

NMB NORTHERN AREAS 15KM - GELVANDALE - 2022/10/19

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	291	363	CWENGA	NOSE	IKHAMVA	M	22	SM	0.47.32	5
2	282	1361	ANDILE	MOTWANA	NEDBANK	M	25	SM	0.48.00	5
3	358	357	SINAWO	POTI	IKHAMVA	M	20	SM	0.48.38	5
4	8138	356	LUYANDA	TSHANGANA	IKHAMVA	M	39	35-39M	0.48.45	5
5	267	1338	SIBAHLE	MAQWARA	NEDBANK	M	21	SM	0.50.23	5
6	8148	370	DESMOND	ZIBI	IKHAMVA	M	59	55-59M	0.50.54	5
7	288	1836	XOLISA	NDLUMBINI	VUKANI	M	40	40-44M	0.50.59	5
8	295	1458	GEORGE	NTSHILIZA	NEDBANK	M	43	40-44M	0.51.34	5
9	1087	1914	ZOLANI	MABONGO	SIBALEKA	M	36	35-39M	0.52.12	5
10	266	358	MZWANELE	MAPHEKULA	IKHAMVA	M	46	45-49M	0.52.20	5
11	1072	1364	TAWANDA	CHIKOTI	NEDBANK	M	24	SM	0.52.34	5
12	194	376	HOPEWELL	JABAVU	IKHAMVA	M	39	35-39M	0.52.46	5
13	548	1440	MARIANO	EESOU	NEDBANK	M	30	SM	0.52.47	5
14	8532	578	SICELO	MASHABA	MADIBAZ	M	22	SM	0.53.17	5
15	293	20186	OYAMA	NTANTISO	MOTHER	M	17	JM	0.54.00	5
16	379	20014	SIYABO	RHAFUZA	NEDBANK	M	18	JM	0.54.19	5
17	8540	994	MASANDE	MLONYENI	CHARLO	M	42	40-44M	0.54.34	5
18	244	1335	ANELE	MALIZA	NEDBANK	M	44	40-44M	0.54.35	5
19	5159	1202	GCOBANI	BEKWAPI	ELITEAC	M	43	40-44M	0.54.47	5
20	2502	2502	SIYAVUYA	JEZI	TEMP	M	17	JM	0.54.54	0
21	1092	1915	ZAMUBUNTU	TEYISE	SIBALEKA	M	46	45-49M	0.55.44	5
22	2101	52245	MAKHAYA	MASUMPA	BORNRUN	M	56	55-59M	0.55.57	0
23	8535	1768	THULANI	MDLALO	TRANSNET	M	37	35-39M	0.56.37	5
24	5699	1339	MILA	PASIYA	NEDBANK	M	43	40-44M	0.56.49	5
25	198	1336	MELIKHAYA	KEPE	NEDBANK	M	46	45-49M	0.56.56	5
26	290	20225	VUSEKANI	NOMTSHATSHO	CHILLIEP	M	18	JM	0.57.23	4
27	581	1728	NOEL	ADAMS	GELVAN	M	50	50-54M	0.57.25	5
28	79	1345	JEAN-PIERE	ROUX	NEDBANK	M	35	35-39M	0.57.29	4
29	8134	20139	AKHONA	Tembani	CHILLIEP	M	16	JM	0.57.38	4
30	100	2137	THANDO	BIXA	MADIBA	M	42	40-44M	0.57.45	5
31	783	1082	PAUL	WOLFF	ACH	M	54	50-54M	0.57.57	5
32	2505	5150	RICARDO	PLAATJIES	TEMP	M	39	35-39M	0.58.00	0
33	281	537	BATHANDWA	MOOI	RUN4C	M	38	35-39M	0.58.10	4
34	1055	182	LUVUYO	DYANI	MOTHER	M	52	50-54M	0.58.41	5
35	78	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	40	40-44F	0.58.54	5
36	8162	5358	XOLILE	NDINGANE	TEMP	M	51	50-54M	0.59.16	0
37	8565	860	CHARLES	SEGALO	CHARLO	M	35	35-39M	0.59.22	4
38	8143	20222	SINELIZWI	VENENE	CHILLIEP	M	15	JM	0.59.31	3
39	284	4442	BANELE	MTABA	CHILLIEP	M	15	JM	0.59.45	3
40	8196	2059	AUGUST	ESAU	NEDBANK	M	51	50-54M	0.59.49	5
41	280	1413	TUMELO	MOCHELENYANE	NEDBANK	M	40	40-44M	0.59.59	4
42	8583	224	MALAKHIWE	YSTERMAN	CSEP	M	31	SM	1.00.00	3
43	2511	1913	XOLISA	KULA	SIBALEKA	M	33	SM	1.00.02	3
44	8512	364	AVIWE	HOBOSHE	IKHAMVA	F	20	JF	1.00.09	5
45	8514	378	SIYABONGA	HONNI	IKHAMVA	M	38	35-39M	1.00.10	3
46	8147	1415	MANDISI	ZAMANI	NEDBANK	M	30	SM	1.00.21	3
47	781	1130	DARYL	NORTH	ACH	M	45	45-49M	1.00.24	5
48	1078	5327	PERFECT	MBONENI	ACT AC	M	37	35-39M	1.00.51	3
49	8547	908	KAYLA	NELL	CHARLO	F	28	SF	1.00.59	5
50	80	1465	HENRY	CRAUSE	NEDBANK	M	40	40-44M	1.01.22	3
51	1070	1398	MUTEKILE	RASMENI	NEDBANK	M	57	55-59M	1.01.42	5
52	5156	1576	LUTHANDO	SIKIWE	DESPATCH	M	37	35-39M	1.01.44	3
53	242	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	56	55-59M	1.01.50	5

