

Spectrum Trail Run Series - Race 3 - 5km - Ladies

Pos.	Name	Time	Bib No	Distance	Gender	Series
1	Ariana Watkins	00:31:53	42	5km	Female	Short
2	Olivia Cockcroft	00:38:22	103	5km	Female	No
3	Beverley Viljoen	00:39:58	56	5km	Female	Short
4	Ansie Van Der Merwe	00:42:13	90	5km	Female	Short
5	Grace Thomas	00:44:01	125	5km	Female	No
6	Tarryn Lovemore	00:44:20	82	5km	Female	No
7	Christine Gerber	00:51:37	78	5km	Female	Short
8	Sanet Opperman	00:51:41	57	5km	Female	Short
9	Danelle Fourie	00:51:43	86	5km	Female	No
10	Jenny Blatti	00:51:45	119	5km	Female	No
11	Arlene Van Der Westhuizen	00:52:07	37	5km	Female	No
12	Megan Fish	00:52:44	145	5km	Female	No
13	Sarah Fish	00:52:58	88	5km	Female	No
14	Kaylin Labuschagne	00:58:38	114	5km	Female	No
15	Mile Vermaak	00:58:51	92	5km	Female	Short
16	Volenti Meyer	00:58:52	97	5km	Female	Short
17	Heidrin Dafel	00:58:58	41	5km	Female	No
18	Inga Dafel	00:59:00	101	5km	Female	No
19	Bayanda Mbambisa	01:01:01	168	5km	Female	No
20	Sbongile Tsiu	01:01:04	169	5km	Female	No
21	Kayleigh Bauer	01:01:58	126	5km	Female	Short
22	Emily Marais	01:02:13	44	5km	Female	No
23	Leah Wintermeyer	01:09:52	112	5km	Female	No
24	Carlia Richter	01:11:38	95	5km	Female	No
25	Namawabo Msizi	01:15:25	170	5km	Female	No

Spectrum Trail Run Series - Race 3 - 5km - Men

Pos.	Name	Time	Bib No	Distance	Gender	Series
1	Pieter Roux	00:34:25	45	5km	Male	No
2	Jan Le roux	00:34:29	131	5km	Male	No
3	Richard Pearse	00:34:38	94	5km	Male	Short
4	Kobus Kotze	00:35:01	53	5km	Male	No
5	Andrew Garner	00:35:49	93	5km	Male	Short
6	Jason Fischer	00:38:16	132	5km	Male	No
7	Craig Bester	00:41:50	40	5km	Male	Short
8	Adam Thomas	00:43:56	124	5km	Male	No
9	Brynn Thomas	00:43:59	123	5km	Male	Short
10	Kerth Valentine	00:44:37	149	5km	Male	No
11	Zani Xego	00:45:13	165	5km	Male	No
12	Kenny van der Westhuizen	00:52:05	38	5km	Male	No
13	Caleb Wintermeyer	00:58:42	111	5km	Male	No
14	Bryan Wintermeyer	01:09:54	113	5km	Male	No
15	Eugene Coetzee	01:11:58	134	5km	Male	No

Spectrum Trail Run Series - Race 3 - 18km - Ladies

Pos.	Name	Time	Bib No	Distance	Gender	Series
1	Annalise Scholtz	01:36:11	36	18km	Female	No
2	Lizani Grant	01:46:08	100	18km	Female	No
3	Maneke Kensley	01:51:21	133	18km	Female	No
4	Carmen Hickman	01:55:36	81	18km	Female	No
5	Jo Oosthuizen	01:58:27	51	18km	Female	No
6	Theresa Buchner	01:58:51	79	18km	Female	Long
7	Anita Boehmke	01:58:57	48	18km	Female	No
8	Estee Cockroft	02:03:49	102	18km	Female	No
9	Jayed Georgiades	02:09:22	110	18km	Female	No
10	Robyn Bid	02:13:51	130	18km	Female	No
11	Leani Savage	02:14:58	120	18km	Female	No
12	Kimberley Clare Ogden	02:16:45	47	18km	Female	Long
13	Janine Barnard	02:30:02	83	18km	Female	Long
14	Pauline Thompson	02:32:18	39	18km	Female	Long
15	Hayley Buncombe	02:52:20	52	18km	Female	No
16	Letitia Strauss	02:52:49	166	18km	Female	Long
17	Heather Mason	03:01:01	122	18km	Female	No
18	Debbie Wintermeyer	03:01:03	115	18km	Female	No
19	Pamela Paton	03:01:07	116	18km	Female	No

