



**Race #3 - Grabouw, 13 October 2018 -10km**

Position	RaceNo	FirstName	Surname	Gender	Distance	Time
1	536	Paul	Benson	M	10km	00:41:19
2	744	Angus	Mullins	M	10km	00:45:14
3	688	Stuart	Helm	M	10km	00:45:16
4	647	John	French	M	10km	00:46:03
5	788	Charmaine	Rossouw	F	10km	00:46:20
6	810	Joe	Smith	M	10km	00:46:35
7	543	Samuel	Berrisford	M	10km	00:46:41
8	886	Philip	Crous	M	10km	00:47:18
9	586	Cara	Crous	F	10km	00:47:28
10	741	Dirk	Mostert	M	10km	00:47:53
11	542	jeremy	berrisford	M	10km	00:50:01
12	548	Quintin	Bohr	M	10km	00:50:11
13	659	francois	geldenhuys	M	10km	00:50:18
14	858	Charl	Vlok	M	10km	00:52:10
15	580	Ellie	Courts	F	10km	00:52:19
16	867	Derek	Zellie	M	10km	00:53:02
17	687	Kris	Hebbink	M	10km	00:53:20
18	661	Freek	Gesthuizen	M	10km	00:53:25
19	857	David	Vinton	M	10km	00:54:00
20	720	Werner	Lotz	M	10km	00:55:15
21	785	DAVID	RODSETH	M	10km	00:55:45
22	885	Anna Rose	le Roux	F	10km	00:56:01
23	736	Ross	Mccullough	M	10km	00:56:16
24	743	John	Mullins	M	10km	00:56:45
25	699	Alan	Kalton	M	10km	00:56:47
26	849	Sonja	van Heerden	F	10km	00:57:02
27	786	LOLLOS	RODSETH	F	10km	00:57:08
28	784	Jason	Rattray	M	10km	00:57:11
29	750	Marzanne	Nel	F	10km	00:58:06
30	790	Jacques	Rossouw	M	10km	00:58:30
31	698	Minette	Kallis	F	10km	00:58:32
32	689	Charl	Heunis	M	10km	00:58:35
33	719	Imke	Lombard	F	10km	00:58:36
34	780	Jacqueline	Ramakers	F	10km	00:58:49
35	730	otto	marte	M	10km	00:59:20
36	759	Jean	Olivier	M	10km	01:01:08
37	884	Willie	Britz	M	10km	01:01:27
38	887	Ritief	Crous	M	10km	01:01:53
39	723	Liza	Louw	F	10km	01:01:56
40	502	Christina	Aagaard-Jens	F	10km	01:02:00



**Race #3 - Grabouw, 13 October 2018 -10km**

41	778	Adele	Pretorius	F	10km	01:02:03
42	639	Melanie	Franke-Quitt	F	10km	01:02:06
43	508	Emile	Alberts	M	10km	01:02:09
44	757	Angelique	Nieuwoudt	F	10km	01:02:32
45	627	Marilee	Erasmus	F	10km	01:02:34
46	765	Nikki	Parker	F	10km	01:02:47
47	527	Shannon	Barlow	F	10km	01:03:12
48	582	Nicolette	Cronje	F	10km	01:03:25
49	837	Caroline	Tjabring	F	10km	01:03:27
50	745	PIET	Nel	M	10km	01:04:13
51	805	Michelle	Smith	F	10km	01:04:25
52	617	Corli	du Toit	F	10km	01:04:30
53	579	Andrew	Colling	M	10km	01:04:36
54	667	Craig	Girdlestone	M	10km	01:04:38
55	853	Danielle	Van Niekerk	F	10km	01:04:40
56	568	Patrick	Carroll	M	10km	01:05:03
57	664	Martin	Giles	M	10km	01:05:09
58	541	Jean	Berrisford	F	10km	01:05:22
59	544	Kate	Berrisford	F	10km	01:05:24
60	834	Cinde	Swart	F	10km	01:06:33
61	621	Brett	Ellis	M	10km	01:06:54
62	623	Frances	Ellis	F	10km	01:06:56
63	549	Sianne	Bond	F	10km	01:06:57
64	841	Willmund	van Aarde	M	10km	01:07:09
65	797	Vicky	Shaw	F	10km	01:07:11
66	631	David	Evans	M	10km	01:07:12
67	865	Jacques	Wilkinson	M	10km	01:07:55
68	564	Adele	Camara	F	10km	01:08:05
69	767	Sonja	Peacey	F	10km	01:08:18
70	529	Catherine	Barnard	F	10km	01:08:25
71	811	Julia	Smith	F	10km	01:08:27
72	809	Daniel	Smith	M	10km	01:08:30
73	686	Robin	Havermans	F	10km	01:08:50
74	892	Andre	Kruger	M	10km	01:08:52
75	760	Alma	Olivier	F	10km	01:08:55
76	860	Heidi	Walton	F	10km	01:10:05
77	560	Inge	Burger	F	10km	01:10:08
78	531	Veronica	Barnes	F	10km	01:10:55
79	585	Philip	Crous	M	10km	01:11:08
80	673	Justin	Gootman	M	10km	01:11:12
81	889	Cadie	Huchinson	F	10km	01:11:54



