

Race Date
April 13, 2013

Sappi Elands Vally 3-in-1

Age Group Results

Sappi Elands Vally 42.2Km

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	Koech C Jennifer		34	301	10	2:40:06
2	Eunice Nhlapo		35	763	34	2:59:51
3	Winile Mnisi	3	25	1172	40	3:05:47
4	Melanie Delainey		28	219	53	3:12:56
5	Ingrid Van Niekerk		35	618	103	3:28:47
6	Michelle Davis		34	27	115	3:31:58
7	Sandra Van Zyl		30	624	133	3:35:07
8	Petro Buckingham		37	16	142	3:37:28
9	Annelie Dollenberg		32	227	151	3:38:41
10	Karen Erasmus		31	40	161	3:41:30
11	Elsa De Beer		35	211	167	3:43:00
12	Michelle Prinsloo	1004	30	1207	169	3:43:23
13	Diedie Brits		25	770	172	3:43:52
14	Mxolisi Shirindza		34	528	192	3:49:17
15	Patricia Smit		39	546	194	3:49:40
16	Matthias Kempgen		39	313	202	3:50:30
17	Sunette Schoonraad		33	91	206	3:51:59
18	Corne Loedolff		30	347	214	3:53:10
19	Herkie Nel		31	442	215	3:53:10
20	Retha Janse Van		34	701	235	3:56:04
21	Liezl Smit	1005	38	1208	240	3:56:09
22	Anne Willemse		37	663	245	3:56:55
23	Carina Taute		29	577	262	3:59:12
24	Johanica Orton		30	470	264	3:59:14
25	Marlize Du Plessis		32	36	282	4:04:31
26	Yolanda Steenkamp		35	560	293	4:06:49
27	Anda-Lucia Jordaan		30	305	296	4:07:28
28	Jaydene Mole		28	412	307	4:08:27
29	Anelize Valks		23	594	314	4:09:17
30	Donna Raath		29	492	325	4:10:51
31	Surita Botha/greyling		38	168	328	4:11:20
32	Petro Van Der Westhuizen		36	108	337	4:12:32
33	Jean Malan		39	363	343	4:12:50
34	Elzeth Steenkamp		39	558	344	4:12:52
35	Estelle Van Wyk		27	623	346	4:13:18
36	Sonette Van Der Merwe		33	105	353	4:14:03
37	Jakkie Leite		36	337	355	4:14:31
38	Cornelia Hutchinson		32	57	367	4:16:10
39	Janeane Potgieter		31	486	368	4:16:16
40	Esmarie Jacobs		33	296	369	4:16:57
41	Kirsten Wells		38	118	377	4:18:21
42	Rene Lloyd		37	346	378	4:18:35

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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	Lani Botha		38	163	379	4:18:36
44	Chanel Ann Brandling		29	173	392	4:19:48
45	Tanya Snyman		38	555	403	4:22:09
46	Adel Terblanche		29	581	413	4:23:00
47	Marlene Valks		26	593	418	4:23:42
48	Hannelie Viviers		39	645	426	4:24:48
49	Bianca Dahl		35	205	428	4:24:58
50	Kirsten Van Goidsenhoven		25	615	443	4:27:38
51	Martha Ndlovu		33	439	453	4:29:35
52	Bongji Setuse		32	93	459	4:29:55
53	Sally Allen		39	124	460	4:29:56
54	Annelize Hietbrink		39	54	461	4:30:46
55	Justyna Porter	313	39	1191	462	4:30:53
56	Stephnie Loedolff		31	348	469	4:32:26
57	Mariaan Mostert		33	417	470	4:32:26
58	Sharon Coventry		39	203	475	4:32:52
59	Liezl Schoeman		34	515	478	4:34:09
60	Christo Brits		32	175	499	4:36:41
61	Nelka Cilliers		36	190	509	4:37:49
62	Janelle Verster		31	111	510	4:37:50
63	Charlotte Helm		36	280	518	4:39:19
64	Inge Theron		30	582	542	4:46:14
65	Marige Cooper		26	201	547	4:47:36
66	Lindie Kruger		29	68	555	4:49:26
67	Zandile Deetsego		37	218	559	4:49:39
68	Rene Yiangou		29	671	565	4:50:35
69	Allison Howa		39	289	580	4:54:22
70	Dee Disenyana		31	226	581	4:54:24
71	Lufuno Mudau		35	425	590	4:56:02
72	Marie Swanepoel	1003	31	1206	594	4:56:44
73	Elane Strauss		31	566	596	4:56:44
74	Lisa Kotze		30	327	599	4:57:33
75	Seani Emma Neluheni		38	443	611	5:02:48
76	Gertjie De Beer		38	29	613	5:02:59
77	Joanne Jackson		30	59	615	5:04:27
78	Tanya Pienaar		33	708	620	5:06:58
79	Lindiwe Dlodlu		36	34	623	5:08:47
80	Daleen Joubert		36	308	625	5:11:07
81	Elizabeth Botha		31	160	635	5:18:05
82	Rene Stols		39	563	639	5:20:52
83	Jenny De Villiers		25	698	641	5:21:18
84	Fikile Lucy Zwane		32	676	652	5:36:21

