



Spur Cape Summer Trail Series® Race 4
SHORT COURSE Challenge (7.3km) Oak
Valley

Overall

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:28:06	36	E	Andre	Afrika	Open	Male	21
2	00:28:30	14	E	Dawood	Goeman	Open	Male	18
3	00:29:18	24	E	Stefan	Oosthuizen	Junior	Male	17
4	00:30:09	1	E	daniel	arendse	Junior	Male	15
5	00:30:11	128	E	Florense	von Der Decken	Open	Male	26
6	00:30:14	7	E	bruzano	britz	Junior	Male	15
7	00:31:26	251	F	Jose	Almeida	Veteran	Male	43
8	00:32:41	60	E	Clayton	Booyesen	Open	Male	33
9	00:32:45	16	E	Sylvano	Hindley	Open	Male	27
10	00:32:53	130	E	Joshua	Rubenstein	Open	Male	22
11	00:33:30	132	E	Anel	Terblanche	Open	Female	29
12	00:33:49	31	E	Peter	Shackleton	Veteran	Male	40
13	00:34:55	254	F	Leslie	Chivell	Master	Male	60
14	00:35:09	129	E	Giovanni	Sampson	Minimee	Male	14
15	00:35:26	23	E	Tina-Mari	Meyer	Open	Female	28
16	00:35:52	133	E	Emile	Terblanche	Open	Male	30
17	00:36:05	329	F	Marchall	van Niekerk	Junior	Male	17
18	00:36:05	54	E	Linda	Kinloch-Smith	Open	Female	38
19	00:37:10	137	E	Abrib	Valentine	Open	Male	34
20	00:37:20	827	G	Corné	Oosthuizen	Open	Male	26
21	00:37:26	33	E	Freddie	Thiem	Master	Male	58
22	00:37:28	11	E	Jethro	Dunn	Minimee	Male	12
23	00:38:06	893	G	Patrick	McCann	Master	Male	52
24	00:38:13	138	E	Stuart	Watson	Open	Male	38
25	00:38:16	28	E	Richard	Rosster	Master	Male	58
26	00:38:21	294	F	riaz	orrie	Junior	Male	16
27	00:38:49	261	F	Mark	Doyle	Open	Male	18
28	00:39:01	123	E	Andre	De Piaz	Veteran	Male	49
29	00:39:45	422	F	Arno	Oliver	Open	Male	39
30	00:39:49	421	F	David	Metelerkamp	Open	Male	24
31	00:39:55	292	F	ashraf	orrie	Veteran	Male	47
32	00:39:58	877	G	Mauritz	Zastron	Open	Male	24
33	00:40:12	131	E	Tim	Marsh	Open	Male	22
34	00:40:31	35	E	Shaundre	Farmer	Open	Female	22
35	00:40:33	20	E	GAWIE	MALAN	Open	Male	28
36	00:40:58	134	E	Ben	van Rensburg	Veteran	Male	42
37	00:41:03	343	F	Louis	Muller	Open	Male	30
38	00:41:11	40	E	Rina	Parker	Open	Female	37
39	00:41:24	302	F	Charl	Roos	Open	Male	33
40	00:41:29	127	E	Arno	Rossouw	Veteran	Male	43
41	00:41:35	41	E	Theo	Kretschmer	Veteran	Male	42
42	00:42:02	995	G	Bryan	Walter	Open	Male	31
43	00:42:05	253	F	Shaun	Cassisa	Open	Male	37
44	00:42:14	284	F	Anthony	McLea	Veteran	Male	40
45	00:42:15	307	F	Divan	Snyman	Open	Male	29
46	00:42:37	303	F	malcolm	Royston	Open	Male	39
47	00:42:43	257	F	Clinton	de Witt	Open	Male	32
48	00:42:48	277	F	Hanrich	Laubscher	Open	Male	34
49	00:42:51	336	F	Alexandra	Hoffman	Junior	Female	16
50	00:43:10	426	F	Nicholas	Higgs	Open	Male	27
51	00:43:12	295	F	roldah	orrie	Master	Female	50
52	00:43:29	715	G	Werner	Britz	Open	Male	32
53	00:43:37	22	E	Eric	McLaren	Master	Male	52
54	00:43:44	1467	H	Daniel	Middleton	Peewee	Male	10
55	00:43:53	340	F	Gideon	nieuwoude	Open	Male	31
56	00:44:06	428	F	Inge	Brand	Open	Female	31
57	00:44:07	775	G	Kyle	Hutchinson	Open	Male	25
58	00:44:12	43	E	Stuart	Heath	Minimee	Male	13
59	00:44:19	13	E	Frances	Fuchs	Veteran	Female	41
60	00:44:23	286	F	Josie	McCann	Open	Female	19
61	00:44:29	51	E	Liezl	Du Plooy	Veteran	Female	48
62	00:44:32	1075	G	Erin	Heath	Peewee	Female	9
63	00:44:34	335	G	Joshua	Lazarus	Open	Male	25
64	00:44:35	858	G	Hermanus	van der Merwe	Open	Male	27
65	00:44:36	301	F	Peter	Robson	Veteran	Male	45
66	00:44:39	296	F	Lance	Osburn	Open	Male	35
67	00:44:43	322	F	Christian	Wiesener	Veteran	Male	43
68	00:44:52	767	G	Carlo	Hill	Open	Male	27
69	00:44:53	265	F	Neil	Ebing	Master	Male	63
70	00:44:56	1068	G	Jordache	Fortuin	Open	Male	24
71	00:44:58	126	E	Trevor	Parker	Veteran	Male	41
72	00:45:26	135	E	Ian	van Rensburg	Minimee	Male	13
73	00:45:26	419	F	Mariska	Baumeister	Open	Female	33
74	00:45:31	1094	G	Teresa	Ruster	Open	Female	24
75	00:45:34	255	F	Pieter	Cilliers	Open	Male	34
76	00:45:35	1087	G	Reinhard	Odendaal	Open	Male	35
77	00:45:37	425	F	Riaan	van der Westhuizen	Open	Male	36
78	00:45:38	1369	H	Margot	Scott	Open	Female	28
79	00:45:45	330	F	Delicia	Jantjies	Open	Female	25
80	00:45:48	269	F	Iaden	Hefer	Minimee	Male	11
81	00:45:49	830	G	Vincent	Osborne	Master	Male	55
82	00:45:58	1285	H	Jenna	Van Breda	Open	Female	31
83	00:45:59	370	F	Cornel	Stander	Open	Female	25
84	00:46:01	371	F	Liam	Stander	Open	Male	27
85	00:46:04	789	G	Conrad	Koorts	Open	Male	33
86	00:46:17	1245	H	Dominique	Jousserand	Master	Female	56
87	00:46:27	812	G	Che	Milani	Open	Female	28
88	00:46:30	833	G	Previn	Pillay	Open	Male	26
89	00:46:32	725	G	Farouk	Davidis	Veteran	Male	44
90	00:46:34	1106	G	Gareth	Thomas	Open	Male	32
91	00:46:38	1116	G	Willem	Uys	Veteran	Male	40
92	00:46:42	429	F	Ronelle	Bester	Veteran	Female	42
93	00:46:44	266	F	Christian	Els	Veteran	Male	46
94	00:46:47	1085	G	Eckart	Mostert	Open	Male	28

