



MTB Race | Trail Run
December 17, 2018
Trail 5 km (Open)
winner: 21:34

Pos	Bib	Name	Category	Gender	Time	Gap	Lap 1
1	19	BARNARD, Llewellyn	Trail 5 km	Men	21:34		21:34
2	15	THEMBINKESI, Jumelo	Trail 5 km	Men	23:50	2'16"	23:50
3	21	STEENKAMP, Peet	Trail 5 km	Men	25:16	3'42"	25:16
4	16	SCOWBY, Thomas	Trail 5 km	Men	25:30	3'56"	25:30
5	25	KOEN, Antonie	Trail 5 km	Men	27:53	6'19"	27:53
6	3	SHARP, Damian	Trail 5 km	Men	28:26	6'52"	28:26
7	12	NEL, Francois	Trail 5 km	Men	34:34	13'00"	34:34
8	23	JORDAAN, Stephan	Trail 5 km	Men	35:50	14'16"	35:50
9	8	VAN NIEKERK, Carlo	Trail 5 km	Men	58:16	36'42"	58:16
10	7	RABIE, Christiaan	Trail 5 km	Men		-1 lap	



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December 17, 2018

Trail 10 km (Open)

winner: 40:48

Pos	Bib	Name	Category	Gender	Time	Gap	Lap 1
1	139	VERWEY, Valentino	Trail 10km	Men	40:48		40:48
2	88	POTGIETER, Willem	Trail 10km	Men	43:31	2'43"	43:31
3	90	MANYAIA, Mkhululi	Trail 10km	Men	47:10	6'22"	47:10
4	92	BOUWER, Hilton	Trail 10km	Men	47:25	6'37"	47:25
5	26	CHARLEWOOD, Mike	Trail 10km	Men	47:43	6'55"	47:43
6	110	COMPTON, Graham	Trail 10km	Men	47:49	7'01"	47:49
7	118	BEKKER, Hermann	Trail 10km	Men	48:50	8'02"	48:50
8	27	CHARLEWOOD, Seth	Trail 10km	Men	51:00	10'12"	51:00
9	142	SMIT, Jan-Hendrik	Trail 10km	Men	52:15	11'27"	52:15
10	24	BESTER, Leon	Trail 10km	Men	52:38	11'50"	52:38
11	140	DU PLESSIS, Jacques	Trail 10km	Men	53:06	12'18"	53:06
12	120	HEFER, Frik	Trail 10km	Men	53:41	12'53"	53:41
13	123	OOSTHUIZEN, Maarten	Trail 10km	Men	53:42	12'54"	53:42
14	145	WILLIAMS, Noel	Trail 10km	Men	54:14	13'26"	54:14
15	135	MATRADTTI, Mario	Trail 10km	Men	54:23	13'35"	54:23
16	107	ESTERHUIZEN, Vernon	Trail 10km	Men	55:27	14'39"	55:27
17	35	WILSON, Warren	Trail 10km	Men	56:19	15'30"	56:19
18	34	WILSON, Noel	Trail 10km	Men	56:44	15'56"	56:44
19	87	GREEFF, Albert	Trail 10km	Men	1:00:34	19'46"	1:00:34
20	138	ELLIS, Rudo	Trail 10km	Men	1:01:34	20'46"	1:01:34
21	147	VAN MANSBERG, Richard	Trail 10km	Men	1:01:53	21'05"	1:01:53
22	105	GOUSSARD, Abre	Trail 10km	Men	1:02:13	21'25"	1:02:13
23	109	STRESO, Dieter	Trail 10km	Men	1:02:26	21'38"	1:02:26
24	134	STOLS, Hernus	Trail 10km	Men	1:02:53	22'05"	1:02:53
25	113	JORDAAN, Albert	Trail 10km	Men	1:05:36	24'48"	1:05:36
26	130	HUNT, Frank	Trail 10km	Men	1:05:40	24'52"	1:05:40
27	137	JORDAAN, Daniel	Trail 10km	Men	1:07:59	27'11"	1:07:59
28	125	JOUBERT, Ben	Trail 10km	Men	1:12:33	31'45"	1:12:33
29	111	GOUWS, Charl	Trail 10km	Men	1:20:25	39'37"	1:20:25
30	128	CORNELIUS, Christopher	Trail 10km	Men		-1 lap	
31	129	VENTER, Wion	Trail 10km	Men		-1 lap	



