

ASPEN 10KM - PORT ELIZABETH - 2025/11/29

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	2035	1361	ANDILE	MOTWANA	NEDBANK	M	28	SM	0.31.55	5
2	2262	1376	GIFT	CHIGOMARAWA	MPOX	M	37	35-39M	0.32.44	0
3	2148	430	ARCHIE	ZAKE	CHILLIEP	M	25	SM	0.33.06	5
4	2288	3019	SICELO	MASHABA	CHILLIEP	M	25	SM	0.33.28	5
5	2038	40184	ASONGE	MTHANA	NEDBANK	M	18	JM	0.34.16	5
6	1561	2253	KHAYA	GQWETHA	VUKANI	M	40	40-44M	0.34.51	5
7	2295	1942	GEORGE	NTSHILIZA	SIBALEKA	M	46	45-49M	0.35.26	5
8	2255	701	NYASHA	MUKANDI	CRUSADE	M	33	SM	0.35.46	5
9	2037	1363	THULANI	MDLALO	NEDBANK	M	40	40-44M	0.36.08	5
10	1674	52627	VUYISILE	NDUMISO	MERCEDES	M	29	SM	0.36.14	0
11	1031	1335	ANELE	MALIZA	NEDBANK	M	47	45-49M	0.36.32	5
12	2225	1216	WESSEL	WOLMARANS	ELITEAC	M	47	45-49M	0.36.38	5
13	2134	11434	SIPHESIHLE	SOFUTE	TEMP	M	29	SM	0.37.34	0
14	2252	1503	LUVUYO	DYANI	NEDBANK	M	55	55-59M	0.37.56	5
15	1757	1255	ERROL	WHITTAL	ELITEAC	M	50	50-54M	0.38.00	5
16	2249	1388	SIYATHEMBA	MBADULI	NEDBANK	M	27	SM	0.38.14	3
17	1761	2690	JEMAIN	WILSON	VITALITY	M	37	35-39M	0.38.17	4
18	2270	2314	BATHANDWA	MOOI	VUKANI	M	41	40-44M	0.38.27	4
19	2049	1406	REFELOE	SOLOMONS	NEDBANK	F	44	40-44F	0.38.43	5
20	2096	931	ANDILE	NYOKA	CHARLO	M	52	50-54M	0.38.44	5
21	1138	1242	GCOBANI	BEKWAPHI	ELITEAC	M	46	45-49M	0.38.47	5
22	2041	1071	DALE	MOULTON	ACH	M	45	45-49M	0.38.55	5
23	1724	1642	NICO	SMITH	MADIBA	M	40	40-44M	0.39.02	4
24	1962	3162	IAIN	MAUGHAN-BROWN	MADIBA	M	37	35-39M	0.39.03	4
25	2002	1639	VANDRE	NEL	MADIBA	M	40	40-44M	0.39.15	4
26	2172	908	KAYLA	VAN RENSBURG	CHARLO	F	31	SF	0.39.22	5
27	2271	1168	SLULAMI	JACK	TRANSNET	M	50	50-54M	0.39.26	5
28	1860	11860	VUSUMZI	MAFU	TEMP	M	43	40-44M	0.39.37	0
29	2220	1105	MARK	FRASER	ACH	M	32	SM	0.39.41	3
30	2094	993	THEMBEKILE	MSIPA	CHARLO	M	51	50-54M	0.39.47	5
31	1767	2855	BADROEDEEN	ABRAHAMS	MALABAR	M	38	35-39M	0.39.52	3
32	1968	3010	TUMELO	MOCHELENYANE	SAPPE	M	43	40-44M	0.39.54	4
33	1793	10793	ZANE	SCHWARZ	TEMP	M	41	40-44M	0.40.06	0
34	2032	1405	NTOMBESINTU	MFUNZI	NEDBANK	F	43	40-44F	0.40.21	5
35	1921	817	ALISTAIR	KINGWILL	32GI	M	48	45-49M	0.40.23	4
36	2223	955	SIVUYILE	SCHEEPERS	CHARLO	M	32	SM	0.40.35	3
37	2067	878	DANE	CRONJE	CHARLO	F	28	SF	0.40.36	4
38	1786	1398	MUTEKILE	RASMENI	NEDBANK	M	60	60-64M	0.41.00	5
39	2229	2875	MASTER	DANIEL	ADVEN	M	42	40-44M	0.41.00	3
40	2261	205	ZUKISANI	NJOKWENI	CSEP	M	36	35-39M	0.41.04	3
41	2278	2480	ALULUTO	MKIVA	ABSAEP	M	19	JM	0.41.34	3
42	2233	2863	QAWE	MAJIZA	ADVEN	M	38	35-39M	0.41.37	3
43	1903	1480	AUGUST	ESAU	NEDBANK	M	54	50-54M	0.41.59	5
44	2022	51341	ELON	UITHALER	NEDBOR	M	19	JM	0.42.34	0
45	1651	1637	CHARL	MEISTRE	MADIBA	M	40	40-44M	0.42.52	3
46	1712	2807	SABELO	MELITAFA	CSEP	M	46	45-49M	0.43.06	3
47	1627	1852	MVULELI	MAGAWULANA	HOLLYWOO	M	49	45-49M	0.43.11	3
48	2259	51762	SIMBONGILE	MDLETYE	OMAC	M	41	40-44M	0.43.13	0
49	2089	898	PATRIC	MAKWENKWE	CHARLO	M	59	55-59M	0.43.18	5
50	1595	2089	SIPHESIHLE	JOJA	SANDFEP	M	27	SM	0.43.22	2
51	1600	3193	ELDRIDGE	JONKERS	GELVAN	M	46	45-49M	0.43.33	3

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52	2091	999	THOMAS	MARAIS	CHARLO	M	38	35-39M	0.43.38	2
53	2029	411	SIYABONGA	ZULU	CHILLIEP	M	43	40-44M	0.43.42	2
54	2036	1461	VUYISILE	SIMAYILE	NEDBANK	M	38	35-39M	0.43.45	2
55	2058	970	MALCOLM	BLANDY	CHARLO	M	43	40-44M	0.43.46	2
56	2092	952	CINDY	MARAIS	CHARLO	F	48	45-49F	0.43.57	5
57	2226	1957	HENRY	PIENAAR	BLUEBAY	M	54	50-54M	0.44.02	3
58	1611	1687	RUDI	KRIEL	MADIBA	M	36	35-39M	0.44.05	2
59	2185	1069	WAYNE	MITCHELL	ACH	M	52	50-54M	0.44.09	3
60	1708	731	GAVIN	ROGERS	CRUSADE	M	61	60-64M	0.44.12	5
61	2202	2269	KHANYISO	MASWANA	VUKANI	M	36	35-39M	0.44.33	2
62	2260	2322	XOLANI	NTEYI	VUKANI	M	47	45-49M	0.44.34	3
63	2053	976	WARREN	BAARTZES	CHARLO	M	55	55-59M	0.44.34	4
64	2050	1436	NTSIKELELO	SEBE	NEDBANK	M	43	40-44M	0.44.35	2
65	2247	1353	MZUKISI	KLAAS	NEDBANK	M	57	55-59M	0.44.35	4
66	2207	50945	SIPHIWO	BUKANI	REALGIJ	M	45	45-49M	0.44.37	0
67	1269	561	CHANTELL	CLOETE	RUN4C	F	39	35-39F	0.44.38	3
68	2063	891	DARRYL	CALVERT	CHARLO	M	50	50-54M	0.44.48	3
69	2227	442	MSINDISI	QALINGE	CHILLIEP	M	30	SM	0.44.50	2
70	1563	551	RODGER	GYSMAN	RUN4C	M	52	50-54M	0.45.24	3
71	2186	40085	ABBIE	MITCHELL	MADIBAZ	F	19	JF	0.45.26	2
72	2292	2088	GEDDES	GALLANT	SANDFEP	M	59	55-59M	0.45.30	3
73	2188	806	LEON	VOULTSOS	32GI	M	51	50-54M	0.46.02	3
74	2266	3052	ROMAN	SEPTOE	GELVAN	M	28	SM	0.46.09	2
75	2237	844	THERESA	BUCHNER	32GI	F	40	40-44F	0.46.15	3
76	1609	1866	SIPHAMANDLA	KOKO	HOLLYWOO	M	35	35-39M	0.46.21	2
77	1948	11948	CJ	STRYDOM	TEMP	M	41	40-44M	0.46.28	0
78	2066	982	CHARLES	CORBY	CHARLO	M	55	55-59M	0.46.30	3
79	1972	861	LONWABO	MTSHAKE	SPAREC	M	55	55-59M	0.46.38	3
80	2018	52	DARIUS	SWIEGELAAR	SAPPE	M	30	SM	0.46.40	2
81	2026	545	RUHAN	VAN RENSBURG	RUN4C	M	33	SM	0.46.41	2
82	2093	938	THOBELO	MFIKILI	CHARLO	M	39	35-39M	0.46.43	2
83	2034	1416	CHRISTINE	CLAASEN	NEDBANK	F	61	60-64F	0.46.52	5
84	2210	768	WILLIE	ELS	CRUSADE	M	50	50-54M	0.47.03	2
