



AdventureRun : Smuts Irene River

Irene River Trail Run?Walk on 3rd March 2019



21km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL20601	Ryno	Van Vollenhoven	21km	Male	31	Sub-Veteran (30-39)	01:23:51
2	2	1	TRAIL12471	Adam	Moroko	21km	Male	40	Veteran (40-49)	01:43:53
3	3	2	TA3481	Henrik	Hartmann	21km	Male	35	Sub-Veteran (30-39)	01:44:30
4	4	2	TA2936	Gregory	Mufema	21km	Male	43	Veteran (40-49)	01:53:30
5	5	3	TA2621	Stephen	Atkinson	21km	Male	39	Sub-Veteran (30-39)	01:54:45
6	7	3	TA3407	Xutao	Mu	21km	Male	40	Veteran (40-49)	02:12:22
7	8	4	TRAIL12236	Clive	Hutchinson	21km	Male	47	Veteran (40-49)	02:16:23
8	9	5	TRAIL20645	Jacques	Vally	21km	Male	49	Veteran (40-49)	02:16:46
9	10	4	TA2611	Nikola	Sakota	21km	Male	31	Sub-Veteran (30-39)	02:20:21
10	11	5	TA2630	Anton	Wells	21km	Male	35	Sub-Veteran (30-39)	02:26:48
11	12	1	TA2538	Philip	Boardman	21km	Male	69	Grand-Master (60+)	02:29:15
12	13	6	TA2680	Casper	Erasmus	21km	Male	48	Veteran (40-49)	02:29:18
13	14	6	TRAIL20638	David	Stockenstrom	21km	Male	36	Sub-Veteran (30-39)	02:32:20
14	16	7	TA2590	Mike	Smithen	21km	Male	37	Sub-Veteran (30-39)	02:47:01
15	17	1	TA2950	Nikola	Zatezalo	21km	Male	22	Senior (19-29)	02:49:16

21km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	6	1	TA3478	Rinel	Mclaren	21km	Female	26	Senior (19-29)	02:07:20
2	15	1	TRAIL10522	Elsje	Eloff	21km	Female	45	Veteran (40-49)	02:38:27
3	18	2	TRAIL20640	Leanne	Webster	21km	Female	46	Veteran (40-49)	02:49:30
4	19	3	TA2693	Cynthia	Nemakonde	21km	Female	41	Veteran (40-49)	03:01:52
5	20	4	TA2674	Bongiwe	Mkhize	21km	Female	40	Veteran (40-49)	03:17:49

15km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL20995	Tshepho	Nchabeleng	15km	Male	20	Senior (19-29)	01:07:00
2	2	1	TA3403	Matthew	Aiken	15km	Male	32	Sub-Veteran (30-39)	01:09:52
3	3	2	TRAIL20996	Gerhard	Scheepers	15km	Male	23	Senior (19-29)	01:20:01
4	4	1	TA2514	Francois	Oosthuizen	15km	Male	46	Veteran (40-49)	01:21:22
5	5	1	TA2937	Thomas	Breytenbach	15km	Male	16	16 to 18	01:26:59
6	6	3	TA2581	Willem	Truter	15km	Male	21	Senior (19-29)	01:29:51
7	8	1	TRAIL20994	Dirk	Brink	15km	Male	60	Grand-Master (60+)	01:31:33
8	10	2	TA2928	Keith	Chihaba	15km	Male	38	Sub-Veteran (30-39)	01:32:16
9	12	3	TA2942	Francois	Labuschagne	15km	Male	33	Sub-Veteran (30-39)	01:35:00
10	13	2	TRAIL20639	Geoff	Linnell	15km	Male	43	Veteran (40-49)	01:36:38
11	14	3	TA3469	Abrie	Bonthuys	15km	Male	46	Veteran (40-49)	01:37:51
12	15	2	TRAIL20628	Geoff	Lupton-smith	15km	Male	61	Grand-Master (60+)	01:39:35
13	17	4	TRAIL11023	Grant	Hall	15km	Male	49	Veteran (40-49)	01:40:29
14	19	1	TA2613	Patrick	Golden	15km	Male	57	Master (50-59)	01:44:35
