

Houtkapper Trail Run 2018 Results

27KM

Position	Race Number	First Name	Last Name	Gender	Club	Race Time
1	53	Sean	McGibbon	male	Temp	02:16:04
2	48	Ryan	Winter	male	Pinelands AC	02:29:54
3	70	David	McGibbon	male	Temp	02:33:08
4	25	Theunis	Botha	male	Temp	02:35:16
5	119	Wayne	Liddell	male	Temp	02:38:02
6	47	Andrew	Van Blommestein	male	Temp	02:43:49
7	75	Jonathan James Andrew	Bell	male	Carbineers AC	02:44:01
8	131	Erik	Williamson	male	Brackenfell AC	02:44:08
9	97	Danie	van Zyl	male	Wellington AC	02:45:07
10	126	Jo	Mackenzie	female	Plett AC	02:45:41
11	125	Georgie	Minopetros	male	Plett AC	02:45:41
12	141	André	Hugo	male	Temp	02:49:10
13	91	Andries	van Rhyn	male	Paarl AC	02:50:41
14	124	Ryan	Morawski	male	Temp	02:54:39
15	117	Duncan	Rennie	male	Knysna Marathon Club	02:55:02
16	68	Marcel	du Plessis	male	Carbineers AC	02:56:38
17	69	Callum	Kilpin	male	Temp	02:57:22
18	42	Jeannette	Wylie	female	Temp	02:57:23
19	16	Brad	Nelson	male	Pirates Running Club	02:58:08
20	110	Reynars	Van straat	male	RWFL	02:58:37
21	114	Jennifer Lee	Hofmeyr	female	Temp	03:02:06
22	118	Laura	Peddle	female	Strand AC	03:03:12
23	109	Neel	Breitenbach	female	Temp	03:05:57
24	46	Andrea	Van Blommestein	female	Temp	03:07:21
25	136	Gerrit	Fyver	male	Charlo AC	03:11:35

26	82	Robyn	Taylor	female	Knysna Marathon Club	03:12:47
27	24	Prieur	du Plessis	male	Atlantic AC	03:14:00
28	104	Nico	Smith	male	Warriors Running Club	03:14:02
29	58	Emily	Aitken	female	Temp	03:14:53
30	90	Stephanus	Lombard	male	Temp	03:16:20
31	129	Rudolf	Schroder	male	Temp	03:16:56
32	73	James	Robey	male	Temp	03:20:36
33	44	Clayton	Kensley	male	Temp	03:21:09
34	45	Marieke	Kensley	female	Temp	03:21:09
35	121	Ighsaan	Isaacs	male	Malabar Athletic Club	03:22:00
36	122	Sameer	Agherdien	male	Temp	03:22:47
37	135	Vanessa	Salisbury	female	Temp	03:23:17
38	11	Kevin	Gillmer	male	Muirite Striders	03:23:27
39	101	Tyron	Evans	male	Temp	03:23:34
40	33	nick	woodhead	male	Temp	03:23:35
41	36	Monica	Taylor	female	Plett AC	03:23:35
42	116	Renscha	van Heerden	female	Cape Multi Sport Club	03:24:17
43	40	Rodger	Ayton	male	Knysna Marathon Club	03:24:19
44	130	Jacqueline	Dersley	female	Temp	03:25:54
45	74	Joanne	Stead	female	Plett AC	03:27:30
46	38	Raoul	de Villiers	male	Temp	03:28:13
47	85	Bernardt	Kotze	male	Temp	03:28:53
48	123	Philip	Botha	male	Nedbank Running Club – East London	03:29:10
49	57	Chandre	Boshoff	female	Outeniqua Harriers	03:30:45
50	106	Shirley	Bosman	male	Temp	03:31:03
51	65	Marius	du Plessis	male	Temp	03:31:20
52	100	Geanne	Darke	female	St Francis Runners	03:31:32
53	134	Keith	Buhr	male	Body Concept Road Warriors	03:31:33
54	28	Jason	Stark	male	Temp	03:34:21
55	92	Freddie	La Grange	male	Nedbank Running Club - SWD	03:34:26