54	8129	20004	JAY-DEE	DEERLING	NEDBANK	M	19	JM	1.01.52	3
55	546	1808	LEBOHANG	SENTI	VUKANI	M	36	35-39M	1.01.55	3
56	353	1855	MARIO	PLAATJIES	GELVAN	M	41	40-44M	1.02.21	3
57	183	1359	THEMBINKOSI	HAMBIYANI	NEDBANK	M	50	50-54M	1.02.35	5
58	8569	1406	REFELOE	SOLOMONS	NEDBANK	F	41	40-44F	1.02.40	5
59	2517	9371	SIMPIWE	MASELE	NEDBANK	M	33	SM	1.02.41	3
60	170	396	STANTON	FREEMAN	ACT AC	M	45	45-49M	1.02.43	4
61	8581	282	ABDUL	WICOMB	MUIRITE	M	44	40-44M	1.03.08	3
62	754	536	ALISTAIR	KINGWILL	RUN4C	M	45	45-49M	1.04.17	3
63	8515	865	DEAN	HOYLE	CHARLO	M	52	50-54M	1.04.48	4
64	5791	201	MPUMZI	MAPASA	CSEP	M	31	SM	1.04.56	2
65	283	50485	MZOLI	MPALALA	BOXER AC	M	60	60-64M	1.04.57	0
66	2507	1252	CHAD	WEWERS	ELITEAC	M	29	SM	1.05.21	2
67	278	20223	KHWEZI	MNQOJANA	CHILLIEP	M	17	JM	1.05.47	2
68	8536	1752	LWAZI	MDUNYA	TRANSNET	M	37	35-39M	1.05.52	2
69	8182	572	THOZAMILE	BOKOLO	MADIBAZ	M	60	60-64M	1.05.56	5
70	8593	5093	JORDAN	HOYLE	TEMP	M	18	JM	1.06.05	0
71	727	1131	TAWFEEQ	VYVER	NEDBANK	M	24	SM	1.06.05	2
72	497	2333	DANNY	SAULS	RUN4C	M	35	35-39M	1.06.11	2
73	8528	1395	MICHAEL	MAGSON	NEDBANK	M	46	45-49M	1.06.18	3
74	199	1426	LIZA-MARIE	KINGSTON	NEDBANK	F	40	40-44F	1.06.36	4
75	8159	5029	MICHAEL	KINGSTON	TEMP	M	49	45-49M	1.06.36	0
76	8543	993	THEMBEKILE	MSIPA	CHARLO	M	48	45-49M	1.06.48	3
77	8604	5594	INGE	WILLIAMS	TEMP	F	33	SF	1.06.55	0
78	8552	931	ANDILE	NYOKA	CHARLO	M	49	45-49M	1.07.02	3
79	942	217	SAPHO	NKATA	CSEP	M	45	45-49M	1.07.19	3
80	1084	5689	LYLE	ROCKMAN	TEMP	M	28	SM	1.07.23	0
81	8192	1416	CHRISTINE	CLAASEN	NEDBANK	F	58	55-59F	1.07.30	5
82	8570	800	GRAHAM	TERBLANCHE	MADIBAZ	M	57	55-59M	1.07.42	4
83	368	20226	ASANELE	PUZI	CHILLIEP	M	17	JM	1.07.45	2
84	791	1436	NTSIKELELO	SEBE	NEDBANK	M	40	40-44M	1.07.49	2
85	8530	898	PATRIC	MAKWENKWE	CHARLO	M	56	55-59M	1.07.50	4
86	1083	1092	EDEN	GRUNDLINGH	ACH	M	32	SM	1.07.52	2
87	8559	854	FRANK	PIRON	CHARLO	M	59	55-59M	1.07.59	4
88	1099	706	STEPHEN	MCCARTHY	CRUSADE	M	61	60-64M	1.08.13	5
89	8556	1270	MUHAMMED	PETERSEN	VWAC	M	39	35-39M	1.08.16	2
90	5155	1908	ASANDA	ZAMISA	SIBALEKA	F	39	35-39F	1.08.26	3
91	272	1457	RICHARD	MAZUNGULA	NEDBANK	M	45	45-49M	1.08.50	3
92	8521	919	KELVIN	JOOSTE	CHARLO	M	35	35-39M	1.09.10	2
93	1049	1952	VUSI	MSUTHWANA	BLUEBAY	M	50	50-54M	1.09.12	3
94	197	2350	SIPHUMEZO	KELI	CHILLIEP	M	23	SM	1.09.23	2
95	230	1263	KAHN	LANGFORD	VWAC	M	44	40-44M	1.09.24	2
96	2516	264	PETER	NTSHIKILA	TINARHA	M	60	60-64M	1.10.07	4
97	7	414	MNQWENO	TYOKOLO	CHILLIEP	M	39	35-39M	1.10.42	2
98	125	758	WERNER	DE LANGE	CRUSADE	M	34	SM	1.10.46	2
99	145	1659	HANNES	ELS	MADIBA	M	72	70+M	1.10.54	5
100	8541	964	JUSTIN	MOGRIDGE	CHARLO	M	34	SM	1.10.58	2
101	8553	1385	KOOS	OLIVIER	NEDBANK	M	64	60-64M	1.11.03	4
102	595	1469	MARGIE	SAUNDERS	NEDBANK	F	69	65-69F	1.11.17	5
103	8527	1394	DAVERA	MAGSON	NEDBANK	F	47	45-49F	1.11.18	4
104	1071	20015	RONAN	VAN DER VAART	NEDBANK	M	17	JM	1.11.27	2
105	730	1125	MICHAEL	PRINCE	NEDBANK	M	48	45-49M	1.11.32	2
106	760	1113	ROGER	TRADER	ACH	M	68	65-69M	1.11.44	5
107	76	558	JENE	BANFIELD	RUN4C	F	52	50-54F	1.11.52	5
108	1076	1822	MZWANELE	NQOQO	VUKANI	M	45	45-49M	1.11.54	2

