

## CORRECTIONAL SERVICES 10KM - PORT ELIZABETH - 2024/03/23

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	82	1361	ANDILE	MOTWANA	NEDBANK	M	27	SM	0.30.16	5
2	369	1836	XOLISA	NDLUMBINI	VUKANI	M	41	40-44M	0.31.59	5
3	643	430	TAWANDA	CHIKOTI	CHILLIEP	M	25	SM	0.32.11	5
4	605	40177	SIYAVUYA	JEYI	MOTHER	M	18	JM	0.33.10	5
5	640	440	Archie	Zake	CHILLIEP	M	23	SM	0.33.19	5
6	87	1499	OYAMA	NTANTISO	NEDBANK	M	19	SM	0.33.52	5
7	487	60	THANDO	NCIPHA	SAPPE	M	32	SM	0.34.26	5
8	93	1339	MILA	PASIYA	NEDBANK	M	44	40-44M	0.34.31	5
9	565	40386	Brad	Solomon	MADIBA	M	16	JM	0.35.12	5
10	627	2256	NOEL	ADAMS	SIBALEKA	M	51	50-54M	0.35.26	5
11	60	1391	MNCEDI	KHANTI	NEDBANK	M	44	40-44M	0.35.28	5
12	700	40169	AGCOBILE	JEZILE	MOTHER	M	15	JM	0.35.29	5
13	145	51899	ELIOT	MAINE	PAC	M	35	35-39M	0.35.31	0
14	631	40341	AVENATHI	ANTONI	SIBALEKA	M	16	JM	0.36.16	4
15	632	40348	SIVENATHI	SODLADLA	SIBALEKA	M	17	JM	0.36.22	4
16	140	1082	PAUL	WOLFF	ACH	M	55	55-59M	0.36.26	5
17	363	1482	LLEWELLYN	BARNARD	NEDBANK	M	34	SM	0.36.35	4
18	77	2264	THEMBELANI	MBENENGE	SIBALEKA	M	29	SM	0.36.45	4
19	275	282	ABDUL	WICOMB	MUIRITE	M	45	45-49M	0.37.27	5
20	621	1216	WESSEL	WOLMARANS	ELITEAC	M	46	45-49M	0.37.28	5
21	642	436	Sothembela	Makedama	CHILLIEP	M	26	SM	0.37.50	4
22	483	5483	ZONWABELE	MBOVANE	TEMP	M	39	35-39M	0.37.54	0
23	418	2335	JEMAIN	WILSON	VITALITY	M	36	35-39M	0.37.58	4
24	136	1255	ERROL	WHITTAL	ELITEAC	M	48	45-49M	0.38.02	5
25	641	426	ONATHI	STUURMAN	CHILLIEP	M	25	SM	0.38.07	3
26	295	2276	SIYANDA	PETER	SIBALEKA	M	35	35-39M	0.38.08	4
27	608	1458	GEORGE	NTSHILIZA	NEDBANK	M	44	40-44M	0.38.09	5
28	182	999	GRAHAM	ESHMADE	CHARLO	M	46	45-49M	0.38.21	5
29	223	1076	DALE	MOULTON	ACH	M	43	40-44M	0.38.22	4
30	228	908	KAYLA	NELL	CHARLO	F	29	SF	0.38.24	5
31	61	1213	SEBASTIAN	KLEU	ELITEAC	M	48	45-49M	0.38.26	5
32	294	40510	Henrico	Louw	VARSITY	M	15	JM	0.38.35	3
33	478	5478	AVON	WILLIAMS	TEMP	M	15	JM	0.38.42	0
34	342	1091	LEIGH	CALLAGHAN	ACH	F	29	SF	0.38.49	5
35	618	1242	GCOBANI	BEKWAPI	ELITEAC	M	44	40-44M	0.38.52	4
36	59	1317	MONWABISI	KEPE	NEDBANK	M	40	40-44M	0.38.53	4
37	224	993	THEMBEKILE	MSIPA	CHARLO	M	49	45-49M	0.38.55	5
38	141	1081	KAITLYN	WOLFF	ACH	F	21	SF	0.39.00	5
39	111	1436	NTSIKELELO	SEBE	NEDBANK	M	41	40-44M	0.39.21	4
40	473	2298	JARATI	MTETWA	VUKANI	M	34	SM	0.39.32	3
41	338	40011	Mpilotle	Meko	RUN4C	M	18	JM	0.39.32	3
42	234	40475	GUERRA	NTULI	SCHOOL	M	15	JM	0.39.34	3
43	566	1406	REFELOE	SOLOMONS	NEDBANK	F	42	40-44F	0.39.41	5
44	100	1398	MUTEKILE	RASMENI	NEDBANK	M	59	55-59M	0.39.45	5
45	586	1810	XOLANI	NTEYI	VUKANI	M	45	45-49M	0.39.47	5
46	121	40542	JULIAN	VAN DER SCHYFF	SCHOOL	M	17	JM	0.39.49	3
47	417	40186	JADEN	DE RIDDER	ELITEAC	M	18	JM	0.39.49	3
48	496	5496	KABELO	KADI	TEMP	M	38	35-39M	0.39.59	0
49	619	844	NKONGELEKO	NGCOSHOLA	32GI	M	32	SM	0.40.03	3
50	206	40534	Carlin	Lehman	SCHOOL	M	15	JM	0.40.14	3
51	578	2289	ZOLANI	KOLOSA	SIBALEKA	M	30	SM	0.40.16	3
52	235	931	ANDILE	NYOKA	CHARLO	M	51	50-54M	0.40.27	5
53	397	1480	AUGUST	ESAU	NEDBANK	M	53	50-54M	0.40.30	5
54	433	5433	RICCO	VISSE	TEMP	M	22	SM	0.40.36	0
55	622	1465	HENRY	CRAUSE	NEDBANK	M	41	40-44M	0.40.36	3
56	314	1847	MHLENGI	MAHLABA	HOLLYWOO	M	32	SM	0.41.00	3
57	218	814	BIANCA	MEISTRE	32GI	F	38	35-39F	0.41.01	5
58	399	1461	VUYISILE	SIMAYILE	NEDBANK	M	37	35-39M	0.41.08	3
59	97	539	SERGIO	PETERSON	RUN4C	M	45	45-49M	0.41.13	4
60	10	2569	THANDO	BIXA	MADIBA	M	43	40-44M	0.41.20	3
61	232	1822	MZWANELE	NQOQO	VUKANI	M	46	45-49M	0.41.28	4
62	598	1719	ANDRE	OWNHOUSE	GELVAN	M	56	55-59M	0.41.57	5
63	472	1194	SADRICK	GROOTBOOM	JBAY	M	43	40-44M	0.42.02	3
64	480	5480	LYLE	ROCKMAN	TEMP	M	29	SM	0.42.25	0
65	196	919	KELVIN	JOOSTE	CHARLO	M	37	35-39M	0.42.27	3
66	243	731	GAVIN	ROGERS	CRUSADE	M	59	55-59M	0.42.42	5
67	242	875	Matthew	Rodgers	CHARLO	M	21	SM	0.43.06	2

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68	213	898	PATRIC	MAKWENKWE	CHARLO	M	57	55-59M	0.43.09	5
69	378	1815	GUGU	BUDAZA	VUKANI	M	23	SM	0.43.12	2
70	290	2135	YANDISA	FAKU	MADIBAZ	M	36	35-39M	0.43.16	2
71	74	295	HIELDE	MARAIS	MUIRITE	F	23	SF	0.43.18	3
72	587	1494	TAWFEEQ	VYVER	NEDBANK	M	25	SM	0.43.25	2
