



55km Solo Results

Position	Race #	Name	Surname	Category	Gender	Age	Leg 1 Split		Leg 2 Split		Leg 3 Split		Finish
							Split Time	Position	Split Time	Position	Split Time	Position	
1	104	Bernard	Rukadza	Senior	Male	33	03:13:29	1	02:08:03	1	02:01:07	3	07:22:38
2	126	Lucas	Adams	Senior	Male	27	03:25:42	4	02:05:59	3	01:56:46	1	07:28:27
3	105	Nicholas	Rupanga	Veteran	Male	40	03:13:31	2	02:09:36	2	02:08:36	5	07:31:43
4	73	Andrew	Hagen	Senior	Male	29	03:26:36	5	02:06:12	4	01:59:32	2	07:32:21
5	79	Martin	Kleynhans	Senior	Male	37	03:25:04	3	02:09:07	5	02:06:25	4	07:40:36
6	76	Nicholas	Hoernle	Senior	Male	23	03:33:55	7	02:23:06	6	02:18:36	6	08:15:37
7	111	Katya	Soggot	Veteran	Female	40	03:38:18	10	02:20:28	7	02:26:37	11	08:25:23
8	99	Darryn	Patterson	Senior	Male	29	03:34:42	8	02:29:23	9	02:24:08	10	08:28:13
9	86	Dion	Middelkoop	Veteran	Male	45	03:30:46	6	02:32:50	8	02:27:16	12	08:30:52
10	118	Hannes	Van Rensburg	Senior	Male	34	03:46:15	12	02:24:13	10	02:23:15	14	08:43:43
11	120	Andre-Hugo	van Zyl	Senior	Male	27	03:37:29	9	02:33:21	11	02:34:38	15	08:45:28
12	122	Nick	Velthuisen	Senior	Male	30	03:50:06	16	02:34:10	13	02:22:41	8	08:46:57
13	77	Pieter	Jordaan	Senior	Male	25	04:04:48	23	02:26:46	17	02:22:38	7	08:54:12
14	125	Alex	Vouillot	Veteran	Male	43	04:04:43	22	02:26:50	16	02:22:48	9	08:54:21
15	117	Cobus	Van den Berg	Veteran	Male	46	03:49:22	15	02:30:44	12	02:36:11	16	08:56:17
16	114	Luc	Steens	Veteran	Male	46	03:50:56	17	02:41:38	19	02:33:03	13	09:05:37
17	93	Minette	Naude	Senior	Female	29	03:47:57	13	02:38:39	14	02:51:14	23	09:17:50
18	75	Hermanus	Henning	Senior	Male	30	03:48:01	14	02:38:40	15	02:51:10	22	09:17:52
19	87	Rudi	Minnie	Senior	Male	29	03:52:48	20	02:40:39	20	02:48:28	20	09:21:55
20	64	Monique	Du Plessis	Senior	Female	38	03:51:47	19	02:39:51	18	02:57:16	28	09:28:54
21	124	Abrie	Delpoort	Senior	Male	25	03:51:05	18	02:46:39	22	02:53:20	25	09:31:04
22	121	Riaan	Van Zyl	Veteran	Male	41	04:07:13	26	02:36:01	23	02:48:58	21	09:32:11
