



Garden Trail Series - 5km Results



19 April 2020

Name	Gender	Distance Adjusted Time	Overall Position	Gender Position	Distance (km)	Elevation (m)	Race Time
ROHINI RAMSUNDER	F	0:19:51	1	1	5	-	0:19:51
TRAVIS BRIGG	M	0:22:27	2	1	5.02	37	0:22:32
KOBUS ROETS	M	0:25:04	3	2	5.02	82	0:25:10
CALVIN BRIGG	M	0:25:26	4	3	5	37	0:25:26
MIKE HARRISON	M	0:25:30	5	4	5	55	0:25:30
KATE ROWLAND	F	0:25:53	6	2	5	-	0:25:53
JASON MCCALL	M	0:25:53	7	5	5	0	0:25:53
TONY MAKRIS	M	0:25:55	8	6	5.48	253	0:28:24
HYLTON ENGLISH	M	0:26:00	9	7	5.04	43	0:26:12
DAVID OGG	M	0:26:37	10	8	5	0	0:26:37
KELLY SLATER	F	0:27:00	11	3	5.04	109	0:27:13
ANDREW STIRK	M	0:27:17	12	9	5.08	0	0:27:43
KEVIN MEYER	M	0:27:19	13	10	5	80	0:27:19
LEON CLAASSEN	M	0:27:20	14	11	5.4	105	0:29:31
LEAH EDWARDS	F	0:27:34	15	4	5	-	0:27:34
JASON HUNTLEY	M	0:27:37	16	12	5	84	0:27:37
CRAIG BRIGG	M	0:27:45	17	13	5	48	0:27:45
PETER EDWARDS	M	0:28:47	18	14	5	-	0:28:47
LIZE LOTTER	F	0:29:04	19	5	5	5	0:29:04
SHAWN MEYER	M	0:29:07	20	15	5	52	0:29:07
BLAIR THOMPSON	M	0:29:07	21	16	6.51	51	0:37:55
MARK CHARLESWORTH	M	0:29:11	22	17	5	50	0:29:11
NEIL BROWNING	M	0:29:17	23	18	5	0	0:29:17
COLIN BOYES	M	0:29:32	24	19	8.01	-	0:47:18
BRIDGET DINKELMANN	F	0:29:44	25	6	5	0	0:29:44
ROZELL VAN BREDA	F	0:29:49	26	7	5.01	-	0:29:53
SHANNON SMITH	M	0:30:00	27	20	5.5	0	0:33:00
ALAN MISKIN	M	0:30:17	28	21	5	55	0:30:17



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CAMILLA LEURS	F	0:30:37	29	8	5.02	-	0:30:44
GP VAN DEN BERG	M	0:30:40	30	22	5.03	140	0:30:51
LYNTON KINLOCH	M	0:30:44	31	23	5.04	13.2	0:30:59
RENSKE MYBURGH	F	0:30:58	32	9	5	83	0:30:58
ANT JARVIE	M	0:31:00	33	24	5	-	0:31:00
MANDY MEYER	F	0:31:05	34	10	5	19	0:31:05
WERNER HARMSE	M	0:31:16	35	25	5	22	0:31:16
KIM WIGGETT	F	0:31:33	36	11	5	64	0:31:33
JONATHAN CECH	M	0:31:33	37	26	5	135	0:31:33
IAN GRIFFITHS	M	0:31:35	38	27	5.4	0	0:34:07
CYNDI-MAE HADIARIS	F	0:31:37	39	12	5	35	0:31:37
KIM FLACK	F	0:31:45	40	13	5	0	0:31:45
WAYNE ROBERTSON	M	0:31:53	41	28	5	3	0:31:53
PENNY MISKIN	F	0:31:53	42	14	5.01	55	0:31:57
GEMMA LINFORTH	F	0:32:28	43	15	5.4	62	0:35:04
DONOVAN HALL	M	0:32:35	44	29	6.28	88.39	0:40:56
DAVID WILKINSON	M	0:32:36	45	30	5.12	89.8	0:33:23
DEREK CHADDERTON	M	0:32:36	46	31	5.02	0	0:32:44
ASHLEY HOLTZHUIZEN	M	0:32:47	47	32	5	0	0:32:47
SARAH CRANSTON	F	0:32:55	48	16	5.1	30	0:33:35
ANGIE PAWLEY	F	0:33:07	49	17	5	0	0:33:07
CHANTELLE KOEKEMOER	F	0:33:39	50	18	5	-	0:33:39
BRETT MORAN	M	0:33:44	51	33	5	102	0:33:44
PENNY JARVIE	F	0:33:55	52	19	5	-	0:33:55
ZEFA MKWANAZI	F	0:34:06	53	20	5	-	0:34:06
TARYN GOWDY	F	0:34:27	54	21	5.03	188.3	0:34:39
JANINE BROWNING	F	0:34:30	55	22	5	0	0:34:30
CASIDY ATKINS	F	0:34:32	56	23	5	47	0:34:32



