



AdventureRun : Irene Country Club

Strive-4-Sight Sunset Walk/Run at Irene CC on 13th October 2023



5km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA1915	Stefan	De Villiers	5km Run/Walk	Male	16	16 to 18	00:26:34
2	5	1	TA2198	Matthys Henri	Le Cointre	5km Run/Walk	Male	60	Grand-Master (60+)	00:27:10
3	8	1	TA0893	Deon	Lauterbach	5km Run/Walk	Male	34	Sub-Veteran (30-39)	00:30:25
4	9	2	TA2051	Quinton	Kidson	5km Run/Walk	Male	30	Sub-Veteran (30-39)	00:30:31
5	10	1	TA2235	Jan	Jansen V Vuuren	5km Run/Walk	Male	9	Under 11	00:35:39
6	11	2	TA2242	Aiden	Twemlow	5km Run/Walk	Male	7	Under 11	00:37:28
7	12	3	TA1998	Nathan	Twemlow	5km Run/Walk	Male	9	Under 11	00:37:34
8	13	1	TA2364	Mark	Twemlow	5km Run/Walk	Male	41	Veteran (40-49)	00:37:36
9	15	1	TA2135	Marius	Pienaar	5km Run/Walk	Male	56	Master (50-59)	00:37:53
10	17	2	TRAIL20462	Colin	Williams	5km Run/Walk	Male	64	Grand-Master (60+)	00:40:25
11	18	3	TA2290	Stephan	Van Der Spuy	5km Run/Walk	Male	33	Sub-Veteran (30-39)	00:41:53
12	21	1	TA2375	Edwin	Le Cointre	5km Run/Walk	Male	20	Senior (19-29)	00:45:08
13	23	2	TA1954	Jacques	Potgieter	5km Run/Walk	Male	28	Senior (19-29)	00:50:04
14	24	3	TA2032	Wian	Coetzee	5km Run/Walk	Male	25	Senior (19-29)	00:50:06
15	28	2	TA1812	Jan	Jansen V Vuuren	5km Run/Walk	Male	41	Veteran (40-49)	00:51:42
16	38	2	TA1013	Willem	De Ru	5km Run/Walk	Male	54	Master (50-59)	00:52:28
17	41	3	TA0938	Jacques	Havenga	5km Run/Walk	Male	53	Master (50-59)	00:52:39
18	42	4	TA1958	Stian	Havenga	5km Run/Walk	Male	22	Senior (19-29)	00:52:41
19	46	3	TA25477	Nick	Van Loggerenberg	5km Run/Walk	Male	65	Grand-Master (60+)	00:54:55
20	48	2	TA0988	Pierre	De Ru	5km Run/Walk	Male	18	16 to 18	00:55:11
21	56	4	TA2196	Philip	Robinson	5km Run/Walk	Male	32	Sub-Veteran (30-39)	00:56:20
22	57	5	TA1165	Pj	Luus	5km Run/Walk	Male	28	Senior (19-29)	00:56:24
23	59	6	TA23644	Bradley	Penrose	5km Run/Walk	Male	25	Senior (19-29)	00:56:36
24	65	3	TA2017	Stephan	Botha	5km Run/Walk	Male	40	Veteran (40-49)	00:57:35
25	69	4	TA2181	Thys	Strydom	5km Run/Walk	Male	63	Grand-Master (60+)	00:58:22
26	74	4	TA1984	Hannes	Raaths	5km Run/Walk	Male	53	Master (50-59)	00:59:00
27	75	5	TA1908	Emile	Viviers	5km Run/Walk	Male	55	Master (50-59)	00:59:01
28	78	4	TA2121	Keanu	Human	5km Run/Walk	Male	8	Under 11	00:59:33
29	82	7	TA1929	Gerhard	Van Rooyen	5km Run/Walk	Male	23	Senior (19-29)	00:59:53
30	83	3	TA2041	Dean	Raaths	5km Run/Walk	Male	18	16 to 18	01:00:02
31	86	6	TA2003	Brad	Brews	5km Run/Walk	Male	54	Master (50-59)	01:00:07
