



Race #3 - Grabouw, 13 October 2018 -21km

Pos	Race no	Name	Gender	Distance	Time
1	53	Neil Broers	M	21km	01:19:00
2	143	Michael Hodgson	M	21km	01:20:27
3	471	Jaco Smith	M	21km	01:23:29
4	61	Devon Coetzee	M	21km	01:26:29
5	388	Justin Rowles	M	21km	01:26:39
6	468	Abrie le Roux	M	21km	01:31:17
7	425	Bianca Tarboton	F	21km	01:36:09
8	464	Andrew Woodrow	M	21km	01:36:41
9	102	Francois du Plessis	M	21km	01:36:47
10	282	Steve mendes	M	21km	01:38:41
11	487	Dirk Cloete	M	21km	01:39:38
12	441	Christy Turner	M	21km	01:40:12
13	477	Caitlyn Lewis	F	21km	01:40:27
14	478	Karl Visser	M	21km	01:40:44
15	480	Aubrey Isaacs	M	21km	01:40:45
16	165	Kelly Jenkinson	F	21km	01:41:05
17	481	Ian Loos	M	21km	01:42:57
18	79	Matthew De Haast	M	21km	01:44:41
19	125	Rianda Gilliland	M	21km	01:45:04
20	488	Joshua Weiss	M	21km	01:45:12
21	489	Alex Weiss	M	21km	01:45:13
22	486	Amanda Cloete	F	21km	01:45:35
23	405	Barend Smith	M	21km	01:47:10
24	10	Georgina Andraos	F	21km	01:47:58
25	465	Mark Wright	M	21km	01:48:00
26	473	Juliane Hofmann	F	21km	01:48:31
27	110	Wilna Eybers	F	21km	01:49:01
28	77	Errol Cunnama	M	21km	01:49:14
29	466	Dave Yeowart	M	21km	01:49:43
30	345	Gianluca Patrizi	M	21km	01:50:04
31	470	Ross Heyns	M	21km	01:50:25
32	7	MARISA AGNELLO	F	21km	01:50:58
33	493	Tian Robinson	M	21km	01:51:50
34	44	VICTORIA BENNETTS	F	21km	01:52:12
35	482	Quinton Smith	M	21km	01:52:42
36	109	Estelle Erasmus	F	21km	01:52:45
37	135	Liezl Heerschap	F	21km	01:53:14
38	467	Fredie Thiem	M	21km	01:53:23
39	128	Lisa Haakman	F	21km	01:53:53
40	453	Richard van der Spuy	M	21km	01:54:21
41	116	Jim Faulds	M	21km	01:54:22
42	136	Gerda Henn Veldhuizen	F	21km	01:54:37
43	239	Nadia Loubser	F	21km	01:54:52



**GREEN FOREST
TRAIL RUN SERIES**

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44	212	Coondog Lambrechts	M	21km	01:54:53
45	115	Morag Faulds	F	21km	01:55:09
46	455	Marius van Zyl	M	21km	01:55:40
47	166	Grant Jenkinson	M	21km	01:55:41
48	346	Kirsten Peacey	F	21km	01:55:49
49	276	Iain Mc Gregor	M	21km	01:55:50
50	308	Pierre Nel	M	21km	01:55:59
51	349	Ross Pennell	M	21km	01:56:16
52	327	Kelly Neveling	F	21km	01:56:49
53	142	Andrew Hishin	M	21km	01:57:12
54	483	Retha Wareham	F	21km	01:57:56
55	209	David Knight	M	21km	01:58:47
56	164	Greig Jansen	M	21km	01:58:50
57	442	Aileen Uys	F	21km	01:59:06
58	469	Hannarie le Roux	F	21km	02:00:23
59	134	Tamsine Harris	F	21km	02:03:08
60	459	Meghan West	F	21km	02:03:50
61	168	Cilliers Jordaan	M	21km	02:04:23
62	203	Ruth Kennard-Davis	F	21km	02:04:28
63	444	Tabita van der Merwe	F	21km	02:05:03
64	132	Glenn Hare	M	21km	02:05:26
65	228	Yvonne Lerm	F	21km	02:05:53
66	472	Hassier Fisher	M	21km	02:06:34
67	121	Nazli Gasant	F	21km	02:06:35
68	67	Mandy Collins	F	21km	02:07:24
69	234	Werner Lombard	M	21km	02:07:37
70	89	Jacques De Klerk	M	21km	02:07:38
71	196	Austin Kelsey	M	21km	02:07:43
72	271	Candace Marshall-Smith	M	21km	02:07:46
73	338	Jessica Opie	F	21km	02:08:34
74	475	Zahir Phillips	M	21km	02:09:28
75	474	Ansaawf Jakoet	F	21km	02:09:29
76	457	Olivia Venter	F	21km	02:10:14
77	458	Nico Venter	M	21km	02:10:15
78	149	Anneline Hugo	F	21km	02:10:45
79	310	Sandra Nell	F	21km	02:10:46
80	140	Nicki Hill	F	21km	02:11:10
81	147	Craig Howe-Watson	M	21km	02:11:11
82	221	Sally Le Roux	F	21km	02:11:14
83	479	Mandy Scott	F	21km	02:13:21
84	163	Dieter Jansen	M	21km	02:13:25
85	286	Julie Michael	F	21km	02:13:37
86	120	Mark Gaffley	M	21km	02:14:13
87	299	Leanne Mitchell	F	21km	02:14:17