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December 17, 2018

Trail 10 km - F (Open)

winner: 48:11

Pos	Bib	Name	Category	Gender	Time	Gap	Lap 1
1	116	SNYMAN, Amor	Trail 10km – F	Women	48:11		48:11
2	117	VAN DER SCHYFF, Ilze	Trail 10km – F	Women	48:18	0'07"	48:18
3	112	RETIEF, Antoinette	Trail 10km – F	Women	51:42	3'31"	51:42
4	103	MULLER, Carla	Trail 10km – F	Women	52:17	4'06"	52:17
5	148	VAN MANSBERG, Linette	Trail 10km – F	Women	54:57	6'46"	54:57
6	119	HEFER, Theresa	Trail 10km – F	Women	56:54	8'43"	56:54
7	100	VAN DEN HEEVER, Bridget	Trail 10km – F	Women	57:47	9'36"	57:47
8	104	FOURIE, Natasha	Trail 10km – F	Women	59:13	11'02"	59:13
9	144	WILLIAMS, Sunette	Trail 10km – F	Women	1:00:04	11'53"	1:00:04
10	86	GREEFF, Alexia	Trail 10km – F	Women	1:00:33	12'22"	1:00:33
11	115	GREYLING, Annette	Trail 10km – F	Women	1:00:49	12'38"	1:00:49
12	133	WOODIN, Sheree	Trail 10km – F	Women	1:00:55	12'44"	1:00:55
13	108	OELOFSE, Fransa	Trail 10km – F	Women	1:02:27	14'16"	1:02:27
14	150	THIART, Maxine	Trail 10km – F	Women	1:03:06	14'55"	1:03:06
15	106	GOUSSARD, Liezel	Trail 10km – F	Women	1:03:11	15'00"	1:03:11
16	146	SANDISON, Alida	Trail 10km – F	Women	1:03:28	15'17"	1:03:28
17	127	HUYSAMEN, Carla	Trail 10km – F	Women	1:03:52	15'41"	1:03:52
18	149	MCINTYRE, Tracy	Trail 10km – F	Women	1:05:32	17'21"	1:05:32
19	131	DOWNING, Carol	Trail 10km – F	Women	1:05:42	17'31"	1:05:42
20	124	OOSTHUIZEN, Janene	Trail 10km – F	Women	1:07:14	19'03"	1:07:14
21	141	SMIT, Mileska	Trail 10km – F	Women	1:07:16	19'05"	1:07:16
22	136	HOEK, Barbara	Trail 10km – F	Women	1:08:19	20'08"	1:08:19
23	122	JOUBERT, koba	Trail 10km – F	Women	1:12:37	24'26"	1:12:37
24	89	BOUWER, Greer	Trail 10km – F	Women	1:12:49	24'38"	1:12:49
25	91	BOWER, Jillian	Trail 10km – F	Women	1:21:39	33'28"	1:21:39
26	114	JORDAAN, Rene	Trail 10km – F	Women	1:22:08	33'57"	1:22:08
27	132	YOUNG, Jocelyn	Trail 10km – F	Women	1:25:32	37'21"	1:25:32
28	126	HUYSAMEN, Alna	Trail 10km – F	Women	1:28:42	40'31"	1:28:42
29	121	VERMAAK, Hanlie	Trail 10km – F	Women		-1 lap	



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Trail 5 km - F (Open)
winner: 25:15

Pos	Bib	Name	Category	Gender	Time	Gap	Lap 1
1	22	WENTZEL, Annamart	Trail 5 km – F	Women	25:15		25:15
2	11	PEACOCK, Lindsay	Trail 5 km – F	Women	32:34	7'19"	32:34
3	9	VERWEY, Tirsa	Trail 5 km – F	Women	36:12	10'57"	36:12
4	1	LOOCK, Bernadette	Trail 5 km – F	Women	39:45	14'30"	39:45
5	2	ESTERHUIZEN, Denn-Mare	Trail 5 km – F	Women	40:05	14'50"	40:05
6	5	DALY, Kim	Trail 5 km – F	Women	41:09	15'54"	41:09
7	20	WIGGETT, Salome	Trail 5 km – F	Women	43:37	18'22"	43:37
8	13	NEL, Mari	Trail 5 km – F	Women	44:48	19'33"	44:48
9	14	POTGIETER, Suzann	Trail 5 km – F	Women	46:25	21'10"	46:25
10	33	BERNARD-KOCH, Carid	Trail 5 km – F	Women	46:51	21'36"	46:51
11	4	GREYLING, Anecke	Trail 5 km – F	Women	46:58	21'43"	46:58
12	10	SOMERS, Elme	Trail 5 km – F	Women	58:21	33'06"	58:21
13	18	STOLS, Marie-Lindie	Trail 5 km – F	Women	58:24	33'09"	58:24
14	17	STOLS, Christie	Trail 5 km – F	Women	58:43	33'28"	58:43
15	28	POTGIETER, Ilke	Trail 5 km – F	Women	1:05:00	39'45"	1:05:00
16	6	RABIE, Nelmarie	Trail 5 km – F	Women		-1 lap	