

**NMB CHOOSE TO CHALLENGE 10KM - QGEBERHA - 2023/08/05**

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PRES	PTS
1	970	355	MELIKHAYA	FRANS	IKHAMVA	M	33	SM	0.28.44	25	5
2	971	1320	THABANG	MOSIAKO	NEDBANK	M	28	SM	0.28.51	24	5
3	972	363	CWENGA	NOSE	IKHAMVA	M	22	SM	0.30.32	23	5
4	991	2102	SINETHEMBA	JILINGISI	IKHAMVA	M	20	SM	0.30.34	22	5
5	1042	1361	ANDILE	MOTWANA	NEDBANK	M	26	SM	0.30.37	21	5
6	976	2288	LITHOBE	MENZELELELI	IKHAMVA	M	23	SM	0.31.06	20	5
7	973	357	SINAWO	POTI	IKHAMVA	M	21	SM	0.31.08	19	5
8	809	1338	SIBAHLE	MAQWARA	NEDBANK	M	21	SM	0.31.22	18	5
9	974	356	LUYANDA	TSHANGANA	IKHAMVA	M	40	40-44M	0.31.32	17	5
10	882	2211	SICELO	MASHABA	MADIBAZ	M	23	SM	0.31.48	16	5
11	714	401	BONGANI	BANDA	CHILLIEP	M	23	SM	0.31.50	15	5
12	562	1322	SINETHEMBA	MIRELE	NEDBANK	M	26	SM	0.31.57	14	5
13	570	1836	XOLISA	NDLUMBINI	VUKANI	M	41	40-44M	0.32.09	13	5
14	845	20154	BRENDEN	WESSELS	RUN4C	M	17	JM	0.32.22	12	5
15	694	1458	GEORGE	NTSHILIZA	NEDBANK	M	43	40-44M	0.32.26	11	5
16	994	1825	KHAYA	GQWETHA	VUKANI	M	38	35-39M	0.32.59	10	5
17	618	854	SIBUSISO	THU	NEDBANK	M	35	35-39M	0.33.03	9	5
18	602	20193	SIYABONGA	ROFUZANA	NEDBANK	M	19	JM	0.33.08	8	5
19	732	5732	ZOLANI	MABONGO	TEMP	M	37	35-39M	0.33.17	0	0
20	1213	476	ZINGISILE	MARIKENI	BOXEREL	M	47	45-49M	0.33.18	0	0
21	977	370	DESMOND	ZIBI	IKHAMVA	M	59	55-59M	0.33.30	7	5
22	1010	267	SILINDOKUHLE	TSOTSA	TINARHA	M	21	SM	0.33.33	6	5
23	979	378	SIYABONGA	HONNI	IKHAMVA	M	39	35-39M	0.33.38	5	5
24	1291	20300	SIBUSISO	COLEPI	MOTHER	M	18	JM	0.34.03	4	5
25	248	866	MELIKHAYA	KEPE	NEDBANK	M	47	45-49M	0.34.05	3	5
26	1008	20116	OKUHLE	Dloto	TINARHA	M	16	JM	0.34.15	2	5
27	553	1335	ANELE	MALIZA	NEDBANK	M	45	45-49M	0.34.23	1	5
28	1049	20374	SAKHE	MAHOTE	MADIBAZ	M	19	JM	0.34.46	0	5
29	574	20191	OYAMA	NTANTISO	NEDBANK	M	18	JM	0.34.49	0	5
30	699	1363	ABDI	MOHAMED	NEDBANK	M	25	SM	0.35.12	0	5
31	978	358	MZWANELE	MAPHEKULA	IKHAMVA	M	46	45-49M	0.35.18	0	5
32	975	376	HOPEWELL	JABAVU	IKHAMVA	M	39	35-39M	0.35.34	0	5
33	582	1339	MILA	PASIYA	NEDBANK	M	43	40-44M	0.35.36	0	5
34	823	20136	VUSEKANI	NOMTSHATSHO	CHILLIEP	M	19	JM	0.35.58	0	5
35	1205	1082	PAUL	WOLFF	ACH	M	55	55-59M	0.36.01	0	5
36	995	1202	GCOBANI	BEKWAPI	ELITEAC	M	44	40-44M	0.36.07	0	5
37	836	20126	AKHONA	Temhani	CHILLIEP	M	17	JM	0.36.28	0	4
38	891	795	SAZISO	PANGINDAWO	NMBAC	M	41	40-44M	0.36.31	0	5
39	946	2309	SIYABULELA	MPENGESI	VUKANI	M	41	40-44M	0.36.37	0	5
40	1060	20037	APHELELE	SEPTEMBER	ACT AC	M	19	JM	0.37.05	0	4
41	1278	1080	PATRIDGE	CHIMWENDO	ACH	M	20	SM	0.37.08	0	4
42	1035	1728	NOEL	ADAMS	GELVAN	M	51	50-54M	0.37.10	0	5
43	1292	519	LUVUYO	DYANI	MOTHER	M	53	50-54M	0.37.14	0	5
44	937	536	ALISTAIR	KINGWILL	RUN4C	M	46	45-49M	0.37.28	0	5
45	630	1400	KELLY	VAN VLIET	NEDBANK	F	35	35-39F	0.37.35	25	5
46	1222	1925	SIYANDA	PETER	SIBALEKA	M	34	SM	0.37.39	0	4
47	605	184	SANELE	SAM	CSEP	M	30	SM	0.37.54	0	4
48	842	20137	SINELIZWI	VENENE	CHILLIEP	M	16	JM	0.38.12	0	3
49	1255	1127	BRADLEY	MACKENZIE	ACH	M	51	50-54M	0.38.19	0	5
50	816	20130	BANELE	MTABA	CHILLIEP	M	16	JM	0.38.37	0	3
51	1253	855	LLEWELLYN	BARNARD	NEDBANK	M	33	SM	0.38.41	0	3
52	888	908	KAYLA	NELL	CHARLO	F	29	SF	0.38.44	24	5
53	1265	565	SEBASTIAN	KLEU	RUN4C	M	47	45-49M	0.38.47	0	5
54	1022	1478	GIRMA	DODAMO	NEDBANK	M	37	35-39M	0.38.52	0	4
55	1007	589	LUZUKO	BETSHA	YOUTH	M	27	SM	0.38.54	0	3
56	210	1465	HENRY	CRAUSE	NEDBANK	M	40	40-44M	0.39.04	0	4
57	841	20132	LATHITHA	VENA	CHILLIEP	M	14	JM	0.39.07	0	3
58	1276	50762	LINDIE	STEYN	MIDACK	F	36	35-39F	0.39.09	0	0
59	1041	20231	KAGISO	KULA	SIBALEKA	M	15	JM	0.39.36	0	3
60	1029	834	VUYISILE	SIMAYILE	NEDBANK	M	36	35-39M	0.39.42	0	3
61	608	2368	NTSIKELELO	SEBE	NEDBANK	M	40	40-44M	0.39.46	0	4
62	966	1398	MUTEKILE	RASMENI	NEDBANK	M	58	55-59M	0.39.47	0	5
63	896	547	DANNY	SAULS	RUN4C	M	36	35-39M	0.39.48	0	3
64	1024	384	LUYANDA	MATIWANA	SPAREC	M	44	40-44M	0.39.52	0	4
65	239	1359	THEMBINKOSI	HAMBIYANI	NEDBANK	M	51	50-54M	0.39.53	0	5
66	913	50968	RUEBEN	MORABA	QHUBEKA	M	51	50-54M	0.39.54	0	0
67	814	20131	KHWEZI	MNQOJANA	CHILLIEP	M	18	JM	0.39.59	0	3
68	846	522	ADRI	WESSELS	RUN4C	F	47	45-49F	0.40.00	23	5
69	674	5674	WANI	SIBANDA	TEMP	M	51	50-54M	0.40.03	0	0
70	1204	1055	KAITLYN	WOLFF	ACH	F	21	SF	0.40.04	22	5
