



## 24km Helderberg Mountain Challenge 2016



### Overall

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	02:25:52	112	Bernard	Rukadza	Senior	Male	34
2	02:26:38	77	Kane	Reilly	Senior	Male	23
3	02:38:53	79	Rory	Scheffer	Senior	Male	24
4	02:42:08	122	Dylan	Solms	Senior	Male	21
5	02:42:13	52	David	Long	Senior	Male	32
6	02:42:23	27	Andrew	Hagen	Senior	Male	32
7	02:42:48	5	andrea	biffi	Senior	Male	22
8	02:45:39	125	William	Leslie	Senior	Male	23
9	02:50:38	83	Franz-Erich	Streicher	Senior	Male	27
10	02:51:03	119	Imran	Paya	Senior	Male	38
11	02:55:39	45	gabriel	kriel	Senior	Male	28
12	02:57:01	100	Andre-Hugo	van Zyl	Senior	Male	28
13	02:58:16	1	Lucas	Adams	Senior	Male	27
14	03:00:43	18	Coach	Dion	Veteran	Male	46
15	03:02:54	123	Derrick	Baard	Veteran	Male	45
16	03:07:26	94	George	Van der Schyff	Senior	Male	33
17	03:07:33	67	Justin	Opitz	Senior	Male	33
18	03:09:22	58	Conrad	Moolman	Senior	Male	39
19	03:12:36	63	Jonathan	Niemann	Senior	Male	32
20	03:15:22	26	SHAUN	GREGORY	Veteran	Male	45
21	03:18:31	111	Will	Battersby	Senior	Male	37
22	03:21:18	20	Prieur	du Plessis	Senior	Male	32
23	03:24:47	50	David	Leith	Senior	Male	24
24	03:26:07	33	Fenella	Henderson-Howat	Senior	Female	24
25	03:27:46	74	Simon	Purdon	Senior	Male	20
26	03:27:49	66	Brett	Olsen	Master	Male	51
27	03:29:56	120	Ludwig	Lillie	Master	Male	55
28	03:30:29	12	Darryl	Cooke	Veteran	Male	42
29	03:31:03	71	Plessis	Plessis	Senior	Male	31
30	03:31:09	76	zandre	raath	Senior	Male	31
31	03:33:54	32	Grant	Hawkins	Senior	Male	29
32	03:35:02	115	Phillippa	Burger	Senior	Female	32
33	03:35:16	116	Abrie	Delport	Senior	Male	26
34	03:37:10	82	Piers	Stead	Veteran	Male	48
35	03:39:07	48	Duayne	Le Roux	Senior	Male	22
36	03:41:15	124	Alana	Doyle	Senior	Female	30
37	03:41:39	85	Iain	Sykes	Senior	Male	34
38	03:44:27	44	Ben	Kooyman	Senior	Male	28
39	03:49:28	101	van Zyl	van Zyl	Senior	Male	37
40	03:50:51	37	Zaheer	Hoosain	Senior	Male	31
41	03:51:22	10	Ryan	Cloete	Senior	Male	24
42	03:53:31	53	Magner	Magner	Senior	Male	29
43	03:56:19	47	Anthony	Lai Lam	Veteran	Male	43
44	03:56:36	60	Diaan	Mynhardt	Senior	Male	36
45	03:57:02	11	Nerisa	Coelho	Senior	Female	35
46	04:00:32	117	Helen	Mearns	Senior	Female	34
47	04:02:48	51	JONTELLE	LINNEGAR	Senior	Female	36
48	04:03:12	81	Shaun	Starck	Senior	Female	30
49	04:03:38	40	Kyle	Jansen van Vuuren	Senior	Male	20
50	04:04:54	98	Henri	van Schaik	Veteran	Male	42
51	04:06:20	88	Christi	Thirion	Senior	Male	34
52	04:09:09	14	Johan	De Klerk	Senior	Male	24
53	04:09:10	15	Petrus	de Klerk	Senior	Male	33
54	04:12:13	95	Quintin	Van Dyk	Senior	Male	33
55	04:12:19	56	Gavin	Millard	Veteran	Male	47
56	04:12:28	2	Ryno	Bakkes	Senior	Male	30
57	04:13:32	102	Willemien	Van Zyl	Senior	Female	28
58	04:16:05	36	Clinton	Hill	Senior	Male	33
59	04:17:35	104	Chris	Visser	Senior	Male	33
60	04:19:16	114	James	Wilkinson	Senior	Male	26
61	04:23:04	38	Jaco	Janse van Rensburg	Senior	Male	39
62	04:23:19	16	Wynand	de Swardt	Senior	Male	28
63	04:27:10	43	Dewald	Koegelenberg	Senior	Male	30
64	04:30:14	108	Folkers	Williams	Senior	Male	24
65	04:30:21	28	Joakim	Hansi Blackadder	Senior	Male	31



