

SUNRIDGE COMMUNITY 10KM - LONDT PARK GQEBERHA - 2025/03/22

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|-----|-----|-------|-------------|-----------|----------|-----|-----|--------|---------|-----|
| 1 | 263 | 1361 | ANDILE | MOTWANA | NEDBANK | M | 28 | SM | 0.31.02 | 5 |
| 2 | 531 | 1338 | SIBAHLE | MAQWARA | NEDBANK | M | 23 | SM | 0.32.15 | 5 |
| 3 | 269 | 948 | XOLISA | NDLUMBINI | CHARLO | M | 42 | 40-44M | 0.32.55 | 5 |
| 4 | 599 | 1354 | ANDRE | KETCHEM | NEDBANK | M | 41 | 40-44M | 0.33.11 | 5 |
| 5 | 621 | 2253 | KHAYA | GQWETHA | VUKANI | M | 39 | 35-39M | 0.33.39 | 5 |
| 6 | 553 | 1462 | RODNEY | PRINS | NEDBANK | M | 36 | 35-39M | 0.33.57 | 5 |
| 7 | 118 | 1942 | GEORGE | NTSHILIZA | BLUEBAY | M | 45 | 45-49M | 0.34.11 | 5 |
| 8 | 466 | 2278 | MAIXOLE | NTLOKO | VUKANI | M | 35 | 35-39M | 0.35.02 | 5 |
| 9 | 410 | 1999 | JENIEL | ZANA | RUN4C | M | 29 | SM | 0.35.52 | 5 |
| 10 | 604 | 400 | LEBOHANG | SENTI | IKHAMVA | M | 38 | 35-39M | 0.36.07 | 5 |
| 11 | 646 | 40378 | ANTON | AVENATHI | SIBALEKA | M | 17 | JM | 0.36.12 | 4 |
| 12 | 243 | 1391 | MNCEDI | KHANTI | NEDBANK | M | 45 | 45-49M | 0.36.15 | 5 |
| 13 | 625 | 40005 | BULUMKO | MALINGA | NEDBANK | M | 18 | JM | 0.37.03 | 4 |
| 14 | 567 | 2219 | MASANDE | MLONYENI | SIBALEKA | M | 44 | 40-44M | 0.37.18 | 5 |
| 15 | 1 | 1211 | NOEL | ADAMS | ELITEAC | M | 52 | 50-54M | 0.37.22 | 5 |
| 16 | 182 | 2690 | JEMAIN | WILSON | VITALITY | M | 37 | 35-39M | 0.37.58 | 4 |
| 17 | 122 | 1931 | SIYANDA | PETER | BLUEBAY | M | 36 | 35-39M | 0.38.17 | 4 |
| 18 | 184 | 1443 | DENYS | WOLMARANS | NEDBANK | M | 46 | 45-49M | 0.38.44 | 5 |
| 19 | 297 | 950 | CHARLES | SEGALO | CHARLO | M | 38 | 35-39M | 0.38.48 | 4 |
| 20 | 343 | 1343 | RAYNARD | TISSINK | TEMP | M | 51 | 50-54M | 0.38.54 | 0 |
| 21 | 422 | 1422 | ICHUMILE | MACHAKA | TEMP | M | 16 | JM | 0.39.02 | 0 |
| 22 | 523 | 1847 | MHLENGI | MAHLABA | HOLLYWOO | M | 33 | SM | 0.39.04 | 3 |
| 23 | 611 | 1406 | REFELOE | SOLOMONS | NEDBANK | F | 43 | 40-44F | 0.39.09 | 5 |
| 24 | 67 | 2089 | SIPHESIHLE | JOJA | SANDFEP | M | 26 | SM | 0.39.23 | 3 |
| 25 | 270 | 908 | KAYLA | NELL | CHARLO | F | 30 | SF | 0.39.29 | 5 |
| 26 | 277 | 931 | ANDILE | NYOKA | CHARLO | M | 52 | 50-54M | 0.39.38 | 5 |
| 27 | 647 | 40385 | SENZO | NDZOTOYI | SIBALEKA | M | 16 | JM | 0.39.50 | 3 |
| 28 | 78 | 40004 | DANIEL | KRUGER | NEDBANK | M | 17 | JM | 0.39.57 | 3 |
| 29 | 595 | 217 | SAPHO | NKATA | CSEP | M | 47 | 45-49M | 0.39.58 | 5 |
| 30 | 179 | 1255 | ERROL | WHITTAL | ELITEAC | M | 49 | 45-49M | 0.40.15 | 4 |
| 31 | 264 | 993 | THEMBEKILE | MSIPA | CHARLO | M | 50 | 50-54M | 0.40.29 | 5 |
| 32 | 556 | 1213 | SEBASTIAN | KLEU | ELITEAC | M | 49 | 45-49M | 0.40.31 | 4 |
| 33 | 458 | 814 | BIANCA | MEISTRE | 32GI | F | 39 | 35-39F | 0.40.35 | 5 |
| 34 | 648 | 1436 | NTSIKELELO | SEBE | NEDBANK | M | 42 | 40-44M | 0.40.49 | 3 |
| 35 | 344 | 1344 | JORDAN | TISSINK | TEMP | F | 23 | SF | 0.40.52 | 0 |
| 36 | 492 | 3029 | SIYANDA | BUTHELEZI | UNKNOWN | M | 27 | SM | 0.40.58 | 0 |
| 37 | 469 | 2581 | AMOGELANG | SEHLWANA | MADIBAZ | M | 21 | SM | 0.41.04 | 3 |
| 38 | 465 | 205 | ZUKISANI | NJOKWENI | CSEP | M | 35 | 35-39M | 0.41.06 | 3 |
| 39 | 220 | 878 | DANE | CRONJE | CHARLO | F | 27 | SF | 0.41.10 | 4 |
| 40 | 123 | 539 | SERGIO | PETERSON | RUN4C | M | 46 | 45-49M | 0.41.18 | 4 |
| 41 | 542 | 1405 | NTOMBESINTU | MFUNZI | NEDBANK | F | 43 | 40-44F | 0.41.44 | 5 |
| 42 | 32 | 40072 | JADEN | DE RIDDER | ELITEAC | M | 19 | JM | 0.42.03 | 2 |
| 43 | 13 | 49 | PHIL | BRADLEY | SAPPE | M | 41 | 40-44M | 0.42.09 | 3 |
| 44 | 133 | 40564 | WIAN | ROBERTS | SCHOOL | M | 16 | JM | 0.42.14 | 2 |
| 45 | 291 | 955 | SIVUYILE | SCHEEPERS | CHARLO | M | 31 | SM | 0.42.19 | 2 |
| 46 | 653 | 1807 | THAMSANQA | MANGI | BATHURST | M | 40 | 40-44M | 0.42.26 | 3 |
| 47 | 491 | 40560 | RUBEN | BOUWER | SCHOOL | M | 16 | JM | 0.42.28 | 2 |
| 48 | 272 | 897 | NKONGELEKO | NGCOSHOLO | CHARLO | M | 33 | SM | 0.42.47 | 2 |
| 49 | 287 | 985 | CHRISTOFF | PUREN | CHARLO | M | 34 | SM | 0.42.58 | 2 |
| 50 | 661 | 1392 | ZOLANI | MABONGO | NEDBANK | M | 38 | 35-39M | 0.43.00 | 2 |
| 51 | 626 | 40185 | OLWETHU | LINKS | NEDBANK | M | 17 | JM | 0.43.15 | 2 |
| 52 | 516 | 40561 | KYLE | BARKER | SCHOOL | M | 16 | JM | 0.43.20 | 2 |
| 53 | 594 | 210 | SANELE | SAM | CSEP | M | 32 | SM | 0.43.24 | 2 |
| 54 | 100 | 40085 | ABBIE | MITCHELL | MADIBAZ | F | 18 | JF | 0.43.30 | 3 |
| 55 | 232 | 1848 | PHAPHAMA | GLADILE | HOLLYWOO | M | 35 | 35-39M | 0.43.37 | 2 |
| 56 | 527 | 731 | GAVIN | ROGERS | CRUSADE | M | 60 | 60-64M | 0.44.05 | 5 |
| 57 | 239 | 919 | KELVIN | JOOSTE | CHARLO | M | 38 | 35-39M | 0.44.22 | 2 |
| 58 | 563 | 1652 | HEIN | LODEWYKS | MADIBA | M | 42 | 40-44M | 0.44.35 | 2 |
| 59 | 382 | 1382 | SIPHUMELELE | MELAPHI | TEMP | M | 16 | JM | 0.44.49 | 0 |
| 60 | 259 | 938 | THOBELO | MFIKILI | CHARLO | M | 38 | 35-39M | 0.44.51 | 2 |
| 61 | 288 | 957 | PIERRE | RENSHAW | CHARLO | M | 51 | 50-54M | 0.44.53 | 3 |
| 62 | 575 | 2251 | BABONKE | DINGA | VUKANI | M | 36 | 35-39M | 0.45.00 | 2 |
| 63 | 596 | 2328 | MZWANELE | NQOQO | VUKANI | M | 47 | 45-49M | 0.45.15 | 2 |
| 64 | 487 | 1394 | DAVERA | MAGSON | NEDBANK | F | 50 | 50-54F | 0.45.18 | 5 |
| 65 | 252 | 898 | PATRIC | MAKWENKWE | CHARLO | M | 58 | 55-59M | 0.45.21 | 3 |
| 66 | 574 | 2304 | QAQAMBA | MATUNDU | VUKANI | F | 26 | SF | 0.45.26 | 2 |
| 67 | 546 | 1922 | JC | STEVENS | BLUEBAY | M | 32 | SM | 0.45.34 | 2 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|-----|-----|-------|-------------|--------------|----------|-----|-----|--------|---------|-----|
| 68 | 496 | 1216 | WESSEL | WOLMARANS | ELITEAC | M | 47 | 45-49M | 0.45.40 | 2 |
| 69 | 207 | 970 | MALCOLM | BLANDY | CHARLO | M | 43 | 40-44M | 0.45.42 | 2 |
| 70 | 489 | 1083 | ALAN | TAYLOR | ACH | M | 67 | 65-69M | 0.45.57 | 5 |
| 71 | 649 | 5349 | PRINCE | PHILLIPS | TEMP | M | 61 | 60-64M | 0.46.02 | 0 |
| 72 | 502 | 14255 | DANIELLE | STANDER | ATC | F | 26 | SF | 0.46.03 | 0 |
| 73 | 261 | 964 | JUSTIN | MOGRIDGE | CHARLO | M | 36 | 35-39M | 0.46.05 | 2 |
| 74 | 414 | 1133 | HENKE | ACKERMANN | 32GI | M | 31 | SM | 0.46.25 | 2 |
| 75 | 2 | 342 | JONATHAN | BAKKER | MUIRITE | M | 33 | SM | 0.46.28 | 2 |
| 76 | 550 | 1293 | THEMBINKOSI | STOKWE | VWAC | M | 46 | 45-49M | 0.46.36 | 2 |
| 77 | 562 | 1451 | ELROY | MATTHEWS | NEDBANK | M | 55 | 55-59M | 0.46.40 | 3 |
| 78 | 639 | 2514 | TEDDY | PRUSENT | MADIBAZ | M | 36 | 35-39M | 0.46.41 | 2 |
| 79 | 525 | 63 | MPUMELELO | MBALI | SAPPE | M | 34 | SM | 0.46.53 | 2 |
| 80 | 262 | 1590 | ANNEKE | MOORE | DESPATCH | F | 41 | 40-44F | 0.46.54 | 3 |
| 81 | 390 | 1390 | JUDE | ROSS | TEMP | M | 29 | SM | 0.47.07 | 0 |
| 82 | 586 | 1037 | CHESTER | BROOKS | XCEL | M | 67 | 65-69M | 0.47.14 | 5 |
| 83 | 541 | 55 | SIMCELILE | SITHEMBU | SAPPE | M | 33 | SM | 0.47.16 | 2 |
| 84 | 309 | 1010 | JAN | VAN EEDEN | NEDBANK | M | 66 | 65-69M | 0.47.22 | 5 |
| 85 | 630 | 1301 | KIAN | TERBLANCHE | TEMP | M | 27 | SM | 0.47.31 | 0 |
| 86 | 74 | 1866 | SIPHAMANDLA | KOKO | HOLLYWOO | M | 35 | 35-39M | 0.47.35 | 2 |
| 87 | 446 | 2571 | LAUREN | BOOYSEN | MADIBAZ | F | 26 | SF | 0.47.38 | 2 |
| 88 | 590 | 1957 | HENRY | PIENAAR | BLUEBAY | M | 53 | 50-54M | 0.47.44 | 2 |
