

NMB COLCHESTER 10KM RUN - COLCHESTER - 2024/01/27

POS	RNO	LIC	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
1	1	1320	THABANG	MOSIAKO	NEDBANK	M	28	SM	0.28.38	5	25
2	2	355	MELIKHAYA	FRANS	IKHAMVA	M	33	SM	0.29.40	5	24
3	4	50002	NICOLAS	SEOPOSENGWE	IKHAMVA	M	22	SM	0.29.42	5	23
4	3	822	SIMON	SIBEKO	IKHAMVA	M	29	SM	0.30.01	5	22
5	6	357	SINAWO	POTI	IKHAMVA	M	22	SM	0.30.36	5	21
6	5	80317	CWENGA	NOSE	IKHAMVA	M	23	SM	0.30.43	5	20
7	341	2211	SICELO	MASHABA	MADIBAZ	M	23	SM	0.31.00	5	19
8	284	1338	SIBAHLE	MAQWARA	NEDBANK	M	22	SM	0.31.00	5	18
9	238	356	LUYANDA	TSHANGANA	IKHAMVA	M	40	40-44M	0.31.35	5	17
10	10	1376	GIFT	CHIGOMARAWA	NEDBANK	M	36	35-39M	0.32.00	5	16
11	538	20300	SIBUSISO	COLEPI	MOTHER	M	19	SM	0.32.10	5	15
12	7	1836	XOLISA	NDLUMBINI	VUKANI	M	41	40-44M	0.32.10	5	14
13	8	1322	SINETHEMBA	MIRELE	NEDBANK	M	26	SM	0.32.17	5	13
14	473	1825	KHAYA	GQWETHA	VUKANI	M	38	35-39M	0.32.38	5	12
15	537	20542	SIYAVUYA	JEYI	MOTHER	M	18	JM	0.32.43	5	11
16	182	1458	GEORGE	NTSHILIZA	NEDBANK	M	44	40-44M	0.32.45	5	10
17	513	20082	KEANU	WELCH	VARSAITY	M	18	JM	0.32.55	5	0
18	143	358	MZWANELE	MAPHEKULA	IKHAMVA	M	47	45-49M	0.33.00	5	9
19	416	267	SILINDOKUHLE	TSOTSA	TINARHA	M	22	SM	0.33.04	5	8
20	596	20037	APHELELE	SEPTEMBER	ACT AC	M	19	SM	0.33.16	5	7
21	414	20116	OKUHLE	DLOTO	TINARHA	M	16	JM	0.33.22	5	6
22	415	20120	SEMIHLE	BEDA	TINARHA	M	17	JM	0.33.26	5	5
23	413	20488	LUKHANYISO	APRIL	TINARHA	M	15	JM	0.33.31	5	4
24	447	20134	LITHEHA	GCUME	CHILLIEP	M	18	JM	0.33.40	5	3
25	595	1346	RODNEY	PRINS	NEDBANK	M	35	35-39M	0.33.45	5	2
26	107	376	HOPEWELL	JABAVU	IKHAMVA	M	40	40-44M	0.33.56	5	1
27	142	1335	ANELE	MALIZA	NEDBANK	M	45	45-49M	0.34.20	5	0
28	564	866	MELIKHAYA	KEPE	NEDBANK	M	47	45-49M	0.34.21	5	0
29	566	60	THANDO	NCIPHA	SAPPE	M	31	SM	0.34.35	5	0
30	384	5784	LUKE	ARCHIE	TEMP	M	23	SM	0.34.51	0	0
31	1005	20039	SIMTHANDILE	GOLIATH	ACT AC	M	15	JM	0.34.55	5	0
32	274	370	DESMOND	ZIBI	IKHAMVA	M	60	60-64M	0.34.57	5	0
33	590	141	SANUSE	MBONENI	ACT AC	M	39	35-39M	0.35.02	5	0
34	9	1319	MZOLISI	MAKHANDA	NEDBANK	M	41	40-44M	0.35.16	5	0
35	446	20137	SINELIZWI	VENENE	CHILLIEP	M	16	JM	0.35.48	5	0
36	452	20136	VUSEKANI	NOMTSHATSHO	CHILLIEP	M	19	SM	0.35.57	5	0
37	365	4602	ANELE	VOORMAN	TEMP	M	23	SM	0.36.20	0	0
38	521	20547	INGANATHI	MAYENDWA	MOTHER	M	15	JM	0.36.21	4	0
39	547	20549	AGCOBILE	JEZILE	MOTHER	M	14	JM	0.36.38	4	0
40	57	2275	JEANDRY	DEERLING	IKHAMVA	M	31	SM	0.36.38	4	0
41	425	20118	LINDOKUHLE	KASIBE	TINARHA	M	14	JM	0.36.40	4	0
42	364	4602	BRYN	DUGMORE	TEMP	M	20	SM	0.37.05	0	0
43	281	865	MNCEDI	KHANTI	NEDBANK	M	44	40-44M	0.37.07	5	0
44	252	1400	KELLY	VAN VLIET	NEDBANK	F	36	35-39F	0.37.08	5	25
45	19	855	LLEWELLYN	BARNARD	NEDBANK	M	34	SM	0.37.15	4	0
46	56	844	JAY-DEE	DEERLING	NEDBANK	M	20	SM	0.37.18	4	0
47	544	20541	ENDINAKO	JOLA	MOTHER	M	15	JM	0.37.20	4	0
48	189	1522	HANNES	PELSER	32GI	M	40	40-44M	0.37.23	5	0
49	451	20126	AKHONA	Temhani	CHILLIEP	M	17	JM	0.37.43	4	0
50	505	2308	LEBOHANG	SENTI	VUKANI	M	37	35-39M	0.37.43	4	0
51	445	810	SANDISO	NGXISHE	NMBAC	M	53	50-54M	0.37.49	5	0
52	279	849	XOLILE	NDINGANE	NEDBANK	M	52	50-54M	0.37.55	5	0
53	542	282	ABDUL	WICOMB	MUIRITE	M	45	45-49M	0.37.58	5	0
54	449	20130	BANELE	MTABA	CHILLIEP	M	17	JM	0.38.09	3	0
55	535	20086	Henrico	Louw	CSEP	M	15	JM	0.38.09	3	0
56	389	1925	SIYANDA	PETER	SIBALEKA	M	35	35-39M	0.38.18	4	0
57	310	6500	NATIA	GOUS	TEMP	F	32	SF	0.38.20	0	0

58	523	519	LUVUYO	DYANI	MOTHER	M	53	50-54M	0.38.27	5	0
59	346	1255	ERROL	WHITTAL	ELITEAC	M	48	45-49M	0.38.27	5	0
60	401	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	42	40-44F	0.38.30	5	24
61	161	74	TUMELO	MOCHELENYANE	SAPPE	M	41	40-44M	0.38.33	4	0
62	215	1658	ANNALISE	SCHOLTZ	NEDBANK	F	41	40-44F	0.38.34	5	23
63	448	20132	LATHITHA	VENA	CHILLIEP	M	15	JM	0.38.38	3	0
64	285	1398	MUTEKILE	RASMENI	NEDBANK	M	59	55-59M	0.38.50	5	0
65	532	20084	STEPHEN	BOTHMA	CSEP	M	18	JM	0.38.53	3	0
66	525	1216	WESSEL	WOLMARANS	ELITEAC	M	45	45-49M	0.38.56	5	0
67	485	2316	LUBABALO	JUSAYI	SIBALEKA	M	32	SM	0.39.01	3	0
68	396	1127	BRADLEY	MACKENZIE	ACH	M	52	50-54M	0.39.02	5	0
69	348	20177	Mpilontle	Meko	RUN4C	M	18	JM	0.39.12	3	0
70	541	2395	THEMBELANI	MBENENGE	SIBALEKA	M	28	SM	0.39.19	3	0
71	1004	20030	EMIHLE	HOTATA	ACT AC	M	15	JM	0.39.20	3	0
72	526	565	SEBASTIAN	KLEU	ELITEAC	M	47	45-49M	0.39.23	5	0
73	533	1357	MALIBONGWE	MBELU	NEDBANK	M	51	50-54M	0.39.29	5	0
74	178	217	SAPHO	NKATA	CSEP	M	46	45-49M	0.39.34	5	0
75	172	908	KAYLA	NELL	CHARLO	F	29	SF	0.39.38	5	22
