



AdventureRun : Rietvlei Dam

Rietvlei Trail Run/Walk on 23rd September 2018



10km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2252	David	De Villiers	10km Trail Run/Walk	Male	52	Master (50-59)	00:42:05
2	2	1	TRAIL12830	Paul	Norris	10km Trail Run/Walk	Male	46	Veteran (40-49)	00:44:23
3	3	2	TA1666	Themba	Hlatshwayo	10km Trail Run/Walk	Male	47	Veteran (40-49)	00:44:54
4	4	1	TA0999	Leon	Grobler	10km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:47:18
5	5	1	TA0692	Tyron	Cook	10km Trail Run/Walk	Male	29	Senior (19-29)	00:47:42
6	6	1	TA0848	Trevor	Penford	10km Trail Run/Walk	Male	64	Grand-Master (60+)	00:48:25
7	8	2	TRAIL12341	Charles	Norman	10km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:50:43
8	9	2	TA1837	Dirk	Brink	10km Trail Run/Walk	Male	60	Grand-Master (60+)	00:50:52
9	10	3	TRAIL11696	Francois	Labuschagne	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	00:52:39
10	12	4	TA0632	Klaus	Herrmann	10km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:53:17
11	13	5	TA1836	Christopher	Westray	10km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:53:25
12	15	1	TA2170	Daniel	Alberts	10km Trail Run/Walk	Male	12	12 to 15	00:53:48
13	16	3	TA2126	William	Harris	10km Trail Run/Walk	Male	46	Veteran (40-49)	00:54:18
14	17	6	TA2246	Gideon	Kruger	10km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:54:20
15	18	7	TA0658	Geno	Vallejo	10km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:54:21
16	20	4	TA1879	Gideon	Meiring	10km Trail Run/Walk	Male	42	Veteran (40-49)	00:54:46
17	21	5	TA2278	Carl	Munnik	10km Trail Run/Walk	Male	48	Veteran (40-49)	00:55:23
18	25	2	TRAIL10894	Collen	Williams	10km Trail Run/Walk	Male	53	Master (50-59)	00:57:33
19	26	6	TA0665	Donovan	Shirley	10km Trail Run/Walk	Male	43	Veteran (40-49)	00:57:46
20	27	3	TRAIL12255	Johan	Scheepers	10km Trail Run/Walk	Male	55	Master (50-59)	00:58:14
21	28	7	TA0673	Conrad	Langerman	10km Trail Run/Walk	Male	43	Veteran (40-49)	00:58:40
22	32	8	TA1808	Gary	Robinson	10km Trail Run/Walk	Male	47	Veteran (40-49)	00:59:28
23	33	9	TA0666	Anthony	Cousins	10km Trail Run/Walk	Male	40	Veteran (40-49)	01:00:14
24	34	10	TA2160	Chris	Tomsek	10km Trail Run/Walk	Male	40	Veteran (40-49)	01:03:18
25	35	11	TA1121	Steve	Turner	10km Trail Run/Walk	Male	48	Veteran (40-49)	01:03:43
26	39	4	TA2151	Niekie	Pretorius	10km Trail Run/Walk	Male	57	Master (50-59)	01:05:29
27	43	12	TA1045	Marius	Potgieter	10km Trail Run/Walk	Male	40	Veteran (40-49)	01:06:36
28	44	3	TA2333	Philippe	Castel	10km Trail Run/Walk	Male	69	Grand-Master (60+)	01:06:45
29	52	4	TA1112	Stan	Sussman	10km Trail Run/Walk	Male	63	Grand-Master (60+)	01:10:06
30	54	5	TA1037	Johann	Van Zyl	10km Trail Run/Walk	Male	65	Grand-Master (60+)	01:10:31
31	55	8	TA1817	Johan	Strydom	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:10:33
32	59	9	TA1162	Dewald	Kruger	10km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	01:16:49
33	64	6	TRAIL11681	Ernustes	Visser	10km Trail Run/Walk	Male	60	Grand-Master (60+)	01:20:17

