



AdventureRun : Rietvlei Dam

AdventureRun Rietvlei on 19th January 2020



15km Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA2442	Gary	Calitz	15km Run/Walk	Male	34	Sub-Veteran (30-39)	01:15:57
2	2	1	TA2706	Travis	Taylor	15km Run/Walk	Male	25	Senior (19-29)	01:18:39
3	3	1	TRAIL11732	Terrence	Brink	15km Run/Walk	Male	46	Veteran (40-49)	01:22:25
4	5	2	TA3108	Robert	Reed	15km Run/Walk	Male	29	Senior (19-29)	01:28:31
5	6	3	TA2788	Mike	Meijers	15km Run/Walk	Male	29	Senior (19-29)	01:28:33
6	7	1	TRAIL20353	Andre	Janse Van Rensburg	15km Run/Walk	Male	51	Master (50-59)	01:29:40
7	10	2	TRAIL12755	Shaun	Pieterse	15km Run/Walk	Male	36	Sub-Veteran (30-39)	01:33:17
8	11	2	TRAIL11023	Grant	Hall	15km Run/Walk	Male	49	Veteran (40-49)	01:34:14
9	12	3	TA2770	Carl	Munnik	15km Run/Walk	Male	49	Veteran (40-49)	01:34:19
10	13	3	TA2450	David	He	15km Run/Walk	Male	31	Sub-Veteran (30-39)	01:35:40
11	14	4	TA2867	Louis	Steyn	15km Run/Walk	Male	37	Sub-Veteran (30-39)	01:35:49
12	19	5	TA2890	Hannes	Vosloo	15km Run/Walk	Male	31	Sub-Veteran (30-39)	01:37:05
13	21	6	TA2783	Michael	Campher	15km Run/Walk	Male	35	Sub-Veteran (30-39)	01:39:05
14	22	2	TA2768	Clint	Holing	15km Run/Walk	Male	55	Master (50-59)	01:42:09
15	23	7	TRAIL20502	Francois	Labuschagne	15km Run/Walk	Male	34	Sub-Veteran (30-39)	01:42:18
16	24	3	TRAIL12643	Bryan	Mccourt	15km Run/Walk	Male	52	Master (50-59)	01:43:15
17	26	8	TA3130	Zunaid	Ismail Gani	15km Run/Walk	Male	36	Sub-Veteran (30-39)	01:46:47
18	31	4	TA3417	Daryl	Viljoen	15km Run/Walk	Male	46	Veteran (40-49)	02:17:14

15km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	4	1	TA2732	Vanessa	Mostert	15km Run/Walk	Female	33	Sub-Veteran (30-39)	01:27:16
2	8	1	TA2891	Liesel	Van Olst	15km Run/Walk	Female	51	Master (50-59)	01:30:54
3	9	1	TA3137	Elizma	Lourens	15km Run/Walk	Female	29	Senior (19-29)	01:33:14
4	15	1	TA2851	Jennifer	Steyn	15km Run/Walk	Female	40	Veteran (40-49)	01:35:51
5	16	2	TA2755	Kerri-lee	Howell	15km Run/Walk	Female	28	Senior (19-29)	01:36:02
6	17	2	TA2873	Catherine	Ramaphakela	15km Run/Walk	Female	48	Veteran (40-49)	01:36:04
7	18	2	TA3507	Carina	Swart	15km Run/Walk	Female	32	Sub-Veteran (30-39)	01:37:03
8	20	2	TA2819	Elschen	Beyers	15km Run/Walk	Female	58	Master (50-59)	01:37:20
9	25	3	TA2763	Alexia	Fernihough	15km Run/Walk	Female	24	Senior (19-29)	01:46:18
10	27	4	TRAIL10269	Jolandi	Labuschange	15km Run/Walk	Female	28	Senior (19-29)	01:51:00
11	28	3	TRAIL20352	Debbie	Janse Van Rensburg	15km Run/Walk	Female	44	Veteran (40-49)	01:55:08
12	29	5	TA3088	Shevonne	Moss	15km Run/Walk	Female	23	Senior (19-29)	01:57:19
13	30	6	TA2778	Benita	Trytsman	15km Run/Walk	Female	24	Senior (19-29)	01:57:30
14	32	3	TRAIL12868	Lizle	Loots	15km Run/Walk	Female	39	Sub-Veteran (30-39)	02:17:16
15	33	3	TA2841	Johanri	Engelbrecht	15km Run/Walk	Female	59	Master (50-59)	02:22:38
16	34	4	TA2415	Sekgopi	Nyhonyha	15km Run/Walk	Female	55	Master (50-59)	02:22:40

