

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Women 100km	1	1	70	EWL	Marzahn	Theart	03.45.23	Elite Women 100km
	2	2	71	EWL	Kirsten	Blend	03.45.24	Elite Women 100km
	3	3	80	EWL	Sarita	Louw	03.47.52	Elite Women 100km
	4	1	120	SXL	Jackie	Davidoff	03.54.07	Sub Vet Women 100km
	5	1	160	VWL	Junita	Kruger	03.56.44	Veteran Women 100km
	6	4	85	EWL	Catherine	Pellow-Jarman	03.58.16	Elite Women 100km
	7	5	81	EWL	Michaela	Lubbe	04.00.56	Elite Women 100km
	8	6	75	EWL	Almari	De Milander	04.00.59	Elite Women 100km
	9	7	78	EWL	Chanel	Fourie	04.01.00	Elite Women 100km
	10	1	152	SWL	Jani	Jordaan	04.03.02	Senior Women 100km
	11	2	135	SXL	Wiesie	Erasmus Burger	04.04.01	Sub Vet Women 100km
	12	2	163	VWL	Nicola	Laubscher	04.10.18	Veteran Women 100km
	13	8	89	EWL	Francis	Visser	04.10.40	Elite Women 100km
	14	3	234	VWL	Estea	Volschenk	04.13.02	Veteran Women 100km
	15	1	445	MWL	Christina	Du Plessis-Kannemeyer	04.22.49	Master Women 100km
	16	2	364	SWL	Chrizanne	Louw	04.26.38	Senior Women 100km
	17	9	73	EWL	Lydia	Calitz	04.27.24	Elite Women 100km
	18	3	461	SWL	Nina	Van Der Berg	04.28.40	Senior Women 100km
	19	10	86	EWL	Lani	Schenck Mostert	04.29.15	Elite Women 100km
	20	11	82	EWL	Toinette	Meyer	04.30.00	Elite Women 100km
	21	12	87	EWL	Magret	Van Der Merwe	04.33.40	Elite Women 100km
	22	4	448	SWL	Hannelie	Muller	04.38.01	Senior Women 100km
	23	4	340	VWL	Natalie	Hayward	04.38.48	Veteran Women 100km
	24	2	211	MWL	Hannele	Steyn	04.45.27	Master Women 100km
	25	5	168	VWL	Marie-Louise	Lume	04.45.29	Veteran Women 100km
	26	3	411	MWL	Avril	Van Den Heerver	04.46.43	Master Women 100km
	27	3	139	SXL	Candice	Fraser	04.46.51	Sub Vet Women 100km
	28	13	79	EWL	Danien	Heathcote	04.48.00	Elite Women 100km
	29	14	76	EWL	Retha	Engelbrecht	04.48.46	Elite Women 100km
	30	4	388	SXL	Ina-Marie	Prinsloo	04.50.40	Sub Vet Women 100km
	31	5	224	SXL	Mari	Van Der Westhuizen	04.59.00	Sub Vet Women 100km
	32	6	427	VWL	Mariska	Van Zyl	04.59.19	Veteran Women 100km
	33	7	363	VWL	Amanda	Loubser	05.00.08	Veteran Women 100km
	34	8	198	VWL	Liezl	Siebrits	05.02.32	Veteran Women 100km
	35	9	153	VWL	Karen	Keet	05.02.34	Veteran Women 100km
	36	6	412	SXL	Nicolene	Van Der Spuy	05.03.45	Sub Vet Women 100km
	37	10	420	VWL	Madele	Van Heerden	05.04.15	Veteran Women 100km
	38	11	339	VWL	Anneri	Harmse	05.04.15	Veteran Women 100km
	39	12	220	VWL	Wilmia	Van Aardt	05.04.18	Veteran Women 100km
	40	4	510	MWL	Diana	Bronkhorst	05.08.19	Master Women 100km
	41	5	608	MWL	Gerda-Mari	Smit	05.08.20	Master Women 100km
ALL Women 100km	42	13	311	VWL	Retha	Britz	05.11.06	Veteran Women 100km

<b>Route &amp; Group</b>	<b>Pos All</b>	<b>Pos Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Time</b>	<b>Category</b>
<b>ALL Women 100km</b>	43	14	176	VWL	Jeanre	Naude	05.13.07	Veteran Women 100km
	44	6	392	MWL	Marcelle	Scholtz	05.13.18	Master Women 100km
	45	5	380	SWL	Nita	Oosthuizen	05.16.37	Senior Women 100km
	46	7	603	SXL	Jolande	Carstens	05.21.37	Sub Vet Women 100km
	47	15	77	EWL	Annemie	Fouche	05.25.26	Elite Women 100km
	48	15	172	VWL	Antoinette	Marx	05.27.52	Veteran Women 100km
	49	7	146	MWL	Tania	Horsford	05.28.29	Master Women 100km
	50	8	362	SXL	Andrea	Lehman	05.32.56	Sub Vet Women 100km
	51	9	507	SXL	San	Blignault	05.34.25	Sub Vet Women 100km
	52	8	110	MWL	Linda	Burger	05.36.20	Master Women 100km
	53	9	570	MWL	Natasha	Wallendorf	05.36.34	Master Women 100km
	54	10	557	MWL	Alida	Strydom	05.36.34	Master Women 100km
	55	6	521	SWL	Simone	Erwee	05.39.49	Senior Women 100km
	56	11	500	MWL	Antoinette	Andersen	05.42.21	Master Women 100km
	57	16	604	VWL	Susan	De Wet	05.43.10	Veteran Women 100km
	58	7	512	SWL	Andrea	Cowie	05.46.59	Senior Women 100km
	59	1	503	GWL	Dietlind	Basson	05.48.13	Gr Master Women 100km
	60	8	407	SWL	Claudia	Tredoux	05.56.55	Senior Women 100km
	61	17	233	VWL	Liza	Vivier	06.02.15	Veteran Women 100km
	62	10	218	SXL	Gabriela	Tidbury	06.06.33	Sub Vet Women 100km
63	12	413	MWL	Nikki	Van Der Vyver	06.10.42	Master Women 100km	
64	11	542	SXL	Zintle	Mpahlwa	06.13.47	Sub Vet Women 100km	
65	12	371	SXL	Johane	Mathee	06.23.52	Sub Vet Women 100km	
66	9	326	SWL	Jeanette	De Waal	06.23.53	Senior Women 100km	
67	10	548	SWL	Marilie	Pretorius	07.32.37	Senior Women 100km	
68	11	558	SWL	Annamie	Strydom	07.32.37	Senior Women 100km	
69	12	524	SWL	Lericia	Ford	07.32.37	Senior Women 100km	
70	13	351	SWL	Carla	Jooste	07.37.38	Senior Women 100km	
<b>Route &amp; Group</b>	<b>Pos All</b>	<b>Pos Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Time</b>	<b>Category</b>
<b>ALL Men 100km</b>	1	1	24	EML	Marco	Joubert	02.52.33	
	2	2	50	EML	Matthew	Keyser	02.58.37	
	3	3	230	EML	Johan	Van Zyl	02.58.38	
	4	4	51	EML	Matthew	Leppan	02.58.39	
	5	5	42	EML	C P	Van Wyk	02.58.39	
	6	6	45	EML	Freddie	Visser	02.58.40	
	7	7	22	EML	Wynand	Hofmeyr	02.59.04	
	8	8	113	EML	Nicol	Carstens	03.05.12	
	9	9	26	EML	Rudi	Koen	03.05.28	
	10	10	29	EML	Joshua	Louw	03.08.14	
	11	11	39	EML	Pieter	Uys	03.08.15	
	12	12	37	EML	Luca	Stermin	03.11.44	
	13	1	239	VML	Waldo	Zevenster	03.13.34	

