



The Rock - 2016

RESULTS

Cycle 70 km

Female Elite (19-29)

Place	Name	Time	Place c'td	Name	Time
1	Lelani Swart	02:53:31	6	Marietjie De Chavonnes V	03:33:00
2	Silke Pritzen	03:03:34	7	Danica Cronje	03:45:02
3	Ane Hanekom	03:12:28	8	Anja Basson	04:22:00
4	Courtney Trossbach	03:12:37		Ariane Dressel	DNS
5	Natascha Kuehl	03:18:26		Lizelle Nel	DNS

Male Elite (19-29)

Place	Name	Time	Place c'td	Name	Time
1	Raul costa seibeb	02:21:45	15	Eneill Buitendag	03:01:01
2	Charl du Plooy	02:27:03	16	Bertie Maritz	03:03:24
3	Joe Joe Hamunyela	02:27:28	17	Dewaldt van Antwerpen	03:03:54
4	Schalk Van der Merwe	02:28:38	18	Flippie Liebenberg	03:22:05
5	Yoshua Becker	02:31:28	19	Coenraad moolman	03:33:59
6	Danny Villinger	02:33:35	20	Schalk Oosthuizen	03:34:26
7	Fifty Chiponeni	02:38:42	21	Phanus Visser	03:43:02
8	Johann Malan	02:40:57	22	Johan Potgieter	03:43:09
9	Martin Havenga	02:42:44	23	Dylan Spencer	03:44:35
10	Tiekie Du Plooy	02:50:36	24	Nathan Bender	03:58:26
11	Danzel De koe	02:50:40		Dylan Saunders	DNS
12	Corne Eigelaar	02:55:05		Janco du Plooy	DNS
13	Arno Mohr	02:56:19		Luke Munting	DNS
14	Patrick Heß	02:58:58			

Female Sub Veteran (30-39)

Place	Name	Time	Place c'td	Name	Time
1	Jeanne Heunis	02:45:48		Heste Janse van Rensburg	DNS
2	Luanne van der Schyff	02:56:57		Ingrid Scholtz	DNS
3	BEVERLEY-RAE HENCKERT	04:13:56			

Male Sub Veteran (30-39)

Place	Name	Time	Place c'td	Name	Time
1	Ingram Cuff	02:20:08	29	Stefan Redecker	03:13:17
2	Heino Windisch	02:21:57	30	Marius Boonzaier	03:16:27
3	Etienne Doman	02:33:27	31	Marius Verwey	03:17:13
4	Willie Mac Van Zyl	02:33:32	32	Wilko Duvel	03:18:44
5	Morné Honiball	02:36:44	33	Hardus Burger	03:19:04
6	Koos Blaauw	02:36:52	34	Fanus Jordaan	03:20:33
7	Richard Morsbach	02:37:16	35	Stephanus Le Roux	03:22:10
8	Ananias Tamati	02:38:45	36	Werner Jacobi	03:25:27
9	Jacques Van Zyl	02:40:10	37	BOGISLAV WILCKENS	03:25:39
10	Andre Steinforth	02:40:51	38	Abri van Wyk	03:26:37
11	Gerhard Liebenberg	02:43:18	39	Johan Visser	03:28:39
12	Fanus Bredenhann	02:50:05	40	Andre Basson	03:29:33
13	Luther Mostert	02:52:05	41	Nico Oosthuizen	03:34:24
14	JAcques Cloete	02:52:25	42	Wynand Dreyer	03:37:22
15	Hano Jansen van Rensburg	02:52:29	43	Walter van Rhyn	03:44:36
16	Lutz Zimmer	02:53:04	44	Jaco Sowden	03:46:03
17	Hindie Rensburg	02:53:20	45	Rainer Sentefol	04:22:01
18	Jonathan Bevan	02:59:02		Anco Baard	DNS
19	Volker Engling	02:59:12		Paul Basson	DNS
20	Dawie Koen	02:59:14		Ryan Hannam	DNS
21	Anton Swart	03:00:41		Pierre Lambert	DNS
22	Leodolf Swanepoel	03:00:56		Christopher Steenkamp	DNS
23	Arne Fischer	03:01:04		Johan Swanepoel	DNS
24	Julian Mouton	03:03:45		Marco Trossbach	DNS
25	NATHANIEL HENCKERT	03:03:52		Frederick van Greunen	DNS
26	Ferdie Malherbe	03:04:24		Gielie van Wyk	DNS
27	Tinus Labuschagne	03:05:22		Dewald Viljoen	DNS
28	Stephan Gevers	03:08:06			



The Rock - 2016

RESULTS

Cycle 70 km

Female Veteran (40-49)

Place	Name	Time	Place c'td	Name	Time
1	Wilmien Chamberlain	02:50:25	4	Kai Munting	03:22:01
2	Sheenagh Brinkmann	03:03:28		Melva Steenkamp	DNS
3	Petra Compion	03:05:28			

