



GOLDEN GATE CHALLENGE

Pos	No	Name	Gender	Cat	Cat Pos	Day 1	Day 2	Day 3	Total
1	238	Eric NGUBANE	Male	30 to 39	1	02:37:30	02:29:12	01:23:24	06:30:05
2	191	Nomore MANDIVENGEREI	Male	30 to 39	2	02:43:35	02:31:13	01:23:12	06:37:59
3	192	Solicitor MANDUWA	Male	40 to 49	1	02:47:18	02:35:23	01:33:41	06:56:22
4	121	Christiaan GREYLING	Male	30 to 39	3	02:47:18	02:53:12	01:40:46	07:21:15
5	368	Mdu ZONDI	Male	30 to 39	4	02:53:06	02:54:27	01:37:20	07:24:51
6	373	Wandisile NONGODLWANA	Male	20 to 29	1	02:49:34	02:55:21	01:40:11	07:25:06
7	282	Bennie ROUX	Male	30 to 39	5	02:55:43	02:59:52	01:43:43	07:39:16
8	223	Kapoko MOSIEA	Male	40 to 49	2	02:56:13	03:06:32	01:40:32	07:43:15
9	209	Luzuko MDELISWA	Male	30 to 39	6	03:38:34	02:50:54	01:40:22	08:09:49
10	371	Tracy ZUNCKEL	Female	40 to 49	1	03:16:34	03:21:03	01:53:35	08:31:11
11	55	Gary COOPER	Male	40 to 49	3	03:28:30	03:19:27	01:43:44	08:31:39
12	98	Roelof FEENSTRA	Male	30 to 39	7	03:28:40	03:26:27	01:53:37	08:48:44
13	202	Nonsikelelo MBAMBO	Female	30 to 39	1	03:28:07	03:28:10	02:00:49	08:57:06
14	109	Carine GAGIANO	Female	30 to 39	2	03:32:04	03:32:29	01:52:54	08:57:26
15	182	Joseph MABOTE	Male	50 to 59	1	03:29:34	03:28:08	02:04:05	09:01:47
16	87	Clive EDWARDS	Male	40 to 49	4	03:45:21	03:32:19	01:51:38	09:09:17
17	166	David LAITHWAITE	Male	40 to 49	5	03:42:18	03:41:16	01:48:20	09:11:53
18	190	Mulalo MAMMBURU	Male	30 to 39	8	03:33:41	03:39:51	01:58:41	09:12:12
19	285	Kevern SANDALLS	Male	40 to 49	6	03:34:02	03:37:24	02:02:21	09:13:47
20	99	Brendon FERRAR	Male	40 to 49	7	03:31:27	03:48:52	01:59:22	09:19:40
21	13	Simone BARRETT	Female	20 to 29	1	03:45:02	03:41:40	01:54:36	09:21:17
22	160	Ben KOOYMAN	Male	20 to 29	2	03:32:59	03:57:41	01:58:07	09:28:45
23	19	Shannon BLANKFIELD	Male	40 to 49	8	03:45:22	03:43:59	02:02:11	09:31:31
24	183	Jo MACKENZIE	Female	40 to 49	2	03:45:28	03:45:22	02:05:13	09:36:01
25	360	Mark WILLMENT	Male	30 to 39	9	03:43:08	03:53:28	02:03:47	09:40:23
26	216	Ezaiah MIYA	Male	40 to 49	9	03:21:55	03:44:44	02:34:57	09:41:35
27	74	Fran DIESEL	Female	30 to 39	3	03:47:35	03:50:02	02:04:24	09:42:00
28	211	Simon DE JONG	Male	30 to 39	10	03:47:48	03:53:39	02:03:21	09:44:47
29	273	Johann RADEMEYER	Male	30 to 39	11	03:53:46	03:50:25	02:02:21	09:46:31
30	32	Craig BRIGG	Male	40 to 49	10	03:52:30	03:57:41	01:59:22	09:49:33
31	207	Roy MCGLADDERY	Male	40 to 49	11	03:57:05	03:53:04	02:09:22	09:59:30
32	127	Julia HACKLAND	Female	30 to 39	4	03:57:08	03:53:01	02:09:22	09:59:30
33	230	Nev MUTEYIWA	Male	30 to 39	12	03:38:33	04:23:09	01:59:47	10:01:29
34	323	Mike UDAL	Male	40 to 49	12	03:47:05	03:56:10	02:19:01	10:02:16
35	200	Duane MATTHEWS	Male	30 to 39	13	03:50:41	04:08:06	02:03:34	10:02:20
36	7	Stephen ATKINSON	Male	30 to 39	14	03:57:59	03:49:02	02:19:50	10:06:50
37	48	Shannon CLARK	Male	50 to 59	2	04:01:02	04:02:44	02:03:48	10:07:33
38	325	Mark UHLMANN	Male	40 to 49	13	03:57:40	04:02:22	02:11:24	10:11:26
39	17	Owen BENGGO	Male	30 to 39	15	04:18:46	03:59:46	01:57:37	10:16:09
40	315	Greg TEMBLETT	Male	30 to 39	16	04:13:44	03:59:28	02:10:10	10:23:21
41	321	Phineas TSULUBA	Male	40 to 49	14	03:55:34	04:10:40	02:23:25	10:29:38
42	295	Craig SMERDON	Male	40 to 49	15	04:07:40	04:07:27	02:15:53	10:30:59
43	253	Werner PETERS	Male	40 to 49	16	04:04:07	04:17:34	02:13:02	10:34:42
44	337	Jan VAN VREDEN	Male	50 to 59	3	04:04:08	04:17:35	02:13:02	10:34:44
45	215	Michael MIDDLETON	Male	40 to 49	17	04:10:27	04:09:03	02:16:55	10:36:24
46	23	Trevor BOSWELL	Male	30 to 39	17	04:09:18	04:12:07	02:15:25	10:36:49