76	133	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	57	55-59M	0.39.45	5	0
77	223	1642	NICO	SMITH	MADIBA	M	38	35-39M	0.39.45	3	0
78	118	1353	MZUKISI	KLAAS	NEDBANK	M	55	55-59M	0.40.03	5	0
79	501	4476	LEIGH	CALLAGHAN	ACH	F	28	SF	0.40.11	5	21
80	165	993	THEMBEKILE	MSIPA	CHARLO	M	49	45-49M	0.40.15	4	0
81	426	1847	MHLENGI	MAHLABA	HOLLYWOO	M	32	SM	0.40.19	3	0
82	403	1055	KAITLYN	WOLFF	ACH	F	21	SF	0.40.25	5	20
83	402	1082	PAUL	WOLFF	ACH	M	55	55-59M	0.40.28	5	0
84	166	367	VUSI	MSUTHWANA	IKHAMVA	M	52	50-54M	0.40.29	5	0
85	217	2368	NTSIKELELO	SEBE	NEDBANK	M	41	40-44M	0.40.38	3	0
86	171	1639	VANDRE	NEL	MADIBA	M	39	35-39M	0.40.42	3	0
87	76	157	STANTON	FREEMAN	ACT AC	M	46	45-49M	0.40.58	4	0
88	196	1744	MARIO	PLAATJIES	NEDBANK	M	43	40-44M	0.41.13	3	0
89	373	4119	KELLY	FREETH	TEMP	F	31	SF	0.41.20	0	0
90	138	1395	MICHAEL	MAGSON	NEDBANK	M	47	45-49M	0.41.22	4	0
91	117	1426	LIZA-MARIE	KINGSTON	NEDBANK	F	41	40-44F	0.41.34	5	19
92	483	1406	REFELOE	SOLOMONS	NEDBANK	F	42	40-44F	0.41.40	5	18
93	101	378	SIYABONGA	HONNI	IKHAMVA	M	40	40-44M	0.41.52	3	0
94	74	20096	KARA	FOURIE	CSEP	F	16	JF	0.41.55	4	17
95	591	4600	SIYAMBCELA	MBELELWA	TEMP	M	29	SM	0.42.16	0	0
96	555	4805	DANNY	SOLEYMANI	TEMP	M	27	SM	0.42.18	0	0
97	33	1341	MORNE	BUIS	NEDBANK	M	31	SM	0.42.40	2	0
98	314	6977	LUKE	HOYLE	TEMP	M	19	SM	0.42.43	0	0
99	140	898	PATRIC	MAKWENKWE	CHARLO	M	57	55-59M	0.42.46	5	0
100	181	1822	MZWANELE	NQOQO	VUKANI	M	46	45-49M	0.42.47	3	0
101	190	539	SERGIO	PETERSON	RUN4C	M	45	45-49M	0.42.56	3	0
102	125	1263	KAHN	LANGFORD	VWAC	M	45	45-49M	0.43.01	3	0
103	515	1431	GIDEON	MENGO	NEDBANK	M	46	45-49M	0.43.02	3	0
104	184	931	ANDILE	NYOKA	CHARLO	M	51	50-54M	0.43.04	4	0
105	102	932	DEAN	HOYLE	CHARLO	M	54	50-54M	0.43.06	4	0
106	111	919	KELVIN	JOOSTE	CHARLO	M	37	35-39M	0.43.13	2	0
107	479	706	STEPHEN	MCCARTHY	CRUSADE	M	62	60-64M	0.43.16	5	0
108	558	1130	DARYL	NORTH	ACH	M	46	45-49M	0.43.24	3	0
109	496	1159	SADRICK	GROOTBOOM	JBAY	M	43	40-44M	0.43.28	3	0
110	1010	20333	CALEB	LOTTERING	ATLANTIC	M	17	JM	0.43.43	2	0
111	1012	2126	LUTHANDO	NDZAMBO	MADIBAZ	M	40	40-44M	0.43.49	2	0
112	313	6988	JORDAN	HOYLE	TEMP	M	19	SM	0.43.50	0	0
113	283	80196	FRIKKIE	BOSHOFF	RUN4C	M	44	40-44M	0.43.59	2	0
114	506	1416	CHRISTINE	CLAASEN	NEDBANK	F	59	55-59F	0.44.01	5	16
115	17	558	JENE	BANFIELD	RUN4C	F	53	50-54F	0.44.06	5	15
116	367	5797	PAUL	FREETH	TEMP	M	37	35-39M	0.44.14	0	0

117	391	5931	JORDAN	FORTUIN	TEMP	M	18	JM	0.44.15	0	0
118	244	20550	RONAN	VAN DER VAART	ACH	M	18	JM	0.44.17	2	0
119	251	1437	DARREN	VAN VLIET	NEDBANK	M	40	40-44M	0.44.17	2	0
120	489	2371	Elizabeth	Fini	SIBALEKA	F	20	SF	0.44.28	3	14
121	499	125	FUARD	DE JAGER	MALABAR	M	45	45-49M	0.44.29	3	0
122	199	554	PETRUS	RADEMEYER	RUN4C	M	49	45-49M	0.44.29	3	0
123	1107	2274	ABDUL	LILLAH	MALABAR	M	34	SM	0.44.42	2	0
124	350	1748	RICHARD	RAMATSASA	GELVAN	M	48	45-49M	0.44.44	3	0
125	476	640	SAMKELO	SINYONGO	ASPEN	M	42	40-44M	0.44.45	2	0
126	536	619	BRETT	HOLMES	ASPEN	M	49	45-49M	0.44.47	3	0
127	577	20025	COMFORT	APPIAH	ACT AC	F	15	JF	0.45.01	3	13
128	180	1112	SHANE	NORRIS	ACH	M	49	45-49M	0.45.02	3	0
129	137	1394	DAVERA	MAGSON	NEDBANK	F	49	45-49F	0.45.02	5	12
130	585	20033	INDIPHILE	MKHOSANA	ACT AC	F	17	JF	0.45.09	3	11
131	570	1754	FREEK	DANIELS	TRANSNET	M	57	55-59M	0.45.09	4	0
132	562	5790	QAWE	MAJIZA	TEMP	M	36	35-39M	0.45.10	0	0
133	249	545	RUHAN	VAN RENSBURG	RUN4C	M	31	SM	0.45.11	2	0
134	192	1957	HENRY	PIENAAR	BLUEBAY	M	52	50-54M	0.45.13	3	0
135	109	1729	BRIAN	JONAS	GELVAN	M	62	60-64M	0.45.20	5	0
136	554	1318	NZUZO	NOQEKWA	NEDBANK	M	45	45-49M	0.45.28	2	0
137	543	189	SIVIWE	MOYAKE	CSEP	M	52	50-54M	0.45.34	3	0
138	210	1469	MARGIE	SAUNDERS	NEDBANK	F	70	70+F	0.45.37	5	10
139	433	1385	KOOS	OLIVIER	MADIBA	M	66	65-69M	0.45.45	5	0
140	593	1314	TAWFEEQ	VYVER	NEDBANK	M	25	SM	0.45.50	2	0
141	572	1869	SIZWE	SOLANI	HOLLYWOO	M	48	45-49M	0.45.54	2	0
142	150	1457	RICHARD	MAZUNGULA	NEDBANK	M	47	45-49M	0.45.55	2	0
143	66	1659	HANNES	ELS	MADIBA	M	74	70+M	0.46.03	5	0
144	398	1370	WERNER	MEYER	NEDBANK	M	50	50-54M	0.46.04	3	0
145	497	1516	THERESA	BUCHNER	32GI	F	38	35-39F	0.46.08	3	9
146	154	1637	CHARL	MEISTRE	MADIBA	M	38	35-39M	0.46.11	2	0
147	1007	2377	GUGU	BUDAZA	VUKANI	M	23	SM	0.46.11	2	0
148	200	957	PIERRE	RENSHAW	CHARLO	M	50	50-54M	0.46.13	3	0
149	349	5764	JUDE	ROSS	TEMP	M	28	SM	0.46.16	0	0
150	456	245	SITHA	SIGENU	VUKANI	F	40	40-44F	0.46.23	3	8
151	527	2264	BRUCHANE	WILLIAMS	GELVAN	M	37	35-39M	0.46.29	2	0
