

# ProNutro African X

## Final Results after Day 3

16 March 2014



P_All	P_Cat	P_Day3	Cat_Day3	Time Day1	Time Day2	Time Day3	Time GC	Team#	TeamName	Runner 1	Runner 2	Category
1	1	1	1	2:18:44	2:41:34	1:31:46	<b>6:32:04</b>	24A	Contego K-Way	AJ Calitz	bernard rakadza	MaleOpen
2	2	3	3	2:16:14	2:47:10	1:33:19	<b>6:36:43</b>	1A	Nedbank/Northface	Michael Bailey	Ben Brimble	MaleOpen
3	3	2	2	2:18:02	2:54:16	1:33:00	<b>6:45:18</b>	2A	Salomon Men	Kane Reilly	Thabang Madiba	MaleOpen
4	1	7	3	2:25:31	2:57:24	1:44:16	<b>7:07:11</b>	311A	Vintage Vets	Nic De Beer	Tsungai Mwanengeni	MaleVet
5	2	5	1	2:29:02	3:07:26	1:41:12	<b>7:17:40</b>	326A	Xpedient Medical Solutions	Dion Middelkoop	Chad Gordon	MaleVet
6	3	12	4	2:35:24	3:06:41	1:51:45	<b>7:33:50</b>	330A	Suunto	Graeme McCallum	Herman Mulder	MaleVet
7	4	6	2	2:48:39	3:03:31	1:42:23	<b>7:34:33</b>	301A	Hammer Nutrition A	Derrick Baard	Noel Ernstzen	MaleVet
8	4	10	4	2:35:52	3:10:14	1:49:13	<b>7:35:19</b>	49A	satisfaction octopus	Al Leslie	Mathew Daneel	MaleOpen
9	1	8	1	2:47:47	3:07:07	1:45:03	<b>7:39:57</b>	240A	Team Salomon	Andrew Erasmus	Meg Mackenzie	MixedOpen
10	2	11	2	2:42:30	3:11:09	1:49:17	<b>7:42:56</b>	201A	Salomon Mixed	Landie Greyling	Christiaan Greyling	MixedOpen
11	5	13	5	2:35:03	3:17:16	1:52:17	<b>7:44:36</b>	62A	Team Osumo	Alexander Moody	Willia Leslie	MaleOpen
12	6	16	7	2:39:36	3:17:57	1:55:16	<b>7:52:49</b>	8A	ASICS	WARREN PETTERSON	Dawid Visser	MaleOpen
13	7	28	14	2:38:29	3:10:39	2:03:49	<b>7:52:57</b>	18A	CWFM	Ryan Winter	Damian Will	MaleOpen
14	8	15	6	2:43:35	3:22:09	1:54:47	<b>8:00:31</b>	60A	Team Endurance	PAUL WORSNIP	CLIFF ROBBERTZE	MaleOpen
15	9	21	11	2:40:12	3:28:57	2:01:00	<b>8:10:09</b>	74A	Vibram FiveFingers	Andrew Hagen	Ake Fagereng	MaleOpen
16	1	18	1	2:48:31	3:25:19	1:58:09	<b>8:11:59</b>	101A	Pronutro Ladies	Katya Soggot	Chantel Nienaber	FemaleOpen
17	10	17	8	2:49:39	3:43:27	1:56:11	<b>8:29:17</b>	36A	Running Scared	Sean Cowgill	Wojciech Krzeminski	MaleOpen
18	3	43	6	2:53:06	3:27:44	2:12:28	<b>8:33:18</b>	213A	Contego Mixed	Eddie Lambert	Marie Wessels	MixedOpen
19	2	25	2	2:54:21	3:38:12	2:02:20	<b>8:34:53</b>	136A	The North Face	Robyn Kime	Su Don-Wauchope	FemaleOpen
20	4	31	4	2:58:51	3:33:40	2:07:03	<b>8:39:34</b>	248A	Team TLFP	Iain Peddle	Laura Peddle	MixedOpen
21	5	24	3	2:59:15	3:38:34	2:02:08	<b>8:39:57</b>	243A	TEAM VEDETT	Sandy Russell	Victor Gardiner	MixedOpen
22	11	19	9	3:02:09	3:40:12	2:00:03	<b>8:42:24</b>	68A	The Lads	JP van der Merwe	Michael Joseph	MaleOpen
23	12	20	10	3:01:14	3:40:56	2:00:50	<b>8:43:00</b>	64A	The Gazelles	Oliver Brain	Ian Meaker	MaleOpen
24	6	39	5	3:02:27	3:33:32	2:10:24	<b>8:46:23</b>	218A	Goatrunners	Leilani Scheffer	Jacques Mouton	MixedOpen
25	13	22	12	3:08:59	3:37:16	2:01:05	<b>8:47:20</b>	56A	Spoooeed	Rowan Cairns	Michael Arbutnot	MaleOpen
26	14	23	13	3:01:06	3:51:28	2:01:06	<b>8:53:40</b>	38A	NFJ 2.0	David Boyer	Rowan Williams	MaleOpen
27	1	36	1	3:02:31	3:41:47	2:09:23	<b>8:53:41</b>	507A	CAW team	Jacobus Boshoff	Annatjie Botes	MixedVet
28	15	29	15	3:18:28	3:33:31	2:05:15	<b>8:57:14</b>	25A	Fish Bowl	Vernon Visser	Gerard Visser	MaleOpen
29	3	54	3	3:03:47	3:40:44	2:15:54	<b>9:00:25</b>	133A	Team Mizuno	Danette Smith	Helene Roux	FemaleOpen
30	16	41	22	3:03:30	3:47:05	2:12:25	<b>9:03:00</b>	55A	Spongebob & slowpants	Andre van Gend	Eddie Mouton	MaleOpen
31	5	14	5	2:46:08	4:23:03	1:54:09	<b>9:03:20</b>	319A	Team Arabella	Jacques Jansen van Rensburg	Mauritz Jansen van Rensburg	MaleVet
