

Houtkapper Trail run 2016

9 Km results

Pos	Name	Surname	M/F	Time	Club	Prov	
1	571	Eugene	Malgas	m	00:45:01		WC
2	553	ROSS	HOLLAND	m	00:46:01	Dolphin Coast AC	KZN
3	623	Sterrenberg	Smit	m	00:47:13	Stellenbosch AC	Bol
4	626	Adrian	Snyman	m	00:51:16		LP
5	516	Julian Derek	Buyskes-Abrahams	m	00:52:48		WC
6	598	Arlene	Potgieter	f	00:55:17		
7	648	Marie	Wolmerans	f	00:56:35	Nedbank Running Club - SWD	SWD
8	590	Ashraf	Orrie	m	00:57:47	Itheko Running Club	WC
9	645	Joshua	Wigley	m	00:58:14		SWD
10	511	Jacques	Brink	m	00:58:40	Knysna Marathon Club	SWD
11	584	Emma	Murray	f	00:59:22	Team Vitality Running Club	GP
12	507	Michael	Botha	m	01:00:34		EC
13	528	Hilton	Ehrenreich	m	01:00:34	Brackenfell AC	WC
14	566	David	Kriel	m	01:02:39		WC
15	641	Groenewald	Linelle	f	01:02:44		WC
16	591	Roldah	Orrie	f	01:03:27	Itheko Running Club	WC
17	543	Andre	Groenewald	m	01:03:29		WC
18	542	Suzaan	Groenewald	f	01:03:35		WC
19	558	Anade	Jansen Van Vuuren	f	01:03:36		WC
20	534	Veruscka	Freebury	f	01:04:59	Knysna Marathon Club	SWD
21	651	Linda	Hegerty	f	01:05:00	Knysna Marathon Club	wc
22	583	Belinda	Munger	f	01:05:59		GP
23	621	Angelique	Smit	f	01:06:31	Strand AC	WC
24	622	Schalk	Smit	m	01:06:33	Strand AC	WC
25	653	Friedel	Basson	m	01:06:42		ec
26	652	Lindie	Steyn	f	01:06:43		ec
27	502	Megan	Banner	f	01:06:47		WC
28	522	Carla	De Witt	f	01:06:50		GP
29	524	Alexi	du Toit	f	01:06:52		GP
30	575	Kathryn	Mattisson	f	01:06:55		GP
31	541	Dolf	Groenewald	m	01:07:24	Paarl AC	WC
32	565	Walter	Kriel	m	01:07:58		WC
33	563	Fred	Kriel	m	01:08:34		WC
34	556	Ebrahim	Jacobs	m	01:10:08	Itheko Running Club	WC
35	536	Martin	Furu	m	01:10:25		WC
36	605	Mark	Edworthy	m	01:11:04		WC
37	568	Nicky	Llod	f	01:11:16		WC
38	554	Andrew	Hollely	m	01:11:17	Charlo AC	EC
39	521	Zelda	De Paiva	f	01:13:45		WC
40	603	Lee Kenneth	Rawlings	m	01:14:19		wc
41	510	Warren	Bright	m	01:14:36		WC
42	635	Andre	Treurnich	m	01:15:10		WC
43	506	Marvan	Beukes	m	01:15:34	Atlantic AC	WC
44	572	Simon	Mandel	m	01:16:20		EC
45	531	Lara	Erlank	f	01:16:20		EC
46	514	Murray	Brown	m	01:16:45		WC
47	513	Allison	Brown	f	01:16:47		WC
48	642	Belinda	van Zyl	f	01:17:03	Outeniqua Harriers	SWD
49	616	Enzo	Schroeder	m	01:17:20		WC
50	617	Clare	Schroeder	f	01:17:21		WC
51	625	Pieter	Snyman	m	01:18:16		LP
52	595	Max	Passaportis	m	01:18:20		WC
53	557	Ilana	Jansen Van Vuuren	f	01:18:46		WC
54	612	Nina	Rossouw	f	01:18:52		WC
55	545	Sean	Harris	m	01:19:19	Pinelands AC	WC
56	544	Lee-ann	Harris	f	01:19:19	Pinelands AC	WC
57	505	Juliet	Berry	f	01:20:12	Atlantic AC	WC
58	519	Gertruida E	Cremer	f	01:20:24	Brackenfell AC	WC
59	644	Leon	Visser	m	01:20:24	Brackenfell AC	WC
60	632	Olwen Vaughan	Swart	f	01:20:49		SWD
61	615	michelle	Schofield	f	01:21:28		WC

