

2026

20km Stage Race

#	Name	Category	S1 Time	S2 Time	Net	Ov. Pos.	Gen. Pos.	Cat. Pos.
87	TRUST BELIEVE NGOMANE	Open M	1:23:28	0:53:05	2:16:33	1	1	1
234	BEATE SMIT	Veteran F	1:30:59	1:01:24	2:32:23	2	1	1
177	JEAN YANN VIDOT	Open M	1:29:58	1:02:36	2:32:34	3	2	2
37	MIEKE GREYVENSTEYN	U16 F	1:32:27	1:01:49	2:34:16	4	2	1
86	HOPE MOHLALA	Open M	1:37:04	1:05:21	2:42:25	5	3	3
93	CATHERINE GLOVER	Open F	1:38:46	1:07:35	2:46:20	6	3	1
176	SELENA SCHWENKE	Open F	1:39:33	1:07:02	2:46:36	7	4	2
10	KATE GARDNER	Open F	1:40:26	1:08:49	2:49:16	8	5	3
8	BEVERLY COSSLETT	Master F	1:42:02	1:09:15	2:51:17	9	6	1
123	TOM FERGUSON	U16 M	1:48:07	1:06:56	2:55:03	10	4	1
99	NITA SCHOLTZ	Open F	1:48:42	1:08:05	2:56:47	11	7	4
69	ANGIE MICHAU	Open F	1:43:17	1:14:46	2:58:04	12	8	5
70	JEAN MICHAU	Open M	1:43:19	1:14:49	2:58:08	13	5	4
175	LARA ROEFS	Open F	1:52:19	1:08:53	3:01:13	14	9	6
186	AMY FALCON	Open F	1:47:19	1:14:43	3:02:02	15	10	7
188	GRAEME GUSH	Open M	1:47:21	1:14:44	3:02:05	16	6	5
94	DANIELLA VAN HEERDEN	Veteran F	1:48:43	1:15:38	3:04:21	17	11	2
122	BLAKE FERGUSON	Master M	1:52:58	1:13:23	3:06:21	18	7	1
66	MARK VAN ECK	Veteran M	1:50:35	1:16:58	3:07:33	19	8	1
71	JUSTIN PHILP	Open M	1:47:23	1:21:04	3:08:26	20	9	6
255	BRONWYN MAREE	Veteran F	1:54:34	1:18:57	3:13:32	21	12	3
246	KATE WHITTAKER	Veteran F	1:55:49	1:21:19	3:17:07	22	13	4
248	JOCK WHITTAKER	Junior M	1:55:47	1:21:21	3:17:08	23	10	1
247	KINGSLEY WHITTAKER	U12 M	1:55:50	1:21:29	3:17:19	24	11	1
245	GARETH WHITTAKER	Veteran M	1:55:52	1:21:49	3:17:41	25	12	2
225	DEREK SMITH	Open M	1:56:41	1:21:51	3:18:32	26	13	7
46	STEPHANIE MACLEOD	Grand Master F	1:56:39	1:21:55	3:18:34	27	14	1
32	REMEMBER MADIKE	Open F	1:55:25	1:29:14	3:24:39	28	15	8
72	TEVYN MATTHYSEN	Open F	2:03:39	1:21:02	3:24:41	29	16	9
96	CARIKA SMITH	Open F	1:55:02	1:31:43	3:26:45	30	17	10
30	BONGANE NKWINIKA	Open F	2:02:04	1:29:13	3:31:17	31	18	11
4	ADEL SCHOEMAN	Veteran F	2:09:10	1:26:47	3:35:58	32	19	5
48	SVEN KRAUNSOE	Master M	2:14:47	1:22:42	3:37:29	33	14	2
18	GUIDA EDUARDO	Open F	2:13:40	1:26:09	3:39:49	34	20	12
182	ELEA GOURGOUSSE	Open F	2:14:23	1:28:20	3:42:43	35	21	13
31	DEBRA NKATEKO MUKANZI	Open F	2:12:00	1:30:54	3:42:54	36	22	14
236	KAREN KRITZINGER	Master F	2:18:30	1:25:17	3:43:47	37	23	2
183	EMMA PATRICK	U18 F	2:14:17	1:32:47	3:47:04	38	24	1
133	ISABELLA BORRAJEIRO	Open F	2:09:26	1:42:01	3:51:28	39	25	15
36	WERNER GREYVENSTEYN	Veteran M	2:19:30	1:32:07	3:51:37	40	15	3



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45	DONALD MACLEOD	Grand Master M	2:24:05	1:28:59	3:53:04	41	16	1
47	LOUISE KRAUNSOE	Veteran F	2:33:34	1:38:44	4:12:18	42	26	6
109	CHANTELLE	Veteran F	2:42:10	1:41:06	4:23:16	43	27	7
184	GRACE JONES	Open F	2:52:42	1:36:29	4:29:11	44	28	16
91	LEAH PATHER	Open F	2:54:25	1:34:57	4:29:22	45	29	17
92	PRABASHNEE PATHER	Veteran F	2:54:32	1:38:47	4:33:19	46	30	8
124	JONO FERGUSON	Open M	2:52:57	1:42:03	4:35:00	47	17	8
167	RIAN STRYDOM	Grand Master M	3:08:04	1:38:42	4:46:46	48	18	2
239	VANESSA VAN SCHOOR	Veteran F	2:52:30	1:56:47	4:49:17	49	31	9
240	OCKERT VAN SCHOOR	Open M	2:52:34	1:56:49	4:49:23	50	19	9
166	RONEL STRYDOM	Master F	3:08:33	1:41:46	4:50:18	51	32	3
104	MICHELLE SCHEEPERS	Grand Master F	3:01:36	1:49:01	4:50:37	52	33	2
105	WILLEM VERBIEST	Grand Master M	3:01:40	1:49:11	4:50:51	53	20	3
19	GRACIELLA SEREKO	Open F	3:11:08	1:48:27	4:59:35	54	34	18
57	MELISSA LYNES	Open F	3:04:46	2:16:59	5:21:45	55	35	19
55	DEBORAH NIENABER	Grand Master F	3:04:51	2:16:58	5:21:48	56	36	3
21	LUCINDA APOLINARIO	Junior F	3:40:24	1:53:40	5:34:04	57	37	1
20	MARIA DE LOURDES	Open F	3:40:33	1:53:39	5:34:12	58	38	20
59	SHIREEN CARRINGTON	Master F	3:33:44	2:09:11	5:42:55	59	39	4
60	WILMA DE JONG	Grand Master F	3:33:46	2:09:14	5:43:00	60	40	4
128	ANGELA FERGUSON	Master F	4:05:28	2:05:23	6:10:51	61	41	5
33	ANNE BINDOFF	Grand Master F	3:50:42	2:28:15	6:18:56	62	42	5