



# Helderberg Mountain Challenge

## Lite 2017 15km



### Overall

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:24:39	432	Timothy	Chambers	Open	Male	20
2	01:26:36	506	Oliver	Kopp	Open	Male	19
3	01:27:07	419	Jonathan	Black	Open	Male	22
4	01:29:06	917	Retzepile	Khotle	Open	Male	25
5	01:37:59	544	Stephen	Millard	Open	Male	16
6	01:41:44	516	Annamart	Laubscher	Open	Female	23
7	01:43:23	579	Marco	Saieva	Open	Male	22
8	01:48:09	437	Patrick	Colborne	Open	Male	22
9	01:48:35	529	Julien	Louw	Veteran	Male	49
10	01:49:54	512	Jason	La Cock	Open	Male	23
11	01:50:12	452	Johan	Du Bois	Open	Male	27
12	01:55:01	412	Neil	Barnard	Open	Male	30
13	01:56:17	456	Anton	Eccles	Open	Male	37
14	01:56:31	523	Nicholas	Limbert	Open	Male	19
15	01:57:20	522	Pierre	Liebenberg	Open	Male	19
16	01:57:21	415	Hendry	Bessinger	Open	Male	37
17	01:58:05	449	Steven	Dembitzer	Open	Male	27
18	01:58:19	499	Schalk	Joubert	Open	Male	39
19	01:58:21	484	Joakim	Hansi Blackadder	Open	Male	33
20	01:59:10	909	Nik	Michalopoulos	Veteran	Male	43
21	01:59:20	541	Bruce	Meier	Master	Male	57
22	02:01:09	408	Graham	Alessandri	Master	Male	57
23	02:02:56	446	Colleen	De Oliveira	Open	Female	31
24	02:03:28	632	Bryan	Walter	Open	Male	32
25	02:04:13	566	Charles	Patterson	Open	Male	33
26	02:04:18	466	Alida	Fanfoni	Open	Female	26
27	02:04:20	640	Richard	Williams	Master	Male	56
28	02:05:06	552	Christopher	Morkel	Open	Male	27
29	02:05:14	536	Stephan	Marais	Open	Male	23
30	02:11:13	571	Henk	Rademeyer	Master	Male	50
31	02:11:44	451	Alexander	Dierks	Master	Male	51
32	02:12:47	430	Jaco-Ber	Campher	Open	Male	26
33	02:14:40	509	Michele	Kroger	Open	Female	32
34	02:15:21	586	Alan	Screen	Open	Male	32
35	02:15:29	459	Beate	Elbrecht	Veteran	Female	41
36	02:17:06	628	Mnr K	Verhoeven	Open	Male	26
37	02:17:11	588	David	Siddle	Open	Male	34
38	02:17:12	478	Shafeeqah	Gordon	Open	Female	23
39	02:17:39	629	Desaray	Vewwey	Open	Female	32
40	02:17:42	610	Ashleigh	Truran	Open	Female	21
41	02:17:47	902	Nadia	Van Der Schyff	Open	Female	30
42	02:18:58	577	Cheryl	Rudolph	Master	Female	55
43	02:19:47	421	Martin	Bongers	Open	Male	34
44	02:20:29	905	Guy	Theunissen	Open	Male	31
45	02:20:35	609	Ian	Thompson	Open	Male	35
46	02:20:41	467	Kristi	Faye-Lund	Open	Female	30
47	02:20:43	633	Miriam	Waltz	Open	Female	26
48	02:21:19	910	Ryan	West	Open	Male	37
49	02:21:52	589	Piere-Andre	Siebert	Open	Male	27
50	02:21:58	532	Las	Madurasinghe	Veteran	Male	43
51	02:22:01	911	Daniel	Hughus	Veteran	Male	40

