



AdventureRun : The Big Red Barn

TrailAdventure Woman's Day Trail Run/Walk on 9th August 2019



21km Trail Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA3015	Nsamu	Moonga	21km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:31:27
2	2	2	TA2678	Donovan	Van Graan	21km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:31:37
3	4	1	TA2665	Michael	Cook	21km Trail Run/Walk	Male	46	Veteran (40-49)	01:52:36
4	5	1	TRAIL12799	Andrew	Noakes	21km Trail Run/Walk	Male	25	Senior (19-29)	01:54:27
5	6	2	TA2545	Johan	Van Dyk	21km Trail Run/Walk	Male	47	Veteran (40-49)	01:54:39
6	11	3	TA3033	Sphakamiso Mbuso	Mlaba	21km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	02:16:39
7	12	4	TA2944	Leon	Theron	21km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	02:36:07

21km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA2431	Carna	Koch	21km Trail Run/Walk	Female	26	Senior (19-29)	01:44:04
2	7	1	TA2982	Natalie	Sanders	21km Trail Run/Walk	Female	60	Grand-Master (60+)	01:56:44
3	8	1	TA2555	Deborah	Househam	21km Trail Run/Walk	Female	51	Master (50-59)	01:57:31
4	9	1	TA2939	Theonita	De Villiers	21km Trail Run/Walk	Female	45	Veteran (40-49)	02:07:26
5	10	2	TA2942	Marike	Van Dyk	21km Trail Run/Walk	Female	45	Veteran (40-49)	02:13:12
6	13	3	TA3472	Rannenyeni	Nndivhaleni	21km Trail Run/Walk	Female	40	Veteran (40-49)	02:39:04

15km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA3482	Paul	Davies	15km Trail Run/Walk	Male	41	Veteran (40-49)	01:14:57
2	3	1	TA2680	Peter	Molver	15km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	01:23:23
3	5	1	TA2695	Francios	Koch	15km Trail Run/Walk	Male	26	Senior (19-29)	01:26:55
4	6	1	TA3022	Ronnie	Tonkin	15km Trail Run/Walk	Male	52	Master (50-59)	01:27:47
5	17	2	TA2484	Dan	Khumalo	15km Trail Run/Walk	Male	47	Veteran (40-49)	01:48:08
6	21	3	TA2928	Lesiba	Matsiu	15km Trail Run/Walk	Male	44	Veteran (40-49)	01:57:52
7	22	1	TA3013	Jannie	Ferreira	15km Trail Run/Walk	Male	71	Grand-Master (60+)	02:02:30
8	24	2	TRAIL10752	Jacques	Vlaming	15km Trail Run/Walk	Male	69	Grand-Master (60+)	02:03:59
9	27	2	TA3488	Tatenda	Chimbima	15km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	02:08:23
10	31	2	TA2962	Philemon	Kunene	15km Trail Run/Walk	Male	56	Master (50-59)	02:34:55

15km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2505	Denise	Davies	15km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:14:54
2	4	1	TRAIL20884	Rinel	Mclaren	15km Trail Run/Walk	Female	27	Senior (19-29)	01:26:09
3	7	2	TA3043	Esmaralda	Naude	15km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:28:36
4	8	3	TA2687	Tania	Van Der Nest	15km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:32:10
5	9	1	TA2688	Lara	Bayliss	15km Trail Run/Walk	Female	46	Veteran (40-49)	01:36:38
6	10	4	TA2943	Linzi	Slabbert	15km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:40:44
7	11	2	TA2938	Nompumelelo	Khumalo	15km Trail Run/Walk	Female	41	Veteran (40-49)	01:41:04
8	12	2	TA2513	Melissa	Combrink	15km Trail Run/Walk	Female	27	Senior (19-29)	01:41:47
9	13	3	TA2934	Leani	Hanekom	15km Trail Run/Walk	Female	28	Senior (19-29)	01:41:48
10	14	3	TA3037	Simone	Tonkin	15km Trail Run/Walk	Female	49	Veteran (40-49)	01:43:20
11	15	4	TA3020	Andrea	Gavan	15km Trail Run/Walk	Female	47	Veteran (40-49)	01:47:10
12	16	5	TA3446	Thuli	Matsiu	15km Trail Run/Walk	Female	43	Veteran (40-49)	01:47:59
13	18	6	TA2452	Justene	Smith	15km Trail Run/Walk	Female	40	Veteran (40-49)	01:50:20
14	19	1	TA3040	Marilyn	Kamp	15km Trail Run/Walk	Female	65	Grand-Master (60+)	01:50:33
15	20	5	TA3539	Boitumelo	Ndlovu	15km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:51:34
16	23	7	TA2604	Puleng	Senne	15km Trail Run/Walk	Female	44	Veteran (40-49)	02:03:45
17	25	8	TA2935	Marita	Van Taak	15km Trail Run/Walk	Female	41	Veteran (40-49)	02:07:50
18	26	1	TA2998	Ria	Botha	15km Trail Run/Walk	Female	53	Master (50-59)	02:07:56
19	28	2	TRAIL10836	Ina	Beamish	15km Trail Run/Walk	Female	57	Master (50-59)	02:17:39
20	29	6	TRAIL20143	Nonhlanhla	Gwamanda	15km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	02:25:19
21	30	4	TA2603	Xolisa	Magawana	15km Trail Run/Walk	Female	29	Senior (19-29)	02:25:44

