

**MAKRO 10KM ROAD RACE - GQEBERHA - 2025/07/05**

| POS | RNO | LICNO | NAME        | SURNAME      | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|-----|-------|-------------|--------------|----------|-----|-----|--------|---------|-----|
| 1   | 586 | 3750  | KEANU       | DOMINGO      | TEMP     | M   | 23  | SM     | 0.29.56 | 0   |
| 2   | 1   | 355   | MELIKHAYA   | FRANS        | IKHAMVA  | M   | 35  | 35-39M | 0.30.37 | 5   |
| 3   | 3   | 1361  | ANDILE      | MOTWANA      | NEDBANK  | M   | 28  | SM     | 0.30.41 | 5   |
| 4   | 2   | 357   | SINAWO      | POTI         | IKHAMVA  | M   | 23  | SM     | 0.30.51 | 5   |
| 5   | 724 | 1338  | SIBAHLE     | MAQWARA      | NEDBANK  | M   | 23  | SM     | 0.32.03 | 5   |
| 6   | 793 | 1376  | GIFT        | CHIGOMARAWA  | NEDBANK  | M   | 37  | 35-39M | 0.32.09 | 5   |
| 7   | 690 | 10326 | SIBUSISO    | COLEPI       | TUTAC    | M   | 20  | SM     | 0.32.23 | 0   |
| 8   | 273 | 948   | XOLISA      | NDLUMBINI    | CHARLO   | M   | 43  | 40-44M | 0.32.35 | 5   |
| 9   | 7   | 40413 | SEMIHLE     | BEDA         | IKHAMVA  | M   | 18  | JM     | 0.32.35 | 5   |
| 10  | 116 | 358   | MZWANELE    | MAPHEKULA    | IKHAMVA  | M   | 48  | 45-49M | 0.32.50 | 5   |
| 11  | 6   | 40477 | OKUHLE      | DLOTO        | IKHAMVA  | M   | 18  | JM     | 0.32.51 | 5   |
| 12  | 730 | 40168 | ENDINAKO    | JOLA         | MOTHER   | M   | 16  | JM     | 0.33.03 | 5   |
| 13  | 5   | 40414 | LUKHANYISO  | APRIL        | IKHAMVA  | M   | 17  | JM     | 0.33.25 | 5   |
| 14  | 209 | 439   | MXOLELENI   | TABATA       | ACH      | M   | 22  | SM     | 0.33.33 | 5   |
| 15  | 596 | 2253  | KHAYA       | GQWETHA      | VUKANI   | M   | 40  | 40-44M | 0.34.36 | 5   |
| 16  | 112 | 40005 | BULUMKO     | MALINGA      | NEDBANK  | M   | 18  | JM     | 0.34.44 | 5   |
| 17  | 689 | 1488  | MELIKHAYA   | KEPE         | NEDBANK  | M   | 49  | 45-49M | 0.34.44 | 5   |
| 18  | 78  | 374   | HOPEWELL    | JABAVU       | IKHAMVA  | M   | 41  | 40-44M | 0.35.07 | 5   |
| 19  | 105 | 40671 | ICHUMILE    | MACHAKA      | SCHOOL   | M   | 16  | JM     | 0.35.11 | 5   |
| 20  | 723 | 40378 | ANTON       | AVENATHI     | SIBALEKA | M   | 18  | JM     | 0.35.27 | 5   |
| 21  | 123 | 2210  | THEMBELANI  | MBENENGE     | SIBALEKA | M   | 30  | SM     | 0.35.33 | 5   |
| 22  | 126 | 1363  | THULANI     | MDLALO       | NEDBANK  | M   | 40  | 40-44M | 0.35.56 | 5   |
| 23  | 658 | 370   | DESMOND     | ZIBI         | IKHAMVA  | M   | 61  | 60-64M | 0.36.02 | 5   |
| 24  | 210 | 174   | VIWE        | TEKO         | ACT AC   | M   | 27  | SM     | 0.36.08 | 4   |
| 25  | 521 | 2314  | BATHANDWA   | MOOI         | VUKANI   | M   | 40  | 40-44M | 0.36.21 | 5   |
| 26  | 238 | 40223 | MATTHEW     | WOLFE        | STEL     | M   | 19  | JM     | 0.36.53 | 0   |
| 27  | 246 | 986   | LLEWELLYN   | BARNARD      | CHARLO   | M   | 35  | 35-39M | 0.36.55 | 5   |
| 28  | 330 | 8330  | RAYNARD     | TISSINK      | TEMP     | M   | 51  | 50-54M | 0.37.09 | 0   |
| 29  | 672 | 40023 | REECE       | FREEMAN      | ACT AC   | M   | 17  | JM     | 0.38.10 | 3   |
| 30  | 709 | 1807  | THAMSANQA   | MANGI        | BATHURST | M   | 41  | 40-44M | 0.38.35 | 4   |
| 31  | 790 | 1406  | REFELOE     | SOLOMONS     | NEDBANK  | F   | 44  | 40-44F | 0.38.37 | 5   |
| 32  | 83  | 51917 | JEMAINE     | KEFFERS      | BOXER    | M   | 20  | SM     | 0.38.40 | 0   |
| 33  | 679 | 1168  | SLULAMI     | JACK         | TRANSNET | M   | 50  | 50-54M | 0.38.46 | 5   |
| 34  | 722 | 40385 | SENZO       | NDZOTOYI     | SIBALEKA | M   | 16  | JM     | 0.39.07 | 3   |
| 35  | 275 | 931   | ANDILE      | NYOKA        | CHARLO   | M   | 52  | 50-54M | 0.39.10 | 5   |
| 36  | 601 | 772   | MARTIN      | VON ALLEMANN | 32GI     | M   | 44  | 40-44M | 0.39.31 | 4   |
| 37  | 234 | 2690  | JEMAIN      | WILSON       | VITALITY | M   | 37  | 35-39M | 0.39.34 | 3   |
| 38  | 212 | 512   | JAMES       | TERBLANCHE   | BUFFALO  | M   | 29  | SM     | 0.39.38 | 0   |
| 39  | 671 | 156   | STANTON     | FREEMAN      | ACT AC   | M   | 47  | 45-49M | 0.39.41 | 5   |
| 40  | 564 | 205   | ZUKISANI    | NJOKWENI     | CSEP     | M   | 36  | 35-39M | 0.39.41 | 3   |
| 41  | 791 | 1398  | MUTEKILE    | RASMENI      | NEDBANK  | M   | 60  | 60-64M | 0.39.42 | 5   |
| 42  | 239 | 1405  | NTOMBESINTU | MFUNZI       | NEDBANK  | F   | 43  | 40-44F | 0.39.44 | 5   |
| 43  | 541 | 1480  | AUGUST      | ESAU         | NEDBANK  | M   | 54  | 50-54M | 0.39.51 | 5   |
| 44  | 241 | 1400  | KELLY       | VAN VLIET    | NEDBANK  | F   | 37  | 35-39F | 0.40.00 | 5   |
| 45  | 360 | 1847  | MHLENGI     | MAHLABA      | HOLLYWOO | M   | 33  | SM     | 0.40.09 | 3   |
| 46  | 270 | 993   | THEMBEKILE  | MSIPA        | CHARLO   | M   | 50  | 50-54M | 0.40.16 | 5   |
| 47  | 349 | 3560  | ALEXIA      | LOIZOU       | TEMP     | F   | 41  | 40-44F | 0.40.18 | 0   |
| 48  | 626 | 2863  | QAWE        | MAJIZA       | ADVEN    | M   | 38  | 35-39M | 0.40.42 | 3   |

| POS | RNO | LICNO | NAME        | SURNAME      | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|-----|-------|-------------|--------------|----------|-----|-----|--------|---------|-----|
| 49  | 581 | 1127  | BRADLEY     | MACKENZIE    | ACH      | M   | 53  | 50-54M | 0.40.43 | 4   |
| 50  | 284 | 908   | KAYLA       | VAN RENSBURG | CHARLO   | F   | 31  | SF     | 0.40.45 | 5   |
| 51  | 316 | 1324  | LINDEN      | NZEZA        | SAPPE    | M   | 41  | 40-44M | 0.40.57 | 3   |
| 52  | 712 | 40185 | OLWETHU     | LINKS        | NEDBANK  | M   | 18  | JM     | 0.40.57 | 3   |
| 53  | 189 | 1436  | NTSIKELELO  | SEBE         | NEDBANK  | M   | 42  | 40-44M | 0.41.19 | 3   |
| 54  | 625 | 2691  | SIPHESIHLE  | BULOSE       | VITALITY | M   | 36  | 35-39M | 0.41.25 | 3   |
| 55  | 680 | 210   | SANELE      | SAM          | CSEP     | M   | 32  | SM     | 0.41.42 | 3   |
| 56  | 131 | 1069  | WAYNE       | MITCHELL     | ACH      | M   | 52  | 50-54M | 0.42.10 | 4   |
| 57  | 406 | 8406  | JEAN        | KOEN         | TEMP     | M   | 30  | SM     | 0.42.20 | 0   |
| 58  | 343 | 3566  | MORNE       | NEL          | TEMP     | M   | 46  | 45-49M | 0.42.25 | 0   |
| 59  | 4   | 396   | LITHEBE     | MENZELELELI  | IKHAMVA  | M   | 25  | SM     | 0.42.26 | 2   |
| 60  | 26  | 844   | THERESA     | BUCHNER      | 32GI     | F   | 40  | 40-44F | 0.42.28 | 5   |
| 61  | 265 | 898   | PATRIC      | MAKWENKWE    | CHARLO   | M   | 59  | 55-59M | 0.42.44 | 5   |
| 62  | 278 | 955   | SIVUYILE    | SCHEEPERS    | CHARLO   | M   | 32  | SM     | 0.43.05 | 2   |
| 63  | 130 | 40085 | ABBIE       | MITCHELL     | MADIBAZ  | F   | 18  | JF     | 0.43.05 | 3   |
| 64  | 678 | 80    | LETHOGONOLO | MONAGENG     | SAPPE    | M   | 30  | SM     | 0.43.06 | 2   |
| 65  | 70  | 1489  | ANNEMIE     | HOLTZHAUSEN  | NEDBANK  | F   | 39  | 35-39F | 0.43.11 | 4   |
| 66  | 192 | 2963  | DANTON      | SEPTEMBER    | MUIRITE  | M   | 31  | SM     | 0.43.27 | 2   |
| 67  | 651 | 1957  | HENRY       | PIENAAR      | BLUEBAY  | M   | 53  | 50-54M | 0.43.32 | 4   |
| 68  | 68  | 1347  | LUVUYO      | STEPHEN      | NEDBANK  | M   | 55  | 55-59M | 0.43.41 | 5   |
| 69  | 240 | 1404  | DARREN      | VAN VLIET    | NEDBANK  | M   | 41  | 40-44M | 0.43.46 | 2   |
| 70  | 107 | 1852  | MVULELI     | MAGAWULANA   | HOLLYWOO | M   | 48  | 45-49M | 0.44.01 | 3   |
| 71  | 630 | 380   | MBOLEKWA    | MAYILA       | IKHAMVA  | M   | 46  | 45-49M | 0.44.04 | 3   |
| 72  | 523 | 2216  | ZOLILE      | QWEBANI      | SIBALEKA | M   | 54  | 50-54M | 0.44.20 | 3   |
| 73  | 688 | 2325  | SIBONGILE   | MGQEBA       | VUKANI   | F   | 38  | 35-39F | 0.44.21 | 3   |
| 74  | 71  | 1422  | DEON        | HOLTZHAUSEN  | NEDBANK  | M   | 40  | 40-44M | 0.44.32 | 2   |
| 75  | 122 | 1457  | RICHARD     | MAZUNGULA    | NEDBANK  | M   | 48  | 45-49M | 0.45.00 | 3   |
| 76  | 352 | 2311  | SITHA       | SIGENU       | VUKANI   | F   | 41  | 40-44F | 0.45.03 | 3   |
| 77  | 377 | 8377  | AMSTRONG    | BANGISO      | TEMP     | M   | 22  | SM     | 0.45.08 | 0   |
| 78  | 287 | 957   | PIERRE      | RENSHAW      | CHARLO   | M   | 52  | 50-54M | 0.45.09 | 3   |
| 79  | 87  | 1866  | SIPHAMANDLA | KOKO         | HOLLYWOO | M   | 35  | 35-39M | 0.45.12 | 2   |
| 80  | 353 | 1009  | JACOB       | ABRAHAM      | BODYCON  | M   | 58  | 55-59M | 0.45.21 | 3   |
| 81  | 306 | 1083  | ALAN        | TAYLOR       | ACH      | M   | 68  | 65-69M | 0.45.28 | 5   |
| 82  | 629 | 2847  | LUTHANDO    | SIKIWE       | DESPATCH | M   | 40  | 40-44M | 0.45.33 | 2   |
| 83  | 350 | 3561  | ANDRE       | IMMELMAN     | TEMP     | M   | 48  | 45-49M | 0.45.35 | 0   |
| 84  | 552 | 545   | RUHAN       | VAN RENSBURG | RUN4C    | M   | 33  | SM     | 0.45.38 | 2   |
| 85  | 96  | 1283  | URAN        | LE ROUX      | VWAC     | M   | 58  | 55-59M | 0.45.41 | 3   |
| 86  | 12  | 342   | JONATHAN    | BAKKER       | MUIRITE  | M   | 34  | SM     | 0.45.42 | 2   |
| 87  | 91  | 1687  | RUDI        | KRIEL        | MADIBA   | M   | 35  | 35-39M | 0.45.42 | 2   |
| 88  | 684 | 259   | LINDIKHAYA  | NTEYI        | TINARHA  | M   | 46  | 45-49M | 0.45.48 | 2   |
| 89  | 250 | 890   | SIMPHIWE    | BLOU         | CHARLO   | M   | 53  | 50-54M | 0.45.51 | 3   |
| 90  | 579 | 3756  | BADROEDEEN  | ABRAHAMS     | TEMP     | M   | 38  | 35-39M | 0.45.58 | 0   |
| 91  | 266 | 952   | CINDY       | MARAIS       | CHARLO   | F   | 48  | 45-49F | 0.46.02 | 4   |
| 92  | 545 | 347   | BRUCE       | LE GRANGE    | MUIRITE  | M   | 32  | SM     | 0.46.21 | 2   |
| 93  | 573 | 3342  | ONELE       | WITBOOI      | TEMP     | M   | 15  | JM     | 0.46.23 | 0   |
| 94  | 537 | 1113  | ROGER       | TRADER       | ACH      | M   | 71  | 70+M   | 0.46.31 | 5   |
| 95  | 506 | 3634  | WERNER      | MEYER        | TEMP     | M   | 52  | 50-54M | 0.46.31 | 0   |
| 96  | 704 | 1492  | DEON        | VYVER        | NEDBANK  | M   | 58  | 55-59M | 0.46.44 | 3   |
| 97  | 215 | 1770  | FABIAN      | TRIEGARDT    | GELVAN   | M   | 24  | SM     | 0.46.45 | 2   |