32	89	7	TA1957	Ryno	Van Rooyen	5km Run/Walk	Male	54	Master (50-59)	01:00:16
33	95	4	TA1900	Johan	Du Toit	5km Run/Walk	Male	41	Veteran (40-49)	01:00:43

34	100	5	TA2141	Shane	Scorgie	5km Run/Walk	Male	33	Sub-Veteran (30-39)	01:01:10
35	102	5	TA2293	R	Boshoff	5km Run/Walk	Male	41	Veteran (40-49)	01:01:17
36	103	6	TA2190	Mila	Visser	5km Run/Walk	Male	48	Veteran (40-49)	01:01:22
37	104	7	TA2378	Charl	Marais	5km Run/Walk	Male	49	Veteran (40-49)	01:01:25
38	108	8	TA0900	Lawrence	Norval	5km Run/Walk	Male	49	Veteran (40-49)	01:01:36
39	110	8	TA0732	Jaco	Pretorius	5km Run/Walk	Male	52	Master (50-59)	01:01:52
40	111	9	TA2087	Anton	Lucassen	5km Run/Walk	Male	56	Master (50-59)	01:02:03
41	112	8	TA2007	Tyran	Cassere	5km Run/Walk	Male	29	Senior (19-29)	01:02:13
42	114	6	TA2044	Lance	Ferreira-netto	5km Run/Walk	Male	39	Sub-Veteran (30-39)	01:02:25
43	115	10	TA2246	Eric	Schubert	5km Run/Walk	Male	57	Master (50-59)	01:02:28
44	118	11	TA0804	Andrew	Aitken	5km Run/Walk	Male	51	Master (50-59)	01:02:37
45	119	7	TA2199	Jan	Louw	5km Run/Walk	Male	34	Sub-Veteran (30-39)	01:02:38
46	120	8	TA2299	Pd	Van Biljon	5km Run/Walk	Male	32	Sub-Veteran (30-39)	01:02:40
47	121	9	TA0842	Daniel	Aitken	5km Run/Walk	Male	20	Senior (19-29)	01:02:43
48	125	9	TA1953	Bryce	Meades	5km Run/Walk	Male	34	Sub-Veteran (30-39)	01:02:51
49	127	10	TA2177	Calvin	Meades	5km Run/Walk	Male	34	Sub-Veteran (30-39)	01:02:53
50	135	11	TA0739	Martin Sias	Snyman	5km Run/Walk	Male	33	Sub-Veteran (30-39)	01:03:11
51	144	5	TA2303	Emil	Haarhoff	5km Run/Walk	Male	68	Grand-Master (60+)	01:03:32
52	145	12	TA2397	Dewald	Van Aardt	5km Run/Walk	Male	30	Sub-Veteran (30-39)	01:03:39
53	147	13	TA1072	Kevin	Botha	5km Run/Walk	Male	33	Sub-Veteran (30-39)	01:03:45
54	148	14	TA2384	Peder	Maas-olsen	5km Run/Walk	Male	32	Sub-Veteran (30-39)	01:03:50
55	152	15	TA2183	Wessel	Fouche	5km Run/Walk	Male	37	Sub-Veteran (30-39)	01:03:59
56	156	10	TA208	Ben	Booyesen	5km Run/Walk	Male	27	Senior (19-29)	01:04:04
57	161	9	TA2014	Mark	Koekemoer	5km Run/Walk	Male	44	Veteran (40-49)	01:04:25
58	165	16	TA1034	Willie	Kuperus	5km Run/Walk	Male	37	Sub-Veteran (30-39)	01:04:33
59	166	12	TA2080	George	Diamond	5km Run/Walk	Male	55	Master (50-59)	01:04:37
60	167	11	TA1025	Anthony	Calogero	5km Run/Walk	Male	26	Senior (19-29)	01:04:43
61	169	17	TA0681	Malherbe	Swart	5km Run/Walk	Male	32	Sub-Veteran (30-39)	01:04:48
62	170	10	TA0863	Elon	Fourie	5km Run/Walk	Male	41	Veteran (40-49)	01:04:51