73	335	1859	KESETSELEMANG	THAGAKANE	HOLLYWOO	M	40	40-44M	0.43.30	3
74	564	1441	MARTIN	JANSEN	NEDBANK	M	55	55-59M	0.43.41	5
75	388	1263	KAHN	LANGFORD	VWAC	M	45	45-49M	0.43.42	3
76	320	1105	MARK	FRASER	ACH	M	30	SM	0.43.56	2
77	490	5490	WIAN	ROBERTS	TEMP	M	15	JM	0.44.03	0
78	372	2229	LUTHANDO	NDZAMBO	MADIBAZ	M	40	40-44M	0.44.04	2
79	590	1564	LEON	WEITSZ	DESPATCH	M	50	50-54M	0.44.06	3
80	99	554	PETRUS	RADEMEYER	RUN4C	M	49	45-49M	0.44.09	3
81	194	1729	BRIAN	JONAS	GELVAN	M	62	60-64M	0.44.22	5
82	151	52198	AVILE	SONQWELO	CSBOR	M	32	SM	0.44.26	0
83	83	189	SIVIWE	MOYAKE	CSEP	M	52	50-54M	0.44.32	3
84	144	40004	DANIEL	KRUGER	NEDBANK	M	16	JM	0.44.48	2
85	240	957	PIERRE	RENSHAW	CHARLO	M	50	50-54M	0.44.50	3
86	569	1754	FREEK	DANIELS	TRANSNET	M	57	55-59M	0.44.54	4
87	341	1370	WERNER	MEYER	NEDBANK	M	50	50-54M	0.45.01	3
88	500	5500	JUDE	ROSS	TEMP	M	28	SM	0.45.08	0
89	230	1842	ZANDISILE	NGXONONO	HOLLYWOO	M	50	50-54M	0.45.08	3
90	377	1092	EDEN	GRUNDLINGH	ACH	M	34	SM	0.45.09	2
91	554	1914	LONWABO	MTSHAKE	SPAREC	M	53	50-54M	0.45.22	3
92	395	1873	BISHO	NOMBEWU	HOLLYWOO	M	57	55-59M	0.45.23	3
93	135	534	MIEKE	WESTRAADT	RUN4C	F	28	SF	0.45.24	3
94	162	890	SIMPHIWE	BLOU	CHARLO	M	51	50-54M	0.45.24	3
95	406	1658	KOOS	OLIVIER	MADIBA	M	66	65-69M	0.45.24	5
96	205	290	JAN	LE ROUX	MUIRITE	M	51	50-54M	0.45.24	3
97	101	821	CANDICE	RICHARDS	32GI	F	31	SF	0.45.30	2
98	634	1957	HENRY	PIENAAR	BLUEBAY	M	52	50-54M	0.45.33	3
99	328	1009	JACOB	ABRAHAM	BODYCON	M	57	55-59M	0.45.38	3
100	32	1038	PHILLIP	DU PLESSIS	XCEL	M	53	50-54M	0.46.00	3
101	336	1848	PHAPHAMA	GLADILE	HOLLYWOO	M	34	SM	0.46.07	2
102	636	1070	ANCHE	HOLLINS	ACH	F	42	40-44F	0.46.09	3
103	157	978	CHRISTOPHER	AYERST	CHARLO	M	56	55-59M	0.46.10	3
104	107	283	LORENZO	SAMUELS	MUIRITE	M	39	35-39M	0.46.20	2
105	163	944	DISEMBA	BLOU	CHARLO	M	65	65-69M	0.46.55	5
106	253	1642	NICO	SMITH	MADIBA	M	38	35-39M	0.46.57	2
107	85	1639	VANDRE	NEL	MADIBA	M	39	35-39M	0.47.00	2
108	80	1637	CHARL	MEISTRE	MADIBA	M	39	35-39M	0.47.01	2
109	405	1618	SUZETTE	VICTOR	MADIBA	F	53	50-54F	0.47.02	5
110	300	1824	VUYILE	TIKWAYO	VUKANI	M	42	40-44M	0.47.08	2
111	637	5637	MILES	HOLLINS	TEMP	M	51	50-54M	0.47.10	0
112	307	191	LUVUYO	ROBHO	CSEP	M	36	35-39M	0.47.14	2
113	239	341	DELME	REDCLIFFE	MUIRITE	M	40	40-44M	0.47.18	2
114	438	5438	SZASZ	MEEKMA	TEMP	F	27	SF	0.47.22	0
115	380	1775	BONKE	GOYI	VUKANI	M	35	35-39M	0.47.25	2
116	580	52010	THEMBELANI	KAPALE	CSBOR	M	44	40-44M	0.47.32	0
117	248	564	GAVIN	SILLS	RUN4C	M	50	50-54M	0.47.37	2
118	556	2161	SIMONE	SCHOONBEE	MADIBAZ	F	23	SF	0.47.40	2
119	264	872	JEFFREY	VAN NIEKERK	CHARLO	M	51	50-54M	0.47.43	2
120	442	5442	ABBIE	MITCHELL	TEMP	F	17	JF	0.47.44	0
121	221	1069	WAYNE	MITCHELL	ACH	M	51	50-54M	0.47.46	2
122	449	5449	MICHAEL	PRINCE	TEMP	M	50	50-54M	0.47.52	0
123	214	952	CINDY	MARAIS	CHARLO	F	46	45-49F	0.47.53	3
124	106	1643	HERMAN	SAAYMAN	MADIBA	M	39	35-39M	0.47.54	2
125	185	914	ETIENNE	GERBER	CHARLO	M	54	50-54M	0.48.01	2
126	255	989	Brett	Steyn	CHARLO	M	49	45-49M	0.48.12	2
127	278	40185	TIAAN	GERBER	CHARLO	M	19	SM	0.48.16	2
128	158	1718	CHARLES	BAATJIES	GELVAN	M	67	65-69M	0.48.17	4
129	597	5597	SIKHANYISO	NDESI	CSBOR	M	36	35-39M	0.48.19	0
130	313	1099	DEAN	FINLAY	ACH	M	57	55-59M	0.48.22	2
131	245	982	PRISHEN	RYAN	CHARLO	M	33	SM	0.48.23	2
132	609	1296	LINDSAY	PETERS	VWAC	M	40	40-44M	0.48.37	2
133	384	1283	URAN	LE ROUX	VWAC	M	57	55-59M	0.48.39	2
134	416	1230	PHILLIP	DE RIDDER	ELITEAC	M	47	45-49M	0.48.48	2
135	215	948	THOMAS	MARAIS	CHARLO	M	37	35-39M	0.48.50	2

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
136	216	650	TAFADZWA	MARAMBIRE	ASPEN	M	41	40-44M	0.48.53	2
137	626	91	DENZIL	KOOPMAN	INFINITY	M	53	50-54M	0.48.55	2
138	210	885	HANSEN	LUKA	CHARLO	M	49	45-49M	0.48.58	2
139	392	1238	PIETER	GERBER	ELITEAC	M	48	45-49M	0.49.01	2
140	630	1597	EDVIN	DONLEY	DESPATCH	M	46	45-49M	0.49.02	2
141	308	1121	BRUCE	MCEWAN	ACH	M	70	70+M	0.49.02	5
142	291	52242	ANDILE	SIMANI	CSBOR	M	27	SM	0.49.03	0
143	623	1590	ANNEKE	MOORE	DESPATCH	F	40	40-44F	0.49.06	2
144	387	1301	DESTIN	SAUER	VWAC	M	42	40-44M	0.49.12	2
