



FRESH TRAILS - FRESH @ GROENKLOOF - TRAIL RUN

2019-03-10 - Groenkloof Nature Reserve



17km

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	433	Lauri	Tuomaala	17km	Male	37	Sub-Veteran (30-39)	01:21:06	1	329	Minette	Naude	17km	Female	33	Sub-Veteran (30-39)	01:25:39
2	2	515	David Schalk	Van der Merwe	17km	Male	36	Sub-Veteran (30-39)	01:24:06	2	648	Rizta	Fouche	17km	Female	37	Sub-Veteran (30-39)	01:34:12
3	3	523	Busani	Mabhena	17km	Male	39	Sub-Veteran (30-39)	01:24:37	1	628	Alisia	Marais	17km	Female	22	Senior (19-29)	01:35:00
4	1	729	Emile	Annandale	17km	Male	46	Veteran (40-49)	01:30:40	2	684	Benice	Willemse	17km	Female	21	Senior (19-29)	01:44:21
5	4	429	Stephen	Atkinson	17km	Male	39	Sub-Veteran (30-39)	01:30:51	1	726	Chani	Mare	17km	Female	40	Veteran (40-49)	01:49:15
6	1	472	Peter	White	17km	Male	56	Master (50-59)	01:31:34	3	417	Angela	Kavallieratos	17km	Female	33	Sub-Veteran (30-39)	01:52:38
7	5	635	Tim	Noble	17km	Male	31	Sub-Veteran (30-39)	01:35:04	3	796	Melinda	van Tonder	17km	Female	26	Senior (19-29)	01:53:38
8	6	585	Jacobus	Muller	17km	Male	32	Sub-Veteran (30-39)	01:37:32	2	725	Erika	Bornman	17km	Female	41	Veteran (40-49)	01:54:03
9	7	677	tim	price	17km	Male	33	Sub-Veteran (30-39)	01:39:00	4	495	Laetitia	Jansen v Vuur	17km	Female	32	Sub-Veteran (30-39)	02:00:35
10	2	422	Ringson	Maaoka	17km	Male	44	Veteran (40-49)	01:40:09	5	475	Nothando	Mungwe	17km	Female	35	Sub-Veteran (30-39)	02:00:58
11	8	681	Leon	Grobler	17km	Male	39	Sub-Veteran (30-39)	01:40:47	6	634	Janine	Smythe	17km	Female	33	Sub-Veteran (30-39)	02:00:59
12	3	688	Jurgens	Potgieter	17km	Male	41	Veteran (40-49)	01:42:18	7	780	Nadine	Nowak	17km	Female	33	Sub-Veteran (30-39)	02:01:10
13	2	562	Eduard	Herselman	17km	Male	52	Master (50-59)	01:44:22	8	601	Charlene	Alberts	17km	Female	34	Sub-Veteran (30-39)	02:01:27
14	4	658	Faf	Liebenberg	17km	Male	41	Veteran (40-49)	01:44:27	9	762	Melissa	Koekemoer	17km	Female	31	Sub-Veteran (30-39)	02:03:03
15	9	785	Gerhard	Bolt	17km	Male	39	Sub-Veteran (30-39)	01:47:08		519	Vilaykham	Backes	17km	Female			02:03:28
16	10	617	Selwin	Roon	17km	Male	39	Sub-Veteran (30-39)	01:47:09	3	760	Haidee	de Villiers	17km	Female	48	Veteran (40-49)	02:04:52
17	11	611	Michael	Van Niekerk	17km	Male	35	Sub-Veteran (30-39)	01:48:01	10	508	Yuanita	Buitendag	17km	Female	31	Sub-Veteran (30-39)	02:05:30
18	5	787	STeve	Fish	17km	Male	40	Veteran (40-49)	01:48:38	11	788	Laura	Damonte	17km	Female	33	Sub-Veteran (30-39)	02:06:16
19	6	764	Ian	Fourie	17km	Male	42	Veteran (40-49)	01:49:19	4	586	Amanda	Annandale Be	17km	Female	44	Veteran (40-49)	02:06:43