| 89 | 176 | 1845 | MAWETHU | PLATYI | HOLLYWOO | M | 44 | 40-44M | 0.47.47 | 2 |
| 90 | 576 | 811 | TIM | PARKIN | 32GI | M | 45 | 45-49M | 0.47.47 | 2 |
| 91 | 589 | 1042 | EUGENE | VAN WYK | XCEL | M | 53 | 50-54M | 0.48.02 | 2 |
| 92 | 558 | 1676 | ANTHONY | BUTTON | MADIBA | M | 63 | 60-64M | 0.48.03 | 3 |
| 93 | 202 | 881 | SHAUN | ATTENBOROUGH | CHARLO | M | 56 | 55-59M | 0.48.04 | 3 |
| 94 | 544 | 22391 | MARIA | BENDANA | TV | F | 57 | 55-59F | 0.48.05 | 0 |
| 95 | 424 | 1424 | IAN | MILLS | TEMP | M | 31 | SM | 0.48.07 | 0 |
| 96 | 19 | 546 | ANOLD | CHIYAMA | RUN4C | M | 39 | 35-39M | 0.48.12 | 2 |
| 97 | 271 | 887 | LYNNE | NEUBERT | CHARLO | F | 52 | 50-54F | 0.48.13 | 4 |
| 98 | 345 | 1345 | WERNER | MEYER | TEMP | M | 51 | 50-54M | 0.48.18 | 0 |
| 99 | 173 | 40076 | KYLIE | VERMAAK | ELITEAC | F | 17 | JF | 0.48.19 | 2 |
| 100 | 48 | 1659 | HANNES | ELS | MADIBA | M | 75 | 70+M | 0.48.33 | 5 |
| 101 | 652 | 2477 | LEHLOHONOLO | THOKOA | ABSAEP | M | 44 | 40-44M | 0.48.37 | 2 |
| 102 | 449 | 1597 | EDVIN | DONLEY | DESPATCH | M | 47 | 45-49M | 0.48.45 | 2 |
| 103 | 387 | 1387 | JAYDENE | TEE | TEMP | F | 14 | JF | 0.48.45 | 0 |
| 104 | 111 | 1326 | ARNO | NEL | NEDBANK | M | 47 | 45-49M | 0.48.47 | 2 |
| 105 | 305 | 1212 | BURNITA | STRYDOM | ELITEAC | F | 56 | 55-59F | 0.48.54 | 5 |
| 106 | 140 | 283 | LORENZO | SAMUELS | MUIRITE | M | 40 | 40-44M | 0.49.03 | 2 |
| 107 | 598 | 259 | LINDIKHAYA | NTEYI | TINARHA | M | 45 | 45-49M | 0.49.09 | 2 |
| 108 | 514 | 51717 | VUKA | SAM | ORMAMBA | M | 48 | 45-49M | 0.49.12 | 0 |
| 109 | 515 | 52663 | ZUKISWA | SAM | MERCEDES | F | 42 | 40-44F | 0.49.12 | 0 |
| 110 | 629 | 1304 | LINDSAY | PETERS | VWAC | M | 41 | 40-44M | 0.49.13 | 2 |
| 111 | 560 | 1282 | SEBASTIAN | HAARHOFF | VWAC | M | 47 | 45-49M | 0.49.15 | 2 |
| 112 | 77 | 1687 | RUDI | KRIEL | MADIBA | M | 35 | 35-39M | 0.49.15 | 2 |
| 113 | 314 | 1314 | DAWID | KEYSER | TEMP | M | 46 | 45-49M | 0.49.25 | 0 |
| 114 | 34 | 1230 | PHILLIP | DE RIDDER | ELITEAC | M | 48 | 45-49M | 0.49.27 | 2 |
| 115 | 434 | 1434 | RODNEY | WITBOOI | TEMP | M | 53 | 50-54M | 0.49.27 | 0 |
| 116 | 635 | 2288 | BONKE | GOYI | VUKANI | M | 36 | 35-39M | 0.49.32 | 2 |
| 117 | 255 | 952 | CINDY | MARAIS | CHARLO | F | 47 | 45-49F | 0.49.33 | 2 |
| 118 | 628 | 1069 | WAYNE | MITCHELL | ACH | M | 52 | 50-54M | 0.49.38 | 2 |
| 119 | 627 | 1073 | CONNOR | MITCHELL | ACH | M | 21 | SM | 0.49.39 | 1 |
| 120 | 572 | 1564 | LEON | WEITSZ | DESPATCH | M | 50 | 50-54M | 0.49.43 | 2 |
| 121 | 256 | 999 | THOMAS | MARAIS | CHARLO | M | 38 | 35-39M | 0.49.45 | 2 |
| 122 | 18 | 1683 | JERHARD | BURRELL | MADIBA | M | 36 | 35-39M | 0.49.46 | 2 |
| 123 | 584 | 2322 | XOLANI | NTEYI | VUKANI | M | 46 | 45-49M | 0.49.48 | 2 |
| 124 | 585 | 2311 | SITHA | SIGENU | VUKANI | F | 41 | 40-44F | 0.49.49 | 2 |
| 125 | 366 | 1366 | KRISTEN | LAWSON | TEMP | F | 32 | SF | 0.49.51 | 0 |
| 126 | 431 | 1431 | AYABONGA | TSHUNGWANA | TEMP | M | 31 | SM | 0.49.57 | 0 |
| 127 | 76 | 1661 | LISA | KREUSCH | MADIBA | F | 38 | 35-39F | 0.49.57 | 2 |
| 128 | 219 | 40567 | ETHAN | COUTTS | SCHOOL | M | 17 | JM | 0.50.02 | 1 |
| 129 | 564 | 1444 | MFUNDISO | LUVALO | NEDBANK | M | 55 | 55-59M | 0.50.02 | 2 |
| 130 | 216 | 1583 | JUANITA | CLAASSEN | DESPATCH | F | 36 | 35-39F | 0.50.16 | 2 |
| 131 | 69 | 40563 | Ruben | Keyser | SCHOOL | M | 13 | JM | 0.50.32 | 1 |
| 132 | 299 | 1461 | VUYISILE | SIMAYILE | NEDBANK | M | 38 | 35-39M | 0.50.36 | 1 |
| 133 | 537 | 1554 | HELGARD | POTGIETER | DESPATCH | M | 53 | 50-54M | 0.50.41 | 2 |
| 134 | 24 | 1954 | LEONARD | CONRADIE | BLUEBAY | M | 70 | 70+M | 0.50.44 | 3 |
| 135 | 427 | 1427 | WALDIMAR | ROSSLEE | TEMP | M | 44 | 40-44M | 0.50.51 | 0 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|-----|-----|-------|--------------|-----------------|----------|-----|-----|--------|---------|-----|
| 136 | 426 | 1426 | LEANDRA | ROSSLEE | TEMP | F | 40 | 40-44F | 0.50.53 | 0 |
| 137 | 33 | 1229 | NATASCIA | DE RIDDER | ELITEAC | F | 46 | 45-49F | 0.51.05 | 2 |
| 138 | 641 | 1360 | SITHEMBILE | MPAKO | NEDBANK | M | 64 | 60-64M | 0.51.07 | 2 |
| 139 | 292 | 1007 | JANETTE | SCHIERZ-CRUSIUS | BODYCON | F | 64 | 60-64F | 0.51.12 | 5 |
| 140 | 267 | 2169 | Willy-Dean | Myburgh | CHARLO | M | 29 | SM | 0.51.23 | 1 |
| 141 | 180 | 1200 | JANINE | WHITTAL | ELITEAC | F | 43 | 40-44F | 0.51.25 | 2 |
| 142 | 205 | 949 | WELCOME | BASKITI | CHARLO | M | 57 | 55-59M | 0.51.31 | 2 |
| 143 | 457 | 1639 | VANDRE | NEL | MADIBA | M | 40 | 40-44M | 0.51.33 | 1 |
| 144 | 302 | 1642 | NICO | SMITH | MADIBA | M | 39 | 35-39M | 0.51.33 | 1 |
| 145 | 130 | 2799 | JEAN-PERI | REDOÑA | ASPEN | M | 37 | 35-39M | 0.51.37 | 1 |
| 146 | 295 | 1075 | GAVIN | SCHONKNECHT | ACH | M | 57 | 55-59M | 0.51.39 | 2 |
| 147 | 384 | 1384 | JUNIOR | DUBA | TEMP | M | 23 | SM | 0.51.42 | 0 |
| 148 | 367 | 1367 | WARRICK | DE KOCK | TEMP | M | 35 | 35-39M | 0.51.47 | 0 |
| 149 | 485 | 52360 | WESLEY | MERRICK | VITAL | M | 31 | SM | 0.51.48 | 0 |
| 150 | 616 | 1412 | RAYMOND | WEITZ | NEDBANK | M | 70 | 70+M | 0.51.50 | 3 |
| 151 | 543 | 2050 | BILLY BOY | KIETAS | VWAC | M | 50 | 50-54M | 0.51.53 | 2 |
| 152 | 522 | 9522 | LUVUYO | BANGAZI | TEMP | M | 48 | 45-49M | 0.52.03 | 0 |
| 153 | 88 | 1876 | SBONISIPHO | MANQELE | HOLLYWOO | M | 27 | SM | 0.52.06 | 1 |
| 154 | 84 | 741 | MARGARET | LLOYD | CRUSADE | F | 61 | 60-64F | 0.52.14 | 4 |
| 155 | 591 | 1614 | ISCHKE | LAMBRECHTS | DESPATCH | F | 41 | 40-44F | 0.52.17 | 2 |
| 156 | 93 | 2535 | SAMALESU | MAYONDE | MADIBAZ | M | 40 | 40-44M | 0.52.20 | 1 |
| 157 | 472 | 1696 | JANET | VAN NIEKERK | MADIBA | F | 48 | 45-49F | 0.52.20 | 2 |
| 158 | 540 | 1275 | PLAAITJIE | DAMONS | VWAC | M | 61 | 60-64M | 0.52.20 | 2 |
| 159 | 244 | 1236 | STEPHEN | KLUE | ELITEAC | M | 66 | 65-69M | 0.52.25 | 2 |
| 160 | 43 | 1609 | WILLEMEN | DU RANDT | DESPATCH | F | 50 | 50-54F | 0.52.38 | 2 |
| 161 | 95 | 1427 | CHAD | MCLEAN | NEDBANK | M | 27 | SM | 0.52.44 | 1 |
| 162 | 505 | 1703 | JAIME | ALCOCK | MADIBA | F | 22 | SF | 0.52.44 | 1 |
| 163 | 418 | 1418 | JOHAN | DYER | TEMP | M | 17 | JM | 0.52.45 | 0 |
| 164 | 624 | 40192 | JODY | FLEURS | GELVAN | M | 16 | JM | 0.52.45 | 1 |
| 165 | 354 | 1354 | FRIKKIE | DU PLESSIS | TEMP | M | 44 | 40-44M | 0.52.48 | 0 |
| 166 | 501 | 375 | MARIUS | STANDER | IKHAMVA | M | 57 | 55-59M | 0.52.53 | 2 |
| 167 | 70 | 1450 | NKHATHALLENG | KHIBA | NEDBANK | F | 43 | 40-44F | 0.53.00 | 2 |
| 168 | 204 | 1043 | DAVID | BAINS | XCEL | M | 58 | 55-59M | 0.53.07 | 2 |
| 169 | 12 | 1205 | ALISON | BOWKER | ELITEAC | F | 36 | 35-39F | 0.53.08 | 1 |
| 170 | 513 | 1300 | VERNON | NAIDOO | VWAC | M | 56 | 55-59M | 0.53.17 | 2 |
| 171 | 512 | 1265 | ANDILE | DLAMINI | VWAC | M | 51 | 50-54M | 0.53.18 | 1 |
| 172 | 374 | 1374 | GUNTHER | PRETORIUS | TEMP | M | 28 | SM | 0.53.23 | 0 |
| 173 | 551 | 1586 | MAUDY | BOTES | DESPATCH | F | 43 | 40-44F | 0.53.24 | 2 |
| 174 | 484 | 1637 | CHARL | MEISTRE | MADIBA | M | 40 | 40-44M | 0.53.28 | 1 |
| 175 | 248 | 885 | HANSEN | LUKA | CHARLO | M | 50 | 50-54M | 0.53.32 | 1 |
| 176 | 116 | 1846 | Simo | Nkanyuza | HOLLYWOO | M | 38 | 35-39M | 0.53.36 | 1 |
| 177 | 495 | 40077 | ILKE | WOLMARANS | ELITEAC | F | 17 | JF | 0.53.37 | 1 |
| 178 | 494 | 40504 | DANIEL | RICHTER | SCHOOL | M | 17 | JM | 0.53.37 | 1 |
