



Spur Cape Summer Trail Series® Race 4
LONG COURSE Championship (15.6km)
Oak Valley

Overall

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:58:10	2003	A	Raydon	Balie	Open	Male	21
2	00:58:17	2015	A	Jarryd	Dunn	Open	Male	18
3	00:59:59	2145	A	francois	groenewald	Open	Male	29
4	01:02:35	2060	A	Ryan	Winter	Open	Male	38
5	01:03:07	2037	A	Chris	Muller	Open	Male	27
6	01:04:20	2072	A	Louis	Botha	Open	Male	23
7	01:04:42	2077	A	Wesley	Sweetnam	Open	Male	29
8	01:05:15	2146	A	Scott	Watermeyer	Open	Male	26
9	01:05:27	2022	A	SHAUN	GREGORY	Veteran	Male	45
10	01:05:33	2051	A	Franz-Erich	Streicher	Open	Male	27
11	01:06:05	2064	A	Hayley	Preen	Open	Female	17
12	01:07:06	2529	B	Kevin	Spratley	Veteran	Male	46
13	01:07:54	2097	A	James	Montgomery	Open	Male	31
14	01:08:45	2071	A	Katya	Soggot	Veteran	Female	40
15	01:08:54	2142	A	Steven	Miedema	Open	Male	32
16	01:08:59	2141	A	Ian	Meaker	Open	Male	32
17	01:09:40	2804	C	Greg	Torr	Veteran	Male	41
18	01:10:08	2140	A	Patrick	Magnus	Open	Male	35
19	01:10:21	2063	A	Mark	Preen	Master	Male	54
20	01:10:25	2085	A	Rudi	Bezuidenhout	Veteran	Male	41
21	01:11:24	2017	A	Herman	Fourie	Open	Male	35
22	01:11:40	2050	A	Sanja	Steyn	Open	Female	28
23	01:12:47	2000	A	Ryan	Abrey	Open	Male	28
24	01:13:15	2023	A	John	Grewar	Open	Male	33
25	01:13:27	2525	B	GERARD	NOEL	Open	Male	30
26	01:13:52	2520	B	Andre	Holland	Open	Male	32
27	01:14:00	2047	A	Wim	Smit	Master	Male	52
28	01:14:45	2066	A	Brenna	Coupland	Open	Female	27
29	01:15:31	2062	A	Abrie	Joubert	Veteran	Male	43
30	01:16:16	2522	B	Samuel	Kingwill	Open	Male	17
31	01:16:41	2046	A	Phillip	Simbao	Open	Male	34
32	01:16:47	2008	A	Hanlie	Booyens	Veteran	Female	42
33	01:16:48	2338	B	Jesse	Terment	Open	Male	29
34	01:16:52	2031	A	Esther	Lategan	Veteran	Female	41
35	01:17:24	2538	B	John	Van der merve	Open	Male	29
36	01:17:29	2351	B	Rainer	Wellmanns	Open	Male	33
37	01:18:26	2055	A	JOHAN	VAN DER MERWE	Open	Male	25
38	01:18:28	2269	B	Jean-Pierre	du Plessis	Open	Male	26
39	01:18:32	2048	A	Jessica	Stevens	Open	Female	23
40	01:18:52	2024	A	Karl	Heath	Master	Male	51
41	01:18:53	2475	B	Joe	Smith	Open	Male	32
42	01:19:29	2337	B	Damian	Sutherland	Open	Male	26
43	01:20:07	2476	B	Stefan	Steffen	Open	Male	39
44	01:20:22	2144	A	leon	Bardenhorst	Veteran	Male	43
45	01:20:23	3044	C	Guy	McKechnie	Open	Male	33
46	01:20:39	2327	B	cheryl	rudolph	Master	Female	54
47	01:20:46	2413	B	Richard	Williams	Master	Male	54
48	01:21:34	2532	B	Rudi	Wilcocks	Open	Male	28
49	01:21:50	2534	B	Daniel	Enslin	Open	Male	23
50	01:22:08	2488	B	Sean	Young	Open	Male	28
51	01:22:18	2410	B	James	Sleigh	Veteran	Male	48
52	01:22:30	2042	A	Allan	Ryninks	Master	Male	58
53	01:22:48	2010	A	Errol	Cunnama	Master	Male	60
54	01:22:54	2282	B	Marli	Grewar	Open	Female	33
55	01:22:59	2730	C	Michal	George	Veteran	Male	45
56	01:23:04	2526	B	Oliver	Oxtoby	Open	Male	34
57	01:23:10	2738	C	ahmed	hassim	Open	Male	26
58	01:23:11	2372	B	James	Wilkinson	Open	Male	26
59	01:23:18	2720	C	Izak	Du Plessis	Open	Male	39
60	01:23:19	2394	B	Olivier	Grandjean	Open	Male	34
