



# AdventureRun : Rietvlei Dam

## Rietvlei Trail Run/Walk on 6th January 2019



| 10km Trail Run/Walk:Male |         |          |             |               |              |                     |        |     |                     |          |
|--------------------------|---------|----------|-------------|---------------|--------------|---------------------|--------|-----|---------------------|----------|
| Gender                   | Overall | Category | Race Number | Name          | Surname      | Activity            | Gender | Age | Category            | Duration |
| 1                        | 1       | 1        | TA1835      | Reginald      | Poopedi      | 10km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 00:37:06 |
| 2                        | 2       | 2        | TA1868      | Andries       | Nienaber     | 10km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 00:44:12 |
| 3                        | 3       | 1        | TA0774      | Niel          | Muller       | 10km Trail Run/Walk | Male   | 45  | Veteran (40-49)     | 00:44:54 |
| 4                        | 4       | 1        | TA1830      | Dirk          | Kruger       | 10km Trail Run/Walk | Male   | 51  | Master (50-59)      | 00:45:16 |
| 5                        | 6       | 1        | TA1017      | Charl-stephan | Nienaber     | 10km Trail Run/Walk | Male   | 25  | Senior (19-29)      | 00:47:35 |
| 6                        | 7       | 3        | TA2312      | Daniel        | Strachan     | 10km Trail Run/Walk | Male   | 37  | Sub-Veteran (30-39) | 00:48:29 |
| 7                        | 8       | 2        | TA2213      | Melvyn        | Quan         | 10km Trail Run/Walk | Male   | 45  | Veteran (40-49)     | 00:49:53 |
| 8                        | 9       | 3        | TA1025      | Anton         | Van Der Bijl | 10km Trail Run/Walk | Male   | 42  | Veteran (40-49)     | 00:51:02 |
| 9                        | 11      | 1        | TA2295      | Daniel        | Alberts      | 10km Trail Run/Walk | Male   | 13  | 12 to 15            | 00:54:32 |
| 10                       | 13      | 4        | TA2242      | Werner        | Jonck        | 10km Trail Run/Walk | Male   | 41  | Veteran (40-49)     | 00:54:48 |
| 11                       | 14      | 4        | TA2214      | Etienne       | Jordaan      | 10km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 00:55:05 |
| 12                       | 16      | 2        | TA2233      | Tony          | Green        | 10km Trail Run/Walk | Male   | 54  | Master (50-59)      | 00:56:20 |
| 13                       | 17      | 5        | TA0768      | Jacques       | Vally        | 10km Trail Run/Walk | Male   | 49  | Veteran (40-49)     | 00:56:23 |
| 14                       | 18      | 6        | TRAIL12236  | Clive         | Hutchinson   | 10km Trail Run/Walk | Male   | 47  | Veteran (40-49)     | 00:56:26 |
| 15                       | 19      | 5        | TA2128      | Kgomotso      | Diphoko      | 10km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 00:56:45 |
| 16                       | 22      | 7        | TA2331      | Donovan       | Shirley      | 10km Trail Run/Walk | Male   | 44  | Veteran (40-49)     | 00:58:03 |
| 17                       | 23      | 2        | TA2111      | Herman        | Roodt        | 10km Trail Run/Walk | Male   | 22  | Senior (19-29)      | 00:58:07 |
| 18                       | 24      | 8        | TRAIL11023  | Grant         | Hall         | 10km Trail Run/Walk | Male   | 48  | Veteran (40-49)     | 00:58:09 |
| 19                       | 25      | 9        | TA0817      | Conrad        | Langerman    | 10km Trail Run/Walk | Male   | 44  | Veteran (40-49)     | 00:58:12 |
| 20                       | 26      | 1        | TRAIL10171  | Hennie        | Prinsloo     | 10km Trail Run/Walk | Male   | 63  | Grand-Master (60+)  | 00:58:40 |
| 21                       | 28      | 10       | TA0665      | Carl          | Munnik       | 10km Trail Run/Walk | Male   | 48  | Veteran (40-49)     | 00:59:57 |
| 22                       | 30      | 11       | TA1072      | Marius        | Potgieter    | 10km Trail Run/Walk | Male   | 41  | Veteran (40-49)     | 01:00:27 |
| 23                       | 32      | 6        | TA0807      | David         | He           | 10km Trail Run/Walk | Male   | 31  | Sub-Veteran (30-39) | 01:01:55 |
| 24                       | 34      | 3        | TA2124      | Tumelo        | Ramphalemng  | 10km Trail Run/Walk | Male   | 26  | Senior (19-29)      | 01:02:38 |
| 25                       | 36      | 4        | TA1132      | Vinzent       | Blaschczok   | 10km Trail Run/Walk | Male   | 24  | Senior (19-29)      | 01:03:17 |
| 26                       | 37      | 7        | TA0795      | Chongsong     | Wang         | 10km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 01:03:20 |
| 27                       | 38      | 12       | TA0751      | Shilong       | Song         | 10km Trail Run/Walk | Male   | 42  | Veteran (40-49)     | 01:03:36 |
| 28                       | 39      | 13       | TA2140      | Rudy          | Thiart       | 10km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 01:04:23 |
| 29                       | 40      | 5        | TA1873      | Takura        | Wekwete      | 10km Trail Run/Walk | Male   | 27  | Senior (19-29)      | 01:04:26 |
| 30                       | 41      | 8        | TA1874      | Ryan          | Wetzlar      | 10km Trail Run/Walk | Male   | 32  | Sub-Veteran (30-39) | 01:04:44 |
| 31                       | 42      | 14       | TA1852      | Piet          | Van Wyk      | 10km Trail Run/Walk | Male   | 46  | Veteran (40-49)     | 01:04:46 |
