



## Garden Trail Series - 5km Results



29 March 2020

Name	Gender	Distance Adjusted Time	Overall Position	Gender Position	Distance (km)	Elevation (m)	Race Time
RHAIN HOSKINS	M	0:22:15	1	1	5	-	0:22:15
CALVIN BRIGG	M	0:22:30	2	2	5	-	0:22:30
DARREN BEHRENDT	M	0:24:58	3	3	6.2	80	0:30:57
GUIDA JAMES	F	0:25:32	4	1	5.16	-	0:26:21
KEVIN MEYER	M	0:25:40	5	4	5.01	117	0:25:43
SHEA KARSSING	F	0:26:03	6	2	5.01	-	0:26:06
JASON HUNTLEY	M	0:26:24	7	5	5	92	0:26:24
ROHINI RAMSUNDER	F	0:27:19	8	3	5.09	-	0:27:48
STACEY GRANT	F	0:27:24	9	4	5	-	0:27:24
BRIDGET DINKELMANN	F	0:27:40	10	5	5	0	0:27:40
SHAWN MEYER	M	0:27:41	11	6	5.01	59	0:27:44
DOUGLAS COUPERTHWAITE	M	0:27:59	12	7	5.075	-	0:28:24
TRENT BAUER	M	0:28:25	13	8	5.04	23	0:28:39
ANDREW STIRK	M	0:28:27	14	9	5.38	10	0:30:37
CHRIS VAN EYSSSEN	F	0:28:33	15	6	8	32	0:45:41
ROBIN LAUNDER	F	0:28:47	16	7	5	5	0:28:47
MIKE HARRISON	M	0:28:51	17	10	5	93	0:28:51
MDUDUZI SITHOLE	M	0:29:23	18	11	5.65	7	0:33:12
TRUDE CARSTENS	F	0:29:26	19	8	5	-	0:29:26
OFENTSE MOKONOTO	M	0:29:51	20	12	5.03	0	0:30:02
HAMSIH MCINTYRE	M	0:30:00	21	13	5	0	0:30:00
SUZETTE VENTER	F	0:30:08	22	9	5.3	-	0:31:57
IAN GRIFFITHS	M	0:30:12	23	14	5.01	-	0:30:16
COLIN BOYES	M	0:30:16	24	15	5.01	-	0:30:20
TAMLIN GOODALL	F	0:30:17	25	10	5	-	0:30:17
ROZELL VAN BREDA	F	0:30:29	26	11	5.01	0	0:30:33
RENSKE MYBURGH	F	0:30:32	27	12	5.03	92	0:30:43
CRAIG BRIGG	M	0:30:37	28	16	5.01	-	0:30:41



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Name	Gender	Distance Adjusted Time	Overall Position	Gender Position	Distance (km)	Elevation (m)	Race Time
WAYNE ROBERTSON	M	0:30:40	29	17	5	0	0:30:40
ADRIAN GOLIATH	M	0:30:53	30	18	7	-	0:43:14
TONY MAKRIS	M	0:30:58	31	19	5	214	0:30:58
HELENE MULLER	F	0:31:10	32	13	5.1	90	0:31:47
CARLA LEA FARINA	F	0:31:16	33	14	5.05	-	0:31:35
DAVID WILKINSON	F	0:31:34	34	15	5.11	129.4	0:32:16
LEAH EDWARDS	F	0:31:36	35	16	5	8	0:31:36
MITCH DUFOURQ	M	0:31:37	36	20	5.07	180	0:32:04
WERNER HARMSE	M	0:31:54	37	21	5	-	0:31:54
ASHEL SIMUGU	M	0:32:00	38	22	5	-	0:32:00
SARAH CRANSTON	F	0:32:12	39	17	5.1	-	0:32:51
WERNER JONAS	M	0:32:16	40	23	5	22	0:32:16
CASIDY ATKINS	F	0:32:28	41	18	5	146	0:32:28
ANDREW BOOTH	M	0:32:28	42	24	5	-	0:32:28
NEIL BROWNING	M	0:32:46	43	25	5.01	-	0:32:50
RALPH HARRIS	M	0:32:47	44	26	4.66	-	0:30:33
JULIA WILLIAMS	F	0:32:48	45	19	5.11	27	0:33:31
ROSS WRIGHT	M	0:33:01	46	27	5	-	0:33:01
SHANNON SMITH	M	0:33:05	47	28	5.21	-	0:34:28
ANTONIO DA SILVA	M	0:33:08	48	29	5.02	253	0:33:16
IVAN JONSSON	M	0:33:09	49	30	5.25	7	0:34:48
MARTIN MALHERBE	M	0:33:10	50	31	5.02	19	0:33:18
KELLY SLATER	F	0:33:12	51	20	5.27	161	0:35:00
KAYCEE DALRYMPLE-KELLY	F	0:33:21	52	21	5	33	0:33:21
MANDY MEYER	F	0:33:35	53	22	4.04	15	0:27:08
MEGAN LOFTIE-EATON	F	0:33:40	54	23	5.05	-	0:34:00
ANN DRUCE	F	0:33:40	55	24	5.42	-	0:36:30
CAZ CLOVER	F	0:33:42	56	25	5	8.8	0:33:42



