

Surname **Name** **CT** **Oceans** **Combined** **RaceNumber** **Male**

| | | | | | | |
|--------------------|----------------|----------|----------|----------|-------|---|
| De Freitas | Marco | 03:09:41 | 03:53:23 | 07:03:04 | 25010 | 1 |
| Kelly | Tristan | 02:54:51 | 04:19:51 | 07:14:41 | 32317 | 1 |
| Wright | Richard | 03:10:19 | 04:05:37 | 07:15:55 | 23510 | 1 |
| Watermeyer | Adie | 03:08:18 | 04:14:12 | 07:22:29 | 21665 | 1 |
| Smit | Aldrin | 03:21:52 | 04:02:31 | 07:24:23 | 20442 | 1 |
| Brittain | Paul | 03:12:39 | 04:18:30 | 07:31:09 | 25079 | 1 |
| Pedro | Rodney | 02:58:47 | 04:43:16 | 07:42:03 | 23445 | 1 |
| Myburgh | Gerald | 02:59:56 | 04:44:11 | 07:44:07 | 25038 | 1 |
| Carstens | Juan | 03:23:52 | 04:20:26 | 07:44:18 | 23306 | 1 |
| Jordaan | André | 02:55:43 | 04:54:50 | 07:50:33 | 25111 | 1 |
| Botha | Cornel | 03:00:38 | 04:53:46 | 07:54:24 | 22983 | 1 |
| Meyer | Mario | 03:32:06 | 04:25:51 | 07:57:58 | 3668 | 1 |
| Botha | Johan | 03:01:24 | 04:57:58 | 07:59:21 | 24220 | 1 |
| MacDiarmid | Jack | 03:04:34 | 04:55:43 | 08:00:16 | 25004 | 1 |
| Benson | Ian | 03:12:07 | 04:48:53 | 08:01:00 | 418 | 1 |
| Winter | Ryan | 03:20:21 | 04:44:08 | 08:04:29 | 21652 | 1 |
| Bouwer | Jacques | 03:21:14 | 04:43:59 | 08:05:13 | 24569 | 1 |
| Flanagan | Kevin | 03:13:32 | 04:53:36 | 08:07:08 | 24774 | 1 |
| Kirkwood | Langley | 03:01:44 | 05:05:44 | 08:07:28 | 23622 | 1 |
| Maritz | Erich | 03:21:30 | 04:47:43 | 08:09:13 | 22540 | 1 |
| Van Der Merwe | Friedl | 04:09:52 | 03:59:34 | 08:09:25 | 22465 | 1 |
| Bennett | Peter | 03:57:17 | 04:12:34 | 08:09:51 | 3884 | 1 |
| Scott-Hayward | Branden | 03:14:46 | 04:56:53 | 08:11:38 | 21341 | 1 |
| Cooney | Adrian | 03:22:02 | 04:49:38 | 08:11:39 | 21203 | 1 |
| Hanekom | Pieter | 03:36:08 | 04:38:25 | 08:14:33 | 2401 | 1 |
| Janse Van Rensburg | Hilton | 03:20:43 | 04:54:50 | 08:15:33 | 20242 | 1 |
| Will | Damian | 03:59:19 | 04:16:25 | 08:15:44 | 21646 | 1 |
| Williams | Warner | 03:16:49 | 04:59:54 | 08:16:43 | 32528 | 1 |
| Pikker | Mark | 03:09:55 | 05:10:21 | 08:20:16 | 20869 | 1 |
| Cairns | Rowan | 03:24:40 | 04:55:43 | 08:20:23 | 24828 | 1 |
| Müller | Rolf | 03:21:15 | 04:59:51 | 08:21:07 | 25277 | 1 |
| Coetzee | Derick | 03:17:19 | 05:05:38 | 08:22:56 | 21066 | 1 |
| Kruger | Justin | 03:25:47 | 04:57:38 | 08:23:25 | 23621 | 1 |
| Ratcliffe | Neil | 02:59:46 | 05:24:23 | 08:24:10 | 10192 | 1 |
| Van Niekerk | Willem Adriaan | 03:07:01 | 05:18:20 | 08:25:21 | 21655 | 1 |
| Dyer | Shoefiyan | 03:27:47 | 05:00:16 | 08:28:03 | 23812 | 1 |
| Ransome | Trevor | 03:08:22 | 05:20:31 | 08:28:53 | 24875 | 1 |
| Wagenheim | Mark | 03:24:45 | 05:05:21 | 08:30:06 | 140 | 1 |
| Mazzolini | Terrance | 03:28:01 | 05:02:13 | 08:30:14 | 2590 | 1 |
| Lary | Garth | 03:29:41 | 05:01:20 | 08:31:01 | 4104 | 1 |
| Nattrass | Brett | 03:40:57 | 04:50:25 | 08:31:22 | 24608 | 1 |
| Roux | Jean | 03:33:59 | 04:57:37 | 08:31:36 | 24170 | 1 |
| Clements | Gareth | 03:36:30 | 04:55:16 | 08:31:46 | 4282 | 1 |
| Elliott | Wayne | 03:28:04 | 05:04:37 | 08:32:41 | 24044 | 1 |

| | | | | | | |
|-------------------|-----------|----------|----------|----------|-------|---|
| Lopez | Anthony | 03:56:11 | 04:37:26 | 08:33:37 | 3458 | 1 |
| Botha | Stephan | 03:25:08 | 05:08:39 | 08:33:47 | 3051 | 1 |