# 15km Helderberg Mountain Challenge Lite 2016



## Overall

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:24:30	221	Timothy	Chambers	Senior	Male	19
2	01:28:02	360	Damian	Will	Senior	Male	30
3	01:29:09	371	Raydon	Balie	Senior	Male	20
4	01:32:39	390	Michael	Ross	Senior	Male	19
5	01:36:28	249	James	Ellis	Senior	Male	23
6	01:36:56	386	Daniel	Mannweiler	Senior	Male	36
7	01:38:05	389	Ryan	Eichstadt	Senior	Male	29
8	01:45:58	393	Simon	Lamond	Veteran	Male	40
9	01:46:10	384	Dunya	Ansems	Senior	Female	33
10	01:48:33	337	Mia	Uys	Senior	Female	20
11	01:56:19	266	Stephan	Haynes	Senior	Male	23
12	01:57:18	395	Nicholas	Van eeden	Senior	Male	31
13	01:57:42	330	Graham	Swart	Veteran	Male	42
14	01:57:52	366	Dave	Yeowart	Veteran	Male	42
15	01:58:00	321	Charl	Senekal	Senior	Male	22
16	01:58:03	320	Johannes	Scribante	Senior	Male	22
17	01:58:05	332	Jadon	Thomson	Senior	Male	19
18	01:58:12	216	Ruan	Botha	Senior	Male	24
19	01:58:30	300	elroy	pace	Veteran	Male	41
20	01:58:56	237	Scott	Drimie	Veteran	Male	44
21	01:59:38	338	Nicholas	van der Bos	Senior	Male	21
22	01:59:41	214	Daryl	Bhana	Senior	Male	38
23	01:59:49	361	Richard	Williams	Master	Male	54
24	01:59:52	211	Hendry	Bessinger	Senior	Male	36
25	02:03:59	355	Quinton	Walker	Veteran	Male	42
26	02:05:18	322	Amir	Shroufi	Senior	Male	38
27	02:05:28	274	Karen	Jennings	Master	Female	50
28	02:05:31	246	Anton	Eccles	Senior	Male	35
29	02:05:49	293	Samuel	Mohr	Senior	Male	34
30	02:06:17	349	Brendon	Versfeld	Senior	Male	32
31	02:08:06	387	Johan	Swart	Master	Male	53
32	02:08:23	296	Ivor	Norval	Veteran	Male	49
33	02:08:57	298	Ettienne	Oelofse	Senior	Male	37
34	02:10:44	323	Graham	Smith	Senior	Male	27
35	02:10:48	281	Danielle	Lavan	Senior	Female	28
36	02:12:20	257	Michal	George	Veteran	Male	45
37	02:15:16	204	Graham	Alessandri	Master	Male	56
38	02:15:21	324	sharon	smith	Senior	Female	30
39	02:15:53	380	Lizl	Hobson	Veteran	Female	49
40	02:15:56	388	Jeremy	Hangler	Veteran	Male	46
41	02:16:12	282	Klaus	Lombardozzi	Veteran	Male	48
42	02:16:17	352	Rudick	Viljoen	Senior	Male	27
43	02:16:32	239	Izak	Du Plessis	Senior	Male	39
44	02:17:06	382	Erica	GOEDHALS	Veteran	Female	49
45	02:18:35	235	Pieter	De Wet	Senior	Male	23
46	02:19:16	289	Nicholas	Martin	Senior	Male	22
47	02:19:48	295	Owen	Newton-Hill	Senior	Male	21
48	02:19:50	328	James	Surgey	Senior	Male	22
49	02:20:03	377	Fadia	Ables	Senior	Female	23
50	02:20:38	374	John	Morgan	Veteran	Male	44
51	02:20:40	375	Alet	Morgan	Veteran	Female	39
52	02:21:24	254	Nathan	Foster	Veteran	Male	43
53	02:21:27	335	Paul	Turner	Senior	Male	38
54	02:21:29	318	Kelly	Scholtz	Senior	Male	32
55	02:22:19	346	Ansa	van Geest	Veteran	Female	42
56	02:22:58	309	Thys	Pienaar	Senior	Male	26
57	02:23:29	252	Helene	Erasmus	Senior	Female	20
58	02:23:46	347	Karel	Verhoeven	Senior	Male	25
59	02:24:31	248	Beate	Elbrecht	Veteran	Female	40
60	02:24:34	215	Heinrich	Boock	Senior	Male	27
61	02:24:36	297	Ramon	Odendal	Senior	Male	27
62	02:24:38	381	Faure	GOEDHALS	Veteran	Male	47
63	02:24:49	267	Andre	Hefer	Veteran	Male	49
64	02:26:40	260	Elton	Gordon	Senior	Male	34
65	02:27:04	363	Benjamin	Winfield	Senior	Male	27
66	02:27:07	263	Tim	Hadingham	Veteran	Male	44
67	02:27:17	339	Jacobus	Van der Merwe	Senior	Male	26
68	02:27:21	265	Bronwyn	Hastings	Senior	Female	30
69	02:27:24	294	Tito	Moreira	Senior	Male	36



# 11km Helderberg Mountain Challenge Run 2016



## Overall

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	00:48:27	541	Charles	Houston	Senior	Male	19
2	00:50:38	617	Stephen	Millard	Junior	Male	15
3	00:54:32	553	Floris	Machtelinx	Senior	Male	18
4	00:57:03	582	Alex	Topliss	Senior	Male	21
5	00:58:27	624	Marc	Maurel	Senior	Male	42
6	00:59:42	607	Peter	Baumeister	Senior	Male	38
7	01:00:05	612	Katie	Leslie	Senior	Female	20
8	01:00:08	620	David	Barber	Senior	Male	40
9	01:02:16	613	Freddie	Thiem	Senior	Male	59
10	01:03:04	583	Hugh-John	Townsend	Senior	Male	50
11	01:03:07	599	Al	Farao	Senior	Male	30
12	01:03:12	515	Vincent	Cloete	Senior	Male	22
13	01:03:38	600	Carla	Pietersen	Senior	Female	34
14	01:04:03	606	Arno	Rossouw	Senior	Male	44
15	01:06:06	570	malcolm	Royston	Senior	Male	39
16	01:08:31	621	Alistair	Davis	Senior	Male	38
17	01:09:26	616	Paola	Vignani	Senior	Female	52
18	01:09:41	549	Warren	Kent	Senior	Male	30
19	01:10:13	523	Riaan	de Witt	Senior	Male	29
20	01:11:47	614	Anton	Lerm	Senior	Male	43
21	01:12:48	615	Wouter	Cottzee	Senior	Male	40
22	01:13:14	634	Unes	Safodien	Senior	Male	47
23	01:13:53	610	Frances	fuchs	Senior	open	41
24	01:13:56	611	Ben	van rensberg	Senior	Male	43
25	01:15:04	576	David	Smith	Senior	Male	48
26	01:15:06	511	Wentzel	Burger	Senior	Male	33
27	01:15:13	565	Ann	Potgieter	Senior	Female	30
28	01:15:32	628	Cecile	Verburg	Senior	Female	29
29	01:16:38	577	Emile	Smith	Senior	Male	33
30	01:17:19	563	Jaco	Oosthuizen	Senior	Male	40
31	01:18:24	547	NIENKE	JORDAAN	Senior	Female	36
32	01:18:37	524	Etienne	Eccles	Senior	Male	34
33	01:18:44	531	Danie	Fourie	Senior	Male	53
34	01:19:02	558	Kyle	Murray	Senior	Male	29
35	01:19:55	533	Jaco	Gillman	Senior	Male	35
36	01:19:58	629	Helen	Beukes	Senior	Female	37
37	01:19:59	627	Alec	Van Niekerk	Senior	Male	30
38	01:20:28	609	Tharine	Pijl	Senior	Female	34
39	01:20:56	503	Cecilia	Augustine	Senior	Female	30
40	01:21:06	608	Frank	Uys	Senior	Male	54
41	01:21:10	508	Bradley	Beukman	Senior	Male	30
42	01:21:31	595	Pierre	Burden	Senior	Male	40
43	01:21:36	619	John	Winfile	Senior	Male	58
44	01:21:46	579	Candice	Stanton	Senior	Female	28
45	01:22:41	581	Jacques	Theron	Senior	Male	41
46	01:22:48	561	Alethea	Oosthuizen	Senior	Female	37
47	01:23:17	556	Sian	Morgan	Senior	Female	23
48	01:23:25	514	chris	Clark	Senior	Male	73
49	01:24:37	564	Janeske	Oosthuizen	Senior	Female	36
50	01:24:46	520	Marizette	de Meyer	Senior	Female	41
51	01:24:49	522	Leana	de Witt	Senior	Female	30
52	01:24:55	535	Lisa	Godfrey	Senior	Male	49
53	01:25:23	572	RIEDWAAN	SALIE	Senior	Male	61
54	01:25:30	602	Mubeen	September	Senior	Male	37
55	01:27:16	509	Sara	Buluma	Senior	Female	29
56	01:27:23	623	Theodora	Lee	Senior	Female	23
57	01:29:42	505	Frank	Bekkens	Senior	Male	52
58	01:30:08	625	Anel	Van Tonder	Senior	Female	38
59	01:30:15	622	Emily	Pettit-Coetzee	Senior	Female	37
60	01:30:19	500	Earl	Abrahams	Senior	Male	35
61	01:30:31	507	Elmarie	Bessinger	Senior	Female	40
62	01:31:28	552	PETRO	LIEBENBERG	Senior	Female	36
63	01:32:21	536	Lisa	Godfrey	Senior	Female	46
64	01:32:34	591	Anzel	Venter	Senior	Female	36
65	01:34:11	596	Annemarie	de Beer	Senior	Female	43
66	01:34:32	604	Tahlie	Vickers	Senior	Female	40
67	01:35:04	618	Bernette	Cotter	Senior	Female	38
68	01:35:28	554	KATHRYN	MARTIN	Senior	Female	25
69	01:36:08	529	ian	forster	Senior	Male	41

