



AdventureRun : Rietvlei Dam

Rietvlei Trail Run/Walk on 6th January 2019



10km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1835	Reginald	Poopedi	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	00:37:06
2	2	2	TA1868	Andries	Nienaber	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	00:44:12
3	3	1	TA0774	Niel	Muller	10km Trail Run/Walk	Male	45	Veteran (40-49)	00:44:54
4	4	1	TA1830	Dirk	Kruger	10km Trail Run/Walk	Male	51	Master (50-59)	00:45:16
5	6	1	TA1017	Charl-stephan	Nienaber	10km Trail Run/Walk	Male	25	Senior (19-29)	00:47:35
6	7	3	TA2312	Daniel	Strachan	10km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	00:48:29
7	8	2	TA2213	Melvyn	Quan	10km Trail Run/Walk	Male	45	Veteran (40-49)	00:49:53
8	9	3	TA1025	Anton	Van Der Bijl	10km Trail Run/Walk	Male	42	Veteran (40-49)	00:51:02
9	11	1	TA2295	Daniel	Alberts	10km Trail Run/Walk	Male	13	12 to 15	00:54:32
10	13	4	TA2242	Werner	Jonck	10km Trail Run/Walk	Male	41	Veteran (40-49)	00:54:48
11	14	4	TA2214	Etienne	Jordaan	10km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:55:05
12	16	2	TA2233	Tony	Green	10km Trail Run/Walk	Male	54	Master (50-59)	00:56:20
13	17	5	TA0768	Jacques	Vally	10km Trail Run/Walk	Male	49	Veteran (40-49)	00:56:23
14	18	6	TRAIL12236	Clive	Hutchinson	10km Trail Run/Walk	Male	47	Veteran (40-49)	00:56:26
15	19	5	TA2128	Kgomotso	Diphoko	10km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:56:45
16	22	7	TA2331	Donovan	Shirley	10km Trail Run/Walk	Male	44	Veteran (40-49)	00:58:03
17	23	2	TA2111	Herman	Roodt	10km Trail Run/Walk	Male	22	Senior (19-29)	00:58:07
18	24	8	TRAIL11023	Grant	Hall	10km Trail Run/Walk	Male	48	Veteran (40-49)	00:58:09
19	25	9	TA0817	Conrad	Langerman	10km Trail Run/Walk	Male	44	Veteran (40-49)	00:58:12
20	26	1	TRAIL10171	Hennie	Prinsloo	10km Trail Run/Walk	Male	63	Grand-Master (60+)	00:58:40
21	28	10	TA0665	Carl	Munnik	10km Trail Run/Walk	Male	48	Veteran (40-49)	00:59:57
22	30	11	TA1072	Marius	Potgieter	10km Trail Run/Walk	Male	41	Veteran (40-49)	01:00:27
23	32	6	TA0807	David	He	10km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	01:01:55
24	34	3	TA2124	Tumelo	Ramphalemng	10km Trail Run/Walk	Male	26	Senior (19-29)	01:02:38
25	36	4	TA1132	Vinzent	Blaschczok	10km Trail Run/Walk	Male	24	Senior (19-29)	01:03:17
26	37	7	TA0795	Chongsong	Wang	10km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:03:20
27	38	12	TA0751	Shilong	Song	10km Trail Run/Walk	Male	42	Veteran (40-49)	01:03:36
28	39	13	TA2140	Rudy	Thiart	10km Trail Run/Walk	Male	43	Veteran (40-49)	01:04:23
29	40	5	TA1873	Takura	Wekwete	10km Trail Run/Walk	Male	27	Senior (19-29)	01:04:26
30	41	8	TA1874	Ryan	Wetzlar	10km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	01:04:44
31	42	14	TA1852	Piet	Van Wyk	10km Trail Run/Walk	Male	46	Veteran (40-49)	01:04:46
32	46	9	TA2314	Ryan David	Woodford	10km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	01:06:21
33	48	2	TA0854	Gerald	Steyn	10km Trail Run/Walk	Male	67	Grand-Master (60+)	01:07:09

34	49	10	TA2203	Chris	Barrett	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:07:14
35	51	3	TA2278	Johann	Van Zyl	10km Trail Run/Walk	Male	65	Grand-Master (60+)	01:07:41
