



Group or Category	Pos in		Participants Details				Bloupunt 21		Cogmans 12		Final Results		
	All	Cat	No	Cat	First Name	Last Name	Time	Pos	Time	Pos	Time	Stgs	Status
ALL Men 2-day 21+12	1	1	148	SML	Cobus	Smit	02.15.54	1	01.21.03	1	03.36.57	2	
	2	2	146	SML	Rikus	Saayman	02.22.06	2	01.23.50	2	03.45.56	2	
	3	3	157	SML	Fabio	Gallotta	02.36.20	4	01.30.53	4	04.07.13	2	
	4	4	180	SML	Ebrain	Zozi	02.39.14	7	01.28.14	3	04.07.28	2	
	5	1	173	MML	Spyker	Germishuis	02.36.40	5	01.31.41	6	04.08.21	2	
	6	5	137	SML	Martin	Von Fintel	02.38.47	6	01.31.12	5	04.09.59	2	
	7	6	145	SML	Ben	Philpott	02.48.37	8	01.43.58	10	04.32.35	2	
	8	1	179	VML	Phillipe	Van Der Leeuw	02.54.45	12	01.37.57	7	04.32.42	2	
	9	2	161	VML	Willie	Brink	02.53.13	11	01.44.09	11	04.37.22	2	
	10	2	175	MML	Hugo	Van Der Merwe	02.58.50	14	01.43.32	9	04.42.22	2	
	11	3	170	VML	Christo	Van Der Berg	03.00.24	16	01.49.11	13	04.49.35	2	
	12	7	156	SML	Rikus	Engelbrecht	03.03.34	17	01.53.23	14	04.56.57	2	
	13	8	138	SML	Heinrich	Badenhorst	02.51.46	9	02.11.29	27	05.03.15	2	
	14	9	142	SML	Petri	Venter	02.33.09	3	02.31.02	44	05.04.11	2	
	15	10	143	SML	Ronnie	Melck	03.15.12	20	01.57.16	18	05.12.28	2	
	16	4	167	VML	Jason	Rudolph	03.27.19	22	01.57.12	16	05.24.31	2	
	17	11	144	SML	Renier	Nolte	03.29.26	25	02.03.37	21	05.33.03	2	
	18	12	108	SML	Dirkie	Kotze	03.52.28	37	02.06.31	24	05.58.59	2	
	19	5	164	VML	Alrich	Viljoen	03.46.52	32	02.12.42	28	05.59.34	2	
	20	13	153	SML	Viv	Viviers	03.56.36	42	02.10.28	26	06.07.04	2	
	21	6	166	VML	Peter	Chong	03.49.03	34	02.19.43	31	06.08.46	2	
	22	14	139	SML	Mauritz	Bekker	03.46.51	31	02.31.03	45	06.17.54	2	
	23	3	176	MML	Graham	Alessandri	04.10.52	50	02.30.48	43	06.41.40	2	
	24	7	162	VML	Tiaan	Coetzee	04.28.10	57	02.24.40	38	06.52.50	2	
	25	15	149	SML	Joshua	Leon	03.50.21	36	03.10.01	60	07.00.22	2	
	26	16	159	SML	Gideon	Nieuwoudt	04.18.54	52	02.46.53	53	07.05.47	2	
	27	4	174	MML	Andries	Greyling	04.39.21	60	02.46.02	52	07.25.23	2	
	28	8	169	VML	Riaan	Vlok	04.39.22	61	02.46.02	51	07.25.24	2	
	29	17	150	SML	Andrew	Statham	04.49.40	62	02.44.11	48	07.33.51	2	
	30	9	163	VML	Peter	Statham			02.44.11	49	02.44.11	1	
	31	18	140	SML	Uli	Boezaart	02.51.46	10			02.51.46	1	
	32	19	141	SML	Max	Van Der Merwe	03.29.26	24			03.29.26	1	
	33	10	165	VML	Jody	Strydom	03.38.56	27			03.38.56	1	-1 Lap
	34	20	152	SML	Marius	Van Zyl	03.47.33	33			03.47.33	1	-1 Lap
Category	All	Cat	No	Cat	First Name	Last Name	Time	Pos	Time	Pos	Time	Stgs	Status
All Women 2-day 21+12	1	1	110	SWL	Jana	Van Houwelingen	02.57.09	13	01.42.34	8	04.39.43	2	
	2	2	178	SWL	Brigitte	Melly	03.00.08	15	01.48.14	12	04.48.22	2	
