

20km																		
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	2147	Edwin	Sesepi	20km	Male	24	Senior (19-29)	01:44:37	1	2118	Karine	Bezuidenhou	20km	Female		Senior (19-29)	02:20:14
2	1	176	Thabang	Madiba	20km	Male	33	Sub-Veteran (30-39)	01:46:04	1	2121	Nicky	Booyens	20km	Female	39	Sub-Veteran (30-39)	02:35:43
3	2	398	Kennedy	Sekhuthu	20km	Male	29	Senior (19-29)	02:00:20	2	118	Caitlyn	Mahony	20km	Female	20	Senior (19-29)	02:49:50
4	2	2014	Ruan	van der Merwe	20km	Male	30	Sub-Veteran (30-39)	02:01:48	3	347	Anri	Krugel	20km	Female	22	Senior (19-29)	02:52:30
5	1	2006	Bruce	Arnett	20km	Male	46	Veteran (40-49)	02:07:13	4	2001	Donielle	Dampier	20km	Female	28	Senior (19-29)	02:53:04
6	3	264	Brian	Gardner	20km	Male	33	Sub-Veteran (30-39)	02:08:28	2	2085	Magdaleen	Leisegang	20km	Female	30	Sub-Veteran (30-39)	03:01:51
7	2	170	Cobus	van Zyl	20km	Male	44	Veteran (40-49)	02:08:59	5	2073	Michaela	Meintjes	20km	Female	29	Senior (19-29)	03:07:41
8	4	305	Craig	Hammer	20km	Male	37	Sub-Veteran (30-39)	02:13:09	1	2116	Anella	Conradie	20km	Female	45	Veteran (40-49)	03:16:05
9	3	2120	Jeandre	Theunissen	20km	Male	27	Senior (19-29)	02:13:14	3	163	Rene	Vollgraaff	20km	Female	36	Sub-Veteran (30-39)	03:19:50
10	5	2067	Skippy	Claassens	20km	Male	36	Sub-Veteran (30-39)	02:13:28	6	390	Melissa	Kretzinger	20km	Female	26	Senior (19-29)	03:25:00
11	3	46	Mazu	Ndandani	20km	Male		Veteran (40-49)	02:14:08	2	333	Kim	Kennedy	20km	Female	41	Veteran (40-49)	03:26:17
12	4	175	Jacques	Buys	20km	Male	22	Senior (19-29)	02:16:36	4	311	Mpho	Tsotetsi	20km	Female	33	Sub-Veteran (30-39)	03:26:49
13	6	117	Raun	Stockler	20km	Male	35	Sub-Veteran (30-39)	02:16:52	5	262	Ngwana	Matloa	20km	Female	35	Sub-Veteran (30-39)	03:26:59
14	1	343	Declan	Mahony	20km	Male	18	16 to 18	02:17:19	6	339	Leandi	Van Heerden	20km	Female	32	Sub-Veteran (30-39)	03:27:19
15	4	254	Geoffrey	Lee	20km	Male	47	Veteran (40-49)	02:17:50	7	2032	MILANDIE	SCHOEMAN	20km	Female	27	Senior (19-29)	03:30:07
16	5	166	Nick	Galpine	20km	Male	41	Veteran (40-49)	02:26:59	1	2033	Joanie	Coetzee	20km	Female	55	Master (50-59)	03:31:45
17	7	255	Andrew	Lind	20km	Male	31	Sub-Veteran (30-39)	02:29:34	7	205	Anita	Mostert	20km	Female	39	Sub-Veteran (30-39)	03:32:40
18	5	296	Alistair	Jackson	20km	Male	27	Senior (19-29)	02:30:21	8	325	Shona	Van Der Merv	20km	Female	30	Sub-Veteran (30-39)	03:32:49
19	8	108	Bernard	Spies	20km	Male	37	Sub-Veteran (30-39)	02:30:24	9	364	Suzanne	Duffield	20km	Female	37	Sub-Veteran (30-39)	03:33:01
20	6	2113	Francois	Marais	20km	Male	28	Senior (19-29)	02:30:57	10	2093	Jennifer	Dickerson	20km	Female	30	Sub-Veteran (30-39)	03:33:49