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Men 100km	14	13	4	EML	Heinie	Beukes	03.16.34	
	15	14	48	EML	Zack	Swart	03.16.54	
	16	15	28	EML	Jean-Pierre	Lloyd	03.16.58	
	17	16	32	EML	Philip	Piek	03.16.59	
	18	2	170	VML	Petrus	Malherbe	03.17.31	
	19	1	184	SVL	Lloyd	Priestman	03.18.31	
	20	17	40	EML	Schalk	Van Der Merwe	03.27.14	
	21	18	118	EML	Matthew	Daneel	03.27.15	
	22	19	41	EML	Johan	Van Der Walt	03.27.15	
	23	20	9	EML	Gavin	Cannone	03.27.38	
	24	3	25	VML	Dale	Kennedy	03.27.50	
	25	1	114	MML	Pieter	Carstens	03.30.00	
	26	1	140	SML	Janu	Gous	03.31.17	
	27	1	178	GML	Charles	Nienaber	03.31.17	
	28	4	133	VML	Willem	Du Toit	03.31.34	
	29	2	208	MML	Stef	Stephan	03.32.32	
	30	2	150	SVL	Rickus	Jooste	03.32.33	
	31	21	49	EML	Wilmar	Burger	03.37.07	
	32	22	47	EML	Zane	Zandberg	03.38.05	
	33	5	171	VML	Jacobus	Maree	03.39.23	
	34	6	219	VML	Hugo	Truter	03.39.24	
	35	2	149	SML	Johann	Jansen Van Vuuren	03.39.26	
	36	3	116	SVL	Andrew	Coetzee	03.39.27	
	37	7	458	VML	Fietie	Rocher	03.39.30	
	38	23	20	EML	Ryan	Hall	03.42.14	
	39	4	232	SVL	Dewald	Viljoen	03.43.10	
	40	24	14	EML	Chrispin	Fourie	03.43.27	
	41	25	17	EML	Paul	Gleed	03.43.54	
	42	26	7	EML	Jurie	Brand	03.45.22	
	43	27	8	EML	Jako	Calitz	03.45.23	
	44	8	454	VML	James	Rautenbach	03.46.50	
	45	9	132	VML	Riaan	Du Toit	03.47.02	
	46	5	131	SVL	Jean-Claude	Du Toit	03.47.03	
	47	2	249	GML	Billy	Zwiegers	03.47.04	
	48	10	142	VML	Frederick	Greeff	03.47.05	
	49	11	151	VML	Hanno	Jordaan	03.47.07	
	50	3	204	MML	Riaan	Smit	03.47.36	
	51	12	450	VML	Roy	Laing	03.49.29	
	52	13	157	VML	Arno	Kock	03.49.32	
	53	4	154	MML	William	Keith	03.49.58	
	54	3	227	SML	Jonatan	Van Jaarsveldt	03.50.21	
	55	14	197	VML	Francois	Siebrits	03.50.36	

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Men 100km	56	28	46	EML	Juan	Weyers	03.51.17	
	57	6	155	SVL	Daan	Kemp	03.52.46	
	58	3	104	GML	Leon	Bell	03.52.46	
	59	15	107	VML	Jason	Botha	03.53.30	
	60	16	127	VML	Gideon	De Villiers	03.54.07	
	61	4	105	SML	El-Jo	Boks	03.55.11	
	62	5	303	SML	Eben	Basson	03.56.29	
	63	5	222	MML	Merwede	Van Der Berg	03.56.40	
	64	4	459	GML	Deon	Wilkins	03.56.41	
	65	29	3	EML	Sabro	Atakligan	03.56.42	
	66	17	159	VML	Gerhard	Kruger	03.56.45	
	67	6	213	MML	Chris	Stofberg	03.57.00	
	68	7	309	SVL	Hardus	Boshoff	03.58.20	
	69	8	188	SVL	Joseph	Robane	04.00.02	
	70	6	174	SML	Hans-Willem	Moolman	04.01.00	
	71	7	315	MML	Mark	Button	04.01.07	
	72	9	111	SVL	Pieter	Burger	04.03.00	
	73	8	223	MML	Marcel	Van Der Poll	04.03.03	
	74	18	177	VML	Louis	Naude	04.04.22	
	75	10	452	SVL	Andries	Jansen Van Rensburg	04.05.31	
	76	11	318	SVL	Wessel	Cloete	04.06.10	
	77	19	187	VML	Willem	Rheeder	04.07.07	
	78	5	189	GML	Anton	Robertson	04.10.01	
	79	9	212	MML	Jannie	Steyn	04.10.19	
	80	20	161	VML	Morne	Kruger	04.10.21	
	81	12	400	SVL	Petrus	Theart	04.10.22	
	82	21	106	VML	Gert-Coenraac	Botha	04.11.40	
	83	13	225	SVL	Niel	Strydom	04.12.11	
	84	10	201	MML	Lance	Sinequan	04.12.53	
	85	14	193	SVL	Francois	Schippers	04.12.54	
	86	22	430	VML	Marius	Visagie	04.13.03	
	87	23	237	VML	Johan	Volschenk	04.13.05	
	88	6	399	GML	Russell	Tait	04.13.23	
	89	15	173	SVL	Jean-Pierre	Mccabe	04.14.04	
	90	16	352	SVL	Quinton	Kannemeyer	04.14.17	
	91	17	229	SVL	Jamie	Van Wyk	04.15.22	
	92	24	335	VML	Marthinus	Fourie	04.16.04	
	93	11	307	MML	Tom	Blok	04.21.26	
	94	7	205	SML	Lance	Smith	04.22.00	
	95	12	175	MML	Rudolph	Mouton	04.22.24	
	96	13	166	MML	Bruce	Low	04.22.27	
	97	7	386	GML	Thomas	Potgieter	04.24.27	

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Men 100km	98	14	300	MML	Jerry	Aries	04.24.33	
	99	8	126	SML	Anton	De Villiers	04.24.33	
	100	25	447	VML	Marius	Steenkamp	04.24.34	
	101	15	183	MML	Norman	Pope	04.24.37	
	102	9	378	SML	Devan	Oosthuizen	04.26.38	
	103	8	202	GML	Petrus	Smidt	04.27.42	
	104	16	677	MML	Chris	Jervis	04.27.59	
	105	17	673	MML	Greg	Glasby	04.28.00	
	106	18	460	SVL	Bennie	Avenant	04.28.32	
	107	18	390	MML	Paul	Retief	04.28.46	
	108	30	30	EML	Ruan	Meyer	04.29.41	
	109	31	18	EML	Chris	Grobbelaar	04.30.33	
	110	19	191	MML	Wimpie	Rossouw	04.31.19	
	111	20	368	MML	Leon	Kroucamp	04.31.20	
	112	21	384	MML	Phillip	Pieters	04.31.21	
	113	26	403	VML	Cornelius	Thiart	04.31.21	
	114	27	100	VML	Danie	Abbott	04.31.48	
	115	22	538	MML	Heinrich	Meyer	04.31.49	
	116	28	466	VML	Wikus	Theunissen	04.31.49	
	117	29	329	VML	Jannie	Du Toit	04.32.43	
	118	10	366	SML	Harrie	Malan	04.33.42	
	119	11	312	SML	Jannes	Buijs	04.33.43	
	120	30	206	VML	Anton	Smuts	04.34.04	
	121	23	337	MML	Kevin	Goodspeed	04.35.03	
	122	24	325	MML	Chris	De Waal	04.35.03	
	123	31	195	VML	Dwayne	Schrader	04.35.35	
	124	32	33	EML	Joseph	Richter	04.35.57	
	125	19	156	SVL	Hein	Koch	04.36.50	
	126	25	338	MML	Christo	Hancke	04.38.00	
	127	26	449	MML	Johan	Muller	04.38.01	
	128	27	372	MML	Etienne	Meintjes	04.39.19	
	129	32	377	VML	Chris	Olivier	04.39.39	
	130	28	369	MML	Jacques	Marais	04.39.41	
	131	29	109	MML	Isak	Breytenbach	04.39.42	
	132	30	122	MML	Adriaan	De Bruyn	04.39.45	
	133	20	518	SVL	Willie	De Wet	04.40.36	
	134	21	553	SVL	Louw	Smit	04.40.40	
	135	22	574	SVL	Cornel	Neethling	04.40.41	
	136	31	409	MML	Eradius	Van Antwerpen	04.42.15	
137	33	387	VML	Reverne	Prins	04.42.17		
138	32	457	MML	Martin	Behm	04.42.45		
139	33	304	MML	Gavin	Beckett	04.44.02		

