

Elite Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	171	Jaco Roets	M	43	01/17 6:58:00.0 AM	00:27:06.93	44.3 kph
2	104	Luca Stermin	M	29	01/17 6:31:00.0 AM	00:27:08.29	44.2 kph
3	111	Wilco Strydom	M	36	01/17 6:32:00.0 AM	00:27:30.78	43.6 kph
4	101	Carl Bonthuys	M	30	01/17 6:30:00.0 AM	00:27:46.70	43.2 kph
5	112	John Samuels	M	29	01/17 6:55:10.0 AM	00:34:57.25	34.3 kph

Junior Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	149	Dean Woolley	M	18	01/17 6:49:00.0 AM	00:26:05.68	46 kph
2	125	Faraz Khatieb	M	18	01/17 6:40:00.0 AM	00:27:08.71	44.2 kph
3	144	Frederick Botha	M	17	01/17 6:45:00.0 AM	00:27:50.81	43.1 kph
4	135	Noah September	M	18	01/17 6:42:00.0 AM	00:28:55.31	41.5 kph
5	136	Mihlali Mashiloane	M	17	01/17 6:43:00.0 AM	00:30:05.50	39.9 kph
6	146	Christopher Claassens	M	17	01/17 6:46:00.0 AM	00:30:10.13	39.8 kph
7	147	Joshua Heigers	M	18	01/17 6:47:00.0 AM	00:32:51.15	36.5 kph
8	148	Gideon Pieterse	M	17	01/17 6:48:00.0 AM	00:33:05.84	36.3 kph
9	129	Yahjaa Martin	M	17	01/17 6:41:00.0 AM	00:33:21.85	36 kph
10	141	Yaqub Abrahams	M	17	01/17 6:44:00.0 AM	00:37:13.46	32.2 kph

U23 Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	124	Willem Visagie	M	21	01/17 6:39:00.0 AM	00:26:37.82	45.1 kph
2	117	Carlo Engelbrecht	M	21	01/17 6:35:00.0 AM	00:26:38.23	45 kph
3	115	Reitz Hofmeyr	M	19	01/17 6:34:00.0 AM	00:27:45.25	43.2 kph
4	123	Mikael Smith	M	19	01/17 6:38:00.0 AM	00:28:23.88	42.3 kph
5	119	Clayton Khange	M	19	01/17 6:36:00.0 AM	00:35:32.51	33.8 kph
6	122	Mosaic Melton	M	20	01/17 6:37:00.0 AM	01:26:07.04	13.9 kph

U17 Boys Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	563	Jandre Welgemoed	M	15	01/17 7:29:00.0 AM	00:29:01.73	41.3 kph
2	566	Dewald Welgemoed	M	16	01/17 7:31:00.0 AM	00:29:09.56	41.2 kph
3	567	Mughammad Arnold	M	16	01/17 7:32:00.0 AM	00:30:49.19	38.9 kph
4	565	Tristan Mc Given	M	16	01/17 7:30:00.0 AM	00:31:47.16	37.8 kph
5	570	William Scott Ruthven	M	15	01/17 7:34:00.0 AM	00:32:28.69	36.9 kph
6	578	Gerschen Pretorius	M	16	01/17 7:36:00.0 AM	00:33:02.17	36.3 kph
7	584	Anda Nqumse	M	15	01/17 7:39:00.0 AM	00:33:34.22	35.7 kph
8	583	Hakeem Mallum	M	16	01/17 7:38:00.0 AM	00:33:36.89	35.7 kph
9	574	Tyrone Fabrick	M	16	01/17 7:35:00.0 AM	00:33:48.21	35.5 kph
10	582	Siphosihle Lucas	M	15	01/17 7:37:00.0 AM	00:33:52.25	35.4 kph
11	568	Zack Solomons	M	15	01/17 7:33:00.0 AM	00:34:41.98	34.6 kph

30-35 Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	163	Keenan Carr	M	33	01/17 6:55:00.0 AM	00:30:22.04	39.5 kph
2	162	Irefaan Isaacs	M	30	01/17 6:54:00.0 AM	00:33:18.86	36 kph

35-39 Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	164	Theuns Van Der Bank	M	41	01/17 6:56:00.0 AM	00:26:35.76	45.1 kph
2	156	Zane Zandberg	M	36	01/17 6:51:00.0 AM	00:28:05.81	42.7 kph
3	157	Kyle Correia	M	36	01/17 6:52:00.0 AM	00:28:34.50	42 kph
4	155	Romario Sardinha	M	38	01/17 6:50:00.0 AM	00:32:16.84	37.2 kph
5	158	Ishmail Clarke	M	38	01/17 6:53:00.0 AM	00:35:07.12	34.2 kph