32	17	34	18	3:07:22	3:47:39	2:08:31	<b>9:03:32</b>	58A	Columbia/GU Trail	Jan Ham	Cole Stanton	MaleOpen
33	18	35	19	3:15:57	3:45:47	2:09:16	<b>9:11:00</b>	48A	SPOED	Stephen Cunliffe	Duncan Gutsche	MaleOpen
34	19	32	16	3:17:33	3:46:45	2:07:33	<b>9:11:51</b>	43A	Quick Sticks	Simon Muller	Robert Timmis	MaleOpen

P_All	P_Cat	P_Day3	Cat_Day3	Time Day1	Time Day2	Time Day3	Time GC	Team#	TeamName	Runner 1	Runner 2	Category
35	6	42	6	3:13:29	3:46:09	2:12:27	9:12:05	302A	Calvin & Hobbs	James Robertson	Paul Floquet	MaleVet
36	1	51	1	3:07:47	3:50:03	2:14:57	9:12:47	427A	Team Hammer Ladies	charmaine salvage	caitlin lewis	FemaleVet
37	20	33	17	3:13:12	3:53:13	2:07:53	9:14:18	61A	Team Kelfords	Roelof Feenstra	Brett Natrass	MaleOpen
38	21	50	25	3:15:14	3:51:15	2:14:22	9:20:51	10A	Train and Tar no Pain no Gain	Ben Jansen van Vuuren	Rodrigo Savoi	MaleOpen
39	7	61	9	3:15:17	3:54:50	2:18:23	9:28:30	221A	Hasslehoff's	Alastair Haarhoff	Natalie Haarhoff	MixedOpen
40	8	55	8	3:19:39	3:53:30	2:16:18	9:29:27	203A	Baobab Suite	Renee Cheary	Rich Cheary	MixedOpen
41	2	64	2	3:15:32	3:58:09	2:19:20	9:33:01	536A	Spongebob Slowpants	Andrew Collier	Yvette Roberts	MixedVet
42	9	66	10	3:15:34	3:59:09	2:19:36	9:34:19	241A	Team Cavalli	Annemien Ganzevoort	Hector Viljoen	MixedOpen
43	7	59	8	3:05:44	4:14:20	2:17:09	9:37:13	77A	Cape Times Male Open	Karl Westvig	Aubrey Issacs	MaleVet
44	3	68	3	3:23:20	3:53:47	2:20:25	9:37:32	532A	new Balance Vets	Jane Brewer	Myles Brewer	MixedVet
45	22	47	23	3:31:02	3:53:13	2:13:19	9:37:34	15A	Chappies	Hayden Hobbs	Richard Thomason	MaleOpen
46	23	60	28	3:15:16	4:05:54	2:18:21	9:39:31	514A	The Swiss en die Boer	philippe Sudan	Wimpie Saayman	MaleOpen
47	24	58	27	3:24:33	3:58:26	2:16:58	9:39:57	30A	Injasuti	Liam Graham	Ross Boyd	MaleOpen
48	10	49	7	3:32:43	3:55:59	2:14:04	9:42:46	233A	Noag se Ark	Isel Barnard	Nico Barnard	MixedOpen
49	8	57	7	3:23:36	4:12:17	2:16:57	9:52:50	321A	Wonga Warriors	Kevin Hurwitz	Eldon Beinart	MaleVet
50	4	88	5	3:26:59	4:03:50	2:26:04	9:56:53	103A	Adept	Jean Rossouw	Carla Pietersen	FemaleOpen
51	2	75	2	3:23:41	4:12:07	2:22:00	9:57:48	409A	Falsebay Ultra City	rezani scholtz	Zonia Scheffer	FemaleVet
52	25	48	24	3:35:05	4:10:15	2:13:55	9:59:15	21A	Fed Health	Dawie Carstens	Marco Prinsloo	MaleOpen
53	11	84	13	3:29:10	4:06:05	2:24:52	10:00:07	207A	Dirty Harry's	Nell Harris	Kevin Harris	MixedOpen
54	26	62	29	3:29:46	4:11:56	2:18:30	10:00:12	28A	Go for Gold	Charles Gallo	Rod Hunter	MaleOpen
55	27	53	26	3:29:29	4:16:13	2:15:51	10:01:33	14A	Chafing the dream	Tom Scott	Nicholas Hau	MaleOpen
56	28	67	31	3:36:46	4:06:29	2:20:18	10:03:33	23A	Extreme Lights	Charl Eugene du Plessis	Hannes Janse van Rensburg	MaleOpen
57	4	116	8	3:20:15	4:08:44	2:34:47	10:03:46	546A	Wombats	Colleen Mcgrath	Filippo Faralla	MixedVet
58	3	92	3	3:27:58	4:11:40	2:27:41	10:07:19	401A	BODYTEC 1	sandra Baetsen	Veresa Domingo	FemaleVet
59	12	73	11	3:26:04	4:19:38	2:21:47	10:07:29	255A	Toes on the Nose	Janine Prins	Jaco Prins	MixedOpen
60	9	100	10	3:29:34	4:10:44	2:31:09	10:11:27	328A	AviXMen	BRIAN MCCURRACH	ROBIN PARFETT	MaleVet
61	29	40	21	3:35:46	4:26:05	2:11:59	10:13:50	9A	barrow	Mathew Barrow	Adrian Damant	MaleOpen
62	5	86	4	3:36:47	4:19:03	2:25:58	10:21:48	128A	sisters with blisters	Lodelia Odendaal	Lisl Grobler	FemaleOpen
63	30	87	37	3:37:32	4:19:03	2:25:59	10:22:34	27A	Flux	Cornel Botha	Riaan Schagen	MaleOpen
64	5	82	4	3:45:44	4:12:22	2:24:50	10:22:56	505A	aljo	Jo Olivier	Albert Olivier	MixedVet
65	6	90	5	3:36:54	4:19:16	2:27:35	10:23:45	528A	Mamusa	Susna Du Plessis	Japie Van Zyl	MixedVet
