



# AdventureRun : Copperleaf Golf Course

## The Jackal Night Run on 6th June 2018



| 10km Trail Run/Walk:Male |         |          |             |                   |             |                     |        |     |                     |          |
|--------------------------|---------|----------|-------------|-------------------|-------------|---------------------|--------|-----|---------------------|----------|
| Gender                   | Overall | Category | Race Number | Name              | Surname     | Activity            | Gender | Age | Category            | Duration |
| 1                        | 1       | 1        | TRAIL10116  | Craig             | Metherell   | 10km Trail Run/Walk | Male   | 37  | Sub-Veteran (30-39) | 00:43:24 |
| 2                        | 2       | 2        | TRAIL12057  | Gideon            | Hugo        | 10km Trail Run/Walk | Male   | 31  | Sub-Veteran (30-39) | 00:45:47 |
| 3                        | 5       | 1        | TRAIL11806  | Grant             | Williams    | 10km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 00:47:37 |
| 4                        | 6       | 3        | TRAIL12652  | Jaco              | Buitendag   | 10km Trail Run/Walk | Male   | 30  | Sub-Veteran (30-39) | 00:49:46 |
| 5                        | 7       | 2        | TRAIL11732  | Terrence          | Brink       | 10km Trail Run/Walk | Male   | 45  | Veteran (40-49)     | 00:50:08 |
| 6                        | 8       | 1        | TRAIL12759  | Peter             | Perks       | 10km Trail Run/Walk | Male   | 58  | Master (50-59)      | 00:50:23 |
| 7                        | 10      | 4        | TA2110      | Brenden           | Harmse      | 10km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 00:50:51 |
| 8                        | 12      | 3        | TA1128      | Takalani Shadrack | Phophi      | 10km Trail Run/Walk | Male   | 42  | Veteran (40-49)     | 00:51:50 |
| 9                        | 13      | 1        | TA2115      | Nic               | Claassen    | 10km Trail Run/Walk | Male   | 61  | Grand-Master (60+)  | 00:53:10 |
| 10                       | 14      | 2        | TA1072      | Dirk              | Vrey        | 10km Trail Run/Walk | Male   | 61  | Grand-Master (60+)  | 00:53:22 |
| 11                       | 15      | 2        | TRAIL12255  | Johan             | Scheepers   | 10km Trail Run/Walk | Male   | 55  | Master (50-59)      | 00:53:45 |
| 12                       | 17      | 3        | TA1125      | Werner            | Jakoby      | 10km Trail Run/Walk | Male   | 62  | Grand-Master (60+)  | 00:53:48 |
| 13                       | 18      | 4        | TRAIL10831  | Fanie             | Robbertse   | 10km Trail Run/Walk | Male   | 45  | Veteran (40-49)     | 00:54:20 |
| 14                       | 19      | 5        | TA0755      | Gregory           | Mufema      | 10km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 00:54:29 |
| 15                       | 20      | 3        | TA0655      | Andre             | Jacobs      | 10km Trail Run/Walk | Male   | 52  | Master (50-59)      | 00:54:38 |
| 16                       | 22      | 1        | TA2303      | Francoisfrancois  | Jacobs      | 10km Trail Run/Walk | Male   | 16  | 16 to 18            | 00:54:45 |
| 17                       | 23      | 6        | TA0665      | Andrew            | Nourse      | 10km Trail Run/Walk | Male   | 46  | Veteran (40-49)     | 00:54:47 |
| 18                       | 24      | 7        | TA2153      | Nico              | Oelofse     | 10km Trail Run/Walk | Male   | 45  | Veteran (40-49)     | 00:55:41 |
| 19                       | 26      | 8        | TA2215      | Prince            | Motswenyane | 10km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 00:57:13 |
