

DESERT PALACE HOTEL AND CASINO RESORT

JOHN NUGENT MEMORIAL RUNNING FESTIVAL

2 MARCH 2024

PRESENTED BY ENERGY LAB ATHLETIC COMPANY

RESULTS

10km - Overall							
Place	Bib	Name	Distance	Category	Age	Gender	Time
1	144	Rebaone Foong Shadrack	10km	JM	19	Male	37:10.6
2	136	Herald-Selwyn Padmaker	10km	SM	26	Male	43:56.8
3	143	Hanro Schoeman	10km	SM	25	Male	47:40.0
4	167	Dee-Jay Van Rensburg	10km	VM	41	Male	52:39.6
5	98	Misha Laubscher	10km	SF	33	Female	55:41.8
6	128	Chrisna Nieuwoudt	10km	MF	59	Female	56:37.0
7	75	Antonie Heerden	10km	MM	56	Male	1:03:08.7
8	155	Jo-Marie Van Aarde	10km	SF	33	Female	1:03:41.4
9	104	Denise Lonte	10km	SF	38	Female	1:05:05.6
10	105	Henkie Lonte	10km	VM	47	Male	1:05:36.3
11	161	Carmen Van Der Merwe	10km	VF	45	Female	1:05:54.9
12	79	Kelvin Jacobs	10km	SM	39	Male	1:09:29.3
13	145	Molelekoa Solomon	10km	SM	26	Male	1:11:21.1
14	126	Quezette Myburgh	10km	SF	38	Female	1:11:47.3
15	179	Gretchen Visser	10km	MF	58	Female	1:13:09.3
16	90	Thandokambulazi Khumalo	10km	SF	25	Female	1:14:03.5
17	130	Bernadine Nugent	10km	SF	23	Female	1:17:57.1
18	192	Cameron Ogden	10km	SM	26	Male	1:18:01.2
19	175	Christel Van Zyl	10km	SF	22	Female	1:20:04.3
20	141	Monica Schoeman	10km	SF	28	Female	1:20:08.5
21	17	Mano Beeslaar	10km	VM	44	Male	1:20:48.1
22	142	Rae Schoeman	10km	MF	55	Female	1:21:21.3
22	171	Zane Van Tonder	10km	VM	43	Male	1:21:21.3
24	177	Marcell Van Zyl	10km	SF	23	Female	1:21:39.1
25	156	Sylvia Van Den Heever	10km	VF	44	Female	1:25:08.5
26	59	Paulina Eilers	10km	VF	40	Female	1:25:13.8
27	148	Daleen-Marie Stander	10km	SF	29	Female	1:31:01.3
28	51	Selene Du Plessis	10km	MF	55	Female	1:31:42.8
28	52	Stephanie Du Plessis	10km	SF	27	Female	1:31:42.8
30	96	Jaco Lategan	10km	SM	28	Male	1:32:59.0
30	103	Kobus Liebenberg	10km	GM	60	Male	1:32:59.0
-	31	Joey Burger	10km	SF	34	Female	DNS
-	55	Letje Du Plessis	10km	SF	36	Female	DNS
-	65	Wesley George	10km	GM	68	Male	DNS
-	102	Johan Liebenberg	10km	GM	63	Male	DNS
-	129	Willem Nieuwoudt	10km	GM	60	Male	DNS

-	153	Handré Titus	10km	SM	28	Male	DNS
-	162	Carel Van Der Merwe	10km	VM	46	Male	DNS
-	164	Louis Van Der Walt	10km	SM	39	Male	DNS

10km - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	98	Misha Laubscher	10km	SF	33	Female	55:41.8
2	128	Chrisna Nieuwoudt	10km	MF	59	Female	56:37.0
3	155	Jo-Marie Van Aarde	10km	SF	33	Female	1:03:41.4
4	104	Denise Lonte	10km	SF	38	Female	1:05:05.6
5	161	Carmen Van Der Merwe	10km	VF	45	Female	1:05:54.9
6	126	Quezette Myburgh	10km	SF	38	Female	1:11:47.3
7	179	Gretchen Visser	10km	MF	58	Female	1:13:09.3
8	90	Thandokambulazi Khumalo	10km	SF	25	Female	1:14:03.5
9	130	Bernadine Nugent	10km	SF	23	Female	1:17:57.1
10	175	Christel Van Zyl	10km	SF	22	Female	1:20:04.3
11	141	Monica Schoeman	10km	SF	28	Female	1:20:08.5
12	142	Rae Schoeman	10km	MF	55	Female	1:21:21.3
13	177	Marcell Van Zyl	10km	SF	23	Female	1:21:39.1
14	156	Sylvia Van Den Heever	10km	VF	44	Female	1:25:08.5
15	59	Paulina Eilers	10km	VF	40	Female	1:25:13.8
16	148	Daleen-Marie Stander	10km	SF	29	Female	1:31:01.3
17	51	Selene Du Plessis	10km	MF	55	Female	1:31:42.8
17	52	Stephanie Du Plessis	10km	SF	27	Female	1:31:42.8
-	55	Letje Du Plessis	10km	SF	36	Female	DNS

