



AdventureRun : Smuts Irene River

AdventureTails RiverWalk and Run on 1st February 2020



21km:Male

| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
|--------|---------|----------|-------------|---------|-------------|----------|--------|-----|---------------------|----------|
| 1 | 1 | 1 | TA2498 | Christo | Muller | 21km | Male | 51 | Master (50-59) | 01:48:07 |
| 2 | 2 | 1 | TRAIL11784 | Stephen | Atkinson | 21km | Male | 40 | Veteran (40-49) | 01:53:28 |
| 3 | 3 | 2 | TA2686 | Richard | Proctor | 21km | Male | 50 | Master (50-59) | 02:01:57 |
| 4 | 4 | 3 | TA2973 | Modise | Koofhethile | 21km | Male | 51 | Master (50-59) | 02:12:09 |
| 5 | 5 | 4 | TA2621 | Dipuo | Masege | 21km | Male | 52 | Master (50-59) | 02:27:50 |
| 6 | 6 | 1 | TA3492 | Magwaza | Sifiso | 21km | Male | 39 | Sub-Veteran (30-39) | 02:27:57 |
| 7 | 8 | 2 | TA2971 | Regan | Cherry | 21km | Male | 40 | Veteran (40-49) | 02:33:32 |
| 8 | 10 | 1 | TA2567 | Deon | Taljaard | 21km | Male | 28 | Senior (19-29) | 02:41:00 |
| 9 | 11 | 2 | TA3045 | Martin | Botha | 21km | Male | 34 | Sub-Veteran (30-39) | 02:42:24 |
| 10 | 12 | 3 | TRAIL20190 | Abraham | Motana | 21km | Male | 41 | Veteran (40-49) | 02:46:33 |
| 11 | 14 | 4 | TRAIL12499 | Sello | Matjila | 21km | Male | 43 | Veteran (40-49) | 03:13:22 |

21km:Female

| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
|--------|---------|----------|-------------|----------|-------------|----------|--------|-----|---------------------|----------|
| 1 | 7 | 1 | TA2568 | Theonita | De Villiers | 21km | Female | 45 | Veteran (40-49) | 02:31:51 |
| 2 | 9 | 2 | TA2591 | Karin | Muller | 21km | Female | 49 | Veteran (40-49) | 02:40:52 |
| 3 | 13 | 1 | TA2538 | Lebo | Sedupane | 21km | Female | 34 | Sub-Veteran (30-39) | 03:07:37 |
| 4 | 15 | 3 | TA2585 | Tumi | Legobye | 21km | Female | 47 | Veteran (40-49) | 03:13:24 |
| 5 | 16 | 4 | TRAIL20533 | Gugu | Zulu | 21km | Female | 43 | Veteran (40-49) | 03:59:08 |
| 6 | 17 | 5 | TRAIL10053 | Adele | Sutherland | 21km | Female | 41 | Veteran (40-49) | 04:00:30 |

15km:Male

| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
|--------|---------|----------|-------------|-----------|---------|----------|--------|-----|---------------------|----------|
| 1 | 1 | 1 | TA3060 | Rudi | Wessels | 15km | Male | 31 | Sub-Veteran (30-39) | 01:28:30 |
| 2 | 2 | 1 | TA2477 | Nick | Latta | 15km | Male | 48 | Veteran (40-49) | 01:36:20 |
| 3 | 4 | 1 | TA2654 | Peet | Lategan | 15km | Male | 50 | Master (50-59) | 01:44:13 |
| 4 | 5 | 1 | TA2959 | Aldu | Duminy | 15km | Male | 25 | Senior (19-29) | 01:49:39 |
| 5 | 8 | 2 | TA2979 | Mauritz | Botha | 15km | Male | 31 | Sub-Veteran (30-39) | 01:57:52 |
| 6 | 10 | 2 | TA2541 | Christo | Pienaar | 15km | Male | 46 | Veteran (40-49) | 02:03:03 |
| 7 | 13 | 3 | TA2603 | Alexander | Duys | 15km | Male | 34 | Sub-Veteran (30-39) | 02:09:14 |
| 8 | 14 | 3 | TA3041 | Martin | Jooste | 15km | Male | 46 | Veteran (40-49) | 02:11:40 |
| 9 | 15 | 4 | TA2961 | Nhlahla | Sebola | 15km | Male | 40 | Veteran (40-49) | 02:14:00 |
| 10 | 16 | 1 | TA3536 | Sol | Jacobs | 15km | Male | 75 | Grand-Master (60+) | 02:26:02 |

