

NMB MOTHERWELL FREEDOM RUN 10KM - PORT ELIZABETH - 2025/04/26											
POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
1	1	355	MELIKHAYA	FRANS	IKHAMVA	M	35	35-39M	0.29.57	5	25
2	2	1361	ANDILE	MOTWANA	NEDBANK	M	28	SM	0.30.28	5	24
3	4	357	SINAWO	POTI	IKHAMVA	M	23	SM	0.30.52	5	23
4	29	1376	GIFT	CHIGOMARAWA	NEDBANK	M	37	35-39M	0.31.10	5	22
5	5	1499	OYAMA	NTANTISO	NEDBANK	M	20	SM	0.31.16	5	21
6	420	2253	KHAYA	GQWETHA	VUKANI	M	39	35-39M	0.31.45	5	20
7	662	948	XOLISA	NDLUMBINI	CHARLO	M	42	40-44M	0.31.59	5	19
8	4827	167	APHELELE	SEPTEMBER	ACT AC	M	20	SM	0.32.00	5	18
9	459	40125	THANDOLWETHU	MATSALO	KOWIE	M	17	JM	0.32.02	5	17
10	2994	40168	ENDINAKO	JOLA	MOTHER	M	16	JM	0.32.09	5	16
11	10	40415	OKUHLE	DLOTO	IKHAMVA	M	17	JM	0.32.12	5	15
12	155	40413	SEMIHLE	BEDA	IKHAMVA	M	18	JM	0.32.22	5	14
13	641	2637	SAKHE	MAHOTE	MADIBAZ	M	20	SM	0.32.26	5	13
14	7	358	MZWANELE	MAPHEKULA	IKHAMVA	M	48	45-49M	0.32.37	5	12
15	61	1354	ANDRE	KETCHEM	NEDBANK	M	41	40-44M	0.32.49	5	11
16	250	1942	GEORGE	NTSHILIZA	BLUEBAY	M	45	45-49M	0.32.53	5	10
17	419	40031	SIMTHANDILE	GOLIATH	ACT AC	M	16	JM	0.32.58	5	9
18	8	40414	LUKHANYISO	APRIL	IKHAMVA	M	17	JM	0.33.10	5	8
19	80	40005	BULUMKO	MALINGA	NEDBANK	M	18	JM	0.33.33	5	7
20	6	360	NTSIKA	NTAMO	IKHAMVA	M	22	SM	0.33.47	5	6
21	4820	109	KEANU	WELCH	VARSIYTY	M	19	SM	0.33.50	5	0
22	477	701	NYASHA	MUKANDI	CRUSADE	M	32	SM	0.33.53	5	5
23	462	40126	LUBABALO	MBAMBISA	KOWIE	M	17	JM	0.33.59	5	4
24	493	2278	MAIXOLE	NTLOKO	VUKANI	M	35	35-39M	0.34.06	5	3
25	162	370	DESMOND	ZIBI	IKHAMVA	M	61	60-64M	0.34.07	5	2
26	604	2625	Luxolo	Candlovu	MADIBAZ	M	23	SM	0.34.08	5	1
27	4844	1363	THULANI	MDLALO	NEDBANK	M	40	40-44M	0.34.18	5	0
28	82	374	HOPEWELL	JABAVU	IKHAMVA	M	41	40-44M	0.34.20	5	0
29	255	1941	MILA	PASIYA	BLUEBAY	M	45	45-49M	0.34.28	5	0
30	2991	40164	AGCOBILE	JEZILE	MOTHER	M	16	JM	0.34.45	5	0
31	81	1335	ANELE	MALIZA	NEDBANK	M	47	45-49M	0.34.51	5	0
32	3	1338	SIBAHLE	MAQWARA	NEDBANK	M	23	SM	0.34.52	5	0
33	62	1391	MNCEDI	KHANTI	NEDBANK	M	45	45-49M	0.34.57	5	0
34	2993	40167	HLOMLA	NCUMANI	MOTHER	M	17	JM	0.35.01	5	0
35	201	3201	SIMUNYE	SINEKE	TEMP	M	21	SM	0.35.04	0	0
36	1293	40169	JADEN	JONDAU	MOTHER	M	16	JM	0.35.09	5	0
37	256	1931	SIYANDA	PETER	BLUEBAY	M	36	35-39M	0.35.10	5	0
38	4845	2219	MASANDE	MLONYENI	SIBALEKA	M	44	40-44M	0.35.16	5	0
39	123	2490	SAZISO	PANGINDAWO	ABSAEP	M	43	40-44M	0.35.17	5	0
40	4816	165	SANUSE	MBONENI	ACT AC	M	40	40-44M	0.35.25	5	0
41	2467	460	TAKUNDA	MUBARE	CHILLIEP	M	21	SM	0.35.31	5	0
42	520	242	AYABONGA	SAUL	KOWIE	M	22	SM	0.35.32	5	0
43	481	40030	OYENA	NDINGANA	ACT AC	M	19	JM	0.35.33	5	0
44	452	40123	LUKHANYO	MAFANI	KOWIE	M	17	JM	0.35.48	5	0
45	330	3330	SIMAMKELE	NYIKI	TEMP	M	16	JM	0.35.55	0	0
46	4876	60	THANDO	NCIPHA	SAPPE	M	33	SM	0.35.58	5	0
47	1934	40379	Sinawo	April	SIBALEKA	M	15	JM	0.36.04	4	0
48	2479	439	MXOLELENI	TABATA	CHILLIEP	M	22	SM	0.36.06	4	0
49	275	1211	NOEL	ADAMS	ELITEAC	M	52	50-54M	0.36.07	5	0
50	539	174	VIWE	TEKO	ACT AC	M	26	SM	0.36.09	4	0
51	4834	217	SAPHO	NKATA	CSEP	M	47	45-49M	0.36.12	5	0
52	9	400	LEBOHANG	SENTI	IKHAMVA	M	38	35-39M	0.36.20	5	0
53	692	2581	AMOGELANG	SEHLWANA	MADIBAZ	M	21	SM	0.36.24	4	0
54	728	1806	BATHANDWA	MOOI	VUKANI	M	40	40-44M	0.36.29	5	0
55	2565	2210	THEMBELANI	MBENENGE	SIBALEKA	M	30	SM	0.36.31	4	0
56	567	40023	REECE	FREEMAN	ACT AC	M	17	JM	0.36.34	4	0
57	107	1321	XOLILE	NDINGANE	NEDBANK	M	53	50-54M	0.36.37	5	0
58	684	2569	KGATLISO	RAMARU	MADIBAZ	M	24	SM	0.36.38	4	0
59	2791	40161	SINAKEKELE	JEZILE	MOTHER	M	16	JM	0.36.46	4	0
60	559	40105	Xata	Ongezwa	VWAC	M	16	JM	0.36.49	4	0
61	198	1406	REFELOE	SOLOMONS	NEDBANK	F	43	40-44F	0.36.50	5	25
62	60	1488	MELIKHAYA	KEPE	NEDBANK	M	48	45-49M	0.36.54	5	0
63	267	2690	JEMAIN	WILSON	VITALITY	M	37	35-39M	0.37.01	5	0
64	731	1255	ERROL	WHITTAL	ELITEAC	M	49	45-49M	0.37.22	5	0
65	1839	282	ABDUL	WICOMB	MUIRITE	M	46	45-49M	0.37.25	5	0

66	195	40184	ASAKHE	SHAYI	NEDBANK	M	18	JM	0.37.26	4	0
67	309	3309	UNATHI	MKRAKRA	TEMP	M	28	SM	0.37.37	0	0
68	658	40149	IBANATHI	MVAKWENDLU	TINARHA	M	15	JM	0.37.38	4	0
69	4832	1503	LUVUYO	DYANI	NEDBANK	M	54	50-54M	0.37.43	5	0
70	4866	1348	ANESIPHO	PETENI	TEMP	M	19	JM	0.37.45	0	0
71	4994	1342	SITHABISA	MAZIBUKO	TEMP	M	23	SM	0.37.46	0	0
72	4815	1213	SEBASTIAN	KLEU	ELITEAC	M	49	45-49M	0.37.46	5	0
73	372	3372	TIAAN	NIEMANN	TEMP	M	30	SM	0.37.49	0	0
74	664	908	KAYLA	NELL	CHARLO	F	30	SF	0.37.54	5	24
75	428	40021	EMIHLE	HOTATA	ACT AC	M	17	JM	0.37.55	4	0
76	566	40049	EMIHLE	CUNGE	ACT AC	M	17	JM	0.37.55	4	0
77	558	1443	DENYS	WOLMARANS	NEDBANK	M	46	45-49M	0.37.58	5	0
78	622	40436	ABONGILE	GROOTBOOM	TINARHA	M	18	JM	0.38.05	3	0
79	745	3029	SIYANDA	BUTHELEZI	UNKNOWN	M	27	SM	0.38.15	0	0
80	4833	1847	MHLENGI	MAHLABA	HOLLYWOO	M	33	SM	0.38.24	3	0
81	132	1398	MUTEKILE	RASMENI	NEDBANK	M	60	60-64M	0.38.27	5	0
82	120	1768	DAMIAN	OLIVER	GELVAN	M	34	SM	0.38.28	3	0
83	672	931	ANDILE	NYOKA	CHARLO	M	52	50-54M	0.38.33	5	0
84	329	3329	AKHONA	TEMBANI	TEMP	M	19	JM	0.38.33	0	0
85	634	40148	Lindokuhle	Kasibe	TINARHA	M	15	JM	0.38.34	3	0
86	744	2089	SIPHESIHLE	JOJA	SANDFEP	M	26	SM	0.38.35	3	0
87	533	40130	unathi	stamper	KOWIE	M	15	JM	0.38.36	3	0
88	489	205	ZUKISANI	NJOKWENI	CSEP	M	35	35-39M	0.38.38	4	0
89	563	40065	ALUTHO	NCWADI	ACT AC	M	15	JM	0.38.39	3	0
90	433	1168	SLULAMI	JACK	TRANSNET	M	49	45-49M	0.38.46	5	0
91	206	3206	SANGE	YOLI	TEMP	M	22	SM	0.38.52	0	0
92	752	814	BIANCA	MEISTRE	32GI	F	39	35-39F	0.38.53	5	23
93	4838	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	43	40-44F	0.38.58	5	22
94	25	1316	MORNE	BUIS	NEDBANK	M	32	SM	0.39.22	3	0
95	498	40649	DESNAY	O'GRADY	SCHOOL	F	14	JF	0.39.31	5	0
96	3001	1807	THAMSANQA	MANGI	BATHURST	M	40	40-44M	0.39.32	4	0
97	749	40045	ASONGE	SOYIYO	ACT AC	M	19	SM	0.39.32	3	0
98	154	1400	KELLY	VAN VLIET	NEDBANK	F	37	35-39F	0.39.38	5	21
99	4862	1336	ODWA	SIDZIYA	TEMP	M	39	35-39M	0.39.38	0	0
100	720	40282	NICK	SEPTEMBER	ATLANTIC	M	18	JM	0.39.38	3	0
101	284	40071	CONNOR	BIRD	ELITEAC	M	14	JM	0.39.44	3	0
102	1978	1465	HENRY	CRAUSE	NEDBANK	M	42	40-44M	0.39.44	4	0
103	458	859	LUYANDA	MATIWANA	SPAREC	M	46	45-49M	0.39.49	5	0
104	453	2863	QAWE	MAJIZA	ADVEN	M	38	35-39M	0.39.53	3	0
105	568	156	STANTON	FREEMAN	ACT AC	M	47	45-49M	0.39.53	5	0
106	4855	867	SONWABILE	ZOKOZA	SPAREC	M	43	40-44M	0.39.59	4	0
107	655	993	THEMBEKILE	MSIPA	CHARLO	M	50	50-54M	0.40.12	5	0
108	378	3378	ZANE	SCHWARZ	TEMP	M	40	40-44M	0.40.23	0	0
109	41	1480	AUGUST	ESAU	NEDBANK	M	54	50-54M	0.40.28	5	0
110	136	210	SANELE	SAM	CSEP	M	32	SM	0.40.32	3	0
111	1993	1424	TAFADZWA	MVUNDURA	NEDBANK	M	37	35-39M	0.40.33	3	0
