



AdventureRun : Rietvlei Dam

Christmas Run/Walk on 12th December 2018



10km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0735	Jan Chris	Avenant	10km Trail Run/Walk	Male	27	Senior (19-29)	00:44:34
2	3	2	TA0732	Manoah	Lundu	10km Trail Run/Walk	Male	24	Senior (19-29)	00:48:03
3	5	1	TA0866	Roan	Jansen Van Nieuwenhuizen	10km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:49:21
4	6	3	TA0645	Stuart	Blackbeard	10km Trail Run/Walk	Male	25	Senior (19-29)	00:49:23
5	7	1	TA0996	Andre	Jacobs	10km Trail Run/Walk	Male	52	Master (50-59)	00:49:25
6	8	1	TA1179	Dieter	Zimmerman	10km Trail Run/Walk	Male	47	Veteran (40-49)	00:49:29
7	9	2	TA0665	Mc	Du Toit	10km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:50:01
8	11	2	TRAIL10501	Dave	Kraitzick	10km Trail Run/Walk	Male	50	Master (50-59)	00:50:26
9	12	2	TRAIL10765	Gerrit	Welgens	10km Trail Run/Walk	Male	44	Veteran (40-49)	00:52:05
10	13	1	TA0666	Werno	Norval	10km Trail Run/Walk	Male	12	12 to 15	00:52:10
11	14	3	TA2314	Stephan	Roux	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	00:52:27
12	18	4	TRAIL10750	Michael	Do Carmo	10km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	00:53:23
13	19	5	TA1828	Sean	Thomas	10km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	00:53:37
14	20	4	TA2331	Coenraad	Claassens	10km Trail Run/Walk	Male	27	Senior (19-29)	00:53:42
15	21	6	TA0719	Rhynhardt	De Ridder	10km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	00:54:21
16	22	3	TA2240	Karel	Niemand	10km Trail Run/Walk	Male	53	Master (50-59)	00:54:34
17	23	7	TA0795	James	Broadaway	10km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	00:55:00
18	24	5	TA2180	Dawid	De Ridder	10km Trail Run/Walk	Male	28	Senior (19-29)	00:55:59
19	25	3	TA1873	Ted	Wood	10km Trail Run/Walk	Male	48	Veteran (40-49)	00:57:35
20	26	8	TA2309	Lourens	Sanders	10km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:57:40
21	27	9	TA0857	Martin	Jaravaza	10km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	00:57:56
22	28	4	TA2153	Braam	Norval	10km Trail Run/Walk	Male	48	Veteran (40-49)	00:59:06
23	30	5	TA1832	Hennie	Potgieter	10km Trail Run/Walk	Male	42	Veteran (40-49)	00:59:49
24	31	10	TA1104	Andile	Nokwe	10km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:59:58
25	32	11	TA2293	Wynand	Boshoff	10km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	01:00:01
26	35	12	TA0751	Pj	Doyer	10km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	01:01:11
27	36	4	TA1784	Gunther	Schwob	10km Trail Run/Walk	Male	57	Master (50-59)	01:01:40
28	38	6	TA1128	Jean	Du Preez	10km Trail Run/Walk	Male	24	Senior (19-29)	01:01:47
29	40	13	TA0782	Brett	Cummings	10km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:02:51
30	42	6	TA2205	Matthys	Taljaard	10km Trail Run/Walk	Male	43	Veteran (40-49)	01:05:11
31	43	14	TA2150	Jacques	Van Der Merwe	10km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	01:05:42
32	45	1	TA2232	Andre	Swart	10km Trail Run/Walk	Male	60	Grand-Master (60+)	01:06:06
33	46	15	TA2305	Hennie	Nel	10km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	01:06:07

34	50	7	TA1881	Calvin	Erlank	10km Trail Run/Walk	Male	27	Senior (19-29)	01:06:41
