



# AdventureRun : Rietvlei Dam

## Rietvlei Dam Night Run/Walk on 20th June 2018



| 10km Trail Run/Walk:Male |         |          |             |                |                |                     |        |     |                     |          |
|--------------------------|---------|----------|-------------|----------------|----------------|---------------------|--------|-----|---------------------|----------|
| Gender                   | Overall | Category | Race Number | Name           | Surname        | Activity            | Gender | Age | Category            | Duration |
| 1                        | 1       | 1        | TA2130      | Tlou           | Seloba         | 10km Trail Run/Walk | Male   | 33  | Sub-Veteran (30-39) | 00:43:37 |
| 2                        | 2       | 2        | TRAIL10116  | Craig          | Metherell      | 10km Trail Run/Walk | Male   | 37  | Sub-Veteran (30-39) | 00:43:38 |
| 3                        | 3       | 1        | TA2125      | Samuel         | Grobler        | 10km Trail Run/Walk | Male   | 14  | 12 to 15            | 00:44:05 |
| 4                        | 4       | 3        | TA1818      | Nsikelelo      | Mkhize         | 10km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 00:44:07 |
| 5                        | 5       | 1        | TA0839      | Bernard        | Coetzee        | 10km Trail Run/Walk | Male   | 48  | Veteran (40-49)     | 00:45:38 |
| 6                        | 8       | 2        | TA2345      | Gregory        | Mufema         | 10km Trail Run/Walk | Male   | 42  | Veteran (40-49)     | 00:47:51 |
| 7                        | 9       | 1        | TA2307      | Melt           | Von Molendorff | 10km Trail Run/Walk | Male   | 17  | 16 to 18            | 00:48:46 |
| 8                        | 10      | 3        | TA1038      | Paul           | Cordes         | 10km Trail Run/Walk | Male   | 41  | Veteran (40-49)     | 00:49:07 |
| 9                        | 11      | 4        | TA2299      | Paul           | Fouche         | 10km Trail Run/Walk | Male   | 30  | Sub-Veteran (30-39) | 00:50:54 |
| 10                       | 12      | 4        | TRAIL11806  | Grant          | Williams       | 10km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 00:50:58 |
| 11                       | 17      | 1        | TA1162      | Zander         | Goold          | 10km Trail Run/Walk | Male   | 24  | Senior (19-29)      | 00:53:52 |
| 12                       | 20      | 5        | TRAIL12341  | Charles        | Norman         | 10km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 00:54:50 |
| 13                       | 22      | 5        | TRAIL11732  | Terrence       | Brink          | 10km Trail Run/Walk | Male   | 45  | Veteran (40-49)     | 00:55:17 |
| 14                       | 23      | 2        | TA0692      | Coenraad       | Claassens      | 10km Trail Run/Walk | Male   | 27  | Senior (19-29)      | 00:57:45 |
| 15                       | 24      | 2        | TA0751      | Reinhardt      | Bosch          | 10km Trail Run/Walk | Male   | 15  | 12 to 15            | 00:58:37 |
| 16                       | 28      | 6        | TRAIL13026  | Hennie         | Nel            | 10km Trail Run/Walk | Male   | 37  | Sub-Veteran (30-39) | 01:00:40 |
| 17                       | 30      | 7        | TA2132      | Wihann         | Leipoldt       | 10km Trail Run/Walk | Male   | 30  | Sub-Veteran (30-39) | 01:03:41 |
| 18                       | 31      | 6        | TA0848      | Theo           | Van Schalkwyk  | 10km Trail Run/Walk | Male   | 42  | Veteran (40-49)     | 01:03:43 |
| 19                       | 32      | 8        | TA1900      | Vaughan        | Lund           | 10km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 01:05:32 |
| 20                       | 33      | 3        | TA1894      | Gianluca       | Patrizi        | 10km Trail Run/Walk | Male   | 21  | Senior (19-29)      | 01:08:13 |
| 21                       | 37      | 9        | TA2315      | Tumi           | Tsholo         | 10km Trail Run/Walk | Male   | 39  | Sub-Veteran (30-39) | 01:13:02 |
