



TSSL 2020  
Race 3 XL COURSE (16km)  
Tygerberg Nature Reserve

Overall

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:11:02	8397	Borger	Melsom	Open	Male	25
2	01:11:21	8035	Michael	Davidson	Veteran	Male	41
3	01:17:35	8363	Neil	Broers	Open	Male	39
4	01:19:26	8189	Gimo	Matusso	Veteran	Male	41
5	01:21:07	8043	Leanda	Du Bruyn	Open	Female	25
6	01:22:39	8157	Colisa	Matane	Open	Male	21
7	01:28:15	8048	Michael	Ellis	Open	Male	29
8	01:28:26	8141	Simon	Stofberg	Open	Male	25
9	01:28:35	8102	Michael	Moosbrugger	Open	Male	38
10	01:30:11	8114	Martin	von Fintel	Open	Male	22
11	01:30:21	8109	Michael	Obery	Open	Male	34
12	01:30:50	8358	Gisela	Booyesen	Open	Female	32
13	01:31:11	8202	Renko	Bergh	Open	Male	32
14	01:31:51	8162	Jayson	Welthagen	Veteran	Male	44
15	01:32:31	8151	Kathryn	Van Sittert	Open	Female	35
16	01:33:15	8206	Warren	Owen	Open	Male	38
17	01:33:55	59	Gael	de Mondragon	Open	Male	29
18	01:34:12	8245	Rod	Hunter	Open	Male	38
19	01:35:13	8361	Marko	Brandic	Open	Male	30
20	01:35:55	8312	Chare	Calitz	Open	Female	33
21	01:36:28	8371	Henricus	Cook	Open	Male	36
22	01:36:49	8074	Julie	Huckle	Master	Female	51
23	01:37:03	8150	Erwan	Prevost	Master	Male	51
24	01:37:22	8116	Wouter	Vink	Open	Male	34
25	01:37:38	8007	David	Barber	Veteran	Male	44
26	01:37:56	8237	Graeme	Smith	Open	Male	33
27	01:38:07	8277	Jonathan	Ueckermann	Open	Male	32
28	01:38:10	8310	Gideon	Snyman	Veteran	Male	40
29	01:38:18	8041	Emily	Djock	Open	Female	31
30	01:38:38	8375	Aiden	Du Plessis	Open	Male	35
31	01:39:16	8015	Stefan	Blommaert	Open	Male	39
32	01:39:21	8098	Claus	Mischker	Veteran	Male	48
33	01:39:55	8306	Jean	Welsh	Veteran	Female	42
34	01:40:18	8192	Julian	Burke	Open	Male	38
35	01:40:21	8193	Drew	Romans	Open	Male	22
36	01:40:49	8302	Melody	Schultz	Veteran	Female	46
37	01:41:12	8063	James	Robertson	Master	Male	52
38	01:43:07	8110	James	Oosterbaan	Open	Male	26
39	01:43:10	8010	James	Bellairs	Open	Male	26
40	01:43:35	8144	Andre	Treurnich	Master	Male	52
41	01:43:59	8177	Ryno	Van Rooyen	Veteran	Male	40
42	01:44:20	8355	Arnhem	Bezuidenhout	Open	Male	35
43	01:44:24	8364	Ryan	Bruton	Veteran	Male	40
44	01:45:24	8249	Craig	Kempen	Veteran	Male	42
45	01:46:07	8279	Sean	Tait	Open	Male	35
46	01:46:15	8346	Leir	Atic	Veteran	Male	48
47	01:46:22	8085	Wiaan	Kriel	Open	Male	33
48	01:46:27	8101	Nicola	Moodie	Open	Female	25
49	01:46:37	8392	Jacques	le Roux	Open	Male	39
50	01:47:05	8278	Jacques	Mazee	Open	Male	34
51	01:47:17	8003	Leonardo	Altini	Open	Male	37
52	01:47:51	8036	Ruard	de Bruyn	Open	Male	27
53	01:48:05	8130	Zain	Samodien	Open	Male	29
54	01:48:10	8117	Melany	Porter	Veteran	Female	44
55	01:48:25	8228	Carlos	Nunez	Open	Male	32
56	01:48:37	8396	Keelan	McAvoy	Open	Male	26
57	01:49:48	8379	Mike	Eis	Open	Male	37
58	01:49:56	8320	Disy	Weldon	Veteran	Female	41
59	01:50:16	8376	Jean-Pierre	du Toit	Open	Male	38
60	01:50:26	8096	Janet	Meyer	Open	Female	36
61	01:50:31	8314	Innes	Smith	Veteran	Male	46
62	01:50:50	8072	Jan Hendrik	Hofmeyr	Open	Male	38
63	01:51:25	8045	Sakkie	Du Toit	Master	Male	50
64	01:51:35	8182	Cecilia	Roberts	Veteran	Female	41
65	01:51:59	8308	Dawid	Theron	Open	Male	27
66	01:52:04	8323	Griet	Zakarian	Master	Female	57
67	01:52:16	8068	Dimitri	Hadzigrigoriou	Open	Male	25
68	01:53:33	8154	Daniel	Hughs	Veteran	Male	43
69	01:53:37	8369	Stefaan	Conradie	Open	Male	31
70	01:53:49	8093	Scott	McIvor	Grand Master	Male	65
71	01:55:31	8037	Wessel	De Kock	Veteran	Male	42
72	01:57:00	8248	Piers	Stead	Master	Male	52
73	01:57:03	8388	Hoosain	Khalfey	Veteran	Male	43
74	01:57:09	8387	Hilanco	Jordaan	Open	Male	23
75	01:57:34	8380	David	Evans	Master	Male	57
76	01:58:15	8233	Gerda	Smits	Open	Female	33
77	01:58:18	8400	Terence	Noonan	Open	Male	32
78	01:58:39	8343	Luqman	Hamid	Open	Male	34
79	01:58:42	8040	Andrea	Devine	Master	Female	53
80	01:58:59	8378	Lourens	Eis	Open	Male	34
81	01:59:23	8078	Shaheem	Kader	Veteran	Male	46
82	01:59:27	8340	Kareem	Tape	Open	Male	39
83	01:59:38	8359	Isak	Bosman	Open	Male	31
84	02:00:14	8187	Bryan	Botha	Open	Male	32
85	02:03:00	8351	Dean	Vizagie	Open	Male	31
86	02:03:06	8065	Jan-Wynand	Greeff	Open	Male	39
87	02:03:41	8390	Hofmeyr	Kruger	Open	Male	31
88	02:04:46	8170	Paul	Kelly	Master	Male	55

89	02:05:04	8373	Nikki	De Souza	Veteran	Female	40
90	02:05:24	8384	Strafford	Harris	Open	Male	36
91	02:06:07	8210	Colin	Coleske	Open	Male	31
92	02:07:54	8223	Mark	Riemer	Open	Male	36
93	02:08:36	8389	Siyasanga	Khongo	Open	Female	34
94	02:09:14	8179	Wikus	Villet	Open	Male	31
95	02:09:50	8088	Nicolaas	Loubser	Master	Male	59
96	02:11:13	8285	Conrad	van der Westhuizen	Open	Male	36
97	02:12:29	8180	Faheem	Salie	Veteran	Male	41
98	02:12:56	8164	Jolene	Wium	Open	Female	32
99	02:13:13	8399	Sarah	Nel	Open	Female	36
100	02:13:15	8044	Albertus Johannes	du Toit	Open	Male	34
101	02:14:14	8385	Brett	Jones	Open	Male	37
102	02:15:46	8008	Siya	Bashe	Veteran	Female	45
103	02:15:50	8171	Tebogo	Ntlopo	Open	Male	35
104	02:16:53	8166	Timothy	Young	Open	Male	38
105	02:19:41	8194	Grant	Achilles	Veteran	Male	48
106	02:20:27	8199	Linda	Balme	Veteran	Female	42
107	02:20:40	8145	Maryka	Treurnich	Open	Female	36
108	02:20:49	8352	Deemter	Avenant	Grand Master	Male	63
109	02:20:52	8298	Francois	Retief	Veteran	Male	47
110	02:21:15	8046	Mike	Duncan	Veteran	Male	46
111	02:21:22	8047	Velia	Duncan	Veteran	Female	46
112	02:21:25	8377	Chris	Duncan	Veteran	Male	40
113	02:21:30	8195	Anne	Alessandri	Veteran	Female	45
114	02:21:48	8204	Liz	Brash	Grand Master	Female	60
115	02:21:55	8365	Kim	Bultemeier	Master	Female	50
116	02:22:28	8394	Tara	Louw	Open	Female	29
117	02:22:32	8362	Leesa	Bright	Open	Female	36
118	02:23:03	8383	Olga	Harris	Open	Female	28
119	02:23:48	8356	Lindsay	Bloom	Open	Female	36
120	02:24:22	8049	Brent	Falkenberg	Open	Male	29
121	02:24:25	8071	Timothy	Higgins	Open	Male	29
122	02:24:28	8181	Theari	Fernhout	Open	Female	34
123	02:24:54	8120	Kerry	Red	Veteran	Female	41
124	02:26:16	8368	Paula	Casey	Master	Female	50
125	02:26:20	8354	Eve	Berman	Veteran	Female	45
126	02:26:38	8366	Robyn	Buntting	Open	Female	35
127	02:26:53	8322	Tania	Wiggins	Veteran	Female	43
128	02:27:12	8239	Rian	Singels	Open	Male	32
129	02:27:27	8027	Sarah	Camp	Open	Female	21
130	02:33:14	8382	Gary	Harris	Master	Male	54
131	02:35:16	8395	Tracy	Lynch	Veteran	Female	49
132	02:35:20	8288	Michelle	Versfeld	Open	Female	36
133	02:35:23	8347	Natasha	Clemilton	Open	Female	36
134	02:39:28	8260	Kim	Lamb	Master	Female	55
135	02:39:30	8270	Lauryl	Lorio	Veteran	Female	45
136	02:39:36	8345	M	Flint	Master	Female	50
137	02:41:12	8342	Nicole	Clayton	Open	Female	39
138	02:41:16	8341	Linasay	Lloyd	Open	Female	37
139	02:42:43	8305	Simon	Sonn	Veteran	Male	46
140	02:42:46	8360	Roger	Braaf	Open	Male	39
141	02:50:39	8287	Jacoline	van Jaarsveld	Open	Female	28
142	02:52:18	8262	Dianie	Lamprecht	Veteran	Female	45
143	02:53:46	8303	Arthur	Zerf	Open	Male	35
144	02:57:01	8265	Manfred	Laumann	Grand Master	Male	60
145	02:57:03	8246	Adele	Immelman	Veteran	Female	40

