

FIRST CHOICE 15KM - JEFFREYS BAY - 2023/01/06

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	2	355	MELIKHAYA	FRANS	IKHAMVA	M	33	SM	0.48.04	5
2	4	80317	CWENGA	NOSE	IKHAMVA	M	23	SM	0.48.06	5
3	6	10462	SIMON	SIBEKO	IKHAMVA	M	28	SM	0.48.08	5
4	3	50002	NICOLAS	SEOPOSENGWE	IKHAMVA	M	22	SM	0.48.56	5
5	1	1320	THABANG	MOSIAKO	NEDBANK	M	28	SM	0.48.56	5
6	57	50827	KEANU	DOMINGO	NWUPOK	M	21	SM	0.49.18	0
7	5	357	SINAWO	POTI	IKHAMVA	M	22	SM	0.50.43	5
8	219	4440	ZOLANI	MABONGO	TEMP	M	37	35-39M	0.51.56	0
9	7	1836	XOLISA	NDLUMBINI	VUKANI	M	41	40-44M	0.52.44	5
10	232	358	MZWANELE	MAPHEKULA	IKHAMVA	M	47	45-49M	0.53.38	5
11	9	1335	ANELE	MALIZA	NEDBANK	M	45	45-49M	0.54.48	5
12	332	2455	RIAAN	VAN ZYL	VITALITY	M	35	35-39M	0.55.32	5
13	482	20116	OKUHLE	Dloto	TINARHA	M	16	JM	0.55.34	4
14	10	1825	KHAYA	GQWETHA	VUKANI	M	38	35-39M	0.55.40	5
15	792	20542	SIYAVUYA	JEYI	MOTHER	M	18	JM	0.55.43	4
16	484	20120	SEMIHLE	BEDA	TINARHA	M	17	JM	0.56.11	4
17	481	20488	LUKHANYISO	APRIL	TINARHA	M	15	JM	0.56.18	4
18	349	370	DESMOND	ZIBI	IKHAMVA	M	60	60-64M	0.56.34	5
19	90	378	SIYABONGA	HONNI	IKHAMVA	M	40	40-44M	0.56.43	5
20	273	50257	RYNO	OWEN	MATIES	M	22	SM	0.56.58	0
21	453	1806	BATHANDWA	MOOI	VUKANI	M	39	35-39M	0.58.20	4
22	525	855	LLEWELLYN	BARNARD	NEDBANK	M	34	SM	1.00.17	3
23	791	20039	SIMTHANDILE	GOLIATH	ACT AC	M	15	JM	1.00.48	3
24	331	1400	KELLY	VAN VLIET	NEDBANK	F	36	35-39F	1.00.51	5
25	464	282	ABDUL	WICOMB	MUIRITE	M	45	45-49M	1.02.00	4
26	429	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	42	40-44F	1.02.05	5
27	492	519	LUVUYO	DYANI	MOTHER	M	53	50-54M	1.02.26	5
28	341	1255	ERROL	WHITTAL	ELITEAC	M	48	45-49M	1.02.48	4
29	64	999	GRAHAM	ESHMADE	CHARLO	M	46	45-49M	1.02.58	4
30	468	1127	BRADLEY	MACKENZIE	ACH	M	52	50-54M	1.03.05	5
31	432	20228	SIVENATHI	SODLADLA	SIBALEKA	M	16	JM	1.03.29	3
32	396	20040	REECE	FREEMAN	ACT AC	M	16	JM	1.03.31	3
33	796	60	THANDO	NCIPHA	SAPPE	M	31	SM	1.03.35	3
34	439	20081	Avon	Williams	CSEP	M	15	JM	1.04.06	2
35	160	4160	KARL	SCHABERG	TEMP	M	22	SM	1.04.16	0
36	395	157	STANTON	FREEMAN	ACT AC	M	46	45-49M	1.04.31	3
37	38	1465	HENRY	CRAUSE	NEDBANK	M	41	40-44M	1.04.31	3
38	107	1353	MZUKISI	KLAAS	NEDBANK	M	55	55-59M	1.04.47	5
39	385	1216	WESSEL	WOLMARANS	ELITEAC	M	45	45-49M	1.05.08	3
40	390	565	SEBASTIAN	KLEU	ELITEAC	M	47	45-49M	1.05.08	3
41	209	5209	VICKY	OEOFSE	TEMP	F	23	SF	1.05.22	0
42	509	1707	DAMIAN	OLIVER	GELVAN	M	32	SM	1.05.29	2
43	118	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	57	55-59M	1.05.57	5
44	259	908	KAYLA	NELL	CHARLO	F	29	SF	1.06.02	3
45	275	1522	HANNES	PELSER	32GI	M	40	40-44M	1.06.05	3
46	299	2368	NTSIKELELO	SEBE	NEDBANK	M	41	40-44M	1.06.42	3
47	39	878	DANE	CRONJE	CHARLO	F	26	SF	1.07.01	3
48	304	1347	LUVUYO	STEPHEN	NEDBANK	M	53	50-54M	1.07.19	3
49	253	367	VUSI	MSUTHWANA	IKHAMVA	M	52	50-54M	1.07.55	3
50	300	273	ROBERT	SLABBERT	MUIRITE	M	36	35-39M	1.08.05	2
51	159	4159	BRIAN	SAUNDERS	TEMP	M	31	SM	1.08.09	0
52	508	1425	DARRYL	BAGLEY	NEDBANK	M	48	45-49M	1.08.11	3
53	199	4199	ZANDISILE	CWEYA	TEMP	M	43	40-44M	1.08.15	0
54	302	1406	REFELOE	SOLOMONS	NEDBANK	F	42	40-44F	1.08.20	4
55	162	4162	INGA	SIZANI	TEMP	M	30	SM	1.08.36	0
56	195	4195	DIVAN	VAN DER BANK	TEMP	M	22	SM	1.08.43	0
57	403	1847	MHLENGI	MAHLABA	HOLLYWOO	M	32	SM	1.08.48	2
58	421	1324	LINDEN	NZEZA	NEDBANK	M	40	40-44M	1.09.08	2
59	63	1480	AUGUST	ESAU	NEDBANK	M	53	50-54M	1.09.08	3
60	277	539	SERGIO	PETERSON	RUN4C	M	45	45-49M	1.09.09	2
61	415	50762	LINDIE	STEYN	MIDACK	F	36	35-39F	1.09.14	0
62	322	608	BRAAM	VAN DER SCHYFF	PRAC	M	50	50-54M	1.09.16	3
63	185	4185	ELJE	COETZEE	TEMP	F	17	JF	1.09.17	0
64	285	985	CHRISTOFF	PUREN	CHARLO	M	33	SM	1.09.23	2
65	420	1822	MZWANELE	NQOQO	VUKANI	M	46	45-49M	1.09.47	2
66	129	4129	GARETH	DAVIES	TEMP	M	52	50-54M	1.09.55	0
67	198	4198	MZUKISI	OLIFANT	TEMP	M	41	40-44M	1.10.07	0
68	478	1761	SLULAMI	JACK	TRANSNET	M	48	45-49M	1.10.13	2
69	527	406	LONWABO	NDLALENI	CHILLIEP	M	46	45-49M	1.10.19	2