| 20                       | 27      | 5        | TA2244      | Tshepo            | Seeta       | 10km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 00:58:14 |
| 21                       | 28      | 9        | TA0608      | Bongani           | Sibanyoni   | 10km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 00:59:33 |
| 22                       | 33      | 6        | TRAIL13026  | Hennie            | Nel         | 10km Trail Run/Walk | Male   | 37  | Sub-Veteran (30-39) | 01:00:04 |
| 23                       | 35      | 10       | TA1120      | Tobie             | Reyneke     | 10km Trail Run/Walk | Male   | 46  | Veteran (40-49)     | 01:00:53 |
| 24                       | 38      | 7        | TA2214      | Stefan            | Laubscher   | 10km Trail Run/Walk | Male   | 38  | Sub-Veteran (30-39) | 01:07:19 |
| 25                       | 39      | 4        | TRAIL12270  | Ric               | Marini      | 10km Trail Run/Walk | Male   | 63  | Grand-Master (60+)  | 01:08:00 |
| 26                       | 40      | 1        | TA2126      | Lesego            | Mathibe     | 10km Trail Run/Walk | Male   | 14  | 12 to 15            | 01:10:53 |
| 27                       | 42      | 8        | TA2311      | Kieth Pfuxani     | Mabasa      | 10km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 01:11:38 |
| 28                       | 44      | 9        | TA2315      | Jack              | Chiloane    | 10km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 01:16:02 |
| 29                       | 45      | 1        | TA0713      | Johan             | Pretorius   | 10km Trail Run/Walk | Male   | 28  | Senior (19-29)      | 01:16:31 |
| 30                       | 46      | 10       | TA1033      | Howard            | Pooe        | 10km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 01:18:43 |
| 31                       | 49      | 4        | TRAIL10849  | Anton             | Reyneke     | 10km Trail Run/Walk | Male   | 52  | Master (50-59)      | 01:24:55 |
| 32                       | 50      | 5        | TRAIL10843  | Alan              | Buckley     | 10km Trail Run/Walk | Male   | 63  | Grand-Master (60+)  | 01:24:55 |
| 33                       | 51      | 5        | TA2346      | Solomon           | Mothua      | 10km Trail Run/Walk | Male   | 54  | Master (50-59)      | 01:28:52 |

|    |    |    |            |        |           |                     |      |    |                    |          |
|----|----|----|------------|--------|-----------|---------------------|------|----|--------------------|----------|
| 34 | 52 | 11 | TA1862     | Marius | Modise    | 10km Trail Run/Walk | Male | 45 | Veteran (40-49)    | 01:28:58 |
| 35 | 54 | 6  | TRAIL10011 | Graham | Hutchins  | 10km Trail Run/Walk | Male | 54 | Master (50-59)     | 01:35:36 |
| 36 | 57 | 6  | TA1833     | Dean   | Mccleland | 10km Trail Run/Walk | Male | 65 | Grand-Master (60+) | 01:35:36 |

| 10km Trail Run/Walk:Female |         |          |             |            |             |                     |        |     |                     |          |
|----------------------------|---------|----------|-------------|------------|-------------|---------------------|--------|-----|---------------------|----------|
| Gender                     | Overall | Category | Race Number | Name       | Surname     | Activity            | Gender | Age | Category            | Duration |
| 1                          | 3       | 1        | TRAIL10062  | Nicky      | Booyens     | 10km Trail Run/Walk | Female | 39  | Sub-Veteran (30-39) | 00:46:13 |
| 2                          | 4       | 1        | TRAIL11751  | Yolande    | Speedy      | 10km Trail Run/Walk | Female | 41  | Veteran (40-49)     | 00:46:14 |
| 3                          | 9       | 2        | TA0662      | Sandra     | Harnse      | 10km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 00:50:38 |
