

17:00:00	00:00:00	DAVID	VAN WYCK	10 Km
17:00:30	00:00:30	DAMIAN	VAN WYCK	10 Km
17:01:00	00:01:00	Johnny	Pedridis	10 Km
17:01:30	00:01:30			
17:02:00	00:02:00	Werner	Steyn	10km Full Series(Rounds 1–4)
17:02:30	00:02:30			
17:03:00	00:03:00	Heibre	Deacon	5km Full Series(Rounds 1–4)
17:03:30	00:03:30			
17:04:00	00:04:00	Lizl	Deacon	5km Full Series(Rounds 1–4)
17:40:00	00:40:00	Gerrit	Moelich	10 Km
17:40:30	00:40:30			
17:41:00	00:41:00	Christopher	Mitton	10 Km
17:41:30	00:41:30			
17:42:00	00:42:00	Hen-ray	Van soelen	10km Full Series(Rounds 1–4)
17:42:30	00:42:30			
17:43:00	00:43:00	Wj	Mynhardt	10km Full Series(Rounds 1–4)
17:43:30	00:43:30			
17:44:00	00:44:00	Kyle	Durandt	5km Full Series(Rounds 1–4)
18:00:00	01:00:00	Bernard	Oelofse	10 Km
18:00:30	01:00:30			
18:01:00	01:01:00	Handre	Oelofse	10 Km
18:01:30	01:01:30			
18:02:00	01:02:00	Wiehan	Mostert	10 Km