

MAKE
THINGS
HAPPEN



SUPPORTED BY



Tag	Nr	Name	Surname	Cat	Laps	Start	Finish	Time	Pos
ELITE MEN									
1329	371	Heinrich	Kohne	EM	7	14:29:03.31	16:13:31.44	1:44:28	1
1130	80	Michael	Pretorius	EM	7	14:29:03.31	16:16:45.94	1:47:43	2
1231	225	Norbert	Meyer	EM	7	14:29:03.31	16:21:14.28	1:52:11	3
1269	91	Charl	Fouche	EM	7	14:29:03.31	16:21:14.23	1:52:11	4
1220	221	Eugene	Ellis	EM	7	14:29:03.31	16:22:37.21	1:53:34	5
5290	590	Clayton	Viljoen	EM	7	14:29:03.31	16:25:31.01	1:56:28	6
1263	105	Andreas	Ewald	EM	7	14:29:03.31	16:26:53.83	1:57:51	7
3553	1059	Andre	De Klerk	EM	7	14:29:03.31	16:28:16.12	1:59:13	8
3709	1200	Nico	Ruppel	EM	7	14:29:03.31	16:29:25.76	2:00:22	9
5297	597	Pierre	Knoetze	EM	7	14:29:03.31	16:29:32.72	2:00:29	10
3509	1015	Israel	Alfred	EM	7	14:29:03.31	16:30:06.85	2:01:04	11
3541	1047	Howeka	Johannes	EM	7	14:29:03.31	16:31:41.62	2:02:38	12
3504	1010	Ananias	Ananias	EM	7	14:29:03.31	16:34:30.29	2:05:27	13
3609	1115	MARTIN	SHEYA	EM	7	14:29:03.31	16:40:14.17	2:11:11	14
1239	81	Jerneil	Barth	EM	7	14:29:03.31	16:44:37.61	2:15:34	15
3540	1046	Israel	Josua	EM	7	14:29:03.31	16:48:21.47	2:19:18	16
3539	1045	Hipipako	Isaak	EM	7	14:29:03.31	16:57:10.05	2:28:07	17
3678	1169	Claude	Brendel	EM	5	14:31:13.61	16:32:59.83	DNF	DNF
3708	1199	Willie Mac	Van Zyl	EM	2	14:29:03.31	15:14:59.17	DNF	DNF
3547	1053	Viljoen	Arno	EM	2	14:29:03.31	15:27:34.44	DNF	DNF
3521	1027	Papo	Xavier	EM	1	14:29:03.31	14:44:21.75	DNF	DNF
1327	400	Martin	Freyer	EM	#N/A	14:29:03.31	#N/A	DNF	DNF
ELITE WOMEN									
1370	336	Irene	Steyn	EW	6	14:31:13.61	16:13:41.78	1:42:28	1
1363	330	Vorster	Michelle	EW	6	14:31:13.61	16:19:34.85	1:48:21	2
GRAND MASTER MEN									
1325	301	Roland	Graf	GMM	3	12:02:05.11	12:59:13.19	0:57:08	1
5257	557	Chris	Muir	GMM	3	12:02:05.11	13:07:32.99	1:05:28	2
1292	127	Bertram	Elliott	GMM	3	12:02:05.11	13:18:00.62	1:15:56	3
3548	1054	Augusto	Cosulich	GMM	3	12:02:05.11	13:28:03.54	1:25:58	4
JUNIOR MEN									
1335	78	Tristan	de Lange	JM	7	14:29:03.31	16:06:45.64	1:37:42	1
5284	584	Michael	Pekalski	JM	7	14:29:03.31	16:48:13.50	2:19:10	2
3608	1114	PETRUS	MAWANO	JM	7	14:29:03.31	16:48:41.93	2:19:39	3
3607	1113	Ricardo	Mangalie	JM	6	14:29:03.31	16:33:45.97	DNF	DNF
3606	1112	Dios	Skrywer	JM	3	14:29:03.31	15:30:06.38	DNF	DNF