15	21	2	TRAIL12255	Johan	Scheepers	15km	Male	55	Master (50-59)	01:46:35
16	22	3	TA3063	Bryan	Mccourt	15km	Male	52	Master (50-59)	01:47:33
17	26	5	TA2685	Kereng	Kgotleng	15km	Male	40	Veteran (40-49)	02:08:50
18	28	4	TRAIL12439	Derek	Nell	15km	Male	54	Master (50-59)	02:09:52
19	30	5	TA2544	John	Mayer	15km	Male	52	Master (50-59)	02:10:49
20	32	4	TA2420	Dj	Pieterse	15km	Male	30	Sub-Veteran (30-39)	02:11:06

15km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	7	1	TA2907	Odette	Katzin	15km	Female	34	Sub-Veteran (30-39)	01:29:54
2	9	2	TA2925	Desiree	Malan	15km	Female	38	Sub-Veteran (30-39)	01:31:39
3	11	3	TA2676	Aliche	Viljoen	15km	Female	33	Sub-Veteran (30-39)	01:32:38
4	16	4	TRAIL12299	Janeane	Watt	15km	Female	37	Sub-Veteran (30-39)	01:40:27
5	18	1	TA2927	Marietjie	Van Lill	15km	Female	52	Master (50-59)	01:41:12
6	20	5	TA3503	Melissa-joy	Golden	15km	Female	36	Sub-Veteran (30-39)	01:46:19
7	23	6	TRAIL12170	Cornelia	Hutchinson	15km	Female	37	Sub-Veteran (30-39)	01:53:58
8	24	1	TRAIL10269	Jolandi	Labuschange	15km	Female	27	Senior (19-29)	01:57:16
9	25	2	TA2982	Lerato	Lumkwana	15km	Female	25	Senior (19-29)	02:05:53
10	27	2	TRAIL10777	Doreen	Nell	15km	Female	52	Master (50-59)	02:09:50
11	29	7	TA3468	Bronwynne	Evans	15km	Female	37	Sub-Veteran (30-39)	02:10:46
12	31	8	TA2632	Chantelle	Pieterse	15km	Female	30	Sub-Veteran (30-39)	02:11:03

10km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1065	Reatlegile	Mosweu	10km	Male	14	12 to 15	00:36:45
2	2	2	TA1016	Tshbang	Chauke	10km	Male	15	12 to 15	00:40:12
3	6	1	TA1881	Derek	Esterhuysen	10km	Male	44	Veteran (40-49)	00:50:27
4	8	1	TA1899	Sean	Thomas	10km	Male	31	Sub-Veteran (30-39)	00:52:18
5	9	1	TA2213	Neels	Grobbelaar	10km	Male	50	Master (50-59)	00:54:35
6	11	2	TA2219	Donovan	Shirley	10km	Male	44	Veteran (40-49)	00:55:35
7	13	3	TRAIL20637	Jabez	Steenkamp	10km	Male	46	Veteran (40-49)	00:56:20
8	16	1	TA1105	Takura	Wekwete	10km	Male	28	Senior (19-29)	00:58:15
9	19	2	TRAIL20530	Tumelo	Ramphalemg	10km	Male	26	Senior (19-29)	00:59:16
10	20	4	TA2273	Vikesh	Rambaran	10km	Male	45	Veteran (40-49)	00:59:42
11	22	5	TRAIL10831	Fanie	Robbertse	10km	Male	46	Veteran (40-49)	01:00:30
12	23	2	TA1128	Mmekutmfon	Essien	10km	Male	33	Sub-Veteran (30-39)	01:01:44
13	25	3	TA0637	Douw	Steyn	10km	Male	29	Senior (19-29)	01:02:47
14	26	4	TA1123	Johan	Jordaan	10km	Male	25	Senior (19-29)	01:03:01
15	27	2	TA1894	Robbie	Morton	10km	Male	58	Master (50-59)	01:03:05
16	31	5	TA1018	Matthew	Hughes	10km	Male	28	Senior (19-29)	01:03:38
17	34	3	TA0996	Gunther	Schwob	10km	Male	57	Master (50-59)	01:04:39
18	36	4	TA1047	Marcus	Gooderham	10km	Male	50	Master (50-59)	01:05:11