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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>
85	Maureen Muzvondiwa		39	79	657	5:39:29
86	Michelle Govender		38	769	658	5:40:09
87	Erika Bosch		30	147	661	5:43:24
88	Shantel Jacobs		33	61	662	5:56:17

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	Madeleine Whitehair		42	661	41	3:08:27
2	Linah Mhlongo		42	400	44	3:09:29
3	Prega Padayachee		42	473	49	3:12:34
4	Ansa Strydom		49	102	87	3:24:43
5	Sonette Nel	8839	42	1244	88	3:24:45
6	Petro Steenkamp		42	559	94	3:27:26
7	Joanne Kontaxopoulos		48	324	95	3:27:48
8	Ina Lombard		48	72	98	3:28:16
9	Vicky Crookes		45	51	104	3:28:57
10	Elmarie Pretorius		47	488	110	3:29:32
11	Barbara Christi Hare		49	275	125	3:33:46
12	Burnette Smook		47	97	130	3:34:40
13	Marlene Venter		40	632	132	3:34:49
14	Helen Clarke		44	192	138	3:36:54
15	Libalane Chilione		42	186	139	3:37:01
16	Tarquin Miller		41	331	146	3:37:53
17	Vicci Vivier		45	644	157	3:40:38
18	Jeanne Nortje		45	455	163	3:42:34
19	Jo-Anne Buchner		40	15	176	3:45:00
20	Linah Kedibone Mogotsi		44	406	177	3:45:20
21	Venessa Van Aswegen		41	600	179	3:45:33
22	Hesta De Graaff		49	212	185	3:46:46
23	Maryna Venter		40	629	208	3:52:38
24	Frances Harrison		46	50	211	3:53:00
25	Retha Strydom		45	569	213	3:53:10
26	Colette Brighton		42	312	218	3:53:14
27	Jules Asher		43	4	223	3:54:20
28	Alice Coetser		43	196	227	3:55:23
29	Helen Marsh		45	74	231	3:55:40
30	Manorah Sithole		44	542	244	3:56:45
31	Belinda Skinner		48	543	246	3:57:05
32	Martie Wardley		48	715	261	3:59:09
33	Corline Van Rooyen		40	621	283	4:04:42

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Female - Veteran 40 to 49

Place	Name	PERM NUMBER	Age	Bib No	Overall	Time
34	Sehlabi Lesese		47	340	284	4:05:07
35	Anna-Retha Botha		40	162	287	4:05:48
36	Isabel Bolt		45	11	288	4:05:56
37	Lizette Sander		40	510	290	4:06:08
38	Rhona Williams		42	665	292	4:06:46
39	Jeanette Jordan		49	66	304	4:08:16
40	Theodi Crouch		44	25	309	4:08:33
41	Maree Van Rooyen		41	713	310	4:08:53
42	Amanda Bothma		42	170	322	4:10:43
43	Teresa Voorendyk		46	646	326	4:10:53
44	Helga Smit		43	548	331	4:11:43
45	Nombasa Tsengwa		48	591	332	4:11:48
46	Adele Oosthuizen		42	776	338	4:12:40
47	Elaine Cuffe		48	204	365	4:15:54
48	Samantha Hall		44	273	366	4:15:54
49	Monica Elss		46	752	374	4:17:57
50	Jacobus Christi Theron		49	584	382	4:18:52
51	Candice Hillcoat		40	284	395	4:19:59
52	Magda Vermaak		49	634	405	4:22:10
53	Lindiwe Shube		46	530	410	4:22:53
54	Charlotte Boshoff		45	151	412	4:22:54
55	Lynn Rodwell		45	501	421	4:24:00
56	Rika Smith		41	553	433	4:26:15
57	Amanda Harvey		44	278	434	4:26:20
58	Delina Schatz		40	711	440	4:27:17
59	Suzette Meyer		43	399	441	4:27:17
60	Mariët Erasmus	70	45	1174	442	4:27:17
61	Tebogo Seome		41	520	451	4:29:19
62	Jeanine Rautenbach		40	496	456	4:29:49
63	Talita Botha		45	161	457	4:29:53
64	Anilkumar Dukkan		46	237	458	4:29:53
65	Charmain Van Der Merwe		44	609	463	4:32:01
66	Karen Smith		48	552	466	4:32:10
67	Patti Van Dyk		46	614	471	4:32:27
68	Anita Faber		47	251	487	4:35:13
69	Beth Libby-Neale		45	341	498	4:36:32
70	Michelle Fookwe		45	254	500	4:36:44
71	Ashira Singh		46	539	513	4:38:18
72	Suzette Erwee		42	248	516	4:39:11
73	Eulalie Erasmus	1000	47	1203	529	4:42:07
74	Suzette Prinsloo		42	757	543	4:46:20
75	Barbara Dicks		45	224	544	4:46:20