61	01:23:23	2323	B	Richard	Phillips	Open	Male	34
62	01:23:24	3063	C	Jermey	Browne	Master	Male	53
63	01:23:41	3068	C	Mark	Dayton	Open	Male	36
64	01:23:52	3051	C	Alexander	Schubert	Veteran	Male	45
65	01:24:09	2305	B	Mohamed	Mansura	Open	Male	28
66	01:24:29	2749	C	Adriaan	Klue	Open	Male	30
67	01:24:47	2391	B	Anton	Eccles	Open	Male	35
68	01:24:55	3001	C	Tamsyn	Woolf	Open	Female	38
69	01:25:02	2279	B	Hein	Gerber	Open	Male	36
70	01:25:12	2265	B	Floris	Dafel	Open	Male	35
71	01:25:20	2514	B	jed	borrill (other)	Veteran	Male	44
72	01:25:28	2261	B	David	Brennan	Open	Male	24
73	01:25:38	2818	C	Jayson	Welthagen	Veteran	Male	40
74	01:25:48	2469	B	Nikki-leigh	Piper	Open	Female	30
75	01:25:48	3035	C	Lien	Erasmus	Open	Female	19
76	01:25:49	3066	C	Anwar	Cassiem	Veteran	Male	43
77	01:25:57	2473	B	Melody	Schultz	Veteran	Female	42
78	01:26:31	2826	C	Hugo	Leuenerberger	Open	Male	38
79	01:26:39	2811	C	Rudick	Viljoen	Open	Male	26
80	01:26:43	2516	B	Marius	du Plessis	Open	Male	25
81	01:27:00	2524	B	Hennie	Longland	Master	Male	52
82	01:27:55	2938	C	Marilie	Du Toit	Veteran	Female	41
83	01:28:06	2333	B	Mubeen	September	Open	Male	37
84	01:28:12	2915	C	Matthew	Buckle	Open	Male	26
85	01:28:15	2504	B	John	Hill	Master	Male	56
86	01:28:22	3070	C	Jermey	Foster	Open	Male	27
87	01:28:25	2339	B	Johann	Theron	Master	Male	58
88	01:28:28	3060	C	Pierre	Zeeman	Open	Male	32
89	01:28:53	2316	B	Faizel	Noordien	Open	Male	37
90	01:29:30	3278	D	Jean-Pierre	du Toit	Open	Male	34

91	01:29:38	2375	B	Jack	Donde	Open	Male	17
92	01:29:56	2828	C	Phillipa	Jephson	Open	Female	36
93	01:30:09	2782	C	Jeannine	Ruffels	Veteran	Female	48
94	01:30:16	2713	C	Andre	Conradie	Open	Male	39
95	01:30:31	2753	C	Paul	Kotze	Open	Male	32
96	01:30:32	2536	B	York	Vrvo	Open	Male	26
97	01:30:38	2376	B	Lisa	Burger	Open	Female	31
98	01:30:59	3047	C	Fred	Neethling	Open	Male	30
99	01:31:12	2969	C	Katherine	Naude	Open	Female	31
100	01:31:20	2537	B	Marerli	Mans	Open	Female	33
101	01:31:22	3034	C	Jan-at	Engelbrecht	Open	Male	24
102	01:31:26	2508	B	Cobus	Jooste	Open	Male	26
103	01:31:26	2725	C	Sebnem	Er	Open	Female	37
104	01:31:33	2719	C	Aiden	Du Plessis	Open	Male	30
105	01:31:38	2523	B	Alex	Je Roux	Veteran	Male	46
106	01:31:39	3056	C	Michael	Theunissen	Master	Male	52
107	01:31:43	2287	B	Andre	Hefer	Veteran	Male	49
108	01:31:49	2750	C	craig	knight	Open	Male	35
109	01:31:51	2283	B	Nick	Groll	Open	Male	32
110	01:32:23	3043	C	JB	Marais	Open	Male	30
111	01:32:24	2302	B	Lasith	Madurasinghe	Veteran	Male	41
112	01:33:02	3218	D	Bevan	Matthews	Open	Male	28
113	01:33:16	2518	B	Chris	Garbers	Open	Male	26
114	01:33:40	2809	C	Annemi	Van Zyl	Veteran	Female	41
115	01:33:42	2274	B	Coenraad	Fick	Open	Male	36
116	01:33:45	2275	B	Nettie	Fick	Open	Female	34
117	01:33:47	2747	C	Dean	Keyser	Open	Male	35
118	01:33:50	2864	C	Dinaye	Hough	Open	Female	25
119	01:34:03	2530	B	guy	theunissen	Open	Male	29
120	01:34:32	2814	C	Henco	Visser	Open	Male	31
121	01:34:42	2798	C	Julian	Smith	Open	Male	31
122	01:35:08	2834	C	Stian	Visagie	Open	Male	26
123	01:35:14	2710	C	Nicky	Burton	Master	Female	50
