

Race Date

August 22, 2026

Abristo

Overall Finish List

10km

Place		Age /							
Overall	Name	Gend	Time						
1	Austin Koopman	25 M	32:36	61	Mia Basson	35 F	58:58		
2	Bruce Maboza	25 M	32:41	62	Ronald Lagerwall	65 M	58:58		
3	Luwellyn Du Toit	19 M	34:23	63	Juanita Hill	57 F	59:25		
4	Wayne April	22 M	34:39	64	Ina Lagerwall	63 F	59:30		
5	Emanuel Kiewiets	19 M	34:52	65	Emily Wedge	20 F	59:33		
6	Khanyiso Petersen	17 M	35:01	66	Malan Lehnberg	20 M	59:33		
7	Renaldo Grootboom	27 M	37:55	67	Braam Swanepoel	41 M	59:38		
8	Asenathi Ndabeni	29 M	38:14	68	Anri Roode	25 F	59:39		
9	Wouter Frazenburg	48 M	40:54	69	Cullen Van Schalkwyk	17 M	59:42		
10	Lukho Luthanga	16 M	40:55	70	Susan Jackelman	64 F	1:00:09		
11	Kobus Boshoff	55 M	42:16	71	Patrick Rawlins	69 M	1:00:16		
12	Waldinof Draghoender	38 M	42:47	72	Brandon Collyer	58 M	1:00:16		
13	Anel Van Wyk	46 F	42:58	73	Siyasanga Zweni	31 M	1:00:26		
14	Christiaan Lindoor	48 M	43:02	74	Alzanne Grobblar	40 F	1:00:36		
15	Braydon Kampher	17 M	43:55	75	Neal Fisher	36 M	1:00:59		
16	Asenathi Cloete	17 M	44:00	76	Morney Willemse	52 M	1:01:03		
17	Rudi Kruger	55 M	44:52	77	Lindy Murray	54 F	1:01:06		
18	Lyndon Volkwyn	37 M	45:58	78	Janita Van Biljoen	53 F	1:01:17		
19	Ashrica Booysen	20 F	45:59	79	Darryn Stoffels	29 M	1:01:22		
20	Pieter Combrink	51 M	46:15	80	Nkululeko Jele	32 M	1:01:28		
21	Anthony Bouwer	29 M	47:23	81	Zander Botha	27 M	1:01:45		
22	Jeanetta Kohler	17 F	47:27	82	Anthony Noble	65 M	1:01:47		
23	Samuel Windvogel	63 M	47:37	83	Mark Shamley	60 M	1:01:52		
24	Liebe v Rensburg	41 F	47:48	84	Jolanda Nel	68 F	1:01:52		
25	Arnu Visser	17 M	48:31	85	Allison Fletcher	61 F	1:02:03		
26	Joshua Van Den Bergh	24 M	48:45	86	Estie Strydom	68 F	1:02:03		
27	Jacques Spence	46 M	49:04	87	Brenda Jonck	35 F	1:02:30		
28	Joshua Sauer	14 M	49:24	88	Peabo Njoni	0 M	1:02:32		
29	Johannes Van Wyk	71 M	49:38	89	Werner Julies	26 M	1:02:35		
30	Dana Scheuer	59 M	49:58	90	Andiswa Sam	40 F	1:02:35		