Male Veteran (40-49)

Place	Name	Time	Place c'td	Name	Time
1	Klaus Frielingsdorf	02:27:32	27	MORNAY DU TOIT	03:17:43
2	Stefan van Doorn	02:31:23	28	John King	03:22:03
3	Thorsten Horenburg	02:31:26	29	Waldemar Aston	03:26:31
4	Frank Bombosch	02:32:44	30	Dirk OoSthuizen	03:35:44
5	Paulo De azevedo	02:36:41	31	Paul Brough	03:45:03
6	Adriaan Maartens	02:37:04	32	Ryno Badenhorst	03:47:16
7	Rainer Becker	02:43:15	33	Roger Fussell	03:48:39
8	Theo Hoeksema	02:45:37	34	Marthinus Kahl	03:54:39
9	Lourens Hough	02:45:51	35	Cicoo du Plessis	04:13:57
10	Stephen Chamberlain	02:47:01	36	John Redman	04:23:09
11	George Thiele	02:47:05		WARREN BOER	DNS
12	Otto Zapke	02:51:32		Chris Heunis	DNS
13	Gabs Muteka	02:52:35		Derick Klein	DNS
14	Fanie Britz	02:56:42		Charles McNab	DNS
15	Kai Tegethoff	02:59:09		Gunter Scherer	DNS
16	Quinton Liebenberg	03:00:27		Antonio Simoes	DNS
17	Philip Coetzee	03:00:29		Eugene Spangenberg	DNS
18	Rudi Germishuys	03:00:34		Silvio Suardi	DNS
19	Gustav Bertelsmann	03:02:43		Johan Swanepoel	DNS
20	MJ Du Toit	03:05:54		Danie van Aswegen	DNS
21	Pine Van Wyk	03:12:41		GERT VAN DER MERWE	DNS
22	Jeffrey Schrimb	03:15:29		Abrie van Wyk	DNS
23	Danie Myburgh	03:17:04		Antonie Van Wyk	DNS
24	Schalk Steyn	03:17:07		Stephan Wall	DNS
25	Ben Cronje	03:17:10		Kevin Yates	DNS
26	VINCENT LOUW	03:17:18		Owen Sivertsen	DNS

Female Master (50-59)

Place	Name	Time	Place c'td	Name	Time
1	Gisela Noci	03:17:39	3	Ingeborg Winsauer	03:28:02
2	Estelle Lambert	03:18:28			

Male Master (50-59)

Place	Name	Time	Place c'td	Name	Time
1	Hentie Hough	02:43:54	8	Andrew Corbett	03:13:21
2	Alfons Kiesewetter	02:45:45	9	Arnulf Winsauer	03:28:10
3	Koot Van der Merwe	02:48:36	10	Mauritius Louw	03:37:34
4	herman maritz	02:56:38		PHILLIP BARNARD	DNS
5	Eugene Louw	03:00:37		Giel Boshoff	DNS
6	Christo le Roux	03:01:09		JANNIE BRING	DNS
7	Peter Sander	03:03:38		Giancarlo Monteforte	DNS

Grand Master (60+)

Place	Name	Time	Place c'td	Name	Time
1	Theo Barnard	03:08:15			
2	Walther Redecker	04:17:26			



The Rock - 2016

RESULTS

Cycle 33 km

Male U 16

Place	Name	Time	Place c'td	Name	Time
1	Kevin Lowe	01:47:37	7	Cian Cronje	02:38:59
2	Dominic Theissen	01:57:52	8	Justin Vosloo	02:54:40
3	Gideon Brink	02:18:20	9	Daniel van Wyk	03:09:45
4	Ian Hooks	02:35:06		Anton Engling	DNS

Female Open

Place	Name	Time	Place c'td	Name	Time
1	Anja Schroder	01:38:47	26	Senta Rohe	02:41:15
2	Ilanda Botha	01:43:14	27	Ilana Pretorius	02:53:49
3	Mari Bartholomae	01:53:59	28	Johanna Van Blommestein	03:06:17
4	charmaine grobler	01:54:02	29	Maureen Louw	03:22:59
5	Ester Toua	01:58:37		MAGGIE BARNARD	DNS
6	Beate Kretzschmar	01:58:43		Emmerentia Basson	DNS
7	Vicki Vosloo	01:58:50		Ansie Boshoff	DNS
8	Claudia Suren	01:59:58		Elna Brink	DNS
9	Thelma von Molendorff	02:00:04		Gerlind Diener	DNS
10	Mara van Wyk	02:00:14		jaun-mare DU PLESSIS	DNS
11	Madelein Botes	02:01:38		CHANTELLE DU TOIT	DNS
12	Jaco Serfontein	02:01:43		Antje Engling	DNS
13	Naomi Viljoen	02:04:28		Maryke Ferreira	DNS
14	Ursula Gollwitzer	02:07:45		Suzette Janse van Vuuren	DNS
15	shelly harmse	02:08:43		KAREN KAMBER	DNS
16	Charlene Scherer	02:12:06		Lindie Krauze	DNS
17	Louise Laas	02:12:41		Vanity Nel	DNS
18	Anel Becker	02:17:32		Christine Prinsloo	DNS
19	Monya Louw	02:20:59		DICKIE ROLAND	DNS
20	Sugnet Smit	02:24:10		Simoné Scherer	DNS
21	Michelle le Roux	02:29:13		Lonel Smith	DNS
22	Laura Braune	02:32:51		Christine Steinfurth	DNS
23	Susan Grove	02:33:26		Brigitte Van Wyk	DNS
24	Nadia zu Bentheim	02:38:41		Christa van Wyk	DNS
25	Jorien Hoeksema	02:41:13		Lelane Van Zyl	DNS