15km:Female

| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
|--------|---------|----------|-------------|----------|------------|----------|--------|-----|---------------------|----------|
| 1 | 3 | 1 | TA2996 | Kate | Brading | 15km | Female | 45 | Veteran (40-49) | 01:38:13 |
| 2 | 6 | 1 | TA2523 | Lardi | Meyer | 15km | Female | 30 | Sub-Veteran (30-39) | 01:51:26 |
| 3 | 7 | 2 | TA3406 | Elsabã© | Ebersohn | 15km | Female | 31 | Sub-Veteran (30-39) | 01:54:45 |
| 4 | 9 | 3 | TA2519 | Anika | Meyer | 15km | Female | 32 | Sub-Veteran (30-39) | 02:01:42 |
| 5 | 11 | 2 | TA2902 | Bernitta | Booyesen | 15km | Female | 44 | Veteran (40-49) | 02:08:40 |
| 6 | 12 | 3 | TA3015 | Nadine | Swiegelaar | 15km | Female | 41 | Veteran (40-49) | 02:09:08 |
| 7 | 17 | 4 | TA3409 | Ofentse | Maduse | 15km | Female | 33 | Sub-Veteran (30-39) | 02:26:34 |
| 8 | 18 | 5 | TA2949 | Sandiso | Maseko | 15km | Female | 33 | Sub-Veteran (30-39) | 02:30:40 |
| 9 | 19 | 6 | TA2459 | Vuyi | Majola | 15km | Female | 36 | Sub-Veteran (30-39) | 02:38:08 |
| 10 | 20 | 7 | TA2963 | Sizo | Kganakga | 15km | Female | 35 | Sub-Veteran (30-39) | 03:01:14 |

| 10km:Male | | | | | | | | | | |
|-----------|---------|----------|-------------|--------------|----------------|----------|--------|-----|---------------------|----------|
| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
| 1 | 2 | 1 | TA2207 | Christopher | Westray | 10km | Male | 33 | Sub-Veteran (30-39) | 01:06:54 |
| 2 | 4 | 2 | TA2146 | Helder | Morais | 10km | Male | 38 | Sub-Veteran (30-39) | 01:12:14 |
| 3 | 5 | 3 | TA2166 | Jacobus | Pieterse | 10km | Male | 33 | Sub-Veteran (30-39) | 01:12:22 |
| 4 | 8 | 1 | TRAIL20628 | Geoff | Lupton-smith | 10km | Male | 62 | Grand-Master (60+) | 01:13:49 |
| 5 | 10 | 1 | TA2029 | Neil | Volschenk | 10km | Male | 24 | Senior (19-29) | 01:14:02 |
| 6 | 11 | 1 | TA2309 | Henco | Cronje | 10km | Male | 45 | Veteran (40-49) | 01:15:21 |
| 7 | 15 | 2 | TA1900 | Byron | Forsberg | 10km | Male | 27 | Senior (19-29) | 01:21:01 |
| 8 | 16 | 2 | TRAIL20725 | Gerald | Steyn | 10km | Male | 68 | Grand-Master (60+) | 01:22:46 |
| 9 | 18 | 3 | TA2078 | Dewald | Van Biljon | 10km | Male | 60 | Grand-Master (60+) | 01:23:59 |
| 10 | 20 | 2 | TA2164 | Jonathan | Russell | 10km | Male | 47 | Veteran (40-49) | 01:26:14 |
| 11 | 22 | 3 | TA2224 | Christo | Truter | 10km | Male | 49 | Veteran (40-49) | 01:26:41 |
| 12 | 25 | 4 | TA2147 | Aubrey | Modise | 10km | Male | 33 | Sub-Veteran (30-39) | 01:28:56 |
| 13 | 26 | 5 | TA1955 | Graeme | Mcnocher | 10km | Male | 32 | Sub-Veteran (30-39) | 01:29:24 |
| 14 | 32 | 4 | TRAIL20193 | Hein | Lange | 10km | Male | 62 | Grand-Master (60+) | 01:44:00 |
| 15 | 38 | 3 | TA2158 | Jasper | Theron | 10km | Male | 28 | Senior (19-29) | 01:46:36 |
| 16 | 40 | 6 | TA2355 | Leshoto | Rathete | 10km | Male | 32 | Sub-Veteran (30-39) | 01:50:19 |
| 17 | 41 | 5 | TA2159 | Blackie | Swart | 10km | Male | 60 | Grand-Master (60+) | 01:50:27 |
| 18 | 43 | 7 | TA1937 | Hendri | Venter | 10km | Male | 30 | Sub-Veteran (30-39) | 01:51:21 |
| 19 | 46 | 6 | TA2202 | Christopher | Harrison | 10km | Male | 61 | Grand-Master (60+) | 01:51:52 |
| 20 | 51 | 7 | TA2109 | Andrzej | Kijko | 10km | Male | 71 | Grand-Master (60+) | 02:00:13 |
| 21 | 52 | 4 | TA2184 | Dioka M | Mahwiliri | 10km | Male | 42 | Veteran (40-49) | 02:01:52 |
| 22 | 54 | 8 | TA2228 | Matome | Rammutla | 10km | Male | 35 | Sub-Veteran (30-39) | 02:08:49 |
| 23 | 56 | 8 | TA1874 | Andries | Bouwer | 10km | Male | 63 | Grand-Master (60+) | 02:11:04 |
| 24 | 61 | 9 | TA1924 | Letlhogonolo | Diale | 10km | Male | 38 | Sub-Veteran (30-39) | 02:24:34 |
| 25 | 64 | 4 | TA2152 | Anrico | Marius Heystek | 10km | Male | 22 | Senior (19-29) | 02:36:10 |

