



# AdventureRun : Smuts Irene River

## Smuts Irene River AdventureRun on 5th January 2020



### 21km:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2652	Silvester	Makoasha	21km	Male	25	Senior (19-29)	01:33:33
2	2	1	TA2479	Matthew	Aiken	21km	Male	33	Sub-Veteran (30-39)	01:37:42
3	3	2	TA2665	Russel	Foord	21km	Male	34	Sub-Veteran (30-39)	01:46:47
4	5	3	TRAIL10172	Nathan	Hunt	21km	Male	37	Sub-Veteran (30-39)	01:49:28
5	6	2	TA2940	Shane	Mcgregor	21km	Male	28	Senior (19-29)	01:54:35
6	7	1	TA2677	Albert	Siska	21km	Male	53	Master (50-59)	01:54:50
7	10	1	TRAIL20021	Bradley	Brand	21km	Male	42	Veteran (40-49)	02:06:39
8	11	4	TA2497	Chris	Blake	21km	Male	35	Sub-Veteran (30-39)	02:15:42
9	13	3	TA2605	Ruan	Mathee	21km	Male	24	Senior (19-29)	02:20:07
10	15	5	TA2688	Douw	Van Zyl	21km	Male	36	Sub-Veteran (30-39)	02:22:18
11	16	2	TA2992	Shavhani	Mutshutshu	21km	Male	40	Veteran (40-49)	02:25:58
12	17	4	TRAIL12799	Andrew	Noakes	21km	Male	25	Senior (19-29)	02:27:09
13	18	3	TA3536	Titus	Wallace	21km	Male	46	Veteran (40-49)	02:34:52
14	19	6	TA2520	Edward	Southern	21km	Male	31	Sub-Veteran (30-39)	02:38:02
15	21	7	TA2999	Collin	Maphutha	21km	Male	33	Sub-Veteran (30-39)	02:55:55
16	23	2	TA2538	Clint	Holing	21km	Male	55	Master (50-59)	02:58:57

## 21km:Female

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	4	1	TA2978	Yolande	Maclean	21km	Female	41	Veteran (40-49)	01:49:04
2	8	1	TRAIL20508	Casey	Bosman	21km	Female	18	16 to 18	02:03:25
3	9	1	TA3070	Sune	Mathee	21km	Female	24	Senior (19-29)	02:06:35
4	12	2	TA2686	Suyen	Thornhill	21km	Female	45	Veteran (40-49)	02:15:46
5	14	3	TA2998	Lynette	Biddulph	21km	Female	42	Veteran (40-49)	02:21:36
6	20	4	TA2905	Mandisa	Khumalo	21km	Female	40	Veteran (40-49)	02:54:11
7	22	1	TA3067	Bailey	Blake	21km	Female	31	Sub-Veteran (30-39)	02:56:40
8	24	5	TRAIL10053	Adele	Sutherland	21km	Female	41	Veteran (40-49)	03:33:48

## 15km:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2916	Jaco	Lourens	15km	Male	31	Sub-Veteran (30-39)	01:19:47
2	2	2	TA2995	Ruan	Smit	15km	Male	33	Sub-Veteran (30-39)	01:33:47
3	5	1	TA2454	Casper	Erasmus	15km	Male	49	Veteran (40-49)	01:38:36
4	6	2	TA2616	Matoma	Sibola	15km	Male	45	Veteran (40-49)	01:45:10
5	8	3	TA2536	Henk	Janse Van Rensburg	15km	Male	47	Veteran (40-49)	01:51:49
6	9	1	TA2490	Takura	Wekwete	15km	Male	28	Senior (19-29)	01:55:54
7	10	4	TRAIL11023	Grant	Hall	15km	Male	49	Veteran (40-49)	01:57:15
8	13	1	TA2550	Tony	Green	15km	Male	55	Master (50-59)	02:00:17
9	15	1	TRAIL20603	Kosie	Van Vuuren	15km	Male	65	Grand-Master (60+)	02:12:24
10	19	3	TRAIL12326	Rijako	Meintjes	15km	Male	38	Sub-Veteran (30-39)	02:15:36
11	22	5	TA2647	Bheki	Maphanga	15km	Male	41	Veteran (40-49)	02:18:42
12	23	2	TA2660	Melvin	Waldeck	15km	Male	71	Grand-Master (60+)	02:19:51
13	31	3	TA3017	Meyer Albert	Guinsberg	15km	Male	69	Grand-Master (60+)	03:44:52
14	32	4	TRAIL20585	Dean	Mcclelland	15km	Male	66	Grand-Master (60+)	03:44:52
15	34	5	TA20034	Elbert	Loubser	15km	Male	62	Grand-Master (60+)	03:44:52