10km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0928	Conrad	Watt	10km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:42:29
2	2	2	TA1843	Darryl	Allcock	10km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:43:49
3	3	1	TA2307	Jean-pierre	Van Dyk	10km Trail Run/Walk	Male	17	16 to 18	00:50:05
4	4	1	TA1003	Sihle	Mdluli	10km Trail Run/Walk	Male	14	12 to 15	00:53:10
5	5	1	TRAIL20525	Jacques	Vally	10km Trail Run/Walk	Male	50	Master (50-59)	00:53:17
6	6	1	TRAIL12236	Clive	Hutchinson	10km Trail Run/Walk	Male	48	Veteran (40-49)	00:53:18
7	7	2	TA1867	Mike	Snyman	10km Trail Run/Walk	Male	50	Master (50-59)	00:53:22
8	10	1	TA2343	Johan	Strydom	10km Trail Run/Walk	Male	64	Grand-Master (60+)	00:58:09
9	11	2	TA1828	Conrad	Marshall	10km Trail Run/Walk	Male	49	Veteran (40-49)	00:58:16
10	12	3	TRAIL12267	Anthony	Dell	10km Trail Run/Walk	Male	56	Master (50-59)	01:00:19
11	15	3	TA2203	Conrad	Langerman	10km Trail Run/Walk	Male	44	Veteran (40-49)	01:00:48
12	17	1	TA1047	Willem	Joubert	10km Trail Run/Walk	Male	26	Senior (19-29)	01:01:13
13	21	2	TRAIL20628	Geoff	Lupton-smith	10km Trail Run/Walk	Male	61	Grand-Master (60+)	01:02:16
14	25	3	TA1028	Colin	Smith	10km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	01:02:37
15	26	4	TA1027	Blessing	Ngcobo	10km Trail Run/Walk	Male	48	Veteran (40-49)	01:03:09
16	29	3	TRAIL20725	Gerald	Steyn	10km Trail Run/Walk	Male	67	Grand-Master (60+)	01:03:50
17	34	5	TRAIL12921	Zanorashe	Bwakura	10km Trail Run/Walk	Male	45	Veteran (40-49)	01:09:04
18	37	4	TA0926	Marnus	Koorts	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:10:13
19	39	4	TA0408	Stephen	Phillips	10km Trail Run/Walk	Male	58	Master (50-59)	01:10:28
20	43	5	TA2299	Andre	Hanekom	10km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	01:11:59
21	45	2	TA1850	Fabian	Booyesen	10km Trail Run/Walk	Male	27	Senior (19-29)	01:12:07
22	50	6	TA0732	Willie	Theron	10km Trail Run/Walk	Male	41	Veteran (40-49)	01:12:55
23	51	7	TA0911	Neo	Rampa	10km Trail Run/Walk	Male	43	Veteran (40-49)	01:13:26
24	57	5	TA1049	Gary	Noakes	10km Trail Run/Walk	Male	58	Master (50-59)	01:15:35
25	59	6	TRAIL12326	Rijako	Meintjes	10km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	01:16:46
26	60	7	TA1130	Guy	Vilas	10km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	01:17:28
27	62	8	TA0751	Lennert	Swart	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:17:40
28	66	3	TA0813	Rean	Meyer	10km Trail Run/Walk	Male	27	Senior (19-29)	01:18:44
29	67	9	TA1091	Frits	Snyman	10km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	01:19:48
30	75	4	TRAIL10533	Frik	Du Preez	10km Trail Run/Walk	Male	60	Grand-Master (60+)	01:28:21
31	81	6	TA0824	Lesetja	Mankuru	10km Trail Run/Walk	Male	52	Master (50-59)	01:30:39
32	82	10	TA2170	Lloyd	Manhivi	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:32:29
33	83	5	TRAIL11058	John	Rollason	10km Trail Run/Walk	Male	70	Grand-Master (60+)	01:32:55
34	94	11	TA1123	Tertius	Fourie	10km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	01:38:58
35	100	12	TA2311	Albert	Van Der Merwe	10km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	01:42:05
36	106	2	TA1852	Annora	Hefferman	10km Trail Run/Walk	Male	15	12 to 15	01:47:20
37	107	8	TA1829	James	Ramontja	10km Trail Run/Walk	Male	40	Veteran (40-49)	01:47:27
38	109	9	TA1112	Jerome	Maggerman	10km Trail Run/Walk	Male	46	Veteran (40-49)	01:47:42
39	124	7	TRAIL20129	Therone	Ingram	10km Trail Run/Walk	Male	50	Master (50-59)	01:59:55
40	125	4	TA1877	Tylney	Voster	10km Trail Run/Walk	Male	29	Senior (19-29)	02:00:02

