

NMB LEGACY PROJECT GELVANDALE 10KM - GELVANDALE 2025/09/20

POS	RNO	LIC NO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS	PRES
1	1	355	MELIKHAYA	FRANS	IKHAMVA	M	35	35-39M	0.29.53	5	25
2	3	1361	ANDILE	MOTWANA	NEDBANK	M	28	SM	0.30.23	5	24
3	9602	50827	KEANU	DOMINGO	NWUPUK	M	23	SM	0.30.43	0	0
4	4	396	LITHEBE	MENZELELELI	IKHAMVA	M	26	SM	0.30.46	5	23
5	2	357	SINAWO	POTI	IKHAMVA	M	23	SM	0.30.50	5	22
6	9554	2253	KHAYA	GQWETHA	VUKANI	M	40	40-44M	0.32.25	5	21
7	5	1338	SIBAHLE	MAQWARA	NEDBANK	M	23	SM	0.32.29	5	20
8	9562	40168	ENDINAKO	JOLA	MOTHER	M	17	JM	0.32.31	5	19
9	9544	1376	GIFT	CHIGOMARAWA	MPOX	M	37	35-39M	0.32.34	0	0
10	8	40477	OKUHLE	DLOTO	IKHAMVA	M	18	JM	0.32.35	5	18
11	8351	430	ARCHIE	ZAKE	CHILLIEP	M	25	SM	0.32.49	5	17
12	1292	40414	LUKHANYISO	APRIL	IKHAMVA	M	17	JM	0.33.00	5	16
13	9	356	LUYANDA	TSHANGANA	IKHAMVA	M	42	40-44M	0.33.03	5	15
14	2279	40545	DALLIAN	OERSON	SCHOOL	M	18	JM	0.33.19	5	0
15	9545	50374	MASIXOLO	XOYIYA	HAVEN	M	31	SM	0.33.23	0	0
16	2207	1363	THULANI	MDLALO	NEDBANK	M	40	40-44M	0.33.31	5	14
17	7177	2637	SAKHE	MAHOTE	MADIBAZ	M	21	SM	0.33.52	5	13
18	1288	360	NTSIKA	NTAMO	IKHAMVA	M	22	SM	0.34.11	5	12
19	7	40413	SEMIHLE	BEDA	IKHAMVA	M	18	JM	0.34.11	5	11
20	3257	40378	ANTON	AVENATHI	SIBALEKA	M	18	JM	0.34.36	5	10
21	9712	2210	THEMBELANI	MBENENGE	SIBALEKA	M	30	SM	0.34.39	5	9
22	1155	50700	SINETHEMBA	JILINGISI	HAVEN	M	22	SM	0.34.40	0	0
23	1285	358	MZWANELE	MAPHEKULA	IKHAMVA	M	49	45-49M	0.34.58	5	8
24	7179	2625	Luxolo	Candlovu	MADIBAZ	M	23	SM	0.35.05	5	7
25	1287	2278	MAIXOLE	NTLOKO	IKHAMVA	M	35	35-39M	0.35.20	5	6
26	9563	40164	AGCOBILE	JEZILE	MOTHER	M	16	JM	0.35.33	5	5
27	5078	1335	ANELE	MALIZA	NEDBANK	M	47	45-49M	0.35.38	5	4
28	1286	374	HOPEWELL	JABAVU	IKHAMVA	M	41	40-44M	0.35.47	5	3
29	9797	459	ZIBELE	MASELE	CHILLIEP	M	23	SM	0.35.56	5	2
30	1289	408	MPILONTLE	MEKO	IKHAMVA	M	19	JM	0.36.04	4	1
31	3292	1941	MILA	PASIYA	SIBALEKA	M	46	45-49M	0.36.12	5	0
32	8183	460	TAKUNDA	MUBARE	CHILLIEP	M	21	SM	0.36.33	4	0
33	1290	370	DESMOND	ZIBI	IKHAMVA	M	61	60-64M	0.36.47	5	0
34	133	2490	SAZISO	PANGINDAWO	ABSAEP	M	43	40-44M	0.36.50	5	0
35	2278	1931	SIYANDA	PETER	BLUEBAY	M	36	35-39M	0.36.54	5	0
36	3291	40385	SENZO	NDZOTOYI	SIBALEKA	M	16	JM	0.37.17	4	0
37	2277	40671	ICHUMILE	MACHAKA	SCHOOL	M	16	JM	0.37.19	4	0
38	9747	1503	LUVUYO	DYANI	NEDBANK	M	55	55-59M	0.37.20	5	0
39	7197	2653	SITHABISA	MAZIBUKO	MADIBAZ	M	23	SM	0.37.32	4	0
40	1207	1211	NOEL	ADAMS	ELITEAC	M	53	50-54M	0.37.39	5	0
41	9757	423	SANDISO	NGXISHE	CHILLIEP	M	55	55-59M	0.37.45	5	0
42	7170	1482	JEANDRY	DEERLING	NEDBANK	M	33	SM	0.37.51	4	0
43	9799	437	VUSEKANI	NOMTSHATSHO	CHILLIEP	M	21	SM	0.38.07	3	0
44	2270	2690	JEMAIN	WILSON	VITALITY	M	37	35-39M	0.38.09	4	0
45	7175	2581	AMOGELANG	SEHLWANA	MADIBAZ	M	21	SM	0.38.10	3	0
46	8182	40442	LATHITHA	VENA	CHILLIEP	M	16	JM	0.38.24	3	0
47	1215	1255	ERROL	WHITTAL	ELITEAC	M	50	50-54M	0.38.29	5	0
48	1243	282	ABDUL	WICOMB	MUIRITE	M	46	45-49M	0.38.40	5	0
49	9798	40144	AKHONA	TEMBANI	CHILLIEP	M	19	JM	0.38.48	3	0
50	189	1406	REFELOE	SOLOMONS	NEDBANK	F	44	40-44F	0.38.50	5	25
51	9710	267	ZOLANI	KOLOSA	SIBALEKA	M	31	SM	0.39.03	3	0
52	9701	2089	SIPHESIHLE	JOJA	SANDFEP	M	26	SM	0.39.09	3	0
53	7196	7196	BANELISIWE	TAMELA	TEMP	M	20	JM	0.39.09	0	0
54	9770	436	Sothembela	Makedama	CHILLIEP	M	27	SM	0.39.11	3	0

55	9606	2342	GUGU	BUDAZA	VUKANI	M	24	SM	0.39.14	3	0
56	7149	931	ANDILE	NYOKA	CHARLO	M	52	50-54M	0.39.16	5	0
57	2256	1400	KELLY	VAN VLIET	NEDBANK	F	37	35-39F	0.39.28	5	24
58	150	40282	NICK	SEPTEMBER	ATLANTIC	M	18	JM	0.39.38	3	0
59	1299	2855	BADROEDEEN	ABRAHAMS	MALABAR	M	38	35-39M	0.39.39	3	0
60	9546	3128	JEAN	JACOBS	GELVAN	M	29	SM	0.39.44	3	0
61	1168	1073	CONNOR	MITCHELL	ACH	M	21	SM	0.39.49	3	0
62	1174	50486	MZOLI	MPALALA	BOXER AC	M	63	60-64M	0.39.49	0	0
63	9728	950	CHARLES	SEGALO	CHARLO	M	38	35-39M	0.39.54	3	0
64	9769	1459	MONWABISI	KEPE	NEDBANK	M	41	40-44M	0.40.02	4	0
65	9685	1168	SLULAMI	JACK	TRANSNET	M	50	50-54M	0.40.12	5	0
66	1203	814	BIANCA	MEISTRE	32GI	F	40	40-44F	0.40.14	5	23
67	9702	3029	SIYANDA	BUTHELEZI	SANDFEP	M	27	SM	0.40.20	3	0
68	8147	40146	LIHLE	MKELE	CHILLIEP	M	19	JM	0.40.23	3	0
69	7171	40085	ABBIE	MITCHELL	MADIBAZ	F	18	JF	0.40.23	5	22
70	42	1480	AUGUST	ESAU	NEDBANK	M	54	50-54M	0.40.27	5	0
71	9726	2592	Xhamla	Lukwe	MADIBAZ	M	20	JM	0.40.28	3	0
72	9724	217	SAPHO	NKATA	CSEP	M	48	45-49M	0.40.37	4	0
73	1181	2506	SINETHEMBA	NGXONI	MADIBAZ	M	29	SM	0.40.38	3	0
74	9754	1436	NTSIKELELO	SEBE	NEDBANK	M	43	40-44M	0.40.38	3	0
75	9745	993	THEMBEKILE	MSIPA	CHARLO	M	51	50-54M	0.40.38	5	0
76	2258	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	43	40-44F	0.40.49	5	21
77	8146	40142	BANELE	MTABA	CHILLIEP	M	18	JM	0.41.08	3	0
78	7166	908	KAYLA	VAN RENSBURG	CHARLO	F	31	SF	0.41.08	4	20
79	9532	1105	MARK	FRASER	ACH	M	32	SM	0.41.15	3	0
80	127	205	ZUKISANI	NJOKWENI	CSEP	M	36	35-39M	0.41.24	3	0
81	1294	1398	MUTEKILE	RASMENI	NEDBANK	M	60	60-64M	0.41.44	5	0
82	111	40487	LIQHAWWE	MKAYO	ATLANTIC	M	16	JM	0.41.48	2	0
83	1169	1069	WAYNE	MITCHELL	ACH	M	52	50-54M	0.41.48	5	0
84	146	210	SANELE	SAM	CSEP	M	32	SM	0.41.49	2	0
85	7155	955	SIVUYILE	SCHEEPERS	CHARLO	M	32	SM	0.41.51	2	0
86	9536	367	VUSI	MSUTHWANA	IKHAMVA	M	53	50-54M	0.41.55	5	0
87	97	2863	QAWWE	MAJIZA	ADVEN	M	38	35-39M	0.42.06	3	0
88	9732	1848	PHAPHAMA	GLADILE	HOLLYWOO	M	35	35-39M	0.42.10	3	0
89	9704	1431	GIDEON	MENGO	NEDBANK	M	48	45-49M	0.42.13	3	0