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Age Group Results

Sappi Elands Vally 42.2Km

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>
76	Jenine Van Moorst		49	617	545	4:46:35
77	Adriana Smit		42	544	546	4:47:19
78	Elsabe Aylward		49	130	548	4:48:10
79	Christi Martins		42	705	549	4:48:47
80	Karen Jewkes	3959	47	1238	552	4:48:59
81	Retha Theunissen		41	747	562	4:50:07
82	Heila Horn		46	288	578	4:53:31
83	Lillian Mthembu		49	422	585	4:55:21
84	Stephanie Tombs		46	588	591	4:56:05
85	Teresa Bester		42	138	602	4:57:45
86	Mangaga Singo		43	540	608	4:59:42
87	Corné Steenkamp		44	98	612	5:02:59
88	Edelweisse Oosthuizen		48	467	617	5:04:34
89	Gerda Van Ark		41	599	633	5:16:24
90	Andisha Dukkan		41	238	651	5:36:21
91	Amy Lauten		42	766	659	5:40:09

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	Kathy Cillie		51	677	269	4:00:15
2	Cathy De Beer		57	209	271	4:00:43
3	Marina Coetzee		52	197	278	4:03:33
4	Engela Van Der Merwe		50	606	286	4:05:48
5	Tina Fourie		57	256	315	4:09:40
6	Valerie Annandale		53	125	324	4:10:48
7	Louise Smith		51	551	333	4:11:55
8	Minnie Oosthuizen		54	466	341	4:12:45
9	Debbie Richards		51	498	354	4:14:09
10	Elsie Esterhuizen	837	50	1202	388	4:19:22
11	Nelle Malope		58	365	391	4:19:39
12	Marie Venter		55	627	398	4:20:52
13	Gizelle Geyer		56	264	408	4:22:35
14	Magda Gerrard		56	44	409	4:22:39
15	Kruger Christa		51	189	411	4:22:54
16	Hannalie Loots Loots		52	350	425	4:24:34
17	Riana Vorster		51	647	429	4:25:27
18	Corrie Van Antwerpen		55	598	432	4:25:47
19	Sherina Desai		54	221	437	4:26:45
20	Kitty Maree		58	372	438	4:27:08
21	May Van Der Walt		51	611	445	4:27:39

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Age Group Results

Sappi Elands Vally 42.2Km

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>
22	Janine Bethwaite		50	6	465	4:32:03
23	Shelagh Smith		55	96	472	4:32:32
24	Denise Wehmeyer		54	656	474	4:32:52
25	Jackie Seddon		51	519	480	4:34:20
26	Marietjie Airey		57	1	483	4:34:44
27	Julie Morrison		51	415	489	4:35:26
28	Carina Wells		53	116	493	4:36:16
29	Machechise Shipalana		58	527	495	4:36:20
30	Charmaine Odett Weston		50	660	508	4:37:44
31	Annemarie Breytenbach		55	174	515	4:38:58
32	Anita Potgieter		54	487	517	4:39:13
33	Winnie Uys	1372	50	693	521	4:40:30
34	Estelle Bullen		57	177	526	4:41:43
35	Thuli Nyembe		53	460	531	4:42:42
36	Margaret Mohulatsi		52	408	534	4:43:41
37	Duduzile Mofolo		58	405	535	4:43:41
38	Anne-Marie Coetzer		51	199	540	4:45:28
39	Janil Fouche		54	255	563	4:50:09
40	Mpumi Nala		54	434	566	4:50:35
41	Lisa Gibbon		50	266	572	4:52:25
42	Carol Wallace		51	650	583	4:55:18
43	Hester Merritt		53	398	592	4:56:17
44	Riana Rousseau		57	507	595	4:56:44
45	Tlale Kgame		52	317	607	4:59:37
46	Rene Visser		50	643	619	5:05:41
47	Nicolene Gereke		54	263	624	5:10:33
48	Angi Danster		57	697	626	5:11:58
49	Magdalena Cloete		53	193	630	5:13:43
50	Martie Van Der Walt		53	610	638	5:18:56
51	Mary Adams		59	123	653	5:36:22
52	Eunice Lebyana		50	334	654	5:39:03
53	Sybille McCloghrie		57	76	663	5:56:17

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	Patricia Shaw		60	523	267	3:59:26
2	Linda Icely		61	291	321	4:10:39
3	Bernadette Teixeira		60	579	601	4:57:40
4	Joey Louwrens		63	352	628	5:13:16
5	Amanda Economon		66	242	632	5:15:39

Sappi Elands Vally 3-in-1

Age Group Results

Sappi Elands Vally 42.2Km

Race Date
April 13, 2013

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. 762			762	97	3:28:13
2	Unknown Partic. 754			754	2	3:54:59