| Pickering | Gareth | 03:15:12 | 05:19:23 | 08:34:35 | 20360 | 1 |
| Tshabeni | Alfred | 03:52:54 | 04:42:23 | 08:35:17 | 25915 | 1 |
| Bain | Joseph | 03:17:32 | 05:19:05 | 08:36:37 | 21517 | 1 |
| Netsianda | Ntuweleni | 03:38:56 | 04:58:50 | 08:37:46 | 22845 | 1 |
| Hammond | Ryan | 04:19:19 | 04:18:40 | 08:37:59 | 23214 | 1 |
| Farmer | Bernard | 03:43:11 | 04:55:53 | 08:39:04 | 21351 | 1 |
| Gillingham | Paul | 03:36:21 | 05:04:29 | 08:40:49 | 24059 | 1 |
| Cieverts | Henry | 03:56:32 | 04:45:39 | 08:42:11 | 1959 | 1 |
| Watson | Glen | 03:24:37 | 05:18:33 | 08:43:10 | 22723 | 1 |
| Croly | Andy | 03:26:37 | 05:18:54 | 08:45:31 | 23430 | 1 |
| De Villiers | Meyer | 03:08:20 | 05:38:26 | 08:46:46 | 22862 | 1 |
| Van Der Werf | Herman | 03:06:26 | 05:40:33 | 08:47:00 | 22259 | 1 |
| Delpport | Martin | 03:52:37 | 04:56:38 | 08:49:15 | 21756 | 1 |
| Ruiter | David | 03:27:26 | 05:25:12 | 08:52:38 | 3918 | 1 |
| Mathee | Heine | 03:05:51 | 05:48:11 | 08:54:02 | 24931 | 1 |
| De Jager | Heinie | 03:30:29 | 05:24:02 | 08:54:31 | 24018 | 1 |
| Hattas | Waheed | 03:08:18 | 05:51:47 | 09:00:04 | 23406 | 1 |
| Adams | Ralph | 04:13:23 | 04:48:35 | 09:01:58 | 3289 | 1 |
| Van Breda | Roderick | 04:05:07 | 04:57:26 | 09:02:34 | 24243 | 1 |
| Birkett | Paul | 03:54:47 | 05:07:59 | 09:02:46 | 21642 | 1 |
| Hobbs | Hayden | 03:19:10 | 05:44:08 | 09:03:17 | 23881 | 1 |
| Mahomed | Ahmed | 03:10:06 | 05:53:29 | 09:03:36 | 21989 | 1 |
| Oosthuizen | Cornelius | 04:08:15 | 04:55:38 | 09:03:53 | 20972 | 1 |
| Kendall | Gary | 03:54:02 | 05:10:11 | 09:04:12 | 50033 | 1 |
| Hayward | Grant | 03:58:35 | 05:05:54 | 09:04:29 | 23381 | 1 |
| Clark | Brett | 03:31:23 | 05:33:41 | 09:05:03 | 20687 | 1 |
| Antrobus | Francis | 03:40:52 | 05:24:23 | 09:05:15 | 23611 | 1 |
| Jansen Van Vuuren | Brandin | 04:56:12 | 04:09:32 | 09:05:43 | 25403 | 1 |
| Maloney | Ivan | 03:50:31 | 05:17:36 | 09:08:08 | 21045 | 1 |
| Sanglay | Hamid | 03:29:30 | 05:39:50 | 09:09:19 | 21717 | 1 |
| Briggs | Thomas | 03:27:56 | 05:41:32 | 09:09:28 | 1973 | 1 |
| Muller | Hp | 03:17:34 | 05:52:01 | 09:09:35 | 24810 | 1 |
| Smit | Jason | 03:21:32 | 05:48:11 | 09:09:44 | 20772 | 1 |
| Zive | Robert | 04:24:33 | 04:45:55 | 09:10:29 | 24444 | 1 |
| Van Wyk | Jans | 03:27:13 | 05:44:49 | 09:12:01 | 25922 | 1 |
| De Abreu | John | 03:54:18 | 05:17:54 | 09:12:12 | 20084 | 1 |
| Dobes | Lee | 04:04:38 | 05:07:40 | 09:12:18 | 22623 | 1 |
| Hofmeyr | Hercu | 04:09:11 | 05:03:50 | 09:13:01 | 257 | 1 |
| Oosthuizen | Leonard | 04:30:06 | 04:43:14 | 09:13:20 | 20518 | 1 |
| Swart | Peet | 03:15:52 | 05:57:44 | 09:13:36 | 21957 | 1 |
| Mahomed | Arshad | 03:04:16 | 06:09:28 | 09:13:44 | 25644 | 1 |
| Van Der Wath | Corrie | 03:18:27 | 05:55:59 | 09:14:25 | 24254 | 1 |
| Wilson | Bruce | 03:56:39 | 05:18:38 | 09:15:16 | 24047 | 1 |
| Wagner | Hein | 03:25:45 | 05:50:09 | 09:15:53 | 25484 | 1 |
| Ayres | Richard | 03:36:46 | 05:39:22 | 09:16:08 | 24221 | 1 |

| | | | | | | |
|-----------------|------------|----------|----------|----------|-------|---|
| Swart | Nelis | 03:32:51 | 05:43:26 | 09:16:17 | 24913 | 1 |
| Atkinson | Simon | 04:51:12 | 04:25:09 | 09:16:21 | 24245 | 1 |
| Kanyile | Bongi | 03:29:56 | 05:46:37 | 09:16:32 | 23920 | 1 |
| Makata | Sello | 04:04:44 | 05:14:04 | 09:18:47 | 26068 | 1 |
