



CARA CARA TRAIL RUN 2019

2019-08-31 - Ruby River Resort, Groblersdal



12km Trail Run

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	1322	Confidence	Malatjie	12km TRN	Male	19	Senior (19-29)	00:46:31	1	4085	Liezl	Kerling	12km TRN	Female	27	Senior (19-29)	00:53:27
2	2	1588	Xolane	Msiza	12km TRN	Male	22	Senior (19-29)	00:47:18	1	1538	Manri	Lourens	12km TRN	Female	37	Sub-Veteran (30-39)	00:53:33
3	1	4110	Solomon	Mashego	12km TRN	Male	55	Master (50-59)	00:47:25	2	1293	Mary	Kok	12km TRN	Female	31	Sub-Veteran (30-39)	01:01:26
4	3	1557	Vuyiswa	Mashaba	12km TRN	Male	19	Senior (19-29)	00:48:23	3	4082	Elni	Helm	12km TRN	Female	34	Sub-Veteran (30-39)	01:02:00
5	1	1467	Dawid	Lourens	12km TRN	Male	37	Sub-Veteran (30-39)	00:51:14	1	4111	Tania	Lourens	12km TRN	Female	42	Veteran (40-49)	01:02:33
6	1	1423	Sello Nicca	Motlafi	12km TRN	Male	41	Veteran (40-49)	00:52:37	4	1477	Suzaan	Van Niekerk	12km TRN	Female	37	Sub-Veteran (30-39)	01:07:20
7	4	1275	Saddam	Malemeng	12km TRN	Male	26	Senior (19-29)	00:52:43	2	1399	Christa	De Beer	12km TRN	Female	42	Veteran (40-49)	01:09:20
8	2	1379	Kevin	Blackadder	12km TRN	Male	49	Veteran (40-49)	00:52:49	5	1548	Cara	Van Der Merv	12km TRN	Female	34	Sub-Veteran (30-39)	01:14:01
9	2	1249	Norman	Snygans	12km TRN	Male	36	Sub-Veteran (30-39)	00:53:31	3	4142	Cindy	Humphries	12km TRN	Female	43	Veteran (40-49)	01:15:55
10	3	1541	Bareno	Du Preez	12km TRN	Male	37	Sub-Veteran (30-39)	00:54:30	4	4093	Corrie	Ludwig	12km TRN	Female	48	Veteran (40-49)	01:16:55
11	5	4012	Victor	Ekman	12km TRN	Male	22	Senior (19-29)	00:55:37	2	4062	Madeliën	Niemann	12km TRN	Female	22	Senior (19-29)	01:17:06
12	4	4002	Velly	Maduama	12km TRN	Male	31	Sub-Veteran (30-39)	00:56:24	3	4038	Claudia	Styen	12km TRN	Female	24	Senior (19-29)	01:17:10
13	2	4034	Monamudi	Manyaka	12km TRN	Male	51	Master (50-59)	00:56:34	4	4024	Carli	Nell	12km TRN	Female	22	Senior (19-29)	01:17:13
14	6	1472	Cw	Humphries	12km TRN	Male	19	Senior (19-29)	00:57:15	5	4016	Yolandi	Bester	12km TRN	Female	40	Veteran (40-49)	01:17:28
15	3	1597	Thomas	Mosotho	12km TRN	Male	59	Master (50-59)	00:58:14	6	4115	Magiret	Riphagen	12km TRN	Female	44	Veteran (40-49)	01:17:56
16	5	4123	Frederik	Boshoff	12km TRN	Male	39	Sub-Veteran (30-39)	00:58:41	1	1462	Francesca	Riphagen	12km TRN	Female	14	12 to 15	01:17:58
17	7	1223	Wynand	Marx	12km TRN	Male	28	Senior (19-29)	01:02:04	1	4004	Wilna	Davel	12km TRN	Female	53	Master (50-59)	01:19:01
18	6	1243	Kgotso	Lekalakala	12km TRN	Male	37	Sub-Veteran (30-39)	01:02:09	6	1314	Annelize	Berry	12km TRN	Female	33	Sub-Veteran (30-39)	01:19:32
19	8	1247	Diederick	Klopper	12km TRN	Male	28	Senior (19-29)	01:06:23	7	1270	Mariska	Ferreira	12km TRN	Female	33	Sub-Veteran (30-39)	01:20:16
20	7	4116	Johan	Bezuidenhout	12km TRN	Male	37	Sub-Veteran (30-39)	01:06:25	2	1250	Elsabe	Taylor	12km TRN	Female	54	Master (50-59)	01:20:59
21	4	1502	Theodor	Kleyhans	12km TRN	Male	54	Master (50-59)	01:06:30	7	1460	Magdie	Oosthuizen	12km TRN	Female	47	Veteran (40-49)	01:21:16
22	5	1479	Paul	Steenkamp	12km TRN	Male	51	Master (50-59)	01:07:17	1	4055	Cherise	Smit	12km TRN	Female	17	16 to 18	01:22:08
23	8	1426	Peter	Kok	12km TRN	Male	37	Sub-Veteran (30-39)	01:07:40	2	1536	Tanya	Spaumer	12km TRN	Female	18	16 to 18	01:22:10
24	9	4040	Joahn	Lambaard	12km TRN	Male	38	Sub-Veteran (30-39)	01:08:31	8	4066	Evelyn	Hamese	12km TRN	Female	31	Sub-Veteran (30-39)	01:23:15
25	1	1516	Tiaan	Scheepers	12km TRN	Male	12	12 to 15	01:08:34	8	1478	Annelise	Van Der Linde	12km TRN	Female	41	Veteran (40-49)	01:23:19
26	3	1335	Eustan Snr	Klingbiel	12km TRN	Male	46	Veteran (40-49)	01:09:04	9	4088	Karliën	Wessels	12km TRN	Female	36	Sub-Veteran (30-39)	01:23:27
27	4	4058	Solomon	Msiza	12km TRN	Male	41	Veteran (40-49)	01:09:41	9	1259	Anaud	Nogel	12km TRN	Female	43	Veteran (40-49)	01:24:25
28	10	4060	Emile	Reynders	12km TRN	Male	34	Sub-Veteran (30-39)	01:09:42	10	1301	Salome	Basson	12km TRN	Female	34	Sub-Veteran (30-39)	01:25:02
29	9	1513	Karel	Kgaphola	12km TRN	Male	24	Senior (19-29)	01:13:03	10	1431	Rachelle	Lategan	12km TRN	Female	49	Veteran (40-49)	01:26:47
30	6	1419	Jannie	Van Der Merwe	12km TRN	Male	52	Master (50-59)	01:14:21	1	4134	Kyla	Du Preez	12km TRN	Female	10	Under 11	01:32:35
31	11	1420	Armand	Basson	12km TRN	Male	32	Sub-Veteran (30-39)	01:14:55	11	1207	Ntombi	Mahlangu	12km TRN	Female	31	Sub-Veteran (30-39)	01:32:43
32	5	1559	Ian	Rossouw	12km TRN	Male	41	Veteran (40-49)	01:16:06	12	1454	Mieke	Buys	12km TRN	Female	37	Sub-Veteran (30-39)	01:32:47
33	7	4091	Hendrik	Jackson	12km TRN	Male	58	Master (50-59)	01:18:50	2	1514	Abigajil	Oosthuys	12km TRN	Female	10	Under 11	01:33:01
34	6	4097	Viljoen	Van Der Merwe	12km TRN	Male	45	Veteran (40-49)	01:19:07	5	4090	Natasha	Oosthuizen	12km TRN	Female	28	Senior (19-29)	01:33:05
35	1	4065	Robbie	Taylor	12km TRN	Male	63	Grand-Master (60+)	01:20:09	13	1209	Lize	Friis	12km TRN	Female	38	Sub-Veteran (30-39)	01:39:04
36	12	4075	Paul	Martins	12km TRN	Male	34	Sub-Veteran (30-39)	01:21:01	14	1439	Retha	Oosthuizen	12km TRN	Female	35	Sub-Veteran (30-39)	01:45:10
37	7	4011	Blok	Volker	12km TRN	Male	40	Veteran (40-49)	01:22:15	6	1315	Zandri	Render	12km TRN	Female	22	Senior (19-29)	01:45:13
38	13	1458	Tienie	Van Wyngaardt	12km TRN	Male	34	Sub-Veteran (30-39)	01:22:19	15	4107	Ewald	Van Wyk	12km TRN	Female	39	Sub-Veteran (30-39)	01:47:44

