

# Overall Results 4 KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
4021	ANDRE' HANEKOM	M	OPEN	00:27:29	1	1
4049	PETER PISTORIUS	M	OPEN	00:27:48	2	2
4029	EDWINA LUTSCH	F	OPEN	00:28:19	1	1
4046	SARAH STAY	F	OPEN	00:28:22	2	2
4035	CHARN? MILLETT-CLAY	M	OPEN	00:28:25	3	3
4028	KOBUS KRIEK	M	OPEN	00:28:28	4	4
4032	SAMANTHA MCGINN	F	OPEN	00:29:06	3	3
4027	TANYA KRIEK	F	OPEN	00:29:10	4	4
4060	VICO MARX	M	OPEN	00:29:33	5	5
4061	MAURITZ VAN DER HEEVER	M	OPEN	00:29:36	6	6
4014	BELINDA DU TOIT	F	OPEN	00:30:00	5	5
4019	NATALIE GORNALL	F	OPEN	00:31:26	6	6
4022	MERVYN HITEN	M	OPEN	00:31:34	7	7
4009	RIKO DE KLERK	M	OPEN	00:32:41	8	8
4004	FRANSA COLE	F	OPEN	00:33:35	7	7
9007	LINDA VAN NIEKERK	F	OPEN	00:33:41	8	8
4048	HANNELIE TRUTER	F	OPEN	00:33:53	9	9
4008	QUINTON DE BRUYN	M	OPEN	00:34:39	9	9
9036	AMELIA LABURN	F	OPEN	00:34:58	10	10
9035	AISLENG LABURN	F	OPEN	00:35:06	11	11
4005	KARIN CULVERWELL	F	OPEN	00:35:08	12	12
4006	DARRELL CULVERWELL	M	OPEN	00:35:18	10	10
9034	ANNELIE ROSSOUW	F	OPEN	00:35:51	13	13
4015	DALEEN DU TOIT	F	OPEN	00:37:38	14	14
4045	JUSTINE SMERDON	M	OPEN	00:38:35	11	11
4025	NICKY JOOSTE	F	OPEN	00:38:39	15	15
9006	MOF VAN NIEKERK	M	OPEN	00:38:55	12	12
4026	BONGANI KANYANE	M	OPEN	00:39:52	13	13
4007	TAMARA DAS NEVES	F	OPEN	00:40:55	16	16
4033	PIERRE MEYER	M	OPEN	00:41:27	14	14
4034	PIERRE MEYER	M	OPEN	00:41:30	15	15
4039	THALITHA PROMNITZ	F	OPEN	00:41:48	17	17
4002	SYLVIA BRAITHWAITE	F	OPEN	00:42:01	18	18
4001	THERESA BRAITHWAITE	F	OPEN	00:42:13	19	19
4037	CLINT O'MOORE	M	OPEN	00:42:17	16	16
4018	NATASHA FRONCKIEWICZ	M	OPEN	00:42:21	17	17
4052	WILLIE VERSVELD	M	OPEN	00:42:23	18	18
4051	JOSHUA VERSFELD	M	OPEN	00:42:33	19	19
4003	KERRY-ANN BROWN	F	OPEN	00:42:38	20	20
4000	CHRISTINE BEKKER	M	OPEN	00:42:43	20	20
4038	JADE O'MOORE	M	OPEN	00:43:10	21	21
4042	NEELS REDELINGHUYS	M	OPEN	00:45:06	22	22

## Overall Results 4 KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
4043	LEONA REDELINGHUYS	F	OPEN	00:45:10	21	21
4012	ANNEME DE WET	F	OPEN	00:46:04	22	22
4013	LISE DE WET	F	OPEN	00:46:10	23	23
4031	VANNESSA MARASCHIN	F	OPEN	00:48:27	24	24
4030	LIAM MARASCHIN	M	OPEN	00:48:30	23	23
4047	DEIDRE SZEMEREI	F	OPEN	00:51:33	25	25
4010	DU PREEZ DE VILLIERS	M	OPEN	01:01:50	24	24