124	01:35:19	2709	C	David	Burton	Master	Male	53
125	01:35:25	2975	C	Nandi	Pretorius	Open	Female	24
126	01:35:29	3061	C	Stephany	Cherry	Veteran	Female	44
127	01:35:35	3067	C	Dave	Jonker	Open	Male	38
128	01:35:44	3037	C	Jeanne	Gouws	Open	Female	36
129	01:35:55	3052	C	Michael	Seymour	Open	Male	23
130	01:35:59	2816	C	Stuart	Walsh	Open	Male	34
131	01:36:06	2703	C	Candice	Baynes	Open	Female	28
132	01:36:20	2755	C	Sarah	Lamond	Open	Female	35
133	01:36:27	3058	C	ansa	van geest	Veteran	Female	42
134	01:36:36	3064	C	luzanne	Esterhuyse	Veteran	Female	40
135	01:36:47	2289	B	Samantha	Hobson-Jones	Open	Female	23
136	01:36:55	2252	B	Richard	Atkinson	Open	Male	25
137	01:37:21	2862	C	Tina	Gellatly	Open	Female	23
138	01:37:36	2786	C	Nicky	Schermer	Open	Female	32
139	01:37:39	2535	B	Mark	Reynolds	Open	Male	26
140	01:37:40	2771	C	JD	Otto	Open	Male	29
141	01:37:49	2893	C	Ed	van Niekerk	Open	Male	28
142	01:38:00	2714	C	Elmarie	Conradie	Veteran	Female	40
143	01:38:12	2281	B	Adam	Green	Open	Male	32
144	01:38:15	2974	C	Melandi	Pretorius	Open	Female	22
145	01:38:20	3205	D	Ian	Durbach	Open	Male	36
146	01:38:35	2752	C	Famke	Koene	Open	Female	27
147	01:38:42	2290	B	Sally	Hollick	Veteran	Female	49
148	01:38:47	2365	B	Gail	Moriarty	Master	Female	51
149	01:38:51	2773	C	Andre	Pienaar	Open	Male	28
150	01:39:01	3038	C	Katherine	Harris	Open	Female	33
151	01:39:07	2715	C	Rudi	Cronje	Open	Male	33
152	01:39:24	2513	B	Daniel	Beukes	Open	Male	38
153	01:39:37	2791	C	Bev	Schultz	Veteran	Female	47
154	01:39:43	2350	B	Jacqueline	Vockins	Open	Female	46
155	01:40:00	2784	C	Eugene	Schagen	Veteran	Male	43
156	01:40:07	2785	C	Riaan	Schagen	Veteran	Male	40
157	01:40:10	3057	C	Clair	Timlin	Master	Female	60
158	01:40:24	2819	C	Kim	de Bruin	Veteran	Female	44
159	01:40:29	2515	B	Taryn	Campbell	Open	Female	30
160	01:40:29	2820	C	Hans	Sukel	Master	Male	53
161	01:40:34	3045	C	Kevin	McKinney	Veteran	Male	44
162	01:40:38	3027	C	Bielle	Bellingham	Open	Female	29
163	01:40:46	3049	C	Jason	Nical	Veteran	Male	40
164	01:40:56	2531	B	Nicole	Tyler	Open	Female	30
165	01:41:10	2739	C	Martin	Henning	Open	Male	27
166	01:41:45	3291	D	Bernadette	Nortier	Open	Female	38
167	01:42:08	2885	C	Jurie	Swart	Open	Male	36
168	01:42:13	3055	C	Sonja	Stafford-Northcote	Veteran	Female	44
169	01:42:15	2489	B	Bryony	McCormick	Open	Female	34
170	01:42:16	3005	C	Renton	Davy	Open	Male	24
171	01:42:20	3065	C	Ruan	Brits	Open	Male	30
172	01:43:24	2718	C	Sean	Dillon	Open	Male	38
173	01:43:40	2744	C	Betina	Jakobsen	Open	Female	31
174	01:43:51	2889	C	Elona	Toska	Open	Female	32
175	01:44:09	3030	C	ELENA	CREMASCO	Open	Female	31
176	01:44:17	2797	C	David	Smith	Veteran	Male	48
177	01:44:40	3283	D	Rose	Mills	Master	Female	57
178	01:44:43	3221	D	Theoni	Photopoulou	Open	Female	31
179	01:44:48	3009	C	CLAIRE	ANDERSON	Open	Female	31
180	01:44:52	3004	C	Sorrel	Reid	Open	Female	30
181	01:45:19	3276	D	Liz	Brash	Master	Female	56
182	01:45:25	3041	C	Allison	Lamb	Veteran	Female	45
183	01:45:29	2845	C	Robert	Bain	Open	Male	34
