



Tru-Cape 10th Packhouse Challenge 24 August 2019

10KM RESULTS

RaceNo	Name	Surname	Gender	TimeLapse	DistanceDesc	OverAllPos	GenderPos	AgeCategory	AgePos	AverageKmh	ClubName
6724	Ashwell	Clooco	Male	00:40:56	10km Trail Run	1	1	Open	1	04:04/km	
2187	Elina	Sakabe	Male	00:42:46	10km Trail Run	2	2	Open	2	04:15/km	Fruitways Valley
784	Pitso	Ntlhathe	Male	00:42:49	10km Trail Run	3	3	Open	3	04:15/km	Fruitways Melpack
5231	Siya	Sezelo	Male	00:43:45	10km Trail Run	4	4	14 - 19	1	04:21/km	Two-A-Day
5555	Keenan	Janse	Male	00:44:53	10km Trail Run	5	5	14 - 19	2	04:28/km	Two-A-Day
5656	Aphiwe	Ngciki	Male	00:45:22	10km Trail Run	6	6	Open	4	04:31/km	Two-A-Day
672	Sammuel	Seitlheko	Male	00:46:39	10km Trail Run	7	7	Open	5	04:39/km	Fruitways Melpack
1767	Maliviwe	Mbambeni	Male	00:46:40	10km Trail Run	8	8	Open	6	04:39/km	Fruitways Molteno
6873	Augustine	Mwenda	Male	00:46:58	10km Trail Run	9	9	Open	7	04:40/km	
6812	Aswil	Apolis	Male	00:47:28	10km Trail Run	10	10	Open	8	04:43/km	
6882	Dumiso	Mashiqa	Male	00:47:47	10km Trail Run	11	11	Open	9	04:45/km	Nedbank
5182	Silulami	Shumi	Male	00:48:39	10km Trail Run	12	12	14 - 19	3	04:51/km	Two-A-Day
5688	Dimitri	Pietersen	Male	00:49:11	10km Trail Run	13	13	Open	10	04:54/km	Two-A-Day
5842	Marceleno	Mankapan	Male	00:49:21	10km Trail Run	14	14	14 - 19	4	04:55/km	Two-A-Day
2028	Kopano	Chakana	Male	00:49:28	10km Trail Run	15	15	Open	11	04:55/km	Fruitways Valley
565	Teboho	Ntone	Male	00:49:41	10km Trail Run	16	16	Open	12	04:57/km	Fruitways Melpack
559	Lebohang	Motloug	Male	00:50:18	10km Trail Run	17	17	Open	13	05:00/km	Fruitways Melpack
6862	Christo	Muller	Male	00:50:49	10km Trail Run	18	18	50 - 59	1	05:03/km	
6144	Christopher	Plaatjies	Male	00:50:50	10km Trail Run	19	19	Open	14	05:04/km	Two-A-Day
1982	Anele	Khele	Male	00:51:24	10km Trail Run	20	20	Open	15	05:07/km	Fruitways Valley
569	Ntshepeng	Mokoatle	Male	00:51:33	10km Trail Run	21	21	14 - 19	5	05:09/km	Fruitways Melpack
5120	Wilfred	Juries	Male	00:51:34	10km Trail Run	22	22	Open	16	05:09/km	Two-A-Day
5450	Anthony	Calvert	Male	00:52:04	10km Trail Run	23	23	Open	17	05:12/km	Two-A-Day
5921	Rialston	Adams	Male	00:52:16	10km Trail Run	24	24	Open	18	05:12/km	Two-A-Day
6351	Motlatsi	Mohlauli	Male	00:52:50	10km Trail Run	25	25	Open	19	05:15/km	Two-A-Day
5799	Davian	Bosman	Male	00:52:54	10km Trail Run	26	26	Open	20	05:16/km	Two-A-Day
1878	Matlalekgotso	Hoffman	Male	00:53:23	10km Trail Run	27	27	Open	21	05:19/km	Fruitways Valley
1626	Rulash	Horne	Male	00:54:02	10km Trail Run	28	28	Open	22	05:24/km	Fruitways Molteno
1998	Tlhodiso	Mothibe	Male	00:54:07	10km Trail Run	29	29	Open	23	05:24/km	Fruitways Valley
2147	Lance	Sylvester	Male	00:54:13	10km Trail Run	30	30	14 - 19	6	05:24/km	Fruitways Valley
1516	Zuko	Mlanjeni	Male	00:54:23	10km Trail Run	31	31	14 - 19	7	05:25/km	Fruitways Melpack
5543	Brandton	Isaacs	Male	00:54:34	10km Trail Run	32	32	Open	24	05:27/km	Two-A-Day
2035	Ayabonga	Tshange	Male	00:54:34	10km Trail Run	33	33	Open	25	05:27/km	Fruitways Valley
2134	Elric	Coetsee	Male	00:55:02	10km Trail Run	34	34	14 - 19	8	05:30/km	Fruitways Valley
6898	Denzil	Willemse	Male	00:55:04	10km Trail Run	35	35	Open	26	05:30/km	
2237	Mphikekeli	Malgasi	Male	00:55:08	10km Trail Run	36	36	Open	27	05:30/km	Fruitways Valley
6903	Hendrik	Rooi	Male	00:55:18	10km Trail Run	37	37	40 - 49	1	05:30/km	
1854	Stephan	Marais	Male	00:55:44	10km Trail Run	38	38	40 - 49	2	05:33/km	Fruitways Molteno
5756	Reduwano	Fourie	Male	00:55:56	10km Trail Run	39	39	Open	28	05:34/km	Two-A-Day
607	Simbongile	Nongalaza	Male	00:56:10	10km Trail Run	41	41	Open	30	05:36/km	Fruitways Melpack
856	Sibusiso	Mtumtum	Male	00:56:10	10km Trail Run	40	40	Open	29	05:36/km	Fruitways Melpack
6855	Greig	Jansen	Male	00:56:27	10km Trail Run	42	42	40 - 49	3	05:37/km	
3830	Sollie	Van Rooyen	Male	00:56:35	10km Trail Run	43	43	50 - 59	2	05:39/km	Apl
5128	Eldrin	Garnett	Male	00:56:58	10km Trail Run	44	44	Open	31	05:40/km	Two-A-Day
845	Lebohang	Rambelebane	Male	00:57:08	10km Trail Run	45	45	Open	32	05:42/km	Fruitways Melpack
848	Vusumzi	Mazimbela	Male	00:57:09	10km Trail Run	46	46	Open	33	05:42/km	Fruitways Melpack
3826	Thomas	Moses	Male	00:57:16	10km Trail Run	47	47	60 - 69	1	05:42/km	Apl
1980	Willie	Mambulu	Male	00:57:45	10km Trail Run	48	48	Open	34	05:45/km	Fruitways Valley
6729	Roelf	Pienaar	Male	00:57:59	10km Trail Run	49	49	40 - 49	4	05:46/km	Tru-Cape
1763	Anathi	Pakama	Male	00:58:00	10km Trail Run	50	50	Open	35	05:46/km	Fruitways Molteno
6573	Laura	Taylor	Female	00:58:00	10km Trail Run	51	1	Open	1	05:48/km	Strand Ac
849	Mzwardile	Ngoma	Male	00:58:03	10km Trail Run	52	51	Open	36	05:48/km	Fruitways Melpack
3493	Hlalefang	Ranosi	Male	00:58:21	10km Trail Run	53	52	Open	37	05:49/km	Fruitways Valley
5218	Morgan	April	Male	00:58:28	10km Trail Run	54	53	14 - 19	9	05:49/km	Two-A-Day
5304	Xolani	Khatshane	Male	00:58:57	10km Trail Run	55	54	Open	38	05:52/km	Two-A-Day
1771	Bongile	Nomdilo	Male	00:59:11	10km Trail Run	56	55	Open	39	05:54/km	Fruitways Molteno
1976	Mpho	Ramabele	Male	00:59:13	10km Trail Run	57	56	Open	40	05:54/km	Fruitways Valley
868	Khauta	Mokhalemtso	Male	00:59:16	10km Trail Run	58	57	Open	41	05:54/km	Fruitways Melpack