| 179 | 451 | 2537 | IVAN | MOSES | MADIBAZ | M | 62 | 60-64M | 0.53.38 | 2 |
| 180 | 127 | 84 | PRASHAAN | RAGA | INFINITY | M | 26 | SM | 0.53.45 | 1 |
| 181 | 383 | 1458 | BENNETT | NAPOLEON | NEDBANK | M | 50 | 50-54M | 0.53.48 | 1 |
| 182 | 510 | 417 | PETER | MSIZA | CHILLIEP | M | 52 | 50-54M | 0.53.51 | 1 |
| 183 | 66 | 1351 | SHARON | JESSOP | NEDBANK | F | 55 | 55-59F | 0.53.57 | 2 |
| 184 | 221 | 1088 | PERCY | DALTON | ACH | M | 76 | 70+M | 0.53.59 | 2 |
| 185 | 521 | 1263 | KAHN | LANGFORD | VWAC | M | 46 | 45-49M | 0.54.03 | 1 |
| 186 | 274 | 911 | TANYA | NORRIS | CHARLO | F | 40 | 40-44F | 0.54.06 | 1 |
| 187 | 353 | 1353 | MCEBISI | MZINZI | TEMP | M | 41 | 40-44M | 0.54.11 | 0 |
| 188 | 655 | 1261 | FRANKLYN | HUMAN | VWAC | M | 49 | 45-49M | 0.54.25 | 1 |
| 189 | 480 | 1681 | DEAN | FINLAY | MADIBA | M | 58 | 55-59M | 0.54.32 | 1 |
| 190 | 128 | 391 | MLULEKI | RALA | IKHAMVA | M | 45 | 45-49M | 0.54.38 | 1 |
| 191 | 413 | 1134 | ANICA | ACKERMANN | 32GI | F | 29 | SF | 0.54.41 | 1 |
| 192 | 478 | 1031 | IVO | MEYER | BODYCON | M | 50 | 50-54M | 0.54.44 | 1 |
| 193 | 406 | 883 | LINDI | VAN TONDER | CHARLO | F | 47 | 45-49F | 0.54.51 | 1 |
| 194 | 364 | 1364 | WANDISILE | MBAGANE | TEMP | M | 34 | SM | 0.54.51 | 0 |
| 195 | 22 | 285 | VANESSA | COETZEE | MUIRITE | F | 48 | 45-49F | 0.54.52 | 1 |
| 196 | 662 | 1403 | BABALWA | NGCOKO | NEDBANK | F | 37 | 35-39F | 0.55.02 | 1 |
| 197 | 318 | 1318 | GWEN | LOMBARD | TEMP | F | 41 | 40-44F | 0.55.06 | 0 |
| 198 | 617 | 2295 | ZOLANI | MQOQI | VUKANI | M | 48 | 45-49M | 0.55.16 | 1 |
| 199 | 211 | 967 | MIKE | BURGER | CHARLO | M | 65 | 65-69M | 0.55.17 | 2 |
| 200 | 504 | 650 | TAFADZWA | MARAMBIRE | ASPEN | M | 42 | 40-44M | 0.55.27 | 1 |
| 201 | 619 | 2785 | Zenita | Durrheim | ASPEN | F | 46 | 45-49F | 0.55.30 | 1 |
| 202 | 247 | 1290 | MARTIN | LEWIES | VWAC | M | 50 | 50-54M | 0.55.31 | 1 |
| 203 | 304 | 1560 | PIETER | STRYDOM | DESPATCH | M | 63 | 60-64M | 0.55.33 | 1 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|-----|-----|-------|------------|--------------------|----------|-----|-----|--------|---------|-----|
| 204 | 358 | 1358 | APIWE | NGOMA | TEMP | M | 25 | SM | 0.55.36 | 0 |
| 205 | 597 | 1575 | LESLEY-ANN | BUSH | DESPATCH | F | 52 | 50-54F | 0.55.37 | 2 |
| 206 | 528 | 727 | ANGELA | ROGERS | CRUSADE | F | 55 | 55-59F | 0.55.39 | 2 |
| 207 | 453 | 21 | NADIA | WESSELS | PEAAC | F | 54 | 50-54F | 0.55.41 | 2 |
| 208 | 377 | 1377 | ETHAN | BRUWER | TEMP | M | 18 | JM | 0.55.47 | 0 |
| 209 | 580 | 1215 | PIERRE | BELLEW | ELITEAC | M | 35 | 35-39M | 0.55.50 | 1 |
| 210 | 251 | 1291 | ASHENDA | MAKONIE | VWAC | F | 49 | 45-49F | 0.55.53 | 1 |
| 211 | 529 | 327 | ELWIN | WOODS | MUIRITE | M | 61 | 60-64M | 0.56.02 | 1 |
| 212 | 300 | 930 | IMKE | SMIT | CHARLO | F | 36 | 35-39F | 0.56.04 | 1 |
| 213 | 68 | 723 | ALETTA | JOUBERT | CRUSADE | F | 63 | 60-64F | 0.56.05 | 2 |
| 214 | 474 | 1106 | ERROL | BLACK | ACH | M | 74 | 70+M | 0.56.05 | 2 |
| 215 | 54 | 1695 | CARLA | GILLWALD | MADIBA | F | 36 | 35-39F | 0.56.05 | 1 |
| 216 | 503 | 2154 | DELANI | THUSI | TRANSNET | M | 42 | 40-44M | 0.56.11 | 1 |
| 217 | 30 | 804 | VALMAINE | DE KLERK | 32GI | F | 47 | 45-49F | 0.56.13 | 1 |
| 218 | 587 | 1332 | THANDIWE | NKWANDLA | NEDBANK | F | 59 | 55-59F | 0.56.26 | 2 |
| 219 | 355 | 1355 | LINCOLN | JONKER | TEMP | M | 14 | JM | 0.56.27 | 0 |
| 220 | 189 | 2189 | BRAD | COCHRANE | TEMP | M | 52 | 50-54M | 0.56.33 | 0 |
| 221 | 423 | 1423 | DIANA | MARAI | TEMP | F | 67 | 65-69F | 0.56.33 | 0 |
| 222 | 369 | 1369 | MICHA | CRONJE | TEMP | F | 35 | 35-39F | 0.56.34 | 0 |
| 223 | 325 | 1325 | SCOTT | NADER | TEMP | M | 17 | JM | 0.56.36 | 0 |
| 224 | 230 | 1214 | BENITA | GERBER | ELITEAC | F | 60 | 60-64F | 0.56.37 | 2 |
| 225 | 378 | 1378 | VALMARIE | VAN DE VYVER | TEMP | F | 34 | SF | 0.56.40 | 0 |
| 226 | 581 | 1308 | NKULULEKO | CETYWAYO | VWAC | M | 48 | 45-49M | 0.56.42 | 1 |
| 227 | 618 | 792 | JACO | ROOS | 32GI | M | 36 | 35-39M | 0.56.43 | 1 |
| 228 | 21 | 15890 | GRANT | CLACK | RFLCG | M | 62 | 60-64M | 0.56.44 | 0 |
| 229 | 603 | 50856 | NICKY | SEGER | UNKNOWN | F | 51 | 50-54F | 0.56.45 | 0 |
| 230 | 10 | 1588 | JACQUES | BOTHA | DESPATCH | M | 50 | 50-54M | 0.56.45 | 1 |
| 231 | 588 | 1615 | STEPHANUS | LAMBRECHTS | DESPATCH | M | 42 | 40-44M | 0.56.46 | 1 |
| 232 | 552 | 1585 | GEORGE | BOTES | DESPATCH | M | 51 | 50-54M | 0.56.46 | 1 |
| 233 | 511 | 1192 | HEINZ | CONRAD | ELITEAC | M | 46 | 45-49M | 0.56.47 | 1 |
| 234 | 7 | 1208 | CHRISTINE | BIRD | ELITEAC | F | 53 | 50-54F | 0.56.56 | 1 |
| 235 | 409 | 1567 | JACOBUS | WYATT | DESPATCH | M | 61 | 60-64M | 0.56.59 | 1 |
| 236 | 51 | 765 | LESLIE | FERREIRA | CRUSADE | M | 29 | SM | 0.57.04 | 1 |
| 237 | 399 | 1399 | ZOLISWA | MKWETSHANA | TEMP | F | 37 | 35-39F | 0.57.05 | 0 |
| 238 | 61 | 628 | CT | JACOBS | ASPEN | M | 41 | 40-44M | 0.57.14 | 1 |
| 239 | 555 | 1937 | AMANDA | PRIDEAUX | BLUEBAY | F | 49 | 45-49F | 0.57.19 | 1 |
| 240 | 533 | 1299 | MICHAEL | SLATER | VWAC | M | 54 | 50-54M | 0.57.20 | 1 |
| 241 | 331 | 1331 | NICOLE | RHEEDER | TEMP | F | 26 | SF | 0.57.26 | 0 |
| 242 | 359 | 1359 | CARLI | BOTMA-KLEU | TEMP | F | 40 | 40-44F | 0.57.26 | 0 |
| 243 | 23 | 1850 | SIYABONGA | COKILE | HOLLYWOO | M | 48 | 45-49M | 0.57.30 | 1 |
| 244 | 532 | 1880 | MELUMZI | NORUSHU | HOLLYWOO | M | 56 | 55-59M | 0.57.33 | 1 |
| 245 | 45 | 1203 | ANNEMIE | DU TOIT | ELITEAC | F | 40 | 40-44F | 0.57.36 | 1 |
| 246 | 614 | 485 | WANDILE | BATAYI | RUN4C | M | 29 | SM | 0.57.38 | 1 |
| 247 | 316 | 1316 | ETIENNE | KOOPMAN | TEMP | M | 46 | 45-49M | 0.57.39 | 0 |
| 248 | 85 | 728 | PAUL | LUBBE | CRUSADE | M | 63 | 60-64M | 0.57.54 | 1 |
| 249 | 607 | 940 | GARY | NORTJE | CHARLO | M | 56 | 55-59M | 0.57.56 | 1 |
| 250 | 339 | 1339 | MXOLISI | TSHEZI | TEMP | M | 27 | SM | 0.57.57 | 0 |
| 251 | 433 | 1433 | RUAAN | WATSON | TEMP | M | 27 | SM | 0.57.58 | 0 |
| 252 | 373 | 1373 | MVELISO | MATHONTSI | TEMP | M | 35 | 35-39M | 0.58.04 | 0 |
| 253 | 14 | 2190 | ALAN | BROWNE | 32GI | M | 33 | SM | 0.58.08 | 1 |
| 254 | 169 | 2792 | SHEZELLE | VAN WYK | DESPATCH | F | 19 | SF | 0.58.09 | 1 |
| 255 | 135 | 750 | PIETER | ROUX | CRUSADE | M | 70 | 70+M | 0.58.15 | 1 |
| 256 | 601 | 2195 | TERENCE | LANTZ | ASPEN | M | 45 | 45-49M | 0.58.15 | 1 |
| 257 | 27 | 2656 | TENIELLE | DE ANDRADE | VITALITY | F | 39 | 35-39F | 0.58.18 | 1 |
| 258 | 479 | 1684 | MARLON | KOEN | MADIBA | M | 38 | 35-39M | 0.58.21 | 1 |
| 259 | 571 | 1565 | BONITA | WEITSZ | DESPATCH | F | 52 | 50-54F | 0.58.23 | 1 |
| 260 | 569 | 2523 | JOHANN | VAN DER MERWE | MADIBAZ | M | 61 | 60-64M | 0.58.28 | 1 |
| 261 | 408 | 876 | GEORGE | WINSHIP | CHARLO | M | 59 | 55-59M | 0.58.31 | 1 |
| 262 | 440 | 745 | KATHLEEN | FLANAGAN | CRUSADE | F | 39 | 35-39F | 0.58.32 | 1 |
| 263 | 138 | 1717 | ANTOINETTE | HUMAN | GELVAN | F | 56 | 55-59F | 0.58.38 | 1 |
| 264 | 141 | 1045 | YUSUF | SAMUELS | XCEL | M | 65 | 65-69M | 1.09.59 | 1 |
| 265 | 333 | 1333 | CARMEN | SAMPSON | TEMP | F | 35 | 35-39F | 0.58.39 | 0 |
| 266 | 246 | 1147 | GERMYINE | LEE | GELVAN | M | 39 | 35-39M | 0.58.41 | 1 |
| 267 | 257 | 1543 | SARETHA | MARAI | DESPATCH | F | 39 | 35-39F | 0.58.54 | 1 |
| 268 | 63 | 1594 | ADELE | JANSE VAN RENSBURG | DESPATCH | F | 54 | 50-54F | 0.58.56 | 1 |