21	9	2135	Corne	Van Zyl	20km	Male	32	Sub-Veteran (30-39)	02:31:14	3	222	Ronel	Wallis	20km	Female	46	Veteran (40-49)	03:38:57
22	7	35	Michael	Kamps	20km	Male	28	Senior (19-29)	02:31:18	11	283	Robyn	John	20km	Female	39	Sub-Veteran (30-39)	03:39:22
23	6	227	Roy	Arouca	20km	Male	42	Veteran (40-49)	02:33:05	12	16	MARNA	VAN DER WA	20km	Female	34	Sub-Veteran (30-39)	03:39:55
24	7	332	Gerhard	Dobie	20km	Male	45	Veteran (40-49)	02:33:12	1	351	Ria	Ligthelm	20km	Female	61	Grand-Master (60+)	03:40:52
25	8	2100	Grant	Grobbelaar	20km	Male	49	Veteran (40-49)	02:34:42	4	315	Ilze	Wagener	20km	Female	42	Veteran (40-49)	03:41:15
26	10	354	David	Barnes	20km	Male	35	Sub-Veteran (30-39)	02:35:28	5	47	Max	Visagie	20km	Female	45	Veteran (40-49)	03:41:53
27	9	2092	Ben	Samwell	20km	Male	46	Veteran (40-49)	02:40:20	6	39	Natalie	Pritchard	20km	Female	41	Veteran (40-49)	03:49:34
28	10	272	Phillipe	Leeuw	20km	Male	45	Veteran (40-49)	02:40:25	13	48	Irmela	Smit	20km	Female	38	Sub-Veteran (30-39)	03:52:37
29	11	224	Andrew	Ellmore	20km	Male	36	Sub-Veteran (30-39)	02:40:51	7	241	Riana	Henning	20km	Female	48	Veteran (40-49)	03:52:57
30	11	253	Adrian	Geekie	20km	Male	45	Veteran (40-49)	02:41:11	2	368	Gill	Lumley	20km	Female	53	Master (50-59)	03:54:21
31	8	2017	Chris	Everts	20km	Male	23	Senior (19-29)	02:41:28	8	2059	Petro	van der westf	20km	Female	40	Veteran (40-49)	03:57:50
32	12	391	Jurgens	Potgieter	20km	Male	40	Veteran (40-49)	02:43:36	14	318	Gugu	Khanyile	20km	Female	34	Sub-Veteran (30-39)	03:58:22
33	13	TRAIL11258	Andre	Venter	20km	Male	42	Veteran (40-49)	02:44:32	15	261	Michelle	Koch	20km	Female	34	Sub-Veteran (30-39)	03:58:41
34	12	23	Dan	van Tonder	20km	Male	37	Sub-Veteran (30-39)	02:44:44	3	240	gillian	flaxman	20km	Female	52	Master (50-59)	04:00:12
35	14	116	Jacques	Burger	20km	Male	45	Veteran (40-49)	02:45:00	9	160	Michelle	Groome	20km	Female	44	Veteran (40-49)	04:03:34
36	15	128	Duncan	Mcmurray	20km	Male	47	Veteran (40-49)	02:45:16	4	2109	Sonja	van der Vyver	20km	Female	54	Master (50-59)	04:03:37
37	16	109	Alastair	Stewart	20km	Male	41	Veteran (40-49)	02:45:46	10	37	Isabel	Geldenhuis	20km	Female	47	Veteran (40-49)	04:03:49
38	17	2105	Jan	Vermaak	20km	Male	42	Veteran (40-49)	02:47:03	16	1	Monique	Olivier	20km	Female	38	Sub-Veteran (30-39)	04:08:27
39	13	2	Justin	Reed	20km	Male	32	Sub-Veteran (30-39)	02:47:17	17	303	Yvette	Barkhuizen	20km	Female	39	Sub-Veteran (30-39)	04:08:34
40	18	292	Ian	Fourie	20km	Male	41	Veteran (40-49)	02:47:59	11	2034	Tracy	De Abreu	20km	Female	45	Veteran (40-49)	04:08:40

