



# AdventureRun : Smuts Irene River

## Irene River Night Run/Walk on 27th February 2019



| 10km:Male |         |          |             |              |                  |          |        |     |                     |          |
|-----------|---------|----------|-------------|--------------|------------------|----------|--------|-----|---------------------|----------|
| Gender    | Overall | Category | Race Number | Name         | Surname          | Activity | Gender | Age | Category            | Duration |
| 1         | 1       | 1        | TRAIL10623  | Johnathan    | Ham              | 10km     | Male   | 20  | Senior (19-29)      | 00:46:22 |
| 2         | 2       | 1        | TRAIL12057  | Gideon       | Hugo             | 10km     | Male   | 32  | Sub-Veteran (30-39) | 00:49:27 |
| 3         | 3       | 2        | TA0668      | Stephen      | Atkinson         | 10km     | Male   | 39  | Sub-Veteran (30-39) | 00:50:25 |
| 4         | 4       | 1        | TRAIL12341  | Charles      | Norman           | 10km     | Male   | 40  | Veteran (40-49)     | 00:51:08 |
| 5         | 5       | 3        | TA2232      | Mc           | Du Toit          | 10km     | Male   | 39  | Sub-Veteran (30-39) | 00:51:59 |
| 6         | 6       | 2        | TA1818      | Prince       | Motswenyane      | 10km     | Male   | 44  | Veteran (40-49)     | 00:53:35 |
| 7         | 7       | 4        | TA1836      | Jaco         | Venter           | 10km     | Male   | 37  | Sub-Veteran (30-39) | 00:55:57 |
| 8         | 8       | 5        | TA1169      | Ruan         | Venter           | 10km     | Male   | 30  | Sub-Veteran (30-39) | 00:56:07 |
| 9         | 9       | 2        | TA0823      | Jacques      | Niemand          | 10km     | Male   | 22  | Senior (19-29)      | 00:56:22 |
| 10        | 10      | 6        | TA1166      | Andre        | Haupt            | 10km     | Male   | 34  | Sub-Veteran (30-39) | 00:56:28 |
| 11        | 11      | 3        | TA1043      | Phillip      | Van Heerden      | 10km     | Male   | 47  | Veteran (40-49)     | 00:57:07 |
| 12        | 15      | 1        | TA2242      | Andre        | Swart            | 10km     | Male   | 60  | Grand-Master (60+)  | 01:06:23 |
| 13        | 16      | 4        | TA2314      | Mashele Amos | Makua            | 10km     | Male   | 49  | Veteran (40-49)     | 01:06:43 |
| 14        | 17      | 1        | TA2166      | Gary Dean    | Meyer            | 10km     | Male   | 51  | Master (50-59)      | 01:06:47 |
| 15        | 18      | 5        | TA0996      | Lance        | Swartz           | 10km     | Male   | 40  | Veteran (40-49)     | 01:07:25 |
| 16        | 20      | 6        | TA0824      | Francois     | Pieterse         | 10km     | Male   | 46  | Veteran (40-49)     | 01:08:02 |
| 17        | 22      | 3        | TRAIL20996  | Gerhard      | Scheepers        | 10km     | Male   | 23  | Senior (19-29)      | 01:11:26 |
| 18        | 23      | 2        | TRAIL12255  | Johan        | Scheepers        | 10km     | Male   | 55  | Master (50-59)      | 01:11:29 |
| 19        | 24      | 7        | TA2145      | Gavin        | Cronje           | 10km     | Male   | 39  | Sub-Veteran (30-39) | 01:12:41 |
| 20        | 28      | 3        | TRAIL12627  | Craig        | Pheiffer         | 10km     | Male   | 51  | Master (50-59)      | 01:13:58 |
| 21        | 30      | 7        | TRAIL12287  | Phil         | Zaayman          | 10km     | Male   | 48  | Veteran (40-49)     | 01:15:06 |
| 22        | 31      | 4        | TRAIL20939  | John         | Kollen           | 10km     | Male   | 59  | Master (50-59)      | 01:15:24 |
| 23        | 40      | 2        | TA0618      | Andreas      | Te Reh           | 10km     | Male   | 69  | Grand-Master (60+)  | 01:31:34 |