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JANA BARFF	M	0:34:33	57	34	5	-	0:34:33
DUNCAN HAUPT	M	0:34:35	58	35	5	64	0:34:35
JESSICA GREENWOOD	F	0:34:50	59	24	5	-	0:34:50
OLIVER WATSON	M	0:34:53	60	36	5	195	0:34:53
CHERYN-LEE COCHRANE	F	0:34:53	61	25	5	195	0:34:53
WAYNE USHER	M	0:34:57	62	37	5.075	103	0:35:28
JAMES COLLINS	M	0:34:57	63	38	5	57	0:34:57
WARREN GIBSON	M	0:35:05	64	39	5.06	102	0:35:30
ANTONIO DA SILVA	M	0:35:09	65	40	5.11	60	0:35:55
TAMMY KOLL	F	0:35:09	66	26	5	55	0:35:09
SHAYLEEN JAMES	F	0:35:11	67	27	5.1	127	0:35:53
STEPHANIE BENTZ	F	0:35:11	68	28	5	38	0:35:11
KEVIN GOWDY	M	0:35:22	69	41	5.07	185	0:35:52
BRIDGET GONZALEZ	F	0:35:33	70	29	6.33	66	0:45:00
GABRIEL RINGDAHL	M	0:35:33	71	42	6.33	66	0:45:00
TRACY STEART	F	0:35:37	72	30	5.05	220	0:35:58
MELANIE PAUL	F	0:35:37	73	31	5.04	31	0:35:54
CAROLYN ROCHAT	F	0:35:44	74	32	5.3	143	0:37:53
CATHERINE WILKINSON	F	0:35:46	75	33	5	-	0:35:46
ANN DRUCE	F	0:35:46	76	34	6.01	-	0:43:00
TRACEY ROBERTS	F	0:35:49	77	35	5	-	0:35:49
THOMAS BARFF	M	0:35:49	78	43	5	13	0:35:49
NOZIE SAPEPA	F	0:36:08	79	36	5	164.1	0:36:08
DIVAN DE GOEDE	M	0:36:12	80	44	5	0	0:36:12
RYAN ELSON	M	0:36:19	81	45	5	24	0:36:19
SHERALYN ELSON	F	0:36:19	82	37	5	24	0:36:19
SHERISE VAN DER WESTHUIZEN	F	0:36:21	83	38	5	64	0:36:21
AMANDA SEIDLER	F	0:36:29	84	39	5	25	0:36:29



