



# AdventureRun : Rock Falls Ranch

## The Cyclone on 22nd April 2018



### 21km Trail Run/Walk:Male

| Gender | Overall | Category | Race Number | Name        | Surname       | Activity            | Gender | Age | Category            | Duration |
|--------|---------|----------|-------------|-------------|---------------|---------------------|--------|-----|---------------------|----------|
| 1      | 1       | 1        | TRAIL10172  | Nathan      | Hunt          | 21km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 01:55:50 |
| 2      | 2       | 2        | TA2466      | Jan-adriaan | Du Plessis    | 21km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 02:05:57 |
| 3      | 3       | 3        | TA2464      | Steven      | Fish          | 21km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 02:07:23 |
| 4      | 4       | 1        | TA2480      | Toine       | Van Den Oever | 21km Trail Run/Walk | Male   | 61  | Grand-Master (60+)  | 02:08:20 |
| 5      | 5       | 4        | TA2912      | Thomas      | Pattinson     | 21km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 02:08:46 |
| 6      | 6       | 1        | TA3051      | Daniel      | Wium          | 21km Trail Run/Walk | Male   | 20  | Senior (19-29)      | 02:08:50 |
| 7      | 7       | 2        | TA2574      | Theo        | Bohnen        | 21km Trail Run/Walk | Male   | 61  | Grand-Master (60+)  | 02:10:58 |
| 8      | 8       | 1        | TA2609      | Sipho       | Mhlongo       | 21km Trail Run/Walk | Male   | 40  | Veteran (40-49)     | 02:17:40 |
| 9      | 9       | 2        | TA2970      | Win Myint   | Aung          | 21km Trail Run/Walk | Male   | 27  | Senior (19-29)      | 02:27:18 |
| 10     | 10      | 2        | TA2481      | Grant       | Williams      | 21km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 02:27:32 |
| 11     | 11      | 3        | TA3539      | Russell     | Weare         | 21km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 02:28:53 |
| 12     | 12      | 5        | TRAIL10787  | Moses       | Mtshweneng    | 21km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 02:29:54 |
| 13     | 13      | 1        | TA3066      | Willem      | Swanepoel     | 21km Trail Run/Walk | Male   | 59  | Master (50-59)      | 02:30:42 |
| 14     | 14      | 6        | TA3042      | Madoda      | Kuse          | 21km Trail Run/Walk | Male   | 32  | Sub-Veteran (30-39) | 02:32:51 |
| 15     | 16      | 7        | TA2923      | Herman      | Van Der Laan  | 21km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 02:34:44 |
| 16     | 17      | 8        | TA2690      | Bonginkosi  | Mbatha        | 21km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 02:34:52 |
| 17     | 18      | 9        | TA3010      | Luto        | Mbombo        | 21km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 02:34:57 |
| 18     | 19      | 4        | TA2925      | Gavin       | Morris        | 21km Trail Run/Walk | Male   | 44  | Veteran (40-49)     | 02:35:28 |
| 19     | 21      | 5        | TA2995      | Antonio     | De Franca     | 21km Trail Run/Walk | Male   | 47  | Veteran (40-49)     | 02:41:54 |
| 20     | 23      | 2        | TRAIL12643  | Bryan       | Mccourt       | 21km Trail Run/Walk | Male   | 51  | Master (50-59)      | 02:43:27 |
| 21     | 24      | 10       | TA2984      | Shaun       | Ness          | 21km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 02:43:47 |
| 22     | 25      | 6        | TA2546      | Andrew      | Crowley       | 21km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 02:43:52 |
| 23     | 26      | 7        | TA2592      | Rowan       | Crowie        | 21km Trail Run/Walk | Male   | 47  | Veteran (40-49)     | 02:46:09 |
| 24     | 27      | 8        | TRAIL12832  | Bradley     | Rustin        | 21km Trail Run/Walk | Male   | 48  | Veteran (40-49)     | 02:50:49 |
| 25     | 28      | 11       | TRAIL13039  | Shaun       | Vermaak       | 21km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 02:50:55 |
| 26     | 29      | 9        | TA2477      | Prince      | Motswenyane   | 21km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 02:53:32 |
| 27     | 30      | 3        | TA2525      | Walter      | Smuts         | 21km Trail Run/Walk | Male   | 56  | Master (50-59)      | 02:54:56 |
| 28     | 31      | 4        | TA3477      | Ken         | Halland       | 21km Trail Run/Walk | Male   | 54  | Master (50-59)      | 02:55:06 |
| 29     | 32      | 12       | TA2619      | Jan         | Wolmarans     | 21km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 03:06:36 |

