

## Addo 76km - All

Pos.	Name	Time	Bib No.	Distance	Age	Gender
1	David Ashworth	07:11:11	103	76km	40	Male
2	Melikhaya Msizi	07:43:05	237	76km	38	Male
3	Catherine Williamson	07:43:50	234	76km	39	Female
4	JJ Van Der Merwe	07:48:00	225	76km	25	Male
5	Brandon Hulley	08:19:47	157	76km	28	Male
6	David Leith	08:28:24	172	76km	29	Male
7	Matthew Bouch	08:30:12	113	76km	30	Male
8	Justin Oelofsen	08:33:10	204	76km	36	Male
9	Lindi Georgiou	08:46:47	143	76km	42	Female
10	Ann-Maree Mostert	08:55:51	195	76km	46	Female
11	Henry De Clercq	09:08:49	126	76km	27	Male
12	Tarryn Lokotsch	09:35:04	174	76km	34	Female
13	Emily Djock	09:54:52	127	76km	33	Female
14	Tshidi Machaba	10:00:11	178	76km	39	Female
15	Ashley Norie	10:05:29	202	76km	54	Male
16	Steven Ggagiano	10:07:47	144	76km	41	Male
17	Chantel Von Saint Ange	10:20:02	231	76km	30	Female
18	Hannah Green	10:27:58	146	76km	44	Female
19	Neil Gultig	10:33:29	148	76km	22	Male
20	Joel Rodrigues	10:36:54	212	76km	37	Male
21	Suzanne Bergman	10:38:03	111	76km	31	Female
22	Michael Horn	10:43:01	155	76km	38	Male
23	Charmaine Lamprecht	10:52:07	168	76km	38	Female
24	Chrisjan Van Aardt	10:53:24	222	76km	39	Male
25	Paul Mare	10:56:04	184	76km	29	Male
26	David Howard	10:58:54	156	76km	40	Male
27	Philip Pieterse	10:59:05	207	76km	47	Male
28	Conrad Van Den Berg	11:00:50	223	76km	61	Male
29	Jackie Maritz	11:00:52	185	76km	44	Female
30	Cornel O'Kennedy	11:05:10	203	76km	35	Female
31	Robyn Dougans	11:13:13	129	76km	44	Female
32	Wonga Mfula	11:15:51	191	76km	49	Male
33	Filippo Faralla	11:38:08	135	76km	53	Male
34	Stephan Toenjes	11:51:02	221	76km	45	Male
35	Wayne Brazier	11:54:31	114	76km	33	Male
36	Ilse Langhout	12:02:08	169	76km	43	Female
37	Michael Hay	12:02:08	152	76km	31	Male
38	Timothy Lee	12:02:08	171	76km	27	Male
39	Liam Hitchcock	12:02:22	153	76km	27	Male
40	Jonathan Cannard	12:03:01	117	76km	26	Male
41	Siyabonga Zulu	12:13:42	235	76km	39	Male
42	Charl Pienaar	12:14:58	238	76km	38	Male
43	Kim Rosslee	12:18:43	214	76km	27	Female
44	Paul Comley	12:19:38	124	76km	32	Male
45	Mark Krug	12:22:48	166	76km	56	Male
46	Elmarie Bezuidenhout	12:24:36	112	76km	39	Female
47	Tyler Coates	12:24:51	121	76km	26	Male
48	David Rebe	12:34:39	209	76km	47	Male
49	Gavin Shaskolsky	12:34:39	216	76km	48	Male
50	Nicola Attwell	12:44:40	105	76km	41	Female
51	Michael Nathan	12:51:04	197	76km	23	Male
52	Ian Ferguson	12:51:11	136	76km	63	Male

