



AdventureRun : Irene Golf Course

Wellness Night Run/Walk on 19th September 2018



10km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL12471	Adam	Moroko	10km	Male	40	Veteran (40-49)	00:38:47
2	2	1	TA2291	Reatlegile	Mosweu	10km	Male	13	12 to 15	00:38:49
3	3	1	TA0839	Conrad	Watt	10km	Male	31	Sub-Veteran (30-39)	00:40:11
4	5	2	TRAIL12830	Paul	Norris	10km	Male	46	Veteran (40-49)	00:45:17
5	6	1	TA0659	Ulysse	Arliguiies	10km	Male	25	Senior (19-29)	00:45:56
6	8	2	TA1876	Damian	Clamp	10km	Male	26	Senior (19-29)	00:47:37
7	9	2	TA1021	Jaco	Mare	10km	Male	35	Sub-Veteran (30-39)	00:47:49
8	12	1	TA0632	Andre	Jacobs	10km	Male	52	Master (50-59)	00:51:33
9	13	3	TA1893	Mc	Du Toit	10km	Male	38	Sub-Veteran (30-39)	00:51:59
10	15	3	TA1813	Prince	Motswenyane	10km	Male	43	Veteran (40-49)	00:52:14
11	16	4	TA2307	Rhandzu	Mkhombo	10km	Male	41	Veteran (40-49)	00:52:35
12	17	2	TA2269	William	Wentzel	10km	Male	50	Master (50-59)	00:52:37
13	18	4	TA2249	Brian	Mclagan	10km	Male	35	Sub-Veteran (30-39)	00:54:53
14	19	5	TA2319	Phillip	Van Heerden	10km	Male	46	Veteran (40-49)	00:57:06
15	20	3	TA0739	Brett	Kent	10km	Male	28	Senior (19-29)	00:57:32
16	21	6	TA0857	Conrad	Langerman	10km	Male	43	Veteran (40-49)	00:57:40
17	22	3	TRAIL12255	Johan	Scheepers	10km	Male	55	Master (50-59)	00:57:46
18	23	7	TRAIL10831	Fanie	Robbertse	10km	Male	46	Veteran (40-49)	00:57:50
19	24	8	TA2146	Thys	Schmidt	10km	Male	46	Veteran (40-49)	00:58:01
20	25	4	TRAIL12759	Peter	Perks	10km	Male	58	Master (50-59)	00:58:04
21	26	9	TA0693	Duncan	James	10km	Male	44	Veteran (40-49)	00:58:11
22	27	1	TRAIL10171	Hennie	Prinsloo	10km	Male	63	Grand-Master (60+)	00:58:21
23	28	5	TRAIL12341	Charles	Norman	10km	Male	39	Sub-Veteran (30-39)	00:58:23
24	29	2	TA2205	Dirk	Brink	10km	Male	60	Grand-Master (60+)	00:58:35
25	33	10	TA1128	Jan	Cloete	10km	Male	40	Veteran (40-49)	00:59:14
26	35	3	TA2122	Werner	Jakoby	10km	Male	63	Grand-Master (60+)	00:59:27
27	37	6	TA0774	Jean-pierre	Pitout	10km	Male	38	Sub-Veteran (30-39)	01:01:19
28	39	7	TA2156	Nyico	Mkhombo	10km	Male	36	Sub-Veteran (30-39)	01:04:02
29	40	4	TRAIL10254	Alex	Maree	10km	Male	28	Senior (19-29)	01:04:04
30	42	5	TA0608	Johan	Celliers	10km	Male	51	Master (50-59)	01:04:37
31	44	5	TA0627	Hendrik	Viljoen	10km	Male	24	Senior (19-29)	01:08:11
32	45	6	TA1852	Steven	Nel	10km	Male	28	Senior (19-29)	01:08:15
33	46	8	TA2222	Jacques	Van Der Merwe	10km	Male	39	Sub-Veteran (30-39)	01:09:11

34	47	11	TA0673	Eugene	Nel	10km	Male	40	Veteran (40-49)	01:09:46