71	827	20129	Asanele	Puzi	CHILLIEP	M	16	JM	0.40.08	0	3

72	947	993	THEMBEKILE	MSIPA	CHARLO	M	49	45-49M	0.40.09	0	5
73	667	5667	LEIGH	CALLAGHAN	TEMP	F	28	SF	0.40.21	0	0
74	1053	1046	JEMAIN	WILSON	XCEL	M	35	35-39M	0.40.25	0	3
75	969	1353	MZUKISI	KLAAS	NEDBANK	M	54	50-54M	0.40.46	0	5
76	550	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	57	55-59M	0.40.47	0	5
77	1040	599	KHAYALETHU	KITAS	YOUTH	M	25	SM	0.41.02	0	3
78	1006	60	THANDO	NCIPHA	SAPPE	M	31	SM	0.41.11	0	3
79	1290	20301	ZINTLE	XHONTI	MOTHER	F	15	JF	0.41.11	21	4
80	1256	1130	DARYL	NORTH	ACH	M	46	45-49M	0.41.23	0	4
81	613	1406	REFELOE	SOLOMONS	NEDBANK	F	42	40-44F	0.41.26	20	5
82	912	5485	MZOLI	MPALALA	BOXER AC	M	61	60-64M	0.41.30	0	0
83	250	1426	LIZA-MARIE	KINGSTON	NEDBANK	F	41	40-44F	0.41.36	19	5
84	721	878	DANE	CRONJE	CHARLO	F	26	SF	0.41.38	18	4
85	948	931	ANDILE	NYOKA	CHARLO	M	50	50-54M	0.41.46	0	5
86	1266	1943	LUYANDA	NGESI	BLUEBAY	M	30	SM	0.42.00	0	2
87	1267	1944	MUSA	SENTI	BLUEBAY	M	30	SM	0.42.01	0	2
88	672	5672	QAWE	MAJIZA	TEMP	M	36	35-39M	0.42.12	0	0
89	826	1957	HENRY	PIENAAR	BLUEBAY	M	52	50-54M	0.42.16	0	4
90	1286	1642	NICO	SMITH	MADIBA	M	38	35-39M	0.42.24	0	3
91	945	1803	ABELANG	MOSWEU	VUKANI	M	38	35-39M	0.42.31	0	3
92	813	20144	Inami	Mngewu	CHILLIEP	M	16	JM	0.42.34	0	2
93	829	50477	ZANDILE	RUBUSHE	BOXER AC	F	38	35-39F	0.42.39	0	0
94	956	955	SIVUYILE	SCHEEPERS	CHARLO	M	30	SM	0.42.40	0	2
95	1017	932	DEAN	HOYLE	CHARLO	M	53	50-54M	0.42.53	0	4
96	968	1431	GIDEON	MENGO	NEDBANK	M	45	45-49M	0.43.15	0	3
97	1002	1049	SHAUN	COETZEE	XCEL	M	54	50-54M	0.43.17	0	4
98	909	858	INGE	WILLIAMS	NEDBANK	F	33	SF	0.43.28	17	3
99	961	545	RUHAN	VAN RENSBURG	RUN4C	M	31	SM	0.43.43	0	2
100	982	1370	WERNER	MEYER	NEDBANK	M	50	50-54M	0.43.46	0	3
101	591	1744	MARIO	PLAATJIES	GELVAN	M	42	40-44M	0.43.52	0	2
102	1300	706	STEPHEN	MCCARTHY	CRUSADE	M	62	60-64M	0.43.53	0	5
103	997	13176	NOSIPHO	DLAMINI	WATER	F	36	35-39F	0.43.58	0	0
104	560	5962	PHATHULUVO	MGULI	CLUBMYK	M	38	35-39M	0.44.00	0	0
105	889	1513	NKONGELEKO	NGCOSOHOLO	32GI	M	32	SM	0.44.04	0	2
106	209	1416	CHRISTINE	CLAASEN	NEDBANK	F	58	55-59F	0.44.10	16	5
107	1004	1062	WAYNE	MITCHELL	ACH	M	50	50-54M	0.44.23	0	3
108	573	2243	THOBELA	NTAMO	DESPATCH	M	37	35-39M	0.44.32	0	2
109	1279	1441	MARTIN	JANSEN	NEDBANK	M	55	55-59M	0.44.33	0	4
110	967	1083	ALAN	TAYLOR	ACH	M	66	65-69M	0.44.36	0	5
111	1236	20333	CALEB	LOTTERING	ATLANTIC	M	17	JM	0.44.39	0	2
112	996	1526	CANDICE	RICHARDS	32GI	F	30	SF	0.44.40	15	3
113	1254	1092	EDEN	GRUNDLINGH	ACH	M	33	SM	0.44.44	0	2
114	922	546	CHARLES	CORBY	RUN4C	M	52	50-54M	0.44.54	0	3
115	868	1761	SLULAMI	JACK	TRANSNET	M	48	45-49M	0.44.57	0	3
116	1048	939	MHANGASELELE	MNTUYEDWA	REALGIJ	M	39	35-39M	0.45.01	0	0
117	903	20550	RONAN	VAN DER VAART	ACH	M	17	JM	0.45.03	0	2
118	626	1010	JAN	VAN EEDEN	NEDBANK	M	65	65-69M	0.45.18	0	5
119	1244	20047	NICK	SEPTEMBER	ATLANTIC	M	16	JM	0.45.28	0	2
120	812	1801	LUNGISA	MKOSI	VUKANI	M	36	35-39M	0.45.28	0	2
121	731	4713	ANDRE	IMMELMAN	TEMP	M	46	45-49M	0.45.34	0	0
122	918	890	SIMPHIWE	BLOU	CHARLO	M	51	50-54M	0.45.40	0	3
123	222	1659	HANNES	ELS	MADIBA	M	73	70+M	0.45.42	0	5
124	847	534	MIEKE	WESTRAADT	RUN4C	F	28	SF	0.45.44	14	2
125	635	2264	BRUCHANE	WILLIAMS	GELVAN	M	37	35-39M	0.45.46	0	2
126	576	263	LINDIKHAYA	NTEYI	TINARHA	M	44	40-44M	0.45.49	0	2
127	916	893	HISHAAN	BHANA	CHARLO	M	27	SM	0.45.51	0	2
128	1203	50969	SITHA	SIGENU	REALGIJ	F	39	35-39F	0.45.53	0	0
129	1003	20163	KERRI-LEE	BARNARD	PRAC	F	19	JF	0.45.55	13	2
130	865	551	RODGER	GYSMAN	RUN4C	M	49	45-49M	0.45.59	0	2
131	1021	1637	CHARL	MEISTRE	MADIBA	M	38	35-39M	0.46.00	0	2
132	825	539	SERGIO	PETERSON	RUN4C	M	45	45-49M	0.46.10	0	2
133	695	847	ANNEMIE	HOLTZHAUZEN	NEDBANK	F	37	35-39F	0.46.12	12	3
134	631	1334	SUZETTE	VICTOR	NEDBANK	F	53	50-54F	0.46.17	11	5
135	1260	1282	SEBASTIAN	HAARHOFF	VWAC	M	46	45-49M	0.46.28	0	2
136	649	5649	NICHOLAS	KELLY	TEMP	M	39	35-39M	0.46.30	0	0
137	843	1061	MICHAEL	WALLIS	ACH	M	45	45-49M	0.46.34	0	2
138	688	3008	LUZUKO	XAYIMPI	TEMP	M	29	SM	0.46.37	0	0
139	992	1113	ROGER	TRADER	ACH	M	69	65-69M	0.46.42	0	5
140	934	919	KELVIN	JOOSTE	CHARLO	M	36	35-39M	0.46.45	0	2
141	187	1782	SERGEI	BENJAMIN	VUKANI	M	36	35-39M	0.46.51	0	2