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SIMON ACKERMAN	M	0:36:42	85	46	5	40	0:36:42
VANESSA PHIPPEN	F	0:36:44	86	40	7.54	105	0:55:23
PENNY VAN VREDEN	F	0:36:54	87	41	5	4	0:36:54
MANDY MARINCOWITZ	F	0:37:03	88	42	5.62	-	0:41:39
SHEILA KNUDSEN	F	0:37:30	89	43	5.06	375	0:37:57
HERVE ROUGIER LAGANE	M	0:37:34	90	47	5.7	78	0:42:49
PAMELA CORLETT	F	0:37:46	91	44	5	51.9	0:37:46
ROGER BARROW	M	0:37:50	92	48	5	24	0:37:50
MARTIN ROESTOF	M	0:37:54	93	49	5	84	0:37:54
BARRY HATTINGH	M	0:38:06	94	50	5	58	0:38:06
STUART RIDDLE	M	0:38:47	95	51	5.06	20.8	0:39:15
JEREMY BARFF	M	0:39:12	96	52	5	-	0:39:12
CARA MUNROE	F	0:39:20	97	45	5	30	0:39:20
BARBARA-ANNE STIRK	F	0:39:22	98	46	5.06	138	0:39:50
LAUREN BOOTH	F	0:39:56	99	47	6.3	29	0:50:19
GILL WILLIAMS	F	0:40:04	100	48	4.31	468	0:34:32
KIM ROE	F	0:40:29	101	49	5.04	111	0:40:48
RONALD COLLYER	M	0:40:38	102	53	5.01	421	0:40:43
CHRIS LOTTER	M	0:41:05	103	54	5	5	0:41:05
NICOLE MALAN	F	0:41:13	104	50	5.2	421	0:42:52
MANDY HUNT	F	0:41:16	105	51	5.22	96	0:43:05
YOSTA VAN DRIEL - ZANDVLIET	F	0:41:18	106	52	4.76	-	0:39:19
DOLLA TALJAARD	F	0:41:31	107	53	5	-	0:41:31
STEVEN CLARK	M	0:41:32	108	55	5.15	88.6	0:42:47
CORNE SWANEPOEL	F	0:41:35	109	54	5.02	0	0:41:45
DERRICK WIGHT	M	0:41:46	110	56	5	492	0:41:46
GERT VAN WYK	M	0:42:01	111	57	5.05	24	0:42:26
WENDY CONSTANTINE	F	0:42:03	112	55	5	-	0:42:03



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JOLENE SMYTHE	F	0:42:05	113	56	5.07	16	0:42:40
SUSSIE AKA OLIVE MJWARA	F	0:42:17	114	57	5	16	0:42:17
IZAK DU PLESSIS	M	0:42:30	115	58	6.16	0	0:52:21
CELESTE CRINALL	F	0:42:56	116	58	5.03	39.6	0:43:11
MELANIE NASH	F	0:43:02	117	59	5	9.2	0:43:02
ALISON CHADWICK	F	0:43:09	118	60	5	47	0:43:09
SONJA FRANKE	F	0:43:18	119	61	5.04	0	0:43:39
MIKE GOLDSTONE	M	0:43:25	120	59	5.11	109	0:44:22
KELVIN STRACHAN	M	0:43:26	121	60	5	55	0:43:26
MICHELLE LINDE	F	0:43:28	122	62	5.12	20	0:44:31
KARYN SILLS	F	0:43:35	123	63	5.31	84.3	0:46:17
LEYA MUSLIM	F	0:43:36	124	64	5	136	0:43:36
LYNNE HARRISON	F	0:43:46	125	65	5	55	0:43:46
CHERRY MUSLIM	F	0:43:53	126	66	5	133	0:43:53
JOHN READ	M	0:43:59	127	61	5.01	2	0:44:04
RUSSELL QUINN	M	0:44:04	128	62	5.04	0	0:44:25
TJAART COETZEE	M	0:44:11	129	63	7.01	304	1:01:57
MOIRA WALKER	F	0:44:24	130	67	5.01	100	0:44:29
MEL KRUUSE	F	0:44:24	131	68	5.01	100	0:44:29
JODI KENDALL	F	0:44:30	132	69	5	8	0:44:30
MELLO VAN DIT	F	0:44:37	133	70	5	0	0:44:37
GEOFF LINNELL	M	0:44:37	134	64	5.02	182	0:44:48
JAN DE NEEF	M	0:44:47	135	65	5.03	51	0:45:03
MARY CALLAGHAN	F	0:45:00	136	71	5.31	164	0:47:47
SCOT ARNOLD	M	0:45:04	137	66	5.51	238	0:49:40
NIKITA LITTLE	F	0:45:12	138	72	5.03	-	0:45:28
ELOISE SHAW	F	0:45:24	139	73	5	-	0:45:24
SHAUN KEET	M	0:46:14	140	67	5.05	85	0:46:42



