



# Helderberg Mountain Challenge 2015

## 24km



### Overall

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	03:11:07	164	Dylan	Solms	Senior	Male	21
2	03:20:35	162	Nicholas	Rupanga	Veteran	Male	40
3	03:26:44	69	Dion	Middelkoop	Veteran	Male	45
4	03:29:33	57	Martin	Kleynhans	Senior	Male	37
5	03:36:17	34	Bernard	Griesel	Senior	Male	27
6	03:38:55	148	Bernard	Rukadza	Senior	Male	33
7	03:39:10	76	Roelof	Mostert	Senior	Male	30
8	03:41:21	2	Lucas	Adams	Senior	Male	26
9	03:43:42	134	Andre-Hugo	van Zyl	Senior	Male	27
10	03:44:40	112	Katya	Soggot	Senior	Female	39
11	03:44:43	130	Hannes	Van Rensburg	Senior	Male	34
12	03:44:56	124	Sebastian	Thompson	Senior	Male	24
13	03:50:21	8	Stuart	Berry	Senior	Male	26
14	03:56:18	43	Nicholas	Hoernle	Senior	Male	23
15	03:58:54	64	Grant	Marcus	Veteran	Male	41
16	04:03:12	81	Michael	Nash	Senior	Male	30
17	04:04:01	117	Luc	Steens	Veteran	Male	46
18	04:05:26	119	Alex	Stewart	Veteran	Male	41
19	04:06:11	14	Stephen	Cunliffe	Senior	Male	38
20	04:08:00	94	Darryn	Patterson	Senior	Male	29
21	04:08:52	23	Prieur	Du Plessis	Senior	Male	30
22	04:11:07	42	Warren	Hawkins	Senior	Male	35
23	04:14:24	154	Tony	Abbott	Senior	Male	39
24	04:15:08	66	Ian	Meaker	Senior	Male	31
25	04:15:09	82	Minette	Naude	Senior	Female	29
26	04:15:32	83	Eduan	Naudé	Veteran	Male	42
27	04:16:09	106	Daniel	Schilperoort	Senior	Male	24
28	04:16:29	142	Pieter	Wessels	Senior	Male	24
29	04:16:50	159	Cobus	Van den Berg	Veteran	Male	47
30	04:17:43	105	Sylvie	Scherzinger	Veteran	Female	43
31	04:26:14	158	Caitlin	Lewis	Veteran	Female	46
32	04:26:22	92	Justin	Opitz	Senior	Male	32
33	04:30:32	32	Clayten	Gouws	Senior	Male	29
34	04:33:06	51	Johan	Jansen van Vuuren	Senior	Male	26
35	04:33:12	70	Mark	Middleton	Veteran	Male	44
36	04:33:20	9	Lee	Blake	Senior	Male	29
37	04:35:00	150	Daneil	Feldmann	Senior	Female	27
38	04:35:50	151	James	Verster-Cohen	Senior	Male	36
39	04:37:10	1	Charles	Abernethy	Senior	Male	26
40	04:38:13	114	Hanmarie E	Stadler	Senior	Female	27
41	04:38:25	29	Mark	Gething	Senior	Male	34
42	04:40:40	17	Petrus	De Klerk	Senior	Male	32
43	04:44:33	127	Quintin	Van Dyk	Senior	Male	32
44	04:44:48	86	Thomas	Nortier	Senior	Male	23
45	04:45:31	20	Alana	Doyle	Senior	Female	29
46	04:46:30	35	Eugene	Groenewald	Veteran	Male	48
47	04:48:55	21	Armand	Du Plessis	Senior	Male	35
48	04:48:56	79	Joe	Muller	Senior	Male	32
49	04:50:14	155	Andre	Theron	Senior	Male	23
50	04:50:49	11	Nerisa	Coelho	Senior	Female	34
51	04:52:33	84	Jacques	Nel	Senior	Male	38
52	04:53:36	26	David	Farrell	Master	Male	50
53	04:55:39	161	Jacobus	Swanepoel	Veteran	Male	49
54	04:56:23	10	Mike	Clarke	Veteran	Male	44
55	04:59:53	140	Greg	Walsh	Senior	Male	39
56	05:05:25	160	Thomas	Hugo	Senior	Male	29
57	05:05:33	47	Sven	Hugo	Senior	Male	30
58	05:06:33	22	Nicholaas	Du Plessis	Senior	Male	30
59	05:06:57	107	Rezani	Scholtz	Veteran	Female	40
60	05:06:58	31	Chris	Goodwin	Veteran	Male	48
61	05:08:00	123	Johan	Swart	Master	Male	51
62	05:08:42	103	Jaco	Roux	Senior	Male	34
63	05:11:30	46	Zaheer	Hoosain	Senior	Male	30
64	05:12:03	100	Willie	Richards	Senior	Male	38
65	05:12:12	133	Dirk	Van Vlaanderen	Senior	Male	35
66	05:13:02	104	Allan	Ryninks (WildRunner)	Master	Male	57
67	05:20:08	115	Neelke W	Stadler	Senior	Female	26
68	05:20:57	108	Richard	Schroder	Senior	Male	35
69	05:25:22	27	Anton	Franchi	Senior	Male	36