142	954	957	PIERRE	RENSHAW	CHARLO	M	50	50-54M	0.46.52	0	2
143	719	1954	LEONARD	CONRADIE	BLUEBAY	M	69	65-69M	0.46.53	0	5
144	685	3005	JUDE	ROSS	TEMP	M	27	SM	0.46.57	0	0

145	240	1479	MARIETTE	HATTINGH	NEDBANK	F	57	55-59F	0.47.01	10	5
146	1248	1283	URAN	LE ROUX	VWAC	M	56	55-59M	0.47.02	0	3
147	552	1809	SIBONGILE	MGQEBA	VUKANI	F	36	35-39F	0.47.06	9	2
148	854	1440	DON	CHARLES	NEDBANK	M	74	70+M	0.47.18	0	5
149	606	1469	MARGIE	SAUNDERS	NEDBANK	F	69	65-69F	0.47.21	8	5
150	876	1394	DAVERA	MAGSON	NEDBANK	F	48	45-49F	0.47.21	7	3
151	884	1360	SITHEMBILE	MPAKO	NEDBANK	M	62	60-64M	0.47.27	0	3
152	611	564	GAVIN	SILLS	RUN4C	M	50	50-54M	0.47.28	0	2
153	234	1775	BONKE	GOYI	VUKANI	M	35	35-39M	0.47.29	0	2
154	848	20127	AKHONA	ZAKE	CHILLIEP	F	18	JF	0.47.31	6	2
155	545	1263	KAHN	LANGFORD	VWAC	M	44	40-44M	0.47.32	0	2
156	1043	1754	FREEK	DANIELS	TRANSNET	M	57	55-59M	0.47.40	0	3
157	745	5745	LORENCE	NTIKA	TEMP	M	66	65-69M	0.47.43	0	0
158	1014	1777	JAMAL	ASANI	VUKANI	M	37	35-39M	0.47.51	0	2
159	925	758	WERNER	DE LANGE	CRUSADE	M	35	35-39M	0.47.54	0	2
160	983	1385	KOOS	OLIVIER	NEDBANK	M	65	65-69M	0.47.54	0	4
161	1241	20294	WANDRE	VAN RAYNER	ATLANTIC	M	19	JM	0.47.58	0	2
162	803	2385	FENANDO	KIEWIETS	RUN4C	M	38	35-39M	0.48.04	0	2
163	242	2190	SHAUN	HOEKSTRA	MADIBAZ	M	23	SM	0.48.10	0	2
164	679	3009	ANICA	ACKERMANN	TEMP	F	27	SF	0.48.12	0	0
165	678	3010	HENKE	ACKERMANN	TEMP	M	29	SM	0.48.13	0	0
166	931	914	ETIENNE	GERBER	CHARLO	M	53	50-54M	0.48.14	0	2
167	185	842	ROCHENDA	ASHWORTH	NEDBANK	F	26	SF	0.48.19	5	2
168	917	944	DISEMBA	BLOU	CHARLO	M	65	65-69M	0.48.22	0	4
169	955	982	PRISHEN	RYAN	CHARLO	M	33	SM	0.48.24	0	2
170	696	1422	DEON	HOLTZHAUSEN	NEDBANK	M	38	35-39M	0.48.27	0	2
171	1202	561	DARRYL	CALVERT	RUN4C	M	48	45-49M	0.48.28	0	2
172	601	1748	RICHARD	RAMATSASA	GELVAN	M	47	45-49M	0.48.36	0	2
173	1054	1054	LEBOGANG	MAKOLOI	CHILLIEP	M	42	40-44M	0.48.37	0	2
174	583	1734	DENVER	PETERSEN	GELVAN	M	39	35-39M	0.48.38	0	2
175	1296	1314	TAWFEEQ	VYVER	NEDBANK	M	24	SM	0.48.44	0	2
176	214	50	MICHAEL	DEKKER	SAPPE	M	50	50-54M	0.48.45	0	2
177	1272	1554	HELGARD	POTGIETER	DESPATCH	M	51	50-54M	0.48.46	0	2
178	614	555	BURNITA	STRYDOM	RUN4C	F	54	50-54F	0.48.49	4	4
179	1247	50129	SANNAH	MPUKULA	BODYCON	F	49	45-49F	0.48.58	3	3
180	1239	2100	ANDRE	VAN RAYNER	ATLANTIC	M	43	40-44M	0.48.58	0	2
181	1226	86	WAYNE	MARAIS	INFINITY	M	38	35-39M	0.49.19	0	2
182	567	1785	MCEBISI	MPONDO	VUKANI	M	39	35-39M	0.49.20	0	2
183	619	1420	GRAEME	TING CHONG	NEDBANK	M	55	55-59M	0.49.30	0	2
184	941	948	THOMAS	MARAIS	CHARLO	M	36	35-39M	0.49.32	0	2
185	880	952	CINDY	MARAIS	CHARLO	F	46	45-49F	0.49.33	2	2
186	883	1448	THELMA	MCOPELO	NEDBANK	F	41	40-44F	0.49.40	1	2
187	684	3003	MARK	OOSTHUIZEN	TEMP	M	58	55-59M	0.49.42	0	0
188	238	20511	Owami	GWAMANDA	VWAC	M	14	JM	0.49.53	0	1
189	1250	1236	STEPHEN	KLUE	ELITEAC	M	64	60-64M	0.49.58	0	2
190	743	5743	SIVUYILE	MHLIFILI	TEMP	M	43	40-44M	0.50.02	0	0
191	249	1450	NKHATHALLENG	KHIBA	NEDBANK	F	41	40-44F	0.50.05	0	2
192	881	2035	TAFADZWA	MARAMBIRE	ASPEN	M	40	40-44M	0.50.19	0	2
193	923	1275	PLAAITJIE	DAMONS	VWAC	M	59	55-59M	0.50.22	0	2
194	1208	1018	IVO	MEYER	BODYCON	M	48	45-49M	0.50.25	0	2
195	237	1671	LEON	GROENEWALD	MADIBA	M	56	55-59M	0.50.27	0	2
196	1294	637	MARK	GODDARD	ASPEN	M	27	SM	0.50.32	0	1
197	724	634	JO-ANNE	FORSON	ASPEN	F	35	35-39F	0.50.33	0	2
198	1288	1590	ANNEKE	MOORE	DESPATCH	F	39	35-39F	0.50.40	0	2
199	1016	1553	STEPHEN	PHILLIPSON	DESPATCH	M	59	55-59M	0.50.41	0	2
200	1271	1432	DELIWE	NYANGA	NEDBANK	F	34	SF	0.50.45	0	2
201	1046	2545	IGSHAAN	KENNY	TEMP	M	42	40-44M	0.50.48	0	0
202	1228	2095	PHILLIP	DANIELS	ATLANTIC	M	61	60-64M	0.50.57	0	2
203	1018	983	JOANNE	HOYLE	CHARLO	F	54	50-54F	0.51.16	0	2
204	1201	2126	LUTHANDO	NDZAMBO	MADIBAZ	M	39	35-39M	0.51.23	0	1
205	851	1034	ALBERT	NGCANGA	XCEL	M	73	70+M	0.51.25	0	3
206	965	876	GEORGE	WINSHIP	CHARLO	M	57	55-59M	0.51.28	0	2
207	928	787	MALCOLM	FIGG	NMBAC	M	65	65-69M	0.51.28	0	2
208	1000	20125	SHEZELLE	VAN WYK	CSEP	F	18	JF	0.51.33	0	2
209	703	4703	BEVERLEY	MACDONALD	TEMP	F	66	65-69F	0.51.34	0	0
210	410	1994	VERNON	LANDMAN	PROFILES	M	48	45-49M	0.51.37	0	2
211	627	1576	MARCELLE	VAN LOOGERENBERG	DESPATCH	M	56	55-59M	0.51.38	0	2
212	834	1001	AMANDA	SHAW	BODYCON	F	58	55-59F	0.51.50	0	3
