

Race Date
April 13, 2013

Sappi Elands Vally 3-in-1

Age Group Results

Sappi Elands Vally 21.1Km

Female - Senior 20 to 39

<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Muchaneta Gwata		28	811	3	1:21:45
2	Naomi Nel		28	1001	10	1:29:23
3	Sindy-Ann Esterhuizen		38	867	14	1:39:07
4	Elsie Kloppers		32	883	26	1:45:47
5	Marie-Louise Geyser		32	1030	62	1:57:45
6	Bronwyn Bridgeford		39	858	64	1:58:22
7	Karin Cilliers		39	860	71	2:01:57
8	Yolandi Human		26	879	72	2:01:59
9	Dolene Van Der Berg		33	944	77	2:04:06
10	Nameless Oosthuizen		26	1041	78	2:04:43
11	Khathutshelo Nemasetoni		32	910	80	2:05:06
12	Christelle Pienaar		34	1004	85	2:06:05
13	Liezel Van Niekerk		27	951	87	2:06:53
14	Marezelda Breet		22	971	91	2:07:59
15	Christine Schoeman		28	833	96	2:10:06
16	Gizelle Thompson		39	940	103	2:11:26
17	Elmarie Janse Van		39	882	110	2:12:30
18	Erin McGurk		30	997	116	2:15:58
19	Nadia Sebecke		21	1043	119	2:16:31
20	Marina Liebenberg		23	1045	122	2:16:31
21	Michelle Weinrich		30	1028	125	2:17:55
22	Julia Wallis		30	1026	126	2:17:55
23	Lorin Van Lelyveld		26	1023	131	2:19:27
24	Beverley Benn		29	967	132	2:19:27
25	Nozipho Mdluli		34	904	137	2:21:50
26	Mirandi Bekker		35	849	143	2:23:46
27	Jenni Haslam	2279	34	1227	147	2:24:44
28	Gerda Van Niekerk		24	950	151	2:25:42
29	Jane Schiever		26	965	154	2:28:37
30	Louisa Lamola		37	889	155	2:29:28
31	Simone Schafer		22	925	156	2:29:29
32	Zanele Mguni		29	905	159	2:31:36
33	Jessie Stone		26	1017	168	2:33:35
34	Maryna Klasen		38	989	169	2:33:39
35	Adel Oosthuizen		23	1002	172	2:34:10
36	Carmeni Naidoo		34	1000	179	2:38:02
37	Alet Brandt		39	857	181	2:41:32
38	Lindi Snygans		32	933	184	2:42:04
39	Kim Robbertse		31	830	192	2:47:36
40	Louise Human		35	878	193	2:47:41
41	Lali (hd) Van Schalkwyk		27	956	194	2:47:41
42	Dolene Botha		30	854	195	2:47:41

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<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
43	Tammi Hurly		25	813	199	2:51:06
44	Jacqueline Grassman		36	872	200	2:54:42
45	Marlise Venter		32	958	210	3:00:47
46	Kerry Eriksson		31	978	212	3:06:50
47	Thanda Khumalo		39	987	214	3:12:07
48	Mahlatse Lesese		37	992	215	3:12:16
49	Caroline Mphelo		31	998	217	3:15:43

Female - Veteran 40 to 49

<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Lara Pretorius		44	1008	32	1:48:55
2	Michelle Swanepoel		46	839	37	1:52:04
3	Nicolette Geldenhuys	9122	41	1246	41	1:52:48
4	Sanet Beuster		46	969	48	1:53:33
5	Amanda Oosthuyzen		48	912	73	2:03:17
6	Elsie Scharnek		46	926	82	2:05:20
7	Maria Van Rooyen		45	952	92	2:08:20
8	Amelda Mengel		40	822	95	2:09:36
9	Janine Roux		49	921	99	2:10:21
10	Tracey Stewart		45	838	101	2:10:48
11	Brigitte Korte		49	990	105	2:11:39
12	Molly Sanchez Crowe		41	1012	109	2:12:25
13	Gilda Mavromatis	2268	42	1224	112	2:13:11
14	Hanlie De Beer		48	864	115	2:15:52
15	Cecilia Botha		44	855	134	2:20:23
16	Yolandi Wiese		46	1029	139	2:22:19
17	Emma Lombaard		44	993	140	2:22:50
18	Sarina Greyling		48	1039	142	2:22:57
19	Lefentse Molefe	1425	45	1217	145	2:23:57
20	Amanda Wessels		47	962	150	2:25:36
21	Marietjie A Le Roux		43	890	153	2:27:58
22	Glenda Pretorius		43	1009	165	2:33:01
23	Anita De Villiers		46	866	166	2:33:17
24	Charmainne Smit		43	1042	170	2:33:39
25	Karen Cavalieri	2278	45	1226	171	2:33:41
26	Michelle Pitchford		49	1005	188	2:45:00
27	Heather Tallis		47	840	204	2:56:24
28	Molene Scheepers		47	1013	207	2:58:47

