

HEROES IN TRAINING

Pos	Race No	Name	Time	Category	Cat Pos	Gender	Gen Pos
1	237	Innocent Bhengu	0:52:24	Heroes in training	1	Male	1
2	228	Richardo Goncalves	0:54:45	Heroes	1	Male	2
3	197	Tate STEWART	1:01:06	Heroes in training	2	Female	1
4	78	Naomi MAUJEAN	1:02:13	Heroes in training	3	Female	2
5	137	Corbyn MARAIS	1:02:18	Heroes in training	4	Male	3
6	131	Taryn GOULDING	1:02:39	Heroes in training	5	Female	3
7	50	Daniel JAMES	1:02:44	Heroes in training	6	Male	4
8	231	Oliver Higgins	1:02:50	Heroes in training	7	Male	5
9	221	Kei RAW	1:04:52	Heroes in training	8	Male	6
10	232	Luke Newlands	1:07:43	Heroes in training	9	Male	7
11	233	Roy Newlands	1:07:45	Heroes in training	10	Male	8
12	224	Johannes Sutherland	1:10:06	Heroes in training	11	Male	9
13	238	Josh Giddings	1:10:10	Heroes in training	12	Male	10
14	134	Gabriella HOLMES	1:10:45	Heroes in training	13	Female	4
15	167	Keith VAN DER MERWE	1:13:35	Heroes in training	14	Male	11
16	161	Mj SCHOEMAN	1:14:18	Heroes in training	15	Male	12
17	163	Maritsa GOUWS	1:15:39	Teams	1	Female	5
18	164	Brian David GOUW	1:15:42	Teams	1	Male	13
19	142	Kerry CAHILL	1:16:41	Heroes in training	16	Female	6
20	214	Clayton HIGGINS	1:19:59	Teams	2	Male	14
21	213	Matthew VAN HEERDEN	1:19:59	Teams	3	Male	15
22	145	Ashlee JANSEN	1:20:42	Heroes in training	17	Female	7
23	30	Francois POTGIETER	1:22:39	Teams	4	Male	16
24	29	Peter POTGIETER	1:22:46	Teams	5	Male	17
25	47	Kyle WEST	1:23:25	Heroes in training	18	Male	18
26	53	Nicholas VAN GRAAN	1:25:34	Heroes in training	19	Male	19
27	92	Daniel HOCKEY	1:25:51	Heroes in training	20	Male	20
28	191	Paul STROEBEL	1:27:16	Heroes in training	21	Male	21
29	152	Brigitte DEWAR	1:27:24	Heroes in training	22	Female	8

30	189	Tash AUGUSTUS	1:28:32	Heroes in training	23	Male	22
31	124	Brandon ARMSTRONG	1:29:18	Heroes in training	24	Male	23
32	194	Wade FOSTER	1:31:24	Heroes in training	25	Male	24
33	132	Keith GOULDING	1:31:55	Heroes in training	26	Male	25
34	13	Hayley ENGELBRECHT	1:33:14	Teams	2	Female	9
35	15	Kurt VAN DER LINDE	1:33:22	Teams	6	Male	26
36	14	Andrea COPPOLA	1:33:33	Teams	3	Female	10
37	16	Codie ENGELBRECHT	1:33:56	Teams	7	Male	27
38	212	Tendai MADZIWA	1:34:06	Heroes in training	27	Male	28
39	49	Mariska GRACE	1:34:14	Heroes in training	28	Female	11
40	174	Jane DAVIES	1:34:55	Heroes in training	29	Female	12
41	146	Liezle BOTHMA	1:35:15	Heroes in training	30	Female	13
42	51	Nicholas JAMES	1:35:31	Heroes in training	31	Male	29
43	48	Shane JAMES	1:35:42	Heroes in training	32	Male	30
44	91	Carmen HOCKEY	1:36:11	Heroes in training	33	Female	14
45	190	Duncan AUGUSTUS	1:36:14	Heroes in training	34	Male	31
46	65	Liam LENZ	1:36:49	Heroes in training	35	Male	32
47	64	Dean Dyer	1:36:49	Heroes in training	36	Male	33
48	162	Maritia SCHOEMAN	1:37:27	Teams	4	Female	15
49	160	Laetitia SCHOEMAN	1:37:29	Teams	5	Female	16
50	203	Saxon DELAFIELD	1:38:58	Teams	8	Male	34
51	206	Clare HENDRY	1:39:07	Heroes in training	37	Female	17
52	70	Bradley BONNER	1:39:21	Heroes in training	38	Male	35
53	202	Liesel MEYER	1:40:11	Teams	6	Female	18
54	151	Sarah Leigh WATSON	1:42:29	Teams	7	Female	19
55	150	Shannon POTGIETTER	1:42:39	Teams	8	Female	20
56	115	Tyla COX	1:44:55			Female	21
57	116	Reece ZEELIE	1:44:56			Male	36
58	84	Stephen CLARK	1:45:27	Teams	9	Male	37
59	38	Nelson GONCALVES	1:45:29	Heroes in training	39	Male	38
60	241	Courtney GROVE	1:45:39	Heroes in training	40	Female	22

