



AdventureRun : Rietvlei Dam

Rietvlei AdventureRun on 17th November 2019



15km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL12471	Adam	Moroko	15km Run/Walk	Male	41	Veteran (40-49)	01:02:44
2	2	1	TA3021	Matthew	Slabbert	15km Run/Walk	Male	21	Senior (19-29)	01:07:08
3	3	2	TA2477	Cornelius	Rall	15km Run/Walk	Male	23	Senior (19-29)	01:09:58
4	5	2	TA2983	Mark	Sloan	15km Run/Walk	Male	43	Veteran (40-49)	01:11:42
5	6	3	TA2921	Nantus	Grobler	15km Run/Walk	Male	22	Senior (19-29)	01:15:18
6	7	3	TA3041	Christiaan	Schutte	15km Run/Walk	Male	47	Veteran (40-49)	01:17:33
7	8	1	TA3057	Nelson	Bore	15km Run/Walk	Male	35	Sub-Veteran (30-39)	01:17:36
8	9	4	TA2501	Bradley	Brand	15km Run/Walk	Male	42	Veteran (40-49)	01:20:45
9	10	5	TA3493	Kobus	Bresler	15km Run/Walk	Male	41	Veteran (40-49)	01:22:58
10	11	6	TA2940	Casper	Erasmus	15km Run/Walk	Male	49	Veteran (40-49)	01:25:03
11	12	2	TA3401	Karabo	Mojela	15km Run/Walk	Male	33	Sub-Veteran (30-39)	01:29:52
12	13	7	TA2906	Bruce	Cherrington	15km Run/Walk	Male	43	Veteran (40-49)	01:31:16
13	14	1	TA2961	Johan	Strydom	15km Run/Walk	Male	65	Grand-Master (60+)	01:32:29
14	15	4	TA2998	Takura	Wekwete	15km Run/Walk	Male	28	Senior (19-29)	01:34:36
15	16	3	TA3068	Johan	Van Zyl	15km Run/Walk	Male	32	Sub-Veteran (30-39)	01:35:24
16	17	4	TA2514	Degert	Botha	15km Run/Walk	Male	35	Sub-Veteran (30-39)	01:35:26
17	18	8	TRAIL11023	Grant	Hall	15km Run/Walk	Male	49	Veteran (40-49)	01:35:31
18	20	1	TA3008	Clint	Holing	15km Run/Walk	Male	55	Master (50-59)	01:41:21
19	22	5	TA2996	Shahien	Essakjee	15km Run/Walk	Male	26	Senior (19-29)	01:43:12
20	24	5	TA2673	Hannes	Vosloo	15km Run/Walk	Male	31	Sub-Veteran (30-39)	01:43:50
21	26	2	TA2617	Niekie	Pretorius	15km Run/Walk	Male	58	Master (50-59)	01:44:15
22	28	2	TRAIL20603	Kosie	Van Vuuren	15km Run/Walk	Male	65	Grand-Master (60+)	01:47:40
23	30	9	TRAIL12287	Phil	Zaayman	15km Run/Walk	Male	49	Veteran (40-49)	01:50:11
24	32	6	TA3461	Jarryd	Cornelius	15km Run/Walk	Male	25	Senior (19-29)	02:03:53
25	33	3	TRAIL20148	Hans	Joythe	15km Run/Walk	Male	57	Master (50-59)	02:04:01
26	34	3	TRAIL10533	Frik	Du Preez	15km Run/Walk	Male	60	Grand-Master (60+)	02:05:17
27	36	4	TA2979	Ken	Swettenham	15km Run/Walk	Male	56	Master (50-59)	02:08:34
28	43	5	TRAIL10011	Graham	Hutchins	15km Run/Walk	Male	56	Master (50-59)	02:45:51
29	44	4	TRAIL12109	Neville	Muir	15km Run/Walk	Male	80	Grand-Master (60+)	02:48:58

15km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	4	1	TA3532	Adel	Terblanche	15km Run/Walk	Female	35	Sub-Veteran (30-39)	01:10:03
2	19	1	TA2663	Gualdina	Farinha	15km Run/Walk	Female	46	Veteran (40-49)	01:37:24
3	21	1	TA2489	Theresa	Roux	15km Run/Walk	Female	55	Master (50-59)	01:41:42
4	23	2	TA2952	Carina	Swart	15km Run/Walk	Female	32	Sub-Veteran (30-39)	01:43:47
5	25	1	TA3503	Rebecca	Hoffman	15km Run/Walk	Female	24	Senior (19-29)	01:43:58
6	27	2	TRAIL11798	Antoinette	Hartslief	15km Run/Walk	Female	48	Veteran (40-49)	01:47:32
7	29	2	TA2556	Annetjie	Strydom	15km Run/Walk	Female	57	Master (50-59)	01:49:37
8	31	1	TA2918	Brigitte	Madlener	15km Run/Walk	Female	60	Grand-Master (60+)	02:02:43
9	35	3	TRAIL13015	Nadia	Bosch	15km Run/Walk	Female	48	Veteran (40-49)	02:05:35
10	37	2	TRAIL12321	Dorothy	Van Heerden	15km Run/Walk	Female	76	Grand-Master (60+)	02:21:47
11	38	3	TRAIL20687	Rina	Bekker	15km Run/Walk	Female	74	Grand-Master (60+)	02:21:47
