



AdventureRun : Smuts Irene River

Smuts Trail Run on 13th January 2019



21km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA3476	Musa	Nkosi	21km	Male	27	Senior (19-29)	01:30:14
2	2	1	TA3460	Reginald	Poopedi	21km	Male	33	Sub-Veteran (30-39)	01:30:32
3	3	2	TA2908	Filane	Ezekiel	21km	Male	38	Sub-Veteran (30-39)	01:42:19
4	4	3	TA2474	Tim	Price	21km	Male	33	Sub-Veteran (30-39)	01:51:44
5	5	1	TRAIL11118	Jurgens	Potgieter	21km	Male	41	Veteran (40-49)	01:52:39
6	6	4	TA2659	Henri	Van Blerk	21km	Male	38	Sub-Veteran (30-39)	01:54:32
7	8	2	TA2473	Andrew	Leeburn	21km	Male	28	Senior (19-29)	01:56:05
8	9	2	TRAIL10013	Chris	Dorfling	21km	Male	45	Veteran (40-49)	01:57:00
9	10	3	TA2951	Ashley	Benatar	21km	Male	45	Veteran (40-49)	02:04:16
10	11	1	TA2654	Piers	Pirow	21km	Male	53	Master (50-59)	02:04:31
11	15	3	TA3019	Ruan	Mathee	21km	Male	23	Senior (19-29)	02:13:15
12	18	2	TA2617	Gerhard	Mare	21km	Male	54	Master (50-59)	02:14:23
13	19	4	TA2903	Roelof	Mocke	21km	Male	24	Senior (19-29)	02:15:41
14	20	5	TA2696	Michael	Van Niekerk	21km	Male	35	Sub-Veteran (30-39)	02:17:11
15	21	6	TRAIL12994	Ruan	Smit	21km	Male	32	Sub-Veteran (30-39)	02:18:15
16	23	7	TA2523	Martin	Groenewald	21km	Male	31	Sub-Veteran (30-39)	02:23:01
17	25	4	TA2938	Claude	Geldenuys	21km	Male	40	Veteran (40-49)	02:24:42
18	26	5	TA2974	Estienne	Janse Van Rensburg	21km	Male	25	Senior (19-29)	02:25:47
19	28	5	TA2506	Pieter	Slabber	21km	Male	43	Veteran (40-49)	02:32:10
20	30	6	TA2687	Heinrich	Birkner	21km	Male	25	Senior (19-29)	02:34:34
21	31	6	TA2489	Fannie Lehlare	Maeyane	21km	Male	40	Veteran (40-49)	02:35:59
22	32	7	TA2645	Marius	Potgieter	21km	Male	41	Veteran (40-49)	02:39:05
23	36	8	TA2944	David	Radloff	21km	Male	35	Sub-Veteran (30-39)	02:42:07
24	37	9	TA2942	Samuel	Mothemane	21km	Male	33	Sub-Veteran (30-39)	02:48:00
25	39	10	TA2959	Matthew	Abdo	21km	Male	35	Sub-Veteran (30-39)	02:52:52
26	41	11	TA3474	Dale	Norris	21km	Male	36	Sub-Veteran (30-39)	03:05:03
27	42	8	TA2434	Noko	Makgoka	21km	Male	40	Veteran (40-49)	03:05:07
28	43	12	TA2971	Andrew	Wilkins	21km	Male	35	Sub-Veteran (30-39)	03:05:15
29	44	3	TA2439	Chris	Faraday	21km	Male	54	Master (50-59)	03:11:18

21km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	7	1	TA3482	Liza	Maritz	21km	Female	39	Sub-Veteran (30-39)	01:54:58
2	12	1	TA2664	Mane	Bester	21km	Female	23	Senior (19-29)	02:04:39
3	13	2	TA2420	Aletta	Harmse	21km	Female	32	Sub-Veteran (30-39)	02:10:33
4	14	3	TA0296	Desiree	Malan	21km	Female	38	Sub-Veteran (30-39)	02:11:00
5	16	2	TA2669	Sune	Mathee	21km	Female	23	Senior (19-29)	02:13:23
6	17	3	TA3535	Michelle	Le Grange	21km	Female	28	Senior (19-29)	02:14:07
7	22	4	TA3407	Lozaun	Scott	21km	Female	30	Sub-Veteran (30-39)	02:21:49
8	24	1	TA2508	Maitele	Tshifularo	21km	Female	49	Veteran (40-49)	02:24:29
9	27	4	TA2964	Michaela	Sramkova	21km	Female	25	Senior (19-29)	02:26:09
10	29	2	TA3070	Sam	Ryder	21km	Female	45	Veteran (40-49)	02:32:42
11	33	5	TA3021	Retha	Slabber	21km	Female	39	Sub-Veteran (30-39)	02:40:08
12	34	6	TA2541	Maryke	Bolton	21km	Female	38	Sub-Veteran (30-39)	02:40:13
13	35	7	TA2673	Kirsty	Hedding	21km	Female	30	Sub-Veteran (30-39)	02:41:48
14	38	5	TA3466	Surita	Jansen Van Vuuren	21km	Female	27	Senior (19-29)	02:48:51
15	40	6	TA2906	Prudence	Mdaka	21km	Female	28	Senior (19-29)	03:05:00

