



**RUN 2 NOWHERE**  
FOR THE LOVE OF THE TRAIL

**McGregor**

01 - 02 September 2018



**CAPE TOWN  
& WESTERN CAPE**  
marketed by WESGRD

Group or Category	Pos In		Rider Details			Stages		Final Results		
	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total Time	Stgs	Team Runners
Senior Women Solo	1	1	294	SW	Leonie Schoeman	02.00.10	01.30.28	<b>03.30.38</b>	2	Leonie Schoeman
	2	2	394	SW	Nina-Mari Bruwer	02.04.08	01.32.55	<b>03.37.03</b>	2	Nina-Mari Bruwer
	3	3	134	SW	Christine Cozien	02.09.05	01.34.05	<b>03.43.10</b>	2	Christine Cozier
	4	4	307	SW	Melissa Phelps	02.13.35	01.38.26	<b>03.52.01</b>	2	Melissa Phelps
	5	5	376	SW	Rikki-Lee Hodge	02.08.01	01.45.18	<b>03.53.19</b>	2	Rikki-Lee Hodge
	6	6	368	SW	Kim Kreymborg	02.19.34	01.39.12	<b>03.58.46</b>	2	Kim Kreymborg
	7	7	284	SW	Megan Loftie-Eaton	02.21.26	01.39.53	<b>04.01.19</b>	2	Megan Loftie-Eaton
	8	8	288	SW	Catherine Hofmeyr	02.21.06	01.50.23	<b>04.11.29</b>	2	Catherine Hofmeyr
	9	9	257	SW	Nicole Strong	02.27.01	01.51.02	<b>04.18.03</b>	2	Nicole Marshall
	10	10	345	SW	Vanessa Salisbury	02.28.17	01.50.31	<b>04.18.48</b>	2	Vanessa Salisbury
	11	11	237	SW	Eloise Van Gysen	02.35.20	01.45.15	<b>04.20.35</b>	2	Eloise Van Gysen
	12	12	224	SW	Kelly Mackenzie	02.35.23	01.45.15	<b>04.20.38</b>	2	Kelly Mackenzie
	13	13	155	SW	Marlein Davel	02.38.52	01.51.36	<b>04.30.28</b>	2	Marlein Davel
	14	14	156	SW	Meninke Muller	02.37.29	01.54.23	<b>04.31.52</b>	2	Meninke Muller
	15	15	365	SW	Nazli Gasant	02.38.11	01.55.53	<b>04.34.04</b>	2	Nazli Gasant
	16	16	329	SW	Sediqa Khatieb	02.40.40	02.00.39	<b>04.41.19</b>	2	Sediqa Khatieb
	17	17	285	SW	Yvette Gelderblom	02.43.29	02.01.04	<b>04.44.33</b>	2	Yvette Gelderblom
	18	18	401	SW	Chivonne Groenevelt	02.54.37	01.54.58	<b>04.49.35</b>	2	Chivonne Groenevelt
	19	19	298	SW	Marilu Vermeulen	02.46.58	02.03.02	<b>04.50.00</b>	2	Marilu Vermeulen
	20	20	108	SW	Maricia Le Roux	02.46.26	02.04.20	<b>04.50.46</b>	2	Maricia Le Roux
	21	21	264	SW	Anja Giliomee	02.46.21	02.05.34	<b>04.51.55</b>	2	Anja Giliomee
	22	22	260	SW	Elaine Calitz	02.57.50	01.55.25	<b>04.53.15</b>	2	Elaine Calitz
	23	23	287	SW	Nadia Naude	02.48.07	02.05.27	<b>04.53.34</b>	2	Nadia Naude
	24	24	379	SW	Linda Basson	02.56.07	01.58.00	<b>04.54.07</b>	2	Linda Basson
	25	25	380	SW	Elena Zwick	02.47.10	02.10.35	<b>04.57.45</b>	2	Elena Zwick
	26	26	244	SW	Helen Van Der Horst	02.54.47	02.07.01	<b>05.01.48</b>	2	Helen Van Der Horst
	27	27	245	SW	Claire Hayworth	02.54.45	02.07.46	<b>05.02.31</b>	2	Claire Hayworth
	28	28	320	SW	Magda Snyman-Marshall	02.55.08	02.07.59	<b>05.03.07</b>	2	Magda Snyman-Marshall
	29	29	165	SW	Marisa Van Onselen	02.52.19	02.11.47	<b>05.04.06</b>	2	Marisa Van Onselen



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	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total Time	Stgs	Team Runners
<b>Senior Women Solo</b>	30	30	246	SW	Ashleigh Hayworth	02.56.28	02.07.45	<b>05.04.13</b>	2	Ashleigh Hayworth
	31	31	259	SW	Monelle Erasmus	02.57.46	02.08.31	<b>05.06.17</b>	2	Monelle Erasmus
	32	32	267	SW	Alana Myburgh	03.02.23	02.09.54	<b>05.12.17</b>	2	Alana Myburgh
	33	33	126	SW	Leesa Bright	03.02.08	02.11.52	<b>05.14.00</b>	2	Leesa Bright
	34	34	230	SW	Morgan Volkmann	03.02.24	02.19.08	<b>05.21.32</b>	2	Morgan Volkmann
	35	35	369	SW	Janet De Beer	03.08.41	02.12.55	<b>05.21.36</b>	2	Janet De Beer
	36	36	250	SW	Jacqui Pawson	03.22.22	02.40.06	<b>06.02.28</b>	2	Jacqui Pawson
	37	37	377	SW	Tanya De Vries	03.36.36	02.27.01	<b>06.03.37</b>	2	Tanya De Vries
	38	38	265	SW	Mia Kotze	03.27.30	02.39.08	<b>06.06.38</b>	2	Mia Kotze
	39	39	118	SW	Michelle Thiar	03.38.41	02.40.08	<b>06.18.49</b>	2	Michelle Thiar
	40	40	335	SW	Ragmah Edwards	03.35.53	02.44.44	<b>06.20.37</b>	2	Ragmah Edwards
	41	41	117	SW	Lize Le Roux	03.40.13	02.45.23	<b>06.25.36</b>	2	Lize Le Roux
	42	42	223	SW	Adele Jordaan	03.51.10	02.59.25	<b>06.50.35</b>	2	Adele Jordaan
	43	43	280	SW	Jen Keevey	02.07.29		<b>02.07.29</b>	1	Jen Keevey
	44	44	135	SW	Joanne Bentley	02.13.41		<b>02.13.41</b>	1	Joanne Bentley
	45	45	367	SW	Gerda Henn-Veldhuizen	02.20.27		<b>02.20.27</b>	1	Gerda Henn-Veldhuizen
	46	46	184	SW	Marianne Johnson	02.20.28		<b>02.20.28</b>	1	Marianne Johnson
	47	47	175	SW	Casandra Mitchley	02.38.39		<b>02.38.39</b>	1	Casandra Mitchley
48	48	364	SW	Jill Prins	05.48.59		<b>05.48.59</b>	1	Jill Prins	
Category	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total	Stgs	Team Runners
<b>Senior Men Solo</b>	1	1	336	SM	Jermaine Tobias	01.43.31	01.18.49	<b>03.02.20</b>	2	Jermaine Tobias
	2	2	326	SM	Andre Van Wyk	01.46.17	01.19.40	<b>03.05.57</b>	2	Andre Van Wyk
	3	3	399	SM	Jacob Volmoer	01.55.49	01.20.42	<b>03.16.31</b>	2	Jacob Volmoer
	4	4	289	SM	Bertie Janse Van Rensburg	02.00.29	01.23.08	<b>03.23.37</b>	2	Bertie Janse Van Rensburg
	5	5	323	SM	Marius Kieck	01.57.06	01.27.27	<b>03.24.33</b>	2	Marius Kieck
	6	6	104	SM	Jacques Lochner	02.00.54	01.28.47	<b>03.29.41</b>	2	Jacques Lochner
	7	7	105	SM	Fritz Marais	02.09.35	01.29.40	<b>03.39.15</b>	2	Fritz Marais
	8	8	303	SM	Lucas Crowley	02.07.48	01.32.54	<b>03.40.42</b>	2	Lucas Crowley
	9	9	119	SM	Nico Louw	02.07.24	01.34.02	<b>03.41.26</b>	2	Nico Louw



