

Extreme

Race No	Full Name	Sex	Age Category	Stage1	Stage2	Total Time	Overall Pos	Age Pos
688	MANDLA MNCUBE	M	30 to 39	02:31:11	02:05:03	04:36:15	1	1
627	STEWART CHAPERON	M	20 to 29	02:36:24	02:09:05	04:45:30	2	1
677	PHILLIP MAREE	M	30 to 39	02:53:55	02:12:53	05:06:48	3	2
619	DONOVAN BOSHOFF	M	30 to 39	02:50:06	02:22:10	05:12:16	4	3
600	TRACY ZUNCKEL	F	40 to 49	03:00:18	02:27:45	05:28:04	1	1
689	GLEN MORGAN	M	20 to 29	03:12:15	02:27:50	05:40:06	5	2
517	MARCELLE COETZEE	F	30 to 39	03:12:14	02:28:16	05:40:30	2	1
717	KEVERN SANDALLS	M	40 to 49	03:08:03	02:34:43	05:42:46	6	1
589	MARZELLE DOMINIQUE VAN DER MERWE	F	20 to 29	03:14:39	02:34:39	05:49:19	3	1
734	ROSS TRELEAVEN	M	40 to 49	03:19:05	02:34:10	05:53:15	7	2
515	SUE CHAPMAN	F	30 to 39	03:14:01	02:39:18	05:53:20	4	2
628	LANCE CHAPMAN	M	40 to 49	03:14:03	02:39:19	05:53:22	8	3
729	MARTIN STUMBLES	M	50 to 59	03:16:33	02:42:08	05:58:42	9	1
702	STEPHEN PHILLIPS	M	30 to 39	03:25:09	02:35:34	06:00:44	10	4
559	URSULA MORRIS	F	30 to 39	03:25:02	02:41:10	06:06:13	5	3
623	JONATHAN BRUMMER	M	30 to 39	03:37:34	02:29:47	06:07:22	11	5
668	KEAGAN KRUGER	M	20 to 29	03:19:13	02:53:14	06:12:27	12	3
674	JEFFREY MAINGARD	M	30 to 39	03:28:18	02:44:51	06:13:09	13	6
558	STEPHANE MONTGOMERY	F	30 to 39	03:28:16	02:44:52	06:13:09	6	4
542	HELEN IBBOTSON	F	40 to 49	03:26:16	02:47:41	06:13:57	7	2
598	SARAH WILSON	F	30 to 39	03:36:23	02:39:12	06:15:36	8	5
611	GUSTAV BECKER	M	40 to 49	03:26:36	02:49:10	06:15:47	14	4
694	RIAAN NIEUWOUDT	M	50 to 59	03:30:27	02:47:59	06:18:27	15	2
546	DEBBIE KITTO	F	30 to 39	03:38:17	02:41:22	06:19:39	9	6
595	DEIRDRE WATSON VD MERWE	F	30 to 39	03:37:14	02:49:55	06:27:10	10	7
750	ADRIAAN VD MERWE	M	30 to 39	03:37:17	02:49:57	06:27:14	16	7
503	ISEL BARNARD	F	20 to 29	03:34:00	02:55:27	06:29:27	11	2
608	NICO BARNARD	M	20 to 29	03:33:58	02:55:29	06:29:28	17	4
719	EDWIN SCURR	M	20 to 29	03:26:30	03:04:13	06:30:43	18	5
647	AARON WADE ENGELBRECHT	M	20 to 29	03:46:48	02:45:38	06:32:27	19	6
518	LISA COLLETT	F	30 to 39	03:49:55	02:43:18	06:33:13	12	8
691	DARRYN MORTIMER	M	30 to 39	03:31:39	03:02:39	06:34:18	20	8
731	NICHOLAS TAYLOR	M	20 to 29	03:33:02	03:02:40	06:35:42	21	7
657	DAVID HEENAN	M	40 to 49	03:38:19	03:02:45	06:41:04	22	5
629	DEON CHIESMAN	M	30 to 39	03:37:12	03:06:12	06:43:24	23	9
713	TOMAS RIDL	M	30 to 39	03:38:36	03:12:00	06:50:37	24	10
531	KIRSTEN EVANS	F	20 to 29	03:52:36	03:03:27	06:56:03	13	3
