

12km

MALE										FEMALE								
Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
1	1	681	John	Black	12km	Male	37	Sub-Veteran (30-39)	00:55:49	1	626	Boitumelo	Sehloho	12km	Female	33	Sub-Veteran (30-39)	01:06:59
2	1	565	Matt	Smit	12km	Male	46	Veteran (40-49)	00:59:21	1	1209	Deirdre	Jensen	12km	Female	43	Veteran (40-49)	01:08:48
3	2	754	Francois	Grindlingh	12km	Male	45	Veteran (40-49)	01:03:38	2	498	Victoria	Hulley	12km	Female	43	Veteran (40-49)	01:10:07
4	2	799	Aaron	Raath	12km	Male	32	Sub-Veteran (30-39)	01:03:42	3	459	Laura	Conradie	12km	Female	46	Veteran (40-49)	01:10:17
5	3	797	Martin	Rust	12km	Male	40	Veteran (40-49)	01:05:00	4	654	Marika	Van Dyk	12km	Female	43	Veteran (40-49)	01:12:51
6	3	782	Pieter Corneli	Horne	12km	Male	36	Sub-Veteran (30-39)	01:05:36	1	422	Chloe Eliza	Flinn	12km	Female	25	Senior (19-29)	01:15:14
7	1	694	Louis	Harmse	12km	Male	67	GrandMaster (60-69)	01:06:08	2	666	Juliana	Van Niekerk	12km	Female	33	Sub-Veteran (30-39)	01:17:46
8	4	590	Grant	Hallowell	12km	Male	40	Veteran (40-49)	01:08:32	5	621	Jacoleen	Simpson	12km	Female	44	Veteran (40-49)	01:18:03
9	5	511	Johannes Chr	Van Dyk	12km	Male	45	Veteran (40-49)	01:08:57	6	745	Manuela B	Botha	12km	Female	43	Veteran (40-49)	01:19:03
10	1	436	Garreth	Raath	12km	Male	29	Senior (19-29)	01:10:00	7	768	Natalie	Black	12km	Female	42	Veteran (40-49)	01:21:39
11	6	542	Adrian	Blom	12km	Male	45	Veteran (40-49)	01:10:13	2	602	Ashley	Huysen	12km	Female	23	Senior (19-29)	01:27:58
12	1	480	Glen	Watson	12km	Male	52	Master (50-59)	01:10:32	3	736	Adriana	Enslin	12km	Female	39	Sub-Veteran (30-39)	01:28:49
13	2	748	Mpho Teboh	Tsuari	12km	Male	27	Senior (19-29)	01:13:46	1	658	Tanya	Spratt	12km	Female	50	Master (50-59)	01:29:47
14	7	563	Antonio	De Franca	12km	Male	47	Veteran (40-49)	01:16:14	8	559	Clarewyn	Austin	12km	Female	46	Veteran (40-49)	01:29:48
15	2	610	Peter	Molenaar	12km	Male	60	GrandMaster (60-69)	01:16:17	9	772	Katinka	Pretorius	12km	Female	41	Veteran (40-49)	01:30:28
16	8	546	Mike	Askew	12km	Male	45	Veteran (40-49)	01:17:23	2	661	Hilda	McLoughlin	12km	Female	52	Master (50-59)	01:32:00
17	9	606	Lwuazi	Koyana	12km	Male	48	Veteran (40-49)	01:19:10	4	771	Gina	Helme	12km	Female	30	Sub-Veteran (30-39)	01:32:31
18	10	472	Steven	Carlin	12km	Male	47	Veteran (40-49)	01:20:07	5	600	Tumi	Tlome	12km	Female	35	Sub-Veteran (30-39)	01:38:05
19	2	760	Clive	Whitlow	12km	Male	55	Master (50-59)	01:20:29	3	787	Carol	Molenaar	12km	Female	57	Master (50-59)	01:38:07
20	11	710	Walter	VD Merwe	12km	Male	47	Veteran (40-49)	01:21:50	10	723	Sindisiwe	Koyana	12km	Female	47	Veteran (40-49)	01:51:29
21	3	615	Armand	van Jaarsvaard	12km	Male	23	Senior (19-29)	01:27:59	11	485	Tabitha	Geyer	12km	Female	47	Veteran (40-49)	01:56:46
22	3	553	Mike	Brand	12km	Male	57	Master (50-59)	01:35:03	6	613	Carine	Grobelaar	12km	Female	30	Sub-Veteran (30-39)	NULL
23										7	759	Sandra	Willmott	12km	Female	39	Sub-Veteran (30-39)	NULL
