



AdventureRun : Rock Falls Ranch

The Cyclone on 22nd April 2018



21km Trail Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL10172	Nathan	Hunt	21km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:55:50
2	2	2	TA2466	Jan-adriaan	Du Plessis	21km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	02:05:57
3	3	3	TA2464	Steven	Fish	21km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	02:07:23
4	4	1	TA2480	Toine	Van Den Oever	21km Trail Run/Walk	Male	61	Grand-Master (60+)	02:08:20
5	5	4	TA2912	Thomas	Pattinson	21km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	02:08:46
6	6	1	TA3051	Daniel	Wium	21km Trail Run/Walk	Male	20	Senior (19-29)	02:08:50
7	7	2	TA2574	Theo	Bohnen	21km Trail Run/Walk	Male	61	Grand-Master (60+)	02:10:58
8	8	1	TA2609	Sipho	Mhlongo	21km Trail Run/Walk	Male	40	Veteran (40-49)	02:17:40
9	9	2	TA2970	Win Myint	Aung	21km Trail Run/Walk	Male	27	Senior (19-29)	02:27:18
10	10	2	TA2481	Grant	Williams	21km Trail Run/Walk	Male	43	Veteran (40-49)	02:27:32
11	11	3	TA3539	Russell	Weare	21km Trail Run/Walk	Male	43	Veteran (40-49)	02:28:53
12	12	5	TRAIL10787	Moses	Mtshweneng	21km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	02:29:54
13	13	1	TA3066	Willem	Swanepoel	21km Trail Run/Walk	Male	59	Master (50-59)	02:30:42
14	14	6	TA3042	Madoda	Kuse	21km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	02:32:51
15	16	7	TA2923	Herman	Van Der Laan	21km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	02:34:44
16	17	8	TA2690	Bonginkosi	Mbatha	21km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	02:34:52
17	18	9	TA3010	Luto	Mbombo	21km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	02:34:57
18	19	4	TA2925	Gavin	Morris	21km Trail Run/Walk	Male	44	Veteran (40-49)	02:35:28
19	21	5	TA2995	Antonio	De Franca	21km Trail Run/Walk	Male	47	Veteran (40-49)	02:41:54
20	23	2	TRAIL12643	Bryan	Mccourt	21km Trail Run/Walk	Male	51	Master (50-59)	02:43:27
21	24	10	TA2984	Shaun	Ness	21km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	02:43:47
22	25	6	TA2546	Andrew	Crowley	21km Trail Run/Walk	Male	43	Veteran (40-49)	02:43:52
23	26	7	TA2592	Rowan	Crowie	21km Trail Run/Walk	Male	47	Veteran (40-49)	02:46:09
24	27	8	TRAIL12832	Bradley	Rustin	21km Trail Run/Walk	Male	48	Veteran (40-49)	02:50:49
25	28	11	TRAIL13039	Shaun	Vermaak	21km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	02:50:55
26	29	9	TA2477	Prince	Motswenyane	21km Trail Run/Walk	Male	43	Veteran (40-49)	02:53:32
27	30	3	TA2525	Walter	Smuts	21km Trail Run/Walk	Male	56	Master (50-59)	02:54:56
28	31	4	TA3477	Ken	Halland	21km Trail Run/Walk	Male	54	Master (50-59)	02:55:06
29	32	12	TA2619	Jan	Wolmarans	21km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	03:06:36

21km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	15	1	TA2902	Hilary	Campbell	21km Trail Run/Walk	Female	51	Master (50-59)	02:33:45
2	20	2	TA2673	Brigitte	Madlener	21km Trail Run/Walk	Female	59	Master (50-59)	02:41:52
3	22	1	TA2913	Phumza	Bence	21km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	02:42:45