# Helderberg Mountain Challenge Lite 2015 15km



## Overall

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:26:20	333	Edson	Kumwamba	Senior	Male	25
2	01:26:20	275	Timothy	Chambers	Senior	Male	18
3	01:29:30	468	peter	Tswayo	Senior	Male	35
4	01:29:41	439	Chad	Gordon	Veteran	Male	44
5	01:36:30	257	Raydon	Balie (Wild Runner)	Senior	Male	20
6	01:44:59	465	Will	Battersby	Senior	Male	37
7	01:46:02	314	Neil	Hermann	Master	Male	56
8	01:46:22	414	Marguerite	Van Niekerk	Senior	Female	31
9	01:47:42	433	Ryan	Winter	Senior	Male	37
10	01:52:14	464	Chantel	Nienaber	Veteran	Female	41
11	01:52:18	467	Dewald	Conradie	Senior	Male	34
12	01:53:24	283	Kyle	Cottle	Senior	Male	26
13	01:53:55	289	Johan	De Klerk	Senior	Male	23
14	01:57:18	452	Taryn	King	Senior	Female	28
15	01:57:45	401	Graham	Swart	Veteran	Male	41
16	01:57:48	379	Dave	Russell-Rockliff	Veteran	Male	41
17	02:01:02	407	Hugh-John	Townsend	Veteran	Male	49
18	02:01:06	335	Jaco	Lambrechts	Senior	Male	35
19	02:03:31	425	Jean	Welsh	Senior	Female	37
20	02:04:42	337	MARK	LANG	Senior	Male	31
21	02:04:47	430	Richard	Williams	Master	Male	53
22	02:05:23	420	Stian	Venter	Senior	Male	20
23	02:06:58	415	Werner	Van Rensburg	Senior	Male	30
24	02:07:51	395	Simon	Starck	Senior	Male	26
25	02:07:51	421	Mark	Vernon	Senior	Male	28
26	02:09:18	376	Ignus	Rocher	Senior	Male	25
27	02:09:52	360	Ivor	Norval	Veteran	Male	48
28	02:09:55	290	Jean-Pierre	De Kock	Senior	Male	29
29	02:11:46	348	Cameron	McCallum	Senior	Male	35
30	02:12:32	447	Adam	Clemens	Senior	Male	30
31	02:12:42	372	Tanya	Rabie	Veteran	Female	44
32	02:15:42	302	Leon	Erwee	Master	Male	61
33	02:16:09	293	Helgaard	Doman	Senior	Male	32
34	02:17:16	435	Monwa	Xala	Senior	Male	34
35	02:21:29	280	David	Conradie	Veteran	Male	46
36	02:22:32	451	Rod	Hunter	Senior	Male	34
37	02:23:41	463	Neal	Bresler	Veteran	Male	43
38	02:23:48	332	Colin	Koen	Veteran	Male	40
39	02:24:10	471	Fadia	Abels	Senior	Female	22
40	02:24:12	264	Tinus	Botha	Veteran	Male	47
41	02:24:21	265	Deidre	Bothma	Senior	Female	33
42	02:25:00	322	Kylie	Janse van Vuuren	Senior	Female	23
43	02:25:55	254	Graham	Alessandri	Master	Male	55
44	02:26:03	457	Zach	Benade	Master	Male	50
45	02:26:16	363	Christopher	Parker	Senior	Male	23
46	02:27:32	382	FAHEEM	SALIE	Senior	Male	36
47	02:27:35	443	Andrew	Paget	Senior	Male	24
48	02:27:49	339	Tinus	Le Roux	Master	Male	55
49	02:28:01	449	Samantha	Orrey	Senior	Female	26
50	02:28:04	448	Jamie	Holtzhausen	Senior	Male	31
51	02:28:11	349	Robin	McDonald (Wildrunner)	Master	Male	62
52	02:28:14	260	Schalk	Bezuidenhout	Senior	Male	21
53	02:28:21	394	Nadine	Spencer	Senior	Female	39
54	02:28:32	450	Danielle	Lavan	Senior	Female	27
55	02:28:54	268	Ashley	Braver	Veteran	Male	47
56	02:29:31	391	Bronwyn	Smith	Veteran	Female	40
57	02:29:34	256	Jean	Badenhorst	Senior	Female	38
58	02:29:47	362	Chrisitaan	Pansegrouw	Senior	Male	34
59	02:30:38	285	Heather	Dalton	Senior	Female	35
60	02:31:17	311	Tim	Hadingham	Veteran	Male	43
61	02:32:15	305	Kobus	Fouché	Senior	Male	32
62	02:32:31	361	JD	Otto	Senior	Male	28
63	02:32:55	315	Pauline	Herrmann-Keys	Veteran	Female	41
64	02:34:37	438	Antoon	De Klerk	Senior	Male	35
65	02:34:38	309	Mariska	Groenewald	Senior	Female	32
66	02:35:19	387	Kelly	Scholtz	Senior	Male	31
67	02:36:20	313	Andre	Hefer	Veteran	Male	48
68	02:36:26	262	Heinrich	Boock	Senior	Male	26
69	02:36:36	346	Mareli	Mans	Senior	Female	32
70	02:37:07	297	Jonathan	Edmunds	Senior	Male	22
71	02:37:37	410	Rina	Van der Merwe	Veteran	Female	41
72	02:37:45	358	Martin	Nejthardt	Senior	Male	39
73	02:38:01	271	Eduard	Burger	Senior	Male	32
74	02:38:46	456	Handri	Boshoff	Senior	Male	36



# Helderberg Mountain Run 2015

## 10.75km



### Overall

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	00:55:27	565	Ivan	Kruger	Senior	Male	22
2	00:56:25	627	Jacques	Van Schalkwyk	Junior	Male	15
3	00:57:07	607	Patrick	Smythe	Senior	Male	24
4	00:58:27	612	Oliver	Steele	Junior	Male	15
5	00:59:03	547	Jeremy	Handler	Senior	Male	45
6	00:59:21	642	Jan	Brimmer	Junior	Male	15
7	00:59:23	571	Megan	Leslie	Junior	Female	16
8	00:59:41	618	Freddie	Thiem	Senior	Male	58
9	01:00:46	501	Bruce	Abrahams	Senior	Male	38
10	01:01:14	667	Robert	Boyes	Junior	Male	17
11	01:02:43	655	Roelf	Pienaar	Senior	Male	40
12	01:03:01	570	Caitlin	Leslie	Senior	Female	19
13	01:04:04	544	Erica	Goedhals	Senior	Female	48
14	01:06:07	621	Sierd	Van der Bijl	Senior	Male	26
15	01:06:10	662	Heinrich	Meyer	Senior	Male	43
16	01:06:26	610	Cornel	Stander	Senior	Female	24
17	01:06:27	611	Liam	Stander	Senior	Male	26
18	01:07:04	643	Donal	Slemon	Senior	Male	49
19	01:08:10	566	Hanrich	Laubscher	Senior	Male	33
20	01:08:59	553	Liezl	Heerschap	Veteran	Female	43
21	01:10:02	671	Hugo	Beukes	Junior	Male	14
22	01:10:37	503	Kevin	Andrew	Senior	Male	26
23	01:10:39	504	Stephen	Andrew	Senior	Male	29
24	01:11:22	660	Juan	Slabbert	Senior	Male	31
25	01:11:24	628	Mareli	Van Schalkwyk	Senior	Female	18
26	01:11:26	564	Heinrich	Kroukamp	Senior	Male	28
27	01:11:40	674	Tavosque	Taru	Senior	Female	30
28	01:12:05	598	Stefan	Pretorius	Senior	Male	29
29	01:12:27	595	Durk	Postma	Senior	Male	34
30	01:12:28	563	Wayne	Kotze	Senior	Male	27
31	01:12:58	529	Zuki	Dyomfana	Senior	Male	28
32	01:13:31	631	Estea	Volschenk	Senior	Female	36
33	01:13:47	557	Ewald Gerald	Jansen van Rensburg	Senior	Male	27
34	01:13:48	558	Leandri	Jansen van Rensburg	Senior	Female	26
35	01:13:57	552	Hannah	Harrison-Saayman	Junior	Female	16
36	01:14:00	661	Bernadette	Reyneke	Senior	Female	41
37	01:14:25	669	Charl	Van Niekerk	Senior	Male	22
38	01:15:26	597	Johan	Pretorius	Senior	Male	52
39	01:15:35	646	Chantal	Catherine	Senior	Female	26
40	01:15:47	670	Rinus	Beukes	Senior	Male	47
41	01:16:08	543	Brendan	Gliddon	Senior	Male	30
42	01:16:11	603	Jurgen	Scherzinger	Senior	Male	57
43	01:16:15	526	Allan	Du Toit	Senior	Male	29
44	01:16:44	616	Barry	Symington	Senior	Male	33
45	01:16:52	665	Denzil	Kenan	Senior	Male	29
46	01:16:55	650	Martin	Groenewald	Senior	Male	30
47	01:18:03	623	Marais	Van der Merwe	Senior	Male	34
48	01:18:11	578	Chantal	Martin	Senior	Female	34
49	01:18:13	599	Greta	Raath	Senior	Female	24
50	01:18:15	521	Nicola	de Jager	Senior	Female	39
51	01:18:58	585	Zander	Neill-Dore	Senior	Male	25
52	01:19:23	584	Paul	Moller	Senior	Male	54
53	01:19:36	541	Corne	Gildenhuys	Senior	Female	45
54	01:19:38	516	Kate	Campbell	Senior	Female	26
55	01:19:41	545	Brett	Gower	Senior	Male	25
56	01:19:58	510	Courtney	Botha	Senior	Female	25
57	01:20:01	538	Whelan	Fielding	Senior	Male	35
58	01:20:15	583	Charl	Moller	Senior	Male	36
59	01:20:27	666	Aleo	Van Welde	Senior	Male	29
60	01:21:04	567	Regardt	Laubscher	Senior	Male	31
61	01:21:58	508	Jonathan	Bernstein	Senior	Male	45
62	01:22:11	634	Kyle	Sarkas	Senior	Male	31
63	01:22:21	546	Patricia	Hagen	Senior	Female	64
64	01:22:49	641	Carine	Grobelaar	Senior	Female	27
65	01:23:04	649	Amy	Catherine	Senior	Female	26
66	01:23:06	644	Elke	Deluse	Senior	Female	53
67	01:23:08	542	Jaco	Gillman	Senior	Male	34
68	01:23:10	518	Chris	Clark	Senior	Male	72
69	01:23:22	562	Janieka	Kotze	Senior	Female	25
70	01:24:03	502	Anne	Alessandri	Senior	Female	40
71	01:24:24	535	Claire	Ferrandi	Senior	Female	24
72	01:24:33	639	Lara	Wallis	Senior	Female	25
73	01:24:54	625	Yolande	Van der Walt	Senior	Female	30
74	01:24:56	594	LOUIS	PIENAAR	Senior	Female	40