35	48	9	TA0841	Arno	Lourens	10km	Male	39	Sub-Veteran (30-39)	01:10:21
36	50	7	TA0999	Philip	Van Der Merwe	10km	Male	25	Senior (19-29)	01:14:12
37	51	8	TA0666	Timothy	Clough	10km	Male	25	Senior (19-29)	01:14:16
38	52	10	TA2295	Gavin	Cronje	10km	Male	39	Sub-Veteran (30-39)	01:15:46
39	55	12	TA0692	Mandla	Mehlomakulu	10km	Male	44	Veteran (40-49)	01:16:15
40	57	11	TA0781	Deon	Willemse	10km	Male	32	Sub-Veteran (30-39)	01:18:46
41	60	4	TRAIL12270	Ric	Marini	10km	Male	63	Grand-Master (60+)	01:27:30
42	65	6	TRAIL10533	Frik	Du Preez	10km	Male	59	Master (50-59)	01:57:25
43	68	5	TA2164	Dean	Mcclelland	10km	Male	65	Grand-Master (60+)	01:57:25
44	69	7	TRAIL10011	Graham	Hutchins	10km	Male	54	Master (50-59)	01:57:25

10km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	4	1	TA0759	Myrette	Brink	10km	Female	37	Sub-Veteran (30-39)	00:43:51
2	7	2	TRAIL10062	Nicky	Booyens	10km	Female	39	Sub-Veteran (30-39)	00:46:41
3	10	1	TA1029	Laura	Beamish	10km	Female	28	Senior (19-29)	00:49:12
4	11	2	TA2342	Liezl	Kerling	10km	Female	26	Senior (19-29)	00:50:11
5	14	3	TA0631	Anri	Potgieter	10km	Female	29	Senior (19-29)	00:52:02
6	30	4	TA1825	Alicha	Van Heerder	10km	Female	22	Senior (19-29)	00:58:41
7	31	3	TA2213	Emilia	Du Preez	10km	Female	37	Sub-Veteran (30-39)	00:58:44
8	32	4	TA1064	Jeanine	De Beer	10km	Female	37	Sub-Veteran (30-39)	00:58:46
9	34	5	TA1038	Morgane	Martin	10km	Female	27	Senior (19-29)	00:59:19
10	36	5	TA1179	Jeanne	Muller	10km	Female	31	Sub-Veteran (30-39)	01:00:15
11	38	6	TRAIL12299	Janeane	Watt	10km	Female	36	Sub-Veteran (30-39)	01:03:00
12	41	7	TA0864	Amanda	Van Heerden	10km	Female	35	Sub-Veteran (30-39)	01:04:29
13	43	6	TA0782	Samantha	Taylor	10km	Female	24	Senior (19-29)	01:08:08
14	49	7	TA2160	Mercy	Moloto	10km	Female	26	Senior (19-29)	01:11:28
15	53	8	TA1047	Bronwen	Cronje	10km	Female	34	Sub-Veteran (30-39)	01:15:48
16	54	1	TA1811	Ravanne	Matthews	10km	Female	42	Veteran (40-49)	01:16:12
17	56	9	TA1860	Alicia	Willemse	10km	Female	31	Sub-Veteran (30-39)	01:18:44
18	58	2	TA2214	Nongumiso	Mzizana	10km	Female	46	Veteran (40-49)	01:18:54
19	59	1	TRAIL10836	Ina	Beamish	10km	Female	56	Master (50-59)	01:22:02
20	61	8	TA1114	Chenise	Govender	10km	Female	25	Senior (19-29)	01:30:15
21	62	10	TA2290	Chantell	Moss	10km	Female	33	Sub-Veteran (30-39)	01:30:36
22	63	1	TRAIL12321	Dorothy	Van Heerden	10km	Female	74	Grand-Master (60+)	01:51:00
23	64	2	TRAIL12324	Frances	Steel	10km	Female	73	Grand-Master (60+)	01:51:00
