

SUNRIDGE VILLAGE 10KM - PORT ELIZABETH - 2023/05/13

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	681	2102	SINETHEMBA	JILINGISI	IKHAMVA	M	20	SM	0.31.21	5
2	168	1361	ANDILE	MOTWANA	NEDBANK	M	26	SM	0.31.43	5
3	262	20154	BRENDEN	WESSELS	RUN4C	M	17	JM	0.32.32	5
4	84	1825	KHAYA	GQWETHA	VUKANI	M	37	35-39M	0.33.06	5
5	693	2288	LITHEBE	MENZELELELI	IKHAMVA	M	23	SM	0.33.09	5
6	1503	1364	TAWANDA	CHIKOTI	NEDBANK	M	24	SM	0.33.10	5
7	695	1458	GEORGE	NTSHILIZA	NEDBANK	M	43	40-44M	0.33.35	5
8	651	1322	SINETHEMBA	MIRELE	NEDBANK	M	26	SM	0.34.00	5
9	143	1335	ANELE	MALIZA	NEDBANK	M	45	45-49M	0.34.10	5
10	689	20193	SIYABONGA	ROFUZANA	NEDBANK	M	18	JM	0.34.10	5
11	643	50804	SINOKHANYO	DUMAXAKE	REALGIJ	M	25	SM	0.35.00	0
12	11	1202	GCOBANI	BEKWAPI	ELITEAC	M	43	40-44M	0.35.32	5
13	197	1339	MILA	PASIYA	NEDBANK	M	43	40-44M	0.35.42	5
14	611	2031	DARREN	BENECKE	MADIBA	M	31	SM	0.35.57	5
15	669	1806	BATHANDWA	MOOI	VUKANI	M	38	35-39M	0.36.27	5
16	4824	4824	STEFAN	DE WET	TEMP	M	35	35-39M	0.37.02	0
17	520	1728	NOEL	ADAMS	GELVAN	M	50	50-54M	0.37.20	5
18	66	999	GRAHAM	ESHMADE	CHARLO	M	45	45-49M	0.37.38	5
19	633	1056	DALE	MOULTON	ACH	M	43	40-44M	0.37.58	5
20	673	1398	MUTEKILE	RASMENI	NEDBANK	M	58	55-59M	0.38.25	5
21	258	565	SEBASTIAN	KLEU	RUN4C	M	47	45-49M	0.38.29	5
22	16	1682	THANDO	BIXA	MADIBA	M	42	40-44M	0.38.56	4
23	264	1255	ERROL	WHITTAL	ELITEAC	M	47	45-49M	0.39.11	5
24	518	184	SANELE	SAM	CSEP	M	30	SM	0.39.16	3
25	185	908	KAYLA	NELL	CHARLO	F	28	SF	0.39.26	5
26	27	20540	RAY	BRUINTJIES	MADIBA	M	19	JM	0.39.47	3
27	4855	4855	JEAN	KOEN	TEMP	M	28	SM	0.39.59	0
28	227	20489	MARCO	SPRONG	SCHOOL	M	17	JM	0.40.11	3
29	90	1359	THEMBINKOSI	HAMBIYANI	NEDBANK	M	51	50-54M	0.40.22	5
30	261	522	ADRI	WESSELS	RUN4C	F	47	45-49F	0.40.22	5
31	644	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	56	55-59M	0.40.33	5
32	170	993	THEMBEKILE	MSIPA	CHARLO	M	48	45-49M	0.40.46	4
33	4813	4813	LEIGH	CALLAGHAN	TEMP	F	28	SF	0.40.56	0
34	142	898	PATRIC	MAKWENKWE	CHARLO	M	56	55-59M	0.42.00	5
35	193	931	ANDILE	NYOKA	CHARLO	M	50	50-54M	0.42.31	4
36	630	1252	CHAD	WEWERS	ELITEAC	M	29	SM	0.42.38	2
37	613	545	RUHAN	VAN RENSBURG	RUN4C	M	31	SM	0.42.44	2
38	640	1049	SHAUN	COETZEE	XCEL	M	53	50-54M	0.42.57	4
39	221	834	VUYISILE	SIMAYILE	NEDBANK	M	36	35-39M	0.43.15	2
40	42	20412	LUKE	CLOTZ	SCHOOL	M	18	JM	0.43.23	2
41	273	1395	MICHAEL	MAGSON	NEDBANK	M	47	45-49M	0.43.31	3
42	28	1516	THERESA	BUCHNER	32GI	F	37	35-39F	0.43.35	3
43	209	731	GAVIN	ROGERS	CRUSADE	M	58	55-59M	0.43.39	5
44	122	625	ROBIN	LAKE	ASPEN	M	33	SM	0.44.07	2
45	113	919	KELVIN	JOOSTE	CHARLO	M	36	35-39M	0.44.10	2
46	4923	4923	MELVILLE	VENTER	TEMP	M	44	40-44M	0.44.13	0
47	624	1633	ENRICO	ELS	MADIBA	M	44	40-44M	0.44.30	2
