



# AdventureRun : Serengeti Golf Club

## KWAY Serengeti Night /Run/Walk on 2nd November 2018



### 15km:Male

| Gender | Overall | Category | Race Number | Name        | Surname    | Activity | Gender | Age | Category            | Duration |
|--------|---------|----------|-------------|-------------|------------|----------|--------|-----|---------------------|----------|
| 1      | 1       | 1        | TA2955      | Rainier     | Horak      | 15km     | Male   | 24  | Senior (19-29)      | 01:02:00 |
| 2      | 2       | 2        | TA2996      | Chris       | Swanepoel  | 15km     | Male   | 24  | Senior (19-29)      | 01:03:08 |
| 3      | 3       | 3        | TA3007      | Christopher | Ferguson   | 15km     | Male   | 29  | Senior (19-29)      | 01:11:48 |
| 4      | 5       | 1        | TA2691      | Matthew     | Hume       | 15km     | Male   | 35  | Sub-Veteran (30-39) | 01:12:30 |
| 5      | 6       | 4        | TA2648      | Francois    | Sinden     | 15km     | Male   | 27  | Senior (19-29)      | 01:12:32 |
| 6      | 7       | 1        | TA3041      | Gareth      | Cameron    | 15km     | Male   | 53  | Master (50-59)      | 01:18:07 |
| 7      | 8       | 5        | TRAIL11955  | Jonathan    | Mare       | 15km     | Male   | 27  | Senior (19-29)      | 01:28:41 |
| 8      | 9       | 1        | TA3037      | Shadrach    | Mankge     | 15km     | Male   | 46  | Veteran (40-49)     | 01:30:21 |
| 9      | 10      | 2        | TA2429      | Bongani     | Mahlangu   | 15km     | Male   | 35  | Sub-Veteran (30-39) | 01:34:53 |
| 10     | 13      | 2        | TA2525      | Bongani     | Mbokazi    | 15km     | Male   | 50  | Master (50-59)      | 01:47:45 |
| 11     | 14      | 3        | TA3443      | David       | Ramudidibi | 15km     | Male   | 37  | Sub-Veteran (30-39) | 01:53:15 |
| 12     | 17      | 3        | TRAIL10533  | Frik        | Du Preez   | 15km     | Male   | 59  | Master (50-59)      | 02:26:59 |
| 13     | 18      | 4        | TRAIL10011  | Graham      | Hutchins   | 15km     | Male   | 55  | Master (50-59)      | 02:26:59 |
| 14     | 20      | 1        | TRAIL12270  | Ric         | Marini     | 15km     | Male   | 63  | Grand-Master (60+)  | 02:27:37 |

| 15km:Female |         |          |             |           |            |          |        |     |                     |          |
|-------------|---------|----------|-------------|-----------|------------|----------|--------|-----|---------------------|----------|
| Gender      | Overall | Category | Race Number | Name      | Surname    | Activity | Gender | Age | Category            | Duration |
| 1           | 4       | 1        | TA2560      | Samantha  | Ferguson   | 15km     | Female | 30  | Sub-Veteran (30-39) | 01:12:10 |
| 2           | 11      | 2        | TA2937      | Alicia    | Willemse   | 15km     | Female | 31  | Sub-Veteran (30-39) | 01:40:29 |
| 3           | 12      | 1        | TA3004      | Thandi    | Mbokazi    | 15km     | Female | 45  | Veteran (40-49)     | 01:47:42 |
| 4           | 15      | 1        | TRAIL10664  | Christine | Malan      | 15km     | Female | 58  | Master (50-59)      | 02:00:00 |
| 5           | 16      | 1        | TRAIL11799  | Dawn      | Deetlefs   | 15km     | Female | 63  | Grand-Master (60+)  | 02:00:00 |
| 6           | 19      | 2        | TRAIL10053  | Adele     | Sutherland | 15km     | Female | 40  | Veteran (40-49)     | 02:26:59 |

