AdventureRun : Rietvlei Dam

Rietvlei Night Run/Walk on 5th September 2018

10km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0654	Johann	Jacobs	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	00:41:45
2	2	1	TA2209	Jacques	Labuschagne	10km Trail Run/Walk	Male	40	Veteran (40-49)	00:43:57
3	4	2	TA2157	Hennie	Lotz	10km Trail Run/Walk	Male	41	Veteran (40-49)	00:46:01
4	6	1	TRAIL10632	Marius	Nel	10km Trail Run/Walk	Male	27	Senior (19-29)	00:50:24
5	7	2	TA1867	Mc	Du Toit	10km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:51:16
6	8	3	TA1112	Bernhard	Westra	10km Trail Run/Walk	Male	46	Veteran (40-49)	00:52:07
7	9	4	TRAIL11732	Terrence	Brink	10km Trail Run/Walk	Male	45	Veteran (40-49)	00:52:09
8	10	5	TA1029	Paul	Cordes	10km Trail Run/Walk	Male	41	Veteran (40-49)	00:52:21
9	11	6	TRAIL12483	Leon	Van Zyl	10km Trail Run/Walk	Male	47	Veteran (40-49)	00:53:41
10	12	7	TA2156	Thys	Schmidt	10km Trail Run/Walk	Male	46	Veteran (40-49)	00:53:55
11	14	2	TA1175	Jean-andre	Du Toit	10km Trail Run/Walk	Male	23	Senior (19-29)	00:54:57
12	15	3	TA0668	Cor	Coetzee	10km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	00:55:06
13	17	3	TA2312	Schalk	Greyling	10km Trail Run/Walk	Male	27	Senior (19-29)	00:55:48
14	21	4	TA2203	Hugo	Lombard	10km Trail Run/Walk	Male	27	Senior (19-29)	00:57:22
15	22	4	TA2250	Werner	Harmse	10km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:58:18
16	25	5	TA1043	Braam	Swanepoel	10km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	00:58:51
17	26	8	TA2210	Nantes	Combrinck	10km Trail Run/Walk	Male	43	Veteran (40-49)	00:59:20
18	28	5	TRAIL12158	Renier	Rossouw	10km Trail Run/Walk	Male	28	Senior (19-29)	01:00:30
19	29	6	TRAIL12057	Gideon	Hugo	10km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	01:00:32
20	30	9	TA0673	Tebogo	Fafudi	10km Trail Run/Walk	Male	44	Veteran (40-49)	01:00:42
21	32	6	TA0817	Jaques	Els	10km Trail Run/Walk	Male	29	Senior (19-29)	01:02:23
22	33	7	TA2129	Christo	Fischer	10km Trail Run/Walk	Male	31	Sub-Veteran (30-39)	01:02:33
23	37	7	TA1128	Keanan	Goodway	10km Trail Run/Walk	Male	20	Senior (19-29)	01:04:44
24	38	8	TA2115	Jacques	Theron	10km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	01:05:12
25	40	10	TA2137	Mauro	Belotti	10km Trail Run/Walk	Male	41	Veteran (40-49)	01:06:35
26	41	11	TA0739	Corne	Vermaak	10km Trail Run/Walk	Male	41	Veteran (40-49)	01:06:38
27	42	8	TA1836	Carlo	Pestana	10km Trail Run/Walk	Male	22	Senior (19-29)	01:06:47
28	44	9	TA2172	Armand	Potgieter	10km Trail Run/Walk	Male	26	Senior (19-29)	01:06:51
29	45	10	TA1037	Jacques	Maritz	10km Trail Run/Walk	Male	25	Senior (19-29)	01:06:54
30	46	1	TA0667	Johan	Celliers	10km Trail Run/Walk	Male	51	Master (50-59)	01:06:57
31	47	2	TRAIL12627	Craig	Pheiffer	10km Trail Run/Walk	Male	51	Master (50-59)	01:08:07
32	52	9	TA0682	Riaan	Jacobs	10km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	01:11:38
33	61	3	TRAIL10011	Graham	Hutchins	10km Trail Run/Walk	Male	54	Master (50-59)	01:44:19

34	63	4	TRAIL10533	Frik	Du Preez	10km Trail Run/Walk	Male	59	Master (50-59)	01:46:12
35	64	5	TRAIL10641	Gerhardus	Fourie	10km Trail Run/Walk	Male	56	Master (50-59)	01:46:12