20	12	797	Jason	Guthrie	17km	Male	33	Sub-Veteran (30-39)	01:49:51	5	403	Mariette	Mare	17km	Female	40	Veteran (40-49)	02:09:19
21		778	XIANWANG	WU	17km	Male			01:50:35	4	546	Lauren	Todd	17km	Female	26	Senior (19-29)	02:10:45
22	1	411	siphiwe	sithole	17km	Male	28	Senior (19-29)	01:50:51	12	694	Karla	Brown	17km	Female	37	Sub-Veteran (30-39)	02:11:05
23	13	578	Douw	van Zyl	17km	Male	35	Sub-Veteran (30-39)	01:53:40	13	580	Janeane	Watt	17km	Female	37	Sub-Veteran (30-39)	02:12:30
24	14	542	Etienne	Jordaan	17km	Male	34	Sub-Veteran (30-39)	01:53:46	1	548	Esmee	du Plessis	17km	Female	61	Grand-Master (60+)	02:12:41
25	3	782	Pieter	Broere	17km	Male	52	Master (50-59)	01:53:48	6	759	Pamela	Cronje	17km	Female	45	Veteran (40-49)	02:16:02
26	2	504	Hendrik	van Tonder	17km	Male	27	Senior (19-29)	01:55:12	14	673	Ingrid	Hauger	17km	Female	37	Sub-Veteran (30-39)	02:19:57
27	15	529	Craig	Laidlaw	17km	Male	35	Sub-Veteran (30-39)	01:55:30	15	693	Allison	Foster	17km	Female	39	Sub-Veteran (30-39)	02:19:58
28	16	436	David	McConnell	17km	Male	38	Sub-Veteran (30-39)	01:55:58	1	800	marita	williams	17km	Female	50	Master (50-59)	02:22:01
29	17	510	Martin	Groenewald	17km	Male	31	Sub-Veteran (30-39)	01:56:03	7	765	Helga	Louw	17km	Female	48	Veteran (40-49)	02:23:15
30	18	477	Greig	Watt	17km	Male	39	Sub-Veteran (30-39)	01:58:10	2	549	Ewa	Hyra	17km	Female	60	Grand-Master (60+)	02:23:31
31	4	685	Lars	Bebensee	17km	Male	50	Master (50-59)	01:59:21	5	450	Jolandi	Labuschagne	17km	Female	28	Senior (19-29)	02:36:13
32	19	758	Rossouw	Muller	17km	Male	33	Sub-Veteran (30-39)	02:00:36	8	558	michelle	meth	17km	Female	43	Veteran (40-49)	02:36:36
33	3	492	ERIC DOCTOR	THUBANA	17km	Male	28	Senior (19-29)	02:00:38	16	603	Tracy	Hughes	17km	Female	39	Sub-Veteran (30-39)	02:37:25
34	20	506	Francois	Labuschagne	17km	Male	33	Sub-Veteran (30-39)	02:00:38	9	647	Marita	Olivier	17km	Female	41	Veteran (40-49)	02:53:59
35	7	689	Benjamin	Smolowitz	17km	Male	44	Veteran (40-49)	02:01:08	17	566	Lizle	Loots	17km	Female	38	Sub-Veteran (30-39)	03:03:26
36	8	597	James	Scheepers	17km	Male	42	Veteran (40-49)	02:02:07	10	574	Delicia	Wakaba	17km	Female	41	Veteran (40-49)	03:06:20
37	21	482	Justin	Austin	17km	Male	36	Sub-Veteran (30-39)	02:02:35	2	517	Anne	Gioia	17km	Female	52	Master (50-59)	03:06:21
38	22	621	Devan	Slabbert	17km	Male	38	Sub-Veteran (30-39)	02:02:49	3	727	Lauren	Anthony	17km	Female	58	Master (50-59)	03:06:22
39	23	741	Johan	Koekemoer	17km	Male	32	Sub-Veteran (30-39)	02:03:06	5	733	Carlien	Nell	17km	Female	55	Master (50-59)	03:06:23
40	1	516	Henk	Basson	17km	Male	63	Grand-Master (60+)	02:03:29	4	652	Karen	Chambers	17km	Female	52	Master (50-59)	03:06:24