62	517	Neil	Calder	m	01:21:30		EC
63	619	Monique	Schutte	f	01:21:45		WC
64	618	Marquerite	Schutte	f	01:21:46		WC
65	561	Kareemah	Carelse	m	01:22:34	Itheko	WC
66	508	Christa	Bredenhann	f	01:24:19		GP
67	529	Sherryl	Elkin	f	01:24:40	Brackenfell AC	WC
68	627	Neil	Spann	m	01:24:42	Brackenfell AC	WC
69	589	Tasmyn	Oberholster	f	01:24:58	Cape Multi Sport Club	WC
70	631	Marius	Swanepoel	m	01:25:03	Cape Multi Sport Club	WC
71	606	Margie	Richter Wilmot	f	01:25:04	Cape Multi Sport Club	WC
72	597	trudie	potgieter	f	01:25:06		EC
73	633	Desiree	Swart	f	01:26:41		SWD
74	573	clarissa	Marais	f	01:26:44		EC
75	569	Rigardt	Maartens	m	01:26:49		GP
76	570	Elizabeth	Maartens	f	01:26:50		GP
77	503	Carla	Barclay	f	01:26:59		EC
78	596	Nicole	Pienaar	f	01:27:05		WC
79	638	Lindie	Van Biljon	f	01:27:09		WC
80	509	Marna	Bright	f	01:27:40		WC
81	593	Zoe	Otto	f	01:27:49		WC
82	512	altha	Brink	f	01:28:00		WC
83	532	Jacqueline	Ferradaz	f	01:28:11		KZN
84	624	Mark	Smith	m	01:29:01	Team Vitality Running Club	GP
85	610	Lauren	Rose	f	01:30:19	Knysna Marathon Club	WC
86	611	Alwyn	Rose	m	01:30:19		WC
87	539	Richard	Gray	m	01:31:08		EC
88	634	Jean	Swart	m	01:32:09		WC
89	523	Orsilla	du Plessis	f	01:33:04	Knysna Marathon Club	WC
90	587	Megan	Norval	f	01:33:05		WC
91	600	Barbara Elizabeth	Pretorius	f	01:34:14		WC
92	552	Lara	Hill	f	01:35:15	Cape Multi Sport Club	WC
93	630	Emily	Suttle	f	01:35:18		WC
94	555	Alexander Justus	Hugo	m	01:35:35	Brackenfell AC	WC
95	500	Mari	Ackerman	f	01:35:36	Brackenfell AC	WC
96	574	Erika	Marx	f	01:35:37	Brackenfell AC	WC
97	643	Magtild Johanna	Van Zyl	f	01:36:53		FS
98	586	Marianne	nelson	f	01:37:42	RWFL - WP	WC
99	551	Elizka	Hendrikse	f	01:37:43	Brackenfell AC	WC
100	564	Dezire	Kriel	f	01:38:27		WC
101	639	marie Eileen	van der Merwe	f	01:38:38		WC
102	637	Nicole	Underwood	f	01:39:02		WC
103	504	Guinevere Daphne	Bell	f	01:39:04		WC
104	537	Fuzlan	Gamielien	f	01:39:58	Itheko Running Club	WC
105	599	Karen	Powell	f	01:40:19		GP
106	629	Reinet	Steyn	f	01:41:53	Depatch AC	EC
107	608	Danielle	Roetz	f	01:41:58		SWD
108	649	Tammy	Woodroffe	f	01:42:22	Getfit AC	KZN
109	518	Philippa	Charlesworth	f	01:42:23	Getfit AC	KZN
110	620	Amanda	Seidler	f	01:42:23	Getfit AC	KZN
111	592	Hans	Otto	m	01:42:49		WC
112	525	Somaya	du Toit	f	01:43:06	Itheko Running Club	WC
113	607	Emja	Roetz	f	01:45:35		WC
114	628	Kerrigan	Speirs	f	01:49:41		WC
115	540	conrad	gresse	m	01:49:50		NC
116	567	Ntlaletseng	Ledwaba	f	01:52:19	Nedbank Running Club - Gauteng North	GP
117	578	Petro	Miller	f	01:52:39	Brackenfell AC	WC
118	579	TERESA	MORRIS	f	01:52:53	Brackenfell AC	WC
119	636	Gail	Treurnich	f	01:53:44		WC
120	640	Shanaaz	Van Der Schyff	f	01:53:48	Itheko Running Club	WC
121	646	Susan	Wiid	f	01:55:51		NC
122	520	BONITA	DE KLERK	f	01:55:53		NC
123	560	Ruan	Joubert	m	01:56:43		SWD
124	559	Teresa	Joubert	f	01:56:45		SWD
125	501	Louise	Algera	f	01:56:48	Vodacom Road Runners	NC