85	1626	20172	JOSHUA	LOUW	PRAC	M	23	SM	0.47.09	2
86	2217	4214	THEMBILEJ	TSHAKAZA	SANDF	M	36	35-39M	0.47.09	0
87	1947	11947	TYLER	STANHAM	TEMP	M	14	JM	0.47.10	0
88	2074	914	ETIENNE	GERBER	CHARLO	M	55	55-59M	0.47.14	3
89	2059	890	SIMPHIWE	BLOU	CHARLO	M	53	50-54M	0.47.19	2
90	1730	1212	BURNITA	STRYDOM	RUN4C	F	57	55-59F	0.47.33	5
91	1606	1213	SEBASTIAN	KLEU	ELITEAC	M	49	45-49M	0.47.33	2
92	1874	11874	IAN	MILLS	TEMP	M	32	SM	0.47.36	0
93	1597	1762	ASHWELL	JONAS	GELVAN	M	52	50-54M	0.47.38	2
94	2144	11444	CAMERON	LINDLEY	TEMP	M	28	SM	0.47.39	0
95	1619	576	VERNON	LANDMAN	RUN4C	M	50	50-54M	0.47.41	2
96	2201	2799	JEAN-PERI	REDONA	32GI	M	37	35-39M	0.47.44	2
97	1945	11945	DREW	STANHAM	TEMP	M	14	JM	0.47.48	0
98	1612	2528	BROOKE	KRUGER	MADIBAZ	F	22	SF	0.47.49	2
99	1656	1590	ANNEKE	MOORE	DESPATCH	F	41	40-44F	0.47.53	2
100	1541	2640	BASHEER	ENSAL	MADIBAZ	M	22	SM	0.47.53	2
101	1682	1533	THOBELA	NTAMO	DESPATCH	M	40	40-44M	0.47.53	2
102	2257	1597	EDVIN	DONLEY	DESPATCH	M	48	45-49M	0.47.56	2
103	2014	564	GAVIN	SILLS	RUN4C	M	52	50-54M	0.47.57	2

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104	1988	11988	NATALIE	VAN DER VYVER	TEMP	F	26	SF	0.48.05	0
105	2256	1389	BABALO	MAKALIMA	NEDBANK	M	42	40-44M	0.48.06	2
106	1672	2134	SEKELA	NDLAMLA	TRANSNET	F	33	SF	0.48.10	2
107	1799	10799	MARCELLE	DE LANGE	TEMP	M	29	SM	0.48.11	0
108	1642	2304	QAQAMBA	MATUNDU	VUKANI	F	27	SF	0.48.23	2
109	2105	11405	DICKSON	ZHUWAKINYI	TEMP	M	27	SM	0.48.27	0
110	1922	1684	MARLON	KOEN	MADIBA	M	38	35-39M	0.48.34	2
111	1758	1200	JANINE	WHITTAL	ELITEAC	F	44	40-44F	0.48.47	2
112	1830	11830	LUVO	CLAASSEN	TEMP	M	30	SM	0.48.48	0
113	2273	1457	RICHARD	MAZUNGULA	NEDBANK	M	48	45-49M	0.48.55	2
114	1782	1037	CHESTER	BROOKS	XCEL	M	67	65-69M	0.49.02	3
115	1985	11985	ENSLIN	VAN DER BROOK	TEMP	M	36	35-39M	0.49.05	0
116	2159	985	CHRISTOFF	PUREN	CHARLO	M	35	35-39M	0.49.06	2
117	1675	2108	BERNICE	NEL	HEATAC	F	38	35-39F	0.49.07	2
118	1784	2961	MICHA	CRONJE	32GI	F	36	35-39F	0.49.09	2
119	2145	11445	BHEKA	MSELEKU	TEMP	M	57	55-59M	0.49.17	0
120	1923	91	DENZIL	KOOPMAN	INFINITY	M	55	55-59M	0.49.33	2
121	1080	1043	DAVID	BAINS	XCEL	M	59	55-59M	0.49.33	2
122	2116	11416	STIAN	LE ROUX	TEMP	M	37	35-39M	0.49.34	0
123	2013	1183	SANETTE	RYAN	ELITEAC	F	55	55-59F	0.49.35	5
124	1680	2659	KHAKA	NJOZELA	VITALITY	M	39	35-39M	0.49.40	2
125	1696	2514	TEDDY	PRUSENT	MADIBAZ	M	37	35-39M	0.49.40	2
126	1678	2527	SANDISO	NGWENYA	MADIBAZ	F	32	SF	0.49.41	2
127	2214	2705	LUNGISA	MKOSI	VITALITY	M	38	35-39M	0.49.41	2
128	2234	417	PETER	MSIZA	CHILLIEP	M	52	50-54M	0.49.42	2
129	1805	11805	NICHOLAS	BANGO	TEMP	M	38	35-39M	0.49.42	0
130	2187	444	MAXWELL	NTABANKULU	CHILLIEP	M	42	40-44M	0.49.42	2
131	1768	3099	MARCEL	ABRAHAMS	VITALITY	M	34	SM	0.49.43	1
132	1762	2995	RODNEY	WITBOOI	ATLANTIC	M	54	50-54M	0.49.43	2
133	1999	11999	DARREN	WHITE	TEMP	M	35	35-39M	0.49.43	0
134	1548	1598	LERENZO	FRANCIS	DESPATCH	M	39	35-39M	0.49.43	2
135	2244	365	TISTA	NTSANGANI	IKHAMVA	M	33	SM	0.49.44	1
136	2170	921	RYAN	VAN DER MESCHT	CHARLO	M	44	40-44M	0.49.44	2
137	2269	653	CRAIG	WARD	ASPEN	M	48	45-49M	0.49.44	2
138	1952	1263	KAHN	LANGFORD	VWAC	M	47	45-49M	0.49.46	2
139	1894	11894	MARK	NORVAL	TEMP	M	40	40-44M	0.49.48	0
140	2095	911	TANYA	NORRIS	CHARLO	F	41	40-44F	0.49.55	2
141	1233	1683	JERHARD	BURRELL	MADIBA	M	36	35-39M	0.49.56	2
142	1725	1862	SIMPHIWE	SOCI	HOLLYWOO	M	60	60-64M	0.50.07	2
143	1643	2535	SAMALESU	MAYONDE	MADIBAZ	M	41	40-44M	0.50.09	2
144	1296	1954	LEONARD	CONRADIE	BLUEBAY	M	71	70+M	0.50.10	4
145	1792	10792	JASTELLE	HUGO	TEMP	F	32	SF	0.50.10	0
146	2139	11439	SINETHEMBA	YOTSI	TEMP	M	31	SM	0.50.30	0
147	1905	791	CHARL	GERBER	32GI	M	49	45-49M	0.50.32	2
148	2293	3011	BILL	DAVIDS	MADIBAZ	M	56	55-59M	0.50.34	2
149	1727	2695	KIRSTI	DOLINSCHK	VITALITY	F	44	40-44F	0.50.38	2
150	2231	2288	BONKE	GOYI	VUKANI	M	37	35-39M	0.50.41	1
151	1596	2031	ANDREW	JONAS	MUIRITE	M	61	60-64M	0.50.55	2
152	1620	577	YOLANDIE	LANDMAN	RUN4C	F	50	50-54F	0.50.56	3
153	2205	2306	PHAKAMISA	BALENI	VUKANI	M	35	35-39M	0.50.56	1
154	2062	967	MIKE	BURGER	CHARLO	M	66	65-69M	0.51.00	3
155	1135	1285	WANDA	BANJWA	VWAC	M	38	35-39M	0.51.06	1

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156	1878	11878	MOLOKO	MONYEMANGENE	TEMP	M	33	SM	0.51.07	0
157	2081	915	JOEL	HUMAN	CHARLO	M	52	50-54M	0.51.13	2
158	1771	485	WANDILE	BATAYI	RUN4C	M	29	SM	0.51.22	1
159	2121	11421	BONGANI	MKETSHANE	TEMP	M	37	35-39M	0.51.26	0
160	1644	63	MPUMELELO	MBALI	SAPPE	M	34	SM	0.51.28	1
161	2184	1007	JANETTE	SCHIERZ-CRUSIUS	BODYCON	F	65	65-69F	0.51.30	5
162	1715	518	NIENKE	SCHOLTZ	RUN4C	F	28	SF	0.51.31	2
163	2016	1079	HANSON	SINGAPHI	ACH	M	47	45-49M	0.51.35	2
164	1683	1843	BOMKAZI	NTONI	ACH	F	38	35-39F	0.51.36	2
165	1920	839	HESTER	KINGWILL	32GI	F	44	40-44F	0.51.37	2
166	1605	1118	BRUCE	KING	ACH	M	59	55-59M	0.51.41	2
167	2039	1075	GAVIN	SCHONKNECHT	ACH	M	57	55-59M	0.51.41	2
168	2112	11412	FABIAN	HELIOS	TEMP	M	18	JM	0.51.50	0
169	1614	1614	ISCHKE	LAMBRECHTS	DESPATCH	F	42	40-44F	0.51.52	2
