

Houkapper Trail Run 2019 Results

27KM

Position	Race Number	First Name	Last Name	Gender	Club	Race Time
1	146	Georgie	Minopetros	male	Plett AC	02:24:47
2	35	Wayne	Liddell	male	Temp	02:25:14
3	82	Grant	Ayton	male	Temp	02:29:05
4	129	William	Battersby	male	Temp	02:30:36
5	42	Werner	Kachelhoffer	male	Temp	02:33:09
6	101	Grant	Marcus	male	K-Way VOB Running Club	02:34:41
7	131	Brenna	Coupland	female	Temp	02:48:09
8	16	Prieur	du Plessis	male	Atlantic AC	02:53:57
9	64	Bruce	Arnett	male	Temp	02:54:58
10	143	Rudi	Duke-Jackson	male	Temp	02:55:33
11	53	Erik	Williamson	male	Cape Multi Sport Club	02:56:46
12	68	Daniel	Roux	male	Temp	02:56:51
13	102	Gordon	Van Der Vlies	male	Temp	02:58:40
14	147	Jo	Mackenzie	female	Plett AC	02:59:32
15	6	Liam	Gannon	male	Stellenbosch AC	02:59:58
16	127	Ryan	Morawski	male	Temp	03:02:31
17	31	Stuart	Gillmer	male	Muirite Striders	03:04:45
18	99	Grant	Lloyd	male	Temp	03:08:02
19	75	Ben	Kooyman	male	Celtic Harriers	03:08:42
20	134	Tom	Marshall	male	Temp	03:10:38
21	44	Robyn	Taylor	female	Temp	03:11:24
22	45	Tyrone	Van Rooyen	male	Temp	03:11:25
23	120	Johan	de Bruyn	male	Temp	03:13:11
24	145	Greg	Patrick	male	Temp	03:14:27
25	138	River	Martin	male	Temp	03:14:29
26	144	Delien	Kilian	female	Temp	03:14:49
27	7	Clinton	Hill	male	Carbineers AC	03:16:02
28	3	Bruce	Olden	male	Knysna	03:16:42
29	84	Nichol	du Toit	male	Nedbank Running Club - SWD	03:16:49
30	26	Johann	Le Roux	male	Temp	03:16:53
31	58	Roberto	Marchesi	male	Multi-Sport Maniacs	03:17:44
32	100	Joost	Kessels	male	Body Concept Road Warriors	03:17:58
33	30	Stephanie	Marais	female	Outeniqua Harriers	03:19:07
34	94	claire	van der Nest	female	Body Concept Road Warriors	03:23:26
35	95	Charlie	Schreuder	male	Temp	03:24:05
36	130	ighsaan	isaacs	male	Malabar Athletic Club	03:24:36
37	28	Shirley	Bosman	female	Temp	03:24:44
38	124	Julia	Penn	female	Temp	03:24:46
39	114	Franco	Wait	male	Outeniqua Harriers	03:27:34
40	92	Cobus	Marais	male	Temp	03:27:34
41	115	Benita	Joubert	female	Hartenbos Drawwers	03:28:27
42	14	nick	woodhead	male	Temp	03:28:44
43	18	Marie	Ayton	female	Knysna Marathon Club	03:28:51
44	132	Zach	de Beer	male	Knysna Marathon Club	03:28:52
45	96	Sheldon	du Trevou	male	Temp	03:29:03
46	97	Desiree	du Trevou	female	Temp	03:29:03
47	10	Philip	Pieterse	male	Temp	03:29:31
48	1	Mihan	Roos	male	Knysna	03:30:11
49	8	Kevin	Gillmer	male	Muirite Striders	03:30:22
50	117	Wynand	Malan	male	Temp	03:32:26
51	50	Alan	Shepherd	male	Temp	03:33:34
52	66	Mike	Harcourt	male	Temp	03:34:49
53	19	Rodger	Ayton	male	Temp	03:35:36
54	27	Nadia	Jooste	female	Temp	03:35:37
55	116	Sulet	Jansen	female	Temp	03:35:40
56	119	Jo	Tanner	female	Temp	03:36:53