GOLDEN GATE CHALLENGE

Pos	No	Name	Gender	Cat	Cat Pos	Day 1	Day 2	Day 3	Total
47	363	Sandanathi XABA	Male	40 to 49	18	04:13:42	04:10:01	02:17:56	10:41:38
48	290	Maria SEELE	Female	30 to 39	5	04:19:31	04:06:56	02:19:01	10:45:28
49	65	Michael DE BEER	Male	20 to 29	3	04:24:25	04:10:27	02:11:06	10:45:57
50	226	Kgauta MOTSHOENENG	Male	30 to 39	18	04:05:15	04:20:51	02:21:14	10:47:18
51	317	Corinne THOMPSON	Female	30 to 39	6	04:18:00	04:12:06	02:17:18	10:47:23
52	103	Frederick FOURIE	Male	30 to 39	19	04:12:41	04:16:34	02:19:20	10:48:34
53	108	Apiwe GAGA	Female	30 to 39	7	04:08:56	04:09:05	02:30:41	10:48:42
54	43	Greg CARTER-BROWN	Male	30 to 39	20	04:24:13	04:20:50	02:07:25	10:52:27
55	326	Dirk VAN DEN BERG	Male	30 to 39	21	04:27:01	04:27:34	01:59:53	10:54:28
56	147	Pieter JANSE VAN RENSBURG	Male	60 to 69	1	04:04:59	04:14:08	02:36:46	10:55:53
57	146	Carina Janse Van Rensburg	Female	20 to 29	2	04:04:58	04:14:11	02:36:46	10:55:54
58	155	Andrew KEIGHTLEY-SMITH	Male	20 to 29	4	04:26:15	04:10:42	02:21:33	10:58:30
59	118	Duncan GOOSEN	Male	30 to 39	22	03:45:24	04:02:21	03:15:12	11:02:56
60	83	Andre DU TOIT	Male	40 to 49	19	04:30:45	04:12:52	02:19:37	11:03:14
61	84	Danielle DU TOIT	Female	40 to 49	3	04:30:46	04:12:52	02:19:37	11:03:14
62	92	Mike EMSLIE	Male	40 to 49	20	04:37:34	04:16:48	02:09:24	11:03:45
63	312	Stefan SWART	Male	30 to 39	23	04:32:23	04:21:23	02:12:19	11:06:04
64	343	Nico VAN ZYL	Male	30 to 39	24	04:32:24	04:21:22	02:12:19	11:06:04
65	246	Nicole OXLEE	Female	40 to 49	4	04:19:36	04:21:03	02:32:20	11:12:58
66	339	Kruger VAN WYK	Male	30 to 39	25	04:20:07	04:23:39	02:29:51	11:13:36
67	341	Roelof VAN WYK	Male	40 to 49	21	04:20:06	04:24:27	02:29:51	11:14:23
68	1	Sofi ACKERMAN	Female	30 to 39	8	04:36:12	04:16:20	02:25:31	11:18:01
69	140	Craig Lewis HOUSTON	Male	50 to 59	4	04:10:00	04:43:02	02:25:53	11:18:54
70	126	Josh HACKLAND	Male	40 to 49	22	04:22:40	04:25:44	02:30:50	11:19:13
71	327	Josephine VAN DEN BERG	Female	30 to 39	9	04:27:12	04:27:34	02:26:02	11:20:47
72	3	Marc ALLEN	Male	40 to 49	23	04:39:49	04:23:32	02:19:06	11:22:26
73	50	Katherine CLELLAND	Female	30 to 39	10	04:37:44	04:27:33	02:21:32	11:26:48
74	231	Tyren NAIDOO	Male	20 to 29	5	04:37:30	04:25:04	02:25:58	11:28:31
75	359	John WILLIAMS	Male	30 to 39	26	04:19:33	04:56:01	02:13:52	11:29:26
76	110	Mario GARCIA GONZALEZ	Male	30 to 39	27	04:32:45	04:38:23	02:19:37	11:30:45
77	201	Khetha MAZIBUKO	Male	30 to 39	28	04:34:50	04:36:13	02:22:48	11:33:51
78	240	Vicki O'BRIEN	Female	40 to 49	5	04:41:50	04:26:13	02:27:11	11:35:14
79	288	Gregor SCLANDERS	Male	40 to 49	24	05:05:02	04:14:54	02:16:12	11:36:07
80	328	Willem VAN DER MERWE	Male	40 to 49	25	04:36:53	04:37:40	02:22:31	11:37:03
81	14	Bruce BECKETT	Male	40 to 49	26	04:36:52	04:37:43	02:22:31	11:37:05
82	122	Dale GRIFFITHS	Male	30 to 39	29	04:46:04	04:33:38	02:17:45	11:37:26
83	247	Belinda PADBURY	Female	40 to 49	6	04:07:21	04:22:33	03:09:26	11:39:19
84	116	Douglas GITTINGS	Male	30 to 39	30	04:37:31	04:37:11	02:26:02	11:40:43
85	370	Phila ZULU	Male	30 to 39	31	04:37:38	04:43:47	02:24:23	11:45:47
86	210	Kevin MEIER	Male	40 to 49	27	04:25:57	04:41:00	02:39:46	11:46:42
87	274	Ngoako RAMAKGAPOLA	Male	50 to 59	5	05:05:19	04:23:08	02:19:37	11:48:04
88	225	Dipolelo MOTLHACWI	Female	30 to 39	11	04:41:49	04:24:30	02:43:27	11:49:44
89	329	Nataly VAN DYK	Female	30 to 39	12	04:50:33	04:31:18	02:28:25	11:50:15
90	219	Moksie PELSER	Female	40 to 49	7	04:50:35	04:31:18	02:28:25	11:50:17
91	334	Zanie VAN RENSBURG	Female	40 to 49	8	04:50:36	04:31:18	02:28:25	11:50:18
92	320	Stefan TOERIEN	Male	40 to 49	28	04:44:49	04:40:08	02:25:55	11:50:51