75	01:25:12	648	Semone	Pieters	Senior	Female	20
76	01:25:27	640	Frances	Black	Senior	Female	30
77	01:25:35	581	Rose	Mills	Senior	Female	56
78	01:25:39	530	Haydn	Ellwood	Senior	Male	38
79	01:25:59	668	Dalene	Strauss	Senior	Female	34
80	01:26:04	522	Zelda	De Paiva	Senior	Female	43
81	01:26:33	593	Theoni	Photopoulou	Senior	Female	31
82	01:26:35	528	Ian	Durbach	Senior	Male	31
83	01:26:43	619	Carl	Thomen	Senior	Male	32
84	01:26:47	673	Veronica	Robertson	Senior	Female	33
85	01:27:11	589	Elzahn	Oosthuizen	Senior	Female	40
86	01:27:36	675	Aidan	Casserley	Senior	Male	28
87	01:28:16	561	Hendrik	Kotze	Senior	Male	29
88	01:28:28	632	Ian	Wallace	Senior	Male	45
89	01:28:47	658	Justine	Krige	Senior	Female	32
90	01:29:03	605	Monique	Schutte	Senior	Female	27
91	01:29:08	672	Matumelo	Mainaakae	Senior	Female	28
92	01:29:41	551	Sean	Harris	Senior	Male	51
93	01:30:05	524	Leana	De Witt	Senior	Female	29
94	01:30:07	517	Keagan	Carr	Senior	Male	30
95	01:30:23	596	Cobus	Pretorius	Senior	Male	46
96	01:30:27	663	Judy-Lynn	Holden	Senior	Female	57
97	01:30:29	664	Chris	Holden	Senior	Male	28
98	01:31:16	514	Ferdi	Brannekamper	Senior	Male	43
99	01:31:20	638	Loren	Rutherford	Senior	Female	38
100	01:31:22	534	Peter	Farwell	Senior	Male	47
101	01:31:36	656	Iolia	Minda	Senior	Male	23
102	01:31:38	630	Anja	Visagie	Senior	Female	27
103	01:31:46	600	Michelle	Rogowski	Senior	Female	29
104	01:32:04	647	Richard	Badrick	Senior	Male	71
105	01:32:23	579	JOSH	McPherson	Junior	Male	15
106	01:32:28	580	Tinus	Mcpherson	Senior	Male	49
107	01:32:42	549	Lee-Ann	Harris	Senior	Female	48
108	01:32:45	577	Kyle	Marquis	Senior	Male	36
109	01:32:55	587	Nicola	Okes	Senior	Female	31
110	01:33:10	586	Enid	Nieuwoudt	Senior	Female	26
111	01:33:44	622	Corlia	Van der Merwe	Senior	Female	28
112	01:33:47	633	Cordula	Winkler	Senior	Female	36
113	01:33:49	654	Olga	Human	Senior	Female	41
114	01:33:52	548	Jackie	Hannaford	Senior	Female	30
115	01:33:54	554	Steve	Henry	Senior	Male	47
116	01:33:57	613	Francois	Steyn	Senior	Male	43
117	01:34:14	635	Lynne	Wilkinson	Senior	Female	40
118	01:34:26	604	Mervin	Schnehage	Senior	Male	39
119	01:35:05	614	Jene	Steyn	Senior	Female	42
120	01:38:40	620	Nicole	Tyler	Senior	Female	29
121	01:40:38	608	Madonna	Somers	Senior	Female	31
122	01:40:40	609	Ockert	Somers	Senior	Male	31
123	01:40:53	539	Bonnie	Floyd	Senior	Female	36
124	01:43:33	588	Cornelia	Olivier	Senior	Female	42
125	01:44:19	507	Channette	Bantjes	Senior	Female	37
126	01:44:45	515	Maryke	Butcher	Senior	Female	29
127	01:44:53	590	Brad	Page	Senior	Male	31
128	01:45:12	636	Greg	Farr	Senior	Male	28
129	01:45:14	637	Bianca	Dempers	Senior	Female	23
130	01:45:56	556	Shelan	Hutton	Senior	Female	53
131	01:48:51	527	Helga	Du Toit	Senior	Female	47
132	01:50:20	676	Jenny	Hughes	Senior	Female	0
133	01:51:50	652	Melanie	Venter	Senior	Female	25
134	01:52:27	629	Tracey	Van Zyl	Senior	Female	40
135	01:54:59	657	Marianne	Nelson	Senior	Female	71
136	01:55:19	572	Kathryn	Liprini	Senior	Female	33
137	01:55:24	653	Nicole	Venter	Senior	Female	25
138	01:57:41	659	Mohamed	Adonis	Senior	Male	39
139	01:58:25	513	Lee	Bramwell	Senior	Female	34
140	02:02:30	602	Corne	Rossouw	Senior	Female	41
141	02:03:30	520	Nicola	Davidson	Senior	Female	37
142	02:18:54	573	Adri	Longland	Senior	Female	45