152	321	6397	WADE	MURISON	TEMP	M	34	SM	0.46.47	0	0
153	1087	1087	SANDISELO	MPQYIPHELI	TEMP	M	29	SM	0.46.52	0	0
154	579	138	NAASIR	LOUIS	MALABAR	M	27	SM	0.46.53	2	0
155	370	5800	CAILIN	DUGMORE	TEMP	F	22	SF	0.46.54	0	0
156	335	4038	LUKE	BINNEMAN	TEMP	M	31	SM	0.46.57	0	0
157	183	1432	DELIWE	NYANGA	NEDBANK	F	34	SF	0.47.03	2	7
158	494	1061	MICHAEL	WALLIS	ACH	M	45	45-49M	0.47.18	2	0
159	136	2366	MVULELI	MAGAWULANA	ASPEN	M	47	45-49M	0.47.23	2	0
160	372	4120	CHUMA	YOKWANA	TEMP	M	27	SM	0.47.27	0	0
161	85	1775	BONKE	GOYI	VUKANI	M	35	35-39M	0.47.29	2	0
162	503	1859	KESETSELEMANG	THAGAKANE	HOLLYWOO	M	40	40-44M	0.47.31	2	0
163	46	1275	PLAAITJIE	DAMONS	VWAC	M	60	60-64M	0.47.35	3	0
164	434	1334	SUZETTE	VICTOR	MADIBA	F	53	50-54F	0.47.55	4	6
165	598	1564	LEON	WEITSZ	DESPATCH	M	49	45-49M	0.47.55	2	0
166	162	1590	ANNEKE	MOORE	DESPATCH	F	39	35-39F	0.47.56	2	5
167	437	1013	SANNAH	MPUKULA	ASPEN	F	50	50-54F	0.47.57	4	4
168	13	881	SHAUN	ATTENBOROUGH	CHARLO	M	55	55-59M	0.47.57	3	0
169	174	887	LYNNE	NEUBERT	CHARLO	F	51	50-54F	0.47.58	4	3
170	351	1734	DENVER	PETERSEN	GELVAN	M	40	40-44M	0.48.04	2	0
171	411	1113	ROGER	TRADER	ACH	M	70	70+M	0.48.05	5	0
172	207	2010	HERMAN	SAAYMAN	MADIBA	M	39	35-39M	0.48.08	2	0
173	510	1301	DESTIN	SAUER	VWAC	M	42	40-44M	0.48.14	2	0
174	405	551	RODGER	GYSMAN	RUN4C	M	50	50-54M	0.48.15	2	0
175	1023	1863	DAVID	MAMA	HOLLYWOO	M	48	45-49M	0.48.15	2	0

176	23	893	HISHAAN	BHANA	CHARLO	M	27	SM	0.48.16	2	0
177	42	1954	LEONARD	CONRADIE	BLUEBAY	M	69	65-69M	0.48.22	4	0
178	271	876	GEORGE	WINSHIP	CHARLO	M	58	55-59M	0.48.23	2	0
179	471	1824	VUYILE	TIKWAYO	VUKANI	M	42	40-44M	0.48.43	2	0
180	575	1626	GERRIT	FYVER	MADIBA	M	39	35-39M	0.48.46	2	0
181	302	6517	HENKE	ACKERMANN	TEMP	M	30	SM	0.48.48	0	0
182	454	1810	XOLANI	NTEYI	VUKANI	M	45	45-49M	0.49.01	2	0
183	301	4711	ANICA	ACKERMANN	TEMP	F	28	SF	0.49.02	0	0
184	72	634	JO-ANNE	FORSON	ASPEN	F	36	35-39F	0.49.20	2	2
185	431	12782	DUMISANI	CATSHA	ABSA	M	27	SM	0.49.21	0	0
186	508	1282	SEBASTIAN	HAARHOFF	VWAC	M	46	45-49M	0.49.28	2	0
187	463	790	GODFREY	GELDERBLOEM	NMBAC	M	55	55-59M	0.49.33	2	0
188	355	5770	LUYANDA	NOTWANA	TEMP	M	37	35-39M	0.49.41	0	0
189	435	621	KIRWIN	DE KLERK	ASPEN	M	42	40-44M	0.49.45	2	0
190	15	978	CHRISTOPHER	AYERST	CHARLO	M	56	55-59M	0.49.57	2	0
191	1008	4112	MARC	RIEDER	TEMP	M	49	45-49M	0.49.58	0	0
192	149	1035	JEROME	MAY	XCEL	M	57	55-59M	0.50.00	2	0
193	298	288	WARREN	GRIFFITHS	MUIRITE	M	58	55-59M	0.50.03	2	0
194	229	555	BURNITA	STRYDOM	ELITEAC	F	55	55-59F	0.50.08	4	1
195	126	540	JACQUES	LANGLEY	ELITEAC	M	35	35-39M	0.50.08	1	0
196	419	1848	PHAPHAMA	GLADILE	HOLLYWOO	M	34	SM	0.50.12	1	0
197	231	1342	DARIUS	SWIEGELAAR	NEDBANK	M	28	SM	0.50.13	1	0
198	524	1323	VUSUMZI	SIMAKUHLE	NEDBANK	M	58	55-59M	0.50.23	2	0
199	561	20222	YEDWA	BLOUW	SIBALEKA	M	16	JM	0.50.26	1	0
200	258	972	CONRAD	VENTER	CHARLO	M	32	SM	0.50.27	1	0
201	330	4890	AMORAY	THEUNISSEN	TEMP	F	30	SF	0.50.30	0	0
202	1016	1042	EUGENE	VAN WYK	XCEL	M	52	50-54M	0.50.34	2	0
203	323	6399	RACHEL	NIEUWOUDT	TEMP	F	40	40-44F	0.50.34	0	0
204	468	2386	GEOFFREY	SWARTBOOI	RUN4C	M	47	45-49M	0.50.41	2	0
205	450	20127	AKHONA	ZAKE	CHILLIEP	F	18	JF	0.50.50	2	0
206	578	4115	ZOLANI	NDLEBE	TEMP	M	29	SM	0.50.58	0	0
207	103	983	JOANNE	HOYLE	CHARLO	F	54	50-54F	0.51.00	3	0
208	498	1733	GRIZELDA	PIETERSEN	GELVAN	F	55	55-59F	0.51.05	3	0
209	358	5772	PHUMZILE	TWANI	TEMP	M	45	45-49M	0.51.05	0	0
210	153	1448	THELMA	MCOPELO	NEDBANK	F	41	40-44F	0.51.07	2	0
211	400	787	MALCOLM	FIGG	NMBAC	M	65	65-69M	0.51.07	2	0
212	325	4243	HELGE	PRETORIUS	TEMP	F	29	SF	0.51.07	0	0
213	440	501	VUSIKAYA	MANCAPA	MOTHER	M	58	55-59M	0.51.08	2	0
214	1020	2095	PHILLIP	DANIELS	ATLANTIC	M	61	60-64M	0.51.13	2	0
215	328	4885	JANA	RELIHAN	TEMP	F	22	SF	0.51.15	0	0
216	309	1264	BRANDON	GILL	TEMP	M	25	SM	0.51.15	0	0
217	300	12895	HLONI	THOKOA	ABSA	M	43	40-44M	0.51.16	0	0
218	45	1088	PERCY	DALTON	ACH	M	75	70+M	0.51.23	3	0
219	528	1450	NKHATHALLENG	KHIBA	NEDBANK	F	42	40-44F	0.51.27	2	0
220	1017	1813	MKHUSELI	MARAWU	VUKANI	M	53	50-54M	0.51.33	2	0
221	306	6908	SIHLE	CHILI	TEMP	M	29	SM	0.51.40	0	0
222	54	2399	PHILLIP	DE RIDDER	ELITEAC	M	47	45-49M	0.51.40	2	0
223	270	556	ARTHUR	WILLIAMS	RUN4C	M	61	60-64M	0.51.45	2	0
224	287	1106	ERROL	BLACK	ACH	M	73	70+M	0.51.48	3	0
225	121	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	40	40-44F	0.51.57	2	0
226	288	1111	GRAHAM	CHANNON	ACH	M	74	70+M	0.52.03	3	0
227	104	528	JOEL	HUMAN	CHARLO	M	50	50-54M	0.52.18	2	0