GOLDEN GATE CHALLENGE

Pos	No	Name	Gender	Cat	Cat Pos	Day 1	Day 2	Day 3	Total
93	357	Madie WESSELS	Female	20 to 29	3	04:37:43	04:41:29	02:33:13	11:52:24
94	132	Ian HENDRY	Male	40 to 49	29	03:42:17	06:11:44	01:58:51	11:52:52
95	344	Cobus VENTER	Male	20 to 29	6	04:42:13	04:41:28	02:33:13	11:56:53
96	245	Grahame OSLER	Male	30 to 39	32	04:56:53	04:39:34	02:22:12	11:58:38
97	227	Robert MOXHAM	Male	30 to 39	33	04:56:54	04:39:34	02:22:12	11:58:39
98	278	Sarah RICHARDS	Female	40 to 49	9	04:37:40	04:40:41	02:42:04	12:00:24
99	85	Mervyn DUFFIELD	Male	30 to 39	34	04:50:26	05:03:08	02:12:49	12:06:22
100	220	Paulos MONARENG	Male	40 to 49	30	04:44:46	04:44:23	02:39:20	12:08:28
101	53	Marthinus COETZER	Male	20 to 29	7	04:51:49	04:44:57	02:31:46	12:08:31
102	187	Jean MACKINNON	Female	40 to 49	10	04:50:38	04:40:58	02:41:07	12:12:43
103	234	Barbara NEAL	Female	30 to 39	13	04:45:19	04:53:00	02:35:36	12:13:54
104	12	Brandon BARNES	Male	30 to 39	35	04:45:20	04:53:00	02:35:36	12:13:55
105	170	Ruben LAWRENZ	Male	50 to 59	6	04:55:59	04:49:57	02:31:46	12:17:40
106	8	Lizle AUSTIN	Female	40 to 49	11	04:48:50	04:49:19	02:40:47	12:18:56
107	129	Barend HARMSE	Male	40 to 49	31	04:50:29	04:49:20	02:39:47	12:19:35
108	266	Kerryn POOLER	Female	20 to 29	4	04:50:03	05:00:52	02:29:00	12:19:54
109	345	Micha Stiller	Male	40 to 49	32	04:50:04	04:58:24	02:37:31	12:25:58
110	199	Halvar MATHIESEN	Male	40 to 49	33	05:03:07	04:50:41	02:34:34	12:28:21
111	217	Delaine MOCKE	Female	20 to 29	5	04:49:06	04:58:37	02:41:04	12:28:45
112	112	Werner GELDENHUYS	Male	30 to 39	36	04:45:50	04:56:15	02:47:11	12:29:16
113	184	Meggan MACKENZIE	Female	40 to 49	12	04:51:48	04:58:19	02:39:23	12:29:29
114	252	Paul Baxter PEARCE	Male	40 to 49	34	04:37:00	04:59:28	02:53:18	12:29:45
115	355	Andrew WATT	Male	40 to 49	35	05:06:52	04:50:40	02:34:34	12:32:05
116	249	Tamara PASCALL	Female	30 to 39	14	04:47:01	05:00:15	02:45:33	12:32:48
117	10	Kelly BARKER	Female	40 to 49	13	04:47:02	05:00:15	02:45:33	12:32:48
118	64	Greg DAWSON	Male	30 to 39	37	04:33:19	04:50:23	03:09:41	12:33:22
119	336	Boeta VAN TONDER	Male	40 to 49	36	05:16:13	04:40:21	02:37:37	12:34:10
120	180	Trevor LUYT	Male	40 to 49	37	05:19:01	04:54:57	02:25:47	12:39:43
121	163	Manie KOTZE	Male	40 to 49	38	04:56:38	05:00:41	02:42:34	12:39:52
122	203	Senzo MBATHA	Male	30 to 39	38	04:51:51	05:05:12	02:42:57	12:39:59
123	261	Jean-Pierre PIENAAR	Male	40 to 49	39	04:38:04	04:48:44	03:13:17	12:40:05
124	60	Megan DAVEY	Female	40 to 49	14	05:16:40	04:41:53	02:43:04	12:41:36
125	39	Tarryn BUTLER	Female	30 to 39	15	05:03:21	05:08:21	02:35:19	12:46:59
126	88	Darienne EIGELAAR	Female	40 to 49	15	05:07:56	04:58:26	02:40:40	12:47:01
127	138	Kobus HOEK	Male	30 to 39	39	05:06:14	04:58:20	02:43:43	12:48:16
128	272	Andrew QUINLAN	Male	40 to 49	40	05:01:28	05:04:20	02:42:42	12:48:29
129	244	Tonie O'REILLY	Male	30 to 39	40	05:06:15	04:58:31	02:43:45	12:48:30
130	52	Constant COETZEE	Male	30 to 39	41	04:36:18	05:25:35	02:48:14	12:50:06
131	57	Michelle CORNS	Female	40 to 49	16	05:07:13	05:16:24	02:30:04	12:53:40
132	171	Magdalena LEISEGANG	Female	20 to 29	6	04:57:37	05:11:48	02:47:11	12:56:35
133	332	Leon VAN NIEKERK	Male	40 to 49	41	05:58:13	04:28:49	02:30:12	12:57:13
134	86	Suzanne DUFFIELD	Female	30 to 39	16	04:50:28	05:03:08	03:04:03	12:57:38
135	94	Victoria ERASMUS	Female	30 to 39	17	05:15:12	05:00:41	02:42:35	12:58:27
136	46	Jeremy CHANDLER	Male	30 to 39	42	04:57:40	05:09:09	02:52:10	12:58:58
137	106	Clifford FRENCH	Male	40 to 49	42	05:07:55	05:04:11	02:47:11	12:59:16
138	76	Wayne DINER	Male	40 to 49	43	05:07:54	05:11:39	02:40:29	13:00:01