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<b>Senior Men Solo</b>	10	10	328	SM	Louis Horn	02.11.27	01.34.03	<b>03.45.30</b>	2	Louis Horn	
	11	11	333	SM	Niel Langenhoven	02.14.23	01.37.15	<b>03.51.38</b>	2	Niel Langenhoven	
	12	12	144	SM	Mihan Louw	02.18.08	01.38.48	<b>03.56.56</b>	2	Mihan Louw	
	13	13	270	SM	Kerrin Kruger	02.13.02	01.51.28	<b>04.04.30</b>	2	Kerrin Kruger	
	14	14	366	SM	Paul De Klerk	02.26.03	01.38.53	<b>04.04.56</b>	2	Paul De Klerk	
	15	15	330	SM	Mr Du Toit	02.29.19	01.44.00	<b>04.13.19</b>	2	Mr Du Toit	
	16	16	300	SM	Carl Joubert	02.30.39	01.45.25	<b>04.16.04</b>	2	Carl Joubert	
	17	17	258	SM	Mark Finney	02.32.02	01.51.02	<b>04.23.04</b>	2	Mark Finney	
	18	18	150	SM	Johein Jordaan	02.40.46	01.54.06	<b>04.34.52</b>	2	Johein Jordaan	
	19	19	153	SM	A J Nel	02.40.48	01.57.28	<b>04.38.16</b>	2	A J Nel	
	20	20	304	SM	Meg Blair	02.50.34	02.02.49	<b>04.53.23</b>	2	Meg Blair	
	21	21	103	SM	Johan Blom	02.51.28	02.04.19	<b>04.55.47</b>	2	Johan Blom	
	22	22	290	SM	Johannes Bosch	02.54.05	02.02.47	<b>04.56.52</b>	2	Johannes Bosch	
	23	23	378	SM	Christopher Boshoff	03.01.13	01.58.00	<b>04.59.13</b>	2	Christopher Boshoff	
	24	24	310	SM	Tiaan Pietersen	02.49.02	02.10.16	<b>04.59.18</b>	2	Tiaan Pietersen	
	25	25	196	SM	Sorita Botha	02.58.28	02.03.54	<b>05.02.22</b>	2	Sorita Botha	
	26	26	390	SM	Ebrain Zozi	01.55.04		<b>01.55.04</b>	1	Ebrain Zozi	
	27	27	233	SM	George Cayanis	02.11.28		<b>02.11.28</b>	1	George Cayanis	
	28	28	309	SM	Louis Becker	02.52.32		<b>02.52.32</b>	1	Louis Becker	
	29	29	173	SM	Riaan Viljoen	03.25.17		<b>03.25.17</b>	1	Riaan Viljoen	
	<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>Name</b>	<b>Stg 1</b>	<b>Stg 2</b>	<b>Total</b>	<b>Stgs</b>	<b>Team Runners</b>
	<b>Veteran Women Solo</b>	1	1	325	VW	Mia Van Rooyen	02.01.31	01.31.28	<b>03.32.59</b>	2	Mia Van Rooyen
		2	2	236	VW	Penny Jansen Van Vuuren	02.18.18	01.39.03	<b>03.57.21</b>	2	Penny Jansen Van Vuuren
		3	3	124	VW	Andrea Tooley	02.17.56	01.42.20	<b>04.00.16</b>	2	Andrea Tooley
		4	4	109	VW	Lizelle Parsons	02.26.49	01.46.03	<b>04.12.52</b>	2	Lizelle Parsons
		5	5	240	VW	Elsa Treurnich	02.28.03	01.48.58	<b>04.17.01</b>	2	Elsa Treurnich
		6	6	334	VW	Marieke Coetzer	02.29.09	01.54.19	<b>04.23.28</b>	2	Marieke Coetzer
		7	7	343	VW	Prissie Muller	02.29.10	01.54.20	<b>04.23.30</b>	2	Prissie Muller
		8	8	344	VW	Alida Bruwer	02.29.12	01.54.21	<b>04.23.33</b>	2	Alida Bruwer



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Veteran Women Solo	9	9	139	VW	Caron Majewski	02.35.21	01.52.02	<b>04.27.23</b>	2	Caron Majewski
	10	10	127	VW	Natasha Ing	02.34.00	01.53.49	<b>04.27.49</b>	2	Natasha Ing
	11	11	157	VW	Nidia Lourens	02.37.28	01.51.36	<b>04.29.04</b>	2	Nidia Lourens
	12	12	353	VW	Sophia Du Plessis	02.36.50	01.55.46	<b>04.32.36</b>	2	Sophia Du Plessis
	13	13	239	VW	Vera Van Der Merwe	02.44.16	01.58.33	<b>04.42.49</b>	2	Vera Van Der Merwe
	14	14	216	VW	Emily Furlong	02.45.54	01.58.43	<b>04.44.37</b>	2	Emily Furlong
	15	15	180	VW	Julie Michael	02.45.26	02.02.39	<b>04.48.05</b>	2	Julie Michael
	16	16	179	VW	Jenny Silberbauer	02.45.28	02.02.39	<b>04.48.07</b>	2	Jenny Silberbauer
	17	17	228	VW	Janet Malan	02.45.29	02.05.22	<b>04.50.51</b>	2	Janet Malan
	18	18	238	VW	Elmarie Kotze	02.50.44	02.01.04	<b>04.51.48</b>	2	Elmarie Kotze
	19	19	356	VW	Clare Feenan	02.45.58	02.06.18	<b>04.52.16</b>	2	Clare Feenan
	20	20	269	VW	Petra Roux	02.47.57	02.05.28	<b>04.53.25</b>	2	Petra Roux
	21	21	266	VW	Karin Le Roux	02.47.58	02.05.29	<b>04.53.27</b>	2	Karin Le Roux
	22	22	318	VW	Mardre Bethke	02.48.43	02.06.28	<b>04.55.11</b>	2	Mardre Bethke
	23	23	314	VW	Natasha Kruger	02.48.44	02.06.28	<b>04.55.12</b>	2	Natasha Kruger
	24	24	166	VW	Corne Oelofse	02.53.24	02.03.10	<b>04.56.34</b>	2	Corne Oelofse
	25	25	206	VW	Hester Van Den Heever	02.52.53	02.06.40	<b>04.59.33</b>	2	Hester Van Den Heever
	26	26	315	VW	Dawn Lubbe	02.55.37	02.06.39	<b>05.02.16</b>	2	Dawn Lubbe
	27	27	319	VW	Bronwyn Myers-Franchi	02.55.07	02.08.00	<b>05.03.07</b>	2	Bronwyn Myers-Franchi
	28	28	183	VW	Leanne Mitchell	02.56.23	02.07.18	<b>05.03.41</b>	2	Leanne Mitchell
	29	29	383	VW	Rita Nel	02.49.40	02.15.12	<b>05.04.52</b>	2	Rita Nel
	30	30	370	VW	Michelle Bristow	03.08.44	01.56.49	<b>05.05.33</b>	2	Michelle Bristow
	31	31	114	VW	Kirsten Farara	02.49.29	02.16.56	<b>05.06.25</b>	2	Kirsten Farara
	32	32	163	VW	Robyn Forbes	03.01.02	02.05.46	<b>05.06.48</b>	2	Robyn Forbes
	33	33	106	VW	Evelyne Claes	03.01.04	02.05.46	<b>05.06.50</b>	2	Evelyne Claes
	34	34	388	VW	Delia Reed	02.59.25	02.09.17	<b>05.08.42</b>	2	Delia Reed
	35	35	295	VW	Diana Mouton	02.52.54	02.16.35	<b>05.09.29</b>	2	Diana Mouton
	36	36	188	VW	Melody Brown	02.57.24	02.12.59	<b>05.10.23</b>	2	Melody Brown