| 24        | 42      | 8        | TA2252      | Tobie        | Reyneke          | 10km     | Male   | 46  | Veteran (40-49)     | 01:32:59 |
| 25        | 50      | 3        | TA1084      | Manie        | Bosch            | 10km     | Male   | 64  | Grand-Master (60+)  | 01:58:00 |
| 26        | 51      | 4        | TRAIL12109  | Neville      | Muir             | 10km     | Male   | 80  | Grand-Master (60+)  | 02:13:00 |
| 27        | 53      | 5        | TRAIL20585  | Dean         | Mcclelland       | 10km     | Male   | 65  | Grand-Master (60+)  | 02:17:32 |
| 28        | 55      | 6        | TRAIL20584  | Luc          | Van Goidsenhoven | 10km     | Male   | 62  | Grand-Master (60+)  | 02:17:32 |

| 10km:Female |         |          |             |                |                    |          |        |     |                     |          |
|-------------|---------|----------|-------------|----------------|--------------------|----------|--------|-----|---------------------|----------|
| Gender      | Overall | Category | Race Number | Name           | Surname            | Activity | Gender | Age | Category            | Duration |
| 1           | 12      | 1        | TA1037      | Alicha         | Van Heerder        | 10km     | Female | 22  | Senior (19-29)      | 01:00:43 |
| 2           | 13      | 1        | TA2108      | Alicia         | Willemse           | 10km     | Female | 31  | Sub-Veteran (30-39) | 01:02:19 |
| 3           | 14      | 2        | TA0428      | Debbie         | Smith              | 10km     | Female | 39  | Sub-Veteran (30-39) | 01:03:55 |
| 4           | 19      | 1        | TA1156      | Lara           | Bayliss            | 10km     | Female | 46  | Veteran (40-49)     | 01:07:55 |
| 5           | 21      | 3        | TRAIL12299  | Janeane        | Watt               | 10km     | Female | 37  | Sub-Veteran (30-39) | 01:08:27 |
| 6           | 25      | 4        | TA2121      | Bronwen        | Cronje             | 10km     | Female | 34  | Sub-Veteran (30-39) | 01:12:43 |
| 7           | 26      | 2        | TA0735      | Angela         | Steenkamp          | 10km     | Female | 46  | Veteran (40-49)     | 01:12:52 |
| 8           | 27      | 5        | TRAIL20938  | Paula          | Venzke             | 10km     | Female | 38  | Sub-Veteran (30-39) | 01:13:35 |
| 9           | 29      | 6        | TA0682      | Alida Maria    | Meyer              | 10km     | Female | 30  | Sub-Veteran (30-39) | 01:14:18 |
| 10          | 32      | 2        | TA2160      | Mercy          | Moloto             | 10km     | Female | 26  | Senior (19-29)      | 01:16:15 |
| 11          | 33      | 7        | TA0693      | Natasha        | Pieterse           | 10km     | Female | 30  | Sub-Veteran (30-39) | 01:17:52 |
| 12          | 34      | 3        | TA1029      | Megan          | Ducassee           | 10km     | Female | 28  | Senior (19-29)      | 01:18:22 |
| 13          | 35      | 8        | TA1035      | Khomotso       | Tshidi             | 10km     | Female | 36  | Sub-Veteran (30-39) | 01:18:32 |
| 14          | 36      | 9        | TRAIL20943  | Petro Nicolene | Smit               | 10km     | Female | 33  | Sub-Veteran (30-39) | 01:18:35 |
| 15          | 37      | 10       | TRAIL20942  | Yolanda        | Steyn              | 10km     | Female | 34  | Sub-Veteran (30-39) | 01:18:38 |
| 16          | 38      | 3        | TA2290      | Cindy          | Pelser             | 10km     | Female | 40  | Veteran (40-49)     | 01:19:39 |
| 17          | 39      | 1        | TA1033      | Wilma          | Du Plooy           | 10km     | Female | 51  | Master (50-59)      | 01:26:00 |