12	39	4	TRAIL10053	Adele	Sutherland	15km Run/Walk	Female	41	Veteran (40-49)	02:37:39
13	40	5	TRAIL12324	Frances	Steel	15km Run/Walk	Female	75	Grand-Master (60+)	02:43:45
14	41	4	TRAIL20732	Gerna	Horak	15km Run/Walk	Female	61	Grand-Master (60+)	02:43:45
15	42	3	TRAIL10052	Lesley	Hutchins	15km Run/Walk	Female	57	Master (50-59)	02:45:50
16	45	6	TRAIL20269	Marie	Van Dyk	15km Run/Walk	Female	71	Grand-Master (60+)	02:49:00

10km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0781	Conrad	Watt	10km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:38:53
2	2	1	TRAIL13076	Reatlegile	Mosweu	10km Trail Run/Walk	Male	15	12 to 15	00:39:40
3	3	2	TA0711	Basimane	Gavhi	10km Trail Run/Walk	Male	15	12 to 15	00:40:27
4	4	1	TA0638	Craig	Van Der Westhuizen	10km Trail Run/Walk	Male	44	Veteran (40-49)	00:51:02
5	5	1	TA1161	Daniel	Raposo	10km Trail Run/Walk	Male	29	Senior (19-29)	00:51:30
6	7	2	TA0031	Craig	Slabbert	10km Trail Run/Walk	Male	20	Senior (19-29)	00:53:30
7	8	2	TA1016	Jaco	Pretorius	10km Trail Run/Walk	Male	43	Veteran (40-49)	00:54:00
8	9	3	TRAIL20500	Donovan	Shirley	10km Trail Run/Walk	Male	44	Veteran (40-49)	00:55:55
9	10	4	TRAIL20969	Prince	Motswenyane	10km Trail Run/Walk	Male	44	Veteran (40-49)	00:57:20
10	12	1	TA0388	Dietmar	Van Rooyen	10km Trail Run/Walk	Male	9	Under 11	00:57:37
11	14	5	TRAIL12428	Geldenhuys	Combrinck	10km Trail Run/Walk	Male	45	Veteran (40-49)	00:59:06
12	15	1	TA1728	Andre	Janse Van Rensburg	10km Trail Run/Walk	Male	51	Master (50-59)	00:59:16
13	16	2	TA0938	Nic	Ferreira	10km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:59:29
14	19	3	TA0205	Naas	Terblanche	10km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	01:00:33
15	20	4	TRAIL20056	Siphiwe	Sithole	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:01:44
16	21	1	TRAIL20628	Geoff	Lupton-smith	10km Trail Run/Walk	Male	61	Grand-Master (60+)	01:02:19
17	22	5	TA0941	Wynand	Boshoff	10km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:02:39
18	23	3	TA0405	Kenneth	Slabbert	10km Trail Run/Walk	Male	24	Senior (19-29)	01:02:47
19	24	6	TA0317	George	Marx	10km Trail Run/Walk	Male	42	Veteran (40-49)	01:02:52
20	25	7	TA0433	Henry	Van Rooyen	10km Trail Run/Walk	Male	45	Veteran (40-49)	01:02:55
21	27	2	TA1064	John	Vermeulen	10km Trail Run/Walk	Male	61	Grand-Master (60+)	01:03:00
22	28	6	TA1024	Kevin	Le Roux	10km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	01:03:07
23	30	8	TA0800	Steve	Turner	10km Trail Run/Walk	Male	49	Veteran (40-49)	01:03:26
24	32	7	TA2682	John	Mcdonald	10km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	01:05:08
25	33	9	TA3042	Duncan	James	10km Trail Run/Walk	Male	45	Veteran (40-49)	01:05:21
26	35	3	TRAIL20725	Gerald	Steyn	10km Trail Run/Walk	Male	68	Grand-Master (60+)	01:05:31
27	38	8	TA1068	Mmekutmfon	Essien	10km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	01:06:29
28	41	2	TA0946	Paul	Meintjies	10km Trail Run/Walk	Male	50	Master (50-59)	01:08:44
29	42	9	TA0668	Xander	De Bruyn	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:09:01
30	45	10	TA1120	Richard	Young	10km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	01:09:48
31	49	4	TRAIL20939	John	Kollen	10km Trail Run/Walk	Male	60	Grand-Master (60+)	01:10:56
32	50	11	TA1747	Lee	Merton	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:11:04