70	192	4192	ROZANNE	MARAIS	TEMP	F	33	SF	1.10.49	0
71	391	50538	CHRISTO	BOTMA	KIMR	M	46	45-49M	1.10.58	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
72	504	706	STEPHEN	MCCARTHY	CRUSADE	M	62	60-64M	1.11.04	4
73	407	1416	CHRISTINE	CLAASEN LG 01 JEROME	NEDBANK	F	59	55-59F	1.11.30	5
74	506	1642	NICO	SMITH	MADIBA	M	38	35-39M	1.11.32	2
75	269	931	ANDILE	NYOKA	CHARLO	M	51	50-54M	1.11.35	2
76	100	919	KELVIN	JOOSTE	CHARLO	M	37	35-39M	1.12.04	2
77	96	1581	LILY	JANSE VAN RENSBURG	DESPATCH	F	48	45-49F	1.12.10	3
78	127	4127	TYLIN	CLARK	TEMP	M	25	SM	1.12.16	0
79	46	20444	JADEN	DE RIDDER	ELITEAC	M	17	JM	1.12.19	2
80	323	20161	JULIAN	VAN DER SCHYFF	PRAC	M	16	JM	1.12.19	2
81	375	1283	URAN	LE ROUX	VWAC	M	57	55-59M	1.13.12	3
82	191	4191	MARAIS	BEKKER	TEMP	M	35	35-39M	1.13.12	0
83	518	4518	UNKNOWN		TEMP	M	31	SM	1.13.22	0
84	294	1469	MARGIE	SAUNDERS	NEDBANK	F	70	70+F	1.13.30	5
85	261	1639	VANDRE	NEL	MADIBA	M	39	35-39M	1.13.45	2
86	88	619	BRETT	HOLMES	ASPEN	M	49	45-49M	1.14.02	2
87	474	1744	MARIO	PLAATJIES	NEDBANK	M	43	40-44M	1.14.20	2
88	461	1957	HENRY	PIENAAR	BLUEBAY	M	52	50-54M	1.14.22	2
89	197	4197	HANNO	NEL	TEMP	M	13	JM	1.14.25	0
90	112	1263	KAHN	LANGFORD	VWAC	M	45	45-49M	1.14.34	2
91	27	1516	THERESA	BUCHNER	32GI	F	38	35-39F	1.14.40	2
92	327	545	RUHAN	VAN RENSBURG	RUN4C	M	31	SM	1.14.51	2
93	319	1902	JEN	VALLANCE	STFRAN	F	36	35-39F	1.14.54	2
94	493	731	GAVIN	ROGERS	CRUSADE	M	59	55-59M	1.15.07	2
95	444	52212	FRANCOIS	WILLIAMS	TYGER	M	55	55-59M	1.15.08	0
96	423	80288	KAHNGELANI	HALOM	TRANSNET	M	42	40-44M	1.15.14	2
97	179	5179	MICHAEL	TEUBES	TEMP	M	46	45-49M	1.15.22	0
98	37	546	CHARLES	CORBY	32GI	M	53	50-54M	1.15.28	2
99	498	50728	RUAN	DU PLESSIS	UNKNOWN	F	33	SF	1.15.47	0
100	240	1457	RICHARD	MAZUNGULA	NEDBANK	M	46	45-49M	1.15.49	2
101	517	50969	SITHA	SIGENU	REALGIJ	F	40	40-44F	1.15.59	0
102	529	1569	NEEVRA	BELLINGAN	DESPATCH	F	37	35-39F	1.16.22	2
103	207	4207	ALEX	HENDRIK	TEMP	M	39	35-39M	1.16.32	0
104	151	4151	KOBUS	GROBBELAAR	TEMP	M	39	35-39M	1.16.40	0
105	206	4206	LUMARIE	ALERS	TEMP	F	40	40-44F	1.16.53	0
106	489	2264	BRUCHANE	WILLIAMS	GELVAN	M	37	35-39M	1.16.55	1
107	435	1002	PAUL	JOHNSON	BODYCON	M	56	55-59M	1.17.01	2
108	337	271	MELANIE	WEIDEMANN	MUIRITE	F	38	35-39F	1.17.03	2
109	147	4147	MPUMELELO	MAZINYO	TEMP	M	25	SM	1.17.17	0
110	386	20186	ILKE	WOLMARANS	ELITEAC	F	16	JF	1.17.20	2
111	270	1385	KOOS	OLIVIER	NEDBANK	M	65	65-69M	1.17.22	3
112	497	385	LONWABO	MTSHAKE	SPAREC	M	53	50-54M	1.17.47	2
113	514	554	PETRUS	RADEMEYER	RUN4C	M	49	45-49M	1.17.54	2
114	424	1775	BONKE	GOYI	VUKANI	M	35	35-39M	1.17.57	1
115	798	2126	LUTHANDO	NDZAMBO	MADIBAZ	M	40	40-44M	1.17.59	1
116	511	5511	CHRIS	DICKSON	TEMP	M	57	55-59M	1.18.01	0
117	265	1112	SHANE	NORRIS	ACH	M	49	45-49M	1.18.03	2
118	491	1954	LEONARD	CONRADIE	BLUEBAY	M	69	65-69M	1.18.10	2
119	433	2395	THEMBELANI	MBENENGE	SIBALEKA	M	28	SM	1.18.18	1
120	503	5503	MARIKE	VAN RENSSSEN	TEMP	F	26	SF	1.18.21	0
121	308	11864	ADRE	STRYDOM	MEDIHELP	F	46	45-49F	1.18.23	0
122	706	4243	WILLEM	BINDEMAN	TEMP	M	47	45-49M	1.18.33	0
123	97	1729	BRIAN	JONAS	GELVAN	M	62	60-64M	1.18.41	2
124	248	1801	LUNGISA	MKOSI	VUKANI	M	36	35-39M	1.18.44	1
125	404	1859	KESETSELEMANG	THAGAKANE	HOLLYWOO	M	40	40-44M	1.18.46	1
126	418	1049	SHAUN	COETZEE	XCEL	M	54	50-54M	1.18.53	2
127	303	1584	LINDIE	STANDER	DESPATCH	F	39	35-39F	1.19.11	2
128	466	1427	RYAN	VAN DER MESCHT	NEDBANK	M	42	40-44M	1.19.42	1
129	45	621	KIRWIN	DE KLERK	ASPEN	M	42	40-44M	1.19.47	1
130	122	4122	LUKE	BINNEMAN	TEMP	M	31	SM	1.19.48	0
131	289	2362	Grant	Rudman	DESPATCH	M	46	45-49M	1.19.49	1
132	17	893	HISHAAN	BHANA	CHARLO	M	27	SM	1.19.51	1
133	213	5213	GARRETH	JACOBSON	TEMP	M	48	45-49M	1.20.02	0
134	293	2010	HERMAN	SAAYMAN	MADIBA	M	39	35-39M	1.20.05	1
135	61	1659	HANNES	ELS	MADIBA	M	73	70+M	1.20.08	3
136	155	4155	RUBEN	PRETORIUS	TEMP	M	20	JM	1.20.11	0
137	239	1035	JEROME	MAY	XCEL	M	57	55-59M	1.20.24	2