| 22                       | 38      | 1        | TA2122      | Khathutshelo   | Sikhitha       | 10km Trail Run/Walk | Male   | 53  | Master (50-59)      | 01:13:29 |
| 23                       | 40      | 10       | TA0844      | Eric           | Bands          | 10km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 01:14:46 |
| 24                       | 41      | 11       | TRAIL12326  | Rijako         | Meintjes       | 10km Trail Run/Walk | Male   | 37  | Sub-Veteran (30-39) | 01:14:52 |
| 25                       | 43      | 4        | TA1843      | Charl          | Human          | 10km Trail Run/Walk | Male   | 29  | Senior (19-29)      | 01:18:11 |
| 26                       | 45      | 5        | TA0680      | Johan          | Pretorius      | 10km Trail Run/Walk | Male   | 28  | Senior (19-29)      | 01:19:51 |
| 27                       | 46      | 12       | TA0763      | Kieth Pfluxani | Mabasa         | 10km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 01:20:45 |
| 28                       | 49      | 13       | TA1156      | Kobus          | Kotze          | 10km Trail Run/Walk | Male   | 31  | Sub-Veteran (30-39) | 01:27:51 |
| 29                       | 50      | 6        | TA0665      | Dwayne         | De Kock        | 10km Trail Run/Walk | Male   | 19  | Senior (19-29)      | 01:27:59 |
| 30                       | 52      | 1        | TRAIL12270  | Ric            | Marini         | 10km Trail Run/Walk | Male   | 63  | Grand-Master (60+)  | 01:37:38 |
| 31                       | 54      | 14       | TA0633      | Stuart         | Andrews        | 10km Trail Run/Walk | Male   | 31  | Sub-Veteran (30-39) | 01:38:19 |
| 32                       | 55      | 7        | TA2157      | Jacques        | Van Den Berg   | 10km Trail Run/Walk | Male   | 27  | Senior (19-29)      | 01:38:25 |
| 33                       | 56      | 2        | TA1801      | Dean           | Mcclelland     | 10km Trail Run/Walk | Male   | 65  | Grand-Master (60+)  | 01:48:21 |

| 10km Trail Run/Walk:Female |         |          |             |            |              |                     |        |     |                     |          |
|----------------------------|---------|----------|-------------|------------|--------------|---------------------|--------|-----|---------------------|----------|
| Gender                     | Overall | Category | Race Number | Name       | Surname      | Activity            | Gender | Age | Category            | Duration |
| 1                          | 6       | 1        | TRAIL11751  | Yolande    | Speedy       | 10km Trail Run/Walk | Female | 41  | Veteran (40-49)     | 00:45:46 |
| 2                          | 7       | 1        | TRAIL10062  | Nicky      | Booyens      | 10km Trail Run/Walk | Female | 39  | Sub-Veteran (30-39) | 00:47:23 |
| 3                          | 13      | 1        | TA1896      | Laura      | Beamish      | 10km Trail Run/Walk | Female | 27  | Senior (19-29)      | 00:50:58 |
| 4                          | 14      | 2        | TA2144      | Liezl      | Kerling      | 10km Trail Run/Walk | Female | 26  | Senior (19-29)      | 00:52:50 |
| 5                          | 15      | 2        | TA2109      | Avashni    | Dass         | 10km Trail Run/Walk | Female | 35  | Sub-Veteran (30-39) | 00:53:35 |
| 6                          | 16      | 3        | TA0713      | Belinda    | Cawood       | 10km Trail Run/Walk | Female | 37  | Sub-Veteran (30-39) | 00:53:37 |
| 7                          | 18      | 4        | TA1177      | Simone     | Bohr         | 10km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 00:54:18 |
| 8                          | 19      | 5        | TRAIL10041  | Desiree    | Du Trevou    | 10km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 00:54:49 |
| 9                          | 21      | 1        | TRAIL12842  | Jeanne'    | De Beer      | 10km Trail Run/Walk | Female | 17  | 16 to 18            | 00:54:53 |
| 10                         | 25      | 2        | TA0996      | Nelia      | Grobler      | 10km Trail Run/Walk | Female | 45  | Veteran (40-49)     | 00:58:39 |