| 269 | 566 | 2204 | ERROL | ROSSOUW | SIBALEKA | M | 75 | 70+M | 0.59.02 | 1 |
| 270 | 132 | 350 | MARIUS | ROACH | MUIRITE | M | 31 | SM | 0.59.03 | 1 |
| 271 | 632 | 851 | THANDO | FRANS | SPAREC | M | 47 | 45-49M | 0.59.04 | 1 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|-----|-----|-------|------------|----------------|----------|-----|-----|--------|---------|-----|
| 272 | 215 | 1219 | MELANIE | CHRISTIE | ELITEAC | F | 40 | 40-44F | 0.59.05 | 1 |
| 273 | 330 | 1330 | LAURE | PIETERSE | TEMP | M | 53 | 50-54M | 0.59.07 | 0 |
| 274 | 233 | 2593 | MLULEKI | GQOBOSE | MADIBAZ | M | 55 | 55-59M | 0.59.10 | 1 |
| 275 | 403 | 926 | TREVOR | VAN RENSBURG | CHARLO | M | 72 | 70+M | 0.59.11 | 1 |
| 276 | 329 | 1329 | TRISTAN | PARFITT | TEMP | M | 21 | SM | 0.59.13 | 0 |
| 277 | 428 | 1428 | JEAN | SEZOE | TEMP | M | 30 | SM | 0.59.19 | 0 |
| 278 | 201 | 1201 | CATHY | ALLERS | ELITEAC | F | 63 | 60-64F | 0.59.20 | 1 |
| 279 | 445 | 1292 | LEANNE | NAIDOO | VWAC | F | 51 | 50-54F | 0.59.21 | 1 |
| 280 | 322 | 1322 | MARYNA | MEYER | TEMP | F | 53 | 50-54F | 0.59.21 | 0 |
| 281 | 321 | 1321 | ANDREW | MEYER | TEMP | M | 51 | 50-54M | 0.59.21 | 0 |
| 282 | 348 | 1348 | LUKE | MOLLER | TEMP | M | 42 | 40-44M | 0.59.24 | 0 |
| 283 | 654 | 51136 | SIPHESIHLE | NGCEBETSHA | ZWELONKE | F | 28 | SF | 0.59.28 | 0 |
| 284 | 535 | 2519 | MOMELEZI | KULA | MADIBAZ | M | 47 | 45-49M | 0.59.39 | 1 |
| 285 | 35 | 40073 | STACEY | DE RIDDER | ELITEAC | F | 15 | JF | 0.59.43 | 1 |
| 286 | 214 | 903 | KESVAL | CHETTY | CHARLO | M | 60 | 60-64M | 0.59.44 | 1 |
| 287 | 386 | 1386 | BRIDGET | VAN DEN HEEVER | TEMP | F | 50 | 50-54F | 0.59.45 | 0 |
| 288 | 4 | 746 | JOHAN | BARNARD | CRUSADE | M | 70 | 70+M | 0.59.47 | 1 |
| 289 | 336 | 1336 | KHULILE | SIQITI | TEMP | M | 38 | 35-39M | 0.59.51 | 0 |
| 290 | 159 | 1420 | GRAEME | TING CHONG | NEDBANK | M | 56 | 55-59M | 0.59.56 | 1 |
| 291 | 156 | 1429 | RIKA | TERBLANCHE | NEDBANK | F | 47 | 45-49F | 0.59.59 | 1 |
| 292 | 389 | 1389 | DEMI | DA SILVA | TEMP | F | 26 | SF | 1.00.00 | 0 |
| 293 | 650 | 1335 | MEGAN | SPRIGGS | TEMP | F | 24 | SF | 1.00.11 | 0 |
| 294 | 620 | 2137 | CAROLINE | ALLEN | TRANSNET | F | 52 | 50-54F | 1.00.15 | 1 |
| 295 | 368 | 1368 | CHANTE | GOUWS | TEMP | F | 29 | SF | 1.00.17 | 0 |
| 296 | 437 | 2626 | SYLVAN | BLIGNAUT | MADIBAZ | M | 65 | 65-69M | 1.00.27 | 1 |
| 297 | 517 | 2266 | NDILEKA | MGCUWE | VUKANI | F | 46 | 45-49F | 1.00.34 | 1 |
| 298 | 506 | 1702 | LAUREN | ALCOCK | MADIBA | F | 24 | SF | 1.00.36 | 1 |
| 299 | 507 | 1623 | SUSAN | ALCOCK | MADIBA | F | 59 | 55-59F | 1.00.36 | 1 |
| 300 | 631 | 2345 | NOMFUSI | CESHEMBA | VUKANI | F | 42 | 40-44F | 1.00.37 | 1 |
| 301 | 467 | 1259 | SIYABULELA | RELU | VWAC | M | 47 | 45-49M | 1.00.38 | 1 |
| 302 | 281 | 1955 | DANIEL | PIETERSE | BLUEBAY | M | 62 | 60-64M | 1.00.40 | 1 |
| 303 | 577 | 2111 | GEROME | MINTOOR | ATLANTIC | M | 57 | 55-59M | 1.00.49 | 1 |
| 304 | 396 | 1396 | CHRISTOFF | SNYMAN | TEMP | M | 30 | SM | 1.00.49 | 0 |
| 305 | 208 | 1689 | SILKE | BOTHA | MADIBA | F | 28 | SF | 1.00.50 | 1 |
| 306 | 559 | 1617 | CHARMAINE | BUTTON | MADIBA | F | 61 | 60-64F | 1.00.52 | 1 |
| 307 | 235 | 954 | ANDREW | HIGGS | CHARLO | M | 53 | 50-54M | 1.00.54 | 1 |
| 308 | 481 | 1693 | WENDY | VENTER | MADIBA | F | 53 | 50-54F | 1.00.54 | 1 |
| 309 | 306 | 895 | GIANNI | TISTELLI | CHARLO | M | 53 | 50-54M | 1.00.59 | 1 |
| 310 | 520 | 1264 | LAVINIA | PIETERSE | VWAC | F | 50 | 50-54F | 1.01.02 | 1 |
| 311 | 420 | 1420 | TYRA | JACK | TEMP | F | 25 | SF | 1.01.07 | 0 |
| 312 | 167 | 1685 | MARTIE | VAN SCHALKWYK | MADIBA | F | 60 | 60-64F | 0.58.38 | 1 |
| 313 | 363 | 1363 | ZUKILE | MBASANE | TEMP | M | 43 | 40-44M | 1.01.10 | 0 |
| 314 | 280 | 960 | ADELE | PHIPPS | CHARLO | F | 56 | 55-59F | 1.01.23 | 1 |
| 315 | 332 | 1332 | RIAAN | ROSSOUW | TEMP | M | 53 | 50-54M | 1.01.24 | 0 |
| 316 | 660 | 1398 | MUTEKILE | RASMENI | NEDBANK | M | 60 | 60-64M | 1.01.25 | 1 |
| 317 | 454 | 2504 | WAYNE | MAC GEAR | MADIBAZ | M | 61 | 60-64M | 1.01.29 | 1 |
| 318 | 109 | 754 | CELESTIN | NDHLOVU | CRUSADE | M | 52 | 50-54M | 1.01.31 | 1 |
| 319 | 570 | 1191 | ELIZE | ADAMS | ELITEAC | F | 50 | 50-54F | 1.01.36 | 1 |
| 320 | 206 | 956 | NEELESH | BHANA | CHARLO | M | 53 | 50-54M | 1.01.37 | 1 |
| 321 | 464 | 2271 | LUVUYO | SIWUNDLA | VUKANI | M | 45 | 45-49M | 1.01.43 | 1 |
| 322 | 87 | 352 | ZUKO | MALIWA | IKHAMVA | M | 47 | 45-49M | 1.01.43 | 1 |
| 323 | 436 | 195 | JOHN | APPELS | CSEP | M | 50 | 50-54M | 1.01.52 | 1 |
| 324 | 656 | 1492 | DEON | VYVER | NEDBANK | M | 58 | 55-59M | 1.01.55 | 1 |
| 325 | 483 | 1920 | NOZBELE | MBETHE | BLUEBAY | F | 50 | 50-54F | 1.01.57 | 1 |
| 326 | 470 | 2503 | NONDUMISO | PHAKATHI | MADIBAZ | F | 43 | 40-44F | 1.01.59 | 1 |
| 327 | 145 | 848 | WAYNE | SCHOLTZ | 32GI | M | 44 | 40-44M | 1.02.00 | 1 |
| 328 | 538 | 1548 | TYLO | GERBER | DESPATCH | F | 19 | SF | 1.02.09 | 1 |
| 329 | 168 | 1582 | MARINET | VAN TONDER | DESPATCH | F | 46 | 45-49F | 1.02.14 | 1 |
| 330 | 536 | 1601 | ANIZE | GERBER | DESPATCH | F | 52 | 50-54F | 1.02.15 | 1 |
| 331 | 442 | 1551 | WERNER | OLIVIER | DESPATCH | M | 40 | 40-44M | 1.02.15 | 1 |
| 332 | 508 | 1271 | LEZELL | HARRIS | VWAC | F | 51 | 50-54F | 1.02.18 | 1 |
| 333 | 557 | 1547 | MADELEINE | GERBER | DESPATCH | F | 53 | 50-54F | 1.02.18 | 1 |
| 334 | 28 | 1057 | JARED | DE DONCKER | XCEL | M | 24 | SM | 1.02.22 | 1 |
| 335 | 640 | 892 | CHANTEL | HUYGEN | CHARLO | F | 40 | 40-44F | 1.02.23 | 1 |
| 336 | 360 | 1361 | LINDA | PAUTZ | TEMP | F | 44 | 40-44F | 1.02.25 | 0 |
| 337 | 539 | 1919 | JUANE | RETIEF | BLUEBAY | F | 31 | SF | 1.02.25 | 1 |
| 338 | 486 | 996 | PAULA | PEARCE | CHARLO | F | 56 | 55-59F | 1.02.35 | 1 |
| 339 | 443 | 130 | IGHSAAN | ISAACS | MALABAR | M | 59 | 55-59M | 1.02.38 | 1 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|-----|-----|-------|---------------|-------------------|----------|-----|-----|--------|---------|-----|
| 340 | 471 | 377 | NOBUNTU | MPONGWANA | IKHAMVA | F | 45 | 45-49F | 1.02.43 | 1 |
| 341 | 229 | 959 | JOHAN | GERBER | CHARLO | M | 46 | 45-49M | 1.02.49 | 1 |
| 342 | 448 | 1102 | KEN | BARWOOD | ACH | M | 69 | 65-69M | 1.02.50 | 1 |
| 343 | 435 | 204 | GAYNOR | APPELS | CSEP | F | 50 | 50-54F | 1.03.09 | 1 |
| 344 | 303 | 913 | SHARON | SMUTS | CHARLO | F | 58 | 55-59F | 1.03.18 | 1 |
| 345 | 209 | 298 | SANET | BOUCHER | MUIRITE | F | 45 | 45-49F | 1.03.19 | 1 |
| 346 | 381 | 1381 | AYANDA | SIKO | TEMP | M | 36 | 35-39M | 1.03.24 | 0 |
| 347 | 554 | 470 | JODI | PIENAAR | WALMER | M | 31 | SM | 1.03.27 | 1 |
| 348 | 284 | 902 | KRISH | PILLAY | CHARLO | M | 63 | 60-64M | 1.03.47 | 1 |
| 349 | 612 | 2332 | ANDILE | BOVUNGANA | VUKANI | M | 58 | 55-59M | 1.04.00 | 1 |
| 350 | 198 | 1998 | JUDY | GOMES | TEMP | F | 48 | 45-49F | 1.04.27 | 0 |
| 351 | 526 | 1592 | BENNIE | THYSSE | DESPATCH | M | 67 | 65-69M | 1.04.27 | 1 |
| 352 | 101 | 47 | ANDREW | MOSES | SAPPE | M | 52 | 50-54M | 1.04.30 | 1 |
| 353 | 638 | 9938 | CHRISTOPHER | NYODI | TEMP | M | 66 | 65-69M | 1.04.33 | 0 |
| 354 | 183 | 2192 | timothy | wilson | ASPEN | M | 31 | SM | 1.04.39 | 1 |
| 355 | 357 | 1357 | CONOR | AULD | TEMP | M | 27 | SM | 1.04.41 | 0 |
| 356 | 548 | 1759 | LYDIA | OLIVER | GELVAN | F | 56 | 55-59F | 1.04.48 | 1 |
