

SA Champs 2019 Long Olifantsgeraamte West

Results - M12 (1.5km, climb 40m)

| | | | | |
|---|------|-----------------|-----|---------|
| 1 | (44) | Tshepo Mohloana | POC | 0:19:27 |
| 2 | (39) | Mothobi Mapheto | POC | 0:31:41 |

SA Champs 2019 Long Olifantsgeraamte West

Results - M16 (4.4km, climb 220m)

| | | | | |
|---|------|-------------------------|------|---------|
| 1 | (72) | Matthew Venter-Clelland | RACO | 1:03:54 |
| 2 | (21) | Matthew Dos Santos | RACO | 1:10:27 |
| 3 | (53) | Simon Pienaar | RACO | 1:13:58 |
| 4 | (46) | Connor Morrison | RACO | 1:15:42 |
| 5 | (45) | Cameron Morrison | RACO | 1:24:21 |
| 6 | (70) | Liam Venter | RACO | 2:44:38 |
| | (24) | Gabriel Ferreira | ROC | DISQ |

SA Champs 2019 Long Olifantsgeraamte West

Results - M20 (7.8km, climb 350m)

| | | | | |
|---|------|-----------------------|------|---------|
| 1 | (31) | James Hancock | RACO | 2:25:53 |
| | (40) | Phishagelo Masui | POC | DISQ |
| | (23) | Cameron Ferreira | ROC | DISQ |
| | (49) | Mahlogonolo Mphahlele | POC | DISQ |

SA Champs 2019 Long Olifantsgeraamte West

Results - M21A (6.8km, climb 290m)

| | | | | |
|---|------|----------|-------|---------|
| 1 | (63) | Eben Uys | PenOC | 2:20:08 |
|---|------|----------|-------|---------|

SA Champs 2019 Long Olifantsgeraamte West

Results - M21E (9.8km, climb 400m)

| | | | | |
|---|------|------------------|-------|---------|
| 1 | (9) | Timothy Chambers | PenOC | 1:31:47 |
| | (66) | Nico van Hoepen | RACO | DISQ |
| | (10) | Ephraim Chuene | POC | DISQ |

SA Champs 2019 Long Olifantsgeraamte West

Results - M40 (7.8km, climb 350m)

| | | | | |
|---|------|----------------|------|---------|
| 1 | (27) | Jeremy Green | RACO | 1:18:23 |
| 2 | (74) | Paul Wimberley | RACO | 1:19:25 |
| 3 | (2) | Eugene Botha | ROC | 1:19:46 |
| | (5) | Keith Bowen | RACO | DISQ |
| | (47) | Garry Morrison | RACO | DISQ |

SA Champs 2019 Long Olifantsgeraamte West

Results - M50 (6.8km, climb 290m)

| | | | | |
|---|------|--------------------|------|---------|
| 1 | (41) | David Mercer | ROC | 1:54:48 |
| 2 | (14) | Brian Courtnage | RACO | 2:12:01 |
| 3 | (69) | Gavin Venter | RACO | 2:17:15 |
| 4 | (52) | Craig Ogilvie | ROC | 2:20:33 |
| 5 | (20) | Charles Dos Santos | RACO | 2:33:29 |
| | (16) | Glynn de Klerk | RACO | DISQ |

SA Champs 2019 Long Olifantsgeraamte West

Results - M60 (5.2km, climb 240m)

| | | | | |
|---|------|----------------|------|---------|
| 1 | (6) | Ian Bratt | ROC | 1:19:52 |
| 2 | (36) | Richard Lund | RACO | 1:27:04 |
| 3 | (18) | Pat De Klerk | RACO | 1:29:27 |
| 4 | (7) | Derek Brentano | RACO | 1:41:56 |
| 5 | (1) | Roger Blane | RACO | 1:48:15 |
| 6 | (42) | Stephen Mills | N/A | 1:57:02 |

SA Champs 2019 Long Olifantsgeraamte West

Results - M70 (4.4km, climb 220m)

| | | | | |
|---|------|---------------|-------|---------|
| 1 | (56) | Ken Robinson | ROC | 1:18:49 |
| 2 | (13) | Glen Comins | ROC | 1:53:11 |
| 3 | (33) | Peter King | PenOC | 1:54:07 |
| 4 | (55) | Charles Raban | RACO | 2:07:36 |
| 5 | (61) | Glen Terry | PenOC | 2:18:04 |

SA Champs 2019 Long Olifantsgeraamte West

Results - M80 (2.5km, climb 110m)

| | | | | |
|---|------|----------------|-------|---------|
| 1 | (60) | Neville Stocks | PenOC | 0:36:00 |
| | (34) | Klaus Kreft | RACO | DISQ |