| 11                         | 26      | 2        | TA1804      | Naftileen  | Grobler      | 10km Trail Run/Walk | Female | 17  | 16 to 18            | 00:58:44 |
| 12                         | 27      | 6        | TRAIL12299  | Janeane    | Watt         | 10km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 01:00:09 |
| 13                         | 29      | 3        | TA0719      | Caron      | Louw         | 10km Trail Run/Walk | Female | 22  | Senior (19-29)      | 01:02:38 |
| 14                         | 34      | 4        | TA0643      | Marina     | De Gouveia   | 10km Trail Run/Walk | Female | 21  | Senior (19-29)      | 01:08:17 |
| 15                         | 35      | 7        | TA2111      | Bongiwe    | Ngcobo       | 10km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 01:11:17 |
| 16                         | 36      | 8        | TRAIL12330  | Candice    | Van Dyk      | 10km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 01:12:53 |
| 17                         | 39      | 5        | TA1970      | Callyn     | Bowler       | 10km Trail Run/Walk | Female | 26  | Senior (19-29)      | 01:14:38 |
| 18                         | 42      | 1        | TA1033      | Marulette  | Erasmus      | 10km Trail Run/Walk | Female | 53  | Master (50-59)      | 01:15:00 |
| 19                         | 44      | 6        | TA0701      | Margo      | Human        | 10km Trail Run/Walk | Female | 22  | Senior (19-29)      | 01:18:18 |
| 20                         | 47      | 1        | TA0637      | Rina       | Naude        | 10km Trail Run/Walk | Female | 61  | Grand-Master (60+)  | 01:27:46 |
| 21                         | 48      | 2        | TA1867      | Rina       | Machado      | 10km Trail Run/Walk | Female | 68  | Grand-Master (60+)  | 01:27:49 |
| 22                         | 51      | 9        | TA1846      | Xolislle   | Ntshangase   | 10km Trail Run/Walk | Female | 34  | Sub-Veteran (30-39) | 01:28:07 |
| 23                         | 53      | 2        | TA1174      | Karin      | Van Den Berg | 10km Trail Run/Walk | Female | 55  | Master (50-59)      | 01:38:16 |
| 24                         | 57      | 3        | TRAIL10053  | Adele      | Sutherland   | 10km Trail Run/Walk | Female | 40  | Veteran (40-49)     | 01:48:37 |
| 25                         | 58      | 4        | TRAIL11798  | Antoinette | Hartslief    | 10km Trail Run/Walk | Female | 47  | Veteran (40-49)     | 01:48:58 |

| 5km Trail Run/Walk:Male |         |          |             |               |               |                    |        |     |                     |          |
|-------------------------|---------|----------|-------------|---------------|---------------|--------------------|--------|-----|---------------------|----------|
| Gender                  | Overall | Category | Race Number | Name          | Surname       | Activity           | Gender | Age | Category            | Duration |
| 1                       | 1       | 1        | TRAIL10690  | Dian          | Marais        | 5km Trail Run/Walk | Male   | 10  | Under 11            | 00:22:16 |
| 2                       | 2       | 1        | TA0403      | Mc            | Du Toit       | 5km Trail Run/Walk | Male   | 38  | Sub-Veteran (30-39) | 00:25:30 |
| 3                       | 3       | 1        | TA0380      | Machiel       | Bezuidenhout  | 5km Trail Run/Walk | Male   | 42  | Veteran (40-49)     | 00:26:38 |
| 4                       | 4       | 2        | TRAIL11871  | Alwyn         | Van Jaarsveld | 5km Trail Run/Walk | Male   | 37  | Sub-Veteran (30-39) | 00:26:55 |
| 5                       | 6       | 3        | TA0434      | Jean-baptiste | Dabezies      | 5km Trail Run/Walk | Male   | 34  | Sub-Veteran (30-39) | 00:27:51 |
| 6                       | 7       | 2        | TA1671      | Werner        | Van Brakel    | 5km Trail Run/Walk | Male   | 46  | Veteran (40-49)     | 00:28:04 |
| 7                       | 8       | 2        | TA1693      | Jeandre       | Bouwer        | 5km Trail Run/Walk | Male   | 9   | Under 11            | 00:28:28 |