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|-----|-----|-------|-------------|--------------|----------|-----|-----|--------|---------|-----|
| 98  | 114 | 1775  | CLARENCE    | MANUEL       | GELVAN   | M   | 31  | SM     | 0.46.48 | 2   |
| 99  | 57  | 1598  | LERENZO     | FRANCIS      | DESPATCH | M   | 38  | 35-39M | 0.46.54 | 2   |
| 100 | 48  | 768   | WILLIE      | ELS          | CRUSADE  | M   | 49  | 45-49M | 0.46.55 | 2   |
| 101 | 315 | 1618  | SUZETTE     | VICTOR       | MADIBA   | F   | 55  | 55-59F | 0.46.55 | 5   |
| 102 | 494 | 8494  | CAMARIN     | VAN EYK      | TEMP     | F   | 43  | 40-44F | 0.47.03 | 0   |
| 103 | 208 | 552   | GEOFFREY    | SWARTBOOI    | RUN4C    | M   | 49  | 45-49M | 0.47.12 | 2   |
| 104 | 197 | 584   | BRENDON     | SLABBERT     | RUN4C    | M   | 54  | 50-54M | 0.47.13 | 2   |
| 105 | 395 | 8395  | SHAUN       | HOEKSTRA     | TEMP     | M   | 25  | SM     | 0.47.13 | 0   |
| 106 | 181 | 281   | MONIQUE     | RICHARDSON   | MUIRITE  | F   | 29  | SF     | 0.47.14 | 2   |
| 107 | 9   | 344   | ANTON       | AUGUST       | MUIRITE  | M   | 42  | 40-44M | 0.47.15 | 2   |
| 108 | 258 | 914   | ETIENNE     | GERBER       | CHARLO   | M   | 55  | 55-59M | 0.47.17 | 3   |
| 109 | 256 | 2177  | TIAAN       | GERBER       | CHARLO   | M   | 20  | SM     | 0.47.31 | 2   |
| 110 | 610 | 1659  | HANNES      | ELS          | MADIBA   | M   | 75  | 70+M   | 0.47.34 | 5   |
| 111 | 267 | 999   | THOMAS      | MARAIS       | CHARLO   | M   | 38  | 35-39M | 0.47.38 | 2   |
| 112 | 288 | 1590  | ANNEKE      | MOORE        | DESPATCH | F   | 41  | 40-44F | 0.47.44 | 3   |
| 113 | 44  | 1597  | EDVIN       | DONLEY       | DESPATCH | M   | 48  | 45-49M | 0.47.44 | 2   |
| 114 | 458 | 8458  | YOUSEF      | POURRAHIM    | TEMP     | M   | 43  | 40-44M | 0.47.50 | 0   |
| 115 | 480 | 8480  | LEFA        | TEBEILE      | TEMP     | M   | 29  | SM     | 0.47.53 | 0   |
| 116 | 153 | 1533  | THOBELA     | NTAMO        | DESPATCH | M   | 39  | 35-39M | 0.47.58 | 2   |
| 117 | 608 | 63    | MPUMELELO   | MBALI        | SAPPE    | M   | 34  | SM     | 0.48.05 | 2   |
| 118 | 451 | 8451  | LISA        | NOTO         | TEMP     | M   | 37  | 35-39M | 0.48.06 | 0   |
| 119 | 103 | 2038  | NKOSIYEDWA  | MABASO       | MUIRITE  | M   | 45  | 45-49M | 0.48.14 | 2   |
| 120 | 710 | 2088  | GEDDES      | GALLANT      | SANDFEP  | M   | 58  | 55-59M | 0.48.15 | 2   |
| 121 | 337 | 1751  | SAMIER      | ABRAHAMS     | GELVAN   | M   | 54  | 50-54M | 0.48.25 | 2   |
| 122 | 249 | 888   | RAHUL       | BHANA        | CHARLO   | M   | 21  | SM     | 0.48.25 | 2   |
| 123 | 184 | 789   | KELVIN      | SAMUEL       | 32GI     | M   | 41  | 40-44M | 0.48.32 | 2   |
| 124 | 42  | 40186 | CANDICE     | DEYSEL       | NEDBANK  | F   | 15  | JF     | 0.48.35 | 2   |
| 125 | 627 | 3011  | BILL        | DAVIDS       | MADIBAZ  | M   | 55  | 55-59M | 0.48.37 | 2   |
| 126 | 669 | 1037  | CHESTER     | BROOKS       | XCEL     | M   | 67  | 65-69M | 0.48.41 | 4   |
| 127 | 540 | 1062  | NICK        | CHAPMAN      | ACH      | M   | 53  | 50-54M | 0.48.45 | 2   |
| 128 | 538 | 1275  | PLAAITJIE   | DAMONS       | VWAC     | M   | 61  | 60-64M | 0.48.47 | 3   |
| 129 | 144 | 310   | TREVOR      | NEL          | MUIRITE  | M   | 61  | 60-64M | 0.48.52 | 3   |
| 130 | 236 | 2995  | RODNEY      | WITBOOI      | ATLANTIC | M   | 54  | 50-54M | 0.48.56 | 2   |
| 131 | 708 | 269   | MTHUNZI     | QOTANA       | SIBALEKA | M   | 43  | 40-44M | 0.48.58 | 2   |
| 132 | 492 | 8492  | JOHAN       | VAN DER SPUY | TEMP     | M   | 27  | SM     | 0.48.59 | 0   |
| 133 | 59  | 791   | CHARL       | GERBER       | 32GI     | M   | 48  | 45-49M | 0.49.01 | 2   |
| 134 | 166 | 1309  | GERALD      | PIETERSEN    | VWAC     | M   | 45  | 45-49M | 0.49.03 | 2   |
| 135 | 794 | 1432  | DELIWE      | NYANGA       | NEDBANK  | F   | 36  | 35-39F | 0.49.08 | 2   |
| 136 | 624 | 1263  | KAHN        | LANGFORD     | VWAC     | M   | 46  | 45-49M | 0.49.14 | 2   |
| 137 | 358 | 3528  | DRIKUS      | SNYMAN       | TEMP     | M   | 28  | SM     | 0.49.19 | 0   |
| 138 | 269 | 938   | THOBELO     | MFIKILI      | CHARLO   | M   | 38  | 35-39M | 0.49.24 | 2   |
| 139 | 33  | 1583  | JUANITA     | CLAASSEN     | DESPATCH | F   | 36  | 35-39F | 0.49.32 | 2   |
| 140 | 516 | 1841  | DOLLY       | NDUDE        | HOLLYWOO | F   | 53  | 50-54F | 0.49.33 | 3   |
| 141 | 657 | 91    | DENZIL      | KOOPMAN      | INFINITY | M   | 54  | 50-54M | 0.49.33 | 2   |
| 142 | 565 | 50096 | ZENE        | GERBER       | CHEETAH  | F   | 24  | SF     | 0.49.34 | 0   |
| 143 | 532 | 1289  | ANSLON      | HECTOR       | VWAC     | M   | 31  | SM     | 0.49.43 | 1   |
| 144 | 188 | 1075  | GAVIN       | SCHONKNECHT  | ACH      | M   | 57  | 55-59M | 0.49.43 | 2   |
| 145 | 725 | 578   | JACOBUS     | BERNARDO     | RUN4C    | M   | 31  | SM     | 0.49.44 | 1   |
| 146 | 683 | 2477  | LEHLOHONOLO | THOKOA       | ABSAEP   | M   | 44  | 40-44M | 0.49.45 | 0   |

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|-----|-----|-------|--------------|-------------|----------|-----|-----|--------|---------|-----|
| 147 | 652 | 2283  | MADODA       | BAMBALAZA   | VUKANI   | M   | 42  | 40-44M | 0.49.47 | 2   |
| 148 | 229 | 495   | DEWALD       | VERMEULEN   | RUN4C    | M   | 53  | 50-54M | 0.49.48 | 2   |
| 149 | 186 | 514   | MONTE        | SCHOLTZ     | RUN4C    | M   | 64  | 60-64M | 0.49.50 | 2   |
| 150 | 314 | 1055  | JEROME       | MAY         | XCEL     | M   | 58  | 55-59M | 0.49.55 | 2   |
| 151 | 223 | 1010  | JAN          | VAN EEDEN   | NEDBANK  | M   | 67  | 65-69M | 0.50.03 | 3   |
| 152 | 520 | 1703  | JAIME        | ALCOCK      | MADIBA   | F   | 23  | SF     | 0.50.06 | 2   |
| 153 | 467 | 8467  | WALDIMAR     | ROSSLEE     | TEMP     | M   | 45  | 45-49M | 0.50.06 | 0   |
| 154 | 473 | 8473  | LETSIRI      | SAMUEL      | TEMP     | M   | 34  | SM     | 0.50.19 | 0   |
| 155 | 318 | 1002  | PAUL         | JOHNSON     | BODYCON  | M   | 57  | 55-59M | 0.50.20 | 2   |
| 156 | 317 | 1080  | GARRETH      | JACOBSON    | ACH      | M   | 50  | 50-54M | 0.50.20 | 2   |
| 157 | 404 | 8404  | SELLO        | KHAMPEPE    | TEMP     | M   | 24  | SM     | 0.50.29 | 0   |
| 158 | 611 | 2955  | JOSEPH       | BAIN        | CSEP     | M   | 65  | 65-69M | 0.50.31 | 3   |
| 159 | 718 | 3736  | PHILASANDE   | RUNELI      | TEMP     | M   | 34  | SM     | 0.50.32 | 0   |
| 160 | 428 | 2338  | FERLANDO     | MKIVA       | VUKANI   | M   | 32  | SM     | 0.50.32 | 1   |
| 161 | 663 | 2751  | JEREMY       | SCOTT       | VWAC     | M   | 53  | 50-54M | 0.50.36 | 2   |
| 162 | 462 | 8462  | SARAH-JANE   | PRYCE-LEWIS | TEMP     | F   | 27  | SF     | 0.50.44 | 0   |
| 163 | 179 | 554   | PETRUS       | RADEMEYER   | RUN4C    | M   | 50  | 50-54M | 0.50.45 | 2   |
| 164 | 607 | 1356  | JEROME       | MAY         | NEDBANK  | M   | 58  | 55-59M | 0.50.50 | 2   |
| 165 | 332 | 1031  | IVO          | MEYER       | BODYCON  | M   | 50  | 50-54M | 0.50.51 | 2   |
| 166 | 677 | 55    | SIMCELILE    | SITHEMBU    | SAPPE    | M   | 34  | SM     | 0.50.53 | 1   |
| 167 | 501 | 1681  | DEAN         | FINLAY      | MADIBA   | M   | 59  | 55-59M | 0.50.54 | 2   |
| 168 | 86  | 1684  | MARLON       | KOEN        | MADIBA   | M   | 38  | 35-39M | 0.51.03 | 1   |
| 169 | 503 | 50289 | YANELISA     | NOMOYI      | BAYETHE  | F   | 17  | JF     | 0.51.04 | 0   |
| 170 | 674 | 2886  | DESMOND      | MVUNDLELA   | TRANSNET | M   | 44  | 40-44M | 0.51.06 | 1   |
| 171 | 498 | 8498  | ANTON        | VERWEY      | TEMP     | M   | 50  | 50-54M | 0.51.08 | 0   |
| 172 | 326 | 1088  | PERCY        | DALTON      | ACH      | M   | 76  | 70+M   | 0.51.10 | 3   |
| 173 | 307 | 1560  | PIETER       | STRYDOM     | DESPATCH | M   | 64  | 60-64M | 0.51.19 | 2   |
| 174 | 173 | 2797  | YAMKELA      | QOMIYANA    | ASPEN    | M   | 29  | SM     | 0.51.20 | 1   |
| 175 | 67  | 1467  | CLIFFORD     | HICKEN      | NEDBANK  | M   | 68  | 65-69M | 0.51.32 | 2   |
| 176 | 466 | 8466  | LEANDRA      | ROSSLEE     | TEMP     | F   | 41  | 40-44F | 0.51.32 | 0   |
| 177 | 685 | 40459 | Ethan        | Daniels     | GELVAN   | M   | 18  | JM     | 0.51.40 | 1   |
| 178 | 594 | 40192 | JODY         | FLEURS      | GELVAN   | M   | 17  | JM     | 0.51.42 | 1   |
| 179 | 35  | 505   | ANDRIES      | COETSEE     | RUN4C    | M   | 39  | 35-39M | 0.51.50 | 1   |
| 180 | 703 | 50803 | SIVIWE       | MEVENI      | REALGIJ  | M   | 38  | 35-39M | 0.51.53 | 0   |
| 181 | 324 | 961   | LARA         | VAN HEERDEN | CHARLO   | F   | 49  | 45-49F | 0.51.56 | 2   |
| 182 | 559 | 57    | JASON        | KIVEDO      | SAPPE    | M   | 39  | 35-39M | 0.51.58 | 1   |
| 183 | 471 | 8471  | CREFLO       | SAM         | TEMP     | M   | 27  | SM     | 0.51.58 | 0   |
| 184 | 620 | 3727  | IRVIN        | MAHE        | TEMP     | M   | 52  | 50-54M | 0.51.59 | 0   |
| 185 | 93  | 1614  | ISCHKE       | LAMBRECHTS  | DESPATCH | F   | 41  | 40-44F | 0.51.59 | 2   |
| 186 | 655 | 1554  | HELGARD      | POTGIETER   | DESPATCH | M   | 53  | 50-54M | 0.51.59 | 2   |
| 187 | 72  | 1615  | STEPHANUS    | LAMBRECHTS  | DESPATCH | M   | 42  | 40-44M | 0.52.01 | 1   |
| 188 | 539 | 745   | KATHLEEN     | FLANAGAN    | CRUSADE  | F   | 39  | 35-39F | 0.52.02 | 2   |
| 189 | 286 | 876   | GEORGE       | WINSHIP     | CHARLO   | M   | 59  | 55-59M | 0.52.02 | 2   |
| 190 | 602 | 1559  | NOLEEN       | AMBRAAL     | DESPATCH | F   | 55  | 55-59F | 0.52.03 | 3   |
| 191 | 106 | 2841  | THANDUXOLO   | MAGAQA      | UNKNOWN  | M   | 45  | 45-49M | 0.52.03 | 0   |
| 192 | 242 | 1450  | NKHATHALLENG | KHIBA       | NEDBANK  | F   | 43  | 40-44F | 0.52.13 | 2   |
| 193 | 98  | 1290  | MARTIN       | LEWIES      | VWAC     | M   | 50  | 50-54M | 0.52.18 | 2   |
| 194 | 16  | 2757  | CARLO        | BEER        | MUIRITE  | M   | 21  | SM     | 0.52.25 | 1   |
| 195 | 36  | 285   | VANESSA      | COETZEE     | MUIRITE  | F   | 48  | 45-49F | 0.52.25 | 2   |

