

Spectrum 2017 - Race 1 - Ladies - 5km

Pos.	Name	Time	Bib No.	Gender	Race 1 Distance
1	Cassandra Lister	00:29:26	62	Female	5km
2	Maxine Botha	00:40:31	67	Female	5km
3	Bridget Van Den Heever	00:42:55	1646	Female	5km
4	Sally Van der Byl	00:43:42	1600	Female	5km
5	Mishke Welgemoed	00:45:15	1622	Female	5km
6	Annamie Havenga	00:45:21	68	Female	5km
7	Lauren Slater	00:45:50	1663	Female	5km
8	Venessa Smuts	00:47:18	101	Female	5km
9	Nadine Smuts	00:47:19	102	Female	5km
10	Michelle Renard	00:49:30	86	Female	5km
11	Milé Vermaak	00:49:37	15	Female	5km
12	Tenielle De Andrade	00:49:50	78	Female	5km
13	Dune Cloete	00:52:12	4	Female	5km
14	Thelma Nortje	00:52:14	94	Female	5km
15	Shirley Smit	00:56:22	1642	Female	5km
16	Chantel Olivier	00:58:20	1651	Female	5km
17	Annette Le Grange	00:58:22	1640	Female	5km
18	Emily Marais	01:02:00	1647	Female	5km
19	Shasha-Lee van Heerden	01:03:05	1652	Female	5km
20	Kanya Manyi	01:03:08	2	Female	5km
21	Irma Weyers	01:04:43	72	Female	5km
22	Lauren Weakley	01:04:53	1627	Female	5km
23	Phakama Ntshongwana	01:08:07	1601	Female	5km
24	Dawn Sopazi	01:12:22	1616	Female	5km
25	Belinda Ross	01:15:25	14	Female	5km
26	Susan Durant	01:15:37	1608	Female	5km
27	Kathy Cuthbert	01:15:48	1613	Female	5km
28	Desire Jennings	01:22:29	1625	Female	5km
29	Kelly Vogel	01:22:30	1611	Female	5km
30	Nadine Van Lingen	01:22:36	1610	Female	5km
31	Cindie Sopazi	01:25:43	1620	Female	5km
32	Zintle Nyathi	01:25:45	1631	Female	5km

Spectrum 2017 - Race 1 - Men - 5km

Pos.	Name	Time	Bib No.	Gender	Race 1 Distance
1	Heinrich Thiart	00:29:46	66	Male	5km
2	Franco Du Toit	00:35:00	98	Male	5km
3	Martin Ferreira	00:35:04	97	Male	5km
4	Cobus Du Toit	00:36:19	87	Male	5km
5	Wiehahn Coetzer	00:40:37	1658	Male	5km
6	Craig Bester	00:48:38	1636	Male	5km
7	Gerald Males	00:49:48	1614	Male	5km
8	Siviwe Sopazi	00:53:41	1619	Male	5km
9	Joshua Martin	00:56:24	1643	Male	5km
10	Wally Weakley	01:04:52	1628	Male	5km
11	Sime Sopazi	01:11:49	1618	Male	5km
12	Honest Sopazi	01:12:24	1617	Male	5km
13	Luyanda Nyathi	01:12:34	1629	Male	5km
14	Quinton Durant	01:15:40	1609	Male	5km
15	Peter Cuthbert	01:15:50	1615	Male	5km
16	Brendon Hadden	01:22:32	1612	Male	5km
17	Cameron Harvey	01:22:34	1626	Male	5km