	3	3	103	SWL	Cassey	Dick	03.14.28	19	01.54.08	15	05.08.36	2	
	4	1	181	VWL	Monique	Du Plessis	03.11.56	18	01.57.15	17	05.09.11	2	
	5	2	124	VWL	Caroline	Balkwill	03.16.17	21	01.58.57	20	05.15.14	2	
	6	4	111	SWL	Megan	Beckett	03.27.31	23	02.06.12	22	05.33.43	2	
	7	5	109	SWL	Renscha	Van Heerden	03.36.49	26	01.57.30	19	05.34.19	2	
	8	6	115	SWL	Mia	Munnik	03.43.08	30	02.07.36	25	05.50.44	2	
	9	7	106	SWL	Lauren	Fuller	03.40.22	28	02.18.08	30	05.58.30	2	
	10	8	158	SWL	Nikkie	Kotzé	03.52.29	38	02.06.30	23	05.58.59	2	
	11	1	134	MWL	Rentia	Denissen	03.49.09	35	02.13.14	29	06.02.23	2	
	12	3	123	VWL	Cecile	Pentz	03.55.40	39	02.21.21	33	06.17.01	2	
	13	2	130	MWL	Marian	Cilliers	03.55.42	40	02.21.25	36	06.17.07	2	
	14	4	121	VWL	Larine	Gerber	03.58.50	44	02.21.20	32	06.20.10	2	
	15	5	127	VWL	Nadine	Van Taak	03.58.49	43	02.21.27	37	06.20.16	2	
	16	6	117	VWL	Sumene	Jordaan	04.02.52	47	02.21.22	34	06.24.14	2	
	17	9	114	SWL	Marolene	Botha	04.02.50	46	02.21.24	35	06.24.14	2	
	18	7	126	VWL	Maryke	Odendaal	04.00.47	45	02.25.10	39	06.25.57	2	
	19	3	131	MWL	Tiekie	Steytler	04.02.53	48	02.25.10	40	06.28.03	2	
	20	10	107	SWL	Zanelle	Stofberg-Rabie	04.05.18	49	02.32.14	46	06.37.32	2	
	21	11	104	SWL	Dale	Scogings	03.56.14	41	02.44.19	50	06.40.33	2	
	22	8	118	VWL	Sanet	Van Staden	04.25.30	54	02.26.05	41	06.51.35	2	
	23	12	100	SWL	Jolandi	Toebes	04.16.30	51	02.35.17	47	06.51.47	2	
	24	13	113	SWL	Aileen	Uys	04.26.53	55	02.47.57	54	07.14.50	2	
	25	9	119	VWL	Annelise	Botha	04.26.54	56	02.47.57	55	07.14.51	2	
	26	10	122	VWL	Marli	Conradie-Smit	04.31.12	58	03.00.30	58	07.31.42	2	
	27	11	120	VWL	Marieke	Coetzer	04.31.13	59	03.00.30	59	07.31.43	2	
	28	12	125	VWL	Izette	Mostert	04.55.00	63	02.54.13	57	07.49.13	2	
	29	4	132	MWL	Jodie	Howard	04.55.02	64	02.54.12	56	07.49.14	2	
	30	14	101	SWL	Lenika	Vosloo	05.22.29	65	03.18.26	61	08.40.55	2	
	31	15	105	SWL	Inandi	Smit	05.22.29	66	03.18.26	62	08.40.55	2	
	32	16	116	SWL	Jo-Mari	Jacobs	07.30.00			63	07.30.00	1	



Group or Category	Pos in		Participants Details				Bloupunt 21		Cogmans 12		Final Results		
	All	Cat	No	Cat	First Name	Last Name	Time	Pos	Time	Pos	Time	Stgs	Status
All Women 2-day 21+12	33	5	133	MWL	Antoinette	Nel-Husselmann	07.30.00			64	07.30.00	1	
	34	17	112	SWL	Lynette	Mulke	07.30.00			65	07.30.00	1	
	35	18	102	SWL	Leandri	Husselmann	07.30.00			66	07.30.00	1	
Category	All	Cat	No	Cat	First Name	Last Name	Time	Pos	Time	Pos	Time	Day	Status
ALL Men 21km	1	1	148	SML	Cobus	Smit	02.15.54	1			02.15.54	1	
	2	2	146	SML	Rikus	Saayman	02.22.06	2			02.22.06	1	
	3	1	215	SMM	Reinier	Kitshoff	02.22.51	3			02.22.51	1	