145	453	5453	AYDN	WILSON	TEMP	M	59	55-59M	0.49.17	0
146	256	40182	Dylan-John	Steyn	CHARLO	M	15	JM	0.49.20	2
147	579	1954	LEONARD	CONRADIE	BLUEBAY	M	69	65-69M	0.49.23	3
148	555	1628	NELESH	JAGANATH	MADIBA	M	43	40-44M	0.49.26	2
149	164	2419	BRENDAN	BOSMAN	MADIBA	M	39	35-39M	0.49.28	2
150	589	1554	HELGARD	POTGIETER	DESPATCH	M	52	50-54M	0.49.40	2
151	21	1111	GRAHAM	CHANNON	ACH	M	74	70+M	0.49.43	4
152	199	1450	NKHATHALLENG	KHIBA	NEDBANK	F	42	40-44F	0.49.56	2
153	203	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	40	40-44F	0.49.57	2
154	322	507	VUSIKAYA	MANCAPA	MOTHER	M	58	55-59M	0.49.59	2
155	174	1088	PERCY	DALTON	ACH	M	75	70+M	0.50.01	4
156	15	1588	JACQUES	BOTHA	DESPATCH	M	49	45-49M	0.50.05	2
157	122	1010	JAN	VAN EEDEN	NEDBANK	M	65	65-69M	0.50.07	3
158	67	576	VERNON	LANDMAN	RUN4C	M	49	45-49M	0.50.11	2
159	489	2544	ZUKO	DAKI	TRANSNET	M	35	35-39M	0.50.14	1
160	105	1211	SANETTE	RYAN	ELITEAC	F	53	50-54F	0.50.16	3
161	137	1256	JANINE	WHITTAL	ELITEAC	F	42	40-44F	0.50.17	2
162	125	1250	PETER	VAN RENSBURG	ELITEAC	M	65	65-69M	0.50.18	3
163	260	552	GEOFFREY	SWARTBOOI	RUN4C	M	47	45-49M	0.50.20	2
164	351	1862	SIMPHIWE	SOCI	HOLLYWOO	M	58	55-59M	0.50.21	2
165	365	2254	LAUREN	ALCOCK	MADIBAZ	F	23	SF	0.50.22	2
166	217	990	BRETT	MCLAREN	CHARLO	M	37	35-39M	0.50.25	1
167	200	1236	STEPHEN	KLUE	ELITEAC	M	65	65-69M	0.50.40	3
168	78	1446	MFEZI	MCINGANA	NEDBANK	M	48	45-49M	0.50.41	2
169	315	327	ELWIN	WOODS	MUIRITE	M	60	60-64M	0.50.48	2
170	385	25187	ASIVE	SOTASHE	SABC	F	29	SF	0.50.55	0
171	33	1609	WILLEMIEN	DU RANDT	DESPATCH	F	49	45-49F	0.50.58	2
172	340	2214	PHUMELA	MEMANI	MADIBAZ	F	19	SF	0.51.04	2
173	581	342	Jonathan	Bakker	MUIRITE	M	32	SM	0.51.05	1
174	274	653	CRAIG	WARD	ASPEN	M	47	45-49M	0.51.05	2
175	219	2559	UNATHI	MELENI	ACT AC	M	29	SM	0.51.06	1
176	327	583	CHRISTELLE	SLABBERT	RUN4C	F	52	50-54F	0.51.07	3
177	183	745	KATHLEEN	FLANAGAN	CRUSADE	F	38	35-39F	0.51.11	2
178	460	5460	ANSERI	NEL	TEMP	F	38	35-39F	0.51.12	0
179	345	741	MARGARET	LLOYD	CRUSADE	F	60	60-64F	0.51.20	5
180	113	1222	BURNITA	STRYDOM	ELITEAC	F	55	55-59F	0.51.28	3
181	573	1202	JACQUES	LANGLEY	ELITEAC	M	35	35-39M	0.51.29	1
182	285	1061	CHESTER	BROOKS	XCEL	M	66	65-69M	0.51.39	2
183	331	51054	DOLLY	NDUDE	BUFFALO	F	52	50-54F	0.51.42	0
184	324	52230	LUKHANYO	XAME	CSBOR	M	41	40-44M	0.51.50	0
185	350	2255	Brooke	Kruger	MADIBAZ	F	21	SF	0.51.57	1
186	617	1925	WALTER	ZIMBEVA	SPAREC	M	44	40-44M	0.51.59	1
187	267	883	LINDI	VAN TONDER	CHARLO	F	46	45-49F	0.52.04	2
188	42	1598	LERENZO	FRANCIS	DESPATCH	M	37	35-39M	0.52.08	1
189	265	926	TREVOR	VAN RENSBURG	CHARLO	M	71	70+M	0.52.12	3
190	403	1565	BONITA	WEITZS	DESPATCH	F	51	50-54F	0.52.17	2
191	591	1615	STEPHANUS	LAMBRECHTS	DESPATCH	M	41	40-44M	0.52.18	1
192	43	791	CHARL	GERBER	32GI	M	47	45-49M	0.52.20	1
193	66	577	YOLANDIE	LANDMAN	RUN4C	F	48	45-49F	0.52.41	2
194	491	5491	NKUTHALO	NDAMASE	TEMP	M	36	35-39M	0.52.43	0
195	360	1018	IVO	MEYER	BODYCON	M	49	45-49M	0.52.44	1
196	173	40505	ETHAN	COUTTS	SCHOOL	M	16	JM	0.52.45	1
197	79	1321	CHAD	MCLEAN	NEDBANK	M	26	SM	0.52.49	1
198	593	1472	ALTON	THOMAS	NEDBANK	M	48	45-49M	0.52.50	1
199	455	5455	ANDRE	IMMELMAN	TEMP	M	46	45-49M	0.53.03	0
200	409	1492	DEON	VYVER	NEDBANK	M	57	55-59M	0.53.04	2
201	612	319	KERNEELS	MEINTJIES	MUIRITE	M	64	60-64M	0.53.08	2
202	456	5456	MASONWABE	NOMBUTUMA	TEMP	M	20	SM	0.53.10	0
203	104	750	PIETER	ROUX	CRUSADE	M	69	65-69M	0.53.11	2

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204	364	1623	SUSAN	ALCOCK	MADIBA	F	58	55-59F	0.53.12	2
205	613	1847	MHLENGI	MAHLABA	HOLLYWOO	M	32	SM	0.53.16	1
206	423	5423	JASON	HAGGARD	TEMP	M	27	SM	0.53.18	0
207	9	1208	CHRISTINE	BIRD	ELITEAC	F	52	50-54F	0.53.19	2
208	171	1219	MELANIE	CHRISTIE	ELITEAC	F	39	35-39F	0.53.20	1
209	333	1910	THANDO	FRANS	SPAREC	M	46	45-49M	0.53.26	1
210	574	1299	MICHAEL	SLATER	VWAC	M	53	50-54M	0.53.28	1
211	34	1203	ANNEMIE	DU TOIT	ELITEAC	F	39	35-39F	0.53.33	1
212	252	930	IMKE	SMIT	CHARLO	F	35	35-39F	0.53.36	1
213	599	52203	SINETHEMBA	LUBUZO	CSBOR	M	47	45-49M	0.53.39	0
214	349	1846	Simo	Nkanyuza	HOLLYWOO	M	37	35-39M	0.53.42	1
215	325	1776	SIPHOKAZI	MANI	VUKANI	F	34	SF	0.53.43	1