48	50	758	WERNER	DE LANGE	CRUSADE	M	35	35-39M	0.44.45	2
49	198	1957	HENRY	PIENAAR	BLUEBAY	M	51	50-54M	0.44.57	3
50	691	1847	MHLENGI	MAHLABA	HOLLYWOO	M	31	SM	0.45.03	2
51	627	1621	CHARL	DE LANGE	MADIBA	M	38	35-39M	0.45.07	2
52	22	890	SIMPHIWE	BLOU	CHARLO	M	50	50-54M	0.45.10	3
53	233	2128	GRAHAM	TERBLANCHE	MADIBAZ	M	58	55-59M	0.45.17	4
54	638	1626	GERRIT	FYVER	MADIBA	M	38	35-39M	0.45.17	2
55	61	1659	HANNES	ELS	MADIBA	M	73	70+M	0.45.21	5
56	244	1010	JAN	VAN EEDEN	NEDBANK	M	64	60-64M	0.45.29	5
57	4832	4832	PETER	GATANGI	TEMP	M	45	45-49M	0.45.46	0
58	2309	2309	SIYABULELA	MPENGESI	VUKANI	M	41	40-44M	0.45.47	2
59	74	988	JARRED	FRANZSEN	CHARLO	M	34	SM	0.45.48	2
60	43	20414	CARLA	CLOTZ	SCHOOL	F	16	JF	0.45.56	2
61	670	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	41	40-44F	0.45.59	3
62	272	1394	DAVERA	MAGSON	NEDBANK	F	48	45-49F	0.46.04	4
63	692	551	RODGER	GYSMAN	RUN4C	M	49	45-49M	0.46.07	2

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64	658	1479	MARIETTE	HATTINGH	NEDBANK	F	57	55-59F	0.46.08	5
65	697	20511	Owami	GWAMANDA	VWAC	M	14	JM	0.46.15	2
66	126	1263	KAHN	LANGFORD	VWAC	M	44	40-44M	0.46.15	2
67	4952	4952	KADER	ABDULLA	TEMP	M	46	45-49M	0.46.22	0
68	207	957	PIERRE	RENSHAW	CHARLO	M	49	45-49M	0.46.25	2
69	602	1487	GRANT	HOYLE	32GI	M	49	45-49M	0.46.29	2
70	516	263	LINDIKHAYA	NTEYI	TINARHA	M	43	40-44M	0.46.32	2
71	657	1131	NELIA	JACOBS	JBAY	F	44	40-44F	0.46.36	3
72	114	1179	LEROUX	JORDAAN	JBAY	M	36	35-39M	0.46.36	2
73	617	1528	KELVIN	SAMUEL	32GI	M	39	35-39M	0.46.41	2
74	263	534	MIEKE	WESTRAADT	RUN4C	F	27	SF	0.46.43	2
75	228	20490	LUHANN	SPRONG	SCHOOL	M	15	JM	0.47.06	2
76	4903	4903	JUDE	ROSS	TEMP	M	27	SM	0.47.12	0
77	12	1782	SERGEI	BENJAMIN	VUKANI	M	36	35-39M	0.47.21	2
78	678	50969	SITHA	SIGENU	REALGIJ	F	39	35-39F	0.47.32	0
79	15	893	HISHAAN	BHANA	CHARLO	M	26	SM	0.47.34	2
80	660	1566	RUAN	WELGEMOED	DESPATCH	M	28	SM	0.47.35	2
81	111	1907	SONWABISO	JIKA-JIKA	SIBALEKA	M	37	35-39M	0.47.36	2
82	167	964	JUSTIN	MOGRIDGE	CHARLO	M	34	SM	0.47.48	2
83	265	1256	JANINE	WHITTAL	ELITEAC	F	42	40-44F	0.47.50	2
84	35	1289	NICK	CHAPMAN	VWAC	M	51	50-54M	0.47.58	2
85	112	1002	PAUL	JOHNSON	BODYCON	M	55	55-59M	0.48.01	3
86	4956	4956	TIMM	PARKIN	TEMP	M	43	40-44M	0.48.06	0
87	6687	1021	MARK	HUPPELSCHOTEN	BODYCON	M	44	40-44M	0.48.07	2
88	4848	4848	BIVASH	JAGARAN	TEMP	M	26	SM	0.48.10	0
89	56	1212	EDMUND	DRAKE	ELITEAC	M	32	SM	0.48.12	2
90	152	1035	JEROME	MAY	XCEL	M	56	55-59M	0.48.32	2
91	82	914	ETIENNE	GERBER	CHARLO	M	53	50-54M	0.48.33	2
92	505	2126	LUTHANDO	NDZAMBO	MADIBAZ	M	39	35-39M	0.48.47	2
93	149	928	ALLISTER	MARRAN	CHARLO	M	47	45-49M	0.48.55	2
94	226	980	CLINTON	SMITH	CHARLO	M	37	35-39M	0.49.02	2
95	4853	4853	BERNHARD	KAPP	TEMP	M	32	SM	0.49.03	0
96	134	1444	MFUNDISO	LUVALO	NEDBANK	M	53	50-54M	0.49.12	2