| 357 | 315 | 1315 | ALIZMA | KIRSTEN | RUN4C | F | 33 | SF | 1.04.57 | 1 |
| 358 | 385 | 1385 | ELIZABETH | WILKE | TEMP | F | 51 | 50-54F | 1.05.05 | 0 |
| 359 | 476 | 434 | NQABISA | BENYA | CHILLIEP | F | 44 | 40-44F | 1.05.09 | 1 |
| 360 | 50 | 1935 | XENOPHON | FERREIRA | BLUEBAY | M | 63 | 60-64M | 1.05.09 | 1 |
| 361 | 405 | 2699 | ADEL | VAN RENSBURG | VITALITY | F | 46 | 45-49F | 1.05.10 | 1 |
| 362 | 237 | 145 | FADIELA | JOHNSON | MALABAR | F | 60 | 60-64F | 1.05.15 | 1 |
| 363 | 482 | 840 | BRONWIN | MEYER | 32GI | F | 52 | 50-54F | 1.05.20 | 1 |
| 364 | 417 | 1417 | AMY | DOS SANTOS | TEMP | F | 33 | SF | 1.05.20 | 0 |
| 365 | 429 | 1429 | JUSTINE | SMART | TEMP | F | 36 | 35-39F | 1.05.21 | 0 |
| 366 | 549 | 1119 | TREMAINE | WESSON | ACH | M | 64 | 60-64M | 1.05.23 | 1 |
| 367 | 40 | 2109 | JOY DOMINIQUE | HILL | HEATAC | F | 33 | SF | 1.05.25 | 1 |
| 368 | 65 | 717 | TANYA | JANSEN VAN VUUREN | CRUSADE | F | 56 | 55-59F | 1.05.35 | 1 |
| 369 | 350 | 1350 | CHRISTOPHER | HECHTER | TEMP | M | 23 | SM | 1.05.37 | 0 |
| 370 | 266 | 2170 | Matthew | Muller | CHARLO | M | 23 | SM | 1.05.39 | 1 |
| 371 | 644 | 2093 | AXOLA | PAKADE | ASPEN | M | 28 | SM | 1.05.41 | 1 |
| 372 | 308 | 457 | VUYO | TSHIKI | CHILLIEP | M | 36 | 35-39M | 1.05.42 | 1 |
| 373 | 342 | 1342 | SAMANTHA | ABBOTT | TEMP | F | 33 | SF | 1.05.44 | 0 |
| 374 | 278 | 1464 | DAVID | O'REILLY | NEDBANK | M | 77 | 70+M | 1.05.57 | 1 |
| 375 | 518 | 1253 | ANNELIE | VAN DER MERWE | ELITEAC | F | 46 | 45-49F | 1.06.02 | 1 |
| 376 | 126 | 88 | HENRY | PRAHALADH | INFINITY | M | 58 | 55-59M | 1.06.03 | 1 |
| 377 | 223 | 947 | GANIEF | DAVIDS | CHARLO | M | 58 | 55-59M | 1.06.04 | 1 |
| 378 | 154 | 2664 | MELISSA | SWANEPOEL | VITALITY | F | 36 | 35-39F | 1.06.07 | 1 |
| 379 | 450 | 197 | AUBREY | LE ROUX | CSEP | M | 72 | 70+M | 1.06.13 | 1 |
| 380 | 651 | 2208 | GARFIELD | TSATSANE | SIBALEKA | M | 59 | 55-59M | 1.06.13 | 1 |
| 381 | 534 | 2019 | MVULELI | MALAHLA | HOLLYWOO | M | 51 | 50-54M | 1.06.30 | 1 |
| 382 | 452 | 198 | RIAAAN | SMALBERGER | CSEP | M | 70 | 70+M | 1.06.34 | 1 |
| 383 | 185 | 2185 | LISA | ACHILLEOS | TEMP | F | 34 | SF | 1.06.35 | 0 |
| 384 | 578 | 87 | TILLY | CROSBIE | INFINITY | F | 56 | 55-59F | 1.06.43 | 1 |
| 385 | 57 | 1207 | CHARL | GRIESSEL | ELITEAC | M | 61 | 60-64M | 1.06.49 | 1 |
| 386 | 234 | 1273 | BUYILE | GQUBULE | VWAC | M | 58 | 55-59M | 1.06.51 | 1 |
| 387 | 134 | 748 | MELINDA | ROIG | CRUSADE | F | 55 | 55-59F | 1.06.51 | 1 |
| 388 | 545 | 2094 | NOZIE | GWILI | ASPEN | F | 41 | 40-44F | 1.06.55 | 1 |
| 389 | 444 | 1278 | MANDY | VAN DER MERWE | VWAC | F | 54 | 50-54F | 1.06.59 | 1 |
| 390 | 623 | 1758 | BRAMWELL | FLEURS | GELVAN | M | 46 | 45-49M | 1.07.03 | 1 |
| 391 | 236 | 1104 | CATHY | IVES | ACH | F | 71 | 70+F | 1.07.05 | 1 |
| 392 | 105 | 751 | NICK | MULLINS | CRUSADE | M | 68 | 65-69M | 1.07.06 | 1 |
| 393 | 347 | 1347 | JOEL | MOLLER | TEMP | M | 35 | 35-39M | 1.07.06 | 0 |
| 394 | 643 | 1333 | MBULELO | SOBIKWA | NEDBANK | M | 70 | 70+M | 1.07.06 | 1 |
| 395 | 190 | 2190 | MANUEL | DA SILVA | TEMP | M | 40 | 40-44M | 1.07.14 | 0 |
| 396 | 163 | 1629 | ARINDA | VAN DER LINDE | MADIBA | F | 35 | 35-39F | 1.07.19 | 1 |
| 397 | 75 | 1382 | CHARMELL | KOOPMAN | NEDBANK | F | 45 | 45-49F | 1.07.20 | 1 |
| 398 | 477 | 1284 | DEAN | BOSMAN | VWAC | M | 42 | 40-44M | 1.07.20 | 1 |
| 399 | 310 | 1535 | CLAUDEAN | VAN GREUNEN | DESPATCH | F | 43 | 40-44F | 1.07.23 | 1 |
| 400 | 657 | 341 | DELME | REDCLIFFE | MUIRITE | M | 41 | 40-44M | 1.07.23 | 1 |
| 401 | 121 | 334 | MADELEINE | OTTO | MUIRITE | F | 65 | 65-69F | 1.07.29 | 1 |
| 402 | 634 | 808 | LECHELLE | DE VRIES | 32GI | F | 44 | 40-44F | 1.07.37 | 1 |
| 403 | 441 | 1587 | MARISKA | OLIVIER | DESPATCH | F | 37 | 35-39F | 1.07.46 | 1 |
| 404 | 8 | 1631 | AMANDA | BLIGNAULT | MADIBA | F | 65 | 65-69F | 1.07.51 | 1 |
| 405 | 181 | 1155 | JAMES | WILSON | ASPEN | M | 57 | 55-59M | 1.07.53 | 1 |
| 406 | 152 | 481 | CHRISTO | STEYN | RUN4C | M | 56 | 55-59M | 1.07.55 | 1 |
| 407 | 29 | 1624 | ESTELLE | DE KLERK | MADIBA | F | 58 | 55-59F | 1.07.59 | 1 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|-----|-----|-------|-------------|-----------------|----------|-----|-----|--------|---------|-----|
| 408 | 391 | 1391 | TSEPO | SALION | TEMP | M | 44 | 40-44M | 1.07.59 | 0 |
| 409 | 361 | 1361 | RIAAAN | NEL | TEMP | M | 43 | 40-44M | 1.08.04 | 0 |
| 410 | 301 | 1627 | NATASHA | SMITH | MADIBA | F | 38 | 35-39F | 1.08.06 | 1 |
| 411 | 394 | 1394 | MOMELEZI | COMJWA | TEMP | M | 29 | SM | 1.08.18 | 0 |
| 412 | 16 | 725 | Wendy | Bululu | CRUSADE | F | 42 | 40-44F | 1.08.19 | 1 |
| 413 | 114 | 707 | MPUMELELO | NGWENYA | CRUSADE | M | 35 | 35-39M | 1.08.20 | 1 |
| 414 | 41 | 82 | LETA | DOS SANTOS | INFINITY | F | 60 | 60-64F | 1.08.24 | 1 |
| 415 | 398 | 1398 | PACHE | ORANJE | TEMP | F | 33 | SF | 1.08.25 | 0 |
| 416 | 637 | 1742 | DESIREE | TITUS | GELVAN | F | 59 | 55-59F | 1.08.29 | 1 |
| 417 | 117 | 1223 | NDUMISO | NTSHANGASE | ELITEAC | M | 33 | SM | 1.08.33 | 1 |
| 418 | 186 | 2186 | DEBBIE | ALMANZA | TEMP | F | 35 | 35-39F | 1.08.39 | 0 |
| 419 | 379 | 1379 | WANDA | GERBER | TEMP | F | 46 | 45-49F | 1.08.51 | 0 |
| 420 | 279 | 2172 | LEE | PAGE | CHARLO | F | 41 | 40-44F | 1.08.52 | 1 |
| 421 | 509 | 1266 | DAVID | CHENGWE | VWAC | M | 47 | 45-49M | 1.08.59 | 1 |
| 422 | 298 | 2636 | PATRICK | SEKHABI | MADIBAZ | M | 46 | 45-49M | 1.09.03 | 1 |
| 423 | 170 | 1607 | SONJA | VAN WYK | DESPATCH | F | 43 | 40-44F | 1.09.08 | 1 |
| 424 | 177 | 2682 | MARK | WEYER | VITALITY | M | 60 | 60-64M | 1.09.14 | 1 |
| 425 | 203 | 1103 | LIZ | AUSTIN | ACH | F | 66 | 65-69F | 1.09.16 | 1 |
| 426 | 438 | 491 | YOLANDE | ARCHER | RUN4C | F | 46 | 45-49F | 1.09.30 | 1 |
| 427 | 265 | 2698 | NTOMBIZINE | MTANDA | VITALITY | F | 48 | 45-49F | 1.09.38 | 1 |
| 428 | 192 | 2192 | ANCHERIEN | DU PLESSIS | TEMP | F | 60 | 60-64F | 1.09.45 | 0 |
| 429 | 143 | 1608 | LUZANNE | SCHOEMAN | DESPATCH | F | 35 | 35-39F | 1.09.52 | 1 |
| 430 | 327 | 1327 | GARTH | PARFITT | TEMP | M | 50 | 50-54M | 1.09.59 | 0 |
| 431 | 324 | 1324 | JASON | NADER | TEMP | M | 46 | 45-49M | 1.09.59 | 0 |
| 432 | 286 | 2161 | TYRELL | POLGLASE | CHARLO | M | 41 | 40-44M | 1.01.08 | 1 |
| 433 | 108 | 1286 | SHANDRY | NAZER | VWAC | F | 36 | 35-39F | 1.10.00 | 1 |
| 434 | 15 | 1280 | CHRISTOPHER | BRUINTJIES | VWAC | M | 52 | 50-54M | 1.10.02 | 1 |
| 435 | 137 | 1274 | GAYLE | SAAYMAN | VWAC | F | 36 | 35-39F | 1.10.02 | 1 |
| 436 | 148 | 1310 | PHUMLA | SIBALI | VWAC | F | 45 | 45-49F | 1.10.02 | 1 |
| 437 | 602 | 1301 | DESTIN | SAUER | VWAC | M | 43 | 40-44M | 1.10.02 | 1 |
| 438 | 25 | 100 | LYNETTE | CRAUSE | INFINITY | F | 65 | 65-69F | 1.10.07 | 1 |
| 439 | 102 | 48 | COLLEEN | MOSES | SAPPE | F | 49 | 45-49F | 1.10.10 | 1 |
| 440 | 89 | 2467 | Xhanti | Mantshiyi | ABSAEP | M | 57 | 55-59M | 1.10.15 | 1 |
| 441 | 615 | 2287 | MSUTUKAZI | NDIMBA | VUKANI | F | 45 | 45-49F | 1.10.15 | 1 |
| 442 | 455 | 1641 | DEBBIE | HILTON | MADIBA | F | 53 | 50-54F | 1.10.15 | 1 |
| 443 | 407 | 927 | ANTON | VAN WYK | CHARLO | M | 57 | 55-59M | 1.10.33 | 1 |
| 444 | 335 | 1335 | NADIA | SERFONTEIN | TEMP | F | 49 | 45-49F | 1.10.35 | 0 |
| 445 | 461 | 72 | HERMAN | DEKKER | SAPPE | M | 80 | 70+M | 1.10.35 | 1 |
