



Spur Cape Summer Trail Series® Championship 2017

NOTE: The results below are for the Spur Trail Series® 2017 Championship and only include the runners competing in the LONG course. Three race scores count towards the final score. Updated 27 February 2017. For any queries please email info@wildrunner.co.za by 4 March 2017 at the latest after which, no further changes will be made and these results will be final.

Open Men

Position	Race #	Batch	Name	Surname	Category	Sex	Age	Race #1: Lebanon Forest		Race #2: Kirstenbosch Gardens		Race #3: Meerendal Wine Estate		Race #4: Oak Valley		TOTAL		TOTAL AFTER DISCARD	
								Position & Points	Time	Position & Points	Time	Position & Points	Time	Position & Points	Time	Points	Time	Points	Time
1	13	A	Emmanuel	Dlamini	Open	Male	35	2	00:55:32	10	00:45:42	3	00:46:30	1	01:02:05	16	03:29:49	6	02:27:44
2	14	A	Jarryd	Dunn	Open	Male	19	3	00:55:49	3	00:41:54	2	00:46:21	200	03:00:00	208	05:24:04	8	02:24:04
3	85	A	Ricardo	Jaffha	Open	Male	29	4	00:56:30	8	00:45:20	4	00:47:34	2	01:02:48	18	03:32:13	10	02:29:25
4	66	A	Ruelof	Mostert	Open	Male	32	5	00:57:10	6	00:43:29	5	00:48:30	5	01:05:52	21	03:35:01	15	02:29:09
5	5	A	Andrea	Biffi	Open	Male	23	7	00:59:21	7	00:44:48	7	00:50:00	6	01:06:06	27	03:40:15	20	02:34:09
6	39	A	Ruan	Myburgh	Open	Male	29	13	01:01:42	12	00:46:11	9	00:50:40	7	01:10:27	41	03:48:59	28	02:38:32
7	25	A	Dale	Herring	Open	Male	22	15	01:02:53	9	00:45:32	10	00:51:20	200	03:00:00	234	05:39:45	34	02:39:45
8	54	A	Ryan	Winter	Open	Male	39	11	01:01:09	15	00:48:32	12	00:52:58	200	03:00:00	238	05:42:40	38	02:42:40
9	30	A	Ben	Kooyman	Open	Male	29	16	01:03:42	18	00:50:07	14	00:55:10	200	03:00:00	248	05:48:59	48	02:48:59
10	1001	B	James	Arbutnot	Open	Male	37	24	01:08:03	24	00:52:12	20	00:58:06	8	01:11:07	76	04:09:28	52	02:58:21
11	1196	B	Jonathan	van Wyk	Open	Male	36	22	01:06:35	29	00:53:19	17	00:57:11	200	03:00:00	268	05:57:05	68	02:57:05
12	44	A	Simbao	Simbao	Open	Male	35	48	01:15:59	32	00:54:34	26	01:00:27	14	01:19:55	120	04:30:54	72	03:11:00
13	23	A	Joakim	Hansi Blackadder	Open	Male	30	33	01:11:51	44	00:56:47	24	00:59:35	18	01:21:32	119	04:29:46	75	03:08:14
14	1086	B	Ivan	Robinson	Open	Male	25	34	01:12:40	200	03:00:00	29	01:00:52	16	01:21:04	279	06:34:36	79	03:34:36
15	1022	B	JP	du Plessis	Open	Male	31	37	01:13:05	40	00:56:18	200	03:00:00	13	01:17:01	290	06:26:24	90	03:26:24
16	2055	C	David	Elle	Open	Male	24	53	01:17:27	48	00:57:22	33	01:02:30	22	01:22:13	156	04:39:32	103	03:17:19
17	46	A	Johan	van der Merwe	Open	Male	30	36	01:13:02	37	00:55:16	38	01:03:51	32	01:27:04	143	04:39:12	105	03:12:08
18	6	A	Martin	Bongers	Open	Male	34	58	01:19:02	62	00:59:41	32	01:02:08	19	01:21:40	171	04:42:31	109	03:20:51