95	00:46:48	267	F	Brendan	Fitzhenry	Master	Male	51
96	00:46:57	38	E	Fabritzia	Goszola	Master	Female	50
97	00:47:21	25	E	Petro	Pienaar	Veteran	Female	44
98	00:47:26	331	F	Regardt	Laubscher	Open	Male	31
99	00:47:31	1123	G	Lindsay	speis du toit	Open	Female	37
100	00:47:33	1059	G	Michael	Churchman	Open	Male	20
101	00:47:34	1216	H	Julio	da Costa	Open	Male	24
102	00:47:49	721	G	Clive	Corbett	Veteran	Male	49
103	00:48:10	1120	G	Riaan	Muller	Veteran	Male	44
104	00:48:14	932	G	Geoff	Howard	Master	Male	50
105	00:48:16	312	F	Paul	Truscott	Veteran	Male	42
106	00:48:19	29	E	Tyler	Schagen	Peewee	Male	10
107	00:48:23	1125	G	leanne	Fourie	Open	Female	29
108	00:48:36	779	G	Paul Albertus	Janse van Rensburg	Open	Male	31
109	00:48:41	427	F	Hendrick	van der Nest	Open	Male	24
110	00:48:42	1104	G	Pieter	Strauss	Open	Male	28
111	00:48:52	1083	G	Lerato	Majara	Open	Female	24
112	00:48:57	784	G	Natanael	Jooste	Open	Male	28
113	00:48:57	1478	H	Wim	Truter	Open	Male	34
114	00:48:59	1084	G	Calum	Milne	Open	Male	30
115	00:49:02	1121	G	Lezil	du Toit	Open	Female	26
116	00:49:03	1477	H	Lidene	Truter	Open	Female	31
117	00:49:09	1530	G	Schalk	Sevenster	Open	Male	32
118	00:49:12	1114	G	Laura	Troost	Open	Female	19
119	00:49:12	260	F	Ebrahim	Domingo	Veteran	Male	40
120	00:49:14	276	F	Magnus	Lamprecht	Open	Male	28
121	00:49:45	1325	H	Carla	Luff	Peewee	Female	8
122	00:49:50	1057	G	Helen	Churchman	Open	Female	25
123	00:50:19	1327	H	erich	Luff	Veteran	Male	48
124	00:50:32	1529	G	Mia	Sevenster	Open	Female	32
125	00:50:33	431	F	Jan	Brak	Open	Male	35
126	00:50:35	748	G	Janca	Fismer	Open	Female	28
127	00:50:39	1260	H	Alexa	Murray	Open	Female	23
128	00:50:40	430	F	Lorraine	Strachan	Veteran	Female	42
129	00:50:41	1088	G	Jaco	Oosthuizen	Open	Male	36
130	00:50:44	1103	G	Travis	Smithard	Open	Male	27
131	00:50:52	1124	G	Jeanette	Braunton	Veteran	Female	42
132	00:50:55	1078	G	Ernst	Labuschagne	Open	Male	32
133	00:51:00	729	G	Kylie	de Jager	Open	Female	34
134	00:51:06	308	F	Mark	Stead	Veteran	Male	47
135	00:51:09	714	G	Petrusa	Britz	Open	Female	31
136	00:51:13	786	G	Anzonia	Joseph	Veteran	Female	45
137	00:51:14	920	G	Myck	Jubber	Veteran	Male	41
138	00:51:16	306	F	Cam	Shackleton	Veteran	Female	41
139	00:51:19	413	F	Rukeya	Cassiem	Open	Female	37
140	00:51:19	1111	G	Tarryn-Lee	van Zyl	Open	Female	28
141	00:51:20	271	F	Francois	Janse van Rensburg	Veteran	Male	41
142	00:51:22	1211	H	Lidi	Brand	Open	Female	28
143	00:51:22	270	F	Chanelle	Hoffman	Veteran	Female	44
144	00:51:26	1101	G	Sharon	Sleigh	Veteran	Female	48
145	00:51:29	735	G	Afzal	Dhansay	Master	Male	55
146	00:51:51	711	G	Shannon	Breeze	Open	Female	27
147	00:51:59	840	G	Sylvia	Richards	Open	Female	38
148	00:52:04	1449	H	Channette	Bantjes	Open	Female	38
149	00:52:08	1099	G	Susanne	Schubert	Veteran	Female	49
150	00:52:10	963	G	Richard	Hill	Open	Male	24
151	00:52:24	815	G	Mubeen	Mohamed	Open	Male	24
152	00:52:32	747	G	Lambert	Fick	Open	Male	23
153	00:52:34	420	F	Clarisse	Coetzee	Open	Female	33
154	00:52:39	293	F	nabeelah	orrie	Open	Female	21
155	00:52:42	436	F	Lindsey	Orr	Master	Female	63
156	00:52:56	835	G	Rulanda	Pretorius	Open	Female	24
157	00:52:57	1462	H	christian	jousserand	Master	Male	56
158	00:53:03	1298	H	Leigh	Watermeyer	Open	Female	27
159	00:53:09	1456	H	Warren	Farre	Open	Male	35
160	00:53:14	21	E	Yolande	Malan	Open	Female	28
161	00:53:24	1109	G	Julia	Travis	Open	Female	37
162	00:53:28	852	G	Elmari	Swart	Open	Female	38
163	00:53:34	844	G	Dawn	Rossiter	Master	Female	59
164	00:53:36	1107	G	Gareth	Thomas	Open	Male	32
165	00:53:40	1093	G	Lindie	Rogers	Veteran	Female	42
166	00:53:40	1230	H	Kim-Lisa	Gad	Open	Female	38
167	00:53:59	1480	H	Christo	Wolfaardt	Open	Male	34
168	00:54:11	1067	G	Rudi	Du Toit	Veteran	Male	47
169	00:54:20	1239	H	Paul	Holmes	Veteran	Male	43
170	00:54:23	873	G	Lisa	White	Master	Female	51
171	00:54:39	892	G	Adele	McCann	Master	Female	58
172	00:54:44	730	G	Justin	de Klerk	Open	Male	39
173	00:54:52	959	G	Rory	Gotz	Open	Male	40
174	00:55:09	334	F	Yasmin	Toeffie	Master	Female	57
175	00:55:13	918	G	Rowan	Marais	Master	Male	51
176	00:55:14	1281	H	Marius	Swanepoel	Master	Male	56
177	00:55:16	1271	H	Margie	Richter Wilmot	Master	Female	50
178	00:55:18	919	G	Heidi	van der Merwe	Veteran	Female	41
179	00:55:18	1452	H	Candice	Brand	Open	Female	33
180	00:55:20	1460	H	Tracey	Hinkel	Open	Female	32
181	00:55:21	864	G	Nicolene	Venter	Open	Female	25
182	00:55:23	1461	H	Warwick	Hinkel	Open	Male	34
183	00:55:24	1055	G	Duncan	Churchman	Open	Male	58
184	00:55:26	1241	H	Mark	Hutchinson	Master	Male	58
185	00:55:30	1118	G	Thania	September	Open	Female	34
186	00:55:32	1086	G	Caitlin	Noonan	Open	Female	25
187	00:55:38	726	G	Nazreen	Davids	Veteran	Female	44
188	00:55:44	1226	H	Anne	Fisher	Master	Female	60
189	00:55:52	1428	H	Jonel	Steffen	Open	Female	38
190	00:55:56	1291	H	Paul	van Jaarsveld	Open	Male	40
191	00:55:58	1324	H	Jacques	Lazarus	Open	Male	32
192	00:56:02	753	G	Andrew	Gade	Veteran	Male	40
193	00:56:07	333	F	Takawira	Dube	Open	Male	30
194	00:56:11	910	G	Slanley	Hill	Open	Male	31
195	00:56:16	895	G	Marvan	Beukes	Veteran	Male	44
196	00:56:40	1203	H	Shitesh	Arihunta	Open	Male	26
197	00:56:43	1060	G	Corne	Coertze	Veteran	Female	44

