

Addo 2019 76km - Overall

Pos	Name	Time	Bib No.	Age	Gender	Age Category	Race
1	Ryan Sandes	06:56:25	191	36	Male	Open	76km
2	Aurelien Collet	07:06:34	106	38	Male	Open	76km
3	Obey Mtetwa	08:03:24	172	29	Male	Open	76km
4	Matthew Healy	08:06:31	131	23	Male	Open	76km
5	Chris Strydom	08:25:18	197	21	Male	Open	76km
6	Jock Green	08:43:55	127	44	Male	Veteran	76km
7	Ian Metcalfe	09:08:01	167	38	Male	Open	76km
8	Helen Buley	09:09:57	99	39	Female	Open	76km
9	Hannes Labuschagne	09:44:29	152	43	Male	Veteran	76km
10	Jana Trojan	10:09:35	202	51	Female	Masters	76km
11	Filippo Faralla	10:13:05	118	50	Male	Masters	76km
12	Travis Green	10:15:04	126	45	Male	Veteran	76km
13	Johan Marais	10:15:50	222	52	Male	Masters	76km
14	Yashin Raghavjee	10:39:26	184	37	Male	Open	76km
15	Izak Kruger	10:42:27	149	32	Male	Open	76km
16	Duncan Rennie	10:48:26	186	32	Male	Open	76km
17	Caro Jordaan	10:52:30	140	27	Female	Open	76km
18	Philip Van Wyk	10:59:53	211	41	Male	Veteran	76km
19	Wardo Conradie	10:59:53	107	38	Male	Open	76km
20	Juan Harker	11:03:14	130	35	Male	Open	76km
21	Mark Riley	11:03:17	188	40	Male	Veteran	76km
22	Barbara Mulcahy	11:08:47	174	45	Female	Veteran	76km
23	Margaret Carstens	11:18:28	101	25	Female	Open	76km
24	Karen Veen	11:22:24	212	48	Female	Veteran	76km
25	Estelle Geerkens	11:28:49	125	45	Female	Veteran	76km
26	Do-Jo Jordaan	11:39:38	139	42	Female	Veteran	76km
27	Alexis Olds	11:58:00	180	32	Female	Open	76km
28	Ben Samwell	11:58:10	189	47	Male	Veteran	76km
29	Franco Houy	12:01:39	137	24	Male	Open	76km
30	Prem Trojan	12:02:17	201	50	Male	Masters	76km
31	Khuliso Mulaudzi	12:11:23	173	33	Male	Open	76km
32	Pieter Botha	12:13:33	96	29	Male	Open	76km
33	Jacques Lochner	12:13:34	156	31	Male	Open	76km
34	Shirley Milne	12:18:46	170	38	Female	Open	76km
35	Dan Van Hemert	12:24:34	209	48	Male	Veteran	76km
36	Alet Prinsloo	12:25:32	183	41	Female	Veteran	76km
37	Marius Hitge	12:34:40	134	46	Male	Veteran	76km
38	Yolandie Naude	12:35:33	176	40	Female	Veteran	76km
39	Jonathan Bell	12:38:39	93	30	Male	Open	76km
40	Hilary Campbell	12:41:35	100	51	Female	Masters	76km
41	Moenier Da Silva	12:42:32	109	45	Male	Veteran	76km
42	Ashraf Orrie	12:42:33	82	50	Male	Masters	76km
43	Imelda Van Der Westhuizen	12:43:34	208	34	Female	Open	76km
44	Henkes Badenhorst	12:44:31	89	30	Male	Open	76km
45	Asa Ntuku	12:44:49	179	34	Male	Open	76km
46	Stephen Mccarthy	12:50:02	165	57	Male	Masters	76km
47	Kyle Clancy	12:51:26	104	29	Male	Open	76km
48	Paul Littlejohn	12:56:50	155	43	Male	Veteran	76km
49	Johann Folscher	12:57:18	119	32	Male	Open	76km
50	Nonhlakanipho Tau	12:57:32	199	29	Female	Open	76km
51	Riana Henning	13:06:16	132	49	Female	Masters	76km
52	Carl Lannerstad	13:09:36	153	35	Male	Open	76km
53	Mari-Louise Stoltz	13:14:52	196	37	Female	Open	76km
54	Jen Aston	13:15:52	88	34	Female	Open	76km
55	Margi Carstens	13:15:58	102	26	Female	Open	76km
56	Ivan Van Der Merwe	13:26:48	205	26	Male	Open	76km
57	Mark Mawman	13:47:58	164	44	Male	Veteran	76km
58	Hedi Van Der Watt	13:47:59	207	44	Female	Veteran	76km
59	Cindy Mills	13:54:19	169	38	Female	Open	76km
60	Benita Barton	13:57:52	90	48	Female	Veteran	76km
61	John Nelson	13:57:56	177	45	Male	Veteran	76km