36	53	3	TA1877	Clint	Holing	10km Trail Run/Walk	Male	54	Master (50-59)	01:07:57
37	54	4	TA1165	Pierre	Du Bruyn	10km Trail Run/Walk	Male	54	Master (50-59)	01:08:07
38	55	5	TA1185	Paul	Mullon	10km Trail Run/Walk	Male	59	Master (50-59)	01:08:59
39	59	15	TA2143	Matthew	Gordon-watt	10km Trail Run/Walk	Male	42	Veteran (40-49)	01:11:21
40	61	4	TRAIL10759	Allen	West	10km Trail Run/Walk	Male	64	Grand-Master (60+)	01:11:51
41	62	5	TA2221	Tony	Taljaard	10km Trail Run/Walk	Male	63	Grand-Master (60+)	01:11:55
42	63	6	TRAIL10533	Frik	Du Preez	10km Trail Run/Walk	Male	60	Grand-Master (60+)	01:11:59
43	69	16	TA1175	James	Stewart	10km Trail Run/Walk	Male	47	Veteran (40-49)	01:14:36
44	70	17	TRAIL12341	Charles	Norman	10km Trail Run/Walk	Male	40	Veteran (40-49)	01:14:38
45	72	6	TA1159	Ockie	Schoeman	10km Trail Run/Walk	Male	51	Master (50-59)	01:14:51
46	75	7	TA1899	Andre	Van Kasterop	10km Trail Run/Walk	Male	55	Master (50-59)	01:16:48
47	79	18	TA1816	Johan	Schoeman	10km Trail Run/Walk	Male	44	Veteran (40-49)	01:18:43
48	82	7	TA0759	Kosie	Van Vuuren	10km Trail Run/Walk	Male	64	Grand-Master (60+)	01:19:49
49	87	11	TRAIL12356	Davon	Du Bruyn	10km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	01:21:33
50	91	6	TA1166	Calvin	Erlank	10km Trail Run/Walk	Male	27	Senior (19-29)	01:23:06
51	93	8	TA0713	Ken	Swettenham	10km Trail Run/Walk	Male	55	Master (50-59)	01:25:41
52	103	9	TA1808	Johan	Jordaan	10km Trail Run/Walk	Male	57	Master (50-59)	01:33:25
53	107	8	TRAIL11058	John	Rollason	10km Trail Run/Walk	Male	70	Grand-Master (60+)	01:37:21
54	110	9	TA0815	Peter	Darroll	10km Trail Run/Walk	Male	73	Grand-Master (60+)	01:46:48
55	114	10	TRAIL10011	Graham	Hutchins	10km Trail Run/Walk	Male	55	Master (50-59)	01:49:40
56	120	10	TRAIL12109	Neville	Muir	10km Trail Run/Walk	Male	80	Grand-Master (60+)	01:52:00
57	122	11	TA0857	Dean	Mcclelland	10km Trail Run/Walk	Male	65	Grand-Master (60+)	01:57:10
58	123	13	TA1125	Luc	Van Goidsenhoven	10km Trail Run/Walk	Male	62	Grand-Master (60+)	01:57:10
59	124	12	TRAIL12613	Meyer Albert	Guinsberg	10km Trail Run/Walk	Male	68	Grand-Master (60+)	01:57:10
60	126	14	TA2119	Elbert	Loubser	10km Trail Run/Walk	Male	61	Grand-Master (60+)	01:57:11

10km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	5	1	TA1103	Suane	Nienaber	10km Trail Run/Walk	Female	25	Senior (19-29)	00:47:32
3	10	3	TA1121	Laura	Beamish	10km Trail Run/Walk	Female	28	Senior (19-29)	00:52:25
4	12	1	TA1860	Marinda	Marais	10km Trail Run/Walk	Female	49	Veteran (40-49)	00:54:44
5	15	1	TA1055	Carmien	Smal	10km Trail Run/Walk	Female	14	12 to 15	00:55:47
6	20	2	TA2304	Mariette	Dry	10km Trail Run/Walk	Female	40	Veteran (40-49)	00:56:56
7	21	1	TA0675	Ilze	Crous	10km Trail Run/Walk	Female	60	Grand-Master (60+)	00:57:51
8	27	3	TRAIL13015	Nadia	Bosch	10km Trail Run/Walk	Female	47	Veteran (40-49)	00:59:53
9	29	1	TA1833	Penny	Bowren	10km Trail Run/Walk	Female	50	Master (50-59)	01:00:04
10	31	1	TA1129	Natalie	Ausmeier	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:01:32
11	33	4	TA0995	Emma	Dos Santos	10km Trail Run/Walk	Female	28	Senior (19-29)	01:02:10
12	35	2	TA2174	Kelly	Summerfield	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:03:13