57	4	Johan	Rheeders	male	Temp	03:36:59
58	57	Stefanie	Hoffman	female	Stellenbosch AC	03:37:31

59	54	Amri	Williamson	female	Cape Multi Sport Club	03:37:33
60	32	Meyr	Kruger	male	Metropolitan AC	03:39:21
61	41	Disy	Weldon	female	Temp	03:39:50
62	49	Therese	Hansson	female	Temp	03:40:58
63	63	Helen	Pringle	female	Temp	03:41:14
64	5	julian	veermeer	male	Stellenbosch AC	03:43:45
65	59	Sian	O'Keeffe	male	Temp	03:43:46
66	55	Janet	Woodhead	female	Plett AC	03:43:50
67	70	Bernard	Zaayman	male	Temp	03:43:53
68	140	Sinalo	Nongauza	female	Old mutual	03:44:31
69	37	Marguerite	Riekert	female	Nedbank Running Club - SWD	03:44:37
70	133	Andrew	Marshall	male	Temp	03:46:22
71	22	Anneline	Hugo	female	Whalers AC	03:46:25
72	48	Ankia	Wepener	female	Nedbank Running Club - SWD	03:46:25
73	61	Michael	Van Vuuren	male	Plett AC	03:46:55
74	43	Jacqui	Dersley	female	Temp	03:47:27
75	9	Meagan	Geyer	female	Plett AC	03:47:45
76	69	Sharon	Miles-Kirkhoff	female	Temp	03:50:25
77	105	Marizanne	de Villiers	female	Temp	03:51:03
78	126	Vassilis	Mavrocoelas	male	K-Way VOB Running Club	03:52:23
79	135	Dennis	Marshall	male	Temp	03:52:32
80	89	Marli	Auret	female	Temp	03:58:00
81	33	Cobus Deneys	Stander	male	Temp	03:58:45
82	142	Sonja	Bland	female	Outeniqua Harriers	04:01:01
83	83	Melani	du Toit	female	Nedbank Running Club - SWD	04:01:57
84	39	Sarah	Wilton	female	Temp	04:01:58
85	23	sandra	nell	female	Temp	04:05:03
86	24	Jaco	Nell	male	Temp	04:05:03
87	121	Timothy	Nicol	male	Durbanville AC	04:07:43
88	38	Elri	Agenbag	female	Temp	04:08:49
89	141	Asa	Ntuku	male	Nedbank Running Club – East Lon	04:13:03
90	106	Dinilesizwe	Gudlindlu	male	Century City Athletics	04:13:43
91	139	Michael Siyabulela	Kwampa	male	KSDLM AC	04:18:21
92	36	Kim	Lamb	female	RWFL - WP	04:18:47
93	12	TANIA	ERASMUS	female	Nedbank Running Club - SWD	04:18:49
94	110	DAVID	HARDNICK	male	Temp	04:22:49
95	109	COBUS	JORDAAN	male	Temp	04:22:50
96	125	Herman Jacobus	de la Guerre	male	Durbanville AC	04:23:27
97	47	Minette	Murray	female	Team Vitality Running Club	04:28:54
98	122	Mark	Miller	male	Temp	04:28:55
99	123	Janelle	Miller	female	Temp	04:28:56
100	34	Susan	van der Merwe	female	Secunda MC	04:39:26
101	91	Aziem	Sulaiman	male	MSA	04:40:36
102	13	Prissie Cecilia	Muller	female	Hartenbos Drawwers	04:47:01
103	17	Riaan	Janse van Rensburg	male	Cape Multi Sport Club	04:47:02
104	56	Elme	Middlemost	female	Brackenfell AC	04:54:34
105	148	RENE	VAN STADEN	female	Brackenfell AC	04:54:35
106	46	Gillian	Lupton-Smith	female	Outeniqua Harriers	04:55:12
107	88	Bronwyn	Lloyd	female	Sedgefield Striders	04:55:55
108	52	Jackie	van Wyk	female	Temp	04:55:55
109	104	Ngwanathole	Nong	female	Beaufort West Runners	04:57:52
