

21km

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	4023	Tranquil	Gumbi	21km	Male	28	Senior (19-29)	02:02:31	1	1566	Shani	Van Wyk	21km	Female	33	Sub-Veteran (30-39)	02:57:46
2	1	4062	Wandile Sipor	Nzima	21km	Male	33	Sub-Veteran (30-39)	02:03:10	2	4141	Lynne	Owen-Smith	21km	Female	31	Sub-Veteran (30-39)	03:09:30
3	2	1420	Maston	Lepopa	21km	Male	31	Sub-Veteran (30-39)	02:09:13	1	1479	Lee	Olivier	21km	Female	47	Veteran (40-49)	03:22:03
4	3	4111	Mathew	Schneider	21km	Male	35	Sub-Veteran (30-39)	02:21:42	2	1547	Andri	De Lange	21km	Female	40	Veteran (40-49)	03:24:32
5	2	1451	Matt	Bouch	21km	Male	29	Senior (19-29)	02:27:51	1	1290	Mia	Slabbert	21km	Female	28	Senior (19-29)	03:35:13
6	1	1466	Travis	Green	21km	Male	46	Veteran (40-49)	02:30:29	3	1474	Veronica	Wormington	21km	Female	47	Veteran (40-49)	03:44:08
7	2	4087	Conrad	Du Toit	21km	Male	43	Veteran (40-49)	02:34:20	1	4126	Melvina	Conradie	21km	Female	58	Master (50-59)	03:46:47
8	4	4011	Max	Miller	21km	Male	32	Sub-Veteran (30-39)	02:34:43	1	1305	Lalique	Hoffman	21km	Female	13	12 to 15	03:48:06
9	5	1536	Jason	Friedman	21km	Male	31	Sub-Veteran (30-39)	02:34:57	3	4068	Adri	Van Den Heev	21km	Female	39	Sub-Veteran (30-39)	03:51:48
10	6	1408	Nathan	Hunt	21km	Male	37	Sub-Veteran (30-39)	02:35:15	4	1492	Gemma	Horne	21km	Female	35	Sub-Veteran (30-39)	03:54:54
11	3	4091	Matthew	Slabbert	21km	Male	22	Senior (19-29)	02:35:58	4	1574	Ingrid	Mcmahon	21km	Female	44	Veteran (40-49)	04:11:11
12	1	1439	Craig	Marshall	21km	Male	50	Master (50-59)	02:40:54	2	4150	Angelique	Jordaan	21km	Female	24	Senior (19-29)	04:21:43
13	7	1465	Izak	Kotze	21km	Male	35	Sub-Veteran (30-39)	02:41:15	3	1308	Alex	Maritz	21km	Female	29	Senior (19-29)	04:24:05
14	3	1472	Ephraim	Twea	21km	Male	41	Veteran (40-49)	02:42:02	5	4084	Deirdre	Janssen	21km	Female	35	Sub-Veteran (30-39)	04:24:07
15	4	1286	Ludolf	De Kock	21km	Male	24	Senior (19-29)	02:42:07	6	1464	Janine	Van Der Walt	21km	Female	35	Sub-Veteran (30-39)	04:24:09
16	5	4006	Tyron	Bothma	21km	Male	24	Senior (19-29)	02:42:10	7	4003	Shani	Engelbrecht	21km	Female	33	Sub-Veteran (30-39)	04:24:14
17	6	4138	James	Bennett	21km	Male	29	Senior (19-29)	02:44:27	2	4040	Zena	Kennerley	21km	Female	57	Master (50-59)	04:25:11
18	8	4079	Arnold	Aldous	21km	Male	32	Sub-Veteran (30-39)	02:45:49	5	4058	Tessa	Hallowes Stot	21km	Female	42	Veteran (40-49)	04:39:34
19	4	4066	Rodney	Hundermark	21km	Male	44	Veteran (40-49)	02:46:27	3	1447	Janine	Cordier	21km	Female	50	Master (50-59)	05:09:07
20	9	4081	Kyle	Walker	21km	Male	37	Sub-Veteran (30-39)	02:46:32	4	1432	Nadia	Nikolova	21km	Female	28	Senior (19-29)	05:09:12
21	5	1537	Mazu	Ndandani	21km	Male	42	Veteran (40-49)	02:48:05	8	4070	Phindile	Ntshana	21km	Female	35	Sub-Veteran (30-39)	05:09:55