228	205	1211	SANETTE	RYAN	ELITEAC	F	53	50-54F	0.52.19	2	0
229	436	50313	ISRAEL	MPUKULA	ASPEN	M	46	45-49M	0.52.19	1	0
230	442	1018	IVO	MEYER	BODYCON	M	49	45-49M	0.52.22	1	0
231	317	6393	CLARENCE	MANUEL	TEMP	M	29	SM	0.52.27	0	0
232	318	6394	JANIE	MARAIS	TEMP	F	20	SF	0.52.28	0	0
233	1018	20334	NATHAN	LOTTERING	ATLANTIC	M	18	JM	0.52.40	1	0
234	201	281	MONIQUE	RICHARDSON	MUIRITE	F	28	SF	0.52.41	1	0

235	511	1628	NELESH	JAGANATH	MADIBA	M	42	40-44M	0.52.47	1	0
236	385	801	DEON	ENGELBRECHT	NEDBANK	M	56	55-59M	0.52.54	2	0
237	214	1481	WAYNE	SCHOLTZ	32GI	M	43	40-44M	0.52.58	1	0
238	531	1811	AYANDA	FAKU	VUKANI	M	36	35-39M	0.53.01	1	0
239	410	1454	WENDY	SORENSEN	NEDBANK	F	49	45-49F	0.53.04	2	0
240	53	20444	JADEN	DE RIDDER	ELITEAC	M	17	JM	0.53.05	1	0
241	458	4013	GURSHEN	DAVIDS	GELVAN	M	36	35-39M	0.53.05	1	0
242	584	5763	XOLANI	MAHLANGU	TEMP	M	35	35-39M	0.53.10	0	0
243	581	4116	VUYANI	KATHE	TEMP	M	29	SM	0.53.11	0	0
244	326	4245	TEVIN	PRINSLOO	TEMP	M	29	SM	0.53.12	0	0
245	63	1609	WILLEMEN	DU RANDT	DESPATCH	F	49	45-49F	0.53.14	2	0
246	432	52165	GEOFFREY	MLAWU	ABSA	M	60	60-64M	0.53.14	0	0
247	267	2229	CRAIG	WARD	ASPEN	M	47	45-49M	0.53.15	1	0
248	81	1512	CHARL	GERBER	32GI	M	47	45-49M	0.53.16	1	0
249	453	20135	NOMANDLA	TOLWANA	CHILLIEP	F	16	JF	0.53.20	1	0
250	248	1250	PETER	VAN RENSBURG	ELITEAC	M	65	65-69M	0.53.21	2	0
251	151	796	XOLA	MBATSHA	NMBAC	M	43	40-44M	0.53.37	1	0
252	568	1645	RORY	RICHTER	MADIBA	M	40	40-44M	0.53.38	1	0
253	204	982	PRISHEN	RYAN	CHARLO	M	33	SM	0.53.41	1	0
254	1108	4030	WILHELM	KILIAN	MADIBA	M	47	45-49M	0.53.45	1	0
255	124	1995	YOLANDIE	LANDMAN	RUN4C	F	48	45-49F	0.53.47	2	0
256	455	418	WILTON	MNQAYI	TRANSNET	M	41	40-44M	0.53.53	1	0
257	157	170	THANDEKA	MHLANGA	ACT AC	F	33	SF	0.53.56	1	0
258	247	926	TREVOR	VAN RENSBURG	CHARLO	M	71	70+M	0.54.07	2	0
259	347	1256	JANINE	WHITTAL	ELITEAC	F	42	40-44F	0.54.09	1	0
260	250	883	LINDI	VAN TONDER	CHARLO	F	45	45-49F	0.54.15	2	0
261	202	2293	GREGORY	ROSS	CHARLO	M	50	50-54M	0.54.16	1	0
262	100	2294	CYNTHIA	HEYNS	CHARLO	F	40	40-44F	0.54.16	1	0
263	339	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	63	60-64F	0.54.18	3	0
264	387	151	SIPHOKAZI	NOJOKO	ACT AC	F	29	SF	0.54.22	1	0
265	482	5962	PHATHULUVO	MGULI	CLUBMYK	M	39	35-39M	0.54.23	0	0
266	363	4825	YOLANDA	DUGMORE	TEMP	F	51	50-54F	0.54.24	0	0
267	418	80199	JUDY	GERBER	RUN4C	F	57	55-59F	0.54.25	2	0
268	203	750	PIETER	ROUX	CRUSADE	M	68	65-69M	0.54.25	2	0
269	586	1565	BONITA	WEITZS	DESPATCH	F	51	50-54F	0.54.26	2	0
270	120	1615	STEPHANUS	LAMBRECHTS	DESPATCH	M	41	40-44M	0.54.26	1	0
271	295	51200	DOLLY	NDUDE	BUFFALO	F	51	50-54F	0.54.28	0	0
272	41	2364	MARYKA	COETZER	MADIBA	F	41	40-44F	0.54.32	1	0
273	293	50	MICHAEL	DEKKER	SAPPE	M	51	50-54M	0.54.32	1	0
274	220	583	CHRISTELLE	SLABBERT	RUN4C	F	52	50-54F	0.54.35	2	0
275	152	1446	MFEZI	MCINGANA	NEDBANK	M	48	45-49M	0.54.39	1	0
276	277	50715	MOMELEZI	KULA	ARCADIA	M	46	45-49M	0.54.46	0	0
277	52	20500	STACEY	DE RIDDER	ELITEAC	F	14	JF	0.54.46	1	0
278	221	930	IMKE	SMIT	CHARLO	F	35	35-39F	0.54.49	1	0
279	80	1214	BENITA	GERBER	ELITEAC	F	59	55-59F	0.54.50	2	0
280	461	818	AHMAD	KADER	MALABAR	M	35	35-39M	0.54.57	1	0
281	90	1671	LEON	GROENEWALD	MADIBA	M	57	55-59M	0.54.57	1	0
282	30	1031	CHESTER	BROOKS	XCEL	M	65	65-69M	0.55.05	2	0
283	399	1299	MICHAEL	SLATER	VWAC	M	53	50-54M	0.55.08	1	0
284	380	5780	GREGORY	GREEN	TEMP	M	33	SM	0.55.19	0	0
285	1011	80295	COLWYN	MULLER	ATLANTIC	M	23	SM	0.55.22	1	0
286	123	1994	VERNON	LANDMAN	RUN4C	M	49	45-49M	0.55.24	1	0
287	175	611	HAYLEY	NEWING	ASPEN	F	39	35-39F	0.55.25	1	0
288	235	1420	GRAEME	TING CHONG	NEDBANK	M	55	55-59M	0.55.26	1	0
289	534	2064	Michael	Black	BLUEBAY	M	23	SM	0.55.26	1	0
290	388	397	THANDO	FRANS	SPAREC	M	45	45-49M	0.55.29	1	0
291	486	1623	SUSAN	ALCOCK	MADIBA	F	57	55-59F	0.55.32	2	0
292	1006	4113	AFRIKA	MAJARA	TEMP	M	25	SM	0.55.35	0	0
293	589	1877	XOLILE	MBALI	HOLLYWOO	M	48	45-49M	0.55.38	1	0

294	297	455	JODI	PIENAAR	WALMER	M	30	SM	0.55.38	1	0
295	320	6396	MARYNA	MEYER	TEMP	F	52	50-54F	0.55.39	0	0
296	428	447	Simo	Nkanyuza	HOLLYWOO	M	36	35-39M	0.55.46	1	0
297	272	80347	FRANCOIS	WIUM	DESPATCH	M	41	40-44M	0.55.46	1	0
298	333	23060	SINETHEMBA	MAGUTYWA	ABSA	M	41	40-44M	0.55.48	0	0
299	112	723	ALETTA	JOUBERT	CRUSADE	F	62	60-64F	0.55.49	2	0
300	193	1264	LAVINIA	PIETERSE	VWAC	F	49	45-49F	0.55.50	1	0
301	551	4117	MICHAEL	SOLEYMAN	TEMP	M	21	SM	0.55.52	0	0
302	95	80006	LEZELL	HARRIS	VWAC	F	50	50-54F	0.55.53	2	0