| 10km:Male |         |          |             |           |                   |          |        |     |                     |          |
|-----------|---------|----------|-------------|-----------|-------------------|----------|--------|-----|---------------------|----------|
| Gender    | Overall | Category | Race Number | Name      | Surname           | Activity | Gender | Age | Category            | Duration |
| 1         | 1       | 1        | TA2169      | Johan     | Jansen Van Vuuren | 10km     | Male   | 14  | 12 to 15            | 00:38:15 |
| 2         | 2       | 1        | TA1893      | Wynand    | Louw              | 10km     | Male   | 27  | Senior (19-29)      | 00:40:10 |
| 3         | 3       | 1        | TA1860      | Prince    | Motswenyane       | 10km     | Male   | 43  | Veteran (40-49)     | 00:46:44 |
| 4         | 5       | 1        | TRAIL11223  | Eddie     | Dalbock           | 10km     | Male   | 59  | Master (50-59)      | 00:50:08 |
| 5         | 7       | 2        | TA1030      | Ludwig    | Venter            | 10km     | Male   | 40  | Veteran (40-49)     | 00:51:25 |
| 7         | 10      | 1        | TA2227      | Eben      | Burger            | 10km     | Male   | 35  | Sub-Veteran (30-39) | 00:53:48 |
| 8         | 11      | 3        | TA0660      | Ralf      | Kubierske         | 10km     | Male   | 48  | Veteran (40-49)     | 00:54:18 |
| 9         | 13      | 4        | TA2240      | Johan     | De Lange          | 10km     | Male   | 47  | Veteran (40-49)     | 00:55:59 |
| 10        | 17      | 2        | TA1807      | Hennie    | Grove             | 10km     | Male   | 32  | Sub-Veteran (30-39) | 00:56:44 |
| 11        | 20      | 3        | TA1130      | Kyle      | Lewis             | 10km     | Male   | 20  | Senior (19-29)      | 00:58:01 |
| 12        | 22      | 3        | TA0745      | Wayne     | Hanslo            | 10km     | Male   | 39  | Sub-Veteran (30-39) | 00:59:13 |
| 13        | 24      | 4        | TA1804      | Karl      | Barnard           | 10km     | Male   | 37  | Sub-Veteran (30-39) | 01:00:27 |
| 14        | 25      | 5        | TA2304      | Corne     | Mynhardt          | 10km     | Male   | 37  | Sub-Veteran (30-39) | 01:00:29 |
| 15        | 26      | 5        | TA2116      | Andrie    | Vorster           | 10km     | Male   | 46  | Veteran (40-49)     | 01:01:53 |
| 16        | 30      | 2        | TA0796      | Samy      | Modiba            | 10km     | Male   | 50  | Master (50-59)      | 01:06:02 |
| 17        | 32      | 6        | TA1175      | Thulani   | Nyamane           | 10km     | Male   | 37  | Sub-Veteran (30-39) | 01:09:04 |
| 18        | 33      | 7        | TA2255      | Michael   | Mahlangu          | 10km     | Male   | 37  | Sub-Veteran (30-39) | 01:09:59 |
| 19        | 38      | 8        | TA0755      | Michael   | Romanhoff         | 10km     | Male   | 35  | Sub-Veteran (30-39) | 01:11:22 |
| 20        | 40      | 6        | TA0675      | Mpumelelo | Sigalelana        | 10km     | Male   | 48  | Veteran (40-49)     | 01:12:20 |
| 21        | 43      | 3        | TRAIL10849  | Anton     | Reyneke           | 10km     | Male   | 53  | Master (50-59)      | 01:14:19 |
| 22        | 46      | 1        | TA2269      | Manie     | Bosch             | 10km     | Male   | 63  | Grand-Master (60+)  | 01:33:40 |