## 15km:Female

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA2658	Benita	Trytsman	15km	Female	23	Senior (19-29)	01:36:16
2	4	2	TA3477	Shevonne	Moss	15km	Female	23	Senior (19-29)	01:36:23
3	7	1	TA2983	Petruschka	Constancon	15km	Female	53	Master (50-59)	01:48:30
4	11	1	TA3513	Gabisile	Mutshutshu	15km	Female	44	Veteran (40-49)	01:57:21
5	12	2	TRAIL20235	Connie	Blom	15km	Female	58	Master (50-59)	01:58:28
6	14	3	TA3466	Sarah-jane	Horscroft	15km	Female	58	Master (50-59)	02:05:03
7	16	1	TA3478	Carolyn	Williamson	15km	Female	61	Grand-Master (60+)	02:13:27
8	17	2	TRAIL20640	Leanne	Webster	15km	Female	47	Veteran (40-49)	02:14:31
9	18	1	TRAIL12328	Natasha	Botha	15km	Female	34	Sub-Veteran (30-39)	02:15:33
10	20	2	TRAIL12330	Candice	Van Dyk	15km	Female	31	Sub-Veteran (30-39)	02:15:48
11	21	3	TA2519	Denico	Brand	15km	Female	40	Veteran (40-49)	02:16:01
12	24	4	TA2674	Queen	Mofokeng	15km	Female	40	Veteran (40-49)	02:20:26
13	25	5	TA2654	Samantha	Siebenhaar	15km	Female	42	Veteran (40-49)	02:31:37
14	26	4	TRAIL10836	Ina	Beamish	15km	Female	57	Master (50-59)	02:45:29
15	27	2	TA2929	Agnes	Kirsch	15km	Female	67	Grand-Master (60+)	02:46:42
16	28	3	TA2540	Anne	Reynolds	15km	Female	63	Grand-Master (60+)	02:47:24
17	29	3	TA3012	Busisiwe	Mdletshe	15km	Female	39	Sub-Veteran (30-39)	02:58:19
18	30	4	TRAIL20269	Marie	Van Dyk	15km	Female	71	Grand-Master (60+)	03:44:52
19	33	5	TA2678	Christa	Mouton	15km	Female	63	Grand-Master (60+)	03:44:52