GOLDEN GATE CHALLENGE

Pos	No	Name	Gender	Cat	Cat Pos	Day 1	Day 2	Day 3	Total
139	175	Craig LILFORD	Male	40 to 49	44	04:47:56	06:08:31	02:08:41	13:05:08
140	333	Gerda VAN RENSBURG	Female	50 to 59	1	05:19:51	05:02:45	02:43:49	13:06:23
141	51	Kevin James CLELLAND	Male	30 to 39	43	04:37:45	06:09:13	02:19:34	13:06:31
142	22	Kelvin BORLAND	Male	50 to 59	7	05:06:46	05:06:53	02:53:18	13:06:56
143	204	Brenda MCCANN	Female	40 to 49	17	05:06:47	05:06:53	02:53:18	13:06:57
144	296	Leon SMITH	Male	40 to 49	45	05:06:49	05:06:53	02:53:18	13:06:59
145	161	Erika KORTE	Female	30 to 39	18	04:52:03	05:07:05	03:09:26	13:08:34
146	111	Linda GATHMANN	Female	20 to 29	7	04:54:45	05:14:54	03:05:04	13:14:43
147	117	Kirsty GOODWIN	Female	40 to 49	18	05:23:14	05:12:00	02:40:51	13:16:04
148	162	Jaco KOTZE	Male	20 to 29	8	04:46:15	05:24:08	03:06:01	13:16:24
149	324	Tomoko UETA	Female	40 to 49	19	05:07:12	05:09:00	03:01:36	13:17:48
150	33	Jacques BROWN	Male	30 to 39	44	05:15:59	05:26:44	02:37:37	13:20:20
151	135	Mark HEYWOOD	Male	50 to 59	8	05:21:40	05:07:59	02:52:38	13:22:16
152	164	Sihle KRAAI	Female	40 to 49	20	05:09:41	05:12:47	03:01:12	13:23:39
153	172	Sven LEISEGANG	Male	30 to 39	45	04:57:38	05:12:41	03:17:16	13:27:35
154	235	Marizanne NEETHLING	Female	20 to 29	8	05:15:18	05:20:22	02:53:21	13:28:59
155	289	Elmien SCOTT	Female	30 to 39	19	05:15:21	05:20:22	02:53:21	13:29:03
156	31	Roy BRENNON	Male	40 to 49	46	05:31:53	05:16:23	02:41:55	13:30:11
157	369	Johannes ZUIDERSMA	Male	30 to 39	46	05:15:58	05:26:44	02:48:11	13:30:52
158	148	Cornelius JANSEN	Male	50 to 59	9	05:49:11	04:52:57	02:49:11	13:31:18
159	6	Leana ASLETT	Female	50 to 59	2	05:00:52	05:21:58	03:08:52	13:31:41
160	45	Sonja CECH	Female	30 to 39	20	05:03:20	05:08:21	03:20:15	13:31:55
161	90	Mientjie ELS	Female	40 to 49	21	05:31:52	05:12:50	02:47:32	13:32:13
162	152	Sonja KAGELER	Female	40 to 49	22	05:16:53	05:23:01	02:52:35	13:32:28
163	149	Chrissie JAY	Female	40 to 49	23	05:16:41	05:23:11	02:56:26	13:36:18
164	4	Bryan ANTOLIK	Male	40 to 49	47	04:50:46	05:48:39	02:58:32	13:37:56
165	281	Robert ROUGIER-LAGANE	Male	40 to 49	48	05:25:10	05:27:44	02:47:14	13:40:07
166	24	Candice BOTHA	Female	30 to 39	21	05:16:55	05:23:43	03:06:00	13:46:38
167	354	Michael WARD	Male	40 to 49	49	05:16:59	05:15:38	03:14:25	13:47:01
168	196	Nontuthuko MASHIMANE	Female	30 to 39	22	05:24:29	05:31:31	02:52:40	13:48:39
169	237	Duduzile NGCOBO	Female	30 to 39	23	05:24:30	05:31:31	02:52:40	13:48:40
170	133	Gary HENWOOD-FOX	Male	50 to 59	10	05:24:38	05:32:08	02:52:09	13:48:54
171	268	Cobus POTGIETER	Male	30 to 39	47	05:25:07	05:27:31	03:01:04	13:53:41
172	104	Heidi FRANKLIN	Female	30 to 39	24	05:25:23	05:26:07	03:04:15	13:55:44
173	105	Richard FRANKLIN	Male	40 to 49	50	05:25:24	05:26:07	03:04:15	13:55:44
174	42	Michael CAPELA	Male	40 to 49	51	05:56:49	05:12:14	02:49:12	13:58:14
175	221	Samantha MOODLEY	Female	20 to 29	9	05:38:57	05:30:31	02:57:33	14:06:59
176	313	Richard TARR	Male	50 to 59	11	05:37:20	05:29:36	03:01:46	14:08:41
177	194	Rory MANNING	Male	60 to 69	2	05:26:23	05:34:34	03:09:26	14:10:22
178	150	Mziwamadoda SKOSANA	Male	40 to 49	52	05:33:48	05:22:02	03:17:05	14:12:53
179	362	Michelle WOHLBERG	Female	20 to 29	10	05:18:52	05:48:42	03:05:45	14:13:18
180	178	Laurence	Male	50 to 59	12	05:38:36	05:32:08	03:05:04	14:15:48
181	130	Jonathan HAWKER	Male	30 to 39	48	05:58:18	05:17:21	03:02:07	14:17:46
182	364	Sibusiso XABA	Male	30 to 39	49	05:15:19	05:37:08	03:29:43	14:22:09
183	173	Jason LEMMER	Male	40 to 49	53	05:57:26	05:28:30	03:01:02	14:26:58
184	11	Charde BARNARD	Female	30 to 39	25	05:05:50	05:42:25	03:40:51	14:29:05