10KM RESULTS

RaceNo	Name	Surname	Gender	TimeLapse	DistanceDesc	OverAllPos	GenderPos	AgeCategory	AgePos	AverageKmh	ClubName
6874	James	Sleigh	Male	00:59:27	10km Trail Run	59	58	50 - 59	3	05:55/km	
3808	Tshokolo	Maletse	Male	00:59:31	10km Trail Run	60	59	Open	42	05:57/km	
1766	Simbongile	Tonyela	Male	00:59:44	10km Trail Run	61	60	Open	43	05:57/km	Fruitways Molteno
5494	Conray	Fourie	Male	00:59:45	10km Trail Run	62	61	14 - 19	10	05:57/km	Two-A-Day
6884	Charlotte	du Plessis	Female	00:59:51	10km Trail Run	63	2	Open	2	05:58/km	
1428	Wilhelm	Van Wyk	Male	00:59:59	10km Trail Run	64	62	14 - 19	11	05:58/km	Fruitways Melpack
4474	Jannie	Van Wyk	Male	01:00:02	10km Trail Run	65	63	40 - 49	5	06:00/km	Kromco
3808	Jacques	Matthee	Male	01:00:08	10km Trail Run	66	64	40 - 49	6	06:00/km	Apl
6844	Jandré	Dippenaar	Male	01:00:23	10km Trail Run	67	65	Open	44	06:01/km	
6228	Jennerese	Ziegelaar	Female	01:00:25	10km Trail Run	68	3	14 - 19	1	06:01/km	Two-A-Day
3836	Cameron	Thomas	Male	01:00:28	10km Trail Run	69	66	Open	45	06:01/km	Apl
876	Tohlang	Tsoloane	Male	01:00:29	10km Trail Run	70	67	Open	46	06:01/km	Fruitways Melpack
6865	Kanakana	Mushanganyisi	Male	01:00:33	10km Trail Run	71	68	40 - 49	7	06:03/km	
5791	Beula	Barens	Female	01:00:49	10km Trail Run	73	4	Open	3	06:03/km	Two-A-Day
799	Ayathandwa	Tshongwe	Male	01:00:49	10km Trail Run	72	69	Open	47	06:03/km	Fruitways Melpack
6901	Lohan	Jacobs	Male	01:01:08	10km Trail Run	74	70	Open	48	06:06/km	
6816	Liaan	Jacobs	Male	01:01:09	10km Trail Run	75	71	Open	49	06:06/km	
3783	Elrich	Van Staden	Male	01:01:13	10km Trail Run	76	72	Open	50	06:06/km	Apl
3790	Winston	Van Staden	Male	01:01:15	10km Trail Run	77	73	Open	51	06:06/km	Apl
2024	Tshepo	Moses	Male	01:01:36	10km Trail Run	78	74	Open	52	06:09/km	Fruitways Valley
4868	Branwin	Oliver	Male	01:01:37	10km Trail Run	79	75	< 13	1	06:09/km	Kromco
2160	Soyisiso	Sirunu	Male	01:01:48	10km Trail Run	80	76	Open	53	06:09/km	Fruitways Valley
6919	Charles	Malan	Male	01:01:51	10km Trail Run	81	77	50 - 59	4	06:10/km	
6818	Elmé	Middlemost	Female	01:01:58	10km Trail Run	82	5	40 - 49	1	06:10/km	
4023	Ambrosia	Frazenburg	Female	01:02:08	10km Trail Run	83	6	14 - 19	2	06:12/km	Kromco
5761	Marchell	August	Male	01:02:11	10km Trail Run	84	78	14 - 19	12	06:12/km	Two-A-Day
5644	Denny	Moses	Male	01:02:11	10km Trail Run	85	79	Open	54	06:12/km	Two-A-Day
3769	Dwayne	Lucas	Male	01:02:15	10km Trail Run	86	80	Open	55	06:12/km	Apl
5740	Lilian	Vosloo	Female	01:02:29	10km Trail Run	87	7	60 - 69	1	06:13/km	Two-A-Day
673	Ntaole	Ncamiso	Male	01:02:32	10km Trail Run	88	81	Open	56	06:15/km	Fruitways Melpack
4251	Roby-Lee	Timotheus	Female	01:02:36	10km Trail Run	89	8	Open	4	06:15/km	Kromco
4036	Jason	Sass	Male	01:02:59	10km Trail Run	90	82	14 - 19	13	06:16/km	Kromco
2133	Frankie	Fortuin	Male	01:03:08	10km Trail Run	91	83	14 - 19	14	06:18/km	Fruitways Valley
5826	Alfonso	Kleinsmith	Male	01:03:16	10km Trail Run	92	84	40 - 49	8	06:18/km	Two-A-Day
5691	Rashawn	Pitson	Male	01:03:17	10km Trail Run	93	85	14 - 19	15	06:18/km	Two-A-Day
4410	Fundiswa	Walaza	Female	01:03:18	10km Trail Run	94	9	Open	5	06:18/km	Kromco
5605	Wanelle	Malgales	Male	01:03:27	10km Trail Run	95	86	14 - 19	16	06:19/km	Two-A-Day
3879	Stephen	Nel	Male	01:03:30	10km Trail Run	96	87	Open	57	06:21/km	Apl
884	Lehlohonono	Petrose	Male	01:03:37	10km Trail Run	97	88	Open	58	06:21/km	Fruitways Melpack
1955	Pitso	Cornet	Male	01:03:43	10km Trail Run	98	89	Open	59	06:21/km	Fruitways Valley
575	Riedewaan	Kana	Male	01:03:43	10km Trail Run	99	90	Open	60	06:21/km	Fruitways Melpack
1724	Mbuyiseli	Gela	Male	01:03:52	10km Trail Run	100	91	Open	61	06:22/km	Fruitways Molteno
6908	Leon	Janse van Rensburg	Male	01:03:52	10km Trail Run	101	92	Open	62	06:22/km	
5610	Ruchin	Marthinus	Male	01:03:53	10km Trail Run	103	94	14 - 19	17	06:22/km	Two-A-Day
2027	Enock	Chakana	Male	01:03:53	10km Trail Run	102	93	50 - 59	5	06:22/km	Fruitways Valley
6815	Rene	Webster	Female	01:04:12	10km Trail Run	104	10	40 - 49	2	06:24/km	
4484	Jeronwin	Cupido	Male	01:04:25	10km Trail Run	105	95	< 13	2	06:25/km	Kromco
6185	Chandre	Strauss	Female	01:04:28	10km Trail Run	106	11	Open	6	06:25/km	Two-A-Day
6810	Aiden	Daniels	Male	01:04:30	10km Trail Run	107	96	14 - 19	18	06:27/km	
6823	William	Kayser	Male	01:04:44	10km Trail Run	108	97	40 - 49	9	06:27/km	
885	Leanya	Napo	Female	01:04:52	10km Trail Run	109	12	Open	7	06:28/km	Fruitways Melpack
4587	Petula	Nuku	Female	01:04:54	10km Trail Run	110	13	Open	8	06:28/km	Kromco
6867	Dehan	Williams	Male	01:05:05	10km Trail Run	111	98	Open	63	06:30/km	
5306	Chesco	Klaasen	Male	01:05:13	10km Trail Run	112	99	Open	64	06:30/km	Two-A-Day
5673	Hilton	October	Male	01:05:17	10km Trail Run	113	100	Open	65	06:30/km	Two-A-Day
6342	Lionel	Mbangi	Male	01:05:23	10km Trail Run	114	101	Open	66	06:31/km	Two-A-Day
5374	Jayle	Louis	Male	01:05:23	10km Trail Run	115	102	14 - 19	19	06:31/km	Two-A-Day
5382	Quinton	Simons	Male	01:05:23	10km Trail Run	116	103	Open	67	06:31/km	Two-A-Day
2078	Siphesihle	Nongogo	Female	01:05:33	10km Trail Run	117	14	Open	9	06:33/km	Fruitways Valley
1607	Simphiwe	Tana	Male	01:05:53	10km Trail Run	118	104	40 - 49	10	06:34/km	Fruitways Molteno
6913	Christo	Vlotman	Male	01:06:07	10km Trail Run	119	105	Open	68	06:36/km	
4615	Marco	Jacobs	Male	01:06:12	10km Trail Run	120	106	Open	69	06:36/km	Kromco
5123	Malcolm	Fritz	Male	01:06:13	10km Trail Run	121	107	60 - 69	2	06:36/km	Two-A-Day
5737	David	Vaaltyn	Male	01:06:29	10km Trail Run	122	108	Open	70	06:37/km	Two-A-Day
4211	Lendo	Daniels	Male	01:06:33	10km Trail Run	123	109	14 - 19	20	06:39/km	Kromco
3531	Dylan	Linneveld	Male	01:06:49	10km Trail Run	124	110	Open	71	06:39/km	Fruitways Valley
671	Mohapi	Kheoane	Male	01:06:52	10km Trail Run	125	111	Open	72	06:40/km	Fruitways Melpack
1850	Catherina	Du Toit	Female	01:07:01	10km Trail Run	126	15	60 - 69	2	06:42/km	Fruitways Molteno
630	Luvo	Mtumtum	Male	01:07:03	10km Trail Run	127	112	Open	73	06:42/km	Fruitways Melpack
1842	Rouise	Snyman	Female	01:07:04	10km Trail Run	128	16	Open	10	06:42/km	Fruitways Molteno