| 446 | 473 | 1541 | MONIQUE | SENEKAL | DESPATCH | F | 33 | SF | 1.10.36 | 1 |
| 447 | 9 | 279 | VERONICA | BOSHOFF | MUIRITE | F | 64 | 60-64F | 1.10.43 | 1 |
| 448 | 212 | 624 | BANDLAKAZI | CABA | ASPEN | F | 37 | 35-39F | 1.11.00 | 1 |
| 449 | 490 | 98 | AMANDA | WOLMARANS | INFINITY | F | 66 | 65-69F | 1.11.05 | 1 |
| 450 | 351 | 1351 | MATTHEW | HECHTER | TEMP | M | 14 | JM | 1.11.05 | 0 |
| 451 | 362 | 1362 | ZUKISANE | MTILI | TEMP | M | 43 | 40-44M | 1.11.10 | 0 |
| 452 | 372 | 1372 | JAMES | LISTER | TEMP | M | 20 | SM | 1.11.25 | 0 |
| 453 | 592 | 40106 | STEFANI | LAMBRECHTS | DESPATCH | F | 14 | JF | 1.11.26 | 1 |
| 454 | 380 | 1765 | LEONARD | GROVES | GELVAN | M | 61 | 60-64M | 1.11.26 | 1 |
| 455 | 565 | 1445 | NOYISE | LUVALO | NEDBANK | F | 45 | 45-49F | 1.11.27 | 1 |
| 456 | 583 | 2692 | SIPHOKAZI | TILI | ADVEN | F | 45 | 45-49F | 1.11.30 | 1 |
| 457 | 421 | 1421 | CHRISTINE | LEE | TEMP | F | 31 | SF | 1.11.33 | 0 |
| 458 | 416 | 1416 | SUSAN | CHAMBERLAIN | TEMP | F | 29 | SF | 1.11.33 | 0 |
| 459 | 340 | 1340 | ROHAN | VAN DER MERWE | TEMP | M | 20 | SM | 1.11.34 | 0 |
| 460 | 334 | 1334 | SILKY | SCHUIN-DORFLING | TEMP | F | 23 | SF | 1.11.35 | 0 |
| 461 | 401 | 1063 | Crystal | van Heerden | ACH | F | 30 | SF | 1.11.36 | 1 |
| 462 | 31 | 1602 | LIEZL | DE KOCK | DESPATCH | F | 49 | 45-49F | 1.11.47 | 1 |
| 463 | 36 | 2036 | ANDRE | VAN DER BANK | MUIRITE | M | 53 | 50-54M | 1.11.58 | 1 |
| 464 | 142 | 1257 | STEPHANIE | SCHEEPERS | VWAC | F | 28 | SF | 1.12.04 | 1 |
| 465 | 3 | 1256 | NAOMI | BAKKER | VWAC | F | 47 | 45-49F | 1.12.04 | 1 |
| 466 | 17 | 1258 | LIZAAAN | BURKETT | VWAC | F | 41 | 40-44F | 1.12.04 | 1 |
| 467 | 107 | 143 | ZAHEERA | NANABHAY | MALABAR | F | 43 | 40-44F | 1.12.10 | 1 |
| 468 | 213 | 923 | EVA | CHETTY | CHARLO | F | 56 | 55-59F | 1.12.13 | 1 |
| 469 | 439 | 490 | WANDA | BARNARD | RUN4C | F | 50 | 50-54F | 1.12.13 | 1 |
| 470 | 341 | 1341 | LISE-MARI | VAN HEERDEN | TEMP | F | 37 | 35-39F | 1.12.14 | 0 |
| 471 | 199 | 1999 | CLAYTON | GOODWIN | TEMP | M | 50 | 50-54M | 1.12.15 | 0 |
| 472 | 500 | 2508 | DANEILLE | HARRY | MADIBAZ | F | 39 | 35-39F | 1.12.24 | 1 |
| 473 | 376 | 2658 | RAKGWADI | MORITI | VITALITY | M | 35 | 35-39M | 1.12.29 | 1 |
| 474 | 245 | 980 | PETRUS | KOOPMAN | CHARLO | M | 64 | 60-64M | 1.12.31 | 1 |
| 475 | 210 | 882 | ARMIN | BRANDLE | CHARLO | M | 73 | 70+M | 1.12.41 | 1 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|-----|-----|-------|---------------|--------------------|----------|-----|-----|--------|---------|-----|
| 476 | 493 | 1368 | ZHULDYZYZ | ROBERTS | NEDBANK | F | 38 | 35-39F | 1.12.44 | 1 |
| 477 | 312 | 1312 | JORDAN | HOWARD | TEMP | F | 16 | JF | 1.12.50 | 0 |
| 478 | 227 | 2162 | ERIKA | FOREMAN | CHARLO | F | 54 | 50-54F | 1.12.57 | 1 |
| 479 | 613 | 2333 | ALIZWA | BOVUNGANA | VUKANI | M | 24 | SM | 1.13.01 | 1 |
| 480 | 642 | 1295 | XOLANI | MGIJIMA | VWAC | M | 42 | 40-44M | 1.13.01 | 1 |
| 481 | 400 | 1400 | MACKENZIE | SALT | TEMP | F | 16 | JF | 1.13.14 | 0 |
| 482 | 200 | 2000 | ELKA | GRACE | TEMP | F | 52 | 50-54F | 1.13.34 | 0 |
| 483 | 633 | 863 | NANDIPA | MYELEYELE | SPAREC | F | 37 | 35-39F | 1.13.55 | 1 |
| 484 | 370 | 1370 | CHLOE | BLOM | TEMP | F | 20 | SF | 1.13.56 | 0 |
| 485 | 371 | 1371 | MICHELLE | BLOM | TEMP | F | 47 | 45-49F | 1.13.56 | 0 |
| 486 | 72 | 1239 | YOLANDE | KNOETZE | ELITEAC | F | 57 | 55-59F | 1.13.58 | 1 |
| 487 | 71 | 20787 | RUBEN | KNOETZE | TV | M | 31 | SM | 1.13.59 | 0 |
| 488 | 319 | 1319 | BUSISIWE | MAPASA-DUBE | TEMP | F | 42 | 40-44F | 1.14.25 | 0 |
| 489 | 153 | 346 | LEANDRE | STRUMPHER | MUIRITE | F | 41 | 40-44F | 1.14.44 | 1 |
| 490 | 547 | 1542 | CELESTE | RUDMAN | RUN4C | F | 34 | SF | 1.14.47 | 1 |
| 491 | 600 | 1556 | RIAANA | BOUWER | DESPATCH | F | 48 | 45-49F | 1.14.47 | 1 |
| 492 | 460 | 600 | ANDRE | PIENAAR | RUN4C | M | 62 | 60-64M | 1.14.48 | 1 |
| 493 | 307 | 1634 | TANIA | TRUTER | MADIBA | F | 52 | 50-54F | 1.15.33 | 1 |
| 494 | 425 | 1425 | RIAAAN | PRETORIUS | TEMP | M | 38 | 35-39M | 1.15.43 | 0 |
| 495 | 468 | 1694 | JAHN | ROUX | MADIBA | M | 38 | 35-39M | 1.15.43 | 1 |
| 496 | 178 | 2683 | TERSIA | WEYER | VITALITY | F | 57 | 55-59F | 1.15.58 | 1 |
| 497 | 64 | 1058 | FRANSI | JANSE VAN RENSBURG | XCEL | F | 53 | 50-54F | 1.16.06 | 1 |
| 498 | 568 | 2196 | SELBY | THABETHE | SIBALEKA | M | 51 | 50-54M | 1.16.14 | 1 |
| 499 | 610 | 22087 | NONVUZO | ZONGO | TV | F | 45 | 45-49F | 1.16.18 | 0 |
| 500 | 240 | 886 | CELEST | JOYCE | CHARLO | F | 56 | 55-59F | 1.16.24 | 1 |
| 501 | 11 | 770 | WINSLOW | BOUWER | CRUSADE | M | 40 | 40-44M | 1.16.25 | 1 |
| 502 | 524 | 40194 | KAMVALETHU | MAKELENI | BLUEBAY | M | 18 | JM | 1.16.40 | 1 |
| 503 | 432 | 1432 | AMUKELANI | VALOYI | TEMP | F | 29 | SF | 1.16.42 | 0 |
| 504 | 20 | 1606 | FANIE | CLAASSEN | DESPATCH | M | 67 | 65-69M | 1.16.44 | 1 |
| 505 | 326 | 1326 | AIDEN | PARFITT | TEMP | M | 18 | JM | 1.16.46 | 0 |
| 506 | 606 | 974 | CLAIRE | TUSTIN | CHARLO | F | 47 | 45-49F | 1.16.54 | 1 |
| 507 | 79 | 1936 | MARKUS | KUNNEKE | BLUEBAY | M | 55 | 55-59M | 1.17.03 | 1 |
| 508 | 608 | 1375 | BARRY | NELSON | NEDBANK | M | 73 | 70+M | 1.17.03 | 1 |
| 509 | 579 | 1217 | MAGGIE | MULLER | ELITEAC | F | 69 | 65-69F | 1.17.12 | 1 |
| 510 | 412 | 909 | THURAYA | PILLAY | CHARLO | F | 23 | SF | 1.17.13 | 1 |
| 511 | 97 | 97 | INA | MEAKER | INFINITY | F | 63 | 60-64F | 1.17.21 | 1 |
| 512 | 56 | 1649 | SYMANTHA-ANNE | GREYLING | MADIBA | F | 50 | 50-54F | 1.17.22 | 1 |
| 513 | 276 | 638 | NOKUZOLA | NTWASA | ASPEN | F | 46 | 45-49F | 1.17.25 | 1 |
| 514 | 430 | 1430 | MOSALE | TLAKA | TEMP | F | 27 | SF | 1.17.28 | 0 |
| 515 | 83 | 1761 | JASON | LE ROUX | GELVAN | M | 29 | SM | 1.17.47 | 1 |
| 516 | 283 | 901 | EUSENTHA | PILLAY | CHARLO | F | 59 | 55-59F | 1.17.57 | 1 |
| 517 | 636 | 1926 | SIPHOKAZI | BACELA | BLUEBAY | F | 32 | SF | 1.18.00 | 1 |
| 518 | 593 | 1305 | CASEY | ISAACS | VWAC | F | 47 | 45-49F | 1.18.01 | 1 |
| 519 | 39 | 1204 | YOLANDA | DEYSEL | ELITEAC | F | 49 | 45-49F | 1.18.33 | 1 |
| 520 | 349 | 1349 | MAUREEN | ROGERS | TEMP | F | 67 | 65-69F | 1.18.38 | 0 |
| 521 | 573 | 2475 | NOLUBABALO | SOHABA | ABSAEP | F | 36 | 35-39F | 1.18.46 | 1 |
| 522 | 375 | 1375 | AMRI | SCHLEBUSCH | TEMP | F | 27 | SF | 1.18.47 | 0 |
| 523 | 320 | 1320 | LIRIKEN | MATTHEWS | TEMP | F | 30 | SF | 1.18.50 | 0 |
| 524 | 80 | 2657 | ROXANE | LABUSCHAGNE | VITALITY | F | 38 | 35-39F | 1.19.09 | 1 |
| 525 | 275 | 953 | PHUMELELA | NTUNGWA | CHARLO | F | 38 | 35-39F | 1.19.16 | 1 |
| 526 | 393 | 1393 | BUSISIWE | NZO | TEMP | F | 49 | 45-49F | 1.19.36 | 0 |
| 527 | 622 | 1050 | DEAN | KIVIDO | XCEL | M | 53 | 50-54M | 1.19.37 | 1 |
| 528 | 197 | 1997 | TARYN | GESWINT | TEMP | F | 24 | SF | 1.19.45 | 0 |
| 529 | 120 | 1231 | HELENE | OPPEL | ELITEAC | F | 75 | 70+F | 1.19.52 | 1 |
| 530 | 459 | 744 | KAREN | CUNNINGHAM | CRUSADE | F | 62 | 60-64F | 1.19.54 | 1 |
| 531 | 462 | 1740 | JANICE | JONES | GELVAN | F | 49 | 45-49F | 1.19.58 | 1 |
| 532 | 73 | 2518 | ALGENE | KOEBERG | MADIBAZ | F | 42 | 40-44F | 1.20.08 | 1 |
| 533 | 645 | 2222 | NOMBULELO | NDZUZO | SIBALEKA | F | 44 | 40-44F | 1.20.12 | 1 |
| 534 | 273 | 1839 | ZANDILE | NOFUMA | HOLLYWOO | F | 38 | 35-39F | 1.20.22 | 1 |
