

Addo 2023 - 44km - All

Pos	Name	Time	Bib No	Gender	Race
1	Arno De Jager	04:02:05	417	Male	44km
2	Henry Julius De Clercq	04:03:16	509	Male	44km
3	Catherine Williamson	04:08:05	712	Female	44km
4	Tonic Mjongile Masilo	04:13:14	684	Male	44km
5	Malikhiwe Ysterman	04:35:27	565	Male	44km
6	Phillip Smith	04:36:46	623	Male	44km
7	Carel Olivier	04:40:02	436	Male	44km
8	Nelius Smith	04:42:31	604	Male	44km
9	Thuthukani Gumede	04:45:13	681	Male	44km
10	Christy Richards	04:46:44	454	Female	44km
11	Leigh Callaghan	04:46:46	550	Female	44km
12	Obey Mtetwa	04:48:29	615	Male	44km
13	Sean Nourse	04:50:36	658	Male	44km
14	Andrew Green	04:58:12	411	Male	44km
15	Stephanie Van Gelderen	04:59:20	671	Female	44km
16	Robert Williamson	05:02:40	637	Male	44km
17	Emile Annandale	05:07:54	484	Male	44km
18	Ross Chapman	05:15:31	645	Male	44km
19	Jennifer Dove	05:18:24	527	Female	44km
20	Janet Woodhead	05:20:30	519	Female	44km
21	Matthew Brayshaw	05:25:38	580	Male	44km
22	Michael Van Den Heerik	05:27:24	588	Male	44km
23	Ivan Loots	05:27:58	514	Male	44km
24	Shaun Van Der Merwe	05:28:56	663	Male	44km
25	Jurg Streicher	05:29:34	535	Male	44km
26	Erik Kemp	05:29:35	485	Male	44km
27	Marais Kruger	05:31:02	567	Male	44km
28	Luke Watkins	05:33:48	559	Male	44km
29	James Steven	05:35:33	518	Male	44km
30	Melissa Phelps	05:36:13	583	Female	44km
31	Diana Henry	05:36:37	474	Female	44km
32	Tinashe Mumbire	05:37:05	683	Male	44km
33	Gita Van Rensburg	05:37:23	499	Female	44km
34	Pieta Strauss	05:40:37	626	Male	44km
35	Danielle Williams	05:41:07	463	Female	44km
35	Chris De Jager	05:41:07	448	Male	44km
36	Wayne Stocks	05:41:53	696	Male	44km
37	Richard Nischk	05:42:41	634	Male	44km
38	Gina Stewart	05:46:13	498	Female	44km
39	Danielle Shaw	05:46:14	464	Female	44km
40	Brian Cordner	05:48:21	431	Male	44km
41	Madelein Swanepoel	05:48:41	562	Female	44km
42	Allison Hay	05:51:33	406	Female	44km
43	Chetan Patel	05:52:24	446	Male	44km
43	Robin Pick	05:52:24	640	Male	44km
44	Mloyiswa Sibanda	05:52:43	593	Male	44km
45	Liza Mason	05:53:14	554	Female	44km
46	Belinda Tull	05:53:44	421	Female	44km
47	Michael Rorke	05:53:45	585	Male	44km
48	Gideon Mango	05:54:25	497	Male	44km
49	Mondre Gouws	05:54:56	596	Male	44km
49	Niel Louw	05:54:56	609	Male	44km