15km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2949	Altus	Badenhorst	15km	Male	29	Senior (19-29)	01:10:06
2	2	1	TA2466	Philippus Carel	Breytenbach	15km	Male	42	Veteran (40-49)	01:13:07
3	3	2	TA2485	Bruce	Turvey	15km	Male	43	Veteran (40-49)	01:14:59
4	4	1	TA2668	Jacobus	Claasen	15km	Male	33	Sub-Veteran (30-39)	01:15:55
5	5	3	TRAIL12385	Gerhard	Beukes	15km	Male	42	Veteran (40-49)	01:17:57
6	6	4	TA3033	Niel	Muller	15km	Male	45	Veteran (40-49)	01:20:07
7	7	2	TA2978	Armin	Botha	15km	Male	26	Senior (19-29)	01:20:34
8	9	2	TA3028	Leon	Claassen	15km	Male	36	Sub-Veteran (30-39)	01:24:06
9	11	3	TA2926	Henno	Cronje	15km	Male	39	Sub-Veteran (30-39)	01:26:02
10	12	4	TA2621	Christo	Nel	15km	Male	39	Sub-Veteran (30-39)	01:26:06
11	13	5	TRAIL12917	Dewald	Van Wyk	15km	Male	39	Sub-Veteran (30-39)	01:26:35
12	14	6	TA2624	Nathan	Komarnisky	15km	Male	34	Sub-Veteran (30-39)	01:27:11
13	15	7	TA2905	Heinrich	Malan	15km	Male	38	Sub-Veteran (30-39)	01:28:07
14	16	5	TRAIL11132	Eric	Ndou	15km	Male	40	Veteran (40-49)	01:29:55
15	17	6	TRAIL12341	Charles	Norman	15km	Male	40	Veteran (40-49)	01:30:13
16	18	8	TA3494	Werner	Barnes	15km	Male	38	Sub-Veteran (30-39)	01:30:28
17	19	9	TA3462	Bertus	Mouton	15km	Male	38	Sub-Veteran (30-39)	01:31:07
18	20	7	TA3539	John	Eksteen	15km	Male	42	Veteran (40-49)	01:31:12
19	23	8	TA2680	William	Harris	15km	Male	46	Veteran (40-49)	01:31:24
20	24	9	TRAIL12471	Adam	Moroko	15km	Male	40	Veteran (40-49)	01:37:35
21	25	3	TRAIL12928	Saki	Marais	15km	Male	28	Senior (19-29)	01:38:03
22	26	10	TA3479	Tobie	Reyneke	15km	Male	46	Veteran (40-49)	01:38:09
23	27	11	TA3499	Guy	Fyvie	15km	Male	49	Veteran (40-49)	01:38:17
24	28	10	TA2985	Lucas	Jansen Van Vuuren	15km	Male	30	Sub-Veteran (30-39)	01:39:35
25	31	11	TA2601	Ayanda	Ndlovu	15km	Male	35	Sub-Veteran (30-39)	01:40:39
26	32	1	TA2505	Geoff	Lupton-smith	15km	Male	61	Grand-Master (60+)	01:41:13
27	35	12	TA2480	Theunis	Bosch	15km	Male	30	Sub-Veteran (30-39)	01:42:06
28	37	12	TA2554	Jaco	Van Heerden	15km	Male	49	Veteran (40-49)	01:42:23
29	38	13	TA2915	Piet	Van Wyk	15km	Male	47	Veteran (40-49)	01:42:26
30	39	2	TRAIL10171	Hennie	Prinsloo	15km	Male	63	Grand-Master (60+)	01:42:48
31	40	4	TA2522	Francois	Van Der Merwe	15km	Male	24	Senior (19-29)	01:43:55
32	41	14	TRAIL11023	Grant	Hall	15km	Male	48	Veteran (40-49)	01:44:03
33	42	5	TA2553	Jamie	Hazel	15km	Male	29	Senior (19-29)	01:45:36
34	45	13	TA2682	Danie	Human	15km	Male	37	Sub-Veteran (30-39)	01:47:16
35	46	6	TRAIL10254	Alex	Maree	15km	Male	28	Senior (19-29)	01:47:48
36	49	14	TA3536	Greig	Watt	15km	Male	39	Sub-Veteran (30-39)	01:51:23
37	50	7	TA2470	Takura	Wekwete	15km	Male	27	Senior (19-29)	01:52:16
38	51	8	TA2611	Chris	Frost	15km	Male	29	Senior (19-29)	01:52:32
39	54	15	TRAIL11847	James	Wood	15km	Male	41	Veteran (40-49)	01:56:04
40	56	15	TRAIL12326	Rijako	Meintjes	15km	Male	37	Sub-Veteran (30-39)	01:59:14

41	57	1	TA2969	Pierre	Du Bruyn	15km	Male	54	Master (50-59)	02:04:20
42	60	3	TRAIL12320	Trevor	Smythe	15km	Male	62	Grand-Master (60+)	02:08:29
43	64	16	TA3484	Daryl	Viljoen	15km	Male	45	Veteran (40-49)	02:10:13
44	66	2	TA3488	Hans	Joythe	15km	Male	57	Master (50-59)	02:13:59
45	70	16	TRAIL12356	Davon	Du Bruyn	15km	Male	32	Sub-Veteran (30-39)	02:22:46
46	76	4	TA2498	Elbert	Loubser	15km	Male	61	Grand-Master (60+)	02:53:25