10km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL20586	Cameron	Tonkin	10km	Male	17	16 to 18	00:56:10
2	2	1	TRAIL20735	Matthew	Mackay	10km	Male	14	12 to 15	00:58:20
3	3	1	TA2299	Johnie	Jonker	10km	Male	61	Grand-Master (60+)	00:58:59
4	4	1	TA1843	Kyle	Mcadam	10km	Male	25	Senior (19-29)	01:02:56
5	6	1	TA0781	Showers	Mawowa	10km	Male	40	Veteran (40-49)	01:05:24
6	7	2	TA2273	Kobus	Marais	10km	Male	23	Senior (19-29)	01:09:53
7	9	2	TA2255	Johan	Strydom	10km	Male	65	Grand-Master (60+)	01:11:44
8	11	3	TRAIL20576	Peter	Darroll	10km	Male	74	Grand-Master (60+)	01:12:40
9	12	2	TA2143	Mike	Keeman	10km	Male	43	Veteran (40-49)	01:13:25
10	13	1	TA2243	Andre	Janse Van Rensburg	10km	Male	51	Master (50-59)	01:13:28
11	18	4	TRAIL20628	Geoff	Lupton-smith	10km	Male	61	Grand-Master (60+)	01:15:22
12	20	2	TA9999	Solomon	De Beer	10km	Male	53	Master (50-59)	01:16:16
13	21	1	TA1888	Helder	Morais	10km	Male	38	Sub-Veteran (30-39)	01:18:50
14	23	3	TA0752	Carl	Munnik	10km	Male	49	Veteran (40-49)	01:23:07
15	26	5	TRAIL20152	Tony	Taljaard	10km	Male	64	Grand-Master (60+)	01:26:08
16	27	6	TA0965	Deane	Van Rooyen	10km	Male	60	Grand-Master (60+)	01:28:36
17	28	4	TA2146	Jonathan	Harflett	10km	Male	48	Veteran (40-49)	01:31:44
18	33	2	TA2158	Matome	Rammutla	10km	Male	35	Sub-Veteran (30-39)	01:34:07
19	34	3	TA1046	Herman	Janse Van Rensburg	10km	Male	38	Sub-Veteran (30-39)	01:34:57
20	38	3	TA2491	Jianhong(jonathan)	Xue	10km	Male	56	Master (50-59)	01:35:25
21	43	4	TA0962	Hein	Gerber	10km	Male	51	Master (50-59)	01:37:25
22	46	4	TA2240	Eckard	Conradie	10km	Male	35	Sub-Veteran (30-39)	01:37:57
23	48	7	TA1023	Henry	Marais	10km	Male	64	Grand-Master (60+)	01:40:15
24	49	5	TRAIL20045	Gary	Noakes	10km	Male	59	Master (50-59)	01:40:30
25	53	5	TA1068	Reinhardt	Paulson	10km	Male	39	Sub-Veteran (30-39)	01:46:12
26	57	8	TRAIL11058	John	Rollason	10km	Male	71	Grand-Master (60+)	01:47:59
27	62	6	TA1176	Etienne	Jordaan	10km	Male	35	Sub-Veteran (30-39)	01:50:17
28	65	6	TA0958	Anton	Van Der Mast	10km	Male	51	Master (50-59)	01:53:37
29	69	9	TRAIL10533	Frik	Du Preez	10km	Male	61	Grand-Master (60+)	02:02:31
30	78	7	TA1025	Ralph	Siebenhaar	10km	Male	39	Sub-Veteran (30-39)	02:15:56
31	85	3	TA2290	Herlu	Van Den Berg	10km	Male	25	Senior (19-29)	02:26:01