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12km Trail Run

MALE										FEMALE									
Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	
39	8	1371	Andre	Wessels	12km TRN	Male	43	Veteran (40-49)	01:23:31	7	1239	Mariska	Marx	12km TRN	Female	28	Senior (19-29)	01:48:25	
40	9	1524	Magda	Niemann	12km TRN	Male	47	Veteran (40-49)	01:26:51	1	1578	Elsie	Peyper	12km TRN	Female	64	Grand-Master (60+)	01:49:16	
41	10	4089	Ruan	Els	12km TRN	Male	26	Senior (19-29)	01:32:38	16	4122	Carika	Roth	12km TRN	Female	38	Sub-Veteran (30-39)	01:50:13	
42	14	4054	Wessel	Ferreira	12km TRN	Male	32	Sub-Veteran (30-39)	01:37:36	17	4078	Lynnette	Ferguson	12km TRN	Female	36	Sub-Veteran (30-39)	01:50:15	
43	15	1464	Danie	Van Schalkwijk	12km TRN	Male	34	Sub-Veteran (30-39)	01:38:01	18	4069	Liza	Gerritsen	12km TRN	Female	35	Sub-Veteran (30-39)	01:50:19	
44	8	4009	Humeleng	Mongele	12km TRN	Male	52	Master (50-59)	01:39:17	8	1310	Leticha	Nel	12km TRN	Female	23	Senior (19-29)	01:50:27	
45	10	4043	Robert	Ferguson	12km TRN	Male	43	Veteran (40-49)	01:47:45	11	4068	Hannelie	Blok	12km TRN	Female	43	Veteran (40-49)	01:51:49	
46	1	4150	Estian	Humphries	12km TRN	Male	17	16 to 18	01:49:39	3	4137	Anna	Blignaut	12km TRN	Female	52	Master (50-59)	01:51:56	
47	11	1308	Nico	Rudolph	12km TRN	Male	45	Veteran (40-49)	01:50:56	2	4006	Nikki	Snygans	12km TRN	Female	12	12 to 15	01:52:50	
48	9	1409	Andre	Booyens	12km TRN	Male	55	Master (50-59)	01:52:11	19	1221	Linah Sint	Mthombeni	12km TRN	Female	31	Sub-Veteran (30-39)	01:53:35	
49	2	4023	Christo	Van Der Wwalt	12km TRN	Male	68	Grand-Master (60+)	01:55:40	20	1599	Nomthanda	Nkambule	12km TRN	Female	31	Sub-Veteran (30-39)	01:53:36	
50	10	4051	Cassie	Gouws	12km TRN	Male	52	Master (50-59)	01:55:41	21	1340	Cathrine	Moyo	12km TRN	Female	32	Sub-Veteran (30-39)	01:53:36	
51	3	1451	Gert	Snysans	12km TRN	Male	62	Grand-Master (60+)	02:01:06	22	1562	Kgahliso	Makgota	12km TRN	Female	31	Sub-Veteran (30-39)	01:53:49	
52	4	1284	Rudie	Booyens	12km TRN	Male	69	Grand-Master (60+)	02:04:58	3	1550	Marli	Kruger	12km TRN	Female	13	12 to 15	01:54:39	
53	12	4138	Dries	Van Wyk	12km TRN	Male	49	Veteran (40-49)	02:05:27	3	4145	Johane	Kruger	12km TRN	Female	16	16 to 18	01:54:42	
54	1	1381	Aidrian	Collett	12km TRN	Male	7	Under 11	02:15:36	9	1382	Clarise	Rautenbach	12km TRN	Female	28	Senior (19-29)	01:55:18	
55	11	1499	Carel	Klopper	12km TRN	Male	57	Master (50-59)	02:17:16	12	1485	Regineh	Makgata	12km TRN	Female	41	Veteran (40-49)	01:56:47	
56	5	1393	Larry	Collett	12km TRN	Male	76	Grand-Master (60+)	02:20:57	2	4079	Karin	Snygans	12km TRN	Female	61	Grand-Master (60+)	02:01:04	
57	16	1475	Wynand	Du Toit	12km TRN	Male	33	Sub-Veteran (30-39)	02:21:07	13	1418	Madelaine	Rudolph	12km TRN	Female	44	Veteran (40-49)	02:02:34	
58	17	1306	Pieter	Klopper	12km TRN	Male	35	Sub-Veteran (30-39)	02:21:17	14	4104	Gabby	Oosthuys	12km TRN	Female	46	Veteran (40-49)	02:03:52	
59	18	1476	Kempie	Rautenbach	12km TRN	Male	31	Sub-Veteran (30-39)	02:21:19	10	1592	Alecia	De Klerk	12km TRN	Female	26	Senior (19-29)	02:03:56	
60	11	1251	Marnus	Grobler	12km TRN	Male	20	Senior (19-29)	02:22:03	15	1589	Marietjie	Kruger	12km TRN	Female	46	Veteran (40-49)	02:04:38	
61	13	4059	Luis	Murray	12km TRN	Male	48	Veteran (40-49)	02:25:09	16	1269	Liezel	Kotze	12km TRN	Female	46	Veteran (40-49)	02:04:52	
62	12	1583	Jam-Willem	Mouten	12km TRN	Male	24	Senior (19-29)	02:28:51	23	4027	Suzette	Van Wyk	12km TRN	Female	38	Sub-Veteran (30-39)	02:04:53	
63	19	1465	Philip	Kotze	12km TRN	Male	35	Sub-Veteran (30-39)	02:28:52	4	1487	Rene	Rossouw	12km TRN	Female	51	Master (50-59)	02:05:19	
64	14	1474	Jannie	De Beer	12km TRN	Male	43	Veteran (40-49)	02:28:53	5	4126	Ansa	Van Wyk	12km TRN	Female	55	Master (50-59)	02:05:20	
65	12	4037	Tinus	Van Staden	12km TRN	Male	50	Master (50-59)	02:28:56	6	4044	Elize	Bronn	12km TRN	Female	53	Master (50-59)	02:05:23	
66	6	1228	Henk	Koelman	12km TRN	Male	71	Grand-Master (60+)	02:34:39	7	1200	Mandy	Coetzee	12km TRN	Female	53	Master (50-59)	02:05:26	
67	2	4070	Reuben	Richeter	12km TRN	Male	6	Under 11	02:35:18	8	4136	Cornelia	Hendrikz	12km TRN	Female	54	Master (50-59)	02:12:42	
68	3	1318	Quintin	Geldenhuys	12km TRN	Male	10	Under 11	02:50:47	24	1569	Judith	Kirchner	12km TRN	Female	36	Sub-Veteran (30-39)	02:12:47	
69	15	1300	Gerrie	Geldenhuys	12km TRN	Male	42	Veteran (40-49)	02:50:48	25	1363	Naara	Collett	12km TRN	Female	39	Sub-Veteran (30-39)	02:15:32	
70	4	4678T	Ethan	Collett	12km TRN	Male	10	Under 11	02:51:12	9	4081	Tharina	Klopper	12km TRN	Female	53	Master (50-59)	02:17:19	
71	7	1508	Bill	Collett	12km TRN	Male	71	Grand-Master (60+)	03:13:52	17	1440	Belinda	Meyer	12km TRN	Female	49	Veteran (40-49)	02:17:20	
72										26	4094	Mari	Verwey	12km TRN	Female	39	Sub-Veteran (30-39)	02:20:53	
73										18	4139	Linda	Gouws	12km TRN	Female	48	Veteran (40-49)	02:21:06	
74										11	1496	Carmen	Mouten	12km TRN	Female	23	Senior (19-29)	02:22:02	
75										27	1510	Lizelle	Van Rooyen	12km TRN	Female	38	Sub-Veteran (30-39)	02:24:34	
76										28	1222	Karin	Van Der West	12km TRN	Female	39	Sub-Veteran (30-39)	02:24:35	