19	2048	C	Aiden	Du Plessis	Open	Male	31	62	01:20:14	61	00:59:39	31	01:01:31	17	01:21:09	171	04:42:34	109	03:21:25
20	4	A	Pieter	Bezuidenhout	Open	Male	36	39	01:13:23	39	00:55:57	37	01:03:19	200	03:00:00	315	06:12:39	115	03:12:39
21	77	A	Shane	Murray	Open	Male	35	48	01:16:26	45	00:56:59	27	01:00:29	200	03:00:00	320	06:13:54	120	03:13:54
22	1003	B	Frederik	Bakker	Open	Male	22	41	01:14:31	51	00:57:47	46	01:05:39	34	01:27:53	172	04:45:49	121	03:17:57
23	2005	C	Sean	Bethell	Open	Male	28	60	01:20:04	78	01:01:46	26	01:04:55	26	01:24:39	204	04:51:24	126	03:26:45
24	1035	B	Martin	Henning	Open	Male	28	65	01:20:58	91	01:03:08	66	01:08:35	28	01:24:57	250	04:57:38	159	03:32:41
25	3191	D	Wicus	Malherbe	Open	Male	33	200	03:00:00	104	01:04:56	42	01:05:04	15	01:20:56	361	06:30:55	161	03:30:55
26	2149	C	Petrus	Schoeman	Open	Male	35	94	01:25:52	86	01:02:28	50	01:06:18	30	01:26:30	260	05:01:08	166	03:34:38
27	1125	B	Mubeeu	September	Open	Male	38	56	01:18:29	65	01:00:18	49	01:06:07	200	03:00:00	370	06:24:54	170	03:24:54
28	1073	B	James	Oosterbaan	Open	Male	23	61	01:20:06	53	00:59:29	53	01:06:59	200	03:00:00	372	06:26:34	172	03:26:34
29	1108	B	Louis	van der Merwe	Open	Male	29	64	01:20:55	200	03:00:00	68	01:09:17	51	01:33:05	383	07:03:17	183	04:03:17
30	1028	B	Grant	Fillmore	Open	Male	35	83	01:24:11	103	01:04:44	65	01:08:31	44	01:30:18	295	05:07:43	192	03:37:26
32	2009	C	Greg	Branfield	Open	Male	35	97	01:26:25	123	01:07:06	72	01:09:46	31	01:26:58	323	05:10:16	200	03:43:17
31	1063	B	Stephen	Minne	Open	Male	26	67	01:21:07	89	01:02:59	44	01:05:11	200	03:00:00	400	06:29:17	200	03:29:17
33	2119	C	Otto	Otto	Open	Male	30	92	01:25:27	92	01:03:27	74	01:10:07	39	01:28:53	297	05:07:54	205	03:39:01
34	1071	B	Manduleli	Ntsinde	Open	Male	39	55	01:17:59	97	01:04:11	200	03:00:00	56	01:33:54	408	06:56:03	208	03:56:03
35	1004	B	Wesley	Bell	Open	Male	26	79	01:23:36	200	03:00:00	90	01:12:42	43	01:29:35	412	07:05:53	212	04:05:53
36	1069	B	Noordien	Noordien	Open	Male	38	111	01:31:25	117	01:06:43	73	01:10:06	29	01:25:50	330	05:14:03	213	03:42:39
37	1023	B	Simon	Du Plooy	Open	Male	33	89	01:25:10	133	01:08:56	88	01:12:11	42	01:29:27	352	05:15:44	219	03:46:17
38	2021	C	Johann	Classen	Open	Male	37	101	01:27:38	121	01:06:59	75	01:10:20	55	01:33:50	352	05:18:47	231	03:44:57
39	2134	C	Charl	Roos	Open	Male	34	107	01:30:17	124	01:07:07	92	01:13:02	38	01:28:51	361	05:19:16	237	03:49:00
40	2087	C	Vincent	Jones	Open	Male	35	87	01:24:37	98	01:04:14	69	01:09:35	200	03:00:00	454	06:38:26	254	03:38:26
41	1193	B	Graham	Wallace	Open	Male	30	200	03:00:00	182	01:17:48	52	01:17:48	23	01:23:30	457	06:47:59	257	03:47:59
42	2069	C	Ross	Forder	Open	Male	27	98	01:26:50	122	01:07:02	93	01:13:07	69	01:39:04	382	05:26:04	260	03:47:00