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62	Dylan Le Roex	13:57:59	154	21	Male	Open	76km
63	Garion Krauss	13:58:04	144	45	Male	Veteran	76km
64	Sipho Mhlongo	14:09:41	168	40	Male	Veteran	76km
65	Gulnaz Sugirgali	14:11:46	198	28	Female	Open	76km
66	Geoffrey Chisnall	14:18:35	103	36	Male	Open	76km
67	Sandy Weltan	14:18:38	215	58	Female	Masters	76km
68	Helen Kernohan	14:20:39	143	43	Female	Veteran	76km
69	Charles Bataille	14:22:18	92	54	Male	Masters	76km
70	Renee Schoeman	14:28:01	219	31	Female	Open	76km
71	Sarie Coetzee	14:30:14	105	56	Female	Masters	76km
72	Zanele Jele	14:37:31	138	36	Female	Open	76km
73	Patrick Arnold	14:43:47	87	39	Male	Open	76km
74	Nazli Gasant	14:49:33	124	34	Female	Open	76km
75	Gary Kelleher	14:51:37	141	60	Male	Masters	76km
76	Amanda Samwell	14:53:26	190	47	Female	Veteran	76km
77	Ian Martincich	14:54:21	161	37	Male	Open	76km
78	Amanda Shaw	14:54:34	193	54	Female	Masters	76km
79	Allister Marran	14:57:34	160	42	Male	Veteran	76km
DNF – Cut Off	Charmaine Van Der Merwe	15:05:05	204	50	Female	Masters	76km
DNF – Cut Off	Miyelani Kumalo	15:07:30	150	33	Female	Open	76km
DNF – Cut Off	Thandeka Mehlo	15:12:53	166	29	Female	Open	76km
DNF – Cut Off	Dinilesizwe Gudlindlu	15:12:54	128	36	Male	Open	76km
DNF – Cut Off	Chris Fourie	15:19:53	121	39	Male	Open	76km
DNF – Cut Off	Stephanie Kretzmann	15:33:40	146	50	Female	Masters	76km
DNF – Cut Off	Lisa Smit	15:33:41	194	46	Female	Veteran	76km
DNF – Cut Off	Konrad Hoekstra	16:34:48	135	51	Male	Masters	76km
DNF – Cut Off	Josh Breytenbach	17:19:26	97	22	Male	Open	76km
DNF – Cut Off	Fahwaaz Cornelius	19:02:59	108	33	Male	Open	76km
DNF – Cut Off	Mpho Matheolane	19:22:39	163	35	Male	Open	76km
DNF – Cut Off	Ashraf Mallick	20:40:41	158	41	Male	Veteran	76km
DNF – Withdrawn	Elrien Bootha	0	95	44	Female	Veteran	76km
DNF – Withdrawn	Bob De Decker	0	110	64	Male	Masters	76km
DNF – Withdrawn	Marcel Du Plessis	0	111	28	Male	Open	76km
DNF – Withdrawn	Charl Du Plessis	0	112	50	Male	Masters	76km
DNF – Withdrawn	Nico Du Preez	0	114	25	Male	Open	76km
DNF – Withdrawn	Ryan Du Preez	0	113	21	Male	Open	76km
DNF – Withdrawn	Ingrid Eckstein	0	115	36	Female	Open	76km
DNF – Withdrawn	Casper Erasmus	0	116	48	Male	Veteran	76km
DNF – Withdrawn	Andrew Espin	0	117	42	Male	Veteran	76km
DNF – Withdrawn	Maryke Fourie	0	120	33	Female	Open	76km
DNF – Withdrawn	Ganief Galvaan	0	123	59	Male	Masters	76km
DNF – Withdrawn	Helen Hall	0	129	55	Female	Masters	76km
DNF – Withdrawn	Robert Henning	0	133	31	Male	Open	76km
DNF – Withdrawn	Clint Holing	0	136	53	Male	Masters	76km
DNF – Withdrawn	Erik Kemp	0	142	42	Male	Veteran	76km
DNF – Withdrawn	Marius Kruger	0	147	43	Male	Veteran	76km
DNF – Withdrawn	Natasha Kruger	0	148	44	Female	Veteran	76km
DNF – Withdrawn	Jacques Maree	0	159	39	Male	Open	76km
DNF – Withdrawn	Ayla Newmarch	0	178	25	Female	Open	76km
DNF – Withdrawn	Rory Richter	0	187	35	Male	Open	76km
DNF – Withdrawn	Caroline Sands	0	223	62	Female	Masters	76km
DNF – Withdrawn	Casper Scholly	0	192	44	Male	Veteran	76km
DNF – Withdrawn	Barry Tonkin	0	200	38	Male	Open	76km
DNF – Withdrawn	Ryan West	0	216	38	Male	Open	76km