## Senior Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	00:55:27	565	Ivan	Kruger	Senior	Male	22
2	00:57:07	607	Patrick	Smythe	Senior	Male	24
3	00:59:03	547	Jeremy	Handler	Senior	Male	45
4	00:59:41	618	Freddie	Thiem	Senior	Male	58
5	01:00:46	501	Bruce	Abrahams	Senior	Male	38
6	01:02:43	655	Roelf	Pienaar	Senior	Male	40
7	01:06:07	621	Sierd	Van der Bijl	Senior	Male	26
8	01:06:10	662	Heinrich	Meyer	Senior	Male	43
9	01:06:27	611	Liam	Stander	Senior	Male	26
10	01:07:04	643	Donal	Slemon	Senior	Male	49
11	01:08:10	566	Hanrich	Laubscher	Senior	Male	33
12	01:10:37	503	Kevin	Andrew	Senior	Male	26
13	01:10:39	504	Stephen	Andrew	Senior	Male	29
14	01:11:22	660	Juan	Slabbert	Senior	Male	31
15	01:11:26	564	Heinrich	Kroukamp	Senior	Male	28
16	01:12:05	598	Stefan	Pretorius	Senior	Male	29
17	01:12:27	595	Durk	Postma	Senior	Male	34
18	01:12:28	563	Wayne	Kotze	Senior	Male	27
19	01:12:58	529	Zuki	Dyomfana	Senior	Male	28
20	01:13:47	557	Ewald Gerald	Jansen van Rensburg	Senior	Male	27
21	01:14:25	669	Charl	Van Niekerk	Senior	Male	22
22	01:15:26	597	Johan	Pretorius	Senior	Male	52
23	01:15:47	670	Rinus	Beukes	Senior	Male	47
24	01:16:08	543	Brendan	Gliddon	Senior	Male	30
25	01:16:11	603	Jurgen	Scherzinger	Senior	Male	57
26	01:16:15	526	Allan	Du Toit	Senior	Male	29
27	01:16:44	616	Barry	Symington	Senior	Male	33
28	01:16:55	650	Martin	Groenewald	Senior	Male	30
29	01:18:03	623	Marais	Van der Merwe	Senior	Male	34
30	01:18:58	585	Zander	Neill-Dore	Senior	Male	25
31	01:19:23	584	Paul	Moller	Senior	Male	54
32	01:19:41	545	Brett	Gower	Senior	Male	25
33	01:20:01	538	Whelan	Fielding	Senior	Male	35
34	01:20:15	583	Charl	Moller	Senior	Male	36
35	01:20:27	666	Aleo	Van Welde	Senior	Male	29
36	01:21:04	567	Regardt	Laubscher	Senior	Male	31
37	01:21:58	508	Jonathan	Bernstein	Senior	Male	45
38	01:22:11	634	Kyle	Sarkas	Senior	Male	31
39	01:23:08	542	Jaco	Gillman	Senior	Male	34
40	01:23:10	518	Chris	Clark	Senior	Male	72
41	01:25:39	530	Haydn	Ellwood	Senior	Male	38
42	01:26:35	528	Ian	Durbach	Senior	Male	31
43	01:26:43	619	Carl	Thomen	Senior	Male	32
44	01:27:36	675	Aidan	Casserley	Senior	Male	28
45	01:28:16	561	Hendrik	Kotze	Senior	Male	29
46	01:28:28	632	Ian	Wallace	Senior	Male	45
47	01:29:41	551	Sean	Harris	Senior	Male	51
48	01:30:07	517	Keagan	Carr	Senior	Male	30
49	01:30:23	596	Cobus	Pretorius	Senior	Male	46
50	01:30:29	664	Chris	Holden	Senior	Male	28
51	01:31:16	514	Ferdi	Brannekamper	Senior	Male	43
52	01:31:22	534	Peter	Farwell	Senior	Male	47
53	01:31:36	656	Iolia	Minda	Senior	Male	23
54	01:32:04	647	Richard	Badrick	Senior	Male	71
55	01:32:28	580	Tinus	Mcpherson	Senior	Male	49
56	01:32:45	577	Kyle	Marquis	Senior	Male	36
57	01:33:54	554	Steve	Henry	Senior	Male	47
58	01:33:57	613	Francois	Steyn	Senior	Male	43
59	01:34:26	604	Mervin	Schnehage	Senior	Male	39
60	01:40:40	609	Ockert	Somers	Senior	Male	31
61	01:44:53	590	Brad	Page	Senior	Male	31
62	01:45:12	636	Greg	Farr	Senior	Male	28
63	01:57:41	659	Mohamed	Adonis	Senior	Male	39
64	01:16:52	665	Denzil	Kenan	Senior	Male	29

### Senior Female

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:03:01	570	Caitlin	Leslie	Senior	Female	19
2	01:04:04	544	Erica	Goedhals	Senior	Female	48
3	01:06:26	610	Cornel	Stander	Senior	Female	24
4	01:08:59	553	Liezl	Heerschap	Senior	Female	43
5	01:11:24	628	Mareli	Van Schalkwyk	Senior	Female	18
6	01:11:40	674	Tavosque	Taru	Senior	Female	30
7	01:13:31	631	Estea	Volshenk	Senior	Female	36
8	01:13:48	558	Leandri	Jansen van Rensburg	Senior	Female	26
9	01:14:00	661	Bernadette	Reyneke	Senior	Female	41
10	01:15:35	646	Chantal	Catherine	Senior	Female	26
11	01:18:11	578	Chantal	Martin	Senior	Female	34
12	01:18:13	599	Greta	Raath	Senior	Female	24
13	01:18:15	521	Nicola	de Jager	Senior	Female	39
14	01:19:36	541	Corne	Gildenhuys	Senior	Female	45
15	01:19:38	516	Kate	Campbell	Senior	Female	26
16	01:19:58	510	Courtney	Botha	Senior	Female	25
17	01:22:21	546	Patricia	Hagen	Senior	Female	64
18	01:22:49	641	Carine	Grobbelaar	Senior	Female	27
19	01:23:04	649	Amy	Catherine	Senior	Female	26
20	01:23:06	644	Elke	Deluse	Senior	Female	53
21	01:23:22	562	Janieka	Kotze	Senior	Female	25
22	01:24:03	502	Anne	Alessandri	Senior	Female	40
23	01:24:24	535	Claire	Ferrandi	Senior	Female	24
24	01:24:33	639	Lara	Wallis	Senior	Female	25
25	01:24:54	625	Yolande	Van der Walt	Senior	Female	30
26	01:24:56	594	LOUIS	PIENAAR	Senior	Female	40
27	01:25:12	648	Semone	Pieters	Senior	Female	20
28	01:25:27	640	Frances	Black	Senior	Female	30
29	01:25:35	581	Rose	Mills	Senior	Female	56
30	01:25:59	668	Dalene	Strauss	Senior	Female	34
31	01:26:04	522	Zelda	De Paiva	Senior	Female	43
32	01:26:33	593	Theoni	Photopoulou	Senior	Female	31
33	01:26:47	673	Veronica	Robertson	Senior	Female	33
34	01:27:11	589	Elzahn	Oosthuizen	Senior	Female	40
35	01:28:47	658	Justine	Krige	Senior	Female	32
36	01:29:03	605	Monique	Schutte	Senior	Female	27
37	01:29:08	672	Matumelo	Mainaakae	Senior	Female	28
38	01:30:05	524	Leana	De Witt	Senior	Female	29
39	01:30:27	663	Judy-Lynn	Holden	Senior	Female	57
40	01:31:20	638	Loren	Rutherford	Senior	Female	38
41	01:31:38	630	Anja	Visagie	Senior	Female	27
42	01:31:46	600	Michelle	Rogowski	Senior	Female	29
43	01:32:42	549	Lee-Ann	Harris	Senior	Female	48
44	01:32:55	587	Nicola	Okes	Senior	Female	31
45	01:33:10	586	Enid	Nieuwoudt	Senior	Female	26
46	01:33:44	622	Corlia	Van der Merwe	Senior	Female	28
47	01:33:47	633	Cordula	Winkler	Senior	Female	36
48	01:33:49	654	Olga	Human	Senior	Female	41
49	01:33:52	548	Jackie	Hannaford	Senior	Female	30
50	01:34:14	635	Lynne	Wilkinson	Senior	Female	40
51	01:35:05	614	Jene	Steyn	Senior	Female	42
52	01:38:40	620	Nicole	Tyler	Senior	Female	29
53	01:40:38	608	Madonna	Somers	Senior	Female	31
54	01:40:53	539	Bonnie	Floyd	Senior	Female	36
55	01:43:33	588	Cornelia	Olivier	Senior	Female	42
56	01:44:19	507	Channette	Bantjes	Senior	Female	37
57	01:44:45	515	Maryke	Butcher	Senior	Female	29
58	01:45:14	637	Bianca	Dempers	Senior	Female	23
59	01:45:56	556	Shelan	Hutton	Senior	Female	53
60	01:48:51	527	Helga	Du Toit	Senior	Female	47
61	01:50:20	676	Jenny	Hughes	Senior	Female	0
62	01:51:50	652	Melanie	Venter	Senior	Female	25
63	01:52:27	629	Tracey	Van Zyl	Senior	Female	40
64	01:54:59	657	Marianne	Nelson	Senior	Female	71
65	01:55:19	572	Kathryn	Liprini	Senior	Female	33
66	01:55:24	653	Nicole	Venter	Senior	Female	25
67	01:58:25	513	Lee	Bramwell	Senior	Female	34
68	02:02:30	602	Corne	Rossouw	Senior	Female	41
69	02:03:30	520	Nicola	Davidson	Senior	Female	37
70	02:18:54	573	Adri	Longland	Senior	Female	45