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Name	Gender	Distance Adjusted Time	Overall Position	Gender Position	Distance (km)	Elevation (m)	Race Time
ANGELA WESTERMEYER	F	0:33:52	57	26	6.11	49	0:41:23
DONOVAN HALL	M	0:34:00	58	32	5.11	-	0:34:45
SIMON ACKERMAN	M	0:34:02	59	33	5	15	0:34:02
BRETT MORAN	F	0:34:02	60	27	5	103	0:34:02
CLAIRE BEHRENDT	F	0:34:12	61	28	5	82	0:34:12
DIVAN DE GOEDE	F	0:34:21	62	29	5	0	0:34:21
SHAYLEEN JAMES	F	0:34:31	63	30	5.03	119	0:34:43
PETER EDWARDS	M	0:34:38	64	34	5.14	44	0:35:36
CYNDI-MAE HADIARIS	F	0:34:43	65	31	5	35	0:34:43
STEVEN CLARK	M	0:35:08	66	35	5.01	-	0:35:12
MANDY HUNT	F	0:35:15	67	32	5.03	51.8	0:35:28
JEANNE MATTHIS	F	0:35:17	68	33	5.01	50	0:35:21
TIMOTHY MATTHIS	M	0:35:17	69	36	5.01	50	0:35:21
CLAIRE BUYS	F	0:35:27	70	34	5	90	0:35:27
JOHANN KASSIER	M	0:35:27	71	37	5	127	0:35:27
DANIELLE DU TOIT	F	0:35:31	72	35	5.02	78.8	0:35:40
EMELIA FOURIE	F	0:35:32	73	36	5.07	-	0:36:02
MICHELLE LINDE	F	0:35:38	74	37	5	107	0:35:38
PENNY VAN VREDEN	F	0:35:43	75	38	5.01	-	0:35:47
NIKKI JONAS	F	0:35:51	76	39	5.03	11.5	0:36:04
STEPHANIE BENTZ	F	0:35:55	77	40	5	-	0:35:55
TARYN GOWDY	F	0:36:01	78	41	5.11	203.4	0:36:49
CARL HANSEN	M	0:36:06	79	38	5.14	89	0:37:07
ROSLYN MCCOMBIE	F	0:36:14	80	42	7.59	-	0:55:00
JACQUI MEYER	F	0:36:17	81	43	4.01	98	0:29:06
LEON CLAASSEN	M	0:36:24	82	39	5.06	-	0:36:50
LEROI NAUDE	M	0:36:27	83	40	5	-	0:36:27
GARETH MORGAN	M	0:36:29	84	41	5.01	0	0:36:33