695	CAVIN NOAH	M	20 to 29	03:52:38	03:03:26	06:56:04	25	8
697	CRAIG OELLERMANN	M	30 to 39	03:48:26	03:08:43	06:57:10	26	11
529	DANKA ERASMUS	F	20 to 29	04:07:20	02:55:52	07:03:12	14	4
673	FRANCIOS LUDICK	M	40 to 49	03:52:04	03:11:33	07:03:38	27	6
633	GARETH CROUCH	M	20 to 29	03:49:28	03:14:51	07:04:19	28	9
574	MARIA SEELE	F	30 to 39	03:48:25	03:16:28	07:04:54	15	9
604	DINTWE APPIE	M	30 to 39	03:59:47	03:07:23	07:07:11	29	12
601	STUART AITKEN	M	40 to 49	03:59:24	03:13:38	07:13:02	30	7
501	CHERYL AITKEN	F	40 to 49	03:59:29	03:13:43	07:13:12	16	3
580	LEANNE STANLEY	F	20 to 29	04:07:48	03:07:40	07:15:28	17	5
540	RUTH HICKS	F	40 to 49	03:56:00	03:20:52	07:16:53	18	4
549	CHARMIAN MAC FARLANE	F	40 to 49	04:11:38	03:09:02	07:20:40	19	5
618	JOHAN BOOYSEN	M	40 to 49	04:04:53	03:17:23	07:22:16	31	8
602	ANDREW AITKEN	M	40 to 49	04:08:54	03:16:50	07:25:45	32	9
651	DAVID GOLDSWORTHY	M	40 to 49	04:23:09	03:03:29	07:26:39	33	10
525	DANIELLE DU TOIT	F	40 to 49	04:12:15	03:15:03	07:27:18	20	6
569	SUE PRETORIUS	F	30 to 39	04:18:44	03:09:06	07:27:51	21	10
738	MARK USSHER	M	30 to 39	04:18:42	03:09:10	07:27:52	34	13
705	CLINT PRETORIUS	M	30 to 39	04:18:46	03:09:08	07:27:54	35	14
587	RICHELLE USSHER	F	30 to 39	04:18:48	03:09:11	07:28:00	22	11
724	JASON SMITH	M	30 to 39	04:07:57	03:20:04	07:28:01	36	15
679	STEVEN MARRIOTT	M	40 to 49	04:08:58	03:19:34	07:28:32	37	11
672	CHRISTOFF LOUW	M	30 to 39	04:07:59	03:21:00	07:28:59	38	16
616	JUSTIN BEZUIDENHOUT	M	30 to 39	03:52:03	03:37:27	07:29:31	39	17
703	DARRYL PITT	M	30 to 39	04:15:04	03:14:45	07:29:49	40	18
777	RYAN DERCKSEN	M	30 to 39	04:16:03	03:15:05	07:31:08	41	19
655	ROB HANBURY	M	40 to 49	04:12:06	03:20:22	07:32:29	42	12
752	KYLE WALKER	M	30 to 39	04:12:09	03:20:20	07:32:30	43	20
570	SARAH RICHARDS	F	40 to 49	04:23:30	03:12:41	07:36:12	23	7
622	MYLES BREWER	M	40 to 49	04:18:24	03:18:38	07:37:02	44	13
511	JANE BREWER	F	40 to 49	04:18:32	03:18:36	07:37:08	24	8
504	KATE BARNES	F	40 to 49	04:24:29	03:13:45	07:38:14	25	9
721	BEN SEELE	M	30 to 39	04:12:24	03:26:55	07:39:20	45	21
640	ANDREW DIJKSTRA	M	40 to 49	04:18:01	03:21:44	07:39:45	46	14
678	DIDIER MARLY	M	40 to 49	04:13:46	03:26:43	07:40:29	47	15
573	RUTH SEELE	F	30 to 39	04:13:41	03:27:40	07:41:22	26	12
506	SANDY BOSHOFF	F	40 to 49	04:17:39	03:24:35	07:42:14	27	10
521	HAYLEY CUMMING	F	20 to 29	04:15:14	03:27:56	07:43:11	28	6
634	PAUL CUMMING	M	50 to 59	04:15:13	03:27:57	07:43:11	48	3