90	1212	844	THERESA	BUCHNER	32GI	F	40	40-44F	0.42.13	5	19
91	9541	80	LETHOGONOLO	MONAGENG	SAPPE	M	30	SM	0.42.17	2	0
92	9548	1079	HANSON	SINGAPHI	ACH	M	47	45-49M	0.42.19	3	0
93	9713	1847	MHLENGI	MAHLABA	HOLLYWOO	M	34	SM	0.42.22	2	0
94	7161	989	Brett	Steyn	CHARLO	M	50	50-54M	0.42.24	4	0
95	7153	875	MATTHEW	RODGERS	CHARLO	M	23	SM	0.42.34	2	0
96	9715	1213	SEBASTIAN	KLEU	ELITEAC	M	49	45-49M	0.42.40	3	0
97	7173	40324	HLENGIWE	NKOSI	MADIBAZ	F	19	JF	0.42.41	3	18
98	9698	3115	WILLIAMS	PLATJIES	TRANSNET	M	26	SM	0.42.51	2	0
99	1220	1344	CHRISTOPHER	MABENGEZA	NEDBANK	M	59	55-59M	0.42.51	5	0
100	2210	1340	WELCOME	LOLIWE	NEDBANK	M	60	60-64M	0.42.57	5	0
101	7151	985	CHRISTOFF	PUREN	CHARLO	M	35	35-39M	0.42.58	2	0
102	8162	1425	DARRYL	BAGLEY	NEDBANK	M	50	50-54M	0.43.05	4	0
103	9792	2322	XOLANI	NTEYI	VUKANI	M	46	45-49M	0.43.11	3	0
104	1136	3107	NKOSANA	BUKANI	VUKANI	M	43	40-44M	0.43.11	3	0
105	1177	51110	HASSAN	NDZAKANA	NEDBOR	M	56	55-59M	0.43.16	0	0
106	138	1477	MARIO	PLAATJIES	NEDBANK	M	44	40-44M	0.43.21	3	0
107	156	1293	THEMBINKOSI	STOKWE	VWAC	M	47	45-49M	0.43.35	3	0
108	2261	2696	EDDIE	VACU	VITALITY	M	37	35-39M	0.43.44	2	0
109	112	2480	ALULUTO	MKIVA	ABSAEP	M	18	JM	0.43.46	2	0
110	1219	2807	SABELO	MELITAFA	CSEP	M	46	45-49M	0.43.55	3	0

111	7185	2514	TEDDY	PRUSENT	MADIBAZ	M	37	35-39M	0.43.56	2	0
112	1217	829	WYNAND	DU PREEZ	32GI	M	52	50-54M	0.43.59	3	0
113	2230	1461	VUYISILE	SIMAYILE	NEDBANK	M	38	35-39M	0.44.16	2	0
114	9733	2234	GIFT	MBEDZI	SIBALEKA	M	29	SM	0.44.26	2	0
115	9736	180	DANNY	HARTZENBERG	TRANSNET	M	49	45-49M	0.44.29	3	0
116	7152	957	PIERRE	RENSHAW	CHARLO	M	52	50-54M	0.44.38	3	0
117	174	1518	INGE	WILLIAMS	NEDBANK	F	36	35-39F	0.44.43	3	17
118	9561	40162	SINOMTHA	BOLTINA	MOTHER	M	16	JM	0.44.43	2	0
119	9595	148	ABDUL	LILLAH	MALABAR	M	35	35-39M	0.44.44	2	0
120	7134	898	PATRIC	MAKWENKWE	CHARLO	M	59	55-59M	0.44.49	4	0
121	7181	2633	Solulele	Rati	MADIBAZ	M	25	SM	0.44.52	2	0
122	9756	451	SIPHE	MZAYIDUME	CHILLIEP	M	31	SM	0.44.55	2	0
123	9766	9829	DENVER	SEARLE	TEMP	M	43	40-44M	0.44.56	0	0
124	9580	1771	ELGIE	SHUSHA	GELVAN	M	43	40-44M	0.44.59	2	0
125	9723	2328	MZWANELE	NQOQO	VUKANI	M	48	45-49M	0.45.01	3	0
126	9706	2150	KHANGELANI	HALOM	TRANSNET	M	43	40-44M	0.45.07	2	0
127	163	363	MNQWENO	TYOKOLO	IKHAMVA	M	42	40-44M	0.45.16	2	0
128	9586	411	SIYABONGA	ZULU	CHILLIEP	M	43	40-44M	0.45.21	2	0
129	7188	2534	FREDAH	NCUBE	MADIBAZ	F	43	40-44F	0.45.23	3	16
130	1133	49	PHIL	BRADLEY	SAPPE	M	42	40-44M	0.45.24	2	0
131	9700	3113	FRASWHA	KETCHOM	TRANSNET	M	32	SM	0.45.39	2	0
132	101	1876	SBONISIPHO	MANQELE	HOLLYWOO	M	27	SM	0.45.40	2	0
133	1194	731	GAVIN	ROGERS	CRUSADE	M	61	60-64M	0.45.48	4	0
134	1139	40469	MIKULE	NEL	GELVAN	M	18	JM	0.45.53	2	0
135	7141	952	CINDY	MARAI	CHARLO	F	48	45-49F	0.45.54	4	15
136	2255	1404	DARREN	VAN VLIET	NEDBANK	M	42	40-44M	0.45.56	2	0
137	401	8200	CHAVAGO	AFRICA	TEMP	M	14	JM	0.46.02	0	0
138	2266	40076	KYLIE	VERMAAK	ELITEAC	F	18	JF	0.46.03	2	14
139	1158	1866	SIPHAMANDLA	KOKO	HOLLYWOO	M	35	35-39M	0.46.07	2	0
140	5091	888	RAHUL	BHANA	CHARLO	M	22	SM	0.46.08	2	0
141	9734	1457	RICHARD	MAZUNGULA	NEDBANK	M	48	45-49M	0.46.11	2	0
142	76	40311	Hamza	Khan	MADIBAZ	M	19	JM	0.46.19	2	0
143	4993	1083	ALAN	TAYLOR	ACH	M	68	65-69M	0.46.22	5	0
144	2273	1113	ROGER	TRADER	ACH	M	71	70+M	0.46.22	5	0
145	2268	806	LEON	VOULTSOS	32GI	M	51	50-54M	0.46.24	3	0
146	9534	442	MSINDISI	QALINGE	CHILLIEP	M	30	SM	0.46.27	2	0
147	9735	446	LONWABO	NDLALANI	CHILLIEP	M	48	45-49M	0.46.27	2	0
148	88	1283	URAN	LE ROUX	VWAC	M	58	55-59M	0.46.28	3	0
149	7145	938	THOBELO	MFIKILI	CHARLO	M	39	35-39M	0.46.35	2	0
150	9693	2325	SIBONGILE	MGQEBA	VUKANI	F	38	35-39F	0.46.35	3	13
151	2293	1282	SEBASTIAN	HAARHOFF	VWAC	M	48	45-49M	0.46.38	2	0
152	9553	9818	ANDRIES	DU PREEZ	TEMP	M	23	SM	0.46.45	0	0
153	1128	1749	CRAIG	ADAMS	GELVAN	M	48	45-49M	0.46.53	2	0
154	29	561	CHANTELL	CLOETE	RUN4C	F	39	35-39F	0.46.59	2	12
155	1282	40459	Ethan	Daniels	GELVAN	M	18	JM	0.47.00	2	0
156	411	8576	SELLO	KHAMPEPE	TEMP	M	24	SM	0.47.02	0	0
157	92	2038	NKOSIYEDWA	MABASO	MUIRITE	M	45	45-49M	0.47.05	2	0
158	9711	1038	PHILLIP	DU PLESSIS	XCEL	M	55	55-59M	0.47.06	3	0
159	178	2995	RODNEY	WITBOOI	ATLANTIC	M	54	50-54M	0.47.12	2	0
160	14	342	JONATHAN	BAKKER	MUIRITE	M	34	SM	0.47.14	2	0
161	6658	891	DARRYL	CALVERT	CHARLO	M	50	50-54M	0.47.19	2	0
162	9578	40412	BILAL	CHRIWA	MALABAR	M	22	SM	0.47.21	2	0
163	9687	1416	CHRISTINE	CLAASEN	NEDBANK	F	61	60-64F	0.47.24	5	11
164	9751	1494	TAWFEEQ	VYVER	NEDBANK	M	26	SM	0.47.31	2	0
165	158	1212	BURNITA	STRYDOM	RUN4C	F	57	55-59F	0.47.33	5	10
166	1178	2108	BERNICE	NEL	HEATAC	F	37	35-39F	0.47.39	2	9

167	7144	999	THOMAS	MARAIS	CHARLO	M	38	35-39M	0.47.45	2	0
168	211	7637	BUCHULE	MAGQUNTULA	TEMP	M	24	SM	0.47.50	0	0
169	9709	2228	NGWANE	SHORTY	SIBALEKA	M	29	SM	0.47.52	2	0
170	9568	733	ALEX	DU TOIT	CRUSADE	M	60	60-64M	0.47.53	3	0
171	1153	1917	NKOSINATHI	GCAKASI	BLUEBAY	M	54	50-54M	0.47.55	2	0
172	1232	495	DEWALD	VERMEULEN	RUN4C	M	53	50-54M	0.47.57	2	0
173	6656	890	SIMPHIWE	BLOU	CHARLO	M	53	50-54M	0.47.57	2	0
174	1206	344	ANTON	AUGUST	MUIRITE	M	43	40-44M	0.48.08	2	0
175	6688	919	KELVIN	JOOSTE	CHARLO	M	38	35-39M	0.48.12	2	0
176	9567	52	DARIUS	SWIEGELAAR	SAPPE	M	30	SM	0.48.15	2	0
177	1258	791	JAN	GERBER	32GI	M	49	45-49M	0.48.22	2	0
178	1233	634	JO-ANNE	FORSON	ASPEN	F	37	35-39F	0.48.30	2	8
