

## CRADLE TROPHY 2day overall results

Race No	Full Name	Sex	Age Category	Stage1	Stage2	Total Time	Overall Pos	Age Pos
463	PIETER SEYFFERT	M	SUB VET	02:56:51	01:37:40	04:34:32	1	1
599	FRANSWUA VAN STADEN	M	SENIOR	03:06:59	01:37:34	04:44:33	2	1
177	JULIUS COBBETT	M	SUB VET	03:04:51	01:40:18	04:45:09	3	2
516	STEFAN VAN DEN HEEVER	M	SENIOR	03:09:04	01:41:33	04:50:38	4	2
598	ALBY NEL	M	SUB VET	03:10:15	01:43:03	04:53:18	5	3
291	SEAN HENDERSON	M	VET	03:11:07	01:44:05	04:55:13	6	1
168	FRED BUTER	M	VET	03:11:05	01:44:25	04:55:31	7	2
447	MARC RODRIGUES	M	SUB VET	03:17:18	01:40:57	04:58:16	8	4
430	MARK PIETERSE	M	VET	03:18:15	01:44:04	05:02:20	9	3
163	MARIUS BRITZ	M	SUB VET	03:18:34	01:48:28	05:07:03	10	5
161	PIERFRANCO BOTTURI	M	VET	03:30:52	01:41:23	05:12:16	11	4
383	EDWARD MCKENZIE	M	SENIOR	03:26:10	01:46:42	05:12:52	12	3
244	CHARL ERASMUS	M	VET	03:24:55	01:48:22	05:13:18	13	5
579	ISSY ZIMMERMAN	M	VET	03:23:20	01:50:12	05:13:33	14	6
585	CHRISTOPHER WILSON	M	SENIOR	03:26:53	01:46:43	05:13:36	15	4
294	DERRICK HEPBURN	M	SUB VET	03:26:29	01:48:27	05:14:57	16	6
478	LO-HAN SNYMAN	M	SENIOR	03:26:32	01:49:45	05:16:18	17	5
185	NICK COOKE	M	VET	03:28:09	01:52:09	05:20:19	18	7
310	NOLAN HUNTER	M	SUB VET	03:29:32	01:51:13	05:20:45	19	7
220	DOUGLAS DRYSDALE	M	VET	03:28:10	01:52:36	05:20:47	20	8
132	MARICEL BEKKER	F	SENIOR	03:29:59	01:53:31	05:23:30	1	1
219	CLAYTON DROTSKY	M	SUB VET	03:31:29	01:52:51	05:24:20	21	8
597	NATHAN BOKWE	M	SENIOR	03:34:39	01:51:43	05:26:22	22	6
381	KD MCEVOY	M	VET	03:32:48	01:53:49	05:26:37	23	9
268	GIULIANO GIORDANI	M	SENIOR	03:29:29	01:59:46	05:29:16	24	7
541	WILLEM VERSFELD	M	SUB VET	03:35:03	01:54:53	05:29:56	25	9
406	CRAIG NAUDE	M	SUB VET	03:36:31	01:53:47	05:30:19	26	10
461	ADAM SCOTT	M	VET	03:34:58	01:55:33	05:30:32	27	10
305	TERENCE HOPE	M	SUB VET	03:38:22	01:53:21	05:31:43	28	11
166	KYLE BRUMMER	M	SENIOR	03:41:35	01:51:10	05:32:45	29	8
309	CRAIG HUME	M	SUB VET	03:34:03	01:59:29	05:33:32	30	12
431	PIETER PIETERSE	M	SUB VET	03:39:34	01:55:48	05:35:23	31	13
105	STEVE AMOS	M	MASTER	03:39:43	01:55:44	05:35:27	32	1

574	DAVID ZACHARIE	M	SUB VET	03:41:44	01:53:46	05:35:30	33	14
537	PIETER VENTER	M	SUB VET	03:41:01	01:55:45	05:36:47	34	15
460	DEWALD SCHOLTZ	M	SUB VET	03:41:03	01:55:43	05:36:47	35	16
197	GRAEME CUMMING	M	SUB VET	03:31:22	02:05:53	05:37:15	36	17
371	STEWART MACLEOD	M	VET	03:42:35	01:55:42	05:38:18	37	11
495	CRAIG SYMON	M	SUB VET	03:43:32	01:55:47	05:39:19	38	18
364	IAIN LINDSAY	M	SUB VET	03:46:12	01:54:01	05:40:14	39	19
418	JEANINE OOSTHUIZEN	X	TANDEM	03:42:39	01:58:17	05:40:57	2	1
530	NEVELLE VAN ZYL	X	TANDEM	03:42:40	01:58:18	05:40:59	1	1
207	ALEX DE LEO	M	VET	03:39:36	02:01:27	05:41:03	40	12
121	LEON BARNARD	M	MASTER	03:41:51	01:59:39	05:41:30	41	2
523	GIDEON VAN OUDTSHOORN	M	SUB VET	03:53:00	01:48:41	05:41:41	42	20
188	DERRICK COOKS	M	SUB VET	03:44:02	01:58:01	05:42:03	43	21
142	STEPHAN BEYERS	M	VET	03:45:28	01:58:13	05:43:41	44	13
229	EUGENE DU TOIT	M	VET	03:43:41	02:01:12	05:44:53	45	14
262	GAVIN GEORGE	M	VET	03:49:04	01:55:55	05:45:00	46	15