| POS | RNO | LICNO | NAME        | SURNAME      | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|-----|-------|-------------|--------------|----------|-----|-----|--------|---------|-----|
| 196 | 11  | 15272 | DANIEL      | BAIKIE       | RFLCG    | M   | 27  | SM     | 0.52.26 | 0   |
| 197 | 682 | 2463  | Luthando    | Yibe         | ABSAEP   | M   | 44  | 40-44M | 0.52.35 | 0   |
| 198 | 378 | 8378  | NICHOLAS    | BANGO        | TEMP     | M   | 38  | 35-39M | 0.52.38 | 0   |
| 199 | 243 | 978   | CHRISTOPHER | AYERST       | CHARLO   | M   | 58  | 55-59M | 0.52.38 | 2   |
| 200 | 603 | 1586  | MAUDY       | BOTES        | DESPATCH | F   | 43  | 40-44F | 0.52.56 | 2   |
| 201 | 604 | 1585  | GEORGE      | BOTES        | DESPATCH | M   | 51  | 50-54M | 0.52.56 | 1   |
| 202 | 485 | 8485  | KAIDEN      | TITUS        | TEMP     | M   | 20  | JM     | 0.52.57 | 0   |
| 203 | 344 | 52964 | LONWABO     | JAHO         | KOMANIR  | M   | 35  | 35-39M | 0.53.00 | 0   |
| 204 | 510 | 3427  | ALVARO      | HENRIQUES    | TEMP     | M   | 46  | 45-49M | 0.53.06 | 0   |
| 205 | 529 | 1777  | ROLAND      | DACE         | GELVAN   | M   | 70  | 70+M   | 0.53.14 | 2   |
| 206 | 592 | 3742  | LUYANDA     | NCWADI       | TEMP     | M   | 44  | 40-44M | 0.53.16 | 0   |
| 207 | 252 | 967   | MIKE        | BURGER       | CHARLO   | M   | 66  | 65-69M | 0.53.19 | 2   |
| 208 | 670 | 1773  | ROBIN       | NOMDOE       | GELVAN   | M   | 38  | 35-39M | 0.53.23 | 1   |
| 209 | 585 | 585   | DELPHINE    | LE PECHOUX   | TEMP     | F   | 26  | SF     | 0.53.24 | 0   |
| 210 | 383 | 8383  | ZELDA       | BURMEISTER   | TEMP     | F   | 19  | JF     | 0.53.48 | 0   |
| 211 | 137 | 50024 | LUMKO       | MQAY         | QOKOL    | M   | 35  | 35-39M | 0.53.50 | 0   |
| 212 | 720 | 1298  | MPHATHISI   | MJADU        | VWAC     | M   | 53  | 50-54M | 0.53.58 | 1   |
| 213 | 376 | 8376  | THOKOZANI   | BAMO         | TEMP     | M   | 30  | SM     | 0.54.03 | 0   |
| 214 | 127 | 480   | KELVIN      | MEYER        | WALMER   | M   | 42  | 40-44M | 0.54.05 | 1   |
| 215 | 158 | 1552  | THERESA     | OOSTHUIZEN   | DESPATCH | F   | 54  | 50-54F | 0.54.12 | 2   |
| 216 | 514 | 2226  | THUSO       | MKONTWANA    | SIBALEKA | M   | 39  | 35-39M | 0.54.15 | 1   |
| 217 | 612 | 2154  | DELANI      | THUSI        | TRANSNET | M   | 42  | 40-44M | 0.54.19 | 1   |
| 218 | 606 | 1714  | HANSIE      | ELS          | MADIBA   | M   | 77  | 70+M   | 0.54.20 | 2   |
| 219 | 667 | 40560 | RUBEN       | BOUWER       | SCHOOL   | M   | 16  | JM     | 0.54.20 | 1   |
| 220 | 381 | 8381  | TIAAN       | BOUWER       | TEMP     | M   | 22  | SM     | 0.54.21 | 0   |
| 221 | 530 | 1592  | BENNIE      | THYSSE       | DESPATCH | M   | 67  | 65-69M | 0.54.24 | 2   |
| 222 | 707 | 1494  | TAWFEEQ     | VYVER        | NEDBANK  | M   | 26  | SM     | 0.54.25 | 1   |
| 223 | 214 | 732   | MANUELA     | THURNHER     | CRUSADE  | F   | 59  | 55-59F | 0.54.27 | 2   |
| 224 | 535 | 2529  | ETHAN       | HOWARD       | MADIBAZ  | M   | 21  | SM     | 0.54.31 | 1   |
| 225 | 28  | 1575  | LESLEY-ANN  | BUSH         | DESPATCH | F   | 53  | 50-54F | 0.54.33 | 2   |
| 226 | 475 | 8475  | ALEXANDER   | SHEMYATIKHIN | TEMP     | M   | 53  | 50-54M | 0.54.34 | 0   |
| 227 | 656 | 2537  | IVAN        | MOSES        | MADIBAZ  | M   | 63  | 60-64M | 0.54.42 | 2   |
| 228 | 512 | 2209  | VELILE      | LUSITI       | SIBALEKA | M   | 36  | 35-39M | 0.54.48 | 1   |
| 229 | 128 | 170   | THANDEKA    | MHLANGA      | ACT AC   | F   | 35  | 35-39F | 0.54.49 | 1   |
| 230 | 149 | 1332  | THANDIWE    | NKWANDLA     | NEDBANK  | F   | 60  | 60-64F | 0.54.50 | 2   |
| 231 | 646 | 3698  | TANIA       | BESSINGER    | TEMP     | F   | 47  | 45-49F | 0.54.51 | 0   |
| 232 | 472 | 8472  | CARMEN      | SAMPSON      | TEMP     | F   | 35  | 35-39F | 0.54.53 | 0   |
| 233 | 411 | 8411  | MEKA        | LOOTS        | TEMP     | F   | 18  | JF     | 0.54.55 | 0   |
| 234 | 21  | 1588  | JACQUES     | BOTHA        | DESPATCH | M   | 51  | 50-54M | 0.54.58 | 1   |
| 235 | 39  | 2656  | TENIELLE    | DE ANDRADE   | VITALITY | F   | 40  | 40-44F | 0.55.02 | 1   |
| 236 | 528 | 2527  | SANDISO     | NGWENYA      | MADIBAZ  | F   | 31  | SF     | 0.55.03 | 1   |
| 237 | 372 | 8372  | MANDLA      | MKRAKRA      | TEMP     | M   | 54  | 50-54M | 0.55.15 | 0   |
| 238 | 198 | 583   | CHRISTELLE  | SLABBERT     | RUN4C    | F   | 53  | 50-54F | 0.55.17 | 2   |
| 239 | 280 | 895   | GIANNI      | TISTELLI     | CHARLO   | M   | 54  | 50-54M | 0.55.33 | 1   |
| 240 | 397 | 8397  | JOEL        | HOOLE        | TEMP     | M   | 16  | JM     | 0.55.38 | 0   |
| 241 | 507 | 3629  | EMILE       | BESSINGER    | TEMP     | M   | 53  | 50-54M | 0.55.38 | 0   |
| 242 | 163 | 1040  | MVELO       | PHUNGULA     | BUFF     | M   | 46  | 45-49M | 0.55.40 | 0   |
| 243 | 313 | 1716  | DERICK      | GOLIATH      | GELVAN   | M   | 61  | 60-64M | 0.55.48 | 1   |
| 244 | 81  | 723   | ALETTA      | JOUBERT      | CRUSADE  | F   | 63  | 60-64F | 0.55.49 | 2   |

