



MEN **DISTANCE 4,400** **CLIMB 70** **Planner Controller**

POS	CLUB	NAME	TIME	POINTS	NOTES	ADJ SPEED
1	WITSOC	M21 Michael Crone	0:20:46	1,000		0:04.04
2	TUKS-O	M21 Bradley Lund	0:20:53	980		0:04.06
3	ROC	M21 Nicholas Mulder	0:23:26	960		0:04.36
4	ROC	M21 Eugene Botha	0:24:37	940		0:04.50
5	WITSOC	M21 Anthony Stott	0:26:38	920		0:05.13
6	RACO	M40 Paul Wimberley	0:26:53	900		0:05.16
7	AR	M40 Garry Morrison	0:26:56	890		0:05.17
8		M21 Gary de Klerk	0:31:26	0		0:06.10
9	RACO	M40 Glynn de Klerk	0:33:16	880		0:06.31
10	ROC	M40 Craig Ogilvie	0:33:37	870		0:06.35
11	RACO	M16 James Hancock	0:35:01	860		0:06.52
12		Andries Swart	0:35:29	0		0:06.57
13	RACO	M50 Brian Courtnage	0:35:38	850		0:06.59
14	RACO	M60 Pat de Klerk	0:43:14	840		0:08.29
15	RACO	M20 Carl Holmes	0:36:23	830		0:07.08
16		Dale de Klerk	0:37:08	0		0:07.17
17	RACO	M40 Mick Palombo	0:37:22	820		0:07.20
18	RACO	M40 Evan Howell	0:38:35	810		0:07.34
19	TUKS-O	M50 Richard Lund	0:42:34	800		0:08.21
20		Ian Edwards	0:43:04	0		0:08.27
21	ROC	M40 Shane Walker	0:43:58	795		0:08.37
22	RACO	M21 Dakota Murphy	0:45:17	790		0:08.53
23		M16 William Moolman	0:46:44	0		0:09.10
24		Johan Wyk	0:57:00	0		0:11.11
25	ROC	M60 Ken Robinson	0:48:57	785		0:09.36
26	ROC	M50 Trevor Pope	0:50:09	780		0:09.50
27		Joshua Visser	0:50:39	0		0:09.56
28	TUKS-O	M21 Jaco Lingerfelder	0:51:15	775		0:10.03
29	RACO	M60 Derek Brentano	0:55:34	770		0:10.54
30	ROC	M60 Glen Comins	0:56:06	765		0:11.00
31		Peter Group	0:57:58	0		0:11.22
32	RACO	M60 Charles Raban	1:03:45	760		0:12.30
33		Brendon Group	1:04:10	0		0:12.35
34	TUKS-O	M21 Clinton Molepo	0:01:18	755		0:00.15
35	ROC	M60 Steve Spottiswoode	1:11:12	750		0:13.58
36	TUKS-O	M21 Daniel Pelsler	1:13:40	748		0:14.27
37		Russell Group	1:43:06	0		0:20.13
38		Don Smythe	1:48:45	0		0:21.19
39		Pascale Group	1:53:42	0		0:22.18
40	RACO	M21 Philip Raban		0	DISQ	0:00.00
40	PENOC	M70 Glen Terry		0	DISQ	0:00.00



WOMEN **DISTANCE 4,000** **CLIMB 60** **Planner Controller**

POS	CLUB	NAME	TIME	POINTS	NOTES	ADJ SPEED
1	ROC	W35 Michele Botha	0:23:00	1,000		0:05.00
2	WITSOC	W21 Sarah Pope	0:23:43	980		0:05.09
3	RACO	W20 Christie Courtnage	0:28:10	940		0:06.07
3	RACO	W21 Zoe Brentano	0:28:10	960		0:06.07
5	RACO	W35 Tania Wimberley	0:30:25	920		0:06.37
6	RACO	W16 Kirsten Chambers	0:32:26	900		0:07.03
7	RACO	W16 Heather Wimberley	0:33:45	890		0:07.20
8	WITSOC	W21 Sarah Roffe	0:43:51	880		0:09.32
9		Marlena Nowaczyk	0:47:11	0		0:10.15
10	WITSOC	W21 Sarah Bennett	0:48:27	870		0:10.32
11		Born Group	0:48:48	0		0:10.37
12	RACO	W35 Pat Howell	0:53:13	860		0:11.34
13	RACO	W12 Sarah Wimberley	0:53:22	850		0:11.36
14		Leanne Group	0:57:23	0		0:12.28
15		Leanie Geldenhuys	0:57:53	0		0:12.35
16		Renee Wiel	0:58:30	0		0:12.43
17	WITSOC	M21 Thandeka Mdakane	0:59:38	840		0:12.58
18	RACO	W35 Monique Lanz	1:02:39	830		0:13.37
19	RACO	W55 Joan de Klerk	1:05:07	820		0:14.09
20		Jill Smythe	1:05:23	0		0:14.13
21		Caley Group	1:06:34	0		0:14.28
22	WITSOC	W21 Caitlin Stewart	1:06:53	810		0:14.32
23		Kirtsy Walker	0:01:08	0		0:00.15
24		Jessica Group	1:09:16	0		0:15.03
25		Julia Smythe	1:09:20	0		0:15.04
26	RACO	W45 Karen Chambers	1:09:46	800		0:15.10
27		Gladys Group	1:16:37	0		0:16.39
28	PENOC	W65 Sheila Terry	1:17:22	0		0:16.49
29	ROC	W55 Karin Spottiswoode	1:22:21	795		0:17.54
30	ROC	W65 Delphine Comins	1:31:43	790		0:19.56
31		Gareth Group		0	DISQ	0:00.00
31		Tiffany Harzon		0	DISQ	0:00.00
31		W21 Caitlin Holyoake		0	DISQ	0:00.00
31	TUKS-O	W21 Jessica Lund		0	DISQ	0:00.00



NOVICE **DISTANCE 2,200** **CLIMB 20** **Planner Controller**

POS	CLUB	NAME	TIME	POINTS	NOTES	ADJ SPEED
1	RACO	M12 Jordan van Huyssteen	0:21:28	700		0:08.57
2	RACO	M12 Keagan van Huyssteen	0:21:31	698		0:08.58
3	AR	M12 Cameron Morrison	0:23:02	696		0:09.36
4	AR	M12 Connor Morrison	0:25:24	694		0:10.35
5		Carmen Group	0:26:15	0		0:10.56
6	RACO	M12 Jean-luc Lanz	0:31:12	692		0:13.00
7		Luan Swart	0:31:59	0		0:13.20
8		Beverley Group	0:33:13	0		0:13.50
9		Piper Klerk	0:36:45	0		0:15.19
10		Deanne van Zyl	0:38:18	0		0:15.58
11		Matt Group	0:40:18	0		0:16.48
12	RACO	W55 Willemien van Hoepen	0:41:04	690		0:17.07
13		Jean Group	0:44:05	0		0:18.22
14		Doryn Group	0:44:40	0		0:18.37
14		Francine Vaughan	0:44:40	0		0:18.37
16		Brendan Griffiths	0:48:17	0		0:20.07
17	RACO	W12 Charlotte Reynolds	0:48:51	688		0:20.21
18	RACO	W45 Claudia Reynolds	0:50:55	686		0:21.13
19		Bailie Group	0:54:36	0		0:22.45
20		Adithi Group	0:56:40	0		0:23.37
21		Carolyn Group	1:34:54	0		0:39.33
22	ROC	W45 Christine Walker	1:41:41	684		0:42.22
23		Marike Louw		0	DISQ	0:00.00