




		Coastal Series Rocky Bay - 12km Results				
29 September 2019						
Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
586	0:55:51	TRENT LAMBLE	Open M	1	1	1
590	0:56:35	BRET JONSTON	Open M	2	2	2
692	0:58:14	DENZIL VAN DER WESTHUIZEN	Open M	3	3	3
693	0:58:14	ROMY WENZEL	Open F	4	1	1
674	1:00:51	DANIELLA ARRIGO	Open F	5	2	2
484	1:01:58	CRAIG RICHARD JACOBSEN	Master M	6	4	1
607	1:02:21	CONROY PIPER	Open M	7	5	4
4901	1:02:56	ANDRE WOLMARANS	Open M	8	6	5
498	1:04:41	DAWIE JACOBS	Veteran M	9	7	1
671	1:05:19	VICTORIA COETZEE	Veteran F	10	3	1
596	1:05:19	LUCAS DUYS	U16 M	11	8	1
494	1:05:47	LAUREN HILLIAR	Open F	12	4	3
627	1:06:13	TRENT BURNETT	Open M	13	9	6
623	1:06:49	AMNON GADRI	Open M	14	10	7
655	1:07:34	RICHARD ROBERTS	Veteran M	15	11	2
599	1:08:13	WILLIAM DYER	Veteran M	16	12	3
591	1:09:27	MORITZA VAN DER WESTHUIZEN	Veteran F	17	5	2
676	1:10:06	GERARD VAN DAM	Master M	18	13	2
629	1:10:10	CARLO TRAINI	Grand Master M	19	14	1
397	1:11:32	MARLU GOUWS	Open M	20	15	8
592	1:11:48	MIKE TREDWAY	Open M	21	16	9
612	1:11:57	GRAHAM FORKE	Veteran M	22	17	4
672	1:12:21	DANIEL GOODMAN	Open M	23	18	10
430	1:12:58	WAYNE ROBERTSON	Veteran M	24	19	5
497	1:13:54	PAUL SCRUBY	Master M	25	20	3
625	1:14:06	ANDREW MUIRHEAD	Master M	26	21	4
680	1:14:13	STELLIO COUTSIDES	Open M	27	22	11
463	1:14:49	NICHOLAS MUNRO	Veteran M	28	23	6
475	1:15:45	TYRA BOLTON	U16 F	29	6	1
649	1:15:59	LOUISE CAMPBELL	Veteran F	30	7	3
679	1:16:54	MATTHEW GIBBON	Open M	31	24	12
620	1:17:15	LAURA COLE	Open F	32	8	4
496	1:17:16	LEONARD LINE	Open M	33	25	13
634	1:17:41	SALLY SHAW	Master F	34	9	1
633	1:17:41	HAYLEY WASSERMAN	Master F	35	10	2
597	1:18:43	CLAIRE WILLIAMS	Veteran F	36	11	4
635	1:19:26	SURINDA GRAVETT	Open F	37	12	5
472	1:19:29	JAN NORRIS	Master F	38	13	3
473	1:19:30	LINDA WOLHUTER	Master F	39	14	4
589	1:19:41	GREG HEAN	Veteran M	40	26	7
408	1:19:42	DEAN JOUBERT DE VILLIERS	Open M	41	27	14

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433	1:19:51	WADE POTTS	Open M	42	28	15		
474	1:20:00	PETER BOLTON	Veteran M	43	29	8		
632	1:20:11	GEORGE CLARK	Master M	44	30	5		
678	1:21:19	PETER LOWRY	Veteran M	45	31	9		
677	1:21:20	LAUREN LOWRY	Veteran F	46	15	5		
491	1:21:21	DANIEL DE KOCK	Veteran F	47	16	6		
700	1:21:24	HEIDI PAUL	Master F	48	17	5		
626	1:22:17	ALAN BEESLEY	Master M	49	32	6		
673	1:22:18	LUCY AMIGO	Veteran F	50	18	7		
610	1:22:20	JACO DUVENHAGE	Veteran M	51	33	10		
605	1:22:21	ROSS SWIATEK	Open M	52	34	16		
646	1:22:42	JUSTIN KIRBY	Veteran M	53	35	11		
675	1:23:08	JANET KOEN	Veteran F	54	19	8		
431	1:23:44	ALAN KIRBY	Master M	55	36	7		
667	1:24:16	GREGORY LEVIN	Veteran M	56	37	12		
686	1:24:24	RICHARD LESSELLS	Veteran M	57	38	13		
412	1:24:25	PAM DANIEL	Open F	58	20	6		
618	1:25:01	HERVE ROUGIER LAGANE	Grand Master M	59	39	2		
477	1:25:07	TREVOR STRYDOM-WALLIS	Open M	60	40	17		
493	1:25:10	IVOR ZEE	Veteran M	61	41	14		
468	1:25:14	CARRI SIMMONS	Veteran F	62	21	9		
664	1:25:40	LIZA DU TOIT	Open F	63	22	7		
594	1:25:44	MELISSA AITKEN	Open F	64	23	8		
461	1:25:58	JEANETTE EKSTEEN	Grand Master F	65	24	1		
669	1:26:00	JOHN FLYNN	Veteran M	66	42	15		
668	1:26:05	SIBUSISO DLAMINI	Open M	67	43	18		
631	1:26:22	CHANTELLE KOEKEMOER	Open F	68	25	9		
401	1:26:32	THERESA MACHEDO	Veteran F	69	26	10		
660	1:26:41	TYRON PIPER	Open M	70	44	19		
485	1:26:41	ROBYN SCOTT	Open F	71	27	10		
482	1:27:23	JANET DUFFY	Master F	72	28	6		
465	1:27:27	LOUIS NEL	Open M	73	45	20		
391	1:27:49	KAYLA LADELL	Open F	74	29	11		
609	1:28:02	MARIA GRADWELL	Veteran F	75	30	11		
661	1:28:10	DONOVAN HALL	Open M	76	46	21		
488	1:28:12	ANDREW LAAS	Veteran M	77	47	16		
624	1:28:23	ANTONIO DA SILVA	Master M	78	48	8		
611	1:28:38	STACEY ATKINSON	Open F	79	31	12		
613	1:28:39	NICK ATKINSON	Open M	80	49	22		
479	1:29:02	KEVIN WALLIS	Master M	81	50	9		
499	1:29:46	DICKY COETZEE	Grand Master M	82	51	3		