13	43	5	TA0773	Kara	Otto-surridge	10km Trail Run/Walk	Female	24	Senior (19-29)	01:04:49
14	44	4	TA1894	Maitele	Tshifularo	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:04:52
15	45	5	TRAIL11798	Antoinette	Hartslief	10km Trail Run/Walk	Female	47	Veteran (40-49)	01:04:55
16	47	6	TRAIL10430	Celia	Van Niekerk	10km Trail Run/Walk	Female	48	Veteran (40-49)	01:07:06
17	50	7	TA0849	Nina	Wetzlar	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:07:19
18	52	3	TRAIL12828	Rache	Nel	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:07:48
19	56	6	TA1177	Jessica	Botes	10km Trail Run/Walk	Female	22	Senior (19-29)	01:09:56
20	57	8	TA2180	Leanne	Webster	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:10:44
21	58	4	TRAIL12170	Cornelia	Hutchinson	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:10:48
22	60	5	TRAIL11074	Larissa	West	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:11:49
23	64	2	TRAIL12290	Georgina	Bester	10km Trail Run/Walk	Female	54	Master (50-59)	01:12:11
24	65	9	TA0637	Gabs	Janssen	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:12:40
25	66	10	TA2204	Heidi	Botha	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:13:08
26	67	11	TA0264	Tilana	De Meilon	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:13:34
27	68	7	TA2305	Carissa	Stoltz	10km Trail Run/Walk	Female	26	Senior (19-29)	01:14:03
28	71	12	TA2339	Elizma	Schoeman	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:14:48
29	73	6	TA2125	Ashleigh	Fisher	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:15:41
30	74	3	TA2129	Marentia	Homan	10km Trail Run/Walk	Female	50	Master (50-59)	01:16:46
31	76	7	TA2205	Marelie	Woodford	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:17:37
32	77	8	TA1161	Eljeanie	Wilke	10km Trail Run/Walk	Female	23	Senior (19-29)	01:18:37
33	78	8	TA1886	Helen	Crous	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:18:41
34	80	4	TRAIL11666	Teresa	Le Roux	10km Trail Run/Walk	Female	55	Master (50-59)	01:19:24
35	81	2	TA1889	Lieve	Geuens	10km Trail Run/Walk	Female	66	Grand-Master (60+)	01:19:30
36	83	3	TA2318	Bertha	Shack	10km Trail Run/Walk	Female	66	Grand-Master (60+)	01:19:51
37	84	5	TRAIL10836	Ina	Beamish	10km Trail Run/Walk	Female	56	Master (50-59)	01:19:53
38	85	9	TA2252	Lize	Ferreira	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:21:11
39	86	4	TA1044	Marie	Janse Van Rensburg	10km Trail Run/Walk	Female	64	Grand-Master (60+)	01:21:28
40	88	10	TA2240	Belinda	Cawood	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:22:09
41	89	11	TA2138	Thando	Sibanda	10km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:22:20

42	90	9	TA2159	Linda	Li	10km Trail Run/Walk	Female	28	Senior (19-29)	01:22:32
43	92	10	TA0850	Gabriela	Oosthuizen	10km Trail Run/Walk	Female	26	Senior (19-29)	01:23:10
44	94	12	TA1801	Gontse	Chipame	10km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:26:44
45	95	13	TA0659	Shelley	Cianfanelli	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:26:47
46	96	13	TA1828	Keitumetse	Kau	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:27:51