198	00:56:47	1077	G	Mogamat Imtiyaaz	Hendricks	Open	Male	23
199	00:57:00	1076	G	Fuad	Hendricks	Veteran	Male	47
200	00:57:02	1275	H	Nicola	Rossouw	Open	Female	26
201	00:57:02	702	G	Genevieve	Abrey	Open	Female	27
202	00:57:04	1279	H	Louise	Steenkamp	Open	Female	24
203	00:57:06	750	G	Bonnie	Floyd	Open	Female	37
204	00:57:10	1469	H	Mieke	Nieder-Heitmann	Open	Female	24
205	00:57:12	1126	G	Olivia	Teek	Open	Female	35
206	00:57:24	1089	G	Rene	Oosthuizen	Open	Female	37
207	00:57:33	986	G	Lesley	Scott	Open	Female	33
208	00:57:38	1100	G	MEGAN	SCHUMANN	Open	Female	29
209	00:57:46	1231	H	ANNELIZE	GELDENHUYS	Veteran	Female	44
210	00:58:03	1475	H	Joshua	Thomas	Minimee	Male	14
211	00:58:20	719	G	Mark	Chamberlain	Master	Male	50
212	00:58:58	778	G	Lloyd	Jacobs	Open	Male	32
213	00:59:14	1214	H	Mishje	Cooper	Open	Female	35
214	00:59:17	1202	H	Ilse	Appel	Open	Female	37
215	00:59:27	1115	G	Tracy	Viese	Veteran	Female	40
216	00:59:28	1061	G	Ciska	Coetzee	Open	Female	30
217	00:59:39	1022	G	Danielle	de la Mare	Open	Female	33
218	00:59:43	1117	G	Yvette	fe la Part	Master	Female	53
219	00:59:48	268	F	Cayley	Hefer	Minimee	Female	13
220	01:00:10	1466	H	Lizanne	Mackintosh	Open	Female	34
221	01:00:14	1248	H	linda	kruger	Master	Female	55
222	01:00:16	1472	H	Carin	Stewart	Veteran	Female	43
223	01:00:22	1514	G	Vanessa	Nel	Open	Female	32
224	01:00:24	878	G	Tianlin	Zhang	Open	Male	30
225	01:00:26	1113	G	nazeema	williams	Open	Female	37
226	01:00:31	1112	G	abdillah	williams	Veteran	Male	43
227	01:00:35	435	F	Tania	Lewis	Veteran	Female	41
228	01:00:38	434	F	Nell	Eybers	Veteran	Male	42
229	01:00:42	887	G	Khaliq	Dollie	Veteran	Male	43
230	01:00:47	870	G	Dagny	Warmerdam	Veteran	Female	49
231	01:00:52	1051	G	Jessica	Axelson	Open	Female	33
232	01:00:57	1062	G	Justin	de Jager	Open	Male	35
233	01:01:03	781	G	Ilana	Jansen Van Vuuren	Open	Female	31
234	01:01:14	1482	H	Caressa	fesmer	Open	Female	33
235	01:01:30	764	G	Caroline	Hartlieb	Veteran	Female	42
236	01:01:31	324	F	Melissa	Zeeman	Open	Female	32
237	01:01:33	1128	G	Jennefer	Middleton	Open	Female	34
238	01:02:02	1483	H	Amelio	Meyer	Open	Male	34
239	01:02:07	1108	G	Lyndall	Thwaits	Open	Female	25
240	01:02:12	1082	G	Gerhard	Louw	Open	Male	28
241	01:02:21	1292	H	Samantha	van Jaarsveld	Open	Female	31
242	01:02:25	1457	H	Michelle	Faure	Open	Female	45
243	01:03:12	718	G	Claudia	Chamberlain	Open	Female	34
244	01:03:13	1326	H	Welma	Luff	Open	Female	37
245	01:03:17	1465	H	Erich	Ludick	Open	Male	31
246	01:03:21	749	G	Linca	Fisner	Open	Female	31
247	01:03:22	713	G	Feruskah	Brink	Open	Female	27
248	01:03:24	849	G	Mark	Siebritz	Open	Male	37
249	01:03:27	834	G	Claudene	Pretorius	Open	Female	30
250	01:03:45	880	G	Claude	Beste	Master	Male	51
251	01:03:49	762	G	Sean	Harris	Master	Male	51
252	01:03:56	798	G	Terina	le Roux	Open	Female	34
253	01:04:59	727	G	Nicola	Davidson	Open	Female	38
254	01:05:28	1019	G	Liezl	De Jager	Open	Female	36
255	01:05:38	738	G	Colin	Doyle	Master	Male	56
256	01:05:42	1453	H	Alina	Carstens	Junior	Female	17
257	01:05:59	136	E	Janet	Mandel	Master	Female	56
258	01:06:02	825	G	Tasmyn Lee	Oberholster	Open	Female	31
259	01:06:04	1053	G	Chris	Beswick	Open	Male	24
260	01:06:11	1348	H	Fuzlan	Gamielidien	Master	Female	50
261	01:06:31	1095	G	Kara	Scheepers	Open	Female	25
262	01:07:09	1537	G	SHANAAZ	VAN DER SCHYFF	Veteran	Female	49
263	01:07:23	1301	H	Ruan	Zeelie	Open	Male	30
264	01:07:32	1474	H	Bryn	Thomas	Veteran	Male	41
265	01:07:36	1484	H	Steven	Hill	Open	Male	36
266	01:07:38	1479	H	Alexia	von Essen	Open	Female	30
267	01:07:50	731	G	Rynhardt	De Waal	Open	Male	20
268	01:07:56	732	G	Theuns	De Waal	Veteran	Male	49
269	01:08:01	1454	H	Jonathan	Carter	Open	Male	34
270	01:08:24	1339	H	Meriel	Bartlett	Veteran	Female	46
271	01:08:30	1470	H	Jacqui	Parsons	Open	Female	32
272	01:08:32	1071	G	Reid	Gabi	Open	Female	26
273	01:10:21	752	G	Diane	Fullard	Open	Female	36
274	01:10:39	1302	H	Jenita	Beling	Open	Female	30
275	01:10:41	890	G	Wiesaal	Isaacs	Master	Female	53
276	01:10:56	1270	H	Angelique	Pretorius	Open	Female	33
277	01:12:04	1344	H	Gabriele	Carstens	Master	Female	53
278	01:12:22	1127	G	Ronby	Orr	Master	Male	75
279	01:12:40	1223	H	Chae Li	Diong	Open	Female	34
280	01:13:22	1290	H	Sune	van Heerden	Veteran	Female	40
281	01:13:48	768	G	Busisiwe	Hoho	Open	Female	28
282	01:14:20	1471	H	Michelle	Rumbelow	Open	Female	39
283	01:14:46	751	G	Sue-Ann	Fourie	Open	Female	36
284	01:15:09	811	G	Sithembiso	Mdunge	Open	Male	36
285	01:16:10	1052	G	TAMSIN	BAIN	Open	Female	26
286	01:16:25	996	G	Kelly	Williams	Open	Female	30
287	01:17:29	1464	H	Amanda-Jane	Lamont	Open	Female	27
288	01:19:52	845	G	Corne	Rossouw	Veteran	Female	42
289	01:19:55	1122	G	Marina	du Plessis	Veteran	Female	41
290	01:21:46	774	G	Emma	Hurley	Veteran	Female	49
291	01:22:26	1458	H	Ananya	Gangopadhyay	Open	Female	22
292	01:23:46	1234	H	Samantha	Harper	Open	Female	31
293	01:24:11	1215	H	Courtney	Craul	Open	Female	32
294	01:24:14	1246	H	Kim	Keyser	Open	Female	32
295	01:28:38	1459	H	Adele	Groenewald	Master	Female	56
296	01:31:45	1463	H	Peter	Koller	Master	Male	58
297	01:42:19	1318	H	Aynsley	Jones	Open	Female	33
298	01:46:14	1473	H	Adele	Thomas	Veteran	Female	42
299	01:46:19	1476	H	Lara	Thomas	Minimee	Female	10