**Junior Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	00:56:25	627	Jacques	Van Schalkwyk	Junior	Male	15
2	00:58:27	612	Oliver	Steele	Junior	Male	15
3	00:59:21	642	Jan	Brimmer	Junior	Male	15
4	01:01:14	667	Robert	Boyes	Junior	Male	17
5	01:10:02	671	Hugo	Beukes	Junior	Male	14
6	01:32:23	579	Josh	McPherson	Junior	Male	15

**Junior Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	00:59:23	571	Megan	Leslie	Junior	Female	16
2	01:13:57	552	Hannah	Harrison-Saayman	Junior	Female	16

75	02:38:51	258	Adam	Bekker	Veteran	Male	40
76	02:38:57	417	Henri	Van Schaik	Veteran	Male	42
77	02:39:11	308	Elton	Gordon	Senior	Male	33
78	02:39:53	419	Andries	Venter	Veteran	Male	42
79	02:40:06	295	Mark	Durham	Veteran	Male	40
80	02:40:50	266	Tom	Boyles	Veteran	Male	43
81	02:40:53	426	Abrie	Wessels	Veteran	Male	49
82	02:40:55	359	Louw	Nel	Senior	Male	39
83	02:40:57	403	Michael	Theunissen	Master	Male	52
85	02:41:31	276	Richard	Cherry	Veteran	Male	42
86	02:41:35	423	Ian	Walton	Master	Male	64
87	02:41:37	458	Werner	Venter	Senior	Male	37
88	02:41:44	386	Christopher	Schnehage	Master	Male	61
89	02:42:53	398	Jaco	Stemmet	Senior	Male	39
90	02:44:00	328	Luke	Kelly	Senior	Male	32
91	02:44:04	436	Esther	Zive	Senior	Female	31
92	02:44:09	375	Liz	Robertson	Veteran	Female	45
93	02:44:11	364	Aundrea	Patton	Senior	Female	30
94	02:44:13	370	Sean	Power	Senior	Male	31
95	02:45:47	338	Cara-Anne	Le Mottee	Senior	Female	27
96	02:45:49	345	Alexandra	Malmnas	Senior	Female	36
97	02:45:51	253	Elri	Agenbag	Senior	Female	31
98	02:46:03	336	Annerie	Lamprecht	Senior	Female	26
99	02:47:26	460	Simon	Wilson	Master	Male	52
100	02:47:49	440	Sarah-Marie	Nothling	Senior	Female	29
101	02:49:14	341	Pauline	Lewis	Veteran	Female	41
102	02:49:21	461	Mark	Berning	Master	Male	52
103	02:49:22	343	Hennie	Longland	Master	Male	52
104	02:49:57	422	Mart-Maré	Viviers	Senior	Female	29
105	02:50:01	331	Stephen	Knott	Senior	Male	36
106	02:50:08	294	Pier	Du Plessis	Senior	Male	26
107	02:50:40	366	Gary	Phipson	Veteran	Male	48
108	02:50:43	316	Lauren	Honeyman	Veteran	Female	44
109	02:51:13	442	Mmamapudi	Kubjane	Senior	Female	24
110	02:51:29	267	Liz	Brash	Master	Female	55
111	02:51:33	330	Lize-Marick	Keyser	Senior	Female	30
112	02:52:14	424	Ben	Welsh	Veteran	Male	40
113	02:52:15	400	Brian	Super	Master	Male	57
114	02:52:21	446	Kate	Aitken	Senior	Female	29
115	02:52:24	444	Taryn	McKenna	Senior	Female	29
116	02:52:42	377	Karin	Roos	Senior	Female	26
117	02:53:24	279	David	Conradie	Master	Male	62
118	02:54:22	441	Jenny	Livingstone	Senior	Female	34
119	02:55:27	318	George	Horn	Veteran	Male	47
120	02:55:39	284	Graham	Crawford	Veteran	Male	41
121	02:55:46	304	James	Fife	Veteran	Male	47
122	02:56:19	408	Kerith	Tuff	Senior	Female	34
123	02:56:21	405	Wendy	Thompson	Veteran	Female	46
124	02:57:05	299	Mark	Ellis	Senior	Male	23
125	02:57:13	356	Craig	Munnik	Veteran	Male	46
126	02:59:04	334	Allison	Lamb	Veteran	Female	44
127	02:59:11	367	Lee-Anne	Pienaar	Senior	Female	37
128	02:59:21	270	Beatrix	Broek	Veteran	Female	48
129	02:59:26	354	Naasief	Mohamed	Senior	Male	32
130	02:59:52	344	Jacqueline	Loydell	Master	Female	53
131	03:00:46	371	Paolo	Puccini	Senior	Male	27
132	03:02:20	389	Neville	Sharwood	Master	Male	56
133	03:03:05	296	John	Eccles	Master	Male	65
134	03:04:24	399	Alan	Struthers	Veteran	Male	41
135	03:04:47	445	Rob	Menne	Senior	Male	30
136	03:05:49	470	Mike	Carr	Master	Male	56
137	03:05:51	373	Glanville	Retief	Veteran	Male	40
138	03:06:53	388	May	Scholtz	Veteran	Female	45
139	03:07:01	412	Karyn	Van Eeden	Senior	Female	31
140	03:07:11	418	LEANA	VAN WYK	Senior	Female	32
141	03:09:10	459	Robert	Robinson	Senior	Male	29
142	03:11:44	385	Dewald	Schlebusch	Senior	Male	33
143	03:14:36	277	Vanessa	Clark	Veteran	Female	40
144	03:14:42	350	Donfrey	Meyer	Senior	Male	37
145	03:14:49	312	Juliet	Hazell	Senior	Female	35
146	03:15:28	273	Sandra	Butler	Senior	Female	27
147	03:16:57	429	Pauline	Wilkinson	Senior	Female	31
148	03:17:10	317	Michelle	Horak	Senior	Female	27
149	03:17:11	307	Alasdair	Glass	Senior	Male	27
150	03:17:39	416	Erica	Van Rhyn	Master	Female	51
151	03:18:16	434	Bret	Wurdeman	Senior	Male	24
152	03:18:20	406	Lesley	Titmuss	Senior	Female	24
153	03:20:10	261	Alicia	Bock	Senior	Female	32
154	03:21:44	324	Cheryl	Jenks	Veteran	Female	42
155	03:22:36	357	Hannelie	Naude	Senior	Female	39
156	03:22:41	306	Karin	Gerber	Senior	Female	29
157	03:23:09	326	Nadia	Kariel	Senior	Female	36
158	03:23:12	320	ARMIE	JACOBS	Senior	Male	37
159	03:29:36	327	Brigid	Kell	Senior	Female	26
160	03:30:00	353	Nicholas	Minnaar	Senior	Male	23
161	03:30:06	392	Natasha	Solari	Senior	Female	22
162	03:35:42	303	Jon	Farnsworth	Veteran	Male	47
163	03:37:38	255	Cathy	Alison	Master	Female	50
164	03:50:13	282	Jacques	Conradie	Veteran	Male	41



165	03:52:41	321	Lloyd	Jacobs	Senior	Male	31
166	04:13:23	396	Wilma	Stassen	Senior	Female	37
167	04:15:41	390	Adele	Smith	Veteran	Female	46