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Men 100km	140	23	446	SVL	Dudley	Rodgers	04.44.38	
	141	24	442	SVL	Johan	Du Plessis	04.44.39	
	142	9	550	GML	Andries	Saaiman	04.44.41	
	143	10	549	GML	Andre	Rossouw	04.44.42	
	144	34	167	MML	Anton	Lume	04.45.30	
	145	35	117	MML	Retief	Coetzee	04.45.31	
	146	36	136	MML	Wimpie	Espag	04.45.32	
	147	37	359	MML	Rudi	Kruger	04.45.49	
	148	38	145	MML	Mark	Horsford	04.46.49	
	149	34	238	VML	Brent	Wepener	04.46.53	
	150	39	327	MML	Abe	Dirks	04.47.05	
	151	33	35	EML	Lukas	Scholtz	04.47.46	
	152	11	314	GML	Theuns	Burger	04.50.38	
	153	25	179	SVL	Millar	Nienaber	04.51.06	
	154	26	186	SVL	Piet	Rex	04.52.10	
	155	27	465	SVL	Christo	Ficander	04.52.10	
	156	28	436	SVL	Henko	Visser	04.52.40	
	157	34	34	EML	Mario	Rose	04.53.10	
	158	35	12	EML	Bruwer	Engelbrecht	04.53.45	
	159	36	13	EML	Pieter	Esterhuizen	04.53.46	
	160	40	426	MML	Johan	Van Schalkwyk	04.53.54	
	161	35	438	VML	Attie	Winter	04.53.56	
	162	12	310	GML	Koos	Botha	04.53.57	
	163	36	319	VML	Dan	Coetzee	04.54.37	
	164	41	367	MML	Brett	Mannix	04.54.59	
	165	37	572	VML	Terence	Brown	04.55.05	
	166	42	356	MML	Perie	Kemp	04.55.18	
	167	38	540	VML	Salo	Minnaar	04.57.11	
	168	43	462	MML	Abe	Dirks	04.57.14	
	169	44	424	MML	Franklin	Van Schalkwyk	04.57.15	
	170	39	552	VML	Carl	Slambert	04.57.52	
	171	29	530	SVL	Alister	Jackson	04.58.32	
	172	45	317	MML	Vlok	Cilliers	04.58.57	
	173	46	358	MML	Cobus	Kritzinger	04.58.58	
	174	40	421	VML	Frans	Van Niekerk	04.58.59	
	175	13	428	GML	Christian	Vancoillie	04.59.01	
	176	47	554	MML	Kevin	Snyman	04.59.27	
	177	41	464	VML	Frederick	De Villiers	05.00.06	
	178	48	158	MML	Stephen	Kriel	05.00.07	
	179	42	134	VML	Johann	Erasmus	05.00.36	
	180	30	560	SVL	Gideon	Strydom	05.01.25	
	181	43	456	VML	Christiaan	De Waal	05.01.31	



Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Men 100km	182	31	203	SVL	Nickie	Smit	05.02.01	
	183	49	353	MML	Paul	Kearns	05.02.58	
	184	50	322	MML	Mario	Da Silva	05.04.15	
	185	51	323	MML	Werner	De Bruin	05.04.22	
	186	32	418	SVL	Stephan	Van Der Westhuizen	05.04.24	
	187	33	182	SVL	Jac	Pietersen	05.05.56	
	188	44	511	VML	Kelvin	Carolus	05.07.04	
	189	14	306	GML	Shalom	Bitton	05.07.28	
	190	45	331	VML	Gilbert	Dumont	05.08.08	
	191	46	343	VML	Stephen	Hoarau	05.08.09	
	192	52	517	MML	Marthinus	De Swardt	05.08.12	
	193	53	535	MML	Johan	Kruger	05.08.13	
	194	12	453	SML	Kay	Benjamin	05.10.00	
	195	47	396	VML	Ernst	Swanepoel	05.10.05	
	196	13	207	SML	J P	Spies	05.10.53	
	197	54	455	MML	At	Lubbe	05.10.54	
	198	48	308	VML	J P	Boois	05.11.15	
	199	15	361	GML	Nicolaas	Le Roux	05.12.02	
	200	34	416	SVL	Christoff	Van Der Walt	05.12.16	
	201	35	302	SVL	Ricardo	Bassi	05.13.23	
	202	55	379	MML	Marius	Oosthuizen	05.16.35	
	203	56	536	MML	Freddie	Lambrechts	05.17.02	
	204	57	567	MML	Solms	Van Niekerk	05.17.04	
205	49	543	VML	Jakes	Murray	05.17.44		
206	16	383	GML	Johan	Pienaar - 66Yrs	05.19.03		
207	50	344	VML	Andre	Hoffman	05.19.33		
208	17	405	GML	Michael	Townsend	05.20.50		
209	18	602	GML	Evert	Carstens	05.21.38		
210	51	393	VML	Rob	Smallie	05.22.00		
211	19	568	GML	Antony	Wallendorf	05.22.14		
212	52	382	VML	Kurt	Paulse	05.22.44		
213	58	194	MML	Grant	Scholtz	05.23.00		
214	14	525	SML	Tian	Fouche	05.23.10		
215	53	346	VML	Abdullah	Jaffar	05.24.00		
216	54	347	VML	Yacoob	Jaffar	05.24.01		
217	55	391	VML	Ebrahim	Salie	05.24.01		
218	56	348	VML	Seraaj	Jaffer	05.24.01		
219	20	601	GML	George	Botha	05.25.53		
220	36	341	SVL	William	Herion	05.26.00		
221	37	334	SVL	Jaco	Fourie	05.26.01		
222	15	463	SML	Arno	Fouche	05.28.06		
223	57	330	VML	W H	Du Toit	05.28.35		