138	279	1553	STEPHEN	PHILLIPSON	DESPATCH	M	59	55-59M	1.20.31	2
139	365	1013	SANNAH	MPUKULA	ASPEN	F	50	50-54F	1.20.36	2
140	21	80196	FRIKKIE	BOSHOFF	RUN4C	M	44	40-44M	1.20.39	1
141	229	4229	JOSSIE	NIEWOUDT	TEMP	M	26	SM	1.20.42	0
142	72	1664	ARNO	GERBER	MADIBA	M	53	50-54M	1.20.57	1
143	411	1060	DEAN	FINLAY	ACH	M	57	55-59M	1.20.59	2

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144	443	443	UNKNOWN		TEMP	F	31	SF	1.21.00	0
145	372	5400	MICHELLE	VAN EMMENIS 01	JERAMIDAS	F	49	45-49F	1.21.03	0
146	343	1369	CHRISTINE	WIENAND	NEDBANK	F	44	40-44F	1.21.26	2
147	469	1040	NIGEL	DANIELS	XCEL	M	48	45-49M	1.21.33	1
148	701	4082	NADIA	LIEBENBERG	TEMP	F	22	SF	1.21.38	0
149	67	634	JO-ANNE	FORSON	ASPEN	F	36	35-39F	1.21.48	1
150	408	637	MARK	GODDARD	ASPEN	M	27	SM	1.21.49	1
151	13	1777	JAMAL	ASANI	VUKANI	M	37	35-39M	1.22.05	1
152	33	2326	DEBRA JANE	CHRISTY	STFRAN	F	59	55-59F	1.22.08	2
153	168	4168	ERICH	VERSFELD	TEMP	M	28	SM	1.22.11	0
154	402	57	JASON	KIVEDO	SAPPE	M	38	35-39M	1.22.15	1
155	47	2399	PHILLIP	DE RIDDER	ELITEAC	M	47	45-49M	1.22.33	1
156	536	1448	THELMA	MCOPELO	NEDBANK	F	41	40-44F	1.22.44	1
157	387	501	VUSIKAYA	MANCAPA	MOTHER	M	58	55-59M	1.22.45	1
158	507	1454	WENDY	SORENSEN	NEDBANK	F	49	45-49F	1.22.49	2
159	703	4703	LUAN	NIEWOUDT	TEMP	M	28	SM	1.23.01	0
160	200	5200	MKHULULU	MANYALA	TEMP	M	42	40-44M	1.23.13	0
161	228	2165	RIAN	VOSLOO	MADIBAZ	M	45	45-49M	1.23.17	1
162	227	4227	TALANA	VOSLOO	TEMP	F	42	40-44F	1.23.18	0
163	368	1027	SIYABONGA	PANDLE	XCEL	M	54	50-54M	1.23.20	1
164	156	4156	HELGE	PRETORIUS	TEMP	F	29	SF	1.23.30	0
165	366	1554	HELGARD	POTGIETER	DESPATCH	M	51	50-54M	1.23.32	1
166	381	1590	ANNEKE	MOORE	DESPATCH	F	39	35-39F	1.23.33	1
167	339	1564	LEON	WEITSZ	DESPATCH	M	49	45-49M	1.23.34	1
168	383	52121	ADELE	COETZEE	PHOBIAN	F	52	50-54F	1.23.53	0
169	158	4158	MARI	ROMIJN	TEMP	F	37	35-39F	1.24.13	0
170	793	20033	INDIPHILE	MKHOSANA	ACT AC	F	17	JF	1.24.15	1
171	146	4146	JAN	LE ROUX	TEMP	M	50	50-54M	1.24.34	0
172	233	952	CINDY	MARAI	CHARLO	F	46	45-49F	1.24.44	1
173	471	745	KATHLEEN	FLANAGAN	CRUSADE	F	38	35-39F	1.24.44	1
174	487	20488	LUKHANYISO	APRIL	TINARHA	M	15	JM	1.24.46	1
175	401	1452	EDDIE	EADES	NEDBANK	M	74	70+M	1.24.49	2
176	342	1256	JANINE	WHITTAL	ELITEAC	F	42	40-44F	1.24.52	1
177	305	555	BURNITA	STRYDOM	ELITEAC	F	55	55-59F	1.24.59	2
178	336	51864	NEVILLE	WARMBERG	QH	M	49	45-49M	1.25.06	0
179	535	1450	NKHATHALLENG	KHIBA	NEDBANK	F	42	40-44F	1.25.19	1
180	711	1042	EUGENE	VAN WYK	XCEL	M	52	50-54M	1.25.37	1
181	344	876	GEORGE	WINSHIP	CHARLO	M	58	55-59M	1.25.49	1
182	290	982	PRISHEN	RYAN	CHARLO	M	33	SM	1.25.51	1
183	364	50313	ISRAEL	MPUKULA	ASPEN	M	46	45-49M	1.26.19	1
184	110	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	40	40-44F	1.26.43	1
185	457	1566	RUAN	WELGEMOED	DESPATCH	M	29	SM	1.26.45	1
186	428	1111	GRAHAM	CHANNON	ACH	M	74	70+M	1.26.55	2
187	447	52202	ANTOINETTE	WILLIAMS	TYGER	F	52	50-54F	1.26.57	0
188	370	1586	MAUDY	BOTES	DESPATCH	F	41	40-44F	1.27.02	1
189	437	277	DE WET	WILLIAMS	MUIRITE	M	61	60-64M	1.27.05	1
190	165	4165	RIANDI	STEYN	TEMP	F	33	SF	1.27.15	0
191	28	50345	ROBERT	BUTTON	OLDSELB	M	64	60-64M	1.27.27	0
192	702	4242	AILEEN	UYS	TEMP	F	39	35-39F	1.27.27	0
193	272	1552	THERESA	OOSTHUIZEN	DESPATCH	F	52	50-54F	1.27.30	1
194	374	1609	WILLEMEN	DU RANDT	DESPATCH	F	49	45-49F	1.27.34	1
195	205	4205	DAPPIE	PRINSLOO	TEMP	M	68	65-69M	1.27.35	0
196	210	4166	FABIAN	THOMAS	TEMP	M	52	50-54M	1.27.47	0
197	501	1721	LIZETTE	OLIVER	GELVAN	F	37	35-39F	1.27.53	1
198	539	1691	CRAIG	ADAMS	GELVAN	M	46	45-49M	1.27.54	1
199	416	1018	IVO	MEYER	BODYCON	M	49	45-49M	1.27.55	1
200	287	1233	CURT	ROBERTS	ELITEAC	M	38	35-39M	1.28.09	1
201	291	1211	SANETTE	RYAN	ELITEAC	F	53	50-54F	1.28.12	1
202	35	894	TONY	CLARKE	CHARLO	M	63	60-64M	1.28.13	1
203	440	288	WARREN	GRIFFITHS	MUIRITE	M	58	55-59M	1.28.20	1
204	410	1678	ADELE	SLABBERT	MADIBA	F	53	50-54F	1.28.26	1