179	113	1590	ANNEKE	MOORE	DESPATCH	F	41	40-44F	0.48.30	2	7
180	21	1037	CHESTER	BROOKS	XCEL	M	67	65-69M	0.48.33	4	0
181	1201	84	PRASHAAN	RAGA	INFINITY	M	27	SM	0.48.34	2	0
182	9531	2306	PHAKAMISA	BALENI	VUKANI	M	35	35-39M	0.48.36	2	0
183	1204	281	MONIQUE	RICHARDSON	MUIRITE	F	30	SF	0.48.37	2	6
184	3237	214	MASIBULELE	SIQABU	CSEP	M	31	SM	0.48.37	2	0
185	9793	1451	ELROY	MATTHEWS	NEDBANK	M	55	55-59M	0.48.39	2	0
186	1185	816	MATTHEW	OSBORNE	32GI	M	37	35-39M	0.48.42	2	0
187	6677	914	ETIENNE	GERBER	CHARLO	M	55	55-59M	0.48.43	2	0
188	67	1729	BRIAN	JONAS	GELVAN	M	64	60-64M	0.48.46	3	0
189	7176	2529	ETHAN	HOWARD	MADIBAZ	M	21	SM	0.48.50	2	0
190	53	532	JUDY	GERBER	RUN4C	F	59	55-59F	0.48.52	5	5
191	1163	2205	SIKHUMBUZO	MANXOYI	SIBALEKA	M	38	35-39M	0.49.00	2	0
192	1240	576	VERNON	LANDMAN	RUN4C	M	50	50-54M	0.49.01	2	0
193	121	122	BAVERSHAN	NAIDOO	MALABAR	M	35	35-39M	0.49.07	2	0
194	9584	1444	MFUNDISO	LUVALO	NEDBANK	M	55	55-59M	0.49.15	2	0
195	1230	416	OLWETHU	BOMVANA	CHILLIEP	F	39	35-39F	0.49.20	2	4
196	9540	55	SIMCELILE	SITHEMBU	SAPPE	M	34	SM	0.49.21	1	0
197	1241	1229	NATASCIA	DE RIDDER	ELITEAC	F	46	45-49F	0.49.22	3	3
198	5093	949	WELCOME	BASKITI	CHARLO	M	58	55-59M	0.49.22	2	0
199	9581	596	FRIKKIE	BOSHOFF	RUN4C	M	45	45-49M	0.49.28	2	0
200	1242	1230	PHILLIP	DE RIDDER	ELITEAC	M	49	45-49M	0.49.32	2	0
201	403	8508	NICHOLAS	BANGO	TEMP	M	38	35-39M	0.49.34	0	0
202	5095	978	CHRISTOPHER	AYERST	CHARLO	M	58	55-59M	0.49.36	2	0
203	7147	911	TANYA	NORRIS	CHARLO	F	41	40-44F	0.49.38	2	2
204	34	3011	BILL	DAVIDS	MADIBAZ	M	55	55-59M	0.49.39	2	0
205	9565	1412	RAYMOND	WEITZ	NEDBANK	M	70	70+M	0.49.44	4	0
206	5088	7739	AYABONGA	TSHUNGWANA	TEMP	M	31	SM	0.49.46	0	0
207	1156	1762	ASHWELL	JONAS	GELVAN	M	52	50-54M	0.49.53	2	0
208	6657	967	MIKE	BURGER	CHARLO	M	66	65-69M	0.49.56	3	0
209	9761	2477	LEHLOHONOLO	THOKOA	ABSAEP	M	44	40-44M	0.49.58	2	0
210	11	3099	MARCEL	ABRAHAMS	VITALITY	M	34	SM	0.50.03	1	0
211	1141	1954	LEONARD	CONRADIE	BLUEBAY	M	71	70+M	0.50.03	4	0
212	55	2288	BONKE	GOYI	VUKANI	M	37	35-39M	0.50.06	1	0
213	1221	1183	SANETTE	RYAN	ELITEAC	F	55	55-59F	0.50.06	4	1
214	7182	2521	ABULELE	ROZANA	MADIBAZ	M	29	SM	0.50.08	1	0
215	1180	2522	SIPHAMANDLA	NGOGELA	MADIBAZ	M	32	SM	0.50.16	1	0
216	1216	1200	JANINE	WHITTAL	ELITEAC	F	44	40-44F	0.50.18	2	0
217	9688	3052	ROMAN	SEPTOE	GELVAN	M	28	SM	0.50.19	1	0
218	1257	1075	GAVIN	SCHONKNECHT	ACH	M	57	55-59M	0.50.22	2	0
219	9533	9811	MICHAEL	PRINCE	TEMP	M	51	50-54M	0.50.27	0	0
220	1231	11977	NKULULEKO	MOLOSI	SUNRISE	M	46	45-49M	0.50.29	0	0
221	1251	1251	AVIWE	PAKADE	TEMP	M	39	35-39M	0.50.31	0	0
222	9555	1843	BOMKAZI	NTONI	ACH	F	38	35-39F	0.50.32	2	0

223	7187	2538	LUTHANDO	NDZAMBO	MADIBAZ	M	42	40-44M	0.50.32	2	0
224	9748	721	FIONA	FLEUR	CRUSADE	F	40	40-44F	0.50.35	2	0
225	2298	768	WILLIE	ELS	CRUSADE	M	49	45-49M	0.50.38	2	0
226	1209	1683	JERHARD	BURRELL	MADIBA	M	36	35-39M	0.50.41	1	0
227	9765	2773	SHANE	WEIDEMAN	GELVAN	M	53	50-54M	0.50.43	2	0
228	129	1533	THOBELA	NTAMO	DESPATCH	M	39	35-39M	0.50.45	1	0
229	2285	604	LUYANDA	SINEKE	ASPEN	M	39	35-39M	0.50.46	1	0
230	1275	1659	HANNES	ELS	MADIBA	M	75	70+M	0.50.46	3	0
231	9725	1666	Julia	Hofart	MADIBA	F	42	40-44F	0.50.49	2	0
232	8399	1055	JEROME	MAY	XCEL	M	59	55-59M	0.50.52	2	0
233	2274	514	MONTE	SCHOLTZ	RUN4C	M	64	60-64M	0.50.54	2	0
234	1161	1778	DUSTIN	LALA	GELVAN	M	37	35-39M	0.50.58	1	0
235	9556	1285	WANDA	BANJWA	VWAC	M	38	35-39M	0.51.06	1	0
236	1196	283	LORENZO	SAMUELS	MUIRITE	M	40	40-44M	0.51.06	1	0
237	2265	40075	CHLOE	VERMAAK	ELITEAC	F	18	JF	0.51.10	2	0
238	1227	518	NIENKE	SCHOLTZ	RUN4C	F	28	SF	0.51.24	2	0
239	82	1684	MARLON	KOEN	MADIBA	M	38	35-39M	0.51.25	1	0
240	10	1010	JAN	VAN EEDEN	NEDBANK	M	67	65-69M	0.51.31	2	0
241	1268	1268	ETHAN	DA COSTA	TEMP	M	30	SM	0.51.37	0	0
242	5079	5079	RAIEES	KHAN	TEMP	M	32	SM	0.51.38	0	0
243	9551	417	PETER	MSIZA	CHILLIEP	M	52	50-54M	0.51.45	2	0
244	3255	577	YOLANDIE	LANDMAN	RUN4C	F	50	50-54F	0.51.47	2	0
245	9767	1813	PRINCE	PHILLIPS	BATHURST	M	57	55-59M	0.51.49	2	0
246	9547	1057	JARED	DE DONCKER	XCEL	M	25	SM	0.52.06	1	0
247	79	1346	KALLIE	KLINKENBURG	NEDBANK	M	41	40-44M	0.52.07	1	0
248	182	3107	RAYHAAN	BOTHA	TEMP	M	23	SM	0.52.09	0	0
249	9796	40192	JODY	FLEURS	GELVAN	M	17	JM	0.52.10	1	0
250	1183	1721	LIZETTE	OLIVER	GELVAN	F	39	35-39F	0.52.11	2	0
251	1162	1775	CLARENCE	MANUEL	GELVAN	M	31	SM	0.52.11	1	0
252	1144	1053	SALWYN	DENNIS	XCEL	M	47	45-49M	0.52.17	1	0
253	40	1277	DENVER	ELLIE	VWAC	M	44	40-44M	0.52.18	1	0
254	2284	1118	BRUCE	KING	ACH	M	59	55-59M	0.52.26	2	0
255	128	1332	THANDIWE	NKWANDLA	NEDBANK	F	60	60-64F	0.52.27	4	0
256	5085	5085	LEANDRA	ROSSLEE	TEMP	F	41	40-44F	0.52.38	0	0
257	180	2296	IAN	AGNEW	TEMP	M	53	50-54M	0.52.41	0	0
258	106	1356	JEROME	MAY	NEDBANK	M	58	55-59M	0.52.43	2	0
259	9691	2050	BILLY BOY	KIETAS	VWAC	M	50	50-54M	0.52.47	1	0
260	9705	1598	LERENZO	FRANCIS	DESPATCH	M	39	35-39M	0.52.50	1	0
261	123	1326	ARNO	NEL	NEDBANK	M	47	45-49M	0.52.52	1	0
262	5084	5084	SIMANKELE	NTANTA	TEMP	M	27	SM	0.52.53	0	0
263	9742	16314	JIMMY	HEADBUSH	MANONI	M	54	50-54M	0.52.57	0	0
264	1198	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	65	65-69F	0.53.00	5	0
265	1188	1309	GERALD	PIETERSEN	VWAC	M	45	45-49M	0.53.04	1	0
266	1277	1088	PERCY	DALTON	ACH	M	77	70+M	0.53.06	2	0
267	9558	1301	DESTIN	SAUER	VWAC	M	44	40-44M	0.53.06	1	0
268	9560	1560	PIETER	STRYDOM	DESPATCH	M	64	60-64M	0.53.07	2	0