| 32                       | 46      | 9        | TA2314      | Ryan David    | Woodford     | 10km Trail Run/Walk | Male   | 32  | Sub-Veteran (30-39) | 01:06:21 |
| 33                       | 48      | 2        | TA0854      | Gerald        | Steyn        | 10km Trail Run/Walk | Male   | 67  | Grand-Master (60+)  | 01:07:09 |

|    |     |    |            |              |                  |                     |      |    |                     |          |
|----|-----|----|------------|--------------|------------------|---------------------|------|----|---------------------|----------|
| 34 | 49  | 10 | TA2203     | Chris        | Barrett          | 10km Trail Run/Walk | Male | 36 | Sub-Veteran (30-39) | 01:07:14 |
| 35 | 51  | 3  | TA2278     | Johann       | Van Zyl          | 10km Trail Run/Walk | Male | 65 | Grand-Master (60+)  | 01:07:41 |
| 36 | 53  | 3  | TA1877     | Clint        | Holing           | 10km Trail Run/Walk | Male | 54 | Master (50-59)      | 01:07:57 |
| 37 | 54  | 4  | TA1165     | Pierre       | Du Bruyn         | 10km Trail Run/Walk | Male | 54 | Master (50-59)      | 01:08:07 |
| 38 | 55  | 5  | TA1185     | Paul         | Mullon           | 10km Trail Run/Walk | Male | 59 | Master (50-59)      | 01:08:59 |
| 39 | 59  | 15 | TA2143     | Matthew      | Gordon-watt      | 10km Trail Run/Walk | Male | 42 | Veteran (40-49)     | 01:11:21 |
| 40 | 61  | 4  | TRAIL10759 | Allen        | West             | 10km Trail Run/Walk | Male | 64 | Grand-Master (60+)  | 01:11:51 |
| 41 | 62  | 5  | TA2221     | Tony         | Taljaard         | 10km Trail Run/Walk | Male | 63 | Grand-Master (60+)  | 01:11:55 |
| 42 | 63  | 6  | TRAIL10533 | Frik         | Du Preez         | 10km Trail Run/Walk | Male | 60 | Grand-Master (60+)  | 01:11:59 |
| 43 | 69  | 16 | TA1175     | James        | Stewart          | 10km Trail Run/Walk | Male | 47 | Veteran (40-49)     | 01:14:36 |
| 44 | 70  | 17 | TRAIL12341 | Charles      | Norman           | 10km Trail Run/Walk | Male | 40 | Veteran (40-49)     | 01:14:38 |
| 45 | 72  | 6  | TA1159     | Ockie        | Schoeman         | 10km Trail Run/Walk | Male | 51 | Master (50-59)      | 01:14:51 |
| 46 | 75  | 7  | TA1899     | Andre        | Van Kasterop     | 10km Trail Run/Walk | Male | 55 | Master (50-59)      | 01:16:48 |
| 47 | 79  | 18 | TA1816     | Johan        | Schoeman         | 10km Trail Run/Walk | Male | 44 | Veteran (40-49)     | 01:18:43 |
| 48 | 82  | 7  | TA0759     | Kosie        | Van Vuuren       | 10km Trail Run/Walk | Male | 64 | Grand-Master (60+)  | 01:19:49 |
| 49 | 87  | 11 | TRAIL12356 | Davon        | Du Bruyn         | 10km Trail Run/Walk | Male | 32 | Sub-Veteran (30-39) | 01:21:33 |
| 50 | 91  | 6  | TA1166     | Calvin       | Erlank           | 10km Trail Run/Walk | Male | 27 | Senior (19-29)      | 01:23:06 |
| 51 | 93  | 8  | TA0713     | Ken          | Swettenham       | 10km Trail Run/Walk | Male | 55 | Master (50-59)      | 01:25:41 |
| 52 | 103 | 9  | TA1808     | Johan        | Jordaan          | 10km Trail Run/Walk | Male | 57 | Master (50-59)      | 01:33:25 |
| 53 | 107 | 8  | TRAIL11058 | John         | Rollason         | 10km Trail Run/Walk | Male | 70 | Grand-Master (60+)  | 01:37:21 |
| 54 | 110 | 9  | TA0815     | Peter        | Darroll          | 10km Trail Run/Walk | Male | 73 | Grand-Master (60+)  | 01:46:48 |
| 55 | 114 | 10 | TRAIL10011 | Graham       | Hutchins         | 10km Trail Run/Walk | Male | 55 | Master (50-59)      | 01:49:40 |
| 56 | 120 | 10 | TRAIL12109 | Neville      | Muir             | 10km Trail Run/Walk | Male | 80 | Grand-Master (60+)  | 01:52:00 |
| 57 | 122 | 11 | TA0857     | Dean         | Mcclelland       | 10km Trail Run/Walk | Male | 65 | Grand-Master (60+)  | 01:57:10 |
| 58 | 123 | 13 | TA1125     | Luc          | Van Goidsenhoven | 10km Trail Run/Walk | Male | 62 | Grand-Master (60+)  | 01:57:10 |
| 59 | 124 | 12 | TRAIL12613 | Meyer Albert | Guinsberg        | 10km Trail Run/Walk | Male | 68 | Grand-Master (60+)  | 01:57:10 |
| 60 | 126 | 14 | TA2119     | Elbert       | Loubser          | 10km Trail Run/Walk | Male | 61 | Grand-Master (60+)  | 01:57:11 |

| 10km Trail Run/Walk:Female |         |          |             |            |                    |                     |        |     |                     |          |
|----------------------------|---------|----------|-------------|------------|--------------------|---------------------|--------|-----|---------------------|----------|
| Gender                     | Overall | Category | Race Number | Name       | Surname            | Activity            | Gender | Age | Category            | Duration |
| 1                          | 5       | 1        | TA1103      | Suane      | Nienaber           | 10km Trail Run/Walk | Female | 25  | Senior (19-29)      | 00:47:32 |
| 3                          | 10      | 3        | TA1121      | Laura      | Beamish            | 10km Trail Run/Walk | Female | 28  | Senior (19-29)      | 00:52:25 |
| 4                          | 12      | 1        | TA1860      | Marinda    | Marais             | 10km Trail Run/Walk | Female | 49  | Veteran (40-49)     | 00:54:44 |
| 5                          | 15      | 1        | TA1055      | Carmien    | Smal               | 10km Trail Run/Walk | Female | 14  | 12 to 15            | 00:55:47 |
| 6                          | 20      | 2        | TA2304      | Mariette   | Dry                | 10km Trail Run/Walk | Female | 40  | Veteran (40-49)     | 00:56:56 |
| 7                          | 21      | 1        | TA0675      | Ilze       | Crous              | 10km Trail Run/Walk | Female | 60  | Grand-Master (60+)  | 00:57:51 |