126	588	John	Notnagel	m	01:56:50		NC
127	602	Lisa	Rawlings	f	02:52:53		wc
128	535	Nicola	Frew	f	02:53:30		wc

15 Km results

Pos		Name	Surname	M/F	Time	Club	Prov
1	335	Elfonzo	Pieterse	m	01:10:57	Nedbank Running Club - SWD	SWD
2	240	Sinesipho	Didishe	m	01:12:54	KMC	SWD
3	291	Kristoffer	Kvam	m	01:18:30		WC
4	313	TOTO	MGABA	m	01:22:25		WC
5	348	Shaun	Schofield	m	01:23:36	Nedbank Running Club - SWD	WC
6	340	Marinus	Prinsloo	m	01:25:41		NW
7	287	Ben	Kooyman	m	01:26:08	Celtic Harriers	WC
8	280	Hermanus	Jonkerman	m	01:27:20	Nedbank Running Club - SWD	SWD
9	342	Christine	Pronk	f	01:28:20		GP
10	381	Mark	van Zyl	m	01:30:52	Outeniqua Harriers	WC
11	271	Terry	Heathcote	m	01:32:47		EC
12	231	Johan	De Bruijn	m	01:34:37		WC
13	351	Willem	Smit	m	01:34:39	stellenbosch	Bol
14	365	Andrea	Teagle	f	01:35:43		WC
15	341	Carli	Pronk	f	01:36:35		GP
16	273	Clinton	Hill	m	01:38:55	Cape Multi Sport Club	WC
17	303	Lasith	Madurasinghe	m	01:39:03		WC
18	256	Nicole	Faul	f	01:39:04		WC
19	298	Jacqueline	Lilley	f	01:39:04		WC
20	269	Elida	Hattingh	f	01:40:04		GP
21	201	Ben	Arnold	m	01:40:53		EC
22	218	James	Brusatori	m	01:42:08		WC
23	266	malcolm	haefner	m	01:42:34	Team Vitality Running Club	GP
24	272	Michael	Heathcote	m	01:43:34		EC
25	290	Zelda	Kruger	f	01:43:44		WC
26	237	Almari	de Milander	f	01:43:53		WC
27	209	Bendik	Berntsen	m	01:44:09		WC
28	330	Juanita	Olivier	f	01:44:26	Outeniqua Harriers	SWD
29	314	Nathaniel Peter	Micklem	m	01:45:36		WC
30	297	Uta Christina	Lehmann	f	01:45:36		WC
31	226	Jos	CONINX	m	01:45:56		WC
32	246	Marelise	Droomer	f	01:46:40	Wellington AC	WC
33	267	Barbara	Hage	f	01:46:59	Outeniqua Harriers	WC
34	270	Caitlin	Heathcote	f	01:47:11		EC
35	278	Lauren	Jakins	f	01:48:38		WC
36	239	Alexa	De Villiers	f	01:49:01		WC
37	205	Janine(Knysna)	Barnard	f	01:49:01		WC
38	347	Christopher	Schnehage	m	01:49:09	Pinelands AC	WC
39	274	Erlend	Holberg	m	01:49:26		WC
40	281	Jenny	Niksch	f	01:49:29	Knysna Marathon Club	WC
41	399	Tony	Cook	m	01:49:30		WC
42	299	NEVILLE	LODEWYKS	m	01:49:30		WC
43	260	Cathrine	George	f	01:50:49		WC
44	276	Emeraan	Ishmail	m	01:52:00		
45	357	Robert	Steinmetz	m	01:52:38	SACS Old Boys Running Club	WC
46	212	Chandre	Boshoff	f	01:53:01	Outeniqua Harriers	SWD
47	369	Lelia	Tyrrell	f	01:53:01		WC
48	397	Martin v	Van Rooyen	m	01:53:19		
49	396	Ryno	Geldenhuis	m	01:53:20		
50	395	Johan	Van Lill	m	01:53:20		
51	307	Charlotte	Marais	f	01:53:40		WC
52	315	Devon	Miller	m	01:53:42		GP
53	302	Robyn	MacLeod	f	01:53:43		GP
54	389	Greens	Groenewald	m	01:53:45		WC
55	213	Adriaan	Botha	m	01:53:50		FS
56	211	Faygon	Bezuidenhout	m	01:53:51	fourways road runners	GP
57	264	Jason	Groenewald	m	01:55:03	Team Vitality Running Club	GP
58	262	Godfrey Arthur	Goslett	m	01:55:06	Cape Multi Sport Club	WC