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29 March 2020

Name	Gender	Distance Adjusted Time	Overall Position	Gender Position	Distance (km)	Elevation (m)	Race Time
JOANNE GIBB	F	0:36:34	85	44	5	19	0:36:34
SARAH BARROW	F	0:36:35	86	45	5.02	12	0:36:44
JAMES COLLINS	M	0:36:46	87	42	5	49	0:36:46
KEVIN GOWDY	M	0:36:52	88	43	5.11	186	0:37:41
JANINE BROWNING	F	0:37:14	89	46	5	0	0:37:14
DEREK CHADDERTON	M	0:37:32	90	44	5.06	0	0:37:59
LEON OOSTHUIZEN	M	0:37:38	91	45	5.08	98	0:38:14
GREGORY LEVIN	M	0:37:42	92	46	5.1	0	0:38:27
LYNTON KINLOCH	M	0:37:42	93	47	7.09	37.8	0:53:28
CATHERINE WILKINSON	F	0:37:44	94	47	4	105	0:30:11
SONJA KAGELER	F	0:37:53	95	48	5.05	10.8	0:38:16
TAMMY KOLL	F	0:37:58	96	49	5	0	0:37:58
FRANCIS ROGAN	M	0:37:58	97	48	5.01	90	0:38:03
BASIL ZOUNIS	M	0:38:00	98	49	4.56	33	0:34:39
TRACY STEART	F	0:38:02	99	50	5.48	243	0:41:41
HERVE ROUGIER-LAGANE	M	0:38:04	100	50	5.08	67	0:38:41
JOHN READ	M	0:38:18	101	51	5.15	0	0:39:27
ANNEMI KOTZE	F	0:38:31	102	51	6.14	-	0:47:18
PIETER KOEKEMOER	M	0:38:36	103	52	5	0	0:38:36
KATHERINE SCHEEPERS	F	0:38:39	104	52	5	-	0:38:39
ALISON CHADWICK	F	0:39:16	105	53	5.1	-	0:40:03
BARBARA-ANNE STIRK	F	0:39:20	106	54	5.3	16	0:41:42
MELANIE NASH	F	0:39:25	107	55	5	22.8	0:39:25
SHEILA KNUDSEN	F	0:39:30	108	56	5.13	275	0:40:32
LUC QUEVAUVILLIERS	M	0:39:38	109	53	5	-	0:39:38
JENNI PATRICK	F	0:39:47	110	57	5.01	208.1	0:39:52
DERRICK WIGHT	M	0:39:59	111	54	5.01	-	0:40:04
JESSICA GREENWOOD	F	0:40:12	112	58	5	131	0:40:12



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Name	Gender	Distance Adjusted Time	Overall Position	Gender Position	Distance (km)	Elevation (m)	Race Time
QUENTIN "SEXY BEAST" MALGA	F	0:40:14	113	59	5.03	76	0:40:28
HAYLEY WALKER	F	0:40:15	114	60	5.85	111	0:47:05
DANIELA HUGHES	F	0:40:35	115	61	6	22	0:48:42
ADELE LEVIN	F	0:40:57	116	62	5.17	0	0:42:21
WARREN GIBSON	M	0:41:15	117	55	4	63	0:33:00
HYLTON ENGLISH	M	0:41:26	118	56	5	64	0:41:26
TIELMAN ROOS	M	0:41:38	119	57	5.06	11	0:42:08
SANDRA WAKEFORD	F	0:41:41	120	63	5	0	0:41:41
KELVIN STRACHAN	M	0:41:47	121	58	5.05	11.4	0:42:12
MICHELLE DUNCAN	F	0:41:50	122	64	5	-	0:41:50
WADE POTTS	M	0:42:04	123	59	5.24	178	0:44:05
JAMES FAWCETT	M	0:42:04	124	60	5	60.2	0:42:04
MIKE GOLDSTONE	F	0:42:04	125	65	5	103	0:42:04
KEVIN CLARKE	M	0:42:19	126	61	5.06	241	0:42:49
MICHELLE KERR	F	0:42:54	127	66	5.02	-	0:43:04
MANDY MARINCOWITZ	F	0:42:54	128	67	5.17	-	0:44:22
GEORGINA BOSWELL	F	0:43:00	129	68	5	-	0:43:00
KIM FLACK	F	0:43:03	130	69	5	0	0:43:03
ASHLEIGH JOUBERT	F	0:43:14	131	70	5	6	0:43:14
ELKE VAN DYK	F	0:43:54	132	71	6.26	19	0:54:58
GEMMA LINFORTH	F	0:43:56	133	72	5.96	40.9	0:52:22
TOMMY GIBSON	M	0:43:57	134	62	5	-	0:43:57
KIRSTEN MULDER	F	0:43:59	135	73	5.5	-	0:48:23
GERT VAN WYK	M	0:44:03	136	63	5.05	28	0:44:29
LAUREN BOOTH	F	0:44:04	137	74	5.02	34	0:44:15
CORNE SWANEPOEL	F	0:44:15	138	75	5.01	0	0:44:20
BRIDGETTE VERMEULEN	F	0:44:27	139	76	5.21	0	0:46:19
SHARLEEN LUPKE	F	0:44:27	140	77	5	60	0:44:27