#### Open Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:11:02	8397	Borger	Melsom	Open	Male	25
2	01:17:35	8363	Neil	Broers	Open	Male	39
3	01:22:39	8157	Colisa	Matane	Open	Male	21
4	01:28:15	8048	Michael	Ellis	Open	Male	29
5	01:28:26	8141	Simon	Stofberg	Open	Male	25
6	01:28:35	8102	Michael	Moosbrugger	Open	Male	38
7	01:30:11	8114	Martin	von Fintel	Open	Male	22
8	01:30:21	8109	Michael	Obery	Open	Male	34
9	01:31:11	8202	Renko	Bergh	Open	Male	32
10	01:33:15	8206	Warren	Owen	Open	Male	38
11	01:33:55	59	Gael	de Mondragon	Open	Male	29
12	01:34:12	8245	Rod	Hunter	Open	Male	38
13	01:35:13	8361	Marko	Brandic	Open	Male	30
14	01:36:28	8371	Henricus	Cook	Open	Male	36
15	01:37:22	8116	Wouter	Vink	Open	Male	34
16	01:37:56	8237	Graeme	Smith	Open	Male	33
17	01:38:07	8277	Jonathan	Ueckermann	Open	Male	32
18	01:38:38	8375	Aiden	Du Plessis	Open	Male	35
19	01:39:16	8015	Stefan	Blommaert	Open	Male	39
20	01:40:18	8192	Julian	Burke	Open	Male	38
21	01:40:21	8193	Drew	Romans	Open	Male	22
22	01:43:07	8110	James	Oosterbaan	Open	Male	26
23	01:43:10	8010	James	Bellairs	Open	Male	26
24	01:44:20	8355	Arnhem	Bezuidenhout	Open	Male	35
25	01:46:07	8279	Sean	Tait	Open	Male	35
26	01:46:22	8085	Wiaan	Kriel	Open	Male	33
27	01:46:37	8392	Jacques	le Roux	Open	Male	39
28	01:47:05	8278	Jacques	Mazee	Open	Male	34
29	01:47:17	8003	Leonardo	Altini	Open	Male	37
30	01:47:51	8036	Ruard	de Bruyn	Open	Male	27
31	01:48:05	8130	Zain	Samodien	Open	Male	29
32	01:48:25	8228	Carlos	Nunez	Open	Male	32
33	01:48:37	8396	Keelan	McAvoy	Open	Male	26
34	01:49:48	8379	Mike	Els	Open	Male	37
35	01:50:16	8376	Jean-Pierre	du Toit	Open	Male	38
36	01:50:50	8072	Jan Hendrik	Hofmeyr	Open	Male	38
37	01:51:59	8308	Dawid	Theron	Open	Male	27

38	01:52:16	8068	Dimitri	Hadzigrigoriou	Open	Male	25
39	01:53:37	8369	Stefaan	Conradie	Open	Male	31
40	01:57:09	8387	Hilanco	Jordaan	Open	Male	23
41	01:58:18	8400	Terence	Noonan	Open	Male	32
42	01:58:39	8343	Lugman	Hamid	Open	Male	34
43	01:58:59	8378	Lourens	Els	Open	Male	34
44	01:59:27	8340	Kareem	Tape	Open	Male	39
45	01:59:38	8359	Isak	Bosman	Open	Male	31
46	02:00:14	8187	Bryan	Botha	Open	Male	32
47	02:03:00	8351	Dean	Vizagie	Open	Male	31
48	02:03:06	8065	Jan-Wynand	Greeff	Open	Male	39
49	02:03:41	8390	Hofmeyr	Kruger	Open	Male	31
50	02:05:24	8384	Strafford	Harris	Open	Male	36
51	02:06:07	8210	Colin	Coleske	Open	Male	31
52	02:07:54	8223	Mark	Riemer	Open	Male	36
53	02:09:14	8179	Wikus	Villet	Open	Male	31
54	02:11:13	8285	Conrad	van der Westhuizen	Open	Male	36
55	02:13:15	8044	Albertus Johannes	du Toit	Open	Male	34
56	02:14:14	8385	Brett	Jones	Open	Male	37
57	02:15:50	8171	Tebogo	Ntlapo	Open	Male	35
58	02:16:53	8166	Timothy	Young	Open	Male	38
59	02:24:22	8049	Brent	Falkenberg	Open	Male	29
60	02:24:25	8071	Timothy	Higgins	Open	Male	29
61	02:27:12	8239	Rian	Singels	Open	Male	32
62	02:42:46	8360	Roger	Braaf	Open	Male	39
63	02:53:46	8303	Arthur	Zerf	Open	Male	35

#### Open Female

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:21:07	8043	Leanda	Du Bruyn	Open	Female	25
2	01:30:50	8358	Gisela	Booyens	Open	Female	32
3	01:32:31	8151	Kathryn	Van Sittert	Open	Female	35
4	01:35:55	8312	Chare	Callitz	Open	Female	33
5	01:38:18	8041	Emily	Djock	Open	Female	31
6	01:46:27	8101	Nicola	Moodie	Open	Female	25
7	01:50:26	8096	Janet	Meyer	Open	Female	36
8	01:58:15	8233	Gerda	Smits	Open	Female	33
9	02:08:36	8389	Siyasanga	Khonqo	Open	Female	34
10	02:12:56	8164	Jolene	Wium	Open	Female	32
11	02:13:13	8399	Sarah	Nel	Open	Female	36
12	02:20:40	8145	Maryka	Treurnich	Open	Female	36
13	02:22:28	8394	Tara	Louw	Open	Female	29
14	02:22:32	8362	Leesa	Bright	Open	Female	36
15	02:23:03	8383	Olga	Harris	Open	Female	28
16	02:23:48	8356	Lindsay	Bloom	Open	Female	36
17	02:24:28	8181	Theari	Fernhout	Open	Female	34
18	02:26:38	8366	Robyn	Buntling	Open	Female	35
19	02:27:27	8027	Sarah	Camp	Open	Female	21
20	02:35:20	8288	Michelle	Versfeld	Open	Female	36
21	02:35:23	8347	Natasha	Clemitson	Open	Female	36
22	02:41:12	8342	Nicole	Clayton	Open	Female	39
23	02:41:16	8341	Linasay	Lloyd	Open	Female	37
24	02:50:39	8287	Jacoline	van Jaarsveld	Open	Female	28

#### Veteran Male

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:11:21	8035	Michael	Davidson	Veteran	Male	41
2	01:19:26	8189	Gimo	Matusso	Veteran	Male	41
3	01:31:51	8162	Jayson	Welthagen	Veteran	Male	44
4	01:37:38	8007	David	Barber	Veteran	Male	44
5	01:38:10	8310	Gidean	Snyman	Veteran	Male	40
6	01:39:21	8098	Claus	Mischker	Veteran	Male	48
7	01:43:59	8177	Ryno	Van Rooyen	Veteran	Male	40
8	01:44:24	8364	Ryan	Bruton	Veteran	Male	40
9	01:45:24	8249	Craig	Kempen	Veteran	Male	42
10	01:46:15	8346	Leir	Atic	Veteran	Male	48
11	01:50:31	8314	Innes	Smith	Veteran	Male	46
12	01:53:33	8154	Daniel	Hughes	Veteran	Male	43
13	01:55:31	8037	Wessel	De Kock	Veteran	Male	42
14	01:57:03	8388	Hoosain	Khalifey	Veteran	Male	43
15	01:59:23	8078	Shaheem	Kader	Veteran	Male	46
16	02:12:29	8180	Faheem	Salie	Veteran	Male	41
17	02:19:41	8194	Grant	Achilles	Veteran	Male	48
18	02:20:52	8298	Francois	Retief	Veteran	Male	47
19	02:21:15	8046	Mike	Duncan	Veteran	Male	46
20	02:21:25	8377	Chris	Duncan	Veteran	Male	40
21	02:42:43	8305	Simon	Sonn	Veteran	Male	46

#### Veteran Female

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:39:55	8306	Jean	Welsh	Veteran	Female	42
2	01:40:49	8302	Melody	Schultz	Veteran	Female	46
3	01:48:10	8117	Melany	Porter	Veteran	Female	44
4	01:49:56	8320	Disy	Weldon	Veteran	Female	41
5	01:51:35	8182	Cecilia	Roberts	Veteran	Female	41
6	02:05:04	8373	Nikki	De Souza	Veteran	Female	40
7	02:15:46	8008	Siya	Bashe	Veteran	Female	45
8	02:20:27	8199	Linda	Balme	Veteran	Female	42
9	02:21:22	8047	Velia	Duncan	Veteran	Female	46
10	02:21:30	8195	Anne	Alessandri	Veteran	Female	45
11	02:24:54	8120	Kerry	Red	Veteran	Female	41
12	02:26:20	8354	Eve	Berman	Veteran	Female	45
13	02:26:53	8322	Tania	Wiggins	Veteran	Female	43
14	02:35:16	8395	Tracy	Lynch	Veteran	Female	49
15	02:39:30	8270	Lauryl	Lorio	Veteran	Female	45
16	02:52:18	8262	Dianie	Lamprecht	Veteran	Female	45
17	02:57:03	8246	Adele	Immelman	Veteran	Female	40

**Master Male**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:37:03	8150	Erwan	Prevost	Master	Male	51
2	01:41:12	8063	James	Robertson	Master	Male	52
3	01:43:35	8144	Andre	Treurnich	Master	Male	52
4	01:51:25	8045	Sakkie	Du Toit	Master	Male	50
5	01:53:49	8093	Scott	Mclvor	Master	Male	65
6	01:57:00	8248	Piers	Stead	Master	Male	52
7	01:57:34	8380	David	Evans	Master	Male	57
8	02:04:46	8170	Paul	Kelly	Master	Male	55
9	02:09:50	8088	Nicolaas	Loubser	Master	Male	59
10	02:20:49	8352	Deemter	Avenant	Master	Male	63
11	02:33:14	8382	Gary	Harris	Master	Male	54
12	02:57:01	8265	Manfred	Laumann	Master	Male	60

**Master Female**

Position	Time	Race #	Name	Surname	Category	Sex	Age
1	01:36:49	8074	Julie	Huckle	Master	Female	51
2	01:52:04	8323	Griet	Zakarian	Master	Female	57
3	01:58:42	8040	Andrea	Devine	Master	Female	53
4	02:21:48	8204	Liz	Brash	Master	Female	60
5	02:21:55	8365	Kim	Bultemeier	Master	Female	50
6	02:26:16	8368	Paula	Casey	Master	Female	50
7	02:39:28	8260	Kim	Lamb	Master	Female	55
8	02:39:36	8345	M	Flint	Master	Female	50