15km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	8	1	TA3026	Adel	Terblanche	15km	Female	34	Sub-Veteran (30-39)	01:21:22
2	10	1	TA3065	Nadine	Breytenbach	15km	Female	41	Veteran (40-49)	01:25:03
3	21	1	TA2481	Anrie	Van Wyk	15km	Female	27	Senior (19-29)	01:31:15
4	22	2	TA2585	Claudette	Engelbrecht	15km	Female	26	Senior (19-29)	01:31:17
5	29	2	TA3032	Leatitia	Jansen Van Vuuren	15km	Female	32	Sub-Veteran (30-39)	01:39:39
6	30	3	TA2544	Carla Lea	Farina	15km	Female	29	Senior (19-29)	01:39:42
7	33	3	TA3491	Janine	Smythe	15km	Female	32	Sub-Veteran (30-39)	01:42:00
8	34	4	TRAIL10041	Desiree	Du Trevou	15km	Female	34	Sub-Veteran (30-39)	01:42:03
9	36	2	TA3472	Merinda	Kamfer	15km	Female	43	Veteran (40-49)	01:42:16
10	43	5	TA2943	Natalie	Ausmeier	15km	Female	39	Sub-Veteran (30-39)	01:46:32
11	44	4	TRAIL12888	Stashia	Smit	15km	Female	27	Senior (19-29)	01:46:43
12	47	5	TA2950	Emma	Dos Santos	15km	Female	28	Senior (19-29)	01:48:01
13	48	6	TA2979	Marilize	Human	15km	Female	39	Sub-Veteran (30-39)	01:50:24
14	52	7	TA2595	Cindy	Wills	15km	Female	37	Sub-Veteran (30-39)	01:54:47
15	53	6	TA2967	Pearl	Molopa	15km	Female	29	Senior (19-29)	01:55:00
16	55	1	TA2917	Brenda	Thompson	15km	Female	56	Master (50-59)	01:58:25
17	58	8	TRAIL11464	Tracy Lee	Goncalves	15km	Female	39	Sub-Veteran (30-39)	02:05:20
18	59	9	TA2431	Malgosia	Kijko	15km	Female	33	Sub-Veteran (30-39)	02:08:12
19	61	3	TA2954	Heidi	Botha	15km	Female	40	Veteran (40-49)	02:08:51
20	62	10	TRAIL12328	Natasha	Botha	15km	Female	33	Sub-Veteran (30-39)	02:09:13
21	63	11	TRAIL12330	Candice	Van Dyk	15km	Female	30	Sub-Veteran (30-39)	02:09:21
22	65	2	TA2436	Wilma	Du Plooy	15km	Female	51	Master (50-59)	02:10:41
23	67	1	TA2629	Marilyn	Kamp	15km	Female	65	Grand-Master (60+)	02:18:37
24	68	4	TA3532	Juliah Ngwanatheko	Kgalema	15km	Female	41	Veteran (40-49)	02:22:03
25	69	7	TA2953	Chantelle	Pieterse	15km	Female	29	Senior (19-29)	02:22:45
26	71	5	TA2940	Liezel	Anderson	15km	Female	46	Veteran (40-49)	02:35:23
27	72	6	TA2581	Mary - Anne	Loubser	15km	Female	49	Veteran (40-49)	02:35:44
28	73	7	TA3467	Jenny	Cairms	15km	Female	45	Veteran (40-49)	02:36:01
29	74	12	TA3085	Lizle	Loots	15km	Female	38	Sub-Veteran (30-39)	02:37:55
30	75	2	TA3056	Anne	Reynolds	15km	Female	62	Grand-Master (60+)	02:38:01
31	77	3	TA2497	Marie	Van Dyk	15km	Female	70	Grand-Master (60+)	02:53:30

10km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL13076	Reatlegile	Mosweu	10km	Male	14	12 to 15	00:47:17
2	2	2	TRAIL10005	Tiaan	Dorfling	10km	Male	14	12 to 15	00:47:21
3	5	1	TA1016	Charl-stephan	Nienaber	10km	Male	25	Senior (19-29)	00:49:20
4	6	1	TA2163	Gert	Steyn	10km	Male	58	Master (50-59)	00:53:19
5	7	1	TRAIL11732	Terrence	Brink	10km	Male	45	Veteran (40-49)	00:56:24
6	8	2	TA0754	Donovan	Shirley	10km	Male	44	Veteran (40-49)	00:57:39
7	9	3	TA1072	Prince	Motswenyane	10km	Male	43	Veteran (40-49)	00:58:14
8	10	4	TA0601	Miros	Kaffka	10km	Male	49	Veteran (40-49)	01:00:07
9	11	5	TA0675	Etienne	Stroebel	10km	Male	45	Veteran (40-49)	01:00:25
10	12	6	TA1062	Conrad	Langerman	10km	Male	44	Veteran (40-49)	01:02:18
11	19	7	TA0693	Shayne	Reynolds	10km	Male	43	Veteran (40-49)	01:04:59
12	20	1	TA1879	Francois	Labuschagne	10km	Male	33	Sub-Veteran (30-39)	01:05:32
13	21	2	TA2296	Naas	Terblanche	10km	Male	36	Sub-Veteran (30-39)	01:05:49
14	22	8	TA1044	Duncan	James	10km	Male	44	Veteran (40-49)	01:06:40
15	23	3	TA2156	Wayne	Swanepoel	10km	Male	31	Sub-Veteran (30-39)	01:06:55
16	26	4	TA0759	Werner	Geldenhuijs	10km	Male	32	Sub-Veteran (30-39)	01:07:49
17	27	2	TA0752	Seitlamo	Mokane	10km	Male	52	Master (50-59)	01:07:55
18	28	9	TA2126	Martin	Pretorius	10km	Male	42	Veteran (40-49)	01:07:57
19	30	5	TA0806	Derek	Mccarthy	10km	Male	37	Sub-Veteran (30-39)	01:08:07
20	31	10	TA0751	Werner	Henning	10km	Male	48	Veteran (40-49)	01:08:54
21	32	6	TA1828	Ryan David	Woodford	10km	Male	32	Sub-Veteran (30-39)	01:09:23
22	33	7	TA0645	Etienne	Jordaan	10km	Male	34	Sub-Veteran (30-39)	01:09:25
23	35	11	TRAIL12499	Sello	Matjila	10km	Male	42	Veteran (40-49)	01:09:42
24	37	3	TA0233	Graeme	Wright	10km	Male	55	Master (50-59)	01:10:03
25	38	8	TA2318	Reinhardt	Paulson	10km	Male	38	Sub-Veteran (30-39)	01:10:13
26	40	1	TA1807	Gerald	Steyn	10km	Male	67	Grand-Master (60+)	01:10:40
27	41	9	TA2174	Sydney	Marope	10km	Male	38	Sub-Veteran (30-39)	01:10:47
28	42	4	TA1038	Paul	Mullon	10km	Male	59	Master (50-59)	01:11:29
29	43	1	TA1165	Ryno	Reyneke	10km	Male	3	Under 11	01:12:02
30	49	12	TRAIL12287	Phil	Zaayman	10km	Male	48	Veteran (40-49)	01:13:57
31	50	5	TA0992	John	Kollen	10km	Male	59	Master (50-59)	01:14:08
32	51	13	TA1071	Eppo	Joubert	10km	Male	48	Veteran (40-49)	01:14:33
33	53	2	TRAIL10759	Allen	West	10km	Male	64	Grand-Master (60+)	01:15:01
34	55	14	TA2217	Jacques	Blaauw	10km	Male	44	Veteran (40-49)	01:15:45
35	56	10	TA0643	Jan	Erasmus	10km	Male	36	Sub-Veteran (30-39)	01:15:48
36	58	11	TA0084	Shaun	Ringler	10km	Male	37	Sub-Veteran (30-39)	01:16:42
37	64	2	TA1873	Dean	Limper	10km	Male	29	Senior (19-29)	01:18:45
38	69	12	TA0185	Albie	Jacobs	10km	Male	38	Sub-Veteran (30-39)	01:21:41
39	76	3	TA2205	Bert	Van Den Raad	10km	Male	73	Grand-Master (60+)	01:23:22

