

# Orak 12 Hour Race

Vredendal Saturday 2 July 2016



Place	Bib #	Name	Sex	Team	Laps Completed	Kms Completed	Final Split Time
1	68	Lionell Cronje	M	BELLVILLE ATHLETIC CL	126	126	11:43:56
2	37	Johan Van Zyl	M	TYGERBERG ATHLETIC CL	117	117	11:43:56
3	1	Martha Pretorius	F	NANTES ATHELTIC CLUB	110.2	110.2	11:57:44
4	56	Dean Hewitt	M	BRACKENFELL ATHLETICS	105	105	11:50:54
5	6	Henk Carstens	M	STRAND ATHLETIC CLUB	101	101	11:42:30
6	93	Zethena October	F	RAVENSMEAD AMATEUR AC	101	101	11:59:23
7	159	Ron Brink	M	STRAND ATHLETIC CLUB	100	100	11:50:07
8	15	John Burns	M	BELLVILLE ATHLETIC CL	100	100	11:54:46
9	148	Karl Baker	M	GUGULETHU AC	97	97	11:57:24
10	18	Johan Esterhuizen	M	NAMAQUA ATHLETICS CLUB	96	96	11:54:42
11	167	Maitele Tshifaloro	F	PINELANDS ATHLETICS C	95.3	95.3	11:55:29
12	101	Fundiswa Sandi	F	RAVENSMEAD AMATEUR AC	92.2	92.2	11:57:16
13	71	Sanet Calitz	F	NAMAQUA ATHLETICS CLUB	91.3	91.3	11:56:38
14	151	Frans Marais	M	BRACKENFELL ATHLETICS	89.2	89.2	11:58:07
15	173	Thea Botha	F	BRACKENFELL ATHLETICS	88.2	88.2	11:58:07
16	107	Monique Roberts	F	BELLVILLE ATHLETIC CL	88	88	11:58:39
17	53	Reganald Crowster	M	TYGERBERG ATHLETIC CL	88	88	11:58:41
18	150	Rina Van Der Merwe	F	BELLVILLE ATHLETIC CL	87.7	87.7	11:54:49
19	32	Wynand Moller	M	DURBAC	86	86	11:56:41
20	166	Nyaweleni Tshifaloro	M	PINELANDS ATHLETICS C	85	85	11:12:52
21	135	Vicus Van Der Merwe	M	BELLVILLE ATHLETIC CL	85	85	11:26:40
22	134	Sannette Gibson	F	STRAND ATHLETIC CLUB	84	84	11:42:33
23	52	Anita Engelbrecht	F	BELLVILLE ATHLETIC CL	83	83	11:54:45
24	9	Hilton Murray	M	BELLVILLE ATHLETIC CL	83	83	11:54:49
25	152	Sunelle Van Zyl-Briers	F	BELLVILLE ATHLETIC CL	82	82	11:23:44

26	31	Yolanda Botha	F	BRACKENFELL ATHLETICS	82	82	11:43:49
27	76	Heleene Steenkamp	F	CAPE MULTISPORT CLUB	81	81	09:48:16
28	50	Lizo Bango	M	GUGULETHU	81	81	10:20:04
29	92	Elizabeth Smal	F	RAVENSMEAD AMATEUR AC	81	81	10:41:53
30	115	Lesley Matthews	F	RUN WALK FOR LIFE WP	81	81	10:42:45
31	86	Lisa Janse Van Rensburg	F	RUN WALK FOR LIFE WP	81	81	10:59:29
32	65	Herman Janse Van Rensburg	M	RUN WALK FOR LIFE WP	81	81	10:59:29
33	176	Hendrik Beukes	M	ORAK	81.9	81.9	11:50:40
34	12	Wendal Smith	M	PINELANDS ATHLETICS C	81	81	11:58:31
35	170	Damian Will	M	PINELANDS ATHLETICS C	80	80	08:17:38
36	85	Mervin Steenkamp	M	LION OF AFRICA ITHEKO	80	80	08:46:49
37	64	Welma Greeff	F	RUN WALK FOR LIFE WP	80	80	10:29:06
38	118	Wiso Vuyo	M	NAMAQUA ATHLETICS CLUB	80	80	10:34:25
39	35	Craig Risi	M	BELLVILLE ATHLETIC CL	80	80	10:50:28
40	59	Jackie Goosen	F	BRACKENFELL ATHLETICS	80	80	11:17:27
41	79	Werner Rossouw	M	NAMAQUA ATHLETICS CLUB	80	80	11:19:51
42	124	Patricia Roux	F	BELLVILLE ATHLETIC CL	80	80	11:23:45
43	36	Lee-Ann Harris	F	PINELANDS ATHLETICS C	80	80	11:26:54
44	108	Crystle-Lynne Moore	F	SA POLICE SERVICES MC	80	80	11:48:07
45	169	Hester Fortune	F	BRACKENFELL ATHLETICS	80	80	11:49:08
46	154	Dinilesizwe Gudlindlu	M	CENTYRY CITY AC	80	80	11:54:17
47	119	Julian Ohlson	M	CAPE MULTISPORT CLUB	80.4	80.4	11:55:03
48	55	Danie Van Eck	M	BELLVILLE ATHLETIC CL	80	80	11:56:41
49	171	Berenic Crowster	F	-	77	77	11:42:53
50	17	Adele Erasmus	F	BELLVILLE ATHLETIC CL	75	75	11:54:39
51	160	Ashley Tsineng	M	ORAK	75.2	75.2	11:58:37
52	91	Essie White	F	BELLVILLE ATHLETIC CL	73	73	11:42:33
53	144	Arnoldus Kennedy	M	ORAK	71	71	09:05:20
54	20	Suska Snyman	F	NAMAQUA ATHLETICS CLUB	71.9	71.9	11:50:25
55	110	Roelof Briers	M	BELLVILLE ATHLETIC CL	70	70	10:41:21