34	66	5	TRAIL10533	Frik	Du Preez	10km Trail Run/Walk	Male	59	Master (50-59)	01:20:48
35	67	2	TA1867	Jonathan	Dell	10km Trail Run/Walk	Male	29	Senior (19-29)	01:21:02
36	70	6	TRAIL12267	Anthony	Dell	10km Trail Run/Walk	Male	55	Master (50-59)	01:21:13
37	74	13	TA2150	Mpumelelo	Sigalelana	10km Trail Run/Walk	Male	47	Veteran (40-49)	01:33:12
38	76	7	TA1064	Steve	Groeneveld	10km Trail Run/Walk	Male	74	Grand-Master (60+)	01:34:01
39	78	10	TA2285	Garth James	Long	10km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:38:09
40	80	8	TA1039	John	Tringham	10km Trail Run/Walk	Male	76	Grand-Master (60+)	01:46:00
41	82	9	TA1179	Dean	Mccleland	10km Trail Run/Walk	Male	65	Grand-Master (60+)	01:46:43
42	85	10	TRAIL12613	Meyer Albert	Guinsberg	10km Trail Run/Walk	Male	68	Grand-Master (60+)	01:46:43
43	86	7	TRAIL10011	Graham	Hutchins	10km Trail Run/Walk	Male	54	Master (50-59)	01:46:53

10km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	7	1	TA1071	Melissa	Johnson	10km Trail Run/Walk	Female	50	Master (50-59)	00:50:10
2	11	1	TA2315	Marilie	Hugo	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:52:53
3	14	1	TA1175	Tania	Blignaut	10km Trail Run/Walk	Female	46	Veteran (40-49)	00:53:31
4	19	2	TA0817	Atalia	Beukes	10km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:54:25
5	22	2	TA2173	Tessa	De Wet	10km Trail Run/Walk	Female	43	Veteran (40-49)	00:55:58
6	23	2	TA1828	Molene	Scheepers	10km Trail Run/Walk	Female	52	Master (50-59)	00:56:06
7	24	3	TA1899	Evadne	Bronkhorst	10km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:56:17
8	29	4	TA1811	Michelle	Van Wyk	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:59:19
9	30	3	TA1853	Violante	Cogle	10km Trail Run/Walk	Female	40	Veteran (40-49)	00:59:21
10	31	4	TA0643	Linda	Crozier	10km Trail Run/Walk	Female	47	Veteran (40-49)	00:59:23
11	36	5	TA0767	Desiree	Cogle	10km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:03:45
12	37	1	TRAIL10269	Jolandi	Labuschange	10km Trail Run/Walk	Female	27	Senior (19-29)	01:04:41
13	38	2	TA1796	Ina	Labuschagne	10km Trail Run/Walk	Female	27	Senior (19-29)	01:05:00
14	40	5	TA0645	Patricia	Savage	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:06:04
15	41	3	TA2222	Carol	Colepeper	10km Trail Run/Walk	Female	53	Master (50-59)	01:06:12
16	42	6	TA2296	Chantal	Van Antwerpen	10km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:06:34
17	45	1	TA0774	Isabella	Nucci-hartley	10km Trail Run/Walk	Female	9	Under 11	01:07:21
18	46	6	TA1185	Angela	Nucci	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:07:28
19	47	7	TA1894	Helga	Van Tonder	10km Trail Run/Walk	Female	43	Veteran (40-49)	01:07:36
20	48	3	TA0714	Elizna	Meintjes	10km Trail Run/Walk	Female	27	Senior (19-29)	01:09:06
21	49	8	TA2119	Nicole	Antonie	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:09:32
22	50	4	TRAIL12116	Marion	Klennert	10km Trail Run/Walk	Female	57	Master (50-59)	01:09:36
23	51	2	TA0701	Jazmin	Antonie-skelton	10km Trail Run/Walk	Female	10	Under 11	01:09:38
24	53	7	TA1888	Gabrielle	Strydom	10km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:10:27
25	56	8	TA1886	Hermarie	Prozesky	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:15:34
26	57	5	TA1130	Annetjie	Strydom	10km Trail Run/Walk	Female	56	Master (50-59)	01:16:12
27	58	9	TA1029	Adel	Kruger	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:16:48
28	60	6	TRAIL11666	Teresa	Le Roux	10km Trail Run/Walk	Female	54	Master (50-59)	01:17:40
29	61	9	TRAIL11798	Antoinette	Hartslief	10km Trail Run/Walk	Female	47	Veteran (40-49)	01:17:54
30	62	7	TA2295	Elmi	Smith	10km Trail Run/Walk	Female	53	Master (50-59)	01:18:43
31	63	10	TA2290	Silvana	Carraggi	10km Trail Run/Walk	Female	48	Veteran (40-49)	01:19:12
32	65	10	TA2161	Stephanie	Meintjes	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:20:23
33	68	11	TA0668	Belinda	Cawood	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:21:04
34	69	12	TA1889	Leigh-anne	Dell	10km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:21:12
35	71	11	TA1021	Jolene	Thwaites	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:22:58
36	72	1	TA0755	Mariet	Louw	10km Trail Run/Walk	Female	68	Grand-Master (60+)	01:23:32
37	73	8	TA0693	Sue	Pretorius	10km Trail Run/Walk	Female	52	Master (50-59)	01:23:47
38	75	13	TA1861	Vuyiseka	Luthuli	10km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:33:14
39	77	9	TA2182	Samantha	Blignaut	10km Trail Run/Walk	Female	54	Master (50-59)	01:34:06
40	79	14	TA0841	Lutfiyya	Yacoob	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:38:18