404	JO MULLER	X	TAND	03:48:11	01:58:19	05:46:31	1	1
466	SEAN SHAW	M	MASTER	03:45:20	02:04:37	05:49:57	47	3
326	EUGENE KELLY	M	SUB VET	03:50:06	02:00:41	05:50:47	48	22
580	ROGER ZOIO	M	VET	03:47:28	02:04:12	05:51:40	49	16
278	DAVID GREYLING	M	SUB VET	03:56:11	01:55:44	05:51:55	50	23
379	DUANE MARSHALL	M	SUB VET	03:49:52	02:02:25	05:52:17	51	24
437	KEVIN PRETORIUS	M	VET	03:50:23	02:02:19	05:52:43	52	17
485	KONRAD STEYN	M	SUB VET	03:52:45	02:00:43	05:53:28	53	25
339	JACQUES KOK	M	SUB VET	03:52:44	02:01:08	05:53:52	54	26
143	WERNER BEZUIDENHOUDT	M	SUB VET	03:55:16	02:01:10	05:56:27	55	27
493	ROBERT SURTEES	M	MASTER	03:51:14	02:05:48	05:57:03	56	4
390	HUIBERT MEYER	M	VET	03:55:07	02:02:07	05:57:15	57	18
306	RYAN HORSMAN	M	VET	03:53:17	02:04:34	05:57:51	58	19
457	JODY TREVOR SCHAPER	M	SUB VET	03:55:23	02:02:51	05:58:15	59	28
456	RYAN SCHAPER	M	VET	03:55:25	02:02:52	05:58:17	60	20
189	ADRIAAN ELS	M	VET	03:35:03	02:24:08	05:59:12	61	21
441	SNOW PRUETT	M	SUB VET	03:52:01	02:07:18	05:59:19	62	29
405	TONY MUNDY-CASTLE	M	SUB VET	03:51:59	02:07:20	05:59:20	63	30
176	SCYLAGH CLUNNIE	M	SUB VET	03:58:55	02:01:28	06:00:23	64	31
149	ANDREW BLANE	M	SUB VET	03:57:06	02:03:32	06:00:39	65	32
451	WERNER ROSTOLL	M	SUB VET	03:59:11	02:01:36	06:00:48	66	33

593	MARTHINUS PRINSLOO	M	SUB VET	03:59:51	02:01:24	06:01:16	67	34
545	TAMMY VISAGIE	F	SUB VET	03:57:48	02:03:34	06:01:22	2	1
261	COENRAAD GAYMANS	M	VET	03:56:31	02:05:17	06:01:49	68	22
237	LUDWICH EHLERS	M	VET	03:58:23	02:03:38	06:02:01	69	23
349	LOUW KRUGER	M	SUB VET	03:54:58	02:07:07	06:02:06	70	35
179	DERICK COETZEE	M	MASTER	03:58:47	02:03:41	06:02:29	71	5
521	ESTIE VAN HEERDEN	F	SUB VET	03:59:27	02:03:33	06:03:01	3	2
279	WILLEM GROVE	M	VET	04:00:13	02:03:02	06:03:16	72	24
140	DOT HARTMANN	F	MASTER	03:56:40	02:06:40	06:03:20	4	1
281	GRANT HALLOWELL	M	SUB VET	03:57:44	02:07:08	06:04:53	73	36
169	GARETH CAMPBELL	M	MASTER	03:53:12	02:12:10	06:05:22	74	6
413	BRYAN NELSON	M	SUB VET	03:58:23	02:07:19	06:05:43	75	37
374	CARL MARAIS	M	SUB VET	04:08:20	01:57:41	06:06:01	76	38
403	CAROLINE MULHOLLAND	F	SUB VET	03:55:41	02:10:31	06:06:12	5	3
481	SEAN STACEY	M	VET	03:53:14	02:13:31	06:06:46	77	25
458	COBI SCHEEPERS	M	SUB VET	04:03:59	02:02:58	06:06:58	78	39
539	ERIKA VERCUIEL	F	SUB VET	04:02:38	02:06:43	06:09:22	6	4
594	CRAIG BEIJL	M	VET	04:11:09	01:58:32	06:09:42	79	26
170	DENNI CARTWRIGHT	F	SUB VET	04:01:12	02:08:30	06:09:43	7	5
517	SCHALK VAN DER MERWE	M	VET	04:05:03	02:05:15	06:10:18	80	27
334	GERHARD KLERCK	M	VET	04:06:29	02:05:14	06:11:44	81	28
273	GARY GORDON	M	VET	03:55:21	02:17:31	06:12:53	82	29
329	GRAEME ASHLEY KING	M	VET	04:02:02	02:10:52	06:12:55	83	30
249	ARMANDO FIGUEIREDO	M	VET	04:04:26	02:08:33	06:12:59	84	31
471	CLAUDIA SLATTERY	F	SUB VET	03:53:02	02:20:47	06:13:49	8	6
427	KYLE PETERSEN	M	SENIOR	04:21:48	01:52:52	06:14:41	85	9
469	JEANDRE SLABBERT	M	SENIOR	04:06:28	02:11:41	06:18:09	86	10
468	ROD SIEDLE	M	MASTER	04:05:08	02:13:18	06:18:27	87	7
296	NEIL HERMANN	M	SUB VET	04:12:50	02:06:44	06:19:34	88	40
397	JACOB MOLENAAR	M	SUB VET	04:13:22	02:06:55	06:20:17	89	41