	4	3	142	SML	Petri	Venter	02.33.09	4			02.33.09	1	
	5	2	217	SMM	Arnold	Kitshoff	02.33.54	5			02.33.54	1	
	6	4	157	SML	Fabio	Gallotta	02.36.20	6			02.36.20	1	
	7	1	173	MML	Spyker	Germishuis	02.36.40	7			02.36.40	1	
	8	5	137	SML	Martin	Von Fintel	02.38.47	8			02.38.47	1	
	9	6	180	SML	Ebrain	Zozi	02.39.14	9			02.39.14	1	
	10	7	145	SML	Ben	Philpott	02.48.37	10			02.48.37	1	
	11	8	140	SML	Uli	Boezaart	02.51.46	11			02.51.46	1	
	12	9	138	SML	Heinrich	Badenhorst	02.51.46	12			02.51.46	1	
	13	1	161	VML	Willie	Brink	02.53.13	13			02.53.13	1	
	14	2	179	VML	Phillipe	Van Der Leeuw	02.54.45	14			02.54.45	1	
	15	2	175	MML	Hugo	Van Der Merwe	02.58.50	15			02.58.50	1	
	16	3	170	VML	Christo	Van Der Berg	03.00.24	16			03.00.24	1	
	17	10	156	SML	Rikus	Engelbrecht	03.03.34	17			03.03.34	1	
	18	3	212	SMM	Juan	Marais	03.03.35	18			03.03.35	1	
	19	4	216	SMM	Louis	Muller	03.04.43	19			03.04.43	1	
	20	11	143	SML	Ronnie	Melck	03.15.12	20			03.15.12	1	
	21	5	211	SMM	A J	Odendaal	03.19.59	21			03.19.59	1	
	22	4	167	VML	Jason	Rudolph	03.27.19	22			03.27.19	1	
	23	12	144	SML	Renier	Nolte	03.29.26	23			03.29.26	1	
	24	13	141	SML	Max	Van Der Merwe	03.29.26	24			03.29.26	1	
	25	5	165	VML	Jody	Strydom	03.38.56	25			03.38.56	1	
	26	1	219	VMM	Ehrich	Kruger	03.41.53	26			03.41.53	1	
	27	6	213	SMM	Ryan	Mccormack	03.45.03	27			03.45.03	1	
	28	14	139	SML	Mauritz	Bekker	03.46.51	28			03.46.51	1	
	29	6	164	VML	Alrich	Viljoen	03.46.52	29			03.46.52	1	
	30	15	152	SML	Marius	Van Zyl	03.47.33	30			03.47.33	1	
	31	7	166	VML	Peter	Chong	03.49.03	31			03.49.03	1	
	32	16	149	SML	Joshua	Leon	03.50.21	32			03.50.21	1	
	33	17	108	SML	Dirkie	Kotze	03.52.28	33			03.52.28	1	
	34	18	153	SML	Viv	Viviers	03.56.36	34			03.56.36	1	
	35	2	220	VMM	Wilhelm	Schutte	03.58.27	35			03.58.27	1	
	36	3	176	MML	Graham	Alessandri	04.10.52	36			04.10.52	1	
	37	7	214	SMM	Andrew	Van Den Honert	04.11.09	37			04.11.09	1	
	38	19	159	SML	Gideon	Nieuwoudt	04.18.54	38			04.18.54	1	
	39	1	222	MMM	Larry	Eichstadt	04.21.32	39			04.21.32	1	
	40	8	162	VML	Tiaan	Coetzee	04.28.10	40			04.28.10	1	
	41	2	223	MMM	John	Van Onselen	04.28.28	41			04.28.28	1	
	42	4	174	MML	Andries	Greyling	04.39.21	42			04.39.21	1	
	43	9	169	VML	Riaan	Vlok	04.39.22	43			04.39.22	1	
	44	20	150	SML	Andrew	Statham	04.49.40	44			04.49.40	1	
Category	All	Cat	No	Cat	First Name	Last Name	Time	Pos	Time	Pos	Time	Day	Status
ALL Women 21km	1	1	110	SWL	Jana	Van Houwelingen	02.57.09	1			02.57.09	1	
	2	2	178	SWL	Brigitte	Melly	03.00.08	2			03.00.08	1	
	3	1	181	VWL	Monique	Du Plessis	03.11.56	3			03.11.56	1	
	4	3	103	SWL	Cassey	Dick	03.14.28	4			03.14.28	1	
