

LAKE FARM TRAIL RUN - 4KM (2019)

Position	Name	Time
1	Patrige Chimwendo	00:19:29
2	Edgar Niit	00:20:18
3	Eli Pritchard	00:22:14
4	Jaime Alcock	00:26:10
5	Bradley Mardon	00:30:06
6	Kathy Hoy	00:31:18
7	Sarah Jessiman	00:31:30
8	Jacques van Niekerk	00:33:33
9	Shandee Hermaans	00:35:16
10	Sharon Hermaans	00:35:22
11	Anneline Mulder	00:35:53
12	Mark Jessiman	00:36:17
13	Fierozza Daniels	00:36:18
14	Mu'minah Daniels	00:38:14
15	Inge Dafel	00:38:57
16	Geraldine Westraadt	00:43:16
17	Tatiana Rademeyer	00:48:25
18	Judith Reynolds	00:48:30
19	Charlene Rademeyer	00:50:11
20	Braam van Niekerk	00:50:42
21	Natasha van Niekerk	00:50:43
22	Nadine Munton	00:51:43
23	Gail Stephen	00:54:30
24	Lindsay Stephen	00:54:32
25	Wickus Rademeyer	00:55:49
26	Allan Stephen	00:56:02
27	Petie Rademeyer	00:57:10
28	Mandy Landy	01:01:00
29	Trevor Landy	01:01:00
30	Joy Woodford	01:01:14
31	Gillian Warmenhove	01:01:14
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