20km																		
MALE										FEMALE								
Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
41	14	131	Etienne	Muller	20km	Male	35	Sub-Veteran (30-39)	02:51:06	12	148	Marita	van der Walt	20km	Female	42	Veteran (40-49)	04:08:42
42	15	2071	Justin	Porteous	20km	Male	31	Sub-Veteran (30-39)	02:51:20	18	340	Caprice	Beggs	20km	Female	38	Sub-Veteran (30-39)	04:09:04
43	9	2061	Wesley	Boshoff	20km	Male	27	Senior (19-29)	02:51:41	13	2078	Amanda	Samwell	20km	Female	46	Veteran (40-49)	04:09:17
44	19	383	Dave	McCullough	20km	Male	45	Veteran (40-49)	02:51:52	14	31	Ingrid	McMahon	20km	Female	42	Veteran (40-49)	04:18:20
45	16	2076	Quintin	Van Zyl	20km	Male	32	Sub-Veteran (30-39)	02:51:54	15	309	Santie	Naude-Seren	20km	Female	42	Veteran (40-49)	04:21:14
46	10	2148	Franco	Houy	20km	Male	23	Senior (19-29)	02:52:32	16	396	IDA	MULENGA	20km	Female	43	Veteran (40-49)	04:21:18
47	20	2030	Greig	Pringle	20km	Male	43	Veteran (40-49)	02:52:51	17	221	Judy	Vanderwager	20km	Female	46	Veteran (40-49)	04:23:05
48	1	2095	Ian	Hendry	20km	Male	50	Master (50-59)	02:52:52	18	155	Chrissie	Jay	20km	Female	45	Veteran (40-49)	04:23:07
49	21	96	Adrian	Carter	20km	Male	45	Veteran (40-49)	02:52:57	19	352	Diane	Hayter	20km	Female	48	Veteran (40-49)	04:23:14
50	22	373	Byron	Momsen	20km	Male	42	Veteran (40-49)	02:52:58	20	124	Kerry	Cooke	20km	Female	48	Veteran (40-49)	04:23:36
51	23	2025	Antony	Barker	20km	Male	45	Veteran (40-49)	02:53:27	5	28	Zena	Kennerley	20km	Female	55	Master (50-59)	04:32:15
52	17	306	Andrew	Taylor	20km	Male	32	Sub-Veteran (30-39)	02:53:41	19	356	Marissa	Griesel	20km	Female	32	Sub-Veteran (30-39)	04:34:08
53	18	369	Michael	Spargo	20km	Male	30	Sub-Veteran (30-39)	02:53:47	21	185	Sunette	Van den Berg	20km	Female	42	Veteran (40-49)	04:35:03
54	19	258	Noel	Young	20km	Male	34	Sub-Veteran (30-39)	02:54:02	22	234	Kerry	Hurst	20km	Female	45	Veteran (40-49)	04:53:00
55	20	2040	alain	michaels	20km	Male	30	Sub-Veteran (30-39)	02:55:48	23	72	Masiba	Ntsele	20km	Female	48	Veteran (40-49)	05:00:04
56	21	140	Andries	Huysier	20km	Male	36	Sub-Veteran (30-39)	02:55:54	24	219	Joyce	Legadima	20km	Female	48	Veteran (40-49)	05:00:09
57	24	250	Allister	McCreadie	20km	Male	41	Veteran (40-49)	02:55:58	20	2132	Liesl	Koch	20km	Female	37	Sub-Veteran (30-39)	05:06:56
58	2	162	david	funnell	20km	Male	51	Master (50-59)	02:56:21	6	212	Bernadette	Henning	20km	Female	51	Master (50-59)	05:14:42
59	25	2130	Lloyd	Hudson	20km	Male	47	Veteran (40-49)	02:58:57	8	2083	Jacqui	Purchase	20km	Female	29	Senior (19-29)	NULL
60	26	107	Dirk	Potgieter	20km	Male	40	Veteran (40-49)	02:59:11									
61	22	2019	Neil	Lategan	20km	Male	35	Sub-Veteran (30-39)	02:59:15									
62	28	2119	Stephen	Mahony	20km	Male	49	Veteran (40-49)	03:00:29									
63	23	164	Greg	Shapiro	20km	Male	35	Sub-Veteran (30-39)	03:00:39									
64	24	299	Justin	Blend	20km	Male	33	Sub-Veteran (30-39)	03:00:54									
65	25	228	Sven	Leisegang	20km	Male	33	Sub-Veteran (30-39)	03:01:53									
66	26	189	Alasdair	Walker	20km	Male	30	Sub-Veteran (30-39)	03:03:55									
67	29	98	Michael	Cook	20km	Male	44	Veteran (40-49)	03:04:05									
68	30	357	Grant	Williams	20km	Male	43	Veteran (40-49)	03:04:14									
69	31	2053	JD	Mostert	20km	Male	41	Veteran (40-49)	03:06:45									
70	32	45	Tiaan	Kotze	20km	Male	40	Veteran (40-49)	03:08:14									
71	3	106	Tony	Huglin	20km	Male	54	Master (50-59)	03:10:36									
72	27	42	Stefan	Muller	20km	Male	31	Sub-Veteran (30-39)	03:11:09									
73	28	2126	Abraham	Smit	20km	Male	34	Sub-Veteran (30-39)	03:16:24									
74	29	2037	Darryn	McCormick	20km	Male	32	Sub-Veteran (30-39)	03:17:13									
75	11	198	Eduan	Human	20km	Male	28	Senior (19-29)	03:18:19									
76	30	225	Pierre	Du Preez	20km	Male	32	Sub-Veteran (30-39)	03:19:15									
77	31	84	Nicholas	Gouws	20km	Male	39	Sub-Veteran (30-39)	03:19:37									
78	33	2003	John	Georgiou	20km	Male	48	Veteran (40-49)	03:20:45									
79	4	101	Stefano	Migliore	20km	Male	50	Master (50-59)	03:24:50									
80	32	24	Karl-Heinz	Koch	20km	Male	36	Sub-Veteran (30-39)	03:25:33									

