

VSM 2023-10km-Overall

Pos.	Name	Time	Bib No.	Distance	Gender
1	Jason Swemmer	01:16:51	1625	10km	Male
2	Teswil Mitchell	01:17:32	1645	10km	Male
3	Nico Krigga	01:29:38	1636	10km	Male
4	Marco O'neil	01:30:43	1758	10km	Male
5	Nathan Le Roux	01:31:35	1634	10km	Male
6	Clara Du Plessis	01:34:36	1617	10km	Female
7	Rommany Rogers	01:36:03	1639	10km	Female
8	Xander Oosthuysen	01:36:41	1649	10km	Male
9	Johann Staats	01:38:46	1627	10km	Male
10	Anemi Jacobs	01:42:11	1518	10km	Female
11	Jacques Mac Mahon	01:45:03	1624	10km	Male
12	Dominick Marshall-Smith	01:49:37	1618	10km	Male
13	Simone Brink	01:49:53	1642	10km	Female
14	Nelmari Saayman	02:02:46	1635	10km	Female
15	Susan Swanepoel	02:06:22	1644	10km	Female
16	Octavia Boshoff	02:14:28	1754	10km	Female
17	Maxine Thiart	02:14:58	1633	10km	Female
18	Aleche Barnard	02:17:09	1756	10km	Female
19	Eben Barnard	02:17:15	1619	10km	Male
20	Frances Solomon	02:18:07	1622	10km	Female
21	Lukie Barnard	02:21:09	1631	10km	Female
22	Kelly-Jo Collier	02:21:13	1630	10km	Female
23	Sam Du Toit	02:22:54	1640	10km	Female
24	Anelle Saaiman	02:23:43	1517	10km	Female
25	Jenny Rudman	02:25:28	1626	10km	Female
26	Volenti Meyer	02:32:09	1647	10km	Female
27	Thobeka Mabusela	02:33:35	1646	10km	Female
28	Shafiak Rasdien	02:35:21	1753	10km	Male
29	Celida Trahms	02:40:49	1616	10km	Female
30	Barbara Hoek	02:41:25	1519	10km	Female
31	Lyndle Naidoo	02:43:51	1632	10km	Female
32	Willem Dafel	02:44:25	1648	10km	Male
33	Brad Grobler	03:02:43	1755	10km	Male
34	Odette Taljaard	03:12:17	1637	10km	Female
35	Elsabe Janse Van Rensburg	03:12:22	1621	10km	Female
36	Heidrin Gerber	03:26:44	1623	10km	Female
37	Elmarie Nel	03:37:12	1620	10km	Female
38	Andre Nel	03:37:21	1516	10km	Male

VSMM 2023-10km-Female

Pos.	Name	Time	Bib No.	Distance	Gender
1	Clara Du Plessis	01:34:36	1617	10km	Female
2	Rommany Rogers	01:36:03	1639	10km	Female
3	Anemi Jacobs	01:42:11	1518	10km	Female
4	Simone Brink	01:49:53	1642	10km	Female
5	Nelmari Saayman	02:02:46	1635	10km	Female
6	Susan Swanepoel	02:06:22	1644	10km	Female
7	Octavia Boshoff	02:14:28	1754	10km	Female
8	Maxine Thiant	02:14:58	1633	10km	Female
9	Aleche Barnard	02:17:09	1756	10km	Female
10	Frances Solomon	02:18:07	1622	10km	Female
11	Lukie Barnard	02:21:09	1631	10km	Female
12	Kelly-Jo Collier	02:21:13	1630	10km	Female
13	Sam Du Toit	02:22:54	1640	10km	Female
14	Anelle Saaiman	02:23:43	1517	10km	Female
15	Jenny Rudman	02:25:28	1626	10km	Female
16	Volenti Meyer	02:32:09	1647	10km	Female
17	Thobeka Mabusela	02:33:35	1646	10km	Female
18	Celida Trahms	02:40:49	1616	10km	Female
19	Barbara Hoek	02:41:25	1519	10km	Female
20	Lyndle Naidoo	02:43:51	1632	10km	Female
21	Odette Taljaard	03:12:17	1637	10km	Female
22	Elsabe Janse Van Rensburg	03:12:22	1621	10km	Female
23	Heidrin Gerber	03:26:44	1623	10km	Female
24	Elmarie Nel	03:37:12	1620	10km	Female