| 8                       | 9       | 3        | TA0504      | Louis         | Lange         | 5km Trail Run/Walk | Male   | 46  | Veteran (40-49)     | 00:28:34 |
| 9                       | 10      | 4        | TRAIL11026  | Jaicee        | Bam           | 5km Trail Run/Walk | Male   | 37  | Sub-Veteran (30-39) | 00:28:44 |
| 10                      | 11      | 4        | TA0122      | Roelof        | Wehmeyer      | 5km Trail Run/Walk | Male   | 47  | Veteran (40-49)     | 00:28:45 |
| 11                      | 12      | 1        | TA1724      | Brandon       | Clifford      | 5km Trail Run/Walk | Male   | 23  | Senior (19-29)      | 00:28:47 |
| 12                      | 17      | 2        | TA0864      | Brett         | Kent          | 5km Trail Run/Walk | Male   | 27  | Senior (19-29)      | 00:31:23 |
| 13                      | 18      | 1        | TRAIL12982  | Rufan         | Palm          | 5km Trail Run/Walk | Male   | 61  | Grand-Master (60+)  | 00:31:25 |
| 14                      | 19      | 2        | TRAIL10759  | Allen         | West          | 5km Trail Run/Walk | Male   | 63  | Grand-Master (60+)  | 00:31:29 |
| 15                      | 20      | 5        | TA1811      | Jean-pierre   | Pitout        | 5km Trail Run/Walk | Male   | 37  | Sub-Veteran (30-39) | 00:31:38 |
| 16                      | 22      | 3        | TA1620      | Wynand        | Bezuidenhout  | 5km Trail Run/Walk | Male   | 28  | Senior (19-29)      | 00:32:38 |
| 17                      | 30      | 5        | TA0381      | Graeme        | Coetzee       | 5km Trail Run/Walk | Male   | 45  | Veteran (40-49)     | 00:33:40 |
| 18                      | 33      | 6        | TA0318      | Lineshan      | Govender      | 5km Trail Run/Walk | Male   | 37  | Sub-Veteran (30-39) | 00:34:08 |
| 19                      | 37      | 6        | TA1767      | Anthony       | Cousins       | 5km Trail Run/Walk | Male   | 40  | Veteran (40-49)     | 00:34:18 |
| 20                      | 40      | 7        | TA0009      | Nico          | Bos           | 5km Trail Run/Walk | Male   | 31  | Sub-Veteran (30-39) | 00:34:28 |
| 21                      | 41      | 8        | TA0269      | Dustin        | Hughes        | 5km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 00:34:30 |
| 22                      | 43      | 1        | TRAIL13017  | Johan         | Snyman        | 5km Trail Run/Walk | Male   | 51  | Master (50-59)      | 00:34:35 |
| 23                      | 47      | 7        | TA1765      | Jean          | Coetzee       | 5km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 00:35:09 |
| 24                      | 51      | 4        | TA0415      | Braam         | Maree         | 5km Trail Run/Walk | Male   | 28  | Senior (19-29)      | 00:35:52 |
| 25                      | 53      | 2        | TRAIL11002  | Pierre        | Fourie        | 5km Trail Run/Walk | Male   | 54  | Master (50-59)      | 00:36:09 |
| 26                      | 55      | 5        | TA1636      | Gerhard       | Snyman        | 5km Trail Run/Walk | Male   | 21  | Senior (19-29)      | 00:36:18 |
| 27                      | 65      | 6        | TA1728      | Hermann       | Post          | 5km Trail Run/Walk | Male   | 28  | Senior (19-29)      | 00:38:12 |
| 28                      | 66      | 7        | TA1680      | Kyle          | Cassim        | 5km Trail Run/Walk | Male   | 29  | Senior (19-29)      | 00:38:18 |
| 29                      | 72      | 3        | TA0351      | Daniel        | Bester        | 5km Trail Run/Walk | Male   | 7   | Under 11            | 00:40:21 |
| 30                      | 76      | 3        | TRAIL12985  | Gary          | Noakes        | 5km Trail Run/Walk | Male   | 57  | Master (50-59)      | 00:40:37 |
| 31                      | 82      | 4        | TRAIL12439  | Derek         | Nell          | 5km Trail Run/Walk | Male   | 54  | Master (50-59)      | 00:41:01 |
| 32                      | 84      | 8        | TA0254      | Wilter        | Pretorius     | 5km Trail Run/Walk | Male   | 29  | Senior (19-29)      | 00:41:03 |
| 33                      | 92      | 4        | TA1612      | Joshua-alon   | Bouwer        | 5km Trail Run/Walk | Male   | 6   | Under 11            | 00:43:45 |
