

TLC Ladies Race 40KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
2575	NICOLLE VD GREFT	F	SENIOR	02:04:46	1	1
4016	KERRY SUTHERLAND	F	YOUNG AT HEART	02:07:37	2	1
4012	MARISA VAN DER LINDE	F	MORE SENIOR	02:08:08	3	1
4023	MELANIE KNOWLES	F	YOUNG AT HEART	02:13:20	4	2
4086	CHRISSIE VILJOEN	F	YOUNG AT HEART	02:13:27	5	3
4024	MICHELLE STRINGER	F	YOUNG AT HEART	02:14:30	6	4
4091	JAUN PIERRE STRINGER	M	YOUNG AT HEART	02:14:32	1	1
4046	JODI LEA KEARNS	F	SENIOR	02:15:52	7	2
4167	MARLIZE MOOLMAN	F	MORE SENIOR	02:15:54	8	2
4038	HOLLY MACLENNAN	F	SENIOR	02:17:43	9	3
4144	SUSAN GERBER	F	MORE SENIOR	02:18:07	10	3
4044	ANA-MARIA SCOTT	F	MORE SENIOR	02:18:29	11	4
4004	GERALDINE VAN TROMP	F	MORE SENIOR	02:18:31	12	5
4035	ERICA JOANNE DANIELL	F	MORE SENIOR	02:19:16	13	6
4040	RIALETTE KRUGER	F	MORE SENIOR	02:19:25	14	7
4039	FIONA KNIGHT	F	GROWING OLDER GRACEFULLY	02:20:08	15	1
4008	LYNNETTE MORRIS	F	YOUNG AT HEART	02:23:17	16	5
4095	ANDREW BENNETT MORRIS	M	YOUNG AT HEART	02:23:19	2	2
4098	MICHAEL LEE GAMBLE	M	GROWING OLDER GRACEFULLY	02:23:36	3	1
4092	KENNETH KRUGER	M	YOUNG AT HEART	02:24:24	4	3
4033	NEELTJE VAN URK	F	MORE SENIOR	02:24:27	17	8
4113	LEE ZIERVOGEL	F	YOUNG AT HEART	02:24:31	18	6
4043	CHRISTA BOTHA	F	GROWING OLDER GRACEFULLY	02:24:37	19	2
4042	SONET MATHESON	F	GROWING OLDER GRACEFULLY	02:25:12	20	3
4061	LIZE-MARI KREUSCH	F	YOUNG AT HEART	02:25:14	21	7
4104	STEWART MACLEOD	M	YOUNG AT HEART	02:26:14	5	4
4009	BENITA ALEXANDER	F	GROWING OLDER GRACEFULLY	02:26:23	22	4
4041	JUDY ROGAN	F	YOUNG AT HEART	02:27:22	23	8
4054	NICCI HAWKE	F	YOUNG AT HEART	02:27:25	24	9
4136	CARLA DE WITT	F	MORE SENIOR	02:30:00	25	9
4063	CHANTEL CROSSLEY	F	SENIOR	02:32:00	26	4
4068	CORINDA GAIGHER	F	GROWING OLDER GRACEFULLY	02:32:02	27	5
4127	ERICA SCHEMEL	F	MORE SENIOR	02:32:48	28	10
4090	GLEN SOLOMON HO	M	YOUNG AT HEART	02:32:50	6	5
4032	LINDA WATSON	F	YOUNG AT HEART	02:34:31	29	10
4129	NICCI PAGE	F	YOUNG AT HEART	02:34:57	30	11
4169	WAYNE BIRD	M	GROWING OLDER GRACEFULLY	02:35:03	7	2
4058	CHRISMARI STEVEN	F	YOUNG AT HEART	02:35:08	31	12
4081	SONYA STEYN	F	YOUNG AT HEART	02:35:38	32	13
4108	STEVEN VENTER	M	GROWING OLDER GRACEFULLY	02:35:39	8	3
4005	TRACEY REYNOLDS	F	YOUNG AT HEART	02:35:43	33	14