112	85	2269	KHANYISO	MASWANA	VUKANI	M	35	35-39M	0.40.38	3	0
113	72	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	58	55-59M	0.40.44	5	0
114	609	878	DANE	CRONJE	CHARLO	F	27	SF	0.40.44	4	20
115	668	40324	HLENGIWE	NKOSI	MADIBAZ	F	19	JF	0.40.51	4	19
116	4991	1425	DARRYL	BAGLEY	NEDBANK	M	49	45-49M	0.40.59	4	0
117	500	539	SERGIO	PETERSON	RUN4C	M	47	45-49M	0.41.00	4	0
118	2580	844	THERESA	BUCHNER	32GI	F	39	35-39F	0.41.02	5	18
119	367	3367	KANYA	MSHUMPELA	TEMP	M	25	SM	0.41.16	0	0
120	2475	459	ZIBELE	MASELE	CHILLIEP	M	23	SM	0.41.17	3	0
121	4878	545	RUHAN	VAN RENSBURG	RUN4C	M	33	SM	0.41.21	3	0
122	2756	1324	LINDEN	NZEZA	NEDBANK	M	41	40-44M	0.41.23	3	0
123	1909	1347	LUVUYO	STEPHEN	NEDBANK	M	54	50-54M	0.41.23	5	0
124	66	399	TYRONE	KUNNEKE	IKHAMVA	M	33	SM	0.41.24	3	0
125	746	1105	MARK	FRASER	ACH	M	31	SM	0.41.34	3	0
126	4879	1337	MASIXOLE	BOTILE	TEMP	M	46	45-49M	0.41.41	0	0
127	681	2514	TEDDY	PRUSENT	MADIBAZ	M	37	35-39M	0.41.43	3	0
128	472	2480	ALULUTO	MKIVA	ABSAEP	M	18	JM	0.41.45	3	0
129	698	989	Brett	Steyn	CHARLO	M	50	50-54M	0.41.46	5	0
130	509	40131	REECE	HENDRICKS	KOWIE	M	16	JM	0.41.49	2	0
131	414	1917	NKOSINATHI	GCAKASI	BLUEBAY	M	54	50-54M	0.41.50	5	0
132	266	2301	VUTU	FREEMAN	VUKANI	M	60	60-64M	0.41.54	5	0

133	141	1461	VUYISILE	SIMAYILE	NEDBANK	M	38	35-39M	0.41.54	3	0
134	1917	446	LONWABO	NDLALANI	CHILLIEP	M	47	45-49M	0.41.57	3	0
135	753	829	WYNAND	DU PREEZ	32GI	M	52	50-54M	0.41.57	5	0
136	297	2251	BABONKE	DINGA	VUKANI	M	36	35-39M	0.42.06	3	0
137	285	1646	THANDO	BIXA	MADIBA	M	44	40-44M	0.42.18	3	0
138	4841	630	LWAZI	MDUNYA	ASPEN	M	39	35-39M	0.42.21	3	0
139	642	898	PATRIC	MAKWENKWE	CHARLO	M	58	55-59M	0.42.26	5	0
140	517	40129	Iviwe	Rungqu	KOWIE	M	17	JM	0.42.30	2	0
141	40	388	MICHELLE	ENSLIN	IKHAMVA	F	56	55-59F	0.42.32	5	17
142	694	273	ROBERT	SLABBERT	MUIRITE	M	38	35-39M	0.42.32	3	0
143	712	2608	KIRSTY	WEIR	MADIBAZ	F	47	45-49F	0.42.33	5	16
144	73	1404	DARREN	VAN VLIET	NEDBANK	M	41	40-44M	0.42.33	3	0
145	689	955	SIVUYILE	SCHEEPERS	CHARLO	M	32	SM	0.42.38	2	0
146	327	3327	RICHWELL	DAMA	TEMP	M	42	40-44M	0.42.48	0	0
147	1481	1159	LUDWE	PAKADE	TEMP	M	39	35-39M	0.42.49	0	0
148	449	1647	JUSTIN	LEESON	MADIBA	M	39	35-39M	0.42.53	2	0
149	2485	436	Sothembela	Makedama	CHILLIEP	M	27	SM	0.42.56	2	0
150	527	1079	HANSON	SINGAPHI	ACH	M	47	45-49M	0.43.02	3	0
151	475	40127	KAMVALETHU	MONA	KOWIE	M	14	JM	0.43.08	2	0
152	738	841	ERICH	VERSFELD	32GI	M	29	SM	0.43.12	2	0
153	587	40050	AZOLE	TABOSHE	ACT AC	M	19	JM	0.43.12	2	0
154	496	40041	LATHITHA	NTSUNGUZI	ACT AC	M	17	JM	0.43.13	2	0
155	292	40041	RUWADE	CUMMINGS	ACT AC	M	14	JM	0.43.16	2	0
156	607	982	CHARLES	CORBY	CHARLO	M	54	50-54M	0.43.17	4	0
157	87	2304	QAQAMBA	MATUNDU	VUKANI	F	26	SF	0.43.17	3	15
158	4864	640	SAMKELO	SINYONGO	ASPEN	M	43	40-44M	0.43.27	3	0
159	515	731	GAVIN	ROGERS	CRUSADE	M	60	60-64M	0.43.28	5	0
160	149	363	MNQWENO	TYOKOLO	IKHAMVA	M	42	40-44M	0.43.30	3	0
161	310	3310	WILFRED	NELANI	TEMP	M	28	SM	0.43.31	0	0
162	657	40150	Anganathi	Mvakwendlu	TINARHA	F	17	JF	0.43.37	3	14
163	274	1133	HENKE	ACKERMANN	32GI	M	31	SM	0.43.38	2	0
164	248	1943	LUYANDA	NGESI	BLUEBAY	M	32	SM	0.43.39	2	0
165	583	1441	MARTIN	JANSEN	NEDBANK	M	56	55-59M	0.43.41	5	0
166	589	323	CLIVE	VAN RAYNER	MUIRITE	M	57	55-59M	0.43.53	4	0
167	2755	1848	PHAPHAMA	GLADILE	HOLLYWOO	M	35	35-39M	0.43.55	2	0
168	2454	40072	JADEN	DE RIDDER	ELITEAC	M	19	JM	0.43.55	2	0
169	553	534	MIEKE	WESTRAADT	RUN4C	F	29	SF	0.43.58	3	13
170	4989	256	MALIBONGWE	VAPI	TINARHA	M	33	SM	0.44.01	2	0
171	4818	1855	THANDOLWETHU	NOBATANA	HOLLYWOO	M	39	35-39M	0.44.01	2	0
172	466	2807	SABELO	MELITAFA	CSEP	M	45	45-49M	0.44.03	3	0
173	146	2501	GRAHAM	TERBLANCHE	MADIBAZ	M	60	60-64M	0.44.05	5	0
174	647	999	THOMAS	MARAIS	CHARLO	M	38	35-39M	0.44.12	2	0
175	278	558	JENE	BANFIELD	RUN4C	F	54	50-54F	0.44.17	5	12
176	763	380	MBOLEKWA	MAYILA	IKHAMVA	M	45	45-49M	0.44.19	3	0
177	4847	1457	RICHARD	MAZUNGULA	NEDBANK	M	48	45-49M	0.44.24	3	0
178	455	856	TINASHE	MANDIZVIDZA	SPAREC	M	43	40-44M	0.44.26	2	0
179	661	2534	FREDAH	NCUBE	MADIBAZ	F	42	40-44F	0.44.28	4	11
180	485	40128	AKHANYA	NGESI	KOWIE	F	19	JF	0.44.30	3	10
181	780	40203	Zane	Niekerk	GELVAN	M	11	JM	0.44.30	2	0
182	4854	1216	WESSEL	WOLMARANS	ELITEAC	M	47	45-49M	0.44.34	3	0
183	4853	40077	ILKE	WOLMARANS	ELITEAC	F	17	JF	0.44.34	3	9
184	536	1024	STICKS	STIGLINGH	BODYCON	M	70	70+M	0.44.37	5	0
185	685	2633	Solulele	Rati	MADIBAZ	M	24	SM	0.44.38	2	0
186	521	1469	MARGIE	SAUNDERS	NEDBANK	F	71	70+F	0.44.38	5	8
187	444	40122	ENTLE	Komani	KOWIE	F	16	JF	0.44.41	3	7
188	796	442	MSINDISI	QALINGE	CHILLIEP	M	30	SM	0.44.42	2	0
189	797	40142	BANELE	MTABA	CHILLIEP	M	18	JM	0.44.43	2	0
190	510	821	CANDICE	RICHARDS	32GI	F	32	SF	0.44.44	3	6
191	4812	4812	BYRON	COUFMANN	TEMP	M	38	35-39M	0.44.48	0	0
192	287	596	FRIKKIE	BOSHOF	RUN4C	M	45	45-49M	0.44.51	3	0
193	505	1491	DEON	PRETORIUS	NEDBANK	M	59	55-59M	0.44.53	4	0
194	507	554	PETRUS	RADEMEYER	RUN4C	M	50	50-54M	0.44.54	3	0
195	204	3204	JOHAN	DYER	TEMP	M	17	JM	0.45.03	0	0
196	784	1113	ROGER	TRADER	ACH	M	71	70+M	0.45.03	5	0
197	2757	774	PAULINE	TUNSTEAD	32GI	F	54	50-54F	0.45.03	5	5
198	631	2020	CHRISTI	JANSE VAN RENSBURG	SAPPE	M	26	SM	0.45.07	2	0
199	415	791	CHARL	GERBER	32GI	M	48	45-49M	0.45.14	2	0

200	633	2178	MZWANDILE	JULY	CHARLO	M	52	50-54M	0.45.23	3	0
201	4880	1338	MZUKISA	KOBOKA	TEMP	M	46	45-49M	0.45.26	0	0
202	211	3211	ARMSTRONG	BANGISO	TEMP	M	21	SM	0.45.26	0	0
203	4840	1293	THEMBINKOSI	STOKWE	VWAC	M	46	45-49M	0.45.29	2	0
204	362	3362	ATHI.THE.LION	MKANGELWA	TEMP	M	35	35-39M	0.45.30	0	0
205	551	806	LEON	VOULTSOS	32GI	M	51	50-54M	0.45.31	3	0
206	4814	1228	CLIVE	DE LANGE	ELITEAC	M	53	50-54M	0.45.32	3	0
207	701	52	DARIUS	SWIEGELAAR	SAPPE	M	30	SM	0.45.32	2	0
208	113	2328	MZWANELE	NQOQO	VUKANI	M	47	45-49M	0.45.40	2	0
209	13	342	JONATHAN	BAKKER	MUIRITE	M	34	SM	0.45.45	2	0
210	167	79	BRENDON	JACOBS	SAPPE	M	35	35-39M	0.45.47	2	0
211	1831	1561	GRANT	RUDMAN	RUN4C	M	47	45-49M	0.45.48	2	0
212	139	564	GAVIN	SILLS	RUN4C	M	51	50-54M	0.45.49	3	0
213	19	1779	Gershwin	Booyesen	GELVAN	M	37	35-39M	0.45.51	2	0
214	660	40274	ALEX	HENDRICKS	ATLANTIC	M	17	JM	0.45.54	2	0
215	119	259	LINDIKHAYA	NTEYI	TINARHA	M	45	45-49M	0.45.58	2	0
216	769	1416	CHRISTINE	CLAASEN	NEDBANK	F	60	60-64F	0.46.02	5	4
217	39	1659	HANNES	ELS	MADIBA	M	75	70+M	0.46.03	5	0
218	600	2622	THOZAMILE	BOKOLO	MADIBAZ	M	63	60-64M	0.46.10	4	0
219	4819	138	NAASIR	LOUIS	MALABAR	M	28	SM	0.46.12	2	0
220	244	51762	SIMBONGILE	MDLETYE	ORMAMBA	M	41	40-44M	0.46.15	0	0
221	249	604	LUYANDA	NOTWANA	ASPEN	M	39	35-39M	0.46.15	2	0