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	William Chinyanga		22	368	1	2:20:39
2	Ntuthuko Maseko		35	377	2	2:23:56
3	Lovers Hlatshwayo		32	285	3	2:24:34
4	Micah Kipchumba Kipyego		33	322	4	2:25:48
5	Donald Moncaho		28	772	6	2:32:11
6	Samuel Makamu		35	706	7	2:33:49
7	Moven Sikwambane		28	537	8	2:38:12
8	Sanale Nkala	29	27	730	11	2:46:39
9	Johannes Mogoane		30	731	13	2:50:55
10	Richard McCafferty		28	395	14	2:51:18
11	Beniamino Pellegrini		28	476	17	2:53:48
12	Sammy Ngoepe		36	446	18	2:54:23
13	Colin Sibiya		32	535	20	2:55:45
14	Thabo Given Mothipe		30	420	23	2:57:27
15	Mark Dowdeswell		36	230	25	2:57:38
16	Hennie Espach	85	38	1179	27	2:58:17
17	Wihan Swanepoel		30	753	28	2:58:20
18	Alan Coulter		35	696	30	2:58:22
19	Rudolf Oberholzer		38	462	32	2:58:53
20	Gys Van Den Berg		38	603	36	3:02:18
21	Wihan Swanepoel		30	103	38	3:04:36
22	Ian Janse Van Vuuren		24	298	43	3:09:15
23	Simon Ngwenya		35	447	46	3:11:12
24	Henriques Mbendane		31	737	48	3:12:00
25	Christiaan Cloete		33	19	51	3:12:45
26	Eugene Green	19727	23	1249	52	3:12:54
27	Alastair Billing		29	8	54	3:13:15
28	Nicholas Araujo		33	126	60	3:14:22
29	Greg Kench		34	751	61	3:14:22
30	Conrad Watt		25	654	62	3:14:34
31	Leon Limper		25	748	64	3:14:54
32	Blessing Mnguni		27	403	66	3:15:04
33	Josiah Mdluli		33	755	67	3:16:22
34	Phillip Sekgoth Maloka		39	364	74	3:19:05
35	Adriaan Du Plessis		31	233	75	3:19:27

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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>
36	Douglas Long		39	349	78	3:21:02
37	Lucky Mazibane		27	735	79	3:22:24
38	Ashley Betteridge		34	7	80	3:22:24
39	Patrick Mashamba		39	379	84	3:23:05
40	Richard De Sao Jose		30	30	91	3:26:27
41	Lordrick Mathonsi		30	390	92	3:26:52
42	Mario Hibbers		39	282	96	3:27:52
43	Thomas Booth		30	146	100	3:28:30
44	Johan Klue	80	39	1176	101	3:28:33
45	Phasani Julius Masina		31	385	105	3:29:06
46	Vusi Samora Sigudu		39	756	106	3:29:08
47	Andrew Dollenberg		38	228	113	3:30:40
48	Karl Robert Gloeck		27	268	114	3:31:06
49	Mark Davis		37	28	116	3:31:58
50	Wesley Jacobs		38	63	117	3:32:00
51	Toy Dupper		30	239	120	3:32:38
52	Willem Botha		34	165	121	3:32:54
53	Carlos Neves		35	445	122	3:32:54
54	Ewoudt Botes		32	154	128	3:34:10
55	Sello Shawn Pilusa		37	481	137	3:35:38
56	Rudi Cronje		37	23	140	3:37:13
57	Clinton Seager		30	517	144	3:37:41
58	Lehloholo Tapoloe		30	764	148	3:38:00
59	Marthinus Kelder	109	35	1183	150	3:38:26
60	Quintin Mare		31	371	156	3:39:31
61	Mduduzi Chonco		36	188	158	3:40:49
62	Munty Khanyile		35	318	168	3:43:22
63	Andriel Rossouw		33	505	170	3:43:47
64	Abel Mashobane Vilakaze		33	636	173	3:44:34
65	Elleck Mkhonto		33	732	178	3:45:25
66	Gregory Fridberg		32	260	181	3:45:49
67	Owen Mokwala		28	411	182	3:45:52
68	Christopher Haarhoff		22	773	186	3:47:04
69	Samkeliso Masimula		28	384	190	3:49:03
70	Danie Janse Van Rensburg		24	297	191	3:49:05
71	Sedzani Ligudu		27	344	195	3:49:47
72	Brendon Wessels		30	120	196	3:49:54
73	Vuysi Maseko		36	378	197	3:49:57
74	Stan Mengel		36	77	198	3:50:02
75	Louis Venter	802	31	1199	205	3:51:37
76	Byron Naude		35	437	212	3:53:04
77	Theo Mostert		38	418	216	3:53:10

Race Date
April 13, 2013

Sappi Elands Vally 3-in-1

Age Group Results

Sappi Elands Vally 42.2Km

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>
78	Jaco Sauer		33	511	219	3:53:17
79	Wayne Pienaar		30	479	222	3:54:10
80	Charles Wells		37	119	226	3:55:16
81	Kurt Laureau		38	678	228	3:55:31
82	Lucky Bethuell Sibande		37	531	230	3:55:38
83	Dumisani John Nkosi		32	453	233	3:55:53
84	Carl Van Den Berg		36	602	236	3:56:04
85	Andre Smit		38	95	239	3:56:09
86	Gilles Raffle	2800	33	1235	247	3:57:23
87	Kagiso Moriti Diphofa		26	225	250	3:57:54
88	Andre Maakal		38	356	257	3:58:50
89	Izaak Van Niekerk		36	110	260	3:59:09
90	Hennie Pretorius		34	490	263	3:59:14
91	Werner Lennox		32	339	266	3:59:16
92	Hendrik N.j. Swanepoel		35	572	268	3:59:40
93	Thato Jafta Mahlangu		29	359	273	4:02:11
94	Marnus Wisse		32	666	275	4:02:56
95	Jacques Heari De Morney		34	216	294	4:07:03
96	Ian Jordaan		26	306	297	4:07:29
97	Edward (fila) Kotze		31	326	298	4:07:38
98	Grant Young		37	672	301	4:08:01
99	Zakhele Ntuli		37	760	302	4:08:06
100	Rudolph De Wet		38	31	306	4:08:26
101	Phumzile L Maphalala		35	369	308	4:08:30
102	John Pieter Espach		36	249	313	4:09:14
103	Wynand Jacobs	134	37	1188	327	4:11:06
104	Albert Claasens		39	191	329	4:11:35
105	Shaun Shrives		33	529	336	4:12:32
106	Tjaart Oosthuizen (jnr)		24	469	339	4:12:45
107	Norton Mole		30	413	342	4:12:47
108	Wade Griffin		39	759	345	4:13:18
109	Danny Calaca		32	180	349	4:13:33
110	Tsepho Marubane		29	733	351	4:13:49
111	Werner Roux		38	90	352	4:14:03
112	Trevor Visagie	807	37	1201	361	4:15:07
113	Eddie Pienaar		33	709	362	4:15:14
114	Derek Wepener		34	658	363	4:15:14
115	Diederick Steyn		33	562	364	4:15:38
116	Werner Engelbrecht		36	246	371	4:17:15
117	Moses Goodman Marena		36	373	373	4:17:26
118	Hilton Van Heerden		31	109	383	4:19:11
119	Andries Huyser		31	290	384	4:19:16

