

Iron Crown Trailrun

Race Date

July 09, 2016

Overall Finish List**21.1km**

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Phuti Mohale		582	32	M	1 20-39	1:42:46.50	4:52/K
2	Lucky Maohlo		571	34	M	2 20-39	1:48:30.35	5:09/K
3	Thomas Thema		584	45	M	1 40-49	1:59:01.35	5:38/K
4	Steve Willson		581	32	M	3 20-39	2:02:20.58	5:48/K
5	Oupa Morwane		589	31	M	4 20-39	2:04:16.25	5:53/K
6	Tristan Williamson		564	18	M	1 1-19	2:06:53.17	6:01/K
7	James Simpson		565	19	M	2 1-19	2:08:45.65	6:06/K
8	Jesse Levin		550	20	M	5 20-39	2:09:41.30	6:09/K
9	Khumbulani Ngende		588	24	M	6 20-39	2:17:24.70	6:31/K
10	Elsabe Cronje		580	48	F	1 40-49	2:17:28.57	6:31/K
11	Justin Gaffney		480	38	M	7 20-39	2:20:12.59	6:39/K
12	Phillip Hoogendyk		505	31	M	8 20-39	2:20:20.51	6:39/K
13	Carla Booysen		517	26	F	1 20-39	2:20:22.54	6:39/K
14	Mark Ashcroft		533	33	M	9 20-39	2:22:19.68	6:45/K
15	Matume Maponya		730	44	M	2 40-49	2:25:04.67	6:53/K
16	Jan De Kock		541	32	M	10 20-39	2:26:40.47	6:57/K
17	Motlalusi Rakgoale		577	46	M	3 40-49	2:27:22.19	6:59/K
18	Voughan Lascelles		585	47	M	4 40-49	2:28:05.69	7:01/K
19	Johan Van Huyssteen		591	48	M	5 40-49	2:29:55.70	7:06/K
20	Somane Andersson		566	17	M	3 1-19	2:30:10.36	7:07/K
21	Annatjie Botha		475	35	F	2 20-39	2:31:44.45	7:11/K
22	MC Botha		476	42	M	6 40-49	2:31:45.20	7:12/K
23	Mientjie Els		544	41	F	2 40-49	2:35:50.86	7:23/K
24	Abel Tlholakae		502	33	M	11 20-39	2:36:47.44	7:26/K
25	Christiaan Hoogendyk		506	34	M	12 20-39	2:38:22.89	7:30/K
26	Remco Peters		531	38	M	13 20-39	2:38:34.46	7:31/K
27	Warren Porteaais		586	45	M	7 40-49	2:40:16.71	7:36/K
28	Anel Swart		560	37	F	3 20-39	2:40:29.70	7:36/K
29	James Baring		563	19	M	4 1-19	2:42:18.70	7:42/K
30	Riaan Nel		594	47	M	8 40-49	2:43:04.15	7:44/K
31	Julie Cornelius		509	35	F	4 20-39	2:43:56.68	7:46/K
32	Faan Roos		504	34	M	14 20-39	2:45:07.48	7:50/K
33	Louise Van Den Dool		508	39	F	5 20-39	2:47:37.10	7:57/K
34	Francois Van Schalkwyk		567	27	M	15 20-39	2:50:46.39	8:06/K
35	Thomas Magodi		705	36	M	16 20-39	2:51:31.54	8:08/K
36	Richard Davidson		569	48	M	9 40-49	2:51:35.50	8:08/K
37	Dian Bovill		559	16	M	5 1-19	2:54:29.90	8:16/K
38	Nipper Thompson		510	61	M	1 60-99	2:55:08.98	8:18/K
39	Christine Steyn		523	21	F	6 20-39	2:55:19.25	8:19/K
40	Greta Bekker		549	54	F	1 50-59	3:00:38.46	8:34/K
41	Bertus Dreyer		529	56	M	1 50-59	3:02:05.30	8:38/K
42	Rosa Viljoen		530	51	F	2 50-59	3:02:05.71	8:38/K
43	Tamara Van Der Kun		562	19	F	1 1-19	3:02:08.75	8:38/K
44	Unknown Partic. 515		515		M	1 0-0	3:02:46.46	8:40/K
45	Melanie Swanepoel		568	39	F	7 20-39	3:03:00.78	8:40/K
46	Paul Barnard		532	46	M	10 40-49	3:04:12.50	8:44/K
47	Nicholas Luksich		477	28	M	17 20-39	3:04:12.50	8:44/K

