



Forest2Falls



6/5/2017
35KM

RaceNumber	Distance	surname	firstname	IDNo	Age	gender	GenderPos	Category	CatPosition	RaceTime	OverallPos	Speed
313	35	Van Zyl	Johan	20/08/1955	62	Male	28	F2F - Grand Master(M)	1	01:40:01	28	21.00
284	35	Reyneke	Chris	11/12/1954	63	Male	52	F2F - Grand Master(M)	2	01:50:14	59	19.05
98	35	Swanepoel	Nico	02/11/1952	65	Male	59	F2F - Grand Master(M)	3	01:52:36	67	18.65
2	35	Steynberg	Coert	08/06/1952	65	Male	89	F2F - Grand Master(M)	4	02:03:59	107	16.94
285	35	Smit	PETER	18/05/1953	64	Male	99	F2F - Grand Master(M)	5	02:09:02	121	16.27
256	35	Nel	Hendrik	19/09/1947	70	Male	135	F2F - Grand Master(M)	6	02:29:33	171	14.04
245	35	Bezuidenhout	Piet	05/05/1955	62	Male	146	F2F - Grand Master(M)	7	02:34:58	189	13.55
135	35	Bolt	Tommy	26/06/1957	60	Male	149	F2F - Grand Master(M)	8	02:37:24	194	13.34
68	35	Van Der Burg	Johann	25/07/1957	60	Male	151	F2F - Grand Master(M)	9	02:39:20	199	13.18
266	35	Radley	Henning	21/06/1944	73	Male	166	F2F - Grand Master(M)	10	02:52:55	220	12.14
237	35	Robson	Philip	19/06/1954	63	Male	181	F2F - Grand Master(M)	11	03:06:35	246	11.26
80	35	Schoeman	Andries	17/12/1952	65	Male	208	F2F - Grand Master(M)	12	04:29:39	288	7.79
82	35	SHUTTLEWORTH	KIRSTY	30/06/1999	18	Female	6	F2F - Junior(F)	1	01:46:15	49	19.76
271	35	Swart	Monique	14/06/2000	17	Female	11	F2F - Junior(F)	2	01:56:01	78	18.10
											0	
244	35	Lombard	Armand	21/03/1999	18	Male	1	F2F - Junior(M)	1	01:20:44	1	26.01
272	35	Steyn	Adrian	20/11/2000	17	Male	2	F2F - Junior(M)	2	01:21:57	2	25.63
326	35	Terry	Ryan	15/11/2000	17	Male	3	F2F - Junior(M)	3	01:22:51	3	25.35
159	35	Gautier	Jeandre	10/08/2000	17	Male	4	F2F - Junior(M)	4	01:24:18	4	24.91
249	35	Gomez	Damion	17/04/2000	17	Male	5	F2F - Junior(M)	5	01:24:20	5	24.90
267	35	FOURIE	EMILE	04/12/2000	17	Male	6	F2F - Junior(M)	6	01:27:09	6	24.10
296	35	Jacobs	Philip	01/08/2000	17	Male	31	F2F - Junior(M)	7	01:40:32	31	20.89
328	35	Smit	Armandt	06/03/2000	17	Male	32	F2F - Junior(M)	8	01:40:34	32	20.88
297	35	Van der Merwe	Dirk Uys	29/06/2000	17	Male	33	F2F - Junior(M)	9	01:40:37	33	20.87
323	35	Fermor	Ruben	21/04/1999	18	Male	34	F2F - Junior(M)	10	01:41:32	37	20.68
308	35	Van Der Merwe	Donald	16/11/2000	17	Male	38	F2F - Junior(M)	11	01:42:29	41	20.49
282	35	Clark	Keegan	12/02/1999	18	Male	43	F2F - Junior(M)	12	01:46:13	48	19.77
210	35	Strydom	Nicolas	17/08/2000	17	Male	54	F2F - Junior(M)	13	01:51:05	62	18.90

157	35	Fermor	Ruan	07/04/2000	17	Male	66	F2F - Junior(M)	14	01:55:25	75	18.19
116	35	Ledru	Joel	25/11/1999	18	Male	96	F2F - Junior(M)	15	02:05:28	114	16.74
330	35	Bothma	Johann	12/02/1999	18	Male	114	F2F - Junior(M)	16	02:18:04	143	15.21
145	35	de Bruin	Heidi	25/09/1961	56	Female	8	F2F - Master(F)	1	01:50:42	60	18.97
134	35	BELL	SHARON	22/04/1961	56	Female	12	F2F - Master(F)	2	01:58:32	85	17.72
1	35	Knibbs	Noddie	23/12/1961	56	Female	17	F2F - Master(F)	3	02:02:39	100	17.12
339	35	Van Zyl	Hendriette	07/09/1966	51	Female	20	F2F - Master(F)	4	02:05:59	116	16.67