216	296	277	DE WET	WILLIAMS	MUIRITE	M	62	60-64M	0.53.44	2
217	346	2226	TEDDY	PRUSENT	MADIBAZ	M	35	35-39M	0.53.52	1
218	303	202	Luthando	Nomoto	CSEP	M	37	35-39M	0.54.00	1
219	394	1512	DEON	ENGELBRECHT	NEDBANK	M	56	55-59M	0.54.05	1
220	390	1113	ROGER	TRADER	ACH	M	70	70+M	0.54.07	2
221	35	1277	DENVER	ELLIE	VWAC	M	43	40-44M	0.54.17	1
222	611	1053	SALWYN	DENNIS	XCEL	M	46	45-49M	0.54.21	1
223	309	1123	PAULETTE	MCEWAN	ACH	F	59	55-59F	0.54.24	2
224	96	1510	PRESTON	PETERSEN	NEDBANK	M	35	35-39M	0.54.25	1
225	24	2333	TENIELLE	DE ANDRADE	VITALITY	F	38	35-39F	0.54.27	1
226	57	723	ALETTA	JOUBERT	CRUSADE	F	62	60-64F	0.54.28	3
227	102	281	MONIQUE	RICHARDSON	MUIRITE	F	28	SF	0.54.28	1
228	420	5420	EMILIO	CAMPBELL	TEMP	M	32	SM	0.54.32	0
229	286	1290	MARTIN	LEWIES	VWAC	M	49	45-49M	0.54.36	1
230	624	1215	PIERRE	BELLEW	ELITEAC	M	34	SM	0.54.37	1
231	362	2179	JAIME	ALCOCK	MADIBAZ	F	21	SF	0.54.39	1
232	425	5425	RICHARD	KUNNEKE	TEMP	M	19	SM	0.54.44	0
233	424	5424	RICHARD	KUNNEKE	TEMP	M	52	50-54M	0.54.44	0
234	376	1601	ANIZE	GERBER	DESPATCH	F	51	50-54F	0.54.45	2
235	129	1607	SONJA	VAN WYK	DESPATCH	F	42	40-44F	0.54.46	1
236	28	1772	ABENA	DLAKAVU	VUKANI	F	36	35-39F	0.54.59	1
237	46	1214	BENITA	GERBER	ELITEAC	F	59	55-59F	0.55.01	2
238	143	52237	DAWIE	JONKER	CSBOR	M	50	50-54M	0.55.03	0
239	628	2257	ELIZE	ADAMS	SIBALEKA	F	49	45-49F	0.55.06	1
240	202	2509	SELLO	KOTU	ABSAEP	M	30	SM	0.55.10	1
241	592	2497	FRANCOIS	WIUM	DESPATCH	M	41	40-44M	0.55.15	1
242	6	1201	CATHY	ALLERS	ELITEAC	F	62	60-64F	0.55.23	2
243	27	1234	DEWALD	DEYSEL	ELITEAC	M	41	40-44M	0.55.23	1
244	415	1229	NATASCIA	DE RIDDER	ELITEAC	F	45	45-49F	0.55.26	1
245	477	5477	VICTORIA	NINENHUUS	TEMP	F	27	SF	0.55.28	0
246	191	1261	FRANKLIN	HUMAN	VWAC	M	48	45-49M	0.55.32	1
247	55	1600	YVETTE	JONKER	DESPATCH	F	51	50-54F	0.55.36	2
248	128	1582	MARINET	VAN TONDER	DESPATCH	F	45	45-49F	0.55.37	1
249	408	1575	LESLEY-ANN	BUSH	DESPATCH	F	51	50-54F	0.55.49	2
250	49	1671	LEON	GROENEWALD	MADIBA	M	57	55-59M	0.55.50	1
251	117	1420	GRAEME	TING CHONG	NEDBANK	M	55	55-59M	0.55.52	1
252	64	595	MARISKA	KRUGER	RUN4C	F	46	45-49F	0.55.57	1
253	36	1424	SAM	ERASMUS	NEDBANK	M	66	65-69M	0.55.57	1
254	551	40350	Mbalentle	Magwaca	SIBALEKA	F	14	JF	0.56.02	1
255	629	1947	YOLANDI	DEETLEFS	BLUEBAY	F	41	40-44F	0.56.04	1
256	567	1291	ASHENDA	MAKONIE	VWAC	F	48	45-49F	0.56.09	1
257	584	1493	TOEGEDA	VYVER	NEDBANK	F	52	50-54F	0.56.12	1
258	348	6576	PHUNYEZWA	NDEVU	SABC	F	57	55-59F	0.56.18	0
259	14	1284	DEAN	BOSMAN	VWAC	M	41	40-44M	0.56.20	1
260	22	285	VANESSA	COETZEE	MUIRITE	F	47	45-49F	0.56.21	1
261	396	2437	LULAMILE	PHONGOLA	NMBAC	M	66	65-69M	0.56.23	1
262	414	526	NIEKE	EBERSOHN	RUN4C	F	32	SF	0.56.24	1
263	176	947	GANIEF	DAVIDS	CHARLO	M	57	55-59M	0.56.35	1
264	339	840	BRONWIN	MEYER	32GI	F	51	50-54F	0.56.42	1
265	358	417	PETER	MSIZA	CHILLIEP	M	51	50-54M	0.56.51	1
266	572	40207	JODY	PRIMO	GELVAN	M	15	JM	0.56.54	1
267	479	5479	NICOLE	SCHOEMAN	TEMP	F	26	SF	0.56.56	0
268	482	5482	ADELE	SLABBERT	TEMP	F	53	50-54F	0.57.00	0
269	298	1559	NOLEEN	AMBRAAL	DESPATCH	F	53	50-54F	0.57.01	1
270	266	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	59	55-59F	0.57.02	2
271	559	52256	JONGISIZWE	MTOSE	CSBOR	M	45	45-49M	0.57.07	0

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
272	413	525	WESSEL	EBERSOHN	RUN4C	M	34	SM	0.57.17	1
273	244	727	ANGELA	ROGERS	CRUSADE	F	54	50-54F	0.57.24	1
274	20	1939	RUDY	BUYS	BLUEBAY	M	47	45-49M	0.57.26	1
275	610	1308	NKULULEKO	CETYWAYO	VWAC	M	47	45-49M	0.57.30	1
276	600	1071	HEIDI	JANSEN	ACH	F	57	55-59F	0.57.32	1
277	40	529	ANDRE	FOURIE	RUN4C	M	76	70+M	0.57.37	1
278	576	1389	BABALO	MAKALIMA	NEDBANK	M	40	40-44M	0.57.41	1
279	620	1567	JACOBUS	WYATT	DESPATCH	M	60	60-64M	0.57.44	1
280	272	40431	CHLOE	VERMAAK	ELITEAC	F	16	JF	0.57.53	1
281	170	903	KESVAL	CHETTY	CHARLO	M	59	55-59M	0.57.58	1
282	39	1935	XENOPHON	FERREIRA	BLUEBAY	M	62	60-64M	0.57.59	1
283	431	5431	DAVID	STUTHARD	TEMP	M	58	55-59M	0.57.59	0
284	639	2149	WAYNE	MAC GEAR	MADIBAZ	M	60	60-64M	0.58.03	1
285	311	535	GERT	HARMSE	RUN4C	M	57	55-59M	0.58.06	1
286	316	1861	SIMANGILE	SOLWANDLE	HOLLYWOO	F	32	SF	0.58.08	1
