

SUNSHINE RACE - FOREST HILL - 2024/06/29 - Distance 7.30km

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	150	1836	XOLISA	NDLUMBINI	VUKANI	M	42	40-44M	0.22.39	1
2	381	1376	GIFT	CHIGOMARAWA	NEDBANK	M	36	35-39M	0.22.51	1
3	1825	1825	KHAYA	GQWETHA	VUKANI	M	39	35-39M	0.23.50	1
4	1003	40177	SIYAVUYA	JEYI	MOTHER	M	19	JM	0.23.54	1
5	163	1458	GEORGE	NTSHILIZA	BLUEBAY	M	44	40-44M	0.24.50	1
6	101	280	ANELE	KHALIPA	MUIRITE	M	35	35-39M	0.25.09	1
7	585	3585	AVENATHI	AVENATHI	SIBALEKA	M	17	JM	0.25.16	1
8	466	40342	Sinawo	April	SIBALEKA	M	14	JM	0.25.19	1
9	1001	370	DESMOND	ZIBI	IKHAMVA	M	60	60-64M	0.25.31	1
10	618	1335	ANELE	MALIZA	NEDBANK	M	46	45-49M	0.25.43	1
11	142	994	MASANDE	MLONYENI	CHARLO	M	43	40-44M	0.26.12	1
12	474	212	MALAKHIWE	YSTERMAN	CSEP	M	33	SM	0.26.14	1
13	10010	40169	AGCOBILE	JEZILE	MOTHER	M	15	JM	0.26.15	1
14	255	950	CHARLES	SEGALO	CHARLO	M	37	35-39M	0.26.18	1
15	424	1029	NYASHA	MUKANDI	BODYCON	M	32	SM	0.26.28	1
16	377	1806	BATHANDWA	MOOI	VUKANI	M	39	35-39M	0.26.31	1
17	458	40348	SIVENATHI	SODLADLA	SIBALEKA	M	17	JM	0.26.35	1
18	459	40354	SENZO	NDZOTOYI	SIBALEKA	M	15	JM	0.26.35	1
19	496	1443	DENYS	WOLMARANS	NEDBANK	M	45	45-49M	0.26.42	1
20	620	1793	LEBOHANG	SENTI	VUKANI	M	37	35-39M	0.26.56	1
21	586	184	SANELE	SAM	CSEP	M	31	SM	0.27.02	1
22		40015	JORDAN	FORTUIN	RUN4C	M	19	JM	0.27.02	1
23	144	74	TUMELO	MOCHELENYANE	SAPPE	M	41	40-44M	0.27.04	1
24	61	999	GRAHAM	ESHMADE	CHARLO	M	47	45-49M	0.27.10	1
25	153	908	KAYLA	NELL	CHARLO	F	30	SF	0.27.14	1
26	488	282	ABDUL	WICOMB	MUIRITE	M	45	45-49M	0.27.14	1
27	56	1503	LUVUYO	DYANI	NEDBANK	M	54	50-54M	0.27.19	1
28	615	2335	JEMAIN	WILSON	VITALITY	M	36	35-39M	0.27.30	1
29	1255	1255	ERROL	WHITTAL	ELITEAC	M	49	45-49M	0.27.45	1
30	380	1398	MUTEKILE	RASMENI	NEDBANK	M	59	55-59M	0.27.45	1
31	166	931	ANDILE	NYOKA	CHARLO	M	51	50-54M	0.27.45	1
32	592	3592	MICHAEL	HENDRICKS	TEMP	M	47	45-49M	0.27.45	0
33	396	1847	MHLENGI	MAHLABA	HOLLYWOO	M	32	SM	0.27.58	1
34	600	1270	MUHAMMED	PETERSEN	VWAC	M	40	40-44M	0.27.59	1
35	265	1406	REFELOE	SOLOMONS	NEDBANK	F	43	40-44F	0.28.02	1
36	139	814	BIANCA	MEISTRE	32GI	F	38	35-39F	0.28.04	1
37	630	1127	BRADLEY	MACKENZIE	ACH	M	52	50-54M	0.28.49	1
38	497	1480	AUGUST	ESAU	NEDBANK	M	53	50-54M	0.28.52	1
39	446	539	SERGIO	PETERSON	RUN4C	M	46	45-49M	0.28.53	1
40	438	1859	KESETSELEMANG	THAGAKANE	HOLLYWOO	M	40	40-44M	0.28.54	1
41	147	993	THEMBEKILE	MSIPA	CHARLO	M	49	45-49M	0.29.00	1
42	140	938	THOBELO	MFIKILI	CHARLO	M	37	35-39M	0.29.01	1
43	673	3184	LEFU	RAMPINE	TEMP	M	34	SM	0.29.03	0
44	627	1105	MARK	FRASER	ACH	M	30	SM	0.29.21	1
45	21	49	PHIL	BRADLEY	SAPPE	M	41	40-44M	0.29.32	1
46	609	1330	RUAN	SMALBERGER	NEDBANK	M	34	SM	0.29.34	1
47	53	829	WYNAND	DU PREEZ	32GI	M	51	50-54M	0.29.39	1
48	156	1943	LUYANDA	NGESI	BLUEBAY	M	31	SM	0.29.57	1
49	432	1770	KHANGELANI	HALOM	TRANSNET	M	42	40-44M	0.29.59	1
50	632	1761	SLULAMI	JACK	TRANSNET	M	49	45-49M	0.30.01	1
51	158	205	ZUKISANI	NJOKWENI	CSEP	M	35	35-39M	0.30.15	1
52	621	1964	NKOSINATHI	GCAKASI	BLUEBAY	M	53	50-54M	0.30.17	1
53	554	3554	LUKE	HOYLE	TEMP	M	20	SM	0.30.19	0
54	125	898	PATRIC	MAKWENKWE	CHARLO	M	58	55-59M	0.30.34	1
55	89	932	DEAN	HOYLE	CHARLO	M	54	50-54M	0.30.40	1
56	608	856	THERESA	BUCHNER	32GI	F	39	35-39F	0.30.40	1
57	477	2317	KHAKA	NJOZELA	VITALITY	M	37	35-39M	0.30.41	1
58	599	1729	BRIAN	JONAS	GELVAN	M	63	60-64M	0.30.42	1
59	181	985	CHRISTOFF	PUREN	CHARLO	M	33	SM	0.30.46	1
60	640	125	FUARD	DE JAGER	MALABAR	M	45	45-49M	0.30.50	1
61	418	718	CONNOR	MITCHELL	MADIBAZ	M	20	SM	0.31.02	1
62	639	1642	NICO	SMITH	MADIBA	M	39	35-39M	0.31.04	1
63	489	1639	VANDRE	NEL	MADIBA	M	39	35-39M	0.31.06	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
64	545	545	RUHAN	VAN RENSBURG	RUN4C	M	32	SM	0.31.14	1
65	199	955	SIVUYILE	SCHEEPERS	CHARLO	M	31	SM	0.31.16	1
66	594	1457	RICHARD	MAZUNGULA	NEDBANK	M	47	45-49M	0.31.21	1