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12km Trail Run

MALE										FEMALE								
Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
77										4	1414	Ursula	Quinn	12km TRN	Female	18	16 to 18	02:28:45
78										29	1384	Oonagh	Quinn	12km TRN	Female	35	Sub-Veteran (30-39)	02:28:48
79										3	1556	Petra	Pieterse	12km TRN	Female	63	Grand-Master (60+)	02:28:50
80										19	1206	Jennifer	Pottenill	12km TRN	Female	45	Veteran (40-49)	02:33:34
81										20	1574	Haron	Booyens	12km TRN	Female	45	Veteran (40-49)	02:33:37
82										30	1307	Lorae	Collett	12km TRN	Female	35	Sub-Veteran (30-39)	02:33:38
83										4	1317	Rita	Kruger	12km TRN	Female	71	Grand-Master (60+)	02:34:40
84										31	1342	Ria	Geldenduys	12km TRN	Female	38	Sub-Veteran (30-39)	02:50:49
85										21	1364	Carina	Koelman	12km TRN	Female	40	Veteran (40-49)	02:50:57
86										5	4141	Sheena	Cole	12km TRN	Female	84	Grand-Master (60+)	03:13:55
87										6	4072	Anna	Labuschagne	12km TRN	Female	65	Grand-Master (60+)	03:13:56
88										10	4147	Karen	Kruger	12km TRN	Female	57	Master (50-59)	03:13:57
89										7	1568	Helen	Boddington	12km TRN	Female	60	Grand-Master (60+)	03:13:59
90										32	1254	Amanda	Richter	12km TRN	Female	31	Sub-Veteran (30-39)	03:15:17
91										22	1370	Belinda	Woest	12km TRN	Female	47	Veteran (40-49)	03:15:20
92										3	1552	Amore	Richter	12km TRN	Female	9	Under 11	03:15:25
93										4	1246	Adele	Oosthuizen	12km TRN	Female	9	Under 11	03:15:30
94																		
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CARA CARA MTB 2019

2019-08-31 - Ruby River Resort, Groblersdal



60km MTB

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	702T	Andre	Potgieter	60km MTB	Male	43	Veteran (40-49)	02:23:10	1	772T	Sonja	Van Rooyen	60km MTB	Female	39	Sub-Veteran (30-39)	04:11:23
2	1	690T	Wihl	Vermaak	60km MTB	Male	33	Sub-Veteran (30-39)	02:24:10	1	769T	Annelet	Rossouw	60km MTB	Female	24	Senior (19-29)	04:17:02
3	2	601T	Willie	Horn	60km MTB	Male	49	Veteran (40-49)	02:34:34	1	609T	Henriette	Goosen	60km MTB	Female	45	Veteran (40-49)	
4	1	750T	De Wet	Conradie	60km MTB	Male	28	Senior (19-29)	02:44:12									
5	3	647T	Corne	Ferreira	60km MTB	Male	48	Veteran (40-49)	02:54:35									
6	1	659T	Chris	Davel	60km MTB	Male	58	Master (50-59)	03:09:54									
7	2	646T	Nicolaas Wille	Venter	60km MTB	Male	36	Sub-Veteran (30-39)	03:11:32									
8	2	782T	Cobus	Pretorius	60km MTB	Male	29	Senior (19-29)	03:11:34									
9	4	639T	Eugene	Prinsloo	60km MTB	Male	48	Veteran (40-49)	03:13:14									
10	3	774T	Jean Loius	Venter	60km MTB	Male	36	Sub-Veteran (30-39)	03:17:12									
11	5	727T	James	Lidderd	60km MTB	Male	40	Veteran (40-49)	03:18:42									
12		692T	Chris	Dodd	60km MTB	Male			03:23:20									
13		664T	Grant	Neser	60km MTB	Male			03:23:26									
14		729T	Rod	Cairns	60km MTB	Male			03:23:29									
15	4	675T	Stephen	Smit	60km MTB	Male	38	Sub-Veteran (30-39)	03:27:02									
16	2	686T	Dries	Smit	60km MTB	Male	55	Master (50-59)	03:29:29									
17	6	722T	Abrie	Greyling	60km MTB	Male	42	Veteran (40-49)	03:30:11									
18	5	673T	Jaco	Prinsloo	60km MTB	Male	34	Sub-Veteran (30-39)	03:35:59									
19	7	600T	Isak	Holtzhausen	60km MTB	Male	44	Veteran (40-49)	04:02:19									
20	8	776T	Dan Walter	Van Rooyen	60km MTB	Male	43	Veteran (40-49)	04:11:20									
21	3	794T	Reghardt	Coetzee	60km MTB	Male	26	Senior (19-29)	04:17:04									
22	9	791T	Jannie	Frost	60km MTB	Male	40	Veteran (40-49)	04:36:15									
23	10	781T	Lukas	Van Rooyen	60km MTB	Male	49	Veteran (40-49)										
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CARA CARA MTB 2019