36	67	1	TRAIL12270	Ric	Marini	10km Trail Run/Walk	Male	63	Grand-Master (60+)	01:52:24

10km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TRAIL10062	Nicky	Booyens	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:45:31
2	5	1	TRAIL11751	Yolande	Speedy	10km Trail Run/Walk	Female	41	Veteran (40-49)	00:46:49
3	13	1	TA0824	Rinel	Mclaren	10km Trail Run/Walk	Female	26	Senior (19-29)	00:54:39
4	16	2	TA0796	Hester	Kruger	10km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:55:46
5	18	3	TA1034	Zandri	Van Der Westhuizen	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:56:39
6	19	4	TA1027	Cherie	Siebert	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:56:43
7	20	2	TA2291	Suzanne	Du Toit	10km Trail Run/Walk	Female	28	Senior (19-29)	00:57:18
8	23	5	TA2247	Marilize	Harmse	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	00:58:19
9	24	3	TA1118	Bernice	Swanepoel	10km Trail Run/Walk	Female	29	Senior (19-29)	00:58:48
10	27	6	TRAIL12299	Janeane	Watt	10km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	00:59:28
11	31	4	TA2234	Eldene	Els	10km Trail Run/Walk	Female	29	Senior (19-29)	01:02:19
12	34	1	TA0843	Michelle	Snyders	10km Trail Run/Walk	Female	50	Master (50-59)	01:03:09
13	35	2	TA0768	Denise	Price	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:03:13
14	36	3	TRAIL12484	Anita	Blount	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:03:51
15	39	4	TA0601	Lara	Bayliss	10km Trail Run/Walk	Female	45	Veteran (40-49)	01:06:31
16	43	5	TA0836	Lorene	Streicher	10km Trail Run/Walk	Female	25	Senior (19-29)	01:06:50
17	48	6	TA1166	Simoné	Lourens	10km Trail Run/Walk	Female	26	Senior (19-29)	01:08:11
18	49	7	TA1129	Alicia	Willemse	10km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:08:22
19	50	7	TA2224	Mercy	Moloto	10km Trail Run/Walk	Female	26	Senior (19-29)	01:09:13
20	51	5	TA1807	Maitele	Tshifularo	10km Trail Run/Walk	Female	49	Veteran (40-49)	01:11:32
21	53	8	TA1130	Elaine	Jacobs	10km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	01:11:41
22	54	9	TA0694	Carla	Pottas	10km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:15:24
23	55	6	TRAIL11798	Antoinette	Hartslief	10km Trail Run/Walk	Female	47	Veteran (40-49)	01:15:48
24	56	10	TA1877	Chantell	Hanekom	10km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	01:17:31
25	57	11	TA0692	Cleopatra	Silaule	10km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	01:22:41
26	58	12	TA0655	Ria	Oberholzer	10km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	01:24:47
27	59	13	TA2214	Lizelle	Kruger	10km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	01:24:50
28	60	7	TRAIL10053	Adele	Sutherland	10km Trail Run/Walk	Female	40	Veteran (40-49)	01:44:19
29	62	2	TRAIL10640	Hettie	Fourie	10km Trail Run/Walk	Female	56	Master (50-59)	01:46:12
30	65	1	TA1114	Carol	Nepgen	10km Trail Run/Walk	Female	67	Grand-Master (60+)	01:52:24
31	66	2	TA1062	Martie	Boesenberg	10km Trail Run/Walk	Female	61	Grand-Master (60+)	01:52:24

5km Trail Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA1519	Prince	Motswenyane	5km Trail Run/Walk	Male	43	Veteran (40-49)	00:25:01
2	2	1	TA0378	Willem	Mare	5km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	00:26:27