| 4                          | 11      | 3        | TA1132      | Simone     | Bohr        | 10km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 00:51:45 |
| 5                          | 16      | 4        | TRAIL10041  | Desiree    | Du Trevou   | 10km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 00:53:46 |
| 6                          | 21      | 1        | TA0668      | Lea        | Bettini     | 10km Trail Run/Walk | Female | 23  | Senior (19-29)      | 00:54:43 |
| 7                          | 25      | 5        | TRAIL12299  | Janeane    | Watt        | 10km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 00:56:00 |
| 8                          | 29      | 6        | TA2132      | Lyndel     | Beaurain    | 10km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 00:59:40 |
| 9                          | 30      | 7        | TA0789      | Zarhite    | Heath       | 10km Trail Run/Walk | Female | 32  | Sub-Veteran (30-39) | 00:59:50 |
| 10                         | 31      | 2        | TA1888      | Cornelia   | Engelbrecht | 10km Trail Run/Walk | Female | 28  | Senior (19-29)      | 00:59:56 |
| 11                         | 32      | 3        | TA0701      | Anneri     | Van Zyl     | 10km Trail Run/Walk | Female | 27  | Senior (19-29)      | 00:59:59 |
| 12                         | 34      | 2        | TRAIL11798  | Antoinette | Hartslief   | 10km Trail Run/Walk | Female | 47  | Veteran (40-49)     | 01:00:50 |
| 13                         | 36      | 3        | TA2114      | Mae        | Claassen    | 10km Trail Run/Walk | Female | 49  | Veteran (40-49)     | 01:01:00 |
| 14                         | 37      | 4        | TA0767      | Mercy      | Moloto      | 10km Trail Run/Walk | Female | 25  | Senior (19-29)      | 01:06:14 |
| 15                         | 41      | 4        | TA2222      | Bathethi   | Mathibe     | 10km Trail Run/Walk | Female | 41  | Veteran (40-49)     | 01:11:03 |
| 16                         | 43      | 5        | TA0796      | Lara       | Bayliss     | 10km Trail Run/Walk | Female | 45  | Veteran (40-49)     | 01:11:51 |
| 17                         | 47      | 1        | TRAIL10214  | Elsa       | Erasmus     | 10km Trail Run/Walk | Female | 55  | Master (50-59)      | 01:24:55 |
| 18                         | 48      | 8        | TRAIL10259  | Joan       | Erasmus     | 10km Trail Run/Walk | Female | 31  | Sub-Veteran (30-39) | 01:24:55 |
| 19                         | 53      | 2        | TRAIL10836  | Ina        | Beamish     | 10km Trail Run/Walk | Female | 56  | Master (50-59)      | 01:35:36 |
| 20                         | 55      | 6        | TRAIL10053  | Adele      | Sutherland  | 10km Trail Run/Walk | Female | 40  | Veteran (40-49)     | 01:35:36 |
| 21                         | 56      | 7        | TRAIL12854  | Michele    | Gleave      | 10km Trail Run/Walk | Female | 42  | Veteran (40-49)     | 01:35:36 |
| 22                         | 58      | 9        | TA1017      | Louise     | Du Plooy    | 10km Trail Run/Walk | Female | 35  | Sub-Veteran (30-39) | 01:35:36 |

| 5km Trail Run/Walk:Male |         |          |             |           |              |                    |        |     |                     |          |
|-------------------------|---------|----------|-------------|-----------|--------------|--------------------|--------|-----|---------------------|----------|
| Gender                  | Overall | Category | Race Number | Name      | Surname      | Activity           | Gender | Age | Category            | Duration |
| 1                       | 1       | 1        | TRAIL12341  | Charles   | Norman       | 5km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 00:22:39 |
| 2                       | 2       | 1        | TA0332      | Paul      | Cordes       | 5km Trail Run/Walk | Male   | 41  | Veteran (40-49)     | 00:23:22 |