22	6	1568	Dudley	Turner	21km	Male	49	Veteran (40-49)	02:48:12	6	1569	Leanne	Webster	21km	Female	47	Veteran (40-49)	05:11:32
23	10	4024	Abraham	Smit	21km	Male	36	Sub-Veteran (30-39)	02:48:31	7	4093	Christina	Van Der Merv	21km	Female	46	Veteran (40-49)	05:17:18
24	11	1548	Sam	Dalgleish	21km	Male	31	Sub-Veteran (30-39)	02:49:27	8	1418	Suzan	Ngoato	21km	Female	45	Veteran (40-49)	06:01:38
25	12	1271	Le Roi	Naude	21km	Male	38	Sub-Veteran (30-39)	02:49:31	9	1336	Thabisa	Mange	21km	Female	45	Veteran (40-49)	06:56:03
26	13	1467	Etienne	Muller	21km	Male	37	Sub-Veteran (30-39)	02:49:33	4	1383	Veona	Watson (Gogc	21km	Female	52	Master (50-59)	
27	7	1596	Anton	Nel	21km	Male	42	Veteran (40-49)	02:50:10									
28	8	4053	Adrian	Storie	21km	Male	40	Veteran (40-49)	02:50:32									
29	14	1209	Abdullah	Hoosen	21km	Male	35	Sub-Veteran (30-39)	02:53:57									
30	15	4044	Hugo	Van Wyk	21km	Male	34	Sub-Veteran (30-39)	02:57:49									
31	16	4120	Tean	Butler	21km	Male	33	Sub-Veteran (30-39)	02:58:39									
32	17	1414	William	Saunders	21km	Male	36	Sub-Veteran (30-39)	03:01:01									
33	2	1335	David	Funnell	21km	Male	53	Master (50-59)	03:01:12									
34	7	4008	Christiaan	Luus	21km	Male	24	Senior (19-29)	03:03:18									
35	18	1239	Christopher	Van Den Berg	21km	Male	34	Sub-Veteran (30-39)	03:05:30									
36	8	4097	Jan-George	Van Wyk	21km	Male	25	Senior (19-29)	03:07:59									
37	9	1517	Stephan	Slabbert	21km	Male	28	Senior (19-29)	03:08:31									
38	19	1570	Riaan	Van Niekerk	21km	Male	35	Sub-Veteran (30-39)	03:09:13									
39	10	4072	Andrew	Schorn	21km	Male	29	Senior (19-29)	03:11:11									
40	3	4037	Mark	Rogotzki	21km	Male	52	Master (50-59)	03:15:23									

21km

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	11	4136	Jan	Swart	21km	Male	23	Senior (19-29)	03:17:05									
42	20	1255	Dean	De Bree	21km	Male	37	Sub-Veteran (30-39)	03:20:04									
43	9	4145	Terrick	Hubbard	21km	Male	42	Veteran (40-49)	03:21:00									
44	10	1565	Victor	Nagel	21km	Male	48	Veteran (40-49)	03:24:21									
45	21	1487	Gareth	Stobie	21km	Male	39	Sub-Veteran (30-39)	03:24:25									
46	12	4104	Mark	Steinhaus	21km	Male	29	Senior (19-29)	03:25:18									
47	11	4142	Brian	Holmes	21km	Male	44	Veteran (40-49)	03:26:09									
48	13	1409	Hannes	De Kock	21km	Male	29	Senior (19-29)	03:26:56									
49	22	4116	Klaus	Herrmann	21km	Male	39	Sub-Veteran (30-39)	03:27:41									
50	12	1502	Greig	Pringle	21km	Male	45	Veteran (40-49)	03:28:54									
51	14	1301	Pw	Nel	21km	Male	29	Senior (19-29)	03:29:03									
52	13	4050	Craig	Rodney	21km	Male	44	Veteran (40-49)	03:32:12									
53	23	1393	Dean	Oelschig	21km	Male	38	Sub-Veteran (30-39)	03:34:03									