15km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL12385	Gerhard	Beukes	15km Trail Run/Walk	Male	41	Veteran (40-49)	01:22:42
2	2	1	TA2939	Gert	Steyn	15km Trail Run/Walk	Male	57	Master (50-59)	01:23:00
3	3	1	TA2656	James	Pugin	15km Trail Run/Walk	Male	29	Senior (19-29)	01:26:00
4	4	1	TA2517	Lars	Kurvers	15km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	01:28:16
5	6	2	TA2928	Zibusiso	Sibanda	15km Trail Run/Walk	Male	41	Veteran (40-49)	01:29:15
6	8	3	TA3002	Mohale Dominic	Lebidi	15km Trail Run/Walk	Male	46	Veteran (40-49)	01:31:15
7	9	2	TA2520	Menzi Patrick	Zikalala	15km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:31:17
8	10	3	TA2662	Humbulani	Mphaphuli	15km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	01:32:18
9	11	2	TA2654	Ntoko Silas	Mokoena	15km Trail Run/Walk	Male	51	Master (50-59)	01:38:06
10	12	4	TA2905	Brett	Tromp	15km Trail Run/Walk	Male	42	Veteran (40-49)	01:40:05
11	14	3	TA0161	Gunther	Schwob	15km Trail Run/Walk	Male	56	Master (50-59)	01:44:31
12	18	5	TA2916	David	Berkowitz	15km Trail Run/Walk	Male	41	Veteran (40-49)	01:47:50
13	19	4	TA2632	Koos	Vaughan	15km Trail Run/Walk	Male	55	Master (50-59)	01:49:21
14	22	5	TA2613	Pierre	Coetzee	15km Trail Run/Walk	Male	52	Master (50-59)	01:52:32
15	23	2	TA2997	Yatish	Chowthee	15km Trail Run/Walk	Male	29	Senior (19-29)	01:54:11
16	27	6	TRAIL12155	Frank	Bekkens	15km Trail Run/Walk	Male	54	Master (50-59)	01:58:06
17	31	4	TA3023	Kgomotso	Diphoko	15km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	01:59:18
18	32	5	TA2945	Bandile	Tlomatsane	15km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	02:00:22
19	34	6	TA3048	Thabani	Nyathi	15km Trail Run/Walk	Male	46	Veteran (40-49)	02:05:56
20	37	6	TA2914	Thomas	Kyokolo	15km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	02:30:46

15km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	5	1	TA2461	Juliana	Ambrosi	15km Trail Run/Walk	Female	40	Veteran (40-49)	01:28:18
2	7	1	TA2515	Rinel	Mclaren	15km Trail Run/Walk	Female	25	Senior (19-29)	01:30:02
3	13	2	TA3535	Nicoletta	Maraschin	15km Trail Run/Walk	Female	27	Senior (19-29)	01:41:38
4	15	1	TA3484	Stacey	Rethman	15km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:44:36
5	16	3	TA3474	Isabelle	Van Kronenburg	15km Trail Run/Walk	Female	28	Senior (19-29)	01:44:43
6	17	2	TA2565	Carey-anne	Weare	15km Trail Run/Walk	Female	40	Veteran (40-49)	01:46:16
7	20	1	TA2951	Ilze	Crous	15km Trail Run/Walk	Female	60	Grand-Master (60+)	01:50:18
8	21	3	TA3538	Salome	Belcher	15km Trail Run/Walk	Female	43	Veteran (40-49)	01:50:50
9	24	2	TA2420	Rene	Rampersad	15km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:55:19
10	25	4	TA2432	Bronwen	Troskie	15km Trail Run/Walk	Female	41	Veteran (40-49)	01:55:40
11	26	3	TA2558	Johanita	Coetzer	15km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:55:59
12	28	4	TA2551	Suzan	Mphafudi	15km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:58:15
13	29	2	TA1029	Minnie Elizabeth	Birch	15km Trail Run/Walk	Female	62	Grand-Master (60+)	01:58:54
14	30	5	TA3061	Gomolemo	Motaung	15km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:59:06
15	33	4	TA3504	Gontse	Kgokolo	15km Trail Run/Walk	Female	29	Senior (19-29)	02:00:26
16	35	5	TRAIL12098	Chantelle	Pieterse	15km Trail Run/Walk	Female	29	Senior (19-29)	02:15:00
17	36	6	TA2930	Keleboglie	Mopeletsi	15km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	02:24:39