TSSL 2020  
Race 3 LONG COURSE (11km)  
Tygerberg Nature Reserve

Overall

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:49:57	3	A	Estean	Badenhorst	Open	Male	24
2	00:51:02	58	A	Gcobani	Sitsheke	Open	Male	33
3	00:51:09	31	A	Bianca	Tarboton	Open	Female	22
4	00:52:38	13	A	John	Faure	Open	Male	28
5	00:55:57	1196	B	John	Law	Veteran	Male	42
6	00:56:05	32	A	Greg	Torr	Veteran	Male	45
7	00:58:37	41	A	Harry	Banda	Open	Male	31
8	00:58:45	36	A	Nicola	Wills	Open	Female	23
9	00:59:52	35	A	Matthew	Weyer	Open	Male	28
10	00:59:58	16	A	Neil	Hermann	Master	Male	61
11	01:01:49	1140	B	Julia	Hunter	Open	Female	35
12	01:01:54	1016	B	Mias	De Klerk	Open	Male	39
13	01:02:27	1068	B	Byron	Rode	Open	Male	33
14	01:03:25	1041	B	Charl	Jooste	Open	Male	35
15	01:03:26	15	A	Rosslee	Guess	Open	Female	26
16	01:03:44	1010	B	Ryan	Charton	Veteran	Male	43
17	01:04:15	60	A	Rob	Fellowes	Open	Male	36
18	01:04:57	1185	B	Erik	Lonnroth	Open	Male	33
19	01:05:01	19	A	Matthew	McKechnie	Open	Male	22
20	01:05:28	11	A	Jansen	Du Plessis	Open	Male	28
21	01:05:31	61	A	Darryn	Howes	Open	Male	27
22	01:05:56	2292	C	Gerdus	Schutte	Open	Male	23
23	01:06:18	1197	B	David	Hanly	Open	Male	29
24	01:06:27	1184	B	Andries	Krause	Veteran	Male	40
25	01:06:33	1190	B	Petrus	van Wyk	Open	Male	30
26	01:06:57	1092	B	Stuart	Torr	Open	Male	38
27	01:07:18	1191	B	Cathy	Weedau	Veteran	Female	42
28	01:07:18	1192	B	Yannik	Brunner	Open	Male	20
29	01:07:58	20	A	Charlotte	Noble	Master	Female	54
30	01:09:47	65	A	Penny	Swanepoel	Veteran	Female	49
31	01:09:50	10	A	Andrew	Dietrich	Veteran	Male	47
32	01:10:28	1178	B	Morne	Brand	Open	Male	34
33	01:10:33	2179	C	Sandra	Dacey	Veteran	Female	42
34	01:10:57	1182	B	Chris	Garbers	Open	Male	30
35	01:10:58	2275	C	Roeloff	Botha	Open	Male	35
36	01:11:28	1195	B	Kim	Botha	Veteran	Female	46
37	01:11:35	2298	C	Andre	Taute	Open	Male	39
38	01:11:38	1189	B	Stefan	Steenkamp	Veteran	Male	45
39	01:11:38	34	A	Danie	Van Der Merwe	Master	Male	50
40	01:11:42	1200	B	Ashleigh	Singers	Veteran	Female	43
41	01:11:54	2281	C	Jonny	Gardner	Open	Male	34
42	01:12:08	12	A	Paul	Engelbrecht	Master	Male	50
43	01:12:09	2178	C	Werner	Jooste	Open	Male	33
44	01:12:18	2196	C	Grant	Byron	Open	Male	38
45	01:12:29	1145	B	Stefan	Lindeque	Veteran	Male	46
46	01:12:32	64	A	Petra	Raimond	Open	Female	35
47	01:12:35	2071	B	Murray	le Roux	Open	Male	30
48	01:13:27	1179	B	David	Conradie	Master	Male	51
49	01:13:30	42	A	Brad	Williams	Open	Male	24
50	01:13:39	2152	C	Sebnem	Er	Veteran	Female	41
51	01:13:45	2276	C	Lorenzo	Brocchetto	Veteran	Male	44
52	01:13:49	2070	C	Sean	Lavery	Veteran	Male	47
53	01:13:54	40	A	Trish	Lane	Master	Female	56
54	01:13:55	2133	C	Jeremy	West	Open	Male	38
55	01:14:05	1091	B	Matt	Thompson	Open	Male	35
56	01:14:11	1069	B	Andrew	Roper	Master	Male	50
57	01:14:16	1162	B	Labare	Viviers	Open	Female	31
58	01:14:52	2164	C	York	Pick	Open	Male	30
59	01:15:18	1186	B	Arno	Pienaar	Open	Male	30
60	01:15:24	3069	D	Teagan	van der Wath	Open	Female	26
61	01:15:27	2278	C	Dominic	Chennells	Open	Male	38
62	01:15:56	2091	C	Daisy	Myburgh	Open	Female	30
63	01:16:04	3076	D	Johein	Jordaan	Open	Male	34
64	01:16:07	3075	D	Jonathan	van der Merwe	Open	Male	35
65	01:16:09	2235	C	Nathan	Ramages	Open	Male	33
66	01:16:13	2081	C	Michael	Mc Intosh	Open	Male	30
67	01:16:15	2030	C	SJ	Du Plooy	Open	Male	36
68	01:16:20	2284	C	Colleen	Knox	Open	Female	35
69	01:16:29	3077	D	Mark	van der Kaag	Open	Male	40
70	01:16:38	3015	D	Michal	Malek	Open	Male	31
71	01:17:14	1169	B	Herve	Kolony	Open	Male	29
72	01:17:24	2097	C	Stephen	Pietersen	Veteran	Male	45
73	01:17:25	1183	B	Wouter	Hanekom	Open	Male	36
74	01:17:43	2227	C	Fred	Neethling	Open	Male	34
75	01:18:27	1181	B	Yuichi	Fujii	Grand Master	Male	71
76	01:18:39	1088	B	Johann	Theron	Grand Master	Male	62
77	01:19:00	1004	B	Andre	Blignaut	Open	Male	33
78	01:19:03	2167	C	Kaylyn	Novak	Open	Female	23
79	01:19:07	3081	C	Stephen	Guess	Open	Male	31
80	01:19:11	2254	C	Desmond	Labuschagne	Grand Master	Male	63
81	01:19:14	1199	B	Rudi	Benn	Veteran	Male	49
82	01:19:32	1032	B	Mark	Fuller	Veteran	Male	45
83	01:19:34	1150	B	Du Toit	Schreve	Open	Male	34
84	01:19:36	1193	B	Georgina	Pople	Open	Female	23
85	01:20:25	1187	B	Ilhaam	Saban	Open	Female	37
86	01:20:38	1194	B	Peter	Smith	Open	Male	29
87	01:20:51	2282	C	Shura	Johnsen	Open	Female	21
88	01:20:54	3068	D	Ambar	van der Wath	Open	Female	22
89	01:21:05	2204	C	Larry	Eichstadt	Master	Male	57
90	01:21:41	3079	D	Elissa	Pereira	Open	Female	25
91	01:21:44	1028	B	Neels	Erasmus	Veteran	Male	40
92	01:21:56	2119	C	Sanjay	Tewary	Master	Male	52
93	01:22:07	3082	D	Gielmie	Botha	Open	Male	22
94	01:23:08	2291	C	Heather	Richardson	Open	Female	32
95	01:23:36	1019	B	Ryan	De Villiers	Open	Male	25

96	01:23:42	2090	C	Tawanda	Mushore	Open	Male	36
97	01:23:42	1060	B	Ella	Morran	Open	Female	25
98	01:23:46	3034	D	Marcelle	Coleske	Open	Female	28
99	01:24:10	2111	C	Jaco	Snyman	Open	Male	33
100	01:24:16	2213	C	Elmare	Herring	Master	Female	50
101	01:24:30	2093	C	Julian	Novak	Master	Male	53
102	01:24:40	2088	C	Jane	Moodie	Grand Master	Female	60
103	01:25:15	2273	C	Mandy	Baartman	Open	Female	34
104	01:25:27	2147	C	Dale	Isaacs	Open	Male	38
105	01:25:37	29	A	Beverley	Smyth	Veteran	Female	47
106	01:27:12	3064	D	Savio	De Oliveira	Open	Male	37
107	01:27:14	28	A	Antony	Smyth	Veteran	Male	49
108	01:27:20	2011	C	Lauren	Bosman	Open	Female	33
109	01:27:27	1020	B	Gideon	de Wet	Open	Male	39
110	01:27:43	2279	C	Ben	Connolly	Open	Male	19
111	01:27:47	3018	D	Mike	Renshaw	Veteran	Male	41
112	01:27:50	3007	D	Chantal	Faure	Grand Master	Female	60
113	01:28:11	3070	D	Bennie	Wiese	Master	Male	55
114	01:28:26	2122	C	Sam	Troost	Grand Master	Male	63
115	01:28:33	2280	C	Genevieve	Ferraris	Open	Female	29
116	01:28:53	2287	C	Lindiwe	Mkhwanazi	Open	Female	29
117	01:28:57	3005	D	Frances	de Kock	Master	Female	52
118	01:29:00	2240	C	Robyn	Scott	Veteran	Female	47
119	01:29:02	2136	C	Christian	Wiesener	Veteran	Male	47
120	01:30:32	2299	C	Nicola	Taute	Open	Female	38
121	01:31:14	2095	C	Dick	Oliemans	Grand Master	Male	61
122	01:31:30	3071	C	Claire	Denton	Open	Female	39
123	01:31:45	2285	C	Lisa	Labuschagne	Open	Female	37
124	01:31:59	2277	C	Charlotte	Chamberlain	Master	Female	50
125	01:32:09	3067	D	Ruth	Scholtz	Master	Female	56
126	01:32:16	3078	D	Jacqui	Goodwin	Master	Female	52
127	01:32:33	2274	C	Amie	Botes	Open	Male	30
128	01:32:49	3072	C	Ros	Netto	Open	Female	32
129	01:32:57	3074	D	Clinton	Meyer	Open	Male	32
130	01:33:06	2013	C	Stefanus	Buys	Open	Male	26
131	01:33:11	2080	C	Wynand	Markram	Veteran	Male	41
132	01:33:45	1077	B	Paul	Snowdon	Master	Male	53
133	01:33:58	2297	C	Kyle	Swanepoel	Open	Male	28
134	01:35:06	1176	B	Jacques	Booyesen	Veteran	Male	46
135	01:35:32	2113	C	Spencer	Sonn	Veteran	Male	49
136	01:35:35	2092	C	Bradley	Nitsckie	Veteran	Male	43
137	01:35:50	3063	D	Emanuel	De Oliveira	Open	Male	36
138	01:36:07	3073	C	William Mitchell	Moodie	Open	Male	20
139	01:38:26	1198	B	Stephanie	Crossland	Veteran	Female	49
140	01:38:33	1201	B	Mystique	Louw	Open	Female	30
141	01:38:48	2017	C	Peta	Chennells	Open	Female	38
142	01:39:27	2283	C	Anton	Kannemeyer	Master	Male	58
143	01:39:36	3045	D	Conny	Krauss	Master	Female	55
144	01:39:57	3035	D	Elnalene	Cornelius	Open	Female	31
145	01:40:03	1180	B	Mari-louise	De Kock	Veteran	Female	43
146	01:40:05	2300	C	Nailah	van der Schyff	Open	Female	33
147	01:40:06	1177	B	Chris	Botha	Veteran	Male	42
148	01:40:45	3041	D	Hannah	Esterhuysen	Master	Female	59
149	01:41:05	1051	B	Moegamad	Majal	Veteran	Male	46
150	01:41:08	1039	B	Farzaana	Jacobs	Veteran	Female	41
151	01:42:09	2075	C	Marizanne	Lombard	Master	Female	54
152	01:44:18	2294	C	Marga	Smith	Open	Female	34
153	01:46:44	2144	C	Eugene	Buckley	Open	Male	31
154	01:48:19	3080	D	Minette	Mare	Open	Female	35
155	01:49:08	3014	D	Izabel	Lubbe	Master	Female	50
156	01:49:11	2078	C	Dirk	Lubbe	Master	Male	50
157	01:50:38	2143	C	Elizma	Kotze	Master	Female	51
158	01:51:48	3037	D	Amanda	Dovey	Veteran	Female	40
159	01:52:20	3011	D	Jackie	Goosen	Master	Female	58
160	01:55:25	3044	D	Lynette	Glen	Grand Master	Female	60
161	01:58:40	3053	D	Maralitze	Stander	Veteran	Female	41
162	01:58:42	3052	D	Deleur	Stander	Veteran	Male	42
163	01:59:32	2295	C	Janette	Strugnell	Master	Female	58
164	01:59:39	2296	C	Laura	Strugnell	Open	Female	27
165	02:00:14	2289	C	Johnathan	Mulder	Veteran	Male	43
166	02:00:24	2101	C	Anneray	Richards	Open	Female	24
167	02:00:24	2061	C	Fatima	Khan	Open	Female	33
168	02:00:27	2073	C	Emuel	Lombaard	Open	Male	28
169	02:00:30	2146	C	Yadeen	Cariem	Open	Male	33
170	02:01:42	3003	D	Colleen	Cross	Open	Female	39
171	02:02:10	2044	C	Nicole	Hayes	Open	Female	31
172	02:02:29	2288	C	Hayley	Mulder	Open	Female	37
173	02:04:07	3028	D	Jonathan	Grant	Open	Male	31