### Senior Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:26:20	333	Edson	Kumwamba	Senior	Male	25
2	01:26:20	275	Timothy	Chambers	Senior	Male	18
3	01:29:30	468	peter	Tswayo	Senior	Male	35
4	01:36:30	257	Raydon	Balie (Wild Runner)	Senior	Male	20
5	01:44:59	465	Will	Battersby	Senior	Male	37
6	01:47:42	433	Ryan	Winter	Senior	Male	37
7	01:52:18	467	Dewald	Conradie	Senior	Male	34
8	01:53:24	283	Kyle	Cottle	Senior	Male	26
9	01:53:55	289	Johan	De Klerk	Senior	Male	23
10	02:01:06	335	Jaco	Lambrechts	Senior	Male	35
11	02:04:42	337	MARK	LANG	Senior	Male	31
12	02:05:23	420	Stian	Venter	Senior	Male	20
13	02:06:58	415	Werner	Van Rensburg	Senior	Male	30
14	02:07:51	395	Simon	Starck	Senior	Male	26
15	02:07:51	421	Mark	Vernon	Senior	Male	28
16	02:09:18	376	Ignus	Rocher	Senior	Male	25
17	02:09:55	290	Jean-Pierre	De Kock	Senior	Male	29
18	02:11:46	348	Cameron	McCallum	Senior	Male	35
19	02:12:32	447	Adam	Clemens	Senior	Male	30
20	02:16:09	293	Helgaard	Doman	Senior	Male	32
21	02:17:16	435	Monwa	Xala	Senior	Male	34
22	02:22:32	451	Rod	Hunter	Senior	Male	34
23	02:26:16	363	Christopher	Parker	Senior	Male	23
24	02:27:32	382	FAHEEM	SALIE	Senior	Male	36
25	02:27:35	443	Andrew	Paget	Senior	Male	24
26	02:28:04	448	Jamie	Holtzhausen	Senior	Male	31
27	02:28:14	260	Schalk	Bezuidenhout	Senior	Male	21
28	02:29:47	362	Chrisitaan	Pansegrouw	Senior	Male	34
29	02:32:15	305	Kobus	Fouché	Senior	Male	32
30	02:32:31	361	JD	Otto	Senior	Male	28
31	02:34:37	438	Antoon	De Klerk	Senior	Male	35
32	02:35:19	387	Kelly	Scholtz	Senior	Male	31
33	02:36:26	262	Heinrich	Boock	Senior	Male	26
34	02:37:07	297	Jonathan	Edmunds	Senior	Male	22
35	02:37:45	358	Martin	Nejthardt	Senior	Male	39
36	02:38:01	271	Eduard	Burger	Senior	Male	32
37	02:38:46	456	Handri	Boshoff	Senior	Male	36
38	02:39:11	308	Elton	Gordon	Senior	Male	33
39	02:40:55	359	Louw	Nel	Senior	Male	39
40	02:41:37	458	Werner	Venter	Senior	Male	37
41	02:42:53	398	Jaco	Stemmet	Senior	Male	39
42	02:44:00	328	Luke	Kelly	Senior	Male	32
43	02:44:13	370	Sean	Power	Senior	Male	31
44	02:50:01	331	Stephen	Knott	Senior	Male	36
45	02:50:08	294	Pier	Du Plessis	Senior	Male	26
46	02:57:05	299	Mark	Ellis	Senior	Male	23
47	02:59:26	354	Naasief	Mohamed	Senior	Male	32
48	03:00:46	371	Paolo	Puccini	Senior	Male	27
49	03:04:47	445	Rob	Menne	Senior	Male	30
50	03:09:10	459	Robert	Robinson	Senior	Male	29
51	03:11:44	385	Dewald	Schlebusch	Senior	Male	33
52	03:14:42	350	Donfrey	Meyer	Senior	Male	37
53	03:17:11	307	Alasdair	Glass	Senior	Male	27
54	03:18:16	434	Bret	Wurdeman	Senior	Male	24
55	03:23:12	320	ARMIEN	JACOBS	Senior	Male	37
56	03:30:00	353	Nicholas	Minnaar	Senior	Male	23
57	03:52:41	321	Lloyd	Jacobs	Senior	Male	31

## Senior Female

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:46:22	414	Marguerite	Van Niekerk	Senior	Female	31
2	01:57:18	452	Taryn	King	Senior	Female	28
3	02:03:31	425	Jean	Welsh	Senior	Female	37
4	02:24:10	471	Fadia	Abels	Senior	Female	22
5	02:24:21	265	Deidre	Bothma	Senior	Female	33
6	02:25:00	322	Kylie	Janse van Vuuren	Senior	Female	23
7	02:28:01	449	Samantha	Orry	Senior	Female	26
8	02:28:21	394	Nadine	Spencer	Senior	Female	39
9	02:28:32	450	Danielle	Lavan	Senior	Female	27
10	02:29:34	256	Jean	Badenhorst	Senior	Female	38
11	02:30:38	285	Heather	Dalton	Senior	Female	35
12	02:34:38	309	Mariska	Groenewald	Senior	Female	32
13	02:36:36	346	Mareli	Mans	Senior	Female	32
14	02:44:04	436	Esther	Zive	Senior	Female	31
15	02:44:11	364	Aundrea	Patton	Senior	Female	30
16	02:45:47	338	Cara-Anne	Le Mottee	Senior	Female	27
17	02:45:49	345	Alexandra	Malmnas	Senior	Female	36
18	02:45:51	253	Elri	Agenbag	Senior	Female	31
19	02:46:03	336	Annerie	Lamprecht	Senior	Female	26
20	02:47:49	440	Sarah-Marie	Nothling	Senior	Female	29
21	02:49:57	422	Mart-Maré	Viviers	Senior	Female	29
22	02:51:13	442	Mmamapudi	Kubjane	Senior	Female	24
23	02:51:33	330	Lize-Marick	Keyser	Senior	Female	30
24	02:52:21	446	Kate	Aitken	Senior	Female	29
25	02:52:24	444	Taryn	McKenna	Senior	Female	29
26	02:52:42	377	Karin	Roos	Senior	Female	26
27	02:54:22	441	Jenny	Livingstone	Senior	Female	34
28	02:56:19	408	Kerith	Tuff	Senior	Female	34
29	02:59:11	367	Lee-Anne	Pienaar	Senior	Female	37
30	03:07:01	412	Karyn	Van Eeden	Senior	Female	31
31	03:07:11	418	LEANA	VAN WYK	Senior	Female	32
32	03:14:49	312	Juliet	Hazell	Senior	Female	35
33	03:15:28	273	Sandra	Butler	Senior	Female	27
34	03:16:57	429	Pauline	Wilkinson	Senior	Female	31
35	03:17:10	317	Michelle	Horak	Senior	Female	27
36	03:18:20	406	Lesley	Titmuss	Senior	Female	24
37	03:20:10	261	Alicia	Bock	Senior	Female	32
38	03:22:36	357	Hannelie	Naude	Senior	Female	39
39	03:22:41	306	Karin	Gerber	Senior	Female	29
40	03:23:09	326	Nadia	Kariel	Senior	Female	36
41	03:29:36	327	Brigid	Kell	Senior	Female	26
42	03:30:06	392	Natasha	Solari	Senior	Female	22
43	04:13:23	396	Wilma	Stassen	Senior	Female	37