| POS | RNO | LICNO | NAME       | SURNAME          | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|-----|-------|------------|------------------|----------|-----|-----|--------|---------|-----|
| 245 | 244 | 984   | BELINDA    | BAIN             | CHARLO   | F   | 63  | 60-64F | 0.55.51 | 2   |
| 246 | 664 | 851   | THANDO     | FRANS            | SPAREC   | M   | 47  | 45-49M | 0.55.58 | 1   |
| 247 | 558 | 1837  | XOLA       | MBATSHA          | HOLLYWOO | M   | 45  | 45-49M | 0.56.01 | 1   |
| 248 | 115 | 2205  | SIKHUMBUZO | MANXOYI          | SIBALEKA | M   | 38  | 35-39M | 0.56.01 | 1   |
| 249 | 170 | 88    | HENRY      | PRAHALADH        | INFINITY | M   | 58  | 55-59M | 0.56.01 | 1   |
| 250 | 61  | 1635  | DORIS      | GERBER           | MADIBA   | F   | 54  | 50-54F | 0.56.03 | 1   |
| 251 | 29  | 50345 | ROBERT     | BUTTON           | OLDSELB  | M   | 66  | 65-69M | 0.56.04 | 0   |
| 252 | 398 | 8398  | WARREN     | HOOLE            | TEMP     | M   | 48  | 45-49M | 0.56.06 | 0   |
| 253 | 410 | 8410  | RYNO       | LAUBSCHER        | TEMP     | M   | 37  | 35-39M | 0.56.08 | 0   |
| 254 | 519 | 1623  | SUSAN      | ALCOCK           | MADIBA   | F   | 59  | 55-59F | 0.56.08 | 2   |
| 255 | 609 | 71    | TRISTAN    | GEORGE           | SAPPE    | M   | 22  | SM     | 0.56.11 | 1   |
| 256 | 792 | 1313  | SIMON      | MATEBESE         | NEDBANK  | M   | 62  | 60-64M | 0.56.15 | 1   |
| 257 | 336 | 1717  | ANTOINETTE | HUMAN            | GELVAN   | F   | 57  | 55-59F | 0.56.16 | 2   |
| 258 | 108 | 3043  | MARC       | MAHAMBEHLALA     | VITALITY | M   | 34  | SM     | 0.56.24 | 1   |
| 259 | 224 | 1576  | MARCELLE   | VAN LOGGERENBERG | DESPATCH | M   | 58  | 55-59M | 0.56.24 | 1   |
| 260 | 311 | 2912  | HEIN       | BADENHORST       | SAPPE    | M   | 55  | 55-59M | 0.56.30 | 1   |
| 261 | 37  | 1850  | SIYABONGA  | COKILE           | HOLLYWOO | M   | 48  | 45-49M | 0.56.41 | 1   |
| 262 | 665 | 959   | JOHAN      | GERBER           | CHARLO   | M   | 46  | 45-49M | 0.56.43 | 1   |
| 263 | 531 | 2249  | SOLOMZI    | MQATAZAMA        | SIBALEKA | M   | 57  | 55-59M | 0.56.45 | 1   |
| 264 | 160 | 2093  | AXOLA      | PAKADE           | ASPEN    | M   | 28  | SM     | 0.56.48 | 1   |
| 265 | 560 | 1202  | JACQUES    | LANGLEY          | RUN4C    | M   | 36  | 35-39M | 0.56.49 | 1   |
| 266 | 14  | 746   | JOHAN      | BARNARD          | CRUSADE  | M   | 70  | 70+M   | 0.56.49 | 2   |
| 267 | 109 | 1911  | MATHONGO   | MAKHIWANE        | BLUEBAY  | M   | 50  | 50-54M | 0.56.50 | 1   |
| 268 | 303 | 1567  | JACOBUS    | WYATT            | DESPATCH | M   | 62  | 60-64M | 0.56.54 | 1   |
| 269 | 92  | 595   | MARISKA    | KRUGER           | RUN4C    | F   | 47  | 45-49F | 0.57.00 | 1   |
| 270 | 182 | 350   | MARIUS     | ROACH            | MUIRITE  | M   | 31  | SM     | 0.57.03 | 1   |
| 271 | 168 | 2964  | CHESLIN    | PLAATJIES        | VITALITY | M   | 39  | 35-39M | 0.57.04 | 1   |
| 272 | 8   | 3041  | ALLISTER   | ARENDS           | ATLANTIC | M   | 40  | 40-44M | 0.57.05 | 1   |
| 273 | 66  | 535   | GERT       | HARMSE           | RUN4C    | M   | 59  | 55-59M | 0.57.09 | 1   |
| 274 | 653 | 1555  | LYDIA      | POTGIETER        | DESPATCH | F   | 50  | 50-54F | 0.57.15 | 1   |
| 275 | 333 | 1512  | DEON       | ENGELBRECHT      | NEDBANK  | M   | 57  | 55-59M | 0.57.17 | 1   |
| 276 | 522 | 2660  | ASANDA     | SASANTI          | VITALITY | F   | 35  | 35-39F | 0.57.19 | 1   |
| 277 | 227 | 2792  | SHEZELLE   | VAN WYK          | DESPATCH | F   | 20  | JF     | 0.57.19 | 1   |
| 278 | 645 | 3418  | SISANDA    | GOLOMBA          | TEMP     | F   | 27  | SF     | 0.57.20 | 0   |
| 279 | 701 | 7381  | VUYO       | MAQUTU           | HOLLYWOO | M   | 46  | 45-49M | 0.57.24 | 1   |
| 280 | 30  | 1939  | RUDY       | BUYS             | BLUEBAY  | M   | 48  | 45-49M | 0.57.25 | 1   |
| 281 | 576 | 3759  | DANIELLE   | KOTZE            | TEMP     | F   | 29  | SF     | 0.57.26 | 0   |
| 282 | 442 | 8442  | MIKALE     | MULLER           | TEMP     | M   | 28  | SM     | 0.57.26 | 0   |
| 283 | 439 | 8439  | SIFUNDO    | MTHEMBU          | TEMP     | M   | 32  | SM     | 0.57.34 | 0   |
| 284 | 621 | 1116  | HEIDI      | JANSEN           | ACH      | F   | 58  | 55-59F | 0.57.38 | 1   |
| 285 | 69  | 2146  | SIKHUMBUZO | HLOPHE           | TRANSNET | M   | 39  | 35-39M | 0.57.39 | 1   |
| 286 | 191 | 12670 | KUHLE      | SENTWA           | WCOAST   | F   | 32  | SF     | 0.57.47 | 0   |
| 287 | 32  | 16230 | MUNYARADZI | CHIPUNZA         | CENTURY  | M   | 32  | SM     | 0.57.48 | 0   |
| 288 | 666 | 3057  | timothy    | williams         | ASPEN    | M   | 40  | 40-44M | 0.57.50 | 1   |
| 289 | 55  | 529   | ANDRE      | FOURIE           | RUN4C    | M   | 78  | 70+M   | 0.57.53 | 1   |
| 290 | 211 | 184   | MAKAZIWE   | TENYANE          | CHEETAH  | M   | 49  | 45-49M | 0.57.57 | 0   |
| 291 | 225 | 1685  | MARTIE     | VAN SCHALKWYK    | MADIBA   | F   | 60  | 60-64F | 0.58.00 | 2   |
| 292 | 276 | 996   | PAULA      | PEARCE           | CHARLO   | F   | 57  | 55-59F | 0.58.06 | 1   |
| 293 | 154 | 2895  | MOLEBOGENG | OLIPHANT         | VITALITY | F   | 50  | 50-54F | 0.58.06 | 1   |

| POS | RNO | LICNO | NAME       | SURNAME     | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|-----|-------|------------|-------------|----------|-----|-----|--------|---------|-----|
| 294 | 401 | 8401  | BRENT      | JULIE       | TEMP     | M   | 39  | 35-39M | 0.58.07 | 0   |
| 295 | 418 | 8418  | DIANA      | MARAIS      | TEMP     | F   | 67  | 65-69F | 0.58.08 | 0   |
| 296 | 248 | 956   | NEELES     | BHANA       | CHARLO   | M   | 54  | 50-54M | 0.58.14 | 1   |
| 297 | 261 | 892   | CHANTEL    | HUYGEN      | CHARLO   | F   | 40  | 40-44F | 0.58.16 | 1   |
| 298 | 617 | 1264  | LAVINIA    | PIETERSE    | VWAC     | F   | 50  | 50-54F | 0.58.22 | 1   |
| 299 | 100 | 728   | PAUL       | LUBBE       | CRUSADE  | M   | 63  | 60-64M | 0.58.28 | 1   |
| 300 | 721 | 2090  | WELLINGTON | TSHINGANE   | SANDFEP  | M   | 55  | 55-59M | 0.58.33 | 1   |
| 301 | 54  | 507   | JOHAN      | FERREIRA    | RUN4C    | M   | 63  | 60-64M | 0.58.35 | 1   |
| 302 | 302 | 2626  | SYLVAN     | BLIGNAUT    | MADIBAZ  | M   | 65  | 65-69M | 0.58.39 | 1   |
| 303 | 101 | 2914  | NOMANDLA   | LUNGUZA     | SAPPE    | F   | 49  | 45-49F | 0.58.41 | 1   |
| 304 | 354 | 3777  | RYAN       | GELDERBLOEM | TEMP     | M   | 44  | 40-44M | 0.58.42 | 0   |
| 305 | 590 | 3745  | FADEELAH   | DAVIDS      | TEMP     | M   | 41  | 40-44M | 0.58.43 | 0   |
| 306 | 714 | 40450 | RUBENN     | BUCKLEY     | SCHOOL   | M   | 14  | JM     | 0.58.55 | 1   |
| 307 | 613 | 840   | BRONWIN    | MEYER       | 32GI     | F   | 52  | 50-54F | 0.59.04 | 1   |
| 308 | 420 | 8420  | SIMPHIWE   | MASHININI   | TEMP     | M   | 35  | 35-39M | 0.59.12 | 0   |
| 309 | 578 | 3757  | EMMANUEL   | DONGI       | TEMP     | M   | 16  | JM     | 0.59.14 | 0   |
| 310 | 84  | 513   | ROZETTA    | KEMP        | RUN4C    | F   | 71  | 70+F   | 0.59.19 | 2   |
| 311 | 441 | 8441  | SAVANNAH   | MTOMBENI    | TEMP     | F   | 20  | SF     | 0.59.23 | 0   |
| 312 | 589 | 3746  | ELIZABETH  | NOTLEY      | TEMP     | F   | 15  | JF     | 0.59.24 | 0   |
| 313 | 673 | 8353  | SYLVIA     | SAFERS      | TV       | F   | 57  | 55-59F | 0.59.41 | 0   |
| 314 | 230 | 726   | KEITH      | VOSLOO      | CRUSADE  | M   | 62  | 60-64M | 0.59.44 | 1   |
| 315 | 216 | 1874  | MBULELO    | TSHIKILA    | HOLLYWOO | M   | 51  | 50-54M | 0.59.45 | 1   |
| 316 | 279 | 913   | SHARON     | SMUTS       | CHARLO   | F   | 59  | 55-59F | 0.59.55 | 1   |
| 317 | 595 | 1446  | MFEZI      | MCINGANA    | NEDBANK  | M   | 49  | 45-49M | 0.59.56 | 1   |
| 318 | 557 | 3949  | TSEPO      | MKHABELA    | TEMP     | M   | 23  | SM     | 0.59.58 | 0   |
| 319 | 488 | 8488  | SIVUYILE   | TSHINGI     | TEMP     | M   | 40  | 40-44M | 1.00.00 | 0   |
| 320 | 22  | 298   | SANET      | BOUCHER     | MUIRITE  | F   | 45  | 45-49F | 1.00.07 | 1   |
| 321 | 416 | 8416  | THEMBELA   | MANYA       | TEMP     | F   | 41  | 40-44F | 1.00.12 | 0   |
| 322 | 400 | 8400  | TERESA     | JOUBERT     | TEMP     | F   | 53  | 50-54F | 1.00.13 | 0   |
| 323 | 217 | 14626 | KEABETSOE  | TSUBELLA    | TEAMVITC | F   | 44  | 40-44F | 1.00.27 | 0   |
| 324 | 341 | 758   | WERNER     | DE LANGE    | CRUSADE  | M   | 37  | 35-39M | 1.00.28 | 1   |
| 325 | 533 | 3733  | CLAIRE     | HOLMES      | TEMP     | F   | 43  | 40-44F | 1.00.28 | 0   |
| 326 | 262 | 969   | GARY       | KELLEHER    | CHARLO   | M   | 67  | 65-69M | 1.00.31 | 1   |
| 327 | 304 | 1955  | DANIEL     | PIETERSE    | BLUEBAY  | M   | 62  | 60-64M | 1.00.34 | 1   |
| 328 | 489 | 8489  | WANDILE    | TSHINGI     | TEMP     | M   | 38  | 35-39M | 1.00.39 | 0   |
| 329 | 687 | 2345  | NOMFUSI    | CESHEMBA    | VUKANI   | F   | 43  | 40-44F | 1.00.42 | 1   |
| 330 | 622 | 1271  | LEZELL     | HARRIS      | VWAC     | F   | 52  | 50-54F | 1.00.46 | 1   |
| 331 | 399 | 8399  | LINCOLN    | JANSEN      | TEMP     | M   | 35  | 35-39M | 1.00.53 | 0   |
| 332 | 368 | 3368  | THOMAS     | MATTHEWS    | TEMP     | M   | 60  | 60-64M | 1.00.56 | 0   |
| 333 | 393 | 8393  | LUTHO      | GWILI       | TEMP     | M   | 30  | SM     | 1.01.11 | 0   |
| 334 | 161 | 2121  | ABRAHAM    | PATRICK     | ATLANTIC | M   | 62  | 60-64M | 1.01.20 | 1   |
| 335 | 659 | 377   | NOBUNTU    | MPONGWANA   | IKHAMVA  | F   | 46  | 45-49F | 1.01.29 | 1   |
| 336 | 118 | 3044  | Siyavuya   | Marwanqa    | VITALITY | M   | 27  | SM     | 1.01.29 | 1   |
| 337 | 138 | 51571 | WENDY      | MQAI        | NEDBOR   | F   | 34  | SF     | 1.01.37 | 0   |
| 338 | 396 | 8396  | ANGELA     | HOOLE       | TEMP     | F   | 46  | 45-49F | 1.01.38 | 0   |
| 339 | 201 | 1711  | DUNCAN     | STEENKAMP   | MADIBA   | M   | 26  | SM     | 1.01.40 | 1   |
| 340 | 17  | 512   | ANSIE      | BENADE      | RUN4C    | F   | 66  | 65-69F | 1.01.43 | 1   |
| 341 | 547 | 1534  | FRANCOIS   | WIUM        | DESPATCH | M   | 42  | 40-44M | 1.01.52 | 1   |
| 342 | 511 | 3421  | SIYOMCELO  | MBELEKANE   | TEMP     | M   | 30  | SM     | 1.01.54 | 0   |