24										12	774	Samantha	Du Chenne	12km	Female	40	Veteran (40-49)	NULL
25										13	523	Belinda	Munger	12km	Female	43	Veteran (40-49)	NULL
26										14	466	Aletta	Venter	12km	Female	43	Veteran (40-49)	NULL
27																		
28																		
29																		
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6km																		
MALE										FEMALE								
Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
1	1	4137	Joshua	Gerard	6km	Male	13	12 to 15	00:33:01	1	4078	Sasha Lee	Roscler	6km	Female	14	12 to 15	00:33:03
2	1	4079	Connor	Futter	6km	Male	8	Under 11	00:33:06	2	1514	Daniella	Thomas	6km	Female	12	12 to 15	00:37:07
3	1	1380	Simon	Durdey	6km	Male	48	Veteran (40-49)	00:33:12	1	1318	Michelle	Theron	6km	Female	40	Veteran (40-49)	00:38:18
4	1	1597	Nicolas	Kocher	6km	Male	35	Sub-Veteran (30-39)	00:34:46	3	7777	Mia	Boscia	6km	Female	12	12 to 15	00:38:36
5	2	1479	Brandon	Fairweather	6km	Male	34	Sub-Veteran (30-39)	00:35:45	1	1247	Jessica	Espinoza	6km	Female	17	16 to 18	00:39:14
6	1	4065	Gareth	Chapman	6km	Male	29	Senior (19-29)	00:35:48	1	1300	Jenna	Le Mottee	6km	Female	24	Senior (19-29)	00:39:53
7	2	4047	Travis Remi	Vermaerke	6km	Male	12	12 to 15	00:35:51	2	1485	Danyeale	Le Mottee	6km	Female	22	Senior (19-29)	00:39:56
8	3	4066	Benjamin	French	6km	Male	37	Sub-Veteran (30-39)	00:37:01	2	4134	Joelle	Foggit	6km	Female	16	16 to 18	00:40:05
9	4	4107	Warren	Philip	6km	Male	36	Sub-Veteran (30-39)	00:37:12	3	4139	Kirstin	Dinham	6km	Female	28	Senior (19-29)	00:40:22
10	2	1420	Peter	Rix	6km	Male	45	Veteran (40-49)	00:39:50	1	4141	Maria	Marais	6km	Female	33	Sub-Veteran (30-39)	00:40:35
11	5	1314	Leonard	Marais	6km	Male	35	Sub-Veteran (30-39)	00:40:31	1	1295	Lily	Ryder	6km	Female	11	Under 11	00:41:54
12	2	4071	Gerrit	Oosthuizen	6km	Male	22	Senior (19-29)	00:41:47	2	4060	Gemma	Ryder	6km	Female	11	Under 11	00:41:57
13	1	1496	Ken	Fairweather	6km	Male	63	GrandMaster (60-69)	00:43:21	2	1424	Julie	Durdey	6km	Female	45	Veteran (40-49)	00:42:01
14	3	1570	Ethan	Swanepoel	6km	Male	13	12 to 15	00:45:33	3	1255	Carla	Mancini	6km	Female	42	Veteran (40-49)	00:42:16
15	3	1492	Anton	Swanepoel	6km	Male	41	Veteran (40-49)	00:45:34	2	4124	Yvonne	Strydom	6km	Female	37	Sub-Veteran (30-39)	00:43:07
16	4	4064	Stephen	Jeffery	6km	Male	40	Veteran (40-49)	00:47:06	3	1379	Hannah-Ro	Basson	6km	Female	17	16 to 18	00:43:32
17	3	1271	Reinhard	Schiu	6km	Male	28	Senior (19-29)	00:47:41	4	1440	Emetia	Swart	6km	Female	22	Senior (19-29)	00:47:31
18	4	4109	Kimson Kam H	Chan	6km	Male	29	Senior (19-29)	00:48:08	5	4017	Anna	Zaijka	6km	Female	27	Senior (19-29)	00:47:39
19	6	1522	Gareth	Morgan	6km	Male	34	Sub-Veteran (30-39)	00:49:01	4	4022	Nicole	van Heerdan	6km	Female	40	Veteran (40-49)	00:48:37
20	7	1441	Ryan Richard	Inglethorpe	6km	Male	34	Sub-Veteran (30-39)	00:49:02	5	1273	Lisa	Stott	6km	Female	41	Veteran (40-49)	00:48:44