| Halliford | Scott | 04:19:44 | 04:59:13 | 09:18:57 | 20823 | 1 |
| Kendall | John | 03:27:22 | 05:52:13 | 09:19:35 | 24871 | 1 |
| Lomberg | Malcolm | 04:31:40 | 04:47:55 | 09:19:35 | 25862 | 1 |
| Coetzee | Jaco | 03:59:16 | 05:20:49 | 09:20:04 | 21080 | 1 |
| Pretorius | Julian | 03:27:28 | 05:52:59 | 09:20:27 | 25478 | 1 |
| Basson | JT | 03:57:30 | 05:23:01 | 09:20:31 | 2828 | 1 |
| Verster-Cohen | James | 04:21:12 | 04:59:28 | 09:20:39 | 25239 | 1 |
| Williams | Eugene | 03:44:15 | 05:37:02 | 09:21:17 | 21078 | 1 |
| Wentzel | Rassie | 03:51:59 | 05:29:33 | 09:21:32 | 22426 | 1 |
| Kline | Warren | 03:37:50 | 05:43:45 | 09:21:35 | 21371 | 1 |
| Meyer | Colin | 03:15:46 | 06:06:39 | 09:22:25 | 21856 | 1 |
| Wall | Colin | 03:27:13 | 05:56:29 | 09:23:42 | 20750 | 1 |
| Van Heerden | Carel | 03:24:24 | 05:59:53 | 09:24:17 | 20464 | 1 |
| Daneel | Matt | 02:59:55 | 06:26:16 | 09:26:11 | 24404 | 1 |
| Lamminga | Dennis | 02:54:50 | 06:32:35 | 09:27:25 | 22220 | 1 |
| Jackson | Neil | 04:12:24 | 05:15:17 | 09:27:41 | 23635 | 1 |
| Aucamp | David | 03:44:36 | 05:44:34 | 09:29:10 | 23186 | 1 |
| Van Der Merwe | Darren | 04:42:44 | 04:46:29 | 09:29:13 | 31589 | 1 |
| Fuller | Raymond | 04:11:57 | 05:18:08 | 09:30:05 | 3485 | 1 |
| Watson | Grant | 03:46:57 | 05:44:33 | 09:31:29 | 32412 | 1 |
| Van Dyk | Johan | 04:18:43 | 05:14:28 | 09:33:11 | 2432 | 1 |
| Smit | Mark | 04:05:14 | 05:28:19 | 09:33:33 | 25623 | 1 |
| Taylor | Andrew | 03:08:20 | 06:25:14 | 09:33:33 | 22114 | 1 |
| Payne | Gareth | 03:23:46 | 06:09:56 | 09:33:42 | 24417 | 1 |
| Thomas | Alan | 03:40:45 | 05:53:27 | 09:34:12 | 20367 | 1 |
| Van Eysen | Erin | 04:54:59 | 04:39:17 | 09:34:16 | 21709 | 1 |
| Marescia | Gary | 03:01:16 | 06:33:00 | 09:34:17 | 26024 | 1 |
| Redelinghuis | Gideon | 04:33:31 | 05:01:21 | 09:34:51 | 3104 | 1 |
| Eadie | Michael | 04:46:21 | 04:48:30 | 09:34:51 | 24094 | 1 |
| O'Byrne | Ian | 03:23:52 | 06:11:13 | 09:35:05 | 833 | 1 |
| McCauley | Errol | 03:39:55 | 05:55:53 | 09:35:48 | 22170 | 1 |
| Francispragasam | Mario | 04:33:02 | 05:03:20 | 09:36:21 | 50184 | 1 |
| Bagley | Darryl | 04:10:10 | 05:27:03 | 09:37:13 | 24639 | 1 |
| Nel | David | 03:54:52 | 05:42:31 | 09:37:23 | 23599 | 1 |
| Mccarthy | Steve | 04:27:44 | 05:10:18 | 09:38:02 | 4107 | 1 |
| Kotze | Jurgens | 03:55:57 | 05:42:17 | 09:38:14 | 24400 | 1 |
| Le Roux | Rudi | 03:44:37 | 05:54:44 | 09:39:21 | 21971 | 1 |
| Kruger | Marius | 03:53:54 | 05:45:32 | 09:39:26 | 4181 | 1 |
| De Wet | Christiaan | 03:30:16 | 06:09:36 | 09:39:51 | 23457 | 1 |
| Boyd | Ross | 04:06:53 | 05:33:55 | 09:40:49 | 23557 | 1 |
| Stewart | Martin | 04:41:18 | 04:59:49 | 09:41:07 | 20481 | 1 |
| Abrahams | Gavin | 03:51:12 | 05:52:36 | 09:43:48 | 3321 | 1 |
| Ball | Tommy | 04:04:02 | 05:39:49 | 09:43:51 | 22376 | 1 |

| | | | | | | |
|--------------|----------|----------|----------|----------|-------|---|
| Nuttall | Chris | 03:58:45 | 05:46:32 | 09:45:17 | 21381 | 1 |
| Botes | Herman | 04:01:25 | 05:44:07 | 09:45:32 | 21841 | 1 |
| Russon | Shaheed | 04:48:51 | 04:57:12 | 09:46:03 | 2632 | 1 |
| Mestriner | Stefano | 03:52:13 | 05:54:16 | 09:46:29 | 24550 | 1 |
| Vernon | Mark | 03:50:44 | 05:56:51 | 09:47:35 | 21675 | 1 |
| King | Nick | 04:16:52 | 05:31:32 | 09:48:24 | 1782 | 1 |
| Scott | Donald | 04:15:51 | 05:32:50 | 09:48:41 | 4341 | 1 |