67	467	2288	VUSUMZI	TWANA	SIBALEKA	M	45	45-49M	0.31.27	1
68	410	546	ANOLD	CHIYAMA	RUN4C	M	39	35-39M	0.31.34	1
69	185	821	CANDICE	RICHARDS	32GI	F	31	SF	0.31.36	1
70	437	2559	UNATHI	MELENI	ACT AC	M	29	SM	0.31.37	1
71	650	1957	HENRY	PIENAAR	BLUEBAY	M	52	50-54M	0.31.39	1
72	706	706	STEPHEN	MCCARTHY	CRUSADE	M	63	60-64M	0.31.40	1
73	269	989	Brett	Steyn	CHARLO	M	49	45-49M	0.31.40	1
74	628	1833	SITHA	SIGENU	VUKANI	F	40	40-44F	0.31.46	1
75	629	1810	XOLANI	NTEYI	VUKANI	M	45	45-49M	0.31.47	1
76	14	596	FRIKKIE	BOSHOFF	RUN4C	M	44	40-44M	0.31.54	1
77	616	40170	ZINTLE	XHONTI	MOTHER	F	16	JF	0.31.58	1
78	2	881	SHAUN	ATTENBOROUGH	CHARLO	M	55	55-59M	0.31.58	1
79	658	3658	GRANT	MISKIN	TEMP	F	30	SF	0.31.59	0
80	483	2490	Grant	Rudman	DESPATCH	M	46	45-49M	0.32.01	1
81	654	804	CHARLES	CORBY	32GI	M	53	50-54M	0.32.25	1
82	484	1283	URAN	LE ROUX	VWAC	M	57	55-59M	0.32.26	1
83	419	40205	ABBIE	MITCHELL	SCHOOL	F	17	JF	0.32.27	1
84	587	554	PETRUS	RADEMEYER	RUN4C	M	49	45-49M	0.32.28	1
85	374	1416	CHRISTINE	CLAASEN	NEDBANK	F	59	55-59F	0.32.29	1
86	10	970	MALCOLM	BLANDY	CHARLO	M	42	40-44M	0.32.32	1
87	375	1216	WESSEL	WOLMARANS	ELITEAC	M	46	45-49M	0.32.36	1
88	638	1637	CHARL	MEISTRE	MADIBA	M	39	35-39M	0.32.51	1
89	642	148	ABDUL	LILLAH	MALABAR	M	34	SM	0.32.54	1
90	659	694	PHATHULUVO	MGULI	HOLLYWOO	M	39	35-39M	0.32.56	1
91	57	1659	HANNES	ELS	MADIBA	M	74	70+M	0.32.58	1
92	258	564	GAVIN	SILLS	RUN4C	M	51	50-54M	0.32.59	1
93	408	2226	TEDDY	PRUSENT	MADIBAZ	M	36	35-39M	0.33.17	1
94	4	978	CHRISTOPHER	AYERST	CHARLO	M	57	55-59M	0.33.32	1
95	623	1432	DELIWE	NYANGA	NEDBANK	F	35	35-39F	0.33.33	1
96	651	392	LAWRENCE	NTIKA	IKHAMVA	M	66	65-69M	0.33.36	1
97	461	560	FENANDO	KIEWIETS	RUN4C	M	39	35-39M	0.33.39	1
98	13	944	DISEMBA	BLOU	CHARLO	M	66	65-69M	0.33.41	1
99	1093	1093	MARC	RIEDER	ACH	M	50	50-54M	0.33.54	1
100	475	552	GEOFFREY	SWARTBOOI	RUN4C	M	48	45-49M	0.33.59	1
101	1551	551	RODGER	GYSMAN	RUN4C	M	50	50-54M	0.34.00	1
102	510	3510	G	DE WET	TEMP	M	28	SM	0.34.02	0
103	417	1775	BONKE	GOYI	VUKANI	M	36	35-39M	0.34.06	1
104	513	3513	DEAN	GOW	TEMP	M	40	40-44M	0.34.09	0
105	137	990	BRETT	MCLAREN	CHARLO	M	38	35-39M	0.34.10	1
106	1824	1824	VUYILE	TIKWAYO	VUKANI	M	42	40-44M	0.34.14	1
107	6	949	WELCOME	BASKITI	CHARLO	M	56	55-59M	0.34.16	1
108	28	561	DARRYL	CALVERT	32GI	M	48	45-49M	0.34.20	1
109	76	914	ETIENNE	GERBER	CHARLO	M	54	50-54M	0.34.23	1
110	416	1069	WAYNE	MITCHELL	ACH	M	51	50-54M	0.34.23	1
111	134	1055	JEROME	MAY	XCEL	M	57	55-59M	0.34.29	1
112	644	104	LINDY	KREZMANN	VARSITY	F	47	45-49F	0.34.32	1
113	2414	2414	SIMCELILE	SITHEMBU	SAPPE	M	33	SM	0.34.39	1
114	645	1785	MCEBISI	MPONDO	VUKANI	M	40	40-44M	0.34.41	1
115	155	887	LYNNE	NEUBERT	CHARLO	F	52	50-54F	0.34.42	1
116	391	1113	ROGER	TRADER	ACH	M	70	70+M	0.34.49	1
117	54	733	ALEX	DU TOIT	CRUSADE	M	59	55-59M	0.34.50	1
118	635	3635	MICHAEL	PRINCE	TEMP	M	50	50-54M	0.34.54	0
119	460	1701	VERNON	NEWFELDT	GELVAN	M	58	55-59M	0.34.59	1
120	991	91	DENZIL	KOOPMAN	INFINITY	M	53	50-54M	0.34.59	1
121	110	576	VERNON	LANDMAN	RUN4C	M	49	45-49M	0.35.01	1
122	454	1647	JUSTIN	LEESON	MADIBA	M	38	35-39M	0.35.02	1
123	602	1597	EDVIN	DONLEY	DESPATCH	M	47	45-49M	0.35.09	1
124	386	1590	ANNEKE	MOORE	DESPATCH	F	40	40-44F	0.35.09	1
125	71	1598	LERENZO	FRANCIS	DESPATCH	M	37	35-39M	0.35.13	1
126	598	1954	LEONARD	CONRADIE	BLUEBAY	M	70	70+M	0.35.13	1
127	370	891	GEORGE	WINSHIP	CHARLO	M	58	55-59M	0.35.14	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
128	570	3570	ANSERI	NEL	TEMP	F	38	35-39F	0.35.14	0
129	430	1003	MARIUS	VAN EYK	BODYCON	M	60	60-64M	0.35.23	1
130	1061	1061	CHESTER	BROOKS	XCEL	M	66	65-69M	0.35.30	1
131	499	651	SANNAH	MPUKULA	ASPEN	F	50	50-54F	0.35.30	1
132	5650	650	TAFADZWA	MARAMBIRE	ASPEN	M	41	40-44M	0.35.31	1
133	500	652	ISRAEL	MPUKULA	ASPEN	M	47	45-49M	0.35.33	1
134	121	885	HANSEN	LUKA	CHARLO	M	49	45-49M	0.35.34	1