19	37	3	TA1830	Mark	Malherbe	10km	Male	37	Sub-Veteran (30-39)	01:05:17
20	41	1	TRAIL10759	Allen	West	10km	Male	64	Grand-Master (60+)	01:06:27
21	44	4	TA2242	Brent	Venter	10km	Male	38	Sub-Veteran (30-39)	01:07:08
22	47	6	TA2343	Christo	Truter	10km	Male	48	Veteran (40-49)	01:07:48
23	48	5	TA2312	David	He	10km	Male	31	Sub-Veteran (30-39)	01:08:03
24	51	6	TA1159	Tungamiraiishe	Changamire	10km	Male	35	Sub-Veteran (30-39)	01:09:07
25	52	7	TA1034	Wim	Groberlaar	10km	Male	30	Sub-Veteran (30-39)	01:10:28
26	54	5	TA0659	Michael	Summerfield	10km	Male	59	Master (50-59)	01:10:46
27	58	2	TA3040	Chris	Little	10km	Male	69	Grand-Master (60+)	01:13:03
28	59	7	TA0844	Mervin	Paliam	10km	Male	40	Veteran (40-49)	01:13:26
29	60	6	TA0751	Theo	Burgers	10km	Male	54	Master (50-59)	01:13:57
30	61	7	TA1039	Andrea	Maraschin	10km	Male	55	Master (50-59)	01:14:00
31	63	3	TA1880	Charles	Skinner	10km	Male	63	Grand-Master (60+)	01:15:15
32	69	8	TA0753	Henry John	Wright	10km	Male	37	Sub-Veteran (30-39)	01:18:05
33	70	9	TA1125	Shayba	Moerat	10km	Male	38	Sub-Veteran (30-39)	01:18:14
34	72	8	TA0812	Esteban	Franco	10km	Male	43	Veteran (40-49)	01:18:27
35	78	3	TA1877	Liam	Fiodi	10km	Male	12	12 to 15	01:20:46
36	81	9	TA2304	Daryl	Viljoen	10km	Male	45	Veteran (40-49)	01:23:58
37	85	1	TA2318	Jarrood	Fiodi	10km	Male	9	Under 11	01:27:09
38	86	10	TA2285	Ronald	Fiodi	10km	Male	44	Veteran (40-49)	01:27:36
39	89	4	TA0841	Vasil	Seretis	10km	Male	66	Grand-Master (60+)	01:35:59
40	94	8	TA2130	Roy	Stewart	10km	Male	53	Master (50-59)	01:40:16

41	98	5	TA0627	Roger	Glover	10km	Male	72	Grand-Master (60+)	01:41:51
42	104	9	TA2278	Michael	Phillips	10km	Male	56	Master (50-59)	01:47:41
43	105	6	TA1846	Carol	Kgsasi	10km	Male	60	Grand-Master (60+)	01:53:39
44	108	7	TA2246	Cesar	Dosantos	10km	Male	77	Grand-Master (60+)	01:55:45

10km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA0087	Selmarie	Wessels	10km	Female	23	Senior (19-29)	00:44:31
2	4	1	TA1185	Basetsana	Maphosa	10km	Female	13	12 to 15	00:47:44
3	5	1	TA2180	Yvette	Rademan	10km	Female	45	Veteran (40-49)	00:50:25
4	7	2	TA1028	Laura	Beamish	10km	Female	28	Senior (19-29)	00:50:47
5	10	3	TA2161	Tamryn	Paulsen	10km	Female	27	Senior (19-29)	00:55:08
6	12	4	TA2331	Megan	Parmenter	10km	Female	26	Senior (19-29)	00:56:14
7	14	5	TA2222	Sabrina	Van Wyk	10km	Female	21	Senior (19-29)	00:57:35
8	15	2	TA1045	Hannelie	Marais	10km	Female	49	Veteran (40-49)	00:58:08
9	17	1	TA0768	Caroline	Maslo	10km	Female	61	Grand-Master (60+)	00:58:20
10	18	1	TA2146	Caroline	Malauzat	10km	Female	54	Master (50-59)	00:58:31
11	21	1	TA0643	Robyn	Surgeson	10km	Female	35	Sub-Veteran (30-39)	01:00:08