59	321	Miles	Murray	m	01:55:28	Team Vitality Running Club	GP
60	322	Garth	Murry	m	01:55:30		WC
61	387	Lise	Wessels	f	01:56:31		WC
62	289	Peter	Kraus	m	01:57:01		SWD
63	234	Barry	de Kock	m	01:57:05		WC
64	235	Ryan	de Kock	m	01:57:07		WC
65	331	Annari	Oosthuizen	f	01:57:13		EC
66	352	Lance Anderson	Speirs	m	01:57:58		WC
67	242	Jane	Donald	f	01:57:59		WC
68	349	Jomari	Smit	f	01:58:21	Outeniqua Harriers	WC
69	371	Ezbe	van Aardt	f	01:58:57	New Balance MC - Eden	SWD
70	372	C.G.	van Aardt	m	01:58:57		SWD
71	224	Hans	Combrink	m	01:58:59	New Balance MC - Eden	SWD
72	326	Lauren	Newcombe	f	01:59:27		WC
73	332	Dorette	Oosthuizen	f	01:59:28		WC
74	250	Pieter	du Plessis	m	02:00:02	Knysna Marathon Club	WC
75	356	Rory	Springhall	m	02:00:06	Cape Multi Sport Club	WC
76	355	Lindsay	Springhall	f	02:00:07	Cape Multi Sport Club	WC
77	295	Alain Howard	Le Roux	m	02:00:54	Team Vitality Running Club	GP
78	223	abraham	coetzee	m	02:01:13	Knysna Marathon Club	SWD
79	243	Shireen	Dreyer	f	02:01:56	Team Vitality Running Club	GP
80	309	Johannes David	Maree	m	02:02:00	Durbanville AC	WC
81	253	Barbara Cipriana	Dykman	f	02:02:02		WC
82	203	LUCY	BAILEY	f	02:02:48	K-Way VOB Running Club	WC
83	339	Lienkie	Prinsloo	f	02:03:39		NW
84	325	Brent	Neilson	m	02:04:02		GP
85	292	Lumari	la Grange	f	02:04:19	Nedbank Running Club - SWD	SWD
86	334	Marike	Pieterse	f	02:04:20	Nedbank Running Club - SWD	WC
87	386	Ankia	Wepener	f	02:04:21	Nedbank Running Club - SWD	SWD
88	285	Michelle	Koblichke	f	02:04:22	ATC Running	WC
89	200	elri	agenbag	f	02:04:47		WC
90	345	Moneque	Roos	f	02:04:48		WC
91	288	Mariza	Kotze	f	02:05:28		FS
92	337	Leonie	Potgieter	f	02:05:29	Ermelo MC	MP
93	228	Talita	Cronje	f	02:05:55	Nedbank Running Club - SWD	WC
94	221	Lerene	Van Niekerk	f	02:05:56		SWD
95	265	Melaina	Gross	f	02:05:58		GP
96	362	Tessa	Suttle	f	02:06:49		WC
97	353	john	spooner	m	02:07:55		
98	361	Kendrew	Suttle	m	02:07:56		WC
99	258	Dennis	Floris	m	02:09:20	Celtic Harriers	WC
100	366	Wendy - Joy	Timmes	f	02:09:21		WC
101	244	mariana	dreyer	f	02:10:06	Dolphin Coast AC	KZN
102	377	Annamarie	van der Westhuizen	f	02:10:08	Nedbank Running Club - SWD	WC
103	294	Kim Natasha	Le Roux	f	02:10:31	Team Vitality Running Club	GP
104	249	Janelle	du Plessis	f	02:11:02		EC
105	217	Waldo	Brits	m	02:11:03		EC
106	318	Ilse	Mostert	f	02:11:38	Atlantic AC	WC
107	376	johann	VAN DER VYVER	m	02:11:39	Atlantic AC	WC
108	305	Janet	Malan	f	02:12:34		WC
109	263	Chivonne	Groenevelt	f	02:12:35		
110	344	Rochelle	Reid	f	02:12:37		WC
111	204	Janine(Blue waters)	Barnard	f	02:12:39	Bluewater Bay Road Runners	EC
112	363	Jonelle	Svoboda	f	02:12:41	Hartenbos Drawwers	WC
113	380	Linda	van Rensburg	f	02:12:43		WC
114	257	Cornelia	Fick	f	02:13:09		WC
115	317	Tyron	Farrell	m	02:14:28		SWD
116	222	Izelle	Claassen	f	02:14:29	Berts Bricks	NW
117	210	Josephine	Beveridge	f	02:14:55		WC
118	311	Penny	McKenzie	f	02:14:56		WC
119	286	Joani	Konick	f	02:15:15	Nedbank Running Club - SWD	SWD
120	259	Valerie	Geldenhuis	f	02:15:18	Striders	GP
121	233	Erik	De Klerk	m	02:15:25		NC
122	338	Retha	Pretorius	f	02:15:50	Nedbank Running Club - SWD	WC