10km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1027	Jason	Weyers	10km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:48:11
2	2	1	TRAIL20735	Matthew	Mackay	10km Trail Run/Walk	Male	14	12 to 15	00:48:16
3	3	2	TA0898	Wayne	Coetzee	10km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:50:44
4	5	1	TA0746	Tom	Burne	10km Trail Run/Walk	Male	25	Senior (19-29)	00:53:04
5	6	1	TA1112	Cameron	Tonkin	10km Trail Run/Walk	Male	17	16 to 18	00:53:13
6	7	3	TA1022	Warren	Sangster	10km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:53:19
7	8	1	TA1089	Marcus	Messeder	10km Trail Run/Walk	Male	48	Veteran (40-49)	00:53:58
8	9	2	TA1070	Alex	Maree	10km Trail Run/Walk	Male	29	Senior (19-29)	00:54:37
9	10	2	TRAIL12428	Geldenhuys	Combrinck	10km Trail Run/Walk	Male	46	Veteran (40-49)	00:55:11
10	11	1	TA2258	Richard	Rule	10km Trail Run/Walk	Male	54	Master (50-59)	00:55:46
11	12	3	TA0918	Cameron	Ramsay	10km Trail Run/Walk	Male	25	Senior (19-29)	00:57:20
12	13	3	TRAIL20039	Anton	Van Der Bijl	10km Trail Run/Walk	Male	43	Veteran (40-49)	00:57:29
13	14	4	TA1963	Ericeric	Newby	10km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	00:57:32
14	17	2	TRAIL20581	Solomon	De Beer	10km Trail Run/Walk	Male	53	Master (50-59)	00:57:54
15	18	4	TA2038	Nicholas	Atkins	10km Trail Run/Walk	Male	28	Senior (19-29)	00:58:32
16	19	4	TA0607	Stephen	Hollingworth	10km Trail Run/Walk	Male	48	Veteran (40-49)	00:58:39
17	22	5	TA2095	Herman	Steyn	10km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:00:30
18	23	6	TA1153	Nadim	Mahomed	10km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	01:00:49
19	28	7	TA0899	Sven	Leisegang	10km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	01:03:59
20	31	1	TRAIL20725	Gerald	Steyn	10km Trail Run/Walk	Male	68	Grand-Master (60+)	01:04:31
21	32	2	TRAIL20939	John	Kollen	10km Trail Run/Walk	Male	60	Grand-Master (60+)	01:04:56
22	34	3	TRAIL20628	Geoff	Lupton-smith	10km Trail Run/Walk	Male	62	Grand-Master (60+)	01:05:13
23	36	3	TA2375	Mark	Thompson	10km Trail Run/Walk	Male	56	Master (50-59)	01:05:46
24	42	5	TA2045	Ryan	Fourie	10km Trail Run/Walk	Male	29	Senior (19-29)	01:07:22
25	43	5	TA1051	Adriana	Romano	10km Trail Run/Walk	Male	42	Veteran (40-49)	01:08:54
26	44	6	TA0837	David	Quinn	10km Trail Run/Walk	Male	22	Senior (19-29)	01:09:14
27	47	6	TA0665	Paul	Morel	10km Trail Run/Walk	Male	46	Veteran (40-49)	01:09:37
28	49	7	TA1062	Michelle	Matanhire	10km Trail Run/Walk	Male	25	Senior (19-29)	01:09:53
29	53	8	TA0749	Wessel	Pretorius	10km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	01:13:48
30	54	9	TA1056	David	Noakes	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	01:14:02
31	55	4	TRAIL20045	Gary	Noakes	10km Trail Run/Walk	Male	59	Master (50-59)	01:14:05
32	56	4	TA2051	Gawie	Pretorius	10km Trail Run/Walk	Male	69	Grand-Master (60+)	01:14:37
33	61	7	TA0906	Jonathan	Russell	10km Trail Run/Walk	Male	47	Veteran (40-49)	01:16:19
34	63	8	TA0681	Phillip	Cronje	10km Trail Run/Walk	Male	25	Senior (19-29)	01:16:27