41	126	5	TA0632	Gerhard	Stoltz	10km Trail Run/Walk	Male	29	Senior (19-29)	02:10:06
42	130	6	TRAIL20585	Dean	Mccleland	10km Trail Run/Walk	Male	66	Grand-Master (60+)	02:17:47
43	132	7	TRAIL20584	Luc	Van Goidsenhoven	10km Trail Run/Walk	Male	63	Grand-Master (60+)	02:17:47
44	133	8	TA2205	Elbert	Loubser	10km Trail Run/Walk	Male	62	Grand-Master (60+)	02:17:47

10km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	8	1	TA2309	Suegnet	Albrecat	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:57:14
3	13	1	TA1024	Mandi	Botha	10km Trail Run/Walk	Female	28	Senior (19-29)	01:00:36
4	14	1	TA0637	Isme	Oosthuizen	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:00:44
5	16	2	TA0886	Samantha	Simpson	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:00:55
6	18	1	TA0996	Mieke	Van Der Westhuizen	10km Trail Run/Walk	Female	17	16 to 18	01:01:43
7	19	3	TA2227	Roenel	Van Wyk	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:02:00
8	20	4	TA0826	Joanna	Barnard	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:02:04
9	22	5	TA0956	Chantal	Du Plessis	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:02:25
10	23	2	TA0973	Sharon	Eagle	10km Trail Run/Walk	Female	24	Senior (19-29)	01:02:28
11	24	6	TA0603	Erika	De Bruin	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:02:30
12	27	7	TRAIL12328	Natasha	Botha	10km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:03:12
13	28	2	TA0930	Jillian	Cloete	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:03:31
14	30	3	TA1063	Bernadine	Kruger	10km Trail Run/Walk	Female	43	Veteran (40-49)	01:06:43
15	31	4	TRAIL11670	Nicky	Du Preez	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:08:23
16	32	3	TA2296	Chelsey	Potter	10km Trail Run/Walk	Female	22	Senior (19-29)	01:08:25
17	33	4	TRAIL11652	Chelsea	Muller	10km Trail Run/Walk	Female	26	Senior (19-29)	01:08:34
18	35	5	TA2158	Germari	Pieterse	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:09:44
19	36	8	TA2157	Natasha	Pieterse	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:10:10
20	38	6	TA0654	Jo-anne	Mitchell-marais	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:10:23
21	40	7	TA1061	Germaine	Young	10km Trail Run/Walk	Female	43	Veteran (40-49)	01:10:34
22	41	8	TA1020	Shirley	Gooch	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:10:38
23	42	9	TA0947	Xolile	Khumalo	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:11:17
24	44	10	TA2240	Michelle	Rennie	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:12:02
25	46	11	TA2295	Mashadi	Ngwenya	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:12:11
26	47	12	TA0755	Jacqueline	Theron	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:12:18
27	48	13	TA0849	Chantelle	Roddan	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:12:21
28	49	14	TRAIL12170	Cornelia	Hutchinson	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:12:24
29	52	9	TA2232	Mmabakuena	Dithupe	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:14:23
30	53	15	TA1034	Yolande	Debbo	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:14:27
31	54	10	TA0857	Erika	Van Der Merwe	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:14:37
32	55	16	TA2169	Maude	Badenhorst	10km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:14:42
33	56	11	TA1064	Kate	Badenhorst	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:14:44
34	58	17	TA0658	Nadia	Jooste	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:16:15
35	61	18	TA1169	Clair	Vilas	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:17:31
36	63	19	TA1874	Saskia	Nortje	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:17:45
37	64	20	TA0866	Jennifer	Hislop	10km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:18:36
38	65	5	TA0627	Hanet	Meyer	10km Trail Run/Walk	Female	27	Senior (19-29)	01:18:43
39	68	12	TA1069	Ilje	Nel	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:20:02
40	69	21	TA1887	Stacy	Poggenpoel	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:21:55
41	70	1	TA0736	Lineo	Amaretselo	10km Trail Run/Walk	Female	54	Master (50-59)	01:22:48