	5	2	124	VWL	Caroline	Balkwill	03.16.17	5			03.16.17	1	
	6	4	111	SWL	Megan	Beckett	03.27.31	6			03.27.31	1	
	7	5	109	SWL	Renscha	Van Heerden	03.36.49	7			03.36.49	1	
	8	6	106	SWL	Lauren	Fuller	03.40.22	8			03.40.22	1	
	9	1	177	SWM	Nicole	Dembitzer	03.40.23	9			03.40.23	1	
	10	7	115	SWL	Mia	Munnik	03.43.08	10			03.43.08	1	
	11	1	134	MWL	Rentia	Denissen	03.49.09	11			03.49.09	1	
	12	8	158	SWL	Nikkie	Kotzé	03.52.29	12			03.52.29	1	
	13	3	123	VWL	Cecile	Pentz	03.55.40	13			03.55.40	1	
	14	2	130	MWL	Marian	Cilliers	03.55.42	14			03.55.42	1	
	15	9	104	SWL	Dale	Scogings	03.56.14	15			03.56.14	1	
	16	1	208	VWM	Tanelle	Schutte	03.58.28	16			03.58.28	1	
	17	4	127	VWL	Nadine	Van Taak	03.58.49	17			03.58.49	1	
	18	5	121	VWL	Larine	Gerber	03.58.50	18			03.58.50	1	



Group or Category	Pos in		Participants Details				Bloupunt 21		Cogmans 12		Final Results			
	All	Cat	No	Cat	First Name	Last Name	Time	Pos	Time	Pos	Time	Stgs	Status	
ALL Women 21km	19	6	126	VWL	Maryke	Oendaal	04.00.47	19			04.00.47	1		
	20	10	114	SWL	Marolene	Botha	04.02.50	20			04.02.50	1		
	21	7	117	VWL	Sumene	Jordaan	04.02.52	21			04.02.52	1		
	22	3	131	MWL	Tiekie	Steytler	04.02.53	22			04.02.53	1		
	23	11	107	SWL	Zanelle	Stofberg-Rabie	04.05.18	23			04.05.18	1		
	24	2	201	SWM	Michaela	Van Den Honert	04.11.07	24			04.11.07	1		
	25	2	209	VWM	Hanja	Badenhorst	04.15.06	25			04.15.06	1		
	26	3	203	SWM	Lynnie	Jorge	04.15.08	26			04.15.08	1		
	27	12	100	SWL	Jolandi	Toebes	04.16.30	27			04.16.30	1		
	28	4	205	SWM	Sonja	Neethling	04.16.36	28			04.16.36	1		
	29	3	207	VWM	Yvette	Venter	04.16.38	29			04.16.38	1		
	30	5	204	SWM	Marisa	Van Onselen	04.16.40	30			04.16.40	1		
	31	8	118	VWL	Sanet	Van Staden	04.25.30	31			04.25.30	1		
	32	13	113	SWL	Aileen	Uys	04.26.53	32			04.26.53	1		
	33	9	119	VWL	Annelise	Botha	04.26.54	33			04.26.54	1		
	34	10	122	VWL	Marli	Conradie-Smit	04.31.12	34			04.31.12	1		
	35	11	120	VWL	Marieke	Coetzer	04.31.13	35			04.31.13	1		
	36	6	200	SWM	Jolanda	Thompson	04.49.42	36			04.49.42	1		
	37	12	125	VWL	Izette	Mostert	04.55.00	37			04.55.00	1		
	38	4	132	MWL	Jodie	Howard	04.55.02	38			04.55.02	1		
	39	1	224	MWM	Lise	Ewins	04.55.03	39			04.55.03	1		
	40	14	101	SWL	Lenika	Vosloo	05.22.29	40			05.22.29	1		
	41	15	105	SWL	Inandi	Smit	05.22.29	41			05.22.29	1		
	42	2	210	MWM	Susanna	Kuun	05.44.45	42			05.44.45	1		
	43	4	206	VWM	Dalene	Kuhn	05.44.45	43			05.44.45	1		
	44	16	116	SWL	Jo-Mari	Jacobs	07.30.00	44			07.30.00	1		
	45	5	133	MWL	Antoinette	Nel-Husselmann	07.30.00	45			07.30.00	1		
	46	17	112	SWL	Lynette	Mulke	07.30.00	46			07.30.00	1		
