

Spectrum Trail Run Series - Race 1 - 5km - Ladies

Pos.	Name	Time	Distance	Gender	Series
1	Rebecca Jordaan	00:23:30	5km	Female	Yes
2	Keri Bartlett	00:32:27	5km	Female	Yes
3	Maxine Thiart	00:34:18	5km	Female	No
4	Maricia Schulpfort	00:34:37	5km	Female	Yes
5	Lynette Smuts	00:35:33	5km	Female	Yes
6	Sophia Stutterheim	00:38:12	5km	Female	No
7	Carlia Richter	00:40:01	5km	Female	Yes
8	Jessi Young	00:41:20	5km	Female	Yes
9	Hannah Wood	00:41:22	5km	Female	No
10	Anna Ould Ahmed	00:41:24	5km	Female	No
11	Maryke Kruger	00:41:48	5km	Female	No
12	Terri-Lee Young	00:43:52	5km	Female	Yes
13	Mile Vermaak	00:52:38	5km	Female	Yes
14	Rae Luckman	00:52:40	5km	Female	Yes
15	Retha Bouwer	00:54:01	5km	Female	No
16	Sally Anderson	00:58:55	5km	Female	Yes
17	Emily Marais	01:00:23	5km	Female	No
18	Lorinda Smit	01:00:28	5km	Female	No
19	Kellie Harris	01:01:58	5km	Female	No
20	Vanessa Caine	01:02:01	5km	Female	No
21	Sharon Peo	01:07:07	5km	Female	No
22	Susan Durant	01:11:08	5km	Female	No

Spectrum Trail Run Series - Race 1 - 5km - Men

Pos.	Name	Time	Distance	Gender	Series
1	Siyabonga Kahla	00:21:12	5km	Male	No
2	Nico Smith	00:23:33	5km	Male	No
3	Charl Meistre	00:23:39	5km	Male	No
4	Lonwabo Lonwabo	00:29:12	5km	Male	No
5	David Hiscock	00:30:31	5km	Male	Yes
6	Heinrich Thiart	00:31:48	5km	Male	No
7	Josh Voges	00:32:10	5km	Male	No
8	Oliver Stutterheim	00:36:45	5km	Male	No
9	James Stutterheim	00:38:14	5km	Male	No
10	Jan Le Roux	00:39:31	5km	Male	No
11	Marius Prinsloo	00:39:36	5km	Male	No
12	Jan LeRoux	00:41:26	5km	Male	No
13	Keith Valentine	00:41:27	5km	Male	No
14	Michael Flynn	00:46:23	5km	Male	Yes
15	Conraad Venter	00:52:42	5km	Male	No
16	Hennie Roux	00:54:04	5km	Male	No
17	James Hannlington	00:57:28	5km	Male	No
18	Ryan Coetsee	00:57:55	5km	Male	No
19	Aaron Peo	01:00:21	5km	Male	No
20	Luyanda Nyathi	01:00:57	5km	Male	No
21	Noah Peo	01:07:10	5km	Male	No
22	Quinton Durant	01:11:11	5km	Male	No
23	Sipho Madyo	01:11:16	5km	Male	Yes

