

# Astron Energy Trail 2026

22/02/2026



## 5km Female - Results

Race No	Name	Gender	Category	Time	Category	Gender	Overall
56	Neveling, Erica	Female	A	0:31:51	1	1	10
112	Tonnesen, Sarah	Female	A	0:33:27	2	2	13
1	Achilleos, Lisa	Female	B	0:33:31	1	3	14
66	Parry, Natalie	Female	C	0:34:21	1	4	15
64	Page, Tracy	Female	B	0:35:08	2	5	17
3	Beste, Shanna-Lee	Female	B	0:35:31	3	6	18
26	Janot, Gaëlle	Female	B	0:35:59	4	7	19
12	De Jager, Leane	Female	A	0:36:25	3	8	20
10	De Coning, Sharon	Female	C	0:37:08	2	9	21
46	Makiwane, Zakiya	Female	A	0:37:13	4	10	22
2	Bain, Belinda	Female	C	0:37:58	3	11	23
91	Wait, Lauren	Female	B	0:38:27	5	12	24
90	Vogel, Nicola	Female	B	0:39:08	6	13	26
39	Le Roux, Lieze	Female	B	0:39:40	7	14	27
78	Scott, Carys	Female	B	0:39:47	8	15	28
30	Johnsonbekker, Monique	Female	B	0:40:07	9	16	29
21	Hardiman, Sage	Female	B	0:40:45	10	17	30
77	Samuels, Ashleigh	Female	B	0:40:49	11	18	31
108	Zeelie, Bianca	Female	B	0:41:13	12	19	32
82	Taverner, Teri	Female	B	0:41:30	13	20	35
55	Nel, Chane	Female	B	0:42:31	14	21	37
15	Du Plessis, Ancherien	Female	C	0:42:50	4	22	38
68	Phipps, Adele	Female	C	0:42:53	5	23	39
115	Pienaar, Vicki-Lyrne	Female	B	0:42:56	15	24	40
11	De Jager, Danelle	Female	A	0:44:42	5	25	42
49	Meintjes, Gabrielle	Female	A	0:44:55	6	26	43
70	Pretorius, Lunay	Female	A	0:44:59	7	27	44
47	Mc Donald, Anel	Female	B	0:45:01	16	28	45
5	Bossert, Louise	Female	B	0:45:04	17	29	46
63	Oniel, Rochelle	Female	B	0:45:08	18	30	47
76	Saki, Namhla	Female	B	0:45:31	19	31	49
25	Jackson-Moss, Christie	Female	B	0:46:19	20	32	50
36	Kelly, Brittany	Female	B	0:46:34	21	33	51
98	Kalipa, Sisipnu	Female	B	0:46:57	22	34	53
97	Best, Marie	Female	C	0:47:00	6	35	54
85	Van Der Vlies, Alyssa	Female	B	0:47:04	23	36	55
6	Bouwer, Retha	Female	B	0:47:08	24	37	56
16	Du Plessis, Del-Rio	Female	C	0:47:12	7	38	57
22	Heynike, Lene	Female	B	0:47:16	25	39	58
27	Jansen Van Rensburg, Penny	Female	B	0:47:35	26	40	59
94	Williams, Rachel	Female	B	0:48:24	27	41	60
37	Kutumela, Nosizwe	Female	B	0:49:04	28	42	61
38	Landman, Sandra	Female	B	0:49:41	29	43	62
29	Johnson, Amelia	Female	C	0:50:01	8	44	64