4059	ELAINE EAGLESTONE	F	YOUNG AT HEART	02:36:33	34	15
4070	NADIA VAN WYK	F	MORE SENIOR	02:37:50	35	11
4171	STEVEN ORANGE	M	YOUNG AT HEART	02:37:55	9	6
4080	NATALIE ROBERTS	F	MORE SENIOR	02:38:41	36	12
4094	MICHAEL KNIGHT	M	GROWING OLDER GRACEFULLY	02:38:44	10	4
4145	NOELLE GORNALL	F	MORE SENIOR	02:38:48	37	13
4030	CHRISTA BOUSEMA	F	YOUNG AT HEART	02:39:12	38	16
4066	PENELOPE DIEZ	F	GROWING OLDER GRACEFULLY	02:41:00	39	6
4109	DEON PENTZ	M	YOUNG AT HEART	02:41:04	11	7
4082	HELEN PENTZ	F	YOUNG AT HEART	02:41:09	40	17
4149	JACQUES LE ROUX	M	YOUNG AT HEART	02:42:15	12	8
4148	HEINI GERBER	M	MORE SENIOR	02:42:42	13	1
4076	MARY OGILVY	F	YOUNG AT HEART	02:42:49	41	18
4074	LYNN FISHER	F	GROWING OLDER GRACEFULLY	02:42:59	42	7
4103	JOHAN CONRADIE	M	GROWING OLDER GRACEFULLY	02:43:01	14	5
4014	TANYA KRUGER	F	YOUNG AT HEART	02:43:12	43	19

4166	CHERYL FUSSELL	F	YOUNG AT HEART	02:43:13	44	20
4131	ELMIE VAN STADEN	F	GROWING OLDER GRACEFULLY	02:46:26	45	8
4031	LISA STEINGOLD	F	MORE SENIOR	02:46:30	46	14
4022	MONIKA UREN	F	GROWING OLDER GRACEFULLY	02:47:04	47	9
4097	FRANS ERASMUS	M	GROWING OLDER GRACEFULLY	02:47:18	15	6
4120	MARLI KLEYNHANS	F	SENIOR	02:49:07	48	5
4119	INGRID BOTHA	F	MORE SENIOR	02:49:08	49	15
4049	GEORGIE JEPHSON	F	MORE SENIOR	02:49:27	50	16
4123	SONISCA MAREE	F	SENIOR	02:50:42	51	6
4157	BIANCA KEYSER	F	MORE SENIOR	02:50:44	52	17
4156	KANE OLIVIER	M	YOUNG AT HEART	02:50:51	16	9
4118	BIANCA DAHL	F	MORE SENIOR	02:50:59	53	18
4053	KAREN JAMES	F	YOUNG AT HEART	02:52:29	54	21
4015	HILDEGARD SETZKORN	F	GROWING OLDER GRACEFULLY	02:54:23	55	10
4089	STEPHAN BOTHA	M	YOUNG AT HEART	02:54:24	17	10
4087	MICHELLE DELPORT	F	MORE SENIOR	02:54:40	56	19
4006	RIAAN VORSTER	M	YOUNG AT HEART	02:54:52	18	11
4048	CANDICE ALLISON	F	MORE SENIOR	02:55:35	57	20
4036	SUSAN RAE BOLT	F	GROWING OLDER GRACEFULLY	02:55:37	58	11
4173	THEL ZULU	F	YOUNG AT HEART	02:57:04	59	22
4020	STACEY ILLGNER	F	YOUNG AT HEART	02:58:40	60	23
4121	SUNCHIA ECKARD	F	SENIOR	02:59:34	61	7
4021	ELMI DU TOIT	F	MORE SENIOR	02:59:47	62	21
4133	MARIEKIE SPIES	F	YOUNG AT HEART	03:00:06	63	24
4018	KATRINA CAMPBELL	F	YOUNG AT HEART	03:02:01	64	25
4135	ALEXANDRA DU TOIT	F	SENIOR	03:04:00	65	8