10km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	5	1	TRAIL20507	Tayla	Bosman	10km	Female	15	12 to 15	01:02:58
2	8	1	TRAIL20884	Rinel	Mclaren	10km	Female	27	Senior (19-29)	01:10:57
3	10	1	TA2159	Lisa	Van Der Riet	10km	Female	42	Veteran (40-49)	01:12:09
4	14	1	TA1894	Julia	Munn	10km	Female	35	Sub-Veteran (30-39)	01:13:51
5	15	2	TA2218	Tanya	Smith	10km	Female	30	Sub-Veteran (30-39)	01:14:43
6	16	3	TA0990	Nokwanda	Ndlovu	10km	Female	31	Sub-Veteran (30-39)	01:14:47
7	17	1	TRAIL20023	Elize	Uys	10km	Female	55	Master (50-59)	01:15:03
8	19	2	TA2160	Shanel	De Beer	10km	Female	15	12 to 15	01:16:15
9	22	2	TRAIL20156	Georgina	Bester	10km	Female	55	Master (50-59)	01:23:01
10	24	2	TA1836	Heidi	Botha	10km	Female	41	Veteran (40-49)	01:24:21
11	25	2	TA0612	Dipotso	Mhlongo	10km	Female	28	Senior (19-29)	01:24:44
12	29	4	TA2164	Debbie	Murphy	10km	Female	37	Sub-Veteran (30-39)	01:31:51
13	30	3	TA1486	Annetjie	Strydom	10km	Female	57	Master (50-59)	01:32:33
14	31	3	TA0775	Debbie	Janse Van Rensburg	10km	Female	44	Veteran (40-49)	01:33:28
15	32	4	TA0603	Lara	Weissenberger	10km	Female	45	Veteran (40-49)	01:33:56
16	35	5	TA0659	Vuyo	Ludidi	10km	Female	35	Sub-Veteran (30-39)	01:35:02
17	36	6	TA0641	Nicola	Helwick	10km	Female	39	Sub-Veteran (30-39)	01:35:19
18	37	5	TRAIL10430	Celia	Van Niekerk	10km	Female	49	Veteran (40-49)	01:35:22
19	39	1	TA1116	Valerie	Geldenhuys	10km	Female	61	Grand-Master (60+)	01:35:40
20	40	6	TA0611	Cheryl	Clark	10km	Female	41	Veteran (40-49)	01:35:57
21	41	7	TA1852	Esther	Bruinette	10km	Female	46	Veteran (40-49)	01:36:01
22	42	8	TA2219	Anri	Butler	10km	Female	44	Veteran (40-49)	01:36:02
23	44	7	TRAIL12665	Adri	Slabbert	10km	Female	39	Sub-Veteran (30-39)	01:37:47
24	45	8	TA1808	Tarryn	Smith	10km	Female	35	Sub-Veteran (30-39)	01:37:51
25	47	3	TA0668	Stashia	Smit	10km	Female	28	Senior (19-29)	01:37:59
26	50	4	TA2128	Catherine	De Villiers	10km	Female	55	Master (50-59)	01:43:32
27	51	9	TA1828	Marianna	De Smidt	10km	Female	37	Sub-Veteran (30-39)	01:44:30
28	52	4	TA2180	Losipho	Mahlamgo	10km	Female	29	Senior (19-29)	01:45:03
29	54	5	TA0812	Tamryn	Paulsen	10km	Female	28	Senior (19-29)	01:46:16
30	55	5	TA0849	Cheryl	Witmore	10km	Female	57	Master (50-59)	01:46:21
31	56	9	TRAIL11111	Fiona	Lindsey-renton	10km	Female	46	Veteran (40-49)	01:47:55
32	58	6	TA1825	Lana	Van Den Berg	10km	Female	27	Senior (19-29)	01:48:02
33	59	6	TA0868	Susan	Pons	10km	Female	56	Master (50-59)	01:49:06
34	60	10	TA0871	Linda	Solan	10km	Female	44	Veteran (40-49)	01:49:44
35	61	11	TA1874	Wendy	Jordaan	10km	Female	42	Veteran (40-49)	01:50:13
36	63	2	TA2149	Magdalena	Barnard	10km	Female	62	Grand-Master (60+)	01:53:04
37	64	12	TA0714	Antoinette	Van Der Mast	10km	Female	48	Veteran (40-49)	01:53:35
38	66	7	TA0763	Desiree	Firer	10km	Female	55	Master (50-59)	01:56:30
39	67	8	TA1807	Monica	Wolfson	10km	Female	57	Master (50-59)	01:56:37
40	68	7	TA1036	Nondumiso	Nkumane	10km	Female	27	Senior (19-29)	01:57:30

41	70	13	TA2161	Amanda	Fairley	10km	Female	44	Veteran (40-49)	02:02:51
42	71	14	TA2109	Anita	Lamprecht	10km	Female	43	Veteran (40-49)	02:03:45
43	72	15	TA2318	Ninette	Eckard	10km	Female	45	Veteran (40-49)	02:03:48
44	73	3	TA0745	Suzan	Holden	10km	Female	65	Grand-Master (60+)	02:04:47
45	74	4	TRAIL20008	Sue	Darroll	10km	Female	69	Grand-Master (60+)	02:05:49
46	75	5	TA0873	Lieve	Geuens	10km	Female	65	Grand-Master (60+)	02:05:50
47	76	6	TA1185	Heather	Solinger	10km	Female	61	Grand-Master (60+)	02:07:15
48	77	10	TA1156	Anneleen	Barnard	10km	Female	35	Sub-Veteran (30-39)	02:11:16
49	79	16	TA2221	Natalie	Meiring	10km	Female	48	Veteran (40-49)	02:16:52
50	80	7	TRAIL12321	Dorothy	Van Heerden	10km	Female	76	Grand-Master (60+)	02:22:05
51	81	8	TRAIL20732	Gerna	Horak	10km	Female	61	Grand-Master (60+)	02:22:05
52	82	9	TA20687	Rina	Bekker	10km	Female	74	Grand-Master (60+)	02:22:25
53	83	10	TRAIL12324	Frances	Steel	10km	Female	75	Grand-Master (60+)	02:22:25
54	84	1	TA1889	Melissa	Otto	10km	Female	16	16 to 18	02:25:56

