

Stage Race Results

Race No	Full Name	Sex	Age Category	Stage1	Stage2	Stage3	Total Time	Overall Pos	Age Pos
2	WAYNE SCOTT	M	40 to 49	03:07:35	03:11:19	01:47:11	08:06:06	1	1
60	GERHARD FOUCHE	M	30 to 39	03:12:14	03:09:51	01:46:24	08:08:29	2	1
187	BEN DE KLERK	M	30 to 39	03:26:08	03:13:58	01:55:44	08:35:51	3	2
104	ADRIAN LAZAR ADLER	M	30 to 39	03:27:17	03:19:57	01:50:14	08:37:29	4	3
185	NHLANHLA YENDE	M	30 to 39	03:29:16	03:30:12	01:54:18	08:53:47	5	4
1	WANDISILE NONGODLWANA	M	30 to 39	04:03:12	03:08:56	01:49:49	09:01:58	6	5
184	GRANT HARPER	M	30 to 39	03:35:48	03:32:18	01:58:24	09:06:32	7	6
33	GREG CARTER-BROWN	M	30 to 39	03:37:43	03:32:19	02:00:12	09:10:15	8	7
107	KIRSTEN LEEMANS	M	40 to 49	03:46:49	03:35:49	02:01:17	09:23:57	9	2
4	ERICA WALKER	F	40 to 49	03:42:46	03:37:26	02:04:54	09:25:08	1	1
141	KEVERN SANDALLS	M	40 to 49	03:40:30	03:38:05	02:07:12	09:25:48	10	3
12	NEVILLE BEETON	M	50 to 59	03:46:32	03:50:10	02:04:48	09:41:31	11	1
56	FILIPPO FARALLA	M	40 to 49	03:58:59	03:48:04	01:54:48	09:41:51	12	4
110	JO MACKENZIE	F	30 to 39	03:59:44	03:40:03	02:04:54	09:44:42	2	1
140	DALE ADRIAN RYNHOUD	M	40 to 49	04:03:17	03:49:11	02:04:33	09:57:01	13	5
147	BRUCE SHEPHERD	M	40 to 49	04:04:56	03:51:34	02:13:31	10:10:02	14	6
66	SANDY FYVIE	F	40 to 49	03:59:51	03:58:13	02:19:12	10:17:17	3	2
47	RENTIA DENISSEN	F	40 to 49	04:08:57	03:59:25	02:16:32	10:24:55	4	3
17	ANTON BIEHLER	M	40 to 49	04:03:15	04:02:36	02:22:06	10:27:57	15	7
70	ADRIAN GEEKIE	M	40 to 49	04:10:58	03:58:48	02:18:31	10:28:18	16	8
175	JAN VAN VREDEN	M	50 to 59	04:14:50	04:01:33	02:15:47	10:32:10	17	2
161	PENELOPE TAYLOR	F	30 to 39	03:59:00	04:14:16	02:23:05	10:36:22	5	2
113	KATE MARCH	F	20 to 29	04:19:55	04:02:54	02:16:15	10:39:05	6	1
119	PIP MORTLOCK	M	20 to 29	04:19:55	04:02:55	02:16:15	10:39:06	18	1
148	IAN SHOOTER	M	40 to 49	04:13:28	04:10:38	02:21:41	10:45:48	19	9
165	CHRIS TZANOS	M	30 to 39	04:44:17	03:54:33	02:13:16	10:52:08	20	8
5	JULIA HACKLAND	F	30 to 39	04:15:07	04:19:52	02:18:13	10:53:13	7	3
112	SUE MALHERBE	F	40 to 49	04:24:28	04:10:38	02:18:13	10:53:20	8	4
73	DON SHAW	M	50 to 59	04:27:52	04:07:45	02:23:34	10:59:12	21	3
135	MELVYN QUAN	M	30 to 39	04:21:31	04:19:06	02:19:10	10:59:49	22	9

34	CHEE KONG CHEN	M	20 to 29	04:41:59	04:17:01	02:10:47	11:09:48	23	2
170	BELINDA VAN DER RIET	F	40 to 49	04:26:31	04:09:55	02:34:19	11:10:47	9	5
83	SARAH HOOPER	F	30 to 39	04:28:29	04:16:45	02:31:40	11:16:55	10	4
32	NEIL CARLYLE	M	50 to 59	04:36:05	04:19:16	02:30:09	11:25:31	24	4
183	TAMRYN WORSNIP	F	30 to 39	04:37:17	04:19:16	02:30:10	11:26:44	11	5
115	KEVIN MCEVOY	M	40 to 49	04:39:21	04:17:39	02:31:47	11:28:48	25	10
