



2025



30km Stage Race

Race #	Name	Category	Day 1 - 15km	Day 2 - 13km	Total Time	Ov. Pos.	Gen. Pos.	Cat. Pos.
166	RUAN RADEMEYER	Veteran M	2:21:38	1:00:06	3:21:44	1	1	1
105	GRAEME WUTH	Veteran M	2:20:41	1:06:01	3:26:41	2	2	2
205	PAUL CATHALA	Open M	2:31:19	1:11:06	3:42:24	3	3	1
193	ALBRECHT SCHEEPERS	Master M	2:34:59	1:07:39	3:42:38	4	4	1
14	LITA BREYTENBACH	Veteran F	2:46:47	1:12:00	3:58:46	5	1	1
195	ZOE SCHEEPERS	U18 F	2:46:53	1:13:28	4:00:21	6	2	1
2	HELGARD REDELINGHUYS	Open M	2:51:56	1:16:46	4:08:42	7	5	2
1	RUAN ERASMUS	Open M	2:51:55	1:16:47	4:08:42	8	6	3
57	CARINA JANSE VAN RENSBURG	Veteran F	2:51:39	1:25:23	4:17:02	9	3	2
62	CHANTAL BOTHA	Open F	2:58:31	1:20:21	4:18:52	10	4	1
194	AUGUSTIN DE BELLEFON	Open M	3:04:44	1:17:05	4:21:49	11	7	4
103	DAVID HOFFMAN	Veteran M	2:58:32	1:23:41	4:22:13	12	8	3
50	DELOUISE ALBERTS	Open F	3:14:19	1:08:38	4:22:57	13	5	2
89	MARIONETTE ROSELT	Open F	3:04:20	1:21:01	4:25:22	14	6	3
13	LIESEL GROBBELAAR	Veteran F	3:03:57	1:25:17	4:29:14	15	7	3
134	CARL MARITZ	Master M	3:05:39	1:23:53	4:29:32	16	9	2
202	JULIETTE CAMPOGRANDE	Open F	3:10:36	1:19:00	4:29:36	17	8	4
206	FRANCESCO PAOLO RUSSI	Open M	3:10:39	1:19:14	4:29:53	18	10	5
207	SOPHIE ENGERMAN	Open F	3:11:15	1:21:48	4:33:03	19	9	5
155	LIEKE BUIJS	Open F	3:14:33	1:19:53	4:34:25	20	10	6
170	RIONILDO MACAMO	Open M	3:10:56	1:24:11	4:35:07	21	11	6
131	LE CLUE BESSELAAR	Open M	3:03:01	1:32:15	4:35:16	22	12	7
200	MELANDE STADLER	Open F	3:21:21	1:17:35	4:38:56	23	11	7
201	TOBIAS NIEBUHR	Open M	3:21:20	1:17:38	4:38:57	24	13	8
199	RUTH-ANNE GRAHAM	Open F	3:21:22	1:17:37	4:38:58	25	12	8
204	MAUD BONTET	Open F	3:11:16	1:28:00	4:39:17	26	13	9
85	CHRISNA DUVENHAGE	Veteran F	3:17:23	1:29:54	4:47:18	27	14	4
34	NICOLE MCMANUS	Open F	3:25:58	1:24:50	4:50:48	28	15	10
142	RACHEL FORWORD	Open F	3:27:53	1:25:41	4:53:34	29	16	11