110	62	Alan	Hardaker	male	Temp	05:07:44
111	81	Jacques	Malan	male	Vodashop Runners	05:10:09
112	87	Benita	Taylor	female	Temp	05:11:50
113	113	Andrew	Beggs	male	Born 2 Run AC	05:13:07
114	25	Colleen	Cross	female	RWFL - WP	05:52:49

15KM

Position	Race Number	First Name	Last Name	Gender	Club	Race Time
1	250	Marion	Leiberich	female	Vodacom Striders - WP	01:13:30
2	377	Jacques	Mouton	male	Outeniqua Harriers	01:17:25
3	336	Reynard	Van Straaten	male	Outeniqua Harriers	01:22:04
4	359	Anthony	Vertue	male	Temp	01:25:26
5	360	Lionel	Eksteen	male	Temp	01:28:00
6	273	Zach	van Wyk	male	Temp	01:28:14
7	311	Eugene	Marais	male	Cape Multi Sport Club	01:30:06
8	354	Jan-Peter	Smedema	male	Temp	01:31:24
9	248	Melissa	Phelps	female	Temp	01:31:47
10	251	Lindi	Georgiou	female	Body Concept Road Warriors	01:31:48
11	402	Niek	Harteveld	male	Temp	01:32:52
12	345	Bertrand	Van der Berg	male	Team Vitality Running Club	01:34:17
13	268	Ryk	Eksteen	male	Temp	01:35:58
14	232	Chris	Van der Walt	male	Body Concept Road Warriors	01:36:01
15	391	Tania	Kitching	female	Body Concept Road Warriors	01:36:34
16	397	JAKE	BARNARD	male	Temp	01:37:31
17	331	Ashraf	Orrie	male	Lion of Africa Itheko AC	01:37:52
18	379	Coban-dean	Suttie	male	Temp	01:38:33
19	231	Katherine	van der Walt	female	Body Concept Road Warriors	01:38:58
20	254	William	Kiewitt	male	Agape AC	01:39:30
21	370	Johannes J	De Villiers	male	Temp	01:40:31
22	349	Rebekah	Utian	female	Temp	01:40:33
23	353	Kyle	Underwood	male	Temp	01:40:37
24	363	Jannie	Rossouw	male	Temp	01:45:40
25	293	Barend	Toit	male	Brackenfell AC	01:45:46
26	256	Andre	Rossouw	male	Temp	01:45:59
27	222	Moneque	Roos	female	Temp	01:46:38
28	367	Francois	Auret	male	Temp	01:46:40
29	332	Roldah	Orrie	female	Lion of Africa Itheko AC	01:46:43
30	357	Leonie	Cooper	female	Temp	01:47:08
31	314	Jaco	Fourie	male	Temp	01:47:35
32	297	Marais	Kruger	male	Temp	01:48:05
33	283	Matthew	Rose	male	Temp	01:49:27
34	284	Chris	Matthee	male	Temp	01:49:29
35	356	Danielle	Hattingh	female	Temp	01:50:22
36	226	Matthys	Maree	male	Temp	01:51:53
37	227	Lilian	Maree	female	Temp	01:52:17
38	373	Gina	Battersby	female	Temp	01:53:05
39	289	Andrew	Reynolds	male	Lion of Africa Itheko AC	01:54:41
40	276	abraham	coetzee	male	Knysna Marathon Club	01:54:46
41	282	Pieter	Du Plessis	male	Temp	01:55:10
42	351	Kaye	Bester	female	Knysna Marathon Club	01:55:52
43	343	Greg	Dauids	male	Temp	01:55:58
44	393	Ryan	Bruton	male	Temp	01:56:01
45	315	Michael	Rorke	male	Sedgefield Striders	01:56:05
46	361	Eunice	Hugo	female	Temp	01:56:11
47	305	Karina	Wittmann	female	Temp	01:56:21
48	242	Yolanda	Crous	female	Nedbank Running Club - SWD	01:56:22
49	352	Marcus	Meunier	male	Knysna Marathon Club	01:56:32