10KM RESULTS

RaceNo	Name	Surname	Gender	TimeLapse	DistanceDesc	OverAllPos	GenderPos	AgeCategory	AgePos	AverageKmh	ClubName
4980	David	Kortjie	Male	01:07:07	10km Trail Run	129	113	40 - 49	11	06:42/km	Kromco
874	Lokisang	Ponya	Male	01:07:18	10km Trail Run	130	114	Open	74	06:42/km	Fruitways Melpack
5324	Henk	Ryke	Male	01:07:19	10km Trail Run	132	116	50 - 59	6	06:42/km	Two-A-Day
5364	Bradley	Brown	Male	01:07:19	10km Trail Run	131	115	Open	75	06:42/km	Two-A-Day
3813	Nicolaas	De Jager	Male	01:07:21	10km Trail Run	133	117	Open	76	06:43/km	Apl
5913	Deano	Jansen	Male	01:07:28	10km Trail Run	134	118	< 13	3	06:43/km	Two-A-Day
2992	Dihan	Blom	Male	01:07:33	10km Trail Run	135	119	Open	77	06:45/km	Fruitways Valley
1895	Jacob	Nel	Male	01:07:33	10km Trail Run	136	120	40 - 49	12	06:45/km	Fruitways Valley
2221	Isak	Malgas	Male	01:07:52	10km Trail Run	137	121	50 - 59	7	06:46/km	Fruitways Valley
6900	Jacques	De Klerk	Male	01:08:00	10km Trail Run	138	122	50 - 59	8	06:46/km	
6916	Dennis	Smith	Male	01:08:08	10km Trail Run	139	123	50 - 59	9	06:48/km	
6922	KARIEN	DU TOIT	Female	01:08:10	10km Trail Run	140	17	Open	11	06:48/km	
1997	Thabiso	Jafta	Male	01:08:27	10km Trail Run	142	125	Open	79	06:49/km	Fruitways Valley
2021	Keletso	Nkhoesa	Male	01:08:27	10km Trail Run	141	124	Open	78	06:49/km	Fruitways Valley
6861	Shaun	Maregele	Male	01:08:40	10km Trail Run	143	126	40 - 49	13	06:51/km	
5062	Alana	Van Der Merwe	Female	01:08:44	10km Trail Run	144	18	14 - 19	3	06:51/km	Two-A-Day
6891	Rachelle	Bester	Female	01:08:51	10km Trail Run	145	19	Open	12	06:52/km	
4788	Melvyn	Platelli	Male	01:09:23	10km Trail Run	146	127	Open	80	06:55/km	Kromco
6848	Bruce	Pawley	Male	01:09:28	10km Trail Run	147	128	40 - 49	14	06:55/km	
6897	Werner	Lombard	Male	01:09:43	10km Trail Run	148	129	50 - 59	10	06:57/km	
5337	Ashley	Tamboer	Male	01:09:44	10km Trail Run	149	130	Open	81	06:57/km	Two-A-Day
6860	Barend	du Toit	Male	01:10:02	10km Trail Run	150	131	40 - 49	15	07:00/km	
6909	Johann	Kotze	Male	01:10:20	10km Trail Run	151	132	40 - 49	16	07:01/km	
1975	Tebalo	Mothibe	Male	01:10:30	10km Trail Run	152	133	Open	82	07:01/km	Fruitways Valley
2017	Mahlasinyane	Lipholo	Male	01:10:35	10km Trail Run	153	134	Open	83	07:03/km	Fruitways Valley
6870	Terence	Masella	Male	01:10:37	10km Trail Run	154	135	40 - 49	17	07:03/km	
4388	Andre	Jacobs	Male	01:10:47	10km Trail Run	155	136	40 - 49	18	07:03/km	Kromco
2533	Ettienne	Botha	Male	01:10:51	10km Trail Run	156	137	Open	84	07:04/km	Fruitways Valley
2537	Bonnie	Makubalo	Female	01:10:51	10km Trail Run	157	20	40 - 49	3	07:04/km	Fruitways Valley
6842	Francois	Rossouw	Male	01:10:59	10km Trail Run	158	138	50 - 59	11	07:04/km	
6827	Barry	Muller	Male	01:11:04	10km Trail Run	159	139	50 - 59	12	07:06/km	
5033	Wilmer	Ferreira	Male	01:11:05	10km Trail Run	160	140	50 - 59	13	07:06/km	Two-A-Day
5055	Denwill	Philander	Male	01:11:05	10km Trail Run	161	141	Open	85	07:06/km	Two-A-Day
6819	Petrus	Groenewald	Male	01:11:12	10km Trail Run	162	142	Open	86	07:06/km	Brackenfell AC
2222	Carleen	Malgas	Female	01:11:26	10km Trail Run	163	21	< 13	1	07:07/km	Fruitways Valley
5482	Devan	Fortuin	Male	01:11:29	10km Trail Run	164	143	14 - 19	21	07:07/km	Two-A-Day
5501	Neaune	Gabriel	Male	01:11:32	10km Trail Run	165	144	Open	87	07:09/km	Two-A-Day
903	Thabiso	Motsilili	Male	01:11:33	10km Trail Run	166	145	Open	88	07:09/km	Fruitways Melpack
4839	Ricardo	Sauls	Male	01:11:35	10km Trail Run	167	146	Open	89	07:09/km	Kromco
3006	Duwayne	Sarelse	Male	01:11:48	10km Trail Run	169	148	Open	90	07:09/km	Fruitways Valley
5742	Ashwin	Wagner	Male	01:11:48	10km Trail Run	168	147	14 - 19	22	07:09/km	Two-A-Day
6902	Damian	Seale	Male	01:12:09	10km Trail Run	170	149	40 - 49	19	07:12/km	
5376	K	Ramasike	Male	01:12:13	10km Trail Run	171	150	Open	91	07:12/km	Two-A-Day
6285	Avon	Dauids	Male	01:12:16	10km Trail Run	172	151	14 - 19	23	07:12/km	Two-A-Day
5702	Aklana	Rabeleman	Male	01:12:24	10km Trail Run	173	152	< 13	4	07:13/km	Two-A-Day
6877	Zama	Katamzi-Joseph	Female	01:12:24	10km Trail Run	174	22	Open	13	07:13/km	
5652	Mvuyisi	Needani	Male	01:12:28	10km Trail Run	175	153	14 - 19	24	07:13/km	Two-A-Day
5158	Thabang	Mahese	Male	01:12:48	10km Trail Run	176	154	Open	92	07:15/km	Two-A-Day
2031	Thembinkosi	Simanga	Male	01:12:49	10km Trail Run	177	155	40 - 49	20	07:15/km	Fruitways Valley
3845	Abe	Pullin	Male	01:12:56	10km Trail Run	178	156	50 - 59	14	07:16/km	Apl
1968	Sim	Moodie	Female	01:12:59	10km Trail Run	179	23	40 - 49	4	07:16/km	Fruitways Valley
6871	Sharon	Sleigh	Female	01:13:01	10km Trail Run	180	24	50 - 59	1	07:18/km	
1531	Antoinette	Geyer	Female	01:13:06	10km Trail Run	181	25	Open	14	07:18/km	Fruitways Moltano
30	Juriel	Hendricks	Male	01:13:08	10km Trail Run	182	157	Open	93	07:18/km	Fruitways Moltano
4186	Ashley	Fransman	Male	01:13:10	10km Trail Run	183	158	Open	94	07:18/km	Kromco
5285	Andrew	Adams	Male	01:13:17	10km Trail Run	184	159	40 - 49	21	07:18/km	Two-A-Day
5563	Wayne	Julies	Male	01:13:32	10km Trail Run	185	160	14 - 19	25	07:21/km	Two-A-Day
6836	Andrien	Van denheever	Male	01:13:34	10km Trail Run	186	161	Open	95	07:21/km	
6653	Anja	de Swardt	Female	01:13:36	10km Trail Run	187	26	Open	15	07:21/km	
6885	Anelle	Claasen	Female	01:13:44	10km Trail Run	188	27	Open	16	07:21/km	
6886	Lezan	Van Wyk	Female	01:13:44	10km Trail Run	189	28	Open	17	07:21/km	
583	Ashley	Muller	Male	01:13:51	10km Trail Run	190	162	Open	96	07:22/km	Fruitways Melpack
6883	Adrian	September	Male	01:14:10	10km Trail Run	191	163	40 - 49	22	07:24/km	Kuilsriver
5008	Wiehann	Smit	Male	01:14:17	10km Trail Run	192	164	40 - 49	23	07:24/km	Kromco
5009	Yolande	Smit	Female	01:14:17	10km Trail Run	193	29	40 - 49	5	07:24/km	Kromco
5495	Johanna	Fourie	Female	01:14:21	10km Trail Run	194	30	50 - 59	2	07:25/km	Two-A-Day
2833	Durwan	Muller	Male	01:14:23	10km Trail Run	195	165	Open	97	07:25/km	Fruitways Valley
6825	Michael	Otto	Male	01:14:35	10km Trail Run	196	166	Open	98	07:27/km	
3730	Andries	Meyer	Male	01:14:36	10km Trail Run	197	167	Open	99	07:27/km	Fruitways Valley
6875	Gillian	Stofberg	Female	01:14:42	10km Trail Run	198	31	40 - 49	6	07:27/km	