| 18          | 41      | 4        | TRAIL11798  | Antoinette     | Hartslief          | 10km     | Female | 47  | Veteran (40-49)     | 01:32:58 |
| 19          | 43      | 5        | TA2218      | Inri           | Moller             | 10km     | Female | 45  | Veteran (40-49)     | 01:33:18 |
| 20          | 44      | 6        | TRAIL10053  | Adele          | Sutherland         | 10km     | Female | 40  | Veteran (40-49)     | 01:43:12 |
| 21          | 45      | 2        | TA2115      | Hester         | Hill               | 10km     | Female | 50  | Master (50-59)      | 01:51:11 |
| 22          | 46      | 3        | TA0864      | Letitia        | Van Der Westhuizen | 10km     | Female | 52  | Master (50-59)      | 01:51:14 |
| 23          | 47      | 1        | TRAIL12321  | Dorothy        | Van Heerden        | 10km     | Female | 75  | Grand-Master (60+)  | 01:58:00 |
| 24          | 48      | 2        | TRAIL12324  | Frances        | Steel              | 10km     | Female | 74  | Grand-Master (60+)  | 01:58:00 |
| 25          | 49      | 3        | TA1827      | Dot            | Johnson            | 10km     | Female | 71  | Grand-Master (60+)  | 01:58:00 |
| 26          | 52      | 4        | TRAIL10836  | Ina            | Beamish            | 10km     | Female | 56  | Master (50-59)      | 02:17:32 |
| 27          | 54      | 5        | TRAIL20583  | May            | Van Der Walt       | 10km     | Female | 56  | Master (50-59)      | 02:17:32 |

| 5km:Male |         |          |             |                 |              |          |        |     |                     |          |
|----------|---------|----------|-------------|-----------------|--------------|----------|--------|-----|---------------------|----------|
| Gender   | Overall | Category | Race Number | Name            | Surname      | Activity | Gender | Age | Category            | Duration |
| 1        | 1       | 1        | TA1757      | Letlotlo        | Motshwane    | 5km      | Male   | 15  | 12 to 15            | 00:21:30 |
| 2        | 2       | 1        | TA2140      | Oratile         | Gaborekwe    | 5km      | Male   | 16  | 16 to 18            | 00:21:33 |
| 3        | 3       | 2        | TA0098      | Xolisa          | Lebea        | 5km      | Male   | 16  | 16 to 18            | 00:21:43 |
| 4        | 4       | 3        | TA0343      | Mpho            | Shea         | 5km      | Male   | 17  | 16 to 18            | 00:22:20 |
| 5        | 5       | 1        | TRAIL20949  | Stephen         | Erasmus      | 5km      | Male   | 52  | Master (50-59)      | 00:26:12 |
| 6        | 7       | 1        | TA0158      | Werner          | Van Brakel   | 5km      | Male   | 47  | Veteran (40-49)     | 00:28:53 |
| 7        | 8       | 1        | TA0311      | Roland          | Straub       | 5km      | Male   | 28  | Senior (19-29)      | 00:29:41 |
| 8        | 9       | 2        | TA0433      | Robeure         | Van Heerden  | 5km      | Male   | 20  | Senior (19-29)      | 00:29:46 |
| 9        | 10      | 2        | TRAIL20001  | Conrad          | Langerman    | 5km      | Male   | 44  | Veteran (40-49)     | 00:29:56 |
| 10       | 12      | 1        | TA1636      | Francis         | Aldrich      | 5km      | Male   | 39  | Sub-Veteran (30-39) | 00:30:37 |
| 11       | 13      | 3        | TA1655      | Pierre          | Steyn        | 5km      | Male   | 25  | Senior (19-29)      | 00:30:46 |
| 12       | 14      | 3        | TA0836      | Andrew          | Nourse       | 5km      | Male   | 47  | Veteran (40-49)     | 00:30:59 |
| 13       | 18      | 2        | TA1120      | Deon            | Willemse     | 5km      | Male   | 32  | Sub-Veteran (30-39) | 00:31:34 |
