

| Freedom Swim | | | | |
|---------------------|----------|------------------|------------------|-------------|
| Date | # | Firstname | Surname | Time |
| 02-05-10 | 1 | Tyron | Venter | 1:48:00 |
| 02-05-10 | 2 | Phillip | Chappell | 2:05:00 |
| 02-05-10 | 3 | Sarah | Kay | 2:09:00 |
| 02-05-10 | 4 | Ray | Butcher | 2:10:00 |
| 02-05-10 | 5 | Lisa | Cowling | 2:10:00 |
| 02-05-10 | 6 | Rebecca | Newson | 2:18:00 |
| 02-05-10 | 7 | Emma | Alsop | 2:20:00 |
| 02-05-10 | 8 | Marius | de la Rey | 2:22:00 |
| 02-05-10 | 9 | Ryan | Stramrood | 2:23:00 |
| 02-05-10 | 10 | Kieron | Palframan | 2:23:00 |
| 02-05-10 | 11 | Henko | Roukema | 2:28:00 |
| 02-05-10 | 12 | Grant | McGilvray | 2:30:00 |
| 02-05-10 | 13 | Francesco | del Castello | 2:31:00 |
| 02-05-10 | 14 | Nadine | Ballot | 2:32:00 |
| 02-05-10 | 15 | Wayne | Ketteringham | 2:35:00 |
| 02-05-10 | 16 | Barbara | Held | 2:37:00 |
| 02-05-10 | 17 | Dale | Oosthuizen | 2:38:00 |
| 02-05-10 | 18 | Lee | Oosthuizen | 2:39:00 |
| 02-05-10 | 19 | Andre | van Rensberg | 2:40:00 |
| 02-05-10 | 20 | Tyrel | Manson | 2:41:00 |
| 02-05-10 | 21 | Achmat | Hassiem | 2:41:00 |
| 02-05-10 | 22 | Andrew | Chin | 2:41:00 |
| 02-05-10 | 23 | Silke | Geugis | 2:44:00 |
| 02-05-10 | 24 | Christopher | Harradine | 2:45:00 |
| 02-05-10 | 25 | James | Laurence | 2:47:00 |
| 02-05-10 | 26 | Neil | Ralphs | 2:47:00 |
| 02-05-10 | 27 | Gareth | Brauteseth | 2:48:00 |
| 02-05-10 | 28 | Jakob | Smit | 2:48:00 |
| 02-05-10 | 29 | Paul | Higgins-Drysdale | 2:49:00 |
| 02-05-10 | 30 | Giancarlo | Lanfranchi | 2:51:00 |
| 02-05-10 | 31 | Luke | Wightman | 2:51:00 |
| 02-05-10 | 32 | Theo | Yach | 2:51:00 |
| 02-05-10 | 33 | Laura | Barrett | 2:58:00 |
| 02-05-10 | 34 | Warren | Fialkov | 2:59:00 |
| 02-05-10 | 35 | Adrian | van der Merwe | 2:59:00 |
| 02-05-10 | 36 | Keith | Abrahams | 2:59:00 |
| 02-05-10 | 37 | Kayla | Shortt | 2:59:00 |
| 02-05-10 | 38 | Angus | Dawe | 3:02:00 |
| 02-05-10 | 39 | Nosipho | Stiglmayr | 3:04:00 |
| 02-05-10 | 40 | Andrew | Wex | 3:05:00 |
| 02-05-10 | 41 | Alistair | Crawford | 3:05:00 |
| 02-05-10 | 42 | Kathryn | Long | 3:07:00 |
| 02-05-10 | 43 | Nick | Davies | 3:07:00 |
| 02-05-10 | 44 | Craig | Torr | 3:08:00 |
| 02-05-10 | 45 | Leigh | Krause | 3:09:00 |
| 02-05-10 | 46 | Mick | Carr | 3:10:00 |
| 02-05-10 | 47 | Paul | Ackerman | 3:12:00 |
| 02-05-10 | 48 | Martin | Helm | 3:12:00 |
| 02-05-10 | 49 | Raymond | Connell | 3:12:00 |