63	174	11	TA0705	Paul	Valentine	5km Run/Walk	Male	41	Veteran (40-49)	01:04:55
64	177	18	TA2208	Scheepers	Lubbe	5km Run/Walk	Male	34	Sub-Veteran (30-39)	01:05:01
65	181	12	TA1981	James	Budge	5km Run/Walk	Male	24	Senior (19-29)	01:05:10
66	182	13	TA1974	John Samuel	Smith	5km Run/Walk	Male	55	Master (50-59)	01:05:11
67	185	6	TA0606	Pj	Van Der Merwe	5km Run/Walk	Male	65	Grand-Master (60+)	01:05:17
68	188	14	TA1928	Jean-paul	Warrens	5km Run/Walk	Male	56	Master (50-59)	01:05:26
69	192	13	TA1026	Christopher	Anderson	5km Run/Walk	Male	24	Senior (19-29)	01:05:39
70	193	19	TA0662	Heinrich	Lauterbach	5km Run/Walk	Male	34	Sub-Veteran (30-39)	01:05:41
71	199	15	TA1868	Herman	Engelbrecht	5km Run/Walk	Male	57	Master (50-59)	01:06:22
72	200	20	TA1932	Marco	Engelbrecht	5km Run/Walk	Male	37	Sub-Veteran (30-39)	01:06:29
73	202	12	TA1114	Paul	Mangate	5km Run/Walk	Male	49	Veteran (40-49)	01:06:34
74	205	14	TA1144	Ashley	Roberts	5km Run/Walk	Male	29	Senior (19-29)	01:06:48
75	206	21	TA0688	Jeremiah	Ngomana	5km Run/Walk	Male	34	Sub-Veteran (30-39)	01:06:52

76	207	22	TA0828	Evert	Bosman	5km Run/Walk	Male	37	Sub-Veteran (30-39)	01:06:55
77	210	15	TA0820	Marlof	Du Toit	5km Run/Walk	Male	25	Senior (19-29)	01:07:07
78	214	5	TA2152	Franco	Bolt	5km Run/Walk	Male	2	Under 11	01:07:25
79	216	6	TA2025	Ivan	Bolt	5km Run/Walk	Male	4	Under 11	01:07:34
80	217	23	TA1995	Eric	Bolt	5km Run/Walk	Male	38	Sub-Veteran (30-39)	01:07:38
81	218	16	TA2174	Markus	Dekker	5km Run/Walk	Male	57	Master (50-59)	01:07:40
82	220	13	TA2053	Andre	Haarhoff	5km Run/Walk	Male	42	Veteran (40-49)	01:07:53
83	223	7	TA2327	Bennie	Nel	5km Run/Walk	Male	63	Grand-Master (60+)	01:08:03
84	229	14	TA0856	Werner	Gouws	5km Run/Walk	Male	40	Veteran (40-49)	01:08:54
85	231	17	TA2249	Basie	Van Der Hoven	5km Run/Walk	Male	56	Master (50-59)	01:09:03
86	238	16	TA0945	Kyle	Benkenstein	5km Run/Walk	Male	29	Senior (19-29)	01:11:23
87	243	18	TA1116	Pieter	Van Der Linde	5km Run/Walk	Male	53	Master (50-59)	01:11:37
88	244	4	TA2280	Riaan	Van Der Merwe	5km Run/Walk	Male	17	16 to 18	01:11:41
89	246	17	TA1972	Gerrit	Van Rooyen	5km Run/Walk	Male	28	Senior (19-29)	01:13:39

5km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0904	Anzelle	Louw	5km Run/Walk	Female	41	Veteran (40-49)	00:26:31
2	2	1	TA2205	Xandri	Barkhuizen	5km Run/Walk	Female	16	16 to 18	00:26:32
3	4	1	TA0669	Carol	Anthony	5km Run/Walk	Female	57	Master (50-59)	00:27:02
4	6	1	TA1804	Leja	Jansen V Vuuren	5km Run/Walk	Female	11	Under 11	00:28:31