| 8                          | 27      | 3        | TRAIL13015  | Nadia      | Bosch              | 10km Trail Run/Walk | Female | 47  | Veteran (40-49)     | 00:59:53 |
| 9                          | 29      | 1        | TA1833      | Penny      | Bowren             | 10km Trail Run/Walk | Female | 50  | Master (50-59)      | 01:00:04 |
| 10                         | 31      | 1        | TA1129      | Natalie    | Ausmeier           | 10km Trail Run/Walk | Female | 39  | Sub-Veteran (30-39) | 01:01:32 |
| 11                         | 33      | 4        | TA0995      | Emma       | Dos Santos         | 10km Trail Run/Walk | Female | 28  | Senior (19-29)      | 01:02:10 |
| 12                         | 35      | 2        | TA2174      | Kelly      | Summerfield        | 10km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 01:03:13 |
| 13                         | 43      | 5        | TA0773      | Kara       | Otto-surridge      | 10km Trail Run/Walk | Female | 24  | Senior (19-29)      | 01:04:49 |
| 14                         | 44      | 4        | TA1894      | Maitele    | Tshifularo         | 10km Trail Run/Walk | Female | 49  | Veteran (40-49)     | 01:04:52 |
| 15                         | 45      | 5        | TRAIL11798  | Antoinette | Hartslief          | 10km Trail Run/Walk | Female | 47  | Veteran (40-49)     | 01:04:55 |
| 16                         | 47      | 6        | TRAIL10430  | Celia      | Van Niekerk        | 10km Trail Run/Walk | Female | 48  | Veteran (40-49)     | 01:07:06 |
| 17                         | 50      | 7        | TA0849      | Nina       | Wetzlar            | 10km Trail Run/Walk | Female | 44  | Veteran (40-49)     | 01:07:19 |
| 18                         | 52      | 3        | TRAIL12828  | Rache      | Nel                | 10km Trail Run/Walk | Female | 35  | Sub-Veteran (30-39) | 01:07:48 |
| 19                         | 56      | 6        | TA1177      | Jessica    | Botes              | 10km Trail Run/Walk | Female | 22  | Senior (19-29)      | 01:09:56 |
| 20                         | 57      | 8        | TA2180      | Leanne     | Webster            | 10km Trail Run/Walk | Female | 46  | Veteran (40-49)     | 01:10:44 |
| 21                         | 58      | 4        | TRAIL12170  | Cornelia   | Hutchinson         | 10km Trail Run/Walk | Female | 37  | Sub-Veteran (30-39) | 01:10:48 |
| 22                         | 60      | 5        | TRAIL11074  | Larissa    | West               | 10km Trail Run/Walk | Female | 35  | Sub-Veteran (30-39) | 01:11:49 |
| 23                         | 64      | 2        | TRAIL12290  | Georgina   | Bester             | 10km Trail Run/Walk | Female | 54  | Master (50-59)      | 01:12:11 |
| 24                         | 65      | 9        | TA0637      | Gabs       | Janssen            | 10km Trail Run/Walk | Female | 40  | Veteran (40-49)     | 01:12:40 |
| 25                         | 66      | 10       | TA2204      | Heidi      | Botha              | 10km Trail Run/Walk | Female | 40  | Veteran (40-49)     | 01:13:08 |
| 26                         | 67      | 11       | TA0264      | Tilana     | De Meilon          | 10km Trail Run/Walk | Female | 40  | Veteran (40-49)     | 01:13:34 |
| 27                         | 68      | 7        | TA2305      | Carissa    | Stoltz             | 10km Trail Run/Walk | Female | 26  | Senior (19-29)      | 01:14:03 |
| 28                         | 71      | 12       | TA2339      | Elizma     | Schoeman           | 10km Trail Run/Walk | Female | 44  | Veteran (40-49)     | 01:14:48 |
| 29                         | 73      | 6        | TA2125      | Ashleigh   | Fisher             | 10km Trail Run/Walk | Female | 32  | Sub-Veteran (30-39) | 01:15:41 |
| 30                         | 74      | 3        | TA2129      | Marentia   | Homan              | 10km Trail Run/Walk | Female | 50  | Master (50-59)      | 01:16:46 |
| 31                         | 76      | 7        | TA2205      | Marelie    | Woodford           | 10km Trail Run/Walk | Female | 32  | Sub-Veteran (30-39) | 01:17:37 |
| 32                         | 77      | 8        | TA1161      | Eljeanie   | Wilke              | 10km Trail Run/Walk | Female | 23  | Senior (19-29)      | 01:18:37 |
| 33                         | 78      | 8        | TA1886      | Helen      | Crous              | 10km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 01:18:41 |
| 34                         | 80      | 4        | TRAIL11666  | Teresa     | Le Roux            | 10km Trail Run/Walk | Female | 55  | Master (50-59)      | 01:19:24 |
| 35                         | 81      | 2        | TA1889      | Lieve      | Geuens             | 10km Trail Run/Walk | Female | 66  | Grand-Master (60+)  | 01:19:30 |
| 36                         | 83      | 3        | TA2318      | Bertha     | Shack              | 10km Trail Run/Walk | Female | 66  | Grand-Master (60+)  | 01:19:51 |
| 37                         | 84      | 5        | TRAIL10836  | Ina        | Beamish            | 10km Trail Run/Walk | Female | 56  | Master (50-59)      | 01:19:53 |
| 38                         | 85      | 9        | TA2252      | Lize       | Ferreira           | 10km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 01:21:11 |
| 39                         | 86      | 4        | TA1044      | Marie      | Janse Van Rensburg | 10km Trail Run/Walk | Female | 64  | Grand-Master (60+)  | 01:21:28 |
| 40                         | 88      | 10       | TA2240      | Belinda    | Cawood             | 10km Trail Run/Walk | Female | 37  | Sub-Veteran (30-39) | 01:22:09 |
