

Fit to Go Trail - Race Results

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<u>Pos</u>	<u>Name</u>	<u>Gender</u>	<u>Age</u>	<u>Cat</u>	<u>Race#</u>	<u>Time</u>
5km Trail Male Junior						
1	VAN WYK, SEAN	Male	13	Junior	109	00:27:50
4	ALLEN, SHALIN	Male	16	Junior	15	00:31:19
6	KGOCH, L	Male	15	Junior	73	00:31:25
12	JOHNSTONE, LUKE	Male	8	Junior	96	00:32:36
15	SMITH, ERIC	Male	16	Junior	138	00:32:46
20	NDLOUV, HOPEWELL	Male	10	Junior	19	00:34:04
22	BEZUIDENHOUT, HENK	Male	11	Junior	2	00:34:23
23	TEIXEIRA, DYLAN	Male	15	Junior	79	00:35:08
26	SHUBE, BETHU	Male	12	Junior	174	00:35:53
29	GUILAZC, EDMILSON	Male	16	Junior	12	00:37:52
35	HOLLAND, JAKE	Male	11	Junior	92	00:42:29
36	GARDINER, MATTHEW	Male	12	Junior	36	00:42:57
5km Trail Male Senior						
2	POTGIETER, JUAN	Male	26	Senior	116	00:28:45
5	MOLLER, DEVIN	Male	28	Senior	89	00:31:23
10	LUBBE, DRIES	Male	33	Senior	154	00:32:01
11	WATT, JAMIE	Male	38	Senior	185	00:32:09
14	OLIVENCA, ANDRE	Male	37	Senior	4	00:32:43
16	FARIA, OSCAR	Male	36	Senior	53	00:32:51
18	BEZUIDENHOUT, HENK	Male	40	Senior	164	00:33:42
19	STEVENS, JOHATHAN	Male	35	Senior	187	00:33:49
31	BEESLAAR, SIAS	Male	32	Senior	152	00:39:43
34	BISARO, GREG	Male	47	Senior	70	00:41:46
40	TAUTE, FRITZ	Male	35	Senior	195	00:46:14
42	DU PREEZ, PIERRE	Male	53	Senior	147	00:47:00
50	POTE, ANTHONY	Male	63	Senior	117	00:48:02
51	VAN DER WALT, ARMAND	Male	29	Senior	38	00:48:11
65	GUY, RAY	Male	49	Senior	103	00:55:56
70	DONALDSON, IAN	Male	73	Senior	45	01:03:21
75	SNYMAN, LOUIS	Male	64	Senior	124	01:11:27
	RABIE, PAUL	Male	35	Senior	189	DNF
5km Trail Female Junior						
24	DE ALMEIDA, JIREH	Female	15	Junior	166	00:35:20
25	GOUWS, BRUNA	Female	15	Junior	71	00:35:34
48	CHIRWA, CARISSA	Female	16	Junior	95	00:47:50
52	GARDINER, CAITLYN	Female	7	Junior	60	00:51:39
53	WATE, ODETE	Female	16	Junior	179	00:51:59
58	VAN STADEN, MIA	Female	11	Junior	84	00:54:49
59	BEZUIDENHOUT, CHARLOTTE	Female	12	Junior	11	00:54:54
60	VAN STADEN, ZANE	Female	8	Junior	83	00:54:56
61	BEZUIDENHOUT, LANA	Female	12	Junior	97	00:54:57
66	JENKINS, CAITHLIN	Female	8	Junior	137	00:57:11
72	BEZUIDENHOUT, ELLIE	Female	7	Junior	64	01:05:17
	JOHNSTONE, HOLLEIGH	Female	10	Junior	1	DNF
	LA COCK, GRACE	Female	10	Junior	98	DNF
	OLIVENCA, MARIA	Female	10	Junior	170	DNF
	BEZUIDENHOUT, MELISSA	Female	14	Junior	1151	DNF
5km Trail Female Senior						
3	TRAINER, TASH	Female	34	Senior	141	00:29:23
7	KAMMEYER, JUANITA	Female	33	Senior	171	00:31:26
8	RATNARAJAH, SARAH	Female	47	Senior	56	00:31:50
9	VAN COLLER, LUCY	Female	34	Senior	153	00:31:55
13	BRIEL, RENSKA	Female	34	Senior	121	00:32:40
17	VAN COLLER, MICHELLE	Female	32	Senior	134	00:33:15
21	CLACK, AME-LEE	Female	24	Senior	160	00:34:06
27	KOTZE, CAROLINE	Female	49	Senior	88	00:35:54

