



FRESH TRAILS - FRESH @ GROENKLOOF TRAIL RUN

2020-03-15 - 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	4008	Iain	Peterkin	17km	Male	31	Sub-Veteran (30-39)	01:18:40	1	1472	Marelise	Retief	17km	Female	34	Sub-Veteran (30-39)	01:31:23
2	1	4068	Justin	Ashworth	17km	Male	43	Veteran (40-49)	01:26:01	2	1409	Minette	Van Den Berg	17km	Female	34	Sub-Veteran (30-39)	01:46:21
3	2	4120	David Schalk	Van Der Merwe	17km	Male	37	Sub-Veteran (30-39)	01:27:04	3	4072	Stacey	Shaw-Taylor	17km	Female	35	Sub-Veteran (30-39)	01:57:47
4	1	1254	Marcel	Jooste	17km	Male	29	Senior (19-29)	01:30:59	4	1552	Robyn	Surgeson	17km	Female	36	Sub-Veteran (30-39)	02:02:28
5	2	4011	Stephen	Atkinson	17km	Male	40	Veteran (40-49)	01:31:48	5	1236	Erna	Erasmus	17km	Female	37	Sub-Veteran (30-39)	02:04:59
6	3	1348	Tiaan	Gericke	17km	Male	30	Sub-Veteran (30-39)	01:32:14	1	1510	Denise	Van Zyl	17km	Female	44	Veteran (40-49)	02:06:36
7	4	1228	Wium	Erasmus	17km	Male	31	Sub-Veteran (30-39)	01:32:35	6	4091	Steph	Cliff	17km	Female	39	Sub-Veteran (30-39)	02:06:40
8	5	4004	Jacobs	Muller	17km	Male	33	Sub-Veteran (30-39)	01:37:41	1	1457	Monet	Van Rooyen	17km	Female	27	Senior (19-29)	02:07:02
9	3	1251	Marius	Botha	17km	Male	47	Veteran (40-49)	01:38:25	1	1290	Riana	Henning	17km	Female	50	Master (50-59)	02:10:01
10	6	1428	Ilan	Arbel	17km	Male	32	Sub-Veteran (30-39)	01:41:15	2	4126	Hermann	Broschk	17km	Female	47	Veteran (40-49)	02:10:31
11	7	4022	Ryno	Viljoen	17km	Male	36	Sub-Veteran (30-39)	01:42:10	2	1305	Sarah	Greenop	17km	Female	25	Senior (19-29)	02:12:32
12	8	1597	Paul	Stevens	17km	Male	37	Sub-Veteran (30-39)	01:45:11	7	1322	Kristi	Maciejewski	17km	Female	38	Sub-Veteran (30-39)	02:13:45
13	4	1259	Leon	Grobler	17km	Male	40	Veteran (40-49)	01:45:55	2	1562	Simone	Tonkin	17km	Female	50	Master (50-59)	02:16:15
14	2	1492	Werner	Greyling	17km	Male	26	Senior (19-29)	01:46:29	3	1335	Mara	Sofianos	17km	Female	46	Veteran (40-49)	02:18:00
15	5	1284	Chris	Van Rensburg	17km	Male	41	Veteran (40-49)	01:47:29	4	4136	Zsuzsanna	Fedak	17km	Female	46	Veteran (40-49)	02:18:04
16	6	4069	Cules	kolbe	17km	Male	40	Veteran (40-49)	01:48:07	8	1550	Ina	Joubert	17km	Female	36	Sub-Veteran (30-39)	02:18:05
17	9	4093	Matthew	Blackmore	17km	Male	37	Sub-Veteran (30-39)	01:49:37	3	4037	Zena	Kennerley	17km	Female	57	Master (50-59)	02:19:23
18	3	1598	Hazouard	Adrien	17km	Male	28	Senior (19-29)	01:49:49	5	1286	Michelle	Groome	17km	Female	46	Veteran (40-49)	02:26:00
19	1	4006	Gustav	Holtzhausen	17km	Male	50	Master (50-59)	01:50:33	4	1475	Ellie	Olivier	17km	Female	50	Master (50-59)	02:27:32