66	13	89	14	3:35:29	4:22:56	2:27:26	10:25:51	215A	fatboy&slim	Allie Coetzee	Yolandi Visser	MixedOpen
67	14	79	12	3:41:13	4:21:34	2:23:27	10:26:14	224A	Trail Geeks	Tara-Lee Snyman	Johann Snyman	MixedOpen
68	10	83	9	3:50:01	4:12:35	2:24:51	10:27:27	316A	Run4Fun	Joe Izeboud	Deon Pienaar	MaleVet
69	31	72	34	3:38:59	4:30:04	2:21:41	10:30:44	7A	Apex Red	Burgert Maree	Jannie de Villiers	MaleOpen
70	7	108	7	3:43:01	4:15:15	2:33:41	10:31:57	525A	K2 CAPITAL	JACO GOUS	HUGUETTE VAN DER MERWE	MixedVet
71	32	69	32	3:54:34	4:16:38	2:20:52	10:32:04	45A	Scrambled Legs	Douglas Saxby	Zane Franklin	MaleOpen
72	33	63	30	3:46:32	4:28:22	2:18:34	10:33:28	19A	Die Rampokkers	Stephen Taylor	Pieter Wessels	MaleOpen

P_All	P_Cat	P_Day3	Cat_Day3	Time Day1	Time Day2	Time Day3	Time GC	Team#	TeamName	Runner 1	Runner 2	Category
73	15	124	22	3:35:49	4:21:19	2:38:20	10:35:28	226A	Kate&Kyle	Kate Munnik	Kyle Dodds	MixedOpen
74	34	85	36	3:43:55	4:26:40	2:25:29	10:36:04	66A	The Skabengas	Stewart Plimsoll	Grant Hawkins	MaleOpen
75	6	93	6	3:48:41	4:20:08	2:27:42	10:36:31	117A	Team M3	Lorran Paxton	Kelly Jenkinson	FemaleOpen
76	11	112	11	3:43:38	4:18:44	2:34:13	10:36:35	318A	Team "Suck a Lifesaver"	Brad Cameron	Sean Weldon	MaleVet
77	35	78	35	3:43:53	4:30:03	2:23:16	10:37:12	20A	Detour	Andrew Geel	Desmond Torr	MaleOpen
78	12	125	13	3:33:05	4:27:44	2:39:21	10:40:10	307A	AviXMen2	GREG PERKS	GUY LUNDY	MaleVet
79	8	94	6	3:34:37	4:37:03	2:29:09	10:40:49	506A	Avignon CRUSADERS 3	james farara	kirsten farara	MixedVet
80	16	148	30	3:20:54	4:33:54	2:50:42	10:45:30	229A	McMurray	Alistair McMurray	Nicola McMurray	MixedOpen
81	7	114	9	3:50:30	4:22:22	2:34:19	10:47:11	125A	Runners	Ashleigh Sandes	Sian Bester	FemaleOpen
82	36	71	33	3:56:09	4:30:14	2:21:07	10:47:30	17A	Conqueror	Jacobus Muller	Jean Jonker	MaleOpen
83	13	113	12	3:40:02	4:35:36	2:34:13	10:49:51	324A	The Schleppers	Stuart Stone	Gidon Novick	MaleVet
84	37	96	38	3:42:44	4:37:31	2:29:56	10:50:11	71A	The Village Idiots	Ronen Aires	Eddie Shapiro	MaleOpen
85	8	98	7	3:49:12	4:32:02	2:30:51	10:52:05	114A	Dynamite	Danni Harcourt	Sarah George	FemaleOpen
86	17	99	16	3:50:36	4:30:34	2:30:56	10:52:06	547A	Cape Mountain Running Tours	Patrick Hendricks	Nicola Hendriks	MixedOpen
87	18	119	19	3:39:24	4:38:09	2:36:27	10:54:00	222A	HTFU	Mark (Jack) Davis	Michelle Davis	MixedOpen
88	19	97	15	3:48:50	4:37:23	2:30:37	10:56:50	210A	She's The Boss	Thamar Clark	Richard Clark	MixedOpen
89	20	137	25	3:29:31	4:43:54	2:43:37	10:57:02	206A	blatthills	suyen thornhill	Jason Lemmer	MixedOpen
90	38	109	41	3:42:12	4:41:40	2:33:57	10:57:49	47A	Sic Dawgs	Craig Sherman	Dan Chaitowitz	MaleOpen
91	21	118	18	3:39:21	4:44:09	2:35:14	10:58:44	232A	Mr Gold & The Kimness	Kim Stephens	Quinton Walker	MixedOpen
92	22	128	24	3:36:55	4:44:02	2:39:51	11:00:48	247A	Tortoise	Oliver Braithwaite	Phillippa Burger	MixedOpen
93	9	110	8	3:40:00	4:46:54	2:34:01	11:00:55	116A	Happy Days	Didi Francis	Michelle van Zyl	FemaleOpen
94	14	132	14	3:47:56	4:32:10	2:41:28	11:01:34	310A	Gallows & Og	Grant Morris	Mike Galloway	MaleVet
95	39	103	39	3:55:16	4:36:23	2:32:15	11:03:54	40A	Outeniqua Neverenders	Attie Bedeker	Leander Classen	MaleOpen
96	23	104	17	3:46:02	4:45:24	2:32:39	11:04:05	260A	Cape Times Mixed Open	Michael Vale	Jade De Hutton	MixedOpen
97	40	111	42	3:45:42	4:46:45	2:34:04	11:06:31	69A	TMG Ohlive	Alan Rheeder	Rob van Hille	MaleOpen
98	41	105	40	3:56:30	4:39:08	2:32:47	11:08:25	73A	Trail Dudes	Theo Naude	Ruan Brits	MaleOpen
99	24	158	33	3:48:10	4:27:02	2:55:35	11:10:47	227A	Luv 2 Run	Morne Terblanche	Truzanne Swanepoel	MixedOpen