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Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
41		620	Sacha	Backes	17km	Male			02:03:30	6	490	Lynn	Todd	17km	Female	50	Master (50-59)	
42	5	590	Gawie	Jansen van Vuur	17km	Male	54	Master (50-59)	02:05:21	6	753	Chriszelle	Nagel	17km	Female	25	Senior (19-29)	
43	9	750	Chris	Hamman	17km	Male	42	Veteran (40-49)	02:05:31									
44	2	699	Geoff	Lupton-Smith	17km	Male	61	Grand-Master (60+)	02:06:20									
45	10	670	Donovan	Shirley	17km	Male	44	Veteran (40-49)	02:08:45									
46	24	583	David	Minty	17km	Male	37	Sub-Veteran (30-39)	02:09:52									
47	25	724	Richad	Manser	17km	Male	39	Sub-Veteran (30-39)	02:09:57									
48	11	633	Morne	Reinder	17km	Male	45	Veteran (40-49)	02:10:00									
49	12	674	Ayanda	Dayile	17km	Male	41	Veteran (40-49)	02:13:07									
50	13	570	David	Berkowitz	17km	Male	42	Veteran (40-49)	02:15:07									
51	14	521	James	Wood	17km	Male	41	Veteran (40-49)	02:15:37									
52	15	756	John	Georgiou	17km	Male	49	Veteran (40-49)	02:15:43									
53	16	576	Gavin	Morris	17km	Male	45	Veteran (40-49)	02:15:46									
54		743	mazunzo	chaponda	17km	Male			02:17:31									
55	17	413	Grant	Hall	17km	Male	49	Veteran (40-49)	02:18:22									
56	4	679	Jaun	van Loggerenbe	17km	Male	29	Senior (19-29)	02:22:00									
57	3	781	Trevor	Smythe	17km	Male	62	Grand-Master (60+)	02:25:02									
58	6	746	John	Kollen	17km	Male	59	Master (50-59)	02:33:42									
59	18	468	Phil	Zaayman	17km	Male	48	Veteran (40-49)	02:41:10									
60	19	631	Daryl	Viljoen	17km	Male	45	Veteran (40-49)	02:56:00									
61	5	501	Jarryd	Irvine	17km	Male	25	Senior (19-29)										
62																		
63																		
64																		
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9km