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Veteran Women Solo	37	37	234	VW	Liesl Van Rensburg	03.03.18	02.11.53	05.15.11	2	Liesl Van Rensburg
	38	38	317	VW	Charné Venter	03.00.24	02.15.05	05.15.29	2	Charné Venter
	39	39	148	VW	Paula Casey	03.04.44	02.11.55	05.16.39	2	Paula Casey
	40	40	123	VW	Sarah Van Lienden	03.01.01	02.16.06	05.17.07	2	Sarah Van Lienden
	41	41	363	VW	Rochelle Reid	02.59.36	02.19.22	05.18.58	2	Rochelle Reid
	42	42	357	VW	Jo Van Wyk	03.03.40	02.16.31	05.20.11	2	Jo Van Wyk
	43	43	386	VW	Lizette Viljoen	03.08.49	02.12.46	05.21.35	2	Lizette Viljoen
	44	44	167	VW	Juliana Du Toit-Truter	02.53.26	02.28.35	05.22.01	2	Juliana Du Toit-Truter
	45	45	115	VW	Julia Mccurrach	03.05.38	02.16.54	05.22.32	2	Julia Mccurrach
	46	46	116	VW	Sandy Young	03.05.40	02.16.53	05.22.33	2	Sandy Young
	47	47	146	VW	Karen Fouche	03.09.13	02.15.40	05.24.53	2	Karen Fouche
	48	48	128	VW	Lindy Slingsby	03.07.57	02.18.32	05.26.29	2	Lindy Slingsby
	49	49	130	VW	Simone Mahlert-Stewart	03.07.55	02.18.34	05.26.29	2	Simone Mahlert-Stewart
	50	50	176	VW	Maureen Whare	03.09.30	02.19.59	05.29.29	2	Maureen Whare
	51	51	185	VW	Annelise Botha	03.25.09	02.07.42	05.32.51	2	Annelise Botha
	52	52	346	VW	Nuraan Fakier	03.20.22	02.17.06	05.37.28	2	Nuraan Fakier
	53	53	195	VW	Tanya Moffat	03.19.57	02.19.24	05.39.21	2	Tanya Moffat
	54	54	143	VW	Lea-Anne Hack	03.13.31	02.25.54	05.39.25	2	Lea-Anne Hack
	55	55	275	VW	Erica Erasmus	03.17.09	02.23.39	05.40.48	2	Erica Erasmus
	56	56	276	VW	Wilene Collins	03.17.08	02.23.40	05.40.48	2	Wilene Collins
	57	57	316	VW	Martie Swanepoel	03.10.07	02.31.39	05.41.46	2	Martie Swanepoel
	58	58	243	VW	Anel Lewis	03.24.12	02.18.35	05.42.47	2	Anel Lewis
	59	59	187	VW	Tamryn Lamb	03.19.58	02.24.21	05.44.19	2	Tamryn Lamb
	60	60	339	VW	Tara Deacon	03.19.15	02.26.45	05.46.00	2	Tara Deacon
61	61	247	VW	Leatitia De Villiers	03.34.51	02.27.04	06.01.55	2	Leatitia De Villiers	
62	62	268	VW	Petro Pienaar	03.34.53	02.27.06	06.01.59	2	Petro Pienaar	
63	63	169	VW	Lee-Ann Barnes	03.18.34	02.43.40	06.02.14	2	Lee-Ann Barnes	
64	64	113	VW	Tharina Bergh	03.35.23	02.40.34	06.15.57	2	Tharina Bergh	



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Veteran Women Solo	65	65	133	VW	Marian Acker	03.35.24	02.40.34	06.15.58	2	Marian Acker
	66	66	254	VW	Sonja Van Der Westhuizen	03.54.00	02.25.23	06.19.23	2	Sonja Van Der Westhuizen
	67	67	313	VW	Lizel Jonker	03.40.12	02.44.09	06.24.21	2	Lizel Jonker
	68	68	149	VW	Megan Paul	03.36.07	02.55.49	06.31.56	2	Megan Paul
	69	69	174	VW	Julie Knapp	03.54.03	02.55.49	06.49.52	2	Julie Knapp
	70	70	186	VW	Hester Basson	04.15.14	02.56.44	07.11.58	2	Hester Basson
	71	71	355	VW	Mariska Louw	04.15.15	02.56.45	07.12.00	2	Mariska Louw
	72	72	177	VW	Anja Swart	04.17.35	03.06.52	07.24.27	2	Anja Swart
	73	73	256	VW	Marlene Nell	04.27.56	03.01.51	07.29.47	2	Marlene Nell
	74	74	297	VW	Tracy Berry	04.27.59	03.01.51	07.29.50	2	Tracy Berry
	75	75	208	VW	Nicky Eckstein	02.35.44		02.35.44	1	Nicky Eckstein
	76	76	137	VW	Sarah Frazee	02.41.51		02.41.51	1	Sarah Frazee
	77	77	338	VW	Eveline Meyer	03.08.47		03.08.47	1	Eveline Meyer
	78	78	190	VW	Carol Trimmer	03.41.54		03.41.54	1	Carol Trimmer
	79	79	160	VW	Vivienne Childs	03.54.17		03.54.17	1	Vivienne Childs
	80	80	200	VW	Corne Rossouw	04.37.51		04.37.51	1	Corne Rossouw
Category	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total	Stgs	Team Runners
Veteran Men Solo	1	1	375	VM	Tjaart Van Der Walt	01.46.10	01.17.35	03.03.45	2	Tjaart Van Der Walt
	2	2	296	VM	Eddie Mouton	01.46.59	01.25.39	03.12.38	2	Eddie Mouton
	3	3	154	VM	Kyle Smith	02.04.38	01.30.30	03.35.08	2	Kyle Smith
	4	4	393	VM	Neil Vallance	02.10.19	01.35.46	03.46.05	2	Neil Vallance
	5	5	360	VM	Brian Reid	02.14.06	01.37.33	03.51.39	2	Brian Reid
	6	6	213	VM	Arnold Smit	02.18.07	01.37.49	03.55.56	2	Arnold Smit
	7	7	340	VM	Carl Deacon	02.19.24	01.40.35	03.59.59	2	Carl Deacon
	8	8	227	VM	Nic Malan	02.22.37	01.37.33	04.00.10	2	Nic Malan
	9	9	225	VM	Grant Mackenzie	02.15.43	01.44.47	04.00.30	2	Grant Mackenzie
	10	10	389	VM	Moenier Da Silva	02.23.24	01.42.32	04.05.56	2	Moenier Da Silva
	11	11	194	VM	Lee Moffat	02.26.51	01.42.01	04.08.52	2	Lee Moffat