56	99	Lucelle	Theron	female	Crusaders AC	03:36:20
57	113	Amri	Williamson	female	Brackenfell AC	03:36:21
58	27	Darren	Mc roberts	male	Temp	03:37:53
59	142	Clynton	Tarboton	male	Temp	03:37:55
60	52	Marius	du Plessis	male	Temp	03:39:22
61	30	Tania	Erasmus	female	Temp	03:41:45
62	17	Gerry	Greyling	male	Pirates Running Club	03:43:26
63	39	Marie	Ayton	female	Knysna Marathon Club	03:43:26
64	96	Danielle	Shaw	female	St Francis Runners Club	03:47:27
65	14	elri	agenbag	female	Temp	03:48:14
66	67	Monica	Neethling	female	Temp	03:48:41
67	144	Deborah	Buckley	female	Temp	03:48:51
68	112	Jeffrey	Willcocks	male	Outeniqe Harris	03:50:14
69	138	Jacques	Nel	male	Temp	03:50:21
70	127	Carol	Jordaan	female	Temp	03:51:09
71	128	sonja	viljoen	female	Temp	03:51:10
72	54	Nadine	Smith	female	Temp	03:51:18
73	1	Mihan	Roos	Male	KMC	03:51:18
74	4	Johan	Reheeders	Male	Temp	03:51:19
75	76	Alan	Shepherd	male	Temp	03:52:56
76	10	Leon	Visser	male	Brackenfell AC	03:54:45
77	108	Elaine	Olivier	male	Warriors Running Club	03:55:16
78	107	Du Raan	Badenhorst	female	Temp	03:58:37
79	98	Justine	Sharples	female	Outeniqua Harriers	03:59:43
80	115	Wessel	van Niekerk	male	Temp	03:59:44
81	21	Andrew	Hollely	male	Temp	04:04:16
82	81	Philippa	Skowno	female	Harfield Harriers	04:04:32
83	41	Gerda	van Schalkwyk	female	ATC Running	04:04:42
84	56	Maryke	Mouton	female	ATC Running	04:04:43
85	132	Marli	Auret	female	Temp	04:05:15

86	83	Jo-Anne	Jansen van Vuuren	female	Plett AC	04:10:49
87	88	Yazeed	Cupp	male	Temp	04:11:04
88	103	Kurt	Basson	male	Cape Multi Sport Club	04:11:32
89	15	Danie	Bruwer	male	Cape Multi Sport Club	04:11:33
90	18	Riaan	Janse van Rensburg	male	Cape Multi Sport Club	04:11:33
91	71	Clifford	Blake	male	Belville AC	04:11:33
92	145	Duian	Beaton	male	Charlo AC	04:12:42
93	29	Esme-Marie	Louw	female	Knysna Marathon Club	04:13:03
94	13	Julian	Veermeer	male	Stellenbosch AC	04:13:34
95	12	Liam	Gannon	male	Stellenbosch AC	04:13:34
96	95	Louise	Ackerman	female	St Francis Runners Club	04:14:11
97	77	Braden	Murphy	male	Cape Multi Sport Club	04:18:59
98	22	Meagan	Geyer	female	Plett AC	04:20:16
99	94	Luana	Landman	female	Knysna Marathon Club	04:26:19
100	8	Casper	Scholly	Male	Outeniqua Harriers	04:27:38
101	31	Patrick James	Elson	male	Gonubie Harriers	04:30:41
102	32	Colleen Mandy	Durant	female	Gonubie Harriers	04:30:41
103	49	Marina	Devine	female	Temp	04:40:29
104	84	Andrea	Smook	female	Satori AC	04:48:17
105	7	Muzi	Skosana	Male	Team Vitality Running Club	04:48:18
106	59	Tertia	Bruwer	female	Nedbank Running Club - WP	04:51:52
107	140	Alexandra	Jongens	female	Temp	04:51:52
108	139	Nicholas	Wiltshire	male	Observatory Running Club	04:51:52
109	50	Jo-ane	Paulsen	female	Cape Multisport Club Eden	04:51:53
110	51	Monique	du Toit	female	RWFL - WP	04:54:01

15km

Position	Race Number	First Name	Last Name	Gender	Club	Race Time
1	224	Rohan	Swanepoel	male	Temp	01:19:52