12	24	3	TA2169	Kerry	Byerley	10km	Female	43	Veteran (40-49)	01:02:43
13	28	2	TA1033	Lilly	Malherbe	10km	Female	38	Sub-Veteran (30-39)	01:03:10
14	29	4	TA2210	Angela	Steenkamp	10km	Female	46	Veteran (40-49)	01:03:20
15	30	6	TA2295	Jessica	Arnold	10km	Female	21	Senior (19-29)	01:03:30
16	32	7	TA1017	Michelle	Kahn	10km	Female	27	Senior (19-29)	01:04:05
17	33	5	TRAIL13015	Nadia	Bosch	10km	Female	47	Veteran (40-49)	01:04:32
18	35	6	TA1803	Claire	Gooderham	10km	Female	45	Veteran (40-49)	01:05:09
19	38	2	TA2155	Liz	Sweidam	10km	Female	66	Grand-Master (60+)	01:05:34
20	39	7	TA0658	Elmarie	Van Niekerk	10km	Female	44	Veteran (40-49)	01:05:36
21	40	3	TA0824	Jennifer	King	10km	Female	38	Sub-Veteran (30-39)	01:05:56
22	42	8	TA1853	Storm	Whitmore	10km	Female	25	Senior (19-29)	01:06:29
23	43	9	TRAIL20968	Mercy	Moloto	10km	Female	26	Senior (19-29)	01:06:47
24	45	4	TA1817	Ingridingrid	Schoeman	10km	Female	33	Sub-Veteran (30-39)	01:07:18
25	46	10	TA0755	Lenette	Jordaan	10km	Female	29	Senior (19-29)	01:07:38
26	49	5	TA1829	Kristen	Lachenicht	10km	Female	37	Sub-Veteran (30-39)	01:08:28
27	50	6	TA1835	Megan	Snow	10km	Female	35	Sub-Veteran (30-39)	01:08:56
28	53	11	TA2342	Aneke	Groberlaar	10km	Female	27	Senior (19-29)	01:10:31
29	55	8	TA1103	Rosalind	Roy	10km	Female	46	Veteran (40-49)	01:11:09
30	56	7	TA2243	Annalize	Meyer	10km	Female	31	Sub-Veteran (30-39)	01:12:26
31	57	8	TA1879	Kelly	Summerfield	10km	Female	31	Sub-Veteran (30-39)	01:12:52
32	62	12	TA2333	Helen	Bosma	10km	Female	25	Senior (19-29)	01:14:07
33	64	9	TA2141	Izanda	Grobler	10km	Female	34	Sub-Veteran (30-39)	01:17:23
34	65	10	TA1132	Jani	Grey	10km	Female	34	Sub-Veteran (30-39)	01:17:40
35	66	11	TA2156	Yolanda	Van Zyl	10km	Female	34	Sub-Veteran (30-39)	01:17:57
36	67	12	TA0641	Elmarie	Etsebeth	10km	Female	37	Sub-Veteran (30-39)	01:18:00
37	68	13	TA0863	Corrie	Wright	10km	Female	35	Sub-Veteran (30-39)	01:18:03
38	71	9	TA2307	Lisa	Ratering	10km	Female	47	Veteran (40-49)	01:18:18
39	73	10	TA0774	Tammy	Garratt	10km	Female	40	Veteran (40-49)	01:18:29

40	74	2	TA2109	Nicola	Wicks	10km	Female	54	Master (50-59)	01:19:00
41	75	14	TA2163	Zelda	Botes	10km	Female	36	Sub-Veteran (30-39)	01:20:06
42	76	15	TA0728	Rufaro	Changamire	10km	Female	33	Sub-Veteran (30-39)	01:20:33
43	77	3	TA1825	Hilary	Bosma	10km	Female	57	Master (50-59)	01:20:40
44	79	11	TA1043	Silvana	Carraggi	10km	Female	48	Veteran (40-49)	01:21:46
45	80	4	TA0815	Molene	Scheepers	10km	Female	52	Master (50-59)	01:22:04
46	82	16	TRAIL11074	Larissa	West	10km	Female	35	Sub-Veteran (30-39)	01:26:14
47	83	3	TA0694	Magda	Nel	10km	Female	60	Grand-Master (60+)	01:26:51