43	1095	B	Phillip	Smith	Open	Male	29	84	01:24:15	136	01:08:58	40	01:08:58	40	01:29:17	460	07:02:31	260	04:02:31
44	2050	C	Justin	du Toit	Open	Male	36	90	01:25:25	102	01:04:33	80	01:10:55	200	03:00:00	472	06:40:52	272	03:40:52
46	1126	B	Brian	Burgers	Open	Male	28	59	01:19:46	167	01:14:54	160	01:32:52	57	01:34:00	443	05:41:31	276	04:07:32
45	2061	C	Steve	Finegan	Open	Male	37	109	01:31:17	131	01:08:11	107	01:15:30	60	01:37:05	407	05:32:03	276	03:54:59
48	2046	C	Jason	Dorfling	Open	Male	23	99	01:27:29	170	01:15:30	109	01:16:09	74	01:40:20	452	05:39:28	282	03:59:08
47	1062	B	Lee	Meyerdricks	Open	Male	34	76	01:22:33	139	01:09:18	67	01:08:43	200	03:00:00	482	06:40:34	282	03:40:34
49	2166	C	Ziyaad	Solomon	Open	Male	24	127	01:36:23	200	03:00:00	91	01:12:53	64	01:37:37	482	07:26:53	282	04:26:53
50	1097	B	Luca	Stefanutti	Open	Male	26	104	01:28:41	111	01:05:54	70	01:09:40	200	03:00:00	485	06:44:15	285	03:44:15
51	2023	C	Hennie	Coetzee	Open	Male	39	114	01:31:54	163	01:14:33	112	01:16:41	66	01:37:59	455	05:41:07	292	04:03:08
52	1284	B	Scott	Matthews	Open	Male	30	200	03:00:00	154	01:13:16	98	01:13:45	70	01:39:08	522	07:06:08	322	04:06:08
53	3015	D	Andre	Frey	Open	Male	29	143	01:40:58	158	01:14:02	123	01:19:41	58	01:36:25	482	05:51:06	324	04:10:08
54	2138	C	Mubaraq	Rykief	Open	Male	20	132	01:37:49	175	01:16:49	120	01:19:06	84	01:44:59	511	05:58:43	336	04:13:44
55	2150	C	Christopher	Schollar	Open	Male	27	108	01:30:34	141	01:09:32	96	01:13:30	200	03:00:00	545	06:53:36	345	03:53:36
56	1134	B	Luke	Apteker	Open	Male	31	200	03:00:00	153	01:13:13	99	01:13:45	94	01:52:19	546	07:19:17	346	04:19:17
57	2186	C	Neil	Lindeque	Open	Male	34	145	01:41:47	228	01:42:04	100	01:13:50	102	02:05:05	575	06:42:46	347	04:37:41
58	2113	C	Charl	Möller	Open	Male	38	118	01:33:30	186	01:18:39	129	01:20:56	105	02:16:57	538	06:30:03	352	04:13:05
59	1076	B	Lance	Osburn	Open	Male	36	119	01:33:31	140	01:09:32	94	01:13:19	200	03:00:00	553	06:56:22	353	03:56:22
60	2102	C	Anton	Landman	Open	Male	37	138	01:39:34	75	01:18:07	144	01:24:23	200	03:00:00	557	07:22:04	357	04:22:04
61	1342	B	Dylan	Wallace	Open	Male	33	200	03:00:00	183	01:17:52	116	01:18:11	63	01:37:37	562	07:13:39	362	04:13:39
62	2170	C	Sean	Tickner	Open	Male	35	134	01:38:14	200	03:00:00	136	01:23:24	97	02:01:07	567	08:02:45	367	05:02:45
63	1027	B	Jonathan	Edwards	Open	Male	32	113	01:31:42	152	01:12:51	105	01:15:20	200	03:00:00	570	06:59:53	370	03:59:53
65	3044	D	Dominic	Conradie	Open	Male	34	200	03:00:00	179	01:17:17	117	01:18:18	78	01:44:04	574	07:19:40	374	04:19:40
64	1116	B	John	Verster	Open	Male	39	121	01:33:55	149	01:12:14	104	01:15:09	200	03:00:00	574	07:01:18	374	04:01:18
66	1291	B	Kyle	Murray	Open	Male	30	200	03:00:00	189	01:19:09	131	01:21:20	61	01:37:25	581	07:17:53	3	