20km

MALE

FEMALE

Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
81	34	301	Murray	Bredin	20km	Male	40	Veteran (40-49)	03:25:47									
82	1	235	Tom	Atlasik	20km	Male	61	Grand-Master (60+)	03:25:53									
83	35	2035	Paul	Kennedy	20km	Male	42	Veteran (40-49)	03:26:08									
84	33	2127	Scott	Sims	20km	Male	31	Sub-Veteran (30-39)	03:27:13									
85	34	19	Jacques	van Heerden	20km	Male	32	Sub-Veteran (30-39)	03:27:24									
86	5	192	gavin	sacks	20km	Male	51	Master (50-59)	03:28:08									
87	36	266	Andrew	Watt	20km	Male	45	Veteran (40-49)	03:28:33									
88	6	281	Mike	Henning	20km	Male	52	Master (50-59)	03:28:38									
89	37	2079	Richard	Mullen	20km	Male	40	Veteran (40-49)	03:33:47									
90	35	92	Dean	Bree	20km	Male	35	Sub-Veteran (30-39)	03:33:53									
91	7	191	Joe	de Lima	20km	Male	52	Master (50-59)	03:34:43									
92	36	289	Matthew	Turner	20km	Male	36	Sub-Veteran (30-39)	03:35:29									
93	37	326	Brendan	McBirnie	20km	Male	35	Sub-Veteran (30-39)	03:36:57									
94	38	129	Lloyd	Blake	20km	Male	31	Sub-Veteran (30-39)	03:39:14									
95	39	168	Justyn	Spinner	20km	Male	33	Sub-Veteran (30-39)	03:40:28									
96	8	246	Paul	Howes	20km	Male	52	Master (50-59)	03:46:53									
97	40	34	Byron	Moreton	20km	Male	31	Sub-Veteran (30-39)	03:49:37									
98	12	2066	Yanga	Mvambi	20km	Male	28	Senior (19-29)	03:49:51									
99	13	110	Ivan	Jones	20km	Male	27	Senior (19-29)	03:49:54									
100	14	141	Charles	McMahon	20km	Male	28	Senior (19-29)	03:49:57									
101	9	20	Gary	Hewitt	20km	Male	52	Master (50-59)	03:52:11									
102	41	276	Ruarri	Rogan	20km	Male	35	Sub-Veteran (30-39)	03:52:17									
103	42	251	Arno	Lourens	20km	Male	38	Sub-Veteran (30-39)	03:54:00									
104	38	58	Chris	Thomas	20km	Male	47	Veteran (40-49)	03:54:24									
105	39	265	Irma	Schoeman	20km	Male	49	Veteran (40-49)	03:54:33									
106	40	310	Duncan	McLeod	20km	Male	44	Veteran (40-49)	03:55:10									
107	15	146	Reinard	Brand	20km	Male	22	Senior (19-29)	03:57:57									
108	41	149	Amos	Manda	20km	Male	43	Veteran (40-49)	03:58:24									
109	42	269	Sarel	Joubert	20km	Male	40	Veteran (40-49)	03:58:44									
111	43	316	Mabophelo	Yende	20km	Male	34	Sub-Veteran (30-39)	04:00:43									
110	10	3	Carl	Bergmann	20km	Male	52	Master (50-59)	04:03:46									
112	44	76	Charles	Norman	20km	Male	38	Sub-Veteran (30-39)	04:11:06									
113	43	319	Donald	Young	20km	Male	48	Veteran (40-49)	04:11:16									
114	44	2145	Jonathan	Starmen	20km	Male	40	Veteran (40-49)	04:15:29									
115	16	245	Ndumiso	Qwele	20km	Male	28	Senior (19-29)	04:25:05									
116	2	156	Francois	Steyl	20km	Male	68	Grand-Master (60+)	04:32:12									
117	45	161	Dirk	Griesel	20km	Male	32	Sub-Veteran (30-39)	04:34:13									
118	11	2134	Jan	Klynsmith	20km	Male	54	Master (50-59)	04:39:01									
119	45	2044	Sello	Taunyane	20km	Male	44	Veteran (40-49)	04:50:10									
120	12	323	Adam	Waugh	20km	Male	54	Master (50-59)	04:52:59									