| 41                         | 89      | 11       | TA2138      | Thando     | Sibanda            | 10km Trail Run/Walk | Female | 31  | Sub-Veteran (30-39) | 01:22:20 |

|    |     |    |            |            |                |                     |        |    |                     |          |
|----|-----|----|------------|------------|----------------|---------------------|--------|----|---------------------|----------|
| 42 | 90  | 9  | TA2159     | Linda      | Li             | 10km Trail Run/Walk | Female | 28 | Senior (19-29)      | 01:22:32 |
| 43 | 92  | 10 | TA0850     | Gabriela   | Oosthuizen     | 10km Trail Run/Walk | Female | 26 | Senior (19-29)      | 01:23:10 |
| 44 | 94  | 12 | TA1801     | Gontse     | Chipame        | 10km Trail Run/Walk | Female | 31 | Sub-Veteran (30-39) | 01:26:44 |
| 45 | 95  | 13 | TA0659     | Shelley    | Cianfanelli    | 10km Trail Run/Walk | Female | 42 | Veteran (40-49)     | 01:26:47 |
| 46 | 96  | 13 | TA1828     | Keitumetse | Kau            | 10km Trail Run/Walk | Female | 35 | Sub-Veteran (30-39) | 01:27:51 |
| 47 | 97  | 14 | TRAIL11599 | Lucky      | Maboya         | 10km Trail Run/Walk | Female | 44 | Veteran (40-49)     | 01:28:28 |
| 48 | 98  | 14 | TRAIL11777 | Chantell   | Moss           | 10km Trail Run/Walk | Female | 33 | Sub-Veteran (30-39) | 01:28:32 |
| 49 | 99  | 15 | TRAIL10259 | Joan       | Erasmus        | 10km Trail Run/Walk | Female | 32 | Sub-Veteran (30-39) | 01:30:03 |
| 50 | 100 | 5  | TA2122     | Anne       | Reynolds       | 10km Trail Run/Walk | Female | 62 | Grand-Master (60+)  | 01:31:23 |
| 51 | 101 | 6  | TA1174     | Agnes      | Kirsch         | 10km Trail Run/Walk | Female | 66 | Grand-Master (60+)  | 01:31:26 |
| 52 | 102 | 7  | TA1811     | Suzan      | Holden         | 10km Trail Run/Walk | Female | 64 | Grand-Master (60+)  | 01:31:29 |
| 53 | 104 | 15 | TA1837     | Catherine  | Smith          | 10km Trail Run/Walk | Female | 41 | Veteran (40-49)     | 01:33:41 |
| 54 | 105 | 6  | TRAIL10214 | Elsa       | Erasmus        | 10km Trail Run/Walk | Female | 56 | Master (50-59)      | 01:34:42 |
| 55 | 106 | 16 | TRAIL11111 | Fiona      | Lindsey-renton | 10km Trail Run/Walk | Female | 45 | Veteran (40-49)     | 01:37:11 |
| 56 | 108 | 7  | TA1853     | Wilna      | Scholtz        | 10km Trail Run/Walk | Female | 50 | Master (50-59)      | 01:38:27 |
| 57 | 109 | 8  | TA1046     | Merinda    | Macgaror       | 10km Trail Run/Walk | Female | 50 | Master (50-59)      | 01:44:34 |
| 58 | 111 | 17 | TA1179     | Paula      | Sukop          | 10km Trail Run/Walk | Female | 49 | Veteran (40-49)     | 01:47:38 |
| 59 | 112 | 8  | TRAIL12324 | Frances    | Steel          | 10km Trail Run/Walk | Female | 74 | Grand-Master (60+)  | 01:47:41 |
| 60 | 113 | 18 | TRAIL10053 | Adele      | Sutherland     | 10km Trail Run/Walk | Female | 40 | Veteran (40-49)     | 01:48:46 |
| 61 | 115 | 9  | TRAIL10052 | Lesley     | Hutchins       | 10km Trail Run/Walk | Female | 56 | Master (50-59)      | 01:49:40 |
| 62 | 116 | 10 | TA2290     | Sandra     | Van Zyl        | 10km Trail Run/Walk | Female | 54 | Master (50-59)      | 01:50:45 |
| 63 | 117 | 9  | TA0717     | Sue        | Darroll        | 10km Trail Run/Walk | Female | 68 | Grand-Master (60+)  | 01:50:55 |
| 64 | 118 | 10 | TRAIL12321 | Dorothy    | Van Heerden    | 10km Trail Run/Walk | Female | 75 | Grand-Master (60+)  | 01:50:55 |
| 65 | 119 | 11 | TA0735     | Cheryl     | Gouverneur     | 10km Trail Run/Walk | Female | 52 | Master (50-59)      | 01:50:57 |
| 66 | 121 | 12 | TA0755     | May        | Van Der Walt   | 10km Trail Run/Walk | Female | 56 | Master (50-59)      | 01:57:10 |
| 67 | 125 | 11 | TA1043     | Marie      | Van Dyk        | 10km Trail Run/Walk | Female | 70 | Grand-Master (60+)  | 01:57:11 |

| 5km Trail Run/Walk:Male |         |          |             |           |                |                    |        |     |                     |          |
|-------------------------|---------|----------|-------------|-----------|----------------|--------------------|--------|-----|---------------------|----------|
| Gender                  | Overall | Category | Race Number | Name      | Surname        | Activity           | Gender | Age | Category            | Duration |
| 1                       | 1       | 1        | TRAIL10690  | Dian      | Marais         | 5km Trail Run/Walk | Male   | 11  | Under 11            | 00:22:29 |
| 2                       | 2       | 1        | TA1741      | Tyron     | Denton         | 5km Trail Run/Walk | Male   | 20  | Senior (19-29)      | 00:25:21 |
| 3                       | 3       | 2        | TA0204      | Michael   | Manley         | 5km Trail Run/Walk | Male   | 21  | Senior (19-29)      | 00:25:38 |
| 4                       | 4       | 1        | TA0448      | Johann    | Du Toit        | 5km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 00:26:16 |
| 5                       | 5       | 2        | TA0238      | Coenraad  | Rossouw        | 5km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 00:26:33 |
| 6                       | 8       | 2        | TA0458      | Nicolas   | Alberts        | 5km Trail Run/Walk | Male   | 11  | Under 11            | 00:28:23 |
| 7                       | 12      | 1        | TA0198      | Aj        | Kriel          | 5km Trail Run/Walk | Male   | 17  | 16 to 18            | 00:29:51 |
| 8                       | 13      | 1        | TRAIL12982  | Rufan     | Palm           | 5km Trail Run/Walk | Male   | 62  | Grand-Master (60+)  | 00:30:29 |
| 9                       | 16      | 3        | TA1655      | Micah     | Dry            | 5km Trail Run/Walk | Male   | 9   | Under 11            | 00:31:25 |