40	79	4	TA0861	Gerakd	Bolton	10km	Male	60	Grand-Master (60+)	01:24:08
41	85	3	TA1065	Danie	Malan	10km	Male	13	12 to 15	01:26:08
42	86	1	TA1120	Ruan	Reyenke	10km	Male	16	16 to 18	01:26:16
43	93	6	TRAIL11476	Charles	Marais	10km	Male	59	Master (50-59)	01:30:04
44	95	15	TA0815	Samuel James	Aldum	10km	Male	48	Veteran (40-49)	01:31:31
45	108	5	TA0608	John	Tringham	10km	Male	76	Grand-Master (60+)	01:40:22
46	111	3	TA1852	Cornelius	Eloff	10km	Male	29	Senior (19-29)	01:50:25
47	112	4	TA1887	Jc	De Wit	10km	Male	26	Senior (19-29)	01:50:28
48	123	13	TA2240	Ian	Neethling	10km	Male	36	Sub-Veteran (30-39)	02:16:06

10km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TRAIL10004	Nerissa	Van Der Walt	10km	Female	30	Sub-Veteran (30-39)	00:47:55
2	4	1	TA1027	Suane	Nienaber	10km	Female	25	Senior (19-29)	00:49:09
3	13	1	TA1827	Julie	Hutchison	10km	Female	48	Veteran (40-49)	01:03:16
4	14	2	TA0789	Eunize	Engelbrecht	10km	Female	35	Sub-Veteran (30-39)	01:03:21
5	15	3	TRAIL12299	Janeane	Watt	10km	Female	36	Sub-Veteran (30-39)	01:03:25
6	16	1	TA0767	Linda	Van Der Colff	10km	Female	51	Master (50-59)	01:03:27
7	17	2	TA0807	Tamryn	Paulsen	10km	Female	27	Senior (19-29)	01:04:44
8	18	2	TA1173	Penny	Bowren	10km	Female	50	Master (50-59)	01:04:48
9	24	4	TA2157	Michelle	Van Wyk	10km	Female	38	Sub-Veteran (30-39)	01:07:15
10	25	5	TA2109	Annelien	Basson	10km	Female	30	Sub-Veteran (30-39)	01:07:47
11	29	6	TA1055	Catherine	Mc Carthy	10km	Female	35	Sub-Veteran (30-39)	01:08:00
12	34	7	TA2155	Megan	Hunter	10km	Female	32	Sub-Veteran (30-39)	01:09:40
13	36	2	TRAIL13015	Nadia	Bosch	10km	Female	47	Veteran (40-49)	01:09:59
14	39	8	TA0863	Geneve	Richard	10km	Female	34	Sub-Veteran (30-39)	01:10:22
15	44	3	TRAIL10522	Elsje	Eloff	10km	Female	45	Veteran (40-49)	01:12:44
16	45	4	TA2122	Angela	Steenkamp	10km	Female	45	Veteran (40-49)	01:12:45
17	46	5	TRAIL12648	Sandra	Dalton	10km	Female	46	Veteran (40-49)	01:12:55
18	47	6	TRAIL12646	Heidi	Dalton	10km	Female	42	Veteran (40-49)	01:12:58
19	48	9	TA1825	Michelle	Gonsalves	10km	Female	35	Sub-Veteran (30-39)	01:13:35
20	52	10	TA2149	Louise	Montgomery	10km	Female	33	Sub-Veteran (30-39)	01:14:55
21	54	11	TRAIL11074	Larissa	West	10km	Female	35	Sub-Veteran (30-39)	01:15:07
22	57	12	TA1129	Paula	Venzke	10km	Female	38	Sub-Veteran (30-39)	01:16:33
23	59	3	TRAIL12290	Georgina	Bester	10km	Female	54	Master (50-59)	01:17:11
24	60	4	TA0666	Aletha	Van Den Bergh	10km	Female	51	Master (50-59)	01:17:13
25	61	7	TA2124	Gabs	Janssen	10km	Female	40	Veteran (40-49)	01:17:16
26	62	13	TA2345	Ashleigh	Fisher	10km	Female	32	Sub-Veteran (30-39)	01:17:41
27	63	3	TA2153	Jesica	Swart	10km	Female	19	Senior (19-29)	01:18:42
28	65	8	TA0240	Bronwyn	Van Wyk	10km	Female	42	Veteran (40-49)	01:19:25
29	66	4	TA0158	Sharne	Geyser	10km	Female	29	Senior (19-29)	01:20:45
30	67	9	TA0369	Yolandi	Zaayman	10km	Female	40	Veteran (40-49)	01:20:49
31	68	1	TA0665	Rina	Pretorius	10km	Female	66	Grand-Master (60+)	01:20:54
32	70	14	TA1118	Candice	Brachoven	10km	Female	33	Sub-Veteran (30-39)	01:22:21
33	71	5	TA2304	Natasha	Du Toit	10km	Female	22	Senior (19-29)	01:22:24
34	72	15	TA2299	Marne	Van Der Westhuyzen	10km	Female	38	Sub-Veteran (30-39)	01:22:27
35	73	2	TA2307	Valerie	Geldenhuijs	10km	Female	60	Grand-Master (60+)	01:22:34
36	74	5	TA2273	Mariana	Dreyer	10km	Female	58	Master (50-59)	01:22:36
37	75	16	TA0632	Cornelle	Dewar	10km	Female	36	Sub-Veteran (30-39)	01:22:39
38	77	17	TA1017	Tamsyn	Brooks	10km	Female	35	Sub-Veteran (30-39)	01:23:36
39	78	18	TA0709	Colette	Curle	10km	Female	30	Sub-Veteran (30-39)	01:23:45
40	80	10	TA2143	Marjon	Meyer	10km	Female	49	Veteran (40-49)	01:24:39

