

Heroes in Training

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos
1	58	Richard EKSTEEN	0:51:21	Elite	1	Male	1
2	234	Keith VAN DER ME	1:02:53	Adults	1	Male	2
3	129	Anton SCHOLTZ	1:03:42	Adults	2	Male	3
4	206	Teresa MOLLER	1:04:21	Adults	1	Female	1
5	260	Ryan WHITEHURS	1:04:25	Students	1	Male	4
6	231	Telise TONKIN	1:08:04	Adults	2	Female	2
7	242	Christopher ADAM	1:11:48	Students	2	Male	5
8	259	Tyrone WEST	1:11:48	Students	3	Male	6
9	307	Werner BURGER	1:13:04	Students	4	Male	7
10	246	Matthew BROODRY	1:13:12	Students	5	Male	8
11	249	Ben FIETZE	1:13:14	Students	6	Male	9
12	261	James WURZEL	1:13:19	Students	7	Male	10
13	258	Jonathan WATTS	1:13:35	Students	8	Male	11
14	253	Kathleen HASTIE	1:13:37	Students	1	Female	3
15	180	Wade FOSTER	1:14:50	Adults	3	Male	12
16	222	Wesley ROBB	1:17:21	Adults	4	Male	13
17	264	Alastair PARR	1:17:29	Adults	5	Male	14
18	200	Bradley LUCIEN	1:17:31	Adults	6	Male	15
19	221	Oliver RIVETT-CAR	1:17:36	Adults	7	Male	16
20	193	Leona LAMONT	1:18:32	Adults	3	Female	4
21	177	Quintin DREYER	1:21:34	Adults	8	Male	17
22	247	Franco COLEMAN	1:22:01	Students	9	Male	18
23	251	Roger GONCALVES	1:22:02	Students	10	Male	19
24	157	Duncan AUGUSTUS	1:22:31	Adults	9	Male	20
25	191	Melissa JOSEPH	1:24:12	Adults	4	Female	5
26	220	Sandi RICHMOND	1:24:23	Adults	10	Male	21
27	165	Tim CAWOOD	1:24:46	Adults	11	Male	22
28	210	Ashley NEL	1:27:21	Adults	12	Male	23
29	189	Jashwin Ramesh IV	1:27:46	Adults	13	Male	24

30	170	Melody COX	1:28:56	Adults	5	Female	6
31	169	Antony COX	1:28:57	Adults	14	Male	25
32	201	Faizol RIZA	1:29:01	Adults	15	Male	26
33	183	Brian David GOUW	1:30:18	Adults	16	Male	27
34	184	Maritsa GOUWS	1:30:22	Adults	6	Female	7
35	256	Leila SMITH	1:32:13	Students	2	Female	8
36	227	Travis SMITH	1:32:14	Adults	17	Male	28
37	194	Jayce LANE	1:32:40	Adults	18	Male	29
38	159	Lloyd BOLTON	1:33:16	Adults	19	Male	30
39	172	Debbie CURRIE	1:33:16	Adults	7	Female	9
40	195	Karen LANE	1:33:16	Adults	8	Female	10
41	156	Sarah AKERMAN	1:35:34	Adults	9	Female	11
42	216	Gareth O'REILLY	1:35:35	Adults	20	Male	31
43	232	Dannelene UNCINI	1:35:37	Adults	10	Female	12
44	163	Kyle CANNON	1:35:38	Adults	21	Male	32
45	290	Liam ROBERTS	1:35:38	Students	11	Male	33
46	250	Dan GARVIN	1:35:39	Students	12	Male	34
47	240	Glen YOUNG	1:35:39	Adults	22	Male	35
48	161	Liezle BOTHMA	1:35:57	Adults	11	Female	13
49	230	Michelle TESSEND	1:37:23	Adults	12	Female	14
50	173	Belinda DE BROIZE	1:37:23	Adults	13	Female	15
51	236	Brittany WESTHOR	1:38:15	Adults	14	Female	16
52	166	Richard CHANNING	1:38:16	Adults	23	Male	36
53	229	Grant SWART	1:38:17	Adults	24	Male	37
54	219	Kyle QUINTON	1:38:58	Adults	25	Male	38
55	185	Courtney GROVE	1:39:01	Adults	15	Female	17
56	204	Candice MITCHELL	1:41:21	Adults	16	Female	18
57	225	Derek SLEIN	1:41:46	Adults	26	Male	39
58	226	Penny SLEIN	1:41:46	Adults	17	Female	19
59	205	Craig MITCHELL	1:41:47	Adults	27	Male	40
60	179	Clynton EDOUARD	1:42:00	Adults	28	Male	41