35	64	8	TA0959	Eugene	Mattheus	10km Trail Run/Walk	Male	45	Veteran (40-49)	01:16:56
36	65	5	TRAIL20304	Henry	Marais	10km Trail Run/Walk	Male	64	Grand-Master (60+)	01:17:03
37	66	10	TA2196	Maree	Van Zyl	10km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	01:17:19
38	71	9	TA0751	Johan	Schoeman	10km Trail Run/Walk	Male	45	Veteran (40-49)	01:19:21
39	72	6	TA0993	Nick	Essame	10km Trail Run/Walk	Male	63	Grand-Master (60+)	01:19:25
40	75	7	TA2252	Kenneth	Swanlund	10km Trail Run/Walk	Male	67	Grand-Master (60+)	01:20:18

41	76	8	TA0991	Dewald	Van Biljon	10km Trail Run/Walk	Male	60	Grand-Master (60+)	01:20:42
42	79	11	TA0639	Christo	Labuschagne	10km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	01:21:43
43	81	10	TA1048	Gerrie	Holtzhousen	10km Trail Run/Walk	Male	43	Veteran (40-49)	01:24:37
44	89	12	TA1132	Mangaliso	Gwala	10km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	01:33:25
45	92	9	TA0761	Francois	Noome	10km Trail Run/Walk	Male	22	Senior (19-29)	01:35:16
46	93	13	TA0632	Henson	Magumise	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	01:35:45
47	94	9	TA1933	A	Kijko	10km Trail Run/Walk	Male	72	Grand-Master (60+)	01:35:56
48	97	10	TRAIL20083	Ben	Pieterse	10km Trail Run/Walk	Male	63	Grand-Master (60+)	01:38:41
49	98	11	TA0979	Jonathan	Butler	10km Trail Run/Walk	Male	41	Veteran (40-49)	01:42:35
50	106	2	TA1920	Christopher	Orourke	10km Trail Run/Walk	Male	16	16 to 18	02:10:18
51	107	1	TA1973	Ronan	Orourke	10km Trail Run/Walk	Male	9	Under 11	02:10:25

10km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	4	1	TA2351	Tayla	Bosman	10km Trail Run/Walk	Female	15	12 to 15	00:52:59
2	15	1	TA0727	Esther	Le Roux	10km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:57:36
3	16	2	TRAIL20736	Shanel	De Beer	10km Trail Run/Walk	Female	15	12 to 15	00:57:39
4	20	2	TA0695	Magdalena	Leisegang	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:00:14
5	21	1	TA0786	Renate	Swarts	10km Trail Run/Walk	Female	43	Veteran (40-49)	01:00:16
6	24	1	TA0640	Emma	Emmerich	10km Trail Run/Walk	Female	29	Senior (19-29)	01:02:56
7	25	2	TA1054	Herma	Fouche	10km Trail Run/Walk	Female	28	Senior (19-29)	01:03:00
8	26	3	TA1077	Shannon	Maclean	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:03:01
9	27	2	TA1034	Nicky	Antunes	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:03:13
10	29	3	TA1141	Frances	Hampton	10km Trail Run/Walk	Female	25	Senior (19-29)	01:04:05
11	30	4	TA0712	Maddie	Holland	10km Trail Run/Walk	Female	29	Senior (19-29)	01:04:11
12	33	4	TA1073	Kelly	Stannard	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:05:07
13	35	1	TA2123	Jane	Thompson	10km Trail Run/Walk	Female	54	Master (50-59)	01:05:45
14	37	3	TA0859	Lynette	Biddulph	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:05:49
15	38	2	TA0705	Caroline	Rule	10km Trail Run/Walk	Female	52	Master (50-59)	01:06:06
16	39	4	TA1026	Ninette	Eckard	10km Trail Run/Walk	Female	45	Veteran (40-49)	01:06:19
17	40	1	TA1110	Kim	Foster	10km Trail Run/Walk	Female	60	Grand-Master (60+)	01:06:48