## Final Results - VO3 - 30th July 2022

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Men 100km	224	16	349	SML	Myburgh	Jansen Van Vuuren	05.32.55	
	225	38	506	SVL	Franciscus	Blignault	05.34.25	
	226	59	138	MML	Brian	Fourie	05.35.17	
	227	60	444	MML	John	Rutherford	05.35.18	
	228	21	373	GML	Angus	Nel	05.36.20	
	229	17	231	SML	A B	Viljoen	05.39.01	
	230	39	502	SVL	Robert	Bartholomew	05.39.48	
	231	18	563	SML	Handre	Theron	05.39.48	
	232	22	571	GML	Ivan	Woods	05.42.20	
	233	23	505	GML	Robert	Bester	05.42.36	
	234	40	544	SVL	Arno	Nagelmaeker	05.42.37	
	235	58	565	VML	Rhudi	Van Den Berg	05.42.38	
	236	41	431	SVL	Dirk	Visser	05.42.48	
	237	42	316	SVL	S P	Calitz	05.42.48	
	238	24	527	GML	Leon	Grobler	05.44.18	
	239	61	414	MML	Paul	Van Der Vyver	05.46.03	
	240	59	534	VML	Michael	Kingsley	05.47.40	
	241	60	125	VML	Ryno	De Kock	05.47.41	
	242	61	129	VML	Johann	De Wet	05.48.10	
	243	62	504	MML	Marius	Basson	05.48.14	
	244	25	370	GML	Peter	Maroun	05.51.33	
	245	43	215	SVL	Dirk	Taljard	05.56.55	
	246	44	422	SVL	Robert	Van Rooyen	05.56.55	
	247	45	185	SVL	Emme	Reinke	05.56.56	
	248	37	2	EML	Vallie	Adams	05.58.51	
	249	63	564	MML	Rudolf	Thietz	06.01.52	
	250	64	192	MML	Vernon	Rudman	06.02.16	
	251	62	451	VML	Brett	De Jager	06.05.00	
	252	19	221	SML	Sarel	Van Baalen	06.06.33	
	253	38	44	EML	Martin	Van Zyl	06.06.34	
	254	26	102	GML	Nazmie	Anthony	06.06.49	
	255	63	313	VML	St Elmo	Burger	06.06.53	
	256	64	336	VML	Christo	Fuhri	06.06.54	
257	20	143	SML	T K	Hamersma	06.06.56		
258	46	374	SVL	Rampie	Niemann	06.13.05		
259	27	547	GML	Dick	Oliemans	06.13.48		
260	65	509	VML	Pieter	Brand	06.20.53		
261	65	551	MML	Stephen	Sheehy	06.22.53		
262	66	357	MML	Don	Kennett	06.27.45		
263	66	523	VML	Llewellyn	Faro	06.28.53		
264	67	332	MML	Craig	February	06.44.45		
265	68	537	MML	Coenie	Liebenberg	07.30.05		



Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Men 100km	266	47	533	SVL	Jouba	Jordaan	07.32.36	
	267	48	555	SVL	Ferdinand	Stegmann	07.32.37	
	268	67	546	VML	Vaughn	Nortier	07.32.38	
	269	21	360	SML	Erns	Labuschagne	07.37.38	
	270	49	556	SVL	L C	Steyn	07.42.01	
	271	22	515	SML	Robert	De La Porte	07.47.11	
	--	--	522	SML	Carlo	Etzebeth	-----	DNF
	--	--	112	SML	Jean-Re	Buys	-----	DNF
	--	--	21	EML	Francois	Hofmeyr - 49Yrs	-----	DNF
		228	SVL	Stefan	Van Niekerk	03.12.27	DSQ - Wrong Batch Start	

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
Gravel Men 100km	1	1	657	GRM	Daniel	Steenkamp	03.17.06	
	2	2	653	GRM	Jakobus	Duminy	03.50.44	
	3	3	659	GRM	Carlof	Van Der Merwe	04.04.52	
	4	4	655	GRM	Steve	Farnaby	04.11.53	
	5	5	661	GRM	Hennie	Wiid	04.22.54	
	6	6	656	GRM	Dale	Johnson	04.53.42	
	7	7	650	GRM	Geandrie	Agenbag	04.59.25	
	8	8	651	GRM	Jay	Cowie	05.46.59	
	9	9	658	GRM	Andre	Steyn	07.32.38	

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL eBikes	1	1	689	EBM	Johann	Van Der Merwe - 54Yrs	03.40.14	
Women & Men	2	2	663	EBM	Geoff	Bihl	04.07.08	
	3	3	688	EBM	Colin	Van Aswegen	04.14.10	
	4	1	691	EBW	Ronel	Venter	04.14.14	
	5	2	690	EBW	Mandie	Van Der Merwe	04.14.15	
	6	3	674	EBW	Jennifer	Graham	04.15.09	
	7	4	675	EBM	Patrick	Graham	04.15.09	
	8	4	678	EBW	Vanessa	Jonck	04.27.44	
	9	5	687	EBM	Anton	Strydom	04.29.04	
	10	6	679	EBM	Nowlan	Jones	05.30.04	

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Women 55km	1	1	909	MWM	Elana	Van Der Wath	02.02.18	Master Women 55km
	2	1	791	JWM	Christelle	Joubert	02.03.01	Junior Women 55km
	3	2	862	JWM	Kayleigh	Scholtz	02.03.03	Junior Women 55km
	4	1	730	YWM	Chloe	Chesterton	02.03.15	Youth Women 55km
	5	2	802	YWM	Linel	Kruger	02.03.58	Youth Women 55km
	6	3	756	YWM	Ilandrie	Du Plessis	02.04.16	Youth Women 55km
	7	1	811	VWM	Michele	Lewis	02.06.09	Veteran Women 55km
	8	2	817	VWM	Marietjie	Lutz	02.06.23	Veteran Women 55km
	9	3	714	VWM	Chantelle	Bosch	02.10.01	Veteran Women 55km
	10	3	848	JWM	Emogene	Prinsloo	02.12.06	Junior Women 55km

<b>Route &amp; Group</b>	<b>Pos All</b>	<b>Pos Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Time</b>	<b>Category</b>	
<b>ALL Women 55km</b>	11	4	885	VWM	Carin	Stofberg	02.17.05	Veteran Women 55km	
	12	5	813	VWM	Laurin	Little	02.18.16	Veteran Women 55km	
	13	1	795	GWM	Mari	Kleynhans	02.19.11	Gr Master Women 55km	
	14	4	876	YWM	Jeani	Steenkamp	02.19.16	Youth Women 55km	
	15	5	941	YWM	Jana	Visser	02.19.34	Youth Women 55km	
	16	6	891	VWM	Dawn	Swart	02.19.44	Veteran Women 55km	
	17	2	750	MWM	Ronell	De Wet	02.21.12	Master Women 55km	
	18	1	954	SXM	Jessica	Zimmerman	02.25.32	Sub Vet Women 55km	
	19	3	768	MWM	Helen	Erasmus	02.25.47	Master Women 55km	
	20	2	761	SXM	Michelle	Du Preez	02.26.45	Sub Vet Women 55km	
	21	3	776	SXM	Sarah	Garland	02.27.40	Sub Vet Women 55km	
	22	1	880	SWM	Wilre	Stephan	02.28.04	Senior Women 55km	
	23	4	801	MWM	Ilse	Kruger	02.28.13	Master Women 55km	
	24	2	865	GWM	Lisa	Selley	02.28.53	Gr Master Women 55km	
	25	4	758	SXM	Minke	Du Plessis	02.29.26	Sub Vet Women 55km	
	26	5	798	SXM	Irene	Kraft	02.30.40	Sub Vet Women 55km	
	27	6	728	SXM	Madelein	Burger	02.32.44	Sub Vet Women 55km	
	28	7	749	VWM	Marguerite	De Wet	02.33.25	Veteran Women 55km	
	29	8	770	VWM	Valerie	Eve	02.33.38	Veteran Women 55km	
	<b>ALL Women 55km</b>	30	9	792	VWM	Dirkie	Kaufmann	02.34.31	Veteran Women 55km
		31	5	726	MWM	Elsabe	Burger	02.39.08	Master Women 55km
	<b>ALL Women 55km</b>	32	6	879	MWM	Michelle	Stenri	02.39.17	Master Women 55km
		33	10	961	VWM	Lizette	Abbott	02.39.59	Veteran Women 55km
		34	6	911	YWM	Miane	Van Jaarsveldt	02.42.53	Youth Women 55km
		35	7	938	MWM	Michelle	Visagie	02.42.55	Master Women 55km
		36	11	907	VWM	Corlia	Van Der Mescht	02.43.43	Veteran Women 55km
		37	7	702	SXM	Charmaine	Avenant	02.44.03	Sub Vet Women 55km
		38	8	838	SXM	Joannine	Oosthuizen	02.44.06	Sub Vet Women 55km
		39	12	904	VWM	Azel	Van Der Colff	02.44.23	Veteran Women 55km
	40	13	824	VWM	Leigh	Mitchell	02.44.24	Veteran Women 55km	
	41	9	902	SXM	Imelda	Van Den Berg	02.44.25	Sub Vet Women 55km	
	42	14	921	VWM	Corne	Van Wyk	02.44.27	Veteran Women 55km	
	43	15	830	VWM	Tertia	Nel	02.45.41	Veteran Women 55km	
	44	8	929	MWM	Karen	Van Zyl	02.47.44	Master Women 55km	
	45	10	884	SXM	Zania	Steyn	02.51.14	Sub Vet Women 55km	
	46	16	780	VWM	Elna	Grobbelaar	02.53.34	Veteran Women 55km	
	47	17	753	VWM	Dominique	Desmeules	02.53.53	Veteran Women 55km	
	48	11	723	SXM	Anja-Voné	Burden	02.55.41	Sub Vet Women 55km	
	49	9	889	MWM	Michele	Stuurman	02.55.44	Master Women 55km	
	50	2	831	SWM	Kirsty	Newby	03.01.49	Senior Women 55km	
<b>ALL Women 55km</b>	51	18	712	VWM	Pamela	Boardman	03.07.09	Veteran Women 55km	
	52	3	864	SWM	Marbi	Schwartz	03.11.19	Senior Women 55km	