61	295	Kegan TASKER	1:42:43	Adults	29	Male	42
62	190	Jessica JACOBS	1:45:18	Adults	18	Female	20
63	188	Taryn HILLERMAN	1:45:19	Adults	19	Female	21
64	162	Gayda BREMNER	1:45:21	Adults	20	Female	22
65	187	Wendy HARDMAN	1:45:21	Adults	21	Female	23
66	164	Carmen CAWOOD	1:45:23	Adults	22	Female	24
67	198	Kelsey LOWE	1:45:23	Adults	23	Female	25
68	213	Elaine NIEMANN	1:45:23	Adults	24	Female	26
69	273	Peter DE KLERK	1:45:56	Adults	30	Male	43
70	192	Ilana KRUGER	1:56:54	Adults	25	Female	27
71	199	Louise LUBBE	1:56:59	Adults	26	Female	28
72	174	Mandy DEETLEFS	1:57:01	Adults	27	Female	29
73	175	Jacqueline DONOV	1:57:03	Adults	28	Female	30
74	282	Adam KINDER	1:57:44	Adults	31	Male	44
75	263	Stephanie WOOD	1:57:45	Students	3	Female	31
76	262	Courtney CAMPBEL	1:57:46	Students	4	Female	32
77	283	Phillip PIETERSE	1:57:49	Adults	32	Male	45
78	281	Roseanne KINDER	1:57:58	Adults	29	Female	33
79	292	Lauren ROSS	1:58:11	Adults	30	Female	34
80	181	Monica GONCALVE	1:58:27	Adults	31	Female	35
81	284	Nicholas ROSS	1:58:36	Students	13	Male	46
82	224	Nontobeka REBECC	1:58:47	Adults	32	Female	36
83	182	Nelson GONCALVE	1:58:52	Adults	33	Male	47
84	176	Leanne DORRINGT	1:59:05	Adults	33	Female	37
85	294	Tristan NAIDOO	1:59:22	Students	14	Male	48
86	168	Liesel CORBITT / V	1:59:59	Adults	34	Female	38
87	233	Deon VAN ANTWEI	2:00:00	Adults	34	Male	49
88	309	Hagen ZONDAGH	2:00:52	Adults	35	Male	50
89	239	Darryl YEOMAN	2:03:56	Adults	36	Male	51
90	167	Lavinia CLACK	2:03:56	Adults	35	Female	39
91	215	Portia NTULI	2:04:12	Adults	36	Female	40

92	241	Christine ZONDAGI	2:11:05	Adults	37	Female	41
93	217	Kathy PASCOE	2:11:08	Adults	38	Female	42
94	223	Tegan ROBINSON	2:13:05	Adults	39	Female	43
95	248	Yashna DUKHI	2:14:35	Students	5	Female	44
96	244	Megan BLACKBEAR	2:15:17	Students	6	Female	45
97	245	Robyn BLACKBEAR	2:15:19	Students	7	Female	46
98	214	Frenelle NOBLE	2:15:25	Adults	40	Female	47
99	178	Nadine DU TOIT	2:16:43	Adults	41	Female	48
100	237	Michelle WILMANS	2:17:17	Adults	42	Female	49
101	291	Serushin MOODLEY	2:20:15	Adults	43	Female	50
102	293	Alisha NAIDOO	2:20:37	Adults	44	Female	51
103	171	Jo CRIMES	2:23:27	Adults	45	Female	52
104	186	Brett HARDING	2:23:28	Adults	37	Male	52
105	238	Chad Gordon WRIGLEY	2:23:30	Adults	38	Male	53
106	155	Bronwen AITKEN	2:23:37	Adults	46	Female	53
107	235	Corlia VAN TONDE	2:24:07	Adults	47	Female	54
108	228	Shaun STANDER	2:24:18	Adults	39	Male	54
109	211	Shaun NEL	2:24:19	Adults	40	Male	55
	55	Kerry CAHILL	Not yet started	Elite		Female	
	60	Ricardo GONCALVES	Withdrawn during race	Elite		Male	
	61	Taryn GOULDING	Not yet started	Elite		Female	
	71	Angus WATSON	Not yet started	Elite		Male	
	72	Daniela WILKIE-WATSON	Not yet started	Elite		Female	
	158	Lauren BARENDSE	Not yet started	Adults		Female	
	160	Jarred BOTHMA	Not yet started	Adults		Male	
	196	Bradley LONG	Not yet started	Adults		Male	
	197	Claire LONG	Not yet started	Adults		Female	
	202	Nkosinathi MAGUBA	Not yet started	Adults		Male	
	203	Hadley MANUEL	Not yet started	Adults		Male	
	207	Noel NADASEN	Not yet started	Adults		Male	
	208	Kumar NAIDOO	Not yet started	Adults		Male	

	209	Rhonda NAIDOO	Not yet started	Adults		Female	
	212	Zamokuhle NENE	Not yet started	Adults		Female	
	218	Gregory PETTIFER	Not yet started	Adults		Male	
	243	Paula BENNETTS	Not yet started	Students		Female	
	252	Craig GOVENDER	Not yet started	Students		Male	
	254	Courtney MACDON	Not yet started	Students		Female	
	255	Lee SAMUEL	Not yet started	Students		Male	
	257	Muller SENEKAL	Not yet started	Students		Male	
	289	Peter VAN DER ME	Not yet started	Adults		Male	
	296	Josh GIDDINGS	Not yet started	Students		Male	