109	2506	5158	MCEBISI	MPONDO	TEMP	M	39	35-39M	1.12.14	0
110	8154		VUYISILE	SIMAYILE	NEDBANK	M	35	35-39M	1.12.20	2
111	899	1944	MUSA	SENTI	BLUEBAY	M	29	SM	1.12.24	2
112	8507	1242	FRANS	GOOSEN	ELITEAC	M	39	35-39M	1.12.32	2
113	8562	1221	TERRAY	POTHIER	ELITEAC	F	31	SF	1.12.32	2
114	8529	477	MHLENGI	MAHLABA	HOLLYWOO	M	31	SM	1.12.49	2
115	46	1009	JACOB	ABRAHAM	BODYCON	M	56	55-59M	1.12.52	3
116	792	1138	MICHAEL	WALLIS	ACH	M	44	40-44M	1.13.04	2
117	1079	20033	INDIPHILE	MKHOSANA	ACT AC	F	16	JF	1.13.05	2
118	8139	1010	JAN	VAN EEDEN	NEDBANK	M	64	60-64M	1.13.05	3
119	794	5686	ISAAC	FRAZENBURG	MALABAR	M	49	45-49M	1.13.19	2
120	8603	5593	RUAN	VAN JAARVELD	TEMP	M	42	40-44M	1.13.21	0
121	179	341	GEDDES	GALLANT	SANDFEP	M	56	55-59M	1.13.31	2
122	8598	5098	GIFT	MBEDZI	TEMP	M	26	SM	1.13.45	0
123	340	1968	HENRY	PIENAAR	BLUEBAY	M	51	50-54M	1.13.46	2
124	2530	50969	SITHA	SIGENU	REALGIJ	F	38	35-39F	1.13.53	0
125	8542	1803	ABELANG	MOSWEU	VUKANI	M	37	35-39M	1.13.54	2
126	1073	1810	XOLANI	NTEYI	VUKANI	M	44	40-44M	1.13.55	2
127	1061	323	CLIVE	VAN RAYNER	MUIRITE	M	55	55-59M	1.13.58	2
128	1081	1467	CLIFFORD	HICKEN	NEDBANK	M	65	65-69M	1.14.12	3
129	582	5061	BASHEER	ENSAL	TEMP	M	19	JM	1.14.45	0
130	8505	914	ETIENNE	GERBER	CHARLO	M	52	50-54M	1.14.48	2
131	8510	1282	SEBASTIAN	HAARHOFF	VWAC	M	45	45-49M	1.15.00	2
132	1090	1323	VUSUMZI	SIMAKUHLE	NEDBANK	M	57	55-59M	1.15.06	2
133	5698	255	NTSIKELELO	MAGAWU	TINARHA	M	47	45-49M	1.15.08	2
134	971	564	GAVIN	SILLS	RUN4C	M	49	45-49M	1.15.12	2
135	750	179	LONWABO	MTSHAKE	SPAREC	M	52	50-54M	1.15.18	2
136	442	1262	SABIR	SALIE	VWAC	M	35	35-39M	1.15.22	2
137	8176	978	CHRISTOPHER	AYERST	CHARLO	M	55	55-59M	1.15.29	2
138	8580	1334	SUZETTE	VICTOR	NEDBANK	F	52	50-54F	1.15.35	3
139	795	1862	SIMPHIWE	SOCI	HOLLYWOO	M	57	55-59M	1.15.36	2
140	158	5086	MKHUSELI	DAMINSA	TEMP	M	28	SM	1.15.37	0
141	8181	890	SIMPHIWE	BLOU	CHARLO	M	50	50-54M	1.15.37	2
142	294	259	THABELA	NTOMO	TINARHA	M	37	35-39M	1.15.45	2
143	8146	4419	AKHONA	ZAKE	CHILLIEP	F	17	JF	1.15.50	2
144	171	692	GODFREY	GELDERBLOEM	NMBMUN	M	54	50-54M	1.15.55	2
145	112	52663	DON	CHARLES	MURRYROB	M	73	70+M	1.16.04	0
146	8183	508	OLWETHU	BOMVANA	MOTHER	F	36	35-39F	1.16.07	2
147	5786	545	RUHAN	VAN RENSBURG	RUN4C	M	30	SM	1.16.12	1
148	714	721	FIONA	FLEUR	CRUSADE	F	37	35-39F	1.16.25	2
149	8151	1418	PRISCILLA	MABENGEZA	NEDBANK	F	48	45-49F	1.16.26	2
150	8194	1275	PLAAITJIE	DAMONS	VWAC	M	59	55-59M	1.16.30	2
151	8165	5590	SINALO	PITOI	TEMP	M	21	SM	1.16.31	0
152	1082	1241	CLIVE	CLAASSENS	ELITEAC	M	39	35-39M	1.16.40	1
153	8501	1060	DEAN	FINLAY	ACH	M	56	55-59M	1.16.46	2
154	8137	20227	NOMANDLA	TOLWANA	CHILLIEP	F	15	JF	1.16.50	2
155	5157	2018	JABULANI	DUBE	VUKANI	M	52	50-54M	1.16.51	2
156	274	1448	THELMA	MCOPELO	NEDBANK	F	40	40-44F	1.16.54	2
157	788	534	MIEKE	SCHOLTZ	RUN4C	F	27	SF	1.16.55	2
158	8539	1801	LUNGISA	MKOSI	VUKANI	M	35	35-39M	1.16.57	1
159	1085	1360	SITHEMBILE	MPAKO	NEDBANK	M	62	60-64M	1.16.58	2
160	370	554	PETRUS	RADEMEYER	RUN4C	M	48	45-49M	1.17.00	2
161	1086	561	DARRYL	CALVERT	RUN4C	M	47	45-49M	1.17.02	2
162	8503	1746	SIYABONGA	GAZIYA	HOLLYWOO	M	37	35-39M	1.17.17	1