| 10km:Female | | | | | | | | | | |
|-------------|---------|----------|-------------|---------------|--------------|----------|--------|-----|---------------------|----------|
| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
| 1 | 1 | 1 | TA2533 | Yolan | Friedmann | 10km | Female | 47 | Veteran (40-49) | 01:06:19 |
| 2 | 3 | 1 | TA2150 | Lesley | Manning | 10km | Female | 28 | Senior (19-29) | 01:08:18 |
| 3 | 6 | 2 | TA2024 | Louisa | Heneghen | 10km | Female | 29 | Senior (19-29) | 01:12:47 |
| 4 | 7 | 1 | TA2326 | Stellah | Kwasi | 10km | Female | 31 | Sub-Veteran (30-39) | 01:12:51 |
| 5 | 9 | 3 | TA1915 | Carli | Dalebout | 10km | Female | 24 | Senior (19-29) | 01:13:57 |
| 6 | 12 | 2 | TA2140 | Marche | Cronje | 10km | Female | 45 | Veteran (40-49) | 01:15:22 |
| 7 | 13 | 4 | TA1963 | Andrea | Bursey | 10km | Female | 27 | Senior (19-29) | 01:18:01 |
| 8 | 14 | 5 | TA1830 | Samantha | Mcintosh | 10km | Female | 27 | Senior (19-29) | 01:20:58 |
| 9 | 17 | 3 | TA1994 | Heidi | Botha | 10km | Female | 41 | Veteran (40-49) | 01:23:30 |
| 10 | 19 | 4 | TA2281 | Pauline | Knoetze | 10km | Female | 43 | Veteran (40-49) | 01:25:32 |
| 11 | 21 | 5 | TA1990 | Mignon | Russell | 10km | Female | 44 | Veteran (40-49) | 01:26:16 |
| 12 | 23 | 6 | TA1920 | Shavon Nicole | Etches | 10km | Female | 24 | Senior (19-29) | 01:26:50 |
| 13 | 24 | 6 | TRAIL10430 | Celia | Van Niekerk | 10km | Female | 49 | Veteran (40-49) | 01:27:37 |
| 14 | 27 | 2 | TA2383 | Lusanda | Kali | 10km | Female | 36 | Sub-Veteran (30-39) | 01:31:38 |
| 15 | 28 | 3 | TA1804 | Corrie | Wright | 10km | Female | 36 | Sub-Veteran (30-39) | 01:36:07 |
| 16 | 29 | 7 | TA1889 | Chan✦ | Meyer | 10km | Female | 26 | Senior (19-29) | 01:36:15 |
| 17 | 30 | 4 | TA2363 | Ziska | De Jager | 10km | Female | 36 | Sub-Veteran (30-39) | 01:43:38 |
| 18 | 31 | 5 | TRAIL20131 | Mariet | Lange | 10km | Female | 38 | Sub-Veteran (30-39) | 01:43:41 |
| 19 | 33 | 8 | TA1825 | Caro | Malherbe | 10km | Female | 29 | Senior (19-29) | 01:45:09 |
| 20 | 34 | 7 | TA2003 | Susie | Latta | 10km | Female | 48 | Veteran (40-49) | 01:46:04 |
| 21 | 35 | 9 | TA2128 | Erika | Botha | 10km | Female | 29 | Senior (19-29) | 01:46:27 |
| 22 | 36 | 1 | TA2296 | Joey | Swart | 10km | Female | 56 | Master (50-59) | 01:46:31 |
| 23 | 37 | 6 | TA1807 | Sherilynn | Isaacs | 10km | Female | 34 | Sub-Veteran (30-39) | 01:46:33 |
| 24 | 39 | 10 | TA1899 | Atlegang | Molubi | 10km | Female | 27 | Senior (19-29) | 01:50:16 |
| 25 | 42 | 7 | TA2097 | Chantel | Van Tubbergh | 10km | Female | 30 | Sub-Veteran (30-39) | 01:51:20 |
| 26 | 44 | 2 | TA2258 | Leigh | Harrison | 10km | Female | 55 | Master (50-59) | 01:51:48 |
| 27 | 45 | 11 | TA2069 | Shervon | Harrison | 10km | Female | 28 | Senior (19-29) | 01:51:50 |
| 28 | 47 | 8 | TA1976 | Carmen | Watt | 10km | Female | 30 | Sub-Veteran (30-39) | 01:52:34 |
| 29 | 48 | 8 | TA2280 | Alana | De Wet | 10km | Female | 48 | Veteran (40-49) | 01:55:50 |
| 30 | 49 | 9 | TRAIL11018 | Carla | Van Coller | 10km | Female | 30 | Sub-Veteran (30-39) | 01:55:58 |
| 31 | 50 | 10 | TA2299 | Juanita | Bouwer | 10km | Female | 33 | Sub-Veteran (30-39) | 01:59:20 |
| 32 | 53 | 11 | TA2390 | Puseletso | Sedibana | 10km | Female | 37 | Sub-Veteran (30-39) | 02:02:21 |
| 33 | 55 | 1 | TA1270 | Khutso | Hadi | 10km | Female | 7 | Under 11 | 02:08:52 |
| 34 | 57 | 1 | TA2333 | Elna | Bouwer | 10km | Female | 66 | Grand-Master (60+) | 02:11:07 |
| 35 | 58 | 12 | TA1966 | Amohelang | Ledwaba | 10km | Female | 31 | Sub-Veteran (30-39) | 02:13:08 |
| 36 | 59 | 9 | TRAIL12674 | Cindy | Thomas | 10km | Female | 49 | Veteran (40-49) | 02:21:08 |
| 37 | 60 | 10 | TA2038 | Kim | Kensley | 10km | Female | 42 | Veteran (40-49) | 02:21:16 |
| 38 | 62 | 13 | TA2095 | Lorato | Diale | 10km | Female | 33 | Sub-Veteran (30-39) | 02:24:39 |
| 39 | 63 | 3 | TA1801 | Elanie | Kruger | 10km | Female | 54 | Master (50-59) | 02:35:49 |
| 40 | 65 | 12 | TA2014 | Leandri | Heystek | 10km | Female | 25 | Senior (19-29) | 03:24:11 |

