



# AdventureRun : Rock Falls Ranch

## Rock Falls Trail Run Walk on 19th May 2019



### 21km Trail Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL20993	Reginald	Poopedi	21km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	01:21:55
2	2	2	TA3492	Adriaan	Cronje	21km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:26:04
3	3	1	TRAIL20780	Gregory	Mufema	21km Trail Run/Walk	Male	43	Veteran (40-49)	01:38:51
4	4	1	TA2663	Robert	Reed	21km Trail Run/Walk	Male	29	Senior (19-29)	01:46:09
5	5	3	TA2672	Keegan	Ackermann	21km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	01:50:27
6	6	2	TA2979	Timothy	Fainsinger	21km Trail Run/Walk	Male	25	Senior (19-29)	01:51:46
7	8	2	TRAIL12341	Charles	Norman	21km Trail Run/Walk	Male	40	Veteran (40-49)	01:56:06
8	9	4	TRAIL20119	Keith	Chihava	21km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	02:00:25
9	10	3	TA2564	Mike	Meijers	21km Trail Run/Walk	Male	29	Senior (19-29)	02:00:31
10	12	3	TA3419	Pieter Benjamin	Van Der Westhuizen	21km Trail Run/Walk	Male	47	Veteran (40-49)	02:01:56
11	15	1	TA2674	Colin	Bresler	21km Trail Run/Walk	Male	55	Master (50-59)	02:14:00
12	16	5	TRAIL13039	Shaun	Vermaak	21km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	02:17:36
13	18	1	TA3055	Francois	Steyl	21km Trail Run/Walk	Male	69	Grand-Master (60+)	02:19:08
14	19	4	TA2554	Tobie	Reyneke	21km Trail Run/Walk	Male	47	Veteran (40-49)	02:21:29
15	21	2	TA3534	Andreas	Te Reh	21km Trail Run/Walk	Male	69	Grand-Master (60+)	02:36:44
16	24	4	TA2965	Johan	Van Der Linden	21km Trail Run/Walk	Male	29	Senior (19-29)	02:44:55
17	25	3	TA2471	Colin	Walter	21km Trail Run/Walk	Male	69	Grand-Master (60+)	02:45:37
18	26	4	TRAIL12270	Ric	Marini	21km Trail Run/Walk	Male	64	Grand-Master (60+)	03:40:43

## 21km Trail Run/Walk:Female

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	7	1	TA2483	Suyen	Thornhill	21km Trail Run/Walk	Female	44	Veteran (40-49)	01:56:05
2	11	1	TA2519	Desiree	Malan	21km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	02:01:34
3	13	1	TA2973	Delmari	Van Zyl	21km Trail Run/Walk	Female	28	Senior (19-29)	02:05:50
4	14	2	TA2944	Sarah	Quick	21km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	02:13:55
5	17	1	TA2652	Zena	Kennerley	21km Trail Run/Walk	Female	57	Master (50-59)	02:18:58
6	20	2	TA2510	Jenny	Bresler	21km Trail Run/Walk	Female	45	Veteran (40-49)	02:32:19
7	22	1	TA2917	Marilyn	Kamp	21km Trail Run/Walk	Female	65	Grand-Master (60+)	02:42:23
8	23	3	TRAIL11798	Antoinette	Hartsliet	21km Trail Run/Walk	Female	48	Veteran (40-49)	02:43:23
9	27	4	TRAIL10053	Adele	Sutherland	21km Trail Run/Walk	Female	41	Veteran (40-49)	03:40:43