260	JUANJO GALLEN	M	VET	04:19:22	02:01:35	06:20:58	90	32
376	THEO MARE	M	VET	04:08:54	02:12:28	06:21:23	91	33
359	SERNIEL LE ROUX	M	VET	04:08:57	02:12:29	06:21:27	92	34
386	AREN MEIJER	M	MASTER	04:11:47	02:10:21	06:22:08	93	8
394	JUSTIN MILNER	M	SENIOR	04:15:07	02:07:43	06:22:50	94	11
467	KYLE GREGORY SHERING	M	SENIOR	04:15:09	02:07:44	06:22:54	95	12
344	MELISSA KRETZINGER	F	SENIOR	04:09:29	02:14:25	06:23:54	9	2

150	JEFF BLANE	M	SUB VET	04:09:48	02:14:26	06:24:15	96	42
388	TONY MELLOWS	M	GRAND MASTER	04:12:36	02:12:49	06:25:25	97	1
200	BYRON DAWSON	M	SUB VET	04:17:12	02:09:24	06:26:37	98	43
155	JACO BOTHA	M	SUB VET	04:17:17	02:09:29	06:26:46	99	44
338	MARTIN KOCH	M	SUB VET	04:07:29	02:19:23	06:26:53	100	45
480	ALASTAIR STACEY	M	SUB VET	04:12:19	02:15:17	06:27:36	101	46
423	WARREN PELMAN	M	VET	04:14:08	02:14:09	06:28:18	102	35
566	BRIAN WEBBER	M	MASTER	04:06:20	02:21:59	06:28:19	103	9
250	ADAM FINE	M	SUB VET	04:17:15	02:11:05	06:28:21	104	47
464	JOHANN SEYFFERT	M	MASTER	04:23:23	02:05:59	06:29:22	105	10
104	ADELE AMBROSE	F	SUB VET	04:19:49	02:10:12	06:30:01	10	7
528	ARDON VAN TONDER	M	SENIOR	04:20:42	02:11:03	06:31:45	106	13
315	JOHN INGRAM	M	GRAND MASTER	04:16:59	02:15:05	06:32:05	107	2
317	DAVE JACKSON	M	GRAND MASTER	04:31:15	02:00:51	06:32:06	108	3
153	THEO BOSHOFF	M	SUB VET	04:22:20	02:09:58	06:32:19	109	48
214	ROWAN DIBB	M	VET	04:22:37	02:10:13	06:32:51	110	36
242	CHAD ENGELBRECHT	M	SENIOR	04:23:17	02:10:04	06:33:22	111	14
353	JAY LANE	M	SUB VET	04:17:24	02:16:19	06:33:43	112	49
547	JACO VISAGIE	M	SUB VET	04:20:13	02:13:34	06:33:48	113	50
380	NEAL MCALPINE	M	VET	04:17:26	02:16:21	06:33:48	114	37
543	WAYNE GARRETH VILJOEN	M	SUB VET	04:12:56	02:22:44	06:35:40	115	51
103	ROSS ALEXANDER	M	VET	04:15:26	02:20:56	06:36:22	116	38
274	NELIS GOUWS	M	VET	04:16:53	02:19:57	06:36:51	117	39
592	DAVINA WERTHEIMER	F	MASTER	04:17:06	02:19:45	06:36:52	11	2
377	JOHN MARNITZ	M	MASTER	04:18:37	02:18:18	06:36:55	118	11
342	JASON KOZINSKY	M	VET	04:22:12	02:14:51	06:37:04	119	40
587	GRAHAM BECKS	M	VET	04:18:24	02:18:39	06:37:04	120	41
328	JUSTIN KIGHTLEY	M	VET	04:19:25	02:19:08	06:38:33	121	42
243	DEWALD ENGELS	M	SUB VET	03:33:12	03:06:34	06:39:47	122	52
187	CARLI COOKE	F	VET	04:22:41	02:17:20	06:40:01	12	1
563	LAUREN WALKER	F	SENIOR	04:19:50	02:20:38	06:40:28	13	3
519	JACQUES VAN HEERDEN	M	SUB VET	04:19:51	02:20:40	06:40:32	123	53
245	COLIN ERIKSON	M	VET	04:35:59	02:05:00	06:40:59	124	43
251	DARREL FITZ-GERALD	M	SUB VET	04:10:39	02:30:58	06:41:37	125	54
173	BRENNEN CLAYPOLE	M	SENIOR	04:24:10	02:18:05	06:42:16	126	15
512	ALAIN VAN ACHTER	M	VET	04:24:25	02:18:04	06:42:30	127	44
524	ANDRIES VAN ROOYEN	M	SUB VET	04:29:55	02:12:51	06:42:47	128	55

285	DIRK HARDING	M	VET	04:30:35	02:12:41	06:43:16	129	45
248	ALEXANDER FABER	M	VET	04:25:05	02:19:58	06:45:03	130	46
100	HENK ADENDORFF	M	VET	04:27:21	02:18:16	06:45:37	131	47
569	GRANT WHILEY	M	VET	04:27:26	02:18:11	06:45:38	132	48
183	STEVE COLLINS	M	VET	04:30:20	02:16:46	06:47:07	133	49
433	MZIE PILIME	M	SUB VET	04:30:32	02:16:40	06:47:12	134	56