2	374	Anthony	Vertue	male	Temp	01:25:06
3	375	Willem	Smit	male	Stellenbosch AC	01:27:15
4	255	Christopher	Venter	male	Team Vitality Running Club	01:29:07
5	253	Reinhard	Otto	male	Team Vitality	01:29:54
6	310	nanette	evenhuis	female	Temp	01:31:45
7	395	Barry	de Kock	male	Temp	01:32:43
8	378	Christiaan	Paulsen	male	Temp	01:34:04
9	355	Chrissie	Viljoen	female	Temp	01:35:13
10	369	Misha	Teasdale	male	Temp	01:36:24
11	334	Adalein	Maritz	female	Uppington Crusaders	01:36:36
12	333	Marietha	Maritz	female	Uppington Crusaders	01:36:38
13	382	Alexandra	Ligeti	female	Temp	01:38:44
14	225	Clinton	Hill	male	Carbineers AC	01:39:13
15	314	Marzahn	Theart	female	Arcelor Mittal Saldanha AC	01:39:42
16	376	Leozette	Roode	female	Cape Multi Sport Club	01:40:19
17	236	Annelie	Gregory	female	Body Concept Road Warriors	01:41:53
18	205	Marc	Cornwell	male	Temp	01:42:16
19	389	Toni	Arnold	female	Temp	01:43:52
20	354	Jacques	Viljoen	male	Temp	01:44:32
21	304	Andrew	Stead	male	Plett AC	01:45:07
22	267	Chris	Beneka	male	Temp	01:47:01
23	402	Riaz	Orrie	male	Lion of Africa Itheko AC	01:47:04
24	385	Schalk	Smit	male	Strand AC	01:47:06
25	260	James	Brusatori	male	Temp	01:48:00
26	331	Leon	Bester	male	Kouga Multi Sport	01:48:33
27	339	Kashief	Martin	male	K-Way VOB Running Club	01:49:01
28	330	Abby	Malan	female	Temp	01:49:12
29	372	Joseph	van der Merwe	male	Temp	01:50:14
30	272	Rudi	Benn	male	Temp	01:50:24
31	230	Jaco	Steynberg	male	Temp	01:52:02

32	404	Arnold	Pegram	male	Temp	01:52:29
33	302	Philip	Pieterse	male	Temp	01:52:29
34	213	Bernard	Zaayman	male	Temp	01:52:30
35	392	Ben	Kooyman	male	Celtic Harriers	01:52:49
36	393	elizma	van lill	female	Temp	01:52:52
37	400	Roldah	Orrie	female	Lion of Africa Itheko AC	01:52:55
38	252	Lukas	Van Der Westhuizen	male	Temp	01:52:57
39	327	Petrus	van Niekerk	male	Temp	01:53:21
40	381	DELON	BARNARD	male	Knysna Marathon Club	01:53:36
41	319	Rudolph	Koekemoer	male	RWFL	01:54:00
42	242	Gareth	Cork	male	RWFL - WP	01:55:04
43	399	Ashraf	Orrie	male	Lion of Africa Itheko AC	01:55:08
44	232	Neville	Lodewyks	male	Temp	01:55:09
45	363	Mujhahid	Dickson	male	Central AC	01:55:30
46	365	Ubaid	Sauls	male	Central AC	01:55:31
47	379	Cari	Niehaus	female	Temp	01:57:40
48	356	Chimoné	Otto	female	Nedbank Running Club - SWD	01:57:47
49	349	Jess	Quinn	female	Temp	01:57:49
50	294	Guillaume	de Swardt	male	Temp	01:58:31
51	209	Belinda	Taylor	female	Temp	01:59:18
52	254	Jaicee	Bam	male	Team Vitality	02:00:01
53	237	Peter	Szeili	male	Knysna Marathon Club	02:00:10
54	316	Maryke	Moolman	female	Temp	02:00:11
55	397	Matthew	Rose	male	Temp	02:00:29
56	398	Chris	Matthee	male	Temp	02:00:30
57	221	Johanna	Toerien	female	Temp	02:00:36
58	220	Willi	von Borstel	male	Temp	02:00:37
59	228	Corrie	de Witt	female	32gi	02:01:16
60	219	Willem	Dafel	male	Elite AC	02:01:17
61	276	Christine	Greybe	female	ATC Running	02:01:17