222	529	584	BRENDON	SLABBERT	RUN4C	M	53	50-54M	0.46.20	3	0
223	788	55	SIMCELILE	SITHEMBU	SAPPE	M	34	SM	0.46.22	2	0
224	3046	1333	KIAN	TERBLANCHE	TEMP	M	27	SM	0.46.22	0	0
225	4852	1282	SEBASTIAN	HAARHOFF	VWAC	M	47	45-49M	0.46.23	2	0
226	46	2288	BONKE	GOYI	VUKANI	M	37	35-39M	0.46.27	2	0
227	276	344	ANTON	AUGUST	MUIRITE	M	42	40-44M	0.46.30	2	0
228	23	1037	CHESTER	BROOKS	XCEL	M	67	65-69M	0.46.32	5	0
229	653	1590	ANNEKE	MOORE	DESPATCH	F	41	40-44F	0.46.39	3	3
230	2792	1597	EDVIN	DONLEY	DESPATCH	M	47	45-49M	0.46.40	2	0
231	2788	1155	JUDE	ROSS	TEMP	M	29	SM	0.46.41	0	0
232	2488	40076	KYLIE	VERMAAK	ELITEAC	F	18	JF	0.46.46	2	2
233	143	1212	BURNITA	STRYDOM	ELITEAC	F	56	55-59F	0.46.47	5	1
234	290	561	CHANTELL	CLOETE	RUN4C	F	39	35-39F	0.46.51	2	0
235	324	3324	ANDRE	IMMELMAN	TEMP	M	47	45-49M	0.46.54	0	0
236	591	1508	LIEZL	VAN ZYL	NEDBANK	F	51	50-54F	0.46.55	5	0
237	108	1326	ARNO	NEL	NEDBANK	M	47	45-49M	0.46.58	2	0
238	584	552	GEOFFREY	SWARTBOOI	RUN4C	M	48	45-49M	0.46.59	2	0
239	618	914	ETIENNE	GERBER	CHARLO	M	55	55-59M	0.47.00	3	0
240	580	1507	PIERRE	SCHWEYER	NEDBANK	M	60	60-64M	0.47.03	3	0
241	102	122	BAVERSHAN	NAIDOO	MALABAR	M	34	SM	0.47.04	2	0
242	236	576	VERNON	LANDMAN	RUN4C	M	50	50-54M	0.47.07	2	0
243	545	1770	FABIAN	TRIEGARDT	GELVAN	M	24	SM	0.47.09	2	0
244	740	815	SIAN	GERATY	32GI	F	40	40-44F	0.47.11	3	0
245	663	2538	LUTHANDO	NDZAMBO	MADIBAZ	M	41	40-44M	0.47.11	2	0
246	646	952	CINDY	MARAIS	CHARLO	F	47	45-49F	0.47.11	3	0
247	1690	1538	ADRE	STRYDOM	DESPATCH	F	47	45-49F	0.47.12	3	0
248	1843	1408	THEMBINKOSI	SINGQOTO	NEDBANK	M	48	45-49M	0.47.18	2	0
249	502	1845	MAWETHU	PLATYI	HOLLYWOO	M	44	40-44M	0.47.20	2	0
250	57	144	AHMAD	KADER	MALABAR	M	37	35-39M	0.47.20	2	0
251	4842	1238	CHAD	VAN RENSBURG	TEMP	M	24	SM	0.47.22	0	0
252	1300	1230	PHILLIP	DE RIDDER	ELITEAC	M	48	45-49M	0.47.22	2	0
253	273	1134	ANICA	ACKERMANN	32GI	F	29	SF	0.47.22	2	0
254	247	2108	BERNICE	NEL	HEATAC	F	37	35-39F	0.47.25	2	0
255	152	1010	JAN	VAN EEDEN	NEDBANK	M	66	65-69M	0.47.25	5	0
256	245	1838	PHATHULUVO	MGULI	HOLLYWOO	M	40	40-44M	0.47.26	2	0
257	682	985	CHRISTOFF	PUREN	CHARLO	M	34	SM	0.47.26	2	0
258	632	1729	BRIAN	JONAS	GELVAN	M	64	60-64M	0.47.27	3	0
259	200	854	DERRICK	DUBASE	SPAREC	M	50	50-54M	0.47.28	2	0
260	110	1403	BABALWA	NGCOKO	NEDBANK	F	37	35-39F	0.47.29	2	0
261	401	733	ALEX	DU TOIT	CRUSADE	M	60	60-64M	0.47.33	3	0
262	316	3316	RODNEY	WITBOOI	TEMP	M	53	50-54M	0.47.37	0	0
263	546	2696	EDDIE	VACU	VITALITY	M	36	35-39M	0.47.40	2	0
264	719	40301	JOSE	CASE	ATLANTIC	M	16	JM	0.47.40	2	0
265	437	1762	ASHWELL	JONAS	GELVAN	M	52	50-54M	0.47.42	2	0
266	391	3391	MEGAN	NEWMAN	TEMP	F	34	SF	0.47.43	0	0

267	1764	1550	JESSICA	ZEELIE	DESPATCH	F	32	SF	0.47.45	2	0
268	263	1944	MUSA	SENTI	BLUEBAY	M	32	SM	0.47.46	2	0
269	83	1876	SBONISIPHO	MANQELE	HOLLYWOO	M	27	SM	0.47.47	2	0
270	659	2169	Willy-Dean	Myburgh	CHARLO	M	29	SM	0.48.02	2	0
271	4859	1872	AYANDA	GROOTBOOM	HOLLYWOO	M	40	40-44M	0.48.04	2	0
272	44	1780	MONDRE	GALLANT	GELVAN	M	36	35-39M	0.48.05	2	0
273	231	1785	JADE	FESTUS	GELVAN	M	35	35-39M	0.48.05	2	0
274	124	1734	DENVER	PETERSEN	GELVAN	M	41	40-44M	0.48.06	2	0
275	5284	1304	LINDSAY	PETERS	VWAC	M	41	40-44M	0.48.06	2	0
276	494	365	TISTA	NTSANGANI	IKHAMVA	M	32	SM	0.48.06	2	0
277	671	911	TANYA	NORRIS	CHARLO	F	40	40-44F	0.48.07	2	0
278	588	40047	IBANATHI	TSWEU	ACT AC	M	15	JM	0.48.10	2	0
279	665	2042	OLIVER	NEWLAND-NELL	ACH	M	19	SM	0.48.11	2	0
280	2758	1398	ANDREW	PORTER	TEMP	M	53	50-54M	0.48.11	0	0
281	69	347	BRUCE	LE GRANGE	MUIRITE	M	32	SM	0.48.12	2	0
282	291	1954	LEONARD	CONRADIE	BLUEBAY	M	70	70+M	0.48.12	5	0
283	4993	373	ANELE	MRAMBA	IKHAMVA	M	43	40-44M	0.48.13	2	0
284	528	40068	LUNATHI	SITWAYI	ACT AC	M	14	JM	0.48.16	2	0
285	35	1482	JEANDRY	DEERLING	NEDBANK	M	32	SM	0.48.16	2	0
286	116	541	ULRICH	NIEUWOUDT	RUN4C	M	29	SM	0.48.19	2	0
287	518	1183	SANETTE	RYAN	ELITEAC	F	54	50-54F	0.48.20	4	0
288	630	979	MATHEW	JACOBY	CHARLO	M	46	45-49M	0.48.24	2	0
289	2521	1778	DUSTIN	LALA	GELVAN	M	36	35-39M	0.48.28	2	0
290	508	1748	RICHARD	RAMATSASA	GELVAN	M	49	45-49M	0.48.28	2	0
291	5263	949	WELCOME	BASKITI	CHARLO	M	57	55-59M	0.48.31	2	0
292	699	40111	Dylan-John	Steyn	CHARLO	M	16	JM	0.48.34	2	0
293	4851	1494	TAWFEEQ	VYVER	NEDBANK	M	26	SM	0.48.36	2	0
294	1297	1229	NATASCIA	DE RIDDER	ELITEAC	F	46	45-49F	0.48.38	3	0
295	293	1275	PLAAITJIE	DAMONS	VWAC	M	61	60-64M	0.48.42	3	0
296	537	698	CHARLIZE	SWANEPOEL	ALBANY	F	21	SF	0.48.43	2	0
297	431	40032	ANELISIWE	JACOBS	ACT AC	F	18	JF	0.48.46	2	0
298	122	816	MATTHEW	OSBORNE	32GI	M	37	35-39M	0.48.49	2	0
299	707	921	RYAN	VAN DER MESCHT	CHARLO	M	44	40-44M	0.48.49	2	0
300	67	1263	KAHN	LANGFORD	VWAC	M	46	45-49M	0.48.51	2	0
301	501	1309	GERALD	PIETERSEN	VWAC	M	45	45-49M	0.48.51	2	0
302	90	1476	NOLIKHANYO	MDWAYI	NEDBANK	F	44	40-44F	0.48.55	2	0
303	569	40066	SIMELELA	GOJELA	ACT AC	M	14	JM	0.48.55	2	0
304	713	1412	RAYMOND	WEITZ	NEDBANK	M	70	70+M	0.48.55	5	0
305	650	990	BRETT	MCLAREN	CHARLO	M	39	35-39M	0.49.01	2	0
306	4828	2038	NKOSIYEDWA	MABASO	MUIRITE	M	45	45-49M	0.49.05	2	0
307	767	2477	LEHLOHONOLO	THOKOA	ABSAEP	M	44	40-44M	0.49.11	2	0
308	63	1346	KALLIE	KLINKENBURG	NEDBANK	M	41	40-44M	0.49.14	2	0
309	112	2522	SIPHAMANDLA	NGOGELA	MADIBAZ	M	31	SM	0.49.17	2	0
310	492	2815	LUTHANDO	NOMTOTO	CSEP	M	38	35-39M	0.49.29	2	0
311	4877	1353	SIVUYILE	MHLIFILI	TEMP	M	45	45-49M	0.49.33	0	0
312	241	1775	CLARENCE	MANUEL	GELVAN	M	30	SM	0.49.34	1	0
313	2553	1360	SITHEMBILE	MPAKO	NEDBANK	M	64	60-64M	0.49.37	2	0
314	730	1200	JANINE	WHITTAL	ELITEAC	F	44	40-44F	0.49.37	2	0
315	446	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	41	40-44F	0.49.40	2	0
316	130	84	PRASHAAN	RAGA	INFINITY	M	26	SM	0.49.42	1	0
317	234	91	DENZIL	KOOPMAN	INFINITY	M	54	50-54M	0.49.43	2	0
318	4817	2451	MIRACLE	CHAUKE	YOUTH	M	41	40-44M	0.49.45	2	0
319	222	1205	ALISON	BOWKER	ELITEAC	F	36	35-39F	0.49.45	2	0
320	443	1450	NKHATHALLENG	KHIBA	NEDBANK	F	43	40-44F	0.49.46	2	0
321	413	682	JUANITA	FULLER	ALBANY	F	48	45-49F	0.49.48	2	0
322	690	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	64	60-64F	0.49.50	5	0
323	748	768	WILLIE	ELS	CRUSADE	M	49	45-49M	0.49.52	2	0
324	1937	1937	TEVIN	PRINSLOO	TEMP	M	30	SM	0.49.54	0	0
325	610	1088	PERCY	DALTON	ACH	M	76	70+M	0.50.01	4	0
326	178	3178	EMILIO	CAMPBELL	TEMP	M	33	SM	0.50.05	0	0
327	771	449	SIZIBUIE	DIBELA	CHILLIEP	F	37	35-39F	0.50.13	2	0
328	4992	1454	WENDY	SORENSEN	NEDBANK	F	50	50-54F	0.50.25	3	0
329	710	883	LINDI	VAN TONDER	CHARLO	F	47	45-49F	0.50.28	2	0
330	471	40022	INDIPHILE	MKHOSANA	ACT AC	F	18	JF	0.50.31	2	0
331	524	514	MONTE	SCHOLTZ	RUN4C	M	63	60-64M	0.50.32	2	0