20	10	4003	Justin	Milo	17km	Male	33	Sub-Veteran (30-39)	01:50:39	9	1342	Tanja	Els	17km	Female	38	Sub-Veteran (30-39)	02:27:35
21	7	1255	Johan	Human	17km	Male	40	Veteran (40-49)	01:51:24	3	1379	Izelle	Prinsloo	17km	Female	27	Senior (19-29)	02:31:49
22	2	1271	Ronald	Tonkin	17km	Male	52	Master (50-59)	01:52:34	1	1206	Carol	Barnard	17km	Female	61	Grand-Master (60+)	02:33:47
23	8	4147	Donovan	Shirley	17km	Male	45	Veteran (40-49)	01:53:35	4	1223	Jenni	De Bruin	17km	Female	28	Senior (19-29)	02:34:08
24	4	1329	Kobus	Marais	17km	Male	23	Senior (19-29)	01:54:28	10	1513	Mareli	Muller	17km	Female	35	Sub-Veteran (30-39)	02:39:26
25	3	1340	Lars	Bebensee	17km	Male	51	Master (50-59)	01:56:21	6	1536	Francis	Rogan	17km	Female	43	Veteran (40-49)	02:39:33
26	9	1423	Dale	Griffiths	17km	Male	42	Veteran (40-49)	01:57:04	5	1307	Joyce	Legadima	17km	Female	50	Master (50-59)	02:39:37
27	10	1300	Neil	Griffiths	17km	Male	40	Veteran (40-49)	01:57:06	11	1452	Storm	Manjerico	17km	Female	30	Sub-Veteran (30-39)	02:39:45
28	11	1443	Deon	Bolt	17km	Male	37	Sub-Veteran (30-39)	01:57:27	2	4023	Carolyn	Williamson	17km	Female	61	Grand-Master (60+)	02:44:02
29	12	1467	David	Schoeman	17km	Male	34	Sub-Veteran (30-39)	01:57:32	12	4089	Chantelle	Pieterse	17km	Female	31	Sub-Veteran (30-39)	02:47:17
30	13	4138	Etienne	Jordaan	17km	Male	35	Sub-Veteran (30-39)	01:57:48	7	1243	Judy	Vanderwagen	17km	Female	48	Veteran (40-49)	02:53:49
31	1	1249	Neil	Van Der Weele	17km	Male	64	Grand-Master (60+)	01:58:54	8	1363	Kerry	O'Farrell	17km	Female	44	Veteran (40-49)	02:53:52
32	14	1383	Henk	Booyse	17km	Male	35	Sub-Veteran (30-39)	02:02:26	9	4111	Chrissie	Jay	17km	Female	48	Veteran (40-49)	02:53:56
33	4	1487	Robert	Couperthwaite	17km	Male	58	Master (50-59)	02:02:30	5	4137	Carina	Snyman	17km	Female	25	Senior (19-29)	02:54:35
34	15	4062	Joel	Van Zyl	17km	Male	39	Sub-Veteran (30-39)	02:03:16	6	4113	Pamela	Burgess	17km	Female	58	Master (50-59)	03:09:44
35	2	4082	Thinus	Botha	17km	Male	64	Grand-Master (60+)	02:06:05	13	1436	Ntebaleng	Mashaba	17km	Female	36	Sub-Veteran (30-39)	03:10:21
36	11	1371	Morne	Van Zyl	17km	Male	44	Veteran (40-49)	02:06:37	7	1589	Masiba	Ntsele	17km	Female	50	Master (50-59)	03:35:33
37	5	1353	Gawie	Jansen Van Vuuren	17km	Male	55	Master (50-59)	02:07:17	8	1465	Janet	Bloom	17km	Female	50	Master (50-59)	NULL
38	16	1499	Chris	Prinsloo	17km	Male	32	Sub-Veteran (30-39)	02:07:46	9	1458	Verity	Hawarden	17km	Female	51	Master (50-59)	NULL
39	12	4051	Benjamin	Smolowitz	17km	Male	45	Veteran (40-49)	02:07:51									
40	5	1456	Tiaan	Prinsloo	17km	Male	27	Senior (19-29)	02:08:02									