303	262	1085	ANDRE	VILJOEN	ACH	M	69	65-69M	0.56.01	1	0
304	439	613	ASHRAF	ACKERDIEN	ASPEN	M	50	50-54M	0.56.03	1	0
305	408	80359	PIERRE	BELLEW	ELITEAC	M	34	SM	0.56.03	1	0
306	597	5796	MUNEEED	FRITZ	TEMP	M	19	SM	0.56.04	0	0
307	79	80346	MARIZA	FREWEN	MADIBA	F	61	60-64F	0.56.07	2	0
308	1001	1648	KEITH	VALENTINE	MADIBA	M	33	SM	0.56.08	1	0
309	1021	1054	LIZ	PRINS	ACH	F	54	50-54F	0.56.10	1	0
310	481	1880	MELUMZI	NORUSHU	HOLLYWOO	M	55	55-59M	0.56.20	1	0
311	502	2327	SELLO	MANGANYI	ASPEN	M	40	40-44M	0.56.23	1	0
312	58	80338	YOLANDI	DEETLEFS	BLUEBAY	F	41	40-44F	0.56.26	1	0
313	1003	20216	JODY	PRIMO	GELVAN	M	15	JM	0.56.29	1	0
314	417	2123	JOHANN	VAN DER MERWE	MADIBAZ	M	59	55-59M	0.56.30	1	0
315	522	249	Jonathan	Bakker	MUIRITE	M	32	SM	0.56.30	1	0
316	11	1201	CATHY	ALLERS	ELITEAC	F	62	60-64F	0.56.39	2	0
317	588	1730	CYRIL	UITHALER	GELVAN	M	61	60-64M	0.56.49	1	0
318	292	75	HESTER	DEKKER	SAPPE	F	52	50-54F	0.56.56	1	0
319	353	5765	BAVERSHAN	NAIDOO	TEMP	M	33	SM	0.56.56	0	0
320	156	1428	TANYA	MEYER	CHARLO	F	39	35-39F	0.56.57	1	0
321	507	2205	MLULEKI	GQOBOSE	MADIBAZ	M	54	50-54M	0.57.04	1	0
322	361	1234	DEWALD	DEYSEL	ELITEAC	M	41	40-44M	0.57.09	1	0
323	383	5775	ABDUL	GOOSEIN	TEMP	M	36	35-39M	0.57.10	0	0
324	219	2227	YOLANDA	SIDWABA	ASPEN	F	32	SF	0.57.16	1	0
325	587	815	FAIQ	JAPPIE	MALABAR	M	51	50-54M	0.57.21	1	0
326	512	808	LULAMILE	PHONGOLA	NMBAC	M	66	65-69M	0.57.31	1	0
327	509	1962	DANIEL	PIETERSE	BLUEBAY	M	61	60-64M	0.57.33	1	0
328	34	80200	MELANIE	BUITENDAGH	RUN4C	F	41	40-44F	0.57.35	1	0
329	40	285	VANESSA	COETZEE	MUIRITE	F	47	45-49F	0.57.36	1	0
330	68	1424	SAM	ERASMUS	NEDBANK	M	66	65-69M	0.57.36	1	0
331	556	1277	DENVER	ELLIE	VWAC	M	43	40-44M	0.57.37	1	0
332	37	903	KESVAL	CHETTY	CHARLO	M	59	55-59M	0.57.41	1	0
333	50	1503	TENIELLE	DE ANDRADE	VITALITY	F	38	35-39F	0.57.44	1	0
334	230	5593	LOUIS	SWIEGELAAR	PPOLICE	M	57	55-59M	0.57.50	0	0
335	316	4819	MARISKA	KRUGER	TEMP	F	46	45-49F	0.58.01	0	0
336	286	633	DAVID	NEL	ASPEN	M	36	35-39M	0.58.05	1	0
337	467	5467	MNIKELI	NQEBE	TEMP	M	62	60-64M	0.58.06	0	0
338	580	20005	LETICIA LIKHONA	TONI	ACT AC	F	16	JF	0.58.07	1	0
339	567	20004	ANELISIWE	JACOBS	ACT AC	F	16	JF	0.58.07	1	0
340	22	956	NEELESH	BHANA	CHARLO	M	52	50-54M	0.58.11	1	0
341	240	8441	DHIRESH	VALLABH	SCOTTAC	M	38	35-39M	0.58.12	0	0
342	583	816	RUSHDA	JAPPIE	MALABAR	F	53	50-54F	0.58.20	1	0
343	114	2391	JACQUES	KEIRSGIETER	ASPEN	M	35	35-39M	0.58.22	1	0
344	48	799	GANIEF	DAVIDS	CHARLO	M	57	55-59M	0.58.26	1	0
345	225	20422	JANE	STEYN	CHARLO	F	15	JF	0.58.31	1	0
346	233	1429	RIKA	TERBLANCHE	NEDBANK	F	46	45-49F	0.58.37	1	0
347	93	2381	GERT	HARMSE	RUN4C	M	57	55-59M	0.58.37	1	0
348	484	1922	SINETHEMBA	NGABASE	SIBALEKA	M	20	SM	0.58.42	1	0
349	334	1087	FRANCOIS	SMIT	ACH	M	64	60-64M	0.58.42	1	0
350	24	2334	MTETELELI	BIKO	MADIBAZ	M	32	SM	0.58.47	1	0
351	376	4135	MNCEDI	NDZULU	TEMP	M	19	SM	0.58.48	0	0
352	487	2169	WAYNE	MAC GEAR	MADIBAZ	M	60	60-64M	0.58.53	1	0

353	75	1220	ANDRE	FOURIE	RUN4C	M	76	70+M	0.59.02	1	0
354	243	80350	Benice	Van der Mescht	DESPATCH	F	22	SF	0.59.05	1	0
355	242	80349	DEON	VAN DER MERWE	DESPATCH	M	54	50-54M	0.59.06	1	0
356	132	728	Paul	Lubbe	CRUSADE	M	61	60-64M	0.59.25	1	0
357	469	2388	YARDON	SWARTBOOI	RUN4C	M	15	JM	0.59.25	1	0
358	382	5782	LUTHABILE	MPULU	TEMP	M	22	SM	0.59.38	0	0
359	324	6400	RIEDAAH	NORDIEN	TEMP	M	36	35-39M	0.59.41	0	0
360	599	7674	JUAN	JONAS	ALBANY	M	27	SM	0.59.42	1	0
361	478	1870	THOBELA	MTANGA	HOLLYWOO	M	37	35-39M	0.59.45	1	0
362	565	5565	TRISTYN	KRITZINGER	TEMP	M	18	JM	0.59.54	0	0
363	303	6943	RENETTE	ACKERMANN	TEMP	F	59	55-59F	0.59.56	0	0
364	569	1298	MPHATHISI	MJADU	VWAC	M	52	50-54M	1.00.01	1	0
365	518	80194	CARMEN	DE LANGE	DESPATCH	F	34	SF	1.00.11	1	0
366	268	328	MADRE	WELMANS	MUIRITE	F	55	55-59F	1.00.35	1	0
367	397	2325	MELANIE	CHRISTIE	ELITEAC	F	39	35-39F	1.00.36	1	0
368	429	1530	BRONWIN	MEYER	32GI	F	51	50-54F	1.00.46	1	0
369	188	996	PAULA	PEARCE	CHARLO	F	55	55-59F	1.00.55	1	0
370	253	2273	SONJA	VAN WYK	DESPATCH	F	41	40-44F	1.01.01	1	0
371	255	20125	SHEZELLE	VAN WYK	CSEP	F	18	JF	1.01.01	1	0
372	60	82	LETA	DOS SANTOS	INFINITY	F	59	55-59F	1.01.03	1	0
373	134	1418	PRISCILLA	MABENGEZA	NEDBANK	F	49	45-49F	1.01.05	1	0
374	392	4167	NONKOSAZANA	SONANZE	TEMP	F	43	40-44F	1.01.05	0	0
375	356	5768	MARVIN	KHOZA	TEMP	M	37	35-39M	1.01.06	0	0
376	241	850	MARIANE	VAN DER LINDE	NEDBANK	F	45	45-49F	1.01.14	1	0
377	67	1632	JOS	ELS	MADIBA	F	71	70+F	1.01.15	1	0
378	600	1680	JANI	DEYZEL	MADIBA	F	30	SF	1.01.25	1	0