44	MARC DE FONDAUMIERE	M	40 to 49	04:39:32	04:17:37	02:31:47	11:28:58	26	11
124	DAVID NEL	M	30 to 39	04:43:17	04:25:05	02:22:01	11:30:24	27	10
128	JANUS OBERHOLZER	M	40 to 49	04:40:21	04:22:58	02:27:09	11:30:29	28	12
86	CARIN JELLIMAN	F	20 to 29	04:44:25	04:26:23	02:26:47	11:37:36	12	2
174	WILLEM VAN SCHALKWYK	M	30 to 39	04:45:26	04:20:10	02:39:09	11:44:46	29	11
31	ROSIE CAREY	F	30 to 39	05:10:16	04:12:45	02:23:46	11:46:47	13	6
158	LEO STUCKY	M	20 to 29	04:44:21	04:40:37	02:24:03	11:49:02	30	3
27	JACQUES BURGER	M	40 to 49	04:52:55	04:28:36	02:28:50	11:50:22	31	13
63	MARC FOURIE	M	50 to 59	04:42:00	04:46:16	02:27:30	11:55:47	32	5
19	WILJEE BLOM	M	20 to 29	04:53:55	04:40:14	02:32:59	12:07:09	33	4
9	EVA ALEXANDROV	F	40 to 49	04:57:21	04:34:40	02:36:21	12:08:24	14	6
81	ALEXANDER HESKETH	M	30 to 39	04:41:56	04:48:43	02:38:51	12:09:31	34	12
177	JASON VARDY	M	30 to 39	04:41:57	04:48:43	02:38:51	12:09:33	35	13
126	DIANA NORTH	F	30 to 39	04:58:15	04:43:45	02:40:11	12:22:12	15	7
127	RICHARD NORTH	M	30 to 39	04:58:16	04:43:46	02:40:12	12:22:15	36	14
37	BILL COOP	M	50 to 59	04:54:53	04:44:25	02:45:04	12:24:23	37	6
80	CRAIG HEAN	M	30 to 39	05:00:28	04:47:52	02:41:36	12:29:57	38	15
54	KOBUS DU PLOOY	M	30 to 39	04:53:31	04:45:17	02:55:33	12:34:22	39	16
154	FRANCOIS STOCK	M	30 to 39	04:53:31	04:45:18	02:55:34	12:34:24	40	17
155	PETER STOCK	M	30 to 39	04:53:30	04:45:21	02:55:34	12:34:25	41	18
138	SARAH RICHARDS	F	40 to 49	05:00:26	04:45:37	02:50:27	12:36:31	16	7
153	CLIVE STEWART	M	40 to 49	05:19:36	04:47:45	02:29:25	12:36:47	42	14
88	GORDON JOHNSTONE	M	40 to 49	05:15:06	04:45:31	02:42:06	12:42:44	43	15
125	DIANE NIGHTINGALE	F	30 to 39	05:15:06	04:45:32	02:42:06	12:42:45	17	8
116	LEANDRA MENDES	F	20 to 29	05:10:19	04:48:48	02:48:03	12:47:11	18	3
117	PACO MENDES	M	20 to 29	05:10:19	04:48:48	02:48:03	12:47:11	44	5
163	GORDON TRULUCK	M	50 to 59	05:15:10	04:53:50	02:42:06	12:51:06	45	7
35	ALICE COETSER	F	40 to 49	05:15:10	04:52:14	02:44:58	12:52:23	19	8

36	STEPHEN COETSER	M	40 to 49	05:15:11	04:52:15	02:44:58	12:52:25	46	16
20	BUZZ BOLTON	M	60 to 69	05:24:38	04:55:34	02:35:37	12:55:51	47	1
149	MICHELLE SINGLETON	F	40 to 49	05:37:05	04:46:17	02:38:06	13:01:29	20	9
94	BRIAN KEELING	M	50 to 59	05:24:37	04:55:35	02:42:53	13:03:05	48	8
103	SHAUN LAMBSON	M	30 to 39	05:06:28	05:06:36	02:59:38	13:12:43	49	19
129	RAY OLIVIER	M	50 to 59	05:24:45	05:03:25	02:44:58	13:13:09	50	9
91	LEONIE JURGENS	F	50 to 59	05:42:58	04:46:15	02:48:33	13:17:47	21	1
111	SHARON MALHERBE	F	40 to 49	05:10:14	05:13:24	02:57:44	13:21:23	22	10
82	SAMANTHA HILL	F	40 to 49	05:10:19	05:13:24	02:57:44	13:21:28	23	11