41	81	2	TRAIL12321	Dorothy	Van Heerden	10km Trail Run/Walk	Female	74	Grand-Master (60+)	01:46:00
42	83	10	TRAIL10052	Lesley	Hutchins	10km Trail Run/Walk	Female	56	Master (50-59)	01:46:43
43	84	12	TRAIL10053	Adele	Sutherland	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:46:43
44	87	15	TA1114	Veronique	Joubert	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:57:00
45	88	16	TA2149	Benita	Bosch	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:57:03

5km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0425	Sam	Schnyder	5km Trail Run/Walk	Male	16	16 to 18	00:20:48
2	2	1	TA0337	Jacques	Theron	5km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:29:47
3	3	1	TA0120	Alexander	Vallejo	5km Trail Run/Walk	Male	13	12 to 15	00:29:57
4	5	1	TA0205	Deon	De Kock	5km Trail Run/Walk	Male	43	Veteran (40-49)	00:30:05
5	7	1	TA0229	Ruben	De Kock	5km Trail Run/Walk	Male	8	Under 11	00:31:15
6	8	2	TA0163	Jonathan	Harflett	5km Trail Run/Walk	Male	46	Veteran (40-49)	00:31:26
7	9	2	TA0332	Nicolas	Alberts	5km Trail Run/Walk	Male	10	Under 11	00:31:32
8	11	1	TA0574	Eric	Venter	5km Trail Run/Walk	Male	55	Master (50-59)	00:31:52
9	14	1	TA1741	Johan	Etsebeth	5km Trail Run/Walk	Male	26	Senior (19-29)	00:32:34
10	16	1	TRAIL10759	Allen	West	5km Trail Run/Walk	Male	64	Grand-Master (60+)	00:33:07
11	19	2	TA0353	Joshua	Vallejo	5km Trail Run/Walk	Male	15	12 to 15	00:34:12
12	20	2	TA0051	Gunther	Schwob	5km Trail Run/Walk	Male	56	Master (50-59)	00:34:23
13	23	3	TRAIL11168	Glyn	Boddy	5km Trail Run/Walk	Male	53	Master (50-59)	00:35:25
14	25	3	TA1768	Paul	Van Dyk	5km Trail Run/Walk	Male	49	Veteran (40-49)	00:35:51
15	26	3	TA0322	Arno	Du Toit	5km Trail Run/Walk	Male	8	Under 11	00:36:47
16	32	4	TA0238	Willem	Bernard	5km Trail Run/Walk	Male	46	Veteran (40-49)	00:38:56
17	33	5	TA0525	Heinrich	Du Preez	5km Trail Run/Walk	Male	45	Veteran (40-49)	00:39:30
18	34	4	TA0176	Hannes	Van Der Merwe	5km Trail Run/Walk	Male	50	Master (50-59)	00:39:41
19	44	2	TA0434	Nathan	Wallace	5km Trail Run/Walk	Male	18	16 to 18	00:43:56
20	48	4	TA0252	Makosi	Hlatshwayo	5km Trail Run/Walk	Male	10	Under 11	00:44:57
21	61	2	TA0392	Ryan	Pepper	5km Trail Run/Walk	Male	29	Senior (19-29)	00:53:10
22	64	2	TA0416	Vernon	Oosthuizen	5km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:53:27
23	75	3	TA0517	Steven	Kriel	5km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	00:55:38
24	76	5	TA0251	Jacques	Botha	5km Trail Run/Walk	Male	57	Master (50-59)	00:55:40
25	80	4	TA0184	Linda	Makaya	5km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:56:02
26	83	2	TA0145	Willem	Labuschagne	5km Trail Run/Walk	Male	63	Grand-Master (60+)	00:57:15
27	87	5	TA1546	Ryan	Henning	5km Trail Run/Walk	Male	4	Under 11	00:59:04
28	88	6	TA0209	Sara	Henning	5km Trail Run/Walk	Male	58	Master (50-59)	00:59:10
29	95	7	TA0000	Ashir	Vally	5km Trail Run/Walk	Male	50	Master (50-59)	01:20:00