23	59	Stephen	Davis	Senior	Male	39	03:45:55	11	02:47:48	21	03:04:28	36	09:38:11
24	83	Caitlin	Lewis	Veteran	Female	46	04:07:06	25	02:44:52	25	02:48:09	19	09:40:07
25	71	Clayten	Gouws	Senior	Male	29	04:08:36	27	02:50:10	27	02:43:19	17	09:42:05
26	98	Justin	Opitz	Senior	Male	32	04:02:02	21	02:46:30	24	02:54:19	27	09:42:51
27	65	Armand	Du Plessis	Senior	Male	30	04:11:22	30	02:45:49	26	02:51:36	24	09:48:47
28	102	Tatum	Prins	Senior	Female	38	04:08:54	28	02:54:38	29	02:47:14	18	09:50:46
29	108	Richard	Schroder	Senior	Male	35	04:05:25	24	02:55:21	28	03:19:10	44	10:19:57
30	56	Hanlie	Booeyens	Veteran	Female	41	04:18:33	33	03:03:53	30	02:58:54	30	10:21:19
31	82	Esther	Lategan	Veteran	Female	40	04:19:12	34	03:03:55	32	02:58:20	29	10:21:27
32	85	Ian	Meaker	Senior	Male	31	04:20:08	35	03:03:28	33	03:00:28	31	10:24:05
33	88	Keith	Moodie	Master	Male	56	04:11:10	29	03:11:31	31	03:03:42	34	10:26:23
34	91	Joe	Muller	Senior	Male	32	04:24:30	38	03:00:11	34	03:04:07	35	10:28:48
35	74	Dani	Harcourt	Senior	Female	30	04:28:59	39	03:18:30	39	02:54:15	26	10:41:44
36	66	Steve	Etherton	Senior	Male	38	04:17:28	32	03:16:31	36	03:07:47	37	10:41:46
37	97	Grant	Oliver	Master	Male	55	04:22:36	37	03:14:35	37	03:11:13	38	10:48:24
38	67	James	Farara	Veteran	Male	47	04:31:02	40	03:16:45	40	03:01:37	32	10:49:24
39	58	Devon	Coetzee	Senior	Male	23	04:16:24	31	03:16:39	35	03:16:49	41	10:49:53
40	113	Shaun	Starck	Senior	Male	29	04:35:20	43	03:14:03	41	03:01:52	33	10:51:14
41	53	Guy	Balme	Senior	Male	36	04:21:30	36	03:16:00	38	03:13:48	39	10:51:18
42	119	Dirk	van Vlaanderen	Senior	Male	35	04:31:31	42	03:23:25	42	03:26:51	26	11:21:47
43	100	Greg	Perks	Veteran	Male	43	04:31:09	41	03:47:23	44	03:18:57	43	11:37:29
44	109	Elvera	Schwan	Master	Female	54	05:14:11	47	03:08:21	45	03:17:22	42	11:39:54
45	110	Tammy	Simon	Senior	Female	31	05:01:00	46	03:23:32	47	03:16:17	40	11:40:49
46	106	Allan	Ryninks (WildRunner)	Master	Male	57	04:39:28	44	03:25:04	43	03:43:27	47	11:47:59
47	81	Matthew	Kruger	Senior	Male	39	04:44:26	45	03:40:06	46	03:25:32	45	11:50:04

