



# AdventureRun : Smuts Irene River

## Irene River Trail Run?Walk on 3rd March 2019



| 21km:Male |         |          |             |         |                 |          |        |     |                     |          |
|-----------|---------|----------|-------------|---------|-----------------|----------|--------|-----|---------------------|----------|
| Gender    | Overall | Category | Race Number | Name    | Surname         | Activity | Gender | Age | Category            | Duration |
| 1         | 1       | 1        | TRAIL20601  | Ryno    | Van Vollenhoven | 21km     | Male   | 31  | Sub-Veteran (30-39) | 01:23:51 |
| 2         | 2       | 1        | TRAIL12471  | Adam    | Moroko          | 21km     | Male   | 40  | Veteran (40-49)     | 01:43:53 |
| 3         | 3       | 2        | TA3481      | Henrik  | Hartmann        | 21km     | Male   | 35  | Sub-Veteran (30-39) | 01:44:30 |
| 4         | 4       | 2        | TA2936      | Gregory | Mufema          | 21km     | Male   | 43  | Veteran (40-49)     | 01:53:30 |
| 5         | 5       | 3        | TA2621      | Stephen | Atkinson        | 21km     | Male   | 39  | Sub-Veteran (30-39) | 01:54:45 |
| 6         | 7       | 3        | TA3407      | Xutao   | Mu              | 21km     | Male   | 40  | Veteran (40-49)     | 02:12:22 |
| 7         | 8       | 4        | TRAIL12236  | Clive   | Hutchinson      | 21km     | Male   | 47  | Veteran (40-49)     | 02:16:23 |
| 8         | 9       | 5        | TRAIL20645  | Jacques | Vally           | 21km     | Male   | 49  | Veteran (40-49)     | 02:16:46 |
| 9         | 10      | 4        | TA2611      | Nikola  | Sakota          | 21km     | Male   | 31  | Sub-Veteran (30-39) | 02:20:21 |
| 10        | 11      | 5        | TA2630      | Anton   | Wells           | 21km     | Male   | 35  | Sub-Veteran (30-39) | 02:26:48 |
| 11        | 12      | 1        | TA2538      | Philip  | Boardman        | 21km     | Male   | 69  | Grand-Master (60+)  | 02:29:15 |
| 12        | 13      | 6        | TA2680      | Casper  | Erasmus         | 21km     | Male   | 48  | Veteran (40-49)     | 02:29:18 |
| 13        | 14      | 6        | TRAIL20638  | David   | Stockenstrom    | 21km     | Male   | 36  | Sub-Veteran (30-39) | 02:32:20 |
| 14        | 16      | 7        | TA2590      | Mike    | Smithen         | 21km     | Male   | 37  | Sub-Veteran (30-39) | 02:47:01 |
| 15        | 17      | 1        | TA2950      | Nikola  | Zatezalo        | 21km     | Male   | 22  | Senior (19-29)      | 02:49:16 |

| 21km:Female |         |          |             |         |           |          |        |     |                 |          |
|-------------|---------|----------|-------------|---------|-----------|----------|--------|-----|-----------------|----------|
| Gender      | Overall | Category | Race Number | Name    | Surname   | Activity | Gender | Age | Category        | Duration |
| 1           | 6       | 1        | TA3478      | Rinel   | Mclaren   | 21km     | Female | 26  | Senior (19-29)  | 02:07:20 |
| 2           | 15      | 1        | TRAIL10522  | Elsje   | Eloff     | 21km     | Female | 45  | Veteran (40-49) | 02:38:27 |
| 3           | 18      | 2        | TRAIL20640  | Leanne  | Webster   | 21km     | Female | 46  | Veteran (40-49) | 02:49:30 |
| 4           | 19      | 3        | TA2693      | Cynthia | Nemakonde | 21km     | Female | 41  | Veteran (40-49) | 03:01:52 |
| 5           | 20      | 4        | TA2674      | Bongiwe | Mkhize    | 21km     | Female | 40  | Veteran (40-49) | 03:17:49 |

| 15km:Male |         |          |             |          |              |          |        |     |                     |          |
|-----------|---------|----------|-------------|----------|--------------|----------|--------|-----|---------------------|----------|
| Gender    | Overall | Category | Race Number | Name     | Surname      | Activity | Gender | Age | Category            | Duration |
| 1         | 1       | 1        | TRAIL20995  | Tshepho  | Nchabeleng   | 15km     | Male   | 20  | Senior (19-29)      | 01:07:00 |
| 2         | 2       | 1        | TA3403      | Matthew  | Aiken        | 15km     | Male   | 32  | Sub-Veteran (30-39) | 01:09:52 |
| 3         | 3       | 2        | TRAIL20996  | Gerhard  | Scheepers    | 15km     | Male   | 23  | Senior (19-29)      | 01:20:01 |
| 4         | 4       | 1        | TA2514      | Francois | Oosthuizen   | 15km     | Male   | 46  | Veteran (40-49)     | 01:21:22 |
| 5         | 5       | 1        | TA2937      | Thomas   | Breytenbach  | 15km     | Male   | 16  | 16 to 18            | 01:26:59 |
| 6         | 6       | 3        | TA2581      | Willem   | Truter       | 15km     | Male   | 21  | Senior (19-29)      | 01:29:51 |
| 7         | 8       | 1        | TRAIL20994  | Dirk     | Brink        | 15km     | Male   | 60  | Grand-Master (60+)  | 01:31:33 |
| 8         | 10      | 2        | TA2928      | Keith    | Chihaba      | 15km     | Male   | 38  | Sub-Veteran (30-39) | 01:32:16 |
| 9         | 12      | 3        | TA2942      | Francois | Labuschagne  | 15km     | Male   | 33  | Sub-Veteran (30-39) | 01:35:00 |
| 10        | 13      | 2        | TRAIL20639  | Geoff    | Linnell      | 15km     | Male   | 43  | Veteran (40-49)     | 01:36:38 |