163	120	546	CHARLES	CORBY	RUN4C	M	52	50-54M	1.17.32	2

164	5697	263	LINDIKHAYA	NTEYI	TINARHA	M	43	40-44M	1.17.56	1
165	8133	555	BURNITA	STRYDOM	RUN4C	F	54	50-54F	1.18.41	2
166	759	1408	EDDIE	EADES	NEDBANK	M	73	70+M	1.18.41	3
167	299	324	SERGIO	PETERSON	RUN4C	M	44	40-44M	1.18.51	1
168	8548	949	COLBEN	NGCUPE	CHARLO	M	59	55-59M	1.18.52	2
169	287	1300	VERNON	NAIDOO	VWAC	M	53	50-54M	1.19.10	2
170	8513	1666	Julia	Hofart	MADIBA	F	39	35-39F	1.19.23	2
171	463	283	LORENZO	SAMUELS	MUIRITE	M	37	35-39M	1.19.36	1
172	583	2099	AMEER	ENSAL	MALABAR	M	47	45-49M	1.19.44	1
173	943	1453	NJONGO	COKOTHO	NEDBANK	M	34	SM	1.19.48	1
174	8519	1052	ASHWELL	JONAS	ACH	M	49	45-49M	1.19.52	1
175	298	1496	SCHOLTZ	OPPERMAN	32GI	M	47	45-49M	1.19.53	1
176	5693	1256	JANINE	WHITTAL	ELITEAC	F	41	40-44F	1.20.01	2
177	5694	1255	ERROL	WHITTAL	ELITEAC	M	47	45-49M	1.20.02	1
178	8545	1267	ANAND	NAIDOO	VWAC	M	52	50-54M	1.20.12	2
179	646	5607	NZUZO	NOQEKWA	TEMP	M	44	40-44M	1.20.32	0
180	584	5604	LUVUYO	BANGAZI	IKHAMVA	M	46	45-49M	1.20.53	1
181	8554	2008	SIYABONGA	PANDLE	XCEL	M	53	50-54M	1.21.07	1
182	757	20151	KERRI-LEE	BARNARD	PRAC	F	18	JF	1.21.17	1
183	945	1450	NKHATHALLENG	KHIBA	NEDBANK	F	41	40-44F	1.21.27	2
184	785	556	ARTHUR	WILLIAMS	RUN4C	M	59	55-59M	1.21.45	2
185	5161	1827	NDABA	NDZOMBANE	VUKANI	M	62	60-64M	1.22.06	2
186	8592	5092	JOANNE	HOYLE	TEMP	F	53	50-54F	1.22.19	0
187	8576	905	JANET	VAN NIEKERK	CHARLO	F	46	45-49F	1.22.26	2
188	715	741	MARGARET	LLOYD	CRUSADE	F	59	55-59F	1.22.27	2
189	5696	119	THEMALETHU	MANA	VARSITY	M	46	45-49M	1.22.39	1
190	8531	928	ALLISTER	MARRAN	CHARLO	M	46	45-49M	1.23.02	1
191	8140	1250	PETER	VAN RENSBURG	ELITEAC	M	64	60-64M	1.23.09	2
192	8132	1560	PIETER	STRYDOM	DESPATCH	M	61	60-64M	1.23.20	2
193	587	51190	MTHUTHELELI	NONGALO	ALIWAL	M	40	40-44M	1.23.28	0
194	728	1129	TOGEDA	VYVER	NEDBANK	F	50	50-54F	1.23.28	2
195	8188	50345	ROBERT	BUTTON	OLDSELB	M	63	60-64M	1.23.29	0
196	718	391	IVAN	MOSES	NEDBANK	M	60	60-64M	1.23.36	2
197	2512	20123	Sinethemba	Ngabase	SIBALEKA	M	19	JM	1.23.39	1
198	950	5950	CRAIG	WARD	TEMP	M	45	45-49M	1.23.51	0
199	289	1943	LUYANDA	NGESI	BLUEBAY	M	30	SM	1.23.54	1
200	2526	121	YASEEN	ABRAHAMS	MALABAR	M	51	50-54M	1.23.55	1
201	8596	5096	CLARENCE	MANUEL	TEMP	M	28	SM	1.24.40	0
202	2524	5163	YANGA	MANI	TEMP	M	29	SM	1.24.41	0
203	8504	1214	BENITA	GERBER	ELITEAC	F	58	55-59F	1.24.57	2
204	8577	926	TREVOR	VAN RENSBURG	CHARLO	M	70	70+M	1.25.30	2
205	1053	5687	DUSTIN	LALA	TEMP	M	34	SM	1.25.31	0
206	270	1356	JEROME	MAY	NEDBANK	M	56	55-59M	1.26.05	1
207	1093	14730	PHUNYEZWA	NDEVU	SABC	F	56	55-59F	1.26.06	0
208	2515	14695	LULAMILE	DYOLO	SABC	M	45	45-49M	1.26.06	0
209	8563	750	PIETER	ROUX	CRUSADE	M	67	65-69M	1.26.13	1
210	8557	781	BERNARD	PETERSEN	MADIBAZ	M	57	55-59M	1.26.22	1
211	98	1316	SERGEI	BENJAMIN	VUKANI	M	35	35-39M	1.26.28	1
212	8582	876	GEORGE	WINSHIP	CHARLO	M	56	55-59M	1.26.38	1
213	1080	745	KATHLEEN	FLANAGAN	CRUSADE	F	36	35-39F	1.26.39	1
214	8546	374	NTOMBENTSHA	NAZO	IKHAMVA	F	38	35-39F	1.26.41	1
215	8149	176	WALTER	ZIMBEVA	SPAREC	M	42	40-44M	1.26.53	1
216	8522	723	ALETTA	JOUBERT	CRUSADE	F	60	60-64F	1.27.20	2