GOLDEN GATE CHALLENGE

Pos	No	Name	Gender	Cat	Cat Pos	Day 1	Day 2	Day 3	Total
185	265	Mike PITHEY	Male	40 to 49	54	05:50:40	06:05:38	02:35:34	14:31:50
186	358	Chris WILCOCK	Male	50 to 59	13	05:44:14	05:36:18	03:11:55	14:32:27
187	181	Anne LYALL	Female	40 to 49	24	05:38:35	05:48:28	03:06:43	14:33:45
188	367	Natalie ZEID	Female	40 to 49	25	05:39:01	05:52:12	03:03:08	14:34:20
189	168	Shaun LAMBSON	Male	30 to 39	50	05:38:56	05:51:38	03:05:14	14:35:47
190	2	Adri ALBERTYN	Female	40 to 49	26	05:58:11	05:25:26	03:12:20	14:35:56
191	264	Katherine PIPER	Female	40 to 49	27	05:41:22	05:47:47	03:07:18	14:36:26
192	263	Dale PIPER	Male	40 to 49	55	05:41:23	05:47:47	03:07:18	14:36:27
193	353	Carmen WARD	Female	40 to 49	28	05:25:08	05:33:05	03:43:51	14:42:03
194	292	Khaya SIBEKO	Male	40 to 49	56	05:58:09	05:53:27	02:53:53	14:45:28
195	366	Kirsten YOUENS	Female	40 to 49	29	05:37:16	05:48:28	03:20:17	14:46:01
196	365	Brent YOUENS	Male	40 to 49	57	05:37:17	05:48:38	03:20:18	14:46:11
197	80	Chris DU PLESSIS	Male	40 to 49	58	05:06:35	06:08:40	03:32:24	14:47:37
198	38	Dave BUSSCHAU	Male	40 to 49	59	05:50:09	05:43:44	03:15:35	14:49:28
199	63	Angie DAWSON	Female	50 to 59	3	05:53:39	05:45:58	03:16:04	14:55:40
200	68	Rachel Hadio DE FREITAS	Female	20 to 29	11	05:53:39	05:45:58	03:16:04	14:55:40
201	158	Mary-Ann KOK	Female	20 to 29	12	05:57:50	05:35:48	03:24:09	14:57:46
202	89	John EIGELAAR	Male	40 to 49	60	05:50:16	05:58:28	03:09:40	14:58:24
203	236	James NEVILLE	Male	50 to 59	14	05:48:59	06:07:30	03:04:45	15:01:13
204	256	Clyde PETZER	Male	50 to 59	15	05:49:00	06:07:30	03:04:45	15:01:15
205	70	Elra DEJAGER	Female	40 to 49	30	05:48:42	05:49:06	03:24:53	15:02:41
206	54	Willem COETZER	Male	50 to 59	16	06:44:48	05:32:50	02:47:14	15:04:50
207	21	Wiljee BLOM	Male	30 to 39	51	05:59:50	05:43:57	03:26:52	15:10:39
208	20	Elma BLOM	Female	30 to 39	26	05:59:53	05:43:56	03:26:52	15:10:40
209	262	Tania PIENAAR	Female	30 to 39	27	05:52:46	05:36:30	03:41:26	15:10:41
210	36	Peter BURTON	Male	60 to 69	3	05:50:53	06:10:33	03:10:17	15:11:43
211	56	Michael CORNEY	Male	50 to 59	17	06:04:12	06:01:44	03:08:33	15:14:27
212	186	Shanon MACKENZIE	Female	40 to 49	31	05:46:38	06:07:06	03:32:29	15:26:11
213	286	Simone SCHMID	Female	30 to 39	28	06:35:50	05:38:47	03:17:08	15:31:45
214	82	Norma DU PLESSIS	Female	30 to 39	29	06:25:11	06:30:03	02:40:07	15:35:19
215	335	Jen VAN ROOYEN	Female	40 to 49	32	05:57:48	06:07:06	03:32:27	15:37:20
216	176	Louise LILFORD	Female	40 to 49	33	06:03:10	06:08:31	03:29:14	15:40:54
217	195	Dale MARITZ	Female	40 to 49	34	06:10:56	06:03:54	03:26:43	15:41:32
218	347	Kalsey VISSER	Female	20 to 29	13	06:10:57	06:03:54	03:26:43	15:41:33
219	212	Deon MEYER	Male	20 to 29	9	06:02:27	06:21:28	03:18:13	15:42:07
220	156	James KELLY	Male	20 to 29	10	06:02:28	06:21:28	03:18:12	15:42:08
221	255	Cheryl PETZER	Female	40 to 49	35	06:14:28	06:07:30	03:21:30	15:43:27
222	114	Michael GIBBON	Male	40 to 49	61	06:08:02	06:08:31	03:29:13	15:45:46
223	113	Hayley GIBBON	Female	40 to 49	36	06:09:04	06:08:31	03:29:14	15:46:48
224	145	Beulah JANSE VAN RENSBURG	Female	20 to 29	14	06:06:36	06:12:15	03:28:53	15:47:44
225	144	Annemarie JANSE VAN	Female	50 to 59	4	06:06:37	06:12:15	03:28:53	15:47:44
226	26	Burger BOTHMA	Male	30 to 39	52	05:57:41	06:03:54	03:51:51	15:53:26
227	30	Machelle BREMER	Female	30 to 39	30	05:57:42	06:03:54	03:51:51	15:53:27
228	35	Mark BUCHEL	Male	40 to 49	62	05:57:44	06:03:54	03:51:51	15:53:28
229	73	Daniel DES TOMBE	Male	20 to 29	11	05:57:47	06:03:54	03:51:51	15:53:31
230	197	Mbali Mohlakoane	Female	30 to 39	31	05:24:33	06:00:15	04:29:34	15:54:21