4135	ELIZABETH LEE MING	F	YOUNG AT HEART	03:04:00	65	26
4056	LANESE DU TOIT	F	MORE SENIOR	03:04:02	66	22
4057	YOLANDE KRUGER	F	MORE SENIOR	03:04:07	67	23
4168	HELGA SCHOLTZ	F	MORE SENIOR	03:04:44	68	24
4064	LIANCA VAN DER MERWE	F	MORE SENIOR	03:05:35	69	25
4093	CHRIS GIBBON	M	MORE SENIOR	03:08:33	19	2
4102	WILLEM BOUSEMA	M	YOUNG AT HEART	03:08:34	20	12
4026	DORIS THIELE	F	GROWING OLDER GRACEFULLY	03:09:04	70	12
4075	MICHELLE MACDONALD	F	YOUNG AT HEART	03:11:21	71	27
4105	WILLIAM MACDONALD	M	GROWING OLDER GRACEFULLY	03:11:23	21	7
4050	SONJA BRANCO	F	GROWING OLDER GRACEFULLY	03:12:04	72	13
4045	GILLIAN CAMPBELL	F	GROWING OLDER GRACEFULLY	03:13:20	73	14
4134	EURIKA GOOSEN	F	MORE SENIOR	03:13:28	74	26
4028	ALLISON ODGERS	F	YOUNG AT HEART	03:13:32	75	28
4029	ANNE-MARGARET WILLIAMS	F	YOUNG AT HEART	03:13:34	76	29
4101	MARK GRIFFITHS	M	MORE SENIOR	03:14:42	22	3
4130	RONELLE VAN ZYL	F	YOUNG AT HEART	03:15:14	77	30
4124	MARLETTE BRITS	F	MORE SENIOR	03:16:32	78	27
4132	CHANTAL LIEBENBERG	F	MORE SENIOR	03:16:56	79	28
4065	COLLEEN VAN ECK	F	YOUNG AT HEART	03:16:58	80	31
4142	STACY BRYSON	F	GROWING OLDER GRACEFULLY	03:17:01	81	15
4055	SONETTE VENTER	F	MORE SENIOR	03:18:47	82	29
4115	CHANEL DE WET	F	SENIOR	03:19:31	83	9
4137	ELBIE PIERNEEF	F	MORE SENIOR	03:22:23	84	30
4122	SANET COETZEE	F	YOUNG AT HEART	03:22:24	85	32
4161	DE JAGER DE JAGER	M	GROWING OLDER GRACEFULLY	03:22:27	23	8
4112	LARA TATIANA COCCIUTI	F	YOUNG AT HEART	03:24:11	86	33
4151	SARAY KHUMALO	F	YOUNG AT HEART	03:24:24	87	34
4158	TANNITH GARDNER	F	MORE SENIOR	03:26:16	88	31
4047	BEVERLEY MELLOWS	F	GROWING OLDER GRACEFULLY	03:26:24	89	16
4111	LAURA KIRKER	F	GROWING OLDER GRACEFULLY	03:27:54	90	17
4107	ALBERT ARNOLD	M	MORE SENIOR	03:28:13	24	4
4139	CECILIA BRITS	F	YOUNG AT HEART	03:29:38	91	35
4025	JANET STEWART	F	YOUNG AT HEART	03:33:20	92	36

TLC Ladies Race 25KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
2569	CHLOE GARDNER	F	OPEN	01:14:26	1	1
2610	FRANSWUA VAN STADEN	M	OPEN	01:14:29	1	1
2622	CHANE BERNADETTE DE GOUVEIA	F	OPEN	01:29:17	2	2
2620	LAURIESIAN BRETT	F	OPEN	01:31:12	3	3
2586	JULIE TAYLOR	F	OPEN	01:33:02	4	4
2534	SHANNON BARRETT	F	OPEN	01:34:29	5	5