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595	1:30:01	DAVE TREDWAY	Grand Master M	83	52	4		
423	1:30:03	DEBBIE DENSHAM	Veteran F	84	32	12		
426	1:30:22	TAMRYN POTGIETER	Open F	85	33	13		
651	1:30:31	MICHELLE NEL	Open F	86	34	14		
593	1:30:56	NICOLA RODGER	Open F	87	35	15		
695	1:31:18	CRAIG BRADFIELD	Veteran M	88	53	17		
376	1:31:55	TEIJA CHARLTON	U16 F	89	36	2		
436	1:32:26	NOMTHANAZO MBIZANE	Open F	90	37	16		
429	1:32:34	GERDA MULDER	Master F	91	38	7		
442	1:32:45	NATHI HLOPHE	Veteran M	92	54	18		
406	1:32:49	SHARON TROLL	Master F	93	39	8		
403	1:32:50	MICHAEL TROLL	Master M	94	55	10		
464	1:33:53	MOIRA FILMER	Veteran F	95	40	13		
411	1:33:54	RUBEN MEYER	Open M	96	56	23		
415	1:33:56	TIAAN MEYER	Veteran M	97	57	19		
359	1:34:42	KHARA-JADE WARREN	Open F	98	41	17		
471	1:34:51	SAM POTGIETER	Open F	99	42	18		
486	1:34:57	SALEEM MOOSA	Open M	100	58	24		
653	1:35:33	DIRK NEL	Veteran M	101	59	20		
478	1:35:34	SARAH WALLIS	Master F	102	43	9		
663	1:35:39	CARYN VON FINTEL	Open M	103	60	25		
483	1:36:30	STEVEN SMITH	Master M	104	61	11		
490	1:36:32	SAMANTHA DOUGLAS	Open F	105	44	19		
598	1:37:04	ADELE WICKERSON	Veteran F	106	45	14		
492	1:37:06	BARBARA DE KOCK	Veteran F	107	46	15		
467	1:37:08	FARHANA OSMAN	Veteran F	108	47	16		
683	1:37:50	JANET HEATHCOTE-HACKER	Master F	109	48	10		
681	1:37:51	KAREN HEWITT	Master F	110	49	11		
682	1:37:54	PIPPA DE CHARMOY	Master F	111	50	12		
469	1:37:55	NICHOLAS GROBLER	Open M	112	62	26		
694	1:38:06	PHELELANI SHEZI	Open M	113	63	27		
354	1:38:10	DAVID WARREN	Veteran M	114	64	21		
628	1:39:19	KEVINDRA NAIDU	Veteran M	115	65	22		
630	1:39:19	WENDY RICHARDS	Veteran F	116	51	17		
420	1:39:20	SHEILA KNUDSEN	Grand Master F	117	52	2		
697	1:39:21	TRISH BOTTON	Grand Master F	118	53	3		
462	1:39:23	ANTON MUNRO	Veteran M	119	66	23		
587	1:39:31	JADEN MILLS	U16 M	120	67	2		
690	1:39:43	BRONWYN DORROFIELD	Open F	121	54	20		
638	1:39:56	SASHA HAGENS	Open F	122	55	21		
434	1:40:01	WENDY CONSTANTINE	Master M	123	68	12		