	47	18	102	SWL	Leandri	Husselmann	07.30.00	47			07.30.00	1		
	<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Time</b>	<b>Pos</b>	<b>Time</b>	<b>Pos</b>	<b>Time</b>	<b>Day</b>	<b>Status</b>
	Fun Women 6km	1	1	908	FW	Anene	Rahl	00.36.52	1			00.36.52	1	
		2	2	905	FW	Lia	Du Plessis	00.37.15	2			00.37.15	1	
		3	3	910	FW	Adriana	Carstens	00.39.25	3			00.39.25	1	
		4	4	418	FW	Lyndie	Delen	00.39.26	4			00.39.26	1	
		5	5	419	FW	Anje	Delen	00.39.28	5			00.39.28	1	
		6	6	400	FW	Alida	Bruwer	00.42.19	6			00.42.19	1	
		7	7	413	FW	Emma	De Kock	00.45.11	7			00.45.11	1	
		8	8	410	FW	Kim	Mann	00.47.20	8			00.47.20	1	
		9	9	417	FW	Ivana	Maarschalk	00.48.37	9			00.48.37	1	
		10	10	900	FW	Stephanie	Du Plessis	00.48.43	10			00.48.43	1	
		11	11	909	FW	Jolanda	Olivier	00.49.55	11			00.49.55	1	
		12	12	915	FW	Cayleigh	Negus	00.54.08	12			00.54.08	1	
		13	13	901	FW	Mariek	Dettbarn	00.58.28	13			00.58.28	1	
		14	14	913	FW	Tamara	Negus	01.10.25	14			01.10.25	1	
		15	15	918	FW	Aria	Janse Van Rensburg	01.10.28	15			01.10.28	1	
		16	16	903	FW	Lana	Prinsloo	01.10.44	16			01.10.44	1	
		17	17	902	FW	Lizanne	Van Eeden	01.10.46	17			01.10.46	1	
18		18	409	FW	Hetta	Van Der Berg	01.11.16	18			01.11.16	1		
19		19	911	FW	Lizelle	Clulee	01.26.38	19			01.26.38	1		
20		20	917	FW	Rhoda	Negus	01.26.41	20			01.26.41	1		
21		21	402	FW	Meryl	Simpson	01.30.37	21			01.30.37	1		
22		22	401	FW	Zelda	Van Onselen	01.30.56	22			01.30.56	1		
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Time</b>	<b>Pos</b>	<b>Time</b>	<b>Pos</b>	<b>Time</b>	<b>Day</b>	<b>Status</b>	
Fun Men 6km	1	1	416	FM	Klaas	Mouries	00.31.23	1			00.31.23	1		
	2	2	415	FM	Micheal	Mouries	00.34.36	2			00.34.36	1		
	3	3	906	FM	Willie-Pieter	Du Plessis	00.35.02	3			00.35.02	1		
	4	4	412	FM	Herman	Smit	00.36.47	4			00.36.47	1		
	5	5	414	FM	Dawie	Van Deventer	00.37.10	5			00.37.10	1		
	6	6	411	FM	Theunis	Smit	00.37.12	6			00.37.12	1		
	7	7	406	FM	Mouritz	Coetzer	00.42.20	7			00.42.20	1		
	8	8	907	FM	Elkan	Willemse	00.44.31	8			00.44.31	1		
	9	9	914	FM	Grant	Negus	00.47.44	9			00.47.44	1		
	10	10	904	FM	Janhendrik	Schoeman	00.48.40	10			00.48.40	1		
	11	11	912	FM	Heinrich	Clulee	01.18.53	11			01.18.53	1		
	12	12	405	FM	Luke	Simpson	01.30.54	12			01.30.54	1		
	13	13	916	FM	Geoffrey	Negus	01.41.57	13			01.41.57	1		



Group or Category	Pos in		Participants Details				Bloupunt 21		Cogmans 12		Final Results		
	All	Cat	No	Cat	First Name	Last Name	Time	Pos	Time	Pos	Time	Stgs	Status
Category	All	Cat	No	Cat	First Name	Last Name	Time	Pos	Time	Pos	Time	Day	Status
ALL Men 12km	1	1	148	SML	Cobus	Smit			01.21.03	1	01.21.03	2	
