



AdventureRun : Smuts Irene River

Smuts Trail Run/Walk on 18th November 2018



21km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2605	Ryno	Van Vollenhoven	21km	Male	30	Sub-Veteran (30-39)	01:20:20
2	2	2	TA3466	Iain	Peterkin	21km	Male	30	Sub-Veteran (30-39)	01:24:49
3	3	1	TA2907	Tranquil	Gumbo	21km	Male	27	Senior (19-29)	01:32:22
4	4	2	TA2444	Jacques	Buys	21km	Male	23	Senior (19-29)	01:33:48
5	5	1	TRAIL12471	Adam	Moroko	21km	Male	40	Veteran (40-49)	01:39:27
6	8	3	TA3068	Geoffrey	Powell	21km	Male	26	Senior (19-29)	01:47:08
7	10	3	TA3016	Henkes	Badenhorst	21km	Male	30	Sub-Veteran (30-39)	01:56:04
8	12	4	TA2924	Manjeet	Singh	21km	Male	28	Senior (19-29)	02:04:26
9	14	2	TRAIL12341	Charles	Norman	21km	Male	40	Veteran (40-49)	02:10:29
10	15	1	TRAIL10877	Alec	Avierinos	21km	Male	50	Master (50-59)	02:10:34
11	16	4	TRAIL13039	Shaun	Vermaak	21km	Male	36	Sub-Veteran (30-39)	02:13:33
12	18	3	TA2998	Xutao	Mu	21km	Male	45	Veteran (40-49)	02:18:16
13	20	5	TA3057	Pule	Luvhimbi	21km	Male	35	Sub-Veteran (30-39)	02:27:08
14	21	6	TA2958	Karl-heinz	Michel	21km	Male	31	Sub-Veteran (30-39)	02:29:06
15	22	7	TA3033	Regan	Cherry	21km	Male	39	Sub-Veteran (30-39)	02:31:15
16	23	8	TA2436	Wikus	Visser	21km	Male	33	Sub-Veteran (30-39)	02:33:44
17	24	4	TA3040	Steve	Ireland	21km	Male	49	Veteran (40-49)	02:34:38
18	25	5	TA2938	Jacques	Niemand	21km	Male	22	Senior (19-29)	02:36:15
19	26	2	TA3009	Andre	Van Kasterop	21km	Male	55	Master (50-59)	02:36:40
20	28	5	TA3018	Andrew	Aitken	21km	Male	46	Veteran (40-49)	02:37:40
21	30	6	TA3023	Noko	Makgoka	21km	Male	40	Veteran (40-49)	02:45:16
22	33	3	TA3505	Martin	Buys	21km	Male	55	Master (50-59)	02:49:35
23	35	7	TA2940	Gary	Robinson	21km	Male	47	Veteran (40-49)	02:56:59
24	36	1	TA3459	Tommy	Gibson	21km	Male	68	Grand-Master (60+)	03:06:46
25	37	4	TA2682	Gordon	Maisela	21km	Male	57	Master (50-59)	03:11:54
26	39	8	TA3412	Tobie	Reyneke	21km	Male	46	Veteran (40-49)	03:22:47
27	40	9	TA3065	Johann	Els	21km	Male	46	Veteran (40-49)	03:23:36

21km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	6	1	TA3470	Andronica	Mokgotla	21km	Female	29	Senior (19-29)	01:45:04
2	7	1	TA2992	Liza	Maritz	21km	Female	39	Sub-Veteran (30-39)	01:47:06
3	9	2	TA3474	Karine	Booyse	21km	Female	35	Sub-Veteran (30-39)	01:47:29
4	11	3	TA2470	Janelle	Verster	21km	Female	36	Sub-Veteran (30-39)	02:00:51
5	13	2	TA2661	Rinel	Mclaren	21km	Female	26	Senior (19-29)	02:05:13
6	17	4	TA2604	Leane	Da Silva	21km	Female	34	Sub-Veteran (30-39)	02:14:25