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600	1:40:13	JANEEN BOTHA	Veteran F	124	56	18
645	1:40:37	KATHRYN LANDMAN	Open F	125	57	22
435	1:40:40	MORNE CLAASEN	U16 M	126	69	3
684	1:40:52	LESLEY SLADE	Master F	127	58	13
685	1:40:53	DOODY ADAMS	Veteran F	128	59	19
656	1:41:00	SHAHEEDA GAFFOOR	Open F	129	60	23
657	1:41:02	TAWHEEDA GAFFOOR	Open F	130	61	24
643	1:41:06	MICHELLE SHELLEY	Open F	131	62	25
617	1:41:37	MARLIZE SHELTON	Veteran F	132	63	20
696	1:41:48	SHARON O'HARA	Grand Master F	133	64	4
585	1:41:50	JOANNA NIEDZWIECKA	Open F	134	65	26
476	1:41:52	TARRYN STRYDOM-WALLIS	Open F	135	66	27
641	1:42:23	ELEANOR PIENAAR	Veteran F	136	67	21
639	1:42:24	PAMELA COCKCROFT	Grand Master F	137	68	5
640	1:42:26	STEPHEN PIENAAR	Veteran M	138	70	24
688	1:42:27	CARINE LAWSON	Open F	139	69	28
689	1:42:28	RHETT LAWSON	Veteran M	140	71	25
662	1:42:51	SUSAN RUDMAN	Veteran F	141	70	22
606	1:42:54	CHRIS MCCABE	Open M	142	72	28
422	1:43:26	LIZ PINNAH	Veteran F	143	71	23
421	1:43:27	LYNDON PINNOCK	Veteran M	144	73	26
687	1:43:59	KERRY GAZE	Open F	145	72	29
658	1:44:01	SAM LAAS	Veteran F	146	73	24
588	1:44:46	BRUCE MILLS	Veteran M	147	74	27
603	1:44:48	GALL BISSETT	Master F	148	74	14
659	1:45:07	LEIGHANNE BEKKER	Veteran F	149	75	25
466	1:45:43	NASEERAH OSMAN	U18 F	150	76	1
665	1:45:59	VANESSA HATTINGH	Veteran F	151	77	26
691	1:46:06	KATHY SCOTT	Master F	152	78	15
481	1:46:40	EMMA PALLETT	Open M	153	75	29
644	1:47:37	LINDA MCKEONE	Master F	154	79	16
489	1:47:37	MAXINE SAYERS	U12 M	155	76	1
699	1:49:09	DAVID ROBINSON	Grand Master M	156	77	5
648	1:50:46	SCOTT CAMPBELL	Veteran M	157	78	28
601	1:50:54	STUART ARMIT	Open M	158	79	30
602	1:50:55	JORDAN ARMIT	Junior M	159	80	1
378	1:51:46	JESSY CHARLTON	Open F	160	80	30
372	1:51:47	WARREN CHARLTON	Open M	161	81	31
366	1:52:11	RUTH MOKOATLE	Veteran M	162	82	29
636	1:52:48	PAUL VAN DER MERWE	Open M	163	83	32
369	1:53:11	CRAIG INGGS	Veteran F	164	81	27

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370	1:53:14	KAREN INGGS	Veteran F	165	82	28
398	1:53:38	LUCKY DLAMINI	Open M	166	84	33
621	1:54:30	WENDY BOTES	Grand Master F	167	83	6
622	1:54:31	SUSAN GRIFFITHS	Master F	168	84	17
470	1:54:57	NOBUHLE NDABA	Open F	169	85	31
698	1:55:51	TRISH BOTTON	Grand Master F	170	86	7
654	1:57:03	OLGA THANGAVAY	Veteran F	171	87	29
615	1:57:55	BRONWEN BEKKER	Veteran F	172	88	30
495	1:58:15	VICKI HICKEN	Open F	173	89	32
616	2:00:46	RODNEY SHELTON	Veteran M	174	85	30
637	2:00:49	DENBEIGH VAN DER MERWE	Open F	175	90	33
393	2:02:09	CLAIRE DELPORT	Open F	176	91	34
604	2:02:56	JANA VIVIERS	Veteran F	177	92	31
650	2:03:02	NOKUTHULA GUMEDE	Veteran F	178	93	32
670	2:06:02	MICHELLE KERR	Open F	179	94	35
619	2:06:03	SONYA ROUGIER LAGANE	Grand Master F	180	95	8
608	2:07:57	IC PILLAY	Open F	181	96	36
455	2:11:56	NOSIPHO ZUNGU	Open F	182	97	37
666	2:14:24	ROBYN MCMENEMEY	Master F	183	98	18
460	2:28:58	LINDA ATTWELL	Grand Master F	184	99	9
459	2:28:59	JANE BAIN	Grand Master F	185	100	10
456	2:29:14	PAMELA VAN ROOYEN	Grand Master F	186	101	11
458	2:29:15	CHRISTINE BRITTAIN	Grand Master F	187	102	12