Spectrum Trail Run Series - Race 1 - 11km - Ladies

Pos.	Name	Time	Distance	Gender	Series
1	Lize Greyling	01:06:40	11km	Female	Yes
2	Theresa Buchner	01:13:09	11km	Female	Yes
3	Sharon Jessop	01:15:54	11km	Female	Yes
4	Dawn Black	01:16:40	11km	Female	No
5	Nicole Anderson	01:20:13	11km	Female	No
6	Gill Legg	01:20:16	11km	Female	No
7	Pamela Paton	01:22:22	11km	Female	Yes
8	Ariana Watkins	01:23:25	11km	Female	Yes
9	Sonja Jacobs	01:23:32	11km	Female	No
10	Tricia Daniel	01:24:45	11km	Female	Yes
11	Sam Du Toit	01:26:35	11km	Female	Yes
12	Cindy-Lee Augustyn	01:31:55	11km	Female	No
13	Caroline Bowker	01:34:12	11km	Female	No
14	Tracy McIntyre	01:35:05	11km	Female	No
15	Jenny Visagie	01:39:11	11km	Female	No
16	Charlotte Van Wyk	01:41:18	11km	Female	No
17	Tenielle De Andrade	01:42:01	11km	Female	Yes
18	Elrika Pieterse	01:44:49	11km	Female	No
19	Gretchen Hagemann	01:46:04	11km	Female	No
20	Lisa Voges	01:48:38	11km	Female	No
21	Esmarie Van Tonder	01:50:34	11km	Female	No
22	Christy Rennie	01:51:23	11km	Female	No
23	Katherine Liebenberg	01:51:44	11km	Female	Yes
24	Letitia Strauss	01:51:47	11km	Female	Yes
25	Tracy Engler	01:54:26	11km	Female	No
26	Michelle Lawson	01:59:55	11km	Female	No
27	Cathy Attenborough	02:01:51	11km	Female	No
28	Zintle Nyathi	02:03:22	11km	Female	No

## Spectrum Trail Run Series - Race 1 - 11km - Men

Pos.	Name	Time	Distance	Gender	Series
1	Stuart Marais	00:46:33	11km	Male	No
2	Mvuyisi Gcogco	00:46:35	11km	Male	Yes
3	Richard Legg	00:56:29	11km	Male	No
4	Shaun Attenborough	00:59:24	11km	Male	No
5	Christopher O'Linsky	01:01:43	11km	Male	Yes
6	Craig Munton	01:02:32	11km	Male	Yes
7	Matthew Hunter	01:06:57	11km	Male	No
8	Dane Sweet	01:08:05	11km	Male	No
9	Bernard Playdon	01:09:13	11km	Male	No
10	SP du Plessis	01:10:13	11km	Male	Yes
11	Etienne du Plessis	01:10:19	11km	Male	No
12	Derek Creed	01:10:51	11km	Male	No
13	Hekkie Breytenbach	01:10:59	11km	Male	Yes
14	Bruce King	01:11:43	11km	Male	Yes
15	Wynand Du Preez	01:13:00	11km	Male	No
16	Cornelius Greyling	01:14:04	11km	Male	Yes
17	Khuliso Mulaudzi	01:14:45	11km	Male	Yes
18	Gareth Andrews	01:15:11	11km	Male	Yes
19	Philip Pieterse	01:15:39	11km	Male	No
20	Brian Upman	01:15:45	11km	Male	Yes
21	Justin Mittens	01:16:34	11km	Male	Yes
22	Gerard Scholte	01:17:28	11km	Male	No
23	Rayno Peo	01:17:37	11km	Male	No
24	Chad Keates	01:18:23	11km	Male	Yes
25	Johann Postma	01:18:58	11km	Male	No
26	Abelang Moswey	01:19:16	11km	Male	No
27	Rod Butters	01:20:34	11km	Male	Yes
28	Johann Staats	01:22:26	11km	Male	Yes
29	Alain Blatti	01:22:36	11km	Male	Yes
30	Robin Steyn	01:26:16	11km	Male	No
31	Ross Engler	01:26:41	11km	Male	No
32	Konrad Hoekstra	01:30:19	11km	Male	Yes
33	Craig Bester	01:38:14	11km	Male	Yes
34	Morne Du Plessis	01:41:30	11km	Male	Yes
35	Grant Patterson	01:46:02	11km	Male	No
36	Darren Voges	01:48:41	11km	Male	No
37	Willi Lawson	02:00:00	11km	Male	No