Addo 76km - All

53	Marc Rieder	12:52:04	211	76km	47	Male
54	Dani Coetzee	12:52:53	122	76km	38	Female
55	Allan Eccles	12:57:35	133	76km	62	Male
56	JP Van Zyl	13:05:24	229	76km	39	Male
57	Annalie Du Preez	13:05:25	131	76km	46	Female
58	Mike Webb	13:16:37	233	76km	51	Male
59	Mkhuseli Marawu	13:17:34	183	76km	50	Male
60	Robin Gardner	13:22:55	139	76km	69	Male
61	Regardt Janse Van Renburg	13:23:33	161	76km	41	Male
62	Henri Laas	13:23:34	167	76km	37	Male
63	Lezel James	13:23:34	160	76km	39	Female
64	Stephanie Cliff	13:33:55	120	76km	40	Female
65	Cornia Broere	13:36:45	115	76km	53	Female
66	Sharon Jessop	13:38:15	164	76km	52	Female
67	Stephan Els	13:51:39	134	76km	43	Male
68	Ingrid McMahon	13:53:06	189	76km	46	Female
69	Daniel Nel	13:54:04	199	76km	28	Male
70	Kevin Attwell	13:55:20	104	76km	53	Male
71	Star Douglas	13:59:00	130	76km	44	Female
72	Ndaba Ndzombane	14:00:07	198	76km	61	Male
73	Kim Charlton	14:01:59	119	76km	47	Female
74	Ashley Holtzhuizen	14:03:01	154	76km	42	Male
75	Babalwa Melitafa	14:04:43	190	76km	41	Female
76	Thuthuka Songelwa	14:04:43	218	76km	42	Female
77	Simon Jenkins	14:08:10	163	76km	45	Male
78	Karen Carstens	14:08:10	118	76km	39	Female
79	Tracy McIntyre	14:08:34	188	76km	46	Female
80	Paul Gebhardt	14:14:38	142	76km	45	Male
81	Claire Gebhardt	14:14:38	141	76km	44	Female
82	Cari Snyman	14:19:43	217	76km	53	Female
83	Madre Steenkamp	14:46:40	219	76km	44	Female
84	Werner Kriel	14:49:50	165	76km	39	Male
85	Manoah Lundu	14:50:51	176	76km	27	Male
86	Lennon Fisher	14:58:11	137	76km	41	Male
87	John Williamson	14:59:18	236	76km	46	Male
88	Marc Goldstein	14:59:35	145	76km	47	Male
DNQ	Luvuyo Mama	15:03:43	181	76km	47	Male
DNQ	Lukas Dorfling	15:10:48	128	76km	30	Male
DNQ	Ben Van Rensburg	15:10:51	228	76km	49	Male
DNQ	Johann Marx	15:10:52	186	76km	32	Male
DNQ	Brian Bannatyne	15:23:12	107	76km	63	Male
-	Amanda Annandale Bell	DNF	101	76km	47	Female
-	Rebecca Gatangi	DNF	140	76km	36	Female
-	Billy Jackson	DNF	159	76km	51	Male
-	Walter Moldenhauer	DNF	194	76km	42	Male
-	Gawie Mynhardt	DNF	196	76km	40	Male
-	Janka Niebuhr	DNF	201	76km	28	Female
-	Michael Van Den Heerik	DNF	224	76km	49	Male
-	Alita Van Gass	DNF	227	76km	51	Female
-	Kaleo Fourie	DNF	138	76km	38	Female
-	Kyle Bucklow	DNF	116	76km	31	Male

**DNQ = Did Not Qualify**

Addo 76km - Men

Pos.	Name	Time	Bib No.	Distance	Age	Gender
1	David Ashworth	07:11:11	103	76km	40	Male
2	Melikhaya Msizi	07:43:05	237	76km	38	Male
3	JJ Van Der Merwe	07:48:00	225	76km	25	Male
4	Brandon Hulley	08:19:47	157	76km	28	Male
5	David Leith	08:28:24	172	76km	29	Male
6	Matthew Bouch	08:30:12	113	76km	30	Male
7	Justin Oelofsen	08:33:10	204	76km	36	Male
8	Henry De Clercq	09:08:49	126	76km	27	Male
9	Ashley Norie	10:05:29	202	76km	54	Male
10	Steven Ggagiano	10:07:47	144	76km	41	Male
11	Neil Gultig	10:33:29	148	76km	22	Male
12	Joel Rodrigues	10:36:54	212	76km	37	Male
13	Michael Horn	10:43:01	155	76km	38	Male
14	Chrisjan Van Aardt	10:53:24	222	76km	39	Male
15	Paul Mare	10:56:04	184	76km	29	Male
16	David Howard	10:58:54	156	76km	40	Male
17	Philip Pieterse	10:59:05	207	76km	47	Male
18	Conrad Van Den Berg	11:00:50	223	76km	61	Male
19	Wonga Mfula	11:15:51	191	76km	49	Male
20	Filippo Faralla	11:38:08	135	76km	53	Male
21	Stephan Toenjes	11:51:02	221	76km	45	Male
22	Wayne Brazier	11:54:31	114	76km	33	Male
23	Michael Hay	12:02:08	152	76km	31	Male
24	Timothy Lee	12:02:08	171	76km	27	Male
25	Liam Hitchcock	12:02:22	153	76km	27	Male
26	Jonathan Cannard	12:03:01	117	76km	26	Male
27	Siyabonga Zulu	12:13:42	235	76km	39	Male
28	Charl Pienaar	12:14:58	238	76km	38	Male
29	Paul Comley	12:19:38	124	76km	32	Male
30	Mark Krug	12:22:48	166	76km	56	Male
31	Tyler Coates	12:24:51	121	76km	26	Male
32	David Rebe	12:34:39	209	76km	47	Male
33	Gavin Shaskolsky	12:34:39	216	76km	48	Male
34	Michael Nathan	12:51:04	197	76km	23	Male
35	Ian Ferguson	12:51:11	136	76km	63	Male
36	Marc Rieder	12:52:04	211	76km	47	Male
37	Allan Eccles	12:57:35	133	76km	62	Male
38	JP Van Zyl	13:05:24	229	76km	39	Male
39	Mike Webb	13:16:37	233	76km	51	Male
40	Mkhuseli Marawu	13:17:34	183	76km	50	Male
41	Robin Gardner	13:22:55	139	76km	69	Male
42	Regardt Janse Van Renburg	13:23:33	161	76km	41	Male
43	Henri Laas	13:23:34	167	76km	37	Male
44	Stephan Els	13:51:39	134	76km	43	Male
45	Daniel Nel	13:54:04	199	76km	28	Male
46	Kevin Attwell	13:55:20	104	76km	53	Male
47	Ndaba Ndzombane	14:00:07	198	76km	61	Male
48	Ashley Holtzhuizen	14:03:01	154	76km	42	Male
49	Simon Jenkins	14:08:10	163	76km	45	Male
50	Paul Gebhardt	14:14:38	142	76km	45	Male
51	Werner Kriel	14:49:50	165	76km	39	Male
52	Manoah Lundu	14:50:51	176	76km	27	Male