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17km

MALE

FEMALE

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41	17	4002	Drikus	Muller	17km	Male	34	Sub-Veteran (30-39)	02:09:34									
42	3	1502	Geoff	Lupton-Smith	17km	Male	62	Grand-Master (60+)	02:10:03									
43	18	1207	Pieter	Jansen Van Vuuren	17km	Male	30	Sub-Veteran (30-39)	02:10:07									
44	1	1559	Lance	Murray	17km	Male	12	12 to 15	02:11:22									
45	6	4119	Barend	Lottering	17km	Male	27	Senior (19-29)	02:12:34									
46	7	1537	Antoon	Hofman	17km	Male	27	Senior (19-29)	02:13:51									
47	19	4142	Chris	Malan	17km	Male	31	Sub-Veteran (30-39)	02:16:10									
48	13	1324	Courtney	Cunningham	17km	Male	43	Veteran (40-49)	02:18:13									
49	4	4085	Francois	Steyl	17km	Male	70	Grand-Master (60+)	02:19:20									
50	14	4065	Arno	Van Der Merwe	17km	Male	45	Veteran (40-49)	02:20:50									
51	6	4034	Grant	Hall	17km	Male	50	Master (50-59)	02:21:20									
52	20	4079	Karl-Heinz	Michel	17km	Male	33	Sub-Veteran (30-39)	02:21:54									
53	15	1496	Faheem	Salie	17km	Male	41	Veteran (40-49)	02:22:43									
54	7	4123	Ronald	Young	17km	Male	50	Master (50-59)	02:25:54									
55	8	1556	Melcolm	Haef	17km	Male	50	Master (50-59)	02:25:55									
56	16	1247	Christopher	Groome	17km	Male	48	Veteran (40-49)	02:25:58									
57	17	1293	Adrian	Bartel	17km	Male	48	Veteran (40-49)	02:30:40									
58	18	76	Charlie	Wilson	17km	Male	49	Veteran (40-49)	02:33:55									
59	21	4081	Peet	De Bruin	17km	Male	32	Sub-Veteran (30-39)	02:34:09									
60	9	1588	Moshabt	Putu	17km	Male	53	Master (50-59)	02:35:07									
61	19	4134	Phil	Zaayman	17km	Male	49	Veteran (40-49)	02:38:06									
62	10	1451	Louis	Joubert	17km	Male	52	Master (50-59)	02:38:45									
63	11	1569	Clint	Holing	17km	Male	55	Master (50-59)	02:41:07									
64	12	4066	Ian	Katsivalis	17km	Male	53	Master (50-59)	02:44:05									
65	5	1592	Stuart	Thompson	17km	Male	60	Grand-Master (60+)	03:09:45									
66	20	1485	Mo	Phala	17km	Male	41	Veteran (40-49)	03:47:00									
67	8	1599	Brendan	Blount	17km	Male	27	Senior (19-29)	03:47:05									
68																		
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10km