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50	Francois Nel	05:55:59	491	Male	44km
51	Herman Saayman	05:56:10	510	Male	44km
52	Morne Kapp	05:57:14	598	Male	44km
53	Nicola McCreesh	05:59:01	608	Female	44km
54	Malakhiwe Ysterman	05:59:27	565	Male	44km
55	Kody Mcgregor	06:02:41	545	Male	44km
56	Stanley Reed	06:03:01	669	Male	44km
57	Roxanne Barker	06:03:24	646	Female	44km
58	Ryan Mac Geoghegan	06:03:40	650	Male	44km
59	Nico Louw	06:03:51	605	Male	44km
60	Megan Scribante	06:04:27	581	Female	44km
61	Christy Richards	04:46:44	454	Female	44km
62	Christoff Opperman	06:11:22	452	Male	44km
63	Cliff Reed	06:11:23	457	Male	44km
64	Khaya Hlalele	06:14:12	544	Male	44km
65	Willem Esterhuysen	06:14:30	699	Male	44km
66	Mike Van Vuuren	06:14:39	592	Male	44km
67	Elisabet Miller	06:19:58	480	Female	44km
68	Lulama Tanatu	06:20:53	560	Male	44km
69	Ndodomzi Takane	06:20:55	603	Male	44km
70	Marne Klopper	06:21:05	578	Female	44km
71	Thomas Scholtz	06:24:41	679	Male	44km
72	Nina Reynolds	06:25:25	612	Female	44km
72	Jonathan Edmunds	06:25:25	532	Male	44km
73	Wynand Du Preez	06:25:51	703	Male	44km
74	Simon Fraser	06:26:37	666	Male	44km
74	Ingrid Potgieter-Kosaber	06:26:37	512	Female	44km
75	Etienne Potgieter	06:28:43	487	Male	44km
76	Ben Samwell	06:29:11	422	Male	44km
76	Lizaan Mouton	06:29:11	555	Female	44km
76	Marius Kruger	06:29:11	573	Male	44km
77	Barry Phipps	06:29:47	419	Male	44km
78	Ken De Kock	06:33:37	542	Male	44km
79	Alison Jordaan	06:33:45	404	Female	44km
80	Jennie Boersma	06:35:41	525	Female	44km
81	Clara Du Plessis	06:35:42	456	Female	44km
82	Janus Roux	06:37:13	522	Male	44km
83	Anton Du Preez	06:39:31	416	Male	44km
84	Phillip Van Den Berg	06:39:36	624	Male	44km
85	Stef Lategan	06:39:53	670	Male	44km
86	Francois Van Der Merwe	06:42:19	492	Male	44km
87	Wilma Visser	06:42:21	701	Female	44km
88	Simone Brink	06:42:59	667	Female	44km
89	Trish Lane	06:43:50	689	Female	44km
90	Kait Keet	06:44:03	537	Female	44km
91	Grant Gibbs	06:44:36	503	Male	44km
92	Graham Jettke	06:44:42	500	Male	44km
93	Remco Peters	06:46:23	631	Male	44km
94	Reon Van Zyl	06:47:15	632	Male	44km
94	Natalie Boshoff	06:47:15	601	Female	44km
95	Regardt Van Der Merwe	06:49:03	630	Male	44km
96	Pieter Broere	06:51:16	627	Male	44km
97	Allan Goldacre	06:52:21	711	Male	44km

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98	Truter Willemse	06:52:41	690	Male	44km
99	Tiaan Labuschagne	06:54:11	682	Male	44km
99	Wilma Smith	06:54:11	702	Female	44km
100	Christoff Greeff	06:54:36	451	Male	44km
101	Willem Bindeman	06:55:07	700	Male	44km
102	Darren Mcroberts	06:55:53	466	Male	44km
103	Francois Koch	06:58:35	489	Male	44km
104	Becky Leighton	07:01:31	420	Female	44km
105	Njongo Cokotho	07:04:26	613	Male	44km
106	Markus Mostert	07:06:41	576	Male	44km
107	Bridget Van Den Heever	07:07:32	432	Female	44km
108	Victoria Hulley	07:13:24	693	Female	44km
108	Adriaan Erwee	07:13:24	401	Male	44km
109	Nick Richards	07:15:49	607	Male	44km
110	Charles Corby	07:15:59	443	Male	44km
111	Sasha Ella	07:17:08	657	Female	44km
112	Carina Scholtz	07:17:49	438	Female	44km
113	Daniel Darne	07:20:18	462	Male	44km
114	Elana Buckley	07:21:17	708	Female	44km
115	Joshua Gernetzky	07:21:39	534	Male	44km
115	Andrew Hollely	07:21:39	410	Male	44km
116	Wayne Attwell	07:21:41	697	Male	44km
117	Malcolm Vorster	07:21:42	566	Male	44km
118	Jayd Georgiades	07:22:34	524	Female	44km
119	Shelly Stewart	07:22:35	665	Female	44km
120	Vicki Le Gras	07:22:36	692	Female	44km
121	Janine Pohlmann	07:23:21	520	Female	44km
121	Mark Pohlmann	07:23:21	575	Male	44km
121	Anthony Scholtz	07:23:21	415	Male	44km
122	Pierre Bester	07:23:24	625	Male	44km
123	Elrika Pieterse	07:23:31	483	Female	44km
124	Nina Gough	07:25:14	611	Female	44km
125	Ingrid McMahon	07:25:19	707	Female	44km
126	Owen Botha	07:25:23	617	Male	44km
127	Victoria Sutherland-Dadds	07:25:29	694	Female	44km
128	Jolandie Sadie	07:25:45	531	Female	44km
129	Annari Oosthuysen	07:27:07	413	Female	44km
130	Derick Smith	07:29:41	472	Male	44km
131	Ryan Tudhope	07:30:01	649	Male	44km
132	Jurgen Scherzinger	07:31:03	536	Male	44km
133	Robert Lee	07:31:11	638	Male	44km
134	Zylna Kriel	07:31:20	706	Female	44km
135	Roland Jurd	07:31:31	642	Male	44km
136	Sandra Brownrigg	07:31:34	653	Female	44km
137	Janine Langley	07:34:33	521	Female	44km
138	David Parker	07:34:34	468	Male	44km
139	Sunandi De Wet	07:36:16	674	Female	44km
140	Lize Frost	07:36:45	556	Female	44km
141	Madeleine Vorster	07:41:12	563	Female	44km
142	Kent Venish	07:44:56	543	Male	44km
143	Cameron Venish	07:44:57	435	Male	44km
144	Ross Engler	07:45:18	644	Male	44km
145	Anahi Kent	07:46:01	409	Female	44km