## 15km Trail Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL20995	Tshepho	Nchabeleng	15km Trail Run/Walk	Male	21	Senior (19-29)	01:11:35
2	2	1	TA2631	Jaco	Lourens	15km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	01:15:38
3	3	1	TA2994	Wolfgang	Gruner	15km Trail Run/Walk	Male	44	Veteran (40-49)	01:33:06
4	4	2	TA3533	Brandon	Matthews	15km Trail Run/Walk	Male	24	Senior (19-29)	01:37:11
5	5	1	TA3041	Hein	De Wet	15km Trail Run/Walk	Male	51	Master (50-59)	01:37:18
6	6	2	TA2497	Abrie	Bonthuys	15km Trail Run/Walk	Male	47	Veteran (40-49)	01:40:41
7	8	3	TA2550	Jacques	Smith	15km Trail Run/Walk	Male	42	Veteran (40-49)	01:41:52
8	9	2	TA2906	Niekie	Pretorius	15km Trail Run/Walk	Male	57	Master (50-59)	01:42:01
9	10	2	TA3057	Francis	Aldrich	15km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	01:42:03
10	12	1	TRAIL20628	Geoff	Lupton-smith	15km Trail Run/Walk	Male	61	Grand-Master (60+)	01:44:07
11	18	3	TA3446	Ryan David	Woodford	15km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	01:49:57
12	20	2	TRAIL10171	Hennie	Prinsloo	15km Trail Run/Walk	Male	64	Grand-Master (60+)	01:51:55
13	24	3	TA2919	Philip	Boardman	15km Trail Run/Walk	Male	70	Grand-Master (60+)	01:58:00
14	27	4	TA2447	Dewan	Hamman	15km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	02:01:25
15	35	4	TA2584	Tristan	Haine	15km Trail Run/Walk	Male	49	Veteran (40-49)	02:13:44
16	42	3	TRAIL12095	Michael	Brand	15km Trail Run/Walk	Male	59	Master (50-59)	02:36:04
17	44	5	TA2997	Thabiso	Lethwane	15km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	02:43:20
18	45	4	TA3493	Neville	Muir	15km Trail Run/Walk	Male	80	Grand-Master (60+)	03:43:30

15km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	7	1	TA2902	Claire	Harcourt-cooke	15km Trail Run/Walk	Female	23	Senior (19-29)	01:40:56
2	11	2	TA2470	Caitlin	Harrison	15km Trail Run/Walk	Female	24	Senior (19-29)	01:43:11
3	13	1	TA2339	Stephanie	Cliff	15km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:45:34
4	14	1	TA2433	Claire	Viljoen	15km Trail Run/Walk	Female	50	Master (50-59)	01:47:39
5	15	2	TA2928	Bongiwe	Ngcobo	15km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:47:49
6	16	2	TA2958	Elsie	Bezuidenhout	15km Trail Run/Walk	Female	53	Master (50-59)	01:49:30
7	17	3	TA3459	Rosanne	Le Jeune	15km Trail Run/Walk	Female	57	Master (50-59)	01:49:51
8	19	4	TA2939	Cindy	Christodoulou	15km Trail Run/Walk	Female	51	Master (50-59)	01:50:40
9	21	3	TA2429	Kelly	Stannard	15km Trail Run/Walk	Female	29	Senior (19-29)	01:55:10
10	22	5	TA3504	Annetjie	Strydom	15km Trail Run/Walk	Female	57	Master (50-59)	01:55:14
11	23	4	TA2929	Lauren	Stannard	15km Trail Run/Walk	Female	25	Senior (19-29)	01:55:24
12	25	6	TA2982	Georgina	Bester	15km Trail Run/Walk	Female	54	Master (50-59)	02:00:28
13	26	3	TA3481	Tina	Bredenkamp	15km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	02:01:24
14	28	7	TRAIL12116	Marion	Klennert	15km Trail Run/Walk	Female	57	Master (50-59)	02:04:13
15	29	4	TA2956	Stephanie	Aken	15km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	02:06:09
16	30	5	TRAIL12665	Adri	Slabbert	15km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	02:06:33
17	31	6	TA3005	Carey	Haine	15km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	02:09:30
18	32	7	TA2522	Ursha	Hadfield	15km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	02:09:34
19	33	8	TA3497	Ricki-lee	Meijers	15km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	02:09:38
20	34	8	TA3039	Marelize	Nolan	15km Trail Run/Walk	Female	55	Master (50-59)	02:10:26
21	36	9	TA2558	Kelly	Inder-nesbitt	15km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	02:15:28
22	37	10	TA2661	Kirsten	Bredahl	15km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	02:15:31
23	38	1	TA2560	Julie	Cunningham	15km Trail Run/Walk	Female	40	Veteran (40-49)	02:17:29
24	39	2	TA3022	Susan	Newell	15km Trail Run/Walk	Female	40	Veteran (40-49)	02:17:31
25	40	3	TA2602	Amanda	Fairley	15km Trail Run/Walk	Female	43	Veteran (40-49)	02:29:20
26	41	9	TRAIL10836	Ina	Beamish	15km Trail Run/Walk	Female	57	Master (50-59)	02:36:04
27	43	11	TA3015	Keneilwe	Makaula	15km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	02:42:29