Spectrum Trail Run Series - Short Series - Leaderboard - Women

Pos.	Name	Time – Race 1	Distance	Gender	Series	Overall Time
1	Rebecca Jordaan	00:23:30	5km	Female	Yes	00:23:30
2	Keri Bartlett	00:32:27	5km	Female	Yes	00:32:27
3	Maricia Schulpfort	00:34:37	5km	Female	Yes	00:34:37
4	Lynette Smuts	00:35:33	5km	Female	Yes	00:35:33
5	Carlia Richter	00:40:01	5km	Female	Yes	00:40:01
6	Jessi Young	00:41:20	5km	Female	Yes	00:41:20
7	Terri-Lee Young	00:43:52	5km	Female	Yes	00:43:52
8	Mile Vermaak	00:52:38	5km	Female	Yes	00:52:38
9	Rae Luckman	00:52:40	5km	Female	Yes	00:52:40
10	Sally Anderson	00:58:55	5km	Female	Yes	00:58:55

### Spectrum Trail Run Series - Short Series - Leaderboard - Men

Pos.	Name	Time – Race 1	Distance	Gender	Series	Overall Time
1	Lonwabo Lonwabo	00:29:12	5km	Male	Yes	00:29:12
2	David Hiscock	00:30:31	5km	Male	Yes	00:30:31
3	Michael Flynn	00:46:23	5km	Male	Yes	00:46:23
4	Sipho Madyo	01:11:16	5km	Male	Yes	01:11:16

Spectrum Trail Run Series - Long Series - Leaderboard - Women

Pos.	Name	Time – Race 1	Distance	Gender	Series	Overall Time
1	Lize Greyling	01:06:40	11km	Female	Yes	01:06:40
2	Theresa Buchner	01:13:09	11km	Female	Yes	01:13:09
3	Sharon Jessop	01:15:54	11km	Female	Yes	01:15:54
4	Ariana Watkins	01:23:25	11km	Female	Yes	01:23:25
5	Tricia Daniel	01:24:45	11km	Female	Yes	01:24:45
6	Sam Du Toit	01:26:35	11km	Female	Yes	01:26:35
7	Tenielle De Andrade	01:42:01	11km	Female	Yes	01:42:01
8	Katherine Liebenberg	01:51:44	11km	Female	Yes	01:51:44
9	Letitia Strauss	01:51:47	11km	Female	Yes	01:51:47

Spectrum Trail Run Series - Long Series - Leaderboard - Men

Pos.	Name	Time – Race 1	Distance	Gender	Series	Overall Time
1	Mvuyisi Gcogco	00:46:35	11km	Male	Yes	00:46:35
2	Christopher O'Linsky	01:01:43	11km	Male	Yes	01:01:43
3	Craig Munton	01:02:32	11km	Male	Yes	01:02:32
4	SP du Plessis	01:10:13	11km	Male	Yes	01:10:13
5	Hekkie Breytenbach	01:10:59	11km	Male	Yes	01:10:59
6	Bruce King	01:11:43	11km	Male	Yes	01:11:43
7	Cornelius Greyling	01:14:04	11km	Male	Yes	01:14:04
8	Khuliso Mulaudzi	01:14:45	11km	Male	Yes	01:14:45
9	Gareth Andrews	01:15:11	11km	Male	Yes	01:15:11
10	Brian Upman	01:15:45	11km	Male	Yes	01:15:45
11	Justin Mittens	01:16:34	11km	Male	Yes	01:16:34
12	Chad Keates	01:18:23	11km	Male	Yes	01:18:23
13	Rod Butters	01:20:34	11km	Male	Yes	01:20:34
14	Johann Staats	01:22:26	11km	Male	Yes	01:22:26
15	Alain Blatti	01:22:36	11km	Male	Yes	01:22:36
16	Konrad Hoekstra	01:30:19	11km	Male	Yes	01:30:19
17	Craig Bester	01:38:14	11km	Male	Yes	01:38:14
18	Morne Du Plessis	01:41:30	11km	Male	Yes	01:41:30