| 3                       | 3       | 2        | TA0010      | Machiel   | Bezuidenhout | 5km Trail Run/Walk | Male   | 42  | Veteran (40-49)     | 00:23:44 |
| 4                       | 4       | 2        | TA0198      | Mc        | Du Toit      | 5km Trail Run/Walk | Male   | 38  | Sub-Veteran (30-39) | 00:23:51 |
| 5                       | 6       | 1        | TRAIL13028  | Albie     | Bosch        | 5km Trail Run/Walk | Male   | 53  | Master (50-59)      | 00:25:46 |
| 6                       | 8       | 3        | TA0126      | Darren    | Van Der Veen | 5km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 00:26:33 |
| 7                       | 9       | 4        | TA0205      | Richard   | Williams     | 5km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 00:26:41 |
| 8                       | 10      | 5        | TA0517      | Martin    | Van Den Berg | 5km Trail Run/Walk | Male   | 37  | Sub-Veteran (30-39) | 00:27:09 |
| 9                       | 11      | 1        | TA0029      | Alexandre | Lenoble      | 5km Trail Run/Walk | Male   | 23  | Senior (19-29)      | 00:28:21 |
| 10                      | 12      | 2        | TA0232      | Elisa     | Janaszek     | 5km Trail Run/Walk | Male   | 22  | Senior (19-29)      | 00:28:26 |
| 11                      | 14      | 6        | TA0023      | Gunther   | Korb         | 5km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 00:28:38 |
| 12                      | 16      | 2        | TRAIL10003  | Shane     | Gouldie      | 5km Trail Run/Walk | Male   | 58  | Master (50-59)      | 00:28:43 |
| 13                      | 19      | 3        | TA0171      | Jacques   | Davis        | 5km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 00:29:30 |
| 14                      | 22      | 3        | TA0251      | Vusi      | Twala        | 5km Trail Run/Walk | Male   | 51  | Master (50-59)      | 00:30:53 |
| 15                      | 27      | 4        | TA1613      | Eugene    | Volschenk    | 5km Trail Run/Walk | Male   | 40  | Veteran (40-49)     | 00:32:15 |
| 16                      | 30      | 7        | TA1683      | Lee       | Mitchell     | 5km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 00:32:43 |
| 17                      | 35      | 1        | TA1258      | Eduan     | Venter       | 5km Trail Run/Walk | Male   | 8   | Under 11            | 00:34:06 |
| 18                      | 38      | 8        | TRAIL11552  | Scott     | Jurgens      | 5km Trail Run/Walk | Male   | 32  | Sub-Veteran (30-39) | 00:34:21 |
| 19                      | 45      | 9        | TA0290      | Robert    | Armstrong    | 5km Trail Run/Walk | Male   | 38  | Sub-Veteran (30-39) | 00:35:11 |
| 20                      | 49      | 5        | TA1700      | Michael   | Cabral       | 5km Trail Run/Walk | Male   | 44  | Veteran (40-49)     | 00:36:26 |
| 21                      | 52      | 6        | TA0267      | Mc        | Engelbrecht  | 5km Trail Run/Walk | Male   | 42  | Veteran (40-49)     | 00:38:55 |
| 22                      | 59      | 2        | TA1728      | Raven     | Venter       | 5km Trail Run/Walk | Male   | 5   | Under 11            | 00:41:34 |
| 23                      | 60      | 10       | TA0158      | Braam     | Venter       | 5km Trail Run/Walk | Male   | 37  | Sub-Veteran (30-39) | 00:41:38 |
| 24                      | 63      | 4        | TRAIL12985  | Gary      | Noakes       | 5km Trail Run/Walk | Male   | 57  | Master (50-59)      | 00:42:01 |
| 25                      | 64      | 11       | TA0186      | Bryan     | Noakes       | 5km Trail Run/Walk | Male   | 32  | Sub-Veteran (30-39) | 00:42:04 |
| 26                      | 67      | 3        | TA0428      | Curi      | Le Roux      | 5km Trail Run/Walk | Male   | 20  | Senior (19-29)      | 00:43:10 |