3514	1020	Brendon	Plaatjies	JM	1	14:29:03.31	14:47:38.94	DNF	DNF
MASTER WOMEN									
5259	559	Carolyn	Janik	MW	3	12:04:31.40	13:09:02.07	1:04:31	1
1177	55	Berrit	Graf	MW	3	12:04:31.40	13:13:23.16	1:08:52	2
5265	565	Siggi	Bassingthwaighte	MW	3	12:04:31.40	13:13:30.55	1:08:59	3
3578	1084	Karin	Brockmann	MW	3	12:04:31.40	13:21:24.60	1:16:53	4
MASTER MEN									
5261	561	Frank	Snyman	MM	5	12:00:07.27	13:29:54.21	1:29:47	1
1320	82	Gustav	Gouws	MM	5	12:00:07.27	13:32:09.87	1:32:03	2
1190	50	JOHANN	LIEBENBERG	MM	5	12:00:07.27	13:34:02.56	1:33:55	3
1188	61	Hercules	Viljoen	MM	5	12:00:07.27	13:36:04.76	1:35:57	4
1236	121	Raul	Fuentes Milani	MM	5	12:00:07.27	13:38:00.46	1:37:53	5
1341	307	Naudé	Theron	MM	5	12:00:07.27	13:41:49.34	1:41:42	6
1172	48	Christo	Le Roux	MM	5	12:00:07.27	13:52:40.73	1:52:33	7
1151	149	Jan Matthys	Nel	MM	5	12:00:07.27	14:04:55.46	2:04:48	8
1143	123	Kai	Nolte	MM	1	12:00:07.27	12:20:39.36	DNF	DNF
1288	118	Pieter	Langenhoven	MM	#N/A	#N/A	#N/A	DNF	DNF
SPORT WOMEN									
1324	313	Gudrun	Marschall	SW	3	12:04:31.40	13:06:48.16	1:02:17	1
5269	569	Wanda	Van Der Merwe	SW	3	12:04:31.40	13:06:48.16	1:02:17	2
1221	239	Andra	Van Staden	SW	3	12:04:31.40	13:07:41.73	1:03:10	3
3576	1082	Ulande	Viljoen	SW	3	12:04:31.40	13:08:44.19	1:04:13	4
5273	573	PETRA	COMPION	SW	3	12:04:31.40	13:11:38.98	1:07:08	5
3546	1052	Patricia	Hoeksema	SW	3	12:04:31.40	13:12:14.48	1:07:43	6
3598	1104	Dawn	Adams-Redelinghuys	SW	3	12:04:31.40	13:12:28.67	1:07:57	7
1244	230	Javaneh	Azadeh	SW	3	12:04:31.40	13:14:33.57	1:10:02	8
5279	579	Esther	Smit	SW	3	12:04:31.40	13:16:06.08	1:11:35	9
3572	1078	Odette	Van Der Merwe	SW	3	12:04:31.40	13:16:45.02	1:12:14	10
1166	40	MONIKA	GROSSMANN	SW	3	12:04:31.40	13:16:54.33	1:12:23	11
5315	615	Marlene	Miller	SW	3	12:04:31.40	13:17:09.35	1:12:38	12
1134	69	Kirsten	Baumann	SW	3	12:04:31.40	13:19:12.40	1:14:41	13
5255	555	Ancois	Fidytek	SW	3	12:04:31.40	13:20:00.66	1:15:29	14
5314	614	Tina	Viljoen	SW	3	12:04:31.40	13:23:30.92	1:19:00	15
3580	1086	Ronel	van Vuuren	SW	3	12:04:31.40	13:28:28.64	1:23:57	16
1132	70	Sally	Harper	SW	3	12:04:31.40	13:31:28.70	1:26:57	17
5282	582	Kerstin	Klein	SW	3	12:04:31.40	13:40:52.42	1:36:21	18
3614	1120	Mimi	Nieuwoudt	SW	3	12:04:31.40	13:45:30.01	1:40:59	19
1141	154	Ulla	Von Holtz	SW	3	12:04:31.40	13:52:45.50	1:48:14	20
1225	101	Bertha	Theron	SW	2	12:04:31.40	12:45:53.21	DNF	DNF
5318	618	Maryna	Blignaut	SW	1	12:04:31.40	12:33:35.70	DNF	DNF
3593	1099	Michelle	Pilzer	SW	1	12:04:31.40	12:39:03.61	DNF	DNF
SPORT MEN									
5268	568	Peter	Van Der Merwe	SM	3	12:02:05.11	12:52:09.90	0:50:05	1
1323	303	Hilko	Marschall	SM	3	12:02:05.11	12:53:15.99	0:51:11	2
3508	1014	Dan	Craven	SM	3	12:02:05.11	12:53:18.90	0:51:14	3
3520	1026	Wynandt	Gouws	SM	3	12:02:05.11	12:55:02.52	0:52:57	4
3506	1012	William	Heigan	SM	3	12:02:05.11	12:55:23.82	0:53:19	5
3561	1067	Ivan	Heigan	SM	3	12:02:05.11	12:55:28.03	0:53:23	6
3575	1081	Braam	Vermeulen	SM	3	12:02:05.11	12:58:58.93	0:56:54	7
1153	65	Hanso	Diehl	SM	3	12:02:05.11	12:59:46.22	0:57:41	8
1136	110	Brendan	Dickerson	SM	3	12:02:05.11	13:00:03.18	0:57:58	9