10KM RESULTS

RaceNo	Name	Surname	Gender	TimeLapse	DistanceDesc	OverAllPos	GenderPos	AgeCategory	AgePos	AverageKmh	ClubName
6846	Hein Poole	Poole	Male	01:14:43	10km Trail Run	199	168	Open	100	07:27/km	
5548	Bradley	James	Male	01:14:54	10km Trail Run	200	169	14 - 19	26	07:28/km	Two-A-Day
5115	Johnny	Engelbrecht	Male	01:15:03	10km Trail Run	201	170	Open	101	07:30/km	Two-A-Day
5425	Meneil	Adonis	Male	01:15:04	10km Trail Run	202	171	< 13	5	07:30/km	Two-A-Day
5793	Salmon	Blom	Male	01:15:14	10km Trail Run	203	172	14 - 19	27	07:30/km	Two-A-Day
6813	Ugen	De kelerk	Male	01:15:33	10km Trail Run	204	173	Open	102	07:33/km	
1994	Lucky	Chere	Male	01:15:33	10km Trail Run	205	174	Open	103	07:33/km	Fruitways Valley
5341	Waylin	Van Der Merwe	Male	01:15:37	10km Trail Run	206	175	14 - 19	28	07:33/km	Two-A-Day
6888	Anne-marie	Stroebel	Female	01:15:40	10km Trail Run	207	32	60 - 69	3	07:33/km	Run Walk for life
6869	Geoff	Howard	Male	01:15:41	10km Trail Run	208	176	50 - 59	15	07:33/km	
866	Souli	Mapane	Male	01:15:43	10km Trail Run	209	177	Open	104	07:33/km	Fruitways Melpack
6835	Bryge	Wachipa	Male	01:15:44	10km Trail Run	210	178	Open	105	07:33/km	
4794	Wayne	Oliver	Male	01:15:47	10km Trail Run	211	179	Open	106	07:33/km	Kromco
6832	Wadick	Herbst	Male	01:15:48	10km Trail Run	212	180	50 - 59	16	07:33/km	
2036	Kopanang	Bolofo	Male	01:15:48	10km Trail Run	213	181	Open	107	07:33/km	Fruitways Valley
6887	Izelle	Vos	Female	01:15:49	10km Trail Run	214	33	Open	18	07:33/km	
6921	Puleng	Ramushu	Female	01:16:30	10km Trail Run	215	34	Open	19	07:37/km	
22	Simphiwe	Gogobala	Male	01:16:42	10km Trail Run	216	182	Open	108	07:39/km	Fruitways Molteno
6893	Conrad	Ross	Male	01:16:55	10km Trail Run	217	183	Open	109	07:40/km	
5471	Jerome	Farmer	Male	01:16:56	10km Trail Run	218	184	Open	110	07:40/km	Two-A-Day
2145	Shaheeda	Davids	Female	01:17:05	10km Trail Run	219	35	Open	20	07:42/km	Fruitways Valley
3816	Derek	Baartman	Male	01:17:05	10km Trail Run	220	185	Open	111	07:42/km	Apl
5944	Siyabonga	Blayi	Male	01:17:06	10km Trail Run	221	186	Open	112	07:42/km	Two-A-Day
5790	Chadwin	Barends	Male	01:17:10	10km Trail Run	222	187	14 - 19	29	07:42/km	Two-A-Day
5293	Anton	Boonzaaier	Male	01:17:13	10km Trail Run	223	188	40 - 49	24	07:42/km	Two-A-Day
5339	Wayne	Van Der Merwe	Male	01:17:22	10km Trail Run	224	189	40 - 49	25	07:43/km	Two-A-Day
1596	Rita	Wessels	Female	01:17:33	10km Trail Run	225	36	40 - 49	7	07:45/km	Fruitways Molteno
864	Likhanya	Likotsi	Male	01:17:34	10km Trail Run	226	190	Open	113	07:45/km	Fruitways Melpack
1954	Lekgedikwe	Makamole	Male	01:17:34	10km Trail Run	227	191	Open	114	07:45/km	Fruitways Valley
6890	Arné	Bester	Female	01:17:55	10km Trail Run	228	37	Open	21	07:46/km	Durbanville Ac
1933	Lentsha	Ramotholo	Male	01:18:24	10km Trail Run	229	192	40 - 49	26	07:49/km	Fruitways Valley
5099	Robin	Bailey	Male	01:18:45	10km Trail Run	230	193	Open	115	07:51/km	Two-A-Day
4021	Dwayne-Lee	Koopman	Female	01:18:51	10km Trail Run	231	38	14 - 19	4	07:52/km	Kromco
5591	Trevors	Lose	Male	01:18:51	10km Trail Run	232	194	14 - 19	30	07:52/km	Two-A-Day
3874	Ephraim	Morris	Male	01:18:52	10km Trail Run	233	195	Open	116	07:52/km	Apl
6730	Lisa	Muller	Female	01:19:00	10km Trail Run	234	39	40 - 49	8	07:52/km	
5380	Johnny	Roos	Male	01:19:15	10km Trail Run	235	196	Open	117	07:54/km	Two-A-Day
4850	Charles	Davids	Male	01:19:16	10km Trail Run	236	197	Open	118	07:54/km	Kromco
6923	Alex	Roodt	Male	01:19:29	10km Trail Run	237	198	Open	119	07:55/km	
5701	Sondile	Rabeleman	Male	01:19:29	10km Trail Run	238	199	14 - 19	31	07:55/km	Two-A-Day
5178	Jean-Dean	Pieters	Male	01:19:34	10km Trail Run	239	200	< 13	6	07:57/km	Two-A-Day
6808	Josua	Blom	Male	01:19:57	10km Trail Run	240	201	40 - 49	27	07:58/km	
6849	Lindsey	Wilkinson	Female	01:20:19	10km Trail Run	241	40	Open	22	08:00/km	
2149	Bevan	Canannie	Male	01:20:25	10km Trail Run	242	202	14 - 19	32	08:01/km	Fruitways Valley
3869	Zayron	Appels	Male	01:20:30	10km Trail Run	243	203	14 - 19	33	08:01/km	Apl
5075	Hendry	Damon	Male	01:20:56	10km Trail Run	244	204	40 - 49	28	08:04/km	Two-A-Day
5350	Chris	Petzer	Male	01:21:07	10km Trail Run	245	205	Open	120	08:06/km	Two-A-Day
5347	Wilber	Booyesen	Male	01:21:08	10km Trail Run	246	206	Open	121	08:06/km	Two-A-Day
6305	Riedewaan	Haarvoor	Male	01:21:09	10km Trail Run	247	207	Open	122	08:06/km	Two-A-Day
4837	Brandon	Sauls	Male	01:21:21	10km Trail Run	248	208	Open	123	08:07/km	Kromco
6830	Nina	Viljoen	Female	01:21:27	10km Trail Run	249	41	Open	23	08:07/km	Hortgro
6868	Christie	Van Zyl	Male	01:21:29	10km Trail Run	250	209	50 - 59	17	08:07/km	Tru-Cape
1728	VeLe	Ngqindana	Male	01:21:45	10km Trail Run	251	210	50 - 59	18	08:09/km	Fruitways Molteno
3722	Bernice	Kritzinger	Female	01:21:52	10km Trail Run	252	42	50 - 59	3	08:10/km	Fruitways Valley
1660	Viwe	Mroqoza	Male	01:21:55	10km Trail Run	253	211	40 - 49	29	08:10/km	Fruitways Molteno
5649	Damian	Muller	Male	01:22:08	10km Trail Run	254	212	Open	124	08:12/km	Two-A-Day
6915	Katriena	Smith	Female	01:22:11	10km Trail Run	255	43	50 - 59	4	08:12/km	
1989	Elliot	Sekhosana	Male	01:22:15	10km Trail Run	256	213	50 - 59	19	08:12/km	Fruitways Valley
5165	Anne	Muller	Female	01:22:29	10km Trail Run	257	44	50 - 59	5	08:13/km	Two-A-Day
3883	Melvin	Job	Male	01:22:45	10km Trail Run	258	214	Open	125	08:15/km	Apl
6803	Leon	Visser	Male	01:22:52	10km Trail Run	259	215	50 - 59	20	08:16/km	
6876	Rijk	Stofberg	Male	01:22:52	10km Trail Run	260	216	50 - 59	21	08:16/km	
3823	Pieter	Johnson	Male	01:23:18	10km Trail Run	261	217	50 - 59	22	08:18/km	Apl
592	Walter	Dampies	Male	01:23:33	10km Trail Run	262	218	Open	126	08:21/km	Fruitways Melpack
3723	Jandre	Kritzinger	Male	01:23:33	10km Trail Run	263	219	Open	127	08:21/km	Fruitways Valley
4584	Glenville	Williams	Male	01:23:39	10km Trail Run	264	220	Open	128	08:21/km	Kromco
4550	Chesley	Marais	Male	01:23:39	10km Trail Run	265	221	Open	129	08:21/km	Kromco
2526	Cameron	Law	Male	01:24:35	10km Trail Run	266	222	Open	130	08:27/km	Fruitways Valley
3763	Jean-Pierre	Schoeman	Male	01:24:36	10km Trail Run	267	223	Open	131	08:27/km	Fruitways Valley
6833	Faaiez	De kock	Male	01:24:52	10km Trail Run	268	224	Open	132	08:28/km	

