

2026

30km Stage Race

#	Name	Category	S1 Time	S2 Time	Net	Ov. Pos.	Gen. Pos.	Cat. Pos.
163	DOROTHY MORGAN	Open F	2:31:57	1:10:44	3:42:41	1	1	1
171	ALBRECHT SCHEEPERS	Master M	2:37:26	1:14:19	3:51:46	2	1	1
134	BEN FERGUSON	Open M	2:43:55	1:08:39	3:52:34	3	2	1
237	FRITZ SWANEPOEL	Open M	2:56:09	1:21:24	4:17:34	4	3	2
207	VALENTIN SCHEPKE	Open M	3:05:19	1:13:28	4:18:47	5	4	3
145	TARA POHL	Open F	3:04:10	1:18:06	4:22:16	6	2	2
88	LISA SLABBERT	Veteran F	3:11:27	1:13:38	4:25:05	7	3	1
89	LEIGH HOFT	Veteran F	3:11:30	1:16:00	4:27:31	8	4	2
90	WARREN SLABBERT	Veteran M	3:11:32	1:16:42	4:28:14	9	5	1
187	BRUCE FALCON	Master M	3:06:27	1:23:41	4:30:08	10	6	2
174	LARUSHA SCHEEPERS	Open F	3:27:09	1:14:52	4:42:01	11	5	3
98	SARAH GOODMAN	Open F	3:29:41	1:28:21	4:58:02	12	6	4
75	DENEE FICK	Veteran F	3:26:50	1:32:02	4:58:52	13	7	3
165	NICOLAS FINN	Open M	3:38:11	1:23:30	5:01:41	14	7	4
164	ROBYN MORGAN	Open F	3:38:14	1:23:31	5:01:45	15	8	5
147	SYBRANDT FOUCHE	Veteran M	3:46:53	1:30:05	5:16:58	16	8	2
79	ANDREW SCOTT	Master M	3:43:13	1:35:48	5:19:02	17	9	3
44	DARI LAW	Veteran M	3:50:51	1:30:35	5:21:26	18	10	3
129	KRISTI SPENCER	Open F	3:54:33	1:31:18	5:25:52	19	9	6
131	KYLIE MCGUIRK	Open F	3:54:27	1:35:15	5:29:43	20	10	7
172	ELIZE SCHEEPERS	Master F	3:50:44	1:41:20	5:32:04	21	11	1
85	SUNETTE SWART	Master F	4:06:46	1:44:11	5:50:57	22	12	2
103	CHARMAINE CHELIN	Grand Master F	4:08:27	1:46:07	5:54:34	23	13	1
162	LUDO COETZEE	U16 M	4:12:00	1:48:20	6:00:20	24	11	1
160	LOURENS COETZEE	Veteran M	4:12:01	1:48:19	6:00:20	25	12	4
179	DAVID STRAUSS	Open M	4:09:15	1:57:49	6:07:04	26	13	5
13	GRANT BALLINGTON	Open M	3:58:27	2:10:01	6:08:29	27	14	6
52	LARISSA SPARG	Master F	4:38:43	1:35:18	6:14:00	28	14	3
137	CARINA VANVUUREN	Veteran F	4:29:11	1:45:57	6:15:08	29	15	4
51	LORAINE CODD	Master F	4:38:39	1:46:03	6:24:43	30	16	4
78	KIRSTEN STEENKAMP	Open F	4:59:52	1:28:47	6:28:39	31	17	8
141	ERIKA BUYS	Master F	4:49:01	1:41:15	6:30:15	32	18	5
143	JOLIZE PEASLEY	Master F	4:49:07	1:41:13	6:30:20	33	19	6
192	KIRSTI WELLS	Master F	4:48:44	1:48:09	6:36:53	34	20	7
193	CHARLES WELLS	Master M	4:48:46	1:48:11	6:36:57	35	15	4
181	JURIE HAYES	Grand Master M	5:09:41	1:41:47	6:51:27	36	16	1
39	CORNELIA GILIOMEE	Master F	5:06:06	1:53:17	6:59:23	37	21	8
180	MARINA STRAUSS	Open F	5:09:45	1:57:56	7:07:41	38	22	9
138	ANDREA MEYER	Junior F	5:24:01	1:54:06	7:18:07	39	23	1
139	ANGIE WEBSTER	Open F	5:24:07	1:54:04	7:18:11	40	24	10



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80	YVETTE WOODHEAD	Master F	5:23:30	2:02:38	7:26:08	41	25	9
81	KARIN SMIT	Master F	5:23:33	2:02:39	7:26:13	42	26	10
130	NICOLE KALLIS	Open F	5:52:44	2:14:32	8:07:17	43	27	11
12	ALISON GUISE-BROWN	Grand Master F	6:13:56	2:30:01	8:43:57	44	28	2
117	WAYNE VAN DRIEL	Open M	7:28:00	2:19:11	9:47:11	45	17	7
118	YOSTA ZANDVLIET	Open F	7:27:58	2:19:14	9:47:12	46	29	12
73	JANE BAIN	Grand Master F	8:00:51	3:07:11	11:08:02	47	30	3
74	LINDA ATTWELL	Grand Master F	8:00:56	3:07:09	11:08:05	48	31	4
152	MARKUS WENSKE	Master M	8:45:07	3:06:07	11:51:14	49	18	5