186	PAUL COOKE	M	VET	04:29:19	02:17:57	06:47:17	135	50
443	LASQUEVE RAUBENHEIMER	F	SUB VET	04:16:43	02:30:48	06:47:32	14	8
500	PETER TIPPETT	M	GRAND MASTER	04:30:35	02:19:44	06:50:20	136	4
498	DWIGHT THOMPSON	M	MASTER	04:28:37	02:21:54	06:50:31	137	12
192	CAVIN COUTSIDES	M	SENIOR	04:26:10	02:25:41	06:51:51	138	16
287	WILLIE HATTINGH	M	SUB VET	04:27:31	02:24:21	06:51:52	139	57
560	BERNARD WAKEFORD	M	VET	04:27:33	02:24:22	06:51:55	140	51
162	PAUL BOWERS	M	VET	04:31:49	02:22:22	06:54:11	141	52
505	ARI TREGER	M	SUB VET	04:11:46	02:42:30	06:54:16	142	58
577	JEAN-CLAUDE ZIJP	M	SENIOR	04:32:26	02:22:20	06:54:46	143	17
129	WESLEY BATHO	M	SENIOR	04:32:28	02:22:18	06:54:47	144	18
385	JUSTIN MCPHAIL	M	VET	04:13:59	02:40:55	06:54:54	145	53
679	MARK ANDERS	M	VET	04:32:09	02:25:42	06:57:52	146	54
332	RODERICK KIRK	M	GRAND MASTER	04:26:58	02:31:18	06:58:17	147	5
232	RICHARD DU TOIT	M	MASTER	04:31:16	02:27:52	06:59:08	148	13
151	CLAYTON BOOYSEN	M	VET	04:36:00	02:23:35	06:59:36	149	55
571	ALEX WOHRNITZ	M	SENIOR	04:50:10	02:10:08	07:00:19	150	19
488	BRETT STOCKTON	M	VET	04:32:29	02:28:03	07:00:32	151	56
203	DAVID DE JONG	M	MASTER	04:36:51	02:25:12	07:02:03	152	14
156	THEO BOTHA	M	SUB VET	04:41:09	02:21:29	07:02:39	153	59
393	FRANCOIS MILLER	M	SUB VET	04:41:11	02:21:30	07:02:41	154	60
573	MIKE WORSDALE	M	MASTER	04:36:11	02:26:47	07:02:59	155	15
345	ANTON KRIEL	M	VET	04:42:31	02:21:44	07:04:15	156	57
295	MARK HERMANN	M	VET	04:40:21	02:25:07	07:05:28	157	58
144	GARTH BIANCHI	M	SUB VET	04:47:30	02:18:07	07:05:37	158	61
487	MARNUS STEYN	M	VET	04:43:20	02:23:44	07:07:04	159	59
148	BEVERLEY BLAKE	F	VET	04:47:30	02:20:06	07:07:36	15	2
147	DONOVAN BLAKE	M	VET	04:47:32	02:20:04	07:07:37	160	60
554	WIM SCHIMMEL	M	MASTER	04:45:28	02:22:33	07:08:02	161	16
210	JC DE WET	M	SUB VET	04:44:09	02:25:26	07:09:35	162	62
138	VAUGHAN BERRY	M	VET	04:42:08	02:27:58	07:10:06	163	61

558	PETER WAGENER	M	MASTER	04:45:07	02:25:22	07:10:29	164	17
145	NIGEL BIRD	M	VET	04:42:59	02:27:35	07:10:34	165	62
275	CLIVE GRANT	M	VET	04:43:04	02:27:36	07:10:41	166	63
284	JONATHAN HANCOCK	M	SUB VET	04:45:54	02:25:37	07:11:31	167	63
435	CHRIS PORTER	M	MASTER	04:41:09	02:31:49	07:12:58	168	18
352	MARTIN LANDSMAN	M	SUB VET	04:46:37	02:26:45	07:13:23	169	64
191	CHRISTOPHER COSGROVE	M	MASTER	05:02:06	02:11:24	07:13:31	170	19
114	FRANCESCO BARAMASCO	M	VET	04:48:46	02:25:09	07:13:55	171	64
411	RIAAN NEL	M	SUB VET	04:50:34	02:23:49	07:14:23	172	65
409	BYRON NEAT	M	VET	04:54:39	02:20:01	07:14:41	173	65
526	CHRIS VAN SCHOOR	M	MASTER	04:44:05	02:30:36	07:14:42	174	20
486	JACOBUS STEYN	M	SUB VET	04:46:41	02:28:25	07:15:06	175	66
218	ARLENE DRAKE	F	SENIOR	04:49:57	02:25:46	07:15:43	16	4
531	IAN VAN ZYL	M	MASTER	04:43:17	02:33:41	07:16:59	176	21
221	ROGER POWELL	M	VET	04:50:20	02:27:17	07:17:37	177	66
340	JACO KOORTZEN	M	VET	04:49:17	02:29:56	07:19:14	178	67
137	SCOTT BERRY	M	VET	04:47:07	02:32:57	07:20:04	179	68
255	WAYDE FORTUNE	M	MASTER	04:45:14	02:34:51	07:20:06	180	22
146	RAYMOND BLAKE	M	VET	04:47:20	02:33:03	07:20:23	181	69
331	JANINE KIRCHMANN	F	VET	04:52:33	02:28:04	07:20:37	17	3