78	1106	B	Chris	Underwood	Open	Male	25
79	2094	C	Craig	Knight	Open	Male	36
80	2032	C	Julie	da Costa	Open	Male	25
81	2098	C	Schalk	Kruger	Open	Male	26
82	2133	C	Johan	Roets	Open	Male	37
83	2025	C	Jp	Conradie	Open	Male	32
84	2011	C	Raubie	Brink	Open	Male	31
85	2073	C	Mark	Goosen	Open	Male	35
86	3035	D	Arthur	Zerf	Open	Male	31

167	01:57:18
157	01:44:52
141	01:40:07
153	01:44:25
155	01:44:29
161	01:49:43
165	01:56:03
166	01:56:31
169	02:07:21

144	01:10:18
173	01:16:23
190	01:19:21
196	01:20:09
211	01:22:46
200	01:20:52
216	01:26:15
214	01:24:32
224	01:36:08

141	01:23:59
130	01:21:02
138	01:23:51
133	01:21:53
148	01:25:09
146	01:24:53
145	01:24:42
149	01:26:47
163	01:37:22

200	03:00:00
200	03:00:00
200	03:00:00
200	03:00:00
200	03:00:00
200	03:00:00
200	03:00:00
200	03:00:00
200	03:00:00

652	07:31:35
660	07:22:17
669	07:23:19
682	07:26:26
714	07:32:24
707	07:35:28
726	07:47:00
729	07:47:49
756	08:20:52

452	04:31:35
460	04:22:17
469	04:23:19
482	04:26:26
503	04:32:24
507	04:35:28
510	04:47:00
515	04:47:49
532	05:20:52

Open Ladies

Position	Race #	Batch	Name	Surname	Category	Sex	Age
1	8	A	Sophie	Cope	Open	Female	19
2	75	A	Emily	Yeo	Open	Female	19
3	9	A	Lize	Cornelius	Open	Female	30
4	1042	B	Rose	Jenkins	Open	Female	35
5	50	A	Miriam	Waltz	Open	Female	26
6	1029	B	Tracy-Lee	Fillmore	Open	Female	36
7	1016	B	Courtnee	Clark	Open	Female	26
8	2093	C	Amy	Kirchmann	Open	Female	31
9	3149	D	Hilona	Pelser	Open	Female	36
10	2127	C	Camden	Ravenscroft	Open	Female	22
11	2148	C	Marlize	Schoeman	Open	Female	38
12	1070	B	Talia	Norvall	Open	Female	29
13	2188	C	Melanie	Van Niekerk	Open	Female	23
14	1049	B	Michelle	Kobilschke	Open	Female	38
15	2115	C	Helen	Morrissey	Open	Female	32
16	1010	B	Courtney	Botha	Open	Female	27
17	3081	D	Mai	Umbhau	Open	Female	29
18	2154	C	Monique	Schutte	Open	Female	28
19	1046	B	Carmen	Katz	Open	Female	33
20	2107	C	Kristine	Maciejewski	Open	Female	35
21	2153	C	Janet	Schulling	Open	Female	36
22	2038	C	Judith	Davidse	Open	Female	35
23	2100	C	Lisa	Labuschagne	Open	Female	34
24	1113	B	Lindi	Van zyl	Open	Female	28
25	1030	B	Natassia	Fredericks	Open	Female	31
26	2191	C	Melany	Froy	Open	Female	36
27	2066	C	Janca	Fismer	Open	Female	29
28	2053	C	Ragmah	Edwards	Open	Female	25
29	2003	C	Channette	Bantjes	Open	Female	39
30	2180	C	Liesl	Winter	Open	Female	35
31	2161	C	Angelique	Smit	Open	Female	38
32	2125	C	Theoni	Photopoulou	Open	Female	32
33	3048	D	Lieneke	Du Plessis	Open	Female	24
34	2026	C	Tammy	Conradie	Open	Female	31
35	3034	D	Natasha	Wood	Open	Female	35
36	3026	D	Annie	Shaw	Open	Female	35
37	3145	D	Nicole	O'Neill	Open	Female	23
38	2077	C	Nicole	Hall	Open	Female	32
39	2065	C	Carissa	Fismer	Open	Female	34
40	2096	C	Justine	Krige	Open	Female	34
41	2081	C	Max	Hendricks	Open	Female	38

Race #1: Lebanon Forest	
Position & Points	Time
3	01:10:21
6	01:14:11
8	01:17:31
10	01:19:21
18	01:24:30
17	01:24:09
16	01:23:35
24	01:29:09
200	03:00:00
15	01:02:23
30	01:05:45
26	01:05:15
44	01:09:21
28	01:29:32
27	01:29:26
33	01:31:33
36	01:32:18
44	01:33:39
200	03:00:00
40	01:32:48
48	01:35:07
55	01:38:13
64	01:41:25
65	01:41:33
61	01:39:29
37	01:32:18
47	01:34:46
51	01:35:34
74	01:44:21
69	01:42:26
73	01:43:37
77	01:47:31
62	01:40:51
82	01:50:56
200	03:00:00
81	01:49:41
98	02:11:40
99	02:11:42
200	03:00:00
89	01:56:33
86	01:55:14
76	01:47:15
87	01:55:28