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	660	Michael	Lucas	10km	Male	26	Senior (19-29)	00:46:33	1	778	Jade	Pondicas	10km	Female	28	Senior (19-29)	00:52:38
2	1	741	Sello	Ramaloko	10km	Male	42	Veteran (40-49)	00:48:10	1	710	Thea-Mari	Franken	10km	Female	36	Sub-Veteran (30-39)	00:54:16
3	1	785	Manie	Fourie	10km	Male	37	Sub-Veteran (30-39)	00:52:55	2	782	Michaela	Zietsman	10km	Female	26	Senior (19-29)	00:56:20
4	1	548	Johnie	Jonker	10km	Male	61	Grand-Master (60+)	00:54:21	2	574	Karen	Moller	10km	Female	31	Sub-Veteran (30-39)	00:56:20
5	2	666	Johan	Fourie	10km	Male	35	Sub-Veteran (30-39)	00:54:36	3	474	Laura	Beamish	10km	Female	29	Senior (19-29)	00:58:03
6	3	523	Ian	Kotze	10km	Male	35	Sub-Veteran (30-39)	00:55:43	4	562	Anja	Esterhuizen	10km	Female	24	Senior (19-29)	00:59:23
7	2	541	Cameron	Cafferty	10km	Male	19	Senior (19-29)	00:55:48	5	508	Rinel	Mclaren	10km	Female	27	Senior (19-29)	01:01:29
8	3	758	Letendart	Francois Xanier	10km	Male	27	Senior (19-29)	00:57:50	1	714	Alita	Swanepoel	10km	Female	49	Veteran (40-49)	01:01:57
9	4	653	Johandre	Landman	10km	Male	35	Sub-Veteran (30-39)	00:58:37	3	670	Angela	Coombe	10km	Female	35	Sub-Veteran (30-39)	01:02:10
10	4	455	Hanno	Brink	10km	Male	27	Senior (19-29)	00:58:55	4	723	Lara	Canning	10km	Female	34	Sub-Veteran (30-39)	01:03:11
11	1	576	Dirk	Botha	10km	Male	51	Master (50-59)	00:59:30	5	414	Nicole	Kruger	10km	Female	31	Sub-Veteran (30-39)	01:03:13
12	5	533	Peet	Cronje	10km	Male	37	Sub-Veteran (30-39)	01:00:07	6	515	Aliche	Viljoen	10km	Female	34	Sub-Veteran (30-39)	01:04:31
13	6	638	Klaus	Herrmann	10km	Male	39	Sub-Veteran (30-39)	01:01:44	7	501	Este	Nagel	10km	Female	35	Sub-Veteran (30-39)	01:04:48
14	7	661	Shawn	Ward	10km	Male	38	Sub-Veteran (30-39)	01:02:11	8	572	Mariza	Gouws	10km	Female	35	Sub-Veteran (30-39)	01:05:12
15	8	9988	Justin	Austin	10km	Male	37	Sub-Veteran (30-39)	01:02:20	6	760	Carina	Brink	10km	Female	29	Senior (19-29)	01:05:13
16	5	516	Jack	Slogrove	10km	Male	19	Senior (19-29)	01:02:29	1	583	Linda	Van Der Colff	10km	Female	52	Master (50-59)	01:05:15
17	9	524	Ldk	De Kock	10km	Male	37	Sub-Veteran (30-39)	01:02:31	9	517	Eizana	Derksen	10km	Female	38	Sub-Veteran (30-39)	01:07:01
18	10	719	Johan	Van Der Wath	10km	Male	31	Sub-Veteran (30-39)	01:02:37	2	408	Elida	Hattingh	10km	Female	40	Veteran (40-49)	01:07:30
19	2	737	Hubri	Bruyn	10km	Male	40	Veteran (40-49)	01:02:43	3	594	Melanie	Swanepoel	10km	Female	43	Veteran (40-49)	01:10:46
20	11	684	Pierre	Le Roux	10km	Male	39	Sub-Veteran (30-39)	01:03:00	10	601	Anri	Celliers	10km	Female	36	Sub-Veteran (30-39)	01:10:56
21	12	566	Caleb	Cloete	10km	Male	35	Sub-Veteran (30-39)	01:03:40	11	504	Jana	De Lange	10km	Female	32	Sub-Veteran (30-39)	01:11:19
22	2	646	Andre	Van Rensburg	10km	Male	51	Master (50-59)	01:03:57	12	776	Anine	Le Roux	10km	Female	34	Sub-Veteran (30-39)	01:11:20
23	3	492	Leendert	Zietsman	10km	Male	44	Veteran (40-49)	01:04:05	13	765	Janeli	Kotze	10km	Female	32	Sub-Veteran (30-39)	01:11:22
24	6	771	Brett	Kent	10km	Male	29	Senior (19-29)	01:04:29	7	696	Janine	Rayner	10km	Female	25	Senior (19-29)	01:11:23
25	13	505	Dimitri	Rodokanakis	10km	Male	38	Sub-Veteran (30-39)	01:05:03	14	422	Telanie	Van Der Merv	10km	Female	34	Sub-Veteran (30-39)	01:11:53
26	14	734	Chirsti	Loots	10km	Male	33	Sub-Veteran (30-39)	01:05:12	8	772	Shannon	Parker	10km	Female	24	Senior (19-29)	01:12:05
27	15	647	Ryan	Killoran	10km	Male	37	Sub-Veteran (30-39)	01:06:13	15	567	Anita	Kolbe	10km	Female	39	Sub-Veteran (30-39)	01:12:45
28	4	748	James	Scheepers	10km	Male	43	Veteran (40-49)	01:06:27	4	720	Veda	Strauss	10km	Female	47	Veteran (40-49)	01:12:57
29	3	788	Jacques	Venter	10km	Male	50	Master (50-59)	01:07:12	5	729	Brenda	White	10km	Female	49	Veteran (40-49)	01:13:12
30	7	679	Tobias	Niebuhr	10km	Male	21	Senior (19-29)	01:07:35	16	602	Jeanelle	Pauw	10km	Female	31	Sub-Veteran (30-39)	01:13:19
31	8	421	Jacques	Janse Van Rensb	10km	Male	23	Senior (19-29)	01:07:41	9	796	Ammarah	Vally	10km	Female	26	Senior (19-29)	01:14:09
32	9	482	Jaco	Botha	10km	Male	26	Senior (19-29)	01:07:55	17	417	Alva	Van Der Merv	10km	Female	35	Sub-Veteran (30-39)	01:14:30
33	10	599	Izak	Lambrechts	10km	Male	26	Senior (19-29)	01:07:56	6	468	Felicia	Krige	10km	Female	45	Veteran (40-49)	01:14:43
34	11	781	Johan	Mostert	10km	Male	21	Senior (19-29)	01:10:50	18	712	Ingrid	Schoman	10km	Female	34	Sub-Veteran (30-39)	01:16:37
35	4	630	Kerneels	Louwrens	10km	Male	54	Master (50-59)	01:10:54	7	570	Somande	Brown	10km	Female	40	Veteran (40-49)	01:16:46
36	16	705	Johan	Riekert	10km	Male	33	Sub-Veteran (30-39)	01:10:58	19	426	Corika	Zeejie-Van De	10km	Female	36	Sub-Veteran (30-39)	01:17:05
37	17	529	Bryan	Lawrence	10km	Male	37	Sub-Veteran (30-39)	01:11:25	20	730	Laurie Ann	Hingst	10km	Female	36	Sub-Veteran (30-39)	01:17:40
38	18	671	Bradford	Gauldie	10km	Male	37	Sub-Veteran (30-39)	01:11:27	1	674	Kim	Foster	10km	Female	60	Grand-Master (60+)	01:17:43
39	12	495	Gideon	Joubert	10km	Male	25	Senior (19-29)	01:12:11	2	764	Mignon	Lohse	10km	Female	53	Master (50-59)	01:17:45
40	5	577	Waldig	Strauss	10km	Male	48	Veteran (40-49)	01:12:58	8	736	Michelle	Pavier	10km	Female	42	Veteran (40-49)	01:18:04