135	145	964	JUSTIN	MOGRIDGE	CHARLO	M	35	35-39M	0.35.37	1
136	390	288	WARREN	GRIFFITHS	MUIRITE	M	59	55-59M	0.35.41	1
137	434	344	ANTON	AUGUST	MUIRITE	M	41	40-44M	0.35.51	1
138	479	2201	ETHAN	HOWARD	MADIBAZ	M	20	SM	0.35.54	1
139		40167	KHANYISA	GEDZE	MOTHER	M	17	JM	0.35.55	1
140	90	983	JOANNE	HOYLE	CHARLO	F	55	55-59F	0.35.56	1
141	555	3555	JORDAN	HOYLE	TEMP	M	20	SM	0.35.57	0
142	605	283	LORENZO	SAMUELS	MUIRITE	M	39	35-39M	0.35.58	1
143	653	3653	ASHTON	FERREIRA	TEMP	M	52	50-54M	0.35.58	0
144	482	634	JO-ANNE	FORSON	ASPEN	F	36	35-39F	0.36.00	1
145	487	637	MARK	GODDARD	ASPEN	M	27	SM	0.36.04	1
146	366	653	CRAIG	WARD	ASPEN	M	47	45-49M	0.36.08	1
147	537	3537	ANDRE	SCHOEMAN	TEMP	M	30	SM	0.36.11	0
148	192	1211	SANETTE	RYAN	ELITEAC	F	54	50-54F	0.36.13	1
149	384	1750	BASIL	STEVENS	GELVAN	M	52	50-54M	0.36.14	1
150	270	40182	Dylan-John	Steyn	CHARLO	M	16	JM	0.36.15	1
151	427	3427	PANASHE	MANDICHONESE	TEMP	M	16	JM	0.36.17	0
152	288	1250	PETER	VAN RENSBURG	ELITEAC	M	66	65-69M	0.36.18	1
153	657	3657	LAUREN	SMITH	TEMP	F	40	40-44F	0.36.18	0
154	624	1448	THELMA	MCOPELO	NEDBANK	F	42	40-44F	0.36.19	1
155	791	791	CHARL	GERBER	32GI	M	47	45-49M	0.36.20	1
156	371	327	ELWIN	WOODS	MUIRITE	M	60	60-64M	0.36.27	1
157	383	2006	ABULELE	ROZANA	MADIBAZ	M	28	SM	0.36.28	1
158	462	2067	ROBIN	NOMDOE	GELVAN	M	37	35-39M	0.36.30	1
159	455	2419	BRENDAN	BOSMAN	MADIBA	M	39	35-39M	0.36.33	1
160	456	693	DARREN	HOWE	DISVIT	M	40	40-44M	0.36.38	0
161	193	982	PRISHEN	RYAN	CHARLO	M	34	SM	0.36.39	1
162	450	796	REBECCA	JORDAAN	32GI	F	33	SF	0.36.40	1
163	131	952	CINDY	MARAIS	CHARLO	F	47	45-49F	0.36.41	1
164	276	2514	Lehlohonolo	Thokoa	ABSAEP	M	43	40-44M	0.36.43	1
165	111	577	YOLANDIE	LANDMAN	RUN4C	F	49	45-49F	0.36.43	1
166	77	1214	BENITA	GERBER	ELITEAC	F	59	55-59F	0.36.45	1
167	548	3548	MOHAMAD	YUSUF ADAM	TEMP	M	38	35-39M	0.37.01	0
168	9	1208	CHRISTINE	BIRD	ELITEAC	F	53	50-54F	0.37.13	1
169	506	3506	CHRISTOPHER	BROWNE	TEMP	M	27	SM	0.37.14	0
170	470	532	JUDY	GERBER	RUN4C	F	58	55-59F	0.37.26	1
171	1609	1609	WILLEMIEN	DU RANDT	DESPATCH	F	49	45-49F	0.37.27	1
172	481	633	DAVID	NEL	ASPEN	M	36	35-39M	0.37.27	1
173	2155	2155	IVAN	MOSES	MADIBAZ	M	62	60-64M	0.37.37	1
174	451	797	JEANDRE	JORDAAN	32GI	M	40	40-44M	0.37.39	1
175	197	900	JASON	SAUNDERS	CHARLO	M	44	40-44M	0.37.51	1
176	397	850	PAIGE	LEE	32GI	F	58	55-59F	0.37.51	1
177	46	50	MICHAEL	DEKKER	SAPPE	M	51	50-54M	0.37.52	1
178	92	915	JOEL	HUMAN	CHARLO	M	51	50-54M	0.37.57	1
179	283	921	RYAN	VAN DER MESCHT	CHARLO	M	43	40-44M	0.37.58	1
180	494	1592	BENNIE	THYSSE	DESPATCH	M	66	65-69M	0.37.58	1
181	1566	1566	RUAN	WELGEMOED	DESPATCH	M	29	SM	0.37.59	1
182	1256	1256	JANINE	WHITTAL	ELITEAC	F	43	40-44F	0.38.00	1
183	186	281	MONIQUE	RICHARDSON	MUIRITE	F	28	SF	0.38.03	1
184	130	948	THOMAS	MARAIS	CHARLO	M	37	35-39M	0.38.04	1
185	271	1222	BURNITA	STRYDOM	ELITEAC	F	55	55-59F	0.38.12	1
186	286	905	JANET	VAN NIEKERK	CHARLO	F	47	45-49F	0.38.13	1
187	157	1538	SIPHAMANDLA	NGOBELA	MADIBAZ	M	31	SM	0.38.13	1
188	423	1018	IVO	MEYER	BODYCON	M	49	45-49M	0.38.15	1
189	45	75	HESTER	DEKKER	SAPPE	F	52	50-54F	0.38.17	1
190	566	3566	VUYOLWETHU	NGALO	TEMP	M	31	SM	0.38.24	0
191	1575	1575	LESLEY-ANN	BUSH	DESPATCH	F	52	50-54F	0.38.25	1

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192	3545	3545	ANDREW-JON	WILLIAMS	TEMP	M	38	35-39M	0.38.25	0
193	59	1512	DEON	ENGELBRECHT	NEDBANK	M	56	55-59M	0.38.26	1
194	49	1234	DEWALD	DEYSEL	ELITEAC	M	41	40-44M	0.38.29	1
195	392	583	CHRISTELLE	SLABBERT	RUN4C	F	52	50-54F	0.38.44	1
196	601	1947	YOLANDI	DEETLEFS	BLUEBAY	F	41	40-44F	0.38.48	1
197	478	50968	ANELISA	MAGAMA	REALGIJ	F	37	35-39F	0.38.49	0
198	571	3571	DEHAN	KUKKUK	TEMP	M	24	SM	0.38.51	0
199	465	1910	THANDO	FRANS	SPAREC	M	46	45-49M	0.38.52	1
200	289	926	TREVOR	VAN RENSBURG	CHARLO	M	71	70+M	0.38.53	1
201	463	1474	MICHELE	MOOLMAN	NEDBANK	F	39	35-39F	0.38.55	1