| Fenwick | Chris | 03:28:01 | 06:21:22 | 09:49:23 | 23288 | 1 |
| Sambo | Rifaed | 03:27:25 | 06:22:18 | 09:49:42 | 21787 | 1 |
| Haefele | David | 05:04:56 | 04:44:53 | 09:49:48 | 20662 | 1 |
| De Klerk | Michael | 03:18:02 | 06:32:43 | 09:50:45 | 24195 | 1 |
| Engelbrecht | Christo | 04:13:04 | 05:38:13 | 09:51:16 | 2334 | 1 |
| Lucas | Andy | 03:37:53 | 06:14:30 | 09:52:22 | 24217 | 1 |
| Spamers | Leon | 03:48:41 | 06:03:58 | 09:52:39 | 22914 | 1 |
| Webb | Thomas | 04:55:36 | 04:57:49 | 09:53:26 | 21419 | 1 |
| Mokhachane | Lindeque | 04:37:15 | 05:16:37 | 09:53:52 | 2905 | 1 |
| Porritt | Greg | 04:35:02 | 05:19:03 | 09:54:05 | 24829 | 1 |
| Pretorius | Andrew | 04:14:30 | 05:39:46 | 09:54:16 | 21475 | 1 |
| Jacobs | Carlo | 03:59:51 | 05:54:54 | 09:54:45 | 25273 | 1 |
| Joubert | Marcel | 02:59:45 | 06:55:27 | 09:55:12 | 31767 | 1 |
| Terwin | Clive | 05:03:38 | 04:51:49 | 09:55:27 | 32299 | 1 |
| Daly | Alan | 03:54:53 | 06:00:35 | 09:55:29 | 4161 | 1 |
| Oliver | Grant | 04:28:51 | 05:27:25 | 09:56:16 | 21410 | 1 |
| De Vries | Shaheem | 03:24:44 | 06:31:45 | 09:56:28 | 23848 | 1 |
| Leukes | Thabiet | 04:33:24 | 05:23:04 | 09:56:29 | 24595 | 1 |
| Isaacs | Nigel | 03:35:34 | 06:21:43 | 09:57:17 | 31627 | 1 |
| Gilmour | Duncan | 06:03:17 | 03:56:26 | 09:59:43 | 3032 | 1 |
| Harpur | Gavin | 04:38:50 | 05:21:01 | 09:59:51 | 20467 | 1 |
| Rorbye | Trevor | 04:05:24 | 05:55:56 | 10:01:20 | 25786 | 1 |
| Thomas | Patrick | 03:27:14 | 06:34:07 | 10:01:21 | 20551 | 1 |
| Mdlolo | Maurice | 04:01:52 | 05:59:32 | 10:01:24 | 26076 | 1 |
| Bulbulia | Zunaid | 03:20:45 | 06:40:49 | 10:01:34 | 25529 | 1 |
| Du Preez | Johann | 03:24:40 | 06:37:17 | 10:01:57 | 3113 | 1 |
| Jabaar | Walied | 03:48:15 | 06:13:57 | 10:02:12 | 21888 | 1 |
| Waters | Gary | 04:41:50 | 05:22:07 | 10:03:57 | 24554 | 1 |
| Berning | Gareth | 05:40:07 | 04:24:01 | 10:04:08 | 31888 | 1 |
| Pocock | Eric | 04:11:44 | 05:53:16 | 10:05:00 | 1848 | 1 |
| Kode | Gavin | 04:07:48 | 05:57:15 | 10:05:04 | 2704 | 1 |
| Isaacs | Ismail | 03:39:59 | 06:25:16 | 10:05:15 | 25663 | 1 |
| Brown | Viv | 04:07:20 | 05:58:31 | 10:05:51 | 4377 | 1 |
| Theron | Hannes | 03:56:31 | 06:11:42 | 10:08:13 | 24207 | 1 |
| Retief | Ronnie | 04:42:40 | 05:25:40 | 10:08:21 | 20317 | 1 |
| Van Der Walt | Louis | 05:20:07 | 04:48:47 | 10:08:53 | 3919 | 1 |
| Prinsloo | Marco | 04:25:50 | 05:44:46 | 10:10:36 | 20152 | 1 |
| Bouwer | Justin | 04:15:17 | 05:55:33 | 10:10:50 | 21882 | 1 |
| Pirow | Patrick | 03:37:12 | 06:33:54 | 10:11:07 | 21659 | 1 |
| Kotze | Francois | 04:59:56 | 05:11:25 | 10:11:21 | 21438 | 1 |

| | | | | | | |
|--------------------|-----------|----------|----------|----------|-------|---|
| Meinert | Martin | 03:57:47 | 06:15:32 | 10:13:18 | 20059 | 1 |
| Wilken | Shaun | 03:52:28 | 06:23:27 | 10:15:55 | 22625 | 1 |
| Webber | Arthur | 03:38:29 | 06:38:04 | 10:16:33 | 24209 | 1 |
| Le Brun | Robbie | 03:22:22 | 06:54:29 | 10:16:51 | 24083 | 1 |
| De Beer | Herman | 04:54:42 | 05:22:24 | 10:17:06 | 25142 | 1 |
| Nixon | Ian | 03:40:12 | 06:36:57 | 10:17:09 | 20011 | 1 |
| Coetzee | Hennie | 04:49:36 | 05:27:49 | 10:17:25 | 20215 | 1 |
| Barnard | Cobus | 05:00:11 | 05:18:11 | 10:18:22 | 24825 | 1 |
| Botes | Juan | 03:41:07 | 06:37:17 | 10:18:24 | 10021 | 1 |