5	7	1	TA1988	Margot	Jansen Van Nieuwenhuizen	5km Run/Walk	Female	29	Senior (19-29)	00:28:35
6	14	2	TA0785	Sam	Twemlow	5km Run/Walk	Female	40	Veteran (40-49)	00:37:46
7	16	2	TA2215	Liezil	Pienaar	5km Run/Walk	Female	53	Master (50-59)	00:37:56
8	19	3	TA0781	Reinette	Visscher	5km Run/Walk	Female	54	Master (50-59)	00:44:22
9	20	2	TA2048	Melandri	De Beer	5km Run/Walk	Female	16	16 to 18	00:45:04
10	22	3	TA1110	Marisa	Pelser	5km Run/Walk	Female	47	Veteran (40-49)	00:50:02
11	25	4	TA0753	Heiei	Simigianis	5km Run/Walk	Female	56	Master (50-59)	00:50:12
12	26	2	TA1037	Lynique	Van Aardt	5km Run/Walk	Female	10	Under 11	00:50:31
13	27	4	TA2547	Bridget	Wiid	5km Run/Walk	Female	49	Veteran (40-49)	00:51:37
14	29	5	TA0745	Vasti	Pretorius	5km Run/Walk	Female	58	Master (50-59)	00:51:45
15	30	2	TA0932	Leoné	Degenaar	5km Run/Walk	Female	28	Senior (19-29)	00:51:47
16	31	1	TA1994	Mary-ann	Henning	5km Run/Walk	Female	60	Grand-Master (60+)	00:51:57
17	32	1	TA2360	Leyda	Van Dijk	5km Run/Walk	Female	37	Sub-Veteran (30-39)	00:52:01
18	33	5	TA1973	Breggie	Kriel	5km Run/Walk	Female	47	Veteran (40-49)	00:52:09
19	34	2	TA2058	Ina	Wheatley	5km Run/Walk	Female	75	Grand-Master (60+)	00:52:13
20	35	6	TA1914	Helga	Goss	5km Run/Walk	Female	52	Master (50-59)	00:52:16
21	36	7	TA0823	Louise	De Ru	5km Run/Walk	Female	53	Master (50-59)	00:52:18
22	37	3	TA0871	Ronel	Annandale	5km Run/Walk	Female	62	Grand-Master (60+)	00:52:21
23	39	2	TA2149	Petro	Van Aardt	5km Run/Walk	Female	38	Sub-Veteran (30-39)	00:52:33
24	40	8	TA1944	Anne-marié	Havenga	5km Run/Walk	Female	53	Master (50-59)	00:52:37
25	43	6	TA2252	Megan	Fry	5km Run/Walk	Female	49	Veteran (40-49)	00:53:55
26	44	7	TA1921	Paula	Fernandes	5km Run/Walk	Female	49	Veteran (40-49)	00:54:08
27	45	3	TA1969	Danielle	Aitchison	5km Run/Walk	Female	37	Sub-Veteran (30-39)	00:54:15
28	47	3	TA0735	Sumarie	Van Der Merwe	5km Run/Walk	Female	18	16 to 18	00:55:09
29	49	4	TA245841	Rickie	Van Loggerenberg	5km Run/Walk	Female	62	Grand-Master (60+)	00:55:12
30	50	5	TA2082	Elsie	Le Roux	5km Run/Walk	Female	63	Grand-Master (60+)	00:55:25
31	51	6	TA1889	Anne Marie	Breytenbach	5km Run/Walk	Female	65	Grand-Master (60+)	00:55:33
32	52	9	TA2348	Iris	Botha	5km Run/Walk	Female	55	Master (50-59)	00:55:37
33	53	10	TA1825	Magda	Greeff	5km Run/Walk	Female	54	Master (50-59)	00:55:42
34	54	3	TA2085	Madré	Buitendag	5km Run/Walk	Female	27	Senior (19-29)	00:55:54
35	55	4	TA2361	Michelle	Robinson	5km Run/Walk	Female	28	Senior (19-29)	00:56:01
36	58	11	TA1922	Van Rooyen	Van Rooyen	5km Run/Walk	Female	59	Master (50-59)	00:56:34