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Name	Gender	Distance Adjusted Time	Overall Position	Gender Position	Distance (km)	Elevation (m)	Race Time
SONJA FRANK	F	0:44:28	141	78	5.05	0	0:44:55
NADINE WEBB	F	0:44:40	142	79	5	1	0:44:40
PENNY MISKIN	F	0:44:42	143	80	5.06	54	0:45:14
SONIA BAUMANN	F	0:44:47	144	81	5	20	0:44:47
SAMUEL WEBB	M	0:44:49	145	64	5	1	0:44:49
GRAEME STEART	M	0:45:01	146	65	5.75	195	0:51:46
TRACEY ROBERTS	F	0:45:03	147	82	5.01	1.6	0:45:08
RONALD COLLYER	M	0:45:04	148	66	5.08	-	0:45:47
PIER "BADASS" DUNCAN	F	0:45:05	149	83	5	216	0:45:05
KARYN SILLS	F	0:45:09	150	84	5.54	99.7	0:50:02
JOLENE SMYTHE	F	0:45:12	151	85	5.03	23	0:45:28
CRAIG SMYTHE	M	0:45:12	152	67	5.03	23	0:45:28
ROGER MANTEL	M	0:45:17	153	68	5.3	99	0:48:00
GILLIAN TREDGOLD	F	0:45:26	154	86	5.03	47	0:45:42
CHANTELLE KOEKEMOER	F	0:45:33	155	87	5	-	0:45:33
MARCIA BOWMAN	F	0:45:41	156	88	5.09	2	0:46:30
HELEN DOUMANIS	F	0:45:41	157	89	5.02	382	0:45:52
KEVIN WATTS	M	0:45:50	158	69	5.06	8.2	0:46:23
SCOTT BOWMAN	M	0:45:54	159	70	5.01	309.8	0:46:00
DAWN NUNES	F	0:46:01	160	90	5.08	-	0:46:45
TRACEY WARREN	F	0:46:09	161	91	5.07	-	0:46:48
MARY CALLAGHAN	F	0:46:13	162	92	5.01	146	0:46:19
CELESTE CRINALL	F	0:46:17	163	93	5.04	49.6	0:46:39
JAN DE NEEF	M	0:46:19	164	71	5	58	0:46:19
RUSSELL QUINN	M	0:46:22	165	72	5	7	0:46:22
MELANIE LOGAN	F	0:46:23	166	94	5	0	0:46:23
RHYAN RUDMAN	M	0:46:29	167	73	5.13	287	0:47:42
HANNO LANGENHOVEN	M	0:46:48	168	74	5.3	191	0:49:37



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VANESSA PHIPPEN	F	0:46:53	169	95	5.57	106	0:52:14
WENDY STOREY	F	0:47:02	170	96	5	4	0:47:02
SARAH SYKES	F	0:47:09	171	97	5.01	17	0:47:15
WAYNE USHER	M	0:47:29	172	75	5.06	129	0:48:03
DIANE BRITS	F	0:47:33	173	98	5.06	0	0:48:07
DAVE TREDWAY	M	0:48:02	174	76	5	17	0:48:02
MARIA VAN TONDER	F	0:48:07	175	99	5.06	89	0:48:42
TRACEY SAYEGH	F	0:48:09	176	100	5.22	178	0:50:16
IAN POTGIETER	M	0:48:11	177	77	5.07	2.6	0:48:51
GEOFF LINNELL	M	0:48:24	178	78	5	172	0:48:24
WAYNE VAN DRIEL	M	0:48:34	179	79	5.05	-	0:49:03
PAMELA CORLETT	F	0:48:38	180	101	5.06	19.9	0:49:13
JEFF CAWOOD	M	0:48:52	181	80	5	161	0:48:52
GILLIAN JEVON	F	0:48:58	182	102	5	160	0:48:58
BRANDON MAY	M	0:49:01	183	81	5.02	-	0:49:13
LYNNE HARRISON	F	0:49:32	184	103	5	57	0:49:32
MOLLY NEL	M	0:49:37	185	82	5.03	157	0:49:55
LYNN COWIE	F	0:49:53	186	104	5.07	33	0:50:35
MELANIE PAUL	F	0:49:54	187	105	5.01	11	0:50:00
MARISKA PAUL	F	0:50:01	188	106	5	0	0:50:01
LUCINDA ORTONE	F	0:50:27	189	107	5	133	0:50:27
YOSTA VAN DRIEL - ZANDVLIET	F	0:50:39	190	108	4.09	-	0:41:26
NIKITA LITTLE	F	0:50:46	191	109	5.2	9.43	0:52:48
MARTIN ROESTOF	M	0:51:11	192	83	5.01	-	0:51:17
ZARA VALENTINE	F	0:51:17	193	110	5.02	42	0:51:29
FATHIMA SHAIKH	F	0:51:22	194	111	5.15	-	0:52:54
KIM ROE	F	0:52:15	195	112	5.08	170	0:53:05
TRISH VAN DER NOLK VAN GOGH	F	0:52:16	196	113	5.07	3	0:53:00