<b>Route &amp; Group</b>	<b>Pos All</b>	<b>Pos Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Time</b>	<b>Category</b>	
<b>ALL Women 55km</b>	53	10	799	MWM	Ciske	Tuner	03.19.48	Master Women 55km	
	54	11	828	MWM	Gail	Murphy	03.20.10	Master Women 55km	
	55	19	793	VWM	Marianneke	Kilian	03.20.10	Veteran Women 55km	
	56	4	905	SWM	Claire	Van Der Merwe	03.22.55	Senior Women 55km	
	57	12	722	SXM	Lieneke	Brits	03.22.59	Sub Vet Women 55km	
	58	5	806	SWM	Michelle	Lamprecht	03.24.23	Senior Women 55km	
	59	13	930	SXM	Laetitia	Van Zyl	03.27.51	Sub Vet Women 55km	
	60	12	772	MWM	Tracy-Leigh	Farrell	03.28.13	Master Women 55km	
	61	14	917	SXM	Konette	Van Rooyen	03.28.28	Sub Vet Women 55km	
	62	13	964	MWM	Joy	Marais	03.31.36	Master Women 55km	
	63	6	933	SWM	Johanene	Vermeulen	03.31.57	Senior Women 55km	
	64	7	936	SWM	Carla	Viljoen	03.32.32	Senior Women 55km	
	65	14	860	MWM	Rae	Schoeman	03.32.56	Master Women 55km	
	66	15	843	MWM	Bronwyn	Philipps	03.34.43	Master Women 55km	
	67	16	724	MWM	Cebella	Burger	03.36.12	Master Women 55km	
	68	15	805	SXM	Nadia	Labuschagne	03.43.40	Sub Vet Women 55km	
	69	20	853	VWM	Ilze	Rossouw	03.43.43	Veteran Women 55km	
	70	8	719	SWM	Lara	Bredenkamp	03.46.49	Senior Women 55km	
	71	17	720	MWM	Ronel	Bredenkamp	03.46.51	Master Women 55km	
	72	9	882	SWM	Monique	Steyn	03.47.31	Senior Women 55km	
	73	21	763	VWM	Karen	Du Toit	03.59.41	Veteran Women 55km	
	<b>ALL Women 55km</b>	74	22	731	VWM	Fennet	Cilliers	03.59.41	Veteran Women 55km
		75	23	955	VWM	Maria	Du Plessis	04.00.22	Veteran Women 55km
76		16	837	SXM	Alincke	Oosthuizen	04.30.43	Sub Vet Women 55km	
77		17	834	SXM	Madelaine	Oberholster	04.30.43	Sub Vet Women 55km	
78		18	912	SXM	Elizaan	Van Niekerk	04.30.51	Sub Vet Women 55km	
<b>ALL Women 55km</b>	79	19	949	SXM	Nicole	Wege	04.39.21	Sub Vet Women 55km	
	80	24	841	VWM	Janine	Pelser	04.42.59	Veteran Women 55km	
<b>Route &amp; Group</b>	<b>Pos All</b>	<b>Pos Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Time</b>	<b>Category</b>	
<b>ALL Men 55km</b>	1	1	896	VMM	Maarten	Tjallingii	01.43.31	Veteran Men 55km	
	2	1	886	JMM	Sebastian	Strauss	01.43.35	Junior Men 55km	
	3	2	738	JMM	Alec	Coleské	01.45.27	Junior Men 55km	
	4	3	778	JMM	Lood	Goosen	01.45.27	Junior Men 55km	
	5	1	765	YMM	Thomas	Dunkley	01.45.28	Youth Men 55km	
	6	2	733	YMM	Samuel	Cleary	01.46.14	Youth Men 55km	
	7	3	928	YMM	Juan	Van Zyl	01.46.14	Youth Men 55km	
	8	4	809	JMM	Greg	Lawson	01.46.24	Junior Men 55km	
	9	4	893	YMM	Tristan	Swart	01.47.02	Youth Men 55km	
	10	5	953	YMM	Luca	Zietsman	01.47.07	Youth Men 55km	
	11	6	927	YMM	Jaco	Van Zyl	01.47.14	Youth Men 55km	
	12	5	747	JMM	Jean-Marc	De Beer	01.47.17	Junior Men 55km	
	13	7	739	YMM	Zander	Compion	01.47.18	Youth Men 55km	

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category	
<b>ALL Men 55km</b>	14	6	939	JMM	Willem	Visagie	01.47.29	Junior Men 55km	
	15	7	925	JMM	Devan	Van Zyl	01.48.07	Junior Men 55km	
	16	2	915	VMM	Heinrich	Van Rooyen	01.48.09	Veteran Men 55km	
	17	8	845	YMM	Ruan	Portwig	01.48.51	Youth Men 55km	
	18	8	923	JMM	Adriaan	Van Zyl	01.50.29	Junior Men 55km	
	19	9	734	YMM	Francois	Coetzee	01.50.37	Youth Men 55km	
	20	1	704	MMM	Arnold	Barnardo	01.50.59	Master Men 55km	
	21	10	703	YMM	Ruan	Badenhorst	01.54.05	Youth Men 55km	
	22	9	877	JMM	Tiaan	Steenkamp	01.54.07	Junior Men 55km	
	23	10	974	JMM	Lorenzo	Koopman	01.54.48	Junior Men 55km	
	24	2	812	MMM	James	Little	01.55.06	Master Men 55km	
	25	11	701	JMM	Jannes	Auret	01.55.09	Junior Men 55km	
	26	11	759	YMM	De Wet	Du Plooy	01.55.55	Youth Men 55km	
	27	12	890	JMM	Jean	Surridge	01.59.19	Junior Men 55km	
	28	3	910	MMM	Johan	Van Der Wath	02.02.19	Master Men 55km	
	29	12	922	YMM	Abu	Van Zyl	02.02.47	Youth Men 55km	
	30	13	803	YMM	Shaun	Kruger	02.03.13	Youth Men 55km	
	31	3	951	VMM	Jacques	Zietsman	02.04.05	Veteran Men 55km	
	32	4	846	MMM	Erik	Potgieter	02.05.50	Master Men 55km	
	33	5	737	MMM	Fred	Coleske	02.06.21	Master Men 55km	
	34	1	878	GMM	Frank	Stenri	02.07.34	Gr Master Men 55km	
	<b>ALL Men 55km</b>	35	1	754	SMM	Phillip	Doman	02.07.47	Senior Men 55km
		36	14	789	YMM	Reitz	Hofmeyr	02.10.04	Youth Men 55km
		37	4	700	VMM	Heinrich	Ackermann	02.16.34	Veteran Men 55km
	<b>ALL Men 55km</b>	38	1	854	SVM	Herman	Rousseau	02.18.27	Sub Vet Men 55km
		39	5	887	VMM	Wouter	Strauss	02.18.37	Veteran Men 55km
		40	2	924	GMM	Deon	Van Zyl	02.18.48	Gr Master Men 55km
		41	6	875	VMM	J C	Steenkamp	02.19.18	Veteran Men 55km
		42	13	966	JMM	Jeanlethin	Faro	02.19.28	Junior Men 55km
		43	14	967	JMM	Tarquin	Smith	02.19.29	Junior Men 55km
		44	7	892	VMM	Sven	Swart	02.19.42	Veteran Men 55km
		45	6	940	MMM	Chummy	Visser	02.20.28	Master Men 55km
		46	7	781	MMM	Mornay	Groenewald	02.21.07	Master Men 55km
		47	8	874	MMM	Braam	Steenkamp	02.21.15	Master Men 55km
48		8	717	VMM	Daniel	Botha	02.21.22	Veteran Men 55km	
49		3	894	GMM	Johan	Terblanche	02.21.23	Gr Master Men 55km	
50		4	901	GMM	Clifford	Van Ass	02.24.56	Gr Master Men 55km	
51		15	971	YMM	Chirstiaan	Gericke	02.25.12	Youth Men 55km	
52		5	935	GMM	Johan	Victor	02.25.28	Gr Master Men 55km	
53		9	827	MMM	Jacques	Muller	02.25.34	Master Men 55km	
54		10	821	MMM	Evan	Marais	02.25.48	Master Men 55km	
55		11	783	MMM	Cornelius	Hanekom	02.26.04	Master Men 55km	