100	9	136	12	3:59:20	4:32:22	2:43:34	11:15:16	537A	Suck a lifesaver 3	Grant Cooper	Tania Hales	MixedVet
101	10	129	9	3:56:02	4:40:09	2:39:59	11:16:10	501A	A&A Steven	Antony Steven	Anna-Lucia Steven	MixedVet
102	10	126	11	3:55:31	4:41:37	2:39:42	11:16:50	246A	Kelfords Ladies	Dominique D'Olivera	Natalia Ongers	FemaleOpen
103	25	127	23	3:53:12	4:48:20	2:39:44	11:21:16	225A	Karoo num nums	Hanri van Wyk	Claud Wamback	MixedOpen
104	26	120	20	4:04:19	4:46:41	2:37:23	11:28:23	204A	Be Fit twice	Wynand Hendrikse	SUREA Hendrikse	MixedOpen
105	11	140	13	3:59:48	4:45:27	2:44:37	11:29:52	540A	Team Space TV	Nikki Beaumont-Voigt	Wayne Voigt	MixedVet
106	11	117	10	4:31:03	4:28:51	2:35:02	11:34:56	123A	Pink Trailers	Kelly Neveling	Victoria Bennetts	FemaleOpen
107	4	162	4	3:45:46	4:53:28	2:56:06	11:35:20	406A	Enjoying Fifty..	Maxine Reilly	Frances Orzechowski	FemaleVet
108	42	134	43	3:50:24	5:06:49	2:43:09	11:40:22	6A	ALBOUW	Schalk Albertyn	Willem Johannes Louw	MaleOpen
109	27	139	26	4:04:30	4:53:20	2:44:17	11:42:07	245A	The Pink Ribbons	Scott Thwaites	Talia Norvall	MixedOpen
110	43	142	46	4:02:27	4:54:08	2:45:34	11:42:09	80A	Happy Feet	Andrew Digweed	Jarred Gottschalk	MaleOpen

P_All	P_Cat	P_Day3	Cat_Day3	Time Day1	Time Day2	Time Day3	Time GC	Team#	TeamName	Runner 1	Runner 2	Category
111	15	135	15	4:02:20	4:59:02	2:43:33	11:44:55	308A	BODYTEC 2	Boris Leyck	Andrew Collins	MaleVet
112	44	146	47	4:09:42	4:51:47	2:50:05	11:51:34	4A	Brothers In Arms	Saul Cohen	Jonathan Cohen	MaleOpen
113	45	159	48	3:49:36	5:09:49	2:55:48	11:55:13	59A	Team CJ	Carlo Botha	Janes Cloete	MaleOpen
114	28	155	31	4:06:08	5:00:50	2:52:21	11:59:19	236A	REIDiculous	Cecil Reid	Alriza Reid	MixedOpen
115	12	163	12	4:10:35	4:55:22	2:56:42	12:02:39	110A	Buns on the run	Marisa Logan	Lucy Van Der Spuy	FemaleOpen
116	29	177	37	4:05:06	4:57:02	3:01:25	12:03:33	234A	Picky-deli	Nicky Venter	Pieter Venter	MixedOpen
117	5	179	8	4:14:41	4:49:31	3:01:39	12:05:51	438A	Team ASAP	Melody Schultz	Stella Gironi	FemaleVet
118	12	180	17	4:14:42	4:49:30	3:01:42	12:05:54	545A	VANDURANCE	Marika Ireland	Dirk van Zijl	MixedVet
119	46	141	45	4:08:45	5:14:24	2:44:50	12:07:59	76A	Songo.Info Team 1	Litha Nkehleni	Songo Fipaza	MaleOpen
120	16	152	18	4:19:07	4:57:36	2:51:21	12:08:04	312A	Let's try again	Andrew Warren	Trevor Rorbye	MaleVet
121	47	166	49	4:07:10	5:04:03	2:58:05	12:09:18	33A	Lesbian Astronauts	Dave Ruitter	Charles Keyser	MaleOpen
122	30	123	21	4:37:25	4:55:51	2:38:16	12:11:32	242A	The Angry Dragons	Phillipe Bubbles Welthagen	Halvar Buzz Lightyear Mathiesen	MixedOpen
123	48	167	50	4:24:26	4:49:00	2:58:28	12:11:54	22A	Eagle Claws	Mike Baldwin	Nick Pentreath	MaleOpen
124	13	178	16	4:05:12	5:05:26	3:01:30	12:12:08	515A	Dsquared	Douglas Davey	Jessie Davey	MixedVet
125	17	187	21	4:15:14	4:53:19	3:04:09	12:12:42	315A	Rio Rammers	Richard Dolamore	Antony Partridge	MaleVet
126	6	165	5	4:14:17	5:01:10	2:57:15	12:12:42	433A	Triple M	samantha kalis	claire louw	FemaleVet
127	49	169	52	4:10:06	5:03:47	2:58:57	12:12:50	41A	Prima	Johan Louw	Gert Van Eden	MaleOpen
128	31	144	28	4:22:58	5:04:02	2:49:10	12:16:10	202A	Astraira Technology Mix 1	Kristinet van der Westhuizen	Jaco Nortje	MixedOpen
129	13	191	18	4:09:37	5:01:53	3:06:07	12:17:37	139A	Trail Smashing Pumpkins	Nomi Bodlani	Samantha Bartle	FemaleOpen
130	18	147	16	4:14:52	5:12:35	2:50:21	12:17:48	320A	Team Kromklip	Richard Cherry	Riaan Meyer	MaleVet
131	14	172	14	4:13:35	5:06:07	3:00:33	12:20:15	134A	The Walkers	Clare Walker	Tanya Worner	FemaleOpen
