

Heroes in training

Pos	FirstName	LastName	Time	Category	Gender	Gender Pos
1	Nicholas	De Klerk	00:51:40	Adults	Male	1
2	Ryan	Badham	01:01:46	Students	Male	2
3	Marc	Adam	01:02:36	Adults	Male	3
4	kyle	leighton	01:03:30	Adults	Male	4
5	Tyrone	West	01:06:19	Students	Male	5
6	Daniel	Anastasis	01:09:21	Students	Male	6
7	Steven	Kriel	01:09:22	Students	Male	7
8	Tristan	Pansegrouw	01:11:49	Students	Male	8
9	Matthew	Pansegrouw	01:11:49	Students	Male	9
10	Bradley	LUCIEN	01:12:14	Adults	Male	10
11	Christopher	Adam	01:12:55	Students	Male	11
12	Dalton	Steenmans	01:13:25	Adults	Male	12
13	Kurt	Laureau	01:14:48	Adults	Male	13
14	Tim	Cawood	01:14:53	Adults	Male	14
15	Manuel	Gonsalves	01:15:43	Adults	Male	15
16	Courtney	Campbell	01:16:39	Students	Female	1
17	Michael-Jean	Geldenhuis	01:17:22	Students	Male	16
18	Shane	Veness	01:18:58	Adults	Male	17
19	joao gilberto	cabral	01:21:34	Adults	Male	18
20	Leona	Lamont	01:22:25	Adults	Female	2
21	David	Mercer	01:22:37	Adults	Male	19
22	Derek	Chadderton	01:24:19	Adults	Male	20
23	Rentyn	Cloke	01:24:20	Adults	Male	21
24	Keagan	Walker	01:24:24	Students	Male	22
25	Timothy	De Klerk	01:24:33	Students	Male	23
26	Zenovia	Horner	01:25:08	Students	Female	3
27	Ashley	Nel	01:25:53	Adults	Male	24
28	JEFF	BICIK	01:26:26	Adults	Male	25
29	Ryan	Stowe	01:26:58	Adults	Male	26
30	Emlyn	Maduray	01:27:04	Adults	Male	27

31	Neil	Lubout	01:27:17	Adults	Male	28
32	Jean	Gadd	01:28:08	Students	Male	29
33	Gerard	van Dam	01:28:08	Adults	Male	30
34	Shane	Scott	01:28:34	Adults	Male	31
35	louis	naidoo	01:29:45	Adults	Male	32
36	Tanya	Strydom	01:30:11	Adults	Female	4
37	Shannon	Potgieter	01:30:57	Adults	Female	5
38	Tanya	Potgieter	01:30:58	Adults	Female	6
39	Peter	Potgieter	01:30:58	Adults	Male	33
40	Francois	Potgieter	01:30:58	Adults	Male	34
41	Denis	Atukwase	01:31:49	Adults	Male	35
42	Ivan	Grace	01:31:49	Students	Male	36
43	Lee	Strydom	01:31:49	Adults	Male	37
44	Benjamin	Mueller	01:32:05	Adults	Male	38
45	Peter	Badham	01:32:18	Adults	Male	39
46	Brad	LONG	01:32:38	Adults	Male	40
47	Chlod	Badham	01:32:46	Students	Female	7
48	Marlene	Conradie	01:32:59	Adults	Female	8
49	Liz	Botha	01:32:59	Adults	Female	9
50	Stephe	Wilmot	01:33:06	Adults	Female	10
51	Shelley	Padmore	01:33:07	Adults	Female	11
52	Taryn	Paola	01:33:07	Adults	Female	12
53	Dean	Harrison	01:33:14	Adults	Male	41
54	Neil	Nelson	01:33:23	Adults	Male	42
55	Hannes	Van Heerden	01:33:27	Adults	Male	43
56	Neil	Geustyn	01:33:34	Adults	Male	44
57	Karen	Lane	01:33:42	Adults	Female	13
58	Debbie	Currie	01:33:43	Adults	Female	14
59	Daryl	Kriel	01:33:46	Adults	Male	45
60	Louise	Harrison	01:33:49	Adults	Female	15
61	Jenny	Meier	01:34:04	Adults	Female	16
62	Roxane	Meier	01:34:07	Adults	Female	17
63	Ntombifuthi	Sogoni	01:34:35	Adults	Female	18