| 21km Trail Run/Walk:Female |         |          |             |          |          |                     |        |     |                     |          |
|----------------------------|---------|----------|-------------|----------|----------|---------------------|--------|-----|---------------------|----------|
| Gender                     | Overall | Category | Race Number | Name     | Surname  | Activity            | Gender | Age | Category            | Duration |
| 1                          | 15      | 1        | TA2902      | Hilary   | Campbell | 21km Trail Run/Walk | Female | 51  | Master (50-59)      | 02:33:45 |
| 2                          | 20      | 2        | TA2673      | Brigitte | Madlener | 21km Trail Run/Walk | Female | 59  | Master (50-59)      | 02:41:52 |
| 3                          | 22      | 1        | TA2913      | Phumza   | Bence    | 21km Trail Run/Walk | Female | 31  | Sub-Veteran (30-39) | 02:42:45 |

| 15km Trail Run/Walk:Male |         |          |             |                |            |                     |        |     |                     |          |
|--------------------------|---------|----------|-------------|----------------|------------|---------------------|--------|-----|---------------------|----------|
| Gender                   | Overall | Category | Race Number | Name           | Surname    | Activity            | Gender | Age | Category            | Duration |
| 1                        | 1       | 1        | TRAIL12385  | Gerhard        | Beukes     | 15km Trail Run/Walk | Male   | 41  | Veteran (40-49)     | 01:22:42 |
| 2                        | 2       | 1        | TA2939      | Gert           | Steyn      | 15km Trail Run/Walk | Male   | 57  | Master (50-59)      | 01:23:00 |
| 3                        | 3       | 1        | TA2656      | James          | Pugin      | 15km Trail Run/Walk | Male   | 29  | Senior (19-29)      | 01:26:00 |
| 4                        | 4       | 1        | TA2517      | Lars           | Kurvers    | 15km Trail Run/Walk | Male   | 30  | Sub-Veteran (30-39) | 01:28:16 |
| 5                        | 6       | 2        | TA2928      | Zibusiso       | Sibanda    | 15km Trail Run/Walk | Male   | 41  | Veteran (40-49)     | 01:29:15 |
| 6                        | 8       | 3        | TA3002      | Mohale Dominic | Lebidi     | 15km Trail Run/Walk | Male   | 46  | Veteran (40-49)     | 01:31:15 |
| 7                        | 9       | 2        | TA2520      | Menzi Patrick  | Zikalala   | 15km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 01:31:17 |
| 8                        | 10      | 3        | TA2662      | Humbulani      | Mphaphuli  | 15km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 01:32:18 |
| 9                        | 11      | 2        | TA2654      | Ntoko Silas    | Mokoena    | 15km Trail Run/Walk | Male   | 51  | Master (50-59)      | 01:38:06 |
| 10                       | 12      | 4        | TA2905      | Brett          | Tromp      | 15km Trail Run/Walk | Male   | 42  | Veteran (40-49)     | 01:40:05 |
| 11                       | 14      | 3        | TA0161      | Gunther        | Schwob     | 15km Trail Run/Walk | Male   | 56  | Master (50-59)      | 01:44:31 |
| 12                       | 18      | 5        | TA2916      | David          | Berkowitz  | 15km Trail Run/Walk | Male   | 41  | Veteran (40-49)     | 01:47:50 |
| 13                       | 19      | 4        | TA2632      | Koos           | Vaughan    | 15km Trail Run/Walk | Male   | 55  | Master (50-59)      | 01:49:21 |
| 14                       | 22      | 5        | TA2613      | Pierre         | Coetzee    | 15km Trail Run/Walk | Male   | 52  | Master (50-59)      | 01:52:32 |
| 15                       | 23      | 2        | TA2997      | Yatish         | Chowthee   | 15km Trail Run/Walk | Male   | 29  | Senior (19-29)      | 01:54:11 |
| 16                       | 27      | 6        | TRAIL12155  | Frank          | Bekkens    | 15km Trail Run/Walk | Male   | 54  | Master (50-59)      | 01:58:06 |
| 17                       | 31      | 4        | TA3023      | Kgomotso       | Diphoko    | 15km Trail Run/Walk | Male   | 38  | Sub-Veteran (30-39) | 01:59:18 |
| 18                       | 32      | 5        | TA2945      | Bandile        | Tlomatsane | 15km Trail Run/Walk | Male   | 30  | Sub-Veteran (30-39) | 02:00:22 |
| 19                       | 34      | 6        | TA3048      | Thabani        | Nyathi     | 15km Trail Run/Walk | Male   | 46  | Veteran (40-49)     | 02:05:56 |
