



Trail Girl 2-Day Run  
8-9 April 2017



Overall Results

Trail Girl 2017 (8-9 April 2017) 18.5km & 15.8km					Trail Girl 2 Day Run 8-Apr-17 18.5km		Trail Girl 2 Day Run 9-Apr-17 15.8km	
Rank	Name	Team	Time	Gap	Day 1 - Saasveld		Day 2 - Wilderness	
1	VON FINTEL, Geraldine	New Adventures	3:21:31		1:47:21	1st	1:34:10	1st
2	MACKENZIE, Jo	New Adventures	3:21:31	0'00"	1:47:21	2nd	1:34:10	2nd
3	KRIEK, Nanja		3:57:18	35'46"	2:12:46	4th	1:44:32	3rd
4	COETZEE, Tania		4:03:36	42'04"	2:12:46	5th	1:50:49	4th
5	BLOM, Helen	Twisted Sisters	4:07:05	45'33"	2:14:14	6th	1:52:51	5th
6	DU PREEZ, Christine	Twisted Sisters	4:07:05	45'33"	2:14:14	7th	1:52:51	6th
7	STEYN, Claudia		4:08:25	46'54"	2:12:46	3rd	1:55:39	8th
8	VAN DER WALT, Sanlie		4:20:42	59'11"	2:19:58	8th	2:00:44	11th
9	ODENDAAL, Maryke		4:28:15	1h6'43"	2:32:37	16th	1:55:37	7th
10	PORTWIG, Zurike	Vrede	4:29:33	1h8' 1"	2:32:37	14th	1:56:55	9th
11	KRUGER, Maretha	Vrede	4:29:33	1h8' 1"	2:32:37	15th	1:56:55	10th
12	SKEELES, Katharine	Blitz Babes	4:30:34	1h9' 3"	2:27:12	10th	2:03:22	14th
13	FORBES, Robyn	Blitz Babes	4:30:34	1h9' 3"	2:27:12	11th	2:03:22	15th
14	BOYES, Carla		4:30:35	1h9' 3"	2:27:11	9th	2:03:23	16th
15	MEDERER, Kate	Team Taylor	4:31:15	1h9'43"	2:28:13	12th	2:03:02	12th
16	TESSENDORF, Gina	Team Taylor	4:31:15	1h9'43"	2:28:13	13th	2:03:02	13th
17	BEZUIDENHOUT, Glenda		4:45:22	1h23'51"	2:37:20	22nd	2:08:02	19th
18	MALAN, Lesley	Farm Chicks	4:48:02	1h26'31"	2:36:19	19th	2:11:43	21st
19	DE BRUIN, Candice	Farm Chicks	4:48:02	1h26'31"	2:36:19	20th	2:11:43	20th
20	LIEBENBERG, Elzabe	Team Upington	4:53:59	1h32'27"	2:35:37	17th	2:18:22	22nd
21	VAN DER COLFF, Melissa	Team Upington	4:53:59	1h32'27"	2:35:37	18th	2:18:22	23rd
22	MOSTERT, Ilse		4:56:09	1h34'37"	2:37:20	21st	2:18:48	24th
23	FERREIRA, Marisha	Noorde Niggies	4:59:15	1h37'43"	2:39:35	23rd	2:19:39	27th
24	GELDENHUYS, Karen	Noorde Niggies	4:59:15	1h37'43"	2:39:35	24th	2:19:39	28th
25	VAN WYK, Theresa		4:59:32	1h38' 0"	2:51:30	38th	2:08:01	18th
26	BREYTENBACH, Janine		5:03:39	1h42' 7"	2:56:11	43rd	2:07:27	17th
27	JACOBS, Cindy Ann	Runlicious	5:06:44	1h45'12"	2:45:30	27th	2:21:14	36th
28	VAN DER SCHYFF, Hendrien	Runlicious	5:06:44	1h45'12"	2:45:30	28th	2:21:14	37th
29	VAN ZYL, Zelna	Zellie	5:07:48	1h46'16"	2:42:40	25th	2:25:07	40th
30	OLIVIER, Liezl	Zellie	5:07:48	1h46'16"	2:42:40	26th	2:25:07	41st
31	LOMBARD, Janine	Super Heroes In Training	5:08:46	1h47'14"	2:48:00	33rd	2:20:46	31st
32	SMIT-LOTRIET, Karen	Super Heroes In Training	5:08:46	1h47'14"	2:48:00	34th	2:20:46	32nd
33	SMIT, Chrisna	CA Team	5:11:27	1h49'55"	2:52:28	39th	2:18:58	26th
34	LOMBARD, Annemarie	CA Team	5:11:27	1h49'55"	2:52:28	40th	2:18:58	25th
35	VAN VLAANDEREN, Megan		5:12:33	1h51' 2"	2:51:29	35th	2:21:03	35th
36	CORLETT, Tammy		5:12:33	1h51' 2"	2:51:30	36th	2:21:03	34th
37	WADE, Sarah		5:12:33	1h51' 2"	2:51:30	37th	2:21:03	33rd
38	ODENDAAL, Juane	2 Cousins's Wives	5:16:29	1h54'57"	2:47:59	31st	2:28:30	42nd
39	JOUBERT, Helga Hermien	2 Cousins's Wives	5:16:29	1h54'57"	2:47:59	32nd	2:28:30	43rd
40	JOHNSTON, Brenda	Team Pinky	5:17:13	1h55'41"	2:56:59	45th	2:20:13	29th
41	JOHNSTON, Clarissa	Team Pinky	5:17:13	1h55'41"	2:56:59	46th	2:20:13	30th
42	SMIT, Gerda-Mari	Sassy Swaggy Sisters	5:21:46	2h0'15"	2:47:37	29th	2:34:09	48th