132	32	143	27	4:16:53	5:16:30	2:48:51	12:22:14	211A	Daegu Waygooks	Elizabeth Smith	Paul Greaney	MixedOpen
133	7	176	7	4:15:12	5:07:55	3:01:20	12:24:27	426A	Team Awesum	Adele Hamman	Madri Van Der Westhuizen	FemaleVet
134	15	170	13	4:13:52	5:13:51	2:59:57	12:27:40	135A	Trail and Tar	Kelly Godfrey	Frances Ernstzen	FemaleOpen
135	50	205	54	4:07:45	5:08:51	3:11:46	12:28:22	53A	Southern Charter Financial Services	Karl Thorn	Brent Weldon	MaleOpen
136	51	138	44	4:21:08	5:24:25	2:44:09	12:29:42	42A	Primedia Online	Robert Peters	Ryan Anley	MaleOpen
137	14	153	14	4:28:48	5:10:18	2:51:24	12:30:30	533A	Roaring Forties	Charles Cherry	Stephanie Cherry	MixedVet
138	19	171	19	4:18:09	5:12:32	3:00:04	12:30:45	52A	Slow Motion	Michael Beckley	Dave Heenan	MaleVet
139	33	156	32	4:35:54	5:02:25	2:52:43	12:31:02	249A	Trail Warriors	Charn de Lange	Marc Bester	MixedOpen
140	52	168	51	4:16:58	5:16:51	2:58:40	12:32:29	67A	The Incredible Hunks	jonathan mcgill	alex munro	MaleOpen
141	15	210	23	4:05:43	5:14:01	3:13:08	12:32:52	531A	Mountain View	Delyse Rist	Simon Taylor	MixedVet
142	20	149	17	4:33:07	5:09:23	2:50:47	12:33:17	322A	The Novices	Steve Dorman	Hylton Allison	MaleVet
143	34	145	29	4:08:12	5:35:57	2:49:44	12:33:53	220A	H2E	Stefan Jan Botma	Helene Verbeek	MixedOpen
144	16	157	15	4:22:29	5:24:06	2:55:22	12:41:57	550A	MIP Constructioneers	Mine Swart	Shahied Abrahams	MixedVet
145	16	183	15	4:21:45	5:17:12	3:03:23	12:42:20	104A	ANChOR	Christie Esterhuysen	Anna Swanepoel	FemaleOpen
146	21	189	22	4:15:07	5:23:59	3:04:16	12:43:22	303A	8 nul 8	Konrad Von Hagen	Niel Muller	MaleVet
147	53	37	20	4:53:16	5:41:16	2:09:39	12:44:11	70A	Team Wintergreen	John Mc Inroy	Robert Le Brun	MaleOpen
148	8	175	6	4:25:34	5:18:10	3:01:15	12:44:59	420A	Sandstorm	Sandy May	Caroline Sands	FemaleVet

P_All	P_Cat	P_Day3	Cat_Day3	Time Day1	Time Day2	Time Day3	Time GC	Team#	TeamName	Runner 1	Runner 2	Category
149	35	164	34	4:39:58	5:08:58	2:56:59	12:45:55	259A	The Bliksems	Catherine McGown	Mark Andrew	MixedOpen
150	17	185	19	4:27:29	5:18:37	3:03:28	12:49:34	539A	Team Rossiter	Richard Rossiter	Dawn Rossiter	MixedVet
151	17	194	20	4:22:11	5:20:30	3:07:14	12:49:55	140A	Trail snails	Angelique Smit	Samantha Mcllroy	FemaleOpen
152	36	199	38	4:27:50	5:20:02	3:09:25	12:57:17	212A	double trouble	Jenny Hollander	Theo Dryden	MixedOpen
153	18	190	17	4:17:01	5:36:06	3:05:02	12:58:09	127A	Sister act	joanne cussen	Claire Hauser	FemaleOpen
154	22	206	23	4:17:03	5:29:43	3:12:26	12:59:12	306A	Big Dogs Inc.	Derek Evason	Michael Mey	MaleVet
155	37	208	40	4:17:26	5:29:25	3:12:38	12:59:29	208A	Clear Vision & Hearing Paarl	Arnold Smit	Stella Smit	MixedOpen
156	19	192	19	4:21:13	5:33:39	3:06:17	13:01:09	119A	Mabua Blue	Rosemary Jonck	Marelize Vlok (NBMC)	FemaleOpen
157	20	188	16	4:39:37	5:18:52	3:04:10	13:02:39	152A	Team Gecko	Louise van Niekerk	Anel van der Merwe	FemaleOpen
158	21	203	23	4:34:20	5:18:25	3:10:31	13:03:16	147A	Tough Enough	Carina van Zyl	Weila van Zyl	FemaleOpen
159	18	133	11	4:49:38	5:32:53	2:41:41	13:04:12	526A	Liefde van my lewe - Span 2	Brett de Kock	Rene de Kock	MixedVet
160	22	198	21	4:30:32	5:28:34	3:07:55	13:07:01	122A	Odorcure	Molly De Bruyn	Jannet Izeboud	FemaleOpen
161	38	224	41	4:19:43	5:25:12	3:23:29	13:08:24	228A	M & M's	Adele MacCannel	Morne Botha	MixedOpen
162	23	184	20	4:41:42	5:24:41	3:03:28	13:09:51	309A	CHANCERS	Nick Louw	salvatore puglia	MaleVet
163	39	173	35	4:40:39	5:28:48	3:00:37	13:10:04	256A	#DONOTFOLLOW	Tamsyn Simon	Shaun Starck	MixedOpen