205	530	2266	LEONARD	ERASMUS	GELVAN	M	65	65-69M	1.28.33	1
206	109	520	KIRSTI	KUHN	RUN4C	F	35	35-39F	1.28.37	1
207	73	1512	CHARL	GERBER	32GI	M	47	45-49M	1.28.40	1
208	128	4128	MICHAEL	CLARK	TEMP	M	52	50-54M	1.28.42	0
209	409	1389	MARTIE	VAN SCHALKWYK	NEDBANK	F	59	55-59F	1.28.44	1
210	201	801	DEON	ENGELBRECHT	NMBAC	M	56	55-59M	1.28.46	1
211	360	1214	BENITA	GERBER	ELITEAC	F	59	55-59F	1.29.01	1
212	309	2386	GEOFFREY	SWARTBOOI	RUN4C	M	47	45-49M	1.29.02	1
213	183	50790	NADINE	CRAMPI	OVERK	F	47	45-49F	1.29.09	0
214	120	1776	SIPHOKAZI	MANI	VUKANI	F	33	SF	1.29.16	1
215	326	926	TREVOR	VAN RENSBURG	CHARLO	M	71	70+M	1.29.17	1

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216	208	4208	RIAAAN	VERMAAK	TEMP	M	39	35-39M	1.29.27	0
217	126	4126	SHELLY	BOWIEN LG 01 JERAT	TEMP	F	28	SF	1.29.33	0
218	315	80270	MBULELO	TSHIKILA	HOLLYWOO	M	50	50-54M	1.29.38	1
219	369	1208	CHRISTINE	BIRD	ELITEAC	F	52	50-54F	1.29.41	1
220	204	4204	ATTIE	JOOSTE	TEMP	M	44	40-44M	1.29.46	0
221	340	1412	RAYMOND	WEITZ	NEDBANK	M	69	65-69M	1.29.57	1
222	234	948	THOMAS	MARAIS	CHARLO	M	36	35-39M	1.29.58	1
223	114	80032	SUE	LEWIS	VUKANI	F	59	55-59F	1.30.02	1
224	111	1615	STEPHANUS	LAMBRECHTS	DESPATCH	M	41	40-44M	1.30.06	1
225	131	4131	LEONARD	DENYSSCHEN	TEMP	M	62	60-64M	1.30.18	0
226	799	1261	FRANKLIN	HUMAN	VWAC	M	48	45-49M	1.30.21	1
227	333	18106	SIMONI	VAN ZYL	VITALITY	F	41	40-44F	1.30.24	1
228	425	389	WALTER	ZIMBEVA	SPAREC	M	43	40-44M	1.30.32	1
229	288	2293	GREGORY	ROSS	ASPEN	M	50	50-54M	1.30.42	1
230	85	2294	CYNTHIA	HEYNS	ASPEN	F	40	40-44F	1.30.43	1
231	266	1428	TANYA	NORRIS	CHARLO	F	39	35-39F	1.30.47	1
232	74	1635	DORIS	GERBER	MADIBA	F	53	50-54F	1.30.50	1
233	540	1863	DAVID	MAMA	HOLLYWOO	M	48	45-49M	1.30.54	1
234	488	1819	ZOLANI	MQOQI	VUKANI	M	47	45-49M	1.30.55	1
235	238	1790	SIDWELL	MATINYANE	VUKANI	M	58	55-59M	1.31.06	1
236	325	905	JANET	VAN NIEKERK	CHARLO	F	47	45-49F	1.31.23	1
237	338	1565	BONITA	WEITZ	DESPATCH	F	51	50-54F	1.31.26	1
238	436	6576	PHUNYEZWA	NDEVU	SABC	F	57	55-59F	1.31.29	0
239	334	972	CONRAD	VENTER	CHARLO	M	32	SM	1.31.37	1
240	459	1054	LIZ	PRINS	ACH	F	54	50-54F	1.31.48	1
241	75	80199	JUDY	GERBER	RUN4C	F	57	55-59F	1.31.50	1
242	170	4170	ENVER	VOGEL	TEMP	M	32	SM	1.31.51	0
243	475	2123	JOHANN	VAN DER MERWE	MADIBAZ	M	59	55-59M	1.31.53	1
244	281	455	JODI	PIENAAR	WALMER	M	30	SM	1.31.56	1
245	324	1576	MARCELLE	VAN LOOGERENBERG	DESPATCH	M	56	55-59M	1.31.57	1
246	328	1250	PETER	VAN RENSBURG	ELITEAC	M	65	65-69M	1.31.59	1
247	79	1671	LEON	GROENEWALD	MADIBA	M	57	55-59M	1.32.01	1
248	23	1588	JACQUES	BOTHA	DESPATCH	M	49	45-49M	1.32.02	1
249	534	4534	UNKOWN		TEMP	F	33	SF	1.32.16	0
250	282	1264	LAVINIA	PIETERSE	VWAC	F	49	45-49F	1.32.18	1
251	301	1299	MICHAEL	SLATER	VWAC	M	53	50-54M	1.32.25	1
252	86	1022	ANNABELLE	HIFT	BODYCON	F	26	SF	1.32.30	1
253	108	1396	BUYELWA	KOBOKANA	NEDBANK	F	58	55-59F	1.32.34	1
254	50	50	MICHAEL	DEKKER	SAPPE	M	51	50-54M	1.32.41	1
255	188	4188	LIZELLE	GRIESSEL	TEMP	F	40	40-44F	1.32.53	0
256	260	1636	LISTIA	NEL	MADIBA	F	48	45-49F	1.32.53	1
257	193	4193	LIZMARI	JACOBS	TEMP	F	41	40-44F	1.33.07	0
258	297	1481	WAYNE	SCHOLTZ	32GI	M	43	40-44M	1.33.08	1
259	242	51854	JANICE	MCKERRY	QH	F	58	55-59F	1.33.10	0
260	450	1937	AMANDA	PRIDEAUX	BLUEBAY	F	48	45-49F	1.33.11	1
261	398	323	CLIVE	VAN RAYNER	MUIRITE	M	56	55-59M	1.33.23	1
262	224	4224	BONGANI	BASHE	TEMP	M	42	40-44M	1.33.27	0
263	286	281	MONIQUE	RICHARDSON	MUIRITE	F	28	SF	1.33.29	1
264	513	1048	HENRY	JANSEN	XCEL	M	48	45-49M	1.33.30	1
265	80	80006	LEZELL	HARRIS	VWAC	F	50	50-54F	1.33.41	1
266	431	1291	ASHENDA	MAKONIE	VWAC	F	48	45-49F	1.33.41	1
267	256	1222	KELLY	NAIDOO	ELITEAC	F	42	40-44F	1.34.04	1
268	329	883	LINDI	VAN TONDER	CHARLO	F	45	45-49F	1.34.08	1
269	32	2325	MELANIE	CHRISTIE	ELITEAC	F	39	35-39F	1.34.08	1
270	361	1201	CATHY	ALLERS	ELITEAC	F	61	60-64F	1.34.25	1
271	345	327	ELWIN	WOODS	MUIRITE	M	60	60-64M	1.34.37	1
272	130	4130	MARGO	DE VRIES	TEMP	F	42	40-44F	1.34.39	0