GOLDEN GATE CHALLENGE

Pos	No	Name	Gender	Cat	Cat Pos	Day 1	Day 2	Day 3	Total
231	77	Dudu DLAMINI	Female	50 to 59	5	05:38:47	05:49:17	04:29:34	15:57:36
232	100	Edmund John FERREIRA	Male	50 to 59	18	06:06:59	06:18:17	03:32:32	15:57:48
233	101	Saretha FERREIRA	Female	50 to 59	6	06:07:00	06:18:17	03:32:33	15:57:49
234	165	Claire KRUIKAMP	Female	30 to 39	32	06:19:47	06:09:28	03:29:51	15:59:05
235	224	Adrian MOSS	Male	30 to 39	53	07:02:49	05:51:38	03:07:18	16:01:44
236	28	Liz BRASH	Female	50 to 59	7	06:19:46	06:13:23	03:29:51	16:02:59
237	276	Emma-Lee RAWLINGS	Female	20 to 29	15	06:19:32	06:20:15	03:28:25	16:08:11
238	143	Christopher JACOBS	Male	30 to 39	54	06:19:33	06:20:15	03:28:25	16:08:13
239	338	Charl VAN WYK	Male	40 to 49	63	06:19:44	06:20:15	03:28:25	16:08:24
240	78	Adri DORNBRACK	Female	30 to 39	33	05:45:24	06:15:34	04:07:45	16:08:43
241	301	Marietjie STEYN	Female	40 to 49	37	05:45:25	06:15:34	04:07:45	16:08:43
242	254	Martha PETTIT	Female	60 to 69	1	06:10:31	06:38:35	03:21:54	16:10:59
243	128	Matthew HALLGREN	Male	20 to 29	12	05:55:39	06:38:22	03:37:52	16:11:52
244	310	Sarah SWAINSON	Female	30 to 39	34	05:58:16	06:38:17	03:38:32	16:15:04
245	251	Neil PATTERSON	Male	50 to 59	19	06:24:55	06:50:36	03:00:06	16:15:36
246	283	Robin ROWE	Male	50 to 59	20	06:35:51	06:24:00	03:17:12	16:17:03
247	340	Leani VAN WYK	Female	30 to 39	35	06:31:01	06:16:16	03:35:07	16:22:23
248	302	Susan STEYN	Female	40 to 49	38	05:58:14	06:29:25	04:04:39	16:32:17
249	280	Mariette ROSSOUW	Female	30 to 39	36	06:31:03	06:26:23	03:35:07	16:32:32
250	91	Tamsen EMMERICH	Female	20 to 29	16	06:18:17	06:20:15	03:59:27	16:37:58
251	44	Kim CAVELL CLARK	Male	40 to 49	64	06:23:26	06:34:32	03:41:18	16:39:15
252	241	Vivienne O'CARROLL	Female	40 to 49	39	06:23:26	06:34:32	03:41:18	16:39:15
253	120	Servapalan GOVENDER	Male	30 to 39	55	06:44:55	06:15:15	03:41:02	16:41:11
254	279	Francis ROGAN	Female	30 to 39	37	06:25:43	06:28:58	03:49:37	16:44:17
255	37	Silvia BURTON	Female	50 to 59	8	06:24:53	06:50:36	03:30:15	16:45:44
256	233	Paul NAYLOR	Male	40 to 49	65	06:16:35	06:36:12	03:55:31	16:48:17
257	232	Gladys NAYLOR	Female	40 to 49	40	06:16:36	06:36:12	03:55:31	16:48:18
258	107	Melinda FRYER	Female	40 to 49	41	06:29:59	06:38:04	03:41:26	16:49:28
259	304	Anamaraie STONE	Female	50 to 59	9	06:30:00	06:38:04	03:41:26	16:49:29
260	352	Jordan WALLACE	Male	30 to 39	56	06:32:24	06:20:06	03:58:01	16:50:31
261	5	Kate ASHTON-RICKARDT	Female	20 to 29	17	06:32:24	06:20:05	04:01:07	16:53:35
262	214	Lieze MEYER	Female	50 to 59	10	06:42:07	06:38:42	03:34:01	16:54:49
263	213	Johan MEYER	Male	50 to 59	21	06:42:08	06:38:42	03:34:01	16:54:50
264	267	Nicola PORTELA	Female	30 to 39	38	06:32:15	06:44:25	03:39:29	16:56:09
265	67	Sian DE BILLOT	Female	30 to 39	39	06:29:53	06:50:36	03:38:43	16:59:11
266	66	Paul DE BILLOT	Male	40 to 49	66	06:31:00	06:51:35	03:38:43	17:01:17
267	193	Jenni MANNING	Female	50 to 59	11	06:24:57	06:12:48	04:24:07	17:01:52
268	311	Mine SWART	Female	40 to 49	42	06:31:29	06:26:23	04:04:39	17:02:30
269	15	Lizel BEKKER	Female	40 to 49	43	06:31:30	06:26:23	04:04:39	17:02:31
270	298	Claudia STENCEL	Female	50 to 59	12	06:24:49	06:50:36	03:49:28	17:04:52
271	250	Glenda PATTERSON	Female	50 to 59	13	06:24:51	06:50:36	03:49:28	17:04:54
272	79	Vauneen DOUTHWAITE	Female	50 to 59	14	06:24:52	06:50:36	03:49:28	17:04:55
273	167	Shanna LAKE	Female	30 to 39	40	06:44:45	06:04:28	04:16:59	17:06:12
274	136	Isao HIRAYAMA	Male	40 to 49	67	06:25:40	07:09:03	03:36:27	17:11:09
275	361	Rudi WITTEVEEN	Male	50 to 59	22	06:23:43	06:48:14	03:59:15	17:11:11
276	185	Neil MACKENZIE	Male	50 to 59	23	06:48:35	06:30:03	03:55:31	17:14:07