| 20                       | 37      | 6        | TA2914      | Thomas         | Kyokolo    | 15km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 02:30:46 |

| 15km Trail Run/Walk:Female |         |          |             |                  |                |                     |        |     |                     |          |
|----------------------------|---------|----------|-------------|------------------|----------------|---------------------|--------|-----|---------------------|----------|
| Gender                     | Overall | Category | Race Number | Name             | Surname        | Activity            | Gender | Age | Category            | Duration |
| 1                          | 5       | 1        | TA2461      | Juliana          | Ambrosi        | 15km Trail Run/Walk | Female | 40  | Veteran (40-49)     | 01:28:18 |
| 2                          | 7       | 1        | TA2515      | Rinel            | Mclaren        | 15km Trail Run/Walk | Female | 25  | Senior (19-29)      | 01:30:02 |
| 3                          | 13      | 2        | TA3535      | Nicoletta        | Maraschin      | 15km Trail Run/Walk | Female | 27  | Senior (19-29)      | 01:41:38 |
| 4                          | 15      | 1        | TA3484      | Stacey           | Rethman        | 15km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 01:44:36 |
| 5                          | 16      | 3        | TA3474      | Isabelle         | Van Kronenburg | 15km Trail Run/Walk | Female | 28  | Senior (19-29)      | 01:44:43 |
| 6                          | 17      | 2        | TA2565      | Carey-anne       | Weare          | 15km Trail Run/Walk | Female | 40  | Veteran (40-49)     | 01:46:16 |
| 7                          | 20      | 1        | TA2951      | Ilze             | Crous          | 15km Trail Run/Walk | Female | 60  | Grand-Master (60+)  | 01:50:18 |
| 8                          | 21      | 3        | TA3538      | Salome           | Belcher        | 15km Trail Run/Walk | Female | 43  | Veteran (40-49)     | 01:50:50 |
| 9                          | 24      | 2        | TA2420      | Rene             | Rampersad      | 15km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 01:55:19 |
| 10                         | 25      | 4        | TA2432      | Bronwen          | Troskie        | 15km Trail Run/Walk | Female | 41  | Veteran (40-49)     | 01:55:40 |
| 11                         | 26      | 3        | TA2558      | Johanita         | Coetzer        | 15km Trail Run/Walk | Female | 39  | Sub-Veteran (30-39) | 01:55:59 |
| 12                         | 28      | 4        | TA2551      | Suzan            | Mphafudi       | 15km Trail Run/Walk | Female | 37  | Sub-Veteran (30-39) | 01:58:15 |
| 13                         | 29      | 2        | TA1029      | Minnie Elizabeth | Birch          | 15km Trail Run/Walk | Female | 62  | Grand-Master (60+)  | 01:58:54 |
| 14                         | 30      | 5        | TA3061      | Gomolemo         | Motaung        | 15km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 01:59:06 |
| 15                         | 33      | 4        | TA3504      | Gontse           | Kgokolo        | 15km Trail Run/Walk | Female | 29  | Senior (19-29)      | 02:00:26 |
| 16                         | 35      | 5        | TRAIL12098  | Chantelle        | Pieterse       | 15km Trail Run/Walk | Female | 29  | Senior (19-29)      | 02:15:00 |
| 17                         | 36      | 6        | TA2930      | Keleboglie       | Mopeletsi      | 15km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 02:24:39 |

| 10km Trail Run/Walk:Male |         |          |             |            |                   |                     |        |     |                     |          |
|--------------------------|---------|----------|-------------|------------|-------------------|---------------------|--------|-----|---------------------|----------|
| Gender                   | Overall | Category | Race Number | Name       | Surname           | Activity            | Gender | Age | Category            | Duration |
| 1                        | 1       | 1        | TA2215      | Brendan    | Blackbeard        | 10km Trail Run/Walk | Male   | 22  | Senior (19-29)      | 00:54:34 |
| 2                        | 2       | 1        | TA2968      | Luambo     | Khameli           | 10km Trail Run/Walk | Male   | 38  | Sub-Veteran (30-39) | 00:54:44 |
| 3                        | 3       | 2        | TRAIL12341  | Charles    | Norman            | 10km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 00:54:46 |
| 4                        | 4       | 2        | TA0864      | Mlindelil  | Nkosi             | 10km Trail Run/Walk | Male   | 25  | Senior (19-29)      | 00:58:13 |