64	Aaron	Biggar	01:34:40	Students	Male	46
65	Liezl	Griffin	01:35:05	Adults	Female	19
66	Walter	Muraisi	01:35:21	Adults	Male	47
67	Carey-Ann	Wilson	01:37:58	Adults	Female	20
68	Nikki	Jonas	01:38:01	Adults	Female	21
69	Werner	Jonas	01:38:03	Adults	Male	48
70	Bridget	Buis	01:38:03	Adults	Female	22
71	Taryn	Maujean	01:38:44	Adults	Female	23
72	Nicky	Lenz	01:38:54	Adults	Female	24
73	Calven	Clack	01:39:04	Adults	Male	49
74	Cameron	Hudson	01:39:12	Students	Male	50
75	Keagan	Kok	01:39:12	Students	Male	51
76	Ashleigh	Evans	01:39:13	Students	Female	25
77	Dane	Watkins	01:39:16	Students	Male	52
78	Carla	Botha	01:39:17	Students	Female	26
79	Tarryn	Watkins	01:39:39	Students	Female	27
80	Taki	Anastasis	01:43:26	Adults	Male	53
81	Gayda	Bremner	01:43:27	Adults	Female	28
82	Candice	Mitchell	01:43:27	Adults	Female	29
83	Craig	Mitchell	01:43:34	Adults	Male	54
84	Clynton	Edouard-Betsy	01:43:37	Adults	Male	55
85	Carmen	Cawood	01:43:43	Adults	Female	30
86	Elaine	Niemann	01:44:01	Adults	Female	31
87	Claire	Long	01:44:09	Adults	Female	32
88	Xavier	Horner	01:44:31	Students	Male	56
89	Paula	Dovey	01:44:36	Adults	Female	33
90	Lauren	Maltby	01:45:54	Adults	Female	34
91	Lauren	Anastasis	01:45:56	Adults	Female	35
92	Vyvekah	Lumley	01:46:00	Adults	Female	36
93	Cayley	Lewin	01:46:56	Students	Female	37
94	Ingrid	Griessel	01:46:56	Students	Female	38
95	Thabo	Fanayo	01:47:01	Adults	Female	39
96	Liezel	van Antwerp	01:48:12	Adults	Female	40

97	Chad	Baillache	01:48:30	Students	Male	57
98	Bridget	Jones	01:49:11	Adults	Female	41
99	Derick	Jones	01:49:18	Adults	Male	58
100	Deon	van Antwerp	01:51:54	Adults	Male	59
101	Jarred	Bothma	01:53:21	Adults	Male	60
102	Ricky	Ribeiro	01:53:21	Students	Male	61
103	Susan	Mercer	01:54:43	Adults	Female	42
104	Rebecca	Sindall	01:54:43	Adults	Female	43
105	Zulfikar	Bismallah	01:55:28	Students	Male	62
106	Logan	Correia	01:55:29	Students	Male	63
107	Sizwe	Mbambo	01:55:32	Adults	Male	64
108	Anela	Soshebe	01:55:50	Adults	Female	44
109	Seelen	Naidoo	01:55:54	Adults	Male	65
110	Merik	Sparg	01:56:02	Adults	Male	66
111	Thabiso	Radebe	01:56:10	Adults	Male	67
112	Monica	Goncalves	01:56:27	Adults	Female	45
113	Leanne	Dorrington	01:56:35	Adults	Female	46
114	Kayla	Doust	01:56:43	Students	Female	47
115	Gabriela	Correia	01:56:45	Students	Female	48
116	Nelson	Goncalves	01:56:46	Adults	Male	68
117	Nontobeko	Mncwabe	01:57:00	Adults	Female	49
118	Zaahir	Maula	01:58:05	Adults	Male	69
119	Jeffrey	Zithulele	01:58:05	Adults	Male	70
120	Mthoko	Northside	01:58:24	Adults	Male	71
121	Joel	Northside	01:58:39	Adults	Male	72
122	Aubrey	Northside	01:58:42	Adults	Male	73
123	Mlaba	Northside	01:59:01	Adults	Male	74
124	Lauren	Oellermann	01:59:14	Adults	Female	50
125	Astrid	Vonkeman	01:59:14	Adults	Female	51
126	Lavinia	Clack	02:01:26	Adults	Male	75
127	Syabonga	Zibane	02:02:00	Students	Male	76
128	Alexandre	Goncalves	02:02:08	Students	Male	77
129	Belinda	Lawson	02:03:57	Adults	Female	52