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<u>Pos</u>	<u>Name</u>	<u>Gender</u>	<u>Age</u>	<u>Cat</u>	<u>Race#</u>	<u>Time</u>
5km Trail Female Senior						
28	HEINE, LIZANE	Female	31	Senior	14	00:36:03
30	CELISIER, JOHANNA	Female	44	Senior	29	00:39:20
32	DE VILLIERS, ESTELLE	Female	51	Senior	33	00:39:54
33	MC EWAN, KAREN	Female	38	Senior	155	00:40:13
37	MALAN, ILLANDRA	Female	30	Senior	196	00:45:45
38	LISTON, KIM	Female	52	Senior	20	00:46:06
39	VAN DER WALT, LORETTE	Female	28	Senior	40	00:46:08
41	JOUBERT, CHANTELE	Female	26	Senior	49	00:46:59
43	DU PREEZ, RITA	Female	50	Senior	42	00:47:01
44	HEINE, SUZANNE	Female	29	Senior	183	00:47:09
45	GOUWES, JEANETTE	Female	45	Senior	178	00:47:19
46	BRIDGER, SUEGNE	Female	45	Senior	140	00:47:47
47	LAUWRENS, LETITIA	Female	46	Senior	175	00:47:48
49	POTE, JENNY	Female	63	Senior	181	00:48:00
54	WESEMANN, DEANNE	Female	31	Senior	61	00:53:02
55	BRILEY, SARA	Female	31	Senior	126	00:53:04
56	KOTZE, RONELL	Female	29	Senior	199	00:53:07
57	NDLOUV, FELICIA	Female	36	Senior	80	00:54:42
62	TEIXEIRA, MAXENE	Female	22	Senior	142	00:55:33
63	JENKINS, PAULA	Female	43	Senior	5	00:55:34
64	GUY, DEBBIE	Female	50	Senior	143	00:55:55
67	MATHELEMUSA, KHANYI	Female	43	Senior	76	00:58:11
68	KILPERT, JANIE	Female	33	Senior	102	01:02:21
69	VAN STAADEN, LORRAINE	Female	71	Senior	163	01:03:03
71	DONDALSON, LORNA	Female	60	Senior	44	01:03:24
73	SNYMAN, CRISTEL	Female	29	Senior	93	01:10:05
74	SNYMAN, MARIENNE	Female	50	Senior	167	01:11:24
76	SIERRA, MICHELLE	Female	39	Senior	63	01:25:53
77	DAVISON, SHIRLEY	Female	66	Senior	132	01:25:54
	RABIE, GENINE	Female	33	Senior	114	DNF
	HERBST, SIMONNE	Female	24	Senior	35	DNF
	HUMAN, MIENKE	Female	26	Senior	72	DNF
	BISARO, MELANIE	Female	42	Senior	159	DNF
	NYANDA, NOZIAWE	Female	18	Senior	74	DNF