70	01:37:24	580	Tarina	Steenkamp	Senior	Female	27
71	01:37:27	630	Ilze	Van Rensburg	Senior	Female	40
72	01:38:56	516	Anja	Cremer	Senior	Female	22
73	01:39:10	530	THOMAS	FOSTER	Senior	Male	27
74	01:39:54	626	Tshepo	Mamabolo	Senior	Female	34
75	01:41:23	542	Jonathan	Hughes	Senior	Male	35
76	01:41:24	543	Leah	Hughes	Senior	Female	36
77	01:41:26	605	Sean	Pickering	Senior	Male	44
78	01:41:29	597	Nicole	Claase	Senior	Female	30
79	01:41:32	598	Werner	Claase	Senior	Male	35
80	01:41:34	562	Elzahn	Oosthuizen	Senior	Female	41
81	01:41:53	518	Riefaat	Davids	Senior	Male	42
82	01:42:27	593	Gerrit	Viviers	Senior	Male	28
83	01:44:30	532	Kim-Lisa	Gad	Senior	Female	38
84	01:44:57	603	Tania	Dout	Senior	Female	34
85	01:44:59	557	Garth	Munnik	Senior	Male	33
86	01:45:00	501	James Michael	Allen	Senior	Male	32
87	01:45:37	592	Anika	Viviers	Senior	Female	29
88	01:47:41	633	Jo	munro	Senior	Female	48
89	01:47:55	512	Carel	Calitz	Senior	Male	26
90	01:47:57	578	Gustavee	Smith	Senior	Female	22
91	01:50:45	548	Gladys	Kavuma	Senior	Female	31
92	01:52:07	594	Kate	Vlok	Senior	Female	21
93	01:52:09	525	Gert	Els	Senior	Male	21
94	01:54:04	568	Gawie	Roux	Senior	Male	35
95	01:54:06	569	Zelda	Roux	Senior	Female	35
96	01:54:25	534	Chantelle	Gleed	Senior	Female	34
97	01:54:28	560	Helmien	Niemand	Senior	Female	26
98	01:54:35	539	Adri	Gouws	Senior	Female	40
99	01:55:54	519	Nicola	Davidson	Senior	Female	38
100	01:59:19	510	Alice	Bundo	Senior	Female	29
101	02:00:28	631	Rene	January	Senior	Female	43
102	02:00:31	632	Mark	January	Senior	Male	50
103	02:04:38	559	mari	nel	Senior	Female	31
104	02:05:22	567	corne	rossouw	Senior	Female	42
105	02:18:28	574	ago	Sittig	Senior	Male	36
106	02:19:24	526	marion	ematinger	Senior	Female	41

**Senior Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	00:48:27	541	Charles	Houston	Senior	Male	19
2	00:54:32	553	Floris	Machtelinckx	Senior	Male	18
3	00:57:03	582	Alex	Topliss	Senior	Male	21
4	00:58:27	624	Marc	Maurel	Senior	Male	42
5	00:59:42	607	Peter	Baumeister	Senior	Male	38
6	01:00:08	620	David	Barber	Senior	Male	40
7	01:02:16	613	Freddie	Thiem	Senior	Male	59
8	01:03:04	583	Hugh-John	Townsend	Senior	Male	50
9	01:03:07	599	Al	Farao	Senior	Male	30
10	01:03:12	515	Vincent	Cloete	Senior	Male	22
11	01:04:03	606	Arno	Rossouw	Senior	Male	44
12	01:06:06	570	malcolm	Royston	Senior	Male	39
13	01:08:31	621	Alistair	Davis	Senior	Male	38
14	01:09:41	549	Warren	Kent	Senior	Male	30
15	01:10:13	523	Riaan	de Witt	Senior	Male	29
16	01:11:47	614	Anton	Lerm	Senior	Male	43
17	01:12:48	615	Wouter	Cottzee	Senior	Male	40
18	01:13:14	634	Unes	Safodien	Senior	Male	47
19	01:13:56	611	Ben	van rensberg	Senior	Male	43
20	01:15:04	576	David	Smith	Senior	Male	48
21	01:15:06	511	Wentzel	Burger	Senior	Male	33
22	01:16:38	577	Emile	Smith	Senior	Male	33
23	01:17:19	563	Jaco	Oosthuizen	Senior	Male	40
24	01:18:37	524	Etienne	Eccles	Senior	Male	34
25	01:18:44	531	Danie	Fourie	Senior	Male	53
26	01:19:02	558	Kyle	Murray	Senior	Male	29
27	01:19:55	533	Jaco	Gillman	Senior	Male	35
28	01:19:59	627	Alec	Van Niekerk	Senior	Male	30
29	01:21:06	608	Frank	Uys	Senior	Male	54
30	01:21:10	508	Bradley	Beukman	Senior	Male	30
31	01:21:31	595	Pierre	Burden	Senior	Male	40
32	01:21:36	619	John	Winfile	Senior	Male	58
33	01:22:41	581	Jacques	Theron	Senior	Male	41
34	01:23:25	514	chris	Clark	Senior	Male	73
35	01:24:55	535	Lisa	Godfrey	Senior	Male	49
36	01:25:23	572	RIEDWAAN	SALIE	Senior	Male	61
37	01:25:30	602	Mubeen	September	Senior	Male	37
38	01:29:42	505	Frank	Bekkens	Senior	Male	52
39	01:30:19	500	Earl	Abrahams	Senior	Male	35
40	01:36:08	529	ian	forster	Senior	Male	41
41	01:39:10	530	THOMAS	FOSTER	Senior	Male	27
42	01:41:23	542	Jonathan	Hughes	Senior	Male	35
43	01:41:26	605	Sean	Pickering	Senior	Male	44
44	01:41:32	598	Werner	Claase	Senior	Male	35
45	01:41:53	518	Riefaat	Davids	Senior	Male	42
46	01:42:27	593	Gerrit	Viviers	Senior	Male	28
47	01:44:59	557	Garth	Munnik	Senior	Male	33
48	01:45:00	501	James Michael	Allen	Senior	Male	32
49	01:47:55	512	Carel	Calitz	Senior	Male	26
50	01:52:09	525	Gert	Els	Senior	Male	21
51	01:54:04	568	Gawie	Roux	Senior	Male	35
52	02:00:31	632	Mark	January	Senior	Male	50
53	02:18:28	574	ago	Sittig	Senior	Male	36