Race #2: Kirstenbosch Gardens	
Position & Points	Time
2	00:53:55
1	00:52:25
5	00:58:22
12	01:02:01
10	01:01:30
23	01:04:43
200	03:00:00
15	01:02:23
30	01:05:45
26	01:05:15
44	01:09:21
200	03:00:00
31	01:16:06
30	01:15:40
28	01:15:18
200	03:00:00
25	01:14:35
34	01:18:05
42	01:19:11
64	01:15:22
41	01:09:10
95	01:21:06
79	01:18:50
76	01:18:09
40	01:08:55
72	01:17:26
65	01:15:23
74	01:17:58
77	01:18:13
200	03:00:00
128	01:36:24
86	01:20:06
200	03:00:00
109	01:24:02
92	01:20:49
83	01:42:14
137	01:42:11
120	01:34:05
101	01:21:29
118	01:33:27
113	01:26:04
129	01:37:23

Race #3: Meerendal Wine Estate	
Position & Points	Time
1	00:56:39
2	00:57:38
4	01:02:12
7	01:06:36
8	01:08:22
9	01:08:29
20	01:12:37
32	01:16:39
7	01:10:05
200	03:00:00
23	01:13:27
31	01:16:06
30	01:15:40
28	01:15:18
200	03:00:00
25	01:14:35
34	01:18:05
42	01:19:11
200	03:00:00
56	01:23:20
51	01:21:00
48	01:20:36
49	01:20:46
76	01:33:54
37	01:18:47
41	01:19:01
200	03:00:00
200	03:00:00
70	01:29:39
62	01:27:01
52	01:21:50
75	01:33:12
66	01:27:28
59	01:25:00
83	01:51:24
82	01:51:17
74	01:31:51
61	01:26:51
200	03:00:00
69	01:29:01
200	03:00:00

Race #4: Oak Valley	
Position & Points	Time
3	01:21:49
200	03:00:00
200	03:00:00
200	03:00:00
14	01:32:18
10	01:30:16
9	01:29:31
8	01:29:04
7	01:28:11
15	01:33:00
17	01:35:12
18	01:35:14
21	01:37:35
200	03:00:00
22	01:37:43
200	03:00:00
31	01:44:01
200	03:00:00
29	01:42:17
47	02:01:05
28	01:41:31
35	01:47:29
39	01:49:55
200	03:00:00
200	03:00:00
200	03:00:00
20	01:37:31
33	01:45:31
37	01:48:54
52	02:06:34
200	03:00:00
54	02:06:44
42	01:51:42
200	03:00:00
61	02:29:19
62	02:29:31
53	02:26:40
200	03:00:00
49	02:04:11
200	03:00:00
50	02:04:49

TOTAL	
Points	Time
9	04:22:44
209	06:04:15
217	06:18:04
229	06:27:58
50	05:06:41
59	05:07:36
245	07:05:43
79	05:17:15
247	06:44:01
255	07:00:17
118	05:29:45
277	07:20:51
278	07:22:41
316	06:59:41
324	07:25:28
329	07:02:59
335	07:19:20
340	07:06:01
341	07:32:46
199	06:11:48
238	06:05:02
227	06:08:27
225	06:08:19
353	07:15:07
356	07:11:00
357	07:09:58
368	07:39:49
379	07:46:10
380	08:02:09
319	06:57:31
400	07:22:47
411	08:30:52
417	07:43:12
432	07:35:30
380	08:14:38
380	08:14:41
447	08:12:36
451	07:44:53
453	08:32:52
458	07:42:20
466	08:37:40

TOTAL AFTER DISCARD	
Points	Time
6	03:00:55
9	03:04:15
17	03:18:04
29	03:27:58
32	03:34:22
36	03:37:20
45	04:05:43
47	03:48:06
47	03:44:01
55	04:00:17
74	03:54:33
77	04:20:51
78	04:22:41
116	03:59:41
124	04:25:28
129	04:02:59
135	04:19:20
140	04:06:01
141	04:32:46
143	04:10:43
143	04:23:32
148	04:20:59
149	04:18:24
153	04:15:07
156	04:11:00
157	04:09:58
168	04:39:49
179	04:46:10
180	05:02:09
191	04:50:56
200	04:22:47
211	05:30:52
217	04:43:12
232	04:35:30
242	05:45:19
243	05:45:10
247	05:12:36
251	04:44:53
253	05:32:52
258	04:42:20
266	05:37:40