184	01:45:35	3048	C	Lorraine	Nevin	Master	Female	52
185	01:46:07	3281	D	Zaheer	Goodman-Bhyat	Veteran	Male	42
186	01:46:17	3280	D	Debbie	Goodman-Bhyat	Veteran	Female	45
187	01:46:33	2790	C	Janet	Schuiling	Open	Female	35
188	01:46:49	3059	C	Ali	Williams	Open	Female	30
189	01:46:50	3288	D	Louise	Scheepers	Master	Female	53
190	01:47:13	2507	B	Anton	De Lorenzo	Veteran	Male	45

191	01:47:18	2389	B	Phillip	Boshoff	Veteran	Male	45
192	01:47:53	2831	C	Kerry	Redelinghuys	Open	Female	37
193	01:47:59	2712	C	Alistair	Chivell	Open	Male	37
194	01:49:00	2958	C	Anja	Lareman	Open	Female	24
195	01:49:14	2787	C	Dewald	Schlebusch	Open	Male	34
196	01:49:21	2301	B	Catherine	Luyt	Open	Female	23
197	01:49:45	2825	C	Renee	Cupido	Veteran	Female	42
198	01:49:52	2727	C	Jodi	Fullard	Open	Male	26
199	01:49:56	2801	C	Ciara	Staunton	Open	Female	30
200	01:50:24	3069	C	Genevieve	Ferraris	Open	Female	25
201	01:50:53	2870	C	Miriam	Luyt	Open	Female	30
202	01:51:43	3062	C	Carel	verwey	Open	Male	32
203	01:51:50	2827	C	Elzahn	Oosthuizen	Veteran	Female	40
204	01:54:06	2717	C	Zelda	De Paiva	Veteran	Female	73
205	01:54:11	2793	C	Monique	Schutte	Open	Female	27
206	01:54:46	1317	D	Jaco	Oosthuizen	Open	Male	39
207	01:55:07	3229	D	Leigh	White	Veteran	Female	44
208	01:55:49	3230	D	Liesl	Winter	Open	Female	34
209	01:56:19	3210	D	Sandra	Hansen	Open	Female	38
210	01:56:53	3213	D	Trevor	Hodgson	Veteran	Male	42
211	01:57:13	2701	C	Nicky	Abrahamse	Veteran	Female	44
212	01:57:17	2822	C	Suzette	Van der Merwe	Veteran	Female	45
213	01:57:28	2837	C	Lisa	Van der Merwe	Veteran	Female	45
214	01:57:36	2879	C	Maryse	Pretorius	Open	Female	27
215	01:57:53	2882	C	Christopher	Schnehage	Master	Male	62
216	01:58:01	3013	C	Bronwyn	Maree	Open	Female	32
217	01:58:22	3202	D	Mark	Calvert	Open	Male	31
218	01:58:24	2705	C	Zita	Brandon	Master	Female	52
219	01:59:27	3046	C	Linda	Miller	Veteran	Female	49
220	01:59:33	3031	C	Clifford	de Kock	Veteran	Male	46
221	02:00:07	2307	B	Monique	Marais	Veteran	Female	41
222	02:00:31	2875	C	Susan	Parker-Smith	Master	Female	51
223	02:01:06	2874	C	Nicola	Okes	Open	Female	31
224	02:01:13	2802	C	Johanna	Taylor	Master	Female	52
225	02:02:28	3215	D	Wes	Jones	Open	Male	32
226	02:02:33	3204	D	Roxanne	De Krielen	Open	Female	33
227	02:03:01	3287	D	hugh	parry	Master	Male	67
228	02:03:53	3279	D	Gina	Flash	Open	Female	39
229	02:05:10	3290	D	Kate	Leslie	Open	Female	33
230	02:05:27	3233	D	Nongcebo	Dhlamini	Open	Female	24
231	02:05:30	3232	D	Alan	Williams	Open	Male	28
232	02:07:14	2766	C	Refilwe	Mofokeng	Open	Female	26
233	02:08:29	2792	C	MARQUERITE	SCHUTTE	Open	Female	26
234	02:08:47	3286	D	Jennifer	Oosthuizen	Open	Female	21
235	02:10:22	3033	C	Helga	Du Toit	Veteran	Female	48
236	02:10:28	3042	C	Adri	Longland	Master	Female	52
237	02:10:49	3282	D	Brigid	Kell	Open	Female	27
238	02:13:52	3228	D	Flip	Van Schalkwyk	Master	Male	68
239	02:14:27	3222	D	Adele	Rhode	Veteran	Female	42
240	02:14:31	3201	D	Carol	Boltman	Master	Female	61
241	02:18:40	3234	D	natasha	fisher	Veteran	Female	42
242	02:19:54	3214	D	Elizabeth	Ingram	Open	Female	39