97	178	1267	ANAND	NAIDOO	VWAC	M	53	50-54M	0.49.28	2
98	119	91	DENZIL	KOOPMAN	INFINITY	M	52	50-54M	0.49.29	2
99	690	1554	HELGARD	POTGIETER	DESPATCH	M	51	50-54M	0.49.30	2
100	4823	4823	LARA	DE BLOE	TEMP	F	21	SF	0.49.35	0
101	216	982	PRISHEN	RYAN	CHARLO	M	33	SM	0.49.36	1
102	4870	4870	WESLEY	MERRICK	TEMP	M	29	SM	0.49.43	0
103	677	50129	SANNAH	MPUKULA	BODYCON	F	49	45-49F	0.49.48	2
104	684	1001	AMANDA	SHAW	BODYCON	F	58	55-59F	0.49.53	4
105	70	634	JO-ANNE	FORSON	ASPEN	F	35	35-39F	0.49.59	2
106	224	584	BRENDON	SLABBERT	RUN4C	M	51	50-54M	0.50.00	2
107	21	944	DISEMBA	BLOU	CHARLO	M	64	60-64M	0.50.06	2
108	632	1018	IVO	MEYER	BODYCON	M	48	45-49M	0.50.07	2
109	41	894	TONY	CLARKE	CHARLO	M	62	60-64M	0.50.27	2
110	616	1060	DEAN	FINLAY	ACH	M	56	55-59M	0.50.29	2
111	679	1031	CHESTER	BROOKS	XCEL	M	65	65-69M	0.50.34	3
112	663	1553	STEPHEN	PHILLIPSON	DESPATCH	M	59	55-59M	0.50.35	2
113	25	1586	MAUDY	BOTES	DESPATCH	F	41	40-44F	0.50.35	2
114	4894	4894	CHRISTO	PRINSLOO	TEMP	M	16	JM	0.50.41	0
115	247	883	LINDI	VAN TONDER	CHARLO	F	45	45-49F	0.50.43	2
116	4862	4862	LORNA	LUMB	TEMP	F	55	55-59F	0.50.58	0
117	246	1250	PETER	VAN RENSBURG	ELITEAC	M	64	60-64M	0.50.59	2
118	88	1671	LEON	GROENEWALD	MADIBA	M	56	55-59M	0.51.00	2
119	45	1954	LEONARD	CONRADIE	BLUEBAY	M	68	65-69M	0.51.07	2
120	509	765	LESLIE	FERREIRA	CRUSADE	M	27	SM	0.51.14	1
121	266	876	GEORGE	WINSHIP	CHARLO	M	57	55-59M	0.51.16	2
122	123	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	39	35-39F	0.51.23	2
123	614	199	JOSEPH	BAIN	CSEP	M	63	60-64M	0.51.28	2
124	245	905	JANET	VAN NIEKERK	CHARLO	F	46	45-49F	0.51.38	2
125	4905	4905	NELMARI	SAAYMAN	TEMP	F	24	SF	0.51.49	0
126	1655	1592	BENNIE	THYSSE	DESPATCH	M	65	65-69M	0.52.13	2
127	4951	4951	BERNAR	BOTHA	TEMP	M	34	SM	0.52.30	0

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128	218	935	BRENTON	SCHNETLER	CHARLO	M	48	45-49M	0.52.31	1
129	162	1527	WILMA	MEYER	32GI	F	45	45-49F	0.52.39	2
130	78	1512	CHARL	GERBER	32GI	M	46	45-49M	0.52.39	1
131	30	934	RYAN	BURTON	CHARLO	M	38	35-39M	0.52.40	1
132	225	930	IMKE	SMIT	CHARLO	F	34	SF	0.52.46	1
133	667	50	MICHAEL	DEKKER	SAPPE	M	50	50-54M	0.53.08	1
134	601	837	PRESTON	PETERSEN	NEDBANK	M	34	SM	0.53.10	1
135	641	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	62	60-64F	0.53.21	3
136	239	1648	KEITH	VALENTINE	MADIBA	M	32	SM	0.53.22	1
137	18	874	DOMINIQUE	BLIGNAULT	CHARLO	M	33	SM	0.53.30	1
138	628	1666	Julia	Hofart	MADIBA	F	40	40-44F	0.53.33	1
139	639	1637	CHARL	MEISTRE	MADIBA	M	38	35-39M	0.53.34	1
140	125	1995	YOLANDIE	LANDMAN	PROFILES	F	47	45-49F	0.53.39	2
141	656	2204	IVAN	MOSES	MADIBAZ	M	61	60-64M	0.53.50	2
142	4812	4812	PHIL	BRADLEY	TEMP	M	40	40-44M	0.54.00	0
143	4801	4801	FASEEG	ABRAHAMS	TEMP	M	41	40-44M	0.54.23	0