13km

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	725	Tranquil	Gumbo	13km	Male		Senior (19-29)	01:24:04	1	469	Takalani	Ndandani	13km	Female	37	Sub-Veteran (30-39)	01:41:54
2	2	561	Moses	Ntenje	13km	Male		Senior (19-29)	01:25:37	1	468	Michaela	Surtees	13km	Female	25	Senior (19-29)	01:42:32
3	1	502	Ryan	Mathaba	13km	Male	35	Sub-Veteran (30-39)	01:26:51	2	554	Tamaryn	Bronner	13km	Female	19	Senior (19-29)	02:06:13
4	2	706	Matthew	Aiken	13km	Male	31	Sub-Veteran (30-39)	01:32:53	3	639	Lise	Smuts	13km	Female	22	Senior (19-29)	02:07:21
5	3	574	Matthew	Slabbert	13km	Male	20	Senior (19-29)	01:36:48	2	628	Sofi	Ackerman	13km	Female	33	Sub-Veteran (30-39)	02:16:26
6	3	727	Flash	Tsoliwa	13km	Male	32	Sub-Veteran (30-39)	01:36:57	4	614	Laetitia	du Plessis	13km	Female	28	Senior (19-29)	02:18:44
7	4	571	Stephen	Atkinson	13km	Male	38	Sub-Veteran (30-39)	01:39:39	1	780	Louise	Gierschick	13km	Female	43	Veteran (40-49)	02:20:31
8	5	747	Hein	Stapelberg	13km	Male	37	Sub-Veteran (30-39)	01:42:12	3	730	Ingrid	Hauger	13km	Female	36	Sub-Veteran (30-39)	02:20:35
9	6	492	Matthew	Simpson	13km	Male	38	Sub-Veteran (30-39)	01:42:21	4	671	Corlize	Kirstein	13km	Female	34	Sub-Veteran (30-39)	02:22:01
10	1	623	Anton	Nel	13km	Male	40	Veteran (40-49)	01:47:14	5	629	Jennifer	Jones	13km	Female	27	Senior (19-29)	02:22:02
11	2	648	Timothy	Coventry	13km	Male	43	Veteran (40-49)	01:48:07	2	478	Monica	Woolridge	13km	Female	40	Veteran (40-49)	02:23:12
12	3	697	Gerrad	Booyens	13km	Male	43	Veteran (40-49)	01:54:01	5	598	Erica	Pierce	13km	Female	39	Sub-Veteran (30-39)	02:23:56
13	7	490	Jan-Hendrik	du Plessis	13km	Male	37	Sub-Veteran (30-39)	01:55:23	6	738	Lara	Rogers	13km	Female	23	Senior (19-29)	02:24:55
14	4	785	Ruan	Mare	13km	Male	24	Senior (19-29)	01:55:47	3	631	Chantelle	Swanepoel	13km	Female	40	Veteran (40-49)	02:26:26
15	5	744	Kenneth	Slabbert	13km	Male	22	Senior (19-29)	01:56:58	4	742	Michelle	MacFie	13km	Female	43	Veteran (40-49)	02:26:54
16	6	627	Jaun	Oosthuizen	13km	Male	20	Senior (19-29)	01:57:24	7	406	Chevonne	Powell	13km	Female	29	Senior (19-29)	02:27:06
17	7	545	Coleman	Brits	13km	Male	20	Senior (19-29)	01:57:25	8	506	Beth	Crankshaw	13km	Female	22	Senior (19-29)	02:28:11
18	8	524	Graham	Hartman	13km	Male	36	Sub-Veteran (30-39)	01:58:04	9	408	Kerry	Shuter	13km	Female	22	Senior (19-29)	02:28:17
19	1	794	Walter	Helliwell	13km	Male	58	Master (50-59)	01:58:26	6	413	Linda	Spies	13km	Female	36	Sub-Veteran (30-39)	02:30:21
20	8	585	Jan	Swart	13km	Male	22	Senior (19-29)	02:00:30	10	568	Nicolene	Van der Sandt	13km	Female	26	Senior (19-29)	02:31:04
21	9	429	Szymon	Welgus	13km	Male	24	Senior (19-29)	02:05:13	11	603	Kirsten	Roberts	13km	Female	24	Senior (19-29)	02:31:07
22	4	798	Warren	Bronner	13km	Male	46	Veteran (40-49)	02:06:14	5	566	ZOE	MERSON-DAV	13km	Female	46	Veteran (40-49)	02:32:29
23	10	776	Jacob	Muller	13km	Male	25	Senior (19-29)	02:06:17	7	762	Megan	Taylor	13km	Female	32	Sub-Veteran (30-39)	02:33:11
24	2	508	Walter	Smuts	13km	Male	55	Master (50-59)	02:07:25	6	415	Veronica	Warmington	13km	Female	45	Veteran (40-49)	02:35:13
25	5	414	Hylton	Allison	13km	Male	43	Veteran (40-49)	02:08:39	8	630	Melinda	Smal	13km	Female	34	Sub-Veteran (30-39)	02:36:41
26	11	520	Francois	Mullock-houwe	13km	Male	25	Senior (19-29)	02:16:58	9	529	Roslyn	Edgecomb	13km	Female	39	Sub-Veteran (30-39)	02:39:44
27	6	637	Brian	Holmes	13km	Male	42	Veteran (40-49)	02:17:56	7	672	Ilse	Makkink	13km	Female	42	Veteran (40-49)	02:41:13
28	7	756	Abri	Smit	13km	Male	41	Veteran (40-49)	02:18:41	10	425	Melissa	Lotter	13km	Female	30	Sub-Veteran (30-39)	02:42:21
29	9	769	Sven	Mollgaard	13km	Male	37	Sub-Veteran (30-39)	02:19:13	8	749	Candice	Eaglestone	13km	Female	40	Veteran (40-49)	02:44:56
30	10	403	Martin	Winter	13km	Male	36	Sub-Veteran (30-39)	02:20:51	12	482	Wilme	Olivier	13km	Female	26	Senior (19-29)	02:45:16
31	8	417	Eddie	Santana	13km	Male	44	Veteran (40-49)	02:21:13	11	533	Ronelle	Ernst	13km	Female	38	Sub-Veteran (30-39)	02:46:20
32	11	507	Christiaan	VAN DEN BERG	13km	Male	31	Sub-Veteran (30-39)	02:21:19	12	733	Kerschyl	Saineh	13km	Female	30	Sub-Veteran (30-39)	02:47:47
33	12	510	Marius	Van Rensburg	13km	Male	37	Sub-Veteran (30-39)	02:21:44	9	625	Chantal	Hugo	13km	Female	44	Veteran (40-49)	02:52:43
34	13	699	Zach	Raymond	13km	Male	31	Sub-Veteran (30-39)	02:22:00	13	788	Nadine	Gregory	13km	Female	39	Sub-Veteran (30-39)	02:54:59
35	14	537	Reuben	Beggs	13km	Male	30	Sub-Veteran (30-39)	02:24:53	14	558	noncedo	Pheza	13km	Female	32	Sub-Veteran (30-39)	02:55:31
36	9	717	Rhyn	Promnitz	13km	Male	45	Veteran (40-49)	02:26:06	1	477	Michelle	Oelschig	13km	Female	52	Master (50-59)	02:56:12
37	3	688	Graham	Winn	13km	Male	57	Master (50-59)	02:26:27	13	649	Sune	Cronje	13km	Female	26	Senior (19-29)	02:56:51
38	10	679	Andrew	Nunes	13km	Male	43	Veteran (40-49)	02:26:37	15	516	Cornelle	Dewar	13km	Female	35	Sub-Veteran (30-39)	02:58:10
39	4	677	Geoff	Lupton - Smith	13km	Male	59	Master (50-59)	02:27:09	16	670	Lauren	Dally	13km	Female	33	Sub-Veteran (30-39)	02:59:12
40	15	431	Charel	Du Toit	13km	Male	36	Sub-Veteran (30-39)	02:27:35	10	792	Elizma	Nolte	13km	Female	40	Veteran (40-49)	02:59:16