3599	1105	Theo	Hoeksema	SM	3	12:02:05.11	13:00:12.74	0:58:08	10
3524	1030	Daneel	vd Walt	SM	3	12:02:05.11	13:00:32.44	0:58:27	11
3573	1079	Vincent	Liang	SM	3	12:02:05.11	13:00:47.98	0:58:43	12
5262	562	Craig	Williams	SM	3	12:02:05.11	13:00:50.22	0:58:45	13
1318	18	Giovanni	Baumann	SM	3	12:02:05.11	13:01:21.95	0:59:17	14
1161	166	Axel	Theissen	SM	3	12:02:05.11	13:01:30.71	0:59:26	15
3519	1025	Arno	Mohr	SM	3	12:02:05.11	13:01:48.08	0:59:43	16
5274	574	Mark	Brinkmann	SM	3	12:02:05.11	13:01:48.73	0:59:44	17
5263	563	SAREL	BURGER	SM	3	12:02:05.11	13:01:51.07	0:59:46	18
1301	72	Titus	Koen	SM	3	12:02:05.11	13:02:03.80	0:59:59	19
3711	1003	Mark	Du Preez	SM	3	12:02:05.11	13:03:04.83	1:01:00	20
1222	34	Andre	Van Staden	SM	3	12:02:05.11	13:03:09.05	1:01:04	21
1298	296	Johnny	Pedreiro	SM	3	12:02:05.11	13:03:36.14	1:01:31	22
3605	1111	Jaco	van Zyl	SM	3	12:02:05.11	13:04:38.52	1:02:33	23
1243	231	Armid	Azadeh	SM	3	12:02:05.11	13:06:09.27	1:04:04	24
1367	334	Henco	Van Zyl	SM	3	12:02:05.11	13:06:14.67	1:04:10	25
3570	1076	Kobus	Louw	SM	3	12:02:05.11	13:06:43.18	1:04:38	26
5316	616	Renier	Taljaard	SM	3	12:02:05.11	13:06:52.89	1:04:48	27
3582	1088	Robert Jacobus	Louw	SM	3	12:02:05.11	13:07:31.65	1:05:27	28
5254	554	Tomasz	Fidytek	SM	3	12:02:05.11	13:08:24.83	1:06:20	29
1303	300	Paul J	Opperman	SM	3	12:02:05.11	13:08:26.65	1:06:22	30
3710	1001	Henk	Schlechter	SM	3	12:02:05.11	13:09:12.72	1:07:08	31
5387	687	Charl	De Wet	SM	3	12:02:05.11	13:09:41.40	1:07:36	32
3600	1106	Shaun	Fobian	SM	3	12:02:05.11	13:10:03.69	1:07:59	33
3585	1091	Riaan	Compaan	SM	3	12:02:05.11	13:12:13.24	1:10:08	34
3571	1077	Joachim	Morawetz	SM	3	12:02:05.11	13:13:17.54	1:11:12	35
3597	1103	Leon	Kohne	SM	3	12:02:05.11	13:13:52.77	1:11:48	36
5298	598	Christo	Du Raan	SM	3	12:02:05.11	13:13:56.46	1:11:51	37
3558	1064	Faizel Jerome	Nickel	SM	3	12:02:05.11	13:14:11.60	1:12:06	38
3569	1075	Hilmar	Von Lieres	SM	3	12:02:05.11	13:15:35.83	1:13:31	39
1289	273	Penda	Amadhila	SM	3	12:02:05.11	13:15:50.17	1:13:45	40
3713	1005	Tertius	Stears	SM	3	12:02:05.11	13:16:38.90	1:14:34	41
5278	578	Agapitus	Nekwaya	SM	3	12:02:05.11	13:19:26.48	1:17:21	42
3552	1058	Rohan	Louw	SM	3	12:02:05.11	13:19:27.72	1:17:23	43
3552	1058	Ruhan	Louw	SM	3	12:02:05.11	13:19:27.72	1:17:23	44
5277	577	Thomas	Soutschka	SM	3	12:02:05.11	13:20:58.43	1:18:53	45
3502	1008	Martin	Van Jaarsveld	SM	3	12:02:05.11	13:24:41.61	1:22:36	46
3503	1009	Jonathan	Le Roux	SM	3	12:02:05.11	13:28:27.28	1:26:22	47
3594	1100	Francois	Prinsloo	SM	3	12:02:05.11	13:45:29.59	1:43:24	48
3586	1092	Riaan	Swiegelaar	SM	3	12:02:05.11	13:46:30.73	1:44:26	49
1155	119	Danie	Blignaut	SM	2	12:02:05.11	12:43:05.29	DNF	DNF
3591	1097	NC	Hoeksema	SM	2	12:02:05.11	12:41:57.43	DNF	DNF
3581	1087	Brent	Hanekom	SM	1	12:02:05.11	12:30:49.58	DNF	DNF
3590	1096	Andreas	Kirsten	SM	1	12:02:05.11	12:40:51.47	DNF	DNF
3543	1049	Rian	Kritzinger	SM	1	12:02:05.11	12:21:46.78	DNF	DNF
1211	255	John	Liao	SM	1	12:02:05.11	12:21:15.03	DNF	DNF
3512	1018	Jan Louis	Mostert	SM	1	12:02:05.11	12:23:41.62	DNF	DNF