50	252	Dean	Bartie	male	Temp	01:57:27
51	299	Henry	McGregor	male	Temp	01:57:28
52	260	Sakkie	Franken	male	Temp	01:58:03
53	364	Sean	Radue	male	Body Concept Road Warriors	01:58:10
54	277	zithulele	nqayi	male	Knysna Marathon Club	01:59:04
55	390	Susan	Firth	female	Temp	01:59:14
56	296	Petrus	van Niekerk	male	Temp	01:59:29
57	339	VICKY	ROOS	female	Knysna Marathon Club	01:59:54
58	340	Jo-Anne	van Vuuren	female	Plett AC	02:00:12
59	346	Chantelle	Fekete	female	Temp	02:00:51
60	344	Danien	Heathcote	female	Temp	02:00:52

61	362	Yolande	Malan	female	Temp	02:01:25
62	213	Willi	von Borstel	male	Temp	02:01:32
63	214	Johanna	Toerien	female	Temp	02:01:33
64	394	Christine	Rossouw	female	Durbanville AC	02:01:45
65	333	Fayyaadh	Bassier	male	Lion of Africa Itheko AC	02:02:16
66	261	Lizel	Franken	female	Temp	02:03:00
67	350	Beverley	Kursten	female	Temp	02:03:02
68	235	Dean	Vorster	male	Financial Services Board AC	02:03:30
69	245	ALLISON	FLETCHER	female	Kimberley Harriers	02:03:51
70	347	Dominique	Macnab	female	Temp	02:06:21
71	257	Ruan	Brown	male	Warriors Running Club	02:06:50
72	274	Henry Cadle	Myburgh	male	Metropolitan AC	02:07:35
73	396	DELON	BARNARD	male	Knysna Marathon Club	02:07:36
74	384	Benita	Schölly	female	Temp	02:07:55
75	383	Casper	Scholly	male	Outeniqua Harriers	02:07:55
76	358	Kate	da Silva	female	Temp	02:08:06
77	200	Zoe	Kooyman	female	Temp	02:08:08
78	234	Mariana	Gunn	female	Financial Services Board AC	02:08:19
79	218	Alexandra	Jongens	female	Temp	02:08:39
80	217	Nicholas	Wiltshire	male	Temp	02:08:40
81	291	Samad	Razzak	male	Top Form AC	02:08:45
82	238	Monique	du Toit	female	RWFL - WP	02:09:43
83	348	Michelle	Van Der Berg	female	Team Vitality Running Club	02:10:50
84	249	Michelle	Jenkins	female	Temp	02:10:51
85	294	Arthur	Field	male	Temp	02:11:35
86	230	John	Vermeulen	male	Jacaranda AC	02:11:52
87	229	Linda	Calore	female	Jacaranda AC	02:11:54
88	376	Clare	Labuschagne	female	Outeniqua Harriers	02:12:03
89	210	Francois	Schutte	male	Durbanville AC	02:12:08
90	211	Chris	Van Wyk	male	Boksburg AC	02:15:01
91	307	Anita	Kessels	female	Body Concept Road Warriors	02:15:15
92	374	Annelise	Naude	female	Nedbank Running Club - SWD	02:15:27
93	369	Sue	McLagan	female	Temp	02:15:42
94	368	Ross	McLagan	male	Temp	02:15:43
95	290	Ethan	Naude	male	Temp	02:15:45
96	267	Estelle	Towsen	female	Nedbank Running Club - SWD	02:15:48
97	318	Chriselle	van Lill	female	Temp	02:17:25
98	335	hENRIETTE	van Niekerk	female	Cape Multisport Club Eden	02:18:13
99	205	Karen	Smith	female	Temp	02:18:18
100	265	Brigitte	Dewberry	female	CDH	02:18:29
101	212	Rita	Van Wyk	female	Boksburg AC	02:18:33
102	264	Tracy	Cohen	female	CDH	02:18:35