213	900	1560	PIETER	STRYDOM	DESPATCH	M	62	60-64M	0.52.00	0	2
214	224	1424	SAM	ERASMUS	NEDBANK	M	65	65-69M	0.52.02	0	2
215	1235	20334	NATHAN	LOTTERING	ATLANTIC	M	17	JM	0.52.06	0	1
216	807	2366	MVULELI	MAGAWULANA	ASPEN	M	46	45-49M	0.52.10	0	1
217	949	1004	JOHANNETTE	OOSTHUIZEN	BODYCON	F	59	55-59F	0.52.11	0	3

218	607	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	62	60-64F	0.52.14	0	4
219	219	1795	SIPHESIHL	DLWATI	VUKANI	M	33	SM	0.52.18	0	1
220	1013	2107	LINDSAY	PETERS	VWAC	M	39	35-39M	0.52.20	0	1
221	1258	1203	ANNEMIE	DU TOIT	ELITEAC	F	38	35-39F	0.52.21	0	2
222	588	455	JODI	PIENAAR	WALMER	M	29	SM	0.52.22	0	1
223	1232	2086	COLIN	LOTTERING	ATLANTIC	M	19	SM	0.52.24	0	1
224	207	1575	LESLEY-ANN	BUSH	DESPATCH	F	51	50-54F	0.52.26	0	2
225	1047	50803	SIVIWE	MEVENI	REALGIJ	M	36	35-39M	0.52.30	0	0
226	1032	1586	MAUDY	BOTES	DESPATCH	F	41	40-44F	0.52.32	0	2
227	1257	1290	MAARTIN	LEWIS	VWAC	M	48	45-49M	0.52.38	0	1
228	964	556	ARTHUR	WILLIAMS	RUN4C	M	60	60-64M	0.52.40	0	2
229	899	930	IMKE	SMIT	CHARLO	F	34	SF	0.52.47	0	1
230	544	1995	YOLANDIE	LANDMAN	PROFILES	F	48	45-49F	0.52.49	0	2
231	217	196	VUYISILE	DELIWE	CSEP	M	48	45-49M	0.52.50	0	1
232	680	3006	PHIL	BRADLEY	TEMP	M	40	40-44M	0.52.52	0	0
233	579	1552	THERESA	OOSTHUIZEN	DESPATCH	F	52	50-54F	0.52.53	0	2
234	1251	1059	SIZINZO	KAMA	ACH	M	72	70+M	0.52.58	0	2
235	1034	1700	ELIZE	ADAMS	GELVAN	F	48	45-49F	0.53.01	0	2
236	830	1211	SANETTE	RYAN	ELITEAC	F	53	50-54F	0.53.05	0	2
237	1051	119	THEMALETHU	MANA	VARSIITY	M	47	45-49M	0.53.06	0	1
238	632	1085	ANDRE	VILJOEN	ACH	M	68	65-69M	0.53.08	0	2
239	985	1106	ERROL	BLACK	ACH	M	72	70+M	0.53.15	0	2
240	1221	1269	SIMON	LELAKA	VWAC	M	50	50-54M	0.53.23	0	1
241	233	1635	DORIS	GERBER	MADIBA	F	52	50-54F	0.53.28	0	2
242	692	5692	CLARENCE	MANUEL	TEMP	M	29	SM	0.53.30	0	0
243	565	2204	IVAN	MOSES	MADIBAZ	M	61	60-64M	0.53.34	0	2
244	828	281	MONIQUE	RICHARDSON	MUIRITE	F	27	SF	0.53.37	0	1
245	933	618	KELLY	HOLMES	ASPEN	F	46	45-49F	0.53.40	0	2
246	1252	838	BABALO	MAKALIMA	NEDBANK	M	40	40-44M	0.53.46	0	1
247	1218	1714	ROLAND	DACE	GELVAN	M	68	65-69M	0.53.48	0	2
248	1023	800	THEMBA	GXABEKA	NMBAC	M	48	45-49M	0.53.52	0	1
249	862	765	LESLIE	FERREIRA	CRUSADE	M	28	SM	0.53.54	0	1
250	1033	1585	GEORGE	BOTES	DESPATCH	M	49	45-49M	0.53.58	0	1
251	1280	1061	SIMPHIWE	NDZENGU	BCMAC	M	44	40-44M	0.54.01	0	0
252	927	789	RIANA	FIGG	NMBAC	F	32	SF	0.54.10	0	1
253	860	801	DEON	ENGELBRECHT	NMBAC	M	55	55-59M	0.54.12	0	1
254	1210	1454	WENDY	SORENSEN	NEDBANK	F	48	45-49F	0.54.21	0	2
255	736	5736	SIMON	MATEBESE	TEMP	M	60	60-64M	0.54.23	0	0
256	559	781	YENZILE	MDODANA	NMBAC	F	31	SF	0.54.31	0	1
257	639	5968	ANELISA	MAGAMA	REALGIJ	F	36	35-39F	0.54.31	0	0
258	665	5665	SIPHIWO	BUKANI	TEMP	M	42	40-44M	0.54.32	0	0
259	592	1656	SCHOOMBEE	PRETORIUS	MADIBA	M	65	65-69M	0.54.33	0	2
260	1038	1648	KEITH	VALENTINE	MADIBA	M	32	SM	0.54.42	0	1
261	1058	1043	DAVID	BAINS	XCEL	M	57	55-59M	0.54.43	0	1
262	691	5691	ELIZE	THOMPSON	TEMP	F	31	SF	0.54.45	0	0
263	981	1736	ROBIN	NOMDOE	GELVAN	M	36	35-39M	0.54.47	0	1
264	712	4712	RYAN	BLACK	TEMP	M	36	35-39M	0.54.48	0	0
265	984	2036	RAYMOND	JACOBS	GELVAN	M	65	65-69M	0.54.50	0	2
266	1015	80032	SUE	LEWIS	VUKANI	F	58	55-59F	0.54.51	0	2
267	1219	2376	PHAKAMISA	BALENI	VUKANI	M	33	SM	0.54.53	0	1
268	636	1201	CATHY	ALLERS	ELITEAC	F	61	60-64F	0.54.55	0	2
269	936	877	CHARLTON	KERRIDGE	CHARLO	M	44	40-44M	0.54.58	0	1
270	944	538	IGNIS	MCLAREN	RUN4C	M	57	55-59M	0.54.59	0	1
271	920	903	KESVAL	CHETTY	CHARLO	M	58	55-59M	0.55.26	0	1
272	820	633	DAVID	NEL	ASPEN	M	36	35-39M	0.55.30	0	1
273	806	741	MARGARET	LLOYD	CRUSADE	F	59	55-59F	0.55.35	0	2
274	604	750	PIETER	ROUX	CRUSADE	M	68	65-69M	0.55.37	0	2
275	557	796	XOLA	MBATSHA	NMBAC	M	43	40-44M	0.55.56	0	1
276	561	170	THANDEKA	MHLANGA	ACT AC	F	33	SF	0.55.58	0	1
277	905	880	WENDY	VENTER	CHARLO	F	51	50-54F	0.56.20	0	1
278	853	50345	ROBERT	BUTTON	OLDSELB	M	64	60-64M	0.56.21	0	0
279	716	1588	JACQUES	BOTHA	DESPATCH	M	49	45-49M	0.56.35	0	1
280	590	1264	LAVINIA	PIETERSE	VWAC	F	48	45-49F	0.56.40	0	1
281	1031	1054	LIZ	PRINS	ACH	F	54	50-54F	0.56.41	0	1
282	628	1389	MARTIE	VAN SCHALKWYK	NEDBANK	F	58	55-59F	0.56.47	0	2
283	989	1962	DANIEL	PIETERSE	BLUEBAY	M	61	60-64M	0.56.47	0	1