10km - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	144	Rebaone Foong Shadrack	10km	JM	19	Male	37:10.6
2	136	Herald-Selwyn Padmaker	10km	SM	26	Male	43:56.8
3	143	Hanro Schoeman	10km	SM	25	Male	47:40.0
4	167	Dee-Jay Van Rensburg	10km	VM	41	Male	52:39.6
5	75	Antonie Heerden	10km	MM	56	Male	1:03:08.7
6	105	Henkie Lonte	10km	VM	47	Male	1:05:36.3
7	79	Kelvin Jacobs	10km	SM	39	Male	1:09:29.3
8	145	Molelekoa Solomon	10km	SM	26	Male	1:11:21.1
9	192	Cameron Ogden	10km	SM	26	Male	1:18:01.2
10	17	Mano Beeslaar	10km	VM	44	Male	1:20:48.1
11	171	Zane Van Tonder	10km	VM	43	Male	1:21:21.3
12	96	Jaco Lategan	10km	SM	28	Male	1:32:59.0
12	103	Kobus Liebenberg	10km	GM	60	Male	1:32:59.0
-	31	Joey Burger	10km	SF	34	Male	DNS
-	65	Wesley George	10km	GM	68	Male	DNS
-	102	Johan Liebenberg	10km	GM	63	Male	DNS
-	129	Willem Nieuwoudt	10km	GM	60	Male	DNS
-	153	Handré Titus	10km	SM	28	Male	DNS
-	162	Carel Van Der Merwe	10km	VM	46	Male	DNS
-	164	Louis Van Der Walt	10km	SM	39	Male	DNS

21km - Overall

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	189	Rhein Coetzee	21km	SM	36	Male	1:22:33.5
2	193	Daniel Tautunyenge	21km	SM	30	Male	1:22:42.4
3	56	Carlos Du Plessis0	21km	SM	21	Male	1:25:00.2
4	131	Kgosietsile Oageng	21km	SM	38	Male	1:27:47.5
5	122	Sinethemba Mtubu	21km	JM	19	Male	1:27:57.8
6	140	Timothy Russell	21km	VM	41	Male	1:36:25.9

7	21	Thembiso Blaauw	21km	MM	52	Male	1:38:29.1
8	163	Ronnie Van Der Walt	21km	VM	42	Male	1:40:01.2
9	152	Tiisetso Thiba	21km	SM	38	Male	1:44:02.6
10	87	Nols Kennedy	21km	VM	44	Male	1:44:04.0
11	169	Tonia Van Rooyen	21km	SF	32	Female	1:44:56.7
12	28	Janika Botha	21km	SF	31	Female	1:50:45.8
13	107	Yolandi Louw	21km	SF	32	Female	1:55:36.0
14	180	Suzaan Von Waltzleben	21km	SF	30	Female	1:56:39.5
15	113	Wakes Mjekula	21km	MM	59	Male	2:00:43.3
16	94	Ruan Koortzen	21km	SM	26	Male	2:02:37.4
17	114	Nico Moller	21km	SM	30	Male	2:06:22.1
18	29	Lourens Botma	21km	SM	30	Male	2:06:43.6
19	38	Anton De Villiers	21km	SM	29	Male	2:11:36.1
19	150	Carla Swart	21km	SF	29	Female	2:11:36.1
21	124	Talifhani Munyai	21km	SF	28	Female	2:17:12.8
22	101	Wilhelmina Liebenberg	21km	MF	59	Female	2:17:26.0
23	78	Isoré Husselmann	21km	VF	47	Female	2:24:00.0
24	176	Jacques Van Zyl	21km	SM	29	Male	2:28:35.2
25	67	Jaco Gous	21km	MM	53	Male	2:30:16.8
26	147	Marne Stadler	21km	VF	46	Female	2:30:30.6
26	168	Jenny Van Rensburg	21km	VF	43	Female	2:30:30.6
28	123	Dricky Muller	21km	VF	40	Female	2:31:49.1
29	182	Koos Walters	21km	MM	50	Male	2:32:30.1
30	60	Shaun Erasmus	21km	VM	42	Male	2:33:57.6
31	37	Marais De Jager	21km	SM	34	Male	2:33:58.3
32	30	Carel Burger	21km	VM	48	Male	2:39:18.7
33	13	Kassie Agenbacht	21km	GM	66	Male	2:40:03.2
34	62	Rachelle Galloway	21km	SF	38	Female	2:44:34.0
35	172	Tedré Van Wyk	21km	SF	26	Female	2:50:48.9
36	135	Christy-Anne Ontong	21km	VF	43	Female	2:56:54.2
37	138	Maefo Phetla	21km	SF	31	Female	2:56:54.6
38	100	Mona Lensing	21km	MF	58	Female	3:05:44.9
-	165	Antonie Van Der Westhuizen	21km	SM	38	Male	DNS

21km - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	169	Tonia Van Rooyen	21km	SF	32	Female	1:44:56.7
2	28	Janika Botha	21km	SF	31	Female	1:50:45.8
3	107	Yolandi Louw	21km	SF	32	Female	1:55:36.0
4	180	Suzaan Von Waltzleben	21km	SF	30	Female	1:56:39.5
5	150	Carla Swart	21km	SF	29	Female	2:11:36.1
6	124	Talifhani Munyai	21km	SF	28	Female	2:17:12.8
7	101	Wilhelmina Liebenberg	21km	MF	59	Female	2:17:26.0
8	78	Isoré Husselmann	21km	VF	47	Female	2:24:00.0
9	147	Marne Stadler	21km	VF	46	Female	2:30:30.6
9	168	Jenny Van Rensburg	21km	VF	43	Female	2:30:30.6
11	123	Dricky Muller	21km	VF	40	Female	2:31:49.1
12	62	Rachelle Galloway	21km	SF	38	Female	2:44:34.0
13	172	Tedré Van Wyk	21km	SF	26	Female	2:50:48.9
14	135	Christy-Anne Ontong	21km	VF	43	Female	2:56:54.2
15	138	Maefo Phetla	21km	SF	31	Female	2:56:54.6
16	100	Mona Lensing	21km	MF	58	Female	3:05:44.9