41

66

14

TA2196

Emma

Cole

10km

Female

36

Sub-Veteran (30-39)

03:24:31

| 5km:Male | | | | | | | | | | |
|----------|---------|----------|-------------|-------------|---------------|----------|--------|-----|---------------------|----------|
| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
| 1 | 1 | 1 | TA0436 | Francois | Schaap | 5km | Male | 48 | Veteran (40-49) | 00:32:28 |
| 2 | 3 | 2 | TA1490 | Wessel | Vermeulen | 5km | Male | 42 | Veteran (40-49) | 00:35:47 |
| 3 | 4 | 1 | TA1481 | Wessel | Vermeulen | 5km | Male | 10 | Under 11 | 00:35:54 |
| 4 | 5 | 1 | TRAIL20054 | Dewald | Engels | 5km | Male | 37 | Sub-Veteran (30-39) | 00:36:16 |
| 5 | 7 | 2 | TA1386 | Robert | Thackwell | 5km | Male | 34 | Sub-Veteran (30-39) | 00:36:44 |
| 6 | 8 | 1 | TA0570 | Rashil | Madaree | 5km | Male | 29 | Senior (19-29) | 00:36:48 |
| 7 | 13 | 3 | TA1321 | Sw | Engelbrecht | 5km | Male | 41 | Veteran (40-49) | 00:38:56 |
| 8 | 14 | 1 | TA1245 | Colin | Williams | 5km | Male | 60 | Grand-Master (60+) | 00:40:00 |
| 9 | 17 | 2 | TA1467 | Jean-pierre | Vermeulen | 5km | Male | 6 | Under 11 | 00:41:12 |
| 10 | 18 | 3 | TA1595 | Lodewijk | Vermeulen | 5km | Male | 8 | Under 11 | 00:41:15 |
| 11 | 21 | 4 | TA1575 | Jacques | Prinsloo | 5km | Male | 40 | Veteran (40-49) | 00:43:36 |
| 12 | 24 | 2 | TA1449 | Walter | Gilfillan | 5km | Male | 63 | Grand-Master (60+) | 00:45:04 |
| 13 | 31 | 1 | TA1436 | Mike | Doman | 5km | Male | 59 | Master (50-59) | 00:47:06 |
| 14 | 36 | 5 | TA0252 | Riaan | Swart | 5km | Male | 43 | Veteran (40-49) | 00:50:36 |
| 15 | 38 | 3 | TA1539 | Fred | Poggenpoel | 5km | Male | 75 | Grand-Master (60+) | 00:50:40 |
| 16 | 39 | 2 | TA0286 | Alex | Wrbka | 5km | Male | 24 | Senior (19-29) | 00:50:58 |
| 17 | 40 | 3 | TA1334 | Hansie | Maphanga | 5km | Male | 32 | Sub-Veteran (30-39) | 00:51:41 |
| 18 | 48 | 4 | TA1324 | Steyn | Wolmarans | 5km | Male | 30 | Sub-Veteran (30-39) | 00:54:22 |
| 19 | 50 | 4 | TA0184 | Adam | Van Rooyen | 5km | Male | 11 | Under 11 | 00:54:48 |
| 20 | 51 | 5 | TA1295 | Terence | Jansen | 5km | Male | 32 | Sub-Veteran (30-39) | 00:54:49 |
| 21 | 60 | 3 | TA1505 | Muaaz | Muhammad | 5km | Male | 23 | Senior (19-29) | 00:56:50 |
| 22 | 61 | 4 | TA0428 | Wahhaab | Muhammad | 5km | Male | 20 | Senior (19-29) | 00:56:53 |
| 23 | 62 | 4 | TA0404 | Lynne | Theron | 5km | Male | 62 | Grand-Master (60+) | 00:57:37 |
| 24 | 79 | 5 | TA1526 | Victor | Botha | 5km | Male | 6 | Under 11 | 01:09:28 |
| 25 | 81 | 6 | TA1457 | Regart | Swanepoel | 5km | Male | 34 | Sub-Veteran (30-39) | 01:09:54 |
| 26 | 82 | 6 | TA0179 | Jonathan | Kruger | 5km | Male | 6 | Under 11 | 01:10:04 |
| 27 | 85 | 6 | TA0401 | Danie | Delpport | 5km | Male | 49 | Veteran (40-49) | 01:16:34 |
| 28 | 86 | 5 | TA1291 | Dirk | Van Papendorp | 5km | Male | 70 | Grand-Master (60+) | 01:16:41 |
| 29 | 89 | 5 | TA1440 | Tiaan | Delpport | 5km | Male | 20 | Senior (19-29) | 01:19:42 |
| 30 | 91 | 7 | TA1318 | Lance | Eder | 5km | Male | 41 | Veteran (40-49) | 01:20:48 |

