

Team	M/F	Category	Time
Nzuri Westrand 2	Female	Open	00:16:17
Cape Town 4	Female	Open	00:16:43
Gauteng EMS 2	Female	Open	00:18:35
Matlosana Bravo Zero	Female	Open	00:19:35
VWS Female Open	Female	Open	00:20:01
Mangaung Ladies	Female	Open	00:20:11
Mosselbay Fire Blazers 3	Female	Open	00:20:51
Bitou 1	Female	Open	00:20:53
Garden Route 4	Female	Open	00:21:03
Msunduzi 1	Female	Open	00:23:41
Midvaal Toppies	Male	40+	00:11:22
Cape Town 3	Male	40+	00:13:03
Garden Route 3	Male	40+	00:13:42
Mangaung Oldies	Male	40+	00:14:07
Gauteng EMS 3	Male	40+	00:14:12
Wynland 2	Male	40+	00:14:52
Matlosana Hotel Bravo	Male	40+	00:15:20
Cape Town 1	Male	Open	00:08:53
Nzuri Westrand 1	Male	Open	00:09:11
Garden Route 1	Male	Open	00:09:23
Midvaal 3	Male	Open	00:09:34
Chief David Stuurman	Male	Open	00:10:04
Cape Town 2	Male	Open	00:10:45
Midvaal 2	Male	Open	00:11:05
Mangaung Men	Male	Open	00:11:12
Garden Route 2	Male	Open	00:11:24
Msunduzi 2	Male	Open	00:11:26
JB Marks Spartans	Male	Open	00:11:29
Drakenstein A	Male	Open	00:11:50
Midvaal 1	Male	Open	00:11:56
Matlosana Vikings	Male	Open	00:12:11
Bitou 2	Male	Open	00:12:22
VWS 1	Male	Open	00:12:30
Mosselbay Fire Blazers 1	Male	Open	00:12:30
Gauteng EMS 1	Male	Open	00:12:59
Garden Route 5	Male	Open	00:13:13
Matlosana Kilo Delta	Male	Open	00:13:40
Wynland 1	Male	Open	00:13:42
Western Cape 1	Male	Open	00:13:47
Drakenstein B	Male	Open	00:15:05
VWS 2	Male	Open	00:16:37
First Care Wildfire 2	Male	Open	00:17:53
Mosselbay Fire Blazers 2	Male	Open	00:18:00
First Care Wildfire 1	Male	Open	00:23:58
VWS Male	Male	Open	00:25:06