21	8	1593	Jacques	Van Der Nest	6km	Male	37	Sub-Veteran (30-39)	00:50:10	3	1381	Angi	Field	6km	Female	38	Sub-Veteran (30-39)	00:49:31
22	4	1470	Tristan	Berry	6km	Male	15	12 to 15	00:50:49	3	1423	Gems	Vuillemin	6km	Female	11	Under 11	00:49:32
23	2	1548	Christian	Thomas	6km	Male	9	Under 11	00:50:54	6	1475	Sonia	Espinoza	6km	Female	48	Veteran (40-49)	00:49:49
24	1	4075	Daniel	Smit	6km	Male	16	16 to 18	00:54:14	4	1559	Tania	Van Der Nest	6km	Female	36	Sub-Veteran (30-39)	00:50:07
25	5	1383	Suraj	Lallchand	6km	Male	45	Veteran (40-49)	00:54:17	5	1322	Twanet	Serfontein	6km	Female	31	Sub-Veteran (30-39)	00:50:08
26	5	4138	Minaav	Lallchand	6km	Male	15	12 to 15	00:54:19	7	1541	Yolande	Buziek	6km	Female	43	Veteran (40-49)	00:50:13
27	6	1447	Jacobus	Van Der Merwe	6km	Male	44	Veteran (40-49)	00:55:52	4	1382	Jade	Field	6km	Female	7	Under 11	00:50:27
28	3	4102	Andrew	Brown	6km	Male	5	Under 11	00:57:46	6	1579	June	Swart	6km	Female	28	Senior (19-29)	00:50:29
29	7	1487	Michael	Thomas	6km	Male	42	Veteran (40-49)	00:58:25	4	4114	Trinity	Jeffery	6km	Female	12	12 to 15	00:50:46
30	5	1399	Nick	Alexandrov	6km	Male	21	Senior (19-29)	01:00:50	7	1431	Jardene	Bekker	6km	Female	28	Senior (19-29)	00:51:10
31	8	1456	Antony	Bullen	6km	Male	47	Veteran (40-49)	01:06:31	8	1477	Wanita	Berry	6km	Female	49	Veteran (40-49)	00:51:38
32	4	1517	Nandika	Ganasen	6km	Male	7	Under 11	01:08:31	6	4043	Samantha	Wessels	6km	Female	35	Sub-Veteran (30-39)	00:51:58
33	9	1436	Ashoken	Ganasen	6km	Male	43	Veteran (40-49)	01:08:37	8	4016	Stephanie	Lee	6km	Female	25	Senior (19-29)	00:53:25
34	10	1460	Nico	Christoforou	6km	Male	47	Veteran (40-49)	01:09:09	7	1221	Sara	Baird	6km	Female	35	Sub-Veteran (30-39)	00:53:39
35	5	4057	Luka	Christoforou	6km	Male	4	Under 11	01:09:22	9	4051	Natalie	Sherman	6km	Female	43	Veteran (40-49)	00:53:49
36	9	4094	David	De Beer	6km	Male	36	Sub-Veteran (30-39)	01:12:28	8	1316	Tamara	Lewis	6km	Female	33	Sub-Veteran (30-39)	00:53:51
37	6	1451	Scott	Campell	6km	Male	23	Senior (19-29)	01:18:10	10	1301	Cindy	Seach	6km	Female	44	Veteran (40-49)	00:53:53
38	11	4110	Simon	McGill	6km	Male	41	Veteran (40-49)	01:19:44	5	1336	Tanya	Van Der Merw	6km	Female	13	12 to 15	00:54:13
39	1	4038	Vladimir	Alexandrov	6km	Male	50	Master (50-59)	01:26:19	5	1549	Cassidy	Futter	6km	Female	6	Under 11	00:54:34
40	10	1419	Mario	Alexandrov	6km	Male	30	Sub-Veteran (30-39)	01:26:27	9	1443	Penny	Murray	6km	Female	39	Sub-Veteran (30-39)	00:54:38

6km																		
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41	12	1545	Graeme	Franck	6km	Male	43	Veteran (40-49)	02:03:32	6	1254	Hayley Erin	Pretorius	6km	Female	11	Under 11	00:55:21
42	6	4115	Shawn	Rix	6km	Male	14	12 to 15	NULL	10	1304	Michelle	Reitsma	6km	Female	32	Sub-Veteran (30-39)	00:55:48
43	2	1596	Steve	Tennant	6km	Male	61	GrandMaster (60-69)	NULL	11	1370	Sarah	Pretorius	6km	Female	43	Veteran (40-49)	00:56:13
44	7	4035	Gift	Mahlaela	6km	Male	20	Senior (19-29)	NULL	9	4042	Biancka	Pretorius	6km	Female	23	Senior (19-29)	00:57:23