37	60	5	TA1054	Hailee	Scanlon	5km Run/Walk	Female	23	Senior (19-29)	00:56:43
38	61	4	TA2262	Lisa	Van Rooyen	5km Run/Walk	Female	31	Sub-Veteran (30-39)	00:56:51
39	62	8	TA1124	Cornell	Scanmann	5km Run/Walk	Female	45	Veteran (40-49)	00:56:57
40	63	12	TA1927	Michelle	Marx	5km Run/Walk	Female	57	Master (50-59)	00:57:13

41	64	13	TA1926	Kelly	Robinson	5km Run/Walk	Female	52	Master (50-59)	00:57:24
42	66	5	TA0742	Ursula	Botha	5km Run/Walk	Female	35	Sub-Veteran (30-39)	00:57:37
43	67	6	TA0861	Tanith	Siebert	5km Run/Walk	Female	25	Senior (19-29)	00:58:02
44	68	9	TA0775	Marelize	Kok	5km Run/Walk	Female	40	Veteran (40-49)	00:58:05
45	70	6	TA0864	Maniette	Groenewald	5km Run/Walk	Female	33	Sub-Veteran (30-39)	00:58:33
46	71	7	TA1902	Juna	Nel	5km Run/Walk	Female	70	Grand-Master (60+)	00:58:38
47	72	10	TA1913	Debbie	Raaths	5km Run/Walk	Female	46	Veteran (40-49)	00:58:51
48	73	7	TA1879	Deanne	Raaths	5km Run/Walk	Female	20	Senior (19-29)	00:58:56
49	76	11	TA2158	Nikki	Oosthuizen	5km Run/Walk	Female	47	Veteran (40-49)	00:59:03
50	77	7	TA2275	Bianca	Human	5km Run/Walk	Female	33	Sub-Veteran (30-39)	00:59:28
51	79	8	TA2147	Marinda	Grobler	5km Run/Walk	Female	63	Grand-Master (60+)	00:59:41
52	80	14	TA1962	Sandra	Scholtz	5km Run/Walk	Female	53	Master (50-59)	00:59:44
53	81	15	TA2240	Jeanette	Van Rooyen	5km Run/Walk	Female	53	Master (50-59)	00:59:48
54	84	16	TA2146	Lynda	Brews	5km Run/Walk	Female	55	Master (50-59)	01:00:02
55	85	8	TA2221	Twane	Van Rooyen	5km Run/Walk	Female	26	Senior (19-29)	01:00:03
56	87	12	TA1141	Ronel	Ducci	5km Run/Walk	Female	48	Veteran (40-49)	01:00:12
57	88	17	TA1040	Jornia	Lombard	5km Run/Walk	Female	54	Master (50-59)	01:00:14
58	90	8	TA0658	Marike	Classens	5km Run/Walk	Female	37	Sub-Veteran (30-39)	01:00:20
59	91	13	TA0929	Stephanie	Bosche	5km Run/Walk	Female	49	Veteran (40-49)	01:00:25
60	92	9	TA1829	Jaco	Strydom	5km Run/Walk	Female	32	Sub-Veteran (30-39)	01:00:29
61	93	10	TA2006	Dineo	Motlhake	5km Run/Walk	Female	32	Sub-Veteran (30-39)	01:00:32
62	94	14	TA0673	Marina	Pieterse	5km Run/Walk	Female	46	Veteran (40-49)	01:00:35
63	96	15	TA2016	Chanelle	Combrink	5km Run/Walk	Female	44	Veteran (40-49)	01:00:46
64	97	16	TA2054	Ina	Du Toit	5km Run/Walk	Female	40	Veteran (40-49)	01:00:48
65	98	9	TA2213	Delene	De Villiers	5km Run/Walk	Female	65	Grand-Master (60+)	01:00:51
66	99	11	TA2258	Karien	Gilbert	5km Run/Walk	Female	34	Sub-Veteran (30-39)	01:01:07
67	101	17	TA2345	Pertu	Du Plessis	5km Run/Walk	Female	41	Veteran (40-49)	01:01:14