41	81	3	TA0817	Brigitte	Madlener	10km	Female	60	Grand-Master (60+)	01:24:40
42	82	4	TA1105	Lyn	De Bruin	10km	Female	66	Grand-Master (60+)	01:25:27
43	83	11	TA1162	Anneli	Van Den Berg	10km	Female	41	Veteran (40-49)	01:25:43
44	84	6	TA2247	Lynnette	Van Den Bergh	10km	Female	22	Senior (19-29)	01:25:59
45	87	7	TA2305	Lucricia	De Wit	10km	Female	24	Senior (19-29)	01:26:34
46	88	19	TA2243	Jo-anne	Hobday	10km	Female	34	Sub-Veteran (30-39)	01:26:36
47	89	5	TA1033	Lieve	Geuens	10km	Female	66	Grand-Master (60+)	01:26:52
48	90	12	TA0390	Joanne	Attenborough	10km	Female	47	Veteran (40-49)	01:27:59
49	91	8	TA1824	Primrose	Mkhwanazi	10km	Female	24	Senior (19-29)	01:28:46
50	92	20	TA2138	Marelise	Woodford	10km	Female	32	Sub-Veteran (30-39)	01:28:48
51	94	13	TA0673	Johan	Van Rensburg	10km	Female	49	Veteran (40-49)	01:31:05
52	96	14	TA2203	Yolanda	Smit	10km	Female	44	Veteran (40-49)	01:31:34
53	97	15	TA2150	Helen	Greeff	10km	Female	45	Veteran (40-49)	01:33:19
54	98	16	TA1868	Jacqueline	Kempen	10km	Female	40	Veteran (40-49)	01:33:45
55	99	21	TA2311	Carli	Pretorius	10km	Female	36	Sub-Veteran (30-39)	01:33:49
56	100	17	TA2214	Shelley	Cianfanelli	10km	Female	42	Veteran (40-49)	01:33:53
57	101	18	TA1877	Jolene	Thwaites	10km	Female	40	Veteran (40-49)	01:34:06
58	102	6	TA1175	Suzanne	Ayres	10km	Female	52	Master (50-59)	01:35:14
59	103	19	TRAIL12156	Nicolette	Coetzee	10km	Female	45	Veteran (40-49)	01:35:39
60	104	20	TA1812	Susan	De Bruin	10km	Female	46	Veteran (40-49)	01:36:30
61	105	21	TA1179	Tasneem	Mathurani	10km	Female	40	Veteran (40-49)	01:36:34
62	106	22	TA2252	Louise	Middlemiss	10km	Female	45	Veteran (40-49)	01:38:13
63	107	23	TA1874	Priashna	Baboolal	10km	Female	42	Veteran (40-49)	01:39:39
64	109	6	TA0627	Suzan	Holden	10km	Female	64	Grand-Master (60+)	01:41:16
65	110	7	TA0795	Wilna	Scholtz	10km	Female	50	Master (50-59)	01:45:21
66	113	9	TA0996	Donique	Guy	10km	Female	24	Senior (19-29)	01:51:00
67	114	24	TA2219	Chandra	Booyesen	10km	Female	47	Veteran (40-49)	01:55:17
68	115	25	TA1801	Raelean	Melaia	10km	Female	44	Veteran (40-49)	01:55:20
69	116	10	TA0844	Jolene	Van Heerden	10km	Female	25	Senior (19-29)	01:59:35
70	117	11	TA0667	Colene	Van Heerden	10km	Female	24	Senior (19-29)	01:59:38
71	118	26	TA1034	Louise	Claassen	10km	Female	45	Veteran (40-49)	01:59:43
72	119	8	TA2232	Therese	Viljoen	10km	Female	51	Master (50-59)	02:00:47
73	120	27	TA0768	Christa	Swart	10km	Female	45	Veteran (40-49)	02:00:50
74	121	12	TA1832	Ilona	Van Der Berg	10km	Female	25	Senior (19-29)	02:15:41
75	122	22	TA2242	Elne	Van Der Berg	10km	Female	32	Sub-Veteran (30-39)	02:15:48