5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	4	1	TA0269	Rochelle	De Kock	5km Trail Run/Walk	Female	8	Under 11	00:30:04
2	6	1	TA0468	Gerrhard	Schmidt	5km Trail Run/Walk	Female	29	Senior (19-29)	00:31:10
3	10	1	TA0094	Amanda Jane	Plowes	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:31:37
4	12	2	TRAIL13015	Nadia	Bosch	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:32:07
5	13	2	TA1572	Renscke	Etsebeth	5km Trail Run/Walk	Female	23	Senior (19-29)	00:32:28
6	15	2	TA0185	Mieke	Du Toit	5km Trail Run/Walk	Female	7	Under 11	00:32:37
7	17	3	TA0293	Fatima	Kania	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:33:43
8	18	4	TA1684	Nicky	Antunes	5km Trail Run/Walk	Female	40	Veteran (40-49)	00:34:09
9	21	1	TRAIL11074	Larissa	West	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:34:26
10	22	2	TA1587	Elize	Myburgh	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:35:17
11	24	5	TA0260	Elmarie	Van Dyk	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:35:49
12	27	3	TA0483	Liana	Du Toit	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:36:57
13	28	1	TA0210	Hannelie	Schmidt	5km Trail Run/Walk	Female	58	Master (50-59)	00:38:13
14	29	3	TA0449	Leahn	Pieterse	5km Trail Run/Walk	Female	29	Senior (19-29)	00:38:26
15	30	4	TA0242	Megan	Du Preez	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:38:48
16	31	6	TA0588	Lazya	Bernard	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:38:54
17	35	7	TA0167	Angela	Jenkinson	5km Trail Run/Walk	Female	49	Veteran (40-49)	00:39:47
18	36	5	TA0346	Sherley	Vallejo	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:39:53
19	37	8	TA0189	Antonette	Van Der Merwe	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:39:56
20	38	1	TA1755	Deone	De Kock	5km Trail Run/Walk	Female	14	12 to 15	00:40:23
21	39	9	TA0195	Elzabe	Heymans	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:40:29
22	40	10	TA1547	Glizelle	Langerman	5km Trail Run/Walk	Female	41	Veteran (40-49)	00:41:44
23	41	11	TA0403	Ronel	De Kock	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:42:00
24	42	2	TRAIL13061	Benita	Fisher	5km Trail Run/Walk	Female	56	Master (50-59)	00:42:54
25	43	1	TA0233	Margie	Berrange	5km Trail Run/Walk	Female	61	Grand-Master (60+)	00:43:38
26	45	4	TA1787	Robyn	Wallace	5km Trail Run/Walk	Female	23	Senior (19-29)	00:44:12
27	46	12	TRAIL12905	Nichola	Wallace	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:44:16
28	47	6	TA0627	Euphodia	Mathase	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:44:32
29	49	2	TA1708	Kaitlyn	Vallejo	5km Trail Run/Walk	Female	12	12 to 15	00:45:01
30	50	7	TA0325	Odette Elaine	Smit	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:45:22
31	51	8	TA0010	Yvonne	Jacobs	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:45:24
32	52	3	TA0768	Rosalinda	Kaballineas	5km Trail Run/Walk	Female	58	Master (50-59)	00:45:49
33	53	2	TA0717	Letha	Kotzã©	5km Trail Run/Walk	Female	70	Grand-Master (60+)	00:45:54
34	54	4	TRAIL12263	Serena	Visser	5km Trail Run/Walk	Female	58	Master (50-59)	00:45:58
35	55	9	TA0202	Amanda	Alberts	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:46:43
36	56	13	TA0306	Wilma	Liebenberg	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:46:49
37	57	14	TRAIL11232	Patricia	Minihold	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:47:36
38	58	10	TA0527	Charnelle	Vallejo	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:48:44
39	59	5	TA0030	Louise	Schwob	5km Trail Run/Walk	Female	59	Master (50-59)	00:48:45
40	60	6	TRAIL10262	Joedine	Williams	5km Trail Run/Walk	Female	53	Master (50-59)	00:50:40