202	307	307	DENVER	HUME	MUIRITE	M	46	45-49M	0.38.56	1
203	32	1219	MELANIE	CHRISTIE	ELITEAC	F	39	35-39F	0.38.56	1
204	378	1560	PIETER	STRYDOM	DESPATCH	M	63	60-64M	0.38.58	1
205	565	3565	MONWABISI	MPULU	TEMP	M	64	60-64M	0.38.59	0
206	30	1111	GRAHAM	CHANNON	ACH	M	74	70+M	0.39.03	1
207	189	991	GREGORY	ROSS	CHARLO	M	51	50-54M	0.39.04	1
208	411	40011	Mpilontle	Meko	RUN4C	M	18	JM	0.39.05	1
209	88	992	CYNTHIA	HEYNS	CHARLO	F	40	40-44F	0.39.11	1
210	1	1201	CATHY	ALLERS	ELITEAC	F	62	60-64F	0.39.14	1
211	1565	1565	BONITA	WEITZ	DESPATCH	F	52	50-54F	0.39.15	1
212	1564	1564	LEON	WEITZ	DESPATCH	M	50	50-54M	0.39.16	1
213	80	1950	Nicole	GRAY	BLUEBAY	F	23	SF	0.39.17	1
214	612	1730	CYRIL	UITHALER	GELVAN	M	61	60-64M	0.39.18	1
215	531	3531	TYRELL	POLGLASE	TEMP	M	41	40-44M	0.39.19	0
216	533	3533	JAYDEN	POLGLASE	TEMP	M	15	JM	0.39.20	0
217	581	3581	KUDWAKWASHE	NYAMUTSAMBIRA	TEMP	M	33	SM	0.39.21	0
218	141	170	THANDEKA	MHLANGA	ACT AC	F	34	SF	0.39.28	1
219	558	3558	HENNIE	VENTER	TEMP	M	55	55-59M	0.39.30	0
220	268	40181	JANE	STEYN	CHARLO	F	15	JF	0.39.31	1
221	198	4	SHANE	SAUNDERS	RUN4C	M	56	55-59M	0.39.33	1
222	160	911	TANYA	MEYER	CHARLO	F	39	35-39F	0.39.34	1
223	294	2556	Gideon	Van Zyl	RUN4C	M	42	40-44M	0.39.40	1
224	538	3538	CHANTAL	SCHOEMAN	TEMP	F	26	SF	0.39.41	0
225	412	50257	NKOSINATHI	MABUNU	QOKOL	M	32	SM	0.39.42	0
226	50	794	KIRSTI	DOLINSCHK	VITALITY	F	43	40-44F	0.39.49	1
227	428	2111	GEROME	MINTOOR	ATLANTIC	M	56	55-59M	0.39.53	1
228	596	1299	MICHAEL	SLATER	VWAC	M	53	50-54M	0.40.16	1
229	590	1054	DELANI	THUSI	TNETFS	M	41	40-44M	0.40.17	0
230	490	2257	ELIZE	ADAMS	SIBALEKA	F	49	45-49F	0.40.24	1
231	572	3572	GARY	STEPHENSON	TEMP	M	61	60-64M	0.40.28	0
232	507	3507	RODNEY	BUTTERS	TEMP	M	62	60-64M	0.40.42	0
233	17	1588	JACQUES	BOTHA	DESPATCH	M	50	50-54M	0.40.47	1
234	613	1298	MPHATHISI	MJADU	VWAC	M	52	50-54M	0.40.53	1
235	493	1702	LEONARD	GROVES	GELVAN	M	60	60-64M	0.40.53	1
236	705	705	OCTAVIA	BOSHOF	CRUSADE	F	54	50-54F	0.40.54	1
237	431	745	KATHLEEN	FLANAGAN	CRUSADE	F	38	35-39F	0.40.55	1
238	471	2188	JOHANN	VAN DER MERWE	MADIBAZ	M	60	60-64M	0.41.00	1
239	528	3528	LAURE	PIETERSE	TEMP	M	53	50-54M	0.41.02	0
240	109	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	40	40-44F	0.41.02	1
241	1600	1600	YVETTE	JONKER	DESPATCH	F	52	50-54F	0.41.03	1
242	96	723	ALETTA	JOUBERT	CRUSADE	F	62	60-64F	0.41.07	1
243	16	1284	DEAN	BOSMAN	VWAC	M	42	40-44M	0.41.08	1
244	35	285	VANESSA	COETZEE	MUIRITE	F	47	45-49F	0.41.11	1
245	441	1621	WILHELM	KILIAN	MADIBA	M	48	45-49M	0.41.12	1
246	275	808	LECELLE	THERON	32GI	F	44	40-44F	0.41.13	1
247	18	1689	SILKE	BOTHA	MADIBA	F	27	SF	0.41.15	1
248	64	765	LESLIE	FERREIRA	CRUSADE	M	28	SM	0.41.16	1
249	190	750	PIETER	ROUX	CRUSADE	M	69	65-69M	0.41.17	1
250	606	1056	BRANDON	GROENER	XCEL	M	45	45-49M	0.41.22	1
251	485	1656	SCHOOBEE	PRETORIUS	MADIBA	M	66	65-69M	0.41.29	1
252	435	592	JOHAN	VERMEUEN	RUN4C	M	57	55-59M	0.41.33	1
253	603	1248	EULIDA	OELOFSE	ELITEAC	F	51	50-54F	0.41.54	1
254	104	595	MARISKA	KRUGER	RUN4C	F	46	45-49F	0.41.55	1
255	1737	1737	LYNDLE	NAIDOO	GELVAN	F	32	SF	0.41.58	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
256	1734	1734	DENVER	PETERSEN	GELVAN	M	40	40-44M	0.41.59	1
257	637	3162	JADE	FESTUS	TEMP	M	34	SM	0.42.00	0
258	379	1748	RICHARD	RAMATSASA	GELVAN	M	48	45-49M	0.42.13	1
259	2127	2127	BERNARD	PETERSEN	MADIBAZ	M	58	55-59M	0.42.17	1
260	180	803	MICHAEL	PRICE	32GI	M	49	45-49M	0.42.27	1
261	2232	2232	ALVADO	ARENDSE	MADIBAZ	M	50	50-54M	0.42.32	1
262	292	1607	SONJA	VAN WYK	DESPATCH	F	42	40-44F	0.42.32	1
263	367	40384	MADISON	WARD	ASPEN	F	14	JF	0.42.33	1
264	179	889	PETER	POHLMANN	CHARLO	M	60	60-64M	0.42.34	1
265	473	553	TYRESE	SWARTBOOI	RUN4C	M	21	SM	0.42.34	1
266	429	746	JOHAN	BARNARD	CRUSADE	M	69	65-69M	0.42.45	1
267	595	1962	DANIEL	PIETERSE	BLUEBAY	M	61	60-64M	0.42.45	1
268	636	2252	SYLVAN	BLIGNAUT	MADIBAZ	M	64	60-64M	0.42.46	1