	2	2	146	SML	Rikus	Saayman			01.23.50	2	01.23.50	2	
	3	3	180	SML	Ebrain	Zozi			01.28.14	3	01.28.14	2	
	4	4	157	SML	Fabio	Gallotta			01.30.53	4	01.30.53	2	
	5	5	137	SML	Martin	Von Fintel			01.31.12	5	01.31.12	2	
	6	1	173	MML	Spyker	Germishuis			01.31.41	6	01.31.41	2	
	7	1	179	VML	Phillipe	Van Der Leeuw			01.37.57	7	01.37.57	2	
	8	2	175	MML	Hugo	Van Der Merwe			01.43.32	8	01.43.32	2	
	9	6	145	SML	Ben	Philpott			01.43.58	9	01.43.58	2	
	10	2	161	VML	Willie	Brink			01.44.09	10	01.44.09	2	
	11	3	170	VML	Christo	Van Der Berg			01.49.11	11	01.49.11	2	
	12	7	156	SML	Rikus	Engelbrecht			01.53.23	12	01.53.23	2	
	13	4	167	VML	Jason	Rudolph			01.57.12	13	01.57.12	2	
	14	8	143	SML	Ronnie	Melck			01.57.16	14	01.57.16	2	
	15	1	227	VMS	Rupert	De Koning			01.57.34	15	01.57.34	2	
	16	2	246	VMS	Dawie	Van Deventer			01.57.35	16	01.57.35	2	
	17	1	54	SMS	Reinhard	Strydom			02.00.46	17	02.00.46	2	
	18	9	144	SML	Renier	Nolte			02.03.37	18	02.03.37	2	
	19	2	242	SMS	Hugo	Beukes			02.05.37	19	02.05.37	2	
	20	10	108	SML	Dirkie	Kotze			02.06.31	20	02.06.31	2	
	21	11	153	SML	Viv	Viviers			02.10.28	21	02.10.28	2	
	22	1	248	MMS	Gustav	Antonie			02.10.30	22	02.10.30	2	
	23	12	138	SML	Heinrich	Badenhorst			02.11.29	23	02.11.29	2	
	24	2	225	MMS	Chris	Byleveld			02.12.28	24	02.12.28	2	
	25	5	164	VML	Alrich	Viljoen			02.12.42	25	02.12.42	2	
	26	6	166	VML	Peter	Chong			02.19.43	26	02.19.43	2	
	27	7	162	VML	Tiaan	Coetzee			02.24.40	27	02.24.40	2	
	28	3	53	MMS	Alwyn	Burger			02.27.12	28	02.27.12	2	
	29	1	241	JMS	Schalk	Beukes			02.28.36	29	02.28.36	2	
	30	3	176	MML	Graham	Alessandri			02.30.48	30	02.30.48	2	
	31	13	142	SML	Petri	Venter			02.31.02	31	02.31.02	2	
	32	14	139	SML	Mauritz	Bekker			02.31.03	32	02.31.03	2	
	33	3	218	VMS	Andre	Immelman			02.32.15	33	02.32.15	2	
	34	15	150	SML	Andrew	Statham			02.44.11	34	02.44.11	2	
	35	8	163	VML	Peter	Stathem			02.44.11	35	02.44.11	2	
	36	3	243	SMS	Joanné	Eksteen			02.45.33	36	02.45.33	2	
	37	9	169	VML	Riaan	Vlok			02.46.02	37	02.46.02	2	
	38	4	174	MML	Andries	Greyling			02.46.02	38	02.46.02	2	
	39	4	39	VMS	Brendan	Connellan			02.46.52	39	02.46.52	2	
	40	4	51	SMS	Dale	Fraser			02.46.52	40	02.46.52	2	
	41	16	159	SML	Gideon	Nieuwoudt			02.46.53	41	02.46.53	2	
	42	17	149	SML	Joshua	Leon			03.10.01	42	03.10.01	2	
	43	4	244	MMS	Rinus	Beukes			03.21.16	43	03.21.16	2	
Category	All	Cat	No	Cat	First Name	Last Name	Time	Pos	Time	Pos	Time	Day	Status
ALL Women 12km	1	1	110	SWL	Jana	Van Houwelingen			01.42.34	1	01.42.34	2	
	2	1	226	VWS	Hanja	Badenhorst			01.43.16	2	01.43.16	2	
	3	2	178	SWL	Brigitte	Melly			01.48.14	3	01.48.14	2	