| 10                      | 18      | 1        | TA0250      | Milke     | Mulder         | 5km Trail Run/Walk | Male   | 14  | 12 to 15            | 00:31:39 |
| 11                      | 19      | 1        | TA0554      | Chantelle | Knoetze        | 5km Trail Run/Walk | Male   | 52  | Master (50-59)      | 00:31:53 |
| 12                      | 21      | 3        | TA0515      | Naas      | Terblanche     | 5km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 00:32:08 |
| 13                      | 25      | 3        | TA0476      | Marc      | Knoetze        | 5km Trail Run/Walk | Male   | 23  | Senior (19-29)      | 00:33:07 |
| 14                      | 26      | 4        | TA0483      | Khaya     | Hlophe         | 5km Trail Run/Walk | Male   | 27  | Senior (19-29)      | 00:33:16 |
| 15                      | 29      | 5        | TA1629      | Renda     | Tshifularo     | 5km Trail Run/Walk | Male   | 21  | Senior (19-29)      | 00:35:05 |
| 16                      | 32      | 6        | TA0258      | Jason     | Boone          | 5km Trail Run/Walk | Male   | 27  | Senior (19-29)      | 00:35:16 |
| 17                      | 34      | 2        | TA0205      | Philip    | Stander        | 5km Trail Run/Walk | Male   | 54  | Master (50-59)      | 00:35:41 |
| 18                      | 36      | 4        | TA0240      | Rendani   | Nengwenani     | 5km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 00:36:14 |
| 19                      | 37      | 5        | TA0121      | Clinton   | Van Heerden    | 5km Trail Run/Walk | Male   | 30  | Sub-Veteran (30-39) | 00:36:19 |
| 20                      | 38      | 6        | TA1566      | Irina     | Aafanaseva     | 5km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 00:36:22 |
| 21                      | 39      | 1        | TA0318      | Andre     | Ferreira       | 5km Trail Run/Walk | Male   | 44  | Veteran (40-49)     | 00:36:28 |
| 22                      | 43      | 7        | TA0151      | Allan     | Venter         | 5km Trail Run/Walk | Male   | 26  | Senior (19-29)      | 00:37:19 |
| 23                      | 44      | 3        | TA1673      | Eric      | Van Niekerk    | 5km Trail Run/Walk | Male   | 59  | Master (50-59)      | 00:37:32 |
| 24                      | 45      | 8        | TA0344      | Werner    | Stoltz         | 5km Trail Run/Walk | Male   | 27  | Senior (19-29)      | 00:37:34 |
| 25                      | 49      | 7        | TA0339      | Denton    | Meintjes       | 5km Trail Run/Walk | Male   | 32  | Sub-Veteran (30-39) | 00:37:45 |
| 26                      | 53      | 2        | TA0185      | Heinrich  | Nienaber       | 5km Trail Run/Walk | Male   | 18  | 16 to 18            | 00:38:14 |
| 27                      | 60      | 8        | TA1787      | Chris     | Beferiege      | 5km Trail Run/Walk | Male   | 31  | Sub-Veteran (30-39) | 00:39:01 |
| 28                      | 61      | 9        | TA1684      | Nathi     | Hlophe         | 5km Trail Run/Walk | Male   | 30  | Sub-Veteran (30-39) | 00:39:07 |
| 29                      | 64      | 2        | TRAIL10426  | Charl     | Greyvensteyn   | 5km Trail Run/Walk | Male   | 49  | Veteran (40-49)     | 00:39:35 |
| 30                      | 67      | 10       | TA0645      | Manyano   | Sokupa         | 5km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 00:40:30 |
| 31                      | 69      | 11       | TA2311      | Li        | Ma             | 5km Trail Run/Walk | Male   | 31  | Sub-Veteran (30-39) | 00:40:40 |
| 32                      | 77      | 4        | TA0576      | Pierluigi | Marino         | 5km Trail Run/Walk | Male   | 52  | Master (50-59)      | 00:41:50 |
| 33                      | 84      | 3        | TA0407      | Armin     | Greyvensteyn   | 5km Trail Run/Walk | Male   | 18  | 16 to 18            | 00:45:03 |
| 34                      | 88      | 2        | TA0440      | Malcolm   | Mackenzie      | 5km Trail Run/Walk | Male   | 65  | Grand-Master (60+)  | 00:46:31 |
| 35                      | 91      | 12       | TA0455      | Francois  | Swanepoel      | 5km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 00:47:11 |
| 36                      | 93      | 5        | TA1583      | Julius    | Kohlen         | 5km Trail Run/Walk | Male   | 50  | Master (50-59)      | 00:47:17 |
| 37                      | 98      | 9        | TA0267      | Roelof    | Diedericks     | 5km Trail Run/Walk | Male   | 23  | Senior (19-29)      | 00:47:55 |
| 38                      | 100     | 3        | TA0295      | Koos      | Van Den Heever | 5km Trail Run/Walk | Male   | 40  | Veteran (40-49)     | 00:48:27 |
| 39                      | 105     | 13       | TA1799      | Thavi     | Ellary         | 5km Trail Run/Walk | Male   | 35  | Sub-Veteran (30-39) | 00:50:25 |

|    |     |    |            |            |            |                    |      |    |                     |          |
|----|-----|----|------------|------------|------------|--------------------|------|----|---------------------|----------|
| 40 | 106 | 4  | TA0033     | Chas       | Norman     | 5km Trail Run/Walk | Male | 9  | Under 11            | 00:51:13 |
| 41 | 115 | 14 | TA1900     | Werner     | Roos       | 5km Trail Run/Walk | Male | 33 | Sub-Veteran (30-39) | 00:53:09 |
| 42 | 118 | 10 | TA1582     | Giuliano   | Dos Santos | 5km Trail Run/Walk | Male | 28 | Senior (19-29)      | 00:53:17 |
| 43 | 119 | 3  | TRAIL10173 | Keith      | Opperman   | 5km Trail Run/Walk | Male | 65 | Grand-Master (60+)  | 00:53:32 |
| 44 | 123 | 4  | TA0245     | Christo    | Geldenhuis | 5km Trail Run/Walk | Male | 62 | Grand-Master (60+)  | 00:53:51 |