287	282	52283	THEMBANI	NAKI	CSBOR	M	49	45-49M	0.58.14	0
288	161	956	NEELESH	BHANA	CHARLO	M	52	50-54M	0.58.18	1
289	329	1011	KEN	CRAIG	BODYCON	M	49	45-49M	0.58.22	1
290	236	996	PAULA	PEARCE	CHARLO	F	55	55-59F	0.58.33	1
291	155	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	61	60-64M	0.58.33	1
292	17	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	51	50-54M	0.58.34	1
293	432	5432	CAYLA	STUTHARD	TEMP	F	25	SF	0.58.35	0
294	8	746	JOHAN	BARNARD	CRUSADE	M	69	65-69M	0.58.37	1
295	18	555	MELANIE	BUITENDAGH	RUN4C	F	41	40-44F	0.58.43	1
296	139	556	ARTHUR	WILLIAMS	RUN4C	M	61	60-64M	0.58.44	1
297	436	5436	ANSIE	BENADE	TEMP	F	64	60-64F	0.58.45	0
298	615	2329	BRENDA	MUKOMBE	VITALITY	F	36	35-39F	0.58.47	1
299	562	1737	LYNDLE	NAIDOO	GELVAN	F	32	SF	0.59.02	1
300	147	52216	PATRICK	MAXHAYI	CSBOR	M	50	50-54M	0.59.05	0
301	76	432	MVELELI	MBANDE	CHILLIEP	M	37	35-39M	0.59.12	1
302	120	2494	Benice	Van der Mescht	DESPATCH	F	22	SF	0.59.25	1
303	119	2493	DEON	VAN DER MERWE	DESPATCH	M	54	50-54M	0.59.26	1
304	393	40188	Lauren	Gerber	ELITEAC	F	16	JF	0.59.31	1
305	269	880	WENDY	VENTER	CHARLO	F	52	50-54F	0.59.35	1
306	428	5428	NADIA	SERFONTEIN	TEMP	F	48	45-49F	0.59.54	0
307	130	592	JOHAN	VERMEUEN	RUN4C	M	56	55-59M	0.59.55	1
308	30	1257	SAMANTHA	DOUGLAS	ELITEAC	F	36	35-39F	1.00.01	1
309	560	2281	HADIGAH	FULANI	SIBALEKA	F	20	SF	1.00.06	1
310	461	5461	LINDELANI	XULU	TEMP	M	27	SM	1.00.07	0
311	371	1027	MONDLI	MTHEMBU	BODYCON	M	27	SM	1.00.08	1
312	616	1333	MBULELO	SOBIKWA	NEDBANK	M	69	65-69M	1.00.10	1
313	108	1045	YUSUF	SAMUELS	XCEL	M	64	60-64M	1.00.11	1
314	220	2485	SASHA-LEE	MILES	DESPATCH	F	28	SF	1.00.26	1
315	54	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	53	50-54F	1.00.27	1
316	588	1555	LYDIA	POTGIETER	DESPATCH	F	49	45-49F	1.00.28	1
317	222	1298	MPHATHISI	MJADU	VWAC	M	52	50-54M	1.00.29	1
318	321	1102	KEN	BARWOOD	ACH	M	68	65-69M	1.00.29	1
319	558	52270	SIYABULELA	JAXA	CSBOR	M	46	45-49M	1.00.30	0
320	270	40430	Kylie	Vermaak	ELITEAC	F	16	JF	1.00.34	1
321	254	1627	NATASHA	SMITH	MADIBA	F	37	35-39F	1.00.37	1
322	81	1832	ANELE	MESANI	VUKANI	M	44	40-44M	1.00.38	1
323	458	5458	JENNIFER	MICHAU	TEMP	F	57	55-59F	1.00.38	0
324	601	2433	THEMBELA	MANYA	NMBAC	F	40	40-44F	1.00.47	1
325	575	5575	UNATHI	NDAMASE	TEMP	F	38	35-39F	1.01.03	0
326	337	2352	ASANDA	SASANTI	VITALITY	F	34	SF	1.01.04	1
327	367	646	LUTHO	NOMBEMBE	ASPEN	M	30	SM	1.01.06	1
328	330	1012	MARITZA	CRAIG	BODYCON	F	48	45-49F	1.01.07	1
329	268	927	ANTON	VAN WYK	CHARLO	M	56	55-59M	1.01.28	1
330	366	2111	GEROME	MINTOOR	ATLANTIC	M	56	55-59M	1.01.30	1
331	250	643	XOLISWA	SIYOKO	ASPEN	F	29	SF	1.01.30	1
332	437	5437	TARRYN	CAIN	TEMP	F	20	SF	1.01.35	0
333	439	5439	PHAKAMISA	MATINISI	TEMP	M	46	45-49M	1.01.38	0
334	263	961	LARA	VAN HEERDEN	CHARLO	F	48	45-49F	1.01.40	1
335	602	108	CAILYN	VAN HEERDEN	VARSITY	F	12	JF	1.01.41	1
336	379	1790	LUVUYO	SIWUNDLA	VUKANI	M	44	40-44M	1.01.42	1
337	354	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	45	45-49F	1.01.43	1
338	190	954	ANDREW	HIGGS	CHARLO	M	52	50-54M	1.01.52	1
339	552	2268	Nkosazana	Mlungwana	SIBALEKA	F	31	SF	1.01.53	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
340	614	1574	CHRISTO	GERBER	DESPATCH	M	49	45-49M	1.01.59	1
341	625	88	HENRY	PRAHALADH	INFINITY	M	57	55-59M	1.02.04	1
342	53	79	BRENDON	JACOBS	SAPPE	M	34	SM	1.02.13	1
343	25	565	RONEL	DE TARNOWSKY	RUN4C	F	43	40-44F	1.02.14	1
344	133	1119	TREMAINE	WESSON	ACH	M	63	60-64M	1.02.20	1
345	73	505	XHANTI	MANTSHIYO	MOTHER	M	56	55-59M	1.02.24	1
346	31	572	SHANTE	DU PLESSIS	RUN4C	F	31	SF	1.02.25	1
347	373	427	BANOYOLO	GQOLI	CHILLIEP	F	42	40-44F	1.02.26	1
348	292	2435	NOMTHA	QUNTA	NMBAC	F	38	35-39F	1.02.38	1
349	412	573	BRITTANY	CILLIERS	RUN4C	F	31	SF	1.02.40	1
350	410	1713	LYDIA	OLIVER	GELVAN	F	55	55-59F	1.02.42	1
351	454	5454	ANDILE WELLINGT	NOBE	TEMP	M	42	40-44M	1.02.46	0
352	332	1911	NANDIPA	MYELEYELE	SPAREC	F	36	35-39F	1.03.01	1
353	259	977	VINCENT	SWART	CHARLO	M	50	50-54M	1.03.02	1
354	165	2418	MEGAN	BOSMAN	MADIBA	F	37	35-39F	1.03.07	1
355	475	5475	TIKWAYO	PHINDIWE	TEMP	F	40	40-44F	1.03.08	0
