

LoFER 2023-200 Mile-Overall

Pos.	Name	Time	Bib No	Distance	Gender	
1	Warnell Engelbrecht	71:29:43	7	200 Mile	Male	CR
2	Marius Van Rensburg	75:11:02	6	200 Mile	Male	
3	Nicky Booyens	79:04:38	9	200 Mile	Female	CR
4	Dirk Potgieter	79:05:49	2	200 Mile	Male	
DNF	Johan Britz			200 Mile	Male	
DNF	Margot De Kooker			200 Mile	Female	
DNF	Ben vd Merwe			200 Mile	Male	
DNF	Steven Lancaster			200 Mile	Male	
DNF	Andy Wesson			200 Mile	Male	
DNF	Pamela Paton			200 Mile	Female	

LoFER 2023-200 Mile-Ladies

Pos.	Name	Time	Bib No	Distance	Gender	
1	Nicky Booyens	79:04:38	9	200 Mile	Female	CR
DNF	Margot De Kooker			200 Mile	Female	
DNF	Pamela Paton			200 Mile	Female	

LoFER 2023-200 Mile-Men

Pos.	Name	Time	Bib No	Distance	Gender
1	Warnell Engelbrecht	71:29:43	7	200 Mile	Male
2	Marius Van Rensburg	75:11:02	6	200 Mile	Male
3	Dirk Potgieter	79:05:49	2	200 Mile	Male
DNF	Johan Britz			200 Mile	Male
DNF	Ben vd Merwe			200 Mile	Male
DNF	Steven Lancaster			200 Mile	Male
DNF	Andy Wesson			200 Mile	Male

CR

LoFER 2023-100 Mile-Overall

Pos.	Name	Time	Bib No	Distance	Gender	
1	Michael Coles **	22:09:44	131	100 Mile	Male	CR
2	Herman Van Der Colff	27:13:06	121	100 Mile	Male	
3	Sandra Le Roux	27:29:31	120	100 Mile	Female	CR
4	Robyn Dougans	27:52:40	122	100 Mile	Female	
5	Annemarie Breitenbach	30:28:55	123	100 Mile	Female	
6	Asa Ntuku **	30:34:47	134	100 Mile	Male	
7	Johan Britz	31:12:32	109	100 Mile	Male	
8	Lafras Heron	31:18:25	127	100 Mile	Male	
9	Cornel Metcalfe	31:18:31	132	100 Mile	Female	
10	Hubri Bruyn	31:35:28	118	100 Mile	Male	
11	Martin Hartsliet	33:28:54	125	100 Mile	Male	
12	Neil Dickson	33:28:57	130	100 Mile	Male	
13	Cindy Glover	35:04:59	114	100 Mile	Female	
14	Steven McCarthy	36:03:29	137	100 Mile	Male	
15	Tamlyn Benney	36:27:48	116	100 Mile	Female	
16	Justin Benney	36:27:50	115	100 Mile	Male	
17	Liza Phipps	37:13:05	104	100 Mile	Female	
18	Dani Coetzee	38:30:11	124	100 Mile	Female	
19	Claire Gebhardt	38:51:19	110	100 Mile	Female	
20	Paul Gebhardt	38:51:24	111	100 Mile	Male	
21	Dalu Majeke **	39:13:58	135	100 Mile	Male	
22	Candice Richards	39:41:42	108	100 Mile	Female	
DNF	Alet Maartens		105	100 Mile	Female	
DNF	Charl du Plessis		106	100 Mile	Male	
DNF	Anton Nel		117	100 Mile	Male	
DNF	Melanie Gorman		102	100 Mile	Female	
DNF	Ben vd Merwe		136	100 Mile	Male	
DNF	Jackie Diack		112	100 Mile	Female	
DNF	Debbie vd Linde		113	100 Mile	Female	
DNF	Stephan Els		119	100 Mile	Male	
DNF	Duonette Horowitz		128	100 Mile	Female	
DNF	Ronald Reeves		129	100 Mile	Male	
DNF	Konrad Hoekstra		133	100 Mile	Male	
DNF	Maryke Fourie		107	100 Mile	Female	
DNF	Lennon Fisher		126	100 Mile	Male	
DNF	Barry Phipps		103	100 Mile	Male	
DNF	Theresa Buchner		101	100 Mile	Female	

