



### Trail Run - 5Km - Provisional Results

Postion		Bib No.	Time	Name	Surname	Dist	Age	Category	Gender
Overall	Gender								
1	1	77	0:25:00	Miguet	Rossouw	5km	32	Open 18-40	Male
2	1	43	0:25:05	Natascha	Hammerton	5Km	13	Youth	Female
3	2	305	0:31:40	johan	Niemand	5km	45	Senior 40+	Male
4	3	312	0:31:44	Eric	Dlamini	5km	63	Senior 50+	Male
5	2	98	0:32:00	Lindy	Norman	5Km	56	Senior 50+	Female
6	4	96	0:32:18	Andre	Van Den Berg	5km	34	Open 18-40	Male
7	5	71	0:32:53	Burger	Kruger	5Km	33	Open 18-40	Male
8	3	47	0:33:44	Androesscha	Liebenberg	5Km	31	Open 18-40	Female
9	4	45	0:33:47	Tanya	Kruger	5Km	31	Open 18-40	Female
10	6	304	0:33:52	Werner	Brits	5km	43	Senior 40+	Male
11	5	97	0:34:24	Renate	Landman	5Km	45	Senior 40+	Female
12	6	61	0:35:05	Lorraine	Sauer	5Km	31	Open 18-40	Female
13	7	52	0:35:29	Thebe	Motaung	5Km	8	Youth	Male
14	8	50	0:35:46	Mmusi	Motaung	5Km	8	Youth	Male
15	9	74	0:35:50	Garth	Mitchell	5Km	59	Senior 50+	Male
16	7	62	0:36:00	Karen	Stoltz	5Km	51	Senior 50+	Female
17	8	72	0:36:04	Carol-Lee	Burns	5Km	51	Senior 50+	Female
18	9	92	0:36:06	Janette	Le Grange	5km	29	Open 18-40	Female
19	17	303	0:37:10	Nadine	Keevy	5km	27	Open 18-40	Female
20	10	302	0:37:12	Elaine	Slabberts	5km	50	Senior 50+	Female
21	11	306	0:37:16	Nadia	VanDerWath	5Km	34	Open 18-40	Female
22	10	90	0:38:01	Jacque	Van As	5Km	23	Open 18-40	Male
23	11	81	0:38:03	Heike	Momberg	5Km	11	Youth	Male
24	12	73	0:38:05	Karen	Momberg	5Km	37	Open 18-40	Female
25	12	58	0:39:07	Johannes	Roodt	5Km	45	Senior 40+	Male
26	13	67	0:39:09	meisie	van dyk	5Km	50	Senior 50+	Female
27	14	308	0:40:37	Eric	Msipi	5km	40	Senior 40+	Female
28	13	309	0:40:40	Neurse	Msipi	5Km	44	Senior 40+	Male
29	15	86	0:41:32	Ashleigh	Annandale	5km	10	Youth	Female
30	16	87	0:41:34	Megan	Pullen	5km	13	Youth	Female