18	41	5	TA1921	Alva	Van Der Merwe	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:06:52
19	45	5	TA1113	Candace	Quinn	10km Trail Run/Walk	Female	26	Senior (19-29)	01:09:19
20	46	3	TA0919	Debra Joy	Baron	10km Trail Run/Walk	Female	56	Master (50-59)	01:09:24
21	48	4	TA1974	Jennifer	Atkins	10km Trail Run/Walk	Female	58	Master (50-59)	01:09:42
22	50	2	TA3145	Carolyn	Williamson	10km Trail Run/Walk	Female	61	Grand-Master (60+)	01:12:48
23	51	6	TA1039	Marianna	De Smidt	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:12:50
24	52	5	TA0951	Maryke	Hudson	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:13:42
25	57	3	TA0938	Rina	Pretorius	10km Trail Run/Walk	Female	67	Grand-Master (60+)	01:14:39
26	58	7	TA0911	Tamsen	Emmerich	10km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	01:15:27
27	59	8	TA0740	Ashleigh	Fisher	10km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:15:31
28	60	6	TA1911	Mignon	Russell	10km Trail Run/Walk	Female	44	Veteran (40-49)	01:16:17
29	62	5	TA0877	Liz	Freyer	10km Trail Run/Walk	Female	56	Master (50-59)	01:16:23
30	67	9	TA0694	Theresa	Maree	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:17:21
31	68	10	TA0795	Maeve	Erasmus	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:17:32
32	69	6	TA0608	Courtney	Dreyer	10km Trail Run/Walk	Female	25	Senior (19-29)	01:18:11
33	70	7	TA0755	Elizma	Schoeman	10km Trail Run/Walk	Female	46	Veteran (40-49)	01:19:05
34	73	11	TA1063	Anisha	Panchia	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:19:40
35	74	8	TA0736	Elaine	Fourie	10km Trail Run/Walk	Female	43	Veteran (40-49)	01:20:12
36	77	9	TRAIL10430	Celia	Van Niekerk	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:21:17
37	78	10	TA0689	Jo-anne	Mitchell-marais	10km Trail Run/Walk	Female	41	Veteran (40-49)	01:21:21
38	80	11	TA1008	Anneli	Van Den Berg	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:24:35
39	82	12	TA1123	Witness	Mokwana	10km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	01:26:19
40	83	6	TA2228	Karen	Van Deventer	10km Trail Run/Walk	Female	52	Master (50-59)	01:28:42

41	84	13	TA1886	Rene	Bosman	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:29:12
42	85	14	TA0674	Natasha	Van Heerden	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:29:14
43	86	12	TA1049	Brigette	Hamilton	10km Trail Run/Walk	Female	43	Veteran (40-49)	01:31:55
44	87	7	TA0753	Lynn	Fisher	10km Trail Run/Walk	Female	58	Master (50-59)	01:32:00
45	88	13	TA0813	Juanita	Roberts	10km Trail Run/Walk	Female	45	Veteran (40-49)	01:32:29
46	90	7	TA1124	Princess	Gwala	10km Trail Run/Walk	Female	24	Senior (19-29)	01:33:27
47	91	14	TA1166	Silvana	Carraggi	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:33:58
48	95	8	TA0767	Ilze	Koen	10km Trail Run/Walk	Female	22	Senior (19-29)	01:36:49
49	96	4	TA0945	Vreda	Pieterse	10km Trail Run/Walk	Female	65	Grand-Master (60+)	01:38:39
50	99	15	TA0800	Alet	Noome	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:42:55