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	198	Sello	Ramaloko	9km	Male	41	Veteran (40-49)	00:42:20	1	153	Adelinah	Moqhale	9km	Female	31	Sub-Veteran (30-39)	00:50:55
2	1	117	Matthew	Bodenstein	9km	Male	22	Senior (19-29)	00:45:09	2	192	Minette	Van den Berg	9km	Female	33	Sub-Veteran (30-39)	00:51:37
3	1	299	Joshua	De Waal	9km	Male	15	12 to 15	00:45:50	1	320	Luca	De Waal	9km	Female	11	Under 11	00:51:58
4	1	235	Douw	O'Kelly	9km	Male	51	Master (50-59)	00:46:47	3	2120	Naclanche	Steyn	9km	Female	36	Sub-Veteran (30-39)	00:53:09
5	2	384	Andrew	Mcjannet	9km	Male	55	Master (50-59)	00:47:41	4	281	Telanie	van der Merw	9km	Female	33	Sub-Veteran (30-39)	00:53:34
6	2	2067	Dirk	Van wyk	9km	Male	47	Veteran (40-49)	00:48:27	5	2062	Jennie	Mcgarvie	9km	Female	38	Sub-Veteran (30-39)	00:54:55
7	2	200	Kelvin	Van wyk	9km	Male	20	Senior (19-29)	00:48:29	1	34	Sabrina	van Wyk	9km	Female	21	Senior (19-29)	00:56:43
8	1	170	Linton	Hutton	9km	Male	39	Sub-Veteran (30-39)	00:50:56	6	45	Geani	Pieterse	9km	Female	30	Sub-Veteran (30-39)	00:56:46
9	3	950	Ewald	Rossouw	9km	Male	27	Senior (19-29)	00:51:30	2	9995	Nomonde	Ngxola	9km	Female	29	Senior (19-29)	00:58:52
10	4	228	Kobus	Swanepoel	9km	Male	22	Senior (19-29)	00:51:32	3	4101	Dane	Oosthuizen	9km	Female	26	Senior (19-29)	00:59:55
11	3	29	Vaughn	Nathanson	9km	Male	40	Veteran (40-49)	00:52:23	1	340	Linda	van der Colff	9km	Female	51	Master (50-59)	01:00:39
12	4	2114	Chrisjan	Potgieter	9km	Male	44	Veteran (40-49)	00:52:39	7	292	Marni	Rohrs	9km	Female	36	Sub-Veteran (30-39)	01:02:09
13	2	205	Jason	Sturzenegger	9km	Male	33	Sub-Veteran (30-39)	00:52:55	1	336	Cindy	Brown	9km	Female	45	Veteran (40-49)	01:04:47
14	3	2044	Henno	Cronje	9km	Male	39	Sub-Veteran (30-39)	00:53:06	2	808	Carna	Joubert	9km	Female	40	Veteran (40-49)	01:06:17
15	4	2040	Martinus	De Jager	9km	Male	33	Sub-Veteran (30-39)	00:53:08	8	219	robyn	surgeson	9km	Female	35	Sub-Veteran (30-39)	01:06:18
16	5	31	Christo	Nel	9km	Male	39	Sub-Veteran (30-39)	00:53:08	9	2085	Zeelie	van der Merw	9km	Female	35	Sub-Veteran (30-39)	01:06:31
17	6	245	Christopher	Runnalls	9km	Male	35	Sub-Veteran (30-39)	00:53:34	4	2083	Esmari	de Wet	9km	Female	27	Senior (19-29)	01:07:05
18	7	140	JC	Pieterse	9km	Male	31	Sub-Veteran (30-39)	00:53:42	5	42	Cecily	Claassen	9km	Female	24	Senior (19-29)	01:07:29
19	5	255	Nicolas	Furtak	9km	Male	41	Veteran (40-49)	00:53:42	6	2053	Victoria	Ashwin	9km	Female	29	Senior (19-29)	01:09:42
20	8	390	Dshorne	Human	9km	Male	39	Sub-Veteran (30-39)	00:54:13	10	113	Shannon	MacLean	9km	Female	31	Sub-Veteran (30-39)	01:09:43
21	9	206	Roulof	Hefer	9km	Male	30	Sub-Veteran (30-39)	00:55:42	7	316	Herma	Fouche	9km	Female	28	Senior (19-29)	01:09:45
22	6	244	Ebrahim	Teladia	9km	Male	40	Veteran (40-49)	00:55:49	2	2148	Nanda	Nortje	9km	Female	56	Master (50-59)	01:09:52
23	5	182	Dieter	van Rooyen	9km	Male	24	Senior (19-29)	00:56:01	8	96	Jo-Andri	Raubenheime	9km	Female	29	Senior (19-29)	01:10:05
24	10	107	Jason	Weyers	9km	Male	33	Sub-Veteran (30-39)	00:56:05	11	108	Marike	Swart	9km	Female	35	Sub-Veteran (30-39)	01:10:06
25	6	164	Rainier	Horak	9km	Male	24	Senior (19-29)	00:56:06	1	23	Bianca	Burgesmeir	9km	Female	18	16 to 18	01:11:14
26	3	343	Francois	Briers	9km	Male	54	Master (50-59)	00:56:41	3	2132	Anita	Blount	9km	Female	40	Veteran (40-49)	01:11:43
27	7	275	Charles	Jordan	9km	Male	22	Senior (19-29)	00:56:49	9	163	Chane	Snyman	9km	Female	25	Senior (19-29)	01:12:20
28	8	339	Tyron	de Beer	9km	Male	25	Senior (19-29)	00:57:55	10	2010	Janine	Rayner	9km	Female	24	Senior (19-29)	01:12:24
29	9	168	Izak	Lambrechts	9km	Male	25	Senior (19-29)	00:58:32	12	2061	Verni	Slabbert	9km	Female	35	Sub-Veteran (30-39)	01:12:28
30	10	2003	Jaco	Botha	9km	Male	25	Senior (19-29)	00:58:46	4	92	Nadine	Tsafandakis	9km	Female	41	Veteran (40-49)	01:12:29
31	11	324	Peet	Cronje	9km	Male	36	Sub-Veteran (30-39)	00:59:16	5	2076	Renee	Moll	9km	Female	48	Veteran (40-49)	01:12:30
32	11	2095	Jean-Louis	Nel	9km	Male	26	Senior (19-29)	00:59:53	11	106	Vinette	Oosthuizen	9km	Female	28	Senior (19-29)	01:12:31
33	7	1088	Hermann	Broschk	9km	Male	46	Veteran (40-49)	01:01:19	13	3125	Bianca	Botma	9km	Female	30	Sub-Veteran (30-39)	01:12:46
34	12	820	Chris	Malan	9km	Male	30	Sub-Veteran (30-39)	01:01:51	14	185	Sharon	Jordan	9km	Female	34	Sub-Veteran (30-39)	01:12:50
35	13	1086	Shaun	van Staden	9km	Male	31	Sub-Veteran (30-39)	01:01:55	6	354	Yolande	Brand	9km	Female	40	Veteran (40-49)	01:13:20
36	14	2025	Clive	Jordan	9km	Male	34	Sub-Veteran (30-39)	01:02:29	15	2118	Inge	Potgieter	9km	Female	39	Sub-Veteran (30-39)	01:13:26
37	8	2019	Brett	Claasen	9km	Male	44	Veteran (40-49)	01:03:16	12	331	Estelle	Venter	9km	Female	27	Senior (19-29)	01:13:28
38	12	2134	Shaun	Britz	9km	Male	25	Senior (19-29)	01:03:18	7	884	Jenny	Potgieter	9km	Female	43	Veteran (40-49)	01:13:57
39	9	241	Fanie	Robbertse	9km	Male	46	Veteran (40-49)	01:03:22	16	16	Elsabe	Venter	9km	Female	34	Sub-Veteran (30-39)	01:14:00
40	13	272	Jaco	Pieterse	9km	Male	24	Senior (19-29)	01:04:49	17	105	Ielanie	rautenbach	9km	Female	36	Sub-Veteran (30-39)	01:14:04