Category Positions

Senior Male

Position	Race #	Name	Surname	Category	Gender	Age	Leg 1 Split		Leg 2 Split		Leg 3 Split		Finish
							Split Time	Position	Split Time	Position	Split Time	Position	
1	104	Bernard	Rukadza	Senior	Male	33	03:13:29	1	02:08:03	1	02:01:07	3	07:22:38
2	126	Lucas	Adams	Senior	Male	27	03:25:42	4	02:05:59	3	01:56:46	1	07:28:27
3	73	Andrew	Hagen	Senior	Male	29	03:26:36	5	02:06:12	4	01:59:32	2	07:32:21
4	79	Martin	Kleynhans	Senior	Male	37	03:25:04	2	02:09:07	5	02:06:25	4	07:40:36
5	76	Nicholas	Hoernle	Senior	Male	23	03:33:55	7	02:23:06	6	02:18:36	6	08:15:37
6	99	Darryn	Patterson	Senior	Male	29	03:34:42	8	02:29:23	9	02:24:08	10	08:28:13
7	118	Hannes	Van Rensburg	Senior	Male	34	03:46:15	9	02:24:13	8	02:23:15	9	08:43:43
8	120	Andre-Hugo	van Zyl	Senior	Male	27	03:37:29	7	02:33:21	11	02:34:38	15	08:45:28
9	122	Nick	Velthuisen	Senior	Male	30	03:50:06	16	02:34:10	13	02:22:41	8	08:46:57
10	77	Pieter	Jordaan	Senior	Male	25	04:04:48	15	02:26:46	17	02:22:38	7	08:54:12
11	75	Hermanus	Henning	Senior	Male	30	03:48:01	14	02:38:40	15	02:51:10	22	09:17:52
12	87	Rudi	Minnie	Senior	Male	29	03:52:48	13	02:40:39	12	02:48:28	12	09:21:55
13	124	Abrie	Delpoort	Senior	Male	25	03:51:05	12	02:46:39	15	02:53:20	15	09:31:04
14	59	Stephen	Davis	Senior	Male	39	03:45:55	8	02:47:48	16	03:04:28	20	09:38:11
15	71	Clayten	Gouws	Senior	Male	29	04:08:36	17	02:50:10	17	02:43:19	11	09:42:05
16	98	Justin	Opitz	Senior	Male	32	04:02:02	14	02:46:30	14	02:54:19	16	09:42:51
17	65	Armand	Du Plessis	Senior	Male	30	04:11:22	18	02:45:49	13	02:51:36	14	09:48:47
18	108	Richard	Schroder	Senior	Male	35	04:05:25	16	02:55:21	18	03:19:10	24	10:19:57
19	85	Ian	Meaker	Senior	Male	31	04:20:08	21	03:03:28	20	03:00:28	17	10:24:05
20	91	Joe	Muller	Senior	Male	32	04:24:30	23	03:00:11	19	03:04:07	19	10:28:48
21	66	Steve	Etherton	Senior	Male	38	04:17:28	20	03:16:31	23	03:07:47	21	10:41:46
22	58	Devon	Coetzee	Senior	Male	23	04:16:24	19	03:16:39	24	03:16:49	23	10:49:53
23	113	Shaun	Starck	Senior	Male	29	04:35:20	25	03:14:03	21	03:01:52	18	10:51:14
24	53	Guy	Balme	Senior	Male	36	04:21:30	22	03:16:00	22	03:13:48	22	10:51:18
25	119	Dirk	van Vlaanderen	Senior	Male	35	04:31:31	24	03:23:25	25	03:26:51	26	11:21:47
26	81	Matthew	Kruger	Senior	Male	39	04:44:26	26	03:40:06	26	03:25:32	25	11:50:04

Senior Ladies

Position	Race #	Name	Surname	Category	Gender	Age	Leg 1 Split		Leg 2 Split		Leg 3 Split		Finish
							Split Time	Position	Split Time	Position	Split Time	Position	
1	93	Minette	Naude	Senior	Female	29	03:47:57	1	02:38:39	1	02:51:14	1	09:17:50
2	64	Monique	Du Plessis	Senior	Female	38	03:51:47	2	02:39:51	2	02:57:16	4	09:28:54
3	102	Tatum	Prins	Senior	Female	38	04:08:54	3	02:54:38	3	02:47:14	2	09:50:46
4	74	Dani	Harcourt	Senior	Female	30	04:28:59	4	03:18:30	4	02:54:15	3	10:41:44
5	110	Tammy	Simon	Senior	Female	31	05:01:00	5	03:23:32	5	03:16:17	5	11:40:49

Veteran Men

Position	Race #	Name	Surname	Category	Gender	Age	Leg 1 Split		Leg 2 Split		Leg 3 Split		Finish
							Split Time	Position	Split Time	Position	Split Time	Position	
1	105	Nicholas	Rupanga	Veteran	Male	40	03:13:31	1	02:09:36	1	02:08:36	1	07:31:43
2	86	Dion	Middelkoop	Veteran	Male	45	03:30:46	2	02:32:50	4	02:27:16	3	08:30:52
3	125	Alex	Vouillot	Veteran	Male	43	04:04:43	5	02:26:50	2	02:22:48	2	08:54:21
4	117	Cobus	Van den Berg	Veteran	Male	46	03:49:22	3	02:30:44	3	02:36:11	5	08:56:17
5	114	Luc	Steens	Veteran	Male	46	03:50:56	4	02:41:38	6	02:33:03	4	09:05:37
6	121	Riaan	Van Zyl	Veteran	Male	41	04:07:13	6	02:36:01	5	02:48:58	6	09:32:11
7	67	James	Farara	Veteran	Male	47	04:31:02	7	03:16:45	7	03:01:37	7	10:49:24
8	100	Greg	Perks	Veteran	Male	43	04:31:09	8	03:47:23	8	03:18:57	8	11:37:29