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41	6	475	Jason	White	10km	Male	44	Veteran (40-49)	01:13:13	21	478	Robyn	Killoran	10km	Female	32	Sub-Veteran (30-39)	01:18:06
42	19	536	Jannes	Van Der Merwe	10km	Male	31	Sub-Veteran (30-39)	01:13:20	10	707	Carolyn	Hale	10km	Female	25	Senior (19-29)	01:18:09
43	7	409	Werner	Henning	10km	Male	49	Veteran (40-49)	01:13:43	22	406	Mari	Van As	10km	Female	37	Sub-Veteran (30-39)	01:19:42
44	19	565	Shezaad	Essop Moosa	10km	Male	33	Sub-Veteran (30-39)	01:14:11	23	769	Christine	Vermaak	10km	Female	36	Sub-Veteran (30-39)	01:19:49
45	19	503	Wiehahn	Francke	10km	Male	39	Sub-Veteran (30-39)	01:14:45	24	625	Eidde	Franke	10km	Female	39	Sub-Veteran (30-39)	01:19:51
46	8	655	Steven	Carlin	10km	Male	49	Veteran (40-49)	01:14:58	3	767	Janine	Cordier	10km	Female	50	Master (50-59)	01:20:40
47	9	727	Arno	Lourens	10km	Male	40	Veteran (40-49)	01:16:12	2	480	Nadia	Nikolova	10km	Female	75	Grand-Master (60+)	01:21:12
48	13	606	Calvin	Erlank	10km	Male	29	Senior (19-29)	01:16:22	25	521	Marina	Marx	10km	Female	35	Sub-Veteran (30-39)	01:21:46
49	14	635	Bernard	Rossouw	10km	Male	28	Senior (19-29)	01:16:24	9	636	Claire	Mcphail	10km	Female	42	Veteran (40-49)	01:21:50
50	15	652	Carl	Diamond	10km	Male	22	Senior (19-29)	01:17:21	10	621	Payge	Tanner	10km	Female	41	Veteran (40-49)	01:22:24
51	19	790	Paul	Kedzierski	10km	Male	38	Sub-Veteran (30-39)	01:17:34	11	650	Bianca	Nell	10km	Female	21	Senior (19-29)	01:23:13
52	10	507	Kevin	Hingst	10km	Male	40	Veteran (40-49)	01:17:40	12	750	Kaila	Williams	10km	Female	28	Senior (19-29)	01:23:26
53	16	680	Callan	Peters	10km	Male	27	Senior (19-29)	01:18:07	11	597	Debbie	Van Rensburg	10km	Female	44	Veteran (40-49)	01:24:15
54	19	634	Eric	Lappeman	10km	Male	32	Sub-Veteran (30-39)	01:18:07	26	673	Nadia	Du Preez	10km	Female	33	Sub-Veteran (30-39)	01:24:21
55	19	410	Brink Ignatius	Vermaak	10km	Male	37	Sub-Veteran (30-39)	01:19:54	27	497	Tanya	Donkin	10km	Female	39	Sub-Veteran (30-39)	01:24:29
56	17	429	Allan	Venter	10km	Male	28	Senior (19-29)	01:19:59	12	610	Louise	Murray	10km	Female	40	Veteran (40-49)	01:24:29
57	19	747	Ulof	Pienaar	10km	Male	32	Sub-Veteran (30-39)	01:20:43	28	694	Amanda	Blankfield-Kos	10km	Female	37	Sub-Veteran (30-39)	01:24:59
58	18	413	Chris	Williams	10km	Male	29	Senior (19-29)	01:23:26	29	693	Angeline	Van Der Merv	10km	Female	30	Sub-Veteran (30-39)	01:25:55
59	19	631	Denzil	Wortmann	10km	Male	38	Sub-Veteran (30-39)	01:24:31	30	787	Sharon	Winter	10km	Female	34	Sub-Veteran (30-39)	01:26:49
60	2	436	Alf	Grimbeek	10km	Male	65	Grand-Master (60+)	01:30:20	31	487	Ina	Jacobs	10km	Female	36	Sub-Veteran (30-39)	01:28:35
61	19	513	Phil	Grimbeek	10km	Male	27	Senior (19-29)	01:30:21	4	561	Nelene	Kotze	10km	Female	57	Master (50-59)	01:29:00
62	5	578	Anton	Munro	10km	Male	57	Master (50-59)	01:35:41	13	433	Natalie	Hufkie	10km	Female	42	Veteran (40-49)	01:30:13
63	3	681	Jannie	Janse Van Rensb	10km	Male	65	Grand-Master (60+)	01:37:29	14	527	Mel	Kruuse	10km	Female	49	Veteran (40-49)	01:30:14
64	19	591	Matheus	Lotter	10km	Male	39	Sub-Veteran (30-39)	01:44:34	32	615	Jacqui	Van Os	10km	Female	39	Sub-Veteran (30-39)	01:30:25
65	11	525	Andrew	Mcphail	10km	Male	45	Veteran (40-49)	02:06:28	15	545	Louise	Amiras	10km	Female	49	Veteran (40-49)	01:30:26
66	12	783	Laurent	Rodokanakis	10km	Male	40	Veteran (40-49)	NULL	16	511	Moira	Walker	10km	Female	45	Veteran (40-49)	01:31:50
67										33	555	Claudette	Coetzee	10km	Female	31	Sub-Veteran (30-39)	01:32:16
68										17	686	Julie	Cunningham	10km	Female	41	Veteran (40-49)	01:32:22
69										18	585	Susan	Newell	10km	Female	40	Veteran (40-49)	01:32:23
70										34	752	Bonite	Steenkamp	10km	Female	37	Sub-Veteran (30-39)	01:32:32
71										19	800	Benita	Vosloo	10km	Female	46	Veteran (40-49)	01:32:46
72										5	799	Ina	Beamish	10km	Female	57	Master (50-59)	01:32:50
73											477	Yoko	Kito	10km	Female			01:36:06
74										20	757	Elaine	Fourie	10km	Female	43	Veteran (40-49)	01:36:08
75										35	571	Witness	Mokwana	10km	Female	38	Sub-Veteran (30-39)	01:36:12
76										13	514	Alex	Cole	10km	Female	23	Senior (19-29)	01:37:23
77										6	537	Anwynn	Cole	10km	Female	59	Master (50-59)	01:37:46
78										14	434	Thato	Nkoane	10km	Female	28	Senior (19-29)	01:38:11
79										36	695	Marlize	Young	10km	Female	31	Sub-Veteran (30-39)	01:38:51
80										7	753	Susan	Pons	10km	Female	56	Master (50-59)	01:39:58