3	3	1	TA0226	Stephen	Erasmus	5km Trail Run/Walk	Male	52	Master (50-59)	00:26:41
4	4	2	TA0215	Machiel	Bezuidenhout	5km Trail Run/Walk	Male	42	Veteran (40-49)	00:26:52
5	5	2	TRAIL12341	Charles	Norman	5km Trail Run/Walk	Male	39	Sub-Veteran (30-39)	00:27:00
6	7	1	TA1684	Johnavon	Klopper	5km Trail Run/Walk	Male	26	Senior (19-29)	00:27:36
7	8	1	TA1797	Lawrence	Teubes	5km Trail Run/Walk	Male	13	12 to 15	00:28:03
8	9	3	TA0179	Paul	Van Dyk	5km Trail Run/Walk	Male	49	Veteran (40-49)	00:28:08
9	10	2	TRAIL10747	Matthew	Robson	5km Trail Run/Walk	Male	29	Senior (19-29)	00:28:15
10	12	4	TA0537	Louis	Lange	5km Trail Run/Walk	Male	46	Veteran (40-49)	00:28:35
11	13	2	TRAIL13028	Albie	Bosch	5km Trail Run/Walk	Male	53	Master (50-59)	00:28:44
12	14	5	TRAIL10831	Fanie	Robbertse	5km Trail Run/Walk	Male	46	Veteran (40-49)	00:29:13
13	15	6	TRAIL11847	James	Wood	5km Trail Run/Walk	Male	41	Veteran (40-49)	00:29:49
14	17	3	TA0196	Renier	Knoetze	5km Trail Run/Walk	Male	26	Senior (19-29)	00:30:03
15	20	3	TA1672	Krynauw	Coomans	5km Trail Run/Walk	Male	33	Sub-Veteran (30-39)	00:30:46
16	21	1	TA1674	Jc	Kleynhans	5km Trail Run/Walk	Male	8	Under 11	00:30:59
17	22	1	TRAIL10759	Allen	West	5km Trail Run/Walk	Male	63	Grand-Master (60+)	00:31:02
18	26	7	TA0394	Lee	Herrmann	5km Trail Run/Walk	Male	40	Veteran (40-49)	00:31:19
19	29	4	TA0151	Regardt	Van Vuuren	5km Trail Run/Walk	Male	29	Senior (19-29)	00:32:13
20	31	2	TA0029	Enrique	Reynecke	5km Trail Run/Walk	Male	10	Under 11	00:32:25
21	35	3	TRAIL13017	Johan	Snyman	5km Trail Run/Walk	Male	51	Master (50-59)	00:33:34
22	36	8	TA0298	Wim	Vorster	5km Trail Run/Walk	Male	49	Veteran (40-49)	00:34:07
23	38	4	TA0732	Cedric	Van Nieuwenhuizen	5km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:34:19
24	40	5	TA0195	Werner	Botha	5km Trail Run/Walk	Male	27	Senior (19-29)	00:34:35
25	41	6	TA0573	Jp	Joubert	5km Trail Run/Walk	Male	28	Senior (19-29)	00:34:41
26	43	4	TA0087	David	Southwood	5km Trail Run/Walk	Male	52	Master (50-59)	00:35:14
27	44	9	TA0080	Johnny	Van Der Westhuizen	5km Trail Run/Walk	Male	44	Veteran (40-49)	00:35:22
28	45	3	TA0434	Jean	De Villiers	5km Trail Run/Walk	Male	6	Under 11	00:35:27
29	47	5	TA0392	Christiaan	Coetzee	5km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	00:35:33
30	49	10	TA0444	Jannie	De Villiers	5km Trail Run/Walk	Male	43	Veteran (40-49)	00:35:52
31	50	5	TRAIL11168	Glyn	Boddy	5km Trail Run/Walk	Male	53	Master (50-59)	00:35:57
32	52	4	TA0051	Viktor	Kleynhans	5km Trail Run/Walk	Male	7	Under 11	00:36:05
33	55	7	TA0300	Ian	Vd Spuy	5km Trail Run/Walk	Male	27	Senior (19-29)	00:36:16
34	56	5	TA0121	Dean	Pottas	5km Trail Run/Walk	Male	11	Under 11	00:36:24
35	58	8	TA1718	Hermann	Post	5km Trail Run/Walk	Male	28	Senior (19-29)	00:37:12
36	59	1	TA0268	Julio	Reynecke	5km Trail Run/Walk	Male	17	16 to 18	00:37:18
37	60	6	TA0511	Gerhard	Groenewald	5km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:37:21
38	66	6	TA1104	Jacobus Nel	Blaauw	5km Trail Run/Walk	Male	50	Master (50-59)	00:38:18
39	69	7	TA1785	Gert	Schoeman	5km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:38:29