| POS | RNO | LICNO | NAME        | SURNAME       | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|-----|-------|-------------|---------------|----------|-----|-----|--------|---------|-----|
| 343 | 34  | 339   | ILSE        | CLAASSENS     | MUIRITE  | F   | 25  | SF     | 1.01.56 | 1   |
| 344 | 31  | 2746  | NOSIZWE     | CEKISO        | NMBAC    | F   | 37  | 35-39F | 1.01.56 | 1   |
| 345 | 88  | 2242  | ZOLANI      | KOLOSE        | SIBALEKA | M   | 31  | SM     | 1.02.01 | 1   |
| 346 | 572 | 3399  | SIYANDA     | KETANI        | TEMP     | M   | 38  | 35-39M | 1.02.14 | 0   |
| 347 | 80  | 145   | FADIELA     | JOHNSON       | MALABAR  | F   | 61  | 60-64F | 1.02.23 | 1   |
| 348 | 433 | 8433  | HERMAN      | MOSS          | TEMP     | M   | 42  | 40-44M | 1.02.26 | 0   |
| 349 | 339 | 1464  | DAVID       | O'REILLY      | NEDBANK  | M   | 77  | 70+M   | 1.02.26 | 1   |
| 350 | 460 | 8460  | TENEILLE    | PRATT         | TEMP     | F   | 29  | SF     | 1.02.27 | 0   |
| 351 | 283 | 926   | TREVOR      | VAN RENSBURG  | CHARLO   | M   | 72  | 70+M   | 1.02.31 | 1   |
| 352 | 99  | 588   | RENIER      | LIEBENBERG    | RUN4C    | M   | 43  | 40-44M | 1.02.31 | 1   |
| 353 | 328 | 3254  | CHRISTOPHER | HECHTER       | TEMP     | M   | 24  | SM     | 1.02.33 | 0   |
| 354 | 220 | 2036  | ANDRE       | VAN DER BANK  | MUIRITE  | M   | 53  | 50-54M | 1.02.35 | 1   |
| 355 | 237 | 456   | BULELANI    | WITI          | CHILLIEP | F   | 29  | SF     | 1.02.40 | 1   |
| 356 | 175 | 2064  | NOMTHA      | QUNTA         | NMBAC    | F   | 39  | 35-39F | 1.02.53 | 1   |
| 357 | 556 | 3987  | LIKHONA     | NQUNQA        | TEMP     | F   | 29  | SF     | 1.02.53 | 0   |
| 358 | 643 | 2504  | WAYNE       | MAC GEAR      | MADIBAZ  | M   | 62  | 60-64M | 1.02.56 | 1   |
| 359 | 281 | 917   | VICKY       | TSOUKNIDAS    | CHARLO   | F   | 47  | 45-49F | 1.02.57 | 1   |
| 360 | 199 | 1701  | ADRI        | SONNEKUS      | MADIBA   | F   | 39  | 35-39F | 1.03.01 | 1   |
| 361 | 450 | 8450  | MKHUSELI    | NOMANDI       | TEMP     | M   | 38  | 35-39M | 1.03.14 | 0   |
| 362 | 570 | 3557  | NONKE       | DAYI          | TEMP     | M   | 42  | 40-44M | 1.03.17 | 0   |
| 363 | 231 | 328   | MADRE       | WELMANS       | MUIRITE  | F   | 56  | 55-59F | 1.03.19 | 1   |
| 364 | 62  | 302   | LUCINDA     | GERBER        | MUIRITE  | F   | 50  | 50-54F | 1.03.19 | 1   |
| 365 | 27  | 725   | Wendy       | Bululu        | CRUSADE  | F   | 42  | 40-44F | 1.03.32 | 1   |
| 366 | 148 | 503   | FAKAZILE    | NKOMIYAHLABA  | RUN4C    | F   | 38  | 35-39F | 1.03.36 | 1   |
| 367 | 10  | 128   | DAWOOD      | BABOO         | MALABAR  | M   | 38  | 35-39M | 1.03.36 | 1   |
| 368 | 591 | 3744  | MOHAMMED    | AHMED         | TEMP     | M   | 28  | SM     | 1.03.36 | 0   |
| 369 | 427 | 8427  | BHEKI       | MKHWANAZI     | TEMP     | M   | 39  | 35-39M | 1.03.37 | 0   |
| 370 | 323 | 2275  | THABISA     | HLAM          | VUKANI   | F   | 39  | 35-39F | 1.03.38 | 1   |
| 371 | 504 | 414   | AYANDA      | POTGIETER     | CHILLIEP | F   | 30  | SF     | 1.03.43 | 1   |
| 372 | 247 | 933   | SANET       | BEZUIDENHOUT  | CHARLO   | F   | 37  | 35-39F | 1.03.49 | 1   |
| 373 | 631 | 3718  | LAYLE       | STRANOU       | TEMP     | F   | 45  | 45-49F | 1.03.52 | 0   |
| 374 | 634 | 3715  | REGARDT     | STRYDOM       | TEMP     | M   | 44  | 40-44M | 1.03.53 | 0   |
| 375 | 222 | 1629  | ARINDA      | VAN DER LINDE | MADIBA   | F   | 35  | 35-39F | 1.03.57 | 1   |
| 376 | 162 | 2503  | NONDUMISO   | PHAKATHI      | MADIBAZ  | F   | 43  | 40-44F | 1.03.58 | 1   |
| 377 | 43  | 52427 | PASSMORE    | DONGI         | ORMAMBA  | M   | 42  | 40-44M | 1.04.01 | 0   |
| 378 | 164 | 3100  | CARMEN      | PIETERSE      | VITALITY | F   | 44  | 40-44F | 1.04.03 | 1   |
| 379 | 660 | 1333  | MBULELO     | SOBIKWA       | NEDBANK  | M   | 71  | 70+M   | 1.04.03 | 1   |
| 380 | 133 | 47    | ANDREW      | MOSES         | SAPPE    | M   | 52  | 50-54M | 1.04.04 | 1   |
| 381 | 102 | 1940  | JACKI       | LYLE          | BLUEBAY  | F   | 44  | 40-44F | 1.04.12 | 1   |
| 382 | 407 | 8407  | NATASHA     | KOVACS        | TEMP     | F   | 28  | SF     | 1.04.15 | 0   |
| 383 | 190 | 211   | MATHAPELO   | SENTI         | CSEP     | F   | 36  | 35-39F | 1.04.26 | 1   |
| 384 | 599 | 1725  | PEARL       | DAMONS        | GELVAN   | F   | 61  | 60-64F | 1.04.28 | 1   |
| 385 | 167 | 3007  | MZWETHU     | PLAATJIE      | CSEP     | M   | 50  | 50-54M | 1.04.40 | 1   |
| 386 | 440 | 8440  | KUDZANI     | MTOMBENI      | TEMP     | F   | 47  | 45-49F | 1.05.04 | 0   |
| 387 | 392 | 8392  | WANDA       | GERBER        | TEMP     | F   | 46  | 45-49F | 1.05.04 | 0   |
| 388 | 493 | 8493  | MELISSA     | VAN DER WATT  | TEMP     | F   | 39  | 35-39F | 1.05.15 | 0   |
| 389 | 202 | 481   | CHRISTO     | STEYN         | RUN4C    | M   | 57  | 55-59M | 1.05.15 | 1   |
| 390 | 505 | 3886  | PIETER      | BOSHOFF       | TEMP     | M   | 33  | SM     | 1.05.17 | 0   |
| 391 | 550 | 2257  | SUE         | LEWIS         | VUKANI   | F   | 60  | 60-64F | 1.05.23 | 1   |



| POS | RNO | LICNO | NAME       | SURNAME     | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|-----|-------|------------|-------------|----------|-----|-----|--------|---------|-----|
| 392 | 518 | 2332  | ANDILE     | BOVUNGANA   | VUKANI   | M   | 58  | 55-59M | 1.05.23 | 1   |
| 393 | 159 | 334   | MADELEINE  | OTTO        | MUIRITE  | F   | 65  | 65-69F | 1.05.25 | 1   |
| 394 | 430 | 8430  | THABANG    | MOPEDI      | TEMP     | M   | 34  | SM     | 1.05.25 | 0   |
| 395 | 566 | 517   | GERT       | COETSEE     | RUN4C    | M   | 39  | 35-39M | 1.05.30 | 1   |
| 396 | 593 | 3755  | MNCECHISI  | KUZA        | TEMP     | M   | 45  | 45-49M | 1.05.43 | 0   |
| 397 | 486 | 8486  | SIPHOKAZI  | TOTO        | TEMP     | F   | 32  | SF     | 1.05.55 | 0   |
| 398 | 461 | 8461  | RIAN       | PRETORIUS   | TEMP     | M   | 38  | 35-39M | 1.05.57 | 0   |
| 399 | 402 | 8402  | INECE      | KAYSER      | TEMP     | F   | 56  | 55-59F | 1.05.58 | 0   |
| 400 | 134 | 48    | COLLEEN    | MOSES       | SAPPE    | F   | 50  | 50-54F | 1.06.00 | 1   |
| 401 | 525 | 2324  | MKONYISELA | MCUBASE     | VUKANI   | M   | 38  | 35-39M | 1.06.02 | 1   |
| 402 | 476 | 8476  | NGENIE     | SIDLOYI     | TEMP     | F   | 32  | SF     | 1.06.02 | 0   |
| 403 | 232 | 1453  | HEINRICH   | WENTZEL     | NEDBANK  | M   | 39  | 35-39M | 1.06.09 | 1   |
| 404 | 345 | 3773  | KARLIEN    | STRYDOM     | TEMP     | F   | 28  | SF     | 1.06.10 | 0   |
| 405 | 251 | 924   | GRAHAM     | BROOM       | CHARLO   | M   | 54  | 50-54M | 1.06.12 | 1   |
| 406 | 614 | 1945  | Janine     | Gray        | BLUEBAY  | F   | 47  | 45-49F | 1.06.25 | 1   |
| 407 | 681 | 2208  | GARFIELD   | TSATSANE    | SIBALEKA | M   | 59  | 55-59M | 1.06.30 | 1   |
| 408 | 47  | 769   | MEGAN      | ELS         | CRUSADE  | F   | 40  | 40-44F | 1.06.51 | 1   |
| 409 | 75  | 764   | SJANI      | HUMAN       | CRUSADE  | F   | 55  | 55-59F | 1.06.52 | 1   |
| 410 | 253 | 904   | MARI       | CALITZ      | CHARLO   | F   | 64  | 60-64F | 1.06.52 | 1   |
| 411 | 51  | 1935  | XENOPHON   | FERREIRA    | BLUEBAY  | M   | 63  | 60-64M | 1.07.00 | 1   |
| 412 | 205 | 40016 | Hannah     | Sullivan    | RUN4C    | F   | 15  | JF     | 1.07.02 | 1   |
| 413 | 662 | 553   | TYRESE     | SWARTBOOI   | RUN4C    | M   | 22  | SM     | 1.07.02 | 1   |
| 414 | 180 | 462   | Johannes   | Rautenbach  | WALMER   | M   | 26  | SM     | 1.07.02 | 1   |
| 415 | 438 | 8438  | TEMBEKA    | MTAU        | TEMP     | F   | 56  | 55-59F | 1.07.08 | 0   |
| 416 | 301 | 1104  | CATHY      | IVES        | ACH      | F   | 72  | 70+F   | 1.07.12 | 1   |
| 417 | 676 | 863   | NANDIPA    | MYELEYELE   | SPAREC   | F   | 37  | 35-39F | 1.07.18 | 1   |
| 418 | 77  | 1532  | SIMONDA    | INGRAM      | DESPATCH | F   | 39  | 35-39F | 1.07.22 | 1   |
| 419 | 419 | 8419  | SARAH      | MARX        | TEMP     | F   | 32  | SF     | 1.07.22 | 0   |
| 420 | 260 | 966   | KEANO      | HITZEROTH   | CHARLO   | M   | 24  | SM     | 1.07.23 | 1   |
| 421 | 417 | 8417  | BUSISIWE   | MAPASA-DUBE | TEMP     | F   | 42  | 40-44F | 1.07.26 | 0   |
| 422 | 517 | 2333  | ALIZWA     | BOVUNGANA   | VUKANI   | M   | 24  | SM     | 1.07.26 | 1   |
| 423 | 119 | 2812  | MTHABISENG | MASHEGO     | ASPEN    | F   | 32  | SF     | 1.07.31 | 1   |
| 424 | 661 | 2202  | VUYISEKA   | MHLAHLA     | SIBALEKA | F   | 43  | 40-44F | 1.07.32 | 1   |
| 425 | 90  | 980   | PETRUS     | KOOPMAN     | CHARLO   | M   | 64  | 60-64M | 1.07.46 | 1   |
| 426 | 477 | 8477  | ELROY      | SINGH       | TEMP     | M   | 38  | 35-39M | 1.07.47 | 0   |
| 427 | 425 | 8425  | ROBYN      | MCLEAN      | TEMP     | F   | 35  | 35-39F | 1.07.50 | 0   |
| 428 | 45  | 544   | JACQULENE  | DU TOIT     | RUN4C    | F   | 52  | 50-54F | 1.07.51 | 1   |
| 429 | 40  | 1624  | ESTELLE    | DE KLERK    | MADIBA   | F   | 58  | 55-59F | 1.07.52 | 1   |
| 430 | 18  | 1631  | AMANDA     | BLIGNAULT   | MADIBA   | F   | 65  | 65-69F | 1.07.53 | 1   |
| 431 | 534 | 3732  | JORDAN     | HOWARD      | TEMP     | F   | 16  | JF     | 1.07.54 | 0   |
| 432 | 415 | 8415  | MAROPENG   | MALEMA      | TEMP     | F   | 34  | SF     | 1.08.00 | 0   |
| 433 | 97  | 40103 | Kieran     | Lewies      | VWAC     | M   | 15  | JM     | 1.08.03 | 1   |
| 434 | 574 | 3397  | SIHELETA   | NTAKA       | TEMP     | M   | 23  | SM     | 1.08.10 | 0   |
| 435 | 235 | 2183  | ANAM       | WITBOOI     | ASPEN    | F   | 30  | SF     | 1.08.13 | 1   |
| 436 | 435 | 8435  | MAGANE     | MPHELA      | TEMP     | M   | 38  | 35-39M | 1.08.14 | 0   |
| 437 | 487 | 8487  | SIYABONGA  | TSHAKA      | TEMP     | M   | 42  | 40-44M | 1.08.17 | 0   |
| 438 | 359 | 3620  | KEVIN      | GARDNER     | TEMP     | M   | 45  | 45-49M | 1.08.20 | 0   |
| 439 | 82  | 131   | SHUKRY     | KAFAR       | MALABAR  | M   | 39  | 35-39M | 1.08.20 | 1   |
| 440 | 633 | 3716  | HLOMA      | MTAZA       | TEMP     | M   | 23  | SM     | 1.08.22 | 0   |