Race Date
April 13, 2013

Sappi Elands Vally 3-in-1

Age Group Results

Sappi Elands Vally 42.2Km

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>
120	Juan Pierre		29	480	386	4:19:18
121	Sunnieboy Lot Njikho		37	449	387	4:19:19
122	Wayne Thomas		25	746	394	4:19:57
123	Chris Helm		39	279	401	4:21:23
124	Chrisjan Van Aardt		31	596	407	4:22:28
125	Ignatius Terblanche		31	580	414	4:23:00
126	Ian Robarts		29	710	435	4:26:20
127	Jason Frank		34	42	436	4:26:20
128	John Harman		29	276	454	4:29:40
129	Arne Stone		30	565	476	4:33:03
130	Gerhard Steyn		32	99	477	4:33:58
131	Shaun Naidoo		36	433	481	4:34:25
132	Ferdi Engelbrecht		32	245	482	4:34:26
133	Gustav Venter		38	633	486	4:35:10
134	Herco Steyn	5636	29	1239	492	4:36:10
135	Riaan Fourie		39	257	501	4:37:04
136	Christopher Olivier		27	463	502	4:37:17
137	Zakhele Ntuli		37	458	504	4:37:26
138	Paul Luhlanga		38	354	505	4:37:32
139	Sipho Sindawa		25	538	506	4:37:38
140	Sidney Wyer Mathebula		33	388	511	4:38:01
141	Mxolisi Airpot Manana		31	367	512	4:38:01
142	Juan-Pierre Delpont		27	220	532	4:42:43
143	Frikkie Coetzer		38	200	533	4:43:33
144	Ernst Botha		28	13	538	4:45:08
145	Francois Swanepoel		25	573	539	4:45:08
146	Vincent Farrell		38	252	541	4:46:02
147	Pieter Kriel		29	330	560	4:49:51
148	Nicholas Yiangou		32	670	561	4:49:56
149	David Dippenaar		34	33	568	4:51:01
150	Johann Mynhardt		37	81	569	4:51:02
151	George Daniel Raath		29	493	571	4:52:05
152	Bartel Wilhelm Kotze		37	325	575	4:52:39
153	Dirk Arno Smit		31	549	579	4:53:35
154	Charl Janse Van Vuuren		38	64	584	4:55:18
155	Wesley Atkinson		26	128	587	4:55:30
156	Julius Shabangu		34	727	588	4:55:31
157	Hendrik Walter Swanepoel		30	574	606	4:58:57
158	Jandre Wessels		30	659	616	5:04:31
159	Nkhangweleni Du		29	444	622	5:08:18
160	Hunt Cheney		37	185	640	5:21:08
161	Michael Warneke		31	652	660	5:43:24