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<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Annalie Fuchs		570	37	F	8 20-39	3:04:21.63	8:44/K
49	Christopher Noel		522	68	M	2 60-99	3:04:40.29	8:45/K
50	Karin Armstrong		543	40	F	3 40-49	3:04:50.40	8:46/K
51	Monica Roode		547	53	F	3 50-59	3:04:50.84	8:46/K
52	Colinda Potgieter		587	46	F	4 40-49	3:06:33.28	8:50/K
53	Martina Potgieter		583	54	M	2 50-59	3:06:34.90	8:51/K
54	Hugo Coetzee		501	48	M	11 40-49	3:06:35.28	8:51/K
55	Lood Bothma		520	28	M	18 20-39	3:07:05.76	8:52/K
56	Phillip Oosthuizen		572	60	M	3 60-99	3:12:15.53	9:07/K
57	Hennie Spies		578	49	M	12 40-49	3:12:31.29	9:07/K
58	Amanda Kruger		579	53	F	4 50-59	3:12:31.54	9:07/K
59	Johannes Zandamela		474	66	M	4 60-99	3:12:52.46	9:08/K
60	Lorraine Egan		528	46	F	5 40-49	3:13:34.27	9:10/K
61	Ane Kotze		521	27	F	9 20-39	3:15:06.98	9:15/K
62	Paul Zaayman		554	54	M	3 50-59	3:16:11.78	9:18/K
63	Vincent Egan		573	48	M	13 40-49	3:16:45.80	9:19/K
64	Natasha Van Wyngaardt		555	43	F	6 40-49	3:16:53.93	9:20/K
65	Lidell Botha		548	38	F	10 20-39	3:16:54.53	9:20/K
66	Nantes Booyesen		518	27	M	19 20-39	3:18:51.66	9:25/K
67	Unknown Partic. 545		545		M	2 0-0	3:19:11.35	9:26/K
68	Christopher Jones		525	43	M	14 40-49	3:20:50.31	9:31/K
69	Lee-Wade Loots		561	23	M	20 20-39	3:25:00.69	9:43/K
70	Adre Van Rooyen		704	31	F	11 20-39	3:33:35.84	10:07/K
71	Maria-Louise Geysen		595	36	F	12 20-39	3:33:36.59	10:07/K
72	Gustav Grobler		478	29	M	21 20-39	3:33:44.57	10:08/K
73	Max Walgenbach		507	33	M	22 20-39	3:33:47.30	10:08/K
74	Guppy Wilkinson		503	41	M	15 40-49	3:33:47.81	10:08/K
75	Charmaine Botha		519	33	F	13 20-39	3:37:00.59	10:17/K
76	Bryle Wachipa		593	35	M	23 20-39	3:39:42.10	10:25/K
77	Mapula Bopape		592	32	F	14 20-39	3:39:43.84	10:25/K
78	Herman De Bruyn		524	45	M	16 40-49	3:40:20.46	10:27/K
79	Tanya Zaayman		542	42	F	7 40-49	3:43:28.70	10:35/K
80	Hanley Bovill		558	48	F	8 40-49	3:48:30.58	10:50/K
81	Eddie Vorster		596	43	M	17 40-49	3:49:56.39	10:54/K
82	Staci Katsivalis		512	45	F	9 40-49	3:59:50.88	11:22/K
83	Shawn Combrink		514	57	M	4 50-59	3:59:51.35	11:22/K
84	Sylvia Thompson		511	57	F	5 50-59	4:03:15.47	11:32/K
85	Johan Van Graan		590	70	M	5 60-99	4:17:20.75	12:12/K
86	Wendy Strydom		553	38	F	15 20-39	4:21:01.92	12:22/K
87	Deidre Sauer		479	28	F	16 20-39	4:21:02.41	12:22/K
88	Lizl Van Der Merwe		556	48	F	10 40-49	4:23:06.40	12:28/K