13km																		
MALE										FEMALE								
Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
41	5	503	Wessel	Van Wyk	13km	Male	51	Master (50-59)	02:28:02	14	724	Francesca	Lynagh	13km	Female	25	Senior (19-29)	03:02:23
42	16	496	Martiens	de Jager	13km	Male	32	Sub-Veteran (30-39)	02:28:27	15	433	Anelle	Kuhn	13km	Female	27	Senior (19-29)	03:03:01
43	17	728	Nico	Muder	13km	Male	31	Sub-Veteran (30-39)	02:29:23	11	620	Lee-Ann	Botha	13km	Female	44	Veteran (40-49)	03:11:40
44	12	715	Wihan	Barnard	13km	Male	22	Senior (19-29)	02:29:54	17	521	Agnieszka	Atlasik	13km	Female	31	Sub-Veteran (30-39)	03:12:03
45	11	597	Sean	MacFie	13km	Male	49	Veteran (40-49)	02:30:00	18	517	Colleen	Krog	13km	Female	39	Sub-Veteran (30-39)	03:12:05
46	18	763	Sarel	Brand	13km	Male	30	Sub-Veteran (30-39)	02:30:04	12	583	Poulina	Munsamy	13km	Female	43	Veteran (40-49)	03:13:54
47	12	548	Christopher	Groome	13km	Male	46	Veteran (40-49)	02:30:04	2	714	Belinda	Van Nikkelen	13km	Female	56	Master (50-59)	03:21:18
48	13	696	James	Wood	13km	Male	40	Veteran (40-49)	02:30:29	16	633	Nicole	Barth	13km	Female	29	Senior (19-29)	03:23:19
49	19	660	Abner	Bischoff	13km	Male	38	Sub-Veteran (30-39)	02:30:51	13	781	Marietjie	Naude	13km	Female	40	Veteran (40-49)	03:26:38
50	13	790	Jaco	Schoeman	13km	Male	28	Senior (19-29)	02:31:05	17	646	Naomi	Hoogewegee	13km	Female	26	Senior (19-29)	03:31:07
51	20	570	Bradley	Glossop	13km	Male	36	Sub-Veteran (30-39)	02:31:25	18	635	Narissa	Duvenhage	13km	Female	23	Senior (19-29)	03:35:34
52	14	578	Werner	Henning	13km	Male	47	Veteran (40-49)	02:31:51	19	519	Melanie	De Beer	13km	Female	38	Sub-Veteran (30-39)	03:35:36
53	21	527	Sunil	Lath	13km	Male	34	Sub-Veteran (30-39)	02:32:41	3	586	Helen	De Kock	13km	Female	51	Master (50-59)	03:36:42
54	14	695	Harry	Holder	13km	Male	27	Senior (19-29)	02:33:00	14	29	Francis	Rogan	13km	Female	40	Veteran (40-49)	03:42:26
55	15	719	Peter	Ypenburg	13km	Male	48	Veteran (40-49)	02:35:08	15	411	Charmaine	Rabie	13km	Female	47	Veteran (40-49)	03:43:08
56	16	509	Jacobus	Malan	13km	Male	45	Veteran (40-49)	02:38:16	16	458	Rihette	Muller	13km	Female	42	Veteran (40-49)	03:43:11
57	17	113	Andrew	Nicholson	13km	Male	43	Veteran (40-49)	02:39:03	17	455	Linda	Rorich	13km	Female	43	Veteran (40-49)	03:44:39
58	18	720	Gerard	Cunningham	13km	Male	41	Veteran (40-49)	02:39:19	18	409	Sharon	Coventry	13km	Female	44	Veteran (40-49)	03:44:41
59	22	705	Andrew	Newell	13km	Male	39	Sub-Veteran (30-39)	02:39:20	4	21	Inge	Cox	13km	Female	50	Master (50-59)	03:51:17
60	6	740	Peet	van Jaarsveld	13km	Male	50	Master (50-59)	02:39:50	5	395	Lucy	Theron	13km	Female	57	Master (50-59)	03:52:02
61	23	536	Graeme	Oswald	13km	Male	36	Sub-Veteran (30-39)	02:40:59	20	173	Kyrie	De Beer	13km	Female	30	Sub-Veteran (30-39)	03:59:29
62	19	475	Andrek	Makkink	13km	Male	43	Veteran (40-49)	02:41:15	1	591	Cindy	Purchase	13km	Female	60	Grand-Master (60+)	04:19:29
63	24	525	Wayne	Lotter	13km	Male	32	Sub-Veteran (30-39)	02:42:22	6	501	Judith	Marsden	13km	Female	54	Master (50-59)	04:30:17
64	25	426	Andre	Erasmus	13km	Male	37	Sub-Veteran (30-39)	02:43:21	21	737	Keo	Montoedi	13km	Female	34	Sub-Veteran (30-39)	04:50:33
65	15	634	Jesse	van Jaarsveld	13km	Male	19	Senior (19-29)	02:43:46	7	569	Ronelle	Marais	13km	Female	54	Master (50-59)	05:14:37
66	20	680	Raymond	Risi	13km	Male	43	Veteran (40-49)	02:47:26	19	638	Daleen	Van Der Merw	13km	Female	42	Veteran (40-49)	05:14:40
67	21	669	Monray	Botha	13km	Male	42	Veteran (40-49)	02:50:59	22	783	Karen	McMurray	13km	Female	37	Sub-Veteran (30-39)	NULL
68	22	640	Hansie	Van der Westhu	13km	Male	42	Veteran (40-49)	02:56:31	20	495	Claire	Raath	13km	Female	44	Veteran (40-49)	NULL
69	23	604	riaan	meyer	13km	Male	44	Veteran (40-49)	02:58:37									
70	24	2039	Paul	Venter	13km	Male	43	Veteran (40-49)	03:00:01									
71	16	446	Dewald	Viljoen	13km	Male	29	Senior (19-29)	03:01:02									
72	26	505	Richard	Challis	13km	Male	31	Sub-Veteran (30-39)	03:02:21									
73	7	593	Charles	Marais	13km	Male	58	Master (50-59)	03:04:55									
74	25	674	Clinton	Birk	13km	Male	44	Veteran (40-49)	03:06:11									
75	26	540	Ronald	Eykenduyn	13km	Male	49	Veteran (40-49)	03:07:46									
76	8	778	Grant	Clack	13km	Male	55	Master (50-59)	03:10:47									
77	27	765	Angela	Abrahams	13km	Male	46	Veteran (40-49)	03:11:43									
78	27	726	Andreas	Strangfeld	13km	Male	30	Sub-Veteran (30-39)	03:12:00									
79	28	605	richard	stirland	13km	Male	44	Veteran (40-49)	03:12:51									
80	29	743	SHAWN	BRITZ	13km	Male	42	Veteran (40-49)	03:22:08									