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Trail Girl 2017 (8-9 April 2017) 18.5km & 15.8km					Trail Girl 2 Day Run 8-Apr-17 18.5km		Trail Girl 2 Day Run 9-Apr-17 15.8km	
Rank	Name	Team	Time	Gap	Day 1 - Saasveld		Day 2 - Wilderness	
43	FERNANDES, Trudi	Sassy Swaggy Sisters	5:21:46	2h0'15"	2:47:37	30th	2:34:09	49th
44	KNOETZE, Lize	Addo Girls	5:23:06	2h1'34"	2:59:47	49th	2:23:18	38th
45	DE BRUIN, Freda	Addo Girls	5:23:06	2h1'34"	2:59:47	50th	2:23:18	39th
46	EYERS, Margaux		5:28:27	2h6'55"	2:55:17	41st	2:33:09	46th
47	BORNMAN, Yvonne		5:28:27	2h6'55"	2:55:17	42nd	2:33:09	47th
48	FOURIE, Erika	Forever Young	5:30:14	2h8'42"	2:57:53	47th	2:32:20	44th
49	CILLIERS, Amelia	Forever Young	5:30:14	2h8'42"	2:57:53	48th	2:32:20	45th
50	LOOTS, Karien		5:34:47	2h13'15"	2:56:11	44th	2:38:35	52nd
51	MOORE, Wuanita	Team Moore	5:42:53	2h21'21"	3:04:19	52nd	2:38:33	50th
52	MOORE, Allison	Team Moore	5:42:53	2h21'21"	3:04:19	53rd	2:38:33	51st
53	PRETORIUS, Sue		5:45:35	2h24' 3"	3:04:18	51st	2:41:16	55th
54	LOMBARD, Jenni		5:48:13	2h26'41"	3:08:11	54th	2:40:02	54th
55	MUNGER, Adele		6:02:47	2h41'15"	3:22:45	55th	2:40:02	53rd
56	LONG, Coralee	"It'll be fun" they said	6:23:31	3h1'59"	3:36:52	56th	2:46:38	60th
57	BOTTEN, Xanthe	"It'll be fun" they said	6:23:31	3h1'59"	3:36:52	57th	2:46:38	61st
58	ELPHICK, Alexandra	The Gems	6:53:13	3h31'41"	4:08:13	66th	2:44:59	57th
59	SENNETT, Georgina	GZFT	6:53:58	3h32'26"	4:08:59	72nd	2:44:59	56th
60	SHAW, Annien	Team Woodshaw	6:53:58	3h32'27"	3:45:35	61st	3:08:23	62nd
61	WOOD, Natasha	Team Woodshaw	6:53:58	3h32'27"	3:45:35	62nd	3:08:23	63rd
62	CHALMERS, Sally	Team Skholly	6:55:09	3h33'37"	4:08:59	73rd	2:46:10	58th
63	CHALMERS, Holly	Team Skholly	6:55:09	3h33'37"	4:08:59	74th	2:46:10	59th
64	BOYCE, Annemè	Boycies	7:07:49	3h46'17"	3:43:39	58th	3:24:10	67th
65	SMITH, Janneke		7:07:49	3h46'17"	3:43:39	60th	3:24:10	66th
66	BOYCE, Susan	Boycies	7:07:50	3h46'18"	3:43:39	59th	3:24:10	68th
67	HALLAS, Sarah	Team Hallas	7:18:15	3h56'43"	4:08:13	67th	3:10:01	64th
68	HALLAS, Emma	Team Hallas	7:18:15	3h56'43"	4:08:13	68th	3:10:01	65th
69	SCHABORT, Yolanda	Zettie & Yollie	7:44:33	4h23' 1"	4:06:13	63rd	3:38:19	69th
70	BEZUIDENHOUT, Marizette	Zettie & Yollie	7:44:33	4h23' 1"	4:06:13	64th	3:38:19	70th
71	HATTINGH, Sinead	Sweeper	7:49:48	4h28'16"	4:11:23	75th	3:38:24	71st
72	ELPHICK, Nicky	The Gems			4:08:13	65th		DNF
73	CAPSTICKDALE, Vanessa	Capstickdale			4:08:58	69th		DNF
74	CAPSTICKDALE, Jessica	Capstickdale			4:08:58	70th		DNF
75	SENNETT, Jennifer	GZFT			4:08:59	71st		DNF