2614	ILSLEY ILSLEY	F	OPEN	01:34:31	6	6
2536	VIVIEN JEFFERIES	F	OPEN	01:36:02	7	7
2521	GRISELDA KRUGER	F	OPEN	01:37:06	8	8
2530	LOUISE WORTHINGTON	F	OPEN	01:42:25	9	9
4017	KERRY-LEE PIENAAR	F	OPEN	01:42:44	10	10
2589	JOHN WICKS	M	OPEN	01:44:09	2	2
2558	ESME ANDREA VAN DER VEEN	F	OPEN	01:44:11	11	11
2503	SHARON SPILLER	F	OPEN	01:46:13	12	12
2611	DAVID KRETZMANN	M	OPEN	01:48:10	3	3
2612	SAN-LOUISE KRETZMANN	F	OPEN	01:48:23	13	13
2525	SUSANNA WESSELS	F	OPEN	01:48:27	14	14
2524	ENGELA KOTZEE	F	OPEN	01:48:29	15	15
2607	RENTIA LEWIES	F	OPEN	01:48:37	16	16
2508	CANDICE HOBDAY	F	OPEN	01:48:43	17	17
2596	RENITA DE BEER	F	OPEN	01:48:45	18	18
2596	RYA-MARI MULLER	F	OPEN	01:48:45	18	18
2579	ANELDA DU PLESSIS	F	OPEN	01:49:43	19	19
2532	SARA SCANLON	F	OPEN	01:51:40	20	20
2559	ELIZABETH CRONJE	F	OPEN	01:51:41	21	21
2591	STEPHANUS CRONJE	M	OPEN	01:51:45	4	4
4037	CAROLYN EVANS	F	OPEN	01:51:47	22	22
2506	CAROLINE KRZYCHYLKIEWICZ	F	OPEN	01:52:04	23	23
2556	SUZIE DE ABREU	F	OPEN	01:53:11	24	24
4100	ABRAHAM KOEKEMOER	M	OPEN	01:53:14	5	5
2557	DENISE KOEKEMOER	F	OPEN	01:53:17	25	25
2502	SHAUN FRYER	M	OPEN	01:54:27	6	6
2605	DELENE THEUNISSEN	F	OPEN	01:54:42	26	26
2504	ILANA DE VRIES	F	OPEN	01:54:45	27	27
2514	DANIELA HARTMANN	F	OPEN	01:54:48	28	28
2565	SAMANTHA ERASMUS	F	OPEN	01:54:50	29	29
2553	CHARMAYNE DITCHFIELD	F	OPEN	01:55:31	30	30
4141	HANLIE RYAN	F	OPEN	01:55:49	31	31
2606	NICOLE BARKHUIZEN	F	OPEN	01:56:00	32	32
2583	ANITAH RASIMPI	F	OPEN	01:56:05	33	33
2549	DEIDRE TAVARES	F	OPEN	01:57:03	34	34
2570	KAYLEIGH KIN	F	OPEN	01:57:20	35	35
2576	SULVEIGH FORD	F	OPEN	01:57:23	36	36
2617	LEANA KELLERMAN	F	OPEN	01:57:29	37	37
2618	YOLANDI LANGEVELDT	F	OPEN	01:58:02	38	38
2507	ANINA DE VILLIERS	F	OPEN	01:58:55	39	39
2609	SIGRUN HELLWIG-DREWS	F	OPEN	01:59:13	40	40

2619	MAGDA VISSER	F	OPEN	01:59:18	41	41
2535	BENITA NIENABER	F	OPEN	01:59:34	42	42
4088	GERRIE KOEKEMOER	M	OPEN	01:59:40	7	7
2564	JACKIE STEYN	F	OPEN	02:00:21	43	43
2550	CAROLINE ALICE VILJOEN	F	OPEN	02:00:24	44	44
2571	KATHLEEN ANN CONTE	F	OPEN	02:00:48	45	45
2511	GLENDA WADE	F	OPEN	02:00:50	46	46
2522	CHRISTINE CHAMBERS	F	OPEN	02:02:08	47	47
2587	LEONARD DE VILLIERS	M	OPEN	02:05:40	8	8
4140	TENIKA-JOY RYAN	F	OPEN	02:05:49	48	48