7	19	1	TA3478	Rebecca	Henderson	21km	Female	82	Grand-Master (60+)	02:20:29
8	27	5	TRAIL12704	Irmela	Smit	21km	Female	39	Sub-Veteran (30-39)	02:37:05
9	29	3	TA2984	Carin	Jonck	21km	Female	29	Senior (19-29)	02:43:06
10	31	1	TRAIL10053	Adele	Sutherland	21km	Female	40	Veteran (40-49)	02:45:16
11	32	6	TA3482	Renee	Campbell	21km	Female	36	Sub-Veteran (30-39)	02:45:32
12	34	2	TA2960	Linda	Crozier	21km	Female	48	Veteran (40-49)	02:55:59
13	38	3	TRAIL11798	Antoinette	Hartslief	21km	Female	47	Veteran (40-49)	03:22:46
14	41	4	TA2630	Yolanda	Coertse	21km	Female	47	Veteran (40-49)	03:23:45

15km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA3005	Phumlani	Mabophe	15km	Male	23	Senior (19-29)	01:00:54
2	2	1	TRAIL12482	Shaun	Mthethwa	15km	Male	18	16 to 18	01:03:37
3	3	2	TA2447	Ntokozo	Mokawane	15km	Male	18	16 to 18	01:10:03
4	4	3	TRAIL12417	Scelo	Mashaba	15km	Male	18	16 to 18	01:18:01
5	5	1	TA2692	Niel	Muller	15km	Male	45	Veteran (40-49)	01:18:11
6	6	2	TA2917	Stephan	Van Den Berg	15km	Male	46	Veteran (40-49)	01:21:32
7	9	2	TA2947	Rob	Steer	15km	Male	29	Senior (19-29)	01:24:08
8	10	3	TA2691	Stefan	Brink	15km	Male	48	Veteran (40-49)	01:25:54
9	11	4	TA2679	Jonathan	Lindeque	15km	Male	44	Veteran (40-49)	01:28:47
10	12	1	TA2585	Matthew	Hume	15km	Male	35	Sub-Veteran (30-39)	01:31:52
11	15	1	TA2537	Pieter	Groenewald	15km	Male	50	Master (50-59)	01:34:32
12	16	1	TA2464	Kyle	Groenewald	15km	Male	14	12 to 15	01:34:34
13	19	2	TA2626	Francois	Labuschagne	15km	Male	33	Sub-Veteran (30-39)	01:37:43
14	20	3	TRAIL12928	Saki	Marais	15km	Male	28	Senior (19-29)	01:39:34
15	21	3	TA3053	David	He	15km	Male	31	Sub-Veteran (30-39)	01:39:49
16	24	4	TA1030	Dirk	Coetser	15km	Male	30	Sub-Veteran (30-39)	01:42:09
17	26	2	TA2483	Koos	Vaughan	15km	Male	56	Master (50-59)	01:42:58
18	27	5	TA2632	Rekaselebale	Borole	15km	Male	33	Sub-Veteran (30-39)	01:43:19
19	28	5	TRAIL11023	Grant	Hall	15km	Male	48	Veteran (40-49)	01:43:51
20	30	6	TA2434	Brett	Tromp	15km	Male	42	Veteran (40-49)	01:46:28
21	31	7	TA2624	Abrie	Bonthuys	15km	Male	46	Veteran (40-49)	01:46:57
22	32	1	TA2914	Geoff	Lupton-smith	15km	Male	60	Grand-Master (60+)	01:47:22
23	33	8	TA3497	Adriana	Romano	15km	Male	41	Veteran (40-49)	01:54:04
24	37	6	TA2996	Chris	Barrett	15km	Male	36	Sub-Veteran (30-39)	01:57:26
25	42	9	TRAIL11258	Andre	Venter	15km	Male	42	Veteran (40-49)	02:09:16
26	49	4	TA3493	Phillip	Viljoen	15km	Male	26	Senior (19-29)	02:17:46
27	50	5	TA2536	Johannes	Neuhoff	15km	Male	26	Senior (19-29)	02:17:49
28	56	3	TRAIL10011	Graham	Hutchins	15km	Male	55	Master (50-59)	02:45:16