Trail Girl 2-Day Run  
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### Solo - Open

Trail Girl 2017 (8-9 April 2017) 18.5km & 15.8km					Trail Girl 2 Day Run 8-Apr-17 18.5km		Trail Girl 2 Day Run 9-Apr-17 15.8km	
Rank	Name	Team	Time	Gap	Day 1 - Saasveld		Day 2 - Wilderness	
1	KRIEK, Nanja		3:57:18		2:12:46	4th	1:44:32	3rd
2	COETZEE, Tania		4:03:36	6'17"	2:12:46	5th	1:50:49	4th
3	VAN DER WALT, Sanlie		4:20:42	23'24"	2:19:58	8th	2:00:44	11th
4	BOYES, Carla		4:30:35	33'16"	2:27:11	9th	2:03:23	16th
5	VAN WYK, Theresa		4:59:32	1h2'13"	2:51:30	38th	2:08:01	18th
6	VAN VLAANDEREN, Megan		5:12:33	1h15'15"	2:51:29	35th	2:21:03	35th
7	CORLETT, Tammy		5:12:33	1h15'15"	2:51:30	36th	2:21:03	34th
8	WADE, Sarah		5:12:33	1h15'15"	2:51:30	37th	2:21:03	33rd
9	EYERS, Margaux		5:28:27	1h31' 8"	2:55:17	41st	2:33:09	46th
10	SMITH, Janneke		7:07:49	3h10'31"	3:43:39	60th	3:24:10	66th

### Solo - Veteran

Trail Girl 2017 (8-9 April 2017) 18.5km & 15.8km					Trail Girl 2 Day Run 8-Apr-17 18.5km		Trail Girl 2 Day Run 9-Apr-17 15.8km	
Rank	Name	Team	Time	Gap	Day 1 - Saasveld		Day 2 - Wilderness	
1	STEYN, Claudia		4:08:25		2:12:46	3rd	1:55:39	8th
2	ODENDAAL, Maryke		4:28:15	19'49"	2:32:37	16th	1:55:37	7th
3	BEZUIDENHOUT, Glenda		4:45:22	36'57"	2:37:20	22nd	2:08:02	19th
4	MOSTERT, Ilse		4:56:09	47'43"	2:37:20	21st	2:18:48	24th
5	BREYTENBACH, Janine		5:03:39	55'13"	2:56:11	43rd	2:07:27	17th
6	BORNMAN, Yvonne		5:28:27	1h20' 1"	2:55:17	42nd	2:33:09	47th
7	LOOTS, Karien		5:34:47	1h26'21"	2:56:11	44th	2:38:35	52nd
8	LOMBARD, Jenni		5:48:13	1h39'47"	3:08:11	54th	2:40:02	54th
9	MUNGER, Adele		6:02:47	1h54'21"	3:22:45	55th	2:40:02	53rd