62	239	Anine	CLAASEN	female	Temp	02:01:56
63	238	Brenda	Greybe	female	Temp	02:01:59
64	256	Louis	van der Walt	male	Team Vitality Running Club	02:02:00
65	289	Michaela	Swanson	female	Temp	02:03:03
66	292	Carmen	Schwellnus	female	Temp	02:03:19
67	278	Christopher	Schnehage	male	Pinelands AC	02:03:43
68	300	Marike	Pieterse	female	Nedbank Running Club - WP	02:03:58
69	377	kevin	brown	male	Cape Multisport Club Eden	02:04:07
70	248	Nigel	Grey	male	Knysna Marathon Club	02:04:17
71	324	Melaina	Gross	female	Hartenbos Drawwers	02:04:19
72	262	Minrie	Steyn	female	Durbanville AC	02:05:06
73	361	lee	smith	female	Cape Multi Sport Club	02:05:09
74	326	nabeel	soeker	male	Lion of Africa Itheko AC	02:05:12
75	384	Fayyaadh	Bassier	male	Lion of Africa Itheko AC	02:05:13
76	301	Megan	Anderson	female	Temp	02:06:01
77	227	Megan	Mitchell	female	Temp	02:06:18
78	342	Charlene	De Jager	female	Temp	02:06:21
79	305	Janke	Taljaard	male	Temp	02:06:22
80	210	Thelma	Roberts-Boucher	female	Temp	02:08:45
81	258	Jacques	Booyesen	male	Lion of Africa Itheko AC	02:08:46
82	311	Renett	Odendaal	female	Strand AC	02:08:47
83	312	Jandri	Rochussen	male	Temp	02:08:47
84	351	Lerene	van Niekerk	female	Temp	02:08:47
85	352	Delene	Brink	female	Temp	02:08:48
86	353	ELISE	PRETORIUS	female	Temp	02:09:30
87	322	Peter	Hill	male	Temp	02:09:32
88	246	Chris	van Wyk	male	Boksburg AC	02:10:05
89	287	dean	gow	male	32GI	02:10:56
90	306	Fazlin	Martin	female	K-Way VOB Running Club	02:10:59
91	357	Bertus	van Niekerk	male	Nedbank Running Club - SWD	02:11:50

92	341	Godfrey	Goslett	male	Cape Multi Sport Club	02:12:24
93	360	Trish	Cook	female	Somerset Striders	02:12:25
94	336	Marika	Nel	female	Upington Crusaders	02:12:55
95	337	Pierre	Nel	male	Upington Crusaders	02:13:14
96	387	Kim	Hall	female	Temp	02:13:35
97	313	Esmé	Beamish	female	Temp	02:13:41
98	247	Rita	van Wyk	female	Boksburg	02:14:53
99	328	Bryony	van Niekerk	female	Temp	02:15:05
100	347	Terri	Pautz	female	Temp	02:15:08
101	286	Eva	Rienhardt	female	Nedbank Running Club - WP	02:15:15
102	283	Leatitia	du Toit	female	Nedbank Running Club - SWD	02:15:28
103	323	Chantel	Steenberg	female	Run Walk For Life	02:16:04
104	386	Ceri	Tustin	female	Charlo AC	02:16:28
105	271	Stephanie	Crossland	female	Temp	02:16:35
106	273	Leah	Thompson	female	Temp	02:17:10
107	257	brian	conrad	male	Temp	02:17:18
108	265	Diane	Steenkamp	female	Knysna Marathon Club	02:17:47
109	362	Gideon	Nieuwoudt	male	Cape Multi Sport Club	02:17:54
110	315	paul	huish	male	Satori AC	02:17:57
111	296	Anja	Lareman	female	Temp	02:18:34
112	270	Jaco	Swart	male	Temp	02:19:15
113	226	jacques	brink	male	Temp	02:19:17
114	367	Jan	Le Roux	male	Warriors Running Club	02:20:03
115	216	Zeta	Booyesen	female	Fish Hoek AC	02:20:04
116	215	Kim	Mocke	female	Temp	02:20:07
117	217	Johan	Mocke	male	Temp	02:21:22
118	282	William	Woods	male	Temp	02:21:39
119	390	Waseem	Samodien	male	Temp	02:21:47
120	338	Ezna	Kennedy	female	St Francis Runners	02:21:48
121	359	Laeq	Paulsen	male	Lion of Africa Itheko AC	02:22:25