29	57	3	TA0000	Dean	Mcclelland	15km	Male	65	Grand-Master (60+)	02:54:15
30	58	2	TRAIL12613	Meyer Albert	Guinsberg	15km	Male	68	Grand-Master (60+)	02:54:15
31	59	4	TRAIL12109	Neville	Muir	15km	Male	79	Grand-Master (60+)	03:19:21

15km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	7	1	TRAIL10004	Nerissa	Van Der Walt	15km	Female	29	Senior (19-29)	01:23:17
2	8	2	TA2675	Taryn	Mclintock	15km	Female	29	Senior (19-29)	01:23:37
3	13	1	TA3401	Michelle	Maree	15km	Female	36	Sub-Veteran (30-39)	01:32:37
4	14	2	TA2459	Tanya	Alberts	15km	Female	33	Sub-Veteran (30-39)	01:34:07
5	17	1	TA3463	Susan	De Bruin	15km	Female	46	Veteran (40-49)	01:35:00
6	18	3	TA2648	Alicha	Van Heerder	15km	Female	22	Senior (19-29)	01:37:02
7	22	1	TA2967	Connie	Blom	15km	Female	57	Master (50-59)	01:40:02
8	23	2	TA3476	Nadine	Walsh	15km	Female	41	Veteran (40-49)	01:41:16
9	25	3	TA2677	Kirsty	Hedding	15km	Female	30	Sub-Veteran (30-39)	01:42:14
10	29	4	TA2906	Amanda	Van Heerden	15km	Female	35	Sub-Veteran (30-39)	01:45:32
11	34	2	TA3006	Kim	Hagger	15km	Female	53	Master (50-59)	01:55:32
12	35	4	TA2950	Lauren	Hagger	15km	Female	24	Senior (19-29)	01:55:37
13	36	5	TA2664	Heidi	Botha	15km	Female	39	Sub-Veteran (30-39)	01:57:19
14	38	6	TRAIL12170	Cornelia	Hutchinson	15km	Female	37	Sub-Veteran (30-39)	01:59:20
15	39	3	TA2541	Khanyisile	Mdziniso	15km	Female	54	Master (50-59)	02:06:01
16	40	3	TA2678	Leanne	Webster	15km	Female	46	Veteran (40-49)	02:06:16
17	41	1	TA3063	Marilyn	Kamp	15km	Female	65	Grand-Master (60+)	02:07:53
18	43	7	TA2510	Desiree	Bernhardt	15km	Female	38	Sub-Veteran (30-39)	02:09:21
19	44	4	TA3440	Gabrielle	Jansen	15km	Female	40	Veteran (40-49)	02:09:27
20	45	4	TA2609	Wilma	Du Plooy	15km	Female	51	Master (50-59)	02:12:27
21	46	8	TA3490	Ashleigh	Fisher	15km	Female	32	Sub-Veteran (30-39)	02:15:11
22	47	5	TA2523	Marentia	Homan	15km	Female	50	Master (50-59)	02:15:26
23	48	5	TA2466	Lauren	Neuhoff	15km	Female	24	Senior (19-29)	02:17:42
24	51	9	TA2654	Patiwe	Katywa	15km	Female	30	Sub-Veteran (30-39)	02:23:41
25	52	6	TRAIL10836	Ina	Beamish	15km	Female	56	Master (50-59)	02:33:52
26	53	5	TA3469	Samantha	Choles	15km	Female	41	Veteran (40-49)	02:34:01
27	54	6	TRAIL11599	Lucky	Maboya	15km	Female	44	Veteran (40-49)	02:36:17
28	55	10	TRAIL11777	Chantell	Moss	15km	Female	33	Sub-Veteran (30-39)	02:36:21

10km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1813	Caleb	Beukes	10km	Male	18	16 to 18	00:38:04
2	2	1	TA2311	Reatlegile	Mosweu	10km	Male	14	12 to 15	00:39:44