Veteran Ladies

Position	Race #	Name	Surname	Category	Gender	Age	Leg 1 Split		Leg 2 Split		Leg 3 Split		Finish
							Split Time	Position	Split Time	Position	Split Time	Position	
1	111	Katya	Soggot	Veteran	Female	40	03:38:18	1	02:20:28	1	02:26:37	1	08:25:23
2	83	Caitlin	Lewis	Veteran	Female	46	04:07:06	2	02:44:52	2	02:48:09	2	09:40:07</

Master Men

Position	Race #	Name	Surname	Category	Gender	Age	Leg 1 Split		Leg 2 Split		Leg 3 Split		Finish
							Split Time	Position	Split Time	Position	Split Time	Position	
1	88	Keith	Moodie	Master	Male	56	04:11:10	1	03:11:31	1	03:03:42	1	10:26:23
2	97	Grant	Oliver	Master	Male	55	04:22:36	2	03:14:35	2	03:11:13	2	10:48:24
3	106	Allan	Ryninks (WildRunner)	Master	Male	57	04:39:28	3	03:25:04	3	03:43:27	3	11:47:59

Master Ladies

Position	Race #	Name	Surname	Category	Gender	Age	Leg 1 Split		Leg 2 Split		Leg 3 Split		Finish
							Split Time	Position	Split Time	Position	Split Time	Position	
1	109	Elvera	Schwan	Master	Female	54	05:14:11	1	03:08:21	1	03:17:22	1	11:39:54



RELAY RESULTS overall

Overall position	Team Number	Team Name	Team type	Leg 1 Split				Leg 2 Split				Leg 3 Split				Finish
				Name	Surname	Split Time	Position	Name	Surname	Split Time	Position	Name	Surname	Split Time	Position	
1	17	BHP Runners	Male	Pieter	Wessels	03:41:58	3	Burger	Symington	02:16:02	1	Heinrich	Boock	02:16:01	3	08:14:01
2	11	Brotherglen	Male	Nick	Colli	03:49:53	4	Christopher	Parker	02:27:08	4	Nikolai	Von Stackelberg	01:59:52	2	08:16:52
3	6	TAH on Hills	Mixed	John	Grewar	03:36:05	2	Marti	Grewar	02:25:41	3	Jenny	Janisch	02:32:11	6	08:33:57
4	9	Hoek's Toyota Swellendam	Male	Tim	Hoek	03:33:12	1	Warren	Hoek	02:46:06	9	Sakkie	Franken	02:31:05	5	08:50:22
5	10	Eastern Chaos	Mixed	Jade	North	04:41:47	8	Brendan	Keogh	02:45:46	8	Edson	Kumwamba	01:36:30	1	09:04:03
6	2	Berg Skilpaaiie	Mixed	Werner	Hartman	04:48:30	11	Ilse	Esterhuysen	02:21:28	2	Jeanette	Steyn	02:22:09	4	09:32:07
7	4	Suikerbossies 2	Male	Simon	Pocock	04:06:50	5	Jeremy	Berrisford	02:52:08	11	Stewart	Means	02:52:46	10	09:51:43
8	14	JPP	Mixed	JW	Van Huyssteen	04:25:45	7	Pauline	Herrmann-Keys	02:36:10	6	Pauline	Wilkinson	03:09:45	11	10:11:40
9	15	Mountain Swagg	Mixed	Conrad	Meier	04:23:45	6	Marco	Prinsloo	02:34:33	5	Alicia	Bock	03:19:38	14	10:17:57
10	7	GVB Bulls and Cow	Mixed	Pierre	Fortin	04:44:01	9	Michele	Moodie	02:58:42	14	Ryan	Whitehead	02:38:47	7	10:21:30
11	1	Mindful Runners	Female	Kylie	Janse van Vuuren	04:54:08	13	Danyeale	Le Mottee	02:58:21	13	Cara-Anne	Le Mottee	02:45:43	8	10:38:11
12	3	Suikerbossies 1	Mixed	Hugh	Hacking	04:53:28	12	Jean	Berrisford	02:52:09	12	Alison	Berrisford	02:52:44	9	10:38:21
13	5	Super Troopers	Male	Brian	Super	04:44:50	10	Ashley	Braver	02:48:50	10	Jon	Farnsworth	03:10:41	12	10:44:21
14	16	#team2069	Mixed	Nattlia	Ongers	05:46:10	16	Eric	Horn	02:40:27	7	Karin	Gerber	03:12:36	13	11:39:13
15	12	Tiger	Mixed	Ian	Mackenzie	05:18:08	14	Jo	Sage	03:02:21	16	Jacqui	Dallimore	04:02:50	15	DNF
16	13	Frazee	Female	Sarah	Frazee	05:33:27	15	Claudette	Moore	03:02:15	15	Nikki	Davies	04:02:58	16	DNF