Open Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:58:10	2003	A	Raydon	Balie	Open	Male	21
2	00:58:17	2015	A	Jarryd	Dunn	Open	Male	18
3	00:59:59	2145	A	francois	groenewald	Open	Male	29
4	01:02:35	2060	A	Ryan	Winter	Open	Male	38
5	01:03:07	2037	A	Chris	Muller	Open	Male	27
6	01:05:15	2146	A	Scott	Watermeyer	Open	Male	26
7	01:04:20	2072	A	Louis	Botha	Open	Male	23
8	01:04:42	2077	A	Wesley	Sweetnam	Open	Male	29
9	01:05:33	2051	A	Franz-Erich	Streicher	Open	Male	27
10	01:07:54	2097	A	James	Montgomery	Open	Male	31
11	01:08:54	2142	A	Steven	Miedema	Open	Male	32
12	01:08:59	2141	A	Ian	Meaker	Open	Male	32
13	01:10:08	2140	A	Patrick	Magnus	Open	Male	35
14	01:11:24	2017	A	Herman	Fourie	Open	Male	35
15	01:12:47	2000	A	Ryan	Abrey	Open	Male	28
16	01:13:15	2023	A	John	Grewar	Open	Male	33
17	01:13:27	2525	B	GERARD	NOEL	Open	Male	30
18	01:13:52	2520	B	Andre	Holland	Open	Male	32
19	01:16:16	2522	B	Samuel	Kingwill	Open	Male	17
20	01:16:41	2046	A	Phillip	Simbao	Open	Male	34
21	01:16:48	2338	B	Jesse	Ternent	Open	Male	29
22	01:17:24	2538	B	John	Van der merve	Open	Male	29
23	01:17:29	2351	B	Rainer	Wellmanns	Open	Male	33
24	01:18:26	2055	A	JOHAN	VAN DER MERWE	Open	Male	25
25	01:18:28	2269	B	Jean-Pierre	du Plessis	Open	Male	26
26	01:18:53	2475	B	Joe	Smith	Open	Male	32
27	01:19:29	2337	B	Damian	Sutherland	Open	Male	26
28	01:20:07	2476	B	Stefan	Steffen	Open	Male	39
29	01:20:23	3044	C	Guy	McKechnie	Open	Male	33
30	01:21:34	2532	B	Rudi	Wilcocks	Open	Male	28
31	01:21:50	2534	B	Daniel	Enslin	Open	Male	23
32	01:22:08	2488	B	Sean	Young	Open	Male	28
33	01:23:04	2526	B	Oliver	Oxtoby	Open	Male	34
34	01:23:10	2738	C	ahmed	hassim	Open	Male	26
35	01:23:11	2372	B	James	Wilkinson	Open	Male	26
36	01:23:18	2720	C	Itzak	Du Plessis	Open	Male	39
37	01:23:19	2394	B	Olivier	Grandjean	Open	Male	34
38	01:23:23	2323	B	Richard	Philips	Open	Male	34
39	01:23:41	3068	C	Mark	Dayton	Open	Male	36
40	01:24:09	2305	B	Mohamed	Mansura	Open	Male	28
41	01:24:29	2749	C	Adriaan	Klue	Open	Male	30
42	01:24:47	2391	B	Anton	Eccles	Open	Male	35
43	01:25:02	2279	B	Hein	Gerber	Open	Male	36
44	01:25:12	2265	B	Floris	Dafel	Open	Male	35
45	01:25:28	2261	B	David	Brennan	Open	Male	24
46	01:26:31	2826	C	Hugo	Leuvenberger	Open	Male	38
47	01:26:39	2811	C	Rudick	Viljoen	Open	Male	26
48	01:26:43	2516	B	Marius	du Plessis	Open	Male	25
49	01:28:06	2333	B	Mubeen	September	Open	Male	37
50	01:28:12	2915	C	Matthew	Buckle	Open	Male	26
51	01:28:22	3070	C	Jermey	Foster	Open	Male	27
52	01:28:28	3060	C	Pierre	Zeeman	Open	Male	32
53	01:28:53	2316	B	Faizel	Noordien	Open	Male	37
54	01:29:30	3278	D	Jean-Pierre	du Toit	Open	Male	34
55	01:29:38	2375	B	Jack	Donde	Open	Male	17
56	01:30:16	2713	C	Andre	Conradie	Open	Male	39
57	01:30:31	2753	C	Paul	Kotze	Open	Male	32
58	01:30:32	2536	B	York	Vrvo	Open	Male	26
59	01:30:59	3047	C	Fred	Neethling	Open	Male	30
60	01:31:22	3034	C	Jan-at	Engelbrecht	Open	Male	24
61	01:31:26	2508	B	Cobus	Jooste	Open	Male	26
62	01:31:33	2719	C	Aiden	Du Plessis	Open	Male	30
63	01:31:49	2750	C	craig	knight	Open	Male	35