Female Sub Vet (30-39)

Place	Name	Time	Place c'td	Name	Time
1	Heide Hobohm	01:50:27	3	Anna -Mart Kruger	02:17:02
2	Helena Wiggett	02:16:59			

Male Master (50-59)

Place	Name	Time	Place c'td	Name	Time
1	Gideon Brink	01:47:56			



The Rock - 2016

RESULTS

Cycle 33 km

Male Open

Place	Name	Time	Place c'td	Name	Time
1	Kirby Mackintosh	01:33:08	49	Matthys Reynecke	02:29:58
2	Graham Bell	01:33:22	50	Andre Swanepoel	02:30:11
3	Chris Bartholomae	01:38:17	51	Matthias Braune	02:32:54
4	Jurgens Bosman	01:39:12	52	Stephan van der Merwe	02:32:58
5	Philip Bartholomae	01:39:21	53	Joshua Scherer	02:36:25
6	Luke Pennefather	01:39:34	54	Dries Strydom	02:41:40
7	Hilarius Abraham	01:40:00	55	Christopher John Clarke	02:42:31
8	Marcel Suren	01:42:42	56	Philip Hooks	02:42:40
9	Nicolaas Hoeksema	01:43:41	57	Colwyn Haupt	02:53:27
10	Robert Grant	01:43:55	58	Karl-Heinz Mulder	02:53:46
11	Danny Beukes	01:45:38	59	Tommie Gouws	03:05:04
12	Nithan Nekomba	01:45:46	60	Francois Gouws	03:05:07
13	William Camm	01:46:25	61	GORDON ALLISON	03:48:37
14	Michael Lowe	01:48:53		Arnold Bittner	DNS
15	Ebben Eizer	01:48:56		Wim Boshoff	DNS
16	Johan Lepen	01:49:40		Adriaan Botha	DNS
17	Eamon Roberts	01:51:06		Gerhard Breed	DNS
18	Peter Herle	01:51:30		Luke Brinkmann	DNS
19	Nicolas le Roux	01:51:50		Hennie Coetzee	DNS
20	Gunnar Kretschmar	01:51:55		Nico Delpont	DNS
21	Gerhard Rohe	01:52:45		Gerhard du Plessis	DNS
22	Greg Mackintosh	01:53:34		Tiaan Du Plessis	DNS
23	JANNIE BRINK	01:54:22		JUANDRE DU TOIT	DNS
24	Roderick Lautenbach	01:54:24		Anton Ferreira	DNS
25	Phillip Theissen	01:57:30		Marthinus J Fourie	DNS
26	Dirk Grobler	01:57:38		Roland Graf	DNS
27	Dale Smith	01:58:15		Wimpie Janse van Vuuren	DNS
28	Hans Erno Diekmann	01:59:34		Konrad Knouwds	DNS
29	Kurt Mittendorf	02:00:03		Leon Krauze	DNS
30	Francois Robbertse	02:00:18		Kiewiet Le Roux	DNS
31	Stefan Menne	02:01:35		Jarret Loubser	DNS
32	Quentin Puren	02:03:01		Martin Louw	DNS
33	Andre Oosthuizen	02:06:23		Wikus Oberholster	DNS
34	Brian Roberts	02:06:42		De Wet Prinsloo	DNS
35	Corne Kruger	02:10:26		ULI ROLAND	DNS
36	Niels Gartner	02:11:28		Wilco Rügheimer	DNS
37	Gunnar Otto	02:12:46		Henk Schlechter	DNS
38	Ulrich Mackensen	02:15:01		Immanuel Shikongo	DNS
39	Luke Schmidt	02:15:43		Danie Small	DNS
40	Gunnar Keil	02:19:53		Servaas Tab	DNS
41	Estelle van Zyl	02:22:59		Edward Taylor	DNS
42	Chris van Greunen	02:23:11		Alwyn Van der Merwe	DNS
43	Robert Steinmetz	02:26:30		Benno Van Der Merwe	DNS
44	Herman Krauze	02:26:33		WD van Dyk	DNS
45	Holger Hellwig	02:26:40		Christof Van niekerk	DNS
46	Flip Van Rooyen	02:27:57		Cronje Van niekerk	DNS
47	Willem Brink	02:28:02		Günter von Hundelshausen	DNS
48	Uwe Rentel	02:29:55			