51	100	15	TA2152	Candice	Kensley	10km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:45:04
52	101	16	TRAIL12674	Cindy	Thomas	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:55:26
53	102	17	TA0673	Kim	Kensley	10km Trail Run/Walk	Female	42	Veteran (40-49)	01:55:36
54	103	16	TA2183	Sizo	Kganakga	10km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:58:15
55	104	5	TA0817	Mmantho	Mokoka	10km Trail Run/Walk	Female	62	Grand-Master (60+)	02:00:13
56	105	18	TA1968	Annekie	Orourke	10km Trail Run/Walk	Female	47	Veteran (40-49)	02:09:59

5km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0227	Wihan	Velloen	5km Trail Run/Walk	Male	11	Under 11	00:25:42
2	2	2	TRAIL20017	Kean	Erasmus	5km Trail Run/Walk	Male	7	Under 11	00:30:08
3	3	1	TA1993	Schalk	Van Aswegen	5km Trail Run/Walk	Male	28	Senior (19-29)	00:30:26
4	4	1	TA1544	Henry	Varges	5km Trail Run/Walk	Male	47	Veteran (40-49)	00:30:34
5	5	1	TA0331	Lee	Kuyper	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:30:51
6	7	3	TA0251	Reghard	Bosman	5km Trail Run/Walk	Male	11	Under 11	00:31:52
7	9	4	TA0280	Christiaan	Bosman	5km Trail Run/Walk	Male	8	Under 11	00:32:17
8	10	2	TA0286	Bryan	Lawrence	5km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	00:32:35
9	11	3	TA1494	Kelvin	Jonck	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:32:41
10	13	2	TA1462	Marc	Knoetze	5km Trail Run/Walk	Male	24	Senior (19-29)	00:33:11
11	14	2	TA0401	Clive	Robinson	5km Trail Run/Walk	Male	47	Veteran (40-49)	00:33:23
12	17	4	TA0320	Boitumelo	Molonyana	5km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	00:34:00
13	18	3	TA1249	Tom	Mascher	5km Trail Run/Walk	Male	22	Senior (19-29)	00:34:28
14	19	5	TRAIL20041	Andre	Erasmus	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:34:57
15	21	3	TA1482	Wessel	Vermeulen	5km Trail Run/Walk	Male	42	Veteran (40-49)	00:35:13
16	22	4	TA1329	Miguel	Antunes	5km Trail Run/Walk	Male	41	Veteran (40-49)	00:35:25
17	25	5	TA1318	Marius	Bosman	5km Trail Run/Walk	Male	40	Veteran (40-49)	00:35:47
18	28	6	TA1388	Pieter	Cloete	5km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:36:24
19	30	6	TA1435	George	Mothupi	5km Trail Run/Walk	Male	46	Veteran (40-49)	00:38:00
20	31	4	TA0042	Preyesh	Lucen	5km Trail Run/Walk	Male	24	Senior (19-29)	00:38:05
21	34	1	TA0267	Henry	Eales	5km Trail Run/Walk	Male	14	12 to 15	00:38:55
22	35	1	TA1310	Paul	Treleven	5km Trail Run/Walk	Male	56	Master (50-59)	00:38:59
23	36	2	TRAIL20068	Andre	Theron	5km Trail Run/Walk	Male	55	Master (50-59)	00:39:00
24	39	7	TA1457	Gert	Pantke	5km Trail Run/Walk	Male	42	Veteran (40-49)	00:40:07
25	41	5	TA1423	Christiaan	De Vries	5km Trail Run/Walk	Male	11	Under 11	00:41:06
26	42	5	TA1288	Willie	Potgieter	5km Trail Run/Walk	Male	24	Senior (19-29)	00:41:14
27	47	8	TA1272	Tobie	Combrinck	5km Trail Run/Walk	Male	49	Veteran (40-49)	00:41:47
28	51	6	TA1380	Chris	Paull	5km Trail Run/Walk	Male	29	Senior (19-29)	00:43:31
29	52	7	TA1277	Ontlametse	Mothupi	5km Trail Run/Walk	Male	19	Senior (19-29)	00:43:39