Addo 2019 76km - Men

Pos	Name	Time	Bib No.	Age	Gender	Age Category	Race
1	Ryan Sandes	06:56:25	191	36	Male	Open	76km
2	Aurelien Collet	07:06:34	106	38	Male	Open	76km
3	Obey Mtetwa	08:03:24	172	29	Male	Open	76km
4	Matthew Healy	08:06:31	131	23	Male	Open	76km
5	Chris Strydom	08:25:18	197	21	Male	Open	76km
6	Jock Green	08:43:55	127	44	Male	Veteran	76km
7	Ian Metcalfe	09:08:01	167	38	Male	Open	76km
8	Hannes Labuschagne	09:44:29	152	43	Male	Veteran	76km
9	Filippo Faralla	10:13:05	118	50	Male	Masters	76km
10	Travis Green	10:15:04	126	45	Male	Veteran	76km
11	Johan Marais	10:15:50	222	52	Male	Masters	76km
12	Yashin Raghavjee	10:39:26	184	37	Male	Open	76km
13	Izak Kruger	10:42:27	149	32	Male	Open	76km
14	Duncan Rennie	10:48:26	186	32	Male	Open	76km
15	Philip Van Wyk	10:59:53	211	41	Male	Veteran	76km
16	Wardo Conradie	10:59:53	107	38	Male	Open	76km
17	Juan Harker	11:03:14	130	35	Male	Open	76km
18	Mark Riley	11:03:17	188	40	Male	Veteran	76km
19	Ben Samwell	11:58:10	189	47	Male	Veteran	76km
20	Franco Houy	12:01:39	137	24	Male	Open	76km
21	Prem Trojan	12:02:17	201	50	Male	Masters	76km
22	Khuliso Mulaudzi	12:11:23	173	33	Male	Open	76km
23	Pieter Botha	12:13:33	96	29	Male	Open	76km
24	Jacques Lochner	12:13:34	156	31	Male	Open	76km
25	Dan Van Hemert	12:24:34	209	48	Male	Veteran	76km
26	Marius Hitge	12:34:40	134	46	Male	Veteran	76km
27	Jonathan Bell	12:38:39	93	30	Male	Open	76km
28	Moenier Da Silva	12:42:32	109	45	Male	Veteran	76km
29	Ashraf Orrie	12:42:33	82	50	Male	Masters	76km
30	Henkes Badenhorst	12:44:31	89	30	Male	Open	76km
31	Asa Ntuku	12:44:49	179	34	Male	Open	76km
32	Stephen Mccarthy	12:50:02	165	57	Male	Masters	76km
33	Kyle Clancy	12:51:26	104	29	Male	Open	76km
34	Paul Littlejohn	12:56:50	155	43	Male	Veteran	76km
35	Johann Folscher	12:57:18	119	32	Male	Open	76km
36	Carl Lannerstad	13:09:36	153	35	Male	Open	76km
37	Ivan Van Der Merwe	13:26:48	205	26	Male	Open	76km
38	Mark Mawman	13:47:58	164	44	Male	Veteran	76km