The Rock - 2016

RESULTS

Fatbike 25 km

Female Open

Place	Name	Time	Place c'td	Name	Time
1	Lonel Smith	01:28:40	4	Marion von Maltzahn	01:59:19
2	Nina Holtrup	01:30:04	5	Danielle de Wet	02:01:46
3	Janeke Volkmann	01:32:01		Charmaine Shannon	DNS

Male Open

Place	Name	Time	Place c'td	Name	Time
1	Robert Schaaf	01:23:44	6	Marco Debortoli	01:36:36
2	Berni Volkmann	01:24:22	7	Helmut von Maltzahn	01:59:17
3	Willie Greeff	01:31:05	8	Johan Benade	02:02:56
4	Mark de Wet	01:33:07		Werner Ewald	DNS
5	Antonio da Silva	01:35:17			



The Rock - 2016

RESULTS

Run 21 km

Female Elite (u40)

Place	Name	Time	Place c'td	Name	Time
1	Ottilie Kaunapawa Aimwata	01:36:57	22	Shannon Costello	02:20:44
2	Elze Eigelaar	01:48:53	23	Muahuna Haindongo	02:22:22
3	Vera Hypki	01:52:03	24	Tuhupa Zatjirua	02:27:20
4	Birte Fahrbach	01:53:18	25	Wilet Pothas	02:29:02
5	Kirsty Pamela Brits	01:55:55	26	Nadja Goike	02:30:18
6	Ils De Beer	01:58:24	27	Tiané Goosen	02:35:04
7	Marguerite Verwey	01:58:57	28	Christel Roos	02:36:22
8	Benita Kasch	01:59:19	29	Minka Greeff	02:37:05
9	Winnie Mukupuki	01:59:50	30	Luzaan Pretorius	02:43:19
10	Claudia Otto	01:59:55	31	Daleen Steyn	02:45:14
11	Ruda Hoch	02:02:36	32	Gerda Opperman	02:56:06
12	Frances Courtney-Clarke	02:05:05	33	Otja Muruko	02:56:57
13	Juandri Steytler	02:07:08	34	Keren Till	02:57:00
14	Bernice van Staden	02:07:10	35	Georgia Kauapirura	02:57:43
15	Madeli Small	02:10:40	36	Damoline Muruko	03:20:29
16	Leanie De hilster	02:12:19	37	Memory Mbai	04:20:23
17	Nina Louw	02:13:36		Oyula Apiyo	DNS
18	Riana Scholtz	02:15:42		Pewa Iyambo	DNS
19	Michelle Von Stein	02:17:44		Danielle Labuschagne	DNS
20	Manja Trollip	02:17:46		Stefanie Theron	DNS
21	Natalya Weiss	02:17:57		Christie Marie van Zyl	DNS

Male Elite (u40)

Place	Name	Time	Place c'td	Name	Time
1	Erich Goeieman	01:13:36	23	Dusty Saunders	02:01:03
2	Nesley Michael Gaweseb	01:27:36	24	Etienne Louw	02:02:15
3	Erastus K Pinehas	01:30:09	25	Peter Hoch	02:09:26
4	Petrus Laubscher	01:30:32	26	Alwyn Maass	02:13:55
5	Laurie van Zyl	01:34:19	27	Angelo Brown	02:16:17
6	Jaco Van den Berg	01:37:29	28	Bernhard Frankenfeld	02:25:20
7	Pedro Mendoza	01:38:20	29	Gerhard Snyders	02:28:54
8	Vinnio Hidileko	01:38:55	30	Francois Greeff	02:30:23
9	Wilke van Greunen	01:39:31	31	Gregor Areseb	02:34:42
10	Romario Marchell van Wyk	01:39:41	32	Johan Vosloo	02:34:57
11	Johan vd Westhuizen	01:43:00		Oliver Ahrens	DNS
12	Drikus Delpport	01:46:13		Stephaan Coetzee	DNS
13	Phillip van Schalkwyk	01:46:45		Alex Courtney-Clarke	DNS
14	Nawaaz Dinath	01:50:27		Dirk Kotze	DNS
15	Sam Jarvis	01:50:59		Frans Maree	DNS
16	Daniel Volkmann	01:52:04		Graham Maritz	DNS
17	Christian Knobloch	01:54:12		Rene Traut	DNS
18	Peter Costello	01:54:45		Reedewann van Wyk	DNS
19	LP Van der Westhuizen	01:55:43		Heinz Winckler	DNS
20	Trevor Mukupuki	01:55:53		Ujandja Zatjirua	DNS
21	Gerhard Van Eeden	01:58:09		Mac-henry Warren Kozonguizi	DNS
22	Peter-John Christiane	01:59:08			