30	53	1	TA1352	Colin	Williams	5km Trail Run/Walk	Male	60	Grand-Master (60+)	00:43:45
31	56	9	TRAIL20898	Lee	Herrmann	5km Trail Run/Walk	Male	41	Veteran (40-49)	00:45:21
32	57	6	TRAIL20528	Max	Hermann	5km Trail Run/Walk	Male	7	Under 11	00:45:24
33	58	2	TA1467	Tobias Christian	Combrinck	5km Trail Run/Walk	Male	14	12 to 15	00:46:42
34	60	2	TRAIL20636	Malcolm	Mackenzie	5km Trail Run/Walk	Male	66	Grand-Master (60+)	00:47:06
35	62	7	TRAIL20020	Jw	Erasmus	5km Trail Run/Walk	Male	10	Under 11	00:47:24
36	65	3	TA1661	Christian Wouter	Combrinck	5km Trail Run/Walk	Male	15	12 to 15	00:49:33
37	66	3	TA1229	Albert	De Nobrega	5km Trail Run/Walk	Male	54	Master (50-59)	00:49:42
38	67	7	TA1372	Tshepo	Semunza	5km Trail Run/Walk	Male	37	Sub-Veteran (30-39)	00:50:01
39	70	3	TRAIL20360	Greg	Saar	5km Trail Run/Walk	Male	69	Grand-Master (60+)	00:50:19
40	82	4	TA1466	Dewald	Streicher	5km Trail Run/Walk	Male	61	Grand-Master (60+)	00:53:45

41	87	8	TA1525	Morne	De Jonge	5km Trail Run/Walk	Male	9	Under 11	00:54:55
42	98	8	TA1493	Jan Hendrik	Kruger	5km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	00:57:23
43	100	9	TA1532	Daantjie	Du Plooy	5km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	00:57:50
44	101	10	TA1620	Cameron	Golding	5km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:58:18
45	105	4	TA1416	Marius	Bezuidenhout	5km Trail Run/Walk	Male	51	Master (50-59)	00:58:54
46	106	8	TA1256	Alex	Wrbka	5km Trail Run/Walk	Male	24	Senior (19-29)	00:59:08
47	113	10	TA0940	Melton	Swarts	5km Trail Run/Walk	Male	42	Veteran (40-49)	01:01:15
48	115	11	TA1535	Stephan	Spies	5km Trail Run/Walk	Male	40	Veteran (40-49)	01:02:02
49	123	9	TRAIL20025	Zandre	Jansen Van Nieuwenhuizen	5km Trail Run/Walk	Male	3	Under 11	01:05:31
50	125	12	TA0600	Willie	De Jonge	5km Trail Run/Walk	Male	40	Veteran (40-49)	01:06:31
51	128	5	TA0913	Sean	Ebersohn	5km Trail Run/Walk	Male	55	Master (50-59)	01:19:18
52	129	13	TA1239	Danie	Delpont	5km Trail Run/Walk	Male	49	Veteran (40-49)	01:29:21

5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	6	1	TA0185	Louise	Jordaan	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:31:02
2	8	1	TA1390	Helen	Stander	5km Trail Run/Walk	Female	21	Senior (19-29)	00:32:05
3	12	1	TA1517	Chantal	Knoetze	5km Trail Run/Walk	Female	53	Master (50-59)	00:33:08
4	15	2	TA1787	Tiffany	Blignaut	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:33:41
5	16	2	TA1413	Neene	Blignault	5km Trail Run/Walk	Female	27	Senior (19-29)	00:33:56
6	20	3	TA1346	Vanessa	Robenson	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:35:03
7	23	4	TA1922	Vanessa	Van Heerden	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:35:38
8	24	3	TA1275	Stephanie	Wright	5km Trail Run/Walk	Female	26	Senior (19-29)	00:35:44
9	26	5	TA1327	Rosalind	Roy	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:35:52
10	27	6	TA1405	Este	Bosman	5km Trail Run/Walk	Female	40	Veteran (40-49)	00:35:55
11	29	7	TA1402	Natalie	De Almeida	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:37:26