64	01:31:51	2283	B	Nick	Groll	Open	Male	32
65	01:32:23	3043	C	JB	Marais	Open	Male	30
66	01:33:02	3218	D	Bevan	Matthews	Open	Male	28
67	01:33:16	2518	B	Chris	Garbers	Open	Male	26
68	01:33:42	2274	B	Coenraad	Fick	Open	Male	36
69	01:33:47	2747	C	Dean	Keyser	Open	Male	35
70	01:34:03	2530	B	guy	theunissen	Open	Male	29
71	01:34:32	2814	C	Henco	Visser	Open	Male	31
72	01:34:42	2798	C	Julian	Smith	Open	Male	31
73	01:35:08	2834	C	Stian	Visagie	Open	Male	26
74	01:35:35	3067	C	Dave	Jonker	Open	Male	38
75	01:35:55	3052	C	Michael	Seymour	Open	Male	23
76	01:35:59	2816	C	Stuart	Walsh	Open	Male	34
77	01:36:55	2252	B	Richard	Atkinson	Open	Male	25
78	01:37:39	2535	B	Mark	Reynolds	Open	Male	26
79	01:37:40	2771	C	JD	Otto	Open	Male	29
80	01:37:49	2893	C	Ed	van Niekerk	Open	Male	28
81	01:38:12	2281	B	Adam	Green	Open	Male	32
82	01:38:20	3205	D	Ian	Durbach	Open	Male	36
83	01:38:51	2773	C	Andre	Pienaar	Open	Male	28
84	01:39:07	2715	C	Rudi	Cronje	Open	Male	33
85	01:39:24	2513	B	Daniel	Beukes	Open	Male	38
86	01:41:10	2739	C	Martin	Henning	Open	Male	27
87	01:42:08	2885	C	Jurie	Swart	Open	Male	36
88	01:42:16	3005	C	Renton	Davy	Open	Male	24
89	01:42:20	3065	C	Ruan	Brits	Open	Male	30
90	01:43:24	2718	C	Sean	Dillon	Open	Male	38
91	01:45:29	2845	C	Robert	Bain	Open	Male	34
92	01:47:59	2712	C	Alistair	Chivell	Open	Male	37
93	01:49:14	2787	C	Dewald	Schlebusch	Open	Male	34
94	01:49:52	2727	C	Jodi	Fullard	Open	Male	26
95	01:51:43	3062	C	Carel	verwey	Open	Male	32
96	01:54:46	1317	D	Jaco	Oosthuizen	Open	Male	39

97	01:58:22	3202	D	Mark	Calvert	Open	Male	31
98	02:02:28	3215	D	Wes	Jones	Open	Male	32
99	02:05:30	3232	D	Alan	Williams	Open	Male	28

Open Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	01:06:05	2064	A	Hayley	Preen	Open	Female	17
2	01:11:40	2050	A	Sanja	Steyn	Open	Female	28
3	01:14:45	2066	A	Brenna	Coupland	Open	Female	27
4	01:18:32	2048	A	Jessica	Stevens	Open	Female	23
5	01:22:54	2282	B	Marli	Grewar	Open	Female	33
6	01:24:55	3001	C	Tamsyn	Wool	Open	Female	38
7	01:25:48	2469	B	Nikki-leigh	Piper	Open	Female	30
8	01:25:48	3035	C	Lien	Erasmus	Open	Female	19
9	01:29:56	2828	C	Phillipa	Jephson	Open	Female	36
10	01:30:38	2376	B	Lisa	Burger	Open	Female	31
11	01:31:12	2969	C	Katherine	Naude	Open	Female	31
12	01:31:20	2537	B	Marerli	Mans	Open	Female	33
13	01:31:26	2725	C	Sebnem	Er	Open	Female	37
14	01:33:45	2275	B	Nettie	Fick	Open	Female	34
15	01:33:50	2864	C	Dinaye	Hough	Open	Female	25
16	01:35:25	2975	C	Nandi	Pretorius	Open	Female	24
17	01:35:44	3037	C	Jeanne	Gouws	Open	Female	36
18	01:36:06	2703	C	Candice	Baynes	Open	Female	28
19	01:36:20	2755	C	Sarah	Lamond	Open	Female	35
20	01:36:47	2289	B	Samantha	Hobson-Jones	Open	Female	23
21	01:37:21	2862	C	Tina	Gellatly	Open	Female	23
22	01:37:36	2786	C	Nicky	Schermer	Open	Female	32
23	01:38:15	2974	C	Melandi	Pretorius	Open	Female	22
24	01:38:35	2752	C	Famke	Koene	Open	Female	27
25	01:39:01	3038	C	Katherine	Harris	Open	Female	33
26	01:39:43	2350	B	Jacqueline	Vockins	Open	Female	36
27	01:40:29	2515	B	Taryn	Campbell	Open	Female	30
28	01:40:38	3027	C	Bielle	Bellingham	Open	Female	29