| 535 | 81 | 2227 | ZOLEKA | LANGA | SIBALEKA | F | 41 | 40-44F | 1.20.29 | 1 |
| 536 | 356 | 1356 | NADIA | SMIT | TEMP | F | 43 | 40-44F | 1.20.30 | 0 |
| 537 | 188 | 2188 | VERNA | CLAASSEN | TEMP | F | 62 | 60-64F | 1.20.53 | 0 |
| 538 | 161 | 639 | DHIRESH | VALLABH | ASPEN | M | 39 | 35-39M | 1.21.02 | 1 |
| 539 | 254 | 2179 | DOROTHY | MALULEKA | CHARLO | F | 47 | 45-49F | 1.21.02 | 1 |
| 540 | 337 | 1337 | SIMON | STRIMLING | TEMP | M | 63 | 60-64M | 1.21.09 | 0 |
| 541 | 498 | 2224 | ANDISWA | SALAYI | SIBALEKA | F | 27 | SF | 1.21.12 | 1 |
| 542 | 497 | 2199 | PHILISA | MANI-MANI | SIBALEKA | F | 31 | SF | 1.21.13 | 1 |
| 543 | 658 | 602 | DRUCIL | TSHIMANGA | ASPEN | F | 26 | SF | 1.21.22 | 1 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|--------------------|-----|-------|-----------|------------------|----------|-----|-----|--------|---------|-----|
| 544 | 352 | 1352 | AMANDA | HECHTER | TEMP | F | 44 | 40-44F | 1.21.35 | 0 |
| 545 | 226 | 2585 | Matabo | Flatela | MADIBAZ | F | 25 | SF | 1.21.46 | 1 |
| 546 | 96 | 2201 | NOCAWE | MDAZUKA | SIBALEKA | F | 41 | 40-44F | 1.21.54 | 1 |
| 547 | 103 | 2709 | CHARLOTTE | MOTHILALL | VITALITY | F | 42 | 40-44F | 1.22.06 | 1 |
| 548 | 82 | 489 | PRISCILLA | LAZARO | RUN4C | F | 60 | 60-64F | 1.22.16 | 1 |
| 549 | 26 | 488 | CHERYL | CUPIDO | RUN4C | F | 56 | 55-59F | 1.22.16 | 1 |
| 550 | 397 | 1397 | BUYISWA | MPINI | TEMP | F | 50 | 50-54F | 1.22.16 | 0 |
| 551 | 519 | 1241 | MARLENE | TERBLANCHE | ELITEAC | F | 75 | 70+F | 1.22.26 | 1 |
| 552 | 60 | 720 | CLEO | JACOBS | CRUSADE | F | 23 | SF | 1.22.26 | 1 |
| 553 | 58 | 1434 | DIANNE | HARTZENBERG | NEDBANK | F | 66 | 65-69F | 1.22.48 | 1 |
| 554 | 582 | 2600 | ROCHELLE | THORNE | MADIBAZ | F | 55 | 55-59F | 1.23.03 | 1 |
| 555 | 6 | 1185 | SUSAN | BEZUIDENHOUT | ELITEAC | F | 67 | 65-69F | 1.23.24 | 1 |
| 556 | 191 | 2191 | LIZETTE | DAVIDS | TEMP | F | 56 | 55-59F | 1.23.29 | 0 |
| 557 | 149 | 1343 | BERENICE | SMITH | NEDBANK | F | 60 | 60-64F | 1.23.30 | 1 |
| 558 | 195 | 2195 | SIMANGELE | SKOSANA | TEMP | F | 44 | 40-44F | 1.23.47 | 0 |
| 559 | 106 | 2775 | URITIAH | MYBURGH | MUIRITE | F | 48 | 45-49F | 1.24.21 | 1 |
| 560 | 242 | 1233 | KATLEGO | KGAJE | ELITEAC | F | 30 | SF | 1.24.24 | 1 |
| 561 | 338 | 1338 | SIPHOKAZI | TOTO | TEMP | F | 32 | SF | 1.24.28 | 0 |
| 562 | 166 | 1189 | MYRNA | VAN EYK | ELITEAC | F | 47 | 45-49F | 1.24.29 | 1 |
| 563 | 313 | 1313 | MARTHA | HYMAN | CRUSADE | F | 54 | 50-54F | 1.24.29 | 1 |
| 564 | 94 | 767 | GILLIAN | MCAINSH | CRUSADE | F | 65 | 65-69F | 1.24.39 | 1 |
| 565 | 395 | 1395 | KHOLISA | PAPU | TEMP | F | 37 | 35-39F | 1.25.21 | 0 |
| 566 | 49 | 1089 | HELEN | ERLANK | ACH | F | 43 | 40-44F | 1.25.29 | 1 |
| 567 | 289 | 2176 | CHENEL | ROBEY | CHARLO | F | 46 | 45-49F | 1.25.30 | 1 |
| 568 | 125 | 464 | SHARON | POTGIETER | WALMER | F | 60 | 60-64F | 1.25.37 | 1 |
| 569 | 530 | 1720 | NOLEEN | NORRIS | GELVAN | F | 67 | 65-69F | 1.25.44 | 1 |
| 570 | 228 | 998 | ROBERT | GALLOWAY | CHARLO | M | 73 | 70+M | 1.25.57 | 1 |
| 571 | 311 | 1311 | ELNE | HECTOR | TEMP | F | 39 | 35-39F | 1.25.59 | 0 |
| 572 | 463 | 1471 | SHIRLEEN | CLARKE | NEDBANK | F | 62 | 60-64F | 1.26.18 | 1 |
| 573 | 194 | 2194 | GAIL | AGNEW | TEMP | F | 50 | 50-54F | 1.27.03 | 0 |
| 574 | 155 | 94 | DENISE | TERBLANCHE | INFINITY | F | 77 | 70+F | 1.27.04 | 1 |
| 575 | 37 | 2037 | BELINDA | VAN DER BANK | MUIRITE | F | 56 | 55-59F | 1.27.08 | 1 |
| 576 | 129 | 336 | ARNOLD | RAS | MUIRITE | M | 63 | 60-64M | 1.27.09 | 1 |
| 577 | 282 | 2779 | CHARNE | PIETERSEN | MUIRITE | F | 32 | SF | 1.27.35 | 1 |
| 578 | 112 | 1197 | NOREEN | NELSON | ELITEAC | F | 60 | 60-64F | 1.27.41 | 1 |
| 579 | 561 | 320 | LUKAS | ELS | MUIRITE | M | 54 | 50-54M | 1.28.09 | 1 |
| 580 | 447 | 1122 | BOB | STEDMAN | ACH | M | 75 | 70+M | 1.28.42 | 1 |
| 581 | 217 | 40555 | DAKOTA | CONRAD | ELITEAC | F | 17 | JF | 1.29.03 | 1 |
| 582 | 196 | 1996 | KAYLA | GESWINT | TEMP | F | 27 | SF | 1.29.15 | 0 |
| 583 | 317 | 1317 | SHABBEER | LAWRENCE | TEMP | M | 27 | SM | 1.29.16 | 0 |
| 584 | 224 | 743 | MARY-LOU | EMSLIE | CRUSADE | F | 61 | 60-64F | 1.29.34 | 1 |
| 585 | 392 | 1392 | HENRI | ABRAHAMS | TEMP | M | 42 | 40-44M | 1.29.43 | 0 |
| 586 | 402 | 1355 | CHRISTIE | VAN LOGGERENBERG | NEDBANK | M | 69 | 65-69M | 1.30.31 | 1 |
| 587 | 158 | 712 | NDILEKA | THOMPSON | CRUSADE | F | 47 | 45-49F | 1.30.47 | 1 |
| 588 | 59 | 93 | STEPHANIE | HAY | INFINITY | F | 69 | 65-69F | 1.30.52 | 1 |
| 589 | 249 | 942 | EDITH | MAC GEAR | CHARLO | F | 57 | 55-59F | 1.31.07 | 1 |
| 590 | 415 | 1415 | INUS | BAARD | TEMP | M | 75 | 70+M | 1.31.49 | 0 |
| 591 | 92 | 722 | YOLISWA | MATWA | CRUSADE | F | 42 | 40-44F | 1.31.57 | 1 |
| 592 | 296 | 939 | DINA | SCHUTTE | CHARLO | F | 59 | 55-59F | 1.33.30 | 1 |
| 593 | 187 | 2187 | BRONWYNNE | BACKLUND | TEMP | F | 38 | 35-39F | 1.34.32 | 0 |
| 594 | 365 | 1365 | AVUYONKE | KLAAS | TEMP | M | 36 | 35-39M | 1.34.37 | 0 |
| 595 | 475 | 597 | GWEN | JONKER | RUN4C | F | 66 | 65-69F | 1.34.40 | 1 |
| 596 | 388 | 1388 | BERTIE | HUMAN | TEMP | M | 56 | 55-59M | 1.34.45 | 0 |
| 597 | 609 | 1766 | GODFREY | KARIEM | GELVAN | M | 84 | 70+M | 1.34.51 | 1 |
| 598 | 55 | 1679 | KENNETH | GREYLING | MADIBA | M | 65 | 65-69M | 1.34.53 | 1 |
| 599 | 285 | 889 | PETER | POHLMANN | CHARLO | M | 61 | 60-64M | 1.35.10 | 1 |
| 600 | 222 | 968 | DENISE | DARLOW | CHARLO | F | 56 | 55-59F | 1.35.11 | 1 |
| 601 | 241 | 969 | GARY | KELLEHER | CHARLO | M | 67 | 65-69M | 1.35.12 | 1 |
| 602 | 346 | 1346 | NELMARIE | CROECAMP | TEMP | F | 23 | SF | 1.35.12 | 0 |
| 603 | 231 | 958 | HEIDI | GERBER | CHARLO | F | 46 | 45-49F | 1.36.14 | 1 |
| 604 | 293 | 935 | BRENTON | SCHNETLER | CHARLO | M | 50 | 50-54M | 1.36.14 | 1 |
| 605 | 294 | 936 | MARGOT | SCHNETLER | CHARLO | F | 47 | 45-49F | 1.36.14 | 1 |
| 606 | 499 | 2507 | MARCOLENE | SAUNDERS | MADIBAZ | F | 40 | 40-44F | 1.37.05 | 1 |
| 607 | 86 | 51711 | AFIKILE | MAKINANA | THEMBA | F | 25 | SF | 1.37.12 | 0 |
| 608 | 323 | 1323 | SIHLE | MFENYANA | TEMP | F | 36 | 35-39F | 1.40.25 | 0 |
| 609 | 250 | 2532 | ASANDA | MAKATESI | MADIBAZ | F | 36 | 35-39F | 1.40.35 | 0 |
| 610 | 258 | 589 | CLAUDIUS | MARAIS | RUN4C | M | 60 | 60-64M | 1.45.35 | 0 |
| HELPERS RUN | | | | | | | | | | |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|-----|-----|-------|------------|--------------|----------|-----|-----|--------|---------|-----|
| H1 | 701 | 545 | RUHAN | VAN RENSBURG | RUN4C | M | 33 | SM | 0.42.41 | 2 |
| H2 | 702 | 560 | FENANDO | KIEWIETS | RUN4C | M | 39 | 35-39M | 0.46.17 | 2 |
| H3 | 703 | 564 | GAVIN | SILLS | RUN4C | M | 51 | 50-54M | 0.47.34 | 2 |
| H4 | 704 | 40538 | JOHANN | STEFFENS | SCHOOL | M | 15 | JM | 0.47.41 | 2 |
| H5 | 53 | 532 | JUDY | GERBER | RUN4C | F | 58 | 55-59F | 0.47.52 | 5 |
| H6 | 706 | 1544 | ABIGAIL | VAN DER BERG | DESPATCH | F | 19 | SF | 0.48.14 | 2 |
| H7 | 707 | 40014 | JAMIE-LEE | BESTER | RUN4C | F | 16 | JF | 0.48.42 | 2 |
| H8 | 708 | 495 | DEWALD | VERMEULEN | RUN4C | M | 53 | 50-54M | 0.48.45 | 2 |
| H9 | 709 | 551 | RODGER | GYSMAN | RUN4C | M | 51 | 50-54M | 0.48.51 | 2 |
| H10 | 710 | 914 | ETIENNE | GERBER | CHARLO | M | 55 | 55-59M | 0.48.58 | 2 |
| H11 | 44 | 733 | ALEX | DU TOIT | CRUSADE | M | 60 | 60-64M | 0.49.50 | 2 |