42	71	22	TA2166	Witness	Mokwana	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:25:28
43	72	2	TA2285	Monnette	Fourie	10km Trail Run/Walk	Female	51	Master (50-59)	01:25:36
44	73	13	TRAIL12118	Patricia-anne	Muller	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:25:41
45	74	1	TA0860	Marie	Janse Van Rensburg	10km Trail Run/Walk	Female	64	Grand-Master (60+)	01:26:01
46	76	14	TA0812	Janette	Cavannagh	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:29:40
47	77	15	TA0815	Libby	De Klerk	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:29:48
48	78	16	TA0882	Davinia	Matthew	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:29:53
49	79	6	TA0823	Mieke	Van Rooyen	10km Trail Run/Walk	Female	25	Senior (19-29)	01:29:58
50	80	17	TA0768	Alexandra	Storie	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:30:00
51	84	18	TRAIL11111	Fiona	Lindsey-renton	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:32:57
52	85	7	TA2269	Natalie	Kimble	10km Trail Run/Walk	Female	24	Senior (19-29)	01:34:15
53	86	19	TA1162	Fiona	Kimble	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:34:20
54	87	23	TA2125	Eustina	Manhivi	10km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:34:36
55	88	3	TA0999	Helene	Liebenberg	10km Trail Run/Walk	Female	50	Master (50-59)	01:35:01
56	89	4	TA1807	Nosisi	Dlambewu	10km Trail Run/Walk	Female	55	Master (50-59)	01:35:09
57	90	20	TA1045	Sel-marie	Pereira	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:35:42
58	91	21	TRAIL10522	Elsje	Eloff	10km Trail Run/Walk	Female	45	Veteran (40-49)	01:35:49
59	92	24	TA1038	Lucille	Bronkhorst	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:35:53
60	93	22	TRAIL20118	Nicola	Van Der Westhuizen	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:38:56
61	95	25	TRAIL20195	Renee	Prinsloo	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:39:32
62	96	8	TRAIL20140	Dorothea	Smit	10km Trail Run/Walk	Female	29	Senior (19-29)	01:39:39
63	97	26	TA1062	Mokgethoa	Makola	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:39:47
64	98	27	TRAIL20131	Mariet	Lange	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:40:54
65	99	23	TA3436	Nondlandla	Nkadimeng	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:41:22
66	101	28	TA0757	Anthea	Corbett	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:42:07
67	102	2	TA1048	Thea	Corbett	10km Trail Run/Walk	Female	61	Grand-Master (60+)	01:42:13
68	103	29	TA1803	Fedile	Moshesh	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:42:47
69	104	9	TA2318	Kayla	Du Toit	10km Trail Run/Walk	Female	24	Senior (19-29)	01:44:11
70	105	3	TRAIL20732	Gerna	Horak	10km Trail Run/Walk	Female	60	Grand-Master (60+)	01:44:39
71	108	24	TA1830	Adele	Jordan	10km Trail Run/Walk	Female	43	Veteran (40-49)	01:47:35
72	110	30	TA0965	Charity	Maepa	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:47:45
73	111	25	TA0794	Aneta	Buszkowska	10km Trail Run/Walk	Female	45	Veteran (40-49)	01:47:54
74	112	31	TA2243	Maddeleine	Hefferman	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:48:12
75	113	5	TA1154	Ansie	Skinner	10km Trail Run/Walk	Female	50	Master (50-59)	01:48:15
76	114	10	TA1888	Vicky	Uwane	10km Trail Run/Walk	Female	27	Senior (19-29)	01:50:52
77	115	2	TA0615	Michelle	Maepa	10km Trail Run/Walk	Female	16	16 to 18	01:51:58
78	116	4	TA2254	Riana	Botha	10km Trail Run/Walk	Female	64	Grand-Master (60+)	01:53:40
79	117	26	TA2119	Melanie	Bothma	10km Trail Run/Walk	Female	47	Veteran (40-49)	01:53:42
80	118	27	TA0863	Izelle	Begmann	10km Trail Run/Walk	Female	48	Veteran (40-49)	01:53:49
81	119	6	TA1882	Carol	Lotter	10km Trail Run/Walk	Female	57	Master (50-59)	01:54:02
82	120	32	TA0601	Cherese	Begemann	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:55:56
83	121	28	TA2164	Madelein	Pienaar	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:56:01

84	122	33	TRAIL20147	Helia	Vorster	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:58:52
85	123	29	TRAIL20128	Marionette	Ingram	10km Trail Run/Walk	Female	48	Veteran (40-49)	01:59:52
86	127	11	TA0668	Bianca	Ingram	10km Trail Run/Walk	Female	25	Senior (19-29)	02:10:34
87	128	5	TA1058	Margaret	Meyer	10km Trail Run/Walk	Female	62	Grand-Master (60+)	02:16:45
88	129	30	TA2137	Madelein	Marais	10km Trail Run/Walk	Female	43	Veteran (40-49)	02:16:51
89	131	7	TRAIL20583	May	Van Der Walt	10km Trail Run/Walk	Female	57	Master (50-59)	02:17:47
90	134	6	TA1811	Elise	Loubser	10km Trail Run/Walk	Female	67	Grand-Master (60+)	02:17:47
91	135	31	TA1016	Pamela	Xapa	10km Trail Run/Walk	Female	40	Veteran (40-49)	02:36:16
92	136	12	TA1861	Nompilo	Xapa	10km Trail Run/Walk	Female	21	Senior (19-29)	02:36:20
93	137	32	TA0753	Jo-ann	David	10km Trail Run/Walk	Female	45	Veteran (40-49)	02:40:46
94	138	34	TA1128	Natasha	De Villiers	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	02:43:46

