

CRADLE MOUNTAIN TROPHY 75KM 1 DAY RESULTS

Race No	Name	Gender	Age Cat Name	Race Time	Overall Pos	Age Pos
713	DEREK VENTER	M	SUB VET 30-39	03:24:59	1	1
700	LUKE CHAMBERS	M	SENIOR 19-29	03:31:00	2	1
719	THEO JORDAAN	M	VET 40-49	03:36:15	3	1
729	ROSS KAY-HARDS	M	SENIOR 19-29	03:37:29	4	2
703	SEAN O`FLYNN-MADDEN	M	VET 40-49	03:38:59	5	2
702	DWAINE BROOKS	M	SUB VET 30-39	03:40:51	6	2
706	KEITH VAN NIEKERK	M	SUB VET 30-39	03:42:23	7	3
707	NEIL HARPER	M	OU MANNE 50-59	03:42:52	8	1
723	RICHARD SMALL	M	VET 40-49	03:42:53	9	3
858	DONAVAN ROSCOE	M	VET 40-49	03:43:24	10	4
1113	JO VAN DE WINKEL	F	SUB VET 30-39	03:44:22	1	1
718	SAMUEL PIENAAR	M	SUB VET 30-39	03:50:44	11	4
796	GAVIN MEYER	M	VET 40-49	03:52:03	12	5
865	MARITZ LOUIS	M	VET 40-49	03:55:26	13	6
852	CRAIG SYMON	M	SUB VET 30-39	03:58:02	14	5
715	DION BEKKER	M	SUB VET 30-39	03:58:17	15	6
717	PIETER-BEN PIENAAR	M	SUB VET 30-39	03:59:12	16	7
704	ANDREW WEST	M	SUB VET 30-39	03:59:17	17	8
705	PAUL WEST	M	SUB VET 30-39	03:59:18	18	9
872	TOMMY SYLVESTER	M	VET 40-49	04:00:15	19	7
744	SEAN STACEY	M	VET 40-49	04:01:10	20	8
714	MICHAEL FLOOD	M	OU MANNE 50-59	04:01:25	21	2
741	ALASTAIR STACEY	M	VET 40-49	04:01:55	22	9
730	FLORIS BOTHA	M	OU MANNE 50-59	04:02:05	23	3
1106	GEORGE STEYN	M	SUB VET 30-39	04:05:33	24	10
709	FREDDIE FOURIE	M	VET 40-49	04:06:47	25	10
1216	CRAIG HULSCHER	M	VET 40-49	04:07:22	26	11
708	KOOS BASSON	M	OU MANNE 50-59	04:10:10	27	4
769	DAVE LUNN	M	OU MANNE 50-59	04:11:47	28	5
739	PAUL VICTOR	M	VET 40-49	04:15:45	29	12
870	JACOB MOLENAAR	M	SENIOR 19-29	04:18:06	30	3
732	SPIKE DE LA REY	M	OU MANNE 50-59	04:18:39	31	6
738	NICOLAS STATHOULIS	M	SENIOR 19-29	04:21:40	32	4
766	HENK ADENDORFF	M	VET 40-49	04:24:47	33	13
758	COLIN KIRBY-SMITH	M	VET 40-49	04:25:56	34	14
746	CAROLINE MULHOLLAND	F	SUB VET 30-39	04:29:43	2	2
747	MARK MCKINNEY	M	VET 40-49	04:30:19	35	15
861	MINCHER BRYAN	M	VET 40-49	04:30:57	36	16
759	GRAHAM KIRBY-SMITH	M	VET 40-49	04:31:09	37	17
748	PATRICK DUGGAN	M	VET 40-49	04:31:19	38	18
756	ANNIE DUPRE	F	SENIOR 19-29	04:31:32	3	1
734	QUINTON COOPER	M	VET 40-49	04:34:19	39	19
740	RICHARD WRIGHT	M	VET 40-49	04:34:58	40	20