**Race #3 - Grabouw, 13 October 2018 -10km**

82	608	Dalene	den Besten	F	10km	01:12:04
83	866	Alta	Wolff	F	10km	01:12:17
84	684	Amy	Harris	F	10km	01:12:20
85	845	Diede	Van den Hoog	F	10km	01:12:45
86	692	Steven	Hoffe	M	10km	01:13:31
87	691	Margi	Hoffe	F	10km	01:13:35
88	700	ruth	kohlberg	F	10km	01:13:51
89	777	Gary	Pond	M	10km	01:14:00
90	671	Chloe	Gojon Lötter	F	10km	01:14:42
91	894	tyra	kruger	F	10km	01:16:08
92	815	Sarah	Stringer	F	10km	01:16:12
93	893	Nina	Williams	F	10km	01:16:34
94	831	Michael	Swaine	M	10km	01:17:35
95	540	Ashleigh	Bent	F	10km	01:17:39
96	514	Ursula	Assmann	F	10km	01:17:41
97	650	Herman	Geldenhuis	M	10km	01:17:44
98	772	Johannie	plessis	F	10km	01:17:46
99	600	Leigh	de Beyer	F	10km	01:17:53
100	812	Marelize	Stevens	F	10km	01:18:40
101	792	Natasha	Sauer	F	10km	01:18:41
102	735	Helen	McClellan	F	10km	01:19:15
103	824	Lee-Zanne	Strydom	F	10km	01:19:34
104	681	Christopher	Grienenouw	M	10km	01:19:36
105	516	angela	Bain	F	10km	01:21:27
106	891	Lani	Marais	F	10km	01:23:16
107	882	Hannah	Esterhuysen	F	10km	01:23:17
108	693	Debbie	Horsten	F	10km	01:23:19
109	814	Richard	Stevens	M	10km	01:23:22
110	737	Nicette	Millar	F	10km	01:23:35
111	883	Lynette	Glen	F	10km	01:23:53
112	835	Jennifer	Thompson	F	10km	01:23:56
113	888	Linda	Guignand	F	10km	01:24:07
114	611	David	Draude	M	10km	01:24:12
115	685	Caroline	Hartlieb	F	10km	01:24:17
116	674	Samantha	Gray	M	10km	01:24:56
117	638	Marianna	Franck	F	10km	01:33:55
118	755	Marianne	Nelson	F	10km	01:34:06
119	545	Tracy	Berry	F	10km	01:34:09
120	725	Benita	Maree	F	10km	01:34:14
121	864	Diana	Weibel	F	10km	01:34:32
122	635	Carron	Finnan	F	10km	01:34:34



**GREEN FOREST  
TRAIL RUN SERIES**

**Race #3 - Grabouw, 13 October 2018 -10km**

123	676	Odette	Green-Thomp	F	10km	01:34:36
124	844	Charmaine	Van den Heu	F	10km	01:35:39
125	614	Maryon	Draude	F	10km	01:40:18
126	713	Martine	Levy	F	10km	01:42:11
127	847	GERRIE	VAN DER WA	M	10km	01:42:15
128	561	Michael	Burton - Durf	M	10km	01:48:27
129	546	Kim	Bevan	M	10km	01:48:30
130	764	Carryn	Ortlepp	F	10km	01:48:33
131	696	Sara	John	F	10km	01:48:44
132	890	Wendy	Girdlestone	F	10km	01:48:55