284	1270	1567	JACOBUS	WYATT	DESPATCH	M	60	60-64M	0.56.48	0	1
285	1246	50313	ISRAEL	MPUKULA	BODYCON	M	46	45-49M	0.56.48	0	1
286	959	1087	FRANCOIS	SMIT	ACH	M	63	60-64M	0.57.17	0	1
287	962	926	TREVOR	VAN RENSBURG	CHARLO	M	71	70+M	0.57.19	0	1
288	1025	388	MZWABANTU	SWAPI	SPAREC	M	44	40-44M	0.57.28	0	1
289	554	1776	SIPHOKAZI	MANI	VUKANI	F	33	SF	0.57.36	0	1
290	915	956	NEELES	BHANA	CHARLO	M	52	50-54M	0.57.39	0	1

291	1297	1312	DEON	VYVER	NEDBANK	M	56	55-59M	0.57.56	0	1
292	221	1609	WILLEMEN	DU RANDT	DESPATCH	F	48	45-49F	0.57.58	0	1
293	993	2056	MCEBISI	MZINZI	DPWEC	M	43	40-44M	0.58.01	0	1
294	1273	1285	EUGENE	MAC GEAR	VWAC	M	55	55-59M	0.58.14	0	1
295	612	563	LINDA	SILLS	RUN4C	F	41	40-44F	0.58.29	0	1
296	864	575	ANTONIE	GROBLER	RUN4C	M	70	70+M	0.58.31	0	1
297	246	723	ALETTA	JOUBERT	CRUSADE	F	61	60-64F	0.58.31	0	1
298	551	2169	WAYNE	MAC GEAR	MADIBAZ	M	60	60-64M	0.58.38	0	1
299	726	1853	Sesibulelenkosi	GIGI	HOLLYWOO	F	27	SF	0.58.40	0	1
300	960	977	VINCENT	SWART	CHARLO	M	49	45-49M	0.58.42	0	1
301	710	4710	GEOFFREY	SWARTBOOI	TEMP	M	47	45-49M	0.58.44	0	0
302	819	51024	DOLLY	NDUDE	BUFFALO	F	51	50-54F	0.58.55	0	0
303	662	708	CARMEN	THURNHER	CRUSADE	F	25	SF	0.58.56	0	1
304	671	5671	IVAN	JOUBERT	TEMP	M	25	SM	0.58.57	0	0
305	811	1446	MFEZI	MCINGANA	NEDBANK	M	47	45-49M	0.58.57	0	1
306	223	1632	JOS	ELS	MADIBA	F	71	70+F	0.58.58	0	2
307	1057	2383	GLEN	RICHTER	RUN4C	M	37	35-39M	0.59.01	0	1
308	673	5673	LOYISO	MALOTANA	TEMP	M	47	45-49M	0.59.02	0	0
309	186	746	JOHAN	BARNARD	CRUSADE	M	68	65-69M	0.59.09	0	1
310	844	1115	ANNE	WALLIS	ACH	F	42	40-44F	0.59.12	0	1
311	942	928	ALLISTER	MARRAN	CHARLO	M	47	45-49M	0.59.13	0	1
312	621	8441	DHIRESH	VALLABH	SCOTTAC	M	38	35-39M	0.59.13	0	0
313	939	1291	ASHENDA	MAKONIE	VWAC	F	47	45-49F	0.59.15	0	1
314	1277	213	SHARON	SMUTS	CSEP	F	57	55-59F	0.59.17	0	1
315	963	992	PETER	VENTER	CHARLO	M	42	40-44M	0.59.22	0	1
316	919	967	MIKE	BURGER	CHARLO	M	64	60-64M	0.59.23	0	1
317	906	990	KIM	VENTER	CHARLO	F	39	35-39F	0.59.24	0	1
318	737	5737	ALLIWIE	FRITZ	TEMP	M	41	40-44M	0.59.29	0	0
319	1293	80006	LEZELL	HARRIS	VWAC	F	50	50-54F	0.59.31	0	1
320	1011	1317	CHARMELLE	MAY	NEDBANK	F	42	40-44F	0.59.32	0	1
321	227	1220	ANDRE	FOURIE	RUN4C	M	76	70+M	0.59.32	0	1
322	921	2364	MARYKA	COETZER	MADIBA	F	40	40-44F	0.59.33	0	1
323	629	1582	MARINET	VAN TONDER	DESPATCH	F	45	45-49F	0.59.36	0	1
324	199	1280	CHRISTOPHER	BRUINJIES	VWAC	M	51	50-54M	0.59.38	0	1
325	1050	1818	ANDILE	BOVUNGANA	VUKANI	M	56	55-59M	0.59.41	0	1
326	668	5668	KEVIN	GARDNER	TEMP	M	43	40-44M	0.59.42	0	0
327	837	1429	RIKA	TERBLANCHE	NEDBANK	F	46	45-49F	0.59.52	0	1
328	908	726	KEITH	VOSLOO	CRUSADE	M	60	60-64M	1.00.05	0	1
329	245	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	53	50-54F	1.00.08	0	1
330	700	1287	BANDILE	GWAMANDA	VWAC	M	53	50-54M	1.00.17	0	1
331	584	2198	NONDUMISO	PHAKATHI	MADIBAZ	F	41	40-44F	1.00.31	0	1
332	622	850	MARIANE	VAN DER LINDE	NEDBANK	F	44	40-44F	1.00.33	0	1
333	740	5740	RAYMOND	FINN	TEMP	M	34	SM	1.00.39	0	0
334	645	5645	QUINTON	ASHWORTH	TEMP	M	37	35-39M	1.00.40	0	0
335	856	285	VANESSA	COETZEE	MUIRITE	F	46	45-49F	1.00.41	0	1
336	722	799	GANIEF	DAVIDS	NMBAC	M	57	55-59M	1.00.42	0	1
337	581	1373	MATTHEW	OSBORNE	NEDBANK	M	35	35-39M	1.00.43	0	1
338	655	5655	MICHAEL	NYONI	TEMP	M	47	45-49M	1.00.47	0	0
339	225	1935	XENOPHON	FERREIRA	BLUEBAY	M	62	60-64M	1.00.48	0	1
340	563	1298	MPHATHISI	MJADU	VWAC	M	51	50-54M	1.00.59	0	1
341	707	4707	CHARNE	BLUME	TEMP	F	33	SF	1.01.19	0	0
342	243	20170	AMBER	IRVINE	PRAC	F	16	JF	1.01.20	0	1
343	212	607	NATALIA	DE RIDDER	PRAC	F	35	35-39F	1.01.24	0	1
344	698	1445	NOYISE	LUVALO	NEDBANK	F	43	40-44F	1.01.27	0	1
345	190	1284	DEAN	BOSMAN	VWAC	M	41	40-44M	1.01.28	0	1
346	1044	2227	YOLANDA	SIDWABA	ASPEN	F	32	SF	1.01.38	0	1
347	988	1472	ALTON	THOMAS	NEDBANK	M	48	45-49M	1.01.39	0	1
348	1274	1466	AT	SCHOEMAN	NEDBANK	M	66	65-69M	1.01.51	0	1
349	1215	2043	LITHANDDOO	BADUZA	VUKANI	M	42	40-44M	1.01.54	0	1
350	938	2067	NATALIE	LIEBENBERG	ELITEAC	F	36	35-39F	1.01.56	0	1
351	850	984	BELINDA	BAIN	CHARLO	F	61	60-64F	1.02.05	0	1
352	867	1104	CATHY	IVES	ACH	F	70	70+F	1.02.08	0	1
353	1259	808	LULAMILE	PHONGOLA	NMBAC	M	66	65-69M	1.02.11	0	1