269	31	285	VANESSA	COETZEE	MUIRITE	F	48	45-49F	0.53.10	2	0
270	1202	1072	KYLA	MAARTENS	ACH	F	21	SF	0.53.12	1	0
271	126	541	ULRICH	NIEUWOUDT	RUN4C	M	30	SM	0.53.17	1	0
272	6683	992	CYNTHIA	HEYNS	CHARLO	F	41	40-44F	0.53.18	2	0
273	7154	991	GREGORY	ROSS	CHARLO	M	52	50-54M	0.53.18	1	0
274	9596	9816	LUVY	CLAASEN	TEMP	M	30	SM	0.53.19	0	0
275	7199	1450	NKHATHALLENG	KHIBA	NEDBANK	F	44	40-44F	0.53.23	2	0
276	8270	1454	WENDY	SORENSEN	NEDBANK	F	50	50-54F	0.53.26	2	0
277	1152	1812	THULANI	FUNDE	BATHURST	M	41	40-44M	0.53.26	1	0
278	7165	961	LARA	VAN HEERDEN	CHARLO	F	49	45-49F	0.53.31	2	0

279	96	50968	ANELISA	MAGAMA	REALGIJ	F	38	35-39F	0.53.35	0	0
280	9737	9737	MERVYN	JOHNSON	TEMP	M	51	50-54M	0.53.41	0	0
281	1234	1559	NOLEEN	AMBRAAL	DESPATCH	F	55	55-59F	0.53.42	2	0
282	9590	1040	NIGEL	DANIELS	XCEL	M	50	50-54M	0.53.52	1	0
283	2291	1837	XOLA	MBATSHA	HOLLYWOO	M	45	45-49M	0.53.55	1	0
284	56	40305	KEISHA	HARKER	ATLANTIC	F	14	JF	0.54.13	1	0
285	9750	1492	DEON	VYVER	NEDBANK	M	58	55-59M	0.54.16	1	0
286	3251	2326	SIPHESIHLE	DLWATI	VUKANI	M	35	35-39M	0.54.21	1	0
287	9549	2268	SANDISILE	QUMZA	VUKANI	M	37	35-39M	0.54.25	1	0
288	9707	800	JONATHAN	MANDELL	32GI	M	61	60-64M	0.54.29	2	0
289	1191	554	PETRUS	RADEMEYER	RUN4C	M	51	50-54M	0.54.31	1	0
290	7193	2519	MOMELEZI	KULA	MADIBAZ	M	47	45-49M	0.54.39	1	0
291	64	52964	LONWABO	JAHO	KOMANIR	M	35	35-39M	0.54.41	0	0
292	7169	876	GEORGE	WINSHIP	CHARLO	M	59	55-59M	0.54.42	1	0
293	1193	727	ANGELA	ROGERS	CRUSADE	F	56	55-59F	0.54.42	2	0
294	1235	1296	NOEL	MCMASTER	VWAC	M	59	55-59M	0.54.42	1	0
295	38	1234	DEWALD	DEYSEL	ELITEAC	M	43	40-44M	0.54.44	1	0
296	115	2537	IVAN	MOSES	MADIBAZ	M	63	60-64M	0.54.59	1	0
297	1244	1298	MPHATHISI	MJADU	VWAC	M	54	50-54M	0.55.04	1	0
298	1171	3061	Eric	Moeng	CSEP	M	54	50-54M	0.55.05	1	0
299	2263	1250	PETER	VAN RENSBURG	ELITEAC	M	67	65-69M	0.55.11	2	0
300	3188	1575	LESLEY-ANN	BUSH	DESPATCH	F	53	50-54F	0.55.15	2	0
301	9569	1630	JOE	SCHOEMAN	MADIBA	M	45	45-49M	0.55.15	1	0
302	2267	1085	ANDRE	VILJOEN	ACH	M	70	70+M	0.55.15	2	0
303	224	8195	IRVIN	THABI	TEMP	M	53	50-54M	0.55.18	0	0
304	5094	984	BELINDA	BAIN	CHARLO	F	63	60-64F	0.55.24	2	0
305	9610	1236	STEPHEN	KLUE	ELITEAC	M	67	65-69M	0.55.25	2	0
306	6684	966	KEANO	HITZEROTH	CHARLO	M	25	SM	0.55.26	1	0
307	9573	323	CLIVE	VAN RAYNER	MUIRITE	M	58	55-59M	0.55.27	1	0
308	2249	2249	JAMEEL	KAFAAR	TEMP	M	17	JM	0.55.31	0	0
309	1135	2190	ALAN	BROWNE	32GI	M	33	SM	0.55.33	1	0
310	6667	903	KESVAL	CHETTY	CHARLO	M	61	60-64M	0.55.36	1	0
311	9703	1192	HEINZ	CONRAD	ELITEAC	M	46	45-49M	0.55.41	1	0
312	9695	1585	GEORGE	BOTES	DESPATCH	M	51	50-54M	0.55.43	1	0
313	177	2192	timothy	wilson	ASPEN	M	32	SM	0.55.52	1	0
314	213	8169	KUHLE	MQASHANE	TEMP	F	22	SF	0.56.01	0	0
315	75	270	Abu Bakar	Khadroui	GELVAN	M	24	SM	0.56.04	1	0
316	12	3041	ALLISTER	ARENDS	ATLANTIC	M	41	40-44M	0.56.06	1	0
317	35	2656	TENIELLE	DE ANDRADE	VITALITY	F	40	40-44F	0.56.11	1	0
318	2276	1214	BENITA	GERBER	ELITEAC	F	61	60-64F	0.56.12	2	0
319	19	1588	JACQUES	BOTHA	DESPATCH	M	51	50-54M	0.56.16	1	0
320	9721	2530	ALVADO	ARENDSE	MADIBAZ	M	51	50-54M	0.56.24	1	0
321	6685	915	JOEL	HUMAN	CHARLO	M	52	50-54M	0.56.32	1	0
322	7172	3014	Aiden	Engelbrecht	MADIBAZ	M	19	JM	0.56.52	1	0
323	9794	9834	ASIVE	SIMETU	TEMP	F	26	SF	0.56.52	0	0
324	23	40450	RUBENN	BUCKLEY	SCHOOL	M	14	JM	0.56.58	1	0
325	204	7437	GARRETH	HOLMES	TEMP	M	43	40-44M	0.57.03	0	0
326	9543	327	ELWIN	WOODS	MUIRITE	M	62	60-64M	0.57.08	1	0
327	60	40440	MATTHEW	HECHTER	ELITEAC	M	14	JM	0.57.10	1	0
328	78	2128	OWEN	KIVEDO	ATLANTIC	M	69	65-69M	0.57.11	1	0
329	160	1781	RUDI	SWARTS	GELVAN	M	47	45-49M	0.57.12	1	0
330	6681	877	KURT	GROENER	CHARLO	M	44	40-44M	0.57.14	1	0
331	5097	771	LEA	JANSEN	TEMP	M	35	35-39M	0.57.17	0	0
332	144	350	MARIUS	ROACH	MUIRITE	M	32	SM	0.57.18	1	0
333	9557	50345	ROBERT	BUTTON	OLDSELB	M	66	65-69M	0.57.24	0	0
334	1284	40073	STACEY	DE RIDDER	ELITEAC	F	16	JF	0.57.28	1	0

335	1283	40072	JADEN	DE RIDDER	ELITEAC	M	19	JM	0.57.28	1	0
336	1189	88	HENRY	PRAHALADH	INFINITY	M	58	55-59M	0.57.34	1	0
337	9530	9809	SIYABONGA	MAJEKE	TEMP	M	44	40-44M	0.57.35	0	0
338	98	1291	ASHENDA	MAKONIE	VWAC	F	49	45-49F	0.57.36	1	0
339	1278	1275	PLAAITJIE	DAMONS	VWAC	M	62	60-64M	0.57.36	1	0
340	417	3008	BONGANI	NGCOBO	TEMP	M	43	40-44M	0.57.41	0	0
341	1195	750	PIETER	ROUX	CRUSADE	M	70	70+M	0.57.42	1	0
342	9599	1191	ELIZE	ADAMS	ELITEAC	F	50	50-54F	0.57.48	1	0
343	104	2459	BULELANI	MATENJWA	IKHAMVA	M	44	40-44M	0.57.49	1	0
344	1225	1779	Gershwin	Booyesen	GELVAN	M	38	35-39M	0.57.49	1	0
345	1150	1785	JADE	FESTUS	GELVAN	M	35	35-39M	0.57.50	1	0
346	100	1776	MOEGAMAT	MAMOOJEE	GELVAN	M	59	55-59M	0.57.50	1	0
347	1226	391	MLULEKI	RALA	IKHAMVA	M	46	45-49M	0.57.51	1	0
348	2296	1850	SIYABONGA	COKILE	HOLLYWOO	M	48	45-49M	0.57.52	1	0
349	9575	1846	Simo	Nkanyuza	HOLLYWOO	M	38	35-39M	0.57.52	1	0
350	134	1734	DENVER	PETERSEN	GELVAN	M	42	40-44M	0.57.52	1	0
351	2260	3042	LONA	TUKELA	GELVAN	M	26	SM	0.57.52	1	0
352	179	2463	Luthando	Yibe	ABSAEP	M	44	40-44M	0.57.53	1	0
353	1115	3014	DANIEL	SCHLUTER	TEMP	M	32	SM	0.57.53	0	0
354	9717	2966	ALBERT	NGCANGA	XCEL	M	75	70+M	0.57.55	1	0
355	203	7433	DOREEN	HOLMES	TEMP	F	41	40-44F	0.57.57	0	0
356	9605	377	NOBUNTU	MPONGWANA	IKHAMVA	F	46	45-49F	0.57.58	1	0
357	43	906	TARYN	FERREIRA	CHARLO	F	44	40-44F	0.58.00	1	0
358	109	840	BRONWIN	MEYER	32GI	F	53	50-54F	0.58.03	1	0
359	9550	2321	LUVUYO	SIWUNDLA	VUKANI	M	45	45-49M	0.58.04	1	0