**Open Male**

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:49:57	3	A	Estean	Badenhorst	Open	Male	24
2	00:51:02	58	A	Gcobani	Sitsheke	Open	Male	33
3	00:52:38	13	A	John	Faure	Open	Male	28
4	00:58:37	41	A	Harry	Banda	Open	Male	31
5	00:59:52	35	A	Matthew	Weyer	Open	Male	28
6	01:01:54	1016	B	Mias	De Klerk	Open	Male	39
7	01:02:27	1068	B	Byron	Rode	Open	Male	33
8	01:03:25	1041	B	Charl	Jooste	Open	Male	35
9	01:04:15	60	A	Rob	Fellowes	Open	Male	36
10	01:04:57	1185	B	Erik	Lonnroth	Open	Male	33
11	01:05:01	19	A	Matthew	McKechnie	Open	Male	22
12	01:05:28	11	A	Jansen	Du Plessis	Open	Male	28
13	01:05:31	61	A	Darryn	Howes	Open	Male	27
14	01:05:56	2292	C	Gerdus	Schutte	Open	Male	23
15	01:06:18	1197	B	David	Hanly	Open	Male	29
16	01:06:33	1190	B	Petrus	van Wyk	Open	Male	30
17	01:06:57	1092	B	Stuart	Torr	Open	Male	38
18	01:07:18	1192	B	Yannik	Brunner	Open	Male	20
19	01:10:28	1178	B	Morne	Brand	Open	Male	34
20	01:10:57	1182	B	Chris	Garbers	Open	Male	30
21	01:10:58	2275	C	Roeloff	Botha	Open	Male	35
22	01:11:35	2298	C	Andre	Taute	Open	Male	39
23	01:11:54	2281	C	Jonny	Gardner	Open	Male	34

24	01:12:09	2178	C	Werner	Jooste	Open	Male	33
25	01:12:18	2196	C	Grant	Byron	Open	Male	38
26	01:12:35	2071	B	Murray	le Roux	Open	Male	30
27	01:13:30	42	A	Brad	Williams	Open	Male	24
28	01:13:55	2133	C	Jeremy	West	Open	Male	38
29	01:14:05	1091	B	Matt	Thompson	Open	Male	35
30	01:14:52	2164	C	York	Pick	Open	Male	30
31	01:15:18	1186	B	Arno	Pienaar	Open	Male	30
32	01:15:27	2278	C	Dominic	Chennells	Open	Male	38
33	01:16:04	3076	D	Johein	Jordaan	Open	Male	34
34	01:16:07	3075	D	Jonathan	van der Merwe	Open	Male	35
35	01:16:09	2235	C	Nathan	Ramages	Open	Male	33
36	01:16:13	2081	C	Michael	Mc Intosh	Open	Male	30
37	01:16:15	2030	C	SJ	Du Plooy	Open	Male	36
38	01:16:29	3077	D	Mark	van der Kaag	Open	Male	40
39	01:16:38	3015	D	Michal	Malek	Open	Male	31
40	01:17:14	1169	B	Herve	Kolony	Open	Male	29
41	01:17:25	1183	B	Wouter	Hanekom	Open	Male	36
42	01:17:43	2227	C	Fred	Neethling	Open	Male	34
43	01:19:00	1004	B	Andre	Blignaut	Open	Male	33
44	01:19:07	3081	C	Stephen	Guess	Open	Male	31
45	01:19:34	1150	B	Du Toit	Schreve	Open	Male	34
46	01:20:38	1194	B	Peter	Smith	Open	Male	29
47	01:22:07	3082	D	Gielmie	Botha	Open	Male	22
48	01:23:36	1019	B	Ryan	De Villiers	Open	Male	25
49	01:23:42	2090	C	Tawanda	Mushore	Open	Male	36
50	01:24:10	2111	C	Jaco	Snyman	Open	Male	33
51	01:25:27	2147	C	Dale	Isaacs	Open	Male	38
52	01:27:12	3064	D	Savio	De Oliveira	Open	Male	37
53	01:27:27	1020	B	Gideon	de Wet	Open	Male	39
54	01:27:43	2279	C	Ben	Connolly	Open	Male	19
55	01:32:33	2274	C	Amie	Botes	Open	Male	30
56	01:32:57	3074	D	Clinton	Meyer	Open	Male	32
57	01:33:06	2013	C	Stefanus	Buys	Open	Male	26
58	01:33:58	2297	C	Kyle	Swanepoel	Open	Male	28
59	01:35:50	3063	D	Emanuel	De Oliveira	Open	Male	36
60	01:36:07	3073	C	William Mitchell	Moodie	Open	Male	20
61	01:46:44	2144	C	Eugene	Buckley	Open	Male	31
62	02:00:27	2073	C	Emuet	Lombaard	Open	Male	28
63	02:00:30	2146	C	Yadeen	Cariem	Open	Male	33
64	02:04:07	3028	D	Jonathan	Grant	Open	Male	31

#### Open Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:51:09	31	A	Bianca	Tarboton	Open	Female	22
2	00:58:45	36	A	Nicola	Wills	Open	Female	23
3	01:01:49	1140	B	Julia	Hunter	Open	Female	35
4	01:03:26	15	A	Rosslee	Guess	Open	Female	26
5	01:12:32	64	A	Petra	Raimond	Open	Female	35
6	01:14:16	1162	B	Labare	Viviers	Open	Female	31
7	01:15:24	3069	D	Teagan	van der Wath	Open	Female	26
8	01:15:56	2091	C	Daisy	Myburgh	Open	Female	30
9	01:16:20	2284	C	Colleen	Knox	Open	Female	35
10	01:19:03	2167	C	Kaylyn	Novak	Open	Female	23
11	01:19:36	1193	B	Georgina	Pople	Open	Female	23
12	01:20:25	1187	B	Ilhaam	Saban	Open	Female	37
13	01:20:51	2282	C	Shura	Johnsen	Open	Female	21
14	01:20:54	3068	D	Ambar	van der Wath	Open	Female	22
15	01:21:41	3079	D	Elissa	Pereira	Open	Female	25
16	01:23:08	2291	C	Heather	Richardson	Open	Female	32
17	01:23:42	1060	B	Ella	Morran	Open	Female	25
18	01:23:46	3034	D	Marcelle	Coleske	Open	Female	28
19	01:25:15	2273	C	Mandy	Baartman	Open	Female	34
20	01:27:20	2011	C	Lauren	Bosman	Open	Female	33
21	01:28:33	2280	C	Genevieve	Ferraris	Open	Female	29
22	01:28:53	2287	C	Lindiwe	Mkhwanazi	Open	Female	29
23	01:30:32	2299	C	Nicola	Taute	Open	Female	38
24	01:31:30	3071	C	Claire	Denton	Open	Female	39
25	01:31:45	2285	C	Lisa	Labuschagne	Open	Female	37
26	01:32:49	3072	C	Ros	Netto	Open	Female	32
27	01:38:33	1201	B	Mystique	Louw	Open	Female	30
28	01:38:48	2017	C	Peta	Chennells	Open	Female	38
29	01:39:57	3035	D	Elnalene	Cornelius	Open	Female	31
30	01:40:05	2300	C	Nailah	van der Schyff	Open	Female	33
31	01:44:18	2294	C	Marga	Smith	Open	Female	34
32	01:48:19	3080	D	Minette	Mare	Open	Female	35
33	01:59:39	2296	C	Laura	Strugnell	Open	Female	27
34	02:00:24	2101	C	Anneray	Richards	Open	Female	24
35	02:00:24	2061	C	Fatima	Khan	Open	Female	33
36	02:01:42	3003	D	Colleen	Cross	Open	Female	39
37	02:02:10	2044	C	Nicole	Hayes	Open	Female	31
38	02:02:29	2288	C	Hayley	Mulder	Open	Female	37

