

2026

Stage 1 · 10km

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
87	1:23:28	TRUST BELIEVE NGOMANE	Open M	1	1	1
224	1:29:02	MKHONZENI	Open M	2	2	2
177	1:29:58	JEAN YANN VIDOT	Open M	3	3	3
234	1:30:59	BEATE SMIT	Veteran F	4	1	1
37	1:32:27	MIEKE GREYVENSTEYN	U16 F	5	2	1
86	1:37:04	HOPE MOHLALA	Open M	6	4	4
93	1:38:46	CATHERINE GLOVER	Open F	7	3	1
176	1:39:33	SELENA SCHWENKE	Open F	8	4	2
10	1:40:26	KATE GARDNER	Open F	9	5	3
8	1:42:02	BEVERLY COSSLETT	Master F	10	6	1
69	1:43:17	ANGIE MICHAU	Open F	11	7	4
70	1:43:19	JEAN MICHAU	Open M	12	5	5
186	1:47:19	AMY FALCON	Open F	13	8	5
188	1:47:21	GRAEME GUSH	Open M	14	6	6
71	1:47:23	JUSTIN PHILP	Open M	15	7	7
123	1:48:07	TOM FERGUSON	U16 M	16	8	1
99	1:48:42	NITA SCHOLTZ	Open F	17	9	6
94	1:48:43	DANIELLA VAN HEERDEN	Veteran F	18	10	2
66	1:50:35	MARK VAN ECK	Veteran M	19	9	1
175	1:52:19	LARA ROEFS	Open F	20	11	7
122	1:52:58	BLAKE FERGUSON	Master M	21	10	1
5	1:54:08	IAN NETTLETON	Master M	22	11	2
255	1:54:34	BRONWYN MAREE	Veteran F	23	12	3
221	1:54:57	BEZGUB EVGENIYA	Veteran F	24	13	4
96	1:55:02	CARIKA SMITH	Open F	25	14	8
32	1:55:25	REMEMBER MADIKE	Open F	26	15	9
248	1:55:47	JOCK WHITTAKER	Junior M	27	12	1
246	1:55:49	KATE WHITTAKER	Veteran F	28	16	5
247	1:55:50	KINGSLEY WHITTAKER	U12 M	29	13	1
245	1:55:52	GARETH WHITTAKER	Veteran M	30	14	2
46	1:56:39	STEPHANIE MACLEOD	Grand Master F	31	17	1
225	1:56:41	DEREK SMITH	Open M	32	15	8
30	2:02:04	BONGANE NKWINIKA	Open F	33	18	10
72	2:03:39	TEVYN MATTHYSEN	Open F	34	19	11
4	2:09:10	ADEL SCHOEMAN	Veteran F	35	20	6
133	2:09:26	ISABELLA BORRAJEIRO	Open F	36	21	12
31	2:12:00	DEBRA NKATEKO MUKANZI	Open F	37	22	13
18	2:13:40	GUIDA EDUARDO	Open F	38	23	14
226	2:13:53	TINO MICHEL	U18 M	39	16	1



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229	2:13:54	CHARLES BAPTISTE	Open M	40	17	9
183	2:14:17	EMMA PATRICK	U18 F	41	24	1
182	2:14:23	ELEA GOURGOUSSE	Open F	42	25	15
48	2:14:47	SVEN KRAUNSOE	Master M	43	18	3
236	2:18:30	KAREN KRITZINGER	Master F	44	26	2
36	2:19:30	WERNER GREYVENSTEYN	Veteran M	45	19	3
45	2:24:05	DONALD MACLEOD	Grand Master M	46	20	1
220	2:26:29	LUA	Open F	47	27	16
219	2:26:31	EMMA VAN DER MERWE	Open F	48	28	17
227	2:29:08	MARGO VON DEN ZEST	Open F	49	29	18
47	2:33:34	LOUISE KRAUNSOE	Veteran F	50	30	7
109	2:42:10	CHANTELLE	Veteran F	51	31	8
238	2:45:36	JESS LIND	Open F	52	32	19
232	2:46:08	GARRET FELTON	Open M	53	21	10
233	2:46:11	RIA AAHTO	Veteran F	54	33	9
239	2:52:30	VANESSA VAN SCHOOR	Veteran F	55	34	10
240	2:52:34	OCKERT VAN SCHOOR	Open M	56	22	11
184	2:52:42	GRACE JONES	Open F	57	35	20
124	2:52:57	JONO FERGUSON	Open M	58	23	12
91	2:54:25	LEAH PATHER	Open F	59	36	21
92	2:54:32	PRABASHNEE PATHER	Veteran F	60	37	11
104	3:01:36	MICHELLE SCHEEPERS	Grand Master F	61	38	2
105	3:01:40	WILLEM VERBIEST	Grand Master M	62	24	2
57	3:04:46	MELISSA LYNES	Open F	63	39	22
55	3:04:51	DEBORAH NIENABER	Grand Master F	64	40	3
84	3:05:53	KERRY-LEE ROBERG	Open F	65	41	23
167	3:08:04	RIAN STRYDOM	Grand Master M	66	25	3
169	3:08:26	WILLIAM ANDREW NEL	Open M	67	26	13
166	3:08:33	RONEL STRYDOM	Master F	68	42	3
19	3:11:08	GRACIELLA SEREKO	Open F	69	43	24
218	3:24:31	MADDIGAN WARD	Open F	70	44	25
59	3:33:44	SHIREEN CARRINGTON	Master F	71	45	4
60	3:33:46	WILMA DE JONG	Grand Master F	72	46	4
231	3:34:13	ERIK ELDRING	Open M	73	27	14
230	3:34:14	JESSICA WOODWARD	Open F	74	47	26
6	3:39:20	REBECCA NETTLETON	Master F	75	48	5
21	3:40:24	LUCINDA APOLINARIO	Junior F	76	49	1
20	3:40:33	MARIA DE LOURDES	Open F	77	50	27
111	3:41:18	ERNESTO APOLINARIO	Master M	78	28	4



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33	3:50:42	ANNE BINDOFF	Grand Master F	79	51	5
128	4:05:28	ANGELA FERGUSON	Master F	80	52	6