379	553	1689	SILKE	BOTHA	MADIBA	F	27	SF	1.01.25	1	0
380	32	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	51	50-54M	1.01.35	1	0
381	108	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	53	50-54F	1.01.38	1	0
382	407	213	SHARON	SMUTS	CSEP	F	57	55-59F	1.01.46	1	0
383	592	1861	SIMANGILE	SOLWANDLE	HOLLYWOO	F	32	SF	1.01.55	1	0
384	352	1737	LYNDLE	NAIDOO	GELVAN	F	32	SF	1.01.58	1	0
385	504	2038	LUTHO	NOMBEMBE	ASPEN	M	30	SM	1.02.05	1	0
386	51	1624	ESTELLE	DE KLERK	MADIBA	F	57	55-59F	1.02.18	1	0
387	354	5769	PETER	MSIZA	TEMP	M	50	50-54M	1.02.25	0	0
388	254	927	ANTON	VAN WYK	CHARLO	M	56	55-59M	1.02.27	1	0
389	265	726	KEITH	VOSLOO	CRUSADE	M	60	60-64M	1.02.35	1	0
390	594	5789	SINDISWA	ZAMXAKA	TEMP	F	43	40-44F	1.02.35	0	0
391	28	298	SANET	BOUCHER	MUIRITE	F	44	40-44F	1.02.37	1	0
392	490	1921	HADIGAH	FULANI	SIBALEKA	F	20	SF	1.02.43	1	0
393	444	1708	DEON	SMITH	GELVAN	M	56	55-59M	1.02.51	1	0
394	38	573	BRITTANY	CILLIERS	RUN4C	F	30	SF	1.02.53	1	0
395	55	400	RONEL	DE TARNOWSKY	RUN4C	F	43	40-44F	1.02.55	1	0
396	144	948	THOMAS	MARAIS	CHARLO	M	37	35-39M	1.02.58	1	0
397	368	5783	FADEELAH	DAVIDS	TEMP	F	40	40-44F	1.02.58	0	0
398	404	1119	TREMAINE	WESSON	ACH	M	63	60-64M	1.03.06	1	0
399	540	1600	YVETTE	JONKER	DESPATCH	F	51	50-54F	1.03.14	1	0
400	519	1555	LYDIA	POTGIETER	DESPATCH	F	49	45-49F	1.03.14	1	0
401	516	1582	MARINET	VAN TONDER	DESPATCH	F	45	45-49F	1.03.14	1	0
402	520	1579	JHANINEN	BOSHOFF	DESPATCH	F	57	55-59F	1.03.18	1	0
403	327	5586	SHIRLEY	RADEMEYER	TEMP	F	27	SF	1.03.24	0	0
404	477	1102	KEN	BARWOOD	ACH	M	68	65-69M	1.03.36	1	0
405	49	871	RICHARD	DE ANDRADE	CHARLO	M	63	60-64M	1.03.52	1	0
406	264	567	RIAN	VILJOEN	RUN4C	M	55	55-59M	1.03.54	1	0
407	329	4600	XOLISWA	SIYOKO	ASPEN	F	29	SF	1.03.55	1	0
408	88	575	ANTONIE	GROBLER	RUN4C	M	71	70+M	1.03.57	1	0
409	406	759	MIKE	BURGER	CRUSADE	M	70	70+M	1.04.04	1	0
410	539	515	RONNIE	JONKER	DESPATCH	M	54	50-54M	1.04.12	1	0
411	62	572	SHANTE	DU PLESSIS	RUN4C	F	31	SF	1.04.21	1	0

412	312	6982	JAYDE	HOWITZ	TEMP	F	34	SF	1.04.23	0	0
413	78	80345	JOHN	FREWEN	MADIBA	M	61	60-64M	1.04.24	1	0
414	420	2198	NONDUMISO	PHAKATHI	MADIBAZ	F	42	40-44F	1.04.40	1	0
415	176	80033	THABISA	NGESI	VUKANI	F	33	SF	1.04.40	1	0
416	550	1556	RIAANA	BOUWER	DESPATCH	F	47	45-49F	1.04.43	1	0
417	29	882	ARMIN	BRANDLE	CHARLO	M	72	70+M	1.04.49	1	0
418	549	1333	MBULELO	SOBIKWA	NEDBANK	M	69	65-69M	1.04.53	1	0
419	480	705	OCTAVIA	BOSHOFF	CRUSADE	F	54	50-54F	1.05.17	1	0
420	164	44	COLLEEN	MOSES	SAPPE	F	48	45-49F	1.05.23	1	0
421	475	1266	DAVID	CHENGWE	VWAC	M	46	45-49M	1.05.26	1	0
422	12	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	61	60-64M	1.05.27	1	0
423	493	387	NANDIPA	MYELEYELE	SPAREC	F	36	35-39F	1.05.33	1	0
424	472	1832	ANELE	MESANI	VUKANI	M	43	40-44M	1.05.35	1	0
425	128	2067	NATALIE	LIEBENBERG	ELITEAC	F	36	35-39F	1.05.35	1	0
426	227	691	WALTER	STRONACH	VITALITY	M	33	SM	1.05.38	1	0
427	18	746	JOHAN	BARNARD	CRUSADE	M	68	65-69M	1.05.40	1	0
428	280	9290	MADISON	WARD	ASPEN	F	14	JF	1.05.40	1	0
429	427	20188	Lauren	Gerber	ELITEAC	F	16	JF	1.05.46	1	0
430	194	902	KRISH	PILLAY	CHARLO	M	62	60-64M	1.05.48	1	0
431	559	1742	DESIREE	TITUS	GELVAN	F	58	55-59F	1.05.50	1	0
432	237	918	HANNAH	TRUTER	CHARLO	F	31	SF	1.05.52	1	0
433	343	198	RIAN	SMALBERGER	CSEP	M	69	65-69M	1.05.56	1	0
434	141	1871	TABOGO	MALATJI	HOLLYWOO	M	29	SM	1.06.00	1	0
435	167	751	NICK	MULLINS	CRUSADE	M	67	65-69M	1.06.03	1	0
436	99	973	LISA	HEN-BOISEN	CHARLO	F	50	50-54F	1.06.10	1	0
437	412	4949	MAURITZ	BESSINGER	ASPEN	M	42	40-44M	1.06.10	1	0
438	106	1104	CATHY	IVES	ACH	F	70	70+F	1.06.14	1	0
439	304	6610	ROCHELLE	BARWISE	TEMP	F	21	SF	1.06.15	0	0
440	71	1684	ERIKA	FOREMAN	MADIBA	F	53	50-54F	1.06.17	1	0
441	239	917	VICKY	TSOUKNIDAS	CHARLO	F	46	45-49F	1.06.35	1	0
442	359	5794	MZUKISI	SALIWA	TEMP	M	40	40-44M	1.06.51	0	0
443	474	2201	SYLVAN	BLIGNAUT	MADIBAZ	M	64	60-64M	1.06.52	1	0
444	362	180	Juanita	Botha	JBAY	F	28	SF	1.07.01	1	0
445	213	935	BRENTON	SCHNETLER	CHARLO	M	49	45-49M	1.07.03	1	0
446	409	1843	BOMKAZI	TSHEFU	HOLLYWOO	F	36	35-39F	1.07.03	1	0
447	186	1713	LYDIA	OLIVER	GELVAN	F	55	55-59F	1.07.08	1	0
448	582	5788	CHUMA	MKONJWA	TEMP	M	37	35-39M	1.07.10	0	0
449	552	5553	OTTO	MKABA	TEMP	F	38	35-39F	1.07.18	0	0
450	360	5795	ANDREA	JACK	TEMP	F	21	SF	1.07.22	0	0
451	35	80278	MARI	CALITZ	CHARLO	F	63	60-64F	1.07.44	1	0
452	43	100	LYNETTE	CRAUSE	INFINITY	F	63	60-64F	1.07.45	1	0
453	119	1396	BUYELWA	KOBOKANA	NEDBANK	F	58	55-59F	1.07.48	1	0