273	148	4148	MARYNA	MEYER	TEMP	F	52	50-54F	1.34.39	0
274	262	611	HAYLEY	NEWING	ASPEN	F	39	35-39F	1.34.53	1
275	89	618	KELLY	HOLMES	ASPEN	F	46	45-49F	1.34.55	1
276	490	4490	NICOLE	JOHNSON	TEMP	F	26	SF	1.35.03	0
277	515	2036	RAYMOND	JACOBS	GELVAN	M	66	65-69M	1.35.03	1
278	346	1567	JACOBUS	WYATT	DESPATCH	M	60	60-64M	1.35.06	1
279	412	1962	DANIEL	PIETERSE	BLUEBAY	M	61	60-64M	1.35.08	1
280	434	96	LAURA	MARITZ	INFINITY	F	63	60-64F	1.35.12	1
281	60	1203	ANNEMIE	DU TOIT	ELITEAC	F	39	35-39F	1.35.32	1
282	448	80359	PIERRE	BELLEW	ELITEAC	M	34	SM	1.35.33	1
283	414	80200	MELANIE	BUITENDAGH	RUN4C	F	41	40-44F	1.35.37	1
284	184	5184	MICHAEL	JANSE VAN RENSBURG	TEMP	M	50	50-54M	1.35.40	0
285	371	1656	SCHOOMBEE	PRETORIUS	MADIBA	M	66	65-69M	1.35.47	1
286	55	1234	DEWALD	DEYSEL	ELITEAC	M	41	40-44M	1.35.52	1
287	221	4221	EMRIE	VAN STADEN	TEMP	F	48	45-49F	1.36.18	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
288	43	1503	TENIELLE	DE ANDRADE	32GI	F	38	35-39F	1.36.18	1
289	164	4164	MALAN	STEENKAMRLG 01 JERAT	TEMP	M	26	SM	1.36.24	0
290	36	285	VANESSA	COETZEE	MUIRITE	F	47	45-49F	1.36.48	1
291	358	52175	ZETHU	JONI	ABSA	F	24	SF	1.36.51	0
292	472	80346	MARIZA	FREWEN	MADIBA	F	61	60-64F	1.37.01	1
293	356	52165	GEOFFERY	MLAWU	ABSA	M	60	60-64M	1.37.20	0
294	247	1530	BRONWIN	MEYER	32GI	F	51	50-54F	1.37.23	1
295	106	433	NCUMISA	KEPE	CHILLIEP	F	43	40-44F	1.37.25	1
296	795	5803	SIVIWE	MEVENI	REALGIJ	M	37	35-39M	1.37.28	0
297	516	5516	FRANCOIS	WINN	TEMP	M	41	40-44M	1.37.40	0
298	417	1628	NELESH	JAGANATH	MADIBA	M	42	40-44M	1.37.43	1
299	422	4422	WILTON	MNQAYI	TEMP	M	40	40-44M	1.37.58	0
300	113	540	JACQUES	LANGLEY	ELITEAC	M	35	35-39M	1.37.59	1
301	154	4154	ARMAND	PRETORIUS	TEMP	M	25	SM	1.38.18	0
302	121	4121	RENETTE	ACKERMANN	TEMP	F	59	55-59F	1.38.31	0
303	101	723	ALETTA	JOUBERT	CRUSADE	F	62	60-64F	1.38.31	1
304	335	1688	MARYANNE	VICTOR-SMITH	MADIBA	F	38	35-39F	1.38.32	1
305	257	2148	DOINA	NAUDE	MADIBAZ	F	42	40-44F	1.38.32	1
306	510	1627	NATASHA	SMITH	MADIBA	F	37	35-39F	1.38.38	1
307	144	4144	WILHELM	KILIAN	TEMP	M	47	45-49M	1.38.48	0
308	330	1582	MARINET	VAN TONDER	DESPATCH	F	45	45-49F	1.39.01	1
309	99	1600	YVETTE	JONKER	DESPATCH	F	51	50-54F	1.39.02	1
310	149	4149	AKHONA	MOSIANE	TEMP	F	37	35-39F	1.39.21	0
311	533	533	UNKNOWN		TEMP	F	31	SF	1.39.24	0
312	264	419	AMANDA	NOHAJI	CHILLIEP	F	35	35-39F	1.39.37	1
313	500	5500	MZWAMADODA	GROOTBOOM	TEMP	M	48	45-49M	1.39.43	0
314	496	20216	JODY	PRIMO	GELVAN	M	15	JM	1.39.51	1
315	91	528	JOEL	HUMAN	CHARLO	M	50	50-54M	1.39.51	1
316	15	746	JOHAN	BARNARD	CRUSADE	M	68	65-69M	1.40.00	1
317	389	1466	AT	SCHOEMAN	NEDBANK	M	67	65-69M	1.40.21	1
318	171	4171	BIANCA	WEHMEYER	TEMP	F	46	45-49F	1.40.36	0
319	123	4123	ANDRE	BOTHA	TEMP	M	59	55-59M	1.40.38	0
320	274	996	PAULA	PEARCE	CHARLO	F	55	55-59F	1.41.04	1
321	95	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	53	50-54F	1.41.08	1
322	427	1579	JHANINEN	BOSHOFF	DESPATCH	F	57	55-59F	1.41.09	1
323	486	1555	LYDIA	POTGIETER	DESPATCH	F	48	45-49F	1.41.12	1
324	494	1708	DEON	SMITH	GELVAN	M	55	55-59M	1.41.15	1
325	124	4124	SUZETTE	BOTHA	TEMP	F	57	55-59F	1.41.18	0
326	196	4196	FRANCES	SOLOMON	TEMP	F	38	35-39F	1.41.24	0
327	177	5177	HANDREY	DU PLESSIS	TEMP	M	45	45-49M	1.41.27	0
328	451	808	LULAMILE	PHONGOLA	NMBAC	M	66	65-69M	1.41.43	1
329	359	22759	JACQUES	KOOPMAN	ABSA	M	39	35-39M	1.41.48	0
330	116	707	RICHARD	LOMAX	CRUSADE	M	70	70+M	1.42.00	1
331	405	1312	DEON	VYVER	NEDBANK	M	57	55-59M	1.42.11	1
332	230	4230	STEPHEN	RAUTENBACH	TEMP	M	28	SM	1.42.15	0
333	137	4137	ILSE	FOURIE	TEMP	F	40	40-44F	1.42.15	0
334	397	307	DENVER	HUME	MUIRITE	M	46	45-49M	1.42.20	1
335	312	1429	RIKA	TERBLANCHE	NEDBANK	F	46	45-49F	1.42.21	1
336	354	80036	MICHAEL	NYONI	VUKANI	M	48	45-49M	1.42.28	1
337	222	4222	NOLUKHANYO	MADLINGOZI	TEMP	F	31	SF	1.42.29	0
338	470	2195	ALVADO	ARENDSE	MADIBAZ	M	49	45-49M	1.42.30	1
339	446	20222	YEDWA	BLOUW	SIBALEKA	M	16	JM	1.42.33	1
