Overall Results 5km

Race No	Category	Name	Sex	Age Cat	Race Time	Overall Pos	Age Pos
85792	Individual	CHRISTOPHER ADAM	M	10 to 19	0:27:54	1	1
4615	Individual	MARC ADAM	M	40 to 49	0:28:00	2	1
52177	Individual	DARYL GIRODO	M	40 to 49	0:31:08	3	2
52100	Individual	CARRISSA ZACHARIAS	F	20 to 29	0:31:41	1	1
14111	Individual	DEBRA SCHRODER	F	30 to 39	0:31:54	2	1
74585	Individual	LARIZA BREDENKAMP	F	20 to 29	0:42:05	3	2
93822	Individual	RICHARD-DEAN JAMES	M	20 to 29	0:42:07	4	1
36952	Individual	SAMANTHA FOULKES	F	40 to 49	1:37:39	4	1