| Clampett | Jeremy | 03:52:32 | 06:26:00 | 10:18:32 | 22087 | 1 |
| Bothma | Adam | 05:20:14 | 04:58:42 | 10:18:56 | 25544 | 1 |
| Windvogel | Bertram | 03:46:19 | 06:32:40 | 10:18:58 | 3953 | 1 |
| Brand | Johannes | 04:31:20 | 05:47:48 | 10:19:09 | 21520 | 1 |
| Rosenstein | Shaun | 04:24:02 | 05:55:19 | 10:19:22 | 10129 | 1 |
| Bonorchis | Clay | 04:16:15 | 06:03:22 | 10:19:37 | 20201 | 1 |
| Haupt | Fritz | 04:17:10 | 06:03:21 | 10:20:32 | 20282 | 1 |
| Jacobs | Traviss | 04:17:38 | 06:03:26 | 10:21:04 | 24003 | 1 |
| Hodkin | Jack | 04:29:42 | 05:51:35 | 10:21:17 | 10232 | 1 |
| Mansfield | Gareth | 04:31:57 | 05:49:29 | 10:21:25 | 22767 | 1 |
| Van Der Westhuizen | Adriaan | 03:24:27 | 06:57:20 | 10:21:47 | 22311 | 1 |
| Tian | Shen | 05:32:22 | 04:49:30 | 10:21:52 | 20231 | 1 |
| Beukes | Floricius | 04:35:51 | 05:46:50 | 10:22:41 | 24977 | 1 |
| Butcher | Richard | 04:02:56 | 06:19:55 | 10:22:51 | 339 | 1 |
| Edwards | Isaac | 04:23:56 | 05:59:09 | 10:23:05 | 24363 | 1 |
| Price | Richard | 04:17:48 | 06:06:25 | 10:24:13 | 22903 | 1 |
| Kotze | Emile | 04:34:50 | 05:49:39 | 10:24:29 | 23980 | 1 |
| Lester | John | 05:10:14 | 05:14:22 | 10:24:36 | 25667 | 1 |
| Ceres | Ismail | 03:43:21 | 06:41:21 | 10:24:43 | 24373 | 1 |
| Davids | Farouk | 03:38:09 | 06:46:39 | 10:24:48 | 21513 | 1 |
| Moralie | Leon | 05:08:39 | 05:17:05 | 10:25:44 | 4319 | 1 |
| Mohamed | Adnaan | 04:31:47 | 05:54:28 | 10:26:15 | 4065 | 1 |
| Mudge | Desmond | 04:05:53 | 06:21:13 | 10:27:05 | 4409 | 1 |
| Jenkins | David | 05:13:51 | 05:13:20 | 10:27:11 | 22200 | 1 |
| Kavallineas | Dimitri | 04:35:00 | 05:52:35 | 10:27:35 | 3387 | 1 |
| Wendzich | Eddy | 04:30:59 | 05:56:36 | 10:27:35 | 21793 | 1 |
| Floris | Dennis | 05:14:01 | 05:13:43 | 10:27:44 | 3348 | 1 |
| Witte | Leon | 04:35:17 | 05:52:36 | 10:27:54 | 24933 | 1 |
| Schroll | Michael | 05:19:23 | 05:08:34 | 10:27:57 | 50679 | 1 |
| May | Troye | 04:02:20 | 06:27:05 | 10:29:26 | 22335 | 1 |
| Fölscher | Danny | 03:29:55 | 07:00:00 | 10:29:55 | 22045 | 1 |
| Brand | John | 03:51:36 | 06:38:58 | 10:30:33 | 3218 | 1 |
| Dionisio | Tiago | 04:28:16 | 06:02:19 | 10:30:36 | 50380 | 1 |
| Serdyn | Johan | 04:03:43 | 06:26:56 | 10:30:38 | 1049 | 1 |
| Van Zyl | Jeromy | 03:48:10 | 06:42:58 | 10:31:08 | 20560 | 1 |
| Tolsma | Mark | 04:50:00 | 05:42:39 | 10:32:39 | 1340 | 1 |
| Holing | Clint | 04:29:15 | 06:04:42 | 10:33:57 | 20245 | 1 |
| Abrahams | Waheed | 05:05:47 | 05:29:15 | 10:35:02 | 3696 | 1 |

| | | | | | | |
|--------------------|---------------|----------|----------|----------|-------|---|
| Shamley | Barry | 04:12:21 | 06:23:04 | 10:35:24 | 20868 | 1 |
| Fredericks | Angelo | 04:21:28 | 06:14:01 | 10:35:29 | 20770 | 1 |
| Slattery | Peter | 04:33:20 | 06:02:21 | 10:35:40 | 22753 | 1 |
| Wiesner | Raymond | 04:42:12 | 05:53:54 | 10:36:06 | 23979 | 1 |
| Holmes | John | 04:42:12 | 05:53:56 | 10:36:08 | 21826 | 1 |
| Bromfield | Lee | 04:36:37 | 05:59:33 | 10:36:09 | 21690 | 1 |
| Boshoff | Bossie | 05:04:05 | 05:32:22 | 10:36:27 | 3984 | 1 |
| Van Der Westhuizen | Faan | 04:06:07 | 06:31:45 | 10:37:52 | 23505 | 1 |
| Van Rayner | Clive | 05:08:32 | 05:30:32 | 10:39:04 | 3545 | 1 |
| Mavume | Bonga | 04:50:06 | 05:49:21 | 10:39:27 | 22545 | 1 |
| Hofmeyr | Pierre | 03:41:42 | 06:57:49 | 10:39:31 | 20688 | 1 |