| 10km:Female |         |          |             |           |             |          |        |     |                     |          |
|-------------|---------|----------|-------------|-----------|-------------|----------|--------|-----|---------------------|----------|
| Gender      | Overall | Category | Race Number | Name      | Surname     | Activity | Gender | Age | Category            | Duration |
| 1           | 4       | 1        | TA2914      | Lizeth    | Van Wyk     | 10km     | Female | 17  | 16 to 18            | 00:48:19 |
| 2           | 6       | 1        | TA0662      | Lizette   | Sander      | 10km     | Female | 46  | Veteran (40-49)     | 00:50:20 |
| 3           | 8       | 1        | TA1187      | Michelle  | Van Wyk     | 10km     | Female | 38  | Sub-Veteran (30-39) | 00:53:17 |
| 4           | 9       | 1        | TA1873      | Tracy     | Burger      | 10km     | Female | 29  | Senior (19-29)      | 00:53:46 |
| 5           | 12      | 2        | TA0806      | Amanda    | Van Heerden | 10km     | Female | 35  | Sub-Veteran (30-39) | 00:55:01 |
| 6           | 14      | 2        | TA0673      | Lara      | Bayliss     | 10km     | Female | 45  | Veteran (40-49)     | 00:56:03 |
| 7           | 15      | 3        | TA1125      | Debra     | Slabber     | 10km     | Female | 31  | Sub-Veteran (30-39) | 00:56:38 |
| 8           | 16      | 3        | TA0763      | Catherine | Boyle       | 10km     | Female | 44  | Veteran (40-49)     | 00:56:40 |
| 9           | 18      | 2        | TA1882      | Lynnette  | Fourie      | 10km     | Female | 27  | Senior (19-29)      | 00:57:49 |
| 10          | 19      | 4        | TA2119      | Eugene    | Vermaak     | 10km     | Female | 47  | Veteran (40-49)     | 00:57:58 |
| 11          | 21      | 4        | TA0767      | Chantell  | Hanekom     | 10km     | Female | 31  | Sub-Veteran (30-39) | 00:58:22 |
| 12          | 23      | 5        | TA1899      | Mpho      | Mahlangu    | 10km     | Female | 38  | Sub-Veteran (30-39) | 00:59:20 |
| 13          | 27      | 5        | TA2132      | Dimakatso | Letuka      | 10km     | Female | 44  | Veteran (40-49)     | 01:02:26 |
| 14          | 28      | 6        | TRAIL11060  | Sheridan  | Neuwerth    | 10km     | Female | 42  | Veteran (40-49)     | 01:02:41 |
| 15          | 29      | 3        | TA1018      | Mercy     | Moloto      | 10km     | Female | 26  | Senior (19-29)      | 01:04:41 |
| 16          | 31      | 4        | TA2166      | Joan      | Mangokoane  | 10km     | Female | 23  | Senior (19-29)      | 01:08:51 |
| 17          | 34      | 6        | TA0976      | Maiketso  | Nyamane     | 10km     | Female | 33  | Sub-Veteran (30-39) | 01:10:23 |
| 18          | 35      | 7        | TA1818      | Regan     | Demos       | 10km     | Female | 47  | Veteran (40-49)     | 01:10:44 |
| 19          | 36      | 5        | TA1129      | Tegan     | Stirk       | 10km     | Female | 20  | Senior (19-29)      | 01:10:46 |
| 20          | 37      | 7        | TA2242      | Kim       | Bergh       | 10km     | Female | 36  | Sub-Veteran (30-39) | 01:10:59 |
| 21          | 39      | 8        | TA1876      | Louise    | Muller      | 10km     | Female | 46  | Veteran (40-49)     | 01:11:56 |
| 22          | 41      | 9        | TA1112      | Tracy     | Poulton     | 10km     | Female | 44  | Veteran (40-49)     | 01:12:47 |
