

4KM TimeTrial

| Place | Time | Name | ID | Gender | TimeTrialDistance |
|-------|---------|--------------------|-------|--------|-------------------|
| 1 | 14:30.8 | Matthew Argall | 40064 | male | 4KM |
| 2 | 17:03.8 | Hein De Klerk | 40013 | male | 4KM |
| 3 | 17:28.0 | Kenneth Culverwell | 40264 | male | 4KM |
| 4 | 19:00.4 | Jill Adams | 40220 | female | 4KM |
| 5 | 20:49.7 | Jono Hotz | 40163 | male | 4KM |
| 6 | 23:39.7 | Guy Crosbie | 40068 | male | 4KM |
| 7 | 24:20.2 | Shannon Rocher | 40087 | female | 4KM |
| 8 | 24:33.5 | Katharine Atkinson | 40183 | female | 4KM |
| 9 | 24:35.7 | Liesel Israel | 40096 | female | 4KM |
| 10 | 24:59.9 | Jack Grieveson | 40252 | male | 4KM |
| 11 | 25:01.7 | Keiran Ward | 40019 | female | 4KM |
| 12 | 28:27.7 | Michelle Webb | 40044 | female | 4KM |
| 13 | 29:13.7 | Michelle Kemp | 40043 | female | 4KM |
| 14 | 29:45.4 | Karyn Jackson | 40127 | female | 4KM |
| 15 | 30:07.9 | Tim Parle | 40205 | male | 4KM |
| 16 | 31:44.7 | Gayle Simmons | 40126 | female | 4KM |
| 17 | 36:30.9 | Julia Lyle | 40020 | female | 4KM |

8KM TimeTrial

| Place | Time | Name | ID | Gender | TimeTrialDistance |
|-------|---------|---------------------|-------|--------|-------------------|
| 1 | 36:13.3 | Hopewell Hlabe | 80197 | male | 8KM |
| 2 | 38:54.5 | Trevor Hart-Jones | 80242 | male | 8KM |
| 3 | 39:41.3 | Craig Lilford | 80054 | male | 8KM |
| 4 | 39:46.5 | Christopher Zaayman | 80029 | male | 8KM |
| 5 | 41:26.3 | Richard Wyllie | 80253 | male | 8KM |
| 6 | 41:47.4 | Alison Uys | 80114 | female | 8KM |
| 7 | 42:43.5 | Paul Pearce | 80041 | male | 8KM |
| 8 | 45:03.5 | Paula Symington | 80207 | female | 8KM |
| 9 | 45:27.0 | Ronnie Verster | 80090 | male | 8KM |
| 10 | 48:26.5 | Gareth Duddington | 80223 | male | 8KM |

| Place | Time | Name | ID | Gender | TimeTrialDistance |
|--------------|-------------|-----------------|-----------|---------------|--------------------------|
| 11 | 48:53.5 | Dave Saunderson | 80026 | male | 8KM |
| 12 | 49:43.1 | Kevan Rocher | 80067 | male | 8KM |
| 13 | 52:02.9 | Alan Etchells | 80261 | male | 8KM |
| 14 | 55:13.0 | Graham Buck | 80151 | male | 8KM |
| 15 | 55:17.1 | Alison Parle | 80203 | female | 8KM |

Race timing with fsTimer - free, open source software for race timing. <http://fstimer.org>