



17km Senior						
	Male	Name	Time	Female	Name	Time
1	543	David Mokganya	01:13:44	419	Joline Sturdy	01:34:59
2	547	Amos Hlatshwayo	01:15:39	429	Nadine Breytenbach	01:36:23
3	548	Chester Mathebula	01:19:16	444	Carina Swart	01:37:09
4	447	Oliver Oxtoby	01:19:41	545	Nina Furness	01:37:28
5	549	Tony Abbott	01:23:45	411	Charlene Roux	01:45:03
6	427	JP van Wyk	01:23:51	445	Marilise Semmelink	01:47:16
7	407	Matthew Evans	01:23:54	442	Lizelle Van der Merwe	01:55:57
8	416	Tyler Johnson	01:24:12	449	Carla van Pareen	01:56:21
9	415	Nathan Hunt	01:27:40	436	Korin Holley	01:56:23
10	443	Wiehan Van der Merwe	01:31:07	551	Ilana Steenkamp	02:06:12
11	541	Marius Heymann	01:33:43	401	Lisa Carstens	02:13:33
12	410	Jan Hitge	01:34:13			
13	408	Werner Steinbach	01:34:41			
14	550	Coenraad Hefer	01:34:44			
15	418	Christopher Sturdy	01:34:57			
16	432	Hermanus Burger	01:36:12			
17	441	Mezner Terblanche	01:38:10			
18	422	Jayde Theunissen	01:41:32			
19	440	Devon Beynon	01:43:12			
20	439	Andries van den Berg	01:43:50			
21	544	Neil Lategan	01:44:24			
22	438	Brendan Hart	01:44:57			
23	446	Jaco Ferreira	01:47:15			
24	448	Oliver Schoeman	01:51:39			
25	546	Kerry Trentham	01:58:29			
26	437	Johan du Toit	01:58:42			
27	542	Hendrick Bisschoff	02:00:11			
28	414	Martin Leins	02:04:49			
29	552	Stefan Cloete	02:06:19			
30	402	Ian Elz	02:13:33			
31	406	Gordon McGill	02:36:17			
32	404	Robin Kock	02:36:18			
33	435	Christian Jeurissen	DNF			
34	405	Wesley Gracie	DNF			
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17km Veteran						
	Male	Name	Time	Female	Name	Time
1	403	Armand Bosman	01:16:02	409	Retha Strydom	01:42:09
2	413	Rob de Reuck	01:36:10	434	Michelle Singleton	01:51:21
3	433	Johan Nel	01:38:28	425	Rita van Wyk	01:52:57
4	428	Alexander Roux	01:41:02	423	Brenda Pritchard	02:04:48
5	412	Piet Uys	01:42:06	431	Sonet van Dyk	02:36:07
6	420	Clive Laycock	01:44:10			
7	421	Andre van Kasterop	01:54:33			
8	553	Gavin Sacks	01:54:58			
9	426	Chris van Wyk	01:57:09			
10	450	Dirk Pelser	01:59:24			
11	424	Mike Hollington	02:19:53			
12	417	Theo Bemelman	02:26:33			
13	430	Samuel van Dyk	02:40:07			
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10km Senior						
	Male	Name	Time	Female	Name	Time
1	380	Tranquil Gumbo	00:43:24	374	Marilize Janse van Rensburg	00:59:33
2	209	Iain Gray	00:46:00	269	Natasha Trainer	01:00:34
3	383	Ruan Viljoen	00:49:13	262	Leigh Van Zuydam	01:02:11
4	385	Bafana Mathebula	00:51:06	238	Elzette Steenkamp	01:06:33
5	237	Andre Schutte	00:59:27	387	Inge Pienaar	01:06:55
6	214	Andries Venter	00:59:47	263	Helene Steinberg	01:07:06
7	328	Krige van Rooyen	01:00:45	267	Lydia Robbertse	01:08:44