354	1214	595	MANDISA	SALMAN	YOUTH	F	42	40-44F	1.02.15	0	1
355	1026	296	LIZ	JENKERSON	MUIRITE	F	76	70+F	1.02.22	0	1
356	215	72	HERMAN	DEKKER	SAPPE	M	78	70+M	1.02.32	0	1
357	1282	2311	NOLOYISO	BONGA	VUKANI	F	36	35-39F	1.02.36	0	1
358	999	2273	SONJA	VAN WYK	DESPATCH	F	41	40-44F	1.02.39	0	1
359	943	432	MVELELI	MBANDE	CHILLIEP	M	37	35-39M	1.02.45	0	1
360	188	1577	MELISSA	BERG	DESPATCH	F	53	50-54F	1.02.48	0	1
361	914	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	60	60-64M	1.02.50	0	1
362	577	1956	SONJA	OLIVIER	BLUEBAY	F	55	55-59F	1.03.10	0	1
363	555	85	CARINA	MARAI	INFINITY	F	31	SF	1.03.10	0	1

364	890	1464	DAVID	O'REILLY	NEDBANK	M	75	70+M	1.03.24	0	1
365	852	298	SANET	BOUCHER	MUIRITE	F	43	40-44F	1.03.29	0	1
366	808	509	XHANDI	MANTSHIYO	MOTHER	M	55	55-59M	1.03.35	0	1
367	821	2226	KHULISO	NEPHALAMA	ASPEN	M	32	SM	1.03.36	0	1
368	689	5689	HEIN	BADENHORST	TEMP	M	53	50-54M	1.03.36	0	0
369	872	1331	JAN	LE ROUX	NEDBANK	M	63	60-64M	1.04.05	0	1
370	951	1094	MARIETJIE	PIETERSEN	ACH	F	66	65-69F	1.04.06	0	1
371	824	1713	LYDIA	OLIVER	GELVAN	F	55	55-59F	1.04.08	0	1
372	1009	1316	RUBERTO	MAY	NEDBANK	M	46	45-49M	1.04.09	0	1
373	873	995	BERNADETTE	LOOCK	CHARLO	F	43	40-44F	1.04.13	0	1
374	720	100	LYNETTE	CRAUSE	INFINITY	F	63	60-64F	1.04.20	0	1
375	697	1073	THERESA	LILLIS	ACH	F	67	65-69F	1.04.26	0	1
376	704	4704	STEVE	MAC DONALD	TEMP	M	70	70+M	1.04.28	0	0
377	924	871	RICHARD	DE ANDRADE	CHARLO	M	62	60-64M	1.04.35	0	1
378	932	954	ANDREW	HIGGS	CHARLO	M	52	50-54M	1.04.40	0	1
379	879	783	THEMBELA	MANYA	NMBAC	F	39	35-39F	1.04.42	0	1
380	1261	1624	ESTELLE	DE KLERK	MADIBA	F	57	55-59F	1.04.48	0	1
381	1262	1631	AMANDA	BLIGNAULT	MADIBA	F	63	60-64F	1.04.51	0	1
382	870	62	ALEX	KHUZWAYO	SAPPE	M	60	60-64M	1.04.52	0	1
383	1211	52442	MANDLA	MANTSHONGO	OMAC	M	42	40-44M	1.04.58	0	0
384	660	5660	SUZETTE	STRYDOM	TEMP	F	40	40-44F	1.04.58	0	0
385	659	5659	RUJAUN	STRYDOM	TEMP	M	39	35-39M	1.04.59	0	0
386	1227	2096	DERRICK	HOSHE	ATLANTIC	M	64	60-64M	1.05.02	0	1
387	247	2391	JACQUES	KEIRSGIETER	ASPEN	M	35	35-39M	1.05.09	0	1
388	709	4709	GARFIELD	TSATSANE	TEMP	M	57	55-59M	1.05.11	0	0
389	652	413	ASEMAHLE	MAQUNGO	CHILLIEP	F	27	SF	1.05.14	0	1
390	729	1641	DEBBIE	HILTON	MADIBA	F	51	50-54F	1.05.14	0	1
391	1287	1627	NATASHA	SMITH	MADIBA	F	37	35-39F	1.05.16	0	1
392	958	1005	ECKART	SCHUMANN	BODYCON	M	78	70+M	1.05.19	0	1
393	1209	2195	ALVADO	ARENDSE	MADIBAZ	M	49	45-49M	1.05.27	0	1
394	220	572	SHANTE	DU PLESSIS	RUN4C	F	30	SF	1.05.52	0	1
395	901	918	HANNAH	TRUTER	CHARLO	F	30	SF	1.06.05	0	1
396	926	544	JACQULENE	DU TOIT	RUN4C	F	50	50-54F	1.06.29	0	1
397	654	5654	SIFIKILE	MFAXA	TEMP	F	30	SF	1.06.30	0	0
398	1039	721	FIONA	FLEUR	CRUSADE	F	38	35-39F	1.06.43	0	1
399	208	2167	WENDY	CAMERON	MADIBAZ	F	45	45-49F	1.06.53	0	1
400	744	5744	LIESEL	DOROTHY	CRUSADE	F	39	35-39F	1.06.58	0	1
401	1223	2380	THOZAMA	MANTLAKA	VUKANI	F	37	35-39F	1.06.58	0	1
402	1225	1789	BULELWA	MASOKA	VUKANI	F	43	40-44F	1.07.00	0	1
403	855	923	EVA	CHETTY	CHARLO	F	55	55-59F	1.07.06	0	1
404	902	917	VICKY	TSOUKNIDAS	CHARLO	F	45	45-49F	1.07.06	0	1
405	693	1051	LIZ	AUSTIN	ACH	F	65	65-69F	1.07.19	0	1
406	952	902	KRISH	PILLAY	CHARLO	M	61	60-64M	1.07.23	0	1
407	727	51473	DAVID	GWABENI	BCMAC	M	44	40-44M	1.07.40	0	0
408	804	1739	XABISO	KROQWANA	GELVAN	M	33	SM	1.07.43	0	1
409	1052	2321	NOBUNTU	MPONGWANA	IKHAMVA	F	44	40-44F	1.07.52	0	1
410	1001	1634	TANIA	TRUTER	MADIBA	F	50	50-54F	1.07.56	0	1
411	857	968	DENISE	DARLOW	CHARLO	F	54	50-54F	1.08.30	0	1
412	935	969	GARY	KELLEHER	CHARLO	M	65	65-69M	1.08.31	0	1
413	953	889	PETER	POHLMANN	CHARLO	M	59	55-59M	1.08.31	0	1
414	682	3002	CHRIS	IRVINE	TEMP	M	38	35-39M	1.08.32	0	0
415	986	1802	THOBEKA	MABUSELA	VUKANI	F	61	60-64F	1.08.39	0	1
416	801	714	KARIEN	JOUBERT	CRUSADE	F	35	35-39F	1.08.54	0	1
417	1281	562	JUDITH	NIENABER	RUN4C	F	63	60-64F	1.09.02	0	1
418	634	2392	KELLY	WILLIAMS	GELVAN	F	33	SF	1.09.13	0	1
419	1284	1725	PEARL	DAMONS	GELVAN	F	60	60-64F	1.09.17	0	1
420	822	80033	THABISA	NGESI	VUKANI	F	33	SF	1.09.26	0	1
421	1212	2336	SAM	FEBRUARY	MADIBAZ	M	49	45-49M	1.09.26	0	1
422	886	753	PLACXEDES	NDHLOVU	CRUSADE	F	49	45-49F	1.09.47	0	1
423	711	4711	YARDON	SWARTBOOI	TEMP	M	15	JM	1.10.01	0	0
424	747	5747	CAMERON	DARRIES	TEMP	M	26	SM	1.10.24	0	0