**Senior Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:00:05	612	Katie	Leslie	Senior	Female	20
2	01:03:38	600	Carla	Pietersen	Senior	Female	34
3	01:09:26	616	Paola	Vignani	Senior	Female	52
4	01:13:53	610	Frances	fuchs	Senior	Female	41
5	01:15:13	565	Ann	Potgieter	Senior	Female	30
6	01:15:32	628	Cecile	Verburg	Senior	Female	29
7	01:18:24	547	NIENKE	JORDAAN	Senior	Female	36
8	01:19:58	629	Helen	Beukes	Senior	Female	37
9	01:20:28	609	Tharine	Pijl	Senior	Female	34
10	01:20:56	503	Cecilia	Augustine	Senior	Female	30
11	01:21:46	579	Candice	Stanton	Senior	Female	28
12	01:22:48	561	Alethea	Oosthuizen	Senior	Female	37
13	01:23:17	556	Sian	Morgan	Senior	Female	23
14	01:24:37	564	Janeske	Oosthuizen	Senior	Female	36
15	01:24:46	520	Marizette	de Meyer	Senior	Female	41
16	01:24:49	522	Leana	de Witt	Senior	Female	30
17	01:27:16	509	Sara	Buluma	Senior	Female	29
18	01:27:23	623	Theodora	Lee	Senior	Female	23
19	01:30:08	625	Anel	Van Tonder	Senior	Female	38
20	01:30:15	622	Emily	Pettit-Coetzee	Senior	Female	37
21	01:30:31	507	Elmarie	Bessinger	Senior	Female	40
22	01:31:28	552	PETRO	LIEBENBERG	Senior	Female	36
23	01:32:21	536	Lisa	Godfrey	Senior	Female	46
24	01:32:34	591	Anzel	Venter	Senior	Female	36
25	01:34:11	596	Annemarie	de Beer	Senior	Female	43
26	01:34:32	604	Tahlie	Vickers	Senior	Female	40
27	01:35:04	618	Bernette	Cotter	Senior	Female	38
28	01:35:28	554	KATHRYN	MARTIN	Senior	Female	25
29	01:37:24	580	Tarina	Steenkamp	Senior	Female	27
30	01:37:27	630	Ilze	Van Rensburg	Senior	Female	40
31	01:38:56	516	Anja	Cremer	Senior	Female	22
32	01:39:54	626	Tshepo	Mamabolo	Senior	Female	34
33	01:41:24	543	Leah	Hughes	Senior	Female	36
34	01:41:29	597	Nicole	Clause	Senior	Female	30
35	01:41:34	562	Elzahn	Oosthuizen	Senior	Female	41
36	01:44:30	532	Kim-Lisa	Gad	Senior	Female	38
37	01:44:57	603	Tania	Dout	Senior	Female	34
38	01:45:37	592	Anika	Viviers	Senior	Female	29
39	01:47:41	633	Jo	munro	Senior	Female	48
40	01:47:57	578	Gustavee	Smith	Senior	Female	22
41	01:50:45	548	Gladys	Kavuma	Senior	Female	31
42	01:52:07	594	Kate	Vlok	Senior	Female	21
43	01:54:06	569	Zelda	Roux	Senior	Female	35
44	01:54:25	534	Chantelle	Gleed	Senior	Female	34
45	01:54:28	560	Helmien	Niemand	Senior	Female	26
46	01:54:35	539	Adri	Gouws	Senior	Female	40
47	01:55:54	519	Nicola	Davidson	Senior	Female	38
48	01:59:19	510	Alice	Bundo	Senior	Female	29
49	02:00:28	631	Rene	January	Senior	Female	43
50	02:04:38	559	mari	nel	Senior	Female	31
51	02:05:22	567	corne	rossouw	Senior	Female	42
52	02:19:24	526	marion	ematinger	Senior	Female	41