615	DEVON BEYNON	M	30 to 39	04:26:58	03:19:24	07:46:22	49	22
663	RICHARD KAMP	M	20 to 29	04:15:33	03:31:08	07:46:41	50	10
654	FRANCOIS GULTIG	M	40 to 49	04:25:42	03:21:42	07:47:25	51	16
530	LEZEL ERASMUS	F	40 to 49	04:18:55	03:30:01	07:48:56	29	11
706	QUINTIN PRINSLOO	M	20 to 29	04:31:17	03:21:40	07:52:58	52	11
631	STEVE COLLINS	M	40 to 49	04:33:51	03:21:35	07:55:26	53	17
603	BRYCE ALLAN	M	30 to 39	04:27:37	03:29:40	07:57:17	54	23

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645	ANDRE DU TOIT	M	40 to 49	04:12:22	03:48:08	08:00:30	55	18
737	ROB URQUHART	M	40 to 49	05:49:49	02:13:06	08:02:56	56	19
583	MIRILENE SWANEPOEL	F	30 to 39	04:39:15	03:25:56	08:05:11	30	13
632	NEIL COPPEN	M	30 to 39	04:23:09	03:46:45	08:09:54	57	24
753	MARK WILLIAMS	M	30 to 39	04:40:58	03:28:57	08:09:56	58	25
652	ERROL CRAIG GORNALL	M	30 to 39	04:36:10	03:33:52	08:10:03	59	26
682	DYLAN MCGARRY	M	30 to 39	04:23:17	03:46:46	08:10:04	60	27
681	TRAVIS MCGARRY	M	30 to 39	04:23:19	03:46:52	08:10:11	61	28
577	NICOLENE SHAW	F	30 to 39	04:33:14	03:37:05	08:10:19	31	14
550	RETHE HERMINE MAREE	F	20 to 29	04:43:10	03:29:49	08:13:00	32	7
664	DUNCAN KEAL	M	30 to 39	04:43:13	03:29:52	08:13:05	62	29
716	ALEXANDER ROUX	M	40 to 49	04:30:16	03:42:51	08:13:08	63	20
686	RICHARD MEYER	M	30 to 39	04:44:44	03:29:43	08:14:27	64	30
561	COLLEEN NICHOLAS	F	50 to 59	04:43:18	03:31:09	08:14:28	33	1
564	NICOLE OXLEE	F	40 to 49	04:43:43	03:32:55	08:16:39	34	12
533	CHANTELLE FOURIE	F	30 to 39	04:44:41	03:33:54	08:18:35	35	15
709	PIETER RETIEF	M	30 to 39	04:43:02	03:35:38	08:18:41	65	31
744	RON VAN ECK	M	50 to 59	04:37:20	03:42:00	08:19:21	66	4
751	SCHALK VILJOEN	M	30 to 39	04:33:01	03:47:48	08:20:50	67	32
636	DARREN DE LEUR	M	30 to 39	04:34:21	03:49:02	08:23:24	68	33
684	ALBERT MEINTJIES	M	20 to 29	04:41:10	03:42:33	08:23:43	69	12
555	MARELIE MEINTJIES	F	20 to 29	04:41:11	03:42:36	08:23:47	36	8
516	GABBY CLOETE	F	40 to 49	04:51:32	03:32:55	08:24:28	37	13
644	MJ DU TOIT	M	30 to 39	04:48:26	03:37:06	08:25:33	70	34
718	JUSTIN SCHMIDT	M	30 to 39	04:41:14	03:44:54	08:26:08	71	35
522	THEONITA DE VILLIERS	F	40 to 49	04:54:38	03:31:56	08:26:35	38	14
575	MONIKA SEELE	F	30 to 39	04:45:07	03:45:10	08:30:17	39	16
730	JOSHUA SWAIN	M	20 to 29	04:43:04	03:48:07	08:31:11	72	13
617	BRETT BINNEKADE	M	20 to 29	04:43:06	03:48:08	08:31:14	73	14
596	JESSICA WIGGILL	F	20 to 29	04:59:23	03:33:37	08:33:00	40	9