| 5                        | 5       | 1        | TA2110      | Vikesh     | Rambaran          | 10km Trail Run/Walk | Male   | 44  | Veteran (40-49)     | 00:58:27 |
| 6                        | 6       | 1        | TA1174      | Johan      | Strydom           | 10km Trail Run/Walk | Male   | 63  | Grand-Master (60+)  | 00:59:03 |
| 7                        | 7       | 1        | TRAIL12176  | Gawie      | Jansen Van Vuuren | 10km Trail Run/Walk | Male   | 54  | Master (50-59)      | 00:59:13 |
| 8                        | 9       | 2        | TRAIL10642  | Johan      | Fourie            | 10km Trail Run/Walk | Male   | 63  | Grand-Master (60+)  | 01:04:56 |
| 9                        | 10      | 3        | TA1814      | Andre-ross | Louw              | 10km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 01:05:16 |
| 10                       | 13      | 2        | TA2962      | Conrad     | Langerman         | 10km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 01:06:06 |
| 11                       | 14      | 4        | TA1176      | Brian      | Le Roux           | 10km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 01:07:00 |
| 12                       | 15      | 5        | TA1880      | Kevin      | Le Roux           | 10km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 01:07:07 |
| 13                       | 17      | 3        | TA1060      | Steven     | Carlin            | 10km Trail Run/Walk | Male   | 47  | Veteran (40-49)     | 01:07:17 |
| 14                       | 18      | 4        | TA1126      | Sean       | Smith             | 10km Trail Run/Walk | Male   | 41  | Veteran (40-49)     | 01:07:46 |
| 15                       | 20      | 6        | TRAIL10910  | Dewan      | Hamman            | 10km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 01:07:59 |
| 16                       | 22      | 7        | TA1072      | Delvin     | Buhler            | 10km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 01:08:07 |
| 17                       | 23      | 3        | TA2126      | Geoff      | Lupton-smith      | 10km Trail Run/Walk | Male   | 60  | Grand-Master (60+)  | 01:08:26 |
| 18                       | 24      | 5        | TA2129      | Nico       | Oelofse           | 10km Trail Run/Walk | Male   | 45  | Veteran (40-49)     | 01:08:53 |
| 19                       | 25      | 6        | TA1827      | Robert     | Damon             | 10km Trail Run/Walk | Male   | 41  | Veteran (40-49)     | 01:08:57 |
| 20                       | 26      | 8        | TA0662      | Matthew    | Destombes         | 10km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 01:09:07 |
| 21                       | 28      | 7        | TA0667      | Andrew     | Wiggett           | 10km Trail Run/Walk | Male   | 40  | Veteran (40-49)     | 01:09:13 |
| 22                       | 30      | 8        | TRAIL12520  | Charles    | Muller            | 10km Trail Run/Walk | Male   | 47  | Veteran (40-49)     | 01:10:14 |
| 23                       | 38      | 3        | TA1874      | Vaughn     | Steyn             | 10km Trail Run/Walk | Male   | 27  | Senior (19-29)      | 01:15:59 |
| 24                       | 40      | 9        | TA0841      | Tumisho    | Maduane           | 10km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 01:16:40 |
| 25                       | 44      | 10       | TRAIL11696  | Francois   | Labuschagne       | 10km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 01:18:10 |
| 26                       | 50      | 9        | TA0717      | Richard    | Stirland          | 10km Trail Run/Walk | Male   | 45  | Veteran (40-49)     | 01:21:09 |
| 27                       | 53      | 11       | TA1024      | Lovemore   | Seveni            | 10km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 01:28:34 |
| 28                       | 54      | 12       | TA2331      | Chris      | Strugnell         | 10km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 01:29:23 |
| 29                       | 58      | 4        | TRAIL13030  | Dj         | Pieterse          | 10km Trail Run/Walk | Male   | 29  | Senior (19-29)      | 01:32:21 |
| 30                       | 70      | 13       | TA1873      | Dawie      | Maree             | 10km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 01:46:50 |

| 10km Trail Run/Walk:Female |         |          |             |           |               |                     |        |     |                     |          |