269	70	529	ANDRE	FOURIE	RUN4C	M	77	70+M	0.42.47	1
270	503	3503	MTHOKOZISI	BLESSING	TEMP	M	35	35-39M	0.42.52	0
271	8	956	NEELES	BHANA	CHARLO	M	53	50-54M	0.42.56	1
272	527	3527	NOSIPHIWO	MZANYWA	TEMP	F	35	35-39F	0.42.58	0
273	282	1451	MARIANE	VAN DER LINDE	NEDBANK	F	45	45-49F	0.43.02	1
274	273	1429	RIKA	TERBLANCHE	NEDBANK	F	47	45-49F	0.43.06	1
275	172	2158	NONDUMISO	PHAKATHI	MADIBAZ	F	42	40-44F	0.43.09	1
276	1124	1124	LIZ	PRINS	ACH	F	54	50-54F	0.43.09	1
277	62	1935	XENOPHON	FERREIRA	BLUEBAY	M	62	60-64M	0.43.11	1
278	84	1207	CHARL	GRIESSEL	ELITEAC	M	60	60-64M	0.43.12	1
279	512	3512	JOHAN	GERBER	TEMP	M	45	45-49M	0.43.13	0
280	259	563	LINDA	SILLS	RUN4C	F	42	40-44F	0.43.14	1
281	501	3501	ANSIE	BENADE	TEMP	F	65	65-69F	0.43.16	0
282	532	3532	COLTYN	POLGLASE	TEMP	M	104	70+M	0.43.17	0
283	634	1264	LAVINIA	PIETERSE	VWAC	F	49	45-49F	0.43.18	1
284	641	1271	LEZELL	HARRIS	VWAC	F	51	50-54F	0.43.34	1
285	29	693	NOMFUSI	CESHEMBA	VUKANI	F	42	40-44F	0.43.40	1
286	633	1263	KAHN	LANGFORD	VWAC	M	45	45-49M	0.43.42	1
287	518	3518	BONISIWE	KAMANGA	TEMP	F	30	SF	0.43.47	0
288	674	1790	LUVUYO	SIWUNDLA	VUKANI	M	44	40-44M	0.43.47	1
289	617	1333	MBULELO	SOBIKWA	NEDBANK	M	70	70+M	0.43.56	1
290	476	2352	ASANDA	SASANTI	VITALITY	F	34	SF	0.44.00	1
291	98	641	JACQUES	KEIRSGIETER	ASPEN	M	36	35-39M	0.44.03	1
292	1253	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	45	45-49F	0.44.05	1
293	519	3519	ROZETTA	KEMP	TEMP	F	70	70+F	0.44.06	0
294	267	2323	CHRISTO	STEYN	VITALITY	M	56	55-59M	0.44.07	1
295	387	1587	MARISKA	OLIVIER	DESPATCH	F	36	35-39F	0.44.08	1
296	291	1582	MARINET	VAN TONDER	DESPATCH	F	46	45-49F	0.44.08	1
297	556	3556	MARLIZE	HAYWARD	TEMP	F	42	40-44F	0.44.12	0
298	115	1868	TUMELO	LEHASA	HOLLYWOO	M	36	35-39M	0.44.22	1
299	440	512	GARFIELD	TSATSANE	SIBALEKA	M	58	55-59M	0.44.23	1
300	393	393	UNKNOWN	'	UNKNOWN	M	49	45-49M	0.44.23	0
301	47	72	HERMAN	DEKKER	SAPPE	M	79	70+M	0.44.25	1
302	568	3568	AIMEE	BADENHORST	TEMP	F	22	SF	0.44.34	0
303	569	3569	HEIN	BADENHORST	TEMP	M	54	50-54M	0.44.35	0
304	582	3582	FADEELAH	DAVIDS	TEMP	F	40	40-44F	0.44.35	0
305	266	1532	DUNCAN	STEENKAMP	MADIBA	M	25	SM	0.44.35	1
306	213	213	SHARON	SMUTS	CSEP	F	58	55-59F	0.44.36	1
307	116	1738	GERALDINE	LEO	GELVAN	F	66	65-69F	0.44.41	1
308	176	902	KRISH	PILLAY	CHARLO	M	62	60-64M	0.44.42	1
309	414	1629	ARINDA	VAN DER LINDE	MADIBA	F	34	SF	0.44.43	1
310	398	801	BIANCA	LEONARD	32GI	F	34	SF	0.44.44	1
311	399	800	JONATHAN	MANDELL	32GI	M	59	55-59M	0.44.50	1
312	24	5345	ROBERT	BUTTON	OLDSELB	M	65	65-69M	0.44.52	0
313	122	2149	WAYNE	MAC GEAR	MADIBAZ	M	61	60-64M	0.45.02	1
314	469	1911	NANDIPA	MYELEYELE	SPAREC	F	36	35-39F	0.45.02	1
315	148	751	NICK	MULLINS	CRUSADE	M	68	65-69M	0.45.03	1
316	436	684	MPHAKS	MZAMO	ASPEN	M	40	40-44M	0.45.04	1
317	610	198	RIAAN	SMALBERGER	CSEP	M	69	65-69M	0.45.11	1
318	79	1945	Janine	Gray	BLUEBAY	F	46	45-49F	0.45.20	1
319	19	298	SANET	BOUCHER	MUIRITE	F	44	40-44F	0.45.20	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
320	472	40012	YARDON	SWARTBOOI	RUN4C	M	16	JM	0.45.29	1
321	3	1103	LIZ	AUSTIN	ACH	F	65	65-69F	0.45.30	1
322	103	1382	CHARMELL	KOOPMAN	NEDBANK	F	44	40-44F	0.45.31	1
323	26	860	JONATHAN	CALITZ	32GI	M	46	45-49M	0.45.33	1
324	672	1713	LYDIA	OLIVER	GELVAN	F	56	55-59F	0.45.34	1
325	11	1631	AMANDA	BLIGNAULT	MADIBA	F	64	60-64F	0.45.40	1
326	42	1624	ESTELLE	DE KLERK	MADIBA	F	57	55-59F	0.45.46	1
327	97	131	SHUKRY	KAFAAR	MALABAR	M	38	35-39M	0.45.49	1
328	81	293	Karli	Greyling	MUIRITE	F	22	SF	0.46.13	1
329	561	37	DEON	DOUBELL	PEAAC	M	70	70+M	0.46.16	1
330	22	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	52	50-54M	0.46.16	1
331	55	738	SAM	DU TOIT	CRUSADE	F	55	55-59F	0.46.23	1
332	394	48	COLLEEN	MOSES	SAPPE	F	49	45-49F	0.46.23	1
333	546	3546	DEBBIE	WINTERMEYER	TEMP	F	46	45-49F	0.46.38	0
334	187	822	ROMMANY	ROGERS	32GI	F	42	40-44F	0.46.44	1