| 11        | 14      | 3        | TA3469      | Abrie    | Bonthuys     | 15km     | Male   | 46  | Veteran (40-49)     | 01:37:51 |
| 12        | 15      | 2        | TRAIL20628  | Geoff    | Lupton-smith | 15km     | Male   | 61  | Grand-Master (60+)  | 01:39:35 |
| 13        | 17      | 4        | TRAIL11023  | Grant    | Hall         | 15km     | Male   | 49  | Veteran (40-49)     | 01:40:29 |
| 14        | 19      | 1        | TA2613      | Patrick  | Golden       | 15km     | Male   | 57  | Master (50-59)      | 01:44:35 |
| 15        | 21      | 2        | TRAIL12255  | Johan    | Scheepers    | 15km     | Male   | 55  | Master (50-59)      | 01:46:35 |
| 16        | 22      | 3        | TA3063      | Bryan    | Mccourt      | 15km     | Male   | 52  | Master (50-59)      | 01:47:33 |
| 17        | 26      | 5        | TA2685      | Kereng   | Kgotleng     | 15km     | Male   | 40  | Veteran (40-49)     | 02:08:50 |
| 18        | 28      | 4        | TRAIL12439  | Derek    | Nell         | 15km     | Male   | 54  | Master (50-59)      | 02:09:52 |
| 19        | 30      | 5        | TA2544      | John     | Mayer        | 15km     | Male   | 52  | Master (50-59)      | 02:10:49 |
| 20        | 32      | 4        | TA2420      | Dj       | Pieterse     | 15km     | Male   | 30  | Sub-Veteran (30-39) | 02:11:06 |

| 15km:Female |         |          |             |             |             |          |        |     |                     |          |
|-------------|---------|----------|-------------|-------------|-------------|----------|--------|-----|---------------------|----------|
| Gender      | Overall | Category | Race Number | Name        | Surname     | Activity | Gender | Age | Category            | Duration |
| 1           | 7       | 1        | TA2907      | Odette      | Katzin      | 15km     | Female | 34  | Sub-Veteran (30-39) | 01:29:54 |
| 2           | 9       | 2        | TA2925      | Desiree     | Malan       | 15km     | Female | 38  | Sub-Veteran (30-39) | 01:31:39 |
| 3           | 11      | 3        | TA2676      | Aliche      | Viljoen     | 15km     | Female | 33  | Sub-Veteran (30-39) | 01:32:38 |
| 4           | 16      | 4        | TRAIL12299  | Janeane     | Watt        | 15km     | Female | 37  | Sub-Veteran (30-39) | 01:40:27 |
| 5           | 18      | 1        | TA2927      | Marietjie   | Van Lill    | 15km     | Female | 52  | Master (50-59)      | 01:41:12 |
| 6           | 20      | 5        | TA3503      | Melissa-joy | Golden      | 15km     | Female | 36  | Sub-Veteran (30-39) | 01:46:19 |
| 7           | 23      | 6        | TRAIL12170  | Cornelia    | Hutchinson  | 15km     | Female | 37  | Sub-Veteran (30-39) | 01:53:58 |
| 8           | 24      | 1        | TRAIL10269  | Jolandi     | Labuschange | 15km     | Female | 27  | Senior (19-29)      | 01:57:16 |
| 9           | 25      | 2        | TA2982      | Lerato      | Lumkwana    | 15km     | Female | 25  | Senior (19-29)      | 02:05:53 |
| 10          | 27      | 2        | TRAIL10777  | Doreen      | Nell        | 15km     | Female | 52  | Master (50-59)      | 02:09:50 |
| 11          | 29      | 7        | TA3468      | Bronwynne   | Evans       | 15km     | Female | 37  | Sub-Veteran (30-39) | 02:10:46 |
| 12          | 31      | 8        | TA2632      | Chantelle   | Pieterse    | 15km     | Female | 30  | Sub-Veteran (30-39) | 02:11:03 |

| 10km:Male |         |          |             |                |             |          |        |     |                     |          |
|-----------|---------|----------|-------------|----------------|-------------|----------|--------|-----|---------------------|----------|
| Gender    | Overall | Category | Race Number | Name           | Surname     | Activity | Gender | Age | Category            | Duration |
| 1         | 1       | 1        | TA1065      | Reatlegile     | Mosweu      | 10km     | Male   | 14  | 12 to 15            | 00:36:45 |
| 2         | 2       | 2        | TA1016      | Tshbang        | Chauke      | 10km     | Male   | 15  | 12 to 15            | 00:40:12 |
| 3         | 6       | 1        | TA1881      | Derek          | Esterhuysen | 10km     | Male   | 44  | Veteran (40-49)     | 00:50:27 |
| 4         | 8       | 1        | TA1899      | Sean           | Thomas      | 10km     | Male   | 31  | Sub-Veteran (30-39) | 00:52:18 |
| 5         | 9       | 1        | TA2213      | Neels          | Grobbelaar  | 10km     | Male   | 50  | Master (50-59)      | 00:54:35 |
| 6         | 11      | 2        | TA2219      | Donovan        | Shirley     | 10km     | Male   | 44  | Veteran (40-49)     | 00:55:35 |
| 7         | 13      | 3        | TRAIL20637  | Jabez          | Steenkamp   | 10km     | Male   | 46  | Veteran (40-49)     | 00:56:20 |
| 8         | 16      | 1        | TA1105      | Takura         | Wekwete     | 10km     | Male   | 28  | Senior (19-29)      | 00:58:15 |
| 9         | 19      | 2        | TRAIL20530  | Tumelo         | Ramphalemg  | 10km     | Male   | 26  | Senior (19-29)      | 00:59:16 |
| 10        | 20      | 4        | TA2273      | Vikesh         | Rambaran    | 10km     | Male   | 45  | Veteran (40-49)     | 00:59:42 |
