



Race #	Race Time	Name	Age Group	Overall Position	Gender Position	Age Group Position
385	2:06:35	ANDREA VAN HEERDEN	Open M	1	1	1
698	2:11:49	EDRICH FERREIRA	Open M	2	2	2
379	2:11:53	JACQUES BURGER	Open M	3	3	3
571	2:15:36	PIERS CRUICKSHANKS	Veteran M	4	4	1
446	2:19:15	KARINE BEZUIDENHOUT	Open F	5	1	1
687	2:19:17	MARCO LAMBRECHTS	Veteran M	6	5	2
560	2:20:09	JOHAN FOURIE	Open M	7	6	6
623	2:21:20	DEANE MORTLOCK	Open M	8	7	7
552	2:27:52	PIETER BRIEL	Open M	9	8	8
371	2:40:53	CLINTON HARDENBERG	Veteran M	10	9	3
408	2:41:34	SABELO NMEZA	Open M	11	10	9
355	2:49:58	PONTIE VAN ROOYEN	Open M	12	11	10
451	2:51:11	PETER PIENAAR	Veteran M	13	12	4
416	2:52:12	DEWALD MEYER	Open M	14	13	11
403	2:52:37	CARIEN DE BRUYN	Open F	15	2	2
556	2:52:45	PAUL NORMAN	Master M	16	14	1
550	2:52:46	ELSA DE BEER	Veteran F	17	3	2
384	2:54:04	MARCELLE LE GRANGE	Open F	18	4	3
453	2:56:10	TOY DUPPER	Open M	19	15	12
353	2:59:07	SAMANTHA SANDERS	Open F	20	5	4
490	2:59:11	ANDRE LE GRANGE	Open M	21	16	13
533	3:00:05	MEGAN KEMP	Open F	22	6	5
481	3:00:30	DAVID HOFFMAN	Veteran M	23	17	5
3961	3:00:50	MEGAN LOFTIE-EATON	Open F	24	7	6
396	3:01:32	OCKERT BOTHA	Open M	25	18	14
629	3:02:04	DONOVAN HOFFMAN	Open M	26	19	15
443	3:02:06	MONIQUE FOURIE	Open F	27	8	7
164	3:03:26	PAT BRENCHLEY	Master M	28	20	2
594	3:03:55	CHRIS JOUBERT	Open M	29	21	16
497	3:04:26	NICO OOSTHUIZEN	Open M	30	22	17
547	3:04:29	CHANDRI VAN HEERDEN	Open F	31	9	8
433	3:06:01	ALISON LINGARD	Veteran F	32	10	3
447	3:07:51	OTTO BUCHNER	Open M	33	23	18
888	3:07:57	HARRY WILTSHIRE	Open M	34	24	1
387	3:09:23	LEENDERT DE BRUIN	Open M	35	25	19
597	3:14:47	DAVID ADAMS	Open M	36	26	20
366	3:14:48	REON VAN AARDT	Open M	37	27	21
395	3:15:30	VIVIAN WHITE	Open M	38	28	22
369	3:17:15	ARNO CILLIERS	Open M	39	29	23
635	3:18:21	DEBBIE PAPPAS	Veteran F	40	11	4