| 23          | 42      | 1        | TA1810      | Brenda    | Greenwood   | 10km     | Female | 56  | Master (50-59)      | 01:12:51 |
| 24          | 44      | 10       | TA2286      | Lebo      | Modiba      | 10km     | Female | 46  | Veteran (40-49)     | 01:22:31 |
| 25          | 45      | 1        | TA1828      | Lana      | Bosch       | 10km     | Female | 60  | Grand-Master (60+)  | 01:33:40 |
| 26          | 47      | 2        | TRAIL10052  | Lesley    | Hutchins    | 10km     | Female | 56  | Master (50-59)      | 01:40:43 |

| 5km:Male |         |          |             |                 |             |          |        |     |                     |          |
|----------|---------|----------|-------------|-----------------|-------------|----------|--------|-----|---------------------|----------|
| Gender   | Overall | Category | Race Number | Name            | Surname     | Activity | Gender | Age | Category            | Duration |
| 1        | 1       | 1        | TA0500      | Willem          | Venter      | 5km      | Male   | 45  | Veteran (40-49)     | 00:25:03 |
| 2        | 2       | 2        | TA1557      | Phillip         | Van Heerden | 5km      | Male   | 46  | Veteran (40-49)     | 00:26:11 |
| 3        | 5       | 1        | TA1548      | Dean            | De Jager    | 5km      | Male   | 50  | Master (50-59)      | 00:26:23 |
| 4        | 6       | 2        | TA1715      | Shane           | Gouldie     | 5km      | Male   | 58  | Master (50-59)      | 00:27:02 |
| 5        | 9       | 3        | TA0163      | Mpho            | Phaloane    | 5km      | Male   | 54  | Master (50-59)      | 00:29:00 |
| 6        | 10      | 4        | TA0122      | Sello           | Kobe        | 5km      | Male   | 51  | Master (50-59)      | 00:29:03 |
| 7        | 11      | 1        | TA0215      | Chris           | De Wet      | 5km      | Male   | 35  | Sub-Veteran (30-39) | 00:29:05 |
| 8        | 13      | 1        | TA0042      | Jurie           | Snyman      | 5km      | Male   | 23  | Senior (19-29)      | 00:29:15 |
| 9        | 14      | 5        | TA0349      | Heinrich        | Heine       | 5km      | Male   | 52  | Master (50-59)      | 00:29:18 |
| 10       | 15      | 3        | TA0264      | Nate            | Hoblitz     | 5km      | Male   | 45  | Veteran (40-49)     | 00:30:10 |
| 11       | 17      | 6        | TA0282      | Graham          | Dickson     | 5km      | Male   | 55  | Master (50-59)      | 00:30:50 |
| 12       | 18      | 1        | TA0394      | Gerrie          | Van Wyk     | 5km      | Male   | 62  | Grand-Master (60+)  | 00:30:54 |
| 13       | 19      | 4        | TA0209      | Fransois        | Olivier     | 5km      | Male   | 41  | Veteran (40-49)     | 00:31:11 |
| 14       | 20      | 2        | TA0001      | Sibulele        | Mkrazuli    | 5km      | Male   | 29  | Senior (19-29)      | 00:31:14 |
| 15       | 22      | 5        | TA0384      | Phil            | Zaayman     | 5km      | Male   | 48  | Veteran (40-49)     | 00:31:34 |
| 16       | 25      | 3        | TA1707      | Wouter          | Oosthuysen  | 5km      | Male   | 28  | Senior (19-29)      | 00:33:52 |
| 17       | 27      | 7        | TA0415      | William Francis | Collatz     | 5km      | Male   | 52  | Master (50-59)      | 00:34:08 |
| 18       | 29      | 6        | TA0348      | Willem          | Strauss     | 5km      | Male   | 42  | Veteran (40-49)     | 00:34:30 |