68	105	18	TA2029	Marie-louise	Marais	5km Run/Walk	Female	51	Master (50-59)	01:01:28
69	106	18	TA2037	Sonja	Visser	5km Run/Walk	Female	49	Veteran (40-49)	01:01:30
70	107	19	TA0993	Lindi	Norval	5km Run/Walk	Female	46	Veteran (40-49)	01:01:33
71	109	10	TA2201	Christa	Naude	5km Run/Walk	Female	63	Grand-Master (60+)	01:01:45
72	113	9	TA1807	Montiné	Ferreira-netto	5km Run/Walk	Female	27	Senior (19-29)	01:02:18
73	116	12	TA2185	Donne	Van Biljon	5km Run/Walk	Female	30	Sub-Veteran (30-39)	01:02:32
74	117	13	TA2027	Michelle	Van Der Mescht	5km Run/Walk	Female	34	Sub-Veteran (30-39)	01:02:34
75	122	20	TA0923	Amelia	Aitken	5km Run/Walk	Female	46	Veteran (40-49)	01:02:44
76	123	4	TA0668	Mia	Aitken	5km Run/Walk	Female	16	16 to 18	01:02:47
77	124	14	TA0941	Ashley	Zwarts	5km Run/Walk	Female	32	Sub-Veteran (30-39)	01:02:47
78	126	15	TA2389	Veronique	Van Tonder	5km Run/Walk	Female	33	Sub-Veteran (30-39)	01:02:51
79	128	19	TA2330	Madeleine	Schuert	5km Run/Walk	Female	51	Master (50-59)	01:02:55
80	129	11	TA2203	Elzabe	Watt	5km Run/Walk	Female	60	Grand-Master (60+)	01:02:56
81	130	16	TA2261	Mariska	Taljaard	5km Run/Walk	Female	37	Sub-Veteran (30-39)	01:02:57
82	131	21	TA2387	Liza	Lotter	5km Run/Walk	Female	44	Veteran (40-49)	01:02:58

83	132	17	TA0999	Bianca	Koekemoer	5km Run/Walk	Female	32	Sub-Veteran (30-39)	01:03:01
84	133	22	TA0645	Karien	Erasmus	5km Run/Walk	Female	41	Veteran (40-49)	01:03:04
85	134	18	TA1158	Monique	Snyman	5km Run/Walk	Female	32	Sub-Veteran (30-39)	01:03:04
86	136	10	TA2079	Danielle	Pitzer	5km Run/Walk	Female	24	Senior (19-29)	01:03:11
87	137	23	TA2352	Marnette	Pistorius	5km Run/Walk	Female	48	Veteran (40-49)	01:03:16
88	138	24	TA2399	Sunett	Janse Van Rensburg	5km Run/Walk	Female	46	Veteran (40-49)	01:03:18
89	139	19	TA2133	Rezaana	Booys	5km Run/Walk	Female	31	Sub-Veteran (30-39)	01:03:21
90	140	25	TA1907	Liezel	Wolder	5km Run/Walk	Female	46	Veteran (40-49)	01:03:24
91	141	3	TA2197	Luamé	Haarhoff	5km Run/Walk	Female	4	Under 11	01:03:29
92	142	20	TA1909	Helena	Korb	5km Run/Walk	Female	52	Master (50-59)	01:03:31
93	143	21	TA1965	Riana	Korb	5km Run/Walk	Female	52	Master (50-59)	01:03:32
94	146	20	TA2349	Mmathapelo	Zondo	5km Run/Walk	Female	33	Sub-Veteran (30-39)	01:03:44
95	149	22	TA2353	Gerda	Gerda	5km Run/Walk	Female	52	Master (50-59)	01:03:54
96	150	26	TA2366	Leoma	Janse V Vuuren	5km Run/Walk	Female	45	Veteran (40-49)	01:03:56
97	151	27	TA1986	Jolandi	Thornhill	5km Run/Walk	Female	43	Veteran (40-49)	01:03:57