103	325	Theo	Burgers	male	Team Vitality Running Club	02:18:38
104	303	Godfrey	Goslett	male	Cape Multi Sport Club	02:20:03
105	388	Thanusha	Naidoo	female	Temp	02:21:25
106	389	Rudi	Pillay	male	Temp	02:21:29
107	236	Marian	Marais	female	Temp	02:21:32
108	262	Annarie	Nel	female	Whalers AC	02:21:40
109	298	Natasha	Dyers	female	Durbanville AC	02:21:56
110	209	Elrika	Pieterse	female	Temp	02:22:16
111	215	Hilton John George	Ehrenreich	male	EasyEquities Born2Run	02:22:49
112	239	Gretchen	Coetzee	female	Temp	02:23:51
113	338	Sulaiman	Bassier	male	Lion of Africa Itheko AC	02:23:53
114	237	Erica	Erasmus	female	Cape Multi Sport Club	02:23:56
115	201	Stefan	Swanepoel	male	Cape Multi Sport Club	02:25:09
116	334	Lutherus	van Niekerk	male	Cape Multisport Club Eden	02:25:10
117	202	Gayle	Swanepoel	female	Cape Multi Sport Club	02:25:11
118	327	Faldielah	Essa	female	Top Form AC	02:25:49
119	337	Thandeka	Mehlo	female	Century City Athletics	02:25:52
120	341	Tanya	De Vries	female	Temp	02:25:53
121	505	Sadia	Jakoet-Sedick	female	Lion of Africa Itheko AC	02:26:35
122	292	Charlotte	Schreve	female	Temp	02:26:43
123	310	Bethan	Philp	female	Nedbank Running Club - SWD	02:27:08

124	382	Joani	Konick	female	Nedbank Running Club - SWD	02:27:10
125	398	Alice	Steytler	female	Temp	02:27:12
126	399	Liam	Kovel	male	Temp	02:27:14
127	395	Gordon	Cook	male	Temp	02:28:03
128	269	Maroshell	Odendaal	female	Temp	02:29:04
129	266	Desiree	Swart	female	Temp	02:29:21
130	208	Marike	Pieterse	female	Nedbank Running Club - SWD	02:29:24
131	324	Trixie	Le Roux	female	Temp	02:30:17
132	246	Frances	Nel	female	Kimberley Pirates AC	02:31:14
133	241	Christel	Victor	female	Kimberley Harriers	02:31:16
134	317	Allison	Ontong	female	Run walk for life kimberley	02:31:53
135	244	Mark	Fletcher	male	Kimberley Harriers	02:31:55
136	247	Rudi	Witteveen	male	Vodashop Runners	02:32:12
137	366	Thomas	Visser	male	Outeniqua Harriers	02:32:30
138	258	Mark	Andrews	male	Temp	02:32:44
139	259	Danele	Scholten	female	Temp	02:32:45
140	304	Neil	McLaren	male	Temp	02:32:52
141	392	Xoliswa	Motsohi	female	Vitality	02:32:56
142	320	Carel	Du Toit	male	Hartenbos Drawwers	02:33:04
143	321	Cecile-Rene	Du Toit	female	Hartenbos Drawwers	02:33:04
144	326	Nicola	Strauss	female	Temp	02:33:05
145	316	Petro	Calitz	female	Hartenbos Drawwers	02:33:06
146	401	Marie-Louisa	Koekemoer	female	Nedbank Running Club - SWD	02:33:37
147	330	Rene'	Van der Westhuizen	female	Vodashop Runners	02:33:55
148	329	Dolf	Van der Westhuizen	male	Vodashop Runners	02:33:57
149	328	Elizabeth	Meinert	female	Temp	02:37:53
150	385	Terri	Pautz	female	Temp	02:39:45
151	381	Fielies	Nieuwoudt	male	Temp	02:40:15
152	253	mariette	ferreira	female	Temp	02:40:48