GOLDEN GATE CHALLENGE

Pos	No	Name	Gender	Cat	Cat Pos	Day 1	Day 2	Day 3	Total
277	318	Bailey THOMSON	Female	20 to 29	18	06:51:42	06:23:02	04:09:54	17:24:37
278	47	Carlene CLARK	Female	50 to 59	15	06:58:45	06:58:58	03:40:40	17:38:22
279	49	Tony CLARK	Male	60 to 69	4	06:58:46	06:58:58	03:40:39	17:38:23
280	303	Judith STILLER	Female	50 to 59	16	06:58:41	06:48:22	03:51:37	17:38:39
281	372	Tlalane Salemane	Female	50 to 59	17	06:58:43	07:17:20	03:23:28	17:39:31
282	242	Tasha OOSTHUIZEN	Female	30 to 39	41	06:44:44	06:45:55	04:16:59	17:47:37
283	322	Ann TURNER	Female	40 to 49	44	06:54:43	07:01:10	03:55:31	17:51:23
284	206	Shan MCCLELLAND	Female	50 to 59	18	06:54:44	07:01:10	03:55:31	17:51:24
285	205	John MCCLELLAND	Male	50 to 59	24	06:54:45	07:01:10	03:55:31	17:51:25
286	18	Carol BENNEWITH	Female	50 to 59	19	07:16:26	06:48:43	03:52:57	17:58:05
287	153	Lindsay KAPP	Female	40 to 49	45	07:17:23	06:48:42	03:52:57	17:59:02
288	125	Wendy GROOM	Female	30 to 39	42	06:58:35	07:31:54	03:34:50	18:05:18
289	293	Fran SIEBRITS	Female	30 to 39	43	07:16:31	07:37:02	03:23:02	18:16:34
290	319	Gordon THOMSON	Male	50 to 59	25	06:58:33	07:19:27	04:09:54	18:27:53
291	124	Stuart GROOM	Male	40 to 49	68	06:58:38	07:31:54	03:58:56	18:29:27
292	71	Richard DELATE	Male	40 to 49	69	07:16:28	07:37:02	03:53:48	18:47:17
293	349	Roland VORWERK	Male	40 to 49	70	07:16:30	07:37:02	03:53:48	18:47:19
294	9	Jane BAIN	Female	60 to 69	2	07:38:54	07:02:05	04:23:56	19:04:54
295	151	Immaculate JWILI	Female	50 to 59	20	07:27:43	07:26:18	04:28:36	19:22:36
296	275	Lorna RAUTENBACH	Female	70 +	1	07:50:54	07:41:43	04:03:28	19:36:05
297	93	Johanri ENGELBRECHT	Female	50 to 59	21	07:56:54	07:49:19	04:03:25	19:49:37
298	177	Leeandra LONG	Female	30 to 39	44	07:30:59	08:01:00	04:36:52	20:08:50
299	27	Yolande BRAND	Female	30 to 39	45	07:30:59	08:01:00	04:36:54	20:08:53
300	169	Hanno LANGENHOVEN	Male	40 to 49	71	09:18:03	07:07:26	04:15:21	20:40:49
301	198	William MASON	Male	40 to 49	72	09:17:59	09:01:14	04:54:35	23:13:48
302	62	Michelle DAVIS	Female	30 to 39	46	09:18:06	09:19:00	04:54:35	23:31:40
	16	Terence BENEY	Male	40 to 49		09:04:53		04:29:49	
	25	Heleen BOTHA	Female	30 to 39					
	29	Berenice BREDENKAMP	Female	30 to 39		05:55:15	06:35:40		
	34	Caleb BUCHEL	Male	20 to 29					
	40	Cathy CALLOW	Female	30 to 39					
	41	James CALLOW	Male	40 to 49					
	58	Adrienne CROESER	Female	20 to 29				03:46:37	
	59	John CUFF	Male	60 to 69					
	61	Jack DAVIS	Male	40 to 49			09:19:01	04:54:35	
	72	Andrew DELMONT	Male	30 to 39		07:02:50		03:07:18	
	75	Ernst DILL	Male	30 to 39		06:04:38		03:26:26	
	81	Izak DU PLESSIS	Male	60 to 69		08:24:16			
	95	Edward ERB	Male	40 to 49					
	96	Priscilla ESTERHUYZE	Female	50 to 59					
	97	Elizabeth FEASTER	Male	40 to 49					
	102	Paul FORBES	Male	40 to 49		03:45:20	03:43:57		
	115	Adriaan GIESSING	Male	40 to 49					
	119	Kate GOUNARIS	Female	30 to 39					
	123	Gerrie GROENEWALD	Male	50 to 59		07:43:38	09:18:50		
	131	Craig HEAN	Male	30 to 39		05:20:38		02:46:49	



