

MAKRO 10KM - PORT ELIZABETH - 2024/7/20

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS
1	369	355	MELIKHAYA	FRANS	IKHAMVA	M	34	SM	0.30.35
2	371	399	SIMON	SIBEKO	IKHAMVA	M	29	SM	0.30.35
3	373	363	CWENGA	NOSE	IKHAMVA	M	23	SM	0.31.37
4	178	1836	XOLISA	NDLUMBINI	VUKANI	M	42	40-44M	0.32.53
5	388	1319	MZOLISI	MAKHANDA	NEDBANK	M	41	40-44M	0.33.37
6	831	1825	KHAYA	GQWETHA	VUKANI	M	39	35-39M	0.34.50
7	808	378	SIYABONGA	HONNI	IKHAMVA	M	40	40-44M	0.35.17
8	586	40341	ANTON	AVENATHI	SIBALEKA	M	17	JM	0.35.26
9	145	40005	BULUMKO	MALINGA	NEDBANK	M	17	JM	0.35.53
10	146	1335	ANELE	MALIZA	NEDBANK	M	46	45-49M	0.35.58
11	200	1339	MILA	PASIYA	BLUEBAY	M	44	40-44M	0.36.01
12	507	40386	Brad	Solomon	MADIBA	M	17	JM	0.36.06
13	396	1793	LEBOHANG	SENTI	VUKANI	M	37	35-39M	0.36.30
14	593	1391	MNCEDI	KHANTI	NEDBANK	M	44	40-44M	0.36.31
15	816	1806	BATHANDWA	MOOI	VUKANI	M	39	35-39M	0.36.37
16	577	2256	NOEL	ADAMS	SIBALEKA	M	52	50-54M	0.36.46
17	587	994	MASANDE	MLONYENI	SIBALEKA	M	43	40-44M	0.36.47
18	356	212	MALAKHIWE	YSTERMAN	CSEP	M	33	SM	0.37.06
19	806	1242	GCOBANI	BEKWAPI	ELITEAC	M	44	40-44M	0.37.14
20	68	999	GRAHAM	ESHMADE	CHARLO	M	47	45-49M	0.37.16
21	163	74	TUMELO	MOCHELENYANE	SAPPE	M	42	40-44M	0.37.50
22	566	2429	SAZISO	PANGINDAWO	NMBAC	M	42	40-44M	0.38.21
23	323	2335	JEMAIN	WILSON	VITALITY	M	36	35-39M	0.38.31
24	807	174	VIWE	TEKO	ACT AC	M	26	SM	0.38.31
25	810	40015	JORDAN	FORTUIN	RUN4C	M	19	JM	0.38.34
26	298	40578	DESNAY	O'GRADY	VARSAITY	F	13	JF	0.38.36
27	563	1406	REFELOE	SOLOMONS	NEDBANK	F	43	40-44F	0.38.45
28	297	908	KAYLA	NELL	CHARLO	F	30	SF	0.38.46
29	141	1847	MHLENGI	MAHLABA	HOLLYWOO	M	32	SM	0.39.14
30	237	950	CHARLES	SEGALO	CHARLO	M	37	35-39M	0.39.15
31	502	931	ANDILE	NYOKA	CHARLO	M	51	50-54M	0.39.30
32	866	518	ATHINI	MABALA	VUKANI	M	30	SM	0.39.44
33	575	1398	MUTEKILE	RASMENI	NEDBANK	M	59	55-59M	0.39.57
34	508	40354	SENZO	NDZOTOYI	SIBALEKA	M	15	JM	0.39.59
35	591	1500	ANNALISE	SCHOLTZ	NEDBANK	F	41	40-44F	0.40.01
36	551	3353	EDMUND	RONANDER	TEMP	M	41	40-44M	0.40.27
37	565	1330	RUAN	SMALBERGER	NEDBANK	M	34	SM	0.40.29
38	501	1465	HENRY	CRAUSE	NEDBANK	M	41	40-44M	0.40.30
39	541	2276	SIYANDA	PETER	SIBALEKA	M	35	35-39M	0.40.36
40	172	993	THEMBEKILE	MSIPA	CHARLO	M	49	45-49M	0.40.43
41	248	1642	NICO	SMITH	MADIBA	M	39	35-39M	0.40.50
42	479	3302	VICTOR	NGOBENI	TEMP	M	33	SM	0.41.03
43	598	1761	SLULAMI	JACK	TRANSNET	M	49	45-49M	0.41.19
44	236	1436	NTSIKELELO	SEBE	NEDBANK	M	41	40-44M	0.41.35
45	292	874	JACQUES	VISSER	CHARLO	M	53	50-54M	0.41.45
46	65	829	WYNAND	DU PREEZ	32GI	M	51	50-54M	0.41.52
47	78	156	STANTON	FREEMAN	ACT AC	M	46	45-49M	0.42.04
48	225	875	Matthew	Rodgers	CHARLO	M	22	SM	0.42.11
49	188	205	ZUKISANI	NJOKWENI	CSEP	M	35	35-39M	0.42.13
50	132	40284	CALEB	LOTTERING	ATLANTIC	M	18	JM	0.42.22
51	811	217	SAPHO	NKATA	CSEP	M	47	45-49M	0.42.27
52	187	1822	MZWANELE	NQOQO	VUKANI	M	46	45-49M	0.42.33
53	836	3363	SIYOMCELO	MBELEKANE	TEMP	M	29	SM	0.42.44
54	560	301	IAN	PATTERSON	MUIRITE	M	61	60-64M	0.42.45
55	144	898	PATRIC	MAKWENKWE	CHARLO	M	58	55-59M	0.42.52
56	160	938	THOBELO	MFIKILI	CHARLO	M	37	35-39M	0.42.57
57	193	40008	Kamvalethu	Makeleni	BLUEBAY	M	17	JM	0.43.04
58	231	955	SIVUYILE	SCHEEPERS	CHARLO	M	31	SM	0.43.05
59	25	40561	RUBEN	BOUWER	SCHOOL	M	15	JM	0.43.05
60	583	3341	JAN	NEL	TEMP	M	32	SM	0.43.13
61	29	856	THERESA	BUCHNER	32GI	F	39	35-39F	0.43.26
62	815	3357	MARCELLE	DE LANGE	TEMP	M	28	SM	0.43.33
63	855	2166	GRAHAM	TERBLANCHE	MADIBAZ	M	59	55-59M	0.43.40

64	576	804	CHARLES	CORBY	32GI	M	53	50-54M	0.43.41
65	92	1770	KHANGELANI	HALOM	TRANSNET	M	42	40-44M	0.43.43
66	279	545	RUHAN	VAN RENSBURG	RUN4C	M	32	SM	0.43.45
67	290	534	MIEKE	WESTRAADT	RUN4C	F	29	SF	0.44.04
68	536	1347	LUVUYO	STEPHEN	NEDBANK	M	54	50-54M	0.44.07
69	100	2201	ETHAN	HOWARD	MADIBAZ	M	20	SM	0.44.08
70	186	1943	LUYANDA	NGESI	BLUEBAY	M	31	SM	0.44.13
71	540	40579	CANDICE	DEYSEL	VARSITY	F	14	JF	0.44.13
72	850	3368	KIAN	TERBLANCHE	TEMP	M	30	SM	0.44.14
73	503	630	LWAZI	MDUNYA	ASPEN	M	38	35-39M	0.44.15
74	506	1729	BRIAN	JONAS	GELVAN	M	63	60-64M	0.44.21
75	244	1461	VUYISILE	SIMAYILE	NEDBANK	M	37	35-39M	0.44.28
76	584	1457	RICHARD	MAZUNGULA	NEDBANK	M	47	45-49M	0.44.30
77	315	1639	VANDRE	NEL	MADIBA	M	39	35-39M	0.44.33
78	340	596	FRIKKIE	BOSHOFF	RUN4C	M	44	40-44M	0.44.43