31	Hennie Nell	43 M	49:59	91	Kurwin Olivier	38 M	1:02:37		
32	Rushaan Booysen	19 F	50:16	92	Sean Christensen	56 M	1:02:42		
33	Kobus Kruger	50 M	50:46	93	Janneke Swanepoel	35 F	1:02:43		
34	Unknown Partic. 9164	M	51:15	94	Handrika Vivier	28 F	1:02:44		
35	Sannette de Waal	53 F	51:36	95	Christelle Schreuder	25 F	1:02:45		
36	Jonathan Bamber	62 M	51:47	96	Beatrice Zandberg	45 F	1:02:50		
37	Philip Kotze	45 M	51:54	97	Marijke König	48 F	1:02:51		
38	Armano Burger	93 M	51:54	98	Claire Boltman	57 F	1:02:51		
39	Josias Louw	34 M	52:04	99	Annemarie Van der	66 F	1:02:51		
40	Aubrey Brinkhuis	56 M	52:55	100	Mignon Roodt	55 F	1:02:51		
41	Kyle Bouman	31 M	53:56	101	Ashlene Booysen	53 F	1:02:57		
42	Ray Kruger	52 M	53:59	102	Kenneth Johnson	30 M	1:02:59		
43	Erika Maritz	62 M	54:19	103	Dineo Sithole	36 F	1:03:07		
44	Ebenette Van Niekerk	17 F	54:27	104	Johan Greyling	55 M	1:03:29		
45	Yani Espach	38 F	54:34	105	Dorian Pick	35 F	1:03:31		
46	Kathy Germishuys	57 F	54:54	106	Lizel Schreuder	53 F	1:03:32		
47	Nico Coetzer	22 M	54:55	107	Keith Rhoda	70 M	1:03:35		
48	Annaelie Botha	60 F	55:23	108	Léta Van Heerden	45 F	1:03:43		
49	Lwamkelo Lubuzo	15 M	55:53	109	MARCO VAN DER	29 M	1:03:46		
50	Caitlyn Jackson	27 F	55:54	110	Johan Victor	62 M	1:03:47		
51	Charne Roux	29 F	55:55	111	Dylan Harrias	53 M	1:04:15		
52	William Mclean	48 M	56:14	112	Maretha Combrink	50 F	1:04:17		
53	Tegan Korevaar	27 F	56:29	113	James Nortje	52 M	1:04:37		
54	Carla Van der	27 F	57:13	114	Abraham Coetzee	78 M	1:04:40		
55	Natasha Nienaber	46 F	57:29	115	Neville Koen	63 M	1:04:40		
56	Jaco De Le Porte	55 M	58:16	116	Mieke Swanepoel	32 F	1:04:50		
57	Zenyke Pienaar	14 M	58:40	117	Janien Gericke	54 F	1:04:50		
58	Anilene Carolus	24 F	58:43	118	Shaun Harris	M	1:04:52		
59	Simone Vermaak	32 F	58:57	119	Taylor Jackson	32 M	1:04:52		
60	Chanel Schuin	22 F	58:57	120	Geone Engelbrecht	21 M	1:05:12		
				121	Vinolia Sekatane	29 F	1:05:29		
				122	Sandra Lennox	54 F	1:05:50		
				123	Johan Du Plessis	73 M	1:05:52		