40	70	8	TA0286	Wouter	Labuschagne	5km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:38:42
41	76	9	TA1757	Paul	Stevens	5km Trail Run/Walk	Male	36	Sub-Veteran (30-39)	00:40:08
42	82	10	TA0098	Renier	Van Staden	5km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:40:32
43	85	11	TA0565	Deon	Willemse	5km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:41:07
44	86	11	TA0041	Philip	Koornhof	5km Trail Run/Walk	Male	47	Veteran (40-49)	00:41:11
45	87	12	TA1552	Riaan	Pheiffer	5km Trail Run/Walk	Male	48	Veteran (40-49)	00:41:33
46	92	12	TA0575	Thavi	Ellary	5km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:42:16
47	97	2	TRAIL12982	Rufan	Palm	5km Trail Run/Walk	Male	62	Grand-Master (60+)	00:44:02
48	100	13	TA0390	Jacques	Pottas	5km Trail Run/Walk	Male	45	Veteran (40-49)	00:44:42
49	101	14	TA1028	Wiets	Nienaber	5km Trail Run/Walk	Male	49	Veteran (40-49)	00:44:50
50	102	6	TA1596	Liam	Nienaber	5km Trail Run/Walk	Male	5	Under 11	00:44:51
51	103	7	TA0407	Figo	Van Der Walt	5km Trail Run/Walk	Male	5	Under 11	00:45:50
52	104	15	TA0043	Roland	Van Der Walt	5km Trail Run/Walk	Male	40	Veteran (40-49)	00:45:52
53	107	13	TA0233	Mpho	Sethole	5km Trail Run/Walk	Male	35	Sub-Veteran (30-39)	00:46:36
54	108	9	TA0343	Monico	Boshoff	5km Trail Run/Walk	Male	28	Senior (19-29)	00:46:54
55	112	8	TA0341	Arje	Koegelenberg	5km Trail Run/Walk	Male	11	Under 11	00:47:59
56	113	3	TA0384	John	Tringham	5km Trail Run/Walk	Male	76	Grand-Master (60+)	00:48:02
57	116	16	TA1707	George	Schoeman	5km Trail Run/Walk	Male	44	Veteran (40-49)	00:49:41
58	117	2	TA0576	Gabriel	Melaia	5km Trail Run/Walk	Male	14	12 to 15	00:49:54
59	118	7	TA1571	Robert	Melaio	5km Trail Run/Walk	Male	51	Master (50-59)	00:49:58
60	122	8	TA0391	Kobus	Muller	5km Trail Run/Walk	Male	59	Master (50-59)	00:51:06
61	124	9	TA0477	Judy	Carpenter	5km Trail Run/Walk	Male	59	Master (50-59)	00:51:48
62	126	4	TA0302	Dries	Maree	5km Trail Run/Walk	Male	61	Grand-Master (60+)	00:51:53
63	128	10	TA0445	Herman	Habig	5km Trail Run/Walk	Male	50	Master (50-59)	00:51:58
64	131	17	TRAIL10187	Kevin	Joffe	5km Trail Run/Walk	Male	45	Veteran (40-49)	00:52:14
65	135	10	TA0339	Louis	Fourie	5km Trail Run/Walk	Male	29	Senior (19-29)	00:53:20
66	136	5	TA0234	Riaan	De Kock	5km Trail Run/Walk	Male	65	Grand-Master (60+)	00:53:23
67	139	11	TA0436	Sj	Niemand	5km Trail Run/Walk	Male	27	Senior (19-29)	00:53:33
68	140	14	TA0413	Christoffel	Venter	5km Trail Run/Walk	Male	32	Sub-Veteran (30-39)	00:53:47
69	141	11	TA0508	Hannes	Kruger	5km Trail Run/Walk	Male	58	Master (50-59)	00:53:49
70	143	6	TA1743	Stephen	Van Rooyen	5km Trail Run/Walk	Male	60	Grand-Master (60+)	00:53:53
71	144	18	TA0033	Abri	Hoffman	5km Trail Run/Walk	Male	45	Veteran (40-49)	00:53:58
72	146	15	TA0380	Leunis	Van Rooyen	5km Trail Run/Walk	Male	30	Sub-Veteran (30-39)	00:54:34
73	147	12	TA0147	Leunis	Van Rooyen	5km Trail Run/Walk	Male	57	Master (50-59)	00:54:36
74	149	16	TA1665	Francois	Du Toit	5km Trail Run/Walk	Male	38	Sub-Veteran (30-39)	00:54:48
75	150	17	TA0119	Hersheal	Tait	5km Trail Run/Walk	Male	34	Sub-Veteran (30-39)	00:55:00
76	154	12	TA0408	Franko	Labuschagne	5km Trail Run/Walk	Male	23	Senior (19-29)	00:55:09