454	115	969	GARY	KELLEHER	CHARLO	M	66	65-69M	1.07.51	1	0
455	793	1466	AT	SCHOEMAN	NEDBANK	M	67	65-69M	1.07.54	1	0
456	208	1045	YUSUF	SAMUELS	XGEL	M	64	60-64M	1.07.55	1	0
457	127	1331	JAN	LE ROUX	NEDBANK	M	64	60-64M	1.07.59	1	0
458	91	1287	BANDILE	GWAMANDA	VWAC	M	53	50-54M	1.08.15	1	0
459	291	72	HERMAN	DEKKER	SAPPE	M	79	70+M	1.08.16	1	0
460	226	80217	CHRISTO	STEYN	VITALITY	M	55	55-59M	1.08.27	1	0
461	332	4821	SIYABULELA	ZWENI	TEMP	M	36	35-39M	1.08.41	0	0
462	305	4710	MICHAELA	BENCE	TEMP	F	22	SF	1.09.18	0	0
463	14	1051	LIZ	AUSTIN	ACH	F	65	65-69F	1.09.19	1	0
464	1014	4114	LUVUYO	SIWUNDLA	TEMP	M	44	40-44M	1.09.25	0	0
465	1019	1807	MZI	BALENI	VUKANI	M	52	50-54M	1.09.29	1	0
466	263	566	JANINE	VILJOEN	RUN4C	F	53	50-54F	1.09.30	1	0
467	158	80282	SASHA-LEE	MILES	DESPATCH	F	28	SF	1.09.33	1	0
468	560	5560	YOLANDIE	DE LANGE	TEMP	F	38	35-39F	1.09.36	0	0
469	163	45	ANDREW	MOSES	SAPPE	M	50	50-54M	1.09.38	1	0
470	185	1248	EULIDA	OELOFSE	ELITEAC	F	50	50-54F	1.09.47	1	0

471	430	817	ZAHEERA	NANABHAY	MALABAR	F	42	40-44F	1.09.59	1	0
472	61	289	RENAY	DU PLESSIS	MUIRITE	F	55	55-59F	1.10.01	1	0
473	375	5767	LINDELA	NDZUU	TEMP	M	42	40-44M	1.10.02	0	0
474	31	309	YVETTE	BROPHY	MUIRITE	F	54	50-54F	1.10.05	1	0
475	246	303	SANET	VAN NIEKERK	MUIRITE	F	54	50-54F	1.10.06	1	0
476	1009	2096	DERRICK	HOSHE	ATLANTIC	M	65	65-69M	1.10.12	1	0
477	36	923	EVA	CHETTY	CHARLO	F	55	55-59F	1.10.17	1	0
478	1024	2039	MOEGAMAT	JOHNSON	DESPATCH	M	55	55-59M	1.10.21	1	0
479	395	4140	GARFIELD	TSATSANE	TEMP	M	58	55-59M	1.10.50	0	0
480	170	80018	Thandolwethu	Ndyolashe	SIBALEKA	M	26	SM	1.10.53	1	0
481	65	544	JACQULENE	DU TOIT	RUN4C	F	51	50-54F	1.10.57	1	0
482	179	402	VUYOKAZI	NONCEMBU	CHILLIEP	F	51	50-54F	1.11.01	1	0
483	495	80101	BONGINKOSI	KHUMALO	VWAC	M	55	55-59M	1.11.02	1	0
484	517	1612	ARUSHKE	HAEFELE	DESPATCH	F	43	40-44F	1.11.03	1	0
485	82	570	PIETER	GERBER	RUN4C	M	65	65-69M	1.11.09	1	0
486	25	286	SANET	BLOM	MUIRITE	F	56	55-59F	1.11.10	1	0
487	98	1000	ROY	HEINE	CHARLO	M	68	65-69M	1.11.12	1	0
488	574	1604	HENRY	HULME	DESPATCH	M	58	55-59M	1.11.17	1	0
489	441	50034	SANELISIWE	FUNANI	MTHATHA	M	40	40-44M	1.11.28	0	0
490	459	80019	VUYISEKA	MHLAHO	SIBALEKA	F	42	40-44F	1.11.28	1	0
491	159	1063	KEVIN	MILLS	ACH	M	68	65-69M	1.11.56	1	0
492	377	5766	NTANDO	MTHEMBU	TEMP	M	24	SM	1.12.05	0	0
493	344	197	AUBREY	LE ROUX	CSEP	M	70	70+M	1.12.07	1	0
494	299	714	KARIEN	JOUBERT	CRUSADE	F	35	35-39F	1.12.41	1	0
495	336	4039	AIMEE	TAYLOR	TEMP	F	29	SF	1.12.52	0	0
496	462	820	Jason	Le Roux	GELVAN	M	32	SM	1.13.14	1	0
497	573	1375	BARRY	NELSON	NEDBANK	M	72	70+M	1.13.22	1	0
498	529	2392	KELLY	WILLIAMS	GELVAN	F	33	SF	1.13.27	1	0
499	113	886	CELEST	JOYCE	CHARLO	F	55	55-59F	1.13.42	1	0
500	211	80027	STEPHANIE	SCHEEPERS	DESPATCH	F	27	SF	1.13.45	1	0
501	16	1593	NAOMI	BAKKER	DESPATCH	F	46	45-49F	1.13.46	1	0
502	245	311	NICKI	VAN NIEKERK	MUIRITE	F	69	65-69F	1.13.47	1	0
503	576	23058	THEMBU	NTSUKUNYANE	ABSA	F	45	45-49F	1.13.51	0	0
504	47	968	DENISE	DARLOW	CHARLO	F	55	55-59F	1.14.36	1	0
505	422	2328	THEMBISILE	VETSHEZA	IKHAMVA	F	43	40-44F	1.14.36	1	0
506	197	889	PETER	POHLMANN	CHARLO	M	60	60-64M	1.14.36	1	0
507	369	3690	ANELISA	GWEGWANA	TEMP	F	33	SF	1.14.48	0	0
508	39	1606	FANIE	CLAASSEN	DESPATCH	M	66	65-69M	1.14.49	1	0
509	191	35	JEANETTE	PIENAAR	PEAAC	F	75	70+F	1.14.51	1	0
510	130	920	LOCHI	LOCHNER	CHARLO	M	76	70+M	1.15.02	1	0
511	530	2044	GARY	HENDRICKS	MUIRITE	M	56	55-59M	1.15.08	1	0
512	187	543	NIEKIE	OOSTHUIZEN	RUN4C	F	53	50-54F	1.15.13	1	0
513	139	1794	NOMLINDO	MAKUBALO	VUKANI	F	49	45-49F	1.15.34	1	0
514	290	530	ANDRE	PIENAAR	RUN4C	M	61	60-64M	1.15.35	1	0
515	116	62	ALEX	KHUZWAYO	SAPPE	M	60	60-64M	1.15.45	1	0
516	198	557	CHARLENE	RADEMEYER	RUN4C	F	42	40-44F	1.16.06	1	0
517	212	20183	RUTH	SCHNETLER	CHARLO	F	19	SF	1.16.25	1	0
518	371	4173	YOLISA	NKQAYANA	TEMP	F	37	35-39F	1.16.43	0	0
519	466	52097	NOLUBABALO	MTSHAKAZI	KOMANI	F	44	40-44F	1.16.56	0	0
520	195	909	THURAYA	PILLAY	CHARLO	F	21	SF	1.17.05	1	0
521	548	468	IRMA	DE JAGER	WALMER	F	63	60-64F	1.17.08	1	0
522	374	4948	PHUMLA	JUMBA	TEMP	F	35	35-39F	1.17.18	0	0
523	92	2382	ELIZMA	HARMSE	RUN4C	F	63	60-64F	1.17.24	1	0
524	366	5799	PHILISWA	MAKI	TEMP	F	32	SF	1.17.33	0	0
525	342	80016	NOMBULELO	NDZUZO	SIBALEKA	F	43	40-44F	1.17.54	1	0
526	307	1258	MIRANDA	COGGER	TEMP	F	46	45-49F	1.18.21	0	0
527	308	1270	JEANETTE	CROSSMAN	TEMP	F	62	60-64F	1.18.21	0	0
528	169	929	ANUSHA	NAIDU	CHARLO	F	57	55-59F	1.18.24	1	0