79	342	1810	XOLANI	NTEYI	VUKANI	M	45	45-49M	0.44.45
80	343	1833	SITHA	SIGENU	VUKANI	F	40	40-44F	0.44.45
81	386	1301	DESTIN	SAUER	VWAC	M	43	40-44M	0.44.48
82	510	1637	CHARL	MEISTRE	MADIBA	M	39	35-39M	0.44.48
83	347	2317	KHAKA	NJOZELA	VITALITY	M	37	35-39M	0.44.54
84	216	2226	TEDDY	PRUSENT	MADIBAZ	M	36	35-39M	0.44.57
85	194	1432	DELIWE	NYANGA	NEDBANK	F	35	35-39F	0.44.59
86	377	1283	URAN	LE ROUX	VWAC	M	57	55-59M	0.45.03
87	239	1944	MUSA	SENTI	BLUEBAY	M	31	SM	0.45.15
88	221	957	PIERRE	RENSHAW	CHARLO	M	51	50-54M	0.45.16
89	40	1416	CHRISTINE	CLAASEN	NEDBANK	F	59	55-59F	0.45.17
90	303	2559	UNATHI	MELANI	ACT AC	M	29	SM	0.45.19
91	572	1957	HENRY	PIENAAR	BLUEBAY	M	52	50-54M	0.45.20
92	399	1838	SIYABULELA	MPENGESI	VUKANI	M	42	40-44M	0.45.22
93	851	411	SIYABONGA	ZULU	CHILLIEP	M	42	40-44M	0.45.22
94	398	1783	PETER	GATANGI	VUKANI	M	47	45-49M	0.45.25
95	2	881	SHAUN	ATTENBOROUGH	CHARLO	M	55	55-59M	0.45.34
96	224	2380	LYLE	ROCKMAN	GELVAN	M	29	SM	0.45.35
97	570	40205	ABBIE	MITCHELL	SCHOOL	F	17	JF	0.45.42
98	834	989	Brett	Steyn	CHARLO	M	49	45-49M	0.45.43
99	117	1661	LISA	KREUSCH	MADIBA	F	37	35-39F	0.45.52
100	384	694	PHATHULUVO	MGULI	HOLLYWOOD	M	39	35-39M	0.45.54
101	569	1069	WAYNE	MITCHELL	ACH	M	51	50-54M	0.45.58
102	227	1643	HERMAN	SAAYMAN	MADIBA	M	39	35-39M	0.45.59
103	14	40014	JAMIE-LEE	BESTER	RUN4C	F	15	JF	0.46.01
104	66	1659	HANNES	ELS	MADIBA	M	74	70+M	0.46.03
105	229	789	KELVIN	SAMUEL	32GI	M	40	40-44M	0.46.05
106	579	551	RODGER	GYSMAN	RUN4C	M	50	50-54M	0.46.08
107	802	1494	TAWFEEQ	VYVER	NEDBANK	M	25	SM	0.46.10
108	162	1801	LUNGISA	MKOSI	VUKANI	M	37	35-39M	0.46.11
109	11	949	WELCOME	BASKITI	CHARLO	M	57	55-59M	0.46.14
110	242	564	GAVIN	SILLS	RUN4C	M	51	50-54M	0.46.15
111	219	554	PETRUS	RADEMEYER	RUN4C	M	49	45-49M	0.46.25
112	98	619	BRETT	HOLMES	ASPEN	M	50	50-54M	0.46.36
113	350	1489	ANNEMIE	HOLTZHAUZEN	NEDBANK	F	38	35-39F	0.46.39
114	358	2490	Grant	Rudman	DESPATCH	M	46	45-49M	0.47.04
115	76	1598	LERENZO	FRANCIS	DESPATCH	M	37	35-39M	0.47.05
116	845	2229	LUTHANDO	NDZAMBO	MADIBAZ	M	40	40-44M	0.47.22
117	16	970	MALCOLM	BLANDY	CHARLO	M	42	40-44M	0.47.23
118	383	1786	XYLON	VAN EYCK	VUKANI	M	39	35-39M	0.47.25
119	322	1658	KOOS	OLIVIER	MADIBA	M	66	65-69M	0.47.27
120	826	2414	SIMCELILE	SITHEMBU	SAPPE	M	33	SM	0.47.33
121	516	1438	STEFAN	STEYNBERG	NEDBANK	M	46	45-49M	0.47.37
122	348	1422	DEON	HOLTZHAUSEN	NEDBANK	M	39	35-39M	0.47.43
123	165	1590	ANNEKE	MOORE	DESPATCH	F	40	40-44F	0.47.58
124	57	1597	EDVIN	DONLEY	DESPATCH	M	47	45-49M	0.47.58
125	451	3113	ANDRE	SCHOEMAN	TEMP	F	30	SF	0.48.05
126	511	1194	SADRICK	GROOTBOOM	JBAY	M	43	40-44M	0.48.08
127	597	3344	ANDRE	PIENAAR	TEMP	M	53	50-54M	0.48.09
128	844	2084	GEDDES	GALLANT	SANDFEP	M	57	55-59M	0.48.13

129	423	6988	DANIEL	LLEWELLYN TRASK	TEMP	M	26	SM	0.48.18
130	442	3090	SAMUEL	NELL	TEMP	M	22	SM	0.48.19
131	185	887	LYNNE	NEUBERT	CHARLO	F	52	50-54F	0.48.29
132	32	1676	ANTHONY	BUTTON	MADIBA	M	62	60-64M	0.48.29
133	471	3148	RICCO	VISSER	TEMP	M	22	SM	0.48.30
134	205	1775	BONKE	GOYI	VUKANI	M	36	35-39M	0.48.42
135	833	3361	MARK	DU PIESANIE	TEMP	M	33	SM	0.48.42
136	150	952	CINDY	MARAIS	CHARLO	F	47	45-49F	0.48.49
137	140	648	MVULELI	MAGAWULANA	ASPEN	M	47	45-49M	0.48.52
138	176	1963	OWEN	NCUBE	BLUEBAY	M	43	40-44M	0.48.53
139	581	621	KIRWIN	DE KLERK	ASPEN	M	42	40-44M	0.49.05
140	217	985	CHRISTOFF	PUREN	CHARLO	M	33	SM	0.49.06
141	837	1785	MCEBISI	MPONDO	VUKANI	M	40	40-44M	0.49.18
142	839	40298	JOEL	OLIPHANT	ATLANTIC	M	19	JM	0.49.37
143	480	3303	JANRE	VILJOEN	TEMP	M	25	SM	0.49.45
144	222	281	MONIQUE	RICHARDSON	MUIRITE	F	28	SF	0.49.46
145	151	948	THOMAS	MARAIS	CHARLO	M	37	35-39M	0.49.53
146	17	944	DISEMBA	BLOU	CHARLO	M	66	65-69M	0.49.54
147	803	1954	LEONARD	CONRADIE	BLUEBAY	M	70	70+M	0.49.54
148	170	651	SANNAH	MPUKULA	ASPEN	F	50	50-54F	0.50.07
149	82	914	ETIENNE	GERBER	CHARLO	M	54	50-54M	0.50.18
150	830	1809	SIBONGILE	MGQEBA	VUKANI	F	37	35-39F	0.50.19
151	4	978	CHRISTOPHER	AYERST	CHARLO	M	57	55-59M	0.50.20
152	545	653	CRAIG	WARD	ASPEN	M	47	45-49M	0.50.25
153	226	982	PRISHEN	RYAN	CHARLO	M	34	SM	0.50.26
154	63	733	ALEX	DU TOIT	CRUSADE	M	59	55-59M	0.50.28
155	260	552	GEOFFREY	SWARTBOOI	RUN4C	M	48	45-49M	0.50.32
156	277	921	RYAN	VAN DER MESCHT	CHARLO	M	43	40-44M	0.50.40
157	203	1510	PRESTON	PETERSEN	NEDBANK	M	35	35-39M	0.50.55