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146	Paula Macnab	07:48:01	621	Female	44km
147	Jason Gipson	07:51:27	523	Male	44km
148	Ilze Pienaar	07:52:28	511	Female	44km
149	Bryan Webber	07:52:30	434	Male	44km
150	Linda Olivier	07:54:56	552	Female	44km
151	O'donovan Barker	07:55:00	616	Male	44km
152	Marcillie Hooper	07:56:00	568	Female	44km
153	Izak Coetzee	07:56:24	515	Male	44km
154	Robin Gardner	07:56:25	639	Male	44km
155	Yolande Brand	07:57:38	704	Female	44km
155	Lee Long	07:57:38	549	Female	44km
155	Michele Reid	07:57:38	589	Female	44km
156	Konrad Hoekstra	07:58:05	546	Male	44km
157	Jackie Goosen	08:02:15	516	Female	44km
158	Brenda Kahl	08:03:07	428	Female	44km
158	Cindy Hazley	08:03:07	455	Female	44km
159	Stephen Hazley	08:03:08	673	Male	44km
160	Shannon Van Deventer	08:03:31	660	Female	44km
161	Michelle Marais	08:10:17	590	Female	44km
162	Haidee De Villiers	08:12:23	505	Female	44km
162	Chris Du Plessi	08:12:23	447	Male	44km
163	Sinesipho Daniso	08:15:05	668	Female	44km
164	Brendan Mccarthy	08:18:42	429	Male	44km
164	Christopher Prowse	08:18:42	453	Male	44km
165	Raymond Goncalves	08:19:09	629	Male	44km
166	Roy Du Toit	08:24:19	647	Male	44km
167	Carmen Tissang	08:25:55	440	Female	44km
168	Joshua Brink	08:27:10	533	Male	44km
169	Grobbie Brink	08:27:11	504	Male	44km
170	Ewa Hyra	08:28:24	488	Female	44km
171	Ncumisa Kepe	08:30:13	710	Female	44km
171	Banoyolo Gqoli	08:30:13	418	Female	44km
172	Johanna-Mari Kriek	08:30:23	530	Female	44km
173	Charlotte Schreve	08:31:02	444	Female	44km
174	Hannetjie Du Plessis	08:31:07	506	Female	44km
175	Wayne Kent	08:32:42	695	Male	44km
175	Reuben Stander	08:32:42	633	Male	44km
176	Trent James	08:33:54	688	Male	44km
176	Allan Goldacre	08:33:54	709	Male	44km
177	Stephanie Minnie	08:34:46	672	Female	44km
178	Sharon Tarboton	08:37:44	661	Female	44km
179	Marie Best	08:40:19	571	Female	44km
180	Elize Botha	08:41:35	481	Female	44km
181	Daleen Ferreira	08:43:40	460	Female	44km
181	Ruaan Geldenhuys	08:43:40	648	Male	44km
182	Brandon Wright	08:45:59	427	Male	44km
182	Paul Wright	08:45:59	619	Male	44km
183	Brian Keeling	08:48:36	430	Male	44km
183	Shaun Keeling	08:48:36	662	Male	44km
184	Kathryn Beiling	08:49:42	540	Female	44km
185	Estelle Whitby	08:49:46	486	Female	44km
186	Paula Kapp	08:51:53	620	Female	44km
187	Debbie Stafford	08:52:01	470	Female	44km