|----------------------------|---------|----------|-------------|-----------|---------------|---------------------|--------|-----|---------------------|----------|
| Gender                     | Overall | Category | Race Number | Name      | Surname       | Activity            | Gender | Age | Category            | Duration |
| 1                          | 8       | 1        | TA0659      | Telani    | Naude         | 10km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 01:02:17 |
| 2                          | 11      | 2        | TA2125      | Tanya     | Alberts       | 10km Trail Run/Walk | Female | 32  | Sub-Veteran (30-39) | 01:05:52 |
| 3                          | 12      | 3        | TA2255      | Alicia    | Strugnell     | 10km Trail Run/Walk | Female | 32  | Sub-Veteran (30-39) | 01:05:57 |
| 4                          | 16      | 1        | TA2222      | Linda     | Van Der Colff | 10km Trail Run/Walk | Female | 50  | Master (50-59)      | 01:07:12 |
| 5                          | 19      | 1        | TA2132      | Cheryl    | Whelan        | 10km Trail Run/Walk | Female | 40  | Veteran (40-49)     | 01:07:51 |
| 6                          | 21      | 4        | TRAIL10891  | Tina      | Bredenkamp    | 10km Trail Run/Walk | Female | 34  | Sub-Veteran (30-39) | 01:08:00 |
| 7                          | 27      | 2        | TA2293      | Caroline  | Wiggett       | 10km Trail Run/Walk | Female | 41  | Veteran (40-49)     | 01:09:10 |
| 8                          | 29      | 3        | TA0806      | Tania     | Van Peer      | 10km Trail Run/Walk | Female | 45  | Veteran (40-49)     | 01:09:57 |
| 9                          | 31      | 1        | TA2122      | Lise      | Smuts         | 10km Trail Run/Walk | Female | 23  | Senior (19-29)      | 01:10:49 |
| 10                         | 32      | 1        | TRAIL11537  | Joey      | Cloete        | 10km Trail Run/Walk | Female | 61  | Grand-Master (60+)  | 01:11:29 |
| 11                         | 33      | 5        | TA2173      | Lerica    | Schoeman      | 10km Trail Run/Walk | Female | 38  | Sub-Veteran (30-39) | 01:13:04 |
| 12                         | 34      | 4        | TA2233      | Hazel     | Nel           | 10km Trail Run/Walk | Female | 46  | Veteran (40-49)     | 01:14:23 |
| 13                         | 35      | 2        | TA1048      | Lauren    | Gouws         | 10km Trail Run/Walk | Female | 63  | Grand-Master (60+)  | 01:14:35 |
| 14                         | 36      | 6        | TA2616      | Natalie   | Kock          | 10km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 01:15:38 |
| 15                         | 37      | 2        | TA2254      | Zanita    | De Ascensao   | 10km Trail Run/Walk | Female | 26  | Senior (19-29)      | 01:15:57 |
| 16                         | 39      | 7        | TA3540      | Kgabo     | Mashalane     | 10km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 01:16:02 |
| 17                         | 41      | 3        | TA2974      | Abigail   | Coetzee       | 10km Trail Run/Walk | Female | 19  | Senior (19-29)      | 01:16:42 |
| 18                         | 42      | 8        | TA1824      | Karien    | Purchase      | 10km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 01:17:18 |
| 19                         | 43      | 5        | TA1185      | Hesma     | Cockrell      | 10km Trail Run/Walk | Female | 41  | Veteran (40-49)     | 01:18:07 |
| 20                         | 45      | 4        | TA1845      | Roxanne   | Robbins       | 10km Trail Run/Walk | Female | 29  | Senior (19-29)      | 01:19:47 |
| 21                         | 46      | 9        | TA0875      | Helen     | Buhler        | 10km Trail Run/Walk | Female | 32  | Sub-Veteran (30-39) | 01:19:52 |
| 22                         | 47      | 5        | TRAIL10269  | Jolandi   | Labuschange   | 10km Trail Run/Walk | Female | 27  | Senior (19-29)      | 01:19:58 |
| 23                         | 48      | 6        | TA1835      | Rijkie    | Terblanche    | 10km Trail Run/Walk | Female | 45  | Veteran (40-49)     | 01:20:37 |
| 24                         | 49      | 3        | TA0694      | Jacquie   | Du Toit       | 10km Trail Run/Walk | Female | 61  | Grand-Master (60+)  | 01:20:51 |
| 25                         | 51      | 2        | TA1130      | Irene     | Swanepoel     | 10km Trail Run/Walk | Female | 51  | Master (50-59)      | 01:27:54 |
| 26                         | 52      | 10       | TA2210      | Mamfaladi | Mabece        | 10km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 01:28:31 |
| 27                         | 55      | 7        | TA1169      | Jolene    | Thwaites      | 10km Trail Run/Walk | Female | 40  | Veteran (40-49)     | 01:30:50 |