24	66	2	TRAIL10052	Lesley	Hutchins	10km	Female	56	Master (50-59)	01:57:25
25	67	3	TRAIL10053	Adele	Sutherland	10km	Female	40	Veteran (40-49)	01:57:25

5km:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0453	Thato	Thejane	5km	Male	11	Under 11	00:20:06
2	5	1	TRAIL11732	Terrence	Brink	5km	Male	45	Veteran (40-49)	00:25:07
3	6	1	TA0362	Johan	Meyer	5km	Male	33	Sub-Veteran (30-39)	00:25:43
4	7	1	TA0163	Stephen	Erasmus	5km	Male	52	Master (50-59)	00:26:16
5	10	2	TA0403	Bruce	Dralle	5km	Male	31	Sub-Veteran (30-39)	00:28:07
6	11	2	TA1748	Machiel	Bezuidenhout	5km	Male	42	Veteran (40-49)	00:28:12
7	12	3	TA1759	Michael	Strydom	5km	Male	39	Sub-Veteran (30-39)	00:28:15
8	13	3	TRAIL11847	James	Wood	5km	Male	41	Veteran (40-49)	00:29:09
9	14	4	TRAIL12668	Riaan	Van Schalkwyk	5km	Male	39	Sub-Veteran (30-39)	00:29:13
10	15	4	TA0588	Willem	Venter	5km	Male	44	Veteran (40-49)	00:29:26
11	16	1	TRAIL10747	Matthew	Robson	5km	Male	29	Senior (19-29)	00:29:36
12	19	2	TA0223	Johan	Van Der Walt	5km	Male	59	Master (50-59)	00:30:25
13	20	3	TA0374	Herman	Snyman	5km	Male	54	Master (50-59)	00:30:32
14	21	4	TRAIL10003	Shane	Gouldie	5km	Male	58	Master (50-59)	00:30:58
15	22	5	TA0299	Sw	Engelbrecht	5km	Male	40	Veteran (40-49)	00:31:10
16	23	6	TA0377	Sabelo	Thabethe	5km	Male	40	Veteran (40-49)	00:31:15
17	26	2	TA1708	Regardt	Van Vuuren	5km	Male	29	Senior (19-29)	00:31:47
18	27	5	TA0378	Marius	Pienaar	5km	Male	51	Master (50-59)	00:31:51
19	28	5	TA0210	Stefan	Laubscher	5km	Male	38	Sub-Veteran (30-39)	00:33:07
20	29	1	TRAIL10759	Allen	West	5km	Male	64	Grand-Master (60+)	00:33:38
21	33	6	TA0356	Rutger	Peters	5km	Male	30	Sub-Veteran (30-39)	00:34:36
22	34	7	TA0468	Corne	Vermaak	5km	Male	41	Veteran (40-49)	00:34:53
23	36	2	TA0768	Jacobus	Loots	5km	Male	68	Grand-Master (60+)	00:35:02
24	39	3	TA0312	Stephen	Mullon	5km	Male	29	Senior (19-29)	00:35:15
25	41	6	TA2121	Michael	Senning	5km	Male	54	Master (50-59)	00:35:29
26	44	4	TA0408	Jack	Baldock	5km	Male	25	Senior (19-29)	00:35:45
27	46	7	TRAIL11168	Glyn	Boddy	5km	Male	53	Master (50-59)	00:36:08
28	47	7	TA0218	Johannes	Prinsloo	5km	Male	37	Sub-Veteran (30-39)	00:36:10
29	49	8	TA0353	Andy	Maritz	5km	Male	32	Sub-Veteran (30-39)	00:36:15
30	50	9	TA0189	Francois	Muller	5km	Male	33	Sub-Veteran (30-39)	00:36:16
31	55	5	TA0080	Cowin	Ray	5km	Male	23	Senior (19-29)	00:36:38
32	57	10	TA1796	Leendert	Roos	5km	Male	32	Sub-Veteran (30-39)	00:36:42
33	59	6	TA0119	Jurgens	De Jager	5km	Male	26	Senior (19-29)	00:36:48