| 19       | 31      | 7        | TA0121      | Corne           | Zwart       | 5km      | Male   | 44  | Veteran (40-49)     | 00:34:48 |
| 20       | 32      | 8        | TA0286      | Morne           | Du Plessis  | 5km      | Male   | 44  | Veteran (40-49)     | 00:35:16 |
| 21       | 33      | 9        | TA0029      | Elton           | Julies      | 5km      | Male   | 42  | Veteran (40-49)     | 00:35:29 |
| 22       | 34      | 8        | TRAIL12055  | Volker          | Engels      | 5km      | Male   | 53  | Master (50-59)      | 00:35:41 |
| 23       | 37      | 1        | TA0433      | Lukr            | Dickson     | 5km      | Male   | 18  | 16 to 18            | 00:36:21 |
| 24       | 38      | 10       | TA1747      | Ivan            | Malahlela   | 5km      | Male   | 40  | Veteran (40-49)     | 00:36:37 |
| 25       | 43      | 11       | TA0377      | Mdu             | Nkosi       | 5km      | Male   | 47  | Veteran (40-49)     | 00:37:32 |
| 26       | 53      | 4        | TA0444      | Logan           | Steenkamp   | 5km      | Male   | 19  | Senior (19-29)      | 00:41:35 |
| 27       | 55      | 2        | TA0587      | Deon            | Willemse    | 5km      | Male   | 32  | Sub-Veteran (30-39) | 00:43:26 |
| 28       | 60      | 9        | TA1629      | Derick          | Steyn       | 5km      | Male   | 54  | Master (50-59)      | 00:47:06 |
| 29       | 65      | 3        | TA0364      | Juan            | Abrahamse   | 5km      | Male   | 33  | Sub-Veteran (30-39) | 00:48:06 |
| 30       | 67      | 10       | TA0332      | Thomas          | Graham      | 5km      | Male   | 50  | Master (50-59)      | 00:50:03 |
| 31       | 68      | 12       | TA0320      | Paul            | Makofane    | 5km      | Male   | 40  | Veteran (40-49)     | 00:50:16 |
| 32       | 71      | 4        | TA0537      | Shaun           | Collings    | 5km      | Male   | 34  | Sub-Veteran (30-39) | 00:53:44 |
| 33       | 76      | 1        | TA1673      | Caleb           | Sandilands  | 5km      | Male   | 12  | 12 to 15            | 00:54:08 |
| 34       | 85      | 11       | TA0158      | Martin Mothusi  | Mafojane    | 5km      | Male   | 52  | Master (50-59)      | 00:58:18 |
| 35       | 87      | 5        | TA0357      | Eleks           | Kubierske   | 5km      | Male   | 20  | Senior (19-29)      | 00:59:44 |
| 36       | 89      | 6        | TA0429      | Lliam           | Amos        | 5km      | Male   | 20  | Senior (19-29)      | 00:59:54 |
| 37       | 91      | 2        | TA0403      | Karl            | Collatz     | 5km      | Male   | 15  | 12 to 15            | 01:00:13 |

| 5km:Female |         |          |             |           |               |          |        |     |                     |          |
|------------|---------|----------|-------------|-----------|---------------|----------|--------|-----|---------------------|----------|
| Gender     | Overall | Category | Race Number | Name      | Surname       | Activity | Gender | Age | Category            | Duration |
| 1          | 3       | 1        | TA1697      | Lisa      | Venter        | 5km      | Female | 44  | Veteran (40-49)     | 00:26:15 |
| 2          | 4       | 1        | TA0386      | Abigail   | Van Heerden   | 5km      | Female | 11  | Under 11            | 00:26:20 |
| 3          | 7       | 2        | TRAIL13015  | Nadia     | Bosch         | 5km      | Female | 47  | Veteran (40-49)     | 00:27:03 |