144	163	1428	TANYA	MEYER	NEDBANK	F	38	35-39F	0.54.24	1
145	504	4963	SIMAMKELE	NCWADI	TEMP	M	15	JM	0.54.25	0
146	682	1299	MICHAEL	SLATER	VWAC	M	52	50-54M	0.54.33	1
147	686	307	DENVER	HUME	MUIRITE	M	45	45-49M	0.54.45	1
148	700	1555	LYDIA	POTGIETER	DESPATCH	F	48	45-49F	0.54.47	1
149	254	1085	ANDRE	VILJOEN	ACH	M	68	65-69M	0.54.48	2
150	4871	4871	ELIZA	MILLER	TEMP	F	37	35-39F	0.55.05	0
151	73	1598	LERENZO	FRANCIS	DESPATCH	M	36	35-39M	0.55.05	1
152	654	1585	GEORGE	BOTES	DESPATCH	M	49	45-49M	0.55.09	1
153	252	940	MICHALA	VERMAAK	CHARLO	F	27	SF	0.55.12	1
154	17	970	MALCOLM	BLANDY	CHARLO	M	41	40-44M	0.55.13	1
155	683	4960	NATASHA	HALLER	TEMP	F	42	40-44F	0.55.13	0
156	674	4961	CARL	HALLER	TEMP	M	48	45-49M	0.55.14	0
157	4820	4820	SHANE	D'ARCY	TEMP	M	37	35-39M	0.55.15	0
158	141	838	BABALO	MAKALIMA	NEDBANK	M	39	35-39M	0.55.15	1
159	4	1201	CATHY	ALLERS	ELITEAC	F	61	60-64F	0.55.22	2
160	124	1994	VERNON	LANDMAN	PROFILES	M	48	45-49M	0.55.33	1
161	610	618	KELLY	HOLMES	ASPEN	F	46	45-49F	0.55.34	1
162	208	727	ANGELA	ROGERS	CRUSADE	F	53	50-54F	0.55.37	2
163	508	1561	RIAAN	DELPORT	DESPATCH	M	38	35-39M	0.56.02	1
164	48	1503	TENIELLE	DE ANDRADE	32GI	F	38	35-39F	0.56.02	1
165	38	903	KESVAL	CHETTY	CHARLO	M	58	55-59M	0.56.04	1
166	519	1700	ELIZE	ADAMS	GELVAN	F	48	45-49F	0.56.10	1
167	145	952	CINDY	MARAIS	CHARLO	F	45	45-49F	0.56.11	1
168	147	948	THOMAS	MARAIS	CHARLO	M	36	35-39M	0.56.11	1
169	648	1623	SUSAN	ALCOCK	MADIBA	F	57	55-59F	0.56.12	2
170	32	50345	ROBERT	BUTTON	OLDSELB	M	64	60-64M	0.56.12	0
171	4957	4957	SHAUN	WHINNEY	TEMP	M	41	40-44M	0.56.15	0
172	199	1264	LAVINIA	PIETERSE	VWAC	F	48	45-49F	0.56.31	1
173	4807	4807	PIETER	BOSHOFF	TEMP	M	31	SM	0.56.33	0
174	4953	4953	LOUISE	KNIGHT	TEMP	F	56	55-59F	0.56.36	0
175	511	1291	ASHENDA	MAKONIE	VWAC	F	47	45-49F	0.56.38	1
176	214	750	PIETER	ROUX	CRUSADE	M	68	65-69M	0.56.50	1
177	646	1687	NORMAN	SILKE	MADIBA	M	45	45-49M	0.56.55	1
178	250	880	WENDY	VENTER	CHARLO	F	51	50-54F	0.56.58	1
179	130	741	MARGARET	LLOYD	CRUSADE	F	59	55-59F	0.57.05	2
180	52	1234	DEWALD	DEYSEL	ELITEAC	M	40	40-44M	0.57.19	1
181	699	1271	LEZELL	HARRIS	VWAC	F	49	45-49F	0.57.30	1
182	4859	4859	LUZANNE	LARTER	TEMP	F	40	40-44F	0.57.32	0
183	4907	4907	JAKOB	SIWAK	TEMP	M	36	35-39M	0.57.33	0
184	4837	4837	ARISTA	GRIGOR	TEMP	F	45	45-49F	0.57.38	0
185	4912	4912	JOEL	SWARTZ	TEMP	M	40	40-44M	0.57.42	0
186	4896	4896	NEAL	PRINSLOO	TEMP	M	37	35-39M	0.57.42	0
187	4922	4922	ELAINE	VAN ZYL	TEMP	F	27	SF	0.57.43	0
188	680	1545	NATALIE	BOSHOFF	32GI	F	36	35-39F	0.57.45	1
189	615	525	WESSEL	EBERSOHN	RUN4C	M	33	SM	0.57.46	1
190	108	1071	HEIDI	JANSEN	ACH	F	56	55-59F	0.58.11	1
191	4913	4913	WARREN	TAGG	TEMP	M	47	45-49M	0.58.12	0