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<u>Pos</u>	<u>Name</u>	<u>Gender</u>	<u>Age</u>	<u>Cat</u>	<u>Race#</u>	<u>Time</u>
10km Trail Male Junior						
53	DIALLE, ATARCE	Male	13	Junior	920	01:33:40
10km Trail Male Senior						
1	RADEMEYER, JOHANN	Male	32	Senior	151	00:42:06
5	WOLMARANS, JOHAN	Male	58	Senior	879	00:54:28
6	VAN ROOYEN, HUGO	Male	51	Senior	800	00:54:40
8	NKOSI, DUMSANI	Male	35	Senior	924	00:55:15
10	VAN STANDEN, ALAN	Male	45	Senior	168	00:55:39
11	JOUBERT, NICKY	Male	27	Senior	877	00:55:42
12	STEYN, JOHANN	Male	34	Senior	860	00:55:49
14	DU TOIT, WILLIE	Male	38	Senior	950	00:56:23
15	SWART, JANCO	Male	39	Senior	882	00:56:28
16	HATCH, PAUL	Male	59	Senior	802	00:56:32
19	SCHUTTE, STAN	Male	27	Senior	851	00:56:51
20	SCHOEMAN, SCHALK	Male	52	Senior	819	00:57:02
21	FLISCHMAN, TEILMAN	Male	39	Senior	837	00:57:21
25	HARNDEN, GLENN	Male	38	Senior	857	00:59:23
26	SUMERFEILD, MIKE	Male	58	Senior	900	01:01:47
28	LISTON, KEITH	Male	28	Senior	937	01:03:43
29	OOSTHUIZEN, WERNER	Male	36	Senior	913	01:05:15
33	PENTER, MARK	Male	49	Senior	939	01:09:01
34	MTEMBU, MBONGANI	Male	35	Senior	919	01:09:29
35	BEZUIDENHOUT, WIMPIE	Male	42	Senior	903	01:10:22
37	TOOMEY, IAIN	Male	63	Senior	945	01:11:46
46	FLEWIN, MORNE	Male	45	Senior	959	01:16:53
47	BLACK, MARK	Male	45	Senior	941	01:19:25
49	JOHNSTONE, MURRAY	Male	38	Senior	894	01:19:30
10km Trail Female Junior						
56	DIALLI, IDRATA	Female	14	Junior	933	01:48:46
10km Trail Female Senior						
2	MULLER, HELENE	Female	24	Senior	948	00:48:54
3	BASSON, HANLE	Female	41	Senior	952	00:51:56
4	GREEN, DONNE	Female	35	Senior	804	00:54:08
7	STEYN, CHANTELLE	Female	40	Senior	846	00:55:10
9	SCHUTTE, MARISE	Female	25	Senior	929	00:55:21
13	GOWER, SUE	Female	36	Senior	883	00:56:08
17	HATCH, IRENE	Female	50	Senior	889	00:56:38
18	ROUX, RETHA	Female	35	Senior	863	00:56:45
22	NEETHLING, ANTOINETTE	Female	38	Senior	856	00:57:27
23	BEZUIDEHOUT, KIM	Female	41	Senior	99	00:58:28
24	VAN STADEN, LISA	Female	37	Senior	809	00:58:29
27	PARNELL, SHELLY	Female	43	Senior	958	01:03:39
30	OOSTHUIZEN, IANTHE	Female	31	Senior	902	01:07:25
31	BEZUIDENHOUT, LIENZIE	Female	41	Senior	908	01:07:41
32	BURGER, JEANNETTA	Female	41	Senior	915	01:08:22
36	KAY, LEIGH	Female	57	Senior	893	01:11:45
38	DE CLERCQ, GERDA	Female	58	Senior	944	01:11:52
39	HANNWEG, KARIN	Female	44	Senior	874	01:12:50
40	DE BEER, MARINDA	Female	47	Senior	813	01:13:04
41	VAN DER LOO, ALMARI	Female	23	Senior	928	01:13:14
42	PATON, SHAN	Female	33	Senior	955	01:14:13
43	FOURIE, EUNANDA	Female	45	Senior	904	01:14:30
44	MACGREGOR, COLLEEN	Female	46	Senior	878	01:15:32
45	MORE, JENNIFER	Female	47	Senior	899	01:15:33
48	BLACK, SANDY	Female	42	Senior	826	01:19:25
50	HOLLAND, CARO	Female	42	Senior	910	01:20:20
51	DE KLERK, MONIQUE	Female	26	Senior	881	01:21:30

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10km Trail Female Senior						
52	BANKER, MARYKE	Female	20	Senior	871	01:21:32
54	MATTHEWS, SANETTE	Female	44	Senior	905	01:34:51
55	DIALLE, INGRID	Female	47	Senior	930	01:48:45
57	MANTSINA, BUSISIWE	Female	33	Senior	886	04:54:47
58	RAMONYAI, MAKGARE	Female	33	Senior	869	04:54:50
59	SMIT, NANETTE	Female	42	Senior	822	04:55:00
	KOTZE, ANNALOUIZE	Female	58	Senior	817	DNF

***Grand Total Participant Count: 147