35	52	5	TRAIL12627	Craig	Pheiffer	10km Trail Run/Walk	Male	51	Master (50-59)	01:07:35
36	54	16	TA1879	Heinrich	Schutte	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:08:09
37	55	7	TA1813	Christo	Pienaar	10km Trail Run/Walk	Male	45	Veteran (40-49)	01:08:17
38	57	2	TA0854	Dirk	Bezuidenhout	10km Trail Run/Walk	Male	69	Grand-Master (60+)	01:09:32
39	59	17	TA2132	Corne	Du Preez	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:11:11
40	61	8	TA2152	Corne	Els	10km Trail Run/Walk	Male	23	Senior (19-29)	01:13:26
41	62	18	TA2342	Stiaan	Marx	10km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	01:14:32
42	68	8	TA2140	Eugene	Van Wyk	10km Trail Run/Walk	Male	41	Veteran (40-49)	01:17:07
43	70	9	TA2182	Muzi	Manzi	10km Trail Run/Walk	Male	46	Veteran (40-49)	01:22:45
44	74	19	TA1044	Erasmus	Smit	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:33:26
45	77	3	TA1199	Manie	Bosch	10km Trail Run/Walk	Male	63	Grand-Master (60+)	01:44:00
46	83	9	TA2159	Lourens	Zeelie	10km Trail Run/Walk	Male	26	Senior (19-29)	01:51:52
47	84	4	TA2213	Dean	Mccleland	10km Trail Run/Walk	Male	65	Grand-Master (60+)	01:54:53

10km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA0826	Cherise	Sanders	10km Trail Run/Walk	Female	28	Senior (19-29)	00:47:59
2	4	1	TA0849	Tarryn	Snyman	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:48:13
3	10	2	TA0789	Lorencia	Sanders	10km Trail Run/Walk	Female	29	Senior (19-29)	00:50:22
4	15	3	TA1121	Danielle	Deetlefs	10km Trail Run/Walk	Female	29	Senior (19-29)	00:52:46
5	16	2	TRAIL10891	Tina	Bredenkamp	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:52:53
6	17	1	TRAIL10062	Nicky	Booyens	10km Trail Run/Walk	Female	40	Veteran (40-49)	00:53:15
7	29	4	TA2339	Clarissa	Jacobs	10km Trail Run/Walk	Female	27	Senior (19-29)	00:59:47
8	33	3	TA0659	Hester	Doyer	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:00:13
9	34	5	TA2255	Marlene	Luizinho	10km Trail Run/Walk	Female	25	Senior (19-29)	01:01:04
10	37	4	TA2203	Olga	Bialostocka	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:01:44
11	39	5	TA2155	Amanda	Van Heerden	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:02:29
12	41	1	TA1024	Abigail	Van Heerden	10km Trail Run/Walk	Female	11	Under 11	01:04:02
13	44	2	TA0632	Maitele	Tshifularo	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:05:50
14	47	1	TRAIL12290	Georgina	Bester	10km Trail Run/Walk	Female	54	Master (50-59)	01:06:32
15	48	6	TRAIL12665	Adri	Slabbert	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:06:35
16	49	3	TRAIL13015	Nadia	Bosch	10km Trail Run/Walk	Female	47	Veteran (40-49)	01:06:36
17	51	6	TA0627	Charlene	Bester	10km Trail Run/Walk	Female	22	Senior (19-29)	01:06:53
18	53	4	TRAIL11798	Antoinette	Hartslief	10km Trail Run/Walk	Female	47	Veteran (40-49)	01:07:58
19	56	7	TA0637	Megan	Fowlds	10km Trail Run/Walk	Female	22	Senior (19-29)	01:08:59
20	58	8	TA1900	Hayley	Levey	10km Trail Run/Walk	Female	26	Senior (19-29)	01:09:56
21	60	5	TA0608	Roenel	Kenyon	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:12:00
22	63	6	TRAIL10739	Marlise	Welgens	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:14:36
23	64	7	TA1033	Lara	Bayliss	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:14:39
