

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

Pos.	Name	Time	Bib No.	Distance	Gender	Series
1	Rebecca Jordaan	00:29:02	960	5km	Female	Short
2	Zelda Crichton	00:34:22	970	5km	Female	No
3	Maricia Schulpfort	00:35:51	936	5km	Female	Short
4	Kym Gaisford	00:38:00	962	5km	Female	No
5	Lynette Smuts	00:40:43	935	5km	Female	Short
6	Jessi Young	00:43:15	984	5km	Female	Short
7	Carlia Richter	00:43:51	1941	5km	Female	Short
8	Thobeka Mabusela	00:46:09	1933	5km	Female	No
9	Maryke Kruger	00:48:09	956	5km	Female	No
10	Olivia Anderson	00:49:24	947	5km	Female	No
11	Nicole Anderson	00:49:26	946	5km	Female	No
12	Terri-Lee Young	00:49:32	983	5km	Female	Short
13	Retha Bouwer	00:54:26	944	5km	Female	No
14	Jocelyn Young	00:54:38	938	5km	Female	No
15	Mile Vermaak	00:54:50	994	5km	Female	Short
16	Rae Luckman	00:55:07	993	5km	Female	Short
17	Penny Olwage	00:56:09	966	5km	Female	No
18	Debbie Papamichael	00:56:17	967	5km	Female	No
19	Emily Marais	01:01:05	1937	5km	Female	No

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

Pos.	Name	Time	Bib No.	Distance	Gender	Series
1	David Hiscock	00:29:17	1994	5km	Male	Short
2	Matthew Price	00:34:20	998	5km	Male	Short
3	Stuart Wood	00:47:51	934	5km	Male	No
4	Keenen Anderson	00:49:21	948	5km	Male	No
5	Michael Flynn	00:51:32	951	5km	Male	Short
6	Hennie Roux	00:54:18	933	5km	Male	Short
7	Coenraad Venter	01:01:18	995	5km	Male	No

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

Pos.	Name	Time	Bib No.	Distance	Gender	Series
1	Lize Greyling	01:50:43	987	18km	Female	Long
2	Hilana Marais	01:53:49	989	18km	Female	No
3	Theresa Buchner	01:55:23	959	18km	Female	Long
4	Claire Vd nest	01:58:10	958	18km	Female	No
5	Zanie Oosthuizen	02:04:16	940	18km	Female	No
6	Sharon Jessop	02:05:44	980	18km	Female	No
7	Dawn Black	02:06:20	939	18km	Female	No
8	Pamela Paton	02:13:51	954	18km	Female	Long
9	Star Douglas	02:14:45	955	18km	Female	No
10	Friederike Mccosh	02:16:03	942	18km	Female	No
11	Tricia Daniel	02:17:10	988	18km	Female	Long
12	Kim Friggens	02:22:59	952	18km	Female	No
13	Ariana Watkins	02:27:07	1942	18km	Female	Long
14	Bridget van der Heever	02:34:28	976	18km	Female	No
15	Noluvuyolwetu Qokweni	02:44:31	1934	18km	Female	No
16	Elrika Pieterse	02:47:17	973	18km	Female	No
17	Letitia Strauss	02:55:37	1944	18km	Female	Long
18	Katherine Liebenberg	02:55:41	1945	18km	Female	Long
19	Brigetta Mey	02:55:52	943	18km	Female	No
20	Michelle Lawson	02:57:18	991	18km	Female	No

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

Pos.	Name	Time	Bib No.	Distance	Gender	Series
1	Mvuyisi Gcogco	01:19:33	982	18km	Male	Long
2	Siya Kahla	01:20:34	1946	18km	Male	No
3	Jusayi Lubso	01:33:59	974	18km	Male	No
4	Gordon Van der Vlies	01:43:10	957	18km	Male	No
5	Craig Munton	01:43:16	1939	18km	Male	Long
6	SP Du Plessis	01:43:21	981	18km	Male	Long
7	Nico Smith	01:43:41	985	18km	Male	No
8	Guy Crichton	01:44:07	969	18km	Male	No
9	Reagan Robinson	01:45:06	950	18km	Male	No
10	Christopher O'Linsky	01:45:44	945	18km	Male	Long
11	Bernard Playdon	01:45:55	977	18km	Male	Long
12	Brian Upman	01:47:08	1940	18km	Male	Long
13	Andre Loots	01:50:10	996	18km	Male	No
14	Cornelius Greyling	01:50:40	986	18km	Male	Long
15	Matthew Hunter	01:54:55	1938	18km	Male	Long
16	Bruce King	01:56:10	971	18km	Male	Long
17	Khuliso Mulaudzi	01:58:35	961	18km	Male	Long
18	Hekkie Breytenbach	01:58:37	1993	18km	Male	Long
19	Gareth Foster	02:00:39	1935	18km	Male	No
20	Philip Pieterse	02:01:01	972	18km	Male	No
21	Chris Currie	02:04:23	941	18km	Male	No
22	Gareth Andrews	02:04:31	1948	18km	Male	Long
23	Alex Rivarola	02:10:44	992	18km	Male	No
24	Johann Staats	02:11:08	999	18km	Male	Long
25	Charl De Lange	02:12:12	979	18km	Male	No
26	Rod Butters	02:13:07	1992	18km	Male	Long
27	Robin Steyn	02:13:20	1932	18km	Male	No
28	Alain Blatti	02:15:42	937	18km	Male	Long
29	Chad Keates	02:17:26	1943	18km	Male	Long
30	Ualdo Brztz	02:19:07	978	18km	Male	No
31	Morne Du Plessis	02:21:29	1936	18km	Male	Long
32	Pierre Kok	02:21:32	953	18km	Male	No
33	John Abbott	02:22:57	1991	18km	Male	No
34	Konrad Hoekstra	02:28:47	1947	18km	Male	Long
35	Dave Farren	02:34:30	975	18km	Male	No
36	Willi Lawson	02:39:03	990	18km	Male	No
37	Craig Bester	02:39:55	968	18km	Male	Long
38	Ndaba Ndzombane	02:44:33	997	18km	Male	No
39	Keith Valentine	02:53:30	949	18km	Male	No