8	266	Hoffman van Zyl	01:01:36	265	Claudia Nunes	01:12:09
9	207	Brandon Rowe	01:01:40	240	Mathilda du Preez	01:12:26
10	261	Warren Hoft	01:02:12	391	Susan Leclercq	01:12:28
11	257	Ryan Harrison	01:02:16	252	Tamryn Mackay	01:13:22
12	386	Wouter Styger	01:02:22	243	Riette Prinsloo	01:15:10
13	384	Harry van den Heever	01:02:55	244	Melissa Steyn	01:15:12
14	250	Andrew Harris	01:05:45	248	Hanlie Volman	01:15:17
15	245	Byron Grigoratos	01:06:16	377	Anne Haarhoff	01:16:15
16	375	Nick Janse van Rensburg	01:06:23	213	Melanie Venter	01:16:39
17	239	Pierre Myburg	01:06:31	258	Thea Kok	01:17:03
18	233	Rubert Wolff	01:06:40	234	Carlen Windell	01:17:32
19	251	Loutjie de Jongh	01:07:02	203	Janine Barnard	01:24:31
20	228	David Kruger	01:07:26	381	Sandra Trentham	01:24:45
21	260	Tobie Janse van Rensburg	01:07:39	217	Caitlin Scheepers	01:25:21
22	390	Jaap De Jonge	01:07:40	264	Cara van Wyk	01:26:58
23	225	Robert May	01:07:49	201	Melanie Swanepoel	01:27:27
24	376	Craig van Zyl	01:12:30	229	Carol Willis	01:32:38
25	378	Marais de Vaal	01:16:18	256	Nicole Hart	01:33:40
26	255	Jonothan Starmer	01:17:41	392	Donna Fitzsimmons	01:33:47
27	259	Robert Fraser	01:18:31	246	Ame Koen	01:44:07
28	241	Dirk du Preez	01:18:34	206	Elize van der Linde	DNF
29	247	Karel Scott	01:19:14			
30	218	Shaun Meyer	01:25:16			
31	227	Gandhi Magolego	01:25:23			
32	212	Brent Nel	01:26:59			
33	379	Hylton Clarke	01:28:30			
34	236	Eksteen Theron	DNF			
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10km Veteran

	Male	Name	Time	Female	Name	Time
1	208	Paul Laubscher	00:55:07	224	Cornia Broere	01:00:26
2	210	Keith Hooper	00:55:34	253	Susette Meffan	01:07:55
3	211	Andre Strydom	01:01:53	235	Anneliza Orton	01:17:38
4	204	Percival Piper	01:03:06	202	Alita Swanepoel	01:22:33
5	242	Andrew Naumann	01:06:12	219	Dawn de Jager	01:23:38
6	388	Henk Basson	01:06:57	230	Maria Graca Teixeira	01:25:10
7	254	Revel Meffan	01:07:51	205	Amelia Piper	01:27:08
8	222	Ian Harold	01:14:17	231	Lee Hollington	01:38:05
9	221	Andreas Luthje	01:15:05	389	Linda Jansen van Vuuren	01:41:38
10	220	Tinus de Jager	01:15:14	215	Cynthia Rauch	01:46:39
11	226	Hennie Coetzer	01:19:07	216	Retha Bronkhorst	01:46:42
12	249	Kobus Jansen van Vuuren	01:28:27	223	Lesley Bemelman	01:47:18
13	232	Nigel Petzer	01:30:04	393	Sanet Herbst	02:18:49
14				268	Genevieve Key	02:19:01
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5km Go-Green! Senior						
	Male	Name	Time	Female	Name	Time
1	174	Andrew Trainer	00:33:31	581	Mariska Buys	00:27:35
2	94	Nick Bosch	00:33:58	587	Hendria Viehweg	00:33:12
3	130	Scott Enslin	00:33:59	127	Stephanie Enslin	00:34:04
4	172	Dewald Pretorius	00:34:17	88	Melissa Goetsch	00:34:37