47	97	14	TRAIL11599	Lucky	Maboya	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:28:28
48	98	14	TRAIL11777	Chantell	Moss	10km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:28:32
49	99	15	TRAIL10259	Joan	Erasmus	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:30:03
50	100	5	TA2122	Anne	Reynolds	10km Trail Run/Walk	Female	62	Grand-Master (60+)	01:31:23
51	101	6	TA1174	Agnes	Kirsch	10km Trail Run/Walk	Female	66	Grand-Master (60+)	01:31:26
52	102	7	TA1811	Suzan	Holden	10km Trail Run/Walk	Female	64	Grand-Master (60+)	01:31:29
53	104	15	TA1837	Catherine	Smith	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:33:41
54	105	6	TRAIL10214	Elsa	Erasmus	10km Trail Run/Walk	Female	56	Master (50-59)	01:34:42
55	106	16	TRAIL11111	Fiona	Lindsey-renton	10km Trail Run/Walk	Female	45	Veteran (40-49)	01:37:11
56	108	7	TA1853	Wilna	Scholtz	10km Trail Run/Walk	Female	50	Master (50-59)	01:38:27
57	109	8	TA1046	Merinda	Macgaror	10km Trail Run/Walk	Female	50	Master (50-59)	01:44:34
58	111	17	TA1179	Paula	Sukop	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:47:38
59	112	8	TRAIL12324	Frances	Steel	10km Trail Run/Walk	Female	74	Grand-Master (60+)	01:47:41
60	113	18	TRAIL10053	Adele	Sutherland	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:48:46
61	115	9	TRAIL10052	Lesley	Hutchins	10km Trail Run/Walk	Female	56	Master (50-59)	01:49:40
62	116	10	TA2290	Sandra	Van Zyl	10km Trail Run/Walk	Female	54	Master (50-59)	01:50:45
63	117	9	TA0717	Sue	Darroll	10km Trail Run/Walk	Female	68	Grand-Master (60+)	01:50:55
64	118	10	TRAIL12321	Dorothy	Van Heerden	10km Trail Run/Walk	Female	75	Grand-Master (60+)	01:50:55
65	119	11	TA0735	Cheryl	Gouverneur	10km Trail Run/Walk	Female	52	Master (50-59)	01:50:57
66	121	12	TA0755	May	Van Der Walt	10km Trail Run/Walk	Female	56	Master (50-59)	01:57:10
67	125	11	TA1043	Marie	Van Dyk	10km Trail Run/Walk	Female	70	Grand-Master (60+)	01:57:11

5km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL10690	Dian	Marais	5km Trail Run/Walk	Male	11	Under 11	00:22:29
2	2	1	TA1741	Tyron	Denton	5km Trail Run/Walk	Male	20	Senior (19-29)	00:25:21
3	3	2	TA0204	Michael	Manley	5km Trail Run/Walk	Male	21	Senior (19-29)	00:25:38
4	4	1	TA0448	Johann	Du Toit	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:26:16
5	5	2	TA0238	Coenraad	Rossouw	5km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:26:33
6	8	2	TA0458	Nicolas	Alberts	5km Trail Run/Walk	Male	11	Under 11	00:28:23
7	12	1	TA0198	Aj	Kriel	5km Trail Run/Walk	Male	17	16 to 18	00:29:51
8	13	1	TRAIL12982	Rufan	Palm	5km Trail Run/Walk	Male	62	Grand-Master (60+)	00:30:29
9	16	3	TA1655	Micah	Dry	5km Trail Run/Walk	Male	9	Under 11	00:31:25
10	18	1	TA0250	Milke	Mulder	5km Trail Run/Walk	Male	14	12 to 15	00:31:39
11	19	1	TA0554	Chantelle	Knoetze	5km Trail Run/Walk	Male	52	Master (50-59)	00:31:53
12	21	3	TA0515	Naas	Terblanche	5km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	00:32:08
13	25	3	TA0476	Marc	Knoetze	5km Trail Run/Walk	Male	23	Senior (19-29)	00:33:07
14	26	4	TA0483	Khaya	Hlophe	5km Trail Run/Walk	Male	27	Senior (19-29)	00:33:16
15	29	5	TA1629	Renda	Tshifularo	5km Trail Run/Walk	Male	21	Senior (19-29)	00:35:05