34	65	11	TA1768	Deon	Nieuwoudt	5km	Male	30	Sub-Veteran (30-39)	00:38:00
35	75	8	TRAIL12985	Gary	Noakes	5km	Male	58	Master (50-59)	00:38:59
36	79	8	TA0565	Philip	Koornhof	5km	Male	47	Veteran (40-49)	00:39:09
37	88	2	TA0483	Oliver	Richards	5km	Male	10	Under 11	00:39:54
38	97	9	TA0508	Paul	Mullon	5km	Male	59	Master (50-59)	00:41:04
39	98	7	TA0388	Christopher Daniel	Sotiralis	5km	Male	22	Senior (19-29)	00:41:36

40	103	12	TA0455	Mpho	Sethole	5km	Male	35	Sub-Veteran (30-39)	00:42:45
41	105	3	TRAIL12982	Rufan	Palm	5km	Male	62	Grand-Master (60+)	00:43:05
42	109	8	TA0348	Tim	Hartley	5km	Male	29	Senior (19-29)	00:43:30
43	112	9	TA0339	Stewart	Muller	5km	Male	29	Senior (19-29)	00:44:51
44	118	4	TA0545	Pieter	Morkel	5km	Male	71	Grand-Master (60+)	00:46:26
45	120	10	TA0295	Jacques	Malan	5km	Male	28	Senior (19-29)	00:46:51
46	124	5	TA0188	Malcolm	Mackenzie	5km	Male	65	Grand-Master (60+)	00:47:27
47	128	13	TA2157	Jacques	Theron	5km	Male	30	Sub-Veteran (30-39)	00:51:30
48	131	14	TRAIL10391	Daniel	Schoeman	5km	Male	37	Sub-Veteran (30-39)	00:52:42
49	132	15	TA0176	Jacques	Oberholzer	5km	Male	39	Sub-Veteran (30-39)	00:52:58
50	141	10	TA0417	Mark	Richardson	5km	Male	54	Master (50-59)	00:54:27
51	143	9	TA0369	Philip	Masingi	5km	Male	40	Veteran (40-49)	00:54:31
52	144	10	TA1529	Dewald	Botma	5km	Male	43	Veteran (40-49)	00:54:42
53	148	11	TA0390	Francois	Olivier	5km	Male	41	Veteran (40-49)	00:55:50
54	154	11	TA0001	Neil	Crafford-lazarus	5km	Male	59	Master (50-59)	00:56:40
55	164	12	TA1587	Vernon	Strauss	5km	Male	58	Master (50-59)	00:59:08
56	165	3	TA0443	Heinrich	Laubscher	5km	Male	6	Under 11	01:03:43
57	168	16	TA0479	Rudolph	Van Der Merwe	5km	Male	38	Sub-Veteran (30-39)	01:04:19

5km:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA0514	Sesi	Molapo	5km	Female	12	12 to 15	00:22:15
2	3	2	TA1550	Basetsana	Maphosa	5km	Female	13	12 to 15	00:23:39
3	4	1	TA0036	Sue	Peterkin	5km	Female	51	Master (50-59)	00:24:52
4	8	1	TA0251	Abigail	Van Heerden	5km	Female	11	Under 11	00:27:16
5	9	1	TA0184	Karisma	Erasmus	5km	Female	24	Senior (19-29)	00:27:21
6	17	1	TA0330	Lisa	Venter	5km	Female	44	Veteran (40-49)	00:29:39
7	18	2	TRAIL13015	Nadia	Bosch	5km	Female	47	Veteran (40-49)	00:30:04
8	24	1	TA1671	Chantell	Sinden	5km	Female	32	Sub-Veteran (30-39)	00:31:23
9	25	2	TA0168	Denise	Nelson	5km	Female	29	Senior (19-29)	00:31:45
10	30	2	TRAIL11074	Larissa	West	5km	Female	34	Sub-Veteran (30-39)	00:33:41
11	31	3	TA1650	Jomi	Vermaak	5km	Female	27	Senior (19-29)	00:33:47
