

LION ROARS SHORT RUN/ WALK									
Name	Surname	Club	Residence	3km	5km	8km	1.6km	8km	Total
Monique	de Jager	privaat	Jan Kemp	00:14:43	00:24:38	00:46:25	00:07:14	00:41:07	2:14:07
Willem	Rosslee	Wesrun	De Aar	00:16:43	00:32:21	00:50:48	00:09:16	00:46:28	2:35:36
Pippie	Anderson	Wesrun	De Aar	00:15:00	00:29:05	00:50:49	00:07:56	00:53:47	2:36:37
Charl	Scheepers	RWFL	Kimberley	00:19:41	00:29:58	00:50:17	00:10:34	00:48:23	2:38:53
Heidi	Hanekom	RWFL	Kimberley	00:18:15	00:30:34	00:49:07	00:10:21	00:51:08	2:39:25
Aletta	Kriel	RWFL	Kimberley	00:17:14	00:31:21	00:54:57	00:09:28	00:48:21	2:41:21
Hendrik Jurie	janse v rensburg	privaat	Kimberley	00:16:51	00:35:55	00:55:17	00:08:52	00:48:32	2:45:27
Sonja	Herbert	RWFL	Kimberley	00:22:22	00:30:56	00:51:21	00:10:23	00:54:45	2:49:47
Johan	Munnik	longtom	Lydenburg	00:20:55	00:33:17	00:56:35	00:10:58	00:59:33	3:01:18
Bianca	Vermaak	privaat	Bloemfontein	00:21:39	00:34:24	00:58:35	00:10:15	00:56:44	3:01:37
Adri	Chambers	privaat		00:19:49	00:37:06	00:59:03	00:10:17	00:56:52	3:03:07
Yvonne	van der linde	privaat	Lydenburg	00:24:25	00:33:47	00:55:50	00:09:57	00:59:21	3:03:20
Rita	Hendriks	privaat	Mosselbaai	00:20:06	00:36:11	00:59:08	00:10:50	00:57:53	3:04:08
Juanita	Kotze	Wesrun	De Aar	00:21:25	00:37:10	00:56:04	00:10:59	01:01:29	3:07:07
Thame	vd Heever	privaat	Bloemfontein	00:17:38	00:31:52	00:55:29	00:25:54	01:06:29	3:17:22
Tanya	Munnik	privaat	Lydenburg	00:20:50	00:50:29	00:59:36	00:10:42	01:00:05	3:21:42
Stefan	du Toit	privaat	Kimberley	00:27:00	00:40:43	01:06:06	00:07:38	01:01:23	3:22:50
Motshidis	Dipholo	Harriers	Kimberley	00:30:03	00:31:01	01:16:40	00:21:09	00:46:01	3:24:54
Lisinda	Grobler	VKRR	Kimberley	00:22:12	00:39:14	00:58:42	00:14:22	01:15:34	3:30:04
Steven	Grobler	VKRR	Kimberley	00:22:12	00:39:20	00:58:50	00:14:16	01:15:36	3:30:14
Samantha	Woodrup	privaat	Kimberley	00:27:53	00:42:57	01:00:33	00:10:43	01:09:18	3:31:24
Francois	du Toit	privaat	Kimberley	00:25:49	00:41:55	01:11:34	00:12:54	01:01:26	3:33:38
Pedro	Enslin	VKRR	Kimberley	00:31:43	00:31:22	01:06:33	00:21:34	01:03:54	3:35:06
Corne	Janse v Rensburg	privaat	Kimberley	00:24:00	00:42:22	01:08:55	00:13:25	01:09:10	3:37:52
Maurida	Halliday	privaat	Kimberley	00:24:05	00:41:11	01:08:04	00:15:18	01:16:43	3:45:21
Rudayba	Halliday	privaat	Kimberley	00:24:05	00:41:11	01:08:04	00:15:18	01:16:43	3:45:21
Tersia	Enslin	privaat	Kimberley	00:32:00	00:40:33	01:04:53	00:21:33	01:06:33	3:45:32
Louisa	Venter	RWFL	Kimberley	00:26:44	00:45:10	01:10:35	00:14:07	01:10:43	3:47:19
Annemarie	van Zyl	RWFL	Kimberley	00:27:13	00:45:10	01:11:58	00:14:28	01:10:23	3:49:12
Fanie	Cloete	RWFL	Kimberley	00:16:20	00:59:27	01:23:03	00:14:12	00:58:48	3:51:50
Rina	Rosslee	Wesrun	De Aar	00:23:42	00:40:32	01:24:09	00:13:37	01:22:00	4:04:00



Eldia	Deetlefts	VKRR	Kimberley	00:26:39	00:44:40	01:10:00	00:15:43	01:28:00	4:05:02
Riaan	Louw	privaat	Kimberley	00:30:07	00:47:16	01:22:00	00:14:09	01:22:26	4:15:58
Carol	Nepgen	kowie strider	Grahmstown	00:29:36	00:46:22	01:15:34	00:20:06	01:25:08	4:16:46
Elaine	Zeelie	rwfl westville	Durban	00:25:13	00:46:38	01:27:30	00:13:36	01:24:21	4:17:18
Rentia	de Jongh	privaat	Lydenburg	00:32:09	00:50:54	01:20:27	00:18:16	01:22:55	4:24:41
Willem	de Jongh	privaat	Lydenburg	00:32:09	00:50:54	01:20:27	00:18:16	01:22:55	4:24:41
Natasha	Bouwer	privaat	Kimberley	00:33:45	00:58:10	01:36:00	00:18:42	01:37:00	5:03:37
Nicole	Swart	privaat	Lydenburg	00:35:00	00:55:00	01:39:00	00:18:56	01:42:00	5:09:56
Babara	Thompson	privaat	George	00:48:49	00:58:04	01:25:00	00:28:10	01:31:00	5:11:03
Lani	vd Mest	privaat	durban	00:36:19	00:57:09	01:42:16	00:13:42	01:42:30	5:11:56
Luzanne	vd Mest	privaat	Durban	00:35:42	00:59:39	01:42:36	00:14:48	01:42:50	5:15:35
Suzaan	Uys	privaat	Kimberley	00:29:48	01:37:00	01:25:43	00:33:35	01:25:00	5:31:06
Ammari	de Villiers	privaat	mosselbaai						0:00:00
Corlia	de Villiers	privaat	Mosselbaai						0:00:00
Timothy	Enslin	privaat	Kimberley						0:00:00
Louisa	Pretorius	privaat	Mosselbaai						0:00:00
Johan	Marais	privaat	klerksdorp						0:00:00
Lizaan	Marais	privaat	klerksdorp						0:00:00
Nicola	Lawton	rwfl westville	Durban	00:21:57		01:27:30	00:08:58		1:58:25
Sherri leigh	Cope	privaat	Durban kloof	00:40:13	00:47:24	01:25:15			2:52:52
Yolandi	West	hopetown	Hopetown	00:14:12	00:20:15	01:11:12		01:22:00	3:07:39
Louise	Smal	privaat	Durban	00:35:39	00:57:00	01:33:53	00:20:39		3:27:11
Suhannie	vd Merwe	privaat	De Aar	00:32:00	00:52:00	01:25:00		01:19:00	4:08:00