13km

MALE

FEMALE

Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
81	30	777	Leroy	Rabie	13km	Male	42	Veteran (40-49)	03:22:13									
82	28	572	Christopher	Brodie-Smith	13km	Male	33	Sub-Veteran (30-39)	03:23:18									
83	1	729	Arnold	Bischoff	13km	Male	70	Grand-Master (60+)	03:24:52									
84	29	594	Chris	Marshall	13km	Male	30	Sub-Veteran (30-39)	03:31:01									
85	9	331	steven	flaxman	13km	Male	50	Master (50-59)	04:00:36									
86	10	2104	Dietrich	Gerber	13km	Male	56	Master (50-59)	04:04:54									
87	31	2115	Tienie	Ferreira	13km	Male	45	Veteran (40-49)	04:04:59									
88	11	158	Darren	Smith	13km	Male	52	Master (50-59)	04:14:08									
89	32	662	Wayne	Ross	13km	Male	46	Veteran (40-49)	04:19:32									
90	12	555	Hanna	Atlasik	13km	Male	57	Master (50-59)	04:26:33									
91	30	434	Greg	Atlasik	13km	Male	34	Sub-Veteran (30-39)	04:26:35									
92	17	611	Nothando	Ncumshe	13km	Male	29	Senior (19-29)	04:50:36									
93	31	599	Philip	Nel	13km	Male	36	Sub-Veteran (30-39)	05:14:42									
94	32	474	Kathleen	Kopp	13km	Male	32	Sub-Veteran (30-39)	NULL									
95																		
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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	928	Ryan	Ebedes	6km	Male	40	Veteran (40-49)	00:44:25	1	3125	Skye	Tucker	6km	Female	14	12 to 15	00:52:51
2	1	885	Shaan	Immelman	6km	Male	14	12 to 15	00:46:45	1	843	Klare	Meijer	6km	Female	32	Sub-Veteran (30-39)	00:52:55
3	2	846	Thuleleni	Nkosi	6km	Male	41	Veteran (40-49)	00:50:25	2	3111	Dakota	Tucker	6km	Female	13	12 to 15	00:56:09
4	1	817	Devin	Sinclair	6km	Male	30	Sub-Veteran (30-39)	00:52:59	2	804	Tracy	Hughes	6km	Female	37	Sub-Veteran (30-39)	01:02:18
5	2	902	Tian	Ferreira	6km	Male	12	12 to 15	00:56:04	1	3092	Meliza	Brits	6km	Female	45	Veteran (40-49)	01:03:49
6	2	868	Tommo	Thompson	6km	Male		Sub-Veteran (30-39)	01:02:05	1	876	Carla	Dessels	6km	Female	28	Senior (19-29)	01:04:02
7	3	863	Willem	Du Plessis	6km	Male	31	Sub-Veteran (30-39)	01:02:08	3	833	Kaylee	Tennant	6km	Female	12	12 to 15	01:05:08
8	1	807	Karel	de bruin	6km	Male	29	Senior (19-29)	01:04:04	1	992	Sandy	Heath	6km	Female	53	Master (50-59)	01:09:36
9	4	936	Paul	Thomaides	6km	Male	33	Sub-Veteran (30-39)	01:05:06	3	973	Jennifer	King	6km	Female	37	Sub-Veteran (30-39)	01:10:41
10	1	938	ROY	AIKEN	6km	Male	61	Grand-Master (60+)	01:07:43	4	1036	Holly	van Reede va	6km	Female	33	Sub-Veteran (30-39)	01:12:08
11	3	816	Ian	Immelman	6km	Male	13	12 to 15	01:09:29	2	3103	Irma	Immelman	6km	Female	40	Veteran (40-49)	01:13:43
12	5	3000	Lourens	Reyneke	6km	Male	39	Sub-Veteran (30-39)	01:12:11	5	1052	Lisa	Bell	6km	Female	39	Sub-Veteran (30-39)	01:14:35
13	6	987	Jaco	Van Gerve	6km	Male	35	Sub-Veteran (30-39)	01:12:13	4	3054	Summer	Tucker	6km	Female	12	12 to 15	01:14:44
14	3	898	Jacques	Immelman	6km	Male	46	Veteran (40-49)	01:13:46	3	1088	Julie	Tucker	6km	Female	40	Veteran (40-49)	01:14:46
15	1	1029	Timothy	Slabbert	6km	Male	11	Under 11	01:18:30	4	1064	Lisa	Scholtz	6km	Female	44	Veteran (40-49)	01:15:02
16	7	891	Johan	Taljaard	6km	Male	31	Sub-Veteran (30-39)	01:20:05	2	1013	Sandra	Slabbert	6km	Female	51	Master (50-59)	01:18:31
17	2	493	Bongani	Nkosi	6km	Male	19	Senior (19-29)	01:22:08	6	3031	Michelle	Lockwood	6km	Female	33	Sub-Veteran (30-39)	01:20:10