| 11        | 22      | 5        | TRAIL10831  | Fanie          | Robbertse   | 10km     | Male   | 46  | Veteran (40-49)     | 01:00:30 |
| 12        | 23      | 2        | TA1128      | Mmekutmfon     | Essien      | 10km     | Male   | 33  | Sub-Veteran (30-39) | 01:01:44 |
| 13        | 25      | 3        | TA0637      | Douw           | Steyn       | 10km     | Male   | 29  | Senior (19-29)      | 01:02:47 |
| 14        | 26      | 4        | TA1123      | Johan          | Jordaan     | 10km     | Male   | 25  | Senior (19-29)      | 01:03:01 |
| 15        | 27      | 2        | TA1894      | Robbie         | Morton      | 10km     | Male   | 58  | Master (50-59)      | 01:03:05 |
| 16        | 31      | 5        | TA1018      | Matthew        | Hughes      | 10km     | Male   | 28  | Senior (19-29)      | 01:03:38 |
| 17        | 34      | 3        | TA0996      | Gunther        | Schwob      | 10km     | Male   | 57  | Master (50-59)      | 01:04:39 |
| 18        | 36      | 4        | TA1047      | Marcus         | Gooderham   | 10km     | Male   | 50  | Master (50-59)      | 01:05:11 |
| 19        | 37      | 3        | TA1830      | Mark           | Malherbe    | 10km     | Male   | 37  | Sub-Veteran (30-39) | 01:05:17 |
| 20        | 41      | 1        | TRAIL10759  | Allen          | West        | 10km     | Male   | 64  | Grand-Master (60+)  | 01:06:27 |
| 21        | 44      | 4        | TA2242      | Brent          | Venter      | 10km     | Male   | 38  | Sub-Veteran (30-39) | 01:07:08 |
| 22        | 47      | 6        | TA2343      | Christo        | Truter      | 10km     | Male   | 48  | Veteran (40-49)     | 01:07:48 |
| 23        | 48      | 5        | TA2312      | David          | He          | 10km     | Male   | 31  | Sub-Veteran (30-39) | 01:08:03 |
| 24        | 51      | 6        | TA1159      | Tungamiraiishe | Changamire  | 10km     | Male   | 35  | Sub-Veteran (30-39) | 01:09:07 |
| 25        | 52      | 7        | TA1034      | Wim            | Groberlaar  | 10km     | Male   | 30  | Sub-Veteran (30-39) | 01:10:28 |
| 26        | 54      | 5        | TA0659      | Michael        | Summerfield | 10km     | Male   | 59  | Master (50-59)      | 01:10:46 |
| 27        | 58      | 2        | TA3040      | Chris          | Little      | 10km     | Male   | 69  | Grand-Master (60+)  | 01:13:03 |
| 28        | 59      | 7        | TA0844      | Mervin         | Paliam      | 10km     | Male   | 40  | Veteran (40-49)     | 01:13:26 |
| 29        | 60      | 6        | TA0751      | Theo           | Burgers     | 10km     | Male   | 54  | Master (50-59)      | 01:13:57 |
| 30        | 61      | 7        | TA1039      | Andrea         | Maraschin   | 10km     | Male   | 55  | Master (50-59)      | 01:14:00 |
| 31        | 63      | 3        | TA1880      | Charles        | Skinner     | 10km     | Male   | 63  | Grand-Master (60+)  | 01:15:15 |
| 32        | 69      | 8        | TA0753      | Henry John     | Wright      | 10km     | Male   | 37  | Sub-Veteran (30-39) | 01:18:05 |
| 33        | 70      | 9        | TA1125      | Shayba         | Moerat      | 10km     | Male   | 38  | Sub-Veteran (30-39) | 01:18:14 |
| 34        | 72      | 8        | TA0812      | Esteban        | Franco      | 10km     | Male   | 43  | Veteran (40-49)     | 01:18:27 |
| 35        | 78      | 3        | TA1877      | Liam           | Fiodi       | 10km     | Male   | 12  | 12 to 15            | 01:20:46 |
| 36        | 81      | 9        | TA2304      | Daryl          | Viljoen     | 10km     | Male   | 45  | Veteran (40-49)     | 01:23:58 |
| 37        | 85      | 1        | TA2318      | Jarrood        | Fiodi       | 10km     | Male   | 9   | Under 11            | 01:27:09 |
| 38        | 86      | 10       | TA2285      | Ronald         | Fiodi       | 10km     | Male   | 44  | Veteran (40-49)     | 01:27:36 |
| 39        | 89      | 4        | TA0841      | Vasil          | Seretis     | 10km     | Male   | 66  | Grand-Master (60+)  | 01:35:59 |
| 40        | 94      | 8        | TA2130      | Roy            | Stewart     | 10km     | Male   | 53  | Master (50-59)      | 01:40:16 |

|    |     |   |        |         |          |      |      |    |                    |          |
|----|-----|---|--------|---------|----------|------|------|----|--------------------|----------|
| 41 | 98  | 5 | TA0627 | Roger   | Glover   | 10km | Male | 72 | Grand-Master (60+) | 01:41:51 |
| 42 | 104 | 9 | TA2278 | Michael | Phillips | 10km | Male | 56 | Master (50-59)     | 01:47:41 |
| 43 | 105 | 6 | TA1846 | Carol   | Kgsasi   | 10km | Male | 60 | Grand-Master (60+) | 01:53:39 |
| 44 | 108 | 7 | TA2246 | Cesar   | Dosantos | 10km | Male | 77 | Grand-Master (60+) | 01:55:45 |

| 10km:Female |         |          |             |              |             |          |        |     |                     |          |
|-------------|---------|----------|-------------|--------------|-------------|----------|--------|-----|---------------------|----------|
| Gender      | Overall | Category | Race Number | Name         | Surname     | Activity | Gender | Age | Category            | Duration |
| 1           | 3       | 1        | TA0087      | Selmarie     | Wessels     | 10km     | Female | 23  | Senior (19-29)      | 00:44:31 |