344	35	Slingerland	Todd	23/05/1963	54	Female	23	F2F - Master(F)	5	02:13:09	127	15.77
165	35	Hogewind	Sonja	21/08/1966	51	Female	24	F2F - Master(F)	6	02:13:18	128	15.75
161	35	Gillespie	Beverley	27/08/1965	52	Female	28	F2F - Master(F)	7	02:15:01	135	15.55
294	35	Davis	Carla	25/12/1966	51	Female	31	F2F - Master(F)	8	02:20:56	151	14.90
306	35	Hardman	Sue	13/05/1965	52	Female	53	F2F - Master(F)	9	02:51:20	218	12.26
12	35	Botha	Tersia	25/09/1959	58	Female	71	F2F - Master(F)	10	03:29:57	265	10.00
142	35	Burger	Santi	07/12/1966	51	Female	72	F2F - Master(F)	11	03:34:00	269	9.81
56	35	Potgieter	Madeleine	20/05/1961	56	Female	73	F2F - Master(F)	12	03:37:30	272	9.66
53	35	Olwage	Yvette	21/04/1966	51	Female	75	F2F - Master(F)	13	03:42:45	275	9.43
62	35	Rieck	Bev	26/01/1961	56	Female	77	F2F - Master(F)	14	03:45:32	279	9.31
199	35	Sadler	Marius	31/08/1964	53	Male	12	F2F - Master(M)	1	01:31:56	12	22.84
283	35	Van Der Walt	Johannes	12/09/1967	50	Male	18	F2F - Master(M)	2	01:36:46	18	21.70
291	35	Gouws	Eugene	30/05/1962	55	Male	26	F2F - Master(M)	3	01:39:28	26	21.11
203	35	Smith	Kobus	25/08/1965	52	Male	29	F2F - Master(M)	4	01:40:17	29	20.94
290	35	Engelbrecht	Andre	21/12/1966	51	Male	35	F2F - Master(M)	5	01:41:52	38	20.62
9	35	Bellis	Steve	08/06/1967	50	Male	36	F2F - Master(M)	6	01:41:57	39	20.60
234	35	De Lange	Andre	03/08/1967	50	Male	47	F2F - Master(M)	7	01:47:46	53	19.49
258	35	Roux	Deon	18/04/1963	54	Male	50	F2F - Master(M)	8	01:49:38	57	19.15
49	35	Nel	Paul	17/07/1960	57	Male	61	F2F - Master(M)	9	01:52:55	69	18.60
332	35	Sadler	Marius	31/08/1964	53	Male	63	F2F - Master(M)	10	01:53:30	71	18.50
216	35	Thomas	Chris	06/05/1963	54	Male	64	F2F - Master(M)	11	01:53:33	72	18.49
57	35	Pretorius	Gerrie	16/01/1967	50	Male	69	F2F - Master(M)	12	01:56:34	80	18.02
25	35	Du plooy	Etienne	23/10/1964	53	Male	74	F2F - Master(M)	13	01:58:36	86	17.71
16	35	Carr	Nick	19/04/1958	59	Male	75	F2F - Master(M)	14	01:58:37	87	17.70
163	35	Haasbroek	Johannes	11/03/1961	56	Male	80	F2F - Master(M)	15	02:00:44	96	17.39
175	35	Kruger	Stefanus	11/10/1964	53	Male	81	F2F - Master(M)	16	02:00:46	97	17.39
315	35	Kitching	Jaco	13/09/1967	50	Male	82	F2F - Master(M)	17	02:00:56	98	17.36
188	35	Pheasant	John	26/03/1963	54	Male	84	F2F - Master(M)	18	02:02:52	101	17.09
200	35	Schoeman	Schalk	04/12/1964	53	Male	85	F2F - Master(M)	19	02:02:56	102	17.08
225	35	Van Zyl	Pieter	20/10/1963	54	Male	88	F2F - Master(M)	20	02:03:46	105	16.97

343	35	Hullett	Tony	22/06/1961	56	Male	93	F2F - Master(M)	21	02:05:08	111	16.78
338	35	Van Zyl	Pieter	08/03/1963	54	Male	97	F2F - Master(M)	22	02:06:00	117	16.67
150	35	Du Toit	Ferdi	05/04/1960	57	Male	107	F2F - Master(M)	23	02:14:59	134	15.56
248	35	Viljoen	Christo	17/01/1961	56	Male	124	F2F - Master(M)	24	02:24:11	157	14.56
30	35	Gibbs	Greg	08/04/1965	52	Male	129	F2F - Master(M)	25	02:27:27	164	14.24
97	35	Hatton	Neil	21/10/1965	52	Male	137	F2F - Master(M)	26	02:30:23	173	13.96
325	35	Terry	Mike	08/06/1959	58	Male	142	F2F - Master(M)	27	02:33:21	185	13.69