56	41	Annalene Botha	F	BRACKENFELL ATHLETICS	70	70	10:58:25
57	109	Joseph Johannes	M	RAVENSMEAD AMATEUR AC	69	69	08:03:22
58	42	Jacqui Riai	F	BELLVILLE ATHLETIC CL	68	68	10:50:27
59	89	Diketso Lekgwathi	M	VODASHOP KIMBERLEY RO	67	67	10:35:34
60	125	Johan Coetzee	M	ORAK	67	67	10:55:08
61	136	Erika Marx	F	BRACKENFELL ATHLETICS	66	66	11:35:15
62	168	Damian Seale	M	BELLVILLE ATHLETIC CL	65	65	08:03:23
63	138	Roseline Federicks	F	RAVENSMEAD AMATEUR AC	65	65	09:55:22
64	88	Johan Wagener	M	BELLVILLE ATHLETIC CL	64	64	10:36:13
65	62	Raymond Herron	M	BELLVILLE ATHLETIC CL	62	62	09:25:29
66	96	Annelize Geldenhuys	F	BRACKENFELL ATHLETICS	62	62	09:57:45
67	70	Koert Meyer	M	TYGERBERG ATHLETIC CL	62	62	11:23:33
68	155	Wynand Beukes	M	EDGEMEAD RUNNING CLUB	62	62	11:34:35
69	48	Mercia Smith	F	PINELANDS ATHLETICS C	62	62	11:49:21
70	77	Tougieda Allie	F	LION OF AFRICA ITHEKO	62	62	11:55:39
71	45	Maria Brand	F	K-WAY VOB ATHLETIC CL	61	61	09:59:58
72	132	Willem Fransman	M	SANLAM ATHLETIC CLUB	61	61	10:08:35
73	149	Frieda Blignaut	F	SANLAM ATHLETIC CLUB	61	61	10:19:13
74	100	Mary Bergh	F	BRACKENFELL ATHLETICS	61	61	11:23:28
75	99	Edwin King	M	SANLAM ATHLETIC CLUB	61	61	11:30:46
76	143	Petra King	F	SANLAM ATHLETIC CLUB	61	61	11:30:46
77	133	Annetjie Claassen	F	SANLAM ATHLETIC CLUB	61	61	11:34:32
78	87	Cailey Bredenkamp	F	PAARL ATHLETICS CLUB	60	60	07:27:31
79	157	Doneville Vries	M	ORAK	60	60	07:27:59
80	156	Jozua Joubert	M	BRACKENFELL ATHLETICS	60	60	08:08:17
81	172	Lodewyk Janewaarie	M	PINELANDS ATHLETICS C	60	60	08:27:16
82	69	Frikkie Carstens	M	SWARTLAND AC	60	60	08:44:06
83	161	Martin Geustyn	M	BELLVILLE ATHLETIC CL	60	60	09:01:52
84	103	Cecelia Richards	F	RAVENSMEAD AMATEUR AC	60	60	09:11:37
85	47	Andrea Herron	F	BELLVILLE ATHLETIC CL	60	60	09:25:31

