

# RESULTS

## MEN

### OPEN MEN

|   |     |         |         |           |         |
|---|-----|---------|---------|-----------|---------|
| 1 | (1) | ADMIRE  | RUSHKA  | K-WAY VOB | 1-21-45 |
| 2 | (2) | RUAN    | MYBURGH |           | 1-32-07 |
| 3 | (3) | RICHARD | BURMAN  | K-WAY VOB | 1-32-23 |

### SENIOR MEN 20 – 39 YEARS

|   |      |         |         |           |         |
|---|------|---------|---------|-----------|---------|
| 1 | (1)  | ADMIRE  | RUSHKA  | K-WAY VOB | 1-21-45 |
| 2 | (2)  | RUAN    | MYBURGH |           | 1-32-07 |
| 3 | (30) | RICHARD | BURMAN  | K-WAY VOB | 1-32-23 |

### MEN 40 – 49 YEARS

|   |      |         |           |  |         |
|---|------|---------|-----------|--|---------|
| 1 | (6)  | TRISTAN | RILEY     |  | 1-36-44 |
| 2 | (9)  | COSTA   | DEMOPULOS |  | 1-43-32 |
| 3 | (17) | PIERRE  | GOUSSARD  |  | 1-46-07 |

### MEN 50 – 59 YEARS

|   |      |         |          |        |         |
|---|------|---------|----------|--------|---------|
| 1 | (5)  | SHAFIEK | CASSIEM  | ITHEKO | 1-36-42 |
| 2 | (11) | HANS    | WOERMANN |        | 1-43-52 |

### MEN 60 – 69 YEARS

|   |      |     |             |  |         |
|---|------|-----|-------------|--|---------|
| 1 | (45) | BOB | DE LA MOTTE |  | 2-01-50 |
|---|------|-----|-------------|--|---------|

## WOMEN

### OPEN WOMEN

|   |      |         |        |                 |         |
|---|------|---------|--------|-----------------|---------|
| 1 | (4)  | DANETTE | SMITH  | CAPE MULTISPORT | 1-35-51 |
| 2 | (16) | AMANDA  | CLOETE |                 | 1-45-25 |
| 3 | (19) | ELLIE   | COURTS | CELTIC HARRIERS | 1-47-25 |

### SENIOR WOMEN 20 – 39 YEARS

|   |      |         |           |                 |         |
|---|------|---------|-----------|-----------------|---------|
| 1 | (4)  | DANETTE | SMITH     | CAPE MULTISPORT | 1-35-51 |
| 2 | (16) | AMANDA  | CLOETE    |                 | 1-45-25 |
| 3 | (23) | KELLY   | MACKENZIE |                 | 1-51-01 |

### WOMEN 40 - 49 YEARS

|   |      |        |          |                 |         |
|---|------|--------|----------|-----------------|---------|
| 1 | (19) | ELLIE  | COURTS   | CELTIC HARRIERS | 1-47-25 |
| 2 | (21) | KAREN  | JENNINGS | K-WAY VOB       | 1-49-45 |
| 3 | (38) | ANDREA | TOOLEY   |                 | 1-58-45 |

### WOMEN 50 – 59 YEARS

|   |      |          |          |                 |         |
|---|------|----------|----------|-----------------|---------|
| 1 | (20) | GEORGINA | ANDRAOS  | K-WAY VOB       | 1-47-26 |
| 2 | (44) | KATHLEEN | MCQUAIDE | CELTIC HARRIERS | 2-01-49 |