5km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1582	Ricardo	Rebelo	5km	Male	21	Senior (19-29)	00:22:30
2	2	2	TA0487	Nic	Atkins	5km	Male	28	Senior (19-29)	00:22:43
3	3	1	TA0000	Tshepo	Ntsotsho	5km	Male	16	16 to 18	00:22:44
4	4	1	TA0381	Graeme	Coetzee	5km	Male	45	Veteran (40-49)	00:23:16
5	6	1	TA0508	Johnie	Jonker	5km	Male	60	Grand-Master (60+)	00:25:02
6	7	3	TA0574	Leon	Van Zyl	5km	Male	27	Senior (19-29)	00:26:10
7	8	1	TA1596	Coenraad	Rossouw	5km	Male	34	Sub-Veteran (30-39)	00:26:29
8	9	2	TA0005	Johann	Du Toit	5km	Male	39	Sub-Veteran (30-39)	00:26:50
9	10	1	TA0031	Juan	Breytenbach	5km	Male	12	12 to 15	00:26:59
10	11	2	TA0318	Michael	Candy	5km	Male	12	12 to 15	00:27:05
11	13	1	TA0331	Waldo	Breytenbach	5km	Male	10	Under 11	00:27:33
12	14	1	TA0386	Stephen	Erasmus	5km	Male	52	Master (50-59)	00:27:36
13	15	2	TA0618	John	Verster	5km	Male	41	Veteran (40-49)	00:27:50
14	16	4	TA0464	Kobus	Swanepoel	5km	Male	22	Senior (19-29)	00:27:55
15	17	5	TA0085	Ewald	Rossouw	5km	Male	26	Senior (19-29)	00:27:59
16	18	2	TRAIL12982	Rufan	Palm	5km	Male	62	Grand-Master (60+)	00:28:19
17	19	6	TA0486	Jason	Wright	5km	Male	22	Senior (19-29)	00:29:56
18	20	7	TA0001	Stefan	Meyer	5km	Male	19	Senior (19-29)	00:30:01
19	21	3	TA0339	Lourens	Gerber	5km	Male	33	Sub-Veteran (30-39)	00:30:07
20	24	8	TA1516	Bevan	Gouldie	5km	Male	27	Senior (19-29)	00:30:47
21	26	3	TA1830	Steven	Van Schanke	5km	Male	43	Veteran (40-49)	00:31:56
22	27	2	TA0211	Willem	Obbes	5km	Male	50	Master (50-59)	00:32:29
23	28	4	TA0272	Blaise	Candy	5km	Male	40	Veteran (40-49)	00:32:33
24	29	5	TA0440	Andre	Schutte	5km	Male	42	Veteran (40-49)	00:32:35
25	32	6	TA0425	Jonathan	Harflett	5km	Male	47	Veteran (40-49)	00:34:33
26	34	3	TA1572	Philiph	Stander	5km	Male	54	Master (50-59)	00:35:05
27	36	7	TA0404	Anthony	Cousins	5km	Male	40	Veteran (40-49)	00:35:14
28	38	9	TA1700	Hendrik	Goosen	5km	Male	29	Senior (19-29)	00:35:28
29	40	3	TA0250	Gawie	Pretorius	5km	Male	68	Grand-Master (60+)	00:35:36
30	44	10	TA0349	Jason	Boone	5km	Male	27	Senior (19-29)	00:36:21
31	46	2	TA0204	Dieter	Crafford	5km	Male	17	16 to 18	00:37:01
32	50	11	TA0094	Tom	Mascher	5km	Male	21	Senior (19-29)	00:37:15
33	52	8	TA0392	Simon	Kantor	5km	Male	47	Veteran (40-49)	00:37:27
34	53	4	TA0333	Irvine	Lehloo	5km	Male	36	Sub-Veteran (30-39)	00:38:37
35	56	12	TA0155	Kyle	Laranja	5km	Male	29	Senior (19-29)	00:39:00
36	57	5	TA0287	Robert	Wright	5km	Male	31	Sub-Veteran (30-39)	00:39:12
37	59	9	TA0462	Gerrit-jan	Albers	5km	Male	47	Veteran (40-49)	00:39:21
38	64	6	TA1613	Julian	Kuik	5km	Male	32	Sub-Veteran (30-39)	00:40:36
39	66	2	TA0244	Henk	Veldsman	5km	Male	10	Under 11	00:41:28

40	67	10	TA1655	Johan	Veldsman	5km	Male	43	Veteran (40-49)	00:41:46
41	69	11	TA0573	Daniel	Muller	5km	Male	41	Veteran (40-49)	00:42:02
42	70	4	TA0436	Ferdinand	Viljoen	5km	Male	55	Master (50-59)	00:42:04
43	72	12	TA1552	Jacques	Botha	5km	Male	48	Veteran (40-49)	00:42:09
44	74	5	TA0416	Johannes	Van Niekerk	5km	Male	50	Master (50-59)	00:42:56
45	81	7	TA0210	Jacques	Human	5km	Male	34	Sub-Veteran (30-39)	00:43:56
46	83	8	TA0402	Matt	Lotter	5km	Male	38	Sub-Veteran (30-39)	00:44:11
47	85	4	TA0371	Tinus	Erasmus	5km	Male	70	Grand-Master (60+)	00:44:16
48	90	13	TA0332	Dewald	Van Der Westhuizen	5km	Male	23	Senior (19-29)	00:44:27
49	92	6	TA0161	Jan	Van Peer	5km	Male	51	Master (50-59)	00:46:10
50	95	13	TA1692	Andre	Ross	5km	Male	42	Veteran (40-49)	00:46:19
51	98	14	TA0051	Renda	Tshifularo	5km	Male	21	Senior (19-29)	00:46:31
52	99	15	TA0304	Garry	Grant	5km	Male	26	Senior (19-29)	00:46:40
53	102	16	TA0322	Renier	Snyman	5km	Male	28	Senior (19-29)	00:47:13
54	105	5	TA0362	Malcolm	Mackenzie	5km	Male	66	Grand-Master (60+)	00:47:56
55	107	14	TA0297	Nadeem	Hoosen	5km	Male	42	Veteran (40-49)	00:48:30
56	111	15	TRAIL12157	Francois	Coetzee	5km	Male	44	Veteran (40-49)	00:48:55
57	115	3	TA0195	Joseph	Jerrisen	5km	Male	12	12 to 15	00:49:47
58	117	7	TA0312	Warren	Flood	5km	Male	51	Master (50-59)	00:49:51
60	134	8	TA0427	Phillip	Schutte	5km	Male	54	Master (50-59)	00:54:59
61	140	6	TA0320	Nick	Wolmarans	5km	Male	69	Grand-Master (60+)	00:58:09
62	143	17	TA0043	Giuliano	Dos Santos	5km	Male	28	Senior (19-29)	00:58:20
63	146	9	TA1647	Rene	Van Der Walt	5km	Male	37	Sub-Veteran (30-39)	01:02:22
64	153	9	TA0394	Gerhard	Potgieter	5km	Male	56	Master (50-59)	01:03:53
65	155	18	TA0445	Arno	Potgieter	5km	Male	22	Senior (19-29)	01:03:59
66	156	19	TA0414	Christo	Gouwhe	5km	Male	29	Senior (19-29)	01:04:04
67	159	16	TA0576	Gerhard	Van Dyk	5km	Male	43	Veteran (40-49)	01:04:11