**Junior Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	00:50:38	617	Stephen	Millard	Junior	Male	15

70	02:27:43	218	ashley	braver	Veteran	Male	48
71	02:27:45	369	Randi	Clendennen-Foster	Veteran	Female	42
72	02:27:54	272	Daniel	Hughes	Senior	Male	39
73	02:28:00	356	Jessamine	Ward	Senior	Female	33
74	02:28:53	273	Kylie	Janse van Vuuren	Senior	Female	24
75	02:29:10	233	Gerhard	De Wet	Senior	Male	23
76	02:29:18	206	ursula	auer	Veteran	Female	43
78	02:30:29	230	Anesca	Davey	Veteran	Female	40
77	02:30:25	244	Marlize	du Toit	Senior	Female	38
79	02:30:34	306	Charles	Pettit	Senior	Male	34
80	02:30:36	331	Andrew	Tainton	Senior	Male	25
81	02:31:03	359	Ryan	Whitehead	Senior	Male	34
82	02:31:40	302	Burgess	Patterson	Veteran	Male	45
83	02:31:46	394	Sarah	Lamond	Veteran	Female	35
84	02:32:27	287	Natalie	Marcus	Senior	Female	34
85	02:33:56	391	Louis	Becker	Senior	Male	25
86	02:34:31	357	Nicholas	Wells	Senior	Male	32
87	02:36:11	229	Donielle	Dampier	Senior	Female	27
88	02:36:35	333	Andrew	Travis	Senior	Male	35
89	02:36:43	334	Clare	Travis	Senior	Female	34
90	02:36:45	342	Lourens	van der Westhuizen	Veteran	Male	47
91	02:36:51	269	Ross	Hofmeyr	Senior	Male	34
92	02:37:07	329	Gerhard	Swart	Senior	Male	37
93	02:37:55	311	Anne	Pool	Master	Female	55
94	02:38:18	368	Gail	Moriarty	Master	Female	51
95	02:38:20	354	Jacqueline	Vockins	Senior	Female	37
96	02:38:22	385	Brian	Super	Master	Male	58
97	02:38:23	303	Francesco	Paulucci de Calboli	Senior	Male	21
98	02:38:45	370	Rina	Van Der Merwe	Veteran	Female	44
99	02:39:24	348	Rechelle	Vermaak	Veteran	Female	40
100	02:39:30	203	Anne	Alessandri	Veteran	Female	41
101	02:39:33	243	jean-pierre	du toit	Senior	Male	34
102	02:39:34	284	Grant	Magerman	Senior	Male	36
103	02:39:37	278	Dean	Keyser	Senior	Male	35
104	02:39:53	325	Kelly	Spence	Senior	Female	29
105	02:41:06	365	Bret	Wurdeman	Senior	Male	25
106	02:41:32	364	Cordula	Winkler	Senior	Female	36
107	02:41:52	251	Helen	Erasmus	Master	Female	52
108	02:42:40	336	Chris	Underwood	Senior	Male	24
109	02:42:43	245	Orla	Du Toit	Veteran	Female	40
110	02:42:48	242	Calla	Du Toit	Veteran	Male	44
111	02:43:01	372	Gareth	Gouveia	Senior	Male	26
112	02:43:42	305	Manny	Pereira	Veteran	Male	47
113	02:44:51	379	Ilse	Langhout	Senior	Female	37
114	02:45:06	222	Geoffrey	Chisnall	Senior	Male	34
115	02:46:00	327	Alan	Struthers	Veteran	Male	42
116	02:46:42	247	john	eccles	Master	Male	66
117	02:47:18	232	dominique	de villiers	Senior	Female	35
118	02:47:29	234	Leon	De wet	Senior	Male	26
119	02:47:51	253	Mark	Fletcher	Senior	Male	38
120	02:48:31	227	David	Conradie	Master	Male	63
121	02:50:30	240	Pier	du Plessis	Senior	Male	26
122	02:50:36	241	Ilsje	du Plooy	Veteran	Female	49
123	02:51:13	261	Shafeeqah	Gordon	Senior	Female	21
124	02:52:08	202	Wilmi	Agenbag	Senior	Female	18
125	02:53:54	376	Shannon	Fletcher	Senior	Female	36
126	02:54:05	350	Sarah	Versfeld	Senior	Female	30
127	02:54:07	201	Claire	Adams	Senior	Female	29
128	02:56:15	392	Gian	Palermo	Veteran	Male	47
129	02:56:46	314	Leon	Reeding	Veteran	Male	48
130	02:57:08	271	Michelle	Horak	Senior	Female	28
131	02:57:10	258	Alasdair	Glass	Senior	Male	28
132	02:58:08	236	Claire	Denton	Senior	Female	35
133	03:02:34	205	Cathy	Alison	Master	Female	52
134	03:02:36	270	Sally	Hollick	Veteran	Female	49
135	03:02:38	341	Juanita	van der Westhuizen	Senior	Female	35
136	03:07:43	313	Hybre	Reeding	Veteran	Female	40
137	03:08:20	308	Lee-Anne	Pienaar	Senior	Female	39
138	03:09:11	319	Hayley	Schuter	Senior	Female	29
139	03:09:14	301	Calvin	pagel	Senior	Male	22
140	03:09:16	315	Sylvia	Richards	Senior	Female	39
141	03:10:52	353	Helena	Visser	Veteran	Female	40
142	03:10:55	262	Gretel	Grace	Senior	Female	37
143	03:10:56	208	Robert	Bain	Senior	Male	34
144	03:14:10	213	Bezuidenhout	Bezuidenhout	Senior	Male	33
145	03:16:05	367	Robin	Ziehl	Veteran	Male	47
146	03:16:07	362	Robert	Wilson	Veteran	Male	47
147	03:21:34	250	Haydn	Ellwood	Senior	Male	39
148	03:22:34	383	Colin	van Niekerk	Master	Male	55
149	03:25:01	344	Amanda	van Eeden	Veteran	Female	46
150	03:27:10	279	Mohamed	Khalpe	Senior	Male	30
151	03:28:40	288	Jacques	Maree	Senior	Male	37
152	03:29:50	317	karin	roos	Senior	Female	27

153	03:29:53	207	Govender	Ayesha	Veteran	Female	40
154	03:41:26	225	Vanessa	Clark	Veteran	Female	41
155	03:44:37	343	Johannes	Van Eck	Veteran	Male	42
156	03:45:57	316	Vaughn	Roman	Senior	Male	31
157	04:00:45	378	Joan	BENNETT	Veteran	Female	48
158	04:06:02	299	Cornelia	Olivier	Veteran	Female	42
159	04:44:23	255	Tanya	Fourie	Senior	Female	29
160	04:44:25	312	Danielle	Pretorius	Senior	Female	34