360	9708	850	PAIGE	LEE	32GI	F	59	55-59F	0.58.04	1	0
361	7168	883	LINDI	VAN TONDER	CHARLO	F	47	45-49F	0.58.05	1	0
362	9752	1124	LIZ	PRINS	ACH	F	56	55-59F	0.58.06	1	0
363	91	40285	NATHAN	LOTTERING	ATLANTIC	M	19	JM	0.58.08	1	0
364	9585	457	VUYO	TSHIKI	CHILLIEP	M	37	35-39M	0.58.09	1	0
365	73	513	ROZETTA	KEMP	RUN4C	F	71	70+F	0.58.10	3	0
366	1146	1202	JACQUES	LANGLEY	RUN4C	M	36	35-39M	0.58.11	1	0
367	9746	341	DELME	REDCLIFFE	MUIRITE	M	41	40-44M	0.58.24	1	0
368	117	1753	ROXANNE	MULLER	GELVAN	F	40	40-44F	0.58.36	1	0
369	90	1290	MARTIN	LEWIES	VWAC	M	51	50-54M	0.58.58	1	0
370	1138	2345	NOMFUSI	CESHEMBA	VUKANI	F	43	40-44F	0.59.08	1	0
371	45	851	THANDO	FRANS	SPAREC	M	47	45-49M	0.59.09	1	0
372	9559	1955	DANIEL	PIETERSE	BLUEBAY	M	63	60-64M	0.59.22	1	0
373	7167	926	TREVOR	VAN RENSBURG	CHARLO	M	73	70+M	0.59.32	1	0
374	7150	996	PAULA	PEARCE	CHARLO	F	57	55-59F	0.59.39	1	0
375	2248	2248	ARIEF	AMAN	TEMP	M	18	JM	0.59.41	0	0
376	161	1429	RIKA	TERBLANCHE	NEDBANK	F	48	45-49F	0.59.43	1	0
377	7192	2641	MARLON	KOOPMAN	MADIBAZ	M	46	45-49M	0.59.44	1	0
378	1223	535	GERT	HARMSE	RUN4C	M	59	55-59M	0.59.54	1	0
379	3256	2250	NODUMO	MALINGE	SIBALEKA	F	30	SF	0.59.58	1	0
380	9686	1555	LYDIA	POTGIETER	DESPATCH	F	50	50-54F	1.00.00	1	0
381	225	8196	SIVUYILE	TSHINGI	TEMP	M	40	40-44M	1.00.03	0	0
382	9738	2094	NOZIE	GWILI	ASPEN	F	42	40-44F	1.00.04	1	0
383	5100	956	NEELESH	BHANA	CHARLO	M	54	50-54M	1.00.10	1	0
384	9741	2971	MCEBISI	MZINZI	DPWEC	M	45	45-49M	1.00.12	1	0
385	81	2127	MECAYLA	KOCK	ATLANTIC	F	21	SF	1.00.13	1	0
386	49	1780	MONDRE	GALLANT	GELVAN	M	37	35-39M	1.00.14	1	0
387	65	1594	ADELE	JANSE VAN RENSBURG	DESPATCH	F	55	55-59F	1.00.17	1	0
388	6678	959	JOHAN	GERBER	CHARLO	M	46	45-49M	1.00.18	1	0
389	1175	620	NOSIPHIWO	MZANYWA	ASPEN	F	36	35-39F	1.00.19	1	0
390	9587	412	NOSITO	NQWATA	CHILLIEP	F	42	40-44F	1.00.36	1	0

391	1127	3015	MONGEZI	VOCO	TEMP	M	34	SM	1.00.40	0	0
392	6690	2168	BUYELWA	KOBOKANA	CHARLO	F	60	60-64F	1.00.40	1	0
393	15	512	ANSIE	BENADE	RUN4C	F	66	65-69F	1.00.41	1	0
394	3243	583	CHRISTELLE	SLABBERT	RUN4C	F	53	50-54F	1.00.50	1	0
395	6686	892	CHANTEL	HUYGEN	CHARLO	F	40	40-44F	1.00.52	1	0
396	2283	1147	GERMYINE	LEE	GELVAN	M	40	40-44M	1.00.52	1	0
397	9760	1263	KAHN	LANGFORD	VWAC	M	47	45-49M	1.00.54	1	0
398	9684	889	PETER	POHLMANN	CHARLO	M	62	60-64M	1.00.57	1	0
399	7159	913	SHARON	SMUTS	CHARLO	F	59	55-59F	1.01.00	1	0
400	1132	298	SANET	BOUCHER	MUIRITE	F	45	45-49F	1.01.09	1	0
401	9791	1098	SIZINZO	KAMA	ACH	M	74	70+M	1.01.15	1	0
402	84	595	MARISKA	KRUGER	RUN4C	F	47	45-49F	1.01.16	1	0
403	9542	2090	WELLINGTON	TSHINGANE	SANDFEP	M	55	55-59M	1.01.20	1	0
404	85	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	41	40-44F	1.01.23	1	0
405	1264	1264	ANDIDLE	ZONDI	TEMP	F	30	SF	1.01.27	0	0
406	63	1788	RAYMOND	JACOBS	GELVAN	M	67	65-69M	1.01.29	1	0
407	30	505	ANDRIES	COETSEE	RUN4C	M	39	35-39M	1.01.30	1	0
408	9759	1264	LAVINIA	PIETERSE	VWAC	F	50	50-54F	1.01.31	1	0
409	2275	1201	CATHY	ALLERS	ELITEAC	F	63	60-64F	1.01.35	1	0
410	2299	1928	THABO	HEADBUSH	BLUEBAY	M	55	55-59M	1.01.37	1	0
411	3242	584	BRENDON	SLABBERT	RUN4C	M	54	50-54M	1.01.39	1	0
412	226	8197	WANDILE	TSHINGI	TEMP	M	38	35-39M	1.01.41	0	0
413	4998	1512	DEON	ENGELBRECHT	NEDBANK	M	57	55-59M	1.01.43	1	0
414	2286	2035	DARREL	SLAMBEE	MUIRITE	M	40	40-44M	1.01.50	1	0
415	215	1286	SHANDRY	NAZER	VWAC	F	36	35-39F	1.01.50	1	0
416	218	8190	ISHAAQ	PHILLIPS	TEMP	M	27	SM	1.02.14	0	0
417	2236	1207	CHARL	GRIESEL	ELITEAC	M	61	60-64M	1.02.16	1	0
418	1237	50286	LEE-ANN	RAGAVAL-PASQUALLIE	MPOX	F	45	45-49F	1.02.17	0	0
419	4995	3108	Mzimkhulu	Memese	MUIRITE	M	63	60-64M	1.02.17	1	0
420	2264	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	61	60-64F	1.02.18	1	0
421	1205	1635	DORIS	GERBER	MADIBA	F	54	50-54F	1.02.18	1	0
422	1210	1194	EDMUND	DRAKE	ELITEAC	M	35	35-39M	1.02.19	1	0
423	9600	9817	FADEELAH	DAVIDS	TEMP	F	41	40-44F	1.02.20	0	0
424	17	2626	SYLVAN	BLIGNAUT	MADIBAZ	M	66	65-69M	1.02.20	1	0
425	1199	564	GAVIN	SILLS	RUN4C	M	52	50-54M	1.02.23	1	0
426	1200	563	LINDA	SILLS	RUN4C	F	43	40-44F	1.02.24	1	0
427	9604	633	DAVID	NEL	ASPEN	M	38	35-39M	1.02.26	1	0
428	50	51601	VUYI	GELA	ORMAMBA	F	46	45-49F	1.02.27	0	0
429	9603	615	KATHERINE	NEL	ASPEN	F	35	35-39F	1.02.28	1	0
430	173	1453	HEINRICH	WENTZEL	NEDBANK	M	40	40-44M	1.02.33	1	0
431	9576	53057	ONDAMKELA	MPHIKE	SAPSTR	F	25	SF	1.02.35	0	0
432	5099	5099	TERESA	JOUBERT	TEMP	F	54	50-54F	1.02.36	0	0
433	9564	349	CHANEL	TIRAN-DORFLING	MUIRITE	F	31	SF	1.02.36	1	0
434	7189	3016	Mandisi	Mtshubungu	MADIBAZ	M	43	40-44M	1.02.38	1	0
435	2292	2093	AXOLA	PAKADE	ASPEN	M	28	SM	1.02.45	1	0
436	103	2812	MTHABISENG	MASHEGO	ASPEN	F	32	SF	1.02.45	1	0
437	9609	1565	BONITA	WEITSZ	DESPATCH	F	53	50-54F	1.02.48	1	0
438	1182	503	FAKAZILE	NKOMIYAHLABA	RUN4C	F	38	35-39F	1.02.50	1	0
439	1239	50	MICHAEL	DEKKER	SAPPE	M	53	50-54M	1.02.50	1	0
440	3246	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	46	45-49F	1.02.51	1	0
441	13	128	DAWOOD	BABOO	MALABAR	M	38	35-39M	1.03.04	1	0
442	5092	933	SANET	BEZUIDENHOUT	CHARLO	F	37	35-39F	1.03.04	1	0
443	2280	1728	LELACHE	TERBLANCHE	GELVAN	F	41	40-44F	1.03.07	1	0
444	9591	1756	STANTON	JACKSON	GELVAN	M	54	50-54M	1.03.07	1	0
445	4989	2204	ERROL	ROSSOUW	SIBALEKA	M	75	70+M	1.03.11	1	0
446	1247	725	Wendy	Bululu	CRUSADE	F	42	40-44F	1.03.12	1	0

447	3254	2693	KIM-LIN	JONES	VITALITY	F	32	SF	1.03.14	1	0