722	CARLOS AGUDO	M	VET 40-49	04:35:55	41	21
762	CRAIG KETTLE	M	VET 40-49	04:36:40	42	22
781	WYNAND FOURIE	M	VET 40-49	04:39:06	43	23
833	ABRI KUHN	M	SENIOR 19-29	04:39:08	44	5
774	ANTONY MATHEWS	M	VET 40-49	04:39:47	45	24
779	MIKE YATES	M	VET 40-49	04:41:45	46	25
801	CLIVE STEWART	M	VET 40-49	04:41:50	47	26
799	BARRY IRVINE	M	SUB VET 30-39	04:42:16	48	11

1047	SHELDON GODINHO	M	VET 40-49	04:42:19	49	27
743	DOMINIC NUGENT	M	OU MANNE 50-59	04:44:01	50	7
1111	MATTHEW TURNER	M	SUB VET 30-39	04:46:01	51	12
749	SIMON SHAW	M	OU MANNE 50-59	04:46:28	52	8
752	PAMINA VALVERDE VILA	F	SUB VET 30-39	04:47:13	4	3
735	RYAN PERRY	M	SUB VET 30-39	04:47:18	53	13
772	NICHOLAS SUN	M	SUB VET 30-39	04:47:49	54	14
738	NICOLAS STATHOULIS	M	SENIOR 19-29	04:48:45	55	6
736	OSCAR KOSTER	M	OU MANNE 50-59	04:48:45	56	9
754	MIREILLE KOSTER	F	VET 40-49	04:48:47	5	1
873	GORDON FRASER	M	OU MANNE 50-59	04:49:59	57	1
869	RYNO MARKGRAAFF	M	VET 40-49	04:50:03	58	28
742	DEREK GRAHN	M	VET 40-49	04:50:28	59	29
844	THEO OLIVIER	M	VET 40-49	04:50:40	60	30
794	ADRIAN HAAGNER	M	SUB VET 30-39	04:51:57	61	15
838	WADE MELVILL-SMITH	M	SUB VET 30-39	04:52:00	62	16
780	JOHANN GREYLING	M	VET 40-49	04:54:46	63	31
832	NICKY TROLLIP	M	SENIOR 19-29	04:54:48	64	7
817	ANDREW ROBINSON	M	VET 40-49	04:54:55	65	32
790	TERENCE O'NEILL	M	VET 40-49	04:54:58	66	33
782	SEAN DEELEY	M	VET 40-49	04:55:15	67	34
860	FREEMAN RAYE	M	SUB VET 30-39	04:56:03	68	17
731	RICHARD KARSTEN	M	SUB VET 30-39	04:57:33	69	18
839	DANIE ROSSOUW	M	SUB VET 30-39	04:57:35	70	19
811	BRENDAN CLARKE	M	SUB VET 30-39	04:58:06	71	20
818	MARK FLETCHER	M	VET 40-49	04:59:10	72	35
819	KIERON EDDIE	M	SUB VET 30-39	04:59:11	73	21
737	GLEN PRINGLE	M	OU MANNE 50-59	04:59:43	74	9
830	MURRAY STEYN	M	VET 40-49	05:05:46	75	36
843	DENNIS BURROWS	M	VET 40-49	05:06:44	76	37
804	CINDY SIMONE DE WAAL	F	VET 40-49	05:07:02	6	2
773	LOUIS DE WAAL	M	VET 40-49	05:07:03	77	38
751	BRIAN WRAY	M	OU MANNE 50-59	05:07:26	78	2
770	LEE ZIERVOGEL	F	VET 40-49	05:08:48	7	3
846	ANTON MICHAEL SILVERMAN	M	VET 40-49	05:08:58	79	39
807	SEAN NOURSE	M	VET 40-49	05:09:03	80	40
859	KEITH NORCOTT	M	OU MANNE 50-59	05:10:01	81	10
