

<b>Individuals Men</b>				<b>Tower</b>	<b>Rebel</b>	<b>Overall time</b>
<b>Place</b>	<b>Name</b>	<b>Age</b>	<b>Gender</b>	<b>Time</b>	<b>Time</b>	<b>overall</b>
1	Emile Conrad	39	m	1,51,00	3,24,00	5,15
2	Nico Gouws	38	m	2,03,00	3,39,00	5,42
3	Tertius Engelbrecht	40	m	2,01,00	4,08,00	6,09
4	Heinrich Leslie	31	m	2,31,00	3,39,00	6,1
5	Tebogo Mothupi	31	m	2,19,00	4,25,00	6,44
6	Vincent Naude	32	m	2,24,00	4,21,00	6,45
7	Magnificent Makhoane	24	m	2,46,00	4,04,00	6,5
8	Nick Berry	28	m	2,23,00	4,27,00	6,5
9	Thabo Andrew Mokoena	37	m	2,49,00	4,19,00	7,08
10	Kervin Gericke	34	m	3,13,00	4,07,00	7,2
11	Morne Mommsen	50	m	3,08,00	4,23,00	7,31
12	Pieter Jordaan	46	m	3,14,00	4,28,00	7,42
13	Pieter de Klerk	52	m	2,59,00	4,43,00	7,42
14	Neels CJA Kruger	51	m	2,44,00	4,59,00	7,43
15	Jeffrey Mabusela	32	m	3,03,00	4,42,00	7,45
16	Gert Steynsburg	53	m	3,18,00	4,46,00	8,04
17	Qhina Motletsi	37	m	3,19,00	4,48,00	8,07
18	Zander de Beer	19	m	3,32,00	4,52,00	8,24
19	Abrie Labuschagne	46	m	3,13,00	5,21,00	8,25
20	Piet Motau	40	m	03,04,00	5,26,00	8,3
21	Lukhele Nkongo	28	m	3,51,00	4,43,00	8,34
22	Kenneth Mahlaole	37	m	3,24,00	5,29,00	8,53
23	William Mokuba	41	m	3,52,00	5,16,00	8,68
24	R Tshegofatso	33	m	3,12,00	6,00,00	9,12
25	Lesley Kalane	35	m	3,41,00	5,44,00	9,3
26	Tshepiso Seletela	34	m	4,06,00	5,30,00	9,36
27	Krollos Tshotetsi	38	m	3,33,00	6,08,00	9,41
28	Tumelo Moeti	40	m	4,13,00	5,47,00	10
29	Katlego Bali	35	m	4,37,00	5,37,00	10,14
30	Byron Teason	20	m	4,11,00	6,07,00	10,18
31	Jerome May	38	m	5,31,00	5,59,00	10,9
32	Maxwell Sofe	31	m	5,13,00	5,58,00	11,11
33	KC Luvhimbi	33	m	6,07,00	6,02,00	12,09
34	Levian Sejake	45	m	6,03,00	6,10,00	12,13
35	Zenzile Mondleni	38	m	6,10,00	6,10,00	12,2
36	James Baloyi	36	m	6,49,00	6,10,00	12,59

<b>Individuals Woman</b>				<b>Tower</b>	<b>Rebel</b>	<b>Overall time</b>
1	Kuboye Chricious	29	f	5,30,00	5,20,00	10,5
2	Enie Manzini	42	f	DQ	6,11,00	