10km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2215	Brendan	Blackbeard	10km Trail Run/Walk	Male	22	Senior (19-29)	00:54:34
2	2	1	TA2968	Luambo	Khameli	10km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:54:44
3	3	2	TRAIL12341	Charles	Norman	10km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:54:46
4	4	2	TA0864	Mlindelil	Nkosi	10km Trail Run/Walk	Male	25	Senior (19-29)	00:58:13
5	5	1	TA2110	Vikesh	Rambaran	10km Trail Run/Walk	Male	44	Veteran (40-49)	00:58:27
6	6	1	TA1174	Johan	Strydom	10km Trail Run/Walk	Male	63	Grand-Master (60+)	00:59:03
7	7	1	TRAIL12176	Gawie	Jansen Van Vuuren	10km Trail Run/Walk	Male	54	Master (50-59)	00:59:13
8	9	2	TRAIL10642	Johan	Fourie	10km Trail Run/Walk	Male	63	Grand-Master (60+)	01:04:56
9	10	3	TA1814	Andre-ross	Louw	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:05:16
10	13	2	TA2962	Conrad	Langerman	10km Trail Run/Walk	Male	43	Veteran (40-49)	01:06:06
11	14	4	TA1176	Brian	Le Roux	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:07:00
12	15	5	TA1880	Kevin	Le Roux	10km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:07:07
13	17	3	TA1060	Steven	Carlin	10km Trail Run/Walk	Male	47	Veteran (40-49)	01:07:17
14	18	4	TA1126	Sean	Smith	10km Trail Run/Walk	Male	41	Veteran (40-49)	01:07:46
15	20	6	TRAIL10910	Dewan	Hamman	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:07:59
16	22	7	TA1072	Delvin	Buhler	10km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:08:07
17	23	3	TA2126	Geoff	Lupton-smith	10km Trail Run/Walk	Male	60	Grand-Master (60+)	01:08:26
18	24	5	TA2129	Nico	Oelofse	10km Trail Run/Walk	Male	45	Veteran (40-49)	01:08:53
19	25	6	TA1827	Robert	Damon	10km Trail Run/Walk	Male	41	Veteran (40-49)	01:08:57
20	26	8	TA0662	Matthew	Destombes	10km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:09:07
21	28	7	TA0667	Andrew	Wiggett	10km Trail Run/Walk	Male	40	Veteran (40-49)	01:09:13
22	30	8	TRAIL12520	Charles	Muller	10km Trail Run/Walk	Male	47	Veteran (40-49)	01:10:14
23	38	3	TA1874	Vaughn	Steyn	10km Trail Run/Walk	Male	27	Senior (19-29)	01:15:59
24	40	9	TA0841	Tumisho	Maduane	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:16:40
25	44	10	TRAIL11696	Francois	Labuschagne	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:18:10
26	50	9	TA0717	Richard	Stirland	10km Trail Run/Walk	Male	45	Veteran (40-49)	01:21:09
27	53	11	TA1024	Lovemore	Seveni	10km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	01:28:34
28	54	12	TA2331	Chris	Strugnell	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:29:23
29	58	4	TRAIL13030	Dj	Pieterse	10km Trail Run/Walk	Male	29	Senior (19-29)	01:32:21
30	70	13	TA1873	Dawie	Maree	10km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	01:46:50

10km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	8	1	TA0659	Telani	Naude	10km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:02:17
2	11	2	TA2125	Tanya	Alberts	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:05:52
3	12	3	TA2255	Alicia	Strugnell	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:05:57
4	16	1	TA2222	Linda	Van Der Colff	10km Trail Run/Walk	Female	50	Master (50-59)	01:07:12
5	19	1	TA2132	Cheryl	Whelan	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:07:51
6	21	4	TRAIL10891	Tina	Bredenkamp	10km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:08:00
7	27	2	TA2293	Caroline	Wiggett	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:09:10
8	29	3	TA0806	Tania	Van Peer	10km Trail Run/Walk	Female	45	Veteran (40-49)	01:09:57
9	31	1	TA2122	Lise	Smuts	10km Trail Run/Walk	Female	23	Senior (19-29)	01:10:49
10	32	1	TRAIL11537	Joey	Cloete	10km Trail Run/Walk	Female	61	Grand-Master (60+)	01:11:29
11	33	5	TA2173	Lerica	Schoeman	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:13:04
12	34	4	TA2233	Hazel	Nel	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:14:23
13	35	2	TA1048	Lauren	Gouws	10km Trail Run/Walk	Female	63	Grand-Master (60+)	01:14:35
14	36	6	TA2616	Natalie	Kock	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:15:38
15	37	2	TA2254	Zanita	De Ascensao	10km Trail Run/Walk	Female	26	Senior (19-29)	01:15:57
16	39	7	TA3540	Kgabo	Mashalane	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:16:02
17	41	3	TA2974	Abigail	Coetzee	10km Trail Run/Walk	Female	19	Senior (19-29)	01:16:42
18	42	8	TA1824	Karien	Purchase	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:17:18
19	43	5	TA1185	Hesma	Cockrell	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:18:07
20	45	4	TA1845	Roxanne	Robbins	10km Trail Run/Walk	Female	29	Senior (19-29)	01:19:47
21	46	9	TA0875	Helen	Buhler	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:19:52
22	47	5	TRAIL10269	Jolandi	Labuschange	10km Trail Run/Walk	Female	27	Senior (19-29)	01:19:58
23	48	6	TA1835	Rijkie	Terblanche	10km Trail Run/Walk	Female	45	Veteran (40-49)	01:20:37
24	49	3	TA0694	Jacquie	Du Toit	10km Trail Run/Walk	Female	61	Grand-Master (60+)	01:20:51
25	51	2	TA1130	Irene	Swanepoel	10km Trail Run/Walk	Female	51	Master (50-59)	01:27:54
26	52	10	TA2210	Mamfaladi	Mabece	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:28:31
27	55	7	TA1169	Jolene	Thwaites	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:30:50
28	56	11	TA2150	Bonita	Steenkamp	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:31:10
29	57	8	TRAIL12729	Sanobia	Abrahams	10km Trail Run/Walk	Female	47	Veteran (40-49)	01:31:36
30	59	3	TA2994	Sue	Pretorius	10km Trail Run/Walk	Female	52	Master (50-59)	01:32:31
31	60	12	TA1817	Mamodimo	Matlaisane	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:35:20
32	61	9	TRAIL11232	Patricia	Minihold	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:35:33
33	62	4	TA2345	Dawn	Fryer	10km Trail Run/Walk	Female	53	Master (50-59)	01:36:16
34	63	10	TA1846	Priashna	Baboolal	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:39:03
35	64	5	TA0693	Karen	Eksteen	10km Trail Run/Walk	Female	50	Master (50-59)	01:41:05
36	65	13	TA1887	Kaylini	Naidoo	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:43:43
37	66	6	TA1816	Bongiwe	Khumalo	10km Trail Run/Walk	Female	26	Senior (19-29)	01:45:19
38	67	11	TA2219	Gugu	Zulu	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:45:22
39	68	7	TA0695	Tumelo	Mahange	10km Trail Run/Walk	Female	26	Senior (19-29)	01:45:24
40	69	12	TA0214	Glizelle	Langerman	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:45:38