** 30 Min time penalty added – did not tag Blouberg Peak

LoFER 2023-100 Mile-Ladies

Pos.	Name	Time	Bib No	Distance	Gender	
1	Sandra Le Roux	27:29:31	120	100 Mile	Female	CR
2	Robyn Dougans	27:52:40	122	100 Mile	Female	
3	Annemarie Breitenbach	30:28:55	123	100 Mile	Female	
4	Cornel Metcalfe	31:18:31	132	100 Mile	Female	
5	Cindy Glover	35:04:59	114	100 Mile	Female	
6	Tamlyn Benney	36:27:48	116	100 Mile	Female	
7	Liza Phipps	37:13:05	104	100 Mile	Female	
8	Dani Coetzee	38:30:11	124	100 Mile	Female	
9	Claire Gebhardt	38:51:19	110	100 Mile	Female	
10	Candice Richards	39:41:42	108	100 Mile	Female	
DNF	Alet Maartens		105	100 Mile	Female	
DNF	Melanie Gorman		102	100 Mile	Female	
DNF	Jackie Diack		112	100 Mile	Female	
DNF	Debbie vd Linde		113	100 Mile	Female	
DNF	Duonette Horowitz		128	100 Mile	Female	
DNF	Maryke Fourie		107	100 Mile	Female	
DNF	Theresa Buchner		101	100 Mile	Female	

LoFER 2023-100 Mile-Men

Pos.	Name	Time	Bib No	Distance	Gender	
1	Michael Coles **	22:09:44	131	100 Mile	Male	CR
2	Herman Van Der Colff	27:13:06	121	100 Mile	Male	
3	Asa Ntuku **	30:34:47	134	100 Mile	Male	
4	Johan Britz	31:12:32	109	100 Mile	Male	
5	Lafras Heron	31:18:25	127	100 Mile	Male	
6	Hubri Bruyn	31:35:28	118	100 Mile	Male	
7	Martin Hartsliet	33:28:54	125	100 Mile	Male	
8	Neil Dickson	33:28:57	130	100 Mile	Male	
9	Steven McCarthy	36:03:29	137	100 Mile	Male	
10	Justin Benney	36:27:50	115	100 Mile	Male	
11	Paul Gebhardt	38:51:24	111	100 Mile	Male	
12	Dalu Majeke **	39:13:58	135	100 Mile	Male	
DNF	Charl du Plessis		106	100 Mile	Male	
DNF	Anton Nel		117	100 Mile	Male	
DNF	Ben vd Merwe		136	100 Mile	Male	
DNF	Stephan Els		119	100 Mile	Male	
DNF	Ronald Reeves		129	100 Mile	Male	
DNF	Konrad Hoekstra		133	100 Mile	Male	
DNF	Lennon Fisher		126	100 Mile	Male	
DNF	Barry Phipps		103	100 Mile	Male	

** 30 Min time penalty added – did not tag Blouberg Peak

LoFER 2023-50 Mile-Overall

Pos.	Name	Time	Bib No	Distance	Gender
1	Jacobus Scott	11:09:53	211	50 Mile	Male
2	Rinel McLaren	11:14:59	208	50 Mile	Female
3	Philip Pieterse	12:03:26	212	50 Mile	Male
4	James Anderson	12:18:19	210	50 Mile	Male
5	Anton Du Preez	13:35:26	203	50 Mile	Male
6	Marlene Knight	13:47:39	202	50 Mile	Female
7	Ian Claydon	14:51:09	204	50 Mile	Male
8	Andrew Hollely	14:51:13	201	50 Mile	Male
9	Andrew Hobday	14:51:22	205	50 Mile	Male
10	Mariaan Myburgh	16:06:06	206	50 Mile	Female
11	Danie De Villiers	16:06:19	207	50 Mile	Female
12	Raimund Rohlfs	17:59:23	209	50 Mile	Male
DNF	Johann vd Merwe		213	50 Mile	Male