5	46	Frank Coetzee	00:34:35	89	Olga-Jane Ackerman	00:36:45
6	588	Jacques Coetzer	00:36:21	171	Rachelle Pretorius	00:37:04
7	90	Francois Ackerman	00:36:40	592	Chantelle Dauberman	00:37:22
8	589	Stan Rudman	00:37:38	101	Veronica Barnard	00:38:03
9	590	Stefan vd Berg	00:37:43	594	Diana Visser	00:38:59
10	179	Paul Oppel	00:38:36	180	Gorete Figueira	00:39:09
11	596	Thinus du Plooy	00:40:12	159	Julia Jenkins	00:39:25
12	86	Mark Dickinson	00:40:27	87	Estee Swiegers	00:40:25
13	170	Willem van der Schyff	00:41:02	81	Annemarie van Rhyn	00:40:40
14	91	Jaco Nell	00:43:15	66	Elna Olwage	00:41:09
15	131	elrich pretorius	00:43:34	79	Mandy Rusteberg	00:41:34
16	95	Marc Burnam	00:45:22	78	Jeanne-Louise Liebenberg	00:42:18
17	34	Corrie Snyman Jnr	00:46:42	139	elsie pretorius	00:43:36
18	585	Steph Bender	01:00:13	96	Bianca Sequeira	00:45:21
19	73	Stephen Windell	01:08:06	45	Wilma Potgieter	00:46:44
20	80	Paul Rusteberg	DNF	47	Sonica Coetzee	00:47:20
21				93	Dora-Mari Bosch	00:49:38
22				92	Colleen Nell	00:49:52
23				27	Tia-Mari Hofmann	00:51:57
24				22	Yolanda Laubscher	00:55:31
25				5	Adele Roberts	00:56:07
26				19	Belinda Gracie	00:56:24
27				176	Kathleen Jacobs	00:58:14
28				178	Alet Jacobs	00:58:28
29				173	Alicia Schoeman	00:59:46
30				584	Deidre Botha	01:00:11
31				49	Hanlie Kriel	01:05:54
32				586	Daleen Schoombee	01:11:05
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5km Go-Green! Junior						
	Male	Name	Time	Female	Name	Time
1	50	Philip Luthje	00:32:40	64	Chane Olwage	00:39:57
2	67	Karel Olwage	00:34:52	68	Liza Uys	00:39:59
3	82	Darren Petzer	00:36:36	28	Mieke Hofmann	00:51:55
4	77	Dante Broere	00:37:51	97	Jacqueline Jansen van Vuuren	00:52:39
5	71	Ruben Windell	00:40:32	98	Jeandri Jansen van Vuuren	00:53:16
6	85	Eddie de Lange	00:42:57	48	Danielle Kriel	01:05:50
7	83	Grant Petzer	00:43:03			
8	76	Abri Broere	00:46:16			
9	72	Ryan Windell	01:08:16			
10	70	PG Uys	01:16:26			
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5km Go-Green! Veteran						
	Male	Name	Time	Female	Name	Time
1	582	Hennie van Graan	00:38:33	126	Karla Frayne	00:33:16
2	100	Glyn Boddy	00:43:48	597	Nina van der Merwe	00:40:14
3	75	Pieter Broere	00:46:24	74	Christine Taylor	00:40:59
4	65	Derick Olwage	00:46:52	84	Karen Petzer	00:50:00
5	23	Gerhard Hofmann	00:52:00	583	Janet Mare	00:51:45
6	36	Corrie Snyman Snr	00:52:36	44	Truida Pieterse	00:52:33
7	595	Charles Schoeman	00:59:58	99	Linda Jansen van Vuuren	00:53:12
8	112	Jan le Roux	01:02:49	175	Charlotte Pelser	00:56:27
9				593	Helene Schoeman	00:59:51
10				117	Beulah le Roux	01:02:53
11				591	Linda Benadie	01:07:17
12				69	Mariette Uys	01:16:24
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