425	892	35	JEANETTE	PIENAAR	PEAAC	F	75	70+F	1.10.29	0	1
426	687	3007	TATIAN	SAMPAIO	TEMP	F	43	40-44F	1.10.32	0	0
427	686	3011	JULIANA	ROSSINI	TEMP	F	41	40-44F	1.10.33	0	0
428	1263	2044	GARY	HENDRICKS	MUIRITE	M	56	55-59M	1.10.41	0	1
429	230	570	PIETER	GERBER	RUN4C	M	65	65-69M	1.11.13	0	1
430	609	1310	PUMLA	SIBALI	VWAC	F	44	40-44F	1.11.33	0	1
431	409	1936	MARKUS	KUNNEKE	BLUEBAY	M	54	50-54M	1.13.39	0	1
432	589	530	ANDRE	PIENAAR	RUN4C	M	60	60-64M	1.14.33	0	1
433	713	1593	NAOMI	BAKKER	DESPATCH	F	46	45-49F	1.14.43	0	1
434	833	80027	STEPHANIE	SCHEEPERS	DESPATCH	F	26	SF	1.14.44	0	1
435	741	5741	ZAID	DOLLEY	TEMP	M	53	50-54M	1.14.48	0	0
436	1285	1722	JASMINE	JACK	GELVAN	F	52	50-54F	1.14.49	0	1

437	802	131	SHUKRY	KAFAAR	MALABAR	M	37	35-39M	1.14.54	0	1
438	893	907	PAVANA	PILLAY	CHARLO	F	23	SF	1.14.55	0	1
439	1299	705	OCTAVIA	BOSHOF	CRUSADE	F	53	50-54F	1.15.15	0	1
440	1298	745	KATHLEEN	FLANAGAN	CRUSADE	F	37	35-39F	1.15.16	0	1
441	213	20001	ZANTE	DEKKER	SAPPE	F	16	JF	1.15.19	0	1
442	746	5746	MUMINA	DANIELLS	TEMP	F	24	SF	1.15.21	0	0
443	1268	1808	SEEMOLA	MADLOKAZI	VUKANI	F	33	SF	1.15.38	0	1
444	718	1655	ANITA	COETZER	MADIBA	F	50	50-54F	1.15.43	0	1
445	1233	20335	AMY	LOTTERING	ATLANTIC	F	18	JF	1.15.47	0	1
446	229	397	THANDO	FRANS	SPAREC	M	45	45-49M	1.15.56	0	1
447	1028	20188	Lauren	Gerber	ELITEAC	F	16	JF	1.15.57	0	1
448	1027	2223	PIETER	GERBER	ELITEAC	M	48	45-49M	1.15.59	0	1
449	1055	124	YOUNUS	AMOD	MALABAR	M	70	70+M	1.16.01	0	1
450	568	387	NANDIPA	MYELEYELE	SPAREC	F	35	35-39F	1.16.03	0	1
451	663	5663	ALISON	VAN VOLLENHOVEN	TEMP	F	31	SF	1.16.04	0	0
452	211	761	NTOKOZO	DAMBUZA	CRUSADE	F	44	40-44F	1.16.09	0	1
453	1030	1332	THANDIWE	NKWANDLA	NEDBANK	F	58	55-59F	1.16.21	0	1
454	840	20135	NOMANDLA	TOLWANA	CHILLIEP	F	15	JF	1.16.30	0	1
455	885	929	ANUSHA	NAIDU	CHARLO	F	56	55-59F	1.16.32	0	1
456	861	713	DENISE	FERREIRA	CRUSADE	F	61	60-64F	1.16.36	0	1
457	580	1231	HELENE	OPPEL	ELITEAC	F	73	70+F	1.16.50	0	1
458	818	797	SEIPATE	MZANANDA	NMBAC	F	43	40-44F	1.16.50	0	1
459	705	4705	ERICA	ERASMUS	TEMP	F	53	50-54F	1.16.51	0	0
460	1037	1753	RONALD	JANTJIES	TRANSNET	M	51	50-54M	1.16.53	0	1
461	998	1792	NELISWA	MZAZA	VUKANI	F	33	SF	1.16.57	0	1
462	676	5676	GERHARD	SCHOEMAN	TEMP	M	48	45-49M	1.17.01	0	0
463	738	738	SHULANDE	VITAL	TEMP	F	45	45-49F	1.17.12	0	0
464	739	5739	LISA	RANDALL	TEMP	F	43	40-44F	1.17.14	0	0
465	1249	297	WELILE	MERELE	MUIRITE	M	57	55-59M	1.17.15	0	1
466	734	5734	OBAKHE	NTSHUKUMBANA	TEMP	F	25	SF	1.17.17	0	0
467	1231	80026	LELSEY	RUITERS	ATLANTIC	F	40	40-44F	1.17.20	0	1
468	1295	80010	RUAN	JONKER	DESPATCH	M	24	SM	1.17.22	0	1
469	735	5735	KAY-LEE	MARX	TEMP	F	27	SF	1.17.23	0	0
470	647	5647	MIRANDA	COGGER	TEMP	F	46	45-49F	1.17.24	0	0
471	578	543	NIEKIE	OOSTHUIZEN	RUN4C	F	53	50-54F	1.17.25	0	1
472	236	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	48	45-49F	1.17.35	0	1
473	226	472	TARYN	FERREIRA	WALMER	F	42	40-44F	1.17.41	0	1
474	1229	2091	EUGENE	LOTTERING	ATLANTIC	M	54	50-54M	1.17.44	0	1
475	706	4706	LAYOLA	NDZAMBO	TEMP	F	30	SF	1.18.08	0	0
476	603	1537	JANINE	ROUSSOUW	32GI	F	49	45-49F	1.18.12	0	1
477	987	42	KEZIA	PRINSLOO	SAPEC	F	38	35-39F	1.18.16	0	0
478	615	70	BIANCA	SWARTS	SAPPE	F	20	SF	1.18.18	0	1
479	216	75	HESTER	DEKKER	SAPPE	F	51	50-54F	1.18.18	0	1
480	1269	1604	HENRY	HULME	DESPATCH	M	58	55-59M	1.18.30	0	1
481	670	5670	XOLISWA	GXWEM	TEMP	F	26	SF	1.18.32	0	0
482	191	1031	CHESTER	BROOKS	XCEL	M	65	65-69M	1.18.33	0	1
483	1245	1403	JOHAN	FERREIRA	NEDBANK	M	61	60-64M	1.18.36	0	1
484	894	909	THURAYA	PILLAY	CHARLO	F	21	SF	1.18.53	0	1
485	717	624	BANDLAKAZI	CABA	ASPEN	F	36	35-39F	1.19.02	0	1
486	835	1343	BERENICE	SMITH	NEDBANK	F	58	55-59F	1.19.05	0	1
487	728	1434	DIANNE	HARTZENBERG	NEDBANK	F	64	60-64F	1.19.06	0	1
488	681	3001	JEANETTE	CROSSMAN	TEMP	F	62	60-64F	1.19.13	0	0
489	1059	792	ANDISWA	JAFTA	NMBAC	F	31	SF	1.19.40	0	1
490	656	5656	CHRISTI	PRETORIUS	TEMP	F	28	SF	1.19.43	0	0
491	643	50709	ELAMARIE	PRETORIUS	RWFLNWN	F	57	55-59F	1.19.44	0	0
492	733	5733	GERHARD	GROENEWALD	TEMP	M	57	55-59M	1.19.58	0	0
493	594	557	CHARLENE	RADEMEYER	RUN4C	F	42	40-44F	1.20.10	0	1
494	1019	453	JO-ANNE	MUIR	WALMER	F	53	50-54F	1.20.52	0	1
495	1020	452	SHARON	POTGIETER	WALMER	F	58	55-59F	1.20.52	0	1
