 3:17:42 | | |
| 1823 | COURTNEY | S | TEMP | 51 | F | 50 | T | 3:18:54 | | |
| 1824 | MALAWU | SINAZO | ADVENTIST | 30 | F | SEN | 12149 | 3:18:59 | | |
| 1825 | MOKHELE | MASEBOLELO | LANGA | 33 | F | SEN | 16996 | 3:19:19 | | |
| 1826 | FORTUIN | MARY | ITHEKO | 54 | F | 50 | 3454 | 3:19:39 | | |
| 1827 | TEPPER | RENE | TYGERBERG | 70 | F | 70 | 5570 | 3:20:25 | | |
| 1828 | KARJIKER | KHADIJA | TOP FORM | 29 | F | SEN | 3982 | 3:20:43 | | |
| 1829 | DUARTE | PAMELA | PINELANDS | 44 | F | 40 | 4409 | 3:26:49 | | |
| 1830 | SMITH | MERCIA | PINELANDS | 51 | F | 50 | 0095 | 3:26:49 | | |
| 1831 | MOHEDEEN | EBRAHIM | ITHEKO | 55 | M | 55 | | 3:26:56 | | |
| 1832 | HARDINGE | RENE | BELLVILLE | 44 | F | 40 | 5031 | 3:28:46 | | |
| 1833 | DU PLESSIS | JAN | HELDERBERG | 64 | M | 60 | 7010 | 3:28:52 | | |
| 1834 | SIMPSON | ROCHELLE | TEMP | 56 | F | 55 | T41037 | 3:29:13 | | |
| 1835 | MAHLOKOANE | MAKABETENG | WEST COAST | 36 | F | 35 | 5724 | 3:35:07 | | |
| 1836 | PARKER | SADIQA | GOODWOOD HARRIERS | 36 | F | 35 | 6703 | 4:45:00 | | |
| 1837 | MEYER | MANDY | TEMP | 33 | F | SEN | T | 4:45:00 | | |

CAPE TOWN FESTIVAL OF RUNNING
21ST CAPE TOWN 21KM CLASSIC HALF MARATHON
HEWAT ATHLETIC CLUB
SUPPORTED BY THE CITY OF CAPE TOWN
SUNDAY 21 JULY 2019



| POS | SURNAME | NAME | CLUB | AGE | SEX | CAT | LIC No | TIME |
|---------------------------|-----------|-------|---------------|-----|-----|-----|--------|------|
| | DAVIDS | SEAN | CARBINEERS WP | 40 | M | 40 | 8973 | |
| | DIPPENAAR | EVERT | DURBAC | 38 | M | 35 | 14232 | |
| | GERSHUNY | KIM | | 44 | F | 40 | | |
| SONIA HARLOCK | | | | | | | | |
| kevson@mweb.co.za | | | | | | | | |
| Tel (021) 785-1685 | | | | | | | | |
| Cell 083 273 3268 | | | | | | | | |
| Fax 086 618 0642 | | | | | | | | |

| COUNT | | | | | |
|-----------------------------------|--------|------------|-----------|------------------|---------|
| | | | | | |
| WOMENS RESULTS | | | | | |
| | | | | | |
| <u>OPEN WOMEN</u> | | | | | |
| 1 | (6) | ANNIE | BOTHMA | NEDBANK WP | 1-12-56 |
| 2 | (21) | KELLY | NEL | LANGA | 1-21-10 |
| 3 | (28) | CHRISTELLE | HATTINGH | MSM | 1-23-29 |
| 4 | (33) | LEE SHAY | WILLEMSE | VELOCITY | 1-24-19 |
| | | | | | |
| <u>WOMEN 40 - 49 YEARS</u> | | | | | |
| 1 | (57) | BUSISIWE | MATIWANE | LANGA | 1-29-36 |
| 2 | (105) | VERUSHKE | KOLBE | WILD RUNNER | 1-34-32 |
| 3 | (172) | EMMA | CARPENTER | AAC | 1-40-03 |
| | | | | | |
| <u>WOMEN 50 – 59 YEARS</u> | | | | | |
| 1 | (59) | SUZETTE | MCIVOR | DURBAC | 1-29-42 |
| 2 | (131) | RENEE | SCOTT | K-WAY VOB | 1-37-07 |
| 3 | (196) | JULIE | SHADWELL | TEAM VITALITY CG | 1-41-19 |
| | | | | | |
| <u>WOMEN 60 – 69 YEARS</u> | | | | | |
| 1 | (313) | NATALIE | SANDERS | FOURWAYS | 1-46-31 |
| 2 | (378) | SONIA | SMITH | CELTIC HARRIERS | 1-49-18 |
| 3 | (429) | DAWN | SAUNDERS | HELDERBERG | 1-50-27 |
| | | | | | |
| <u>WOMEN 70 YEARS +</u> | | | | | |
| 1 | (650) | MARIETHA | HERBERT | BELLVILLE | 1-59-18 |
| 2 | (1107) | MARLENE | JAMES | PINELANDS | 2-13-09 |
| 3 | (1219) | CHIPPY | STEEL | HOUT BAY | 2-17-36 |
| | | | | | |

