

| FirstName | SecondName | Gender | Date       | Distance   | Time | Runs |
|-----------|------------|--------|------------|------------|------|------|
| Godfrey   | Komichi    | M      | 2024/08/17 | 5 00;20;20 |      | 30   |
| Victor    | Dlamini    | M      | 2024/08/17 | 5 00;20;59 |      | 20   |
| Lackson   | Chauke     | M      | 2024/08/17 | 5 00;23;31 |      | 32   |
| Chester   | Shen       | M      | 2024/08/17 | 5 00;25;41 |      | 1    |
| Paul      | Cawood     | M      | 2024/08/17 | 5 00;25;59 |      | 84   |
| Maselo    | Mphafudi   | M      | 2024/08/17 | 5 00;26;26 |      | 45   |
| Julian    | Blonski    | M      | 2024/08/17 | 5 00;26;39 |      | 230  |
| Russ      | Dodding    | M      | 2024/08/17 | 5 00;27;17 |      | 147  |
| Daniel    | Erlank     | M      | 2024/08/17 | 5 00;28;38 |      | 79   |
| Chad      | Harris     | M      | 2024/08/17 | 5 00;29;32 |      | 114  |
| Masoono   | Nchabeleng | M      | 2024/08/17 | 5 00;30;39 |      | 210  |
| Heather   | Murch      | F      | 2024/08/17 | 5 00;30;53 |      | 128  |
| Dominique | Erlank     | F      | 2024/08/17 | 5 00;32;59 |      | 190  |
| Les       | Sutcliffe  | M      | 2024/08/17 | Timekeeper |      |      |
| Leuba     | Mothapo    | M      | 2024/08/17 | Timekeeper |      |      |