122	401	Nabeelah	Orrie	female	Lion of Africa Itheko AC	02:22:26
123	293	Andries	Talaard	male	Temp	02:22:29
124	200	Lindi	Van Tonder	female	Charlo AC	02:24:04
125	308	Nelmie	Kirsten	female	Temp	02:24:05
126	371	Magdel	van der Merwe	female	Temp	02:24:08
127	366	Annalien	van der Merwe	female	Temp	02:24:58
128	318	Nicolaas	Fouche	male	Run walk for life and team vitality	02:25:40
129	391	Ameer	Abrahams	male	Lion of Africa Itheko AC	02:25:42
130	211	Santie	Rude	female	run walk for life	02:25:55
131	212	Charlie	Rude	male	Run Walk For Life	02:25:58
132	240	Mariska	Labuschagne	female	Nedbank Running Club - SWD	02:26:13
133	261	Moose	Burger	male	Goodwood Harriers Running Club	02:26:40
134	277	Megan	de Villiers	female	Spartan Harriers	02:26:41
135	243	Rudi	Witteveen	male	Vodashop Runners	02:26:42
136	214	Frances	Nel	female	Kimberley Pirates AC	02:28:05
137	383	Christel	Victor	female	Kimberley Harriers	02:28:06
138	275	Austin	Kelsey	male	Striders athletic club	02:28:27
139	274	Santie	Kelsey	female	Striders athletic club	02:28:29
140	204	Hilton	Ehrenreich	male	Brackenfell AC	02:29:24
141	234	Surita	Van der Berg	female	Durbanville AC	02:29:41
142	290	Ibtisaam	van der Schyff	female	Ommiedraai Friends AC	02:29:54
143	332	Jackie	Calitz	female	Nedbank Running Club - SWD	02:33:08
144	263	Anna	Watkins	female	Durbanville AC	02:36:34
145	295	Amouret	Cornthwaite	female	Langeberg AC	02:38:02
146	396	Malikah	Patel	female	Ommiedraai Friends AC	02:42:23
147	201	Sam	Olivier	female	Temp	02:44:01
148	264	Douglas	Smith	male	Sanlam AC	02:45:41
149	249	Kylie	James	female	Temp	02:45:41
150	208	Khutso	Makokwe	female	Team Vitality Running Club	02:50:41
151	370	Carmen	Froneman	female	Temp	02:55:02

152	229	Frans	Schutte	male	Temp	02:59:47
153	373	Monique	Schutte	female	Durbanville AC	03:02:06
154	231	Gerhard	le Roux	male	Durbanville AC	03:02:28
155	291	Rushdie	Lagardien	male	Temp	03:03:12
156	297	Karin	Loretz	female	Temp	03:03:44
157	309	Anton	Munro	male	Team Vitality	03:05:35
158	320	Idonette	Jansen van Vuuren	female	Temp	03:05:57
159	321	Mandy	Van Den Berg	female	Temp	03:06:14
160	281	Marie	Janse van vuuren	female	Temp	03:07:21
161	317	Carmelia	Fouche	female	Run walk for life and Team vitality	03:09:46
162	380	Karen	Smith	female	Temp	03:11:35
163	202	Molene	Scheepers	female	Solidarity AC	03:12:47
164	288	Liesl	Koch	female	Randburg Harriers	03:14:02
165	268	Srikanth Reddy	Karumuri	male	Brackenfell AC	03:14:51
166	218	Marianne	Nelson	female	Durbanville AC	03:14:52
167	269	Michelle	Williams	female	Ommiedraai Friends AC	03:14:52
168	284	Sanet	Du toit	female	Brackenfell AC	03:14:53
169	280	SOPHIA	LOUW	female	Brackenfell AC	03:16:20
170	403	Micyla	Michaels	female	Temp	03:21:09