| 45 | 130 | 6  | TA0537     | Peter      | Hoge       | 5km Trail Run/Walk | Male | 54 | Master (50-59)      | 00:54:27 |
| 46 | 133 | 15 | TA0570     | Stephen    | Atkinson   | 5km Trail Run/Walk | Male | 39 | Sub-Veteran (30-39) | 00:54:39 |
| 47 | 134 | 5  | TA0253     | Ethan      | Atkins     | 5km Trail Run/Walk | Male | 6  | Under 11            | 00:54:42 |
| 48 | 135 | 11 | TA0276     | Martin     | Schermers  | 5km Trail Run/Walk | Male | 24 | Senior (19-29)      | 00:54:49 |
| 49 | 137 | 5  | TA0587     | Magavishnu | Naicker    | 5km Trail Run/Walk | Male | 63 | Grand-Master (60+)  | 00:55:20 |
| 50 | 138 | 4  | TA0167     | Quintin    | Van Rooyen | 5km Trail Run/Walk | Male | 41 | Veteran (40-49)     | 00:56:05 |
| 51 | 141 | 7  | TA0371     | Garth      | Mitchell   | 5km Trail Run/Walk | Male | 59 | Master (50-59)      | 00:56:55 |
| 52 | 146 | 6  | TA0312     | Nick       | Wolmarans  | 5km Trail Run/Walk | Male | 69 | Grand-Master (60+)  | 00:57:39 |

| 5km Trail Run/Walk:Female |         |          |             |             |                   |                    |        |     |                     |          |
|---------------------------|---------|----------|-------------|-------------|-------------------|--------------------|--------|-----|---------------------|----------|
| Gender                    | Overall | Category | Race Number | Name        | Surname           | Activity           | Gender | Age | Category            | Duration |
| 1                         | 6       | 1        | TA0391      | Annerike    | Heyneke           | 5km Trail Run/Walk | Female | 9   | Under 11            | 00:27:03 |
| 2                         | 7       | 1        | TA0567      | Moreen      | Stayn             | 5km Trail Run/Walk | Female | 41  | Veteran (40-49)     | 00:27:55 |
| 3                         | 9       | 1        | TA1650      | Amberleigh  | Jansen Van Vuuren | 5km Trail Run/Walk | Female | 14  | 12 to 15            | 00:29:06 |
| 4                         | 10      | 1        | TA0302      | Caitlin     | Manley            | 5km Trail Run/Walk | Female | 20  | Senior (19-29)      | 00:29:31 |
| 5                         | 11      | 2        | TA0183      | Anuk        | Stayn             | 5km Trail Run/Walk | Female | 15  | 12 to 15            | 00:29:48 |
| 6                         | 14      | 2        | TA1625      | Lee-ann     | Pienaar           | 5km Trail Run/Walk | Female | 40  | Veteran (40-49)     | 00:30:33 |
| 7                         | 15      | 1        | TRAIL12299  | Janeane     | Watt              | 5km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 00:30:57 |
| 8                         | 17      | 1        | TA1660      | Ashleigh    | Manley            | 5km Trail Run/Walk | Female | 16  | 16 to 18            | 00:31:35 |
| 9                         | 20      | 2        | TA0045      | Talitha     | Terblanche        | 5km Trail Run/Walk | Female | 8   | Under 11            | 00:32:05 |
| 10                        | 22      | 2        | TA0388      | Karmi       | Mulder            | 5km Trail Run/Walk | Female | 19  | Senior (19-29)      | 00:32:22 |
| 11                        | 23      | 3        | TA0227      | Elmarie     | Meyer             | 5km Trail Run/Walk | Female | 41  | Veteran (40-49)     | 00:32:39 |
| 12                        | 24      | 2        | TA0379      | Rize        | Mulder            | 5km Trail Run/Walk | Female | 16  | 16 to 18            | 00:32:43 |
| 13                        | 27      | 1        | TA0202      | Suzanne     | Ayres             | 5km Trail Run/Walk | Female | 52  | Master (50-59)      | 00:34:04 |
| 14                        | 28      | 3        | TA1767      | Jodie       | Ayres             | 5km Trail Run/Walk | Female | 20  | Senior (19-29)      | 00:34:05 |
| 15                        | 30      | 2        | TA0272      | Tanya       | Smal              | 5km Trail Run/Walk | Female | 37  | Sub-Veteran (30-39) | 00:35:09 |
| 16                        | 31      | 4        | TA0494      | Glizelle    | Langerman         | 5km Trail Run/Walk | Female | 42  | Veteran (40-49)     | 00:35:12 |
| 17                        | 33      | 2        | TA1519      | Paula       | Taylor            | 5km Trail Run/Walk | Female | 50  | Master (50-59)      | 00:35:20 |
| 18                        | 35      | 3        | TA0375      | Renee       | Nienaber          | 5km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 00:36:11 |
| 19                        | 40      | 4        | TA1665      | Elize       | Myburgh           | 5km Trail Run/Walk | Female | 35  | Sub-Veteran (30-39) | 00:36:32 |
| 20                        | 41      | 5        | TA0032      | Karina      | Ferreira          | 5km Trail Run/Walk | Female | 37  | Sub-Veteran (30-39) | 00:36:45 |
| 21                        | 42      | 3        | TRAIL12359  | Linda       | Fourie            | 5km Trail Run/Walk | Female | 52  | Master (50-59)      | 00:37:16 |
| 22                        | 46      | 6        | TA0443      | Reabetsoe   | Nengwenani        | 5km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 00:37:38 |
| 23                        | 47      | 4        | TA0051      | Angela      | Jenkinson         | 5km Trail Run/Walk | Female | 50  | Master (50-59)      | 00:37:40 |
| 24                        | 48      | 4        | TA0358      | Elizna      | Meintjes          | 5km Trail Run/Walk | Female | 27  | Senior (19-29)      | 00:37:43 |
| 25                        | 50      | 7        | TA0349      | Talita      | Viljoen           | 5km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 00:37:48 |