170	2203	1004	JOHANNETTE	OOSTHUIZEN	BODYCON	F	61	60-64F	0.52.00	5
171	2208	50968	ANELISA	MAGAMA	REALGIJ	F	38	35-39F	0.52.04	0
172	1655	9156	DAVID	MOLELEKENG	PMK	M	61	60-64M	0.52.09	0
173	1720	584	BRENDON	SLABBERT	RUN4C	M	54	50-54M	0.52.12	2
174	1700	554	PETRUS	RADEMEYER	RUN4C	M	51	50-54M	0.52.13	2
175	1796	10796	NICOLE	DAMES	TEMP	F	20	JF	0.52.15	0
176	2111	11411	JOHAN	DYER	TEMP	M	17	JM	0.52.20	0
177	2246	556	ARTHUR	WILLIAMS	RUN4C	M	62	60-64M	0.52.30	2
178	1717	2712	SUSAN	SCOTT	VITALITY	F	61	60-64F	0.52.39	4
179	1277	505	ANDRIES	COETSEE	RUN4C	M	40	40-44M	0.52.40	1
180	1995	11995	MONGEZI	VOCO	TEMP	M	35	35-39M	0.52.43	0
181	2146	11446	DON	CHARLES	NEDBANK	M	76	70+M	0.52.44	2
182	1764	1010	JAN	VAN EEDEN	NEDBANK	M	67	65-69M	0.52.45	2
183	1691	2964	CHESLIN	PLAATJIES	VITALITY	M	40	40-44M	0.52.46	1
184	1592	3182	LINCOLN	JANSEN	MADIBAZ	M	35	35-39M	0.52.50	1
185	1522	1040	NIGEL	DANIELS	XCEL	M	50	50-54M	0.52.59	1
186	2047	1088	PERCY	DALTON	ACH	M	77	70+M	0.53.07	2
187	1817	11817	BRETT	BRITO	TEMP	M	49	45-49M	0.53.09	0
188	2274	1332	THANDI	NKWANDLA	NEDBANK	F	60	60-64F	0.53.19	3
189	1970	3147	KUHLE	MQASHANE	CHILLIEP	F	22	SF	0.53.19	1
190	1777	1585	GEORGE	BOTES	DESPATCH	M	51	50-54M	0.53.20	1
191	2209	778	ELAINE	GLENDINNING	32GI	F	30	SF	0.53.21	1
192	2175	883	LINDI	VAN TONDER	CHARLO	F	47	45-49F	0.53.25	2
193	1647	706	STEPHEN	MCCARTHY	CRUSADE	M	64	60-64M	0.53.25	2
194	1553	532	JUDY	GERBER	RUN4C	F	59	55-59F	0.53.28	2
195	2071	906	TARYN	FERREIRA	CHARLO	F	44	40-44F	0.53.29	2
196	1216	1205	ALISON	BOWKER	ELITEAC	F	37	35-39F	0.53.29	1
197	1778	1586	MAUDY	BOTES	DESPATCH	F	43	40-44F	0.53.30	2
198	1759	13379	RICHARD	WICHT	TEAMVIT	M	54	50-54M	0.53.31	0
199	2057	888	RAHUL	BHANA	CHARLO	M	22	SM	0.53.33	1
200	1654	3061	ERIC	MOENG	CSEP	M	54	50-54M	0.53.39	1
201	1831	11831	CECIL	CUTTING	TEMP	M	43	40-44M	0.53.54	0
202	2191	2268	SANDISILE	QUMZA	VUKANI	M	38	35-39M	0.53.56	1
203	2171	961	LARA	VAN HEERDEN	CHARLO	F	49	45-49F	0.53.57	2
204	1707	727	ANGELA	ROGERS	CRUSADE	F	56	55-59F	0.53.59	2
205	1960	800	JONATHAN	MANDELL	32GI	M	61	60-64M	0.54.03	2
206	1818	11818	PATRICK	BROWN	TEMP	M	33	SM	0.54.05	0
207	2268	1192	HEINZ	CONRAD	ELITEAC	M	46	45-49M	0.54.07	1

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208	1568	2672	JUSTIN	HASTIE	VITALITY	M	28	SM	0.54.12	1
209	1049	3032	ZAKIYYAH	AJAM	MALABAR	F	37	35-39F	0.54.15	1
210	1790	10790	AVIWE	PAKADE	TEMP	M	40	40-44M	0.54.20	0
211	1826	11826	VICTOR	CHABANGU	TEMP	M	32	SM	0.54.23	0
212	2079	992	CYNTHIA	HEYNS	CHARLO	F	42	40-44F	0.54.24	1
213	2161	991	GREGORY	ROSS	CHARLO	M	52	50-54M	0.54.24	1
214	1081	342	JONATHAN	BAKKER	MUIRITE	M	34	SM	0.54.25	1
215	1630	1291	ASHENDA	MAKONIE	VWAC	F	50	50-54F	0.54.25	2
216	2027	495	DEWALD	VERMEULEN	RUN4C	M	53	50-54M	0.54.32	1
217	1652	2331	XOLISA	MENEMENE	VUKANI	M	41	40-44M	0.54.36	1
218	2200	707	MPUMELELO	NGWENYA	CRUSADE	M	35	35-39M	0.54.38	1
219	2080	966	KEANO	HITZEROTH	CHARLO	M	25	SM	0.54.38	1
220	1795	10795	KYLA	NIENABER	TEMP	F	20	JF	0.54.54	0
221	1639	3145	BULELANI	MATENJWA	IKHAMVA	M	44	40-44M	0.54.54	1
222	1785	75	HESTER	DEKKER	SAPPE	F	53	50-54F	0.55.00	2
223	2263	71	TRISTAN	GEORGE	SAPPE	M	23	SM	0.55.01	1
224	1567	2671	CARY	HASTIE	VITALITY	M	62	60-64M	0.55.03	1
225	2264	2537	IVAN	MOSES	MADIBAZ	M	63	60-64M	0.55.06	1
226	1919	1833	BONISIWE	KAMANGA	HOLLYWOO	F	31	SF	0.55.07	1
227	1625	1575	LESLEY-ANN	BUSH	DESPATCH	F	53	50-54F	0.55.08	2
228	1265	1219	MELANIE	CHRISTIE	ELITEAC	F	41	40-44F	0.55.10	1
229	2087	885	HANSEN	LUKA	CHARLO	M	51	50-54M	0.55.22	1
230	2174	951	REON	VAN RENSBURG	CHARLO	M	53	50-54M	0.55.32	1
231	1740	2523	JOHANN	VAN DER MERWE	MADIBAZ	M	61	60-64M	0.55.44	1
232	2129	11429	MAVA	QOLO	TEMP	M	29	SM	0.55.48	0
233	2137	11437	JOSH	TOWNSEND	TEMP	M	27	SM	0.55.49	0
234	2275	2275	TAURIQ	HENDRICKS	TEMP	M	35	35-39M	0.55.57	0
235	1895	11895	MEGGAN	NORVAL	TEMP	F	36	35-39F	0.55.57	0
236	1742	1250	PETER	VAN RENSBURG	ELITEAC	M	67	65-69M	0.55.59	1
237	1828	11828	MIA	CILLIERS	TEMP	F	22	SF	0.55.59	0
238	1954	850	PAIGE	LEE	32GI	F	59	55-59F	0.56.08	2
239	1215	1588	JACQUES	BOTHA	DESPATCH	M	51	50-54M	0.56.09	1
240	1951	1615	STEVE	LAMBRECHTS	DESPATCH	M	42	40-44M	0.56.09	1
241	2135	11435	MIHLALI	SONDLO	TEMP	M	25	SM	0.56.15	0
242	1710	750	PIETER	ROUX	CRUSADE	M	70	70+M	0.56.15	2
243	1788	10788	UNATHI	POSELANI	TEMP	M	42	40-44M	0.56.18	0
244	1684	2470	THEMBU	NTSUKUNYANE	ABSAEP	F	46	45-49F	0.56.24	1
245	1613	2520	FUNDISWA	KULA	MADIBAZ	F	46	45-49F	0.56.26	1
246	1910	10910	SIYABONGA	MAJEKE	TEMP	M	44	40-44M	0.56.26	0
247	1908	10908	BRENT	COCK	TEMP	M	46	45-49M	0.56.37	0
248	2149	11449	OKUHLE	MFAZWE	TEMP	M	22	SM	0.56.39	0
249	1721	583	CHRISTELLE	SLABBERT	RUN4C	F	53	50-54F	0.56.44	1
250	1705	350	MARIUS	ROACH	MUIRITE	M	32	SM	0.56.47	1
251	1278	285	VANESSA	COETZEE	MUIRITE	F	48	45-49F	0.56.47	1
252	1904	851	THANDO	FRANS	SPAREC	M	47	45-49M	0.56.48	1
253	2245	1567	JACOBUS	WYATT	DESPATCH	M	62	60-64M	0.56.55	1
254	1658	2642	TANITH	MORETON	MADIBAZ	F	21	SF	0.56.58	1