153	365	James	Rule	male	Temp	02:43:48
154	207	Peter	Hill	male	Temp	02:45:08
155	323	Rynhardt	van Rooyen	male	Sasol Marathon Club	02:45:33
156	322	Lucia	van Rooyen	female	Sasol Marathon Club	02:45:34
157	403	CARIEN	Pretorous	female	Temp	02:46:09
158	206	Thersia	Grobbelaar	female	Durbanville AC	02:48:34
159	308	Emma	Rorke	female	Sedgefield Striders	02:50:23
160	309	Alida	Viljoen	female	Temp	02:52:34
161	216	Kayleigh	Bauer	female	Temp	02:56:02
162	302	PIET	JOUBERT	male	Temp	03:01:10
163	301	Charne	Ferreira	female	Temp	03:01:11
164	319	Leana	Swanepoel	female	Temp	03:06:16
165	228	Marlene	Nell	female	Durbanville AC	03:10:36
166	233	Sonja	Vermaak	female	RWFL - WP	03:10:37
167	378	Revelie	Boyle	female	Temp	03:14:03
168	203	Joan	Erasmus	female	Team Vitality Running Club	03:22:54
169	204	Elsa	Erasmus	female	Team Vitality Running Club	03:22:55
170	287	Keke	Motsoeneng	female	Team Vitality	03:24:37
171	255	Sonia	Baumann	female	RWFL - WP	03:24:59
172	312	Joey	Louwrens	female	Boksburg AC	03:40:32
173	313	Louwtjie	Louwrens	male	Team Vitality Running Club	03:40:33

9km

Position	Race Number	First Name	Last Name	Gender	Club	Race Time
1	607	Keanu	Domingo	male	Heat AC	00:39:54
2	553	melikhaya	msizi	male	Knysna Marathon Club	00:40:07
3	600	Danny	Griebenow	male	Wild Runner AC	00:50:45
4	603	Shabeer	Enrahim	male	Lion of Africa Itheko AC	00:52:17
5	599	Zac	Zinn	male	Temp	00:54:51
6	574	Robert	Cloete	male	Temp	00:55:45
7	552	Micaela	Chevalier	female	Madibaz Running Club - SWD	00:56:18
8	576	Jeanne-Marie	Eksteen	female	Temp	00:57:12
9	577	Johan	Eksteen	male	Temp	00:57:12
10	648	Lesley	Manning	female	Temp	00:57:34
11	585	Megan	Bellinger	female	ATC Running	01:00:16
12	586	Amy	Bellinger	female	ATC Running	01:00:16
13	560	Gary	Velcich	male	Temp	01:00:52
14	537	Carmen	Joseph	female	Temp	01:01:25
15	637	Luke van As	van As	male	Temp	01:01:32
16	528	Jan-Wynand	Greeff	male	Belville AC	01:02:07
17	643	CHARL	VAN ZYL	male	Temp	01:02:10
18	652	Eaton	Vermeulen	male	Temp	01:03:38
19	527	Elzette	Bennett	female	Temp	01:03:44
20	579	Bruce	Pawley	male	Temp	01:05:35
21	646	Louis	Kruger	male	Temp	01:05:51
22	587	Stephanie	Bellinger	female	Atlantic AC	01:07:47
23	618	Marlene	Crew	female	Temp	01:08:46
24	638	Yvette	Smuts	female	Temp	01:09:33
25	597	Adrienne	Eley	female	Brackenfell AC	01:10:22
26	635	Llewellyn	Foreman	male	Nedbank Running Club - WP	01:10:31
27	645	Elsje	Neethling	female	Nedbank Running Club - WP	01:11:08
28	583	Monique	Deutschmann	female	Magnolia Road Runners	01:11:10
29	570	Tayla	Gilham	female	Temp	01:11:14
30	578	Cobus	Hitge	male	Mondi Athletics club	01:11:54
31	530	Juan	Clarence	male	Belville AC	01:13:50