Spectrum Trail Run Series - Race 3 - 18km - Men

Pos.	Name	Time	Bib No	Distance	Gender	Series
1	Mvuyisi Gcogco	01:17:50	164	18km	Male	Long
2	Siyabonga Kahla	01:25:19	135	18km	Male	Long
3	Shawn Du toit	01:27:45	108	18km	Male	No
4	Sean Knight	01:32:45	43	18km	Male	Long
5	Bradley MacKenzie	01:33:03	84	18km	Male	No
6	Daryl North	01:33:05	85	18km	Male	No
7	Gordon Van der vlies	01:33:42	109	18km	Male	No
8	Nico Smith	01:37:11	80	18km	Male	No
9	Erik Kemp	01:37:16	46	18km	Male	Long
10	Gerrit Fyver	01:37:20	89	18km	Male	No
11	Werner Olckers	01:37:22	107	18km	Male	No
12	Christiaan Jobert	01:38:06	127	18km	Male	No
13	Wayne Brazier	01:44:03	160	18km	Male	No
14	Cliff Savage	01:44:44	121	18km	Male	No
15	Kevin Gillmer	01:45:53	49	18km	Male	No
16	Ryan Smith	01:46:18	161	18km	Male	No
17	Rod Butters	01:46:20	96	18km	Male	Long
18	Ian Giuwit	01:46:57	162	18km	Male	No
19	Dane Sweet	01:50:14	226	18km	Male	No
20	Gary Kelleher	01:54:18	105	18km	Male	No
21	Francois Strydom	01:55:26	55	18km	Male	Long
22	Reon Van Rensburg	01:55:33	106	18km	Male	No
23	Herman Visser	01:55:45	117	18km	Male	Long
24	Michael Shaw	02:01:16	50	18km	Male	No
25	Alain Blatti	02:03:52	118	18km	Male	Long
26	Johann Staats	02:05:44	87	18km	Male	Long
27	Allister Maron	02:09:54	104	18km	Male	No
28	Brad Wanvig	02:21:18	54	18km	Male	Long
29	Brad Grobler	02:58:42	91	18km	Male	Long

Ladies - Short Series - Overall

Pos	Name	Race 1	Race 2	Race 3	Overall
1	Ariana Watkins	00:31:49	00:48:13	00:31:53	01:51:55
2	Ansie Van Der Merwe	00:37:40	01:02:46	00:42:13	02:22:39
3	Beverley Viljoen	00:41:00	01:06:36	00:39:58	02:27:34
4	Kayleigh Bauer	00:45:23	01:10:32	01:01:58	02:57:53
5	Sanet Opperman	00:52:30	01:31:18	00:51:41	03:15:29
6	Christine Gerber	00:52:35	01:31:23	00:51:37	03:15:35
7	Mile Vermaak	01:09:33	01:31:21	00:58:51	03:39:45

Mens - Short Series - Overall

Pos	Name	Race 1	Race 2	Race 3	Overall
1	Richard Pearce	00:34:23	01:02:00	00:34:38	02:11:01
2	Andrew Garner	00:37:57	00:58:26	00:35:49	02:12:12
3	Craig Bester	00:41:18	01:01:42	00:41:50	02:24:50
4	Brynn Thomas	00:41:45	01:10:00	00:43:59	02:35:44

Ladies - Long Series - Overall

Pos	Name	Race 1	Race 2	Race 3	Overall
1	Theresa Buchner	01:11:12	00:46:56	01:58:51	03:56:59
2	Pauline Thompson	01:14:13	00:54:26	02:32:18	04:40:57
3	Kimberley Clare Ogden	01:28:02	01:01:24	02:16:45	04:46:11
4	Letitia Strauss	01:34:15	01:10:50	02:52:49	05:37:54

Mens - Long Series - Overall

Pos	Name	Race 1	Race 2	Race 3	Overall
1	Mvuyisi Gcogco	00:49:36	00:34:25	01:17:50	02:41:51
2	Siyabonga Kahla	00:59:48	00:34:07	01:25:19	02:59:14
3	Sean Knight	00:56:27	00:38:13	01:32:45	03:07:25
4	Gordon Van der vliet	00:57:18	00:40:00	01:33:42	03:11:00
5	Erik Kemp	00:58:53	00:41:37	01:37:16	03:17:46
6	Werner Olckers	01:01:02	00:43:01	01:37:22	03:21:25
7	Herman Visser	01:12:38	00:46:35	01:55:45	03:54:58
8	Francois Strydom	01:23:02	00:47:25	01:55:26	04:05:53
9	Alain Blatti	01:16:09	00:47:47	02:03:52	04:07:48
10	Johann Staats	01:18:38	00:50:12	02:05:44	04:14:34
11	Rod Butters	01:36:37	01:10:09	01:46:20	04:33:06
12	Brad Wanvig	01:28:22	01:04:44	02:21:18	04:54:24