217	752	1544	NOLEEN	AMBRAAL	DESPATCH	F	52	50-54F	1.27.37	1
218	5160	810	JAIME	ALCOCK	MADIBAZ	F	20	JF	1.27.39	1

219	327	455	JODI	PIENAAR	WALMER	M	28	SM	1.27.39	1
220	126	50	MICHAEL	DEKKER	SAPPE	M	50	50-54M	1.28.05	1
221	1062	1299	MICHAEL	SLATER	VWAC	M	52	50-54M	1.28.07	1
222	8567	921	MXOLISI	SIZIBA	CHARLO	M	52	50-54M	1.28.23	1
223	585	5605	RAYMOND	JACOBS	TEMP	M	65	65-69M	1.28.33	0
224	790	1115	ANNE	WALLIS	ACH	F	41	40-44F	1.28.39	1
225	8597	5097	VUYO	MAQUTU	HOLLYWOO	M	44	40-44M	1.28.45	1
226	124	1479	TENIELLE	DE ANDRADE	32GI	F	37	35-39F	1.28.48	1
227	177	2274	ARNO	GERBER	MADIBA	M	52	50-54M	1.28.49	1
228	8144	1085	ANDRE	VILJOEN	ACH	M	68	65-69M	1.29.01	1
229	2514	700	THEMBA	GXABEKA	NMBMUN	M	47	45-49M	1.29.23	1
230	1077	205	LUDINE	WILLIAMS	CSEP	F	35	35-39F	1.29.25	1
231	547	2300	GEOFFERY	MLAWU	COEGA	M	58	55-59M	1.29.34	1
232	8171	5088	KEANAN	BOUWER	TEMP	M	25	SM	1.30.14	0
233	8575	961	LARA	VAN HEERDEN	CHARLO	F	46	45-49F	1.30.28	1
234	8637	794	INA	VAN RENSBURG	MADIBAZ	F	49	45-49F	1.30.36	1
235	597	1665	JACQUELINE	SCHOEMAN	MADIBA	F	32	SF	1.30.38	1
236	1057	1057	JONATHAN	ROBERTS	TEMP	M	34	SM	1.30.41	0
237	8172	5089	YOLANDA	DUGMORE	TEMP	F	50	50-54F	1.30.41	0
238	127	1234	DEWALD	DEYSEL	ELITEAC	M	40	40-44M	1.30.50	1
239	235	1269	SIMON	LELAKA	VWAC	M	49	45-49M	1.30.55	1
240	8587	5087	GERARD	FELIX	TEMP	M	44	40-44M	1.31.00	0
241	243	1291	ASHENDA	MAKONIE	VWAC	F	46	45-49F	1.31.02	1
242	8177	746	JOHAN	BARNARD	CRUSADE	M	67	65-69M	1.31.04	1
243	941	422	Bomkazi	Tshefu	HOLLYWOO	F	35	35-39F	1.31.06	1
244	1058	1071	HEIDI	JANSEN	ACH	F	55	55-59F	1.31.09	1
245	8174	1292	ANNARLI	ABRAHAMS	VWAC	F	43	40-44F	1.31.15	1
246	8600	5100	NORMAN	SILKE	TEMP	M	44	40-44M	1.31.15	0
247	8158	5024	KEVIN	GARDNER	TEMP	M	42	40-44M	1.31.30	0
248	277	51710	THANDEKA	MHLANGA	OTHER	F	32	SF	1.31.36	0
249	8191	903	KESVAL	CHETTY	CHARLO	M	58	55-59M	1.31.38	1
250	8199	2056	ANDISWA	FEZANI	NEDBANK	F	35	35-39F	1.31.44	1
251	8599	5099	MASEDI	PAPALA	TEMP	M	34	SM	1.31.46	0
252	1059	1271	LEZELL	HARRIS	VWAC	F	49	45-49F	1.31.50	1
253	729	1128	DEON	VYVER	NEDBANK	M	55	55-59M	1.32.33	1
254	5133	55133	GWIBA	NKONKI	TEMP	M	44	40-44M	1.32.34	0
255	8586	1314	NATHI	DWAYI	VUKANI	M	29	SM	1.32.34	1
256	751	5610	CRAIG	HAMILTON	TEMP	M	48	45-49M	1.32.37	0
257	753	1861	SIMANGILE	SOLWANDLE	HOLLYWOO	F	31	SF	1.33.22	1
258	1035	6035	MAHENDRA	PRAHALADH	TEMP	M	55	55-59M	1.33.37	0
259	123	972	GANIEF	DAVIDS	NMBMUN	M	56	55-59M	1.33.38	1
260	1091	296	LIZ	JENKERSON	MUIRITE	F	75	70+F	1.33.52	1
261	8561	889	PETER	POHLMANN	CHARLO	M	59	55-59M	1.33.52	1
262	2501	129	WAJDIE	SOLOMON	MALABAR	M	57	55-59M	1.33.56	1
263	755	5679	ZOLEKA	DLAMINI	TEMP	F	24	SF	1.34.03	0
264	5728	5728	LUTHANDO	NDZAMBO	TEMP	M	39	35-39M	1.34.03	0
265	8130	543	VERONICA	SMITH	RUN4C	F	56	55-59F	1.34.04	1
266	648	75	DESTIN	SAUER	VWAC	M	41	40-44M	1.34.07	1
267	113	423	MICHAEL	CHARLIE	HOLLYWOO	M	56	55-59M	1.34.08	1
268	8602	5592	MARIANE	VAN DER LINDE	TEMP	F	44	40-44F	1.34.15	0
269	8638	1424	SAM	ERASMUS	NEDBANK	M	65	65-69M	1.34.18	1
270	8566	563	LINDA	SILLS	RUN4C	F	40	40-44F	1.34.19	1
271	8558	1962	DANIEL	PIETERSE	BLUEBAY	M	60	60-64M	1.34.24	1
