

4KM TimeTrial

Place	Time	Name	ID	Gender	TimeTrialDistance
1	20:14.7	Preston Gounden	40030	male	4KM
2	21:19.7	Paula Symington	40207	female	4KM
3	23:40.5	Liesel Israel	40096	female	4KM
4	27:55.7	Katharine Atkinson	40183	female	4KM
5	32:07.0	Zanele Nduli	40294	female	4KM

8KM TimeTrial

Place	Time	Name	ID	Gender	TimeTrialDistance
1	35:54.9	Hopewell Hlabe	80197	male	8KM
2	40:37.6	Colin van den Bergh	80141	male	8KM
3	47:36.9	Steven Gossman	80111	male	8KM
4	47:40.9	Guy Crosbie	80068	male	8KM
5	49:06.0	Trevor Kershaw	80072	male	8KM

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