52	02:22:17	476	Michal	George	Veteran	Male	46
53	02:22:59	409	Cecilia	Anderson	Open	Female	22
54	02:23:18	639	Robin	Wicomb	Open	Male	28
55	02:23:59	427	Lisa	Burger	Open	Female	32
56	02:24:01	567	Melissa	Phelps	Open	Female	36
57	02:24:32	477	Gina	Gibson	Open	Female	28
58	02:24:34	462	Philip	Eltringham	Open	Male	34
59	02:24:35	637	Ryan	Whitehead	Open	Male	35
60	02:25:55	534	Hannes	Marais	Master	Male	54
61	02:25:56	617	Henk	Van Dyk	Open	Male	26
62	02:25:58	458	Anton	Eicher	Open	Male	37
63	02:26:08	635	Ian	Whalley	Veteran	Male	42
64	02:26:23	453	Francois	Du Plessis	Master	Male	52
65	02:27:50	410	Ursula	Auer	Veteran	Female	44
66	02:28:06	489	Chris	Holdsworth	Open	Male	34
67	02:28:09	608	Freddie	Thiem	Master	Male	60
68	02:28:47	500	Roslyn	Kelly	Open	Female	32
69	02:30:24	619	Ansa	Van Geest	Veteran	Female	43
70	02:30:48	913	Tinus	Le Roux	Master	Male	57
71	02:31:09	420	Richard	Boltmann	Open	Male	28
72	02:31:10	464	Lien	Erasmus	Open	Female	21
73	02:31:38	602	Alan	Struthers	Veteran	Male	44
74	02:32:07	646	Mieke	Clift	Open	Female	27
75	02:32:16	443	Alistair	Davis	Open	Male	39
76	02:32:38	474	Ganief	Galvaan	Master	Male	57
77	02:32:53	644	Chris	Haworth	Open	Male	39
78	02:33:53	407	Anne	Alessandri	Veteran	Female	42
79	02:33:55	518	Andre	Le Grange	Veteran	Male	49
80	02:34:21	441	Darren	Dalrymple	Veteran	Male	45
81	02:34:33	424	Lirina	Bredell	Open	Female	37
82	02:34:36	425	Tienie	Bredell	Veteran	Male	44
83	02:34:57	574	Leon	Reeding	Veteran	Male	49
84	02:35:57	481	Jason	Griessel	Open	Male	33
85	02:36:38	562	Iain	Orpen	Veteran	Male	41
86	02:36:41	526	Peter	Longworth	Veteran	Male	40
87	02:38:37	621	Tamzyn	Van Nierop	Open	Female	36
88	02:38:51	576	Kirstin	Rowlands	Open	Female	30
89	02:39:48	606	Shaheen	Patel	Veteran	Male	41
90	02:39:52	492	Matthew	Hurlow	Open	Male	21
91	02:40:30	510	Gerhard	Kruger	Veteran	Male	42
92	02:40:31	511	Junita	Kruger	Veteran	Female	44
93	02:42:17	528	Alec	Van Niekerk	Open	Male	31
94	02:42:28	908	Jannie	Venter	Veteran	Male	48
95	02:43:32	402	Fadia	Abels	Open	Female	24
96	02:44:47	912	Dario	Siegen	Open	Male	23
97	02:46:04	468	Mark	Fletcher	Open	Male	39
98	02:46:10	590	Ida	Simonsen	Open	Female	19
99	02:46:12	583	Neil	Schreuder	Open	Male	37
100	02:46:13	539	Josie	Mccann	Open	Female	21
101	02:46:19	593	Francois	Smuts	Master	Male	51
102	02:46:54	429	Tara	Caetano	Open	Male	31
103	02:47:10	426	Lauren	Buchan	Open	Female	26
104	02:47:19	557	Renett	Odendaal	Open	Female	39
105	02:48:06	563	Ashraf	Orrie	Veteran	Male	49
106	02:49:00	605	Jurie	Swart	Open	Male	37
107	02:49:04	636	Chantal	White	Open	Female	34
108	02:49:12	625	Gertjan	Van Vliet	Veteran	Male	40
109	02:50:51	434	Robin	Charles	Veteran	Male	43
110	02:50:59	650	Rudolph-Hugo	Rossouw	Open	Male	31
111	02:51:14	423	Liz	Brash	Master	Female	58
112	02:52:26	517	Erich	Laubsscher	Open	Male	32
113	02:53:01	469	Shannon	Fletcher	Open	Female	36