| Allie | Gozyn | 04:10:06 | 06:30:19 | 10:40:25 | 25145 | 1 |
| Khumalo | Mandlenkosi | 04:42:29 | 05:58:09 | 10:40:38 | 21644 | 1 |
| Winship | George Martin | 03:50:46 | 06:50:10 | 10:40:56 | 24553 | 1 |
| Jordaan | Diederick | 04:57:41 | 05:43:46 | 10:41:27 | 25734 | 1 |
| Schroeder | Henry | 04:28:55 | 06:13:51 | 10:42:46 | 21356 | 1 |
| Petersen | Mogamat | 03:46:16 | 06:56:38 | 10:42:55 | 4257 | 1 |
| Ahmad | Jameel | 04:46:34 | 05:57:20 | 10:43:54 | 23282 | 1 |
| Hendricks | Donavan | 04:32:32 | 06:11:54 | 10:44:26 | 22768 | 1 |
| Arendse | Russel | 04:17:52 | 06:27:13 | 10:45:05 | 20812 | 1 |
| De Lange | Theuns | 04:22:04 | 06:23:46 | 10:45:50 | 3563 | 1 |
| Scheepers | Paul | 04:50:42 | 05:58:18 | 10:49:00 | 20615 | 1 |
| Brown | Alroy | 04:28:19 | 06:21:12 | 10:49:31 | 20393 | 1 |
| Sainsbury | Chet | 04:54:09 | 05:55:55 | 10:50:04 | 214 | 1 |
| Kotzé | Johann | 04:58:00 | 05:52:06 | 10:50:06 | 24653 | 1 |
| Tweedy | George | 04:16:31 | 06:35:00 | 10:51:31 | 21271 | 1 |
| Kretschmar | Justin | 05:33:38 | 05:18:30 | 10:52:08 | 22830 | 1 |
| Chauke | Tshepo | 05:17:46 | 05:34:23 | 10:52:08 | 24818 | 1 |
| Nxele | Bandile | 04:40:46 | 06:12:16 | 10:53:02 | 23814 | 1 |
| Speck | Simon | 04:46:59 | 06:06:48 | 10:53:47 | 758 | 1 |
| Claassens | Jaco | 04:43:25 | 06:10:59 | 10:54:24 | 23421 | 1 |
| Salie | Jainoodien | 05:06:35 | 05:48:08 | 10:54:43 | 20453 | 1 |
| Jacobs | Alan | 04:56:25 | 05:58:37 | 10:55:02 | 1542 | 1 |
| Mosig | Kersten | 05:04:09 | 05:53:18 | 10:57:27 | 21173 | 1 |
| Dodgen | Grant | 04:44:31 | 06:14:01 | 10:58:31 | 20773 | 1 |
| Pretorius | Riaan | 04:42:18 | 06:16:23 | 10:58:42 | 22295 | 1 |
| Van Wijk | Andrew | 04:44:05 | 06:15:20 | 10:59:26 | 24748 | 1 |
| Kellerman | Frank | 06:02:47 | 04:56:59 | 10:59:46 | 23739 | 1 |
| Doubell | Tommie | 06:02:28 | 04:57:43 | 11:00:11 | 25788 | 1 |
| King | Philip | 05:40:08 | 05:20:07 | 11:00:16 | 24900 | 1 |
| Van Wyk | Leon | 04:02:29 | 06:58:23 | 11:00:52 | 20881 | 1 |
| Vermaak | Rodney | 04:08:24 | 06:52:33 | 11:00:56 | 20732 | 1 |
| Christie | Sean | 05:05:05 | 05:57:08 | 11:02:13 | 22093 | 1 |
| Ronander | Carl | 05:12:49 | 05:49:32 | 11:02:21 | 20754 | 1 |
| De Wet | Fouche | 04:09:02 | 06:53:40 | 11:02:42 | 25577 | 1 |
| Mokoena | Kenny | 05:07:24 | 05:55:38 | 11:03:02 | 23807 | 1 |
| Van Den Berg | Paul | 04:27:43 | 06:35:26 | 11:03:09 | 25795 | 1 |

| | | | | | | |
|-------------|----------------|----------|----------|----------|-------|---|
| Smith | Vernon Michael | 04:07:23 | 06:57:28 | 11:04:51 | 25060 | 1 |
| Malherbe | Gideon | 04:51:51 | 06:14:14 | 11:06:05 | 3228 | 1 |
| Taljaard | Danie | 04:13:44 | 06:52:28 | 11:06:12 | 24993 | 1 |
| Salie | Suleiman | 04:15:50 | 06:51:56 | 11:07:46 | 22062 | 1 |
| Sara | Greg | 04:48:33 | 06:19:27 | 11:08:00 | 25035 | 1 |
| Heywood | Mark | 05:09:00 | 05:59:06 | 11:08:06 | 25744 | 1 |
| Mehl | Gustav | 04:40:00 | 06:28:58 | 11:08:57 | 10181 | 1 |
| Smit | Carel | 04:36:42 | 06:32:38 | 11:09:20 | 4049 | 1 |
| McKeaveney | Andrew | 04:47:56 | 06:22:55 | 11:10:51 | 23073 | 1 |
| Margolin | Issy | 04:46:11 | 06:26:35 | 11:12:47 | 334 | 1 |
| McDavid | Andrew | 05:51:56 | 05:21:01 | 11:12:57 | 25173 | 1 |
| Morgan | Neil | 04:49:44 | 06:23:43 | 11:13:27 | 24686 | 1 |
| Jacobs | Andre | 04:56:09 | 06:17:44 | 11:13:53 | 24165 | 1 |