356	557	51350	XOLA	MPIKASHE	CSBOR	M	33	SM	1.03.16	0
357	368	51	MELISSA	DU RANDT	SAPPE	F	34	SF	1.03.21	1
358	16	298	SANET	BOUCHER	MUIRITE	F	44	40-44F	1.03.24	1
359	571	1712	BRAMWELL	FLEURS	GELVAN	M	45	45-49M	1.03.30	1
360	156	1103	LIZ	AUSTIN	ACH	F	65	65-69F	1.03.32	1
361	148	52233	NOMAVA	MDINIGI	CSBOR	F	50	50-54F	1.03.33	0
362	370	1332	THANDIWE	NKWANDLA	NEDBANK	F	58	55-59F	1.03.36	1
363	595	1695	Andrea	JAck	GELVAN	F	21	SF	1.03.39	1
364	37	2394	Deone	Ferreira	DESPATCH	F	27	SF	1.03.48	1
365	257	40181	JANE	STEYN	CHARLO	F	15	JF	1.04.01	1
366	568	1207	CHARL	GRIESSEL	ELITEAC	M	60	60-64M	1.04.18	1
367	353	1464	DAVID	O'REILLY	NEDBANK	M	76	70+M	1.04.22	1
368	179	1624	ESTELLE	DE KLERK	MADIBA	F	57	55-59F	1.04.23	1
369	11	1631	AMANDA	BLIGNAULT	MADIBA	F	64	60-64F	1.04.24	1
370	448	5448	ELIZABETH	NOTLEY	TEMP	F	14	JF	1.04.27	0
371	86	1931	CONROY	NOTLEY	BLUEBAY	M	43	40-44M	1.04.29	1
372	249	563	LINDA	SILLS	RUN4C	F	42	40-44F	1.04.45	1
373	297	1725	PEARL	DAMONS	GELVAN	F	60	60-64F	1.04.54	1
374	89	1248	EULIDA	OELOFSE	ELITEAC	F	50	50-54F	1.04.55	1
375	445	5445	GARFIELD	TSATSANE	TEMP	M	58	55-59M	1.05.04	0
376	167	882	ARMIN	BRANDLE	CHARLO	M	72	70+M	1.05.26	1
377	180	1288	ASANDA	DLAMINI	VWAC	F	43	40-44F	1.05.27	1
378	23	100	LYNETTE	CRAUSE	INFINITY	F	64	60-64F	1.05.31	1
379	13	1579	JHANINEN	BOSHOFF	DESPATCH	F	58	55-59F	1.05.33	1
380	172	1834	ANDISWA	CINGO	VUKANI	F	38	35-39F	1.05.35	1
381	404	1612	ARUSHKE	HAEFELE	DESPATCH	F	44	40-44F	1.05.45	1
382	227	1677	LUETTE	NEL	MADIBA	F	46	45-49F	1.05.53	1
383	289	1738	GERALDINE	LEO	GELVAN	F	66	65-69F	1.05.55	1
384	262	917	VICKY	TSOUKNIDAS	CHARLO	F	46	45-49F	1.05.57	1
385	65	1936	MARKUS	KUNNEKE	BLUEBAY	M	54	50-54M	1.06.00	1
386	606	1331	JAN	LE ROUX	NEDBANK	M	64	60-64M	1.06.02	1
387	56	1603	RONNIE	JONKER	DESPATCH	M	54	50-54M	1.06.13	1
388	273	40384	Madison	Ward	ASPEN	F	14	JF	1.06.34	1
389	317	1365	JOHN	FACEY	NEDBANK	M	66	65-69M	1.06.38	1
390	126	466	DANIE	VAN RENSBURG	WALMER	M	62	60-64M	1.06.47	1
391	261	895	GIANNI	TISTELLI	CHARLO	M	52	50-54M	1.06.48	1
392	225	753	PLACXEDES	NDHLOVU	CRUSADE	F	49	45-49F	1.06.54	1
393	258	1560	PIETER	STRYDOM	DESPATCH	M	62	60-64M	1.06.59	1
394	181	289	RENAY	DU PLESSIS	MUIRITE	F	55	55-59F	1.07.00	1
395	63	1382	CHARMELL	KOOPMAN	NEDBANK	F	44	40-44F	1.07.01	1
396	90	1956	SONJA	OLIVIER	BLUEBAY	F	56	55-59F	1.07.03	1
397	70	1940	JACKI	LYLE	BLUEBAY	F	43	40-44F	1.07.07	1
398	281	1926	BIANCA	MULLER	BLUEBAY	F	32	SF	1.07.09	1
399	277	1349	CAROLINE	ZINTO	NEDBANK	F	43	40-44F	1.07.13	1
400	302	219	Percival	Phewa	CSEP	M		70+M	1.07.17	0
401	231	1841	BUYISWA	NGXONONO	HOLLYWOO	F	47	45-49F	1.07.21	1
402	287	297	WELILE	MERELE	MUIRITE	M	58	55-59M	1.07.22	1
403	166	1184	Rina	Botes	JBAY	F	54	50-54F	1.07.26	1
404	69	588	RENIER	LIEBENBERG	RUN4C	M	41	40-44M	1.07.33	1
405	441	5441	RENTIA	MEYER	TEMP	F	64	60-64F	1.07.39	0
406	134	776	CHANDRE	WEST	CRUSADE	F	48	45-49F	1.07.47	1
407	357	1266	DAVID	CHENGWE	VWAC	M	46	45-49M	1.07.50	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
408	198	969	GARY	KELLEHER	CHARLO	M	66	65-69M	1.08.00	1
409	299	402	VUYOKAZI	NONCEMBU	CHILLIEP	F	51	50-54F	1.08.16	1
410	68	1693	JASON	LE ROUX	GELVAN	M	28	SM	1.08.18	1
411	168	904	MARI	CALITZ	CHARLO	F	63	60-64F	1.08.19	1
412	435	5435	MARK	WEYER	TEMP	M	59	55-59M	1.08.20	0
413	570	2592	Anslon	Hector	VWAC	M	30	SM	1.08.40	1
414	193	2440	ANDISWA	JAFTA	NMBAC	F	32	SF	1.08.50	1
415	391	2595	Thabelo	Masia	VWAC	F	33	SF	1.08.52	1
416	112	1310	PUMLA	SIBALI	VWAC	F	44	40-44F	1.08.55	1
417	280	14493	VICTORIA	GOODALL	CCJHB	F	42	40-44F	1.09.06	0
418	288	394	THEMBISILE	VETSHEZA	IKHAMVA	F	44	40-44F	1.09.11	1
419	50	1732	KEITH	HARRIS	GELVAN	M	53	50-54M	1.09.13	1
420	233	2508	THEMBU	NTSUKUNYANE	ABSAEP	F	45	45-49F	1.09.25	1
421	494	5494	MICHELLE	BLOM	TEMP	F	46	45-49F	1.09.26	0
422	495	5495	LISA	RANDALL	TEMP	F	43	40-44F	1.09.43	0
423	184	1684	ERIKA	FOREMAN	MADIBA	F	53	50-54F	1.09.47	1
424	411	1495	SHANAAZ	FRITZ	NEDBANK	F	45	45-49F	1.10.00	1
425	197	886	CELEST	JOYCE	CHARLO	F	55	55-59F	1.10.06	1
426	596	1691	JASMINE	JACK	GELVAN	F	52	50-54F	1.10.10	1
427	343	1743	THOMAS	PLAATJIES	GELVAN	M	47	45-49M	1.10.13	1