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0	RUTH VAN ROOYEN	Open F	3:27:53	1:25:43	4:53:37	30	17	12
152	TALITHA ERASMUS	Open F	3:25:30	1:28:37	4:54:07	31	18	13
48	BEULAH ALBERTS	Open F	3:30:21	1:24:05	4:54:26	32	19	14
49	RICHARD CHAMPION	Open M	3:30:22	1:24:06	4:54:28	33	14	9
6	TESSA VAN SITTERT	Veteran F	3:37:16	1:19:57	4:57:14	34	20	5
111	GABRIELLE SMITH	Open F	3:31:38	1:28:36	5:00:13	35	21	15
40	JORINA VIVIERS	Veteran F	3:37:16	1:23:46	5:01:02	36	22	6
176	FABRIZIO DE DONATIS	Open M	3:30:24	1:33:17	5:03:41	37	15	10
192	ELIZE SCHEEPERS	Master F	3:31:12	1:33:09	5:04:21	38	23	1
54	MAIA NEL	Open F	3:44:47	1:22:23	5:07:10	39	24	16
55	MATTHEW KAUZIL	Open M	3:44:48	1:22:26	5:07:14	40	16	11
23	DENEE FICK	Veteran F	3:37:16	1:34:07	5:11:24	41	25	7
137	KAREN CRONJE	U18 F	3:39:22	1:42:05	5:21:27	42	26	2
203	CARA DUNN	Open F	3:58:56	1:36:00	5:34:56	43	27	17
168	CECILE BLIGNAUT	Master F	4:03:39	1:37:08	5:40:47	44	28	2
163	DOLF BLIGNAUT	Master M	4:03:38	1:37:09	5:40:47	45	17	3
198	ELENA CONTE	Open F	4:15:10	1:30:02	5:45:12	46	29	18
177	KHADY-LYNE NDAW	Open F	4:15:30	1:34:52	5:50:23	47	30	19
138	TINUS CRONJE	Open M	3:44:46	2:09:04	5:53:50	48	18	12
125	JASON SMUTS	Master M	4:16:51	1:41:49	5:58:41	49	19	4
124	JAN SMUTS	Master M	4:16:52	1:41:51	5:58:44	50	20	5
114	JOHAN VISAGIE	Veteran M	4:23:04	1:40:57	6:04:02	51	21	4
118	SUSAN VISAGIE	Veteran F	4:23:05	1:40:58	6:04:03	52	31	8
162	STACEY NELSON	Open M	4:23:06	1:41:18	6:04:24	53	22	13
161	IAN NELSON	Open M	4:23:06	1:41:19	6:04:26	54	23	14
43	MIGUEL GRACA	Open M	4:22:54	1:45:17	6:08:11	55	24	15
44	KAYLEY THOMPSON	Open F	4:22:55	1:45:16	6:08:11	56	32	20
220	MICHELE TIMKO	Master F	4:26:16	1:46:04	6:12:20	57	33	3
127	JESS LANSDOWN	Open F	4:33:42	1:46:34	6:20:15	58	34	21



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128	JOCELYN DYER	Open F	4:33:41	1:46:35	6:20:16	59	35	22
129	LAURA LOVELAND	Open F	4:33:43	1:46:37	6:20:19	60	36	23
143	TUELO MOKOKA	Open F	3:59:17	2:22:33	6:21:51	61	37	24
70	ADRI STOFBERG	Veteran F	4:54:32	1:40:56	6:35:27	62	38	9
191	CATH VISE	Veteran F	5:14:33	2:05:58	7:20:31	63	39	10
78	PHILIP FOURIE	Veteran M	5:32:31	2:19:41	7:52:12	64	25	5
79	VANESSA FOURIE	Veteran F	5:32:30	2:19:42	7:52:12	65	40	11
97	FLORENCE ERB	Open F	5:44:19	2:08:37	7:52:56	66	41	25
96	AMANDA NERO	Veteran F	5:44:19	2:08:38	7:52:57	67	42	12
87	MONIQUE MARAIS	Open F	5:57:41	2:09:05	8:06:46	68	43	26
169	PAULINE LIVERSAGE	Master F	6:28:31	2:13:00	8:41:32	69	44	4
164	THANDI WEIDEMAN	Veteran F	6:28:30	2:13:02	8:41:32	70	45	13
165	ANEL VENTER	Master F	6:28:36	2:13:07	8:41:43	71	46	5
196	ROBIN NAUDE	Master F	7:31:27	2:27:48	9:59:16	72	47	6
197	MARGIE TOURS	Veteran F	7:31:36	2:27:49	9:59:25	73	48	14