**Senior Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:24:30	221	Timothy	Chambers	Senior	Male	19
2	01:28:02	360	Damian	Will	Senior	Male	30
3	01:29:09	371	Raydon	Balie	Senior	Male	20
4	01:32:39	390	Michael	Ross	Senior	Male	19
5	01:36:28	249	James	Ellis	Senior	Male	23
6	01:36:56	386	Daniel	Mannweiler	Senior	Male	36
7	01:38:05	389	Ryan	Eichstadt	Senior	Male	29
8	01:56:19	266	Stephan	Haynes	Senior	Male	23
9	01:57:18	395	Nicholas	Van eeden	Senior	Male	31
10	01:58:00	321	Charl	Senekal	Senior	Male	22
11	01:58:03	320	Johannes	Scribante	Senior	Male	22
12	01:58:05	332	Jadon	Thomson	Senior	Male	19
13	01:58:12	216	Ruan	Botha	Senior	Male	24
14	01:59:38	338	Nicholas	van der Bos	Senior	Male	21
15	01:59:41	214	Daryl	Bhana	Senior	Male	38
16	01:59:52	211	Hendry	Bessinger	Senior	Male	36
17	02:05:18	322	Amir	Shroufi	Senior	Male	38
18	02:05:31	246	Anton	Eccles	Senior	Male	35
19	02:05:49	293	Samuel	Mohr	Senior	Male	34
20	02:06:17	349	Brendon	Versfeld	Senior	Male	32
21	02:08:57	298	Ettienne	Oelofse	Senior	Male	37
22	02:10:44	323	Graham	Smith	Senior	Male	27
23	02:16:17	352	Rudick	Viljoen	Senior	Male	27
24	02:16:32	239	Izak	Du Plessis	Senior	Male	39
25	02:18:35	235	Pieter	De Wet	Senior	Male	23
26	02:19:16	289	Nicholas	Martin	Senior	Male	22
27	02:19:48	295	Owen	Newton-Hill	Senior	Male	21
28	02:19:50	328	James	Surgey	Senior	Male	22
29	02:21:27	335	Paul	Turner	Senior	Male	38
30	02:21:29	318	Kelly	Scholtz	Senior	Male	32
31	02:22:58	309	Thys	Pienaar	Senior	Male	26
32	02:23:46	347	Karel	Verhoeven	Senior	Male	25
33	02:24:34	215	Heinrich	Boock	Senior	Male	27
34	02:24:36	297	Ramon	Odendal	Senior	Male	27
35	02:26:40	260	Elton	Gordon	Senior	Male	34
36	02:27:04	363	Benjamin	Winfield	Senior	Male	27
37	02:27:17	339	Jacobus	Van der Merwe	Senior	Male	26
38	02:27:24	294	Tito	Moreira	Senior	Male	36
39	02:27:54	272	Daniel	Hughes	Senior	Male	39
40	02:29:10	233	Gerhard	De Wet	Senior	Male	23
41	02:30:34	306	Charles	Pettit	Senior	Male	34
42	02:30:36	331	Andrew	Tainton	Senior	Male	25
43	02:31:03	359	Ryan	Whitehead	Senior	Male	34
44	02:33:56	391	Louis	Becker	Senior	Male	25
45	02:34:31	357	Nicholas	Wells	Senior	Male	32
46	02:36:35	333	Andrew	Travis	Senior	Male	35
47	02:36:51	269	Ross	Hofmeyr	Senior	Male	34
48	02:37:07	329	Gerhard	Swart	Senior	Male	37
49	02:38:23	303	Francesco	Paulucci de Calboli	Senior	Male	21
50	02:39:33	243	jean-pierre	du toit	Senior	Male	34
51	02:39:34	284	Grant	Magerman	Senior	Male	36
52	02:39:37	278	Dean	Keyser	Senior	Male	35
53	02:41:06	365	Bret	Wurdeman	Senior	Male	25
54	02:42:40	336	Chris	Underwood	Senior	Male	24
55	02:43:01	372	Gareth	Gouveia	Senior	Male	26
56	02:45:06	222	Geoffrey	Chisnall	Senior	Male	34
57	02:47:29	234	Leon	De wet	Senior	Male	26
58	02:47:51	253	Mark	Fletcher	Senior	Male	38
59	02:50:30	240	Pier	du Plessis	Senior	Male	26
60	02:57:10	258	Alasdair	Glass	Senior	Male	28
61	03:09:14	301	Calvin	pagel	Senior	Male	22
62	03:10:56	208	Robert	Bain	Senior	Male	34
63	03:14:10	213	Bezuidenhout	Bezuidenhout	Senior	Male	33
64	03:21:34	250	Haydn	Ellwood	Senior	Male	39
65	03:27:10	279	Mohamed	Khalpe	Senior	Male	30
66	03:28:40	288	Jacques	Maree	Senior	Male	37
67	03:45:57	316	Vaughn	Roman	Senior	Male	31

**Senior Female**

<b>Position</b>	<b>Time</b>	<b>Race #</b>	<b>Name</b>	<b>Surname</b>	<b>Category</b>	<b>Sex</b>	<b>Age</b>
1	01:46:10	384	Dunya	Ansems	Senior	Female	33
2	01:48:33	337	Mia	Uys	Senior	Female	20
3	02:10:48	281	Danielle	Lavan	Senior	Female	28
4	02:15:21	324	sharon	smith	Senior	Female	30
5	02:20:03	377	Fadia	Ables	Senior	Female	23
6	02:23:29	252	Helene	Erasmus	Senior	Female	20
7	02:27:21	265	Bronwyn	Hastings	Senior	Female	30
8	02:28:00	356	Jessamine	Ward	Senior	Female	33
9	02:28:53	273	Kylie	Janse van Vuuren	Senior	Female	24
10	02:30:25	244	Marlize	du Toit	Senior	Female	38
11	02:32:27	287	Natalie	Marcus	Senior	Female	34
12	02:36:11	229	Donielle	Dampier	Senior	Female	27
13	02:36:43	334	Clare	Travis	Senior	Female	34
14	02:38:20	354	Jacqueline	Vockins	Senior	Female	37
15	02:39:53	325	Kelly	Spence	Senior	Female	29
16	02:41:32	364	Cordula	Winkler	Senior	Female	36
17	02:44:51	379	Ilse	Langhout	Senior	Female	37
18	02:47:18	232	dominique	de villiers	Senior	Female	35
19	02:51:13	261	Shafeeqah	Gordon	Senior	Female	21
20	02:52:08	202	Wilmi	Agenbag	Senior	Female	18
21	02:53:54	376	Shannon	Fletcher	Senior	Female	36
22	02:54:05	350	Sarah	Versfeld	Senior	Female	30
23	02:54:07	201	Claire	Adams	Senior	Female	29
24	02:57:08	271	Michelle	Horak	Senior	Female	28
25	02:58:08	236	Claire	Denton	Senior	Female	35
26	03:02:38	341	Juanita	van der Westhuizen	Senior	Female	35
27	03:08:20	308	Lee-Anne	Pienaar	Senior	Female	39
28	03:09:11	319	Hayley	Schuter	Senior	Female	29
29	03:09:16	315	Sylvia	Richards	Senior	Female	39
30	03:10:55	262	Gretel	Grace	Senior	Female	37
31	03:29:50	317	karin	roos	Senior	Female	27
32	04:44:23	255	Tanya	Fourie	Senior	Female	29
33	04:44:25	312	Danielle	Pretorius	Senior	Female	34