The Rock - 2016

RESULTS

Run 21 km						
Female Veteran (40-49)						
Place	Name	Time		Place c'td	Name	Time
1	Alice Jarvis	02:01:20		11	Nicole Norval	02:45:17
2	Merwena Basson-Wiese	02:04:01		12	Sandy Ndjoonduezu	02:51:27
3	Odette Grant	02:05:29		13	Karin Mittendorf	02:56:03
4	Susan Kintscher	02:11:10		14	Florence Kaura	02:57:16
5	Allison Fourie	02:12:59		15	Pamela Henguva	03:00:10
6	Barbara Kittel	02:21:04		16	Isoldah Hijamutiti	04:21:45
7	Svetlana BAUER	02:22:34		17	Michelle Ngaujake	04:21:45
8	Alette van Greunen	02:27:16			Hilke Kruger	DNS
9	Patricia Hoeksema	02:28:58			Lexy Tjiroze	DNS
10	Estelle Bailey	02:37:31				
Male Veteran (40-49)						
Place	Name	Time		Place c'td	Name	Time
1	PINEHAS EMBASHU	01:14:27		9	Jaco Fourie	02:12:56
2	Johan Bronkhorst	01:39:15		10	Oockie Oosthuizen	02:13:47
3	Willem Van Schalkwyk	01:47:14			Gareth Amos	DNS
4	Kobus van Schalkwyk	01:47:30			Paul Brinkmann	DNS
5	Immanuel Alugongo	01:57:46			Abrie du Plooy	DNS
6	Francois Smit	01:59:47			Richard Jansen	DNS
7	Gavin Damon	02:03:06			Gert Vermeulen	DNS
8	Riaan Burger	02:03:57			Vaja Zatjirua	DNS
Female Master (50-59)						
Place	Name	Time		Place c'td	Name	Time
1	Ulla Burd	02:04:06		6	Christa-Lienette De Jager	02:35:00
2	Hazel Milne	02:19:15		7	Marita van der Merwe	02:37:27
3	Alet Schrader	02:25:13		8	Jackie Braune	02:37:48
4	Christine Haupt	02:25:52			Marianne Kämpf	DNS
5	Annelie Rousseau	02:29:59			Asnath Katuvemuine Kaperu	DNS
Male Master (50-59)						
Place	Name	Time		Place c'td	Name	Time
1	Joachim Morawetz	01:53:48		6	Hermann Volkmann	02:18:42
2	Harald Preschel	01:55:12		7	Martin Wiemers	02:27:18
3	Tony Robertson	02:05:10		8	Joseph Jacobus Robberts	02:34:39
4	Raimund Kintscher	02:11:11		9	Pieter Greeff	02:37:58
5	Johan Visagie	02:14:53			Charlie du Toit	DNS
Female Grand Master (60+)						
Place	Name	Time		Place c'td	Name	Time
1	Julianah Blaauw	02:06:38				
Male Grand Master (60+)						
Place	Name	Time		Place c'td	Name	Time
1	Jan van Niekerk	02:27:55		2	Jochi Braune	02:48:06
Run 21 km - Community						
Female Open						
Place	Name	Time		Place c'td	Name	Time
1	Valencia Owas-oas	03:20:27			Susan Hansen	DNS
2	Cheron Nawases	03:36:18				
Male Open						
Place	Name	Time		Place c'td	Name	Time
1	Niklaas Ketjinganda	01:25:17				



The Rock - 2016

RESULTS

Walk 21 km

Female Open

Place	Name	Time	Place c'td	Name	Time
1	RAKELA AKUKOTHELA	02:55:52	8	Veenda Nependa	03:45:59
2	Heidrun Preschel	02:59:28	9	Monika Ruppel	03:47:29
3	Mwanyehengwangwe Ndilimeke	03:08:45	10	Jaydee van Zyl	03:47:33
4	Heather Nependa	03:28:31	11	Winnie Kambinda	04:10:39
5	Claire Liebenberg	03:32:00	12	Rosina Leonard	04:10:44
6	Baby Kameho	03:32:12		Anny Hamata	DNS
7	Asnath Katuvemuine Kaperu	03:45:55		Bertha litana	DNS

Male Open

Place	Name	Time	Place c'td	Name	Time
1	Wilbard Ithikwa	02:35:44	8	Natangue Kaperu	03:55:59
2	Willem Nependa	03:45:54	9	Joel Andjamba	DNS
3	Gottlieb Kaperu	03:46:01	10	Frolian Andjamnba	DNS
4	Ngumee Nependa	03:55:58			

Walk 21 km - Community

Female Open

Place	Name	Time	Place c'td	Name	Time
1	Lirien Somses	03:27:42		Lydia Afrikaner	DNS
2	Nicolin Louw	03:32:15			