10KM RESULTS

RaceNo	Name	Surname	Gender	TimeLapse	DistanceDesc	OverAllPos	GenderPos	AgeCategory	AgePos	AverageKmh	ClubName
5160	Darnell	Martin	Male	01:24:55	10km Trail Run	269	225	50 - 59	23	08:28/km	Two-A-Day
4790	Ambrocia	Solomons	Female	01:25:40	10km Trail Run	270	45	14 - 19	5	08:33/km	Kromco
5112	Bettie	Du Toit	Female	01:25:42	10km Trail Run	271	46	50 - 59	6	08:33/km	Two-A-Day
3407	Jacques	Farmer	Male	01:25:43	10km Trail Run	272	226	40 - 49	30	08:33/km	Fruitways Valley
1703	Ismael	Klem	Male	01:26:28	10km Trail Run	273	227	Open	133	08:37/km	Fruitways Molteno
1342	Benjamin	May	Male	01:27:03	10km Trail Run	274	228	40 - 49	31	08:42/km	Fruitways Melpack
6850	Di	Gillespie	Female	01:27:09	10km Trail Run	275	47	60 - 69	4	08:42/km	
6829	Lungelo	Tile	Male	01:27:18	10km Trail Run	276	229	50 - 59	24	08:42/km	
3793	Justin	Jordaan	Male	01:27:52	10km Trail Run	277	230	Open	134	08:46/km	Apl
5193	Sharon	Willemse	Female	01:28:13	10km Trail Run	278	48	40 - 49	9	08:48/km	Two-A-Day
5597	Ntombizanele	Mahleni	Female	01:28:16	10km Trail Run	279	49	Open	24	08:48/km	Two-A-Day
3881	Rayan	Brooks	Male	01:28:43	10km Trail Run	280	231	Open	135	08:51/km	Apl
4636	Wilma	Simons	Female	01:28:50	10km Trail Run	281	50	40 - 49	10	08:51/km	Kromco
4927	Gert	Smith	Male	01:28:53	10km Trail Run	282	232	Open	136	08:52/km	Kromco
4986	Milton	De Bruin	Male	01:28:55	10km Trail Run	283	233	40 - 49	32	08:52/km	Kromco
3992	Anli	Groenewald	Female	01:28:56	10km Trail Run	284	51	50 - 59	7	08:52/km	Dennegeur
5830	Charmelyn	Koert	Female	01:29:04	10km Trail Run	285	52	< 13	2	08:54/km	Two-A-Day
5833	Brandon	Lewis	Male	01:29:09	10km Trail Run	286	234	Open	137	08:54/km	Two-A-Day
5367	Randall	Jacobs	Male	01:29:10	10km Trail Run	287	235	Open	138	08:54/km	Two-A-Day
4843	Warren	Coert	Male	01:29:15	10km Trail Run	288	236	Open	139	08:54/km	Kromco
851	Mohoto	Emmanuel	Male	01:29:17	10km Trail Run	289	237	40 - 49	33	08:54/km	Fruitways Melpack
1543	Matthew	English	Male	01:29:18	10km Trail Run	290	238	50 - 59	25	08:54/km	Fruitways Molteno
6912	Mervin	Schnehage	Male	01:29:23	10km Trail Run	291	239	40 - 49	34	08:55/km	
5191	Luvo	Sotyato	Male	01:29:52	10km Trail Run	292	240	14 - 19	34	08:58/km	Two-A-Day
6161	Gerhold	Sass	Male	01:29:54	10km Trail Run	293	241	Open	140	08:58/km	Two-A-Day
6067	Jacobus	Marthinus	Male	01:29:58	10km Trail Run	294	242	50 - 59	26	08:58/km	Two-A-Day
4819	Joanne	Lourens	Female	01:30:05	10km Trail Run	295	53	40 - 49	11	09:00/km	Kromco
6878	David	Human	Male	01:30:06	10km Trail Run	296	243	Open	141	09:00/km	
4250	Yvett	Timotheus	Female	01:30:07	10km Trail Run	297	54	Open	25	09:00/km	Kromco
1848	Rodanchia	Nock	Female	01:30:26	10km Trail Run	298	55	Open	26	09:01/km	Fruitways Molteno
5025	Juan	Du Plessis	Male	01:30:39	10km Trail Run	299	244	50 - 59	27	09:03/km	Two-A-Day
6857	Venita	Nel	Female	01:31:04	10km Trail Run	300	56	50 - 59	8	09:06/km	
6924	Gavin	Van denheever	Male	01:31:11	10km Trail Run	301	245	Open	142	09:06/km	
5453	Jason	Daimons	Male	01:31:18	10km Trail Run	302	246	14 - 19	35	09:06/km	Two-A-Day
5138	Busiswe	Heyisi	Female	01:31:26	10km Trail Run	303	57	14 - 19	6	09:07/km	Two-A-Day
5005	Deon	Adams	Male	01:31:45	10km Trail Run	304	247	40 - 49	35	09:09/km	Kromco
4303	Jolimoy	Eksteen	Female	01:31:58	10km Trail Run	305	58	< 13	3	09:10/km	Kromco
5297	Gretchen	Hendricks	Female	01:31:59	10km Trail Run	306	59	Open	27	09:10/km	Two-A-Day
5126	Deneeze	Fritz	Female	01:32:01	10km Trail Run	307	60	50 - 59	9	09:12/km	Two-A-Day
6866	RENE	VAN STADEN	Female	01:32:04	10km Trail Run	308	61	Open	28	09:12/km	
3406	Fherlon	Williams	Male	01:32:18	10km Trail Run	309	248	Open	143	09:12/km	Fruitways Valley
1692	Clide	Adams	Male	01:32:20	10km Trail Run	311	250	40 - 49	36	09:13/km	Fruitways Molteno
573	Selleng	Letshohla	Male	01:32:20	10km Trail Run	310	249	14 - 19	36	09:13/km	Fruitways Melpack
4360	Daniel	Kirkwood	Male	01:32:28	10km Trail Run	312	251	50 - 59	28	09:13/km	Kromco
5100	Jonathan	Bevan	Male	01:32:32	10km Trail Run	313	252	Open	144	09:15/km	Two-A-Day
5104	Stephen	Daniels	Male	01:32:32	10km Trail Run	314	253	40 - 49	37	09:15/km	Two-A-Day
6895	Margi	Hoffe	Female	01:32:35	10km Trail Run	315	62	50 - 59	10	09:15/km	
4786	Dalena	Fourie	Female	01:32:52	10km Trail Run	316	63	60 - 69	5	09:16/km	Kromco
6828	Franchel	Minnaar	Female	01:33:17	10km Trail Run	317	64	40 - 49	12	09:18/km	
6811	Lynette	Afrika	Female	01:33:19	10km Trail Run	318	65	50 - 59	11	09:18/km	
5157	Mpaballeng	Kuali	Female	01:33:19	10km Trail Run	319	66	14 - 19	7	09:18/km	Two-A-Day
6856	Nichola	Pawley	Female	01:33:20	10km Trail Run	320	67	40 - 49	13	09:18/km	
5812	Jesmine	Hamman	Female	01:33:27	10km Trail Run	321	68	14 - 19	8	09:19/km	Two-A-Day
5728	Shawn	Theunissen	Male	01:33:29	10km Trail Run	322	254	Open	145	09:19/km	Two-A-Day
6348	Marzel	Migeals	Male	01:33:31	10km Trail Run	323	255	Open	146	09:21/km	Two-A-Day
5153	Mamaki	Khabo	Female	01:33:33	10km Trail Run	324	69	14 - 19	9	09:21/km	Two-A-Day
5170	Boitamelo	Ndlebe	Female	01:33:34	10km Trail Run	325	70	< 13	4	09:21/km	Two-A-Day
4602	Donedine	Fisher	Female	01:34:14	10km Trail Run	326	71	14 - 19	10	09:24/km	Kromco
6894	Steven	Hoffe	Male	01:34:42	10km Trail Run	327	256	50 - 59	29	09:27/km	
6896	Carolyne	Hartlieb	Female	01:34:45	10km Trail Run	328	72	40 - 49	14	09:27/km	
4803	Byran	Oliver	Male	01:34:59	10km Trail Run	329	257	< 13	7	09:28/km	Kromco
927	Merton Jnr	Stevens	Male	01:35:20	10km Trail Run	330	258	< 13	8	09:31/km	Fruitways Melpack
4389	Falecia	Theunissen	Female	01:36:21	10km Trail Run	331	73	Open	29	09:37/km	Kromco
6899	Elna	Lombard	Female	01:36:29	10km Trail Run	332	74	50 - 59	12	09:37/km	
6847	Simone	Meyier	Female	01:36:53	10km Trail Run	333	75	40 - 49	15	09:40/km	
6863	Mariam	Jappie	Female	01:36:54	10km Trail Run	334	76	40 - 49	16	09:40/km	
6864	Ayesha	Hendricks	Female	01:37:00	10km Trail Run	335	77	40 - 49	17	09:42/km	
6925	Ferdie	Rhoda	Male	01:37:45	10km Trail Run	336	259	40 - 49	38	09:45/km	
6859	Ilzaine	Morgan	Female	01:37:45	10km Trail Run	337	78	40 - 49	18	09:45/km	
6384	Willem	Skippers	Male	01:38:01	10km Trail Run	338	260	40 - 49	39	09:48/km	Two-A-Day