9KM

Position	Race Number	First Name	Last Name	Gender	Club	Race Time
1	636	Yashin	Raghavjee	male	Century City Athletics	00:47:02
2	627	Jess	Devine	female	Temp	00:50:50
3	560	Linel	Engelbrecht	female	Temp	00:51:16
4	571	Philip	Wessels	male	Temp	00:55:45
5	607	Jana	Nel	female	Uppington Crusaders	00:59:04
6	645	Leonie	Cooper	female	Temp	00:59:37
7	639	Luke	van As	male	Temp	01:01:00

8	582	Deidre	Conradie	female	Temp	01:01:13
9	603	Alice	Maritz	female	Temp	01:01:19
10	553	Gert	Schoeman	male	Temp	01:03:30
11	588	Elzette	Bennett	female	Temp	01:04:56
12	608	Claudia	Sassoli	female	Temp	01:05:12
13	576	charl	van zyl	female	Temp	01:05:44
14	567	Ilhaam	Saban	female	ARD AC	01:05:49
15	554	VICKY	ROOS	female	Knysna Marathon Club	01:05:58
16	624	Dean Alan	Bartie	male	Temp	01:07:53
17	549	Ritha	Steenkamp	female	Temp	01:07:54
18	550	Louise	Coetzee	female	Temp	01:07:55
19	518	Arthur	Field	male	Temp	01:08:34
20	623	Nirene	Bartie	female	Temp	01:08:42
21	584	Nicki	Bester	female	Temp	01:08:46
22	548	Louis	Hoffman	male	Temp	01:09:12
23	541	Henri	De Wet	male	Temp	01:09:34
24	540	Tayla	Mills	female	Temp	01:09:35
25	601	Marlene	De wet	female	Queenstown Harriers	01:11:14
26	612	Marilize	du Toit	female	Temp	01:11:56
27	580	Yvette	Smuts	female	Temp	01:12:11
28	632	Katherine	Hyman	female	Temp	01:13:05
29	573	Sue	Barnes	female	Temp	01:13:35
30	543	Morne	Veitch	male	Temp	01:14:17
31	544	Marile	Veitch	female	Temp	01:14:18
32	521	Laetitia	Wolmarans	female	Temp	01:14:20
33	547	Ronel	Hoffman	female	Temp	01:14:41
34	631	Senovia	De Bruin	female	Queenstown Harriers	01:15:35
35	602	Chris	Smuts	male	Temp	01:15:37
36	600	Sianne	Bond	female	Temp	01:16:00
37	637	Victoria	Goodall	female	The Country Club Johannesburg	01:17:02

38	538	Olwen	Swart	female	Temp	01:17:09
39	638	Peter	Allnutt	male	Temp	01:17:16
40	644	Lelia	Tyrrell	female	Temp	01:17:40
41	635	ZOI	KAZAKOSHUNZIKER	female	Temp	01:17:41
42	555	Caroline	Raubenheimer	female	Nedbank Running Club - SWD	01:18:16
43	556	Mike	Erasmus	male	Temp	01:18:17
44	620	Zoe	Kooyman	female	Temp	01:18:46
45	509	Mervin	Schnehage	male	Pinelands AC	01:19:03
46	527	Annelize	King	female	Temp	01:19:04
47	522	Matthys	Du Plessis	male	Temp	01:19:06
48	563	Luigi	Tollon	male	Temp	01:19:07
49	619	Adelynn	Smith	female	Outeniqua Harriers	01:19:19
50	539	Alain	van der Wath	female	Knysna Marathon Club	01:19:28
51	611	Zahiedah	Toefy	female	Celtic Harriers	01:19:45
52	513	Melissa	Lucas	female	Knysna Marathon Club	01:19:52
53	512	Fuzlan	Gamiel dien	female	Lion of Africa Itheko AC	01:19:58
54	615	Wian	le Roux	male	Temp	01:20:22
55	629	Stefan	Swanepoel	male	Cape Multi Sport Club	01:20:58
56	630	Gayle	Swanepoel	female	Cape Multi Sport Club	01:21:00
57	530	Cornelia	Giliomee	female	Langeberg AC	01:21:31
58	520	Catherine	Van Deventer	female	Temp	01:22:17
59	531	marizanne	lombard	female	Paarl AC	01:25:06
60	596	Tanya	Koekemoer	female	Temp	01:25:08
61	650	NEIL	CALDER	male	Temp	01:25:08
62	575	Elrika	Pieterse	male	Temp	01:25:20
63	586	Phillip Mauritz	Lazenby	male	Temp	01:25:37
64	583	Midee	Buizer	female	Temp	01:25:38
65	579	Sadia	Jakoet-Sedick	female	Temp	01:26:03
66	613	Barend	du Toit	male	Temp	01:26:16
67	532	Riniel	Gresse	male	Temp	01:26:32