158	580	1018	IVO	MEYER	BODYCON	M	49	45-49M	0.50.56
159	278	78	HANNELI	VAN GREUNEN	SAPPE	F	34	SF	0.50.57
160	268	2514	Lehlohonolo	Thokoa	ABSAEP	M	43	40-44M	0.51.06
161	6	199	JOSEPH	BAIN	CSEP	M	64	60-64M	0.51.06
162	835	40182	Dylan-John	Steyn	CHARLO	M	16	JM	0.51.07
163	345	1862	SIMPHIWE	SOCI	HOLLYWOO	M	58	55-59M	0.51.08
164	368	1586	MAUDY	BOTES	DESPATCH	F	42	40-44F	0.51.12
165	13	602	JACOBUS	BERNARDO	RUN4C	M	31	SM	0.51.13
166	157	1446	MFEZI	MCINGANA	NEDBANK	M	48	45-49M	0.51.18
167	201	1481	ROCHENDA	ASHWORTH	NEDBANK	F	27	SF	0.51.18
168	181	2108	BERNICE	NEL	HEATAC	F	36	35-39F	0.51.22
169	366	3339	BILLY BOY	KIETAS	TEMP	M	49	45-49M	0.51.23
170	230	900	JASON	SAUNDERS	CHARLO	M	44	40-44M	0.51.26
171	594	91	DENZIL	KOOPMAN	INFINITY	M	53	50-54M	0.51.35
172	72	1099	DEAN	FINLAY	ACH	M	58	55-59M	0.51.41
173	154	1356	JEROME	MAY	NEDBANK	M	57	55-59M	0.51.45
174	521	532	JUDY	GERBER	RUN4C	F	58	55-59F	0.51.47
175	328	1666	Julia	Hofart	MADIBA	F	41	40-44F	0.51.51
176	84	913	ZENE	GERBER	CHARLO	F	23	SF	0.51.56
177	365	3338	THEMBINKOSI	STOKWE	TEMP	M	49	45-49M	0.52.00
178	828	650	TAFADZWA	MARAMBIRE	ASPEN	M	41	40-44M	0.52.04
179	179	51054	DOLLY	NDUDE	BUFFALO	F	52	50-54F	0.52.05
180	122	576	VERNON	LANDMAN	RUN4C	M	49	45-49M	0.52.05
181	161	170	THANDEKA	MHLANGA	ACT AC	F	34	SF	0.52.09
182	509	791	CHARL	GERBER	32GI	M	47	45-49M	0.52.10
183	334	634	JO-ANNE	FORSON	ASPEN	F	36	35-39F	0.52.18
184	431	6996	IAN	MILLS	TEMP	M	30	SM	0.52.21
185	804	1448	THELMA	MCOPELO	NEDBANK	F	42	40-44F	0.52.22
186	305	1474	MICHELE	MOOLMAN	NEDBANK	F	39	35-39F	0.52.23
187	589	283	LORENZO	SAMUELS	MUIRITE	M	39	35-39M	0.52.24
188	820	1261	FRANKLIN	HUMAN	VWAC	M	49	45-49M	0.52.25
189	295	2155	IVAN	MOSES	MADIBAZ	M	62	60-64M	0.52.28
190	491	3318	PETER	SCHOLTZ	TEMP	M	23	SM	0.52.29
191	257	989	Brett	Steyn	CHARLO	M	49	45-49M	0.52.35
192	557	3331	TRISTEN	DU RANDT	TEMP	M	24	SM	0.52.53
193	532	40200	Owami	GWAMANDA	VWAC	M	15	JM	0.52.55

194	62	1609	WILLEMEN	DU RANDT	DESPATCH	F	49	45-49F	0.52.56
195	461	3123	AYABONGA	TSHUNGWANA	TEMP	M	30	SM	0.53.02
196	817	1389	BABALO	MAKALIMA	NEDBANK	M	41	40-44M	0.53.08
197	321	38	HANSIE	ELS	MADIBA	M	76	70+M	0.53.14
198	234	1075	GAVIN	SCHONKNECHT	ACH	M	56	55-59M	0.53.16
199	374	2427	GODFREY	GELDERBLOEM	NMBAC	M	56	55-59M	0.53.18
200	362	52	DARIUS	SWIEGELAAR	SAPPE	M	29	SM	0.53.21
201	54	50	MICHAEL	DEKKER	SAPPE	M	51	50-54M	0.53.22
202	404	6969	STEPHAN	BOTHA	TEMP	M	55	55-59M	0.53.29
203	53	75	HESTER	DEKKER	SAPPE	F	52	50-54F	0.53.35
204	31	1575	LESLEY-ANN	BUSH	DESPATCH	F	52	50-54F	0.53.42
205	102	915	JOEL	HUMAN	CHARLO	M	51	50-54M	0.53.43
206	275	891	GEORGE	WINSHIP	CHARLO	M	58	55-59M	0.53.43
207	73	745	KATHLEEN	FLANAGAN	CRUSADE	F	38	35-39F	0.53.48
208	123	577	YOLANDIE	LANDMAN	RUN4C	F	49	45-49F	0.53.50
209	385	307	DENVER	HUME	MUIRITE	M	46	45-49M	0.53.53
210	9	521	ALECHE	BARNARD	RUN4C	F	29	SF	0.54.01
211	393	120	TYRA	ROOZENDAAL	VARSITY	F	22	SF	0.54.08
212	417	6982	JARRYD	JACOBS	TEMP	M	27	SM	0.54.14
213	824	3360	LESTER	CHRIS	TEMP	M	50	50-54M	0.54.22
214	148	2068	Clarence	Manuel	GELVAN	M	30	SM	0.54.25
215	520	2188	JOHANN	VAN DER MERWE	MADIBAZ	M	60	60-64M	0.54.28
216	247	930	IMKE	SMIT	CHARLO	F	35	35-39F	0.54.29
217	77	1910	THANDO	FRANS	SPAREC	M	46	45-49M	0.54.30
218	363	327	ELWIN	WOODS	MUIRITE	M	60	60-64M	0.54.31
219	452	3114	CHANTE	SCHOEMAN	TEMP	F	26	SF	0.54.32
220	333	633	DAVID	NEL	ASPEN	M	36	35-39M	0.54.34
221	505	2557	DEWALT	VERMEULEN	RUN4C	M	52	50-54M	0.54.35
222	169	652	ISRAEL	MPUKULA	ASPEN	M	47	45-49M	0.54.35
223	326	2511	JADE	FESTUS	GELVAN	M	34	SM	0.54.35
224	18	2645	Gershwin	Booyesen	GELVAN	M	36	35-39M	0.54.36
225	481	3304	SIMAMKELE	NTANTA	TEMP	M	26	SM	0.54.36
226	121	530	BEYERS	LAMPRECHT	RUN4C	M	56	55-59M	0.54.56
227	286	2556	Gideon	Van Zyl	RUN4C	M	42	40-44M	0.55.02
228	382	1512	DEON	ENGELBRECHT	NEDBANK	M	56	55-59M	0.55.05
229	60	1074	BRENDON	DRYDEN	ACH	M	56	55-59M	0.55.06
230	391	40385	Jarno	Nel	ASPEN	M	14	JM	0.55.07
231	571	3355	TEVIN	PRINSLOO	TEMP	M	30	SM	0.55.07
232	99	618	KELLY	HOLMES	ASPEN	F	47	45-49F	0.55.08
233	96	2592	Anslon	Hector	VWAC	M	30	SM	0.55.15
234	448	3110	BRENDON	ROUX	TEMP	M	48	45-49M	0.55.16
235	543	1937	AMANDA	PRIDEAUX	BLUEBAY	F	49	45-49F	0.55.23
236	310	5535	THANDO - NO ID	MANI	TEMP	F	24	SF	0.55.24
237	287	972	CONRAD	VENTER	CHARLO	M	32	SM	0.55.25