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188	Bernard Buchner	08:52:26	424	Male	44km
189	Beth Hechter	08:56:23	425	Female	44km
190	Moira Walker	08:58:06	595	Female	44km
190	Mel Kruuse	08:58:06	582	Female	44km
191	Amanda Samwell	09:04:36	408	Female	44km
192	Nick Leyland	09:08:07	606	Male	44km
193	Magdalena Lategan	09:08:44	564	Female	44km
194	Nolukhanyo Madlingozi	09:16:15	614	Female	44km
195	Tanya Van Niekerk	09:25:12	675	Female	44km
195	Isabella Carmichael	09:25:12	513	Female	44km
196	Peter King	09:28:52	622	Male	44km
197	Hayley Cawthra	09:29:11	507	Female	44km
198	Dinilesizwe Gudlindlu	09:31:30	475	Male	44km
199	Bongani Faltein	09:31:32	426	Male	44km
200	Sarah Belcher	09:35:27	655	Female	44km
200	Mynie Steffens	09:35:27	599	Female	44km
200	Anne Hirsch	09:35:27	414	Female	44km
201	Brigitte Potgieter	09:36:50	433	Female	44km
202	Cobus Van Der Merwe	09:38:22	458	Male	44km
203	Marieke Van Der Merwe	09:38:23	572	Female	44km
204	Samantha De La Porte	09:46:51	652	Female	44km
205	Michelle Kerr	09:46:53	591	Female	44km
206	Joanne Wicks	09:51:17	529	Female	44km
207	Christine Walsh	09:51:38	450	Female	44km
208	Rodney Butters	09:58:00	641	Male	44km
209	Shaari Hashim	10:04:07	659	Male	44km
210	Carla Mostert	10:06:16	439	Female	44km
211	Saseka Sihlwayi	10:07:30	656	Female	44km
212	Thuthuka Songelwa	10:07:31	680	Female	44km
212	Thandeka Mehlo	10:07:31	676	Female	44km
213	Derine Potgieter	10:09:19	473	Female	44km
214	Alma Lategan	10:12:20	407	Female	44km
215	Elmien Steenekamp	10:16:14	482	Female	44km
216	Thomas Meintjes	10:18:46	678	Male	44km
217	Lenora Covele	10:24:43	551	Female	44km
218	Karen Hager	10:24:44	539	Female	44km
219	Dominique Jackson	10:26:09	476	Female	44km
220	Gerhard De Kock	10:54:45	496	Male	44km
220	Mohammed Allie	10:54:45	594	Male	44km
221	Bernadette Loock	10:56:06	423	Female	44km
222	Michael Lee	11:09:06	713	Male	44km
223	Rose Rawstron	11:19:50	643	Female	44km
224	Octavia Boshoff	11:19:51	714	Female	44km
225	Carine Norris	11:33:23	437	Female	44km
226	Derick Norris	11:33:24	471	Male	44km
227	Alicia Els	11:41:55	403	Female	44km
228	Micaela Griffiths	11:56:04	584	Female	44km
228	Chris Van As	11:56:04	449	Male	44km
DNQ	Michael Du Plessis	12:26:54	587	Male	44km
DNQ	Doug Koch	13:09:24	477	Male	44km
SWEEP	Alex Du Toit	13:09:24	402	Male	44km
SWEEP	Sam Du Toit	13:09:24	651	Female	44km