FRESH TRAILS - FRESH @ GROENKLOOF TRAIL RUN

2020-03-15 - Groenkloof Nature Reserve



10km

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										3	792	Marie	Janse Van Rer	10km	Female	65	Grand-Master (60+)	01:42:06
82										37	490	Tarryn	Grunewald	10km	Female	37	Sub-Veteran (30-39)	01:43:11
83										15	797	Gabrielle	Grobler	10km	Female	19	Senior (19-29)	01:44:15
84										38	668	Lindi	Kotze	10km	Female	37	Sub-Veteran (30-39)	01:45:01
85										8	728	Sue	Pretorius	10km	Female	54	Master (50-59)	01:46:51
86										21	607	Linda	Clough	10km	Female	44	Veteran (40-49)	01:59:52
87										22	542	Claire	Kedzierski	10km	Female	41	Veteran (40-49)	02:06:26
88										23	699	Megan	Marais	10km	Female	41	Veteran (40-49)	02:09:08
89										24	662	Hildegart	Minnaar	10km	Female	43	Veteran (40-49)	02:09:09
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FRESH TRAILS - FRESH @ GROENKLOOF TRAIL RUN

2020-03-15 - 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	280	Gordon	Schoombee	5km	Male	13	12 to 15	00:19:49	1	283	Isabella	Van Der Merv	5km	Female	10	Under 11	00:25:12
2	1	128	Armand	Mentz	5km	Male	10	Under 11	00:23:52	1	2085	Lalique	Hoffman	5km	Female	14	12 to 15	00:26:16
3	2	173	Jadon	Schoombee	5km	Male	9	Under 11	00:24:08	1	2079	Estine	Van Der Merv	5km	Female	41	Veteran (40-49)	00:30:10
4	3	2076	Waldre	Van Der Merwe	5km	Male	7	Under 11	00:24:09	2	31	Megan	Viljoen	5km	Female	14	12 to 15	00:32:25
5	1	2110	Wouter	Van Der Merwe	5km	Male	42	Veteran (40-49)	00:25:13	1	292	Candice	Paola	5km	Female	29	Senior (19-29)	00:32:29
6	1	2001	Mark	Lubbe	5km	Male	32	Sub-Veteran (30-39)	00:25:43	1	155	Luriste	Brits	5km	Female	37	Sub-Veteran (30-39)	00:32:55
7	2	318	Zipho	Tshabalala	5km	Male	38	Sub-Veteran (30-39)	00:30:14	2	16	Nandi	Jacobs	5km	Female	31	Sub-Veteran (30-39)	00:33:47
8	3	105	Christiaan	Ackerman	5km	Male	32	Sub-Veteran (30-39)	00:30:47	1	2	Cisca	Louwrens	5km	Female	52	Master (50-59)	00:34:50
9	4	47	Francois Paul	Cornelius	5km	Male	35	Sub-Veteran (30-39)	00:30:49	2	294	Sugnet	Pretorius	5km	Female	44	Veteran (40-49)	00:34:53
10	5	281	Werner	Schultz	5km	Male	39	Sub-Veteran (30-39)	00:32:30	3	2061	Karen	Le Roux	5km	Female	41	Veteran (40-49)	00:35:56
11	6	2067	Conrad	Van Den Berg	5km	Male	30	Sub-Veteran (30-39)	00:36:38	3	34	Layla	Viljoen	5km	Female	12	12 to 15	00:35:57
12	7	48	Jan Paul	Tuls	5km	Male	34	Sub-Veteran (30-39)	00:36:40	4	262	Denico	Brand	5km	Female	41	Veteran (40-49)	00:36:26
13	1	245	Hennie	Pretorius	5km	Male	51	Master (50-59)	00:37:34	3	325	Carmen	Pope	5km	Female	35	Sub-Veteran (30-39)	00:36:36
14	1	309	Brandon	Brummer	5km	Male	19	Senior (19-29)	00:37:39	4	240	Jandri	Venter	5km	Female	36	Sub-Veteran (30-39)	00:36:43