| Damerell | Rob | 04:33:34 | 06:41:57 | 11:15:31 | 20248 | 1 |
| Leonard | Mark | 05:27:05 | 05:50:14 | 11:17:19 | 24758 | 1 |
| Kellerman | Francois | 04:29:55 | 06:48:18 | 11:18:13 | 21127 | 1 |
| Heerschap | Alex | 04:30:07 | 06:49:47 | 11:19:54 | 21712 | 1 |
| Dickson | Mujahid | 05:52:20 | 05:28:35 | 11:20:55 | 25698 | 1 |
| Mundie | Brian | 05:23:51 | 05:57:08 | 11:20:59 | 22684 | 1 |
| Coetzee | Michael | 05:33:31 | 05:48:18 | 11:21:49 | 25580 | 1 |
| Solomons | Pedro | 05:35:30 | 05:47:21 | 11:22:51 | 20970 | 1 |
| Snyders | Merton | 05:56:01 | 05:27:24 | 11:23:24 | 3940 | 1 |
| Van Zyl | Jeremy | 05:05:47 | 06:17:51 | 11:23:37 | 22097 | 1 |
| Van Dyk | Flippie | 04:29:01 | 06:55:10 | 11:24:11 | 1109 | 1 |
| Botha | Graham | 04:42:58 | 06:46:27 | 11:29:24 | 2148 | 1 |
| Crowie | Rowan Mark | 04:35:30 | 06:54:46 | 11:30:16 | 31220 | 1 |
| Schoeman | Grant | 04:54:15 | 06:36:57 | 11:31:12 | 32110 | 1 |
| Blackmore | Matthew | 05:40:14 | 05:52:14 | 11:32:27 | 31030 | 1 |
| Smit | Schalk | 05:23:07 | 06:09:24 | 11:32:30 | 2052 | 1 |
| Malherbe | Nicus | 04:57:38 | 06:35:04 | 11:32:41 | 21653 | 1 |
| May | John | 04:44:28 | 06:49:05 | 11:33:34 | 1246 | 1 |
| Morilly | Pj | 04:57:42 | 06:36:57 | 11:34:39 | 32205 | 1 |
| Ceustermans | Leon | 05:20:55 | 06:14:44 | 11:35:39 | 20888 | 1 |
| Bush | Donovan | 05:45:57 | 05:51:20 | 11:37:17 | 25923 | 1 |
| Adams | Ashley | 04:58:12 | 06:39:55 | 11:38:08 | 23900 | 1 |
| Zaaiman | Werner | 05:26:09 | 06:14:57 | 11:41:05 | 25625 | 1 |
| Scott | Jim | 05:31:14 | 06:10:31 | 11:41:45 | 2275 | 1 |
| Kotze | Meyer | 04:55:41 | 06:48:03 | 11:43:44 | 50627 | 1 |
| Durr | Storm | 05:54:58 | 05:49:29 | 11:44:27 | 1882 | 1 |
| Baard | Jean-Pierre | 04:54:11 | 06:51:39 | 11:45:50 | 21830 | 1 |
| Nolan | Trevor | 05:06:07 | 06:40:00 | 11:46:07 | 25823 | 1 |
| Abed | Gesant | 04:53:30 | 06:54:49 | 11:48:19 | 24943 | 1 |
| Simpson | Brett | 05:22:30 | 06:27:01 | 11:49:31 | 20834 | 1 |
| Samsodien | Sam | 04:52:06 | 06:57:30 | 11:49:36 | 21421 | 1 |
| Abbas | Mustaq | 05:01:22 | 06:48:57 | 11:50:20 | 23428 | 1 |
| Orrie | Ashraf | 05:34:30 | 06:16:21 | 11:50:51 | 21197 | 1 |
| Oosthuizen | Jean | 05:13:41 | 06:37:13 | 11:50:53 | 22900 | 1 |

| | | | | | | |
|---------------|---------------|----------|----------|----------|-------|---|
| Burrows | Ryan | 06:16:50 | 05:36:40 | 11:53:31 | 25518 | 1 |
| Rocher | Kevan | 06:03:42 | 05:49:50 | 11:53:32 | 21408 | 1 |
| Niehaus | Phil | 05:54:23 | 05:59:12 | 11:53:34 | 3790 | 1 |
| Schwartz | Barry | 05:02:57 | 06:50:46 | 11:53:43 | 1664 | 1 |
| Francke | Hilton | 04:57:49 | 06:57:00 | 11:54:48 | 21811 | 1 |
| Naylor | Peter | 05:00:39 | 06:54:21 | 11:55:00 | 3615 | 1 |
| Van Eeden | Jan | 06:07:49 | 05:48:10 | 11:55:59 | 1740 | 1 |
| Taylor | Ashley | 05:01:08 | 06:54:55 | 11:56:03 | 20648 | 1 |
| Idas | Clive | 05:09:59 | 06:47:54 | 11:57:53 | 25303 | 1 |
| Mustapha | Shahied | 05:23:22 | 06:36:51 | 12:00:13 | 20104 | 1 |
| Motaung | Duncan Lejone | 04:59:05 | 07:01:16 | 12:00:20 | 20329 | 1 |
| Xulu | Brian Zenzo | 05:52:46 | 06:08:24 | 12:01:10 | 4217 | 1 |
| Groener | Archie | 06:12:13 | 05:50:36 | 12:02:49 | 4375 | 1 |
| Majiet | Siraj | 05:21:31 | 06:41:56 | 12:03:27 | 21023 | 1 |
| Sedeman | Collin | 05:02:34 | 07:01:24 | 12:03:58 | 20508 | 1 |
| Havenga | Coen | 05:02:51 | 07:03:49 | 12:06:40 | 22395 | 1 |