77	156	13	TA0349	Johann	De Meyer	5km Trail Run/Walk	Male	58	Master (50-59)	00:55:44
78	160	7	TA1724	Jean	Nepgen	5km Trail Run/Walk	Male	73	Grand-Master (60+)	00:56:04
79	163	14	TA1604	Pieter	Botha	5km Trail Run/Walk	Male	56	Master (50-59)	00:57:03
80	164	8	TA0169	Joseph	Stephens	5km Trail Run/Walk	Male	64	Grand-Master (60+)	00:57:10
81	165	9	TA0009	Braam	Louw	5km Trail Run/Walk	Male	60	Grand-Master (60+)	00:57:15

82	166	2	TA0429	Quentin	Pratley	5km Trail Run/Walk	Male	18	16 to 18	00:57:45
83	170	15	TA0310	Martin	Teubes	5km Trail Run/Walk	Male	50	Master (50-59)	00:57:56
84	181	13	TA0567	Lamont	Reynecke	5km Trail Run/Walk	Male	22	Senior (19-29)	01:11:49
85	183	10	TA0462	Neville	Muir	5km Trail Run/Walk	Male	79	Grand-Master (60+)	01:16:00

5km Trail Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	6	1	TA0206	Mariche	Proudfoot	5km Trail Run/Walk	Female	27	Senior (19-29)	00:27:32
2	11	1	TA0238	Hope	Lange	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:28:21
3	16	2	TA0375	Karisma	Erasmus	5km Trail Run/Walk	Female	24	Senior (19-29)	00:29:58
4	18	2	TRAIL13015	Nadia	Bosch	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:30:14
5	19	3	TA0202	Yolandi	Coomans	5km Trail Run/Walk	Female	28	Senior (19-29)	00:30:43
6	23	4	TA0574	Jarita	Kemp	5km Trail Run/Walk	Female	23	Senior (19-29)	00:31:06
7	24	1	TA0362	Cor	Kleynhans	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	00:31:10
8	25	5	TA0171	Kimberley	Beyl	5km Trail Run/Walk	Female	24	Senior (19-29)	00:31:17
9	27	2	TA1031	Jacky	Guthrie	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:31:24
10	28	6	TA1657	Denise	Nelson	5km Trail Run/Walk	Female	29	Senior (19-29)	00:31:50
11	30	7	TA0299	Georgia	Carpenter	5km Trail Run/Walk	Female	29	Senior (19-29)	00:32:15
12	32	8	TA1755	Andrea	Nel	5km Trail Run/Walk	Female	27	Senior (19-29)	00:32:28
13	33	9	TA0403	Nicolette	Joubert	5km Trail Run/Walk	Female	24	Senior (19-29)	00:32:52
14	34	3	TA1705	Angela	Steenkamp	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:33:18
15	37	3	TA0633	Waldeen	Fouche	5km Trail Run/Walk	Female	37	Sub-Veteran (30-39)	00:34:15
16	39	10	TA0337	Nevana	Botha	5km Trail Run/Walk	Female	26	Senior (19-29)	00:34:33
17	42	4	TRAIL11074	Larissa	West	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:34:53
18	46	1	TA0427	Line	De Villiers	5km Trail Run/Walk	Female	9	Under 11	00:35:30
19	48	5	TA0168	Karen	De Villiers	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:35:46
20	51	6	TA0554	Amanda	Mynhardt	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:36:03
21	53	7	TA0296	Mariya	Kalashnikova	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:36:08
22	54	11	TA0272	Crystal	Muller	5km Trail Run/Walk	Female	27	Senior (19-29)	00:36:14
23	57	4	TA0198	Erika	Lotheringen	5km Trail Run/Walk	Female	42	Veteran (40-49)	00:36:48
24	61	12	TA0145	Danita	Lotter	5km Trail Run/Walk	Female	28	Senior (19-29)	00:37:24
25	62	8	TA0453	Desiree	Erasmus	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:37:28
26	63	5	TA0388	Nina	Swanepoel	5km Trail Run/Walk	Female	41	Veteran (40-49)	00:37:30
27	64	9	TA0084	Anzel	Van Der Schyff	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:37:33