428	12	286	SANET	BLOM	MUIRITE	F	56	55-59F	1.10.27	1
429	187	1348	XOLILE	GOMOMO	NEDBANK	M	71	70+M	1.10.43	1
430	304	194	MZIMKHULU	NONJWANGU	CSEP	M	50	50-54M	1.10.45	1
431	484	5484	STEPHEN	AUSTIN	TEMP	M	57	55-59M	1.10.46	0
432	553	345	GARY	HENDRICKS	MUIRITE	M	56	55-59M	1.10.47	1
433	124	311	NICKI	VAN NIEKERK	MUIRITE	F	70	70+F	1.10.48	1
434	123	303	SANET	VAN NIEKERK	MUIRITE	F	55	55-59F	1.10.50	1
435	29	82	LETA	DOS SANTOS	INFINITY	F	59	55-59F	1.10.50	1
436	607	2279	LINDIWE	TOKWE	SIBALEKA	F	51	50-54F	1.10.53	1
437	19	2518	Wendy	Bululu	ABSAEP	F	41	40-44F	1.11.00	1
438	444	5444	SHUMANI	RAUTSHAHALO	TEMP	M	37	35-39M	1.11.13	0
439	44	570	PIETER	GERBER	RUN4C	M	65	65-69M	1.11.17	1
440	109	2491	STEPHANIE	SCHEEPERS	DESPATCH	F	27	SF	1.11.17	1
441	7	1593	NAOMI	BAKKER	DESPATCH	F	46	45-49F	1.11.19	1
442	226	974	LIESL	NEL	CHARLO	F	49	45-49F	1.11.22	1
443	169	923	EVA	CHETTY	CHARLO	F	55	55-59F	1.11.35	1
444	577	2274	Thandolwethu	Ndyolashe	SIBALEKA	M	27	SM	1.11.36	1
445	310	536	ELIZMA	HARMSE	RUN4C	F	63	60-64F	1.11.53	1
446	238	889	PETER	POHLMANN	CHARLO	M	60	60-64M	1.11.55	1
447	382	1850	Nomfundo	Gwegwe	HOLLYWOO	F	47	45-49F	1.11.56	1
448	502	5502	JADE	REDCLIFFE	TEMP	M	32	SM	1.12.05	0
449	237	585	JEANETTE	PIENAAR	RUN4C	F	75	70+F	1.12.15	1
450	459	5459	QINELANI	QWABE	TEMP	M	29	SM	1.12.32	0
451	150	52252	MSIMELELO	RUKA	CSBOR	M	41	40-44M	1.12.45	0
452	207	920	LOCHI	LOCHNER	CHARLO	M	76	70+M	1.12.59	1
453	635	2280	SELBY	THABETHE	SIBALEKA	M	50	50-54M	1.13.11	1
454	430	5430	KAREN	STUTHARD	TEMP	F	50	50-54F	1.13.13	0
455	92	1231	HELENE	OPPEL	ELITEAC	F	74	70+F	1.13.19	1
456	419	1375	BARRY	NELSON	NEDBANK	M	72	70+M	1.13.19	1
457	481	5481	THEMBANI	MJEZA	TEMP	M	31	SM	1.13.25	0
458	84	1286	SHANDRY	NAZER	VWAC	F	35	35-39F	1.13.26	1
459	398	468	IRMA	DE JAGER	WALMER	F	63	60-64F	1.13.26	1
460	426	5426	SINESIPHO	NGCALUZA	TEMP	F	26	SF	1.13.39	0
461	389	1606	FANIE	CLAASSEN	DESPATCH	M	66	65-69M	1.14.06	1
462	91	543	NIEKIE	OOSTHUIZEN	RUN4C	F	53	50-54F	1.14.36	1
463	326	1792	NELISWA	MZAZA	VUKANI	F	34	SF	1.14.44	1
464	319	1117	GRAHAM	NELL	ACH	M	72	70+M	1.14.51	1
465	561	1306	GAVIN	KLINK	VWAC	M	51	50-54M	1.15.02	1
466	383	1403	JOHAN	FERREIRA	NEDBANK	M	62	60-64M	1.15.29	1
467	154	52280	PUMZA	VENA	CSBOR	F	47	45-49F	1.15.30	0
468	582	196	MZIMKHULU	DYWILI	CSEP	M		70+M	1.15.34	0
469	312	1805	MKONYISELA	MCUBASE	VUKANI	M	37	35-39M	1.15.44	1
470	153	5207	MITSH	VALLABH	VITALITY	M	48	45-49M	1.15.45	1
471	131	1303	WARREN	WAGENAAR	VWAC	M	48	45-49M	1.15.50	1
472	465	5465	ABIGAIL	SANGOTSHA	TEMP	F	34	SF	1.15.52	0
473	323	52236	VUYISWA	MRWEBI	CSBOR	F	51	50-54F	1.15.53	0
474	434	5434	TERSIA	WEYER	TEMP	F	56	55-59F	1.16.03	0
475	186	971	DEIDRE	GERBER	CHARLO	F	52	50-54F	1.16.04	1

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
476	467	5467	THANDAZILE	TYINAKU	TEMP	F	27	SF	1.16.15	0
477	201	980	PETRUS	KOOPMAN	CHARLO	M	63	60-64M	1.16.34	1
478	209	995	BERNADETTE	LOOCK	CHARLO	F	44	40-44F	1.17.11	1
479	251	287	YOLANDI	SMALBERGER	MUIRITE	F	44	40-44F	1.17.15	1
480	47	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	49	45-49F	1.17.16	1
481	501	1655	ANITA	COETZER	MADIBA	F	50	50-54F	1.17.42	1
482	486	5486	SIMON	STRIMLING	TEMP	M	62	60-64M	1.17.54	0
483	474	5474	LUVUYO	SALI	TEMP	M	38	35-39M	1.18.03	0
484	386	1683	SUNET	HARRIS	MADIBA	F	50	50-54F	1.18.07	1
485	352	64	DAVID	FORTEIN	SAPPE	M	58	55-59M	1.18.08	1
486	241	2231	CHENEL	ROBEY	MADIBAZ	F	45	45-49F	1.18.10	1
487	452	5452	CHANEL	TIRAN-DORFLING	TEMP	F	29	SF	1.18.16	0
488	497	5497	TEMPTATION	NCUBE	TEMP	M	33	SM	1.18.17	0
489	355	1241	MARLENE	TERBLANCHE	ELITEAC	F	74	70+F	1.18.19	1
490	451	5451	ELLOUISE	PIETERSEN	TEMP	F	49	45-49F	1.18.40	0
491	450	5450	KARMEL	PAGE	TEMP	F	33	SF	1.18.48	0
492	638	453	JO-ANNE	MUIR	WALMER	F	54	50-54F	1.18.49	1
493	603	452	SHARON	POTGIETER	WALMER	F	59	55-59F	1.18.51	1
494	318	1869	Nwabisa	Dukada	HOLLYWOO	F	51	50-54F	1.18.53	1
495	95	1172	NADIA	PETERSEN	JBAY	F	67	65-69F	1.18.54	1
496	188	1945	Janine	Gray	BLUEBAY	F	46	45-49F	1.18.55	1
497	189	1950	Nicole	GRAY	BLUEBAY	F	22	SF	1.19.08	1
498	400	744	KAREN	CUNNINGHAM	CRUSADE	F	61	60-64F	1.19.22	1