| POS | RNO | LICNO | NAME       | SURNAME    | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|-----|-------|------------|------------|----------|-----|-----|--------|---------|-----|
| 441 | 727 | 2765  | JOHN       | FACEY      | NEDBANK  | M   | 67  | 65-69M | 1.08.31 | 1   |
| 442 | 207 | 2664  | MELISSA    | SWANEPOEL  | VITALITY | F   | 36  | 35-39F | 1.08.39 | 1   |
| 443 | 509 | 3462  | MSAWENKOSI | TSHIBILIKA | TEMP     | M   | 42  | 40-44M | 1.08.48 | 0   |
| 444 | 94  | 40106 | STEFANI    | LAMBRECHTS | DESPATCH | F   | 15  | JF     | 1.09.15 | 1   |
| 445 | 257 | 971   | DEIDRE     | GERBER     | CHARLO   | F   | 53  | 50-54F | 1.09.20 | 1   |
| 446 | 499 | 8499  | FERDI      | VILJOEN    | TEMP     | M   | 59  | 55-59M | 1.09.41 | 0   |
| 447 | 140 | 617   | JESSICA    | MURPHY     | ASPEN    | F   | 34  | SF     | 1.09.47 | 1   |
| 448 | 259 | 2163  | SUNET      | HARRIS     | CHARLO   | F   | 52  | 50-54F | 1.09.53 | 1   |
| 449 | 254 | 2162  | ERIKA      | FOREMAN    | CHARLO   | F   | 54  | 50-54F | 1.09.53 | 1   |
| 450 | 193 | 2033  | SHANNON    | SEPTEMBER  | MUIRITE  | F   | 32  | SF     | 1.09.57 | 1   |
| 451 | 58  | 15638 | NELILE     | GCABASHE   | OTHER    | F   | 27  | SF     | 1.09.58 | 0   |
| 452 | 432 | 8432  | CARONESSA  | MOSS       | TEMP     | F   | 42  | 40-44F | 1.10.00 | 0   |
| 453 | 145 | 609   | Bongani    | Ngcala     | ASPEN    | M   | 34  | SM     | 1.10.00 | 1   |
| 454 | 468 | 8468  | MNINAWA    | SABA       | TEMP     | M   | 47  | 45-49M | 1.10.06 | 0   |
| 455 | 508 | 3618  | MELANIE    | FRANCIS    | TEMP     | F   | 49  | 45-49F | 1.10.09 | 0   |
| 456 | 351 | 2675  | MBALI      | ZUMA       | VITALITY | F   | 42  | 40-44F | 1.10.15 | 1   |
| 457 | 194 | 2960  | SIMANGELE  | SHABANE    | CSEP     | F   | 40  | 40-44F | 1.10.19 | 1   |
| 458 | 370 | 8370  | LUVO       | NDIMA      | TEMP     | M   | 51  | 50-54M | 1.10.22 | 0   |
| 459 | 309 | 1103  | LIZ        | AUSTIN     | ACH      | F   | 66  | 65-69F | 1.10.25 | 1   |
| 460 | 567 | 199   | PHUMELA    | SIGODI     | CSEP     | F   | 40  | 40-44F | 1.10.33 | 1   |
| 461 | 20  | 279   | VERONICA   | BOSHOF     | MUIRITE  | F   | 64  | 60-64F | 1.10.38 | 1   |
| 462 | 110 | 2270  | NOMLINDO   | MAKUBALO   | VUKANI   | F   | 50  | 50-54F | 1.10.42 | 1   |
| 463 | 219 | 2811  | AMUKELANI  | VALOYI     | ASPEN    | F   | 30  | SF     | 1.10.47 | 1   |
| 464 | 713 | 1306  | GAVIN      | KLINK      | VWAC     | M   | 52  | 50-54M | 1.11.09 | 1   |
| 465 | 482 | 8482  | CLINT      | TESSNER    | TEMP     | M   | 44  | 40-44M | 1.11.18 | 0   |
| 466 | 719 | 3735  | WANDA      | NKOSI      | TEMP     | M   | 44  | 40-44M | 1.11.45 | 0   |
| 467 | 635 | 3707  | THUTHUZELA | MAPOMA     | TEMP     | F   | 30  | SF     | 1.11.46 | 0   |
| 468 | 457 | 8457  | NIKITHA    | PILLAY     | TEMP     | F   | 25  | SF     | 1.11.58 | 0   |
| 469 | 526 | 1266  | DAVID      | CHENGWE    | VWAC     | M   | 47  | 45-49M | 1.12.03 | 1   |
| 470 | 408 | 8408  | GWEN       | LANDMAN    | TEMP     | F   | 50  | 50-54F | 1.12.09 | 0   |
| 471 | 104 | 2308  | THOBEKA    | MABUSELA   | VUKANI   | F   | 63  | 60-64F | 1.12.11 | 1   |
| 472 | 206 | 500   | Richard    | Sullivan   | RUN4C    | M   | 55  | 55-59M | 1.12.12 | 1   |
| 473 | 321 | 612   | MANDY      | SAPTOE     | ASPEN    | F   | 40  | 40-44F | 1.12.15 | 1   |
| 474 | 546 | 1606  | FANIE      | CLAASSEN   | DESPATCH | M   | 67  | 65-69M | 1.12.16 | 1   |
| 475 | 421 | 8421  | BULELANI   | MATENJWA   | TEMP     | M   | 43  | 40-44M | 1.12.32 | 0   |
| 476 | 385 | 8385  | NONI       | CHIKWARI   | TEMP     | F   | 32  | SF     | 1.12.32 | 0   |
| 477 | 19  | 705   | OCTAVIA    | BOSHOF     | CRUSADE  | F   | 55  | 55-59F | 1.12.48 | 1   |
| 478 | 668 | 2603  | PHATHEKA   | MOKGWETSI  | MADIBAZ  | F   | 33  | SF     | 1.12.53 | 1   |
| 479 | 268 | 928   | ALLISTER   | MARRAN     | CHARLO   | M   | 49  | 45-49M | 1.12.57 | 1   |
| 480 | 312 | 566   | JANINE     | VILJOEN    | RUN4C    | F   | 55  | 55-59F | 1.13.04 | 1   |
| 481 | 23  | 1556  | RIAANA     | BOUWER     | DESPATCH | F   | 49  | 45-49F | 1.13.07 | 1   |
| 482 | 327 | 1634  | TANIA      | TRUTER     | MADIBA   | F   | 52  | 50-54F | 1.13.08 | 1   |
| 483 | 562 | 197   | AUBREY     | LE ROUX    | CSEP     | M   | 72  | 70+M   | 1.13.22 | 1   |
| 484 | 347 | 198   | RIAAN      | SMALBERGER | CSEP     | M   | 70  | 70+M   | 1.13.22 | 1   |
| 485 | 171 | 1656  | SCHOOMBEE  | PRETORIUS  | MADIBA   | M   | 67  | 65-69M | 1.13.23 | 1   |
| 486 | 637 | 3706  | BLAYNE     | PHILLIPS   | TEMP     | M   | 33  | SM     | 1.13.26 | 0   |
| 487 | 729 | 1746  | ARDEN      | GROOTBOOM  | GELVAN   | F   | 44  | 40-44F | 1.13.42 | 1   |
| 488 | 623 | 1758  | BRAMWELL   | FLEURS     | GELVAN   | M   | 46  | 45-49M | 1.13.43 | 1   |
| 489 | 49  | 591   | ERICA      | ERASMUS    | RUN4C    | F   | 55  | 55-59F | 1.13.44 | 1   |

| POS | RNO | LICNO | NAME       | SURNAME       | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|-----|-------|------------|---------------|----------|-----|-----|--------|---------|-----|
| 490 | 543 | 3700  | ANELISA    | PEZISA        | TEMP     | F   | 29  | SF     | 1.13.46 | 0   |
| 491 | 60  | 276   | CHRISTIAAN | GERBER        | MUIRITE  | M   | 50  | 50-54M | 1.13.51 | 1   |
| 492 | 554 | 2703  | LI-ANNE    | LANOMAN       | VITALITY | F   | 44  | 40-44F | 1.13.51 | 1   |
| 493 | 553 | 2730  | KAREN      | STUTHARD      | VITALITY | F   | 51  | 50-54F | 1.13.52 | 1   |
| 494 | 53  | 713   | DENISE     | FERREIRA      | CRUSADE  | F   | 63  | 60-64F | 1.14.29 | 1   |
| 495 | 605 | 3731  | HAYLEY     | HENDRICKS     | TEMP     | F   | 31  | SF     | 1.14.37 | 0   |
| 496 | 490 | 8490  | GIDION     | VAN DER MERWE | TEMP     | M   | 59  | 55-59M | 1.14.39 | 0   |
| 497 | 346 | 3908  | ADRIETTE   | SCHOEMAN      | TEMP     | F   | 46  | 45-49F | 1.14.44 | 0   |
| 498 | 524 | 1630  | JOE        | SCHOEMAN      | MADIBA   | M   | 45  | 45-49M | 1.14.44 | 1   |
| 499 | 598 | 3738  | ADRI       | BEUKES        | TEMP     | F   | 19  | JF     | 1.15.01 | 0   |
| 500 | 74  | 1686  | ROUXLE     | HORN          | MADIBA   | F   | 31  | SF     | 1.15.14 | 1   |
| 501 | 79  | 720   | CLEO       | JACOBS        | CRUSADE  | F   | 23  | SF     | 1.15.21 | 1   |
| 502 | 705 | 207   | PUMLA      | JANGE         | CSEP     | F   | 49  | 45-49F | 1.15.31 | 1   |
| 503 | 357 | 3766  | BONGEKU    | PETER         | TEMP     | F   | 35  | 35-39F | 1.15.40 | 0   |
| 504 | 356 | 3699  | MOSALE     | TLAKA         | TEMP     | F   | 28  | SF     | 1.15.41 | 0   |
| 505 | 41  | 2186  | Adrian     | de Waal       | 32GI     | M   | 60  | 60-64M | 1.15.44 | 1   |
| 506 | 726 | 489   | PRISCILLA  | LAZARO        | RUN4C    | F   | 60  | 60-64F | 1.15.56 | 1   |
| 507 | 549 | 488   | CHERYL     | CUPIDO        | RUN4C    | F   | 56  | 55-59F | 1.15.57 | 1   |
| 508 | 282 | 974   | CLAIRE     | TUSTIN        | CHARLO   | F   | 48  | 45-49F | 1.16.02 | 1   |
| 509 | 113 | 2250  | NODUMO     | MALINGE       | SIBALEKA | F   | 30  | SF     | 1.16.10 | 1   |
| 510 | 24  | 770   | WINSLOW    | BOUWER        | CRUSADE  | M   | 41  | 40-44M | 1.16.22 | 1   |
| 511 | 479 | 8479  | LIKELEDI   | SOGA          | TEMP     | F   | 29  | SF     | 1.16.23 | 0   |
| 512 | 125 | 2201  | NOCWE      | MDAZUKA       | SIBALEKA | F   | 41  | 40-44F | 1.16.31 | 1   |
| 513 | 274 | 953   | PHUMELELA  | NTUNGWA       | CHARLO   | F   | 38  | 35-39F | 1.16.39 | 1   |
| 514 | 124 | 767   | GILLIAN    | MCAINSH       | CRUSADE  | F   | 65  | 65-69F | 1.16.51 | 1   |
| 515 | 515 | 2199  | PHILISA    | MANI-MANI     | SIBALEKA | F   | 31  | SF     | 1.16.59 | 1   |
| 516 | 228 | 1607  | SONJA      | VAN WYK       | DESPATCH | F   | 43  | 40-44F | 1.16.59 | 1   |
| 517 | 587 | 3749  | MARCO      | GELDENHUYS    | TEMP     | M   | 52  | 50-54M | 1.17.00 | 0   |
| 518 | 355 | 3298  | NICOLUS    | TAU           | TEMP     | M   | 30  | SM     | 1.17.16 | 0   |
| 519 | 203 | 2927  | SIMON      | STRIMLING     | ATLANTIC | M   | 63  | 60-64M | 1.17.23 | 1   |
| 520 | 409 | 8409  | HEATHER    | LANGFORD      | TEMP     | F   | 54  | 50-54F | 1.17.24 | 0   |
| 521 | 348 | 3885  | SIYANDA    | BEKEBU        | TEMP     | M   | 29  | SM     | 1.17.37 | 0   |
| 522 | 218 | 2700  | MITESH     | VALLABH       | VITALITY | M   | 49  | 45-49M | 1.17.39 | 1   |
| 523 | 536 | 18863 | TEMBA      | PEZISA        | CSCG     | M   | 58  | 55-59M | 1.17.44 | 0   |
| 524 | 580 | 3754  | HELEN      | BORGES        | TEMP     | F   | 43  | 40-44F | 1.17.49 | 0   |
| 525 | 132 | 2026  | RAKGWADI   | MORITI        | CRUSADE  | M   | 36  | 35-39M | 1.17.52 | 1   |
| 526 | 444 | 8444  | SIPHOSETHU | MXATULE       | TEMP     | F   | 32  | SF     | 1.17.58 | 0   |
| 527 | 619 | 1740  | JANICE     | JONES         | GELVAN   | F   | 49  | 45-49F | 1.17.59 | 1   |
| 528 | 437 | 8437  | OYAMA      | MPUSHE        | TEMP     | M   | 30  | SM     | 1.18.00 | 0   |
| 529 | 584 | 3752  | PAULUS     | HARTZENBERG   | TEMP     | M   | 35  | 35-39M | 1.18.05 | 0   |
| 530 | 569 | 3768  | MASASA     | MBANGENI      | TEMP     | F   | 38  | 35-39F | 1.18.26 | 0   |
| 531 | 711 | 50669 | MOHAMED    | CHARDRAKUI    | GELVAN   | M   | 27  | SM     | 1.18.35 | 1   |
| 532 | 434 | 8434  | LORRAINE   | MOTSWENYANE   | TEMP     | F   | 39  | 35-39F | 1.18.53 | 0   |
| 533 | 563 | 1375  | BARRY      | NELSON        | NEDBANK  | M   | 73  | 70+M   | 1.19.02 | 1   |
| 534 | 335 | 50290 | AYANDA     | NOMOYI        | BAYETHE  | F   | 47  | 45-49F | 1.19.03 | 0   |
| 535 | 413 | 8413  | POOJA      | MAHARAJ       | TEMP     | F   | 29  | SF     | 1.19.17 | 0   |
| 536 | 263 | 920   | LOCHI      | LOCHNER       | CHARLO   | M   | 77  | 70+M   | 1.19.20 | 1   |
| 537 | 329 | 3267  | NICOLE     | RHEEDER       | TEMP     | F   | 26  | SF     | 1.19.22 | 0   |
| 538 | 331 | 3276  | MEGAN      | MINNE         | TEMP     | F   | 32  | SF     | 1.19.22 | 0   |