109	CLAIRE LIEBMANN	F	30 to 39	05:22:09	05:05:41	02:54:08	13:21:59	24	9
76	KARIN HANNWEG	F	40 to 49	05:20:35	05:07:52	03:00:36	13:29:04	25	12
179	ANDRE VIANELLO	M	60 to 69	05:36:13	05:06:23	02:51:11	13:33:48	51	2
118	MARK MICHLER	M	30 to 39	05:24:45	05:15:37	02:54:53	13:35:16	52	20
123	MORGAN NAICKER	M	40 to 49	05:45:04	05:08:24	02:44:21	13:37:50	53	17
67	AMY GACE	F	30 to 39	05:35:00	05:09:27	02:56:02	13:40:29	26	10
68	BRADLEY GACE	M	40 to 49	05:35:01	05:09:27	02:56:02	13:40:31	54	18
105	JANNEKE LEASK	F	20 to 29	05:08:59	05:20:42	03:32:39	14:02:21	27	4
157	ELIZE STRYDOM	F	30 to 39	05:45:35	05:08:23	03:11:03	14:05:02	28	11
8	STEVEN ADENDORFF	M	30 to 39	05:41:09	05:30:01	03:03:33	14:14:44	55	21
178	CHARL VERWEY	M	30 to 39	05:47:34	05:39:40	02:52:46	14:20:02	56	22
64	RODNEY FOWLER	M	50 to 59	06:11:07	05:24:27	02:45:47	14:21:22	57	10
87	SANDRA JOHANNESSEN	F	30 to 39	06:11:09	05:24:28	02:45:47	14:21:25	29	12
48	WAYNE DENISSEN	M	40 to 49	05:34:55	05:41:32	03:06:16	14:22:44	58	19
142	LEWIS SANDHAM	M	30 to 39	05:43:37	05:36:50	03:10:22	14:30:50	59	23
106	CAROLINE LEE	F	40 to 49	06:12:31	05:22:16	02:57:16	14:32:03	30	13
95	IAIN KERR	M	50 to 59	05:54:13	05:26:16	03:12:21	14:32:50	60	11
79	ANGIE DAWSON	F	50 to 59	05:46:20	05:44:31	03:05:24	14:36:16	31	2
120	JAPHET MUDAU	M	30 to 39	05:41:43	05:51:36	03:05:11	14:38:31	61	24
169	CHARMAINE VAN DER MERWE	F	40 to 49	05:35:04	05:38:36	03:25:14	14:38:55	32	14
52	CHRIS DU PLESSIS	M	30 to 39	05:35:04	05:38:36	03:25:14	14:38:56	62	25
92	ANNE KARLE	F	30 to 39	05:57:09	05:27:30	03:17:49	14:42:30	33	13
77	BARBARA HARE	F	40 to 49	05:49:34	05:47:45	03:11:03	14:48:23	34	15
46	ANDREW DELMONT	M	30 to 39	05:18:26	06:44:16	02:45:57	14:48:40	63	26
49	MICHAEL DENTON	M	40 to 49	05:47:09	06:08:35	03:00:20	14:56:05	64	20

61	JAYNE FOULIS	F	40 to 49	05:49:34	05:47:45	03:19:20	14:56:40	35	16
84	LISA HOWE-DREYER	F	40 to 49	05:49:33	05:47:46	03:19:20	14:56:40	36	17
23	CHANEL BRANDLING	F	20 to 29	06:12:32	05:27:30	03:17:50	14:57:53	37	5
11	JACOBA JOHANNA BADENHORST	F	50 to 59	06:10:20	05:33:41	03:14:00	14:58:03	38	3
26	LES BRYSON	M	40 to 49	05:57:19	05:42:45	03:21:09	15:01:14	65	21
65	CARSTEN FRISCHMUTH	M	40 to 49	06:17:20	05:44:28	03:02:03	15:03:52	66	22
167	TIM VAN COLLER	M	60 to 69	05:53:41	05:32:21	03:54:46	15:20:49	67	3
168	ANNETTE VAN COLLER	F	50 to 59	05:53:43	05:32:20	03:55:01	15:21:06	39	4
180	CHRIS WILCOCK	M	50 to 59	06:08:31	05:52:44	03:30:11	15:31:27	68	12
57	ANDRE FERREIRA	M	30 to 39	06:12:31	05:52:06	03:28:11	15:32:50	69	27
176	CAREL VAN WESTING	M	30 to 39	06:12:31	05:52:08	03:28:12	15:32:53	70	28
53	JOHANN DU PLESSIS	M	40 to 49	06:11:56	05:56:06	03:27:40	15:35:43	71	23