| 34                      | 97      | 9        | TA0453      | Christiaan    | Botha         | 5km Trail Run/Walk | Male   | 27  | Senior (19-29)      | 00:44:23 |
| 35                      | 98      | 9        | TA1700      | Christo       | Lyhm          | 5km Trail Run/Walk | Male   | 36  | Sub-Veteran (30-39) | 00:44:25 |
| 36                      | 100     | 1        | TA1571      | Jaundre       | Davis         | 5km Trail Run/Walk | Male   | 12  | 12 to 15            | 00:44:35 |
| 37                      | 101     | 8        | TA0436      | Jacques       | Davis         | 5km Trail Run/Walk | Male   | 43  | Veteran (40-49)     | 00:44:39 |
| 38                      | 105     | 9        | TA1593      | Ryan          | Mcmeeking     | 5km Trail Run/Walk | Male   | 46  | Veteran (40-49)     | 00:45:19 |
| 39                      | 110     | 3        | TA1071      | Kobus         | Botes         | 5km Trail Run/Walk | Male   | 66  | Grand-Master (60+)  | 00:48:22 |
| 40                      | 112     | 10       | TA0192      | Phillip       | Van Heerden   | 5km Trail Run/Walk | Male   | 46  | Veteran (40-49)     | 00:48:49 |

|    |     |    |            |         |          |                    |      |    |                     |          |
|----|-----|----|------------|---------|----------|--------------------|------|----|---------------------|----------|
| 41 | 113 | 4  | TA0369     | John    | Tringham | 5km Trail Run/Walk | Male | 76 | Grand-Master (60+)  | 00:48:51 |
| 42 | 120 | 5  | TRAIL13009 | Russell | Thornton | 5km Trail Run/Walk | Male | 52 | Master (50-59)      | 00:49:28 |
| 43 | 129 | 10 | TA0033     | Gerrit  | Penning  | 5km Trail Run/Walk | Male | 38 | Sub-Veteran (30-39) | 00:56:13 |
| 44 | 133 | 11 | TA0298     | Jaco    | De Beer  | 5km Trail Run/Walk | Male | 45 | Veteran (40-49)     | 00:59:39 |
| 45 | 137 | 10 | TA0425     | Duncun  | Putter   | 5km Trail Run/Walk | Male | 29 | Senior (19-29)      | 01:00:43 |

| 5km Trail Run/Walk:Female |         |          |             |             |               |                    |        |     |                     |          |
|---------------------------|---------|----------|-------------|-------------|---------------|--------------------|--------|-----|---------------------|----------|
| Gender                    | Overall | Category | Race Number | Name        | Surname       | Activity           | Gender | Age | Category            | Duration |
| 1                         | 5       | 1        | TA0667      | Michelle    | Du Toit       | 5km Trail Run/Walk | Female | 48  | Veteran (40-49)     | 00:27:26 |
| 2                         | 13      | 2        | TA0145      | Helena      | Strijdom      | 5km Trail Run/Walk | Female | 49  | Veteran (40-49)     | 00:28:49 |
| 3                         | 14      | 1        | TA0283      | Izaldi-lee  | Van Zyl       | 5km Trail Run/Walk | Female | 19  | Senior (19-29)      | 00:30:51 |
| 4                         | 15      | 1        | TA0600      | Zarhite     | Heath         | 5km Trail Run/Walk | Female | 32  | Sub-Veteran (30-39) | 00:31:14 |
| 5                         | 16      | 3        | TRAIL13015  | Nadia       | Bosch         | 5km Trail Run/Walk | Female | 47  | Veteran (40-49)     | 00:31:21 |
| 6                         | 21      | 1        | TA0325      | Carien      | Pienaar       | 5km Trail Run/Walk | Female | 17  | 16 to 18            | 00:32:13 |
| 7                         | 23      | 2        | TA0578      | Hermien     | Pienaar       | 5km Trail Run/Walk | Female | 26  | Senior (19-29)      | 00:32:40 |
| 8                         | 24      | 2        | TA0031      | Lara        | Snyman        | 5km Trail Run/Walk | Female | 16  | 16 to 18            | 00:32:44 |
| 9                         | 25      | 3        | TA0005      | Lydia       | De Bruyn      | 5km Trail Run/Walk | Female | 21  | Senior (19-29)      | 00:33:07 |
| 10                        | 26      | 4        | TA0227      | Simone      | De Bruyn      | 5km Trail Run/Walk | Female | 19  | Senior (19-29)      | 00:33:10 |