Open Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:28:06	36	E	Andre	Afrika	Open	Male	21
2	00:28:30	14	E	Dawood	Goeiman	Open	Male	18
3	00:30:11	128	E	Floreense	von Der Decken	Open	Male	26
4	00:32:41	60	E	Clayton	Booyens	Open	Male	33
5	00:32:45	16	E	Sylvano	Hindley	Open	Male	27
6	00:32:53	130	E	Joshua	Rubenstein	Open	Male	22
7	00:35:52	133	E	Emile	Terblanche	Open	Male	30
8	00:37:10	137	E	Abrib	Valentine	Open	Male	34
9	00:37:20	827	G	Cornè	Oosthuizen	Open	Male	26
10	00:38:13	138	E	Stuart	Watson	Open	Male	38
11	00:38:49	261	F	Mark	Doyle	Open	Male	18
12	00:39:45	4220	F	Arno	Oliver	Open	Male	39
13	00:39:49	421	F	David	Metelerkamp	Open	Male	24
14	00:39:58	877	G	Mauritz	Zastron	Open	Male	24
15	00:40:12	131	E	Tim	Marsh	Open	Male	22
16	00:40:33	20	E	GAWIE	MALAN	Open	Male	28
17	00:41:03	343	F	Louis	Muller	Open	Male	30
18	00:41:24	302	F	Charl	Roos	Open	Male	33
19	00:42:02	995	G	Bryan	Walter	Open	Male	31
20	00:42:05	253	F	Shaun	Cassisa	Open	Male	37
21	00:42:15	307	F	Divan	Snyman	Open	Male	29
22	00:42:37	303	F	malcolm	Royston	Open	Male	39
23	00:42:43	257	F	Clinton	de Witt	Open	Male	32
24	00:42:48	277	F	Hanrich	Laubscher	Open	Male	34
25	00:43:10	426	F	Nicholas	Higgs	Open	Male	27
26	00:43:29	715	G	Werner	Britz	Open	Male	32
27	00:43:53	340	F	Gideon	nieuwoude	Open	Male	31
28	00:44:07	775	G	Kyle	Hutchinson	Open	Male	25
29	00:44:34	335	G	Joshua	Lazarus	Open	Male	25
30	00:44:35	858	G	Hermanus	van der Merwe	Open	Male	27
31	00:44:39	296	F	Lance	Osburn	Open	Male	35
32	00:44:52	767	G	Carlo	Hill	Open	Male	27
33	00:44:56	1068	G	Jordache	Fortuin	Open	Male	24
34	00:45:34	255	F	Pieter	Cilliers	Open	Male	34
35	00:45:35	1087	G	Reinhard	Odendaal	Open	Male	35
36	00:45:37	425	F	Riaan	van der Westhuizen	Open	Male	36
37	00:46:01	371	F	Liam	Stander	Open	Male	27
38	00:46:04	789	G	Conrad	Koorts	Open	Male	33
39	00:46:30	833	G	Previn	Pillay	Open	Male	26
40	00:46:34	1106	G	Gareth	Thomas	Open	Male	32
41	00:46:47	1085	G	Eckart	Mostert	Open	Male	28
42	00:47:26	331	F	Regardt	Laubscher	Open	Male	31
43	00:47:33	1059	G	Michael	Churchman	Open	Male	20
44	00:47:34	1216	H	Julio	da Costa	Open	Male	24
45	00:48:36	779	G	Paul Albertus	Janse van Rensburg	Open	Male	31
46	00:48:41	427	F	Hendrick	van der Nest	Open	Male	24
47	00:48:42	1104	G	Pieter	Strauss	Open	Male	28
48	00:48:57	784	G	Natanael	Jooste	Open	Male	28
49	00:48:57	1478	H	Wim	Truter	Open	Male	34
50	00:48:59	1084	G	Calum	Milne	Open	Male	30
51	00:49:09	1530	G	Schalk	Sevenster	Open	Male	32
52	00:49:14	276	F	Magnus	Lamprecht	Open	Male	28
53	00:50:33	431	F	Jan	Brak	Open	Male	35
54	00:50:41	1088	G	Jaco	Oosthuizen	Open	Male	36
55	00:50:44	1103	G	Travis	Smithard	Open	Male	27
56	00:50:55	1078	G	Ernst	Labuschagne	Open	Male	32
57	00:52:10	963	G	Richard	Hill	Open	Male	24
58	00:52:24	815	G	Mubeen	Mohamed	Open	Male	24
59	00:52:32	747	G	Lambert	Fick	Open	Male	23
60	00:53:09	1456	H	Warren	Farre	Open	Male	35
61	00:53:36	1107	G	Gareth	Thomas	Open	Male	32
62	00:53:59	1480	H	Christo	Wolfaardt	Open	Male	34
63	00:54:44	730	G	Justin	de Klerk	Open	Male	39
64	00:54:52	959	G	Rory	Gotz	Open	Male	40
65	00:55:23	1461	H	Warwick	Hinkel	Open	Male	34
66	00:55:24	1055	G	Duncan	Churchman	Open	Male	58
67	00:55:56	1291	H	Paul	van Jaarsveld	Open	Male	40
68	00:55:58	1324	H	Jacques	Lazarus	Open	Male	32
69	00:56:07	333	F	Takawira	Dube	Open	Male	30
70	00:56:11	910	G	Slanley	Hill	Open	Male	31
71	00:56:40	1203	H	Shitesh	Arihunta	Open	Male	26
72	00:56:47	1077	G	Mogamat Imtiyaz	Hendricks	Open	Male	23
73	00:58:58	778	G	Lloyd	Jacobs	Open	Male	32
74	01:00:24	878	G	Tianlin	Zhang	Open	Male	30
75	01:00:57	1062	G	Justin	de Jager	Open	Male	35
76	01:02:02	1483	H	Amelio	Meyer	Open	Male	34
77	01:02:12	1082	G	Gerhard	Louw	Open	Male	28
78	01:03:17	1465	H	Erich	Ludick	Open	Male	31
79	01:03:24	849	G	Mark	Siebritz	Open	Male	37
80	01:06:04	1053	G	Chris	Beswick	Open	Male	24
81	01:07:23	1301	H	Ruan	Zeelie	Open	Male	30
82	01:07:36	1484	H	Steven	Hill	Open	Male	36
83	01:07:50	731	G	Rynhardt	De Waal	Open	Male	20
84	01:08:01	1454	H	Jonathan	Carter	Open	Male	34
85	01:15:09	811	G	Sithemiso	Mdunge	Open	Male	36