238	838	3362	MULALO	LUSUNZI	TEMP	F	30	SF	0.55.25
239	813	1818	ANDILE	BOVUNGANA	VUKANI	M	57	55-59M	0.55.28
240	44	285	VANESSA	COETZEE	MUIRITE	F	47	45-49F	0.55.29
241	282	883	LINDI	VAN TONDER	CHARLO	F	46	45-49F	0.55.33
242	549	3352	SIMAMKELE	TSHANGANA	TEMP	M	17	JM	0.55.35
243	147	1776	SIPHOKAZI	MANI	VUKANI	F	34	SF	0.55.36
244	327	1769	WILTON	MNQAYI	TRANSNET	M	41	40-44M	0.55.38
245	590	417	PETER	MSIZA	CHILLIEP	M	51	50-54M	0.55.44
246	846	1390	ZIYAAD	DOLLEY	MALABAR	M	55	55-59M	0.55.47
247	124	1263	KAHN	LANGFORD	VWAC	M	45	45-49M	0.55.47
248	246	583	CHRISTELLE	SLABBERT	RUN4C	F	52	50-54F	0.55.51
249	394	1299	MICHAEL	SLATER	VWAC	M	53	50-54M	0.55.56
250	599	1592	BENNIE	THYSSE	DESPATCH	M	67	65-69M	0.56.01
251	531	3330	INGA	SADIDI	TEMP	M	19	JM	0.56.02
252	272	51177	OMPHILE	TSOMOKO	ALIWAL	M	34	SM	0.56.02
253	87	1950	Nicole	GRAY	BLUEBAY	F	23	SF	0.56.04
254	496	3323	EDWARD	SCHOLTZ	TEMP	M	51	50-54M	0.56.06
255	578	2257	ELIZE	ADAMS	SIBALEKA	F	49	45-49F	0.56.06
256	465	3128	VALMARIE	VAN DE VYVER	TEMP	F	33	SF	0.56.06
257	390	2416	JOHN	FREWEN	MADIBA	M	62	60-64M	0.56.06
258	445	3106	LAURE	PIETERSE	TEMP	M	53	50-54M	0.56.10

259	281	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	59	55-59F	0.56.17
260	109	723	ALETTA	JOUBERT	CRUSADE	F	62	60-64F	0.56.26
261	48	2333	TENIELLE	DE ANDRADE	VITALITY	F	39	35-39F	0.56.27
262	41	894	TONY	CLARKE	CHARLO	M	63	60-64M	0.56.28
263	596	2497	FRANCOIS	WIUM	DESPATCH	M	41	40-44M	0.56.34
264	863	1291	ASHENDA	MAKONIE	VWAC	F	48	45-49F	0.56.34
265	280	926	TREVOR	VAN RENSBURG	CHARLO	M	71	70+M	0.56.38
266	174	2626	MCEBISI	MZINZI	DPWEC	M	44	40-44M	0.56.42
267	562	4	SHANE	SAUNDERS	RUN4C	M	56	55-59M	0.56.42
268	361	1846	Simo	Nkanyuza	HOLLYWOO	M	37	35-39M	0.56.48
269	314	1671	LEON	GROENEWALD	MADIBA	M	57	55-59M	0.56.49
270	389	2417	MARIZA	FREWEN	MADIBA	F	62	60-64F	0.56.54
271	843	1298	MPHATHISI	MJADU	VWAC	M	52	50-54M	0.56.55
272	232	450	NICOLE	SCHOEMAN	TRANSNET	F	26	SF	0.56.58
273	267	808	LECHELLE	THERON	32GI	F	44	40-44F	0.57.02
274	415	6980	JUSTIN	HASTIE	TEMP	M	27	SM	0.57.05
275	209	1264	LAVINIA	PIETERSE	VWAC	F	49	45-49F	0.57.06
276	592	613	ASHRAF	ACKERDIEN	ASPEN	M	51	50-54M	0.57.06
277	464	3126	DUANE	VAN APPEL	TEMP	M	20	SM	0.57.15
278	337	2662	MONTE	SCHOLTZ	TEMP	M	63	60-64M	0.57.27
279	367	1560	PIETER	STRYDOM	DESPATCH	M	63	60-64M	0.57.27
280	528	3524	EMMANUEL	KOLL	TEMP	M	36	35-39M	0.57.29
281	274	1648	KEITH	VALENTINE	MADIBA	M	33	SM	0.57.31
282	856	9991	XOLANI	MHLANGU	TEMP	M	35	35-39M	0.57.38
283	36	561	DARRYL	CALVERT	CHARLO	M	49	45-49M	0.57.39
284	360	5345	ROBERT	BUTTON	OLDSELB	M	65	65-69M	0.57.42
285	24	1689	SILKE	BOTHA	MADIBA	F	27	SF	0.57.44
286	556	535	GERT	HARMSE	RUN4C	M	58	55-59M	0.57.45
287	118	595	MARISKA	KRUGER	RUN4C	F	46	45-49F	0.57.46
288	22	1284	DEAN	BOSMAN	VWAC	M	42	40-44M	0.57.48
289	518	1401	ELISE	STEYNBERG	NEDBANK	F	44	40-44F	0.57.54
290	210	1962	DANIEL	PIETERSE	BLUEBAY	M	62	60-64M	0.58.00
291	218	2650	Sandisile	Qumza	VUKANI	M	36	35-39M	0.58.03
292	424	6989	LOYISO	MALOTANA	TEMP	M	48	45-49M	0.58.04
293	204	2158	NONDUMISO	PHAKATHI	MADIBAZ	F	42	40-44F	0.58.08
294	105	1567	JACOBUS	WYATT	DESPATCH	M	61	60-64M	0.58.10
295	441	3085	NOSIPHIWO	MZANYWA	TEMP	F	35	35-39F	0.58.17
296	841	3365	JOSH	LOYSON	TEMP	M	27	SM	0.58.24
297	840	3364	CALEB	LOYSON	TEMP	M	23	SM	0.58.26
298	214	2066	JOHAN	PRETORIUS	MADIBA	M	49	45-49M	0.58.27
299	243	563	LINDA	SILLS	RUN4C	F	42	40-44F	0.58.27
300	15	956	NEELESH	BHANA	CHARLO	M	53	50-54M	0.58.34
301	91	2558	Shanell	Greyling	RUN4C	F	21	SF	0.58.39
302	43	603	Andries	Coetsee	RUN4C	M	38	35-39M	0.58.40
303	561	341	DELME	REDCLIFFE	MUIRITE	M	40	40-44M	0.58.50
304	538	2127	BERNARD	PETERSEN	MADIBAZ	M	58	55-59M	0.58.56
305	284	1607	SONJA	VAN WYK	DESPATCH	F	42	40-44F	0.58.57
306	336	2509	SELLO	KOTU	ABSAEP	M	31	SM	0.58.58
307	58	82	LETA	DOS SANTOS	INFINITY	F	60	60-64F	0.59.03
308	254	1532	DUNCAN	STEENKAMP	MADIBA	M	25	SM	0.59.03
309	849	1271	LEZELL	HARRIS	VWAC	F	51	50-54F	0.59.04
310	259	977	VINCENT	SWART	CHARLO	M	50	50-54M	0.59.05
311	477	3200	LYNNE	VAN WYK	TEMP	F	40	40-44F	0.59.05
312	517	2232	ALVADO	ARENDSE	MADIBAZ	M	50	50-54M	0.59.06
313	853	123	SIHAAM	ALLISON	MALABAR	F	39	35-39F	0.59.07
314	206	960	ADELE	PHIPPS	CHARLO	F	55	55-59F	0.59.14
315	537	1790	LUVUYO	SIWUNDLA	VUKANI	M	44	40-44M	0.59.19