5km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0346	Mj	Findlay	5km	Male	13	12 to 15	00:23:00
2	2	2	TRAIL10690	Dian	Marais	5km	Male	12	12 to 15	00:24:21
3	4	1	TA1245	Francois	Findlay	5km	Male	11	Under 11	00:30:54
4	7	2	TA1274	Kyle	Butler	5km	Male	11	Under 11	00:34:19
5	12	1	TA1234	Sean	O'donovan	5km	Male	55	Master (50-59)	00:35:31
6	15	1	TA0394	Lee	Kuyper	5km	Male	39	Sub-Veteran (30-39)	00:35:55
7	16	2	TA1209	Kelvin	Jonck	5km	Male	39	Sub-Veteran (30-39)	00:35:59
8	17	1	TRAIL10759	Allen	West	5km	Male	65	Grand-Master (60+)	00:36:07
9	20	3	TA1242	Retief	Heydenrych	5km	Male	37	Sub-Veteran (30-39)	00:36:54
10	21	1	TA1372	Wessel	Vermeulen	5km	Male	42	Veteran (40-49)	00:37:15
11	22	3	TA0508	Wessel	Vermeulen	5km	Male	10	Under 11	00:37:18
12	23	2	TRAIL20022	Martin	Uys	5km	Male	58	Master (50-59)	00:38:14
13	27	3	TA0031	Melcome	Mostert	5km	Male	12	12 to 15	00:38:48
14	28	4	TA1474	Michael	Botha	5km	Male	13	12 to 15	00:38:53
15	30	3	TA1421	Jan	Fokkens	5km	Male	52	Master (50-59)	00:39:11
16	33	5	TA1232	Jared	Butler	5km	Male	13	12 to 15	00:40:21
17	34	4	TA0429	Theo	Enslin	5km	Male	11	Under 11	00:40:25
18	35	4	TA1327	Pierluigi	Marino	5km	Male	53	Master (50-59)	00:40:28
19	37	2	TA1418	Anthony	Cousins	5km	Male	41	Veteran (40-49)	00:40:43
20	42	5	TA1345	Nashe	Mawowa	5km	Male	7	Under 11	00:45:18
21	43	3	TA0176	Theo	Enslin	5km	Male	45	Veteran (40-49)	00:45:27
22	51	5	TA1303	Anton	Van Der Riet	5km	Male	51	Master (50-59)	00:48:32
23	56	2	TRAIL20083	Ben	Pieterse	5km	Male	63	Grand-Master (60+)	00:49:57
24	58	1	TA0476	Daniel	Naude	5km	Male	28	Senior (19-29)	00:51:35
25	63	6	TA1360	Modimowabarwa	Kanyane	5km	Male	51	Master (50-59)	00:52:25
26	64	6	TA1375	Boitumelo	Kanyane	5km	Male	5	Under 11	00:52:27
27	70	4	TA1379	Daniel	Venter	5km	Male	34	Sub-Veteran (30-39)	00:54:19
28	77	4	TA0010	Wesley	Findlay	5km	Male	40	Veteran (40-49)	00:56:30
29	82	2	TA1398	Paul	Cazak	5km	Male	24	Senior (19-29)	00:57:17
30	88	7	TA1475	Johann	Pretorius	5km	Male	55	Master (50-59)	01:02:08
31	90	6	TA1343	Quinn	Von Mollendorf	5km	Male	15	12 to 15	01:02:17
32	95	3	TA1397	Raymond	Chown	5km	Male	68	Grand-Master (60+)	01:03:19
33	96	3	TA0570	Peet	Ferreira	5km	Male	28	Senior (19-29)	01:03:25
34	97	4	TA1380	Anton	De Lange	5km	Male	28	Senior (19-29)	01:03:28
35	99	7	TA1749	Aidan	Spies	5km	Male	13	12 to 15	01:09:11
36	100	1	TA1233	Ulricht	Spies	5km	Male	18	16 to 18	01:09:14
37	102	4	TA0703	Pieter	Van Schalkwyk	5km	Male	69	Grand-Master (60+)	01:14:02
38	106	5	TA0332	Tiaan	Delpport	5km	Male	20	Senior (19-29)	01:24:28
39	107	5	TA1468	Danie	Delpport	5km	Male	48	Veteran (40-49)	01:53:30