| 14       | 20      | 2        | TA0378      | Marius          | Pienaar      | 5km      | Male   | 51  | Master (50-59)      | 00:31:40 |
| 15       | 22      | 3        | TA1582      | Rudolph         | Van Niekerk  | 5km      | Male   | 39  | Sub-Veteran (30-39) | 00:32:23 |
| 16       | 24      | 4        | TA0455      | Rudolf Adrianus | Grootendorst | 5km      | Male   | 38  | Sub-Veteran (30-39) | 00:32:26 |
| 17       | 26      | 5        | TA0209      | Regardt         | Van Vuuren   | 5km      | Male   | 30  | Sub-Veteran (30-39) | 00:32:31 |
| 18       | 27      | 3        | TRAIL20999  | Shane           | Gouldie      | 5km      | Male   | 59  | Master (50-59)      | 00:32:46 |
| 19       | 30      | 6        | TA0444      | Hennie          | Nel          | 5km      | Male   | 38  | Sub-Veteran (30-39) | 00:33:11 |
| 20       | 31      | 7        | TA0517      | Sipho           | Mtsweni      | 5km      | Male   | 33  | Sub-Veteran (30-39) | 00:33:13 |
| 21       | 33      | 8        | TA0248      | Andries         | Bestbier     | 5km      | Male   | 38  | Sub-Veteran (30-39) | 00:33:28 |
| 22       | 34      | 4        | TA0596      | Impikona        | Moyo         | 5km      | Male   | 49  | Veteran (40-49)     | 00:33:40 |
| 23       | 36      | 4        | TA0364      | Renier          | Knoetze      | 5km      | Male   | 26  | Senior (19-29)      | 00:33:54 |
| 24       | 37      | 5        | TA0041      | Jp              | Du Plessis   | 5km      | Male   | 29  | Senior (19-29)      | 00:34:02 |
| 25       | 38      | 9        | TA1830      | Herman          | Van Der Laan | 5km      | Male   | 34  | Sub-Veteran (30-39) | 00:34:21 |
| 26       | 39      | 10       | TA1868      | Johann          | Booyesen     | 5km      | Male   | 35  | Sub-Veteran (30-39) | 00:34:28 |
| 27       | 40      | 5        | TA1595      | Nick            | Bestbier     | 5km      | Male   | 41  | Veteran (40-49)     | 00:34:43 |
| 28       | 41      | 11       | TA0286      | Shane           | Skinner      | 5km      | Male   | 30  | Sub-Veteran (30-39) | 00:35:03 |
| 29       | 45      | 6        | TRAIL20948  | Conrad          | Mahlangu     | 5km      | Male   | 28  | Senior (19-29)      | 00:36:31 |
| 30       | 46      | 7        | TA0515      | Kea             | Mfolo        | 5km      | Male   | 21  | Senior (19-29)      | 00:36:36 |
| 31       | 48      | 1        | TRAIL10759  | Allen           | West         | 5km      | Male   | 64  | Grand-Master (60+)  | 00:37:09 |
| 32       | 50      | 6        | TRAIL20937  | Leon            | Vuyk         | 5km      | Male   | 47  | Veteran (40-49)     | 00:37:17 |
| 33       | 51      | 8        | TA0457      | Lesego          | Phetlhe      | 5km      | Male   | 26  | Senior (19-29)      | 00:38:04 |
| 34       | 52      | 12       | TA1548      | Dewan           | Lombard      | 5km      | Male   | 31  | Sub-Veteran (30-39) | 00:38:18 |
| 35       | 55      | 4        | TRAIL20952  | Deon            | Botha        | 5km      | Male   | 50  | Master (50-59)      | 00:38:31 |
| 36       | 61      | 7        | TA1699      | Jaco            | Minnaar      | 5km      | Male   | 42  | Veteran (40-49)     | 00:40:00 |
| 37       | 62      | 13       | TRAIL12405  | Tiaan           | Van Zyl      | 5km      | Male   | 30  | Sub-Veteran (30-39) | 00:40:10 |
| 38       | 78      | 14       | TA0377      | Johan           | Grove        | 5km      | Male   | 36  | Sub-Veteran (30-39) | 00:44:00 |
| 39       | 80      | 15       | TA0662      | Wesley          | Bezuidenhout | 5km      | Male   | 32  | Sub-Veteran (30-39) | 00:44:09 |

|    |     |    |            |                |                 |     |      |    |                     |          |