114	02:53:55	599	Phil	Stewart	Master	Male	67
115	02:54:24	461	Kerry-Ann	Elson	Open	Female	33
116	02:54:46	575	Andrew	Reynolds	Master	Male	58
117	02:54:53	615	Frank	Uys	Master	Male	55
118	02:54:55	592	Johann	Smit	Veteran	Male	41
119	02:56:10	401	Sarah	Abbott	Open	Female	39
120	02:56:12	440	Nico	Croukamp	Veteran	Male	45
121	02:56:27	584	Hayley	Schuter	Open	Female	30
122	02:56:37	580	Fadl	Salie	Open	Male	34
123	02:56:54	581	Waleed	Samsodien	Open	Male	32
124	02:57:01	564	Roldah	Orrie	Master	Female	52
125	02:57:27	507	Stephnie	Kot	Open	Female	32
126	03:00:13	403	Sandy	Adams	Veteran	Female	48
127	03:00:26	519	Reme	Le Hane	Open	Male	31
128	03:00:37	455	Shabeer	Ebrahim	Veteran	Male	46
129	03:01:04	470	Fox	Fox	Veteran	Male	49
130	03:02:05	457	John	Eccles	Master	Male	67
131	03:03:00	618	Anton	Van Gass	Veteran	Male	46
132	03:03:02	585	Christa	Schutte	Veteran	Female	40
133	03:03:06	413	Paul	Barnard	Master	Male	57
134	03:03:08	433	Janice	Charles	Veteran	Female	42
135	03:04:07	597	Carole	Steffen	Veteran	Female	40
136	03:04:10	598	Jonel	Steffen	Veteran	Female	40
137	03:04:45	404	Marisa	Agnello	Open	Female	37
138	03:06:04	515	Allison	Lamb	Veteran	Female	47
139	03:06:14	411	Robert	Bain	Open	Male	36
140	03:08:23	483	Patricia	Hagen	Master	Female	66
141	03:08:58	643	Kate	Whitehead	Open	Female	30
142	03:09:15	603	Louw	Strydom	Open	Male	29
143	03:11:27	520	Liezl	Le Roux	Veteran	Female	48
144	03:11:28	630	Helena	Visser	Veteran	Female	41
145	03:11:29	479	Gretel	Grace	Open	Female	38
146	03:11:33	573	Hybré	Reeding	Veteran	Female	41
147	03:11:38	623	Inus	Van Rooyen	Veteran	Male	42
148	03:11:39	428	Johan	Buys	Veteran	Male	41
149	03:14:10	556	Henriette	Naude	Open	Female	25
150	03:14:11	497	Narica	Joubert	Open	Female	25
151	03:14:13	508	Friedl	Kreuser	Open	Male	32
152	03:14:39	626	Jennifer	Van Wyk	Veteran	Female	40
153	03:14:50	527	Michael	Lord	Open	Male	21
154	03:14:58	495	Qasim	Jakoet	Veteran	Male	42
155	03:15:49	436	Nicola	Cloete Annette	Veteran	Female	43
156	03:16:31	480	Rashied	Dollie	Veteran	Male	44
157	03:19:32	442	Dehlia	Dalrymple	Veteran	Female	44
158	03:19:52	491	Brian	Hope	Open	Male	32
159	03:21:27	444	Tanja	De Jager	Open	Female	38
160	03:22:56	546	Mills	Mills	Master	Female	58
161	03:23:00	450	Lilize	Diener	Open	Female	29
162	03:23:02	627	Tw	Van Zyl	Open	Male	31
163	03:23:13	616	Retha	Van Alphen	Veteran	Female	45
164	03:23:14	601	Ronel	Streicher	Veteran	Female	46
165	03:23:20	631	Marja	Vorster	Open	Female	37
166	03:23:26	454	Katrien	Du Plessis	Veteran	Female	44
167	03:23:28	645	Natasha	De Goeder	Open	Female	37
168	03:24:37	901	Olivia	Bell	Veteran	Female	40
169	03:25:05	445	Mari-Louise	De Kock	Veteran	Female	40
170	03:25:05	422	Chris	Botha	Open	Male	39
171	03:25:34	501	Austin	Kelsey	Master	Male	64
172	03:25:35	502	Santie	Kelsey	Master	Female	55
173	03:26:24	435	Ruth	Clarke	Veteran	Female	45
174	03:31:02	439	Daniel	Conradie	Master	Male	56
175	03:31:20	904	Lauryl	Lorio	Veteran	Female	43

