



## afbSOX 3 Day Trail Run 8-10 August 2015, SANParks Wilderness

### SOLO RUNNERS

Open Male Solo							
1	487	Kane	Reilly	02:23:56	02:19:41	01:26:51	06:10:28
2	472	Bernard	Rukadza	2:27:33	02:24:37	01:35:25	06:27:35
3	313	Andrea	Biffi	2:49:08	02:44:30	01:36:24	07:10:02
4	266	Ryan	Eichstadt	2:57:00	02:45:18	01:40:16	07:22:34
5	306	Ben	Jansen Van Vuuren	3:13:06	03:07:26	01:45:11	08:05:43
6	419	Thomas	Nortier	3:25:22	03:04:09	01:47:38	08:17:09
7	475	Nicholas	Lykiardopulos	3:30:25	03:14:20	01:53:12	08:37:57
8	290	Jarrett	Geldenhuis	3:19:40	03:20:26	01:58:53	08:38:59
9	293	Riaan	Wolfaardt	3:36:14	03:28:35	01:56:37	09:01:26
10	438	Chris	Nuttall	3:44:28	03:29:15	01:48:24	09:02:07
11	483	Julius	Oosthuizen	3:39:19	03:27:47	01:55:58	09:03:04
12	494	Paul	Siebert	3:46:21	03:29:31	01:56:27	09:12:19
13	440	Zaheer	Hoosain	3:51:43	03:30:51	02:01:50	09:24:24
14	489	Tyler	Posthumus	3:51:53	03:37:15	01:55:58	09:25:06
15	425	Nicholas	Marshall	3:53:10	03:33:10	01:59:25	09:25:45
16	490	Nic	Pullen	3:51:52	03:37:14	01:57:58	09:27:03
17	307	Arnold	Smit	3:53:06	03:35:01	02:00:27	09:28:34
18	99	Niel	Muller	3:45:39	03:44:26	01:59:34	09:29:38
19	302	Fritz	Van Graan	3:54:38	03:41:02	02:04:52	09:40:32
20	433	Bert	Wellens	4:00:35	03:31:53	02:15:25	09:47:53
21	298	Riaan	Nieuwoudt	3:58:10	03:50:47	02:14:55	10:03:52
22	295	Renen	Watermeyr	4:02:53	03:51:02	02:13:21	10:07:15
23	480	Darryl	Thompson	3:49:37	03:55:50	02:22:41	10:08:08
24	314	Bernhard	Vogts	4:13:27	03:57:35	02:00:00	10:11:02
24	476	John	Morgan	4:07:18	03:52:00	02:13:47	10:13:06
25	465	Jorg	Schmid	4:13:22	03:53:43	02:08:24	10:15:30
26	305	Ronnie	Weber	4:08:40	03:55:46	02:21:34	10:26:01
27	485	Rooken	Podesta	4:09:30	04:03:09	02:17:09	10:29:48
28	310	Kyle	Hodgson	4:18:44	04:17:16	02:29:01	11:05:01
29	493	Janusz	Kaminski	4:31:31	04:18:42	02:29:12	11:19:25
30	304	Johan	Van Wyk	4:36:08	04:13:13	02:37:54	11:27:15
31	473	Rudolf	Van Wyk	4:36:47	04:22:22	02:28:48	11:27:57
32	468	Neil	Cloete	4:31:48	04:26:09	02:54:32	11:52:29
33	320	Ryan	Shillaw	4:44:23	04:36:09	02:54:35	12:15:07
34	319	Matthew	Robinson	4:44:24	04:36:18	02:54:34	12:15:15
35	315	Phil	Muller	4:44:24	04:36:08	02:55:02	12:15:34
36	441	Naasief	Mohamed	5:11:31	04:36:17	02:29:35	12:17:23
37	230	Kyle	Van Der Boon	4:53:35	05:02:32	02:47:47	12:43:54

38	318	Dwayne	Dippenaar	4:56:00	04:48:40	03:04:18	12:48:58
39	442	Mohamed	Khalpe	5:26:43	04:51:06	02:39:44	12:57:33
40	448	Mark	Davies	5:14:18	05:11:36	03:15:37	13:41:31
41	449	John	Polmeer	5:38:11	05:11:45	03:26:45	14:16:41
42	210	Stephan	De Kock	6:32:43	06:06:10	03:14:08	15:53:01
	287	Zandre	Raath	3:52:12	03:32:30	-	07:24:42
	316	Tjol	Lategan	4:12:25	03:57:36	-	08:10:01
	314	Bernhard	Vogts	4:13:27	03:57:35	-	08:11:02
	317	Willem	Klopper	4:12:25	04:25:45	-	08:38:10
	481	Hennie	Meiring	4:42:20	05:02:35	-	09:44:55