5km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA1312	Michelle	Louw	5km	Female	28	Senior (19-29)	00:30:20
2	5	1	TA1293	Alisa	Moiseenko	5km	Female	9	Under 11	00:33:36
3	6	1	TA1317	Shalane	Foord	5km	Female	32	Sub-Veteran (30-39)	00:34:15
4	8	2	TA0286	Nerina	Pistorius	5km	Female	24	Senior (19-29)	00:34:22
5	9	2	TA0001	Sheree	Sales	5km	Female	30	Sub-Veteran (30-39)	00:34:25
6	10	3	TA1466	Estelle	De Beer	5km	Female	31	Sub-Veteran (30-39)	00:34:48
7	11	4	TA1389	Stephanie	Van Heerden	5km	Female	31	Sub-Veteran (30-39)	00:34:52
8	13	5	TA1509	Alicia	Crerar	5km	Female	34	Sub-Veteran (30-39)	00:35:36
9	14	6	TA0002	Ruby	Bothma	5km	Female	32	Sub-Veteran (30-39)	00:35:53
10	18	1	TA1273	Linda	Hooper	5km	Female	48	Veteran (40-49)	00:36:14
11	19	7	TRAIL11074	Larissa	West	5km	Female	36	Sub-Veteran (30-39)	00:36:34
12	24	8	TA1435	Jolande	Marais	5km	Female	34	Sub-Veteran (30-39)	00:38:32
13	25	2	TA0145	Lienka	Marais	5km	Female	8	Under 11	00:38:36
14	26	9	TA1447	Inge	Cousins	5km	Female	38	Sub-Veteran (30-39)	00:38:42
15	29	3	TA1470	Elisma	Taute	5km	Female	22	Senior (19-29)	00:39:03
16	31	2	TA1212	Glizelle	Langerman	5km	Female	43	Veteran (40-49)	00:39:53
17	32	3	TA1228	Adele	Adamstein	5km	Female	48	Veteran (40-49)	00:40:17
18	36	1	TRAIL12359	Linda	Fourie	5km	Female	53	Master (50-59)	00:40:41
19	38	10	TRAIL20082	Stacy	Poggenpoel	5km	Female	37	Sub-Veteran (30-39)	00:41:44
20	39	11	TA1478	Kim	Timm	5km	Female	38	Sub-Veteran (30-39)	00:42:17
21	40	3	TA1307	Emmi	Heydenrych	5km	Female	3	Under 11	00:44:25
22	41	2	TRAIL13008	Sonja	Petzer	5km	Female	54	Master (50-59)	00:45:05
23	44	4	TA1491	Candice	Dott	5km	Female	42	Veteran (40-49)	00:46:01
24	45	12	TA0490	Lenandi	Steynberg	5km	Female	37	Sub-Veteran (30-39)	00:46:11
25	46	3	TRAIL11337	Sandra	Austin	5km	Female	51	Master (50-59)	00:46:15
26	47	4	TRAIL12545	Nicole	Austin	5km	Female	24	Senior (19-29)	00:46:19
27	48	13	TA2168	Tandiwe	Mangesi	5km	Female	30	Sub-Veteran (30-39)	00:46:33
28	49	4	TA1424	Benita	Fisher	5km	Female	57	Master (50-59)	00:46:57
29	50	1	TA1461	Katherine	Enslin	5km	Female	14	12 to 15	00:47:20
30	52	5	TA1402	Helen	Horne	5km	Female	52	Master (50-59)	00:48:47
31	53	1	TRAIL20024	Vreda	Pieterse	5km	Female	65	Grand-Master (60+)	00:49:27
32	54	14	TA1378	Alice	Van Biljon	5km	Female	30	Sub-Veteran (30-39)	00:49:50
33	55	15	TA1469	Lianne	Casper	5km	Female	36	Sub-Veteran (30-39)	00:49:52
34	57	6	TA1472	Marietjie	Pistorius	5km	Female	57	Master (50-59)	00:50:01
35	59	16	TA1284	Leonie	Mostert	5km	Female	32	Sub-Veteran (30-39)	00:51:49
36	60	4	TA1261	Jennica	Mostert	5km	Female	7	Under 11	00:51:52
37	61	2	TA0005	Taylor	Peel	5km	Female	15	12 to 15	00:52:04
38	62	5	TA0184	Eunice	Kanyane	5km	Female	40	Veteran (40-49)	00:52:10
39	65	7	TA1339	Sunette	Volschenk	5km	Female	56	Master (50-59)	00:52:42
40	66	6	TA1244	Angela	Botha	5km	Female	41	Veteran (40-49)	00:53:31