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192	206	717	NATALIE	RAW	CRUSADE	F	36	35-39F	0.58.16	1
193	63	1424	SAM	ERASMUS	NEDBANK	M	65	65-69M	0.58.19	1
194	92	2381	GERT	HARMSE	RUN4C	M	56	55-59M	0.58.20	1
195	173	891	SAMANTHA	MUKHEIBIR	CHARLO	F	45	45-49F	0.58.30	1
196	653	1317	CHARMELLE	MAY	NEDBANK	F	42	40-44F	0.58.48	1
197	249	992	PETER	VENTER	CHARLO	M	42	40-44M	0.58.53	1
198	251	990	KIM	VENTER	CHARLO	F	38	35-39F	0.58.58	1
199	24	1284	DEAN	BOSMAN	VWAC	M	41	40-44M	0.58.59	1
200	102	1261	FRANKLIN	HUMAN	VWAC	M	47	45-49M	0.59.00	1
201	662	300	CAROL	BOOYSEN	MUIRITE	F	54	50-54F	0.59.01	1
202	248	1582	MARINET	VAN TONDER	DESPATCH	F	44	40-44F	0.59.04	1
203	4949	4949	A J	ROCKMAN	TEMP	M	42	40-44M	0.59.05	0
204	4916	4916	SALLY	VAN DER BYL	TEMP	F	36	35-39F	0.59.07	0
205	4899	4899	WENDY	RAW	TEMP	F	63	60-64F	0.59.23	0
206	668	213	SHARON	SMUTS	CSEP	F	57	55-59F	0.59.28	1
207	256	726	KEITH	VOSLOO	CRUSADE	M	60	60-64M	0.59.42	1
208	4831	4831	BONGANI	FALTEIN	TEMP	M	42	40-44M	1.00.04	0
209	127	1644	JAN	LE ROUX	MADIBA	M	34	SM	1.00.06	1
210	135	1445	NOYISE	LUVALO	NEDBANK	F	43	40-44F	1.00.08	1
211	13	2004	JOHN	BEZUIDENHOUT	PROFILES	M	30	SM	1.00.11	1
212	190	1826	AKHONA	NTANJANA	VUKANI	F	35	35-39F	1.00.13	1
213	71	1220	ANDRE	FOURIE	RUN4C	M	76	70+M	1.00.17	1
214	7	984	BELINDA	BAIN	CHARLO	F	61	60-64F	1.00.17	1
215	165	170	THANDEKA	MHLANGA	ACT AC	F	33	SF	1.00.18	1
216	512	2123	JOHANN	VAN DER MERWE	MADIBAZ	M	59	55-59M	1.00.20	1
217	26	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	50	50-54M	1.00.21	1
218	14	956	NEELES	BHANA	CHARLO	M	52	50-54M	1.00.25	1
219	223	583	CHRISTELLE	SLABBERT	RUN4C	F	51	50-54F	1.00.26	1
220	109	1048	HENRY	JANSEN	XCEL	M	48	45-49M	1.00.32	1
221	2	1293	NEIL	ABRAHAMS	VWAC	M	44	40-44M	1.00.37	1
222	132	728	Paul	Lubbe	CRUSADE	M	61	60-64M	1.00.48	1
223	4834	4834	PAUL	GLENDINNING	TEMP	M	27	SM	1.00.48	0
224	62	1632	JOS	ELS	MADIBA	F	71	70+F	1.00.51	1
225	4900	4900	ZHULDYZ	ROBBERTS	TEMP	F	36	35-39F	1.01.26	0
226	515	1712	BRAMWELL	FLEURS	GELVAN	M	44	40-44M	1.01.32	1
227	4809	4809	CARLI	KLEU	TEMP	F	38	35-39F	1.01.34	0
228	67	1935	XENOPHON	FERREIRA	BLUEBAY	M	61	60-64M	1.01.41	1
229	688	2169	WAYNE	MAC GEAR	MADIBAZ	M	59	55-59M	1.01.42	1
230	97	954	ANDREW	HIGGS	CHARLO	M	51	50-54M	1.01.46	1
231	694	1579	JHANINEN	BOSHOFF	DESPATCH	F	57	55-59F	1.01.51	1
232	4886	4886	GARTH	PARFITT	TEMP	M	49	45-49M	1.01.55	0
233	54	82	LETA	DOS SANTOS	INFINITY	F	58	55-59F	1.02.10	1
234	1	1292	ANNARLI	ABRAHAMS	VWAC	F	43	40-44F	1.02.14	1
235	4908	4908	RIEHAN	SLABBERT	TEMP	M	42	40-44M	1.02.16	0
236	4947	4947	RENE	CRONJE	TEMP	F	31	SF	1.02.38	0
237	1064	1064	JOHN	KOTZE	ACH	M	72	70+M	1.02.39	1
238	645	72	HERMAN	DEKKER	SAPPE	M	78	70+M	1.02.42	1
239	166	1298	MPHATHISI	MJADU	VWAC	M	51	50-54M	1.02.58	1