#### Veteran Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:55:57	1196	B	John	Law	Veteran	Male	42
2	00:56:05	32	A	Greg	Torr	Veteran	Male	45
3	01:03:44	1010	B	Ryan	Charton	Veteran	Male	43
4	01:06:27	1184	B	Andries	Krause	Veteran	Male	40
5	01:09:50	10	A	Andrew	Dietrich	Veteran	Male	47
6	01:11:38	1189	B	Stefan	Steenkamp	Veteran	Male	45
7	01:12:29	1145	B	Stefan	Lindeque	Veteran	Male	46
8	01:13:45	2276	C	Lorenzo	Brocchetto	Veteran	Male	44
9	01:13:49	2070	C	Sean	Lavery	Veteran	Male	47
10	01:17:24	2097	C	Stephen	Pietersen	Veteran	Male	45
11	01:19:14	1199	B	Rudi	Benn	Veteran	Male	49
12	01:19:32	1032	B	Mark	Fuller	Veteran	Male	45
13	01:21:44	1028	B	Neels	Erasmus	Veteran	Male	40
14	01:27:14	28	A	Antony	Smyth	Veteran	Male	49
15	01:27:47	3018	D	Mike	Renshaw	Veteran	Male	41
16	01:29:02	2136	C	Christian	Wiesener	Veteran	Male	47
17	01:33:11	2080	C	Wynand	Markram	Veteran	Male	41
18	01:35:06	1176	B	Jacques	Booyesen	Veteran	Male	46
19	01:35:32	2113	C	Spencer	Sonn	Veteran	Male	49

20	01:35:35	2092	C	Bradley	Nitsckie	Veteran	Male	43
21	01:40:06	1177	B	Chris	Botha	Veteran	Male	42
22	01:41:05	1051	B	Moegamad	Majal	Veteran	Male	46
23	01:58:42	3052	D	Deleur	Stander	Veteran	Male	42
24	02:00:14	2289	C	Johnathan	Mulder	Veteran	Male	43

#### Veteran Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	01:07:18	1191	B	Cathy	Weedau	Veteran	Female	42
2	01:09:47	65	A	Penny	Swanepoel	Veteran	Female	49
3	01:10:33	2179	C	Sandra	Dacey	Veteran	Female	42
4	01:11:28	1195	B	Kim	Botha	Veteran	Female	46
5	01:11:42	1200	B	Ashleigh	Singers	Veteran	Female	43
6	01:13:39	2152	C	Sebnem	Er	Veteran	Female	41
7	01:25:37	29	A	Beverley	Smyth	Veteran	Female	47
8	01:29:00	2240	C	Robyn	Scott	Veteran	Female	47
9	01:38:26	1198	B	Stephanie	Crossland	Veteran	Female	49
10	01:40:03	1180	B	Mari-louise	De Kock	Veteran	Female	43
11	01:41:08	1039	B	Farzaana	Jacobs	Veteran	Female	41
12	01:51:48	3037	D	Amanda	Dovey	Veteran	Female	40
13	01:58:40	3053	D	Maralize	Stander	Veteran	Female	41

#### Master Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:59:58	16	A	Neil	Hermann	Master	Male	61
2	01:11:38	34	A	Danie	Van Der Merwe	Master	Male	50
3	01:12:08	12	A	Paul	Engelbrecht	Master	Male	50
4	01:13:27	1179	B	David	Conradie	Master	Male	51
5	01:14:11	1069	B	Andrew	Roper	Master	Male	50
6	01:21:05	2204	C	Larry	Eichstadt	Master	Male	57
7	01:21:56	2119	C	Sanjay	Tewary	Master	Male	52
8	01:24:30	2093	C	Julian	Novak	Master	Male	53
9	01:28:11	3070	D	Bennie	Wiese	Master	Male	55
10	01:33:45	1077	B	Paul	Snowdon	Master	Male	53
11	01:39:27	2283	C	Anton	Kannemeyer	Master	Male	58
12	01:49:11	2078	C	Dirk	Lubbe	Master	Male	50

#### Master Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	01:07:58	20	A	Charlotte	Noble	Master	Female	54
2	01:13:54	40	A	Trish	Lane	Master	Female	56
3	01:24:16	2213	C	Elmare	Herring	Master	Female	50
4	01:28:57	3005	D	Frances	de Kock	Master	Female	52
5	01:31:59	2277	C	Charlotte	Chamberlain	Master	Female	50
6	01:32:09	3067	D	Ruth	Scholtz	Master	Female	56
7	01:32:16	3078	D	Jacqui	Goodwin	Master	Female	52
8	01:39:36	3045	D	Conny	Krauss	Master	Female	55
9	01:40:45	3041	D	Hannah	Esterhuyse	Master	Female	59
10	01:42:09	2075	C	Marizanne	Lombard	Master	Female	54
11	01:49:08	3014	D	Izabel	Lubbe	Master	Female	50
12	01:50:38	2143	C	Elizma	Kotze	Master	Female	51
13	01:52:20	3011	D	Jackie	Goosen	Master	Female	58
14	01:59:32	2295	C	Janette	Strugnell	Master	Female	58

#### Grand Master Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	01:18:27	1181	B	Yuichi	Fujii	Grand Master	Male	71
2	01:18:39	1088	B	Johann	Theron	Grand Master	Male	62
3	01:19:11	2254	C	Desmond	Labuschagne	Master	Male	63
4	01:28:26	2122	C	Sam	Troost	Grand Master	Male	63
5	01:31:14	2095	C	Dick	Otiemans	Grand Master	Male	61

#### Grand Master Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	01:24:40	2088	C	Jane	Moodie	Grand Master	Female	60
2	01:27:50	3007	D	Chantal	Faure	Grand Master	Female	60
3	01:55:25	3044	D	Lynette	Glen	Grand Master	Female	60





TSSL 2020  
Race 3 SHORT COURSE (5.5km)  
Tygerberg Nature Reserve

Overall

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:22:34	4050	E	Anele	Bans	Open	Male	31
2	00:24:16	4009	E	Jethro	Dunn	Junior	Male	16
3	00:26:26	5004	F	Nicholas	Bunn	Open	Male	22
4	00:26:53	4054	E	Victor	Gugushe	Veteran	Male	41
5	00:27:03	4031	E	Leslie	Chivell	Grand Master	Male	65
6	00:27:21	5125	F	Ruben	Kannemeyer	Open	Male	21
7	00:27:25	4010	E	Ralph	Harris	Veteran	Male	40
8	00:28:19	4019	E	Mikael	Moola	Minimee	Male	14
9	00:28:20	4020	E	PJ	Moses	Veteran	Male	42
10	00:28:24	4016	E	Brett	Maeyer	Open	Male	27
11	00:28:26	5025	F	Christo	Joubert	Open	Male	19
12	00:28:44	4025	E	Christo	Van der Berg	Veteran	Male	47
13	00:28:48	4045	E	Caitlin	Snethlage	Open	Female	27
14	00:28:50	4022	E	Richard	Rossiter	Grand Master	Male	63
15	00:28:53	5030	F	Safwaan	Lewis	Veteran	Male	42
16	00:29:03	5064	F	Birgit	Van Niekerk	Veteran	Female	40
17	00:29:53	5098	F	David	Metelerkamp	Open	Male	28
18	00:29:59	5000	F	Nicolette	Brouwer	Master	Female	52
19	00:30:08	6089	G	Nikolas	Lowther	Minimee	Male	11
20	00:30:14	4004	E	Andre	De Piaz	Master	Male	53
21	00:30:32	5142	F	Bruce	Bain	Open	Male	24
22	00:31:22	5120	F	Charl	de Lange	Open	Male	21
23	00:31:35	5067	F	Wayne	Victor	Veteran	Male	45
24	00:31:42	4037	E	Jonathan	Dellbridge	Peewee	Male	10
25	00:31:49	4002	E	Xoliswe	Booi	Open	Female	35
26	00:32:26	5073	F	Roldah	Orrie	Master	Female	53
27	00:32:28	4007	E	Andrew	Denny	Master	Male	57
28	00:32:29	6176	G	Jansen	Myburgh	Open	Male	33
29	00:32:31	5134	F	Harry	Millar	Veteran	Male	42
30	00:32:46	5061	F	Lian	Swanepoel	Junior	Male	16
31	00:32:50	4052	E	Heil	van Tonder	Master	Male	55
32	00:33:05	5143	F	Nick	Adriaanse	Open	Male	23
33	00:33:24	4034	E	Chantal	Pieters	Master	Female	0
34	00:33:28	5043	F	Mo	Moola	Veteran	Male	46
35	00:34:04	5105	F	Dewald	Treurnich	Junior	Male	15
36	00:34:08	5012	F	Lauren	Denny	Open	Female	24
37	00:34:11	5138	F	Justin	Vaukeuisser	Open	Male	28
38	00:34:23	5128	F	Travis	Talmarkes	Open	Male	36
39	00:34:36	5053	F	David	Rodseth	Grand Master	Male	65
40	00:34:46	5015	F	Bill	Dunn	Master	Male	51
41	00:34:58	5020	F	Haydn	George	Open	Male	32
42	00:35:02	4053	E	Herman	Wessels	Open	Male	32
43	00:35:06	5058	F	Shane	Schwalst	Open	Male	30
44	00:36:18	6289	G	Charl	Sonnekus	Open	Male	24
45	00:36:27	6296	G	Petro	Visser	Open	Female	26
46	00:36:41	4026	E	Emma	Van Rensburg	Minimee	Female	11
47	00:36:43	4055	E	Ben	Van Rensburg	Veteran	Male	47
48	00:37:01	6203	G	Hester	Bester	Master	Female	53
49	00:37:09	6186	G	Victoria	Gardner	Open	Female	33
50	00:37:11	6096	G	Charl	Marais	Grand Master	Male	68
51	00:37:19	5107	F	Carmen	van der Vyver	Open	Female	30
52	00:37:27	6200	G	Richard	Dellbridge	Veteran	Male	45
53	00:37:28	7192	H	Chris	Spurdens	Open	Male	38
54	00:37:41	6088	G	Ben	Lowther	Veteran	Male	44
55	00:38:01	6241	G	Bronwyn	Snyman	Open	Female	30
56	00:38:04	5144	F	Byron	Joannides	Open	Male	23
57	00:38:04	7191	H	Ronel	Spangenberg	Veteran	Female	42
58	00:38:13	5145	F	Thomas	Bain	Open	Male	23
59	00:38:20	6297	G	Katie	Sheff	Open	Female	24
60	00:38:30	6223	G	Triston	Koekemoer	Open	Male	24
61	00:38:33	4021	E	Angelique	Nel	Veteran	Female	46
62	00:38:35	6275	G	Mariska	De Waal	Open	Female	29
63	00:38:43	6226	G	Jono	Makepeace	Open	Male	29
64	00:38:50	7190	H	DP	Spangenberg	Veteran	Male	44
65	00:38:57	7172	H	Sylvester	Booyens	Open	Male	32
66	00:39:01	5130	F	Rijk	van Reenen	Veteran	Male	46
67	00:39:02	5133	F	Julia	Brunner	Open	Female	26
68	00:39:06	6273	G	Renton	Davy	Open	Male	28
69	00:39:10	5074	F	Alfred	Temmers	Master	Male	52
70	00:39:12	5135	F	JPrevin	Pillay	Open	Male	30
71	00:39:16	5038	F	Chris	Maeyer	Grand Master	Male	64
72	00:39:18	5123	F	Shelley	Dudley	Veteran	Female	47
73	00:39:22	5029	F	Justin	Leslie	Open	Male	38
74	00:39:22	5035	F	Donlad	Loubser	Open	Male	37
75	00:39:26	5119	F	Malan	Botes	Open	Male	39
76	00:39:27	4047	E	Clea	De klerk	Junior	Female	15
77	00:39:29	4038	E	Anna	De Klerk	Minimee	Female	12
78	00:39:34	5056	F	Stefan	Roodt	Master	Male	55
79	00:39:40	5127	F	David	Robertson	Open	Male	30
80	00:39:43	5132	F	Bradley	Warner	Open	Male	27
81	00:39:49	6102	G	Isak	Meyer	Veteran	Male	49
82	00:39:50	5121	F	Charn	de Lange	Veteran	Female	48
83	00:39:53	6142	G	Nikki	Swanepoel	Veteran	Female	43
84	00:39:55	5122	F	Pieter	de Lange	Master	Male	54
85	00:39:57	6192	G	Belinda	van Tonder	Master	Female	54
86	00:40:00	6139	G	Juanita	Strauss-Geyer	Veteran	Female	46
87	00:40:04	6164	G	Michelle	Witteveen	Open	Female	36
88	00:40:08	7006	H	Natacha	Berkowitz	Open	Female	33
89	00:40:14	7177	H	Gerhard	Esterhuizen	Veteran	Male	44
90	00:40:16	4035	F	Oboyd	Hoosoin	Open	Male	30
91	00:40:18	6148	G	Richard	Thorpe	Open	Male	28
92	00:40:22	6079	G	Gertruida	Jooste	Grand Master	Female	66
93	00:40:26	6282	G	Tayla	Mouton	Open	Female	25
94	00:40:30	7174	H	Wynand	Du Plessis	Open	Male	35