68	533	Henriete	Mellet	female	Temp	01:26:34
69	594	Tanja	Koekemoer	female	RWFL	01:27:08
70	519	Lucy	Beneka	female	Temp	01:27:15
71	526	Kulthum	Fataar	female	Temp	01:27:23
72	501	Kayleigh	Bauer	female	Temp	01:28:22
73	511	Charl	Gouws	male	Aspen Pharmacare AC	01:28:41
74	634	Martine	Basson	female	Temp	01:28:51
75	557	Lee-ann	Harris	female	Pinelands AC	01:29:53
76	558	Sean	Harris	male	Pinelands AC	01:29:54
77	564	Anda	Tollon	female	Temp	01:29:59
78	595	Quinton	Koekemoer	male	Temp	01:30:00
79	649	Roulien	Stahnke	female	Outeniqua Harriers	01:31:37
80	599	Andre	Steenberg	male	Run Walk For Life	01:31:45
81	552	Susan	du Plessis	female	Temp	01:31:50
82	570	ELBE	BINDEMAN	female	Temp	01:31:58
83	504	Sonja	Van der westhuizen	female	Temp	01:32:04
84	605	GERALDINE	LOFTIE-EATON	female	Nedbank Running Club - SWD	01:32:40
85	561	Barbara	Pretorius	female	Temp	01:32:43
86	559	Thersia	Grobbelaar	female	Durbanville AC	01:33:28
87	628	Gavin	Brown	male	Run Walk For Life George	01:34:04
88	565	Johanna	Von Brandis	female	Temp	01:34:28
89	577	Marna	Bright	male	Lion of Africa Itheko AC	01:35:13
90	566	Altha	Brink	female	Temp	01:35:15
91	590	PW	Steinberg	male	Temp	01:35:33
92	589	Adrie	Steinberg	female	Temp	01:35:34
93	516	Daleen	Rennie	female	Temp	01:36:36
94	606	Linda	Smit	female	Nedbank Running Club - SWD	01:36:38
95	614	Lize	le Roux	female	Temp	01:36:42
96	647	Amanda	van der Berg	female	Nedbank Running Club - SWD	01:38:23
97	648	Cathy	de Ridder	female	Temp	01:41:53

98	626	Gavin	Warner	male	Run/Walk for Life	01:43:52
99	503	Suzanne	Twentyman-Jones	female	Brackenfell AC	01:45:04
100	517	Lizelle	Janse van Rensburg	female	Temp	01:46:45
101	523	Anthony	Caisley	male	Temp	01:50:24
102	514	Marquerite	Schutte	female	Temp	01:50:26
103	515	Gino	Gottardo	male	Temp	01:50:27
104	562	Susan	Pretorius	female	Temp	01:50:44
105	651	RENEE	CALDER	female	Temp	01:53:36
106	593	Nazeema	Daniels	female	RCS Gugulethu AC	01:55:30
107	500	Moegsien	Ebrahim	male	Cape Multi Sport Club	01:55:31
108	643	Marisa	Janse van Vuuren	female	Temp	01:57:49
109	545	Joan	Erasmus	female	Team Vitality Running Club	02:05:12
110	546	Elsa	Erasmus	female	Team Vitality Running Club	02:05:13
111	508	Petro	Miller	female	Brackenfell AC	02:06:21
112	587	Michelle	Cupido	female	Pinelands AC	02:06:22
113	551	johannes	wagener	male	Brackenfell AC	02:07:27
114	578	Ashraf	Sedick	female	Lion of Africa Itheko AC	02:07:28
115	646	Emily	Marais	female	Temp	02:15:15