240	230	2249	DWAIN	STRYDOM	32GI	M	40	40-44M	1.03.03	1
241	4910	4910	GAYLE	STRYDOM	TEMP	F	41	40-44F	1.03.06	0
242	4844	4844	TINKY	HODGSON	TEMP	F	57	55-59F	1.03.07	0
243	23	705	OCTAVIA	BOSHOFF	CRUSADE	F	53	50-54F	1.03.07	1
244	59	738	SAM	DU TOIT	CRUSADE	F	53	50-54F	1.03.07	1
245	4843	4843	PADDY	HODGSON	TEMP	M	60	60-64M	1.03.08	0
246	4861	4861	MONIQUE	LUDICK	TEMP	F	29	SF	1.03.18	0
247	98	1641	DEBBIE	HILTON	MADIBA	F	51	50-54F	1.03.18	1
248	164	1530	BRONWIN	MEYER	32GI	F	50	50-54F	1.03.33	1
249	502	2227	YOLANDA	SIDWABA	ASPEN	F	32	SF	1.03.34	1
250	260	2229	CRAIG	WARD	ASPEN	M	46	45-49M	1.03.37	1
251	259	681	CHRISTINE	WALE	VITALITY	F	42	40-44F	1.03.37	1
252	664	100	LYNETTE	CRAUSE	INFINITY	F	63	60-64F	1.03.48	1
253	4902	4902	KELLY	ROSE	TEMP	F	44	40-44F	1.03.57	0
254	87	1207	CHARL	GRIESSEL	ELITEAC	M	59	55-59M	1.04.10	1
255	195	1956	SONJA	OLIVIER	BLUEBAY	F	55	55-59F	1.04.12	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
256	75	1625	HELENA	FYVER	MADIBA	F	38	35-39F	1.04.22	1
257	49	1624	ESTELLE	DE KLERK	MADIBA	F	56	55-59F	1.04.38	1
258	194	1713	LYDIA	OLIVER	GELVAN	F	55	55-59F	1.04.39	1
259	636	1248	EULIDA	OELOFSE	ELITEAC	F	50	50-54F	1.04.43	1
260	20	1631	AMANDA	BLIGNAULT	MADIBA	F	63	60-64F	1.04.44	1
261	129	1246	NATALIE	LIEBENBERG	ELITEAC	F	36	35-39F	1.04.45	1
262	229	691	WALTER	STRONACH	VITALITY	M	33	SM	1.04.46	1
263	4917	4917	MANDY	VAN DER MERWE	TEMP	F	52	50-54F	1.04.59	0
264	107	1028	FRANSI	JANSE VAN RENSBURG	XCEL	F	51	50-54F	1.05.03	1
265	647	98	AMANDA	WOLMARANS	INFINITY	F	64	60-64F	1.05.24	1
266	514	20216	JODY	PRIMO	GELVAN	M	15	JM	1.05.25	1
267	671	1316	RUBERTO	MAY	NEDBANK	M	46	45-49M	1.05.34	1
268	506	1281	JULYAN	MUNNICK	VWAC	M	55	55-59M	1.05.47	1
269	242	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	44	40-44F	1.05.50	1
270	4884	4884	MICHAEL	NYONI	TEMP	M	47	45-49M	1.05.51	0
271	4940	4940	COLLEEN	MOSES	TEMP	F	48	45-49F	1.06.04	0
272	4819	4819	ALICIA	DÁRCY	TEMP	F	36	35-39F	1.06.07	0
273	698	1073	THERESA	LILLIS	ACH	F	66	65-69F	1.06.08	1
274	4889	4889	LAURE	PIETERSE	TEMP	M	52	50-54M	1.06.15	0
275	181	826	UNATHI	NDAMASE	NEDBANK	F	37	35-39F	1.06.28	1
276	69	1684	ERIKA	FOREMAN	MADIBA	F	52	50-54F	1.06.30	1
277	4838	4838	KHOLOSA	GUMATANA	TEMP	F	47	45-49F	1.06.44	0
278	39	923	EVA	CHETTY	CHARLO	F	54	50-54F	1.06.49	1
279	44	742	TRACY	COCKROFT	CRUSADE	F	60	60-64F	1.07.06	1
280	57	572	SHANTE	DU PLESSIS	RUN4C	F	30	SF	1.07.34	1
281	205	1421	ANNELINE	RAUTENBACH	NEDBANK	F	55	55-59F	1.07.40	1
282	131	995	BERNADETTE	LOOCK	CHARLO	F	43	40-44F	1.07.43	1
283	121	1936	MARKUS	KUNNEKE	BLUEBAY	M	53	50-54M	1.07.49	1
284	612	1051	LIZ	AUSTIN	ACH	F	64	60-64F	1.08.00	1
285	605	1104	CATHY	IVES	ACH	F	70	70+F	1.08.00	1
286	51	400	RONEL	DE TARNOWSKY	SPAREC	F	42	40-44F	1.08.17	1