12	32	3	TA0976	Estelle	Holtzhausen	5km	Female	36	Sub-Veteran (30-39)	00:33:49
13	35	3	TA0202	Lizette	Prinsloo	5km	Female	42	Veteran (40-49)	00:34:56
14	37	4	TA0120	Stephanie	De Beer	5km	Female	29	Senior (19-29)	00:35:07
15	38	4	TA0573	Erika	Lotheringen	5km	Female	42	Veteran (40-49)	00:35:11
16	40	1	TA0854	Leonie	Loots	5km	Female	66	Grand-Master (60+)	00:35:27
17	42	4	TA0559	Karolien	Muller	5km	Female	37	Sub-Veteran (30-39)	00:35:35
18	43	5	TA0416	Janet	Stolp	5km	Female	36	Sub-Veteran (30-39)	00:35:37
19	45	6	TA0287	Charlotte	Rossouw	5km	Female	39	Sub-Veteran (30-39)	00:36:03
20	48	5	TA0213	Johande	Ehlers	5km	Female	28	Senior (19-29)	00:36:14
21	51	2	TRAIL12290	Georgina	Bester	5km	Female	54	Master (50-59)	00:36:20
22	52	7	TRAIL12665	Adri	Slabbert	5km	Female	38	Sub-Veteran (30-39)	00:36:21
23	53	6	TRAIL11728	Tamarin	Jurgens	5km	Female	29	Senior (19-29)	00:36:25
24	54	8	TRAIL11464	Tracy Lee	Goncalves	5km	Female	39	Sub-Veteran (30-39)	00:36:33
25	56	7	TA0425	Rachelle	Odendaal	5km	Female	26	Senior (19-29)	00:36:39
26	58	8	TA0486	Anell	De Jager	5km	Female	25	Senior (19-29)	00:36:47
27	60	9	TA0344	Hanani	Vermeulen	5km	Female	27	Senior (19-29)	00:36:54
28	61	9	TA0376	Nerine	Scheepers	5km	Female	30	Sub-Veteran (30-39)	00:36:58
29	62	10	TA0297	Jana	Loubse	5km	Female	36	Sub-Veteran (30-39)	00:37:01
30	63	3	TA1787	Molene	Scheepers	5km	Female	52	Master (50-59)	00:37:27
31	64	11	TA0574	Melinda	Stroh	5km	Female	36	Sub-Veteran (30-39)	00:37:49
32	66	12	TA1575	Sonja	Erasmus	5km	Female	33	Sub-Veteran (30-39)	00:38:08
33	67	13	TA0045	Natanja	Oosthuizen	5km	Female	31	Sub-Veteran (30-39)	00:38:10
34	68	14	TA1613	Elaine	Van Zyl	5km	Female	30	Sub-Veteran (30-39)	00:38:17
35	69	10	TA1546	Lounett	Heymans	5km	Female	28	Senior (19-29)	00:38:22
36	70	11	TA0379	Yolandi	Fabel	5km	Female	29	Senior (19-29)	00:38:25
37	71	3	TA0031	Kate	Peterkin	5km	Female	13	12 to 15	00:38:29
38	72	5	TA0293	Elzabe	Heymans	5km	Female	43	Veteran (40-49)	00:38:51
39	73	2	TA1657	Natalie	Vermeulen	5km	Female	6	Under 11	00:38:54

40	74	15	TA1673	Jolene	Verster	5km	Female	30	Sub-Veteran (30-39)	00:38:56
41	76	12	TA0268	Bernadine	Clark	5km	Female	26	Senior (19-29)	00:39:01
42	77	4	TA0359	Grazyna Marianna Aletta	Koornhof	5km	Female	12	12 to 15	00:39:04
43	78	13	TA0232	Nicola	Parsons	5km	Female	27	Senior (19-29)	00:39:06
44	80	16	TA0472	Tlou	Boshomane	5km	Female	37	Sub-Veteran (30-39)	00:39:12
45	81	14	TRAIL12846	Nadine	Du Plessis	5km	Female	23	Senior (19-29)	00:39:15