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124	Tamor Patel	26 F	1:05:53	184	Judy Morrison	47 F	1:19:37		
125	Allison Petersen	29 F	1:06:07	185	Tshembhani Ngobeni	40 F	1:19:37		
126	Lisa Du Preez	28 F	1:06:09	186	Werner Julies	26 M	1:19:38		
127	Doortjie van der Spuy	60 F	1:06:15	187	Daniella Marais	43 F	1:20:25		
128	Calpurnia Oliphant	45 F	1:06:22	188	Danielle Theron	43 F	1:20:25		
129	Hendrica Lekay	47 F	1:06:31	189	JP Marx	42 M	1:20:25		
130	Louisa Lotz	58 F	1:06:38	190	Johanna Swart	62 F	1:20:35		
131	Cornelia Perrins	60 F	1:07:06	191	Errol Van Graan	52 M	1:20:35		
132	Leatitia Du Toit	54 F	1:07:26	192	Melissa Van Wyk	36 F	1:20:51		
133	Philip Wedge	55 M	1:07:28	193	Leander Van Wyk	M	1:20:51		
134	Stoney Dlomu	50 M	1:08:15	194	Asanda Mabele.	31 F	1:22:15		
135	Christie Van der Merwe	67 F	1:08:15	195	Mia Swanepoel	53 F	1:22:26		
136	Ngelihle Soka	30 F	1:08:24	196	Amanda De Villiers	72 F	1:22:27		
137	Janine Pretorius	56 F	1:08:25	197	Marthinus Swart	67 M	1:22:33		
138	James Jackelman	65 M	1:08:26	198	Tertia Snyman	51 F	1:23:03		
139	Blanchet Spence	44 F	1:08:31	199	Gabriella Cremore	16 F	1:23:30		
140	Petri Le Grange	30 M	1:08:39	200	Ruan Stoltz	35 M	1:23:36		
141	Tanita Le Grange	28 F	1:08:39	201	Ethresia Horn	40 F	1:23:40		
142	Elizabeth Coetzee	33 F	1:08:46	202	Wayne Keeble	61 M	1:24:02		
143	Annemie Koen	40 F	1:08:53	203	Ansel Dique	30 F	1:24:40		
144	Maidene Barnand	39 F	1:09:09	204	Hednri Du Toit	37 M	1:25:05		
145	Andre Calitz	47 M	1:09:24	205	Joanie Calitz	F	1:25:19		
146	Amanda Linde	37 F	1:09:41	206	Hanja Nel	57 F	1:25:57		
147	Claudia Machelm	43 F	1:09:43	207	Liziwe Nomeva	38 F	1:25:57		
148	Gerty Lotz	34 F	1:10:00	208	Naeem Cassim	56 M	1:26:47		
149	Mumtaaz Dewan	48 F	1:10:01	209	Mabiletsa Moleko	45 M	1:26:53		
150	Robbie Joubert	73 M	1:10:05	210	Emily Martin	29 F	1:27:05		
151	Vuyo Zazini	45 F	1:10:10	211	Emsie Martin	64 F	1:27:05		
152	JILL MEYER	50 F	1:10:10	212	Nompumelelo Mhlongo	34 F	1:27:10		
153	Chantelle Berman	49 F	1:10:13	213	Ronel Fourie	44 F	1:28:03		
154	Yolanda Marais	59 F	1:10:16	214	Riana Botha	62 F	1:28:09		
155	Gilian Tarboton	41 F	1:10:21	215	Linda Smit	71 F	1:28:09		
156	Neil Schoeman	41 M	1:10:25	216	Khayisile Mabuza	38 F	1:28:22		
157	Simone Smit	36 F	1:10:33	217	Lida Kriek	48 F	1:28:34		
158	Annabella Bowes	63 F	1:11:35	218	Murlene Botha	56 F	1:28:35		
159	Mariana Van Zyl	59 F	1:11:37	219	Angelique Stalmeester	32 F	1:28:37		
160	Hester Nieuwoudt	50 F	1:12:01	220	Lelonathemba Ndalen	27 F	1:28:58		
161	Karliën van der Bank	40 F	1:12:13	221	Mukhorha Khuliso	0 M	1:29:13		
162	Gustav Coetzee	44 M	1:12:14	222	Chanelle Joubert	27 F	1:29:32		
163	Stephen Temple	72 M	1:12:43	223	Nicole Enslin	30 F	1:30:17		
164	Diana Temple	58 F	1:12:43	224	Michélie Strydom	38 F	1:31:08		
165	Laurentia Van Muylwyk	55 F	1:13:19	225	Robyn Harker	27 F	1:31:30		
166	Ester Vladescu	56 F	1:13:19	226	Pheli Meyi	34 F	1:31:31		
167	Jocelyn Enslin	36 F	1:13:57	227	Gloria Van Graan	57 F	1:31:32		
168	Nadia Le Roux	36 F	1:14:52	228	Zonazihle Sityata	36 F	1:32:03		
169	Margaret Verdoucq	55 F	1:15:09	229	Wuanita Fouchè	52 F	1:32:08		
170	Mariëtte De Haan	72 F	1:15:40	230	Pieter Gelant	46 M	1:32:55		
171	Andriette Olivier	35 F	1:17:01	231	Renee Keeble	57 F	1:35:44		
172	Saundria Visser	75 F	1:18:11	232	Geraldine Loftie-Eaton	81 F	1:36:08		
173	Philani Sithole	45 M	1:18:28	233	Johanna Jooste	77 F	1:36:09		
174	Isabella	18 F	1:18:28	234	Lavern Snyders	29 F	1:37:13		
175	Ruzanne Le Roux	41 F	1:18:37	235	Robert Jan Stutterheim	77 M	1:37:34		
176	Carmen	54 F	1:18:58	236	Nothemba Qina	42 F	1:37:34		
177	Jill Rose	58 M	1:19:01	237	Claudine Khumalo	51 F	1:44:07		
178	Marcel Rose	55 M	1:19:01						
179	Lizl vd Westhuizen	36 F	1:19:04						
180	Belinda SMit	55 F	1:19:11						
181	Chris Herbst	72 M	1:19:29						
182	Elize Herbst	71 F	1:19:29						
183	Nic Brummer	80 M	1:19:35						