316	10	746	JOHAN	BARNARD	CRUSADE	M	69	65-69M	0.59.24
317	438	3025	BOIKETLO	MTAU	TEMP	F	20	SF	0.59.24
318	5	2363	ABDUL	GOOSEIN	VITALITY	M	36	35-39M	0.59.35
319	428	6993	JESSICA	MCNISH	TEMP	F	29	SF	0.59.37
320	405	6970	EMILIO	CAMPBELL	TEMP	M	32	SM	0.59.47
321	175	2098	KATHERINE	NAWDISH	HEATAC	F	51	50-54F	0.59.47
322	27	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	52	50-54M	0.59.48
323	33	1939	RUDY	BUYS	BLUEBAY	M	47	45-49M	0.59.51

324	860	9998	MICHELLE	MEYER	TEMP	F	44	40-44F	0.59.52
325	80	1635	DORIS	GERBER	MADIBA	F	53	50-54F	0.59.53
326	74	529	ANDRE	FOURIE	RUN4C	M	77	70+M	0.59.54
327	400	54000	ASHRAF	KHAN	TEMP	M	41	40-44M	0.59.58
328	86	1945	Janine	Gray	BLUEBAY	F	46	45-49F	1.00.12
329	526	2230	MLULEKI	GQOBOSE	MADIBAZ	M	55	55-59M	1.00.15
330	88	293	Karli	Greyling	MUIRITE	F	22	SF	1.00.17
331	283	1582	MARINET	VAN TONDER	DESPATCH	F	46	45-49F	1.00.29
332	542	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	54	50-54F	1.00.33
333	23	1588	JACQUES	BOTHA	DESPATCH	M	50	50-54M	1.00.41
334	215	803	MICHAEL	PRICE	32GI	M	49	45-49M	1.00.42
335	533	3347	XOLANI	MABUSELA	TEMP	M	29	SM	1.00.42
336	475	3195	JOHAN	GERBER	TEMP	M	45	45-49M	1.00.50
337	338	592	JOHAN	VERMEUEN	RUN4C	M	57	55-59M	1.00.50
338	233	2346	MARILEE	SCHOLTZ	VITALITY	F	27	SF	1.01.00
339	455	3117	SIMON	SCHOLTZ	TEMP	M	28	SM	1.01.02
340	113	2640	ROZETTA	KEMP	RUN4C	F	70	70+F	1.01.03
341	522	3345	MEEKA	BLOM	TEMP	F	19	JF	1.01.03
342	490	3313	CHANTE	JOSEPH	TEMP	F	30	SF	1.01.08
343	473	3150	DUNCAN	WOODS	TEMP	M	27	SM	1.01.10
344	316	1636	LISTIA	NEL	MADIBA	F	49	45-49F	1.01.17
345	294	2612	ELRINDA	WANNENBURG	RUN4C	F	43	40-44F	1.01.18
346	359	1403	JOHAN	FERREIRA	RUN4C	M	62	60-64M	1.01.21
347	332	1294	SIYABULELA	MTEMBU	VWAC	M	37	35-39M	1.01.36
348	801	1333	MBULELO	SOBIKWA	NEDBANK	M	70	70+M	1.01.36
349	346	2352	ASANDA	SASANTI	VITALITY	F	34	SF	1.01.45
350	173	1911	NANDIPA	MYELEYELE	SPAREC	F	36	35-39F	1.01.56
351	264	1429	RIKA	TERBLANCHE	NEDBANK	F	47	45-49F	1.02.00
352	103	1717	ANTOINETTE	HUMAN	GELVAN	F	56	55-59F	1.02.09
353	138	2149	WAYNE	MAC GEAR	MADIBAZ	M	61	60-64M	1.02.12
354	862	7321	VUYO	MAQUTU	TEMP	M	45	45-49M	1.02.15
355	355	202	LUTHANDO	NOMTOTO	CSEP	M	37	35-39M	1.02.20
356	55	72	HERMAN	DEKKER	SAPPE	M	79	70+M	1.02.23
357	825	2090	WELLINGTON	TSHINGANE	SANDFEP	M	54	50-54M	1.02.29
358	487	3310	TARYN	KOOPMAN	TEMP	F	30	SF	1.02.38
359	430	6995	JENNIFER	MICHAU	TEMP	F	57	55-59F	1.02.50
360	223	1368	ZHULDYZ	ROBBERTS	NEDBANK	F	37	35-39F	1.02.57
361	126	1331	JAN	LE ROUX	NEDBANK	M	64	60-64M	1.02.57
362	416	6981	SHARON	HERMAANS	TEMP	F	47	45-49F	1.02.59
363	69	1935	XENOPHON	FERREIRA	BLUEBAY	M	63	60-64M	1.03.00
364	456	3118	NADIA	SERFONTEIN	TEMP	F	49	45-49F	1.03.03
365	842	9993	TANYA	JANSEN VAN VUUREN	TEMP	F	55	55-59F	1.03.05
366	530	3520	BONGA	SODIDI	TEMP	F	21	SF	1.03.21
367	555	213	SHARON	SMUTS	CSEP	F	58	55-59F	1.03.22
368	492	3319	KRISTEN	VAN ROOYEN	TEMP	F	21	SF	1.03.29
369	270	895	GIANNI	TISTELLI	CHARLO	M	53	50-54M	1.03.31
370	539	1466	AT	SCHOEMAN	NEDBANK	M	67	65-69M	1.03.33
371	588	1094	MARIETJIE	PIETERSEN	ACH	F	67	65-69F	1.03.49
372	116	1382	CHARMELL	KOOPMAN	NEDBANK	F	44	40-44F	1.03.49
373	809	361	JULIUS	SHOGOLE	IKHAMVA	M	71	70+M	1.03.53
374	848	3367	DARYN	NEWTON	TEMP	M	38	35-39M	1.03.53
375	453	3115	LUZANNE	SCHOEMAN	TEMP	F	35	35-39F	1.03.55
376	21	2418	MEGAN	BOSMAN	MADIBA	F	37	35-39F	1.03.56
377	20	2419	BRENDAN	BOSMAN	MADIBA	M	39	35-39M	1.04.16
378	289	2515	OZELLE	WIEHAHN	ABSAEP	F	50	50-54F	1.04.17
379	212	902	KRISH	PILLAY	CHARLO	M	62	60-64M	1.04.19
380	525	131	SHUKRY	KAFAAR	MALABAR	M	38	35-39M	1.04.19
381	228	1274	GAYLE	SAAYMAN	VWAC	F	36	35-39F	1.04.29
382	190	646	LUTHO	NOMBEMBE	ASPEN	M	31	SM	1.04.31
383	306	687	ANELE	MATOTI	VUKANI	M	45	45-49M	1.04.33
384	462	3124	MIHLALI	TYUSHA	TEMP	F	31	SF	1.04.34
385	252	2421	ADRI	SONNEKUS	MADIBA	F	38	35-39F	1.04.34
386	253	2420	EMILE	SONNEKUS	MADIBA	M	43	40-44M	1.04.44
387	261	553	TYRESE	SWARTBOOI	RUN4C	M	21	SM	1.04.44
388	341	1832	ANELE	MESANI	VUKANI	M	44	40-44M	1.04.50

389	353	684	MPHAKS	MZAMO	ASPEN	M	40	40-44M	1.04.51
390	307	3	KEVIN	BENADE	PEAAC	M	55	55-59M	1.04.53
391	177	753	PLACXEDES	NDHLOVU	CRUSADE	F	50	50-54F	1.05.04
392	299	1956	SONJA	OLIVIER	BLUEBAY	F	56	55-59F	1.05.05
393	535	1077	THERESA	LILLIS	ACH	F	68	65-69F	1.05.18