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category	
<b>ALL Men 55km</b>	56	6	769	GMM	Naas	Erasmus	02.26.04	Gr Master Men 55km	
	57	2	721	SMM	Sarel	Breedt	02.28.04	Senior Men 55km	
	58	2	709	SVM	Petri	Beyers	02.28.42	Sub Vet Men 55km	
	59	9	978	VMM	Nigel	Merluur	02.28.47	Veteran Men 55km	
	60	3	870	SVM	Theon	Smit	02.29.36	Sub Vet Men 55km	
	61	4	755	SVM	Reinier	Drotskie	02.29.39	Sub Vet Men 55km	
	62	12	716	MMM	Craig	Botes	02.29.40	Master Men 55km	
	63	13	972	MMM	Deon	Thiart	02.29.44	Master Men 55km	
	64	5	797	SVM	Heyno	Kraft	02.30.39	Sub Vet Men 55km	
	65	7	839	GMM	Kenneth	Paley	02.31.44	Gr Master Men 55km	
	66	6	711	SVM	Ivor	Blaauw	02.32.32	Sub Vet Men 55km	
	67	10	725	VMM	Corrie	Burger	02.32.45	Veteran Men 55km	
	68	7	869	SVM	Mark	Smal	02.35.17	Sub Vet Men 55km	
	69	3	742	SMM	John	Craig	02.35.49	Senior Men 55km	
	70	8	819	SVM	Koch	Malherbe	02.35.56	Sub Vet Men 55km	
	71	8	708	GMM	Danie	Bestbier	02.36.45	Gr Master Men 55km	
	72	11	975	VMM	Russell	Mattheus	02.36.46	Veteran Men 55km	
	73	14	976	MMM	Jaco	Bosman	02.36.48	Master Men 55km	
	74	12	969	VMM	Andy	Swartbooi	02.36.49	Veteran Men 55km	
	75	15	788	JMM	Francois	Hofmeyr - 18Yrs	02.36.51	Junior Men 55km	
	76	13	970	VMM	Henry	Witbooi	02.37.58	Veteran Men 55km	
	<b>ALL Men 55km</b>	77	15	729	MMM	Theo	Burger	02.39.06	Master Men 55km
		78	16	879	MMM	Michelle	Stenri	02.39.17	Master Men 55km
		79	9	818	GMM	Corrie	Maasz	02.39.19	Gr Master Men 55km
		80	4	963	SMM	Daniel	Van Tonder	02.41.07	Senior Men 55km
		81	17	908	MMM	Johan	Van Der Mescht	02.43.44	Master Men 55km
<b>ALL Men 55km</b>	82	18	913	MMM	Gerhardt	Van Niekerk	02.43.45	Master Men 55km	
	83	14	762	VMM	Jaco	Du Toit	02.43.55	Veteran Men 55km	
	84	9	897	SVM	Junior	Tredoux	02.43.57	Sub Vet Men 55km	
	85	10	786	GMM	Pieter	Henning	02.44.05	Gr Master Men 55km	
	86	11	855	GMM	Danny	Sapsford	02.44.08	Gr Master Men 55km	
	87	12	957	GMM	Martin	Van Jaarsveld	02.45.27	Gr Master Men 55km	
	88	5	774	SMM	Benjamin	Fourie - 29Yrs	02.45.27	Senior Men 55km	
	89	6	932	SMM	Barno	Vd Westhuizen	02.45.28	Senior Men 55km	
	90	15	829	VMM	Francois	Nel	02.45.42	Veteran Men 55km	
	91	19	950	MMM	Ian	Wilkinson	02.46.58	Master Men 55km	
	92	20	914	MMM	Ian	Van Oudtshoorn	02.46.58	Master Men 55km	
	93	21	944	MMM	Jakobus	Vlok	02.47.53	Master Men 55km	
	94	22	777	MMM	Michaela	Gerber	02.47.54	Master Men 55km	
	95	10	973	SVM	Joylyon	Goeieman	02.48.03	Sub Vet Men 55km	
	96	11	710	SVM	Ludwig	Binedell	02.50.49	Sub Vet Men 55km	
	97	16	766	VMM	Theo	Engelbrecht	02.53.27	Veteran Men 55km	



Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
<b>ALL Men 55km</b>	98	17	764	VMM	Marco	Du Toit	02.53.49	Veteran Men 55km
	99	13	868	GMM	Petrus	Slabber	02.53.52	Gr Master Men 55km
	100	18	707	VMM	Johan	Bence	02.54.03	Veteran Men 55km
	101	14	937	GMM	Frans	Viljoen	02.54.27	Gr Master Men 55km
	102	19	784	VMM	Sheldon	Hearn	02.55.54	Veteran Men 55km
	103	15	743	GMM	Danie	Cronjè	02.57.33	Gr Master Men 55km
	104	23	888	MMM	Callie	Strydom	02.57.33	Master Men 55km
	105	20	771	VMM	Dale	Falconer	02.57.34	Veteran Men 55km
	106	12	956	SVM	Marius	Ellis	02.58.54	Sub Vet Men 55km
	107	7	727	SMM	Jean-Pierre	Burger	03.01.47	Senior Men 55km
	108	13	706	SVM	Stephan	Belgrove	03.01.49	Sub Vet Men 55km
	109	16	796	GMM	Frans	Kotzé	03.06.58	Gr Master Men 55km
	110	24	873	MMM	J F	Steenberg	03.08.58	Master Men 55km
	111	25	808	MMM	Johan	Laubscher	03.09.06	Master Men 55km
	112	14	871	SVM	Johan	Smith	03.09.52	Sub Vet Men 55km
	113	15	947	SVM	Joshua	Wandrag	03.09.53	Sub Vet Men 55km
	114	21	906	VMM	Nick	Van Der Merwe	03.10.15	Veteran Men 55km
	115	8	952	SMM	Jurie	Zietsman	03.11.16	Senior Men 55km
116	9	807	SMM	Rossouw	Landman	03.11.21	Senior Men 55km	
117	17	899	GMM	Vices	Uys	03.15.00	Gr Master Men 55km	
118	16	849	SVM	Jono	Randall	03.17.48	Sub Vet Men 55km	
<b>ALL Men 55km</b>	119	26	790	MMM	Jacques	Jacobson	03.17.51	Master Men 55km
120	27	752	MMM	Warren	Delpport	03.18.10	Master Men 55km	
121	28	751	MMM	Sandra	Delpport	03.18.10	Master Men 55km	
122	29	800	MMM	Attie	Kriel	03.19.48	Master Men 55km	
<b>ALL Men 55km</b>	123	16	833	YMM	Zak	Nieuwoudt	03.20.58	Youth Men 55km
124	17	705	SVM	Kyle	Bedingfield	03.22.21	Sub Vet Men 55km	
125	10	958	SMM	Melt	Van Der Merwe	03.22.54	Senior Men 55km	
126	18	960	SVM	Le Riche	Du Plessis	03.22.56	Sub Vet Men 55km	
127	30	757	MMM	Jeremy	Du Plessis	03.22.57	Master Men 55km	
128	18	959	GMM	Frank	Du Plessis	03.22.59	Gr Master Men 55km	
129	11	816	SMM	Jacques	Louw	03.24.22	Senior Men 55km	
130	19	822	SVM	Hannes	Marais	03.27.34	Sub Vet Men 55km	
131	20	782	SVM	Nikita	Haasbroek-Binedell	03.27.51	Sub Vet Men 55km	
132	22	962	VMM	Quintin	Eiberg	03.31.38	Veteran Men 55km	
133	19	934	GMM	Nico	Vermeulen	03.31.57	Gr Master Men 55km	
134	12	859	SMM	Hanro	Schoeman	03.32.56	Senior Men 55km	
135	20	794	GMM	Heindrich	Kleyn	03.34.43	Gr Master Men 55km	
136	31	760	MMM	Johannes	Du Preez	03.36.16	Master Men 55km	
137	23	785	VMM	Jan	Henning	03.41.36	Veteran Men 55km	
138	21	946	SVM	Rudi	Von Versen	03.41.36	Sub Vet Men 55km	
139	13	881	SMM	Jandre	Steyn	03.47.32	Senior Men 55km	



Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
<b>ALL Men 55km</b>	140	14	895	SMM	Schalk	Theron	03.50.31	Senior Men 55km
	141	22	826	SVM	Marthinus	Mostert	03.50.32	Sub Vet Men 55km
	142	32	852	MMM	Brad	Ross	04.30.51	Master Men 55km
	143	33	842	MMM	Jean	Pelser	04.42.58	Master Men 55km
Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
<b>ALL Women 30km</b>	1	1	A264	JGS	Nadia	Van Wyk	01.13.49	Sub Jun Girls 30km
	2	2	A203	JGS	Isabel	Lutz	01.17.24	Sub Jun Girls 30km
	3	3	A191	JGS	Catalina Rose	Lamers	01.17.45	Sub Jun Girls 30km
	4	1	A190	OWS	Riette	Laas	01.28.45	Open Women 30km
	5	2	A228	OWS	Daneska	Rohrmuller	01.29.05	Open Women 30km
	6	3	A213	OWS	Emmerentia	Nel	01.29.07	Open Women 30km
	7	4	A161	OWS	Nikki	Goosen	01.30.32	Open Women 30km
	8	5	A250	OWS	Michelle	Theron	01.32.17	Open Women 30km
	9	4	A114	JGS	Carli	Botha	01.32.39	Sub Jun Girls 30km
	10	6	A142	OWS	Landi	De Ridder	01.35.44	Open Women 30km
	11	7	A224	OWS	Karien	Pauw	01.38.12	Open Women 30km
	12	8	A110	OWS	Max	Birkenhead	01.40.14	Open Women 30km
	13	9	A129	OWS	Suene	Burger	01.46.30	Open Women 30km
	14	10	A242	OWS	Lize	Smit	01.46.31	Open Women 30km
	15	11	A131	OWS	Lauren	Burrow	01.48.09	Open Women 30km
	16	12	A229	OWS	Karin	Roos	01.48.42	Open Women 30km
<b>ALL Women 30km</b>	17	13	A220	OWS	Mieke	Opperman	01.48.44	Open Women 30km
18	14	A107	OWS	Karin	Bedingfield	01.49.32	Open Women 30km	
19	15	A285	OWS	Delanie	Jooste	01.49.57	Open Women 30km	
20	16	A248	OWS	Lize-Ann	Styger	01.50.19	Open Women 30km	
<b>ALL Women 30km</b>	21	17	A258	OWS	Lillian	Van Niekerk	01.52.50	Open Women 30km
22	18	A112	OWS	Elmarie	Bosman	01.52.51	Open Women 30km	
23	5	A278	JGS	Danica	Eigelaar	01.53.17	Sub Jun Girls 30km	
24	19	A153	OWS	Liesl	Felton	01.53.38	Open Women 30km	
25	20	A163	OWS	Thea	Gouws	01.54.11	Open Women 30km	
26	21	A244	OWS	Annalie	Strydom	01.54.45	Open Women 30km	
27	22	A216	OWS	Annemie	Nieuwoudt	01.54.55	Open Women 30km	
28	23	A230	OWS	Louise	Rossouw	01.54.57	Open Women 30km	
29	24	A275	OWS	Hester	Robinson	01.56.04	Open Women 30km	
30	25	A132	OWS	Lisa	Burrow	01.57.16	Open Women 30km	
31	26	A117	OWS	Priscilla	Bouman	01.57.18	Open Women 30km	
32	27	A201	OWS	Anene	Loubser	01.57.38	Open Women 30km	
33	28	A257	OWS	Simoné	Van Deventer	01.57.46	Open Women 30km	
34	29	A134	OWS	Leandi	Coetzee	01.57.48	Open Women 30km	
35	30	A262	OWS	Jana	Van Wyk	01.58.35	Open Women 30km	
36	31	A120	OWS	Elma	Brink	01.59.18	Open Women 30km	
37	32	A109	OWS	Niquette	Bezzina	02.01.03	Open Women 30km	

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Women 30km	38	33	A116	OWS	Madri	Botha	02.02.12	Open Women 30km
	39	34	A217	OWS	Sunette	Olivier	02.02.57	Open Women 30km
	40	35	A197	OWS	Berdine	Lombard	02.03.18	Open Women 30km
	41	36	A126	OWS	Gwennifer	Buhr	02.03.46	Open Women 30km
	42	37	A245	OWS	Gizelle	Strydom	02.03.50	Open Women 30km
	43	38	A162	OWS	Corna	Gouws	02.04.08	Open Women 30km
	44	39	A239	OWS	Tania	Shedden	02.04.38	Open Women 30km
	45	40	A184	OWS	Annamarie	Janse Van Vuuren	02.05.07	Open Women 30km
	46	41	A265	OWS	Carla	Van Wyngaardt	02.05.45	Open Women 30km
	47	42	A180	OWS	Karen	Hart	02.08.06	Open Women 30km
	48	43	A169	OWS	Theoné	Hamersma	02.12.19	Open Women 30km
	49	44	A167	OWS	Anika	Hamersma	02.12.19	Open Women 30km
	50	45	A104	OWS	Anja	Badenhorst	02.13.22	Open Women 30km
	51	46	A283	OWS	Linette	Badenhorst	02.14.19	Open Women 30km
	52	47	A225	OWS	Emma	Perrin	02.18.36	Open Women 30km
ALL Women 30km	56	51	A127	OWS	Arlizia	Burger	02.56.53	Open Women 30km
	57	52	A189	OWS	Kim	Kuun	03.00.29	Open Women 30km
	58	53	A234	OWS	Marion	Sack	03.11.56	Open Women 30km
ALL Women 30km	59	54	A212	OWS	Stephanie	Murray	03.38.11	Open Women 30km