39	John Nelson	13:57:56	177	45	Male	Veteran	76km
40	Dylan Le Roex	13:57:59	154	21	Male	Open	76km
41	Garion Krauss	13:58:04	144	45	Male	Veteran	76km
42	Sipho Mhlongo	14:09:41	168	40	Male	Veteran	76km
43	Geoffrey Chisnall	14:18:35	103	36	Male	Open	76km
44	Charles Bataille	14:22:18	92	54	Male	Masters	76km
45	Patrick Arnold	14:43:47	87	39	Male	Open	76km
46	Gary Kelleher	14:51:37	141	60	Male	Masters	76km
47	Ian Martincich	14:54:21	161	37	Male	Open	76km
48	Allister Marran	14:57:34	160	42	Male	Veteran	76km
DNF – Cut Off	Dinilesizwe Gudlindlu	15:12:54	128	36	Male	Open	76km
DNF – Cut Off	Chris Fourie	15:19:53	121	39	Male	Open	76km
DNF – Cut Off	Konrad Hoekstra	16:34:48	135	51	Male	Masters	76km
DNF – Cut Off	Josh Breytenbach	17:19:26	97	22	Male	Open	76km
DNF – Cut Off	Fahwaaz Cornelius	19:02:59	108	33	Male	Open	76km
DNF – Cut Off	Mpho Matheolane	19:22:39	163	35	Male	Open	76km
DNF – Cut Off	Ashraf Mallick	20:40:41	158	41	Male	Veteran	76km
DNF – Withdrawn	Bob De Decker	0	110	64	Male	Masters	76km
DNF – Withdrawn	Marcel Du Plessis	0	111	28	Male	Open	76km
DNF – Withdrawn	Charl Du Plessis	0	112	50	Male	Masters	76km
DNF – Withdrawn	Nico Du Preez	0	114	25	Male	Open	76km
DNF – Withdrawn	Ryan Du Preez	0	113	21	Male	Open	76km
DNF – Withdrawn	Casper Erasmus	0	116	48	Male	Veteran	76km

Addo 2019 76km - Men

DNF – Withdrawn	Andrew Espin	0	117	42	Male	Veteran	76km
DNF – Withdrawn	Ganief Galvaan	0	123	59	Male	Masters	76km
DNF – Withdrawn	Robert Henning	0	133	31	Male	Open	76km
DNF – Withdrawn	Clint Holing	0	136	53	Male	Masters	76km
DNF – Withdrawn	Erik Kemp	0	142	42	Male	Veteran	76km
DNF – Withdrawn	Marius Kruger	0	147	43	Male	Veteran	76km
DNF – Withdrawn	Jacques Maree	0	159	39	Male	Open	76km
DNF – Withdrawn	Rory Richter	0	187	35	Male	Open	76km
DNF – Withdrawn	Casper Scholly	0	192	44	Male	Veteran	76km
DNF – Withdrawn	Barry Tonkin	0	200	38	Male	Open	76km
DNF – Withdrawn	Ryan West	0	216	38	Male	Open	76km