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Pos	Name	Time	Bib No	Gender	Race
1	Catherine Williamson	04:08:05	712	Female	44km
2	Christy Richards	04:46:44	454	Female	44km
3	Leigh Callaghan	04:46:46	550	Female	44km
4	Stephanie Van Gelderen	04:59:20	671	Female	44km
5	Jennifer Dove	05:18:24	527	Female	44km
6	Janet Woodhead	05:20:30	519	Female	44km
7	Melissa Phelps	05:36:13	583	Female	44km
8	Diana Henry	05:36:37	474	Female	44km
9	Gita Van Rensburg	05:37:23	499	Female	44km
10	Danielle Williams	05:41:07	463	Female	44km
11	Gina Stewart	05:46:13	498	Female	44km
12	Danielle Shaw	05:46:14	464	Female	44km
13	Madelein Swanepoel	05:48:41	562	Female	44km
14	Allison Hay	05:51:33	406	Female	44km
15	Liza Mason	05:53:14	554	Female	44km
16	Belinda Tull	05:53:44	421	Female	44km
17	Nicola McCreesh	05:59:01	608	Female	44km
18	Roxanne Barker	06:03:24	646	Female	44km
19	Megan Scribante	06:04:27	581	Female	44km
20	Christy Richards	04:46:44	454	Female	44km
21	Elisabet Miller	06:19:58	480	Female	44km
22	Marne Klopper	06:21:05	578	Female	44km
23	Nina Reynolds	06:25:25	612	Female	44km
24	Ingrid Potgieter-Kosaber	06:26:37	512	Female	44km
25	Lizaan Mouton	06:29:11	555	Female	44km
26	Alison Jordaan	06:33:45	404	Female	44km
27	Jennie Boersma	06:35:41	525	Female	44km
28	Clara Du Plessis	06:35:42	456	Female	44km
29	Wilma Visser	06:42:21	701	Female	44km
30	Simone Brink	06:42:59	667	Female	44km
31	Trish Lane	06:43:50	689	Female	44km
32	Kait Keet	06:44:03	537	Female	44km
33	Natalie Boshoff	06:47:15	601	Female	44km
34	Wilma Smith	06:54:11	702	Female	44km
35	Becky Leighton	07:01:31	420	Female	44km
36	Bridget Van Den Heever	07:07:32	432	Female	44km
37	Victoria Hulley	07:13:24	693	Female	44km
38	Sasha Ella	07:17:08	657	Female	44km
39	Carina Scholtz	07:17:49	438	Female	44km
40	Elana Buckley	07:21:17	708	Female	44km
41	Jayd Georgiades	07:22:34	524	Female	44km
42	Shelly Stewart	07:22:35	665	Female	44km
43	Vicki Le Gras	07:22:36	692	Female	44km
44	Janine Pohlmann	07:23:21	520	Female	44km
45	Elrika Pieterse	07:23:31	483	Female	44km
46	Nina Gough	07:25:14	611	Female	44km
47	Ingrid McMahon	07:25:19	707	Female	44km
48	Victoria Sutherland-Dadds	07:25:29	694	Female	44km
49	Jolandie Sadie	07:25:45	531	Female	44km
50	Annari Oosthuysen	07:27:07	413	Female	44km
51	Zylna Kriel	07:31:20	706	Female	44km
52	Sandra Brownrigg	07:31:34	653	Female	44km