125	35	Molobela	Ephias	27/01/1963	54	Male	145	F2F - Master(M)	28	02:34:34	188	13.59
196	35	Retief	Koos	03/04/1962	55	Male	155	F2F - Master(M)	29	02:42:29	203	12.92
182	35	Mntanbo	Jan	06/02/1965	52	Male	156	F2F - Master(M)	30	02:43:42	206	12.83
312	35	Swart	Petrus	05/02/1963	54	Male	158	F2F - Master(M)	31	02:44:03	208	12.80
77	35	Schoonbee	Aidan	31/08/1966	51	Male	170	F2F - Master(M)	32	02:55:34	227	11.96
337	35	Botha	Kevin	11/06/1959	58	Male	171	F2F - Master(M)	33	02:55:37	228	11.96
7	35	Erwee	Johan	26/02/1965	52	Male	178	F2F - Master(M)	34	03:00:18	240	11.65
71	35	Volschenk	Willem	11/07/1964	53	Male	183	F2F - Master(M)	35	03:11:24	249	10.97
22	35	Dreyer	Coert	27/01/1966	51	Male	191	F2F - Master(M)	36	03:15:38	258	10.73
13	35	Botha	Fanie	01/03/1959	58	Male	195	F2F - Master(M)	37	03:29:58	266	10.00
190	35	Potgieter	Andre	08/01/1959	58	Male	199	F2F - Master(M)	38	03:37:09	271	9.67
61	35	Rieck	Derek	11/08/1959	58	Male	203	F2F - Master(M)	39	03:45:36	280	9.31
60	35	Prins	Helgaard	18/12/1967	50	Male	206	F2F - Master(M)	40	04:06:15	285	8.53
292	35	Lubisi	Sandile	30/04/1990	27	Male	56	F2F - OR	1	01:51:25	64	18.85
270	35	Smith	Jo Mari	28/06/1989	28	Female	1	F2F - Senior(F)	1	01:40:40	34	20.86
298	35	Bekker	Eugenie	21/05/1993	24	Female	15	F2F - Senior(F)	2	01:59:32	92	17.57
72	35	Volschenk	Louise	07/03/1998	19	Female	22	F2F - Senior(F)	3	02:08:44	120	16.31
26	35	Du Preez	Marina	24/01/1991	26	Female	32	F2F - Senior(F)	4	02:22:51	155	14.70
187	35	Paten	Megan	25/04/1994	23	Female	33	F2F - Senior(F)	5	02:23:44	156	14.61
121	35	Skinner	Kelsey	25/03/1991	26	Female	35	F2F - Senior(F)	6	02:25:50	162	14.40
174	35	Kruger	Leandri	29/02/1992	25	Female	41	F2F - Senior(F)	7	02:31:50	180	13.83
41	35	Lombard	Terensia	13/09/1993	24	Female	46	F2F - Senior(F)	8	02:37:26	195	13.34
194	35	retief	Stephanie	10/01/1992	25	Female	47	F2F - Senior(F)	9	02:38:45	197	13.23
183	35	Mostert	Marlize	08/01/1992	25	Female	48	F2F - Senior(F)	10	02:38:46	198	13.23
115	35	Austin	Shannon	14/11/1998	19	Female	49	F2F - Senior(F)	11	02:42:30	204	12.92
319	35	De Villiers	LIZANNE	24/09/1989	28	Female	54	F2F - Senior(F)	12	02:51:36	219	12.24
129	35	Abrahamse	Nadine	19/04/1990	27	Female	56	F2F - Senior(F)	13	02:54:52	224	12.01
103	35	Venter	Courtney	20/08/1997	20	Female	61	F2F - Senior(F)	14	02:59:43	237	11.69
136	35	Bosch	Rani	31/01/1988	29	Female	65	F2F - Senior(F)	15	03:06:16	245	11.27
108	35	Sulon	Donne	28/01/1998	19	Female	66	F2F - Senior(F)	16	03:10:07	248	11.05

117	35	Schoute	Julliette	02/10/1998	19	Female	67	F2F - Senior(F)	17	03:14:51	257	10.78
268	35	Sebanyeni	Klaas Phillimon	07/01/1996	21	Male	15	F2F - Senior(M)	1	01:33:36	15	22.44
180	35	Lubbe	Rapie	13/06/1989	28	Male	17	F2F - Senior(M)	2	01:36:23	17	21.79
322	35	Fermor	Shawn	24/07/1995	22	Male	21	F2F - Senior(M)	3	01:37:39	21	21.51
104	35	Levin	Jesse	20/04/1996	21	Male	24	F2F - Senior(M)	4	01:38:13	24	21.38
299	35	Beyyer	Petrus	29/05/1990	27	Male	45	F2F - Senior(M)	5	01:47:11	51	19.59