VSMM 2023-10km-Male

Pos.	Name	Time	Bib No.	Distance	Gender
1	Jason Swemmer	01:16:51	1625	10km	Male
2	Teswil Mitchell	01:17:32	1645	10km	Male
3	Nico Krigga	01:29:38	1636	10km	Male
4	Marco O'neil	01:30:43	1758	10km	Male
5	Nathan Le Roux	01:31:35	1634	10km	Male
6	Xander Oosthuysen	01:36:41	1649	10km	Male
7	Johann Staats	01:38:46	1627	10km	Male
8	Jacques Mac Mahon	01:45:03	1624	10km	Male
9	Dominick Marshall-Smith	01:49:37	1618	10km	Male
10	Eben Barnard	02:17:15	1619	10km	Male
11	Shafiak Rasdien	02:35:21	1753	10km	Male
12	Willem Dafel	02:44:25	1648	10km	Male
13	Brad Grobler	03:02:43	1755	10km	Male
14	Andre Nel	03:37:21	1516	10km	Male

VSM 2023-21km-Overall

Pos.	Name	Time	Bib No.	Distance	Gender
1	Izak Vd Merwe	02:43:48	1748	21km	Male
2	Dylon Dickson	02:46:28	1749	21km	Male
3	Sebastian Kleu	02:48:03	1710	21km	Male
4	Jacobus Scott	03:05:53	1674	21km	Male
5	Paul Du Plessis	03:05:59	1697	21km	Male
6	Adrio De-Waal	03:09:39	1650	21km	Male
7	Theresa Buchner	03:16:20	1714	21km	Female
8	Darryl Calvert	03:18:29	1663	21km	Male
9	Bailee Nell	03:20:42	1654	21km	Female
10	Henk Hagen	03:24:46	1670	21km	Male
11	Christoff Greeff	03:24:51	1661	21km	Male
12	Natalie Boshoff	03:24:58	1691	21km	Female
13	Inge Williamson	03:26:16	1673	21km	Female
14	Nicholas Forbes	03:27:50	1694	21km	Male
15	Rebecca Jordaan	03:28:23	1700	21km	Female
16	Richard Daneel	03:35:05	1701	21km	Male
17	Louis Hoek	03:35:27	1683	21km	Male
18	Rudi Koekemoer	03:35:35	1706	21km	Male
19	Ida Paulsen	03:35:50	1671	21km	Female
20	Cliff Reed	03:45:14	1662	21km	Male
21	Christoff Opperman	03:46:06	1660	21km	Male
22	Imke Kumm	03:50:37	1672	21km	Female
23	Anton Du Preez	03:54:31	1653	21km	Male
24	Charles Corby	03:56:02	1658	21km	Male
25	Paul Soine	03:56:19	1696	21km	Male
26	Caroline Bowker	04:01:50	1656	21km	Female
27	Sharon Claassen	04:06:15	1711	21km	Female
28	Hannah Hartsliet	04:07:44	1669	21km	Female
29	Alex Du Toit	04:07:56	1651	21km	Male
30	Anthony Scholtz	04:09:27	1652	21km	Male
31	Hanna De Kock	04:09:42	1668	21km	Female
32	Ken De Kock	04:10:11	1677	21km	Male
33	Pierre Kok	04:11:57	1698	21km	Male
34	Chris Botha	04:15:56	1659	21km	Male
35	Cecilia Claydon	04:18:59	1657	21km	Female
36	Liza Hobday	04:19:07	1681	21km	Female
37	Talitha Seddon	04:21:29	1713	21km	Female
38	Leandra Rosslee	04:25:37	1679	21km	Female
39	Robert Lee	04:31:07	1702	21km	Male
40	Ross Engler	04:31:11	1705	21km	Male
41	Janine Pohlmann	04:34:10	1675	21km	Female
42	Mark Pohlmann	04:34:15	1687	21km	Male
43	Nombongo Matolengwe	04:37:48	1695	21km	Female
44	Robyn Bird	04:43:14	1703	21km	Female
45	Garrick Bowker	04:46:09	1667	21km	Male
46	Scholtz Opperman	04:47:27	1709	21km	Male
47	Marie Petrelis	04:47:33	1686	21km	Female
48	Darius Classen	04:50:31	1747	21km	Male
49	Zaniel Richards	04:50:37	1715	21km	Male
50	Mathew Jacoby	04:53:58	1688	21km	Male
51	Lize Frost	05:05:08	1682	21km	Female
52	Maxine Tromp	05:05:11	1689	21km	Female