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53	Janine Langley	07:34:33	521	Female	44km
54	Sunandi De Wet	07:36:16	674	Female	44km
55	Lize Frost	07:36:45	556	Female	44km
56	Madeleine Vorster	07:41:12	563	Female	44km
57	Anahi Kent	07:46:01	409	Female	44km
58	Paula Macnab	07:48:01	621	Female	44km
59	Ilze Pienaar	07:52:28	511	Female	44km
60	Linda Olivier	07:54:56	552	Female	44km
61	Marcillie Hooper	07:56:00	568	Female	44km
62	Yolande Brand	07:57:38	704	Female	44km
62	Lee Long	07:57:38	549	Female	44km
62	Michele Reid	07:57:38	589	Female	44km
63	Jackie Goosen	08:02:15	516	Female	44km
64	Brenda Kahl	08:03:07	428	Female	44km
64	Cindy Hazley	08:03:07	455	Female	44km
65	Shannon Van Deventer	08:03:31	660	Female	44km
66	Michelle Marais	08:10:17	590	Female	44km
67	Haidee De Villiers	08:12:23	505	Female	44km
68	Sinesipho Daniso	08:15:05	668	Female	44km
69	Carmen Tissang	08:25:55	440	Female	44km
70	Ewa Hyra	08:28:24	488	Female	44km
71	Ncumisa Kepe	08:30:13	710	Female	44km
71	Banoyolo Gqoli	08:30:13	418	Female	44km
72	Johanna-Mari Kriek	08:30:23	530	Female	44km
73	Charlotte Schreve	08:31:02	444	Female	44km
74	Hannetjie Du Plessis	08:31:07	506	Female	44km
75	Stephanie Minnie	08:34:46	672	Female	44km
76	Sharon Tarboton	08:37:44	661	Female	44km
77	Marie Best	08:40:19	571	Female	44km
78	Elize Botha	08:41:35	481	Female	44km
79	Daleen Ferreira	08:43:40	460	Female	44km
80	Kathryn Beiling	08:49:42	540	Female	44km
81	Estelle Whitby	08:49:46	486	Female	44km
82	Paula Kapp	08:51:53	620	Female	44km
83	Debbie Stafford	08:52:01	470	Female	44km
84	Beth Hechter	08:56:23	425	Female	44km
85	Moira Walker	08:58:06	595	Female	44km
85	Mel Kruuse	08:58:06	582	Female	44km
86	Amanda Samwell	09:04:36	408	Female	44km
87	Magdalena Lategan	09:08:44	564	Female	44km
88	Nolukhanyo Madlingozi	09:16:15	614	Female	44km
89	Tanya Van Niekerk	09:25:12	675	Female	44km
89	Isabella Carmichael	09:25:12	513	Female	44km
90	Hayley Cawthra	09:29:11	507	Female	44km
91	Sarah Belcher	09:35:27	655	Female	44km
91	Mynie Steffens	09:35:27	599	Female	44km
91	Anne Hirsch	09:35:27	414	Female	44km
92	Brigitte Potgieter	09:36:50	433	Female	44km
93	Marieke Van Der Merwe	09:38:23	572	Female	44km
94	Samantha De La Porte	09:46:51	652	Female	44km
95	Michelle Kerr	09:46:53	591	Female	44km
96	Joanne Wicks	09:51:17	529	Female	44km
97	Christine Walsh	09:51:38	450	Female	44km

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98	Carla Mostert	10:06:16	439	Female	44km
99	Saseka Sihlwayi	10:07:30	656	Female	44km
100	Thuthuka Songelwa	10:07:31	680	Female	44km
100	Thandeka Mehlo	10:07:31	676	Female	44km
101	Derine Potgieter	10:09:19	473	Female	44km
102	Alma Lategan	10:12:20	407	Female	44km
103	Elmien Steenekamp	10:16:14	482	Female	44km
104	Lenora Covele	10:24:43	551	Female	44km
105	Karen Hager	10:24:44	539	Female	44km
106	Dominique Jackson	10:26:09	476	Female	44km
107	Bernadette Loock	10:56:06	423	Female	44km
108	Rose Rawstron	11:19:50	643	Female	44km
109	Octavia Boshoff	11:19:51	714	Female	44km
110	Carine Norris	11:33:23	437	Female	44km
111	Alicia Els	11:41:55	403	Female	44km
112	Micaela Griffiths	11:56:04	584	Female	44km
SWEEP	Sam Du Toit	13:09:24	651	Female	44km