| 27                      | 71      | 5        | TA1665      | Joe       | De Beer      | 5km Trail Run/Walk | Male   | 53  | Master (50-59)      | 00:44:46 |
| 28                      | 74      | 7        | TA1595      | Gerrie    | Kruger       | 5km Trail Run/Walk | Male   | 46  | Veteran (40-49)     | 00:45:11 |
| 29                      | 75      | 12       | TA1583      | Neil      | Wallis       | 5km Trail Run/Walk | Male   | 32  | Sub-Veteran (30-39) | 00:46:20 |
| 30                      | 79      | 1        | TA0527      | Justin    | Van Heerden  | 5km Trail Run/Walk | Male   | 15  | 12 to 15            | 00:46:41 |
| 31                      | 87      | 1        | TA0163      | Neville   | Muir         | 5km Trail Run/Walk | Male   | 79  | Grand-Master (60+)  | 00:49:41 |
| 32                      | 92      | 8        | TA1748      | Herman    | Rapetsoa     | 5km Trail Run/Walk | Male   | 44  | Veteran (40-49)     | 00:54:41 |
| 33                      | 93      | 9        | TA1796      | Moses     | Mapasa       | 5km Trail Run/Walk | Male   | 44  | Veteran (40-49)     | 00:54:47 |

| 5km Trail Run/Walk:Female |         |          |             |             |                 |                    |        |     |                     |          |
|---------------------------|---------|----------|-------------|-------------|-----------------|--------------------|--------|-----|---------------------|----------|
| Gender                    | Overall | Category | Race Number | Name        | Surname         | Activity           | Gender | Age | Category            | Duration |
| 1                         | 5       | 1        | TA0288      | Marike      | Roos            | 5km Trail Run/Walk | Female | 18  | 16 to 18            | 00:24:18 |
| 2                         | 7       | 1        | TA0487      | Linda       | Van Den Berg    | 5km Trail Run/Walk | Female | 39  | Sub-Veteran (30-39) | 00:26:02 |
| 3                         | 13      | 1        | TA0297      | Jeanri      | Vorster         | 5km Trail Run/Walk | Female | 29  | Senior (19-29)      | 00:28:31 |
| 4                         | 15      | 1        | TA0345      | Simone      | Howarth         | 5km Trail Run/Walk | Female | 44  | Veteran (40-49)     | 00:28:41 |
| 5                         | 17      | 2        | TRAIL13015  | Nadia       | Bosch           | 5km Trail Run/Walk | Female | 46  | Veteran (40-49)     | 00:28:49 |
| 6                         | 18      | 1        | TRAIL12290  | Georgina    | Bester          | 5km Trail Run/Walk | Female | 53  | Master (50-59)      | 00:29:29 |
| 7                         | 20      | 2        | TA0202      | Paula       | Venzke          | 5km Trail Run/Walk | Female | 37  | Sub-Veteran (30-39) | 00:29:35 |
| 8                         | 21      | 3        | TA0719      | Marianne    | Seeta           | 5km Trail Run/Walk | Female | 34  | Sub-Veteran (30-39) | 00:30:39 |
| 9                         | 23      | 2        | TA0405      | Anne-gaëlle | Guérin          | 5km Trail Run/Walk | Female | 21  | Senior (19-29)      | 00:31:09 |
| 10                        | 24      | 3        | TA0287      | Marie       | Seguin          | 5km Trail Run/Walk | Female | 22  | Senior (19-29)      | 00:31:12 |
| 11                        | 25      | 3        | TA0269      | Carla       | Mancini         | 5km Trail Run/Walk | Female | 43  | Veteran (40-49)     | 00:31:17 |
| 12                        | 26      | 4        | TA0403      | Karin       | Smit            | 5km Trail Run/Walk | Female | 43  | Veteran (40-49)     | 00:31:22 |
| 13                        | 28      | 4        | TA0379      | Marcelle    | Volschenk       | 5km Trail Run/Walk | Female | 39  | Sub-Veteran (30-39) | 00:32:24 |