61	242	Kyle QUINTON	1:45:40	Heroes in training	41	Male	39
62	40	Roger GONCALVES	1:46:14	Heroes in training	42	Male	40
63	42	Logan CORREIA	1:46:38	Heroes in training	43	Male	41
64	168	Jashwin Ramesh IV	1:47:11	Heroes in training	44	Male	42
65	157	Claire LONG	1:47:12	Teams	9	Female	23
66	155	Candice MITCHELL	1:47:13	Teams	10	Female	24
67	158	Brad LONG	1:47:14	Teams	10	Male	43
68	159	Clynton EDOUARD	1:47:15	Teams	11	Male	44
69	156	Craig MITCHELL	1:47:18	Teams	12	Male	45
70	82	Yolanda CLARK	1:48:06	Teams	11	Female	25
71	45	Jarred BOTHMA	1:50:07	Heroes in training	45	Male	46
72	83	Antony COX	1:50:22	Teams	13	Male	47
73	81	Melody COX	1:50:23	Teams	12	Female	26
74	217	Wendy HARDMAN	1:51:09	Teams	13	Female	27
75	216	Kelsey LOWE	1:51:09	Teams	14	Female	28
76	219	Carmen CAWOOD	1:51:10	Teams	15	Female	29
77	215	Gayda BREMNER	1:51:10	Teams	16	Female	30
78	218	Elaine NIEMANN	1:51:10	Teams	17	Female	31
79	193	Melissa JOSEPH	1:51:31	Heroes in training	46	Female	32
80	225	Werner BARNARD	1:51:52	Heroes in training	47	Male	48
81	181	Zara SOOFIE	1:52:42	Teams	18	Female	33
82	180	Taryn GRAVES	1:52:48	Teams	19	Female	34
83	56	Janine RUDOLPH	1:52:50	Heroes in training	48	Female	35
84	183	Thabo Mmatuka FA	1:52:57	Teams	20	Female	36
85	182	Brad GRAVES	1:52:57	Teams	14	Male	49
86	61	Sthe DLADLA	1:53:12	Heroes in training	49	Female	37
87	96	Cole KINSEY	1:53:13	Teams	15	Male	50
88	95	Samantha PENFOL	1:53:13	Teams	21	Female	38
89	52	Adri NAUDE	1:53:22	Heroes in training	50	Female	39
90	58	Taryn HILLERMAN	1:53:29	Heroes in training	51	Female	40
91	57	Jessica JACOBS	1:53:29	Heroes in training	52	Female	41