| 11                        | 27      | 5        | TA0408      | Jocelyn     | Duminy        | 5km Trail Run/Walk | Female | 19  | Senior (19-29)      | 00:33:17 |
| 12                        | 28      | 2        | TA1516      | Lisinda     | Van Zyl       | 5km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 00:33:22 |
| 13                        | 29      | 4        | TA0424      | Hope        | Lange         | 5km Trail Run/Walk | Female | 43  | Veteran (40-49)     | 00:33:28 |
| 14                        | 31      | 5        | TA1799      | Gerda       | Van Brakel    | 5km Trail Run/Walk | Female | 47  | Veteran (40-49)     | 00:33:45 |
| 15                        | 32      | 1        | TRAIL12290  | Georgina    | Bester        | 5km Trail Run/Walk | Female | 54  | Master (50-59)      | 00:34:00 |
| 16                        | 34      | 6        | TA0409      | Helen       | Bosma         | 5km Trail Run/Walk | Female | 24  | Senior (19-29)      | 00:34:10 |
| 17                        | 35      | 3        | TA1629      | Raine       | Fouche        | 5km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 00:34:11 |
| 18                        | 36      | 1        | TA0487      | Hailey      | Muller        | 5km Trail Run/Walk | Female | 9   | Under 11            | 00:34:14 |
| 19                        | 38      | 4        | TA1550      | Rosemari    | Muller        | 5km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 00:34:20 |
| 20                        | 39      | 6        | TA0477      | Charlene    | Olivier       | 5km Trail Run/Walk | Female | 42  | Veteran (40-49)     | 00:34:24 |
| 21                        | 42      | 7        | TA0244      | Vanessa     | Bowman        | 5km Trail Run/Walk | Female | 48  | Veteran (40-49)     | 00:34:32 |
| 22                        | 44      | 5        | TA0500      | Chantal     | Van Antwerpen | 5km Trail Run/Walk | Female | 33  | Sub-Veteran (30-39) | 00:34:51 |
| 23                        | 45      | 7        | TA0304      | Alyssa      | Sparke        | 5km Trail Run/Walk | Female | 26  | Senior (19-29)      | 00:35:03 |
| 24                        | 46      | 8        | TA0331      | Lisa Hannah | Van Der Merwe | 5km Trail Run/Walk | Female | 26  | Senior (19-29)      | 00:35:04 |
| 25                        | 48      | 6        | TA0023      | Alicia      | Crerar        | 5km Trail Run/Walk | Female | 32  | Sub-Veteran (30-39) | 00:35:36 |
| 26                        | 49      | 7        | TA0272      | Karolien    | Muller        | 5km Trail Run/Walk | Female | 37  | Sub-Veteran (30-39) | 00:35:45 |
| 27                        | 50      | 8        | TA0250      | Janet       | Stolp         | 5km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 00:35:48 |
| 28                        | 52      | 9        | TA0193      | Didi        | Pienaar       | 5km Trail Run/Walk | Female | 22  | Senior (19-29)      | 00:35:55 |
| 29                        | 54      | 2        | TA0330      | Surina      | Pienaar       | 5km Trail Run/Walk | Female | 53  | Master (50-59)      | 00:36:16 |
| 30                        | 56      | 10       | TA0176      | Carolynn    | Raw           | 5km Trail Run/Walk | Female | 25  | Senior (19-29)      | 00:36:59 |
| 31                        | 57      | 11       | TA0084      | Surita      | Nel           | 5km Trail Run/Walk | Female | 26  | Senior (19-29)      | 00:37:01 |
| 32                        | 58      | 9        | TA1617      | Inge        | Cousins       | 5km Trail Run/Walk | Female | 36  | Sub-Veteran (30-39) | 00:37:21 |
| 33                        | 59      | 10       | TA0223      | Mari-louise | Bezuidenhout  | 5km Trail Run/Walk | Female | 34  | Sub-Veteran (30-39) | 00:37:22 |
| 34                        | 60      | 11       | TA0311      | Hermarie    | Prozesky      | 5km Trail Run/Walk | Female | 37  | Sub-Veteran (30-39) | 00:37:30 |
| 35                        | 61      | 12       | TA0479      | Charne      | Van Jaarsveld | 5km Trail Run/Walk | Female | 30  | Sub-Veteran (30-39) | 00:37:33 |