**Veteran Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:45:58	393	Simon	Lamond	Veteran	Male	40
2	01:57:42	330	Graham	Swart	Veteran	Male	42
3	01:57:52	366	Dave	Yeowart	Veteran	Male	42
4	01:58:30	300	elroy	pace	Veteran	Male	41
5	01:58:56	237	Scott	Drimie	Veteran	Male	44
6	02:03:59	355	Quinton	Walker	Veteran	Male	42
7	02:08:23	296	Ivor	Norval	Veteran	Male	49
8	02:12:20	257	Michal	George	Veteran	Male	45
9	02:15:56	388	Jeremy	Hangler	Veteran	Male	46
10	02:16:12	282	Klaus	Lombardozzi	Veteran	Male	48
11	02:20:38	374	John	Morgan	Veteran	Male	44
12	02:21:24	254	Nathan	Foster	Veteran	Male	43
13	02:24:38	381	Faure	GOEDHALS	Veteran	Male	47
14	02:24:49	267	Andre	Hefer	Veteran	Male	49
15	02:27:07	263	Tim	Hadingham	Veteran	Male	44
16	02:27:43	218	ashley	braver	Veteran	Male	48
17	02:31:40	302	Burgess	Patterson	Veteran	Male	45
18	02:36:45	342	Lourens	van der Westhuizen	Veteran	Male	47
19	02:42:48	242	Calla	Du Toit	Veteran	Male	44
20	02:43:42	305	Manny	Pereira	Veteran	Male	47
21	02:46:00	327	Alan	Struthers	Veteran	Male	42
22	02:56:15	392	Gian	Palermo	Veteran	Male	47
23	02:56:46	314	Leon	Reeding	Veteran	Male	48
24	03:16:05	367	Robin	Ziehl	Veteran	Male	47
25	03:16:07	362	Robert	Wilson	Veteran	Male	47
26	03:44:37	343	Johannes	Van Eck	Veteran	Male	42

**Veteran Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	02:15:53	380	Lizl	Hobson	Veteran	Female	49
2	02:17:06	382	Erica	GOEDHALS	Veteran	Female	49
3	02:20:40	375	Alet	Morgan	Veteran	Female	39
4	02:22:19	346	Ansa	van Geest	Veteran	Female	42
5	02:24:31	248	Beate	Elbrecht	Veteran	Female	40
6	02:27:45	369	Randi	Clendennen-Foster	Veteran	Female	42
7	02:29:18	206	ursula	auer	Veteran	Female	43
8	02:30:29	230	Anesca	Davey	Veteran	Female	40
9	02:31:46	394	Sarah	Lamond	Veteran	Female	35
10	02:38:45	370	Rina	Van Der Merwe	Veteran	Female	44
11	02:39:24	348	Rechelle	Vermaak	Veteran	Female	40
12	02:39:30	203	Anne	Alessandri	Veteran	Female	41
13	02:42:43	245	Orla	Du Toit	Veteran	Female	40
14	02:50:36	241	Ilsje	du Plooy	Veteran	Female	49
15	03:02:36	270	Sally	Hollick	Veteran	Female	49
16	03:07:43	313	Hybre	Reeding	Veteran	Female	40
17	03:10:52	353	Helena	Visser	Veteran	Female	40
18	03:25:01	344	Amanda	van Eeden	Veteran	Female	46
19	03:29:53	207	Govender	Ayasha	Veteran	Female	40
20	03:41:26	225	Vanessa	Clark	Veteran	Female	41
21	04:00:45	378	Joan	BENNETT	Veteran	Female	48
22	04:06:02	299	Cornelia	Olivier	Veteran	Female	42

**Master Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:59:49	361	Richard	Williams	Master	Male	54
2	02:08:06	387	Johan	Swart	Master	Male	53
3	02:15:16	204	Graham	Alessandri	Master	Male	56
4	02:38:22	385	Brian	Super	Master	Male	58
5	02:46:42	247	john	eccles	Master	Male	66
6	02:48:31	227	David	Conradie	Master	Male	63
7	03:22:34	383	Colin	van Niekerk	Master	Male	55

**Master Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	02:05:28	274	Karen	Jennings	Master	Female	50
2	02:37:55	311	Anne	Pool	Master	Female	55
3	02:38:18	368	Gail	Moriarty	Master	Female	51
4	02:41:52	251	Helen	Erasmus	Master	Female	52
5	03:02:34	205	Cathy	Alison	Master	Female	52

66	04:31:11	87	theunissen	theunissen	Senior	Male	29
67	04:32:17	106	Clare	Walker	Senior	Female	20
68	04:35:43	80	Tammy	Simon	Senior	Female	32
69	04:35:52	35	Nicholas	Higgs	Senior	Male	27
70	04:37:02	54	Rob	McDonald	Master	Male	62
71	04:37:25	73	Matt	Prinsloo	Senior	Male	31
72	04:42:54	121	Micheal	Cotter	Veteran	Male	44
73	04:45:04	109	Tanya	Worner	Master	Female	52
74	04:45:55	99	Jan Adriaan	van Wyk	Senior	Male	37
75	04:45:56	92	Lesley	Titmuss	Senior	Female	25
76	04:55:39	118	Alberto	Fasana	Veteran	Male	49
77	04:56:48	13	Alan	Daly	Master	Male	58
78	04:59:29	96	Johan	van Heerden	Veteran	Male	44
79	05:02:12	9	Timothy	Butcher	Veteran	Male	48
80	05:02:16	3	Andrew	Beattie	Veteran	Male	43
81	05:02:34	55	Meyer	Meyer	Senior	Female	29
82	05:03:10	70	David	Pienaar	Veteran	Male	46
83	05:06:12	21	Albertus Johannes	du Toit	Senior	Male	30
84	05:08:43	34	Shelley	Heunes	Senior	Female	34
85	05:13:35	64	Terence	Niselow	Senior	Male	28
86	05:14:22	107	Colin	Webber	Veteran	Male	40
87	05:14:28	7	Sheldon	Brandt	Veteran	Male	46
88	05:21:10	42	Arnoldus	Kennedy	Senior	Male	37
89	05:21:59	78	LEON	RUST	Senior	Male	33
90	05:28:37	29	Mark	Hatherill	Veteran	Male	49
91	05:28:39	46	Jeremy	Kropman	Master	Male	59
92	05:53:19	31	Marc-Steven	Havinga	Senior	Male	39
93	06:11:10	23	Mark	Ellis	Senior	Male	24
94	06:14:13	105	Mart-Maré	Viviers	Senior	Female	30
95	06:21:50	49	Terina	le Roux	Senior	Female	34