33	51	3	TA1111	Brett	Driver	10km Trail Run/Walk	Male	50	Master (50-59)	01:11:09
34	52	4	TA1137	Paul	Hammerton	10km Trail Run/Walk	Male	56	Master (50-59)	01:11:29
35	56	5	TA1031	Gary	Noakes	10km Trail Run/Walk	Male	59	Master (50-59)	01:12:34
36	59	5	TRAIL10759	Allen	West	10km Trail Run/Walk	Male	65	Grand-Master (60+)	01:17:12
37	66	6	TRAIL20152	Tony	Taljaard	10km Trail Run/Walk	Male	64	Grand-Master (60+)	01:17:52
38	72	7	TA0368	Hendri	Marais	10km Trail Run/Walk	Male	64	Grand-Master (60+)	01:21:31
39	73	12	TA0384	Hannes	Le Grange	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:22:32
40	76	4	TA0757	Ryno	Beukes	10km Trail Run/Walk	Male	20	Senior (19-29)	01:22:56

41	78	13	TA0965	Johan	Nortje	10km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	01:26:16
42	79	6	TA1129	Anton	Goosen	10km Trail Run/Walk	Male	53	Master (50-59)	01:26:55
43	80	8	TRAIL11058	John	Rollason	10km Trail Run/Walk	Male	71	Grand-Master (60+)	01:27:41
44	81	10	TA1072	Ryno	Beukes	10km Trail Run/Walk	Male	48	Veteran (40-49)	01:28:02
45	91	9	TRAIL20576	Peter	Darroll	10km Trail Run/Walk	Male	74	Grand-Master (60+)	01:41:56
46	94	11	TA1038	Danie	Delpport	10km Trail Run/Walk	Male	48	Veteran (40-49)	01:45:53
47	100	10	TRAIL12613	Meyer Albert	Guinsberg	10km Trail Run/Walk	Male	69	Grand-Master (60+)	02:05:00
48	102	11	TRAIL20584	Dean	Mccleland	10km Trail Run/Walk	Male	66	Grand-Master (60+)	02:09:00
49	103	12	TRAIL20585	Luc	Van Goidsenhoven	10km Trail Run/Walk	Male	63	Grand-Master (60+)	02:09:00

10km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	6	1	TA1674	Sune	Mccabe	10km Trail Run/Walk	Female	14	12 to 15	00:51:34
2	11	1	TA0527	Marni	Rohrs	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	00:57:32
3	13	2	TA1103	Margot	Bradfield	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:57:46
4	17	3	TRAIL12299	Janeane	Watt	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:00:04
5	18	1	TRAIL20671	Marietjie	Van Lill	10km Trail Run/Walk	Female	53	Master (50-59)	01:00:23
6	26	1	TRAIL20051	Yolanda	Oberholzer	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:03:00
7	29	2	TA0623	Linda	Calore	10km Trail Run/Walk	Female	50	Master (50-59)	01:03:24
8	31	2	TA0962	Lizl	Van Heerden	10km Trail Run/Walk	Female	48	Veteran (40-49)	01:04:40
9	34	1	TA1116	Felicia	Wessels	10km Trail Run/Walk	Female	26	Senior (19-29)	01:05:28
10	36	3	TA0346	Sandra	Slabbert	10km Trail Run/Walk	Female	53	Master (50-59)	01:05:43
11	37	4	TA0198	Daleen	Reyneke	10km Trail Run/Walk	Female	53	Master (50-59)	01:06:12
12	39	4	TA0565	Estelle	De Beer	10km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:07:56
13	40	5	TRAIL20156	Georgina	Bester	10km Trail Run/Walk	Female	55	Master (50-59)	01:08:08
14	43	5	TA1148	Lindie	Pretorius	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:09:02
15	44	6	TA0926	Gergana	Young	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:09:46
16	46	3	TA1119	Tamara	Franco	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:10:06
17	47	2	TA0462	Nikita	Da Silva	10km Trail Run/Walk	Female	14	12 to 15	01:10:30
18	48	3	TA1134	Alyssa	Soalheiro	10km Trail Run/Walk	Female	13	12 to 15	01:10:33
19	53	2	TA0836	Zananhlenga	Essien	10km Trail Run/Walk	Female	26	Senior (19-29)	01:11:33
20	54	7	TA0749	Chiyo	Ferreira	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:11:48
21	55	1	TA0778	Karin	Whitburn	10km Trail Run/Walk	Female	64	Grand-Master (60+)	01:12:20