98	153	23	TA0840	Wilma	Van Zyl	5km Run/Walk	Female	54	Master (50-59)	01:03:59
99	154	21	TA2034	Yvette	Struwig	5km Run/Walk	Female	38	Sub-Veteran (30-39)	01:04:00
100	155	12	TA1968	Elsabe	Salms	5km Run/Walk	Female	62	Grand-Master (60+)	01:04:03
101	157	28	TA2228	Natasha	Cloete	5km Run/Walk	Female	45	Veteran (40-49)	01:04:05
102	158	22	TA2369	Nicole	Prinsloo	5km Run/Walk	Female	34	Sub-Veteran (30-39)	01:04:10
103	159	29	TA2394	Lizette	Zandberg	5km Run/Walk	Female	42	Veteran (40-49)	01:04:20
104	160	24	TA0928	Mariette	Bornamn	5km Run/Walk	Female	51	Master (50-59)	01:04:24
105	162	25	TA1162	Brabara	Dippenaar	5km Run/Walk	Female	54	Master (50-59)	01:04:26
106	163	23	TA2004	Andrea	Koekemoer	5km Run/Walk	Female	32	Sub-Veteran (30-39)	01:04:26
107	164	26	TA0759	Corelene	Beetge	5km Run/Walk	Female	57	Master (50-59)	01:04:30
108	168	11	TA2039	Peacwealth	Ntuli	5km Run/Walk	Female	26	Senior (19-29)	01:04:45
109	171	24	TA0614	Amanda	Coetzee	5km Run/Walk	Female	39	Sub-Veteran (30-39)	01:04:52
110	172	12	TA0812	Angelique	Petrick	5km Run/Walk	Female	23	Senior (19-29)	01:04:52
111	173	25	TA2284	Elana	Van Oudtshoorn	5km Run/Walk	Female	30	Sub-Veteran (30-39)	01:04:54
112	175	26	TA1934	Yolandi	Kocks	5km Run/Walk	Female	35	Sub-Veteran (30-39)	01:04:58
113	176	27	TA0825	Danel	Swart	5km Run/Walk	Female	32	Sub-Veteran (30-39)	01:05:01
114	178	30	TA0693	Lee-ann	Stokes	5km Run/Walk	Female	49	Veteran (40-49)	01:05:05
115	179	13	TA1966	Natasha	Bakker	5km Run/Walk	Female	24	Senior (19-29)	01:05:08
116	180	13	TA2343	Irene	Theunissen	5km Run/Walk	Female	66	Grand-Master (60+)	01:05:08
117	183	27	TA0774	Mercia	Van Der Merwe	5km Run/Walk	Female	56	Master (50-59)	01:05:14
118	184	14	TA1113	Mignoen	Van Der Merwe	5km Run/Walk	Female	23	Senior (19-29)	01:05:16
119	186	15	TA0620	Matt	Dewar	5km Run/Walk	Female	23	Senior (19-29)	01:05:21
120	187	31	TA2333	Martinette	Snyman	5km Run/Walk	Female	46	Veteran (40-49)	01:05:23
121	189	28	TA2202	Johanna Cornelia	Smith	5km Run/Walk	Female	50	Master (50-59)	01:05:33
122	190	28	TA2227	Chantelle	Naude	5km Run/Walk	Female	38	Sub-Veteran (30-39)	01:05:36
123	191	5	TA2350	Zoe	Le Cointre	5km Run/Walk	Female	16	16 to 18	01:05:38
124	194	32	TA2351	Natasha	Duvenhage	5km Run/Walk	Female	43	Veteran (40-49)	01:05:42

125	195	29	TA1112	Joanien	Jordaan	5km Run/Walk	Female	33	Sub-Veteran (30-39)	01:05:45
126	196	33	TA2139	Adri	Greyling	5km Run/Walk	Female	44	Veteran (40-49)	01:05:46