3	3	1	TA2305	Tshepang	Chokoe	10km	Male	10	Under 11	00:40:56
4	4	2	TA1166	Thabiso	Sefatsa	10km	Male	14	12 to 15	00:41:39
5	5	1	TRAIL10013	Chris	Dorfling	10km	Male	45	Veteran (40-49)	00:47:39
6	7	2	TA1575	Johan Jaco	Aldum	10km	Male	8	Under 11	00:48:40
7	8	3	TA2111	Hanru	Koch	10km	Male	13	12 to 15	00:49:04
8	9	1	TA2182	Russel	Foord	10km	Male	33	Sub-Veteran (30-39)	00:49:35
9	10	1	TA2145	Johnie	Jonker	10km	Male	60	Grand-Master (60+)	00:50:48
10	11	4	TA1867	Amohelang	Makgoka	10km	Male	14	12 to 15	00:52:48
11	12	2	TA0637	Prince	Motswenyane	10km	Male	43	Veteran (40-49)	00:52:59
12	13	5	TA2159	Ryan	Du Plessis	10km	Male	13	12 to 15	00:53:17
13	14	3	TA2149	Francois	Oosthuizen	10km	Male	46	Veteran (40-49)	00:53:43
14	15	4	TA2214	Anton	Van Der Bijl	10km	Male	42	Veteran (40-49)	00:55:06
15	16	2	TA1018	Benjamin	Gass	10km	Male	35	Sub-Veteran (30-39)	00:55:13
16	17	6	TA0849	Eben	De Wit	10km	Male	12	12 to 15	00:57:06
17	18	5	TA2172	Donovan	Shirley	10km	Male	43	Veteran (40-49)	00:57:24
18	19	6	TA2269	Jason	Labuschagne	10km	Male	43	Veteran (40-49)	00:58:21
19	20	7	TA2318	Casper	Erasmus	10km	Male	48	Veteran (40-49)	00:58:25
20	21	1	TA1880	Thabo	Makgoka	10km	Male	17	16 to 18	00:59:08
21	22	3	TA2203	Paul	Kelly	10km	Male	32	Sub-Veteran (30-39)	00:59:17
22	26	8	TA2124	Jabez	Steenkamp	10km	Male	46	Veteran (40-49)	01:01:28
23	28	1	TA2273	Johan	Jansen Van Vuuren	10km	Male	19	Senior (19-29)	01:02:16
24	29	9	TA0782	Samuel James	Aldum	10km	Male	48	Veteran (40-49)	01:02:36
25	30	10	TA0705	David	Lindeque	10km	Male	47	Veteran (40-49)	01:02:44
26	32	11	TA2333	Antonio	De Franca	10km	Male	48	Veteran (40-49)	01:03:11
27	33	1	TA1048	Richard	Shannon	10km	Male	55	Master (50-59)	01:04:15
28	34	12	TA1860	Pieter	Botha	10km	Male	45	Veteran (40-49)	01:04:56
29	35	13	TA0992	Greg	Blanckenberg	10km	Male	45	Veteran (40-49)	01:05:19
30	37	2	TA3480	Francios	Moller	10km	Male	56	Master (50-59)	01:06:26
31	38	14	TRAIL12467	Andre	Portelli	10km	Male	48	Veteran (40-49)	01:07:24
32	41	3	TA0192	Gunther	Schwob	10km	Male	57	Master (50-59)	01:08:08
33	42	15	TA1822	Sw	Engelbrecht	10km	Male	40	Veteran (40-49)	01:08:17
34	46	4	TA2295	Louis	Withfield	10km	Male	50	Master (50-59)	01:11:02
35	49	4	TA0812	Devesh	Deva	10km	Male	34	Sub-Veteran (30-39)	01:13:11
36	50	5	TA2140	Clint	Holing	10km	Male	54	Master (50-59)	01:13:36
37	51	2	TRAIL10533	Frik	Du Preez	10km	Male	60	Grand-Master (60+)	01:13:39
38	52	16	TA1185	Dewald	Olivier	10km	Male	41	Veteran (40-49)	01:14:41
39	53	5	TA1154	Tyron	Lecki	10km	Male	36	Sub-Veteran (30-39)	01:15:12