| 02-05-10 | 50 | Jeremy | Behrmann | 3:13:00 |
| 02-05-10 | 51 | Greg | Fury | 3:13:00 |
| 02-05-10 | 52 | Kyle | Nebbeling | 3:13:00 |
| 02-05-10 | 53 | Rob | Formby | 3:13:00 |
| 02-05-10 | 54 | Kevin | Andersson | 3:13:00 |
| 02-05-10 | 55 | Mike | Rigg | 3:14:00 |
| 02-05-10 | 56 | Colin | Dix-Peek | 3:15:00 |

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| 02-05-10 | 57 | Stephen | Salt | 3:18:00 |
| 02-05-10 | 58 | Toks | Viviers | 3:20:00 |
| 02-05-10 | 59 | Craig | Wiley | 3:20:00 |
| 02-05-10 | 60 | Ram | Barkai | 3:20:00 |
| 02-05-10 | 61 | Mathew | Streatfield | 3:21:00 |
| 02-05-10 | 62 | Kim | Germishuys | 3:21:00 |
| 02-05-10 | 63 | Bradley | Reznik | 3:21:00 |
| 02-05-10 | 64 | Ross | Horwitz | 3:21:00 |
| 02-05-10 | 65 | Hazel | McQueen | 3:23:00 |
| 02-05-10 | 66 | Luzanne | Boyes | 3:23:00 |
| 02-05-10 | 67 | Richard | Child | 3:24:00 |
| 02-05-10 | 68 | Martin | Goodman | 3:25:00 |
| 02-05-10 | 69 | Gerhard | Stiglmayr | 3:26:00 |
| 02-05-10 | 70 | Joe | van Rooyen | 3:26:00 |
| 02-05-10 | 71 | Doug | Wilson | 3:27:00 |
| 02-05-10 | 72 | Patrick | Parkins | 3:27:00 |
| 02-05-10 | 73 | Michael | Parry | 3:27:00 |
| 02-05-10 | 74 | Jaco | Coetzee | 3:29:00 |
| 02-05-10 | 75 | John | Lotz | 3:30:00 |
| 02-05-10 | 76 | Chris | Loker | 3:31:00 |
| 02-05-10 | 77 | Gerhard | Mynhardt | 3:31:00 |
| 02-05-10 | 78 | Martin | Vleggaar | 3:32:00 |
| 02-05-10 | 79 | Steven | Korsten | 3:33:00 |
| 02-05-10 | 80 | David | Goldschmidt | 3:34:00 |
| 02-05-10 | 81 | Mark | de Klerk | 3:35:00 |
| 02-05-10 | 82 | Peter | du Preez | 3:35:00 |
| 02-05-10 | 83 | Barry | Boswell | 3:37:00 |
| 02-05-10 | 84 | Tony | Sellmeyer | 3:38:00 |
| 02-05-10 | 85 | Carl | von Geyso | 3:38:00 |
| 02-05-10 | 86 | Gary | Austin | 3:38:00 |
| 02-05-10 | 87 | Cronje | Visser | 3:38:00 |
| 02-05-10 | 88 | Fred | Burnard | 3:39:00 |
| 02-05-10 | 89 | Ashleigh-Jane | Fairweather | 3:39:00 |
| 02-05-10 | 90 | Warren | King | 3:41:00 |
| 02-05-10 | 91 | Ben | van Breda | 3:41:00 |
| 02-05-10 | 92 | Alister | Smuts | 3:45:00 |
| 02-05-10 | 93 | Hector | Elliott | 3:45:00 |
| 02-05-10 | 94 | Sven | Mordt | 3:46:00 |
| 02-05-10 | 95 | Shirley | van Dam | 3:47:00 |
| 02-05-10 | 96 | Barry | Feyder | 3:47:00 |
| 02-05-10 | 97 | Geoff | Lawton | 3:48:00 |
| 02-05-10 | 98 | George | Smith | 3:49:00 |
| 02-05-10 | 99 | Renier | Lombaard | 4:02:00 |
| 02-05-10 | 100 | Piet | Maree | 4:10:00 |