Race Date
April 13, 2013

Sappi Elands Vally 3-in-1

Age Group Results

Sappi Elands Vally 42.2Km

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	Isaa Kipruto Kering		41	315	5	2:26:51
2	Thmoas Mthmunt		46	704	9	2:39:12
3	Peter Lekuba		44	338	12	2:48:39
4	Dirk Ligthelm		40	343	15	2:51:30
5	Jakobus De Jager		42	213	16	2:53:03
6	Jaco Van Der Berg		41	604	21	2:56:59
7	Norman Letcher		46	71	22	2:57:26
8	Simeon Nkosi		46	452	26	2:58:14
9	Danie De Villiers		44	217	29	2:58:21
10	Dieter Muller		41	427	31	2:58:53
11	Hennie Van Der		47	612	33	2:58:54
12	Petrus Ndlovu	106	43	1182	35	3:00:05
13	Lazarus Ledimo		40	335	37	3:03:45
14	Wilson Maniseli Maphalala		45	370	39	3:05:45
15	Ian Hendry		46	281	42	3:08:53
16	Hezekiah Andrew		46	387	45	3:09:54
17	Percy French		44	259	47	3:11:22
18	Jan Van Der Linde		48	605	50	3:12:40
19	Theo Vanrij		40	625	56	3:13:43
20	Paul Marsh		46	75	57	3:14:07
21	Sibusiso Vilane		42	637	71	3:18:23
22	Silas Mabuza		45	734	72	3:18:32
23	Eddie Hanekom		45	524	73	3:18:44
24	Fidelis Vusi Dlamini		47	699	82	3:22:50
25	Cyprian Mtshali		42	424	83	3:22:51
26	James Nhlongo	2310	45	1228	85	3:23:28
27	Amon Sithole		44	541	86	3:24:43
28	Hein Potgieter		48	484	90	3:26:25
29	Jaco Venter		46	626	93	3:27:14
30	Athol Myhill		40	431	109	3:29:14
31	Patric Seboane		43	774	123	3:33:09
32	Ivan Spies		45	557	124	3:33:15
33	Edward Hall		46	274	127	3:33:48
34	Isaac Fannie Ngwenya	326	47	1192	135	3:35:19
35	David Vis		48	642	136	3:35:34
36	Deon Hoffmann		41	286	145	3:37:42
37	Pieter Botha		40	159	152	3:38:43
38	Khashane Manamela		42	366	155	3:39:30
39	Quintin Bond		41	144	159	3:41:13
40	Joram Sayiya		46	84	160	3:41:27
41	Willem Arnoldus Archer		41	3	164	3:42:44
42	Thapelo Simon Nhlapo		46	448	165	3:42:56

Race Date
April 13, 2013

Sappi Elands Vally 3-in-1

Age Group Results

Sappi Elands Vally 42.2Km

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>
43	Paul Norman		43	86	166	3:43:00
44	Christopher King		43	321	171	3:43:49
45	Hilton Mokoka		45	409	174	3:44:52
46	Chris Midlane		43	401	175	3:45:00
47	Swanepoel Swanepoel		44	749	1	3:45:34
48	Enoch Nyathi	2264	40	1222	184	3:46:20
49	Mphasthwa Peter Gama		47	261	188	3:48:17
50	David Seaton		47	92	189	3:48:24
51	Simone Shakoane	1002	45	1205	201	3:50:28
52	Jean Paul De Jager		41	750	203	3:50:47
53	Kerrin McLuckie		41	397	217	3:53:12
54	Riaan Nel		45	82	220	3:53:17
55	Royal Nzima		45	461	224	3:54:53
56	Bryan Zinn		46	675	225	3:55:10
57	Pieter Erwee		43	247	232	3:55:45
58	Dietmar Dedekind		47	32	241	3:56:10
59	Victor Radebe		41	495	242	3:56:10
60	Scotch Elleck Mgiba	1009	47	1212	243	3:56:44
61	Sarel Adams		47	122	249	3:57:46
62	Kealeboga Morapedi		43	775	252	3:58:03
63	Mufaro Muzvondiwa		42	80	253	3:58:18
64	Cobus De La Porte		49	215	255	3:58:29
65	Tebogo Mosupi		49	419	256	3:58:49
66	Andrew Peel		45	475	258	3:59:06
67	Makwe Masilela		42	383	259	3:59:06
68	Mandla Khumalo		47	320	265	3:59:15
69	Stephen Smith		43	554	274	4:02:35
70	Sven Dyrbye		44	240	276	4:03:05
71	Johann Jacobs		40	62	277	4:03:31
72	Franco Bavajee		47	5	279	4:03:34
73	Zwelibanzi Mpantsha	1678	42	1220	280	4:03:40
74	Willem Kersaai		47	316	281	4:03:40
75	Hendrik Steynberg		42	101	285	4:05:40
76	Clive Hutchinson		42	56	289	4:06:08
77	Selby Tlou Boy		47	587	295	4:07:21
78	Malekwa Joseph Mahlangu		44	360	299	4:07:54
79	Lester Cary		47	182	303	4:08:11
80	Nollie Hietbrink		41	53	316	4:09:44
81	Francois Henning		41	52	317	4:10:37
82	Garwen McLuckie		42	396	320	4:10:38
83	Stephan Bothma		42	169	323	4:10:43
84	Paul Barnard		43	133	334	4:12:02