| POS | RNO | LICNO | NAME         | SURNAME          | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|-----|-------|--------------|------------------|----------|-----|-----|--------|---------|-----|
| 539 | 139 | 2925  | SESETHU      | MTOTYWA          | JBAY     | F   | 30  | SF     | 1.19.32 | 1   |
| 540 | 447 | 8447  | KANYISA      | NDYOKI           | TEMP     | F   | 31  | SF     | 1.19.52 | 0   |
| 541 | 374 | 8374  | CALISTA      | ALLISON          | TEMP     | F   | 26  | SF     | 1.20.06 | 0   |
| 542 | 542 | 3728  | MICHELLE     | BEUKES           | TEMP     | F   | 51  | 50-54F | 1.20.10 | 0   |
| 543 | 615 | 463   | JO-ANNE      | MUIR             | WALMER   | F   | 55  | 55-59F | 1.20.11 | 1   |
| 544 | 52  | 2999  | DANIEL       | FERREIRA         | RUN4C    | M   | 66  | 65-69M | 1.20.17 | 1   |
| 545 | 618 | 464   | SHARON       | POTGIETER        | WALMER   | F   | 60  | 60-64F | 1.20.22 | 1   |
| 546 | 56  | 528   | HELEN        | FOURIE           | RUN4C    | F   | 55  | 55-59F | 1.20.25 | 1   |
| 547 | 448 | 8448  | GUGU         | NGCOBO           | TEMP     | F   | 45  | 45-49F | 1.20.43 | 0   |
| 548 | 561 | 527   | Kamohelo     | Mota             | RUN4C    | F   | 31  | SF     | 1.20.54 | 1   |
| 549 | 513 | 2240  | Avuyonke     | Klaas            | SIBALEKA | F   | 36  | 35-39F | 1.20.54 | 1   |
| 550 | 628 | 209   | Siyasanga    | Dlaku            | CSEP     | F   | 38  | 35-39F | 1.21.00 | 1   |
| 551 | 176 | 2852  | NQOBILE      | QUPE             | HOLLYWOO | F   | 55  | 55-59F | 1.21.32 | 1   |
| 552 | 365 | 8265  | VERNA        | CLAASSEN         | TEMP     | F   | 62  | 60-64F | 1.21.37 | 0   |
| 553 | 588 | 368   | NWABISA      | MSUTHWANA        | IKHAMVA  | F   | 45  | 45-49F | 1.21.40 | 1   |
| 554 | 706 | 384   | NONTSIKELELO | NGWENYA          | IKHAMVA  | F   | 49  | 45-49F | 1.21.41 | 1   |
| 555 | 582 | 1117  | GRAHAM       | NELL             | ACH      | M   | 74  | 70+M   | 1.21.45 | 1   |
| 556 | 308 | 1355  | CHRISTIE     | VAN LOGGERENBERG | NEDBANK  | M   | 69  | 65-69M | 1.21.53 | 1   |
| 557 | 470 | 8470  | SHUAIB       | SALIJEE          | TEMP     | M   | 35  | 35-39M | 1.22.04 | 0   |
| 558 | 481 | 8481  | SCHRICKA     | TERBLANCHE       | TEMP     | F   | 41  | 40-44F | 1.22.18 | 0   |
| 559 | 178 | 557   | CHARLENE     | RADEMEYER        | RUN4C    | F   | 43  | 40-44F | 1.22.30 | 1   |
| 560 | 255 | 998   | ROBERT       | GALLOWAY         | CHARLO   | M   | 74  | 70+M   | 1.22.31 | 1   |
| 561 | 157 | 543   | NIEKIE       | OOSTHUIZEN       | RUN4C    | F   | 55  | 55-59F | 1.22.32 | 1   |
| 562 | 142 | 2775  | URITIAH      | MYBURGH          | MUIRITE  | F   | 48  | 45-49F | 1.22.36 | 1   |
| 563 | 571 | 3558  | ZAKHELE      | NKOSI            | TEMP     | M   | 43  | 40-44M | 1.22.40 | 0   |
| 564 | 424 | 8424  | SISIPHO      | MAYO             | TEMP     | F   | 27  | SF     | 1.22.47 | 0   |
| 565 | 141 | 2509  | LERATO       | MUZH             | MADIBAZ  | F   | 39  | 35-39F | 1.22.51 | 1   |
| 566 | 135 | 2709  | CHARLOTTE    | MOTHILALL        | VITALITY | F   | 42  | 40-44F | 1.23.01 | 1   |
| 567 | 548 | 2969  | LEANNE       | WIUM             | DESPATCH | F   | 41  | 40-44F | 1.23.09 | 1   |
| 568 | 445 | 8445  | SIVIWE       | NDAMASE          | TEMP     | F   | 33  | SF     | 1.23.09 | 0   |
| 569 | 386 | 8386  | DANIËLLE     | CLACK            | TEMP     | F   | 31  | SF     | 1.23.16 | 0   |
| 570 | 95  | 1761  | JASON        | LE ROUX          | GELVAN   | M   | 29  | SM     | 1.23.19 | 1   |
| 571 | 342 | 2994  | ABDURRAGIEN  | VAN DER SCHAFF   | MALABAR  | M   | 61  | 60-64M | 1.23.21 | 1   |
| 572 | 426 | 8426  | MICHELLE     | MINNAAR          | TEMP     | F   | 37  | 35-39F | 1.23.23 | 0   |
| 573 | 483 | 8483  | NADIA        | THOMAS           | TEMP     | F   | 32  | SF     | 1.23.27 | 0   |
| 574 | 423 | 8423  | SANGE        | MAYAPHI          | TEMP     | F   | 27  | SF     | 1.23.33 | 0   |
| 575 | 388 | 8388  | YOLANDI      | DE JAGER         | TEMP     | F   | 43  | 40-44F | 1.23.38 | 0   |
| 576 | 454 | 8454  | ANNALEEN     | PANSEGROUW       | TEMP     | F   | 66  | 65-69F | 1.23.38 | 0   |
| 577 | 111 | 1871  | RENEILWE     | MALEMATJA        | HOLLYWOO | F   | 34  | SF     | 1.23.45 | 1   |
| 578 | 177 | 2179  | MINENTLE     | RADEBE           | ESKOM    | F   | 36  | 35-39F | 1.23.55 | 0   |
| 579 | 151 | 1136  | MZIMKHULU    | NONJWANGU        | CSEP     | M   | 51  | 50-54M | 1.23.59 | 1   |
| 580 | 136 | 1137  | THULULE      | MPOLASE          | CSEP     | F   | 41  | 40-44F | 1.23.59 | 1   |
| 581 | 221 | 2037  | BELINDA      | VAN DER BANK     | MUIRITE  | F   | 57  | 55-59F | 1.24.51 | 1   |
| 582 | 152 | 2483  | Portia       | Nqayi            | ABSAEP   | F   | 37  | 35-39F | 1.24.55 | 0   |
| 583 | 277 | 2176  | CHENEL       | ROBEY            | CHARLO   | F   | 46  | 45-49F | 1.24.56 | 1   |
| 584 | 474 | 8474  | TSHEPANG     | SELA             | TEMP     | F   | 24  | SF     | 1.24.56 | 0   |
| 585 | 117 | 336   | ARNOLD       | RAS              | MUIRITE  | M   | 63  | 60-64M | 1.24.57 | 1   |
| 586 | 213 | 712   | NDILEKA      | THOMPSON         | CRUSADE  | F   | 47  | 45-49F | 1.25.43 | 1   |
| 587 | 172 | 194   | NOMVUYO      | QEMA             | CSEP     | F   | 55  | 55-59F | 1.25.45 | 1   |

| POS         | RNO  | LICNO | NAME          | SURNAME         | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-------------|------|-------|---------------|-----------------|----------|-----|-----|--------|---------|-----|
| 588         | 616  | 1760  | MARISA        | CALISTE         | GELVAN   | F   | 40  | 40-44F | 1.25.49 | 1   |
| 589         | 502  | 1089  | HELEN         | ERLANK          | ACH      | F   | 43  | 40-44F | 1.25.53 | 1   |
| 590         | 64   | 1649  | SYMANTHA-ANNE | GREYLING        | MADIBA   | F   | 50  | 50-54F | 1.25.56 | 1   |
| 591         | 147  | 3049  | NONTUTHUZELO  | NGXONONO- DOUSE | SAPPE    | F   | 56  | 55-59F | 1.26.05 | 1   |
| 592         | 391  | 8391  | VUYOKAZI      | GEGE            | TEMP     | F   | 50  | 50-54F | 1.26.15 | 0   |
| 593         | 575  | 2140  | PUMEZA        | HASHE           | TRANSNET | F   | 43  | 40-44F | 1.26.45 | 1   |
| 594         | 463  | 8463  | LILONKE       | QUNTA           | TEMP     | F   | 27  | SF     | 1.26.45 | 0   |
| 595         | 716  | 61    | ABEGAIL       | TEYISE          | SAPPE    | F   | 53  | 50-54F | 1.27.00 | 1   |
| 596         | 465  | 8465  | ZANELE        | RENQE           | TEMP     | F   | 47  | 45-49F | 1.27.02 | 0   |
| 597         | 715  | 1697  | CHANTAL       | BUCKLEY         | MADIBA   | F   | 32  | SF     | 1.27.02 | 1   |
| 598         | 405  | 8405  | NOMPUMELELO   | KLEINBOOI       | TEMP     | F   | 31  | SF     | 1.27.06 | 0   |
| 599         | 338  | 1657  | SANDRA        | SHARE           | MADIBA   | F   | 59  | 55-59F | 1.28.12 | 1   |
| 600         | 568  | 3765  | NOZIPHIWO     | RENQE           | TEMP     | F   | 37  | 35-39F | 1.28.17 | 0   |
| 601         | 478  | 8478  | XOLA          | SITELA          | TEMP     | M   | 28  | SM     | 1.28.18 | 0   |
| 602         | 577  | 3758  | SINDI         | NGCAYISA        | TEMP     | F   | 33  | SF     | 1.28.21 | 0   |
| 603         | 452  | 8452  | ABONGILE      | NTABENI         | TEMP     | F   | 29  | SF     | 1.28.26 | 0   |
| 604         | 469  | 8469  | FEZIWE        | SALAZE          | TEMP     | F   | 37  | 35-39F | 1.28.32 | 0   |
| 605         | 264  | 942   | EDITH         | MAC GEAR        | CHARLO   | F   | 57  | 55-59F | 1.28.36 | 1   |
| 606         | 464  | 8464  | DIKELEDI      | RAMOROKA        | TEMP     | F   | 42  | 40-44F | 1.29.25 | 0   |
| 607         | 403  | 8403  | AGNES         | KGANYAGO        | TEMP     | F   | 35  | 35-39F | 1.29.41 | 0   |
| 608         | 551  | 1471  | SHIRLEEN      | CLARKE          | NEDBANK  | F   | 62  | 60-64F | 1.29.53 | 1   |
| 609         | 686  | 1720  | NOLEEN        | NORRIS          | GELVAN   | F   | 68  | 65-69F | 1.30.01 | 1   |
| 610         | 632  | 3717  | NELISA        | MJANA           | TEMP     | F   | 39  | 35-39F | 1.31.16 | 0   |
| 611         | 340  | 186   | NOMAWETHU     | DANSTER         | CSEP     | F   | 46  | 45-49F | 1.31.22 | 1   |
| 612         | 362  | 8362  | THANDIWE      | MAGALELA        | TEMP     | F   | 63  | 60-64F | 1.31.39 | 0   |
| 613         | 429  | 8429  | TSHOLOFELO    | MOKOLOPO        | TEMP     | F   | 43  | 40-44F | 1.31.51 | 0   |
| 614         | 431  | 8431  | RELEBOHILE    | MOSALLA         | TEMP     | M   | 27  | SM     | 1.32.28 | 0   |
| 615         | 600  | 2993  | ORGIA         | NELL            | MUIRITE  | F   | 81  | 70+F   | 1.32.41 | 1   |
| 616         | 527  | 1343  | BERENICE      | SMITH           | NEDBANK  | F   | 60  | 60-64F | 1.32.44 | 1   |
| 617         | 380  | 8380  | SPHIWOKUHLE   | BLOKO           | TEMP     | F   | 32  | SF     | 1.33.39 | 0   |
| 618         | 491  | 8491  | MERYLL        | VAN DER MERWE   | TEMP     | F   | 61  | 60-64F | 1.34.41 | 0   |
| 619         | 300  | 1650  | PIERRE        | KNOESEN         | MADIBA   | M   | 70  | 70+M   | 1.34.58 | 1   |
| 620         | 13   | 1570  | ERIKA         | BARNARD         | DESPATCH | F   | 56  | 55-59F | 1.36.02 | 1   |
| 621         | 597  | 3739  | SIYOLISE      | MVA             | TEMP     | F   | 29  | SF     | 1.36.11 | 0   |
| 622         | 310  | 1166  | RONALD        | JANTJIES        | TRANSNET | M   | 53  | 50-54M | 1.36.21 | 1   |
| 623         | 285  | 883   | LINDI         | VAN TONDER      | CHARLO   | F   | 47  | 45-49F | 1.37.50 | 1   |
| 624         | 379  | 8379  | ASITHANDILE   | BEN-MAZWI       | TEMP     | F   | 42  | 40-44F | 1.37.51 | 0   |
| 625         | 446  | 8446  | NOMAHLUBI     | NDIMENI         | TEMP     | F   | 40  | 40-44F | 1.38.06 | 0   |
| 626         | 272  | 929   | ANUSHA        | NAIDU           | CHARLO   | F   | 58  | 55-59F | 1.38.50 | 1   |
| 627         | 375  | 8375  | ELIZABETH     | ANGILERI        | TEMP     | F   | 24  | SF     | 1.39.35 | 0   |
| 628         | 455  | 8455  | CHAD          | PATON           | TEMP     | M   | 27  | SM     | 1.39.36 | 0   |
| HELPERS RUN |      |       |               |                 |          |     |     |        |         |     |
| H1          | 8001 | 1211  | NOEL          | ADAMS           | ELITEAC  | M   | 53  | 50-54M | 0.38.49 | 5   |
| H2          | 8002 | 1255  | ERROL         | WHITTAL         | ELITEAC  | M   | 50  | 50-54M | 0.39.38 | 5   |
| H3          | 8003 | 1213  | SEBASTIAN     | KLEU            | ELITEAC  | M   | 49  | 45-49M | 0.41.28 | 4   |
| H4          | 8004 | 8004  | THEMBINKOSI   | SPEELMAN        | TEMP     | F   | 41  | 40-44F | 0.45.07 | 0   |
| H5          | 8005 | 1282  | SEBASTIAN     | HAARHOFF        | VWAC     | M   | 48  | 45-49M | 0.46.37 | 2   |
| H6          | 8006 | 1228  | CLIVE         | DE LANGE        | ELITEAC  | M   | 53  | 50-54M | 0.47.15 | 2   |
| H7          | 8007 | 985   | CHRISTOFF     | PUREN           | CHARLO   | M   | 34  | SM     | 0.48.49 | 2   |