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Overall Finish List

10km

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
1	Emmanuel Ramohlale		607	21	M	1 20-39	33:05.40	3:19/K
2	Phuti Sethowa		721	27	M	2 20-39	33:19.45	3:20/K
3	JJ Van Der Merwe		693	19	M	1 1-19	41:47.37	4:11/K
4	Tumi Mathabatha		683	18	M	2 1-19	42:05.50	4:13/K
5	Gabriel Makwela		651	35	M	3 20-39	42:52.71	4:17/K
6	Koketjo Gambo		716	20	M	4 20-39	45:02.13	4:30/K
7	Christiaan Strubel		706	15	M	3 1-19	48:36.13	4:52/K
8	Fiona Butler		615	38	F	1 20-39	49:14.70	4:55/K
9	Lloyd Khoza		741	31	M	5 20-39	52:02.30	5:12/K
10	Byron Andrew		642	12	M	4 1-19	52:04.27	5:12/K
11	Gregor Andrew		643	16	M	5 1-19	52:06.30	5:13/K
12	Lawrence Mokgomola		666	57	M	1 50-59	52:10.53	5:13/K
13	Alex Revelas		735	20	M	6 20-39	53:27.69	5:21/K
14	James Stewart		742	40	M	1 40-49	55:55.78	5:36/K
15	Josua Retief		646	10	M	6 1-19	57:44.29	5:46/K
16	Johan Grobler		745	28	M	7 20-39	59:20.89	5:56/K
17	Morne Bekker		746	28	M	8 20-39	59:23.12	5:56/K
18	Robert Sacco		688	60	M	1 60-99	1:00:44.80	6:04/K
19	Werner Olivier		715	28	M	9 20-39	1:00:59.30	6:06/K
20	Ruth White		748	18	F	1 1-19	1:01:19.54	6:08/K
21	Phillip Donovan		671	40	M	2 40-49	1:01:19.59	6:08/K
22	Bonga Fakude		644	24	M	10 20-39	1:01:27.93	6:09/K
23	Courtney Smith		661	19	M	7 1-19	1:01:59.19	6:12/K
24	Gorman Cloete		673	49	M	3 40-49	1:01:59.56	6:12/K
25	Matthew Porteaais		694	12	M	8 1-19	1:02:24.57	6:14/K
26	Ryan Davidson		670	17	M	9 1-19	1:02:46.87	6:17/K
27	Ben Harold		708	48	M	4 40-49	1:03:00.67	6:18/K
28	Ian Jannash		691	20	M	11 20-39	1:03:27.68	6:21/K
29	Garth Lancefield		736	34	M	12 20-39	1:03:41.27	6:22/K
30	Michael Ward		714	29	M	13 20-39	1:03:42.28	6:22/K
31	Hannes Grobbelaar		702	30	M	14 20-39	1:03:50.38	6:23/K
32	Reuben Beggs		621	28	M	15 20-39	1:04:42.81	6:28/K
33	Eldred Hawken		737	27	M	16 20-39	1:05:26.31	6:33/K
34	David Baxter		696	34	M	17 20-39	1:05:30.20	6:33/K
35	Johan Du Toit		707	46	M	5 40-49	1:05:38.82	6:34/K
36	Jerry Mamabolo		701	48	M	6 40-49	1:05:50.47	6:35/K
37	Shirley Scriven		689	41	F	1 40-49	1:05:50.81	6:35/K
38	Tommy Gibson		616	65	M	2 60-99	1:06:00.17	6:36/K
39	Stefan Kohme		669	59	M	2 50-59	1:06:53.55	6:41/K
40	Mokutlou Mamphekoa		631	24	M	18 20-39	1:07:05.81	6:43/K
41	Lourens Botes		747	27	M	19 20-39	1:07:07.71	6:43/K
42	Unknown Partic. 681		681	0	M	1 0-0	1:07:08.57	6:43/K
43	Leigh Cameron		680	38	F	2 20-39	1:07:10.19	6:43/K
44	Anke Wiericx		600	25	F	3 20-39	1:07:13.26	6:43/K
45	Eric Seroke		682	30	M	20 20-39	1:07:24.70	6:44/K
46	Roelof Oosthuizen		664	19	M	10 1-19	1:07:28.68	6:45/K
47	Tabitha Morison		656	20	F	4 20-39	1:07:29.73	6:45/K