335	264	884	SHAMEMMA	SOLOMON	CHARLO	F	43	40-44F	0.46.45	1
336	280	917	VICKY	TSOUKNIDAS	CHARLO	F	46	45-49F	0.46.46	1
337	1832	1832	ANELE	MESANI	VUKANI	M	44	40-44M	0.46.47	1
338	278	895	GIANNI	TISTELLI	CHARLO	M	53	50-54M	0.46.47	1
339	44	565	RONEL	DE TARNOWSKY	RUN4C	F	43	40-44F	0.46.48	1
340	530	3530	LINDSEY	POLGLASE	TEMP	F	41	40-44F	0.46.48	0
341	591	3591	DARYN	NEWTON	TEMP	M	38	35-39M	0.46.49	0
342	167	1956	SONJA	OLIVIER	BLUEBAY	F	56	55-59F	0.47.09	1
343	552	3552	MOSS	WAYNE	TEMP	M	46	45-49M	0.47.17	0
344	631	1112	SHANE	NORRIS	ACH	M	50	50-54M	0.47.27	1
345	449	1547	SINDY	MOYAKHE	TRANSNET	F	37	35-39F	0.47.33	1
346	433	1623	SUSAN	ALCOCK	MADIBA	F	58	55-59F	0.47.37	1
347	262	337	CHRISTINE	SNYMAN	MUIRITE	F	68	65-69F	0.47.37	1
348	540	3540	CAROL	STRAUSS	TEMP	F	45	45-49F	0.47.38	0
349	1464	1464	DAVID	O'REILLY	NEDBANK	M	76	70+M	0.47.39	1
350	200	1938	JENN	SEADY	BLUEBAY	F	51	50-54F	0.47.39	1
351	553	3553	MOSS	SHANTEL	TEMP	F	46	45-49F	0.47.44	0
352	382	2518	Wendy	Bululu	ABSAEP	F	41	40-44F	0.47.47	1
353	385	1704	KEITH	SEZOE	GELVAN	M	53	50-54M	0.48.06	1
354	296	972	CONRAD	VENTER	CHARLO	M	32	SM	0.48.10	1
355	373	1119	TREMAINE	WESSON	ACH	M	63	60-64M	0.48.14	1
356	425	1102	KEN	BARWOOD	ACH	M	69	65-69M	0.48.15	1
357	18863	18863	UNKNOWN		UNKNOWN	M	49	45-49M	0.48.24	0
358	395	51302	XOLISILE	NOMDATYA	DEPTLA	M	43	40-44M	0.48.26	0
359	15	1579	JHANINEN	BOSHOFF	DESPATCH	F	58	55-59F	0.48.28	1
360	413	1016	LINDA	BARKHUIZEN	BODYCON	F	55	55-59F	0.48.29	1
361	444	862	MALIBONGWE	NKOMIYAHLABA	RUN4C	M	39	35-39M	0.48.29	1
362	445	861	FAKAZILE	NKOMIYAHLABA	RUN4C	F	37	35-39F	0.48.30	1
363	559	3559	GITELLE	VENTER	TEMP	F	21	SF	0.48.31	0
364	43	1602	LIEZL	DE KOCK	DESPATCH	F	48	45-49F	0.48.33	1
365	560	3560	CHANELLE	VENTER	TEMP	F	15	JF	0.48.47	0
366	68	1684	ERIKA	FOREMAN	MADIBA	F	53	50-54F	0.49.29	1
367	593	355593	MZUKISI	SALIWA	TEMP	M	41	40-44M	0.49.34	0
368	113	1693	JASON	LE ROUX	GELVAN	M	28	SM	0.49.41	1
369	543	3543	CRAIG	VAN LOGGERENBERG	TEMP	M	18	JM	0.49.42	0
370	576	3576	ATHIENKOSIE	LUTHAYI	TEMP	F	29	SF	0.49.44	0
371	58	1632	JOS	ELS	MADIBA	F	72	70+F	0.49.51	1
372	107	1936	MARKUS	KUNNEKE	BLUEBAY	M	54	50-54M	0.49.56	1
373	78	14493	VICTORIA	GOODALL	CCJHB	F	42	40-44F	0.49.58	0
374	453	289	RENAY	DU PLESSIS	MUIRITE	F	56	55-59F	0.49.59	1
375	5	984	BELINDA	BAIN	CHARLO	F	62	60-64F	0.50.01	1
376	298	566	JANINE	VILJOEN	RUN4C	F	54	50-54F	0.50.14	1
377	567	3567	STEVE	MAC DONALD	TEMP	M	71	70+M	0.50.16	0
378	40	871	RICHARD	DE ANDRADE	CHARLO	M	63	60-64M	0.50.19	1
379	293	927	ANTON	VAN WYK	CHARLO	M	56	55-59M	0.50.27	1
380	452	309	YVETTE	BROPHY	MUIRITE	F	54	50-54F	0.50.32	1
381	27	904	MARI	CALITZ	CHARLO	F	63	60-64F	0.50.33	1
382	547	3547	WILBUR	WRIGHT	TEMP	M	48	45-49M	0.50.33	0
383	400	2139	WENDY	CAMERON	MADIBAZ	F	46	45-49F	0.50.44	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
384	195	1274	GAYLE	SAAYMAN	VWAC	F	36	35-39F	0.50.58	1
385	257	1310	PUMLA	SIBALI	VWAC	F	45	45-49F	0.51.11	1
386	1002	1002	DANIELLE	VAN DYK	TEMP	F	35	35-39F	0.51.12	0
387	656	1808	SEEMOLA	MADLOKAZI	VUKANI	F	33	SF	0.51.13	1
388	495	1850	Nomfundo	Gwegwe	HOLLYWOO	F	47	45-49F	0.51.14	1
389	439	1862	SIMPHIWE	SOCI	HOLLYWOO	M	58	55-59M	0.51.16	1
390	3562	3562	BONGA	SODIDI	TEMP	F	21	SF	0.51.17	0
391	539	3539	CHUMISA	SKOSANA	TEMP	F	31	SF	0.51.24	0
392	529	3529	MPUMELELO	PILISANI	TEMP	M	55	55-59M	0.51.25	0
393	563	3563	FOURIE	CASSANDRA	TEMP	F	24	SF	0.51.26	0
394	23	2532	Jeniffer	Buchler	ABSAEP	F	63	60-64F	0.51.30	1
395	369	2515	OZELLE	WIEHAHN	ABSAEP	F	50	50-54F	0.51.32	1
396	118	1077	THERESA	LILLIS	ACH	F	67	65-69F	0.51.39	1
397	39	968	DENISE	DARLOW	CHARLO	F	55	55-59F	0.51.43	1
398	99	969	GARY	KELLEHER	CHARLO	M	66	65-69M	0.51.43	1
399	74	2310	LUCINDA	GERBER	VITALITY	F	49	45-49F	0.51.54	1
400	508	3508	SANDRA	BUTTERS	TEMP	F	58	55-59F	0.51.56	0
401	514	3514	DANEILLE	HARRY	TEMP	F	39	35-39F	0.51.56	0