10KM RESULTS

RaceNo	Name	Surname	Gender	TimeLapse	DistanceDesc	OverAllPos	GenderPos	AgeCategory	AgePos	AverageKmh	ClubName
4828	James	Fisher	Male	01:38:22	10km Trail Run	339	261	50 - 59	30	09:49/km	Kromco
4305	Sera	Hull	Female	01:38:44	10km Trail Run	340	79	60 - 69	6	09:51/km	Kromco
21	Percival	Mentoor	Male	01:38:45	10km Trail Run	341	262	Open	147	09:51/km	Fruitways Molteno
4955	Nowellin	Klaasen	Male	01:38:59	10km Trail Run	342	263	40 - 49	40	09:52/km	Kromco
4601	Oscar	Fisher	Male	01:40:06	10km Trail Run	343	264	40 - 49	41	10:00/km	Kromco
5829	Candice	Klem	Female	01:40:16	10km Trail Run	344	80	Open	30	10:00/km	Two-A-Day
4421	Siyamtanda	Hlombini	Male	01:40:22	10km Trail Run	345	265	14 - 19	37	10:01/km	Kromco
6732	Molatlhegi	Basini	Male	01:40:23	10km Trail Run	346	266	40 - 49	42	10:01/km	
5206	Alicia	Koen	Female	01:40:23	10km Trail Run	347	81	Open	31	10:01/km	Two-A-Day
5017	Alastair	Claasen	Male	01:40:27	10km Trail Run	348	267	40 - 49	43	10:01/km	Two-A-Day
6186	Diego	Strauss	Male	01:41:01	10km Trail Run	349	268	Open	148	10:06/km	Two-A-Day
6881	Beverly	Williams	Female	01:41:02	10km Trail Run	350	82	40 - 49	19	10:06/km	
4862	Wayne	Fisher	Male	01:41:07	10km Trail Run	351	269	14 - 19	38	10:06/km	Kromco
2029	Mpho	Mapheleka	Male	01:41:15	10km Trail Run	352	270	Open	149	10:06/km	Fruitways Valley
4387	Shane	Jonkers	Male	01:41:43	10km Trail Run	353	271	Open	150	10:09/km	Kromco
5034	Suerita	Frandolene	Female	01:41:51	10km Trail Run	354	83	40 - 49	20	10:10/km	Two-A-Day
5821	Vanessa	Jonkers	Female	01:41:55	10km Trail Run	355	84	Open	32	10:10/km	Two-A-Day
4548	Shane	Bezuidenhout	Male	01:41:57	10km Trail Run	356	272	Open	151	10:10/km	Kromco
6731	Jolene	Basini	Female	01:42:30	10km Trail Run	357	85	40 - 49	21	10:13/km	
5018	Charlene	Claasen	Female	01:42:31	10km Trail Run	358	86	40 - 49	22	10:15/km	Two-A-Day
3594	Quinton	February	Male	01:42:42	10km Trail Run	359	273	50 - 59	31	10:15/km	Fruitways Valley
5354	Roderiques	Vlotman	Male	01:42:59	10km Trail Run	360	274	Open	152	10:16/km	Two-A-Day
5098	Herschelle	Asia	Female	01:43:10	10km Trail Run	361	275	Open	153	10:18/km	Two-A-Day
5190	Marolene	Solomons	Female	01:43:31	10km Trail Run	362	87	Open	33	10:21/km	Two-A-Day
1556	Daniel	Elkin	Male	01:43:41	10km Trail Run	363	276	Open	154	10:21/km	Fruitways Molteno
5637	Inga	Mlahleni	Male	01:43:45	10km Trail Run	364	277	Open	155	10:21/km	Two-A-Day
5912	Claudine	Jansen	Female	01:44:00	10km Trail Run	365	88	40 - 49	23	10:24/km	Two-A-Day
5298	Nelvine	Hendricks	Male	01:44:03	10km Trail Run	366	278	40 - 49	44	10:24/km	Two-A-Day
1829	Rosie	Muller	Female	01:44:17	10km Trail Run	367	89	50 - 59	13	10:24/km	Fruitways Molteno
6906	Naziem	Norodien	Male	01:45:03	10km Trail Run	368	279	50 - 59	32	10:30/km	
6872	Marisa	Janse van Vuuren	Female	01:45:04	10km Trail Run	369	90	40 - 49	24	10:30/km	
6879	Elana	Solomom	Female	01:45:23	10km Trail Run	370	91	Open	34	10:31/km	
5194	Chester	Williams	Male	01:45:30	10km Trail Run	371	280	Open	156	10:33/km	Two-A-Day
4822	Joseph	Makaye	Male	01:45:48	10km Trail Run	372	281	50 - 59	33	10:33/km	Kromco
861	Jakalase	Makae	Male	01:46:16	10km Trail Run	373	282	Open	157	10:36/km	Fruitways Melpack
783	Potlako	Jane	Male	01:46:17	10km Trail Run	374	283	Open	158	10:36/km	Fruitways Melpack
846	Moroke	Likotsi	Male	01:46:18	10km Trail Run	375	284	Open	159	10:36/km	Fruitways Melpack
5149	Anzonia	Joseph	Female	01:47:15	10km Trail Run	376	92	40 - 49	25	10:42/km	Two-A-Day
6911	Michael	Kotze	Male	01:47:22	10km Trail Run	377	285	Open	160	10:43/km	
6914	Wendal	Smith	Male	01:47:33	10km Trail Run	378	286	50 - 59	34	10:45/km	
5736	Maria	Vaaltn	Female	01:47:35	10km Trail Run	379	93	50 - 59	14	10:45/km	Two-A-Day
4856	Denver	Fisher	Male	01:47:50	10km Trail Run	380	287	40 - 49	45	10:46/km	Kromco
6807	Deon	Daniels	Male	01:48:34	10km Trail Run	381	288	Open	161	10:51/km	
6802	Aneesa	Abrahams	Female	01:48:35	10km Trail Run	382	94	40 - 49	26	10:51/km	
4216	Ashwill	Buys	Male	01:48:41	10km Trail Run	383	289	14 - 19	39	10:51/km	Kromco
6845	Emma	Sadie	Female	01:49:24	10km Trail Run	384	95	Open	35	10:55/km	
5351	Robin	Martin	Male	01:49:29	10km Trail Run	385	290	50 - 59	35	10:55/km	Two-A-Day
6809	Ruben	Jaars	Male	01:49:34	10km Trail Run	386	291	Open	162	10:57/km	
6834	Khashiefah	De Kock	Female	01:49:42	10km Trail Run	387	96	Open	36	10:57/km	
4860	Jemaine	Fisher	Male	01:50:43	10km Trail Run	388	292	14 - 19	40	11:03/km	Kromco
4157	Renaldo	Jacobs	Male	01:50:47	10km Trail Run	389	293	14 - 19	41	11:03/km	Kromco
4391	Nicolene	Hendriks	Female	01:51:02	10km Trail Run	390	97	40 - 49	27	11:06/km	Kromco
5185	Jemano	Snyders	Male	01:51:13	10km Trail Run	391	294	Open	163	11:06/km	Two-A-Day
5352	Sharon	Hartley	Female	01:51:17	10km Trail Run	392	98	40 - 49	28	11:06/km	Two-A-Day
4390	Marin	Rooi	Female	01:51:22	10km Trail Run	393	99	40 - 49	29	11:07/km	Kromco
6806	Joshua	Gantana	Male	01:51:45	10km Trail Run	394	295	Open	164	11:09/km	
6858	Willem	Gagiano	Male	01:52:19	10km Trail Run	395	296	40 - 49	46	11:12/km	
4562	Jenneli	Fortuin	Female	01:53:11	10km Trail Run	396	100	Open	37	11:18/km	Kromco
4515	Victoria	Hendricks	Female	01:53:17	10km Trail Run	397	101	Open	38	11:18/km	Kromco
879	Vincent Phakiso	Leoto	Male	01:53:51	10km Trail Run	398	297	Open	165	11:22/km	Fruitways Melpack
5187	Dalen	Snyders	Male	01:54:04	10km Trail Run	399	298	Open	166	11:24/km	Two-A-Day
2549	Fanie	Steyn	Male	01:54:34	10km Trail Run	400	299	50 - 59	36	11:27/km	Fruitways Valley
5370	M	Langa	Male	01:54:39	10km Trail Run	401	300	40 - 49	47	11:27/km	Two-A-Day
5118	Shulan	Fischer	Female	01:54:59	10km Trail Run	402	102	Open	39	11:28/km	Two-A-Day
6727	Mariaan	Meintjes	Female	01:55:00	10km Trail Run	403	103	50 - 59	15	11:30/km	
5195	Mafred	Wilson	Male	01:55:03	10km Trail Run	404	301	Open	167	11:30/km	Two-A-Day
6728	Toy	Meintjes	Male	01:55:04	10km Trail Run	405	302	50 - 59	37	11:30/km	
3724	Ingrid	Van Der Linde	Female	01:55:10	10km Trail Run	406	104	Open	40	11:30/km	Fruitways Valley
4412	Nokuthula	Hlambini	Female	01:55:11	10km Trail Run	407	105	Open	41	11:30/km	Kromco
3729	Jeanri	Nell	Male	01:55:13	10km Trail Run	409	303	Open	168	11:30/km	Fruitways Valley