Addo 2023 - 44km - Men

Pos	Name	Time	Bib No	Gender	Race
1	Arno De Jager	04:02:05	417	Male	44km
2	Henry Julius De Clercq	04:03:16	509	Male	44km
3	Tonic Mjongile Masilo	04:13:14	684	Male	44km
4	Malakhiwe Ysterman	04:35:27	565	Male	44km
5	Phillip Smith	04:36:46	623	Male	44km
6	Carel Olivier	04:40:02	436	Male	44km
7	Nelius Smith	04:42:31	604	Male	44km
8	Thuthukani Gumede	04:45:13	681	Male	44km
9	Obey Mtetwa	04:48:29	615	Male	44km
10	Sean Nourse	04:50:36	658	Male	44km
11	Andrew Green	04:58:12	411	Male	44km
12	Robert Williamson	05:02:40	637	Male	44km
13	Emile Annandale	05:07:54	484	Male	44km
14	Ross Chapman	05:15:31	645	Male	44km
15	Matthew Brayshaw	05:25:38	580	Male	44km
16	Michael Van Den Heerik	05:27:24	588	Male	44km
17	Ivan Loots	05:27:58	514	Male	44km
18	Shaun Van Der Merwe	05:28:56	663	Male	44km
19	Jurg Streicher	05:29:34	535	Male	44km
20	Erik Kemp	05:29:35	485	Male	44km
21	Marais Kruger	05:31:02	567	Male	44km
22	Luke Watkins	05:33:48	559	Male	44km
23	James Steven	05:35:33	518	Male	44km
24	Tinashe Mumbire	05:37:05	683	Male	44km
25	Pieta Strauss	05:40:37	626	Male	44km
26	Chris De Jager	05:41:07	448	Male	44km
27	Wayne Stocks	05:41:53	696	Male	44km
28	Richard Nischk	05:42:41	634	Male	44km
29	Brian Cordner	05:48:21	431	Male	44km
30	Chetan Patel	05:52:24	446	Male	44km
30	Robin Pick	05:52:24	640	Male	44km
31	Mloyiswa Sibanda	05:52:43	593	Male	44km
32	Michael Rorke	05:53:45	585	Male	44km
33	Gideon Mango	05:54:25	497	Male	44km
34	Mondre Gouws	05:54:56	596	Male	44km
34	Niel Louw	05:54:56	609	Male	44km
35	Francois Nel	05:55:59	491	Male	44km
36	Herman Saayman	05:56:10	510	Male	44km
37	Morne Kapp	05:57:14	598	Male	44km
38	Malakhiwe Ysterman	05:59:27	565	Male	44km
39	Kody Mcgregor	06:02:41	545	Male	44km
40	Stanley Reed	06:03:01	669	Male	44km
41	Ryan Mac Geoghegan	06:03:40	650	Male	44km
42	Nico Louw	06:03:51	605	Male	44km
43	Christoff Opperman	06:11:22	452	Male	44km
44	Cliff Reed	06:11:23	457	Male	44km
45	Khaya Hlalele	06:14:12	544	Male	44km
46	Willem Esterhuysen	06:14:30	699	Male	44km
47	Mike Van Vuuren	06:14:39	592	Male	44km
48	Lulama Tanatu	06:20:53	560	Male	44km
49	Ndodomzi Takane	06:20:55	603	Male	44km
50	Thomas Scholtz	06:24:41	679	Male	44km