123	268	Rosie	Hardcastle	f	02:16:04	Outeniqua Harriers	WC
124	227	Graham	Crawford	m	02:16:13		WC
125	393	Kosie	Zondagh	m	02:16:14	Outeniqua Harriers	WC
126	382	Gerda	Veldhuizen	f	02:18:23	Wild Runner AC	WC
127	383	PJ	Veldhuizen	m	02:18:24	Wild Runner AC	WC
128	378	Marius	Van Deventer	m	02:20:39		EC
129	216	Morten	Bredahl	m	02:21:02	Knysna Marathon Club	SWD
130	215	Maryke	Bredahl	f	02:21:03	Knysna Marathon Club	SWD
131	306	Graeme	Manne	m	02:21:08	Celtic Harriers	WC
132	229	Aretha	Danielsen	f	02:21:26		WC
133	300	Jaun-Eileen	Lodge	f	02:22:52		WC
134	312	Karen	Mels	f	02:23:04		EC
135	219	Lana	Bruyns	f	02:23:37		EC
136	358	Pieter	Steyn	m	02:26:38	Volkswagen AC	EC
137	247	Lune	du Plessis	f	02:27:00		WC
138	374	Christina	van der Breggen	f	02:27:48	Born 2 Run AC	GP
139	360	Craig	Styber	m	02:27:49	Team Vitality Running Club	GP
140	283	Austin	Kelsey	m	02:29:41	Striders Athletic Club	GP
141	282	Santie	Kelsey	f	02:29:42	Striders Athletic Club	GP
142	261	Chris	Gibbons	m	02:29:59	Knysna Marathon Club	WC
143	373	Aletha Elizabeth	van den Bergh	f	02:30:00	Irene AC - Pretoria	GP
144	394	Tarryn	Kock	f	02:30:55		
145	392	Wendy	Woolf	f	02:31:13	Team Vitality Running Club	GP
146	225	Trish	CONINX	f	02:35:28		WC
147	391	Kathrin	Wischnath	f	02:36:32		EC
148	275	Marentia	Homan	f	02:39:39	Bosch AC	GP
149	333	Hanri	Perks	f	02:42:41		WC
150	401	Patricia	Enrick	f	02:46:02	Nedbank Running Club - SWD	WC
151	241	Wesley	Dietrich	m	02:49:05		WC
152	220	Toni	Cavanagh	f	02:49:07	Cape Multi Sport Club	WC
153	329	JONATHAN	ODENDAAL	m	02:49:10		FS
154	328	MAROSHELL	ODENDAAL	f	02:49:14		FS
155	319	Anton	Munro	m	02:49:54	Team Vitality	GP
156	277	Darrel	Jacobs	m	02:55:20		GP
157	304	Kutlwano	Makgwa	f	02:56:20	Vutha AC	GP
158	388	George Anthony	Whitehead	m	02:58:14	Outeniqua Harriers	WC
159	350	Susan	Smit	f	02:58:17	Outeniqua Harriers	WC
160	206	Anne	Beale	f	02:59:16	Plettenberg Bay	WC
161	248	Eddie	Mouton	m	02:59:16	Nedbank Running Club - SWD	WC