21km - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	189	Rhein Coetzee	21km	SM	36	Male	1:22:33.5
2	193	Daniel Tautunyenge	21km	SM	30	Male	1:22:42.4

3	56	Carlos Du Plessis0	21km	SM	21	Male	1:25:00.2
4	131	Kgosietsile Oageng	21km	SM	38	Male	1:27:47.5
5	122	Sinethemba Mtubu	21km	JM	19	Male	1:27:57.8
6	140	Timothy Russell	21km	VM	41	Male	1:36:25.9
7	21	Thembiso Blaauw	21km	MM	52	Male	1:38:29.1
8	163	Ronnie Van Der Walt	21km	VM	42	Male	1:40:01.2
9	152	Tiisetso Thiba	21km	SM	38	Male	1:44:02.6
10	87	Nols Kennedy	21km	VM	44	Male	1:44:04.0
11	113	Wakes Mjekula	21km	MM	59	Male	2:00:43.3
12	94	Ruan Koortzen	21km	SM	26	Male	2:02:37.4
13	114	Nico Moller	21km	SM	30	Male	2:06:22.1
14	29	Lourens Botma	21km	SM	30	Male	2:06:43.6
15	38	Anton De Villiers	21km	SM	29	Male	2:11:36.1
16	176	Jacques Van Zyl	21km	SM	29	Male	2:28:35.2
17	67	Jaco Gous	21km	MM	53	Male	2:30:16.8
18	182	Koos Walters	21km	MM	50	Male	2:32:30.1
19	60	Shaun Erasmus	21km	VM	42	Male	2:33:57.6
20	37	Marais De Jager	21km	SM	34	Male	2:33:58.3
21	30	Carel Burger	21km	VM	48	Male	2:39:18.7
22	13	Kassie Agenbacht	21km	GM	66	Male	2:40:03.2
-	165	Antonie Van Der Westhuizen	21km	SM	38	Male	DNS

42km - Overall

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	48	Tshepisonyane Chester Dioka	42km	VM	41	Male	2:55:08.2
2	86	Tanaka T Kashanga	42km	SM	24	Male	3:14:01.6
3	89	Tshabang Albert Kesolofetse	42km	VM	45	Male	3:20:41.4
4	27	Zeldene Botha	42km	SF	27	Female	3:38:42.5
4	160	Mardré Van Der Kolf	42km	SF	30	Female	3:38:42.5
6	133	Mattheus Olyn	42km	MM	51	Male	3:44:59.5
7	14	Lukas Aifete	42km	MM	50	Male	3:47:14.3
8	191	Dolf Dorfling	42km	SM	30	Male	3:48:33.8
9	97	Pieter Laubscher	42km	SM	39	Male	3:54:05.3
10	54	Charl Du Plessis	42km	SM	35	Male	3:54:49.1
10	181	Max Walker	42km	SM	34	Male	3:54:49.1
12	74	Petri Hanekom	42km	SM	39	Male	4:01:25.6
13	50	Janke Du Plessis	42km	SM	37	Male	4:03:11.3
14	69	Fezile Groom	42km	MM	54	Male	4:08:13.2
15	149	Hermanus Steyn	42km	SM	35	Male	4:16:37.8
16	95	Ulrich Lategan	42km	SM	27	Male	4:17:15.7
17	194	Michael Eilerd	42km	GM	64	Male	4:18:08.0
18	139	Anina Potgieter	42km	MF	52	Female	4:22:52.3
19	99	Deidre Laubscher	42km	VF	40	Female	4:25:28.2
20	36	Andries Coetzee	42km	SM	32	Male	4:29:00.6
21	159	Gideon Van Der Kolf	42km	SM	35	Male	4:32:10.6
22	58	Eugene Eilers	42km	VM	43	Male	4:38:57.9
23	68	Tania Groenewald	42km	SF	34	Female	4:45:49.9
24	53	Nathan Du Plessis	42km	MM	50	Male	4:49:23.9
25	26	Hannerie Boshoff	42km	VF	44	Female	4:52:55.9
26	76	Stea Holland-Muter	42km	GF	61	Female	4:53:53.5
27	19	Thea Bergh	42km	SF	39	Female	4:57:46.0
27	137	Ida Paulsen	42km	SF	34	Female	4:57:46.0
29	108	Benjamin Louw	42km	MM	50	Male	4:59:29.1
30	125	Ronald Muzambi	42km	SM	32	Male	5:17:45.5
31	185	Pumeza Zombe	42km	VF	48	Female	5:19:16.7
32	33	Adelle Carstens	42km	SF	37	Female	5:31:55.0
33	42	Darryl De Wee	42km	SM	28	Male	5:40:14.2