86	60	Rayno Beselaar	M	BRACKENFELL ATHLETICS	60	60	09:32:04
87	74	Jacques Coetzee	M	BRACKENFELL ATHLETICS	60	60	09:40:12
88	75	Michelle Du Toit	F	EDGEMEAD RUNNING CLUB	60	60	09:40:20
89	78	Mari Ackerman	F	BRACKENFELL ATHLETICS	60	60	09:49:23
90	94	Wanda Carstens	F	SWARTLAND AC	60	60	09:51:00
91	122	Sally Hendricks	F	RAVENSMEAD AMATEUR AC	60	60	10:02:25
92	61	Jerome Richards	M	RAVENSMEAD AMATEUR AC	60	60	10:10:23
93	14	Mandy Burns	F	BELLVILLE ATHLETIC CL	60	60	10:14:57
94	58	Cornelia Liebenberg	F	BELLVILLE ATHLETIC CL	60	60	10:14:58
95	81	Mary Fortuin	F	LION OF AFRICA ITHEKO	60	60	10:55:00
96	130	Michael Goosen	M	BRACKENFELL ATHLETICS	60	60	10:56:43
97	123	Shirley Botha	F	RAVENSMEAD AMATEUR AC	60	60	11:17:17
98	63	Petro Miller	F	BRACKENFELL ATHLETICS	60	60	11:24:31
99	165	Annela Bosch	F	BELLVILLE ATHLETIC CL	60	60	11:29:00
100	142	Elizaberth-Ann Daniles	F	RAVENSMEAD AMATEUR AC	60	60	11:29:25
101	105	Teresa Morris	F	BRACKENFELL ATHLETICS	60	60	11:29:39
102	127	Liesel Engelbrecht	F	BELLVILLE ATHLETIC CL	60	60	11:40:30
103	8	Lizet Murray	F	BELLVILLE ATHLETIC CL	60	60	11:40:30
104	82	Marinda Kellerman	F	BRACKENFELL ATHLETICS	60	60	11:41:32
105	139	Carol Nepgen	F	KOWIE STRIDERS	55	55	10:38:25
106	80	Gerhard Fourie	M	HARTENBOS DRAWWERS	55	55	11:28:21
107	126	Hettie Fourie	F	HARTENBOS DRAWWERS	55	55	11:28:22
108	116	Desiree Brown	F	RAVENSMEAD AMATEUR AC	53	53	10:18:46
109	95	Jannie Engelbrecht	M	BELLVILLE ATHLETIC CL	53	53	10:33:32
110	46	Andrew Cockcroft	M	EDGEMEAD RUNNING CLUB	50	50	05:58:01
111	113	Casper Groenewald	M	BELLVILLE ATHLETIC CL	50	50	09:26:15
112	104	Joseph Bergh	M	BRACKENFELL ATHLETICS	50	50	10:07:38
113	73	Brian Merryweather	M	EDGEMEAD RUNNING CLUB	48	48	05:58:01
114	106	Helie Janse Van Rensburg	F	BELLVILLE ATHLETIC CL	48	48	11:53:59
115	7	Derry Devine	M	K-WAY VOB ATHLETIC CL	47	47	07:25:26

116	153	Justin Vries	M	ORAK	45	45	08:07:17
117	83	Srikanth Reddy Karumuri	M	BRACKENFELL ATHLETICS	45	45	08:34:56
118	137	Neolene Lourens	F	BELLVILLE ATHLETIC CL	44	44	07:48:01
119	34	Danie Lourens	M	BELLVILLE ATHLETIC CL	43	43	06:52:13
120	84	Wes Jones	M	ORAK	43	43	07:03:58
121	131	Danielia Groenewald	F	BELLVILLE ATHLETIC CL	43	43	07:48:00
122	120	Jean Nepgen	M	KOWIE STRIDERS	43	43	10:30:48
123	40	Valecia Swano	F	RAVENSMEAD AMATEUR AC	42	42	07:55:45
124	97	Corne Janse Van Rensburg	M	BELLVILLE ATHLETIC CL	42	42	11:53:36
125	158	Lynn Voges	F	BRACKENFELL ATHLETICS	41	41	06:32:30
126	129	Natasha Smit	F	BRACKENFELL ATHLETICS	41	41	11:32:51
127	111	Rowena Brown	F	RAVENSMEAD AMATEUR AC	38	38	07:42:16
128	22	Pieter Carstens	M	BELLVILLE ATHLETIC CL	34	34	05:31:18
129	146	Johanna Van Eck	F	-	33	33	07:11:45
130	67	Chinelle Hewitt	F	BRACKENFELL ATHLETICS	32	32	05:26:41
131	162	Magriet Geustyn	F	BELLVILLE ATHLETIC CL	32	32	07:52:23
132	163	Niklaas Laubscher	M	-	32	32	08:34:18
133	112	Adelaide August	F	TYGERBERG ATHLETIC CL	32	32	10:25:38
134	38	Sujitra Rodhiran	F	EDGEMEAD RUNNING CLUB	31	31	04:15:13
135	66	Carla Botha	F	BRACKENFELL ATHLETICS	31	31	06:48:36
136	121	Douw Vermeulen	M	BRACKENFELL ATHLETICS	30	30	04:19:22
137	141	Jan Du Plessis	M	HELDERBERG HARRIERS	30	30	06:13:59
138	2	Arina Cilliers	F	ORAK	30	30	06:14:29
139	117	Kate Coetzee	F	BELLVILLE ATHLETIC CL	30	30	07:20:52
140	16	Gerrie Cilliers	M	ORAK	30	30	07:25:11