24	65	7	TA1876	Pfungi	Nyamukachi	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:14:57
25	66	8	TA1811	Mahlako	Lebelo	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:15:02
26	67	9	TA2108	Kelebogile	Setlogelo	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:17:03
27	69	2	TA2126	Stienie	Kompagnie	10km Trail Run/Walk	Female	51	Master (50-59)	01:19:19
28	71	8	TA1887	Alida	Van Blerk	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:27:07
29	72	10	TA2204	Fulufhelo	Nemutandani	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:32:00
30	73	9	TA2311	Linda	Bruwer	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:32:05
31	75	11	TA2156	Jeanine	Smit	10km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:33:28
32	76	12	TA1034	Malanie	Bosch	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:38:10
33	78	1	TA1043	Dot	Johnson	10km Trail Run/Walk	Female	71	Grand-Master (60+)	01:44:00
34	79	3	TRAIL10052	Lesley	Hutchins	10km Trail Run/Walk	Female	56	Master (50-59)	01:45:53
35	80	4	TRAIL10011	Graham	Hutchins	10km Trail Run/Walk	Female	55	Master (50-59)	01:45:53
36	81	10	TRAIL10053	Adele	Sutherland	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:45:53
37	82	9	TA0694	Christine	Scholtz	10km Trail Run/Walk	Female	27	Senior (19-29)	01:51:47

5km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0458	Nicholas	Olivier	5km Trail Run/Walk	Male	18	16 to 18	00:21:23
2	3	1	TA1548	Michael	Strydom	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:25:22
3	4	2	TA1671	Coenraad	Rossouw	5km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:25:25
4	5	1	TA1666	Phillip	Van Heerden	5km Trail Run/Walk	Male	46	Veteran (40-49)	00:25:57
5	6	2	TA0537	Sebastian	Olivier	5km Trail Run/Walk	Male	16	16 to 18	00:26:00
6	7	3	TA0167	Johann	Du Toit	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:26:17
7	9	2	TA0362	Conrad	Langerman	5km Trail Run/Walk	Male	44	Veteran (40-49)	00:26:37
8	10	3	TRAIL11732	Terrence	Brink	5km Trail Run/Walk	Male	45	Veteran (40-49)	00:26:47
9	11	1	TA0188	Wj	Vermeulen	5km Trail Run/Walk	Male	23	Senior (19-29)	00:26:47
10	15	4	TRAIL12740	Johan	Riekert	5km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:29:26
11	16	1	TA0390	Nyaweleni	Tshifularo	5km Trail Run/Walk	Male	50	Master (50-59)	00:29:36
12	17	5	TA0030	Daniel	Kamp	5km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	00:29:43
13	18	6	TA0094	Chad	Theron	5km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:29:45
14	19	2	TA0237	Marcos	Monteiro	5km Trail Run/Walk	Male	26	Senior (19-29)	00:30:34
15	21	4	TRAIL12760	Renato	Potgieter	5km Trail Run/Walk	Male	44	Veteran (40-49)	00:30:39
16	23	2	TA0173	Marius	Pienaar	5km Trail Run/Walk	Male	51	Master (50-59)	00:30:52
17	25	7	TA2247	Hendrik	Theunissen	5km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:31:43
18	26	3	TA0303	Timothy	Van Niekerk	5km Trail Run/Walk	Male	50	Master (50-59)	00:31:46
19	28	5	TRAIL10187	Kevin	Joffe	5km Trail Run/Walk	Male	45	Veteran (40-49)	00:32:27
20	29	8	TRAIL10910	Dewan	Hamman	5km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	00:32:35
21	30	6	TA0041	Sam	Lebelo	5km Trail Run/Walk	Male	41	Veteran (40-49)	00:32:51