653	WERNAND GROBLER	M	30 to 39	04:54:42	03:39:57	08:34:39	74	36
650	MATTHEW GIBSON	M	30 to 39	04:57:56	03:37:24	08:35:21	75	37
520	LEE CUMMING	F	30 to 39	04:43:42	03:54:46	08:38:28	41	17
662	KENNETH JOUBERT	M	40 to 49	04:56:18	03:43:26	08:39:45	76	21
594	HEIDI WAGNER	F	30 to 39	04:56:17	03:43:28	08:39:45	42	18
544	VIDETTE JUBY	F	30 to 39	04:54:22	03:45:28	08:39:51	43	19
514	KATE CARLISLE-KITZ	F	30 to 39	04:54:23	03:45:27	08:39:51	44	20
538	NAOMI HARDMAN	F	30 to 39	04:54:26	03:45:29	08:39:55	45	21
610	JONATHAN BARON	M	30 to 39	04:49:55	03:51:12	08:41:08	77	38
670	DIMITRI LAGOPOULOS	M	40 to 49	04:57:28	03:45:34	08:43:03	78	22
741	JASON VAN DER POEL	M	40 to 49	04:58:01	03:45:40	08:43:42	79	23
548	JOAN LOMBARD	F	50 to 59	04:50:43	03:55:13	08:45:56	46	2
571	MADELEIN SCHREUDER	F	30 to 39	05:06:40	03:43:11	08:49:52	47	22
669	MARK KYLE	M	40 to 49	04:58:15	03:56:46	08:55:01	80	24
607	JASON DANIEL BAKER	M	20 to 29	04:59:44	03:56:39	08:56:24	81	15
519	MICHELLE COSKEY	F	50 to 59	05:04:53	03:53:20	08:58:13	48	3
557	NONTUTHUKO MGABHI	F	20 to 29	05:26:03	03:36:24	09:02:27	49	10
746	MARC VAN HEERDEN	M	20 to 29	04:45:31	04:19:35	09:05:07	82	16
667	JOHAN KRITZINGER	M	50 to 59	05:08:23	03:58:41	09:07:05	83	5
660	MALCOLM HYLAND	M	50 to 59	05:08:22	03:58:43	09:07:06	84	6
740	PETER VAN DER MEER	M	60 to 69	05:25:33	03:42:19	09:07:53	85	1
720	CARL SEELE	M	60 to 69	04:57:31	04:10:42	09:08:14	86	2
562	SAMANTHA NIGHTINGALE	F	20 to 29	05:27:45	03:43:13	09:10:58	50	11
565	SASCHA PAY	F	40 to 49	05:23:50	03:48:59	09:12:49	51	15
527	CATHERINE EGBERS	F	30 to 39	05:13:02	04:00:19	09:13:21	52	23
524	FRANCES DIESEL	F	30 to 39	05:13:03	04:00:21	09:13:24	53	24
625	PETER BUTRON	M	50 to 59	04:30:49	04:42:48	09:13:38	87	7
666	SYLVESTER KOURIE	M	30 to 39	05:39:21	03:37:12	09:16:33	88	39
701	CHARLES PTERNELL	M	40 to 49	05:30:52	03:47:10	09:18:03	89	25
715	JEAN RORICH	M	30 to 39	05:24:31	03:53:55	09:18:27	90	40
638	ROB DE ZOETEN	M	50 to 59	05:27:36	03:51:08	09:18:45	91	8
612	JAY BEHRMANN	M	40 to 49	05:27:39	03:51:10	09:18:49	92	26
643	STEVEN DONALD	M	30 to 39	05:13:48	04:15:36	09:29:25	93	41
757	ADRIAN ZANETTI	M	40 to 49	05:24:50	04:04:40	09:29:30	94	27
572	SYLVIA SCHUTTE	F	40 to 49	05:24:49	04:04:42	09:29:31	54	16
552	ANN MCKENZIE	F	40 to 49	05:24:59	04:16:21	09:41:20	55	17
685	JASON MEREDITH	M	40 to 49	05:25:38	04:15:54	09:41:32	95	28
620	CHRIS BOSHOFF	M	30 to 39	05:32:33	04:11:47	09:44:20	96	42