Open Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:33:30	132	E	Anel	Terblanche	Open	Female	29
2	00:35:26	23	E	Tina-Mari	Meyer	Open	Female	28
3	00:36:05	54	E	Linda	Kinloch-Smith	Open	Female	38
4	00:40:31	35	E	Shaundre	Farmer	Open	Female	22
5	00:41:11	40	E	Rina	Parker	Open	Female	37
6	00:44:06	428	F	Inge	Brand	Open	Female	31
7	00:44:23	286	F	Josie	McCann	Open	Female	19
8	00:45:26	419	F	Mariska	Baumeister	Open	Female	33
9	00:45:31	1094	G	Teresa	Ruster	Open	Female	24
10	00:45:38	1369	H	Margot	Scott	Open	Female	28
11	00:45:45	330	F	Delicia	Jantjies	Open	Female	25
12	00:45:58	1285	H	Jenna	Van Breda	Open	Female	31
13	00:45:59	370	F	Cornel	Stander	Open	Female	25
14	00:46:27	812	G	Che	Milani	Open	Female	28
15	00:47:31	1123	G	Lindsay	speis du toit	Open	Female	37
16	00:48:23	1125	G	leanne	Fourie	Open	Female	29
17	00:48:52	1083	G	Lerato	Majara	Open	Female	24
18	00:49:02	1121	G	Lezil	du Toit	Open	Female	26
19	00:49:03	1477	H	Lidene	Truter	Open	Female	31
20	00:49:12	1114	G	Laura	Troost	Open	Female	19
21	00:49:50	1057	G	Helen	Churchman	Open	Female	25
22	00:50:32	1529	G	Mia	Sevenster	Open	Female	32
23	00:50:35	748	G	Janca	Fisner	Open	Female	28
24	00:50:39	1260	H	Alexa	Murray	Open	Female	23
25	00:51:00	729	G	Kylie	de Jager	Open	Female	34
26	00:51:09	714	G	Petrusa	Britz	Open	Female	31
27	00:51:19	413	F	Rukeya	Cassiem	Open	Female	37
28	00:51:19	1111	G	Tarryn-Lee	van Zyl	Open	Female	28
29	00:51:22	1211	H	Lidi	Brand	Open	Female	28
30	00:51:51	711	G	Shannon	Breeze	Open	Female	27
31	00:51:59	840	G	Sylvia	Richards	Open	Female	38
32	00:52:04	1449	H	Channette	Bantjes	Open	Female	38
33	00:52:34	420	F	Clarisse	Coetzee	Open	Female	33
34	00:52:39	293	F	nabeelah	orrie	Open	Female	21
35	00:52:56	835	G	Rulanda	Pretorius	Open	Female	24
36	00:53:03	1298	H	Leigh	Watermeyer	Open	Female	27
37	00:53:14	21	E	Yolande	Malan	Open	Female	28
38	00:53:24	1109	G	Julia	Travis	Open	Female	37
39	00:53:28	852	G	Elmari	Swart	Open	Female	38
40	00:53:40	1230	H	Kim-Lisa	Gad	Open	Female	38
41	00:55:18	1452	H	Candice	Brand	Open	Female	33
42	00:55:20	1460	H	Tracey	Hinkel	Open	Female	32
43	00:55:21	864	G	Nicolene	Venter	Open	Female	25
44	00:55:30	1118	G	Thania	September	Open	Female	34
45	00:55:32	1086	G	Caitlin	Noonan	Open	Female	25
46	00:55:52	1428	H	Jonel	Steffen	Open	Female	38
47	00:57:02	1275	H	Nicola	Rossouw	Open	Female	26
48	00:57:02	702	G	Genevieve	Abrey	Open	Female	27
49	00:57:04	1279	H	Louise	Steenkamp	Open	Female	24
50	00:57:06	750	G	Bonnie	Floyd	Open	Female	37
51	00:57:10	1469	H	Mieke	Nieder-Heitmann	Open	Female	24
52	00:57:12	1126	G	Olivia	Teek	Open	Female	35
53	00:57:24	1089	G	Rene	Oosthuizen	Open	Female	37
54	00:57:33	986	G	Lesley	Scott	Open	Female	33
55	00:57:38	1100	G	MEGAN	SCHUMANN	Open	Female	29
56	00:59:14	1214	H	Mishje	Cooper	Open	Female	35
57	00:59:17	1202	H	Ilse	Appel	Open	Female	37
58	00:59:28	1061	G	Ciska	Coetzee	Open	Female	30
59	00:59:39	1022	G	Danielle	de la Mare	Open	Female	33
60	01:00:10	1466	H	Lizanne	Mackintosh	Open	Female	34
61	01:00:22	1514	G	Vanessa	Nel	Open	Female	32
62	01:00:26	1113	G	nazeema	williams	Open	Female	37
63	01:00:52	1051	G	Jessica	Axelson	Open	Female	33
64	01:01:03	781	G	Ilana	Jansen Van Vuuren	Open	Female	31
65	01:01:14	1482	H	Caressa	fesmer	Open	Female	33
66	01:01:31	324	F	Melissa	Zeeman	Open	Female	32
67	01:01:33	1128	G	Jennefer	Middleton	Open	Female	34
68	01:02:07	1108	G	Lyndall	Thwaits	Open	Female	25
69	01:02:21	1292	H	Samantha	van Jaarsveld	Open	Female	31
70	01:02:25	1457	H	Michelle	Faure	Open	Female	45
71	01:03:12	718	G	Claudia	Chamberlain	Open	Female	34
72	01:03:13	1326	H	Welma	Luff	Open	Female	37
73	01:03:21	749	G	Linca	Fisner	Open	Female	31
74	01:03:22	713	G	Feruskah	Brink	Open	Female	27
75	01:03:27	834	G	Claudene	Pretorius	Open	Female	30
76	01:03:56	798	G	Terina	le Roux	Open	Female	34
77	01:04:59	727	G	Nicola	Davidson	Open	Female	38
78	01:05:28	1019	G	Liezl	De Jager	Open	Female	36
79	01:06:02	825	G	Tasmyn Lee	Oberholster	Open	Female	31
80	01:06:31	1095	G	Kara	Scheepers	Open	Female	25
81	01:07:38	1479	H	Alexia	von Essen	Open	Female	30
82	01:08:30	1470	H	Jacqui	Parsons	Open	Female	32
83	01:08:32	1071	G	Reid	Gabi	Open	Female	26
84	01:10:21	752	G	Diane	Fullard	Open	Female	36
85	01:10:39	1302	H	Jenita	Belling	Open	Female	30
86	01:10:56	1270	H	Angeliq	Pretorius	Open	Female	33
87	01:12:40	1223	H	Chae Li	Diong	Open	Female	34
88	01:13:48	768	G	Busisiwe	Hoho	Open	Female	28
89	01:14:20	1471	H	Michelle	Rumbelow	Open	Female	39
90	01:14:46	751	G	Sue-Ann	Fourie	Open	Female	36
91	01:16:10	1052	G	TAMSIN	BAIN	Open	Female	26
92	01:16:25	996	G	Kelly	Williams	Open	Female	30
93	01:17:29	1464	H	Amanda-Jane	Lamont	Open	Female	27
94	01:22:26	1458	H	Ananya	Gangopadhyay	Open	Female	22
95	01:23:46	1234	H	Samantha	Harper	Open	Female	31
96	01:24:11	1215	H	Courtney	Craul	Open	Female	32
97	01:24:14	1246	H	Kim	Keyser	Open	Female	32
98	01:42:19	1318	H	Aynsley	Jones	Open	Female	33