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	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total Time	Stgs	Team Runners
<b>Veteran Men Solo</b>	12	12	385	VM	Chris Viljoen	02.26.44	01.51.30	<b>04.18.14</b>	2	Chris Viljoen
	13	13	387	VM	Ashraf Mallick	02.40.52	01.49.58	<b>04.30.50</b>	2	Ashraf Mallick
	14	14	384	VM	Edwin Cross	02.41.12	01.52.30	<b>04.33.42</b>	2	Edwin Cross
	15	15	219	VM	Steve Heldzingen	02.47.58	02.05.32	<b>04.53.30</b>	2	Steve Heldzingen
	16	16	373	VM	Jacques Booysen	03.01.25	02.03.52	<b>05.05.17</b>	2	Jacques Booysen
	17	17	189	VM	Kevin Ferreira	03.02.25	02.13.00	<b>05.15.25</b>	2	Kevin Ferreira
	18	18	120	VM	Kathryn Le Roux	03.13.01	02.18.33	<b>05.31.34</b>	2	Kathryn Le Roux
	19	19	374	VM	Brian Conrad	03.14.32	02.20.54	<b>05.35.26</b>	2	Brian Conrad
	20	20	347	VM	Riaan Cottle	03.24.27	02.14.44	<b>05.39.11</b>	2	Riaan Cottle
	21	21	286	VM	Gustav Zietsman	03.18.23		<b>03.18.23</b>	1	Gustav Zietsman
	22	22	159	VM	Barry Childs	03.59.19		<b>03.59.19</b>	1	Barry Childs
	<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>Name</b>	<b>Stg 1</b>	<b>Stg 2</b>	<b>Total</b>	<b>Stgs</b>
<b>Master Women Solo</b>	1	1	138	MW	Juanita Loubser	02.22.42	01.46.41	<b>04.09.23</b>	2	Juanita Loubser
	2	2	274	MW	Tania Jenkinson	02.26.37	01.43.53	<b>04.10.30</b>	2	Tania Jenkinson
	3	3	218	MW	Janel Van Schoor	02.40.06	01.55.16	<b>04.35.22</b>	2	Janel Van Schoor
	4	4	110	MW	Deborah Buckley	02.39.40	01.59.05	<b>04.38.45</b>	2	Deborah Buckley
	5	5	168	MW	Lucette Van Niekerk	02.42.19	02.03.15	<b>04.45.34</b>	2	Lucette Van Niekerk
	6	6	197	MW	Jan Wares	02.45.56	02.01.01	<b>04.46.57</b>	2	Jan Wares
	7	7	255	MW	Belinda Taylor	02.45.35	02.03.32	<b>04.49.07</b>	2	Belinda Taylor
	8	8	140	MW	Sue Hougaard	02.46.24	02.05.20	<b>04.51.44</b>	2	Sue Hougaard
	9	9	306	MW	Linda Truscott	02.51.23	02.03.45	<b>04.55.08</b>	2	Linda Truscott
	10	10	249	MW	Elaine Visser	02.55.48	02.04.44	<b>05.00.32</b>	2	Elaine Visser
	11	11	263	MW	Eoudia Erasmus	02.57.48	02.08.31	<b>05.06.19</b>	2	Eoudia Erasmus
	12	12	348	MW	Janelle Miller	03.04.23	02.23.04	<b>05.27.27</b>	2	Janelle Miller
	13	13	359	MW	Lael Rothenburg	03.08.43	02.23.35	<b>05.32.18</b>	2	Lael Rothenburg
	14	14	170	MW	Diane Duggan	03.28.52	02.30.36	<b>05.59.28</b>	2	Diane Duggan
	15	15	207	MW	Caroline Alleson	03.18.07	03.05.42	<b>06.23.49</b>	2	Caroline Alleson
	16	16	277	MW	Louise Smit	04.02.13	02.24.45	<b>06.26.58</b>	2	Louise Smit



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	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total Time	Stgs	Team Runners
<b>Master Women Solo</b>	17	17	214	MW	Fran Pocock	03.03.20		<b>03.03.20</b>	1	Fran Pocock
	18	18	205	MW	Carol Boltman	03.41.56		<b>03.41.56</b>	1	Carol Boltman
Category	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total	Stgs	Team Runners
<b>Master Men Solo</b>	1	1	358	MM	Hassiem Fisher	02.18.15	01.43.46	<b>04.02.01</b>	2	Hassiem Fisher
	2	2	217	MM	Ashraf Orrie	02.26.33	01.45.46	<b>04.12.19</b>	2	Ashraf Orrie
	3	3	327	MM	Andre Filander	02.26.58	01.49.09	<b>04.16.07</b>	2	Andre Filander
	4	4	158	MM	Paul Abrahams	02.36.26	01.48.44	<b>04.25.10</b>	2	Paul Abrahams
	5	5	209	MM	David Bellairs	02.33.40	01.51.31	<b>04.25.11</b>	2	David Bellairs
	6	6	283	MM	Sanjay Tewary	02.49.32	01.55.55	<b>04.45.27</b>	2	Sanjay Tewary
	7	7	350	MM	Francois Du Plessis	02.51.38	02.04.54	<b>04.56.32</b>	2	Francois Du Plessis
	8	8	198	MM	Tracey Burke	02.55.45	02.09.38	<b>05.05.23</b>	2	Tracey Burke
	9	9	164	MM	Michael Worne	02.57.24	02.13.50	<b>05.11.14</b>	2	Michael Worne
	10	10	349	MM	Mark Miller	03.09.21	02.19.46	<b>05.29.07</b>	2	Mark Miller
	11	11	125	MM	Bob De Decker	03.33.12	02.10.40	<b>05.43.52</b>	2	Bob De Decker
	12	12	354	MM	Douglas Smith	03.52.27	02.51.16	<b>06.43.43</b>	2	Douglas Smith
	13	13	226	MM	Andre Treurnich	04.04.34	02.59.25	<b>07.03.59</b>	2	Andre Treurnich
	14	14	273	MM	Murco Lamminga	03.30.07		<b>03.30.07</b>	1	Murco Lamminga
Category	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total	Stgs	Team Runners
<b>Overall All Solos</b>	1	1	336	SM	Jermaine Tobias	01.43.31	01.18.49	<b>03.02.20</b>	2	Jermaine Tobias
	2	1	375	VM	Tjaart Van Der Walt	01.46.10	01.17.35	<b>03.03.45</b>	2	Tjaart Van Der Walt
	3	2	326	SM	Andre Van Wyk	01.46.17	01.19.40	<b>03.05.57</b>	2	Andre Van Wyk
	4	2	296	VM	Eddie Mouton	01.46.59	01.25.39	<b>03.12.38</b>	2	Eddie Mouton
	5	3	399	SM	Jacob Volmoer	01.55.49	01.20.42	<b>03.16.31</b>	2	Jacob Volmoer
	6	4	289	SM	Bertie Janse Van Rensburg	02.00.29	01.23.08	<b>03.23.37</b>	2	Bertie Janse Van Rensburg
	7	5	323	SM	Marius Kieck	01.57.06	01.27.27	<b>03.24.33</b>	2	Marius Kieck
	8	6	104	SM	Jacques Lochner	02.00.54	01.28.47	<b>03.29.41</b>	2	Jacques Lochner
	9	1	294	SW	Leonie Schoeman	02.00.10	01.30.28	<b>03.30.38</b>	2	Leonie Schoeman
	10	1	325	VW	Mia Van Rooyen	02.01.31	01.31.28	<b>03.32.59</b>	2	Mia Van Rooyen