2019-08-31 - Ruby River Resort, Groblersdal



40km MTB																		
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	2777T	Thabo John	Skosana	40km MTB	Male	20	Senior (19-29)	01:44:48	1	2694T	Manri	Lourens	40km MTB	Female	37	Sub-Veteran (30-39)	02:12:59
2	1	2569T	Dawid	Lourens	40km MTB	Male	37	Sub-Veteran (30-39)	01:46:25	2	2739T	Yolandi	Kotze	40km MTB	Female	38	Sub-Veteran (30-39)	02:15:43
3	2	2543T	Johan	Pieterse	40km MTB	Male	22	Senior (19-29)	01:52:00	3	2632T	Christine	Wentzel	40km MTB	Female	32	Sub-Veteran (30-39)	02:22:33
4	3	2681T	Dmitri	Fraza	40km MTB	Male	22	Senior (19-29)	01:55:59	1	2744T	Eileen	Horak	40km MTB	Female	50	Master (50-59)	02:36:04
5	1	2537T	Willie	Van Straaten	40km MTB	Male	41	Veteran (40-49)	02:02:41	1	2606T	Elmarie	Lourens	40km MTB	Female	48	Veteran (40-49)	02:41:01
6	1	2704T	Hendrik	Groenewald	40km MTB	Male	60	Grand-Master (60+)	02:03:19	4	2635T	Lanelna	Gouws	40km MTB	Female	36	Sub-Veteran (30-39)	02:41:14
7	2	2761T	Luis	Niemann	40km MTB	Male	49	Veteran (40-49)	02:08:26	2	2763T	Annelie	Roets	40km MTB	Female	46	Veteran (40-49)	02:52:31
8	1	2621T	Riaan	Van Der Sandt	40km MTB	Male	52	Master (50-59)	02:08:42	3	2625T	Tania	Lourens	40km MTB	Female	42	Veteran (40-49)	02:53:47
9	2	2520T	Harry	Oosthuizen	40km MTB	Male	62	Grand-Master (60+)	02:13:06	5	2514T	Renette	Hoffman	40km MTB	Female	36	Sub-Veteran (30-39)	03:23:17
10	4	2573T	Anton	Botes	40km MTB	Male	27	Senior (19-29)	02:14:13	6	2542T	Corne	Niemand	40km MTB	Female	34	Sub-Veteran (30-39)	03:41:23
11	5	2769T	Justin	Le Roux	40km MTB	Male	21	Senior (19-29)	02:15:24	4	2674T	Geraldene	Breed	40km MTB	Female	49	Veteran (40-49)	
12	2	2532T	Barend	Du Preez	40km MTB	Male	37	Sub-Veteran (30-39)	02:17:21									
13	3	2647T	Legasa	Tlometsane	40km MTB	Male	34	Sub-Veteran (30-39)	02:17:54									
14	6	2718T	Christo	Pretorius	40km MTB	Male	26	Senior (19-29)	02:23:02									
15	7	2673T	Braam	De Beer	40km MTB	Male	21	Senior (19-29)	02:23:04									
16	3	2699T	Roger	Henriques	40km MTB	Male	44	Veteran (40-49)	02:23:09									
17	4	2684T	Brenden	Howell	40km MTB	Male	36	Sub-Veteran (30-39)	02:23:10									
18	8	2530T	Christopher	Prinsloo	40km MTB	Male	27	Senior (19-29)	02:23:15									
19	2	2547T	Johan	Van Den Berg	40km MTB	Male	50	Master (50-59)	02:23:32									
20	9	2654T	Nantes	Vorster	40km MTB	Male	21	Senior (19-29)	02:23:42									
21	4	2774T	Gerrit	Venter	40km MTB	Male	48	Veteran (40-49)	02:23:48									
22	5	2536T	Nico	Kotze	40km MTB	Male	44	Veteran (40-49)	02:24:44									
23	5	2627T	Thabiso	Ndebele	40km MTB	Male	33	Sub-Veteran (30-39)	02:26:07									
24	6	2785T	Marius	Lamprecht	40km MTB	Male	48	Veteran (40-49)	02:26:42									
25	7	2620T	Nico	Strydom	40km MTB	Male	45	Veteran (40-49)	02:26:50									
26	1	2577T	Corne	Strydom	40km MTB	Male	16	16 to 18	02:26:56									
27	10	2669T	Joshua	Jones	40km MTB	Male	22	Senior (19-29)	02:27:27									
28	8	2793T	Andries	Pretorius	40km MTB	Male	44	Veteran (40-49)	02:27:43									
29	3	2649T	Robbie	Roberts	40km MTB	Male	52	Master (50-59)	02:27:49									
30	9	2698T	Sean	Klopper	40km MTB	Male	43	Veteran (40-49)	02:29:37									
31	6	2551T	Thedi	Unit	40km MTB	Male	37	Sub-Veteran (30-39)	02:30:02									
32	11	2638T	Gd	Smit	40km MTB	Male	19	Senior (19-29)	02:30:44									
33	7	2693T	Frederik	Boshoff	40km MTB	Male	39	Sub-Veteran (30-39)	02:31:29									
34	8	2778T	George	Barnard	40km MTB	Male	32	Sub-Veteran (30-39)	02:32:00									
35	3	2740T	Robbie	Taylor	40km MTB	Male	63	Grand-Master (60+)	02:33:13									
36	4	2622T	Steve	Brunsdon	40km MTB	Male	54	Master (50-59)	02:34:50									
37	5	2645T	Tobie	Horak	40km MTB	Male	52	Master (50-59)	02:36:05									
38	9	2762T	Lionel	Pienaar	40km MTB	Male	36	Sub-Veteran (30-39)	02:38:42									



CARA CARA MTB 2019

2019-08-31 - Ruby River Resort, Groblersdal



40km MTB

MALE

FEMALE

Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
39	10	763T	Gertjie	Roets	40km MTB	Male	48	Veteran (40-49)	02:38:56									
40	10	2561T	Raymond	Makgota	40km MTB	Male	32	Sub-Veteran (30-39)	02:40:02									
41	12	2651T	Rossouw	Lourens	40km MTB	Male	28	Senior (19-29)	02:41:03									
42	13	2662T	Wilhelm	Van der Merwe	40km MTB	Male	24	Senior (19-29)	02:51:04									
43	14	2515T	Gerrit	Schoeman	40km MTB	Male	24	Senior (19-29)	02:51:06									
44	11	2614T	Phillip	Potgieter	40km MTB	Male	49	Veteran (40-49)	02:52:09									
45	11	2527T	Barry	Hartzog	40km MTB	Male	33	Sub-Veteran (30-39)	02:52:11									
46	15	2672T	Godfrey	Mogunduni	40km MTB	Male	28	Senior (19-29)	02:53:30									
47	12	2574T	Hw	Koelman	40km MTB	Male	30	Sub-Veteran (30-39)	02:55:18									
48	12	2588T	Lloyd	Cullen	40km MTB	Male	43	Veteran (40-49)	02:56:00									
49	16	2723T	Ruan	Breed	40km MTB	Male	22	Senior (19-29)	03:01:33									
50	17	2655T	Nimrod	Lategan	40km MTB	Male	22	Senior (19-29)	03:08:46									
51	13	2772T	Tlameo	Masiangoako	40km MTB	Male	36	Sub-Veteran (30-39)	03:16:46									
52	14	2736T	Daniel	Oosthuizen	40km MTB	Male	31	Sub-Veteran (30-39)	03:17:11									
53	4	2510T	Leon	Lotter	40km MTB	Male	62	Grand-Master (60+)	03:19:51									
54	15	2659T	Emile	Heidebrink	40km MTB	Male	35	Sub-Veteran (30-39)	03:22:37									
55	5	2702T	Peter	Brady	40km MTB	Male	66	Grand-Master (60+)	03:25:12									
56	6	2636T	Wynand	Kritzinger	40km MTB	Male	52	Master (50-59)	03:30:33									
57	18	2507T	Wynand	Marx	40km MTB	Male	28	Senior (19-29)										
58	16	2652T	Wian	De Beer	40km MTB	Male	34	Sub-Veteran (30-39)										
59	17	2531T	Juvy	Frade	40km MTB	Male	36	Sub-Veteran (30-39)										
60	18	2677T	Themba	Sindane	40km MTB	Male	37	Sub-Veteran (30-39)										
61																		
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CARA CARA MTB 2019