529	500	1306	GAVIN	KLINK	VWAC	M	51	50-54M	1.18.31	1	0

530	70	1403	JOHAN	FERREIRA	NEDBANK	M	62	60-64M	1.18.46	1	0
531	315	4712	PETRUS	KOOPMAN	TEMP	M	63	60-64M	1.18.47	0	0
532	59	1204	YOLANDA	DEYSEL	ELITEAC	F	48	45-49F	1.19.02	1	0
533	311	5777	ARLENE	HELBERG	ELITEAC	F	60	60-64F	1.19.03	1	0
534	96	1434	DIANNE	HARTZENBERG	NEDBANK	F	65	65-69F	1.19.21	1	0
535	44	1831	SIPHOKAZI	CUBUNGU	VUKANI	F	44	40-44F	1.20.20	1	0
536	206	1274	GAYLE	SAAYMAN	VWAC	F	35	35-39F	1.20.20	1	0
537	1002	1310	PUMLA	SIBALI	VWAC	F	44	40-44F	1.20.20	1	0
538	94	1683	SUNET	HARRIS	MADIBA	F	50	50-54F	1.21.15	1	0
539	464	1727	ACHMAT	ELLIE	GELVAN	M	64	60-64M	1.21.38	1	0
540	491	769	ROCHELLE	THORNE	MADIBAZ	F	53	50-54F	1.21.41	1	0
541	557	1723	REHANA	DE MAINE	GELVAN	F	56	55-59F	1.21.43	1	0
542	69	472	TARYN	FERREIRA	CHARLO	F	42	40-44F	1.21.51	1	0
543	492	825	INGRID	VAN DER WESTHUIZEN	XGEL	F	57	55-59F	1.21.51	1	0
544	83	2228	RETASHA	GODDARD	ASPEN	F	30	SF	1.22.01	1	0
545	289	20001	ZANTE	DEKKER	SAPPE	F	16	JF	1.22.15	1	0
546	296	70	BIANCA	SWARTS	SAPPE	F	20	SF	1.22.31	1	0
547	232	94	DENISE	TERBLANCHE	INFINITY	F	76	70+F	1.22.36	1	0
548	73	1215	HELEN	FOURIE	RUN4C	F	54	50-54F	1.22.42	1	0
549	236	1773	EYETHU	TISO	VUKANI	F	31	SF	1.22.45	1	0
550	378	4166	ZANDILE	DUDE	TEMP	F	42	40-44F	1.22.58	0	0
551	571	1720	NOLEEN	NORRIS	GELVAN	F	66	65-69F	1.23.08	1	0
552	64	331	MARGARET	DU TOIT	MUIRITE	F	62	60-64F	1.23.21	1	0
553	438	1117	GRAHAM	NELL	ACH	M	72	70+M	1.23.32	1	0
554	393	4426	SIMAMKELE	SIAMBE	TEMP	F	29	SF	1.23.44	0	0
555	173	2246	ORGIA	NELL	MUIRITE	F	80	70+F	1.23.52	1	0
556	488	1471	SHIRLEEN	CLARKE	NEDBANK	F	61	60-64F	1.24.03	1	0
557	379	5779	ERICA	ERASMUS	TEMP	F	54	50-54F	1.24.06	0	0
558	465	2248	ABDURRAGIEN	VAN DER SCHAFF	MALABAR	M	59	55-59M	1.24.20	1	0
559	545	453	JO-ANNE	MUIR	WALMER	F	54	50-54F	1.24.36	1	0
560	546	452	SHARON	POTGIETER	WALMER	F	59	55-59F	1.24.38	1	0
561	1013	1695	ARDEN	GROOTBOOM	GELVAN	F	42	40-44F	1.24.42	1	0
562	273	1852	NOZUKO	YEYE	HOLLYWOO	F	52	50-54F	1.24.43	1	0
563	386	5786	SHUMANI	RAUTSHAHALO	TEMP	M	37	35-39M	1.25.19	0	0
564	443	1017	CLAIRWEN	MEYER	BODYCON	F	45	45-49F	1.25.47	1	0
565	266	550	LIEZEL	WAIT	RUN4C	F	50	50-54F	1.25.56	1	0
566	20	687	LISA	BEDFORD	RUN4C	F	49	45-49F	1.26.42	1	0
567	563	531	NEVILLE	MARTIN	RUN4C	M	64	60-64M	1.26.59	1	0
568	394	4826	NOLUBABALO	SOHABA	TEMP	F	34	SF	1.27.19	0	0
569	27	80333	ESTINE	BOSCH	ASPEN	F	36	35-39F	1.28.13	1	0
570	340	5762	THANDISWA	MTSHOTANA	TEMP	F	33	SF	1.28.34	0	0
571	278	50714	FUNDISWA	KULA	ARCADIA	F	49	45-49F	1.29.15	0	0
572	216	1643	DINA	SCHUTTE	CHARLO	F	57	55-59F	1.29.33	1	0
573	148	304	FOZA	MARTIN	MUIRITE	F	63	60-64F	1.30.23	1	0
574	259	962	MILE	VERMAAK	CHARLO	F	57	55-59F	1.30.28	1	0
575	135	942	EDITH	MAC GEAR	CHARLO	F	56	55-59F	1.30.42	1	0
576	1015	1703	GODFREY	KARIEM	GELVAN	M	83	70+M	1.31.04	1	0
577	457	449	NOMFUNDO	KULA	TRANSNET	F	38	35-39F	1.31.33	1	0
578	256	916	SHARON	VAN ZYL	CHARLO	F	48	45-49F	1.31.59	1	0
579	319	6395	NOMVUYO	MCINGANA	TEMP	F	43	40-44F	1.33.14	0	0
580	89	326	NEIL	GROBLER	MUIRITE	M	63	60-64M	1.33.18	1	0
581	381	5781	EMMANUEL	MYALATO	TEMP	M	54	50-54M	1.35.10	0	0
582	345	4474	SARAH	KHOHLISO	HOLLYWOO	F	37	35-39F	1.35.49	1	0
583	110	559	SILVIA	JONCK	RUN4C	F	62	60-64F	1.37.23	1	0
584	86	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	49	45-49F	1.39.14	1	0
585	87	1679	KENNETH	GREYLING	MADIBA	M	64	60-64M	1.39.14	1	0
586	390	1095	MOF	BOTHA	ACH	M	68	65-69M	1.39.43	1	0
587	357	5771	MVUYISI	MPOMPOSHE	TEMP	M	34	SM	1.39.47	0	0
588	145	80353	CLAUDIUS	MARAIS	RUN4C	M	59	55-59M	1.40.14	0	0

589	337	5753	AMANDA	TONGO	TEMP	F	44	40-44F	1.40.19	0	0
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Helpers run

H1	601	425	GODFREY	STUURMAN	CHILLIEP	M	23	SM	0.39.00	3	
H2	602	426	ONATHI	STUURMAN	CHILLIEP	M	24	SM	0.41.51	2	
H3	603	431	ATHULE	NTSHUNTSCHA	CHILLIEP	M	27	SM	0.43.49	2	
H4	604	508	OLWETHU	BOMVANA	CHILLIEP	F	37	35-39F	0.49.15	2	
H5	605	1010	JAN	VAN EEDEN	NEDBANK	M	65	65-69M	0.50.02	3	
H6	606	435	NKOSINATHI	CLAY	CHILLIEP	M	59	55-59M	0.50.25	2	
H7	607	1935	XENOPHON	FERREIRA	BLUEBAY	M	62	60-64M	1.04.38	1	
H8	608	871	RICHARD	DE ANDRADE	CHARLO	M	63	60-64M	1.06.20	1	
H9	609	1956	SONJA	OLIVIER	BLUEBAY	F	56	55-59F	1.12.38	1	
H10	610	995	BERNADETTE	LOOCK	CHARLO	F	44	40-44F	1.16.22	1	
H11	611	1936	MARKUS	KUNNEKE	BLUEBAY	M	54	50-54M	1.16.42	1	
H12	612	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	54	50-54F	1.26.51	1	
H13	613	420	NOMPUMEZO	MAXENGANA	CHILLIEP	F	34	SF	1.33.50	1	