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	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total Time	Stgs	Team Runners
Overall All Solos	11	3	154	VM	Kyle Smith	02.04.38	01.30.30	03.35.08	2	Kyle Smith
	12	2	394	SW	Nina-Mari Bruwer	02.04.08	01.32.55	03.37.03	2	Nina-Mari Bruwer
	13	7	105	SM	Fritz Marais	02.09.35	01.29.40	03.39.15	2	Fritz Marais
	14	8	303	SM	Lucas Crowley	02.07.48	01.32.54	03.40.42	2	Lucas Crowley
	15	9	119	SM	Nico Louw	02.07.24	01.34.02	03.41.26	2	Nico Louw
	16	3	134	SW	Christine Cozien	02.09.05	01.34.05	03.43.10	2	Christine Cozier
	17	10	328	SM	Louis Horn	02.11.27	01.34.03	03.45.30	2	Louis Horn
	18	4	393	VM	Neil Vallance	02.10.19	01.35.46	03.46.05	2	Neil Vallance
	19	11	333	SM	Niel Langenhoven	02.14.23	01.37.15	03.51.38	2	Niel Langenhoven
	20	5	360	VM	Brian Reid	02.14.06	01.37.33	03.51.39	2	Brian Reid
	21	4	307	SW	Melissa Phelps	02.13.35	01.38.26	03.52.01	2	Melissa Phelps
	22	5	376	SW	Rikki-Lee Hodge	02.08.01	01.45.18	03.53.19	2	Rikki-Lee Hodge
	23	6	213	VM	Arnold Smit	02.18.07	01.37.49	03.55.56	2	Arnold Smit
	24	12	144	SM	Mihan Louw	02.18.08	01.38.48	03.56.56	2	Mihan Louw
	25	2	236	VW	Penny Jansen Van Vuuren	02.18.18	01.39.03	03.57.21	2	Penny Jansen Van Vuuren
	26	6	368	SW	Kim Kreymborg	02.19.34	01.39.12	03.58.46	2	Kim Kreymborg
	27	7	340	VM	Carl Deacon	02.19.24	01.40.35	03.59.59	2	Carl Deacon
	28	8	227	VM	Nic Malan	02.22.37	01.37.33	04.00.10	2	Nic Malan
	29	3	124	VW	Andrea Tooley	02.17.56	01.42.20	04.00.16	2	Andrea Tooley
	30	9	225	VM	Grant Mackenzie	02.15.43	01.44.47	04.00.30	2	Grant Mackenzie
	31	7	284	SW	Megan Loftie-Eaton	02.21.26	01.39.53	04.01.19	2	Megan Loftie-Eaton
	32	1	358	MM	Hassiem Fisher	02.18.15	01.43.46	04.02.01	2	Hassiem Fisher
	33	13	270	SM	Kerrin Kruger	02.13.02	01.51.28	04.04.30	2	Kerrin Kruger
	34	14	366	SM	Paul De Klerk	02.26.03	01.38.53	04.04.56	2	Paul De Klerk
	35	10	389	VM	Moenier Da Silva	02.23.24	01.42.32	04.05.56	2	Moenier Da Silva
	36	11	194	VM	Lee Moffat	02.26.51	01.42.01	04.08.52	2	Lee Moffat
	37	1	138	MW	Juanita Loubser	02.22.42	01.46.41	04.09.23	2	Juanita Loubser
	38	2	274	MW	Tania Jenkinson	02.26.37	01.43.53	04.10.30	2	Tania Jenkinson



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	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total Time	Stgs	Team Runners
Overall All Solos	39	8	288	SW	Catherine Hofmeyr	02.21.06	01.50.23	04.11.29	2	Catherine Hofmeyr
	40	2	217	MM	Ashraf Orrie	02.26.33	01.45.46	04.12.19	2	Ashraf Orrie
	41	4	109	VW	Lizelle Parsons	02.26.49	01.46.03	04.12.52	2	Lizelle Parsons
	42	15	330	SM	Mr Du Toit	02.29.19	01.44.00	04.13.19	2	Mr Du Toit
	43	16	300	SM	Carl Joubert	02.30.39	01.45.25	04.16.04	2	Carl Joubert
	44	3	327	MM	Andre Filander	02.26.58	01.49.09	04.16.07	2	Andre Filander
	45	5	240	VW	Elsa Treurnich	02.28.03	01.48.58	04.17.01	2	Elsa Treurnich
	46	9	257	SW	Nicole Strong	02.27.01	01.51.02	04.18.03	2	Nicole Marshall
	47	12	385	VM	Chris Viljoen	02.26.44	01.51.30	04.18.14	2	Chris Viljoen
	48	10	345	SW	Vanessa Salisbury	02.28.17	01.50.31	04.18.48	2	Vanessa Salisbury
	49	11	237	SW	Eloise Van Gysen	02.35.20	01.45.15	04.20.35	2	Eloise Van Gysen
	50	12	224	SW	Kelly Mackenzie	02.35.23	01.45.15	04.20.38	2	Kelly Mackenzie
	51	17	258	SM	Mark Finney	02.32.02	01.51.02	04.23.04	2	Mark Finney
	52	6	334	VW	Marieke Coetzer	02.29.09	01.54.19	04.23.28	2	Marieke Coetzer
	53	7	343	VW	Prissie Muller	02.29.10	01.54.20	04.23.30	2	Prissie Muller
	54	8	344	VW	Alida Bruwer	02.29.12	01.54.21	04.23.33	2	Alida Bruwer
	55	4	158	MM	Paul Abrahams	02.36.26	01.48.44	04.25.10	2	Paul Abrahams
	56	5	209	MM	David Bellairs	02.33.40	01.51.31	04.25.11	2	David Bellairs
	57	9	139	VW	Caron Majewski	02.35.21	01.52.02	04.27.23	2	Caron Majewski
	58	10	127	VW	Natasha Ing	02.34.00	01.53.49	04.27.49	2	Natasha Ing
	59	11	157	VW	Nidia Lourens	02.37.28	01.51.36	04.29.04	2	Nidia Lourens
	60	13	155	SW	Marlein Davel	02.38.52	01.51.36	04.30.28	2	Marlein Davel
	61	13	387	VM	Ashraf Mallick	02.40.52	01.49.58	04.30.50	2	Ashraf Mallick
	62	14	156	SW	Meninke Muller	02.37.29	01.54.23	04.31.52	2	Meninke Muller
	63	12	353	VW	Sophia Du Plessis	02.36.50	01.55.46	04.32.36	2	Sophia Du Plessis
	64	14	384	VM	Edwin Cross	02.41.12	01.52.30	04.33.42	2	Edwin Cross
65	15	365	SW	Nazli Gasant	02.38.11	01.55.53	04.34.04	2	Nazli Gasant	
66	18	150	SM	Johein Jordaan	02.40.46	01.54.06	04.34.52	2	Johein Jordaan	



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	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total Time	Stgs	Team Runners
<b>Overall All Solos</b>	67	3	218	MW	Janel Van Schoor	02.40.06	01.55.16	<b>04.35.22</b>	2	Janel Van Schoor
	68	19	153	SM	A J Nel	02.40.48	01.57.28	<b>04.38.16</b>	2	A J Nel
	69	4	110	MW	Deborah Buckley	02.39.40	01.59.05	<b>04.38.45</b>	2	Deborah Buckley
	70	16	329	SW	Sediqa Khatieb	02.40.40	02.00.39	<b>04.41.19</b>	2	Sediqa Khatieb
	71	13	239	VW	Vera Van Der Merwe	02.44.16	01.58.33	<b>04.42.49</b>	2	Vera Van Der Merwe
	72	17	285	SW	Yvette Gelderblom	02.43.29	02.01.04	<b>04.44.33</b>	2	Yvette Gelderblom
	73	14	216	VW	Emily Furlong	02.45.54	01.58.43	<b>04.44.37</b>	2	Emily Furlong
	74	6	283	MM	Sanjay Tewary	02.49.32	01.55.55	<b>04.45.27</b>	2	Sanjay Tewary
	75	5	168	MW	Lucette Van Niekerk	02.42.19	02.03.15	<b>04.45.34</b>	2	Lucette Van Niekerk
	76	6	197	MW	Jan Wares	02.45.56	02.01.01	<b>04.46.57</b>	2	Jan Wares
	77	15	180	VW	Julie Michael	02.45.26	02.02.39	<b>04.48.05</b>	2	Julie Michael
	78	16	179	VW	Jenny Silberbauer	02.45.28	02.02.39	<b>04.48.07</b>	2	Jenny Silberbauer
	79	7	255	MW	Belinda Taylor	02.45.35	02.03.32	<b>04.49.07</b>	2	Belinda Taylor
	80	18	401	SW	Chivonne Groenevelt	02.54.37	01.54.58	<b>04.49.35</b>	2	Chivonne Groenevelt
	81	19	298	SW	Marilu Vermeulen	02.46.58	02.03.02	<b>04.50.00</b>	2	Marilu Vermeulen
	82	20	108	SW	Maricia Le Roux	02.46.26	02.04.20	<b>04.50.46</b>	2	Maricia Le Roux
	83	17	228	VW	Janet Malan	02.45.29	02.05.22	<b>04.50.51</b>	2	Janet Malan
	84	8	140	MW	Sue Hougaard	02.46.24	02.05.20	<b>04.51.44</b>	2	Sue Hougaard
	85	18	238	VW	Elmarie Kotze	02.50.44	02.01.04	<b>04.51.48</b>	2	Elmarie Kotze
	86	21	264	SW	Anja Giliomee	02.46.21	02.05.34	<b>04.51.55</b>	2	Anja Giliomee
	87	19	356	VW	Clare Feenan	02.45.58	02.06.18	<b>04.52.16</b>	2	Clare Feenan
	88	22	260	SW	Elaine Calitz	02.57.50	01.55.25	<b>04.53.15</b>	2	Elaine Calitz
	89	20	304	SM	Meg Blair	02.50.34	02.02.49	<b>04.53.23</b>	2	Meg Blair
	90	20	269	VW	Petra Roux	02.47.57	02.05.28	<b>04.53.25</b>	2	Petra Roux
91	21	266	VW	Karin Le Roux	02.47.58	02.05.29	<b>04.53.27</b>	2	Karin Le Roux	
92	15	219	VM	Steve Heldzingen	02.47.58	02.05.32	<b>04.53.30</b>	2	Steve Heldzingen	
93	23	287	SW	Nadia Naude	02.48.07	02.05.27	<b>04.53.34</b>	2	Nadia Naude	
94	24	379	SW	Linda Basson	02.56.07	01.58.00	<b>04.54.07</b>	2	Linda Basson	