Spectrum 2017 - Race 1 - Ladies - 11km

Pos.	Name	Time	Bib No.	Gender	Race 1 Distance
1	Beth Buchanan	01:10:08	1621	Female	11km
2	Estee Cockroft	01:11:50	74	Female	11km
3	Amore Strauss	01:12:31	65	Female	11km
4	Anne de Villiers	01:19:54	63	Female	11km
5	Annika Oosthuizen	01:22:52	1649	Female	11km
6	Janine Barnard	01:26:38	75	Female	11km
7	Rachel Johnstone	01:26:53	60	Female	11km
8	Magz de le Kethulle	01:27:00	10	Female	11km
9	Cassandra Jones	01:27:06	1659	Female	11km
10	Rebekah Anderson	01:27:19	6	Female	11km
11	Theresa Buchner	01:28:12	1639	Female	11km
12	Sharon Jessop	01:29:24	1669	Female	11km
13	Catherine Elliot	01:30:28	1623	Female	11km
14	Tanya Grieve	01:31:27	8	Female	11km
15	Letitia Strauss	01:32:48	104	Female	11km
16	Robyn Bird	01:35:29	73	Female	11km
17	Pamela Paton	01:36:28	1670	Female	11km
18	Maike Diekmann	01:36:44	1661	Female	11km
19	Magda Grobbelaar	01:36:54	1598	Female	11km
20	Starlyn Hassien	01:36:57	1597	Female	11km
21	Heidrin Dafel	01:37:59	1607	Female	11km
22	Nomathemba Gum	01:38:03	19	Female	11km
23	Antoinette Scholtz	01:42:00	9	Female	11km
24	Lizette Owen	01:42:01	103	Female	11km
25	Colleen Ferreira	01:43:56	12	Female	11km
26	Karen Murdock	01:44:07	1650	Female	11km
27	Lauren Butler	01:46:30	84	Female	11km
28	Janine Christian	01:46:32	82	Female	11km
29	Lauren Bartle	01:48:13	79	Female	11km
30	Michelle Lawson	01:58:18	1644	Female	11km
31	Kelly Rose	02:00:09	1671	Female	11km
32	Lesley Maggott	02:04:06	1519	Female	11km
33	Jacqui McClelland	02:04:12	1518	Female	11km
34	Madelein Claassen	02:04:53	1673	Female	11km
35	Adele Phipps	02:05:05	1666	Female	11km
36	Michelle Mortimer	02:05:08	1665	Female	11km
37	Leesle Wynford	02:28:35	1604	Female	11km
DNF	Kelly-Jo Uren				
DNF	Dorothy Wade				

Spectrum 2017 - Race 1 - Men - 11km

Pos.	Name	Time	Bib No.	Gender	Race 1 Distance
1	Mvuyisi Gcogco	00:47:43	1634	Male	11km
2	Obey Mtetwa	00:53:32	1635	Male	11km
3	Deon Appollis	00:54:26	91	Male	11km
4	Keegan Cooke	00:56:43	92	Male	11km
5	Jarryd Cooke	00:56:46	90	Male	11km
6	Warren Dickson	00:58:50	96	Male	11km
7	Emil Hougaard	01:01:50	59	Male	11km
8	Gordon Van Der Vlies	01:03:17	1633	Male	11km
9	Guy Cooke	01:07:58	89	Male	11km
10	Siyabonga Kahla	01:08:44	1641	Male	11km
11	Adam Daniels	01:08:49	61	Male	11km
12	Peter Botha	01:09:15	1674	Male	11km
13	Stuart Gillmer	01:09:23	1657	Male	11km
14	Gino Fabbri	01:09:33	69	Male	11km
15	Warren Paris	01:11:16	17	Male	11km
16	Alvaro Henriques	01:12:22	1667	Male	11km
17	Johannes Meurs	01:13:09	70	Male	11km
18	Erik Kemp	01:14:00	1638	Male	11km
19	Cornel Gouws	01:14:02	1648	Male	11km
20	Hal Snyman	01:16:13	1668	Male	11km
21	Eugene Van Rooyen	01:16:50	1632	Male	11km
22	Josh Glenny	01:16:56	88	Male	11km
23	Pete Smith	01:19:31	105	Male	11km
24	Rodney Butters	01:19:39	18	Male	11km
25	Reinhardt Folex	01:19:56	64	Male	11km
26	Luke Kellerman	01:26:29	13	Male	11km
27	Paul Jacobs	01:27:01	11	Male	11km
28	Gary Nortjie	01:27:56	16	Male	11km
29	Hyde Barnard	01:28:59	71	Male	11km
30	David Hiscock	01:29:50	99	Male	11km
31	Danny Darne	01:29:53	100	Male	11km
32	Roland Clack	01:30:22	1624	Male	11km
33	Louis Smith	01:33:25	77	Male	11km
34	Wesley Reid	01:33:38	1664	Male	11km
35	Kyle Jon Vermooten	01:35:05	1606	Male	11km
36	Alain Blatti	01:35:31	1595	Male	11km
37	Jeremy Furber	01:35:36	1655	Male	11km
38	Brad Betts	01:36:42	1662	Male	11km
39	Willem Dafel	01:37:50	1605	Male	11km
40	Mutenha Mayu	01:38:02	7	Male	11km
41	Charles Butler	01:38:31	83	Male	11km
42	Roger Redcliffe	01:44:40	93	Male	11km
43	Grant Christian	01:46:31	81	Male	11km
44	Lourens Van Zyl	01:48:15	80	Male	11km
45	Brad Grobler	01:53:03	76	Male	11km
46	Willi Lawson	01:58:21	1645	Male	11km
47	Deon Teubes	02:03:32	1656	Male	11km
48	Rodney Maggott	02:04:09	1599	Male	11km
49	Werner Claassen	02:04:47	1672	Male	11km
50	Leigh Shepherd	02:05:10	1660	Male	11km
DNF	Peter Wade				
DNF	Graeme Renard				

Spectrum 2017 - Race 1 - Men - 11km

DNF Warren Barber