340	68	1220	ANDRE	FOURIE	RUN4C	M	76	70+M	1.42.36	1
341	132	4132	MEGAN	DOUGLAS	TEMP	F	25	SF	1.42.40	0
342	190	4190	GILBERT	DOUGLAS	TEMP	M	51	50-54M	1.42.41	0
343	78	293	Karli	Greyling	MUIRITE	F	22	SF	1.42.42	1
344	41	799	GANIEF	DAVIDS	NMBAC	M	57	55-59M	1.42.44	1
345	231	783	THEMBELA	MANYA	NMBAC	F	40	40-44F	1.42.54	1
346	18	956	NEELESH	BHANA	CHARLO	M	52	50-54M	1.42.58	1
347	29	80278	MARI	CALITZ	CHARLO	F	63	60-64F	1.43.02	1
348	186	4186	JANE	COETZEE	TEMP	F	20	JF	1.43.04	0
349	31	903	KESVAL	CHETTY	CHARLO	M	59	55-59M	1.43.06	1
350	62	1632	JOS	ELS	MADIBA	F	71	70+F	1.43.25	1
351	125	4125	TAMSYN	BOTHA	TEMP	F	28	SF	1.43.25	0
352	87	1641	DEBBIE	HILTON	MADIBA	F	51	50-54F	1.43.45	1
353	485	1704	KEITH	SEZOE	GELVAN	M	53	50-54M	1.43.51	1
354	70	397	THANDO	FRANS	SPAREC	M	45	45-49M	1.44.20	1
355	24	298	SANET	BOUCHER	MUIRITE	F	44	40-44F	1.44.21	1
356	455	328	MADRE	WELMANS	MUIRITE	F	55	55-59F	1.44.29	1
357	143	4143	INECE	KAYSER	TEMP	F	55	55-59F	1.44.45	0
358	152	4152	RENEE	OLIVIER	TEMP	F	55	55-59F	1.45.03	0
359	502	705	OCTAVIA	BOSHOFF	CRUSADE	F	54	50-54F	1.45.10	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
360	59	572	SHANTE	DU PLESSIS	RUN4C	F	31	SF	1.45.11	1
361	442	1144	MARIANA	BORNMAN LG 01 JERABAY	JERABAY	F	68	65-69F	1.45.24	1
362	138	4138	ANNEKE	FOURIE	TEMP	F	40	40-44F	1.45.26	0
363	465	561	DARRYL	CALVERT	RUN4C	M	48	45-49M	1.45.28	1
364	318	8441	DHIRESH	VALLABH	SCOTTAC	M	38	35-39M	1.45.31	0
365	93	1717	ANTOINETTE	HUMAN	GELVAN	F	55	55-59F	1.45.32	1
366	44	1624	ESTELLE	DE KLERK	MADIBA	F	57	55-59F	1.45.34	1
367	19	1631	AMANDA	BLIGNAULT	MADIBA	F	64	60-64F	1.45.35	1
368	347	1568	TALANA	WYATT	DESPATCH	F	32	SF	1.45.36	1
369	480	317	JEAN-PIERRE	VAN DER MERWE	MUIRITE	M	26	SM	1.45.44	1
370	225	4225	BENINE	VAN DEN HEEVER	TEMP	F	25	SF	1.45.45	0
371	430	1119	TREMAINE	WESSON	ACH	M	63	60-64M	1.45.46	1
372	251	2204	IVAN	MOSES	MADIBAZ	M	61	60-64M	1.46.17	1
373	426	686	BRENDA	MUKOMBE	VITALITY	F	36	35-39F	1.46.49	1
374	226	4226	NOLWAZI	BOQWANA	TEMP	F	50	50-54F	1.46.56	0
375	141	4141	ALTA	HIFT	TEMP	F	56	55-59F	1.47.19	0
376	314	918	HANNAH	TRUTER	CHARLO	F	31	SF	1.47.48	1
377	520	509	XHANDI	MANTSHIYO	MOTHER	M	56	55-59M	1.47.55	1
378	394	1602	RIAAN	VAN DER MERWE	DESPATCH	M	52	50-54M	1.48.02	1
379	495	1712	BRAMWELL	FLEURS	GELVAN	M	45	45-49M	1.48.06	1
380	538	1333	MBULELO	SOBIKWA	NEDBANK	M	69	65-69M	1.48.22	1
381	255	387	NANDIPA	MYELEYELE	SPAREC	F	36	35-39F	1.48.23	1
382	362	100	LYNETTE	CRAUSE	INFINITY	F	63	60-64F	1.48.24	1
383	438	361	JULIUS	SHOGOLE	IKHAMVA	M	71	70+M	1.48.38	1
384	250	44	COLLEEN	MOSES	SAPPE	F	48	45-49F	1.48.39	1
385	48	400	RONEL	DE TARNOWSKY	RUN4C	F	43	40-44F	1.48.42	1
386	483	573	BRITTANY	CILLIERS	RUN4C	F	30	SF	1.48.43	1
387	71	1601	ANIZE	GERBER	DESPATCH	F	51	50-54F	1.48.59	1
388	382	1574	CHRISTO	GERBER	DESPATCH	M	49	45-49M	1.49.00	1
389	246	1352	VOLENTI	MEYER	NEDBANK	F	46	45-49F	1.49.27	1
390	473	80345	JOHN	FREWEN	MADIBA	M	61	60-64M	1.49.28	1
391	174	5174	MARTIN	PRETORIUS	TEMP	M	27	SM	1.49.44	0
392	178	5178	JADE	DE GOEDE	TEMP	M	30	SM	1.49.54	0
393	258	753	PLACXEDES	NDHLOVU	CRUSADE	F	49	45-49F	1.49.56	1
394	519	1331	JAN	LE ROUX	NEDBANK	M	64	60-64M	1.49.58	1
395	523	1725	PEARL	DAMONS	GELVAN	F	60	60-64F	1.49.58	1
396	373	5100	MERVYN	LEE	EDGE	M	69	65-69M	1.50.01	0
397	42	871	RICHARD	DE ANDRADE	CHARLO	M	63	60-64M	1.50.03	1
398	283	889	PETER	POHLMANN	CHARLO	M	60	60-64M	1.50.05	1
399	105	969	GARY	KELLEHER	CHARLO	M	66	65-69M	1.50.05	1
400	52	72	HERMAN	DEKKER	SAPPE	M	79	70+M	1.50.16	1
401	380	5134	JOEY	VAN DER WALT	ALPHA	F	71	70+F	1.50.27	0
402	249	45	ANDREW	MOSES	SAPPE	M	50	50-54M	1.50.29	1
403	181	5181	JANA	BOSCH	TEMP	F	21	SF	1.50.37	0
404	180	5180	GERT	BOSCH	TEMP	M	51	50-54M	1.50.37	0
405	388	1981	THEA	VERMAAK	SOMEAST	F	31	SF	1.50.41	1
406	194	4193	ELRIE	MORTON	TEMP	F	43	40-44F	1.50.48	0
407	467	1298	MPHATHISI	MJADU	VWAC	M	52	50-54M	1.50.55	1
408	406	1880	MELUMZI	NORUSHU	HOLLYWOOD	M	55	55-59M	1.51.10	1