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category
ALL Men 30km	1	1	A271	JBS	Dean	Woolley	01.08.17	Sub Jun Boys 30km
	2	2	A155	JBS	Benjamin	Fourie - 14Yrs	01.08.24	Sub Jun Boys 30km
	3	3	A181	JBS	Liam	Henning	01.08.28	Sub Jun Boys 30km
	4	4	A186	JBS	Connor	Kitching	01.09.01	Sub Jun Boys 30km
	5	1	A147	OMS	Martin	Esterheyzen	01.11.40	Open Men 30km
	6	5	A159	JBS	Jack	Goosen	01.12.20	Sub Jun Boys 30km
	7	6	A259	JBS	Ethan	Van Schalkwyk	01.13.22	Sub Jun Boys 30km
	8	7	A252	JBS	Sven	Tjallingii	01.13.31	Sub Jun Boys 30km
	9	8	A136	JBS	Anré	Compion	01.13.33	Sub Jun Boys 30km
	10	2	945	OMS	Ian	Volschenk	01.14.39	Open Men 30km
	11	3	A118	OMS	Adriaan	Brand	01.15.08	Open Men 30km
	12	9	A218	JBS	Ronald	Openshaw	01.15.24	Sub Jun Boys 30km
	13	10	A221	JBS	Joshua	Ord	01.15.27	Sub Jun Boys 30km
	14	4	A219	OMS	William	Openshaw	01.15.28	Open Men 30km
	15	11	A108	JBS	Micah	Beukes	01.16.15	Sub Jun Boys 30km
	16	12	A208	JBS	Ewan	Mills	01.17.14	Sub Jun Boys 30km
	17	5	A192	OMS	Franz	Lamers	01.17.47	Open Men 30km
	18	6	A199	OMS	Marnus	Lombard	01.18.23	Open Men 30km
	19	13	A185	JBS	Aldo	Kaufmann	01.21.47	Sub Jun Boys 30km

Route & Group	Pos All	Pos Cat	No	Cat	First Name	Last Name	Time	Category	
<b>ALL Men 30km</b>	20	14	A106	JBS	Gregor	Barnardo	01.21.52	Sub Jun Boys 30km	
	21	7	A284	OMS	Stephan	Nieuwoudt	01.23.20	Open Men 30km	
	22	8	A286	OMS	Ian	Botha	01.25.48	Open Men 30km	
	23	15	A273	JBS	Nicol	Smit	01.26.01	Sub Jun Boys 30km	
	24	9	A282	OMS	Ruben	Devenish	01.27.27	Open Men 30km	
	25	16	A267	JBS	Erik	Van Zyl	01.28.26	Sub Jun Boys 30km	
	26	10	A154	OMS	Taegan	Felton	01.29.12	Open Men 30km	
	27	11	A198	OMS	Leon	Lombard	01.29.49	Open Men 30km	
	28	12	A281	OMS	Kassie	Nieuwoudt	01.32.41	Open Men 30km	
	29	13	A251	OMS	Neil	Tinmouth	01.32.48	Open Men 30km	
	30	14	A139	OMS	Christian	De Klerk	01.33.49	Open Men 30km	
	31	15	A247	OMS	Marthinus	Strydom	01.33.59	Open Men 30km	
	32	16	A272	OMS	Izak	Schrader	01.36.57	Open Men 30km	
	33	17	A268	OMS	Edrich	Verburg	01.37.08	Open Men 30km	
	34	18	A143	OMS	Annelize	Du Toit	01.38.33	Open Men 30km	
	35	19	A160	OMS	Johan	Goosen	01.39.22	Open Men 30km	
	36	20	A214	OMS	Willie	Nel	01.39.50	Open Men 30km	
	37	21	A253	OMS	Johann	Van Der Merwe - 66Yrs	01.39.52	Open Men 30km	
	38	22	A103	OMS	Pierre	Auret	01.41.04	Open Men 30km	
	39	23	A236	OMS	Willy	Sehm	01.41.53	Open Men 30km	
	40	17	A270	JBS	Joshua	Witbooi	01.42.35	Sub Jun Boys 30km	
	<b>ALL Men 30km</b>	41	24	A105	OMS	Monica	Badenhorst	01.44.24	Open Men 30km
		42	18	A145	JBS	Mynhardt	Enderstein	01.46.29	Sub Jun Boys 30km
		43	25	A130	OMS	Greg	Burrow	01.48.10	Open Men 30km
		44	26	A287	OMS	Frank	Siebold	01.48.46	Open Men 30km
		45	27	A188	OMS	Abraham	Krige	01.50.17	Open Men 30km
		46	28	A277	OMS	Kolie+	Louw	01.52.50	Open Men 30km
		47	29	A241	OMS	Rudolph	Slimmert	01.52.50	Open Men 30km
		48	30	A280	OMS	Cornell	Cederblom	01.53.04	Open Men 30km
		49	31	A113	OMS	Kobus	Bosman	01.53.25	Open Men 30km
		50	32	A148	OMS	Jeremy	Felton	01.53.38	Open Men 30km
		51	33	A279	OMS	Daniel	Eigelaar	01.53.47	Open Men 30km
		52	34	A146	OMS	Pieter	Enderstein	01.53.50	Open Men 30km
		53	35	A119	OMS	Joepie	Brand	01.55.29	Open Men 30km
		54	36	A274	OMS	Ters	Conradie	01.56.07	Open Men 30km
		55	37	A256	OMS	Johan	Van Der Westhuizen	01.56.33	Open Men 30km
		56	38	A101	OMS	Alonzo	Allison	01.58.31	Open Men 30km
		57	39	A121	OMS	Pieter	Brink	01.59.15	Open Men 30km
		58	40	A269	OMS	Carel	Wiggett	01.59.27	Open Men 30km
		59	41	A138	OMS	Christiaan	Conradie	02.02.53	Open Men 30km
60		42	A176	OMS	Zandre	Hanekom	02.02.59	Open Men 30km	
61		43	A123	OMS	Arnold	Bruier	02.03.41	Open Men 30km	

**Final Results - VO3 - 30th July 2022**

<b>Route &amp; Group</b>	<b>Pos All</b>	<b>Pos Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Time</b>	<b>Category</b>
<b>ALL Men 30km</b>	62	44	A238	OMS	Jason	Shedden	02.04.46	Open Men 30km
	63	19	A124	JBS	Daniel	Buckland	02.05.21	Sub Jun Boys 30km
	64	45	A125	OMS	Garry	Buckland	02.05.23	Open Men 30km
	65	46	A249	OMS	Jan	Theron	02.05.33	Open Men 30km
	66	47	A266	OMS	Daniel	Van Wyngaardt	02.05.47	Open Men 30km
	67	48	A223	OMS	Daneel	Pauw	02.06.09	Open Men 30km
	68	49	A179	OMS	David	Hart	02.08.08	Open Men 30km
	69	50	A100	OMS	Xavier	Goeieman	02.08.23	Open Men 30km
	70	51	A172	OMS	James	Hanekom	02.10.59	Open Men 30km
	71	52	A173	OMS	Jurie	Hanekom	02.11.01	Open Men 30km
	72	53	A246	OMS	Glen	Strydom	02.18.16	Open Men 30km
	73	54	A135	OMS	Michael	Coetzee	02.18.19	Open Men 30km
	74	55	A165	OMS	Bernard	Grove	02.19.23	Open Men 30km
	75	56	A196	OMS	Howard	Little	02.40.52	Open Men 30km
	76	57	A168	OMS	Dawid	Hamersma	02.47.56	Open Men 30km
	77	58	A128	OMS	Dawie	Burger	02.56.57	Open Men 30km
	78	59	A206	OMS	Martin	Mardon	03.00.29	Open Men 30km
	79	60	A232	OMS	Benjamin	Sack	03.11.53	Open Men 30km
	80	61	A235	OMS	Samuel	Sack	03.11.59	Open Men 30km
	81	62	A211	OMS	Pieter	Murray	03.38.16	Open Men 30km