# Overall Results 8 KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
8047	ALAIN LE ROUX	M	OPEN	00:34:49	1	1
8023	MONIQUE ELS	F	OPEN	00:36:15	1	1
8034	GRAHAM HARTMAN	M	OPEN	00:36:46	2	2
8081	ROBIN ROUX	M	OPEN	00:38:14	3	3
8001	NICK ALEXANDROV	M	OPEN	00:38:25	4	4
8044	LANCE LAMBERTON	M	OPEN	00:39:02	5	5
8054	KEVIN MANDUWI	M	OPEN	00:39:03	6	6
8076	JACQUES PIENAAR	M	OPEN	00:39:48	7	7
8014	JEROME CHARLOTTEAUX	M	OPEN	00:40:04	8	8
8060	KHULI MATSHEGO	M	OPEN	00:40:33	9	9
9009	LYNETTE SALIM	F	OPEN	00:41:08	2	2
9008	WALTERS SALIM	M	OPEN	00:41:12	10	10
8055	CHARLENE MANSFIELD	F	OPEN	00:41:23	3	3
8036	ANDRE JOOSTE	M	OPEN	00:41:25	11	11
9022	COLETTE TAYLOR	F	OPEN	00:42:25	4	4
9025	CINDY =BROWN	F	OPEN	00:43:05	5	5
9000	BRADLEY SCHWEAHELM	M	OPEN	00:43:17	12	12
9015	ALLESTAIR BREYTENBACH	M	OPEN	00:43:21	13	13
8002	EVELINA ALEXANDROVA	F	OPEN	00:43:24	6	6
8070	KERRY NAGEL	F	OPEN	00:43:27	7	7
8005	JENNY BATCHELOR	F	OPEN	00:43:32	8	8
8072	FAITH NGOASHENG	M	OPEN	00:43:50	14	14
8095	ABIGAIL VAN HEERDEN	F	OPEN	00:43:52	9	9
9033	GEORGE DIAB	M	OPEN	00:43:55	15	15
8017	KIRSTIN COONEY	F	OPEN	00:43:58	10	10
8075	SALLY OOSTHUYSE	F	OPEN	00:44:22	11	11
8040	RYAN KOBUS	M	OPEN	00:44:31	16	16
8006	RICHARD BEWSEY	M	OPEN	00:45:12	17	17
8062	GLYNIS MC BIRNIE	M	OPEN	00:45:21	18	18
8042	CLIFF LAMBERTON	M	OPEN	00:46:01	19	19
9041	GRANT NELSON	M	OPEN	00:46:28	20	20
8025	DAAN ENSLIN	M	OPEN	00:46:47	21	21
8049	JARRYD LOBLEY	M	OPEN	00:47:10	22	22
9011	JEFF VAN DRIEL	M	OPEN	00:47:36	23	23
9010	YVETTE VAN DRIEL	F	OPEN	00:47:38	12	12
8007	JANINE BEWSEY	F	OPEN	00:47:40	13	13
8094	AMANDA VAN HEERDEN	F	OPEN	00:47:56	14	14
8105	JO ANNE DAWN WAKES	F	OPEN	00:48:24	15	15
8048	KIM LE ROUX	F	OPEN	00:48:37	16	16
8107	LYNETTE YAZBEK	M	OPEN	00:48:41	24	24
9024	ARISKA VAN AS	F	OPEN	00:48:48	17	17
9023	ZANDER VAN VUUREN	M	OPEN	00:48:50	25	25