| 4          | 8       | 1        | TA1625      | Tiaan     | Neumann       | 5km      | Female | 13  | 12 to 15            | 00:28:55 |
| 5          | 12      | 1        | TA1575      | Francis   | Collatz       | 5km      | Female | 25  | Senior (19-29)      | 00:29:13 |
| 6          | 16      | 1        | TA0080      | Cita      | Pienaar       | 5km      | Female | 56  | Master (50-59)      | 00:30:13 |
| 7          | 21      | 3        | TA0575      | Lindsay   | Oosthuizen    | 5km      | Female | 49  | Veteran (40-49)     | 00:31:26 |
| 8          | 23      | 4        | TA0262      | Sonja     | Du Plessis    | 5km      | Female | 46  | Veteran (40-49)     | 00:32:38 |
| 9          | 24      | 1        | TA0508      | Carla     | Marais        | 5km      | Female | 30  | Sub-Veteran (30-39) | 00:32:42 |
| 10         | 26      | 2        | TA0464      | Hannelie  | Collatz       | 5km      | Female | 51  | Master (50-59)      | 00:34:03 |
| 11         | 28      | 2        | TA0170      | Sonja     | Strauss       | 5km      | Female | 38  | Sub-Veteran (30-39) | 00:34:12 |
| 12         | 30      | 5        | TA1596      | Jolene    | Van Der Merwe | 5km      | Female | 43  | Veteran (40-49)     | 00:34:39 |
| 13         | 35      | 2        | TA0302      | Natalie   | Van Wyk       | 5km      | Female | 24  | Senior (19-29)      | 00:36:05 |
| 14         | 36      | 3        | TA1612      | Ele       | Bester        | 5km      | Female | 25  | Senior (19-29)      | 00:36:11 |
| 15         | 39      | 4        | TA0233      | Tealitia  | Du Plessis    | 5km      | Female | 24  | Senior (19-29)      | 00:36:59 |
| 16         | 40      | 6        | TA0185      | Alida     | Van Blerk     | 5km      | Female | 46  | Veteran (40-49)     | 00:37:15 |
| 17         | 41      | 7        | TA0359      | Linda     | Bruwer        | 5km      | Female | 46  | Veteran (40-49)     | 00:37:19 |
| 18         | 42      | 1        | TA0247      | Kyla      | Muller        | 5km      | Female | 17  | 16 to 18            | 00:37:22 |
| 19         | 44      | 5        | TA0266      | Athenkosi | Ntoyanto      | 5km      | Female | 26  | Senior (19-29)      | 00:37:57 |
| 20         | 45      | 3        | TA0009      | Lache     | Van Deventer  | 5km      | Female | 36  | Sub-Veteran (30-39) | 00:38:22 |
| 21         | 46      | 4        | TA0407      | Carisa    | Swart         | 5km      | Female | 34  | Sub-Veteran (30-39) | 00:38:25 |
| 22         | 47      | 3        | TRAIL11880  | Luitha    | Dafel         | 5km      | Female | 58  | Master (50-59)      | 00:38:32 |
| 23         | 48      | 2        | TA0311      | Anico     | Huyzers       | 5km      | Female | 17  | 16 to 18            | 00:38:45 |
| 24         | 49      | 3        | TA0428      | Lene      | Venter        | 5km      | Female | 16  | 16 to 18            | 00:38:50 |
| 25         | 50      | 8        | TA0390      | Hannelie  | Van Heerden   | 5km      | Female | 42  | Veteran (40-49)     | 00:38:53 |
| 26         | 51      | 9        | TA1754      | Hannelie  | Weitsz        | 5km      | Female | 42  | Veteran (40-49)     | 00:39:27 |
| 27         | 52      | 10       | TA0217      | Angela    | Steenkamp     | 5km      | Female | 45  | Veteran (40-49)     | 00:41:31 |
| 28         | 54      | 11       | TA0849      | Helga     | Steenberg     | 5km      | Female | 45  | Veteran (40-49)     | 00:42:16 |