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<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
48	Lia Revelas		732	18	F	2 1-19	1:08:15.54	6:50/K
49	Anja Revelas		731	21	F	5 20-39	1:08:15.74	6:50/K
50	David Van Der Merwe		727	33	M	21 20-39	1:08:29.94	6:51/K
51	Francios Cordewener		612	37	M	22 20-39	1:09:04.23	6:54/K
52	Christelle Van Der Merwe		609	38	F	6 20-39	1:09:49.26	6:59/K
53	Debbie Cordewener		611	36	F	7 20-39	1:09:49.45	6:59/K
54	Chantel Alcock		738	38	F	8 20-39	1:09:55.77	7:00/K
55	Caprice Beggs		620	37	F	9 20-39	1:10:04.28	7:00/K
56	Cylie Edmonds		645	33	F	10 20-39	1:10:15.57	7:02/K
57	Leandri Van Huyssteen		703	21	F	11 20-39	1:10:33.82	7:03/K
58	Julie Pierce		709	48	F	2 40-49	1:10:45.26	7:05/K
59	Hestie Van Schalkwyk		723	25	F	12 20-39	1:10:46.28	7:05/K
60	Wouter Retief		647	48	M	7 40-49	1:11:31.81	7:09/K
61	Danielle Thyse		672	22	F	13 20-39	1:12:31.78	7:15/K
62	Ockert Schoeman		629	46	M	8 40-49	1:13:00.33	7:18/K
63	Erik Vogels		659	24	M	23 20-39	1:13:01.82	7:18/K
64	Lizette Daly		668	35	F	14 20-39	1:13:20.28	7:20/K
65	Ina Crause		527	39	F	15 20-39	1:13:24.95	7:20/K
66	Modjadji Ramoloto		619	35	F	16 20-39	1:13:32.44	7:21/K
67	Nicola Malan		614	41	M	9 40-49	1:13:53.56	7:23/K
68	Minnie Oosthuizen		635	58	F	1 50-59	1:14:12.24	7:25/K
69	Tjaart Oosthuizen		636	56	M	3 50-59	1:14:12.52	7:25/K
70	Charl Cronje		687	24	M	24 20-39	1:15:02.59	7:30/K
71	Robert Slabbert		726	62	M	3 60-99	1:15:14.56	7:31/K
72	Carl Maritz		739	41	M	10 40-49	1:15:40.12	7:34/K
73	Wendy Maritz		740	43	F	3 40-49	1:15:42.76	7:34/K
74	Johannes Van Der Lith		729	22	M	25 20-39	1:16:26.21	7:39/K
75	Rudolph Radth		728	33	M	26 20-39	1:16:27.63	7:39/K
76	Craig Lister		625	35	M	27 20-39	1:16:51.59	7:41/K
77	Russel Gutsche		725	39	M	28 20-39	1:17:18.84	7:44/K
78	Rawena Viljoen		658	31	F	17 20-39	1:17:31.43	7:45/K
79	Mia De Bruyn		699	45	F	4 40-49	1:17:45.85	7:47/K
80	MD Dreyer		756	21	M	29 20-39	1:18:03.12	7:48/K
81	Pierre Schmahl		757	22	M	30 20-39	1:18:08.82	7:49/K
82	Richard Breytenbach		674	56	M	4 50-59	1:18:09.36	7:49/K
83	Elizba Kotze		624	41	F	5 40-49	1:19:40.97	7:58/K
84	Phillip Potgieter		690	25	M	31 20-39	1:19:41.59	7:58/K
85	Andries Kotze		623	42	M	11 40-49	1:19:42.35	7:58/K
86	Zelda Vorster		613	47	F	6 40-49	1:19:45.51	7:59/K
87	A Matlou		700	49	M	12 40-49	1:22:01.66	8:12/K
88	Lorinda Kruger		622	35	F	18 20-39	1:22:08.97	8:13/K
89	Rialda Haynes		626	35	F	19 20-39	1:22:08.97	8:13/K
90	Freda De Nysschen		649	26	F	20 20-39	1:22:28.28	8:15/K
91	Danie Van Der Merwe		610	44	M	13 40-49	1:22:32.11	8:15/K
92	Felicity Robab		744	70	F	1 60-99	1:22:34.36	8:15/K
93	Wima Geldenhuys		634	57	F	2 50-59	1:22:35.57	8:16/K
94	Gretchen Bekker		653	18	F	3 1-19	1:22:36.60	8:16/K