22	57	4	TA0882	Angela	Steenkamp	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:13:08
23	58	8	TA0868	Gcinile Lola	Zwane-chuma	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:16:03
24	60	9	TRAIL11074	Larissa	West	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:17:15
25	61	10	TA1034	Lois	Moodley	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:17:20
26	62	5	TA0654	Estâ©an	Stirrat	10km Trail Run/Walk	Female	47	Veteran (40-49)	01:17:24
27	63	11	TA1070	Claudette	Coetzee	10km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:17:29
28	64	3	TRAIL20968	Mercy	Moloto	10km Trail Run/Walk	Female	27	Senior (19-29)	01:17:30
29	65	6	TA0752	Denico	Brand	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:17:44
30	67	7	TA1573	Debbie	Janse Van Rensburg	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:18:09
31	68	8	TA1566	Palesa	Tshabalala	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:18:40
32	69	9	TRAIL11111	Fiona	Lindsey-renton	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:19:06
33	70	12	TA1077	Sharon	Winter	10km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:19:24
34	71	6	TA0854	Elsabe	Janse Van Noordwyk	10km Trail Run/Walk	Female	54	Master (50-59)	01:21:27
35	74	7	TA0851	Catherine	Mclean	10km Trail Run/Walk	Female	52	Master (50-59)	01:22:37
36	75	1	TA1029	Ledine	Beukesta1029	10km Trail Run/Walk	Female	18	16 to 18	01:22:53
37	77	13	TA0821	Thuso	Nemagovhani	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:25:23
38	82	10	TRAIL20644	Susan	De Bruin	10km Trail Run/Walk	Female	47	Veteran (40-49)	01:28:44
39	83	8	TA1164	Charmaine	Hannan	10km Trail Run/Walk	Female	58	Master (50-59)	01:28:58
40	84	2	TA0977	Suzan	Holden	10km Trail Run/Walk	Female	65	Grand-Master (60+)	01:35:16

41	85	3	TA0627	Patricia	Shaw	10km Trail Run/Walk	Female	66	Grand-Master (60+)	01:35:19
42	86	11	TA3445	Amanda	Fairley	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:35:53
43	87	4	TA0774	Agnes	Kirsch	10km Trail Run/Walk	Female	67	Grand-Master (60+)	01:35:55
44	88	12	TA0645	Linda	Solan	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:36:05
45	89	13	TRAIL20118	Nicola	Van Der Westhuizen	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:36:09
46	90	5	TA0809	Marie	Bradfield	10km Trail Run/Walk	Female	61	Grand-Master (60+)	01:37:58
47	92	14	TA0153	Natalie	Meiring	10km Trail Run/Walk	Female	47	Veteran (40-49)	01:43:17
48	93	15	TA1025	Tania	Maree	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:45:30
49	95	6	TRAIL20798	Sue	Darroll	10km Trail Run/Walk	Female	69	Grand-Master (60+)	01:46:53
50	96	14	TA0684	Margaret	Smit	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:55:11
51	97	15	TA0928	Michelle	Burger	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:55:16
52	98	16	TA0356	Angela	Pienaar	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:59:06
53	99	17	TA1612	Nicolette	Soalheiro	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:59:07
54	101	9	TRAIL20583	May	Van Der Walt	10km Trail Run/Walk	Female	57	Master (50-59)	02:09:00
55	104	18	TA0195	Linda	Da Silva	10km Trail Run/Walk	Female	41	Veteran (40-49)	02:18:00
56	105	19	TA0292	Laurinda	Primo	10km Trail Run/Walk	Female	48	Veteran (40-49)	02:18:00

5km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA0402	Elroy	Van Niekerk	5km Trail Run/Walk	Male	15	12 to 15	00:21:38