101	35	Smith	Courtney	14/04/1997	20	Male	53	F2F - Senior(M)	6	01:50:55	61	18.93
289	35	Botha	Dillon	27/08/1995	22	Male	55	F2F - Senior(M)	7	01:51:23	63	18.85
316	35	Beetge	Dewald	13/09/1994	23	Male	65	F2F - Senior(M)	8	01:54:51	73	18.28
181	35	McArthur	Jason	11/04/1991	26	Male	67	F2F - Senior(M)	9	01:55:35	76	18.17
112	35	swart	markus	17/08/1998	19	Male	70	F2F - Senior(M)	10	01:56:37	81	18.01
220	35	van der burgh	albert	11/09/1989	28	Male	90	F2F - Senior(M)	11	02:04:30	108	16.87
79	35	Robinson	Carel	29/06/1993	24	Male	94	F2F - Senior(M)	12	02:05:13	112	16.77
321	35	De Villiers	Pierre	13/07/1989	28	Male	95	F2F - Senior(M)	13	02:05:25	113	16.74
155	35	erasmus	keith	09/06/1978	39	Male	103	F2F - Senior(M)	14	02:12:27	125	15.86
231	35	Matsebula	Sandile	02/02/1998	19	Male	105	F2F - Senior(M)	15	02:14:19	131	15.63
96	35	Roos	Stephan	01/01/1989	28	Male	106	F2F - Senior(M)	16	02:14:45	133	15.58
342	35	Pienaar	Ernst	04/02/1990	27	Male	109	F2F - Senior(M)	17	02:15:26	137	15.51
110	35	Stellmacher	Jason	24/01/1997	20	Male	113	F2F - Senior(M)	18	02:17:25	142	15.28
109	35	Massey	Gareth	19/04/1998	19	Male	118	F2F - Senior(M)	19	02:19:28	147	15.06
293	35	Lambrechts	Adriaan	13/05/1988	29	Male	125	F2F - Senior(M)	20	02:24:13	158	14.56
133	35	BARTMAN	STEPHAN	14/10/1991	26	Male	126	F2F - Senior(M)	21	02:24:53	159	14.49
195	35	REtief	Dirk	05/06/1997	20	Male	127	F2F - Senior(M)	22	02:24:55	160	14.49
305	35	Treherne	David	21/09/1989	28	Male	143	F2F - Senior(M)	23	02:34:11	186	13.62
242	35	vieira	dean	19/07/1990	27	Male	150	F2F - Senior(M)	24	02:37:32	196	13.33
241	35	Luckhoff	Johan	10/11/1988	29	Male	152	F2F - Senior(M)	25	02:40:10	200	13.11
105	35	Lourens	Andre	20/08/1998	19	Male	154	F2F - Senior(M)	26	02:41:26	202	13.01
106	35	coetzee	Bryce	05/12/1996	21	Male	165	F2F - Senior(M)	27	02:48:50	216	12.44
74	35	Oosthuizen	Anton	25/05/1977	40	Male	177	F2F - Senior(M)	28	03:00:16	239	11.65
111	35	Louis	Van Zyl	31/07/1993	24	Male	196	F2F - Senior(M)	29	03:30:28	267	9.98
114	35	Morrell	Phoebe	03/09/1997	20	Male	197	F2F - Senior(M)	30	03:30:30	268	9.98
295	35	Pienaar	Carel	06/03/1991	26	Male	202	F2F - Senior(M)	31	03:45:20	278	9.32
107	35	Smith	Daniel	15/06/1997	20	Male	204	F2F - Senior(M)	32	03:50:19	281	9.12
243	35	Alexander	Camilla	20/05/2003	14	Female	13	F2F - Sub Jun (F)	1	01:58:49	88	17.67
212	35	Svacha	Jessica	07/01/2004	13	Female	14	F2F - Sub Jun (F)	2	01:58:51	89	17.67
287	35	Goelst	Mikaela	22/10/2005	12	Female	38	F2F - Sub Jun (F)	3	02:30:38	175	13.94

27	35	Erasmus	Johan	15/04/2004	13	Male	98	F2F - Sub Jun (M)	1	02:08:23	118	16.36
139	35	Botha	Nathan	18/03/2003	14	Male	131	F2F - Sub Jun (M)	2	02:27:45	166	14.21
90	35	Herbst	Bartel	06/10/2004	13	Male	136	F2F - Sub Jun (M)	3	02:30:06	172	13.99
307	35	Robson	Jack	28/03/2006	11	Male	144	F2F - Sub Jun (M)	4	02:34:22	187	13.60
197	35	Rogers	Llewellyn	16/04/2004	13	Male	159	F2F - Sub Jun (M)	5	02:44:34	210	12.76
324	35	Easton	Matthew	23/07/2004	13	Male	167	F2F - Sub Jun (M)	6	02:54:36	222	12.03