32	545	Chantelle	Thorn	female	Temp	01:13:51
33	644	JP	Auret	male	Temp	01:14:24
34	535	Barend	van der Merwe	male	Hartenbos Drawwers	01:14:50
35	563	HERMAN	SWANEOEL	male	Hartenbos Drawwers	01:14:51
36	627	Dorothea	Delpport	female	Temp	01:14:58
37	626	Madeleine	Beukes	female	Temp	01:14:59
38	559	Lucy	Pettinger	female	Temp	01:15:11
39	642	Chris	Smuts	male	Temp	01:15:13
40	590	Colette	Fransolet	female	Temp	01:15:30
41	572	Liza-Marie	Schutte	female	Temp	01:16:15
42	571	Chris	Schutte	male	Temp	01:16:17
43	605	Xavier	Pearce	male	Temp	01:16:35
44	513	Johan	Goosen	male	Temp	01:17:32
45	647	Serett	Maree	male	Temp	01:17:39
46	567	Andre	Knoetze	male	Temp	01:17:59
47	568	Chimone	Otto	female	Nedbank Running Club - SWD	01:18:00
48	534	Rika	Spang	female	Hartenbos Drawwers	01:19:17
49	536	Hendrika	Zimmerman	female	Hartenbos Drawwers	01:19:18
50	518	Elsje	du Plessis	female	Herbalife AC	01:19:22
51	555	Marlize	Magson	female	Temp	01:19:31
52	556	Lynn	Hough	female	Langebaan Strandlopers	01:19:32
53	614	Cornelia	Terblanche	female	Temp	01:19:58
54	615	Nicolaas	Lamprecht	male	Temp	01:19:59
55	588	Annerie	Schreuder	female	Temp	01:20:08
56	582	Monique	Wessels	female	Temp	01:20:43
57	581	Sandy	Rubin	female	Temp	01:20:44
58	595	Tony	Harris	male	Temp	01:20:54
59	526	Diane	Parker	female	Sedgefield Striders	01:21:21
60	632	Catherine	Nixon	female	Team Vitality Running Club	01:21:35

61	631	Moegammad Ali	Waggie	male	Temp	01:22:48
62	650	Lize-Mari	Beukes	female	Temp	01:23:14
63	640	Cleo	Eksteen	female	Temp	01:23:23
64	589	Bernadette	da silva	female	Run Zone A.C	01:23:24
65	549	Helena	Muller	female	Temp	01:24:00
66	613	Yusuf	Gamielien	male	Lion of Africa Itheko AC	01:24:29
67	541	Michele	Pietrucci	female	RWFL Border	01:25:23
68	580	Nichola	Pawley	female	Temp	01:25:42
69	544	Elena	Naude	female	RWFL Border	01:26:55
70	625	Sonet	Steyn	female	RWFL	01:26:57
71	511	Jackie	Goosen	female	Brackenfell AC	01:27:12
72	564	Liezl	Bester	female	Temp	01:27:21
73	520	Anina	van Coller	female	Temp	01:27:38
74	503	Elfrieda	Loubser	female	Temp	01:28:37
75	604	Alan	Pearce	male	Temp	01:29:00
76	649	Suzette	Erasmus	female	Temp	01:29:11
77	573	Monique	Jordaan	female	RAC	01:29:30
78	593	Tenielle	De Andrade	female	Temp	01:29:45
79	609	Desiree	Titus	female	Gelvan AC	01:30:34
80	608	Rehana	Demaine	female	Gelvan AC	01:30:35
81	610	Ameera	Campbell	female	Gelvan AC	01:30:41
82	569	Sonja	Dietzsch	female	Temp	01:32:00
83	516	Phil	La Grange	male	Hartenbos Drawwers	01:32:01
84	506	Linda	Smit	female	Nedbank Running Club - SWD	01:32:02
85	634	Cira	Meyer	female	Temp	01:33:20
86	633	Fanie	Meyer	male	Temp	01:33:21
87	619	Norman	Lotter	male	Nedbank Running Club - WP	01:34:49
