

LoFER 2022-30km-Female

Pos.	Name	Time	Bib No.	Distance	Gender	
1	Tracey Campbell	03:10:01	401	30km	Female	NEW CR
2	Cassie Maclachlan	03:22:25	430	30km	Female	
3	Julene Van Der Colff	03:32:26	415	30km	Female	
4	Natalie Boshoff	03:39:41	424	30km	Female	
5	Imke Kumm	03:59:48	433	30km	Female	
6	Leandra Rosslee	04:04:02	457	30km	Female	
7	Beate Stindt	04:05:22	440	30km	Female	
8	Natalie Jonas	04:17:42	454	30km	Female	
9	Diana Mouton	04:18:04	413	30km	Female	
10	Antoinette Hartsliet	04:22:37	462	30km	Female	
11	Jenna Coetzee	04:24:53	420	30km	Female	
12	Caren Botha	04:25:55	425	30km	Female	
13	Miranda Schuurman	04:26:02	429	30km	Female	
14	Kim Charlton	04:28:50	452	30km	Female	
15	Phunyezwa Ndevu	04:30:35	442	30km	Female	
16	La-Afrika Ngwenze	04:30:39	458	30km	Female	
17	Maxine Tromp	04:31:10	435	30km	Female	
18	Stephanie Pittaway	04:31:22	427	30km	Female	
19	Elrika Pieterse	04:40:44	438	30km	Female	
20	Michele Moolman	04:40:48	411	30km	Female	
21	Karin Mcdonald	04:56:34	409	30km	Female	
22	Sarah Belcher	05:22:17	421	30km	Female	
23	Mynie Steffens	05:22:33	422	30km	Female	
24	Anne Hirsch	05:22:42	431	30km	Female	
25	Bernadette Loock	05:40:18	437	30km	Female	
26	Marie Best	05:46:07	414	30km	Female	
27	Leonie Jacobs	05:47:11	301	30km	Female	
28	Elize Botha	05:57:26	419	30km	Female	
29	Carene Norris	06:06:04	439	30km	Female	
30	Derine Potgieter	06:06:10	426	30km	Female	

LoFER 2022-30km-Male

Pos.	Name	Time	Bib No.	Distance	Gender	
1	Shaun Attenborough	02:52:36	446	30km	Male	NEW CR
2	Kura Mazongo	03:08:41	455	30km	Male	
3	Travers Henrick	03:09:59	464	30km	Male	
4	Andre Dalton	03:13:59	465	30km	Male	
5	Jakob Volmoer	03:24:02	459	30km	Male	
6	Bertie Janse Van Rensburg	03:24:30	402	30km	Male	
7	Charles Corby	03:26:45	447	30km	Male	
8	Altus Fourie	03:33:55	460	30km	Male	
9	Christoff Greeff	03:53:06	417	30km	Male	
10	Wynand Du Preez	03:56:18	403	30km	Male	
11	Alex Du Toit	04:14:25	434	30km	Male	
12	Anton Verwey	04:14:32	461	30km	Male	
13	Kelvin Samuel	04:17:36	451	30km	Male	
14	Warren Baartzes	04:17:50	453	30km	Male	
15	Geoffrey Glanville	04:24:58	463	30km	Male	
16	Darryl Calvert	04:27:31	456	30km	Male	
17	Adriaan Erwee	04:34:01	444	30km	Male	
18	Igor Lesko	04:34:05	445	30km	Male	
19	Carlo Dutton	04:34:37	450	30km	Male	
20	Chris Carthew	04:34:43	449	30km	Male	
21	Wessel Schuurman	05:00:58	428	30km	Male	
22	Rodney Butters	05:25:09	448	30km	Male	
23	Joel Human	05:40:39	436	30km	Male	

LoFER 2022-50km-Female

Pos.	Name	Time	Bib No.	Distance	Gender
1	Rinel McLaren	07:00:31		322 50km	Female
2	Vicki Le Gras	07:31:04		313 50km	Female
3	Shelly Stewart	07:38:59		314 50km	Female
4	Elana Buckley	07:41:55		309 50km	Female
5	Kirsten Beukes	10:09:32		318 50km	Female

