



Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
300	1:13:35	ABEDNICO MASHABA	Open M	1	1	1
143	1:14:14	DANIEL DE BEER	Open M	2	2	2
84	1:20:44	LINDA VAN STADEN	Open F	3	1	1
147	1:25:46	CHANEL LABUSCHAGNE	Open F	4	2	2
142	1:27:04	RYAN LUGG	Open M	5	3	3
157	1:30:14	STEVEN DICKINSON	Open M	6	4	4
131	1:36:02	TERRY PAPPAS	Open M	7	5	5
305	1:36:57	CARLI HUGO	Open F	8	3	3
118	1:42:52	HANNE WIID	Open F	9	4	4
119	1:42:53	JASON WIID	Open M	10	6	6
122	1:42:55	ANTONIE VAN HEERDEN	Master M	11	7	1
150	1:43:45	NICKY NEL	U16 F	12	5	1
145	1:46:13	JAYDEN RAUBENHEIMER	Open M	13	8	7
21	1:48:36	CORNELEA DU PLOOY	Open F	14	6	5
304	1:48:37	VICUS OLIVIER	Open M	15	9	8
187	1:51:01	CHRISTO GELDENHUYS	Open M	16	10	9
173	1:51:51	MARIAAN WILTSHIRE	Open F	17	7	6
72	1:51:54	SHAN LOUW	Open F	18	8	7
155	1:54:23	LIZA ROGERS	Open F	19	9	8
153	1:54:25	SHANTE ROSENBERG	Open F	20	10	9
159	1:54:26	GARTH SNYMAN	Open M	21	11	10
74	1:55:34	ANNELI WILTSHIRE	Open F	22	11	10
176	1:59:15	ROCHELLE TALJAARD	Open F	23	12	11
171	1:59:43	PLANTINE KOMANE	Open F	24	13	12
99	2:00:05	RONEN BURGER	U18 F	25	14	1
338	2:00:06	RIAN BURGER	Veteran M	26	12	1
151	2:00:39	LULU JANSEN VAN RENSBURG	Veteran F	27	15	1
67	2:00:43	JULIE POOL	Open F	28	16	13
83	2:00:44	KYLIE-DEE VICTOR	Open F	29	17	14
132	2:01:06	DARREN POTGIETER	Veteran M	30	13	2
167	2:01:10	ELIZE MAAS	Open F	31	18	15
101	2:03:00	MARISKA KILLIAN	Open F	32	19	16
111	2:03:26	ADÉLE HENNING	Veteran F	33	20	2
266	2:05:15	HARDUS CLAASEN	Veteran M	34	14	3
20	2:06:08	JACK FLEMING	Open M	35	15	11
86	2:06:25	CARLA VERNOOY	Open F	36	21	17
177	2:07:21	KELLY BERNARD	Open F	37	22	18
120	2:07:24	RUDI LOUWRENS	Veteran M	38	16	4
200	2:07:28	IVETTE LOUWRENS	Veteran F	39	23	3
133	2:10:36	JANEY FRANK	Veteran F	40	24	4



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134	2:10:37	JASON FRANK	Veteran M	41	17	5
139	2:11:24	LOURIKA BOTHA	Open F	42	25	19
25	2:12:09	DEBBIE OPPERMAN	Open F	43	26	20
19	2:13:08	NALINE TEMPERMAN	Open F	44	27	21
154	2:13:09	IANTHE OOSTHUIZEN	Open M	45	18	12
169	2:13:10	LISA BROWN	Open F	46	28	22
114	2:15:11	ANDREW LARSEN	Open M	47	19	13
634	2:16:43	ALBERT CLAASSENS	Open M	48	20	14
68	2:17:13	LIEZL DE JAGER	Open F	49	29	23
301	2:17:13	JANKE MEYER	Open F	50	30	24
138	2:17:15	TAYLA OLCKERS	Open F	51	31	25
152	2:17:16	BIANCA ADAMS	Open F	52	32	26
81	2:17:17	JACO SCHOONWINKEL	Open M	53	21	15
410	2:18:09	BRUCE D'HOTMAN	Open M	54	22	16
105	2:18:59	TRISH FERRI	Master F	55	33	1
80	2:22:18	LINDA ROCHE	Open F	56	34	27
172	2:22:25	LE-ANNE TIMMERMANS	Open M	57	23	17
156	2:22:42	TOY ROCHE	U16 M	58	24	1
166	2:22:43	MEL KRUUSE	Veteran F	59	35	5
165	2:22:43	MOIRA WALKER	Veteran M	60	25	6
141	2:23:07	ELMARI BOTES	Open M	61	26	18
158	2:23:57	CARRYN GRANVILLE	Open F	62	36	28
62	2:26:20	JULIA WILLIAMS	Veteran F	63	37	6
144	2:28:35	HILDE-MARIE SMIT	Open F	64	38	29
140	2:31:00	ISABEL BOLT	Master F	65	39	2
137	2:31:01	ANTOINETTE SMALL	Veteran F	66	40	7
162	2:31:02	LINDA BRENCHLEY	Master F	67	41	3
15	2:31:03	LIANDA WELLS	Veteran F	68	42	8
24	2:31:18	MARELIZE GATES	Open F	69	43	30
377	2:37:37	SURITA GREYLING	Veteran F	70	44	9
63	2:47:48	YOLANDE JACOBS	Veteran F	71	45	10
148	2:50:11	DELIA SMITH	Master F	72	46	4
149	2:50:12	CHRISTA DU PLESSIS	Master F	73	47	5
175	2:53:46	NICCI ROBERTSON	Veteran F	74	48	11
160	3:07:24	JOHANN WASSERMAN	Veteran M	75	27	7
195	3:11:44	LEHANDRI VAN ZYL	Open F	76	49	31
125	3:11:45	PIETER VAN ZYL	Master M	77	28	2
23	3:12:36	CORNETTE BACH	Open F	78	50	32
170	3:12:37	BERTHA BENSON	Open F	79	51	33
250	3:12:40	LOUIS BOLT	Grand Master M	80	29	1



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103	3:21:25	FERDINAND VAN WIJK	Veteran M	81	30	8
283	3:21:27	LELANIE VAN WIJK	Veteran F	82	52	12
75	3:21:29	JANINE COETZER	Veteran F	83	53	13
267	3:22:38	LOUWRENS COETZER	Master M	84	31	3
89	3:22:38	LERIKA VAN DER VYVER	Open F	85	54	34
115	3:28:57	SIENNA HOFFMAN	U12 F	86	55	1
116	3:29:04	LIAM HOFFMAN	Junior M	87	32	1
117	3:30:02	ANDREA HOFFMAN	Open F	88	56	35
77	3:37:44	MPUME MAKHUBELA	Veteran F	89	57	14
16	3:37:45	LONDEKA NXUMALO	Veteran F	90	58	15
302	4:11:25	CARINE HARDENBERG	Master F	91	59	6
193	4:11:26	FRED HARDENBERG	Grand Master M	92	33	2