SUB VET WOMEN

1336	304	Genevieve	Weber	SVW	5	14:33:22.74	15:58:14.45	1:24:52	1
1346	316	Johanita	De Waal	SVW	5	14:33:22.74	16:11:36.07	1:38:13	2
1242	144	MAIKE	BOCHERT	SVW	5	14:33:22.74	16:12:30.41	1:39:08	3
3501	1007	Michaela	Ham	SVW	5	14:33:22.74	16:27:51.90	1:54:29	4

SUB VET MEN

1333	333	WIM	STEENKAMP	SVM	6	14:31:13.61	16:07:02.24	1:35:49	1
1340	308	Phillip	Steyn	SVM	6	14:31:13.61	16:07:08.19	1:35:55	2
1278	32	Pierre	Van Rensburg	SVM	6	14:31:13.61	16:13:47.40	1:42:34	3
5294	594	Gielie	Van Wyk	SVM	6	14:31:13.61	16:15:33.76	1:44:20	4
1235	35	Johann	Wasserfall	SVM	6	14:31:13.61	16:15:57.32	1:44:44	5
5231	531	Andrew	Rowles	SVM	6	14:31:13.61	16:19:51.22	1:48:38	6
1279	169	Gerhard	Fourie	SVM	6	14:31:13.61	16:22:00.88	1:50:47	7
1252	30	Bertus	Truter	SVM	6	14:31:13.61	16:26:19.54	1:55:06	8
1249	199	ANDRE	STEINFURTH	SVM	6	14:31:13.61	16:27:24.19	1:56:11	9
3712	1004	Brian	Key	SVM	6	14:31:13.61	16:31:20.35	2:00:07	10
1229	67	Arne	Stier	SVM	6	14:31:13.61	16:37:10.75	2:05:57	11
5291	591	Nel	Phillip	SVM	6	14:31:13.61	16:37:33.90	2:06:20	12
3596	1102	Mark	Spath	SVM	5	14:31:13.61	16:08:02.41	DNF	DNF
1181	197	Niko	Bruckner	SVM	5	14:33:22.74	16:23:40.73	DNF	DNF
3588	1094	Karsten	Denk	SVM	5	14:33:22.74	15:57:02.72	DNF	DNF
5283	583	Abrie	Swanepoel	SVM	4	14:31:13.61	15:48:55.75	DNF	DNF
1230	125	Stoney	Bührmann	SVM	3	14:31:13.61	15:24:33.79	DNF	DNF
1201	202	Vernon	Maresch	SVM	3	14:31:13.61	15:23:06.30	DNF	DNF
1332	12	Danie	Joubert	SVM	1	14:31:13.61	14:48:23.75	DNF	DNF