176	03:33:16	600	Pieter Emilius	Streicher	Veteran	Male	47
177	03:33:41	488	Valecia	Hodgskin	Veteran	Female	40
178	03:33:51	487	Ryan	Hodgskin	Veteran	Male	40
179	03:34:48	418	Ziyaad	Bhayat	Veteran	Male	49
180	03:34:58	417	Tashriq	Bhayat	Open	Male	19
181	03:35:38	903	Inge	Anderssen	Open	Female	33
182	03:35:54	578	Yusuf	Saban	Open	Male	38
183	03:36:10	533	Nadia	Maistry	Open	Female	37
184	03:36:13	414	Frank	Bekkens	Master	Male	53
185	03:39:46	622	Ilze	Van Rensburg	Veteran	Female	42
186	03:40:25	559	Cornelia	Olivier	Veteran	Female	43
187	03:43:11	587	Searle	Searle	Master	Male	63
188	03:44:18	473	Kim-Lisa	Gad	Open	Female	39
189	03:49:00	513	Clare	Labuschagne	Open	Female	29
190	03:49:13	553	Jacques	Mouton	Open	Male	39
191	03:50:44	555	Sainesan	Naiker	Open	Male	23
192	03:53:06	547	Martina	Montanari	Open	Female	27
193	03:53:50	465	Margaux	Eyers	Veteran	Female	40
194	03:53:51	570	Fiona	Prentice	Veteran	Female	46
195	04:06:48	524	Lisette	Lombard	Veteran	Female	41
196	04:17:43	494	Kariema	Carelse	Veteran	Female	41
197	04:17:46	649	Renee	Cupido	Veteran	Female	43
198	04:17:48	648	Zulfah	Samaai	Veteran	Female	45
199	04:23:20	641	Robert	Wilson	Veteran	Male	48
200	04:23:22	642	Robin	Ziehl	Veteran	Male	48
201	05:00:21	591	Melissa	Slabbert	Veteran	Female	46

**Open Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:24:39	432	Timothy	Chambers	Open	Male	20
2	01:26:36	506	Oliver	Kopp	Open	Male	19
3	01:27:07	419	Jonathan	Black	Open	Male	22
4	01:29:06	917	Retzepile	Khotle	Open	Male	25
5	01:37:59	544	Stephen	Millard	Open	Male	16
6	01:43:23	579	Marco	Saieva	Open	Male	22
7	01:48:09	437	Patrick	Colborne	Open	Male	22
8	01:49:54	512	Jason	La Cock	Open	Male	23
9	01:50:12	452	Johan	Du Bois	Open	Male	27
10	01:55:01	412	Neil	Barnard	Open	Male	30
11	01:56:17	456	Anton	Eccles	Open	Male	37
12	01:56:31	523	Nicholas	Limbirt	Open	Male	19
13	01:57:20	522	Pierre	Liebenberg	Open	Male	19
14	01:57:21	415	Hendry	Bessinger	Open	Male	37
15	01:58:05	449	Steven	Dembitzer	Open	Male	27
16	01:58:19	499	Schalk	Joubert	Open	Male	39
17	01:58:21	484	Joakim	Hansi Blackadder	Open	Male	33
18	02:03:28	632	Bryan	Walter	Open	Male	32
19	02:04:13	566	Charles	Patterson	Open	Male	33
20	02:05:06	552	Christopher	Morkel	Open	Male	27
21	02:05:14	536	Stephan	Marais	Open	Male	23
22	02:12:47	430	Jaco-Ber	Campher	Open	Male	26
23	02:15:21	586	Alan	Screen	Open	Male	32
24	02:17:06	628	Mnr K	Verhoeven	Open	Male	26
25	02:17:11	588	David	Siddle	Open	Male	34
26	02:19:47	421	Martin	Bongers	Open	Male	34
27	02:20:29	905	Guy	Theunissen	Open	Male	31
28	02:20:35	609	Ian	Thompson	Open	Male	35
29	02:21:19	910	Ryan	West	Open	Male	37
30	02:21:52	589	Piere-Andre	Siebert	Open	Male	27
31	02:23:18	639	Robin	Wicomb	Open	Male	28
32	02:24:34	462	Philip	Eltringham	Open	Male	34
33	02:24:35	637	Ryan	Whitehead	Open	Male	35
34	02:25:56	617	Henk	Van Dyk	Open	Male	26
35	02:25:58	458	Anton	Eicher	Open	Male	37
36	02:28:06	489	Chris	Holdsworth	Open	Male	34
37	02:31:09	420	Richard	Boltmann	Open	Male	28
38	02:32:16	443	Alistair	Davis	Open	Male	39
39	02:32:53	644	Chris	Haworth	Open	Male	39
40	02:35:57	481	Jason	Griessel	Open	Male	33
41	02:39:52	492	Matthew	Hurlow	Open	Male	21
42	02:42:17	528	Alec	Van Niekerk	Open	Male	31
43	02:44:47	912	Dario	Siegen	Open	Male	23
44	02:46:04	468	Mark	Fletcher	Open	Male	39
45	02:46:12	583	Neil	Schreuder	Open	Male	37
46	02:46:54	429	Tara	Caetano	Open	Male	31
47	02:49:00	605	Jurie	Swart	Open	Male	37
48	02:50:59	650	Rudolph-Hugo	Rossouw	Open	Male	31
49	02:52:26	517	Erich	Laubsscher	Open	Male	32
50	02:56:37	580	Fadl	Salie	Open	Male	34
51	02:56:54	581	Waleed	Samsodien	Open	Male	32
52	03:00:26	519	Reme	Le Hane	Open	Male	31
53	03:06:14	411	Robert	Bain	Open	Male	36
54	03:09:15	603	Louw	Strydom	Open	Male	29
55	03:14:13	508	Friedl	Kreuser	Open	Male	32
56	03:14:50	527	Michael	Lord	Open	Male	21
57	03:19:52	491	Brian	Hope	Open	Male	32
58	03:23:02	627	Tw	Van Zyl	Open	Male	31
59	03:25:05	422	Chris	Botha	Open	Male	39
60	03:34:58	417	Tashriq	Bhayat	Open	Male	19