118	Nama, Phindile	Female	C	0:53:06	9	45	68
52	Mfono, Nomkhitha	Female	B	0:53:24	30	46	69
57	Niemand, Anja	Female	B	0:53:40	31	47	70
53	Mgoduka, Akhona	Female	B	0:53:44	32	48	71
119	Mdaka, Ineko	Female	A	0:53:47	8	49	72
40	Lee, Karen	Female	C	0:54:09	10	50	73
81	Smith, Elaine	Female	B	0:54:12	33	51	74
48	Mcgregor, Lynn	Female	C	0:54:17	11	52	75
58	Niemand, Maritsa	Female	B	0:54:37	34	53	76
106	Vermeulen, Tiana	Female	B	0:54:43	35	54	78
102	Dyanti, Siphosethu	Female	A	0:54:59	9	55	79
116	Msizi, Phiwe	Female	B	0:55:02	36	56	80
9	Connacher, Linde	Female	B	0:55:21	37	57	81
104	Zangqa, Zininzi Poppy	Female	A	0:55:24	10	58	82
44	Louw, Paulien	Female	C	0:56:05	12	59	83
111	Ndika, Khayone	Female	B	0:56:29	38	60	84
117	Msizi, Wabo	Female	C	1:00:27	13	61	86
109	Muller, Gabby	Female	B	1:01:10	39	62	87
113	Wiehahn, Sarah-Faith	Female	B	1:01:13	40	63	88
110	Ndika, Thembi	Female	C	1:02:54	14	64	89
13	De Jager, Yvette	Female	B	1:03:16	41	65	90
88	Van Wyk, Marion Clare	Female	C	1:03:18	15	66	91
50	Meintjes, Samantha	Female	B	1:03:27	42	67	93
93	Wienand, Christine	Female	B	1:04:23	43	68	96
23	Hughes, Lesley	Female	C	1:04:47	16	69	97
69	Phipps, Moreen	Female	C	1:04:56	17	70	99
65	Parry, Tammy	Female	B	1:05:26	44	71	100
7	Charlton, Terry	Female	C	1:05:27	18	72	101
122	Dean, Zeta	Female	A	1:10:35	11	73	105
124	Dean, Jessica	Female	B	1:10:39	45	74	106
19	Ferreira, Taryn	Female	B	1:13:44	46	75	107
86	Van Tonder, Lindi	Female	B	1:13:48	47	76	108
114	Wiehahn, Ozelle	Female	C	1:13:49	19	77	109
20	Gqadu, Sesethu	Female	B	1:17:20	48	78	110
14	Dlepu, Athenkosi	Female	B	1:17:57	49	79	111
60	Njengele, Gcobiso	Female	B	1:18:01	50	80	112

#### 5km Male - Results

Race No	Name	Gender	Category	Time	Category	Gender	Overall
54	Mgwali, Olwam	Male	A	0:23:42	1	1	1
89	Vayo, Asemahle	Male	B	0:25:39	1	2	2
61	Ntabanyane, Karabo	Male	B	0:26:03	2	3	3
99	Lombo, Litemba	Male	A	0:29:15	2	4	4
67	Parry, John	Male	C	0:29:36	1	5	5
62	O'neill, Marco	Male	B	0:29:51	3	6	6
45	Majingolo, Bubele	Male	A	0:31:22	3	7	7
105	Boonzaier, Brad	Male	C	0:31:33	2	8	8
100	Nyikilana, Amyoli	Male	A	0:31:47	4	9	9
101	Dyanti, Okuhle	Male	B	0:32:53	4	10	11
80	Slabbert, Ashton	Male	A	0:33:11	5	11	12

96	Burley, Adam	Male	A	0:34:58	6	12	16
103	Tary, Tau	Male	B	0:38:48	5	13	25
72	Rautenbach, Johannes Andrie	Male	B	0:41:21	6	14	33
107	Goedhals, Jodi	Male	B	0:41:26	7	15	34
121	Neil, Connor	Male	B	0:41:34	8	16	36
33	Joubert, Ben	Male	C	0:44:01	3	17	41
120	Samuels, Donald	Male	C	0:45:20	4	18	48
28	Johnson, Juan	Male	B	0:46:42	9	19	52
87	Van Wyk, Cornel	Male	B	0:49:44	10	20	63
73	Ravensberg, Aran	Male	A	0:52:57	7	21	65
74	Ravensberg, Julien	Male	A	0:53:01	8	22	66
75	Ravensberg, Matthijs	Male	B	0:53:04	11	23	67
59	Niemand, Dewald	Male	B	0:54:40	12	24	77
84	Tito, Bongani	Male	B	0:58:38	13	25	85
32	Johnstone, John	Male	B	1:03:25	14	26	92
31	Johnstone, Zac	Male	B	1:03:28	15	27	94
92	Wienand, Markus	Male	A	1:04:00	9	28	95
24	Hughes, Howard	Male	C	1:04:55	5	29	98
51	Meyer, Schalk	Male	B	1:09:50	16	30	102
4	Boshoff, Ryno	Male	B	1:09:53	17	31	103
123	Dean, Richard	Male	B	1:10:34	18	32	104