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INGRID SELLSCHOP	F	0:46:27	141	74	5	1461	0:46:27
IAN POTGIETER	M	0:46:39	142	68	5.05	0	0:47:07
SONJA CECH	F	0:46:51	143	75	5.01	-	0:46:57
JOHANN MCLEOD	M	0:47:03	144	69	5	7	0:47:03
KEVIN CLARKE	M	0:47:10	145	70	5.02	250	0:47:21
DION BENEKE	M	0:47:13	146	71	5	285	0:47:13
KATHERINE SCHEEPERS	F	0:47:16	147	76	5	91	0:47:16
LYNN COWIE	F	0:47:46	148	77	5.04	5	0:48:09
DIANE BRITS	F	0:47:54	149	78	5.17	0	0:49:32
GREG MASKELL	M	0:48:35	150	72	5.07	2	0:49:16
ASHLEY PELLEW	F	0:48:44	151	79	5.2	133	0:50:41
LAUREN STAINBANK	F	0:48:48	152	80	5.03	-	0:49:06
CARLA BOTHA	F	0:48:52	153	81	5.01	-	0:48:58
SONIA BAUMANN	F	0:49:00	154	82	5.3	0	0:51:56
HELEN DOUMANIS	F	0:49:00	155	83	5	234	0:49:00
ROGER MANTEL	M	0:49:11	156	73	5.07	71.4	0:49:52
ALTAAF RAOOF	M	0:49:44	157	74	5	-	0:49:44
WENDY STOREY	F	0:49:58	158	84	5	4	0:49:58
MARK SYKES	M	0:50:44	159	75	5.01	-	0:50:50
LINDA ATTWELL	F	0:50:55	160	85	5	50	0:50:55
KEN ERASMUS	M	0:50:58	161	76	5.01	157	0:51:04
MICHELLE KERR	F	0:50:59	162	86	5	0	0:50:59
RICHARD BOYES	M	0:51:07	163	77	4.5	-	0:46:00
PAULINE LESCHINSKY	F	0:51:25	164	87	5	138	0:51:25
ALAYNE MASKELL	F	0:51:45	165	88	5.59	2	0:57:51
NADINE WEBB	F	0:51:48	166	89	5.13	1	0:53:09
MOLLY NEL	F	0:51:56	167	90	5.06	46	0:52:33
LOUISE MCTAVISH	F	0:52:13	168	91	5.67	120	0:59:13



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KATHY CLELAND	F	0:52:36	169	92	5	2	0:52:36
ZARA VALENTINE	F	0:52:49	170	93	5.02	14	0:53:02
LILLIAN HIRZEL	F	0:52:57	171	94	5.26	0	0:55:42
RENETTE VAN DER MERWE	F	0:52:57	172	95	5.02	2	0:53:10
VANESSA HATTINGH	F	0:53:00	173	96	5.54	57	0:58:43
STEVEN STOREY	M	0:53:17	174	78	5	4	0:53:17
MARISKA PAUL	F	0:53:18	175	97	5	0	0:53:18
JANET TAYLOR	F	0:53:23	176	98	5.06	40	0:54:01
RENETTE VAN EEDEN	F	0:53:43	177	99	5.16	292	0:55:26
MARIA VAN TONDER	F	0:53:49	178	100	5	27	0:53:49
SONYA ROUGIER-LAGANE	F	0:54:00	179	101	5	78	0:54:00
RIDWAAN RAHEEM	M	0:54:49	180	79	5	18.6	0:54:49
SAMUEL WEBB	M	0:56:45	181	80	5.03	1	0:57:05
JAMES WEBB	M	0:56:46	182	81	5.03	1	0:57:06
ADRI VAN HEERDEN	F	0:56:53	183	102	5	55	0:56:53
CATHERINE MOODIE	F	0:57:36	184	103	5	-	0:57:36
ALEX ROBERTSON	M	0:58:08	185	82	5.2	25	1:00:28
TARRYN STRYDOM-WALLIS	F	0:58:24	186	104	5.11	-	0:59:41
GRANT JACOBS	M	0:59:56	187	83	5.13	90	1:01:30
MICHELLE ROCK	F	1:00:00	188	105	5	-	1:00:00
SARAH SYKES	F	1:02:43	189	106	5	-	1:02:43
TRISH VAN DER NOLK VAN GOGH	F	1:05:36	190	107	5.03	-	1:06:00
GLENDA JAMES	F	1:07:58	191	108	6.04	22	1:22:06
ESTELLE MALAN	F	1:09:17	192	109	5	26	1:09:17
PENNY JORDAAN	F	1:09:43	193	110	5.17	0	1:12:05
JILL MORLEY	F	1:10:57	194	111	5	1091	1:10:57
ROBBIE VERESS	M	1:13:07	195	84	5.11	102	1:14:44
KAREN VERESS	F	1:15:45	196	112	5.11	183	1:17:25



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MARILYN QUIRKE	F	1:18:58	197	113	5	126	1:18:58