| 5km:Female | | | | | | | | | | |
|------------|---------|----------|-------------|-----------|----------------|----------|--------|-----|---------------------|----------|
| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
| 1 | 2 | 1 | TA1493 | Jeanine | Schaap | 5km | Female | 41 | Veteran (40-49) | 00:32:28 |
| 2 | 6 | 1 | TA1535 | Nerina | Pistorius | 5km | Female | 24 | Senior (19-29) | 00:36:33 |
| 3 | 9 | 1 | TA0234 | Helosie | Pieterse | 5km | Female | 30 | Sub-Veteran (30-39) | 00:38:17 |
| 4 | 10 | 2 | TA1310 | Monique | Pretorius | 5km | Female | 31 | Sub-Veteran (30-39) | 00:38:22 |
| 5 | 11 | 2 | TA1297 | Kirstin | Thackwell | 5km | Female | 29 | Senior (19-29) | 00:38:46 |
| 6 | 12 | 3 | TA1427 | Celeste | Engelbrecht | 5km | Female | 37 | Sub-Veteran (30-39) | 00:38:55 |
| 7 | 15 | 2 | TA1249 | Tasha | Fourie | 5km | Female | 42 | Veteran (40-49) | 00:40:05 |
| 8 | 16 | 3 | TA0163 | Chantelle | Vermeulen | 5km | Female | 42 | Veteran (40-49) | 00:40:59 |
| 9 | 19 | 4 | TA1461 | Heloise | Duys | 5km | Female | 35 | Sub-Veteran (30-39) | 00:42:50 |
| 10 | 20 | 3 | TA0405 | Carmen | Kilian | 5km | Female | 24 | Senior (19-29) | 00:42:57 |
| 11 | 22 | 4 | TA1333 | Leandre | Prinsloo | 5km | Female | 28 | Senior (19-29) | 00:43:45 |
| 12 | 23 | 1 | TA1352 | Annemarie | Nieuwenhuizen | 5km | Female | 58 | Master (50-59) | 00:44:29 |
| 13 | 25 | 4 | TA1525 | Nicolette | Gilfillan | 5km | Female | 49 | Veteran (40-49) | 00:45:05 |
| 14 | 26 | 5 | TA0176 | Sane | Louw | 5km | Female | 48 | Veteran (40-49) | 00:45:40 |
| 15 | 27 | 5 | TRAIL12170 | Cornelia | Hutchinson | 5km | Female | 38 | Sub-Veteran (30-39) | 00:46:03 |
| 16 | 28 | 1 | TRAIL20777 | Janine | Rust | 5km | Female | 61 | Grand-Master (60+) | 00:46:20 |
| 17 | 29 | 5 | TA1240 | Michelle | Van Der Schyff | 5km | Female | 27 | Senior (19-29) | 00:46:25 |
| 18 | 30 | 6 | TA1277 | Jessica | De Nobrega | 5km | Female | 22 | Senior (19-29) | 00:46:58 |
| 19 | 32 | 2 | TA1356 | Marietjie | Pistorius | 5km | Female | 57 | Master (50-59) | 00:47:27 |