61	03:35:54	578	Yusuf	Saban	Open	Male	38
62	03:49:13	553	Jacques	Mouton	Open	Male	39
63	03:50:44	555	Sainesan	Naiker	Open	Male	23

### Open Female

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:41:44	516	Annamart	Laubscher	Open	Female	23
2	02:02:56	446	Colleen	De Oliveira	Open	Female	31
3	02:04:18	466	Alida	Fanfoni	Open	Female	26
4	02:14:40	509	Michele	Kroger	Open	Female	32
5	02:17:12	478	Shafeeqah	Gordon	Open	Female	23
6	02:17:39	629	Desaray	Vewwey	Open	Female	32
7	02:17:42	610	Ashleigh	Truran	Open	Female	21
8	02:17:47	902	Nadia	Van Der Schyff	Open	Female	30
9	02:20:41	467	Kristi	Faye-Lund	Open	Female	30
10	02:20:43	633	Miriam	Waltz	Open	Female	26
11	02:22:59	409	Cecilia	Anderson	Open	Female	22
12	02:23:59	427	Lisa	Burger	Open	Female	32
13	02:24:01	567	Melissa	Phelps	Open	Female	36
14	02:24:32	477	Gina	Gibson	Open	Female	28
15	02:28:47	500	Roslyn	Kelly	Open	Female	32
16	02:31:10	464	Lien	Erasmus	Open	Female	21
17	02:32:07	646	Mieke	Clift	Open	Female	27
18	02:34:33	424	Lirina	Bredell	Open	Female	37
19	02:38:37	621	Tamzyn	Van Nierop	Open	Female	36
20	02:38:51	576	Kirstin	Rowlands	Open	Female	30
21	02:43:32	402	Fadia	Abels	Open	Female	24
22	02:46:10	590	Ida	Simonsen	Open	Female	19
23	02:46:13	539	Josie	Mccann	Open	Female	21
24	02:47:10	426	Lauren	Buchan	Open	Female	26
25	02:47:19	557	Renett	Odendaal	Open	Female	39
26	02:49:04	636	Chantal	White	Open	Female	34
27	02:53:01	469	Shannon	Fletcher	Open	Female	36
28	02:54:24	461	Kerry-Ann	Elson	Open	Female	33
29	02:56:10	401	Sarah	Abbott	Open	Female	39
30	02:56:27	584	Hayley	Schuter	Open	Female	30
31	02:57:27	507	Stephnie	Kot	Open	Female	32
32	03:04:45	404	Marisa	Agnello	Open	Female	37
33	03:08:58	643	Kate	Whitehead	Open	Female	30
34	03:11:29	479	Gretel	Grace	Open	Female	38
35	03:14:10	556	Henriette	Naude	Open	Female	25
36	03:14:11	497	Narica	Joubert	Open	Female	25
37	03:21:27	444	Tanja	De Jager	Open	Female	38
38	03:23:00	450	Lilize	Diener	Open	Female	29
39	03:23:20	631	Marja	Vorster	Open	Female	37
40	03:23:28	645	Natasha	De Goeder	Open	Female	37
41	03:35:38	903	Inge	Anderssen	Open	Female	33
42	03:36:10	533	Nadia	Maistry	Open	Female	37
43	03:44:18	473	Kim-Lisa	Gad	Open	Female	39
44	03:49:00	513	Clare	Labuschagne	Open	Female	29
45	03:53:06	547	Martina	Montanari	Open	Female	27