	4	1	55	SWS	Sarah	Ive			01.50.50	4	01.50.50	2	
	5	3	103	SWL	Cassey	Dick			01.54.08	5	01.54.08	2	
	6	1	181	VWL	Monique	Du Plessis			01.57.15	6	01.57.15	2	
	7	4	109	SWL	Renscha	Van Heerden			01.57.30	7	01.57.30	2	
	8	2	124	VWL	Caroline	Balkwill			01.58.57	8	01.58.57	2	
	9	1	56	YWS	Lia	Du Plessis			02.03.49	9	02.03.49	2	
	10	2	230	YWS	Lara	Beukes			02.04.35	10	02.04.35	2	
	11	2	235	VWS	Elizanne	Engelbrecht			02.06.10	11	02.06.10	2	
	12	5	111	SWL	Megan	Beckett			02.06.12	12	02.06.12	2	
	13	6	158	SWL	Nikkie	Kotzé			02.06.30	13	02.06.30	2	
	14	7	115	SWL	Mia	Munnik			02.07.36	14	02.07.36	2	
	15	1	134	MWL	Rentia	Denissen			02.13.14	15	02.13.14	2	
	16	8	106	SWL	Lauren	Fuller			02.18.08	16	02.18.08	2	
	17	3	121	VWL	Larine	Gerber			02.21.20	17	02.21.20	2	
	18	4	123	VWL	Cecile	Pentz			02.21.21	18	02.21.21	2	
	19	5	117	VWL	Sumene	Jordaan			02.21.22	19	02.21.22	2	
	20	9	114	SWL	Marolene	Botha			02.21.24	20	02.21.24	2	
	21	2	130	MWL	Marian	Cilliers			02.21.25	21	02.21.25	2	
	22	6	127	VWL	Nadine	Van Taak			02.21.27	22	02.21.27	2	
	23	2	232	SWS	Carla	Beukes			02.24.38	23	02.24.38	2	
	24	7	126	VWL	Maryke	Odendaal			02.25.10	24	02.25.10	2	





Group or Category	Pos in		Participants Details				Bloupunt 21		Cogmans 12		Final Results		
	All	Cat	No	Cat	First Name	Last Name	Time	Pos	Time	Pos	Time	Stgs	Status
ALL Women 12km	25	3	131	MWL	Tiekie	Steytler			02.25.10	25	02.25.10	2	
	26	8	118	VWL	Sanet	Van Staden			02.26.05	26	02.26.05	2	
	27	10	107	SWL	Zanelle	Stofberg-Rabie			02.32.14	27	02.32.14	2	
	28	11	100	SWL	Jolandi	Toebes			02.35.17	28	02.35.17	2	
	29	12	104	SWL	Dale	Scogings			02.44.19	29	02.44.19	2	
	30	3	237	VWS	Magriet	Van Niekerk			02.45.32	30	02.45.32	2	
	31	13	113	SWL	Aileen	Uys			02.47.57	31	02.47.57	2	
	32	9	119	VWL	Annelise	Botha			02.47.57	32	02.47.57	2	
	33	4	229	VWS	Deanne	Longmore			02.48.41	33	02.48.41	2	
	34	3	234	SWS	Morgan	Saunder			02.52.16	34	02.52.16	2	
	35	4	132	MWL	Jodie	Howard			02.54.12	35	02.54.12	2	
	36	10	125	VWL	Izette	Mostert			02.54.13	36	02.54.13	2	
	37	5	245	VWS	Anel	Blignaut			02.54.15	37	02.54.15	2	
	38	11	122	VWL	Marli	Conradie-Smit			03.00.30	38	03.00.30	2	
	39	12	120	VWL	Marieke	Coetzer			03.00.30	39	03.00.30	2	
	40	6	239	VWS	Lana	Prinsloo			03.11.36	40	03.11.36	2	
	41	7	238	VWS	Christina	Wolfaardt			03.13.49	41	03.13.49	2	
	42	14	101	SWL	Lenika	Vosloo			03.18.26	42	03.18.26	2	
	43	15	105	SWL	Inandi	Smit			03.18.26	43	03.18.26	2	
	44	1	240	MWS	Liezl	Beukes			03.21.17	44	03.21.17	2	
45	8	228	VWS	Benita	Van Der Westhuizen			03.26.40	45	03.26.40	2		
46	2	247	MWS	Karen	Mulder			03.26.40	46	03.26.40	2		