**Veteran Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:29:41	439	Chad	Gordon	Veteran	Male	44
2	01:57:45	401	Graham	Swart	Veteran	Male	41
3	01:57:48	379	Dave	Russell-Rockliff	Veteran	Male	41
4	02:01:02	407	Hugh-John	Townsend	Veteran	Male	49
5	02:09:52	360	Ivor	Norval	Veteran	Male	48
6	02:21:29	280	David	Conradie	Veteran	Male	46
7	02:23:41	463	Neal	Bresler	Veteran	Male	43
8	02:23:48	332	Colin	Koen	Veteran	Male	40
9	02:24:12	264	Tinus	Botha	Veteran	Male	47
10	02:28:54	268	Ashley	Braver	Veteran	Male	47
11	02:31:17	311	Tim	Hadingham	Veteran	Male	43
12	02:36:20	313	Andre	Hefer	Veteran	Male	48
13	02:38:51	258	Adam	Bekker	Veteran	Male	40
14	02:38:57	417	Henri	Van Schaik	Veteran	Male	42
15	02:39:53	419	Andries	Venter	Veteran	Male	42
16	02:40:06	295	Mark	Durham	Veteran	Male	40
17	02:40:50	266	Tom	Boyles	Veteran	Male	43
18	02:40:53	426	Abrie	Wessels	Veteran	Male	49
19	02:41:31	276	Richard	Cherry	Veteran	Male	42
20	02:50:40	366	Gary	Phipson	Veteran	Male	48
21	02:52:14	424	Ben	Welsh	Veteran	Male	40
22	02:55:27	318	George	Horn	Veteran	Male	47
23	02:55:39	284	Graham	Crawford	Veteran	Male	41
24	02:55:46	304	James	Fife	Veteran	Male	47
25	02:57:13	356	Craig	Munnik	Veteran	Male	46
26	03:04:24	399	Alan	Struthers	Veteran	Male	41
27	03:05:51	373	Glanville	Retief	Veteran	Male	40
28	03:35:42	303	Jon	Farnsworth	Veteran	Male	47
29	03:50:13	282	Jacques	Conradie	Veteran	Male	41

**Veteran Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:52:14	464	Chantel	Nienaber	Veteran	Female	41
2	02:12:42	372	Tanya	Rabie	Veteran	Female	44
3	02:29:31	391	Bronwyn	Smith	Veteran	Female	40
4	02:32:55	315	Pauline	Herrmann-Keys	Veteran	Female	41
5	02:37:37	410	Rina	Van der Merwe	Veteran	Female	41
6	02:44:09	375	Liz	Robertson	Veteran	Female	45
7	02:49:14	341	Pauline	Lewis	Veteran	Female	41
8	02:50:43	316	Lauren	Honeyman	Veteran	Female	44
9	02:56:21	405	Wendy	Thompson	Veteran	Female	46
10	02:59:04	334	Allison	Lamb	Veteran	Female	44
11	02:59:21	270	Beatrix	Broek	Veteran	Female	48
12	03:06:53	388	May	Scholtz	Veteran	Female	45
13	03:14:36	277	Vanessa	Clark	Veteran	Female	40
14	03:21:44	324	Cheryl	Jenks	Veteran	Female	42
15	04:15:41	390	Adele	Smith	Veteran	Female	46

**Master Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:46:02	314	Neil	Hermann	Master	Male	56
2	02:04:47	430	Richard	Williams	Master	Male	53
3	02:15:42	302	Leon	Erwee	Master	Male	61
4	02:25:55	254	Graham	Alessandri	Master	Male	55
5	02:26:03	457	Zach	Benade	Master	Male	50
6	02:27:49	339	Tinus	Le Roux	Master	Male	55
7	02:28:11	349	Robin	McDonald (Wildrunner)	Master	Male	62
8	02:40:57	403	Michael	Theunissen	Master	Male	52
9	02:41:35	423	Ian	Walton	Master	Male	64
10	02:41:44	386	Christopher	Schnehage	Master	Male	61
11	02:47:26	460	Simon	Wilson	Master	Male	52
12	02:49:21	461	Mark	Berning	Master	Male	52
13	02:49:22	343	Hennie	Longland	Master	Male	52
14	02:52:15	400	Brian	Super	Master	Male	57
15	02:53:24	279	David	Conradie	Master	Male	62
16	03:02:20	389	Neville	Sharwood	Master	Male	56
17	03:03:05	296	John	Eccles	Master	Male	65
18	03:05:49	470	Mike	Carr	Master	Male	56

**Master Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	02:51:29	267	Liz	Brash	Master	Female	55
2	02:59:52	344	Jacqueline	Loydell	Master	Female	53
3	03:17:39	416	Erica	Van Rhyn	Master	Female	51
4	03:37:38	255	Cathy	Alison	Master	Female	50

70	05:26:41	60	Sandra	Le Roux	Senior	Female	33
71	05:38:47	126	Chris	Tyler	Senior	Male	32
72	05:43:52	44	Chris	Holdsworth	Senior	Male	32
73	05:47:48	59	Jason	Lange	Senior	Male	32
74	05:47:50	102	Heidi	Rohr	Senior	Female	33
75	05:50:20	96	Matthew	Peters	Senior	Male	22
76	05:55:37	73	André	Möhr	Senior	Male	33
77	05:55:45	15	Human	De Jager	Senior	Male	24
78	05:55:47	28	Nadene	Freysen	Senior	Female	23
79	05:57:29	129	Johan	Van Heerden	Veteran	Male	43
80	05:58:05	153	Werner	Hartman	Veteran	Male	45
81	05:59:06	18	Jacques	de Ville	Veteran	Male	48
82	06:05:16	144	Dave	Wheeler	Master	Male	64
83	06:05:35	55	Janusz	Kaminski	Senior	Male	36
84	06:05:37	38	Charisse	Hansen	Veteran	Female	49
85	06:10:55	116	Shaun	Starck	Senior	Male	29
86	06:11:31	109	Elvera	Schwan	Master	Female	53
87	06:13:13	137	Chris	Visser	Senior	Male	32
88	06:16:01	24	Albe	du Toit	Senior	Male	29
89	06:17:01	71	Mark	Millin	Senior	Male	39
90	06:24:01	75	Gail	Moriarty	Master	Female	50
91	06:25:48	68	Elanie	Meyer	Senior	Female	28
92	06:25:50	120	Marietjie	Steyn	Veteran	Female	41
93	06:27:16	111	Tammy	Simon	Senior	Female	31
94	06:29:50	88	Philip	Olckers	Senior	Male	27
95	06:30:49	36	Benjamin	Gurr	Senior	Male	25
96	06:34:05	152	Andre	Erlank	Senior	Male	33
97	06:36:03	145	Deon	Willemse	Senior	Male	37
98	06:41:20	131	Geomarr	Van Tonder	Senior	Male	28
99	06:45:45	141	Colin	Webber	Senior	Male	39
100	06:52:25	61	Caley	Loots	Senior	Female	28
101	06:52:27	62	Jurie	Loots	Senior	Male	33
102	06:52:29	163	Cobus	Stofberg	Senior	Male	33
103	06:57:37	5	Whali	Baderoen	Senior	Male	33
104	07:07:00	99	Michele	Priestman	Master	Female	57
105	07:07:03	113	Linda	Sparks	Master	Female	54
106	07:08:32	156	Lizel	Bekker	Veteran	Female	44
107	07:12:36	89	Grant	Oliver	Master	Male	55
108	07:12:40	90	Moira	Oliver	Master	Female	55
109	07:55:36	138	Stefan	Von Arx	Veteran	Male	44
110	07:55:54	39	Rob	Speedy	Veteran	Male	45