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95	Caclan Retief		652	17	M	11 1-19	1:22:37.42	8:16/K
96	Paula Parkin		679	46	F	7 40-49	1:23:52.59	8:23/K
97	Alice Adderley		641	19	F	4 1-19	1:23:59.86	8:24/K
98	Courtney Venter		663	18	F	5 1-19	1:24:12.85	8:25/K
99	Kim Laubscher		733	28	F	21 20-39	1:25:35.86	8:34/K
100	Verra Tabeluao		734	51	F	3 50-59	1:25:36.28	8:34/K
101	Gennis Ward		713	28	F	22 20-39	1:25:37.70	8:34/K
102	Maryn Schoeman		628	43	F	8 40-49	1:25:42.37	8:34/K
103	Kim Maritz		662	19	F	6 1-19	1:26:00.24	8:36/K
104	Nicole Dickens		665	18	F	7 1-19	1:26:23.11	8:38/K
105	Steven Daly		667	37	M	32 20-39	1:27:08.85	8:43/K
106	Charles Luther		650	64	M	4 60-99	1:27:38.87	8:46/K
107	Thomas Roos		605	39	M	33 20-39	1:28:02.17	8:48/K
108	Eldene Anderson		606	34	F	23 20-39	1:28:02.37	8:48/K
109	Ria Van Schalkwyk		724	50	F	4 50-59	1:28:36.87	8:52/K
110	Franco Rabe		604	31	M	34 20-39	1:28:40.54	8:52/K
111	Susan-dorita Karsten		639	27	F	24 20-39	1:28:40.87	8:52/K
112	Janine Prinsloo		603	31	F	25 20-39	1:28:41.36	8:52/K
113	Stephanie Baker		630	43	F	9 40-49	1:28:59.22	8:54/K
114	Eleanor Visser		743	40	F	10 40-49	1:28:59.84	8:54/K
115	C Swart		602	58	M	5 50-59	1:29:00.62	8:54/K
116	Vittorio Contaldi		657	23	M	35 20-39	1:29:05.12	8:55/K
117	Hercules Erasmus		751	42	M	14 40-49	1:29:44.69	8:58/K
118	Lilize Erasmus		752	44	F	11 40-49	1:29:45.91	8:59/K
119	Johan Stears		678	75	M	5 60-99	1:29:50.80	8:59/K
120	Anita Winnan		718	56	F	5 50-59	1:30:13.37	9:01/K
121	Helga Moreira		697	39	F	26 20-39	1:30:51.23	9:05/K
122	Amy Taylor		627	31	F	27 20-39	1:30:52.37	9:05/K
123	Beven Kashora		684	23	M	36 20-39	1:31:18.44	9:08/K
124	Francois White		618	37	M	37 20-39	1:32:23.13	9:14/K
125	Roger Winnan		717	61	M	6 60-99	1:33:41.88	9:22/K
126	Letitia Le Grange		675	41	F	12 40-49	1:35:06.10	9:31/K
127	Maria Peters		711	37	F	28 20-39	1:35:43.28	9:34/K
128	Melissa Swanepoel		710	36	F	29 20-39	1:35:43.64	9:34/K
129	Laetitia Geldenhuys		749	31	F	30 20-39	1:36:35.64	9:40/K
130	Samantha Sealt		750	25	F	31 20-39	1:36:37.87	9:40/K
131	Gill Porteais		692	42	F	13 40-49	1:38:28.88	9:51/K
132	Rudie Viljoen		654	54	M	6 50-59	1:39:39.57	9:58/K
133	Kabelo Manamela		632	25	F	32 20-39	1:46:56.92	10:42/K
134	Morongwa Rammusi		686	38	F	33 20-39	1:46:57.40	10:42/K
135	Elzabe Smith		638	34	F	34 20-39	1:49:44.65	10:58/K
136	Martina Van Dyk		637	34	F	35 20-39	1:49:45.42	10:59/K
137	Elize Noel		677	31	F	36 20-39	1:51:59.48	11:12/K
138	Michael Noel		676	72	M	7 60-99	1:52:00.48	11:12/K
139	Rozanne Koen		617	27	F	37 20-39	1:54:56.68	11:30/K
140	Tshepo Nkwe		759	35	M	38 20-39	1:58:47.65	11:53/K
141	Michael Dekka		758	35	F	38 20-39	1:58:48.20	11:53/K

Race Date
July 09, 2016

Iron Crown Trailrun
Overall Finish List

10km

<u>Overall</u>	<u>Name</u>	<u>City</u>	<u>Bib No</u>	<u>Age</u>	<u>Gend</u>	<u>AG Place</u>	<u>Time</u>	<u>Pace</u>
142	Maboke Mokwena		685	34	F	39 20-39	1:59:08.56	11:55/K
143	Anita Du Plessis		601	39	F	40 20-39	2:00:16.94	12:02/K
144	Kobie Marais		633	62	M	8 60-99	2:04:22.93	12:26/K
145	Gideon Grobler		712	41	M	15 40-49	2:05:47.14	12:35/K
146	Nadine Oliver		698	21	F	41 20-39	2:06:44.21	12:40/K
147	Rene Viljoen		655	50	F	6 50-59	2:10:13.72	13:01/K
148	Aiden Pitt		660	22	M	39 20-39	2:10:15.85	13:02/K
149	Kathryn Molyneaux		575	35	F	42 20-39	2:12:33.98	13:15/K
150	Guy Van Heerden		720	54	M	7 50-59	2:12:56.13	13:18/K
151	Nina Van Heerden		719	51	F	7 50-59	2:12:57.22	13:18/K
152	Debbie Tyler		598	45	F	14 40-49	3:14:28.60	19:27/K
153	Allex Hyde		597	28	M	40 20-39	3:20:56.81	20:06/K
154	Willem Stolp		599	26	M	41 20-39	3:20:57.80	20:06/K