Veteran Men

Veteran Men									Race #1: Lebanon Forest		Race #2: Kirstenbosch Gardens		Race #3: Meerendal Wine Estate		Race #4: Oak Valley		TOTAL		TOTAL AFTER DISCARD	
Position	Race #	Batch	Name	Surname	Category	Sex	Age		Position & Points	Time	Position & Points	Time	Position & Points	Time	Position & Points	Time	Points	Time	Points	Time
1	69	A	Shaun	Gregory	Veteran	Male	46		2	01:04:54	200	03:00:00	5	00:56:00	1	01:08:21	208	06:09:15	8	03:09:15
2	42	A	Mogale	Piloso	Veteran	Male	45		5	01:08:51	10	00:55:17	3	00:55:12	2	01:15:58	20	04:15:19	10	02:59:21
3	1039	B	Mark	Jacobson	Veteran	Male	41		7	01:13:54	8	00:54:37	11	01:03:04	4	01:17:34	30	04:29:09	19	03:11:35
4	1089	B	malcolm	Royston	Veteran	Male	40		8	01:14:10	15	00:57:44	10	01:02:11	200	03:00:00	233	06:14:05	33	03:14:05
5	2028	C	Paul	Crawford	Veteran	Male	41		12	01:17:40	200	03:00:00	14	01:03:19	9	01:25:13	235	06:46:11	35	03:46:11
6	1038	B	Zaheer	Jacobs	Veteran	Male	42		15	01:20:35	33	01:03:50	19	01:06:04	8	01:24:51	75	04:55:21	42	03:30:29
7	1216	B	Craig	Pike	Veteran	Male	41		200	03:00:00	20	00:58:53	20	01:06:19	6	01:21:37	246	06:26:49	46	03:26:49
8	34	A	Garth Neil	Lary	Veteran	Male	44		200	03:00:00	18	00:58:16	17	01:05:15	11	01:27:31	246	06:31:01	46	03:31:01
9	1033	B	Pierre	Goussard	Veteran	Male	49		10	01:16:06	26	01:01:01	15	01:03:28	200	03:00:00	251	06:20:36	51	03:20:36
10	1032	B	Maxwell	Godwana	Veteran	Male	45		22	01:23:45	31	01:02:55	21	01:06:51	14	01:03:11	88	05:03:42	57	03:33:31
11	1007	B	Marc	Bester	Veteran	Male	42		19	01:21:38	22	00:59:46	22	01:07:28	200	03:00:00	263	06:28:53	63	03:28:53
12	2085	C	Frederick	Hugo	Veteran	Male	47		24	01:24:32	28	01:02:23	200	03:00:00	13	01:29:21	265	06:56:17	65	03:56:17
13	28	A	Nezaam	Isaacs	Veteran	Male	46		9	01:15:55	19	00:58:23	37	01:15:02	200	03:00:00	265	06:29:20	65	03:29:20
14	2034	C	Darren	Dalrymple	Veteran	Male	44		23	01:24:21	35	01:05:13	30	01:12:31	15	01:31:42	103	05:13:46	68	03:42:04
15	2062	C	Hassiem	Fisher	Veteran	Male	48		25	01:26:14	34	01:04:37	8	00:59:33	200	03:00:00	268	06:30:24	68	03:30:24
16	1100	B	Alan	Struthers	Veteran	Male	43		26	01:25:28	44	01:07:33	38	01:15:14	16	01:33:26	123	05:21:41	79	03:48:15