# Overall Results 8 KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
8071	WERNER NELL	M	OPEN	00:49:06	26	26
8029	NICOLA FERRI	F	OPEN	00:49:12	18	18
8073	PRINCESS NYAUZA	F	OPEN	00:49:22	19	19
8021	LEON DE FLEURIOT	M	OPEN	00:51:29	27	27
8064	RYAN MCGINN	M	OPEN	00:51:30	28	28
8084	MICHELLE SCOTT	F	OPEN	00:51:32	20	20
8086	PAUL SZEMEREI	M	OPEN	00:53:08	29	29
9021	JACQUIE DU TOIT	F	OPEN	00:53:10	21	21
8103	NADETTE VOOGD	F	OPEN	00:53:12	22	22
8003	NEDEAN ARANGIES	F	OPEN	00:53:15	23	23
8099	WIAN VAN LOGGERENBERG	M	OPEN	00:53:26	30	30
8013	CLAIRE CAMBITSIS	F	OPEN	00:53:28	24	24
9027	LIZ NAUDE	F	OPEN	00:53:30	25	25
8058	SERGIO MARASCHIN	M	OPEN	00:53:33	31	31
8066	TRACY MILES	F	OPEN	00:53:34	26	26
8059	FABIO MARASCHIN	M	OPEN	00:53:37	32	32
8030	LYNN FISHER	F	OPEN	00:53:39	27	27
8035	TRACEY HUTCHONS	F	OPEN	00:53:41	28	28
8063	JOANNE MCBIRNIE	F	OPEN	00:53:48	29	29
8096	AMANDA VAN HELL	M	OPEN	00:54:01	33	33
9002	BRENNA SCHEEPERS	F	OPEN	00:54:03	30	30
8069	GINNO MUSSON	M	OPEN	00:54:13	34	34
8024	SULETTE ENSLIN	F	OPEN	00:54:20	31	31
9043	HEIDI BOTHA	F	OPEN	00:54:29	32	32
8012	MIKE BURGER	M	OPEN	00:55:16	35	35
8038	CLAIRE JOUBERT	F	OPEN	00:55:18	33	33
8078	BEN POTGIETER	M	OPEN	00:56:12	36	36
8079	ELANIE POTGIETER	F	OPEN	00:56:13	34	34
8082	MICHELE RUGANI	F	OPEN	00:56:15	35	35
8091	MANDY TROLLIP	F	OPEN	00:56:17	36	36
9003	SUNETTE VAN DEN BERG	F	OPEN	00:56:21	37	37
9001	JP VAN HELL	M	OPEN	00:56:23	37	37
8056	MARK MANSFIELD	M	OPEN	00:56:27	38	38
8000	VIRNA ALEXANDER	F	OPEN	00:56:30	38	38
8037	ANNELIZE JOUBERT	F	OPEN	00:56:32	39	39
8041	RENTIA KRUGER	F	OPEN	00:56:33	40	40
8092	BENITA TRYTSMAN	F	OPEN	00:56:35	41	41
8087	LIJUAN TAYLOR	F	OPEN	00:56:50	42	42
8010	MADELAINE BOSHOFF	F	OPEN	00:56:53	43	43
8016	CHRISTOPHER COMODIKES	M	OPEN	00:56:58	39	39
9029	NICOLLE DE WET	F	OPEN	00:57:01	44	44
9020	NATALIE SHELLETON	F	OPEN	00:57:02	45	45

# Overall Results 8 KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
9045	JO BODENSTEIN	M	OPEN	00:57:04	40	40
8100	LYNN VAN TONDER	F	OPEN	00:57:06	46	46
9013	DEON STORM	M	OPEN	00:57:37	41	41
8032	ROBYN GOLDIE	F	OPEN	00:57:51	47	47
8033	NICOLA HARDS	F	OPEN	00:58:44	48	48
8065	MARJON MEYER	F	OPEN	00:58:46	49	49
8031	NICOLENE GOERTZ	F	OPEN	00:58:49	50	50
8052	FRANCOIS MALHERBE	M	OPEN	00:58:53	42	42
8046	JENNY LE ROUX	F	OPEN	00:58:56	51	51
8018	MATT CRESSY	M	OPEN	00:59:02	43	43
8104	JO-ANNE VORSTER	F	OPEN	00:59:13	52	52
9005	NEEF KRUGER	M	OPEN	00:59:48	44	44
8050	MASEGO MAFOKO	F	OPEN	00:59:49	53	53
9040	CHARLES BODENSTEYN	M	OPEN	00:59:56	45	45
9018	JULIAN COMODIKEY	M	OPEN	00:59:59	46	46
9017	DOUGLAS COHEN	M	OPEN	01:00:03	47	47
9042	LEROY JOYCE	M	OPEN	01:00:09	48	48
8088	SUNETTE TERBLANCHE	F	OPEN	01:00:15	54	54
8019	JILLIAN DABBS	F	OPEN	01:01:47	55	55
9030	PHILLIP DE WET	M	OPEN	01:01:49	49	49
9014	CATHY COLLEY	F	OPEN	01:01:52	56	56
8068	ELLEN MTHOMBENI	F	OPEN	01:01:54	57	57
8053	WILMA MALHERBE	F	OPEN	01:01:56	58	58
8020	SAMANTHA DALRYMPLE	F	OPEN	01:01:57	59	59
8043	JULIA LAMBERTON	F	OPEN	01:02:33	60	60
8004	JENNA BAILEY	F	OPEN	01:02:35	61	61
8074	TAMARA O'GORMAN	F	OPEN	01:02:52	62	62
8090	JACQUI TIPLADY	F	OPEN	01:03:00	63	63
8098	DEON VAN LOGGERENBERG	M	OPEN	01:03:03	50	50
8097	MARISKA VAN LOGGERENBERG	F	OPEN	01:03:06	64	64
9019	DEAN SHEKLETON	M	OPEN	01:03:16	51	51
8026	ADELE ENSLIN	F	OPEN	01:04:26	65	65
8027	PAUL ENSLIN	M	OPEN	01:04:28	52	52
9016	NETHATHENG SEKGETHO	F	OPEN	01:04:30	66	66
8061	TSHIRELETSO MATSHEGO	F	OPEN	01:04:34	67	67
8077	TAYLA VAN DYK	M	OPEN	01:05:39	53	53
8022	ALTHEA DISCALA	F	OPEN	01:05:41	68	68
9046	BUHLE SIMELANE	M	OPEN	01:06:26	54	54
8067	SIVUYILE MKONTWANA	M	OPEN	01:07:24	55	55