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Name	Gender	Distance Adjusted Time	Overall Position	Gender Position	Distance (km)	Elevation (m)	Race Time
KATHY CLELAND	F	0:52:18	197	114	5	5	0:52:18
NICOLE MALAN	F	0:52:31	198	115	5.13	-	0:53:53
CAROLYN ENGLISH	F	0:53:02	199	116	5	65	0:53:02
RENETTE VAN DER MERWE	F	0:53:03	200	117	5.01	25	0:53:09
DION BENEKE	M	0:53:59	201	84	5.05	623	0:54:31
JONATHAN CECH	M	0:54:18	202	85	5	-	0:54:18
RENETTE VAN EEDEN	F	0:54:20	203	118	5	299	0:54:20
GREG STRACHAN	M	0:54:29	204	86	5.51	167	1:00:02
CHRIS WILCOCK	M	0:54:46	205	87	5.04	0.8	0:55:12
MATTHEW JOLLEY	M	0:54:49	206	88	5.4	-	0:59:12
IVAN JACOBS	M	0:55:19	207	89	5	229	0:55:19
ASHLEY PELLEW	F	0:56:22	208	119	5.17	-	0:58:17
JANET TAYLOR	F	0:58:04	209	120	5.09	9	0:59:07
TJAART COETZEE	F	0:58:38	210	121	5.23	94	1:01:20
SAM ENGELBRECHT	F	0:58:59	211	122	5	87	0:58:59
JONATHAN ENGELBRECHT	M	0:58:59	212	90	5	87	0:58:59
ADRI VAN HEERDEN	F	0:59:10	213	123	5.01	77.5	0:59:17
ROBBIE VERESS	M	0:59:26	214	91	5.3	-	1:03:00
LINDA ATTWELL	F	0:59:37	215	124	5.03	-	0:59:58
VAUGHN COATES	M	0:59:41	216	92	5.01	1	0:59:48
JOHAN VERMEULEN	M	1:00:00	217	93	5	229	1:00:00
RICHARD BOYES	M	1:00:00	218	94	5	-	1:00:00
ALASTAIR BOND	M	1:00:28	219	95	5.05	290	1:01:04
WENDY CONSTANTINE	F	1:00:31	220	125	5.37	-	1:05:00
SONJA CECH	F	1:01:12	221	126	5.01	17	1:01:19
MOIRA WALKER	F	1:03:20	222	127	5.05	-	1:03:58
SHARLENE JOLLEY	F	1:04:23	223	128	5.4	11	1:09:32
SUSAN RUDMAN	F	1:04:38	224	129	5.02	114	1:04:54





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Name	Gender	Distance Adjusted Time	Overall Position	Gender Position	Distance (km)	Elevation (m)	Race Time
ALISON COATES	F	1:06:01	225	130	5.02	1	1:06:17
ALISON ENGELBRECHT	F	1:06:36	226	131	5.33	78	1:11:00
MARK SYKES	M	1:06:39	227	96	5.01	17	1:06:47
MICHELLE ROCK	F	1:07:00	228	132	5	-	1:07:00
SHIRLEY FERGUSON	F	1:07:42	229	133	5	79.8	1:07:42
RAURI VALENTINE	M	1:11:27	230	97	5.02	-	1:11:44
MEL KRUISE	F	1:12:42	231	134	5	78	1:12:42
KAREN VERESS	F	1:13:05	232	135	5.14	165	1:15:08
JILL MORLEY	M	1:13:11	233	98	6	-	1:27:49
LESLIE BEUKES	M	1:19:55	234	99	4.41	25	1:10:29
SHARON VAN ROOYEN	F	1:21:22	235	136	5.01	-	1:21:32
MARILYN QUIRKE	F	1:22:58	236	137	5.04	278	1:23:38
MELLO VAN DIT	F	1:24:37	237	138	5.01	-	1:24:47
SHAUN KEET	M	1:24:50	238	100	5.01	-	1:25:00
CAMILLA DA COSTA	F	1:29:30	239	139	5.05	849	1:30:24
LEE-ANN PELLEW	F	-	-	-	5.15	154	-
LILLIAN HIRZEL	F	-	-	-	5.14	-	-