394	847	3366	YONELA	MALOTANA	TEMP	M	37	35-39M	1.05.36
395	829	2643	NOZBELE	MBETHE	BLUEBAY	F	49	45-49F	1.05.41
396	547	3350	MALIKA	VOS	TEMP	F	14	JF	1.05.49
397	51	565	RONEL	DE TARNOWSKY	RUN4C	F	44	40-44F	1.05.56
398	128	588	RENIER	LIEBENBERG	RUN4C	M	42	40-44M	1.05.56
399	422	6987	ROBBIE	LAW	TEMP	M	25	SM	1.06.07
400	3	1103	LIZ	AUSTIN	ACH	F	65	65-69F	1.06.08
401	483	3306	SIPHESIHLE	NOMATYELI	TEMP	M	34	SM	1.06.14
402	241	1310	PUMLA	SIBALI	VWAC	F	45	45-49F	1.06.20
403	819	150	ZAHEER	SOOMAN	MALABAR	M	53	50-54M	1.06.22
404	64	738	SAM	DU TOIT	CRUSADE	F	55	55-59F	1.06.30
405	94	1086	LINDA	HARWOOD	ACH	F	56	55-59F	1.06.31
406	45	100	LYNETTE	CRAUSE	INFINITY	F	64	60-64F	1.06.35
407	180	1677	LUETTE	NEL	MADIBA	F	46	45-49F	1.06.36
408	554	567	RIAN	VILJOEN	RUN4C	M	56	55-59M	1.06.38
409	546	3349	CORRINE	VOS	TEMP	F	44	40-44F	1.06.39
410	351	1868	TUMELO	LEHASA	HOLLYWOO	M	36	35-39M	1.06.42
411	42	2642	CHRISNA	COETSEE	RUN4C	F	38	35-39F	1.06.55
412	484	3307	NIENKE	SCHOLTZ	TEMP	F	27	SF	1.06.56
413	67	1632	JOS	ELS	MADIBA	F	72	70+F	1.07.02
414	304	2496	CLAUDEAN	VAN GREUNEN	DESPATCH	F	43	40-44F	1.07.04
415	311	2309	ADEL	VAN RENSBURG	VITALITY	F	46	45-49F	1.07.05
416	39	1834	ANDISWA	CINGO	VUKANI	F	38	35-39F	1.07.05
417	184	645	KHULISO	NEPHALAMA	ASPEN	M	33	SM	1.07.23
418	529	3525	DEMI	SOUTHGATE	TEMP	F	28	SF	1.07.24
419	500	3328	VIRGIL	RUSSEL	TEMP	M	35	35-39M	1.07.24
420	585	1266	DAVID	CHENGWE	VWAC	M	46	45-49M	1.07.29
421	447	3109	JACO	ROOS	TEMP	M	36	35-39M	1.07.32
422	308	198	RIAAN	SMALBERGER	CSEP	M	69	65-69M	1.07.34
423	513	562	JUDITH	NIENABER	RUN4C	F	64	60-64F	1.07.37
424	238	211	MATHAPELO	SENTI	CSEP	F	35	35-39F	1.07.48
425	574	1587	MARISKA	OLIVIER	DESPATCH	F	36	35-39F	1.07.50
426	313	2485	SASHA-LEE	MILES	DESPATCH	F	28	SF	1.07.52
427	573	1551	WERNER	OLIVIER	DESPATCH	M	40	40-44M	1.07.55
428	325	2555	Lize	Austin	RUN4C	F	27	SF	1.07.55
429	273	917	VICKY	TSOUKNIDAS	CHARLO	F	46	45-49F	1.07.57
430	7	984	BELINDA	BAIN	CHARLO	F	62	60-64F	1.07.59
431	443	3094	MPUMELELO	NGWENYA	TEMP	M	34	SM	1.08.03
432	285	927	ANTON	VAN WYK	CHARLO	M	56	55-59M	1.08.21
433	458	3120	CARMIA	SMUTS	TEMP	F	28	SF	1.08.21
434	249	458	LYNETTE	SMUTS	WALMER	F	58	55-59F	1.08.26
435	324	1365	JOHN	FACEY	NEDBANK	M	67	65-69M	1.08.29
436	821	3358	SIBUSISO	THWALA	TEMP	M	32	SM	1.08.30
437	49	871	RICHARD	DE ANDRADE	CHARLO	M	63	60-64M	1.08.30
438	137	1802	THOBEKA	MABUSELA	VUKANI	F	62	60-64F	1.08.33
439	319	862	MALIBONGWE	NKOMIYAHLABA	RUN4C	M	39	35-39M	1.08.36
440	318	861	FAKAZILE	TYWAKU	RUN4C	F	37	35-39F	1.08.36
441	85	14493	VICTORIA	GOODALL	CCJHB	F	42	40-44F	1.08.45
442	411	6976	INGE	FOURIE	TEMP	F	24	SF	1.08.46
443	523	3354	MICHELLE	BLOM	TEMP	F	46	45-49F	1.09.02
444	512	3346	LISA	RANDALL	TEMP	F	44	40-44F	1.09.02
445	136	1940	JACKI	LYLE	BLUEBAY	F	43	40-44F	1.09.03
446	70	1684	ERIKA	FOREMAN	MADIBA	F	54	50-54F	1.09.04
447	37	2139	WENDY	CAMERON	MADIBAZ	F	46	45-49F	1.09.04
448	192	911	TANYA	MEYER	CHARLO	F	39	35-39F	1.09.05
449	61	572	SHANTE	DU PLESSIS	RUN4C	F	31	SF	1.09.18
450	427	6992	KUHLE	MAYAPI	TEMP	F	35	35-39F	1.09.21
451	71	906	TARYN	FERREIRA	CHARLO	F	43	40-44F	1.09.24
452	406	6971	MIRANDA	COGGER	TEMP	F	47	45-49F	1.09.30
453	35	904	MARI	CALITZ	CHARLO	F	63	60-64F	1.09.33

454	867	9992	PUMZA	KAYINGANA	ABSAEP	F	41	40-44F	1.09.47
455	392	623	MARIO	NEL	ASPEN	M	47	45-49M	1.09.48
456	93	1683	SUNET	HARRIS	MADIBA	F	51	50-54F	1.10.15
457	28	2532	Jeniffer	Buchler	ABSAEP	F	63	60-64F	1.10.16
458	544	3348	MAGGIE	MULLER	TEMP	F	68	65-69F	1.10.17
459	857	9989	AVANTE	O'REILLY	TEMP	F	24	SF	1.10.18
460	433	6998	KAYA	MLENZE	TEMP	M	43	40-44M	1.10.19
461	34	624	BANDLAKAZI	CABA	ASPEN	F	37	35-39F	1.10.23
462	818	5809	SANELISIWE	FUNANI	MTHATHA	M	40	40-44M	1.10.26
463	349	1791	NOZUKO	DLAMBA	VUKANI	F	47	45-49F	1.10.30
464	134	2118	EUGENE	LOTTERING	ATLANTIC	M	55	55-59M	1.10.40
465	271	918	HANNAH	TRUTER	CHARLO	F	31	SF	1.10.41
466	38	923	EVA	CHETTY	CHARLO	F	56	55-59F	1.10.43
467	852	2440	ANDISWA	JAFTA	NMBAC	F	32	SF	1.10.51
468	127	1693	JASON	LE ROUX	GELVAN	M	28	SM	1.10.51
469	97	1641	DEBBIE	HILTON	MADIBA	F	52	50-54F	1.10.52
470	317	1634	TANIA	TRUTER	MADIBA	F	51	50-54F	1.10.55
471	89	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	49	45-49F	1.10.56
472	401	3324	CHARLENE	ATTERBURY	TEMP	F	43	40-44F	1.10.56