48	84	12	TA0745	Amanda	Fairley	10km	Female	43	Veteran (40-49)	01:27:07
49	87	13	TA2168	Nozizwe	Sgwane	10km	Female	40	Veteran (40-49)	01:31:21
50	88	17	TA0328	Themby	Titsha	10km	Female	33	Sub-Veteran (30-39)	01:35:24
51	90	13	TA1068	Alexandra	Sakota	10km	Female	28	Senior (19-29)	01:36:03
52	91	4	TA1064	Nicoline	Crosby	10km	Female	61	Grand-Master (60+)	01:36:04
53	92	5	TA2209	Hendrien	Van Zyl	10km	Female	55	Master (50-59)	01:36:10
54	93	5	TA2214	Carin	Le Rpx	10km	Female	61	Grand-Master (60+)	01:40:11
55	95	14	TA2254	Krishnavelli	Govender	10km	Female	43	Veteran (40-49)	01:40:32
56	96	15	TA1113	Vijay	Naicker	10km	Female	43	Veteran (40-49)	01:40:45
57	97	6	TA2145	Suzan	Holden	10km	Female	64	Grand-Master (60+)	01:41:46
58	99	7	TA1173	Agnes	Kirsch	10km	Female	67	Grand-Master (60+)	01:41:55
59	100	16	TA0826	Theresa	Bosch	10km	Female	47	Veteran (40-49)	01:43:10
60	101	17	TA2132	Wendy	Eales	10km	Female	45	Veteran (40-49)	01:43:12
61	102	8	TRAIL12414	Gerna	Horak	10km	Female	60	Grand-Master (60+)	01:43:16
62	103	18	TA2247	Morag	Phillips	10km	Female	48	Veteran (40-49)	01:47:39
63	106	19	TA0693	Ailsa	Meiring	10km	Female	45	Veteran (40-49)	01:55:11
64	107	14	TA0817	Didintle	Kgasi	10km	Female	27	Senior (19-29)	01:55:15
65	109	20	TA1031	Androniccah	Kgasi	10km	Female	49	Veteran (40-49)	01:57:45
66	110	6	TA2182	Cecelia	Bergman	10km	Female	55	Master (50-59)	02:02:59
67	111	7	TA2221	Maria Lidia	Teixeira	10km	Female	53	Master (50-59)	02:03:05
68	112	8	TA1154	Luz	Vazzana	10km	Female	56	Master (50-59)	02:03:06
69	113	21	TRAIL20644	Susan	De Bruin	10km	Female	46	Veteran (40-49)	02:21:05

5km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	4	1	TA0391	Gunter	Lubbe	5km	Male	14	12 to 15	00:25:39
2	5	1	TA0147	Dominic	Korb	5km	Male	25	Senior (19-29)	00:26:16
3	8	1	TRAIL20001	Conrad	Langerman	5km	Male	44	Veteran (40-49)	00:28:56
4	9	2	TA0282	Dewald	De Jager	5km	Male	23	Senior (19-29)	00:29:25
5	10	3	TA0286	Duart	Breedt	5km	Male	23	Senior (19-29)	00:29:28
6	11	4	TA0290	Joshua	Hughes	5km	Male	25	Senior (19-29)	00:29:46
7	12	1	TA1747	Willem	Obbes	5km	Male	50	Master (50-59)	00:30:01
8	13	1	TRAIL12982	Rufan	Palm	5km	Male	62	Grand-Master (60+)	00:30:04
9	15	5	TA1613	Edwin	Green	5km	Male	26	Senior (19-29)	00:30:32
10	17	1	TA0371	Reinhardt	Paulson	5km	Male	38	Sub-Veteran (30-39)	00:31:05
11	25	2	TRAIL10171	Hennie	Prinsloo	5km	Male	64	Grand-Master (60+)	00:33:36
12	27	2	TA0436	Rhyno	Bornman	5km	Male	36	Sub-Veteran (30-39)	00:34:33
13	30	6	TA0369	Stefan	Britz	5km	Male	29	Senior (19-29)	00:36:29
14	31	2	TA1546	Andre	Lubbe	5km	Male	43	Veteran (40-49)	00:36:32
15	34	1	TA0085	Ansen	Lmprecht	5km	Male	16	16 to 18	00:36:56