# Overall Results 10 KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
2507	RYAN EICHSTADT	M	OPEN	00:45:01	1	1
1608	ADRIAN COONEY	M	OPEN	00:47:05	2	2
2501	SAMANTHA BIESKE	F	OPEN	00:52:58	1	1
2502	BRETT BOARDMAN	M	OPEN	00:53:20	3	3
2525	FERNANDO SANTOS	M	OPEN	00:56:18	4	4
1651	DEON VENTER	M	OPEN	00:56:21	5	5
1648	ROXI SMITH	F	OPEN	00:56:22	2	2
2539	RITA FOUCHE	F	OPEN	00:56:24	3	3
1609	CHLOE COONEY	F	OPEN	00:58:06	4	4
1639	VICTOR NAGEL	M	OPEN	00:58:19	6	6
1628	MARGUERTE BOTHA	F	OPEN	00:59:04	5	5
1643	JADE POOLE	F	OPEN	00:59:06	6	6
9031	MATTHEW SMITH	M	OPEN	00:59:11	7	7
1650	BRETT SINCLAIR	M	OPEN	00:59:16	8	8
1655	MICHAEL VAN ONSELEN	M	OPEN	00:59:18	9	9
1616	ARAGORN ELOFF	M	OPEN	00:59:21	10	10
1618	RICHARD FENNER	M	OPEN	00:59:36	11	11
2517	MICHELLE MAREE	F	OPEN	01:01:19	7	7
2521	JULIA PENNINGTON	F	OPEN	01:01:25	8	8
1630	THELMA JOUBERT	F	OPEN	01:01:37	9	9
1641	GLAZELLE POHL	F	OPEN	01:01:40	10	10
1642	IGNATIUS POHL	M	OPEN	01:01:42	12	12
1621	GRAEME FRANCK	M	OPEN	01:01:43	13	13
2532	HERMAN VD MERWE	M	OPEN	01:01:51	14	14
2509	DAVID BAIRD	M	OPEN	02:14:19	15	15