Men's Team

Overall position	Team Number	Team Name	Team type	Leg 1 Split				Leg 2 Split				Leg 3 Split				Finish
				Name	Surname	Split Time	Position	Name	Surname	Split Time	Position	Name	Surname	Split Time	Position	
1	17	BHP Runners	Male	Pieter	Wessels	03:41:58	2	Burger	Symington	02:16:02	1	Heinrich	Boock	02:16:01	2	08:14:01
2	11	Brotherglen	Male	Nick	Colli	03:49:53	3	Christopher	Parker	02:27:08	2	Nikolai	Von Stackelberg	01:59:52	1	08:16:52
3	9	Hoek's Toyota Swellendam	Male	Tim	Hoek	03:33:12	1	Warren	Hoek	02:46:06	3	Sakkie	Franken	02:31:05	3	08:50:22
4	4	Suikerbossies 2	Male	Simon	Pocock	04:06:50	4	Jeremy	Berrisford	02:52:08	5	Stewart	Means	02:52:46	4	09:51:43
5	5	Super Troopers	Male	Brian	Super	04:44:50	5	Ashley	Braver	02:48:50	4	Jon	Farnsworth	03:10:41	5	10:44:21

Ladies Team

Overall position	Team Number	Team Name	Team type	Leg 1 Split				Leg 2 Split				Leg 3 Split				Finish
				Name	Surname	Split Time	Position	Name	Surname	Split Time	Position	Name	Surname	Split Time	Position	
1	1	Mindful Runners	Female	Kylie	Janse van Vuuren	04:54:08	1	Danyeale	Le Mottee	02:58:21	1	Cara-Anne	Le Mottee	02:45:43	1	10:38:11
2	13	Frazee	Female	Sarah	Frazee	05:33:27	2	Claudette	Moore	03:02:15	2	Nikki	Davies	04:02:58	2	DNF