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Sappi Elands Vally 21.1Km

Female - Master 50 to 59

<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Allison Hay		53	876	17	1:41:32
2	Ina Lagerwall		51	887	22	1:43:32
3	Analize De Klerk		56	806	63	1:57:50
4	Ilse Green		52	980	65	1:58:46
5	Coral Niemand		50	911	75	2:03:26
6	Sandy McLagan	346	52	1193	76	2:03:27
7	Susan Maree		53	901	86	2:06:34
8	Joy Stevens		53	934	88	2:07:22
9	Mari Botha		54	853	93	2:08:58
10	Theresa Blake		54	801	100	2:10:21
11	Lyn Temlett		50	1021	114	2:15:10
12	Shirley Buchholtz		59	802	124	2:17:33
13	Priscilla Hart		57	812	164	2:32:23
14	Margaret Gloeck		57	871	175	2:34:58
15	Yvonne Mashishi		51	382	178	2:36:52
16	Amanda Thomas		57	938	185	2:42:17
17	Christine Coetzee		57	862	186	2:42:28
18	Eldene Mason		57	820	189	2:45:15
19	Cheryl MacHill		53	896	198	2:51:05
20	Helen Charalembous		57	859	203	2:55:44
21	Francien Pienaar		51	1003	208	2:59:23
22	Manohari Reddy-Yule		58	916	213	3:07:49

Female - Grand Master 60+

<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Johanna Cathari Van Den		60	942	129	2:18:58
2	Heather Kennedy		60	816	190	2:46:13
3	Niesha Green		66	982	191	2:46:53
4	Mariet Louw		63	893	197	2:48:46
5	Annie Van Heerden	1264	64	1216	201	2:54:50
6	Tillie (mathild Kamper	3231	64	1236	205	2:58:40
7	Letha Kotze		66	885	206	2:58:41
8	Kate Van Antwerp		67	941	209	3:00:05
9	Dorothy Van Heerden		69	1022	211	3:00:58
10	Estie (hester J Van Der		61	946	216	3:12:56
11	Frances Steel		68	1016	220	3:20:39
12	Rina Bekker		67	966	221	3:20:39
13	Beau Lovell		62	894	222	3:26:01
14	Kathy Roberts		65	918	223	3:26:01
15	Ronel Reyneke		68	917	224	3:26:01

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Age Group Results

Sappi Elands Vally 21.1Km

Male - Junior 15 to 19

<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Unknown Partic. 1048			1048	24	1:45:01
2	Unknown Partic. 1038			1038	31	1:48:37
3	Unknown Partic. 1044			1044	118	2:16:30
4	Unknown Partic. 1047			1047	120	2:16:31
5	Unknown Partic. 1046			1046	121	2:16:31
6	Unknown Partic. 1049			1049	123	2:17:22

Male - Senior 20 to 39

<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Adednico Mashaba		22	902	1	1:10:27
2	Simon Sibisi		38	930	2	1:14:06
3	Johan Pretorius		30	1007	4	1:21:58
4	Philemon Sekele		25	928	6	1:25:36
5	Jabulane Isaac Ndlovu		38	909	7	1:26:08
6	Barry Crouch		21	804	8	1:26:36
7	Sam Mokoena		32	907	11	1:31:06
8	Pieter Verster		33	844	29	1:46:36
9	Greg Nottingham		24	825	34	1:50:50
10	Jason Paul Van Breda		36	841	35	1:51:19
11	Jaco Van Schalkwyk		30	955	36	1:51:19
12	Jaco Smith		28	837	38	1:52:04
13	Mlamuli Jackson		37	880	39	1:52:11
14	Tryphosa Karimi		36	986	43	1:52:57
15	Fanie Bekker		34	850	47	1:53:18
16	Gustav Melck		35	821	53	1:55:13
17	Wimpie De Beer		39	974	54	1:55:15
18	Hylton Cruse		38	805	55	1:55:23
19	Michael Al Kench		30	815	59	1:56:45
20	Conrad Pienaar		31	827	83	2:05:32
21	Kobus Van Den Heever		35	843	84	2:06:05
22	Nel Kotze		35	818	90	2:07:41
23	Louis Von Wissell		39	1025	97	2:10:10
24	Neil Thompson		34	939	104	2:11:27
25	Sarel Katzke		29	814	117	2:16:01
26	John McCallum		32	903	127	2:18:29
27	Stephen Weinrich		33	1027	128	2:18:29
28	Hlengiwe Khumalo		30	1035	130	2:19:01
29	Jonathan Painter	10948	28	1247	133	2:20:06
30	Kego Nxumalo		37	826	141	2:22:55
31	Rudolf Badenhorst	1440	34	1218	148	2:24:45