46	82	4	TRAIL11337	Sandra	Austin	5km	Female	50	Master (50-59)	00:39:19
47	83	15	TRAIL12545	Nicole	Austin	5km	Female	23	Senior (19-29)	00:39:22
48	84	16	TA0282	Michelle	Peens	5km	Female	23	Senior (19-29)	00:39:26
49	85	6	TA0216	Liezil	Pienaar	5km	Female	48	Veteran (40-49)	00:39:40
50	86	7	TA0337	Cathy	Bezuidenhout	5km	Female	46	Veteran (40-49)	00:39:44
51	87	17	TA1735	Martelie	Laney	5km	Female	38	Sub-Veteran (30-39)	00:39:47
52	89	3	TA0320	Lilia	Richards	5km	Female	11	Under 11	00:39:58
53	90	8	TA0043	Marianne	Richards	5km	Female	42	Veteran (40-49)	00:40:00
54	91	5	TRAIL11880	Luitha	Dafel	5km	Female	58	Master (50-59)	00:40:05
55	92	9	TA1747	Hannelie	Van Heerden	5km	Female	42	Veteran (40-49)	00:40:21
56	93	10	TA0032	Glizelle	Langerman	5km	Female	41	Veteran (40-49)	00:40:34
57	94	11	TRAIL10850	Wika	Esterhuizen	5km	Female	45	Veteran (40-49)	00:40:40
58	95	5	TA0185	Chantelize	Reyneke	5km	Female	14	12 to 15	00:40:51
59	96	18	TA0322	Anri	Strydom	5km	Female	37	Sub-Veteran (30-39)	00:40:54
60	99	17	TA0217	Chanel	Oberholzer	5km	Female	22	Senior (19-29)	00:41:38
61	100	19	TA0368	Anneri	Le Roux	5km	Female	34	Sub-Veteran (30-39)	00:41:41
62	101	18	TRAIL12852	Charnay	Du Plessis	5km	Female	25	Senior (19-29)	00:42:00
63	102	19	TA1737	Abigail	Craffford	5km	Female	20	Senior (19-29)	00:42:43
64	104	6	TA0375	Fifi	Briel	5km	Female	52	Master (50-59)	00:42:48
65	106	7	TRAIL12853	Junita	Palm	5km	Female	59	Master (50-59)	00:43:07
66	107	8	TA0121	Erika	Bester	5km	Female	53	Master (50-59)	00:43:11
67	108	9	TA0262	Riana	Ehlers	5km	Female	58	Master (50-59)	00:43:20
68	110	12	TRAIL13068	Ronelle	Van Heerden	5km	Female	44	Veteran (40-49)	00:43:42
69	111	20	TA0264	Megan	Marais	5km	Female	39	Sub-Veteran (30-39)	00:44:24
70	113	21	TA0183	Martie	Abrahamse	5km	Female	31	Sub-Veteran (30-39)	00:46:02
71	114	22	TA1130	Emma	Mtjai	5km	Female	39	Sub-Veteran (30-39)	00:46:05
72	115	23	TA1693	Monique	Cloete	5km	Female	38	Sub-Veteran (30-39)	00:46:10
73	116	24	TA0346	Andrea	Labuschagne	5km	Female	30	Sub-Veteran (30-39)	00:46:20
74	117	2	TA1725	Ellen	Morkel	5km	Female	69	Grand-Master (60+)	00:46:24
75	119	20	TA1741	Bernardine	Hartley	5km	Female	28	Senior (19-29)	00:46:47
76	121	21	TA0511	Allicia	Malan	5km	Female	25	Senior (19-29)	00:46:54
77	122	13	TA0424	Shirley	Megannon	5km	Female	47	Veteran (40-49)	00:46:56
78	123	10	TA0192	Caron	Mackenzie	5km	Female	54	Master (50-59)	00:47:23
79	125	11	TA0525	Sonja	Van Zyl	5km	Female	57	Master (50-59)	00:48:16
80	126	3	TA0233	Gerry	Mullon	5km	Female	62	Grand-Master (60+)	00:49:07