255	1848	11848	SHAUN	HOEKSTRA	TEMP	M	26	SM	0.56.59	0
256	1677	1232	SONIKA	NEL	ELITEAC	F	25	SF	0.56.59	1
257	1191	40071	CONNOR	BIRD	ELITEAC	M	14	JM	0.57.00	1
258	2107	11407	ROBERT	CLARKE	TEMP	M	48	45-49M	0.57.01	0
259	1909	11909	JARRED	NEL	TEMP	M	27	SM	0.57.04	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
260	2199	1102	KEN	BARWOOD	ACH	M	70	70+M	0.57.04	1
261	2052	978	CHRISTOPHER	AYERST	CHARLO	M	58	55-59M	0.57.06	1
262	1787	10787	LUYANDA	NCWADI	TEMP	M	44	40-44M	0.57.08	0
263	1723	1299	MICHAEL	SLATER	VWAC	M	55	55-59M	0.57.09	1
264	2240	2321	LUVUYO	SIWUNDLA	VUKANI	M	45	45-49M	0.57.12	1
265	1048	1228	CLIVE	DE LANGE	ELITEAC	M	53	50-54M	0.57.14	1
266	2030	50	MICHAEL	DEKKER	SAPPE	M	53	50-54M	9.16.00	0
267	2251	1116	HEIDI	JANSEN	ACH	F	58	55-59F	0.57.17	1
268	2127	11427	LYNDA	PAUTZ	TEMP	F	45	45-49F	0.57.19	0
269	1933	11933	RIAAAN	ROSSOUW	TEMP	M	53	50-54M	0.57.22	0
270	2286	1313	SIMON	MATEBESE	NEDBANK	M	62	60-64M	0.57.30	1
271	1648	1296	NOEL	MCMASTER	VWAC	M	59	55-59M	0.57.31	1
272	1845	11845	ETHAN	GRUNEWALD	TEMP	M	21	SM	0.57.31	0
273	2290	2332	ANDILE	BOVUNGANA	VUKANI	M	58	55-59M	0.57.33	1
274	1211	2571	LAUREN	BOOYSEN	MADIBAZ	F	26	SF	0.57.35	1
275	1695	88	MAHENDRA	PRAHALADH	INFINITY	M	58	55-59M	0.57.38	1
276	2250	3207	LAWRENTIUS	ZEELIE	SAPPE	M	56	55-59M	0.57.38	1
277	1765	42	SAM	ERASMUS	SAPPE	M	68	65-69M	0.57.40	1
278	2019	77	LOUIS	SWIEGELAAR	SAPPE	M	59	55-59M	0.57.40	1
279	1732	1429	RIKA	TERBLANCHE	NEDBANK	F	48	45-49F	0.57.42	1
280	1918	535	GERT	HARMSE	RUN4C	M	59	55-59M	0.57.44	1
281	1564	799	ALLISON	HARRISON	32GI	F	42	40-44F	0.57.51	1
282	2083	981	NATALIE	JONAS	CHARLO	F	55	55-59F	0.57.57	1
283	2098	996	PAULA	PEARCE	CHARLO	F	57	55-59F	0.58.02	1
284	1242	50345	ROBERT	BUTTON	OLDSELB	M	66	65-69M	0.58.05	0
285	1671	6576	PHUNYEZWA	NDEVU	SABC	F	59	55-59F	0.58.05	0
286	2224	2500	ASANDA	KAYINGANA	ABSAEP	F	42	40-44F	0.58.05	1
287	2008	1264	LAVINIA	PIETERSE	VWAC	F	50	50-54F	0.58.05	1
288	2211	8049	MAKHASANE	MAMOTHETI	TEAMVIT	F	40	40-44F	0.58.05	0
289	2248	2257	SUE	LEWIS	ACH	F	61	60-64F	0.58.06	2
290	2212	1846	Simo	Nkanyuza	HOLLYWOO	M	38	35-39M	0.58.06	1
291	2265	50803	SIVIWE	MEVENI	REALGIJ	M	39	35-39M	0.58.07	0
292	2012	391	MLULEKI	RALA	IKHAMVA	M	46	45-49M	0.58.08	1
293	2279	2463	Luthando	Yibe	ABSAEP	M	44	40-44M	0.58.08	1
294	1853	11853	ELROZAAN	JOUBERT	TEMP	F	21	SF	0.58.08	0
295	2065	903	KESVAL	CHETTY	CHARLO	M	61	60-64M	0.58.09	1
296	2285	2295	ZOLANI	MQOQI	VUKANI	M	48	45-49M	0.58.09	1
297	1637	1951	SIMPHIWE	MASHININI	TRANSNET	M	36	35-39M	0.58.09	1
298	1955	1868	TUMELO	LEHASA	HOLLYWOO	M	38	35-39M	0.58.10	1
299	2254	1911	MATHONGO	MAKHIWANE	BLUEBAY	M	50	50-54M	0.58.11	1
300	2194	52427	PASSMORE	DONGI	OMAC	M	43	40-44M	0.58.11	0
301	1930	11930	MARINA	KLEINGELD	TEMP	F	44	40-44F	0.58.13	0
302	1929	11929	ARINDA	PRITCHARD	TEMP	F	47	45-49F	0.58.14	0
303	1820	11820	CHARMAINE	BURGER	TEMP	F	24	SF	0.58.19	0
304	2280	3112	THUTHUKA	SONGELWA	VITALITY	F	46	45-49F	0.58.20	1
305	1535	3142	NONKE	DOYI	VITALITY	M	42	40-44M	0.58.20	1
306	1274	3152	MARTIN	CLOETE	RUN4C	M	47	45-49M	0.58.22	1
307	1188	1208	CHRISTINE	BIRD	ELITEAC	F	54	50-54F	0.58.22	1
308	1967	840	BRONWIN	MEYER	32GI	F	53	50-54F	0.58.27	1
309	1943	11943	JUSTINE	SMART	TEMP	F	37	35-39F	0.58.28	0
310	2163	935	BRENTON	SCHNETLER	CHARLO	M	51	50-54M	0.58.35	1
311	2133	11433	TRISTAN	SMITH	TEMP	M	34	SM	0.58.37	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
312	1849	11849	TREVLIN	HOYLE	TEMP	F	50	50-54F	0.58.38	0
313	1599	1603	RONNIE	JONKER	DESPATCH	M	55	55-59M	0.58.40	1
314	1916	10916	SIMIKELO	TSHAKA	TEMP	M	20	JM	0.58.41	0
315	2242	1955	DANIEL	PIETERSE	BLUEBAY	M	63	60-64M	0.58.42	1
316	2173	926	TREVOR	VAN RENSBURG	CHARLO	M	73	70+M	0.58.43	1
317	2054	984	BELINDA	BAIN	CHARLO	F	63	60-64F	0.58.51	1
318	1653	2296	KAYA	MLENZE	VUKANI	M	44	40-44M	0.58.51	1
319	1546	529	ANDRE	FOURIE	RUN4C	M	78	70+M	0.59.03	1
320	2128	11428	CASEY	PAUTZ	TEMP	F	17	JF	0.59.03	0
321	1915	10915	SISEKO	TSHAKA	TEMP	M	25	SM	0.59.05	0
322	1879	11879	DEENOLAN	MOODLEY	TEMP	M	29	SM	0.59.06	0
323	1934	11934	LOGAN	ROTHMAN	TEMP	F	29	SF	0.59.08	0
324	1565	798	JUSTYN	HARRISON	32GI	M	48	45-49M	0.59.10	1
325	1772	512	ANSIE	BENADE	RUN4C	F	66	65-69F	0.59.13	2
326	2131	11431	NICOLA	STAP	TEMP	F	32	SF	0.59.21	0
327	2125	11425	TIMOTHY	MUCKA	TEMP	M	14	JM	0.59.24	0
328	2181	1560	PIETER	STRYDOM	DESPATCH	M	64	60-64M	0.59.31	1
329	1552	2805	CHARL	GERBER	RUN4C	M	61	60-64M	0.59.46	1
330	1752	511	ELRINDA	WANNENBURG	RUN4C	F	44	40-44F	0.59.52	1
331	1964	3158	ANELISA	MBETSHU	CHILLIEP	F	29	SF	0.59.52	1
332	2147	11447	ZENZILE	CIPELELE	TEMP	M	27	SM	0.59.59	0
333	2219	2345	NOMFUSI	CESHEMBA	VUKANI	F	43	40-44F	1.00.01	1
334	1889	11889	AIMEE	NEWMAN	TEMP	F	31	SF	1.00.04	0
335	1754	328	MADRE	WELMANS	MUIRITE	F	56	55-59F	1.00.07	1
336	2056	956	NEELESH	BHANA	CHARLO	M	54	50-54M	1.00.11	1
337	2048	1930	TIM	BRAY	BLUEBAY	M	62	60-64M	1.00.18	1
338	1676	1224	SHAUN	NEL	ELITEAC	M	50	50-54M	1.00.20	1
339	2015	563	LINDA	SILLS	RUN4C	F	43	40-44F	1.00.27	1