496	859	395	DERRICK	DUBASE	SPAREC	M	49	45-49M	1.21.08	0	1
497	1230	2090	DELIA	LOTTERING	ATLANTIC	F	51	50-54F	1.21.09	0	1
498	940	80008	PHILISA	MANI-MANI	SIBALEKA	F	29	SF	1.21.18	0	1
499	616	94	DENISE	TERBLANCHE	INFINITY	F	75	70+F	1.21.24	0	1
500	1216	409	Lilitha	Cembi	CHILLIEP	F	31	SF	1.21.36	0	1
501	651	5651	JASON	LE ROUX	TEMP	M	27	SM	1.21.38	0	0
502	1005	1942	IAN	KILLIAN	BLUEBAY	M	33	SM	1.22.27	0	1
503	1045	1941	ALICIA	KILLIAN	BLUEBAY	F	30	SF	1.22.28	0	1
504	990	1955	ROZANNE	DAVIS	BLUEBAY	F	30	SF	1.22.30	0	1
505	1275	1296	PIETER	STEYN	VWAC	M	64	60-64M	1.22.51	0	1
506	1283	1720	NOLEEN	NORRIS	GELVAN	F	66	65-69F	1.23.04	0	1
507	658	5658	SIMON	STIRMLING	TEMP	M	61	60-64M	1.23.13	0	0
508	228	1215	HELEN	FOURIE	RUN4C	F	53	50-54F	1.23.17	0	1
509	572	1735	LAIKEN	NOMDOE	GELVAN	F	32	SF	1.23.26	0	1

510	831	438	SIPHOSETHU	SANDI	CHILLIEP	F	27	SF	1.23.37	0	1
511	620	1773	EYETHU	TISO	VUKANI	F	30	SF	1.24.02	0	1
512	839	712	NDILEKA	THOMPSON	CRUSADE	F	45	45-49F	1.24.07	0	1
513	241	93	STEPHANIE	HAY	INFINITY	F	67	65-69F	1.24.45	0	1
514	887	80016	NOMBULELO	NDZUZO	SIBALEKA	F	42	40-44F	1.24.54	0	1
515	558	767	GILLIAN	MCAINSH	CRUSADE	F	63	60-64F	1.25.00	0	1
516	1036	82	LETA	DOS SANTOS	INFINITY	F	59	55-59F	1.25.55	0	1
517	898	1657	SANDRA	SHARE	MADIBA	F	57	55-59F	1.26.27	0	1
518	742	5742	MORGAN	FORBES	TEMP	M	59	55-59M	1.26.44	0	0
519	633	275	JONEL	VORSTER	MUIRITE	F	33	SF	1.26.58	0	1
520	849	51301	MBALI	ZUMA	DEPUTRA	F	41	40-44F	1.27.06	0	0
521	904	916	SHARON	VAN ZYL	CHARLO	F	47	45-49F	1.28.49	0	1
522	810	304	FOZA	MARTIN	MUIRITE	F	63	60-64F	1.28.59	0	1
523	875	942	EDITH	MAC GEAR	CHARLO	F	55	55-59F	1.29.43	0	1
524	650	5650	SIKELELA	KESWA	TEMP	F	33	SF	1.29.52	0	0
525	657	5657	NKUKHANYA	SOZWE	TEMP	F	38	35-39F	1.29.55	0	0
526	897	936	MARGOT	SCHNETLER	CHARLO	F	46	45-49F	1.29.57	0	1
527	957	935	BRENTON	SCHNETLER	CHARLO	M	48	45-49M	1.29.57	0	1
528	907	962	MILE	VERMAAK	CHARLO	F	56	55-59F	1.30.39	0	1
529	874	910	RAE	LUCKMAN	CHARLO	F	53	50-54F	1.30.40	0	1
530	648	5648	CERIDWEN	EDWARDS	TEMP	F	36	35-39F	1.31.42	0	0
531	231	571	RITA	GERBER	RUN4C	F	62	60-64F	1.32.14	0	1
532	1264	1095	MOF	BOTHA	ACH	M	67	65-69M	1.33.36	0	1
533	235	1679	KENNETH	GREYLING	MADIBA	M	63	60-64M	1.35.47	0	1
534	408	1650	PIERRE	KNOESEN	MADIBA	M	69	65-69M	1.36.30	0	1
535	1206	1414	ALTA	VAN WYK	NEDBANK	F	54	50-54F	1.36.50	0	1
536	1224	1797	NOMAWETU	NOGAGA	VUKANI	F	45	45-49F	1.40.05	0	0
537	708	4708	GLENNYS	FERREIRA	TEMP	F	71	70+F	1.40.05	0	0
538	1207	1315	SHELDINE	SEPTOE	NEDBANK	F	62	60-64F	1.43.22	0	0
539	869	559	SILVIA	JONCK	RUN4C	F	62	60-64F	1.46.56	0	0
540	895	1992	VAL	SANDOW	PROFILES	F	77	70+F	1.49.28	0	0
541	858	1991	LYNDENE	DAVIDSON	PROFILES	F	47	45-49F	1.49.45	0	0
<b>HELPERS RUN</b>											
H1	1	1255	ERROL	WHITTAL	ELITEAC	M	48	45-49M	0.38.55	0	5
H2	2	1847	MHLENGI	MAHLABA	HOLLYWOO	M	31	SM	0.45.3	0	2
H3	4	1516	THERESA	BUCHNER	32GI	F	38	35-39F	0.46.48	0	2
H4	593	554	PETRUS	RADEMEYER	RUN4C	M	49	45-49M	0.49.49	0	2
H5	610	490	MELUSI	SIBANDA	ADVEN	M	42	40-44M	0.51.23	0	1
H6	7	1256	JANINE	WHITTAL	ELITEAC	F	42	40-44F	0.54.21	0	1
H7	8	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	39	35-39F	0.55.38	0	1
H8	9	1600	YVETTE	JONKER	DESPATCH	F	51	50-54F	0.55.43	0	2
H9	10	1503	TENIELLE	DE ANDRADE	32GI	F	38	35-39F	0.55.44	0	1
H10	587	496	VUYO	PHEKANA	ADVEN	M	41	40-44M	0.56.35	0	1
H11	12	1233	CURT	ROBERTS	ELITEAC	M	38	35-39M	0.57.22	0	1
H12	637	1214	BENITA	GERBER	ELITEAC	F	58	55-59F	0.57.27	0	1
H13	14	1250	PETER	VAN RENSBURG	ELITEAC	M	65	65-69M	0.57.47	0	1
H14	15	1225	SUSANNA	KEMP	ELITEAC	F	39	35-39F	0.57.47	0	1
H15	16	1258	MARTIN	LANGLEY	ELITEAC	M	43	40-44M	0.58.35	0	1
H16	17	1259	HEINZ	CONRAD	ELITEAC	M	44	40-44M	0.58.35	0	1
H17	18	1234	DEWALD	DEYSEL	ELITEAC	M	41	40-44M	1.01.45	0	1
H18	19	1248	EULIDA	OEOFSE	ELITEAC	F	50	50-54F	1.02.07	0	1
H19	20	422	BULELANI	WITI	CHILLIEP	F	27	SF	1.04.16	0	1
H20	21	2325	MELANIE	CHRISTIE	ELITEAC	F	39	35-39F	1.04.22	0	1
H21	22	1861	SIMANGILE	SOLWANDLE	HOLLYWOO	F	32	SF	1.07.04	0	1
H22	23	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	44	40-44F	1.08.10	0	1
H23	838	1325	SHANNON	THEOBALD	NEDBANK	F	47	45-49F	1.08.10	0	1
H24	25	491	FEZEKA	MKHWANA	ADVEN	F	46	45-49F	1.25.00	0	1