10KM RESULTS

RaceNo	Name	Surname	Gender	TimeLapse	DistanceDesc	OverAllPos	GenderPos	AgeCategory	AgePos	AverageKmh	ClubName
6889	Aλους	Cilliers	Female	01:55:13	10km Trail Run	408	106	50 - 59	16	11:30/km	
5831	Elzonia	Koert	Female	01:55:20	10km Trail Run	410	107	< 13	5	11:31/km	Two-A-Day
5192	Zubeida	Swanepoel	Female	01:56:03	10km Trail Run	411	108	Open	42	11:36/km	Two-A-Day
6817	Faezah	Alexander	Female	01:56:05	10km Trail Run	412	109	40 - 49	30	11:36/km	
4319	Eliza	Fisher	Female	01:56:06	10km Trail Run	413	110	40 - 49	31	11:36/km	Kromco
2018	Tsoareko	Tshakana	Male	01:56:14	10km Trail Run	414	304	Open	169	11:36/km	Fruitways Valley
4807	Ashley	Booyesen	Male	01:56:22	10km Trail Run	415	305	Open	170	11:37/km	Kromco
5056	Merjo	Pienaar	Female	01:56:22	10km Trail Run	416	111	40 - 49	32	11:37/km	Two-A-Day
5895	Stephanie	Speelman	Female	01:56:27	10km Trail Run	417	112	Open	43	11:37/km	Two-A-Day
5845	Roseline	Mbangi	Female	01:56:27	10km Trail Run	418	113	Open	44	11:37/km	Two-A-Day
6179	Anthea	Skippers	Female	01:56:57	10km Trail Run	419	114	Open	45	11:40/km	Two-A-Day
608	MLungisi	Mgayiya	Male	01:57:45	10km Trail Run	420	306	Open	171	11:45/km	Fruitways Melpack
5566	Mmopa	Kakole	Female	01:57:54	10km Trail Run	421	115	Open	46	11:46/km	Two-A-Day
4797	Dorian	Arnoldus	Male	01:58:01	10km Trail Run	422	307	Open	172	11:48/km	Kromco
6904	Lodewyk	Janawaarie	Male	01:58:13	10km Trail Run	423	308	40 - 49	48	11:48/km	
5063	Enver	Van Ster	Male	01:58:35	10km Trail Run	424	309	40 - 49	49	11:51/km	Two-A-Day
4992	Erna	Du Toit	Female	01:58:50	10km Trail Run	425	116	70 - 79	1	11:51/km	Kromco
5060	Seaneon	Runellie	Male	01:59:21	10km Trail Run	426	310	Open	173	11:55/km	Two-A-Day
1831	Jaco	Moelich	Male	01:59:25	10km Trail Run	427	311	50 - 59	38	11:55/km	Fruitways Molteno
5964	Johannes	Daniels	Male	01:59:29	10km Trail Run	428	312	Open	174	11:55/km	Two-A-Day
1832	Erika	Moelich	Female	01:59:31	10km Trail Run	429	117	50 - 59	17	11:57/km	Fruitways Molteno
6840	Lionie	Engelbrechd	Female	01:59:35	10km Trail Run	430	118	Open	47	11:57/km	
6839	Alta	Smith	Female	01:59:35	10km Trail Run	431	119	60 - 69	7	11:57/km	
2216	Dennis	Steenkamp	Male	02:00:04	10km Trail Run	432	313	Open	175	12:00/km	Fruitways Valley
4789	Cedric	Solomons	Male	02:00:08	10km Trail Run	433	314	40 - 49	50	12:00/km	Kromco
6056	Jade	Maketla	Female	02:00:45	10km Trail Run	434	120	14 - 19	11	12:03/km	Two-A-Day
4993	Dina	Van Der Mesch	Female	02:00:54	10km Trail Run	435	121	60 - 69	8	12:04/km	Kromco
1996	Atang	Thamae	Male	02:01:09	10km Trail Run	436	315	Open	176	12:06/km	Fruitways Valley
4557	Azelle	Hendricks	Female	02:01:49	10km Trail Run	437	122	14 - 19	12	12:09/km	Kromco
652	Sakhele	Ngonyama	Male	02:03:26	10km Trail Run	438	316	Open	177	12:19/km	Fruitways Melpack
2077	Lucia	Nongogo	Female	02:03:27	10km Trail Run	439	123	14 - 19	13	12:19/km	Fruitways Valley
6854	Marine	Durand	Female	02:03:50	10km Trail Run	440	124	Open	48	12:22/km	
5162	Okuhle	Mgadi	Female	02:03:51	10km Trail Run	441	125	14 - 19	14	12:22/km	Two-A-Day
2219	Lee Irvin	Muller	Male	02:04:30	10km Trail Run	442	317	Open	178	12:27/km	Fruitways Valley
537	Karel	Smith	Male	02:04:43	10km Trail Run	443	318	Open	179	12:27/km	Fruitways Melpack
782	Poloko	Booi	Male	02:05:16	10km Trail Run	444	319	Open	180	12:30/km	Fruitways Melpack
5232	Warren	Visser	Male	02:05:30	10km Trail Run	445	320	Open	181	12:31/km	Two-A-Day
670	Mafaesa	Motsamai	Male	02:05:39	10km Trail Run	446	321	Open	182	12:33/km	Fruitways Melpack
5177	Christelene	Pieters	Female	02:05:40	10km Trail Run	447	126	40 - 49	33	12:33/km	Two-A-Day
5661	Yunaiu	Nofuma	Female	02:06:29	10km Trail Run	448	127	14 - 19	15	12:37/km	Two-A-Day
1344	Breyton	May	Male	02:06:51	10km Trail Run	449	322	14 - 19	42	12:40/km	Fruitways Melpack