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41	15	860	Charl	Marais	9km	Male	36	Sub-Veteran (30-39)	01:05:01	18	141	Alet-Mari	Geldenhuis	9km	Female	33	Sub-Veteran (30-39)	01:14:06
42		819	Christopher	Peddle	9km	Male			01:05:04	19	129	Douwlna	Janse van Ren	9km	Female	37	Sub-Veteran (30-39)	01:14:08
43	16	76	Arno	Botha	9km	Male	30	Sub-Veteran (30-39)	01:05:05	3	2030	Mignon	Lohse	9km	Female	52	Master (50-59)	01:14:29
44	1	865	Jeff	Gable	9km	Male	61	Grand-Master (60+)	01:05:10	4	2135	Aletha	van den Berg	9km	Female	51	Master (50-59)	01:14:30
45	4	391	Derek	Hanson	9km	Male	54	Master (50-59)	01:05:13	20	318	Sandra	De Vos	9km	Female	33	Sub-Veteran (30-39)	01:15:09
46	17	28	Blake	Anderson	9km	Male	35	Sub-Veteran (30-39)	01:05:18	13	39	Kathrin	Gioia	9km	Female	24	Senior (19-29)	01:15:17
47	18	830	Arno	Lourens	9km	Male	39	Sub-Veteran (30-39)	01:06:43	8	2	Riana	Lerm	9km	Female	49	Veteran (40-49)	01:15:18
48	10	2092	Werner	Henning	9km	Male	48	Veteran (40-49)	01:09:56	21	227	Michelle	van Blerck	9km	Female	34	Sub-Veteran (30-39)	01:15:29
49	19	189	Tinus	Stander	9km	Male	35	Sub-Veteran (30-39)	01:10:50	1	2105	Beate	Schulte-Brade	9km	Female	60	Grand-Master (60+)	01:16:31
50	20	398	Berrang	Nelson	9km	Male	31	Sub-Veteran (30-39)	01:11:09	22	947	Antoinette	Cant	9km	Female	37	Sub-Veteran (30-39)	01:16:33
51	21	151	Philip	Venter	9km	Male	36	Sub-Veteran (30-39)	01:13:29	23	58	Leanne	Heymans	9km	Female	34	Sub-Veteran (30-39)	01:16:34
52	22	294	Ulof	Pienaar	9km	Male	31	Sub-Veteran (30-39)	01:13:32	24	276	Juanita	Pretorius	9km	Female	38	Sub-Veteran (30-39)	01:16:34
53	14	2147	Jethro	Bodenstein	9km	Male	25	Senior (19-29)	01:14:09	25	44	Daniela	Van Nucchi	9km	Female	39	Sub-Veteran (30-39)	01:16:35
54	23	24	Corne	de Jager	9km	Male	38	Sub-Veteran (30-39)	01:14:11	9	2001	Estelle	Jansen van Vu	9km	Female	47	Veteran (40-49)	01:16:35
55	11	3088	Devan	Govender	9km	Male	42	Veteran (40-49)	01:15:03	14	2145	Carmen	Prinsloo	9km	Female	26	Senior (19-29)	01:17:07
56	24	264	Wouter	De Vos	9km	Male	36	Sub-Veteran (30-39)	01:15:08	26	347	Aleksandra	Furtak	9km	Female	34	Sub-Veteran (30-39)	01:18:03
57	12	2078	Merven	Paliam	9km	Male	40	Veteran (40-49)	01:15:13	27	2059	Samantha	Anderson	9km	Female	33	Sub-Veteran (30-39)	01:18:16
58	13	2110	Sodhie	Naicker	9km	Male	46	Veteran (40-49)	01:15:15	10	2121	Odelia	Van wyk	9km	Female	46	Veteran (40-49)	01:18:21
59	5	72	Deon	Lerm	9km	Male	51	Master (50-59)	01:15:20	11	101	Alison	Malmquist	9km	Female	44	Veteran (40-49)	01:18:24
60	15	21	Constantin	Schulte-Brader	9km	Male	25	Senior (19-29)	01:15:28	2	889	Daleen	Grobler	9km	Female	62	Grand-Master (60+)	01:18:28
61	6	47	Thomas	Groenewald	9km	Male	59	Master (50-59)	01:17:04	5	2143	Marion	Klennert	9km	Female	57	Master (50-59)	01:19:07
62	16	231	Magnus	Schulte-Brader	9km	Male	19	Senior (19-29)	01:18:15	12	383	Tarishma	Gosia	9km	Female	41	Veteran (40-49)	01:19:51
63	14	2113	Jonathan	Harflett	9km	Male	47	Veteran (40-49)	01:18:26	15	305	Taryn	McLintock	9km	Female	29	Senior (19-29)	01:19:54
64	15	2066	Donald	Young	9km	Male	49	Veteran (40-49)	01:19:58	28	319	Tanya	Donkin	9km	Female	38	Sub-Veteran (30-39)	01:19:59
65	7	84	Charles	Bodenstein	9km	Male	55	Master (50-59)	01:21:13	16	221	Tanya	Lumley	9km	Female	28	Senior (19-29)	01:20:16
66	17	265	Allan	Venter	9km	Male	27	Senior (19-29)	01:21:14	17	2119	Letchia	Oosthuizen	9km	Female	21	Senior (19-29)	01:20:34
67	18	2098	Wynand	Botha	9km	Male	29	Senior (19-29)	01:23:50	29	338	Yolandi	Marais	9km	Female	35	Sub-Veteran (30-39)	01:20:38
68	25	193	Willem	Strauss	9km	Male	34	Sub-Veteran (30-39)	01:23:52	13	128	Lynelle	Potgieter	9km	Female	43	Veteran (40-49)	01:20:42
69	8	2033	Charles	Nebbrigic	9km	Male	58	Master (50-59)	01:24:59	30	261	Gisela	de Jager	9km	Female	39	Sub-Veteran (30-39)	01:21:24
70	16	289	Herman	Smit	9km	Male	42	Veteran (40-49)	01:25:09	14	2039	Sarina	Timmermans	9km	Female	42	Veteran (40-49)	01:21:28
71		134	YONGQING	LIU	9km	Male			01:29:17	31	2131	Louisa	Swartz	9km	Female	37	Sub-Veteran (30-39)	01:21:54
72	17	2109	Glen	Wentworth	9km	Male	44	Veteran (40-49)	01:32:50	32	2126	melindie	esterhuize	9km	Female	36	Sub-Veteran (30-39)	01:21:55
73	19	2032	Roger	Norris	9km	Male	22	Senior (19-29)	01:35:47	15	254	Lizelle	Herselman	9km	Female	48	Veteran (40-49)	01:21:58
74	20	116	Hendri	Venter	9km	Male	29	Senior (19-29)	01:40:58	16	1090	Nerine	Slabbert	9km	Female	47	Veteran (40-49)	01:22:02
75	9	2037	Francois	Nell	9km	Male	56	Master (50-59)	01:42:02	6	906	Georgina	Bester	9km	Female	54	Master (50-59)	01:22:22
76	18	280	Jacques	Potgieter	9km	Male	49	Veteran (40-49)	01:44:20	33	1025	Adri	Slabbert	9km	Female	38	Sub-Veteran (30-39)	01:22:23
77	10	48	robert	booth	9km	Male	54	Master (50-59)	01:48:36	34	251	Sonia	Nortje	9km	Female	34	Sub-Veteran (30-39)	01:22:26
78											240	Frauke	Ferber	9km	Female			01:24:03
79											936	Alexa	Schaun	9km	Female			01:24:09
80										35	2014	chantelle	pieterse	9km	Female	30	Sub-Veteran (30-39)	01:24:27