5km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	5	1	TRAIL12931	Dieneke	Beukes	5km	Female	10	Under 11	00:24:59
2	12	1	TA0348	Karisma	Erasmus	5km	Female	25	Senior (19-29)	00:27:29
3	22	2	TA0444	Christine	Cousins	5km	Female	10	Under 11	00:30:14
4	23	1	TA9999	Monica	Booyesen	5km	Female	31	Sub-Veteran (30-39)	00:30:15
5	25	2	TA0288	Lizali	Blom	5km	Female	31	Sub-Veteran (30-39)	00:31:44
6	30	1	TA0264	Angela	Jenkinson	5km	Female	50	Master (50-59)	00:33:42
7	31	3	TA0328	Zandre	Kuik	5km	Female	30	Sub-Veteran (30-39)	00:34:16
8	33	2	TA0299	Felicia	Effener	5km	Female	23	Senior (19-29)	00:34:40
9	35	1	TA0147	Vlasta	Kaffka	5km	Female	17	16 to 18	00:35:10
10	37	1	TA0391	Tania	Van Peer	5km	Female	45	Veteran (40-49)	00:35:23
11	39	3	TA1684	Maryke	Dykman	5km	Female	24	Senior (19-29)	00:35:32
12	41	2	TA0030	Cyndy	Obbes	5km	Female	47	Veteran (40-49)	00:35:56
13	42	4	TA0370	Jacky	Watt	5km	Female	38	Sub-Veteran (30-39)	00:35:59
14	43	3	TA0267	Glizelle	Langerman	5km	Female	42	Veteran (40-49)	00:36:10
15	45	2	TA0500	Elzaan	Terblance	5km	Female	17	16 to 18	00:36:55
16	47	4	TA0458	Rijkie	Terblanche	5km	Female	45	Veteran (40-49)	00:37:02
17	48	2	TRAIL12359	Linda	Fourie	5km	Female	52	Master (50-59)	00:37:05
18	49	4	TA0313	Boitumelo	Mokgele	5km	Female	27	Senior (19-29)	00:37:10
19	51	5	TA0047	Rosalind	Roy	5km	Female	46	Veteran (40-49)	00:37:21
20	54	5	TA0238	Ella	Manana	5km	Female	33	Sub-Veteran (30-39)	00:38:41
21	55	6	TA1571	Michelle	Laranja	5km	Female	33	Sub-Veteran (30-39)	00:38:59
22	58	5	TA0176	Marike	Jacobs	5km	Female	28	Senior (19-29)	00:39:16
23	60	7	TA1612	Amelia	Wright	5km	Female	30	Sub-Veteran (30-39)	00:39:23
24	61	8	TRAIL12665	Adri	Slabbert	5km	Female	38	Sub-Veteran (30-39)	00:39:38
25	62	6	TA1737	Adrie	Blaauw	5km	Female	43	Veteran (40-49)	00:40:08
26	63	7	TA0168	Silvana	Carraggi	5km	Female	48	Veteran (40-49)	00:40:24
27	65	9	TA0286	Kim	Taylor	5km	Female	34	Sub-Veteran (30-39)	00:40:40
28	68	10	TA0156	Retha	Veldsman	5km	Female	39	Sub-Veteran (30-39)	00:41:48
29	71	11	TA0276	Emsie	Albers	5km	Female	34	Sub-Veteran (30-39)	00:42:06
30	73	8	TA0188	Sougnet	Van Niekerk	5km	Female	49	Veteran (40-49)	00:42:51
31	75	9	TA0121	Madeleine	Schwarz	5km	Female	47	Veteran (40-49)	00:42:59
32	76	6	TA1727	Carmen	Schwarz	5km	Female	24	Senior (19-29)	00:43:04
33	77	3	TA1620	Kamano	Motswenyane	5km	Female	6	Under 11	00:43:46
34	78	3	TRAIL13008	Sonja	Petzer	5km	Female	53	Master (50-59)	00:43:48
35	79	7	TA1519	Mercy	Moloto	5km	Female	26	Senior (19-29)	00:43:52
36	80	8	TA1673	Lourine	Botha	5km	Female	25	Senior (19-29)	00:43:54
37	82	12	TA0151	Magrietha	Kruger	5km	Female	32	Sub-Veteran (30-39)	00:43:59
38	84	4	TA0472	Lynn	Fisher	5km	Female	57	Master (50-59)	00:44:15
39	86	13	TA0254	Lindi	Kotze	5km	Female	36	Sub-Veteran (30-39)	00:44:20