330	NICKY KING	F	VET	04:52:32	02:28:05	07:20:37	18	4
548	BRAD VISAGIE	M	SUB VET	04:56:50	02:24:27	07:21:18	182	67
361	STUART LESLIE	M	MASTER	04:51:03	02:31:38	07:22:42	183	23
479	HENNIE SNYMAN	M	SUB VET	05:00:02	02:22:49	07:22:52	184	68
448	ASH ROESTOFF	M	MASTER	04:55:32	02:30:12	07:25:45	185	24
510	NAGEL ULRICH	M	VET	04:48:40	02:39:04	07:27:44	186	70
452	JONATHAN GARY ROUTLEDGE	M	SENIOR	04:59:56	02:28:29	07:28:25	187	20
108	NICHOLAS ANSELL	M	SUB VET	04:56:14	02:32:23	07:28:37	188	69
119	DARRYL BARK	M	SUB VET	04:57:18	02:32:29	07:29:47	189	70
181	JONATHAN COHEN	M	SUB VET	04:57:20	02:32:31	07:29:52	190	71
436	ROBERT PORTER	M	VET	05:10:13	02:20:23	07:30:37	191	71
120	ROBERT BARKER	M	VET	04:50:40	02:40:24	07:31:04	192	72
157	CARRI-ANN BOTHA	F	SUB VET	04:55:16	02:35:53	07:31:09	19	9
474	PAUL SMART	M	VET	04:59:50	02:32:42	07:32:32	193	73
475	DAVID SMART	M	VET	04:59:51	02:32:43	07:32:35	194	74
421	ROBIN PAGE	M	MASTER	04:52:40	02:40:20	07:33:01	195	25
239	CONNELL EICHBAUER	M	MASTER	04:52:42	02:40:19	07:33:01	196	26

117	KERRY BARENDSE	F	SUB VET	04:47:09	02:46:37	07:33:47	20	10
308	MARYKE HUDSON	F	VET	05:02:31	02:31:55	07:34:26	21	5
438	WESSEL PRETORIUS	M	SUB VET	05:02:30	02:31:57	07:34:27	197	72
271	DE WET GOOSEN	M	SUB VET	05:05:46	02:28:59	07:34:46	198	73
272	MARTIN GOOSEN	M	SUB VET	05:05:48	02:28:57	07:34:46	199	74
223	CASEY DU PLOOY	M	SUB VET	05:05:53	02:29:01	07:34:55	200	75
578	LOUISE ZIJP	F	VET	04:59:53	02:35:53	07:35:47	22	6
324	MEL KARLSSON	M	MASTER	04:57:17	02:39:05	07:36:23	201	27
180	LEON COETZEE	M	VET	05:01:46	02:35:04	07:36:51	202	75
174	IAN CLOETE	M	VET	05:01:47	02:35:06	07:36:53	203	76
257	PIERRE FOURIE	M	VET	05:06:34	02:30:38	07:37:13	204	77
491	LINDIE STROEBEL	F	SUB VET	04:54:28	02:42:47	07:37:15	23	11
490	LOUIS STROEBEL	M	VET	04:54:29	02:42:48	07:37:17	205	78
368	LORRAINE LORRAINE	F	SUB VET	05:06:36	02:30:41	07:37:17	24	12
253	JOHANN FOLSCHER	M	SUB VET	05:01:40	02:35:52	07:37:33	206	76
382	RYAN MCGEE	M	VET	05:01:39	02:35:53	07:37:33	207	79
122	LUKAS BARNARD	M	VET	05:07:05	02:30:50	07:37:55	208	80
204	GERT JOHANNES DE LANGE	M	VET	04:59:51	02:38:36	07:38:27	209	81
477	STEFAN SNYDERS	M	VET	04:59:49	02:38:40	07:38:30	210	82
398	SEAN MORALEE	M	VET	05:15:18	02:26:28	07:41:46	211	83
414	BARRY NIEMAND	M	GRAND MASTER	05:01:35	02:40:51	07:42:26	212	6
116	JAMES BARENDSE	M	VET	04:52:08	02:51:36	07:43:44	213	84
415	HENRI NIEUWOUDT	M	MASTER	05:02:10	02:43:15	07:45:25	214	28
360	ANDRE LEACH	M	VET	05:02:22	02:43:10	07:45:32	215	85
391	FRANS MEYER	M	MASTER	05:23:44	02:22:11	07:45:55	216	29
238	ERICH EHLERS	M	SUB VET	05:10:34	02:36:21	07:46:56	217	77
572	MARK WOODS	M	MASTER	05:10:06	02:37:12	07:47:19	218	30
312	JONATHAN HUNTER	M	MASTER	05:20:05	02:27:22	07:47:27	219	31
351	KENNY KRUGER	M	VET	05:05:15	02:42:35	07:47:50	220	86
135	RUPERT BENZ	M	MASTER	05:13:07	02:34:58	07:48:05	221	32
222	JAN-HARM DU PLESSIS	M	SUB VET	05:07:03	02:41:16	07:48:20	222	78
513	WIMPIE VAN ASWEGEN	M	VET	05:10:50	02:37:30	07:48:21	223	87
348	FANIE KROUKAMP	M	VET	05:08:44	02:41:19	07:50:03	224	88