22	31	7	TA1861	Johan	De Lange	5km Trail Run/Walk	Male	47	Veteran (40-49)	00:32:53
23	34	1	TRAIL10759	Allen	West	5km Trail Run/Walk	Male	64	Grand-Master (60+)	00:33:06
24	37	8	TA1620	Wimpie	Van Zyl	5km Trail Run/Walk	Male	47	Veteran (40-49)	00:33:43
25	38	3	TA2158	Walter	Nothling	5km Trail Run/Walk	Male	27	Senior (19-29)	00:33:46
26	39	9	TA1691	Desmond	Liebenberg	5km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:33:48
27	40	4	TA1818	Christiaan	Richardson	5km Trail Run/Walk	Male	26	Senior (19-29)	00:33:49
28	44	5	TA0332	Renda	Tshifularo	5km Trail Run/Walk	Male	21	Senior (19-29)	00:35:20
29	46	6	TA0302	Reder	Van Der Merwe	5km Trail Run/Walk	Male	27	Senior (19-29)	00:35:25
30	51	9	TA0031	Deon	Botha	5km Trail Run/Walk	Male	49	Veteran (40-49)	00:36:05
31	52	10	TA0036	Francois	Engelbrecht	5km Trail Run/Walk	Male	42	Veteran (40-49)	00:36:34
32	54	7	TA0298	Henri	Van Lil	5km Trail Run/Walk	Male	24	Senior (19-29)	00:36:43
33	60	4	TA0378	Andre	Theron	5km Trail Run/Walk	Male	54	Master (50-59)	00:39:07
34	64	11	TA1657	Michael	Stafford	5km Trail Run/Walk	Male	45	Veteran (40-49)	00:39:27
35	67	5	TRAIL12985	Gary	Noakes	5km Trail Run/Walk	Male	58	Master (50-59)	00:39:53
36	68	12	TA0169	Martin	Jooste	5km Trail Run/Walk	Male	45	Veteran (40-49)	00:40:09
37	75	8	TA0231	Jaco	Fouche	5km Trail Run/Walk	Male	28	Senior (19-29)	00:41:16
38	76	1	TA1743	Francois	De Jager	5km Trail Run/Walk	Male	10	Under 11	00:41:19
39	77	10	TA0085	Corne	De Jager	5km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:41:20

40	84	9	TA1593	Renier	Knoetze	5km Trail Run/Walk	Male	26	Senior (19-29)	00:42:07
41	85	13	TRAIL12157	Francois	Coetzee	5km Trail Run/Walk	Male	44	Veteran (40-49)	00:43:22
42	86	14	TA1724	Martin	Pretorius	5km Trail Run/Walk	Male	41	Veteran (40-49)	00:43:25
43	87	10	TA1700	Logan	Steenkamp	5km Trail Run/Walk	Male	19	Senior (19-29)	00:43:38
44	89	2	TRAIL12982	Rufan	Palm	5km Trail Run/Walk	Male	62	Grand-Master (60+)	00:43:54
45	91	15	TRAIL12341	Charles	Norman	5km Trail Run/Walk	Male	40	Veteran (40-49)	00:44:07
46	92	2	TA0504	Chas	Norman	5km Trail Run/Walk	Male	9	Under 11	00:44:07
47	99	11	TA1659	Stephan	Erasmus	5km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:47:03
48	104	16	TA1797	Fred	Olivier	5km Trail Run/Walk	Male	43	Veteran (40-49)	00:47:26
49	105	12	TA0573	Johannes	Prinsloo	5km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	00:47:29
50	107	3	TA0268	John	Tringham	5km Trail Run/Walk	Male	76	Grand-Master (60+)	00:48:00
51	109	4	TA0392	Malcolm	Mackenzie	5km Trail Run/Walk	Male	65	Grand-Master (60+)	00:48:04
52	118	6	TA1680	Pieter	Crafford	5km Trail Run/Walk	Male	57	Master (50-59)	00:49:46
53	119	17	TA0457	Karel	Van Heerden	5km Trail Run/Walk	Male	46	Veteran (40-49)	00:50:16
54	125	13	TA0250	Mpho	Sethole	5km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	00:52:32
55	128	3	TA0295	Jasheen	Thavalal	5km Trail Run/Walk	Male	16	16 to 18	00:53:11
56	129	3	TA0005	Jayden	Thavalal	5km Trail Run/Walk	Male	9	Under 11	00:53:15
57	134	4	TA0176	Jarrood	Hawkins	5km Trail Run/Walk	Male	10	Under 11	00:56:48
58	135	18	TA1708	Micheal	Hawkins	5km Trail Run/Walk	Male	42	Veteran (40-49)	00:56:51