| <u>OPEN WOMEN TEAM – ATLANTIC TRIATHLON CLUB</u> | | | | | |
|---|-------|-----------|-------------|-------------|----------------|
| 1 | (38) | ALEXANDRA | ANTONAKIS | | 1-25-24 |
| 2 | (39) | DANEIL | FELDMANN | | 1-25-35 |
| 3 | (54) | LIZA | VISSER | | 1-29-02 |
| 4 | (192) | LESYL | POTGIETER | | <u>1-41-15</u> |
| | | | | | 6-01-16 |
| | | | | | |
| | | | | | |
| MENS RESULTS | | | | | |
| | | | | | |
| <u>OPEN MEN</u> | | | | | |
| 1 | (1) | LUKHANYO | NOBAKADA | AAC | 1-09-46 |
| 2 | (2) | AKHONA | MAKILA | SANLAM | 1-09-58 |
| 3 | (3) | TSUNGAI | MWANENGENI | RCS GUGS | 1-10-22 |
| 4 | (4) | VUYANI | SIXASO | AAC | 1-10-40 |
| | | | | | |
| <u>MEN 40 – 49 YEARS</u> | | | | | |
| 1 | (3) | TSUNGAI | MWANENGENI | RCS GUGS | 1-10-22 |
| 2 | (4) | VUYANI | SIXASO | AAC | 1-10-40 |
| 3 | (11) | NELSON | BASS | K-WAY VOB | 1-17-25 |
| | | | | | |
| <u>MEN 50 – 59 YEARS</u> | | | | | |
| 1 | (15) | STEVE | MOTAU | ITHEKO | 1-19-03 |
| 2 | (23) | JOHN | SEPTEMBER | ITHEKO | 1-21-44 |
| 3 | (25) | DESMOND | PIETERSON | SANDF WP | 1-23-02 |
| | | | | | |
| <u>MEN 60 – 69 YEARS</u> | | | | | |
| 1 | (110) | NICK | MILES | WEST COAST | 1-34-51 |
| 2 | (114) | CHRIS | LANGENHOVEN | BRACKENFELL | 1-35-31 |
| 3 | (189) | MAANDA | MALAUDZI | ITHEKO | 1-40-55 |

| | | | | | |
|---|-------|----------|-----------|------------|----------------|
| | | | | | |
| <u>MEN 70 YEARS +</u> | | | | | |
| 1 | (273) | SCHALK | HOON | HELDERBERG | 1-44-54 |
| 2 | (402) | JONATHAN | HAMLYN | K-WAY VOB | 1-49-49 |
| 3 | (780) | MICHAEL | LE SUEUR | PINELANDS | 2-03-05 |
| | | | | | |
| <u>OPEN MEN TEAM – ATLANTIC TRIATHLON CLUB</u> | | | | | |
| 1 | (8) | DAVID | DEL FANTE | | 1-13-19 |
| 2 | (9) | GREG | GOODALL | | 1-13-38 |
| 3 | (13) | MARK | HANKIN | | 1-18-32 |
| 4 | (14) | DEAN | HOPF | | <u>1-18-52</u> |
| | | | | | 5-05-21 |

| COUNT | |
|---------------------------|-----|
| | |
| <u>WOMEN COUNT</u> | |
| | |
| JUNIOR WOMEN | 4 |
| SENIOR WOMEN | 335 |
| WOMEN 35 – 39 YEARS | 149 |
| WOMEN 40 – 44 YEARS | 140 |
| WOMEN 45 – 49 YEARS | 118 |
| WOMEN 50 – 54 YEARS | 75 |
| WOMEN 55 – 59 YEARS | 56 |
| WOMEN 60 – 64 YEARS | 27 |
| WOMEN 65 – 69 YEARS | 11 |
| WOMEN 70 – 74 YEARS | 6 |
| WOMEN 75 – 79 YEARS | 2 |
| TOTAL WOMEN | 923 |
| | |
| | |
| <u>MEN COUNT</u> | |
| | |
| JUNIOR MEN | 10 |
| SENIOR MEN | 330 |
| MEN 35 – 39 YEARS | 138 |
| MEN 40 – 44 YEARS | 129 |
| MEN 45 – 49 YEARS | 108 |
| MEN 50 – 54 YEARS | 77 |
| MEN 55 – 59 YEARS | 54 |
| MEN 60 – 64 YEARS | 39 |
| MEN 65 – 69 YEARS | 17 |
| MEN 70 – 74 YEARS | 7 |