2574	ADRI PRETORIUS	F	OPEN	02:06:08	49	49
2588	MICHAEL WADE	M	OPEN	02:07:23	9	9
2585	MELODY MABUDULE	F	OPEN	02:07:25	50	50
2573	DANEL KORB	F	OPEN	02:07:35	51	51
2538	SUSAN SMITH	F	OPEN	02:08:47	52	52
2592	BRUCE WATERMEYER	M	OPEN	02:11:05	10	10
2593	ROSS MENGEL	M	OPEN	02:11:06	11	11
2552	PAMELA YIRRELL	F	OPEN	02:11:53	53	53
2590	ARTHUR WILLS	M	OPEN	02:11:57	12	12
4106	JAIDAN MAYS	M	OPEN	02:13:40	13	13
2572	MELISSA CURRIE	F	OPEN	02:13:45	54	54
2541	YOLANDI WILLIAMSON	F	OPEN	02:15:25	55	55
2523	LIESEL NAUDE	F	OPEN	02:15:53	56	56
2608	BRAD BOYD	M	OPEN	02:16:11	14	14
2537	CAROL HUNTER	F	OPEN	02:16:37	57	57
2621	WENDY IRELAND	F	OPEN	02:16:57	58	58
2603	SHARLA STRYDOM	F	OPEN	02:17:30	59	59
2604	LIESL LUDEKE	F	OPEN	02:17:32	60	60
2577	MONIQUE OOSTHUIZEN	F	OPEN	02:19:01	61	61
2551	BRIGITTE MERCELIS KLEYWEG	F	OPEN	02:20:21	62	62
2547	TARRYN HOLMES	F	OPEN	02:21:13	63	63
2546	BRONWYN HOLMES	F	OPEN	02:21:16	64	64
2505	SUSAN HARTLEY	F	OPEN	02:21:19	65	65
2529	CAROLYN SINGER	F	OPEN	02:21:31	66	66
2592	BRUCE WATERMEYER	M	OPEN	02:23:45	15	15
2595	RUBEN BOUSEMA	M	OPEN	02:24:10	16	16
2598	MABEL COYANIS	F	OPEN	02:25:22	67	67
2594	OLOFF BOUSEMA	M	OPEN	02:26:11	17	17
2510	VERNA DE JAGER	F	OPEN	02:27:05	68	68
2531	SHINGI CHIMUTI	F	OPEN	02:27:09	69	69
2509	NATALIE BROWN	F	OPEN	02:27:13	70	70
2582	MASEGO TSHABALALA	F	OPEN	02:30:18	71	71
2580	JABULILE PHUNGWAYO	F	OPEN	02:30:28	72	72
2596	RENITA DE BEER	F	OPEN	02:31:22	73	73
2596	RYA-MARI MULLER	F	OPEN	02:31:22	73	73
2597	IRMA ETHNA PARKER	F	OPEN	02:31:24	74	74
2601	KERI JEAN RODDEN	F	OPEN	02:40:33	75	75
2545	MINNETTE NEL	F	OPEN	02:56:27	76	76
2543	GEZINA MARIA PRETORIUS	F	OPEN	02:56:34	77	77
2566	MICHELLE HOMANN	F	OPEN	03:11:40	78	78
2544	ERANEE STACEY	F	OPEN	03:26:05	79	79

TLC Ladies Race 15KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
1521	JESSICA JAMES	F	OPEN	00:43:15	1	1
1547	RAQUEL DE AHUMADA	F	OPEN	00:43:17	2	2
1533	ASHLYN HOPE STRYDOM	F	OPEN	00:43:19	3	3
1549	JACO KRUGER	M	OPEN	00:44:20	1	1
1566	ZELNA BREYTENBACH	F	OPEN	00:44:22	4	4
1567	ADELE ROTHMANN	F	OPEN	00:48:24	5	5
2562	SUSAN LESCH	F	OPEN	00:48:26	6	6
2563	ANITA WARDLAW	F	OPEN	00:48:31	7	7
1548	MICHELLE BATE	F	OPEN	00:48:35	8	8