29	01:40:56	2531	B	Nicole	Tyler	Open	Female	30
30	01:41:45	3291	D	Bernadette	Nortier	Open	Female	38
31	01:42:15	2489	B	Bryony	McCormick	Open	Female	34
32	01:43:40	2744	C	Betina	Jakobsen	Open	Female	31
33	01:43:51	2889	C	Elna	Toska	Open	Female	32
34	01:44:09	3030	C	ELENA	CREMASCIO	Open	Female	31
35	01:44:43	3221	D	Theoni	Photopoulou	Open	Female	31
36	01:44:48	3009	C	CLAIRE	ANDERSON	Open	Female	31
37	01:44:52	3004	C	Sorrel	Reid	Open	Female	30
38	01:46:33	2790	C	Janet	Schuilng	Open	Female	35
39	01:46:49	3059	C	Ali	Williams	Open	Female	30
40	01:47:53	2831	C	Kerry	Redelinghuys	Open	Female	37
41	01:49:00	2958	C	Anja	Lareman	Open	Female	24
42	01:49:21	2301	B	Catherine	Luyt	Open	Female	23
43	01:49:56	2801	C	Ciara	Staunton	Open	Female	30
44	01:50:24	3069	C	Genevieve	Ferraris	Open	Female	25
45	01:50:53	2870	C	Miriam	Luyt	Open	Female	30
46	01:54:11	2793	C	Monique	Schutte	Open	Female	27
47	01:55:49	3230	D	Liesl	Winter	Open	Female	34
48	01:56:19	3210	D	Sandra	Hansen	Open	Female	38
49	01:57:36	2879	C	Maryse	Pretorius	Open	Female	27
50	01:58:01	3013	C	Bronwyn	Maree	Open	Female	32
51	02:01:06	2874	C	Nicola	Okes	Open	Female	31
52	02:02:33	3204	D	Roxanne	De Krielen	Open	Female	33
53	02:03:53	3279	D	Gina	Flash	Open	Female	39
54	02:05:10	3290	D	Kate	Leslie	Open	Female	33
55	02:05:27	3233	D	Nongcebo	Dhlamini	Open	Female	24
56	02:07:14	2766	C	Refilwe	Mofokeng	Open	Female	26
57	02:08:29	2792	C	MARQUERITE	SCHUTTE	Open	Female	26
58	02:08:47	3286	D	Jennifer	Oosthuizen	Open	Female	21
59	02:10:49	3282	D	Brigid	Kell	Open	Female	27
60	02:19:54	3214	D	Elizabeth	Ingram	Open	Female	39

Veteran Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	01:05:27	2022	A	SHAUN	GREGORY	Veteran	Male	45
2	01:07:06	2529	B	Kevin	Spratley	Veteran	Male	46
3	01:09:40	2804	C	Greg	Torr	Veteran	Male	41
4	01:10:25	2085	A	Rudi	Bezuidenhout	Veteran	Male	41
5	01:15:31	2062	A	Abrie	Joubert	Veteran	Male	43
6	01:20:22	2144	A	leon	Bardenhorst	Veteran	Male	43
7	01:22:18	2410	B	James	Sleigh	Veteran	Male	48
8	01:22:59	2730	C	Michal	George	Veteran	Male	45
9	01:23:52	3051	C	Alexander	Schubert	Veteran	Male	45
10	01:25:20	2514	B	jed	borrill (other)	Veteran	Male	44
11	01:25:38	2818	C	Jayson	Welhagen	Veteran	Male	40
12	01:25:49	3066	C	Anwar	Cassiem	Veteran	Male	43
13	01:31:38	2523	B	Alex	le Roux	Veteran	Male	46
14	01:31:43	2287	B	Andre	Hefer	Veteran	Male	49
15	01:32:24	2302	B	Lasith	Madurasinghe	Veteran	Male	41
16	01:40:00	2784	C	Eugene	Schagen	Veteran	Male	43
17	01:40:07	2785	C	Riaan	Schagen	Veteran	Male	40
18	01:40:34	3045	C	Kevin	McKinney	Veteran	Male	44
19	01:40:46	3049	C	Jason	Nical	Veteran	Male	40
20	01:44:17	2797	C	David	Smith	Veteran	Male	48
21	01:46:07	3281	D	Zaheer	Goodman-Bhyat	Veteran	Male	42
22	01:47:13	2507	B	Anton	De Lorenzo	Veteran	Male	45
23	01:47:18	2389	B	Phillip	Boshoff	Veteran	Male	45
24	01:56:53	3213	D	Trevor	Hodgson	Veteran	Male	42
25	01:59:33	3031	C	Clifford	de Kock	Veteran	Male	46

Veteran Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	01:08:45	2071	A	Katya	Soggot	Veteran	Female	40