| 2           | 4       | 1        | TA1185      | Basetsana    | Maphosa     | 10km     | Female | 13  | 12 to 15            | 00:47:44 |
| 3           | 5       | 1        | TA2180      | Yvette       | Rademan     | 10km     | Female | 45  | Veteran (40-49)     | 00:50:25 |
| 4           | 7       | 2        | TA1028      | Laura        | Beamish     | 10km     | Female | 28  | Senior (19-29)      | 00:50:47 |
| 5           | 10      | 3        | TA2161      | Tamryn       | Paulsen     | 10km     | Female | 27  | Senior (19-29)      | 00:55:08 |
| 6           | 12      | 4        | TA2331      | Megan        | Parmenter   | 10km     | Female | 26  | Senior (19-29)      | 00:56:14 |
| 7           | 14      | 5        | TA2222      | Sabrina      | Van Wyk     | 10km     | Female | 21  | Senior (19-29)      | 00:57:35 |
| 8           | 15      | 2        | TA1045      | Hannelie     | Marais      | 10km     | Female | 49  | Veteran (40-49)     | 00:58:08 |
| 9           | 17      | 1        | TA0768      | Caroline     | Maslo       | 10km     | Female | 61  | Grand-Master (60+)  | 00:58:20 |
| 10          | 18      | 1        | TA2146      | Caroline     | Malauzat    | 10km     | Female | 54  | Master (50-59)      | 00:58:31 |
| 11          | 21      | 1        | TA0643      | Robyn        | Surgeson    | 10km     | Female | 35  | Sub-Veteran (30-39) | 01:00:08 |
| 12          | 24      | 3        | TA2169      | Kerry        | Byerley     | 10km     | Female | 43  | Veteran (40-49)     | 01:02:43 |
| 13          | 28      | 2        | TA1033      | Lilly        | Malherbe    | 10km     | Female | 38  | Sub-Veteran (30-39) | 01:03:10 |
| 14          | 29      | 4        | TA2210      | Angela       | Steenkamp   | 10km     | Female | 46  | Veteran (40-49)     | 01:03:20 |
| 15          | 30      | 6        | TA2295      | Jessica      | Arnold      | 10km     | Female | 21  | Senior (19-29)      | 01:03:30 |
| 16          | 32      | 7        | TA1017      | Michelle     | Kahn        | 10km     | Female | 27  | Senior (19-29)      | 01:04:05 |
| 17          | 33      | 5        | TRAIL13015  | Nadia        | Bosch       | 10km     | Female | 47  | Veteran (40-49)     | 01:04:32 |
| 18          | 35      | 6        | TA1803      | Claire       | Gooderham   | 10km     | Female | 45  | Veteran (40-49)     | 01:05:09 |
| 19          | 38      | 2        | TA2155      | Liz          | Sweidam     | 10km     | Female | 66  | Grand-Master (60+)  | 01:05:34 |
| 20          | 39      | 7        | TA0658      | Elmarie      | Van Niekerk | 10km     | Female | 44  | Veteran (40-49)     | 01:05:36 |
| 21          | 40      | 3        | TA0824      | Jennifer     | King        | 10km     | Female | 38  | Sub-Veteran (30-39) | 01:05:56 |
| 22          | 42      | 8        | TA1853      | Storm        | Whitmore    | 10km     | Female | 25  | Senior (19-29)      | 01:06:29 |
| 23          | 43      | 9        | TRAIL20968  | Mercy        | Moloto      | 10km     | Female | 26  | Senior (19-29)      | 01:06:47 |
| 24          | 45      | 4        | TA1817      | Ingridingrid | Schoeman    | 10km     | Female | 33  | Sub-Veteran (30-39) | 01:07:18 |
| 25          | 46      | 10       | TA0755      | Lenette      | Jordaan     | 10km     | Female | 29  | Senior (19-29)      | 01:07:38 |
| 26          | 49      | 5        | TA1829      | Kristen      | Lachenicht  | 10km     | Female | 37  | Sub-Veteran (30-39) | 01:08:28 |
| 27          | 50      | 6        | TA1835      | Megan        | Snow        | 10km     | Female | 35  | Sub-Veteran (30-39) | 01:08:56 |
| 28          | 53      | 11       | TA2342      | Aneke        | Groberlaar  | 10km     | Female | 27  | Senior (19-29)      | 01:10:31 |
| 29          | 55      | 8        | TA1103      | Rosalind     | Roy         | 10km     | Female | 46  | Veteran (40-49)     | 01:11:09 |
| 30          | 56      | 7        | TA2243      | Annalize     | Meyer       | 10km     | Female | 31  | Sub-Veteran (30-39) | 01:12:26 |
| 31          | 57      | 8        | TA1879      | Kelly        | Summerfield | 10km     | Female | 31  | Sub-Veteran (30-39) | 01:12:52 |
| 32          | 62      | 12       | TA2333      | Helen        | Bosma       | 10km     | Female | 25  | Senior (19-29)      | 01:14:07 |
| 33          | 64      | 9        | TA2141      | Izanda       | Grobler     | 10km     | Female | 34  | Sub-Veteran (30-39) | 01:17:23 |
| 34          | 65      | 10       | TA1132      | Jani         | Grey        | 10km     | Female | 34  | Sub-Veteran (30-39) | 01:17:40 |
| 35          | 66      | 11       | TA2156      | Yolanda      | Van Zyl     | 10km     | Female | 34  | Sub-Veteran (30-39) | 01:17:57 |
| 36          | 67      | 12       | TA0641      | Elmarie      | Etsebeth    | 10km     | Female | 37  | Sub-Veteran (30-39) | 01:18:00 |
| 37          | 68      | 13       | TA0863      | Corrie       | Wright      | 10km     | Female | 35  | Sub-Veteran (30-39) | 01:18:03 |
| 38          | 71      | 9        | TA2307      | Lisa         | Ratering    | 10km     | Female | 47  | Veteran (40-49)     | 01:18:18 |
| 39          | 73      | 10       | TA0774      | Tammy        | Garratt     | 10km     | Female | 40  | Veteran (40-49)     | 01:18:29 |