| 14                        | 29      | 5        | TA1536      | Charlotte   | Rossouw         | 5km Trail Run/Walk | Female | 39  | Sub-Veteran (30-39) | 00:32:33 |
| 15                        | 31      | 4        | TA0173      | Elicia      | Deetlefs        | 5km Trail Run/Walk | Female | 28  | Senior (19-29)      | 00:33:19 |
| 16                        | 32      | 6        | TA0349      | Zandre      | Williams        | 5km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 00:33:34 |
| 17                        | 33      | 7        | TA0223      | Natasha     | Zulu            | 5km Trail Run/Walk | Female | 35  | Sub-Veteran (30-39) | 00:33:38 |
| 18                        | 34      | 8        | TRAIL12665  | Adri        | Slabbert        | 5km Trail Run/Walk | Female | 38  | Sub-Veteran (30-39) | 00:34:04 |
| 19                        | 36      | 9        | TA1519      | Rozanne     | Mitchel         | 5km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 00:34:09 |
| 20                        | 37      | 5        | TRAIL11728  | Tamarin     | Jurgens         | 5km Trail Run/Walk | Female | 29  | Senior (19-29)      | 00:34:19 |
| 21                        | 39      | 10       | TA0036      | Marina      | Janse Van Vuren | 5km Trail Run/Walk | Female | 34  | Sub-Veteran (30-39) | 00:34:24 |
| 22                        | 40      | 2        | TA0352      | Molene      | Scheepers       | 5km Trail Run/Walk | Female | 52  | Master (50-59)      | 00:34:30 |
| 23                        | 41      | 11       | TA1724      | Michelle    | Gordon          | 5km Trail Run/Walk | Female | 34  | Sub-Veteran (30-39) | 00:35:01 |
| 24                        | 42      | 5        | TA1599      | Tebogo      | Malope          | 5km Trail Run/Walk | Female | 47  | Veteran (40-49)     | 00:35:05 |
| 25                        | 43      | 6        | TA0425      | Nicola      | Klue            | 5km Trail Run/Walk | Female | 28  | Senior (19-29)      | 00:35:07 |
| 26                        | 44      | 12       | TA0147      | Gontse      | Mbelu           | 5km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 00:35:09 |
| 27                        | 46      | 1        | TA0030      | Onthatile   | Malope          | 5km Trail Run/Walk | Female | 12  | 12 to 15            | 00:35:18 |
| 28                        | 47      | 13       | TA0511      | Cecile      | Masuret         | 5km Trail Run/Walk | Female | 34  | Sub-Veteran (30-39) | 00:35:47 |
| 29                        | 48      | 14       | TRAIL10579  | Maryke      | Steenkamp       | 5km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 00:36:26 |
| 30                        | 50      | 6        | TRAIL10850  | Wika        | Esterhuizen     | 5km Trail Run/Walk | Female | 45  | Veteran (40-49)     | 00:36:35 |
| 31                        | 51      | 7        | TA0477      | Elzabe      | Heymans         | 5km Trail Run/Walk | Female | 43  | Veteran (40-49)     | 00:37:13 |
| 32                        | 53      | 7        | TRAIL12852  | Charnay     | Du Plessis      | 5km Trail Run/Walk | Female | 25  | Senior (19-29)      | 00:39:03 |
| 33                        | 54      | 8        | TA2138      | Lucia       | Mabasa          | 5km Trail Run/Walk | Female | 40  | Veteran (40-49)     | 00:39:23 |
| 34                        | 55      | 9        | TRAIL12661  | Jeanine     | Annandale       | 5km Trail Run/Walk | Female | 46  | Veteran (40-49)     | 00:39:26 |
| 35                        | 56      | 10       | TRAIL12148  | Naome       | Swanepoel       | 5km Trail Run/Walk | Female | 44  | Veteran (40-49)     | 00:39:37 |
| 36                        | 57      | 11       | TA1587      | Ronelle     | Van Heerden     | 5km Trail Run/Walk | Female | 44  | Veteran (40-49)     | 00:40:08 |
| 37                        | 58      | 15       | TA1604      | Martelie    | Laney           | 5km Trail Run/Walk | Female | 38  | Sub-Veteran (30-39) | 00:40:14 |