332	405	193	MZIMKHULU	DYWILI	CSEP	M	36	35-39M	0.50.34	1	0
333	237	577	YOLANDIE	LANDMAN	RUN4C	F	49	45-49F	0.50.39	2	0

334	511	281	MONIQUE	RICHARDSON	MUIRITE	F	29	SF	0.50.41	2	0
335	131	391	MLULEKI	RALA	IKHAMVA	M	45	45-49M	0.50.52	2	0
336	700	1560	PIETER	STRYDOM	DESPATCH	M	63	60-64M	0.50.59	2	0
337	480	1921	OWEN	NCUBE	BLUEBAY	M	43	40-44M	0.50.59	1	0
338	2550	1118	BRUCE	KING	ACH	M	58	55-59M	0.51.03	2	0
339	326	3326	ATHENKOSI	SAWULA	TEMP	M	32	SM	0.51.04	0	0
340	117	1846	Simo	Nkanyuza	HOLLYWOO	M	38	35-39M	0.51.04	1	0
341	799	40075	CHLOE	VERMAAK	ELITEAC	F	18	JF	0.51.05	2	0
342	561	2463	Luthando	Yibe	ABSAEP	M	44	40-44M	0.51.08	1	0
343	311	3311	NONTEMBEKO	NYONI	TEMP	F	35	35-39F	0.51.10	0	0
344	393	3393	AMANDA	PIETERSE	TEMP	F	47	45-49F	0.51.31	0	0
345	686	957	PIERRE	RENSHAW	CHARLO	M	51	50-54M	0.51.33	2	0
346	670	2621	LUVUYO	NOMARWAYI	MADIBAZ	M	42	40-44M	0.51.34	1	0
347	1857	2214	SINETHEMBA	NGABASE	SIBALEKA	M	22	SM	0.51.42	1	0
348	497	231	MIKE	NUNAN	KOWIE	M	71	70+M	0.51.42	3	0
349	718	40273	KEENIN	SLAMDILL	ATLANTIC	M	15	JM	0.51.46	1	0
350	766	1070	ANCHE	HOLLINS	ACH	F	43	40-44F	0.51.50	2	0
351	2786	1161	SILIZIWE	JAKO	TEMP	M	27	SM	0.51.51	0	0
352	465	40069	AQHAMILE	MDAYI	ACT AC	F	18	JF	0.51.52	2	0
353	432	40034	SIVIWE	JACK	ACT AC	F	14	JF	0.51.54	2	0
354	1806	1559	NOLEEN	AMBRAAL	DESPATCH	F	55	55-59F	0.51.55	3	0
355	579	40064	OLWAMI	PIETER	ACT AC	F	16	JF	0.51.55	2	0
356	1939		UNKNOWN		TEMP	M	30	SM	0.51.56	0	0
357	538	40027	ISIPHILE	TAMBO	ACT AC	F	15	JF	0.51.57	1	0
358	450	1290	MARTIN	LEWIES	VWAC	M	50	50-54M	0.51.58	2	0
359	410	634	JO-ANNE	FORSON	ASPEN	F	37	35-39F	0.51.59	2	0
360	775	1586	MAUDY	BOTES	DESPATCH	F	43	40-44F	0.51.59	2	0
361	295	758	WERNER	DE LANGE	CRUSADE	M	37	35-39M	0.52.01	1	0
362	418	40042	ISIPHILE	GOJELA	ACT AC	M	15	JM	0.52.07	1	0
363	461	1055	JEROME	MAY	XCEL	M	58	55-59M	0.52.11	2	0
364	252	1552	THERESA	OOSTHUIZEN	DESPATCH	F	54	50-54F	0.52.12	2	0
365	1914	1777	ROLAND	DACE	GELVAN	M	70	70+M	0.52.15	3	0
366	757	2537	IVAN	MOSES	MADIBAZ	M	63	60-64M	0.52.16	2	0
367	377	3377	JANIENE	SCHWARZ	TEMP	F	40	40-44F	0.52.18	0	0
368	3005	40073	STACEY	DE RIDDER	ELITEAC	F	15	JF	0.52.19	1	0
369	186	3186	SIFISO	MASALEGUBA	TEMP	M	32	SM	0.52.19	0	0
370	612	907	MARK	DU PIESANIE	CHARLO	M	34	SM	0.52.25	1	0
371	2501	594	ANTONIE	KOEN	RUN4C	M	48	45-49M	0.52.26	1	0
372	602	1575	LESLEY-ANN	BUSH	DESPATCH	F	52	50-54F	0.52.29	2	0
373	363	3363	BONGANI	MKETSHANE	TEMP	M	37	35-39M	0.52.29	0	0
374	71	1269	SIMON	LELAKA	VWAC	M	52	50-54M	0.52.30	2	0
375	687	991	GREGORY	ROSS	CHARLO	M	51	50-54M	0.52.31	2	0
376	750	1695	CARLA	GILLWALD	MADIBA	F	36	35-39F	0.52.32	2	0
377	624	992	CYNTHIA	HEYNS	CHARLO	F	41	40-44F	0.52.32	2	0
378	708	951	REON	VAN RENSBURG	CHARLO	M	53	50-54M	0.52.34	2	0
379	572	697	VUYO	Makeba	ALBANY	M	58	55-59M	0.52.35	2	0
380	626	915	JOEL	HUMAN	CHARLO	M	52	50-54M	0.52.36	2	0
381	1926	2032	CARLIE	NEL	MUIRITE	F	31	SF	0.52.42	1	0
382	88	1837	XOLA	MBATSHA	HOLLYWOO	M	44	40-44M	0.52.44	1	0
383	776	1585	GEORGE	BOTES	DESPATCH	M	51	50-54M	0.52.44	2	0
384	2484	2306	PHAKAMISA	BALENI	VUKANI	M	34	SM	0.52.45	1	0
385	34	804	VALMAINE	DE KLERK	32GI	F	47	45-49F	0.52.45	2	0
386	739	1843	BOMKAZI	NTONI	HOLLYWOO	F	37	35-39F	0.52.46	1	0
387	2513	2257	SUE	LEWIS	VUKANI	F	60	60-64F	0.52.46	4	0
388	434	628	CT	JACOBS	ASPEN	M	41	40-44M	0.52.48	1	0
389	226	285	VANESSA	COETZEE	MUIRITE	F	48	45-49F	0.52.49	2	0
390	530	583	CHRISTELLE	SLABBERT	RUN4C	F	53	50-54F	0.52.49	2	0
391	525	518	NIENKE	SCHOLTZ	RUN4C	F	28	SF	0.52.51	1	0
392	724	78	HANNELI	VAN GREUNEN	SAPPE	F	35	35-39F	0.52.52	1	0
393	254	2678	TRACY	PAGE	VITALITY	F	48	45-49F	0.52.54	2	0
394	565	1683	JERHARD	BURRELL	MADIBA	M	36	35-39M	0.52.57	1	0
395	514	727	ANGELA	ROGERS	CRUSADE	F	55	55-59F	0.53.01	2	0
396	43	851	THANDO	FRANS	SPAREC	M	47	45-49M	0.53.03	1	0
397	429	1531	NEIL	INGRAM	DESPATCH	M	38	35-39M	0.53.08	1	0
398	478	2886	DESMOND	MVUNDLELA	TRANSNET	M	44	40-44M	0.53.15	1	0
399	451	741	MARGARET	LLOYD	CRUSADE	F	61	60-64F	0.53.17	3	0
400	4867	865	MZWABANTU	SWAPI	SPAREC	M	46	45-49M	0.53.24	1	0

401	800	1332	THANDIWE	NKWANDLA	NEDBANK	F	59	55-59F	0.53.27	2	0
402	717	937	JAMES	DU TOIT	CHARLO	M	40	40-44M	0.53.27	1	0
403	246	170	THANDEKA	MHLANGA	ACT AC	F	35	35-39F	0.53.38	1	0
404	260	3260	DUSTIN	THOMPSON	TEMP	M	44	40-44M	0.53.39	0	0
405	240	1291	ASHENDA	MAKONIE	VWAC	F	49	45-49F	0.53.41	2	0
406	218	410	AMANDA	SHAW	IKHAMVA	F	60	60-64F	0.53.44	3	0
407	595	984	BELINDA	BAIN	CHARLO	F	62	60-64F	0.53.46	3	0
408	289	1588	JACQUES	BOTHA	DESPATCH	M	51	50-54M	0.53.49	1	0
409	38	1609	WILLEMEN	DU RANDT	DESPATCH	F	50	50-54F	0.53.58	2	0
410	174	2792	SHEZELLE	VAN WYK	DESPATCH	F	20	SF	0.53.59	1	0
411	4850	1214	BENITA	GERBER	ELITEAC	F	60	60-64F	0.54.01	3	0
412	2761	618	KELLY	HOLMES	ASPEN	F	48	45-49F	0.54.02	2	0
413	4856	2294	SIDWELL	MATINYANE	VUKANI	M	59	55-59M	0.54.09	1	0
414	334	3334	ASIVE	SIMETU	TEMP	F	25	SF	0.54.11	0	0
415	1897	1897	XOLISA	MHULUHULU	TEMP	M	46	45-49M	0.54.19	0	0
416	283	1208	CHRISTINE	BIRD	ELITEAC	F	54	50-54F	0.54.20	2	0
417	574	2296	KAYA	MLENZE	VUKANI	M	44	40-44M	0.54.21	1	0
418	552	2433	MAYO	MAFILIVANA	JBAY	M	31	SM	0.54.29	1	0
419	743	1592	BENNIE	THYSSE	DESPATCH	M	67	65-69M	0.54.29	2	0
420	134	350	MARIUS	ROACH	MUIRITE	M	31	SM	0.54.30	1	0
421	2790	1308	NKULULEKO	CETYWAYO	VWAC	M	48	45-49M	0.54.32	1	0
422	762	2971	MCEBISI	MZINZI	DPW	M	41	40-44M	0.54.32	0	0
423	456	40124	Inaso	Maneli	KOWIE	M	15	JM	0.54.33	1	0
424	783	1192	HEINZ	CONRAD	ELITEAC	M	46	45-49M	0.54.34	1	0
425	399	1195	SAMANTHA	DOUGLAS	ELITEAC	F	37	35-39F	0.54.37	1	0
426	549	1250	PETER	VAN RENSBURG	ELITEAC	M	66	65-69M	0.54.37	2	0
427	323	3323	MARCEL	ABRAHAMS	TEMP	M	33	SM	0.54.38	0	0
428	16	2626	SYLVAN	BLIGNAUT	MADIBAZ	M	65	65-69M	0.54.38	2	0
429	170	1600	YVETTE	JONKER	DESPATCH	F	53	50-54F	0.54.39	2	0
430	156	1085	ANDRE	VILJOEN	ACH	M	70	70+M	0.54.41	2	0
431	183	3183	GARRETH	HOLMES	TEMP	M	42	40-44M	0.54.42	0	0
432	171	1684	MARLON	KOEN	MADIBA	M	38	35-39M	0.54.43	1	0
433	765	1472	ALTON	THOMAS	NEDBANK	M	49	45-49M	0.54.43	1	0
434	412	2903	KYLA	FULLARTON	ALBANY	F	22	SF	0.54.47	1	0
435	86	1312	SIMON	MATEBESE	NEDBANK	M	61	60-64M	0.54.47	2	0
436	469	2266	NDILEKA	MGCUWE	VUKANI	F	47	45-49F	0.54.52	1	0
437	777	1106	ERROL	BLACK	ACH	M	74	70+M	0.54.54	2	0
438	715	1567	JACOBUS	WYATT	DESPATCH	M	62	60-64M	0.55.05	1	0
439	562	24408	MARK	HEADBUSH	CCJHB	M	80	70+M	0.55.10	0	0
440	506	2268	SANDISILE	QUMZA	VUKANI	M	37	35-39M	0.55.19	1	0
441	4824	4824	THULANI	FUNDE	TEMP	M	41	40-44M	0.55.20	0	0
442	590	519	CHARLOTTE	VAN WYK	RUN4C	F	43	40-44F	0.55.20	1	0