536	PENI HANBURY	F	40 to 49	05:38:51	04:08:18	09:47:10	56	18
539	PAULA HEUFF	F	40 to 49	05:38:53	04:08:20	09:47:13	57	19
758	RIAAN VORSTER	M	30 to 39	05:08:04	04:39:47	09:47:52	97	43
556	NICKY MEREDITH	F	30 to 39	05:34:58	04:15:51	09:50:50	58	25
692	HENDRIK NAUDE	M	40 to 49	05:30:58	04:25:00	09:55:59	98	29
560	MARNA NAUDE	F	30 to 39	05:30:57	04:25:02	09:55:59	59	26
733	BERND THEISINGER	M	20 to 29	05:51:48	04:11:50	10:03:38	99	17
641	CARL-HARTWIG DITTMER	M	20 to 29	05:27:47	04:39:43	10:07:30	100	18
581	CLAUDIA STENCEL	F	40 to 49	05:56:42	04:12:11	10:08:53	60	20
725	MIKE STENCEL	M	60 to 69	05:57:25	04:14:16	10:11:42	101	3
605	MEURANT ASPELING	M	20 to 29	06:53:27	04:15:23	11:08:51	102	19
637	CORNE DE WITT	M	20 to 29	06:53:23	04:15:27	11:08:51	103	20
502	CHRIZANNE ASPELING	F	20 to 29	06:53:26	04:15:31	11:08:58	61	12
535	MIA GREENBLO	F	20 to 29	05:18:24				
698	MICHAEL ORD	M	20 to 29	04:45:34				
606	MICHAEL BAKER	M	20 to 29	03:46:14				

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537 CHRIZELL HANEKOM	F	20 to 29	06:53:22	
568 JADE POMROY	F	20 to 29	04:45:29	
659 JONATHAN HOCK	M	20 to 29		04:19:36
693 ROBERT NICHOL	M	20 to 29	05:18:23	
699 ANDREW PARKER	M	20 to 29	04:45:27	
599 SARAH WIUM	F	20 to 29	04:45:26	
584 SHIRLEEN THEISINGER	F	20 to 29	05:51:47	
687 STEFANO MIGLIORE	M	40 to 49	04:53:21	
723 GABRIEL SMIT	M	30 to 39	05:18:22	
585 GINA TRELEAVEN	F	30 to 39	03:33:21	
541 MICHELE HUGHES	F	30 to 39	05:05:48	
648 CLINTON FERREIRA	M	30 to 39	03:09:40	
726 MURRAY STEYN	M	40 to 49	04:00:35	
676 KHATHUTSHELO MAPASA	M	30 to 39	05:31:20	
708 SELLO RAMALOKO	M	30 to 39	04:04:21	
745 CAREL VAN HEERDEN	M	30 to 39	04:14:06	
736 ALISTAIR URQUHART	M	40 to 49	05:05:49	
630 STUART CLARK	M	40 to 49	03:49:10	
586 LAUREN URQUHART	F	40 to 49	05:05:47	
591 HANRI VAN WYNGAARD	F	40 to 49	05:14:34	
588 BRONI VAN DER MEER	F	40 to 49	05:25:34	
512 KIRSTEN BURNETT	F	40 to 49	04:59:50	
749 JACQUES VAN WYNGAARD	M	40 to 49	05:25:44	
739 GERT ANDRIES VAN DEN BERG	M	30 to 39	04:27:00	
567 MARCELLE PIENAAR	F	30 to 39	04:43:00	
712 DANE RICHARDS	M	30 to 39	05:10:57	
646 RYAN ELSON	M	30 to 39	05:30:44	
665 KYLE KEMP	M	30 to 39	04:24:40	
543 SUSANA ALETTA JANSEN	F	30 to 39	04:36:15	
507 TRACEY BOSHOFF	F	30 to 39	05:54:12	
671 ROBERT LEVINSON	M	30 to 39		03:46:49
700 ANDREW PATERSON	M	30 to 39	05:46:38	
513 BIANCA CALDWELL	F	30 to 39	05:46:36	
755 CRAIG WILLMENT	M	30 to 39	02:58:43	