5km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0377	Vickus	Peens	5km Trail Run/Walk	Male	24	Senior (19-29)	00:25:35
2	2	1	TA0483	Bailey	Matthew	5km Trail Run/Walk	Male	13	12 to 15	00:26:12
3	3	1	TA1566	Dietmar	Van Rooyen	5km Trail Run/Walk	Male	9	Under 11	00:26:33
4	4	2	TA0051	Hayden	Gooch	5km Trail Run/Walk	Male	10	Under 11	00:28:20
5	6	1	TA1735	Brett	Matthew	5km Trail Run/Walk	Male	43	Veteran (40-49)	00:29:07
6	8	2	TA0517	Henry	Van Rooyen	5km Trail Run/Walk	Male	44	Veteran (40-49)	00:31:43
7	13	3	TA1767	Werner	Van Brakel	5km Trail Run/Walk	Male	47	Veteran (40-49)	00:33:38
8	14	2	TA0125	Michael	Storie	5km Trail Run/Walk	Male	12	12 to 15	00:34:05
9	15	1	TA0047	Philip	De Wet	5km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:34:08
10	17	4	TRAIL12467	Andre	Portelli	5km Trail Run/Walk	Male	49	Veteran (40-49)	00:34:18
11	18	5	TA1467	Riaan	Barnard	5km Trail Run/Walk	Male	43	Veteran (40-49)	00:34:23
12	22	1	TA0504	Mauro	Busato	5km Trail Run/Walk	Male	52	Master (50-59)	00:35:36
13	25	2	TA0198	Deveon	Ellett	5km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:36:07
14	26	6	TA0153	Trurman	Zuma	5km Trail Run/Walk	Male	49	Veteran (40-49)	00:36:14
15	27	7	TRAIL20121	Ettienne	Zwart	5km Trail Run/Walk	Male	42	Veteran (40-49)	00:36:46
16	32	3	TA0428	Jarryd	Lobley	5km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	00:38:49
17	37	8	TA1055	Graeme	Young	5km Trail Run/Walk	Male	44	Veteran (40-49)	00:39:22
18	40	9	TA0404	Charles	Walters	5km Trail Run/Walk	Male	46	Veteran (40-49)	00:39:49
19	42	4	TA0045	Zacharias	Le Roux	5km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:40:02
20	45	3	TA0227	Jean-paul	Van Dyk	5km Trail Run/Walk	Male	11	Under 11	00:40:15
21	46	10	TA1582	Max	Vreugde	5km Trail Run/Walk	Male	49	Veteran (40-49)	00:40:21
22	51	5	TA1707	Pieter	Van Heerden	5km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:42:43
23	59	6	TA0292	Adrian	Storie	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:44:04
24	60	11	TA1595	Stephen	Gooch	5km Trail Run/Walk	Male	42	Veteran (40-49)	00:44:07
25	62	7	TRAIL20486	Bastiaan	Van Der Heever	5km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:44:17
26	69	2	TA1622	Nathan	Wallace	5km Trail Run/Walk	Male	19	Senior (19-29)	00:45:25
27	76	12	TA0413	Gary	De Klerk	5km Trail Run/Walk	Male	41	Veteran (40-49)	00:47:05
28	80	2	TA0390	Christo	Fourie	5km Trail Run/Walk	Male	52	Master (50-59)	00:48:00
29	85	3	TA0285	Steven	Marais	5km Trail Run/Walk	Male	55	Master (50-59)	00:51:43
30	87	3	TA0187	Johan	Wannenbourg	5km Trail Run/Walk	Male	28	Senior (19-29)	00:53:25
31	92	1	TA0477	Colin	Williams	5km Trail Run/Walk	Male	60	Grand-Master (60+)	00:54:38
32	96	2	TRAIL20083	Ben	Pieterse	5km Trail Run/Walk	Male	62	Grand-Master (60+)	00:56:25
33	104	4	TA0314	Tyler	Cremer	5km Trail Run/Walk	Male	9	Under 11	00:57:56
34	105	5	TA0168	David	Cremer	5km Trail Run/Walk	Male	4	Under 11	00:57:56
35	106	6	TA0341	Luke	Cremer	5km Trail Run/Walk	Male	6	Under 11	00:57:58
36	108	13	TA0120	Maritz	Aldum	5km Trail Run/Walk	Male	47	Veteran (40-49)	00:58:24
37	112	14	TA0359	Dwayne	Mohr	5km Trail Run/Walk	Male	42	Veteran (40-49)	00:59:03
38	115	4	TA0486	Walter Theodore	Egger	5km Trail Run/Walk	Male	55	Master (50-59)	00:59:35
39	126	8	TA0578	Arno	Pretorius	5km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:03:06
40	133	5	TA0457	Craig	Chatterton	5km Trail Run/Walk	Male	53	Master (50-59)	01:04:53