337	PATRICK KNOWLES	M	GRAND MASTER	05:07:17	02:42:52	07:50:09	225	7
227	JP DU PREEZ	M	SUB VET	05:18:47	02:32:06	07:50:53	226	79
399	KEVIN MORKEL	M	VET	05:22:17	02:29:17	07:51:35	227	89
400	DEAN MORKEL	M	VET	05:22:19	02:29:19	07:51:38	228	90

107	RUDOLF ANGUS	M	VET	05:15:08	02:37:10	07:52:19	229	91
570	ANDREW WIDDALL	M	VET	05:18:17	02:34:23	07:52:41	230	92
270	EDDIE GOMES	M	VET	05:15:03	02:39:12	07:54:16	231	93
559	WERNER WAGENER	M	VET	04:54:59	02:59:31	07:54:30	232	94
283	JASON HAMILTON	M	VET	04:55:00	02:59:32	07:54:32	233	95
449	JACQUES ROETS	M	SUB VET	05:21:14	02:34:18	07:55:32	234	80
542	ALEX VIGOUROUX	M	SUB VET	05:11:25	02:46:20	07:57:45	235	81
167	CRAIG BRUNSDEN	M	VET	05:18:05	02:40:00	07:58:05	236	96
228	SYLVIA DU RAAN	F	VET	05:10:18	02:49:06	07:59:24	25	7
136	ERUK BERGH	M	SUB VET	05:34:42	02:25:18	08:00:01	237	82
514	TOBIAS VAN BLERK	M	VET	05:21:26	02:39:39	08:01:06	238	97
544	JOHNNY VILJOEN	M	MASTER	05:21:27	02:39:41	08:01:09	239	33
425	EMILE EDOUARD PEPERMANS	M	VET	05:14:26	02:47:14	08:01:41	240	98
199	TREMAYNE DALRYMPLE	M	VET	05:21:08	02:43:07	08:04:16	241	99
454	BRENDON SAMUELS	M	SUB VET	05:18:57	02:45:20	08:04:18	242	83
269	WARWICK GOLDIE	M	VET	05:21:10	02:43:08	08:04:18	243	100
489	LIZZY STRAUSS	F	SUB VET	05:27:45	02:38:44	08:06:29	26	13
522	KEVIN VAN HUYSSTEEN	M	MASTER	05:21:28	02:45:16	08:06:45	244	34
307	ANDRE HOUGH	M	SUB VET	05:28:02	02:38:43	08:06:46	245	84
410	JULES NEL	M	SUB VET	05:20:32	02:46:20	08:06:53	246	85
501	DEREK TODD	M	MASTER	05:25:51	02:42:20	08:08:12	247	35
470	NEIL SLABBERT	M	VET	05:11:19	02:58:01	08:09:20	248	101
494	CRAIG SWANEPOEL	M	SUB VET	05:34:57	02:34:33	08:09:30	249	86
473	DERICK SMALBERGER	M	MASTER	05:22:57	02:46:44	08:09:42	250	36
472	GEORGE SMALBERGER	M	VET	05:23:21	02:46:46	08:10:07	251	102
165	CHRIS BROWNLEE	M	SUB VET	05:35:49	02:34:41	08:10:31	252	87
336	JOHAN KNOESTER	M	SUB VET	05:33:17	02:37:53	08:11:10	253	88
267	LIZIL GILLILAND	F	SUB VET	05:33:16	02:38:03	08:11:19	27	14
366	ANITA LONG	F	VET	05:02:11	03:09:37	08:11:48	28	8
130	TREVOR ROBERT BEEKMAN	M	VET	05:20:16	02:54:56	08:15:13	254	103
152	CHRIS BORNMAN	M	MASTER	05:21:30	02:53:53	08:15:23	255	37
407	FANIE NAUDE	M	MASTER	05:21:31	02:53:52	08:15:23	256	38
392	DIRK MEYER	M	VET	05:35:02	02:42:11	08:17:13	257	104
212	SEAN DEELEY	M	SUB VET	05:40:14	02:37:51	08:18:05	258	89
178	MIGUEL COELHO	M	SUB VET	05:30:53	02:47:25	08:18:18	259	90
350	TJAART KRUGER	M	MASTER	05:43:43	02:34:55	08:18:38	260	39
194	GARTH CRISSWELL	M	VET	05:16:17	03:03:00	08:19:17	261	105



365	MICHAEL LONEON	M	SENIOR	05:35:23	02:44:47	08:20:10	262	21
319	CORNE JANSE VAN RENSBURG	M	VET	05:18:58	03:02:10	08:21:09	263	106
301	MARK HEYWOOD	M	MASTER	05:24:45	02:56:41	08:21:26	264	40
556	STEFAN VOS	M	VET	05:39:17	02:43:04	08:22:21	265	107
508	STAV TUMAZOS	M	VET	05:38:33	02:45:05	08:23:39	266	108
208	CARY DE SOUSA	M	SUB VET	05:39:16	02:44:28	08:23:44	267	91
211	CARLA DE WITT	F	SENIOR	05:22:50	03:02:31	08:25:21	29	5
184	MARIOS CONIDARIS	M	MASTER	05:31:30	02:55:20	08:26:51	268	41
234	ELAINE EAGLESTONE	F	VET	05:37:59	02:51:42	08:29:41	30	9