59	143	5	TA0047	Neville	Muir	5km Trail Run/Walk	Male	80	Grand-Master (60+)	01:02:00
60	147	14	TA1573	Armand	Erasmus	5km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	01:03:20
61	148	5	TA1725	Tawanda	Tingini	5km Trail Run/Walk	Male	10	Under 11	01:04:16
62	151	6	TA0445	John	Vieira	5km Trail Run/Walk	Male	63	Grand-Master (60+)	01:04:43
63	160	6	TA1595	Itu	Lebelo	5km Trail Run/Walk	Male	8	Under 11	01:06:13
64	163	7	TA0310	Michael	De Beer	5km Trail Run/Walk	Male	3	Under 11	01:07:06
65	164	19	TA0402	Marius	De Beer	5km Trail Run/Walk	Male	41	Veteran (40-49)	01:07:08
66	167	1	TA0436	Gabriel	Melaia	5km Trail Run/Walk	Male	14	12 to 15	01:09:25

5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TRAIL12842	Jeanne'	De Beer	5km Trail Run/Walk	Female	17	16 to 18	00:23:32
2	8	1	TA0283	Izaldi-lee	Van Zyl	5km Trail Run/Walk	Female	19	Senior (19-29)	00:26:19
3	12	1	TA0403	Cherylene	Hogan	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:27:56
4	13	1	TA0267	Annika	Norval	5km Trail Run/Walk	Female	15	12 to 15	00:28:18
5	14	2	TA0195	Desiree	Genis	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:29:17
6	20	1	TA0576	Angela	Steenkamp	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:30:38
7	22	2	TA0453	Ansie	Niemand	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:30:48
8	24	1	TA1660	Elsa	Dupper	5km Trail Run/Walk	Female	57	Master (50-59)	00:31:24
9	27	3	TA1741	Suzannah	Van Niekerk	5km Trail Run/Walk	Female	41	Veteran (40-49)	00:31:53
10	32	3	TA0404	Lisinda	Van Zyl	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:32:54
11	33	2	TA0809	Aletha	Van Den Bergh	5km Trail Run/Walk	Female	51	Master (50-59)	00:32:57
12	35	4	TA0043	Erika	Lotheringen	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:33:17
13	36	4	TRAIL11074	Larissa	West	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:33:23
14	41	2	TA0325	Clarise	Marais	5km Trail Run/Walk	Female	27	Senior (19-29)	00:33:56
15	42	5	TA0331	Ramona	Hefer	5km Trail Run/Walk	Female	40	Veteran (40-49)	00:34:30
16	43	6	TA1566	Elmarie	Meyer	5km Trail Run/Walk	Female	41	Veteran (40-49)	00:35:09
17	45	3	TA0433	Lisa	Jansen Van Rensburg	5km Trail Run/Walk	Female	27	Senior (19-29)	00:35:24
18	47	7	TRAIL12742	Lynelle	Potgieter	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:35:30
19	48	8	TA1692	Glizelle	Langerman	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:35:32
20	49	5	TA1775	Gail	Cummings	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:35:37
21	50	4	TA0575	Jeaninne	Fourie	5km Trail Run/Walk	Female	29	Senior (19-29)	00:36:00
22	53	5	TA1665	Luane	Van Zyl	5km Trail Run/Walk	Female	19	Senior (19-29)	00:36:38
23	55	9	TA0515	Martie	Zimmerman	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:38:08
24	56	3	TA0009	Elmi	Smith	5km Trail Run/Walk	Female	53	Master (50-59)	00:38:18
25	57	6	TA0428	Johanni	Smit	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:38:25
26	58	10	TA0343	Christien	Engelbrecht	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:38:30
27	59	11	TA0244	Deirdre	Van Schalkwyk	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:38:35
28	61	4	TA1673	Zelda	Theron	5km Trail Run/Walk	Female	53	Master (50-59)	00:39:11
