

Start List

Race date: 2026-01-17

6:30 am

#	First Name	Last Name	Category	Start Time
101	Carl	Bonthuys	Elite Men	06:30
104	Luca	Stermin	Elite Men	06:31
111	Wilco	Strydom	Elite Men	06:32
112	John	Samuels	Elite Men	06:33
115	Reitz	Hofmeyr	Under 23 Men	06:34
117	Carlo	Engelbrecht	Under 23 Men	06:35
119	Clayton	Khange	Under 23 Men	06:36
122	Mosaic	Melton	Under 23 Men	06:37
123	Mikael	Smith	Under 23 Men	06:38
124	Willem	Visagie	Under 23 Men	06:39
125	Faraz	Khatieb	Junior Men	06:40
129	Yahjaa	Martin	Junior Men	06:41
135	Noah	September	Junior Men	06:42
136	Mihlali	Mashiloane	Junior Men	06:43
141	Yaqub	Abrahams	Junior Men	06:44
144	Frederick	Botha	Junior Men	06:45
146	Christopher	Claassens	Junior Men	06:46
147	Joshua	Heigers	Junior Men	06:47
148	Gideon	Pieterse	Junior Men	06:48
149	Dean	Woolley	Junior Men	06:49
155	Romario	Sardinha	35-39 Men	06:50
156	Zane	Zandberg	35-39 Men	06:51
157	Kyle	Correia	35-39 Men	06:52
158	Ishmail	Clarke	35-39 Men	06:53
162	Irefaan	Isaacs	30-34 Men	06:54
163	Keenan	Carr	30-34 Men	06:55
164	Theuns	Van Der Bank	40-44 Men 35-39 Men	06:56
167	Michael Christiaan	Dreyer	45-49 Men	06:57
171	Jaco	Roets	40-44 Men Elite Men	06:58
175	Craig	Sedras	45-49 Men	06:59
179	Paul Sean	Daniels	40-44 Men	07:00
184	Heinz	Bresele	45-49 Men	07:01
203	Ryan	Booth	45-49 Men	07:02
206	Jean	De Villiers	40-44 Men	07:03
504	Ruando	Du Plessis	40-44 Men	07:04
505	Graeme	Smith	40-44 Men	07:05
510	Erik	Steyl	45-49 Men	07:06
511	Quinton	Stroebel	45-49 Men	07:07
514	John	Upham	45-49 Men	07:08
515	Bert	Verlinde	40-44 Men	07:09

Start List

Race date: 2026-01-17

7:10 am

<u>#</u>	<u>First Name</u>	<u>Last Name</u>	<u>Category</u>	<u>Start Time</u>
516	Jaco	Scholtz	50-54 Men	07:10
519	Gus	Pauw	50-54 Men	07:11
520	Ken	Prentis	50-54 Men	07:12
523	Francois	Hofmeyr	50-54 Men	07:13
524	Danie	Marais	55-59 Men	07:14
527	Abbas	Harris	55-59 Men	07:15
528	Quintin	February	50-54 Men	07:16
530	Zahier	Davis	55-59 Men	07:17
531	Lorenzo	Cupido	50-54 Men	07:18
535	Kelson	Da Cruz	60-64 Men	07:19
539	Danie	Van Onselen	60-64 Men	07:20
541	Vaughan	Ulyate	60-64 Men	07:21
545	Ahmed Zaid	Mahomed	60-64 Men	07:22
546	Petrus	Botha	65-69 Men	07:23
549	Pierre-yves	Jeanrenaud	65-69 Men	07:24
556	Frederic	Dauboin	65-69 Men	07:25
557	Keith	Jones	70-74 Men	07:26
559	Mike	Fairbank	75+ Men	07:27
560	Mike	Lombard	75+ Men	07:28
563	Jandre	Welgemoed	Under 17 Boys	07:29
565	Tristan	Mc Given	Under 17 Boys	07:30
566	Dewald	Welgemoed	Under 17 Boys	07:31
567	Mughammad	Arnold	Under 17 Boys	07:32
568	Zack	Solomons	Under 17 Boys	07:33
570	William Scott	Ruthven	Under 17 Boys	07:34
574	Tyrone	Fabrick	Under 17 Boys	07:35
578	Gerschen	Pretorius	Under 17 Boys	07:36
582	Siphosihle	Lucas	Under 17 Boys	07:37
583	Hakeem	Mallum	Under 17 Boys	07:38
584	Anda	Nqumse	Under 17 Boys	07:39
586	Tiffany	Keep	Elite Woman	07:50
590	Liezel	Jordaan	Elite Woman	07:51
598	Jesse	Woods	Under 23 Women	07:52
599	Anyia	Du Plessis	Under 23 Women	07:53
605	Catalina Rose	Lamers	Junior Woman	07:54
620	Nadia	Van Wyk	Junior Woman	07:55
639	Linke	Oosthuizen	Junior Woman	07:56
649	Nicola	Walker	40-44 Woman	07:57
651	Almari	De Milander	45-49 Woman	07:58
652	Bronwyn	Timm	45-49 Woman	07:59