| 28                         | 56      | 11       | TA2150      | Bonita    | Steenkamp     | 10km Trail Run/Walk | Female | 35  | Sub-Veteran (30-39) | 01:31:10 |
| 29                         | 57      | 8        | TRAIL12729  | Sanobia   | Abrahams      | 10km Trail Run/Walk | Female | 47  | Veteran (40-49)     | 01:31:36 |
| 30                         | 59      | 3        | TA2994      | Sue       | Pretorius     | 10km Trail Run/Walk | Female | 52  | Master (50-59)      | 01:32:31 |
| 31                         | 60      | 12       | TA1817      | Mamodimo  | Matlaisane    | 10km Trail Run/Walk | Female | 32  | Sub-Veteran (30-39) | 01:35:20 |
| 32                         | 61      | 9        | TRAIL11232  | Patricia  | Minihold      | 10km Trail Run/Walk | Female | 44  | Veteran (40-49)     | 01:35:33 |
| 33                         | 62      | 4        | TA2345      | Dawn      | Fryer         | 10km Trail Run/Walk | Female | 53  | Master (50-59)      | 01:36:16 |
| 34                         | 63      | 10       | TA1846      | Priashna  | Baboolal      | 10km Trail Run/Walk | Female | 41  | Veteran (40-49)     | 01:39:03 |
| 35                         | 64      | 5        | TA0693      | Karen     | Eksteen       | 10km Trail Run/Walk | Female | 50  | Master (50-59)      | 01:41:05 |
| 36                         | 65      | 13       | TA1887      | Kaylini   | Naidoo        | 10km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 01:43:43 |
| 37                         | 66      | 6        | TA1816      | Bongiwe   | Khumalo       | 10km Trail Run/Walk | Female | 26  | Senior (19-29)      | 01:45:19 |
| 38                         | 67      | 11       | TA2219      | Gugu      | Zulu          | 10km Trail Run/Walk | Female | 41  | Veteran (40-49)     | 01:45:22 |
| 39                         | 68      | 7        | TA0695      | Tumelo    | Mahange       | 10km Trail Run/Walk | Female | 26  | Senior (19-29)      | 01:45:24 |
| 40                         | 69      | 12       | TA0214      | Glizelle  | Langerman     | 10km Trail Run/Walk | Female | 41  | Veteran (40-49)     | 01:45:38 |

|    |    |    |            |         |              |                     |        |    |                     |          |
|----|----|----|------------|---------|--------------|---------------------|--------|----|---------------------|----------|
| 41 | 71 | 8  | TA0658     | Mariske | Smit         | 10km Trail Run/Walk | Female | 28 | Senior (19-29)      | 01:46:52 |
| 42 | 72 | 6  | TRAIL11982 | Fikile  | Nhleko       | 10km Trail Run/Walk | Female | 50 | Master (50-59)      | 01:53:11 |
| 43 | 73 | 14 | TA0618     | Avashni | Dass         | 10km Trail Run/Walk | Female | 34 | Sub-Veteran (30-39) | 01:54:22 |
| 44 | 74 | 15 | TA1163     | Belinda | Cawood       | 10km Trail Run/Walk | Female | 37 | Sub-Veteran (30-39) | 01:54:23 |
| 45 | 75 | 9  | TA1829     | Mercy   | Moloto       | 10km Trail Run/Walk | Female | 25 | Senior (19-29)      | 01:59:47 |
| 46 | 76 | 13 | TA1863     | Sarah   | Hanson       | 10km Trail Run/Walk | Female | 44 | Veteran (40-49)     | 02:01:05 |
| 47 | 77 | 14 | TA0789     | Sarah   | Schneeberger | 10km Trail Run/Walk | Female | 45 | Veteran (40-49)     | 02:01:09 |

| 5km Trail Run/Walk:Male |         |          |             |             |              |                    |        |     |                     |          |
|-------------------------|---------|----------|-------------|-------------|--------------|--------------------|--------|-----|---------------------|----------|
| Gender                  | Overall | Category | Race Number | Name        | Surname      | Activity           | Gender | Age | Category            | Duration |
| 1                       | 1       | 1        | TA1671      | Massimilano | Ambrosi      | 5km Trail Run/Walk | Male   | 12  | 12 to 15            | 00:19:29 |
| 2                       | 2       | 1        | TA1610      | Reilly      | Elliot       | 5km Trail Run/Walk | Male   | 11  | Under 11            | 00:20:22 |
| 3                       | 3       | 1        | TA0417      | Lindo       | Nkwane       | 5km Trail Run/Walk | Male   | 25  | Senior (19-29)      | 00:20:24 |
| 4                       | 4       | 1        | TA1894      | Jason       | Sturzenegger | 5km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 00:23:55 |
| 5                       | 6       | 2        | TA0468      | Andreas     | Wiesheu      | 5km Trail Run/Walk | Male   | 38  | Sub-Veteran (30-39) | 00:26:28 |