33	45	Georgin Marchell De Wee	42km	SM	31	Male	5:40:14.2
35	85	Julian Karp	42km	GM	63	Male	5:44:55.4
36	34	Obert Chavunduka	42km	VM	41	Male	5:46:33.9
37	39	Theresa De Vries	42km	MF	51	Female	5:48:14.0
38	157	Janette Van Der Kolf	42km	GF	64	Female	5:55:46.6
39	158	Hennie Van Der Kolf	42km	GM	65	Male	5:55:49.6
-	15	Eunice Avenant	42km	MF	57	Female	DNF
-	61	Raynold Fortuin	42km	VM	40	Male	DNF
-	71	Andries Hanekom	42km	GM	64	Male	DNF
-	77	Johannes Howard	42km	MM	52	Male	DNF
-	146	Carla Spangenberg	42km	VF	42	Female	DNF
-	174	Philippa Van Zyl	42km	VF	45	Female	DNF
-	166	Louis Van Greunen	42km	MM	58	Male	DNS

42km - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	27	Zeldene Botha	42km	SF	27	Female	3:38:42.5
1	160	Mardré Van Der Kolf	42km	SF	30	Female	3:38:42.5
3	139	Anina Potgieter	42km	MF	52	Female	4:22:52.3
4	99	Deidre Laubscher	42km	VF	40	Female	4:25:28.2
5	68	Tania Groenewald	42km	SF	34	Female	4:45:49.9
6	26	Hannerie Boshoff	42km	VF	44	Female	4:52:55.9
7	76	Stea Holland-Muter	42km	GF	61	Female	4:53:53.5
8	19	Thea Bergh	42km	SF	39	Female	4:57:46.0
8	137	Ida Paulsen	42km	SF	34	Female	4:57:46.0
10	185	Pumeza Zombe	42km	VF	48	Female	5:19:16.7
11	33	Adelle Carstens	42km	SF	37	Female	5:31:55.0
12	39	Theresa De Vries	42km	MF	51	Female	5:48:14.0
13	157	Janette Van Der Kolf	42km	GF	64	Female	5:55:46.6
-	15	Eunice Avenant	42km	MF	57	Female	DNF
-	146	Carla Spangenberg	42km	VF	42	Female	DNF
-	174	Philippa Van Zyl	42km	VF	45	Female	DNF

42km - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	48	Tshepisonyane Chester Dioka	42km	VM	41	Male	2:55:08.2
2	86	Tanaka T Kashanga	42km	SM	24	Male	3:14:01.6
3	89	Tshabang Albert Kesolofetse	42km	VM	45	Male	3:20:41.4
4	133	Mattheus Olyn	42km	MM	51	Male	3:44:59.5
5	14	Lukas Aifete	42km	MM	50	Male	3:47:14.3
6	191	Dolf Dorfling	42km	SM	30	Male	3:48:33.8
7	97	Pieter Laubscher	42km	SM	39	Male	3:54:05.3
8	54	Charl Du Plessis	42km	SM	35	Male	3:54:49.1
8	181	Max Walker	42km	SM	34	Male	3:54:49.1
10	74	Petri Hanekom	42km	SM	39	Male	4:01:25.6
11	50	Janke Du Plessis	42km	SM	37	Male	4:03:11.3
12	69	Fezile Groom	42km	MM	54	Male	4:08:13.2
13	149	Hermanus Steyn	42km	SM	35	Male	4:16:37.8
14	95	Ulrich Lategan	42km	SM	27	Male	4:17:15.7
15	194	Michael Eilerd	42km	GM	64	Male	4:18:08.0
16	36	Andries Coetzee	42km	SM	32	Male	4:29:00.6
17	159	Gideon Van Der Kolf	42km	SM	35	Male	4:32:10.6
18	58	Eugene Eilers	42km	VM	43	Male	4:38:57.9
19	53	Nathan Du Plessis	42km	MM	50	Male	4:49:23.9
20	108	Benjamin Louw	42km	MM	50	Male	4:59:29.1
21	125	Ronald Muzambi	42km	SM	32	Male	5:17:45.5
22	42	Darryl De Wee	42km	SM	28	Male	5:40:14.2

22	45	Georgin Marchell De Wee	42km	SM	31	Male	5:40:14.2
24	85	Julian Karp	42km	GM	63	Male	5:44:55.4
25	34	Obert Chavunduka	42km	VM	41	Male	5:46:33.9
26	158	Hennie Van Der Kolf	42km	GM	65	Male	5:55:49.6
-	61	Raynold Fortuin	42km	VM	40	Male	DNF
-	71	Andries Hanekom	42km	GM	64	Male	DNF
-	77	Johannes Howard	42km	MM	52	Male	DNF
-	166	Louis Van Greunen	42km	MM	58	Male	DNS