340	1657	2766	MOELETSI	MOOROSI	SAPPE	M	33	SM	1.00.33	1
341	1966	1427	CHAD	MCLEAN	NEDBANK	M	27	SM	1.00.39	1
342	1953	2662	ADELE	LE ROUX	VITALITY	F	49	45-49F	1.00.41	1
343	1685	3206	Kayla	Vermaak	MUIRITE	F	23	SF	1.00.47	1
344	1679	541	ULRICH	NIEUWOUDT	RUN4C	M	30	SM	1.00.53	1
345	1572	2109	JOY DOMINIQUE	HILL	HEATAC	F	33	SF	1.01.01	1
346	2073	959	JOHAN	GERBER	CHARLO	M	46	45-49M	1.01.01	1
347	1843	11843	BRIAN	GREEFF	TEMP	M	28	SM	1.01.02	0
348	2267	1495	SIMPHIWE	NTIANTI	NEDBANK	M	44	40-44M	1.01.03	1
349	1857	11857	DAVID	DE TARNOWSKY	TEMP	M	51	50-54M	1.01.12	0
350	2126	11426	RIAAAN	NEL	TEMP	M	43	40-44M	1.01.25	0
351	1743	1685	MARTIE	VAN SCHALKWYK	MADIBA	F	61	60-64F	1.01.26	1
352	1738	1629	ARINDA	VAN DER LINDE	MADIBA	F	36	35-39F	1.01.27	1
353	1533	746	JOHAN	BARNARD	CRUSADE	M	70	70+M	1.01.38	1
354	1747	2792	SHEZELLE	VAN WYK	DESPATCH	F	20	JF	1.01.43	1
355	1763	456	BULELANI	WITI	CHILLIEP	F	29	SF	1.01.43	1
356	2276	2090	WELLINGTON	TSHINGANE	SANDFEP	M	55	55-59M	1.01.47	1
357	2230	519	CHARLOTTE	VAN WYK	RUN4C	F	43	40-44F	1.01.57	1
358	1594	145	FADIELA	JOHNSON	MALABAR	F	61	60-64F	1.01.58	1
359	1753	1565	BONITA	WEITSZ	DESPATCH	F	53	50-54F	1.02.00	1
360	1775	50036	NOSICELO	BIYANA	QOKOL	F	49	45-49F	1.02.01	0
361	2281	433	NCUMISA	KEPE	CHILLIEP	F	45	45-49F	1.02.04	1
362	1746	1958	MELISSA	VAN WYK	BLUEBAY	F	33	SF	1.02.07	1
363	2060	882	ARMIN	BRANDLE	CHARLO	M	73	70+M	1.02.07	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
364	1957	2504	WAYNE	MAC GEAR	MADIBAZ	M	62	60-64M	1.02.10	1
365	2176	874	LYNNE	VAN WYK	CHARLO	F	41	40-44F	1.02.11	1
366	1650	807	IMOLA	MEEKMA	32GI	F	29	SF	1.02.13	1
367	1973	3016	Mandisi	Mtshubungu	MADIBAZ	M	43	40-44M	1.02.16	1
368	1963	432	MVELELI	MBANDE	CHILLIEP	M	39	35-39M	1.02.17	1
369	2282	2205	SIKHUMBUZO	MANXOYI	SIBALEKA	M	39	35-39M	1.02.18	1
370	2119	11419	GAVEN	MATLI	TEMP	M	36	35-39M	1.02.19	0
371	1745	40107	MINIQUE	VAN TONDER	DESPATCH	F	19	JF	1.02.22	1
372	2085	2168	BUYELWA	KOBOKANA	CHARLO	F	60	60-64F	1.02.27	1
373	2179	3214	CORNE	VOSLOO	CHARLO	M	46	45-49M	1.02.28	1
374	2189	1094	MARIETJIE	PIETERSEN	ACH	F	68	65-69F	1.02.30	1
375	1867	11867	BUSISIWE	MAPASA-DUBE	TEMP	F	42	40-44F	1.02.32	0
376	2190	1074	FRANCOIS	SMIT	ACH	M	66	65-69M	1.02.33	1
377	2003	492	NTOKOZO	NGUBANE	RUN4C	F	30	SF	1.02.33	1
378	1760	3008	ANNELIE	WILSON	CRUSADE	F	46	45-49F	1.02.35	1
379	2010	414	AYANDA	POTGIETER	CHILLIEP	F	31	SF	1.02.36	1
380	1744	1582	MARINET	VAN TONDER	DESPATCH	F	47	45-49F	1.02.41	1
381	2243	1555	LYDIA	POTGIETER	DESPATCH	F	50	50-54F	1.02.42	1
382	1906	1601	ANIZE	GERBER	DESPATCH	F	52	50-54F	1.02.42	1
383	1540	575	JACKIE	ELOFF	RUN4C	F	53	50-54F	1.02.44	1
384	1776	2626	SYLVAN	BLIGNAUT	MADIBAZ	M	66	65-69M	1.02.54	1
385	2082	892	CHANTEL	HUYGEN	CHARLO	F	40	40-44F	1.02.56	1
386	1766	10766	MEGAN	THOLE	TEMP	F	41	40-44F	1.02.59	0
387	1913	10913	PHAPHANI	NDEYA	TEMP	M	31	SM	1.03.08	0
388	1829	11829	ZETHU	CITI	TEMP	F	28	SF	1.03.12	0
389	2099	902	KRISH	PILLAY	CHARLO	M	64	60-64M	1.03.22	1
390	1067	2912	HEIN	BADENHORST	SAPPE	M	55	55-59M	1.03.25	1
391	1804	11804	AIMEE	BADENHORST	TEMP	F	24	SF	1.03.25	0
392	2025	2699	ADEL	VAN RENSBURG	VITALITY	F	47	45-49F	1.03.26	1
393	2166	913	SHARON	SMUTS	CHARLO	F	59	55-59F	1.03.27	1
394	1704	2484	JOHAN	REDELINGHUYS	ABSAEP	M	80	70+M	1.03.48	1
395	2213	53057	ONDAMKELA	MPHIKE	SAPSTR	F	25	SF	1.03.52	0
396	2167	895	GIANNI	TISTELLI	CHARLO	M	54	50-54M	1.03.52	1
397	1781	725	WENDY	BULULU	CRUSADE	F	42	40-44F	1.03.52	1
398	1836	11836	NATALIE	ELLIOTT	TEMP	F	55	55-59F	1.03.53	0
399	2108	11408	XOLISA	COLANI	TEMP	M	28	SM	1.03.54	0
400	2289	705	OCTAVIA	BOSHOFF	CRUSADE	F	55	55-59F	1.04.16	1
401	1872	11872	KGADI	MATLALA	TEMP	F	41	40-44F	1.04.17	0
402	1624	1761	JASON	LE ROUX	GELVAN	M	29	SM	1.04.28	1
403	1697	413	MBALI	QUBEKA	CHILLIEP	F	28	SF	1.04.29	1
404	1632	2688	THOZAMA	MANTLAKA	VITALITY	F	39	35-39F	1.04.31	1
405	1810	565	RONEL	DE TARNOWSKY	RUN4C	F	45	45-49F	1.04.38	1
406	2123	11423	LEREKO	MOLEFE	TEMP	F	33	SF	1.04.40	0
407	2117	11417	ROSE MBUNGU	LOLO	TEMP	F	30	SF	1.04.46	0
408	1827	11827	JARED	CHARLTON	TEMP	M	35	35-39M	1.04.51	0
409	1842	11842	ANNEKE	GREEFF	TEMP	F	27	SF	1.04.57	0
410	1633	2467	Xhanti	Mantshiyo	ABSAEP	M	58	55-59M	1.05.01	1
411	2011	1708	JOHAN	PRETORIUS	MADIBA	M	51	50-54M	1.05.03	1
412	1755	1119	TREMAINE	WESSON	ACH	M	65	65-69M	1.05.13	1
413	1736	2036	ANDRE	VAN DER BANK	MUIRITE	M	54	50-54M	1.05.23	1
414	1925	11925	SINOVUYO	PHOHLONGO	TEMP	F	31	SF	1.05.29	0
415	2051	943	LOGAMURTHIE	ATHIEMOOLAM	CHARLO	M	63	60-64M	1.05.40	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
416	1663	2698	NTOMBIZINE	MTANDA	VITALITY	F	49	45-49F	1.05.40	1
417	2198	1407	BUKEKA	HELA	NEDBANK	F	52	50-54F	1.05.51	1
418	1569	1252	AMANDA	HECHTER	ELITEAC	F	44	40-44F	1.05.52	1
419	1525	1927	ANIRLE	DE MEYER	BLUEBAY	F	28	SF	1.06.11	1
420	1268	339	ILSE	CLAASSENS	MUIRITE	F	26	SF	1.06.13	1
421	1688	334	MADELEINE	OTTO	MUIRITE	F	65	65-69F	1.06.13	1
422	2291	51578	MSAWENKOSI	TSHIBILIKA	CHEETHAS	M	42	40-44M	1.06.14	0