|----|-----|----|------------|----------------|-----------------|-----|------|----|---------------------|----------|
| 40 | 86  | 5  | TA0002     | Dean           | Clark           | 5km | Male | 53 | Master (50-59)      | 00:46:01 |
| 41 | 91  | 9  | TA0576     | Jm             | Du Toit         | 5km | Male | 22 | Senior (19-29)      | 00:47:06 |
| 42 | 93  | 6  | TRAIL12448 | Pieter         | Botha           | 5km | Male | 52 | Master (50-59)      | 00:47:49 |
| 43 | 98  | 10 | TA0169     | Jw             | Gey Van Pittius | 5km | Male | 29 | Senior (19-29)      | 00:48:02 |
| 44 | 103 | 2  | TA1715     | Malcolm        | Mackenzie       | 5km | Male | 66 | Grand-Master (60+)  | 00:51:16 |
| 45 | 104 | 11 | TA0047     | Jason          | Boone           | 5km | Male | 27 | Senior (19-29)      | 00:51:18 |
| 46 | 108 | 1  | TA0421     | Joshua         | Venter          | 5km | Male | 4  | Under 11            | 00:53:10 |
| 47 | 109 | 2  | TA0303     | Owen           | Van Der Walt    | 5km | Male | 7  | Under 11            | 00:53:11 |
| 48 | 115 | 8  | TA1737     | Daniel         | Hattingh        | 5km | Male | 42 | Veteran (40-49)     | 00:56:53 |
| 49 | 120 | 12 | TA0292     | Mieder Jeandre | Palm            | 5km | Male | 26 | Senior (19-29)      | 00:59:57 |
| 50 | 122 | 16 | TA0195     | Nico Jacobus   | Prinsloo        | 5km | Male | 33 | Sub-Veteran (30-39) | 01:00:06 |

| 5km:Female |         |          |             |             |            |          |        |     |                     |          |
|------------|---------|----------|-------------|-------------|------------|----------|--------|-----|---------------------|----------|
| Gender     | Overall | Category | Race Number | Name        | Surname    | Activity | Gender | Age | Category            | Duration |
| 1          | 6       | 1        | TRAIL20951  | Karisma     | Erasmus    | 5km      | Female | 25  | Senior (19-29)      | 00:27:43 |
| 2          | 11      | 1        | TA1680      | Robyn       | Surgeson   | 5km      | Female | 35  | Sub-Veteran (30-39) | 00:30:04 |
| 3          | 15      | 2        | TA0349      | Nomthandazo | Mbatha     | 5km      | Female | 19  | Senior (19-29)      | 00:31:06 |
| 4          | 16      | 1        | TA1728      | Petronella  | Reinders   | 5km      | Female | 55  | Master (50-59)      | 00:31:28 |
| 5          | 17      | 2        | TA0216      | Stephany    | Venter     | 5km      | Female | 36  | Sub-Veteran (30-39) | 00:31:33 |
| 6          | 19      | 3        | TA0233      | Natasha     | Neethling  | 5km      | Female | 35  | Sub-Veteran (30-39) | 00:31:37 |
| 7          | 21      | 4        | TA0220      | Natalie     | Perrigil   | 5km      | Female | 34  | Sub-Veteran (30-39) | 00:31:47 |
| 8          | 23      | 3        | TA1767      | Natasha     | Herbert    | 5km      | Female | 27  | Senior (19-29)      | 00:32:24 |
| 9          | 25      | 4        | TA1671      | Denise      | Nelson     | 5km      | Female | 29  | Senior (19-29)      | 00:32:29 |
| 10         | 28      | 5        | TA0251      | Michelle    | Talma      | 5km      | Female | 38  | Sub-Veteran (30-39) | 00:32:52 |
| 11         | 29      | 6        | TA0232      | Thaliza     | Du Toit    | 5km      | Female | 35  | Sub-Veteran (30-39) | 00:32:55 |
| 12         | 32      | 1        | TA1829      | Mboya       | Kwagati    | 5km      | Female | 42  | Veteran (40-49)     | 00:33:18 |
| 13         | 35      | 1        | TRAIL20936  | Lee-ann     | Vuyk       | 5km      | Female | 16  | 16 to 18            | 00:33:45 |
| 14         | 42      | 7        | TA2126      | Erika       | De Bruin   | 5km      | Female | 35  | Sub-Veteran (30-39) | 00:35:55 |
| 15         | 43      | 8        | TA0009      | Charlene    | Els        | 5km      | Female | 32  | Sub-Veteran (30-39) | 00:36:15 |