## Senior Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	03:11:07	164	Dylan	Solms	Senior	Male	21
2	03:29:33	57	Martin	Kleynhans	Senior	Male	37
3	03:36:17	34	Bernard	Griesel	Senior	Male	27
4	03:38:55	148	Bernard	Rukadza	Senior	Male	33
5	03:39:10	76	Roelof	Mostert	Senior	Male	30
6	03:41:21	2	Lucas	Adams	Senior	Male	26
7	03:43:42	134	Andre-Hugo	van Zyl	Senior	Male	27
8	03:44:43	130	Hannes	Van Rensburg	Senior	Male	34
9	03:44:56	124	Sebastian	Thompson	Senior	Male	24
10	03:50:21	8	Stuart	Berry	Senior	Male	36
11	03:56:18	43	Nicholas	Hoernle	Senior	Male	23
12	04:03:12	81	Michael	Nash	Senior	Male	30
13	04:06:11	14	Stephen	Cunliffe	Senior	Male	38
14	04:08:00	94	Darryn	Patterson	Senior	Male	29
15	04:08:52	23	Prieur	Du Plessis	Senior	Male	30
16	04:11:07	42	Warren	Hawkins	Senior	Male	35
17	04:14:24	154	Tony	Abbott	Senior	Male	39
18	04:15:08	66	Ian	Meaker	Senior	Male	31
19	04:16:09	106	Daniel	Schilperoort	Senior	Male	24
20	04:16:29	142	Pieter	Wessels	Senior	Male	24
21	04:26:22	92	Justin	Opitz	Senior	Male	32
22	04:30:32	32	Clayten	Gouws	Senior	Male	29
23	04:33:06	51	Johan	Jansen van Vuuren	Senior	Male	26
24	04:33:20	9	Lee	Blake	Senior	Male	29
25	04:35:50	151	James	Verster-Cohen	Senior	Male	36
26	04:37:10	1	Charles	Abernethy	Senior	Male	26
27	04:38:25	29	Mark	Gething	Senior	Male	34
28	04:40:40	17	Petrus	De Klerk	Senior	Male	32
29	04:44:33	127	Quintin	Van Dyk	Senior	Male	32
30	04:44:48	86	Thomas	Nortier	Senior	Male	23
31	04:48:55	21	Armand	Du Plessis	Senior	Male	35
32	04:48:56	79	Joe	Muller	Senior	Male	32
33	04:50:14	155	Andre	Theron	Senior	Male	23
34	04:52:33	84	Jacques	Nel	Senior	Male	38
35	04:59:53	140	Greg	Walsh	Senior	Male	39
36	05:05:25	160	Thomas	Hugo	Senior	Male	29
37	05:05:33	47	Sven	Hugo	Senior	Male	30
38	05:06:33	22	Nicholaas	Du Plessis	Senior	Male	30
39	05:08:42	103	Jaco	Roux	Senior	Male	34
40	05:11:30	46	Zaheer	Hoosain	Senior	Male	30
41	05:12:03	100	Willie	Richards	Senior	Male	38
42	05:12:12	133	Dirk	Van Vlaanderen	Senior	Male	35
43	05:20:57	108	Richard	Schroder	Senior	Male	35
44	05:25:22	27	Anton	Franchi	Senior	Male	36
45	05:38:47	126	Chris	Tyler	Senior	Male	32
46	05:43:52	44	Chris	Holdsworth	Senior	Male	32
47	05:47:48	59	Jason	Lange	Senior	Male	32
48	05:50:20	96	Matthew	Peters	Senior	Male	22
49	05:55:37	73	André	Möhr	Senior	Male	33
50	05:55:45	15	Human	De Jager	Senior	Male	24
51	06:05:35	55	Janusz	Kaminski	Senior	Male	36
52	06:10:55	116	Shaun	Starck	Senior	Male	29
53	06:13:13	137	Chris	Visser	Senior	Male	32
54	06:16:01	24	Albe	du Toit	Senior	Male	29
55	06:17:01	71	Mark	Millin	Senior	Male	39
56	06:29:50	88	Philip	Olckers	Senior	Male	27
57	06:30:49	36	Benjamin	Gurr	Senior	Male	25
58	06:34:05	152	Andre	Erlank	Senior	Male	33
59	06:36:03	145	Deon	Willemsse	Senior	Male	37
60	06:41:20	131	Geomarr	Van Tonder	Senior	Male	28
61	06:45:45	141	Colin	Webber	Senior	Male	39
62	06:52:27	62	Jurie	Loots	Senior	Male	33
63	06:52:29	163	Cobus	Stofberg	Senior	Male	33
64	06:57:37	5	Whali	Baderoen	Senior	Male	33

**Senior Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	03:44:40	112	Katya	Soggot	Senior	Female	39
2	04:15:09	82	Minette	Naude	Senior	Female	29
3	04:35:00	150	Daneil	Feldmann	Senior	Female	27
4	04:38:13	114	Hanmarie E	Stadler	Senior	Female	27
5	04:45:31	20	Alana	Doyle	Senior	Female	29
6	04:50:49	11	Nerisa	Coelho	Senior	Female	34
7	05:20:08	115	Neelke W	Stadler	Senior	Female	26
8	05:26:41	60	Sandra	Le Roux	Senior	Female	33
9	05:47:50	102	Heidi	Rohr	Senior	Female	33
10	05:55:47	28	Nadene	Freysen	Senior	Female	23
11	06:25:48	68	Elanie	Meyer	Senior	Female	28
12	06:27:16	111	Tammy	Simon	Senior	Female	31
13	06:52:25	61	Caley	Loots	Senior	Female	28

**Veteran Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	03:20:35	162	Nicholas	Rupanga	Veteran	Male	40
2	03:26:44	69	Dion	Middelkoop	Veteran	Male	45
3	03:58:54	64	Grant	Marcus	Veteran	Male	41
4	04:04:01	117	Luc	Steens	Veteran	Male	46
5	04:05:26	119	Alex	Stewart	Veteran	Male	41
6	04:15:32	83	Eduan	Naudé	Veteran	Male	42
7	04:16:50	159	Cobus	Van den Berg	Veteran	Male	47
8	04:33:12	70	Mark	Middleton	Veteran	Male	44
9	04:46:30	35	Eugene	Groenewald	Veteran	Male	48
10	04:55:39	161	Jacobus	Swanepoel	Veteran	Male	49
11	04:56:23	10	Mike	Clarke	Veteran	Male	44
12	05:06:58	31	Chris	Goodwin	Veteran	Male	48
13	05:57:29	129	Johan	Van Heerden	Veteran	Male	43
14	05:58:05	153	Werner	Hartman	Veteran	Male	45
15	05:59:06	18	Jacques	de Ville	Veteran	Male	48
16	07:55:36	138	Stefan	Von Arx	Veteran	Male	44
17	07:55:54	39	Rob	Speedy	Veteran	Male	45

**Veteran Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	04:17:43	105	Sylvie	Scherzinger	Veteran	Female	43
2	04:26:14	158	Caitlin	Lewis	Veteran	Female	46
3	05:06:57	107	Rezani	Scholtz	Veteran	Female	40
4	06:05:37	38	Charisse	Hansen	Veteran	Female	49
5	06:25:50	120	Marietjie	Steyn	Veteran	Female	41
6	07:08:32	156	Lizel	Bekker	Veteran	Female	44

**Master Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	04:53:36	26	David	Farrell	Master	Male	50
2	05:08:00	123	Johan	Swart	Master	Male	51
3	05:13:02	104	Allan	Ryninks (WildRunner)	Master	Male	57
4	06:05:16	144	Dave	Wheeler	Master	Male	64
5	07:12:36	89	Grant	Oliver	Master	Male	55

**Master Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	06:11:31	109	Elvera	Schwan	Master	Female	53
2	06:24:01	75	Gail	Moriarty	Master	Female	50
3	07:07:00	99	Michele	Priestman	Master	Female	57
4	07:07:03	113	Linda	Sparks	Master	Female	54
5	07:12:40	90	Moira	Oliver	Master	Female	55