| 20 | 33 | 6 | TA0297 | Takalani | Davhana | 5km | Female | 35 | Sub-Veteran (30-39) | 00:48:32 |
| 21 | 34 | 6 | TA0280 | Janice | Hattingh | 5km | Female | 43 | Veteran (40-49) | 00:49:45 |
| 22 | 35 | 2 | TA1346 | Karien | Van Deventer | 5km | Female | 61 | Grand-Master (60+) | 00:49:54 |
| 23 | 37 | 7 | TA1508 | Colette | Swart | 5km | Female | 41 | Veteran (40-49) | 00:50:38 |
| 24 | 41 | 7 | TA1503 | Kelcey | Hill | 5km | Female | 23 | Senior (19-29) | 00:52:10 |
| 25 | 42 | 8 | TA1214 | Erin | Hill | 5km | Female | 26 | Senior (19-29) | 00:52:15 |
| 26 | 43 | 8 | TA0490 | Annalize | Schouten | 5km | Female | 47 | Veteran (40-49) | 00:52:36 |
| 27 | 44 | 7 | TRAIL11200 | Dianne | Seymour | 5km | Female | 39 | Sub-Veteran (30-39) | 00:53:04 |
| 28 | 45 | 3 | TA1433 | Louise | Williams | 5km | Female | 66 | Grand-Master (60+) | 00:53:15 |
| 29 | 46 | 4 | TA1309 | Linda | Horne | 5km | Female | 66 | Grand-Master (60+) | 00:53:19 |
| 30 | 47 | 5 | TA0429 | Liz | Malan | 5km | Female | 60 | Grand-Master (60+) | 00:54:10 |
| 31 | 49 | 8 | TA1707 | Leonie | Knoetze | 5km | Female | 33 | Sub-Veteran (30-39) | 00:54:31 |
| 32 | 52 | 9 | TRAIL12329 | Cherise | Marais | 5km | Female | 32 | Sub-Veteran (30-39) | 00:54:51 |
| 33 | 53 | 10 | TA0183 | Trusha | Budram | 5km | Female | 30 | Sub-Veteran (30-39) | 00:55:47 |
| 34 | 54 | 6 | TRAIL20199 | Grazyna | Kijko | 5km | Female | 70 | Grand-Master (60+) | 00:55:50 |
| 35 | 55 | 9 | TA0600 | Sumare | Maritz | 5km | Female | 21 | Senior (19-29) | 00:56:05 |
| 36 | 56 | 9 | TA0197 | Latiefa | Muhammad | 5km | Female | 46 | Veteran (40-49) | 00:56:24 |
| 37 | 57 | 10 | TA1462 | Anita | Cebisa | 5km | Female | 27 | Senior (19-29) | 00:56:29 |
| 38 | 58 | 11 | TA1289 | Naledi | Gasekoma | 5km | Female | 24 | Senior (19-29) | 00:56:32 |
| 39 | 59 | 3 | TA1661 | Helmien | Van Biljon | 5km | Female | 58 | Master (50-59) | 00:56:48 |
| 40 | 63 | 7 | TA1466 | Lorraine | King | 5km | Female | 63 | Grand-Master (60+) | 00:57:42 |