Veteran Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:31:26	251	F	Jose	Almeida	Veteran	Male	43
2	00:33:49	31	E	Peter	Shackleton	Veteran	Male	40
3	00:39:01	123	E	Andre	De Piaz	Veteran	Male	49
4	00:39:55	292	F	ashraf	orrie	Veteran	Male	47
5	00:40:58	134	E	Ben	van Rensburg	Veteran	Male	42
6	00:41:29	127	E	Arno	Rossouw	Veteran	Male	43
7	00:41:35	41	E	Theo	Kretschmer	Veteran	Male	42
8	00:42:14	284	F	Anthony	McLea	Veteran	Male	40
9	00:44:36	301	F	Peter	Robson	Veteran	Male	45
10	00:44:43	322	F	Christian	Wiesener	Veteran	Male	43
11	00:44:58	126	E	Trevor	Parker	Veteran	Male	41
12	00:46:32	725	G	Farouk	Davids	Veteran	Male	44
13	00:46:38	1116	G	Willem	Lys	Veteran	Male	40
14	00:46:44	266	F	Christian	Els	Veteran	Male	46
15	00:47:49	721	G	Clive	Corbett	Veteran	Male	49
16	00:48:10	1120	G	Riaan	Muller	Veteran	Male	44
17	00:48:16	312	F	Paul	Truscott	Veteran	Male	42
18	00:49:12	260	F	Ebrahim	Domingo	Veteran	Male	40
19	00:50:19	1327	H	erich	Luff	Veteran	Male	48
20	00:51:06	308	F	Mark	Stead	Veteran	Male	47
21	00:51:14	920	G	Myck	Jubber	Veteran	Male	41
22	00:51:20	271	F	Francois	Janse van Rensburg	Veteran	Male	41
23	00:54:11	1067	G	Rudi	Du Toit	Veteran	Male	47
24	00:54:20	1239	H	Paul	Holmes	Veteran	Male	43
25	00:56:02	753	G	Andrew	Gade	Veteran	Male	40
26	00:56:16	895	G	Marvan	Beukes	Veteran	Male	44
27	00:57:00	1076	G	Fuad	Hendricks	Veteran	Male	47
28	01:00:31	1112	G	abdillah	williams	Veteran	Male	43
29	01:00:38	434	F	Nell	Eybers	Veteran	Male	42
30	01:00:42	887	G	Khaliq	Dollie	Veteran	Male	43
31	01:07:32	1474	H	Bryn	Thomas	Veteran	Male	41
32	01:07:56	732	G	Theuns	De Waal	Veteran	Male	49