UNDER 10 BOYS

5201	501	Kevin	Lowe	U10B	2	10:39:01.05	11:08:52.51	0:29:51	1
1131	85	Ethan	L'Estrange	U10B	2	10:39:01.05	11:10:54.81	0:31:54	2
1351	312	Danie	Hahn	U10B	2	10:39:01.05	11:12:56.43	0:33:55	3
1154	269	Vahid	Diehl	U10B	2	10:39:01.05	11:18:49.03	0:39:48	4
1157	14	PD	Blignaut	U10B	2	10:39:01.05	11:22:55.34	0:43:54	5
3615	1121	Cael	Smith	U10B	2	10:39:01.05	11:25:48.91	0:46:48	6
3611	1117	Nicholis	Du Plessis	U10B	2	10:39:01.05	11:29:57.45	0:50:56	7
3616	1122	Dylan	Hilfiker	U10B	2	10:39:01.05	11:32:01.50	0:53:00	8

UNDER 12 BOYS

3522	1028	Diaan	Vermeulen	U12B	3	10:36:17.00	11:22:12.37	0:45:55	1
1296	292	Reto	Sell	U12B	3	10:36:17.00	11:22:36.27	0:46:19	2
5394	694	Jensen	Bergran	U12B	3	10:36:17.00	11:22:39.53	0:46:23	3
3507	1013	Ricco	Seebach	U12B	3	10:36:17.00	11:28:13.51	0:51:57	4
1355	323	Hugo	Hahn	U12B	3	10:36:17.00	11:34:44.64	0:58:28	5
3533	1039	Benjamin	Coury	U12B	2	10:36:17.00	11:26:46.35	DNF	DNF

UNDER 12 GIRLS

3610	1116	Monique	Du Plessis	U12G	2	10:36:17.00	11:30:44.85	0:54:28	1
3537	1043	Fazia Tertia	Nickel	U12G	2	10:39:01.05	11:35:10.08	0:56:09	2

UNDER 14 BOYS

5393	693	Charl	Du Plooy	U14B	4	10:33:41.81	11:21:17.90	0:47:36	1
1294	291	Joshua	Lichtman	U14B	4	10:33:41.81	11:25:49.30	0:52:07	2
3612	1118	Oliver	Ahrens	U14B	4	10:33:41.81	11:29:23.37	0:55:42	3
5321	621	Janco	Du Plooy	U14B	4	10:33:41.81	11:34:54.04	1:01:12	4
1140	158	Leonard	Schmidt	U14B	4	10:33:41.81	11:35:20.58	1:01:39	5
5356	656	Dieter	Koen	U14B	4	10:33:41.81	11:40:52.91	1:07:11	6
1142	181	Batian	Nolte	U14B	3	10:33:41.81	11:26:07.50	DNF	DNF
3542	1048	Christopher	Bruckner	U14B	3	10:33:41.81	11:35:22.16	DNF	DNF
3697	1109	Tevin Roberto	Nickel	U14B	3	10:33:41.81	11:36:19.56	DNF	DNF
3534	1040	Erich	Wittmann	U14B	3	10:33:41.81	11:23:20.15	DNF	DNF
3550	1056	JoDave	Ciocolanti	U14B	1	10:33:41.81	10:48:56.37	DNF	DNF