| | | | | | | | | | | |
|----|----|----|------------|-----------|---------------|-----|--------|----|---------------------|----------|
| 41 | 64 | 11 | TA0087 | Lerato | Phaka | 5km | Female | 37 | Sub-Veteran (30-39) | 00:58:33 |
| 42 | 65 | 4 | TA1229 | Tina | De Nobrega | 5km | Female | 50 | Master (50-59) | 00:59:27 |
| 43 | 66 | 5 | TA1308 | Rosemary | Poipao | 5km | Female | 52 | Master (50-59) | 00:59:31 |
| 44 | 67 | 6 | TA1410 | Bridget | Hill | 5km | Female | 54 | Master (50-59) | 00:59:35 |
| 45 | 68 | 12 | TA0042 | Reinette | Pretoius | 5km | Female | 26 | Senior (19-29) | 00:59:55 |
| 46 | 69 | 12 | TA1372 | Mariska | De Beer | 5km | Female | 32 | Sub-Veteran (30-39) | 00:59:59 |
| 47 | 70 | 7 | TA0267 | Linda | Guignard | 5km | Female | 54 | Master (50-59) | 01:00:02 |
| 48 | 71 | 13 | TA1336 | Palesa | Nntloko | 5km | Female | 37 | Sub-Veteran (30-39) | 01:00:29 |
| 49 | 72 | 14 | TA1396 | Nontobeko | Ximba | 5km | Female | 32 | Sub-Veteran (30-39) | 01:00:32 |
| 50 | 73 | 10 | TA1280 | Laraine | Pietersen | 5km | Female | 48 | Veteran (40-49) | 01:01:12 |
| 51 | 74 | 15 | TA1672 | Ntando | Ngidi | 5km | Female | 37 | Sub-Veteran (30-39) | 01:05:22 |
| 52 | 75 | 11 | TA1540 | Hlamarisa | Hlungwani | 5km | Female | 46 | Veteran (40-49) | 01:06:03 |
| 53 | 76 | 12 | TA1388 | Evelyn | Chivero | 5km | Female | 40 | Veteran (40-49) | 01:06:14 |
| 54 | 77 | 16 | TA1541 | Mukhethwa | Tshitangano | 5km | Female | 31 | Sub-Veteran (30-39) | 01:09:02 |
| 55 | 78 | 13 | TA1237 | Angele | Botha | 5km | Female | 29 | Senior (19-29) | 01:09:19 |
| 56 | 80 | 1 | TA1349 | Videlle | Botha | 5km | Female | 4 | Under 11 | 01:09:35 |
| 57 | 83 | 17 | TA1752 | Kate | Gindra | 5km | Female | 33 | Sub-Veteran (30-39) | 01:10:08 |
| 58 | 84 | 14 | TA1443 | Mashaba | Thlaka | 5km | Female | 27 | Senior (19-29) | 01:10:48 |
| 59 | 87 | 8 | TA1517 | Selome | Van Papendorp | 5km | Female | 64 | Grand-Master (60+) | 01:17:24 |
| 60 | 88 | 13 | TA1435 | Andrea | Delport | 5km | Female | 47 | Veteran (40-49) | 01:19:40 |
| 61 | 90 | 18 | TA1423 | Cheryl | Eder | 5km | Female | 38 | Sub-Veteran (30-39) | 01:20:45 |
| 62 | 92 | 19 | TA1306 | Carol | Mkhabela | 5km | Female | 31 | Sub-Veteran (30-39) | 01:27:04 |
| 63 | 93 | 20 | TA1348 | Carol | Maluka | 5km | Female | 34 | Sub-Veteran (30-39) | 01:27:34 |
| 64 | 94 | 14 | TRAIL20000 | Glizelle | Langerman | 5km | Female | 43 | Veteran (40-49) | 02:36:45 |