40-44 Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	206	Jean de Villiers	M	44	01/17 7:03:00.0 AM	00:27:00.67	44.4 kph
2	515	Bert Verlinde	M	40	01/17 7:09:00.0 AM	00:28:01.80	42.8 kph
3	505	Graeme Smith	M	40	01/17 7:05:00.0 AM	00:30:26.39	39.4 kph
4	179	Paul Sean Daniels	M	40	01/17 7:00:00.0 AM	00:31:31.67	38.1 kph
5	504	Ruando du Plessis	M	44	01/17 7:04:00.0 AM	00:38:32.83	31.1 kph

45-49 Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	167	Michael Christiaan Dreyer	M	47	01/17 6:57:00.0 AM	00:28:34.17	42 kph
2	510	Erik Steyl	M	45	01/17 7:06:00.0 AM	00:29:17.53	41 kph
3	184	Heinz Bresele	M	48	01/17 7:01:00.0 AM	00:29:53.25	40.2 kph
4	514	John Upham	M	46	01/17 7:08:00.0 AM	00:30:24.84	39.5 kph
5	511	Quinton Stroebel	M	47	01/17 7:07:00.0 AM	00:34:08.61	35.1 kph
6	203	Ryan Booth	M	47	01/17 7:02:00.0 AM	00:35:26.30	33.9 kph
7	175	Craig Sedras	M	49	01/17 6:59:00.0 AM	00:38:09.30	31.5 kph

50-54 Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	516	Jaco Scholtz	M	53	01/17 7:10:00.0 AM	00:30:15.52	39.7 kph
2	519	Gus Pauw	M	50	01/17 7:11:00.0 AM	00:30:46.72	39 kph
3	520	Ken Prentis	M	54	01/17 7:12:00.0 AM	00:32:07.64	37.4 kph
4	528	Quintin February	M	50	01/17 7:16:00.0 AM	00:33:42.32	35.6 kph
5	531	Lorenzo Cupido	M	51	01/17 7:18:00.0 AM	00:34:05.72	35.2 kph

55-59 Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	524	Danie Marais	M	57	01/17 7:14:00.0 AM	00:30:33.24	39.3 kph
2	530	Zahier Davis	M	57	01/17 7:17:00.0 AM	00:36:13.67	33.1 kph
3	527	Abbas Harris	M	55	01/17 7:15:00.0 AM	00:40:41.99	29.5 kph

60-64 Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	535	Kelson Da Cruz	M	60	01/17 7:19:00.0 AM	00:27:19.78	43.9 kph
2	541	Vaughan Ulyate	M	64	01/17 7:21:00.0 AM	00:32:25.05	37 kph
3	539	Danie van Onselen	M	64	01/17 7:20:00.0 AM	00:33:40.73	35.6 kph

65-69 Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	556	Frederic Dauboin	M	65	01/17 7:25:00.0 AM	00:31:57.63	37.5 kph
2	546	Petrus Botha	M	65	01/17 7:23:00.0 AM	00:33:17.63	36 kph
3	549	Pierre-Yves Jeanrenaud	M	68	01/17 7:24:00.0 AM	00:33:19.64	36 kph

70-74 Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	557	Keith Jones	M	70	01/17 7:26:00.0 AM	00:33:39.36	35.7 kph

75+ Men Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	560	Mike Lombard	M	75	01/17 7:28:00.0 AM	00:35:10.70	34.1 kph
2	559	Mike Fairbank	M	75	01/17 7:27:00.0 AM	00:39:17.50	30.5 kph

Junior Women Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	605	Catalina Rose Lamers	F	17	01/17 7:54:00.0 AM	00:32:37.75	36.8 kph
2	620	Nadia Van Wyk	F	18	01/17 7:55:00.0 AM	00:33:31.83	35.8 kph
3	1046	Linke Oosthuizen	F	18	01/17 7:56:00.0 AM	00:39:19.29	30.5 kph

U23 Women Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	599	Anya du Plessis	F	21	01/17 7:53:00.0 AM	00:32:26.64	37 kph
2	598	Jesse Woods	F	21	01/17 7:52:00.0 AM	00:35:55.46	33.4 kph

Elite Women Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	586	Tiffany Keep	F	26	01/17 7:50:00.0 AM	00:27:40.38	43.4 kph
2	590	Liezel Jordaan	F	31	01/17 7:51:00.0 AM	00:29:06.68	41.2 kph

40-44 Women Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1050	Nicola Walker	F	44	01/17 7:57:00.0 AM	00:33:34.54	35.7 kph

45-49 Women Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1053	Bronwyn Timm	F	45	01/17 7:59:00.0 AM	00:33:02.35	36.3 kph
2	1052	Almari De Milander	F	45	01/17 7:58:00.0 AM	00:33:26.30	35.9 kph

50-54 Women Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1057	Liesel Prentis	F	52	01/17 8:01:00.0 AM	00:33:45.09	35.6 kph