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88	389	Kirsty Savin	F	21km	02:14:20
89	423	Claire Sydow	F	21km	02:14:29
90	72	Madelein Crews	M	21km	02:16:37
91	461	Nicole Williams	F	21km	02:16:37
92	462	Cordula Winkler	F	21km	02:18:11
93	411	Jurgen Stringer	M	21km	02:18:38
94	443	COLIN VAN DEN HEUVEL	M	21km	02:18:41
95	491	Thinus Loock	M	21km	02:19:09
96	393	Lambert Schwartz	M	21km	02:20:05
97	273	Steve Mathew	M	21km	02:22:05
98	396	Nicky Seymour	F	21km	02:22:08
99	59	Lynn Christian	F	21km	02:23:29
100	78	Lyndsay Cyprianos	F	21km	02:23:31
101	28	Carmen Barkhuizen	F	21km	02:23:35
102	238	Lisette Lombard	F	21km	02:23:55
103	64	Amy Coker	F	21km	02:23:56
104	456	Peter-John Veldhuizen	M	21km	02:24:32
105	492	Arthur Zert	M	21km	02:25:04
106	175	Santie Kelsey	F	21km	02:26:00
107	385	Ivan Robinson	M	21km	02:26:25
108	139	Coral Heydenrych	F	21km	02:26:27
109	490	Lauren Neethling	F	21km	02:26:53
110	254	Meghan Magnussen	F	21km	02:28:33
111	350	Michele Priestman	F	21km	02:30:44
112	88	Nicola de Jager	F	21km	02:31:34
113	406	Linda Sparks	F	21km	02:33:10
114	52	Chris Botha	M	21km	02:34:38
115	91	Mari-Louise De Kock	F	21km	02:34:40
116	429	Rushdi Toefy	M	21km	02:35:05
117	127	Tammy Green	M	21km	02:36:43
118	484	Dinilesizwe Gudlindlu	M	21km	02:37:06
119	485	Thandeka Mehlo	F	21km	02:37:08
120	301	Thapelo Moloisane	M	21km	02:37:09
121	454	Ursula Van der Westhuizen	F	21km	02:39:34
122	428	Elisabeth Taylor	F	21km	02:40:34
123	431	zahiedah toefy	F	21km	02:40:35
124	244	Teri Macduff	F	21km	02:40:58
125	281	Kate Meiring	F	21km	02:40:59
126	494	Alet Prinsloo	F	21km	02:44:32
127	381	Suzanne Pullinger	F	21km	02:49:17
128	23	Gary Banfield	M	21km	02:49:18
129	103	Sanet Du Toit	F	21km	02:50:09
130	476	Nihahl Arnold	F	21km	02:52:22
131	29	Tasneem Behardien	F	21km	02:55:30

GREEN FOREST
TRAIL RUN SERIES



Race #3 - Grabouw, 13 October 2018 -21km

132	452	Ilhaam van der Schyff	F	21km	02:55:31
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