FRESH TRAILS - FRESH @ GROENKLOOF - TRAIL RUN

2019-03-10 - Groenkloof Nature Reserve



9km																		
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										7	359	Loretta	Viljoen	9km	Female	55	Master (50-59)	01:24:33
82										36	302	Zelda	Botes	9km	Female	36	Sub-Veteran (30-39)	01:24:47
83										17	98	Karien	Viviers	9km	Female	49	Veteran (40-49)	01:25:08
84										18	212	Kaveshnee	Naicker	9km	Female	41	Veteran (40-49)	01:25:14
85										8	256	Karin	Rheeder	9km	Female	54	Master (50-59)	01:25:23
86										19	373	Joanne	Attenborough	9km	Female	48	Veteran (40-49)	01:25:31
87										37	2115	Michelle	Strauss	9km	Female	34	Sub-Veteran (30-39)	01:26:25
88										38	2073	Morgana	Robbertze	9km	Female	38	Sub-Veteran (30-39)	01:26:59
89										20	246	Alison	Nisbet	9km	Female	48	Veteran (40-49)	01:27:17
90										39	931	Yolindie	Dirker	9km	Female	33	Sub-Veteran (30-39)	01:29:25
91										18	315	Gizelle	Venter	9km	Female	26	Senior (19-29)	01:30:24
92										9	19	Cilette	Harris	9km	Female	52	Master (50-59)	01:30:27
93										40	935	Gina	Wallick	9km	Female	38	Sub-Veteran (30-39)	01:30:32
94										10	176	Nelene	Kotze	9km	Female	56	Master (50-59)	01:30:39
95										21	749	Susan	De Bruin	9km	Female	46	Veteran (40-49)	01:31:31
96										22	173	Jolene	Thwaites	9km	Female	40	Veteran (40-49)	01:32:26
97										23	109	Priashna	Baboolal	9km	Female	42	Veteran (40-49)	01:33:12
98										19	111	Joandri	Maas	9km	Female	23	Senior (19-29)	01:33:28
99										20	110	Monique	Steenkamp	9km	Female	23	Senior (19-29)	01:33:29
100										24	310	Colleen	Krog	9km	Female	40	Veteran (40-49)	01:33:39
101										25	262	Helen	Greeff	9km	Female	46	Veteran (40-49)	01:34:00
102										41	234	Julindi	Scheepers	9km	Female	38	Sub-Veteran (30-39)	01:35:19
103										42	323	Maria	de Vries	9km	Female	36	Sub-Veteran (30-39)	01:35:25
104										3	149	Etnah	Wolfaardt	9km	Female	68	Grand-Master (60+)	01:35:27
105										11	266	Jeanette	Ferreira	9km	Female	50	Master (50-59)	01:35:45
106										12	37	Sue	Pretorius	9km	Female	53	Master (50-59)	01:35:46
107										26	250	Candice	Dott	9km	Female	42	Veteran (40-49)	01:36:45
108										13	20	Annalien	Oosthuizen	9km	Female	52	Master (50-59)	01:36:47
109										14	283	Annette	Cater	9km	Female	55	Master (50-59)	01:38:12
111										21	40	Chantel	van Tubbergh	9km	Female	29	Senior (19-29)	01:40:56
110										27	325	Louise	Middlemiss	9km	Female	45	Veteran (40-49)	01:42:44
112										43	3	Colette	Curle	9km	Female	35	Sub-Veteran (30-39)	01:42:58
113										15	50	Jacqueline	Gouws	9km	Female	52	Master (50-59)	01:43:05
114										28	258	Marlys	Heijboer	9km	Female	40	Veteran (40-49)	01:43:06
115										16	1045	Sonja	Dirker	9km	Female	52	Master (50-59)	01:44:09
116										44	161	Lenandi	Steynberg	9km	Female	37	Sub-Veteran (30-39)	01:44:22
117										22	191	Casca	Middlemiss	9km	Female	21	Senior (19-29)	01:46:37
118										17	369	lisa	baxendale	9km	Female	51	Master (50-59)	01:48:38
119										29	224	Alison	Lyle	9km	Female	44	Veteran (40-49)	01:50:35
120										30	311	Angela	Barclay	9km	Female	43	Veteran (40-49)	01:50:54



FRESH TRAILS - FRESH @ GROENKLOOF - TRAIL RUN

2019-03-10 - Groenkloof Nature Reserve



9km

MALE

FEMALE

Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	
121										18	160	Tracey	Hutcheson	9km	Female	51	Master (50-59)	02:02:02	
122										19	103	Carrie	Marshall	9km	Female	51	Master (50-59)	02:02:03	
123										45	135	Karin	Heijboer	9km	Female	37	Sub-Veteran (30-39)		
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FRESH TRAILS - FRESH @ GROENKLOOF - TRAIL RUN