|    |     |    |            |              |            |      |        |    |                     |          |
|----|-----|----|------------|--------------|------------|------|--------|----|---------------------|----------|
| 40 | 74  | 2  | TA2109     | Nicola       | Wicks      | 10km | Female | 54 | Master (50-59)      | 01:19:00 |
| 41 | 75  | 14 | TA2163     | Zelda        | Botes      | 10km | Female | 36 | Sub-Veteran (30-39) | 01:20:06 |
| 42 | 76  | 15 | TA0728     | Rufaro       | Changamire | 10km | Female | 33 | Sub-Veteran (30-39) | 01:20:33 |
| 43 | 77  | 3  | TA1825     | Hilary       | Bosma      | 10km | Female | 57 | Master (50-59)      | 01:20:40 |
| 44 | 79  | 11 | TA1043     | Silvana      | Carraggi   | 10km | Female | 48 | Veteran (40-49)     | 01:21:46 |
| 45 | 80  | 4  | TA0815     | Molene       | Scheepers  | 10km | Female | 52 | Master (50-59)      | 01:22:04 |
| 46 | 82  | 16 | TRAIL11074 | Larissa      | West       | 10km | Female | 35 | Sub-Veteran (30-39) | 01:26:14 |
| 47 | 83  | 3  | TA0694     | Magda        | Nel        | 10km | Female | 60 | Grand-Master (60+)  | 01:26:51 |
| 48 | 84  | 12 | TA0745     | Amanda       | Fairley    | 10km | Female | 43 | Veteran (40-49)     | 01:27:07 |
| 49 | 87  | 13 | TA2168     | Nozizwe      | Sgwane     | 10km | Female | 40 | Veteran (40-49)     | 01:31:21 |
| 50 | 88  | 17 | TA0328     | Themby       | Titsha     | 10km | Female | 33 | Sub-Veteran (30-39) | 01:35:24 |
| 51 | 90  | 13 | TA1068     | Alexandra    | Sakota     | 10km | Female | 28 | Senior (19-29)      | 01:36:03 |
| 52 | 91  | 4  | TA1064     | Nicoline     | Crosby     | 10km | Female | 61 | Grand-Master (60+)  | 01:36:04 |
| 53 | 92  | 5  | TA2209     | Hendrien     | Van Zyl    | 10km | Female | 55 | Master (50-59)      | 01:36:10 |
| 54 | 93  | 5  | TA2214     | Carin        | Le Rpux    | 10km | Female | 61 | Grand-Master (60+)  | 01:40:11 |
| 55 | 95  | 14 | TA2254     | Krishnavelli | Govender   | 10km | Female | 43 | Veteran (40-49)     | 01:40:32 |
| 56 | 96  | 15 | TA1113     | Vijay        | Naicker    | 10km | Female | 43 | Veteran (40-49)     | 01:40:45 |
| 57 | 97  | 6  | TA2145     | Suzan        | Holden     | 10km | Female | 64 | Grand-Master (60+)  | 01:41:46 |
| 58 | 99  | 7  | TA1173     | Agnes        | Kirsch     | 10km | Female | 67 | Grand-Master (60+)  | 01:41:55 |
| 59 | 100 | 16 | TA0826     | Theresa      | Bosch      | 10km | Female | 47 | Veteran (40-49)     | 01:43:10 |
| 60 | 101 | 17 | TA2132     | Wendy        | Eales      | 10km | Female | 45 | Veteran (40-49)     | 01:43:12 |
| 61 | 102 | 8  | TRAIL12414 | Gerna        | Horak      | 10km | Female | 60 | Grand-Master (60+)  | 01:43:16 |
| 62 | 103 | 18 | TA2247     | Morag        | Phillips   | 10km | Female | 48 | Veteran (40-49)     | 01:47:39 |
| 63 | 106 | 19 | TA0693     | Ailsa        | Meiring    | 10km | Female | 45 | Veteran (40-49)     | 01:55:11 |
| 64 | 107 | 14 | TA0817     | Didintle     | Kgasi      | 10km | Female | 27 | Senior (19-29)      | 01:55:15 |
| 65 | 109 | 20 | TA1031     | Androniccah  | Kgasi      | 10km | Female | 49 | Veteran (40-49)     | 01:57:45 |
| 66 | 110 | 6  | TA2182     | Cecelia      | Bergman    | 10km | Female | 55 | Master (50-59)      | 02:02:59 |
| 67 | 111 | 7  | TA2221     | Maria Lidia  | Teixeira   | 10km | Female | 53 | Master (50-59)      | 02:03:05 |
| 68 | 112 | 8  | TA1154     | Luz          | Vazzana    | 10km | Female | 56 | Master (50-59)      | 02:03:06 |
| 69 | 113 | 21 | TRAIL20644 | Susan        | De Bruin   | 10km | Female | 46 | Veteran (40-49)     | 02:21:05 |

| 5km:Male |         |          |             |                |              |          |        |     |                     |          |
|----------|---------|----------|-------------|----------------|--------------|----------|--------|-----|---------------------|----------|
| Gender   | Overall | Category | Race Number | Name           | Surname      | Activity | Gender | Age | Category            | Duration |
| 1        | 4       | 1        | TA0391      | Gunter         | Lubbe        | 5km      | Male   | 14  | 12 to 15            | 00:25:39 |
| 2        | 5       | 1        | TA0147      | Dominic        | Korb         | 5km      | Male   | 25  | Senior (19-29)      | 00:26:16 |
| 3        | 8       | 1        | TRAIL20001  | Conrad         | Langerman    | 5km      | Male   | 44  | Veteran (40-49)     | 00:28:56 |
| 4        | 9       | 2        | TA0282      | Dewald         | De Jager     | 5km      | Male   | 23  | Senior (19-29)      | 00:29:25 |
| 5        | 10      | 3        | TA0286      | Duart          | Breedt       | 5km      | Male   | 23  | Senior (19-29)      | 00:29:28 |
| 6        | 11      | 4        | TA0290      | Joshua         | Hughes       | 5km      | Male   | 25  | Senior (19-29)      | 00:29:46 |
| 7        | 12      | 1        | TA1747      | Willem         | Obbes        | 5km      | Male   | 50  | Master (50-59)      | 00:30:01 |
| 8        | 13      | 1        | TRAIL12982  | Rufan          | Palm         | 5km      | Male   | 62  | Grand-Master (60+)  | 00:30:04 |
