

**Michaelis Challenge:  
Trail Run 03/12/2011  
Grootgewacht Dam**




Trail Run 20km Senior						
	Male	Name	Time	Female	Name	Time
1	69	Justice Nkosi	01:22:20	1	Natasha Malan	01:58:41
2	259	Cornelius Pretorius	01:36:42	265	Sonelle Wilken	02:04:40
3	8	Wellington Khumalo	01:36:43	222	Loumey Swanepoel	02:11:04
4	24	Gert Oosthuizen	01:37:01	230	Ingrid Klingenberg	02:13:35
5	16	Frank Beyers	01:53:50	264	Annekie Smith	02:13:38
6	23	Jack Malan	01:58:38	218	Lizel Henning	02:45:08
7	54	Mveli Mavimbela	02:05:41	385	Franine Spangenberg	03:04:10
8	59	Neels Klynsmith	02:11:06			
9	202	Izak Spangenberg	02:14:30			
10	239	Daan Kotze	02:37:28			
11	18	Stephen Olieman	02:43:03			
12	232	Atwee Swanepoel	02:43:07			
13	383	Riaan Joubert	02:44:57			
14	217	Andre Vosloo	02:45:11			
15	384	Gerrit Graffert	DNF			
16	225	Wynand Swanepoel	DNF			
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Trail Run 10km Senior						
Male	Name	Time	Female	Name	Time	
1	128	Sakkie Venter	00:50:58	42	Lee van Heerden	01:05:46
2	3	Carl Donaldson	00:51:03	201	Sanet Westermeyer	01:13:48
3	207	Carel Strydom	00:52:34	67	Anal Venter	01:16:52
4	35	Fritz Cronje	00:52:38	52	Ilze Louw	01:21:27
5	7	Hanno Van Den Berg	01:00:32	44	Lorraine du Preez	01:21:49
6	50	Philip Krugel	01:00:57	37	Cjaane Hartsliet	01:26:08
7	19	Johan Coetzee	01:10:30	22	Tracy Van Der Merwe	01:26:11
8	86	Shaun de Jager	01:11:10	255	Tarryn Oellermann	01:26:33
9	39	Craig van Heerden	01:11:14	41	Leigh Murphy	01:27:28
10	17	Peter Manning	01:16:45	245	Heidi Davel	01:30:48
11	4	Kevin Donaldson	01:16:45	94	Elize Koekemoer	01:30:49
12	47	Gustav van Zyl	01:21:26	216	Carla Meyer	01:34:33
13	43	Clinton Tupper	01:27:29	57	Gina Schefferman	01:34:34
14	9	Malcolm Brill	01:33:28	58	Maryanne Bosch	01:34:36
15	40	Phillip Devereux	01:33:31	14	Ria Lourens	02:25:18
16	260	Steven Hibbert	02:09:15	388	Magda Hibbert	02:25:19
17	7	Hanno van den Berg	DNF	228	Diane Heyns	02:42:00
18				215	Bunny Cloete	02:42:03
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Trail Run 10km Junior						
	Male	Name	Time	Female	Name	Time
1	48	Christiaan Swanepoel	01:01:59	212	Madie Swanepoel	01:13:45
2	393	Benjamin Chukwu	01:27:20	580	Kalinke Krugel	01:16:54
3				254	Melisa Hibbert	02:09:08
4				235	Saskia Hibbert	02:24:18
5				387	Rene Lourens	02:25:16
6				210	Caren Lourens	02:25:22
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**Michaelis Challenge:  
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Trail Run 5km Senior					
Male	Name	Time	Female	Name	Time
1	143 Kurt Spangonborg	00:33:23	65	Bea-Marie Schutte	00:29:27
2	68 Henry Immelman	00:46:17	51	Julia Olivier	00:31:15
3	151 Stephen Smit	00:49:21	145	Daneil Nortje	00:31:48
4	79 Brigitte Niebuhr	01:01:57	205	Karen Swanepoel	00:33:25
5	242 Manfred Niebuhr	01:02:00	83	Laura Clevers	00:37:49
6	36 Johan Louw	01:02:36	92	Cornelia Lilje	00:38:12
7			53	Londiwe Nkosi	00:46:10
8			46	Elsabe Immelman	00:46:16
9			174	Renette Smit	00:49:24
10			13	Philile Nkosi	00:49:25
11			262	Adelle Marques	00:51:59
12			64	Herma Breedt	00:57:38
13			247	Katelyn Boock	00:58:48
14			132	Carlea van der linde	00:59:31
15			134	Andrea van der linde	00:59:33
16			38	Elke Lutge	00:59:35
17			66	Marion Gaskell	00:59:36
18			98	Ria Steffensen	00:59:50
19			130	Peta-Jayne Waton	01:06:03
20			62	Tammy Venter	01:06:04
21			139	Colette Terblanche	01:06:09
22			81	Debbie Comins	01:06:19
23			390	Debbie Boock	01:25:36
24			95	Dawn Scott	01:25:38
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Trail Run 5km Junior						
Male	Name	Time	Female	Name	Time	
1	15	Peacemaker Nkosi	00:29:34	131	Micheala Botha	00:31:46
2	142	Cameron Spangonborg	00:29:37	137	Tessa Foster	00:34:09
3	72	Jac-Johan Fouche	00:33:20	129	Lynette Küsel	00:39:26
4	133	Jaco Keeve	00:34:06	382	Lesa Swanepoel	00:40:29
5	96	Eugene Nortje	00:35:44	89	Heike Lilje	00:46:00
6	175	Thando Mbatha	00:37:21	138	Emmalee dOliveira	00:46:01
7	241	Austin Holmes	00:40:41	146	Kirsten Hellberg	00:46:27
8	223	Hartwig Küsel	00:43:15	31	Rachel Bourn	00:48:09
9	11	Christopher Doliveira	00:43:57	29	Lisa Steffensen	00:48:13
10	21	Rudi Dedekind	00:46:03	85	Liam Comins	00:48:18
11	374	Ivan Tschirpig	00:46:13	61	Mia Olivier	00:50:18
12	376	Liam Watson	00:56:57	28	Catia Marques	00:51:25
13	144	Jason Hellberg	00:58:54	76	Daniela Vonkeman	00:52:11
14	256	Juan Swanepoel	00:58:56	63	Jordann Venter	00:57:06
15	33	Clemen Louw	01:02:35	141	Magdaleen Terblanche	00:57:09
16	26	Ethan Watson	01:06:01	45	Tracey Steffenson	00:59:54
17	80	Dian Mengel	DNF	140	Nina Terblanche	01:06:11
18	55	Sandile Mbatha	DNF	229	Stefanie Lilje	01:10:22
19				74	Chantelle Tschirpig	01:10:23
20				93	Chloé Henstock	01:11:25
21				381	Farran Ruinard	01:11:27
22				214	Christel Küsel	DNF
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