2019-08-31 - Ruby River Resort, Groblersdal



20km MTB																		
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	6460T	Jaundre	Pelser	20km MTB	Male	16	16 to 18	01:02:33	1	6400T	Anke	Gosling	20km MTB	Female	39	Sub-Veteran (30-39)	01:22:26
2	2	6169T	MAGnus	Van Niekerk	20km MTB	Male	18	16 to 18	01:06:08	2	6046T	Wilna	Van Staden	20km MTB	Female	39	Sub-Veteran (30-39)	01:25:44
3	1	6130T	Victor	Franzoa	20km MTB	Male	55	Master (50-59)	01:11:03	1	6334t	Lize	Strydom	20km MTB	Female	12	12 to 15	01:36:42
4	3	6135T	Stefan	Preterse	20km MTB	Male	18	16 to 18	01:11:21	3	6252T	Soane	Schmahl	20km MTB	Female	31	Sub-Veteran (30-39)	01:38:31
5	1	6101T	Etienne	Pieterse	20km MTB	Male	15	12 to 15	01:11:50	1	6200T	Marlize	Venter	20km MTB	Female	47	Veteran (40-49)	01:42:07
6	4	6275T	Zack	Meyer	20km MTB	Male	17	16 to 18	01:12:05	4	6363T	Ansie	Rabic	20km MTB	Female	38	Sub-Veteran (30-39)	01:48:22
7	1	6439T	Norman	Mhlongo	20km MTB	Male	43	Veteran (40-49)	01:12:48	1	6033T	Erna	Van den Hove	20km MTB	Female	55	Master (50-59)	01:48:26
8	1	6557T	Norman	Snygans	20km MTB	Male	36	Sub-Veteran (30-39)	01:13:31	2	6598T	Joanne	De Jonge	20km MTB	Female	44	Veteran (40-49)	01:52:41
9	2	6525T	Wian	Rabie	20km MTB	Male	13	12 to 15	01:16:44	3	6153T	Annelize	Steenkamp	20km MTB	Female	47	Veteran (40-49)	01:53:29
10	2	6162T	Christo	Hitge	20km MTB	Male	47	Veteran (40-49)	01:17:06	5	6503T	Elma	Breytenbach	20km MTB	Female	35	Sub-Veteran (30-39)	01:54:28
11	1	6032T	Luke	Gosling	20km MTB	Male	10	Under 11	01:22:15	6	6016T	Belinda	Bronkhorst	20km MTB	Female	35	Sub-Veteran (30-39)	01:55:27
12	2	6459T	Jan	Pelser	20km MTB	Male	50	Master (50-59)	01:22:21	1	6307T	Kaylin	Hayden	20km MTB	Female	22	Senior (19-29)	01:57:39
13	2	6372T	Johan	Lambaard	20km MTB	Male	38	Sub-Veteran (30-39)	01:23:41	2	6129T	Megin	Thysen	20km MTB	Female	22	Senior (19-29)	01:57:54
14	1	6257T	Henry	Roberts	20km MTB	Male	19	Senior (19-29)	01:26:50	7	6303T	Bernadette	Hacquebord	20km MTB	Female	31	Sub-Veteran (30-39)	01:58:14
15	2	6226T	Helgaard	Nell	20km MTB	Male	19	Senior (19-29)	01:26:51	3	6221T	Inge Mari	Knoetze	20km MTB	Female	27	Senior (19-29)	01:59:14
16	1	6312T	Philipus	Van Der Merwe	20km MTB	Male	63	Grand-Master (60+)	01:27:03	4	6344T	Margo	Human	20km MTB	Female	23	Senior (19-29)	01:59:22
17	3	6006T	Paul	Strydom	20km MTB	Male	12	12 to 15	01:28:31	5	6374T	Chine	Venter	20km MTB	Female	20	Senior (19-29)	02:00:08
18	3	6211T	Neil	Ujdur	20km MTB	Male	25	Senior (19-29)	01:28:49	6	6119T	Zia	Kruger	20km MTB	Female	23	Senior (19-29)	02:00:09
19	4	6301T	Dante	Clark	20km MTB	Male	20	Senior (19-29)	01:29:25	8	6550T	Anel	Whaling	20km MTB	Female	31	Sub-Veteran (30-39)	02:01:18
20	3	6391T	Hennie	Van Der Westhuis	20km MTB	Male	49	Veteran (40-49)	01:29:37	7	6333T	Sarah	Hoffman	20km MTB	Female	26	Senior (19-29)	02:01:37
21	3	6269T	Ruben	Language	20km MTB	Male	53	Master (50-59)	01:30:00	9	6148T	Trudie	Vermeulen	20km MTB	Female	39	Sub-Veteran (30-39)	02:04:27
22	4	6401T	Rueben	Smit	20km MTB	Male	12	12 to 15	01:30:15	8	6069T	Esbe	De Beer	20km MTB	Female	26	Senior (19-29)	02:22:16
23	2	6201T	Rosse	Gosling	20km MTB	Male	9	Under 11	01:30:55	10	6347T	Lindi	Snygans	20km MTB	Female	38	Sub-Veteran (30-39)	02:22:18
24	5	6288T	Ruhan	Venter	20km MTB	Male	13	12 to 15	01:31:11	9	6494T	Leandri	Calitz	20km MTB	Female	22	Senior (19-29)	02:25:43
25	6	6239T	Ben	Meyer	20km MTB	Male	14	12 to 15	01:33:30	10	6431T	Carla	Kruger	20km MTB	Female	28	Senior (19-29)	02:28:31
26	3	6534T	Faurie	Van Wyk	20km MTB	Male	11	Under 11	01:33:50	11	6467T	Nadine	Conradie	20km MTB	Female	26	Senior (19-29)	02:28:34
27	4	6506T	Jurie	Van Wyk	20km MTB	Male	42	Veteran (40-49)	01:33:52	12	2500T	Jo-Lize	Koedyk	20km MTB	Female	28	Senior (19-29)	02:37:44
28	5	6336T	Roy	Hough	20km MTB	Male	44	Veteran (40-49)	01:35:59	2	6322T	Amelia	Eksteen	20km MTB	Female	56	Master (50-59)	03:39:58
29	7	6429T	Andreas	Greyling	20km MTB	Male	14	12 to 15	01:36:38	13	6177T	Madelein	Neimann	20km MTB	Female	22	Senior (19-29)	
30	5	6205T	Jyrod	Pienaar	20km MTB	Male	20	Senior (19-29)	01:37:07	14	6196T	Carla	Van Der Merv	20km MTB	Female	26	Senior (19-29)	
31	6	6382T	Tiaan	Reyneke	20km MTB	Male	41	Veteran (40-49)	01:39:12									
32	3	6327T	Jared	Rabie	20km MTB	Male	34	Sub-Veteran (30-39)	01:39:14									
33	7	6527T	Chris	Hattingh	20km MTB	Male	41	Veteran (40-49)	01:40:00									
34	8	6099T	Wessel	Strooh	20km MTB	Male	12	12 to 15	01:40:34									
35	8	6185T	Nhlanhla	Nhlanhla	20km MTB	Male	46	Veteran (40-49)	01:43:02									
36	4	6507T	Warren	Smit	20km MTB	Male	37	Sub-Veteran (30-39)	01:43:11									
37	5	6165T	Rassie	Van Der Lith	20km MTB	Male	34	Sub-Veteran (30-39)	01:43:13									
38	6	6141T	Martin	Wentzel	20km MTB	Male	37	Sub-Veteran (30-39)	01:43:56									