272	8173	1293	NEIL	ABRAHAMS	VWAC	M	44	40-44M	1.34.28	1
273	8538	1689	GEROME	MINTOOR	ATLANTIC	M	55	55-59M	1.34.35	1

274	347	1264	LAVINIA	PIETERSE	VWAC	F	47	45-49F	1.34.56	1
275	2503	52604	SIVIWE	MEVENI	REALGIJ	M	36	35-39M	1.35.40	0
276	716	726	KEITH	VOSLOO	CRUSADE	M	59	55-59M	1.36.00	1
277	8190	923	EVA	CHETTY	CHARLO	F	54	50-54F	1.36.06	1
278	8156	5018	SIPHESIHLA	DLWATI	TEMP	M	32	SM	1.36.08	0
279	8167	5598	MONIQUE	RICHARDSON	TEMP	F	27	SF	1.36.10	0
280	292	1826	AKHONA	NTANJANA	VUKANI	F	34	SF	1.36.24	1
281	5788	5788	PAUL	GLENDINNING	TEMP	M	27	SM	1.36.34	0
282	5790	5790	ELAINE	VAN ZYL	TEMP	F	26	SF	1.36.35	0
283	8574	1997	JOHANN	VAN DER MERWE	MADIBAZ	M	58	55-59M	1.36.50	1
284	1054	1333	MBULELO	SOBIKWA	NEDBANK	M	68	65-69M	1.37.10	1
285	1048	361	JULIUS	SHOGOLE	IKHAMVA	M	69	65-69M	1.37.10	1
286	8186	924	GRAHAM	BROOM	CHARLO	M	52	50-54M	1.37.15	1
287	1060	5688	JULIE	BRENT	TEMP	M	36	35-39M	1.37.40	0
288	2531	5095	TSHIKOVHI	KHATHUSHELO	TEMP	M	24	SM	1.37.45	0
289	8511	1407	BUKEKA	HELA	NEDBANK	F	49	45-49F	1.37.59	1
290	190	528	JOEL	HUMAN	RUN4C	M	49	45-49M	1.38.03	1
291	8585	8085	AZEEM	DOLLIE	TEMP	M	40	40-44M	1.38.16	0
292	279	50215	ZIBONGILE	MNYAMANA	BALEKANI	F	33	SF	1.38.41	0
293	8516	1136	CATHY	IVES	ACH	F	69	65-69F	1.38.43	1
294	2510	1321	NOMATEMBA	GUM	NEDBANK	F	48	45-49F	1.38.57	1
295	5134	1054	LIZ	PRINS	ACH	F	53	50-54F	1.39.01	1
296	160	200	ERIKA	FOREMAN	CSEP	F	52	50-54F	1.39.02	1
297	156	1935	XENOPHON	FERREIRA	BLUEBAY	M	61	60-64M	1.39.02	1
298	1074	2049	Ncumisa	Kepe	CHILLIEP	F	42	40-44F	1.39.11	1
299	1088	5690	BANOYOLO	GQOLI	CHILLIEP	F	40	40-44F	1.39.11	1
300	234	1331	JAN	LE ROUX	NEDBANK	M	63	60-64M	1.39.13	1
301	2504	122	SIHAAM	ALLISON	MALABAR	F	37	35-39F	1.39.32	1
302	8179	956	NEELESH	BHANA	CHARLO	M	51	50-54M	1.39.36	1
303	220	1936	MARKUS	KUNNEKE	BLUEBAY	M	53	50-54M	1.40.09	1
304	9001	128	SHAFEEQAH	SMITH	MALABAR	F	32	SF	1.40.13	1
305	8145	631	CHRISTINE	WALE	ASPEN	F	41	40-44F	1.40.23	1
306	130	1277	DENVER	ELLIE	VWAC	M	42	40-44M	1.41.05	1
307	8564	895	CHANTALL	SAUER	CHARLO	F	43	40-44F	1.41.09	1
308	8161	5051	LIKHONA	MASIKA	TEMP	M	39	35-39M	1.41.23	0
309	8197	713	DENISE	FERREIRA	CRUSADE	F	60	60-64F	1.41.30	1
310	8584	1349	CAROLINE	ZINTO	NEDBANK	F	42	40-44F	1.42.18	1
311	8506	1348	XOLILE	GOMOMO	NEDBANK	M	70	70+M	1.42.18	1
312	134	1632	JOS	ELS	MADIBA	F	70	70+F	1.42.19	1
313	8175	1051	LIZ	AUSTIN	ACH	F	64	60-64F	1.42.24	1
314	2518	55149	KHAYA	MOLI	TEMP	F	43	40-44F	1.42.25	0
315	8509	208	INGA	GXOLO	CSEP	F	27	SF	1.42.34	1
316	1075	1429	RIKA	TERBLANCHE	NEDBANK	F	45	45-49F	1.42.54	1
317	182	1287	BANDILE	GWAMANDA	VWAC	M	52	50-54M	1.42.56	1
318	296	1967	SONJA	OLIVIER	BLUEBAY	F	55	55-59F	1.43.01	1
319	1005	1005	ECKART	SCHUMANN	BODYCON	M	77	70+M	1.43.18	1
320	8189	801	WENDY	CAMERON	MADIBAZ	F	44	40-44F	1.43.19	1
321	241	552	BERNADETTE	LOOCK	RUN4C	F	43	40-44F	1.43.34	1
322	8193	1380	BANDILE	CUNTU	NEDBANK	M	58	55-59M	1.43.45	1
323	2508	190	MASIXOLE	BANA	CHILLIEP	M	34	SM	1.43.50	1
324	717	1802	THOBEKA	MABUSELA	VUKANI	F	61	60-64F	1.43.51	1
325	104	560	SILKE	BOTHA	MADIBA	F	25	SF	1.44.04	1
326	787	1624	ESTELLE	DE KLERK	MADIBA	F	56	55-59F	1.44.04	1