2	3	1	TA0197	Thato	Thejane	5km Trail Run/Walk	Male	11	Under 11	00:24:55
3	4	2	TA1153	Jameel	Essakjee	5km Trail Run/Walk	Male	12	12 to 15	00:25:08
4	6	1	TA0745	Zvi	Raman	5km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	00:26:17
5	7	2	TA0210	Johan	Nel	5km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:31:54
6	8	3	TRAIL20041	Andre	Erasmus	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:33:23
7	9	2	TRAIL20017	Kean	Erasmus	5km Trail Run/Walk	Male	7	Under 11	00:33:29
8	12	3	TA1715	Orestis	Barbas	5km Trail Run/Walk	Male	11	Under 11	00:35:42
9	16	1	TA0716	Hugo	Pretorius	5km Trail Run/Walk	Male	48	Veteran (40-49)	00:36:20
10	17	4	TA0313	Douglas	Kashala	5km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:36:50
11	18	5	TA1167	Chen	Qingsheng	5km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:37:10
12	19	6	TA0280	Jacob	Modiba	5km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	00:38:33
13	23	7	TRAIL20486	Bastiaan	Van Der Heever	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:39:02
14	25	8	TA0087	Dane	Poggenpoel	5km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	00:39:47
15	26	3	TRAIL11178	Zander	Van Staden	5km Trail Run/Walk	Male	13	12 to 15	00:39:52
16	28	1	TA0267	Ronnie	Elliott	5km Trail Run/Walk	Male	26	Senior (19-29)	00:40:00
17	30	2	TRAIL11181	Pieter	Van Staden	5km Trail Run/Walk	Male	42	Veteran (40-49)	00:40:06
18	32	1	TRAIL20068	Andre	Theron	5km Trail Run/Walk	Male	55	Master (50-59)	00:40:15
19	35	4	TA1596	Jw	Erasmus	5km Trail Run/Walk	Male	10	Under 11	00:40:55
20	36	5	TA0434	Stephan	Erasmus	5km Trail Run/Walk	Male	6	Under 11	00:41:01
21	42	4	TA1043	Timothy	Slabbert	5km Trail Run/Walk	Male	13	12 to 15	00:42:12
22	49	2	TA1013	Theo	Reyneke	5km Trail Run/Walk	Male	57	Master (50-59)	00:44:52
23	51	1	TA1114	Sampie	Bannister	5km Trail Run/Walk	Male	62	Grand-Master (60+)	00:45:15
24	52	2	TA0892	Conrad	Barnard	5km Trail Run/Walk	Male	29	Senior (19-29)	00:45:45
25	53	6	TA0030	Tyler	Poggenpoel	5km Trail Run/Walk	Male	8	Under 11	00:46:06
26	58	9	TA3500	David	Phasha	5km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	00:46:37
27	60	3	TA0479	Peter	Jay	5km Trail Run/Walk	Male	45	Veteran (40-49)	00:48:00
28	64	4	TA0626	Maritz	Aldum	5km Trail Run/Walk	Male	47	Veteran (40-49)	00:50:45
29	67	3	TA0168	Kevin	Marx	5km Trail Run/Walk	Male	53	Master (50-59)	00:52:04
30	72	2	TA1036	Deon	Crous	5km Trail Run/Walk	Male	64	Grand-Master (60+)	00:53:56
31	74	4	TA0401	Johan	Zwarts	5km Trail Run/Walk	Male	58	Master (50-59)	00:54:11
32	77	5	TA1162	Owen	Slabbert	5km Trail Run/Walk	Male	54	Master (50-59)	00:55:46
33	78	6	TA0703	Graham	Anderson	5km Trail Run/Walk	Male	51	Master (50-59)	00:56:07
34	82	3	TA0043	Gregory	Bradfield	5km Trail Run/Walk	Male	62	Grand-Master (60+)	00:57:42
35	84	5	TA0365	Aris	Barbas	5km Trail Run/Walk	Male	45	Veteran (40-49)	00:58:57
36	88	7	TA1765	Ethan	Poggenpoel	5km Trail Run/Walk	Male	11	Under 11	01:00:12
37	92	6	TA0240	Justin	Ludick	5km Trail Run/Walk	Male	42	Veteran (40-49)	01:02:23
38	96	7	TA0429	Jason	Mcbean	5km Trail Run/Walk	Male	42	Veteran (40-49)	01:03:46
39	104	8	TA0930	Gabriel	Macdonald	5km Trail Run/Walk	Male	7	Under 11	01:10:42

40	106	4	TRAIL10395	Johan	Pansegrouw	5km Trail Run/Walk	Male	62	Grand-Master (60+)	01:10:52
41	109	9	TA0096	Scalo	Mamba	5km Trail Run/Walk	Male	5	Under 11	01:18:34