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Male - Senior 20 to 39

<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
32	Jan Van Der Merwe		35	945	149	2:25:27
33	Vaughan Laurenc Rossouw		26	919	157	2:29:29
34	Darryl Kaiser		24	985	158	2:30:46
35	Nameless Dlamini		29	1050	160	2:31:37
36	Rikus Botha		26	852	161	2:31:42
37	Jourdeau Burger		29	803	174	2:34:16
38	Lucky Jabulane Nhlambathi	1669	35	1219	176	2:35:11
39	Gert Snygans		33	932	183	2:42:01
40	Charles Jackson		37	881	218	3:15:56
41	Chris Venter		35	959	219	3:19:53

Male - Veteran 40 to 49

<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Elmon Mokoena		42	908	5	1:23:44
2	Philip Van Rooyen		48	954	9	1:27:54
3	Paul Roux		49	922	12	1:34:17
4	Willie Greyling		42	983	13	1:36:30
5	Steve Brisley		42	972	19	1:41:33
6	Muzi Sunnyboy Mahlangu		41	898	23	1:44:05
7	Louis Kloppers		42	884	25	1:45:46
8	Tinus Marais		48	996	28	1:46:26
9	Pieter De Lange		44	807	40	1:52:12
10	Albert Geldenhuys		47	809	42	1:52:48
11	Marius Botha		45	856	44	1:52:57
12	Craig John Bannan		40	847	46	1:53:16
13	Francois Jordaan		41	984	51	1:54:09
14	Jeffrey Leokaoke		43	891	52	1:54:54
15	Kevin Blatherwick		49	851	56	1:55:44
16	Mark Greeff		43	873	57	1:55:49
17	Wayne Crouch		48	24	61	1:57:32
18	Sanjay Singh		48	923	67	1:58:52
19	Daniel Lombaard		47	994	69	2:00:57
20	Andre Swanepoel		48	937	74	2:03:19
21	Eric Wessels		46	963	79	2:04:47
22	Gerhard Botha		46	157	102	2:11:09
23	Derrick Short		46	836	106	2:11:46
24	Steven Mavromatis	2267	45	1223	111	2:13:11
25	Zephaniah Shongwe		47	929	146	2:24:04
26	Willem Pretorius		47	914	152	2:27:58
27	Rowan Ditcham	2274	46	1225	167	2:33:27

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Sappi Elands Vally 21.1Km

Male - Veteran 40 to 49

<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
28	Mark Rowland		46	1011	173	2:34:12
29	Chris Walsh		42	961	187	2:44:13

Male - Master 50 to 59

<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Michael Peace Phogole	3711	54	1237	16	1:41:26
2	Ian Benson		55	968	18	1:41:32
3	Ronald Lagerwall		52	888	20	1:42:01
4	Dieter Gloeck		57	810	21	1:42:01
5	Freddie Du Plessis		55	977	27	1:46:19
6	Duncan Hay		55	875	30	1:47:24
7	John Richards		56	1010	33	1:50:15
8	Morakeng W Malepe		57	900	45	1:53:14
9	Brian Smit		58	1014	49	1:53:45
10	Adriaan Henn		51	1033	50	1:53:51
11	Oscar Mohlala		58	906	58	1:56:44
12	Chris Potgieter		56	1006	60	1:57:09
13	Mike Green		54	981	66	1:58:47
14	Jan Louw		51	819	68	2:00:49
15	Deon Ferreira		51	808	94	2:09:27
16	Amos Nyalunga	2345	55	1230	98	2:10:13
17	Graham Adams		59	846	107	2:11:47
18	Brian MacHill		56	897	108	2:12:11
19	Willem Jakobus Lewis		53	892	113	2:14:28
20	Brian Van Zyl		53	957	135	2:20:57
21	Willem De Klerk		53	865	136	2:21:20
22	David Vaughn Rossouw		56	920	138	2:22:05
23	Adrie De Koker		57	976	144	2:23:52
24	Hennie Gerber		57	870	162	2:32:14
25	Laurence Ordman		53	913	177	2:36:12
26	Arrie Van Heerden		55	949	196	2:47:56
27	Luke Van Gidsenhoven		57	948	202	2:54:50
28	Nic Van Rooyen		59	953	225	3:33:44

Male - Grand Master 60+

<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
1	Pieter Geldenhuys		61	979	15	1:40:10
2	Malcom Winderley		66	964	70	2:01:00

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Male - Grand Master 60+

<u>Place</u>	<u>Name</u>	<u>PERM NUMBER</u>	<u>Age</u>	<u>Bib No</u>	<u>Overall</u>	<u>Time</u>
3	Evan Shaw		68	835	81	2:05:14
4	Claude Schraivesande		71	834	89	2:07:28
5	Nameless Van Der		60	1040	163	2:32:17
6	Scois Coetzee		66	863	180	2:38:04
7	Frik Van Eeden		68	947	182	2:41:33