40	87	14	TA1755	Bridget	Green	5km	Female	39	Sub-Veteran (30-39)	00:44:21
41	88	15	TA0229	Nicole	Alderson	5km	Female	38	Sub-Veteran (30-39)	00:44:23
42	89	9	TA0290	Nicole	Lang	5km	Female	20	Senior (19-29)	00:44:25
43	91	16	TA0428	Kim	Craye	5km	Female	37	Sub-Veteran (30-39)	00:45:00
44	93	10	TA0269	Diana	Van Wyk	5km	Female	42	Veteran (40-49)	00:46:14
45	94	17	TA0234	Karenza	Brits	5km	Female	37	Sub-Veteran (30-39)	00:46:16
46	96	11	TRAIL11232	Patricia	Minihold	5km	Female	45	Veteran (40-49)	00:46:20
47	97	18	TA0515	Celiwe	Ross	5km	Female	39	Sub-Veteran (30-39)	00:46:24
48	100	10	TA0284	Chantall	Grant	5km	Female	28	Senior (19-29)	00:46:42
49	101	11	TA0357	Zelnari	Lourens	5km	Female	29	Senior (19-29)	00:46:45
50	103	12	TA0045	Annelie	Snyman	5km	Female	27	Senior (19-29)	00:47:16
51	104	5	TA0490	Caron	Mackenzie	5km	Female	54	Master (50-59)	00:47:49
52	106	13	TA1622	Lucinda	De Villiers	5km	Female	28	Senior (19-29)	00:48:00
53	108	19	TA0023	Cindy	Gumede	5km	Female	30	Sub-Veteran (30-39)	00:48:38
54	109	20	TA1625	Mariam	Marlie	5km	Female	39	Sub-Veteran (30-39)	00:48:48
55	110	21	TA0680	Elandrie	Zietsman	5km	Female	31	Sub-Veteran (30-39)	00:48:50
56	112	14	TA0198	Tumelo	Mogapi	5km	Female	29	Senior (19-29)	00:48:58
57	113	22	TA0356	Lucinda	Evert	5km	Female	34	Sub-Veteran (30-39)	00:49:13
58	114	23	TA0407	Ronell	Van Niekerk	5km	Female	34	Sub-Veteran (30-39)	00:49:16
59	116	24	TA0413	Georgina	Jerissen	5km	Female	39	Sub-Veteran (30-39)	00:49:49
60	118	12	TA0479	Megan	Marais	5km	Female	40	Veteran (40-49)	00:49:54
61	119	15	TA1768	Ciska	Van Aswegen	5km	Female	26	Senior (19-29)	00:50:12
62	120	6	TA0227	Hester	Van Aswegen	5km	Female	53	Master (50-59)	00:50:17
63	121	25	TRAIL12727	Jenny	Prinsloo	5km	Female	35	Sub-Veteran (30-39)	00:50:23
64	122	7	TA0283	Susarah	Janse Van Vuuren	5km	Female	59	Master (50-59)	00:51:10
65	123	8	TA0302	Debbie	Nieuwoudt	5km	Female	54	Master (50-59)	00:51:35
66	124	26	TA0280	Desiré	Botha	5km	Female	34	Sub-Veteran (30-39)	00:51:58
67	125	27	TA1799	Adele	Pretorius	5km	Female	38	Sub-Veteran (30-39)	00:52:00
68	126	13	TA1837	Elise	Vorster	5km	Female	46	Veteran (40-49)	00:52:54
69	127	14	TA0273	Colette	Taylor	5km	Female	45	Veteran (40-49)	00:53:09
70	128	15	TA1774	Tania	Botha	5km	Female	47	Veteran (40-49)	00:53:15
71	129	9	TA1657	Frances	Stander	5km	Female	53	Master (50-59)	00:53:42
72	130	16	TA0291	Lise	Walters	5km	Female	49	Veteran (40-49)	00:53:46
73	131	17	TA1728	Lucy	Erasmus	5km	Female	49	Veteran (40-49)	00:53:50
74	132	1	TA0080	Louise	Williams	5km	Female	65	Grand-Master (60+)	00:54:02
75	133	2	TA0145	Linda	Horne	5km	Female	65	Grand-Master (60+)	00:54:04
76	135	18	TA1741	Marika	Schutte	5km	Female	47	Veteran (40-49)	00:55:02
77	136	19	TA0010	Estelle	Filen	5km	Female	47	Veteran (40-49)	00:55:14
78	137	28	TA0295	Makubalo	Nomzabalazo	5km	Female	35	Sub-Veteran (30-39)	00:56:56
79	138	20	TA1715	Nicolette	Muller	5km	Female	44	Veteran (40-49)	00:58:02
80	139	3	TA1661	Allet	Wolmarans	5km	Female	70	Grand-Master (60+)	00:58:06
81	141	4	TA1726	Di	Bolton	5km	Female	60	Grand-Master (60+)	00:58:14

82	142	10	TA0398	Rene	Du Bruyn	5km	Female	54	Master (50-59)	00:58:18
83	144	5	TA0495	Helen	Nel	5km	Female	65	Grand-Master (60+)	00:58:29
84	145	11	TA1838	Marlene	Van Heerden	5km	Female	50	Master (50-59)	01:01:41
85	147	29	TA0401	Frane	Van Der Walt	5km	Female	34	Sub-Veteran (30-39)	01:02:27
86	148	12	TA0260	Rolene	Van Zyl	5km	Female	58	Master (50-59)	01:02:38
87	149	21	TA0463	Angela	Meuwsen-srerling	5km	Female	49	Veteran (40-49)	01:02:46
88	150	6	TA0253	Hellen	Meuwsen Dost	5km	Female	68	Grand-Master (60+)	01:03:23
89	151	22	TA0002	Lynn	Meuwsen-sterling	5km	Female	47	Veteran (40-49)	01:03:32
90	152	30	TA0527	Elné	Potgieter	5km	Female	30	Sub-Veteran (30-39)	01:03:49
91	154	13	TA1749	Almari	Potgieter	5km	Female	52	Master (50-59)	01:03:56
92	157	16	TA0232	Vevanya	Niadoo	5km	Female	28	Senior (19-29)	01:04:07
93	158	23	TA0559	Leske	Van Dyk	5km	Female	40	Veteran (40-49)	01:04:08
94	160	31	TA1747	Sane	Ngidi	5km	Female	35	Sub-Veteran (30-39)	01:09:39
95	161	24	TA1708	Lapologang	Medupe	5km	Female	40	Veteran (40-49)	01:43:01