402	564	3564	SANDRIKA	FOURIE	TEMP	F	26	SF	0.51.59	0
403	171	1279	NURENA	PETESSEN	VWAC	F	40	40-44F	0.52.01	1
404	1006	1286	SHANDRY	NAZER	VWAC	F	35	35-39F	0.52.08	1
405	1277	1277	DENVER	ELLIE	VWAC	M	43	40-44M	0.52.09	1
406	87	1683	SUNET	HARRIS	MADIBA	F	51	50-54F	0.52.13	1
407	12	286	SANET	BLOM	MUIRITE	F	57	55-59F	0.52.14	1
408	287	311	NICKI	VAN NIEKERK	MUIRITE	F	70	70+F	0.52.18	1
409	579	3579	NANDIPHA	NOQAYI	TEMP	F	34	SF	0.52.20	0
410	138	97	INA	MEAKER	INFINITY	F	62	60-64F	0.52.25	1
411	577	3577	LUSANDA	LUTHAYI	TEMP	F	32	SF	0.52.26	0
412	4000	4000	UNKNOWN		TEMP	M	49	45-49M	0.52.27	0
413	65	713	DENISE	FERREIRA	CRUSADE	F	62	60-64F	0.52.30	1
414	117	588	RENIER	LIEBENBERG	RUN4C	M	42	40-44M	0.52.37	1
415	551	3551	MIRANDA	COGGER	TEMP	F	47	45-49F	0.52.37	0
416	119	995	BERNADETTE	LOOCK	CHARLO	F	44	40-44F	0.52.56	1
417	285	303	SANET	VAN NIEKERK	MUIRITE	F	55	55-59F	0.52.57	1
418	170	1663	ESTELLE	PAXTON	MADIBA	F	58	55-59F	0.53.21	1
419	73	2601	CHRISTIAAN	GERBER	MUIRITE	M	49	45-49M	0.53.22	1
420	498	468	IRMA	DE JAGER	WALMER	F	63	60-64F	0.53.29	1
421	177	909	THURAYA	PILLAY	CHARLO	F	22	SF	0.54.05	1
422	31	923	EVA	CHETTY	CHARLO	F	56	55-59F	0.54.19	1
423	133	2563	PHAKAMA	MATATA	RUN4C	F	32	SF	0.54.23	1
424	114	1331	JAN	LE ROUX	NEDBANK	M	64	60-64M	0.54.23	1
425	174	600	ANDRE	PIENAAR	RUN4C	M	61	60-64M	0.54.31	1
426	95	714	KARIEN	JOUBERT	CRUSADE	F	36	35-39F	0.54.37	1
427	580	3580	SIMAMKELE	SIXIMBA	TEMP	F	29	SF	0.55.16	0
428	175	901	EUSENTHA	PILLAY	CHARLO	F	58	55-59F	0.55.18	1
429	33	1606	FANIE	CLAASSEN	DESPATCH	M	66	65-69M	0.55.23	1
430	573	3573	SUMAYA	SOOMAR	TEMP	F	45	45-49F	0.55.26	0
431	443	150	ZAHEER	SOOMAN	MALABAR	M	53	50-54M	0.55.30	1
432	2373	2373	TAMARIN	VAN DER BERG	VITALITY	F	38	35-39F	0.55.35	1
433	168	543	NIEKIE	OOSTHUIZEN	RUN4C	F	54	50-54F	0.55.40	1
434	415	585	JEANETTE	PIENAAR	RUN4C	F	76	70+F	0.55.45	1
435	284	961	LARA	VAN HEERDEN	CHARLO	F	48	45-49F	0.55.51	1
436	534	3534	BIANCA	RADEMEYER	TEMP	F	25	SF	0.55.56	0
437	143	218	Zimasa	Mncanca	MADIBAZ	F	28	SF	0.55.57	1
438	1375	1375	BARRY	NELSON	NEDBANK	M	72	70+M	0.56.12	1
439	521	3521	LI-ANNE	LANOMAN	TEMP	F	43	40-44F	0.56.17	0
440	184	441	Johannes	Rautenbach	WALMER	M	25	SM	0.56.39	1
441	182	2480	SHIRLEY	RADEMEYER	ELITEAC	F	28	SF	0.56.43	1
442	511	3511	JACKIE	ELOFF	TEMP	F	52	50-54F	0.56.44	0
443	51	1257	SAMANTHA	DOUGLAS	ELITEAC	F	36	35-39F	0.56.52	1
444	588	197	AUBREY	LE ROUX	CSEP	M	71	70+M	0.57.04	1
445	468	2283	NOMBULELO	NDZUZO	SIBALEKA	F	43	40-44F	0.57.04	1
446	448	1548	NONHLANHLA	SIKHAKHANE	TRANSNET	F	45	45-49F	0.57.30	1
447	91	1198	VICTOR	HUGO	JBAY	M	64	60-64M	0.57.31	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
448	409	2554	ERICA	ERASMUS	RUN4C	F	54	50-54F	0.57.32	1
449	541	3541	SIMON	STRIMLING	TEMP	M	62	60-64M	0.58.06	0
450	85	877	KURT	GROENER	CHARLO	M	42	40-44M	0.58.23	1
451	290	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	59	55-59F	0.58.27	1
452	72	971	DEIDRE	GERBER	CHARLO	F	52	50-54F	0.58.29	1
453	164	953	PHUMELELA	NTUNGWA	CHARLO	F	37	35-39F	0.58.34	1
454	151	464	ANDRE	NEL	WALMER	M	57	55-59M	0.58.35	1
455	152	463	ELMARIE	NEL	WALMER	F	48	45-49F	0.58.35	1
456	575	3575	AVIWE	TYWAKU	TEMP	F	34	SF	0.58.36	0
457	60	1928	GESINA	ERASMUS	BLUEBAY	F	42	40-44F	0.58.41	1
458	607	52	DARIUS	SWIEGELAAR	SAPPE	M	29	SM	0.58.41	1
459	173	455	JODI	PIENAAR	WALMER	M	30	SM	0.58.42	1
460	37	744	KAREN	CUNNINGHAM	CRUSADE	F	61	60-64F	0.59.03	1
461	263	2366	NOLUBABALO	SOHABA	VITALITY	F	35	35-39F	0.59.44	1
462	589	1740	JANICE	JONES	GELVAN	F	48	45-49F	0.59.52	1
463	486	647	RETASHA	GODDARD	ASPEN	F	31	SF	0.59.54	1
464	20	1556	RIAANA	BOUWER	DESPATCH	F	48	45-49F	1.00.02	1
465	509	3509	VERNA	CLAASSEN	TEMP	F	61	60-64F	1.00.08	0
466	274	94	DENISE	TERBLANCHE	INFINITY	F	76	70+F	1.00.15	1
467	146	888	DENVER	MOODLEY	CHARLO	M	43	40-44M	1.00.17	1
468	614	452	SHARON	POTGIETER	WALMER	F	59	55-59F	1.00.25	1