5km - Overall

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	63	Admire M Gaza	5km	JM	19	Male	22:45.0
2	93	Willem Koegelenberg	5km	SM	27	Male	28:39.0
3	109	Liz-Mari Marais	5km	SF	36	Female	29:20.2
4	111	Elmé Marais	5km	JF	9	Female	29:21.3
5	115	Ernst Moller	5km	SM	33	Male	29:40.8
6	18	Eurika Bekker	5km	MM	53	Male	30:14.7
7	25	Ananda Booyesen	5km	SF	30	Female	30:15.4
8	119	Lucinda Mostert	5km	SF	27	Female	30:44.7
9	178	Pieter Van Zyl	5km	VM	41	Male	31:38.8
10	173	Marlien Van Wyk	5km	VF	49	Female	33:23.5
11	183	Eloise Willemse	5km	SF	35	Female	34:01.4
12	81	Pieter Jordaan	5km	VM	48	Male	34:06.8
13	106	Landi Loots	5km	SF	38	Female	34:54.5
14	57	Estelle Du Toit	5km	GF	65	Female	35:31.1
15	16	Jacobus	5km	VM	50	Male	38:15.4
16	35	Amaray Reandi Cloete	5km	SF	35	Female	38:21.3
17	12	Nicola Afrikaner	5km	SF	27	Female	38:31.6
18	190	Marnelle Basson	5km	SF	24	Female	38:39.5
19	84	Ewan Jordaan	5km	JM	15	Male	39:11.3
20	64	Silindile Gcebe	5km	SF	35	Female	40:28.7
21	121	Desire Mouers	5km	VF	43	Female	40:49.8
22	184	Angelene Willemse	5km	VF	42	Female	41:55.8
23	82	Francois Jordaan	5km	JM	17	Male	42:46.6
24	120	Matshediso Motingoe	5km	SF	24	Female	44:08.7
25	40	Gretha De Waal	5km	SF	30	Female	47:19.9
25	41	Daniël De Waal	5km	SM	32	Male	47:19.9
27	186	Lizette Du Plessis	5km	MF	58	Female	47:55.7
28	187	Leandra Erasmus	5km	SF	25	Female	47:56.0
29	116	Mariska Moller	5km	SF	34	Female	48:13.0
30	72	Suzette Hanekom	5km	VF	36	Female	50:01.9
31	154	Amanda Valanti	5km	SF	25	Female	50:15.2
32	134	Hester Olyn	5km	MF	59	Male	53:57.7
33	188	Jurgens Mouers	5km	VM	48	Male	54:02.1
34	112	Hestia Maritz	5km	SF	38	Female	54:02.3
35	73	Suzette Senior Hanekom	5km	MF	59	Female	54:27.3
35	127	Sanet Myburgh	5km	SF	34	Female	54:27.3
37	66	Heloise Gilbert	5km	SF	27	Female	56:01.1
38	117	Jane Mosegedi	5km	SF	30	Female	56:06.9
39	22	Thembinkosi Blaauw	5km	VM	42	Male	56:11.9
40	24	Mmilisela Blaauw	5km	SF	23	Female	56:13.9
41	23	Hluma Blaauw	5km	SF	20	Female	56:14.2
42	151	Veronika Swart	5km	GF	63	Female	1:00:03.7
-	32	Hlengiwe Buthelezi	5km	VM	40	Male	DNS
-	70	Cobus Grove	5km	SM	28	Male	DNS
-	80	Lize Jooste	5km	VF	49	Female	DNS
-	92	Nathan Kocks	5km	SM	29	Male	DNS

-	110	Inge Marais	5km	JF	11	Female	DNS
-	132	Irene Olivier	5km	MF	52	Female	DNS
-	170	Maré Van Staden	5km	SF	26	Female	DNS

5km - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	109	Liz-Mari Marais	5km	SF	36	Female	29:20.2
2	111	Elmé Marais	5km	JF	9	Female	29:21.3
3	25	Ananda Booysen	5km	SF	30	Female	30:15.4
4	119	Lucinda Mostert	5km	SF	27	Female	30:44.7
5	173	Marlien Van Wyk	5km	VF	49	Female	33:23.5
6	183	Eloise Willemse	5km	SF	35	Female	34:01.4
7	106	Landi Loots	5km	SF	38	Female	34:54.5
8	57	Estelle Du Toit	5km	GF	65	Female	35:31.1
9	35	Amaray Reandi Cloete	5km	SF	35	Female	38:21.3
10	12	Nicola Afrikaner	5km	SF	27	Female	38:31.6
11	190	Marnelle Basson	5km	SF	24	Female	38:39.5
12	64	Silindile Gcebe	5km	SF	35	Female	40:28.7
13	121	Desire Mouers	5km	VF	43	Female	40:49.8
14	184	Angelene Willemse	5km	VF	42	Female	41:55.8
15	120	Matshediso Motingoe	5km	SF	24	Female	44:08.7
16	40	Gretha De Waal	5km	SF	30	Female	47:19.9
17	186	Lizette Du Plessis	5km	MF	58	Female	47:55.7
18	187	Leandra Erasmus	5km	SF	25	Female	47:56.0
19	116	Mariska Moller	5km	SF	34	Female	48:13.0
20	72	Suzette Hanekom	5km	VF	36	Female	50:01.9
21	154	Amanda Valanti	5km	SF	25	Female	50:15.2
22	112	Hestia Maritz	5km	SF	38	Female	54:02.3
23	73	Suzette Senior Hanekom	5km	MF	59	Female	54:27.3
23	127	Sanet Myburgh	5km	SF	34	Female	54:27.3
25	66	Heloise Gilbert	5km	SF	27	Female	56:01.1
26	117	Jane Mosegedi	5km	SF	30	Female	56:06.9
27	24	Mmilisela Blaauw	5km	SF	23	Female	56:13.9
28	23	Hluma Blaauw	5km	SF	20	Female	56:14.2
29	151	Veronika Swart	5km	GF	63	Female	1:00:03.7
-	80	Lize Jooste	5km	VF	49	Female	DNS
-	110	Inge Marais	5km	JF	11	Female	DNS
-	132	Irene Olivier	5km	MF	52	Female	DNS
-	170	Maré Van Staden	5km	SF	26	Female	DNS