95	00:40:33	6277	G	Andy	Duncan	Veteran	Male	44
96	00:40:36	4005	E	Theuns	De Waal	Master	Male	53
97	00:40:52	6028	G	Lance	Daniels	Open	Male	35
98	00:41:15	6232	G	Anwar	Nazeer	Veteran	Male	48
99	00:41:23	6283	G	Lindi	Peters	Open	Female	28
100	00:41:26	6076	G	Chris	Jackson	Open	Male	34
101	00:41:32	6031	G	Leandra	de Bruyn	Open	Female	24
102	00:41:40	6161	G	Hilton	Warrington	Master	Male	56
103	00:41:42	7005	H	Munier	Barden	Veteran	Male	44
104	00:41:48	6298	G	Koah	Burke	Open	Female	37
105	00:41:57	6300	G	Theresa	Van Der Kaag	Veteran	Female	48
106	00:42:13	7116	H	Marna	Broeksma	Master	Female	50
107	00:42:16	7182	H	Amanda	Le Roux	Open	Female	36
108	00:42:25	6256	G	Emily	Furlong	Veteran	Female	44
109	00:42:28	6230	G	Gavin	McKinney	Open	Male	35
110	00:42:36	6097	G	Shelley	Marais	Grand Master	Female	63
111	00:42:39	7179	H	Elizabeth	Howard	Open	Female	26
112	00:42:41	5118	F	Jean-Paul	Baar	Veteran	Male	48
113	00:42:44	7181	H	Harison	Lacey	Open	Male	27
114	00:42:50	6144	G	Sasha	Tarboton	Grand Master	Female	60
115	00:43:04	6286	G	Paul Johann	Pretorius	Open	Male	27
116	00:43:06	5013	F	Michelle	Dietrich	Veteran	Female	48
117	00:43:09	6149	G	Kathie	Troost	Grand Master	Female	61
118	00:43:13	6225	G	Nicole	Liebenberg	Open	Female	27
119	00:43:19	6295	G	Zonika	Venter	Open	Female	29
120	00:43:22	7170	H	Christina	Balle	Open	Female	31
121	00:43:25	7180	H	William	Howard	Master	Male	52
122	00:43:41	7119	H	Joanna	Burger	Open	Male	32
123	00:43:45	6175	G	Adrian	Punt	Open	Male	38
124	00:43:50	7118	H	Craig	Burger	Open	Male	34
125	00:43:53	6202	G	Ameer	Amod	Veteran	Male	47
126	00:43:57	6124	G	Micaela	Pym	Open	Female	28
127	00:44:04	7071	H	Dewald	Schlebusch	Open	Male	38
128	00:44:07	7079	H	Hanno	Stofberg	Open	Male	30
129	00:44:10	6117	G	Andrew	Nixon	Veteran	Male	46
130	00:44:13	4008	E	Charlotte	du Plessis	Open	Female	38
131	00:44:14	6237	G	Caryn	Prentice	Open	Female	26
132	00:44:23	7034	H	Shannon	Holcroft	Open	Female	26
133	00:44:24	5147	F	Jeremy	Hendricks	Open	Male	32
134	00:44:28	7137	H	Marc	Katzwinkel	Open	Male	33
135	00:44:32	7062	H	Kelly	Payne	Open	Female	27
136	00:44:36	5079	F	Debua	Choice	Master	Female	53
137	00:44:51	5126	F	Ian	Matheson	Veteran	Male	46
138	00:44:54	7197	H	Richard	Tainton	Master	Male	56
139	00:44:56	7040	H	Chantelle	Joubert - Kaal	Open	Female	37
140	00:45:10	6288	G	Hermien	Rossouw	Master	Female	50
141	00:45:14	6216	G	Sophia	Goddard	Peewee	Female	9
142	00:45:16	6215	G	Paul	Goddard	Master	Male	52
143	00:45:19	6290	G	Kelly	Sumpton	Open	Female	32
144	00:46:03	6020	G	Claudia	Chamberlain	Open	Female	38
145	00:46:06	6242	G	Jessica	Stanton	Open	Female	25
146	00:46:08	7037	H	Fatimah	Jacobs	Grand Master	Female	59
147	00:46:11	7196	H	Monique	van Tonder	Open	Female	29
148	00:46:42	6279	G	Lisa	Grobler	Open	Female	25
149	00:46:53	6159	G	Roxie	Varkevisser	Open	Female	32
150	00:46:57	6021	G	Mark	Chamberlain	Master	Male	54
151	00:47:03	5039	F	Martin	Malamba	Peewee	Male	9
152	00:47:05	7056	H	Zaid	Moola	Minimee	Male	11
153	00:47:12	6287	G	Tani	Pretorius	Veteran	Female	48
154	00:47:17	7173	H	Marichen	Dixon	Veteran	Female	46
155	00:47:24	7140	H	Helen	Macdonald	Master	Female	51
156	00:47:27	6270	G	Janet	Black	Master	Female	53
157	00:47:31	6271	G	Michael	Black	Master	Male	58
158	00:47:34	7188	H	Raoul	Scholtz	Grand Master	Male	62
159	00:47:37	7055	H	Naeema	Moola	Veteran	Female	41
160	00:47:40	6268	G	Sadia	Jakoet-Sedick	Master	Female	52
161	00:47:42	7185	H	Kyle	Michaels	Open	Male	31
162	00:47:45	6299	G	Yasmin	Toefferis	Master	Female	62
163	00:47:50	6145	G	Hugo	Theron	Veteran	Male	47
164	00:47:52	6039	G	Theonie	du Plessis	Veteran	Female	49
165	00:48:09	5146	F	Lara	van Tonder	Open	Female	21
166	00:48:54	7198	H	Thomas	Le Roux	Peewee	Male	6
167	00:49:02	6131	G	Dawn	Rossiter	Master	Female	63
168	00:49:11	6280	G	Edna	Jackson	Veteran	Female	43
169	00:49:27	6292	G	Marelize	van Eck	Open	Female	36
170	00:49:38	6172	G	Astrid	Trimmel	Open	Female	38
171	00:50:35	7018	H	Louis	Dobinson	Veteran	Female	41
172	00:50:38	5140	H	Hayley	Canterbury	Master	Female	55
173	00:50:54	7036	H	Anni	Jackson	Open	Female	28
174	00:51:00	6262	G	Lisa	Hartman	Open	Female	31
175	00:51:01	5027	F	Thomaza	Koli	Grand Master	Female	60
176	00:51:02	6118	G	Melissa	O'Kennedy	Open	Female	31
177	00:51:07	5141	G	Heidi	Mennezes	Open	Female	34
178	00:51:16	6269	G	Daleen	Badenhorst	Open	Female	36
179	00:51:36	6293	G	Charlene	Venter	Master	Female	51
180	00:51:40	6294	G	Dave	Venter	Master	Male	54
181	00:52:09	7184	H	Suzette	Li	Open	Female	28
182	00:52:12	7183	H	Kevin Ching Wei	Li	Open	Male	28
183	00:52:43	6080	G	Sandra	Joubert	Veteran	Female	47
184	00:53:01	6166	G	Ilse	Zwiegers	Veteran	Female	41
185	00:53:40	6153	G	Hetta	Van der Berg	Veteran	Female	47
186	00:53:53	7024	H	Catharina	Farmer	Open	Female	37
187	00:54:17	6084	G	Aihisha	Kropman	Open	Female	29
188	00:54:43	7200	H	Olivia	Le Roux	Peewee	Male	7
189	00:54:46	6044	G	Anita	Erlank	Master	Female	50
190	00:54:50	7199	H	Willemien	Le Roux	Open	Female	39
191	00:54:55	6103	G	Lita	Meyer	Veteran	Female	48
192	00:55:04	5136	H	Yevashan	Koomarusen	Open	Male	30
193	00:55:08	6095	G	Ian	Maling	Grand Master	Male	61
194	00:55:12	6278	G	Fuzlan	Gamieldien	Master	Female	54
195	00:55:41	5137	H	Aruna	Ekanayaka	Open	Male	30
196	00:55:51	7031	H	Michael	Goosen	Grand Master	Male	62
197	00:55:54	6140	G	Junita	Strydom	Open	Female	32
198	00:56:06	7060	H	Jacinth	Oosthuizen	Open	Female	35