40	54	6	TRAIL12627	Craig	Pheiffer	10km	Male	51	Master (50-59)	01:15:28
41	58	7	TA2250	Marciano	De Oliveira	10km	Male	14	12 to 15	01:17:14
42	59	2	TA1017	Stefan	Jonck	10km	Male	28	Senior (19-29)	01:17:36
43	61	17	TRAIL12520	Charles	Muller	10km	Male	48	Veteran (40-49)	01:18:06
44	62	6	TA0795	Michael	Grobbelaar	10km	Male	33	Sub-Veteran (30-39)	01:18:31
45	63	3	TA2204	Tienie	Van Rensburg	10km	Male	60	Grand-Master (60+)	01:18:45
46	66	18	TA1832	Mpumelelo	Sigalelana	10km	Male	48	Veteran (40-49)	01:19:37
47	68	3	TA2286	Allan	Venter	10km	Male	26	Senior (19-29)	01:19:53
48	69	4	TA1064	Tony	Taljaard	10km	Male	63	Grand-Master (60+)	01:20:27
49	70	5	TA2213	Rod	Watters	10km	Male	69	Grand-Master (60+)	01:20:48
50	75	7	TRAIL11476	Charles	Marais	10km	Male	58	Master (50-59)	01:24:13
51	78	8	TA1807	Marius	Van Rensburg	10km	Male	52	Master (50-59)	01:27:00
52	85	7	TA2137	Pierre	Fick	10km	Male	38	Sub-Veteran (30-39)	01:28:32
53	90	9	TA2116	Jacques	Botha	10km	Male	57	Master (50-59)	01:30:59
54	91	10	TA1072	Eric	Van Niekerk	10km	Male	59	Master (50-59)	01:31:32
55	104	6	TA2210	Peter	Darroll	10km	Male	72	Grand-Master (60+)	01:56:46

10km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	6	1	TA1179	Alexis	Ligthelm	10km	Female	15	12 to 15	00:48:21
2	23	1	TA1889	Mechelle	Oosthuizen	10km	Female	41	Veteran (40-49)	01:00:35
3	24	1	TRAIL12299	Janeane	Watt	10km	Female	36	Sub-Veteran (30-39)	01:01:12
4	25	2	TA2343	Telani	Naude	10km	Female	34	Sub-Veteran (30-39)	01:01:14
5	27	1	TA1852	Miche	Pretorius	10km	Female	20	Senior (19-29)	01:02:14
6	31	2	TA1816	Mariette	Dry	10km	Female	40	Veteran (40-49)	01:02:54
7	36	1	TA2307	Cindy-lee	Brown	10km	Female	53	Master (50-59)	01:06:11
8	39	3	TA1045	Korita	Olivier	10km	Female	39	Sub-Veteran (30-39)	01:07:35
9	40	3	TA0717	Tracy	Bawden	10km	Female	41	Veteran (40-49)	01:07:45
10	43	1	TRAIL11537	Joey	Cloete	10km	Female	61	Grand-Master (60+)	01:09:32
11	44	2	TA2240	Mercy	Moloto	10km	Female	26	Senior (19-29)	01:10:36
12	45	4	TRAIL12648	Sandra	Dalton	10km	Female	45	Veteran (40-49)	01:10:58
13	47	2	TA0817	Jacquie	Du Toit	10km	Female	62	Grand-Master (60+)	01:11:31
14	48	5	TA1033	Conita	Van Rensburg	10km	Female	47	Veteran (40-49)	01:12:37
15	55	4	TA2227	Mmakgoshi	Sebata	10km	Female	33	Sub-Veteran (30-39)	01:15:32
16	56	5	TA2309	Hester	Odendaal	10km	Female	32	Sub-Veteran (30-39)	01:16:25
17	57	1	TA0711	Donne	Breytenbach	10km	Female	16	16 to 18	01:17:10
18	60	2	TRAIL12116	Marion	Klennert	10km	Female	57	Master (50-59)	01:17:48