164	19	200	21	4:34:53	5:27:19	3:09:54	13:12:06	523A	Happy Feet 2	Lynne Claassens	Leon Erwee	MixedVet
165	54	217	58	4:31:58	5:25:38	3:16:20	13:13:56	39A	Salty dogs	Gertjan van Vliet	Steve Shipline	MaleOpen
166	9	209	12	4:31:14	5:32:59	3:12:48	13:17:01	436A	Young at Heart	Natalie Tissink	Caroline Wyatt	FemaleVet
167	10	197	10	4:37:00	5:32:10	3:07:54	13:17:04	422A	Scrambled legs	Jana Beckett	Liz Brash	FemaleVet
168	20	204	22	4:35:03	5:32:00	3:10:34	13:17:37	549A	The Can and the Can't	Denis Day	Tina-Marie van Zyl	MixedVet
169	11	182	9	4:40:48	5:34:27	3:02:59	13:18:14	407A	Esio Trot	Nicola George	Cally Ardington	FemaleVet
170	40	202	39	4:34:36	5:35:35	3:10:28	13:20:39	219A	Groot Trek	Gideon Van Aarde	Michelle Ann Baransky	MixedOpen
171	23	201	22	4:50:42	5:24:40	3:10:24	13:25:46	524A	JL Club	Christina Malan	Elmien Pienaar	FemaleOpen
172	55	186	53	4:49:39	5:32:52	3:03:29	13:26:00	34A	Liefde van my lewe - Span 1	Carel Smit	Ritz de la Bat	MaleOpen
173	24	221	25	4:36:13	5:29:45	3:20:23	13:26:21	129A	Sportback Ladies	Louise Scheepers	Liezl van Rooyen	FemaleOpen
174	12	207	11	4:36:32	5:37:25	3:12:34	13:26:31	414A	Lost the Plot	Belinda Beck	Karen Botten	FemaleVet
175	21	193	20	4:40:02	5:40:34	3:06:31	13:27:07	209A	Da Y Nots	At Schoeman	Riana Duvenhage	MixedVet
176	22	181	18	4:58:55	5:26:17	3:02:09	13:27:21	508A	Delighted	Rolfe Eberhard	Sandra Young	MixedVet
177	56	212	55	4:41:51	5:32:27	3:13:25	13:27:43	26A	Fitness magazine	Pedro van Gaalen	Jaap van Gaalen	MaleOpen
178	57	214	56	4:43:55	5:31:26	3:14:15	13:29:36	57A	SUUNTO K-WAY WARRIORS	MALCOLM STEVENSON	CHRISTO SNYMAN	MaleOpen
179	25	219	24	4:34:27	5:38:07	3:20:03	13:32:37	112A	Charlie U	Ansa Von Hagen	Emrie De Klerk	FemaleOpen
180	41	174	36	4:52:35	5:45:23	3:01:04	13:39:02	254A	David & Nicky	Nicky Ecksteen	David Bellairs	MixedOpen
181	58	216	57	4:44:22	5:40:39	3:14:37	13:39:38	81A	Team Green	Etienne Slabbert	Ruan Veldtman	MaleOpen
182	26	228	27	4:19:51	5:51:30	3:28:41	13:40:02	118A	Lilo & Stitch	Suzanne Smit	Anka Marais	FemaleOpen
183	59	229	60	4:36:02	5:34:30	3:30:45	13:41:17	16A	Desert Goats	Peter Kminek	John Stewart	MaleOpen
184	23	218	25	4:44:02	5:40:31	3:17:52	13:42:25	522A	Hackers	Susan Bradley	Andrew Bradley	MixedVet
185	24	223	24	4:55:21	5:33:43	3:22:45	13:51:49	327A	ZefSoFresh	Michael Groenewald	Garron Stevenson	MaleVet
186	13	225	14	4:44:58	5:47:17	3:27:39	13:59:54	402A	City Slickers	Alison Mandy	Charmian Mac Farlane	FemaleVet

P_All	P_Cat	P_Day3	Cat_Day3	Time Day1	Time Day2	Time Day3	Time GC	Team#	TeamName	Runner 1	Runner 2	Category
187	60	220	59	4:39:31	6:02:53	3:20:21	14:02:45	35A	LOL OMG WTF FML!	Dean Cowling	Glen Dyer	MaleOpen
188	14	227	15	4:46:31	6:01:48	3:28:30	14:16:49	411A	Knot -A - Clue	Penny Dare	Vanessa Gebers	FemaleVet
189	15	215	13	5:14:02	5:50:08	3:14:35	14:18:45	428A	Team Slo Mo	Lona Marais	Renee Booyesen	FemaleVet
190	16	234	17	4:44:53	6:03:14	3:33:27	14:21:34	425A	Sugar Mommy's	Karin Meyer Lategan	Hannelie Duvenage	FemaleVet
191	17	233	16	4:49:33	6:03:13	3:33:26	14:26:12	431A	The Jellybabes	Ilse Debeil	Isabel Bolt	FemaleVet
192	27	244	30	4:30:55	6:11:48	3:46:13	14:28:56	143A	Songo.Info Team 2	Delia-Nyaradzo Chiunye	Daphne Chiunye	FemaleOpen
193	28	236	28	4:51:13	6:04:45	3:35:12	14:31:10	115A	Girls gone wild	Diana Mouton	Thia Landsberg	FemaleOpen
194	24	226	26	5:02:05	6:06:12	3:27:48	14:36:05	509A	DESERT THORNS	NIEL STEENEKAMP	MISCHANNE VAN ROOYEN	MixedVet
195	25	211	24	5:10:44	6:12:21	3:13:10	14:36:15	543A	Very Charming	Ken Stuart	Charmiane Kruger	MixedVet