41	134	15	TA0311	Paul-rupert	Van Zyl	5km Trail Run/Walk	Male	40	Veteran (40-49)	01:04:59
42	139	7	TA0462	Luke Daniel	Annandale	5km Trail Run/Walk	Male	4	Under 11	01:06:59
43	148	3	TA0042	Armand	Beetge	5km Trail Run/Walk	Male	12	12 to 15	01:09:24
44	156	4	TA0559	Jarad	Prozesky	5km Trail Run/Walk	Male	12	12 to 15	01:11:13
45	166	8	TA0458	Thato	Makate	5km Trail Run/Walk	Male	3	Under 11	01:22:35
46	171	5	TA0267	James	Mirembe	5km Trail Run/Walk	Male	12	12 to 15	01:43:49

5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	5	1	TA0374	Aimee	Young	5km Trail Run/Walk	Female	14	12 to 15	00:29:03
2	7	2	TA0495	Chloe	Matthew	5km Trail Run/Walk	Female	12	12 to 15	00:29:10
3	9	1	TA1573	Lorin	Jansen	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:32:09
4	10	3	TA0293	Carla	Ferreira	5km Trail Run/Walk	Female	14	12 to 15	00:32:55
5	11	1	TA0205	Julia	Ferreira	5km Trail Run/Walk	Female	16	16 to 18	00:32:57
6	12	1	TA0213	Megan	Young	5km Trail Run/Walk	Female	9	Under 11	00:33:05
7	16	1	TA0511	Esmari	De Wet	5km Trail Run/Walk	Female	28	Senior (19-29)	00:34:11
8	19	2	TA1765	Jolinda	Grobler	5km Trail Run/Walk	Female	25	Senior (19-29)	00:34:28
9	20	1	TRAIL20123	Nelda	Bentley	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:35:12
10	21	3	TA0303	Nastassia	Strydom	5km Trail Run/Walk	Female	28	Senior (19-29)	00:35:31
11	23	2	TA0043	Chantelle	Enslin	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:35:48
12	24	2	TA0161	Gerda	Van Brakel	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:35:54
13	28	3	TA0029	Alicia	Crerar	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:37:34
14	29	4	TA0424	Ruby	Bothma	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:38:07
15	30	4	TA0352	Piper	De Klerk	5km Trail Run/Walk	Female	12	12 to 15	00:38:10
16	31	2	TA0158	Eminje	Watt	5km Trail Run/Walk	Female	7	Under 11	00:38:41
17	33	5	TRAIL12299	Janeane	Watt	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:38:52
18	34	3	TA0330	Wanda	Dempsey	5km Trail Run/Walk	Female	41	Veteran (40-49)	00:39:01
19	35	1	TA0189	Penny	Moolman	5km Trail Run/Walk	Female	50	Master (50-59)	00:39:05
20	36	6	TA1681	Jacques	Van Der Nest	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:39:15
21	38	4	TA0272	Anri	Coetzer	5km Trail Run/Walk	Female	29	Senior (19-29)	00:39:44
22	39	4	TA0339	Lani	Uys	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:39:45
23	41	5	TA0443	Carlene	Van Wyk	5km Trail Run/Walk	Female	27	Senior (19-29)	00:40:00
24	43	6	TA0567	Amelia	Matepesi	5km Trail Run/Walk	Female	27	Senior (19-29)	00:40:06
25	44	7	TA0096	Jani	Lourens	5km Trail Run/Walk	Female	28	Senior (19-29)	00:40:12
26	47	7	TA0077	Kyra	Rautenbach	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:41:28
27	48	8	TA1747	Madelein	Van Wyk	5km Trail Run/Walk	Female	22	Senior (19-29)	00:41:43
28	49	5	TA0031	Jennifer	Mirembe	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:42:14
29	50	9	TA0472	Heleni	Genis	5km Trail Run/Walk	Female	28	Senior (19-29)	00:42:41
30	52	10	TA0343	Anke	Roode	5km Trail Run/Walk	Female	28	Senior (19-29)	00:42:51
31	53	6	TA0151	Jennefer	Ferreira	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:43:06
32	54	7	TA0471	Marlien	Coetser	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:43:10
33	55	2	TA0098	Alison	Redmond	5km Trail Run/Walk	Female	57	Master (50-59)	00:43:24
34	56	8	TA0403	Yvette	Ellis	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:43:42
35	57	3	TA0440	Alison	Storie	5km Trail Run/Walk	Female	10	Under 11	00:43:57
36	58	4	TA0537	Kayla	Gooch	5km Trail Run/Walk	Female	8	Under 11	00:44:01
37	61	9	TRAIL20950	Lucy	Erasmus	5km Trail Run/Walk	Female	49	Veteran (40-49)	00:44:11
38	63	8	TRAIL20487	Charline	Jay	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:44:34
39	64	10	TA1572	Yolanda	Van Rooyen	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:44:40
40	65	11	TA0705	Antoinette	Theron	5km Trail Run/Walk	Female	40	Veteran (40-49)	00:44:44