17	1057	B	Eugene	Mallinson	Veteran	Male	41		29	01:29:41	52	01:10:00	33	01:14:09	18	01:37:18	132	05:31:08	80	03:53:50
18	2299	C	Richard	Kruger	Veteran	Male	48		200	03:00:00	45	01:07:54	27	01:09:26	10	01:26:15	282	06:43:35	82	03:43:35
19	1077	B	Shaheen	Patel	Veteran	Male	40		44	01:36:05	24	01:00:18	200	03:00:00	20	01:39:22	288	07:15:45	88	04:15:45
20	3023	D	Peter	Robson	Veteran	Male	46		46	01:36:27	54	01:10:26	31	01:12:57	22	01:40:31	153	05:50:20	99	03:59:49
21	2109	C	Che	Matthews	Veteran	Male	41		43	01:35:42	58	01:12:57	47	01:21:39	23	01:40:41	171	05:50:59	113	04:10:18
22	2135	C	Matt	Rowe	Veteran	Male	40		41	01:35:36	63	01:15:21	45	01:18:58	29	01:49:00	178	05:58:54	115	04:09:54
23	1053	B	Richard	Le Mesurier	Veteran	Male	40		33	01:32:41	50	01:08:58	40	01:17:38	200	03:00:00	323	06:59:17	123	03:59:17
24	2163	C	David	Smith	Veteran	Male	49		54	01:49:14	55	01:11:09	44	01:18:42	30	01:49:39	183	06:08:44	128	04:19:05
25	1017	B	Wouter	Coetzee	Veteran	Male	40		36	01:33:59	56	01:11:40	41	01:17:48	200	03:00:00	333	07:03:27	133	04:03:27
26	3027	D	Mark	Stead	Veteran	Male	48		51	01:41:00	64	01:15:45	53	01:27:51	32	01:54:24	200	06:19:01	136	04:24:36
27	2033	C	Moenier	Da Silva	Veteran	Male	43		37	01:34:28	61	01:13:53	42	01:18:19	200	03:00:00	340	07:06:40	140	04:06:40
28	3017	D	Alexander Justus	Hugo	Veteran	Male	47		50	01:40:56	82	01:31:28	57	01:34:02	38	02:15:49	227	07:02:14	145	04:46:26
29	2162	C	Schalk	Smit	Veteran	Male	49		49	01:40:48	70	01:20:06	35	01:14:37	200	03:00:00	354	07:15:31	154	04:15:31
30	2159	C	James	Sleigh	Veteran	Male	49		53	01:43:22	78	01:23:39	200	03:00:00	28	01:47:56	359	07:54:57	159	04:54:57
31	3024	D	Kevin	Rorke	Veteran	Male	49		60	01:51:27	71	01:20:19	200	03:00:00	34	02:03:50	365	08:15:36	165	05:15:36
32	2233	C	Albertrum	Crowder	Veteran	Male	40		200	03:00:00	84	01:36:07	51	01:25:53	31	01:53:14	366	07:55:14	166	04:55:14
33	2001	C	AYoub	Bandkerker	Veteran	Male	42		48	01:39:13	75	01:21:53	43	01:18:25	200	03:00:00	366	07:19:31	166	04:19:31
34	2183	C	Keith	Johnson	Veteran	Male	49		57	01:50:54	80	01:25:13	58	01:34:55	200	03:00:00	395	07:51:02	195	04:51:02
35	2044	C	Khalik	Dollie	Veteran	Male	44		61	02:04:08	83	01:33:20	59	01:36:43	200	03:00:00	403	08:14:12	203	05:14:12