196	18	245	19	4:58:31	5:54:10	3:48:09	14:40:50	405A	DESERT ROSES	WILENE COLLINS	ADRI VAN NIEKERK	FemaleVet
197	29	251	32	4:44:28	6:04:43	3:53:06	14:42:17	148A	Team JNK	Leigh Lambrecht	Claire Gibson	FemaleOpen
198	26	249	28	4:48:11	6:04:41	3:52:55	14:45:47	527A	LiveLife	Tielman Myburgh	Clare Hodgson	MixedVet
199	30	222	26	5:26:21	6:06:37	3:20:44	14:53:42	107A	Boer & Brit	Sarah Cotton	minette weirich	FemaleOpen
200	31	250	31	4:57:32	6:04:42	3:52:56	14:55:10	106A	Blouberg Babes	Lynn Brennan	Breda Pettenburger	FemaleOpen
201	19	240	18	4:57:36	6:19:08	3:40:35	14:57:19	408A	Faking it till we make it	Rogelle Guba	Tanya Wicker	FemaleVet
202	32	241	29	5:14:12	6:05:36	3:41:13	15:01:01	120A	MiniMum MaxiMum	Louise Visser	Nicole Visser	FemaleOpen
203	42	242	42	5:08:53	6:26:46	3:41:34	15:17:13	223A	Jay Jay Mavericks	Andre Jacobs	Lana Jacobs	MixedOpen
204	20	257	20	5:14:03	6:09:32	3:57:25	15:21:00	435A	WILD CATZ	LAURA COETZEE	CHRISTEL PELSER	FemaleVet
205	33	252	33	5:09:58	6:17:54	3:53:10	15:21:02	124A	Run4Joy	Melissa Goetsch	Elbie Louw	FemaleOpen
206	27	254	29	5:08:29	6:36:17	3:54:03	15:38:49	548A	Team eta	Wessel Dippenaar	Nita Dippenaar	MixedVet
207	28	243	27	5:26:38	6:44:49	3:45:16	15:56:43	542A	The Skollies	Ruth Scholtz	Raoul Scholtz	MixedVet
208	29	255	30	5:31:56	6:49:24	3:56:12	16:17:32	511A	Die Skilpaadjies	Johan Le Roux	Kyra Solomon	MixedVet
209	43	248	43	5:33:30	6:58:12	3:51:42	16:23:24	244A	The Pink SouthPaws	James Davis	Bronwyn Davis	MixedOpen
210	34	263	35	6:01:28	7:06:37	4:21:47	17:29:52	109A	Bossladies	Leslie Pienaar	Joan Bennett	FemaleOpen
211	21	264	21	6:03:06	7:10:54	4:22:53	17:36:53	412A	Lazy Lizards	Petra Riggs	Sanet du Toit	FemaleVet
P_All	P_Cat	P_Day3	Cat_Day3	Time Day1	Time Day2	Time Day3	Time GC	Team#	TeamName	Runner 1	Runner 2	Category
	1	9	2	2:25:59	3:04:37	1:48:46	7:19:22	63B	Team Puma	Antoine van Heerden		Solo
	2	4	1	3:03:30	2:56:55	1:40:28	7:40:53	31B	K2	Van Zyl Steenekamp		Solo
	3	27	4	3:16:21	3:48:32	2:03:33	9:08:26	230B	ProNutro Mixed	takalani nthulane-ndandani		Solo
	4	30	5	3:29:24	3:48:32	2:06:44	9:24:40	329A	Swift Condor	Patrick Baranski		Solo
	5	76	15	3:15:13	3:59:51	2:22:09	9:37:13	325B	The Trail Shop	Paiter Botha		Solo
	6	38	6	3:27:55	4:09:51	2:09:50	9:47:36	5B	Team Vivo Trail Freaks	Jacques Von Wielligh		Solo
	7	52	10	3:37:44	4:04:00	2:15:10	9:56:54	11B	BOOOOM!!	Jonathan BOYER		Solo
	8	81	18	3:28:49	4:05:45	2:24:47	9:59:21	237B	SoCape	Luc Steens		Solo
	9	56	11	3:31:04	4:15:48	2:16:45	10:03:37	437B	Mac Attack	Michelle De Souza Macgregor		Solo
	10	46	9	3:38:27	4:13:23	2:12:42	10:04:32	314B	Not tonight Ladies	Leor Atie		Solo
	11	102	22	3:29:27	4:21:35	2:31:21	10:22:23	37A	Mugwump Racing	Brian Reid		Solo

P_All	P_Cat	P_Day3	Cat_Day3	Time Day1	Time Day2	Time Day3	Time GC	Team#	TeamName	Runner 1	Runner 2	Category
	12	45	8	3:38:46	4:32:03	2:12:35	10:23:24	304B	A&B	Rupert Barnard		Solo
	13	95	20	3:43:37	4:18:43	2:29:26	10:31:46	12A	Afro Celts	Paul Rutherford		Solo
	14	74	14	4:11:49	4:13:00	2:22:00	10:46:49	138A	Two-non-brunettes	Madeleine Pretorius		Solo
	15	70	13	4:34:10	4:00:37	2:21:02	10:55:49	146B	SJGW	Angela Bott		Solo
	16	130	28	3:45:43	4:31:38	2:41:09	10:58:30	137B	Rachel & Ethel	Ethel Zulu Mokwele		Solo
	17	122	27	3:55:58	4:34:54	2:38:02	11:08:54	250B	Why Not	Katherine Akeroyd		Solo
	18	65	12	4:39:00	4:12:26	2:19:35	11:11:01	258A	Rock 'n' Roll	Ben Samwell		Solo
	19	107	24	4:36:07	4:20:22	2:32:49	11:29:18	121B	New Balance	Cecile Reed		Solo
	20	91	19	4:47:27	4:22:16	2:27:38	11:37:21	79B	Burelli	Kyle Burelli		Solo