2019-03-10 - Groenkloof Nature Reserve



5km																		
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	1485	Johnie	Jonker	5km	Male	60	Grand-Master (60+)	00:21:28	1	4085	Cherise	Sanders	5km	Female	28	Senior (19-29)	00:22:31
2	1	4067	Anre	Vorster	5km	Male	22	Senior (19-29)	00:22:55	1	1483	Lalique	Hoffman	5km	Female	13	12 to 15	00:22:51
3	1	4055	Johann	Du Toit	5km	Male	39	Sub-Veteran (30-39)	00:23:41	2	4065	Maie-Louis	Crous	5km	Female	23	Senior (19-29)	00:22:53
4	2	4047	Coenraad	Rossouw	5km	Male	34	Sub-Veteran (30-39)	00:23:43	1	4051	Isabella	Van Der Merv	5km	Female	9	Under 11	00:22:54
5	1	1329	Waldre	Van Der Merwe	5km	Male	6	Under 11	00:23:44	1	4109	Liesel	Coverly	5km	Female	30	Sub-Veteran (30-39)	00:27:10
6	1	1464	Wouter	Van Der Merwe	5km	Male	41	Veteran (40-49)	00:24:11	2	1462	Minka	Steyn	5km	Female	10	Under 11	00:27:41
7	2	1310	Duart	Breedt	5km	Male	23	Senior (19-29)	00:26:33	1	1467	Estine	Van Der Merv	5km	Female	40	Veteran (40-49)	00:27:58
8	3	1597	Dewald	De Jager	5km	Male	23	Senior (19-29)	00:26:34	2	4119	Michelle	Hutton	5km	Female	38	Sub-Veteran (30-39)	00:29:20
9	4	4003	Matthew	Espley-Jones	5km	Male	23	Senior (19-29)	00:27:02	3	4089	Ilani	Nel	5km	Female	25	Senior (19-29)	00:29:28
10	5	4091	Ruben	Nel	5km	Male	20	Senior (19-29)	00:28:42	2	1599	Madeli	Vorster	5km	Female	13	12 to 15	00:29:35
11	3	1242	Johan	Nel	5km	Male	33	Sub-Veteran (30-39)	00:29:47	2	4124	dorothy	smit	5km	Female	48	Veteran (40-49)	00:30:17
12	2	1228	Wian	Steyn	5km	Male	8	Under 11	00:30:11	3	4062	Jordyn	williams	5km	Female	11	Under 11	00:30:51
13	2	1472	Attie	Van Niekerk	5km	Male	49	Veteran (40-49)	00:30:23	4	1454	Jaimie	Cronje	5km	Female	7	Under 11	00:31:10
14	4	1022	Gavin	Goodman	5km	Male	37	Sub-Veteran (30-39)	00:30:25	4	1286	Courtney	Malan	5km	Female	23	Senior (19-29)	00:31:34
15	5	1588	Ulrich	Matthiae	5km	Male	32	Sub-Veteran (30-39)	00:30:32	3	1569	Catherine	Brindle	5km	Female	41	Veteran (40-49)	00:33:01
16	6	4042	Albert	Arnold	5km	Male	37	Sub-Veteran (30-39)	00:30:53	3	4050	Nandi	Jacobs	5km	Female	30	Sub-Veteran (30-39)	00:33:06
17	3	1353	Gustav	Liebenberg	5km	Male	11	Under 11	00:31:16	1	1251	Courtney	De Villiers	5km	Female	16	16 to 18	00:33:08
18	4	4123	Tlotlo	Makgale	5km	Male	7	Under 11	00:31:49	4	1420	Rijkie	Terblanche	5km	Female	45	Veteran (40-49)	00:33:11
19	3	1589	Gert	Cronje	5km	Male	43	Veteran (40-49)	00:31:52	5	4094	Latika	Liebenberg	5km	Female	9	Under 11	00:33:15
20	7	1598	Deon	Van Blerk	5km	Male	33	Sub-Veteran (30-39)	00:32:20	4	1381	Mo'aaza	Wadvalla	5km	Female	35	Sub-Veteran (30-39)	00:33:17
21	4	4126	Jf	Hansen	5km	Male	41	Veteran (40-49)	00:34:30	1	1538	Laurentia	Vorster	5km	Female	50	Master (50-59)	00:34:20
22	5	1552	John	Vorster	5km	Male	40	Veteran (40-49)	00:34:51		4075	Lientjie	Hansen	5km	Female			00:34:29
23		4054	Pieter	Vorster	5km	Male			00:34:53	1	4111	Thandi	Ziילו	5km	Female	64	Grand-Master (60+)	00:34:41
24	2	4011	Etienne	Nortje	5km	Male	61	Grand-Master (60+)	00:35:21	5	1510	Dani	Noble	5km	Female	28	Senior (19-29)	00:35:12
25	6	1596	Wouter	Lindeque	5km	Male	47	Veteran (40-49)	00:35:26	5	1382	Sharon	Winter	5km	Female	33	Sub-Veteran (30-39)	00:35:14
26	5	1548	Liam	Jordan	5km	Male	6	Under 11	00:36:03	6	1426	Claudette	Coetzee	5km	Female	33	Sub-Veteran (30-39)	00:35:17
27		4140	Tshweetso	Molopyane	5km	Male			00:36:13	7	1307	Chantel	van der Leeuw	5km	Female	31	Sub-Veteran (30-39)	00:36:20
28	1	1255	Keenan	Lindeque	5km	Male	13	12 to 15	00:37:22	2	1200	Elsa	Wessels	5km	Female	50	Master (50-59)	00:37:16
29	1	1439	Stuart	Taylor	5km	Male	50	Master (50-59)	00:38:42	2	1290	Itha	Wessels	5km	Female	16	16 to 18	00:37:17
30	2	1443	Wim	Van Niekerk	5km	Male	12	12 to 15	00:41:25	5	4006	Herma	Fouche	5km	Female	45	Veteran (40-49)	00:39:04
31		4116	Kutlo	Molopyane	5km	Male			00:41:52	6	4066	Nelia	Kleynhans	5km	Female	46	Veteran (40-49)	00:39:05
32	6	1371	Noah	Taylor	5km	Male	8	Under 11	00:42:00	6	1414	Anri	Haasbroek	5km	Female	25	Senior (19-29)	00:39:14
33	2	1559	Geoff	Botes	5km	Male	58	Master (50-59)	00:43:28	3	1300	Celeste	Du Plessis	5km	Female	57	Master (50-59)	00:39:15
34	3	1223	rico	swart	5km	Male	12	12 to 15	00:47:14	8	1368	Jo-Anne	Ten Oever	5km	Female	34	Sub-Veteran (30-39)	00:39:40
35	7	4072	Robert	Hamman	5km	Male	7	Under 11	00:48:39	7	1502	Wika	Esterhuizen	5km	Female	46	Veteran (40-49)	00:41:20
36	7	1471	Rhyn	Potgieter	5km	Male	45	Veteran (40-49)	00:48:49	8	1565	San-Mari	Aucamp	5km	Female	49	Veteran (40-49)	00:41:35
37	4	1308	Karl	Cronje	5km	Male	13	12 to 15	00:49:00	4	1487	Paula	Taylor	5km	Female	50	Master (50-59)	00:42:00
38	1	1478	Jonathan	Smolowitz	5km	Male	18	16 to 18	00:50:59	5	4115	Margriet	du Plooy	5km	Female	56	Master (50-59)	00:42:33
39	8	4078	Rufus	Reyneke	5km	Male	33	Sub-Veteran (30-39)	00:51:04	7	1590	Therese	Snyman	5km	Female	24	Senior (19-29)	00:42:35
40	8	4058	Mahlatsi	Nkoe	5km	Male	10	Under 11	00:54:31	6	1408	Elize	Botes	5km	Female	55	Master (50-59)	00:43:25