263	35	Denny	Joshua	16/02/2004	13	Male	205	F2F - Sub Jun (M)	7	03:51:43	282	9.06
314	35	Kammeyer	Juanita	12/12/1983	34	Female	4	F2F - Sub-vets(F)	1	01:42:30	42	20.49
14	35	Botha	Talita	22/02/1979	38	Female	5	F2F - Sub-vets(F)	2	01:42:51	43	20.42
233	35	Wegner	Lindsay	10/03/1979	38	Female	7	F2F - Sub-vets(F)	3	01:47:47	54	19.48
223	35	Kaselowski	Tanya	28/07/1985	32	Female	9	F2F - Sub-vets(F)	4	01:54:59	74	18.26
153	35	Dunshea	Kerri	21/03/1983	34	Female	10	F2F - Sub-vets(F)	5	01:55:37	77	18.16
154	35	Erasmus	Bronwyn	11/08/1978	39	Female	25	F2F - Sub-vets(F)	6	02:13:30	129	15.73
208	35	Stephen	Megan	28/11/1985	32	Female	26	F2F - Sub-vets(F)	7	02:13:31	130	15.73
122	35	van Helsdingen	Louissette	05/10/1982	35	Female	29	F2F - Sub-vets(F)	8	02:15:39	138	15.48
213	35	Swart	Christi	22/11/1978	39	Female	36	F2F - Sub-vets(F)	9	02:28:34	168	14.14
246	35	Omar	Nasreen	28/06/1974	43	Female	43	F2F - Sub-vets(F)	10	02:32:47	183	13.74
138	35	Botha	Lizanne	07/05/1980	37	Female	45	F2F - Sub-vets(F)	11	02:37:05	192	13.37
215	35	Theron	Jacqueline	30/07/1981	36	Female	55	F2F - Sub-vets(F)	12	02:53:45	221	12.09
169	35	Joubert	Ilana	06/12/1978	39	Female	58	F2F - Sub-vets(F)	13	02:56:38	230	11.89
23	35	du Plooy	Lizette	12/07/1980	37	Female	59	F2F - Sub-vets(F)	14	02:57:52	235	11.81
147	35	Dercksen	Sunet	02/02/1979	38	Female	62	F2F - Sub-vets(F)	15	02:59:51	238	11.68
255	35	Zita-Moremi	Pretty	12/09/1979	38	Female	68	F2F - Sub-vets(F)	16	03:16:03	260	10.71
327	35	Van Staden	Sulet	04/03/1983	34	Female	70	F2F - Sub-vets(F)	17	03:21:18	262	10.43
45	35	Nswenya	Mpumelelo	26/05/1984	33	Female	74	F2F - Sub-vets(F)	18	03:42:10	274	9.45
218	35	truter	bernadine	18/08/1981	36	Female	80	F2F - Sub-vets(F)	19	04:19:38	287	8.09
85	35	Burger	Francois	28/08/1979	38	Male	7	F2F - Sub-vets(M)	1	01:30:03	7	23.32
156	35	Esquino	Chase	06/05/1987	30	Male	13	F2F - Sub-vets(M)	2	01:32:24	13	22.73
279	35	Victor	Justin	16/06/1986	31	Male	19	F2F - Sub-vets(M)	3	01:37:13	19	21.60
217	35	Traill	Dean	01/04/1983	34	Male	27	F2F - Sub-vets(M)	4	01:39:46	27	21.05
222	35	Van der Merwe	Izak	28/09/1987	30	Male	37	F2F - Sub-vets(M)	5	01:42:17	40	20.53
11	35	Botha	Rudi	08/09/1982	35	Male	46	F2F - Sub-vets(M)	6	01:47:33	52	19.53
54	35	Pape	Robbie	26/09/1982	35	Male	49	F2F - Sub-vets(M)	7	01:49:37	56	19.16
288	35	Nico	Grove	26/02/1981	36	Male	57	F2F - Sub-vets(M)	8	01:52:13	65	18.71
146	35	De Luca	Claudio	11/03/1984	33	Male	58	F2F - Sub-vets(M)	9	01:52:35	66	18.65
173	35	Kolbe	Cules	12/11/1979	38	Male	71	F2F - Sub-vets(M)	10	01:57:29	82	17.87
52	35	Nkosi	Dumsani	03/03/1981	36	Male	72	F2F - Sub-vets(M)	11	01:57:44	83	17.84

31	35	Gomes	Cesar	17/12/1978	39	Male	87	F2F - Sub-vets(M)	12	02:03:36	104	16.99
144	35	Davel	Riaan	03/07/1983	34	Male	102	F2F - Sub-vets(M)	13	02:11:23	124	15.98
206	35	Snyman	Johan	27/03/1987	30	Male	108	F2F - Sub-vets(M)	14	02:15:24	136	15.51
19	35	De Jesus	Luis	05/06/1983	34	Male	110	F2F - Sub-vets(M)	15	02:16:19	139	15.41
143	35	Da Ribeira	Rail	08/09/1980	37	Male	115	F2F - Sub-vets(M)	16	02:18:35	144	15.15