499	51	1434	DIANNE	HARTZENBERG	NEDBANK	F	65	65-69F	1.19.26	1
500	98	1875	NQOBILE	QUPE	HOLLYWOO	F	53	50-54F	1.19.35	1
501	359	2554	ERICA	ERASMUS	RUN4C	F	54	50-54F	1.19.46	1
502	492	5492	VUYISEKA	MAKALIMA	TEMP	F	39	35-39F	1.19.49	0
503	585	2426	TEGAN	BEER	NMBAC	F	28	SF	1.19.50	1
504	344	1740	JANICE	JONES	GELVAN	F	48	45-49F	1.19.51	1
505	146	52209	HLUMELA	MASEKWANA	CSBOR	F	33	SF	1.19.57	0
506	293	2263	NOMBUYISELO	MBAVA	SIBALEKA	F	53	50-54F	1.20.16	1
507	594	53	KEZIA	PRINSLOO	SAPPE	F	39	35-39F	1.20.34	1
508	633	1471	SHIRLEEN	CLARKE	NEDBANK	F	61	60-64F	1.20.36	1
509	457	5457	SIMAMKELE	SIXIMBA	TEMP	F	29	SF	1.20.43	0
510	375	2434	SEIPATE	MZANANDA	NMBAC	F	44	40-44F	1.20.58	1
511	447	5447	MAGGIE	MULLER	TEMP	F	68	65-69F	1.20.59	0
512	604	1204	YOLANDA	DEYSEL	ELITEAC	F	48	45-49F	1.21.01	1
513	306	192	THULULE	MPOLASE	CSEP	F	40	40-44F	1.21.04	1
514	429	5429	NOLUBABALO	SOHABA	TEMP	F	35	35-39F	1.21.22	0
515	476	5476	GERDUS	BEKKER	TEMP	M	56	55-59M	1.21.26	0
516	115	94	DENISE	TERBLANCHE	INFINITY	F	76	70+F	1.21.30	1
517	52	93	STEPHANIE	HAY	INFINITY	F	68	65-69F	1.21.33	1
518	41	528	HELEN	FOURIE	RUN4C	F	54	50-54F	1.22.48	1
519	58	710	LEONA	KEMP	CRUSADE	F	68	65-69F	1.22.49	1
520	421	5421	WARREN	COLLIER	TEMP	M	65	65-69M	1.23.51	0
521	446	5446	TANDEKA	XOXOSHE	TEMP	F	39	35-39F	1.23.55	0
522	301	220	QEMA	NOMVUYO	CSEP	F	54	50-54F	1.24.28	1
523	347	712	NDILEKA	THOMPSON	CRUSADE	F	46	45-49F	1.24.37	1
524	563	1703	GODFREY	KARIEM	GELVAN	M	83	70+M	1.24.52	1
525	427	5427	EVOL	SELOANE	TEMP	M	56	55-59M	1.25.11	0
526	276	1852	NOZUKO	YEYE	HOLLYWOO	F	52	50-54F	1.25.17	1
527	361	1017	CLAIRWEN	MEYER	BODYCON	F	45	45-49F	1.26.06	1
528	127	467	SUNETH	VAN RENSBURG	WALMER	F	59	55-59F	1.26.28	1
529	247	939	DINA	SCHUTTE	CHARLO	F	58	55-59F	1.26.35	1
530	211	942	EDITH	MAC GEAR	CHARLO	F	56	55-59F	1.27.01	1
531	466	5466	AVIWE	TYWAKU	TEMP	F	33	SF	1.27.02	0
532	45	571	RITA	GERBER	RUN4C	F	63	60-64F	1.27.36	1
533	498	5498	LIEZEL	SOOKDIN	TEMP	F	48	45-49F	1.28.27	0
534	463	5463	KHANYISA	MJOJO	TEMP	F	32	SF	1.29.48	0
535	48	1679	KENNETH	GREYLING	MADIBA	M	64	60-64M	1.29.54	1
536	468	5468	ALUNGILE	TYWAKU	TEMP	F	31	SF	1.29.59	0
537	175	968	DENISE	DARLOW	CHARLO	F	55	55-59F	1.30.11	1
538	485	5485	KENNY	JARDINE	TEMP	M	57	55-59M	1.30.11	0
539	471	5471	TRENCH	NTANGA	TEMP	M	45	45-49M	1.31.20	0
540	229	1307	FIKISWA	NGONYAMA	VWAC	F	40	40-44F	1.31.46	1
541	305	193	XOLELWA	KIINZELA	CSEP	F	38	35-39F	1.33.00	1
542	110	1318	NOMBUYISELO	SEBE	NEDBANK	F	41	40-44F	1.33.32	1
543	470	5470	GAIL	AGNEW	TEMP	F	49	45-49F	1.34.03	0



POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
544	493	5493	LYNETTE	BESTER	TEMP	F	50	50-54F	1.35.56	0
545	62	1650	PIERRE	KNOESEN	MADIBA	M	69	65-69M	1.36.00	1
546	195	559	SILVIA	JONCK	RUN4C	F	62	60-64F	1.36.39	1
547	583	1095	MOF	BOTHA	ACH	M	68	65-69M	1.37.09	1
548	469	5469	VUYOLWETHU	NQONDI	TEMP	F	31	SF	1.37.44	0
549	177	1991	LYNDENE	DAVIDSON	PROFILES	F	48	45-49F	1.38.03	1
550	75	589	CLAUDIUS	MARAIS	RUN4C	M	59	55-59M	1.38.20	1
551	488	5488	ROMANO	BUTTRESS	TEMP	M	38	35-39M	1.38.47	0
552	499	5499	GEN	BUTTERS	TEMP	F	37	35-39F	1.40.29	0
553	246	1992	VAL	SANDOW	PROFILES	F	78	70+F	1.40.29	0
<b>HELPERS RUN</b>										
H1	801	472	QAWE	MAJIZA	ADVEN	M	36	35-39M	0.43.42	2
H2	802	493	MAKHI	MONDILE	ADVEN	M	52	50-54M	0.45.24	3
H3	803	199	JOSEPH	BAIN	CSEP	M	64	60-64M	0.54.22	2
H4	804	496	VUYO	PHEKANA	ADVEN	M	42	40-44M	0.54.47	1
H5	805	500	RAWLINGS	DUBE	ADVEN	M	40	40-44M	0.54.48	1
H6	806	2048	LUTHANDO	KAPOYI	ADVEN	M	45	45-49M	1.02.00	1
H7	807	1325	SHANNON	THEOBALD	NEDBANK	F	48	45-49F	1.06.45	1
H8	808	481	BHEKUYISE	MAKEDAMA	ADVEN	M	51	50-54M	1.08.21	1
H9	809	5809	BUSISWA	NDZIWENI	TEMP	F	34	SF	1.18.27	0
H10	810	479	GQITYELWA	KWINANA	ADVEN	F	38	35-39F	1.21.27	1
H11	811	2304	KUSELWA	MAJALI	ADVEN	F	50	50-54F	1.24.45	1
H12	812	5812	PHILILE	PHAKANA	TEMP	F	37	35-39F	1.35.00	0
H13	813	962	MILE	VERMAAK	CHARLO	F	57	55-59F	1.36.42	1
H14	814	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	54	50-54F	1.36.42	1
H15	815	5815	LINDA	JIBINZA	TEMP	F	48	45-49F	1.44.32	0
H16	818	5818	YAMKELA	NOMVETE	TEMP	F	29	SF	1.34.00	0