16	42	3	TA1718	Jean-corneille	Van Rooy	5km	Male	31	Sub-Veteran (30-39)	00:37:57
17	47	7	TA0407	Lemond	Day	5km	Male	28	Senior (19-29)	00:38:36
18	53	4	TA0429	Daniel	Venter	5km	Male	33	Sub-Veteran (30-39)	00:39:54
19	55	8	TA0126	Pieter	Slabbert	5km	Male	29	Senior (19-29)	00:40:09
20	62	1	TA0297	Joshua	Mufema	5km	Male	11	Under 11	00:42:02
21	63	2	TA0310	Nhlosenhle	Nxumalo	5km	Male	9	Under 11	00:42:07
22	64	5	TA1684	Matt	Lotter	5km	Male	38	Sub-Veteran (30-39)	00:42:17
23	66	9	TA1755	Vincent	De Andrade	5km	Male	25	Senior (19-29)	00:42:26
24	68	3	TA0183	Selwyn	Sweidan	5km	Male	73	Grand-Master (60+)	00:43:13
25	71	2	TA0192	Andre	Lubbe	5km	Male	15	12 to 15	00:43:36
26	77	10	TA1129	Ruhan	Olivier	5km	Male	25	Senior (19-29)	00:46:33
27	79	2	TA0167	Julius	Kohlen	5km	Male	51	Master (50-59)	00:47:03
28	83	11	TA0171	Brenden	Visser	5km	Male	24	Senior (19-29)	00:48:51
29	84	3	TA0047	Albert	De Nobrega	5km	Male	53	Master (50-59)	00:48:57
30	85	4	TA0237	Greg	Saar	5km	Male	68	Grand-Master (60+)	00:49:00
31	91	2	TA0525	Denico	Du Toit	5km	Male	16	16 to 18	00:51:04
32	101	3	TA0002	Anton	Van Der Bijl	5km	Male	42	Veteran (40-49)	00:52:43
33	113	6	TA0375	Bogoshi	Mdiba	5km	Male	31	Sub-Veteran (30-39)	00:59:39
34	121	3	TA0415	Michael	De Beer	5km	Male	3	Under 11	01:05:26

5km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0477	Tshepo	Ntsotsho	5km	Female	16	16 to 18	00:21:07
2	2	1	TA0163	Joshua	De Waal	5km	Female	14	12 to 15	00:23:12
3	3	1	TA0494	Luca	De Waal	5km	Female	11	Under 11	00:24:56
4	6	2	TA1620	Ethan	Stockenstrom	5km	Female	8	Under 11	00:26:45
5	7	2	TRAIL13074	Sesi	Molapo	5km	Female	12	12 to 15	00:27:23
6	14	1	TA0267	Neene	Blignault	5km	Female	26	Senior (19-29)	00:30:28
7	16	3	TA0031	Sesethu	Makuzeni	5km	Female	11	Under 11	00:30:36
8	18	2	TA0352	Lucricia	De Wit	5km	Female	24	Senior (19-29)	00:31:09
9	19	3	TA0288	Rene	Opperman	5km	Female	14	12 to 15	00:31:17
10	20	3	TA1741	Jolene	Coetzee	5km	Female	19	Senior (19-29)	00:31:19
11	21	1	TA0151	Jo-anne	Hobday	5km	Female	34	Sub-Veteran (30-39)	00:32:10
12	22	4	TA0010	Tayla	Korb	5km	Female	25	Senior (19-29)	00:32:28
13	23	5	TA0094	Ashleigh	Cope Morgan	5km	Female	24	Senior (19-29)	00:33:05
14	24	1	TA0233	Madeline	Lubbe	5km	Female	43	Veteran (40-49)	00:33:22
15	26	6	TA0036	Kayla	Robinson	5km	Female	22	Senior (19-29)	00:34:25
16	28	2	TA0184	Cyndy	Obbes	5km	Female	47	Veteran (40-49)	00:35:26
17	29	7	TA0169	Kimberley	Van Rensburg	5km	Female	24	Senior (19-29)	00:36:27
18	32	2	TA0425	Estie	Van Der Watt	5km	Female	31	Sub-Veteran (30-39)	00:36:51
19	33	8	TA0364	Mia	Niebuhr	5km	Female	24	Senior (19-29)	00:36:54