| Watson | Edward | 05:32:59 | 06:34:37 | 12:07:36 | 25498 | 1 |
| Rittershaus | Axel | 06:17:58 | 05:50:09 | 12:08:07 | 23934 | 1 |
| Du Plessis | Charl | 05:26:57 | 06:44:04 | 12:11:02 | 30733 | 1 |
| Patel | Dipak | 05:10:04 | 07:04:19 | 12:14:22 | 30219 | 1 |
| Van De Venter | Wicus | 05:55:44 | 06:19:49 | 12:15:33 | 20313 | 1 |
| Scorgie | Darren | 05:16:39 | 06:59:13 | 12:15:52 | 21753 | 1 |
| Cuff | John | 05:38:29 | 06:38:05 | 12:16:34 | 40031 | 1 |
| Medcalf | Jonty | 05:22:26 | 06:54:30 | 12:16:56 | 20736 | 1 |
| Delpport | Tinus | 05:37:03 | 06:40:26 | 12:17:29 | 23484 | 1 |
| Loedolff | Francois | 05:14:06 | 07:04:00 | 12:18:06 | 1391 | 1 |
| Behrens | Shaun | 06:09:23 | 06:11:04 | 12:20:27 | 20883 | 1 |
| Baatjes | Rudi | 05:26:13 | 06:54:48 | 12:21:01 | 22637 | 1 |
| Malloy | Frank | 05:26:40 | 06:57:19 | 12:23:59 | 1856 | 1 |
| Jacobs | Mark | 06:12:05 | 06:13:36 | 12:25:42 | 25547 | 1 |
| Davids | Roscoe | 06:17:25 | 06:08:32 | 12:25:56 | 21987 | 1 |
| Prodgers | Rod | 05:43:03 | 06:46:32 | 12:29:34 | 24187 | 1 |
| Moodley | Kirushin | 05:53:21 | 06:36:25 | 12:29:46 | 23586 | 1 |
| Kalam | Abdul Malick | 06:31:39 | 06:00:20 | 12:31:59 | 25238 | 1 |
| Jacobs | John | 05:38:00 | 06:56:15 | 12:34:15 | 3841 | 1 |
| Vavane | Edmen | 05:59:34 | 06:36:57 | 12:36:31 | 4403 | 1 |
| Gibb | Robbie | 06:05:46 | 06:31:49 | 12:37:35 | 20493 | 1 |
| Mohamed | Naasief | 05:48:15 | 06:49:42 | 12:37:56 | 22103 | 1 |
| Macgregor | Martin | 05:58:16 | 06:41:41 | 12:39:57 | 25825 | 1 |
| Thoma | Adrien | 06:03:41 | 06:44:26 | 12:48:07 | 20425 | 1 |
| Richards | Douglas | 06:48:13 | 06:01:17 | 12:49:30 | 25288 | 1 |
| Kellerman | Francois | 06:02:47 | 06:48:18 | 12:51:05 | 527 | 1 |
| Pike | Craig | 06:14:05 | 06:38:28 | 12:52:33 | 21890 | 1 |
| Petersen | Faruak | 06:14:26 | 06:42:31 | 12:56:57 | 20191 | 1 |
| Gassner | Dave | 06:28:51 | 06:29:07 | 12:57:58 | 1024 | 1 |
| Mogoera | Pono | 06:35:27 | 06:23:29 | 12:58:56 | 25316 | 1 |
| Taylor | Scott | 06:24:24 | 06:35:29 | 12:59:53 | 23797 | 1 |

| | | | | | | |
|------------|-----------------|----------|----------|----------|-------|---|
| Young | Simon | 06:12:01 | 06:48:42 | 13:00:43 | 23713 | 1 |
| Abrahams | Denzil | 06:16:11 | 06:47:24 | 13:03:34 | 2279 | 1 |
| Du Plessis | Johan | 06:42:27 | 06:21:58 | 13:04:25 | 31481 | 1 |
| Lorenzo | Tommy | 06:26:14 | 06:39:19 | 13:05:33 | 50124 | 1 |
| Petersen | Nasser | 06:14:47 | 06:53:25 | 13:08:11 | 4037 | 1 |
| Spence | Peter | 06:38:10 | 06:31:05 | 13:09:15 | 21731 | 1 |
| Forsyth | Stuart | 06:11:21 | 06:58:55 | 13:10:17 | 21441 | 1 |
| Forsyth | Alan | 06:12:48 | 06:58:55 | 13:11:44 | 21442 | 1 |
| Westraadt | Hennie | 06:12:12 | 07:00:19 | 13:12:31 | 25304 | 1 |
| Adams | Moegamat Faldhi | 06:18:26 | 06:54:52 | 13:13:18 | 21635 | 1 |
| Wilson | Darkie | 06:23:12 | 06:51:10 | 13:14:22 | 23245 | 1 |
| Mowlana | Abu | 06:19:57 | 06:54:54 | 13:14:51 | 21680 | 1 |
| Botha | Conrad | 06:31:09 | 06:54:07 | 13:25:15 | 20765 | 1 |
| Galant | Aslam | 06:35:42 | 06:54:49 | 13:30:31 | 22675 | 1 |
| Allie | Shahmieg | 06:29:41 | 07:03:34 | 13:33:15 | 25075 | 1 |
| Rahim | Mustaq | 06:49:42 | 06:46:21 | 13:36:03 | 23499 | 1 |
| Buckley | Richard | 06:43:53 | 06:52:52 | 13:36:44 | 20075 | 1 |
| Thomas | Lynn | 06:51:28 | 06:51:41 | 13:43:09 | 2041 | 1 |