Mixed Team

Overall position	Team Number	Team Name	Team type	Leg 1 Split				Leg 2 Split				Leg 3 Split				Finish
				Name	Surname	Split Time	Position	Name	Surname	Split Time	Position	Name	Surname	Split Time	Position	
1	6	TAH on Hills	Mixed	John	Grewar	03:36:05	1	Marti	Grewar	02:25:41	2	Jenny	Janisch	02:32:11	3	08:33:57
2	10	Eastern Chaos	Mixed	Jade	North	04:41:47	4	Brendan	Keogh	02:45:46	6	Edson	Kumwamba	01:36:30	1	09:04:03
3	2	Berg Skilpaaiie	Mixed	Werner	Hartman	04:48:30	6	Ilse	Esterhuysen	02:21:28	1	Jeanette	Steyn	02:22:09	2	09:32:07
4	14	JPP	Mixed	JW	Van Huyssteen	04:25:45	3	Pauline	Herrmann-Keys	02:36:10	4	Pauline	Wilkinson	03:09:45	6	10:11:40
5	15	Mountain Swagg	Mixed	Conrad	Meier	04:23:45	2	Marco	Prinsloo	02:34:33	3	Alicia	Bock	03:19:38	8	10:17:57
6	7	GVB Bulls and Cow	Mixed	Pierre	Fortin	04:44:01	5	Michele	Moodie	02:58:42	8	Ryan	Whitehead	02:38:47	4	10:21:30
7	3	Suikerbossies 1	Mixed	Hugh	Hacking	04:53:28	7	Jean	Berrisford	02:52:09	7	Alison	Berrisford	02:52:44	5	10:38:21
8	16	#team2069	Mixed	Nattlia	Ongers	05:46:10	9	Eric	Horn	02:40:27	5	Karin	Gerber	03:12:36	7	11:39:13
9	12	Tiger	Mixed	Ian	Mackenzie	05:18:08	8	Jo	Sage	03:02:21	9	Jacqui	Dallimore	04:02:50	9	DNF



Marloth 10km fun run RESULTS

OVERALL

Position	Time	Race #	Name	Surname	Gender	Age
1	01:12:26	519	Daniel	Robertson	Male	34
2	01:14:32	514	Ramon	Odendal	Male	26
3	01:24:53	516	Ted	Parzydlo	Male	45
4	01:24:58	526	Sakkie	Nel	Male	35
5	01:26:44	518	Sarel	Van Der Walt	Male	36
6	01:27:25	501	Barend	Bezuidenhout	Male	44
7	01:28:32	508	Ali	Hoernle	Female	20
8	01:28:33	510	Fiona	Hoernle	Female	55
9	01:34:22	528	Ulrich	Gunter	Male	43
10	01:34:53	509	Doug	Hoernle	Male	25
11	01:34:59	503	Edwin	Cross	Male	38
12	01:35:10	515	Moirra	Oliver	Female	55
13	01:35:41	527	Inge	Pearson	Female	24
14	01:35:55	507	Alfred	Hoernle	Male	53
15	01:40:48	517	Janami	Steenkamp	Female	36
16	01:40:56	522	Jessica	Opie	Female	45
17	02:01:44	512	Kate	Moodie	Female	28
18	02:17:48	524	Zaskia	Kuun	Female	33
19	02:17:53	525	Jenna	Brand	Female	24
20	02:54:48	520	Damian	Will	Male	29
21	02:54:50	521	Jess	Will	Female	24

MEN

Position	Time	Race #	Name	Surname	Gender	Age
1	01:12:26	519	Daniel	Robertson	Male	34
2	01:14:32	514	Ramon	Odendal	Male	26
3	01:24:53	516	Ted	Parzydlo	Male	45
4	01:24:58	526	Sakkie	Nel	Male	35
5	01:26:44	518	Sarel	Van Der Walt	Male	36
6	01:27:25	501	Barend	Bezuidenhout	Male	44
7	01:34:22	528	Ulrich	Gunter	Male	43
8	01:34:53	509	Doug	Hoernle	Male	25
9	01:34:59	503	Edwin	Cross	Male	38
10	01:35:55	507	Alfred	Hoernle	Male	53
11	02:54:48	520	Damian	Will	Male	29

LADIES

Position	Time	Race #	Name	Surname	Gender	Age
1	01:28:32	508	Ali	Hoernle	Female	20
2	01:28:33	510	Fiona	Hoernle	Female	55
3	01:35:10	515	Moirra	Oliver	Female	55
4	01:35:41	527	Inge	Pearson	Female	24
5	01:40:48	517	Janami	Steenkamp	Female	36
6	01:40:56	522	Jessica	Opie	Female	45
7	02:01:44	512	Kate	Moodie	Female	28
8	02:17:48	524	Zaskia	Kuun	Female	33
9	02:17:53	525	Jenna	Brand	Female	24
10	02:54:50	521	Jess	Will	Female	24