92	73	James MCGRATH	1:53:30	Heroes in training	53	Male	51
93	31	Teboho MOILOA	1:53:58	Heroes in training	54	Female	42
94	69	Vanessa HUNT	1:54:06	Heroes in training	55	Female	43
95	68	Nicola BONNER	1:54:06	Heroes in training	56	Female	44
96	21	Louise LUBBE	1:55:14	Teams	22	Female	45
97	20	Jacqueline DONOV	1:55:14	Teams	23	Female	46
98	19	Mandy DEETLEFS	1:55:20	Teams	24	Female	47
99	22	Ilana KRUGER	1:55:20	Teams	25	Female	48
100	185	Steven STOREY	1:57:07	Teams	16	Male	52
101	184	Wendy STOREY	1:57:12	Teams	26	Female	49
102	186	Gareth GREENWOC	1:57:15	Teams	17	Male	53
103	80	Liezl GRIFFIN	2:01:02	Teams	27	Female	50
104	85	Kyle GRIFFIN	2:01:05	Teams	18	Male	54
105	75	Richard MACE	2:06:02	Teams	19	Male	55
106	77	Liza MACE	2:06:23	Teams	28	Female	51
107	74	Michelle TESSEND	2:07:10	Teams	29	Female	52
108	76	Wayne TESSEND	2:07:11	Teams	20	Male	56
109	66	Donna OSMAN	2:07:25	Heroes in training	57	Female	53
110	1	Rhonda NAIDOO	2:07:30	Heroes in training	58	Female	54
111	2	Kumar NAIDOO	2:07:37	Heroes in training	59	Male	57
112	36	Leanne DORRINGT	2:12:50	Heroes in training	60	Female	55
113	44	Ricky RIBEIRO	2:12:51	Heroes in training	61	Male	58
114	7	Keagan BOWEN	2:13:38	Teams	21	Male	59
115	41	Gabriela CORREIA	2:13:53	Heroes in training	62	Female	56
116	37	Monica GONCALVE	2:13:55	Heroes in training	63	Female	57
117	188	Jo-Ann WEST	2:14:32	Heroes in training	64	Female	58
118	43	Shaun BARNES	2:14:34	Heroes in training	65	Male	60
119	39	Alexandre GONCAL	2:14:37	Heroes in training	66	Male	61
120	6	Adam BOWEN	2:15:02	Teams	22	Male	62
121	12	Cheyne STAINER	2:15:03	Teams	30	Female	59
122	10	Robert LEASK	2:15:03	Teams	23	Male	63

123	11	Jenny SIEPMAN	2:15:03	Teams	31	Female	60
124	8	Nicola SIEPMAN	2:15:03	Teams	32	Female	61
125	9	Neil Wayne SIEPMAN	2:15:04	Teams	24	Male	64
126	54	Jaclyn ROBINSON	2:17:57	Heroes in training	67	Female	62
127	126	Belinda BARLOW	2:17:58	Heroes in training	68	Female	63
128	105	Claude CONRADIE	2:39:17	Teams	25	Male	65
129	111	Jacques OLWAGE	2:39:17	Teams	26	Male	66
130	106	Kelly PEREIRA	2:39:42	Teams	33	Female	64
131	107	Lizelle BLEEKER	2:39:42	Teams	34	Female	65
132	166	Hadley MANUEL	2:44:43	Heroes in training	69	Male	67
133	26	Christine ZONDAGH	2:44:43	Heroes in training	70	Female	66
134	25	Kathy PASCOE	2:44:43	Heroes in training	71	Female	67
135	27	Tegan ROBINSON	2:44:43	Heroes in training	72	Female	68
		Drew MSONZAH	Not started	Heroes in training		Male	
		Nkosinathi MAGUBA	Not started	Heroes in training		Male	
		Nicole PAGE	Not started	Heroes in training		Female	
	34	Nadine DU TOIT	DNF	Heroes in training		Female	
	79	Tanya SUMPTON	DNS	Heroes in training		Female	
	108	Monique OLWAGE	DNF	Teams		Female	
	109	Jacqueline CONRADIE	DNS	Teams		Female	
	110	Sherene OLWAGE	DNF	Teams		Female	
	133	Frenelle NOBLE	DNS	Heroes in training		Female	
	138	Paige MARAIS	Not started	Heroes in training		Female	
	175	Sandra BRUYNS	DNS	Heroes in training		Female	
	187	Shane HEDIN	DNS	Teams		Male	
	199	Nathan DECKFORD	DNS	Heroes in training		Male	
	207	Rown HENDRY	DNS	Heroes in training		Male	