41	66	1	TA1557	Debbie	Ellett	5km Trail Run/Walk	Female	63	Grand-Master (60+)	00:44:48
42	67	5	TA0258	Kaylin	Rohlandt	5km Trail Run/Walk	Female	11	Under 11	00:45:05
43	68	3	TA0030	Zelda	Theron	5km Trail Run/Walk	Female	53	Master (50-59)	00:45:09
44	70	9	TA0575	Chantal	Rohlandt	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:45:28
45	71	11	TA0414	Robyn	Wallace	5km Trail Run/Walk	Female	23	Senior (19-29)	00:46:20
46	72	12	TRAIL12905	Nichola	Wallace	5km Trail Run/Walk	Female	49	Veteran (40-49)	00:46:37
47	73	12	TA1691	Elizna	Meintjes	5km Trail Run/Walk	Female	28	Senior (19-29)	00:46:54
48	74	10	TA0398	Megan	Du Preez	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:46:59
49	75	6	TA0384	Bailie	De Klerk	5km Trail Run/Walk	Female	9	Under 11	00:47:02
50	77	13	TA1536	Zunay	Busato	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:47:12
51	78	13	TA1674	Michelle	Peens	5km Trail Run/Walk	Female	24	Senior (19-29)	00:47:21
52	79	11	TA0611	Gina	Goncalves	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:47:34
53	81	12	TA0253	Nomfundo	Siyotula	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:48:17
54	82	4	TRAIL12468	Lisa	Portelli	5km Trail Run/Walk	Female	53	Master (50-59)	00:48:58
55	83	14	TA0094	Erica	Humphries	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:51:00
56	84	2	TA0296	Penelope	Ellmore	5km Trail Run/Walk	Female	67	Grand-Master (60+)	00:51:21
57	86	14	TA1672	Lizaan	Pretorius	5km Trail Run/Walk	Female	28	Senior (19-29)	00:52:12
58	88	15	TA0087	Elaine	Wannenburg	5km Trail Run/Walk	Female	26	Senior (19-29)	00:53:32
59	89	15	TA0156	Linda	Bruwer	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:53:52
60	90	13	TA0288	Samantha	Young	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:53:56
61	91	3	TA1575	Louise	Williams	5km Trail Run/Walk	Female	66	Grand-Master (60+)	00:54:36
62	93	16	TA0126	Laurie	Snyman	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:55:13
63	94	5	TA0023	Nina	Aldum	5km Trail Run/Walk	Female	13	12 to 15	00:55:17
64	95	4	TA0286	Jeanette	Skene	5km Trail Run/Walk	Female	64	Grand-Master (60+)	00:55:26
65	97	14	TA0310	Maryke	Scheun	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:56:47
66	98	17	TA0494	Silvana	Carraggi	5km Trail Run/Walk	Female	49	Veteran (40-49)	00:57:11
67	99	15	TA0402	Lianne	Casper	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	00:57:19
68	100	16	TA0409	Alice	Van Biljon	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:57:22
69	101	6	TA0298	Taylor	Peel	5km Trail Run/Walk	Female	15	12 to 15	00:57:25
70	102	18	TA0391	Sally	Phillips	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:57:38
71	103	17	TA0251	Daleen	Hurter	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:57:40
72	107	19	TA0282	Lauren	Cremer	5km Trail Run/Walk	Female	41	Veteran (40-49)	00:58:03
73	109	7	TA0479	Sune	Schoeman	5km Trail Run/Walk	Female	7	Under 11	00:58:48
74	110	18	TA0397	Tanya	Schoeman	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:58:50
75	111	20	TA0313	Elmarie	Meyer	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:58:56
76	113	19	TA1665	Elizabeth	Bester	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:59:18
77	114	5	TA0348	Elmarie	Bester	5km Trail Run/Walk	Female	59	Master (50-59)	00:59:20
78	116	5	TA0233	Grazyna	Kijko	5km Trail Run/Walk	Female	69	Grand-Master (60+)	00:59:47
79	117	16	TA1583	Zerilda	Joubert	5km Trail Run/Walk	Female	27	Senior (19-29)	01:00:00
80	118	21	TA0234	Alida	Van Blerk	5km Trail Run/Walk	Female	47	Veteran (40-49)	01:00:16
81	119	6	TA1708	Jane	Steyn	5km Trail Run/Walk	Female	66	Grand-Master (60+)	01:00:30
82	120	22	TA1741	Suzann	Aldum	5km Trail Run/Walk	Female	43	Veteran (40-49)	01:00:39