43	35	Masinga	Justin	16/01/1979	38	Male	116	F2F - Sub-vets(M)	17	02:18:46	145	15.13
274	35	Pretorius	Braam	11/05/1985	32	Male	121	F2F - Sub-vets(M)	18	02:21:50	152	14.81
73	35	Wilding	Stefan	25/01/1985	32	Male	122	F2F - Sub-vets(M)	19	02:22:00	153	14.79
4	35	van graan	albert	23/02/1987	30	Male	123	F2F - Sub-vets(M)	20	02:22:24	154	14.75
277	35	Pieteres	Cobus	07/11/1978	39	Male	132	F2F - Sub-vets(M)	21	02:28:11	167	14.17
29	35	Fereira	carlos	05/05/1979	38	Male	138	F2F - Sub-vets(M)	22	02:30:57	177	13.91
137	35	Botha	Stephanus	17/03/1981	36	Male	147	F2F - Sub-vets(M)	23	02:37:00	191	13.38
160	35	Geyer	Johan	12/07/1985	32	Male	162	F2F - Sub-vets(M)	24	02:46:23	213	12.62
318	35	Bosch	Dewald	25/03/1986	31	Male	168	F2F - Sub-vets(M)	25	02:54:46	223	12.02
170	35	Joubert	Jan -hendrik	11/06/1979	38	Male	173	F2F - Sub-vets(M)	26	02:56:40	231	11.89
17	35	Coetser	Johan	10/01/1982	35	Male	175	F2F - Sub-vets(M)	27	02:57:48	233	11.81
24	35	du Plooy	Richard	19/04/1980	37	Male	176	F2F - Sub-vets(M)	28	02:57:51	234	11.81
130	35	Abrahamse	Pieter	10/04/1985	32	Male	180	F2F - Sub-vets(M)	29	03:05:53	244	11.30
336	35	Bosch	Esias	09/04/1986	31	Male	182	F2F - Sub-vets(M)	30	03:06:46	247	11.24
341	35	Tleane	Kabelo	01/04/1986	31	Male	189	F2F - Sub-vets(M)	31	03:14:38	255	10.79
310	35	Van Zyl	Lloyd	13/03/1979	38	Male	192	F2F - Sub-vets(M)	32	03:15:39	259	10.73
172	35	Kilpert	Werner	31/08/1982	35	Male	193	F2F - Sub-vets(M)	33	03:27:18	263	10.13
5	35	Potsane	Lentsoe	24/03/1984	33	Male	194	F2F - Sub-vets(M)	34	03:28:27	264	10.07
219	35	truter	Ben	26/03/1981	36	Male	207	F2F - Sub-vets(M)	35	04:19:37	286	8.09
28	35	Faul	Johlene	06/06/1976	41	Female	3	F2F - Vets(F)	1	01:41:13	36	20.75
88	35	Jacobs	Yolande	03/01/1975	42	Female	16	F2F - Vets(F)	2	02:00:01	94	17.50
58	35	Pretorius	Lara	23/01/1969	48	Female	18	F2F - Vets(F)	3	02:03:51	106	16.96
300	35	Booyens	Sonette	25/02/1975	42	Female	19	F2F - Vets(F)	4	02:05:47	115	16.70
265	35	Van Stryp	Marinda	04/04/1977	40	Female	27	F2F - Vets(F)	5	02:14:44	132	15.59
238	35	Nel	Elaine	16/08/1976	41	Female	30	F2F - Vets(F)	6	02:19:30	148	15.05
211	35	Elizabeth	Mary	11/08/1972	45	Female	34	F2F - Vets(F)	7	02:25:15	161	14.46
39	35	Lange	Hope	03/03/1975	42	Female	37	F2F - Vets(F)	8	02:30:26	174	13.96
260	35	Janson	Esther	15/08/1974	43	Female	39	F2F - Vets(F)	9	02:30:39	176	13.94
202	35	Smith	Delia	15/03/1968	49	Female	40	F2F - Vets(F)	10	02:31:26	179	13.87
252	35	Skea	Ronel	01/10/1975	42	Female	42	F2F - Vets(F)	11	02:32:13	181	13.80
253	35	Geyer	Yvonne	24/10/1977	40	Female	44	F2F - Vets(F)	12	02:35:43	190	13.49
140	35	Botha	Amanda	29/07/1973	44	Female	50	F2F - Vets(F)	13	02:42:47	205	12.90
6	35	Egan	Lorraine	25/03/1970	47	Female	51	F2F - Vets(F)	14	02:44:04	209	12.80

148	35	Du Plessis	Christa	03/11/1968	49	Female	52	F2F - Vets(F)	15	02:49:32	217	12.39
281	35	van der Walt	Veronica	02/03/1972	45	Female	57	F2F - Vets(F)	16	02:54:53	225	12.01
191	35	Pretorius	Madelyn	16/07/1969	48	Female	60	F2F - Vets(F)	17	02:59:34	236	11.69