| 9        | 15      | 5        | TA1613      | Edwin          | Green        | 5km      | Male   | 26  | Senior (19-29)      | 00:30:32 |
| 10       | 17      | 1        | TA0371      | Reinhardt      | Paulson      | 5km      | Male   | 38  | Sub-Veteran (30-39) | 00:31:05 |
| 11       | 25      | 2        | TRAIL10171  | Hennie         | Prinsloo     | 5km      | Male   | 64  | Grand-Master (60+)  | 00:33:36 |
| 12       | 27      | 2        | TA0436      | Rhyno          | Bornman      | 5km      | Male   | 36  | Sub-Veteran (30-39) | 00:34:33 |
| 13       | 30      | 6        | TA0369      | Stefan         | Britz        | 5km      | Male   | 29  | Senior (19-29)      | 00:36:29 |
| 14       | 31      | 2        | TA1546      | Andre          | Lubbe        | 5km      | Male   | 43  | Veteran (40-49)     | 00:36:32 |
| 15       | 34      | 1        | TA0085      | Ansen          | Lmprecht     | 5km      | Male   | 16  | 16 to 18            | 00:36:56 |
| 16       | 42      | 3        | TA1718      | Jean-corneille | Van Rooy     | 5km      | Male   | 31  | Sub-Veteran (30-39) | 00:37:57 |
| 17       | 47      | 7        | TA0407      | Lemond         | Day          | 5km      | Male   | 28  | Senior (19-29)      | 00:38:36 |
| 18       | 53      | 4        | TA0429      | Daniel         | Venter       | 5km      | Male   | 33  | Sub-Veteran (30-39) | 00:39:54 |
| 19       | 55      | 8        | TA0126      | Pieter         | Slabbert     | 5km      | Male   | 29  | Senior (19-29)      | 00:40:09 |
| 20       | 62      | 1        | TA0297      | Joshua         | Mufema       | 5km      | Male   | 11  | Under 11            | 00:42:02 |
| 21       | 63      | 2        | TA0310      | Nhlosenhle     | Nxumalo      | 5km      | Male   | 9   | Under 11            | 00:42:07 |
| 22       | 64      | 5        | TA1684      | Matt           | Lotter       | 5km      | Male   | 38  | Sub-Veteran (30-39) | 00:42:17 |
| 23       | 66      | 9        | TA1755      | Vincent        | De Andrade   | 5km      | Male   | 25  | Senior (19-29)      | 00:42:26 |
| 24       | 68      | 3        | TA0183      | Selwyn         | Sweidan      | 5km      | Male   | 73  | Grand-Master (60+)  | 00:43:13 |
| 25       | 71      | 2        | TA0192      | Andre          | Lubbe        | 5km      | Male   | 15  | 12 to 15            | 00:43:36 |
| 26       | 77      | 10       | TA1129      | Ruhan          | Olivier      | 5km      | Male   | 25  | Senior (19-29)      | 00:46:33 |
| 27       | 79      | 2        | TA0167      | Julius         | Kohlen       | 5km      | Male   | 51  | Master (50-59)      | 00:47:03 |
| 28       | 83      | 11       | TA0171      | Brenden        | Visser       | 5km      | Male   | 24  | Senior (19-29)      | 00:48:51 |
| 29       | 84      | 3        | TA0047      | Albert         | De Nobrega   | 5km      | Male   | 53  | Master (50-59)      | 00:48:57 |
| 30       | 85      | 4        | TA0237      | Greg           | Saar         | 5km      | Male   | 68  | Grand-Master (60+)  | 00:49:00 |
| 31       | 91      | 2        | TA0525      | Denico         | Du Toit      | 5km      | Male   | 16  | 16 to 18            | 00:51:04 |
| 32       | 101     | 3        | TA0002      | Anton          | Van Der Bijl | 5km      | Male   | 42  | Veteran (40-49)     | 00:52:43 |
| 33       | 113     | 6        | TA0375      | Bogoshi        | Mdiba        | 5km      | Male   | 31  | Sub-Veteran (30-39) | 00:59:39 |
| 34       | 121     | 3        | TA0415      | Michael        | De Beer      | 5km      | Male   | 3   | Under 11            | 01:05:26 |

| 5km:Female |         |          |             |           |               |          |        |     |                     |          |
|------------|---------|----------|-------------|-----------|---------------|----------|--------|-----|---------------------|----------|
| Gender     | Overall | Category | Race Number | Name      | Surname       | Activity | Gender | Age | Category            | Duration |
| 1          | 1       | 1        | TA0477      | Tshepo    | Ntsotsho      | 5km      | Female | 16  | 16 to 18            | 00:21:07 |
| 2          | 2       | 1        | TA0163      | Joshua    | De Waal       | 5km      | Female | 14  | 12 to 15            | 00:23:12 |
| 3          | 3       | 1        | TA0494      | Luca      | De Waal       | 5km      | Female | 11  | Under 11            | 00:24:56 |
| 4          | 6       | 2        | TA1620      | Ethan     | Stockenstrom  | 5km      | Female | 8   | Under 11            | 00:26:45 |
| 5          | 7       | 2        | TRAIL13074  | Sesi      | Molapo        | 5km      | Female | 12  | 12 to 15            | 00:27:23 |
| 6          | 14      | 1        | TA0267      | Neene     | Blignault     | 5km      | Female | 26  | Senior (19-29)      | 00:30:28 |
| 7          | 16      | 3        | TA0031      | Sesethu   | Makuzeni      | 5km      | Female | 11  | Under 11            | 00:30:36 |
| 8          | 18      | 2        | TA0352      | Lucricia  | De Wit        | 5km      | Female | 24  | Senior (19-29)      | 00:31:09 |
| 9          | 19      | 3        | TA0288      | Rene      | Opperman      | 5km      | Female | 14  | 12 to 15            | 00:31:17 |