| 36                        | 62      | 3        | TRAIL12359  | Linda       | Fourie        | 5km Trail Run/Walk | Female | 51  | Master (50-59)      | 00:37:45 |
| 37                        | 63      | 12       | TA1691      | Elizna      | Meintjes      | 5km Trail Run/Walk | Female | 27  | Senior (19-29)      | 00:38:05 |
| 38                        | 64      | 13       | TA0312      | Simoné      | Lourens       | 5km Trail Run/Walk | Female | 26  | Senior (19-29)      | 00:38:10 |
| 39                        | 67      | 14       | TA0576      | Jessie      | Napier        | 5km Trail Run/Walk | Female | 20  | Senior (19-29)      | 00:38:25 |
| 40                        | 68      | 15       | TRAIL12545  | Nicole      | Austin        | 5km Trail Run/Walk | Female | 22  | Senior (19-29)      | 00:38:28 |

|    |     |    |            |            |              |                    |        |    |                     |          |
|----|-----|----|------------|------------|--------------|--------------------|--------|----|---------------------|----------|
| 41 | 69  | 13 | TRAIL12665 | Adri       | Slabbert     | 5km Trail Run/Walk | Female | 38 | Sub-Veteran (30-39) | 00:38:56 |
| 42 | 70  | 14 | TA2143     | Trudie     | Burger       | 5km Trail Run/Walk | Female | 33 | Sub-Veteran (30-39) | 00:40:10 |
| 43 | 71  | 1  | TA0573     | Kaylee     | Smit         | 5km Trail Run/Walk | Female | 14 | 12 to 15            | 00:40:16 |
| 44 | 73  | 8  | TA1737     | Mariette   | Smit         | 5km Trail Run/Walk | Female | 46 | Veteran (40-49)     | 00:40:24 |
| 45 | 74  | 4  | TRAIL11337 | Sandra     | Austin       | 5km Trail Run/Walk | Female | 50 | Master (50-59)      | 00:40:29 |
| 46 | 75  | 15 | TA0032     | Celeste    | Van Den Berg | 5km Trail Run/Walk | Female | 33 | Sub-Veteran (30-39) | 00:40:34 |
| 47 | 77  | 16 | TA0218     | Elne       | Gerber       | 5km Trail Run/Walk | Female | 29 | Senior (19-29)      | 00:40:40 |
| 48 | 78  | 9  | TA0203     | Elzabe     | Heymans      | 5km Trail Run/Walk | Female | 43 | Veteran (40-49)     | 00:40:44 |
| 49 | 79  | 17 | TA1604     | Caylin     | Nell         | 5km Trail Run/Walk | Female | 23 | Senior (19-29)      | 00:40:49 |
| 50 | 80  | 5  | TRAIL10777 | Doreen     | Nell         | 5km Trail Run/Walk | Female | 51 | Master (50-59)      | 00:40:53 |
| 51 | 81  | 6  | TRAIL10836 | Ina        | Beamish      | 5km Trail Run/Walk | Female | 56 | Master (50-59)      | 00:40:55 |
| 52 | 83  | 18 | TA0352     | Wilmarie   | Pretorius    | 5km Trail Run/Walk | Female | 27 | Senior (19-29)      | 00:41:02 |
| 53 | 85  | 19 | TA0992     | Melinda    | Roberts      | 5km Trail Run/Walk | Female | 21 | Senior (19-29)      | 00:41:11 |
| 54 | 86  | 7  | TRAIL13008 | Sonja      | Petzer       | 5km Trail Run/Walk | Female | 53 | Master (50-59)      | 00:41:55 |
| 55 | 87  | 16 | TA0124     | Cecile     | Masuret      | 5km Trail Run/Walk | Female | 34 | Sub-Veteran (30-39) | 00:42:15 |
| 56 | 88  | 10 | TA1726     | Jana       | Van Aardt    | 5km Trail Run/Walk | Female | 40 | Veteran (40-49)     | 00:42:18 |
| 57 | 89  | 20 | TA0427     | Chanelle   | Burger       | 5km Trail Run/Walk | Female | 26 | Senior (19-29)      | 00:42:25 |
| 58 | 90  | 21 | TA0476     | Lize       | Kroon        | 5km Trail Run/Walk | Female | 28 | Senior (19-29)      | 00:42:59 |
| 59 | 91  | 17 | TA0292     | Cleopatra  | Silaule      | 5km Trail Run/Walk | Female | 33 | Sub-Veteran (30-39) | 00:43:42 |
| 60 | 93  | 8  | TA1666     | Angelica   | Burger       | 5km Trail Run/Walk | Female | 57 | Master (50-59)      | 00:43:46 |
| 61 | 94  | 18 | TA1547     | Mariska    | Van Zyl      | 5km Trail Run/Walk | Female | 31 | Sub-Veteran (30-39) | 00:43:48 |
| 62 | 95  | 9  | TA1661     | Erika      | Bester       | 5km Trail Run/Walk | Female | 53 | Master (50-59)      | 00:44:10 |
| 63 | 96  | 22 | TA0156     | Lizanda    | Botha        | 5km Trail Run/Walk | Female | 24 | Senior (19-29)      | 00:44:14 |
| 64 | 99  | 10 | TA0300     | Dawn       | Fryer        | 5km Trail Run/Walk | Female | 53 | Master (50-59)      | 00:44:33 |