Male Open

Place	Name	Time	Place c'td	Name	Time
4	Jannie Somseb	02:50:35	3	Lukas Litongo	03:17:43
5	Bernadus Kahivesa	02:59:30		Axadi Garoeb	DNS



The Rock - 2016

RESULTS

Run 9 km

Female U16

Place	Name	Time	Place c'td	Name	Time
1	Ada Kahl	00:51:48		Alexis Vermaak	DNS
2	Sasha Jarvis	00:52:10		Comien Vermeulen	DNS
3	Hailey Schwartz	01:32:21		Marcel Vermeulen	DNS
4	AREVA Elnic Coetzee	02:03:16		Corrilly Yates	DNS
	Elizabeth Cogill	DNS		Karen Yates	DNS

Male U16

Place	Name	Time	Place c'td	Name	Time
1	DIVAN DU PLOOY	00:46:29	13	Joel Junior Nambahu	01:14:08
2	Yenik Brinkmann	00:52:25	14	Joleon Nambahu	01:20:38
3	Oliver Kittel	00:54:55	15	Christopher Krynauw	01:20:52
4	Rico Steinfurth	00:57:03	16	Stephan Boonzaier	01:23:30
5	Lisias Nekwaya	00:58:08	17	Rodney Nyakocha	01:28:13
6	Marius Boonzaier	01:01:29	18	AREVA Franklin Coetzee	01:39:31
7	Aidan Gollwitzer	01:06:01		John Cogill	DNS
8	Kian Fussel	01:06:05		Dale Davies	DNS
9	Ernst Calitz	01:07:40		Ivan du Plooy	DNS
10	kian Brinkmann	01:10:41		Dante Marcus	DNS
11	Jove Nambahu	01:11:39		Joe-Alfredo Nambahu	DNS
12	Noel Nambahu	01:13:39			

Female Open

Place	Name	Time	Place c'td	Name	Time
1	Zanti Hansen	00:47:05	35	Danielle Dobberstein	01:08:30
2	NELIA LANDSBERG	00:48:14	36	Cheryll Pienaar	01:09:15
3	Tanya Mackensen	00:48:15	37	Madeline Bombosch	01:09:18
4	Michelle Weylandt	00:52:13	38	Silke Reiff	01:09:24
5	Nataria du Plessis	00:54:45	39	Henriette Coetzee	01:09:58
6	Louise Engels	00:55:04	40	Kara Gouws	01:10:01
7	Anika Birgit Garbade	00:55:14	41	Stefne vd Westhuizen	01:10:23
8	Helene Barnard	00:55:16	42	Colleen vd Westhuizen	01:10:26
9	Elzabe Van Staden	00:55:21	43	Thelma Loots	01:10:33
10	Barbara Ackermann	00:55:30	44	Chantel van Rooyen	01:10:45
11	Verena Matthies	00:55:34	45	Wilmerie Schafer	01:10:48
12	Berrit Graf	00:55:37	46	Alexia Thieme	01:10:53
13	Anika Lübbert-Steinmetz	00:55:42	47	Wilmari Pronk	01:11:18
14	Tessa Baas	00:55:54	48	Charne Fourie	01:11:56
15	Alicia Kruger	00:56:41	49	Azalia Arendse	01:11:58
16	Estelle Swanepoel	00:56:43	50	Anke Volkmann	01:13:37
17	Lauren Davidson	00:57:22	51	Melanie Allen	01:13:55
18	Julie Mbaisa	00:58:21	52	Adele Conradie	01:14:14
19	denize Nasilowski	00:58:49	53	Kirsty Watermeyer	01:14:39
20	Bianca Hellwig	01:00:04	54	Nicola Theron	01:14:49
21	Desiré Tuit (Gendev)	01:01:32	55	Nadia Braune	01:14:58
22	Kristien van Zyl	01:03:01	56	Anna van der Merwe	01:15:10
23	Madelein Hough	01:04:20	57	Redman Belinda	01:15:13
24	Carina Ras	01:05:00	58	Marelise Calitz	01:15:15
25	Ista Johannes	01:05:01	59	Katrin Moeller	01:15:34
26	Vatoorora Kaunazondunge	01:05:14	60	Birgit Garny	01:16:02
27	Andre Lindner	01:05:25	61	Birgit Ellinger	01:16:05
28	Christine Meintjes	01:06:25	62	Hilde Shitatu (Gendev)	01:16:44
29	Naomi Milne	01:06:36	63	Anja Volkmann	01:16:50
30	Martha Shikage	01:07:52	64	Selma Shaanika	01:16:57
31	Yvette Greeff	01:07:55	65	Nelago Amaambo	01:18:19
32	paula louw	01:07:58	66	Veringuno Merero	01:19:26
33	Caino Matheus	01:08:19	67	Darel Villinger	01:20:15
34	Nadja Klein	01:08:28	68	Daleen Brink	01:20:17