| 10         | 20      | 3        | TA1741      | Jolene    | Coetzee       | 5km      | Female | 19  | Senior (19-29)      | 00:31:19 |
| 11         | 21      | 1        | TA0151      | Jo-anne   | Hobday        | 5km      | Female | 34  | Sub-Veteran (30-39) | 00:32:10 |
| 12         | 22      | 4        | TA0010      | Tayla     | Korb          | 5km      | Female | 25  | Senior (19-29)      | 00:32:28 |
| 13         | 23      | 5        | TA0094      | Ashleigh  | Cope Morgan   | 5km      | Female | 24  | Senior (19-29)      | 00:33:05 |
| 14         | 24      | 1        | TA0233      | Madeline  | Lubbe         | 5km      | Female | 43  | Veteran (40-49)     | 00:33:22 |
| 15         | 26      | 6        | TA0036      | Kayla     | Robinson      | 5km      | Female | 22  | Senior (19-29)      | 00:34:25 |
| 16         | 28      | 2        | TA0184      | Cyndy     | Obbes         | 5km      | Female | 47  | Veteran (40-49)     | 00:35:26 |
| 17         | 29      | 7        | TA0169      | Kimberley | Van Rensburg  | 5km      | Female | 24  | Senior (19-29)      | 00:36:27 |
| 18         | 32      | 2        | TA0425      | Estie     | Van Der Watt  | 5km      | Female | 31  | Sub-Veteran (30-39) | 00:36:51 |
| 19         | 33      | 8        | TA0364      | Mia       | Niebuhr       | 5km      | Female | 24  | Senior (19-29)      | 00:36:54 |
| 20         | 35      | 3        | TA0086      | Alva      | Van Der Merwe | 5km      | Female | 34  | Sub-Veteran (30-39) | 00:37:04 |
| 21         | 36      | 4        | TA1765      | Wendy     | Corbett       | 5km      | Female | 34  | Sub-Veteran (30-39) | 00:37:12 |
| 22         | 37      | 5        | TA0448      | Janin     | Alant         | 5km      | Female | 34  | Sub-Veteran (30-39) | 00:37:34 |
| 23         | 38      | 6        | TA0413      | Teresa    | Herman        | 5km      | Female | 36  | Sub-Veteran (30-39) | 00:37:37 |
| 24         | 39      | 3        | TA0283      | Urshula   | Horn          | 5km      | Female | 43  | Veteran (40-49)     | 00:37:42 |
| 25         | 40      | 4        | TA0565      | Bronwyn   | Stephens      | 5km      | Female | 42  | Veteran (40-49)     | 00:37:44 |
| 26         | 41      | 7        | TA0458      | Janette   | Le Grange     | 5km      | Female | 30  | Sub-Veteran (30-39) | 00:37:55 |
| 27         | 43      | 4        | TA0365      | Liane     | Schabort      | 5km      | Female | 14  | 12 to 15            | 00:38:01 |
| 28         | 44      | 2        | TA1062      | Donne     | Breytenbach   | 5km      | Female | 16  | 16 to 18            | 00:38:03 |
| 29         | 45      | 1        | TA0197      | Thea      | Corbett       | 5km      | Female | 61  | Grand-Master (60+)  | 00:38:30 |
| 30         | 46      | 9        | TA0511      | Cecile    | Niebuhr       | 5km      | Female | 25  | Senior (19-29)      | 00:38:33 |
| 31         | 48      | 5        | TA2205      | Saskia    | Botha         | 5km      | Female | 40  | Veteran (40-49)     | 00:38:53 |
| 32         | 49      | 6        | TA0575      | Francine  | Lamprecht     | 5km      | Female | 44  | Veteran (40-49)     | 00:39:00 |
| 33         | 50      | 7        | TA1735      | Elize     | Nel           | 5km      | Female | 47  | Veteran (40-49)     | 00:39:10 |
| 34         | 51      | 8        | TA0464      | Anastasia | Calitz        | 5km      | Female | 36  | Sub-Veteran (30-39) | 00:39:36 |
| 35         | 52      | 2        | TA0313      | Etnah     | Wolfaardt     | 5km      | Female | 63  | Grand-Master (60+)  | 00:39:49 |
| 36         | 54      | 5        | TA0262      | Nicola    | Van Der Walt  | 5km      | Female | 14  | 12 to 15            | 00:40:02 |
| 37         | 56      | 10       | TA0416      | Meghan    | Freeman       | 5km      | Female | 26  | Senior (19-29)      | 00:40:14 |
| 38         | 57      | 9        | TA1693      | Yolqndi   | Marais        | 5km      | Female | 35  | Sub-Veteran (30-39) | 00:40:46 |
| 39         | 58      | 11       | TA0030      | Tayla     | Heselton      | 5km      | Female | 26  | Senior (19-29)      | 00:40:53 |
| 40         | 59      | 8        | TRAIL20000  | Glizelle  | Langerman     | 5km      | Female | 42  | Veteran (40-49)     | 00:40:55 |

|    |     |    |            |           |                |     |        |    |                     |          |
|----|-----|----|------------|-----------|----------------|-----|--------|----|---------------------|----------|
| 41 | 60  | 10 | TA1784     | Lindi     | Kotze          | 5km | Female | 36 | Sub-Veteran (30-39) | 00:41:29 |
| 42 | 61  | 9  | TRAIL20642 | Tracy     | Vally          | 5km | Female | 47 | Veteran (40-49)     | 00:41:50 |
| 43 | 65  | 12 | TA0244     | Shannen   | De Andrade     | 5km | Female | 25 | Senior (19-29)      | 00:42:24 |
| 44 | 67  | 10 | TA0248     | Adele     | Adamstein      | 5km | Female | 47 | Veteran (40-49)     | 00:43:07 |
| 45 | 69  | 1  | TA1550     | Cecilia   | Summerfield    | 5km | Female | 54 | Master (50-59)      | 00:43:29 |
| 46 | 70  | 11 | TA0570     | Inri      | Moller         | 5km | Female | 45 | Veteran (40-49)     | 00:43:32 |
| 47 | 72  | 12 | TA0295     | Irene     | Mapindu        | 5km | Female | 48 | Veteran (40-49)     | 00:44:25 |
| 48 | 73  | 13 | TA1661     | Felicia   | Wessels        | 5km | Female | 25 | Senior (19-29)      | 00:44:29 |