88	624	BRONWYN	DESOUZA	female	Run Walk for Life	01:34:50
89	620	Zonica	Lotter	female	Nedbank Running Club - WP	01:34:52
90	543	Alex	Pheiffer	male	RWFL Border	01:34:54
91	596	Geraldine	Harris	female	Temp	01:35:31
92	533	Andrew	Thorpe	male	Cape Multisport Club Eden	01:36:03
93	532	Debbie	Campbell	female	Cape Multisport Club Eden	01:36:04
94	601	Lee-Ann	Persse	female	Nedbank Running Club - WP	01:38:31
95	539	Jean	Swart	male	Temp	01:38:40
96	584	Ruan	Jansen van Rensburg	male	Temp	01:40:12
97	651	Richen	Vermeulen	female	Temp	01:40:20
98	540	Barbara	Pretorius	female	Temp	01:40:28
99	524	Liam	du Toit	male	Temp	01:40:42
100	523	Megan	Adams	female	Temp	01:41:15
101	525	Fadhil	Kamalie	male	Temp	01:41:22
102	547	Amelia	Burger	female	Temp	01:41:45
103	504	Marisa	Janse van vuuren	female	Temp	01:42:02
104	641	Ashlyn	Eksteen	female	Temp	01:42:03
105	557	Inge	Schreve	female	Langeberg AC	01:42:27
106	611	Faheem	Jakoet	male	Temp	01:42:30
107	622	Megan	Grobbelaar	female	Temp	01:42:31
108	629	Kate	Badenhorst	female	Discovery vitality	01:43:03
109	628	Lucille	Bronkhorst	female	Discovery vitality	01:43:04
110	639	Gail	Eksteen	female	Temp	01:43:05
111	515	Ronel	Darlew	female	Hartenbos Drawwers	01:43:38
112	514	John	Darlew	male	Hartenbos Drawwers	01:43:40
113	508	Nancy	Joubert	female	Belville AC	01:44:23
114	623	Francois	Joubert	male	Temp	01:44:24
115	621	Rina	Lotter	female	Temp	01:45:45
116	561	Sarah-Leigh	Rose	female	Temp	01:48:21
117	562	Beverley	Matthee	female	Temp	01:48:22
118	594	Samantha	Griebenow	female	Temp	01:49:09
119	565	Grace Danielle	Fletcher	female	Temp	01:50:36
120	566	Hannah Caitlyn	Fletcher	female	Temp	01:50:38
121	517	Gavin	Brown	male	Run Walk For Life George	01:51:01
122	529	Gavin	Warner	male	Run/Walk for Life	01:51:02
123	606	Neil	Robinson	male	Temp	01:51:07

124	612	Abdullah	Parker	male	Lion of Africa Itheke AC	01:52:15
125	509	Hanlie	Cloete	female	Temp	01:52:28
126	512	Carike	Goosen	female	Temp	01:52:29
127	500	Suzanne	Twentyman-Jones	female	B2R WP	01:54:56
128	510	Tanja	Odendaal	female	Brackenfell AC	01:54:57
129	592	Moneta	Robinson	female	Temp	01:55:17
130	531	JOHANNA	JOOSTE	female	Nedbank Running Club - SWD	01:56:08
131	502	GERALDINE	LOFTIE-EATON	female	Nedbank Running Club - SWD	01:56:09
132	616	Ebrahim	Jacobs	male	Lion of Africa Itheke AC	01:56:43
133	538	Cornelia	Giliomee	female	Langeberg AC	01:59:10
134	636	Riette	Esterhuysen	female	Nedbank Running Club - WP	01:59:11
135	519	Bennie	du Plessis	male	Herbalife AC	02:02:36
136	548	Heleen	Kok	female	Temp	02:06:01
137	546	Lizelle	Marais	female	Temp	02:06:02
138	591	Ashraf	Sedick	male	Lion of Africa Itheke AC	02:11:12
139	617	Rashard	Jedaar	male	Ommiedraai Friends AC	02:20:19