54	14	4125	Daniel	Robus	21km	Male	45	Veteran (40-49)	03:38:14									
55	24	1300	Timothy	Nel	21km	Male	31	Sub-Veteran (30-39)	03:40:58									
56	15	4022	Malcolm	Haefner	21km	Male	49	Veteran (40-49)	03:42:07									
57	25	1250	Matthew	Uren	21km	Male	33	Sub-Veteran (30-39)	03:45:23									
58	26	4140	Denny	Tong	21km	Male	33	Sub-Veteran (30-39)	03:46:32									
59	16	4113	Donovan	Shirley	21km	Male	45	Veteran (40-49)	03:46:38									
60	15	1315	Booye	Rousseau	21km	Male	28	Senior (19-29)	03:47:48									
61	17	1385	Eloff	Hoffman	21km	Male	43	Veteran (40-49)	03:48:26									
62	4	4094	Cassim	Kharbai	21km	Male	51	Master (50-59)	03:49:39									
63	18	1592	Alastair	Ramlakan	21km	Male	44	Veteran (40-49)	03:49:44									
64	27	1452	Eduan	Human	21km	Male	30	Sub-Veteran (30-39)	03:52:26									
65	1	1236	Geoff	Lupton - Smith	21km	Male	61	Grand-Master (60+)	03:53:33									
66	19	1329	Simon	Delaney	21km	Male	45	Veteran (40-49)	03:54:41									
67	16	4119	Esti	Swart	21km	Male	27	Senior (19-29)	03:55:50									
68	5	1524	Dewald	Janse Van Rens	21km	Male	54	Master (50-59)	04:00:27									
69	6	1428	Donald	Young	21km	Male	50	Master (50-59)	04:01:49									
70	28	4042	Denzil	Wortmann	21km	Male	36	Sub-Veteran (30-39)	04:01:54									
71	20	4101	Dorian	Pretorius	21km	Male	45	Veteran (40-49)	04:01:59									
72	21	1368	Glen	Baptiste	21km	Male	46	Veteran (40-49)	04:02:10									
73	22	1478	Conrad	Woollatt	21km	Male	40	Veteran (40-49)	04:05:00									
74	29	1423	Nicolas	Kotze	21km	Male	30	Sub-Veteran (30-39)	04:05:54									
75	23	1322	Andrew	Newell	21km	Male	40	Veteran (40-49)	04:08:50									
76	24	1599	Gerard	Cunningham	21km	Male	43	Veteran (40-49)	04:08:56									
77	2	1419	Herman	Vd Merwe	21km	Male	67	Grand-Master (60+)	04:10:31									
78	25	4043	Ismail	Randeree	21km	Male	40	Veteran (40-49)	04:11:17									
79	7	4075	Walter	Smuts	21km	Male	57	Master (50-59)	04:18:28									
80	8	1456	Ken	Halland	21km	Male	56	Master (50-59)	04:18:31									



# MRLT - PIESANGKLOOF WINTER TRAIL 2019

2019-07-28 - PIESANGKLOOF



21km

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	26	1247	Leon	Oosthuizen	21km	Male	43	Veteran (40-49)	04:18:56										
82	27	1458	Troy	Wohler	21km	Male	43	Veteran (40-49)	04:21:38										
83	28	1496	Danny	Mills	21km	Male	43	Veteran (40-49)	04:21:40										
84	3	4088	Francois	Steyl	21km	Male	70	Grand-Master (60+)	04:25:10										
85	9	1508	Jose	De Sousa	21km	Male	55	Master (50-59)	05:09:17										
86	10	1395	Tony	Green	21km	Male	55	Master (50-59)	05:11:28										
87	29	1318	Ruan	Schutte	21km	Male	45	Veteran (40-49)	05:17:16										
88	30	1426	Alan	Lopes	21km	Male	42	Veteran (40-49)	05:35:27										