	21	115	25	4:05:23	5:12:12	2:34:40	11:52:15	142B	Wintergreen	Alisha Crous		Solo
	22	154	31	4:16:47	5:01:01	2:52:01	12:09:49	108B	Bokkies	Evarne Rees		Solo
	23	150	29	4:36:35	5:24:14	2:51:01	12:51:50	415B	Moms on the Move	Lizette Bannister		Solo
	24	160	32	4:20:16	5:38:08	2:55:49	12:54:13	113A	Chatty Chics	Tracy Bertish		Solo
	25	195	34	4:41:41	5:32:39	3:07:45	13:22:05	144A	Famke & Marlie	Famke Allan		Solo
	26	231	38	4:14:40	5:58:04	3:31:59	13:44:43	102B	2 TU	Vannessa Cronje		Solo
	27	213	36	5:39:18	5:32:31	3:14:14	14:26:03	439B	MegaJen	Jenni Sennett		Solo
	28	239	43	4:43:36	6:23:19	3:36:49	14:43:44	105B	At least we look good doing it!	Jeanne de Waal		Solo
	29	238	42	5:15:27	5:53:57	3:35:49	14:45:13	429B	The Fashionsistas	Janina Blomerus		Solo
	30	232	39	5:39:44	5:58:04	3:31:59	15:09:47	145A	2 Unlimited	Monique Cupido		Solo
	31	256	46	5:15:14	6:09:33	3:57:25	15:22:12	235B	Red Hot Tekkie Peppers	Hester Nel		Solo
	32	246	44	5:07:13	6:39:18	3:48:38	15:35:09	251B	LOPI	Melissa du toit		Solo
	33	260	49	5:13:44	6:18:23	4:04:17	15:36:24	413B	Leaping Ladies	Amanda Samwell		Solo
P_All	P_Cat	P_Day3	Cat_Day3	Time Day1	Time Day2	Time Day3	Time GC	Team#	TeamName	Runner 1	Runner 2	Category
		26	3	3:16:21	DNF	2:03:33		230A	ProNutro Mixed	mazu ndandani		Solo
		44	7	3:38:46	DNF	2:12:35		304A	A&B	Richard Ayres		Solo
		77	16	3:15:13	DNF	2:22:10		325A	The Trail Shop	Helgard Slabbert		Solo
		80	17	DNF	4:05:44	2:24:47		237A	SoCape	Julie Gabriel		Solo
		101	21	DNF	4:21:35	2:31:20		37B	Mugwump Racing	Nic Malan		Solo
		106	23	DNF	DNF	2:32:49		121A	New Balance	Barbara Cole		Solo
		121	26	DNF	4:34:54	2:37:49		13B	Butterflies & Nightsticks	John Tucker		Solo
		131	10	4:16:54	DNF	2:41:23		252A	Mosterts	Marius Mostert		MixedVet
		151	30	4:36:35	DNF	2:51:12		415A	Moms on the Move	Tracy Bunn		Solo
		161	33	DNF	5:38:08	2:55:51		113B	Chatty Chics	Natalie Bruce		Solo
		196	35	DNF	5:32:39	3:07:45		144B	Famke & Marlie	Marlie Koen		Solo
		230	37	4:14:40	DNF	3:31:59		102A	2 TU	Gina Tessororf		Solo
		235	40	DNF	6:03:10	3:34:05		137A	Rachel & Ethel	Rachel Manyathi		Solo
		237	41	5:15:27	DNF	3:35:49		429A	The Fashionsistas	Moira O'Reilly		Solo

P_All	P_Cat	P_Day3	Cat_Day3	Time Day1	Time Day2	Time Day3	Time GC	Team#	TeamName	Runner 1	Runner 2	Category
		247	45	5:07:13	DNF	3:48:39		251A	LOPI	Louis Bolt		Solo
		253	34	5:42:32	DNF	3:53:37		149A	Cape Nature se Tough Chicks	Antoinette Veldtman	Jeanne Gouws	FemaleOpen
		258	47	5:15:14	DNF	3:57:26		235A	Red Hot Tekkie Peppers	Albert Van Niekerk		Solo
		259	48	5:13:44	DNF	4:04:17		413A	Leaping Ladies	Lynette Viljoen		Solo
		262	51	5:39:44	DNF	4:17:30		126B	shoOops Madames of Mayhem	Kim Boshoff		Solo
		261	50	DNF	DNF	4:17:30		126A	shoOops Madames of Mayhem	Danielle Mascher		Solo
				2:25:59	3:04:37	DNF		63A	Team Puma	Morne van Greunen		MaleOpen
				4:16:54	4:45:15	DNF		252B	Mosterts	Elmarie Mostert		Solo
				4:05:23	5:12:12	DNF		142A	Wintergreen	Freda Walters		FemaleOpen
				4:43:36	6:23:19	DNF		105A	At least we look good doing it!	Bernette Beyers		FemaleOpen
				3:03:30	DNF	DNF		31A	K2	Jac Steenekamp		MaleOpen
				3:27:55	DNF	DNF		5A	Team Vivo Trail Freaks	Rae Trew-Browne		MaleOpen
				3:28:47	DNF	DNF		530A	Michelle&Filou Belgium	Philippe Lahaye		Solo
				3:31:04	DNF	DNF		437A	Mac Attack	Coriaan De Villiers		FemaleVet
				3:37:44	DNF	DNF		11A	BOOOOM!!	Simon Haifer		MaleOpen
				3:55:58	DNF	DNF		250A	Why Not	Nichcolas Attwood-Smith		MixedOpen
				4:34:10	DNF	DNF		146A	SJGW	Sandi Joffe		FemaleOpen
				5:39:18	DNF	DNF		439A	MegaJen	Megan Reid		FemaleVet