81	127	14	TRAIL10121	Liesle	Joubert	5km	Female	49	Veteran (40-49)	00:50:22

82	129	25	TA1572	Sulize	Van Rooy	5km	Female	39	Sub-Veteran (30-39)	00:52:18
83	130	26	TA0325	Natalie	Eksteen	5km	Female	31	Sub-Veteran (30-39)	00:52:40
84	133	4	TA1666	Kaira	Oberholzer	5km	Female	6	Under 11	00:53:02
85	134	5	TA0391	Lalitha	Oberholzer	5km	Female	7	Under 11	00:53:04
86	135	27	TA0515	Andrea	Oberholzer	5km	Female	33	Sub-Veteran (30-39)	00:53:07
87	136	4	TA0567	Elise	Hugo	5km	Female	64	Grand-Master (60+)	00:53:33
88	137	15	TA0434	Martina	Opperman	5km	Female	49	Veteran (40-49)	00:53:35
89	138	1	TA0477	Bane	Ludewig	5km	Female	17	16 to 18	00:54:09
90	139	16	TA0285	Suzette	Van Heerden	5km	Female	46	Veteran (40-49)	00:54:14
91	140	12	TA0096	Emily	Bekker	5km	Female	57	Master (50-59)	00:54:16
92	142	13	TA0161	Karin	Richardson	5km	Female	55	Master (50-59)	00:54:28
93	145	17	TA0365	Theresa	Mathison	5km	Female	46	Veteran (40-49)	00:54:45
94	146	5	TA0294	Petra	Ackerman	5km	Female	61	Grand-Master (60+)	00:55:04
95	147	6	TA0398	Sharon	Ackermann	5km	Female	63	Grand-Master (60+)	00:55:06
96	149	22	TA0458	Karin	Higley	5km	Female	29	Senior (19-29)	00:56:09
97	150	14	TA1681	Marietjie	Marais	5km	Female	58	Master (50-59)	00:56:12
98	151	18	TA0449	Sue	Ludewig	5km	Female	42	Veteran (40-49)	00:56:15
99	152	15	TA1749	Nicola	Stunke	5km	Female	52	Master (50-59)	00:56:35
100	153	16	TA0252	Sunet	Bezuidenhout	5km	Female	51	Master (50-59)	00:56:37
101	155	23	TA0010	Inge	Crafford-lazarus	5km	Female	26	Senior (19-29)	00:56:42
102	156	19	TA1752	Chandra	Booyesen	5km	Female	47	Veteran (40-49)	00:56:45
103	157	24	TA0267	Josephine	Bekker	5km	Female	21	Senior (19-29)	00:56:47
104	158	17	TA0446	Anse	Sotiralis	5km	Female	57	Master (50-59)	00:57:55
105	159	20	TA0242	Marelise	Oberholzer	5km	Female	48	Veteran (40-49)	00:58:06
106	160	18	TA0296	Denise	Senning	5km	Female	55	Master (50-59)	00:58:14
107	161	25	TA0206	Chanay	Gouws	5km	Female	20	Senior (19-29)	00:58:18
108	162	19	TA0529	Elsa	Loots	5km	Female	59	Master (50-59)	00:58:37
109	163	20	TA0504	Mari	Strauss	5km	Female	59	Master (50-59)	00:59:05
110	166	28	TA1655	Cara	Laubscher	5km	Female	38	Sub-Veteran (30-39)	01:04:13
111	167	6	TA1582	Miane	Laubscher	5km	Female	3	Under 11	01:04:16
112	169	26	TA2278	Kimberley	Beyl	5km	Female	24	Senior (19-29)	01:04:54
113	170	29	TA0169	Belinda	Maritz	5km	Female	34	Sub-Veteran (30-39)	01:10:40
114	171	30	TA1785	Tatiana	Basile	5km	Female	33	Sub-Veteran (30-39)	01:12:28