10km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA0735	Martin	Havenga	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	00:54:24
2	3	2	TA1880	Sello	Mofokeng	10km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	01:00:05
3	4	1	TA2145	Johan	Strydom	10km Trail Run/Walk	Male	64	Grand-Master (60+)	01:00:48
4	5	1	TA2296	Letsatsi	Masemola	10km Trail Run/Walk	Male	21	Senior (19-29)	01:01:31
5	6	2	TA1051	Michael	Boosens	10km Trail Run/Walk	Male	27	Senior (19-29)	01:04:22
6	8	3	TA1024	Dries	Koekemoer	10km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:05:52
7	9	1	TA1836	James	Wood	10km Trail Run/Walk	Male	42	Veteran (40-49)	01:06:06
8	11	2	TA2180	Marius	Scheepers	10km Trail Run/Walk	Male	46	Veteran (40-49)	01:06:20
9	13	3	TA1177	Logan	Appollis	10km Trail Run/Walk	Male	29	Senior (19-29)	01:06:50
10	16	4	TA2163	Chris	Van Aardt	10km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	01:08:01
11	17	5	TA2240	Jonathan	Bates	10km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	01:08:03
12	19	6	TA2342	Christiaan Albertus	Strauss	10km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	01:09:53
13	20	1	TA2254	Clint	Holing	10km Trail Run/Walk	Male	54	Master (50-59)	01:10:14
14	21	7	TA1173	Helder	Morais	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:10:16
15	24	4	TA1829	Barend	Lottering	10km Trail Run/Walk	Male	26	Senior (19-29)	01:11:09
16	26	2	TA0665	Johann	Van Zyl	10km Trail Run/Walk	Male	66	Grand-Master (60+)	01:14:14
17	30	1	TA1818	Jordan	Hinckley	10km Trail Run/Walk	Male	15	12 to 15	01:15:32
18	33	3	TRAIL12287	Phil	Zaayman	10km Trail Run/Walk	Male	49	Veteran (40-49)	01:16:54
19	37	8	TA1888	Shaun	Ringler	10km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	01:17:48
20	38	4	TA1810	Corne	Vermaak	10km Trail Run/Walk	Male	42	Veteran (40-49)	01:18:52
21	53	5	TA0674	Barry	Van Der Lith	10km Trail Run/Walk	Male	41	Veteran (40-49)	01:34:21
22	54	2	TA1846	Johan	Jordaan	10km Trail Run/Walk	Male	58	Master (50-59)	01:39:20
23	57	6	TRAIL12520	Charles	Muller	10km Trail Run/Walk	Male	49	Veteran (40-49)	01:41:22
24	58	7	TA1130	Clive	Schoeman	10km Trail Run/Walk	Male	41	Veteran (40-49)	01:41:24
25	60	8	TA2290	Christopher	Hinckley	10km Trail Run/Walk	Male	47	Veteran (40-49)	01:42:28
26	61	3	TA1043	Gunther	Schwob	10km Trail Run/Walk	Male	57	Master (50-59)	01:47:42
27	62	9	TA1808	Dioka M	Mahwiliri	10km Trail Run/Walk	Male	41	Veteran (40-49)	01:51:16
28	64	5	TA2299	Tyler	Hinckley	10km Trail Run/Walk	Male	26	Senior (19-29)	01:52:41
29	65	4	TA0753	Sibusiso	Xaba	10km Trail Run/Walk	Male	50	Master (50-59)	01:52:45