81	35	Shuttleworth	Gill	09/08/1968	49	Female	63	F2F - Vets(F)	18	03:05:47	242	11.30
131	35	Armitage	Hayley	13/03/1973	44	Female	64	F2F - Vets(F)	19	03:05:49	243	11.30
273	35	Steyn	Sharon	17/08/1977	40	Female	69	F2F - Vets(F)	20	03:21:16	261	10.43
76	35	Oosthuisen	Sanet	02/01/1970	47	Female	76	F2F - Vets(F)	21	03:43:30	277	9.40
261	35	McDonald	Ilse	17/09/1969	48	Female	78	F2F - Vets(F)	22	04:06:07	283	8.53
59	35	Prins	Juanita	09/12/1973	44	Female	79	F2F - Vets(F)	23	04:06:14	284	8.53
84	35	van der Linde	Bertus	18/11/1975	42	Male	11	F2F - Vets(M)	1	01:31:31	11	22.95
311	35	Tait	Oscar	11/08/1972	45	Male	20	F2F - Vets(M)	2	01:37:14	20	21.60
280	35	Van Staden	Jaco	10/11/1973	44	Male	22	F2F - Vets(M)	3	01:37:50	22	21.47
50	35	Nel	Jeane	01/09/1975	42	Male	23	F2F - Vets(M)	4	01:38:08	23	21.40
207	35	Snyman	Shane	05/06/1977	40	Male	39	F2F - Vets(M)	5	01:43:28	44	20.30
32	35	Henning	Malcolm	17/01/1977	40	Male	41	F2F - Vets(M)	6	01:44:21	46	20.12
91	35	Van Der Berg	Jaap	27/10/1971	46	Male	42	F2F - Vets(M)	7	01:44:49	47	20.03
189	35	Potgieter	Riaan	29/02/1972	45	Male	48	F2F - Vets(M)	8	01:48:18	55	19.39
37	35	Knipschild	Pieter	03/06/1971	46	Male	51	F2F - Vets(M)	9	01:49:44	58	19.14
78	35	Michaelis	Kevin	09/05/1975	42	Male	60	F2F - Vets(M)	10	01:52:50	68	18.61
254	35	Coetzee	Jean	07/05/1971	46	Male	62	F2F - Vets(M)	11	01:53:06	70	18.57
275	35	Cruse	Kevin	17/02/1977	40	Male	73	F2F - Vets(M)	12	01:57:47	84	17.83
162	35	Goodwin	David	02/07/1974	43	Male	76	F2F - Vets(M)	13	01:59:24	90	17.59
214	35	Swart	Luan	30/10/1977	40	Male	77	F2F - Vets(M)	14	01:59:26	91	17.58
89	35	Jacobs	Morne	22/01/1976	41	Male	78	F2F - Vets(M)	15	02:00:00	93	17.50
317	35	Boyle	Richard	18/04/1977	40	Male	79	F2F - Vets(M)	16	02:00:28	95	17.43
227	35	Viljoen	Eddie	06/03/1975	42	Male	83	F2F - Vets(M)	17	02:02:07	99	17.20
21	35	Diederichs	Pierre	07/07/1970	47	Male	86	F2F - Vets(M)	18	02:03:03	103	17.07
177	35	Lightfoot	Edward	03/02/1972	45	Male	91	F2F - Vets(M)	19	02:04:45	109	16.83
67	35	Svacha	Merek	10/01/1972	45	Male	92	F2F - Vets(M)	20	02:04:50	110	16.82
128	35	Du toit	Jan	13/11/1975	42	Male	100	F2F - Vets(M)	21	02:09:24	122	16.23
224	35	Van Der Mescht	Martin	28/07/1977	40	Male	104	F2F - Vets(M)	22	02:13:02	126	15.79
185	35	Murray	Corr	01/10/1974	43	Male	111	F2F - Vets(M)	23	02:17:10	140	15.31
152	35	Du toit	Heinrich	20/05/1974	43	Male	112	F2F - Vets(M)	24	02:17:15	141	15.30
240	35	Nel	Renier	06/05/1973	44	Male	117	F2F - Vets(M)	25	02:19:26	146	15.06
201	35	Schutte	Roelof	13/04/1968	49	Male	119	F2F - Vets(M)	26	02:19:46	149	15.03
40	35	Lange	Louis	22/12/1971	46	Male	128	F2F - Vets(M)	27	02:26:23	163	14.35
262	35	McDonald	Darren	12/10/1968	49	Male	130	F2F - Vets(M)	28	02:27:34	165	14.23
257	35	Nel	Tobie	09/12/1977	40	Male	133	F2F - Vets(M)	29	02:28:55	169	14.10

193	35	Pulvenis	Tristan	17/11/1976	41	Male	134	F2F - Vets(M)	30	02:29:25	170	14.05
171	35	Kilian	Neels	11/10/1975	42	Male	139	F2F - Vets(M)	31	02:31:23	178	13.87