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783	3:18:32	MARTIN VAN GASS	Veteran M	41	30	1
437	3:21:25	MATTHEW LARSEN	Open M	42	31	24
545	3:21:27	ROZEL-MARI KITCHEN	Open F	43	12	9
370	3:21:29	ANTON SMIT	Veteran M	44	32	6
386	3:21:48	MATTHEW MILLS	Open M	45	33	25
570	3:23:13	WERNER SCHUTTE	Open M	46	34	26
455	3:23:16	ANDREW WATKINS	Open M	47	35	27
563	3:25:42	HANLIE GELDENHUYS	Open F	48	13	10
549	3:25:44	NADENE TRUTER	Open F	49	14	11
399	3:26:26	DIANA HENRY	Open F	50	15	12
555	3:27:14	SANEL ALLERSTON	Open F	51	16	13
378	3:27:45	ROGAN FOURIE	Open M	52	36	28
688	3:28:01	CHARLOTTE GERICKE	Open F	53	17	14
422	3:30:03	GIUDITTA TONIOLO	Open F	54	18	15
454	3:31:05	SARAH RICHARDS	Master F	55	19	1
536	3:31:06	ANNA-CHRISTI LENHARD	Open F	56	20	16
361	3:31:59	PHILIP OLCKERS	Open M	57	37	29
397	3:32:32	DUNCAN IRVINE	Master M	58	38	3
375	3:33:30	MARLE MEYER	Veteran F	59	21	5
398	3:33:31	LISA MAIN	Open F	60	22	17
471	3:33:33	CHERIL COETSEE	Open F	61	23	18
568	3:34:33	HENDRIK VAN GRAAN	Open M	62	39	30
407	3:35:00	BLANDINE AIGRON	Open F	63	24	19
445	3:36:32	MILOU DIEDEREN	Open F	64	25	20
615	3:36:33	ANEL SCHOEMAN	Open F	65	26	21
383	3:37:27	BRUNO ABETTI	Open M	66	40	31
867	3:40:38	KUEN PAPPAS	Veteran M	67	41	2
693	3:40:47	NELINE HOFFMAN KELLERMAN	Open F	68	27	22
627	3:40:48	LEIGH GREEN	Open F	69	28	23
576	3:40:48	ANKE OOSTHUIZEN	Open F	70	29	24
626	3:41:41	MARY PIETERSE	Veteran F	71	30	6
564	3:43:56	KARLA BROWN	Open F	72	31	25
418	3:45:06	WAYNE SADLER	Open M	73	42	32
633	3:47:23	GERT VAN WYK	Master M	74	43	4
684	3:48:31	MALAN DU TOIT	Veteran M	75	44	7
559	3:49:07	CARIN BADENHORST	Veteran F	76	32	7
569	3:49:08	ROBERT SNYDERS	Open M	77	45	33
401	3:51:03	CHARNE D'HOTMAN	Open F	78	33	26
381	3:52:35	JAKKIE VAN HEERDEN	Open M	79	46	34
442	3:52:36	LOUISE SNYMAN	Open F	80	34	27



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642	3:54:53	HAYLEY BILLINGHAM	U16 F	81	35	1
392	3:54:54	JOCELYN SALTER	U12 F	82	36	1
480	3:54:55	JESS SALTER	Veteran F	83	37	8
526	3:56:24	CRAIG BOWLES	Master M	84	47	5
435	4:02:54	AVRIL PRETORIUS	Veteran F	85	38	9
368	4:02:56	MICHELE KOEN	Veteran F	86	39	10
579	4:03:30	SOLETTA NEL	Open F	87	40	28
578	4:03:45	KONSTANT GREYLING	Veteran M	88	48	3
554	4:05:54	BRIAN HOLMES	Veteran M	89	49	8
580	4:05:58	ANDREA LANDAU	Open F	90	41	29
419	4:07:22	MARI LE ROUX	Open F	91	42	30
444	4:12:53	DONOVAN BOTHA	Veteran M	92	50	9
406	4:13:41	BENNIE BURGER	Grand Master M	93	51	1
472	4:14:10	ASHLEY BETTERIDGE	Veteran M	94	52	10
561	4:14:10	MICHELLE OELSCHIG	Master F	95	43	2
448	4:24:16	BETTINA KLESSE	Veteran F	96	44	11
621	4:24:17	DIETER KLESSE	Master M	97	53	6
374	4:24:57	FRANCOIS STEYL	Grand Master M	98	54	2
452	4:24:58	ZENA KENNERLEY	Master F	99	45	3
363	4:26:16	ROSS COUPER	Veteran M	100	55	11
390	4:26:26	LINDSAY COUPER	Veteran F	101	46	12
449	4:27:34	YOLANDA LIZAMORE	Veteran F	102	47	13
539	4:32:13	QUENTIN SWANEVELDER	Veteran M	103	56	12
431	4:34:38	SUZANNAH BUTOWSKY	Master F	104	48	4
826	4:35:02	MARISSA GRIESEL	Open F	105	49	1
405	4:35:12	KATE NOWOSIAD	Open F	106	50	31
660	4:35:13	ANDREW DELMONT	Veteran M	107	57	13
391	4:41:36	MARTHINUS NEL	Open M	108	58	35
394	4:51:21	TIELMAN FLISCHMAN	Veteran M	109	59	14
628	4:51:22	LLEWELLYN SMITH	Master M	110	60	7
421	4:59:04	ADRIAAN HENN	Open M	111	61	36
567	4:59:05	NICOLE HENN	Open F	112	51	32
478	4:59:30	DEWALD VIJJOEN	Open M	113	62	37
689	5:13:08	GUGU ZULU	Veteran F	114	52	14