19	64	3	TA2243	Petro	Van Rensburg	10km	Female	56	Master (50-59)	01:18:49
20	65	3	TA1803	Linda	Classen	10km	Female	29	Senior (19-29)	01:19:10
21	67	4	TA1830	Bronwyn	Kruger	10km	Female	21	Senior (19-29)	01:19:51
22	71	6	TA1103	Marleen	Townsend	10km	Female	33	Sub-Veteran (30-39)	01:21:36
23	72	4	TA1068	Annetjie	Strydom	10km	Female	56	Master (50-59)	01:21:45
24	73	7	TRAIL12607	Barbara	Booyse	10km	Female	30	Sub-Veteran (30-39)	01:23:45
25	74	8	TA1876	Janie	Engelbrecht	10km	Female	32	Sub-Veteran (30-39)	01:23:49
26	76	6	TA0654	Michelle	Smith	10km	Female	41	Veteran (40-49)	01:24:43
27	77	5	TA2163	Gizelle	Stobrawe	10km	Female	25	Senior (19-29)	01:26:48
28	79	9	TA0719	Nomusa	Ndlela	10km	Female	37	Sub-Veteran (30-39)	01:27:05
29	80	7	TRAIL10200	Rhona	Avierinos	10km	Female	48	Veteran (40-49)	01:27:09
30	81	5	TA2319	Esme	Van Der Merwe	10km	Female	52	Master (50-59)	01:27:12
31	82	6	TA1035	Lynn	Fisher	10km	Female	56	Master (50-59)	01:27:32
32	83	8	TA1104	Lindene	Sihlangu	10km	Female	42	Veteran (40-49)	01:28:23
33	84	10	TA1804	Joanne	Williams	10km	Female	32	Sub-Veteran (30-39)	01:28:29
34	86	6	TA2109	Sanmari	Van Wyk	10km	Female	28	Senior (19-29)	01:29:33
35	87	7	TA2247	Karin Marie	Van Niekerk	10km	Female	56	Master (50-59)	01:29:41
36	88	8	TA1173	Sue	Pretorius	10km	Female	52	Master (50-59)	01:30:00
37	89	11	TA2221	Angelique	Kriel	10km	Female	35	Sub-Veteran (30-39)	01:30:36
38	92	12	TA1125	Haylee	De Robillard	10km	Female	35	Sub-Veteran (30-39)	01:32:26
39	93	13	TA0752	Marguerite	Botha	10km	Female	34	Sub-Veteran (30-39)	01:32:30
40	94	9	TA1863	Lientjie	Bentz	10km	Female	43	Veteran (40-49)	01:36:04

41	95	14	TA2252	Zovuyo	Xuma	10km	Female	30	Sub-Veteran (30-39)	01:38:02
42	96	10	TRAIL10760	Lisanne	Hofmeyr	10km	Female	47	Veteran (40-49)	01:38:58
43	97	15	TA2128	Dore	Van Der Westhuizen	10km	Female	37	Sub-Veteran (30-39)	01:39:11
44	98	11	TRAIL11012	Fiona	Brauns	10km	Female	45	Veteran (40-49)	01:39:13
45	99	9	TRAIL10052	Lesley	Hutchins	10km	Female	56	Master (50-59)	01:50:53
46	100	3	TRAIL12321	Dorothy	Van Heerden	10km	Female	75	Grand-Master (60+)	01:53:05
47	101	12	TA2249	Chandra	Booyesen	10km	Female	47	Veteran (40-49)	01:55:22
48	102	7	TA1168	Josephine	Bekker	10km	Female	21	Senior (19-29)	01:55:24
49	103	13	TA2161	Raelean	Melaia	10km	Female	44	Veteran (40-49)	01:55:27
50	105	4	TA2115	Sue	Darroll	10km	Female	68	Grand-Master (60+)	01:57:58
51	106	14	TA0794	Kate	Van Den Berg	10km	Female	48	Veteran (40-49)	01:59:16
52	107	5	TA0826	Rina	Bekker	10km	Female	73	Grand-Master (60+)	02:09:00