| 65 | 102 | 23 | TRAIL12852 | Charnay    | Du Plessis   | 5km Trail Run/Walk | Female | 25 | Senior (19-29)      | 00:44:41 |
| 66 | 103 | 11 | TRAIL13068 | Ronelle    | Van Heerden  | 5km Trail Run/Walk | Female | 44 | Veteran (40-49)     | 00:44:42 |
| 67 | 104 | 19 | TA0440     | Martelie   | Laney        | 5km Trail Run/Walk | Female | 38 | Sub-Veteran (30-39) | 00:44:45 |
| 68 | 106 | 11 | TA0094     | Alice      | Boyd         | 5km Trail Run/Walk | Female | 51 | Master (50-59)      | 00:45:21 |
| 69 | 107 | 20 | TA1529     | Lucinda    | Evert        | 5km Trail Run/Walk | Female | 33 | Sub-Veteran (30-39) | 00:48:10 |
| 70 | 108 | 21 | TA1519     | Ronell     | Van Niekerk  | 5km Trail Run/Walk | Female | 33 | Sub-Veteran (30-39) | 00:48:11 |
| 71 | 109 | 22 | TRAIL11074 | Larissa    | West         | 5km Trail Run/Walk | Female | 34 | Sub-Veteran (30-39) | 00:48:13 |
| 72 | 111 | 12 | TA1674     | Hannelie   | Van Heerden  | 5km Trail Run/Walk | Female | 42 | Veteran (40-49)     | 00:48:47 |
| 73 | 114 | 13 | TA1567     | Juanita    | Mawer        | 5km Trail Run/Walk | Female | 47 | Veteran (40-49)     | 00:48:54 |
| 74 | 115 | 24 | TA0341     | Cassandra  | Zipp         | 5km Trail Run/Walk | Female | 22 | Senior (19-29)      | 00:48:56 |
| 75 | 116 | 2  | TA1796     | Nia        | Postma       | 5km Trail Run/Walk | Female | 12 | 12 to 15            | 00:49:02 |
| 76 | 117 | 3  | TA0362     | Simone     | Malan        | 5km Trail Run/Walk | Female | 17 | 16 to 18            | 00:49:06 |
| 77 | 118 | 23 | TA1754     | Nadia      | Postma       | 5km Trail Run/Walk | Female | 38 | Sub-Veteran (30-39) | 00:49:11 |
| 78 | 119 | 14 | TRAIL13012 | Colette    | Thornton     | 5km Trail Run/Walk | Female | 43 | Veteran (40-49)     | 00:49:24 |
| 79 | 121 | 12 | TA1527     | Antoinette | Wehmeyer     | 5km Trail Run/Walk | Female | 51 | Master (50-59)      | 00:51:15 |
| 80 | 122 | 25 | TA0570     | Michelle   | Wehmeyer     | 5km Trail Run/Walk | Female | 26 | Senior (19-29)      | 00:51:16 |
| 81 | 123 | 15 | TRAIL10121 | Liesle     | Joubert      | 5km Trail Run/Walk | Female | 48 | Veteran (40-49)     | 00:53:03 |
| 82 | 124 | 1  | TA0358     | Meisie     | Strydom      | 5km Trail Run/Walk | Female | 73 | Grand-Master (60+)  | 00:54:34 |

|    |     |    |            |          |              |                    |        |    |                     |          |
|----|-----|----|------------|----------|--------------|--------------------|--------|----|---------------------|----------|
| 83 | 125 | 13 | TA0163     | Mariaan  | Marx         | 5km Trail Run/Walk | Female | 53 | Master (50-59)      | 00:54:55 |
| 84 | 126 | 16 | TA1575     | Maureen  | Fourie       | 5km Trail Run/Walk | Female | 46 | Veteran (40-49)     | 00:54:56 |
| 85 | 127 | 17 | TA0047     | Suzette  | Van Heerden  | 5km Trail Run/Walk | Female | 46 | Veteran (40-49)     | 00:55:43 |
| 86 | 128 | 18 | TA0514     | Cathy    | Bezuidenhout | 5km Trail Run/Walk | Female | 45 | Veteran (40-49)     | 00:55:46 |
| 87 | 130 | 24 | TRAIL12793 | Vanessa  | Kotze        | 5km Trail Run/Walk | Female | 37 | Sub-Veteran (30-39) | 00:56:19 |
| 88 | 131 | 2  | TRAIL12321 | Dorothy  | Van Heerden  | 5km Trail Run/Walk | Female | 74 | Grand-Master (60+)  | 00:58:46 |
| 89 | 132 | 19 | TA0494     | Liziwe   | Nkonyana     | 5km Trail Run/Walk | Female | 43 | Veteran (40-49)     | 00:59:30 |
| 90 | 134 | 20 | TA0515     | Denise   | Caripis      | 5km Trail Run/Walk | Female | 40 | Veteran (40-49)     | 00:59:44 |
| 91 | 135 | 14 | TRAIL10339 | Busi     | Ngwenya      | 5km Trail Run/Walk | Female | 50 | Master (50-59)      | 00:59:46 |
| 92 | 136 | 21 | TRAIL11923 | Mathilda | Williams     | 5km Trail Run/Walk | Female | 49 | Veteran (40-49)     | 01:00:29 |
| 93 | 138 | 26 | TA0041     | Lindie   | Putter       | 5km Trail Run/Walk | Female | 29 | Senior (19-29)      | 01:00:45 |
| 94 | 139 | 15 | TA0407     | Rene     | Jose         | 5km Trail Run/Walk | Female | 57 | Master (50-59)      | 01:06:40 |
| 95 | 140 | 16 | TA1759     | Jenny    | Demmers      | 5km Trail Run/Walk | Female | 57 | Master (50-59)      | 01:06:41 |