27 Km results

Pos		Name	Surname	M/F			
1	44	Pieter	Jordaan	m	02:19:28		WC
2	100	Franz-Erich	Streicher	m	02:22:51		WC
3	42	Tish	Jones	f	02:27:37	KPMG	WC
4	9	William	Battersby	m	02:30:44		WC
5	121	Damian	Will	m	02:31:29	Pinelands AC	WC
6	6	Grant	Ayton	m	02:38:36		WC
7	93	Danette	Smith	f	02:39:07	KPMG	WC
8	118	Vernon	Visser	m	02:40:09		WC
9	138	Andries	Aucamp	m	02:43:12	WC	bol
10	113	Danie	Van Zyl	m	02:44:13	Wellington AC	WC
11	3	Tracey	Almirall	f	02:44:21		EC
12	53	Wayne	Liddell	m	02:48:05		SWD
13	128	Marcelle	Coetzee	f	02:48:06	kpmg	
14	69	Christo	Muller	m	02:49:40	Somerset East AC	EC
15	16	Theunis	Botha	m	02:53:14		WC
16	80	Garth	Peinke	m	02:53:28		EC
17	79	Hendry	Olivier	m	02:56:49		WC
18	10	Daniel	Bauman	m	02:57:29		WC
19	25	Prieur	du Plessis	m	02:58:28	Atlantic AC	WC
20	34	Bronwyn	Gordon-Bennett	f	02:58:29		WC
21	64	Henri	Meyer	m	03:02:13		WC
22	57	Eugene	Marais	m	03:03:14	Cape Multisport Club Eden	WC

23	8	George	Batchelor	m	03:04:14	Outeniqua Harriers	WC
24	74	Bradley	Nelson	m	03:06:12	Wanderers AC	WC
25	35	Gavin	Gresse	m	03:06:28		EC
26	68	Ryan	Morawski	m	03:06:44		WC
27	40	Kyle	Jansen van Vuuren	m	03:07:39		WC
28	73	Eduan	Naude	m	03:08:07		WC
29	119	Monja	Vorwallner Lewis	f	03:09:53		WC
30	7	David	Barnes	m	03:09:59	Plett AC	WC
31	109	Daan	van der Sijde	m	03:10:03		GP
32	1	Schalk	Albertyn	m	03:10:49		WC
33	136	Graham	Bird	m	03:13:39		wc
34	137	Sarah	Hearn	f	03:13:40		wc
35	45	Chonde	Kaunga	m	03:14:38		WC
36	107	Nicholas	van den Handel	m	03:18:21		SWD
37	126	Uli	Wischnath	m	03:19:05		EC
38	127	Netski	Wylie	f	03:19:25		SWD
39	92	Matty	Smith	f	03:20:33		WC
40	41	Mike	Jansen van Vuuren	m	03:20:35	Plett AC	WC
41	75	Herman	Nieuwoudt	m	03:22:16		WC
42	17	Rick	Briers-Danks	m	03:22:44	K-Way VOB Running Club	WC
43	134	Richard	Ayres	m	03:23:41		KZN
44	124	Dale	Williams	m	03:26:17		WC
45	63	Cameron	McIntosh	m	03:27:08		EC
46	115	LINDY	VERMEULEN	f	03:27:12	Old Selbornions AC	EC
47	103	Therina	Terblanche	f	03:28:38		WC
48	111	Andries	van Rhyn	m	03:29:57		WC
49	21	Etienne	Cronje	m	03:31:10		WC
50	22	Riaan	Cronje	m	03:31:10	Nedbank Running Club - SWD	WC
51	86	Trish	Schuin	f	03:33:40	Somerset East AC	EC
52	23	Vicci	Deverneuil	f	03:33:44	Knysna Marathon Club	WC
53	62	Marc	McClure	m	03:34:58	Dolphin Coast AC	KZN
54	66	jonathan	monk	m	03:35:45		SWD
55	2	Eaan	Algera	m	03:36:08	Vodacom Road Runners	NC
56	15	Pieter	Botha	m	03:36:26	K-Way VOB Running Club	WC
57	104	Uwe-Franz	Tinhof	m	03:38:24	Living Free Running Club	EC
58	97	James	Stewart	m	03:39:31		WC
59	96	Johan	Steenkamp	m	03:40:17		WC
60	95	Danel	Steenkamp	f	03:40:18		WC
61	4	Rodger	Ayton	m	03:40:44	Knysna Marathon Club	WC
62	59	Lloyd	Martindale	m	03:42:25		WC
63	51	Hanlie	Sinclair	f	03:44:16		WC
64	72	Michelle	Nagel	f	03:44:17	Plett AC	WC
65	142	Zack	De Beer	m	03:48:03	Kmc	WC
66	129	Ivan	Van Lier	m	03:50:46		Swd
67	11	Anton	Benge	m	03:51:02	oxford striders	EC
68	12	Willem	Bindeman	m	03:51:18	Pentagon Pistols A	FS
69	14	Shirley	Bosman	f	03:51:27		WC
70	110	Andrea	van Kasterop	m	03:53:37	Bosch AC	GP
71	13	Johan	Blom	m	03:57:37		WC
72	54	Jacques	Lochner	m	03:57:38		WC
73	61	Errol	McCauley	m	03:59:18	Fit2000 Bedfordview	GP
74	36	Bronwyn	Hastings	f	04:00:04	Stellenbosch AC	WC
75	46	Joshua	Kennedy	m	04:00:05		WC
76	132	Danielle	Harcourt	f	04:01:01		
77	133	Mike	Harcourt	m	04:01:01	Nashua Richards Bay Running Club	
78	101	Jan Albert	Strydom	m	04:01:32		FS
79	38	Lionel	Higgo	m	04:02:06	Durbanville AC	WC
80	122	Jeff	Willcocks	m	04:06:32		SWD
81	123	Brandon	Willcocks	m	04:06:32		SWD
82	70	Karin	Muller	f	04:06:45	Somerset East AC	EC
83	56	Ernst	Marais	m	04:06:57		WC
84	116	ATALIA	VILJOEN	f	04:06:58		FS
85	50	Charl	Le Roux	m	04:07:24		NC
86	91	Koos	Smit	m	04:10:11	Langeberg	SWD