GOLDEN GATE CHALLENGE

Pos	No	Name	Gender	Cat	Cat Pos	Day 1	Day 2	Day 3	Total
134		Lafras HERON	Male	40 to 49					
137		Lora HIRST	Female	20 to 29		04:36:13	04:55:58		
139		Quintin HONEY	Male	30 to 39		03:10:10			
141		Lanese HUMAN	Female	30 to 39		05:35:49	05:20:22		
142		Gary INGRAM	Male	40 to 49					
154		Ian KATSIVALIS	Male	50 to 59			06:28:58	04:26:28	
157		Nic KINSLEY	Male	40 to 49		03:46:09	03:43:58		
159		Peter KOK	Male	30 to 39		05:57:52		03:15:07	
174		Ian LIEBENBERG	Male	50 to 59					
179		Petro LOUW	Female	30 to 39		06:44:49		04:20:38	
188		Lauren Booth	Female	30 to 39		07:11:55		04:20:56	
189		Stacey MALLABONE	Female	20 to 29			05:14:43	03:00:26	
208		Pippa MCGREGOR	Female	30 to 39					
218		Vincent MOFOKENG	Male	30 to 39		04:51:10			
222		Wendy MORGAN	Female	40 to 49					
228		Bongmusa MTHEMBU	Male	30 to 39					
229		Denton MUIL	Male	40 to 49					
239		Qondisa NGWENYA	Male	40 to 49					
243		Poy OPPERMAN	Female	40 to 49					
248		Debbie PALFRAMAN	Female	40 to 49					
257		Lesiba PEU	Male	30 to 39		03:15:51			
258		Conrad PHEIFFER	Male	50 to 59					
259		Jessica PICKARD	Female	30 to 39		04:12:00			
260		Eddie PIENAAR	Male	30 to 39			05:47:33	03:41:26	
269		Lienkie PRINSLOO	Female	20 to 29					
270		Marinus PRINSLOO	Male	20 to 29					
271		Donald PULLEN	Male	50 to 59		06:31:34			
277		Patrick REEVES	Male	40 to 49					
284		Gavin SACKS	Male	40 to 49					
287		Maryn SCHOEMAN	Female	40 to 49		09:04:54			
291		Dave SHARPE	Male	40 to 49					
297		Craig SPRINGATE	Male	50 to 59					
299		Mike STEVENSON	Male	50 to 59					
300		Vanessa STEVENSON	Female	40 to 49					
305		Roeale STRIJDOM	Male	30 to 39					
306		Nick STUBBS	Male	20 to 29		04:12:00			
307		Leo STUCKY	Male	20 to 29					
308		Reiner STUCKY	Male	50 to 59					
309		Paul SWAINSON	Male	40 to 49			06:38:17	03:38:32	
314		John TE RIELE	Male	50 to 59					
316		Nicole TEMBLETT	Female	20 to 29					
330		Johan VAN HEERDEN	Male	30 to 39					
331		Cordi VAN NIEKERK	Male	40 to 49		05:20:03	05:28:50		
342		Talitha VAN WYK	Female	50 to 59					
346		Lorenzo VISENTIN	Male	20 to 29			05:14:43	03:00:26	
348		Marlize VISSER	Female	30 to 39		08:24:15			



GOLDEN GATE CHALLENGE

Pos	No	Name	Gender	Cat	Cat Pos	Day 1	Day 2	Day 3	Total
350		Johan VREY	Male	40 to 49					
351		Katherine WALKER	Female	30 to 39			05:31:31		
356		Claudia WEHNERT	Female	30 to 39					
374		Eva HYRA	Female	50 to 59		06:20:35	03:23:43		
375		Haidee DE VILLIERS	Female	40 to 49			06:08:40	03:32:27	