423	2001	753	PLACXEDES	NDHLOVU	CRUSADE	F	51	50-54F	1.06.19	1
424	1756	129	MUHAMMAD	WHITE	MALABAR	M	38	35-39M	1.06.26	1
425	1560	14493	VICTORIA	GOODALL	CCJHB	F	44	40-44F	1.06.29	0
426	2222	977	VINCENT	SWART	CHARLO	M	52	50-54M	1.06.34	1
427	1946	11946	RYAN	STANHAM	TEMP	M	47	45-49M	1.06.36	0
428	1936	11936	LEIGH	RUDMAN	TEMP	F	41	40-44F	1.06.38	0
429	1976	11976	YOLANDI	STRYDOM	TEMP	F	42	40-44F	1.06.38	0
430	2017	466	LYNETTE	SMUTS	WALMER	F	59	55-59F	1.06.53	1
431	2061	924	GRAHAM	BROOM	CHARLO	M	55	55-59M	1.07.12	1
432	1056	491	YOLANDE	ARCHER	RUN4C	F	47	45-49F	1.07.19	1
433	1243	2502	WENDY	CAMERON	MADIBAZ	F	48	45-49F	1.07.25	1
434	1800	10800	NOBUNTU	MCUNUKELWA	TEMP	F	36	35-39F	1.07.28	0
435	2076	2164	SHARON	GRIESEL	CHARLO	F	54	50-54F	1.07.40	1
436	2077	2165	DION	GRIESEL	CHARLO	M	58	55-59M	1.07.40	1
437	1883	11883	SIMTANDILE	MVELO	TEMP	F	28	SF	1.07.40	0
438	1214	279	VERONICA	BOSHOF	MUIRITE	F	64	60-64F	1.07.41	1
439	2043	1104	CATHY	IVES	ACH	F	72	70+F	1.07.42	1
440	1991	11991	JANKE	VAN NIEKERK	TEMP	F	27	SF	1.07.42	0
441	2253	2208	GARFIELD	TSATSANE	SIBALEKA	M	59	55-59M	1.07.43	1
442	1898	11898	RENEE	OLIVIER	TEMP	F	57	55-59F	1.07.53	0
443	1993	11993	AMORAY	VAN NIEKERK	TEMP	F	32	SF	1.07.54	0
444	2064	923	EVA	CHETTY	CHARLO	F	57	55-59F	1.07.57	1
445	2100	909	THURAYA	PILLAY	CHARLO	F	23	SF	1.08.01	1
446	2044	1103	LIZ	AUSTIN	ACH	F	67	65-69F	1.08.05	1
447	2283	1333	MBULELO	SOBIKWA	NEDBANK	M	71	70+M	1.08.06	1
448	2075	971	DEIDRE	GERBER	CHARLO	F	54	50-54F	1.08.11	1
449	1937	11937	TEMLAKAZI	SALAYI	TEMP	F	28	SF	1.08.16	0
450	1544	507	JOHAN	FERREIRA	RUN4C	M	64	60-64M	1.08.22	1
451	1662	2769	NTOMBODIDI	MPUTA	SAPPE	F	30	SF	1.08.24	1
452	1659	2026	RAKGWADI	MORITI	CRUSADE	M	36	35-39M	1.08.28	1
453	1769	10769	ANTOINETTE	GREEFF	TEMP	F	41	40-44F	1.08.28	0
454	1823	11823	RODNEY	BUTTERS	TEMP	M	63	60-64M	1.08.30	0
455	1939	11939	NICOLE	SAULS	TEMP	F	34	SF	1.08.41	0
456	1816	11816	CHADE	BOWLES	TEMP	F	36	35-39F	1.08.42	0
457	1974	863	NANDIPA	MYELEYELE	SPAREC	F	38	35-39F	1.08.48	1
458	2228	18863	TEMBA	PEZISA	CSCG	M	59	55-59M	1.09.11	0
459	1907	1945	Janine	Gray	BLUEBAY	F	48	45-49F	1.09.13	1
460	1543	1935	XENOPHON	FEIRRERA	BLUEBAY	M	64	60-64M	1.09.14	1
461	2195	1466	AT	SCHOEMAN	NEDBANK	M	69	65-69M	1.09.23	1
462	1534	82	LETA	DOS SANTOS	INFINITY	F	61	60-64F	1.09.23	1
463	1911	10911	THUTHUZELA	MAPOMA	TEMP	F	31	SF	1.09.31	0
464	1531	2186	Adrian	de Waal	32GI	M	61	60-64M	1.09.47	1
465	1959	2270	NOMLINDO	MAKUBALO	VUKANI	F	51	50-54F	1.10.03	1
466	1891	11891	SIYANDA	NGCELWANE	TEMP	F	27	SF	1.10.06	0
467	1711	1274	GAYLE	SAAYMAN	VWAC	F	37	35-39F	1.10.11	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
468	1719	1310	PHUMLA	SIBALI	VWAC	F	46	45-49F	1.10.11	1
469	1231	1280	CHRISTOPHER	BRUINTJIES	VWAC	M	53	50-54M	1.10.11	1
470	1900	11900	JODY	PASQUALLIE	TEMP	M	42	40-44M	1.10.14	0
471	1709	1791	ISABELLA	ROUX	VARSIITY	F	19	JF	1.10.14	1
472	1841	11841	ROESTOFF	GEYSER	TEMP	M	38	35-39M	1.10.25	0
473	2235	3122	DAVID	CHENGWE	VWAC	M	47	45-49M	1.10.27	1
474	1131	1256	NAOMI	BAKKER	VWAC	F	48	45-49F	1.10.30	1
475	1713	1257	STEPHANIE	SCHEEPERS	VWAC	F	29	SF	1.10.30	1
476	1935	11935	TALITA	ROUX	TEMP	F	50	50-54F	1.10.36	0
477	2197	2948	OKUHLE	BANA	VWAC	F	38	35-39F	1.10.37	1
478	1791	10791	LWANDO	BANA	TEMP	F	25	SF	1.10.38	0
479	1992	11992	SUSAN	VAN NIEKERK	TEMP	F	59	55-59F	1.10.40	0
480	1990	11990	SHAWN	VAN EYK	TEMP	M	58	55-59M	1.10.40	0
481	1803	11803	ELINE	B-A	TEMP	F	29	SF	1.10.44	0
482	2236	2202	VUYISEKA	MHLAHO	SIBALEKA	F	44	40-44F	1.10.46	1
483	2090	2179	DOROTHY	MALULEKA	CHARLO	F	48	45-49F	1.11.07	1
484	1864	11864	STUAWIE	MALOUW	TEMP	M	31	SM	1.11.07	0
485	1689	21726	ANELE	PAMBA	TEAMVIT	M	35	35-39M	1.11.09	0
486	2055	893	MAGDA	BECKER	CHARLO	F	38	35-39F	1.11.12	1
487	2130	11430	NONDELA	RADEBE	TEMP	F	40	40-44F	1.11.44	0
488	2024	1535	CLAUDEAN	VAN GREUNEN	DESPATCH	F	44	40-44F	1.11.53	1
489	1868	11868	ANNIEKA	MARAI	TEMP	F	36	35-39F	1.11.54	0
490	1621	2680	ALYCIA	LANGLEY	VITALITY	F	32	SF	1.11.59	1
491	1856	11856	DONNE ASHLEY	KRITZINGER	TEMP	F	28	SF	1.12.00	0
492	2241	770	WINSLOW	BOUWER	CRUSADE	M	41	40-44M	1.12.01	1
493	2009	3167	NICOLETTE	POTGIETER	RUN4C	F	51	50-54F	1.12.04	1
494	1865	11865	KYM	MANDIZVIDZA	TEMP	F	34	SF	1.12.07	0
495	1722	2806	JOHANNES	SLABBERT	RUN4C	M	63	60-64M	1.12.10	1
496	1840	11840	TARYN	GESWINT	TEMP	F	25	SF	1.12.23	0
497	1998	11998	JOSHUA	WALDUCK	TEMP	M	27	SM	1.12.23	0
498	2141	11441	LUZUKO	SOLILO	TEMP	M	43	40-44M	1.12.32	0
499	1965	1856	Unathi	Mboniswa	HOLLYWOOD	F	43	40-44F	1.12.39	1
500	2296	1307	FIKISWA	NGONYAMA	VWAC	F	41	40-44F	1.12.42	1
501	1801	11801	KAYLA	ABBOTT	TEMP	F	24	SF	1.12.50	0
502	1971	52489	NOLUBABALO	MTSHAKAZI	KOMANIR	F	46	45-49F	1.12.58	0
503	2068	968	DENISE	DARLOW	CHARLO	F	57	55-59F	1.12.59	1
504	1987	11987	LUCINDA	VAN DER MERWE	TEMP	F	32	SF	1.13.04	0
505	2084	969	GARY	KELLEHER	CHARLO	M	68	65-69M	1.13.05	1
506	1887	11887	BATHANDWA	NDZUMO	TEMP	M	39	35-39M	1.13.15	0
507	1610	980	PETRUS	KOOPMAN	CHARLO	M	64	60-64M	1.13.15	1