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RESULTS

Run 9 km					
Female Open - Cont'd					
Place	Name	Time	Place c'td	Name	Time
69	AREVA Aniska Krynauw	01:20:55	124	Gendev NATASHA COMBRINC	01:54:52
70	Padelia Paulus	01:21:57	125	Gendev CARLA MAASDORP	01:54:55
71	Nicole Adler	01:22:46	126	Vistorine Nambahu	02:01:05
72	Ndeshi Kakwambi	01:23:36	127	Gendev MARY KAVENDJAA	02:29:51
73	Roelien Hough	01:23:43	128	Gendev UNISA VRIES	02:29:53
74	Rozanne Rousseau	01:25:24	129	Luzaan Rossouw (Gendev)	02:29:55
75	Alet Steyn	01:25:44	130	Gendev MARIE Eysele	02:29:59
76	Gendev YVONNE ROODT	01:25:56	131	Jana Wall	03:00:28
77	Lista Nambahu	01:27:05	132	Puturi Kaura	03:22:20
78	Stephanie Vlietstra	01:27:08		Marlenn Alberts	DNS
79	Christofina Shindume	01:28:39		Elizabeth Angula	DNS
80	Rianeke Venter	01:29:11		Suane Badenhorst	DNS
81	Christa Louw	01:29:18		Kay Bandlow	DNS
82	Carien Botha	01:29:25		EMELIA BOTHA	DNS
83	Annegret Sander	01:30:36		Louise Breed	DNS
84	Landi Marais	01:30:45		Leejuan Brews	DNS
85	Zelda Breedt	01:30:47		Rosalind Britz	DNS
86	Renate Wiemers	01:30:50		MEINTJES CHRISTINE	DNS
87	Elzaan Nel	01:31:20		Beverly Cloete	DNS
88	AREVA Rolene Barfth	01:32:13		Liezl Davies	DNS
89	Elma Schwartz	01:32:16		Rebecca Dax	DNS
90	Mirjam Haileka	01:32:25		Cornea Dreyer	DNS
91	Janine Myburgh	01:32:36		Carla du Plooy	DNS
92	Malanie Bosch	01:32:38		Monica du Plooy	DNS
93	Desiree Nell	01:35:32		Elias Elizabeth	DNS
94	Anneline Rossouw	01:35:35		Edith Ewald	DNS
95	Rita van der Merwe	01:35:36		Joy Gabotlale	DNS
96	BETSY LOFTY-EATON	01:35:54		Claudia Garbade	DNS
97	Helena Harmse	01:35:57		Charlene Gordon	DNS
98	Gendev JESMINE SCHEEPE	01:36:14		Ino Haludilu	DNS
99	Melanie Campbell	01:37:05		Patrilyn Hoffman	DNS
100	Louise la Grange	01:37:09		Dinah Human	DNS
101	Cecile Tjihopo	01:37:40		Clerisa Kanases	DNS
102	Gendev IMMACULATEMUSHIMB	01:38:16		Kylikkie Ndahafa Kasita	DNS
103	Beverly Hoboes	01:38:19		Bianca Kros	DNS
104	AREVA Angelique Botha	01:38:22		Christa Kuehl	DNS
105	Audrey van Antwerpen	01:38:45		Franziska Lambrecht	DNS
106	Amore De Klerk	01:38:50		NELIA LANDSBERG	DNS
107	Chirney Hoffman	01:39:29		Paula Louw	DNS
108	Mariette Boonzaier	01:39:59		Ria-Leen Louw	DNS
109	Gendev NANCY KISTING	01:41:19		Willien Meiring	DNS
110	Gendev WENDY Sitzer	01:41:22		Christine Mitchell	DNS
111	Damaris Darling	01:43:18		shelikita Ndahambelela	DNS
112	Kondjeni Nkandi	01:43:54		Leefa Ndilula	DNS
113	Buffy Tebbit	01:45:33		Gendev PASCALE PAULSMEI	DNS
114	Veronica Townsend	01:45:38		Tekla Pinto	DNS
115	Ray Sassman	01:45:43		Nelda Pretorius	DNS
116	Gendev NAITA NDAFENONGO	01:47:48		Stephanie Quarmby	DNS
117	AREVA Etreyu Dick	01:49:06		Christiane Reiff	DNS
118	AREVA Christel Dick	01:49:09		Renate Roberts	DNS
119	AREVA Ann Coetzee	01:50:07		Fenni Shikomba	DNS
120	Saretha Malan	01:51:36		Gendev JUSTINA SHILONGO	DNS
121	Lindsay Buitendag	01:51:43		Carol Steenkamp	DNS
122	AREVA Alice Schubert	01:54:45		Marcel Swart	DNS
123	AREVA Sandra Muller	01:54:47		Marianka Theron	DNS