VSM 2023-21km-Overall

53	Stephanie Pittaway	05:05:16	1712	21km	Female
54	Elrika Pieterse	05:05:19	1665	21km	Female
55	Magdalena Lategan	05:05:27	1684	21km	Female
56	Etienne Meyer	05:14:14	1666	21km	Male
57	Konrad Hoekstra	05:18:16	1678	21km	Male
58	Ndaba Ndzombane	05:18:53	1693	21km	Male
59	Ryan Harmse	05:21:36	1707	21km	Male
60	Liz Bain	05:21:44	1680	21km	Female
61	Rebecca Gatangi	05:31:03	1699	21km	Female
62	Sally Anderson	05:34:35	1751	21km	Female
63	Nicky Grobler	05:40:23	1752	21km	Female
64	Rodney Butters	05:46:32	1704	21km	Male
65	Joel Human	05:57:17	1676	21km	Male
66	Bernadette Loock	05:57:23	1655	21km	Female
67	Derine Potgieter	06:22:07	1664	21km	Female
68	Carene Norris	07:26:01	1750	21km	Female

VSMM 2023-21km-Female

Pos.	Name	Time	Bib No.	Distance	Gender
1	Theresa Buchner	03:16:20	1714	21km	Female
2	Bailee Nell	03:20:42	1654	21km	Female
3	Natalie Boshoff	03:24:58	1691	21km	Female
4	Inge Williamson	03:26:16	1673	21km	Female
5	Rebecca Jordaan	03:28:23	1700	21km	Female
6	Ida Paulsen	03:35:50	1671	21km	Female
7	Imke Kumm	03:50:37	1672	21km	Female
8	Caroline Bowker	04:01:50	1656	21km	Female
9	Sharon Claassen	04:06:15	1711	21km	Female
10	Hannah Hartslief	04:07:44	1669	21km	Female
11	Hanna De Kock	04:09:42	1668	21km	Female
12	Cecilia Claydon	04:18:59	1657	21km	Female
13	Liza Hobday	04:19:07	1681	21km	Female
14	Talitha Seddon	04:21:29	1713	21km	Female
15	Leandra Rosslee	04:25:37	1679	21km	Female
16	Janine Pohlmann	04:34:10	1675	21km	Female
17	Nombongo Matolengwe	04:37:48	1695	21km	Female
18	Robyn Bird	04:43:14	1703	21km	Female
19	Marie Petrelis	04:47:33	1686	21km	Female
20	Lize Frost	05:05:08	1682	21km	Female
21	Maxine Tromp	05:05:11	1689	21km	Female
22	Stephanie Pittaway	05:05:16	1712	21km	Female
23	Elrika Pieterse	05:05:19	1665	21km	Female
24	Magdalena Lategan	05:05:27	1684	21km	Female
25	Liz Bain	05:21:44	1680	21km	Female
26	Rebecca Gatangi	05:31:03	1699	21km	Female
27	Sally Anderson	05:34:35	1751	21km	Female
28	Nicky Grobler	05:40:23	1752	21km	Female
29	Bernadette Looock	05:57:23	1655	21km	Female
30	Derine Potgieter	06:22:07	1664	21km	Female
31	Carene Norris	07:26:01	1750	21km	Female

VSMM 2023-21km-Male

Pos.	Name	Time	Bib No.	Distance	Gender
1	Izak Vd Merwe	02:43:48	1748	21km	Male
2	Dylon Dickson	02:46:28	1749	21km	Male
3	Sebastian Kleu	02:48:03	1710	21km	Male
4	Jacobus Scott	03:05:53	1674	21km	Male
5	Paul Du Plessis	03:05:59	1697	21km	Male
6	Adrio De-Waal	03:09:39	1650	21km	Male
7	Darryl Calvert	03:18:29	1663	21km	Male
8	Henk Hagen	03:24:46	1670	21km	Male
9	Christoff Greeff	03:24:51	1661	21km	Male
10	Nicholas Forbes	03:27:50	1694	21km	Male
11	Richard Daneel	03:35:05	1701	21km	Male
12	Louis Hoek	03:35:27	1683	21km	Male
13	Rudi Koekemoer	03:35:35	1706	21km	Male
14	Cliff Reed	03:45:14	1662	21km	Male
15	Christoff Opperman	03:46:06	1660	21km	Male
16	Anton Du Preez	03:54:31	1653	21km	Male
17	Charles Corby	03:56:02	1658	21km	Male
18	Paul Soine	03:56:19	1696	21km	Male
19	Alex Du Toit	04:07:56	1651	21km	Male
20	Anthony Scholtz	04:09:27	1652	21km	Male
21	Ken De Kock	04:10:11	1677	21km	Male
22	Pierre Kok	04:11:57	1698	21km	Male
23	Chris Botha	04:15:56	1659	21km	Male
24	Robert Lee	04:31:07	1702	21km	Male
25	Ross Engler	04:31:11	1705	21km	Male
26	Mark Pohlmann	04:34:15	1687	21km	Male
27	Garrick Bowker	04:46:09	1667	21km	Male
28	Scholtz Opperman	04:47:27	1709	21km	Male
29	Darius Classen	04:50:31	1747	21km	Male
30	Zaniel Richards	04:50:37	1715	21km	Male
31	Mathew Jacoby	04:53:58	1688	21km	Male
32	Etienne Meyer	05:14:14	1666	21km	Male
33	Konrad Hoekstra	05:18:16	1678	21km	Male
34	Ndaba Ndzombane	05:18:53	1693	21km	Male
35	Ryan Harmse	05:21:36	1707	21km	Male
36	Rodney Butters	05:46:32	1704	21km	Male
37	Joel Human	05:57:17	1676	21km	Male