508	1978	11978	BRESLER	SWANEPOEL	TEMP	M	33	SM	1.13.23	0
509	1944	11944	MAYRA	SMITH	TEMP	F	31	SF	1.13.33	0
510	1718	1606	FANIE	CLAASSEN	DESPATCH	M	68	65-69M	1.13.42	1
511	1847	11847	JANE	HILLOCK	TEMP	F	30	SF	1.13.47	0
512	1802	11802	JULIAN	ANDERSON	TEMP	M	31	SM	1.13.47	0
513	1890	11890	MAWANDE	NGCELWANE	TEMP	M	25	SM	1.14.03	0
514	1616	40106	STEFANI	LAMBRECHTS	DESPATCH	F	15	JF	1.14.03	1
515	2169	974	CLAIRE	TUSTIN	CHARLO	F	48	45-49F	1.14.07	1
516	1914	10914	LIHLE	TSHAKA	TEMP	M	24	SM	1.14.25	0
517	2078	2163	SUNET	HARRIS	CHARLO	F	52	50-54F	1.14.27	1
518	2072	2162	ERIKA	FOREMAN	CHARLO	F	55	55-59F	1.14.27	1
519	1942	11942	SANGA	SKENJANA	TEMP	F	32	SF	1.14.28	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
520	1549	3196	SUNIL	GAJJAR	CRUSADE	M	60	60-64M	1.14.36	1
521	2114	11414	DANETTE	KNIFE	TEMP	F	49	45-49F	1.14.42	0
522	1737	2037	BELINDA	VAN DER BANK	MUIRITE	F	57	55-59F	1.14.47	1
523	1798	10798	NONKULULEKO	NDIMANDE	TEMP	F	28	SF	1.14.55	0
524	1912	10912	SIYABONGA	TSHAKA	TEMP	M	42	40-44M	1.14.55	0
525	2120	11420	SISIPHO	MAYO	TEMP	F	28	SF	1.14.59	0
526	2204	481	CHRISTO	STEYN	RUN4C	M	57	55-59M	1.15.05	1
527	2232	2676	BANDILE	GWAMANDA	VITALITY	M	55	55-59M	1.15.34	1
528	1806	11806	MARIA MAGDALENA	BARNARD	TEMP	F	42	40-44F	1.15.37	0
529	1924	547	MATSEPO	VIWE KOYI	RUN4C	F	31	SF	1.15.41	1
530	1699	557	CHARLENE	RADEMEYER	RUN4C	F	44	40-44F	1.15.44	1
531	1669	143	ZAHEERA	NANABHAY	MALABAR	F	44	40-44F	1.15.51	1
532	1956	2308	THOBEKA	MABUSELA	VUKANI	F	64	60-64F	1.15.58	1
533	1649	185	EZILE	MDIKWA	TRANSNET	F	28	SF	1.16.00	1
534	1615	1936	MARKUS	KUNNEKE	BLUEBAY	M	56	55-59M	1.16.22	1
535	2007	600	ANDRE	PIENAAR	RUN4C	M	63	60-64M	1.16.32	1
536	1822	11822	NICOLENE	BURGER	TEMP	M	52	50-54M	1.16.45	0
537	2109	11409	KATHLEEN	DAVIS	TEMP	F	40	40-44F	1.16.52	0
538	2258	40001	ZANTE	DEKKER	SAPPE	F	18	JF	1.16.53	1
539	1824	11824	SANDY	BUTTERS	TEMP	F	60	60-64F	1.17.43	0
540	1835	11835	SHANNON	DEUTSCHMANN	TEMP	F	25	SF	1.17.46	0
541	1855	11855	KRISTIN	KEETON	TEMP	F	27	SF	1.17.46	0
542	1861	11861	JADE	MAGSON	TEMP	F	26	SF	1.17.47	0
543	2192	64	DAVID	FORTEIN	SAPPE	M	60	60-64M	1.17.50	1
544	1876	11876	ZOLISWA	MKUMBUZI	TEMP	F	31	SF	1.18.00	0
545	1498	488	CHERYL	CUPIDO	RUN4C	F	56	55-59F	1.18.17	1
546	1623	489	PRISCILLA	LAZARO	RUN4C	F	61	60-64F	1.18.17	1
547	2023	3149	CHANEL	VAN DER MERWE	MADIBAZ	F	34	SF	1.18.18	1
548	1209	2651	VUYOKAZI	BONGELA	MADIBAZ	F	46	45-49F	1.18.18	1
549	2102	11402	RACHEL	WILLIAMS	TEMP	F	32	SF	1.18.22	0
550	2158	901	EUSENTHA	PILLAY	CHARLO	F	60	60-64F	1.18.30	1
551	1539	1869	NWABISA	DUKADA	HOLLYWOO	F	53	50-54F	1.18.48	1
552	1698	2852	NQOBILE-NOBS	QUPE	HOLLYWOO	F	55	55-59F	1.18.51	1
553	1152	2473	CLARISSA	BENDER	ABSAEP	F	52	50-54F	1.18.55	1
554	1926	11926	ANNELINE	POTGIETER	TEMP	F	50	50-54F	1.18.57	0
555	2005	2483	PORTIA	NQAYI	ABSAEP	F	38	35-39F	1.18.58	1
556	1961	85	CARINA	MARAIS	INFINITY	F	33	SF	1.19.07	1
557	1185	1185	SUSAN	BEZUIDENHOUT	ELITEAC	F	68	65-69F	1.19.17	1
558	1815	11815	ANNELINE	BOWKERS	TEMP	F	41	40-44F	1.19.21	0
559	1862	11862	POOJA	MAHARAJ	TEMP	F	29	SF	1.19.21	0
560	2021	1241	MARLENE	TERBLANCE	ELITEAC	F	75	70+F	1.19.22	1
561	1547	528	HELEN	FOURIE	RUN4C	F	55	55-59F	1.19.48	1
562	1703	2648	SHAUN	RAMROOP	MADIBAZ	M	58	55-59M	1.20.07	1
563	1852	11852	CLEO	JORDAAN	TEMP	F	40	40-44F	1.20.19	0
564	1728	3165	NOMAZIBUKO	STOUT	RUN4C	F	42	40-44F	1.20.24	1
565	1854	1854	UNKNOWN		TEMP	F	37	35-39F	1.20.34	0
566	1690	2779	CHARNE	PIETERSEN	MUIRITE	F	32	SF	1.20.40	1
567	1665	463	JO-ANNE	MUIR	WALMER	F	56	55-59F	1.20.54	1
568	1693	464	SHARON	POTGIETER	WALMER	F	61	60-64F	1.20.57	1
569	1608	2518	ALGENE	KOEBERG	MADIBAZ	F	42	40-44F	1.21.03	1
570	1901	1204	YOLANDA	DEYSEL	ELITEAC	F	50	50-54F	1.21.14	1
571	1989	11989	DEIDRE	VAN EYK	TEMP	M	56	55-59M	1.21.14	0

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
572	1931	11931	ASEMAHLE	QUMA	TEMP	F	27	SF	1.21.16	0
573	1638	598	PHAKAMA	MATATA	RUN4C	F	34	SF	1.21.23	1
574	1566	1434	DIANNE	HARTZENBERG	NEDBANK	F	67	65-69F	1.21.31	1
575	1687	543	NIEKIE	OOSTHUIZEN	RUN4C	F	55	55-59F	1.21.50	1
576	1538	544	JACQULENE	DU TOIT	RUN4C	F	52	50-54F	1.21.52	1
577	1886	11886	CHWAYITA	NCEDANA	TEMP	F	42	40-44F	1.21.53	0
578	1881	11881	SARAH	MOORE	TEMP	F	59	55-59F	1.21.54	0
579	1880	11880	KAYCE	MOORE	TEMP	F	28	SF	1.22.01	0
580	1773	1099	CRAIG	BESTER	ACH	M	48	45-49M	1.22.19	1
581	1631	1871	RENEILWE	MALEMATJA	HOLLYWOO	F	34	SF	1.22.24	1
582	2045	1355	CHRISTIE	VAN LOGGERENBERG	NEDBANK	M	69	65-69M	1.22.33	1
583	1846	11846	CARLENE	HATTINGH	TEMP	F	21	SF	1.22.57	0
584	2138	11438	CADEN	VLOK	TEMP	M	20	JM	1.22.57	0
585	1893	11893	SIY AHLUMA	NKONE	TEMP	F	16	JF	1.23.02	0
586	1892	11892	NOXOLO	NKONE	TEMP	F	32	SF	1.23.02	0
587	1702	9929	VANESSA	RAMAHUMA	IRENE	F	47	45-49F	1.23.13	0
588	1789	10789	TAFARA	MAPUVIRE	TEMP	M	43	40-44M	1.23.23	0
589	2097	2172	LEE	PAGE	CHARLO	F	42	40-44F	1.23.27	1
590	2069	871	RICHARD	DE ANDRADE	CHARLO	M	65	65-69M	1.23.27	1
591	2178	3213	CINDY	VOSLOO	CHARLO	F	43	40-44F	1.23.43	1