20	35	3	TA0086	Alva	Van Der Merwe	5km	Female	34	Sub-Veteran (30-39)	00:37:04
21	36	4	TA1765	Wendy	Corbett	5km	Female	34	Sub-Veteran (30-39)	00:37:12
22	37	5	TA0448	Janin	Alant	5km	Female	34	Sub-Veteran (30-39)	00:37:34
23	38	6	TA0413	Teresa	Herman	5km	Female	36	Sub-Veteran (30-39)	00:37:37
24	39	3	TA0283	Urshula	Horn	5km	Female	43	Veteran (40-49)	00:37:42
25	40	4	TA0565	Bronwyn	Stephens	5km	Female	42	Veteran (40-49)	00:37:44
26	41	7	TA0458	Janette	Le Grange	5km	Female	30	Sub-Veteran (30-39)	00:37:55
27	43	4	TA0365	Liane	Schabort	5km	Female	14	12 to 15	00:38:01
28	44	2	TA1062	Donne	Breytenbach	5km	Female	16	16 to 18	00:38:03
29	45	1	TA0197	Thea	Corbett	5km	Female	61	Grand-Master (60+)	00:38:30
30	46	9	TA0511	Cecile	Niebuhr	5km	Female	25	Senior (19-29)	00:38:33
31	48	5	TA2205	Saskia	Botha	5km	Female	40	Veteran (40-49)	00:38:53
32	49	6	TA0575	Francine	Lamprecht	5km	Female	44	Veteran (40-49)	00:39:00
33	50	7	TA1735	Elize	Nel	5km	Female	47	Veteran (40-49)	00:39:10
34	51	8	TA0464	Anastasia	Calitz	5km	Female	36	Sub-Veteran (30-39)	00:39:36
35	52	2	TA0313	Etnah	Wolfaardt	5km	Female	63	Grand-Master (60+)	00:39:49
36	54	5	TA0262	Nicola	Van Der Walt	5km	Female	14	12 to 15	00:40:02
37	56	10	TA0416	Meghan	Freeman	5km	Female	26	Senior (19-29)	00:40:14
38	57	9	TA1693	Yolqndi	Marais	5km	Female	35	Sub-Veteran (30-39)	00:40:46
39	58	11	TA0030	Tayla	Heselton	5km	Female	26	Senior (19-29)	00:40:53
40	59	8	TRAIL20000	Glizelle	Langerman	5km	Female	42	Veteran (40-49)	00:40:55

41	60	10	TA1784	Lindi	Kotze	5km	Female	36	Sub-Veteran (30-39)	00:41:29
42	61	9	TRAIL20642	Tracy	Vally	5km	Female	47	Veteran (40-49)	00:41:50
43	65	12	TA0244	Shannen	De Andrade	5km	Female	25	Senior (19-29)	00:42:24
44	67	10	TA0248	Adele	Adamstein	5km	Female	47	Veteran (40-49)	00:43:07
45	69	1	TA1550	Cecilia	Summerfield	5km	Female	54	Master (50-59)	00:43:29
46	70	11	TA0570	Inri	Moller	5km	Female	45	Veteran (40-49)	00:43:32
47	72	12	TA0295	Irene	Mapindu	5km	Female	48	Veteran (40-49)	00:44:25
48	73	13	TA1661	Felicia	Wessels	5km	Female	25	Senior (19-29)	00:44:29
49	74	13	TA0223	Carla	Ferreira	5km	Female	44	Veteran (40-49)	00:44:40
50	75	11	TA1867	Trudie	Burger	5km	Female	34	Sub-Veteran (30-39)	00:46:25
51	76	2	TRAIL12813	Carol-ann	Martins	5km	Female	53	Master (50-59)	00:46:31
52	78	12	TA0357	Elizabeth	Joubert-borman	5km	Female	33	Sub-Veteran (30-39)	00:46:36
53	80	14	TA1650	Presdio	Mapfumo	5km	Female	44	Veteran (40-49)	00:48:27
54	81	3	TA1715	Marietjie	Loots	5km	Female	54	Master (50-59)	00:48:36
55	82	14	TA0209	Marne	Loots	5km	Female	26	Senior (19-29)	00:48:37
56	86	15	TA0266	Tina	De Nobrega	5km	Female	49	Veteran (40-49)	00:49:08