41	62	11	TA1671	Melissa	Goncalves	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:53:13
42	63	15	TA0084	Suzette	Van Heerden	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:53:22
43	65	7	TA1548	Emily	Bekker	5km Trail Run/Walk	Female	57	Master (50-59)	00:53:37
44	66	8	TA1653	Estie	Muller	5km Trail Run/Walk	Female	53	Master (50-59)	00:54:30
45	67	16	TA0285	Vicki	Turner	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:54:33
46	68	3	TA0320	Veronique	De Vries	5km Trail Run/Walk	Female	6	Under 11	00:54:50
47	69	12	TA0278	Vicky	De Vries	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:54:51
48	70	17	TA1673	Christine	Venter	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:54:53
49	71	13	TA1650	Lizelle	Van Rooyen	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:55:17
50	72	3	TA0172	Caroline	Maslo	5km Trail Run/Walk	Female	60	Grand-Master (60+)	00:55:26
51	73	9	TA0198	Caroline	Malauzat	5km Trail Run/Walk	Female	53	Master (50-59)	00:55:27
52	74	14	TA0388	Angelique	Kriel	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:55:36
53	77	10	TA0268	Christina	Karlsson	5km Trail Run/Walk	Female	54	Master (50-59)	00:55:50
54	78	3	TA1726	Jennifer	Van Rooyen	5km Trail Run/Walk	Female	13	12 to 15	00:55:52
55	79	15	TA1672	Nomusa	Blose	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:56:00
56	81	11	TA1582	Lee	Sussman	5km Trail Run/Walk	Female	59	Master (50-59)	00:57:09
57	82	4	TA1536	Elizabeth	Labuschagne	5km Trail Run/Walk	Female	61	Grand-Master (60+)	00:57:14
58	84	5	TA0414	Karen	Herselman	5km Trail Run/Walk	Female	62	Grand-Master (60+)	00:57:17
59	85	18	TA0339	Marina	Venter	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:57:25
60	86	16	TRAIL12747	Annebel	Linde	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:57:27
61	89	4	TA1797	Mienke	Fisher	5km Trail Run/Walk	Female	9	Under 11	00:59:14
62	90	19	TA0514	Elsie	Fisher	5km Trail Run/Walk	Female	40	Veteran (40-49)	00:59:15
63	91	6	TA0384	Lynnelle	Thwaites	5km Trail Run/Walk	Female	61	Grand-Master (60+)	01:01:35
64	92	5	TA0294	Skye	Thwaites	5km Trail Run/Walk	Female	11	Under 11	01:01:38
65	93	20	TA0376	Yolandi	Groenewald	5km Trail Run/Walk	Female	42	Veteran (40-49)	01:02:59
66	94	21	TA0219	Ida	Jordaan	5km Trail Run/Walk	Female	47	Veteran (40-49)	01:03:03