12	32	4	TA1375	Micaela	Groenewald	5km Trail Run/Walk	Female	23	Senior (19-29)	00:38:08
13	33	1	TA1406	Stephanie	Aken	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:38:20
14	37	2	TRAIL20305	Margriet	Du Plooy	5km Trail Run/Walk	Female	57	Master (50-59)	00:39:22
15	38	2	TA1707	Cindy	Ings	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:39:33
16	40	3	TRAIL20069	Zelda	Theron	5km Trail Run/Walk	Female	54	Master (50-59)	00:40:10
17	43	5	TA1289	Rene	Joubert	5km Trail Run/Walk	Female	21	Senior (19-29)	00:41:16
18	44	6	TA1510	Thandeka	Diremelo	5km Trail Run/Walk	Female	26	Senior (19-29)	00:41:19
19	45	1	TA1537	Etnah	Wolfaardt	5km Trail Run/Walk	Female	64	Grand-Master (60+)	00:41:25
20	46	3	TRAIL20082	Stacy	Poggenpoel	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:41:28
21	48	1	TA1349	Zo🏹 Barbara	Combrinck	5km Trail Run/Walk	Female	10	Under 11	00:41:54
22	49	8	TA1496	Seipei	Diremelo	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:42:12
23	50	7	TA1452	Melissa	Cilliers	5km Trail Run/Walk	Female	28	Senior (19-29)	00:43:29
24	54	8	TA1308	Petro	Van Helsdingen	5km Trail Run/Walk	Female	27	Senior (19-29)	00:44:30
25	55	4	TA1526	Helen	Horne	5km Trail Run/Walk	Female	52	Master (50-59)	00:45:00
26	59	4	TA1323	Manana	Mothupi	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:46:46
27	61	5	TA1381	Vertharani	Naicker	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:47:10
28	63	5	TA1471	Caron	Mackenzie	5km Trail Run/Walk	Female	55	Master (50-59)	00:47:27
29	64	6	TA1461	Letrishia	Naicker	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:47:35
30	68	9	TA1540	Thato	Makola	5km Trail Run/Walk	Female	29	Senior (19-29)	00:50:03
31	69	6	TA0183	Tina	De Nobrega	5km Trail Run/Walk	Female	50	Master (50-59)	00:50:12
32	71	7	TA0223	Colette	Lundberg	5km Trail Run/Walk	Female	59	Master (50-59)	00:50:37
33	72	7	TA1622	Sumarie	Cloete	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:50:39
34	73	9	TA1280	Cheredene	Love	5km Trail Run/Walk	Female	40	Veteran (40-49)	00:50:41
35	74	2	TA1502	Louise	Williams	5km Trail Run/Walk	Female	66	Grand-Master (60+)	00:50:54
36	75	3	TRAIL13003	Irma	Steenkamp	5km Trail Run/Walk	Female	62	Grand-Master (60+)	00:51:06
37	76	4	TA1410	Leatitia	Katzke	5km Trail Run/Walk	Female	65	Grand-Master (60+)	00:51:09
38	77	1	TA1541	Jodi	Hudson	5km Trail Run/Walk	Female	16	16 to 18	00:51:19
39	78	8	TA1396	Willemien	Combrinck	5km Trail Run/Walk	Female	51	Master (50-59)	00:51:25

40	79	9	TA1324	Leandra	Streicher	5km Trail Run/Walk	Female	53	Master (50-59)	00:51:39
41	80	5	TA0252	Linda	Horne	5km Trail Run/Walk	Female	66	Grand-Master (60+)	00:51:44
42	81	6	TRAIL20199	Grazyna	Kijko	5km Trail Run/Walk	Female	70	Grand-Master (60+)	00:53:26
43	83	10	TA1449	Tanya	Baird	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:54:02
44	84	10	TA1427	Merissa	Cohoe	5km Trail Run/Walk	Female	23	Senior (19-29)	00:54:10