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	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total Time	Stgs	Team Runners
<b>Overall All Solos</b>	95	9	306	MW	Linda Truscott	02.51.23	02.03.45	<b>04.55.08</b>	2	Linda Truscott
	96	22	318	VW	Mardre Bethke	02.48.43	02.06.28	<b>04.55.11</b>	2	Mardre Bethke
	97	23	314	VW	Natasha Kruger	02.48.44	02.06.28	<b>04.55.12</b>	2	Natasha Kruger
	98	21	103	SM	Johan Blom	02.51.28	02.04.19	<b>04.55.47</b>	2	Johan Blom
	99	7	350	MM	Francois Du Plessis	02.51.38	02.04.54	<b>04.56.32</b>	2	Francois Du Plessis
	100	24	166	VW	Corne Oelofse	02.53.24	02.03.10	<b>04.56.34</b>	2	Corne Oelofse
	101	22	290	SM	Johannes Bosch	02.54.05	02.02.47	<b>04.56.52</b>	2	Johannes Bosch
	102	25	380	SW	Elena Zwick	02.47.10	02.10.35	<b>04.57.45</b>	2	Elena Zwick
	103	23	378	SM	Christopher Boshoff	03.01.13	01.58.00	<b>04.59.13</b>	2	Christopher Boshoff
	104	24	310	SM	Tiaan Pietersen	02.49.02	02.10.16	<b>04.59.18</b>	2	Tiaan Pietersen
	105	25	206	VW	Hester Van Den Heever	02.52.53	02.06.40	<b>04.59.33</b>	2	Hester Van Den Heever
	106	10	249	MW	Elaine Visser	02.55.48	02.04.44	<b>05.00.32</b>	2	Elaine Visser
	107	26	244	SW	Helen Van Der Horst	02.54.47	02.07.01	<b>05.01.48</b>	2	Helen Van Der Horst
	108	26	315	VW	Dawn Lubbe	02.55.37	02.06.39	<b>05.02.16</b>	2	Dawn Lubbe
	109	25	196	SM	Sorita Botha	02.58.28	02.03.54	<b>05.02.22</b>	2	Sorita Botha
	110	27	245	SW	Claire Hayworth	02.54.45	02.07.46	<b>05.02.31</b>	2	Claire Hayworth
	111	28	320	SW	Magda Snyman-Marshall	02.55.08	02.07.59	<b>05.03.07</b>	2	Magda Snyman-Marshall
	112	27	319	VW	Bronwyn Myers-Franchi	02.55.07	02.08.00	<b>05.03.07</b>	2	Bronwyn Myers-Franchi
	113	28	183	VW	Leanne Mitchell	02.56.23	02.07.18	<b>05.03.41</b>	2	Leanne Mitchell
	114	29	165	SW	Marisa Van Onselen	02.52.19	02.11.47	<b>05.04.06</b>	2	Marisa Van Onselen
	115	30	246	SW	Ashleigh Hayworth	02.56.28	02.07.45	<b>05.04.13</b>	2	Ashleigh Hayworth
	116	29	383	VW	Rita Nel	02.49.40	02.15.12	<b>05.04.52</b>	2	Rita Nel
117	16	373	VM	Jacques Booysen	03.01.25	02.03.52	<b>05.05.17</b>	2	Jacques Booysen	
118	8	198	MM	Tracey Burke	02.55.45	02.09.38	<b>05.05.23</b>	2	Tracey Burke	
119	30	370	VW	Michelle Bristow	03.08.44	01.56.49	<b>05.05.33</b>	2	Michelle Bristow	
120	31	259	SW	Monelle Erasmus	02.57.46	02.08.31	<b>05.06.17</b>	2	Monelle Erasmus	
121	11	263	MW	Eoudia Erasmus	02.57.48	02.08.31	<b>05.06.19</b>	2	Eoudia Erasmus	
122	31	114	VW	Kirsten Farara	02.49.29	02.16.56	<b>05.06.25</b>	2	Kirsten Farara	



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	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total Time	Stgs	Team Runners
<b>Overall All Solos</b>	123	32	163	VW	Robyn Forbes	03.01.02	02.05.46	<b>05.06.48</b>	2	Robyn Forbes
	124	33	106	VW	Evelyne Claes	03.01.04	02.05.46	<b>05.06.50</b>	2	Evelyne Claes
	125	34	388	VW	Delia Reed	02.59.25	02.09.17	<b>05.08.42</b>	2	Delia Reed
	126	35	295	VW	Diana Mouton	02.52.54	02.16.35	<b>05.09.29</b>	2	Diana Mouton
	127	36	188	VW	Melody Brown	02.57.24	02.12.59	<b>05.10.23</b>	2	Melody Brown
	128	9	164	MM	Michael Worne	02.57.24	02.13.50	<b>05.11.14</b>	2	Michael Worne
	129	32	267	SW	Alana Myburgh	03.02.23	02.09.54	<b>05.12.17</b>	2	Alana Myburgh
	130	33	126	SW	Leesa Bright	03.02.08	02.11.52	<b>05.14.00</b>	2	Leesa Bright
	131	37	234	VW	Liesl Van Rensburg	03.03.18	02.11.53	<b>05.15.11</b>	2	Liesl Van Rensburg
	132	17	189	VM	Kevin Ferreira	03.02.25	02.13.00	<b>05.15.25</b>	2	Kevin Ferreira
	133	38	317	VW	Charné Venter	03.00.24	02.15.05	<b>05.15.29</b>	2	Charné Venter
	134	39	148	VW	Paula Casey	03.04.44	02.11.55	<b>05.16.39</b>	2	Paula Casey
	135	40	123	VW	Sarah Van Lienden	03.01.01	02.16.06	<b>05.17.07</b>	2	Sarah Van Lienden
	136	41	363	VW	Rochelle Reid	02.59.36	02.19.22	<b>05.18.58</b>	2	Rochelle Reid
	137	42	357	VW	Jo Van Wyk	03.03.40	02.16.31	<b>05.20.11</b>	2	Jo Van Wyk
	138	34	230	SW	Morgan Volkmann	03.02.24	02.19.08	<b>05.21.32</b>	2	Morgan Volkmann
	139	43	386	VW	Lizette Viljoen	03.08.49	02.12.46	<b>05.21.35</b>	2	Lizette Viljoen
	140	35	369	SW	Janet De Beer	03.08.41	02.12.55	<b>05.21.36</b>	2	Janet De Beer
	141	44	167	VW	Juliana Du Toit-Truter	02.53.26	02.28.35	<b>05.22.01</b>	2	Juliana Du Toit-Truter
	142	45	115	VW	Julia Mccurrach	03.05.38	02.16.54	<b>05.22.32</b>	2	Julia Mccurrach
143	46	116	VW	Sandy Young	03.05.40	02.16.53	<b>05.22.33</b>	2	Sandy Young	
144	47	146	VW	Karen Fouche	03.09.13	02.15.40	<b>05.24.53</b>	2	Karen Fouche	
145	48	128	VW	Lindy Slingsby	03.07.57	02.18.32	<b>05.26.29</b>	2	Lindy Slingsby	
146	49	130	VW	Simone Mahlert-Stewart	03.07.55	02.18.34	<b>05.26.29</b>	2	Simone Mahlert-Stewart	
147	12	348	MW	Janelle Miller	03.04.23	02.23.04	<b>05.27.27</b>	2	Janelle Miller	
148	10	349	MM	Mark Miller	03.09.21	02.19.46	<b>05.29.07</b>	2	Mark Miller	
149	50	176	VW	Maureen Whare	03.09.30	02.19.59	<b>05.29.29</b>	2	Maureen Whare	
150	18	120	VM	Kathryn Le Roux	03.13.01	02.18.33	<b>05.31.34</b>	2	Kathryn Le Roux	