| 49 | 74  | 13 | TA0223     | Carla     | Ferreira       | 5km | Female | 44 | Veteran (40-49)     | 00:44:40 |
| 50 | 75  | 11 | TA1867     | Trudie    | Burger         | 5km | Female | 34 | Sub-Veteran (30-39) | 00:46:25 |
| 51 | 76  | 2  | TRAIL12813 | Carol-ann | Martins        | 5km | Female | 53 | Master (50-59)      | 00:46:31 |
| 52 | 78  | 12 | TA0357     | Elizabeth | Joubert-borman | 5km | Female | 33 | Sub-Veteran (30-39) | 00:46:36 |
| 53 | 80  | 14 | TA1650     | Presdio   | Mapfumo        | 5km | Female | 44 | Veteran (40-49)     | 00:48:27 |
| 54 | 81  | 3  | TA1715     | Marietjie | Loots          | 5km | Female | 54 | Master (50-59)      | 00:48:36 |
| 55 | 82  | 14 | TA0209     | Marne     | Loots          | 5km | Female | 26 | Senior (19-29)      | 00:48:37 |
| 56 | 86  | 15 | TA0266     | Tina      | De Nobrega     | 5km | Female | 49 | Veteran (40-49)     | 00:49:08 |
| 57 | 87  | 4  | TA0273     | Elvira    | Nel            | 5km | Female | 57 | Master (50-59)      | 00:50:33 |
| 58 | 88  | 15 | TA1673     | Tamzin    | Nel            | 5km | Female | 29 | Senior (19-29)      | 00:50:34 |
| 59 | 89  | 13 | TA0472     | Natasha   | Van Niekerk    | 5km | Female | 35 | Sub-Veteran (30-39) | 00:50:56 |
| 60 | 90  | 14 | TA1734     | Zenobia   | Jordaan        | 5km | Female | 36 | Sub-Veteran (30-39) | 00:51:01 |
| 61 | 92  | 3  | TRAIL10089 | Karen     | Herselman      | 5km | Female | 63 | Grand-Master (60+)  | 00:51:21 |
| 62 | 93  | 15 | TA0330     | Lucinda   | Evert          | 5km | Female | 34 | Sub-Veteran (30-39) | 00:51:31 |
| 63 | 94  | 16 | TA0204     | Celeste   | Ackerman       | 5km | Female | 44 | Veteran (40-49)     | 00:51:34 |
| 64 | 95  | 16 | TA1726     | Ronell    | Van Niekerk    | 5km | Female | 34 | Sub-Veteran (30-39) | 00:51:37 |
| 65 | 96  | 17 | TRAIL11232 | Patricia  | Minihold       | 5km | Female | 45 | Veteran (40-49)     | 00:51:41 |
| 66 | 97  | 4  | TA1048     | Hazel     | Glover         | 5km | Female | 71 | Grand-Master (60+)  | 00:52:21 |
| 67 | 98  | 18 | TA0318     | Otiliah   | Carter         | 5km | Female | 44 | Veteran (40-49)     | 00:52:32 |
| 68 | 99  | 17 | TA0120     | Shelley   | Pepworth       | 5km | Female | 32 | Sub-Veteran (30-39) | 00:52:33 |
| 69 | 100 | 19 | TA0176     | Heilet    | Smith          | 5km | Female | 41 | Veteran (40-49)     | 00:52:40 |
| 70 | 102 | 18 | TA1775     | Amelia    | Visser         | 5km | Female | 34 | Sub-Veteran (30-39) | 00:52:46 |
| 71 | 103 | 19 | TA0220     | Lenette   | Ferreira       | 5km | Female | 32 | Sub-Veteran (30-39) | 00:53:09 |
| 72 | 104 | 5  | TA0428     | Linda     | Beukes         | 5km | Female | 53 | Master (50-59)      | 00:53:41 |
| 73 | 105 | 6  | TA0409     | Ronel     | Le Roux        | 5km | Female | 57 | Master (50-59)      | 00:54:49 |
| 74 | 106 | 20 | TA0033     | Janilé    | Hudson         | 5km | Female | 35 | Sub-Veteran (30-39) | 00:57:42 |
| 75 | 107 | 4  | TA0380     | Isabella  | Kretzschmar    | 5km | Female | 8  | Under 11            | 00:58:18 |
| 76 | 108 | 20 | TA0121     | Jackie    | Kretzschmar    | 5km | Female | 45 | Veteran (40-49)     | 00:58:19 |
| 77 | 109 | 21 | TA0247     | Melissa   | De Beer        | 5km | Female | 36 | Sub-Veteran (30-39) | 00:58:32 |
| 78 | 110 | 22 | TA0508     | Renata    | Nebel          | 5km | Female | 33 | Sub-Veteran (30-39) | 00:59:18 |
| 79 | 111 | 23 | TA0043     | Melody    | Hudson         | 5km | Female | 33 | Sub-Veteran (30-39) | 00:59:20 |
| 80 | 112 | 5  | TA0517     | Linda     | Loi            | 5km | Female | 96 | Grand-Master (60+)  | 00:59:22 |
| 81 | 114 | 3  | TA1728     | Omphile   | Maudi          | 5km | Female | 18 | 16 to 18            | 00:59:44 |
| 82 | 115 | 7  | TA0403     | Elizabeth | Basso          | 5km | Female | 50 | Master (50-59)      | 00:59:47 |

|    |     |    |        |                  |              |     |        |    |                     |          |
|----|-----|----|--------|------------------|--------------|-----|--------|----|---------------------|----------|
| 83 | 116 | 24 | TA0254 | Michelle         | De Lange     | 5km | Female | 33 | Sub-Veteran (30-39) | 01:00:28 |
| 84 | 117 | 16 | TA0488 | Letitia          | Burger       | 5km | Female | 29 | Senior (19-29)      | 01:04:30 |
| 85 | 118 | 25 | TA0401 | Phindi           | Masha        | 5km | Female | 35 | Sub-Veteran (30-39) | 01:04:44 |
| 86 | 119 | 21 | TA0269 | Sharleen         | Fiodi        | 5km | Female | 43 | Veteran (40-49)     | 01:04:46 |
| 87 | 120 | 26 | TA1593 | Elizabeth        | Moore        | 5km | Female | 39 | Sub-Veteran (30-39) | 01:05:22 |
| 88 | 122 | 27 | TA1785 | Boitumelo        | Mohomutsi    | 5km | Female | 31 | Sub-Veteran (30-39) | 01:09:42 |
| 89 | 123 | 28 | TA0296 | Liezel           | Hosseinkhani | 5km | Female | 31 | Sub-Veteran (30-39) | 01:13:34 |
| 90 | 124 | 6  | TA0440 | Elizabeth Helena | Van Rensburg | 5km | Female | 65 | Grand-Master (60+)  | 01:13:38 |
| 91 | 125 | 22 | TA0333 | Megan            | Marais       | 5km | Female | 40 | Veteran (40-49)     | 01:17:21 |
| 92 | 126 | 7  | TA0559 | Gillian          | Fowler       | 5km | Female | 73 | Grand-Master (60+)  | 01:17:28 |