Veteran Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:44:19	13	E	Frances	Fuchs	Veteran	Female	41
2	00:44:29	51	E	Liezl	Du Plooy	Veteran	Female	48
3	00:46:42	429	F	Ronelle	Bester	Veteran	Female	42
4	00:47:21	25	E	Petro	Pienaar	Veteran	Female	44
5	00:50:40	430	F	Lorraine	Strachan	Veteran	Female	42
6	00:50:52	1124	G	Jeanette	Braunton	Veteran	Female	42
7	00:51:13	786	G	Anzonia	Joseph	Veteran	Female	45
8	00:51:16	306	F	Cam	Shackleton	Veteran	Female	41
9	00:51:22	270	F	Chanelle	Hoffman	Veteran	Female	44
10	00:51:26	1101	G	Sharon	Sleigh	Veteran	Female	48
11	00:52:08	1099	G	Susanne	Schubert	Veteran	Female	49
12	00:53:40	1093	G	Lindie	Rogers	Veteran	Female	42
13	00:55:18	919	G	Heidi	van der Merwe	Veteran	Female	41
14	00:55:38	726	G	Nazreen	Davids	Veteran	Female	44
15	00:56:43	1060	G	Corne	Coertze	Veteran	Female	44
16	00:57:46	1231	H	ANNELIZE	GELDENHUYS	Veteran	Female	44
17	00:59:27	1115	G	Tracy	Viese	Veteran	Female	40
18	01:00:16	1472	H	Carin	Stewart	Veteran	Female	43
19	01:00:35	435	F	Tania	Lewis	Veteran	Female	41
20	01:00:47	870	G	Dagny	Warmerdam	Veteran	Female	49
21	01:01:30	764	G	Caroline	Hartlieb	Veteran	Female	42
22	01:07:09	1537	G	SHANAAZ	VAN DER SCHYFF	Veteran	Female	49
23	01:08:24	1339	H	Meriel	Bartlett	Veteran	Female	46
24	01:13:22	1290	H	Sune	van Heerden	Veteran	Female	40
25	01:19:52	845	G	Corne	Rossouw	Veteran	Female	42
26	01:19:55	1122	G	Marina	du Plessis	Veteran	Female	41
27	01:21:46	774	G	Emma	Hurley	Veteran	Female	49
28	01:46:14	1473	H	Adele	Thomas	Veteran	Female	42