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	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total Time	Stgs	Team Runners
<b>Overall All Solos</b>	151	13	359	MW	Lael Rothenburg	03.08.43	02.23.35	<b>05.32.18</b>	2	Lael Rothenburg
	152	51	185	VW	Annelise Botha	03.25.09	02.07.42	<b>05.32.51</b>	2	Annelise Botha
	153	19	374	VM	Brian Conrad	03.14.32	02.20.54	<b>05.35.26</b>	2	Brian Conrad
	154	52	346	VW	Nuraan Fakier	03.20.22	02.17.06	<b>05.37.28</b>	2	Nuraan Fakier
	155	20	347	VM	Riaan Cottle	03.24.27	02.14.44	<b>05.39.11</b>	2	Riaan Cottle
	156	53	195	VW	Tanya Moffat	03.19.57	02.19.24	<b>05.39.21</b>	2	Tanya Moffat
	157	54	143	VW	Lea-Anne Hack	03.13.31	02.25.54	<b>05.39.25</b>	2	Lea-Anne Hack
	158	55	275	VW	Erica Erasmus	03.17.09	02.23.39	<b>05.40.48</b>	2	Erica Erasmus
	159	56	276	VW	Wilene Collins	03.17.08	02.23.40	<b>05.40.48</b>	2	Wilene Collins
	160	57	316	VW	Martie Swanepoel	03.10.07	02.31.39	<b>05.41.46</b>	2	Martie Swanepoel
	161	58	243	VW	Anel Lewis	03.24.12	02.18.35	<b>05.42.47</b>	2	Anel Lewis
	162	11	125	MM	Bob De Decker	03.33.12	02.10.40	<b>05.43.52</b>	2	Bob De Decker
	163	59	187	VW	Tamryn Lamb	03.19.58	02.24.21	<b>05.44.19</b>	2	Tamryn Lamb
	164	60	339	VW	Tara Deacon	03.19.15	02.26.45	<b>05.46.00</b>	2	Tara Deacon
	165	14	170	MW	Diane Duggan	03.28.52	02.30.36	<b>05.59.28</b>	2	Diane Duggan
	166	61	247	VW	Leatitia De Villiers	03.34.51	02.27.04	<b>06.01.55</b>	2	Leatitia De Villiers
	167	62	268	VW	Petro Pienaar	03.34.53	02.27.06	<b>06.01.59</b>	2	Petro Pienaar
	168	63	169	VW	Lee-Ann Barnes	03.18.34	02.43.40	<b>06.02.14</b>	2	Lee-Ann Barnes
	169	36	250	SW	Jacqui Pawson	03.22.22	02.40.06	<b>06.02.28</b>	2	Jacqui Pawson
	170	37	377	SW	Tanya De Vries	03.36.36	02.27.01	<b>06.03.37</b>	2	Tanya De Vries
	171	38	265	SW	Mia Kotze	03.27.30	02.39.08	<b>06.06.38</b>	2	Mia Kotze
	172	64	113	VW	Tharina Bergh	03.35.23	02.40.34	<b>06.15.57</b>	2	Tharina Bergh
	173	65	133	VW	Marian Acker	03.35.24	02.40.34	<b>06.15.58</b>	2	Marian Acker
	174	39	118	SW	Michelle Thiant	03.38.41	02.40.08	<b>06.18.49</b>	2	Michelle Thiant
	175	66	254	VW	Sonja Van Der Westhuizen	03.54.00	02.25.23	<b>06.19.23</b>	2	Sonja Van Der Westhuizen
	176	40	335	SW	Ragmah Edwards	03.35.53	02.44.44	<b>06.20.37</b>	2	Ragmah Edwards
	177	15	207	MW	Caroline Alleson	03.18.07	03.05.42	<b>06.23.49</b>	2	Caroline Alleson
	178	67	313	VW	Lizel Jonker	03.40.12	02.44.09	<b>06.24.21</b>	2	Lizel Jonker



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	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total Time	Stgs	Team Runners
Overall All Solos	179	41	117	SW	Lize Le Roux	03.40.13	02.45.23	<b>06.25.36</b>	2	Lize Le Roux
	180	16	277	MW	Louise Smit	04.02.13	02.24.45	<b>06.26.58</b>	2	Louise Smit
	181	68	149	VW	Megan Paul	03.36.07	02.55.49	<b>06.31.56</b>	2	Megan Paul
	182	12	354	MM	Douglas Smith	03.52.27	02.51.16	<b>06.43.43</b>	2	Douglas Smith
	183	69	174	VW	Julie Knapp	03.54.03	02.55.49	<b>06.49.52</b>	2	Julie Knapp
	184	42	223	SW	Adele Jordaan	03.51.10	02.59.25	<b>06.50.35</b>	2	Adele Jordaan
	185	13	226	MM	Andre Treurnich	04.04.34	02.59.25	<b>07.03.59</b>	2	Andre Treurnich
	186	70	186	VW	Hester Basson	04.15.14	02.56.44	<b>07.11.58</b>	2	Hester Basson
	187	71	355	VW	Mariska Louw	04.15.15	02.56.45	<b>07.12.00</b>	2	Mariska Louw
	188	72	177	VW	Anja Swart	04.17.35	03.06.52	<b>07.24.27</b>	2	Anja Swart
	189	73	256	VW	Marlene Nell	04.27.56	03.01.51	<b>07.29.47</b>	2	Marlene Nell
	190	74	297	VW	Tracy Berry	04.27.59	03.01.51	<b>07.29.50</b>	2	Tracy Berry
	191	26	390	SM	Ebrain Zozi	01.55.04		<b>01.55.04</b>	1	Ebrain Zozi
	192	43	280	SW	Jen Keevey	02.07.29		<b>02.07.29</b>	1	Jen Keevey
	193	27	233	SM	George Cayanis	02.11.28		<b>02.11.28</b>	1	George Cayanis
	194	44	135	SW	Joanne Bentley	02.13.41		<b>02.13.41</b>	1	Joanne Bentley
	195	45	367	SW	Gerda Henn-Veldhuizen	02.20.27		<b>02.20.27</b>	1	Gerda Henn-Veldhuizen
	196	46	184	SW	Marianne Johnson	02.20.28		<b>02.20.28</b>	1	Marianne Johnson
	197	75	208	VW	Nicky Eckstein	02.35.44		<b>02.35.44</b>	1	Nicky Eckstein
	198	47	175	SW	Casandra Mitchley	02.38.39		<b>02.38.39</b>	1	Casandra Mitchley
	199	76	137	VW	Sarah Frazee	02.41.51		<b>02.41.51</b>	1	Sarah Frazee
	200	28	309	SM	Louis Becker	02.52.32		<b>02.52.32</b>	1	Louis Becker
	201	17	214	MW	Fran Pocock	03.03.20		<b>03.03.20</b>	1	Fran Pocock
	202	77	338	VW	Eveline Meyer	03.08.47		<b>03.08.47</b>	1	Eveline Meyer
	203	21	286	VM	Gustav Zietsman	03.18.23		<b>03.18.23</b>	1	Gustav Zietsman
	204	29	173	SM	Riaan Viljoen	03.25.17		<b>03.25.17</b>	1	Riaan Viljoen
205	14	273	MM	Murco Lamminga	03.30.07		<b>03.30.07</b>	1	Murco Lamminga	
206	78	190	VW	Carol Trimmer	03.41.54		<b>03.41.54</b>	1	Carol Trimmer	