| | |
|-------------------|------------|
| MEN 75 – 79 YEARS | 4 |
| MEN 80 – 84 YEARS | 1 |
| TOTAL MEN | 914 |

**STATISTICS
OF CLUB RUNNERS**

| | |
|--|----|
| 32Gi RC CG | 1 |
| Adventist AC | 12 |
| Alpha Centurion Runners GN | 1 |
| Altech Autopage Swartland AC BOL | 1 |
| ARD AC | 56 |
| Arcelor Mittal Saldanha Sport AC | 7 |
| Atlantic AC | 62 |
| Atlantic Triathlon Running Club | 42 |
| Bellville AC | 32 |
| Bo-Kaap Athletics | 6 |
| Born 2 Run AC | 1 |
| Boxer AC | 1 |
| Brackenfell AC | 28 |
| Brimstone Itheke Sport AC | 80 |
| Cape Multisport | 20 |
| Cape Peninsula University of Technology AC BOL | 1 |
| Cape Peninsula University of Technology AC | 1 |
| Capitec AC BOL | 1 |
| Carbineers WP | 44 |
| Celtic Harriers | 36 |
| Central Athletics | 12 |
| Century City AC | 17 |
| Chaeli Sports & Recreation Club | 4 |
| Chappies Running Club CG | 1 |
| Correctional Services AC | 2 |
| DEA AC GN | 1 |

| | |
|--|----|
| Department of Rural Development and Land Reform AC | 4 |
| Durban High School Old Boys AC KZN | 1 |
| Easterns Kraaifontein AC | 3 |
| Edgemead Runners | 46 |
| Eersterivier AC | 1 |
| Faku Chiefs AC KZN | 4 |
| Fat Cats AC CG | 3 |
| Fish Hoek AC | 15 |
| Fit 2000 AC WP | 1 |
| Foresters Running Club | 1 |
| Fourways Road Running (Lonehill) CGA | 1 |
| Goodwood Harriers | 29 |
| Harfield Harriers | 2 |
| Helderberg Harriers | 8 |
| Herbalife AC | 1 |
| Hewat AC | 1 |
| Hillcrest Villagers KZN | 1 |
| Hout Bay Harriers | 10 |
| Illegible Club Names | 1 |
| In Touch Walk & Run | 5 |
| Kensington & Fractreton SAC | 7 |
| Khayelitsha AC | 8 |
| Knysna Marathon Club SWD | 1 |
| K-WAY VOB Running Club | 66 |
| Langebaan Strandloopers | 2 |
| Langeberg AC SWD | 1 |
| Lwandle AC | 1 |
| Mazars | 1 |
| Melkbos AC | 13 |

| | |
|-------------------------------------|----|
| Metropolitan AC | 8 |
| Midas Spartans | 3 |
| Military Sports Club Oudsthoorn SWD | 1 |
| Mitchell Plain Titans | 10 |
| Mountain & Trail Enthusiasts | 1 |
| MSA Multisport | 9 |
| Multi Sport Maniacs | 4 |
| Muirite Striders EP | 1 |
| My Training Day | 4 |
| Nantes AC | 9 |
| Nedbank Running Club SWD | 1 |
| Nedbank Running Club WP | 5 |
| Nkowankowa AC LIM | 1 |
| No Club on Card | 34 |
| Observatory RC | 2 |
| Old Mutual AC | 16 |
| Ommiedraai Friends AC | 74 |
| Oxford Striders BOR | 1 |
| Paarl AC BOL | 3 |
| Parliament AC | 1 |
| Phoenix AC | 1 |
| Pick'n Pay AC | 3 |
| Pinelands AC | 73 |
| RAC CG | 3 |
| Ravensmead AC | 1 |
| RCS Guguletu AC | 43 |
| Retail Capital Langa AC | 16 |
| Run Walk For Life WP | 12 |
| Run Zone AC GN | 3 |
| SACS Alumni Running Club | 3 |

| | |
|--|-----|
| SANDF WP | 12 |
| Sanlam AC | 10 |
| SAPS AC WP | 1 |
| Satori AC | 2 |
| Southern Striders | 1 |
| Spartan Harriers | 37 |
| Sports Connection Striders CG | 1 |
| Standard Bank AC CG | 1 |
| Stellenbosch AC BOL | 13 |
| Stragglers AC | 2 |
| Strand AC | 20 |
| Team Vitality CG | 7 |
| Team Vitality KZN | 1 |
| Temporary Licensed Runners | 421 |
| The Country Club Johannesburg CG | 1 |
| Top Form AC | 23 |
| Tygerberg AC | 13 |
| UCT AC | 6 |
| Van Der Merwe & Robertson Durbanville AC | 36 |
| Velocity AC | 1 |
| Vital Fitness AC GN | 1 |
| Vodacom Kimberly Road Runners GW | 3 |
| Vodacom Striders | 4 |
| Walmers AC | 9 |
| Wellington AC BOL | 1 |
| West Coast AC | 41 |
| Whalers Runners BOL | 1 |
| Wild Runner AC | 13 |
| WPCC | 5 |
| No Cards / No Returns | 96 |

| | |
|----------------------|-------------|
| TOTAL RUNNERS | 1837 |
|----------------------|-------------|

THANKS TO OUR FOLLOWING SPONSORS:

CITY OF CAPE TOWN

COCA-COLA PENINSULA BEVERAGES

RUN CLEAN

KOHLER BOX