| 29         | 56      | 4        | TA0447      | Riana     | Ehlers        | 5km      | Female | 58  | Master (50-59)      | 00:44:06 |
| 30         | 57      | 5        | TA1516      | Johanni   | Smit          | 5km      | Female | 30  | Sub-Veteran (30-39) | 00:44:37 |
| 31         | 58      | 6        | TA0304      | Keshni    | Mahomed       | 5km      | Female | 39  | Sub-Veteran (30-39) | 00:44:39 |
| 32         | 59      | 12       | TRAIL11232  | Patricia  | Minihold      | 5km      | Female | 44  | Veteran (40-49)     | 00:45:58 |
| 33         | 61      | 1        | TRAIL10964  | Shayne    | Botha         | 5km      | Female | 62  | Grand-Master (60+)  | 00:47:09 |
| 34         | 62      | 6        | TA0398      | Phoziswa  | Luthuli       | 5km      | Female | 23  | Senior (19-29)      | 00:47:47 |
| 35         | 63      | 7        | TA0292      | Vuyiseka  | Luthuli       | 5km      | Female | 31  | Sub-Veteran (30-39) | 00:47:55 |
| 36         | 64      | 8        | TA0374      | Martie    | Abrahamse     | 5km      | Female | 31  | Sub-Veteran (30-39) | 00:48:01 |
| 37         | 66      | 7        | TA0173      | Vanessa   | Steenberg     | 5km      | Female | 19  | Senior (19-29)      | 00:48:09 |
| 38         | 69      | 9        | TA1527      | Mirella   | Venter        | 5km      | Female | 32  | Sub-Veteran (30-39) | 00:53:24 |
| 39         | 70      | 2        | TA1718      | Tayla     | Roseler       | 5km      | Female | 13  | 12 to 15            | 00:53:37 |
| 40         | 72      | 13       | TA0296      | Colette   | Taylor        | 5km      | Female | 45  | Veteran (40-49)     | 00:53:51 |

|    |    |    |        |                |             |     |        |    |                     |          |
|----|----|----|--------|----------------|-------------|-----|--------|----|---------------------|----------|
| 41 | 73 | 2  | TA1680 | Emma           | Sandialnds  | 5km | Female | 10 | Under 11            | 00:53:59 |
| 42 | 74 | 10 | TA0145 | Suzanne        | Sandilands  | 5km | Female | 34 | Sub-Veteran (30-39) | 00:54:02 |
| 43 | 75 | 11 | TA0370 | Charlie        | Gouveia     | 5km | Female | 32 | Sub-Veteran (30-39) | 00:54:05 |
| 44 | 77 | 12 | TA0245 | Veronique      | Joubert     | 5km | Female | 38 | Sub-Veteran (30-39) | 00:55:11 |
| 45 | 78 | 13 | TA1617 | Benita         | Bosch       | 5km | Female | 37 | Sub-Veteran (30-39) | 00:55:15 |
| 46 | 79 | 5  | TA0085 | Lilian         | Le Roux     | 5km | Female | 56 | Master (50-59)      | 00:57:01 |
| 47 | 80 | 6  | TA0293 | Nicole         | Dickson     | 5km | Female | 51 | Master (50-59)      | 00:57:05 |
| 48 | 81 | 14 | TA2296 | Katrina        | Gates       | 5km | Female | 44 | Veteran (40-49)     | 00:57:16 |
| 49 | 82 | 7  | TA1868 | Karin          | Murray      | 5km | Female | 57 | Master (50-59)      | 00:57:25 |
| 50 | 83 | 14 | TA0288 | Dineo          | Kganakga    | 5km | Female | 35 | Sub-Veteran (30-39) | 00:57:53 |
| 51 | 84 | 15 | TA0176 | Khomotjo       | Rhamathuthu | 5km | Female | 39 | Sub-Veteran (30-39) | 00:58:04 |
| 52 | 86 | 8  | TA0276 | Anna Nomalanga | Mafojane    | 5km | Female | 52 | Master (50-59)      | 00:58:25 |
| 53 | 88 | 15 | TA1759 | Francoise      | Kubierske   | 5km | Female | 45 | Veteran (40-49)     | 00:59:47 |
| 54 | 90 | 2  | TA0251 | Mara           | Du Plessis  | 5km | Female | 72 | Grand-Master (60+)  | 01:00:09 |