### Solo - Master

Trail Girl 2017 (8-9 April 2017) 18.5km & 15.8km					Trail Girl 2 Day Run 8-Apr-17 18.5km		Trail Girl 2 Day Run 9-Apr-17 15.8km	
Rank	Name	Team	Time	Gap	Day 1 - Saasveld		Day 2 - Wilderness	
1	PRETORIUS, Sue		5:45:35		3:04:18	51st	2:41:16	55th



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Teams - Open									
Trail Girl 2017 (8-9 April 2017) 18.5km & 15.8km					Trail Girl 2 Day Run 8-Apr-17 18.5km		Trail Girl 2 Day Run 9-Apr-17 15.8km		
Rank	Name	Team	Time	Gap	Day 1 - Saasveld		Day 2 - Wilderness		
1	BLOM, Helen	Twisted Sisters	4:07:05		2:14:14	6th	1:52:51	5th	
	DU PREEZ, Christine	Twisted Sisters	4:07:05	0'00"	2:14:14	7th	1:52:51	6th	
2	PORTWIG, Zurike	Vrede	4:29:33	22'27"	2:32:37	14th	1:56:55	9th	
	KRUGER, Maretha	Vrede	4:29:33	22'27"	2:32:37	15th	1:56:55	10th	
3	MEDERER, Kate	Team Taylor	4:31:15	24'10"	2:28:13	12th	2:03:02	12th	
	TESSENDORF, Gina	Team Taylor	4:31:15	24'10"	2:28:13	13th	2:03:02	13th	
4	LIEBENBERG, Elzabe	Team Upington	4:53:59	46'54"	2:35:37	17th	2:18:22	22nd	
	VAN DER COLFF, Melissa	Team Upington	4:53:59	46'54"	2:35:37	18th	2:18:22	23rd	
5	FERREIRA, Marisha	Noorde Niggies	4:59:15	52'09"	2:39:35	23rd	2:19:39	27th	
	GELDENHUYS, Karen	Noorde Niggies	4:59:15	52'09"	2:39:35	24th	2:19:39	28th	
6	JACOBS, Cindy Ann	Runlicious	5:06:44	59'39"	2:45:30	27th	2:21:14	36th	
	VAN DER SCHYFF, Hendrien	Runlicious	5:06:44	59'39"	2:45:30	28th	2:21:14	37th	
7	VAN ZYL, Zelna	Zellie	5:07:48	1h0'43"	2:42:40	25th	2:25:07	40th	
	OLIVIER, Liezl	Zellie	5:07:48	1h0'43"	2:42:40	26th	2:25:07	41st	
8	LOMBARD, Janine	Super Heroes In Training	5:08:46	1h1'41"	2:48:00	33rd	2:20:46	31st	
	SMIT-LOTRIET, Karen	Super Heroes In Training	5:08:46	1h1'41"	2:48:00	34th	2:20:46	32nd	
9	SMIT, Gerda-Mari	Sassy Swaggy Sisters	5:21:46	1h14'41"	2:47:37	29th	2:34:09	48th	
	FERNANDES, Trudi	Sassy Swaggy Sisters	5:21:46	1h14'41"	2:47:37	30th	2:34:09	49th	
10	KNOETZE, Lize	Addo Girls	5:23:06	1h16' 0"	2:59:47	49th	2:23:18	38th	
	DE BRUIN, Freda	Addo Girls	5:23:06	1h16' 0"	2:59:47	50th	2:23:18	39th	
11	MOORE, Wuanita	Team Moore	5:42:53	1h35'47"	3:04:19	52nd	2:38:33	50th	
	MOORE, Allison	Team Moore	5:42:53	1h35'47"	3:04:19	53rd	2:38:33	51st	
12	LONG, Coralee	"It'll be fun" they said	6:23:31	2h16'25"	3:36:52	56th	2:46:38	60th	
	BOTTEN, Xanthe	"It'll be fun" they said	6:23:31	2h16'25"	3:36:52	57th	2:46:38	61st	
13	SHAW, Annien	Team Woodshaw	6:53:58	2h46'53"	3:45:35	61st	3:08:23	62nd	
	WOOD, Natasha	Team Woodshaw	6:53:58	2h46'53"	3:45:35	62nd	3:08:23	63rd	
14	SCHABORT, Yolanda	Zettie & Yollie	7:44:33	3h37'27"	4:06:13	63rd	3:38:19	69th	
	BEZUIDENHOUT, Marizette	Zettie & Yollie	7:44:33	3h37'27"	4:06:13	64th	3:38:19	70th	