41	67	17	TA1386	Madaleen	Botha	5km	Female	36	Sub-Veteran (30-39)	00:53:58
42	68	7	TA0245	Estelle	Hoffmann	5km	Female	47	Veteran (40-49)	00:54:07
43	69	18	TA1539	Lindiwe	Mawowa	5km	Female	38	Sub-Veteran (30-39)	00:54:14
44	71	8	TA0391	Maggie	Van Rooyen	5km	Female	55	Master (50-59)	00:54:54
45	72	9	TA1423	Rieka	Green	5km	Female	53	Master (50-59)	00:55:36
46	73	2	TRAIL20777	Janine	Rust	5km	Female	61	Grand-Master (60+)	00:55:47
47	74	19	TA0320	Laura	Pearce	5km	Female	39	Sub-Veteran (30-39)	00:56:04
48	75	3	TA1508	Hannah	Pearce	5km	Female	13	12 to 15	00:56:07
49	76	3	TA1377	Gerda	Mynhardt	5km	Female	61	Grand-Master (60+)	00:56:17
50	78	20	TA1325	Belinda	Findlay	5km	Female	39	Sub-Veteran (30-39)	00:56:32
51	79	10	TA1254	Annalien	Oosthuizen	5km	Female	53	Master (50-59)	00:56:34
52	80	21	TA0462	Kyleen	Smit	5km	Female	30	Sub-Veteran (30-39)	00:57:03
53	81	5	TA1482	Emma	Horscroft	5km	Female	22	Senior (19-29)	00:57:09
54	83	4	TA1394	Thea	Heydenrych	5km	Female	68	Grand-Master (60+)	00:57:24
55	84	6	TA1494	Janine	Ferreira	5km	Female	28	Senior (19-29)	00:57:29
56	85	7	TA1306	Bianca	Joubert	5km	Female	27	Senior (19-29)	00:57:33
57	86	8	TA0600	Carla	Ferreira	5km	Female	44	Veteran (40-49)	00:57:36
58	87	1	TA1462	Amber Leigh	Peel	5km	Female	17	16 to 18	01:02:02
59	89	9	TA1521	Claudia	Cloete	5km	Female	42	Veteran (40-49)	01:02:09
60	91	11	TA1346	Estie	Muller	5km	Female	55	Master (50-59)	01:02:50
61	92	10	TA1440	Raesetja	Shadung	5km	Female	40	Veteran (40-49)	01:03:07
62	93	11	TA1253	Beverley	Maifadi	5km	Female	42	Veteran (40-49)	01:03:14
63	94	5	TA1620	Elizabeth	Chown	5km	Female	64	Grand-Master (60+)	01:03:16
64	98	12	TA1460	Lana	Spies	5km	Female	40	Veteran (40-49)	01:09:10
65	101	13	TA1416	Stephan	Spies	5km	Female	40	Veteran (40-49)	01:09:18
66	103	22	TA1270	Lizette	Heydenrych	5km	Female	30	Sub-Veteran (30-39)	01:16:09
67	104	23	TA1205	Christine	Heydenrych	5km	Female	30	Sub-Veteran (30-39)	01:16:11
68	105	14	TA0409	Andrea	Delpont	5km	Female	47	Veteran (40-49)	01:24:26