45	85	7	TA0163	Anneliese	Schoeman	5km Trail Run/Walk	Female	66	Grand-Master (60+)	00:54:34
46	86	10	TA1377	Retha	Prinsloo	5km Trail Run/Walk	Female	53	Master (50-59)	00:54:48
47	88	1	TA2458	Megan	Hamilton	5km Trail Run/Walk	Female	12	12 to 15	00:54:59
48	89	11	TA0515	Tammy	Treleven	5km Trail Run/Walk	Female	50	Master (50-59)	00:56:03
49	90	11	TA0086	Chardonne	Le Grange	5km Trail Run/Walk	Female	26	Senior (19-29)	00:56:22
50	91	8	TA0176	Sue	Goodman	5km Trail Run/Walk	Female	73	Grand-Master (60+)	00:56:36
51	92	8	TA1251	Kirsten	Bredahl	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:56:45
52	93	9	TA1507	Ricki-lee	Meijers	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:56:47
53	94	12	TA1222	Frances	Stander	5km Trail Run/Walk	Female	54	Master (50-59)	00:57:03
54	95	12	TA0031	Estelle	Stander	5km Trail Run/Walk	Female	19	Senior (19-29)	00:57:15
55	96	10	TA1295	Bernadette	Kruger	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:57:19
56	97	2	TA1321	Mienke	Kruger	5km Trail Run/Walk	Female	7	Under 11	00:57:21
57	99	11	TA1489	Maggie	Eksteen	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:57:47
58	102	12	TA1270	Suzan	Smith	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:58:22
59	103	13	TA1508	Sharmain	Van Der Westhuizen	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:58:26
60	104	14	TA0184	Delanie	Bezuidenhout	5km Trail Run/Walk	Female	44	Veteran (40-49)	00:58:46
61	107	13	TA1363	Jessica	De Nobrega	5km Trail Run/Walk	Female	22	Senior (19-29)	00:59:11
62	108	13	TA1407	Helmien	Van Biljon	5km Trail Run/Walk	Female	58	Master (50-59)	00:59:28
63	109	2	TA1484	Alesha	Bezuidenhout	5km Trail Run/Walk	Female	15	12 to 15	01:00:33
64	110	14	TA1285	Chloe	Steenkamp	5km Trail Run/Walk	Female	21	Senior (19-29)	01:00:35
65	111	11	TA1539	Adele	Barwise	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:00:42
66	112	3	TA1319	Karla	Barwise	5km Trail Run/Walk	Female	9	Under 11	01:00:46
67	114	15	TA1348	Lana	Spies	5km Trail Run/Walk	Female	40	Veteran (40-49)	01:02:01
68	116	3	TA1429	Estelle	Loubser	5km Trail Run/Walk	Female	41	Veteran (40-49)	01:02:51
69	117	12	TA1273	Desire	Van Zyl	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:02:53
70	118	13	TA1506	Isabelle	Coetzee	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:04:14
71	119	16	TA1333	Deila	Schoeman	5km Trail Run/Walk	Female	48	Veteran (40-49)	01:04:16
72	120	15	TA1672	Victoria	Zeelie	5km Trail Run/Walk	Female	27	Senior (19-29)	01:04:20
73	121	16	TA0428	Odette	Zeelie	5km Trail Run/Walk	Female	28	Senior (19-29)	01:04:24
74	122	14	TRAIL20016	Leoni	Mc Donald	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	01:05:28
75	124	15	TRAIL20244	Liesel	Jansen Van Nieuwenhuizen	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:05:32
76	126	4	TA1500	Charne	De Jonge	5km Trail Run/Walk	Female	4	Under 11	01:06:38
77	127	16	TA1291	Tanya	De Jonge	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:06:40
78	130	17	TA0288	Na	Li	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:33:31