42	111	10	TA1154	Themba lethu	Mamba	5km Trail Run/Walk	Male	9	Under 11	01:18:48
43	113	3	TA0029	Tiaan	Delpport	5km Trail Run/Walk	Male	20	Senior (19-29)	01:19:00
44	114	11	TA1655	Ryan	Henning	5km Trail Run/Walk	Male	5	Under 11	01:26:28

5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0457	Melissa	Van Niekerk	5km Trail Run/Walk	Female	14	12 to 15	00:21:09
2	5	2	TRAIL13075	Basetsana	Maphosa	5km Trail Run/Walk	Female	13	12 to 15	00:26:02
3	10	1	TA0163	Chrizaan	Pretorius	5km Trail Run/Walk	Female	20	Senior (19-29)	00:34:56
4	11	1	TA0576	Kayla	Greeff	5km Trail Run/Walk	Female	11	Under 11	00:35:37
5	13	1	TA0352	Kathleen	Ludwick	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:35:45
6	14	1	TA0748	Karen	Coertze	5km Trail Run/Walk	Female	51	Master (50-59)	00:36:05
7	15	1	TA1582	Electra	Barbas	5km Trail Run/Walk	Female	16	16 to 18	00:36:09
8	20	2	TA0407	Niemke	Chalmers	5km Trail Run/Walk	Female	29	Senior (19-29)	00:38:44
9	21	1	TA0098	Ruby	Bothma	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:38:49
10	22	2	TA0231	Angela	Jenkinson	5km Trail Run/Walk	Female	50	Master (50-59)	00:38:57
11	24	3	TA0637	Magrieit	Du Plooy	5km Trail Run/Walk	Female	58	Master (50-59)	00:39:12
12	27	3	TA0348	Jadri	Barnard	5km Trail Run/Walk	Female	29	Senior (19-29)	00:39:56
13	29	4	TRAIL11337	Sandra	Austin	5km Trail Run/Walk	Female	51	Master (50-59)	00:40:03
14	31	2	TA0176	Rijkie	Terblanche	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:40:10
15	33	3	TA0268	Mandy	Jay	5km Trail Run/Walk	Female	49	Veteran (40-49)	00:40:21
16	34	2	TA1767	Jane	Bredenkamp	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:40:40
17	37	3	TA0742	Joanita	Dambisya	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:41:04
18	38	4	TA0254	Linda	Van Tonder	5km Trail Run/Walk	Female	40	Veteran (40-49)	00:41:12
19	39	4	TA1629	Carmie	Wandrag	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:41:16
20	40	4	TA0416	Caron	Louw	5km Trail Run/Walk	Female	23	Senior (19-29)	00:41:18
21	41	5	TA0386	Michell	Marx	5km Trail Run/Walk	Female	24	Senior (19-29)	00:41:21
22	43	5	TRAIL11152	Mandie	Van Staden	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:42:17
23	44	5	TRAIL20069	Zelda	Theron	5km Trail Run/Walk	Female	54	Master (50-59)	00:43:14
24	45	5	TA0284	Daphne	Tshabalala	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:43:47
25	46	6	TA0662	Yolanda	Van Rooyen	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:43:56
26	47	6	TA1684	Melisa	Mavhenge	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:44:04
27	48	6	TA0828	Jackie-anne	Collett	5km Trail Run/Walk	Female	58	Master (50-59)	00:44:44
28	50	1	TA1045	Manda	Bannister	5km Trail Run/Walk	Female	64	Grand-Master (60+)	00:45:11
29	54	7	TRAIL20082	Stacy	Poggenpoel	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:46:09
30	55	3	TA1160	Sumari	Mccabe	5km Trail Run/Walk	Female	14	12 to 15	00:46:12
31	56	8	TA0458	Vertharani	Naicker	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:46:16
32	57	9	TA0495	Letrisha	Naicker	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:46:34
33	59	7	TA0156	Janette	Cavannagh	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:47:47
34	61	8	TA1003	Brigette	Hamilton	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:49:09
35	62	9	TA0547	Lisa	Le Roux	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:49:12