87	141	Brend	Badenhorst	m	04:11:36		
88	76	Sarah-Marie	Nothling	f	04:14:01	Atlantic AC	WC
89	32	Graeme	Gathmann	m	04:14:41		GP
90	83	Alex	Powell	m	04:17:06		GP
91	120	Linelle	Whitehead	f	04:17:30	Langeberg	SWD
92	43	Monique	Jordaan	f	04:21:26	Team Vitality Running Club	GP
93	81	Madalane	Peyper	f	04:22:57	Pentagon Pistols A	FS
94	82	Hannes	Peyper	m	04:22:58	Pentagon Pistols A	FS
95	102	Andries	Taljaard	m	04:25:34		FS
96	89	Susie	Slabbert	f	04:34:41	Knysna Marathon Club	SWD
97	117	Sanet	Viljoen	f	04:34:42	Knysna Marathon Club	SWD
98	90	Martin	Smit	m	04:36:14		WC
99	114	Alda	Vermeulen	f	04:36:14		WC
100	29	Royden	Fisher	m	04:38:06	Hartbeespoort Marathon Club	NW
101	24	Duduzile Revival	Dlamini	f	04:38:07		
102	58	Sonja	Martindale	f	04:39:12	Nedbank Running Club - SWD	WC
103	84	charlene	Riley	f	04:39:13	Outeniqua Harriers	SWD
104	131	Michelle	Van Lill	f	04:39:47	Strand	
105	112	Stephanes Francois	Van Zyl	m	04:40:13	Pentagon Pistols A	FS
106	140	Ken	Des Ligneris	m	04:44:44		
107	47	Dianie	Lamprecht	f	04:49:11	Durbanville AC	WC
108	48	Ruan	Lamprecht	m	04:49:11	Durbanville AC	WC
109	55	Jacques	Malan	m	04:51:27	Vodashop Runners	NC
110	27	Mirjam	Elsinger	f	04:57:42		WC
111	52	msela	Ledwaba	m	05:19:08	Nedbank Running Club - Gauteng North	GP
112	106	Chris	Upton	male	05:23:01		WC
113	19	Ad	Cole	female	05:47:46	Knysna	wc
114	130	Herman	Botha	male	05:47:47	Knysna	wc

9km	78 Temps
15km	87 Temps
27km	61 Temps
Total:	226 Temps