469	389	2231	CHENEL	ROBEY	MADIBAZ	F	45	45-49F	1.01.11	1
470	260	287	YOLANDI	SMALBERGER	MUIRITE	F	44	40-44F	1.01.23	1
471	154	329	ORGIA	NELL	MUIRITE	F	80	70+F	1.01.28	1
472	38	761	NTOKOZO	DAMBUZA	CRUSADE	F	45	45-49F	1.01.29	1
473	194	1951	AMINA	SAAL	BLUEBAY	F	46	45-49F	1.01.34	1
474	82	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	49	45-49F	1.01.35	1
475	25	1692	MARISA	CALISTE	GELVAN	F	39	35-39F	1.01.45	1
476	492	1720	NOLEEN	NORRIS	GELVAN	F	67	65-69F	1.02.03	1
477	611	1204	YOLANDA	DEYSEL	ELITEAC	F	49	45-49F	1.02.57	1
478	604	2476	ARLENE	HELBERG	ELITEAC	F	61	60-64F	1.03.29	1
479	34	603	Andries	Coetsee	RUN4C	M	38	35-39M	1.03.31	1
480	41	1128	Vanessa	De Groot	ACH	F	54	50-54F	1.03.37	1
481	376	61	ABEGAIL	TEYISE	SAPPE	F	52	50-54F	1.04.35	1
482	652	3652	MAGGIE	MULLER	TEMP	F	68	65-69F	1.04.44	0
483	516	3516	TARRYN	JONAS	TEMP	F	39	35-39F	1.04.44	0
484	421	1017	CLAIRWEN	MEYER	BODYCON	F	45	45-49F	1.05.30	1
485	48	40001	ZANTE	DEKKER	SAPPE	F	17	JF	1.06.20	1
486	272	70	BIANCA	SWARTS	SAPPE	F	21	SF	1.06.33	1
487	36	100	LYNETTE	CRAUSE	INFINITY	F	64	60-64F	1.07.26	1
488	517	3517	CHANTE	JOSEPH	TEMP	F	30	SF	1.07.28	0
489	574	3574	ALUNGILE	TYWAKU	TEMP	F	31	SF	1.08.57	0
490	108	108	CAILYN	VAN HEERDEN	VARSIITY	F	12	JF	1.09.03	1
491	643	1717	ANTOINETTE	HUMAN	GELVAN	F	56	55-59F	1.09.04	1
492	491	1714	ROLAND	DACE	GELVAN	M	69	65-69M	1.09.04	1
493	1703	1703	GODFREY	KARIEM	GELVAN	M	83	70+M	1.09.05	1
494	132	304	FOZA	MARTIN	MUIRITE	F	64	60-64F	1.09.28	1
495	522	3522	CHRISTINA	MAKOCHIENG	TEMP	F	27	SF	1.10.07	0
496	169	1660	COBUS	PAXTON	MADIBA	M	59	55-59M	1.10.49	1
497	504	3504	MHELLE	BLOM	TEMP	F	26	SF	1.14.14	0
498	535	3535	LISA	RANDALL	TEMP	F	44	40-44F	1.14.15	0
499	544	3544	ELRINDA	WANNENBURG	TEMP	F	43	40-44F	1.15.10	0
500	562	562	JUDITH	NIENABER	RUN4C	F	64	60-64F	1.15.42	1
501	557	3557	IGOR	LESKO	TEMP	M	44	40-44M	1.16.01	0
502	102	1650	PIERRE	KNOESEN	MADIBA	M	69	65-69M	1.16.34	1
503	597	1095	MOF	BOTHA	ACH	M	68	65-69M	1.17.42	1
504	67	1403	JOHAN	FERREIRA	RUN4C	M	62	60-64M	1.18.24	1
505	420	687	ANELE	MATOTI	VUKANI	M	45	45-49M	1.19.25	1
506	583	3583	THOKOZANI	MTIMKULU	TEMP	F	27	SF	1.21.30	0
507	69	528	HELEN	FOURIE	RUN4C	F	54	50-54F	1.21.30	1
508	426	1117	GRAHAM	NELL	ACH	M	73	70+M	1.23.41	1
509	422	1122	BOB	STEDMAN	ACH	M	74	70+M	1.23.42	1
510	536	3536	MARCOLENE	SAUNDERS	TEMP	F	39	35-39F	1.23.47	0
511	100	710	LEONA	KEMP	CRUSADE	F	68	65-69F	1.23.48	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
512	94	559	SILVIA	JONCK	RUN4C	F	63	60-64F	1.25.28	1
513	112	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	55	55-59F	1.28.36	1
514	183	336	ARNOLD	RAS	MUIRITE	M	62	60-64M	1.28.36	1
515	442	1471	SHIRLEEN	CLARKE	NEDBANK	F	61	60-64F	1.29.03	1
516	123	942	EDITH	MAC GEAR	CHARLO	F	56	55-59F	1.29.03	1
517	295	916	SHARON	VAN ZYL	CHARLO	F	48	45-49F	1.29.21	1
518	297	962	MILE	VERMAAK	CHARLO	F	57	55-59F	1.29.32	1
519	584	3584	SHANDRILLE	VAN ZYL	TEMP	F	25	SF	1.31.09	0
520	256	939	DINA	SCHUTTE	CHARLO	F	58	55-59F	1.31.52	1
521	447	1362	TANYA	SMALBERGER	NEDBANK	F	42	40-44F	1.31.54	1
522	83	1679	KENNETH	GREYLING	MADIBA	M	64	60-64M	1.34.08	1
523	129	589	CLAUDIUS	MARAIS	RUN4C	M	60	60-64M	1.36.06	1
HELPERS RUN - 10KM										
H1	5500	500	RAWLINGS	DUBE	ADVEN	M	40	40-44M	0.44.59	1
H2	5501	699	Andrew	Uithaler	ELITEAC	M	32	SM	0.46.32	1
H3	5503	1247	LISLE	MATTHEWS	ELITEAC	F	49	45-49F	0.49.57	1
H4	5504	485	LAWRENCE	MAFUZE	ADVEN	M	50	50-54M	0.53.34	1
H5	5505	1237	HERMAN	MATTHEWS	ELITEAC	M	49	45-49M	0.55.55	1
H6	5506	1290	MARTIN	LEWIES	VWAC	M	49	45-49M	0.59.54	1
H7	5507	1291	ASHENDA	MAKONIE	VWAC	F	48	45-49F	0.59.54	1
H8	5508	2048	LUTHANDO	KAPOYI	ADVEN	M	46	45-49M	1.00.25	1
H9	5509	2431	YENZILE	MDODANA	NMBAC	F	32	SF	1.04.21	1
H10	5510	479	GQITYELWA	KWINANA	ADVEN	F	38	35-39F	1.18.00	1
H11	5511	2434	SEIPATE	MZANANDA	NMBAC	F	44	40-44F	1.20.21	1