5km - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	63	Admire M Gaza	5km	JM	19	Male	22:45.0
2	93	Willem Koegelenberg	5km	SM	27	Male	28:39.0
3	115	Ernst Moller	5km	SM	33	Male	29:40.8
4	18	Eurika Bekker	5km	MM	53	Male	30:14.7
5	178	Pieter Van Zyl	5km	VM	41	Male	31:38.8
6	81	Pieter Jordaan	5km	VM	48	Male	34:06.8
7	16	Jacobus	5km	VM	50	Male	38:15.4
8	84	Ewan Jordaan	5km	JM	15	Male	39:11.3
9	82	Francois Jordaan	5km	JM	17	Male	42:46.6
10	41	Daniël De Waal	5km	SM	32	Male	47:19.9
11	134	Hester Olyn	5km	MF	59	Male	53:57.7
12	188	Jurgens Mouers	5km	VM	48	Male	54:02.1
13	22	Thembinkosi Blaauw	5km	VM	42	Male	56:11.9
-	32	Hlengiwe Buthelezi	5km	VM	40	Male	DNS
-	70	Cobus Grove	5km	SM	28	Male	DNS

-	92	Nathan Kocks	5km	SM	29	Male	DNS
10km - GM - Male							
Place	Bib	Name	Distance	Category	Age	Gender	Time
1	103	Kobus Liebenberg	10km	GM	60	Male	1:32:59.0
-	65	Wesley George	10km	GM	68	Male	DNS
-	102	Johan Liebenberg	10km	GM	63	Male	DNS
-	129	Willem Nieuwoudt	10km	GM	60	Male	DNS
10km - JM - Male							
Place	Bib	Name	Distance	Category	Age	Gender	Time
1	144	Rebaone Foong Shadrack	10km	JM	19	Male	37:10.6
10km - MF - Female							
Place	Bib	Name	Distance	Category	Age	Gender	Time
1	128	Chrisna Nieuwoudt	10km	MF	59	Female	56:37.0
2	179	Gretchen Visser	10km	MF	58	Female	1:13:09.3
3	142	Rae Schoeman	10km	MF	55	Female	1:21:21.3
4	51	Selene Du Plessis	10km	MF	55	Female	1:31:42.8
10km - MM - Male							
Place	Bib	Name	Distance	Category	Age	Gender	Time
1	75	Antonie Heerden	10km	MM	56	Male	1:03:08.7
10km - SF - Female							
Place	Bib	Name	Distance	Category	Age	Gender	Time
1	98	Misha Laubscher	10km	SF	33	Female	55:41.8
2	155	Jo-Marie Van Aarde	10km	SF	33	Female	1:03:41.4
3	104	Denise Lonte	10km	SF	38	Female	1:05:05.6
4	126	Quezette Myburgh	10km	SF	38	Female	1:11:47.3
5	90	Thandokambulazi Khumalo	10km	SF	25	Female	1:14:03.5
6	130	Bernadine Nugent	10km	SF	23	Female	1:17:57.1
7	175	Christel Van Zyl	10km	SF	22	Female	1:20:04.3
8	141	Monica Schoeman	10km	SF	28	Female	1:20:08.5
9	177	Marcell Van Zyl	10km	SF	23	Female	1:21:39.1
10	148	Daleen-Marie Stander	10km	SF	29	Female	1:31:01.3
11	52	Stephanie Du Plessis	10km	SF	27	Female	1:31:42.8
-	55	Letje Du Plessis	10km	SF	36	Female	DNS
10km - SF - Male							
Place	Bib	Name	Distance	Category	Age	Gender	Time
-	31	Joey Burger	10km	SF	34	Female	DNS
10km - SM - Male							
Place	Bib	Name	Distance	Category	Age	Gender	Time
1	136	Herald-Selwyn Padmaker	10km	SM	26	Male	43:56.8
2	143	Hanro Schoeman	10km	SM	25	Male	47:40.0
3	79	Kelvin Jacobs	10km	SM	39	Male	1:09:29.3
4	145	Molelekoa Solomon	10km	SM	26	Male	1:11:21.1
5	192	Cameron Ogden	10km	SM	26	Male	1:18:01.2
6	96	Jaco Lategan	10km	SM	28	Male	1:32:59.0
-	153	Handré Titus	10km	SM	28	Male	DNS
-	164	Louis Van Der Walt	10km	SM	39	Male	DNS
10km - VF - Female							
Place	Bib	Name	Distance	Category	Age	Gender	Time
1	161	Carmen Van Der Merwe	10km	VF	45	Female	1:05:54.9

2	156	Sylvia Van Den Heever	10km	VF	44	Female	1:25:08.5
3	59	Paulina Eilers	10km	VF	40	Female	1:25:13.8

10km - VM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	167	Dee-Jay Van Rensburg	10km	VM	41	Male	52:39.6
2	105	Henkie Lonte	10km	VM	47	Male	1:05:36.3
3	17	Mano Beeslaar	10km	VM	44	Male	1:20:48.1
4	171	Zane Van Tonder	10km	VM	43	Male	1:21:21.3
-	162	Carel Van Der Merwe	10km	VM	46	Male	DNS

21km - GM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	13	Kassie Agenbacht	21km	GM	66	Male	2:40:03.2

21km - JM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	122	Sinethemba Mtubu	21km	JM	19	Male	1:27:57.8

21km - MF - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	101	Wilhelmina Liebenberg	21km	MF	59	Female	2:17:26.0
2	100	Mona Lensing	21km	MF	58	Female	3:05:44.9