10km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1877	Shannon	Britt	10km Trail Run/Walk	Female	24	Senior (19-29)	00:54:09
2	7	2	TA0882	Sarah	Greenop	10km Trail Run/Walk	Female	24	Senior (19-29)	01:05:31
3	10	1	TA2170	Tracy	Scheepers	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:06:17
4	12	1	TA0668	Carla Lea	Farina	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:06:48
5	14	3	TA1879	Jody	Appollis	10km Trail Run/Walk	Female	27	Senior (19-29)	01:06:53
6	15	4	TA2992	Charlotte	Hinckley	10km Trail Run/Walk	Female	23	Senior (19-29)	01:07:09
7	18	5	TA0673	Eden	Repapis	10km Trail Run/Walk	Female	24	Senior (19-29)	01:08:06
8	22	2	TA2141	Heidi	Botha	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:10:19
9	23	6	TRAIL10269	Jolandi	Labuschange	10km Trail Run/Walk	Female	28	Senior (19-29)	01:11:00
10	25	2	TA1899	Kris	Tay	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:13:59
11	27	3	TRAIL12648	Sandra	Dalton	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:14:36
12	28	4	TA2158	Hannake	Jordaan	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:15:09
13	29	5	TA2278	Anna	Hinckley	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:15:27
14	31	3	TA1154	Janin	Alant	10km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:16:01
15	32	4	TA1073	Lerica	Schoeman	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:16:04
16	34	6	TRAIL13015	Nadia	Bosch	10km Trail Run/Walk	Female	47	Veteran (40-49)	01:17:09
17	35	7	TRAIL10411	Line	Nel	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:17:41
18	36	7	TA1120	Danel	Campbell	10km Trail Run/Walk	Female	29	Senior (19-29)	01:17:43
19	39	5	TA2161	Marelie	Woodford	10km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:22:09
20	40	8	TA1828	Dominique	Riley	10km Trail Run/Walk	Female	23	Senior (19-29)	01:22:20
21	41	8	TA1008	Jolene	Thwaites	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:22:50
22	42	6	TA1028	Laurie	Hingst	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:23:09
23	43	9	TA0794	Claire	Mcphail	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:23:11
24	44	10	TA2126	Julie	Teixeira	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:23:17
25	45	7	TA1852	Christie	De Bruin	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:23:29
26	46	11	TA0695	Simone	Schroeter	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:30:46
27	47	1	TA2273	Ancin	Botes	10km Trail Run/Walk	Female	51	Master (50-59)	01:32:26
28	48	12	TA2182	Kaajal	Sukeri	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:32:31
29	49	13	TA1850	Priashna	Baboolal	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:33:35
30	50	14	TA2224	Karien	Smith	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:33:50
31	51	15	TA1041	Amanda	Van Der Lith	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:34:16
32	52	16	TA0850	Michelle	Botha	10km Trail Run/Walk	Female	43	Veteran (40-49)	01:34:18
33	55	9	TA1123	Megan	Smit	10km Trail Run/Walk	Female	28	Senior (19-29)	01:40:33
34	56	8	TA0973	Gretchen	Koekemoer	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:40:37
35	59	1	TA1080	Isabella	Hinckley	10km Trail Run/Walk	Female	11	Under 11	01:42:24
36	63	17	TA1803	Ntombifuthi	Xaba	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:52:37
37	66	9	TA2143	Laura	Hinckley	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:53:41
38	67	10	TA2153	Donnay	Stewart	10km Trail Run/Walk	Female	29	Senior (19-29)	01:53:52

## 5km Trail Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0463	Munyanzure	Mapanzure	5km Trail Run/Walk	Male	11	Under 11	00:23:40
2	2	1	TRAIL20110	Chulumanco	Sito	5km Trail Run/Walk	Male	13	12 to 15	00:25:11
3	3	2	TRAIL20175	Joshua	Mufema	5km Trail Run/Walk	Male	11	Under 11	00:25:32
4	4	3	TA0388	Menno	Fokkens	5km Trail Run/Walk	Male	11	Under 11	00:25:33
5	5	1	TA0293	Kiashen	Moodley	5km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:26:57
6	6	1	TA1767	Hanno	Havenga	5km Trail Run/Walk	Male	45	Veteran (40-49)	00:27:17
7	7	1	TA0495	Rikard	Havenga	5km Trail Run/Walk	Male	16	16 to 18	00:27:21
8	10	4	TA0320	Knox	Bresler	5km Trail Run/Walk	Male	9	Under 11	00:28:54
9	12	1	TA0391	Jan	Fokkens	5km Trail Run/Walk	Male	51	Master (50-59)	00:30:41
10	13	1	TA0488	Daan	Labuschagne	5km Trail Run/Walk	Male	65	Grand-Master (60+)	00:31:20
11	19	2	TA1655	Rinus	Gobie	5km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	00:34:47
12	29	2	TA0458	Dawid	Ras	5km Trail Run/Walk	Male	53	Master (50-59)	00:40:40
13	31	2	TA1571	Greg	Saar	5km Trail Run/Walk	Male	68	Grand-Master (60+)	00:41:27
14	32	2	TA0317	Samuel	Perdigao	5km Trail Run/Walk	Male	46	Veteran (40-49)	00:41:59
15	38	5	TA0176	Christiaan	De Vries	5km Trail Run/Walk	Male	11	Under 11	00:45:46
16	39	3	TA0032	Ernst	De Vries	5km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:45:56
17	45	3	TA0234	Gert	Kruger	5km Trail Run/Walk	Male	69	Grand-Master (60+)	00:52:18
18	51	4	TA1741	David	Owen	5km Trail Run/Walk	Male	70	Grand-Master (60+)	01:00:34