VSM 2023-42km-Overall

Pos.	Name	Time	Bib No.	Distance	Gender
1	Steven Gagiano	05:37:28	1744	42km	Male
2	Brett Vermeulen	05:42:50	1722	42km	Male
3	Candice Richards	05:49:41	1723	42km	Female
4	Johan Britz	06:04:22	1732	42km	Male
5	Martin Hartslief	06:05:54	1734	42km	Male
6	Neil Dickson	06:05:58	1737	42km	Male
7	Philip Pieterse	06:07:19	1739	42km	Male
8	Robin Steyn	06:23:39	1740	42km	Male
9	Erik Kemp	06:24:30	1726	42km	Male
10	Fuard De Jager	06:38:43	1728	42km	Male
11	Abduragman Lillah	06:38:51	1746	42km	Male
12	Liza Phipps	06:39:04	1733	42km	Female
13	Jean-Pierre Van Der Merwe	06:53:57	1731	42km	Male
14	Barry Phipps	07:00:10	1720	42km	Male
15	Altus Fourie	07:02:18	1717	42km	Male
16	Evert Burger	07:02:25	1727	42km	Male
17	Ian Claydon	07:23:30	1729	42km	Male
18	Andrew Hobday	07:23:41	1719	42km	Male
19	Ryno Von Waltzleben	07:25:42	1741	42km	Male
20	Jayd Georgiades	07:34:16	1730	42km	Female
20	Shelly Stewart	07:34:16	1743	42km	Female
22	Danny Darne	07:43:41	1725	42km	Male
23	Andrew Hollely	07:54:58	1718	42km	Male
24	Melanie Gorman	08:10:40	1735	42km	Female
25	Natalie Van Der Linde	08:10:49	1736	42km	Female
26	Pamela Paton	08:38:54	1738	42km	Female
27	Allister Marran	08:48:55	1716	42km	Male
28	Dalu Majeke	09:08:56	1724	42km	Male

VSMM 2023-42km-Female

Pos.	Name	Time	Bib No.	Distance	Gender
1	Candice Richards	05:49:41	1723	42km	Female
2	Liza Phipps	06:39:04	1733	42km	Female
3	Jayd Georgiades	07:34:16	1730	42km	Female
3	Shelly Stewart	07:34:16	1743	42km	Female
5	Melanie Gorman	08:10:40	1735	42km	Female
6	Natalie Van Der Linde	08:10:49	1736	42km	Female
7	Pamela Paton	08:38:54	1738	42km	Female

VSMM 2023-42km-Male

Pos.	Name	Time	Bib No.	Distance	Gender
1	Steven Gagiano	05:37:28	1744	42km	Male
2	Brett Vermeulen	05:42:50	1722	42km	Male
3	Johan Britz	06:04:22	1732	42km	Male
4	Martin Hartsief	06:05:54	1734	42km	Male
5	Neil Dickson	06:05:58	1737	42km	Male
6	Philip Pieterse	06:07:19	1739	42km	Male
7	Robin Steyn	06:23:39	1740	42km	Male
8	Erik Kemp	06:24:30	1726	42km	Male
9	Fuard De Jager	06:38:43	1728	42km	Male
10	Abduragman Lillah	06:38:51	1746	42km	Male
11	Jean-Pierre Van Der Merwe	06:53:57	1731	42km	Male
12	Barry Phipps	07:00:10	1720	42km	Male
13	Altus Fourie	07:02:18	1717	42km	Male
14	Evert Burger	07:02:25	1727	42km	Male
15	Ian Claydon	07:23:30	1729	42km	Male
16	Andrew Hobday	07:23:41	1719	42km	Male
17	Ryno Von Waltzleben	07:25:42	1741	42km	Male
18	Danny Darne	07:43:41	1725	42km	Male
19	Andrew Hollely	07:54:58	1718	42km	Male
20	Allister Marran	08:48:55	1716	42km	Male
21	Dalu Majeke	09:08:56	1724	42km	Male