15	2	336	James	Bartel	5km	Male	13	12 to 15	00:38:10	5	275	Sunet	Bruyn	5km	Female	37	Sub-Veteran (30-39)	00:38:34
16	4	45	Hippa	Bruyn	5km	Male	11	Under 11	00:38:36	5	2025	Bronwyn	Bartel	5km	Female	47	Veteran (40-49)	00:38:37
17	5	2100	Ethan	De Swardt	5km	Male	11	Under 11	00:40:08	6	231	Celeste	Torline	5km	Female	39	Sub-Veteran (30-39)	00:38:44
18		28	Ryan	Ashworth	5km	Male			00:40:38	7	206	Elmien	Ackerman	5km	Female	30	Sub-Veteran (30-39)	00:39:23
19	8	23	Corn	Lacock	5km	Male	37	Sub-Veteran (30-39)	00:40:40	8	255	Colleen	Lacock	5km	Female	34	Sub-Veteran (30-39)	00:40:42
20	9	134	Werner	Grobler	5km	Male	39	Sub-Veteran (30-39)	00:40:43	9	39	Estel	Grobler	5km	Female	36	Sub-Veteran (30-39)	00:40:44
21	2	323	Nicolaas	Van Der Vyver	5km	Male	53	Master (50-59)	00:41:55	10	324	Nanda	Jose	5km	Female	37	Sub-Veteran (30-39)	00:40:47
22	2	347	Sifiso	Mhlongo	5km	Male	29	Senior (19-29)	00:44:42	1	2105	Clare	Rayner	5km	Female	60	Grand-Master (60+)	00:40:56
23	10	425	Harshan	Sodha	5km	Male	37	Sub-Veteran (30-39)	00:45:31	2	384	Helen	Horne	5km	Female	53	Master (50-59)	00:41:01
24	3	164	Jonathan	Smolowitz	5km	Male	19	Senior (19-29)	00:46:20	11	212	Melissa	Viljoen	5km	Female	39	Sub-Veteran (30-39)	00:43:31
25	1	101	Hans	Pieper	5km	Male	69	Grand-Master (60+)	00:49:00	12	2066	Sinothile	Tshabalala	5km	Female	33	Sub-Veteran (30-39)	00:44:41
26	1	92	Ayden	Smolowitz	5km	Male	16	16 to 18	00:51:35	2	2040	Tyla	De Leeuw	5km	Female	27	Senior (19-29)	00:44:55
27	3	2113	Robert	Brown	5km	Male	55	Master (50-59)	00:56:12	3	19	Megan	Cook Balshaw	5km	Female	26	Senior (19-29)	00:44:57
28	4	9888	Jaques	Riekert	5km	Male	52	Master (50-59)	00:57:57	6	554	Brigitte	Hamilton	5km	Female	43	Veteran (40-49)	00:44:59
29	6	2062	Adam	Terblanche	5km	Male	6	Under 11	01:05:39	13	709	Vibha	Sodha	5km	Female	31	Sub-Veteran (30-39)	00:45:35
30	7	189	Ethan	Terblanche	5km	Male	5	Under 11	01:05:51	7	2092	Surita	Greyling	5km	Female	45	Veteran (40-49)	00:46:29
31	5	264	Jaques	Riekert	5km	Male	52	Master (50-59)	NULL	4	2037	Zoe	Botha	5km	Female	13	12 to 15	00:46:32
32										3	265	Esther	Muller	5km	Female	50	Master (50-59)	00:46:44
33										14	354	Imke	Kotze	5km	Female	32	Sub-Veteran (30-39)	00:46:51
34										15	1	Venessa	Stander	5km	Female	32	Sub-Veteran (30-39)	00:46:55
35										4	111	Alison	Kirby	5km	Female	54	Master (50-59)	00:48:06
36										8	2145	Dalene	Brand	5km	Female	49	Veteran (40-49)	00:51:18
37										9	116	Rene	Pieterse	5km	Female	49	Veteran (40-49)	00:51:28
38										16	2118	Corne	Roux	5km	Female	39	Sub-Veteran (30-39)	00:51:33
39										4	37	Rinske	Erasmus	5km	Female	26	Senior (19-29)	00:55:37
40										5	316	Lizel	Visser	5km	Female	53	Master (50-59)	00:56:11