| 16         | 44      | 2        | TA0487      | Nadia       | Bell       | 5km      | Female | 40  | Veteran (40-49)     | 00:36:18 |
| 17         | 47      | 2        | TA0213      | Tshbang     | Lehutjo    | 5km      | Female | 16  | 16 to 18            | 00:36:40 |
| 18         | 49      | 9        | TRAIL11074  | Larissa     | West       | 5km      | Female | 35  | Sub-Veteran (30-39) | 00:37:14 |
| 19         | 53      | 10       | TA0211      | Marli       | Lombard    | 5km      | Female | 31  | Sub-Veteran (30-39) | 00:38:23 |
| 20         | 54      | 11       | TRAIL20953  | Jeaninne    | Fourie     | 5km      | Female | 30  | Sub-Veteran (30-39) | 00:38:26 |
| 21         | 56      | 12       | TA0547      | Janin       | Alant      | 5km      | Female | 34  | Sub-Veteran (30-39) | 00:38:37 |
| 22         | 57      | 13       | TRAIL20941  | Johanni     | Smit       | 5km      | Female | 30  | Sub-Veteran (30-39) | 00:38:54 |
| 23         | 58      | 1        | TA0391      | Mbali       | Moatshe    | 5km      | Female | 15  | 12 to 15            | 00:39:07 |
| 24         | 59      | 2        | TA0346      | Claudia     | Dickson    | 5km      | Female | 15  | 12 to 15            | 00:39:14 |
| 25         | 60      | 3        | TA0578      | Hennelle    | Chivers    | 5km      | Female | 47  | Veteran (40-49)     | 00:39:44 |
| 26         | 63      | 14       | TRAIL12335  | Danielle    | Burger     | 5km      | Female | 30  | Sub-Veteran (30-39) | 00:40:13 |
| 27         | 64      | 4        | TRAIL20944  | Mariaan     | O'connell  | 5km      | Female | 46  | Veteran (40-49)     | 00:40:22 |
| 28         | 65      | 5        | TRAIL20947  | Anri        | Coetzer    | 5km      | Female | 29  | Senior (19-29)      | 00:40:25 |
| 29         | 66      | 5        | TA0565      | Sanette     | Corbett    | 5km      | Female | 43  | Veteran (40-49)     | 00:40:28 |
| 30         | 67      | 6        | TA0161      | Liezil      | Pienaar    | 5km      | Female | 48  | Veteran (40-49)     | 00:40:30 |
| 31         | 68      | 3        | TA0185      | Atlegang    | Masoko     | 5km      | Female | 15  | 12 to 15            | 00:40:46 |
| 32         | 69      | 7        | TA1700      | Ethel       | Zulu       | 5km      | Female | 49  | Veteran (40-49)     | 00:41:42 |
| 33         | 70      | 8        | TA0051      | Ela         | De Freitas | 5km      | Female | 46  | Veteran (40-49)     | 00:41:47 |
| 34         | 71      | 15       | TA0120      | Michelle    | Graham     | 5km      | Female | 31  | Sub-Veteran (30-39) | 00:41:53 |
| 35         | 72      | 6        | TA1752      | Christina   | Steenkamp  | 5km      | Female | 29  | Senior (19-29)      | 00:42:01 |
| 36         | 73      | 4        | TA0339      | Simpiwe     | Nkambule   | 5km      | Female | 13  | 12 to 15            | 00:42:22 |
| 37         | 74      | 16       | TRAIL20900  | Mmadira     | Njomo      | 5km      | Female | 39  | Sub-Veteran (30-39) | 00:42:46 |
| 38         | 75      | 5        | TA0172      | Frohiwa     | Munzhelele | 5km      | Female | 13  | 12 to 15            | 00:43:49 |
| 39         | 76      | 6        | TA1748      | Tsebang     | Mokotedi   | 5km      | Female | 14  | 12 to 15            | 00:43:53 |

|    |     |    |            |            |               |     |        |    |                     |          |
|----|-----|----|------------|------------|---------------|-----|--------|----|---------------------|----------|
| 40 | 77  | 7  | TA0476     | Joy        | Nhlapo        | 5km | Female | 14 | 12 to 15            | 00:43:57 |
| 41 | 79  | 17 | TA0356     | Janine     | Pretorius     | 5km | Female | 30 | Sub-Veteran (30-39) | 00:44:03 |