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8:00 am

#	<u>First Name</u>	<u>Last Name</u>	<u>Category</u>	<u>Start Time</u>
654	Susan	Van Wyk	45-49 Woman	08:00
655	Liesel	Prentis	50-54 Woman	08:01
656	Zuri	Green	Under 17 Girls	08:10
657	Alandri	Steyn	Under 17 Girls	08:11
658	Kendra	Kitching	Under 17 Girls	08:12
660	Zayaan	Clarke	Under 17 Girls	08:13
661	Amber	Roos	Under 17 Girls	08:14
662	Nuhaa	Kamaldien	Under 17 Girls	08:15
663	Gabriella	Nikolopoulos	Under 17 Girls	08:16
665	Reyaan	Traut	Para C5	08:17
667	Deon	Van Der Berg	Para C4	08:18
668	Clinton	Madgwick	Para C4	08:19
669	Vernon	Treu	Para C3	08:20
670	Connor	Roebuck	Under 15 Boys	08:21
1001	Aqeel	Clarke	Under 15 Boys	08:22
1002	Spencer Smuts	Van Zyl	Under 15 Boys	08:23
1004	Zachariah	Williams	Under 15 Boys	08:24
1007	Rj	Van Lill	Under 15 Boys	08:25
1009	Declan	Pedro	Under 15 Boys	08:26
1010	Steffan	Moolman	Under 15 Boys	08:27
1012	Skyler	Bruintjies	Under 15 Boys	08:28
1013	Logan	Carelse	Under 15 Boys	08:29
1014	Rhein	Govender	Under 15 Boys	08:30
1016	Matthew	Marais	Under 15 Boys	08:31
1017	Musaab	Ebrahiem	Under 15 Boys	08:32
1018	Shaylin	Layters	Under 15 Girls	08:40
1020	Mughamad Yaqeen	Arnold	Under 13 Boys	08:41
1024	Imaad	Isaacs	Under 13 Boys	08:42
1025	Kayden	Marias	Under 13 Boys	08:43
1026	Caeden	Pauw	Under 13 Boys	08:44
1027	Philip	Wieffering	Under 13 Boys	08:45
1028	Lourens Johannes	Smith	Under 13 Boys	08:46
1030	Maleagi	Malherbe	Under 13 Boys	08:47
1031	Maxx	Ludescher	Under 13 Boys	08:48
1032	Rabia	Kelly	Under 13 Girls	08:49
1033	Johan	Dirkse-van	Under 11 Boys	08:50
1034	Fayyad	Davis	Under 11 Boys	08:51
1035	Rahmah	Kelly	Under 11 Girls	08:52
1037	Euan	Pauw	Under 11 Boys	08:53
1036	Goldy	Fuchs	Para T2	08:54

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8:55 am

<u>#</u>	<u>First Name</u>	<u>Last Name</u>	<u>Category</u>	<u>Start Time</u>
1039	Lyndon	Van Wyk	Para H3	08:55
1040	Toni	Mould	Para T1	08:56
1041	Siyambonga	Ketelo	Para T1	08:57

Number of entrants: 123