Teams - Veteran									
Trail Girl 2017 (8-9 April 2017) 18.5km & 15.8km					Trail Girl 2 Day Run 8-Apr-17 18.5km		Trail Girl 2 Day Run 9-Apr-17 15.8km		
Rank	Name	Team	Time	Gap	Day 1 - Saasveld		Day 2 - Wilderness		
1	VON FINTEL, Geraldine	New Adventures	3:21:31		1:47:21	1st	1:34:10	1st	
	MACKENZIE, Jo	New Adventures	3:21:31	0'00"	1:47:21	2nd	1:34:10	2nd	
2	SKEELES, Katharine	Blitz Babes	4:30:34	1h9' 3"	2:27:12	10th	2:03:22	14th	
	FORBES, Robyn	Blitz Babes	4:30:34	1h9' 3"	2:27:12	11th	2:03:22	15th	



**Trail Girl 2-Day Run**  
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Trail Girl 2017 (8-9 April 2017) 18.5km & 15.8km					Trail Girl 2 Day Run 8-Apr-17 18.5km		Trail Girl 2 Day Run 9-Apr-17 15.8km	
Rank	Name	Team	Time	Gap	Day 1 - Saasveld		Day 2 - Wilderness	
3	SMIT, Chrisna	CA Team	5:11:27	1h49'55"	2:52:28	39th	2:18:58	26th
	LOMBARD, Annemarie	CA Team	5:11:27	1h49'55"	2:52:28	40th	2:18:58	25th
4	ODENDAAL, Juane	2 Cousins's Wives	5:16:29	1h54'57"	2:47:59	31st	2:28:30	42nd
	JOUBERT, Helga Hermien	2 Cousins's Wives	5:16:29	1h54'57"	2:47:59	32nd	2:28:30	43rd
5	FOURIE, Erika	Forever Young	5:30:14	2h8'42"	2:57:53	47th	2:32:20	44th
	CILLIERS, Amelia	Forever Young	5:30:14	2h8'42"	2:57:53	48th	2:32:20	45th

<b>Teams - Mother &amp; Daughter</b>								
Trail Girl 2017 (8-9 April 2017) 18.5km & 15.8km					Trail Girl 2 Day Run 8-Apr-17 18.5km		Trail Girl 2 Day Run 9-Apr-17 15.8km	
Rank	Name	Team	Time	Gap	Day 1 - Saasveld		Day 2 - Wilderness	
1	MALAN, Lesley	Farm Chicks	4:48:02		2:36:19	19th	2:11:43	21st
	DE BRUIN, Candice	Farm Chicks	4:48:02	0'00"	2:36:19	20th	2:11:43	20th
2	JOHNSTON, Brenda	Team Pinky	5:17:13	29'10"	2:56:59	45th	2:20:13	29th
	JOHNSTON, Clarissa	Team Pinky	5:17:13	29'10"	2:56:59	46th	2:20:13	30th
3	CHALMERS, Sally	Team Skholly	6:55:09	2h7' 6"	4:08:59	73rd	2:46:10	58th
	CHALMERS, Holly	Team Skholly	6:55:09	2h7' 6"	4:08:59	74th	2:46:10	59th
4	BOYCE, Annemè	Boycies	7:07:49	2h19'46"	3:43:39	58th	3:24:10	67th
	BOYCE, Susan	Boycies	7:07:50	2h19'47"	3:43:39	59th	3:24:10	68th
5	HALLAS, Sarah	Team Hallas	7:18:15	2h30'12"	4:08:13	67th	3:10:01	64th
	HALLAS, Emma	Team Hallas	7:18:15	2h30'12"	4:08:13	68th	3:10:01	65th
	ELPHICK, Alexandra	The Gems	6:53:13		4:08:13	66th	2:44:59	57th
	ELPHICK, Nicky	The Gems			4:08:13	65th	0:00:00	DNF
	SENNETT, Georgina	GZFT	6:53:58		4:08:59	72nd	2:44:59	56th
	SENNETT, Jennifer	GZFT			4:08:59	71st	0:00:00	DNF
	CAPSTICKDALE, Vanessa	Capstickdale			4:08:58	69th	0:00:00	DNF
	CAPSTICKDALE, Jessica	Capstickdale			4:08:58	70th	0:00:00	DNF