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	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total Time	Stgs	Team Runners
<b>Overall All Solos</b>	207	18	205	MW	Carol Boltman	03.41.56		<b>03.41.56</b>	1	Carol Boltman
	208	79	160	VW	Vivienne Childs	03.54.17		<b>03.54.17</b>	1	Vivienne Childs
	209	22	159	VM	Barry Childs	03.59.19		<b>03.59.19</b>	1	Barry Childs
	210	80	200	VW	Corne Rossouw	04.37.51		<b>04.37.51</b>	1	Corne Rossouw
	211	48	364	SW	Jill Prins	05.48.59		<b>05.48.59</b>	1	Jill Prins
Category	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total	Stgs	Team Runners
<b>Ladies Teams</b>	1	1	T49	WT	Twingenuity	02.19.10	01.39.02	<b>03.58.12</b>	2	491 Annika Almendro - 492 Gwendoline Almendro
	2	2	T13	WT	Bubbly Buddies	02.22.41	01.41.08	<b>04.03.49</b>	2	131 Yvette Venter - 132 Sonja Neethling
	3	3	T22	WT	Hexies	02.25.08	01.41.45	<b>04.06.53</b>	2	221 Hildegard Reyneke - 222 Jana Laubscher
	4	4	T28	WT	Pacemakers	02.26.30	01.43.49	<b>04.10.19</b>	2	281 May Venter - 282 Chris-Maré Schoeman
	5	5	T33	WT	Smooth Snailin'	02.35.18	01.54.41	<b>04.29.59</b>	2	331 Jennifer Aston - 332 Shirley Milne
	6	6	T23	WT	Hq Robertson	03.08.27	02.08.16	<b>05.16.43</b>	2	231 Vera Gelderblom - 232 Marzanne Louw
	7	7	T21	WT	Girls Rule	03.26.11	02.34.18	<b>06.00.29</b>	2	211 Lizelle Bothma - 212 Vanessa Ouwerkerk
	8	8	T37	WT	Team B 1	04.04.18	02.36.12	<b>06.40.30</b>	2	371 Amelia Beswick - 372 Talana Bosman
	9	9	T25	WT	Kim & Colleen	03.51.28	02.49.40	<b>06.41.08</b>	2	251 Colleen Cross - 252 Kim Lamb
	10	10	T16	WT	Darling Brew	04.11.34	02.40.49	<b>06.52.23</b>	2	161 Philippa Wood - 162 Julie Colman
Category	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total	Stgs	Team Runners
<b>Mens Teams</b>	1	1	T27	MT	Outeniqua Berghane	01.52.11	01.21.39	<b>03.13.50</b>	2	271 Frans Vanzyl - 272 Wayne Liddell
	2	2	T32	MT	Rocknroll	02.40.52	01.55.58	<b>04.36.50</b>	2	321 Stefe Giliomee - 322 Hugo Brink
	3	3	T36	MT	Sweepers	02.50.59	02.06.22	<b>04.57.21</b>	2	361 Walton Krüger - 362 Ruan Venter
Category	All	Cat	No	Cat	Name	Stg 1	Stg 2	Total	Stgs	Team Runners
<b>Mixed Teams</b>	1	1	T15	XT	Dalton Mixers	02.28.19	01.42.13	<b>04.10.32</b>	2	151 John Dalton - 152 Hanri Dalton
	2	2	T12	XT	Breathe Strong	02.24.27	01.55.52	<b>04.20.19</b>	2	121 Jamie Holtzhausen - 122 Samantha Holtzhausen
	3	3	T17	XT	Die Blomme	02.38.49	01.46.11	<b>04.25.00</b>	2	171 Helen Blom - 172 Erhard Blom
	4	4	T11	XT	#Verliefenverlore	02.36.17	01.48.54	<b>04.25.11</b>	2	111 Gielie Beukes - 112 Marguerite Beukes
	5	5	T14	XT	Club 2000	02.34.55	01.52.34	<b>04.27.29</b>	2	141 Stephan Du Toit - 142 Larah Van Niekerk
	6	6	T20	XT	Feel The Love	02.37.27	01.51.02	<b>04.28.29</b>	2	201 Ross Pennell - 202 Lisa Haakman
	<b>Mixed Teams</b>	7	7	T29	XT	Pura Soda	02.36.57	01.56.07	<b>04.33.04</b>	2





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	8	8	T40	XT	Gerdice	02.43.53	01.54.58	<b>04.38.51</b>	2	401 Candice Bouver - 402 Gerhard Nel
	9	9	T52	XT	Introverts United	02.44.54	01.58.45	<b>04.43.39</b>	2	521 Maryke Fourie - 522 Charl Du Plessis
	10	10	T51	XT	The Roux'S	02.45.33	01.58.13	<b>04.43.46</b>	2	511 Jeanne-Marie Roux - 512 Jacques Roux
	11	11	T50	XT	Unstoppable	02.44.42	02.00.05	<b>04.44.47</b>	2	501 Susari Cloete - 502 Martin Cloete
	12	12	T43	XT	Loots	02.46.09	02.02.08	<b>04.48.17</b>	2	431 Caley Loots - 432 Jurie Loots
	13	13	T42	XT	K & M	02.46.11	02.02.07	<b>04.48.18</b>	2	421 Grobler Basson - 422 Erika Basson
	14	14	T39	XT	Du Preez	02.52.43	01.59.57	<b>04.52.40</b>	2	391 Emile Du Preez - 392 Christine Du Preez
	15	15	T24	MT	K D	02.54.28	02.02.45	<b>04.57.13</b>	2	241 Doug Batchelor - 242 Keri Davies
	16	16	T19	XT	Double Trouble	02.55.21	02.04.02	<b>04.59.23</b>	2	191 Elschen Beyers - 192 Riaan De Ridder
	17	17	T26	XT	Kudus	02.48.57	02.13.44	<b>05.02.41</b>	2	261 Luzanne Esterhuyse - 262 Nico Esterhuyse
	18	18	T38	XT	Team B 2	03.09.02	02.14.05	<b>05.23.07</b>	2	381 Tertius Bruwer - 382 Henriette Bruwer
	19	19	T18	XT	Die Dippies	02.58.23	02.28.53	<b>05.27.16</b>	2	181 Leonore Greybe - 182 Kobus Dippenaar
	20	20	T34	XT	Spoke In The Wheel	03.11.18	02.29.00	<b>05.40.18</b>	2	341 Brian Wheal - 342 Lauren Wheal
	21	21	T31	XT	Rockafrika Wd	03.23.11	02.19.46	<b>05.42.57</b>	2	311 Pieterx Du Plessis - 312 Liesl Du Plessis
	22	22	T48	XT	Trail Junkies	03.31.10	02.26.28	<b>05.57.38</b>	2	481 Rushdi Toefy - 482 Zahiedah Toefy
	23	23	T45	XT	Weimarunners	03.28.33	02.32.09	<b>06.00.42</b>	2	451 Kevin Aron - 452 Joanna Samsonowicz
	24	24	T35	XT	Sugar & Spice	03.32.00	02.34.50	<b>06.06.50</b>	2	351 Alet Mouton - 352 Thinus Kruger
	25	25	T30	XT	Return Of The Macs	03.28.39	02.52.26	<b>06.21.05</b>	2	301 Jaclyn Lotter - 302 Michael Mcinerney
	26	26	T41	XT	Jakob	03.48.04	02.36.28	<b>06.24.32</b>	2	411 Koba Jakob - 412 Olaf Jakob
	27	27	T47	XT	The Participants	02.40.24		<b>02.40.24</b>	1	471 Anja Langenhoven - 472 Burger Kraemer