1160	186	Dominic	Theissen	U14B	1	10:33:41.81	10:59:43.97	DNF	DNF
5227	527	Jak	Prinsloo	U14B	#N/A	#N/A	#N/A		
UNDER 14 GIRLS									
1297	295	Kayla	Pedreiro	U14G	3	10:33:41.81	11:39:46.84	1:06:05	1
5360	660	Cindy	Rowland	U14G	2	10:33:41.81	11:20:58.72	DNF	DNF
UNDER 16 BOYS									
1202	79	Herbert	Peters	U16B	6	14:31:13.61	16:07:02.31	1:35:49	1
1212	49	Marcel	Holtz	U16B	6	14:31:13.61	16:37:30.09	2:06:16	2
1164	73	Timmo	Grossmann	U16B	6	14:31:13.61	16:40:54.16	2:09:41	3
1162	168	Phillip	Theissen	U16B	6	14:31:13.61	16:46:51.58	2:15:38	4
1162	168	Phillip	Theissen	U16B	6	14:31:13.61	16:46:51.58	2:15:38	5
5395	695	Robert	Jakob	U16B	5	12:02:05.11	14:07:50.39	DNF	DNF
5311	611	Luke	Brinkmann	U16B	3	14:31:13.61	15:38:24.90	DNF	DNF
3513	1019	Luke	Munting	U16B	2	14:29:03.31	15:08:21.06	DNF	DNF
UNDER 16 GIRLS									
1165	76	Steffanie	Grossmann	U16G	4	12:00:07.27	13:33:04.35	1:32:57	1
VETERAN WOMEN									
1150	156	Lee-Anne	Palmhert	VW	5	14:35:34.17	16:10:22.18	1:34:48	1
1226	39	Elanor	Grassow	VW	5	14:35:34.17	16:12:19.09	1:36:45	2
1310	274	Susanne	Borg	VW	5	14:35:34.17	16:13:16.54	1:37:42	3
5389	689	Aletti	Lowe	VW	5	14:35:34.17	16:17:11.06	1:41:37	4
1264	263	Barbara	Ackermann	VW	5	14:35:34.17	16:18:05.56	1:42:31	5
1216	135	Stephanie	Faul	VW	5	14:35:34.17	16:21:32.70	1:45:59	6
1245	213	Anneke	Steenkamp	VW	5	14:35:34.17	16:22:11.82	1:46:38	7
1285	86	Ingrid	Hoth	VW	5	14:35:34.17	16:22:40.98	1:47:07	8
3707	1198	LIDIA	THERON	VW	2	14:35:34.17	15:23:45.54	DNF	
VETERAN MEN									
1276	275	Hans	Du Toit	VM	5	14:33:22.74	15:53:00.46	1:19:38	1
1293	153	Ian	Grassow	VM	5	14:33:22.74	15:53:35.24	1:20:12	2
1184	189	Adrian	De La Harpe	VM	5	14:33:22.74	15:56:06.03	1:22:43	3
1223	109	Thorsten	Horenburg	VM	5	14:33:22.74	15:57:41.47	1:24:19	4
1204	132	Allan	Vivier	VM	5	14:33:22.74	15:57:41.74	1:24:19	5
5252	552	Russell	Paschke	VM	5	14:33:22.74	15:59:27.68	1:26:05	6
1357	324	Carl	Hahn	VM	5	14:33:22.74	16:01:46.27	1:28:24	7
1353	319	Paul	Brinkmann	VM	5	14:33:22.74	16:01:56.48	1:28:34	8
1149	200	Michael	Lowe	VM	5	14:33:22.74	16:02:32.67	1:29:10	9
1203	141	Sarel	Boshoff	VM	5	14:33:22.74	16:02:39.40	1:29:17	10
5327	627	Paddy	Murphy	VM	5	14:33:22.74	16:03:38.79	1:30:16	11
1364	331	Johan	Vorster	VM	5	14:33:22.74	16:04:14.36	1:30:52	12
5245	545	Frank	Bombosch	VM	5	14:33:22.74	16:08:18.56	1:34:56	13
5388	688	Jeanne	Lowe	VM	5	14:33:22.74	16:15:43.31	1:42:21	14
3613	1119	Luke	Pennefather	VM	5	14:33:22.74	16:21:48.74	1:48:26	15
3583	1089	Pax	Kachilulwa	VM	5	14:33:22.74	16:22:32.82	1:49:10	16
3677	1168	Andreas	Brendel	VM	5	14:33:22.74	16:43:08.85	2:09:46	17
3705	1196	Lofti-eaton	Cronje	VM	5	14:31:13.61	16:03:15.45	DQ	DQ
3516	1022	Michael	Swanepoel	VM	2	14:33:22.74	15:13:15.65	DNF	DNF
1275	267	Bohlke	Stefan	VM	1	14:33:22.74	14:49:18.06	DNF	DNF
5313	613	Riaan	Vermeulen	VM	#N/A	#N/A	#N/A	DNF	DNF