473	291	566	JANINE	VILJOEN	RUN4C	F	54	50-54F	1.10.57
474	320	52670	KAREN	STUTHARD	TEMP	F	50	50-54F	1.10.57
475	110	886	CELEST	JOYCE	CHARLO	F	55	55-59F	1.11.05
476	600	2273	Tandolwethu	Zweni	SIBALEKA	M	28	SM	1.11.09
477	81	570	PIETER	GERBER	RUN4C	M	66	65-69M	1.11.11
478	822	143	ZAHEERA	NANABHAY	MALABAR	F	42	40-44F	1.11.23
479	372	1850	Nomfundo	Gwegwe	HOLLYWOO	F	47	45-49F	1.11.24
480	534	1287	BANDILE	GWAMANDA	VITALITY	M	54	50-54M	1.11.32
481	482	3305	MARVIN	KHOZA	TEMP	M	37	35-39M	1.11.32
482	335	1459	THINA	HENGE	NEDBANK	F	39	35-39F	1.11.33
483	854	9990	LIJU	DANIELKUTTY	TEMP	M	24	SM	1.11.37
484	567	2577	TSEPO	SALION	VUKANI	M	43	40-44M	1.11.37
485	208	600	ANDRE	PIENAAR	RUN4C	M	61	60-64M	1.11.41
486	251	884	SHAMEMMA	SOLOMON	CHARLO	F	43	40-44F	1.11.46
487	553	1375	BARRY	NELSON	NEDBANK	M	73	70+M	1.11.47
488	344	709	BABALWA	HENA	SIBALEKA	F	47	45-49F	1.11.55
489	474	3193	WILBUR	WRIGHT	TEMP	M	48	45-49M	1.12.06
490	50	2330	ANIRLE	DE MEYER	VITALITY	F	27	SF	1.12.15
491	114	62	ALEX	KHUZWAYO	SAPPE	M	61	60-64M	1.12.22
492	269	1023	CHANEL	TIRAN-DORFLING	MUIRITE	F	29	SF	1.12.36
493	450	3112	OWEN	RUPPELT	TEMP	M	40	40-44M	1.12.36
494	595	2286	NANDIPHA	MVAMBI	SIBALEKA	F	29	SF	1.12.42
495	527	3515	MPUMELELO	PILISANI	TEMP	M	55	55-59M	1.12.43
496	47	968	DENISE	DARLOW	CHARLO	F	55	55-59F	1.12.45
497	112	969	GARY	KELLEHER	CHARLO	M	66	65-69M	1.12.46
498	213	889	PETER	POHLMANN	CHARLO	M	60	60-64M	1.12.50
499	466	3127	MELANIE	VAN HEERDEN	TEMP	F	52	50-54F	1.12.51
500	805	3356	SIVIWE	NKAYI	TEMP	M	31	SM	1.12.52
501	211	901	EUSENTHA	PILLAY	CHARLO	F	58	55-59F	1.12.52
502	130	995	BERNADETTE	LOOCK	CHARLO	F	44	40-44F	1.12.55
503	814	1816	ALIZWA	BOVUNGANA	VUKANI	M	23	SM	1.13.08
504	119	1936	MARKUS	KUNNEKE	BLUEBAY	M	55	55-59M	1.13.10
505	823	3359	THANDISWA	COSA	TEMP	F	47	45-49F	1.13.11
506	8	1593	NAOMI	BAKKER	DESPATCH	F	46	45-49F	1.13.17
507	559	3332	COLIN	STEPHEN	TEMP	M	36	35-39M	1.13.22
508	397	713	DENISE	FERREIRA	CRUSADE	F	62	60-64F	1.13.52
509	832	1286	SHANDRY	NAZER	VWAC	F	35	35-39F	1.14.02
510	387	1277	DENVER	ELLIE	VWAC	M	43	40-44M	1.14.06
511	375	1606	FANIE	CLAASSEN	DESPATCH	M	66	65-69M	1.14.07
512	421	6980	MEREDITH	LAW	TEMP	F	23	SF	1.14.26
513	519	197	AUBREY	LE ROUX	CSEP	M	71	70+M	1.14.29
514	302	207	Phumela	Sigodi	CSEP	F	39	35-39F	1.14.30
515	449	3111	JAN	ROUX	TEMP	M	37	35-39M	1.14.32
516	149	1800	CWAYITA	MAPEKULA	VUKANI	F	40	40-44F	1.14.33
517	300	543	NIEKIE	OOSTHUIZEN	RUN4C	F	54	50-54F	1.14.57
518	410	6975	CARLA	FOURIE	TEMP	F	28	SF	1.14.59

519	582	1306	GAVIN	KLINK	VWAC	M	51	50-54M	1.15.02
520	129	920	LOCHI	LOCHNER	CHARLO	M	76	70+M	1.15.13
521	199	1033	KARMEL	PAGE	MUIRITE	F	33	SF	1.15.28
522	467	3129	REBECCA	VAN HEERDEN	TEMP	F	23	SF	1.15.49
523	83	971	DEIDRE	GERBER	CHARLO	F	52	50-54F	1.16.00
524	106	1823	NOTOZOLA	JAM JAM	VUKANI	F	42	40-44F	1.16.11
525	489	3312	VATHISWA	MADIKANE-DYANTYI	TEMP	F	37	35-39F	1.16.16
526	439	3034	LESEDI	MTAU	TEMP	F	22	SF	1.16.17
527	357	185	Sabata	Tsibolane	CSEP	M	45	45-49M	1.16.31
528	548	3351	CJ	VISSER	TEMP	M	64	60-64M	1.16.38
529	435	3006	SINTU	MATOLENGWE	TEMP	M	34	SM	1.16.51
530	515	1117	GRAHAM	NELL	ACH	M	73	70+M	1.17.02
531	454	3116	WARREN	SCHOEMAN	TEMP	M	36	35-39M	1.17.04
532	101	1198	VICTOR	HUGO	JBAY	M	64	60-64M	1.17.17
533	463	3125	AVIWE	TYWAKU	TEMP	F	34	SF	1.17.20
534	497	3325	SIMAMKELE	SIXIMBA	TEMP	F	29	SF	1.17.20
535	250	2366	NOLUBABALO	SOHABA	VITALITY	F	35	35-39F	1.17.23
536	498	3326	MARILYN	FRASER	TEMP	F	51	50-54F	1.17.23
537	469	3146	LIZE	VILJOEN	TEMP	F	21	SF	1.17.28
538	470	3147	PAULINE	VILJOEN	TEMP	F	49	45-49F	1.17.31
539	426	6991	YONELA	MATOLENGWE	TEMP	F	31	SF	1.17.32
540	460	3122	SIMON	STRIMLING	TEMP	M	62	60-64M	1.17.43
541	143	1794	NOMLINDO	MAKUBALO	VUKANI	F	49	45-49F	1.17.48
542	331	2554	ERICA	ERASMUS	RUN4C	F	54	50-54F	1.18.26
543	488	3311	MARK	BOTHA	TEMP	M	53	50-54M	1.18.26
544	202	996	PAULA	PEARCE	CHARLO	F	56	55-59F	1.18.40
545	183	974	LIESL	NEL	CHARLO	F	50	50-54F	1.18.41
546	499	3327	BYRN	FARRETT	TEMP	M	25	SM	1.18.47
547	265	94	DENISE	TERBLANCHE	INFINITY	F	76	70+F	1.18.56
548	75	528	HELEN	FOURIE	RUN4C	F	54	50-54F	1.18.56
549	352	1424	SAM	ERASMUS	NEDBANK	M	66	65-69M	1.19.02
550	309	64	DAVID	FORTEIN	SAPPE	M	59	55-59M	1.19.37
551	158	1541	NOCAWE	MDAZUKA	SIBALEKA	F	40	40-44F	1.19.43
552	153	2563	PHAKAMA	MATATA	RUN4C	F	32	SF	1.20.19