89	11	4051	Glen	Watson	21km	Male	54	Master (50-59)											
90	31	1221	Greig	Watt	21km	Male	40	Veteran (40-49)											
91	32	1562	Bruce	Cherrington	21km	Male	43	Veteran (40-49)											
92																			
93																			
94																			
95																			
96																			
97																			
98																			
99																			
100																			
101																			
102																			
103																			
104																			
105																			
106																			
107																			
108																			
109																			
111																			
110																			
112																			
113																			
114																			
115																			
116																			
117																			
118																			
119																			
120																			

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	635	Edwin	Sesipi	12km	Male	26	Senior (19-29)	01:03:38	1	542	Maphuti	Phaka	12km	Female	41	Veteran (40-49)	01:39:54
2	1	574	Prince	Jali	12km	Male	30	Sub-Veteran (30-39)	01:07:19	1	743	Sasha	Scnieder	12km	Female	37	Sub-Veteran (30-39)	01:49:44
3	2	695	Melvin	Segomole	12km	Male	33	Sub-Veteran (30-39)	01:07:36	1	658	Stephanie	Rous	12km	Female	27	Senior (19-29)	01:54:40
4	2	527	Obakeng	Moswane	12km	Male	22	Senior (19-29)	01:13:55	2	613	Diana	Henry	12km	Female	35	Sub-Veteran (30-39)	01:57:22
5	3	414	Ryan	Marshall	12km	Male	19	Senior (19-29)	01:31:25	3	777	Odette	Geertshuis	12km	Female	35	Sub-Veteran (30-39)	02:07:53
6	3	523	Tim	Bristow	12km	Male	31	Sub-Veteran (30-39)	01:37:14	4	502	Tracey	Hughes	12km	Female	39	Sub-Veteran (30-39)	02:09:59
7	4	545	Craig	Slabbert	12km	Male	20	Senior (19-29)	01:37:16	5	594	Bianka	Koch	12km	Female	38	Sub-Veteran (30-39)	02:10:34
8	4	563	Graham	Hartman	12km	Male	38	Sub-Veteran (30-39)	01:38:17	2	492	Erica	Pierce	12km	Female	41	Veteran (40-49)	02:13:52
9	5	758	Pierre	Joubert	12km	Male	38	Sub-Veteran (30-39)	01:38:53	3	625	Yvette	Barkhuizen	12km	Female	41	Veteran (40-49)	02:16:44
10	1	580	Steven	Barrett	12km	Male	41	Veteran (40-49)	01:39:33	4	409	Lizel	Anderson	12km	Female	47	Veteran (40-49)	02:16:54
11	1	760	Lance	Murray	12km	Male	12	12 to 15	01:39:46	5	431	Brenda	Taylor	12km	Female	46	Veteran (40-49)	02:17:40
12	5	507	Dimitri	Stocker	12km	Male	24	Senior (19-29)	01:40:44	6	524	Meagan	Snow	12km	Female	36	Sub-Veteran (30-39)	02:18:17
13	2	630	Stuart	Brown	12km	Male	48	Veteran (40-49)	01:42:37	6	520	Lizette	Van Den Berg	12km	Female	45	Veteran (40-49)	02:19:28
14	3	403	Mark	Easter	12km	Male	43	Veteran (40-49)	01:42:39	7	548	Natascha	Van Der West	12km	Female	40	Veteran (40-49)	02:19:29
15	6	688	Stevan	Boskovic	12km	Male	26	Senior (19-29)	01:43:42	7	605	Tanya	Donkin	12km	Female	39	Sub-Veteran (30-39)	02:19:31