Master Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:34:55	254	F	Leslie	Chivell	Master	Male	60
2	00:37:26	33	E	Freddie	Thiem	Master	Male	58
3	00:38:06	893	G	Patrick	McCann	Master	Male	52
4	00:38:16	28	E	Richard	Rossiter	Master	Male	58
5	00:43:37	22	E	Eric	McLaren	Master	Male	52
6	00:44:53	265	F	Neil	Ebing	Master	Male	63
7	00:45:49	830	G	Vincent	Osborne	Master	Male	55
8	00:46:48	267	F	Brendan	Fitzhenry	Master	Male	51
9	00:48:14	932	G	Geoff	Howard	Master	Male	50
10	00:51:29	735	G	Afzal	Dhansay	Master	Male	55
11	00:52:57	1462	H	christian	jousserand	Master	Male	56
12	00:55:13	918	G	Rowan	Marais	Master	Male	51
13	00:55:14	1281	H	Marius	Swanepoel	Master	Male	56
14	00:55:26	1241	H	Mark	Hutchinson	Master	Male	58
15	00:58:20	719	G	Mark	Chamberlain	Master	Male	50
16	01:03:45	880	G	Claude	Bester	Master	Male	51
17	01:03:49	762	G	Sean	Harris	Master	Male	51
18	01:05:38	738	G	Colin	Doyle	Master	Male	56
19	01:12:22	1127	G	Ronbby	Orr	Master	Male	75
20	01:31:45	1463	H	Peter	Koller	Master	Male	58

Master Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:43:12	295	F	roldah	orrie	Master	Female	50
2	00:46:17	1245	H	Dominique	Jousserand	Master	Female	56
3	00:46:57	38	F	Fabritzia	Gosztola	Master	Female	50
4	00:52:42	436	F	Lindsey	Orr	Master	Female	63
5	00:53:34	844	G	Dawn	Rossiter	Master	Female	59
6	00:54:23	873	G	Lisa	White	Master	Female	51
7	00:54:39	892	G	Adele	McCann	Master	Female	58
8	00:55:09	334	F	Yasmin	Toeffie	Master	Female	57
9	00:55:16	1271	H	Margie	Richter Wilmot	Master	Female	50
10	00:55:44	1226	H	Anne	Fisher	Master	Female	60
11	00:59:43	1117	G	Yvette	fe la Part	Master	Female	53
12	01:00:14	1248	H	linda	kruger	Master	Female	55
13	01:05:59	136	E	Janet	Mandel	Master	Female	56
14	01:06:11	1348	H	Fuzlan	Garnieldien	Master	Female	50
15	01:10:41	890	G	Wiesaal	Isaacs	Master	Female	53
16	01:12:04	1344	H	Gabriele	Carstens	Master	Female	53
17	01:28:38	1459	H	Adele	Groenewald	Master	Female	56

Junior Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:29:18	24	E	Stefan	Oosthuizen	Junior	Male	17
2	00:30:09	1	E	daniel	arendse	Junior	Male	15
3	00:30:14	7	E	bruzano	britz	Junior	Male	15
4	00:36:05	329	F	Marchall	van Niekerk	Junior	Male	17
5	00:38:21	294	F	riaz	orrie	Junior	Male	16

Junior Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:42:51	336	F	Alexandra	Hoffman	Junior	Female	16
2	01:05:42	1453	H	Alina	Carstens	Junior	Female	17

Minimee

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:35:09	129	E	Giovanni	Sampson	Minimee	Male	14
2	00:37:28	11	E	Jethro	Dunn	Minimee	Male	12
3	00:44:12	43	E	Stuart	Heath	Minimee	Male	13
4	00:45:26	135	E	Ian	van Rensburg	Minimee	Male	13
5	00:45:48	269	F	Jaden	Hefer	Minimee	Male	11
6	00:58:03	1475	H	Joshua	Thomas	Minimee	Male	14
7	00:59:48	268	F	Cayley	Hefer	Minimee	Female	13
8	01:46:19	1476	H	Lara	Thomas	Minimee	Female	10

Peewee

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:43:44	1467	H	Daniel	Middleton	Peewee	Male	10
2	00:44:32	1075	G	Erin	Heath	Peewee	Female	9
3	00:48:19	29	E	Tyler	Schagen	Peewee	Male	10
4	00:49:45	1325	H	Carla	Luff	Peewee	Female	8