CR

LoFER 2023-50 Mile-Ladies

Pos.	Name	Time	Bib No	Distance	Gender	
1	Rinel McLaren	11:14:59	208	50 Mile	Female	CR
2	Marlene Knight	13:47:39	202	50 Mile	Female	
3	Mariaan Myburgh	16:06:06	206	50 Mile	Female	
4	Danie De Villiers	16:06:19	207	50 Mile	Female	

LoFER 2023-50 Mile-Men

Pos.	Name	Time	Bib No	Distance	Gender
1	Jacobus Scott	11:09:53	211	50 Mile	Male
2	Philip Pieterse	12:03:26	212	50 Mile	Male
3	James Anderson	12:18:19	210	50 Mile	Male
4	Anton Du Preez	13:35:26	203	50 Mile	Male
5	Ian Claydon	14:51:09	204	50 Mile	Male
6	Andrew Hollely	14:51:13	201	50 Mile	Male
7	Andrew Hobday	14:51:22	205	50 Mile	Male
8	Raimund Rohlfs	17:59:23	209	50 Mile	Male
DNF	Johann vd Merwe		213	50 Mile	Male

LoFER 2023-50 KM-Overall

Pos.	Name	Time	Bib No	Distance	Gender	
1	Christiaan Greyling	04:52:32	319	50 Km	Male	CR
2	Sanuse Mboneni **	05:04:04	321	50 Km	Male	
3	Mari Marincowitz	05:40:22	324	50 Km	Female	CR
4	Kate Arnold **	06:39:57	315	50 Km	Female	
5	Magna Snyman **	06:43:14	327	50 Km	Female	
6	Richard Daneel **	07:09:26	313	50 Km	Male	
7	Melvyn Quan **	07:59:13	322	50 Km	Male	
8	Adriaan Erwee	08:28:17	308	50 Km	Male	
9	Anthony Scholtz	08:28:21	316	50 Km	Male	
10	Mark Pohlmann	08:28:24	318	50 Km	Male	
11	Shanae Venter	08:40:43	328	50 Km	Female	
12	Ndaba Ndzombane **	08:47:45	329	50 Km	Male	
13	Charlotte Klopper	08:58:00	307	50 Km	Female	
14	Marica Pretorius	08:58:03	303	50 Km	Female	
15	Morne Pretorius	08:58:08	304	50 Km	Male	
16	Charles Klopper	08:58:13	306	50 Km	Male	
17	Xander Oosthuysen	08:58:56	317	50 Km	Male	
18	Francois Van Der Merwe **	09:28:47	323	50 Km	Male	
19	Wilma De Waal **	09:28:50	325	50 Km	Female	
20	Rodney Butters	09:32:18	309	50 Km	Male	
21	Christine Wienand **	11:12:08	310	50 Km	Female	
22	Dawie Pieters **	11:12:10	311	50 Km	Male	
23	Joel Human	11:14:07	320	50 Km	Male	
24	Bernadette Loock	11:14:07	330	50 Km	Female	
25	Alex du Toit		331	50 Km	Male	
26	Thapelo Shale		332	50 Km	Male	

** 30 Min time penalty added – did not tag Blouberg Peak

LoFER 2023-50 KM-Ladies

Pos.	Name	Time	Bib No	Distance	Gender	
1	Mari Marincowitz	05:40:22	324	50 Km	Female	CR
2	Kate Arnold **	06:39:57	315	50 Km	Female	
3	Magna Snyman **	06:43:14	327	50 Km	Female	
4	Shanae Venter	08:40:43	328	50 Km	Female	
5	Charlotte Klopper	08:58:00	307	50 Km	Female	
6	Marica Pretorius	08:58:03	303	50 Km	Female	
7	Wilma De Waal **	09:28:50	325	50 Km	Female	
8	Christine Wienand **	11:12:08	310	50 Km	Female	
9	Bernadette Look	11:14:07	330	50 Km	Female	