29	62	12	TA0122	Debbie	Stafford	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:39:23
30	63	7	TA0240	Melandie	Endley	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:39:26
31	65	5	TA0443	Esme	Van Der Merwe	5km Trail Run/Walk	Female	52	Master (50-59)	00:39:30
32	66	8	TA0238	Colette	Curle	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:39:50
33	69	6	TRAIL11337	Sandra	Austin	5km Trail Run/Walk	Female	50	Master (50-59)	00:40:14
34	70	13	TA0559	Yvette	Ellis	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:40:27
35	71	9	TA0273	Anri	Strydom	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:40:30
36	72	10	TA1681	Zelda	Smith	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:40:34
37	73	14	TA0254	Serufe	Motloung	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:41:10
38	74	6	TA0471	Angelique	Erasmus	5km Trail Run/Walk	Female	25	Senior (19-29)	00:41:12
39	78	11	TA0251	Rolanda	Meintjes	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:41:38
40	79	7	TA0539	Carmen	Marais	5km Trail Run/Walk	Female	23	Senior (19-29)	00:41:46

41	80	15	TA0287	Shaneera	Thavalal	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:41:50
42	81	16	TA1617	Liezil	Pienaar	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:41:53
43	82	7	TA0223	Renda	Johnson	5km Trail Run/Walk	Female	50	Master (50-59)	00:41:55
44	83	8	TA0578	Anika	Du Plessis	5km Trail Run/Walk	Female	27	Senior (19-29)	00:41:57
45	88	8	TRAIL12853	Junita	Palm	5km Trail Run/Walk	Female	59	Master (50-59)	00:43:53
46	90	17	TA0377	Hannelie	Van Heerden	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:44:00
47	93	12	TA0086	Bethany	Hawkins	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:44:25
49	95	9	TA0042	Mia	Niebuhr	5km Trail Run/Walk	Female	23	Senior (19-29)	00:44:29
50	96	10	TA0209	Cecile	Niebuhr	5km Trail Run/Walk	Female	25	Senior (19-29)	00:44:35
51	97	9	TA2130	Hendrien	Breedt	5km Trail Run/Walk	Female	54	Master (50-59)	00:44:49
52	98	18	TRAIL12156	Nicolette	Coetzee	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:44:56
53	100	19	TA0205	Janette	Cavannagh	5km Trail Run/Walk	Female	41	Veteran (40-49)	00:47:13
54	101	20	TA0170	Isabel	Nel	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:47:22
55	102	11	TA0464	Stephanie	Groutsch	5km Trail Run/Walk	Female	23	Senior (19-29)	00:47:25
56	103	13	TA0495	Louise	Rose	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	00:47:25
57	106	1	TRAIL12321	Dorothy	Van Heerden	5km Trail Run/Walk	Female	75	Grand-Master (60+)	00:48:00
58	108	10	TA0545	Caron	Mackenzie	5km Trail Run/Walk	Female	54	Master (50-59)	00:48:02
59	110	11	TA1650	Elma	Crafford	5km Trail Run/Walk	Female	58	Master (50-59)	00:48:11
60	111	21	TA1557	Cathleen	Cresswell	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:48:38
61	112	12	TA1582	Christa	Van Niekerk	5km Trail Run/Walk	Female	50	Master (50-59)	00:48:52
62	113	13	TA0156	Wendy	Seymour	5km Trail Run/Walk	Female	58	Master (50-59)	00:48:58
63	114	22	TA0444	Anette	Joubert	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:49:04
64	115	14	TA1519	Gisela	De Jager	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:49:38
65	116	2	TA1765	Mia	De Jager	5km Trail Run/Walk	Female	5	Under 11	00:49:40