443	484	615	KATHERINE	NEL	ASPEN	F	35	35-39F	0.55.21	1	0
444	1664	637	MARK	GODDARD	ASPEN	M	28	SM	0.55.21	1	0
445	4858	52964	LONWABO	JAHO	KOMANIR	M	35	35-39M	0.55.21	0	0
446	445	595	MARISKA	KRUGER	RUN4C	F	47	45-49F	0.55.22	1	0
447	2789	1156	UNATHI	KALIBA	TEMP	M	24	SM	0.55.24	0	0
448	726	2958	PHUMEZILE	MSHUNANE	CSEP	M	41	40-44M	0.55.25	1	0
449	768	556	ARTHUR	WILLIAMS	RUN4C	M	62	60-64M	0.55.30	1	0
450	476	1875	THOBELA	MTANGA	HOLLYWOO	M	38	35-39M	0.55.33	1	0
451	742	1752	ALFRED	DENNIS	GELVAN	M	49	45-49M	0.55.38	1	0
452	33	2656	TENIELLE	DE ANDRADE	VITALITY	F	40	40-44F	0.55.39	1	0
453	635	2168	BUYELWA	KOBOKANA	CHARLO	F	60	60-64F	0.55.41	2	0
454	586	40012	YARDON	SWARTBOOI	RUN4C	M	16	JM	0.55.44	1	0
455	325	3325	SISEKO	MKUMLA	TEMP	M	40	40-44M	0.55.45	0	0
456	4836	1201	CATHY	ALLERS	ELITEAC	F	63	60-64F	0.55.47	2	0
457	188	3188	MVELISO	MATHONTSI	TEMP	M	35	35-39M	0.55.48	0	0
458	192	3192	ASTRID	ROSSOUW	TEMP	F	46	45-49F	0.55.52	0	0
459	606	903	KESVAL	CHETTY	CHARLO	M	60	60-64M	0.55.57	1	0
460	794	7794	CAYLUM	PETERS	TEMP	M	26	SM	0.55.59	0	0
461	4873	1354	ZUKILE	MBASANE	TEMP	M	43	40-44M	0.56.02	0	0
462	104	2737	SIPHOKAZI	MANI	VITALITY	F	35	35-39F	0.56.03	1	0
463	2763	1152	PHUMELELE	MRALAZA	TEMP	M	55	55-59M	0.56.04	0	0
464	424	25925	PALESA	HEADBUSH	CCJHB	F	46	45-49F	0.56.05	0	0
465	230	906	TARYN	FERREIRA	CHARLO	F	44	40-44F	0.56.08	1	0
466	790	327	ELWIN	WOODS	MUIRITE	M	61	60-64M	0.56.11	1	0
467	406	220	MKHANYISI	DHINGWE	CSEP	M	33	SM	0.56.15	1	0

468	619	2593	MLULEKI	GQOBOSE	MADIBAZ	M	55	55-59M	0.56.16	1	0
469	376	3376	DANIEL	SCHLUTER	TEMP	M	32	SM	0.56.22	0	0
470	140	563	LINDA	SILLS	RUN4C	F	43	40-44F	0.56.22	1	0
471	55	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	55	55-59F	0.56.26	2	0
472	516	750	PIETER	ROUX	CRUSADE	M	70	70+M	0.56.30	2	0
473	42	42	SAM	ERASMUS	SAPPE	M	67	65-69M	0.56.34	1	0
474	702	77	LOUIS	SWIEGELAAR	SAPPE	M	59	55-59M	0.56.35	1	0
475	666	2527	SANDISO	NGWENYA	MADIBAZ	F	31	SF	0.56.44	1	0
476	2787	1154	SIYABONGA	MAJEKE	TEMP	M	44	40-44M	0.56.44	0	0
477	438	723	ALETTA	JOUBERT	CRUSADE	F	63	60-64F	0.56.46	2	0
478	2541	2209	VELILE	LUSITI	SIBALEKA	M	36	35-39M	0.56.48	1	0
479	597	9999	MTETELELI	BIKO	MADIBAZ	M	33	SM	0.56.49	1	0
480	711	972	CONRAD	VENTER	CHARLO	M	33	SM	0.56.50	1	0
481	651	840	BRONWIN	MEYER	32GI	F	52	50-54F	0.56.50	1	0
482	52	40102	Owami	GWAMANDA	VWAC	M	15	JM	0.56.51	1	0
483	133	1259	SIYABULELA	RELU	VWAC	M	48	45-49M	0.56.51	1	0
484	182	3182	DOREEN	HOLMES	TEMP	F	41	40-44F	0.56.51	0	0
485	550	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	60	60-64F	0.56.53	2	0
486	467	483	MARISA	MEYER	RUN4C	F	30	SF	0.56.55	1	0
487	468	484	Maryka	Meyer	RUN4C	F	30	SF	0.56.55	1	0
488	161	2192	timothy	wilson	ASPEN	M	31	SM	0.56.57	1	0
489	601	967	MIKE	BURGER	CHARLO	M	65	65-69M	0.57.01	1	0
490	126	1264	LAVINIA	PIETERSE	VWAC	F	50	50-54F	0.57.01	1	0
491	1450	1124	LIZ	PRINS	ACH	F	55	55-59F	0.57.07	2	0
492	385	3341	ANYA	SODIDI	TEMP	M	19	SM	0.57.09	0	0
493	92	1298	MPHATHISI	MJADU	VWAC	M	53	50-54M	0.57.18	1	0
494	153	1582	MARINET	VAN TONDER	DESPATCH	F	46	45-49F	0.57.19	1	0
495	716	2618	SINETHEMBA	ZAKE	MADIBAZ	F	26	SF	0.57.28	1	0
496	365	3365	NTOMBODIDI	MPUTA	SAPPE	F	30	SF	0.57.31	1	0
497	669	40153	Ayola	Nofemele	TINARHA	F	14	JF	0.57.38	1	0
498	448	1147	GERMYINE	LEE	GELVAN	M	39	35-39M	0.57.47	1	0
499	770	1072	HEIDI	JANSEN	ACH	F	58	55-59F	0.57.56	1	0
500	317	3317	MIKE	WEBB	TEMP	M	65	65-69M	0.57.57	0	0
501	392	3392	GRANT	PATTINSON	TEMP	M	49	45-49M	0.57.57	0	0
502	279	746	JOHAN	BARNARD	CRUSADE	M	70	70+M	0.58.00	1	0
503	640	2124	ROMELDO	HOSHE	ATLANTIC	M	42	40-44M	0.58.05	1	0
504	144	1781	RUDI	SWARTS	GELVAN	M	47	45-49M	0.58.22	1	0
505	755	1102	KEN	BARWOOD	ACH	M	69	65-69M	0.58.22	1	0
506	758	1219	MELANIE	CHRISTIE	ELITEAC	F	40	40-44F	0.58.22	1	0
507	747	20457	KHAYA	MGANGENI	TV	M	42	40-44M	0.58.33	0	0
508	212	3212	LOYISO	MBANGENI	TEMP	M	34	SM	0.58.34	0	0
509	654	2642	TANITH	MORETON	MADIBAZ	F	20	SF	0.58.36	1	0
510	180	3180	SHAUN	HOEKSTRA	TEMP	M	25	SM	0.58.36	0	0
511	1501	1930	TIM	BRAY	BLUEBAY	M	62	60-64M	0.58.39	1	0
512	733	2190	ALAN	BROWNE	32GI	M	33	SM	0.58.44	1	0
513	205	3205	TERESA	JOUBERT	TEMP	F	53	50-54F	0.58.51	0	0
514	368	3368	SIVIWE	NAMGU	TEMP	M	42	40-44M	0.58.51	0	0
515	77	2504	WAYNE	MAC GEAR	MADIBAZ	M	61	60-64M	0.58.56	1	0
516	4995	1353	SIPHOKAZI	FANA	TEMP	F	35	35-39F	0.59.01	0	0
517	5290	52088	MPUMELELO	SEBANYONI	SANDF	M	36	35-39M	0.59.01	0	0
518	394	3394	MARTIN	TSHABANGU	TEMP	M	38	35-39M	0.59.05	0	0
519	463	1920	NOZBELE	MBETHE	BLUEBAY	F	50	50-54F	0.59.05	1	0
520	613	2127	MECAYLA	KOCK	ATLANTIC	F	21	SF	0.59.06	1	0
521	125	2503	NONDUMISO	PHAKATHI	MADIBAZ	F	43	40-44F	0.59.06	1	0
522	24	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	52	50-54M	0.59.07	1	0
523	1444	2271	LUVUYO	SIWUNDLA	VUKANI	M	45	45-49M	0.59.08	1	0
524	4837	1225	MTUTUZELI	BODO	TEMP	M	54	50-54M	0.59.10	0	0
525	573	40063	OVIWE	MARE	ACT AC	F	14	JF	0.59.12	1	0
526	778	1495	SIMPHIWE	NTIANTI	NEDBANK	M	44	40-44M	0.59.26	1	0
527	735	470	JODI	PIENAAR	WALMER	M	31	SM	0.59.28	1	0
528	676	1955	DANIEL	PIETERSE	BLUEBAY	M	62	60-64M	0.59.28	1	0
529	300	3300	LIYABONA	BOOI	TEMP	M	19	SM	0.59.31	0	0
530	442	513	ROZETTA	KEMP	RUN4C	F	71	70+F	0.59.33	2	0
531	4811	1347	NCEDIWE	STEMELE	TEMP	F	44	40-44F	0.59.36	0	0
532	319	3319	MONWABISI	MPULU	TEMP	M	65	65-69M	0.59.45	0	0
533	535	1025	MARIANNE	STIGLINGH	BODYCON	F	59	55-59F	0.59.51	1	0
534	709	926	TREVOR	VAN RENSBURG	CHARLO	M	72	70+M	0.59.55	1	0

535	101	620	NOSIPHIWO	MZANYWA	ASPEN	F	36	35-39F	0.59.56	1	0
536	792	352	ZUKO	MALIWA	IKHAMVA	M	47	45-49M	1.00.02	1	0
537	793	52414	NCEDO	MAQUETUKA	ORMAMBA	M	45	45-49M	1.00.02	0	0
538	504	40216	TALIA	PRAHALADH	INFINITY	F	14	JF	1.00.03	1	0
539	28	2345	NOMFUSI	CESHEMBA	VUKANI	F	43	40-44F	1.00.07	1	0
540	2522	1759	LYDIA	OLIVER	GELVAN	F	57	55-59F	1.00.08	1	0
541	503	88	HENRY	PRAHALADH	INFINITY	M	58	55-59M	1.00.12	1	0
542	674	996	PAULA	PEARCE	CHARLO	F	56	55-59F	1.00.15	1	0
543	734	72	HERMAN	DEKKER	SAPPE	M	80	70+M	1.00.16	1	0
544	1689	1587	MARISKA	OLIVIER	DESPATCH	F	37	35-39F	1.00.20	1	0
545	281	2757	CARLO	BEER	MUIRITE	M	21	SM	1.00.24	1	0
546	543	349	CHANEL	TIRAN-DORFLING	MUIRITE	F	30	SF	1.00.24	1	0
547	137	1782	THEODORE	SCHMITT	GELVAN	M	46	45-49M	1.00.26	1	0
548	723	195	JOHN	APPELS	CSEP	M	50	50-54M	1.00.31	1	0
549	48	1950	Nicole	GRAY	BLUEBAY	F	24	SF	1.00.33	1	0
550	209	3209	SIVUYILE	TSHINGI	TEMP	M	40	40-44M	1.00.36	0	0
551	379	3379	JENN	SEADY	TEMP	F	52	50-54F	1.00.41	0	0
552	175	1607	SONJA	VAN WYK	DESPATCH	F	43	40-44F	1.00.46	1	0
553	265	726	KEITH	VOSLOO	CRUSADE	M	62	60-64M	1.00.47	1	0