### Open Female Solo

1	424	Karry-Ann	Marshall	3:00:25	02:46:01	01:41:04	07:27:30
2	288	Marilize	Raath	3:52:07	03:32:30	02:03:50	09:28:27
3	311	Anouk	Baars	4:10:03	03:42:24	02:05:39	09:58:06
4	474	Shirley	Bosman	3:56:20	03:49:55	02:16:25	10:02:40
5	492	Vanessa	Fisher	4:05:41	03:56:25	02:09:13	10:11:20
6	477	Alet	Morgan	04:07:18	03:52:07	02:13:47	10:13:12
7	289	Cornelia	Geldenhuys	3:51:13	04:23:03	02:10:31	10:24:47
8	312	Paola	Vignani	4:11:07	04:04:18	02:20:36	10:36:01
9	484	Cherry	Gammelmin	4:20:37	04:08:27	02:21:27	10:50:31
10	486	Maxine	Reiley	04:37:26	03:56:27	02:16:52	10:50:45
11	292	Anella	Conradie	4:16:41	04:13:25	02:25:27	10:55:33
12	301	Elke	Nelson	04:29:01	04:05:53	02:21:53	10:56:47
13	444	Susan	O'connor	4:28:45	04:05:08	02:24:13	10:58:06
14	445	Retha	Wareham	4:28:45	04:05:09	02:24:13	10:58:06
15	275	Donielle	Dampier	4:24:56	04:16:32	02:37:41	11:19:08
16	239	Harriet	Cullinan	4:26:53	04:24:24	02:34:49	11:26:06
17	303	Azanne	Van Wyk	4:36:09	04:13:14	02:37:53	11:27:16
18	296	Ursula	Forrest	4:50:50	04:16:42	02:25:06	11:32:39
19	447	Chivonne	Groenevelt	04:50:00	04:40:02	02:40:30	12:10:32
19	443	Jessica	Ross	5:01:15	04:41:07	02:38:46	12:21:08
20	479	Madelein	Schreuder	4:42:20	04:54:23	02:48:26	12:25:09
21	297	Petro	Buckingham	4:56:24	04:44:29	02:49:03	12:29:56
22	291	Chantell	Chantell	4:56:25	04:44:30	02:49:02	12:29:56
23	224	Paula	Lotter	5:30:49	04:43:57	03:00:28	13:15:13
24	204	Kim	Plimsoll	5:30:49	04:43:57	03:00:35	13:15:21
25	299	Lauren	France-Brotherton	5:04:22	05:11:21	03:15:35	13:31:18
26	308	Sue	Parker-Smith	6:25:08	06:00:56	03:27:22	15:53:26
	309	Emily	Smith	4:19:03	04:17:16	-	08:36:19
	452	Samantha	Polmeer	5:38:10	05:11:43	-	10:49:53

### Vet Male Solo

1	293	Riaan	Wolfaardt	3:36:14	03:28:35	01:56:37	09:01:26
2	483	Julius	Oosthuizen	3:39:19	03:27:47	01:55:58	09:03:04
3	99	Niel	Muller	3:45:39	03:44:26	01:59:34	09:29:38
4	433	Bert	Wellens	4:00:35	03:31:53	02:15:25	09:47:53
5	295	Renen	Watermeyr	4:02:53	03:51:02	02:13:21	10:07:15
6	476	John	Morgan	4:07:18	03:52:00	02:13:47	10:13:06
7	305	Ronnie	Weber	4:08:40	03:55:46	02:21:34	10:26:01

8	304	Johan	Van Wyk	4:36:08	04:13:13	02:37:54	11:27:15
9	473	Rudolf	Van Wyk	4:36:47	04:22:22	02:28:48	11:27:57
10	449	John	Polmeer	5:38:11	05:11:45	03:26:45	14:16:41
11	210	Stephan	De Kock	6:32:43	06:06:10	03:18:08	15:57:01

### Vet Female Solo

1	492	Vanessa	Fisher	4:05:41	03:56:25	02:09:13	10:11:20
2	292	Anella	Conradie	4:16:41	04:13:25	02:25:27	10:55:33
3	301	Elke	Nelson	04:29:01	04:05:53	02:21:53	10:56:47
4	303	Azanne	Van Wyk	4:36:09	04:13:14	02:37:53	11:27:16

### Master Male Solo

1	302	Fritz	Van Graan	3:54:38	03:41:02	02:04:52	09:40:32
2	298	Riaan	Nieuwoudt	3:58:10	03:50:47	02:14:55	10:03:52
3	465	Jorg	Schmid	4:13:22	03:53:43	02:08:24	10:15:30
4	485	Rookan	Podesta	4:09:30	04:03:09	02:17:09	10:29:48

### Master Female Solo

1	312	Paola	Vignani	4:11:07	04:04:18	02:20:36	10:36:01
2	486	Maxine	Reiley	04:37:26	03:56:27	02:16:52	10:50:45
3	308	Sue	Parker-Smith	6:25:08	06:00:56	03:27:22	15:53:26