** 30 Min time penalty added – did not tag Blouberg Peak

LoFER 2023-50 KM-Men

Pos.	Name	Time	Bib No	Distance	Gender	
1	Christiaan Greyling	04:52:32	319	50 Km	Male	CR
2	Sanuse Mboneni **	05:04:04	321	50 Km	Male	
3	Richard Daneel **	07:09:26	313	50 Km	Male	
4	Melvyn Quan **	07:59:13	322	50 Km	Male	
5	Adriaan Erwee	08:28:17	308	50 Km	Male	
6	Anthony Scholtz	08:28:21	316	50 Km	Male	
7	Mark Pohlmann	08:28:24	318	50 Km	Male	
8	Ndaba Ndzombane **	08:47:45	329	50 Km	Male	
9	Morne Pretorius	08:58:08	304	50 Km	Male	
10	Charles Klopper	08:58:13	306	50 Km	Male	
11	Xander Oosthuysen	08:58:56	317	50 Km	Male	
12	Francois Van Der Merwe **	09:28:47	323	50 Km	Male	
13	Rodney Butters	09:32:18	309	50 Km	Male	
14	Dawie Pieters **	11:12:10	311	50 Km	Male	
15	Joel Human	11:14:07	320	50 Km	Male	
DNF	Alex du Toit		331	50 Km	Male	
DNF	Thapelo Shale		332	50 Km	Male	

** 30 Min time penalty added – did not tag Blouberg Peak

LoFER 2023-30 KM-Overall

Pos.	Name	Time	Bib No	Distance	Gender	
1	Aphelele September	02:26:04	434	30 Km	Male	CR
2	Anele Khalipa	02:34:01	409	30 Km	Male	
3	Oyena Ngindana	02:46:05	435	30 Km	Male	
4	Graeme Gill	02:50:14	416	30 Km	Male	
5	Landie Greyling	02:54:08	430	30 Km	Female	CR
5	Maryke Van Zyl	02:54:08	426	30 Km	Female	CR
6	Wesley Smith	02:54:43	401	30 Km	Male	
7	Travers Henrick	02:59:27	433	30 Km	Male	
8	Wynand Du Preez	03:06:06	411	30 Km	Male	
9	Bianca Meistre	03:06:27	415	30 Km	Female	
10	Gavin Gresse	03:18:20	436	30 Km	Male	
11	Ingrid Potgieter-Kosaber	03:34:10	402	30 Km	Female	
12	Stuart Kruger	03:34:59	431	30 Km	Male	
13	Nicolette Brouwer	03:40:55	424	30 Km	Female	
14	Markus Muessig	03:41:22	437	30 Km	Male	
15	Cilia Claydon	03:42:16	450	30 Km	Female	
16	Kody Mcgregor	03:50:36	412	30 Km	Male	
17	Charles Corby	03:58:23	428	30 Km	Male	
18	Simone Brink	04:08:04	421	30 Km	Female	
19	Natalie Boshoff	04:14:39	427	30 Km	Female	
20	Imke Kumm	04:16:18	403	30 Km	Female	
21	Leandra Rosslee	04:21:50	443	30 Km	Female	
22	Kirsten Arnold	04:21:58	410	30 Km	Female	
23	Hattingh Bornman	04:22:05	425	30 Km	Male	
24	Carson Lederle	04:26:18	405	30 Km	Male	
25	Caitlin Rosslee	04:26:21	406	30 Km	Female	
26	Natalie Jonas	04:30:54	438	30 Km	Female	
27	Warren Baartzes	04:31:17	439	30 Km	Male	
28	Elmar Landman	04:33:52	446	30 Km	Male	
29	Elrika Pieterse	04:43:53	432	30 Km	Female	
30	Marie Best	04:44:51	408	30 Km	Female	
31	Carine Grobbelaar	04:47:51	449	30 Km	Female	
32	Liz Bain	05:09:54	429	30 Km	Female	
33	Jenny Rudman	05:12:16	423	30 Km	Female	
34	Andre Nel	05:20:25	404	30 Km	Male	
35	Jacqui Edgar	05:31:27	420	30 Km	Female	
36	Wendy Victor	06:08:41	442	30 Km	Female	
37	Mary-Anne Smith	06:08:42	445	30 Km	Female	
38	Sondra Hope	06:14:09	417	30 Km	Female	
39	Geoffrey Hope	06:14:13	418	30 Km	Male	
40	Zaniel Richards	06:40:34	441	30 Km	Male	
41	Sandy Rubin	06:40:45	447	30 Km	Female	
42	Kobie Jooste	07:34:24	422	30 Km	Female	