| 42 | 81  | 2  | TRAIL12813 | Carol-ann  | Martins       | 5km | Female | 53 | Master (50-59)      | 00:44:30 |
| 43 | 82  | 18 | TA0296     | Sunette    | Minnaar       | 5km | Female | 35 | Sub-Veteran (30-39) | 00:44:33 |
| 44 | 83  | 9  | TRAIL20950 | Lucy       | Erasmus       | 5km | Female | 49 | Veteran (40-49)     | 00:44:37 |
| 45 | 84  | 10 | TA0258     | Hannelie   | Van Heerden   | 5km | Female | 43 | Veteran (40-49)     | 00:45:02 |
| 46 | 85  | 19 | TA1038     | Victoria   | Luthuli       | 5km | Female | 38 | Sub-Veteran (30-39) | 00:45:20 |
| 47 | 87  | 3  | TA0404     | Lesley     | Clark         | 5km | Female | 50 | Master (50-59)      | 00:46:05 |
| 48 | 88  | 8  | TA1519     | Amy        | Clark         | 5km | Female | 13 | 12 to 15            | 00:46:18 |
| 49 | 89  | 1  | TA0328     | Shaniece   | Venter        | 5km | Female | 11 | Under 11            | 00:46:47 |
| 50 | 90  | 7  | TA0196     | Amba       | Bernardi      | 5km | Female | 23 | Senior (19-29)      | 00:47:03 |
| 51 | 92  | 20 | TA0299     | Charlie    | Gouveia       | 5km | Female | 32 | Sub-Veteran (30-39) | 00:47:11 |
| 52 | 94  | 4  | TRAIL12426 | Lize       | Botha         | 5km | Female | 50 | Master (50-59)      | 00:47:50 |
| 53 | 95  | 11 | TA0231     | Nicky      | Wessels       | 5km | Female | 47 | Veteran (40-49)     | 00:47:55 |
| 54 | 96  | 8  | TA1659     | Selmarie   | Wessels       | 5km | Female | 23 | Senior (19-29)      | 00:47:57 |
| 55 | 97  | 9  | TA0495     | Felicia    | Wessels       | 5km | Female | 26 | Senior (19-29)      | 00:47:59 |
| 56 | 99  | 5  | TA1571     | Elvira     | Nel           | 5km | Female | 57 | Master (50-59)      | 00:48:36 |
| 57 | 100 | 10 | TA0490     | Tamzin     | Nel           | 5km | Female | 29 | Senior (19-29)      | 00:48:41 |
| 58 | 101 | 21 | TA0260     | Chantelle  | Frankel       | 5km | Female | 32 | Sub-Veteran (30-39) | 00:50:28 |
| 59 | 102 | 6  | TA0392     | Caron      | Mackenzie     | 5km | Female | 54 | Master (50-59)      | 00:51:12 |
| 60 | 105 | 11 | TA0223     | Gaofengwe  | Molatlhegi    | 5km | Female | 24 | Senior (19-29)      | 00:51:43 |
| 61 | 106 | 7  | TA1661     | Emma       | Steenkamp     | 5km | Female | 54 | Master (50-59)      | 00:52:04 |
| 62 | 107 | 22 | TA1055     | Lungile    | Nkosi         | 5km | Female | 30 | Sub-Veteran (30-39) | 00:52:42 |
| 63 | 110 | 23 | TA0188     | Mariska    | Van Der Walt  | 5km | Female | 33 | Sub-Veteran (30-39) | 00:53:27 |
| 64 | 111 | 12 | TA1785     | Thandazile | Thela         | 5km | Female | 42 | Veteran (40-49)     | 00:56:21 |
| 65 | 112 | 13 | TA1575     | Olaotse    | Matshane      | 5km | Female | 43 | Veteran (40-49)     | 00:56:25 |
| 66 | 113 | 24 | TA0425     | Bernadette | Hattingh      | 5km | Female | 35 | Sub-Veteran (30-39) | 00:56:47 |
| 67 | 114 | 2  | TA1727     | Mia        | Hattingh      | 5km | Female | 9  | Under 11            | 00:56:50 |
| 68 | 116 | 3  | TA0229     | Jemma      | Hattingh      | 5km | Female | 11 | Under 11            | 00:56:57 |
| 69 | 117 | 8  | TRAIL10339 | Busi       | Ngwenya       | 5km | Female | 50 | Master (50-59)      | 00:57:44 |
| 70 | 118 | 14 | TA0443     | Liziwe     | Nkonyana      | 5km | Female | 44 | Veteran (40-49)     | 00:57:47 |
| 71 | 119 | 12 | TA0272     | Elme       | Palm          | 5km | Female | 27 | Senior (19-29)      | 00:59:53 |
| 72 | 121 | 13 | TA1759     | Lizette    | Pieters       | 5km | Female | 28 | Senior (19-29)      | 01:00:01 |
| 73 | 123 | 15 | TA0413     | Maria      | Van Der Merwe | 5km | Female | 40 | Veteran (40-49)     | 01:03:51 |
| 74 | 124 | 25 | TA0197     | Jacqui     | Grove         | 5km | Female | 37 | Sub-Veteran (30-39) | 01:06:53 |