41	71	8	TA0658	Mariske	Smit	10km Trail Run/Walk	Female	28	Senior (19-29)	01:46:52
42	72	6	TRAIL11982	Fikile	Nhleko	10km Trail Run/Walk	Female	50	Master (50-59)	01:53:11
43	73	14	TA0618	Avashni	Dass	10km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:54:22
44	74	15	TA1163	Belinda	Cawood	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:54:23
45	75	9	TA1829	Mercy	Moloto	10km Trail Run/Walk	Female	25	Senior (19-29)	01:59:47
46	76	13	TA1863	Sarah	Hanson	10km Trail Run/Walk	Female	44	Veteran (40-49)	02:01:05
47	77	14	TA0789	Sarah	Schneeberger	10km Trail Run/Walk	Female	45	Veteran (40-49)	02:01:09

5km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1671	Massimilano	Ambrosi	5km Trail Run/Walk	Male	12	12 to 15	00:19:29
2	2	1	TA1610	Reilly	Elliot	5km Trail Run/Walk	Male	11	Under 11	00:20:22
3	3	1	TA0417	Lindo	Nkwane	5km Trail Run/Walk	Male	25	Senior (19-29)	00:20:24
4	4	1	TA1894	Jason	Sturzenegger	5km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	00:23:55
5	6	2	TA0468	Andreas	Wiesheu	5km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:26:28
6	10	3	TA0198	Tinus	Stander	5km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	00:29:59
7	12	1	TA0266	Johann	Van Zyl	5km Trail Run/Walk	Male	65	Grand-Master (60+)	00:31:17
8	13	1	TA0426	Leonard	Armstrong	5km Trail Run/Walk	Male	40	Veteran (40-49)	00:31:41
9	14	1	TA2318	Xavier	Nel	5km Trail Run/Walk	Male	18	16 to 18	00:31:54
10	15	1	TA0252	Phillip	Schutte	5km Trail Run/Walk	Male	53	Master (50-59)	00:32:25
11	17	4	TA0457	Trevor	Semper	5km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	00:33:14
12	18	2	TRAIL11168	Glyn	Boddy	5km Trail Run/Walk	Male	53	Master (50-59)	00:33:29
13	26	3	TA0269	Francois	Uys	5km Trail Run/Walk	Male	53	Master (50-59)	00:36:13
14	28	2	TA0227	Quenten	White	5km Trail Run/Walk	Male	27	Senior (19-29)	00:37:26
15	30	2	TA0248	Steven	Kruger	5km Trail Run/Walk	Male	42	Veteran (40-49)	00:38:03
16	31	3	TA2938	Zivan	Smith	5km Trail Run/Walk	Male	26	Senior (19-29)	00:38:08
17	33	5	TA0421	Pieter	Rossouw	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:38:21
18	36	2	TA0318	Daniele	Ambrosi	5km Trail Run/Walk	Male	10	Under 11	00:40:58
19	39	2	TA0197	Justin	Van Heerden	5km Trail Run/Walk	Male	15	12 to 15	00:42:31
20	47	4	TA1853	Roy	Stewart	5km Trail Run/Walk	Male	52	Master (50-59)	00:45:54
21	52	3	TA0545	Daniel	Healey	5km Trail Run/Walk	Male	10	Under 11	00:57:20
22	56	4	TA1527	Boikano	Mahlaela	5km Trail Run/Walk	Male	11	Under 11	00:58:18
23	57	4	TA0390	Tumisho	Mahlaela	5km Trail Run/Walk	Male	26	Senior (19-29)	01:07:11
24	59	5	TRAIL12570	Ridwaan	Fakir	5km Trail Run/Walk	Male	26	Senior (19-29)	01:16:52