LoFER 2022-50km-Male

Pos.	Name	Time	Bib No.	Distance	Gender
1	Pierre Prins	05:42:57		312 50km	Male
2	Glenn Hendricks	05:47:00		324 50km	Male
3	Craig Schwartz	05:51:04		302 50km	Male
4	Werner Klue	05:51:09		316 50km	Male
5	Philip Pieterse	06:10:48		317 50km	Male
6	Andrew Hobday	07:08:45		315 50km	Male
7	Ian Claydon	07:41:51		311 50km	Male
8	Andrew Marriott	08:21:12		304 50km	Male
9	Lukas Dorfling	08:56:25		320 50km	Male
10	Dario Broccardo	09:23:17		306 50km	Male
11	Dumisane Simelane	09:46:13		325 50km	Male
12	Stefan Beukes	10:09:06		319 50km	Male
13	Marinus Van Den Berg	10:09:42		308 50km	Male
14	Hennie Prinsloo	10:59:24		321 50km	Male

LoFER 2022-50 Mile-Female

Pos.	Name	Time	Bib No.	Distance	Gender	
1	Duonette Horowitz	11:48:18		206 50 Mile	Female	NEW CR
2	Tracey De Waal	12:34:22		210 50 Mile	Female	
3	Melanie Gorman	13:11:01		216 50 Mile	Female	
3	Robyn Dougans	13:11:01		212 50 Mile	Female	
5	Charmaine Van Der Merwe	14:39:23		204 50 Mile	Female	
6	Charlene Mansfield	15:26:43		201 50 Mile	Female	
7	Miyelani Kumalo	15:53:15		108 50 Mile	Female	
8	Jo Krug	16:34:30		203 50 Mile	Female	

LoFER 2022-50 Mile-Male

Pos.	Name	Time	Bib No.	Distance	Gender	
1	Eddie Mouton	09:11:04		205 50 Mile	Male	NEW CR
2	James Anderson	11:15:02		217 50 Mile	Male	
3	Tim Glanvill	11:23:21		209 50 Mile	Male	
4	Walter Moldenhauer	11:54:59		215 50 Mile	Male	
5	Mark Krug	12:34:28		202 50 Mile	Male	
6	Michael Scott	12:34:35		211 50 Mile	Male	
7	Clive Van Rainer	12:44:02		219 50 Mile	Male	
8	Neil Dickson	12:51:49		214 50 Mile	Male	
9	Martin Hartslief	12:51:54		213 50 Mile	Male	
10	Stephan Els	13:11:12		208 50 Mile	Male	
11	Lennon Fisher	16:10:04		207 50 Mile	Male	
	Konrad Hoekstra	DNF		218 50 Mile	Male	

LoFER 2022-100 Mile-Female

Pos.	Name	Time	Bib No.	Distance	Gender
1	Cornel Metcalfe	28:26:15	105	100 Mile	Female
2	Theresa Buchner	30:50:29	103	100 Mile	Female
3	Sinalo Nongauza	34:29:03	106	100 Mile	Female
	Lindi Georgiou	DNF	123	100 Mile	Female
	Margo De Kooker	DNF	101	100 Mile	Female
	Pamela Paton	DNF	107	100 Mile	Female

LoFER 2022-100 Mile-Male

Pos.	Name	Time	Bib No.	Distance	Gender
1	Herman Van Der Colff	26:21:17	110	100 Mile	Male
2	Marius van Rensburg	31:09:51	120	100 Mile	Male
3	Warnell Engelbrecht	31:09:52	115	100 Mile	Male
4	Johan Britz	34:37:20	117	100 Mile	Male
5	Paul Gebhardt	34:48:38	111	100 Mile	Male
6	Dmitrii Demchuk	35:46:41	113	100 Mile	Male
7	Anton Nel	35:46:59	104	100 Mile	Male
	Eloff Hoffman	DNF	114	100 Mile	Male
	Frikkie Pienaar	DNF	116	100 Mile	Male
	Tobie Reyneke	DNF	118	100 Mile	Male
	Andrew Wesson	DNF	112	100 Mile	Male
	Ben Van Der Merwe	DNF	121	100 Mile	Male
	Dane Sweet	DNF	122	100 Mile	Male
	Ronald Reeves	DNF	119	100 Mile	Male
	Steven Lancaster	DNF	109	100 Mile	Male