409	532	532	UNKNOWN		TEMP	F	31	SF	1.51.10	0
410	40	1380	BANDILE	CUNTU	NEDBANK	M	59	55-59M	1.51.12	1
411	413	1560	PIETER	STRYDOM	DESPATCH	M	62	60-64M	1.51.24	1
412	268	1826	AKHONA	NTANJANA	VUKANI	F	36	35-39F	1.51.46	1
413	26	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	51	50-54M	1.51.54	1
414	307	1622	ZELDA	STRYDOM	MADIBA	F	42	40-44F	1.52.09	1
415	476	1713	LYDIA	OLIVER	GELVAN	F	55	55-59F	1.52.42	1
416	136	4136	BIANCA	ESTERHUYSE	TEMP	F	32	SF	1.52.45	0
417	320	1462	DEON	VAN DER MERWE	DESPATCH	M	54	50-54M	1.52.47	1
418	321	41461	BENICE	VAN DER MESCHT	DESPATCH	F	22	SF	1.52.47	1
419	263	1332	THANDIWE	NKWANDLA	NEDBANK	F	58	55-59F	1.52.58	1
420	797	5797	SINDISWA	ZAMXAKA	TEMP	F	43	40-44F	1.53.02	0
421	316	917	VICKY	TSOUKNIDAS	CHARLO	F	45	45-49F	1.53.09	1
422	400	20188	Lauren	Gerber	ELITEAC	F	16	JF	1.53.30	1
423	66	1684	ERIKA	FOREMAN	MADIBA	F	53	50-54F	1.53.40	1
424	441	1935	XENOPHON	FERREIRA	BLUEBAY	M	62	60-64M	1.53.41	1
425	452	1861	SIMANGILE	SOLWANDLE	HOLLYWOOD	F	32	SF	1.53.48	1
426	212	4212	PHILIP	FOURIE	TEMP	M	65	65-69M	1.54.05	0
427	419	1287	BANDILE	GWAMANDA	VWAC	M	53	50-54M	1.54.39	1
428	119	1031	CHESTER	BROOKS	XCEL	M	65	65-69M	1.54.43	1
429	172	4172	CHRISTO	ZEELIE	TEMP	M	28	SM	1.54.50	0
430	150	4150	RENZMARE	NEL	TEMP	F	29	SF	1.54.50	0
431	58	82	LETA	DOS SANTOS	INFINITY	F	59	55-59F	1.55.01	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
432	115	920	LOCHI	LOCHNER	CHARLO	M	76	70+M	1.55.40	1
433	102	2391	JACQUES	KEIRSGIETEBG 01 JERASA	ASPEN	M	35	35-39M	1.55.41	1
434	176	4176	MARTIE	BOTHA	TEMP	F	54	50-54F	1.55.45	0
435	175	4175	MARIANNA	FERREIRA	TEMP	F	62	60-64F	1.55.46	0
436	350	1349	CAROLINE	ZINTO	NEDBANK	F	43	40-44F	1.55.55	1
437	134	4134	KARISMA	ERASMUS	TEMP	F	28	SF	1.55.56	0
438	163	4163	JEANNE	SMITH	TEMP	F	26	SF	1.55.57	0
439	456	1956	SONJA	OLIVIER	BLUEBAY	F	56	55-59F	1.55.59	1
440	296	935	BRENTON	SCHNETLER	CHARLO	M	49	45-49M	1.56.07	1
441	133	4133	JOHAN	DU TOIT	TEMP	M	70	70+M	1.56.17	0
442	280	530	ANDRE	PIENAAR	RUN4C	M	61	60-64M	1.56.59	1
443	537	4357	ALYCIA	LANGLEY	TEMP	F	30	SF	1.57.21	0
444	216	4438	THABO	HEADBUSH	TEMP	M	53	50-54M	1.57.43	0
445	98	515	RONNIE	JONKER	DESPATCH	M	54	50-54M	1.58.11	1
446	526	1792	NELISWA	MZAZA	VUKANI	F	34	SF	1.58.41	1
447	217	5217	ROY	ROBBERTSE	TEMP	M	67	65-69M	1.58.43	0
448	139	4139	NKOSINATHI	GACA	TEMP	M	42	40-44M	1.59.17	0
449	77	1348	XOLILE	GOMOMO	NEDBANK	M	71	70+M	1.59.46	1
450	477	35	JEANETTE	PIENAAR	PEAAC	F	75	70+F	1.59.58	1
451	182	52095	JUSTIAAN	DU PLESSIS	AGAPE	M	66	65-69M	2.00.27	0
452	521	5521	ANDREA	JACK	TEMP	F	21	SF	2.00.31	0
453	524	1741	PATRICK	JACK	GELVAN	M	46	45-49M	2.00.33	1
454	34	1606	FANIE	CLAASSEN	DESPATCH	M	66	65-69M	2.00.35	1
455	522	1722	JASMINE	JACK	GELVAN	F	52	50-54F	2.01.27	1
456	376	341	JOHNNY	MALGAS	SANDFEP	M	63	60-64M	2.01.28	1
457	20	286	SANET	BLOM	MUIRITE	F	56	55-59F	2.01.30	1
458	306	80111	DEBBIE	STRYDOM	ELITEAC	F	40	40-44F	2.01.37	1
459	512	2201	SYLVAN	BLIGNAUT	MADIBAZ	M	64	60-64M	2.02.00	1
460	449	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	45	45-49F	2.02.19	1
461	211	4211	ANRI	VORSTER	TEMP	F	37	35-39F	2.02.29	0
462	30	923	EVA	CHETTY	CHARLO	F	55	55-59F	2.02.44	1
463	271	543	NIEKIE	OOSTHUIZEN	RUN4C	F	53	50-54F	2.02.58	1
464	399	2223	PIETER	GERBER	ELITEAC	M	48	45-49M	2.03.07	1
465	76	570	PIETER	GERBER	RUN4C	M	65	65-69M	2.03.08	1
466	463	1914	SELBY	THABETHE	SIBALEKA	M	50	50-54M	2.03.40	1
467	245	297	WELILE	MERELE	MUIRITE	M	57	55-59M	2.04.13	1
468	379	1634	TANIA	TRUTER	MADIBA	F	51	50-54F	2.04.37	1
469	378	1677	LUETTE	NEL	MADIBA	F	46	45-49F	2.04.38	1
470	295	80027	STEPHANIE	SCHEEPERS	DESPATCH	F	27	SF	2.05.28	1
471	655	1936	MARKUS	KUNNEKE	BLUEBAY	M	54	50-54M	2.05.29	1
472	14	1593	NAOMI	BAKKER	DESPATCH	F	46	45-49F	2.05.29	1
473	531	17187	KHAYA	MTI	ABSA	M	44	40-44M	2.05.43	0
474	462	4462	MAGDALENA	LATEGAN	TEMP	F	43	40-44F	2.05.59	0
475	800	4249	NOMBULELO	MOOI	TEMP	F	38	35-39F	2.06.24	0