**Veteran Male**

<b>Position</b>	<b>Time</b>	<b>Race #</b>	<b>Name</b>	<b>Surname</b>	<b>Category</b>	<b>Sex</b>	<b>Age</b>
1	01:48:35	529	Julien	Louw	Veteran	Male	49
2	01:59:10	909	Nik	Michalopoulos	Veteran	Male	43
3	02:21:58	532	Las	Madurasinghe	Veteran	Male	43
4	02:22:01	911	Daniel	Hughus	Veteran	Male	40
5	02:22:17	476	Michal	George	Veteran	Male	46
6	02:26:08	635	Ian	Whalley	Veteran	Male	42
7	02:31:38	602	Alan	Struthers	Veteran	Male	44
8	02:33:55	518	Andre	Le Grange	Veteran	Male	49
9	02:34:21	441	Darren	Dalrymple	Veteran	Male	45
10	02:34:36	425	Tienie	Bredell	Veteran	Male	44
11	02:34:57	574	Leon	Reeding	Veteran	Male	49
12	02:36:38	562	Iain	Orpen	Veteran	Male	41
13	02:36:41	526	Peter	Longworth	Veteran	Male	40
14	02:39:48	606	Shaheen	Patel	Veteran	Male	41
15	02:40:30	510	Gerhard	Kruger	Veteran	Male	42
16	02:42:28	908	Jannie	Venter	Veteran	Male	48
17	02:48:06	563	Ashraf	Orrie	Veteran	Male	49
18	02:49:12	625	Gertjan	Van Vliet	Veteran	Male	40
19	02:50:51	434	Robin	Charles	Veteran	Male	43
20	02:54:55	592	Johann	Smit	Veteran	Male	41
21	02:56:12	440	Nico	Croukamp	Veteran	Male	45
22	03:00:37	455	Shabeer	Ebrahim	Veteran	Male	46
23	03:01:04	470	Fox	Fox	Veteran	Male	49
24	03:03:00	618	Anton	Van Gass	Veteran	Male	46
25	03:11:38	623	Inus	Van Rooyen	Veteran	Male	42
26	03:11:39	428	Johan	Buys	Veteran	Male	41
27	03:14:58	495	Qasim	Jakoet	Veteran	Male	42
28	03:16:31	480	Rashied	Dollie	Veteran	Male	44
29	03:33:16	600	Pieter Emilius	Streicher	Veteran	Male	47
30	03:33:51	487	Ryan	Hodgskin	Veteran	Male	40
31	03:34:48	418	Ziyaad	Bhayat	Veteran	Male	49
32	04:23:20	641	Robert	Wilson	Veteran	Male	48
33	04:23:22	642	Robin	Ziehl	Veteran	Male	48