| H12 | 712 | 576 | VERNON | LANDMAN | RUN4C | M | 50 | 50-54M | 0.50.10 | 2 |
| H13 | 713 | 584 | BRENDON | SLABBERT | RUN4C | M | 53 | 50-54M | 0.50.45 | 2 |
| H14 | 136 | 1183 | SANETTE | RYAN | ELITEAC | F | 54 | 50-54F | 0.50.58 | 3 |
| H15 | 91 | 1247 | LISLE | MATTHEWS | ELITEAC | F | 50 | 50-54F | 0.51.21 | 2 |
| H16 | 716 | 50096 | ZENE | GERBER | CHEETAH | F | 23 | SF | 0.52.14 | 0 |
| H17 | 717 | 972 | CONRAD | VENTER | CHARLO | M | 33 | SM | 0.52.18 | 1 |
| H18 | 718 | 514 | MONTE | SCHOLTZ | RUN4C | M | 63 | 60-64M | 0.52.35 | 2 |
| H19 | 720 | 541 | ULRICH | NIEUWOUDT | RUN4C | M | 29 | SM | 0.53.42 | 1 |
| H20 | 721 | 510 | GIDEON | VAN ZYL | RUN4C | M | 43 | 40-44M | 0.54.14 | 1 |
| H21 | 722 | 639 | DHIRESH | VALLABH | ASPEN | M | 39 | 35-39M | 0.54.14 | 1 |
| H22 | 723 | 577 | YOLANDIE | LANDMAN | RUN4C | F | 49 | 45-49F | 0.55.07 | 1 |
| H23 | 404 | 1250 | PETER | VAN RENSBURG | ELITEAC | M | 66 | 65-69M | 0.55.29 | 2 |
| H24 | 38 | 1234 | DEWALD | DEYSEL | ELITEAC | M | 42 | 40-44M | 0.56.21 | 1 |
| H25 | 726 | 9726 | FRANCOIS | KRUGER | TEMP | M | 27 | SM | 0.57.20 | 0 |
| H26 | 47 | 1277 | DENVER | ELLIE | VWAC | M | 44 | 40-44M | 0.57.33 | 1 |
| H27 | 728 | 170 | THANDEKA | MHLANGA | ACT AC | F | 34 | SF | 0.57.53 | 1 |
| H28 | 729 | 484 | Maryka | Meyer | RUN4C | F | 29 | SF | 0.58.06 | 1 |
| H29 | 730 | 483 | MARISA | MEYER | RUN4C | F | 29 | SF | 0.58.06 | 1 |
| H30 | 731 | 518 | NIENKE | SCHOLTZ | RUN4C | F | 27 | SF | 0.58.08 | 1 |
| H31 | 90 | 1237 | HERMAN | MATTHEWS | ELITEAC | M | 50 | 50-54M | 0.58.14 | 1 |
| H32 | 733 | 706 | STEPHEN | MCCARTHY | CRUSADE | M | 64 | 60-64M | 0.58.19 | 1 |
| H33 | 734 | 530 | BEYERS | LAMPRECHT | RUN4C | M | 56 | 55-59M | 0.58.59 | 1 |
| H34 | 735 | 556 | ARTHUR | WILLIAMS | RUN4C | M | 62 | 60-64M | 0.58.59 | 1 |
| H35 | 736 | 984 | BELINDA | BAIN | CHARLO | F | 62 | 60-64F | 0.59.14 | 1 |
| H36 | 737 | 535 | GERT | HARMSE | RUN4C | M | 58 | 55-59M | 0.59.20 | 1 |
| H37 | 738 | 1296 | NOEL | MCMASTER | VWAC | M | 59 | 55-59M | 0.59.30 | 1 |
| H38 | 739 | 505 | ANDRIES | COETSEE | RUN4C | M | 39 | 35-39M | 0.59.50 | 1 |
| H39 | 740 | 519 | CHARLOTTE | VAN WYK | RUN4C | F | 43 | 40-44F | 1.00.07 | 1 |
| H40 | 741 | 906 | TARYN | FERREIRA | CHARLO | F | 43 | 40-44F | 1.00.31 | 1 |
| H41 | 742 | 529 | ANDRE | FOURIE | RUN4C | M | 77 | 70+M | 1.01.10 | 1 |
| H42 | 743 | 594 | ANTONIE | KOEN | RUN4C | M | 48 | 45-49M | 1.01.32 | 1 |
| H43 | 744 | 554 | PETRUS | RADEMEYER | RUN4C | M | 50 | 50-54M | 1.01.32 | 1 |
| H44 | 745 | 583 | CHRISTELLE | SLABBERT | RUN4C | F | 53 | 50-54F | 1.02.03 | 1 |
| H45 | 746 | 563 | LINDA | SILLS | RUN4C | F | 43 | 40-44F | 1.02.03 | 1 |
| H46 | 42 | 1195 | SAMANTHA | DOUGLAS | ELITEAC | F | 37 | 35-39F | 1.02.31 | 1 |
| H47 | 748 | 512 | ANSIE | BENADE | RUN4C | F | 65 | 65-69F | 1.02.33 | 1 |
| H48 | 749 | 513 | ROZETTA | KEMP | RUN4C | F | 71 | 70+F | 1.02.33 | 1 |
| H49 | 750 | 50 | MICHAEL | DEKKER | SAPPE | M | 52 | 50-54M | 1.02.53 | 1 |
| H50 | 751 | 575 | JACKIE | ELOFF | RUN4C | F | 52 | 50-54F | 1.03.36 | 1 |
| H51 | 752 | 9752 | NONCEDO | MGINYWA | TEMP | F | 41 | 40-44F | 1.04.44 | 0 |
| H52 | 753 | 506 | CHRISNA | COETSEE | RUN4C | F | 39 | 35-39F | 1.05.48 | 1 |
| H53 | 754 | 507 | JOHAN | FERREIRA | RUN4C | M | 63 | 60-64M | 1.06.00 | 1 |
| H54 | 46 | 738 | SAM | DU TOIT | CRUSADE | F | 55 | 55-59F | 1.06.37 | 1 |
| H55 | 756 | 595 | MARISKA | KRUGER | RUN4C | F | 47 | 45-49F | 1.06.54 | 1 |
| H56 | 757 | 503 | FAKAZILE | NKOMIYAHLABA | RUN4C | F | 37 | 35-39F | 1.07.19 | 1 |
| H57 | 225 | 42 | SAM | ERASMUS | SAPPE | M | 67 | 65-69M | 1.07.20 | 1 |
| H58 | 759 | 77 | LOUIS | SWIEGELAAR | SAPPE | M | 58 | 55-59M | 1.07.20 | 1 |
| H59 | 760 | 588 | RENIER | LIEBENBERG | RUN4C | M | 42 | 40-44M | 1.08.35 | 1 |
| H60 | 761 | 1600 | YVETTE | JONKER | DESPATCH | F | 52 | 50-54F | 1.08.39 | 1 |
| H61 | 762 | 562 | JUDITH | NIENABER | RUN4C | F | 65 | 65-69F | 1.09.09 | 1 |
| H62 | 763 | 753 | PLACXEDES | NDHLOVU | CRUSADE | F | 50 | 50-54F | 1.09.37 | 1 |
| H63 | 764 | 544 | JACQULENE | DU TOIT | RUN4C | F | 52 | 50-54F | 1.09.59 | 1 |
| H64 | 157 | 1325 | SHANNON | THEOBALD | NEDBANK | F | 49 | 45-49F | 1.10.08 | 1 |
| H65 | 766 | 550 | LIEZEL | WAIT | RUN4C | F | 52 | 50-54F | 1.11.11 | 1 |
| H66 | 767 | 517 | GERT | COETSEE | RUN4C | M | 39 | 35-39M | 1.11.26 | 1 |
| H67 | 768 | 490 | WANDA | BARNARD | RUN4C | F | 50 | 50-54F | 1.11.27 | 1 |
| H68 | 769 | 573 | BRITTANY | CILLIERS | RUN4C | F | 32 | SF | 1.12.11 | 1 |

| POS | RNO | LICNO | NAME | SURNAME | CLUB | SEX | AGE | CAT | HMS | PTS |
|------|-----|-------|-------------|-------------|----------|-----|-----|--------|---------|-----|
| H69 | 770 | 971 | DEIDRE | GERBER | CHARLO | F | 53 | 50-54F | 1.12.16 | 1 |
| H70 | 771 | 917 | VICKY | TSOUKNIDAS | CHARLO | F | 47 | 45-49F | 1.12.29 | 1 |
| H71 | 772 | 1545 | RUAN | JONKER | DESPATCH | M | 25 | SM | 1.13.01 | 1 |
| H72 | 773 | 9773 | ZAMEKILE | MDITSHWA | TEMP | M | 52 | 50-54M | 1.13.48 | 0 |
| H73 | 774 | 500 | Richard | Sullivan | RUN4C | M | 55 | 55-59M | 1.14.20 | 1 |
| H74 | 775 | 1861 | SIMANGILE | SOLWANDLE | HOLLYWOO | F | 33 | SF | 1.14.51 | 1 |
| H75 | 776 | 543 | NIEKIE | OOSTHUIZEN | RUN4C | F | 54 | 50-54F | 1.15.10 | 1 |
| H76 | 777 | 509 | LIZE | AUSTIN | RUN4C | F | 28 | SF | 1.15.10 | 1 |
| H77 | 778 | 536 | ELIZMA | HARMSE | RUN4C | F | 64 | 60-64F | 1.15.10 | 1 |
| H78 | 779 | 591 | ERICA | ERASMUS | RUN4C | F | 55 | 55-59F | 1.15.46 | 1 |
| H79 | 780 | 915 | JOEL | HUMAN | CHARLO | M | 52 | 50-54M | 1.15.50 | 1 |
| H80 | 781 | 40016 | Hannah | Sullivan | RUN4C | F | 15 | JF | 1.15.50 | 1 |
| H81 | 782 | 995 | BERNADETTE | LOOCK | CHARLO | F | 45 | 45-49F | 1.15.51 | 1 |
| H82 | 783 | 2292 | ATHINI | MABALA | VUKANI | M | 31 | SM | 1.18.05 | 1 |
| H83 | 784 | 761 | NTOKOZO | DAMBUZA | CRUSADE | F | 46 | 45-49F | 1.20.35 | 1 |
| H84 | 785 | 7785 | GERHARD | SCHOEMAN | TEMP | M | 50 | 50-54M | 1.22.22 | 0 |
| H85 | 786 | 528 | HELEN | FOURIE | RUN4C | F | 55 | 55-59F | 1.22.22 | 1 |
| H86 | 787 | 7787 | DANIÄ<L | FERREIRA | TEMP | M | 66 | 65-69M | 1.22.22 | 0 |
| H87 | 788 | 910 | RAE | LUCKMAN | CHARLO | F | 55 | 55-59F | 1.25.53 | 1 |
| H88 | 789 | 2304 | KUSELWA | MAJALI | ADVEN | F | 51 | 50-54F | 1.27.37 | 1 |
| H89 | 790 | 1417 | GENEVIEVE | LAYCOCK | NEDBANK | F | 55 | 55-59F | 1.29.43 | 1 |
| H90 | 791 | 9791 | SUSAN | VAN NIEKERK | TEMP | F | 58 | 55-59F | 1.30.08 | 0 |
| H91 | 792 | 9792 | AMANDA | YOUNG | TEMP | F | 49 | 45-49F | 1.30.19 | 0 |
| H92 | 793 | 962 | MILE | VERMAAK | CHARLO | F | 58 | 55-59F | 1.32.03 | 1 |
| H93 | 794 | 987 | SHANTE | WRIGHT | CHARLO | F | 26 | SF | 1.32.03 | 1 |
| H94 | 795 | 41 | TINA | DERBYSHIRE | SAPPE | F | 70 | 70+F | 1.33.43 | 1 |
| H95 | 796 | 70 | BIANCA | SWARTS | SAPPE | F | 22 | SF | 1.33.44 | 1 |
| H96 | 797 | 40001 | ZANTE | DEKKER | SAPPE | F | 18 | JF | 1.33.44 | 1 |
| H97 | 798 | 9798 | NOBULUMKO | MAKEDAMA | TEMP | F | 48 | 45-49F | 1.34.38 | 0 |
| H98 | 799 | 9799 | BHEKUYISE | MAKEDAMA | TEMP | M | 52 | 50-54M | 1.34.38 | 0 |
| H99 | 800 | 492 | NTOKOZO | NGUBANE | RUN4C | F | 30 | SF | 1.34.51 | 1 |
| H100 | 151 | 486 | CHRISTOPHER | MAHWEHWE | RUN4C | M | 56 | 55-59M | 1.34.51 | 1 |
| H101 | 802 | 586 | LISA | BEDFORD | RUN4C | F | 50 | 50-54F | 1.35.04 | 1 |