2	01:16:47	2008	A	Hanlie	Booyens	Veteran	Female	42
3	01:16:52	2031	A	Esther	Lategan	Veteran	Female	41
4	01:25:57	2473	B	Melody	Schultz	Veteran	Female	42
5	01:27:55	2938	C	Marilie	Du Toit	Veteran	Female	41
6	01:30:09	2782	C	Jeannine	Ruffels	Veteran	Female	48
7	01:33:40	2809	C	Annemi	Van Zyl	Veteran	Female	41
8	01:35:29	3061	C	Stephany	Cherry	Veteran	Female	44
9	01:36:27	3058	C	ansa	van geest	Veteran	Female	42
10	01:36:36	3064	C	luzanne	Esterhuysen	Veteran	Female	40
11	01:38:00	2714	C	Elmarie	Conradie	Veteran	Female	40
12	01:38:42	2290	B	Sally	Hollick	Veteran	Female	49
13	01:39:37	2791	C	Bev	Schultz	Veteran	Female	47
14	01:40:24	2819	C	Kim	de Bruin	Veteran	Female	44
15	01:42:13	3055	C	Sonja	Stafford-Northcote	Veteran	Female	44
16	01:45:25	3041	C	Allison	Lamb	Veteran	Female	45
17	01:46:17	3280	D	Debbie	Goodman-Bhyat	Veteran	Female	45
18	01:49:45	2825	C	Renee	Cupido	Veteran	Female	42
19	01:51:50	2827	C	Elzahn	Oosthuizen	Veteran	Female	40
20	01:54:06	2717	C	Zelda	De Paiva	Veteran	Female	73
21	01:55:07	3229	D	Leigh	White	Veteran	Female	44
22	01:57:13	2701	C	Nicky	Abrahamse	Veteran	Female	44
23	01:57:17	2822	C	Suzette	Van der Merwe	Veteran	Female	45
24	01:57:28	2837	C	Lisa	Van der Merwe	Veteran	Female	45
25	01:59:27	3046	C	Linda	Miller	Veteran	Female	49
26	02:00:07	2307	B	Monique	Marais	Veteran	Female	41
27	02:10:22	3033	C	Helga	Du Toit	Veteran	Female	48
28	02:14:27	3222	D	Adele	Rhode	Veteran	Female	42
29	02:18:40	3234	D	natasha	fisher	Veteran	Female	42

Master Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	01:10:21	2063	A	Mark	Preen	Master	Male	54
2	01:14:00	2047	A	Wim	Smit	Master	Male	52
3	01:18:52	2024	A	Karl	Heath	Master	Male	51
4	01:20:46	2413	B	Richard	Williams	Master	Male	54
5	01:22:30	2042	A	Allan	Ryninks	Master	Male	58
6	01:22:48	2010	A	Errol	Cunnamana	Master	Male	60
7	01:23:24	3063	C	Jermey	Browne	Master	Male	53
9	01:27:00	2524	B	Hennie	Longland	Master	Male	52
10	01:28:15	2504	B	John	Hill	Master	Male	56
11	01:28:25	2339	B	Johann	Theron	Master	Male	58
12	01:31:39	3056	C	Michael	Theunissen	Master	Male	52
13	01:35:19	2709	C	David	Burton	Master	Male	53
14	01:40:29	2820	C	Hans	Sukel	Master	Male	53
15	01:57:53	2882	C	Christopher	Schnehage	Master	Male	62
16	02:03:01	3287	D	hugh	parry	Master	Male	67
17	02:13:52	3228	D	Flip	Van Schalkwyk	Master	Male	68

Master Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	01:20:39	2327	B	cheryl	rudolph	Master	Female	54
2	01:35:14	2710	C	Nicky	Burton	Master	Female	50
3	01:38:47	2365	B	Gail	Moriarty	Master	Female	51
4	01:40:10	3057	C	Clair	Timlin	Master	Female	60
5	01:44:40	3283	D	Rose	Mills	Master	Female	57
6	01:45:19	3276	D	Liz	Brash	Master	Female	56
7	01:45:35	3048	C	Lorraine	Nevin	Master	Female	52
8	01:46:50	3288	D	Louise	Scheepers	Master	Female	53
9	01:58:24	2705	C	Zita	Brandon	Master	Female	52
10	02:00:31	2875	C	Susan	Parker-Smith	Master	Female	51
11	02:01:13	2802	C	Johanna	Taylor	Master	Female	52
12	02:10:28	3042	C	Adri	Longland	Master	Female	52
13	02:14:31	3201	D	Carol	Boltman	Master	Female	61