| 26                        | 51      | 5        | TA1724      | Rijkie      | Terblanche        | 5km Trail Run/Walk | Female | 45  | Veteran (40-49)     | 00:37:51 |
| 27                        | 52      | 8        | TA1596      | Aneli       | Heyneke           | 5km Trail Run/Walk | Female | 37  | Sub-Veteran (30-39) | 00:37:55 |
| 28                        | 54      | 9        | TA1575      | Morgana     | Robbertze         | 5km Trail Run/Walk | Female | 38  | Sub-Veteran (30-39) | 00:38:23 |
| 29                        | 55      | 6        | TA1708      | Alison      | Nisbet            | 5km Trail Run/Walk | Female | 48  | Veteran (40-49)     | 00:38:26 |
| 30                        | 56      | 5        | TA0291      | Nicola      | Wicks             | 5km Trail Run/Walk | Female | 54  | Master (50-59)      | 00:38:35 |
| 31                        | 57      | 7        | TA0357      | Rosalind    | Roy               | 5km Trail Run/Walk | Female | 46  | Veteran (40-49)     | 00:38:38 |
| 32                        | 58      | 8        | TA0527      | Paula       | Labuscagne        | 5km Trail Run/Walk | Female | 48  | Veteran (40-49)     | 00:38:40 |
| 33                        | 59      | 6        | TA0495      | Karin Marie | Van Niekerk       | 5km Trail Run/Walk | Female | 56  | Master (50-59)      | 00:38:44 |
| 34                        | 62      | 5        | TA0085      | Rene        | Botha             | 5km Trail Run/Walk | Female | 27  | Senior (19-29)      | 00:39:12 |
| 35                        | 63      | 3        | TA1546      | Anja        | Schoeman          | 5km Trail Run/Walk | Female | 10  | Under 11            | 00:39:32 |
| 36                        | 65      | 1        | TA0163      | Etnah       | Wolfaardt         | 5km Trail Run/Walk | Female | 62  | Grand-Master (60+)  | 00:39:50 |
| 37                        | 66      | 10       | TA1796      | Kim         | Taylor            | 5km Trail Run/Walk | Female | 34  | Sub-Veteran (30-39) | 00:40:25 |
| 38                        | 68      | 9        | TA0215      | Silvana     | Carraggi          | 5km Trail Run/Walk | Female | 48  | Veteran (40-49)     | 00:40:38 |
| 39                        | 70      | 11       | TA1672      | Julia       | Van Heerden       | 5km Trail Run/Walk | Female | 38  | Sub-Veteran (30-39) | 00:40:44 |
| 40                        | 71      | 6        | TA0462      | Boitumelo   | Mokgele           | 5km Trail Run/Walk | Female | 27  | Senior (19-29)      | 00:40:45 |



|    |     |    |            |           |                |                    |        |    |                     |          |
|----|-----|----|------------|-----------|----------------|--------------------|--------|----|---------------------|----------|
| 41 | 72  | 12 | TA0337     | Stephanie | Wetzlar        | 5km Trail Run/Walk | Female | 30 | Sub-Veteran (30-39) | 00:40:48 |
| 42 | 73  | 7  | TA0248     | Sue       | Pretorius      | 5km Trail Run/Walk | Female | 52 | Master (50-59)      | 00:40:51 |
| 43 | 74  | 10 | TA1573     | Simone    | Thomson        | 5km Trail Run/Walk | Female | 46 | Veteran (40-49)     | 00:41:18 |
| 44 | 75  | 8  | TRAIL13008 | Sonja     | Petzer         | 5km Trail Run/Walk | Female | 53 | Master (50-59)      | 00:41:21 |
| 45 | 76  | 11 | TA0408     | Tracy     | Vally          | 5km Trail Run/Walk | Female | 47 | Veteran (40-49)     | 00:41:47 |
| 46 | 78  | 7  | TA0158     | Primrose  | Mkhwanazi      | 5km Trail Run/Walk | Female | 24 | Senior (19-29)      | 00:42:48 |
| 47 | 79  | 13 | TA0559     | Sharon    | Winter         | 5km Trail Run/Walk | Female | 32 | Sub-Veteran (30-39) | 00:42:56 |
| 48 | 80  | 14 | TA0377     | Claudette | Coetzee        | 5km Trail Run/Walk | Female | 30 | Sub-Veteran (30-39) | 00:42:58 |
| 49 | 81  | 8  | TA0398     | Gizelle   | Stobrawe       | 5km Trail Run/Walk | Female | 25 | Senior (19-29)      | 00:43:29 |
| 50 | 82  | 9  | TA0023     | Lynn      | Fisher         | 5km Trail Run/Walk | Female | 57 | Master (50-59)      | 00:43:53 |
| 51 | 83  | 10 | TA0047     | Cecilia   | Summerfield    | 5km Trail Run/Walk | Female | 54 | Master (50-59)      | 00:44:49 |
| 52 | 85  | 12 | TA0168     | Heilet    | Smith          | 5km Trail Run/Walk | Female | 41 | Veteran (40-49)     | 00:46:10 |
| 53 | 86  | 11 | TA1467     | Margriet  | Du Plooy       | 5km Trail Run/Walk | Female | 56 | Master (50-59)      | 00:46:17 |
| 54 | 87  | 12 | TA1681     | Caron     | Mackenzie      | 5km Trail Run/Walk | Female | 54 | Master (50-59)      | 00:46:28 |
| 55 | 89  | 15 | TA0080     | Nicole    | Alderson       | 5km Trail Run/Walk | Female | 38 | Sub-Veteran (30-39) | 00:46:33 |
| 56 | 90  | 16 | TA1571     | Bridget   | Green          | 5km Trail Run/Walk | Female | 39 | Sub-Veteran (30-39) | 00:46:35 |
| 57 | 92  | 17 | TA0273     | Bernice   | Bredenkamp     | 5km Trail Run/Walk | Female | 33 | Sub-Veteran (30-39) | 00:47:13 |
| 58 | 94  | 9  | TA0084     | Jacobie   | Claasen        | 5km Trail Run/Walk | Female | 29 | Senior (19-29)      | 00:47:19 |
| 59 | 95  | 13 | TA0223     | Tina      | Schermers      | 5km Trail Run/Walk | Female | 50 | Master (50-59)      | 00:47:22 |
| 60 | 96  | 18 | TA0220     | Amanda    | Alberts        | 5km Trail Run/Walk | Female | 38 | Sub-Veteran (30-39) | 00:47:43 |
| 61 | 97  | 10 | TA2269     | Nicole    | Lang           | 5km Trail Run/Walk | Female | 20 | Senior (19-29)      | 00:47:51 |
| 62 | 99  | 13 | TA0287     | Tonie     | Van Den Heever | 5km Trail Run/Walk | Female | 45 | Veteran (40-49)     | 00:48:25 |