Spectrum Trail Run Series - Short Series - Final Standings - Women

Pos.	Name	Time – Race 1	Distance	Time – Race 2	Distance	Time – Race 3	Distance	Gender	Series	Overall Time
1	Rebecca Jordaan	00:23:30	5km	00:43:56	8km	00:29:02	5km	Female	Yes	01:36:28
2	Maricia Schulpfort	00:34:37	5km	01:04:22	8km	00:35:51	5km	Female	Yes	02:14:50
3	Lynette Smuts	00:35:33	5km	01:04:25	8km	00:40:43	5km	Female	Yes	02:20:41
4	Carlia Richter	00:40:01	5km	01:12:58	8km	00:43:51	5km	Female	Yes	02:36:50
5	Jessi Young	00:41:20	5km	01:14:05	8km	00:43:15	5km	Female	Yes	02:38:40
6	Terri-Lee Young	00:43:52	5km	01:33:00	8km	00:49:32	5km	Female	Yes	03:06:24
7	Mile Vermaak	00:52:38	5km	01:26:56	8km	00:54:50	5km	Female	Yes	03:14:24
8	Rae Luckman	00:52:40	5km	01:26:50	8km	00:55:07	5km	Female	Yes	03:14:37

Spectrum Trail Run Series - Short Series - Final Standings - Men

Pos.	Name	Time – Race 1	Distance	Time – Race 2	Distance	Time – Race 3	Distance	Gender	Series	Overall Time
1	David Hiscock	00:30:31	5km	00:45:33	8km	00:29:17	5km	Male	Yes	01:45:21
2	Michael Flynn	00:46:23	5km	01:17:16	8km	00:51:32	5km	Male	Yes	02:55:11

Spectrum Trail Run Series - Long Series - Final Standings - Women

Pos.	Name	Time – Race 1	Distance	Time – Race 2	Distance	Time – Race 3	Distance	Gender	Series	Overall Time
1	Lize Greyling	01:06:40	11km	00:46:31	8km	01:50:43	18km	Female	Yes	03:43:54
2	Theresa Buchner	01:13:09	11km	00:49:49	8km	01:55:23	18km	Female	Yes	03:58:21
3	Sharon Jessop	01:15:54	11km	00:53:15	8km	02:05:44	18km	Female	Yes	04:14:53
4	Pamela Paton	01:22:22	11km	00:58:27	8km	02:13:51	18km	Female	Yes	04:34:40
5	Ariana Watkins	01:23:25	11km	00:51:07	8km	02:27:07	18km	Female	Yes	04:41:39
6	Katherine Liebenberg	01:51:44	11km	01:13:50	8km	02:55:41	18km	Female	Yes	06:01:15
7	Letitia Strauss	01:51:47	11km	01:13:55	8km	02:55:37	18km	Female	Yes	06:01:19

Spectrum Trail Run Series - Long Series - Final Standings - Men

Pos.	Name	Time – Race 1	Distance	Time – Race 2	Distance	Time – Race 3	Distance	Gender	Series	Overall Time
1	Mvuyisi Gcogco	00:46:35	11km	00:38:07	8km	01:19:33	18km	Male	Yes	02:44:15
2	Craig Munton	01:02:32	11km	00:40:32	8km	01:43:16	18km	Male	Yes	03:26:20
3	Christopher O'Linsky	01:01:43	11km	00:39:56	8km	01:45:44	18km	Male	Yes	03:27:23
4	SP du Plessis	01:10:13	11km	00:41:09	8km	01:43:21	18km	Male	Yes	03:34:43
5	Brian Upman	01:15:45	11km	00:44:34	8km	01:47:08	18km	Male	Yes	03:47:27
6	Cornelius Greyling	01:14:04	11km	00:47:31	8km	01:50:40	18km	Male	Yes	03:52:15
7	Bruce King	01:11:43	11km	00:47:27	8km	01:56:10	18km	Male	Yes	03:55:20
8	Hekkie Breytenbach	01:10:59	11km	00:49:28	8km	01:58:37	18km	Male	Yes	03:59:04
9	Khuliso Mulaudzi	01:14:45	11km	00:46:06	8km	01:58:35	18km	Male	Yes	03:59:26
10	Gareth Andrews	01:15:11	11km	00:44:46	8km	02:04:31	18km	Male	Yes	04:04:28
11	Chad Keates	01:18:23	11km	00:51:09	8km	02:17:26	18km	Male	Yes	04:26:58
12	Johann Staats	01:22:26	11km	00:54:21	8km	02:11:08	18km	Male	Yes	04:27:55
13	Rod Butters	01:20:34	11km	00:54:47	8km	02:13:07	18km	Male	Yes	04:28:28
14	Alain Blatti	01:22:36	11km	00:54:40	8km	02:15:42	18km	Male	Yes	04:32:58
15	Konrad Hoekstra	01:30:19	11km	00:58:31	8km	02:28:47	18km	Male	Yes	04:57:37
16	Morne Du Plessis	01:41:30	11km	01:02:01	8km	02:21:29	18km	Male	Yes	05:05:00
17	Craig Bester	01:38:14	11km	01:13:17	8km	02:39:55	18km	Male	Yes	05:31:26