**Veteran Female**

<b>Position</b>	<b>Time</b>	<b>Race #</b>	<b>Name</b>	<b>Surname</b>	<b>Category</b>	<b>Sex</b>	<b>Age</b>
1	02:15:29	459	Beate	Elbrecht	Veteran	Female	41
2	02:27:50	410	Ursula	Auer	Veteran	Female	44
3	02:30:24	619	Ansa	Van Geest	Veteran	Female	43
4	02:33:53	407	Anne	Alessandri	Veteran	Female	42
5	02:40:31	511	Junita	Kruger	Veteran	Female	44
6	03:00:13	403	Sandy	Adams	Veteran	Female	48
7	03:03:02	585	Christa	Schutte	Veteran	Female	40
8	03:03:08	433	Janice	Charles	Veteran	Female	42
9	03:04:07	597	Carole	Steffen	Veteran	Female	40
10	03:04:10	598	Jonel	Steffen	Veteran	Female	40
11	03:06:04	515	Allison	Lamb	Veteran	Female	47
12	03:11:27	520	Liezl	Le Roux	Veteran	Female	48
13	03:11:28	630	Helena	Visser	Veteran	Female	41
14	03:11:33	573	Hybré	Reeding	Veteran	Female	41
15	03:14:39	626	Jennifer	Van Wyk	Veteran	Female	40
16	03:15:49	436	Nicola	Cloete Annette	Veteran	Female	43
17	03:19:32	442	Dehlia	Dalrymple	Veteran	Female	44
18	03:23:13	616	Retha	Van Alphen	Veteran	Female	45
19	03:23:14	601	Ronel	Streicher	Veteran	Female	46
20	03:23:26	454	Katrien	Du Plessis	Veteran	Female	44
21	03:24:37	901	Olivia	Bell	Veteran	Female	40
22	03:25:05	445	Mari-Louise	De Kock	Veteran	Female	40
23	03:26:24	435	Ruth	Clarke	Veteran	Female	45
24	03:31:20	904	Lauryl	Lorio	Veteran	Female	43
25	03:33:41	488	Valecia	Hodgskin	Veteran	Female	40
26	03:39:46	622	Ilze	Van Rensburg	Veteran	Female	42
27	03:40:25	559	Cornelia	Olivier	Veteran	Female	43
28	03:53:50	465	Margaux	Eyers	Veteran	Female	40
29	03:53:51	570	Fiona	Prentice	Veteran	Female	46
30	04:06:48	524	Lisette	Lombard	Veteran	Female	41
31	04:17:43	494	Kariema	Carelse	Veteran	Female	41
32	04:17:46	649	Renee	Cupido	Veteran	Female	43
33	04:17:48	648	Zulfah	Samaai	Veteran	Female	45
34	05:00:21	591	Melissa	Slabbert	Veteran	Female	46



**Master Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:59:20	541	Bruce	Meier	Master	Male	57
2	02:01:09	408	Graham	Alessandri	Master	Male	57
3	02:04:20	640	Richard	Williams	Master	Male	56
4	02:11:13	571	Henk	Rademeyer	Master	Male	50
5	02:11:44	451	Alexander	Dierks	Master	Male	51
6	02:25:55	534	Hannes	Marais	Master	Male	54
7	02:26:23	453	Francois	Du Plessis	Master	Male	52
8	02:28:09	608	Freddie	Thiem	Master	Male	60
9	02:30:48	913	Tinus	Le Roux	Master	Male	57
10	02:32:38	474	Ganief	Galvaan	Master	Male	57
11	02:46:19	593	Francois	Smuts	Master	Male	51
12	02:53:55	599	Phil	Stewart	Master	Male	67
13	02:54:46	575	Andrew	Reynolds	Master	Male	58
14	02:54:53	615	Frank	Uys	Master	Male	55
15	03:02:05	457	John	Eccles	Master	Male	67
16	03:03:06	413	Paul	Barnard	Master	Male	57
17	03:25:34	501	Austin	Kelsey	Master	Male	64
18	03:31:02	439	Daniel	Conradie	Master	Male	56
19	03:36:13	414	Frank	Bekkens	Master	Male	53
20	03:43:11	587	S	Searle	Master	Male	63

**Master Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	02:18:58	577	Cheryl	Rudolph	Master	Female	55
2	02:51:14	423	Liz	Brash	Master	Female	58
3	02:57:01	564	Roldah	Orrie	Master	Female	52
4	03:08:23	483	Patricia	Hagen	Master	Female	66
5	03:22:56	546	Mills	Mills	Master	Female	58
6	03:25:35	502	Santie	Kelsey	Master	Female	55