554	628	892	CHANTEL	HUYGEN	CHARLO	F	40	40-44F	1.00.48	1	0
555	474	2289	XOLELWA	MOLAPO	VUKANI	F	35	35-39F	1.00.49	1	0
556	2502	52801	ZAMA	MAWOYO	BORA	M	48	45-49M	1.01.00	0	0
557	384	3384	EDUAN	VAN DER WESTHUIZEN	TEMP	M	18	JM	1.01.07	0	0
558	217	409	VERONICA	SMITH	IKHAMVA	F	58	55-59F	1.01.08	1	0
559	695	913	SHARON	SMUTS	CHARLO	F	58	55-59F	1.01.10	1	0
560	227	808	LECHELLE	DE VRIES	32GI	F	44	40-44F	1.01.11	1	0
561	4846	1271	LEZELL	HARRIS	VWAC	F	51	50-54F	1.01.14	1	0
562	22	298	SANET	BOUCHER	MUIRITE	F	45	45-49F	1.01.17	1	0
563	673	1464	DAVID	O'REILLY	NEDBANK	M	77	70+M	1.01.21	1	0
564	53	1732	KEITH	HARRIS	GELVAN	M	54	50-54M	1.01.25	1	0
565	4835	1200	THEMBELA	MANYA	TEMP	F	41	40-44F	1.01.25	0	0
566	2524	503	FAKAZILE	NKOMIYAHLABA	RUN4C	F	37	35-39F	1.01.26	1	0
567	373	3373	SINESIPHO	NJAVULA	TEMP	M	35	35-39M	1.01.27	0	0
568	675	2069	LULAMILE	PHONGOLA	NMBAC	M	67	65-69M	1.01.34	1	0
569	637	2641	MARLON	KOOPMAN	MADIBAZ	M	45	45-49M	1.01.46	1	0
570	425	1928	THABO	HEADBUSH	BLUEBAY	M	54	50-54M	1.01.46	1	0
571	643	2019	MVULELI	MALAHLA	HOLLYWOO	M	51	50-54M	1.01.53	1	0
572	371	3371	UNATHI	NGQUNGE	TEMP	F	37	35-39F	1.01.55	0	0
573	306	3306	LULAMA	JORDAAN	TEMP	F	52	50-54F	1.01.55	0	0
574	302	3302	DWANDRE	CASSELS	TEMP	M	42	40-44M	1.02.05	0	0
575	645	2467	Xhanti	Mantshiyo	ABSAEP	M	57	55-59M	1.02.08	1	0
576	513	2778	Marlize	Robinson	MUIRITE	F	31	SF	1.02.16	1	0
577	540	1325	SHANNON	THEOBALD	NEDBANK	F	49	45-49F	1.02.21	1	0
578	678	902	KRISH	PILLAY	CHARLO	M	63	60-64M	1.02.25	1	0
579	229	507	JOHAN	FERREIRA	RUN4C	M	63	60-64M	1.02.26	1	0
580	547	1629	ARINDA	VAN DER LINDE	MADIBA	F	35	35-39F	1.02.30	1	0
581	105	385	ALFRED	NDESI	IKHAMVA	M	37	35-39M	1.02.30	1	0
582	354	3354	AZIZITA	MADASA	TEMP	F	27	SF	1.02.39	0	0
583	185	3185	SINETHEMBA	MAPAPU	TEMP	M	39	35-39M	1.02.45	0	0
584	4843	1765	LEONARD	GROVES	GELVAN	M	61	60-64M	1.03.00	1	0
585	403	738	SAM	DU TOIT	CRUSADE	F	55	55-59F	1.03.04	1	0
586	270	334	MADELEINE	OTTO	MUIRITE	F	65	65-69F	1.03.06	1	0
587	147	1429	RIKA	TERBLANCHE	NEDBANK	F	47	45-49F	1.03.08	1	0
588	523	1948	NEVILLE	SCHMELZER	BLUEBAY	M	74	70+M	1.03.14	1	0
589	4849	361	JULIUS	SHOGOLE	IKHAMVA	M	72	70+M	1.03.17	1	0
590	305	3305	QHAMANI	HANDILE	TEMP	M	16	JM	1.03.21	0	0
591	308	3308	MAWETHU	MAZOMBA	TEMP	M	32	SM	1.03.23	0	0
592	1298	1273	BUYILE	GQUBULE	VWAC	M	58	55-59M	1.03.28	1	0
593	12	491	YOLANDE	ARCHER	RUN4C	F	46	45-49F	1.03.28	1	0
594	220	371	SONWABO	MADIKANE	IKHAMVA	M	42	40-44M	1.03.29	1	0
595	2494	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	46	45-49F	1.03.33	1	0
596	395	3395	CHUMA	ZWANE	TEMP	M	41	40-44M	1.03.33	0	0
597	75	52172	SIMTHANDILE	MABHULA	MADIBAZ	F	38	35-39F	1.03.36	1	0
598	582	214	MASIBULELE	SIQABU	CSEP	M	31	SM	1.03.37	1	0
599	408	50943	SISIPHO	FAYE	REALGIJ	F	30	SF	1.03.38	0	0
600	722	204	GAYNOR	APPELS	CSEP	F	50	50-54F	1.03.48	1	0
601	479	1286	SHANDRY	NAZER	VWAC	F	36	35-39F	1.04.00	1	0

602	487	707	MPUMELELO	NGWENYA	CRUSADE	M	35	35-39M	1.04.01	1	0
603	163	1927	ANIRLE	DE MEYER	BLUEBAY	F	27	SF	1.04.04	1	0
604	27	2746	NOSIZWE	CEKISO	NMBAC	F	37	35-39F	1.04.10	1	0
605	223	725	Wendy	Bululu	CRUSADE	F	42	40-44F	1.04.17	1	0
606	268	512	ANSIE	BENADE	RUN4C	F	65	65-69F	1.04.19	1	0
607	4825	1045	YUSUF	SAMUELS	XCEL	M	66	65-69M	1.04.33	1	0
608	4826	283	LORENZO	SAMUELS	MUIRITE	M	40	40-44M	1.04.33	1	0
609	106	753	PLACXEDES	NDHLOVU	CRUSADE	F	50	50-54F	1.04.38	1	0
610	594	1103	LIZ	AUSTIN	ACH	F	66	65-69F	1.04.38	1	0
611	232	2708	LUMANYE	FILTANE	VITALITY	M	29	SM	1.04.41	1	0
612	4999	1346	ABABALWE	KHUTSHISO	TEMP	M	30	SM	1.04.42	0	0
613	333	3333	SIPHESIHLE	NOMATYELI	TEMP	M	35	35-39M	1.04.44	0	0
614	617	971	DEIDRE	GERBER	CHARLO	F	53	50-54F	1.04.47	1	0
615	318	3318	LUNGA	XASO	TEMP	M	47	45-49M	1.04.51	0	0
616	596	933	SANET	BEZUIDENHOUT	CHARLO	F	37	35-39F	1.04.58	1	0
617	26	645	KHULISO	NEPHALAMA	ASPEN	M	34	SM	1.04.59	1	0
618	4860	4860	MAGSON	VAN DER MERWE	TEMP	M	28	SM	1.05.04	0	0
619	4861	573	BRITTANY	CILLIERS	RUN4C	F	32	SF	1.05.08	1	0
620	4830	1492	DEON	VYVER	NEDBANK	M	58	55-59M	1.05.12	1	0
621	4839	1624	ESTELLE	DE KLERK	MADIBA	F	58	55-59F	1.05.16	1	0
622	286	1631	AMANDA	BLIGNAULT	MADIBA	F	65	65-69F	1.05.16	1	0
623	417	302	LUCINDA	GERBER	MUIRITE	F	50	50-54F	1.05.18	1	0
624	210	3210	WANDILE	TSHINGI	TEMP	M	38	35-39M	1.05.19	0	0
625	2760	1400	SKUMBUZO	MZOSHE	TEMP	M	52	50-54M	1.05.20	0	0
626	2503	2286	MKOKELI	MALGHAS	VUKANI	M	43	40-44M	1.05.20	1	0
627	99	50427	SIASANGA	MYATAZA	BALEKANI	F	39	35-39F	1.05.30	0	0
628	382	3382	SONGEZO	TUNTULWANA	TEMP	M	40	40-44M	1.05.30	0	0
629	313	3313	ALISTAIR	SALT	TEMP	M	50	50-54M	1.05.30	0	0
630	196	505	ANDRIES	COETSEE	RUN4C	M	39	35-39M	1.05.32	1	0
631	1780	1725	PEARL	DAMONS	GELVAN	F	61	60-64F	1.05.37	1	0
632	1840	947	GANIEF	DAVIDS	CHARLO	M	59	55-59M	1.05.37	1	0
633	526	211	MATHAPELO	SENTI	CSEP	F	35	35-39F	1.05.43	1	0
634	288	1579	JHANINEN	BOSHOFF	DESPATCH	F	59	55-59F	1.05.44	1	0
635	1920	328	MADRE	WELMANS	MUIRITE	F	56	55-59F	1.05.45	1	0
636	15	490	WANDA	BARNARD	RUN4C	F	50	50-54F	1.05.46	1	0
637	454	2270	NOMLINDO	MAKUBALO	VUKANI	F	50	50-54F	1.05.48	1	0
638	779	2788	VINCENT	MAPOE	TRANSNET	M	44	40-44M	1.05.52	1	0
639	187	3187	BULELANI	MATENJWA	TEMP	M	43	40-44M	1.06.02	0	0
640	629	1104	CATHY	IVES	ACH	F	72	70+F	1.06.06	1	0
641	2647	131	SHUKRY	KAFAAR	MALABAR	M	39	35-39M	1.06.08	1	0
642	11	2461	FUNDISWA	ANTONY	ABSAEP	F	52	50-54F	1.06.18	1	0
643	159	1453	HEINRICH	WENTZEL	NEDBANK	M	39	35-39M	1.06.26	1	0
644	611	968	DENISE	DARLOW	CHARLO	F	56	55-59F	1.06.27	1	0
645	680	889	PETER	POHLMANN	CHARLO	M	61	60-64M	1.06.28	1	0
646	157	550	LIEZEL	WAIT	RUN4C	F	52	50-54F	1.06.28	1	0
647	158	520	SASKIA	WAIT	RUN4C	F	23	SF	1.06.29	1	0
648	228	1935	XENOPHON	FERREIRA	BLUEBAY	M	63	60-64M	1.06.33	1	0
649	351	3351	MATTHEW	LANGSON	TEMP	M	27	SM	1.06.38	0	0
650	447	40106	STEFANI	LAMBRECHTS	DESPATCH	F	14	JF	1.06.38	1	0
651	344	3344	SHARON	HERMAANS	TEMP	F	47	45-49F	1.06.47	0	0
652	421	2508	DANEILLE	HARRY	MADIBAZ	F	39	35-39F	1.06.49	1	0
653	47	1945	Janine	Gray	BLUEBAY	F	47	45-49F	1.06.51	1	0
654	570	1207	CHARL	GRIESSEL	ELITEAC	M	61	60-64M	1.06.55	1	0
655	261	1608	LUZANNE	SCHOEMAN	DESPATCH	F	35	35-39F	1.06.56	1	0
656	4874	4874	ZUKISANI	MTILI	TEMP	M	37	35-39M	1.07.01	0	0
657	1919	475	KAREN	VAN DEVENTER	WALMER	F	36	35-39F	1.07.02	1	0
658	366	3366	KUHLE	MQASHANE	TEMP	F	21	SF	1.07.02	0	0
659	103	143	ZAHEERA	NANABHAY	MALABAR	F	43	40-44F	1.07.06	1	0
660	522	1257	STEPHANIE	SCHEEPERS	VWAC	F	28	SF	1.07.06	1	0
661	277	1256	NAOMI	BAKKER	VWAC	F	47	45-49F	1.07.06	1	0
662	4829	1493	TOEGEDA	VYVER	NEDBANK	F	53	50-54F	1.07.07	1	0
663	1936	1330	JEREMY	SCOTT	TEMP	M	53	50-54M	1.07.07	0	0