| 6                       | 10      | 3        | TA0198      | Tinus       | Stander      | 5km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 00:29:59 |
| 7                       | 12      | 1        | TA0266      | Johann      | Van Zyl      | 5km Trail Run/Walk | Male   | 65  | Grand-Master (60+)  | 00:31:17 |
| 8                       | 13      | 1        | TA0426      | Leonard     | Armstrong    | 5km Trail Run/Walk | Male   | 40  | Veteran (40-49)     | 00:31:41 |
| 9                       | 14      | 1        | TA2318      | Xavier      | Nel          | 5km Trail Run/Walk | Male   | 18  | 16 to 18            | 00:31:54 |
| 10                      | 15      | 1        | TA0252      | Phillip     | Schutte      | 5km Trail Run/Walk | Male   | 53  | Master (50-59)      | 00:32:25 |
| 11                      | 17      | 4        | TA0457      | Trevor      | Semper       | 5km Trail Run/Walk | Male   | 31  | Sub-Veteran (30-39) | 00:33:14 |
| 12                      | 18      | 2        | TRAIL11168  | Glyn        | Boddy        | 5km Trail Run/Walk | Male   | 53  | Master (50-59)      | 00:33:29 |
| 13                      | 26      | 3        | TA0269      | Francois    | Uys          | 5km Trail Run/Walk | Male   | 53  | Master (50-59)      | 00:36:13 |
| 14                      | 28      | 2        | TA0227      | Quenten     | White        | 5km Trail Run/Walk | Male   | 27  | Senior (19-29)      | 00:37:26 |
| 15                      | 30      | 2        | TA0248      | Steven      | Kruger       | 5km Trail Run/Walk | Male   | 42  | Veteran (40-49)     | 00:38:03 |
| 16                      | 31      | 3        | TA2938      | Zivan       | Smith        | 5km Trail Run/Walk | Male   | 26  | Senior (19-29)      | 00:38:08 |
| 17                      | 33      | 5        | TA0421      | Pieter      | Rossouw      | 5km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 00:38:21 |
| 18                      | 36      | 2        | TA0318      | Daniele     | Ambrosi      | 5km Trail Run/Walk | Male   | 10  | Under 11            | 00:40:58 |
| 19                      | 39      | 2        | TA0197      | Justin      | Van Heerden  | 5km Trail Run/Walk | Male   | 15  | 12 to 15            | 00:42:31 |
| 20                      | 47      | 4        | TA1853      | Roy         | Stewart      | 5km Trail Run/Walk | Male   | 52  | Master (50-59)      | 00:45:54 |
| 21                      | 52      | 3        | TA0545      | Daniel      | Healey       | 5km Trail Run/Walk | Male   | 10  | Under 11            | 00:57:20 |
| 22                      | 56      | 4        | TA1527      | Boikano     | Mahlaela     | 5km Trail Run/Walk | Male   | 11  | Under 11            | 00:58:18 |
| 23                      | 57      | 4        | TA0390      | Tumisho     | Mahlaela     | 5km Trail Run/Walk | Male   | 26  | Senior (19-29)      | 01:07:11 |
| 24                      | 59      | 5        | TRAIL12570  | Ridwaan     | Fakir        | 5km Trail Run/Walk | Male   | 26  | Senior (19-29)      | 01:16:52 |

| 5km Trail Run/Walk:Female |         |          |             |              |              |                    |        |     |                     |          |
|---------------------------|---------|----------|-------------|--------------|--------------|--------------------|--------|-----|---------------------|----------|
| Gender                    | Overall | Category | Race Number | Name         | Surname      | Activity           | Gender | Age | Category            | Duration |
| 1                         | 5       | 1        | TA0030      | Eunice       | Steyn        | 5km Trail Run/Walk | Female | 27  | Senior (19-29)      | 00:25:29 |
| 2                         | 7       | 1        | TA0096      | Lee-ann      | Hallett      | 5km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 00:26:30 |
| 3                         | 8       | 2        | TA0283      | Kieren       | Paley        | 5km Trail Run/Walk | Female | 27  | Senior (19-29)      | 00:29:39 |
| 4                         | 9       | 3        | TA1516      | Robyn-meagan | Paley        | 5km Trail Run/Walk | Female | 25  | Senior (19-29)      | 00:29:43 |
| 5                         | 11      | 1        | TRAIL13015  | Nadia        | Bosch        | 5km Trail Run/Walk | Female | 46  | Veteran (40-49)     | 00:31:12 |
| 6                         | 16      | 2        | TA0234      | Tamryn-leigh | Semper       | 5km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 00:33:12 |
| 7                         | 19      | 1        | TA0279      | Mieka        | Schutte      | 5km Trail Run/Walk | Female | 18  | 16 to 18            | 00:33:48 |