U15 Boys Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1010	Steffan Moolman	M	14	01/17 8:27:00.0 AM	00:22:38.85	39.7 kph
2	1002	Spencer Smuts van Zyl	M	14	01/17 8:23:00.0 AM	00:24:14.86	37.1 kph
3	1016	Matthew Marais	M	14	01/17 8:31:00.0 AM	00:24:54.00	36.1 kph
4	1004	Zachariah Williams	M	14	01/17 8:24:00.0 AM	00:26:39.79	33.8 kph
5	1012	Skyler Bruintjies	M	14	01/17 8:28:00.0 AM	00:26:40.71	33.7 kph
6	1106	Connor Roebuck	M	14	01/17 8:21:00.0 AM	00:27:41.32	32.5 kph
7	1009	Declan Pedro	M	13	01/17 8:26:00.0 AM	00:28:19.49	31.8 kph
8	1007	Rj van Lill	M	13	01/17 8:25:00.0 AM	00:28:25.38	31.7 kph
9	1013	Logan Carelse	M	14	01/17 8:29:00.0 AM	00:30:33.79	29.4 kph
10	1001	Aqeel Clarke	M	13	01/17 8:22:00.0 AM	00:33:51.60	26.6 kph
11	1014	RHein Govender	M	13	01/17 8:30:00.0 AM	00:33:59.29	26.5 kph

U17 Girls Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1064	Alandri Steyn	F	15	01/17 8:11:00.0 AM	00:25:12.86	35.7 kph
2	1065	Kendra Kitching	F	16	01/17 8:12:00.0 AM	00:25:41.50	35 kph
3	1090	Zayaan Clarke	F	16	01/17 8:13:00.0 AM	00:28:12.60	31.9 kph
4	1092	Amber Roos	F	16	01/17 8:14:00.0 AM	00:28:51.48	31.2 kph
5	1097	Gabriella Nikolopoulos	F	15	01/17 8:16:00.0 AM	00:29:54.39	30.1 kph
6	1096	Nuhaa Kamaldien	F	15	01/17 8:15:00.0 AM	00:34:07.32	26.4 kph

C3 Para Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1105	Vernon Treu	M	24	01/17 8:20:00.0 AM	00:28:04.28	32.1 kph

C4 Para Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1104	Clinton Madgwick	M	44	01/17 8:19:00.0 AM	00:22:21.75	40.2 kph
2	1103	Deon van der Berg	M	57	01/17 8:18:00.0 AM	00:26:36.43	33.8 kph

C5 Para Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1102	Reyaan Traut	M	40	01/17 8:17:00.0 AM	00:22:39.41	39.7 kph

U11 Boys Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1036	Euan Pauw	M	10	8:53:00.0 AM	00:21:23.12	28.1 kph
2	1033	Johan Dirkse-van Schalkwyk	M	10	8:50:00.0 AM	00:26:11.86	22.9 kph
3	1034	Fayyad Davis	M	10	8:51:00.0 AM	00:26:52.27	22.3 kph

U13 Boys Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1020	Mughamad Yaqeen Arnold	M	12	01/17 8:41:00.0 AM	00:18:33.87	32.3 kph
2	1031	Maxx Ludescher	M	11	01/17 8:48:00.0 AM	00:19:01.64	31.5 kph
3	1027	Philip Wieffering	M	12	01/17 8:45:00.0 AM	00:19:02.04	31.5 kph
4	1025	Kayden Marias	M	12	01/17 8:43:00.0 AM	00:19:15.84	31.1 kph
5	1030	Maleagi Malherbe	M	11	01/17 8:47:00.0 AM	00:19:37.13	30.6 kph
6	1026	Caeden Pauw	M	12	01/17 8:44:00.0 AM	00:19:46.94	30.3 kph
7	1024	Imaad Isaacs	M	11	01/17 8:42:00.0 AM	00:19:58.46	30 kph
8	1028	Lourens Johannes Smith	M	11	01/17 8:46:00.0 AM	00:23:37.21	25.4 kph

U11 Girls Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1035	Rahmah Kelly	F	9	01/17 8:52:00.0 AM	00:35:38.80	16.8 kph

U13 Girls Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1032	Rabia Kelly	F	12	01/17 8:49:00.0 AM	00:21:30.20	27.9 kph

Para T1 Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1040	Toni Mould	F	43	01/17 8:56:00.0 AM	00:32:04.90	18.7 kph
2	1041	Siyambonga Ketelo	M	25	01/17 8:57:00.0 AM	00:33:33.89	17.9 kph

T2 Para Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1037	Goldy Fuchs	M	35	01/17 8:54:00.0 AM	00:19:45.51	30.4 kph

H3 Para Results

Place	Bib	Name	Gender	Age	Start Time	Chip Time	Pace
1	1039	Lyndon Van Wyk	M	46	01/17 8:55:00.0 AM	00:27:50.06	21.6 kph