16	7	714	Wilhelm	Le Roux	12km	Male	24	Senior (19-29)	01:44:22	8	689	Denise	Van Zyl	12km	Female	44	Veteran (40-49)	02:19:37
17	4	737	Craig	Brown	12km	Male	46	Veteran (40-49)	01:45:38	9	749	Lisa	Teepe	12km	Female	42	Veteran (40-49)	02:19:47
18	6	440	Errol	Cadle	12km	Male	33	Sub-Veteran (30-39)	01:46:37	1	546	Alice	Da Silva	12km	Female	51	Master (50-59)	02:23:09
19	8	797	Irfaan	Mohangee	12km	Male	25	Senior (19-29)	01:47:02	10	570	Chantal	Grobblor	12km	Female	42	Veteran (40-49)	02:24:08
20	5	606	Christopher	Lewis	12km	Male	46	Veteran (40-49)	01:51:51	2	490	Jacqui	Twiggs	12km	Female	53	Master (50-59)	02:24:13
21	6	558	Craig	Cothill	12km	Male	46	Veteran (40-49)	01:52:05	8	671	Leonie	Knoetze	12km	Female	33	Sub-Veteran (30-39)	02:29:07
22	9	637	Ryan	Kohn	12km	Male	26	Senior (19-29)	01:53:03	11	764	Laetitia	Van Wyk	12km	Female	43	Veteran (40-49)	02:30:41
23	7	702	Alexander	Winning	12km	Male	32	Sub-Veteran (30-39)	01:55:57	2	549	Brittany	Cunningham	12km	Female	28	Senior (19-29)	02:31:18
24	1	482	Robert	Mckie	12km	Male	50	Master (50-59)	01:57:07	3	567	Michelle	Oelschig	12km	Female	54	Master (50-59)	02:34:49
25	7	699	Juan	Swanepoel	12km	Male	44	Veteran (40-49)	01:57:20	12	711	Nikki	Wohler	12km	Female	41	Veteran (40-49)	02:35:02
26	8	707	Louis	Tromp	12km	Male	31	Sub-Veteran (30-39)	02:05:38	1	752	Amber	Oelschig	12km	Female	18	16 to 18	02:37:20
27	9	655	Chris	Malan	12km	Male	31	Sub-Veteran (30-39)	02:05:48	3	510	Chavon	Anassis	12km	Female	23	Senior (19-29)	02:37:29
28	10	620	Wian	Koch	12km	Male	38	Sub-Veteran (30-39)	02:10:36	9	519	Linda	Kapembeza	12km	Female	39	Sub-Veteran (30-39)	02:40:12
29	11	568	Ruan	Smit	12km	Male	33	Sub-Veteran (30-39)	02:15:14	13	436	Jenny	Cairns	12km	Female	46	Veteran (40-49)	02:41:32
30	10	652	Stashia	Smit	12km	Male	28	Senior (19-29)	02:15:16	10	729	Johanni	Smit	12km	Female	31	Sub-Veteran (30-39)	02:42:34
31	8	781	Morne	Van Zyl	12km	Male	43	Veteran (40-49)	02:19:28	11	448	Liesl	Koch	12km	Female	39	Sub-Veteran (30-39)	02:47:31
32	9	769	Luis	Van Den Berg	12km	Male	42	Veteran (40-49)	02:19:36	1	691	Marie	Janse Van Vu	12km	Female	64	Grand-Master (60+)	02:57:00
33	10	468	Russell	Watkins	12km	Male	40	Veteran (40-49)	02:19:45	14	720	Mandy	Van Den Berg	12km	Female	46	Veteran (40-49)	02:57:21
34	12	751	Jonathan	Clarke	12km	Male	38	Sub-Veteran (30-39)	02:22:19	15	725	Susan	Newell	12km	Female	40	Veteran (40-49)	02:58:51
35	11	694	Gareth	Evans	12km	Male	43	Veteran (40-49)	02:24:16	16	679	Julie	Cunningham	12km	Female	41	Veteran (40-49)	02:58:55
36	13	450	Wayne	Sadler	12km	Male	32	Sub-Veteran (30-39)	02:25:35	17	413	Natalie	Hufkie	12km	Female	42	Veteran (40-49)	02:59:50
