

PROVISIONAL RESULTS CHOKKA TRAIL RUN 10KM 2023

O/all	Cat po	Name	Surname	Gen	Race Nr	Time
1	1M	Warren	Madshabela	M	193M	39:50:00
2	2M	Rehgert	Van Zyl	M	169M	45:30:00
3	3M	Dylon	Dickson	M	112m	45:46:00
4	1F	Kara	Fourie	F	184F	45:50:00
5	4M	Travis	Oosthuizen	M	115m	46:24:00
6	5M	Christo	Nel	M	166M	46:24:00
7	6M	Noise	Nonga	M	183m	48:41:00
8	2F	Geta	Van Rensburg	F	134F	51:47:00
9	7M	Philip	Mellor	M	123m	52:47:00
10	8M	Robyn	Durant	M	129M	53:47:00
11	9M	Hilton	Duglos	M	163m	54:06:00
12	3F	Candice	Mellor	F	132F	54:35:00
13	10M	DJ	Fourie	M	136m	55:02:00
14		Josh	Gosling	M	008M	55:02:00
15		Coert	Geldenhuis	M	019m	55:02:00
16	4F	Gina	Mills	F	044F	55:02:00
17		Jako	Langenhoven	M	178M	55:02:00
18		Rean	Vermaak	M	109M	57:36:00
19		Roland	Clack	M	125M	57:36:00
20		Simon	Cunneen	M	121M	57:53:00
21		Andrew	Osborne	M	138M	58:15:00
22		Kody	MacGregor	M	139M	58:16:00
23		Tiaan	Switter	M	006M	58:49:00
24	5F	Kelly	Masterson	F	110F	59:02:00
25	6F	Kasey	Ardendorf	F	009F	59:03:00
26		Andrew	Gaylard	M	147M	59:08:00
27		Luke	Parker	M	030M	59:23:00
28		Mitch	Eler	M	031M	59:23:00
29	7F	Siska	van der Bijl	F	111F	01:01:02
30	8F	Jeanette	Pretorius	F	038f	01:01:04
31	9F	Carla	Muller	F	176F	01:01:15
32	10F	Zonja	Ras	F	043F	01:01:15
33		Nelmare	Saayman	F	005F	01:02:12
34		Andre	Loots	M	194M	01:02:27
35		Shan	Abernethy	M	185M	01:03:24
36		Christine	van Rooyen	F	162F	01:03:42

37	Tiaan	Muller	M	177M	01:04:00
38	Shaun	Jackson	M	011M	01:04:08
29	Sally	Jackson	F	012F	1:04:10
40	Tanja	van der Westhuizen	F	164F	01:04:22
41	Craig	Spalding	M	100m	01:04:45
42	Marihet	Oosthuizen	F	128F	01:05:12
43	Chantelle	Dewing	F	133F	01:05:29
44	Chistelle	Blume	F	025F	01:05:36
45	Sina	Smith	F	033F	01:06:16
46	Matthew	Smith	M	032m	01:06:16
47	Yolande	Gosling	F	007F	01:06:23
48	Marike	Pretorious	F	108F	01:07:00
49	Henry	Pretorious	M	107M	01:07:07
50	Simone	Klyen	F	026F	01:07:07
51	Candice	Mellor	F	122f	01:07:09
52	Debbie	Christy	F	189F	01:07:10
53				199	01:07:11
54	Zoe	Painter	F	180F	01:07:16
55	Crisly	Lategan	F	015F	01:07:58
56	Quintus	Lategan	M	016M	01:07:59
57	Nicole	Lombard	F	145F	01:10:26
58	Gary	Lambard	M	146M	10:10:19
59	Warwick	Sauer	M	158M	01:10:33
60	Jonathan	Derbeyshire	M	152M	01:10:37
61	Kim	Mulock Houwer	F	151F	01:10:38
62	Jacques	Keirsgietei	M	175M	01:11:53
63	Lara	Mcloughlin	F	150f	01:13:11
64	Jacqui	Sauer	F	157F	01:13:33
65	Chris	Slabbert	M	172M	01:14:43
66	Andriette	Combrink	F	023F	01:14:47
67	Sally	Barker	F	029F	01:14:50
68	Colin	Frye	M	028M	01:14:51
69	Lindi	Lowe	F	027F	01:15:05
70	Francois	Steyn	M	130M	01:15:05
71	Clair	Maton	F	153F	01:15:08
72	Sias	Combrick	M	024M	01:15:23
74	Alicia	Van Zyl	F	017F	01:15:15
75	Bianca	Botes	F	014F	01:15:16
76	Stacey	Timms	F	170F	01:15:46
77	Mauritz	Gouws	M	171M	01:15:47