Addo 76km - Men

53	Lennon Fisher	14:58:11	137	76km	41	Male
54	John Williamson	14:59:18	236	76km	46	Male
55	Marc Goldstein	14:59:35	145	76km	47	Male
DNQ	Luvuyo Mama	15:03:43	181	76km	47	Male
DNQ	Lukas Dorfling	15:10:48	128	76km	30	Male
DNQ	Ben Van Rensburg	15:10:51	228	76km	49	Male
DNQ	Johann Marx	15:10:52	186	76km	32	Male
DNQ	Brian Bannatyne	15:23:12	107	76km	63	Male
-	Billy Jackson	DNF	159	76km	51	Male
-	Walter Moldenhauer	DNF	194	76km	42	Male
-	Gawie Mynhardt	DNF	196	76km	40	Male
-	Michael Van Den Heerik	DNF	224	76km	49	Male
-	Kyle Bucklow	DNF	116	76km	31	Male

**DNQ = Did Not Qualify**

Addo 76km - Ladies

Pos.	Name	Time	Bib No.	Distance	Age	Gender
1	Catherine Williamson	07:43:50	234	76km	39	Female
2	Lindi Georgiou	08:46:47	143	76km	42	Female
3	Ann-Maree Mostert	08:55:51	195	76km	46	Female
4	Tarryn Lokotsch	09:35:04	174	76km	34	Female
5	Emily Djock	09:54:52	127	76km	33	Female
6	Tshidi Machaba	10:00:11	178	76km	39	Female
7	Chantel Von Saint Ange	10:20:02	231	76km	30	Female
8	Hannah Green	10:27:58	146	76km	44	Female
9	Suzanne Bergman	10:38:03	111	76km	31	Female
10	Charmaine Lamprecht	10:52:07	168	76km	38	Female
11	Jackie Maritz	11:00:52	185	76km	44	Female
12	Cornel O'Kennedy	11:05:10	203	76km	35	Female
13	Robyn Dougans	11:13:13	129	76km	44	Female
14	Ilse Langhout	12:02:08	169	76km	43	Female
15	Kim Rosslee	12:18:43	214	76km	27	Female
16	Elmarie Bezuidenhout	12:24:36	112	76km	39	Female
17	Nicola Attwell	12:44:40	105	76km	41	Female
18	Dani Coetzee	12:52:53	122	76km	38	Female
19	Annalie Du Preez	13:05:25	131	76km	46	Female
20	Lezel James	13:23:34	160	76km	39	Female
21	Stephanie Cliff	13:33:55	120	76km	40	Female
22	Cornia Broere	13:36:45	115	76km	53	Female
23	Sharon Jessop	13:38:15	164	76km	52	Female
24	Ingrid McMahan	13:53:06	189	76km	46	Female
25	Star Douglas	13:59:00	130	76km	44	Female
26	Kim Charlton	14:01:59	119	76km	47	Female
27	Babalwa Melitafa	14:04:43	190	76km	41	Female
28	Thuthuka Songelwa	14:04:43	218	76km	42	Female
29	Karen Carstens	14:08:10	118	76km	39	Female
30	Tracy Mcintyre	14:08:34	188	76km	46	Female
31	Claire Gebhardt	14:14:38	141	76km	44	Female
32	Cari Snyman	14:19:43	217	76km	53	Female
33	Madre Steenkamp	14:46:40	219	76km	44	Female
-	Amanda Annandale Bell	DNF	101	76km	47	Female
-	Rebecca Gatangi	DNF	140	76km	36	Female
-	Janka Niebuhr	DNF	201	76km	28	Female
-	Alita Van Gass	DNF	227	76km	51	Female
-	Kaleo Fourie	DNF	138	76km	38	Female