448	6689	969	GARY	KELLEHER	CHARLO	M	68	65-69M	1.03.15	1	0
449	1262	1262	JEAN-CLAUDE	DEERLING	TEMP	M	31	SM	1.03.17	0	0
450	69	1603	RONNIE	JONKER	DESPATCH	M	55	55-59M	1.03.18	1	0
451	9571	1132	MACEBO	SIQITI.	TEMP	M	35	35-39M	1.03.20	0	0
452	2254	2254	MUHAMMED	SIRKHOTLE	TEMP	M	16	JM	1.03.26	0	0
453	164	2036	ANDRE	VAN DER BANK	MUIRITE	M	54	50-54M	1.03.27	1	0
454	1271	82	LETA	DOS SANTOS	INFINITY	F	61	60-64F	1.03.32	1	0
455	2295	187	DENVER	BARENDSE	CSEP	M	38	35-39M	1.03.33	1	0
456	2297	1920	NOZBELE	MBETHE	BLUEBAY	F	50	50-54F	1.03.39	1	0
457	7190	2503	NONDUMISO	PHAKATHI	MADIBAZ	F	44	40-44F	1.03.40	1	0
458	2282	769	MEGAN	ELS	CRUSADE	F	40	40-44F	1.03.44	1	0
459	70	1600	YVETTE	JONKER	DESPATCH	F	53	50-54F	1.03.49	1	0
460	1246	575	JACKIE	ELOFF	RUN4C	F	53	50-54F	1.03.52	1	0
461	1145	738	SAM	DU TOIT	CRUSADE	F	56	55-59F	1.04.06	1	0
462	167	40107	MINIQUE	VAN TONDER	DESPATCH	F	19	JF	1.04.10	1	0
463	166	1582	MARINET	VAN TONDER	DESPATCH	F	47	45-49F	1.04.15	1	0
464	83	1382	CHARMELL	KOOPMAN	NEDBANK	F	45	45-49F	1.04.19	1	0
465	9689	9689	MAHESH	HOOKA	TEMP	M	53	50-54M	1.04.19	0	0
466	9714	9822	MIHLALI	SONDCO	TEMP	M	24	SM	1.04.29	0	0
467	406	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	53	50-54M	1.04.30	1	0
468	9593	2332	ANDILE	BOVUNGANA	VUKANI	M	58	55-59M	1.04.36	1	0
469	9601	2324	MKONYISELA	MCUBASE	VUKANI	M	39	35-39M	1.04.36	1	0
470	1259	1259	ROWAINE	ADAMS	TEMP	M	44	40-44M	1.04.38	0	0
471	2271	1102	KEN	BARWOOD	ACH	M	70	70+M	1.04.50	1	0
472	9731	175	BRENT	KOPS	SAPPE	M	42	40-44M	1.04.54	1	0
473	94	2504	WAYNE	MAC GEAR	MADIBAZ	M	62	60-64M	1.05.07	1	0
474	172	328	MADRE	WELMANS	MUIRITE	F	56	55-59F	1.05.07	1	0
475	54	302	LUCINDA	GERBER	MUIRITE	F	50	50-54F	1.05.07	1	0
476	1129	491	YOLANDE	ARCHER	RUN4C	F	46	45-49F	1.05.11	1	0
477	1229	2914	NOMANDLA	LUNGUZA	SAPPE	F	49	45-49F	1.05.28	1	0
478	5090	5090	GARARD	EMMANUEL	TEMP	M	48	45-49M	1.05.50	0	0
479	149	1608	LUZANNE	SCHOEMAN	DESPATCH	F	36	35-39F	1.05.51	1	0
480	5080	5080	DWANDRE	CASSELS	TEMP	M	43	40-44M	1.05.53	0	0
481	140	1708	JOHAN	PRETORIUS	MADIBA	M	51	50-54M	1.05.55	1	0
482	9583	9810	EVERTON	JAFTHA	TEMP	M	39	35-39M	1.05.56	0	0
483	9579	9806	JENN	SEADY	TEMP	F	53	50-54F	1.05.56	0	0
484	2262	1629	ARINDA	VAN DER LINDE	MADIBA	F	35	35-39F	1.06.05	1	0
485	1276	1632	JOS	ELS	MADIBA	F	73	70+F	1.06.10	1	0
486	9763	2208	GARFIELD	TSATSANE	SIBALEKA	M	59	55-59M	1.06.20	1	0
487	220	8192	SIHLE	QWEMESHA	TEMP	F	31	SF	1.06.21	0	0
488	9597	53142	NOMKE	DOYI	VITALITY	M	42	40-44M	1.06.29	1	0
489	1270	1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.06.29	1	0
490	2281	1445	NOYISE	LUVALO	NEDBANK	F	45	45-49F	1.06.32	1	0
491	409	8550	ASHWIN	DOWNES	TEMP	M	27	SM	1.06.35	0	0
492	137	40276	DESNE	PLAATJIES	ATLANTIC	F	17	JF	1.06.37	1	0
493	131	1464	DAVID	O'REILLY	NEDBANK	M	77	70+M	1.06.39	1	0
494	9690	9819	IMAA	ISAACS	TEMP	M	18	JM	1.06.41	0	0
495	145	1274	GAYLE	SAAYMAN	VWAC	F	37	35-39F	1.06.44	1	0
496	152	1310	PHUMLA	SIBALI	VWAC	F	46	45-49F	1.06.45	1	0
497	1245	2275	THABISA	HLAM	VUKANI	F	39	35-39F	1.06.48	1	0
498	9730	1466	AT	SCHOEMAN	NEDBANK	M	68	65-69M	1.06.55	1	0
499	1263	1263	ALTHEA	SWARTZ	TEMP	F	41	40-44F	1.07.01	0	0
500	1260	1260	TRACY	ADAMS	TEMP	F	42	40-44F	1.07.03	0	0
501	1224	1579	JHANINEN	BOSHOFF	DESPATCH	F	59	55-59F	1.07.05	1	0
502	148	1782	THEODORE	SCHMITT	GELVAN	M	46	45-49M	1.07.05	1	0

503	9795	1758	BRAMWELL	FLEURS	GELVAN	M	46	45-49M	1.07.15	1	0
504	9764	9827	MARLE	COERTZEN	TEMP	F	39	35-39F	1.07.30	0	0
505	9582	9807	LUTHO	NOMBEMBE	ASPEN	M	32	SM	1.07.31	1	0
506	1213	2465	OZELLE	WIEHAHN	ABSAEP	F	51	50-54F	1.07.32	1	0
507	132	334	MADELEINE	OTTO	MUIRITE	F	65	65-69F	1.07.35	1	0
508	1252	1252	SITHANDILE	SIPILI	TEMP	M	43	40-44M	1.07.38	0	0
509	1297	3038	CAMILA	ISMAIL	MALABAR	F	59	55-59F	1.07.40	1	0
510	122	1737	LYNDLE	NAIDOO	GELVAN	F	33	SF	1.07.42	1	0
511	205	7438	INECE	KAYSER	TEMP	F	57	55-59F	1.07.45	0	0
512	27	339	ILSE	CLAASSENS	MUIRITE	F	26	SF	1.07.51	1	0
513	8209	481	CHRISTO	STEYN	RUN4C	M	57	55-59M	1.08.11	1	0
514	6676	971	DEIDRE	GERBER	CHARLO	F	54	50-54F	1.08.20	1	0
515	1296	143	ZAHEERA	NANABHAY	MALABAR	F	44	40-44F	1.08.28	1	0
516	9598	1733	HENRY	MASCHAKA	GELVAN	M	59	55-59M	1.08.30	1	0
517	175	1736	KELLY	WILLIAMS	GELVAN	F	35	35-39F	1.08.37	1	0
518	6679	2164	SHARON	GRIESEL	CHARLO	F	54	50-54F	1.08.39	1	0
519	6680	2165	DION	GRIESEL	CHARLO	M	57	55-59M	1.08.39	1	0
520	5098	786	PHAPHANI	NDEYA	TEMP	M	31	SM	1.08.39	0	0
521	9592	2333	ALIZWA	BOVUNGANA	VUKANI	M	24	SM	1.08.39	1	0
522	2247	2247	THAAKIR	SHAIK	TEMP	M	17	JM	1.08.40	0	0
523	2253	2253	RAFIQ	MCCARTHY	TEMP	M	17	JM	1.08.40	0	0
524	25	2502	WENDY	CAMERON	MADIBAZ	F	47	45-49F	1.08.42	1	0
525	1140	2907	MOMELEZI	COMJWA	ASPEN	M	30	SM	1.08.43	1	0
526	86	40106	STEFANI	LAMBRECHTS	DESPATCH	F	15	JF	1.08.44	1	0
527	9720	1615	STEPHANUS	LAMBRECHTS	DESPATCH	M	42	40-44M	1.08.46	1	0
528	7163	917	VICKY	TSOUKNIDAS	CHARLO	F	47	45-49F	1.08.50	1	0
529	181	3006	SIYAMTEMBA	BOMVU	TEMP	M	33	SM	1.08.57	0	0
530	1253	1253	ZIZIPHO	GXULA	TEMP	F	28	SF	1.08.58	0	0
531	1272	507	JOHAN	FERREIRA	RUN4C	M	63	60-64M	1.09.00	1	0
532	6674	907	MARK	DU PIESANIE	CHARLO	M	34	SM	1.09.02	1	0
533	2259	42	SAM	ERASMUS	SAPPE	M	67	65-69M	1.09.02	1	0
534	9566	77	LOUIS	SWIEGELAAR	SAPPE	M	59	55-59M	1.09.03	1	0
535	7186	2616	JABU	BAM	MADIBAZ	M	40	40-44M	1.09.20	1	0
536	5096	5096	ALLISON	JANTJIES	TEMP	F	27	SF	1.09.24	0	0
537	36	1927	ANIRLE	DE MEYER	BLUEBAY	F	28	SF	1.09.32	1	0