127	197	29	TA2088	Ronel	Van Vuuren	5km Run/Walk	Female	51	Master (50-59)	01:06:08
128	198	34	TA2184	Heleen	Engelbrecht	5km Run/Walk	Female	49	Veteran (40-49)	01:06:15
129	201	30	TA1852	Irene	Engelbrecht	5km Run/Walk	Female	35	Sub-Veteran (30-39)	01:06:31
130	203	35	TA2130	Lenkie	Mangate	5km Run/Walk	Female	42	Veteran (40-49)	01:06:41
131	204	16	TA1036	Amore	Landman	5km Run/Walk	Female	27	Senior (19-29)	01:06:45
132	208	36	TA1160	Anzarine	Botha	5km Run/Walk	Female	47	Veteran (40-49)	01:06:58
133	209	17	TA2030	Denise	Du Toit	5km Run/Walk	Female	23	Senior (19-29)	01:07:02
134	211	6	TA2116	Reeha	Bhula	5km Run/Walk	Female	16	16 to 18	01:07:15
135	212	30	TA2368	Harsha	Gopal Ajivan	5km Run/Walk	Female	52	Master (50-59)	01:07:18
136	213	18	TA0962	Nathale	Norval	5km Run/Walk	Female	29	Senior (19-29)	01:07:23
137	215	31	TA2326	Elanie	Bolt	5km Run/Walk	Female	38	Sub-Veteran (30-39)	01:07:28
138	219	31	TA2033	Laurinda	Dekker	5km Run/Walk	Female	58	Master (50-59)	01:07:48
139	221	4	TA1955	Aleia	Haarhoff	5km Run/Walk	Female	6	Under 11	01:07:57
140	222	32	TA2342	Alison	Nel	5km Run/Walk	Female	56	Master (50-59)	01:07:59
141	224	14	TA2362	Mmaphuti	Lephondo	5km Run/Walk	Female	61	Grand-Master (60+)	01:08:36
142	225	15	TA2098	Charlene	Smit	5km Run/Walk	Female	61	Grand-Master (60+)	01:08:38
143	226	32	TA0973	Daschell	Gouws	5km Run/Walk	Female	31	Sub-Veteran (30-39)	01:08:47
144	227	37	TA2018	Jana	Botha	5km Run/Walk	Female	48	Veteran (40-49)	01:08:49
145	228	33	TA1956	Michelle	Dos Santos	5km Run/Walk	Female	33	Sub-Veteran (30-39)	01:08:51
146	230	19	TA2065	Leani	Botha	5km Run/Walk	Female	29	Senior (19-29)	01:09:00
147	232	33	TA2002	Desire	Le Cointre	5km Run/Walk	Female	52	Master (50-59)	01:09:18
148	233	38	TA0689	Ninette	Louw	5km Run/Walk	Female	49	Veteran (40-49)	01:09:22
149	234	39	TA1991	Lueann	De Beer	5km Run/Walk	Female	49	Veteran (40-49)	01:11:03
150	235	34	TA1946	Tina	Essex	5km Run/Walk	Female	50	Master (50-59)	01:11:06
151	236	34	TA1975	Mirna	Jordaan	5km Run/Walk	Female	33	Sub-Veteran (30-39)	01:11:15
152	237	20	TA0940	Olga	Neveling	5km Run/Walk	Female	27	Senior (19-29)	01:11:19
153	239	21	TA1164	Teran	Benkenstein	5km Run/Walk	Female	29	Senior (19-29)	01:11:26
154	240	35	TA0713	Celia	Neveling	5km Run/Walk	Female	59	Master (50-59)	01:11:28
155	241	35	TA1906	Denise	Van Der Merwe	5km Run/Walk	Female	36	Sub-Veteran (30-39)	01:11:30
156	242	36	TA2095	Luzaan	Taljaard	5km Run/Walk	Female	33	Sub-Veteran (30-39)	01:11:34
157	245	1	TA2024	Chloe	Mohr	5km Run/Walk	Female	13	12 to 15	01:13:37