235	WAYNE EAGLESTONE	M	VET	05:38:00	02:51:43	08:29:44	269	109
190	JONATHAN MARC CORNES	M	VET	05:30:24	03:00:11	08:30:36	270	110
446	JASON RILEY	M	VET	05:30:26	03:00:12	08:30:39	271	111
557	SEB WADE	M	VET	05:28:16	03:13:47	08:42:03	272	112
536	NEELS VENTER	M	VET	05:44:23	03:00:22	08:44:45	273	113
440	WHITE DOVE	M	MASTER	06:01:01	02:45:02	08:46:04	274	42
160	ANDRE BOTHA	M	GRAND MASTER	05:45:21	03:02:51	08:48:13	275	8
286	PAUL IAIN HARVEY	M	VET	07:09:56	01:39:47	08:49:43	276	114
102	CHESTER ALDRIDGE	M	MASTER	05:25:00	03:24:57	08:49:58	277	43
335	MATTHEW KNILL	M	VET	05:50:33	03:00:48	08:51:21	278	115
520	MADELEIN VAN HEERDEN	X	TAND	06:06:57	02:46:12	08:53:10	1	1
154	JOHAN BOSHOFF	M	SUB VET	06:15:29	02:37:50	08:53:19	279	92
401	ELSIE MORKEL	F	VET	05:49:06	03:05:43	08:54:49	31	10
110	CHRIS AYRES	M	SUB VET	05:57:37	03:00:06	08:57:43	280	93
299	LONIKA HEYNS	F	SENIOR	05:56:39	03:01:05	08:57:45	32	6
113	MARLENE GEYSER	F	VET	05:57:39	03:00:07	08:57:46	33	11
518	DELKO VAN DER WALT	M	SENIOR	05:56:44	03:01:04	08:57:48	281	22
527	LOUISA VAN TONDER	F	SUB VET	06:01:33	02:56:33	08:58:06	34	15
215	RYAN DIXON	M	SENIOR	05:57:35	03:00:45	08:58:21	282	23
434	JAMES PLUMMER	M	SENIOR	05:57:34	03:00:48	08:58:23	283	24
216	JOHN DIXON	M	MASTER	05:57:36	03:00:47	08:58:23	284	44
363	ANDRE LIEBENBERG	M	VET	05:57:58	03:02:05	09:00:03	285	116
347	PIERRE KRITZINGER	M	VET	05:53:52	03:06:36	09:00:29	286	117
233	ALEX DUCASSE	M	GRAND MASTER	05:38:17	03:23:48	09:02:06	287	9
387	LANA MEINTJES	F	VET	06:05:25	03:07:48	09:13:13	35	12
139	DEAN LETOUZE	M	MASTER	05:51:38	03:24:11	09:15:49	288	45
196	JOHNNY CROSHAW	M	VET	06:10:32	03:21:34	09:32:07	289	118
298	ANNAMARIE HERSELMAN	F	MASTER	06:12:52	03:20:34	09:33:27	36	3

182	JOHN COLE	M	VET	06:29:24	03:09:27	09:38:52	290	119
256	SYBRANDT FOUCHE	M	SUB VET	06:17:17	03:22:14	09:39:31	291	94
323	ETIENNE JOUBERT	M	VET	06:15:15	03:25:48	09:41:04	292	120
502	BRYAN TOWNSEND	M	SENIOR	06:47:40	02:54:21	09:42:02	293	25
588	PAUL VAN NIEKERK	M	VET	06:27:09	03:19:15	09:46:25	294	121
318	DEON JACOBS	M	SUB VET	06:46:52	03:27:35	10:14:28	295	95
412	GLENN NELSON	M	SUB VET	06:57:43	03:18:38	10:16:22	296	96
333	LAURA KIRKER	F	MASTER	06:27:07	04:02:47	10:29:54	37	4
254	MARK FORBES	M	MASTER	06:59:43	03:32:51	10:32:35	297	46
453	IAN RUSSELL	M	VET	06:59:42	03:32:53	10:32:35	298	122
372	JOSE MAIA	M	MASTER	07:18:04	03:53:13	11:11:17	299	47
378	TERENCE MARSH	M	VET	05:23:01			299	123
389	FREDDIE MEYER	M	MASTER	03:55:26			299	48
384	MYLES KRITZINGER	M	MASTER	03:53:29			299	48
369	MARIO MAHLANGU	M	SENIOR	07:23:54			299	26
370	GREGORY LUIS	M	VET	05:33:03			299	123
355	DAVE LANGE	M	SUB VET	04:04:55			299	97
357	LEANDRO LE ROUX	M	VET	04:02:29			299	123
358	JOHAN LE ROUX	M	SUB VET	03:53:02			299	97
341	DAVE KOSTER	M	VET	06:15:13			299	123
346	JURIE KRIGE	X	TAND	03:43:24	01:58:19	05:46:31	1	1
343	ALEX VOWLES	M	VET		02:45:06		299	123
325	PIETER KELLERMAN	M	MASTER	04:26:41			299	48
320	TIM JOLLEY	M	VET	04:48:44			299	123
321	CRAIG JORDAN	M	VET		02:37:42		299	123
322	RICK JOUBERT	M	VET	04:10:39			299	123
327	SHAUN KENNEDY	M	SUB VET		02:42:45		299	97