664	585	553	TYRESE	SWARTBOOI	RUN4C	M	21	SM	1.07.09	1	0
665	555	40444	CALEB	WINTERMEYER	32GI	M	14	JM	1.07.13	1	0
666	556	2187	DEBBIE	WINTERMEYER	32GI	F	47	45-49F	1.07.13	1	0
667	100	863	NANDIPA	MYELEYELE	SPAREC	F	37	35-39F	1.07.18	1	0
668	774	2333	ALIZWA	BOVUNGANA	VUKANI	M	24	SM	1.07.21	1	0

669	667	562	JUDITH	NIENABER	RUN4C	F	65	65-69F	1.07.26	1	0
670	575	40057	ZINTLE	MNINZI	ACT AC	F	16	JF	1.07.29	1	0
671	571	40061	MBALENTLE	MAKANA	ACT AC	F	14	JF	1.07.30	1	0
672	400	289	RENAY	DU PLESSIS	MUIRITE	F	57	55-59F	1.07.30	1	0
673	486	492	NTOKOZO	NGUBANE	RUN4C	F	30	SF	1.07.35	1	0
674	705	917	VICKY	TSOUKNIDAS	CHARLO	F	47	45-49F	1.07.36	1	0
675	773	1393	NIKIWE	YOYO	NEDBANK	F	52	50-54F	1.07.45	1	0
676	714	40301	JOSE	CASE	ATLANTIC	M	16	JM	1.07.53	1	0
677	320	3320	MZOXOLO	MKOKELI	TEMP	M	46	45-49M	1.08.02	0	0
678	64	1239	YOLANDE	KNOETZE	ELITEAC	F	57	55-59F	1.08.02	1	0
679	557	456	BULELANI	WITI	CHILLIEP	F	29	SF	1.08.10	1	0
680	564	509	LIZE	AUSTIN	RUN4C	F	28	SF	1.08.11	1	0
681	314	3314	ANNA	VAN ROOYEN	TEMP	F	27	SF	1.08.11	0	0
682	386	3386	JOSHUA	AUSTIN	TEMP	M	29	SM	1.08.12	0	0
683	346	3346	FRANCOIS	JONKER	TEMP	M	42	40-44M	1.08.13	0	0
684	197	1157	ZIYANDA	MDWAYI	TRANSNET	F	45	45-49F	1.08.19	1	0
685	390	3390	BUSISIWE	MAPASA-DUBE	TEMP	F	42	40-44F	1.08.19	0	0
686	172	1753	ROXANNE	MULLER	GELVAN	F	40	40-44F	1.08.31	1	0
687	729	566	JANINE	VILJOEN	RUN4C	F	55	55-59F	1.08.35	1	0
688	216	3216	KIM	JULIE	TEMP	F	39	35-39F	1.08.36	0	0
689	109	1197	NOREEN	NELSON	ELITEAC	F	60	60-64F	1.08.40	1	0
690	214	3214	MITIYO	SANDILE	TEMP	M	49	45-49M	1.08.42	0	0
691	307	2646	ANESIPHIWO	MAGADLA	MADIBAZ	F	24	SF	1.08.53	1	0
692	213	3213	MEGAN	ELS	TEMP	F	40	40-44F	1.09.08	0	0
693	741	764	SJANI	HUMAN	CRUSADE	F	55	55-59F	1.09.08	1	0
694	683	2575	Chuma	Qakala	MADIBAZ	F	25	SF	1.09.10	1	0
695	332	3332	AYABONGA	MATSHAYA	TEMP	F	27	SF	1.09.12	0	0
696	127	1743	THOMAS	PLAATJIES	GELVAN	M	48	45-49M	1.09.13	1	0
697	31	100	LYNETTE	CRAUSE	INFINITY	F	65	65-69F	1.09.21	1	0
698	789	626	VICKI	VAN SCHALKWYK	ASPEN	F	43	40-44F	1.09.25	1	0
699	696	337	CHRISTINE	SNYMAN	MUIRITE	F	69	65-69F	1.09.29	1	0
700	1294	150	ZAHEER	SOOMAR	MALABAR	M	54	50-54M	1.09.33	1	0
701	193	3193	SINOTHANDO	TISO	TEMP	F	30	SF	1.09.34	0	0
702	375	3375	NOZUKO	PUTINI	TEMP	F	32	SF	1.09.37	0	0
703	402	544	JACQULENE	DU TOIT	RUN4C	F	52	50-54F	1.09.41	1	0
704	341	966	KEANO	HITZEROTH	CHARLO	M	24	SM	1.09.43	1	0
705	349	3349	INECE	KAYSER	TEMP	F	56	55-59F	1.09.44	0	0
706	697	884	SHAMEMMA	SOLOMON	CHARLO	F	44	40-44F	1.09.44	1	0
707	512	1368	ZHULDYZYZ	ROBERTS	NEDBANK	F	38	35-39F	1.09.44	1	0
708	343	3343	KEVIN	GARDNER	TEMP	M	45	45-49M	1.09.47	0	0
709	542	2603	PHATHEKA	MOKGWETSI	MADIBAZ	F	33	SF	1.09.58	1	0
710	347	3347	HANLIE-ANN	JUNIUS	TEMP	F	53	50-54F	1.10.01	0	0
711	603	2502	WENDY	CAMERON	MADIBAZ	F	47	45-49F	1.10.12	1	0
712	491	2156	SINDILE	NOGQALA	TRANSNET	M	50	50-54M	1.10.16	1	0
713	1818	1542	CELESTE	OOSTHUIZEN	RUN4C	F	34	SF	1.10.29	1	0
714	160	1155	JAMES	WILSON	ASPEN	M	57	55-59M	1.10.38	1	0
715	483	1437	ELMARIE	NEL	NEDBANK	F	49	45-49F	1.10.39	1	0
716	202	3202	SIHLE	QWEMESHA	TEMP	F	30	SF	1.10.49	0	0
717	4997	4997	MICHELLE	BLOM	TEMP	F	47	45-49F	1.10.51	0	0
718	4998	1345	LISA	RANDALL	TEMP	F	45	45-49F	1.10.52	0	0
719	14	2616	JABU	BAM	MADIBAZ	M	39	35-39M	1.10.58	1	0
720	357	3357	SARAH	MARX	TEMP	F	32	SF	1.11.06	0	0
721	370	3370	SIYANDA	NGCELWANE	TEMP	F	27	SF	1.11.07	0	0
722	430	1532	SIMONDA	INGRAM	DESPATCH	F	39	35-39F	1.11.07	1	0
723	2794	2208	GARFIELD	TSATSANE	SIBALEKA	M	59	55-59M	1.11.15	1	0
724	4869	2531	Zimasa	Mncanca	MADIBAZ	F	29	SF	1.11.19	1	0
725	725	2956	PORTIA	CENCIMBO	CSEP	F	33	SF	1.11.21	1	0
726	168	1603	RONNIE	JONKER	DESPATCH	M	55	55-59M	1.11.23	1	0
727	4813	303	SANET	VAN NIEKERK	MUIRITE	F	56	55-59F	1.11.36	1	0
728	50	1649	SYMANTHA-ANNE	GREYLING	MADIBA	F	50	50-54F	1.11.43	1	0
729	608	67	THANDISWA	COSA	SAPPE	F	48	45-49F	1.11.45	1	0
730	129	2181	BIANCA	RADEMEYER	INFINITY	F	25	SF	1.11.52	1	0
731	727	617	JESSICA	MURPHY	ASPEN	F	34	SF	1.12.07	1	0
732	2581	199	PHUMELA	SIGODI	CSEP	F	40	40-44F	1.12.18	1	0
733	548	311	NICKI	VAN NIEKERK	MUIRITE	F	71	70+F	1.12.22	1	0
734	17	286	SANET	BLOM	MUIRITE	F	57	55-59F	1.12.22	1	0
735	1863	2196	SELBY	THABETHE	SIBALEKA	M	51	50-54M	1.12.25	1	0

736	1438	609	Bongani	Ngcala	ASPEN	M	34	SM	1.12.30	1	0
737	623	2163	SUNET	HARRIS	CHARLO	F	52	50-54F	1.12.35	1	0
738	616	2162	ERIKA	FOREMAN	CHARLO	F	54	50-54F	1.12.36	1	0
739	235	1936	MARKUS	KUNNEKE	BLUEBAY	M	55	55-59M	1.12.51	1	0
740	181	3181	DILLON	HOLMES	TEMP	M	23	SM	1.13.09	0	0
741	488	40062	KHANYISA	NGXWASHULA	ACC	F	18	JF	1.13.13	0	0
742	89	2201	NOCWE	MDAZUKA	SIBALEKA	F	41	40-44F	1.13.19	1	0
743	4871	1399	KHAYA	MTI	NEDBANK	M	45	45-49M	1.13.21	1	0
744	1299	1335	LULAMA	SPEELMAN	TEMP	M	46	45-49M	1.13.30	0	0
745	361	3361	KHUSELO	MINNIE	TEMP	M	40	40-44M	1.13.33	0	0
746	706	974	CLAIRE	TUSTIN	CHARLO	F	47	45-49F	1.13.34	1	0
747	620	2165	DION	GRIESEL	CHARLO	M	57	55-59M	1.13.34	1	0
748	621	2164	SHARON	GRIESEL	CHARLO	F	53	50-54F	1.13.34	1	0
749	4996	458	THOKOZANI	MTIMKULU	CHILLIEP	F	28	SF	1.13.37	1	0
750	411	64	DAVID	FORTEIN	SAPPE	M	60	60-64M	1.13.42	1	0
751	398	82	LETA	DOS SANTOS	INFINITY	F	60	60-64F	1.13.44	1	0
752	312	3312	MACKENZIE	SALT	TEMP	F	16	JF	1.13.49	0	0
753	677	901	EUSENTHA	PILLAY	CHARLO	F	59	55-59F	1.14.10	1	0
754	340	3340	TAMERYN	DE JESUS	TEMP	F	30	SF	1.14.31	0	0
755	627	925	NOREEN	HUMAN	CHARLO	F	48	45-49F	1.14.37	1	0
756	4821	2680	ALYCIA	LANGLEY	VITALITY	F	31	SF	1.14.38	1	0
757	352	3352	NOMANDLA	LUNGUZA	TEMP	F	49	45-49F	1.14.47	0	0
758	605	923	EVA	CHETTY	CHARLO	F	56	55-59F	1.14.49	1	0
759	294	2212	ZIMKITHA	DAYI-SIBANGELE	SIBALEKA	F	39	35-39F	1.15.07	1	0
760	150	2036	ANDRE	VAN DER BANK	MUIRITE	M	53	50-54M	1.15.21	1	0
761	436	232	ROBERT	JOINER	KOWIE	M	77	70+M	1.15.34	1	0
762	499	1231	HELENE	OPPEL	ELITEAC	F	75	70+F	1.15.36	1	0
763	166	1746	ARDEN	GROOTBOOM	GELVAN	F	44	40-44F	1.15.41	1	0
764	224	713	DENISE	FERREIRA	CRUSADE	F	63	60-64F	1.15.56	1	0
765	704	922	REFILWE	TSATSIMPE	CHARLO	F	28	SF	1.16.03	1	0
766	785	50708	SANELISIWE	FUNANI	MTHATHA	M	41	40-44M	1.16.36	0	0
767	121	543	NIEKIE	OOSTHUIZEN	RUN4C	F	54	50-54F	1.16.46	1	0
768	4875	1375	BARRY	NELSON	NEDBANK	M	73	70+M	1.16.52	1	0
769	636	2518	ALGENE	KOEBERG	MADIBAZ	F	42	40-44F	1.16.57	1	0
770	427	40440	MATTHEW	HECHTER	ELITEAC	M	14	JM	1.17.02	1	0
771	426	1252	AMANDA	HECHTER	ELITEAC	F	44	40-44F	1.17.04	1	0
772	79	62	ALEX	KHUZWAYO	SAPPE	M	62	60-64M	1.17.13	1	0
773	253	294	KARMEL	PAGE	MUIRITE	F	34	SF	1.17.14	1	0
774	416	276	CHRISTIAAN	GERBER	MUIRITE	M	50	50-54M	1.17.15	1	0