| 63 | 101 | 14 | TRAIL12367 | Shirley   | Megannon       | 5km Trail Run/Walk | Female | 48 | Veteran (40-49)     | 00:48:54 |
| 64 | 102 | 11 | TA0005     | Tsakane   | Ndubane        | 5km Trail Run/Walk | Female | 29 | Senior (19-29)      | 00:49:03 |
| 65 | 103 | 12 | TA0417     | Muofhe    | Tshifularo     | 5km Trail Run/Walk | Female | 20 | Senior (19-29)      | 00:49:24 |
| 66 | 104 | 15 | TRAIL11232 | Patricia  | Minihold       | 5km Trail Run/Walk | Female | 44 | Veteran (40-49)     | 00:49:57 |
| 67 | 107 | 16 | TRAIL12883 | Debra     | Crawley        | 5km Trail Run/Walk | Female | 45 | Veteran (40-49)     | 00:51:34 |
| 68 | 108 | 2  | TA0029     | Gerry     | Mullon         | 5km Trail Run/Walk | Female | 62 | Grand-Master (60+)  | 00:51:57 |
| 69 | 109 | 19 | TA1754     | Cindy     | Gumede         | 5km Trail Run/Walk | Female | 30 | Sub-Veteran (30-39) | 00:52:34 |
| 70 | 110 | 20 | TA0539     | Marinette | Lubbe          | 5km Trail Run/Walk | Female | 31 | Sub-Veteran (30-39) | 00:52:37 |
| 71 | 111 | 21 | TA0197     | Lucinda   | Evert          | 5km Trail Run/Walk | Female | 34 | Sub-Veteran (30-39) | 00:52:54 |
| 72 | 112 | 17 | TA0511     | Celeste   | Ackerman       | 5km Trail Run/Walk | Female | 44 | Veteran (40-49)     | 00:52:59 |
| 73 | 113 | 22 | TA0500     | Shelley   | Pepworth       | 5km Trail Run/Walk | Female | 32 | Sub-Veteran (30-39) | 00:53:01 |
| 74 | 114 | 23 | TA1156     | Lorette   | Roos           | 5km Trail Run/Walk | Female | 33 | Sub-Veteran (30-39) | 00:53:06 |
| 75 | 116 | 24 | TA0043     | Ronell    | Van Niekerk    | 5km Trail Run/Walk | Female | 34 | Sub-Veteran (30-39) | 00:53:11 |
| 76 | 117 | 14 | TA0424     | Rene      | Du Bruyn       | 5km Trail Run/Walk | Female | 54 | Master (50-59)      | 00:53:15 |
| 77 | 120 | 3  | TRAIL10163 | Anne      | Opperman       | 5km Trail Run/Walk | Female | 64 | Grand-Master (60+)  | 00:53:34 |
| 78 | 121 | 15 | TA0392     | Frances   | Stander        | 5km Trail Run/Walk | Female | 53 | Master (50-59)      | 00:53:38 |
| 79 | 122 | 13 | TA1755     | Melissa   | Geustyn        | 5km Trail Run/Walk | Female | 22 | Senior (19-29)      | 00:53:48 |
| 80 | 124 | 25 | TA0446     | Carmen    | Brummer        | 5km Trail Run/Walk | Female | 38 | Sub-Veteran (30-39) | 00:53:53 |
| 81 | 125 | 26 | TA1657     | Sarisha   | Naicker        | 5km Trail Run/Walk | Female | 36 | Sub-Veteran (30-39) | 00:53:56 |
| 82 | 126 | 27 | TA0386     | Benita    | Bosch          | 5km Trail Run/Walk | Female | 37 | Sub-Veteran (30-39) | 00:54:04 |



|     |     |    |        |           |             |                    |        |    |                     |          |
|-----|-----|----|--------|-----------|-------------|--------------------|--------|----|---------------------|----------|
| 83  | 127 | 14 | TA0434 | Mekeyla   | Cassim      | 5km Trail Run/Walk | Female | 23 | Senior (19-29)      | 00:54:19 |
| 84  | 128 | 16 | TA0283 | Marianne  | Snyman      | 5km Trail Run/Walk | Female | 50 | Master (50-59)      | 00:54:22 |
| 85  | 129 | 17 | TA1737 | Rosemary  | Fraser      | 5km Trail Run/Walk | Female | 56 | Master (50-59)      | 00:54:24 |
| 86  | 131 | 28 | TA0359 | Makubalo  | Nomzabalazo | 5km Trail Run/Walk | Female | 35 | Sub-Veteran (30-39) | 00:54:29 |
| 87  | 132 | 4  | TA0262 | Lexi      | Atkins      | 5km Trail Run/Walk | Female | 6  | Under 11            | 00:54:38 |
| 88  | 136 | 18 | TA0486 | Karin     | Ashley      | 5km Trail Run/Walk | Female | 48 | Veteran (40-49)     | 00:55:14 |
| 89  | 139 | 15 | TA0525 | Tate      | Dickson     | 5km Trail Run/Walk | Female | 19 | Senior (19-29)      | 00:56:11 |
| 90  | 140 | 18 | TA0282 | Su-anne   | Mitchell    | 5km Trail Run/Walk | Female | 53 | Master (50-59)      | 00:56:52 |
| 91  | 142 | 19 | TA0310 | Chandra   | Booyesen    | 5km Trail Run/Walk | Female | 47 | Veteran (40-49)     | 00:57:05 |
| 92  | 143 | 16 | TA0189 | Josephine | Bekker      | 5km Trail Run/Walk | Female | 21 | Senior (19-29)      | 00:57:07 |
| 93  | 144 | 20 | TA0436 | Nicolette | Muller      | 5km Trail Run/Walk | Female | 44 | Veteran (40-49)     | 00:57:32 |
| 94  | 145 | 21 | TA0290 | Danelle   | Roux        | 5km Trail Run/Walk | Female | 42 | Veteran (40-49)     | 00:57:35 |
| 95  | 147 | 4  | TA0445 | Allet     | Wolmarans   | 5km Trail Run/Walk | Female | 70 | Grand-Master (60+)  | 00:57:45 |
| 96  | 148 | 17 | TA2126 | Helen     | Stander     | 5km Trail Run/Walk | Female | 20 | Senior (19-29)      | 00:57:54 |
| 97  | 149 | 22 | TA1797 | Nadine    | Davidson    | 5km Trail Run/Walk | Female | 40 | Veteran (40-49)     | 00:58:15 |
| 98  | 150 | 19 | TA0260 | Mekeyla   | Cassim      | 5km Trail Run/Walk | Female | 51 | Master (50-59)      | 00:58:31 |
| 99  | 151 | 29 | TA0179 | Shayla    | Lathiff     | 5km Trail Run/Walk | Female | 36 | Sub-Veteran (30-39) | 00:58:35 |
| 100 | 152 | 23 | TA0356 | Becky     | Dermatis    | 5km Trail Run/Walk | Female | 48 | Veteran (40-49)     | 00:58:38 |
| 101 | 153 | 5  | TA0414 | Chrissie  | Mccabe      | 5km Trail Run/Walk | Female | 62 | Grand-Master (60+)  | 00:58:44 |
| 102 | 154 | 20 | TA0210 | Lindi     | Mbuli       | 5km Trail Run/Walk | Female | 54 | Master (50-59)      | 01:00:06 |
| 103 | 155 | 21 | TA0232 | Almari    | Visser      | 5km Trail Run/Walk | Female | 50 | Master (50-59)      | 01:02:02 |
| 104 | 156 | 24 | TA0299 | Patiswa   | Jumba       | 5km Trail Run/Walk | Female | 46 | Veteran (40-49)     | 01:03:32 |
| 105 | 157 | 6  | TA0380 | Elise     | Loubser     | 5km Trail Run/Walk | Female | 66 | Grand-Master (60+)  | 01:06:45 |
| 106 | 158 | 30 | TA0374 | Sane      | Ngidi       | 5km Trail Run/Walk | Female | 35 | Sub-Veteran (30-39) | 01:10:10 |