53	108	6	TRAIL12324	Frances	Steel	10km	Female	74	Grand-Master (60+)	02:09:00

5km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0253	Thato	Thejane	5km	Male	11	Under 11	00:20:51
2	2	1	TRAIL10005	Tiaan	Dorfling	5km	Male	14	12 to 15	00:22:22
3	6	2	TA0346	Mpotseng	Makgoka	5km	Male	12	12 to 15	00:30:32
4	8	2	TA0009	Micah	Dry	5km	Male	9	Under 11	00:30:49
5	9	1	TA0005	Dandre	Steenkamp	5km	Male	32	Sub-Veteran (30-39)	00:31:06
6	11	2	TA0031	Jacques	Botha	5km	Male	31	Sub-Veteran (30-39)	00:31:45
7	13	1	TA0290	Landre	Groenewald	5km	Male	17	16 to 18	00:32:09
8	15	3	TA0223	Ulrich	Matthiae	5km	Male	31	Sub-Veteran (30-39)	00:33:24
9	17	1	TA0264	Johann	Van Zyl	5km	Male	65	Grand-Master (60+)	00:35:12
10	19	1	TRAIL12287	Phil	Zaayman	5km	Male	48	Veteran (40-49)	00:36:32
11	22	1	TA1573	Jason	Thompson	5km	Male	20	Senior (19-29)	00:37:30
12	24	2	TA0421	Deon	Naude	5km	Male	63	Grand-Master (60+)	00:37:57
13	28	1	TA0424	Martin	Uys	5km	Male	57	Master (50-59)	00:39:01
14	31	2	TA1784	Phillip	Schutte	5km	Male	53	Master (50-59)	00:39:25
15	33	3	TA1519	Shaun	Robbertse	5km	Male	58	Master (50-59)	00:40:25
16	35	4	TA1622	Vernon	Oosthuizen	5km	Male	33	Sub-Veteran (30-39)	00:40:47
17	36	3	TA0414	Cornelius Stephanus	Aldum	5km	Male	11	Under 11	00:40:50
18	43	4	TRAIL10317	Geoff	Botes	5km	Male	58	Master (50-59)	00:44:53
19	44	4	TA1680	Schalk	Nel	5km	Male	7	Under 11	00:45:52
20	45	5	TA0394	Christo	Nel	5km	Male	39	Sub-Veteran (30-39)	00:45:56
21	58	5	TA0087	Nathan	Pieterse	5km	Male	6	Under 11	00:54:11
22	59	6	TA0573	Brad	Pieterse	5km	Male	35	Sub-Veteran (30-39)	00:54:19
23	62	3	TA0392	Willem	Labuschagne	5km	Male	63	Grand-Master (60+)	00:55:58
24	70	5	TA0443	Daryn	Brown	5km	Male	57	Master (50-59)	01:23:36

5km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA0298	Nina	Durieux	5km	Female	32	Sub-Veteran (30-39)	00:25:57
2	4	1	TA0433	Abigail	Van Heerden	5km	Female	11	Under 11	00:28:29
3	5	1	TA0416	Ina	Labuschagne	5km	Female	27	Senior (19-29)	00:30:10
4	7	2	TA1174	Nicola	Coetser	5km	Female	31	Sub-Veteran (30-39)	00:30:38
5	10	1	TRAIL13015	Nadia	Bosch	5km	Female	47	Veteran (40-49)	00:31:34
6	12	3	TRAIL12658	Zamile	Njoko	5km	Female	31	Sub-Veteran (30-39)	00:32:07
7	14	4	TA1672	Shalane	Foord	5km	Female	31	Sub-Veteran (30-39)	00:32:36
8	16	2	TA1734	Donna	Palinhos	5km	Female	42	Veteran (40-49)	00:34:45
9	18	2	TA0119	Daniela	Venditti	5km	Female	26	Senior (19-29)	00:36:13
10	20	1	TRAIL12359	Linda	Fourie	5km	Female	52	Master (50-59)	00:37:03
11	21	3	TA0401	Nicky	Antunes	5km	Female	40	Veteran (40-49)	00:37:05