FRESH TRAILS - FRESH @ GROENKLOOF TRAIL RUN

2020-03-15 - 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
41										10	302	Gene	Van Heerden	5km	Female	44	Veteran (40-49)	00:57:25
42										11	228	Louise	Claassen	5km	Female	47	Veteran (40-49)	00:57:30
43										12	198	Astrid	Riekert	5km	Female	45	Veteran (40-49)	00:57:35
44										13	98	Monica	Pretorius	5km	Female	45	Veteran (40-49)	00:57:47
45										5	256	Cherise	Brummer	5km	Female	23	Senior (19-29)	00:57:51
46										14	84	Carol	Pretorius	5km	Female	49	Veteran (40-49)	00:58:00
47										17	113	Elize	Terblanche	5km	Female	39	Sub-Veteran (30-39)	01:05:33
48										2	221	Estelle	Kruger	5km	Female	63	Grand-Master (60+)	01:05:36
49										6	9991	Jade	Mc Nicol	5km	Female	23	Senior (19-29)	01:08:19
50										15	9991	Samantha	Heigan	5km	Female	47	Veteran (40-49)	01:08:19
51										18	320	Nathalene	Slingers	5km	Female	31	Sub-Veteran (30-39)	01:08:49
52										19	373	Madri	Botha	5km	Female	38	Sub-Veteran (30-39)	01:08:53
53										20	9992	Nthabiseng	Raphuti	5km	Female	33	Sub-Veteran (30-39)	01:11:32
54										7	219	Jade	Schultz	5km	Female	27	Senior (19-29)	01:38:43
55										8	235	Courtney	Dubb	5km	Female	27	Senior (19-29)	01:38:46
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