CARA CARA MTB 2019

2019-08-31 - Ruby River Resort, Groblersdal



20km MTB

MALE

FEMALE

Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
39	7	6220T	Werner	Rossouw	20km MTB	Male	30	Sub-Veteran (30-39)	01:44:45									
40	9	6480T	Waldo	Potgieter	20km MTB	Male	15	12 to 15	01:45:24									
41	8	6212T	Gert	Rabie	20km MTB	Male	39	Sub-Veteran (30-39)	01:46:26									
42	4	6511T	Nimrod	Lategan	20km MTB	Male	50	Master (50-59)	01:50:41									
43	10	6501T	Eustan Jnr	Klingbiel	20km MTB	Male	13	12 to 15	01:50:55									
44	4	6547T	Eugene	Oosthuizen	20km MTB	Male	11	Under 11	01:52:36									
45	9	6458T	Jannes	Van Zyl	20km MTB	Male	33	Sub-Veteran (30-39)	01:54:25									
46	10	6435T	Hendrik	Blignaut	20km MTB	Male	35	Sub-Veteran (30-39)	01:54:55									
47	9	6420T	Joe	Du Preez	20km MTB	Male	40	Veteran (40-49)	01:55:24									
48	5	6384T	Jannie	Van Der Merwe	20km MTB	Male	52	Master (50-59)	01:56:03									
49	5	6238T	Carel	Klingbiel	20km MTB	Male	11	Under 11	01:56:05									
50	10	6066T	Eustan Snr	Klingbiel	20km MTB	Male	46	Veteran (40-49)	01:56:07									
51	6	6256T	Janus	De Klerk	20km MTB	Male	29	Senior (19-29)	01:56:10									
52	7	6521T	Divan Petrus	Kitshoff	20km MTB	Male	28	Senior (19-29)	01:56:31									
53	8	6562T	Daniaal	Steenkamp	20km MTB	Male	23	Senior (19-29)	01:57:37									
54	9	6560T	Dirkie	V Pependop	20km MTB	Male	19	Senior (19-29)	01:57:49									
55	11	6019T	Johandre	Jourbert	20km MTB	Male	13	12 to 15	01:58:33									
56	6	6377T	Ewan	Rabie	20km MTB	Male	11	Under 11	01:58:53									
57	11	6304T	Cornel	Botha	20km MTB	Male	43	Veteran (40-49)	01:59:03									
58	7	6396T	Caelem	Botha	20km MTB	Male	8	Under 11	01:59:08									
59	12	2633T	Denham	Gosling	20km MTB	Male	46	Veteran (40-49)	01:59:39									
60	10	6235T	Louis	Venter	20km MTB	Male	27	Senior (19-29)	02:00:11									
61	11	6437T	Paul	Whaling	20km MTB	Male	33	Sub-Veteran (30-39)	02:01:15									
62	13	2758T	Jacques	Zeelei	20km MTB	Male	49	Veteran (40-49)	02:04:16									
63	11	6097T	Bryan	Jouner	20km MTB	Male	20	Senior (19-29)	02:07:05									
64	8	6008T	Juan	Niemann	20km MTB	Male	10	Under 11	02:16:14									
65	12	6554T	Abrie	Saaayman	20km MTB	Male	35	Sub-Veteran (30-39)	02:16:29									
66	12	6263T	Ruan	Calitz	20km MTB	Male	27	Senior (19-29)	02:25:44									
67	13	6282T	Rudolph	Kruger	20km MTB	Male	27	Senior (19-29)	02:28:33									
68	13	2509T	Jacques	Koedyk	20km MTB	Male	32	Sub-Veteran (30-39)	02:37:23									
69		2656T	Danie	Strooh	20km MTB	Male			02:49:09									
70	12	2776T	Danie	Strooh	20km MTB	Male	15	12 to 15	02:50:16									
71																		
72																		
73																		
74																		
75																		
76																		