Race Date
April 13, 2013

Sappi Elands Vally 3-in-1

Age Group Results

Sappi Elands Vally 42.2Km

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>
85	David Donald		43	229	335	4:12:03
86	Stefan Schoeman		41	758	347	4:13:18
87	Allen Kendall		45	314	348	4:13:20
88	Jan Viljoen		49	641	356	4:14:31
89	Ernest Holl		49	287	359	4:14:32
90	Johannes Kriel		48	728	372	4:17:18
91	Dominic Fundisi	281	49	1190	375	4:18:10
92	Linda Mwale		49	430	376	4:18:11
93	Warren Berman		41	137	380	4:18:47
94	Angelo Nkambule	2560	46	1233	385	4:19:17
95	Riaan Roets		41	502	389	4:19:30
96	Koena Moholola		40	78	393	4:19:54
97	Johan Redelinghuys		47	497	400	4:21:16
98	Moses Seporo Phiri		40	478	402	4:21:39
99	Richard Mnisis		45	404	406	4:22:24
100	Brandley John Beckerleg		40	135	415	4:23:02
101	Deon Valks		49	595	417	4:23:42
102	Mike Niemand		45	85	422	4:24:03
103	Mike Grobler		49	48	424	4:24:33
104	Paul De Klerk		48	214	427	4:24:50
105	Simon Dhlamini		49	771	430	4:25:27
106	John Davies		48	208	439	4:27:14
107	Gil Paulo Costa Marques		45	375	444	4:27:39
108	Pascal Le Roux		46	333	446	4:27:42
109	Chris Smit		44	550	449	4:28:38
110	Jaco Botha		42	164	452	4:29:28
111	Andre Gouws		41	269	464	4:32:02
112	Hans Ziemkendorf		47	674	491	4:35:59
113	Simon Hart		48	277	497	4:36:32
114	Docter Masemula	455	48	1195	503	4:37:24
115	Ronnie Govender		40	768	519	4:39:25
116	Pieter Pretorius		46	491	522	4:40:30
117	Andre Esterhuizen		41	250	525	4:41:29
118	Jasper Theron		48	583	528	4:41:44
119	Stephen Coetser		44	195	537	4:44:55
120	Pieter Roos		42	503	550	4:48:48
121	Marius Van Onselen		41	619	553	4:49:04
122	Rodney Vermaak		41	635	554	4:49:24
123	Jaco Sevenster		41	521	557	4:49:29
124	Elvis Detsego		40	222	558	4:49:39
125	Johan Grassman		41	271	564	4:50:18
126	Roewyn Danster		48	26	567	4:50:37

Race Date
April 13, 2013

Sappi Elands Vally 3-in-1
Age Group Results
Sappi Elands Vally 42.2Km

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>
127	Johan Basson		48	134	570	4:51:04
128	Edward Webb		46	655	574	4:52:33
129	Louis Fourie		42	41	582	4:54:44
130	Nare Mahlare		40	73	586	4:55:23
131	Chris Burger		49	694	597	4:56:54
132	Jan Andries Van Aswegen	488	45	1196	604	4:58:29
133	Charles Rajoo		48	767	605	4:58:42
134	Khumalo Mboneni		48	765	610	5:02:05
135	Ephraim Ledwaba		49	336	621	5:07:32
136	Arnold Mashamba		49	729	631	5:15:37
137	Padmani Govender		42	270	644	5:25:37
138	Gerhard Botha		40	158	646	5:27:28
139	Andy Murray		48	429	647	5:29:17
140	Jacques Bonnet		40	145	648	5:30:24
141	Eric Brits		49	176	650	5:33:48

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	John Neale		50	440	19	2:55:21
2	Craig Cooke-Tonnesen		54	20	24	2:57:37
3	Johannes Molokomme		52	414	55	3:13:33
4	Werner Weideman		56	657	58	3:14:17
5	Gert Johan Hert Snygans	103	57	1181	59	3:14:20
6	Ronald Dribbin		54	232	63	3:14:47
7	Dingaan Maebela		50	358	68	3:17:00
8	Raphael Ndhlovu	2315	52	1229	69	3:17:00
9	Moses Goodman Sibiya		52	534	70	3:17:20
10	Isaac Vusumuzi Mathe		51	386	76	3:20:08
11	Guy Nottingham		57	87	77	3:20:26
12	Theuns Streicher		51	567	81	3:22:28
13	Butterfly Sibiya		52	536	99	3:28:25
14	Rudi Rabe		50	494	102	3:28:36
15	Fanus Eksteen		51	244	107	3:29:11
16	Erik Neetling		59	441	108	3:29:14
17	Eric Wright		58	669	111	3:29:43
18	Desmond Howard		54	55	112	3:30:03
19	Moloi Phillip Masango		56	376	119	3:32:24
20	Grant Bosman		50	152	126	3:33:46
21	Johan Venter		59	630	131	3:34:49
22	Jose Araujo		58	127	134	3:35:07