199	00:56:09	7123	H	Este	de Wet	Open	Female	35
200	00:56:12	6087	G	Rayne	Logan	Open	Female	22
201	00:57:23	4006	E	Roan	Dearham	Open	Male	29
202	00:57:37	7128	H	Tara	Dunlop	Open	Female	24
203	00:57:43	7171	H	Barbara	Bartosch	Master	Female	53
204	00:58:30	7193	H	Roslyn	Tait	Open	Female	34
205	00:59:53	6189	G	Catherine	Lappin	Open	Female	37
206	00:59:57	6190	G	Dewald	Bezuidenhout	Open	Male	37
207	01:01:42	6007	G	Tracy	Berry	Veteran	Female	47
208	01:01:47	7064	H	Koogan	Pillay	Veteran	Male	44
209	01:02:37	7195	H	Leila	van den Bergh	Peewee	Female	6
210	01:03:51	6276	G	Somaya	Du Toit	Master	Female	53
211	01:04:44	5129	F	DuToit	van den Bergh	Open	Male	34
212	01:04:59	6094	G	Amber-Jane	Malamba	Peewee	Female	10
213	01:05:48	6093	G	Abby	Malamba	Veteran	Female	45
214	01:05:50	7014	H	Michelle	Cupido	Master	Female	52
215	01:07:01	6291	G	Chantal	Van Den Bergh	Open	Female	34
216	01:07:03	7194	H	Daniël	van den Bergh	Peewee	Male	3
217	01:09:17	7035	H	Mark	Hubbard	Open	Male	23
218	01:09:38	7058	H	Tasheem	Naidoo	Open	Female	34
219	01:12:09	7074	H	Jessica	Snowdon	Open	Female	23
220	01:16:40	6281	G	Leigh	Leibbrandt	Open	Female	34
221	01:16:43	6284	G	Michele	Petrini	Open	Male	34
222	01:25:02	7146	H	Fazly	Kapust	Master	Female	52
223	01:25:06	7067	H	Faried	Rimques	Master	Male	54
224	01:26:00	7000	H	Ernestine	Adams	Open	Female	35
225	01:26:07	7004	H	Sharnelle	Anthony	Open	Female	25
226	01:30:46	6195	G	Catherine	Els	Open	Female	30
227	01:30:52	6196	G	Michelle	van der Linda	Open	Female	31
228	01:38:06	7187	H	Chanene	Pitt	Veteran	Female	49

#### Open Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:22:34	4050	E	Anele	Bans	Open	Male	31
2	00:26:26	5004	F	Nicholas	Bunn	Open	Male	22
3	00:27:21	5125	F	Ruben	Kannemeyer	Open	Male	21
4	00:28:24	4016	E	Brett	Maeyer	Open	Male	27
5	00:28:26	5025	F	Christo	Joubert	Open	Male	19
6	00:29:53	5098	F	David	Metelerkamp	Open	Male	28
7	00:30:32	5142	F	Bruce	Bain	Open	Male	24
8	00:31:22	5120	F	Charl	de Lange	Open	Male	21
9	00:32:29	6176	G	Jansen	Myburgh	Open	Male	33
10	00:33:05	5143	F	Nick	Adriaanse	Open	Male	23
11	00:34:11	5138	F	Justin	Vaukeuisser	Open	Male	28
12	00:34:23	5128	F	Travis	Talmarkes	Open	Male	36
13	00:34:58	5020	F	Haydn	George	Open	Male	32
14	00:35:02	4053	E	Herman	Wessels	Open	Male	32
15	00:35:06	5058	F	Shane	Schwalst	Open	Male	30
16	00:36:18	6289	G	Charl	Sonnekus	Open	Male	24
17	00:37:28	7192	H	Chris	Spurdens	Open	Male	38
18	00:38:04	5144	F	Byron	Joannides	Open	Male	23
19	00:38:13	5145	F	Thomas	Bain	Open	Male	23
20	00:38:30	6223	G	Triston	Koekemoer	Open	Male	24
21	00:38:43	6226	G	Jono	Makepeace	Open	Male	29
22	00:38:57	7172	H	Sylvester	Booyens	Open	Male	32
23	00:39:06	6273	G	Renton	Davy	Open	Male	28
24	00:39:12	5135	F	Previn	Pillay	Open	Male	30
25	00:39:22	5029	F	Justin	Leslie	Open	Male	38
26	00:39:22	5035	F	Donlad	Loubser	Open	Male	37
27	00:39:26	5119	F	Malan	Botes	Open	Male	39
28	00:39:40	5127	F	David	Robertson	Open	Male	30
29	00:39:43	5132	F	Bradley	Warner	Open	Male	27
30	00:40:16	4035	F	Oboyd	Hoosoin	Open	Male	30
31	00:40:18	6148	G	Richard	Thorpe	Open	Male	28
32	00:40:30	7174	H	Wynand	Du Plessis	Open	Male	35
33	00:40:52	6028	G	Lance	Daniels	Open	Male	35
34	00:41:26	6076	G	Chris	Jackson	Open	Male	34
35	00:42:28	6230	G	Gavin	McKinney	Open	Male	35
36	00:42:44	7181	H	Harrison	Lacey	Open	Male	27
37	00:43:04	6286	G	Paul Johann	Pretorius	Open	Male	27
38	00:43:41	7119	H	Joanna	Burger	Open	Male	32
39	00:43:45	6175	G	Adrian	Punt	Open	Male	38
40	00:43:50	7118	H	Craig	Burger	Open	Male	34
41	00:44:04	7071	H	Dewald	Schlebusch	Open	Male	38
42	00:44:07	7079	H	Hanno	Stofberg	Open	Male	30
43	00:44:24	5147	F	Jeremy	Hendricks	Open	Male	32
44	00:44:28	7137	H	Marc	Katzwinkel	Open	Male	33
45	00:47:42	7185	H	Kyle	Michaels	Open	Male	31
46	00:52:12	7183	H	Kevin Ching Wei	Li	Open	Male	28
47	00:55:04	5136	H	Yevashan	Koomarusen	Open	Male	30
48	00:55:41	5137	H	Aruna	Ekanayaka	Open	Male	30
49	00:57:23	4006	E	Roan	Dearham	Open	Male	29
50	00:59:57	6190	G	Dewald	Bezuidenhout	Open	Male	37
51	01:04:44	5129	F	DuToit	van den Bergh	Open	Male	34
52	01:09:17	7035	H	Mark	Hubbard	Open	Male	23
53	01:16:43	6284	G	Michele	Petrini	Open	Male	34

#### Open Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:28:48	4045	E	Caitlin	Snethlage	Open	Female	27
2	00:31:49	4002	E	Xoliswe	Booi	Open	Female	35
3	00:34:08	5012	F	Lauren	Denny	Open	Female	24
4	00:37:09	6186	G	Victoria	Gardner	Open	Female	33
5	00:37:19	5107	F	Carmen	van der Vyver	Open	Female	30
6	00:38:01	6241	G	Bronwyn	Snyman	Open	Female	30
7	00:38:20	6297	G	Katie	Sheff	Open	Female	24
8	00:38:35	6275	G	Mariska	De Waal	Open	Female	29
9	00:39:02	5133	F	Julia	Brunner	Open	Female	26
10	00:40:04	6164	G	Michelle	Witteveen	Open	Female	36
11	00:40:08	7006	H	Natacha	Berkowitz	Open	Female	33
12	00:40:26	6282	G	Tayla	Mouton	Open	Female	25
13	00:41:23	6283	G	Lindi	Peters	Open	Female	28
14	00:41:32	6031	G	Leandra	de Bruyn	Open	Female	24

15	00:41:48	6298	G	Koah	Burke	Open	Female	37
16	00:41:52	6296	G	Petro	Visser	Open	Female	26
17	00:42:16	7182	H	Amanda	Le Roux	Open	Female	36
18	00:42:39	7179	H	Elizabeth	Howard	Open	Female	26
19	00:43:13	6225	G	Nicole	Liebenberg	Open	Female	27
20	00:43:19	6295	G	Zonika	Venter	Open	Female	29
21	00:43:22	7170	H	Christina	Balle	Open	Female	31
22	00:43:57	6124	G	Micaela	Pym	Open	Female	28
23	00:44:13	4008	E	Charlotte	du Plessis	Open	Female	38
24	00:44:14	6237	G	Caryn	Prentice	Open	Female	26
25	00:44:23	7034	H	Shannon	Holcroft	Open	Female	26
26	00:44:32	7062	H	Kelly	Payne	Open	Female	27
27	00:44:56	7040	H	Chantelle	Joubert - Kaal	Open	Female	37
28	00:45:19	6290	G	Kelly	Sumpton	Open	Female	32
29	00:46:03	6020	G	Claudia	Chamberlain	Open	Female	38
30	00:46:06	6242	G	Jessica	Stanton	Open	Female	25
31	00:46:11	7196	H	Monique	van Tonder	Open	Female	29
32	00:46:42	6279	G	Lisa	Grobler	Open	Female	25
33	00:46:53	6159	G	Roxie	Varkevisser	Open	Female	32
34	00:48:09	5146	F	Lara	van Tonder	Open	Female	21
35	00:49:27	6292	G	Marelize	van Eck	Open	Female	36
36	00:49:38	6172	G	Astrid	Trimmel	Open	Female	38
37	00:50:54	7036	H	Anni	Jackson	Open	Female	28
38	00:51:00	6262	G	Lisa	Hartman	Open	Female	31
39	00:51:02	6118	G	Melissa	O'Kennedy	Open	Female	31
40	00:51:07	5141	G	Heidi	Mennezes	Open	Female	34
41	00:51:16	6269	G	Daleen	Badenhorst	Open	Female	36
42	00:52:09	7184	H	Suzette	Li	Open	Female	28
43	00:53:53	7024	H	Catharina	Farmer	Open	Female	37
44	00:54:17	6084	G	Aihisha	Kropman	Open	Female	29
45	00:54:50	7199	H	Willemien	Le Roux	Open	Female	39
46	00:55:54	6140	G	Junita	Strydom	Open	Female	32
47	00:56:06	7060	H	Jacinth	Oosthuizen	Open	Female	35
48	00:56:09	7123	H	Este	de Wet	Open	Female	35
49	00:56:12	6087	G	Rayne	Logan	Open	Female	22
50	00:57:37	7128	H	Tara	Dunlop	Open	Female	24
51	00:58:30	7193	H	Roslyn	Tait	Open	Female	34
52	00:59:53	6189	G	Catherine	Lappin	Open	Female	37
53	01:07:01	6291	G	Chantal	Van Den Bergh	Open	Female	34
54	01:09:38	7058	H	Tasheem	Naidoo	Open	Female	34
55	01:12:09	7074	H	Jessica	Snowdon	Open	Female	23
56	01:16:40	6281	G	Leigh	Leibbrandt	Open	Female	34
57	01:26:00	7000	H	Ernestine	Adams	Open	Female	35
58	01:26:07	7004	H	Sharnelle	Anthony	Open	Female	25
59	01:30:46	6195	G	Catherine	Els	Open	Female	30
60	01:30:52	6196	G	Michelle	van der Linda	Open	Female	31