592	1603	710	LEONA	KEMP	CRUSADE	F	69	65-69F	1.23.49	1
593	1896	11896	NTOMBOXOLO	NTOMBOXOLO	TEMP	F	36	35-39F	1.24.09	0
594	1225	1524	Michelle	Brits	32GI	F	31	SF	1.24.55	1
595	2104	11404	AMANDA	YOUNG	TEMP	F	50	50-54F	1.24.55	0
596	1748	1607	SONJA	VAN WYK	DESPATCH	F	43	40-44F	1.25.06	1
597	2216	1953	David	Goliath	TRANSNET	M	56	55-59M	1.26.37	1
598	2160	2176	CHENEL	ROBEY	CHARLO	F	47	45-49F	1.26.44	1
599	2004	3049	NONTUTHUZELO	NGXONONO- DOUSE	SAPPE	F	56	55-59F	1.26.45	1
600	2215	2635	VEONNA	GOLIATH	MADIBAZ	F	53	50-54F	1.26.52	1
601	1636	10579	NANCY	MASHA	FATCATS	F	38	35-39F	1.27.14	0
602	2040	712	NDILEKA	THOMPSON	CRUSADE	F	48	45-49F	1.27.16	1
603	1316	100	LYNETTE	CRAUSE	INFINITY	F	65	65-69F	1.27.52	1
604	1735	51493	ALUNGILE	TYWAKU	CHEETHAS	F	33	SF	1.27.57	0
605	1501	761	NTOKOZO	DAMBUZA	CRUSADE	F	46	45-49F	1.28.22	1
606	1660	2030	MICHELLE	MORTIMER	ACH	F	45	45-49F	1.28.36	1
607	2180	876	GEORGE	WINSHIP	CHARLO	M	59	55-59M	1.28.39	1
608	1940	11940	JOSHUA	SCHNETLER	TEMP	M	22	SM	1.28.50	0
609	1984	11984	MERYLL	V D MERWE	TEMP	F	61	60-64F	1.28.51	0
610	2193	1720	NOLEEN	NORRIS	GELVAN	F	68	65-69F	1.28.53	1
611	1902	1089	HELEN	ERLANK	ACH	F	43	40-44F	1.29.07	1
612	2088	942	EDITH	MAC GEAR	CHARLO	F	58	55-59F	1.29.13	1
613	2124	11424	ZIZIPHO	MSEBENZI	TEMP	F	26	SF	1.29.28	0
614	1994	11994	LORNA	VIVIERS	TEMP	F	42	40-44F	1.29.37	0
615	1739	1253	ANNELIE	VAN DER MERWE	ELITEAC	F	47	45-49F	1.30.25	1
616	1731	94	DENISE	TERBLANCHE	INFINITY	F	78	70+F	1.30.25	1
617	1932	11932	LILONKE	QUNTA	TEMP	F	28	SF	1.31.33	0
618	1888	11888	WENDY	NEL	TEMP	F	79	70+F	1.31.52	0
619	1928	11928	SONE	PRETORIUS	TEMP	F	63	60-64F	1.31.55	0
620	1950	11950	MARQUERITE	STRYDOM	TEMP	F	44	40-44F	1.32.56	0
621	2140	11440	NOKUKHANYA	NGECE	TEMP	F	40	40-44F	1.32.58	0
622	1794	1794	NADIA	VAN WYK	TEMP	F	49	45-49F	1.33.09	0
623	2284	916	SHARON	VAN ZYL	CHARLO	F	49	45-49F	1.34.09	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
624	2177	972	CONRAD	VENTER	CHARLO	M	34	SM	1.34.10	1
625	1783	10783	ASANDA	LWANA	TEMP	F	43	40-44F	1.34.24	0
626	1618	2116	LYNN	LANDMAN	SAPPE	M	56	55-59M	1.34.24	1
627	1617	3177	CHRISNA	LANDMAN	MUIRITE	F	52	50-54F	1.34.25	1
628	2132	11432	SONIA	SHARE	TEMP	F	59	55-59F	1.34.28	0
629	2272	40440	MATTHEW	HECHTER	ELITEAC	M	14	JM	1.35.44	1
630	2086	995	BERNADETTE	LOOCK	CHARLO	F	46	45-49F	1.35.55	1
631	2277	1766	GODFREY	KARIEM	GELVAN	M	85	70+M	1.36.50	1
632	1607	1650	PIERRE	KNOESEN	MADIBA	M	71	70+M	1.36.53	1
633	1941	11941	RUTH	SCHNETLER	TEMP	F	21	SF	1.37.26	0
634	2164	936	MARGOT	SCHNETLER	CHARLO	F	48	45-49F	1.37.31	1
635	2143	11443	JONGIKAYA	PASIYA	TEMP	M	32	SM	1.37.42	0
636	2294	929	ANUSHA	NAIDU	CHARLO	F	58	55-59F	1.38.49	1
637	1871	11871	VUYOKAZI	MATIKA	TEMP	F	41	40-44F	1.42.11	0
638	1870	11870	BONAKELE	MATIKA	TEMP	M	40	40-44M	1.42.11	0
639	1897	11897	TANYA	NYANDORO	TEMP	F	35	35-39F	1.44.02	0
640	1770	10770	NOMFUND	NKILINKILI	TEMP	F	39	35-39F	1.44.03	0
HELPERS RUN										
H1	1	619	BRETT	HOLMES	ASPEN	M	51	50-54M	0.45.27	3
H2	2	607	JOHN	NELSON	ASPEN	M	51	50-54M	0.45.27	3
H3	3	634	JO-ANNE	FORSON	ASPEN	F	38	35-39F	0.49.10	2
H4	4	1229	NATASCIA	DE RIDDER	ELITEAC	F	47	45-49F	0.49.24	3
H5	5	2798	LUNGILE	ZINTO	ASPEN	M	38	35-39M	0.49.39	2
H6	6	650	TAFADZWA	MARAMBIRE	ASPEN	M	42	40-44M	0.49.54	2
H7	7	1230	PHILLIP	DE RIDDER	ELITEAC	M	49	45-49M	0.49.59	2
H8	8	40073	STACEY	DE RIDDER	ELITEAC	F	16	JF	0.54.09	1
H9	9	3161	SIVUYILE	TSHINGI	ASPEN	M	40	40-44M	0.05.45	5
H10	10	618	KELLY	HOLMES	ASPEN	F	48	45-49F	0.55.05	1
H11	1641	1247	LISLE	MATTHEWS	ELITEAC	F	51	50-54F	0.55.34	2
H12	1532	1234	DEWALD	DEYSEL	ELITEAC	M	43	40-44M	0.57.45	1
H13	13	629	AKHONA	MOSIANE	ASPEN	F	38	35-39F	0.58.49	1
H14	14	2094	NOZIE	GWILI	ASPEN	F	42	40-44F	0.59.59	1
H15	15	2192	TIMOTHY	WILSON	ASPEN	M	32	SM	1.00.42	1
H16	16	611	HAYLEY	NEWING	ASPEN	F	41	40-44F	1.01.58	1
H17	17	615	KATHERINE	NEL	ASPEN	F	36	35-39F	1.01.58	1
H18	18	3057	TIMOTHY	WILLIAMS	ASPEN	M	40	40-44M	1.02.11	1
H19	19	633	DAVID	NEL	ASPEN	M	38	35-39M	1.02.13	1
H20	20	1309	GERALD	PIETERSEN	VWAC	M	45	45-49M	1.03.08	1
H21	21	889	PETER	POHLMANN	CHARLO	M	62	60-64M	1.03.34	1
H22	1733	1325	SHANNON	THEOBALD	NEDBANK	F	50	50-54F	1.03.44	1
H23	1640	1237	HERMAN	MATTHEWS	ELITEAC	M	51	50-54M	1.05.36	1
H24	24	625	YOLANDA	SIDWABA	ASPEN	F	34	SF	1.05.58	1
H25	1670	1286	SHANDRY	NAZER	VWAC	F	37	35-39F	1.06.21	1
H26	26	3160	WANDILE	TSHINGI	ASPEN	M	38	35-39M	1.07.49	1
H27	27	609	BONGANI	NGCALA	ASPEN	M	34	SM	1.11.59	1
H28	28	628	CT	JACOBS	ASPEN	M	41	40-44M	1.12.42	1
H29	29	654	SIMONÉ	JACOBS	ASPEN	F	40	40-44F	1.12.49	1
H30	30	612	MANDY	SAPTOE	ASPEN	F	41	40-44F	1.13.15	1
H31	31	645	KHULISO	NEPHALAMA	ASPEN	M	35	35-39M	1.18.04	1
H32	32	1155	JAMES	WILSON	ASPEN	M	58	55-59M	1.18.04	1
H33	1622	1417	GENEVIEVE	LAYCOCK	NEDBANK	F	56	55-59F	1.22.56	1
H34	34	947	GANIEF	DAVIDS	CHARLO	M	59	55-59M	1.22.56	1

POS	RNO	LICNO	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
H35	2031	93	STEPHANIE	HAY	INFINITY	F	70	70+F	1.29.32	1