36	63	10	TA0392	Nyeleti Martha	Chuma	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:50:13
37	65	10	TA0614	Suzann	Aldum	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:50:50
38	66	11	TRAIL20487	Charline	Jay	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:51:41
39	68	7	TA0463	Ingrid	Olivier	5km Trail Run/Walk	Female	55	Master (50-59)	00:52:10
40	69	4	TA0761	Megan	Hamilton	5km Trail Run/Walk	Female	12	12 to 15	00:52:18

41	70	12	TA1636	Rujeko	Tokotore	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:52:23
42	71	2	TA0785	Grazyna	Kijko	5km Trail Run/Walk	Female	69	Grand-Master (60+)	00:53:51
43	73	8	TA0002	Karin	Zwarts	5km Trail Run/Walk	Female	55	Master (50-59)	00:54:08
44	75	9	TA0763	Hannalie	Crous	5km Trail Run/Walk	Female	57	Master (50-59)	00:55:39
45	76	13	TA0428	Lindie	Fourie	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:55:42
46	79	11	TA1027	Janine Angela	Anderson	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:56:10
47	80	2	TA0293	Leila	Primo	5km Trail Run/Walk	Female	18	16 to 18	00:56:14
48	81	14	TA0956	Shan	Lauryssen	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:56:56
49	83	12	TA0185	Kalliopi	Roussopoulou	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:58:54
50	85	13	TA1073	Marilette	Mccabe	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:59:00
51	86	10	TA0403	Estelle	Nel	5km Trail Run/Walk	Female	50	Master (50-59)	00:59:23
52	87	11	TA0575	Lynette	Berrange	5km Trail Run/Walk	Female	51	Master (50-59)	00:59:25
53	89	12	TRAIL20219	Mariam	Naasan	5km Trail Run/Walk	Female	50	Master (50-59)	01:00:31
54	90	15	TA0252	Ghosoun	Joumaa	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:00:36
55	91	6	TA0359	Hend	Muhra	5km Trail Run/Walk	Female	20	Senior (19-29)	01:00:42
56	93	14	TA1647	Sharon	Yates	5km Trail Run/Walk	Female	48	Veteran (40-49)	01:02:27
57	94	2	TA0472	Jema Alves	Pool	5km Trail Run/Walk	Female	1	Under 11	01:02:36
58	95	16	TA0378	Megan	Alves	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:02:42
59	97	17	TA0345	Storm	Mcbean	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:03:50
60	98	18	TA0188	Mary-anne	Da Costa	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:03:55
61	99	19	TA0375	Kreshma	Rambujan	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:06:49
62	100	15	TA0517	Renita	Rambujan	5km Trail Run/Walk	Female	43	Veteran (40-49)	01:06:52
63	101	16	TA0369	Latasha	Ramsamujh	5km Trail Run/Walk	Female	40	Veteran (40-49)	01:06:55
64	102	20	TA0719	Lavica	Sookdhoo	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:07:43
65	103	21	TA0958	Marcelle	Mcdonald	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:10:40
66	105	13	TA0786	Esme	Van Der Merwe	5km Trail Run/Walk	Female	56	Master (50-59)	01:10:49
67	107	7	TA0120	Nompilo	Xaba	5km Trail Run/Walk	Female	21	Senior (19-29)	01:13:38
68	108	17	TA0490	Pamela	Xaba	5km Trail Run/Walk	Female	40	Veteran (40-49)	01:14:50
69	110	3	TA1112	Ebube	Amaeshi	5km Trail Run/Walk	Female	8	Under 11	01:18:43
70	112	18	TA1734	Andrea	Delport	5km Trail Run/Walk	Female	47	Veteran (40-49)	01:18:56
71	115	5	TA1166	Katya	Shapiev	5km Trail Run/Walk	Female	14	12 to 15	01:26:31
72	116	22	TA0726	Natalia	Ibanez	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:26:34
73	117	23	TA0600	Sarah	Lerch-henning	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:26:38