28	65	13	TA0525	Surita	Nel	5km Trail Run/Walk	Female	26	Senior (19-29)	00:37:40
29	67	14	TA1775	Marissa	Labuschagne	5km Trail Run/Walk	Female	27	Senior (19-29)	00:38:25
30	68	10	TA0320	Louise	Hattingh	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:38:28
31	71	11	TA1659	Marleen	Fischer	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:39:23
32	72	6	TA1587	Elzabe	Heymans	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:39:29
33	73	1	TA0515	Riana	Ehlers	5km Trail Run/Walk	Female	57	Master (50-59)	00:39:52
34	74	7	TA0303	Marliza	Le Roux	5km Trail Run/Walk	Female	43	Veteran (40-49)	00:40:04
35	75	12	TA1573	Louise	Van Der Merwe	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:40:06
36	77	13	TA0398	Courtney	Stevens	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:40:09
37	78	14	TA1595	Donna	Hornigold	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:40:11
38	79	15	TA1693	Carmie	Wandrag	5km Trail Run/Walk	Female	31	Sub-Veteran (30-39)	00:40:13
39	80	8	TA0464	Lucy	Erasmus	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:40:17
40	81	16	TA1546	Johanni	Smit	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:40:24

41	83	9	TRAIL10850	Wika	Esterhuizen	5km Trail Run/Walk	Female	45	Veteran (40-49)	00:40:45
42	84	1	TA0192	Grazyna Marianna Aletta	Koornhof	5km Trail Run/Walk	Female	12	12 to 15	00:41:01
43	88	15	TA0359	Anrea	Louw	5km Trail Run/Walk	Female	28	Senior (19-29)	00:41:37
44	89	17	TRAIL11464	Tracy Lee	Goncalves	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:41:47
45	90	18	TA0251	Melisa	Bezuidenhout	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:41:51
46	91	19	TA0415	Cornel	Van Aardt	5km Trail Run/Walk	Female	33	Sub-Veteran (30-39)	00:41:53
47	93	20	TA1768	Cecile	Masuret	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:42:25
48	94	2	TRAIL11880	Luitha	Dafel	5km Trail Run/Walk	Female	58	Master (50-59)	00:43:01
49	95	21	TA0218	Martelie	Laney	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:43:07
50	96	10	TA0247	Liezil	Pienaar	5km Trail Run/Walk	Female	48	Veteran (40-49)	00:43:51
51	98	3	TRAIL12853	Junita	Palm	5km Trail Run/Walk	Female	57	Master (50-59)	00:44:05
52	99	4	TA0189	Grazyna	Koornhof	5km Trail Run/Walk	Female	55	Master (50-59)	00:44:37
53	105	11	TA0232	Lynn	Brown	5km Trail Run/Walk	Female	49	Veteran (40-49)	00:46:13
54	106	22	TA0266	Cora-marie	De Bruin	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:46:22
55	109	16	TA0330	Angie	Guthrie	5km Trail Run/Walk	Female	28	Senior (19-29)	00:46:57
56	110	17	TA0248	Nadine	Ruddy	5km Trail Run/Walk	Female	28	Senior (19-29)	00:46:59
57	111	23	TA0047	Janine	Guthrie	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	00:47:01
58	114	24	TA0167	Elzaan	Koegelenberg	5km Trail Run/Walk	Female	38	Sub-Veteran (30-39)	00:48:05
59	115	5	TA0278	Kedibone	Lebethe	5km Trail Run/Walk	Female	54	Master (50-59)	00:49:38
60	119	6	TA2319	Lana	Maritz	5km Trail Run/Walk	Female	55	Master (50-59)	00:50:17
61	120	25	TA0992	Yolandi	Pretorius	5km Trail Run/Walk	Female	30	Sub-Veteran (30-39)	00:50:21
62	121	18	TA0197	Inge	Kleinhans	5km Trail Run/Walk	Female	25	Senior (19-29)	00:50:31