Addo 2023 - 44km - Men

51	Jonathan Edmunds	06:25:25	532	Male	44km
52	Wynand Du Preez	06:25:51	703	Male	44km
53	Simon Fraser	06:26:37	666	Male	44km
54	Etienne Potgieter	06:28:43	487	Male	44km
55	Ben Samwell	06:29:11	422	Male	44km
55	Marius Kruger	06:29:11	573	Male	44km
56	Barry Phipps	06:29:47	419	Male	44km
57	Ken De Kock	06:33:37	542	Male	44km
58	Janus Roux	06:37:13	522	Male	44km
59	Anton Du Preez	06:39:31	416	Male	44km
60	Phillip Van Den Berg	06:39:36	624	Male	44km
61	Stef Lategan	06:39:53	670	Male	44km
62	Francois Van Der Merwe	06:42:19	492	Male	44km
63	Grant Gibbs	06:44:36	503	Male	44km
64	Graham Jettke	06:44:42	500	Male	44km
65	Remco Peters	06:46:23	631	Male	44km
66	Reon Van Zyl	06:47:15	632	Male	44km
67	Regardt Van Der Merwe	06:49:03	630	Male	44km
68	Pieter Broere	06:51:16	627	Male	44km
69	Allan Goldacre	06:52:21	711	Male	44km
70	Truter Willemse	06:52:41	690	Male	44km
71	Tiaan Labuschagne	06:54:11	682	Male	44km
72	Christoff Greeff	06:54:36	451	Male	44km
73	Willem Bindeman	06:55:07	700	Male	44km
74	Darren Mcroberts	06:55:53	466	Male	44km
75	Francois Koch	06:58:35	489	Male	44km
76	Njongo Cokocho	07:04:26	613	Male	44km
77	Markus Mostert	07:06:41	576	Male	44km
78	Adriaan Erwee	07:13:24	401	Male	44km
79	Nick Richards	07:15:49	607	Male	44km
80	Charles Corby	07:15:59	443	Male	44km
81	Daniel Darne	07:20:18	462	Male	44km
82	Joshua Gernetzky	07:21:39	534	Male	44km
82	Andrew Hollely	07:21:39	410	Male	44km
83	Wayne Attwell	07:21:41	697	Male	44km
84	Malcolm Vorster	07:21:42	566	Male	44km
85	Mark Pohlmann	07:23:21	575	Male	44km
85	Anthony Scholtz	07:23:21	415	Male	44km
86	Pierre Bester	07:23:24	625	Male	44km
87	Owen Botha	07:25:23	617	Male	44km
88	Derick Smith	07:29:41	472	Male	44km
89	Ryan Tudhope	07:30:01	649	Male	44km
90	Jurgen Scherzinger	07:31:03	536	Male	44km
91	Robert Lee	07:31:11	638	Male	44km
92	Roland Jurd	07:31:31	642	Male	44km
93	David Parker	07:34:34	468	Male	44km
94	Kent Venish	07:44:56	543	Male	44km
95	Cameron Venish	07:44:57	435	Male	44km
96	Ross Engler	07:45:18	644	Male	44km
97	Jason Gipson	07:51:27	523	Male	44km
98	Bryan Webber	07:52:30	434	Male	44km
99	O'donovan Barker	07:55:00	616	Male	44km
100	Izak Coetzee	07:56:24	515	Male	44km

Addo 2023 - 44km - Men

101	Robin Gardner	07:56:25	639	Male	44km
102	Konrad Hoekstra	07:58:05	546	Male	44km
103	Stephen Hazley	08:03:08	673	Male	44km
104	Chris Du Plessi	08:12:23	447	Male	44km
105	Brendan Mccarthy	08:18:42	429	Male	44km
105	Christopher Prowse	08:18:42	453	Male	44km
106	Raymond Goncalves	08:19:09	629	Male	44km
107	Roy Du Toit	08:24:19	647	Male	44km
108	Joshua Brink	08:27:10	533	Male	44km
109	Grobbie Brink	08:27:11	504	Male	44km
110	Wayne Kent	08:32:42	695	Male	44km
110	Reuben Stander	08:32:42	633	Male	44km
111	Trent James	08:33:54	688	Male	44km
111	Allan Goldacre	08:33:54	709	Male	44km
112	Ruaan Geldenhuys	08:43:40	648	Male	44km
113	Brandon Wright	08:45:59	427	Male	44km
113	Paul Wright	08:45:59	619	Male	44km
114	Brian Keeling	08:48:36	430	Male	44km
114	Shaun Keeling	08:48:36	662	Male	44km
115	Bernard Buchner	08:52:26	424	Male	44km
116	Nick Leyland	09:08:07	606	Male	44km
117	Peter King	09:28:52	622	Male	44km
118	Dinilesizwe Gudlindlu	09:31:30	475	Male	44km
119	Bongani Faltein	09:31:32	426	Male	44km
120	Cobus Van Der Merwe	09:38:22	458	Male	44km
121	Rodney Butters	09:58:00	641	Male	44km
122	Shaari Hashim	10:04:07	659	Male	44km
123	Thomas Meintjes	10:18:46	678	Male	44km
124	Gerhard De Kock	10:54:45	496	Male	44km
124	Mohammed Allie	10:54:45	594	Male	44km
125	Michael Lee	11:09:06	713	Male	44km
126	Derick Norris	11:33:24	471	Male	44km
127	Chris Van As	11:56:04	449	Male	44km
DNQ	Michael Du Plessis	12:26:54	587	Male	44km
DNQ	Doug Koch	13:09:24	477	Male	44km
SWEEP	Alex Du Toit	13:09:24	402	Male	44km