CARA CARA MTB 2019

2019-08-31 - Ruby River Resort, Groblersdal



12km MTB																		
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	4742T	Altus	Venter	12km MTB	Male	11	Under 11	00:41:01	1	4741T	Laconique	Van Wyk	12km MTB	Female	16	16 to 18	00:53:36
2	2	4664T	Handre	Lambaard	12km MTB	Male	11	Under 11	00:41:28	1	4516T	Clarissa	Friis	12km MTB	Female	11	Under 11	00:54:24
3	3	4552T	Andreas	Upton	12km MTB	Male	11	Under 11	00:46:17	1	4567T	Carin	Barker	12km MTB	Female	45	Veteran (40-49)	00:55:39
4	4	4775T	Jac-Johan	Gouws	12km MTB	Male	11	Under 11	00:46:29	1	4789T	Shannon	Mellors	12km MTB	Female	25	Senior (19-29)	00:56:16
5	5	4517T	Waldre	Lourens	12km MTB	Male	10	Under 11	00:46:39	2	4606T	Christi	Van Stryp	12km MTB	Female	9	Under 11	00:58:15
6	6	4659T	Hugo	Lourens	12km MTB	Male	11	Under 11	00:46:41	3	4755T	Lean	Friis	12km MTB	Female	10	Under 11	00:58:31
7	7	4531T	MJ	Terblanche	12km MTB	Male	11	Under 11	00:47:33	4	4660T	Micke	Prinsloo	12km MTB	Female	9	Under 11	00:59:40
8	1	4702T	PP	Roets	12km MTB	Male	31	Sub-Veteran (30-39)	00:47:35	2	4787T	Alida	Du toit	12km MTB	Female	47	Veteran (40-49)	00:59:47
9	1	4526T	Ben	Peyper	12km MTB	Male	64	Grand-Master (60+)	00:48:15	2	4620T	Riki	Vosloo	12km MTB	Female	23	Senior (19-29)	01:01:33
10	1	4647T	Jaco	Van Wyk	12km MTB	Male	45	Veteran (40-49)	00:48:19	3	4545T	Claire	Collett	12km MTB	Female	40	Veteran (40-49)	01:02:12
11	1	4703T	Divan	Van Wyk	12km MTB	Male	14	12 to 15	00:48:25	5	4625T	Lanvin	Brady	12km MTB	Female	11	Under 11	01:02:18
12	1	4646T	Jaun Claude	Du Toit	12km MTB	Male	28	Senior (19-29)	00:48:47	3	4585T	Marelle	Lambard	12km MTB	Female	27	Senior (19-29)	01:10:31
13	2	4611T	Leon	Van Rooyen	12km MTB	Male	13	12 to 15	00:48:53	1	4510T	Elaine	Janse Van Vuuren	12km MTB	Female	53	Master (50-59)	01:11:26
14	1	4651T	Floors	Du Toit	12km MTB	Male	52	Master (50-59)	00:50:05	6	4631T	Carlia	Kirchner	12km MTB	Female	10	Under 11	01:11:43
15	2	4524T	Jaco	Nel	12km MTB	Male	33	Sub-Veteran (30-39)	00:50:33	1	4661T	Noami	Van Stryp	12km MTB	Female	62	Grand-Master (60+)	01:14:47
16	3	4762T	NJ	De wet	12km MTB	Male	12	12 to 15	00:51:03	2	4656T	Delilah	Van Der Bank	12km MTB	Female	52	Master (50-59)	01:16:27
17	2	4605T	Herklaas	De Wet	12km MTB	Male	45	Veteran (40-49)	00:51:05	4	4601T	Rina	Du Prez	12km MTB	Female	48	Veteran (40-49)	01:16:35
18	4	4798T	Anru	Rudolph	12km MTB	Male	13	12 to 15	00:51:08	7	4534T	Lerize	Lambaard	12km MTB	Female	10	Under 11	01:24:06
19	8	4569T	WJ	van Straaten	12km MTB	Male	10	Under 11	00:52:19	1	4556T	Linda	Lambaard	12km MTB	Female	39	Sub-Veteran (30-39)	01:24:08
20	9	4763T	Benje	Terblanche	12km MTB	Male	9	Under 11	00:52:40	2	4546T	Mariska	Ferreira	12km MTB	Female	33	Sub-Veteran (30-39)	01:26:51
21	3	4520T	Niel	Terblanche	12km MTB	Male	37	Sub-Veteran (30-39)	00:52:44	5	4571T	Els	Botha	12km MTB	Female	42	Veteran (40-49)	01:38:23
22	5	4726T	Stain	De Beer	12km MTB	Male	14	12 to 15	00:54:30	3	4739T	Judith	Kirchner	12km MTB	Female	36	Sub-Veteran (30-39)	01:56:12
23	6	4505T	Andries	Pretorius	12km MTB	Male	14	12 to 15	00:54:52	4	4706T	Danelle	Du Plessis	12km MTB	Female	31	Sub-Veteran (30-39)	02:23:20
24	3	4565T	Andrew	Barker	12km MTB	Male	43	Veteran (40-49)	00:55:40	1	4723T	Rachel	Henriques	12km MTB	Female	12	12 to 15	
25	4	4576T	Stephanus	Friis	12km MTB	Male	49	Veteran (40-49)	00:58:34	8	4666T	Samantha	De Jonge	12km MTB	Female	7	Under 11	
26	5	4800T	Bruce	Collett	12km MTB	Male	41	Veteran (40-49)	01:02:06									
27	10	4615T	Bruce	Collett	12km MTB	Male	10	Under 11	01:02:16									
28	11	4644T	Johan Jr	Van Stryp	12km MTB	Male	10	Under 11	01:03:26									
29	6	4522T	Jaco	Van Stryp	12km MTB	Male	40	Veteran (40-49)	01:03:28									
30	7	4533T	Nico	Rudolph	12km MTB	Male	45	Veteran (40-49)	01:05:06									
31	2	4511T	Henry	Van Den Hoven	12km MTB	Male	57	Master (50-59)	01:07:03									
32	7	4540T	Tian	Venter	12km MTB	Male	13	12 to 15	01:07:07									
33	3	2516T	Louis	Odendaal	12km MTB	Male	51	Master (50-59)	01:08:22									
34	12	4761T	Damon	Gosling	12km MTB	Male	8	Under 11	01:09:05									
35	2	4732T	Maritz	Cronje	12km MTB	Male	24	Senior (19-29)	01:09:07									
36	4	4793T	Willem-Abraham	Lambard	12km MTB	Male	30	Sub-Veteran (30-39)	01:10:33									
37	4	4745T	Pieter	Jansen van Vuuren	12km MTB	Male	56	Master (50-59)	01:11:28									
38	5	4671T	Humeleng	Mongele	12km MTB	Male	52	Master (50-59)	01:12:35									



CARA CARA MTB 2019

2019-08-31 - Ruby River Resort, Groblersdal



12km MTB

MALE										FEMALE								
Overall Position	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime	Category Position	RaceNo	FirstName	LastName	RaceDistance	Gender	Age	AgeCategory	RaceTime
39	13	4708T	JC	Kriek	12km MTB	Male	11	Under 11	01:13:17									
40	2	4746T	Johan	Van Stryp	12km MTB	Male	66	Grand-Master (60+)	01:14:46									
41	6	4698T	Riaan	Van Rensburg	12km MTB	Male	54	Master (50-59)	01:16:24									
42	14	4729T	Paul	Henriques	12km MTB	Male	9	Under 11	01:19:54									
43	3	4786T	Jason	Henriques	12km MTB	Male	19	Senior (19-29)	01:19:57									
44	15	4555T	Wessel	Ferreira	12km MTB	Male	7	Under 11	01:26:52									
45	8	4645T	Lourens	Scheepers	12km MTB	Male	15	12 to 15	01:29:25									
46	9	4662T	Ruben	Langauge	12km MTB	Male	12	12 to 15	01:34:31									
47	16	4547T	Sebastian	Botha	12km MTB	Male	6	Under 11	01:38:22									
48	17	4508T	Lian	Kirchner	12km MTB	Male	6	Under 11	01:56:07									
49	8	4563T	Jp	Kirchner	12km MTB	Male	42	Veteran (40-49)	01:56:22									
50	18	4688T	Jonathan	Verwey	12km MTB	Male	10	Under 11	02:22:47									
51	19	4694T	Duny	Du Plessis	12km MTB	Male	7	Under 11	02:23:18									
52	10	4595T	Kevin	Verwey	12km MTB	Male	13	12 to 15										
53	4	4598T	Henri	Fourie	12km MTB	Male	22	Senior (19-29)										
54																		
55																		
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CARA CARA MTB 2019