327	786	1631	AMANDA	BLIGNAULT	MADIBA	F	63	60-64F	1.44.05	1
328	647	695	DAVID	HUMAN	NMBMUN	M	63	60-64M	1.44.35	1

329	254	509	XHANDI	MANTSHIYO	MOTHER	M	55	55-59M	1.44.35	1
330	2513	1298	MPHATHISI	MJADU	VWAC	M	51	50-54M	1.44.39	1
331	8537	97	INA	MEAKER	INFINITY	F	61	60-64F	1.44.48	1
332	320	21	JEANETTE	PIENAAR	PEAAC	F	74	70+F	1.44.59	1
333	109	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	50	50-54M	1.45.04	1
334	1098	5692	YOLANDA	SIDWABA	TEMP	F	31	SF	1.45.36	0
335	185	216	SUNET	HARRIS	CSEP	F	49	45-49F	1.46.04	1
336	720	5609	AHMAD	KADER	TEMP	M	34	SM	1.46.36	0
337	8590	5090	CATHERINE	FORTUIN	TEMP	F	64	60-64F	1.47.16	0
338	285	186	NANDIPA	MYELEYELE	SPAREC	F	34	SF	1.47.56	1
339	8550	562	JUDITH	NIENABER	RUN4C	F	62	60-64F	1.48.00	1
340	1063	420	SITEMBILE	GOQWANA	CHILLIEP	M	37	35-39M	1.48.59	1
341	8195	871	RICHARD	DE ANDRADE	CHARLO	M	62	60-64M	1.49.04	1
342	944	1231	HELENE	OPPEL	ELITEAC	F	72	70+F	1.49.20	1
343	8526	1814	SEEMOLA	MADLOKAZI	VUKANI	F	32	SF	1.49.29	1
344	898	211	MATHAPELO	SENTI	CSEP	F	33	SF	1.49.32	1
345	8164	5588	GERALD	PIETERSEN	TEMP	M	42	40-44M	1.50.11	0
346	178	213	SHARON	SMUTS	CSEP	F	56	55-59F	1.51.17	1
347	588	5606	CHARMELL	KOOPMAN	TEMP	F	42	40-44F	1.51.49	0
348	8573	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	44	40-44F	1.53.11	1
349	789	753	PLACXEDES	NDHLOVU	CRUSADE	F	48	45-49F	1.53.14	1
350	276	717	EMELISA	MEIRING	CRUSADE	F	30	SF	1.54.29	1
351	758	739	PATRICK	SEDDON	CRUSADE	M	59	55-59M	1.54.30	1
352	580	5007	NAZAREY	BOOYSEN	TEMP	M	44	40-44M	1.54.43	0
353	549	1382	SAMIER	ABRAHAMS	NEDBANK	M	51	50-54M	1.54.44	1
354	8568	1343	BERENICE	SMITH	NEDBANK	F	57	55-59F	1.54.48	1
355	782	196	AUBREY	LE ROUX	CSEP	M	69	65-69M	1.54.53	1
356	5789	761	NTOKOZO	DAMBUZA	CRUSADE	F	43	40-44F	1.55.53	1
357	8533	823	MANDISA	MAZINYO	MADIBAZ	F	47	45-49F	1.55.58	1
358	8178	973	TEGAN	BEER	NMBMUN	F	27	SF	1.56.08	1
359	2509	1375	BARRY	NELSON	NEDBANK	M	71	70+M	1.56.31	1
360	343	530	ANDRE	PIENAAR	RUN4C	M	59	55-59M	1.57.54	1
361	128	1668	SHANTE	DU PLESSIS	RUN4C	F	30	SF	1.59.30	1
362	297	1658	NIEKIE	OOSTHUIZEN	MADIBA	F	52	50-54F	1.59.58	1
363	1097	20007	KHUSELWA	MJONGILE	SIBALEKA	F	18	JF	1.59.58	1
364	1089	5691	SOBUKWE	RADEBE	TEMP	M	45	45-49M	2.00.10	0
365	1094	2263	XOLISWA	Silence	SIBALEKA	F	18	JF	2.00.32	1
366	5787	1840	MSUTUKAZI	NDIMBA	VUKANI	F	43	40-44F	2.01.28	1
367	8517	672	ANDISWA	JAFTA	NMBMUN	F	30	SF	2.02.35	1
368	8168	5700	XOLANI	TEYISE	TEMP	M	40	40-44M	2.03.16	0
369	1095	4412	Hadigah	Fulani	SIBALEKA	F	19	JF	2.04.53	1
370	188	1434	DIANNE	HARTZENBERG	NEDBANK	F	63	60-64F	2.05.23	1
371	579	141	THEMBISILE	NTONI	PEAAC	M	74	70+M	2.05.32	1
372	8169	5084	EYETHU	TISO	TEMP	F	29	SF	2.05.36	0
373	176	1661	PIETER	GERBER	RUN4C	M	64	60-64M	2.06.05	1
374	1096	1901	SICELO	THABETHE	SIBALEKA	M	48	45-49M	2.06.23	1
375	756	5680	PUMEZA	HASHE	TEMP	F	41	40-44F	2.06.47	0
376	164	1220	ANDRE	FOURIE	ELITEAC	M	75	70+M	2.07.28	1
377	780	54	DAVID	FORTEIN	SAPPE	M	57	55-59M	2.07.30	1
378	165	1215	HELEN	FOURIE	ELITEAC	F	52	50-54F	2.07.55	1
379	8150	51301	MBALI	ZUMA	DEPTLA	F	40	40-44F	2.08.16	0
380	5999	5999	ANELE	FUDU	TEMP	M	50	50-54M	2.09.23	0