476	393	1591	MOSSIE	MOSTERT	DESPATCH	M	60	60-64M	2.07.23	1
477	169	4169	WENDY	VICTOR	TEMP	F	41	40-44F	2.07.50	0
478	161	4161	BRIAN	SEAMAN	TEMP	M	50	50-54M	2.07.51	0
479	214	4431	LESELO	HEADBUSH	TEMP	F	17	JF	2.08.01	0
480	84	28405	MARK	HEADBUSH	CCJHB	M	79	70+M	2.08.02	0
481	384	1840	MSUTUKAZI	NDIMBA	VUKANI	F	44	40-44F	2.08.53	1
482	56	80040	Hlubikazi	Dikana	VUKANI	F	38	35-39F	2.08.53	1
483	189	4189	ELDRIDGE	DAVIDS	TEMP	M	51	50-54M	2.08.55	0
484	49	20001	ZANTE	DEKKER	SAPPE	F	16	JF	2.09.15	1
485	51	75	HESTER	DEKKER	SAPPE	F	51	50-54F	2.09.16	1
486	528	2370	NQOBILE	QUPE	HOLLYWOO	F	53	50-54F	2.10.24	1
487	292	1274	GAYLE	SAAYMAN	VWAC	F	35	35-39F	2.10.55	1
488	377	52094	ANNA	DU PLESSIS	AGAPE	F	68	65-69F	2.11.05	0
489	69	1215	HELEN	FOURIE	RUN4C	F	54	50-54F	2.11.09	1
490	220	4220	MARK	BOTHA	TEMP	M	52	50-54M	2.11.38	0
491	218	4218	ERICA	ERASMUS	TEMP	F	54	50-54F	2.11.38	0
492	65	1403	JOHAN	FERREIRA	NEDBANK	M	62	60-64M	2.13.38	1
493	458	1695	ARDEN	GROOTBOOM	GELVAN	F	42	40-44F	2.14.58	1
494	348	1852	NOZUKO	YEYE	HOLLYWOO	F	52	50-54F	2.15.14	1
495	215	1923	ADUMA	TSHUNGU	SIBALEKA	F	27	SF	2.15.18	1
496	82	1434	DIANNE	HARTZENBERG	NEDBANK	F	65	65-69F	2.16.03	1
497	479	784	NOMTHA	QUNTA	NMBAC	F	37	35-39F	2.17.03	1
498	142	4142	IAN	HITZEROTH	TEMP	M	56	55-59M	2.18.26	0
499	11	1293	NEIL	ABRAHAMS	VWAC	M	45	45-49M	2.18.27	1
500	351	1292	ANNARLI	ABRAHAMS	VWAC	F	44	40-44F	2.18.27	1
501	267	1720	NOLEEN	NORRIS	GELVAN	F	66	65-69F	2.18.43	1
502	117	995	BERNADETTE	LOOCK	CHARLO	F	44	40-44F	2.18.44	1
503	81	1683	SUNET	HARRIS	MADIBA	F	50	50-54F	2.20.21	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
504	53	1723	REHANA	DE MAINE	GELVAN	F	56	55-59F	2.21.27	1
505	153	4153	KESHREE	PILLAY LG 01 JERAT	TEMP	F	43	40-44F	2.22.47	0
506	145	4145	SIZIWE	KOSI	TEMP	F	44	40-44F	2.22.48	0
507	311	94	DENISE	TERBLANCHE	INFINITY	F	76	70+F	2.23.21	1
508	157	80362	MELISA	ROBERTS	ELITEAC	F	41	40-44F	2.23.31	1
509	83	93	STEPHANIE	HAY	INFINITY	F	68	65-69F	2.24.10	1
510	392	6595	BARRY	TOLMAY	TEMP	M	63	60-64M	2.26.23	0
511	317	910	RAE	LUCKMAN	CHARLO	F	53	50-54F	2.26.37	1
512	235	304	FOZA	MARTIN	MUIRITE	F	63	60-64F	2.34.46	0
513	16	687	LISA	BEDFORD	VITALITY	F	49	45-49F	2.35.51	0
514	460	1616	JACQUI	WIGHTMAN	MADIBA	F	50	50-54F	2.35.51	0
515	499	1703	GODFREY	KARIEM	GELVAN	M	83	70+M	2.40.52	0
HELPERS RUN										
H1	1001	1191	VALENTINO	VERWEY	JBAY	M	21	SM	1.10.34	2
H2	1002	1163	HERMANN	BEKKER	JBAY	M	36	35-39M	1.13.16	2
H3	1003	1157	JOHNSTON	JUMBA	JBAY	M	49	45-49M	1.13.16	2
H4	1004	1146	ADRIAAN	BADENHORST	JBAY	M	53	50-54M	1.15.00	2
H5	1005	1131	NELIA	JACOBS	JBAY	F	44	40-44F	1.16.32	2
H6	1006	1179	LEROUX	JORDAAN	JBAY	M	37	35-39M	1.16.32	1
H7	1007	1010	JAN	VAN EEDEN	NEDBANK	M	65	65-69M	1.20.46	2
H8	1008	1175	TINEKE	RADEMEYER	JBAY	F	30	SF	1.23.52	1
H9	1009	1144	MARIANA	BORNMAN	JBAY	F	68	65-69F	1.23.58	3
H10	1010	1010	VANESSA	VAN ZYL	TEMP	F	49	45-49F	1.24.00	0
H11	1011	1189	JACO	STEENKAMP	JBAY	M	33	SM	1.24.03	1
H12	1012	1155	MORNE	OWEN	JBAY	M	50	50-54M	1.24.10	1
H13	1013	2027	TANYA	VAN DER WESTHUIZEN	JBAY	F	40	40-44F	1.27.04	1
H14	1014	1143	CHRISTELLE	BLUME	JBAY	F	55	55-59F	1.27.20	2
H15	1015	1171	Petrus	Peacock	JBAY	M	53	50-54M	1.27.25	1
H16	1016	40174	Jan	de Jager	JBAY	M	64	60-64M	1.27.28	1
H17	1017	5017	ERIC	RUITERS	TEMP	M	48	45-49M	1.29.14	0
H18	1018	1147	GERRIE	HERMANN	JBAY	M	67	65-69M	1.29.57	1
H19	1019	1154	ELSABE	OWEN	JBAY	F	48	45-49F	1.38.20	1
H20	1020	1167	KOOT	SWANEPOEL	JBAY	M	70	70+M	1.47.00	1
H21	1021	1134	KOBA	JOUBERT	JBAY	F	58	55-59F	1.49.50	1
H22	1022	1199	ANNA	VAN VREDEN	JBAY	F	51	50-54F	1.55.00	1
H23	1023	1132	FREDERIKA	Woolley	JBAY	F	24	SF	1.58.00	1
H24	1024	1325	SHANNON	THEOBALD	NEDBANK	F	48	45-49F	1.59.00	1
H25	1025	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	54	50-54F	2.07.20	1
H26	1026	1152	Dawid	Pieterse	JBAY	M	65	65-69M	2.30.00	1
H27	1027	1183	NADIA	PETERSEN	JBAY	F	67	65-69F	2.30.00	1