| 38                        | 61      | 1        | TA0047      | Helene      | Van Diemen      | 5km Trail Run/Walk | Female | 64  | Grand-Master (60+)  | 00:41:51 |
| 39                        | 62      | 12       | TA0042      | Leigh       | Cator           | 5km Trail Run/Walk | Female | 42  | Veteran (40-49)     | 00:41:54 |
| 40                        | 65      | 8        | TA1741      | Nadine      | Hurter          | 5km Trail Run/Walk | Female | 23  | Senior (19-29)      | 00:42:13 |

|    |    |    |            |                  |              |                    |        |    |                     |          |
|----|----|----|------------|------------------|--------------|--------------------|--------|----|---------------------|----------|
| 41 | 66 | 13 | TA1663     | Petra            | De Beer      | 5km Trail Run/Walk | Female | 42 | Veteran (40-49)     | 00:42:16 |
| 42 | 68 | 2  | TA0179     | Chanelle         | Uys          | 5km Trail Run/Walk | Female | 17 | 16 to 18            | 00:43:15 |
| 43 | 69 | 16 | TA0667     | Thabiso          | Maapola      | 5km Trail Run/Walk | Female | 32 | Sub-Veteran (30-39) | 00:43:20 |
| 44 | 70 | 1  | TA0384     | Chloe            | Kruger       | 5km Trail Run/Walk | Female | 8  | Under 11            | 00:44:05 |
| 45 | 72 | 17 | TA1571     | Belinda          | Cawood       | 5km Trail Run/Walk | Female | 37 | Sub-Veteran (30-39) | 00:45:06 |
| 46 | 73 | 18 | TA0189     | Avashni          | Dass         | 5km Trail Run/Walk | Female | 35 | Sub-Veteran (30-39) | 00:45:08 |
| 47 | 76 | 3  | TA0197     | Andani           | Mapasa       | 5km Trail Run/Walk | Female | 18 | 16 to 18            | 00:46:25 |
| 48 | 77 | 19 | TA1734     | Lorato           | Moabelo      | 5km Trail Run/Walk | Female | 31 | Sub-Veteran (30-39) | 00:46:31 |
| 49 | 78 | 20 | TA0356     | Dianetshegofatso | Rapetsoa     | 5km Trail Run/Walk | Female | 39 | Sub-Veteran (30-39) | 00:46:39 |
| 50 | 80 | 21 | TA0192     | Lilize           | Hill         | 5km Trail Run/Walk | Female | 34 | Sub-Veteran (30-39) | 00:46:46 |
| 51 | 81 | 3  | TA1647     | Manuela          | Jakoby       | 5km Trail Run/Walk | Female | 51 | Master (50-59)      | 00:47:08 |
| 52 | 82 | 4  | TA1516     | Rehijeta         | Hasdehtefel  | 5km Trail Run/Walk | Female | 55 | Master (50-59)      | 00:47:18 |
| 53 | 83 | 14 | TA0414     | Suzette          | Van Heerden  | 5km Trail Run/Walk | Female | 45 | Veteran (40-49)     | 00:47:23 |
| 54 | 84 | 15 | TA0524     | Cathy            | Bezuidenhout | 5km Trail Run/Walk | Female | 45 | Veteran (40-49)     | 00:47:25 |
| 55 | 85 | 22 | TA1707     | Cora-marie       | De Bruin     | 5km Trail Run/Walk | Female | 35 | Sub-Veteran (30-39) | 00:48:40 |
| 56 | 86 | 16 | TA0573     | Eunice           | Lemeethe     | 5km Trail Run/Walk | Female | 48 | Veteran (40-49)     | 00:49:34 |
| 57 | 88 | 17 | TA1697     | Liziwe           | Nkayane      | 5km Trail Run/Walk | Female | 43 | Veteran (40-49)     | 00:50:31 |
| 58 | 89 | 5  | TRAIL10339 | Busi             | Ngwenya      | 5km Trail Run/Walk | Female | 50 | Master (50-59)      | 00:50:33 |
| 59 | 90 | 23 | TA0413     | Mamelo           | Muinselwa    | 5km Trail Run/Walk | Female | 30 | Sub-Veteran (30-39) | 00:52:36 |
| 60 | 91 | 9  | TA0121     | Tshiamo          | Ragetsoa     | 5km Trail Run/Walk | Female | 19 | Senior (19-29)      | 00:54:25 |
| 61 | 94 | 18 | TRAIL11923 | Mathilda         | Williams     | 5km Trail Run/Walk | Female | 49 | Veteran (40-49)     | 00:58:47 |
| 62 | 95 | 24 | TA0422     | Megan            | Marais       | 5km Trail Run/Walk | Female | 39 | Sub-Veteran (30-39) | 01:02:18 |
| 63 | 96 | 2  | TA1636     | Gillian          | Fowler       | 5km Trail Run/Walk | Female | 72 | Grand-Master (60+)  | 01:02:25 |