45	8	4014	Welcome Nq	Ngwenya	6km	Male	21	Senior (19-29)	NULL	12	1510	Megan	Brown	6km	Female	42	Veteran (40-49)	00:57:45
46	11	4080	Raoul Perciva	Birch	6km	Male	37	Sub-Veteran (30-39)	NULL	13	1428	Joanna	Goodman	6km	Female	44	Veteran (40-49)	00:59:01
47	12	1292	Brendan	O'Hagan	6km	Male	39	Sub-Veteran (30-39)	NULL	11	1310	Lisa	Thomas	6km	Female	39	Sub-Veteran (30-39)	00:59:40
48	6	1506	Thomas Edwa	Tillman	6km	Male	10	Under 11	NULL	12	707	Alana Joan	Bonthuys	6km	Female	33	Sub-Veteran (30-39)	00:59:49
49	13	1471	Lee	Foggitt	6km	Male	43	Veteran (40-49)	NULL	6	1335	Elena	Alexandrov	6km	Female	12	12 to 15	01:00:49
50										1	1414	Evelina	Alexandrov	6km	Female	52	Master (50-59)	01:00:55
51										14	1284	Nads	Vuillemin	6km	Female	42	Veteran (40-49)	01:03:17
52										15	4083	Ruth	Lewis	6km	Female	45	Veteran (40-49)	01:03:19
53										7	1321	Hariclea	Coumbias	6km	Female	2	Under 11	01:04:22
54										16	1474	Gina	Jeffery	6km	Female	48	Veteran (40-49)	01:05:52
55										2	1341	Pat	Tennant	6km	Female	59	Master (50-59)	01:05:57
56										8	1552	Isabel	Bullen	6km	Female	6	Under 11	01:06:33
57										13	1429	Helene	Coumbias	6km	Female	36	Sub-Veteran (30-39)	01:09:23
58										17	4082	Fiona	Klose	6km	Female	45	Veteran (40-49)	01:10:01
59										14	1588	Cherdine	Mills	6km	Female	31	Sub-Veteran (30-39)	01:10:02
60										10	1391	Kim	Mclardy	6km	Female	28	Senior (19-29)	01:12:27
61										11	1346	Innocentia	Rathebe	6km	Female	29	Senior (19-29)	01:12:46
62										3	1538	Claire Pene	Poole	6km	Female	55	Master (50-59)	01:13:47
63										1	1550	Silva	Braithwaite	6km	Female	65	GrandMaster (60-69)	01:18:24
64										15	4055	Theresa Jar	Braithwaite	6km	Female	35	Sub-Veteran (30-39)	01:18:28
65										18	4006	Angela	McGill	6km	Female	41	Veteran (40-49)	01:19:42
66										16	1569	Janice	Anderson	6km	Female	33	Sub-Veteran (30-39)	01:20:59
67										9	4041	Morgan	Dargie	6km	Female	7	Under 11	01:22:05
68										19	1452	Joanne	Dargie	6km	Female	44	Veteran (40-49)	01:22:06
69										2	1478	Heather	Rutter	6km	Female	70	GrandMaster (60-69)	01:22:08
70										10	1565	Alexyia	Christoforou	6km	Female	9	Under 11	01:23:12
71										20	1489	Natalie	Christoforou	6km	Female	43	Veteran (40-49)	01:25:17
72										11	1243	Lisa	Amm	6km	Female	6	Under 11	01:28:02
73										21	1324	Bronwyn	Amm	6km	Female	44	Veteran (40-49)	01:28:02
74										22	1329	Taryn	Millar	6km	Female	41	Veteran (40-49)	01:28:04
75										23	1537	Avanthi	Lallchand	6km	Female	41	Veteran (40-49)	01:33:30
76										4	4104	Joanne We	Searle	6km	Female	53	Master (50-59)	NULL
77										17	1350	Kathleen	O'Hagan	6km	Female	34	Sub-Veteran (30-39)	NULL
78										12	1530	Kaylee	O'Hagan	6km	Female	4	Under 11	NULL
79										13	1435	Agang-bots	Rathebe	6km	Female	8	Under 11	NULL
80										24	1246	Amanda	Olivier	6km	Female	48	Veteran (40-49)	NULL