132	MARK PENTER	M	40 to 49	06:21:22	05:49:20	03:27:41	15:38:24	72	24
62	PETE FOULIS	M	50 to 59	06:27:34	06:21:53	03:24:07	16:13:36	73	13
39	MICHELLE COSKEY	F	40 to 49	06:21:17	06:15:23	03:45:18	16:22:00	40	18
96	SAM KIDGELL	F	20 to 29	06:21:18	06:15:23	03:46:57	16:23:39	41	6
51	CLIVE DIGNON	M	60 to 69	06:28:25	06:32:30	03:32:50	16:33:46	74	4
55	LELANI DU PREEZ	F	40 to 49	06:51:56	06:27:39	03:27:43	16:47:18	42	19
28	KATHERINE BUTCHER	F	40 to 49	06:09:39	06:32:16	04:19:47	17:01:44	43	20
121	CELESTE MULLER	F	30 to 39	06:51:58	06:27:38	03:43:48	17:03:25	44	14
122	MICHAL MULLER	M	40 to 49	06:51:59	06:27:39	03:43:49	17:03:28	75	25
90	PIERRE JORDAAN	M	60 to 69	07:07:17	06:31:11	03:27:41	17:06:10	76	5
72	ALLISTER GIBBONS	M	60 to 69	07:12:40	06:02:35	04:02:50	17:18:06	77	6
137	KIM RAYMOND	F	30 to 39	06:36:12	06:27:17	04:19:47	17:23:18	45	15
172	MARIETTE VAN DEVENTER	F	40 to 49	07:03:32	06:44:17	03:45:38	17:33:28	46	21
171	JACO VAN DEVENTER	M	40 to 49	07:03:34	06:44:17	03:45:37	17:33:28	78	26
99	ALTA KLOPPERS	F	40 to 49	06:55:07	06:44:17	03:55:06	17:34:31	47	22
159	REINER STUCKY	M	50 to 59	07:48:24	06:32:30	03:21:00	17:41:55	79	14
114	PEET MARE	M	50 to 59	07:03:18	06:34:46	04:09:14	17:47:19	80	15
143	MARK SCHAFFNER	M	50 to 59	07:03:22	06:38:56	04:09:14	17:51:33	81	16
43	GUIDA DE ABREU	F	30 to 39	07:20:04	07:05:20	03:51:42	18:17:07	48	16
160	ANEESA SULIMAN	F	30 to 39	07:20:06	07:05:20	03:51:43	18:17:10	49	17
14	BIANCA BERNDT	F	20 to 29	07:20:07	07:05:19	03:51:42	18:17:10	50	7
45	KAREN DE JAGER	F	40 to 49	07:48:23	06:38:55	04:09:15	18:36:34	51	23

58	EDMUND JOHN FERREIRA	M	50 to 59	06:10:21		02:29:18		82	17
133	NATHAN PITT	M	20 to 29	05:05:45		03:32:12		82	6
134	THOMAS PETRUS POTGIETER	M	50 to 59	05:45:21				82	17
173	MELANIE VAN ROOYEN	F	30 to 39		03:32:09	02:03:25		52	18
98	ADRIAN MOSS	M	30 to 39		06:34:16			82	29
89	KOBIE JOOSTE	F	50 to 59	07:48:24				52	5
93	PIERRE KEARNS	M	30 to 39	06:19:54		03:32:12		82	29
102	TRACY KRUGER	F	30 to 39	05:52:51				52	18
164	MARY TSIKINYANE	F	30 to 39		06:50:03	04:21:21		52	18
100	HERMAN KLOPPERS	M	40 to 49	07:35:53		03:56:37		82	27
7	ETHEL ZULU-MOKWELE	F	30 to 39		06:50:04	04:21:21		52	18
144	DEREK SCHULZE	M	30 to 39		04:37:52			82	29
145	MELISA SCHULZE	F	30 to 39	06:53:38		03:10:06		52	18
15	LE ROUX REYNEKE	M	30 to 39	06:52:29		03:43:47		82	29
16	LIESL REYNEKE	F	30 to 39	06:52:31		03:43:48		52	18
71	JOHN GEORGIU	M	40 to 49	05:20:36		02:30:01		82	27
139	SANDIE ROGERSON	F	40 to 49	06:53:44		03:19:37		52	24
146	LYNDSAY SHAW	F	30 to 39	04:54:18	04:46:19			52	18
24	CHRISTO BRITS	M	30 to 39	06:43:59	06:37:36			82	29