538	18	286	SANET	BLOM	MUIRITE	F	58	55-59F	1.09.35	1	0
539	9753	1695	CARLA	GILLWALD	MADIBA	F	37	35-39F	1.09.41	1	0
540	9608	1631	AMANDA	BLIGNAULT	MADIBA	F	66	65-69F	1.09.41	1	0
541	176	1155	JAMES	WILSON	ASPEN	M	57	55-59M	1.09.46	1	0
542	59	1252	AMANDA	HECHTER	ELITEAC	F	44	40-44F	1.09.53	1	0
543	9588	9813	JENIFFER	BUCHLER	TEMP	F	64	60-64F	1.10.06	0	0
544	68	1740	JANICE	JONES	GELVAN	F	49	45-49F	1.10.18	1	0
545	8400	1368	ZHULDYZ	ROBBERTS	NEDBANK	F	39	35-39F	1.10.19	1	0
546	7183	2603	PHATHEKA	MOKGWETSI	MADIBAZ	F	33	SF	1.10.25	1	0
547	1248	1248	ANASTASIA	ROSSOUW	TEMP	F	44	40-44F	1.10.26	0	0
548	57	2508	DANEILLE	HARRY	MADIBAZ	F	40	40-44F	1.10.26	1	0
549	9697	1556	RIAANA	BOUWER	DESPATCH	F	49	45-49F	1.10.48	1	0
550	414	8484	BUSISIWE	MAPASA-DUBE	TEMP	F	42	40-44F	1.11.05	0	0
551	32	100	LYNETTE	CRAUSE	INFINITY	F	65	65-69F	1.11.13	1	0
552	1148	1935	XENOPHON	FERREIRA	BLUEBAY	M	64	60-64M	1.11.24	1	0
553	1157	723	ALETTA	JOUBERT	CRUSADE	F	63	60-64F	1.11.29	1	0
554	1131	746	JOHAN	BARNARD	CRUSADE	M	70	70+M	1.11.30	1	0
555	9572	9801	KEVIN	GARDNER	TEMP	M	45	45-49M	1.11.31	0	0
556	7160	884	SHAMEMMA	SOLOMON	CHARLO	F	44	40-44F	1.11.31	1	0
557	1267	1267	NICOLUS	TAU	TEMP	M	31	SM	1.11.42	0	0
558	1130	1256	NAOMI	BAKKER	VWAC	F	48	45-49F	1.11.48	1	0

559	1197	1257	STEPHANIE	SCHEEPERS	VWAC	F	28	SF	1.11.48	1	0
560	6682	2163	SUNET	HARRIS	CHARLO	F	52	50-54F	1.11.51	1	0
561	6675	2162	ERIKA	FOREMAN	CHARLO	F	55	55-59F	1.11.52	1	0
562	4991	1103	LIZ	AUSTIN	ACH	F	67	65-69F	1.11.57	1	0
563	171	520	SASKIA	WAIT	RUN4C	F	23	SF	1.12.02	1	0
564	1208	3022	MORNE	DU PLESSIS	MADIBAZ	M	47	45-49M	1.12.07	1	0
565	9740	2737	SIPHOKAZI	MANI	VITALITY	F	35	35-39F	1.12.25	1	0
566	120	863	NANDIPA	MYELEYELE	SPAREC	F	37	35-39F	1.12.25	1	0
567	6671	923	EVA	CHETTY	CHARLO	F	57	55-59F	1.12.39	1	0
568	9552	1266	DAVID	CHENGWE	VWAC	M	47	45-49M	1.12.40	1	0
569	9719	3148	FABIAN	MARAIS	GELVAN	M	40	40-44M	1.12.43	1	0
570	170	550	LIEZEL	WAIT	RUN4C	F	52	50-54F	1.12.53	1	0
571	41	591	ERICA	ERASMUS	RUN4C	F	55	55-59F	1.13.12	1	0
572	1273	536	ELIZMA	HARMSE	RUN4C	F	64	60-64F	1.13.14	1	0
573	1280	72	HERMAN	DEKKER	SAPPE	M	80	70+M	1.13.30	1	0
574	1295	150	ZAHEER	SOOMAR	MALABAR	M	54	50-54M	1.13.51	1	0
575	1281	41	TINA	DERBYSHIRE	SAPPE	F	71	70+F	1.13.52	1	0
576	125	1197	NOREEN	NELSON	ELITEAC	F	60	60-64F	1.14.06	1	0
577	9692	67	THANDISWA	COSA	SAPPE	F	48	45-49F	1.14.19	1	0
578	7164	974	CLAIRE	TUSTIN	CHARLO	F	48	45-49F	1.14.21	1	0
579	4997	1483	ZAFIKA	NYONGO	SANDFEP	F	45	45-49F	1.14.26	1	0
580	1228	1305	CASEY	ISAACS	VWAC	F	47	45-49F	1.14.29	1	0
581	80	1239	YOLANDE	KNOETZE	ELITEAC	F	58	55-59F	1.14.31	1	0
582	4987	2196	SELBY	THABETHE	SIBALEKA	M	51	50-54M	1.14.33	1	0
583	7148	953	PHUMELELA	NTUNGWA	CHARLO	F	38	35-39F	1.14.46	1	0
584	7162	922	REFILWE	TSATSIMPE	CHARLO	F	29	SF	1.14.51	1	0
585	44	64	DAVID	FORTEIN	SAPPE	M	60	60-64M	1.14.54	1	0
586	228	8199	CHUMA	ZWANE	TEMP	M	42	40-44M	1.14.57	0	0
587	9743	2318	NOZUKO	DLAMBA	VUKANI	F	48	45-49F	1.15.02	1	0
588	99	2270	NOMLINDO	MAKUBALO	VUKANI	F	51	50-54F	1.15.03	1	0
589	108	2201	NOCWE	MDAZUKA	SIBALEKA	F	41	40-44F	1.15.12	1	0
590	9729	1399	KHAYA	MTI	NEDBANK	M	46	45-49M	1.15.15	1	0
591	1279	600	ANDRE	PIENAAR	RUN4C	M	62	60-64M	1.15.21	1	0
592	7101	9908	AKHONA	GAZI	TEMP	M	40	40-44M	1.15.23	0	0
593	1170	3126	NONTHANDO	MNGATIWA	BATHURST	F	43	40-44F	1.15.24	1	0
594	407	8540	TAMERYN	DE JESUS	TEMP	F	30	SF	1.15.28	0	0
595	9758	9830	PRISCAH	LEKANE	TEMP	F	28	SF	1.15.32	0	0
596	5082	5082	SILIZIWE	JAKO	TEMP	M	27	SM	1.15.32	0	0
597	1256	797	MOSALE	TLAKA	TEMP	F	28	SF	1.15.39	0	0
598	1255	1255	SUSAN	VAN NIEKERK	TEMP	F	59	55-59F	1.15.49	0	0
599	201	7423	JEREMY	HARRY	TEMP	M	43	40-44M	1.16.03	0	0
600	2238	2238	MUHAMMAD	DYANOPI	TEMP	M	13	JM	1.16.13	0	0
601	402	8205	JO ANNE	STUURMAN	TEMP	F	46	45-49F	1.16.14	0	0
602	2242	2242	TAUHIR	GOLIATH	TEMP	M	14	JM	1.16.16	0	0
603	1149	713	DENISE	FERREIRA	CRUSADE	F	63	60-64F	1.16.25	1	0
604	1211	770	WINSLOW	BOUWER	CRUSADE	M	41	40-44M	1.16.31	1	0
605	187	2186	Adrian	de Waal	32GI	M	61	60-64M	1.16.54	1	0
606	9755	1375	BARRY	NELSON	NEDBANK	M	74	70+M	1.17.07	1	0
607	183	3121	SHASMEEN	BOTHA	TEMP	F	15	JF	1.17.13	0	0
608	1160	1936	MARKUS	KUNNEKE	BLUEBAY	M	56	55-59M	1.17.25	1	0
609	1184	1956	SONJA	OLIVIER	BLUEBAY	F	58	55-59F	1.17.26	1	0
610	1186	2373	NADIA	PETERSEN	JBAY	F	69	65-69F	1.17.26	1	0
611	9574	2929	Michal	van Rayner	MUIRITE	F	22	SF	1.17.43	1	0
612	165	2037	BELINDA	VAN DER BANK	MUIRITE	F	57	55-59F	1.17.43	1	0
613	71	1423	SIMONE	JORDAAN	MUIRITE	F	45	45-49F	1.18.23	1	0
614	214	8170	SIPHOSETHU	MXATULE	TEMP	F	32	SF	1.19.44	0	0

615	87	1761	JASON	LE ROUX	GELVAN	M	29	SM	1.19.48	1	0
616	2294	2181	BIANCA	RADEMEYER	INFINITY	F	26	SF	1.19.52	1	0
617	3244	413	MBALI	QUBEKA	CHILLIEP	F	28	SF	1.19.59	1	0
618	416	8496	SIVIWE	NDAMASE	TEMP	F	33	SF	1.20.06	0	0
619	216	8173	SASAH	NGUBANE	TEMP	F	51	50-54F	1.20.13	0	0
620	142	2852	NQOBILE	QUPE	HOLLYWOO	F	55	55-59F	1.20.14	1	0
621	410	8575	CHANTEL	FISHER	TEMP	F	46	45-49F	1.20.20	0	0
622	52	276	CHRISTIAAN	GERBER	MUIRITE	M	50	50-54M	1.20.21	1	0
623	1187	2779	CHARNE	PIETERSEN	MUIRITE	F	32	SF	1.20.29	1	0
624	157	2927	SIMON	STRIMLING	ATLANTIC	M	63	60-64M	1.20.33	1	0
625	116	463	JO-ANNE	MUIR	WALMER	F	56	55-59F	1.20.38	1	0
626	139	464	SHARON	POTGIETER	WALMER	F	60	60-64F	1.20.38	1	0
627	2287	5052	MIKE	STROHMAN	BELLVILL	M	71	70+M	1.20.43	0	0