Sappi Elands Vally 3-in-1

Age Group Results

Sappi Elands Vally 42.2Km

Race Date
April 13, 2013

Male - Master 50 to 59

Place	Name	PERM NUMBER	Age	Bib No	Overall	Time
23	Iain Toomey		59	589	141	3:37:28
24	Tommy Hanekom		52	49	143	3:37:40
25	April Mahlangu		51	361	147	3:37:57
26	Carl Phala		51	477	149	3:38:01
27	Johnny Van Der Walt	1007	57	1210	153	3:39:17
28	Keith Fisher		53	253	154	3:39:23
29	Piet Van Rensburg		54	620	187	3:48:12
30	Eric Economon		52	241	193	3:49:24
31	Grant Jackson		51	293	199	3:50:06
32	Julian David Karp		52	311	200	3:50:21
33	Pieter La Grange		55	70	204	3:50:51
34	Trevor Dudley		55	37	207	3:52:13
35	Hennie Oosthuizen		57	464	209	3:52:56
36	James Owens		56	472	234	3:55:53
37	Pieter Olivier	1001	52	1204	237	3:56:06
38	David Thungwane	116	58	1187	238	3:56:07
39	Marius Stoman		57	564	248	3:57:34
40	Johan Botes		59	156	251	3:58:03
41	Louis Venter		55	628	272	4:01:35
42	Pierre Joubert		54	309	291	4:06:20
43	Michael Van Moorst		53	616	300	4:07:58
44	Derek Van Niekerk	1008	54	1211	305	4:08:16
45	Zwelibanzi Nkabinde		52	450	311	4:08:54
46	Tsoamotse Danie Mokoena		53	410	312	4:08:59
47	Johan Scheepers		50	512	330	4:11:38
48	Tjaart Oosthuizen		52	468	340	4:12:45
49	Brian Airey		55	2	350	4:13:40
50	Heinrich Koen		50	323	357	4:14:32
51	Calvin Khoza		52	319	358	4:14:32
52	Hendrik Barnard		53	132	370	4:17:15
53	Guy Shepstone		51	525	381	4:18:51
54	David De Beer		51	210	396	4:20:39
55	Fanie Naude		55	436	404	4:22:10
56	Simon Woodward		52	668	416	4:23:17
57	Hendrik Du Toit		56	235	419	4:23:46
58	Michael Summers		52	571	423	4:24:29
59	Stephen Jewkes		50	65	431	4:25:31
60	Louis Bolt		59	12	447	4:28:06
61	Noa Ndhlovu		54	438	448	4:28:22
62	Jeanne Van Heerden	39	56	1173	450	4:28:44
63	Ernst Van Den Berg		54	601	455	4:29:46
64	Francois Moller	1010	51	1213	467	4:32:12

Sappi Elands Vally 3-in-1

Age Group Results

Sappi Elands Vally 42.2Km

Race Date
April 13, 2013

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>
65	Rudolf Liebenberg		52	342	468	4:32:19
66	Allen Garden		56	262	479	4:34:20
67	Pieter Wiese		51	662	488	4:35:13
68	Ric Marini		58	374	490	4:35:58
69	Herbert Shiluvani		55	526	496	4:36:23
70	Wiliam Loxton		54	353	507	4:37:44
71	Martin Adriaan Jacobs		50	295	520	4:40:13
72	Ronald Le Roux	111	59	1185	523	4:40:33
73	Andy Law		58	332	524	4:41:28
74	David Rudge		59	509	530	4:42:08
75	Lucas Mavuso		55	392	551	4:48:52
76	Jopie Kruger		59	67	556	4:49:27
77	Brian Gibbon		52	265	573	4:52:25
78	Paul Loubser	2012	57	1221	576	4:53:26
79	Graham Swain	113	58	1186	593	4:56:38
80	Jerrit Rudaman		59	508	600	4:57:33
81	Rudolf Landbard Lombard	804	52	1200	603	4:58:28
82	Justice Chiloane		57	187	609	5:00:23
83	Hermann Jordt		57	307	614	5:04:14
84	Wynand Corbitt		54	202	629	5:13:27
85	Kiewiet Strydom		57	570	634	5:16:38
86	Louis Boshoff		52	150	637	5:18:31
87	Peter Bobbins		56	143	642	5:22:28
88	Levy Mathobela		58	389	649	5:32:25
89	Sean Wells		54	115	655	5:39:22

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	Stelman Msuthu		75	421	65	3:15:04
2	Arthur Valasis		62	592	89	3:25:26
3	Wessel Bhayi		61	139	118	3:32:09
4	Dave Gear		65	43	129	3:34:37
5	Neels Venter		65	631	162	3:42:10
6	Gerhard Nortje		65	456	180	3:45:36
7	Rynard Cronje		60	22	183	3:45:53
8	Andre Vianello		69	112	210	3:52:57
9	Bennie Burger		60	179	221	3:53:57
10	Sarel Hietbrink		65	283	229	3:55:35
11	Rudie Van Aardt		62	597	254	3:58:22
12	Matthew Ngwenya		62	83	270	4:00:41

Race Date
April 13, 2013

Sappi Elands Vally 3-in-1
Age Group Results
Sappi Elands Vally 42.2Km

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>
13	Willy Castle		62	183	318	4:10:37
14	Melvin Waldeck		65	649	319	4:10:37
15	Hans Van Driel		64	613	360	4:14:40
16	Johann Zandamela	100	63	1180	390	4:19:30
17	Mike Goodhew	1006	62	1209	397	4:20:46
18	Albert Devenish		60	223	399	4:21:12
19	Fanie Louw		60	351	420	4:23:50
20	Laurence K Mphela	363	61	1194	473	4:32:51
21	Mojakgomo Matlala		61	391	484	4:34:58
22	Henry Mudge		68	426	485	4:34:59
23	Dennis Botes		62	153	494	4:36:19
24	Elias Rakgolo Mahuma		63	362	514	4:38:48
25	Johan Bensch		63	136	527	4:41:43
26	Andreas Te Reh		63	578	536	4:44:15
27	Phillip Rousseau		60	506	577	4:53:26
28	David Atkinson		60	129	589	4:55:35
29	Nick Icely		64	292	598	4:57:14
30	Colin Thomas		63	586	618	5:05:01
31	Michael Yule		69	673	627	5:13:13
32	Harry Miller		66	402	636	5:18:27
33	Johan Dreyer		60	231	643	5:24:07
34	Sp Botha		68	167	645	5:25:48
35	Claude Fredericks		64	258	656	5:39:23