419	ANRIKO OPPERMAN	M	SENIOR		03:30:16		299	26
420	ARNO OPPERMAN	M	SENIOR		03:30:17		299	26
416	PETER NYS	M	MASTER		02:13:41		299	48
201	THYS DE BEER	M	SUB VET	04:04:54			299	97
424	JASON PEMBERTON	M	VET		02:13:24		299	123
402	TINKA MORKEL	F	VET		03:02:48		38	13
230	COBUS DU TOIT	M	SENIOR	04:57:30			299	26
231	WYNAND DU TOIT	M	SUB VET	04:47:35			299	97
236	MOHAMED EBRAHIM	M	SUB VET	05:11:26			299	97
240	FRANCOIS ELLIS	M	SENIOR	03:45:56			299	26

224	HERMAN DU PREEZ	M	SUB VET	05:14:55			299	97
225	HANS DU PREEZ	M	GRAND MASTER	05:09:57			299	10
226	WIHAN DU PREEZ	M	SENIOR	05:17:12			299	26
205	JARROD DE LANGE	M	SENIOR	05:13:01			299	26
209	CHRIS DE SWARDT	M	VET	03:48:04			299	123
450	FRANCOIS ROSSOUW	M	SUB VET	05:49:38			299	97
444	RINIER RAUBENHEIMER	M	SUB VET	05:31:05			299	97
432	FRANCOIS PIGUET	M	VET	04:36:54			299	123
589	NICO AMIRAS	M	VET	04:33:08			299	123
590	CONRAD SWART	M	VET	04:33:10			299	123
596	IAN FLEMING	M	VET		02:31:59		299	123
582	THABO MAMATSHELE	M	SUB VET	04:45:39			299	97
576	LEE ZIERVOGEL	F	VET	05:09:19			38	13
567	JULIETTE WELHAM	F	VET	07:04:54			38	13
583	NOEL WILLIAMS	M	GRAND MASTER	06:05:17			299	10
562	MELLIS WALKER	M	MASTER	04:55:12			299	48
564	MADELEIN WALKER	F	VET	04:45:10			38	13
565	RICHARD WATSON	M	VET	04:51:26			299	123
552	JOE VON AULOCK	M	VET	05:01:22			299	123
546	NADINE VISAGIE	F	SUB VET	04:12:06			38	16
534	STEVEN VELTHUYSEN	M	SUB VET		03:24:17		299	97
497	KYLE TAYLOR	M	SENIOR	07:04:57			299	26
506	BRETT TREMEER	M	SENIOR		02:40:27		299	26
507	JADE TREMEER	F	SENIOR		02:35:25		38	7
525	EBEN VAN SCHALKWYK	M	SUB VET	04:57:28			299	97
313	KENT HUTCHONS	M	SUB VET	04:17:15			299	97
311	PAUL HUNTER	M	VET	05:20:06			299	123
465	TERRY SHARMAN	M	MASTER	05:12:06			299	48
462	ALEX SCOTT	M	VET	05:14:44			299	123
476	WAYNE SMITH	M	SUB VET	05:41:02			299	97
482	SHAUN STEWART	M	SUB VET	03:48:23			299	97
483	NICCI STEWART	F	SUB VET		02:46:30		38	16
246	RUPERT ESTERHUIZEN	M	VET	03:33:34			299	123
258	HENRY FOURIE	M	VET	05:14:35			299	123
259	GORDON FRASER	M	MASTER		02:03:26		299	48
252	LUCINDA FLETCHER	F	VET	07:04:52			38	13
241	DOUGLAS EMOND	M	VET	04:46:35			299	123

266	CRAIG GILLHAM	M	SUB VET	04:40:33			299	97
277	KENNETH COCKCROFT	M	VET	04:22:23			299	123
297	NINO HERR	M	SUB VET		02:19:05		299	97
293	MICHAEL HENNING	M	MASTER	04:36:47			299	48
288	WARREN HAUSER	M	SUB VET	04:14:27			299	97
290	RICHARD HAYNE	M	MASTER		02:21:27		299	48
109	KEITH RUSSELL ARCHER	M	MASTER	04:59:58			299	48
101	CARLOS AGUDO	M	VET	04:13:36			299	123
302	RYAN HILLIGAN	M	VET	05:29:18			299	123
303	REN? HOCHREITER	M	MASTER		02:31:49		299	48
164	DEAN BRONS	M	SUB VET	03:57:16			299	97
172	STEFANO CIMENTI	M	SUB VET		02:24:13		299	97
141	CHRIS BESTER	M	VET	05:38:35			299	123
133	LUCIANO BENADE	M	SUB VET	04:25:20			299	97
134	NICOLA BENNETT	F	VET		02:41:13		38	13
118	HANNES BARENDZE	M	MASTER		02:36:22		299	48
123	JACO BARNARD	M	SUB VET	04:32:21			299	97
126	CLIVE BARTMANN	M	VET	04:31:22			299	123
127	KOOS BASSON	M	MASTER	03:40:42			299	48
193	MIKE COWNIE	M	VET	05:13:19			299	123