#### Veteran Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:26:53	4054	E	Victor	Gugushe	Veteran	Male	41
2	00:27:25	4010	E	Ralph	Harris	Veteran	Male	40
3	00:28:20	4020	E	PJ	Moses	Veteran	Male	42
4	00:28:44	4025	E	Christo	Van der Berg	Veteran	Male	47
5	00:28:53	5030	F	Safwaan	Lewis	Veteran	Male	42
6	00:31:35	5067	F	Wayne	Victor	Veteran	Male	45
7	00:32:31	5134	F	Harry	Millar	Veteran	Male	42
8	00:33:28	5043	F	Mo	Moola	Veteran	Male	46
9	00:36:43	4055	E	Ben	Van Rensburg	Veteran	Male	47
10	00:37:27	6200	G	Richard	Dellbridge	Veteran	Male	45
11	00:37:41	6088	G	Ben	Lowther	Veteran	Male	44
12	00:38:50	7190	H	DP	Spangenberg	Veteran	Male	44
13	00:39:01	5130	F	Rijk	van Reenen	Veteran	Male	46
14	00:39:49	6102	G	Isak	Meyer	Veteran	Male	49
15	00:40:14	7177	H	Gerhard	Esterhuizen	Veteran	Male	44
16	00:40:33	6277	G	Andy	Duncan	Veteran	Male	44
17	00:41:15	6232	G	Anwar	Nazeer	Veteran	Male	48
18	00:41:42	7005	H	Munier	Barden	Veteran	Male	44
19	00:42:41	5118	F	Jean-Paul	Baar	Veteran	Male	48
20	00:43:53	6202	G	Ameer	Amod	Veteran	Male	47
21	00:44:10	6117	G	Andrew	Nixon	Veteran	Male	46
22	00:44:51	5126	F	Ian	Matheson	Veteran	Male	46
23	00:47:50	6145	G	Hugo	Theron	Veteran	Male	47
24	01:01:47	7064	H	Koogan	Pillay	Veteran	Male	44

#### Veteran Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:29:03	5064	F	Birgit	Van Niekerk	Veteran	Female	40
2	00:38:04	7191	H	Ronel	Spangenberg	Veteran	Female	42
3	00:38:33	4021	E	Angelique	Nel	Veteran	Female	46
4	00:39:18	5123	F	Shelley	Dudley	Veteran	Female	47
5	00:39:50	5121	F	Charn	de Lange	Veteran	Female	48
6	00:39:53	6142	G	Nikki	Swanepoel	Veteran	Female	43
7	00:40:00	6139	G	Juanita	Strauss-Geyer	Veteran	Female	46
8	00:41:57	6300	G	Theresa	Van Der Kaag	Veteran	Female	48
9	00:42:25	6256	G	Emily	Furlong	Veteran	Female	44
10	00:43:06	5013	F	Michelle	Dietrich	Veteran	Female	48
11	00:47:12	6287	G	Tani	Pretorius	Veteran	Female	48
12	00:47:17	7173	H	Marichen	Dixon	Veteran	Female	46
13	00:47:37	7055	H	Naeema	Moola	Veteran	Female	41
14	00:47:52	6039	G	Theonie	du Plessis	Veteran	Female	49
15	00:49:11	6280	G	Edna	Jackson	Veteran	Female	43
16	00:50:35	7018	H	Louis	Dobinson	Veteran	Female	41
17	00:52:43	6080	G	Sandra	Joubert	Veteran	Female	47
18	00:53:01	6166	G	Ilse	Zwiegers	Veteran	Female	41
19	00:53:40	6153	G	Hetta	Van der Berg	Veteran	Female	47
20	00:54:55	6103	G	Lita	Meyer	Veteran	Female	48
21	01:01:42	6007	G	Tracy	Berry	Veteran	Female	47
22	01:05:48	6093	G	Abby	Malamba	Veteran	Female	45
23	01:38:06	7187	H	Chanene	Pitt	Veteran	Female	49

#### Master Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:30:14	4004	E	Andre	De Piaz	Master	Male	53

2	00:32:28	4007	E	Andrew	Denny	Master	Male	57
3	00:32:50	4052	E	Heil	van Tonder	Master	Male	55
4	00:34:46	5015	F	Bill	Dunn	Master	Male	51
5	00:39:10	5074	F	Alfred	Temmers	Master	Male	52
6	00:39:34	5056	F	Stefan	Roodt	Master	Male	55
7	00:39:55	5122	F	Pieter	de Lange	Master	Male	54
8	00:40:36	4005	E	Theuns	De Waal	Master	Male	53
9	00:41:40	6161	G	Hilton	Warrington	Master	Male	56
10	00:43:25	7180	H	William	Howard	Master	Male	52
11	00:44:54	7197	H	Richard	Tainton	Master	Male	56
12	00:45:16	6215	G	Paul	Goddard	Master	Male	52
13	00:46:57	6021	G	Mark	Chamberlain	Master	Male	54
14	00:47:31	6271	G	Michael	Black	Master	Male	58
15	00:51:40	6294	G	Dave	Venter	Master	Male	54
16	01:25:06	7067	H	Faried	Rimques	Master	Male	54

#### Master Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:29:59	5000	F	Nicolette	Brouwer	Master	Female	52
2	00:32:26	5073	F	Roldah	Orrie	Master	Female	53
3	00:33:24	4034	E	Chantal	Pieters	Master	Female	0
4	00:37:01	6203	G	Hester	Beste	Master	Female	53
5	00:39:57	6192	G	Belinda	van Tonder	Master	Female	54
6	00:42:13	7116	H	Marna	Broeksma	Master	Female	50
7	00:44:36	5079	F	Debua	Choice	Master	Female	53
8	00:45:10	6288	G	Hermien	Rossouw	Master	Female	50
9	00:47:24	7140	H	Helen	Macdonald	Master	Female	51
10	00:47:27	6270	G	Janet	Black	Master	Female	53
11	00:47:40	6268	G	Sadia	Jakoet-Sedick	Master	Female	52
12	00:50:38	5140	H	Hayley	Canterbury	Master	Female	55
13	00:51:36	6293	G	Charlene	Venter	Master	Female	51
14	00:54:46	6044	G	Anita	Erlank	Master	Female	50
15	00:55:12	6278	G	Fuzlan	Garnieldien	Master	Female	54
16	00:57:43	7171	H	Barbara	Bartosch	Master	Female	53
17	01:03:51	6276	G	Somaya	Du Toit	Master	Female	53
18	01:05:50	7014	H	Michelle	Cupido	Master	Female	52
19	01:25:02	7146	H	Fazly	Kapust	Master	Female	52

#### Grand Master Male

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:27:03	4031	E	Leslie	Chivell	Grand Master	Male	65
2	00:28:50	4022	E	Richard	Rossiter	Grand Master	Male	63
3	00:34:36	5053	F	David	Rodseth	Grand Master	Male	65
4	00:37:11	6096	G	Charl	Marais	Grand Master	Male	68
5	00:39:16	5038	F	Chris	Maeyer	Grand Master	Male	64
6	00:47:34	7188	H	Raoul	Scholtz	Grand Master	Male	62
7	00:55:08	6095	G	Ian	Maling	Grand Master	Male	61
8	00:55:51	7031	H	Michael	Goosen	Grand Master	Male	62

#### Grand Master Female

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:40:22	6079	G	Gertruida	Jooste	Grand Master	Female	66
2	00:42:36	6097	G	Shelley	Marais	Grand Master	Female	63
3	00:42:50	6144	G	Sasha	Tarboton	Grand Master	Female	60
4	00:43:09	6149	G	Kathie	Troost	Grand Master	Female	61
5	00:46:08	7037	H	Fatimah	Jacobs	Grand Master	Female	59
6	00:47:45	6299	G	Yasmin	Toeffis	Grand Master	Female	62
7	00:49:02	6131	G	Dawn	Rossiter	Grand Master	Female	63
8	00:51:01	5027	F	Thomaza	Koli	Grand Master	Female	60

#### Junior (15-17yrs)

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:24:16	4009	E	Jethro	Dunn	Junior	Male	16
2	00:32:46	5061	F	Lian	Swanepoel	Junior	Male	16
3	00:34:04	5105	F	Dewald	Treurnich	Junior	Male	15
4	00:39:27	4047	E	Clea	De klerk	Junior	Female	15

#### Minimee (11-14yrs)

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:28:19	4019	E	Mikael	Moolla	Minimee	Male	14
2	00:30:08	6089	G	Nikolas	Lowther	Minimee	Male	11
3	00:36:41	4026	E	Emma	Van Rensburg	Minimee	Female	11
4	00:39:29	4038	E	Anna	De Klerk	Minimee	Female	12
5	00:47:05	7056	H	Zaid	Moolla	Minimee	Male	11

#### Peewee (6-10yrs)

Position	Time	Race #	Batch	Name	Surname	Category	Sex	Age
1	00:31:42	4037	E	Jonathan	Dellbridge	Peewee	Male	10
2	00:45:14	6216	G	Sophia	Goddard	Peewee	Female	9
3	00:47:03	5039	F	Martin	Malamba	Peewee	Male	9
4	00:48:54	7198	H	Thomas	Le Roux	Peewee	Male	6
5	00:54:43	7200	H	Olivia	Le Roux	Peewee	Male	7
6	01:02:37	7195	H	Leila	van den Bergh	Peewee	Female	6
7	01:04:59	6094	G	Amber-Jane	Malamba	Peewee	Female	10
8	01:07:03	7194	H	Daniël	van den Bergh	Peewee	Male	3