553	864	2283	NOMBULELO	NDZUZO	SIBALEKA	F	43	40-44F	1.20.20
554	486	3309	SHANNON	BURGER	TEMP	M	30	SM	1.20.22
555	485	3308	TAMSYN	BURGER	TEMP	F	32	SF	1.20.28
556	552	453	JO-ANNE	MUIR	WALMER	F	54	50-54F	1.20.29
557	79	998	ROBERT	GALLOWAY	CHARLO	M	73	70+M	1.20.30
558	339	520	NOMVUYO	MCINGANA	SIBALEKA	F	43	40-44F	1.20.37
559	550	452	SHARON	POTGIETER	WALMER	F	59	55-59F	1.20.59
560	220	557	CHARLENE	RADEMEYER	RUN4C	F	42	40-44F	1.21.20
561	524	2263	NOMBUYISELO	MBAVA	SIBALEKA	F	53	50-54F	1.21.22
562	504	2271	ARETHA	PLATA	SIBALEKA	F	41	40-44F	1.22.09
563	419	6984	ROBYN	JEPHTHA	TEMP	F	29	SF	1.22.10
565	26	1556	RIAANA	BOUWER	DESPATCH	F	48	45-49F	1.22.30
566	376	3340	VERNA	CLAASSEN	TEMP	F	61	60-64F	1.23.04
567	52	40001	ZANTE	DEKKER	SAPPE	F	17	JF	1.23.59
568	558	70	BIANCA	SWARTS	SAPPE	F	21	SF	1.24.01
569	46	761	NTOKOZO	DAMBUZA	CRUSADE	F	45	45-49F	1.24.21
570	381	1471	SHIRLEEN	CLARKE	NEDBANK	F	61	60-64F	1.24.57
571	370	220	QEMA	NOMVUYO	CSEP	F	54	50-54F	1.25.09
572	564	1362	TANYA	SMALBERGER	NEDBANK	F	42	40-44F	1.25.20
573	437	3016	MICHELLE	MORTIMER	TEMP	F	44	40-44F	1.26.12
574	429	6994	KHAMUSI	MELVA MLAMBO	TEMP	F	31	SF	1.26.19
575	568	61	ABEGAIL	TEYISE	SAPPE	F	52	50-54F	1.26.22
576	104	720	Cleo	Jacobs	CRUSADE	F	22	SF	1.27.06
577	288	962	MILE	VERMAAK	CHARLO	F	57	55-59F	1.27.33
578	476	3198	KENNY	JARDINE	TEMP	M	57	55-59M	1.27.57
579	139	942	EDITH	MAC GEAR	CHARLO	F	56	55-59F	1.28.07
580	812	1703	GODFREY	KARIEM	GELVAN	M	83	70+M	1.28.08
581	171	172	SIXOLISIWE	MQUQU	ACT AC	F	29	SF	1.29.04
582	240	939	DINA	SCHUTTE	CHARLO	F	58	55-59F	1.29.05
583	861	9997	THANDIWE	MAGALELA	TEMP	F	62	60-64F	1.29.53
584	478	3301	SILINDOKUHLE	MPINDA	TEMP	F	28	SF	1.30.48

585	364	1657	SANDRA	SHARE	MADIBA	F	58	55-59F	1.31.04
586	493	3320	MR	MTSHABE	ADVEN	F	29	SF	1.31.31
587	155	987	SHANTE	WRIGHT	CHARLO	F	25	SF	1.31.47
588	152	304	FOZA	MARTIN	MUIRITE	F	64	60-64F	1.31.54
589	395	1095	MOF	BOTHA	ACH	M	68	65-69M	1.32.00
590	90	1679	KENNETH	GREYLING	MADIBA	M	64	60-64M	1.33.00
591	514	9999	NOMVELISO	BIDLA	TEMP	F	31	SF	1.37.17
592	494	3321	YONELA	NDYESHA	TEMP	F	30	SF	1.37.17
593	457	3119	THANDO	SKAAP	TEMP	F	32	SF	1.37.19
594	115	1650	PIERRE	KNOESEN	MADIBA	M	69	65-69M	1.37.31
595	859	9996	NOBESUTHU	ZUMANI	TEMP	F	49	45-49F	1.39.06
HELPERS RUN									
H1	1216	1216	WESSEL	WOLMARANS	ELITEAC	M	46	45-49M	0.39.47
H2	1255	1255	ERROL	WHITTAL	ELITEAC	M	49	45-49M	0.40.07
H3	1213	1213	SEBASTIAN	KLEU	ELITEAC	M	48	45-49M	0.40.20
H4	1230	1230	PHILLIP	DE RIDDER	ELITEAC	M	48	45-49M	0.50.04
H5	1228	1228	CLIVE	DE LANGE	ELITEAC	M	52	50-54M	0.51.31
H6	1519	1519	SANETTE	RYAN	ELITEAC	F	54	50-54F	0.51.31
H7	1250	1250	PETER	VAN RENSBURG	ELITEAC	M	66	65-69M	0.51.42
H8	1236	1236	STEPHEN	KLUE	ELITEAC	M	65	65-69M	0.51.47
H9	1290	1290	MARTIN	LEWIES	VWAC	M	49	45-49M	0.52.36
H10	1214	1214	BENITA	GERBER	ELITEAC	F	59	55-59F	0.52.44
H11	1208	1208	CHRISTINE	BIRD	ELITEAC	F	53	50-54F	0.52.59
H12	1229	1229	NATASCIA	DE RIDDER	ELITEAC	F	45	45-49F	0.53.23
H13	1256	1256	JANINE	WHITTAL	ELITEAC	F	43	40-44F	0.53.27
H14	1222	1222	BURNITA	STRYDOM	ELITEAC	F	55	55-59F	0.53.37
H15	485	485	LAWRENCE	MAFUZE	ADVEN	M	50	50-54M	0.53.53
H16	1234	1234	DEWALD	DEYSEL	ELITEAC	M	42	40-44M	0.55.30
H17	1614	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	40	40-44F	0.56.05
H18	1248	1248	EULIDA	OELOFSE	ELITEAC	F	51	50-54F	0.57.04
H19	1237	1237	HERMAN	MATTHEWS	ELITEAC	M	49	45-49M	0.57.24
H20	1247	1247	LISLE	MATTHEWS	ELITEAC	F	50	50-54F	0.57.24
H21	1600	1600	YVETTE	JONKER	DESPATCH	F	52	50-54F	0.58.31
H22	1601	1601	ANIZE	GERBER	DESPATCH	F	51	50-54F	0.58.31
H23	1246	1246	NATALIE	LIEBENBERG	ELITEAC	F	37	35-39F	0.59.33
H24	1257	1257	SAMANTHA	DOUGLAS	ELITEAC	F	36	35-39F	0.59.36
H25	1201	1201	CATHY	ALLERS	ELITEAC	F	62	60-64F	0.59.36
H26	1253	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	45	45-49F	1.01.59
H27	1325	1325	SHANNON	THEOBALD	NEDBANK	F	48	45-49F	1.05.42
H28	1231	1231	HELENE	OPPEL	ELITEAC	F	74	70+F	1.13.46
H29	1204	1204	YOLANDA	DEYSEL	ELITEAC	F	49	45-49F	1.25.07
H30	2034	34	LEE-ANN	GARDNER	PEAAC	F	61	60-64F	1.25.08
H31	2476	2476	ARLENE	HELBERG	ELITEAC	F	61	60-64F	1.25.08
H32	1417	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	55	55-59F	1.39.59
H33	1249	1249	RINA	BARNARD	ELITEAC	F	70	70+F	1.39.59