57	87	4	TA0273	Elvira	Nel	5km	Female	57	Master (50-59)	00:50:33
58	88	15	TA1673	Tamzin	Nel	5km	Female	29	Senior (19-29)	00:50:34
59	89	13	TA0472	Natasha	Van Niekerk	5km	Female	35	Sub-Veteran (30-39)	00:50:56
60	90	14	TA1734	Zenobia	Jordaan	5km	Female	36	Sub-Veteran (30-39)	00:51:01
61	92	3	TRAIL10089	Karen	Herselman	5km	Female	63	Grand-Master (60+)	00:51:21
62	93	15	TA0330	Lucinda	Evert	5km	Female	34	Sub-Veteran (30-39)	00:51:31
63	94	16	TA0204	Celeste	Ackerman	5km	Female	44	Veteran (40-49)	00:51:34
64	95	16	TA1726	Ronell	Van Niekerk	5km	Female	34	Sub-Veteran (30-39)	00:51:37
65	96	17	TRAIL11232	Patricia	Minihold	5km	Female	45	Veteran (40-49)	00:51:41
66	97	4	TA1048	Hazel	Glover	5km	Female	71	Grand-Master (60+)	00:52:21
67	98	18	TA0318	Otiliah	Carter	5km	Female	44	Veteran (40-49)	00:52:32
68	99	17	TA0120	Shelley	Pepworth	5km	Female	32	Sub-Veteran (30-39)	00:52:33
69	100	19	TA0176	Heilet	Smith	5km	Female	41	Veteran (40-49)	00:52:40
70	102	18	TA1775	Amelia	Visser	5km	Female	34	Sub-Veteran (30-39)	00:52:46
71	103	19	TA0220	Lenette	Ferreira	5km	Female	32	Sub-Veteran (30-39)	00:53:09
72	104	5	TA0428	Linda	Beukes	5km	Female	53	Master (50-59)	00:53:41
73	105	6	TA0409	Ronel	Le Roux	5km	Female	57	Master (50-59)	00:54:49
74	106	20	TA0033	Janilé	Hudson	5km	Female	35	Sub-Veteran (30-39)	00:57:42
75	107	4	TA0380	Isabella	Kretzschmar	5km	Female	8	Under 11	00:58:18
76	108	20	TA0121	Jackie	Kretzschmar	5km	Female	45	Veteran (40-49)	00:58:19
77	109	21	TA0247	Melissa	De Beer	5km	Female	36	Sub-Veteran (30-39)	00:58:32
78	110	22	TA0508	Renata	Nebel	5km	Female	33	Sub-Veteran (30-39)	00:59:18
79	111	23	TA0043	Melody	Hudson	5km	Female	33	Sub-Veteran (30-39)	00:59:20
80	112	5	TA0517	Linda	Loi	5km	Female	96	Grand-Master (60+)	00:59:22
81	114	3	TA1728	Omphile	Maudi	5km	Female	18	16 to 18	00:59:44
82	115	7	TA0403	Elizabeth	Basso	5km	Female	50	Master (50-59)	00:59:47

83	116	24	TA0254	Michelle	De Lange	5km	Female	33	Sub-Veteran (30-39)	01:00:28
84	117	16	TA0488	Letitia	Burger	5km	Female	29	Senior (19-29)	01:04:30
85	118	25	TA0401	Phindi	Masha	5km	Female	35	Sub-Veteran (30-39)	01:04:44
86	119	21	TA0269	Sharleen	Fiodi	5km	Female	43	Veteran (40-49)	01:04:46
87	120	26	TA1593	Elizabeth	Moore	5km	Female	39	Sub-Veteran (30-39)	01:05:22
88	122	27	TA1785	Boitumelo	Mohomutsi	5km	Female	31	Sub-Veteran (30-39)	01:09:42
89	123	28	TA0296	Liezel	Hosseinkhani	5km	Female	31	Sub-Veteran (30-39)	01:13:34
90	124	6	TA0440	Elizabeth Helena	Van Rensburg	5km	Female	65	Grand-Master (60+)	01:13:38
91	125	22	TA0333	Megan	Marais	5km	Female	40	Veteran (40-49)	01:17:21
92	126	7	TA0559	Gillian	Fowler	5km	Female	73	Grand-Master (60+)	01:17:28