Addo 2019 76km - Women

Pos	Name	Time	Bib No.	Age	Gender	Age Category	Race
1	Helen Buley	09:09:57	99	39	Female	Open	76km
2	Jana Trojan	10:09:35	202	51	Female	Masters	76km
3	Caro Jordaan	10:52:30	140	27	Female	Open	76km
4	Barbara Mulcahy	11:08:47	174	45	Female	Veteran	76km
5	Margaret Carstens	11:18:28	101	25	Female	Open	76km
6	Karen Veen	11:22:24	212	48	Female	Veteran	76km
7	Estelle Geerkens	11:28:49	125	45	Female	Veteran	76km
8	Do-Jo Jordaan	11:39:38	139	42	Female	Veteran	76km
9	Alexis Olds	11:58:00	180	32	Female	Open	76km
10	Shirley Milne	12:18:46	170	38	Female	Open	76km
11	Alet Prinsloo	12:25:32	183	41	Female	Veteran	76km
12	Yolandie Naude	12:35:33	176	40	Female	Veteran	76km
13	Hilary Campbell	12:41:35	100	51	Female	Masters	76km
14	Imelda Van Der Westhuizen	12:43:34	208	34	Female	Open	76km
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16	Riana Henning	13:06:16	132	49	Female	Masters	76km
17	Mari-Louise Stoltz	13:14:52	196	37	Female	Open	76km
18	Jen Aston	13:15:52	88	34	Female	Open	76km
19	Margi Carstens	13:15:58	102	26	Female	Open	76km
20	Hedi Van Der Watt	13:47:59	207	44	Female	Veteran	76km
21	Cindy Mills	13:54:19	169	38	Female	Open	76km
22	Benita Barton	13:57:52	90	48	Female	Veteran	76km
23	Gulnaz Sugirgali	14:11:46	198	28	Female	Open	76km
24	Sandy Weltan	14:18:38	215	58	Female	Masters	76km
25	Helen Kernohan	14:20:39	143	43	Female	Veteran	76km
26	Renee Schoeman	14:28:01	219	31	Female	Open	76km
27	Sarie Coetzee	14:30:14	105	56	Female	Masters	76km
28	Zanele Jele	14:37:31	138	36	Female	Open	76km
29	Nazli Gasant	14:49:33	124	34	Female	Open	76km
30	Amanda Samwell	14:53:26	190	47	Female	Veteran	76km
31	Amanda Shaw	14:54:34	193	54	Female	Masters	76km
DNF – Cut Off	Charmaine Van Der Merwe	15:05:05	204	50	Female	Masters	76km
DNF – Cut Off	Miyelani Kumalo	15:07:30	150	33	Female	Open	76km
DNF – Cut Off	Thandeka Mehlo	15:12:53	166	29	Female	Open	76km
DNF – Cut Off	Stephanie Kretzmann	15:33:40	146	50	Female	Masters	76km
DNF – Cut Off	Lisa Smit	15:33:41	194	46	Female	Veteran	76km
DNF – Withdrawn	Elrien Bootha	0	95	44	Female	Veteran	76km
DNF – Withdrawn	Ingrid Eckstein	0	115	36	Female	Open	76km
DNF – Withdrawn	Maryke Fourie	0	120	33	Female	Open	76km
DNF – Withdrawn	Helen Hall	0	129	55	Female	Masters	76km
DNF – Withdrawn	Natasha Kruger	0	148	44	Female	Veteran	76km
DNF – Withdrawn	Ayla Newmarch	0	178	25	Female	Open	76km
DNF – Withdrawn	Caroline Sands	0	223	62	Female	Masters	76km