816	CHRIS OERTEL	M	OU MANNE 50-59	05:13:48	82	11
785	QUINTON FISHER	M	SUB VET 30-39	05:15:51	83	22
784	PATRICK JORDAAN	M	VET 40-49	05:17:03	84	41
765	LINDA SHANKS	F	LADIES NOT OLDER 29	05:18:51	8	1
837	JOHNATHAN BROWNLEE	M	SUB VET 30-39	05:22:53	85	23
761	ROGER MICHAEL BRAY	M	VET 40-49	05:23:55	86	42
788	ALEX SCOTT	M	VET 40-49	05:26:48	87	43
767	SARAH MATCHER	F	SUB VET 30-39	05:30:19	9	4
771	GERHARD ROSSOUW	M	SUB VET 30-39	05:31:44	88	24
828	PHILIP LOUW	M	VET 40-49	05:32:35	89	44
760	ALAN BULLOCK	M	OU MANNE 50-59	05:34:38	90	3
768	HEINRICH SCHWIM	M	OU MANNE 50-59	05:35:18	91	12
808	MICHAEL ROUX	M	VET 40-49	05:35:47	92	45
795	NICK DENNIS	M	MEN 60+	05:37:52	93	1
778	BRUWER ESBACH	M	SUB VET 30-39	05:38:24	94	25
757	FRANCOIS JOHANNES	M	VET 40-49	05:40:14	95	46
750	TYRONE JACOBS	M	VET 40-49	05:40:49	96	47

789	GERHARD DE LANGE	M	SUB VET 30-39	05:40:52	97	26
809	FRANCISCO MILHO	M	VET 40-49	05:41:28	98	48
871	ROBERT PORTER	M	VET 40-49	05:41:35	99	49
791	CHESTER GOODBURN	M	SUB VET 30-39	05:42:07	100	27
862	ZINON MARINAKOS	M	OU MANNE 50-59	05:46:25	101	13
792	JOHN WATLING	M	VET 40-49	05:47:49	102	50
840	CRAIG SHORT	M	SUB VET 30-39	05:48:55	103	28
845	COLIN SHORT	M	VET 40-49	05:49:28	104	51
815	WAYNE SMITH	M	SUB VET 30-39	05:51:18	105	29
800	MICHELLE SMITH	F	SUB VET 30-39	05:51:20	10	5
755	IAN VAN ZYL	M	OU MANNE 50-59	06:02:59	106	14
787	JEAN-PIERRE VAN STADEN	M	VET 40-49	06:04:17	107	52
853	KIM RAYMOND	M	VET 40-49	06:08:18	108	53
854	SHONA YOUNG	F	VET 40-49	06:08:19	11	4
834	ALEX ACKRON	M	SUB VET 30-39	06:12:07	109	30
810	RORY TROLLIP	M	SUB VET 30-39	06:14:10	110	31
868	BEIJL LUCY	F	VET 40-49	06:14:59	12	5
842	ROB SCHRODER	M	VET 40-49	06:21:10	111	54
812	RALPH DAVIES	M	VET 40-49	06:21:12	112	55
831	SIHLE MAGAGA	M	SENIOR 19-29	06:36:30	113	8
824	AL DO NASCIMENTO DE	M	VET 40-49	06:40:34	114	56
827	CRAIG WIGHT	M	VET 40-49	06:54:24	115	57
821	HILTON LAWRENCE	M	VET 40-49	06:55:40	116	58
820	PETER RHEEDERS	M	VET 40-49	06:58:01	117	59
835	HEIN GEYSER	M	SUB VET 30-39	06:59:41	118	32
849	JUSTIN DEKKER	M	VET 40-49	07:13:23	119	60
841	JULIE DEKKER	F	VET 40-49	07:13:29	13	6
826	FRANCOIS SAAYMAN	M	SUB VET 30-39	07:18:40	120	33