4496	Charles	Jaars	Male	02:07:40	10km Trail Run	450	323	50 - 59	39	12:45/km	Kromco
5252	Tumeka	Mhahleni	Female	02:07:55	10km Trail Run	451	128	Open	49	12:46/km	Two-A-Day
4540	Jacques	Scheffers	Male	02:07:57	10km Trail Run	452	324	Open	183	12:46/km	Kromco
5173	Abongile	Ntakana	Female	02:07:59	10km Trail Run	453	129	< 13	6	12:46/km	Two-A-Day
6853	Natasha	Piterson	Female	02:08:13	10km Trail Run	454	130	Open	50	12:48/km	
2513	Emmanuel	Mado	Male	02:09:55	10km Trail Run	455	325	Open	184	12:58/km	Fruitways Valley
6529	Shaun	Maregele	Male	02:10:21	10km Trail Run	456	326	40 - 49	51	13:01/km	
5537	Shaneal	Hendricks	Male	02:11:40	10km Trail Run	457	327	14 - 19	43	13:09/km	Two-A-Day
3686	Ricardo	Botes	Male	02:11:51	10km Trail Run	458	328	Open	185	13:10/km	Fruitways Valley
5032	Tania	Ferreira	Female	02:12:50	10km Trail Run	459	131	40 - 49	34	13:16/km	Two-A-Day
5108	Landie	Dauids	Female	02:13:55	10km Trail Run	460	132	Open	51	13:22/km	Two-A-Day
5183	Esethu	Siyila	Female	02:15:25	10km Trail Run	461	133	< 13	7	13:31/km	Two-A-Day
6851	Melanie	Britz	Female	02:16:33	10km Trail Run	462	134	40 - 49	35	13:39/km	
4816	Eksteen	Lourens	Male	02:16:38	10km Trail Run	463	329	40 - 49	52	13:39/km	Kromco
2032	Boiketlo	Mapheleba	Male	02:22:11	10km Trail Run	464	330	Open	186	14:12/km	Fruitways Valley
5132	Bonita	Gordon	Female	02:22:37	10km Trail Run	465	135	40 - 49	36	14:15/km	Two-A-Day
5102	Cheryl	Bozman	Female	02:22:40	10km Trail Run	466	136	60 - 69	9	14:15/km	Two-A-Day
1094	Meagan	Dauids	Female	02:23:19	10km Trail Run	467	137	Open	52	14:18/km	Fruitways Melpack
1855	Angelique	Marais	Male	02:24:43	10km Trail Run	468	331	40 - 49	53	14:27/km	Fruitways Molteno
6857	Venita	Nel	Female	02:26:32	10km Trail Run	469	138	50 - 59	18	14:39/km	
5141	Wendy	Jansen	Female	02:30:42	10km Trail Run	470	139	50 - 59	19	15:03/km	Two-A-Day
5215	Arron	Nesom	Male	02:31:07	10km Trail Run	471	332	14 - 19	44	15:06/km	Two-A-Day
5156	Ethelene	Khabo	Female	02:31:17	10km Trail Run	472	140	Open	53	15:06/km	Two-A-Day
6312	Sandi	Isaacs	Female	02:33:10	10km Trail Run	473	141	14 - 19	16	15:18/km	Two-A-Day
6397	Connor	Venter	Male	02:33:15	10km Trail Run	474	333	Open	187	15:18/km	Two-A-Day
2529	Geoff	King	Male	02:35:58	10km Trail Run	475	334	50 - 59	40	15:34/km	Fruitways Valley
4922	Veronica	Van Staden	Female	02:38:54	10km Trail Run	476	142	Open	54	15:52/km	Kromco
5214	Aimee	Janse Van Rensburg	Female	02:39:16	10km Trail Run	477	143	< 13	8	15:54/km	Two-A-Day
5212	Marie	Venter	Female	02:39:18	10km Trail Run	478	144	40 - 49	37	15:54/km	Two-A-Day

10KM RESULTS

RaceNo	Name	Surname	Gender	TimeLapse	DistanceDesc	OverAllPos	GenderPos	AgeCategory	AgePos	AverageKmh	ClubName
1861	Angelique	Niewoudt	Female	02:39:32	10km Trail Run	479	145	Open	55	15:57/km	Fruitways Valley
2546	Jeanne-Lu	Vermeulen	Female	02:44:58	10km Trail Run	480	146	Open	56	16:28/km	Fruitways Valley
5326	Sifiso	Shumi	Male	02:50:44	10km Trail Run	481	335	Open	188	17:03/km	Two-A-Day
3591	Selvin	Du Plessis	Male	02:52:11	10km Trail Run	482	336	Open	189	17:12/km	Fruitways Valley
1981	Theko	Motsienyane	Male	02:55:41	10km Trail Run	483	337	Open	190	17:33/km	Fruitways Valley
5280	Neolon	Tamboer	Male	02:56:51	10km Trail Run	484	338	Open	191	17:40/km	Two-A-Day
5135	Anthony	Hess	Male	03:03:02	10km Trail Run	485	339	50 - 59	41	18:18/km	Two-A-Day
5137	Robin	Hess	Male	03:03:09	10km Trail Run	486	340	14 - 19	45	18:18/km	Two-A-Day
1986	Andile	Mambulu	Male	22:53:21	10km Trail Run	487	341	Open	192	17:59/km	Fruitways Valley
5902	Olwethu	Temela	Female	23:01:28	10km Trail Run	488	147	14 - 19	17	18:59/km	Two-A-Day
6907	Karin	Muller	Female	23:39:23	10km Trail Run	489	148	40 - 49	38	21:59/km	
5105	Moira	Davids	Female	23:46:24	10km Trail Run	490	149	40 - 49	39	22:59/km	Two-A-Day