21km - MM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	21	Thembiso Blaauw	21km	MM	52	Male	1:38:29.1
2	113	Wakes Mjekula	21km	MM	59	Male	2:00:43.3
3	67	Jaco Gous	21km	MM	53	Male	2:30:16.8
4	182	Koos Walters	21km	MM	50	Male	2:32:30.1

21km - SF - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	169	Tonia Van Rooyen	21km	SF	32	Female	1:44:56.7
2	28	Janika Botha	21km	SF	31	Female	1:50:45.8
3	107	Yolandi Louw	21km	SF	32	Female	1:55:36.0
4	180	Suzaan Von Waltzleben	21km	SF	30	Female	1:56:39.5
5	150	Carla Swart	21km	SF	29	Female	2:11:36.1
6	124	Talifhani Munyai	21km	SF	28	Female	2:17:12.8
7	62	Rachelle Galloway	21km	SF	38	Female	2:44:34.0
8	172	Tedré Van Wyk	21km	SF	26	Female	2:50:48.9
9	138	Maefo Phetla	21km	SF	31	Female	2:56:54.6

21km - SM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	189	Rhein Coetzee	21km	SM	36	Male	1:22:33.5
2	193	Daniel Tautunyenge	21km	SM	30	Male	1:22:42.4
3	56	Carlos Du Plessis0	21km	SM	21	Male	1:25:00.2
4	131	Kgosietsile Oageng	21km	SM	38	Male	1:27:47.5
5	152	Tiisetso Thiba	21km	SM	38	Male	1:44:02.6
6	94	Ruan Koortzen	21km	SM	26	Male	2:02:37.4
7	114	Nico Moller	21km	SM	30	Male	2:06:22.1
8	29	Lourens Botma	21km	SM	30	Male	2:06:43.6
9	38	Anton De Villiers	21km	SM	29	Male	2:11:36.1
10	176	Jacques Van Zyl	21km	SM	29	Male	2:28:35.2
11	37	Marais De Jager	21km	SM	34	Male	2:33:58.3
-	165	Antonie Van Der Westhuizen	21km	SM	38	Male	DNS

21km - VF - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	78	Isoré Husselmann	21km	VF	47	Female	2:24:00.0
2	147	Marne Stadler	21km	VF	46	Female	2:30:30.6
2	168	Jenny Van Rensburg	21km	VF	43	Female	2:30:30.6
4	123	Dricky Muller	21km	VF	40	Female	2:31:49.1
5	135	Christy-Anne Ontong	21km	VF	43	Female	2:56:54.2

21km - VM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	140	Timothy Russell	21km	VM	41	Male	1:36:25.9
2	163	Ronnie Van Der Walt	21km	VM	42	Male	1:40:01.2
3	87	Nols Kennedy	21km	VM	44	Male	1:44:04.0
4	60	Shaun Erasmus	21km	VM	42	Male	2:33:57.6
5	30	Carel Burger	21km	VM	48	Male	2:39:18.7

42km - GF - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	76	Stea Holland-Muter	42km	GF	61	Female	4:53:53.5
2	157	Janette Van Der Kolf	42km	GF	64	Female	5:55:46.6

42km - GM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	194	Michael Eilerd	42km	GM	64	Male	4:18:08.0
2	85	Julian Karp	42km	GM	63	Male	5:44:55.4
3	158	Hennie Van Der Kolf	42km	GM	65	Male	5:55:49.6
-	71	Andries Hanekom	42km	GM	64	Male	DNF

42km - MF - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	139	Anina Potgieter	42km	MF	52	Female	4:22:52.3
2	39	Theresa De Vries	42km	MF	51	Female	5:48:14.0
-	15	Eunice Avenant	42km	MF	57	Female	DNF

42km - MM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	133	Mattheus Olyn	42km	MM	51	Male	3:44:59.5
2	14	Lukas Aifete	42km	MM	50	Male	3:47:14.3
3	69	Fezile Groom	42km	MM	54	Male	4:08:13.2
4	53	Nathan Du Plessis	42km	MM	50	Male	4:49:23.9
5	108	Benjamin Louw	42km	MM	50	Male	4:59:29.1
-	77	Johannes Howard	42km	MM	52	Male	DNF
-	166	Louis Van Greunen	42km	MM	58	Male	DNS

42km - SF - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	27	Zeldene Botha	42km	SF	27	Female	3:38:42.5
1	160	Mardré Van Der Kolf	42km	SF	30	Female	3:38:42.5
3	68	Tania Groenewald	42km	SF	34	Female	4:45:49.9
4	19	Thea Bergh	42km	SF	39	Female	4:57:46.0
4	137	Ida Paulsen	42km	SF	34	Female	4:57:46.0
6	33	Adelle Carstens	42km	SF	37	Female	5:31:55.0

42km - SM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	86	Tanaka T Kashanga	42km	SM	24	Male	3:14:01.6