5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	8	1	TA1832	Tanya	Alberts	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:27:35
2	9	1	TA1708	Ina	Labuschagne	5km Trail Run/Walk	Female	28	Senior (19-29)	00:28:25
3	11	1	TRAIL20223	Sesethu	Makuzeni	5km Trail Run/Walk	Female	11	Under 11	00:30:21
4	14	1	TA0578	Nelka	Herbst	5km Trail Run/Walk	Female	41	Veteran (40-49)	00:32:28
5	15	2	TA1055	Lize-mari	Mitchell	5km Trail Run/Walk	Female	27	Senior (19-29)	00:32:45
6	16	2	TA0374	Tania	Havenga	5km Trail Run/Walk	Female	40	Veteran (40-49)	00:33:00
7	17	2	TA0156	Nicole	Jowett	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:33:19
8	18	3	TA0172	Belinda	Strydom	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:33:28
9	20	1	TRAIL20527	Tracey	Scanlen	5km Trail Run/Walk	Female	55	Master (50-59)	00:34:54
10	21	3	TA1743	Emilie	Tshibuabua	5km Trail Run/Walk	Female	26	Senior (19-29)	00:35:36
11	22	3	TA0292	Yvette	Ellis	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:35:41
12	23	1	TA0298	Charne	Havenga	5km Trail Run/Walk	Female	15	12 to 15	00:36:01
13	24	4	TA0302	Zelnari	Lourens	5km Trail Run/Walk	Female	29	Senior (19-29)	00:36:53
14	25	4	TRAIL20487	Charline	Jay	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:38:35
15	26	2	TA0185	Linda	Bosch	5km Trail Run/Walk	Female	53	Master (50-59)	00:39:32
16	27	5	TA0407	Joanita	Dambisya	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:39:36
17	28	4	TA0370	Erica	Humphries	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:40:35
18	30	5	TA0210	Daleen	Ras	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:40:47
19	33	2	TA0169	Sky	Perdigao	5km Trail Run/Walk	Female	7	Under 11	00:42:03
20	34	3	TA0378	Gerda	De La Guerre	5km Trail Run/Walk	Female	57	Master (50-59)	00:42:08
21	35	3	TA1666	Emelia	Perdigao	5km Trail Run/Walk	Female	6	Under 11	00:43:05
22	36	6	TA0356	Veruscha	Perdigao	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:43:15
23	37	6	TRAIL20667	Megan	Marais	5km Trail Run/Walk	Female	40	Veteran (40-49)	00:44:36
24	40	1	TA0359	Etnah	Wolfaardt	5km Trail Run/Walk	Female	63	Grand-Master (60+)	00:46:05
25	41	4	TA1674	Veronica	Fink	5km Trail Run/Walk	Female	50	Master (50-59)	00:47:02
26	42	5	TA0427	Carmenn	Pienaar	5km Trail Run/Walk	Female	50	Master (50-59)	00:47:04
27	43	4	TA1665	Hante	De Vries	5km Trail Run/Walk	Female	9	Under 11	00:49:15
28	44	7	TA1797	Maria	De Vries	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:49:18
29	46	6	TA0709	Thilda	Kruger	5km Trail Run/Walk	Female	53	Master (50-59)	00:52:21
30	47	2	TA0219	Caroline	Maslo	5km Trail Run/Walk	Female	61	Grand-Master (60+)	00:52:51
31	48	7	TA0415	Caroline	Malauzat	5km Trail Run/Walk	Female	54	Master (50-59)	00:53:00
32	49	7	TA1636	Leoni	Bann	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:55:19
33	50	8	TA1784	Colette	Taylor	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:55:24
34	52	3	TRAIL20666	Gillian	Fowler	5km Trail Run/Walk	Female	73	Grand-Master (60+)	01:00:39
35	53	8	TA0296	Christell	Fouche	5km Trail Run/Walk	Female	51	Master (50-59)	01:09:46