2019-08-31 - Ruby River Resort, Groblersdal



40km Corporate MTB

MALE

Overall Position	RaceNo	Team Name	FirstName	LastName	RaceDistance	Gender	Age	RaceTime	Team Time
1	2535T	TEAM Zamalek (Tebogo farming)	Muller	Grobler	40km Corporate MTB	Male		02:03:19	02:03:33
2	2613T	TEAM Zamalek (Tebogo farming)	Johann	Grobler	40km Corporate MTB	Male		02:03:24	02:03:33
3	2567T	TEAM Zamalek (Tebogo farming)	Ettienne	Prinsloo	40km Corporate MTB	Male		02:03:26	02:03:33
4	2678T	TEAM Zamalek (Tebogo farming)	MJ	Harmse	40km Corporate MTB	Male		02:03:33	02:03:33
5	2619T	TEAM Schoeman Bdy 1	Sean	Berry	40km Corporate MTB	Male		02:18:20	02:18:25
6	2675T	TEAM Schoeman Bdy 1	Cobus	van der Linden	40km Corporate MTB	Male		02:18:21	02:18:25
7	2695T	TEAM Schoeman Bdy 1	Christo	de Jonge	40km Corporate MTB	Male		02:18:23	02:18:25
8	2661T	TEAM Schoeman Bdy 1	Wessel	Ferreira	40km Corporate MTB	Male		02:18:25	02:18:25
9	2733T	TEAM Vintage View	Stefan	Rautenbach	40km Corporate MTB	Male		02:25:49	02:25:52
10	2697T	TEAM Vintage View	Brett	Gosling	40km Corporate MTB	Male		02:25:50	02:25:52
11	2504T	TEAM Vintage View	Carla	Senekal	40km Corporate MTB	Female		02:25:51	02:25:52
12	2556T	TEAM Vintage View	Johan	Senekal	40km Corporate MTB	Male		02:25:52	02:25:52
13	2558T	TEAM ABSA	Hennie	Eksteen	40km Corporate MTB	Male		02:41:41	02:43:34
14	2735T	TEAM ABSA	Pierre	Stofberg	40km Corporate MTB	Male		02:41:45	02:43:34
15	2590T	TEAM ABSA	Chris	Dijkstra	40km Corporate MTB	Male		02:41:49	02:43:34
16	2748T	TEAM ABSA	Cisca	Dijkstra	40km Corporate MTB	Female		02:43:34	02:43:34
17	2557T	TEAM HNP 3	Gert	Smit	40km Corporate MTB	Male		02:53:54	02:54:07
18	2676T	TEAM HNP 3	Zettie	Smit	40km Corporate MTB	Female		02:53:59	02:54:07
19	2650T	TEAM HNP 3	Fanna	Harmse	40km Corporate MTB	Male		02:54:05	02:54:07
20	2642T	TEAM HNP 3	Hardus	Pieterse	40km Corporate MTB	Male		02:54:07	02:54:07
21	2596T	TEAM HNP 2	Henco	Pieterse	40km Corporate MTB	Male		02:57:34	02:57:38
22	2664T	TEAM HNP 2	Louis	van Rooyen	40km Corporate MTB	Male		02:57:35	02:57:38
23	2796T	TEAM HNP 2	Degald	Hacquebord	40km Corporate MTB	Male		02:57:37	02:57:38
24	2618T	TEAM HNP 2	Francois	Bronkhorst	40km Corporate MTB	Male		02:57:38	02:57:38
25	2771T	TEAM TK Boerdery	Louis	Gouws	40km Corporate MTB	Male		02:59:37	02:59:43
26	2648T	TEAM TK Boerdery	JP	Viljoen	40km Corporate MTB	Male		02:59:40	02:59:43

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CARA CARA MTB 2019

2019-08-31 - Ruby River Resort, Groblersdal



40km Corporate MTB

MALE

Overall Position	RaceNo	Team Name	FirstName	LastName	RaceDistance	Gender	Age	RaceTime	Team Time
27	2525T	TEAM TK Boerdery	Schalk	van Niekerk	40km Corporate MTB	Male		02:59:43	02:59:43
28	2624T	TEAM TK Boerdery	Louis	Lourens	40km Corporate MTB	Male			02:59:43
29	2597T	TEAM GCOTN 1	Gavin	Cole	40km Corporate MTB	Male		03:00:18	03:00:55
30	2686T	TEAM GCOTN 1	Pedro	Vosloo	40km Corporate MTB	Male		03:00:19	03:00:55
31	2764T	TEAM GCOTN 1	Johan	Richter	40km Corporate MTB	Male		03:00:22	03:00:55
32	2784T	TEAM GCOTN 1	Evert	Smit	40km Corporate MTB	Male		03:00:55	03:00:55
33	2721T	TEAM HNP 1	Hunter	Coetzee	40km Corporate MTB	Male		03:00:59	03:01:03
34	2526T	TEAM HNP 1	Heinrich	Oberholzer	40km Corporate MTB	Male		03:01:00	03:01:03
35	2725T	TEAM HNP 1	Henning	Oberholzer	40km Corporate MTB	Male		03:01:02	03:01:03
36	2609T	TEAM HNP 1	Lourens	Engelbrecht	40km Corporate MTB	Male		03:01:03	03:01:03
37	2610T	TEAM Schoeman Bdy 2	Hendrik	Schoeman	40km Corporate MTB	Male		02:23:01	03:17:47
38	2598T	TEAM Schoeman Bdy 2	Jerry	Ntholeng	40km Corporate MTB	Male		03:17:47	03:17:47
39	2726T	TEAM Schoeman Bdy 2	Hannes	Els	40km Corporate MTB	Male			03:17:47
40	2712T	TEAM Schoonbee Landgoed 2	Lucas	van den Heever	40km Corporate MTB	Male		02:47:57	03:19:57
41	2608T	TEAM Schoonbee Landgoed 2	Natasha	van Niekerk	40km Corporate MTB	Female		02:48:28	03:19:57
42	2615T	TEAM Schoonbee Landgoed 2	Andre	van Niekerk	40km Corporate MTB	Male		03:19:52	03:19:57
43	2683T	TEAM Schoonbee Landgoed 2	Jurg	van Vuuren	40km Corporate MTB	Male		03:19:57	03:19:57
44	2794T	TEAM Schoonbee Landgoed 1	Unger	Adendorff	40km Corporate MTB	Male		02:48:05	03:20:06
45	2755T	TEAM Schoonbee Landgoed 1	Lou	Viljoen	40km Corporate MTB	Male		02:48:06	03:20:06
46	2689T	TEAM Schoonbee Landgoed 1	Charles	Upton	40km Corporate MTB	Male		02:48:08	03:20:06
47	2756T	TEAM Schoonbee Landgoed 1	Danny	Pienaar	40km Corporate MTB	Male		03:20:06	03:20:06
48	2724T	TEAM GCOTN 2	Hennie	Bester	40km Corporate MTB	Male		02:55:51	04:09:08
49	2503T	TEAM GCOTN 2	Pieter	Meiring	40km Corporate MTB	Male		03:44:02	04:09:08
50	2605T	TEAM GCOTN 2	Shaun	Mellors	40km Corporate MTB	Male		04:09:08	04:09:08
51	2637T	TEAM GCOTN 3 (Denham)	Theo	Van Stryp	40km Corporate MTB	Male		02:33:42	
52									

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CARA CARA MTB 2019

2019-08-31 - Ruby River Resort, Groblersdal



12km Trail Run & 40km MTB - Dual

MALE

Overall Position	FirstName	LastName	Gender	Age	AgeCategory	TRN Racetime	MTB Racetime	Total RaceTime
1	Dawid	Lourens	Male	37	Sub-Veteran	00:51:14	01:46:25	02:37:39
2	Frederik	Boshoff	Male	39	Sub-Veteran	00:58:41	02:31:29	03:30:10
3	Robbie	Taylor	Male	63	Grand-Mast	01:20:09	02:33:13	03:53:22

Overall Position	FirstName	LastName	Gender	Age	AgeCategory	TRN Racetime	MTB Racetime	Total RaceTime
1	Manri	Lourens	Female	37	Sub-Veteran	00:53:33	02:12:59	03:06:32
2	Tania	Lourens	Female	42	Veteran (40	01:02:33	02:53:47	03:56:20

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