287	237	704	SHARIETA	TIRY	VITALITY	F	31	SF	1.09.17	1
288	655	2391	JACQUES	KEIRSGIETER	ASPEN	M	34	SM	1.09.18	1
289	196	1231	HELENE	OPPEL	ELITEAC	F	73	70+F	1.09.31	1
290	4939	4939	ANDREW	MOSES	TEMP	M	50	50-54M	1.09.40	0
291	4802	4802	YOLANDE	ARCHER	TEMP	F	44	40-44F	1.10.13	0
292	186	1375	BARRY	NELSON	NEDBANK	M	71	70+M	1.10.26	1
293	47	968	DENISE	DARLOW	CHARLO	F	54	50-54F	1.10.33	1
294	116	969	GARY	KELLEHER	CHARLO	M	65	65-69M	1.10.34	1
295	161	1832	ANELE	MESANI	VUKANI	M	43	40-44M	1.10.36	1
296	91	2382	ELIZMA	HARMSE	RUN4C	F	62	60-64F	1.11.01	1
297	510	4959	GARFIELD	TSOTSANE	TEMP	M	57	55-59M	1.11.04	0
298	137	1802	THOBEKA	MABUSELA	VUKANI	F	61	60-64F	1.11.14	1
299	201	1309	GERALD	PIETERSEN	VWAC	M	43	40-44M	1.11.26	1
300	661	530	ANDRE	PIENAAR	RUN4C	M	60	60-64M	1.11.58	1
301	649	1295	XOLANI	MGIJIMA	VWAC	M	40	40-44M	1.12.28	1
302	8	1593	NAOMI	BAKKER	DESPATCH	F	45	45-49F	1.12.29	1
303	4806	4806	MICHELLE	BLOM	TEMP	F	45	45-49F	1.12.36	0
304	4898	4898	LISA	RANDALL	TEMP	F	43	40-44F	1.12.37	0
305	238	918	HANNAH	TRUTER	CHARLO	F	30	SF	1.13.12	1
306	4828	4828	VAL	DUMINY	TEMP	F	66	65-69F	1.13.16	0
307	4958	4958	CHANTELL	PIETERSE	TEMP	F	31	SF	1.13.22	0
308	80	570	PIETER	GERBER	RUN4C	M	64	60-64M	1.13.24	1
309	154	1855	Unathi	Mboniswa	HOLLYWOO	F	41	40-44F	1.13.37	1
310	4822	4822	RICHARD	DAWSON	TEMP	M	47	45-49M	1.14.13	0
311	675	753	PLACXEDES	NDHLOVU	CRUSADE	F	48	45-49F	1.14.27	1
312	4877	4877	LAYOLA	NDZAMBO	TEMP	F	30	SF	1.14.42	0
313	68	472	TARYN	FERREIRA	WALMER	F	42	40-44F	1.14.44	1
314	501	1306	GAVIN	KLINK	VWAC	M	50	50-54M	1.15.10	1
315	4911	4911	TYRESE	SWARTBOOI	TEMP	M	19	JM	1.15.13	0
316	4811	4811	TRENTON	BOWERS	TEMP	M	47	45-49M	1.15.17	0
317	652	1850	Nomfundo	Gwegwe	HOLLYWOO	F	46	45-49F	1.15.23	1
318	180	929	ANUSHA	NAIDU	CHARLO	F	56	55-59F	1.15.46	1
319	4927	4927	JANICE	WELGEMOED	TEMP	F	36	35-39F	1.15.51	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
320	665	20001	ZANTE	DEKKER	SAPPE	F	16	JF	1.16.17	1
321	4835	4835	CHARL	GOUWS	TEMP	M	57	55-59M	1.16.32	0
322	222	1919	SANDISE	SITUNDA	SIBALEKA	F	40	40-44F	1.16.54	1
323	672	75	HESTER	DEKKER	SAPPE	F	51	50-54F	1.17.00	1
324	666	70	BIANCA	SWARTS	SAPPE	F	20	JF	1.17.01	1
325	635	99	MARIUS	WOLMARANS	INFINITY	M	65	65-69M	1.17.28	1
326	94	1434	DIANNE	HARTZENBERG	NEDBANK	F	64	60-64F	1.18.03	1
327	19	872	MEGAN	BLIGNAULT	CHARLO	F	32	SF	1.19.26	1
328	4601	4601	MARY	NGODWANA	TEMP	F	37	35-39F	1.20.36	0
329	650	294	ANNA	WELGEMOED	MUIRITE	F	54	50-54F	1.20.51	1
330	133	910	RAE	LUCKMAN	CHARLO	F	53	50-54F	1.22.08	1
331	267	1640	CHERYL	WITTE	MADIBA	F	60	60-64F	1.22.20	1
332	93	1683	SUNET	HARRIS	MADIBA	F	50	50-54F	1.22.31	1
333	4814	4814	ZOE	CLARKE	TEMP	F	53	50-54F	1.22.48	0
334	269	757	JENNY	WYATT	CRUSADE	F	47	45-49F	1.22.49	1