259	35	Janson	Theunis	02/09/1974	43	Male	140	F2F - Vets(M)	32	02:32:17	182	13.79
247	35	Asvat	Mohamed	16/10/1969	48	Male	141	F2F - Vets(M)	33	02:33:02	184	13.72
226	35	Venter	Gerrit	04/03/1971	46	Male	148	F2F - Vets(M)	34	02:37:13	193	13.36
309	35	Van Schalkwyk	Alwyn	03/09/1972	45	Male	153	F2F - Vets(M)	35	02:40:57	201	13.05
93	35	Nieuwenhuizen	Danie	06/06/1972	45	Male	157	F2F - Vets(M)	36	02:44:02	207	12.80
102	35	thompson	charles	16/07/1968	49	Male	160	F2F - Vets(M)	37	02:44:36	211	12.76
198	35	Rogers	David	16/09/1971	46	Male	161	F2F - Vets(M)	38	02:44:38	212	12.76
95	35	mkansi	andries	24/07/1977	40	Male	163	F2F - Vets(M)	39	02:46:50	214	12.59
333	35	Coetzer	Pieter	21/05/1970	47	Male	169	F2F - Vets(M)	40	02:55:32	226	11.96
141	35	Botha	Deon	07/03/1972	45	Male	172	F2F - Vets(M)	41	02:56:06	229	11.93
186	35	Nortjie	Gerrit	27/12/1969	48	Male	174	F2F - Vets(M)	42	02:56:42	232	11.88
87	35	Rautenbach	Gawie	11/06/1969	48	Male	179	F2F - Vets(M)	43	03:01:18	241	11.58
334	35	Roche	Tony	29/03/1974	43	Male	184	F2F - Vets(M)	44	03:11:42	250	10.95
340	35	Roche	Tony	29/03/1974	43	Male	185	F2F - Vets(M)	45	03:11:46	251	10.95
251	35	Skea	Eugene	12/04/1971	46	Male	186	F2F - Vets(M)	46	03:11:59	252	10.94
51	35	Ngcobo	Bongani	08/02/1968	49	Male	187	F2F - Vets(M)	47	03:14:35	253	10.79
320	35	Mthembu	July	14/10/1970	47	Male	188	F2F - Vets(M)	48	03:14:36	254	10.79
5369	35	Dlamini	Lucky	05/01/1972	45	Male	190	F2F - Vets(M)	49	03:14:40	256	10.79
5337	35	Vermeulen	Johnny	15/05/1969	48	Male	200	F2F - Vets(M)	50	03:40:43	273	9.51
75	35	Oosthuizen	Jannie	27/12/1969	48	Male	201	F2F - Vets(M)	51	03:43:29	276	9.40
94	35	Coetzee	Hijke	21/11/2002	15	Female	2	F2F - Youth(F)	1	01:41:01	35	20.79
192	35	Pulvenis	Trinity	11/02/2001	16	Female	21	F2F - Youth(F)	2	02:08:34	119	16.33
c yrc												
301	35	Booyens	Rikus	11/12/2001	16	Male	8	F2F - Youth(M)	1	01:30:08	8	23.30
92	35	Van Der Berg	Reynard	19/10/2001	16	Male	9	F2F - Youth(M)	2	01:31:20	9	22.99
235	35	Van Der Merwe	Jean	19/06/2002	15	Male	10	F2F - Youth(M)	3	01:31:22	10	22.98
69	35	Van Pletzen	Tiaan	25/07/2001	16	Male	14	F2F - Youth(M)	4	01:33:35	14	22.44
329	35	Du Preez	Jandrew	12/03/2001	16	Male	16	F2F - Youth(M)	5	01:33:48	16	22.39
250	35	Rademeyer	Herman	25/01/2001	16	Male	25	F2F - Youth(M)	6	01:38:15	25	21.37
221	35	Van Der Merwe	Richardo	24/05/2002	15	Male	30	F2F - Youth(M)	7	01:40:29	30	20.90
239	35	Nel	Dylan	24/10/2001	16	Male	40	F2F - Youth(M)	8	01:44:20	45	20.13
184	35	Murray	Neil	06/08/2002	15	Male	44	F2F - Youth(M)	9	01:46:27	50	19.73
66	35	Svacha	Benjamin	20/08/2001	16	Male	68	F2F - Youth(M)	10	01:56:07	79	18.09
120	35	Du Toit	Dewan	19/07/2001	16	Male	100	F2F - Youth(M)	11	02:09:24	122	16.23
304	35	Treherne	Nathan	10/04/2001	16	Male	120	F2F - Youth(M)	12	02:20:06	150	14.99
86	35	Rautenbach	Nantes	18/06/2002	15	Male	164	F2F - Youth(M)	13	02:48:36	215	12.46

179	35	Lourens	JG	19/07/2001	16	Male	198	F2F - Youth(M)	14	03:35:12	270	9.76
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