18	1	3138	Glenn	Rosenberg	6km	Male	50	Master (50-59)	01:22:22	5	1095	Ineke	Swanepool	6km	Female	40	Veteran (40-49)	01:20:11
19	2	822	Rico	Ferreira	6km	Male	9	Under 11	01:31:38	1	875	Zoe	van Kaam	6km	Female	11	Under 11	01:20:16
20	3	1070	Don	Louw	6km	Male	29	Senior (19-29)	01:33:11	5	1063	Richelle	van Kaam	6km	Female	15	12 to 15	01:20:18
21	8	3126	Shaun	De Villiers	6km	Male	30	Sub-Veteran (30-39)	01:33:28	6	3075	Tanja	Rosenberg	6km	Female	45	Veteran (40-49)	01:22:19
22	4	1005	Jan	Herbst	6km	Male	43	Veteran (40-49)	01:37:04	2	981	kayla	Rosenberg	6km	Female	7	Under 11	01:22:27
23	5	3087	Korrie	van Kaam	6km	Male	45	Veteran (40-49)	01:44:39	3	830	Karen	Eksteen	6km	Female	50	Master (50-59)	01:30:41
24	4	932	CATHERINE	KILLEN	6km	Male	24	Senior (19-29)	01:50:17	7	3024	Niki	Cloete	6km	Female	36	Sub-Veteran (30-39)	01:30:55
25	6	827	Francois	Bernadi	6km	Male	40	Veteran (40-49)	02:02:21	8	895	Carla	Smit	6km	Female	32	Sub-Veteran (30-39)	01:30:57
26	7	812	Vincent	Serena	6km	Male	46	Veteran (40-49)	03:00:58	2	1076	Nonkululek	Manatha	6km	Female	27	Senior (19-29)	01:31:02
27										3	3036	Ronel	Keyser	6km	Female	25	Senior (19-29)	01:33:03
28										4	983	Roxanne	Haack	6km	Female	26	Senior (19-29)	01:33:14
29										5	3112	Shavaughn	Haack	6km	Female	27	Senior (19-29)	01:33:23
30										7	1067	Hermien	Nieuwoudt	6km	Female	44	Veteran (40-49)	01:33:26
31										8	858	Leonie	Herbst	6km	Female	42	Veteran (40-49)	01:37:08
32										9	879	Dalize	Pelser	6km	Female	32	Sub-Veteran (30-39)	01:37:09
33										9	824	Margite	Taylor	6km	Female	48	Veteran (40-49)	01:41:14
34										6	1047	Karina	Szuman	6km	Female	25	Senior (19-29)	01:44:28
35										10	995	mieke	van kaam	6km	Female	39	Sub-Veteran (30-39)	01:44:37
36										11	513	Lindsay	Vallance	6km	Female	31	Sub-Veteran (30-39)	01:44:42
37										1	838	Shinead	Promnitz	6km	Female	17	16 to 18	01:49:47
38										10	949	Thalitha	Promnitz	6km	Female	44	Veteran (40-49)	01:50:20
39										11	1086	Marsja	Bernadi	6km	Female	41	Veteran (40-49)	02:02:23
40										12	1051	Elzaan	Meyer	6km	Female	43	Veteran (40-49)	02:12:33



MRLT - NOGWAJA TRAIL RUN 2017

2017-07-23 - Rustig Hiking Trails



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
41										12	814	Miriam	Nkhungulu	6km	Female	30	Sub-Veteran (30-39)	02:12:36
42										1	853	Delia	Dunbar	6km	Female	61	Grand-Master (60+)	02:12:40
43										13	836	Wanda	Ferreira	6km	Female	45	Veteran (40-49)	02:16:57
44										4	562	Deirdre	Fouche	6km	Female	55	Master (50-59)	02:21:59
45										7	809	Jessica	McCallum	6km	Female	23	Senior (19-29)	02:22:39
46										6	1073	Saige	Daniels	6km	Female	15	12 to 15	02:22:56
47										5	959	Anke	McCallum	6km	Female	51	Master (50-59)	02:28:11
48										14	924	Tanya	Baird	6km	Female	42	Veteran (40-49)	02:28:12
49										6	811	Sally	George	6km	Female	50	Master (50-59)	02:35:09
50										3	952	Kiva	Serena	6km	Female	5	Under 11	03:01:04
51																		
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MRLT - NOGWAJA TRAIL RUN 2017

2017-07-23 - Rustig Hiking Trails



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	
81																			
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