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RESULTS

Run 9 km

Female Open - Cont'd

Place	Name	Time	Place c'td	Name	Time
	Rhe Theron	DNS		Hazel Vermeulen	DNS
	Gendev SARAFINE UAZEEUA	DNS		Mare Wittmann	DNS
	Nantie van Aswegen	DNS		Petra Yates	DNS
	Lize-Mari Van Wyk	DNS		Anazea Zapke	DNS
	Rodeen Venter	DNS			



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RESULTS

Run 9 km

Male Open

Place	Name	Time	Place c'td	Name	Time
1	Albertinus Goeieman	00:34:49	51	Sitshengiso Mhalaba	01:25:29
2	Moritz Lange	00:42:11	52	Frederick Ekandjo	01:25:32
3	Marius Herman Kruger	00:42:34	53	Gendev ANTON MARUNGU	01:25:52
4	Glen Izaaks	00:43:30	54	Gerry Nell	01:29:22
5	Jeremia Natangwe Amwaalwa	00:43:57	55	AREVA Ockert Botha	01:29:29
6	Rowan Carstens	00:44:11	56	Andre Louw	01:29:33
7	Gendev THEOPHILUS JOHANNES	00:44:13	57	AREVA Jeffrey Barfth	01:32:18
8	Leon Kotze	00:45:45	58	Daniel Ralph Hoffman	01:36:37
9	Joshua Louw	00:45:49	59	Michael Awaseb	01:37:26
10	Siggie Engels	00:45:52	60	Jens Heisar	01:37:44
11	Marnus Myburgh	00:45:57	61	Ernst Riehle	01:37:46
12	Misha Steen	00:46:04	62	Robert Wheal	01:38:25
13	Henk Rossouw	00:46:25	63	Erwin Kessler	01:38:39
14	Jasper Krämer	00:47:25	64	Morne Louw	01:38:42
15	Eben-Ezer Mupupa	00:48:09	65	Gendev CHARLES BOTHMA	01:39:51
16	Jafet Abraham	00:48:31	66	Veronica Bothma	01:39:55
17	Tucks Amupadhi	00:51:04	67	Rob Braune	01:43:09
18	thibau chereil	00:53:15	68	Funwell Sibanda	01:45:50
19	Jurgen Sander	00:53:32	69	Prosper Lusale	01:45:51
20	Vian du Plessis	00:54:42	70	AREVA Andrew Bassingthwaig	01:49:02
21	Mathew Boucher	00:55:01	71	AREVA Pieter Dick	01:49:14
22	Heiner Kittel	00:55:18	72	AREVA Al-Janedro Dick	01:50:19
23	Mark Meintjes	00:55:47	73	Clinton Ras	01:55:01
24	Gendev GERHARD GAMGOASE	00:55:58	74	Joel Nambahu	02:01:07
25	Danie Labuschagne	00:56:45	75	Areva Paul Coetzee	02:03:18
26	Boris Gollwitzer	01:02:35		Nico Scholtz	DNS
27	Leonard Mupurua	01:04:35		Hugo van den Heever	DNS
28	Tuutaleni Pius	01:05:20		Joel Amon	DNS
29	Florian Gontek	01:05:31		Paavo Amunjela	DNS
30	Gendev GERSON MUNGOBA	01:07:03		Ungwang Boiteto	DNS
31	Gendev STANLEY KUSTAA	01:07:08		Roger Hoffman	DNS
32	Reghardt Joubert	01:09:01		Sam Januarie	DNS
33	Ferdy Schwartz	01:09:33		Hendrick Kadhila	DNS
34	Brendoh Namupala	01:09:38		Francois Kros	DNS
35	Benson Namupala	01:09:39		Horst Kuehl	DNS
36	Travis Manicom	01:10:00		Cornelius Ludik	DNS
37	Pierre Smit	01:10:28		Petrus Meiring	DNS
38	Sven Thieme	01:10:52		Frans Myburgh	DNS
39	Werner Ahrens	01:11:36		Tebogo Nametsegang	DNS
40	Petrus Hamukoto	01:13:08		Kristof Nevonga	DNS
41	Clifford Moutun	01:13:14		Dietmar Otto	DNS
42	Walter Ihms	01:13:57		Derek Scholtz	DNS
43	Sebastian Braune	01:14:13		Kai-Uwe Schonecke	DNS
44	Shaun fobian	01:16:26		Corny Stam	DNS
45	LEON MAASDORP	01:16:53		Francois Theron	DNS
46	Nelson Ileka	01:18:21		Jan van Greunen	DNS
47	Lukas Willem	01:20:44		Leon van Rooyen	DNS
48	Seth Jacobus DeKoe	01:21:07		Tertius Van Vuuren	DNS
49	Last Nyakocha	01:21:09		Stephen Vlieghe	DNS
50	Petrus Mbeeli	01:23:34		Arno Wielligh	DNS