16	32	6	TA0258	Jason	Boone	5km Trail Run/Walk	Male	27	Senior (19-29)	00:35:16
17	34	2	TA0205	Philip	Stander	5km Trail Run/Walk	Male	54	Master (50-59)	00:35:41
18	36	4	TA0240	Rendani	Nengwenani	5km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	00:36:14
19	37	5	TA0121	Clinton	Van Heerden	5km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:36:19
20	38	6	TA1566	Irina	Aafanaseva	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:36:22
21	39	1	TA0318	Andre	Ferreira	5km Trail Run/Walk	Male	44	Veteran (40-49)	00:36:28
22	43	7	TA0151	Allan	Venter	5km Trail Run/Walk	Male	26	Senior (19-29)	00:37:19
23	44	3	TA1673	Eric	Van Niekerk	5km Trail Run/Walk	Male	59	Master (50-59)	00:37:32
24	45	8	TA0344	Werner	Stoltz	5km Trail Run/Walk	Male	27	Senior (19-29)	00:37:34
25	49	7	TA0339	Denton	Meintjes	5km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:37:45
26	53	2	TA0185	Heinrich	Nienaber	5km Trail Run/Walk	Male	18	16 to 18	00:38:14
27	60	8	TA1787	Chris	Beferiege	5km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	00:39:01
28	61	9	TA1684	Nathi	Hlophe	5km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:39:07
29	64	2	TRAIL10426	Charl	Greyvensteyn	5km Trail Run/Walk	Male	49	Veteran (40-49)	00:39:35
30	67	10	TA0645	Manyano	Sokupa	5km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	00:40:30
31	69	11	TA2311	Li	Ma	5km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	00:40:40
32	77	4	TA0576	Pierluigi	Marino	5km Trail Run/Walk	Male	52	Master (50-59)	00:41:50
33	84	3	TA0407	Armin	Greyvensteyn	5km Trail Run/Walk	Male	18	16 to 18	00:45:03
34	88	2	TA0440	Malcolm	Mackenzie	5km Trail Run/Walk	Male	65	Grand-Master (60+)	00:46:31
35	91	12	TA0455	Francois	Swanepoel	5km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	00:47:11
36	93	5	TA1583	Julius	Kohlen	5km Trail Run/Walk	Male	50	Master (50-59)	00:47:17
37	98	9	TA0267	Roelof	Diedericks	5km Trail Run/Walk	Male	23	Senior (19-29)	00:47:55
38	100	3	TA0295	Koos	Van Den Heever	5km Trail Run/Walk	Male	40	Veteran (40-49)	00:48:27
39	105	13	TA1799	Thavi	Ellary	5km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	00:50:25

40	106	4	TA0033	Chas	Norman	5km Trail Run/Walk	Male	9	Under 11	00:51:13
41	115	14	TA1900	Werner	Roos	5km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	00:53:09
42	118	10	TA1582	Giuliano	Dos Santos	5km Trail Run/Walk	Male	28	Senior (19-29)	00:53:17
43	119	3	TRAIL10173	Keith	Opperman	5km Trail Run/Walk	Male	65	Grand-Master (60+)	00:53:32
44	123	4	TA0245	Christo	Geldenhuis	5km Trail Run/Walk	Male	62	Grand-Master (60+)	00:53:51
45	130	6	TA0537	Peter	Hoge	5km Trail Run/Walk	Male	54	Master (50-59)	00:54:27
46	133	15	TA0570	Stephen	Atkinson	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:54:39
47	134	5	TA0253	Ethan	Atkins	5km Trail Run/Walk	Male	6	Under 11	00:54:42
48	135	11	TA0276	Martin	Schermers	5km Trail Run/Walk	Male	24	Senior (19-29)	00:54:49
49	137	5	TA0587	Magavishnu	Naicker	5km Trail Run/Walk	Male	63	Grand-Master (60+)	00:55:20
50	138	4	TA0167	Quintin	Van Rooyen	5km Trail Run/Walk	Male	41	Veteran (40-49)	00:56:05
51	141	7	TA0371	Garth	Mitchell	5km Trail Run/Walk	Male	59	Master (50-59)	00:56:55