2	191	Dolf Dorfling	42km	SM	30	Male	3:48:33.8
3	97	Pieter Laubscher	42km	SM	39	Male	3:54:05.3
4	54	Charl Du Plessis	42km	SM	35	Male	3:54:49.1
4	181	Max Walker	42km	SM	34	Male	3:54:49.1
6	74	Petri Hanekom	42km	SM	39	Male	4:01:25.6
7	50	Janke Du Plessis	42km	SM	37	Male	4:03:11.3
8	149	Hermanus Steyn	42km	SM	35	Male	4:16:37.8
9	95	Ulrich Lategan	42km	SM	27	Male	4:17:15.7
10	36	Andries Coetzee	42km	SM	32	Male	4:29:00.6
11	159	Gideon Van Der Kolf	42km	SM	35	Male	4:32:10.6
12	125	Ronald Muzambi	42km	SM	32	Male	5:17:45.5
13	42	Darryl De Wee	42km	SM	28	Male	5:40:14.2
13	45	Georgin Marchell De Wee	42km	SM	31	Male	5:40:14.2

42km - VF - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	99	Deidre Laubscher	42km	VF	40	Female	4:25:28.2
2	26	Hannerie Boshoff	42km	VF	44	Female	4:52:55.9
3	185	Pumeza Zombe	42km	VF	48	Female	5:19:16.7
-	146	Carla Spangenberg	42km	VF	42	Female	DNF
-	174	Philippa Van Zyl	42km	VF	45	Female	DNF

42km - VM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	48	Tshepisonyane Chester Dioka	42km	VM	41	Male	2:55:08.2
2	89	Tshabang Albert Kesolofetse	42km	VM	45	Male	3:20:41.4
3	58	Eugene Eilers	42km	VM	43	Male	4:38:57.9
4	34	Obert Chavunduka	42km	VM	41	Male	5:46:33.9
-	61	Raynold Fortuin	42km	VM	40	Male	DNF

5km - GF - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	57	Estelle Du Toit	5km	GF	65	Female	35:31.1
2	151	Veronika Swart	5km	GF	63	Female	1:00:03.7

5km - JF - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	111	Elmé Marais	5km	JF	9	Female	29:21.3
-	110	Inge Marais	5km	JF	11	Female	DSQ

5km - JM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	63	Admire M Gaza	5km	JM	19	Male	22:45.0
2	84	Ewan Jordaan	5km	JM	15	Male	39:11.3
3	82	Francois Jordaan	5km	JM	17	Male	42:46.6

5km - MF - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	186	Lizette Du Plessis	5km	MF	58	Female	47:55.7
2	73	Suzette Senior Hanekom	5km	MF	59	Female	54:27.3
-	132	Irene Olivier	5km	MF	52	Female	DNS

5km - MF - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	134	Hester Olyn	5km	MF	59	Male	53:57.7

5km - MM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	18	Eurika Bekker	5km	MM	53	Male	30:14.7

5km - SF - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	109	Liz-Mari Marais	5km	SF	36	Female	29:20.2
2	25	Ananda Booyesen	5km	SF	30	Female	30:15.4
3	119	Lucinda Mostert	5km	SF	27	Female	30:44.7
4	183	Eloise Willemse	5km	SF	35	Female	34:01.4
5	106	Landi Loots	5km	SF	38	Female	34:54.5
6	35	Amaray Reandi Cloete	5km	SF	35	Female	38:21.3
7	12	Nicola Afrikaner	5km	SF	27	Female	38:31.6
8	190	Marnelle Basson	5km	SF	24	Female	38:39.5
9	64	Silindile Gcebe	5km	SF	35	Female	40:28.7
10	120	Matshediso Motingoe	5km	SF	24	Female	44:08.7
11	40	Gretha De Waal	5km	SF	30	Female	47:19.9
12	187	Leandra Erasmus	5km	SF	25	Female	47:56.0
13	116	Mariska Moller	5km	SF	34	Female	48:13.0
14	154	Amanda Valanti	5km	SF	25	Female	50:15.2
15	112	Hestia Maritz	5km	SF	38	Female	54:02.3
16	127	Sanet Myburgh	5km	SF	34	Female	54:27.3
17	66	Heloise Gilbert	5km	SF	27	Female	56:01.1
18	117	Jane Mosegedi	5km	SF	30	Female	56:06.9
19	24	Mmilisela Blaauw	5km	SF	23	Female	56:13.9
20	23	Hluma Blaauw	5km	SF	20	Female	56:14.2
-	170	Maré Van Staden	5km	SF	26	Female	DNS

5km - SM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	93	Willem Koegelenberg	5km	SM	27	Male	28:39.0
2	115	Ernst Moller	5km	SM	33	Male	29:40.8
3	41	Daniël De Waal	5km	SM	32	Male	47:19.9
-	70	Cobus Grove	5km	SM	28	Male	DNS
-	92	Nathan Kocks	5km	SM	29	Male	DNS

5km - VF - Female

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	173	Marlien Van Wyk	5km	VF	49	Female	33:23.5
2	121	Desire Mouers	5km	VF	43	Female	40:49.8
3	184	Angelene Willemse	5km	VF	42	Female	41:55.8
4	72	Suzette Hanekom	5km	VF	36	Female	50:01.9
-	80	Lize Jooste	5km	VF	49	Female	DNS

5km - VM - Male

Place	Bib	Name	Distance	Category	Age	Gender	Time
1	178	Pieter Van Zyl	5km	VM	41	Male	31:38.8
2	81	Pieter Jordaan	5km	VM	48	Male	34:06.8
3	16	Jacobus	5km	VM	50	Male	38:15.4
4	188	Jurgens Mouers	5km	VM	48	Male	54:02.1
5	22	Thembinkosi Blaauw	5km	VM	42	Male	56:11.9
-	32	Hlengiwe Buthelezi	5km	VM	40	Male	DNS