37	14	585	Johan	Ficher	12km	Male	32	Sub-Veteran (30-39)	02:25:36	4	776	Anel	Henning	12km	Female	29	Senior (19-29)	03:00:03
38	1	739	Richard	Bohn	12km	Male	10	Under 11	02:25:49	4	669	Mary-Ann	Henning	12km	Female	56	Master (50-59)	03:00:04
39	12	611	Hendrik	Bohn	12km	Male	42	Veteran (40-49)	02:25:53	12	734	Idonette	Jansen Van Vu	12km	Female	38	Sub-Veteran (30-39)	03:02:20
40	1	610	Tony	Anagnostu	12km	Male	60	Grand-Master (60+)	02:27:03	18	705	Dawn	Marais	12km	Female	48	Veteran (40-49)	03:02:21

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
41	15	654	Adino Chimp	Chalongwa	12km	Male	35	Sub-Veteran (30-39)	02:28:01	19	505	Iselle	Combrink	12km	Female	41	Veteran (40-49)	03:02:25
42	16	634	Ernest	Rex	12km	Male	30	Sub-Veteran (30-39)	02:29:54	13	746	Tania	Beard	12km	Female	33	Sub-Veteran (30-39)	
43	2	472	John	Kollen	12km	Male	60	Grand-Master (60+)	02:29:59									
44	13	681	Nico	Brits	12km	Male	45	Veteran (40-49)	02:31:21									
45	11	792	Michael	Anagnostu	12km	Male	28	Senior (19-29)	02:33:21									
46	14	795	Corne	Vermaak	12km	Male	42	Veteran (40-49)	02:35:15									
47	17	478	Andrew	Moultrie	12km	Male	34	Sub-Veteran (30-39)	02:37:04									
48	12	800	Lionel	Loggenberg	12km	Male	24	Senior (19-29)	02:39:44									
49																		
50																		
51																		
52																		
53																		
54																		
55																		
56																		
57																		
58																		
59																		
60																		
61																		
62																		
63																		
64																		
65																		
66																		
67																		
68																		
69																		
70																		
71																		
72																		
73																		
74																		
75																		
76																		
77																		
78																		
79																		
80																		

7km

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	987	Obed	Matheolana	7km	Male	20	Senior (19-29)	00:32:03	1	983	Jani	Du Toit	7km	Female	27	Senior (19-29)	00:52:43
2	1	3120	Ryan	Mathaba	7km	Male	37	Sub-Veteran (30-39)	00:32:39	1	1051	Zoe	Du Toit	7km	Female	12	12 to 15	00:57:19
3	2	866	Dewald	Lotter	7km	Male	33	Sub-Veteran (30-39)	00:37:28	1	812	Antoinette	Cant	7km	Female	38	Sub-Veteran (30-39)	00:58:36
4	3	3054	Gareth	Chap	7km	Male	30	Sub-Veteran (30-39)	00:45:03	2	1066	Carmen	Meyer	7km	Female	28	Senior (19-29)	00:59:00
5	4	989	Regert	Cotzer	7km	Male	32	Sub-Veteran (30-39)	00:57:22	3	943	Drieke	Van Der Merv	7km	Female	27	Senior (19-29)	00:59:03
6	1	1092	Michal	Klimkiewicz	7km	Male	18	16 to 18	00:57:47	2	3092	Ingrid	Hauger	7km	Female	37	Sub-Veteran (30-39)	00:59:28