| POS | RNO  | LICNO | NAME      | SURNAME        | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|------|-------|-----------|----------------|----------|-----|-----|--------|---------|-----|
| H8  | 8008 | 539   | SERGIO    | PETERSON       | RUN4C    | M   | 47  | 45-49M | 0.48.51 | 2   |
| H9  | 8009 | 878   | DANE      | CRONJE         | CHARLO   | F   | 28  | SF     | 0.49.05 | 2   |
| H10 | 8010 | 881   | SHAUN     | ATTENBOROUGH   | CHARLO   | M   | 56  | 55-59M | 0.49.34 | 2   |
| H11 | 8011 | 887   | LYNNE     | NEUBERT        | CHARLO   | F   | 53  | 50-54F | 0.49.35 | 3   |
| H12 | 8012 | 1238  | PIETER    | GERBER         | ELITEAC  | M   | 50  | 50-54M | 0.49.42 | 2   |
| H13 | 8013 | 40071 | CONNOR    | BIRD           | ELITEAC  | M   | 14  | JM     | 0.50.39 | 1   |
| H14 | 8014 | 1212  | BURNITA   | STRYDOM        | RUN4C    | F   | 56  | 55-59F | 0.50.43 | 4   |
| H15 | 8015 | 891   | DARRYL    | CALVERT        | CHARLO   | M   | 49  | 45-49M | 0.51.22 | 2   |
| H16 | 8016 | 576   | VERNON    | LANDMAN        | RUN4C    | M   | 50  | 50-54M | 0.51.56 | 2   |
| H17 | 8017 | 1229  | NATASCIA  | DE RIDDER      | ELITEAC  | F   | 46  | 45-49F | 0.52.05 | 2   |
| H18 | 8018 | 1183  | SANETTE   | RYAN           | ELITEAC  | F   | 55  | 55-59F | 0.52.41 | 3   |
| H19 | 8019 | 1200  | JANINE    | WHITTAL        | ELITEAC  | F   | 44  | 40-44F | 0.53.06 | 2   |
| H20 | 8020 | 1205  | ALISON    | BOWKER         | ELITEAC  | F   | 37  | 35-39F | 0.53.24 | 1   |
| H21 | 8021 | 911   | TANYA     | NORRIS         | CHARLO   | F   | 40  | 40-44F | 0.53.56 | 1   |
| H22 | 8023 | 906   | TARYN     | FERREIRA       | CHARLO   | F   | 44  | 40-44F | 0.54.28 | 1   |
| H23 | 8024 | 577   | YOLANDIE  | LANDMAN        | RUN4C    | F   | 50  | 50-54F | 0.54.31 | 2   |
| H24 | 8025 | 1208  | CHRISTINE | BIRD           | ELITEAC  | F   | 54  | 50-54F | 0.55.22 | 2   |
| H25 | 8026 | 1247  | LISLE     | MATTHEWS       | ELITEAC  | F   | 51  | 50-54F | 0.56.44 | 1   |
| H26 | 8027 | 1192  | HEINZ     | CONRAD         | ELITEAC  | M   | 46  | 45-49M | 0.57.04 | 1   |
| H27 | 8028 | 1234  | DEWALD    | DEYSEL         | ELITEAC  | M   | 42  | 40-44M | 0.57.28 | 1   |
| H28 | 8029 | 1250  | PETER     | VAN RENSBURG   | ELITEAC  | M   | 67  | 65-69M | 0.57.33 | 1   |
| H29 | 8030 | 1191  | ELIZE     | ADAMS          | ELITEAC  | F   | 50  | 50-54F | 0.57.56 | 1   |
| H30 | 8031 | 1214  | BENITA    | GERBER         | ELITEAC  | F   | 60  | 60-64F | 0.57.59 | 2   |
| H31 | 8032 | 40073 | STACEY    | DE RIDDER      | ELITEAC  | F   | 15  | JF     | 0.58.02 | 1   |
| H32 | 8033 | 8033  | ALEXANDRA | FLEMMING       | TEMP     | F   | 33  | SF     | 0.58.30 | 0   |
| H33 | 8035 | 1551  | WERNER    | OLIVIER        | DESPATCH | M   | 41  | 40-44M | 0.59.27 | 1   |
| H34 | 8036 | 2170  | Matthew   | Muller         | CHARLO   | M   | 23  | SM     | 0.59.36 | 1   |
| H35 | 8037 | 905   | MICHELE   | MOOLMAN        | CHARLO   | F   | 40  | 40-44F | 1.00.03 | 1   |
| H36 | 8038 | 934   | JEAN      | MEYER          | CHARLO   | M   | 46  | 45-49M | 1.00.05 | 1   |
| H37 | 8040 | 1296  | NOEL      | MCMASTER       | VWAC     | M   | 59  | 55-59M | 1.00.42 | 1   |
| H38 | 8041 | 1291  | ASHENDA   | MAKONIE        | VWAC     | F   | 49  | 45-49F | 1.00.47 | 1   |
| H39 | 8042 | 1201  | CATHY     | ALLERS         | ELITEAC  | F   | 63  | 60-64F | 1.01.03 | 1   |
| H40 | 8043 | 556   | ARTHUR    | WILLIAMS       | RUN4C    | M   | 62  | 60-64M | 1.01.19 | 1   |
| H41 | 361  | 8361  | JOSH      | MINNAAR        | TEMP     | M   | 40  | 40-44M | 1.02.09 | 0   |
| H42 | 8045 | 2172  | LEE       | PAGE           | CHARLO   | F   | 42  | 40-44F | 1.02.27 | 1   |
| H43 | 8046 | 903   | KESVAL    | CHETTY         | CHARLO   | M   | 60  | 60-64M | 1.03.20 | 1   |
| H44 | 8047 | 1325  | SHANNON   | THEOBALD       | NEDBANK  | F   | 49  | 45-49F | 1.03.22 | 1   |
| H45 | 8048 | 915   | JOEL      | HUMAN          | CHARLO   | M   | 52  | 50-54M | 1.03.36 | 1   |
| H46 | 8049 | 921   | RYAN      | VAN DER MESCHT | CHARLO   | M   | 44  | 40-44M | 1.03.37 | 1   |
| H47 | 8088 | 1216  | WESSEL    | WOLMARANS      | ELITEAC  | M   | 47  | 45-49M | 1.05.18 | 1   |
| H48 | 8089 | 1253  | ANNELIE   | VAN DER MERWE  | ELITEAC  | F   | 46  | 45-49F | 1.05.18 | 1   |
| H49 | 8051 | 1232  | SONIKA    | NEL            | ELITEAC  | F   | 25  | SF     | 1.06.04 | 1   |
| H50 | 8052 | 1224  | SHAUN     | NEL            | ELITEAC  | M   | 50  | 50-54M | 1.06.05 | 1   |
| H51 | 8055 | 575   | JACKIE    | ELOFF          | RUN4C    | F   | 53  | 50-54F | 1.07.24 | 1   |
| H52 | 8056 | 1587  | MARISKA   | OLIVIER        | DESPATCH | F   | 37  | 35-39F | 1.09.28 | 1   |
| H53 | 8057 | 1600  | YVETTE    | JONKER         | DESPATCH | F   | 53  | 50-54F | 1.09.30 | 1   |
| H54 | 8058 | 1682  | CLIVE     | CLAASSENS      | MADIBA   | M   | 41  | 40-44M | 1.09.33 | 1   |
| H55 | 8059 | 2164  | SHARON    | GRIESEL        | CHARLO   | F   | 54  | 50-54F | 1.11.15 | 1   |
| H56 | 8060 | 2165  | DION      | GRIESEL        | CHARLO   | M   | 57  | 55-59M | 1.11.20 | 1   |

| POS | RNO  | LICNO | NAME        | SURNAME      | CLUB     | SEX | AGE | CAT    | HMS     | PTS |
|-----|------|-------|-------------|--------------|----------|-----|-----|--------|---------|-----|
| H57 | 8061 | 1603  | RONNIE      | JONKER       | DESPATCH | M   | 55  | 55-59M | 1.12.20 | 1   |
| H58 | 8062 | 1223  | NDUMISO     | NTSHANGASE   | ELITEAC  | M   | 33  | SM     | 1.12.35 | 1   |
| H59 | 8063 | 40440 | MATTHEW     | HECHTER      | ELITEAC  | M   | 14  | JM     | 1.13.27 | 1   |
| H60 | 8064 | 1252  | AMANDA      | HECHTER      | ELITEAC  | F   | 44  | 40-44F | 1.13.27 | 1   |
| H61 | 8065 | 1102  | KEN         | BARWOOD      | ACH      | M   | 70  | 70+M   | 1.13.50 | 1   |
| H62 | 8066 | 1119  | TREMAINE    | WESSON       | ACH      | M   | 64  | 60-64M | 1.13.51 | 1   |
| H63 | 8067 | 8497  | SUSAN       | VAN NIEKERK  | TEMP     | F   | 58  | 55-59F | 1.14.40 | 0   |
| H64 | 8068 | 1239  | YOLANDE     | KNOETZE      | ELITEAC  | F   | 58  | 55-59F | 1.15.37 | 1   |
| H65 | 8069 | 968   | DENISE      | DARLOW       | CHARLO   | F   | 56  | 55-59F | 1.18.36 | 1   |
| H66 | 8070 | 889   | PETER       | POHLMANN     | CHARLO   | M   | 61  | 60-64M | 1.18.37 | 1   |
| H67 | 8071 | 1184  | Herman      | Terblanche   | ELITEAC  | M   | 59  | 55-59M | 1.19.17 | 1   |
| H68 | 8072 | 1185  | SUSAN       | BEZUIDENHOUT | ELITEAC  | F   | 68  | 65-69F | 1.20.00 | 1   |
| H69 | 8073 | 1417  | GENEVIEVE   | LAYCOCK      | NEDBANK  | F   | 56  | 55-59F | 1.20.01 | 1   |
| H70 | 8074 | 947   | GANIEF      | DAVIDS       | CHARLO   | M   | 59  | 55-59M | 1.20.02 | 1   |
| H71 | 8075 | 1310  | PHUMLA      | SIBALI       | VWAC     | F   | 46  | 45-49F | 1.22.00 | 1   |
| H72 | 8076 | 1274  | GAYLE       | SAAYMAN      | VWAC     | F   | 37  | 35-39F | 1.22.00 | 1   |
| H73 | 8077 | 1280  | CHRISTOPHER | BRUINTJIES   | VWAC     | M   | 53  | 50-54M | 1.22.01 | 1   |
| H74 | 8078 | 995   | BERNADETTE  | LOOCK        | CHARLO   | F   | 45  | 45-49F | 1.22.39 | 1   |
| H75 | 8079 | 923   | EVA         | CHETTY       | CHARLO   | F   | 57  | 55-59F | 1.22.42 | 1   |
| H76 | 8080 | 871   | RICHARD     | DE ANDRADE   | CHARLO   | M   | 64  | 60-64M | 1.24.55 | 1   |
| H77 | 8081 | 1181  | Chantelle   | Gillmer      | ELITEAC  | F   | 40  | 40-44F | 1.25.19 | 1   |
| H78 | 8082 | 1189  | MYRNA       | VAN EYK      | ELITEAC  | F   | 47  | 45-49F | 1.27.34 | 1   |
| H79 | 371  | 8371  | RUBEN       | FERREIRA     | TEMP     | M   | 17  | JM     | 1.27.35 | 0   |
| H80 | 8084 | 8382  | MICHELLE    | BRITS        | TEMP     | F   | 31  | SF     | 1.27.59 | 0   |
| H81 | 8085 | 8500  | AMANDA      | YOUNG        | TEMP     | F   | 50  | 50-54F | 1.28.00 | 0   |
| H82 | 8086 | 1097  | CINDI       | BESTER       | ACH      | F   | 45  | 45-49F | 1.29.53 | 1   |
| H83 | 8087 | 1099  | CRAIG       | BESTER       | ACH      | M   | 48  | 45-49M | 1.29.54 | 1   |