63	123	7	TA1700	Mitzi	Rossouw	5km Trail Run/Walk	Female	53	Master (50-59)	00:51:14
64	125	8	TA0377	Karin	Maree	5km Trail Run/Walk	Female	59	Master (50-59)	00:51:50
65	127	9	TA1653	Ronel	Mojet	5km Trail Run/Walk	Female	50	Master (50-59)	00:51:54
66	129	26	TA0155	Yolandi	Ferreira	5km Trail Run/Walk	Female	32	Sub-Veteran (30-39)	00:52:03
67	130	19	TA1796	Phylmari	Hall	5km Trail Run/Walk	Female	28	Senior (19-29)	00:52:04
68	132	27	TRAIL10234	Veronique	Quinnell	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:52:19
69	133	12	TA0559	Claudette	Vianello	5km Trail Run/Walk	Female	49	Veteran (40-49)	00:52:48
70	134	1	TA0290	Lydia	Wolmarans	5km Trail Run/Walk	Female	61	Grand-Master (60+)	00:53:17
71	137	20	TA1527	Carien	Fourie	5km Trail Run/Walk	Female	25	Senior (19-29)	00:53:26
72	138	21	TA0476	Suhane	Niemand	5km Trail Run/Walk	Female	27	Senior (19-29)	00:53:30
73	142	22	TA0414	Zydelia	Kleinhans	5km Trail Run/Walk	Female	26	Senior (19-29)	00:53:52
74	145	28	TA1799	Rona	Van Der Riet	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:54:00
75	148	29	TRAIL13002	Hannelie	Du Toit	5km Trail Run/Walk	Female	39	Sub-Veteran (30-39)	00:54:44
76	151	30	TA0306	Chantel	Rademan	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:55:02
77	152	31	TA1754	Alicia	Schoeman	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:55:04
78	153	23	TA0291	Chanel	Harris	5km Trail Run/Walk	Female	27	Senior (19-29)	00:55:08
79	155	10	TA0346	Emmerentia	De Meyer	5km Trail Run/Walk	Female	59	Master (50-59)	00:55:41
80	157	13	TA1567	Suzette	Van Heerden	5km Trail Run/Walk	Female	46	Veteran (40-49)	00:55:50
81	158	11	TA0313	Emily	Bekker	5km Trail Run/Walk	Female	57	Master (50-59)	00:55:52
82	159	2	TRAIL12321	Dorothy	Van Heerden	5km Trail Run/Walk	Female	74	Grand-Master (60+)	00:55:54

83	161	12	TA1708	Bellie	Kruger	5km Trail Run/Walk	Female	58	Master (50-59)	00:56:16
84	162	13	TA0386	Marie	Van Rooyen	5km Trail Run/Walk	Female	56	Master (50-59)	00:56:19
85	167	24	TA0312	Winner	Monica	5km Trail Run/Walk	Female	27	Senior (19-29)	00:57:49
86	168	14	TA1625	Zani	Teubes	5km Trail Run/Walk	Female	49	Veteran (40-49)	00:57:51
87	169	15	TA0517	Elmarie	Van Dyk	5km Trail Run/Walk	Female	47	Veteran (40-49)	00:57:55
88	171	32	TA0376	Retha	Mare	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	00:58:01
89	172	33	TA0042	Mathilda	Le Roux	5km Trail Run/Walk	Female	36	Sub-Veteran (30-39)	00:58:03
90	173	3	TA0244	Elizabeth	Stephens	5km Trail Run/Walk	Female	62	Grand-Master (60+)	00:59:05
91	174	14	TA0578	Alinda	Louw	5km Trail Run/Walk	Female	57	Master (50-59)	00:59:08
92	175	25	TA0379	Marili	Engelbrecht	5km Trail Run/Walk	Female	28	Senior (19-29)	01:00:12
93	176	34	TA1671	Nicolien	Van Der Brugge	5km Trail Run/Walk	Female	35	Sub-Veteran (30-39)	01:00:15
94	177	16	TA1636	Chandra	Booysen	5km Trail Run/Walk	Female	47	Veteran (40-49)	01:02:28
95	178	17	TA1629	Raelean	Melaia	5km Trail Run/Walk	Female	43	Veteran (40-49)	01:02:44
96	179	2	TA1784	Nicola	Melaia	5km Trail Run/Walk	Female	10	Under 11	01:02:46
97	180	18	TA1617	Ciska	Reynecke	5km Trail Run/Walk	Female	45	Veteran (40-49)	01:11:45
98	182	35	TA0529	Thoko	Mokoena	5km Trail Run/Walk	Female	34	Sub-Veteran (30-39)	01:11:51