SA Champs 2019 Long Olifantsgeraamte West

Results - Open Long (4.8km, climb 150m)

| | | | | |
|---|------|---------------------------|------|---------|
| 1 | (32) | Paul Hancock | RACO | 1:21:54 |
| 2 | (79) | Leila & Jean | N/A | 1:37:43 |
| 3 | (19) | Barbara de Leeuw-Morrison | RACO | 1:38:43 |
| 4 | (78) | Laura dos Santos | RACO | 2:38:46 |
| | (67) | Rona van Hoepen | RACO | DISQ |

SA Champs 2019 Long Olifantsgeraamte West

Results - Open Short (1.5km, climb 40m)

| | | | | |
|---|------|----------------------|------|---------|
| 1 | (25) | Leah Ferreira | ROC | 0:17:41 |
| 2 | (68) | Willemien van Hoepen | RACO | 0:25:33 |
| 3 | (80) | Craig Pienaar | N/A | 0:35:45 |
| 4 | (65) | Uyster Group (GRP) | N/A | 0:43:31 |
| 5 | (77) | Abigail Barker | N/A | 0:49:44 |

SA Champs 2019 Long Olifantsgeraamte West

Results - W12 (1.5km, climb 40m)

| | | | | |
|---|------|--------------|------|---------|
| 1 | (29) | Teagan Green | RACO | 0:12:24 |
| 2 | (26) | Gemma Green | RACO | 0:14:50 |

SA Champs 2019 Long Olifantsgeraamte West

Results - W16 (4.4km, climb 220m)

| | | | | |
|---|------|-------------------|------|---------|
| 1 | (22) | Shelby Dos Santos | RACO | 1:51:48 |
|---|------|-------------------|------|---------|

SA Champs 2019 Long Olifantsgeraamte West

Results - W20 (6.8km, climb 290m)

| | | | | |
|---|------|----------------------|------|---------|
| 1 | (75) | Sarah Wimberley | RACO | 1:37:23 |
| 2 | (73) | Heather Wimberley | RACO | 1:58:17 |
| 3 | (71) | Micaela Venter | RACO | 3:08:32 |
| | (37) | Tshegofatso Mahlatji | POC | DISQ |
| | (38) | Dimakatso Mapheto | POC | DISQ |

SA Champs 2019 Long Olifantsgeraamte West

Results - W21A (5.2km, climb 240m)

| | | | | |
|---|------|---------------|-------|---------|
| 1 | (64) | Jacori Uys | PenOC | 1:28:30 |
| 2 | (30) | Emily Hancock | RACO | 2:00:22 |
| 3 | (43) | Wendy Mohale | POC | 3:06:18 |

SA Champs 2019 Long Olifantsgeraamte West

Results - W21E (7.8km, climb 350m)

| | | | | |
|---|-----|---------------|-----|---------|
| 1 | (3) | Michele Botha | ROC | 1:41:31 |
|---|-----|---------------|-----|---------|

SA Champs 2019 Long Olifantsgeraamte West

Results - W35 (6.8km, climb 290m)

| | | | | |
|---|------|------------------|------|---------|
| 1 | (76) | Tania Wimberley | RACO | 1:50:29 |
| 2 | (50) | Stephanie Mulder | ROC | 2:50:30 |

SA Champs 2019 Long Olifantsgeraamte West

Results - W45 (5.2km, climb 240m)

| | | | | |
|---|------|-----------------|------|---------|
| 1 | (28) | Kirsten Green | RACO | 1:43:06 |
| 2 | (8) | Karen Chambers | RACO | 1:58:58 |
| 3 | (11) | Sandra Clelland | RACO | 2:42:39 |
| | (48) | Violet Mothapo | POC | DISQ |

SA Champs 2019 Long Olifantsgeraamte West

Results - W55 (5.2km, climb 240m)

| | | | | |
|---|------|----------------|------|---------|
| 1 | (15) | Alison Curtis | RACO | 1:52:32 |
| 2 | (59) | Jenny Saunders | RACO | 3:19:09 |

SA Champs 2019 Long Olifantsgeraamte West

Results - W65 (4.4km, climb 220m)

| | | | | |
|---|------|-----------------|------|---------|
| 1 | (17) | Joan De Klerk | RACO | 2:12:03 |
| | (12) | Delphine Comins | ROC | DISQ |

SA Champs 2019 Long Olifantsgeraamte West

Results - W75 (2.5km, climb 110m)

| | | | | |
|---|------|--------------|-------|---------|
| 1 | (62) | Sheila Terry | PenOC | 1:03:17 |
|---|------|--------------|-------|---------|