5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	5	1	TA0030	Eunice	Steyn	5km Trail Run/Walk	Female	27	Senior (19-29)	00:25:29
2	7	1	TA0096	Lee-ann	Hallett	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	00:26:30
3	8	2	TA0283	Kieren	Paley	5km Trail Run/Walk	Female	27	Senior (19-29)	00:29:39
4	9	3	TA1516	Robyn-meagan	Paley	5km Trail Run/Walk	Female	25	Senior (19-29)	00:29:43
5	11	1	TRAIL13015	Nadia	Bosch	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:31:12
6	16	2	TA0234	Tamryn-leigh	Semper	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:33:12
7	19	1	TA0279	Mieka	Schutte	5km Trail Run/Walk	Female	18	16 to 18	00:33:48
8	20	3	TA0357	Nicole	Matheson	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:33:50
9	21	4	TA0324	Elné	Gerber	5km Trail Run/Walk	Female	29	Senior (19-29)	00:33:57
10	22	4	TA0121	Nicki	Bradfield	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:34:16
11	23	2	TA0398	Tanya	Oellermann	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:34:16
12	24	5	TA0369	Brenda	Ratzeburg	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:35:37
13	25	3	TA0202	Lynne	Armstrong	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:36:11
14	27	5	TA0325	Leandri	Schmidt	5km Trail Run/Walk	Female	29	Senior (19-29)	00:36:39
15	29	1	TA1681	Cheryl	Steyn	5km Trail Run/Walk	Female	61	Grand-Master (60+)	00:37:32
16	32	6	TA3513	Zanye	Van Den Berg	5km Trail Run/Walk	Female	24	Senior (19-29)	00:38:10
17	34	6	TA0388	Martelie	Laney	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:38:55
18	35	7	TA0189	Letitia	Steyn	5km Trail Run/Walk	Female	29	Senior (19-29)	00:40:13
19	37	4	TA1787	Lisa	Le Roux	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:41:02
20	38	5	TA0284	Ronelle	Van Heerden	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:41:05
21	40	7	TA0010	Ruth	Papenfus	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:42:36
22	41	8	TA1768	Lucinda	Evert	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:43:13
23	42	2	TA0574	Barbara	Baroni	5km Trail Run/Walk	Female	73	Grand-Master (60+)	00:43:16
24	43	9	TA0515	Ronell	Van Niekerk	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:43:20
25	44	1	TA0312	Judy	Hartze	5km Trail Run/Walk	Female	57	Master (50-59)	00:43:30
26	45	6	TA0233	Suzette	Van Heerden	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:43:32
27	46	7	TA1804	Lisa	Ratering	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:45:49
28	48	8	TA0407	Louise	Claassen	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:48:30
29	49	9	TA0343	Audrey	Rustin	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:51:12
30	50	1	TA0529	Ashleigh	Rustin	5km Trail Run/Walk	Female	8	Under 11	00:51:15
31	51	3	TA2138	Riki	Smit	5km Trail Run/Walk	Female	60	Grand-Master (60+)	00:56:07
32	53	10	TA0191	Susan	Van Wyk	5km Trail Run/Walk	Female	49	Veteran (40-49)	00:57:30
33	54	8	TRAIL12890	Sherilyn	Van Wyk	5km Trail Run/Walk	Female	21	Senior (19-29)	00:57:32
34	55	11	TRAIL11501	Tanya	Healey	5km Trail Run/Walk	Female	49	Veteran (40-49)	00:57:50
35	58	9	TA0381	Fortunate	Mahlaela	5km Trail Run/Walk	Female	23	Senior (19-29)	01:07:30