775	638	995	BERNADETTE	LOOCK	CHARLO	F	45	45-49F	1.17.18	1	0
776	32	761	NTOKOZO	DAMBUZA	CRUSADE	F	46	45-49F	1.17.25	1	0
777	251	1956	SONJA	OLIVIER	BLUEBAY	F	57	55-59F	1.17.29	1	0
778	221	1926	SIPHOKAZI	BACELA	BLUEBAY	F	32	SF	1.17.36	1	0
779	135	1274	GAYLE	SAAYMAN	VWAC	F	37	35-39F	1.17.50	1	0
780	348	3348	SINDISIWE	KAMP	TEMP	F	16	JF	1.18.00	0	0
781	335	3335	SIVIWE	NKOYI	TEMP	M	33	SM	1.18.01	0	0
782	772	585	JEANETTE	PIENAAR	RUN4C	F	76	70+F	1.18.03	1	0
783	439	714	KARIEN	JOUBERT	CRUSADE	F	37	35-39F	1.18.10	1	0
784	409	721	FIONA	FLEUR	CRUSADE	F	40	40-44F	1.18.13	1	0
785	1295	1157	SIZIWE	BOYANA	TEMP	F	44	40-44F	1.18.23	0	0
786	1296	1158	LULAMA	GAGA	TEMP	F	51	50-54F	1.18.23	0	0
787	625	2115	DERRICK	HOSHE	ATLANTIC	M	66	65-69M	1.18.37	1	0
788	374	3374	NOKUBONGA	PHAKADE	TEMP	F	30	SF	1.18.56	0	0
789	756	194	QEMA	NOMVUYO	CSEP	F	55	55-59F	1.18.59	1	0
790	328	3328	MICHELLE	BEUKES	TEMP	F	51	50-54F	1.19.06	0	0
791	759	1630	JOE	SCHOEMAN	MADIBA	M	44	40-44M	1.19.06	1	0
792	4988	2315	SEEMOLA	MADLOKAZI	VUKANI	F	34	SF	1.19.09	1	0
793	791	1740	JANICE	JONES	GELVAN	F	49	45-49F	1.19.31	1	0
794	58	642	ESTINE	KEIRSGIETER	ASPEN	F	37	35-39F	1.19.43	1	0
795	59	641	JACQUES	KEIRSGIETER	ASPEN	M	36	35-39M	1.19.44	1	0
796	298	209	Siyasanga	Dlaku	CSEP	F	38	35-39F	1.19.45	1	0
797	4868	1352	OLWETHU	KOTO	TEMP	F	41	40-44F	1.19.47	0	0
798	215	3215	NAZO	MTSHAMBEZA	TEMP	F	36	35-39F	1.19.54	0	0
799	94	2709	CHARLOTTE	MOTHILALL	VITALITY	F	42	40-44F	1.19.56	1	0
800	732	61	ABEGAIL	TEYISE	SAPPE	F	52	50-54F	1.20.00	1	0
801	4863	1339	MAKSHAM	SOUNDAVAJAN	TEMP	M	31	SM	1.20.01	0	0
802	2492	1241	MARLENE	TERBLANCHE	ELITEAC	F	75	70+F	1.20.02	1	0

803	4857	1328	NTOMBIZANELE	NGCELWANE	TEMP	F	35	35-39F	1.20.05	0	0
804	4990	1341	LINDEKA	MRAMBA	TEMP	F	40	40-44F	1.20.07	0	0
805	761	326	NEIL	GROBLER	MUIRITE	M	65	65-69M	1.20.09	1	0
806	2762	1153	VUYISEKA	KULA	TEMP	F	43	40-44F	1.20.18	0	0
807	338	3338	SIPHOSETHU	MXATULE	TEMP	F	32	SF	1.20.20	0	0
808	303	3303	ZELDA	EMMANUEL	TEMP	F	49	45-49F	1.20.35	0	0
809	396	3396	PAULA	ZWANE	TEMP	F	42	40-44F	1.20.56	0	0
810	322	3322	LUSANDA	NQUQO	TEMP	F	41	40-44F	1.20.56	0	0
811	736	705	OCTAVIA	BOSHOF	CRUSADE	F	55	55-59F	1.21.06	1	0
812	737	745	KATHLEEN	FLANAGAN	CRUSADE	F	39	35-39F	1.21.06	1	0
813	4870	627	LUCIA	PHAKATHA	ASPEN	F	46	45-49F	1.21.16	1	0
814	782	575	JACKIE	ELOFF	RUN4C	F	52	50-54F	1.21.17	1	0
815	656	2509	LERATO	MUZH	MADIBAZ	F	39	35-39F	1.21.21	1	0
816	97	463	JO-ANNE	MUIR	WALMER	F	55	55-59F	1.21.23	1	0
817	128	464	SHARON	POTGIETER	WALMER	F	60	60-64F	1.21.24	1	0
818	208	3208	LUMKA	DINGAAN	TEMP	F	41	40-44F	1.21.24	0	0
819	751	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	67	65-69F	1.21.45	1	0
820	2594	2800	NOSIBULELO	SIBANGA	CSEP	F	42	40-44F	1.22.30	1	0
821	70	1761	JASON	LE ROUX	GELVAN	M	29	SM	1.22.31	1	0
822	703	2600	ROCHELLE	THORNE	MADIBAZ	F	55	55-59F	1.22.38	1	0
823	4823	1306	GAVIN	KLINK	VWAC	M	52	50-54M	1.22.42	1	0
824	364	3364	TENDELA	MPUSHE	TEMP	F	41	40-44F	1.22.56	0	0
825	787	787	MARIECHEN	VORSTER	TEMP	F	42	40-44F	1.23.34	0	0
826	786	1186	JOHANI	VERMEULEN	ELITEAC	F	47	45-49F	1.23.34	1	0
827	407	776	GESINA	ERASMUS	32GI	F	43	40-44F	1.23.43	1	0
828	3090	1334	SIMAMKELE	SIAMBE	TEMP	F	30	SF	1.23.44	0	0
829	337	3337	ABONGILE	TODOLO	TEMP	F	19	SF	1.23.46	0	0
830	345	3345	SIBAHLE	JEBESE	TEMP	F	33	SF	1.23.58	0	0
831	615	2585	Matabo	Flatela	MADIBAZ	F	26	SF	1.24.01	1	0
832	464	767	GILLIAN	MCAINSH	CRUSADE	F	65	65-69F	1.24.16	1	0
833	560	441	NOZUKO	YEYE	CHILLIEP	F	53	50-54F	1.24.18	1	0
834	190	3190	SIVIWE	NDAMASE	TEMP	F	33	SF	1.24.27	0	0
835	691	935	BRENTON	SCHNETLER	CHARLO	M	50	50-54M	1.24.33	1	0
836	189	3189	SIBULELE	NCAPAI	TEMP	F	34	SF	1.24.34	0	0
837	369	3369	MAWANDE	NGCELWANE	TEMP	M	24	SM	1.24.56	0	0
838	68	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	56	55-59F	1.24.59	1	0
839	639	910	RAE	LUCKMAN	CHARLO	F	55	55-59F	1.25.03	1	0
840	397	81	JOSE	DOS SANTOS	INFINITY	M	59	55-59M	1.25.05	1	0
841	764	53	KEZIA	PRINSLOO	SAPPE	F	40	40-44F	1.25.15	1	0
842	2754	1151	LAYOLA	NDZAMBO	TEMP	F	32	SF	1.25.16	0	0
843	339	3339	ANDISWA	DANO	TEMP	F	40	40-44F	1.25.17	0	0
844	280	2153	THULISA	BATYI	TRANSNET	F	42	40-44F	1.26.36	1	0
845	644	2818	BRIDGETTE	MANTSHIYO	MOTHER	F	54	50-54F	1.26.41	1	0
846	225	2049	KYLE	CLEMENCE	ASPEN	M	26	SM	1.26.50	1	0
847	299	3299	KAYCEE	IKIN	TEMP	F	29	SF	1.27.10	0	0
848	795	50768	ZOLISWA	NXOMANI	BORA	F	44	40-44F	1.27.15	0	0
849	4831	1720	NOLEEN	NORRIS	GELVAN	F	68	65-69F	1.27.15	1	0
850	679	6679	PAVANA	PILLAY	TEMP	F	25	SF	1.27.31	0	0
851	423	2140	PUMEZA	HASHE	TRANSNET	F	43	40-44F	1.27.34	1	0
852	490	2142	THANDEKILE	NOGOQA	TRANSNET	F	40	40-44F	1.27.37	1	0
853	482	1433	ANDRE	NEL	NEDBANK	M	58	55-59M	1.28.11	1	0
854	203	3203	SIPHOKAZI	XOSE	TEMP	F	52	50-54F	1.28.17	0	0
855	460	722	YOLISWA	MATWA	CRUSADE	F	42	40-44F	1.28.25	1	0
856	51	2676	BANDILE	GWAMANDA	VITALITY	M	55	55-59M	1.28.32	1	0
857	4822	1270	LEIGH	KLINK	VWAC	F	43	40-44F	1.28.33	1	0
858	760	942	EDITH	MAC GEAR	CHARLO	F	57	55-59F	1.28.42	1	0
859	169	1545	RUAN	JONKER	DESPATCH	M	25	SM	1.29.15	1	0
860	238	1904	MELANIE	LOGAN	STFRAN	F	57	55-59F	1.29.36	1	0
861	257	2779	CHARNE	PIETERSEN	MUIRITE	F	32	SF	1.29.57	1	0
862	383	3383	ALUNGILE	TYWAKU	TEMP	F	32	SF	1.29.58	0	0
863	4865	1766	GODFREY	KARIEM	GELVAN	M	84	70+M	1.30.08	1	0
864	4987	1760	MARISA	CALISTE	GELVAN	F	39	35-39F	1.30.08	1	0
865	191	3191	LLONKE	QUNTA	TEMP	F	27	SF	1.30.14	0	0
866	151	2037	BELINDA	VAN DER BANK	MUIRITE	F	57	55-59F	1.30.33	1	0
867	258	336	ARNOLD	RAS	MUIRITE	M	63	60-64M	1.30.33	1	0
868	404	2789	BUSISIWE	DYANTYI	TRANSNET	F	36	35-39F	1.30.38	1	0
869	359	3359	PAULINE	MELULA	TEMP	F	66	65-69F	1.30.47	0	0

870	754	1122	BOB	STEDMAN	ACH	M	75	70+M	1.30.49	1	0
871	1990	329	ORGIA	NELL	MUIRITE	F	81	70+F	1.31.23	1	0
872	441	2004	SINOVUYO	KATIYA	NMBAC	F	38	35-39F	1.31.57	1	0
873	389	3389	BABALWA	KLAAS	TEMP	F	39	35-39F	1.31.59	0	0
874	2561	2655	SINETHEMBA	DLAMINI	MADIBAZ	F	27	SF	1.32.05	1	0
875	473	206	TANDAZWA	MNIKA	CSEP	F	38	35-39F	1.32.12	1	0
876	380	3380	AMANDA	TONGO	TEMP	F	45	45-49F	1.32.18	0	0
877	388	3388	ROMANO	BUTTRESS	TEMP	M	39	35-39M	1.32.31	0	0
878	269	1896	Clive	Clements	STFRAN	M	67	65-69M	1.32.39	1	0
879	688	2507	MARCOLENE	SAUNDERS	MADIBAZ	F	40	40-44F	1.33.31	1	0
880	271	3271	GCOBISA	BOOI	TEMP	F	36	35-39F	1.33.32	0	0
881	576	2658	RAKGWADI	MORITI	VITALITY	M	35	35-39M	1.33.35	1	0
882	356	3356	BULELANI	MARA	TEMP	M	40	40-44M	1.33.35	0	0
883	358	3358	MSIMELELO	MDASHE	TEMP	M	43	40-44M	1.34.05	0	0
884	541	712	NDILEKA	THOMPSON	CRUSADE	F	47	45-49F	1.34.45	1	0
885	2759	1399	MATTHEW	PORTER	TEMP	M	23	SM	1.37.19	0	0