FRESH TRAILS - FRESH @ GROENKLOOF - TRAIL RUN

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5km																		
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	1550	Eckard	Crous	5km	Male	12	12 to 15	00:54:34	9	1221	Vesta	Hansen	5km	Female	40	Veteran (40-49)	00:43:41
42		4068	Delinda	Lottering	5km	Male			00:56:13	9	4150	Melissa	Lourens	5km	Female	32	Sub-Veteran (30-39)	00:43:49
43	8	4090	Johan	Lottering	5km	Male	42	Veteran (40-49)	00:56:26	10	1456	Jackie	Du Plessis	5km	Female	42	Veteran (40-49)	00:45:25
44	9	1206	Joubert	Roon	5km	Male	6	Under 11	00:56:55	10	1579	Desiree	Murray	5km	Female	37	Sub-Veteran (30-39)	00:45:26
45		1423	Johan	Vorster	5km	Male			01:01:53	7	4012	Ronel	Mojet	5km	Female	50	Master (50-59)	00:45:32
46	9	1247	Adriaan	Lemmer	5km	Male	35	Sub-Veteran (30-39)	01:08:34	11	1272	Mariska	Reyneke	5km	Female	30	Sub-Veteran (30-39)	00:47:16
47	10	1409	Alastair	Riddin	5km	Male	33	Sub-Veteran (30-39)	01:08:37	2	1340	Heila	Jacobs	5km	Female	61	Grand-Master (60+)	00:47:19
48										11	4024	Esther	Muller	5km	Female	49	Veteran (40-49)	00:47:47
49										12	1243	Elzette	van Dyk	5km	Female	43	Veteran (40-49)	00:48:02
50										13	4083	Theresa	Hamman	5km	Female	46	Veteran (40-49)	00:48:46
51										8	1451	Petunia	Makgale	5km	Female	29	Senior (19-29)	00:48:47
52										14	1336	Leigh	Claasen	5km	Female	44	Veteran (40-49)	00:49:36
53										12	4016	Claudette	Parkinson	5km	Female	30	Sub-Veteran (30-39)	00:51:05
54										8	1324	Hanli	Verster	5km	Female	55	Master (50-59)	00:51:12
55										3	1250	Karen	Herselman	5km	Female	63	Grand-Master (60+)	00:54:15
56										13	1536	Abigail	Nkoe	5km	Female	37	Sub-Veteran (30-39)	00:54:28
57										6	1475	Lerato	Nkoe	5km	Female	8	Under 11	00:54:33
58										15	4120	Corene	Crous	5km	Female	40	Veteran (40-49)	00:54:34
59										7	4081	Maryke	Crous	5km	Female	9	Under 11	00:54:35
60										8	1541	Carlia	Bolt	5km	Female	6	Under 11	00:55:54
61										16	4069	Nelia	Bolt	5km	Female	44	Veteran (40-49)	00:56:04
62										14	1545	Ivonne	Wentworth	5km	Female	36	Sub-Veteran (30-39)	00:56:07
63										15	1428	Tshegofats	Molopyane	5km	Female	36	Sub-Veteran (30-39)	00:56:24
64											1275	Elbie	Louw	5km	Female			00:56:29
65										16	1249	Hanlie	Lottering	5km	Female	39	Sub-Veteran (30-39)	00:56:38
66											1452	Vine	Lottering	5km	Female			00:56:41
67										17	1514	louise	claassen	5km	Female	46	Veteran (40-49)	00:58:25
68										17	1284	Keke	Nkgapele	5km	Female	31	Sub-Veteran (30-39)	00:58:27
69										18	1508	Carien	Vorster	5km	Female	41	Veteran (40-49)	01:01:48
70										9	4027	leanne	booth	5km	Female	53	Master (50-59)	01:07:40
71										9	4088	Alicia	Dreyer	5km	Female	24	Senior (19-29)	01:08:36
72										19	1494	Tracy	Bawden	5km	Female	41	Veteran (40-49)	
73																		
74																		
75																		
76																		
77																		
78																		
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