**Senior Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	02:25:52	112	Bernard	Rukadza	Senior	Male	34
2	02:26:38	77	Kane	Reilly	Senior	Male	23
3	02:38:53	79	Rory	Scheffer	Senior	Male	24
4	02:42:08	122	Dylan	Solms	Senior	Male	21
5	02:42:13	52	David	Long	Senior	Male	32
6	02:42:23	27	Andrew	Hagen	Senior	Male	32
7	02:42:48	5	andrea	biffi	Senior	Male	22
8	02:45:39	125	William	Leslie	Senior	Male	23
9	02:50:38	83	Franz-Erich	Streicher	Senior	Male	27
10	02:51:03	119	Imran	Paya	Senior	Male	38
11	02:55:39	45	gabriel	kriel	Senior	Male	28
12	02:57:01	100	Andre-Hugo	van Zyl	Senior	Male	28
13	02:58:16	1	Lucas	Adams	Senior	Male	27
14	03:07:26	94	George	Van der Schyff	Senior	Male	33
15	03:07:33	67	Justin	Opitz	Senior	Male	33
16	03:09:22	58	Conrad	Moolman	Senior	Male	39
17	03:12:36	63	Jonathan	Niemann	Senior	Male	32
18	03:18:31	111	Will	Battersby	Senior	Male	37
19	03:21:18	20	Prieur	du Plessis	Senior	Male	32
20	03:24:47	50	David	Leith	Senior	Male	24
21	03:27:46	74	Simon	Purdon	Senior	Male	20
22	03:31:03	71	Plessis	Plessis	Senior	Male	31
23	03:31:09	76	zandre	raath	Senior	Male	31
24	03:33:54	32	Grant	Hawkins	Senior	Male	29
25	03:35:16	116	Abrie	Delport	Senior	Male	26
26	03:39:07	48	Duayne	Le Roux	Senior	Male	22
27	03:41:39	85	Iain	Sykes	Senior	Male	34
28	03:44:27	44	Ben	Kooyman	Senior	Male	28
29	03:49:28	101	van Zyl	van Zyl	Senior	Male	37
30	03:50:51	37	Zaheer	Hoosain	Senior	Male	31
31	03:51:22	10	Ryan	Cloete	Senior	Male	24
32	03:53:31	53	Magner	Magner	Senior	Male	29
33	03:56:36	60	Diaan	Mynhardt	Senior	Male	36
34	04:03:38	40	Kyle	Jansen van Vuuren	Senior	Male	20
35	04:06:20	88	Christi	Thirion	Senior	Male	34
36	04:09:09	14	Johan	De Klerk	Senior	Male	24
37	04:09:10	15	Petrus	de Klerk	Senior	Male	33
38	04:12:13	95	Quintin	Van Dyk	Senior	Male	33
39	04:12:28	2	Ryno	Bakkes	Senior	Male	30
40	04:16:05	36	Clinton	Hill	Senior	Male	33
41	04:17:35	104	Chris	Visser	Senior	Male	33
42	04:19:16	114	James	Wilkinson	Senior	Male	26
43	04:23:04	38	Jaco	Janse van Rensburg	Senior	Male	39
44	04:23:19	16	Wynand	de Swardt	Senior	Male	28
45	04:27:10	43	Dewald	Koegelenberg	Senior	Male	30
46	04:30:14	108	Folkers	Williams	Senior	Male	24
47	04:30:21	28	Joakim	Hansi Blackadder	Senior	Male	31
48	04:31:11	87	theunissen	theunissen	Senior	Male	29
49	04:35:52	35	Nicholas	Higgs	Senior	Male	27
50	04:37:25	73	Matt	Prinsloo	Senior	Male	31
51	04:45:55	99	Jan Adriaan	van Wyk	Senior	Male	37
52	05:06:12	21	Albertus Johannes	du Toit	Senior	Male	30
53	05:13:35	64	Terence	Niselow	Senior	Male	28
54	05:21:10	42	Arnoldus	Kennedy	Senior	Male	37
55	05:21:59	78	LEON	RUST	Senior	Male	33
56	05:53:19	31	Marc-Steven	Havinga	Senior	Male	39
57	06:11:10	23	Mark	Ellis	Senior	Male	24

**Senior Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	03:26:07	33	Fenella	Henderson-Howat	Senior	Female	24
2	03:35:02	115	Phillippa	Burger	Senior	Female	32
3	03:41:15	124	Alana	Doyle	Senior	Female	30
4	03:57:02	11	Nerisa	Coelho	Senior	Female	35
5	04:00:32	117	Helen	Mearns	Senior	Female	34
6	04:02:48	51	JONTELLE	LINNEGAR	Senior	Female	36
7	04:03:12	81	Shaun	Starck	Senior	Female	30
8	04:13:32	102	Willemien	Van Zyl	Senior	Female	28
9	04:32:17	106	Clare	Walker	Senior	Female	20
10	04:35:43	80	Tammy	Simon	Senior	Female	32
11	04:45:56	92	Lesley	Titmuss	Senior	Female	25
12	05:02:34	55	Meyer	Meyer	Senior	Female	29
13	05:08:43	34	Shelley	Heunes	Senior	Female	34
14	06:14:13	105	Mart-Maré	Viviers	Senior	Female	30
15	06:21:50	49	Terina	le Roux	Senior	Female	34

**Veteran Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	03:00:43	18	Coach	Dion	Veteran	Male	46
2	03:02:54	123	Derrick	Baard	Veteran	Male	45
3	03:15:22	26	SHAUN	GREGORY	Veteran	Male	45
4	03:30:29	12	Darryl	Cooke	Veteran	Male	42
5	03:37:10	82	Piers	Stead	Veteran	Male	48
6	03:56:19	47	Anthony	Lai Lam	Veteran	Male	43
7	04:04:54	98	Henri	van Schaik	Veteran	Male	42
8	04:12:19	56	Gavin	Millard	Veteran	Male	47
9	04:42:54	121	Micheal	Cotter	Veteran	Male	44
10	04:55:39	118	Alberto	Fasana	Veteran	Male	49
11	04:59:29	96	Johan	van Heerden	Veteran	Male	44
12	05:02:12	9	Timothy	Butcher	Veteran	Male	48
13	05:02:16	3	Andrew	Beattie	Veteran	Male	43
14	05:03:10	70	David	Pienaar	Veteran	Male	46
15	05:14:22	107	Colin	Webber	Veteran	Male	40
16	05:14:28	7	Sheldon	Brandt	Veteran	Male	46
17	05:28:37	29	Mark	Hatherill	Veteran	Male	49

**Master Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	03:27:49	66	Brett	Olsen	Master	Male	51
2	03:29:56	120	Ludwig	Lillie	Master	Male	55
3	04:37:02	54	Rob	McDonald	Master	Male	62
4	04:56:48	13	Alan	Daly	Master	Male	58
5	05:28:39	46	Jeremy	Kropman	Master	Male	59

**Master Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	04:45:04	109	Tanya	Worner	Master	Female	52