Veteran Ladies

Veteran Ladies									Race #1: Lebanon Forest		Race #2: Kirstenbosch Gardens		Race #3: Meerendal Wine Estate		Race #4: Oak Valley		TOTAL		TOTAL AFTER DISCARD	
Position	Race #	Batch	Name	Surname	Category	Sex	Age		Position & Points	Time	Position & Points	Time	Position & Points	Time	Position & Points	Time	Points	Time	Points	Time
1	108	A	Julie	Huckle	Veteran	Female	48		200	03:00:00	1	00:52:55	1	00:59:12	1	01:19:36	203	06:11:44	3	03:11:44
2	1019	B	Bianca	Daniels	Veteran	Female	44		4	01:32:41	12	01:11:36	4	01:11:20	200	03:00:00	220	06:56:38	20	03:56:38
3	2063	C	Jane	Fisher	Veteran	Female	44		17	01:44:37	11	01:09:48	7	01:14:12	3	01:29:46	38	05:38:22	21	03:53:45
4	2111	C	McFadzean	McFadzean	Veteran	Female	46		17	01:32:57	15	01:13:26	200	03:00:00	10	01:39:20	232	07:25:43	32	04:25:43
5	2015	C	Suzanna	Capper	Veteran	Female	48		18	01:44:43	31	01:21:19	10	01:22:01	17	01:46:16	76	06:14:19	45	04:28:03
6	2201	C	Liana	Abate	Veteran	Female	44		200	03:00:00	28	01:21:01	11	01:22:14	24	01:44:14	253	07:27:29	53	04:27:29
7	2035	C	Dehila	Dalrymple	Veteran	Female	44		9	01:39:00	23	01:18:34	200	03:00:00	21	01:51:09	253	07:48:43	53	04:48:43
8	3169	C	Sandra	Sampson	Veteran	Female	42		200	03:00:00	30	01:21:17	13	01:23:32	13	01:42:43	256	07:27:32	56	04:27:32
9	2174	C	Elize	Van Staden	Veteran	Female	40		14	01:42:48	24	01:19:26	20	01:29:36	200	03:00:00	258	07:31:50	58	04:31:50
10	2083	C	Lisa	Hudson-Peacock	Veteran	Female	44		15	01:43:04	26	01:19:34	18	01:29:36	200	03:00:00	259	07:50:12	59	04:50:12
11	2030	C	Renee	Cupido	Veteran	Female	43		20	01:49:17	200	03:00:00	14	01:24:40	26	02:02:12	260	08:16:10	60	05:16:10
12	2036	C	Colleen	Daniels	Veteran	Female	43		25	02:03:21	41	01:24:41	6	01:13:42	200	03:00:00	272	07:41:44	72	04:41:44
13	2160	C	Sharon	Sleigh	Veteran	Female	49		16	01:43:19	38	01:23:37	200	03:00:00	19	01:47:53	273	07:54:49	73	04:54:49
14	3151	D	Nicky	Petzer	Veteran	Female	44		23	01:56:26	49	01:30:35	22	01:34:00	29	02:16:47	123	07:16:47	74	05:01:02
15	2078	C	Lee-ann	Harris	Veteran	Female	49		24	02:02:25	51	01:36:44	23	01:41:10	30	02:23:36	128	07:43:56	77	05:20:20
16	2060	C	Geniene	Fell	Veteran	Female	42		13	01:42:33	42	01:25:09	24	01:41:12	200	03:00:00	279	08:03:10	79	05:03:10
17	2054	C	Sarah	Elliott-Wetmore	Veteran	Female	45		12	01:42:30	43	01:25:09	24	01:41:12	200	03:00:00	280	08:03:13	80	05:03:13
18	3186	D	Lauryl	Lorio	Veteran	Female	42		200	03:00:00	52	01:40:44	20	01:44:04	28	02:08:48	304	08:33:37	104	05:33:37

Master Men

Master Men									Race #1: Lebanon Forest		Race #2: Kirstenbosch Gardens		Race #3: Meerendal Wine Estate		Race #4: Oak Valley		TOTAL		TOTAL AFTER DISCARD	
Position	Race #	Batch	Name	Surname	Category	Sex	Age		Position & Points	Time	Position & Points	Time	Position & Points	Time	Position & Points	Time	Points	Time	Points	Time
1	24	A	Neil	Hermann	Master	Male	58		1	00:59:50	200	03:00:00	1	00:59:07	1	01:17:23	203	06:26:21	3	03:26:21
2	1052	B	Arno	Lawrenz	Master	Male	50		2	01:15:11	2	00:59:01	2	01:07:08	1	01:18:26	7	04:34:45	5	03:16:20
3	55	A	Hans	Woermann	Master	Male	57		3	01:16:54	1	00:58:58	200	03:00:00	1	01:23:52	206	06:39:44	6	03:39:44
4	2200	C	Anthony	Abate	Master	Male	50		200	03:00:00	11	01:05:35	4	01:08:49	3	01:25:40	218	06:40:04	18	03:40:04
5	123	A	Mark	Hall	Master	Male	50		200	03:00:00	8	01:04:22	9	01:14:49	4	01:27:13	221	06:46:24	21	03:46:24
6	1103	B	Johann	Theron	Master	Male	59		12	01:28:59	9	01:05:50	5	01:09:49	7	01:33:02	33	05:17:40	21	03:44:37
7	1055	B	Nicolaas	Loubser	Master	Male	55		11	01:30:08	13	01:06:05	3	01:08:19	6	01:35:20	36	05:19:52	23	03:44:32
8	2146	C	Christopher	Schnehage	Master	Male	63		5	01:23:49	15	01:07:04	18	01:41:12	9	01:30:46	44	05:42:51	26	04:01:39
9	2084	C	Simon	Hudson-Peacock	Master	Male	51		7	01										