LoFER 2023-30 KM-Ladies

Pos.	Name	Time	Bib No	Distance	Gender	
1	Landie Greyling	02:54:08	430	30 Km	Female	CR
1	Maryke Van Zyl	02:54:08	426	30 Km	Female	CR
2	Bianca Meistre	03:06:27	415	30 Km	Female	
3	Ingrid Potgieter-Kosaber	03:34:10	402	30 Km	Female	
4	Nicolette Brouwer	03:40:55	424	30 Km	Female	
5	Cilia Claydon	03:42:16	450	30 Km	Female	
6	Simone Brink	04:08:04	421	30 Km	Female	
7	Natalie Boshoff	04:14:39	427	30 Km	Female	
8	Imke Kumm	04:16:18	403	30 Km	Female	
9	Leandra Rosslee	04:21:50	443	30 Km	Female	
10	Kirsten Arnold	04:21:58	410	30 Km	Female	
11	Caitlin Rosslee	04:26:21	406	30 Km	Female	
12	Natalie Jonas	04:30:54	438	30 Km	Female	
13	Elrika Pieterse	04:43:53	432	30 Km	Female	
14	Marie Best	04:44:51	408	30 Km	Female	
15	Carine Grobbelaar	04:47:51	449	30 Km	Female	
16	Liz Bain	05:09:54	429	30 Km	Female	
17	Jenny Rudman	05:12:16	423	30 Km	Female	
18	Jacqui Edgar	05:31:27	420	30 Km	Female	
19	Wendy Victor	06:08:41	442	30 Km	Female	
20	Mary-Anne Smith	06:08:42	445	30 Km	Female	
21	Sondra Hope	06:14:09	417	30 Km	Female	
22	Sandy Rubin	06:40:45	447	30 Km	Female	
23	Kobie Jooste	07:34:24	422	30 Km	Female	

LoFER 2023-30 KM-Men

Pos.	Name	Time	Bib No	Distance	Gender	
1	Aphelele September	02:26:04	434	30 Km	Male	CR
2	Anele Khalipa	02:34:01	409	30 Km	Male	
3	Oyena Ngindana	02:46:05	435	30 Km	Male	
4	Graeme Gill	02:50:14	416	30 Km	Male	
5	Wesley Smith	02:54:43	401	30 Km	Male	
6	Travers Henrick	02:59:27	433	30 Km	Male	
7	Wynand Du Preez	03:06:06	411	30 Km	Male	
8	Gavin Gresse	03:18:20	436	30 Km	Male	
9	Stuart Kruger	03:34:59	431	30 Km	Male	
10	Markus Muessig	03:41:22	437	30 Km	Male	
11	Kody Mcgregor	03:50:36	412	30 Km	Male	
12	Charles Corby	03:58:23	428	30 Km	Male	
13	Hattingh Bornman	04:22:05	425	30 Km	Male	
14	Carson Lederle	04:26:18	405	30 Km	Male	
15	Warren Baartzes	04:31:17	439	30 Km	Male	
16	Elmar Landman	04:33:52	446	30 Km	Male	
17	Andre Nel	05:20:25	404	30 Km	Male	
18	Geoffrey Hope	06:14:13	418	30 Km	Male	
19	Zaniel Richards	06:40:34	441	30 Km	Male	