7	1	870	Jarek	Klimkiewicz	7km	Male	47	Veteran (40-49)	00:57:50	3	980	Louise	Rose	7km	Female	37	Sub-Veteran (30-39)	00:59:47
8	5	868	Gerhard	Rose	7km	Male	32	Sub-Veteran (30-39)	00:59:49	4	971	Dine	Nagel	7km	Female	36	Sub-Veteran (30-39)	01:05:42
9	1	885	Gavin	Twiggs	7km	Male	56	Master (50-59)	01:05:39	1	815	Kirsty	Marshall	7km	Female	16	16 to 18	01:06:41
10	2	1086	David	Broomfield	7km	Male	54	Master (50-59)	01:05:41	1	840	Elsie	Marshall	7km	Female	48	Veteran (40-49)	01:06:47
11	6	831	Dawie	Louwrens	7km	Male	36	Sub-Veteran (30-39)	01:09:47	4	993	Sun	Klopper	7km	Female	26	Senior (19-29)	01:07:30
12	7	3062	Tiaan	Theron	7km	Male	32	Sub-Veteran (30-39)	01:09:54	2	1088	Juli	Louwrens	7km	Female	40	Veteran (40-49)	01:09:48
13	3	1024	Charles	Bodenstein	7km	Male	56	Master (50-59)	01:13:08	5	940	Caroline	Rex	7km	Female	27	Senior (19-29)	01:11:12
14	1	973	Timothy	Slabbert	7km	Male	13	12 to 15	01:13:09	3	1080	Helen	Mills	7km	Female	44	Veteran (40-49)	01:15:25
15	2	842	Remi	Bloy	7km	Male	28	Senior (19-29)	01:17:04	5	843	Bronwyn	Hubbard	7km	Female	39	Sub-Veteran (30-39)	01:15:28
16	2	3113	Billy	Schorn	7km	Male	41	Veteran (40-49)	01:21:33	4	3055	Caren	Brown	7km	Female	41	Veteran (40-49)	01:16:43
17	8	807	Darren	Kilfoil	7km	Male	37	Sub-Veteran (30-39)	01:27:22	2	3142	Kayla	Brown	7km	Female	12	12 to 15	01:16:44
18	9	965	Reinier	Van Rooyen	7km	Male	34	Sub-Veteran (30-39)	01:32:06	6	1064	Anch	Groenewald	7km	Female	32	Sub-Veteran (30-39)	01:21:28
19	1	1043	Gareth	Prinsloo	7km	Male	11	Under 11	01:58:36	6	853	Caroline	Rous	7km	Female	27	Senior (19-29)	01:27:21
20										1	900	Phoebe	Du Toit	7km	Female	7	Under 11	01:28:09
21										5	936	Marisa	Du Toit	7km	Female	43	Veteran (40-49)	01:28:10
22										7	1001	Lisa	Chanderman	7km	Female	33	Sub-Veteran (30-39)	01:31:40
23										6	836	Caron	Whitfield	7km	Female	47	Veteran (40-49)	01:31:42
24										8	3125	Melissa	Van Rooyen	7km	Female	33	Sub-Veteran (30-39)	01:32:07
25										9	814	Lize	Coetzer	7km	Female	34	Sub-Veteran (30-39)	01:39:25
26										7	850	Nadia	Jordaan	7km	Female	23	Senior (19-29)	01:43:39
27										8	945	Emma	Galettei	7km	Female	23	Senior (19-29)	01:43:42
28										9	1005	Deline	Van Eck	7km	Female	25	Senior (19-29)	01:43:47
29										1	813	Barbra	Cairns	7km	Female	73	Grand-Master (60+)	01:58:47
30										2	982	Johanna	Bohn	7km	Female	7	Under 11	02:06:29
31										10	1026	Marlen	Bohn	7km	Female	39	Sub-Veteran (30-39)	02:06:37
32										10	888	Corrie	Venter	7km	Female	24	Senior (19-29)	
33										11	852	N	Jordaan	7km	Female	24	Senior (19-29)	
34										11	906	Kirstin	Dinham	7km	Female	30	Sub-Veteran (30-39)	
35																		
36																		
37																		
38																		
39																		
40																		