130	Donna	Osman	02:05:22	Adults	Female	53
131	Unathi	Majova	02:07:12	Adults	Female	54
132	Caprice	Steynberg	02:07:18	Students	Female	55
133	Rhonda	naidoo	02:08:46	Adults	Female	56
134	Kumar	naidoo	02:08:46	Adults	Male	78
135	Paul	Fryer	02:10:31	Adults	Male	79
136	Odette	Doust	02:10:31	Adults	Female	57
137	Noel	Nadasen	02:10:35	Adults	Male	80
138	Melanie	Nadasen	02:10:36	Adults	Female	58
139	Robyn	Nel	02:11:59	Adults	Female	59
140	Christine	Zondag	02:15:53	Adults	Female	60
141	Kathy	Pascoe	02:16:01	Adults	Female	61
142	Arny	Nortje	02:16:07	Adults	Male	81
143	Bronwyn	Nel	02:16:25	Adults	Female	62
144	Taryn	Van Rooyen	02:16:59	Adults	Female	63
145	Sandra	Bonthrone	02:17:35	Adults	Female	64
146	Logan	Strydom	02:17:36	Adults	Male	82
147	Bianca	Adams	02:17:40	Adults	Female	65
148	s	naidoo	02:18:09	Adults	Male	83
149	ronelle	ynanprakasan	02:18:11	Adults	Female	66
150	Maurice	Spilsbury	02:26:18	Students	Male	84
151	Neil Wayne	Siepman	02:26:47	Adults	Male	85
152	Ryan	Pretorius	02:26:48	Adults	Male	86
153	Keagan	Bowen	02:26:48	Students	Male	87
154	Adam	Bowen	02:26:52	Adults	Male	88
155	Matthew-John	Casey	02:27:01	Adults	Male	89
156	Nicola	Siepman	02:27:02	Students	Female	67
157	Jennifer	Siepman	02:27:03	Adults	Female	68
158	Chris	Cowan	02:27:04	Students	Male	90
159	Hayley	Cooper	02:31:55	Adults	Female	69
160	Craig	Richardson	02:32:00	Adults	Male	91
161	Gary	Richardson	02:32:03	Adults	Male	92
162	Quinton	Samuel	02:32:09	Adults	Male	93

163	Nigel	Richardson	02:32:23	Adults	Male	94
164	Leenasha	Pillay	02:34:12	Adults	Female	70
165	Morgan	Pillay	02:34:14	Adults	Male	95
166	Natasha	Padmore	02:34:15	Adults	Female	71
167	Glen	Young	02:34:16	Adults	Male	96
168	Caylin	Padmore	02:34:28	Students	Female	72
169	Dan	Garvin	02:34:46	Students	Male	97
170	Roselyn	Moloi	02:34:47	Adults	Female	73
171	Ivan	Povall	02:34:49	Adults	Male	98
172	Darryn	Grantham	02:42:41	Adults	Male	99
173	Shemaan	Ramsunder	02:43:56	Adults	Male	100
174	Falon	Crowie	02:44:48	Adults	Female	74
175	Kanos	Northside	02:53:07	Adults	Male	101
176	Junaid	Gany	02:53:50	Adults	Male	102
177	Denise	Gadur	02:59:59	Students	Female	75
178	Vicollia	Naidoo	03:00:14	Adults	Female	76
179	Leah	Wilson	03:00:17	Adults	Female	77
180	Prithie	Subramoney	03:01:10	Adults	Female	78
181	Amina	Pritipal	03:01:12	Students	Female	79
182	Kayshil	Pillay	03:41:39	Adults	Male	103
	Jeramie	Higgins		Students	Male	
	Sanet	Meyer		Adults	Female	
	Vilo	Naidu		Adults	Male	
	Jarod	Doust		Students	Male	
	Jay	Pooran		Adults	Male	
	Ashley	Kok		Adults	Male	
	Nathan	Deckford		Adults	Male	
	Avinash	Namulall		Adults	Male	
	Kelsey	Lowe		Students	Female	
	Wendy	Hardman		Adults	Female	
	Steven	marshall		Adults	Male	
	Cindy	Pitchford		Adults	Female	
	Kerry	Alicks		Adults	Female	

	Jody	Krieger		Adults	Female	
	Tristan	Pansegrouw		Students	Male	
	Peter	De Klerk		Adults	Male	
	Vanessa	Mnhle		Adults	Female	
	Justin	blake		Adults	Male	
	Carra	Walters		Adults	Female	
	Russell	Henstock		Adults	Male	
	Nadine	du Toit		Adults	Female	
	Rebecca	Nel		Students	Female	
	Kyle	Griffin		Adults	Male	
	Natasha	Paulo		Adults	Female	
	Joinel	Paulo		Adults	Male	
	Matthew	Pansegrouw		Students	Male	
	Jay	Dempsey		Adults	Male	
	Jennifer	Dempsey		Adults	Female	
	Bryce	Buis		Adults	Male	