628	58	1434	DIANNE	HARTZENBERG	NEDBANK	F	66	65-69F	1.20.47	1	0
629	202	7426	DILLUN	HOLMES	TEMP	M	23	SM	1.21.02	0	0
630	9538	9814	JESMEAN	DE LANGE	TEMP	F	37	35-39F	1.21.08	0	0
631	9537	368	NWABISA	MSUTHWANA	IKHAMVA	F	45	45-49F	1.21.34	1	0
632	1249	1249	MAWANDE	NGCELWANE	TEMP	M	24	SM	1.21.34	0	0
633	6673	871	RICHARD	DE ANDRADE	CHARLO	M	64	60-64M	1.21.47	1	0
634	9535	9812	MISHKA	BUTTRESS	TEMP	F	29	SF	1.22.03	0	0
635	7135	2179	DOROTHY	MALULEKA	CHARLO	F	47	45-49F	1.22.05	1	0
636	9744	2222	NOMBULELO	NDZUZO	SIBALEKA	F	45	45-49F	1.22.12	1	0
637	1143	2335	Tasneem	De Maine	GELVAN	F	35	35-39F	1.22.12	1	0
638	7133	910	RAE	LUCKMAN	CHARLO	F	55	55-59F	1.22.25	1	0
639	9696	51785	APHIWE	MADLANE	UNKNOWN	F	40	40-44F	1.22.30	0	0
640	1173	2709	CHARLOTTE	MOTHILALL	VITALITY	F	42	40-44F	1.22.54	1	0
641	210	7627	NOLUVO	MADIKIZELA	TEMP	F	30	SF	1.22.54	0	0
642	5086	5086	BIANKA	BRINK	TEMP	F	31	SF	1.23.03	0	0
643	5087	5087	OWEN	RUPPELT	TEMP	M	42	40-44M	1.23.03	0	0
644	1190	557	CHARLENE	RADEMEYER	RUN4C	F	44	40-44F	1.23.34	1	0
645	130	543	NIEKIE	OOSTHUIZEN	RUN4C	F	55	55-59F	1.23.34	1	0
646	9699	9820	TSHOLOTELO	MOKOLOPO	TEMP	F	43	40-44F	1.23.38	0	0
647	188	3131	LUMKA	DINGAAN	TEMP	F	42	40-44F	1.23.39	0	0
648	1147	776	GESINA	ERASMUS	32GI	F	43	40-44F	1.23.40	1	0
649	1274	1117	GRAHAM	NELL	ACH	M	74	70+M	1.24.02	1	0
650	415	8495	SISIPHO	MAYO	TEMP	F	28	SF	1.24.35	0	0
651	1134	1524	Michelle	Brits	32GI	F	31	SF	1.24.36	1	0
652	1254	1254	AMANDA	YOUNG	TEMP	F	50	50-54F	1.24.37	0	0
653	5083	5083	ROLANDA	BAREIRA	TEMP	F	53	50-54F	1.24.38	0	0
654	159	1747	RAZAANAH	STRYDOM	GELVAN	F	51	50-54F	1.24.38	1	0
655	24	1760	MARISA	CALISTE	GELVAN	F	40	40-44F	1.24.47	1	0
656	1137	3070	NDULELA	CANCA	VWAC	F	43	40-44F	1.24.51	1	0
657	9762	1145	SEIPATE	MZANANDA	NMBAC	F	46	45-49F	1.25.04	1	0
658	408	8547	MADELEIN	DE VRIES	TEMP	F	27	SF	1.25.37	0	0
659	405	8538	ELRIKA	BOTHA	TEMP	F	27	SF	1.25.37	0	0
660	118	2509	LERATO	MUZAH	MADIBAZ	F	39	35-39F	1.25.58	1	0
661	1236	2486	SIMANGELE	SKOSANA	ABSAEP	F	45	45-49F	1.26.27	1	0
662	217	8174	BONI	NJAPHA	TEMP	F	43	40-44F	1.26.27	0	0
663	147	2507	MARCOLENE	SAUNDERS	MADIBAZ	F	40	40-44F	1.26.45	1	0
664	1167	767	GILLIAN	MCAINSH	CRUSADE	F	65	65-69F	1.27.22	1	0
665	9739	9824	VUYISEKA	MKHETHO	TEMP	F	31	SF	1.27.51	0	0
666	184	2324	STACEY	DANIELS	TEMP	F	35	35-39F	1.28.00	0	0
667	22	1697	CHANTAL	BUCKLEY	MADIBA	F	32	SF	1.28.27	1	0
668	28	1471	SHIRLEEN	CLARKE	NEDBANK	F	62	60-64F	1.28.27	1	0
669	2289	712	NDILEKA	THOMPSON	CRUSADE	F	48	45-49F	1.28.29	1	0
670	1192	3119	Dikeledi	Ramoroka	ASPEN	F	42	40-44F	1.28.40	1	0

671	2272	1122	BOB	STEDMAN	ACH	M	76	70+M	1.29.08	1	0
672	7132	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	1.29.31	1	0
673	1265	1265	NTOMBOXOLO	BHANGA	TEMP	F	36	35-39F	1.29.53	0	0
674	219	8191	LILONKE	QUNTA	TEMP	F	28	SF	1.29.53	0	0
675	7158	939	DINA	SCHUTTE	CHARLO	F	59	55-59F	1.30.18	1	0
676	9607	2993	ORGIA	NELL	MUIRITE	F	82	70+F	1.30.31	1	0
677	1269	1269	LAVERNE	THOM	TEMP	F	47	45-49F	1.30.35	0	0
678	93	942	EDITH	MAC GEAR	CHARLO	F	57	55-59F	1.30.57	1	0
679	154	1343	BERENICE	SMITH	NEDBANK	F	60	60-64F	1.31.05	1	0
680	185	3125	LIZETTE	DAVIDS	TEMP	F	57	55-59F	1.31.05	0	0
681	223	8194	SIMO	ROJI	TEMP	F	47	45-49F	1.33.15	0	0
682	9716	326	NEIL	GROBLER	MUIRITE	M	65	65-69M	1.33.31	1	0
683	7157	936	MARGOT	SCHNETLER	CHARLO	F	48	45-49F	1.35.49	1	0
684	7156	935	BRENTON	SCHNETLER	CHARLO	M	51	50-54M	1.35.49	1	0
685	5089	5089	SIBUSISIWE	TSHUNGWANA	TEMP	M	28	SM	1.36.29	0	0
686	9589	9815	YOLISA	JALI	TEMP	F	24	SF	1.37.57	0	0
687	1266	7357	MALERATO	MAHOBO	TEMP	F	29	SF	1.38.29	0	0
688	413	8449	DOLLY	MAKHATHINI	TEMP	F	46	45-49F	1.38.51	0	0
689	151	361	JULIUS	SHOGOLE	IKHAMVA	M	72	70+M	1.39.43	1	0
690	420	3011	NOMFUNDO	NKILINKILI	TEMP	F	39	35-39F	1.40.43	0	0
691	7191	2520	FUNDISWA	KULA	MADIBAZ	F	46	45-49F	1.41.15	0	0
692	9749	1766	GODFREY	KARIEM	GELVAN	M	84	70+M	1.43.56	0	0
Helpers Run											
H1	501	1768	DAMIAN	OLIVER	GELVAN	M	34	SM	0.54.17	1	0
H2	502	2855	BADROEDEEN	ABRAHAMS	MALABAR	M	38	35-39M	0.54.25	1	0
H3	503	1772	LYLE	ROCKMAN	GELVAN	M	30	SM	0.55.16	1	0
H4	504	144	AHMAD	KADER	MALABAR	M	37	35-39M	0.56.00	1	0
H5	505	121	YASEEN	ABRAHAMS	MALABAR	M	53	50-54M	0.58.55	1	0
H6	506	136	ABDURRAHMAAN	FREDERICKS	MALABAR	M	45	45-49M	0.59.20	1	0
H7	507	1757	JACOBUS	JULIUS	GELVAN	M	51	50-54M	0.59.25	1	0
H8	508	1247	LISLE	MATTHEWS	ELITEAC	F	51	50-54F	1.07.30	1	0
H9	509	1751	SAMIER	ABRAHAMS	GELVAN	M	54	50-54M	1.07.30	1	0
H10	510	127	MUSTAFA	LAGARDIEN	MALABAR	M	32	SM	1.07.30	1	0
H11	511	2947	FERAAN	GEORGE	MALABAR	M	39	35-39M	1.07.30	1	0
H12	512	145	FADIELA	JOHNSON	MALABAR	F	61	60-64F	1.07.30	1	0
H13	513	170	THANDEKA	MHLANGA	ACT AC	F	35	35-39F	1.07.30	1	0
H14	514	1325	SHANNON	THEOBALD	NEDBANK	F	50	50-54F	1.09.20	1	0
H15	515	947	GANIEF	DAVIDS	CHARLO	M	59	55-59M	1.09.20	1	0
H16	516	1742	DESIREE	TITUS	GELVAN	F	60	60-64F	1.10.20	1	0
H17	517	753	PLACXEDES	NDHLOVU	CRUSADE	F	51	50-54F	1.10.20	1	0
H18	518	3038	CAMILA	ISMAIL	MALABAR	F	59	55-59F	1.10.50	1	0
H19	519	2307	VUYOKAZI	NGALO	VUKANI	F	44	40-44F	1.13.40	1	0
H20	520	131	SHUKRY	KAFAAR	MALABAR	M	39	35-39M	1.17.47	1	0
H21	521	1732	KEITH	HARRIS	GELVAN	M	54	50-54M	1.17.47	1	0
H22	522	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	56	55-59F	1.24.15	1	0
H23	523	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	68	65-69F	1.24.20	1	0
H24	524	544	JACQULENE	DU TOIT	RUN4C	F	52	50-54F	1.26.03	1	0