| 8                         | 20      | 3        | TA0357      | Nicole       | Matheson     | 5km Trail Run/Walk | Female | 32  | Sub-Veteran (30-39) | 00:33:50 |
| 9                         | 21      | 4        | TA0324      | Elné         | Gerber       | 5km Trail Run/Walk | Female | 29  | Senior (19-29)      | 00:33:57 |
| 10                        | 22      | 4        | TA0121      | Nicki        | Bradfield    | 5km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 00:34:16 |
| 11                        | 23      | 2        | TA0398      | Tanya        | Oellermann   | 5km Trail Run/Walk | Female | 43  | Veteran (40-49)     | 00:34:16 |
| 12                        | 24      | 5        | TA0369      | Brenda       | Ratzeburg    | 5km Trail Run/Walk | Female | 37  | Sub-Veteran (30-39) | 00:35:37 |
| 13                        | 25      | 3        | TA0202      | Lynne        | Armstrong    | 5km Trail Run/Walk | Female | 42  | Veteran (40-49)     | 00:36:11 |
| 14                        | 27      | 5        | TA0325      | Leandri      | Schmidt      | 5km Trail Run/Walk | Female | 29  | Senior (19-29)      | 00:36:39 |
| 15                        | 29      | 1        | TA1681      | Cheryl       | Steyn        | 5km Trail Run/Walk | Female | 61  | Grand-Master (60+)  | 00:37:32 |
| 16                        | 32      | 6        | TA3513      | Zanye        | Van Den Berg | 5km Trail Run/Walk | Female | 24  | Senior (19-29)      | 00:38:10 |
| 17                        | 34      | 6        | TA0388      | Martelie     | Laney        | 5km Trail Run/Walk | Female | 38  | Sub-Veteran (30-39) | 00:38:55 |
| 18                        | 35      | 7        | TA0189      | Letitia      | Steyn        | 5km Trail Run/Walk | Female | 29  | Senior (19-29)      | 00:40:13 |
| 19                        | 37      | 4        | TA1787      | Lisa         | Le Roux      | 5km Trail Run/Walk | Female | 42  | Veteran (40-49)     | 00:41:02 |
| 20                        | 38      | 5        | TA0284      | Ronelle      | Van Heerden  | 5km Trail Run/Walk | Female | 44  | Veteran (40-49)     | 00:41:05 |
| 21                        | 40      | 7        | TA0010      | Ruth         | Papenfus     | 5km Trail Run/Walk | Female | 32  | Sub-Veteran (30-39) | 00:42:36 |
| 22                        | 41      | 8        | TA1768      | Lucinda      | Evert        | 5km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 00:43:13 |
| 23                        | 42      | 2        | TA0574      | Barbara      | Baroni       | 5km Trail Run/Walk | Female | 73  | Grand-Master (60+)  | 00:43:16 |
| 24                        | 43      | 9        | TA0515      | Ronell       | Van Niekerk  | 5km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 00:43:20 |
| 25                        | 44      | 1        | TA0312      | Judy         | Hartze       | 5km Trail Run/Walk | Female | 57  | Master (50-59)      | 00:43:30 |
| 26                        | 45      | 6        | TA0233      | Suzette      | Van Heerden  | 5km Trail Run/Walk | Female | 45  | Veteran (40-49)     | 00:43:32 |
| 27                        | 46      | 7        | TA1804      | Lisa         | Ratering     | 5km Trail Run/Walk | Female | 46  | Veteran (40-49)     | 00:45:49 |
| 28                        | 48      | 8        | TA0407      | Louise       | Claassen     | 5km Trail Run/Walk | Female | 45  | Veteran (40-49)     | 00:48:30 |
| 29                        | 49      | 9        | TA0343      | Audrey       | Rustin       | 5km Trail Run/Walk | Female | 45  | Veteran (40-49)     | 00:51:12 |
| 30                        | 50      | 1        | TA0529      | Ashleigh     | Rustin       | 5km Trail Run/Walk | Female | 8   | Under 11            | 00:51:15 |
| 31                        | 51      | 3        | TA2138      | Riki         | Smit         | 5km Trail Run/Walk | Female | 60  | Grand-Master (60+)  | 00:56:07 |
| 32                        | 53      | 10       | TA0191      | Susan        | Van Wyk      | 5km Trail Run/Walk | Female | 49  | Veteran (40-49)     | 00:57:30 |
| 33                        | 54      | 8        | TRAIL12890  | Sherilyn     | Van Wyk      | 5km Trail Run/Walk | Female | 21  | Senior (19-29)      | 00:57:32 |
| 34                        | 55      | 11       | TRAIL11501  | Tanya        | Healey       | 5km Trail Run/Walk | Female | 49  | Veteran (40-49)     | 00:57:50 |
| 35                        | 58      | 9        | TA0381      | Fortunate    | Mahlaela     | 5km Trail Run/Walk | Female | 23  | Senior (19-29)      | 01:07:30 |