

## 10km RESULTS

<b>Junior Men</b>		
Johan Nel	218	00:51:51
Jan du Plessis	214	00:59:32
Ernst Pentzhorn	217	01:02:04
Paul Verwey	184	01:03:43
Nicolas Vlok	203	01:08:38
Joshua van Tonder	190	01:28:15
Henry Terblance	206	01:30:45
<b>Junior Women</b>		
Ilze-May Troskie	202	01:29:08
Suzette van Heerden	207	01:33:30
<b>Senior Men</b>		
Shamba Khoza	187	01:02:36
Anton Grobler	169	01:12:43
Leonard Bosman	175	01:13:12
Andrew Nixon	204	01:27:43
Hendrik Nortjé	197	01:32:29
Justus Smith	208	01:34:22
Tobie Oosthuizen	211	01:35:25
Dirk van den Heever	335	01:53:30
Lee McCrath	198	02:20:54
Johnny Graham	162	did not finish
Paul Mc Cabe	173	did not finish
Jean Victor	160	did not finish
<b>Senior Women</b>		
Maries Fourie	212	01:04:46
Ansa van Geest	194	01:12:31
Lizel Grobler	168	01:12:36
Lizelle Rokebrand	176	01:13:02
Edna Rossouw	161	01:17:42
Nicolene van Jaarsveld	159	01:20:58
Ildemari Potgieter	180	01:24:57
Melanie Venter	205	01:25:09
Elbe Maritz	177	01:25:22
Mary-Ann Mc Cabe	174	01:29:26
Yolandi Bester	151	01:30:48
Heidide Bruine	182	01:32:32
Sonja McGrath	199	01:33:08
Desire Smith	209	01:34:15
Theresa Loots	153	01:35:39
Daleen du Plessis	167	01:35:53
Merie Hattingh	152	01:38:10
Lelanie Van heerden	170	01:38:44
Rina Kruger	164	01:52:20
Emrie v/d Heever	215	01:53:46
Melanel Retief	210	01:54:10
Adele Geldenhuys	201	01:56:29
Yolanda v/d Walt	192	01:59:06
Tersia Prinsloo	193	01:59:09
Erika Krause	200	02:07:45
Anita Gerhardt	181	did not finish
<b>Veteran Men</b>		
Japie Stevenson	178	01:00:01
Percival Piper	155	01:06:57
Nico Watts	189	01:08:35
Johan Verwey	186	01:09:32
Francois Pienaar	183	01:17:32
Eugene Vermaak	172	01:28:34
Pieter Van Heerden	328	01:33:17
Kobie Weideman	195	02:20:59
<b>Veteran Women</b>		
Avril Jeanine Stevenson	179	01:07:55
Cornie Verwey	185	01:11:50
Megan Scannell	213	01:15:16
Amelia Piper	156	01:30:52
Sonja Weideman	196	01:33:12
Trudie du Plessis	188	01:46:39
Erika Kotzé	163	01:56:41
Christine van Heerden	157	02:00:22
Teressa du Preez	216	did not finish
<b>Master Men</b>		
Andre van Tonder	191	01:28:50
<b>Master Women</b>		
Ester van Jaarsveld	158	01:07:01
Amelia Parkin	154	01:38:28
Anneke Rautenbach	165	01:56:46
<b>Grand Master Men</b>		
Thys Rautenbach	336	01:27:04
<b>Grand Master Women</b>		
Althea Bacchialoni	171	01:13:53



## 23km RESULTS

<b>Senior Women</b>		
Marilese Vermaak	339	01:44:14
Anelle Vorster	329	01:55:04
Lizanne Hatting	349	01:56:23
Lientjie Saaiman	340	01:58:12
Nicola Hudson	347	02:11:38
Tanya Zaayman	330	02:31:09
Susan Doubell	342	did not finish
<b>Senior Men</b>		
Cloete van Reenen	357	01:39:53
Peter Kgabo	356	01:40:51
Stephen Smit	352	01:55:58
Werner Krafft	351	02:03:12
Pierre Dixon	343	02:09:12
Anton Van Geest	358	02:10:44
Rob Hudson	346	02:11:42
Johan Meyer	344	02:16:05
Willem Niehof	324	02:21:38
Matthys Retief	333	02:33:47
<b>Veteran Men</b>		
Gert Brits	323	01:42:20
Gerhard Leimecke	334	01:57:00
Theodor Kleynhans	332	02:03:11
Gustav Meyer	341	02:16:04
Frederik Hendrik Terblanche	326	02:22:06
Robin D'Ary-Donnelly	355	02:28:48
<b>Veteran Women</b>		
Alma Bester	353	02:03:36
Alice Coetser	337	02:04:20
Elna Fourie	350	02:21:29
Lizelle Pauw	325	02:22:04
Adri Albertyn	321	did not finish
<b>Master Men</b>		
Barend Bester	354	02:03:37
Hendrik Barnard	322	02:03:48
Aaron Diphofa	348	02:44:59
Dancun Sewela	345	02:54:50
<b>Master Women</b>		
Margaret Jorisson	331	02:43:09
<b>Grand Master Men</b>		
Johan van Graan	327	03:02:54