381	8185	966	SONJA	BOSCH	CHARLO	F	60	60-64F	2.10.36	1
382	8184	945	DEON	BOSCH	CHARLO	M	65	65-69M	2.11.14	1
383	8578	916	SHARON	VAN ZYL	CHARLO	F	46	45-49F	2.13.21	1

384	8571	712	NDILEKA	THOMPSON	CRUSADE	F	45	45-49F	2.13.57	1
385	286	2031	SEIPATE	MZANANDA	NMBMUN	F	43	40-44F	2.14.26	1
386	8579	962	MILE	VERMAAK	CHARLO	F	55	55-59F	2.17.12	1
387	8523	910	RAE	LUCKMAN	CHARLO	F	52	50-54F	2.17.12	1
388	275	674	YENZILE	MDODANA	NMBMUN	F	30	SF	2.19.10	1
389	784	63	ILSE	VOGEL	SAPPE	F	42	40-44F	2.24.59	1
390	273	689	NOMSASA	MCAKO	NMBMUN	F	47	45-49F	2.25.52	1
HELPERS RUN										
H1	6001	1707	DAMIAN	OLIVER	GELVAN	M	31	SM	1.05.43	2
H2	6002	1719	ANDRE	OWNHOUSE	GELVAN	M	55	55-59M	1.06.22	5
H3	6003	565	SEBASTIAN	KLEU	RUN4C	M	46	45-49M	1.08.20	3
H4	129	1032	CHRISTIAN	DU PREEZ	XCEL	M	52	50-54M	1.09.20	3
H5	6005	1851	BASIL	STEVENS	GELVAN	M	51	50-54M	1.12.36	2
H6	6006	1612	BRUCHANE	WILLIAMS	GELVAN	M	36	35-39M	1.12.37	2
H7	271	1035	JEROME	MAY	XCEL	M	56	55-59M	1.17.55	2
H8	6008	1711	JACOBUS	JULIUS	GELVAN	M	48	45-49M	1.18.16	2
H9	6009	1841	BRANDON	GROENER	XCEL	M	43	40-44M	1.18.42	1
H10	6010	1848	DENVER	PETERSEN	GELVAN	M	39	35-39M	1.18.43	1
H11	6011	1422	TSIETSI	RAMATSASA	NEDBANK	M	47	45-49M	1.18.55	2
H12	6012	1040	NIGEL	DANIELS	XCEL	M	47	45-49M	1.19.51	1
H13	6015	1730	CYRIL	UITHALER	GELVAN	M	59	55-59M	1.23.35	1
H14	6016	1031	CHESTER	BROOKS	XCEL	M	64	60-64M	1.23.46	1
H15	6017	1700	ELIZE	ADAMS	GELVAN	F	48	45-49F	1.24.04	1
H16	6019	1721	LIZETTE	OLIVER	GELVAN	F	36	35-39F	1.24.59	1
H17	6020	637	MARK	GODDARD	ASPEN	M	26	SM	1.24.59	1
H18	6021	1709	STANTON	JACKSON	GELVAN	M	51	50-54M	1.26.31	1
H19	6053	6053	SIERAAGH	NORDIEN	TEMP	M	59	55-59M	1.31.21	0
H20	6022	327	ELWIN	WOODS	MUIRITE	M	59	55-59M	1.31.56	1
H21	6023	1047	MARVIN	DRAAI	XCEL	M	51	50-54M	1.32.59	1
H22	6024	1059	SIZINZO	KAMA	ACH	M	71	70+M	1.33.57	1
H23	6025	1702	LEONARD	GROVES	GELVAN	M	58	55-59M	1.34.12	1
H24	6026	1716	DERICK	GOLIATH	GELVAN	M	58	55-59M	1.34.23	1
H25	6027	1045	YUSUF	SAMUELS	XCEL	M	63	60-64M	1.36.55	1
H26	6028	1704	KEITH	SEZOE	GELVAN	M	52	50-54M	1.36.37	1
H27	6029	1724	AMEERA	CAMPBELL	GELVAN	F	49	45-49F	1.41.37	1
H28	6030	1995	WAYNE	MAC GEAR	MADIBAZ	M	59	55-59M	1.41.44	1
H29	6031	1712	BRAMWELL	FLEURS	GELVAN	M	44	40-44M	1.42.40	1
H30	6032	1860	DESIREE	TITUS	GELVAN	F	57	55-59F	1.43.50	1
H31	6033	100	LYNETTE	CRAUSE	INFINITY	F	62	60-64F	1.48.38	1
H32	6034	1857	GERALDINE	LEO	GELVAN	F	65	65-69F	1.49.12	1
H33	6035	1753	RONALD	JANTJIES	TRANSNET	M	50	50-54M	1.49.12	1
H34	6036	1325	SHANNON	THEOBALD	NEDBANK	F	47	45-49F	1.49.17	1
H35	6037	1725	PEARL	DAMONS	GELVAN	F	59	55-59F	1.49.47	1
H36	6038	2318	RAZAAANAH	STRYDOM	GELVAN	F	48	45-49F	1.51.52	1
H37	6039	1850	LIONEL	TERBLANCHE	GELVAN	M	46	45-49M	1.53.37	1
H38	6040	1849	LELACHE	TERBLANCHE	GELVAN	F	38	35-39F	1.53.41	1
H39	6041	1726	BERNARD-BENJAMI	LODEWYK	GELVAN	M	51	50-54M	1.54.36	1
H40	6042	1615	ARDEN	GROOTBOOM	GELVAN	F	41	40-44F	1.54.41	1
H41	6043	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	53	50-54F	2.10.48	1
H42	6044	1722	JASMINE	JACK	GELVAN	F	51	50-54F	2.10.51	1
H43	6051	6051	COREEN	LEANDER	TEMP	F	48	45-49F	2.10.58	0