78	Sheryl	Gibson	F	124F	01:15:55
79	Lizel	Badenhorst	F	167F	01:15:56
80	Carmin	MacKenzie	F	143F	01:17:23
81	Colin	Mackenzie	M	144M	01:17:27
82	Ilza	Geldenhuis	F	018F	01:17:30
83	Barbra	Welgemoed	F	140F	01:17:39
84	Lester	Welgemoed	M	141M	01:17:40
85	Anke	Van Niekerk	F	013F	01:18:39
86	Jayd	Georgiades	F	034F	01:20:39
87	Wayne	Brazier	M	035M	01:20:40
88	Loanne	Abernethy	F	186F	01:20:48
89	Jennifer	Minnaar	F	020f	01:20:49
90	Bongani	Goeda	M	127M	01:20:50
91	Greg	Fish	M	002m	01:20:54
92	Rose	Joubert	F	192F	01:21:24
93	Yvonne	Robb	F	041F	01:22
94	Teegan	Cruickshanks	F	037F	01:23:10
95	Andrew	Cruickshanks	M	036M	01:23:21
96	Koba	Joubert	F	010F	01:23:21
97	Bertus	Jakobs	M	168M	01:24:24
98	Alistar	Horne	M	116M	01:24:31
99	JG	Van Der Westhuisen	M	165M	01:26:23
100	Jenna	Hansen	F	148F	01:26:06
101				159	01:27:13
102	Natalie	Elliot	F	161F	01:27:15
103				127	01:27:19
104	Martine	van der Vis	F	126F	01:27:19
105	Carla	Scholtz	F	120F	01:29:12
106	Jo-Anne	Osborn	F	118f	01:30:30
107	Benita	Kotze	F	117f	01:30:31
108	Russell	Painter	M	174M	01:31:45
109	Sasha	Painter	F	179F	01:31:45
110	Sabrina	Rovelli	F	042F	01:33:03
111	Chloe	Asling	F	001F	01:36:04 #
112	Donald	Elliott	M	160M	01:36:28
113	Sanette	Steyn	F	131F	01:38:03
114	Anita	Lennox	F	197f	01:40:00
115	Jane	Dougals	F	195F	01:41:24
116	Gaye	De Bruin	F	182f	01:41:25
117	Jen	Minnaar	F	020F	01:47:32

118	Chio	Moulang	F	188F	01:47:32
119	Margit	Robert	F	156F	01:47:33
120	Jade	Dace	F	187F	01:49:51
121	Dani	Shaw	F	021F	01:49:51
122	Caroline	Richardson	F	040F	01:52:08
123	Andrew	Richardson	M	039M	01:52:40
124	Wendy	Spalding	F	102F	01:54:21
125	Isabella	Spalding	F	101F	01:54:22
126	Olivia	Asling	F	199F	01:55:14
127	Maggie	Langlands	F	196F	01:56:39
128	Linda	Asling	F	198F	01:56:47
129	Pieter	Jansen van Vuuren	M	114M	01:57:46
130	Adre	Jansen van Vuuren	F	113F	01:57:46
131	Chantelle	Louw	F	137F	02:02:27
132	Mike	Morrison	M	154M	02:03:16
133	Mandy	Brent	F	155F	02:03:17
134	Katie	Bowes	F	104F	02:03:24
135	Shehaday	Nadaulds	F	105F	02:03:24
136	Julia	Bowes	F	103F	02:03:29
137	Belinda	Peppermans	F	106F	02:03:29
138	Truus	Hedding	F	190F	02:03:30
139	Inez	Rossouw	F	191F	02:03:30
140	Josh	Fish	M	004m	
141	Zoe	Fish	F	003f	
142	Taryn	Gaylard	F	149f	
142	Marc	Buchner	M	119M	
144	Nicole	Painter	F	173F	
145	Candice	Elliot	F	156F	
146	Gen	Vallance	F	132F	
147	Kerry	Fourie	F	135F	
148	Dennis	Da Silva	M	022M	
149	Andy	Welgemoed	F	142F	