1524	MAGDA REYNDERS	F	OPEN	00:50:37	9	9
1526	ADRIANA THERON	F	OPEN	00:55:39	10	10
1515	NAZILA NAJAFI AGHAJOLOU	F	OPEN	00:55:40	11	11
1502	TERSIA MOLLER	F	OPEN	00:57:41	12	12
1568	INGE THERON	F	OPEN	00:57:43	13	13
1508	LOUISE VILJOEN	F	OPEN	01:00:47	14	14
1507	ANRI VILJOEN	F	OPEN	01:00:56	15	15
1509	SHARON CARSON	F	OPEN	01:04:51	16	16
1553	OLIVIA STRYDOM	F	OPEN	01:07:16	17	17
1558	MELANIE LOGAN	F	OPEN	01:07:18	18	18
1525	SHANNON VAN JAARSVELD	F	OPEN	01:08:51	19	19
1550	GREYLING GREYLING	M	OPEN	01:10:53	2	2
1545	TANYA BENNETTS	F	OPEN	01:11:00	20	20
1511	NADINE BUTCHER	F	OPEN	01:11:03	21	21
1535	ISTELL ORTON	F	OPEN	01:11:04	22	22
1557	DEBORAH HOFFMAN	F	OPEN	01:13:33	23	23
1537	KAREN BARNARD	F	OPEN	01:13:58	24	24
1538	NATASSIA FRITZ	F	OPEN	01:14:17	25	25
1530	ADELLE SCHALKWYK	F	OPEN	01:17:33	26	26
1531	TRUDIE BEZUIDENHOUT	F	OPEN	01:17:34	27	27
1559	COLETTE BOYD	F	OPEN	01:17:36	28	28
1523	ANNA M RAATH	F	OPEN	01:18:51	29	29
1516	MARI KRUGER	F	OPEN	01:18:52	30	30
2517	ANTOINETTE VENTER	F	OPEN	01:19:15	31	31
2526	FRANCIEN DE BEER	F	OPEN	01:19:18	32	32
1560	SHANNON BOYD	F	OPEN	01:19:34	33	33
1519	ALREZE SCHEEPERS	F	OPEN	01:23:33	34	34
1517	DEIDRE MEYER	F	OPEN	01:23:35	35	35
1523	ANNA M RAATH	F	OPEN	01:23:38	36	36
1528	KIRSTEN HUBBARD	F	OPEN	01:29:07	37	37
1536	BEVERLEY SNYMAN	F	OPEN	01:29:09	38	38
1514	ELIZABETH LANCASTER	F	OPEN	01:30:27	39	39
1543	NICOLA THERON	F	OPEN	01:31:36	40	40
1518	ESTELLE VAN ROOYEN	F	OPEN	01:35:07	41	41
1510	HANNELIE VAN ZYL	F	OPEN	01:35:09	42	42
1546	MARSHE VAN GEEMS	F	OPEN	01:55:01	43	43
1540	OLEBOGENG MAIMELA	F	OPEN	02:14:23	44	44
1541	KARABO MKHUMISA	F	OPEN	02:31:42	45	45
2584	KOKETSO MAKAPANE	F	OPEN	02:31:58	46	46
1539	THANDEKA MAZIBUKO	F	OPEN	03:02:26	47	47
2581	THANDOLETWO VELEMBO	F	OPEN	03:03:18	48	48

TLC Ladies Race 4KM

Race No	Name	Sex	Age Cat Name	Race Time	Overall Pos	Age Pos
049	DEVON MACLEOD	M	KIDS	00:16:19	1	1
044	EWALD VAN ZYL	M	KIDS	00:21:14	2	2
045	HENDRE VAN ZYL	M	KIDS	00:21:22	3	3
050	CAMERON COMBRINK	F	KIDS	00:22:07	1	1
042	ANGELA ILLGNER	F	KIDS	00:24:11	2	2
046	CIARA-PAGE SLATTERY	F	KIDS	00:24:13	3	3
047	FUSSELL FUSSELL	M	KIDS	00:29:11	4	4
043	GABRIELLA ILLGNER	F	KIDS	00:29:15	4	4
051	MARCO MARIOTTI	M	KIDS	00:30:35	5	5