# Overall Results 16 KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
1635	JOHAN MEINTJES	M	OPEN	00:46:21	1	1
1629	VICTORIA HULLEY	F	OPEN	01:33:47	1	1
9032	RICKY HODGSON	M	OPEN	01:44:33	2	2
1669	JAY SMITH	M	OPEN	01:49:17	3	3
1619	OCKERT FOURIE	M	OPEN	02:02:22	4	4
1620	MINKE FOURIE	M	OPEN	02:02:23	5	5
1659	JANEANE WATT	F	OPEN	02:03:48	2	2
1656	CECILIA VERMEULEN	F	OPEN	02:04:19	3	3
1657	GLEN WATSON	M	OPEN	02:04:21	6	6
1653	JACK STROUCKEN	M	OPEN	02:04:56	7	7
9037	STEPH CLIFF	F	OPEN	02:05:07	4	4
1602	MELANIE AUGUSTYN	F	OPEN	02:05:19	5	5
2527	DOM SMITH	M	OPEN	02:05:37	8	8
9039	GENA NYS	F	OPEN	02:06:01	6	6
9038	SONIA NYS	F	OPEN	02:06:04	7	7
1615	JACQUES DYZELL	M	OPEN	02:06:37	9	9
1601	BLANDINE AIGRON	F	OPEN	02:07:56	8	8
1637	GOMOLEMO MOTAUNG	F	OPEN	02:09:04	9	9
1613	EUGENE DIPHOKO	M	OPEN	02:09:13	10	10
1603	ALWYN BESTER	M	OPEN	02:10:54	11	11
1604	IRMARIE BESTER	F	OPEN	02:10:56	10	10
1646	STEPHANIE ROUX	F	OPEN	02:11:05	11	11
9004	LEANDRU LE ROUX	M	OPEN	02:12:17	12	12
1623	CHANTELLE GRAY	F	OPEN	02:12:43	12	12
1638	KLAUS MULLER	M	OPEN	02:13:06	13	13
1612	LOUIS DE WET	M	OPEN	02:13:48	14	14
1610	VANESSA DE BEER	F	OPEN	02:14:03	13	13
1614	ANDRE DU TOIT	M	OPEN	02:14:06	15	15
2512	CLINT HOLING	M	OPEN	02:14:49	16	16
1624	THOMAS GROENEWALD	M	OPEN	02:14:54	17	17
1633	BILL LABURN	M	OPEN	02:14:56	18	18
1626	WERNER HENNING	M	OPEN	02:15:01	19	19
1605	SUZETTE BOTHA	F	OPEN	02:15:52	14	14
1652	JOEL VAN ZYL	M	OPEN	02:18:24	20	20
1600	DIEGO ACU?A	M	OPEN	02:18:26	21	21
1640	SHARON PILLAY	F	OPEN	02:18:47	15	15
1647	BRY VAN ZYL	F	OPEN	02:21:33	16	16
1606	YOLANDE BRAND	F	OPEN	02:21:37	17	17
1631	JOHN KOLLEN	M	OPEN	02:22:14	22	22
1611	REEVA DE FLEURIOT	F	OPEN	02:23:13	18	18
1622	YVONNE FRASER	M	OPEN	02:23:56	23	23
1645	SUSANA RAINHO	F	OPEN	02:28:56	19	19

## Overall Results 16 KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
1632	DANIEL KRUGER	M	OPEN	02:29:00	24	24
1634	BRONWYN MANDICH	F	OPEN	02:29:49	20	20
1607	ANTJE BRUCHNER	F	OPEN	02:30:55	21	21
1636	MICHELLE MELDAU	F	OPEN	02:32:02	22	22
1627	JOAO PAULO HENRIQUES	M	OPEN	02:33:06	25	25



# Overall Results 25 KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
2531	MIA VAN ROOYEN	F	OPEN	02:10:52	1	1
2504	CORRIE BREYDENBACH	M	OPEN	02:10:58	1	1
2508	BRETT FOUCHE	M	OPEN	02:11:37	2	2
2510	ERROL CRAIG GORNALL	M	OPEN	02:11:49	3	3
2520	V?RONIQUE ORBAN	F	OPEN	02:24:35	2	2
2516	MARTIN MALHERBE	M	OPEN	02:44:28	4	4
2533	LOUISE VENTER	F	OPEN	02:57:06	3	3
2530	DAWID VAN COLLER	M	OPEN	03:04:00	5	5
2537	DESIREE DU TREVAL	F	OPEN	03:05:59	4	4
2538	SHELDON DU TREVOL	M	OPEN	03:06:02	6	6
2515	NORMAN LETCHER	M	OPEN	03:06:33	7	7
2523	JACO REDELINGHUYS	M	OPEN	03:11:04	8	8
9028	DESI HOSMAN	F	OPEN	03:24:44	5	5
2518	MICHAELA MEINTJES	F	OPEN	03:30:45	6	6
2503	WILMA BOSMAN	F	OPEN	03:30:47	7	7
2522	RHYN PROMNITZ	M	OPEN	03:30:50	9	9
2511	BRETT HARRIS	M	OPEN	03:34:45	10	10
1668	DANIE OPPERMAN	M	OPEN	03:36:12	11	11
2529	FRANK STOBBER	M	OPEN	03:40:11	12	12
2524	CAROLINE RICHARDS	F	OPEN	03:43:37	8	8
2526	MUZI SKOSANA	M	OPEN	03:49:30	13	13
2514	BRONWYN LABURN	F	OPEN	03:52:53	9	9