66	117	23	TA0408	Lerina	Prinsloo	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:49:42
67	120	12	TA0210	Muofhe	Tshifularo	5km Trail Run/Walk	Female	20	Senior (19-29)	00:50:18
68	121	24	TA0155	Chiba	Enash	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:50:29
69	122	25	TA0346	Irene	Van Zyl	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:50:40
70	123	15	TA0352	Marelize	De Jongh	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:50:42
71	124	3	TA1737	Danja	Norval	5km Trail Run/Walk	Female	9	Under 11	00:51:59
72	126	16	TA0339	Kgomotso	Sethole	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:52:35
73	127	26	TA0353	Silka	Norval	5km Trail Run/Walk	Female	49	Veteran (40-49)	00:52:45
74	130	14	TA0348	Sonja	Van Zyl	5km Trail Run/Walk	Female	57	Master (50-59)	00:53:17
75	131	17	TA0161	Sanja	Schutte	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:53:50
76	132	2	TA0463	Lana	Bosch	5km Trail Run/Walk	Female	60	Grand-Master (60+)	00:55:00
78	136	13	TA1527	Natasha	Sanders	5km Trail Run/Walk	Female	24	Senior (19-29)	00:57:12
79	137	14	TA0001	Natasha	Steffen	5km Trail Run/Walk	Female	24	Senior (19-29)	00:57:13
80	138	15	TA0344	Jeanne-mari	Steyn	5km Trail Run/Walk	Female	28	Senior (19-29)	00:57:16
81	139	2	TRAIL12245	Nichelle	Coetzee	5km Trail Run/Walk	Female	16	16 to 18	00:58:38
82	140	2	TRAIL12165	Celeste	Coetzee	5km Trail Run/Walk	Female	12	12 to 15	00:58:42
83	141	27	TA0429	Antionette	Ueckermm	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:58:44
84	142	28	TA0163	Susan	Carter	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:58:45

85	144	18	TA0409	Jocelyne	Abreu	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:02:25
86	145	19	TA0388	Jenny	Williams	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:02:27
87	146	3	TA1546	Cindy	Browne	5km Trail Run/Walk	Female	60	Grand-Master (60+)	01:02:29
88	149	20	TA0121	Nicole	Pereira	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:04:36
89	150	15	TA0370	Annabelle	Vieira	5km Trail Run/Walk	Female	59	Master (50-59)	01:04:39
90	152	29	TA0320	Raelean	Melaia	5km Trail Run/Walk	Female	44	Veteran (40-49)	01:04:53
91	153	16	TA0232	Elmarier	Richter	5km Trail Run/Walk	Female	50	Master (50-59)	01:05:03
92	154	17	TA0446	Sanet	Erasmus	5km Trail Run/Walk	Female	56	Master (50-59)	01:05:06
93	155	5	TA0002	Nicola	Melaia	5km Trail Run/Walk	Female	10	Under 11	01:05:10
94	156	30	TA0080	Sonnet	Wentzel	5km Trail Run/Walk	Female	43	Veteran (40-49)	01:05:24
95	157	31	TA1636	Liana	Pieterse	5km Trail Run/Walk	Female	40	Veteran (40-49)	01:05:31
96	158	32	TA0185	Sharne	Herbst	5km Trail Run/Walk	Female	48	Veteran (40-49)	01:05:33
97	159	3	TA0290	Naledi	Lebelo	5km Trail Run/Walk	Female	15	12 to 15	01:06:09
98	161	6	TA0364	Jaimee	De Beerta1292	5km Trail Run/Walk	Female	7	Under 11	01:06:56
99	162	7	TA0337	Daniela	De Beer	5km Trail Run/Walk	Female	8	Under 11	01:06:59
100	165	21	TA0023	Jacqui	De Beer	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:07:13
101	166	33	TA0483	Chandra	Booyesen	5km Trail Run/Walk	Female	47	Veteran (40-49)	01:09:22
102	168	18	TA0192	Quinta	Bekker	5km Trail Run/Walk	Female	52	Master (50-59)	01:09:36