52	146	6	TA0312	Nick	Wolmarans	5km Trail Run/Walk	Male	69	Grand-Master (60+)	00:57:39

5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	6	1	TA0391	Annerike	Heyneke	5km Trail Run/Walk	Female	9	Under 11	00:27:03
2	7	1	TA0567	Moreen	Stayn	5km Trail Run/Walk	Female	41	Veteran (40-49)	00:27:55
3	9	1	TA1650	Amberleigh	Jansen Van Vuuren	5km Trail Run/Walk	Female	14	12 to 15	00:29:06
4	10	1	TA0302	Caitlin	Manley	5km Trail Run/Walk	Female	20	Senior (19-29)	00:29:31
5	11	2	TA0183	Anuk	Stayn	5km Trail Run/Walk	Female	15	12 to 15	00:29:48
6	14	2	TA1625	Lee-ann	Pienaar	5km Trail Run/Walk	Female	40	Veteran (40-49)	00:30:33
7	15	1	TRAIL12299	Janeane	Watt	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	00:30:57
8	17	1	TA1660	Ashleigh	Manley	5km Trail Run/Walk	Female	16	16 to 18	00:31:35
9	20	2	TA0045	Talitha	Terblanche	5km Trail Run/Walk	Female	8	Under 11	00:32:05
10	22	2	TA0388	Karmi	Mulder	5km Trail Run/Walk	Female	19	Senior (19-29)	00:32:22
11	23	3	TA0227	Elmarie	Meyer	5km Trail Run/Walk	Female	41	Veteran (40-49)	00:32:39
12	24	2	TA0379	Rize	Mulder	5km Trail Run/Walk	Female	16	16 to 18	00:32:43
13	27	1	TA0202	Suzanne	Ayres	5km Trail Run/Walk	Female	52	Master (50-59)	00:34:04
14	28	3	TA1767	Jodie	Ayres	5km Trail Run/Walk	Female	20	Senior (19-29)	00:34:05
15	30	2	TA0272	Tanya	Smal	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:35:09
16	31	4	TA0494	Glizelle	Langerman	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:35:12
17	33	2	TA1519	Paula	Taylor	5km Trail Run/Walk	Female	50	Master (50-59)	00:35:20
18	35	3	TA0375	Renee	Nienaber	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:36:11
19	40	4	TA1665	Elize	Myburgh	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:36:32
20	41	5	TA0032	Karina	Ferreira	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:36:45
21	42	3	TRAIL12359	Linda	Fourie	5km Trail Run/Walk	Female	52	Master (50-59)	00:37:16
22	46	6	TA0443	Reabetsoe	Nengwenani	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:37:38
23	47	4	TA0051	Angela	Jenkinson	5km Trail Run/Walk	Female	50	Master (50-59)	00:37:40
24	48	4	TA0358	Elizna	Meintjes	5km Trail Run/Walk	Female	27	Senior (19-29)	00:37:43
25	50	7	TA0349	Talita	Viljoen	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:37:48
26	51	5	TA1724	Rijkie	Terblanche	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:37:51
27	52	8	TA1596	Aneli	Heyneke	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:37:55
28	54	9	TA1575	Morgana	Robbertze	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:38:23
29	55	6	TA1708	Alison	Nisbet	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:38:26
30	56	5	TA0291	Nicola	Wicks	5km Trail Run/Walk	Female	54	Master (50-59)	00:38:35
31	57	7	TA0357	Rosalind	Roy	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:38:38
32	58	8	TA0527	Paula	Labuscagne	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:38:40
33	59	6	TA0495	Karin Marie	Van Niekerk	5km Trail Run/Walk	Female	56	Master (50-59)	00:38:44
34	62	5	TA0085	Rene	Botha	5km Trail Run/Walk	Female	27	Senior (19-29)	00:39:12
35	63	3	TA1546	Anja	Schoeman	5km Trail Run/Walk	Female	10	Under 11	00:39:32
36	65	1	TA0163	Etnah	Wolfaardt	5km Trail Run/Walk	Female	62	Grand-Master (60+)	00:39:50