83	121	17	TA0145	Marizel	Aldum	5km Trail Run/Walk	Female	21	Senior (19-29)	01:00:42
84	122	2	TA0392	Tegan	Smith	5km Trail Run/Walk	Female	16	16 to 18	01:01:23
85	123	7	TA1787	Jayne	Smith	5km Trail Run/Walk	Female	14	12 to 15	01:02:43
86	124	6	TA1558	Riana	Basson	5km Trail Run/Walk	Female	54	Master (50-59)	01:02:55
87	125	23	TA0176	Marie	Van Der Westhuizen	5km Trail Run/Walk	Female	49	Veteran (40-49)	01:02:59
88	127	20	TA1547	Natasha	Shackleton	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:03:15
89	128	21	TA0001	Khanyisile	Ndaba	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:03:39
90	129	22	TA0317	Rachelle	Pretorius	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:03:59
91	130	7	TA0216	Liesel	Neubrech	5km Trail Run/Walk	Female	50	Master (50-59)	01:04:09
92	131	8	TA0188	Lin	Liebenberg	5km Trail Run/Walk	Female	50	Master (50-59)	01:04:14
93	132	24	TA0333	Amanda	Bester	5km Trail Run/Walk	Female	44	Veteran (40-49)	01:04:17
94	135	23	TA0229	Leandra	Van Zyl	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:05:38
95	136	24	TA1596	Eurika	Smit	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:05:54
96	137	7	TA0453	Mercia	Ferreira	5km Trail Run/Walk	Female	70	Grand-Master (60+)	01:06:14
97	138	25	TA0434	Lelanie	Rautenbach	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:06:56
98	140	26	TA1728	Tiani	Annandale	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:07:01
99	141	27	TA0210	Hermarie	Prozesky	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:08:15
100	142	8	TA0290	Mika	Prozesky	5km Trail Run/Walk	Female	9	Under 11	01:08:17
101	143	25	TA0455	Vicky	Mtshali	5km Trail Run/Walk	Female	48	Veteran (40-49)	01:08:56
102	144	26	TA0184	Disebo	Masia	5km Trail Run/Walk	Female	42	Veteran (40-49)	01:08:59
103	145	9	TA0415	Grieta	Siyotula	5km Trail Run/Walk	Female	55	Master (50-59)	01:09:16
104	146	9	TA0262	Kaylee	Esterhuyse	5km Trail Run/Walk	Female	6	Under 11	01:09:20
105	147	28	TA0195	Melindie	Esterhuyse	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:09:22
106	149	8	TA1797	Alida	De Bruine	5km Trail Run/Walk	Female	77	Grand-Master (60+)	01:09:40
107	150	10	TA0407	Liale	Rautenbach	5km Trail Run/Walk	Female	7	Under 11	01:09:49
108	151	29	TRAIL20208	Tanya	Alberts	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:10:44
109	152	10	TA0312	Ursuna	Jacobs	5km Trail Run/Walk	Female	50	Master (50-59)	01:10:47
110	153	30	TA1734	Julia	Jacobs	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:10:50
111	154	27	TA0331	Maryna	Coetsee	5km Trail Run/Walk	Female	40	Veteran (40-49)	01:11:02
112	155	31	TA0183	Helmien	Coetsee	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:11:04
113	157	28	TA0169	Carolyn	Smith	5km Trail Run/Walk	Female	44	Veteran (40-49)	01:12:14
114	158	32	TA0080	Delisile	Mahuma	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:13:02
115	159	11	TA0010	Topsy	Ndaba	5km Trail Run/Walk	Female	59	Master (50-59)	01:13:04
116	160	33	TA1636	Ina	Hugo	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:13:46
117	161	29	TA0357	Chantal	Pieterse	5km Trail Run/Walk	Female	41	Veteran (40-49)	01:13:55
118	162	9	TA0463	Carlie	Grobler	5km Trail Run/Walk	Female	62	Grand-Master (60+)	01:13:57
119	163	12	TA1653	Alisia	Swart	5km Trail Run/Walk	Female	51	Master (50-59)	01:14:01
120	164	10	TA0033	Ria	Hugo	5km Trail Run/Walk	Female	63	Grand-Master (60+)	01:14:09
121	165	34	TA0554	Dineo	Maila	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:22:30
122	167	11	TA0570	Oratilwe	Ramontja	5km Trail Run/Walk	Female	5	Under 11	01:22:36
123	168	35	TA0231	Rachel	Lande	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:28:30
124	169	36	TA0167	Siyethemba	Seakamela	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:28:32

125	170	37	TA0388	Nolebogeng	Makgotlwe	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:33:43
126	172	12	TA0322	Kirabo	Mirembe	5km Trail Run/Walk	Female	5	Under 11	01:43:53