2km:Male

| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
|--------|---------|----------|-------------|---------|----------------|----------|--------|-----|---------------------|----------|
| 1 | 2 | 1 | TA0669 | Henry | Leslie | 2km | Male | 45 | Veteran (40-49) | 00:18:33 |
| 2 | 3 | 1 | TA0713 | Waldi | Roux | 2km | Male | 30 | Sub-Veteran (30-39) | 00:21:30 |
| 3 | 6 | 2 | TA0838 | Tylon | Van Veenhuizen | 2km | Male | 33 | Sub-Veteran (30-39) | 00:24:16 |
| 4 | 9 | 1 | TA0804 | Werner | Katzke | 2km | Male | 25 | Senior (19-29) | 00:28:37 |
| 5 | 10 | 1 | TA0857 | Anton | Katzke | 2km | Male | 55 | Master (50-59) | 00:28:37 |
| 6 | 13 | 1 | TA0993 | Michael | Jones | 2km | Male | 3 | Under 11 | 00:38:49 |
| 7 | 16 | 2 | TA1537 | Thys | Kukkuk | 2km | Male | 28 | Senior (19-29) | 00:40:24 |

2km:Female

| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
|--------|---------|----------|-------------|-----------|-----------|----------|--------|-----|---------------------|----------|
| 1 | 1 | 1 | TA1137 | Lynelle | Holmes | 2km | Female | 43 | Veteran (40-49) | 00:18:29 |
| 2 | 4 | 1 | TA0873 | Danica | Roux | 2km | Female | 27 | Senior (19-29) | 00:21:34 |
| 3 | 5 | 1 | TA1055 | Sephra | Duncan | 2km | Female | 33 | Sub-Veteran (30-39) | 00:24:00 |
| 4 | 7 | 1 | TA0812 | Yvonne | Doman | 2km | Female | 63 | Grand-Master (60+) | 00:24:58 |
| 5 | 8 | 1 | TA0714 | Marianne | Katzke | 2km | Female | 52 | Master (50-59) | 00:28:33 |
| 6 | 11 | 2 | TA1135 | Merion | Beymann | 2km | Female | 59 | Master (50-59) | 00:29:34 |
| 7 | 12 | 2 | TA0775 | Stephanie | Jones | 2km | Female | 44 | Veteran (40-49) | 00:38:44 |
| 8 | 14 | 2 | TA1273 | Nicole | Jacobs | 2km | Female | 26 | Senior (19-29) | 00:40:20 |
| 9 | 15 | 3 | TA1358 | Erica | Jacobs | 2km | Female | 50 | Master (50-59) | 00:40:23 |
| 10 | 17 | 2 | TA0962 | Zimaseka | Majola | 2km | Female | 34 | Sub-Veteran (30-39) | 00:56:37 |
| 11 | 18 | 1 | TA0668 | Onkgapile | Sebecweng | 2km | Female | 9 | Under 11 | 00:56:41 |
| 12 | 19 | 3 | TA0745 | Grace | Sebecweng | 2km | Female | 35 | Sub-Veteran (30-39) | 00:56:44 |