335	4895	4895	DAVENE	PRINSLOO	TEMP	F	34	SF	1.23.23	0
336	55	81	JOSE	DOS SANTOS	INFINITY	M	58	55-59M	1.23.32	1
337	4815	4815	BELINDA	COLE	TEMP	F	51	50-54F	1.23.38	0
338	4860	4860	JASON	LE ROUX	TEMP	M	27	SM	1.24.57	0
339	72	1215	HELEN	FOURIE	RUN4C	F	53	50-54F	1.25.11	1
340	631	1017	CLAIRWEN	MEYER	BODYCON	F	44	40-44F	1.25.20	1
341	4946	4946	TINA	DERBYSHIRE	TEMP	F	68	65-69F	1.26.40	0
342	4909	4909	CHANEL	SMAILES	TEMP	F	49	45-49F	1.27.15	0
343	46	761	NTOKOZO	DAMBUZA	CRUSADE	F	44	40-44F	1.27.28	1
344	9	1249	RINA	BARNARD	ELITEAC	F	69	65-69F	1.28.23	1
345	4964	4964	SIXOLILE	NTLANTSANA	TEMP	F	57	55-59F	1.28.29	0
346	4810	4810	SAMANTHA	BOWERS	TEMP	F	53	50-54F	1.28.51	0
347	4948	4948	NELISA	FALTEIN	TEMP	F	37	35-39F	1.28.52	0
348	64	1090	MARK	ERLANK	ACH	M	49	45-49M	1.29.03	1
349	65	1089	HELEN	ERLANK	ACH	F	41	40-44F	1.29.03	1
350	138	942	EDITH	MAC GEAR	CHARLO	F	55	55-59F	1.29.27	1
351	4845	4845	JACQUI	HOLMES	TEMP	F	53	50-54F	1.30.19	0
352	255	275	JONEL	VORSTER	MUIRITE	F	33	SF	1.30.20	1
353	219	1643	DINA	SCHUTTE	MADIBA	F	57	55-59F	1.31.04	1
354	503	1930	Siyabulela	Luzipho	SIBALEKA	M	42	40-44M	1.32.07	1
355	217	936	MARGOT	SCHNETLER	CHARLO	F	45	45-49F	1.36.00	1
356	659	1095	MOF	BOTHA	ACH	M	67	65-69M	1.38.01	1
357	86	1679	KENNETH	GREYLING	MADIBA	M	63	60-64M	1.40.48	0
HELPERS RUN										
H1	401	555	BURNITA	STRYDOM	RUN4C	F	54	50-54F	0.48.16	4
H2	402	554	PETRUS	RADEMeyer	RUN4C	M	48	45-49M	0.50.20	2
H3	403	20	PHILIP	WESSELS	PEAAC	M	44	40-44M	0.50.32	2
H4	404	539	SERGIO	PETERSON	RUN4C	M	45	45-49M	0.53.49	1
H5	405	546	CHARLES	CORBY	RUN4C	M	52	50-54M	0.56.59	1
H6	406	14	JAMES	HART	PEAAC	M	49	45-49M	0.57.08	1
H7	407	582	JOHAN	ENGELBRECHT	RUN4C	M	59	55-59M	0.57.13	1
H8	408	556	ARTHUR	WILLIAMS	RUN4C	M	60	60-64M	0.58.06	1
H9	411	1008	VERONICA	SMITH	BODYCON	F	56	55-59F	1.00.51	1
H10	412	541	ELZET	BRITS	RUN4C	F	34	SF	1.04.47	1
H11	413	455	JODI	PIENAAR	WALMER	M	29	SM	1.05.51	1
H12	415	575	ANTONIE	GROBLER	RUN4C	M	70	70+M	1.08.37	1
H13	5002	5002	ALYCIA	LANGLEY	TEMP	F	29	SF	1.08.14	0
H14	417	528	JOEL	HUMAN	RUN4C	M	50	50-54M	1.08.37	1
H15	418	544	JACQUELENE	DU TOIT	RUN4C	F	50	50-54F	1.08.39	1
H16	419	562	JUDITH	NIENABER	RUN4C	F	63	60-64F	1.08.42	1
H17	420	573	BRITTANY	CILLIERS	RUN4C	F	30	SF	1.08.49	1
H18	521	543	NIEKIE	OOSTHUIZEN	RUN4C	F	52	50-54F	1.16.19	1
H19	5001	5001	GERHARD	SCHOEMAN	TEMP	M	48	45-49M	1.16.23	0
H20	423	557	CHARLENE	RADEMeyer	RUN4C	F	41	40-44F	1.17.00	1
H21	424	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	54	50-54F	1.18.52	1
H22	425	576	MARINDA	SLABBERT	RUN4C	F	58	55-59F	1.18.52	1
H23	426	1325	SHANNON	THEOBALD	NEDBANK	F	47	45-49F	1.18.52	1
H24	427	3	KEVIN	BENADE	PEAAC	M	54	50-54M	1.21.11	1
H25	428	560	ERICH	VAN ROOYEN	RUN4C	M	49	45-49M	1.31.32	1