12	23	3	TA0500	Kylann	Robbertse	5km	Female	25	Senior (19-29)	00:37:35
13	25	4	TA0371	Angela	Jenkinson	5km	Female	49	Veteran (40-49)	00:38:22
14	26	2	TA0428	Elize	Uys	5km	Female	54	Master (50-59)	00:38:35
15	27	5	TA0575	Leandra	Groenewald	5km	Female	47	Veteran (40-49)	00:38:43
16	29	6	TRAIL12646	Heidi	Dalton	5km	Female	42	Veteran (40-49)	00:39:04
17	30	7	TA0444	Rijkie	Terblanche	5km	Female	45	Veteran (40-49)	00:39:23
18	32	5	TA1673	Stacy	Poggenpoel	5km	Female	36	Sub-Veteran (30-39)	00:40:04
19	34	3	TRAIL12468	Lisa	Portelli	5km	Female	52	Master (50-59)	00:40:45
20	37	8	TA0494	Silvana	Carraggi	5km	Female	48	Veteran (40-49)	00:40:53
21	38	4	TRAIL13008	Sonja	Petzer	5km	Female	53	Master (50-59)	00:41:54
22	39	6	TA0353	Tanya	Oelofse	5km	Female	35	Sub-Veteran (30-39)	00:42:47
23	40	7	TA0184	Samantha	Williams	5km	Female	32	Sub-Veteran (30-39)	00:43:31
24	41	4	TA0286	Joy	Meyer	5km	Female	26	Senior (19-29)	00:44:21
25	42	5	TRAIL10675	Elize	Botes	5km	Female	55	Master (50-59)	00:44:49
26	46	5	TA0408	Kaira	Bertrand	5km	Female	28	Senior (19-29)	00:47:05
27	47	9	TA0297	Yolanda	Smit	5km	Female	44	Veteran (40-49)	00:47:44
28	48	8	TA0476	Nicolene	Scholtz	5km	Female	36	Sub-Veteran (30-39)	00:48:27
29	49	9	TA0197	Sonja-Louise	Pieterse	5km	Female	34	Sub-Veteran (30-39)	00:48:33
30	50	10	TA0122	Nicolette	Muller	5km	Female	44	Veteran (40-49)	00:49:58
31	51	6	TA0527	Robyn	Pillay	5km	Female	25	Senior (19-29)	00:51:19
32	52	6	TA0341	Janiene	Du Plessis	5km	Female	50	Master (50-59)	00:51:21
33	53	7	TA1797	Letitia	Burger	5km	Female	28	Senior (19-29)	00:51:25
34	54	1	TA0220	Kyla	Aldum	5km	Female	15	12 to 15	00:52:38
35	55	2	TA1582	Lienka	Aldum	5km	Female	13	12 to 15	00:52:40
36	56	1	TA1707	Carys	Smit	5km	Female	16	16 to 18	00:52:51
37	57	3	TA0272	Morgan	Smit	5km	Female	14	12 to 15	00:52:53
38	60	7	TA0030	Merinda	Macgaror	5km	Female	50	Master (50-59)	00:54:29
39	61	1	TA1593	Elizabeth	Labuschagne	5km	Female	61	Grand-Master (60+)	00:55:56
40	63	11	TA0379	Robertha	Pillay	5km	Female	45	Veteran (40-49)	00:56:05

41	64	10	TA0453	Ele	Ramugondo	5km	Female	36	Sub-Veteran (30-39)	00:56:55
42	65	8	TA0337	Catherine	Green	5km	Female	28	Senior (19-29)	00:58:29
43	66	12	TA1674	Tracy	Vally	5km	Female	47	Veteran (40-49)	00:58:31
44	67	11	TA0292	Elizabeth	Moore	5km	Female	39	Sub-Veteran (30-39)	01:02:22
45	68	2	TA0559	Daniela	De Beer	5km	Female	8	Under 11	01:02:25
46	69	3	TA0345	Jaimee	De Beerta1292	5km	Female	7	Under 11	01:02:28
47	71	13	TRAIL11232	Patricia	Minihold	5km	Female	44	Veteran (40-49)	01:37:32