37	66	10	TA1796	Kim	Taylor	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:40:25
38	68	9	TA0215	Silvana	Carraggi	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:40:38
39	70	11	TA1672	Julia	Van Heerden	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:40:44
40	71	6	TA0462	Boitumelo	Mokgele	5km Trail Run/Walk	Female	27	Senior (19-29)	00:40:45

41	72	12	TA0337	Stephanie	Wetzlar	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:40:48
42	73	7	TA0248	Sue	Pretorius	5km Trail Run/Walk	Female	52	Master (50-59)	00:40:51
43	74	10	TA1573	Simone	Thomson	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:41:18
44	75	8	TRAIL13008	Sonja	Petzer	5km Trail Run/Walk	Female	53	Master (50-59)	00:41:21
45	76	11	TA0408	Tracy	Vally	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:41:47
46	78	7	TA0158	Primrose	Mkhwanazi	5km Trail Run/Walk	Female	24	Senior (19-29)	00:42:48
47	79	13	TA0559	Sharon	Winter	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:42:56
48	80	14	TA0377	Claudette	Coetzee	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:42:58
49	81	8	TA0398	Gizelle	Stobrawe	5km Trail Run/Walk	Female	25	Senior (19-29)	00:43:29
50	82	9	TA0023	Lynn	Fisher	5km Trail Run/Walk	Female	57	Master (50-59)	00:43:53
51	83	10	TA0047	Cecilia	Summerfield	5km Trail Run/Walk	Female	54	Master (50-59)	00:44:49
52	85	12	TA0168	Heilet	Smith	5km Trail Run/Walk	Female	41	Veteran (40-49)	00:46:10
53	86	11	TA1467	Margriet	Du Plooy	5km Trail Run/Walk	Female	56	Master (50-59)	00:46:17
54	87	12	TA1681	Caron	Mackenzie	5km Trail Run/Walk	Female	54	Master (50-59)	00:46:28
55	89	15	TA0080	Nicole	Alderson	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:46:33
56	90	16	TA1571	Bridget	Green	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:46:35
57	92	17	TA0273	Bernice	Bredenkamp	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:47:13
58	94	9	TA0084	Jacobie	Claasen	5km Trail Run/Walk	Female	29	Senior (19-29)	00:47:19
59	95	13	TA0223	Tina	Schermers	5km Trail Run/Walk	Female	50	Master (50-59)	00:47:22
60	96	18	TA0220	Amanda	Alberts	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:47:43
61	97	10	TA2269	Nicole	Lang	5km Trail Run/Walk	Female	20	Senior (19-29)	00:47:51
62	99	13	TA0287	Tonie	Van Den Heever	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:48:25
63	101	14	TRAIL12367	Shirley	Megannon	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:48:54
64	102	11	TA0005	Tsakane	Ndubane	5km Trail Run/Walk	Female	29	Senior (19-29)	00:49:03
65	103	12	TA0417	Muofhe	Tshifularo	5km Trail Run/Walk	Female	20	Senior (19-29)	00:49:24
66	104	15	TRAIL11232	Patricia	Minihold	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:49:57
67	107	16	TRAIL12883	Debra	Crawley	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:51:34
68	108	2	TA0029	Gerry	Mullon	5km Trail Run/Walk	Female	62	Grand-Master (60+)	00:51:57
69	109	19	TA1754	Cindy	Gumede	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:52:34
70	110	20	TA0539	Marinette	Lubbe	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:52:37
71	111	21	TA0197	Lucinda	Evert	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:52:54
72	112	17	TA0511	Celeste	Ackerman	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:52:59
73	113	22	TA0500	Shelley	Pepworth	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:53:01
74	114	23	TA1156	Lorette	Roos	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:53:06
75	116	24	TA0043	Ronell	Van Niekerk	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:53:11
76	117	14	TA0424	Rene	Du Bruyn	5km Trail Run/Walk	Female	54	Master (50-59)	00:53:15
77	120	3	TRAIL10163	Anne	Opperman	5km Trail Run/Walk	Female	64	Grand-Master (60+)	00:53:34
78	121	15	TA0392	Frances	Stander	5km Trail Run/Walk	Female	53	Master (50-59)	00:53:38
79	122	13	TA1755	Melissa	Geustyn	5km Trail Run/Walk	Female	22	Senior (19-29)	00:53:48
80	124	25	TA0446	Carmen	Brummer	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:53:53
81	125	26	TA1657	Sarisha	Naicker	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	00:53:56
82	126	27	TA0386	Benita	Bosch	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:54:04

83	127	14	TA0434	Mekeyla	Cassim	5km Trail Run/Walk	Female	23	Senior (19-29)	00:54:19
84	128	16	TA0283	Marianne	Snyman	5km Trail Run/Walk	Female	50	Master (50-59)	00:54:22
85	129	17	TA1737	Rosemary	Fraser	5km Trail Run/Walk	Female	56	Master (50-59)	00:54:24
86	131	28	TA0359	Makubalo	Nomzabalazo	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:54:29
87	132	4	TA0262	Lexi	Atkins	5km Trail Run/Walk	Female	6	Under 11	00:54:38
88	136	18	TA0486	Karin	Ashley	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:55:14
89	139	15	TA0525	Tate	Dickson	5km Trail Run/Walk	Female	19	Senior (19-29)	00:56:11
90	140	18	TA0282	Su-anne	Mitchell	5km Trail Run/Walk	Female	53	Master (50-59)	00:56:52
91	142	19	TA0310	Chandra	Booyesen	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:57:05
92	143	16	TA0189	Josephine	Bekker	5km Trail Run/Walk	Female	21	Senior (19-29)	00:57:07
93	144	20	TA0436	Nicolette	Muller	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:57:32
94	145	21	TA0290	Danelle	Roux	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:57:35
95	147	4	TA0445	Allet	Wolmarans	5km Trail Run/Walk	Female	70	Grand-Master (60+)	00:57:45
96	148	17	TA2126	Helen	Stander	5km Trail Run/Walk	Female	20	Senior (19-29)	00:57:54
97	149	22	TA1797	Nadine	Davidson	5km Trail Run/Walk	Female	40	Veteran (40-49)	00:58:15
98	150	19	TA0260	Mekeyla	Cassim	5km Trail Run/Walk	Female	51	Master (50-59)	00:58:31
99	151	29	TA0179	Shayla	Lathiff	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	00:58:35
100	152	23	TA0356	Becky	Dermatis	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:58:38
101	153	5	TA0414	Chrissie	Mccabe	5km Trail Run/Walk	Female	62	Grand-Master (60+)	00:58:44
102	154	20	TA0210	Lindi	Mbuli	5km Trail Run/Walk	Female	54	Master (50-59)	01:00:06
103	155	21	TA0232	Almari	Visser	5km Trail Run/Walk	Female	50	Master (50-59)	01:02:02
104	156	24	TA0299	Patiswa	Jumba	5km Trail Run/Walk	Female	46	Veteran (40-49)	01:03:32
105	157	6	TA0380	Elise	Loubser	5km Trail Run/Walk	Female	66	Grand-Master (60+)	01:06:45
106	158	30	TA0374	Sane	Ngidi	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:10:10